

Colonies Zone Records

Short Course Yards

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
18-24	50 Free	23.63	Bonnie Zhang	Virginia	1693	2022	20.24	Lucas Bureau	Virginia	1693	2018
18-24	100 Free	50.67	Jessica Foschi	Metropolitan	METR	2004	43.97	Lucas Bureau	Virginia	1693	2018
18-24	200 Free	1:52.85	Bonnie Zhang	Virginia	1693	2022	1:39.93	Lucas Bureau	Virginia	1693	2018
18-24	500 Free	4:49.97	Jessica Foschi	Metropolitan	METR	2004	4:29.09	Andrew Greenhalgh	Virginia	1693	2018
18-24	1000 Free	10:42.74	Joanna Zeiger	Maryland	NBAC	1994	9:37.03	Benjamin Garrett	Virginia	VMST	2005
18-24	1650 Free	17:50.06	Joanna Zeiger	Maryland	NBAC	1994	16:35.76	Benjamin Garrett	Virginia	VMST	2005
18-24	50 Back	24.83	Caroline Gmelich	Metropolitan	NYAC	2023	22.62	Logan Burton	Virginia	TIDE	2019
18-24	100 Back	53.83	Courtney Bartholomew	New England	UC02	2019	49.19	Christopher Gibson	Potomac Valley	CUBU	2007
18-24	200 Back	2:02.80	Caroline Gmelich	Metropolitan	NYAC	2022	1:49.09	Logan Burton	Virginia	TIDE	2019
18-24	50 Breast	29.59	Amalia Kobelja	Virginia	URMS	2016	25.32	William Liscinsky	Potomac Valley	CUBU	2006
18-24	100 Breast	1:04.96	Bella Gary	Metropolitan	NYAC	2022	55.72	Austin Temple	Virginia	TIDE	2020
18-24	200 Breast	2:19.89	Jillian Martin	Potomac Valley	TERR	2004	2:03.77	Benjamin Bauchwitz	New England	UC02	2018
18-24	50 Fly	24.51	Caroline Gmelich	Metropolitan	NYAC	2023	21.86	Zachary Fong	Metropolitan	NYAC	2022
18-24	100 Fly	53.67	Caroline Gmelich	Metropolitan	NYAC	2023	47.01	Zachary Fong	Metropolitan	NYAC	2022
18-24	200 Fly	2:03.45	Elizabeth Shaw	Virginia	VMST	2012	1:44.08	Zachary Fong	Metropolitan	NYAC	2022
18-24	100 IM	56.51	Caroline Gmelich	Metropolitan	NYAC	2023	49.23	Lucas Bureau	Virginia	1693	2018
18-24	200 IM	2:06.63	Bella Gary	Metropolitan	NYAC	2022	1:49.17	Zachary Fong	Metropolitan	NYAC	2022
18-24	400 IM	4:35.63	Bella Gary	Metropolitan	NYAC	2022	4:03.41	Kevin Lin	New England	NEM	2023
25-29	50 Free	22.96	Kim Vandenberg	Metropolitan	REDT	2013	19.86	Drew Modrov	Metropolitan	CHEL	2018
25-29	100 Free	49.18	Kim Vandenberg	Metropolitan	REDT	2013	43.80	Drew Modrov	Metropolitan	CHEL	2018
25-29	200 Free	1:52.76	Marina Falcone	Virginia	1693	2017	1:36.50	Drew Modrov	Metropolitan	CHEL	2018
25-29	500 Free	5:03.08	Priscilla Modrov	Metropolitan	SWMN	2015	4:27.12	Drew Modrov	Metropolitan	CHEL	2018
25-29	1000 Free	10:34.29	Jane Kleine	Potomac Valley	TERR	1995	9:19.61	Tobias Work	New England	NEM	2014
25-29	1650 Free	17:33.40	Toby Smith	Metropolitan	BDGR	1999	16:05.42	Eric Nilsson	New England	NEM	2015
25-29	50 Back	25.25	Ally Howe	Metropolitan	NYAC	2023	22.01	David Russell	New England	NEM	2016
							22.01	Oscar Pereiro Carril	Connecticut	UC05	2018
25-29	100 Back	52.69	Ally Howe	Metropolitan	NYAC	2023	47.62	David Russell	New England	NEM	2016
25-29	200 Back	1:56.74	Ally Howe	Metropolitan	NYAC	2023	1:45.77	David Russell	New England	NEM	2016
25-29	50 Breast	29.53	Audrey Butler	Connecticut	CONN	2019	24.40	William Liscinsky	Potomac Valley	CUBU	2008
25-29	100 Breast	1:03.95	Tara Sell	Maryland	MERR	2011	53.51	Anton McKee	New England	UC02	2019
25-29	200 Breast	2:17.94	Andrea Packard	New England	NEM	2002	2:03.03	Nicholas Werner	Metropolitan	REDT	2008
25-29	50 Fly	25.31	Elizabeth Mcdonald	Metropolitan	NYAC	2023	21.33	Zachary Fong	Metropolitan	NYAC	2023
25-29	100 Fly	54.19	Kaitlyn Johnson	Niagara	BUMS	2015	46.36	Zachary Fong	Metropolitan	NYAC	2023
25-29	200 Fly	2:02.59	Priscilla Modrov	Metropolitan	SWMN	2015	1:44.67	Zachary Fong	Metropolitan	NYAC	2023
25-29	100 IM	55.65	Ally Howe	Metropolitan	NYAC	2023	48.78	Zachary Fong	Metropolitan	NYAC	2023
25-29	200 IM	2:00.10	Ally Howe	Metropolitan	NYAC	2023	1:47.10	Zachary Fong	Metropolitan	NYAC	2023
25-29	400 IM	4:27.38	Priscilla Modrov	Niagara	UC04	2014	3:56.30	Eric Nilsson	New England	NEM	2014

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Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
30-34	50 Free	23.57	Katrine Alcaide	New England	MESC	2015	20.48	Drew Modrov	Metropolitan	UN	2022
		20.48	Timothy Phillips	Metropolitan	NYAC	2022	30-34	100 Free	51.18	Jessie Alcaide	New England
30-34	100 Free	51.18	Jessie Alcaide	New England	MESC	2015	45.24	Drew Modrov	Metropolitan	UN	2022
30-34	200 Free	1:55.16	Katie McWilliams	Potomac Valley	ALEX	2014	1:39.58	Drew Modrov	Metropolitan	UN	2022
30-34	500 Free	5:09.72	Katie McWilliams	Potomac Valley	ALEX	2014	4:26.34	Drew Modrov	Metropolitan	UN	2022
30-34	1000 Free	10:31.00	Katie McWilliams	Potomac Valley	ALEX	2014	9:29.28	Eric Nilsson	New England	NEM	2019
30-34	1650 Free	17:27.40	Laurie Hug	Delaware Valley	1776	2000	16:06.55	James Kegley	Potomac Valley	DCM	1988
30-34	50 Back	25.96	Brienne Ryan	Metropolitan	NYAC	2022	22.38	David Russell	New England	NEM	2017
30-34	100 Back	57.08	Brienne Ryan	Metropolitan	NYAC	2022	48.31	David Russell	New England	NEM	2017
30-34	200 Back	2:04.14	Brienne Ryan	Metropolitan	NYAC	2022	1:48.66	Ron Karnaugh	New Jersey	TRIT	1997
30-34	50 Breast	29.24	Katrine Alcaide	New England	MESC	2015	25.82	Luciano Galindo	Metropolitan	NYCH	2008
30-34	100 Breast	1:04.33	Tara Sell	Maryland	MARY	2013	56.33	Henrique Barbosa	Metropolitan	AGUA	2018
30-34	200 Breast	2:23.77	Tiffany Diepold	Maryland	ACM	2013	2:01.01	Ron Karnaugh	New Jersey	TRIT	1997
30-34	50 Fly	25.25	Annie Fittin	Metropolitan	NYAC	2023	21.48	Timothy Phillips	Metropolitan	NYAC	2022
30-34	100 Fly	56.72	Jessie Alcaide	New England	MESC	2015	47.87	Timothy Phillips	Metropolitan	NYAC	2022
30-34	200 Fly	2:10.82	Ildiko Szekely	New England	NEM	2014	1:50.52	David Russell	New England	NEM	2017
30-34	100 IM	59.19	Katrine Alcaide	New England	MESC	2016	51.03	Ron Karnaugh	New Jersey	TRIT	1997
30-34	200 IM	2:08.88	Jocelyn Petrella	New England	NEM	2010	1:47.62	Ron Karnaugh	New Jersey	TRIT	1997
30-34	400 IM	4:37.25	Jocelyn Petrella	New England	NEM	2010	3:53.81	Ron Karnaugh	New Jersey	TRIT	1997
35-39	50 Free	23.67	M Drueckhammer	Metropolitan	METR	2002	20.96	Eugene Botes	Delaware Valley	1776	2019
35-39	100 Free	51.59	M Drueckhammer	Metropolitan	METR	2002	45.54	Michael Ross	New England	NEM	2006
35-39	200 Free	1:53.29	M Drueckhammer	Metropolitan	METR	2002	1:39.90	Michael Ross	New England	NEM	2005
35-39	500 Free	5:11.87	Laurie Hug	Delaware Valley	1776	2002	4:33.97	Ron Karnaugh	New Jersey	TRIT	2002
35-39	1000 Free	10:37.40	Laurie Hug	Delaware Valley	1776	2001	9:34.14	Ethan Saulnier	New England	NEM	2006
35-39	1650 Free	17:45.08	Laurie Hug	Delaware Valley	1776	2001	16:05.78	Ethan Saulnier	New England	NEM	2009
35-39	50 Back	26.93	Leila Vaziri	Metropolitan	NYAC	2022	23.06	Michael Ross	New England	NEM	2006
35-39	100 Back	59.32	Vibeke Swanson	Delaware Valley	1776	1999	49.62	Michael Ross	New England	NEM	2005
35-39	200 Back	2:05.50	Kristin Gary	Metropolitan	REDT	2007	1:50.11	Ron Karnaugh	New Jersey	TRIT	2002
35-39	50 Breast	30.24	Katrine Alcaide	New England	MESC	2018	25.55	Geoff Wells	Niagara	BUMS	2022
35-39	100 Breast	1:07.41	Stacy Sweetser	New England	NEM	2012	55.26	Ron Karnaugh	New Jersey	TRIT	2002
35-39	200 Breast	2:31.46	Carolyn Koster	Metropolitan	METR	1997	1:59.23	Ron Karnaugh	New Jersey	TRIT	2002
35-39	50 Fly	25.29	Jennifer Brooks Crozier	Connecticut	CONN	2015	22.63	Michael Ross	New England	NEM	2006
35-39	100 Fly	56.95	Jennifer Brooks Crozier	Connecticut	CONN	2015	50.06	Michael Ross	New England	NEM	2006
35-39	200 Fly	2:07.09	Ildiko Szekely	New England	NEM	2016	1:53.24	Daniel Moran	New England	NEM	2018
35-39	100 IM	59.53	Jennifer Brooks Crozier	Connecticut	CONN	2015	50.45	Ron Karnaugh	New Jersey	TRIT	2002
35-39	200 IM	2:11.45	Janel Jorgensen	Connecticut	CONN	2008	1:48.74	Ron Karnaugh	New Jersey	TRIT	2003
35-39	400 IM	4:37.56	Vibeke Swanson	Delaware Valley	1776	1999	3:56.76	Ron Karnaugh	New Jersey	TRIT	2002

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Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
40-44	50 Free	23.73	Maria Doelger	Metropolitan	BDGR	2004	20.84	Michael Ross	New England	MESC	2009
40-44	100 Free	51.49	Katie Grier	Virginia	1693	2019	45.35	Michael Ross	New England	MESC	2008
40-44	200 Free	1:54.16	Maria Doelger	Metropolitan	BDGR	2004	1:38.94	Michael Ross	New England	MESC	2008
40-44	500 Free	5:15.96	Laurie Hug	Delaware Valley	1776	2005	4:40.12	Ethan Saulnier	New England	NEM	2011
40-44	1000 Free	10:36.42	Laurie Hug	Delaware Valley	1776	2005	9:38.46	Ethan Saulnier	New England	NEM	2011
40-44	1650 Free	17:46.31	Laurie Hug	Delaware Valley	1776	2005	16:15.24	Ethan Saulnier	New England	NEM	2012
40-44	50 Back	27.25	Fall Willeboordse	Metropolitan	AGUA	2010	22.77	Michael Ross	New England	MESC	2009
40-44	100 Back	58.06	Kristin Gary	Metropolitan	REDT	2009	48.49	Michael Ross	New England	MESC	2009
40-44	200 Back	2:04.43	Kristin Gary	Metropolitan	REDT	2010	1:50.09	Michael Ross	New England	MESC	2008
40-44	50 Breast	30.83	Katrine Alcaide	New England	MESC	2023	26.12	Geoff Wells	Niagara	BUMS	2023
40-44	100 Breast	1:08.91	Jenny DeHart	New England	MESC	2018	56.16	Geoff Wells	Niagara	BUMS	2023
40-44	200 Breast	2:32.09	Kristen Harris	Virginia	1693	2017	2:04.99	Wally Dicks	Potomac Valley	ANCM	2003
40-44	50 Fly	25.79	Jennifer Brooks Crozier	Connecticut	CONN	2018	22.56	Chuck Barnes	New England	NEM	2021
40-44	100 Fly	58.56	Beth Baker	Virginia	VMST	2001	49.27	Michael Ross	New England	MESC	2008
40-44	200 Fly	2:09.63	Beth Baker	Virginia	VMST	2001	1:54.85	Chris Stevenson	Virginia	VMST	2009
40-44	100 IM	59.53	Fall Willeboordse	Metropolitan	AGUA	2010	51.85	Michael Ross	New England	MESC	2010
40-44	200 IM	2:11.46	Fall Willeboordse	Metropolitan	AGUA	2010	1:51.85	Michael Ross	New England	MESC	2009
40-44	400 IM	4:34.29	Vibeke Swanson	Delaware Valley	1776	2002	4:11.88	Ethan Saulnier	New England	NEM	2011
45-49	50 Free	24.06	Fall Willeboordse	Metropolitan	BCTM	2013	21.14	Chuck Barnes	New England	NEM	2023
45-49	100 Free	52.66	Fall Willeboordse	Metropolitan	BCTM	2012	47.25	Chuck Barnes	New England	NEM	2022
45-49	200 Free	1:58.97	Jennifer Brooks Crozier	Connecticut	CONN	2023	1:45.92	Chris Stevenson	Virginia	VMST	2010
45-49	500 Free	5:18.24	Laurie Hug	Delaware Valley	1776	2010	4:47.87	Neil Brophy	Niagara	NIAG	2010
45-49	1000 Free	10:49.69	Laurie Hug	Delaware Valley	1776	2011	9:58.64	Neil Brophy	Niagara	NIAG	2009
45-49	1650 Free	17:56.43	Laurie Hug	Delaware Valley	1776	2011	16:35.45	Neil Brophy	Niagara	NIAG	2010
45-49	50 Back	27.42	Fall Willeboordse	Metropolitan	BCTM	2013	23.58	Michael Ross	New England	MESC	2015
45-49	100 Back	58.25	Fall Willeboordse	Metropolitan	BCTM	2012	50.83	Chuck Barnes	New England	NEM	2023
45-49	200 Back	2:08.12	Kristin Gary	Metropolitan	NYAC	2014	1:51.82	Chuck Barnes	New England	NEM	2022
45-49	50 Breast	32.24	Fall Willeboordse	Metropolitan	BCTM	2013	26.58	Wally Dicks	Potomac Valley	ANCM	2009
45-49	100 Breast	1:09.05	Fall Willeboordse	Metropolitan	AGUA	2011	58.55	Wally Dicks	Potomac Valley	ANCM	2009
45-49	200 Breast	2:33.08	Fall Willeboordse	Metropolitan	AGUA	2011	2:11.07	Wally Dicks	Potomac Valley	ANCM	2009
45-49	50 Fly	25.49	Jennifer Brooks Crozier	Connecticut	CONN	2023	23.03	Chuck Barnes	New England	NEM	2022
45-49	100 Fly	58.29	Jennifer Brooks Crozier	Connecticut	CONN	2023	50.20	Chuck Barnes	New England	NEM	2022
45-49	200 Fly	2:12.14	Fall Willeboordse	Metropolitan	AGUA	2011	1:57.08	Chris Stevenson	Virginia	VMST	2010
45-49	100 IM	59.39	Fall Willeboordse	Metropolitan	BCTM	2012	53.72	Clay Britt	Potomac Valley	ANCM	2008
45-49	200 IM	2:14.28	Fall Willeboordse	Metropolitan	BCTM	2016	2:00.26	Chris Stevenson	Virginia	VMST	2010
45-49	400 IM	4:49.51	Vibeke Swanson	Delaware Valley	1776	2007	4:17.52	Chris Stevenson	Virginia	VMST	2010

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Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
50-54	50 Free	24.53	Fall Willeboordse	Metropolitan	UC06	2016	21.80	Steve Hiltabiddle	Delaware Valley	1776	2018
50-54	100 Free	53.60	Fall Willeboordse	Metropolitan	UC06	2016	48.00	Steve Hiltabiddle	Delaware Valley	1776	2018
50-54	200 Free	2:02.82	Fall Willeboordse	Metropolitan	BCTM	2018	1:48.25	Stu Marvin	Delaware Valley	1776	2008
50-54	500 Free	5:23.37	Laurie Hug	Delaware Valley	1776	2015	4:59.83	Neil Brophy	Niagara	NIAG	2011
50-54	1000 Free	11:03.62	Laurie Hug	Delaware Valley	1776	2015	10:19.45	Neil Brophy	Niagara	NIAG	2011
50-54	1650 Free	18:17.41	Laurie Hug	Delaware Valley	1776	2015	17:05.27	Neil Brophy	Niagara	NIAG	2011
50-54	50 Back	27.04	Leslie Livingston	Potomac Valley	GMUP	2013	24.57	Fritz Bedford	New England	UC02	2014
50-54	100 Back	59.19	Fall Willeboordse	Metropolitan	UC06	2016	52.72	Fritz Bedford	New England	NEM	2015
50-54	200 Back	2:12.65	Kristin Gary	Metropolitan	NYAC	2018	2:00.59	Clay Britt	Potomac Valley	ANCM	2012
50-54	50 Breast	32.76	Fall Willeboordse	Metropolitan	UC06	2016	27.76	Benn Doyle	New Jersey	GSM	2010
50-54	100 Breast	1:09.79	Fall Willeboordse	Metropolitan	UC06	2016	1:01.38	Gregory Harris	Virginia	VMST	2018
50-54	200 Breast	2:38.93	Laurie Hug	Delaware Valley	1776	2015	2:14.87	Benn Doyle	New Jersey	GSM	2009
50-54	50 Fly	25.70	Leslie Livingston	Potomac Valley	GMUP	2013	23.22	Steve Hiltabiddle	Delaware Valley	1776	2018
50-54	100 Fly	1:00.55	Fall Willeboordse	Metropolitan	UC06	2016	52.65	Steve Hiltabiddle	Delaware Valley	1776	2018
50-54	200 Fly	2:18.41	Fall Willeboordse	Metropolitan	UC06	2016	2:02.56	Fred Schlicher	New England	NEM	1999
50-54	100 IM	1:01.28	Fall Willeboordse	Metropolitan	UC06	2016	54.42	Clay Britt	Potomac Valley	ANCM	2012
50-54	200 IM	2:15.51	Fall Willeboordse	Metropolitan	UC06	2016	2:03.34	Jerome Frentsos	Potomac Valley	DCAC	2020
50-54	400 IM	4:59.57	Laurie Hug	Delaware Valley	1776	2017	4:26.74	Jerome Frentsos	Potomac Valley	DCAC	2020
55-59	50 Free	25.61	Fall Willeboordse	Virginia	1693	2022	22.24	Paul Trevisan	Delaware Valley	1776	2010
55-59	100 Free	56.27	Fall Willeboordse	Virginia	1693	2022	49.38	Steve Hiltabiddle	Delaware Valley	1776	2021
55-59	200 Free	2:09.11	Jacki Hirsty	New England	NEM	2010	1:53.03	Greg Shaw	New England	NEM	2007
55-59	500 Free	5:36.93	Nancy Martin	New Jersey	GSM	2010	5:14.13	Andy Reul	Connecticut	CONN	2019
55-59	1000 Free	11:30.25	Nancy Martin	New Jersey	GSM	2010	10:53.87	Andy Reul	Connecticut	CONN	2019
55-59	1650 Free	19:19.89	Katherine Branch	New England	NEM	2013	18:19.33	Jerry Muro	Potomac Valley	L4S	2014
55-59	50 Back	29.48	Susan Williams	Virginia	1693	2023	25.30	Fritz Bedford	New England	NEM	2019
55-59	100 Back	1:02.12	Kristin Gary	Metropolitan	NYAC	2023	54.64	Fritz Bedford	New England	NEM	2019
55-59	200 Back	2:18.96	Kristin Gary	Metropolitan	NYAC	2023	2:06.02	Clay Britt	Potomac Valley	ANCM	2018
55-59	50 Breast	33.76	Lisa Bennett	Virginia	VMST	2011	28.16	Neill Williams	Potomac Valley	DCAC	2023
55-59	100 Breast	1:13.91	Lisa Bennett	Virginia	VMST	2011	1:01.97	Neill Williams	Potomac Valley	DCAC	2023
55-59	200 Breast	2:44.35	Karen Mareb	New England	NEM	2015	2:19.07	Jerome Frentsos	Potomac Valley	DCAC	2022
55-59	50 Fly	27.44	Susan Williams	Virginia	1693	2022	23.57	Steve Hiltabiddle	Delaware Valley	1776	2022
55-59	100 Fly	1:03.88	Kristin Gary	Metropolitan	NYAC	2023	53.32	Steve Hiltabiddle	Delaware Valley	1776	2022
55-59	200 Fly	2:26.06	Nancy Martin	New Jersey	GSM	2010	2:04.97	John Craig	New England	NEM	2010
55-59	100 IM	1:03.98	Fall Willeboordse	Virginia	1693	2022	55.74	Jerome Frentsos	Potomac Valley	DCAC	2022
55-59	200 IM	2:27.59	Val Van Horn Pate	Virginia	VMST	2018	2:03.81	Jerome Frentsos	Potomac Valley	DCAC	2022
55-59	400 IM	5:09.76	Nancy Martin	New Jersey	GSM	2010	4:39.75	Edmund Gendreau	New England	GBM	2018

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		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
60-64	50 Free	26.94	Gayle Wettach	New England	NEM	2017	22.65	Paul Trevisan	Delaware Valley	1776	2012
60-64	100 Free	59.54	Gayle Wettach	New England	NEM	2017	51.03	Paul Trevisan	Delaware Valley	1776	2013
60-64	200 Free	2:12.50	Kelly Parker Palace	Virginia	VMST	2022	1:54.14	Fred Schlicher	New England	NEM	2009
60-64	500 Free	5:52.55	Tracy Grilli	New England	NEM	2017	5:25.57	Fred Schlicher	New England	NEM	2009
60-64	1000 Free	12:06.00	Shirley Loftus-Charley	Virginia	VMST	2012	11:00.97	Fred Schlicher	New England	NEM	2009
60-64	1650 Free	20:04.71	Shirley Loftus-Charley	Virginia	VMST	2012	18:14.34	Jerry De Muro	Potomac Valley	L4S	2016
60-64	50 Back	30.83	Patricia Murphy	Connecticut	UNAT	2011	27.69	Douglas Slater	Virginia	1693	2018
60-64	100 Back	1:08.17	Patricia Murphy	Connecticut	UNAT	2011	1:00.29	Douglas Slater	Virginia	1693	2018
60-64	200 Back	2:25.21	Joan Pfinsgraff	Maryland	MARY	2018	2:13.15	Douglas Slater	Virginia	1693	2019
60-64	50 Breast	35.09	Melinda Wolff	Delaware Valley	1776	2013	28.95	Gregory Oxley	Delaware Valley	LASH	2019
60-64	100 Breast	1:17.31	Beth Estel	New England	NEM	2017	1:04.39	Gregory Oxley	Delaware Valley	LASH	2019
60-64	200 Breast	2:49.42	Karen Mareb	New England	NEM	2019	2:23.52	Gregory Oxley	Delaware Valley	LASH	2019
60-64	50 Fly	29.82	Patricia Murphy	Connecticut	UNAT	2011	26.13	Jim Dragon	New Jersey	GSM	2008
60-64	100 Fly	1:07.83	Val Van Horn Pate	Virginia	VMST	2023	58.17	Greg Shaw	New England	NEM	2012
60-64	200 Fly	2:34.96	Val Van Horn Pate	Virginia	VMST	2023	2:13.12	Fred Schlicher	New England	NEM	2009
60-64	100 IM	1:09.83	Patricia Murphy	Connecticut	UNAT	2011	1:00.00	Gregory Oxley	Delaware Valley	LASH	2019
60-64	200 IM	2:35.10	Beth Estel	New England	NEM	2017	2:12.67	Fred Schlicher	New England	NEM	2009
60-64	400 IM	5:33.25	Shirley Loftus-Charley	Virginia	VMST	2012	4:46.68	Fred Schlicher	New England	NEM	2009
65-69	50 Free	28.58	Melinda Wolff	Delaware Valley	1776	2018	24.54	Jim Dragon	New Jersey	GSM	2010
65-69	100 Free	1:03.27	Tracy Grilli	New England	NEM	2022	54.13	James Thornton	Delaware Valley	1776	2018
65-69	200 Free	2:18.55	Nancy Steadman Martin	New Jersey	GSM	2021	2:00.82	James Thornton	Delaware Valley	1776	2018
65-69	500 Free	6:04.07	Nancy Steadman Martin	New Jersey	GSM	2020	5:34.99	James Thornton	Delaware Valley	1776	2018
65-69	1000 Free	12:20.69	Nancy Steadman Martin	New Jersey	GSM	2021	11:46.60	John Chambers	Metropolitan	AGUA	2023
65-69	1650 Free	20:33.09	Nancy Steadman Martin	New Jersey	GSM	2021	19:51.18	John Chambers	Metropolitan	AGUA	2022
65-69	50 Back	32.30	Cecilia McCloskey	Delaware Valley	1776	2016	30.20	Geoffrey Meyer	Delaware Valley	1776	2018
65-69	100 Back	1:09.26	Cecilia McCloskey	Delaware Valley	1776	2017	1:07.00	Geoffrey Meyer	Delaware Valley	1776	2018
65-69	200 Back	2:30.74	Joan Pfinsgraff	Maryland	MARY	2019	2:26.68	Fred Schlicher	New England	NEM	2018
65-69	50 Breast	36.58	Melinda Wolff	Delaware Valley	1776	2018	31.35	Jim Dragon	New Jersey	GSM	2010
65-69	100 Breast	1:21.78	Melinda Wolff	Delaware Valley	1776	2019	1:11.12	Brian Keyser	Delaware Valley	1776	2022
65-69	200 Breast	3:01.50	Joann Leilich	Virginia	VMST	2004	2:37.73	Brian Keyser	Delaware Valley	1776	2023
65-69	50 Fly	31.19	Diann Uustal	New England	NEM	2014	25.93	Jim Dragon	New Jersey	GSM	2010
65-69	100 Fly	1:11.55	Cecilia McCloskey	Delaware Valley	1776	2015	1:01.65	Greg Shaw	New England	NEM	2017
65-69	200 Fly	2:44.59	Nancy Steadman Martin	New Jersey	GSM	2021	2:26.39	John Chambers	Metropolitan	AGUA	2022
65-69	100 IM	1:12.22	Cecilia McCloskey	Delaware Valley	1776	2015	1:04.13	Jim Dragon	New Jersey	GSM	2010
65-69	200 IM	2:37.07	Cecilia McCloskey	Delaware Valley	1776	2015	2:22.89	James Thornton	Delaware Valley	1776	2018
65-69	400 IM	5:40.18	Shirley Loftus-Charley	Virginia	VMST	2019	5:16.00	Fred Schlicher	New England	NEM	2015

Colonies Zone Records

Short Course Yards

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
70-74	50 Free	29.60	Diann Uustal	New England	NEM	2017	26.15	Jim Dragon	New Jersey	GSM	2015
70-74	100 Free	1:06.41	Diann Uustal	New England	NEM	2017	58.62	James Thornton	Delaware Valley	1776	2023
70-74	200 Free	2:27.19	Shirley Loftus-Charley	Virginia	ETM	2022	2:05.33	Fred Schlicher	New England	NEM	2019
70-74	500 Free	6:31.43	Shirley Loftus-Charley	Virginia	ETM	2022	6:01.11	Frank McElroy	New Jersey	GSM	2018
70-74	1000 Free	13:11.75	Shirley Loftus-Charley	Virginia	CM-Y	2023	12:26.16	Frank McElroy	New Jersey	GSM	2018
70-74	1650 Free	21:50.68	Shirley Loftus-Charley	Virginia	CM-Y	2023	21:18.19	Frank McElroy	New Jersey	GSM	2019
70-74	50 Back	34.77	Diann Uustal	New England	NEM	2017	31.72	Geoffrey Meyer	Delaware Valley	1776	2022
70-74	100 Back	1:17.27	Diann Uustal	New England	NEM	2017	1:06.74	Fred Schlicher	New England	NEM	2019
70-74	200 Back	2:47.52	Diann Uustal	New England	NEM	2017	2:32.69	Fred Schlicher	New England	NEM	2023
70-74	50 Breast	39.30	Melinda Wolff	Delaware Valley	1776	2023	33.47	Manuel Sanguily	Connecticut	CONN	2004
70-74	100 Breast	1:27.64	Melinda Wolff	Delaware Valley	1776	2023	1:16.01	Manuel Sanguily	Connecticut	CONN	2005
70-74	200 Breast	3:14.85	Margot Pettijohn	Potomac Valley	ANCM	2018	2:53.91	Manuel Sanguily	Connecticut	CONN	2005
70-74	50 Fly	32.41	Diann Uustal	New England	NEM	2017	28.27	Jim Dragon	New Jersey	GSM	2015
70-74	100 Fly	1:23.16	Shirley Loftus-Charley	Virginia	CM-Y	2023	1:03.17	Fred Schlicher	New England	NEM	2019
70-74	200 Fly	3:05.27	Shirley Loftus-Charley	Virginia	CM-Y	2023	2:30.83	Fred Schlicher	New England	NEM	2019
70-74	100 IM	1:15.29	Diann Uustal	New England	NEM	2017	1:09.08	Geoffrey Meyer	Delaware Valley	1776	2023
70-74	200 IM	2:51.31	Diann Uustal	New England	NEM	2017	2:27.09	Fred Schlicher	New England	NEM	2019
70-74	400 IM	6:05.52	Shirley Loftus-Charley	Virginia	ETM	2022	5:21.90	Fred Schlicher	New England	NEM	2019
75-79	50 Free	33.37	Christie Hayes	New England	NEM	2023	27.77	Jim Dragon	New Jersey	GSM	2019
75-79	100 Free	1:14.04	Christie Hayes	New England	NEM	2023	1:04.28	Kelley Lemmon	Potomac Valley	DCM	1988
75-79	200 Free	2:42.07	Christie Hayes	New England	NEM	2023	2:25.81	David Kirby	Connecticut	CONN	2018
75-79	500 Free	7:10.67	Christie Hayes	New England	NEM	2023	6:37.47	David Kirby	Connecticut	CONN	2018
75-79	1000 Free	14:48.40	Christie Hayes	New England	NEM	2023	13:47.33	David Kirby	Connecticut	CONN	2018
75-79	1650 Free	24:36.58	Christie Hayes	New England	NEM	2023	23:41.29	Roger Franks	Delaware Valley	1776	2002
75-79	50 Back	40.25	Doris Steadman	New Jersey	GSM	2000	35.79	David Vail	New England	MESC	2019
75-79	100 Back	1:27.70	Nancy Brown	Maryland	MARY	2011	1:17.17	Roger Franks	Delaware Valley	1776	2002
75-79	200 Back	3:15.04	Nancy Brown	Maryland	MARY	2011	2:45.08	Roger Franks	Delaware Valley	1776	2002
75-79	50 Breast	43.46	Christie Hayes	New England	NEM	2023	35.82	Manuel Sanguily	Connecticut	CONN	2008
75-79	100 Breast	1:36.56	Christie Hayes	New England	NEM	2023	1:25.04	Richard Myers	New England	NEM	2023
75-79	200 Breast	3:31.20	Christie Hayes	New England	NEM	2023	3:12.45	Richard Myers	New England	NEM	2023
75-79	50 Fly	44.16	Lucille Griffin	Virginia	VMST	2014	30.10	Jim Dragon	New Jersey	GSM	2019
75-79	100 Fly	1:47.58	Lucille Griffin	Virginia	VMST	2014	1:15.14	David Kirby	Connecticut	CONN	2018
75-79	200 Fly	3:54.13	Lucille Griffin	Virginia	VMST	2014	2:57.93	David Kirby	Connecticut	CONN	2018
75-79	100 IM	1:27.30	Christie Hayes	New England	NEM	2023	1:16.56	Birch Davidson	Delaware Valley	1776	1994
75-79	200 IM	3:16.94	Christie Hayes	New England	NEM	2023	2:58.90	Kelley Lemmon	Potomac Valley	DCM	1987
75-79	400 IM	7:01.26	Christie Hayes	New England	NEM	2023	6:32.94	Birch Davidson	Delaware Valley	1776	1994

Colonies Zone Records

Short Course Yards

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
80-84	50 Free	34.20	Johnnie Detrick	Virginia	VMST	2016	31.15	Harry Sober	Virginia	VMST	2023
80-84	100 Free	1:22.34	Johnnie Detrick	Virginia	VMST	2016	1:12.43	Harry Sober	Virginia	VMST	2023
80-84	200 Free	3:17.42	Ronnie Kamphausen	New England	MESC	2014	2:49.94	Kelley Lemmon	Potomac Valley	DCM	1992
80-84	500 Free	8:49.72	Ronnie Kamphausen	New England	MESC	2014	7:58.65	Robert Johnston	Niagara	NIAG	1997
80-84	1000 Free	18:09.92	Ronnie Kamphausen	New England	MESC	2014	16:19.34	Dick Hutchings	New England	NEM	2023
80-84	1650 Free	34:32.86	Nancy Brown	Maryland	MARY	2017	28:01.54	Robert Johnston	Niagara	NIAG	1997
80-84	50 Back	45.98	Nancy Brown	Maryland	MARY	2017	39.70	Hugh Roddin	Potomac Valley	ANCM	2022
80-84	100 Back	1:43.32	Nancy Brown	Maryland	MARY	2016	1:22.61	Hugh Roddin	Potomac Valley	ANCM	2022
80-84	200 Back	3:44.08	Nancy Brown	Maryland	MARY	2016	3:06.36	Roger Franks	Delaware Valley	1776	2007
80-84	50 Breast	50.93	Johnnie Detrick	Virginia	VMST	2016	40.85	Charles Urstadt	Connecticut	CONN	2009
80-84	100 Breast	1:54.18	Johnnie Detrick	Virginia	VMST	2017	1:32.72	Kelley Lemmon	Potomac Valley	DCM	1992
80-84	200 Breast	4:04.31	Johnnie Detrick	Virginia	VMST	2016	3:30.07	Al Craig	New England	NEM	2010
80-84	50 Fly	53.01	Johnnie Detrick	Virginia	VMST	2016	37.28	Hugh Roddin	Potomac Valley	ANCM	2022
80-84	100 Fly	2:05.06	Ronnie Kamphausen	New England	MESC	2014	1:31.64	Hugh Roddin	Potomac Valley	ANCM	2022
80-84	200 Fly	5:07.17	Jane Hall	Maryland	MARY	2023	3:41.81	Hugh Roddin	Potomac Valley	ANCM	2022
80-84	100 IM	1:42.51	Johnnie Detrick	Virginia	VMST	2016	1:35.37	Robert Knapp	Connecticut	CONN	1997
80-84	200 IM	3:48.28	Johnnie Detrick	Virginia	VMST	2016	3:38.21	William Jones	New England	MESC	2017
80-84	400 IM	8:37.09	Nancy Brown	Maryland	MARY	2016	8:38.47	William Jones	New England	MESC	2017
85-89	50 Free	45.72	Julia Dolce	New Jersey	GSM	1995	35.79	Lee Bergen	Delaware Valley	OCSC	2019
85-89	100 Free	1:45.80	Julia Dolce	New Jersey	GSM	1995	1:23.43	Lee Bergen	Delaware Valley	OCSC	2019
85-89	200 Free	4:02.91	Billie Ann Burrill	New England	NEM	2006	3:17.31	Dick Guido	Metropolitan	METR	2003
85-89	500 Free	10:58.65	Billie Ann Burrill	New England	NEM	2006	9:00.31	Gus Langner	Connecticut	CONN	1990
85-89	1000 Free	22:37.93	Phyllis Goodlad	Maryland	MARY	2014	18:17.58	Dick Guido	Metropolitan	METR	2003
85-89	1650 Free	37:35.36	Phyllis Goodlad	Maryland	MARY	2015	31:02.36	Gus Langner	Connecticut	CONN	1990
85-89	50 Back	54.21	Marian Coakley	New England	NEM	2023	43.30	Frank Manheim	Potomac Valley	RMST	2016
85-89	100 Back	2:02.53	Marie Wicklun	Connecticut	CONN	1999	1:40.82	John Merrill	Connecticut	CONN	2002
85-89	200 Back	4:06.09	Anna Bauscher	Delaware Valley	MIDA	1988	3:38.65	John Merrill	Connecticut	CONN	2002
85-89	50 Breast	1:03.91	Miriam Tuovila	Virginia	VMST	2012	51.83	Dan Dotterweich	New Jersey	GSM	1995
85-89	100 Breast	2:23.13	Marianna Berkley	Virginia	VMST	2008	2:00.27	Dan Dotterweich	New Jersey	GSM	1995
85-89	200 Breast	5:08.48	Marianna Berkley	Virginia	VMST	2008	4:39.18	Walter Lynch	Metropolitan	AQFT	2011
85-89	50 Fly	1:04.22	Doris Russell	Maryland	MARY	2006	48.58	Frank Manheim	Potomac Valley	RMST	2016
85-89	100 Fly	2:47.27	Doris Russell	Maryland	MARY	2005	3:15.07	Jay Charles	Metropolitan	METR	2008
85-89	200 Fly	6:50.29	Jill Coleman	Maryland	MARY	2016	7:10.59	Jay Charles	Metropolitan	METR	2010
85-89	100 IM	2:11.27	Jill Coleman	Maryland	MARY	2016	1:51.63	Arnold Meardon	New England	NEM	2015
85-89	200 IM	4:50.62	Jill Coleman	Maryland	MARY	2016	4:29.44	Harry Howell	Virginia	VMST	2004
85-89	400 IM	11:02.85	Jill Coleman	Maryland	MARY	2016	11:29.02	David Gladfelter	Delaware Valley	1776	2022

Colonies Zone Records

Short Course Yards

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
90-94	50 Free	51.97	Anne Walker	Potomac Valley	DCM	2007	40.78	Gerson Sobel	Metropolitan	METR	2000
90-94	100 Free	2:08.96	Julia Dolce	New Jersey	GSM	2001	1:40.64	Gerson Sobel	Metropolitan	METR	2000
90-94	200 Free	4:42.10	Anne Walker	Potomac Valley	DCM	2006	3:48.56	Austin Newman	New Jersey	GSM	2006
90-94	500 Free	13:51.00	Julia Dolce	New Jersey	GSM	2002	10:01.23	Austin Newman	New Jersey	GSM	2006
90-94	1000 Free	28:36.94	Julia Dolce	New Jersey	GSM	2002	20:31.68	Austin Newman	New Jersey	GSM	2006
90-94	1650 Free	51:35.79	Mary Lathram	Potomac Valley	DCM	2006	33:59.81	Austin Newman	New Jersey	GSM	2006
90-94	50 Back	1:05.50	Sarah Allnutt	Maryland	MARY	2014	48.69	Frank Manheim	Potomac Valley	RMST	2021
90-94	100 Back	2:25.59	Anne Walker	Potomac Valley	DCM	2006	1:46.67	John Merrill	Connecticut	CONN	2007
90-94	200 Back	5:17.55	Anne Walker	Potomac Valley	DCM	2006	3:54.03	John Merrill	Connecticut	CONN	2007
90-94	50 Breast	1:22.99	Miriam Tuovila	Virginia	TMAS	2016	1:09.38	Harry Bartlett	Connecticut	CONN	2006
90-94	100 Breast	3:16.01	Miriam Tuovila	Virginia	TMAS	2017	2:43.79	Gus Langner	Connecticut	CONN	1995
90-94	200 Breast						6:09.46	Gus Langner	Connecticut	CONN	1995
90-94	50 Fly	1:27.39	Doris Russell	Maryland	MARY	2011	2:21.39	Walter Sompayrac	Maryland	MARY	2004
90-94	100 IM	3:01.95	Marie Kelleher	Virginia	VMST	2004	2:49.56	Gus Langner	Connecticut	CONN	1995
90-94	200 IM	6:26.48	Marie Kelleher	Virginia	VMST	2004	13:25.64	Vladimir Ouchakof	Connecticut	CONN	2015
95-99	50 Free	1:17.32	Doris Russell	Maryland	MARY	2015	51.31	Gus Langner	Connecticut	CONN	1999
95-99	100 Free	2:57.11	Doris Russell	Maryland	MARY	2015	2:03.95	Gus Langner	Connecticut	CONN	1999
95-99	200 Free	6:12.19	Marie Kelleher	Virginia	VMST	2008	4:34.65	Gus Langner	Connecticut	CONN	1999
95-99	500 Free	18:25.13	Anna Bauscher	Delaware Valley	1776	1998	12:17.44	Gus Langner	Connecticut	CONN	1999
95-99	1000 Free						30:05.25	Gus Langner	Connecticut	CONN	2000
95-99	50 Back	1:35.39	Marie Kelleher	Virginia	VMST	2009	1:22.02	Raymond Edelhoff	Maryland	MARY	2008
95-99	100 Back	5:43.27	Virginia Nicoll	Maryland	DAMD	2006	3:49.59	Raymond Edelhoff	Maryland	MARY	2008
95-99	50 Breast	1:55.41	Marie Kelleher	Virginia	VMST	2009	1:27.55	Gus Langner	Connecticut	CONN	1999
95-99	100 Breast						3:04.31	Gus Langner	Connecticut	CONN	1999
95-99	50 Fly	1:52.23	Doris Russell	Maryland	MARY	2015					
95-99	100 IM	3:28.34	Marie Kelleher	Virginia	VMST	2008					
100-104	50 Free	1:58.08	Marie Kelleher	Virginia	VMST	2013	1:35.72	John Wolff	Potomac Valley	FXCM	2013

Colonies Zone Records

Short Course Yards

Age Group	Gender	Event	Time	Club	LMSC	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Year
18+	Woman	200 Free Relay	1:35.66	1693	VA	G Mizerak	S Shaner	C Hurtubise	K Grier	2016
18+	Woman	400 Free Relay	3:35.45	1693	VA	C Hurtubise	K Grier	G Mizerak	S Shaner	2016
18+	Woman	800 Free Relay	7:55.34	REDT	MR	K Moughty	S Upton	J Kelsey	K Gary	2009
18+	Woman	200 Medley Relay	1:44.29	NYAC	MR	B Ryan	B Gary	C Gmelich	N Larson	2022
18+	Woman	400 Medley Relay	4:03.73	TERR	PV	J Teerlink	J Martin	K Bowman	M Stakem	2004
25+	Women	200 Free Relay	1:35.18	NYAC	MR	N Larson	A Howe	E Mcdonald	V Abel	2023
25+	Woman	400 Free Relay	3:36.62	1693	VA	G Mizerak	V Maqueda	K Grier	S Shaner	2018
25+	Woman	800 Free Relay	7:43.29	REDT	MR	B O'Connor	W Sprague	K Gary	K Vandenberg	2013
25+	Women	200 Medley Relay	1:44.32	NYAC	MR	A Howe	P Kaminski	N Larson	E Mcdonald	2023
25+	Woman	400 Medley Relay	4:00.63	1693	VA	A Czaplicki	K Harris	M Falcone	K Grier	2017
35+	Woman	200 Free Relay	1:41.49	1693	VA	R Anne Thomas	M Choe	K Gass	K Grier	2019
35+	Woman	400 Free Relay	3:50.35	NEM	NE	K Nappi	D Neuendorf	J Lancaster	E Welch	2014
35+	Woman	800 Free Relay	8:32.84	NEM	NE	S Sweetser	L Hindle	T Grilli	K Crusco	2015
35+	Woman	200 Medley Relay	1:55.25	REDT	MR	K Gary	S Casey	K Schneider	F Willeboordse	2003
35+	Woman	400 Medley Relay	4:15.70	1776	DV	V Swanson	J Freimuth	K Frazier	S Hartman	2000
45+	Woman	200 Free Relay	1:43.32	NEM	NE	J Feldmann	J Luker	G Wettach	J Hirsty	2002
45+	Woman	400 Free Relay	3:55.16	NEM	NE	J Feldmann	J Luker	G Wettach	J Hirsty	2002
45+	Woman	800 Free Relay	8:45.12	NEM	NE	K Tetreault	T Grilli	C Droppo	J Hirsty	2008
45+	Woman	200 Medley Relay	1:57.99	NEM	NE	J Feldmann	J Luker	G Wettach	J Hirsty	2002
45+	Woman	400 Medley Relay	4:40.95	MESC	NE	P Torrey	M Estabrook	A Uecker	B Fries	2010
55+	Woman	200 Free Relay	1:53.32	NEM	NE	T Grilli	K Stokes	B Estel	K Mareb	2016
55+	Woman	400 Free Relay	4:11.44	NEM	NE	B Estel	T Grilli	K Stokes	K Mareb	2016
55+	Woman	800 Free Relay	10:04.77	NEM	NE	S Jensen	B Fries	S Beckman	K Stokes	2019
55+	Woman	200 Medley Relay	2:07.59	NEM	NE	B Estel	B Hummel	J Luker	J Hirsty	2012
55+	Woman	400 Medley Relay	4:49.08	NEM	NE	B Estel	K Mareb	T Grilli	K Stokes	2016
65+	Woman	200 Free Relay	2:09.02	VMST	VA	K Umbdenstock	S Loftus-Charley	M Barry	B Boslego	2017
65+	Woman	400 Free Relay	4:44.37	VMST	VA	S Loftus-Charley	K Umbdenstock	B Boslego	M Barry	2017
65+	Woman	800 Free Relay	10:23.97	VMST	VA	B Boslego	M Barry	K Umbdenstock	S Loftus-Charley	2017
65+	Women	200 Medley Relay	2:24.58	NEM	NE	K Nisley-Black	B Estel	T Grilli	C Hayes	2023
65+	Woman	400 Medley Relay	5:27.83	VMST	VA	M Barry	B Boslego	S Loftus-Charley	K Umbdenstock	2017
75+	Women	200 Free Relay	3:01.87	MARY	MD	C Jorgensen	J Hall	C Foster	S Iliff	2023
75+	Women	400 Free Relay	6:58.56	MARY	MD	C Jorgensen	J Hall	C Foster	S Iliff	2023
75+	Woman	800 Free Relay	17:58.68	MARY	MD	J Libby	N Brown	N Whalen	J Hall	2019
75+	Women	200 Medley Relay	3:25.82	MARY	MD	C Jorgensen	C Foster	J Hall	S Iliff	2023
75+	Woman	400 Medley Relay	8:48.59	MARY	MD	J Libby	N Brown	J Hall	N Whalen	2019

Colonies Zone Records

Short Course Yards

Age Group	Gender	Event	Time	Club	LMSC	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Year
18+	Men	200 Free Relay	1:22.84	NYAC	MR	T Phillips	Z Fong	T Luchsinger	A Quinn	2022
18+	Men	400 Free Relay	3:04.86	1693	VA	A Greenhalgh	L Bureau	K Loughran	K Gallagher	2018
18+	Men	800 Free Relay	6:53.52	1693	VA	L Bureau	J Henderson	A Glass	A Greenhalgh	2018
18+	Men	200 Medley Relay	1:31.65	NYAC	MR	A Quinn	C Cowley	Z Fong	T Dillinger	2022
18+	Men	400 Medley Relay	3:30.29	NEM	NE	J Perez-Rogers	M Eder	J Chance	C Hon	2014
25+	Men	200 Free Relay	1:21.09	NYAC	MR	T Dillinger	A Quinn	T Phillips	Z Fong	2023
25+	Men	400 Free Relay	3:09.74	FXCM	PV	M Bazylewicz	M Veintimilla	K Loughran	S Bulakul	2013
25+	Men	800 Free Relay	6:56.28	NEM	NE	T Work	D Moran	E Nilsson	M Emmons	2014
25+	Men	200 Medley Relay	1:33.02	NYAC	MR	J Pretto	S Nee	T Phillips	D Smit	2022
25+	Men	400 Medley Relay	3:27.13	ANCM	PV	J Clay Britt	W Dicks	J Roddin	M Fell	2000
35+	Men	200 Free Relay	1:25.85	ANCM	PV	W Dicks	M Fell	R Lewis	C Britt	2001
35+	Men	400 Free Relay	3:13.41	NEM	NE	K Stapleton	B Tyler	D Bosley	S Cromarty	2001
35+	Men	800 Free Relay	7:09.04	BDGR	MR	D Vicioso	G Werlinich	S Newman	S Kroder	2001
35+	Men	200 Medley Relay	1:36.67	ANCM	PV	J Clay Britt	C Weissman	M Michael	J Roddin	2008
35+	Men	400 Medley Relay	3:35.54	MESC	NE	M Ross	L Lindenau	S Manhart	T Lecrone	2009
45+	Men	200 Free Relay	1:29.82	SVY	DV	J Gross	G Sangmeister	J Evans	G Rees	2018
45+	Men	400 Free Relay	3:19.01	MESC	NE	M Schmidt	D Pride	H Carter	A Thomas	2009
45+	Men	800 Free Relay	7:26.55	MESC	NE	M Schmidt	D Pride	H Carter	F Homans	2009
45+	Men	200 Medley Relay	1:39.77	1693	VA	D Bell	P Klepchick	B Holsten	D Cole	2023
45+	Men	400 Medley Relay	3:47.23	MESC	NE	D Pride	M McKinney	M Schmidt	H Carter	2009
55+	Men	200 Free Relay	1:36.61	CONN	CT	M Lynch	R Adl	J Sargent	G Sargent	2022
55+	Men	400 Free Relay	3:30.18	CONN	CT	M Rossi	M Lynch	J Sargent	R Adl	2023
55+	Men	800 Free Relay	8:13.77	1776	DV	J Hemmerle	J Martin	D Keith	J Thornton	2011
55+	Men	200 Medley Relay	1:48.78	CONN	CT	J Sargent	M Lynch	M Rossi	R Adl	2023
55+	Men	400 Medley Relay	4:12.40	DCAC	PV	G Heuchling	J Frentsos	F Dever	J Calhoun	2022
65+	Men	200 Free Relay	1:53.84	BUMS	NI	G Youtt	D Kornblatt	J Cothren	E Pot	2018
65+	Men	400 Free Relay	4:11.56	NEM	NE	D Epstein	R Schiller	J Jones	F Schlicher	2017
65+	Men	800 Free Relay	10:11.97	BUMS	NI	K Weir	J Cothren	E Pot	D Kornblatt	2019
65+	Men	200 Medley Relay	2:05.27	AAA	MD	J Edger	R Vaillancourt	R John Shields	R Blau	2016
65+	Men	400 Medley Relay	4:51.10	NEM	NE	D Epstein	R Schiller	F Schlicher	J Jones	2017
75+	Men	200 Free Relay	2:07.86	VMST	VA	H Sober	E Gaulrapp	K Novell	R Wise	2018
75+	Men	400 Free Relay	4:53.92	VMST	VA	H Sober	E Gaulrapp	R Wise	K Novell	2018
75+	Men	800 Free Relay	11:55.36	VMST	VA	E Gaulrapp	H Sober	W Brundage	K Novell	2019
75+	Men	200 Medley Relay	2:23.92	VMST	VA	H Sober	E Gaulrapp	R Wise	K Novell	2018
75+	Men	400 Medley Relay	6:42.67	VMST	VA	H Sober	E Gaulrapp	K Novell	R Wise	2018
85+	Men	200 Free Relay	5:32.20	MESC	NE	N Seagrave	E Hanke	J White	J Woods	2009

Colonies Zone Records

Short Course Yards

Age Group	Gender	Event	Time	Club	LMSC	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Year
18+	Mixed	200 Free Relay	1:28.96	1693	VA	M Healey	S Kettlewell-Sites	C Bristow	B Zhang	2023
18+	Mixed	400 Free Relay	3:11.45	NYAC	MR	A Quinn	Z Fong	C Gmelich	A Howe	2023
18+	Mixed	800 Free Relay	7:21.24	1693	VA	A Greenhalgh	E Ryzek	J Henderson	A Wujciak	2018
18+	Mixed	200 Medley Relay	1:36.23	NYAC	MR	A Quinn	N Liu	C Gmelich	V Abel	2023
18+	Mixed	400 Medley Relay	3:41.42	1693	VA	S Glass	L Schwartz	A Glass	K Grier	2018
25+	Mixed	200 Free Relay	1:27.54	NYAC	MR	T Dillinger	Z Fong	E Mcdonald	A Howe	2023
25+	Mixed	400 Free Relay	3:16.77	REDT	MR	K Vandenberg	B O'Connor	G Palumbo	B Kelly	2013
25+	Mixed	800 Free Relay	7:20.49	1693	VA	M Falcone	K Grier	L Robbins	K Gallagher	2017
25+	Mixed	200 Medley Relay	1:36.44	NYAC	MR	A Howe	P Kaminski	Z Fong	G Schumacher	2023
25+	Mixed	400 Medley Relay	3:43.20	MESC	NE	M Ross	N Stevens	J Knight Beers	A Perez-Smith	2010
35+	Mixed	200 Free Relay	1:33.01	1693	VA	C Hurtubise	M Lovett	R Williams	K Grier	2016
35+	Mixed	400 Free Relay	3:28.42	VMST	VA	S Summerlin	J John	C John	D Summerlin	2008
35+	Mixed	800 Free Relay	7:43.46	BADG	MR	A Luallen	M Doelger	J Anderson	S Newman	2004
35+	Mixed	200 Medley Relay	1:44.12	1693	VA	K Grier	R Williams	M Lovett	C Hurtubise	2016
35+	Mixed	400 Medley Relay	3:50.42	VMST	VA	C John	S Summerlin	J John	D Summerlin	2008
45+	Mixed	200 Free Relay	1:36.15	NYAC	MR	C Blaze	D Tapiero	K Gary	S Wager	2016
45+	Mixed	400 Free Relay	3:33.66	NYAC	MR	C Blaze	T Gleason	S Wager	K Gary	2016
45+	Mixed	800 Free Relay	8:30.46	1776	DV	L Hug	V Swanson	P Sweeney	J Thornton	2011
45+	Mixed	200 Medley Relay	1:47.71	1693	VA	D Bell	R Williams	S Williams	F Willeboordse	2022
45+	Mixed	400 Medley Relay	4:07.33	NEM	NE	J Feldmann	D Rogacki	G Shaw	J Hirsty	2003
55+	Mixed	200 Free Relay	1:44.85	CONN	CT	R Adl	M Lynch	T Michael	P Henry Moss	2022
55+	Mixed	400 Free Relay	3:56.28	CONN	CT	R Adl	T Michael	J Sargent	P Henry Moss	2022
55+	Mixed	800 Free Relay	9:35.98	DCM	PV	A Haines	W Braswell	A Lyttle	P Grueneberger	2004
55+	Mixed	200 Medley Relay	1:58.60	MARY	MD	J Springer	N Burley	A Schulte	J O'Connor	2014
55+	Mixed	400 Medley Relay	4:39.92	CONN	CT	T Michael	M Lynch	M Rossi	P Henry Moss	2023
55+	Mixed	400 Medley Relay	4:39.92	1776	DV	V Swanson	B Keyser	J Reilly	B Burke	2018
65+	Mixed	200 Free Relay	1:56.39	NEM	NE	B Plencner	K Bierwert	C Hayes	D Epstein	2018
65+	Mixed	400 Free Relay	4:34.77	NEM	NE	C Hayes	D Hutchings	K Slifer	D Epstein	2016
65+	Mixed	800 Free Relay	7:09.29	NEM	NE	M Wentworth	B Lesieur	J Baker	R Donovan	1987
65+	Mixed	200 Medley Relay	2:14.18	NEM	NE	D Epstein	K Bierwert	B Plencner	C Hayes	2018
65+	Mixed	400 Medley Relay	5:23.62	VMST	VA	H Sober	B Durrant	A Wolfe	B Schreiner	2008
75+	Mixed	200 Free Relay	2:26.97	VMST	VA	B Schreiner	L Walker	E Gaulrapp	K Novell	2018
75+	Mixed	400 Free Relay	6:15.98	MESC	NE	D Edelbaum	W Jones	F Giustra	R Kamphausen	2012
75+	Mixed	800 Free Relay	14:56.99	MARY	MD	B Bronk	B Little	Y Lee	N Brown	2014
75+	Mixed	200 Medley Relay	2:49.87	MARY	MD	C Jorgensen	J Iliff	S Iliff	J Jackins	2023
75+	Mixed	400 Medley Relay	7:09.05	MESC	NE	D Edelbaum	H Wendel	W Jones	R Kamphausen	2012
85+	Mixed	200 Free Relay	4:04.35	MARY	MD	D Russell	S Allnutt	G Revett	A Eremchuk	2011
85+	Mixed	200 Medley Relay	4:39.13	MARY	MD	S Allnutt	A Eremchuk	D Russell	G Revett	2011