

## 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	<i>50 Free</i>	Wade Federer	00:25,52 *	8/10/13
8/11/13	01:05.04	Erin Rosas	<i>100 Free</i>	Brian Nadler	00:58.20	7/8/12
8/5/16	02:29.84*	Stephani Barlev	<i>200 Free</i>	Brian Nadler	02:08.81	7/8/12
8/5/16	05:21.49	Stephani Barlev	<i>400 Free</i>			
7/16/17	11:41.49	Brittany DeValk	<i>800 Free</i>			
8/5/16	22:03.29	Brittany DeValk	<i>1500 Free</i>			
8/11/13	00:35.85 *	Erin Rosas	<i>50 Back</i>			
8/7.13	01:17.22	Erin Rosas	<i>100 Back</i>			
7/16/17	03:05.92	Brittany DeValk	<i>200 Back</i>			
8/7/16	00:39.49	Brittany DeValk	<i>50 Breast</i>			
8/8/13	01:21.20	Nora Darago	<i>100 Breast</i>			
8/6/16	03:10.25	Brittany DeValk	<i>200 Breast</i>			
			<i>50 Fly</i>	Wade Federer	00:26.99	8/9/13
			<i>100 Fly</i>	Wade Federer	01:02.56	8/10/13
			<i>200 Fly</i>	Brian Nadler	02:27.21	7/8/12
8/8/13	02:41.77	Nora Darago	<i>200 IM</i>			
8/5/16	06:10.91	Brittany DeValk	<i>400 IM</i>			

### 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	<i>50 Free</i>	Dimotakis	00:27.98	8/11/11
7/12/14	01:05.10	Jillian Friend	<i>100 Free</i>	Dimotakis	01:02.91	8/12/12
8/11/12	02:46.85	Alessandra Castro	<i>200 Free</i>			
			<i>400 Free</i>			
			<i>800 Free</i>			
			<i>50 Back</i>			
			<i>100 Back</i>			
			<i>200 Back</i>			
8/24/14	00:36.36	Jillian Friend	<i>50 Breast</i>			
8/11/12	01:34.82	Alessandra Castro	<i>100 Breast</i>			
8/11/12	03:23.32	Alessandra Castro	<i>200 Breast</i>			
8/23/14	00:30.10	Jillian Friend	<i>50 Fly</i>	Dimotakis	00:29.42	8/11/12
8/24/14	01:05.84	Jillian Friend	<i>100 Fly</i>			
8/23/14	02:27.55	Jillian Friend	<i>200 Fly</i>			
8/23/14	02:30.76	Jillian Friend	<i>200 IM</i>	Dimotakis	02;48.80	8/12/12
			<i>400 IM</i>			

### 30-34 Age Group

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

### 35-39 Age Group

<b>Date</b>	<b>Time</b>	<b>Women</b>	<b>Event</b>	<b>Men</b>	<b>Time</b>	<b>Date</b>
7/16/17	00:31.39	Cindie Boosin	50 Free			
6/16/17	01:16.11	Cindie Boosin	100 Free			
			200 Free			
			400 Free			
			800 Free			
			1500 free			
			50 Back			
			100 Back			
			200 Back			
			50 Breast			
			100 Breast			
			200 Breast			
			50 Fly			
			100 Fly			
			200 Fly			
			200 IM			
			400 IM			

### 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>
6/19/10	00:31.61	Jinxi Caddel	<b>50 Free</b>	Kelly Karren	00:26.15	8/13/15
6/19/10	01:08.51	Jinxi Caddel	<b>100 Free</b>	Kelly Karren	00:59.07	5/17/15
6/19/10	02:32.62	Jinxi Caddel	<b>200 Free</b>	Steve Arvedson	02:14.07	7/27/10
6/19/10	05:14.03	Jinxi Caddel	<b>400 Free</b>			
5/20/13	11:42.42	Deanna Koehler	<b>800 Free</b>			
8/17/16	20:37.40	Leslie Monroe	<b>1500 free</b>			
8/11/13	00:37.48	Beata Konopka	<b>50 Back</b>	Kelly Karren	00:31.94	8/7/15
6/6/10	01:23.03	Jinxi Caddel	<b>100 Back</b>	Kelly Karren	01:08.80	8/3/14
8/12/18	02:57.57	Leslie Monroe	<b>200 Back</b>	Kelly Karren	02:37.92	8/11/15
8/19/16	00:41.78	Leslie Monroe	<b>50 Breast</b>	Steve Arvedson	00:37.60	7/27/10
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>			

### 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
8/14/15	20:47.83	Deanna Koehler	<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
7/11/15	03:10.61	Deanna Koehler	<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	<i>50 Free</i>	Michael Boosin	00:25.42*	8/19/16
8/4/14	01:05.05	L. Shoennman	<i>100 Free</i>	Michael Boosin	00:58.77	8/21/16
8/9/13	02:23.61	Becky Cleavenger	<i>200 Free</i>	Eric Marnoch	02:19.86*	8/12/18
8/12/18	04:51.81	Jill Gellatly	<i>400 Free</i>	Doug Koehler	04:47.16	8/6/16
8/12/18	10:11.35	Jill Gellatly	<i>800 Free</i>			
6/2/13	20:58.32	Becky Cleavenger	<i>1500 Free</i>	Doug Koehler	19:36.48	8/5/16
8/18/16	00:37.90*	Cynthia Zutter	<i>50 Back</i>	Michael Boosin	00:30.28	8/17/16!!
6/16/10	01:22.13	Ahelee Osborn	<i>100 Back</i>	Michael Boosin	01:13.20	7/16/17
8/7/15	02:56.71	Becky Cleavenger	<i>200 Back</i>	Bradley Stolshek	02:51.95	5/6/12
8/12/18	00:39.44	Jen Weiderman	<i>50 Breast</i>	Doug Koehler	00:34.55	8/19/16
6/3/18	01:27.70	Jen Weiderman	<i>100 Breast</i>	Doug Koehler	01:15.38	8/18/16
8/12/18	03:10.00	Jen Weiderman	<i>200 Breast</i>	Doug Koehler	02:52.53	7/16/17
8/4/18	00:32.11	Arlette Godges	<i>50 Fly</i>	Doug Koehler	00:31.73	7/16/17
8/14/17	01:15.25	Arlette Godges	<i>100 Fly</i>	Doug Koehler	01:13.12	6/3/18
8/12/18	03:16.49	Jen Weiderman	<i>200 Fly</i>	Doug Koehler	02:48.16	6/3/18
6/7/15	00:02:51.94	Becky Cleavenger	<i>200 IM</i>	Doug Koehler	02:32.08	8/17/16
8/12/18	06:16.01	Jen Weiderman	<i>400 IM</i>	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>
8/4/18	00:30.13	Becky Cleavenger	<i>50 Free</i>	Chris Wall	00:27.20*	8/14/17
8/4/18	01:06.94	Becky Cleavenger	<i>100 Free</i>	Chris Wall	01:02.44	8/14/17
8/4/18	02:25.94	Becky Cleavenger	<i>200 Free</i>	Bradley Stolshek	02:32.17	8/12/18
8/11/13	05:49.02	Niki Stokols	<i>400 Free</i>	Mark Losinski	06:51.41	5/17/15
8/9/13	11:55.18	Niki Stokols	<i>800 Free</i>			
8/7/13	22:21.61	Niki Stokols	<i>1500 Free</i>	Tom Pani	23:39.72	7/9/11
7/8/12	00:37.60	Nancy K- Reno	<i>50 Back</i>	Bradley Stolshek	00:34.56	8/4/18
6/30/18	01:27.25	Becky Cleavenger	<i>100 Back</i>	Bradley Stolshek	01:16.57	8/4/18
8/4/18	03:00.10	Becky Cleavenger	<i>200 Back</i>	Bradley Stolshek	02:52.25	8/4/18
8/12/12	00:45.62	Nancy K- Reno	<i>50 Breast</i>	Chris Wall	00:39.53	6/30/18
8/11/12	01:41.90	Nancy K- Reno	<i>100 Breast</i>	Keith Robinson	01:31.17	7/16/17
			<i>200 Breast</i>	Keith Robinson	03:31.15	7/16/17
8/4/18	00:34.26	Becky Cleavenger	<i>50 Fly</i>	Mark Losinski	00:41.16	5/17/15
			<i>100 Fly</i>			
			<i>200 Fly</i>			
8/12/18	02:51.94	Becky Cleavenger	<i>200 IM</i>	Bradley Stolshek	02:53.22	8/4/18
			<i>400 IM</i>			

### 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	<i>50 Free</i>	Robert Rosen	00:29.33 *	8/9/13
			<i>100 Free</i>	Robert Rosen	01:05.78	6/10/12
8/14/17	02:49.40	Niki Stokols	<i>200 Free</i>	Mark Buckley	02:31.41	8/18/16
8/14/17	05:54.23	Niki Stokols	<i>400 Free</i>	Robert Rosen	05:26.44	8/11/12
8/14/17	11:45.53	Niki Stokols	<i>800 Free</i>	Robert Rosen	11:16.40	8/9/13
8/12/18	22:47.48	Niki Stokols	<i>1500 Free</i>	Mark Buckley	22:52.37	6/30/18
8/8/15	00:37.38	Nancy K- Reno	<i>50 Back</i>	Mark Buckley	00:36.79	8/6/15
8/9/15	01:26.89	Nancy K- Reno	<i>100 Back</i>	Mark Losinski	01:39.89	7/16/17
8/14/17	03:29.45	Nancy K- Reno	<i>200 Back</i>	Robert Rosen	03:23.55	7/9/11
8/9/15	00:45.58	Nancy K- Reno	<i>50 Breast</i>	Keith Robinson	00:38.06	8/4/18
			<i>100 Breast</i>	Keith Robinson	01:29.21	8/4/18
			<i>200 Breast</i>	Keith Robinson	03:26.37	8/12/18
8/14/11	01:07.17	Silvie Cohlan	<i>50 Fly</i>	Mark Buckley	00:31.45	8/9/15
			<i>100 Fly</i>	Mark Buckley	01:19.91	7/11/15
			<i>200 Fly</i>	Mark Buckley	03:31.92	8/15/15
8/9/15	03:36.09	Nancy K- Reno	<i>200 IM</i>	Mark Buckley	03:04.61	8/19/16
			<i>400 IM</i>			

### 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	<i>50 Free</i>	Mark Buckley	00:29.71	8/12/18
6/22/14	01:36.23	Diane Smith	<i>100 Free</i>	Mark Buckley	01:07.35	8/12/18
8/9/13	04:00.29	Diane Smith	<i>200 Free</i>	Mark Buckley	02:35.80	8/4/18
			<i>400 Free</i>	Mark Buckley	05:52.87	6/3/18
			<i>800 Free</i>	Robert Rosen	11:56.73	8/7/16
			<i>1500 Free</i>	Mark Buckley	22:52.37	6/30/18
8/9/13	00:51.56	Diane Smith	<i>50 Back</i>	Mark Buckley	00:37.20	8/4/18
6/11/11	01:59.69	Diane Smith	<i>100 Back</i>	Frank Freeman	01:55.50	5/6/12
			<i>200 Back</i>	Erik Sterne	03:20.26	8/14/17
8/9/13	00:57.13	Diane Smith	<i>50 Breast</i>	Clive Edwards	00:37.53	8/12/18
			<i>100 Breast</i>	Clive Edwards	01:29.79	8/12/18
			<i>200 Breast</i>	Clive Edwards	03:26.07	8/12/18
			<i>50 Fly</i>	Mark Buckley	00:32.46	8/12/18
			<i>100 Fly</i>	Mark Buckley	01:17.93	8/4/18
			<i>200 Fly</i>	Mark Buckley	03:40.70	8/4/18
			<i>200 IM</i>	Clive Edwards	03:18.67	8/12/18
			<i>400 IM</i>			

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

**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>
			50 Free			
			100 Free			
			200 Free			
			400 Free			
			400 Free			
			1500 Free			
			50 Back			
			100 Back			
			200 Back			
			50 Breast			
			100 Breast			
			200 Breast			
			50 Fly			
			100 Fly			
			200 Fly			
			200 IM			
			400 IM			

**80-84 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>			
			<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**