

Colonies Zone: Individual Records

Long Course Meters

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
18-24	50 Free	26.75	Amalia Kobelja	Virginia	URMS	2016	23.96	Paul Buren	New Jersey	GSM	2003
18-24	100 Free	57.90	Rachael Burnett	Potomac Valley	UC10	2014	52.88	David Lawson	Delaware Valley	1776	1995
18-24	200 Free	2:03.06	Jessica Foschi	Metropolitan	METR	2003	2:00.89	Wilson Josephson	New England	UC02	2014
18-24	400 Free	4:44.69	Samantha Bausher	Delaware Valley	UNAT	2000	4:15.44	Peter Galan	Maryland	TCYS	2007
18-24	800 Free	9:43.75	Anne Muir	Potomac Valley	PMM	2008	8:44.94	Peter Galan	Maryland	TCYS	2007
18-24	1500 Free	18:13.47	Samantha Bausher	Delaware Valley	UNAT	2000	17:07.87	Peter Galan	Maryland	TERR	2010
18-24	50 Back	32.79	Yana Park	Potomac Valley	GMUP	2008	27.43	David Lawson	Delaware Valley	1776	1995
18-24	100 Back	1:11.21	Christy Johnson	Potomac Valley	ANCM	1997	58.57	Christopher Gibson	Potomac Valley	CUBU	2007
18-24	200 Back	2:30.93	N Wunderlich	Metropolitan	EMP	1995	2:08.20	Christopher Gibson	Potomac Valley	CUBU	2007
18-24	50 Breast	36.10	Becky Wood	Potomac Valley	DCM	1994	30.33	Eric Materniak	New Jersey	DRMS	2015
18-24	100 Breast	1:12.42	Amalia Kobelja	Virginia	URMS	2016	1:07.13	Eric Materniak	New Jersey	DRMS	2015
18-24	200 Breast	2:53.39	Jenn Kenyon	New England		1994	2:23.56	Eric Materniak	New Jersey	DRMS	2015
18-24	50 Fly	30.07	Erica Kao	Potomac Valley	L4S	2014	25.71	David Lawson	Delaware Valley	1776	1995
18-24	100 Fly	1:07.66	Sophie Morgan	New England	NEM	2011	57.82	Christopher Gibson	Potomac Valley	CUBU	2007
18-24	200 Fly	2:14.50	Elizabeth Shaw	Virginia	VMST	2012	2:09.39	Ry Beville	Virginia	VMST	1995
18-24	200 IM	2:20.00	Elizabeth Shaw	Virginia	VMST	2012	2:15.56	Eric Materniak	New Jersey	DRMS	2015
18-24	400 IM	5:15.64	Abigail Nunn	Potomac Valley	SPRY	2013	4:44.53	Peter Galan	Maryland	TCYS	2010
25-29	50 Free	25.93	Kaitlyn Johnson	Niagara	BUMS	2015	22.59	Drew Modrov	Metropolitan	UC06	2016
25-29	100 Free	57.50	Jessie Alcaide	New England	MESC	2012	50.72	Drew Modrov	Metropolitan	UC06	2016
25-29	200 Free	2:08.44	Lynne Blomberg	New Jersey	UNAT	1989	1:57.93	Theodore Chappell	Delaware Valley	MIDA	1988
25-29	400 Free	4:34.57	Lynne Blomberg	New Jersey	UNAT	1989	4:14.17	Theodore Chappell	Delaware Valley	MIDA	1988
25-29	800 Free	9:26.88	Priscilla Modrov	Niagara	BUMS	2013	9:03.06	Jason Eaddy	New England	NEM	2003
25-29	1500 Free	18:51.52	Rebecca Wassner	Metropolitan	METR	2003	17:35.65	Win Chesson	Metropolitan	TNYA	2012
25-29	50 Back	31.97	Beth O'Connor	Potomac Valley	DCM	1987	27.98	Thomas Wolf	Potomac Valley	DCM	1983
25-29	100 Back	1:08.94	Jenny Mooney	New England	NEM	2003	1:00.30	Thomas Wolf	Potomac Valley	DCM	1983
25-29	200 Back	2:27.37	Jenny Mooney	New England	NEM	2003	2:12.99	Thomas Wolf	Potomac Valley	DCM	1984
25-29	50 Breast	33.60	Petra Martin	Potomac Valley	TERR	2005	29.72	Amini Fonua	Metropolitan	TNYA	2014
25-29	100 Breast	1:17.58	Andrea Hill	New England	NEM	2000	1:05.63	Eric Materniak	New Jersey	BERK	2016
25-29	200 Breast	2:47.91	Andrea Hill	New England	NEM	2000	2:23.76	Eric Materniak	New Jersey	BERK	2016
25-29	50 Fly	29.15	Beth O'Connor	Potomac Valley	DCM	1987	25.08	Amini Fonua	Metropolitan	TNYA	2015
							25.08	Kyle Veatch	New England	NEM	2015
25-29	100 Fly	1:02.18	Jessie Alcaide	New England	MESC	2012	55.65	Drew Modrov	Metropolitan	UC06	2016
25-29	200 Fly	2:22.39	Priscilla Modrov	Niagara	BUMS	2013	2:05.76	Jason Eaddy	New England	NEM	2002
25-29	200 IM	2:26.09	Lynne Blomberg	New Jersey	UNAT	1990	2:06.59	Tobias Oriwol	Metropolitan	NYAC	2014
25-29	400 IM	5:12.22	Lynne Blomberg	New Jersey	UNAT	1989	4:46.60	Bruce Hayes	Metropolitan	EMP	1992

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Long Course Meters

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
30-34	50 Free	26.90	Katrine Alcaide	New England	MESC	2014	23.79	Jeremy Gross	New England	NEM	2004
30-34	100 Free	57.68	Kim Vandenberg	Metropolitan	REDT	2013	53.10	Timothy Boyd	Potomac Valley	GMUP	2000
30-34	200 Free	2:12.54	Katie McWilliams	Potomac Valley	ALEX	2014	1:58.61	Gregory Palumbo	Metropolitan	REDT	2012
30-34	400 Free	4:38.39	Katie McWilliams	Potomac Valley	ALEX	2014	4:14.50	Gregory Palumbo	Metropolitan	REDT	2012
30-34	800 Free	9:33.93	Katie McWilliams	Potomac Valley	ALEX	2014	8:51.00	Daniel Moran	New England	NEM	2014
30-34	1500 Free	19:03.24	Jacki Hirsty	Potomac Valley	DCM	1984	16:58.60	Gregory Danner	Niagara	NIAG	2011
30-34	50 Back	31.28	Christina Rose	New England	NEM	2014	27.98	Thomas Wolf	Potomac Valley	DCM	1985
30-34	100 Back	1:09.05	Zena Herrmann	Maryland	MARY	1994	1:00.40	Thomas Wolf	Potomac Valley	DCM	1985
30-34	200 Back	2:28.08	Zena Herrmann	Maryland	MARY	1994	2:11.77	Thomas Wolf	Potomac Valley	DCM	1987
30-34	50 Breast	34.19	Lisa Bennett	Virginia	VMST	1990	29.72	Geoff Wells	Niagara	BUMS	2014
30-34	100 Breast	1:18.80	Beth Scheimann	Virginia	VMST	1993	1:05.90	Geoff Wells	Niagara	BUMS	2014
30-34	200 Breast	2:54.80	Violet Schlesinger	Virginia	VMST	2000	2:26.63	Geoff Wells	Niagara	BUMS	2015
30-34	50 Fly	27.60	Kim Vandenberg	Metropolitan	REDT	2013	25.24	Curtis Sawin	New Jersey	GSM	2002
30-34	100 Fly	1:00.22	Kim Vandenberg	Metropolitan	REDT	2013	55.67	Matt Haupt	Virginia	SNOW	2010
30-34	200 Fly	2:15.65	Kim Vandenberg	Metropolitan	REDT	2013	2:03.76	Matt Haupt	Virginia	SNOW	2010
30-34	200 IM	2:32.71	Andrea Luallen-Scholz	Potomac Valley	ANCM	1999	2:09.86	Ron Karnaugh	New Jersey	TRIT	1996
30-34	400 IM	5:29.10	Andrea Luallen-Scholz	Potomac Valley	ANCM	1999	4:38.55	Alexander Bezugliy	Metropolitan	MPNY	2016
35-39	50 Free	27.09	M Drueckhammer	Metropolitan	METR	2002	24.41	Michael Ross	New England	NEM	2005
35-39	100 Free	59.29	M Drueckhammer	Metropolitan	METR	2002	52.23	Michael Ross	New England	NEM	2004
35-39	200 Free	2:13.92	M Drueckhammer	Metropolitan	METR	2002	1:55.62	Michael Ross	New England	NEM	2006
35-39	400 Free	4:43.62	Kelly Parker	Virginia	VMST	1997	4:17.61	Stuart Cromarty	New England	NEM	2003
35-39	800 Free	9:49.08	Kelly Parker	Virginia	VMST	1997	8:55.04	Stuart Cromarty	New England	NEM	2003
35-39	1500 Free	18:37.69	Kelly Parker	Virginia	VMST	1997	17:36.30	Doug Chestnut	Potomac Valley	GMUP	2001
35-39	50 Back	32.26	Andrea Luallen	Potomac Valley	ANCM	2001	27.50	Michael Ross	New England	NEM	2004
35-39	100 Back	1:08.49	Zena Herrmann	Maryland	MARY	1994	59.18	Michael Ross	New England	NEM	2006
35-39	200 Back	2:26.66	Zena Herrmann	Maryland	MARY	1994	2:07.16	Ron Karnaugh	New Jersey	TRIT	2001
35-39	50 Breast	36.60	Patty Powis	Virginia	VMST	1998	29.09	Wally Dicks	Potomac Valley	ANCM	1998
35-39	100 Breast	1:22.38	Rainy Goodale	New England	NEM	2009	1:05.00	Wally Dicks	Potomac Valley	ANCM	2000
35-39	200 Breast	2:58.00	Rainy Goodale	New England	NEM	2009	2:21.87	Ron Karnaugh	New Jersey	TRIT	2001
35-39	50 Fly	29.27	M Drueckhammer	Metropolitan	METR	2002	25.49	Michael Ross	New England	NEM	2004
35-39	100 Fly	1:05.31	Ildiko Szekely	New England	NEM	2016	56.07	Michael Ross	New England	NEM	2004
35-39	200 Fly	2:22.61	Ildiko Szekely	New England	NEM	2016	2:06.74	Jeff Stuart	Connecticut	CONN	1996
35-39	200 IM	2:33.89	Andrea Luallen	Potomac Valley	ANCM	2001	2:05.64	Ron Karnaugh	New Jersey	TRIT	2003
35-39	400 IM	5:30.04	Andrea Luallen	Potomac Valley	ANCM	2001	4:34.10	Ron Karnaugh	New Jersey	TRIT	2001

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Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
40-44	50 Free	26.88	Maria Doelger	Metropolitan	METR	2003	24.31	Michael Ross	New England	MESC	2008
40-44	100 Free	58.43	Maria Doelger	Metropolitan	METR	2003	52.42	Michael Ross	New England	MESC	2009
40-44	200 Free	2:14.24	Maria Doelger	Metropolitan	METR	2003	1:55.06	Michael Ross	New England	MESC	2009
40-44	400 Free	4:48.37	Kelly Parker	Virginia	VMST	2002	4:17.23	Stuart Cromarty	New England	NEM	2004
40-44	800 Free	9:52.26	Galen Rinaldi	Connecticut	CONN	2011	8:47.75	Frederik Hviid	Potomac Valley	GERM	2014
40-44	1500 Free	18:45.43	Galen Rinaldi	Connecticut	CONN	2011	16:51.19	Frederik Hviid	Potomac Valley	GERM	2014
40-44	50 Back	32.11	Fall Willeboordse	Metropolitan	AQUA	2010	27.47	Michael Ross	New England	MESC	2008
40-44	100 Back	1:08.33	Kristin Gary	Metropolitan	REDT	2008	59.08	Michael Ross	New England	MESC	2009
40-44	200 Back	2:28.36	Kristin Gary	Metropolitan	REDT	2008	2:11.13	Frederik Hviid	Potomac Valley	GERM	2014
40-44	50 Breast	35.97	Amanda Martin	Delaware Valley	UNAT	2003	30.78	Wally Dicks	Potomac Valley	ANCM	2007
40-44	100 Breast	1:21.48	Rainy Goodale	New England	NEM	2014	1:06.20	Blake Holden	Potomac Valley	UMAC	2016
40-44	200 Breast	2:53.75	Fall Willeboordse	Metropolitan	AQUA	2010	2:31.76	Jim Tuchler	Potomac Valley	CUBU	2009
40-44	50 Fly	29.29	Maria Doelger	Metropolitan	METR	2003	25.57	Michael Ross	New England	MESC	2009
40-44	100 Fly	1:05.61	Beth Baker	Virginia	VMST	2001	56.43	Michael Ross	New England	MESC	2008
40-44	200 Fly	2:29.81	Beth Baker	Virginia	VMST	2001	2:15.41	Chris Stevenson	Virginia	VMST	2007
40-44	200 IM	2:31.91	Fall Willeboordse	Metropolitan	AQUA	2010	2:15.75	Michael Ross	New England	MESC	2009
40-44	400 IM	5:40.48	Laurie Hug	Delaware Valley	1776	2008	4:57.54	Patrick Donahue	Potomac Valley	UC10	2014
45-49	50 Free	27.67	Fall Willeboordse	Metropolitan	AGUA	2011	25.22	Scott Carpenter	New Jersey	JAM	2010
45-49	100 Free	59.62	Fall Willeboordse	Metropolitan	BCTM	2012	55.56	William Segal	New Jersey	JAM	2009
45-49	200 Free	2:18.81	Karen Einsidler	Connecticut	CONN	2003	2:01.76	Chris Stevenson	Virginia	VMST	2009
45-49	400 Free	4:52.49	Laurie Hug	Delaware Valley	1776	2014	4:21.26	Chris Stevenson	Virginia	VMST	2009
45-49	800 Free	9:53.97	Laurie Hug	Delaware Valley	1776	2012	9:10.01	Chris Stevenson	Virginia	VMST	2013
45-49	1500 Free	18:40.27	Laurie Hug	Delaware Valley	1776	2012	17:49.63	Chris Stevenson	Virginia	VMST	2013
45-49	50 Back	32.02	Fall Willeboordse	Metropolitan	BCTM	2013	28.25	Fritz Bedford	New England	NEM	2011
45-49	100 Back	1:08.82	Kristin Gary	Metropolitan	NYAC	2014	1:00.55	Chris Stevenson	Virginia	VMST	2009
45-49	200 Back	2:32.08	Kristin Gary	Metropolitan	NYAC	2014	2:15.83	Chris Stevenson	Virginia	VMST	2011
45-49	50 Breast	35.69	Fall Willeboordse	Metropolitan	AGUA	2011	30.82	Wally Dicks	Potomac Valley	RMST	2011
45-49	100 Breast	1:20.02	Fall Willeboordse	Metropolitan	BCTM	2012	1:09.09	Wally Dicks	Potomac Valley	ANCM	2009
45-49	200 Breast	3:07.33	Patricia Miller	Virginia	VMST	2006	2:38.39	Wally Dicks	Potomac Valley	RMST	2011
45-49	50 Fly	29.37	Laurie DiTommaso	New Jersey	GSM	2009	26.38	Steve Hiltabiddle	New Jersey	JAM	2011
45-49	100 Fly	1:08.60	Fall Willeboordse	Metropolitan	AGUA	2011	59.10	Chris Stevenson	Virginia	VMST	2009
45-49	200 Fly	2:40.66	Laurie Hug	Delaware Valley	1776	2014	2:17.96	Chris Stevenson	Virginia	VMST	2013
45-49	200 IM	2:39.67	Karen Einsidler	Connecticut	CONN	2003	2:14.90	Jerome Frentsos	Maryland	UNAT	2010
45-49	400 IM	5:35.38	Vibeke Swanson	Delaware Valley	1776	2007	4:47.65	Jerome Frentsos	Maryland	UNAT	2010

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Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
50-54	50 Free	28.17	Fall Willeboordse	Metropolitan	UC06	2016	25.17	Steve Hiltabiddle	Delaware Valley	1776	2016
50-54	100 Free	1:02.80	Fall Willeboordse	Metropolitan	UC06	2016	55.94	Steve Hiltabiddle	Delaware Valley	1776	2016
50-54	200 Free	2:20.53	Kelly Parker Palace	Virginia	VMST	2011	2:07.17	Fred Schlicher	New England	NEM	1998
50-54	400 Free	4:58.07	Kelly Parker Palace	Virginia	VMST	2011	4:32.22	Chris Stevenson	Virginia	VMST	2014
50-54	800 Free	10:01.61	Laurie Hug	Delaware Valley	1776	2015	9:29.69	Len Gushe	Virginia	UC12	2013
50-54	1500 Free	19:15.10	Laurie Hug	Delaware Valley	1776	2015	18:24.66	Patrick Autissier	New England	NEM	2013
50-54	50 Back	32.41	Leslie Livingston	Potomac Valley	GMUP	2013	28.77	Clay Britt	Potomac Valley	ANCM	2014
50-54	100 Back	1:10.82	Fall Willeboordse	Metropolitan	UC06	2016	1:02.77	Clay Britt	Potomac Valley	ANCM	2014
50-54	200 Back	2:46.18	Vibeke Swanson	Delaware Valley	1776	2014	2:22.61	Chris Stevenson	Virginia	VMST	2014
50-54	50 Breast	37.51	Fall Willeboordse	Metropolitan	UC06	2016	32.23	Benn Doyle	New Jersey	GSM	2008
50-54	100 Breast	1:22.96	Fall Willeboordse	Metropolitan	UC06	2016	1:12.83	Benn Doyle	New Jersey	GSM	2008
50-54	200 Breast	3:10.18	Karen Mareb	New England	NEM	2012	2:41.02	Benn Doyle	New Jersey	GSM	2008
50-54	50 Fly	29.82	Susan Williams	Potomac Valley	L4S	2016	26.12	Steve Hiltabiddle	Delaware Valley	1776	2016
50-54	100 Fly	1:15.21	Lorna Cialdella-Morehead	New Jersey	BERK	2014	1:00.11	Steve Hiltabiddle	Delaware Valley	1776	2016
50-54	200 Fly	2:49.47	Laurie Hug	Delaware Valley	1776	2016	2:26.34	Fred Schlicher	New England	NEM	1998
50-54	200 IM	2:38.03	Fall Willeboordse	Metropolitan	UC06	2016	2:20.48	Jerome Frentsos	Maryland	MARY	2015
50-54	400 IM	5:49.57	Laurie Hug	Delaware Valley	1776	2016	5:20.50	Paul Feters	Potomac Valley	DCRP	2003
55-59	50 Free	29.64	Louise Cady-Fernandes	New England	NEM	2016	25.74	Paul Trevisan	Delaware Valley	1776	2006
55-59	100 Free	1:06.16	Kelly Parker Palace	Virginia	VMST	2016	58.07	Paul Trevisan	Delaware Valley	1776	2006
55-59	200 Free	2:23.56	Kelly Parker Palace	Virginia	VMST	2016	2:14.10	Brad Gandee	Potomac Valley	GMUP	2009
55-59	400 Free	4:59.94	Kelly Parker Palace	Virginia	VMST	2016	4:47.37	Robert Kannegieser	Delaware Valley	FINS	2012
55-59	800 Free	10:18.29	Kelly Parker Palace	Virginia	VMST	2016	9:57.82	Brad Gandee	Potomac Valley	GMUP	2009
55-59	1500 Free	19:29.84	Kelly Parker Palace	Virginia	VMST	2016	19:21.78	Christopher Gibson	New Jersey	PAA	2014
55-59	50 Back	35.77	Kim Brightwell	Potomac Valley	RMST	2015	31.84	Greg Shaw	New England	NEM	2007
55-59	100 Back	1:19.72	Vibeke Swanson	Delaware Valley	1776	2016	1:10.30	Mark Pugliese	Potomac Valley	ANCM	2007
55-59	200 Back	2:47.52	Nancy Martin	New Jersey	GSM	2009	2:32.93	John Calvert	Potomac Valley	DCM	2000
55-59	50 Breast	39.16	Beth Estel	New England	NEM	2012	33.06	Gregory Oxley	Delaware Valley	1776	2014
55-59	100 Breast	1:26.90	Karen Mareb	New England	NEM	2014	1:14.18	Gregory Oxley	Delaware Valley	1776	2014
55-59	200 Breast	3:07.28	Karen Mareb	New England	NEM	2014	2:46.83	Benn Doyle	New Jersey	GSM	2013
55-59	50 Fly	34.19	Joel Feldmann	New England	NEM	2007	27.08	Greg Shaw	New England	NEM	2007
55-59	100 Fly	1:15.71	Nancy Martin	New Jersey	GSM	2009	1:01.05	Greg Shaw	New England	NEM	2006
55-59	200 Fly	2:44.16	Nancy Martin	New Jersey	GSM	2009	2:25.35	Greg Shaw	New England	NEM	2006
55-59	200 IM	2:49.48	Kelly Parker Palace	Virginia	VMST	2016	2:27.60	Greg Shaw	New England	NEM	2006
55-59	400 IM	5:58.55	Nancy Martin	New Jersey	GSM	2009	5:26.63	John Calvert	Potomac Valley	DCM	2000

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Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
60-64	50 Free	30.55	Jacki Hirsty	New England	NEM	2014	26.35	Paul Trevisan	Delaware Valley	1776	2013
60-64	100 Free	1:08.50	Jacki Hirsty	New England	NEM	2012	1:00.15	Paul Trevisan	Delaware Valley	1776	2013
60-64	200 Free	2:30.96	Jacki Hirsty	New England	NEM	2014	2:12.69	Fred Schlicher	New England	NEM	2008
60-64	400 Free	5:18.24	Jacki Hirsty	New England	NEM	2014	4:55.64	Frank McElroy	New Jersey	JAM	2009
60-64	800 Free	11:03.87	Nancy Martin	New Jersey	GSM	2014	10:09.12	John Calvert	Virginia	VMST	2006
60-64	1500 Free	20:57.33	Shirley Loftus-Charley	Virginia	VMST	2012	19:47.94	Christopher Gibson	New Jersey	PAA	2016
60-64	50 Back	36.88	Cecilia Mccloskey	Delaware Valley	1776	2014	33.18	Jack Geoghegan	Connecticut	CONN	2002
60-64	100 Back	1:19.66	Joan Pfingst	Potomac Valley	TERR	2014	1:15.00	Robert Lawton	New England	NEM	2011
60-64	200 Back	2:53.05	Joan Pfingst	Potomac Valley	TERR	2014	2:39.01	John Calvert	Virginia	VMST	2006
60-64	50 Breast	39.02	Beth Estel	New England	NEM	2016	34.98	Brian Keyser	Delaware Valley	1776	2016
60-64	100 Breast	1:27.24	Beth Estel	New England	NEM	2016	1:19.82	Drury Gallagher	Metropolitan	METR	1999
60-64	200 Breast	3:17.73	Beth Estel	New England	NEM	2016	2:58.78	Drury Gallagher	Metropolitan	METR	1999
60-64	50 Fly	34.83	Diann Uustal	New England	MESC	2010	28.69	Greg Shaw	New England	NEM	2012
60-64	100 Fly	1:20.26	Jeanne Lappin	Potomac Valley	GERM	2016	1:03.98	Fred Schlicher	New England	NEM	2008
60-64	200 Fly	3:01.50	Nancy Martin	New Jersey	GSM	2014	2:31.58	Fred Schlicher	New England	NEM	2008
60-64	200 IM	2:58.48	Beth Estel	New England	NEM	2016	2:30.72	Fred Schlicher	New England	NEM	2008
60-64	400 IM	6:21.20	Shirley Loftus-Charley	Virginia	VMST	2012	5:30.99	Fred Schlicher	New England	NEM	2008
65-69	50 Free	32.49	Diann Uustal	New England	MESC	2011	27.85	Jim Dragon	New Jersey	GSM	2009
65-69	100 Free	1:16.84	Clara Walker	New England	NEM	1992	1:06.06	John Radimer	New England	NEM	2014
65-69	200 Free	2:46.93	Christie Hayes	New England	NEM	2014	2:25.57	Frank McElroy	New Jersey	GSM	2013
65-69	400 Free	5:53.50	Christie Hayes	New England	NEM	2014	5:05.59	Frank McElroy	New Jersey	GSM	2013
65-69	800 Free	12:10.69	Christie Hayes	New England	NEM	2014	10:37.17	Frank McElroy	New Jersey	GSM	2013
65-69	1500 Free	23:17.71	Marcia Barry	Virginia	VMST	2015	21:00.77	David Harrison	Delaware Valley	1776	2003
65-69	50 Back	36.79	Cecilia Mccloskey	Delaware Valley	1776	2015	36.44	Richard Alexander	New Jersey	GSM	2011
65-69	100 Back	1:20.95	Cecilia Mccloskey	Delaware Valley	1776	2015	1:18.03	Donald McIntosh	New England	NEM	2008
65-69	200 Back	2:57.78	Cecilia Mccloskey	Delaware Valley	1776	2015	2:50.85	John Calvert	Potomac Valley	AARG	2012
65-69	50 Breast	42.97	Diann Uustal	New England	MESC	2011	35.30	Jim Dragon	New Jersey	GSM	2009
65-69	100 Breast	1:36.94	Joann Leilich	Virginia	VMST	2004	1:24.16	Manuel Sanguily	Connecticut	CONN	1998
65-69	200 Breast	3:26.98	Joann Leilich	Virginia	VMST	2005	3:14.51	Manuel Sanguily	Connecticut	CONN	1998
65-69	50 Fly	34.09	Diann Uustal	New England	NEM	2014	28.69	Jim Dragon	New Jersey	GSM	2009
65-69	100 Fly	1:21.86	Cecilia Mccloskey	Delaware Valley	1776	2015	1:15.93	Frank McElroy	New Jersey	GSM	2014
65-69	200 Fly	3:42.86	Margot Pettijohn	Potomac Valley	ANCM	2011	2:55.11	Frank McElroy	New Jersey	GSM	2013
65-69	200 IM	2:59.89	Cecilia Mccloskey	Delaware Valley	1776	2015	2:49.70	John Calvert	Potomac Valley	AARG	2012
65-69	400 IM	7:06.05	Kathy Slifer	New England	NEM	2014	6:01.74	Frank McElroy	New Jersey	GSM	2013

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Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
70-74	50 Free	35.22	Beth Schreiner	Virginia	VMST	2011	29.35	Kelley Lemmon	Potomac Valley	DCM	1984
70-74	100 Free	1:21.57	Clara Walker	New England	NEM	1996	1:11.59	Richard Alexander	New Jersey	GSM	2014
70-74	200 Free	3:04.56	Clara Walker	New England	NEM	1996	2:32.48	David Harrison	Delaware Valley	1776	2007
70-74	400 Free	6:33.15	Clara Walker	New England	NEM	1996	5:31.53	David Harrison	Delaware Valley	1776	2007
70-74	800 Free	13:38.61	Clara Walker	New England	NEM	1996	11:35.33	David Harrison	Delaware Valley	1776	2007
70-74	1500 Free	25:40.43	Clara Walker	New England	NEM	1996	22:47.77	George Brunstad	Connecticut	CONN	2004
70-74	50 Back	42.29	Doris Steadman	New Jersey	GSM	1996	36.20	Richard Alexander	New Jersey	GSM	2014
70-74	100 Back	1:35.11	Doris Steadman	New Jersey	GSM	1995	1:24.49	Roger Franks	Delaware Valley	1776	1997
70-74	200 Back	3:28.69	Doris Steadman	New Jersey	GSM	1995	3:04.42	Roger Franks	Delaware Valley	1776	1997
70-74	50 Breast	45.13	Margot Pettijohn	Potomac Valley	ANCM	2016	38.24	Jim Dragon	New Jersey	GSM	2014
70-74	100 Breast	1:40.78	Margot Pettijohn	Potomac Valley	ANCM	2016	1:29.52	Manuel Sanguily	Connecticut	CONN	2003
70-74	200 Breast	3:47.80	Margot Pettijohn	Potomac Valley	ANCM	2016	3:28.93	Henry Cole	Maryland	MARY	2014
70-74	50 Fly	41.30	Margot Pettijohn	Potomac Valley	ANCM	2016	31.37	Jim Dragon	New Jersey	GSM	2014
70-74	100 Fly	1:35.09	Margot Pettijohn	Potomac Valley	ANCM	2016	1:25.91	Richard Alexander	New Jersey	GSM	2014
70-74	200 Fly	3:37.41	Margot Pettijohn	Potomac Valley	ANCM	2016	3:34.49	Raymond Loewe	Delaware Valley	UNAT	2012
70-74	200 IM	3:20.72	Margot Pettijohn	Potomac Valley	ANCM	2016	3:16.72	Roger Franks	Delaware Valley	1776	1998
70-74	400 IM	7:16.18	Margot Pettijohn	Potomac Valley	ANCM	2016	7:06.01	Roger Franks	Delaware Valley	1776	1997
75-79	50 Free	38.06	Johnnie Detrick	Virginia	VMST	2013	33.06	Kelley Lemmon	Potomac Valley	DCM	1988
75-79	100 Free	1:32.05	Beth Schreiner	Virginia	VMST	2016	1:14.86	Kelley Lemmon	Potomac Valley	DCM	1987
75-79	200 Free	3:22.27	Ronnie Kamphausen	New England	MESC	2009	2:53.73	Kelley Lemmon	Potomac Valley	DCM	1987
75-79	400 Free	7:16.13	Beth Schreiner	Virginia	VMST	2016	6:13.05	Roger Franks	Delaware Valley	1776	2002
75-79	800 Free	15:50.39	Petey Smith	New England	NEM	2000	12:46.62	Roger Franks	Delaware Valley	1776	2002
75-79	1500 Free	29:26.96	Barbara Love	Metropolitan	TNYA	2012	24:34.77	Roger Franks	Delaware Valley	1776	2002
75-79	50 Back	44.43	Doris Steadman	New Jersey	GSM	1999	42.24	Robert Knapp	Connecticut	CONN	1992
75-79	100 Back	1:38.78	Doris Steadman	New Jersey	GSM	2000	1:29.47	Roger Franks	Delaware Valley	1776	2002
75-79	200 Back	3:37.48	Doris Steadman	New Jersey	GSM	2000	3:10.25	Roger Franks	Delaware Valley	1776	2002
75-79	50 Breast	55.21	Johnnie Detrick	Virginia	VMST	2012	41.69	Charles Urstadt	Connecticut	CONN	2003
75-79	100 Breast	2:03.34	Johnnie Detrick	Virginia	VMST	2010	1:39.69	Kelley Lemmon	Potomac Valley	DCM	1987
75-79	200 Breast	4:29.13	Johnnie Detrick	Virginia	VMST	2010	3:42.14	Drury Gallagher	Metropolitan	XCEL	2013
75-79	50 Fly	51.31	Lucille Griffin	Virginia	VMST	2013	40.32	Jerry Katz	New Jersey	GSM	2014
75-79	100 Fly	1:54.65	Lucille Griffin	Virginia	VMST	2013	1:38.28	Winthrop Wilson	New England	NEM	2002
75-79	200 Fly	4:27.67	Lucille Griffin	Virginia	VMST	2014	3:50.95	Lenrod Goldstone	Connecticut	CONN	2004
75-79	200 IM	4:11.94	Johnnie Detrick	Virginia	VMST	2010	3:30.50	Kelley Lemmon	Potomac Valley	DCM	1987
75-79	400 IM	8:48.78	Nancy Brown	Maryland	MARY	2011	7:41.10	Birch Davidson	Delaware Valley	1776	1994

Colonies Zone: Individual Records

Long Course Meters

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
80-84	50 Free	39.51	Johnnie Detrick	Virginia	VMST	2016	35.63	Stanley Shechter	Metropolitan	AGUA	2013
80-84	100 Free	1:37.04	Johnnie Detrick	Virginia	VMST	2015	1:23.16	Stanley Shechter	Metropolitan	AGUA	2012
80-84	200 Free	3:55.47	Johnnie Detrick	Virginia	VMST	2016	3:22.76	James Edwards	New England	NEM	2002
80-84	400 Free	8:52.18	Petey Smith	New England	NEM	2004	7:17.91	James Edwards	New England	NEM	2004
80-84	800 Free	19:04.31	Jeanne Meredith	Virginia	VMST	2009	15:26.10	Robert Johnston	Niagara	NIAG	1997
80-84	1500 Free	34:49.74	Petey Smith	New England	NEM	2004	28:44.42	Robert Johnston	Niagara	NIAG	1997
80-84	50 Back	53.66	Doris Steadman	New Jersey	GSM	2005	44.29	Skip Monsein	Potomac Valley	DCM	2014
80-84	100 Back	2:01.61	Nancy Brown	Maryland	MARY	2016	1:41.35	Skip Monsein	Potomac Valley	DCM	2014
80-84	200 Back	4:16.70	Doris Steadman	New Jersey	GSM	2005	3:39.22	Roger Franks	Delaware Valley	1776	2007
80-84	50 Breast	58.45	Johnnie Detrick	Virginia	VMST	2016	45.77	Charles Urstadt	Connecticut	CONN	2009
80-84	100 Breast	2:10.10	Johnnie Detrick	Virginia	VMST	2015	1:43.74	Al Craig	New England	NEM	2007
80-84	200 Breast	5:12.11	Suzanne Graham	Connecticut	CONN	2006	3:47.81	Al Craig	New England	NEM	2007
80-84	50 Fly	1:02.26	Doris Russell	Maryland	MARY	2000	47.48	H Messer	Potomac Valley	DCRP	2011
80-84	100 Fly	2:35.77	Janet Wehrlen-Moeller	New Jersey	GSM	2014	2:10.78	Burt Bronk	Maryland	MARY	2014
80-84	200 Fly	6:09.67	Elsa Mattila	Potomac Valley	DCM	1990	5:42.28	Itamar Kutai	New England	NEM	2013
80-84	200 IM	4:27.25	Johnnie Detrick	Virginia	VMST	2015	4:09.72	Frank Manheim	Potomac Valley	RMST	2010
80-84	400 IM	10:04.01	Nancy Brown	Maryland	MARY	2016	9:47.05	Lenrod Goldstone	Connecticut	CONN	2009
85-89	50 Free	50.93	Julia Dolce	New Jersey	GSM	1994	38.44	Al Craig	New England	NEM	2012
85-89	100 Free	2:00.68	Julia Dolce	New Jersey	GSM	1995	1:43.03	Gus Langner	Connecticut	CONN	1988
85-89	200 Free	4:35.70	Billie Ann Burrill	New England	NEM	2006	3:48.91	Gus Langner	Connecticut	CONN	1989
85-89	400 Free	9:42.42	Billie Ann Burrill	New England	NEM	2006	8:12.53	Dick Guido	Metropolitan	METR	2004
85-89	800 Free	21:54.01	Julia Dolce	New Jersey	GSM	1995	17:11.21	Gus Langner	Connecticut	CONN	1988
85-89	1500 Free	43:35.59	Julia Dolce	New Jersey	GSM	1995	33:08.42	Gus Langner	Connecticut	CONN	1989
85-89	50 Back	1:01.37	Anne Walker	Potomac Valley	DCM	2002	49.18	Frank Manheim	Potomac Valley	RMST	2015
85-89	100 Back	2:18.17	Marie Wicklun	Connecticut	CONN	2000	1:51.56	Alan Weeden	Connecticut	CONN	2009
85-89	200 Back	4:55.59	Marie Wicklun	Connecticut	CONN	2000	4:22.20	John Merrill	Connecticut	CONN	2003
85-89	50 Breast	1:15.40	Marianna Berkley	Virginia	VMST	2009	52.20	Al Craig	New England	NEM	2012
85-89	100 Breast	2:52.71	Marianna Berkley	Virginia	VMST	2009	2:20.99	William Molloy	New England	NEM	1995
85-89	200 Breast	6:16.17	Marianna Berkley	Virginia	VMST	2009	4:10.75	Al Craig	New England	NEM	2012
85-89	50 Fly	1:18.60	Joan Waldbaum	Delaware Valley	1776	2016	1:06.02	Frank Manheim	Potomac Valley	RMST	2016
85-89	100 Fly	3:33.92	Marie Kelleher	Virginia	VMST	2000	3:23.06	Abraham Olanoff	New England	NEM	1991
85-89	200 Fly						8:31.34	Jay Charles	Metropolitan	METR	2008
85-89	200 IM	6:20.13	Marianna Berkley	Virginia	VMST	2009	5:52.48	Abraham Olanoff	New England	NEM	1991
85-89	400 IM						12:27.27	Abraham Olanoff	New England	NEM	1991

Colonies Zone: Individual Records

Long Course Meters

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
90-94	50 Free	58.80	Julia Dolce	New Jersey	GSM	1999	48.70	Gus Langner	Connecticut	CONN	1993
90-94	100 Free	2:19.87	Julia Dolce	New Jersey	GSM	2000	1:57.91	Gus Langner	Connecticut	CONN	1993
90-94	200 Free	5:19.36	Julia Dolce	New Jersey	GSM	1999	4:28.34	Gus Langner	Connecticut	CONN	1993
90-94	400 Free	11:44.11	Julia Dolce	New Jersey	GSM	1999	9:44.11	Gus Langner	Connecticut	CONN	1993
90-94	800 Free	28:07.33	Julia Dolce	New Jersey	GSM	2001	20:13.74	Gus Langner	Connecticut	CONN	1993
90-94	1500 Free	50:26.49	Julia Dolce	New Jersey	GSM	1999	36:47.02	Gus Langner	Connecticut	CONN	1993
90-94	50 Back	1:19.05	Anne Walker	Potomac Valley	DCM	2006	51.94	Alan Weeden	Connecticut	UC05	2014
90-94	100 Back	2:53.84	Julia Dolce	New Jersey	GSM	2000	2:07.20	John Merrill	Connecticut	CONN	2007
90-94	200 Back	5:56.93	Julia Dolce	New Jersey	GSM	2000	4:38.42	John Merrill	New England	NEM	2008
90-94	50 Breast	2:01.70	Marianna Berkley	Virginia	VMST	2013	1:18.31	Gus Langner	Connecticut	CONN	1993
90-94	100 Breast						3:09.64	Gus Langner	Connecticut	CONN	1993
90-94	200 Breast						6:24.54	Gus Langner	Connecticut	CONN	1993
90-94	50 Fly	4:57.25	Anna Bauscher	Delaware Valley	1776	1994					
90-94	200 IM	12:10.93	Anna Bauscher	Delaware Valley	1776	1994					
95-99	50 Free	1:17.53	Julia Dolce	New Jersey	GSM	2005	55.88	Gus Langner	Connecticut	CONN	1998
95-99	100 Free	3:08.43	Julia Dolce	New Jersey	GSM	2005	2:29.32	Gus Langner	Connecticut	CONN	1998
95-99	200 Free						5:13.23	Gus Langner	Connecticut	CONN	1998
95-99	400 Free						11:30.53	Gus Langner	Connecticut	CONN	1998
95-99	800 Free						22:28.28	Gus Langner	Connecticut	CONN	1998
95-99	1500 Free						47:30.40	Gus Langner	Connecticut	CONN	1999
95-99	50 Back	1:42.07	Julia Dolce	New Jersey	GSM	2005	1:56.25	Gus Langner	Connecticut	CONN	1998
95-99	100 Back	4:57.61	Mary Lathram	Potomac Valley	DCM	2011					
95-99	50 Breast						1:26.61	Gus Langner	Connecticut	CONN	1998
95-99	100 Breast						3:38.45	Gus Langner	Connecticut	CONN	1998
95-99	200 Breast						7:37.17	Gus Langner	Connecticut	CONN	1998