
RECORDS AD LC Resident
LC Meters-Female

8 & U	50 Free	34.58	30-Jul-92	CLIN- AD	Laura Tyler	
	100 Free	1:18.43	23-Jul-16	TRIBS- AD	Gretchen Braun	
	50 Back	41.45	30-Jul-92	CANA- AD	Logan Justice	
	50 Breast	44.47	30-Jul-83	COLO- AD	Danielle Davenport	
	50 Fly	39.00	1-Aug-93	CLIN- AD	Laura Tyler	
9-10	50 Free	31.02	15-Aug-93	ALBS- AD	Lisa Fong	
	100 Free	1:06.83	30-Jul-98	ALBS- AD	Kailey Morris	
	200 Free	2:26.48	30-Jul-98	ALBS- AD	Kailey Morris	
	400 Free	5:10.75	8-Aug-18	ADLC- AD	Gretchen L. Braun at 2018 VA Eastern Zone LC Championship	
	50 Back	36.32	30-Jul-96	NPH- AD	Courtney Lyons	
	100 Back	1:15.83	8-Aug-18	ADLC- AD	Gretchen L. Braun at 2018 VA Eastern Zone LC Championship	
	50 Breast	39.15	7-Aug-19	ADLC- AD	Sophia Gao at 2019 VA Eastern Zone LC Championship	
	100 Breast	1:26.09	7-Aug-19	ADLC- AD	Sophia Gao at 2019 VA Eastern Zone LC Championship	
	50 Fly	32.65	30-Jul-96	ALBS- AD	Kailey Morris	
	100 Fly	1:12.06	30-Jul-96	ALBS- AD	Kailey Morris	
	200 IM	2:44.27	30-Jul-96	ALBS- AD	Kailey Morris	
	200 Free Relay	2:18.88	6-Aug-94	SCHE- AD	Schenectady	
	400 Free Relay	5:11.53	29-Jul-05	SCHE- AD	Schenectady Swim Club - M. JORDAN, L. ZENTKO, K. ROMANOV, K. ORR	
	200 Medley Relay	2:37.10	15-Jun-97	SCHE- AD	Saratoga	
11-12	50 Free	28.57	7-Aug-13	ADLC- AD	Abby Voce at 2013 Eastern Zone Long Course	
	100 Free	1:02.50	23-Jan-04	ALBS- AD	Kara ZEBROWSKI at AA Invitational	
	200 Free	2:13.38	15-Aug-93	CLIN- AD	Erin Lanzafame	
	400 Free	4:41.31	15-Aug-93	CLIN- AD	Stacy Wells	
	50 Back	32.63	7-Aug-13	DELM- AD	Yunfan Dong at 2013 Eastern Zone Long Course	
	100 Back	1:09.50	7-Aug-13	ALBS- AD	Yunfan Dong at 2013 Eastern Zone Long Course	
	200 Back	2:29.53	5-Aug-15	DELM- AD	Sydney Sorbello at 2015 VA Eastern Zone LC Champi	
	50 Breast	35.88	8-Aug-07	SCHE- AD	Amy L. Bopp at Eastern Zone Age Group Long Course Champs	
	100 Breast	1:16.30	8-Aug-07	SCHE- AD	Amy L. Bopp at Eastern Zone Age Group Long Course Champs	
	200 Breast	2:43.94	4-Aug-21	AD- AD	Sophia Gao at 2021 VA Eastern Zone LC Championship Play	
	50 Fly	30.08	5-Aug-15	DELM- AD	Sydney Sorbello at 2015 VA Eastern Zone LC Champi	
	100 Fly	1:07.02	28-Jul-00	ADBF- AD	Kailey B. Morris	
	200 Fly	2:34.18	17-May-13	ALBS- AD	Kamryn M. Paige at 2013 NI- TSC LC Meet	
	200 IM	2:29.70	15-Aug-93	CLIN- AD	Erin Lanzafame	
	200 Free Relay	2:01.96	30-Jul-99	SCHE- AD	Schenectady Swim Club - K Brooks, A Catroppa, D Stein, K Schadow	
	400 Free Relay	4:26.10	30-Jul-99	SCHE- AD	Schenectady Swim Club -K Brooks, D Stein, A Catroppa, K Schadow	
	200 Medley Relay	2:17.41	20-Jul-12	ALBS- AD	K. Paige, C. Lau, L. Serrota, M. Wyngowski	
	13-14	50 Free	26.52	8-Aug-18	ADLC- AD	Alayna Gray at 2018 VA Eastern Zone LC Championship
		100 Free	58.64	8-Aug-18	ADLC- AD	Alayna Gray at 2018 VA Eastern Zone LC Championship
200 Free		2:08.39	1-Aug-18	SCHE- AD	Alayna Gray at 2018 Florida International Championship	
400 Free		4:30.60	10-Aug-95	CLIN- AD	Stacy Wells	
800 Free		9:20.08	3-Aug-16	SCHE- AD	Maeve J. Hunt at 2016 ISCA Summer Seniors Championships	
1500 Free		17:48.53	10-Aug-94	CLIN- AD	Stacy Wells	
100 Back		1:03.62	29-Jul-15	SCHE- AD	Yunfan Dong at 2015 FL Dolfn Summer Senior Beach Blast	
200 Back		2:18.44	30-Jul-15	SCHE- AD	Bailey Smith at 2015 FL Dolfn Summer Senior Beach Blast	
100 Breast		1:13.13	7-Aug-06	SCHE- AD	BRIANA L. BORGOLINI at 2006 Speedo USA Swimming Junio	
200 Breast		2:38.22	7-Aug-13	ADLC- AD	Miranda A. Bacon at 2013 Eastern Zone Long Course	
100 Fly		1:05.03	6-Aug-09	SCHE- AD	Amy L. Bopp at 2009 Speedo Champions Series	

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13-14	200 Fly	2:22.91	6-Aug-09	SCHE- AD	Amy L. Bopp at 2009 Speedo Champions Series	
	200 IM	2:24.22	8-Aug-01	SCHE- AD	Karly Brooks	
	400 IM	5:09.00	8-Aug-01	SCHE- AD	Karly Brooks	
	200 Free Relay	1:56.01	24-Jul-09	ALBS- AD	Albany Starfish Swim Club K. Zhou, E. Terwilliger, G. Beckford, K. Orr	
	400 Free Relay	4:11.83	19-Jul-13	ALBS- AD	Albany Starfish Swim Club S. Herbold, C. Stansbury, E. McElrath	
	800 Free Relay	9:45.11	29-Jun-01	CLIN- AD	Clinton Cuda Swim Club - M. TRIPP, L. PFENDLER, E. ELLIS, J. MIGA	
	200 Medley Relay	2:08.70	24-Jul-15	SCHE- AD	Schenectady Swim Club Y. Dong, A. Bacon, M. Williams, S. Stan	
	400 Medley Relay	4:39.69	19-Jul-13	SCHE- AD	Schenectady Swim Club B. Smith, M. Bacon, A. Vitolins, A. Williams	
15-18	50 Free	26.08	15-Jul-93	COLO- AD	Richelle Depold	
	100 Free	57.28	30-Jul-90	COLO- AD	Richelle Depold	
	200 Free	2:05.00	5-Aug-13	ALBS- AD	Kina Y. Zhou at 2013 Speedo Junior National Ch	
	400 Free	4:25.28	8-Aug-11	ALBS- AD	Aimee J. Hooper at 2011 Speedo Junior National Championships	
	800 Free	8:59.23	8-Aug-11	ALBS- AD	Aimee J. Hooper at 2011 Speedo Junior National Championships	
	1500 Free	17:30.74	5-Aug-21	SCHE- AD	Rachel Love at LC Senior Zone Championship	
	100 Back	1:02.48	2-May-24	NTS- AD	Gretchen Braun at 2024 USA Swimming 18 & Under Spring Cup - Elk	
	200 Back	2:14.00	13-Aug-12	SCHE- AD	Katie Rowe at 2012 Speedo Junior National Ch	
	100 Breast	1:12.18	4-Aug-11	SCHE- AD	Amy L. Bopp at 2011 Eastern Zone Super Sectionals	
	200 Breast	2:35.43	4-Aug-11	SCHE- AD	Amy L. Bopp at 2011 Eastern Zone Super Sectionals	
	100 Fly	1:01.49	10-Jul-96	CDAC- AD	Richelle Depold	
	200 Fly	2:15.82	5-Aug-10	SCHE- AD	Amy L. Bopp at 2010 Speedo Champions Series	
	200 IM	2:21.01	1-Aug-18	SCHE- AD	Maggie Wyngowski at 2018 Florida International Championship	
	400 IM	4:57.81	1-Aug-18	SCHE- AD	Maggie Wyngowski at 2018 Florida International Championship	
	200 Free Relay	1:52.98	3-Aug-16	SCHE- AD	Schenectady Swim Club , Y. Dong, M. Williams, B. Smith	
	400 Free Relay	4:01.86	4-Aug-11	SCHE- AD	Schenectady Swim Club K. Rowe, A. Bopp, M. Jordan, S. Swett	
	800 Free Relay	8:33.83	22-Mar-12	ALBS- AD	K. Zhou, K. Orr, E. Terwilliger, O. Samson	
	400 Medley Relay	4:24.94	3-Aug-12	SCHE- AD	G. Melofchik, A. Bopp, K. Rowe, B. Williams	
	Open	50 Free	26.08	15-Jul-93	COLO- AD	Richelle Depold
		100 Free	57.28	30-Jul-90	COLO- AD	Richelle Depold
200 Free		2:05.00	5-Aug-13	ALBS- AD	Kina Y. Zhou at 2013 Speedo Junior National Ch	
400 Free		4:25.28	8-Aug-11	ALBS- AD	Aimee J. Hooper at 2011 Speedo Junior National Championships	
800 Free		8:59.23	8-Aug-11	ALBS- AD	Aimee J. Hooper at 2011 Speedo Junior National Championships	
1500 Free		17:30.74	5-Aug-21	SCHE- AD	Rachel Love at LC Senior Zone Championship	
100 Back		1:02.74	2-May-24	NTS- AD	Gretchen Braun at 2024 USA Swimming 18 & Under Spring Cup - Elk	
200 Back		2:14.00	13-Aug-12	SCHE- AD	Katie Rowe at 2012 Speedo Junior National Ch	
100 Breast		1:10.61	22-Jul-11	UN- AD	Briana L. Borgolini at 2011 Adirondack Long Course District Champion	
200 Breast		2:33.54	22-Jul-11	UN- AD	Briana L. Borgolini at 2011 Adirondack Long Course District Champion	
100 Fly		1:01.49	10-Jul-96	CDAC- AD	Richelle Depold	
200 Fly		2:15.82	5-Aug-10	SCHE- AD	Amy L. Bopp at 2010 Speedo Champions Series	
200 IM		2:17.64	24-Jul-14	SCHE- AD	Katie Rowe at 2014 Speedo Summer- July	
400 IM		4:55.88	24-Jul-14	SCHE- AD	Katie Rowe at 2014 Speedo Summer- July	
200 Free Relay		1:50.47 *	1-Aug-19	SCHE- AD	Schenectady-Saratoga Swim ClubM. Conway, I. Bushway, M. Williams, M. Wyngo	
200 Free Relay		1:50.47 *	29-Jul-15	SCHE- AD	l Schenectady-Saratoga Swim ClubM. Conway, I. Bushway, M. Williams, M. Wyng	
400 Free Relay		3:58.41	22-Mar-12	ALBS- AD	Albany Starfish Swim Club K. Zhou, K. Orr, E. Terwilliger, O. Samson	
800 Free Relay		8:33.83	22-Mar-12	ALBS- AD	Albany Starfish Swim Club K. Zhou, K. Orr, E. Terwilliger, O. Samson	
400 Medley Relay		4:24.51	1-Aug-19	SCHE- AD	Schenectady-Saratoga Swim ClubM. Williams, M. Wyngowski, E. Lipkin, M. Conv	

RECORDS AD LC Resident

LC Meters-Male

8 & U	50 Free	34.39	30-Jul-82	NHKN- AD	Jim Wells
	100 Free	1:17.73	10-Jul-82	NHKN- AD	Jim Wells
	50 Back	40.56	15-Jul-82	NHKN- AD	Jim Wells
	50 Breast	40.65	31-May-14	DELM- AD	Brayden Henkel
	50 Fly	37.98	10-Jul-91	LEAT- AD	Oliver Ruff
9-10	50 Free	30.62	15-Jul-84	NHKN- AD	Jim Wells
	100 Free	1:07.29	10-Jul-84	NKHN- AD	Jim Wells
	200 Free	2:25.68	10-Aug-84	NKHN- AD	Jim Wells
	400 Free	5:09.53	8-Aug-07	AD- AD	Alec Tocco at Eastern Zone Age Group Long Course Champs
	50 Back	35.82	15-Jul-84	NHKN- AD	Jim Wells
	100 Back	1:17.00	10-Aug-84	NHKN- AD	Jim Wells
	50 Breast	40.29	10-Aug-95	USAM- AD	Bobby Crow
	100 Breast	1:28.44	10-Aug-95	SCHE- AD	Nick Wilde
	50 Fly	33.18	10-Aug-93	NHKN- AD	Oliver Ruff
	100 Fly	1:16.74	11-Aug-10	ADLC- AD	Zachary A. Zwijacz at 2010 Eastern Zone LC Championships
	200 IM	2:49.62	11-Aug-10	ADLC- AD	Zachary A. Zwijacz at 2010 Eastern Zone LC Championships
	200 Free Relay	2:23.31	20-Jul-12	ALBS- AD	Albany Starfish Swim Club G. Hvizdos, B. Liu, M. Lipkin, S. Ward
	400 Free Relay	5:13.22	20-Jul-12	ALBS- AD	Albany Starfish Swim Club G. Hvizdos, M. Lipkin, B. Liu, S. Ward
	200 Medley Relay	2:40.24	20-Jul-12	ALBS- AD	Albany Starfish Swim Club S. Ward, G. Hvizdos, M. Lipkin, B. Liu
	11-12	50 Free	27.28	15-Jul-86	LEAT- AD
100 Free		1:00.15	2-Aug-23	USAM- AD	Kayden J. Mowry at 2023 Summer Elite Showcase
200 Free		2:11.35	10-Aug-86	LEAT- AD	Jim Wells
400 Free		4:34.03	10-Aug-86	LEAT- AD	Jim Wells
50 Back		31.23	10-Aug-86	LEAT- AD	Jim Wells
100 Back		1:06.52	10-Aug-86	LEAT- AD	Jim Wells
200 Back		2:29.88	26-Jul-19	SCHE- AD	Tucker Durr at 2019 Adirondack Long Course Championships
50 Breast		32.09	8-Aug-18	ADLC- AD	Brayden Henkel at 2018 VA Eastern Zone LC Championship
100 Breast		1:12.29	8-Aug-18	ADLC- AD	Brayden Henkel at 2018 VA Eastern Zone LC Championship
200 Breast		2:42.82	8-Aug-18	ADLC- AD	Brayden Henkel at 2018 VA Eastern Zone LC Championship
50 Fly		29.85	1-Jul-00	SCHE- AD	Michael DeRocco
100 Fly		1:05.28	30-Jul-21	USAM- AD	Christian V. Jerome at Hawks Summer Invitational 2021
200 Fly		2:25.85	5-Aug-15	DELM- AD	Bryce Henkel at 2015 VA Eastern Zone LC Champi
200 IM		2:26.40	10-Aug-99	ALBS- AD	Julio Vidal
200 Free Relay		2:02.13	30-Jul-79	WATR- AD	Watertown
400 Free Relay		4:25.14	15-Aug-76	WATR- AD	Watertown
200 Medley Relay		2:17.80	18-Jul-14	ALBS- AD	Albany Starfish Swim Club S. Ward, G. Hvizdos, M. Lipkin, B. Liu
13-14		50 Free	25.05	10-Aug-88	LEAT- AD
	100 Free	54.60	2-Aug-23	USAM- AD	Christian V. Jerome at 2023 Summer Elite Showcase
	200 Free	1:59.70	10-Aug-88	LEAT- AD	Jim Wells
	400 Free	4:17.80	3-Aug-17	ALBS- AD	Bryce Henkel at LC Senior Zone Championship
	800 Free	9:06.27	16-Jun-06	ALBS- AD	Frankie DEMARIA at Senior Circuit
	1500 Free	17:15.59	9-Aug-06	ALBS- AD	Frankie DEMARIA at Eastern Zone Age Group Long Co
	100 Back	1:00.22	10-Aug-88	LEAT- AD	Jim Wells
	200 Back	2:09.59	10-Aug-88	LEAT- AD	Jim Wells
	100 Breast	1:10.33	26-Jul-19	CPP- AD	Brayden Henkel at 2019 Adirondack Long Course Championships
	200 Breast	2:34.31	10-Aug-90	GLFY- AD	Patrick O'Keefe
	100 Fly	57.27	2-Aug-23	USAM- AD	Christian V. Jerome at 2023 Summer Elite Showcase

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13-14	200 Fly	2:12.35	2-Aug-23	USAM- AD	Christian V. Jerome at 2023 Summer Elite Showcase	
	200 IM	2:15.78	2-Aug-23	USAM- AD	Christian V. Jerome at 2023 Summer Elite Showcase	
	400 IM	4:47.79	10-Aug-90	GLFY- AD	Patrick O'Keefe	
	200 Free Relay	1:48.26	4-Aug-21	AD- AD	Adirondack Zone Team Q. Nelson, C. Rudd, B. Keller, G. Wettig	
	400 Free Relay	3:59.97	18-Jul-14	BFIN- AD	ADIRONDACK BLUEFINS	
	800 Free Relay	9:12.68	30-Jun-06	ALBS- AD	Albany Starfish Swim Club - B. QUAY, F. DYER, T. RAPPOLD, F. DEMARIA	
	400 Medley Relay	4:24.72	9-Aug-06	ALBS- AD	Albany Starfish - F. DYER , T. RAPPOLD, H. Smachlo, B. QUAY	
15-18	50 Free	23.70	9-Aug-10	ALBS- AD	Mike Dugan at 2010 Speedo Junior National Championships	
	100 Free	51.94	3-Aug-16	SCHE- AD	Miles Smachlo at 2016 ISCA Summer Seniors Championships	
	200 Free	1:52.41	3-Aug-16	SCHE- AD	Miles Smachlo at 2016 ISCA Summer Seniors Championships	
	400 Free	4:02.38	8-Jul-10	ALBS- AD	Frankie Dyer at Niagara Long Course Classic	
	800 Free	8:33.11	3-Aug-23	BFIN- AD	Finnegan McFarland at LC Senior Zone Championship	
	1500 Free	16:31.62	3-Aug-23	BFIN- AD	Finnegan McFarland at LC Senior Zone Championship	
	100 Back	57.24	24-Jul-14	ALBS- AD	Ryan D. Gordon at 2014 Speedo Summer- July	
	200 Back	2:03.43	13-May-21	BFIN- AD	Sam Brown at 2021 VA EZ LC Speedo Championship Meet	
	100 Breast	1:06.46	5-Aug-13	SCHE- AD	Quinn Smith at 2013 Speedo Junior National Ch	
	200 Breast	2:20.96	5-Aug-13	SCHE- AD	Quinn Smith at 2013 Speedo Junior National Ch	
	100 Fly	54.53	3-Aug-16	SCHE- AD	Miles Smachlo at 2016 ISCA Summer Seniors Championships	
	200 Fly	2:02.08	3-Aug-16	SCHE- AD	Miles Smachlo at 2016 ISCA Summer Seniors Championships	
	200 IM	2:05.45	3-Aug-16	SCHE- AD	Miles Smachlo at 2016 ISCA Summer Seniors Championships	
	400 IM	4:25.90	24-Jun-23	CPP- AD	Conor Barry at 2023 NE NSSC June Springfield	
	200 Free Relay	1:40.60	22-Mar-12	ALBS- AD	A. Lanzi, R. Burke, R. Zyniecki, R. Gordon	
	400 Free Relay	3:37.89	6-Aug-07	SCHE- AD	Schenectady Swim Club - J Johnson, M Poster, S Booth, A Kalish	
	800 Free Relay	7:56.96	3-Aug-12	ALBS- AD	R. Zyniecki, N. Hooper, R. Gordon, A. Lanzi	
	400 Medley Relay	3:58.20	6-Aug-07	SCHE- AD	Schenectady Swim Club - M Poster, S Buckley, S Booth, J Johnson	
	Open	50 Free	23.13	25-Jun-12	COLG- AD	Derick C. Roe at 2012 U.S. Olympic Team Trials
		100 Free	51.84	1-Aug-19	SCHE- AD	Liam H. Picozzi at 2019 LC Senior Zone Championship
200 Free		1:52.41	3-Aug-16	SCHE- AD	Miles Smachlo at 2016 ISCA Summer Seniors Championships	
400 Free		4:02.38	8-Jul-12	SYCH- NI	Frankie Dyer at 2011 ConocoPhillips National Championships	
800 Free		8:32.33	3-Aug-17	SCHE- AD	Jesse A. Haraden at LC Senior Zone Championship	
1500 Free		16:18.48	1-Aug-18	SCHE- AD	Jesse A. Haraden at 2018 Florida International Championship	
100 Back		56.58	24-Jun-23	DELM- AD	Sam Brown at 2023 NE NSSC June Springfield	
200 Back		2:03.43	13-May-21	BFIN- AD	Sam Brown ta 2021 VA EZ Speedo Championship Meet	
100 Breast		1:06.46	5-Aug-13	SCHE- AD	Quinn Smith at 2013 Speedo Junior National Ch	
200 Breast		2:20.96	5-Aug-13	SCHE- AD	Quinn Smith at 2013 Speedo Junior National Ch	
100 Fly		54.53	3-Aug-16	SCHE- AD	Miles Smachlo at 2016 ISCA Summer Seniors Championships	
200 Fly		2:02.08	3-Aug-16	SCHE- AD	Miles Smachlo at 2016 ISCA Summer Seniors Championships	
200 IM		2:05.14	29-Jul-15	SCHE- AD	Quinn Smith at 2015 Dolfin Summer Senior Beach Blast Champs	
400 IM		4:33.40	6-Aug-09	SCHE- AD	SHAYNE P. BUCKLEY at 2009 Speedo Champions Series	
200 Free Relay		1:37.76	1-Aug-19	SCHE- AD	Schenectady-Saratoga Swim ClubL. Picozzi, J. Haraden, J. Homan, M. Lipkin	
400 Free Relay		3:31.45	6-Aug-09	SCHE- AD	Schenectady Swim Club , W. Booth, S. BUCKLEY, A. Kalish	
800 Free Relay		7:49.79	6-Aug-09	SCHE- AD	Schenectady Swim Club W. Booth, A. Kalish, S. BUCKLEY	
400 Medley Relay		3:54.97	1-Aug-19	SCHE- AD	Schenectady-Saratoga Swim ClubL. Picozzi, T. Askew, J. Homan, J. Haraden	