

Colonies Zone: Individual Records

Short Course Meters

| Age Group | Event | Women | | | | | Men | | | | |
|-----------|------------|----------|----------------------|-----------------|------|------|----------|----------------------|-----------------|------|------|
| | | Time | Name | LMSC | Club | Year | Time | Name | LMSC | Club | Year |
| 18-24 | 50 Free | 26.44 | Harumi Katsuyama | Potomac Valley | L4S | 2014 | 22.36 | Lewis Burras | Virginia | UC12 | 2018 |
| 18-24 | 100 Free | 58.36 | Harumi Katsuyama | Potomac Valley | L4S | 2014 | 49.33 | Lewis Burras | Virginia | UC12 | 2018 |
| 18-24 | 200 Free | 2:04.77 | Marina Falcone | Potomac Valley | WARD | 2010 | 1:51.96 | Eric Nilsson | New England | NEM | 2011 |
| 18-24 | 400 Free | 4:19.91 | Marina Falcone | Potomac Valley | WARD | 2010 | 3:57.08 | Eric Nilsson | New England | NEM | 2011 |
| 18-24 | 800 Free | 9:24.49 | Emily Peters | Metropolitan | METR | 1999 | 8:16.50 | Eric Nilsson | New England | NEM | 2011 |
| 18-24 | 1500 Free | 18:48.88 | Lillian Hnath | Potomac Valley | TERR | 2005 | 17:04.97 | Jay Griffin | Metropolitan | EMP | 1996 |
| 18-24 | 50 Back | 30.89 | Charlotte Brackett | New England | NEM | 2013 | 25.38 | Josh Hafkin | Potomac Valley | FINZ | 2012 |
| 18-24 | 100 Back | 1:04.53 | Kellyanne Tomasula | Delaware Valley | 1776 | 2011 | 56.02 | Jarryd Botha | Potomac Valley | UNAT | 2010 |
| 18-24 | 200 Back | 2:22.61 | N Wunderlich | Metropolitan | EMP | 1995 | 2:06.22 | Eric Nilsson | New England | NEM | 2011 |
| 18-24 | 50 Breast | 32.67 | Erla Haraldsdottir | Virginia | UNAT | 2008 | 29.88 | Elliot Ptasnik | Metropolitan | NYCH | 2006 |
| 18-24 | 100 Breast | 1:15.56 | Blair Negron | New England | NEM | 2008 | 1:05.38 | Elliot Ptasnik | Metropolitan | NYCH | 2006 |
| 18-24 | 200 Breast | 2:42.47 | Blair Negron | New England | NEM | 2008 | 2:20.20 | Benjamin Bauchwitz | New England | UC02 | 2017 |
| 18-24 | 50 Fly | 29.29 | Sarah Ryan | Delaware Valley | FINS | 2013 | 24.68 | Lewis Burras | Virginia | UC12 | 2018 |
| 18-24 | 100 Fly | 1:05.40 | Priscilla Modrov | New Jersey | HOBO | 2012 | 57.12 | Drew Modrov | Metropolitan | UC06 | 2013 |
| 18-24 | 200 Fly | 2:23.04 | Priscilla Modrov | New Jersey | HOBO | 2012 | 2:03.41 | Eric Nilsson | New England | NEM | 2011 |
| 18-24 | 100 IM | 1:03.84 | Erla Haraldsdottir | Virginia | UNAT | 2008 | 58.40 | Drew Modrov | Metropolitan | UC06 | 2013 |
| 18-24 | 200 IM | 2:26.17 | Priscilla Modrov | New Jersey | HOBO | 2012 | 2:06.27 | Eric Nilsson | New England | NEM | 2011 |
| 18-24 | 400 IM | 5:00.78 | Courtney Beidler | New England | NEM | 2014 | 4:32.52 | Eric Nilsson | New England | NEM | 2011 |
| 25-29 | 50 Free | 26.60 | Jessie Ellis-Alcaide | New England | MESC | 2011 | 22.29 | Drew Modrov | Metropolitan | CHEL | 2018 |
| 25-29 | 100 Free | 58.52 | Jessie Ellis-Alcaide | New England | MESC | 2011 | 48.93 | Drew Modrov | Metropolitan | CHEL | 2017 |
| 25-29 | 200 Free | 2:10.68 | Chrissie Miller | Delaware Valley | PWM | 2001 | 1:49.30 | Drew Modrov | Metropolitan | CHEL | 2018 |
| 25-29 | 400 Free | 4:32.84 | Courtney Randolph | Potomac Valley | UMAC | 2018 | 3:52.83 | Drew Modrov | Metropolitan | CHEL | 2018 |
| 25-29 | 800 Free | 9:19.05 | Tobie Smith | Metropolitan | BDGR | 1999 | 8:17.22 | Drew Modrov | Metropolitan | CHEL | 2018 |
| 25-29 | 1500 Free | 18:06.13 | Heather Mohorn | Delaware Valley | FINS | 2013 | 16:59.90 | Steven Fisher | Metropolitan | EMP | 1991 |
| 25-29 | 50 Back | 30.74 | Jessica Beers | New England | MESC | 2009 | 24.98 | David Russell | New England | NEM | 2014 |
| 25-29 | 100 Back | 1:06.51 | Kate Hibbard | Virginia | VMST | 2010 | 53.38 | David Russell | New England | NEM | 2014 |
| 25-29 | 200 Back | 2:25.05 | Kate Hibbard | Virginia | VMST | 2010 | 2:05.18 | Christopher Sheppard | New England | NEM | 2006 |
| 25-29 | 50 Breast | 33.90 | Andrea Packard | New England | NEM | 2001 | 28.75 | Drew Modrov | Metropolitan | CHEL | 2018 |
| 25-29 | 100 Breast | 1:13.57 | Andrea Packard | New England | NEM | 2001 | 1:03.07 | Corey Welch | Delaware Valley | FINS | 2008 |
| 25-29 | 200 Breast | 2:35.66 | Andrea Packard | New England | NEM | 2001 | 2:19.27 | Corey Welch | Delaware Valley | FINS | 2008 |
| 25-29 | 50 Fly | 28.85 | Andrea Yttre | New England | NEM | 2006 | 24.20 | David Russell | New England | NEM | 2014 |
| 25-29 | 100 Fly | 1:04.60 | Chrissy Miller | Delaware Valley | PWM | 2002 | 53.00 | David Russell | New England | NEM | 2014 |
| 25-29 | 200 Fly | 2:20.96 | Priscilla Modrov | Niagara | BUMS | 2013 | 2:02.97 | Drew Modrov | Metropolitan | CHEL | 2017 |
| 25-29 | 100 IM | 1:06.67 | Jessie Ellis-Alcaide | New England | MESC | 2011 | 56.33 | Drew Modrov | Metropolitan | CHEL | 2018 |
| 25-29 | 200 IM | 2:24.39 | Courtney Randolph | Potomac Valley | UMAC | 2018 | 2:07.61 | Eric Nilsson | New England | NEM | 2013 |
| 25-29 | 400 IM | 5:07.41 | Courtney Randolph | Potomac Valley | UMAC | 2018 | 4:33.17 | Jerome Frentsos | Potomac Valley | DCAC | 1995 |

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| Age Group | Event | Women | | | | | Men | | | | |
|-----------|------------|----------|------------------------|-----------------|------|------|----------|-------------------|----------------|------|------|
| | | Time | Name | LMSC | Club | Year | Time | Name | LMSC | Club | Year |
| 30-34 | 50 Free | 26.51 | Katrine Alcaide | New England | MESC | 2014 | 23.45 | Troy Johnson | Virginia | VMST | 2008 |
| 30-34 | 100 Free | 59.50 | Elizabeth Mancuso | New England | NEM | 2015 | 51.72 | Curtis Sawin | New Jersey | GSM | 2002 |
| 30-34 | 200 Free | 2:10.60 | Elizabeth Mancuso | New England | NEM | 2015 | 1:52.83 | Bruce Hayes | Metropolitan | METR | 1994 |
| 30-34 | 400 Free | 4:22.77 | Erika Hansen | Delaware Valley | UNAT | 2003 | 3:59.83 | Bruce Hayes | Metropolitan | METR | 1994 |
| 30-34 | 800 Free | 9:06.49 | Erika Hansen | Delaware Valley | UNAT | 2003 | 8:19.44 | Bruce Hayes | Metropolitan | METR | 1994 |
| 30-34 | 1500 Free | 17:58.96 | Laurie Hug | Delaware Valley | 1776 | 1999 | 16:21.25 | Bruce Hayes | Metropolitan | METR | 1994 |
| 30-34 | 50 Back | 30.28 | Christina Pansini Rose | New England | NEM | 2014 | 26.87 | Curtis Sawin | New Jersey | GSM | 2002 |
| 30-34 | 100 Back | 1:07.09 | Mollie Grover | Potomac Valley | UMAC | 2015 | 58.44 | Clay Britt | Potomac Valley | ANCM | 1995 |
| 30-34 | 200 Back | 2:25.19 | Mollie Grover | Potomac Valley | UMAC | 2015 | 2:12.45 | Jerome Frentsos | Potomac Valley | DCAC | 1999 |
| 30-34 | 50 Breast | 33.43 | Katrine Alcaide | New England | MESC | 2015 | 29.80 | Geoff Wells | Niagara | BUMS | 2016 |
| 30-34 | 100 Breast | 1:17.43 | Beth Scheimann | Virginia | VMST | 1993 | 1:04.81 | Blake Holden | Potomac Valley | CUBU | 2009 |
| 30-34 | 200 Breast | 2:43.75 | Denise Letendre | Virginia | VMST | 2018 | 2:21.42 | Jonathan Banville | New England | NEM | 2003 |
| 30-34 | 50 Fly | 29.03 | Katrine Alcaide | New England | MESC | 2014 | 25.50 | Curtis Sawin | New Jersey | GSM | 2001 |
| 30-34 | 100 Fly | 1:06.27 | Elizabeth Mancuso | New England | NEM | 2015 | 56.08 | Curtis Sawin | New Jersey | GSM | 2001 |
| 30-34 | 200 Fly | 2:25.62 | Ildiko Szekely | New England | NEM | 2013 | 2:07.15 | Eric Nilsson | New England | NEM | 2018 |
| 30-34 | 100 IM | 1:06.06 | Katrine Alcaide | New England | MESC | 2014 | 58.54 | Jonathan Churins | Metropolitan | METR | 2005 |
| 30-34 | 200 IM | 2:23.44 | Elizabeth Mancuso | New England | NEM | 2016 | 2:08.42 | Jerome Frentsos | Potomac Valley | DCAC | 1999 |
| 30-34 | 400 IM | 5:11.97 | Chrissy Sullivan | Delaware Valley | SVM | 2006 | 4:32.23 | Jerome Frentsos | Potomac Valley | DCAC | 1999 |
| 35-39 | 50 Free | 26.78 | Fall Willeboordse | Metropolitan | REDT | 2002 | 23.44 | Michael Ross | New England | NEM | 2004 |
| 35-39 | 100 Free | 59.90 | Fall Willeboordse | Metropolitan | REDT | 2002 | 50.72 | Michael Picotte | Virginia | VMST | 2009 |
| 35-39 | 200 Free | 2:11.37 | Laurie Hug | Delaware Valley | 1776 | 2000 | 1:51.54 | Michael Ross | New England | NEM | 2004 |
| 35-39 | 400 Free | 4:34.69 | Laurie Hug | Delaware Valley | 1776 | 2003 | 4:01.78 | Ron Karnaugh | New Jersey | TRIT | 2003 |
| 35-39 | 800 Free | 9:14.27 | Laurie Hug | Delaware Valley | 1776 | 2000 | 8:42.33 | Ethan Saulnier | New England | NEM | 2008 |
| 35-39 | 1500 Free | 17:27.84 | Laurie Hug | Delaware Valley | 1776 | 2000 | 16:54.94 | Gregory Danner | Niagara | FAIR | 2016 |
| 35-39 | 50 Back | 31.35 | Fall Willeboordse | Metropolitan | REDT | 2002 | 25.86 | Michael Ross | New England | NEM | 2004 |
| 35-39 | 100 Back | 1:07.21 | Mollie Grover | Potomac Valley | UMAC | 2017 | 55.95 | Michael Ross | New England | NEM | 2004 |
| 35-39 | 200 Back | 2:25.57 | Mollie Grover | Potomac Valley | UMAC | 2017 | 2:00.34 | Ron Karnaugh | New Jersey | TRIT | 2002 |
| 35-39 | 50 Breast | 35.35 | Amanda Martin | Delaware Valley | UNAT | 2001 | 28.75 | Ron Karnaugh | New Jersey | TRIT | 2002 |
| 35-39 | 100 Breast | 1:18.29 | Rainy Goodale | New England | NEM | 2009 | 1:02.57 | Ron Karnaugh | New Jersey | TRIT | 2002 |
| 35-39 | 200 Breast | 2:49.74 | Dori Miller | New England | NEM | 2006 | 2:17.47 | Blake Holden | Potomac Valley | TERR | 2014 |
| 35-39 | 50 Fly | 29.52 | Katrine Alcaide | New England | MESC | 2016 | 25.29 | Michael Ross | New England | NEM | 2004 |
| 35-39 | 100 Fly | 1:04.38 | Ildiko Szekely | New England | NEM | 2015 | 55.85 | Jim Harvey | New England | MESC | 2001 |
| 35-39 | 200 Fly | 2:22.52 | Ildiko Szekely | New England | NEM | 2014 | 2:07.00 | Gregory Danner | Niagara | FAIR | 2016 |
| 35-39 | 100 IM | 1:08.23 | Beth Baker | Virginia | VMST | 2000 | 56.94 | Ron Karnaugh | New Jersey | TRIT | 2003 |
| 35-39 | 200 IM | 2:29.28 | Vibeke Swanson | Delaware Valley | 1776 | 2000 | 2:03.29 | Ron Karnaugh | New Jersey | TRIT | 2002 |
| 35-39 | 400 IM | 5:15.70 | Laurie Hug | Delaware Valley | 1776 | 2000 | 4:24.36 | Ron Karnaugh | New Jersey | TRIT | 2003 |

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| Age Group | Event | Women | | | | | Men | | | | |
|-----------|------------|----------|-------------------|-----------------|------|------|----------|-----------------|----------------|------|------|
| | | Time | Name | LMSC | Club | Year | Time | Name | LMSC | Club | Year |
| 40-44 | 50 Free | 27.20 | Fall Willeboordse | Metropolitan | REDT | 2009 | 23.45 | Michael Ross | New England | MESC | 2009 |
| 40-44 | 100 Free | 1:00.35 | Fall Willeboordse | Metropolitan | AGUA | 2010 | 50.43 | Michael Ross | New England | MESC | 2008 |
| 40-44 | 200 Free | 2:12.76 | Vibeke Swanson | Delaware Valley | 1776 | 2001 | 1:50.08 | Michael Ross | New England | MESC | 2008 |
| 40-44 | 400 Free | 4:42.15 | Rebecca Kalibat | New Jersey | GSM | 2004 | 4:17.35 | Chris Stevenson | Virginia | VMST | 2007 |
| 40-44 | 800 Free | 9:32.90 | Laurie Hug | Delaware Valley | 1776 | 2008 | 9:08.24 | Michael Schmidt | New England | MESC | 2006 |
| 40-44 | 1500 Free | 18:03.41 | Laurie Hug | Delaware Valley | 1776 | 2008 | 17:53.15 | Dave Holland | Virginia | VMST | 2008 |
| 40-44 | 50 Back | 30.74 | Kristin Gary | Metropolitan | REDT | 2008 | 25.53 | Michael Ross | New England | MESC | 2009 |
| 40-44 | 100 Back | 1:05.51 | Kristin Gary | Metropolitan | REDT | 2011 | 54.85 | Michael Ross | New England | MESC | 2008 |
| 40-44 | 200 Back | 2:22.68 | Kristin Gary | Metropolitan | REDT | 2008 | 2:03.84 | Michael Ross | New England | MESC | 2008 |
| 40-44 | 50 Breast | 35.89 | Stacy Sweetser | New England | NEM | 2015 | 29.92 | Wally Dicks | Potomac Valley | ANCM | 2007 |
| 40-44 | 100 Breast | 1:19.73 | Rainy Goodale | New England | NEM | 2014 | 1:05.84 | Wally Dicks | Potomac Valley | ANCM | 2006 |
| 40-44 | 200 Breast | 2:53.00 | Rainy Goodale | New England | NEM | 2010 | 2:26.59 | Wally Dicks | Potomac Valley | ANCM | 2006 |
| 40-44 | 50 Fly | 29.68 | Beth Baker | Virginia | VMST | 2001 | 24.91 | Michael Ross | New England | MESC | 2008 |
| 40-44 | 100 Fly | 1:05.49 | Beth Baker | Virginia | VMST | 2001 | 55.82 | Michael Ross | New England | MESC | 2008 |
| 40-44 | 200 Fly | 2:26.15 | Beth Baker | Virginia | VMST | 2001 | 2:10.99 | Chris Stevenson | Virginia | VMST | 2008 |
| 40-44 | 100 IM | 1:08.49 | Fall Willeboordse | Metropolitan | REDT | 2009 | 57.71 | Michael Ross | New England | MESC | 2008 |
| 40-44 | 200 IM | 2:28.10 | Vibeke Swanson | Delaware Valley | 1776 | 2001 | 2:15.47 | Craig Crawford | New England | NEM | 2013 |
| 40-44 | 400 IM | 5:13.86 | Vibeke Swanson | Delaware Valley | 1776 | 2001 | 4:57.34 | Brian Casey | New England | NEM | 2004 |
| 45-49 | 50 Free | 27.14 | Fall Willeboordse | Metropolitan | BCTM | 2015 | 23.80 | Fritz Bedford | New England | NEM | 2009 |
| 45-49 | 100 Free | 1:00.24 | Fall Willeboordse | Metropolitan | BCTM | 2012 | 53.21 | Fritz Bedford | New England | NEM | 2009 |
| 45-49 | 200 Free | 2:14.74 | Susan Wager | Metropolitan | REDT | 2010 | 1:59.62 | Chris Stevenson | Virginia | VMST | 2012 |
| 45-49 | 400 Free | 4:46.20 | Karen Einsidler | Connecticut | CONN | 2002 | 4:15.06 | Michael Schmidt | New England | MESC | 2008 |
| 45-49 | 800 Free | 9:44.52 | Laurie Hug | Delaware Valley | 1776 | 2014 | 8:49.03 | Michael Schmidt | New England | MESC | 2008 |
| 45-49 | 1500 Free | 18:23.90 | Laurie Hug | Delaware Valley | 1776 | 2011 | 17:20.94 | Michael Schmidt | New England | MESC | 2009 |
| 45-49 | 50 Back | 30.70 | Susan Williams | Potomac Valley | ANCM | 2013 | 27.02 | Chris Stevenson | Virginia | VMST | 2009 |
| 45-49 | 100 Back | 1:07.41 | Susan Williams | Potomac Valley | WARD | 2011 | 57.00 | Chris Stevenson | Virginia | VMST | 2009 |
| 45-49 | 200 Back | 2:32.56 | Vibeke Swanson | Delaware Valley | 1776 | 2006 | 2:05.54 | Chris Stevenson | Virginia | VMST | 2009 |
| 45-49 | 50 Breast | 36.34 | Laurie DiTommaso | New Jersey | GSM | 2008 | 29.83 | Craig Crawford | New England | NEM | 2015 |
| 45-49 | 100 Breast | 1:18.77 | Fall Willeboordse | Metropolitan | BCTM | 2015 | 1:06.63 | Craig Crawford | New England | NEM | 2015 |
| 45-49 | 200 Breast | 2:54.48 | Rainy Goodale | New England | NEM | 2016 | 2:28.98 | Craig Crawford | New England | NEM | 2015 |
| 45-49 | 50 Fly | 29.21 | Laurie DiTommaso | New Jersey | GSM | 2008 | 25.74 | Fritz Bedford | New England | NEM | 2009 |
| 45-49 | 100 Fly | 1:06.69 | Fall Willeboordse | Metropolitan | AGUA | 2011 | 57.37 | Chris Stevenson | Virginia | VMST | 2010 |
| 45-49 | 200 Fly | 2:36.88 | Laurie Hug | Delaware Valley | 1776 | 2012 | 2:09.65 | Chris Stevenson | Virginia | VMST | 2009 |
| 45-49 | 100 IM | 1:08.08 | Fall Willeboordse | Metropolitan | BCTM | 2015 | 1:00.44 | Jerome Frentsos | Maryland | UNAT | 2010 |
| 45-49 | 200 IM | 2:31.99 | Vibeke Swanson | Delaware Valley | 1776 | 2006 | 2:09.71 | Jerome Frentsos | Maryland | UNAT | 2010 |
| 45-49 | 400 IM | 5:19.58 | Vibeke Swanson | Delaware Valley | 1776 | 2006 | 4:43.64 | Jerome Frentsos | Maryland | UNAT | 2010 |

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|-----------|------------|----------|-----------------------|-----------------|------|------|----------|-------------------|-----------------|------|------|
| | | Time | Name | LMSC | Club | Year | Time | Name | LMSC | Club | Year |
| 50-54 | 50 Free | 27.91 | Leslie Livingston | Potomac Valley | GMUP | 2012 | 24.23 | Steve Hiltabiddle | Delaware Valley | 1776 | 2018 |
| 50-54 | 100 Free | 1:03.08 | Fall Willeboordse | Metropolitan | BCTM | 2018 | 53.92 | Steve Hiltabiddle | Delaware Valley | 1776 | 2018 |
| 50-54 | 200 Free | 2:17.99 | Kelly Parker Palace | Virginia | VMST | 2011 | 2:04.57 | William Segal | New Jersey | JAM | 2015 |
| 50-54 | 400 Free | 4:46.96 | Kelly Parker Palace | Virginia | VMST | 2011 | 4:28.82 | William Segal | New Jersey | JAM | 2015 |
| 50-54 | 800 Free | 9:47.94 | Kelly Parker Palace | Virginia | VMST | 2011 | 9:23.97 | Patrick Autissier | New England | NEM | 2014 |
| 50-54 | 1500 Free | 18:56.50 | Kelly Parker Palace | Virginia | VMST | 2011 | 18:01.36 | Robbie Allen | New England | NEM | 2017 |
| 50-54 | 50 Back | 30.58 | Leslie Livingston | Potomac Valley | GMUP | 2011 | 26.69 | Fritz Bedford | New England | NEM | 2015 |
| 50-54 | 100 Back | 1:08.85 | Leslie Livingston | Potomac Valley | GMUP | 2012 | 58.47 | Fritz Bedford | New England | NEM | 2015 |
| 50-54 | 200 Back | 2:34.69 | Lisa Pelt-Diller | Potomac Valley | GERM | 2008 | 2:15.14 | Jerome Frentsos | Maryland | MARY | 2015 |
| 50-54 | 50 Breast | 36.87 | Leslie Livingston | Potomac Valley | GMUP | 2014 | 31.08 | Benn Doyle | New Jersey | GSM | 2008 |
| 50-54 | 100 Breast | 1:23.01 | Karen Mareb | New England | NEM | 2008 | 1:08.27 | Benn Doyle | New Jersey | GSM | 2008 |
| 50-54 | 200 Breast | 3:02.45 | Laurie Hug | Delaware Valley | 1776 | 2015 | 2:32.78 | Benn Doyle | New Jersey | GSM | 2008 |
| 50-54 | 50 Fly | 29.25 | Leslie Livingston | Potomac Valley | GMUP | 2013 | 25.74 | Steve Hiltabiddle | Delaware Valley | 1776 | 2018 |
| 50-54 | 100 Fly | 1:09.38 | Leslie Livingston | Potomac Valley | GMUP | 2012 | 59.18 | Steve Hiltabiddle | Delaware Valley | 1776 | 2018 |
| 50-54 | 200 Fly | 2:41.63 | Laurie Hug | Delaware Valley | 1776 | 2016 | 2:18.88 | John Craig | Connecticut | CONN | 2004 |
| 50-54 | 100 IM | 1:10.65 | Fall Willeboordse | Metropolitan | BCTM | 2018 | 1:01.21 | Jerome Frentsos | Maryland | MARY | 2015 |
| 50-54 | 200 IM | 2:39.86 | Vibeke Swanson | Delaware Valley | 1776 | 2012 | 2:12.85 | Jerome Frentsos | Maryland | MARY | 2015 |
| 50-54 | 400 IM | 5:38.30 | Laurie Hug | Delaware Valley | 1776 | 2016 | 4:45.15 | Jerome Frentsos | Maryland | MARY | 2015 |
| 55-59 | 50 Free | 28.58 | Jacki Hirsty | New England | NEM | 2009 | 24.70 | Paul Trevisan | Delaware Valley | 1776 | 2006 |
| 55-59 | 100 Free | 1:05.31 | Jacki Hirsty | New England | NEM | 2009 | 55.12 | Paul Trevisan | Delaware Valley | 1776 | 2006 |
| 55-59 | 200 Free | 2:18.32 | Kelly Parker Palace | Virginia | VMST | 2016 | 2:09.84 | Gregory Harris | Virginia | VMST | 2018 |
| 55-59 | 400 Free | 4:53.27 | Nancy Steadman-Martin | New Jersey | GSM | 2009 | 4:27.63 | Len Gushe | Virginia | UC12 | 2018 |
| 55-59 | 800 Free | 10:03.33 | Kelly Parker Palace | Virginia | VMST | 2016 | 9:20.54 | Len Gushe | Virginia | UC12 | 2018 |
| 55-59 | 1500 Free | 19:00.59 | Kelly Parker Palace | Virginia | VMST | 2016 | 18:43.40 | Jack Martin | Delaware Valley | 1776 | 2006 |
| 55-59 | 50 Back | 34.52 | Kim Brightwell | Potomac Valley | RMST | 2015 | 27.86 | Fritz Bedford | New England | NEM | 2018 |
| 55-59 | 100 Back | 1:17.35 | Stephanie Saucy | Delaware Valley | 1776 | 2018 | 1:00.78 | Fritz Bedford | New England | NEM | 2018 |
| 55-59 | 200 Back | 2:44.55 | Nancy Steadman-Martin | New Jersey | GSM | 2009 | 2:15.37 | Len Gushe | Virginia | UC12 | 2018 |
| 55-59 | 50 Breast | 38.62 | Beth Estel | New England | NEM | 2012 | 32.13 | Gregory Harris | Virginia | VMST | 2018 |
| 55-59 | 100 Breast | 1:25.17 | Karen Mareb | New England | NEM | 2013 | 1:10.32 | Gregory Harris | Virginia | VMST | 2018 |
| 55-59 | 200 Breast | 3:06.49 | Karen Mareb | New England | NEM | 2015 | 2:35.92 | Gregory Harris | Virginia | VMST | 2018 |
| 55-59 | 50 Fly | 33.57 | Jacki Hirsty | New England | NEM | 2009 | 26.55 | Fritz Bedford | New England | NEM | 2018 |
| 55-59 | 100 Fly | 1:17.39 | Jeanne Lappin | Potomac Valley | GERM | 2013 | 1:00.35 | Greg Shaw | New England | NEM | 2006 |
| 55-59 | 200 Fly | 2:47.89 | Nancy Steadman-Martin | New Jersey | GSM | 2009 | 2:19.72 | Greg Shaw | New England | NEM | 2009 |
| 55-59 | 100 IM | 1:16.55 | Jacki Hirsty | New England | NEM | 2009 | 1:03.69 | Greg Shaw | New England | NEM | 2008 |
| 55-59 | 200 IM | 2:50.17 | Nancy Steadman-Martin | New Jersey | GSM | 2009 | 2:21.05 | Greg Shaw | New England | NEM | 2006 |
| 55-59 | 400 IM | 5:47.01 | Nancy Steadman-Martin | New Jersey | GSM | 2009 | 5:03.37 | Len Gushe | Virginia | UC12 | 2018 |

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|-----------|------------|----------|------------------------|-----------------|------|------|----------|--------------------|-----------------|------|------|
| | | Time | Name | LMSC | Club | Year | Time | Name | LMSC | Club | Year |
| 60-64 | 50 Free | 30.07 | Jacki Hirsty | New England | NEM | 2013 | 25.40 | Paul Trevisan | Delaware Valley | 1776 | 2011 |
| 60-64 | 100 Free | 1:07.56 | Jacki Hirsty | New England | NEM | 2013 | 57.61 | Paul Trevisan | Delaware Valley | 1776 | 2012 |
| 60-64 | 200 Free | 2:30.15 | Jacki Hirsty | New England | NEM | 2013 | 2:10.04 | Fred Schlicher | New England | NEM | 2008 |
| 60-64 | 400 Free | 5:12.77 | Nancy Steadman Martin | New Jersey | GSM | 2016 | 4:43.69 | John Calvert | Virginia | VMST | 2005 |
| 60-64 | 800 Free | 10:39.12 | Shirley Loftus-Charley | Virginia | VMST | 2011 | 10:04.36 | Frank McElroy | New Jersey | GSM | 2009 |
| 60-64 | 1500 Free | 19:59.92 | Shirley Loftus-Charley | Virginia | VMST | 2011 | 19:40.43 | Christopher Gibson | New Jersey | PAA | 2016 |
| 60-64 | 50 Back | 35.58 | Joan Pfinsgraff | Maryland | MARY | 2017 | 32.95 | Daniel Rogacki | New England | NEM | 2009 |
| 60-64 | 100 Back | 1:15.95 | Joan Pfinsgraff | Maryland | MARY | 2017 | 1:12.36 | Mark Alexander | New England | NEM | 2018 |
| 60-64 | 200 Back | 2:43.57 | Joan Pfinsgraff | Maryland | MARY | 2017 | 2:30.96 | John Calvert | Virginia | VMST | 2005 |
| 60-64 | 50 Breast | 38.97 | Beth Estel | New England | NEM | 2016 | 32.75 | Gregory Oxley | Delaware Valley | LASH | 2018 |
| 60-64 | 100 Breast | 1:25.52 | Karen Mareb | New England | NEM | 2018 | 1:13.12 | Gregory Oxley | Delaware Valley | LASH | 2018 |
| 60-64 | 200 Breast | 3:09.37 | Karen Mareb | New England | NEM | 2018 | 2:44.71 | Gregory Oxley | Delaware Valley | LASH | 2018 |
| 60-64 | 50 Fly | 34.58 | Diann Uustal | New England | MESC | 2010 | 28.59 | Greg Shaw | New England | NEM | 2011 |
| 60-64 | 100 Fly | 1:17.07 | Jeanne Lappin | Potomac Valley | GERM | 2015 | 1:04.47 | Greg Shaw | New England | NEM | 2011 |
| 60-64 | 200 Fly | 2:52.43 | Jeanne Lappin | Potomac Valley | GERM | 2015 | 2:30.18 | Fred Schlicher | New England | NEM | 2008 |
| 60-64 | 100 IM | 1:18.76 | Karen Mareb | New England | NEM | 2018 | 1:06.42 | Gregory Oxley | Delaware Valley | LASH | 2018 |
| 60-64 | 200 IM | 2:52.64 | Shirley Loftus-Charley | Virginia | VMST | 2011 | 2:29.11 | Greg Shaw | New England | NEM | 2011 |
| 60-64 | 400 IM | 6:03.26 | Shirley Loftus-Charley | Virginia | VMST | 2011 | 5:29.63 | Jeff Naylor | New England | NEM | 2018 |
| 65-69 | 50 Free | 32.06 | Diann Uustal | New England | MESC | 2011 | 27.26 | Jim Dragon | New Jersey | GSM | 2009 |
| 65-69 | 100 Free | 1:10.76 | Diann Uustal | New England | MESC | 2011 | 59.94 | James Thornton | Delaware Valley | 1776 | 2018 |
| 65-69 | 200 Free | 2:35.21 | Shirley Loftus-Charley | Virginia | VMST | 2016 | 2:13.84 | James Thornton | Delaware Valley | 1776 | 2017 |
| 65-69 | 400 Free | 5:22.78 | Shirley Loftus-Charley | Virginia | VMST | 2016 | 4:53.91 | James Thornton | Delaware Valley | 1776 | 2018 |
| 65-69 | 800 Free | 10:55.71 | Shirley Loftus-Charley | Virginia | VMST | 2016 | 10:25.32 | Frank McElroy | New Jersey | GSM | 2013 |
| 65-69 | 1500 Free | 20:37.63 | Shirley Loftus-Charley | Virginia | VMST | 2016 | 20:04.76 | Frank McElroy | New Jersey | GSM | 2013 |
| 65-69 | 50 Back | 35.58 | Diann Uustal | New England | MESC | 2011 | 33.79 | Geoffrey Meyer | Delaware Valley | 1776 | 2016 |
| 65-69 | 100 Back | 1:17.95 | Diann Uustal | New England | MESC | 2011 | 1:13.63 | Geoffrey Meyer | Delaware Valley | 1776 | 2016 |
| 65-69 | 200 Back | 2:50.10 | Cecilia McCloskey | Delaware Valley | 1776 | 2015 | 2:48.53 | Fred Schlicher | New England | NEM | 2017 |
| 65-69 | 50 Breast | 42.02 | Diann Uustal | New England | MESC | 2011 | 34.55 | Louis Kronfeld | New England | NEM | 2008 |
| 65-69 | 100 Breast | 1:32.37 | Joann Leilich | Virginia | VMST | 2004 | 1:21.32 | Louis Kronfeld | New England | NEM | 2008 |
| 65-69 | 200 Breast | 3:17.44 | Joann Leilich | Virginia | VMST | 2004 | 3:06.03 | Daniel Rogacki | New England | NEM | 2015 |
| 65-69 | 50 Fly | 35.06 | Diann Uustal | New England | MESC | 2011 | 29.18 | Jim Dragon | New Jersey | GSM | 2009 |
| 65-69 | 100 Fly | 1:21.13 | Cecilia McCloskey | Delaware Valley | 1776 | 2016 | 1:09.95 | Greg Shaw | New England | NEM | 2017 |
| 65-69 | 200 Fly | 3:03.97 | Shirley Loftus-Charley | Virginia | VMST | 2016 | 2:53.24 | James Thornton | Delaware Valley | 1776 | 2018 |
| 65-69 | 400 Fly | 6:16.30 | Shirley Loftus-Charley | Virginia | VMST | 2016 | 5:48.20 | Frank McElroy | New Jersey | GSM | 2013 |
| 65-69 | 100 IM | 1:20.86 | Diann Uustal | New England | MESC | 2011 | 1:12.91 | James Thornton | Delaware Valley | 1776 | 2017 |
| 65-69 | 200 IM | 2:55.88 | Cecilia McCloskey | Delaware Valley | 1776 | 2016 | 2:37.43 | James Thornton | Delaware Valley | 1776 | 2017 |
| 65-69 | 400 IM | 6:16.30 | Shirley Loftus-Charley | Virginia | VMST | 2016 | 5:48.20 | James Thornton | Delaware Valley | 1776 | 2017 |

Colonies Zone: Individual Records

Short Course Meters

| Age Group | Event | Women | | | | | Men | | | | |
|-----------|------------|----------|-------------------|----------------|------|------|----------|-------------------|-----------------|------|------|
| | | Time | Name | LMSC | Club | Year | Time | Name | LMSC | Club | Year |
| 70-74 | 50 Free | 32.38 | Diann Uustal | New England | NEM | 2016 | 30.45 | Jim Dragon | New Jersey | GSM | 2017 |
| 70-74 | 100 Free | 1:12.58 | Diann Uustal | New England | NEM | 2016 | 1:08.18 | Daniel Rogacki | New England | NEM | 2017 |
| 70-74 | 200 Free | 2:43.60 | Diann Uustal | New England | NEM | 2016 | 2:32.37 | Frank McElroy | New Jersey | GSM | 2018 |
| 70-74 | 400 Free | 5:59.41 | Christie Hayes | New England | NEM | 2018 | 5:20.11 | Frank McElroy | New Jersey | GSM | 2018 |
| 70-74 | 800 Free | 12:29.77 | Christie Hayes | New England | NEM | 2018 | 10:58.56 | Frank McElroy | New Jersey | GSM | 2018 |
| 70-74 | 1500 Free | 23:39.90 | Marcia Barry | Virginia | VMST | 2018 | 21:39.85 | Frank McElroy | New Jersey | GSM | 2018 |
| 70-74 | 50 Back | 37.67 | Diann Uustal | New England | NEM | 2016 | 36.34 | Daniel Rogacki | New England | NEM | 2017 |
| 70-74 | 100 Back | 1:22.65 | Diann Uustal | New England | NEM | 2016 | 1:20.23 | Daniel Rogacki | New England | NEM | 2017 |
| 70-74 | 200 Back | 3:04.82 | Diann Uustal | New England | NEM | 2017 | 2:55.73 | Roger Franks | Delaware Valley | 1776 | 1998 |
| 70-74 | 50 Breast | 44.83 | Diann Uustal | New England | NEM | 2016 | 37.71 | Manuel Sanguily | Connecticut | CONN | 2004 |
| 70-74 | 100 Breast | 1:36.93 | Margot Pettijohn | Potomac Valley | ANCM | 2016 | 1:24.74 | Daniel Rogacki | New England | NEM | 2017 |
| 70-74 | 200 Breast | 3:34.27 | Margot Pettijohn | Potomac Valley | ANCM | 2016 | 3:09.31 | Daniel Rogacki | New England | NEM | 2017 |
| 70-74 | 50 Fly | 35.12 | Diann Uustal | New England | NEM | 2016 | 30.96 | Jim Dragon | New Jersey | GSM | 2014 |
| 70-74 | 100 Fly | 1:33.78 | Margot Pettijohn | Potomac Valley | ANCM | 2017 | 1:18.38 | Hugh Roddin | Potomac Valley | ANCM | 2012 |
| 70-74 | 200 Fly | 3:30.68 | Margot Pettijohn | Potomac Valley | ANCM | 2016 | 3:13.99 | Hugh Roddin | Potomac Valley | ANCM | 2012 |
| 70-74 | 100 IM | 1:23.23 | Diann Uustal | New England | NEM | 2016 | 1:16.66 | Daniel Rogacki | New England | NEM | 2017 |
| 70-74 | 200 IM | 3:13.05 | Diann Uustal | New England | NEM | 2017 | 2:53.15 | Daniel Rogacki | New England | NEM | 2017 |
| 70-74 | 400 IM | 7:07.46 | Margot Pettijohn | Potomac Valley | ANCM | 2016 | 6:25.63 | Frank McElroy | New Jersey | GSM | 2018 |
| 75-79 | 50 Free | 37.33 | Johnnie Detrick | Virginia | VMST | 2011 | 32.15 | Edward Breisacher | New Jersey | GSM | 2007 |
| 75-79 | 100 Free | 1:28.71 | Johnnie Detrick | Virginia | VMST | 2012 | 1:12.98 | Edward Breisacher | New Jersey | GSM | 2007 |
| 75-79 | 200 Free | 3:21.57 | Beth Schreiner | Virginia | VMST | 2018 | 2:49.10 | Roger Franks | Delaware Valley | 1776 | 2002 |
| 75-79 | 400 Free | 7:11.95 | Ronnie Kamphausen | New England | MESC | 2009 | 6:20.12 | Roger Franks | Delaware Valley | 1776 | 2002 |
| 75-79 | 800 Free | 14:32.87 | Ronnie Kamphausen | New England | MESC | 2009 | 13:24.37 | Dick Hutchings | New England | NEM | 2016 |
| 75-79 | 1500 Free | 28:57.30 | Ronnie Kamphausen | New England | MESC | 2010 | 25:26.79 | Roger Franks | Delaware Valley | 1776 | 2002 |
| 75-79 | 50 Back | 44.76 | Doris Steadman | New Jersey | GSM | 1999 | 40.27 | Hugh Roddin | Potomac Valley | ANCM | 2017 |
| 75-79 | 100 Back | 1:36.90 | Nancy Brown | Maryland | MARY | 2011 | 1:25.22 | Roger Franks | Delaware Valley | 1776 | 2002 |
| 75-79 | 200 Back | 3:34.09 | Nancy Brown | Maryland | MARY | 2011 | 2:58.21 | Roger Franks | Delaware Valley | 1776 | 2002 |
| 75-79 | 50 Breast | 51.86 | Johnnie Detrick | Virginia | VMST | 2011 | 39.90 | Louis Kronfeld | New England | MESC | 2018 |
| 75-79 | 100 Breast | 1:57.94 | Johnnie Detrick | Virginia | VMST | 2011 | 1:36.72 | Manuel Sanguily | Connecticut | CONN | 2009 |
| 75-79 | 200 Breast | 4:09.87 | Johnnie Detrick | Virginia | VMST | 2010 | 3:29.54 | Al Craig | New England | NEM | 2003 |
| 75-79 | 50 Fly | 59.13 | Nancy Brown | Maryland | MARY | 2011 | 37.84 | Hugh Roddin | Potomac Valley | ANCM | 2017 |
| 75-79 | 100 Fly | 2:04.82 | Nancy Brown | Maryland | MARY | 2011 | 1:28.41 | Hugh Roddin | Potomac Valley | ANCM | 2017 |
| 75-79 | 200 Fly | 4:46.12 | Nancy Brown | Maryland | MARY | 2011 | 3:45.26 | Hugh Roddin | Potomac Valley | ANCM | 2017 |
| 75-79 | 100 IM | 1:48.05 | Johnnie Detrick | Virginia | VMST | 2011 | 1:27.60 | Edward Breisacher | New Jersey | GSM | 2007 |
| 75-79 | 200 IM | 4:06.34 | Johnnie Detrick | Virginia | VMST | 2012 | 3:31.59 | Lenrod Goldstone | Connecticut | CONN | 2004 |
| 75-79 | 400 IM | 7:59.77 | Nancy Brown | Maryland | MARY | 2011 | 7:35.36 | Lenrod Goldstone | Connecticut | CONN | 2004 |

Colonies Zone: Individual Records

Short Course Meters

| Age Group | Event | Women | | | | | Men | | | | |
|-----------|------------|----------|-----------------------|-----------------|------|------|----------|------------------|-----------------|------|------|
| | | Time | Name | LMSC | Club | Year | Time | Name | LMSC | Club | Year |
| 80-84 | 50 Free | 39.21 | Johnnie Detrick | Virginia | VMST | 2016 | 37.15 | Stanley Shechter | Metropolitan | AGUA | 2012 |
| 80-84 | 100 Free | 1:32.76 | Johnnie Detrick | Virginia | VMST | 2016 | 1:27.87 | Gerson Sobel | Metropolitan | EMP | 1991 |
| 80-84 | 200 Free | 3:39.81 | Johnnie Detrick | Virginia | VMST | 2015 | 3:17.80 | James Edwards | New England | NEM | 2002 |
| 80-84 | 400 Free | 8:48.48 | Patey Smith | New England | NEM | 2004 | 7:03.26 | Robert Johnston | Niagara | NIAG | 1997 |
| 80-84 | 800 Free | 17:45.20 | Dolly Hinckley | Niagara | NIAG | 2010 | 14:49.24 | Robert Johnston | Niagara | NIAG | 1997 |
| 80-84 | 1500 Free | 38:51.40 | Janet Moeller | New Jersey | GSM | 2016 | 27:33.01 | Robert Johnston | Niagara | NIAG | 1997 |
| 80-84 | 50 Back | 51.95 | Clara Walker | New England | NEM | 2008 | 43.66 | William Rowe | Metropolitan | METR | 1997 |
| 80-84 | 100 Back | 1:57.07 | Doris Steadman | New Jersey | GSM | 2004 | 1:34.16 | Roger Franks | Delaware Valley | 1776 | 2007 |
| 80-84 | 200 Back | 4:09.07 | Doris Steadman | New Jersey | GSM | 2004 | 3:25.46 | Roger Franks | Delaware Valley | 1776 | 2007 |
| 80-84 | 50 Breast | 52.20 | Johnnie Detrick | Virginia | VMST | 2015 | 45.39 | Charles Urstadt | Connecticut | CONN | 2008 |
| 80-84 | 100 Breast | 2:05.11 | Johnnie Detrick | Virginia | VMST | 2015 | 1:52.09 | Charles Urstadt | Connecticut | CONN | 2008 |
| 80-84 | 200 Breast | 4:38.63 | Johnnie Detrick | Virginia | VMST | 2015 | 4:13.06 | Charles Urstadt | Connecticut | CONN | 2008 |
| 80-84 | 50 Fly | 1:07.56 | Janet Moeller | New Jersey | GSM | 2015 | 48.73 | H Donald Messer | Potomac Valley | DCRP | 2011 |
| 80-84 | 100 Fly | 2:39.55 | Janet Wehrlen-Moeller | New Jersey | GSM | 2014 | 2:02.01 | H Donald Messer | Potomac Valley | DCRP | 2011 |
| 80-84 | 200 Fly | 6:20.56 | Elsa Mattila | Potomac Valley | DCM | 1991 | 5:05.86 | William Jones | New England | MESC | 2017 |
| 80-84 | 100 IM | 1:55.68 | Johnnie Detrick | Virginia | VMST | 2015 | 1:47.47 | William Jones | New England | MESC | 2017 |
| 80-84 | 200 IM | 4:23.87 | Johnnie Detrick | Virginia | VMST | 2015 | 4:19.19 | William Jones | New England | MESC | 2017 |
| 80-84 | 400 IM | 10:12.78 | Nancy Brown | Maryland | MARY | 2016 | 9:32.70 | William Jones | New England | MESC | 2017 |
| 85-89 | 50 Free | 51.99 | Julia Dolce | New Jersey | GSM | 1995 | 42.37 | Frank Manheim | Potomac Valley | RMST | 2016 |
| 85-89 | 100 Free | 2:05.74 | Julia Dolce | New Jersey | GSM | 1995 | 1:41.46 | Gus Langner | Connecticut | CONN | 1989 |
| 85-89 | 200 Free | 4:52.03 | Marianna Berkley | Virginia | VMST | 2007 | 3:48.20 | Gus Langner | Connecticut | CONN | 1989 |
| 85-89 | 400 Free | 10:19.41 | Julia Dolce | New Jersey | GSM | 1995 | 7:54.24 | Gus Langner | Connecticut | CONN | 1988 |
| 85-89 | 800 Free | 22:22.74 | Julia Dolce | New Jersey | GSM | 1995 | 16:35.66 | Dick Guido | Metropolitan | METR | 2002 |
| 85-89 | 1500 Free | 42:10.95 | Julia Dolce | New Jersey | GSM | 1995 | 32:20.20 | Gus Langner | Connecticut | CONN | 1988 |
| 85-89 | 50 Back | 1:01.72 | Anne Walker | Potomac Valley | DCM | 2001 | 49.30 | Frank Manheim | Potomac Valley | RMST | 2016 |
| 85-89 | 100 Back | 2:23.98 | Anne Walker | Potomac Valley | DCM | 2002 | 1:55.25 | John Merrill | Connecticut | CONN | 2006 |
| 85-89 | 200 Back | 4:57.09 | Anne Walker | Potomac Valley | DCM | 2001 | 4:05.07 | John Merrill | Connecticut | CONN | 2005 |
| 85-89 | 50 Breast | 1:10.37 | Marianna Berkley | Virginia | VMST | 2007 | 58.65 | Dan Dotterweich | New Jersey | GSM | 1993 |
| 85-89 | 100 Breast | 2:44.67 | Marianna Berkley | Virginia | VMST | 2008 | 2:09.33 | Dan Dotterweich | New Jersey | GSM | 1993 |
| 85-89 | 200 Breast | 5:46.07 | Marianna Berkley | Virginia | VMST | 2007 | 5:17.90 | Dan Dotterweich | New Jersey | GSM | 1996 |
| 85-89 | 50 Fly | 1:21.27 | Joan Waldbaum | Delaware Valley | 1776 | 2016 | 1:00.59 | Frank Manheim | Potomac Valley | RMST | 2016 |
| 85-89 | 100 Fly | | | | | | 3:35.50 | Jay Charles | Metropolitan | METR | 2007 |
| 85-89 | 200 Fly | | | | | | 7:59.16 | Jay Charles | Metropolitan | METR | 2007 |
| 85-89 | 100 IM | 2:23.05 | Marianna Berkley | Virginia | VMST | 2007 | 2:16.38 | Dick Guido | Metropolitan | METR | 2002 |
| 85-89 | 200 IM | 5:36.16 | Marianna Berkley | Virginia | VMST | 2007 | 5:54.83 | Gus Langner | Connecticut | CONN | 1990 |
| 85-89 | 400 IM | | | | | | 12:21.27 | Jay Charles | Metropolitan | METR | 2007 |

Colonies Zone: Individual Records

Short Course Meters

| Age Group | Event | Women | | | | | Men | | | | |
|-----------|------------|----------|-----------------|-----------------|------|------|----------|---------------|--------------|------|------|
| | | Time | Name | LMSC | Club | Year | Time | Name | LMSC | Club | Year |
| 90-94 | 50 Free | 1:10.83 | Anne Walker | Potomac Valley | DCM | 2006 | 50.09 | Gus Langner | Connecticut | CONN | 1993 |
| 90-94 | 100 Free | 2:22.27 | Miriam Tuovila | Virginia | TMAS | 2016 | 1:58.42 | Gus Langner | Connecticut | CONN | 1993 |
| 90-94 | 200 Free | 5:35.92 | Jeanne Meredith | Virginia | VMST | 2018 | 4:27.70 | Gus Langner | Connecticut | CONN | 1993 |
| 90-94 | 400 Free | 13:24.06 | Mary Lathram | Potomac Valley | DCM | 2006 | 8:50.65 | Gus Langner | Connecticut | CONN | 1993 |
| 90-94 | 800 Free | 28:45.45 | Anna Bauscher | Delaware Valley | 1776 | 1993 | 18:49.01 | Austin Newman | New Jersey | GSM | 2005 |
| 90-94 | 1500 Free | | | | | | 35:20.36 | Austin Newman | New Jersey | GSM | 2005 |
| 90-94 | 50 Back | 1:16.60 | Anne Walker | Potomac Valley | DCM | 2006 | 55.25 | John Merrill | Connecticut | CONN | 2007 |
| 90-94 | 100 Back | 2:47.71 | Anne Walker | Potomac Valley | DCM | 2006 | 2:00.03 | John Merrill | Connecticut | CONN | 2007 |
| 90-94 | 200 Back | 5:56.41 | Anne Walker | Potomac Valley | DCM | 2006 | 4:25.14 | John Merrill | Connecticut | CONN | 2007 |
| 90-94 | 50 Breast | 1:28.76 | Miriam Tuovila | Virginia | VMST | 2015 | 1:20.92 | Gus Langner | Connecticut | CONN | 1993 |
| 90-94 | 100 Breast | 3:26.15 | Miriam Tuovila | Virginia | VMST | 2015 | 3:01.95 | Gus Langner | Connecticut | CONN | 1993 |
| 90-94 | 200 Breast | 7:20.16 | Miriam Tuovila | Virginia | VMST | 2015 | 6:41.56 | Gus Langner | Connecticut | CONN | 1994 |
| 90-94 | 50 Fly | 1:48.46 | Marie Kelleher | Virginia | VMST | 2006 | 2:24.87 | Jay Charles | Metropolitan | METR | 2012 |
| 90-94 | 100 IM | 3:31.92 | Marie Kelleher | Virginia | VMST | 2006 | 3:00.53 | Gus Langner | Connecticut | CONN | 1994 |
| 95-99 | 50 Free | 1:34.21 | Marie Kelleher | Virginia | VMST | 2008 | 57.57 | Gus Langner | Connecticut | CONN | 1998 |
| 95-99 | 100 Free | 3:10.36 | Marie Kelleher | Virginia | VMST | 2008 | 2:19.51 | Gus Langner | Connecticut | CONN | 1998 |
| 95-99 | 200 Free | 6:50.52 | Marie Kelleher | Virginia | VMST | 2008 | 5:13.46 | Gus Langner | Connecticut | CONN | 1998 |
| 95-99 | 400 Free | | | | | | 10:51.93 | Gus Langner | Connecticut | CONN | 1998 |
| 95-99 | 800 Free | | | | | | 22:05.55 | Gus Langner | Connecticut | CONN | 1998 |
| 95-99 | 1500 Free | | | | | | 41:29.87 | Gus Langner | Connecticut | CONN | 1998 |
| 95-99 | 50 Back | 1:52.63 | Mary Lathram | Potomac Valley | DCM | 2010 | 1:27.67 | Gus Langner | Connecticut | CONN | 1998 |
| 95-99 | 100 Back | 4:07.69 | Mary Lathram | Potomac Valley | DCM | 2010 | 3:38.07 | Gus Langner | Connecticut | CONN | 1998 |
| 95-99 | 200 Back | | | | | | 8:32.34 | Gus Langner | Connecticut | CONN | 1998 |
| 95-99 | 50 Breast | 2:10.80 | Marie Kelleher | Virginia | VMST | 2010 | 1:31.60 | Gus Langner | Connecticut | CONN | 1998 |
| 95-99 | 100 Breast | | | | | | 3:35.33 | Gus Langner | Connecticut | CONN | 1998 |
| 95-99 | 200 Breast | | | | | | 7:29.31 | Gus Langner | Connecticut | CONN | 1998 |
| 95-99 | 100 IM | 3:54.89 | Marie Kelleher | Virginia | VMST | 2008 | 3:33.98 | Gus Langner | Connecticut | CONN | 1998 |
| 100-104 | 50 Free | 1:44.10 | Marie Kelleher | Virginia | VMST | 2012 | | | | | |
| 100-104 | 100 Free | 3:40.00 | Marie Kelleher | Virginia | VMST | 2012 | | | | | |