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**RECORDS AD LC District**
**LC Meters-Women**

8 & U	50 Free	34.58	<b>30-Jul-92</b>	CLIN AD	Laura Tyler	
	100 Free	1:20.77	<b>1-Aug-93</b>	CLIN AD	Laura Tyler	
	50 Back	41.45	<b>30-Jul-92</b>	CANA AD	Logan Justice	
	50 Breast	44.47	<b>30-Jul-83</b>	COLO AD	Danielle Davenport	
	50 Fly	39.00	<b>1-Aug-93</b>	CLIN AD	Laura Tyler	
9-10	50 Free	31.04	<b>3-Jul-09</b>	CAGO NI	Samantha M. Suer at Clinton Cudas Colgate Classic Invitational	
	100 Free	1:07.21	<b>9-Jul-05</b>	NBS MR	BRITTANY M. FRIESE at Ulster Invitational	
	200 Free	2:26.48	<b>30-Jul-98</b>	ALBS AD	Kailey Morris	
	400 Free	5:08.10	<b>10-Jul-04</b>	GTRS NE	Eva FABIAN at Ulster Summer Invitational 2004	
	50 Back	34.36	<b>10-Jul-04</b>	WYW CT	Elizabeth PELTON at Ulster Summer Invitational 2004	
	100 Back	1:19.50	<b>30-Jul-98</b>	ALBS AD	Kailey Morris	
	50 Breast	39.66	<b>2-Jul-89</b>	CHEN AD	Kimberly Theetge	
	100 Breast	1:24.52	<b>9-Jul-05</b>	WYW CT	KC MOSS at Ulster Invitational	
	50 Fly	32.62	<b>10-Jul-04</b>	WYW CT	Elizabeth PELTON at Ulster Summer Invitational 2004	
	100 Fly	1:12.06	<b>30-Jul-98</b>	ALBS AD	Kailey Morris	
	200 IM	2:44.27	<b>30-Jul-98</b>	ALBS AD	Kailey Morris	
	200 Free Relay	2:18.88	<b>6-Aug-94</b>	SCHE AD	Schenectady	
	400 Free Relay	5:11.53	<b>29-Jul-05</b>	SCHE AD	Schenectady Swim Club - M. JORDAN, L. ZENTKO, K. ROMANOV, K. ORR	
	200 Medley Relay	2:37.99	<b>30-Aug-97</b>	SCHE AD	Schenectady	
11-12	50 Free	29.04	<b>20-Jun-93</b>		AD M Lavery & Erin Lanzafame	
	100 Free	1:02.69	<b>5-Jul-00</b>	SCHE AD	Sarah Yan	
	200 Free	2:14.98	<b>6-Jul-95</b>	OMNI MR	Lindsey Wolf	
	400 Free	4:36.69	<b>8-Jul-89</b>	WHPL MR	Jessica Knapp	
	50 Back	32.75	<b>30-Jul-96</b>	ALBS AD	Tori Delollo	
	100 Back	1:11.14	<b>30-Jul-93</b>	CLIN AD	Erin Lanzafame	
	200 Back	2:39.82	<b>24-Jul-09</b>	ALBS AD	Jennifer L. Lucius at Adirondack Open Long Course Championships	
	50 Breast	35.98	<b>2-Aug-99</b>	SCHE AD	Karly Brooks	
	100 Breast	1:18.67	<b>27-Jul-07</b>	SCHE AD	Amy L. Bopp at Adirondack Long Course District Championships	
	200 Breast	2:47.91	<b>27-Jul-07</b>	SCHE AD	Amy L. Bopp at Adirondack Long Course District Championships	
	50 Fly	30.41	<b>30-Jul-00</b>	ALBS AD	Kailey Morris	
	100 Fly	1:07.02	<b>28-Jul-00</b>	ALBS AD	Kailey Morris	
	200 Fly	2:41.74	<b>28-Jul-06</b>	ALBS AD	Aimee Hooper at Adirondack Long Course Distric	
	200 IM	2:32.88	<b>30-Jul-93</b>	CLIN AD	Erin Lanzafame	
	200 Free Relay	2:01.96	<b>30-Jul-99</b>	SCHE AD	Schenectady	
	400 Free Relay	4:26.10	<b>30-Jul-99</b>	SCHE AD	Schenectady	
	200 Medley Relay	2:18.23	<b>6-Jul-90</b>	WHPL MR	White Plains	
	13-14	50 Free	28.18	<b>7-Jul-86</b>	CHEN AD	Kate Tallet
		100 Free	59.87	<b>29-Jun-01</b>	RACE NI	EMILY M. MURPHY at Clinton Cudas Invitational
200 Free		2:09.28	<b>11-Jul-09</b>	NBS MR	Brittany Friese at 2009 Hawks Summer Invitational	
400 Free		4:29.56	<b>7-Jul-91</b>	WHPL MA	Elizabeth Rossi	
800 Free		9:23.46	<b>25-Jul-08</b>	ALBS AD	Aimee Hooper at 2008 Adirondack Long Course District Champion	
1500 Free		17:43.11	<b>30-Jul-91</b>	WHPL MA	Elizabeth Rossi	
100 Back		1:07.33	<b>3-Aug-01</b>	SCHE AD	Karly Brooks at Adirondack District Championsh	
200 Back		2:23.54	<b>3-Aug-01</b>	SCHE AD	Karly Brooks at Adirondack District Championsh	
100 Breast		1:14.08	<b>13-May-06</b>	ITAC NI	Lindsey Norberg at Colgate May Meet	
200 Breast		2:44.41	<b>24-Jul-09</b>	SCHE AD	Amy L. Bopp at Adirondack Open Long Course Championships	

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**RECORDS AD LC District**

13-14	100 Fly	1:05.56	<b>7-Jul-95</b>	SCHE AD	Lauren Donohue	
	200 Fly	2:23.79	<b>7-Jul-91</b>	WHPL MR	Elizabeth Rossi	
	200 IM	2:27.25	<b>3-Aug-01</b>	SCHE AD	Karly Brooks at Adirondack District Championsh	
	400 IM	5:09.06	<b>7-Jul-91</b>	WHPL MA	Elizabeth Rossi	
	200 Free Relay	1:56.01	<b>24-Jul-09</b>	ALBS AD	Albany Starfish Swim Club K. Zhou, E. Terwilliger, G. Beckford, K. Orr	
	400 Free Relay	4:13.04	<b>25-Jul-08</b>	ALBS AD	Albany Starfish Swim Club A. Hooper, S. Liu, E. Terwilliger, O. Samson	
	400 Medley Relay	4:39.15	<b>10-Aug-77</b>	LISC MR	Long Island Swim Club	
15-18	50 Free	27.26	<b>6-Aug-93</b>	COLO AD	Richelle Depold	
	100 Free	57.40	<b>7-Jul-96</b>	CDAC AD	Richelle Depold	
	200 Free	2:05.72	<b>6-Jul-01</b>	SHAK NI	Kim Black	
	400 Free	4:26.09	<b>7-Jul-98</b>	SHAK NI	Kim Black	
	800 Free	9:23.46	<b>25-Jul-08</b>	ALBS AD	Aimee Hooper at Adirondack District Long Course Championships	
	1500 Free	17:32.54	<b>7-Jul-94</b>	OMNI MR	Danielle Mailloux	
	100 Back	1:06.66	<b>28-Jul-00</b>	ADBF AD	Tori Delollo	
	200 Back	2:20.38	<b>28-Jul-00</b>	ADBF AD	Tori Delollo	
	100 Breast	1:13.63	<b>23-Jul-10</b>	SCHE AD	Amy L. Bopp at 2010 Adirondack Long Course District Champion	
	200 Breast	2:42.86	<b>30-Jul-04</b>	SCHE AD	Dani STEIN at Adirondack Long Course Distric	
	100 Fly	1:01.49	<b>7-Jul-96</b>	CDAC AD	Richelle Depold	
	200 Fly	2:22.71	<b>23-Jul-10</b>	SCHE AD	Amy L. Bopp at 2010 Adirondack Long Course District Champion	
	200 IM	2:25.97	<b>24-Jul-09</b>	ALBS AD	Aimee Hooper at Adirondack Open Long Course Championships	
	400 IM	5:09.06	<b>7-Jul-91</b>	WHPL MR	Elizabeth Rossi	
	200 Free Relay	1:54.81	<b>3-Aug-01</b>	BFIN AD	Bluefins	
	400 Free Relay	4:01.70	<b>30-Jul-98</b>	SHAK NI	SHAK	
	400 Medley Relay	4:35.83	<b>30-Jul-04</b>	SCHE AD	Schenectady Swim Club - K. BROOKS, D. STEIN, A. CATROPPIA, S. YAN	
	Open	50 Free	27.26	<b>6-Aug-93</b>	COLO AD	Richelle Depold
		100 Free	57.40	<b>7-Jul-96</b>	CDAC AD	Richelle Depold
		200 Free	2:05.72	<b>6-Jul-01</b>	SHAK NI	Kim Black
400 Free		4:26.09	<b>7-Jul-98</b>	SHAK NI	Kim Black	
800 Free		9:23.46	<b>25-Jul-08</b>	ALBS AD	Aimee Hooper at 2008 Adirondack Long Course District Champion	
1500 Free		17:32.54	<b>7-Jul-94</b>	OMNI MR	Danielle Mailloux	
100 Back		1:06.66	<b>28-Jul-00</b>	ADBF AD	Tori Delollo	
200 Back		2:20.38	<b>28-Jul-00</b>	ADBF AD	Tori Delollo	
100 Breast		1:13.63	<b>23-Jul-10</b>	SCHE AD	Amy L. Bopp at 2010 Adirondack Long Course District Champion	
200 Breast		2:42.86	<b>30-Jul-04</b>	SCHE AD	Dani STEIN at Adirondack Long Course Distric	
100 Fly		1:01.49	<b>7-Jul-96</b>	CDAC AD	Richelle Depold	
200 Fly		2:22.71	<b>23-Jul-10</b>	SCHE AD	Amy L. Bopp at 2010 Adirondack Long Course District Champion	
200 IM		2:25.11	<b>28-Jul-06</b>	SCHE AD	Karly Brooks at Adirondack Long Course Distric	
400 IM		5:09.06	<b>7-Jul-91</b>	WHPL MR	Elizabeth Rossi	
200 Free Relay		1:54.69	<b>23-Jul-10</b>	ALBS AD	Albany Starfish Swim Club K. Zhou, K. Beckford, A. Hooper, O. Samson	
400 Free Relay		4:01.70	<b>30-Jul-98</b>	SHAK NI	SHAK	
400 Medley Relay		4:35.83	<b>30-Jul-04</b>	SCHE AD	Schenectady Swim Club - K. BROOKS, D. STEIN, A. CATROPPIA, S. YAN	

**RECORDS AD LC District**

**LC Meters-Men**

8 & U	50 Free	35.32	<b>7-Aug-80</b>	MBSC AD	Rodney Van Tassell	
	100 Free	1:19.00	<b>30-Jul-82</b>	NHKN AD	Jim Wells	
	50 Back	40.56	<b>1-Jul-82</b>	NHKN AD	Jim Wells	
	50 Breast	45.20	<b>4-Aug-92</b>	USAM AD	Bobby Crow	
	50 Fly	37.98	<b>30-Jul-91</b>	LEAT AD	Oliver Ruff	
9-10	50 Free	31.34	<b>10-Jul-04</b>	WYW CT	Derrian DURYEA at Ulster Summer Invitational 2004	
	100 Free	1:08.70	<b>1-Aug-84</b>	NHKN AD	Jim Wells	
	200 Free	2:25.68	<b>1-Aug-84</b>	NHKN AD	Jim Wells	
	400 Free	5:15.61	<b>27-Jul-07</b>	KING AD	Alec Tocco at Adirondack Long Course District Championships	
	50 Back	35.82	<b>5-Jul-84</b>	NHKN AD	Jim Wells	
	100 Back	1:18.16	<b>5-Jul-94</b>	MAR MR	Nicholas Pai	
	50 Breast	41.60	<b>10-Jul-04</b>	WYW CT	Derrian DURYEA at Ulster Summer Invitational 2004	
	100 Breast	1:32.03	<b>1-Jul-92</b>	WHPL MR	Scott Zumback	
	50 Fly	33.44	<b>30-Jul-93</b>	NHKN AD	Oliver Ruff	
	100 Fly	1:16.24	<b>6-Jul-94</b>	RIDG NJ	Jeff Dash	
	200 IM	2:47.17	<b>6-Jul-94</b>	MARIS MR	Nicholas Pai	
	200 Free Relay	2:27.64	<b>25-Jul-08</b>	HAWK AD	HAWKS	S. Trzewik-Quinn, S. Migliorato, B. Hess, J. Mccol
	400 Free Relay	5:21.32	<b>1-Aug-96</b>	SCHE AD	SCHE	
	200 Medley Relay	3:03.64	<b>29-Jul-05</b>	CLIN AD	Clinton Cuda Swim Club - J. COOK, S. MACDONALD, T. SULLIVAN, M. COF	
11-12	50 Free	27.28	<b>3-Jul-86</b>	LEAT AD	Jim Wells	
	100 Free	1:00.30	<b>1-Aug-86</b>	LEAT AD	Jim Wells	
	200 Free	2:11.35	<b>2-Aug-86</b>	LEAT AD	Jim Wells	
	400 Free	4:36.68	<b>1-Aug-86</b>	LEAT AD	Jim Wells	
	50 Back	31.23	<b>1-Aug-86</b>	LEAT AD	Jim Wells	
	100 Back	1:07.34	<b>1-Aug-86</b>	LEAT AD	Jim Wells	
	200 Back	2:38.83	<b>25-Jul-08</b>	SCHE AD	Ryan P. Sharkey at 2008 Adirondack Long Course District Champion	
	50 Breast	32.81	<b>1-Jul-92</b>	WILT CT	Anthony Robinson	
	100 Breast	1:16.07	<b>1-Jul-92</b>	WILT CT	Anthony Robinson	
	200 Breast	2:56.49	<b>23-Jul-10</b>	SSAC AD	Joey Ongkingco at 2010 Adirondack Long Course District Champion	
	50 Fly	29.91	<b>30-Jul-00</b>	SCHE AD	Mike DeRocco	
	100 Fly	1:06.73	<b>5-Jul-00</b>	SCHE AD	Mike DeRocco	
	200 Fly	2:29.54	<b>23-Jul-10</b>	ALBS AD	Miles Smachlo at 2010 Adirondack Long Course District Champion	
	200 IM	2:28.30	<b>7-Jul-92</b>	WILT CT	Anthony Robinson	
	200 Free Relay	2:02.13	<b>30-Jul-79</b>	WATY AD	Watertown	
	400 Free Relay	4:25.14	<b>15-Aug-76</b>	WATR AD	Watertown	
	200 Medley Relay	2:15.98	<b>6-Jul-93</b>	RIDG NJ	Ridgewood	
	13-14	50 Free	25.21	<b>1-Jul-88</b>	LEAT AD	Jim Wells
100 Free		56.31	<b>1-Aug-88</b>	LEAT AD	Jim Wells	
200 Free		2:03.12	<b>1-Aug-88</b>	LEAT AD	Jim Wells	
400 Free		4:18.61	<b>7-Jul-88</b>	LEAT AD	Jim Wells	
800 Free		9:19.07	<b>28-Jul-06</b>	ALBS AD	Frankie DeMaria at Adirondack Long Course Distric	
1500 Free		17:21.36	<b>7-Jul-95</b>	OMNI MR	Tommy Drejer	
100 Back		1:02.26	<b>1-Jul-88</b>	LEAT AD	Jim Wells	
200 Back		2:13.71	<b>30-Jul-88</b>	LEAT AD	Jim Wells	
100 Breast		1:12.43	<b>28-Jul-06</b>	SCHE AD	Shayne P. Buckley at Adirondack Long Course Distric	
200 Breast		2:37.69	<b>26-Jul-02</b>	CLIN AD	BOJAN JOVANOVIC at Adirondack Long Course Distric	

**RECORDS AD LC District**

13-14	100 Fly	1:01.81	<b>2-Jul-10</b>	GLAS CT	Kaz Takabayashi at Clinton Cudas Colgate Classic Invitational
	200 Fly	2:15.29	<b>1-Aug-99</b>	CLIN AD	Travis Knop
	200 IM	2:17.58	<b>28-Jul-06</b>	SCHE AD	Shayne P. Buckley at Adirondack Long Course Distric
	400 IM	4:52.08	<b>28-Jul-06</b>	SCHE AD	Shayne P. Buckley at Adirondack Long Course Distric
	200 Free Relay	1:51.43	<b>23-Jul-10</b>	ALBS AD	Albany Starfish Swim Club D. Karlok, J. Chalermkraivuth, A. Lee, R. Gordon
	400 Free Relay	4:01.36	<b>28-Jul-06</b>	SCHE AD	Schenectady Swim Club - G. Romanov, T. Nichols, M. Barno, S. Buckley
	800 Free Relay	9:12.68	<b>2-Jul-06</b>	ALBS AD	Albany Starfish - Quay, Dyer, Rappold, DeMaria
	400 Medley Relay	4:28.23	<b>28-Jul-06</b>	ALBS AD	Albany Starfish - F. Dyer, T. Rappold, H. Smachlo, B. Quay
15-18	50 Free	23.93	<b>23-Jul-10</b>	ALBS AD	Frankie Dyer at 2010 Adirondack Long Course District Champion
	100 Free	52.76	<b>7-Aug-88</b>	GOTH MR	Lou Dearstyne
	200 Free	1:55.23	<b>23-Jul-10</b>	ALBS AD	Frankie Dyer at 2010 Adirondack Long Course District Champion
	400 Free	4:05.76	<b>3-Jul-09</b>	SYCH NI	Dan O'Connor at Clinton Cudas Colgate Classic Invitational
	800 Free	8:39.68	<b>13-May-06</b>	PACK NI	Nathan A. French at Colgate May Meet
	1500 Free	16:59.55	<b>1-Jul-05</b>	CCSC NE	Alex ROAN at Clinton Cudas Colgate Classic
	100 Back	1:00.70	<b>1-Jul-92</b>	MAR MR	Brink Hartman
	200 Back	2:11.78	<b>10-Jul-87</b>	GOTH MR	Josh Glantz
	100 Breast	1:06.81	<b>2-Jul-10</b>	WYW CT	Christian Higgins at Clinton Cudas Colgate Classic Invitational
	200 Breast	2:21.76	<b>2-Jul-10</b>	WYW CT	Christian Higgins at Clinton Cudas Colgate Classic Invitational
	100 Fly	57.91	<b>3-Jul-09</b>	ALBS AD	Mike Dugan at Clinton Cudas Colgate Classic Invitational
	200 Fly	2:09.20	<b>29-Jul-05</b>	SCHE AD	Rob MANOR at Adirondack Long Course District Championships
	200 IM	2:12.25	<b>24-Jul-09</b>	ALBS AD	Frankie Dyer at Adirondack Open Long Course Championships
	400 IM	4:39.16	<b>7-Jul-94</b>	SYRC NI	Jeff Henderson
	200 Free Relay	1:42.95	<b>3-Aug-01</b>	BFIN AD	Bluefins - Murray, Roman, Caponera, Delollo
	400 Free Relay	3:46.99	<b>7-Jul-87</b>	GOTH MR	Gotham Aquatics
	400 Medley Relay	4:09.14	<b>10-Jul-92</b>	MARS MR	Marist Swim Club
	Open	50 Free	23.93	<b>23-Jul-10</b>	ALBS AD
100 Free		52.76	<b>7-Aug-88</b>	GOTH MR	Lou Dearstyne
200 Free		1:55.23	<b>23-Jul-10</b>	ALBS AD	Frankie Dyer at 2010 Adirondack Long Course District Champion
400 Free		4:05.76	<b>3-Jul-09</b>	SYCH NI	Dan O'Connor at Clinton Cudas Colgate Classic Invitational
800 Free		8:39.68	<b>13-May-06</b>	PACK NI	Nathan French at New Hartford Colgate Invite
1500 Free		16:59.55	<b>1-Jul-05</b>	CCSC NE	Alex ROAN at Clinton Cudas Colgate Classic
100 Back		1:00.70	<b>1-Jul-92</b>	MAR MR	Brink Hartman
200 Back		2:09.78	<b>25-Jul-08</b>	SCHE AD	Spencer Booth at 2008 Adirondack Long Course District Champion
100 Breast		1:06.81	<b>2-Jul-10</b>	WYW CT	Christian Higgins at Clinton Cudas Colgate Classic Invitational
200 Breast		2:21.76	<b>2-Jul-10</b>	WYW CT	Christian Higgins at Clinton Cudas Colgate Classic Invitational
100 Fly		57.70	<b>25-Jul-08</b>	SCHE AD	Spencer Booth at 2008 Adirondack Long Course District Champion
200 Fly		2:09.20	<b>29-Jul-05</b>	SCHE AD	Rob MANOR at Adirondack Long Course District Championships
200 IM		2:12.25	<b>24-Jul-09</b>	ALBS AD	Frankie Dyer at Adirondack Open Long Course Championships
400 IM		4:39.16	<b>7-Jul-94</b>	SYRC NI	Jeff Henderson
200 Free Relay		1:39.68	<b>24-Jul-09</b>	ALBS AD	Albany Starfish Swim Club M. Dugan, F. DeMaria, B. Maloy, F. Dyer
400 Free Relay		3:39.31	<b>24-Jul-09</b>	ALBS AD	Albany Starfish Swim Club F. DeMaria, M. Dugan, A. Lanzi, F. Dyer
400 Medley Relay		4:07.73	<b>27-Jul-07</b>	SCHE AD	Schenectady Swim Club W. Booth, S. BUCKLEY, M. Poster