

Colorado Masters Swimming Association Records

18-24 Women									
Event	Short Course Yards			Short Course Meters			Long Course Meters		
50 Free	0:24.67	Becky Bicknell	2001	0:27.81	Becky Bucknell	2000	0:29.40	Kate Booth	2015
100 Free	0:53.88	Becky Bicknell	2001	1:01.10	Laura Vitcenda	1993	1:04.17	Brenda Clark	1995
200 Free	1:59.05	Kate Booth	2015	2:14.46	Laura Vitcenda	1993	2:26.77	Jennifer Straley	1991
400/500 Free	5:11.34	Brooke Taflinger	2006	4:49.51	Anne Cruickshanks	2002	5:04.69	Maddie Orgill	2019
800/1000 Free	10:57.57	Shauna Nelson	2011	10:17.49	Laura Borgelt	1996	10:15.47	Maddie Orgill	2019
1500/1650 Free	18:27.61	Kathrine Warren	2013	19:57.29	Laura Vitcenda	1993	20:04.97	Lauren Bailey	2012
50 Back	0:27.45	Brette Winegarner	2008	0:31.67	Megan Priddy	2011	0:34.88	Ashleigh Sall	2017
100 Back	0:58.78	Julia Carroll	2017	1:08.25	Laura Vitcenda	1993	1:16.12	Dakota MacClain	2012
200 Back	2:11.37	Julia Carroll	2017	2:31.29	Laura Vitcenda	1993	2:44.95	Ashleigh Sall	2017
50 Breast	0:31.10	Alicia Jensen	2010	0:37.56	Ashley Rowland	2011	0:37.56	Melissa Phelps	2012
100 Breast	1:07.57	Latherine Keel	2013	1:18.07	Jana Zamboni	1991	1:22.25	Laura Tully	2007
200 Breast	2:26.68	Alicia Jensen	2010	2:57.84	Kirstin Weuce	1991	2:55.60	Laura Tully	2007
50 Fly	0:26.33	Connie Cann	2000	0:29.95	Megan Priddy	2011	0:32.19	Joanna Hartley	1995
100 Fly	0:59.19	Connie Cann	2000	1:07.50	Jana Zamboni	1991	1:12.02	Cecelia Boettcher	1988
200 Fly	2:10.24	Brooke Taflinger	2006				2:52.25	Cecelia Boettcher	1988
100 IM	1:01.50	Julia Carroll	2017	1:11.42	Laura Vitcenda	1993			
200 IM	2:07.95	Brooke Taflinger	2006	2:30.50	Laura Vitcenda	1993	2:43.09	Renee Rainquet	2007
400 IM	4:30.34	Brooke Taflinger	2006	6:01.83	Brianna Lockhart	2013	5:41.54	Maddie Orgill	2019

18-24 Men									
Event	Short Course Yards			Short Course Meters			Long Course Meters		
50 Free	0:20.11	Jeff Garnier	2017	0:24.09	Tyler Svendsen	2009	0:24.44	Tyler Svendsen	2010
100 Free	0:44.74	Jeff Garnier	2017	0:54.51	Brian Meade	1993	0:52.58	Tyler Svendsen	2010
200 Free	1:40.20	Jeff Garnier	2018	2:03.40	Brian Meade	1993	2:04.60	Tyler Svendsen	2010
400/500 Free	4:42.70	Jacob Ores	2018	4:29.29	Eric Peterson	1996	4:54.92	Kim Krieg	1979
800/1000 Free	11:33.49	Matt Grimlin	2009	8:58.31	Eric Peterson	1996			
1500/1650 Free	16:43.69	Kevin Ellis	2010	18:18.59	Griffin Caruolo	1998	15:47.52	Alexander Meyer	2012
50 Back	0:23.64	Jeff Garnier	2017	0:28.12	Sam Sloan	2013	0:29.24	Patrick Armstrong	2012
100 Back	0:50.77	Ramunas Paknys	2015	1:00.81	Sam Sloan	2013	1:02.83	Patrick Armstrong	2012
200 Back	1:53.03	Ramunas Paknys	2015	2:30.53	Xavier Brown	2015	2:39.09	Kevin Andrew	1982
50 Breast	0:26.55	Shane Copsey	2007	0:33.26	Ivan Light	2017	0:31.26	Everett Plocek	2019
100 Breast	0:57.54	Shane Copsey	2007	1:15.42	Greg Royther	1994	1:10.63	Everett Plocek	2019
200 Breast	2:12.77	Shane Copsey	2007	2:53.76	Doston Ganiyev	2011	2:39.45	Levi Bell	2009
50 Fly	0:22.45	Jeff Garnier	2017	0:26.34	David Hughes	1997	0:26.58	Gregory Nemick	2012
100 Fly	0:51.81	Nicholas Garrett	2013	1:00.69	RC Hanisch	1996	0:59.99	Gregory Nemick	2012
200 Fly	2:01.76	Brooks Cowan	2010	2:36.87	Michael Botyarov	2014	2:18.12	Gregory Nemick	2012
100 IM	0:50.12	Jeff Garnier	2017	1:03.00	Griffin Caruolo	1998			
200 IM	1:57.56	Alexander Tooley	2017	2:13.21	Sam Sloan	2013	2:19.40	Gregory Nemick	2012
400 IM	4:23.30	Ellis Eaton	1993	5:13.97	Greg Nemick	2012	5:32.38	Jeff Hildebrandt	1986

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25-29 Women							
Event	Short Course Yards	Short Course Meters			Long Course Meters		
50 Free	0:24.08 Lyndsey Linke 2010	0:26.53	Becky Bicknell 2002	0:28.12	Lyndsey Linke 2006		
100 Free	0:52.22 Dana Dutcher 1993	1:02.80	Becky Bicknell 2002	1:01.61	Amy Knott 1993		
200 Free	1:54.82 Brooke Taflinger 2008	2:13.18	Karen Burton 1991	2:12.19	Amy Knott 1993		
400/500 Free	5:10.90 Courtney Mills 2007	4:36.81	Karen Burton 1991	4:44.69	Amy Knott 1993		
800/1000 Free	10:52.73 Amy Xu 2016	09:34.45	Sara Holman 2015	9:51.23	Sara Holman 2015		
1500/1650 Free	17:38.76 Courtney Mills 2007	17:30.18	Karen Burton 1991	19:05.46	Michelle Mehnert 2017		
50 Back	0:28.45 Dana Dutcher 1993	0:33.31	Shelle Botta 1993	0:33.57	Brittany Biggs 2015		
100 Back	1:00.98 Dana Dutcher 1993	1:11.02	Shelle Botta 1993	1:12.32	Amy Knott 1993		
200 Back	2:15.27 Anna Ray 1993	2:37.55	Sara Holman 2015	2:43.27	Sara Holman 2014		
50 Breast	0:31.42 Regina Riggie 2018	0:36.41	Trish Powell 1991	0:39.69	Storrie Paknys 2019		
100 Breast	1:08.28 Sheila Arredondo 1994	1:18.11	Trish Powell 1991	1:26.72	Susan Bier 1990		
200 Breast	2:23.27 Brooke Taflinger 2008	2:56.05	Ellen Atkinson 1990	3:13.17	Chelsea Gibbons 2009		
50 Fly	0:25.49 Lyndsey Linke 2007	0:30.54	Dana Dutcher 1993	0:28.98	Lyndsey Linke 2006		
100 Fly	0:58.03 Lyndsey Linke 2007	1:10.36	Trish Powell 1991	1:07.09	Lyndsey Linke 2006		
200 Fly	2:15.36 Tiffany Forbes 1996	2:28.67	Karen Burton 1991	2:55.93	Sarah Walker 2013		
100 IM	0:58.79 Brooke Taflinger 2008	1:08.26	Dana Dutcher 1993				
200 IM	2:07.15 Brooke Taflinger 2008	2:30.49	Karen Burton 1991	2:42.87	Amy Xu 2016		
400 IM	4:28.57 Brooke Taflinger 2008	5:18.02	Karen Burton 1991	5:50.27	Amy Xu 2016		

25-29 Men							
Event	Short Course Yards	Short Course Meters			Long Course Meters		
50 Free	0:20.30 Jeff Garnier 2019	0:23.83	Jacob Grosser 2015	0:24.02	Brian Anderson 2016		
100 Free	0:44.61 Jeff Garnier 2019	0:53.32	Jacob Grosser 2015	0:53.92	Stephen Schmuhl 2019		
200 Free	1:38.70 Jeff Garnier 2019	2:00.09	Alon Mandel 2015	2:07.20	Bruce Fisher 1976		
400/500 Free	4:51.79 Leo French 1976	4:20.94	Alon Mandel 2015	4:34.30	Bruce Fisher 1976		
800/1000 Free	10:18.61 Jay O'Connor 1996	9:12.89	Alon Mandel 2015	9:57.01	David Smith 2014		
1500/1650 Free	16:55.26 Alon Mandel 2015	17:19.72	Alon Mandel 2015	18:08.69	Bruce Fisher 1976		
50 Back	0:22.68 Alon Mandel 2015	0:25.82	Alon Mandel 2014	0:27.84	Jeff Commings 2003		
100 Back	0:49.49 Alon Mandel 2015	0:56.85	Jeff Commings 2003	0:59.86	Jeff Commings 2003		
200 Back	1:50.17 Ramunas Paknys 2017	2:07.14	Ramunas Paknys 2017	2:15.50	Ramunas Paknys 2019		
50 Breast	0:25.80 Jeff Commings 2003	0:28.60	Jeff Commings 2003	0:29.52	Jeff Commings 2003		
100 Breast	0:55.99 Jeff Commings 2003	1:02.83	Jeff Commings 2003	1:05.80	Jeff Commings 2003		
200 Breast	2:06.17 Ellis Eaton 1995	2:26.13	Matthew Lang 2009	2:44.72	Ellis Eaton 1995		
50 Fly	0:22.09 Brendan M Coyne 2006	0:25.22	Alon Mandel 2014	0:26.22	Jacob Grosser 2015		
100 Fly	0:49.40 Jacob Grosser 2017	0:59.08	Robbert-Paul Smit 1997	0:58.93	Jacob Grosser 2015		
200 Fly	1:55.00 Jacob Grosser 2016	2:15.53	Jon Christianson 2008	2:20.85	Jon Christianson 2010		
100 IM	0:50.72 Alon Mandel 2015	0:56.65	Jeff Commings 2003				
200 IM	1:51.97 Jeff Garnier 2019	2:07.07	Jeff Commings 2003	2:16.59	Jeff Commings 2003		
400 IM	4:18.81 Jeff Gullett 2012	5:10.56	David Smith 2016	5:10.76	Jay O'Connor 1995		

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30-34 Women								
Event	Short Course Yards			Short Course Meters			Long Course Meters	
50 Free	0:23.86	Anna Pettis-Scott	1994	0:26.46	Anna Pettis-Scott	1993	0:27.69	Lauren Bortnowski 2019
100 Free	0:52.11	Anna Pettis-Scott	1993	1:02.43	Cathy Bujorian	1990	1:01.43	Laureen Welting 1999
200 Free	1:56.10	C Gadd-Siegel	2003	2:12.35	Karen Burton	1994	2:11.91	Laureen Welting 1999
400/500 Free	5:05.53	Karen Burton	1993	4:32.71	Karen Burton	1994	4:35.81	Karen Burton 1996
800/1000 Free	10:29.70	Karen Burton	1995	9:38.29	Sara Holman	2017	9:22.73	Karen Burton 1996
1500/1650 Free	17:07.52	Karen Burton	1993	17:23.60	Karen Burton	1994	17:38.70	Karen Burton 1996
50 Back	0:26.79	BJ Miller	2006	0:32.93	Shelle Marsh	1998	0:33.65	Kathy Barker 2011
100 Back	0:57.67	Barbara Miller	2006	1:13.23	Anna Ray	1994	1:11.06	Kathy Barker 2011
200 Back	2:09.56	Sheri Hart	2006	2:28.69	Karen Burton	1994	2:35.52	Becca Hlad 2012
50 Breast	0:31.27	Sheila Arrecondo	1995	0:37.30	Jodi Lee	2010	0:38.16	Ellen Atkinson 1995
100 Breast	1:08.26	Anna Heidinger	2016	1:21.86	Kelly Seavall	2003	1:22.92	Kristen Runyan 2010
200 Breast	2:29.99	Jodi Lee	2011	2:56.63	Karen Burton	1994	3:03.56	Ellen Atkinson 1995
50 Fly	0:25.60	Lyndsey Linke	2010	0:30.83	Lyndsey Linke	2010	0:30.90	Rosie Sheppard 2001
100 Fly	0:58.04	Lyndsey Linke	2010	1:10.21	Tiffany Forbes	1999	1:12.88	Tiffany Forbes 1999
200 Fly	2:11.78	Karen Burton	1993	2:29.58	Karen Burton	1994	2:29.14	Laureen Welting 1999
100 IM	0:58.25	Anna Heidinger	2017	1:11.41	Cathy Drozda	1992		
200 IM	2:05.47	Anna Heidinger	2017	2:29.59	Michelle Cox	1997	2:37.77	Laura McKeever 1998
400 IM	4:34.29	Karen Burton	1993	5:09.81	Karen Burton	1994	5:17.33	Laureen Welting 1999

30-34 Men								
Event	Short Course Yards			Short Course Meters			Long Course Meters	
50 Free	0:21.10	John Smith	1993	0:23.62	John Smith	1993	0:24.93	Richard Hewson 1990
100 Free	0:46.30	John Smith	1993	0:54.35	Jeffrey Gullett	2015	0:55.22	Jeff Commings 2005
200 Free	1:44.17	John Smith	1993	2:01.34	Alex Girard	2013	2:03.94	James Lilley 1993
400/500 Free	4:46.60	Christopher Black	1996	4:22.26	Alex Girard	2013	4:24.58	Alex Girard 2013
800/1000 Free	10:03.88	Christopher Black	2000	9:10.85	Alex Girard	2013	9:18.39	Alex Girard 2013
1500/1650 Free	16:32.63	Andrew Sappey	1993	17:36.87	Alex Girard	2013	19:11.67	John Batchelder 2015
50 Back	0:23.94	Jeff Commings	2004	0:27.30	Chris O'Sullivan	2009	0:28.20	Jeff Commings 2004
100 Back	0:50.94	Jeff Commings	2004	1:05.73	Michael Cox	2008	0:59.21	Jeff Commings 2004
200 Back	1:56.30	Jeff Commings	2004	2:17.63	Derek Shaw	2016	2:20.59	Richard Pease 1997
50 Breast	0:26.09	Jeff Commings	2004	0:28.91	Jeff Commings	2004	0:29.55	Jeff Commings 2005
100 Breast	0:56.11	Jeff Commings	2004	1:08.03	John Hallman	1995	1:06.10	Jeff Commings 2005
200 Breast	2:09.84	Reuben Trinidad	2014	2:38.44	David Gray	1991	2:33.61	Emmanuel David 2014
50 Fly	0:22.87	Matthew S Eisenhuth	2005	0:26.24	Robert Paul-Smit	1999	0:27.20	David Hughes 2004
100 Fly	0:49.77	Bryce Elser	2017	0:59.98	Jeffrey Gullett	2016	0:58.19	Richard Pease 1997
200 Fly	2:01.17	Brian Colvert	2016	2:25.62	John Batchelder	2014	2:28.92	John Batchelder 2015
100 IM	0:51.55	Jeff Commings	2004	0:57.68	Jeff Commings	2004		
200 IM	1:53.03	Jeff Commings	2004	2:18.77	Derek Shaw	2016	2:15.27	Jeff Commings 2005
400 IM	4:11.41	Christopher Black	1996	4:50.85	Chris Black	1996	4:57.29	Richard Pease 1997

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35-39 Women								
Event	Short Course Yards			Short Course Meters			Long Course Meters	
50 Free	0:23.65	Sheri Hart	2010	0:26.70	Sheri Hart	2008	0:27.65	Collette Sappey 2002
100 Free	0:50.98	Sheri Hart	2010	0:58.09	Sheri Hart	2008	1:03.26	Tiffany Forbes 2004
200 Free	1:51.81	Sheri Hart	2010	2:12.94	Heather Hagadorn	2004	2:16.57	Heather Hagadorn 2003
400/500 Free	5:04.63	Karen Burton	1999	4:43.17	Heather Hagadorn	2003	4:51.42	Heather Hagadorn 2004
800/1000 Free	10:27.78	Karen Burton	1999	9:46.94	Heather Hagadorn	2004	9:52.43	Heather Hagadorn 2003
1500/1650 Free	17:29.64	Karen Burton	1999	18:54.76	Heather Hagadorn	2003	19:06.47	Heather Hagadorn 2003
50 Back	0:25.97	Sheri Hart	2010	0:29.50	Sheri Hart	2008	0:32.70	Sheri Hart 2008
100 Back	0:56.14	Sheri Hart	2010	1:02.44	Sheri Hart	2008	1:10.99	Sheri Hart 2008
200 Back	2:05.80	Sheri Hart	2006	2:28.86	Laura Smith	2001	2:35.15	Laura Smith 2001
50 Breast	0:29.94	Susan Von Der Lippe	2005	0:37.56	Jodi Lee	2013	0:33.49	Casey Keiber 2016
100 Breast	1:04.25	Susan Von Der Lippe	2004	1:22.55	Kelly Seavall	2005	1:15.11	Susan Von Der Lippe 2004
200 Breast	2:19.84	Susan Von Der Lippe	2004	3:13.78	Tina Wood	1987	2:53.05	Jody Lee 2014
50 Fly	0:25.54	Susan Von Der Lippe	2003	0:28.58	Sheri Hart	2009	0:29.57	Susan Von Der Lippe 2004
100 Fly	0:55.78	Susan Von Der Lippe	2003	1:05.89	Kathryn Potter	2001	1:11.19	Tiffany Forbes 2004
200 Fly	2:03.48	Susan Von Der Lippe	2005	3:00.25	Rebecca Pyle	1995	3:09.75	Jean Wood 1982
100 IM	0:57.67	Sheri Hart	2010	1:04.61	Sheri Hart	2009		
200 IM	2:05.53	Susan Von Der Lippe	2005	2:37.48	Laura Smith	2001	2:34.76	Jody Lee 2014
400 IM	4:39.83	Karen Burton	1999	5:40.63	Laura Smith	2002	5:34.71	Jody Lee 2014

35-39 Men								
Event	Short Course Yards			Short Course Meters			Long Course Meters	
50 Free	0:20.70	Matt Eisenhuth	2010	0:24.49	Richard Hess	1993	0:24.02	James Lilley 1998
100 Free	0:46.22	Matt Eisenhuth	2009	0:53.77	Jim Lilley	1999	0:54.66	James Lilley 1998
200 Free	1:45.11	James E Lilley	1998	1:59.57	Jim Lilley	1999	2:00.32	James Lilley 1998
400/500 Free	4:47.04	Craig Peterson	1995	4:20.81	Craig Peterson	1995	4:17.56	Kirk Anderson 1996
800/1000 Free	9:55.13	Craig Peterson	1995	9:40.41	Ed Melanson	1999	8:54.68	Kirk Anderson 1996
1500/1650 Free	16:51.35	Howard Jay	1994	18:03.47	Howard Jay	1994	18:11.06	Richard Pease 2002
50 Back	0:24.06	Mehdi Addadi	2015	0:27.15	Chris O'Sullivan	2013	0:29.25	Chris O'Sullivan 2013
100 Back	0:51.95	Mehdi Addadi	2015	0:59.82	Chris O'Sullivan	2013	1:03.00	James Lilley 1998
200 Back	1:59.83	Craig Peterson	1995	2:18.21	Craig Peterson	1995	2:35.44	Michael Cox 2012
50 Breast	0:25.60	Matt Eisenhuth	2010	0:30.32	Aaron Bartleson	2008	0:30.79	Matt Eisenhuth 2010
100 Breast	0:56.97	Matt Eisenhuth	2009	1:07.33	Aaron Bartleson	2008	1:09.37	Matt Eisenhuth 2010
200 Breast	2:08.83	Reuben Trinidad	2017	2:32.53	Emmanuel David	2018	2:35.40	Matt Eisenhuth 2010
50 Fly	0:22.72	Matt Eisenhuth	2010	0:26.08	Chris O'Sullivan	2013	0:26.69	Matt Eisenhuth 2010
100 Fly	0:51.65	Derek Robinson	2008	0:58.93	Richard Pease	2003	0:58.84	Richard Pease 2003
200 Fly	1:55.39	Richard Pease	2003	2:23.35	Dan Edwards	2012	2:11.48	Richard Pease 2003
100 IM	0:52.05	Matt Eisenhuth	2009	1:00.25	Chris O'Sullivan	2013		
200 IM	2:01.13	James E Lilley	1998	2:23.13	Emmanuel David	2018	2:20.11	Richard Pease 2003
400 IM	4:16.99	Kevin Doherty	2013	4:52.40	Richard Pease	2003	5:00.41	Kevin Doherty 2012

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40-44 Women									
Event	Short Course Yards			Short Course Meters			Long Course Meters		
50 Free	0:23.94	Anna Pettis-Scott	2003	0:26.70	Susan Von Der Lippe	2008	0:27.66	Susan Von Der Lippe	2007
100 Free	0:51.99	Katie Glenn	2018	0:57.55	Susan Von Der Lippe	2008	1:00.40	Susan Von Der Lippe	2009
								Katie Glenn	2017
200 Free	1:52.58	Katie Glenn	2018	2:05.55	Susan Von Der Lippe	2008	2:10.50	Susan Von Der Lippe	2007
400/500 Free	5:04.37	Susan Von Der Lippe	2009	4:30.34	Katie Glenn	2017	4:38.18	Katie Glenn	2017
800/1000 Free	11:11.65	Heather Hagadorn	2005	10:29.19	Heather Hagadorn	2009	10:20.14	Susan Williams	2013
1500/1650 Free	18:42.51	Jennifer Shinn	2009	20:44.75	Nicole Vanderpoel	2004	19:38.50	Heather Hagadorn	2005
50 Back	0:29.25	Susan Von Der Lippe	2008	0:33.48	Collette Sappey	2007	0:34.15	Susan Von Der Lippe	2009
100 Back	1:02.47	Jennifer Stein	2004	1:13.87	Collette Sappey	2008	1:15.62	Laura Smith	2006
200 Back	2:18.19	Laura Smith	2006	2:46.16	Kelly Seavall	2011	2:38.04	Laura Smith	2006
50 Breast	0:28.71	Katie Glenn	2018	0:32.16	Katie Glenn	2018	0:33.36	Katie Glenn	2017
100 Breast	1:02.70	Katie Glenn	2018	1:10.01	Katie Glenn	2017	1:13.72	Katie Glenn	2019
200 Breast	2:17.06	Susan Von Der Lippe	2006	2:32.37	Susan Von Der Lippe	2008	2:41.54	Susan Von Der Lippe	2009
50 Fly	0:25.14	Susan Von Der Lippe	2009	0:28.21	Susan Von Der Lippe	2005	0:28.52	Susan Von Der Lippe	2009
100 Fly	0:54.83	Susan Von Der Lippe	2009	1:01.70	Susan Von Der Lippe	2009	1:03.36	Susan Von Der Lippe	2009
200 Fly	2:03.13	Susan Von Der Lippe	2008	2:21.07	Susan Von Der Lippe	2005	2:26.78	Susan Von Der Lippe	2009
100 IM	0:58.14	Susan Von Der Lippe	2010	1:04.25	Susan Von Der Lippe	2008			
200 IM	2:04.85	Susan Von Der Lippe	2008	2:19.21	Susan Von Der Lippe	2007	2:25.03	Susan Von Der Lippe	2007
400 IM	4:28.43	Susan Von Der Lippe	2008	5:57.83	Erin Framke	2013	6:06.11	Nicole Vanderpoel	2006

40-44 Men									
Event	Short Course Yards			Short Course Meters			Long Course Meters		
50 Free	0:20.95	Paul Smith	2004	0:24.00	Paul Smith	2001	0:24.37	Schuyler Smith	2008
100 Free	0:45.95	Paul Smith	2004	0:52.44	Paul Smith	2001	0:54.14	Schuyler Smith	2009
200 Free	1:43.05	Paul Smith	2002	1:56.44	Paul Smith	2001	1:58.61	Paul Smith	2001
400/500 Free	4:46.07	Paul Smith	2001	4:23.17	Kevin Doherty	2013	4:31.44	Todd Bryan	1993
800/1000 Free	10:09.16	Todd Bryan	1995	9:03.58	Kevin Doherty	2013	9:16.82	Howard Jay	1996
1500/1650 Free	16:52.78	Howard Jay	1996	18:54.96	Peter Huisveld	1993	17:35.83	Todd Bryan	1993
50 Back	0:24.09	Mehdi Addadi	2019	0:28.42	Paul Smith	2002	0:29.33	Andrew Gill	2010
100 Back	0:52.92	Mehdi Addadi	2019	1:03.76	Paul Smith	2001	1:05.85	Kevin Nash	2006
200 Back	1:57.80	Chris O'Sullivan	2019	2:20.27	Richard Pease	2005	2:28.07	Kevin Nash	2006
50 Breast	0:27.26	David Gray	1999	0:32.38	David Gray	1998	0:31.51	David Gray	1998
100 Breast	1:00.39	David Gray	2003	1:12.78	Jared Walkenhorst	2015	1:11.56	David Gray	1998
200 Breast	2:11.60	David Gray	1999	2:28.06	Kevin Doherty	2013	2:34.10	Kevin Doherty	2016
50 Fly	0:22.87	John Smith	2003	0:26.01	Paul Smith	2001	0:25.87	Paul Smith	2000
100 Fly	0:50.26	Paul Smith	2004	1:00.55	Paul Smith	2001	0:58.64	Paul Smith	2000
200 Fly	2:02.56	Howard Jay	1996	2:29.37	Kevin Doherty	2016	2:20.59	Howard Jay	1996
100 IM	0:52.59	John Smith	2003	1:01.48	Paul Smith	2001			
200 IM	1:57.37	Paul Smith	2004	2:12.73	Kevin Doherty	2013	2:18.68	Brian Tsuchiya	2007
400 IM	4:19.54	Kevin Doherty	2015	4:40.79	Kevin Doherty	2013	4:56.77	Kevin Doherty	2016

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45-49 Women									
Event	Short Course Yards			Short Course Meters			Long Course Meters		
50 Free	0:24.59	Heather Wagner	2019	0:27.75	Collette Sappey	2012	0:28.26	Collette Sappey	2012
100 Free	0:53.77	Heather Wagner	2019	1:03.83	Collette Sappey	2012	1:01.92	Kathy Garnier	2006
200 Free	1:57.82	Heather Wagner	2019	2:20.03	Collette Sappey	2012	2:16.46	Elene Kay Jones	2008
400/500 Free	5:13.62	Elene Jones	2009	5:08.34	Kelly Seavall	2016	4:37.74	Elene Kay Jones	2008
800/1000 Free	10:42.56	Elene Jones	2009	10:47.69	Julie Dussliere	2017	9:36.86	Elene Kay Jones	2008
1500/1650 Free	17:51.44	Elene Jones	2009	20:24.18	Julie Dussliere	2017	18:10.28	Elene Kay Jones	2008
50 Back	0:29.46	Collette Sappey	2010	0:32.99	Collette Sappey	2012	0:33.65	Collette Sappey	2013
100 Back	1:03.96	Katie Walkenhorst	2019	1:13.59	Collette Sappey	2011	1:14.48	Collette Sappey	2013
200 Back	2:20.36	Katie Walkenhorst	2019	2:46.53	Shelle Freund	2013	2:48.07	Collette Sappey	2012
50 Breast	0:30.19	Susan Von Derr Lippe	2011	0:33.82	Susan Von Der Lippe	2010	0:33.66	Susan Von Der Lippe	2010
100 Breast	1:05.85	Susan Von Derr Lippe	2011	1:13.30	Susan Von Der Lippe	2010	1:14.41	Susan Von Der Lippe	2010
200 Breast	2:22.76	Susan Von Derr Lippe	2011	2:38.00	Susan Von Der Lippe	2010	3:00.55	Kim Crouch	2006
50 Fly	0:25.97	Susan Von Derr Lippe	2011	0:28.72	Susan Von Der Lippe	2010	0:29.12	Susan Von Der Lippe	2010
100 Fly	0:56.97	Susan Von Derr Lippe	2011	1:03.47	Susan Von Der Lippe	2010	1:14.15	Cheryl Olson	2006
200 Fly	2:10.48	Susan Von Derr Lippe	2011	2:24.08	Susan Von Der Lippe	2010	2:47.05	Rebecca Friedlander	2013
100 IM	0:59.84	Susan Von Derr Lippe	2011	1:06.58	Susan Von Der Lippe	2010			
200 IM	2:18.48	Kim Crouch	2007	2:33.50	Kim Kroeger-Weeks	2014	2:43.92	Kim Crouch	2006
400 IM	5:02.51	Bonnie Moss	2019	6:04.08	Julie Dussliere	2018	6:04.19	Cheryl Olson	2006

45-49 Men									
Event	Short Course Yards			Short Course Meters			Long Course Meters		
50 Free	0:21.29	Paul Smith	2006	0:24.44	Paul Smith	2004	0:24.92	Paul Smith	2005
100 Free	0:47.47	John Smith	2008	0:54.50	Paul Smith	2004	0:55.38	Paul Smith	2005
200 Free	1:44.39	Paul Smith	2006	1:57.99	Paul Smith	2004	2:01.48	Paul Smith	2005
400/500 Free	4:47.85	Kirk Anderson	2009	4:27.71	Ed Melanson	2008	4:27.48	Craig Peterson	2006
800/1000 Free	9:54.65	Kirk Anderson	2005	9:13.44	Ed Melanson	2008	9:10.46	Craig Peterson	2006
1500/1650 Free	16:37.23	Kirk Anderson	2009	17:28.62	Ed Melanson	2008	17:31.23	Todd Bryan	1998
50 Back	0:25.06	John Smith	2008	0:31.36	John Hughes	2000	0:31.37	Bill Brackett	2007
100 Back	0:56.88	Bill Brackett	2006	1:05.40	Paul Smith	2004	1:01.73	Steve Wood	2006
200 Back	2:02.33	Craig R Peterson	2005	2:27.34	Ignacio Jimenez	2014	2:22.93	Craig Peterson	2006
50 Breast	0:28.59	David Gray	2004	0:33.09	Todd Radel	2018	0:32.89	Greg Scott	2008
100 Breast	1:01.32	David Gray	2004	1:12.76	Dietrich Lawrence	2013	1:10.51	Kevin Doherty	2018
200 Breast	2:14.64	David Gray	2004	2:40.87	Ignacio Jimenez	2014	2:33.26	Kevin Doherty	2018
50 Fly	0:23.00	Paul Smith	2006	0:26.29	Paul Smith	2004	0:25.94	Paul Smith	2005
100 Fly	0:51.53	Paul Smith	2005	1:02.00	Paul Smith	2004	0:59.03	Paul Smith	2005
200 Fly	2:06.55	Edward Melanson	2008	2:20.02	Edward Melanson	2008	2:17.71	James Densmore	2000
100 IM	0:54.10	John Smith	2008	1:05.26	Tom Whatley	1999			
200 IM	1:58.92	Paul Smith	2006	2:16.56	Paul Smith	2004	2:18.63	Kevin Doherty	2018
400 IM	4:23.85	Kirk Anderson	2009	5:08.43	Ed Melanson	2008	4:57.70	Kevin Doherty	2018

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50-54 Women								
Event	Short Course Yards			Short Course Meters			Long Course Meters	
50 Free	0:24.80	Anna Scott-Kube	2013	0:28.26	Collette Sappey	2016	0:28.55	Kathy Garnier 2010
100 Free	0:55.97	Anna Scott-Kube	2015	1:03.86	Collette Sappey	2016	1:03.70	Kathy Garnier 2010
200 Free	2:02.22	Anna Scott-Kube	2013	2:25.92	Collette Sappey	2016	2:22.48	Kathy Garnier 2010
400/500 Free	5:40.76	Kathleen Steffe	2013	5:05.72	Ellie Najjar	2014	5:08.87	Ellie Najjar 2012
800/1000 Free	11:34.09	Ellie Najjar	2014	10:31.58	Ellie Najjar	2011	10:23.16	Ellie Najjar 2014
1500/1650 Free	19:10.53	Ellie Najjar	2014	19:50.89	Ellie Najjar	2012	19:41.19	Ellie Najjar 2013
50 Back	0:29.46	Collette Sappey	2015	0:34.09	Collette Sappey	2018	0:34.35	Collette Sappey 2016
100 Back	1:04.26	Collette Sappey	2015	1:13.99	Collette Sappey	2018	1:15.99	Collette Sappey 2014
200 Back	2:23.76	Collette Sappey	2015	2:50.77	Suzu Tatnall	2012	2:50.77	Ellie Najjar 2012
50 Breast	0:31.61	Susan Von Derr Lippe	2018	0:36.71	Kim Crouch	2013	0:38.84	Kim Crouch 2011
100 Breast	1:12.43	Kim Crouch	2012	1:20.65	Kim Crouch	2013	1:24.31	Kim Crouch 2011
200 Breast	2:37.81	Kim Crouch	2013	2:52.59	Kim Crouch	2013	3:06.42	Kim Crouch 2011
50 Fly	0:27.36	Susan Von Derr Lippe	2017	0:32.53	Collette Sappey	2014	0:31.53	Karina Plocek 2019
100 Fly	1:00.32	Susan Von Derr Lippe	2018	1:17.27	Kathleen Steffe	2013	1:19.58	Kathleen MacLaren 2014
200 Fly	2:30.26	Kathleen Steffe	2013	2:57.42	Kathleen MacLaren	2015	3:21.54	Janice Dau 2016
100 IM	1:03.86	Susan Von Derr Lippe	2018	1:12.69	Kim Crouch	2013		
200 IM	2:22.48	Kim Crouch	2013	2:47.65	Kathleen Steffe	2013	2:51.85	Ellie Najjar 2013
400 IM	5:06.44	Kathleen Steffe	2013	6:06.37	Ellie Najjar	2013	6:05.17	Ellie Najjar 2012

50-54 Men								
Event	Short Course Yards			Short Course Meters			Long Course Meters	
50 Free	0:21.73	Rich Abrahams	1998	0:24.73	Rich Abrahams	1998	0:24.60	Rich Abrahams 1998
100 Free	0:48.80	Rich Abrahams	1998	0:57.00	Rich Abrahams	1998	0:55.38	Trip Hedrick 2006
200 Free	1:48.15	Michael Mann	2009	2:11.16	Craig Petersen	2014	2:04.46	Jack Groselle 2006
400/500 Free	4:53.67	Michael Mann	2009	4:40.04	Craig Petersen	2014	4:27.91	Michael Mann 2008
800/1000 Free	9:59.59	Michael Mann	2009	9:38.53	Edward Melanson	2013	9:17.97	Michael Mann 2006
1500/1650 Free	17:43.50	Kirk Anderson	2011	18:37.50	Howard Jay	2007	18:16.92	John Hughes 2005
50 Back	0:26.80	Brent Matheson	2019	0:30.52	Brent Matheson	2018	0:30.93	Brent Matheson 2019
100 Back	0:55.48	James Webber	2019	1:07.09	Ignacio Jimenez	2016	1:08.68	Ignacio Jimenez 2016
200 Back	2:02.26	James Webber	2019	2:22.27	Ignacio Jimenez	2017	2:24.95	Ignacio Jimenez 2018
50 Breast	0:26.98	Holden Bank	2010	0:32.11	Chris Coveney	2015	0:31.64	Christopher Coveney 2016
100 Breast	1:00.39	Christopher Coveney	2016	1:08.14	Chris Coveney	2016	1:10.94	Christopher Coveney 2016
200 Breast	2:12.48	Christopher Coveney	2016	2:32.04	Chris Coveney	2013	2:37.15	Christopher Coveney 2013
50 Fly	0:24.62	James Webber	2019	0:27.33	Kevin DeForrest	2007	0:26.53	Trip Hedrick 2006
100 Fly	0:54.48	Rich Abrahams	1998	1:04.08	Ed Fuller	2009	1:00.16	Trip Hedrick 2006
200 Fly	2:07.23	Mark Washendorf	2018	2:26.29	Edward Melanson	2013	2:27.68	Edward Melanson 2012
100 IM	0:56.15	Holden Bank	2010	1:06.63	Ignacio Jimenez	2016		
200 IM	2:02.56	Michael Mann	2009	2:23.30	Ignacio Jimenez	2015	2:20.02	Michael Mann 2008
400 IM	4:23.94	Michael Mann	2009	5:21.15	Edward Melanson	2013	5:06.27	Ignacio Jimenez 2015

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55-59 Women								
Event	Short Course Yards			Short Course Meters			Long Course Meters	
50 Free	0:26.32	Kathy Garnier	2016	0:30.14	Kathy Garnier	2015	0:30.09	Kathy Garnier 2017
100 Free	0:58.81	Kathy Garnier	2016	1:05.74	Kim Crouch	2017	1:06.41	Kathy Garnier 2015
200 Free	2:10.35	Kathy Garnier	2016	2:28.43	Kathy Garnier	2015	2:29.76	Kathy Garnier 2015
400/500 Free	5:50.94	Kathleen Steffe	2019	5:28.01	Kathy Garnier	2017	5:12.84	Ellie Najjar 2016
800/1000 Free	11:54.68	Ellie Najjar	2019	11:55.03	Kathy Garnier	2017	10:31.50	Ellie Najjar 2016
1500/1650 Free	19:51.25	Ellie Najjar	2019	20:20.61	Ellie Najjar	2017	19:50.81	Ellie Najjar 2016
50 Back	0:32.39	Catherine Metz	2011	0:37.03	Suzy Tatnall	2014	0:36.96	Suzy Tatnall 2014
100 Back	1:09.22	Catherine Metz	2011	1:19.28	Suzy Tatnall	2014	1:21.03	Suzy Tatnall 2014
200 Back	2:29.72	Suzy Tatnall	2015	2:51.41	Suzy Tatnall	2014	2:53.37	Ellie Najjar 2018
50 Breast	0:34.80	Kim Crouch	2017	0:37.54	Kim Crouch	2016	0:40.42	Kim Crouch 2017
100 Breast	1:15.24	Kim Crouch	2017	1:23.25	Kim Crouch	2016	1:29.35	Kim Crouch 2017
200 Breast	2:43.86	Kim Crouch	2017	3:01.40	Kim Crouch	2016	3:13.63	Kim Crouch 2017
50 Fly	0:29.76	Karen Rosener	2009	0:35.58	Karen Rosener	2009	0:36.91	Karen Rosener 2012
100 Fly	1:08.27	Kathleen Steffe	2019	1:28.20	Anne Metzger	2016	1:22.54	Ellie Najjar 2016
200 Fly	2:47.26	Carolyn Roche	2009	3:26.13	Janice Dau	2017	3:06.20	Carolyn Roche 2006
100 IM	1:07.31	Kim Crouch	2017	1:14.87	Kim Crouch	2016		
200 IM	2:29.22	Kathleen Steffe	2019	2:44.71	Kim Crouch	2016	3:18.35	Corinna Maleike 2017
400 IM	5:19.61	Kathleen Steffe	2019	6:06.40	Ellie Najjar	2016	6:07.52	Ellie Najjar 2016

55-59 Men								
Event	Short Course Yards			Short Course Meters			Long Course Meters	
50 Free	0:21.82	Rich Abrahams	2000	0:25.00	Rich Abrahams	2001	0:25.53	Rich Abrahams 2002
100 Free	0:48.37	Rich Abrahams	2000	0:56.51	Rich Abrahams	2001	0:57.08	Michael Mann 2009
200 Free	1:48.79	Michael Mann	2010	1:59.08	Michael Mann	2009	2:04.01	Michael Mann 2009
400/500 Free	4:56.82	Michael Mann	2010	4:16.03	Michael Mann	2009	4:22.49	Michael Mann 2009
800/1000 Free	10:22.55	Michael Mann	2010	8:51.34	Michael Mann	2009	9:00.09	Michael Mann 2009
1500/1650 Free	18:01.06	Todd Bryan	2006	18:29.17	Bill Brackett	2014	17:22.61	Michael Mann 2009
50 Back	0:28.02	Bill Brackett	2013	0:32.27	Bill Brackett	2014	0:31.98	Charles Wolff 2006
100 Back	:59.85	Bill Brackett	2013	1:09.23	Bill Brackett	2014	1:10.51	Charles Wolff 2006
200 Back	2:06.99	Craig Petersen	2015	2:33.80	Bill Brackett	2014	2:22.68	Craig Petersen 2015
50 Breast	0:28.69	Holden Banks	2015	0:32.21	Christopher Coveney	2017	0:33.20	Christopher Coveney 2019
100 Breast	1:02.50	Christopher Coveney	2019	1:09.68	Christopher Coveney	2017	1:13.69	Greg Scott 2015
200 Breast	2:18.68	Christopher Coveney	2018	2:38.24	Christopher Coveney	2017	2:45.07	Greg Scott 2014
50 Fly	0:24.54	Rich Abrahams	2002	0:27.74	Rich Abrahams	2001	0:27.43	Rich Abrahams 2002
100 Fly	0:54.39	Rich Abrahams	2002	1:03.78	Rich Abrahams	2001	1:03.90	Rich Abrahams 2000
200 Fly	2:18.60	Jonathan Mann	2016	2:39.74	James Jordan	2018	2:45.11	Joe Morin 2017
100 IM	0:58.37	Holden Banks	2015	1:09.95	Richard Hess	2009		
200 IM	2:05.67	Michael Mann	2011	2:16.44	Michael Mann	2009	2:20.83	Michael Mann 2009
400 IM	4:28.69	Michael Mann	2010	4:51.97	Michael Mann	2009	5:04.07	Michael Mann 2009

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60-64 Women								
Event	Short Course Yards			Short Course Meters			Long Course Meters	
50 Free	0:29.31	Karen Rosener	2014	0:33.38	Karen Rosener	2014	0:33.58	Karen Rosener 2014
100 Free	1:04.44	Karen Rosener	2014	1:20.81	Cynthia Shaffer	2012	1:16.77	Karen Rosener 2014
200 Free	2:23.55	Lisa Bennett	2019	2:51.49	Judith Laney	2013	3:06.28	Nancy Terry 2009
400/500 Free	6:22.49	Carolyn Roche	2011	6:08.04	Cynthia Shaffer	2012	6:29.43	J. Murphy-Sherman 2004
800/1000 Free	13:02.59	Carolyn Roche	2011	12:26.99	Cynthia Shaffer	2012	13:01.78	J. Murphy-Sherman 2004
1500/1650 Free	23:17.37	Judith Laney	2013	23:55.33	Cynthia Shaffer	2012	24:45.74	Judith Laney 2015
50 Back	0:35.37	Lisa Bennett	2019	0:43.00	Cynthia Shaffer	2011	0:43.37	Cynthia Shaffer 2012
100 Back	1:16.06	Pamela Gatz	2008	1:30.18	Cynthia Shaffer	2012	1:36.37	Cynthia Shaffer 2012
200 Back	2:46.55	Pamela Gatz	2008	3:19.12	Cynthia Shaffer	2011	3:26.23	Cynthia Shaffer 2012
50 Breast	0:37.36	Lisa Bennett	2019	0:44.57	Karen Rosener	2014	0:45.48	Karen Rosener 2014
100 Breast	1:23.85	Lisa Bennett	2019	1:39.25	Karen Rosener	2014	1:40.97	Karen Rosener 2014
200 Breast	3:12.70	Jane Murphy-Sherman	2005	4:18.66	Grace Dyck	2005	4:00.10	Lydia Young 2008
50 Fly	0:31.23	Karen Rosener	2014	0:37.16	Karen Rosener	2014	0:37.06	Karen Rosener 2014
100 Fly	1:16.08	Carolyn Roche	2011	2:01.28	Lydia Young	2012	1:43.81	Lydia Young 2008
200 Fly	2:53.57	Carolyn Roche	2011	4:18.79	Winifred Prall	2007	4:19.54	Lydia Young 2008
100 IM	1:14.35	Karen Rosener	2014	1:37.47	Cindy Flynn	2017		
200 IM	2:42.60	Lisa Bennett	2019	3:39.10	Lydia Young	2009	3:40.37	Lydia Young 2008
400 IM	6:24.07	Jane Murphy-Sherman	2005	7:53.88	Winifred Prall	2007	7:54.67	Lydia Young 2008

60-64 Men								
Event	Short Course Yards			Short Course Meters			Long Course Meters	
50 Free	0:22.30	Rich Abrahams	2005	0:24.93	Rich Abrahams	2008	0:25.23	Rich Abrahams 2006
100 Free	0:49.14	Rich Abrahams	2005	0:56.63	Rich Abrahams	2008	0:58.61	Rich Abrahams 2005
200 Free	1:54.21	Michael Mann	2015	2:22.38	Bill Brackett	2018	2:18.52	Rich Abrahams 2006
400/500 Free	5:11.46	Michael Mann	2015	4:50.65	Bill Brackett	2018	4:52.82	Michael Mann 2018
800/1000 Free	10:42.16	Michael Mann	2015	9:52.27	Bill Brackett	2018	10:11.35	Bill Brackett 2018
1500/1650 Free	18:50.55	Bill Brackett	2018	18:48.44	Bill Brackett	2018	19:12.82	Bill Brackett 2018
50 Back	0:28.63	Bill Brackett	2019	0:32.06	Bill Brackett	2018	0:32.98	Bill Brackett 2018
100 Back	1:01.93	Scott Weir	2018	1:08.78	Bill Brackett	2018	1:11.52	Bill Brackett 2018
200 Back	2:13.08	Bill Brackett	2018	2:29.63	Bill Brackett	2018	2:36.71	Bill Brackett 2018
50 Breast	0:30.15	Stuart Waterbury	2016	0:33.67	Stuart Waterbury	2014	0:33.93	Greg Scott 2019
100 Breast	1:05.03	Stuart Waterbury	2014	1:14.62	Stuart Waterbury	2014	1:17.94	Greg Scott 2019
200 Breast	2:25.56	Stuart Waterbury	2014	2:49.04	Stuart Waterbury	2014	2:56.97	Stuart Waterbury 2014
50 Fly	0:24.46	Rich Abrahams	2005	0:27.87	Rich Abrahams	2008	0:27.92	Richard Abrahams 2005
100 Fly	0:54.92	Rich Abrahams	2005	1:03.94	Rich Abrahams	2008	1:03.03	Richard Abrahams 2005
200 Fly	2:26.68	Carl Selles	2007	2:55.20	Lee MacDonald	2012	2:47.85	Bill Brackett 2019
100 IM	1:00.13	Rich Abrahams	2007	1:08.08	Rich Abrahams	2009		
200 IM	2:09.55	Michael Mann	2015	2:45.62	Lee MacDonald	2012	2:47.94	Jamie Louie 2017
400 IM	4:44.24	Michael Mann	2015	5:56.25	Lee MacDonald	2012	6:02.23	Jamie Louie 2017

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65-69 Women								
Event	Short Course Yards			Short Course Meters			Long Course Meters	
50 Free	0:30.15	Karen Rosener	2019	0:35.60	Marion Cunningham	2018	0:35.83	Cynthia Shaffer 2017
100 Free	1:05.84	Karen Rosener	2019	1:18.60	Cynthia Shaffer	2017	1:23.14	Carolyn Roche 2017
200 Free	2:38.29	Carolyn Roche	2018	2:57.65	Cynthia Shaffer	2017	2:52.92	Carolyn Roche 2017
400/500 Free	7:02.71	Carolyn Roche	2018	6:54.54	Jane Oberg	2005	6:06.28	Carolyn Roche 2017
800/1000 Free	14:25.65	Carolyn Roche	2018	14:16.94	Jane Oberg	2005	12:49.07	Carolyn Roche 2017
1500/1650 Free	24:29.70	Carolyn Roche	2019	27:34.48	Marcia Anziano	2010	28:05.50	Winifred Prall 2012
50 Back	0:35.45	Cynthia Shaffer	2019	0:39.85	Cynthia Shaffer	2018	0:40.91	Cynthia Shaffer 2017
100 Back	1:18.27	Cynthia Shaffer	2019	1:27.74	Cynthia Shaffer	2018	1:31.89	Cynthia Shaffer 2017
200 Back	2:51.41	Cynthia Shaffer	2019	3:10.59	Cynthia Shaffer	2018	3:25.39	Cynthia Shaffer 2017
50 Breast	0:40.80	Karen Rosener	2019	0:47.76	Cynthia Shaffer	2017	0:54.98	Grace Dyck 2007
100 Breast	1:29.29	Karen Rosener	2019	1:46.34	Cynthia Shaffer	2018	1:47.43	Cynthia Shaffer 2017
200 Breast	3:32.06	Cynthia Shaffer	2019	3:43.53	Agota Frohs	1989	3:54.88	Cynthia Shaffer 2017
50 Fly	0:32.96	Karen Rosener	2019	0:40.35	Marion Cunningham	2018	0:39.88	Carolyn Roche 2017
100 Fly	1:24.32	Carolyn Roche	2018	1:56.08	Lydia Young	2014	1:43.59	Carolyn Roche 2017
200 Fly	3:33.63	Carolyn Roche	2018	4:14.51	Jane Oberg	2005	3:50.27	Carolyn Roche 2017
100 IM	1:18.61	Karen Rosener	2019	1:31.37	Cynthia Shaffer	2018		
200 IM	3:05.46	Cynthia Shaffer	2019	3:25.90	Cynthia Shaffer	2017	3:29.26	Cynthia Shaffer 2017
400 IM	6:31.78	Cynthia Shaffer	2019	8:18.08	Lydia Young	2014	8:17.22	Jane Oberg 2005

65-69 Men								
Event	Short Course Yards			Short Course Meters			Long Course Meters	
50 Free	0:22.10	Richard Abrahams	2010	0:25.91	Richard Abrahams	2013	0:26.33	Richard Abrahams 2010
100 Free	0:49.42	Richard Abrahams	2010	0:58.68	Richard Abrahams	2010	1:00.38	Richard Abrahams 2010
200 Free	1:57.54	Richard Abrahams	2010	2:38.90	Robert Tveitmoe	2017	2:25.82	Richard Abrahams 2010
400/500 Free	6:04.89	Paul McCormick	2012	5:37.35	Richard Abrahams	2013	5:24.54	Herbert Bowman 2019
800/1000 Free	12:49.30	William Burson	2010	12:01.02	Mel Dyk	2006	11:17.45	Herbert Bowman 2019
1500/1650 Free	21:27.01	William Burson	2010	22:50.16	Bill King	1999	23:48.26	Kent Carney 2012
50 Back	0:27.74	Richard Abrahams	2010	0:32.94	Richard Abrahams	2010	0:35.61	Richard Abrahams 2010
100 Back	1:05.07	John Stanback	2019	1:23.27	Kent Carney	2012	1:19.51	John Stanbeck 2019
200 Back	2:21.80	John Stanback	2019	3:03.74	Robert Tveitmoe	2017	2:52.10	John Stanbeck 2019
50 Breast	0:30.27	Stuart Waterbury	2019	0:39.11	Lee MacDonald	2017	0:38.97	Bob Patten 2001
100 Breast	1:08.33	Stuart Waterbury	2019	1:26.01	Lee MacDonald	2017	1:24.79	Bob Patten 1999
200 Breast	2:30.13	Stuart Waterbury	2019	3:08.98	Bob Patten	2002	3:12.39	Bob Patten 2000
50 Fly	0:24.94	Richard Abrahams	2010	0:28.99	Richard Abrahams	2010	0:29.25	Richard Abrahams 2010
100 Fly	0:56.36	Richard Abrahams	2010	1:06.60	Richard Abrahams	2010	1:07.34	Richard Abrahams 2010
200 Fly	2:38.82	Lee MacDonald	2017	3:14.10	Lee MacDonald	2017	3:16.82	Dennis O'Brien 2001
100 IM	1:00.32	Richard Abrahams	2010	1:10.42	Richard Abrahams	2010		
200 IM	2:28.42	John Stanback	2019	2:52.41	Lee MacDonald	2017	2:58.08	John Stanbeck 2019
400 IM	5:17.78	John Stanback	2019	6:11.00	Lee MacDonald	2017	6:27.41	Lee MacDonald 2017

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70-74 Women									
Event	Short Course Yards			Short Course Meters			Long Course Meters		
50 Free	0:36.47	Ella Carmichael	1994	0:42.84	Jane Oberg	2010	0:40.64	Ella Carmichael	1994
100 Free	1:20.99	Dena Mann	2003	1:32.33	Dena Mann	2001	1:36.12	Ella Carmichael	1994
200 Free	3:00.75	Dena Mann	2003	3:25.81	Jane Oberg	2009	3:19.09	Jane Oberg	2009
400/500 Free	7:47.72	Jane Oberg	2008	7:09.29	Jane Oberg	2009	6:47.83	Jane Oberg	2009
800/1000 Free	16:03.11	Jane Oberg	2008	14:26.35	Jane Oberg	2009	14:06.06	Jane Oberg	2007
1500/1650 Free	26:33.28	Jane Oberg	2008	27:22.50	Jane Oberg	2009	26:18.02	Jane Oberg	2007
50 Back	0:47.37	Karen Zentgraf	2015	0:52.33	Jane Oberg	2010	0:52.48	Jane Oberg	2009
100 Back	1:40.01	Jane Oberg	2008	1:54.42	Jane Oberg	2008	1:56.29	Jane Oberg	2007
200 Back	3:40.15	Jane Oberg	2008	4:09.65	Jane Oberg	2007	3:51.70	Jane Oberg	2007
50 Breast	0:46.14	Donna Ryman	2008	0:52.01	Donna Ryman	2007	0:59.04	Jane Oberg	2011
100 Breast	1:43.07	Donna Ryman	2008	1:57.63	Donna Ryman	2008	2:07.40	Jane Oberg	2011
200 Breast	3:45.59	Donna Ryman	2007	4:17.75	Donna Ryman	2008	4:52.07	Agota Frohs	1993
50 Fly	0:40.56	Jane Oberg	2008	0:53.08	Jane Oberg	2008	0:47.17	Jane Oberg	2007
100 Fly	1:40.90	Jane Oberg	2008	2:00.43	Jane Oberg	2007	1:57.33	Jane Oberg	2007
200 Fly	3:55.34	Jane Oberg	2008	4:50.27	Jane Oberg	2009	7:44.74	Ruth Hertzberg	2005
100 IM	1:38.77	Jane Oberg	2008	1:48.76	Jane Oberg	2007			
200 IM	3:31.68	Jane Oberg	2008	3:57.37	Jane Oberg	2007	4:12.03	Jane Oberg	2008
400 IM	7:40.56	Jane Oberg	2008	8:39.80	Jane Oberg	2009	13:15.94	Ruth Hertzberg	2005

70-74 Men									
Event	Short Course Yards			Short Course Meters			Long Course Meters		
50 Free	0:24.19	Richard Abrahams	2015	0:26.88	Richard Abrahams	2015	0:27.71	Richard Abrahams	2015
100 Free	0:54.58	Richard Abrahams	2015	1:01.70	Richard Abrahams	2015	1:03.71	Richard Abrahams	2015
200 Free	2:07.57	Richard Abrahams	2015	2:23.30	Richard Abrahams	2015	2:40.84	James Zurcher	2006
400/500 Free	6:24.63	James Zurcher	2005	6:08.17	Kent Carney	2017	5:46.34	James Zurcher	2006
800/1000 Free	13:15.43	Ronald Molnar	2012	12:32.18	Kent Carney	2017	12:14.28	James Zurcher	2006
1500/1650 Free	22:03.30	Ronald Molnar	2012	23:56.05	Kent Carney	2017	24:39.66	Kent Carney	2017
50 Back	0:31.76	Richard Abrahams	2015	0:39.55	Kent Carney	2018	0:40.07	Beans Yamamoto	1989
100 Back	1:14.73	Chuck Ogilby	2017	1:25.96	Kent Carney	2018	1:28.53	Kent Carney	2017
200 Back	2:45.15	James Kremer	2016	3:07.54	Kent Carney	2018	3:06.92	Kent Carney	2017
50 Breast	0:36.07	George Downs	2009	0:40.13	George Downs	2010	0:41.54	Bob Patten	2005
100 Breast	1:20.12	Bob Patten	2005	1:27.25	Bob Patten	2004	1:29.51	Bob Patten	2004
200 Breast	2:55.62	Bob Patten	2005	3:14.83	Bob Patten	2004	3:18.20	Bob Patten	2004
50 Fly	0:26.92	Richard Abrahams	2015	0:29.52	Richard Abrahams	2015	0:30.06	Richard Abrahams	2015
100 Fly	1:00.77	Richard Abrahams	2015	1:07.56	Richard Abrahams	2015	1:12.66	Richard Abrahams	2015
200 Fly	2:57.96	Art Wolfe	2010	3:36.95	Kent Carney	2017	3:26.87	Kent Carney	2017
100 IM	1:06.76	Richard Abrahams	2015	1:13.09	Richard Abrahams	2015			
200 IM	2:33.38	Art Wolfe	2010	3:15.32	Kent Carney	2017	3:09.65	Art Wolfe	2010
400 IM	5:43.44	Art Wolfe	2010	6:50.77	Kent Carney	2017	6:42.11	Kent Carney	2017

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75-79 Women									
Event	Short Course Yards			Short Course Meters			Long Course Meters		
50 Free	0:40.45	Janet Sachs	2014	0:48.50	Elsie Stevens	1997	0:43.43	Jane Oberg	2013
100 Free	1:27.89	Louise Wise	2018	1:55.71	Elsie Stevens	1997	1:42.83	Jane Oberg	2012
200 Free	3:04.17	Jane Oberg	2013	4:06.08	Elsie Stevens	1997	3:32.52	Jane Oberg	2012
400/500 Free	8:02.63	Jane Oberg	2013	7:19.31	Jane Oberg	2012	7:14.36	Jane Oberg	2012
800/1000 Free	16:33.37	Jane Oberg	2013	19:44.41	Agota Frohs	1997	14:52.28	Jane Oberg	2012
1500/1650 Free	27:29.94	Jane Oberg	2013				27:41.38	Jane Oberg	2012
50 Back	0:48.59	Janet Sachs	2013	0:53.49	Elsie Stevens	1997	0:52.12	Janet Sachs	2012
100 Back	1:47.06	Elsie Stevens	1997	2:00.75	Elsie Stevens	1997	2:00.86	Elise Stevens	2000
200 Back	3:41.54	Jane Oberg	2013	4:09.71	Jane Oberg	2012	4:13.69	Jane Oberg	2012
50 Breast	0:50.29	Elisabeth Poirot	2015	1:07.87	Agota Frohs	1997	1:00.78	Jane Oberg	2012
100 Breast	1:51.07	Elisabeth Poirot	2015	2:21.71	Agota Frohs	1996	2:05.44	Jane Oberg	2012
200 Breast	3:56.19	Elisabeth Poirot	2015				5:06.67	Agota Frohs	1995
50 Fly	0:47.05	Jane Oberg	2013	1:07.54	Katherine Kronwall	2011	0:52.28	Jane Oberg	2012
100 Fly	1:55.16	Jane Oberg	2015	2:55.61	Katherine Kronwall	2011	2:08.92	Jane Oberg	2012
200 Fly	7:42.53	Ruth Hertzberg	2008	6:51.81	Katherine Kronwall	2011			
100 IM	1:46.33	Jane Oberg	2015	2:23.54	Agota Frohs	1996			
200 IM	3:42.44	Jane Oberg	2013	4:10.30	Jane Oberg	2012	4:17.23	Jane Oberg	2012
400 IM	8:14.59	Jane Oberg	2015	13:00.38	Katherine Kronwall	2011	9:33.87	Jane Oberg	2013

75-79 Men									
Event	Short Course Yards			Short Course Meters			Long Course Meters		
50 Free	0:30.25	Chuck Ogilby	2019	0:32.03	James Zurcher	2009	0:35.16	Jack Truby	1999
100 Free	1:07.83	Chuck Ogilby	2019	1:11.74	James Zurcher	2009	1:25.56	Henry Zentgraf	2010
200 Free	2:36.40	Chuck Ogilby	2019	3:21.48	Wayne Clegern	2004	3:17.39	Wayne Clegern	2004
400/500 Free	7:23.02	Bruce Murray	2012	7:12.57	Wayne Clegern	2004	7:20.21	Wayne Clegern	2004
800/1000 Free	17:40.09	Wayne M Clegern	2005	15:24.96	Wayne Clegern	2004	15:31.74	Wayne Clegern	2004
1500/1650 Free	27:39.16	Bill Spahn	2018	28:04.29	John Wrenn	1995	29:38.33	John Wrenn	1996
50 Back	0:33.71	Chuck Ogilby	2018	0:43.56	James Zurcher	2009	0:44.13	Jack Truby	1999
100 Back	1:11.18	Chuck Ogilby	2018	1:44.12	Jack Truby	2000	1:45.93	Jack Truby	1999
200 Back	2:37.00	Chuck Ogilby	2018	3:41.10	John Wrenn	1995	3:50.90	John Wrenn	1996
50 Breast	0:38.11	George Downs	2015	0:42.21	George Downs	2013	0:42.90	George Downs	2014
100 Breast	1:31.58	John Wrenn	1999	1:41.66	Bob Patten	2009	1:37.73	Bob Patten	2009
200 Breast	3:19.11	Bob Patten	2010	3:38.43	Bob Patten	2009	3:38.53	Bob Patten	2009
50 Fly	0:34.77	Walter Hutton	2019	0:38.88	James Zurcher	2009	0:51.07	Artie Wolfe	2017
100 Fly	1:28.06	John Myers	2006	2:02.52	Robert McDermott	1999			
200 Fly	5:08.75	Joe Martin	2008						
100 IM	1:15.22	Chuck Ogilby	2018	1:24.76	James Zurcher	2009			
200 IM	3:15.46	Artie Wolfe	2018	3:10.46	James Zurcher	2009	3:58.47	John Wrenn	1997
400 IM	6:52.82	Artie Wolfe	2018	8:08.11	John Wrenn	1995			

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80-84 Women									
Event	Short Course Yards			Short Course Meters			Long Course Meters		
50 Free	0:42.39	Jane Oberg	2018	:51.56	Jane Oberg	2018	1:11.81	Sally Ryckman	1992
100 Free	1:36.48	Jane Oberg	2018	1:50.92	Jane Oberg	2018	2:29.67	Lois Ellert	1995
200 Free	3:27.09	Jane Oberg	2018	3:59.87	Jane Oberg	2018	5:32.32	Lois Ellert	1995
400/500 Free	8:57.62	Jane Oberg	2018	8:17.86	Jane Oberg	2018	10:15.59	Agota Frohs	2000
800/1000 Free	20:02.54	Jane Oberg	2018	17:17.58	Jane Oberg	2018			
1500/1650 Free	33:15.05	Jane Oberg	2018	30:55.35	Jane Oberg	2017			
50 Back	0:51.78	Jane Oberg	2018	1:02.86	Jane Oberg	2018	1:19.10	Lois Ellert	1995
100 Back	1:50.60	Jane Oberg	2018	2:16.01	Jane Oberg	2018	2:47.45	Agota Frohs	2000
200 Back	3:55.98	Jane Oberg	2018	4:34.13	Jane Oberg	2017	5:46.45	Lois Ellert	1995
50 Breast	:55.42	Jane Oberg	2018	1:49.73	Sally Ryckman	1993	1:42.29	Sally Ryckman	1994
100 Breast	1:58.94	Jane Oberg	2018				2:47.32	Agota Frohs	2000
200 Breast	4:28.65	Jane Oberg	2018				6:00.99	Agota Frohs	2000
50 Fly	:51.18	Jane Oberg	2018	1:04.32	Jane Oberg	2018	1:28.24	Agota Frohs	2000
100 Fly	2:00.50	Jane Oberg	2018	4:39.41	Katherine Kronwall	2017			
200 Fly				11:01.54	Katherine Kronwall	2016			
100 IM	1:49.98	Jane Oberg	2018	2:07.53	Jane Oberg	2017			
200 IM	4:00.03	Jane Oberg	2018	6:57.33	Katherine Kronwall	2016	5:54.67	Agota Frohs	2000
400 IM	9:14.83	Jane Oberg	2018	16:45.40	Katherine Kronwall	2017			

80-84 Men									
Event	Short Course Yards			Short Course Meters			Long Course Meters		
50 Free	0:34.06	Jack Truby	2005	0:39.20	Jack Truby	2004	0:39.40	Jack Truby	2004
100 Free	1:21.31	Stephen Hadley	2012	1:35.06	Jack Truby	2005	1:38.24	Jack Truby	2004
200 Free	3:07.63	Stephen Hadley	2012	3:42.95	Jack Truby	2005	3:41.17	Jack Truby	2006
400/500 Free	8:18.95	Stephen Hadley	2012	8:02.88	Jack Truby	2005	8:23.15	Wayne Clegem	2009
800/1000 Free	17:23.71	Stephen Hadley	2012	17:09.61	Jack Truby	2004	17:50.08	Wayne Clegem	2009
1500/1650 Free	37:17.05	John Wrenn	2004				33:30.01	Wayne Clegem	2009
50 Back	0:37.74	Stephen Hadley	2012	0:48.06	Jack Truby	2004	0:49.26	Jack Truby	2006
100 Back	1:29.01	Stephen Hadley	2012	1:48.83	Jack Truby	2004	1:54.19	Jack Truby	2006
200 Back	3:19.41	Stephen Hadley	2012	4:00.80	Jack Truby	2004	4:13.95	Jack Truby	2004
50 Breast	0:41.18	Frederick Hoppe	2008	0:44.32	Bob Patten	2016	1:11.00	John Whittier	1995
100 Breast	1:34.76	Frederick Hoppe	2008	1:49.30	Frederick Hoppe	2007	2:47.20	Mark Plummer	2017
200 Breast	3:40.78	Frederick Hoppe	2008	4:07.10	Bob Patten	2014			
50 Fly	0:44.63	Frederick Hoppe	2008	1:03.96	Mark Plummer	2016	1:36.69	Mark Plummer	2017
100 Fly	2:53.10	Joe Martin	2013	5:16.05	Robert McDermott	2002			
200 Fly									
100 IM	1:41.05	Hugh Richards	2003	2:08.15	Mark Plummer	2016			
200 IM	4:16.52	John Wrenn	2001	3:22.22	James Zurcher	2014	4:55.23	John Wrenn	2000
400 IM	10:09.49	John Wrenn	2003						

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85-89 Women						
Event	Short Course Yards			Short Course Meters		Long Course Meters
50 Free	0:51.29	Betty Kendall	2007			1:36.26 Sally Ryckman 1997
100 Free	1:54.58	Betty Kendall	2007			3:21.34 Sally Ryckman 1997
200 Free						7:13.54 Sally Ryckman 1997
400/500 Free						
800/1000 Free						
1500/1650 Free						
50 Back	1:31.50	Sally Ryckman	1997			1:46.12 Sally Ryckman 1997
100 Back	3:27.27	Sally Ryckman	1998			3:53.88 Sally Ryckman 1997
200 Back						
50 Breast	1:32.92	Betty Kendall	2009			
100 Breast						
200 Breast						
50 Fly						
100 Fly						
200 Fly						
100 IM	2:48.94	Betty Kendall	2009			
200 IM						
400 IM						

85-89 Men						
Event	Short Course Yards			Short Course Meters		Long Course Meters
50 Free	0:39.79	Beans Yamamoto	2002	1:32.35	Asher Patten	1991
100 Free	1:39.29	Beans Yamamoto	2002			
200 Free	4:05.78	Richard Wood	2008			
400/500 Free	11:33.58	John Wrenn	2007			
800/1000 Free	24:45.82	John Wrenn	2007			
1500/1650 Free						
50 Back	0:45.92	Beans Yamamoto	2002			
100 Back	1:47.33	Beans Yamamoto	2003			
200 Back	5:12.27	James Hart	2014			
50 Breast	1:08.63	John Wrenn	2006			
100 Breast	2:28.71	John Wrenn	2006			
200 Breast	6:29.42	John Wrenn	2007			
50 Fly						
100 Fly						
200 Fly						
100 IM	2:33.13	John Wrenn	2007			
200 IM	4:59.74	John Wrenn	2006			
400 IM						

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90-94 Women			
Event	Short Course Yards	Short Course Meters	Long Course Meters
50 Free			
100 Free			
200 Free			
400/500 Free			
800/1000 Free			
1500/1650 Free			
50 Back	1:42.23 Lois Ellert 2006		
100 Back			
200 Back			
50 Breast			
100 Breast			
200 Breast			
50 Fly			
100 Fly			
200 Fly			
100 IM			
200 IM			
400 IM			

90-94 Men			
Event	Short Course Yards	Short Course Meters	Long Course Meters
50 Free	1:05.92 John Wrenn 2011		
100 Free	2:06.36 John Wrenn 2011		
200 Free			
400/500 Free			
800/1000 Free			
1500/1650 Free			
50 Back	1:20.44 John Wrenn 2011		
100 Back	2:42.13 John Wrenn 2011		
200 Back			
50 Breast			
100 Breast			
200 Breast			
50 Fly			
100 Fly			
200 Fly			
100 IM			
200 IM			
400 IM			

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95-99 Women			
Event	Short Course Yards	Short Course Meters	Long Course Meters
50 Free			
100 Free			
200 Free			
400/500 Free			
800/1000 Free			
1500/1650 Free			
50 Back			
100 Free			
200 Free			
50 Breast			
100 Breast			
200 Breast			
50 Fly			
100 Fly			
200 Fly			
100 IM			
200 IM			
400 IM			

95-99 Men			
Event	Short Course Yards	Short Course Meters	Long Course Meters
50 Free			
100 Free			
200 Free			
400/500 Free			
800/1000 Free			
1500/1650 Free			
50 Back			
100 Back			
200 Back			
50 Breast			
100 Breast			
200 Breast			
50 Fly			
100 Fly			
200 Fly			
100 IM			
200 IM			
400 IM			

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