

**Conejo Valley Multisport Masters LCM Individual Team Records  
18-24 Age Group**

<b>Date</b>	<b>Time</b>	<b>Women</b>	<b>Event</b>	<b>Men</b>	<b>Time</b>	<b>Date</b>
8/10/13	00:29.70	Erin Rosas	<b>50 Free</b>	Wade Federer	00:25.52 *	8/10/13
8/11/13	01:05.04	Erin Rosas	<b>100 Free</b>	Brian Nadler	00:58.20	7/8/12
8/5/16	02:29.84*	Stephani Barlev	<b>200 Free</b>	Brian Nadler	02:08.81	7/8/12
8/7/19	05:02.09	Emily Sharpe	<b>400 Free</b>			
8/7/19	10:30.44	Emily Sharpe	<b>800 Free</b>			
8/5/16	22:03.29	Brittany DeValk	<b>1500 Free</b>			
8/7/19	00:35.02*	Emily Sharpe	<b>50 Back</b>	Sawyer Gracyk	35.13	7/30/21
8/7.13	01:17.22	Erin Rosas	<b>100 Back</b>	Sawyer Gracyk	01:15.84	7/30/21
7/16/17	03:05.92	Brittany DeValk	<b>200 Back</b>			
8/7/19	00:39.04	Emily Sharpe	<b>50 Breast</b>	Sawyer Gracyk	43:12.00	7/30/21
8/8/13	01:21.20	Nora Darago	<b>100 Breast</b>			
8/6/16	03:10.25	Brittany DeValk	<b>200 Breast</b>			
			<b>50 Fly</b>	Wade Federer	00:26.99	8/9/13
			<b>100 Fly</b>	Wade Federer	01:02.56	8/10/13
			<b>200 Fly</b>	Brian Nadler	02:27.21	7/8/12
8/8/13	02:41.77	Nora Darago	<b>200 IM</b>	Sawyer Gracyk	02:40.23	7/30/21
8/5/16	06:10.91	Brittany DeValk	<b>400 IM</b>			

**25-29 Age Group**

<b>Date</b>	<b>Time</b>	<b>Women</b>	<b>Event</b>	<b>Men</b>	<b>Time</b>	<b>Date</b>
8/11/12	00:32.02	Alessandra Castro	<b>50 Free</b>	Dimotakis	00:27.98	8/11/11
7/12/14	01:05.10	Jillian Friend	<b>100 Free</b>	Andrew Barmann	00:59.65	8/7/19
8/11/12	02:46.85	Alessandra Castro	<b>200 Free</b>	Andrew Barmann	02:08.57	8/7/19
			<b>400 Free</b>	Andrew Barmann	04:37.70	8/7/19
			<b>800 Free</b>	Andrew Barmann	09:43.43	8/7/19
			<b>50 Back</b>	Andrew Barmann	34.76	7/30/21
			<b>100 Back</b>			
			<b>200 Back</b>			
8/24/14	00:36.36	Jillian Friend	<b>50 Breast</b>	Andrew Barmann	00:36.76	6/28/19
8/11/12	01:34.82	Alessandra Castro	<b>100 Breast</b>	Andrew Barmann	01:21.19	6/23/19
8/11/12	03:23.32	Alessandra Castro	<b>200 Breast</b>			
8/23/14	00:30.10	Jillian Friend	<b>50 Fly</b>	Dimotakis	00:29.42	8/11/12
8/24/14	01:05.84	Jillian Friend	<b>100 Fly</b>	Ore Wahnishe	01:07.07	8/7/19
8/23/14	02:27.55	Jillian Friend	<b>200 Fly</b>			
8/23/14	02:30.76	Jillian Friend	<b>200 IM</b>	Andrew Barmann	02:24.78	8/7/19
			<b>400 IM</b>			

### 30-34 Age Group

<i><b>Date</b></i>	<i><b>Time</b></i>	<i><b>Women</b></i>	<i><b>Event</b></i>	<i><b>Men</b></i>	<i><b>Time</b></i>	<i><b>Date</b></i>
			<i>50 Free</i>	Daisuke Ito	00:26.26	8/6/14
6/4/16	01:22.91	Cindie Boosin	<i>100 Free</i>			
			<i>200 Free</i>	Daisuke Ito	02:11.91	8/24/14
			<i>400 Free</i>			
			<i>800 Free</i>			
			<i>1500 Free</i>	Daisuke Ito	19:54.92	8/22/14
			<i>50 Back</i>	Daisuke Ito	00:30.00"	8/23/14
			<i>100 Back</i>	Daisuke Ito	01:04.79	8/17/14
			<i>200 Back</i>	Daisuke Ito	02:29.44	8/4/14
			<i>50 Breast</i>			
			<i>100 Breast</i>	Justin McClure	01:21.27	8/24/14
			<i>200 Breast</i>			
			<i>50 Fly</i>	Justin McClure	00:29.56	8/23/14
			<i>100 Fly</i>			
			<i>200 Fly</i>	Justin McClure	02:45.13	8/23/14
			<i>200 IM</i>	Marc Mohr	03:14.84	6/19/10
			<i>400 IM</i>			

### 35-39 Age Group

<i><b>Date</b></i>	<i><b>Time</b></i>	<i><b>Women</b></i>	<i><b>Event</b></i>	<i><b>Men</b></i>	<i><b>Time</b></i>	<i><b>Date</b></i>
7/16/17	00:31.39	Cindie Boosin	<i>50 Free</i>			
6/16/17	01:11.26	Calley Prezzano	<i>100 Free</i>			
7/30/21	02:39.23	Calley Prezzano	<i>200 Free</i>			
			<i>400 Free</i>			
			<i>800 Free</i>			
			<i>1500 free</i>			
7/30/21	00:36.90	Calley Prezzano	<i>50 Back</i>			
7/30/21	01:19.79	Calley Prezzano	<i>100 Back</i>			
			<i>200 Back</i>			
7/30/21	00:44.15	Calley Prezzano	<i>50 Breast</i>			
			<i>100 Breast</i>			
			<i>200 Breast</i>			
7/30/21	00:37.16	Calley Prezzano	<i>50 Fly</i>			
			<i>100 Fly</i>			
			<i>200 Fly</i>			
			<i>200 IM</i>			
			<i>400 IM</i>			

### 40-44 Age Group

<b>Date</b>	<b>Time</b>	<b>Women</b>	<b>Event</b>	<b>Men</b>	<b>Time</b>	<b>Date</b>
7/10/21	00:30.91	Eve Maidenberg	<b>50 Free</b>	Kelly Karren	00:26.15	8/13/15
8/7/19	01:07.11	Eve Maidenberg	<b>100 Free</b>	Kelly Karren	00:59.07	5/17/15
8/7/19	02:24.16	Eve Maidenberg	<b>200 Free</b>	Steve Arvedson	02:14.07	7/27/10
7/10/21	05:05.87	Eve Maidenberg	<b>400 Free</b>	Jonathan Kretz	05:03.03	7/30/21
8/7/19	10:27.07	Eve Maidenberg	<b>800 Free</b>	Jonathan Kretz	10:32.79	7/30/21
6/28/19	20:31.55	Eve Maidenberg	<b>1500 free</b>	Jonathan Kretz	20:41.16	7/30/21
7/30/21	00:35.41	Jennifer Finotti Sheppard	<b>50 Back</b>	Kelly Karren	00:31.94	8/7/15
7/30/21	01:14.80	Jennifer Finotti Sheppard	<b>100 Back</b>	Kelly Karren	01:08.80	8/3/14
7/30/21	02:39.40	Jennifer Finotti Sheppard	<b>200 Back</b>	Kelly Karren	02:37.92	8/11/15
8/19/16	00:41.78	Leslie Monroe	<b>50 Breast</b>	Jonathan Kretz	00:37.25	7/30/21
8/6/16	01:31.79	Leslie Monroe	<b>100 Breast</b>	Steve Arvedson	01:19.70	7/27/10
8/10/13	03:21.65	Deanna Koehler	<b>200 Breast</b>			
8/15/15	00:38.09	Michelle Stearns	<b>50 Fly</b>	Kelly Karren	00:27.89	8/12/15
8/18/16	01:16.79	Leslie Monroe	<b>100 Fly</b>	Kelly Karren	01:03.59	8/13/15
8/7/16	02:54.88	Leslie Monroe	<b>200 Fly</b>			
8/7/16	02:50.16	Leslie Monroe	<b>200 IM</b>	Steve Arvedson	02:34.22	7/27/10
8/5/16	05:57.90	Leslie Monroe	<b>400 IM</b>	Jonathan Kretz	05:59.78	8/7/19

### 45-49 Age Group

<b>Date</b>	<b>Time</b>	<b>Women</b>	<b>Event</b>	<b>Men</b>	<b>Time</b>	<b>Date</b>
8/14/11	00:29.65	Becky Cleavenger	<b>50 Free</b>	Matt Biondi	00:25.03 *	7/6/2014 !!
8/14/11	01:06.22	Becky Cleavenger	<b>100 Free</b>	Matt Biondi	00:54.10*	7/6/2014 !!
8/10/12	02:26.23	Becky Cleavenger	<b>200 Free</b>	Doug Koehler	02:13.27	8/23/14
8/15/15	05:19.40	Deanna Koehler	<b>400 Free</b>	Doug Koehler	04:44.00	8/15/15
8/14/15	11:01.16*	Deanna Koehler	<b>800 Free</b>	Ted Waldron	10:59.49	8/12/12
8/7/19	20:25.69	Leslie Monroe	<b>1500 Free</b>	Doug Koehler	18:32.19	8/22/14
8/12/18	00:36.03	Beata Konopka	<b>50 Back</b>	M. Boosin	00:30.00*	8/7/2014 !!
8/12/18	01:21.65*	Beata Konopka	<b>100 Back</b>	M. Boosin	01:08.95	8/8/14
6/3/18	03:02.86	Beata Konopka	<b>200 Back</b>	M. Boosin	02:43.96	8/24/14
8/6/14	00:39.44	J. Weiderman	<b>50 Breast</b>	Doug Koehler	00:34.14	8/9/15
8/16/15	01:27.93	J. Weiderman	<b>100 Breast</b>	Doug Koehler	01:14.46	8/4/14
8/15//15	03:11.70	J. Weiderman	<b>200 Breast</b>	Doug Koehler	02:43.83	8/8/14
8/14/11	00:33.90	Becky Cleavenger	<b>50 Fly</b>	Kelly Karren	00:28.09	8/4/18
7/11/15	01:23.76	Deanna Koehler	<b>100 Fly</b>	Kelly Karren	01:03.79!!	8/4/18
8/7/19	02:51.67	Leslie Monroe	<b>200 Fly</b>	Doug Koehler	02:39.64	8/15/15
8/14/11	02:53.81	Becky Cleavenger	<b>200 IM</b>	Doug Koehler	02:28.87	8/24/14
8/14/15	06:21.89	Deanna Koehler	<b>400 IM</b>	Doug Koehler	05:21.58	8/22/14

### 50-54 Age Group

<b>Date</b>	<b>Time</b>	<b>Women</b>	<b>Event</b>	<b>Men</b>	<b>Time</b>	<b>Date</b>
8/6/14	00:29.68	L. Shoennman	<b>50 Free</b>	Michael Boosin	00:25.42*	8/19/16
8/4/14	01:05.05	L. Shoennman	<b>100 Free</b>	Michael Boosin	00:58.77	8/21/16
8/7/19	02:20.15	Jill Gellatly	<b>200 Free</b>	Eric Marnoch	02:19.86*	8/12/18
8/7/19	04:49.13	Jill Gellatly	<b>400 Free</b>	Doug Koehler	04:47.16	8/6/16
8/12/18	10:11.35	Jill Gellatly	<b>800 Free</b>			
8/7/19	19:00.94	Jill Gellatly	<b>1500 Free</b>	Doug Koehler	19:36.48	8/5/16
8/7/19	00:36.05	Beata Konopka	<b>50 Back</b>	Michael Boosin	00:30.28	8/17/16!!
6/23/19	01:17.20	Jill Gellatly	<b>100 Back</b>	Michael Boosin	01:13.20	7/16/17
6/23/19	02:41.89	Jill Gellatly	<b>200 Back</b>	Bradley Stolshek	02:51.95	5/6/12
8/12/18	00:39.44	Jen Weiderman	<b>50 Breast</b>	Doug Koehler	00:34.55	8/19/16
6/3/18	01:27.70	Jen Weiderman	<b>100 Breast</b>	Doug Koehler	01:15.38	8/18/16
8/12/18	03:10.00	Jen Weiderman	<b>200 Breast</b>	Doug Koehler	02:52.53	7/16/17
8/4/18	00:32.11	Arlette Godges	<b>50 Fly</b>	Doug Koehler	00:31.73	7/16/17
8/14/17	01:15.25	Arlette Godges	<b>100 Fly</b>	Doug Koehler	01:13.12	6/3/18
10/7/21	03:16.44	Jen Weiderman	<b>200 Fly</b>	Doug Koehler	02:45.60	8/7/19
8/7/19	02:40.79	Jill Gellatly	<b>200 IM</b>	Doug Koehler	02:32.08	8/17/16
8/7/19	05:45.53	Jill Gellatly	<b>400 IM</b>	Doug Koehler	05:31.94	8/17/16

### 55-59 Age Group

<b>Date</b>	<b>Time</b>	<b>Women</b>	<b>Event</b>	<b>Men</b>	<b>Time</b>	<b>Date</b>
9/7/19	00:29.93	Becky Cleavenger	<b>50 Free</b>	Chris Wall	00:27.20*	8/14/17
9/7/19	01:05.70	Becky Cleavenger	<b>100 Free</b>	Scott Adair	01:01.60	8/7/19
9/7/19	02:24.57	Becky Cleavenger	<b>200 Free</b>	Bradley Stolshek	02:32.17	8/12/18
7/19/21	05:19.48	Becky Cleavenger	<b>400 Free</b>	Bradley Stolshek	05:56.78	8/7/19
8/9/13	11:55.18	Niki Stokols	<b>800 Free</b>			
8/7/13	22:21.61	Niki Stokols	<b>1500 Free</b>	Tom Pani	23:39.72	7/9/11
7/8/12	00:37.60	Nancy K- Reno	<b>50 Back</b>	Michael Boosin	00:32.92	10/7/21
7/30/21	01:25.39	Becky Cleavenger	<b>100 Back</b>	Bradley Stolshek	01:16.57	8/4/18
8/4/18	03:00.10	Becky Cleavenger	<b>200 Back</b>	Bradley Stolshek	02:52.25	8/4/18
8/7/19	00:40.33	Arlette Godges	<b>50 Breast</b>	Chris Wall	00:39.53	6/30/18
8/11/19	01:32.83	Arlette Godges	<b>100 Breast</b>	Keith Robinson	01:31.17	7/16/17
			<b>200 Breast</b>	Keith Robinson	03:31.15	7/16/17
8/7/19	00:32.13	Arlette Godges	<b>50 Fly</b>	Bradford Stanley	00:30.99	8/7/19
9/7/19	01:16.54	Arlette Godges	<b>100 Fly</b>			
			<b>200 Fly</b>			
8/12/18	02:51.94!!	Becky Cleavenger	<b>200 IM</b>	Bradley Stolshek	02:53.22	8/4/18
			<b>400 IM</b>			

### 60-64 Age Group

<b>Date</b>	<b>Time</b>	<b>Women</b>	<b>Event</b>	<b>Men</b>	<b>Time</b>	<b>Date</b>
8/7/15	00:33.69	Nancy K- Reno	<b>50 Free</b>	Don Smith	00:27.97	7/30/21
8/7/19	01:16.68	Denise Hearst	<b>100 Free</b>	Robert Rosen	01:05.78	6/10/12
8/14/17	02:49.40	Niki Stokols	<b>200 Free</b>	Mark Buckley	02:31.41	8/18/16
8/14/17	05:54.23	Niki Stokols	<b>400 Free</b>	Doug Kajiwara	05:02.34	7/30/21
8/14/17	11:45.53	Niki Stokols	<b>800 Free</b>	Robert Rosen	11:16.40	8/9/13
8/7/19	21:52.46	Denise Hearst	<b>1500 Free</b>	Doug Kajiwara	19:53.82	7/30/21
8/8/15	00:37.38	Nancy K- Reno	<b>50 Back</b>	Doug Kajiwara	00:35.07	7/30/21
8/9/15	01:26.89	Nancy K- Reno	<b>100 Back</b>	Doug Kajiwara	01:14.08	7/30/21
8/7/19	03:15.73	Denise Hearst	<b>200 Back</b>	Robert Rosen	03:23.55	7/9/11
8/9/15	00:45.58	Nancy K- Reno	<b>50 Breast</b>	Keith Robinson	00:38.06	7/28/18
			<b>100 Breast</b>	Keith Robinson	01:28.34	8/7/19
			<b>200 Breast</b>	Keith Robinson	03:26.37	8/12/18
7/30/21	00:40.41	Helen Cox	<b>50 Fly</b>	Mark Buckley	00:31.45	8/9/15
7/30/21	01:37.75	Helen Cox	<b>100 Fly</b>	Mark Buckley	01:19.91	7/11/15
			<b>200 Fly</b>	Mark Buckley	03:31.92	8/15/15
8/9/15	03:36.09	Nancy K- Reno	<b>200 IM</b>	Mark Buckley	03:04.61	8/19/16
			<b>400 IM</b>			

### 65-69 Age Group

<b>Date</b>	<b>Time</b>	<b>Women</b>	<b>Event</b>	<b>Men</b>	<b>Time</b>	<b>Date</b>
6/22/14	00:39.95	Diane Smith	<b>50 Free</b>	Mark Buckley	00:29.71	8/12/18
6/22/14	01:36.23	Diane Smith	<b>100 Free</b>	Mark Buckley	01:07.35	8/12/18
8/9/13	04:00.29	Diane Smith	<b>200 Free</b>	Mark Buckley	02:35.80	8/4/18
			<b>400 Free</b>	Mark Buckley	05:52.87	6/3/18
			<b>800 Free</b>	Robert Rosen	11:56.73	8/7/16
			<b>1500 Free</b>	Mark Buckley	22:52.37	6/30/18
8/9/13	00:51.56	Diane Smith	<b>50 Back</b>	Mark Buckley	00:37.20	8/4/18
6/11/11	01:59.69	Diane Smith	<b>100 Back</b>	Mark Buckley	01:29.72	6/28/19
			<b>200 Back</b>	Erik Sterne	03:20.26	8/14/17
8/9/13	00:57.13	Diane Smith	<b>50 Breast</b>	Clive Edwards	00:36.67	8/7/19
			<b>100 Breast</b>	Clive Edwards	01:28.04	8/7/19
			<b>200 Breast</b>	Clive Edwards	03:26.07	8/12/18
			<b>50 Fly</b>	Mark Buckley	00:32.46	8/12/18
			<b>100 Fly</b>	Mark Buckley	01:17.93	8/4/18
			<b>200 Fly</b>	Mark Buckley	03:40.70	8/4/18
			<b>200 IM</b>	Mark Buckley	03:13.40	6/28/19
			<b>400 IM</b>			

**70-74 Age Group**

<b>Date</b>	<b>Time</b>	<b>Women</b>	<b>Event</b>	<b>Men</b>	<b>Time</b>	<b>Date</b>
8/12/18	00:40.74	Diane Smith	<i>50 Free</i>	Frank Freeman	00:34.27	8/7/15
8/12/18	01:37.55	Diane Smith	<i>100 Free</i>	Frank Freeman	01:19.80	7/11/15
7/16/17	03:39.15	Diane Smith	<i>200 Free</i>	Frank Freeman	02:51.07	8/9/15
			<i>400 Free</i>	Frank Freeman	06:12.29	8/8/15
			<i>800 Free</i>	Frank Freeman	13:19.97	6/28/15
			<i>1500 Free</i>	Frank Freeman	25:03.40	8/6/15
8/12/18	00:52.89	Diane Smith	<i>50 Back</i>	Lloyd Johnson	00:50.67	8/12/12
8/6/17	01:59.22	Diane Smith	<i>100 Back</i>	Frank Freeman	01:54.04	6/3/18
			<i>200 Back</i>			
8/6/17	00:56.01	Diane Smith	<i>50 Breast</i>	Lloyd Johnson	00:43.93	8/12/12
8/6/17	02:14.01	Diane Smith	<i>100 Breast</i>	Lloyd Johnson	01:44.40	8/8/13
			<i>200 Breast</i>	Lloyd Johnson	04:00.55	8/19/13
			<i>50 Fly</i>	Frank Freeman	00:50.10	8/6/16
			<i>100 Fly</i>			
			<i>200 Fly</i>			
			<i>200 IM</i>			
			<i>400 IM</i>			

**75-79 Age Group**

<b>Date</b>	<b>Time</b>	<b>Women</b>	<b>Event</b>	<b>Men</b>	<b>Time</b>	<b>Date</b>
			<i>50 Free</i>			
			<i>100 Free</i>			
			<i>200 Free</i>			
			<i>400 Free</i>			
			<i>400 Free</i>			
			<i>1500 Free</i>			
			<i>50 Back</i>			
			<i>100 Back</i>			
			<i>200 Back</i>			
			<i>50 Breast</i>			
			<i>100 Breast</i>			
			<i>200 Breast</i>			
			<i>50 Fly</i>			
			<i>100 Fly</i>			
			<i>200 Fly</i>			
			<i>200 IM</i>			
			<i>400 IM</i>			

**80-84 Age Group**

<i>Date</i>	<i>Time</i>	<i>Women</i>	<i>Event</i>	<i>Men</i>	<i>Time</i>	<i>Date</i>
			<i>50 Free</i>			
			<i>100 Free</i>			
			<i>200 Free</i>			
			<i>400 Free</i>			
			<i>800 Free</i>			
			<i>1500 Free</i>			
			<i>50 Back</i>			
			<i>100 Back</i>			
			<i>200 Back</i>			
			<i>50 Breast</i>			
			<i>100 Breast</i>			
			<i>200 Breast</i>			
			<i>50 Fly</i>			
			<i>100 Fly</i>			
			<i>200 Fly</i>			
			<i>200 IM</i>			
			<i>400 IM</i>			

**Note: \* Split, ! World Record, !! All American, # National Record**