

**Colonies Zone Records**

*Short Course Meters*

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
18-24	50 Free	26.44	Harumi Katsuyama	Potomac Valley	L4S	2014	22.36	Lewis Burras	Virginia	UC12	2018
18-24	100 Free	58.36	Harumi Katsuyama	Potomac Valley	L4S	2014	49.33	Lewis Burras	Virginia	UC12	2018
18-24	200 Free	2:04.77	Marina Falcone	Potomac Valley	WARD	2010	1:51.96	Eric Nilsson	New England	NEM	2011
18-24	400 Free	4:19.91	Marina Falcone	Potomac Valley	WARD	2010	3:57.08	Eric Nilsson	New England	NEM	2011
18-24	800 Free	9:24.49	Emily Peters	Metropolitan	METR	1999	8:16.50	Eric Nilsson	New England	NEM	2011
18-24	1500 Free	18:33.28	Skylar Ward	Niagara	BUMS	2022	17:04.97	Jay Griffin	Metropolitan	EMP	1996
18-24	50 Back	29.97	Olivia Trojnbom	New England	UC02	2021	25.38	Josh Hafkin	Potomac Valley	FINZ	2012
18-24	100 Back	1:04.53	Kellyanne Tomasula	Delaware Valley	1776	2011	56.02	Jarryd Botha	Potomac Valley	UNAT	2010
18-24	200 Back	2:22.61	N Wunderlich	Metropolitan	EMP	1995	2:06.22	Eric Nilsson	New England	NEM	2011
18-24	50 Breast	32.67	Erla Haraldsdottir	Virginia	UNAT	2008	29.42	Austin Temple	Virginia	TIDE	2019
18-24	100 Breast	1:15.06	Elizabethte Macias	Virginia	1693	2021	1:04.04	Austin Temple	Virginia	TIDE	2019
18-24	200 Breast	2:42.47	Blair Negron	New England	NEM	2008	2:20.20	Benjamin Bauchwitz	New England	UC02	2017
18-24	50 Fly	28.56	Olivia Trojnbom	New England	UC02	2021	24.68	Lewis Burras	Virginia	UC12	2018
18-24	100 Fly	1:05.40	Priscilla Modrov	New Jersey	HOBO	2012	56.22	Nick McClure	Potomac Valley	GERM	2022
18-24	200 Fly	2:23.04	Priscilla Modrov	New Jersey	HOBO	2012	2:03.41	Eric Nilsson	New England	NEM	2011
18-24	100 IM	1:03.84	Erla Haraldsdottir	Virginia	UNAT	2008	58.40	Drew Modrov	Metropolitan	UC06	2013
18-24	200 IM	2:21.59	Sara Daher	New England	NEM	2019	2:06.27	Eric Nilsson	New England	NEM	2011
18-24	400 IM	5:00.78	Courtney Beidler	New England	NEM	2014	4:32.52	Eric Nilsson	New England	NEM	2011
25-29	50 Free	26.60	Jessie Ellis-Alcaide	New England	MESC	2011	21.28	Ryan Held	Metropolitan	NYAC	2021
25-29	100 Free	58.52	Jessie Ellis-Alcaide	New England	MESC	2011	48.64	Ryan Held	Metropolitan	NYAC	2021
25-29	200 Free	2:08.73	Bonnie Zhang	Virginia	1693	2022	1:49.30	Drew Modrov	Metropolitan	CHEL	2018
25-29	400 Free	4:32.84	Courtney Randolph	Potomac Valley	UMAC	2018	3:52.83	Drew Modrov	Metropolitan	CHEL	2018
25-29	800 Free	9:19.05	Tobie Smith	Metropolitan	BDGR	1999	8:17.22	Drew Modrov	Metropolitan	CHEL	2018
25-29	1500 Free	18:06.13	Heather Mohorn	Delaware Valley	FINS	2013	16:59.90	Steven Fisher	Metropolitan	EMP	1991
25-29	50 Back	30.74	Jessica Beers	New England	MESC	2009	23.70	Ryan Held	Metropolitan	NYAC	2021
25-29	100 Back	1:06.51	Kate Hibbard	Virginia	VMST	2010	53.38	David Russell	New England	NEM	2014
25-29	200 Back	2:25.05	Kate Hibbard	Virginia	VMST	2010	2:05.18	Christopher Sheppard	New England	NEM	2006
25-29	50 Breast	33.90	Andrea Packard	New England	NEM	2001	28.75	Drew Modrov	Metropolitan	CHEL	2018
25-29	100 Breast	1:13.57	Andrea Packard	New England	NEM	2001	1:03.07	Corey Welch	Delaware Valley	FINS	2008
25-29	200 Breast	2:35.66	Andrea Packard	New England	NEM	2001	2:19.27	Corey Welch	Delaware Valley	FINS	2008
25-29	50 Fly	28.85	Andrea Yttre	New England	NEM	2006	23.15	Ryan Held	Metropolitan	NYAC	2021
25-29	100 Fly	1:04.60	Chrissy Miller	Delaware Valley	PWM	2002	53.00	David Russell	New England	NEM	2014
25-29	200 Fly	2:20.96	Priscilla Modrov	Niagara	BUMS	2013	2:02.97	Drew Modrov	Metropolitan	CHEL	2017
25-29	100 IM	1:06.67	Jessie Ellis-Alcaide	New England	MESC	2011	52.78	Ryan Held	Metropolitan	NYAC	2021
25-29	200 IM	2:24.39	Courtney Randolph	Potomac Valley	UMAC	2018	2:03.27	Thomas Luchsinger	Metropolitan	TNYA	2019
25-29	400 IM	5:06.96	Courtney Randolph	Potomac Valley	TERR	2019	4:33.17	Jerome Frentsos	Potomac Valley	DCAC	1995

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Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
30-34	50 Free	26.35	Theresa Michalak	Virginia	UC12	2022	22.69	Drew Modrov	Metropolitan	CHEL	2019
30-34	100 Free	59.50	Elizabeth Mancuso	New England	NEM	2015	49.58	Drew Modrov	Metropolitan	CHEL	2019
30-34	200 Free	2:10.60	Elizabeth Mancuso	New England	NEM	2015	1:49.32	Drew Modrov	Metropolitan	CHEL	2019
30-34	400 Free	4:22.77	Erika Hansen	Delaware Valley	UNAT	2003	3:53.95	Drew Modrov	Metropolitan	CHEL	2019
30-34	800 Free	9:06.49	Erika Hansen	Delaware Valley	UNAT	2003	8:12.74	Drew Modrov	Metropolitan	UC06	2021
30-34	1500 Free	17:58.96	Laurie Hug	Delaware Valley	1776	1999	16:05.18	Eric Nilsson	New England	NEM	2021
30-34	50 Back	29.65	Theresa Michalak	Virginia	UC12	2022	26.87	Curtis Sawin	New Jersey	GSM	2002
30-34	100 Back	1:07.09	Mollie Grover	Potomac Valley	UMAC	2015	58.44	Clay Britt	Potomac Valley	ANCM	1995
30-34	200 Back	2:25.19	Mollie Grover	Potomac Valley	UMAC	2015	2:09.30	Eric Nilsson	New England	NEM	2021
30-34	50 Breast	33.18	Theresa Michalak	Virginia	UC12	2022	29.20	Drew Modrov	Metropolitan	CHEL	2019
30-34	100 Breast	1:17.43	Beth Scheimann	Virginia	VMST	1993	1:04.64	Amini Fonua	Metropolitan	TNYA	2019
30-34	200 Breast	2:43.75	Denise Letendre	Virginia	VMST	2018	2:21.42	Jonathan Banville	New England	NEM	2003
30-34	50 Fly	28.48	Gabrielle Mizerak	Virginia	1693	2022	24.14	Drew Modrov	Metropolitan	CHEL	2019
30-34	100 Fly	1:06.27	Elizabeth Mancuso	New England	NEM	2015	54.16	Marcos Lavado	New England	NEM	2021
30-34	200 Fly	2:25.62	Ildiko Szekely	New England	NEM	2013	2:03.46	Marcos Lavado	New England	NEM	2021
30-34	100 IM	1:02.89	Theresa Michalak	Virginia	UC12	2022	58.54	Jonathan Churins	Metropolitan	METR	2005
30-34	200 IM	2:23.44	Elizabeth Mancuso	New England	NEM	2016	2:08.42	Jerome Frentsos	Potomac Valley	DCAC	1999
30-34	400 IM	5:11.90	Courtney Randolph	Potomac Valley	TERR	2021	4:32.23	Jerome Frentsos	Potomac Valley	DCAC	1999
35-39	50 Free	26.78	Fall Willeboordse	Metropolitan	REDT	2002	23.44	Michael Ross	New England	NEM	2004
35-39	100 Free	59.90	Fall Willeboordse	Metropolitan	REDT	2002	50.72	Michael Picotte	Virginia	VMST	2009
35-39	200 Free	2:11.37	Laurie Hug	Delaware Valley	1776	2000	1:51.54	Michael Ross	New England	NEM	2004
35-39	400 Free	4:34.69	Laurie Hug	Delaware Valley	1776	2003	4:01.78	Ron Karnaugh	New Jersey	TRIT	2003
35-39	800 Free	9:14.27	Laurie Hug	Delaware Valley	1776	2000	8:36.05	Eric Nilsson	New England	NEM	2022
35-39	1500 Free	17:27.84	Laurie Hug	Delaware Valley	1776	2000	16:54.94	Gregory Danner	Niagara	FAIR	2016
35-39	50 Back	31.35	Fall Willeboordse	Metropolitan	REDT	2002	25.86	Michael Ross	New England	NEM	2004
35-39	100 Back	1:07.21	Mollie Grover	Potomac Valley	UMAC	2017	55.95	Michael Ross	New England	NEM	2004
35-39	200 Back	2:25.57	Mollie Grover	Potomac Valley	UMAC	2017	2:00.34	Ron Karnaugh	New Jersey	TRIT	2002
35-39	50 Breast	35.35	Amanda Martin	Delaware Valley	UNAT	2001	28.60	Pavel Buyanov	Metropolitan	UC06	2019
35-39	100 Breast	1:18.29	Rainy Goodale	New England	NEM	2009	1:02.57	Ron Karnaugh	New Jersey	TRIT	2002
35-39	200 Breast	2:49.74	Dori Miller	New England	NEM	2006	2:17.47	Blake Holden	Potomac Valley	TERR	2014
35-39	50 Fly	29.52	Katrine Alcaide	New England	MESC	2016	25.29	Michael Ross	New England	NEM	2004
35-39	100 Fly	1:04.38	Ildiko Szekely	New England	NEM	2015	55.85	Jim Harvey	New England	MESC	2001
35-39	200 Fly	2:22.52	Ildiko Szekely	New England	NEM	2014	2:07.00	Gregory Danner	Niagara	FAIR	2016
35-39	100 IM	1:08.23	Beth Baker	Virginia	VMST	2000	56.94	Ron Karnaugh	New Jersey	TRIT	2003
35-39	200 IM	2:29.28	Vibeke Swanson	Delaware Valley	1776	2000	2:03.29	Ron Karnaugh	New Jersey	TRIT	2002
35-39	400 IM	5:15.70	Laurie Hug	Delaware Valley	1776	2000	4:24.36	Ron Karnaugh	New Jersey	TRIT	2003

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Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
40-44	50 Free	26.93	Anne Mcandrew	Connecticut	CONN	2022	23.45	Michael Ross	New England	MESC	2009
40-44	100 Free	58.70	Katie Grier	Virginia	1693	2019	50.43	Michael Ross	New England	MESC	2008
40-44	200 Free	2:12.76	Vibeke Swanson	Delaware Valley	1776	2001	1:50.08	Michael Ross	New England	MESC	2008
40-44	400 Free	4:42.15	Rebecca Kalibat	New Jersey	GSM	2004	4:17.35	Chris Stevenson	Virginia	VMST	2007
40-44	800 Free	9:32.90	Laurie Hug	Delaware Valley	1776	2008	9:08.24	Michael Schmidt	New England	MESC	2006
40-44	1500 Free	18:03.41	Laurie Hug	Delaware Valley	1776	2008	17:53.15	Dave Holland	Virginia	VMST	2008
40-44	50 Back	30.74	Kristin Gary	Metropolitan	REDT	2008	25.53	Michael Ross	New England	MESC	2009
40-44	100 Back	1:05.51	Kristin Gary	Metropolitan	REDT	2011	54.85	Michael Ross	New England	MESC	2008
40-44	200 Back	2:22.68	Kristin Gary	Metropolitan	REDT	2008	2:03.84	Michael Ross	New England	MESC	2008
40-44	50 Breast	35.46	Kristen Harris	Virginia	1693	2019	28.51	Geoff Wells	Niagara	BUMS	2022
40-44	100 Breast	1:18.07	Kristen Harris	Virginia	1693	2019	1:02.06	Geoff Wells	Niagara	BUMS	2022
40-44	200 Breast	2:53.00	Rainy Goodale	New England	NEM	2010	2:20.51	Blake Holden	Potomac Valley	TERR	2019
40-44	50 Fly	29.68	Beth Baker	Virginia	VMST	2001	24.91	Michael Ross	New England	MESC	2008
40-44	100 Fly	1:05.49	Beth Baker	Virginia	VMST	2001	55.82	Michael Ross	New England	MESC	2008
40-44	200 Fly	2:26.01	Ildiko Szekely	New England	NEM	2019	2:10.99	Chris Stevenson	Virginia	VMST	2008
40-44	100 IM	1:08.49	Fall Willeboordse	Metropolitan	REDT	2009	57.71	Michael Ross	New England	MESC	2008
40-44	200 IM	2:28.10	Vibeke Swanson	Delaware Valley	1776	2001	2:15.47	Craig Crawford	New England	NEM	2013
40-44	400 IM	5:13.86	Vibeke Swanson	Delaware Valley	1776	2001	4:56.49	Carlos Asarta Pedraza	Potomac Valley	UC10	2021
45-49	50 Free	27.14	Fall Willeboordse	Metropolitan	BCTM	2015	23.80	Fritz Bedford	New England	NEM	2009
45-49	100 Free	1:00.24	Fall Willeboordse	Metropolitan	BCTM	2012	53.21	Fritz Bedford	New England	NEM	2009
45-49	200 Free	2:14.74	Susan Wager	Metropolitan	REDT	2010	1:57.98	Chuck Barnes	New England	NEM	2022
45-49	400 Free	4:46.20	Karen Einsidler	Connecticut	CONN	2002	4:15.06	Michael Schmidt	New England	MESC	2008
45-49	800 Free	9:44.52	Laurie Hug	Delaware Valley	1776	2014	8:49.03	Michael Schmidt	New England	MESC	2008
45-49	1500 Free	18:23.90	Laurie Hug	Delaware Valley	1776	2011	17:20.94	Michael Schmidt	New England	MESC	2009
45-49	50 Back	30.70	Susan Williams	Potomac Valley	ANCM	2013	27.02	Chris Stevenson	Virginia	VMST	2009
45-49	100 Back	1:07.41	Susan Williams	Potomac Valley	WARD	2011	57.00	Chris Stevenson	Virginia	VMST	2009
45-49	200 Back	2:32.56	Vibeke Swanson	Delaware Valley	1776	2006	2:05.54	Chris Stevenson	Virginia	VMST	2009
45-49	50 Breast	35.78	Kristen Harris	Virginia	1693	2021	29.83	Craig Crawford	New England	NEM	2015
45-49	100 Breast	1:17.82	Kristen Harris	Virginia	1693	2021	1:06.63	Craig Crawford	New England	NEM	2015
45-49	200 Breast	2:54.48	Rainy Goodale	New England	NEM	2016	2:28.98	Craig Crawford	New England	NEM	2015
45-49	50 Fly	29.21	Laurie DiTommaso	New Jersey	GSM	2008	25.44	Chuck Barnes	New England	NEM	2022
45-49	100 Fly	1:06.69	Fall Willeboordse	Metropolitan	AGUA	2011	57.00	Chuck Barnes	New England	NEM	2022
45-49	200 Fly	2:36.88	Laurie Hug	Delaware Valley	1776	2012	2:09.65	Chris Stevenson	Virginia	VMST	2009
45-49	100 IM	1:08.08	Fall Willeboordse	Metropolitan	BCTM	2015	1:00.44	Jerome Frentsos	Maryland	UNAT	2010
45-49	200 IM	2:31.99	Vibeke Swanson	Delaware Valley	1776	2006	2:09.71	Jerome Frentsos	Maryland	UNAT	2010
45-49	400 IM	5:19.58	Vibeke Swanson	Delaware Valley	1776	2006	4:43.64	Jerome Frentsos	Maryland	UNAT	2010

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Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
50-54	50 Free	27.91	Leslie Livingston	Potomac Valley	GMUP	2012	24.23	Steve Hiltabiddle	Delaware Valley	1776	2018
50-54	100 Free	1:02.85	Fall Willeboordse	Metropolitan	BCTM	2019	53.92	Steve Hiltabiddle	Delaware Valley	1776	2018
50-54	200 Free	2:17.99	Kelly Parker Palace	Virginia	VMST	2011	2:04.57	William Segal	New Jersey	JAM	2015
50-54	400 Free	4:46.96	Kelly Parker Palace	Virginia	VMST	2011	4:28.82	William Segal	New Jersey	JAM	2015
50-54	800 Free	9:47.94	Kelly Parker Palace	Virginia	VMST	2011	9:23.97	Patrick Autissier	New England	NEM	2014
50-54	1500 Free	18:56.50	Kelly Parker Palace	Virginia	VMST	2011	18:00.64	Rob Allen	New England	NEM	2019
50-54	50 Back	30.58	Leslie Livingston	Potomac Valley	GMUP	2011	26.69	Fritz Bedford	New England	NEM	2015
50-54	100 Back	1:08.85	Leslie Livingston	Potomac Valley	GMUP	2012	58.47	Fritz Bedford	New England	NEM	2015
50-54	200 Back	2:32.90	Kristin Gary	Metropolitan	NYAC	2019	2:15.14	Jerome Frentsos	Maryland	MARY	2015
50-54	50 Breast	36.87	Leslie Livingston	Potomac Valley	GMUP	2014	30.73	Neill Williams	Potomac Valley	DCAC	2019
50-54	100 Breast	1:18.62	Rainy Goodale	New England	NEM	2022	1:08.27	Benn Doyle	New Jersey	GSM	2008
50-54	200 Breast	3:02.45	Laurie Hug	Delaware Valley	1776	2015	2:32.78	Benn Doyle	New Jersey	GSM	2008
50-54	50 Fly	29.25	Leslie Livingston	Potomac Valley	GMUP	2013	25.74	Steve Hiltabiddle	Delaware Valley	1776	2018
50-54	100 Fly	1:09.25	Fall Willeboordse	Metropolitan	BCTM	2019	59.18	Steve Hiltabiddle	Delaware Valley	1776	2018
50-54	200 Fly	2:41.63	Laurie Hug	Delaware Valley	1776	2016	2:18.88	John Craig	Connecticut	CONN	2004
50-54	100 IM	1:10.65	Fall Willeboordse	Metropolitan	BCTM	2018	1:01.21	Jerome Frentsos	Maryland	MARY	2015
50-54	200 IM	2:39.86	Vibeke Swanson	Delaware Valley	1776	2012	2:12.85	Jerome Frentsos	Maryland	MARY	2015
50-54	400 IM	5:38.30	Laurie Hug	Delaware Valley	1776	2016	4:45.15	Jerome Frentsos	Maryland	MARY	2015
55-59	50 Free	28.58	Jacki Hirsty	New England	NEM	2009	24.70	Paul Trevisan	Delaware Valley	1776	2006
			Fall Willeboordse	Virginia	1693	2021					
55-59	100 Free	1:03.97	Fall Willeboordse	Virginia	1693	2021	55.12	Paul Trevisan	Delaware Valley	1776	2006
55-59	200 Free	2:18.32	Kelly Parker Palace	Virginia	VMST	2016	2:09.84	Gregory Harris	Virginia	VMST	2018
55-59	400 Free	4:53.27	Nancy Steadman-Martin	New Jersey	GSM	2009	4:27.63	Len Gushe	Virginia	UC12	2018
55-59	800 Free	10:03.33	Kelly Parker Palace	Virginia	VMST	2016	9:20.54	Len Gushe	Virginia	UC12	2018
55-59	1500 Free	19:00.59	Kelly Parker Palace	Virginia	VMST	2016	18:43.40	Jack Martin	Delaware Valley	1776	2006
55-59	50 Back	34.52	Kim Brightwell	Potomac Valley	RMST	2015	27.86	Fritz Bedford	New England	NEM	2018
55-59	100 Back	1:13.49	Kristin Gary	Metropolitan	NYAC	2022	1:00.78	Fritz Bedford	New England	NEM	2018
55-59	200 Back	2:44.55	Nancy Steadman-Martin	New Jersey	GSM	2009	2:15.37	Len Gushe	Virginia	UC12	2018
55-59	50 Breast	38.62	Beth Estel	New England	NEM	2012	32.13	Gregory Harris	Virginia	VMST	2018
55-59	100 Breast	1:25.17	Karen Mareb	New England	NEM	2013	1:09.87	Gregory Harris	Virginia	VMST	2019
55-59	200 Breast	3:06.49	Karen Mareb	New England	NEM	2015	2:32.15	Jerome Frentsos	Potomac Valley	DCAC	2021
55-59	50 Fly	30.81	Susan Williams	Virginia	1693	2022	26.43	Steve Hiltabiddle	Delaware Valley	1776	2021
55-59	100 Fly	1:17.39	Jeanne Lappin	Potomac Valley	GERM	2013	1:00.35	Greg Shaw	New England	NEM	2006
55-59	200 Fly	2:47.89	Nancy Steadman-Martin	New Jersey	GSM	2009	2:19.72	Greg Shaw	New England	NEM	2009
55-59	100 IM	1:16.55	Jacki Hirsty	New England	NEM	2009	1:01.28	Jerome Frentsos	Potomac Valley	DCAC	2021
55-59	200 IM	2:50.17	Nancy Steadman-Martin	New Jersey	GSM	2009	2:21.05	Greg Shaw	New England	NEM	2006
55-59	400 IM	5:47.01	Nancy Steadman-Martin	New Jersey	GSM	2009	5:00.03	Jerome Frentsos	Potomac Valley	DCAC	2021

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Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
60-64	50 Free	30.07	Jacki Hirsty	New England	NEM	2013	25.40	Paul Trevisan	Delaware Valley	1776	2011
60-64	100 Free	1:07.56	Jacki Hirsty	New England	NEM	2013	57.61	Paul Trevisan	Delaware Valley	1776	2012
60-64	200 Free	2:26.97	Kelly Parker Palace	Virginia	VMST	2021	2:10.04	Fred Schlicher	New England	NEM	2008
60-64	400 Free	5:06.79	Kelly Parker Palace	Virginia	VMST	2021	4:43.69	John Calvert	Virginia	VMST	2005
60-64	800 Free	10:39.12	Shirley Loftus-Charley	Virginia	VMST	2011	10:04.36	Frank McElroy	New Jersey	GSM	2009
60-64	1500 Free	19:59.92	Shirley Loftus-Charley	Virginia	VMST	2011	19:40.43	Christopher Gibson	New Jersey	PAA	2016
60-64	50 Back	35.58	Joan Pfinsgraff	Maryland	MARY	2017	30.77	Clay Britt	Potomac Valley	ANCM	2021
60-64	100 Back	1:15.95	Joan Pfinsgraff	Maryland	MARY	2017	1:07.86	Clay Britt	Potomac Valley	ANCM	2021
60-64	200 Back	2:43.57	Joan Pfinsgraff	Maryland	MARY	2017	2:30.96	John Calvert	Virginia	VMST	2005
60-64	50 Breast	38.97	Beth Estel	New England	NEM	2016	32.75	Gregory Oxley	Delaware Valley	LASH	2018
60-64	100 Breast	1:25.52	Karen Mareb	New England	NEM	2018	1:13.12	Gregory Oxley	Delaware Valley	LASH	2018
60-64	200 Breast	3:09.37	Karen Mareb	New England	NEM	2018	2:44.71	Gregory Oxley	Delaware Valley	LASH	2018
60-64	50 Fly	33.71	Val Van Horn Pate	Virginia	VMST	2022	28.59	Greg Shaw	New England	NEM	2011
60-64	100 Fly	1:17.07	Jeanne Lappin	Potomac Valley	GERM	2015	1:04.47	Greg Shaw	New England	NEM	2011
60-64	200 Fly	2:52.43	Jeanne Lappin	Potomac Valley	GERM	2015	2:30.18	Fred Schlicher	New England	NEM	2008
60-64	100 IM	1:18.76	Karen Mareb	New England	NEM	2018	1:06.42	Gregory Oxley	Delaware Valley	LASH	2018
60-64	200 IM	2:52.64	Shirley Loftus-Charley	Virginia	VMST	2011	2:29.11	Greg Shaw	New England	NEM	2011
60-64	400 IM	6:03.26	Shirley Loftus-Charley	Virginia	VMST	2011	5:29.63	Jeff Naylor	New England	NEM	2018
65-69	50 Free	32.06	Diann Uustal	New England	MESC	2011	27.26	Jim Dragon	New Jersey	GSM	2009
65-69	100 Free	1:10.76	Diann Uustal	New England	MESC	2011	59.94	James Thornton	Delaware Valley	1776	2018
65-69	200 Free	2:33.72	Nancy Steadman Martin	New Jersey	GSM	2019	2:13.84	James Thornton	Delaware Valley	1776	2017
65-69	400 Free	5:21.37	Nancy Steadman Martin	New Jersey	GSM	2019	4:53.91	James Thornton	Delaware Valley	1776	2018
65-69	800 Free	10:54.15	Nancy Steadman Martin	New Jersey	GSM	2019	10:22.66	John Chambers	Metropolitan	AGUA	2021
65-69	1500 Free	20:37.33	Nancy Steadman Martin	New Jersey	GSM	2021	20:00.74	John Chambers	Metropolitan	AGUA	2021
65-69	50 Back	35.58	Diann Uustal	New England	MESC	2011	33.79	Geoffrey Meyer	Delaware Valley	1776	2016
65-69	100 Back	1:17.95	Diann Uustal	New England	MESC	2011	1:13.63	Geoffrey Meyer	Delaware Valley	1776	2016
65-69	200 Back	2:48.83	Joan Pfinsgraff	Maryland	MARY	2019	2:48.53	Fred Schlicher	New England	NEM	2017
65-69	50 Breast	41.39	Beth Estel	New England	NEM	2021	34.55	Louis Kronfeld	New England	NEM	2008
65-69	100 Breast	1:30.99	Beth Estel	New England	NEM	2021	1:18.88	Brian Keyser	Delaware Valley	1776	2021
65-69	200 Breast	3:17.44	Joann Leilich	Virginia	VMST	2004	3:05.60	Brian Keyser	Delaware Valley	1776	2021
65-69	50 Fly	35.06	Diann Uustal	New England	MESC	2011	29.18	Jim Dragon	New Jersey	GSM	2009
65-69	100 Fly	1:21.13	Cecilia McCloskey	Delaware Valley	1776	2016	1:08.35	John Craig	Connecticut	CONN	2019
65-69	200 Fly	3:02.57	Nancy Steadman Martin	New Jersey	GSM	2019	2:53.24	Frank McElroy	New Jersey	GSM	2013
65-69	100 IM	1:20.86	Diann Uustal	New England	MESC	2011	1:12.91	James Thornton	Delaware Valley	1776	2017
65-69	200 IM	2:55.88	Cecilia McCloskey	Delaware Valley	1776	2016	2:37.43	James Thornton	Delaware Valley	1776	2017
65-69	400 IM	6:16.30	Shirley Loftus-Charley	Virginia	VMST	2016	5:48.20	James Thornton	Delaware Valley	1776	2017

# Colonies Zone Records

# Short Course Meters

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
70-74	50 Free	32.38	Diann Uustal	New England	NEM	2016	29.64	James Thornton	Delaware Valley	1776	2022
70-74	100 Free	1:12.58	Diann Uustal	New England	NEM	2016	1:07.07	John Radimer	New England	NEM	2019
70-74	200 Free	2:42.75	Shirley Loftus-Charley	Virginia	ETM	2022	2:24.51	James Thornton	Delaware Valley	1776	2022
70-74	400 Free	5:38.76	Shirley Loftus-Charley	Virginia	ETM	2022	5:20.11	Frank McElroy	New Jersey	GSM	2018
70-74	800 Free	12:29.77	Christie Hayes	New England	NEM	2018	10:58.56	Frank McElroy	New Jersey	GSM	2018
70-74	1500 Free	23:39.90	Marcia Barry	Virginia	VMST	2018	21:39.85	Frank McElroy	New Jersey	GSM	2018
70-74	50 Back	37.67	Diann Uustal	New England	NEM	2016	35.79	Geoffrey Meyer	Delaware Valley	1776	2022
70-74	100 Back	1:22.65	Diann Uustal	New England	NEM	2016	1:20.23	Daniel Rogacki	New England	NEM	2017
70-74	200 Back	3:04.82	Diann Uustal	New England	NEM	2017	2:55.73	Roger Franks	Delaware Valley	1776	1998
70-74	50 Breast	44.83	Diann Uustal	New England	NEM	2016	37.71	Manuel Sanguily	Connecticut	CONN	2004
70-74	100 Breast	1:36.93	Margot Pettijohn	Potomac Valley	ANCM	2016	1:24.74	Daniel Rogacki	New England	NEM	2017
70-74	200 Breast	3:34.27	Margot Pettijohn	Potomac Valley	ANCM	2016	3:09.31	Daniel Rogacki	New England	NEM	2017
70-74	50 Fly	35.12	Diann Uustal	New England	NEM	2016	30.96	Jim Dragon	New Jersey	GSM	2014
70-74	100 Fly	1:33.78	Margot Pettijohn	Potomac Valley	ANCM	2017	1:18.38	Hugh Roddin	Potomac Valley	ANCM	2012
70-74	200 Fly	3:20.57	Shirley Loftus-Charley	Virginia	ETM	2022	3:10.61	John Mccorkle	Virginia	VMST	2022
70-74	100 IM	1:23.23	Diann Uustal	New England	NEM	2016	1:16.66	Daniel Rogacki	New England	NEM	2017
70-74	200 IM	3:13.05	Diann Uustal	New England	NEM	2017	2:53.15	Daniel Rogacki	New England	NEM	2017
70-74	400 IM	6:41.90	Shirley Loftus-Charley	Virginia	ETM	2022	6:25.63	Frank McElroy	New Jersey	GSM	2018
75-79	50 Free	37.33	Johnnie Detrick	Virginia	VMST	2011	32.15	Edward Breisacher	New Jersey	GSM	2007
75-79	100 Free	1:28.71	Johnnie Detrick	Virginia	VMST	2012	1:12.98	Edward Breisacher	New Jersey	GSM	2007
75-79	200 Free	3:18.90	Ruth Bennett	Potomac Valley	UC10	2022	2:49.10	Roger Franks	Delaware Valley	1776	2002
75-79	400 Free	7:11.95	Ronnie Kamphausen	New England	MESC	2009	6:20.12	Roger Franks	Delaware Valley	1776	2002
75-79	800 Free	14:32.87	Ronnie Kamphausen	New England	MESC	2009	13:01.08	Rich Bernstein	Metropolitan	AGUA	2021
75-79	1500 Free	28:57.30	Ronnie Kamphausen	New England	MESC	2010	24:17.18	Rich Bernstein	Metropolitan	AGUA	2021
75-79	50 Back	44.76	Doris Steadman	New Jersey	GSM	1999	40.27	Hugh Roddin	Potomac Valley	ANCM	2017
75-79	100 Back	1:36.90	Nancy Brown	Maryland	MARY	2011	1:25.22	Roger Franks	Delaware Valley	1776	2002
75-79	200 Back	3:34.09	Nancy Brown	Maryland	MARY	2011	2:58.21	Roger Franks	Delaware Valley	1776	2002
75-79	50 Breast	51.86	Johnnie Detrick	Virginia	VMST	2011	39.90	Louis Kronfeld	New England	MESC	2018
75-79	100 Breast	1:57.94	Johnnie Detrick	Virginia	VMST	2011	1:35.22	Richard Myers	New England	NEM	2022
75-79	200 Breast	4:09.87	Johnnie Detrick	Virginia	VMST	2010	3:29.54	Al Craig	New England	NEM	2003
75-79	50 Fly	57.21	Margaret Lecarreux	New Jersey	RBAY	2022	35.28	Jim Dragon	New Jersey	GSM	2021
75-79	100 Fly	2:04.82	Nancy Brown	Maryland	MARY	2011	1:28.41	Hugh Roddin	Potomac Valley	ANCM	2017
75-79	200 Fly	4:46.12	Nancy Brown	Maryland	MARY	2011	3:38.89	Richard Myers	New England	NEM	2022
75-79	100 IM	1:48.05	Johnnie Detrick	Virginia	VMST	2011	1:27.60	Edward Breisacher	New Jersey	GSM	2007
75-79	200 IM	4:06.34	Johnnie Detrick	Virginia	VMST	2012	3:28.49	Daniel Rogacki	New England	NEM	2022
75-79	400 IM	7:59.77	Nancy Brown	Maryland	MARY	2011	7:35.36	Lenrod Goldstone	Connecticut	CONN	2004

# Colonies Zone Records

# Short Course Meters

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
80-84	50 Free	39.21	Johnnie Detrick	Virginia	VMST	2016	37.15	Stanley Shechter	Metropolitan	AGUA	2012
80-84	100 Free	1:32.76	Johnnie Detrick	Virginia	VMST	2016	1:25.47	Dick Hutchings	New England	NEM	2021
80-84	200 Free	3:39.81	Johnnie Detrick	Virginia	VMST	2015	3:16.64	Dick Hutchings	New England	NEM	2021
80-84	400 Free	7:59.15	Aagje Caron	New England	GBM	2021	6:50.89	Dick Hutchings	New England	NEM	2021
80-84	800 Free	17:45.20	Dolly Hinckley	Niagara	NIAG	2010	14:49.24	Robert Johnston	Niagara	NIAG	1997
80-84	1500 Free	38:51.40	Janet Moeller	New Jersey	GSM	2016	26:54.34	Dick Hutchings	New England	NEM	2021
80-84	50 Back	51.95	Clara Walker	New England	NEM	2008	43.66	William Rowe	Metropolitan	METR	1997
80-84	100 Back	1:57.07	Doris Steadman	New Jersey	GSM	2004	1:34.16	Roger Franks	Delaware Valley	1776	2007
80-84	200 Back	4:09.07	Doris Steadman	New Jersey	GSM	2004	3:25.46	Roger Franks	Delaware Valley	1776	2007
80-84	50 Breast	52.20	Johnnie Detrick	Virginia	VMST	2015	45.39	Charles Urstadt	Connecticut	CONN	2008
80-84	100 Breast	1:58.69	Joann Leilich	Virginia	VMST	2022	1:52.09	Charles Urstadt	Connecticut	CONN	2008
80-84	200 Breast	4:14.02	Joann Leilich	Virginia	VMST	2022	4:13.06	Charles Urstadt	Connecticut	CONN	2008
80-84	50 Fly	1:07.56	Janet Moeller	New Jersey	GSM	2015	48.73	H Donald Messer	Potomac Valley	DCRP	2011
80-84	100 Fly	2:39.55	Janet Wehrle-Moeller	New Jersey	GSM	2014	2:02.01	H Donald Messer	Potomac Valley	DCRP	2011
80-84	200 Fly	6:20.56	Elsa Mattila	Potomac Valley	DCM	1991	5:05.86	William Jones	New England	MESC	2017
80-84	100 IM	1:55.68	Johnnie Detrick	Virginia	VMST	2015	1:47.47	William Jones	New England	MESC	2017
80-84	200 IM	4:23.87	Johnnie Detrick	Virginia	VMST	2015	4:19.19	William Jones	New England	MESC	2017
80-84	400 IM	10:12.78	Nancy Brown	Maryland	MARY	2016	9:32.70	William Jones	New England	MESC	2017
85-89	50 Free	51.99	Julia Dolce	New Jersey	GSM	1995	42.37	Frank Manheim	Potomac Valley	RMST	2016
85-89	100 Free	2:05.74	Julia Dolce	New Jersey	GSM	1995	1:41.46	Gus Langner	Connecticut	CONN	1989
85-89	200 Free	4:52.03	Marianna Berkley	Virginia	VMST	2007	3:48.20	Gus Langner	Connecticut	CONN	1989
85-89	400 Free	10:19.41	Julia Dolce	New Jersey	GSM	1995	7:54.24	Gus Langner	Connecticut	CONN	1988
85-89	800 Free	22:22.74	Julia Dolce	New Jersey	GSM	1995	16:35.66	Dick Guido	Metropolitan	METR	2002
85-89	1500 Free	42:10.95	Julia Dolce	New Jersey	GSM	1995	32:20.20	Gus Langner	Connecticut	CONN	1988
85-89	50 Back	1:01.72	Anne Walker	Potomac Valley	DCM	2001	49.30	Frank Manheim	Potomac Valley	RMST	2016
85-89	100 Back	2:23.98	Anne Walker	Potomac Valley	DCM	2002	1:55.25	John Merrill	Connecticut	CONN	2006
85-89	200 Back	4:57.09	Anne Walker	Potomac Valley	DCM	2001	4:05.07	John Merrill	Connecticut	CONN	2005
85-89	50 Breast	1:10.37	Marianna Berkley	Virginia	VMST	2007	58.65	Dan Dotterweich	New Jersey	GSM	1993
85-89	100 Breast	2:44.67	Marianna Berkley	Virginia	VMST	2008	2:09.33	Dan Dotterweich	New Jersey	GSM	1993
85-89	200 Breast	5:46.07	Marianna Berkley	Virginia	VMST	2007	5:17.90	Dan Dotterweich	New Jersey	GSM	1996
85-89	50 Fly	1:21.27	Joan Waldbaum	Delaware Valley	1776	2016	1:00.59	Frank Manheim	Potomac Valley	RMST	2016
85-89	100 Fly						3:35.50	Jay Charles	Metropolitan	METR	2007
85-89	200 Fly						7:59.16	Jay Charles	Metropolitan	METR	2007
85-89	100 IM	2:23.05	Marianna Berkley	Virginia	VMST	2007	2:16.38	Dick Guido	Metropolitan	METR	2002
85-89	200 IM	5:36.16	Marianna Berkley	Virginia	VMST	2007	5:54.83	Gus Langner	Connecticut	CONN	1990
85-89	400 IM						12:21.27	Jay Charles	Metropolitan	METR	2007

# Colonies Zone Records

# Short Course Meters

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
90-94	50 Free	1:10.83	Anne Walker	Potomac Valley	DCM	2006	50.09	Gus Langner	Connecticut	CONN	1993
90-94	100 Free	2:22.27	Miriam Tuovila	Virginia	TMAS	2016	1:58.42	Gus Langner	Connecticut	CONN	1993
90-94	200 Free	5:35.92	Jeanne Meredith	Virginia	VMST	2018	4:27.70	Gus Langner	Connecticut	CONN	1993
90-94	400 Free	13:24.06	Mary Lathram	Potomac Valley	DCM	2006	8:50.65	Gus Langner	Connecticut	CONN	1993
90-94	800 Free	28:45.45	Anna Bauscher	Delaware Valley	1776	1993	18:49.01	Austin Newman	New Jersey	GSM	2005
90-94	1500 Free						35:20.36	Austin Newman	New Jersey	GSM	2005
90-94	50 Back	1:16.60	Anne Walker	Potomac Valley	DCM	2006	55.25	John Merrill	Connecticut	CONN	2007
90-94	100 Back	2:47.71	Anne Walker	Potomac Valley	DCM	2006	2:00.03	John Merrill	Connecticut	CONN	2007
90-94	200 Back	5:56.41	Anne Walker	Potomac Valley	DCM	2006	4:25.14	John Merrill	Connecticut	CONN	2007
90-94	50 Breast	1:28.76	Miriam Tuovila	Virginia	VMST	2015	1:20.92	Gus Langner	Connecticut	CONN	1993
90-94	100 Breast	3:26.15	Miriam Tuovila	Virginia	VMST	2015	3:01.95	Gus Langner	Connecticut	CONN	1993
90-94	200 Breast	7:20.16	Miriam Tuovila	Virginia	VMST	2015	6:41.56	Gus Langner	Connecticut	CONN	1994
90-94	50 Fly	1:48.46	Marie Kelleher	Virginia	VMST	2006	2:24.87	Jay Charles	Metropolitan	METR	2012
90-94	100 IM	3:31.92	Marie Kelleher	Virginia	VMST	2006	3:00.53	Gus Langner	Connecticut	CONN	1994
95-99	50 Free	1:34.21	Marie Kelleher	Virginia	VMST	2008	57.57	Gus Langner	Connecticut	CONN	1998
95-99	100 Free	3:10.36	Marie Kelleher	Virginia	VMST	2008	2:19.51	Gus Langner	Connecticut	CONN	1998
95-99	200 Free	6:50.52	Marie Kelleher	Virginia	VMST	2008	5:13.46	Gus Langner	Connecticut	CONN	1998
95-99	400 Free						10:51.93	Gus Langner	Connecticut	CONN	1998
95-99	800 Free						22:05.55	Gus Langner	Connecticut	CONN	1998
95-99	1500 Free						41:29.87	Gus Langner	Connecticut	CONN	1998
95-99	50 Back	1:52.63	Mary Lathram	Potomac Valley	DCM	2010	1:27.67	Gus Langner	Connecticut	CONN	1998
95-99	100 Back	4:07.69	Mary Lathram	Potomac Valley	DCM	2010	3:38.07	Gus Langner	Connecticut	CONN	1998
95-99	200 Back						8:32.34	Gus Langner	Connecticut	CONN	1998
95-99	50 Breast	2:10.80	Marie Kelleher	Virginia	VMST	2010	1:31.60	Gus Langner	Connecticut	CONN	1998
95-99	100 Breast						3:35.33	Gus Langner	Connecticut	CONN	1998
95-99	200 Breast						7:29.31	Gus Langner	Connecticut	CONN	1998
95-99	100 IM	3:54.89	Marie Kelleher	Virginia	VMST	2008	3:33.98	Gus Langner	Connecticut	CONN	1998
100-104	50 Free	1:44.10	Marie Kelleher	Virginia	VMST	2012					
100-104	100 Free	3:40.00	Marie Kelleher	Virginia	VMST	2012					



# Colonies Zone Records

# Short Course Meters

Age Group	Gender	Event	Time	Club	LMSC	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Year
72-99	Women	200 Free Relay	1:54.83	NEM	NE	C Murphy	L Allen	M Hackmer	S Stringfellow	1999
72-99	Women	400 Free Relay	4:14.74	NEM	NE	S Stringfellow	L Allen	M Hackmer	C Murphy	1999
72-99	Women	800 Free Relay	9:11.28	TERR	PV	K Bowman	M Stakem	L Hnath	J Teerlink	2004
72-99	Women	200 Medley Relay	2:09.67	NEM	NE	K Veazey	E Boehm	S Stringfellow	L Allen	1999
72-99	Women	400 Medley Relay	4:42.04	METR	MR	K Fay	M Griffis	S Endo	E Abbey	2004
100-119	Women	200 Free Relay	1:56.19	NEM	NE	E Mancuso	H Perelman	C Healey	K Roggensack	2013
100-119	Women	400 Free Relay	4:04.38	NEM	NE	K Wilson	K Roggensack	I Szekely	E Mancuso	2014
100-119	Women	800 Free Relay	9:40.99	DCAC	PV	S Fisch	K Corbett	J Sonberg	R Frentsos	1999
100-119	Women	200 Medley Relay	2:08.31	NEM	NE	K Cutter	L Au	E Mancuso	E Volz	2012
100-119	Women	400 Medley Relay	4:40.96	FINS	DV	S Ryan	L Moran	K Chialastri	H Mohorn	2013
120-159	Women	200 Free Relay	1:51.99	REDT	MR	K Moughty	N Jo	K Gary	S Wager	2011
120-159	Women	400 Free Relay	4:09.95	REDT	MR	S Wager	K McPherson	T Shpaizer	K Gary	2008
120-159	Women	800 Free Relay	8:56.27	REDT	MR	K Moughty	S Wager	K Gary	N Jo	2011
120-159	Women	200 Medley Relay	2:03.55	REDT	MR	K Gary	T Shpaizer	K Moughty	S Wager	2011
120-159	Women	400 Medley Relay	4:33.70	NEM	NE	E Carroll	R Goodale	I Szekely	E Mancuso	2016
160-199	Women	200 Free Relay	1:49.41	REDT	MR	F Willeboordse	J Kelsey	S Wager	K Gary	2009
160-199	Women	400 Free Relay	4:03.25	REDT	MR	F Willeboordse	J Kelsey	S Wager	K Gary	2009
160-199	Women	800 Free Relay	8:56.55	REDT	MR	J Kelsey	F Willeboordse	S Wager	K Gary	2009
160-199	Women	200 Medley Relay	2:08.33	1693	VA	B Zhang	K Gass	S Williams	M Conze	2022
160-199	Women	400 Medley Relay	4:56.04	NBAC	MD	T Limke	L Rapuano	C Voorhees	D Dawson	2011
200-239	Women	200 Free Relay	1:54.26	1693	VA	M Restrepo	F Willeboordse	S Williams	M Conze	2020
200-239	Women	400 Free Relay	4:31.95	NEM	NE	K Mareb	T Grilli	K Stokes	S Sweetser	2015
200-239	Women	800 Free Relay	10:23.68	NEM	NE	L Delorey	S Jensen	K Stokes	T Grilli	2014
200-239	Women	200 Medley Relay	2:06.51	1693	VA	S Williams	K Harris	M Conze	F Willeboordse	2021
200-239	Women	400 Medley Relay	5:09.94	GERM	PV	L Van Pelt-Diller	A Cooley	J Lappin	D Noznesky	2009
240-279	Women	200 Free Relay	2:13.63	NEM	NE	T Grilli	K Goodwin	K Stokes	K Mareb	2019
240-279	Women	400 Free Relay	4:50.12	NEM	NE	K Mareb	T Grilli	B Estel	T Mack	2021
240-279	Women	800 Free Relay	10:29.78	NEM	NE	C Brynn	K Mareb	B Estel	T Grilli	2021
240-279	Women	200 Medley Relay	2:10.58	NEM	NE	K Mareb	T Grilli	B Estel	K Crusco	2022
240-279	Women	400 Medley Relay	5:17.97	NEM	NE	J McDonough	B Estel	S Jensen	K Mareb	2019
280-319	Women	200 Free Relay	2:31.67	VMST	VA	B Schreiner	B Boslego	S Loftus-Charley	A Lyttle	2019
280-319	Women	400 Free Relay	5:30.90	VMST	VA	B Boslego	B Schreiner	A Lyttle	S Loftus-Charley	2019
280-319	Women	800 Free Relay	12:45.85	VMST	VA	B Boslego	J Detrick	T Sue Gault	S Loftus-Charley	2017
280-319	Women	200 Medley Relay	2:56.56	VMST	VA	M Barry	J Detrick	S Loftus-Charley	L Walker	2014
280-319	Women	400 Medley Relay	6:28.36	VMST	VA	B Schreiner	B Boslego	S Loftus-Charley	A Lyttle	2020
320-359	Women	200 Free Relay	3:35.14	VMST	VA	L Walker	T Sokolik	J Meredith	M Barry	2015
320-359	Women	400 Free Relay	7:46.75	VMST	VA	J Detrick	J Meredith	T Sokolik	M Barry	2015
320-359	Women	800 Free Relay	17:14.70	VMST	VA	L Walker	J Meredith	T Sokolik	M Barry	2015
320-359	Women	200 Medley Relay	4:51.05	VMST	VA	J Martin	J Averette	S Marens	J Meredith	2017
320-359	Women	400 Medley Relay	9:55.29	VMST	VA	M Berkley	M Tuovila	I Hlavacek	J Meredith	2011

# Colonies Zone Records

# Short Course Meters

Age Group	Gender	Event	Time	Club	LMSC	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Year
72-99	Men	200 Free Relay	1:41.24	NEM	NE	S Mc Inerney	S Sullivan	M Lenihan	W Gardner	2009
72-99	Men	400 Free Relay	3:40.01	NEM	NE	S Mc Inerney	W Gardner	K McElroy	G Bettencourt	2009
72-99	Men	800 Free Relay	8:19.01	1693	VA	M Ryan	C Johnson	B Sorrell	P Brukx	2021
72-99	Men	200 Medley Relay	1:49.66	NEM	NE	W Gardner	M Lenihan	G Bettencourt	S McInerney	2009
72-99	Men	400 Medley Relay	3:58.83	FINS	DV	C Welch	G Mayer	R Burleigh	R Smith	2008
100-119	Men	200 Free Relay	1:39.55	BCTM	MR	R Miskovic	R Labour	C Gahn	D Williams	2010
100-119	Men	400 Free Relay	3:35.63	NEM	NE	C Sheppard	A Oktavian	D Searles	B Fehlau	2006
100-119	Men	800 Free Relay	7:43.72	NEM	NE	T Work	M Emmons	D Moran	E Nilsson	2013
100-119	Men	200 Medley Relay	1:43.14	FINZ	PV	J Hafkin	A Astiz	M Raab	N Kaufman-O'Reilly	2012
100-119	Men	400 Medley Relay	3:54.64	NEM	NE	C Sheppard	A Oktavian	D Searles	B Fehlau	2006
120-159	Men	200 Free Relay	1:35.56	GSM	NJ	C Sawin	B Matheson	O Gonzalez	P Buren	2002
120-159	Men	400 Free Relay	3:44.87	BDGR	MR	D Vicioso	G Werlinich	S Newman	S Kroder	2000
120-159	Men	800 Free Relay	8:14.93	BDGR	MR	D Vicioso	G Werlinich	S Newman	S Kroder	2000
120-159	Men	200 Medley Relay	1:48.88	DCAC	PV	J Frentsos	D Putterman	N Williams	C Carlisle	1999
120-159	Men	400 Medley Relay	3:59.40	NEM	NE	B Lo-Pinto	J Banville	J Eaddy	R Tyler	2001
160-199	Men	200 Free Relay	1:37.87	MESC	NE	M Schmidt	M Ross	Z Gray	D Pride	2009
160-199	Men	400 Free Relay	3:42.91	JAM	NJ	W Segal	S Carpenter	R Gannon	S Hiltabiddle	2008
160-199	Men	800 Free Relay	8:18.71	NEM	NE	K Stapleton	F Schlicher	B Casey	S Cromarty	2000
160-199	Men	200 Medley Relay	1:50.46	NEM	NE	F Bedford	C Crawford	T Phillips	N Ohman	2014
160-199	Men	400 Medley Relay	4:10.47	VMST	VA	C Stevenson	E Davis	D Holland	B Winters	2008
200-239	Men	200 Free Relay	1:40.71	1776	DV	P Trevisan	T Meade	M Slenker	G Oxley	2003
200-239	Men	400 Free Relay	3:47.59	1776	DV	P Trevisan	M Slenker	T Meade	G Oxley	2003
200-239	Men	800 Free Relay	8:58.54	NEM	NE	R Seltzer	T Mack	D Rogacki	G Shaw	2002
200-239	Men	200 Medley Relay	1:57.36	GSM	NJ	R Alexander	B Doyle	J Dragon	O Gonzalez	2002
200-239	Men	400 Medley Relay	4:22.69	DCAC	PV	C Carlisle	N Williams	F Dever	J Frentsos	2018
240-279	Men	200 Free Relay	1:50.33	1776	DV	J Thornton	D Keith	G Meyer	P Trevisan	2012
240-279	Men	400 Free Relay	4:13.35	1776	DV	D Keith	J Thornton	G Meyer	P Trevisan	2012
240-279	Men	800 Free Relay	9:55.41	NEM	NE	T McGahie	D Oates	T Allen	M McCombs	2015
240-279	Men	200 Medley Relay	2:09.02	1776	DV	D Keith	S Dougherty	P Trevisan	J Thornton	2012
240-279	Men	400 Medley Relay	5:03.29	NEM	NE	M McCombs	T McGahie	T Allen	D Oates	2015
280-319	Men	200 Free Relay	2:16.08	XCL	NJ	M Levenson	J Rawley	S Levenson	J Levenson	2021
280-319	Men	400 Free Relay	5:41.00	MESC	NE	B Rupert	R Nelson	W Jones	D Vail	2013
280-319	Men	800 Free Relay	13:52.37	GERM	PV	J Hillman	T Miller	K Wall	R Pinchot	2014
280-319	Men	200 Medley Relay	2:41.00	1776	DV	R Franks	N Garsoe	C Schaeffer	F Bellaire	1990
280-319	Men	400 Medley Relay	6:26.62	MESC	NE	B Rupert	R Nelson	W Jones	D Vail	2013
320-359	Men	200 Free Relay	3:31.44	VMST	VA	A Newbury	C Russ	R Wise	C Frogley	2019
320-359	Men	400 Free Relay	8:28.24	MESC	NE	J White	N Seagrave	J Woods	A Green	2001
320-359	Men	200 Medley Relay	4:05.72	MESC	NE	J White	N Seagrave	A Green	J Woods	2001
360-399	Men	200 Free Relay	6:31.84	MESC	NE	N Seagrave	E Hanke	J Woods	J White	2007

# Colonies Zone Records

# Short Course Meters

Age Group	Gender	Event	Time	Club	LMSC	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Year
72-99	Mixed	200 Free Relay	1:46.33	NEM	NE	R Bell	E Wang	M Hackmer	G Wriede	2000
72-99	Mixed	400 Free Relay	3:53.00	METR	MR	P Buren	P Schned	M Griffis	E Abbey	2004
72-99	Mixed	800 Free Relay	8:51.55	TERR	PV	M Staken	K Bowman	J Strahota	J Crowder	2003
72-99	Mixed	200 Medley Relay	1:57.66	NEM	NE	C Murphy	G Wriede	M Goldman	M Hackmer	1999
72-99	Mixed	400 Medley Relay	4:22.07	TERR	PV	J Crowder	P Adamkova	R Perkins	K Diblasi	2002
100-119	Mixed	200 Free Relay	1:47.59	1693	VA	C Camp	M Northshield	K Grier	J Henderson	2018
100-119	Mixed	400 Free Relay	3:51.17	NEM	NE	J Eaddy	D Miller	A Yttre	R Cardoso	2006
100-119	Mixed	800 Free Relay	8:29.16	NEM	NE	A Ferguson	D Miller	A Yttre	R Cardoso	2006
100-119	Mixed	200 Medley Relay	1:58.19	NEM	NE	R Berry	J Banville	S Wriede	J Gold-Minotti	1999
100-119	Mixed	400 Medley Relay	4:16.58	NEM	NE	B Lo-Pinto	S Morawski	J Eaddy	J Stokes	2002
120-159	Mixed	200 Free Relay	1:42.59	METR	MR	J Harris	M Grabisch	M Drueckhammer	M Boosin	2001
120-159	Mixed	400 Free Relay	3:51.74	REDT	MR	J Fain	K Gary	S Wager	A Rozwadowski	2009
120-159	Mixed	800 Free Relay	8:35.33	TERR	PV	C Randolph	M Grover	B Laplante	B Holden	2019
120-159	Mixed	200 Medley Relay	1:55.86	NEM	NE	B Lo-Pinto	B Felhau	E Wang	J Luker	2001
120-159	Mixed	400 Medley Relay	4:18.78	NEM	NE	K Andersson	B Fehlau	R Carr	R Kuszniir	2000
160-199	Mixed	200 Free Relay	1:45.13	MESC	NE	M Schmidt	A Perez-Smith	K Alcaide	D Pride	2010
160-199	Mixed	400 Free Relay	4:02.40	MESC	NE	D Pride	M Estabrook	M Ross	B Fries	2008
160-199	Mixed	800 Free Relay	9:04.70	NEM	NE	N Ohman	K Crusco	S Carroll	M Williams	2017
160-199	Mixed	200 Medley Relay	1:57.75	ANCM	PV	S Williams	W Dicks	C Britt	M Conze	2013
160-199	Mixed	400 Medley Relay	4:22.95	MESC	NE	M Ross	J Knight	D Pride	M Estabrook	2008
200-239	Mixed	200 Free Relay	1:49.36	NEM	NE	D Rogacki	J Feldmann	J Luker	G Shaw	2002
200-239	Mixed	400 Free Relay	4:26.16	NEM	NE	J Wood	T Grilli	K Stokes	D Rogacki	2009
200-239	Mixed	800 Free Relay	9:11.93	NEM	NE	G Shaw	J Hirsty	T Grilli	D Rogacki	2002
200-239	Mixed	200 Medley Relay	1:59.01	DCAC	PV	M Stakem	N Williams	J Frentsos	D Dawson	2022
200-239	Mixed	400 Medley Relay	4:35.02	VMST	VA	C Stevenson	L Bennett	D Holland	S Loftus-Charley	2010
240-279	Mixed	200 Free Relay	2:09.28	NEM	NE	J Hirsty	T Manfredi	J Litman	F McQuiggan	2011
240-279	Mixed	400 Free Relay	5:10.43	NEM	NE	C Gardner	D Rogacki	M Dickson	M Carter	2015
240-279	Mixed	800 Free Relay	11:54.23	VMST	VA	B Boslego	A Keith	J Daly	D Jaeger	2022
240-279	Mixed	200 Medley Relay	2:23.65	1776	DV	C McCloskey	S Dougherty	J Reilly	S Watts	2016
240-279	Mixed	400 Medley Relay	5:32.76	NEM	NE	T Grilli	B Estel	D Rogacki	L Dunham	2010
280-319	Mixed	200 Free Relay	2:38.80	CONN	CT	J Jarrold	D Donnelly	R Billard	G Langner	1988
280-319	Mixed	400 Free Relay	6:15.62	NEM	NE	D Rogacki	C Gardner	B West	D Ryanmann	2022
280-319	Mixed	800 Free Relay	13:47.82	MESC	NE	W Jones	N O'Brien-MacKinnon	F Giustra	R Kamphausen	2010
280-319	Mixed	200 Medley Relay	3:04.34	VMST	VA	B Schreiner	B Boslego	J Davis	J Miller	2017
280-319	Mixed	400 Medley Relay	6:57.69	NEM	NE	D Epstein	R Zelehoski	C St.Pierre-Sleboda	R Kraus	2022
320-359	Mixed	200 Free Relay	3:13.54	RMST	PV	F Manheim	L Manheim	W Chadsey	R Bennett	2020
320-359	Mixed	200 Medley Relay	4:02.38	VMST	VA	A Newbury	M Berkley	O Maher	T Sokolik	2010