
RECORDS AD LC District
LC Meters-Women

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|------------|------------------|----------|------------------|-----------------|---|
| 8 & U | 50 Free | 34.58 | 30-Jul-92 | CLIN AD | Laura Tyler |
| | 100 Free | 1:20.77 | 1-Aug-93 | CLIN AD | Laura Tyler |
| | 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 | 31.04 | 3-Jul-09 | CAGO NI | Samantha M. Suer at Clinton Cudas Colgate Classic Invitational |
| | 100 Free | 1:07.21 | 9-Jul-05 | NBS MR | BRITTANY M. FRIESE at Ulster Invitational |
| | 200 Free | 2:26.48 | 30-Jul-98 | ALBS AD | Kailey Morris |
| | 400 Free | 5:08.10 | 10-Jul-04 | GTRS NE | Eva FABIAN at Ulster Summer Invitational 2004 |
| | 50 Back | 34.36 | 10-Jul-04 | WYW CT | Elizabeth PELTON at Ulster Summer Invitational 2004 |
| | 100 Back | 1:19.50 | 30-Jul-98 | ALBS AD | Kailey Morris |
| | 50 Breast | 39.66 | 2-Jul-89 | CHEN AD | Kimberly Theetge |
| | 100 Breast | 1:24.52 | 9-Jul-05 | WYW CT | KC MOSS at Ulster Invitational |
| | 50 Fly | 32.62 | 10-Jul-04 | WYW CT | Elizabeth PELTON at Ulster Summer Invitational 2004 |
| | 100 Fly | 1:12.06 | 30-Jul-98 | ALBS AD | Kailey Morris |
| | 200 IM | 2:44.27 | 30-Jul-98 | 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 | 2:37.99 | 30-Aug-97 | SCHE AD | Schenectady |
| 11-12 | 50 Free | 29.04 | 20-Jun-93 | | AD M Lavery & Erin Lanzafame |
| | 100 Free | 1:02.69 | 5-Jul-00 | SCHE AD | Sarah Yan |
| | 200 Free | 2:14.98 | 6-Jul-95 | OMNI MR | Lindsey Wolf |
| | 400 Free | 4:36.69 | 8-Jul-89 | WHPL MR | Jessica Knapp |
| | 50 Back | 32.75 | 30-Jul-96 | ALBS AD | Tori Delollo |
| | 100 Back | 1:11.14 | 30-Jul-93 | CLIN AD | Erin Lanzafame |
| | 200 Back | 2:37.42 | 22-Jul-11 | ALBS AD | Hannah Dougherty at 2011 Adirondack Long Course District Champion |
| | 50 Breast | 35.98 | 2-Aug-99 | SCHE AD | Karly Brooks |
| | 100 Breast | 1:18.67 | 27-Jul-07 | SCHE AD | Amy L. Bopp at Adirondack Long Course District Championships |
| | 200 Breast | 2:47.91 | 27-Jul-07 | SCHE AD | Amy L. Bopp at Adirondack Long Course District Championships |
| | 50 Fly | 30.41 | 30-Jul-00 | ALBS AD | Kailey Morris |
| | 100 Fly | 1:07.02 | 28-Jul-00 | ALBS AD | Kailey Morris |
| | 200 Fly | 2:41.74 | 28-Jul-06 | ALBS AD | Aimee Hooper at Adirondack Long Course Distric |
| | 200 IM | 2:32.88 | 30-Jul-93 | CLIN AD | Erin Lanzafame |
| | 200 Free Relay | 2:01.96 | 30-Jul-99 | SCHE AD | Schenectady |
| | 400 Free Relay | 4:26.10 | 30-Jul-99 | SCHE AD | Schenectady |
| | 200 Medley Relay | 2:18.23 | 6-Jul-90 | WHPL MR | White Plains |
| | 13-14 | 50 Free | 28.18 | 7-Jul-86 | CHEN AD |
| 100 Free | | 59.87 | 29-Jun-01 | RACE NI | EMILY M. MURPHY at Clinton Cudas Invitational |
| 200 Free | | 2:09.28 | 11-Jul-09 | NBS MR | Brittany Friese at 2009 Hawks Summer Invitational |
| 400 Free | | 4:29.56 | 7-Jul-91 | WHPL MA | Elizabeth Rossi |
| 800 Free | | 9:23.46 | 25-Jul-08 | ALBS AD | Aimee Hooper at 2008 Adirondack Long Course District Champion |
| 1500 Free | | 17:43.11 | 30-Jul-91 | WHPL MA | Elizabeth Rossi |
| 100 Back | | 1:07.33 | 3-Aug-01 | SCHE AD | Karly Brooks at Adirondack District Championsh |
| 200 Back | | 2:23.54 | 3-Aug-01 | SCHE AD | Karly Brooks at Adirondack District Championsh |
| 100 Breast | | 1:14.08 | 13-May-06 | ITAC NI | Lindsey Norberg at Colgate May Meet |
| 200 Breast | | 2:44.41 | 24-Jul-09 | SCHE AD | Amy L. Bopp at Adirondack Open Long Course Championships |

RECORDS AD LC District

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| 13-14 | 100 Fly | 1:05.56 | 7-Jul-95 | SCHE AD | Lauren Donohue |
| | 200 Fly | 2:23.79 | 7-Jul-91 | WHPL MR | Elizabeth Rossi |
| | 200 IM | 2:27.25 | 3-Aug-01 | SCHE AD | Karly Brooks at Adirondack District Championsh |
| | 400 IM | 5:09.06 | 7-Jul-91 | WHPL MA | Elizabeth Rossi |
| | 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 | 4:13.04 | 25-Jul-08 | ALBS AD | Albany Starfish Swim Club A. Hooper, S. Liu, E. Terwilliger, O. Samson |
| | 400 Medley Relay | 4:39.15 | 10-Aug-77 | LISC MR | Long Island Swim Club |
| 15-18 | 50 Free | 27.26 | 6-Aug-93 | COLO AD | Richelle Depold |
| | 100 Free | 57.40 | 7-Jul-96 | CDAC AD | Richelle Depold |
| | 200 Free | 2:05.72 | 6-Jul-01 | SHAK NI | Kim Black |
| | 400 Free | 4:26.09 | 7-Jul-98 | SHAK NI | Kim Black |
| | 800 Free | 9:23.46 | 25-Jul-08 | ALBS AD | Aimee Hooper at Adirondack District Long Course Championships |
| | 1500 Free | 17:32.54 | 7-Jul-94 | OMNI MR | Danielle Mailloux |
| | 100 Back | 1:06.66 | 28-Jul-00 | ADBF AD | Tori Delollo |
| | 200 Back | 2:20.38 | 28-Jul-00 | ADBF AD | Tori Delollo |
| | 100 Breast | 1:13.44 | 22-Jul-11 | SCHE AD | Amy L. Bopp at 2011 Adirondack Long Course District Champion |
| | 200 Breast | 2:42.86 | 30-Jul-04 | SCHE AD | Dani STEIN at Adirondack Long Course Distric |
| | 100 Fly | 1:01.49 | 7-Jul-96 | CDAC AD | Richelle Depold |
| | 200 Fly | 2:19.61 | 22-Jul-11 | SCHE AD | Amy L. Bopp at 2011 Adirondack Long Course District Champion |
| | 200 IM | 2:25.97 | 24-Jul-09 | ALBS AD | Aimee Hooper at Adirondack Open Long Course Championships |
| | 400 IM | 5:09.06 | 7-Jul-91 | WHPL MR | Elizabeth Rossi |
| | 200 Free Relay | 1:54.81 | 3-Aug-01 | BFIN AD | Bluefins |
| | 400 Free Relay | 4:01.70 | 30-Jul-98 | SHAK NI | SHAK |
| | 400 Medley Relay | 4:35.83 | 30-Jul-04 | SCHE AD | Schenectady Swim Club - K. BROOKS, D. STEIN, A. CATROPPIA, S. YAN |
| | 50 Free | 27.26 | 6-Aug-93 | COLO AD | Richelle Depold |
| | 100 Free | 57.40 | 7-Jul-96 | CDAC AD | Richelle Depold |
| | 200 Free | 2:05.72 | 6-Jul-01 | SHAK NI | Kim Black |
| | 400 Free | 4:26.09 | 7-Jul-98 | SHAK NI | Kim Black |
| | 800 Free | 9:23.46 | 25-Jul-08 | ALBS AD | Aimee Hooper at 2008 Adirondack Long Course District Champion |
| | 1500 Free | 17:32.54 | 7-Jul-94 | OMNI MR | Danielle Mailloux |
| | 100 Back | 1:06.66 | 28-Jul-00 | ADBF AD | Tori Delollo |
| | 200 Back | 2:20.38 | 28-Jul-00 | ADBF AD | Tori Delollo |
| | 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 | 7-Jul-96 | CDAC AD | Richelle Depold |
| | 200 Fly | 2:19.61 | 22-Jul-11 | SCHE AD | Amy L. Bopp at 2011 Adirondack Long Course District Champion |
| | 200 IM | 2:25.11 | 28-Jul-06 | SCHE AD | Karly Brooks at Adirondack Long Course Distric |
| | 400 IM | 5:09.06 | 7-Jul-91 | WHPL MR | Elizabeth Rossi |
| | 200 Free Relay | 1:54.56 | 22-Jul-11 | ALBS AD | Albany Starfish Swim Club K. Zhou, A. Hooper, E. Terwilliger, O. Samson |
| | 400 Free Relay | 4:01.70 | 30-Jul-98 | SHAK NI | SHAK |
| | 400 Medley Relay | 4:35.51 | 22-Jul-11 | SCHE AD | Schenectady Swim Club K. Rowe, A. Bopp, M. Jordan, K. Ludeke |

RECORDS AD LC District

LC Meters-Men

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|------------|------------------|----------|------------------|-----------------|--|--|
| 8 & U | 50 Free | 35.32 | 7-Aug-80 | MBSC AD | Rodney Van Tassell | |
| | 100 Free | 1:19.00 | 30-Jul-82 | NHKN AD | Jim Wells | |
| | 50 Back | 40.56 | 1-Jul-82 | NHKN AD | Jim Wells | |
| | 50 Breast | 45.20 | 4-Aug-92 | USAM AD | Bobby Crow | |
| | 50 Fly | 37.98 | 30-Jul-91 | LEAT AD | Oliver Ruff | |
| 9-10 | 50 Free | 31.34 | 10-Jul-04 | WYW CT | Derrian DURYEA at Ulster Summer Invitational 2004 | |
| | 100 Free | 1:08.70 | 1-Aug-84 | NHKN AD | Jim Wells | |
| | 200 Free | 2:25.68 | 1-Aug-84 | NHKN AD | Jim Wells | |
| | 400 Free | 5:15.61 | 27-Jul-07 | KING AD | Alec Tocco at Adirondack Long Course District Championships | |
| | 50 Back | 35.82 | 5-Jul-84 | NHKN AD | Jim Wells | |
| | 100 Back | 1:18.16 | 5-Jul-94 | MAR MR | Nicholas Pai | |
| | 50 Breast | 41.60 | 10-Jul-04 | WYW CT | Derrian DURYEA at Ulster Summer Invitational 2004 | |
| | 100 Breast | 1:32.03 | 1-Jul-92 | WHPL MR | Scott Zumbach | |
| | 50 Fly | 33.44 | 30-Jul-93 | NHKN AD | Oliver Ruff | |
| | 100 Fly | 1:16.24 | 6-Jul-94 | RIDG NJ | Jeff Dash | |
| | 200 IM | 2:47.17 | 6-Jul-94 | MARIS MR | Nicholas Pai | |
| | 200 Free Relay | 2:27.64 | 25-Jul-08 | HAWK AD | HAWKS | S. Trzewik-Quinn, S. Migliorato, B. Hess, J. Mccol |
| | 400 Free Relay | 5:21.32 | 1-Aug-96 | SCHE AD | SCHE | |
| | 200 Medley Relay | 3:00.39 | 22-Jul-11 | ALBS AD | Albany Starfish Swim Club | S. Ward, S. Dougherty, G. Hvizdos, M. Lipkin |
| 11-12 | 50 Free | 27.28 | 3-Jul-86 | LEAT AD | Jim Wells | |
| | 100 Free | 1:00.30 | 1-Aug-86 | LEAT AD | Jim Wells | |
| | 200 Free | 2:11.35 | 2-Aug-86 | LEAT AD | Jim Wells | |
| | 400 Free | 4:36.68 | 1-Aug-86 | LEAT AD | Jim Wells | |
| | 50 Back | 31.23 | 1-Aug-86 | LEAT AD | Jim Wells | |
| | 100 Back | 1:07.34 | 1-Aug-86 | LEAT AD | Jim Wells | |
| | 200 Back | 2:38.83 | 25-Jul-08 | SCHE AD | Ryan P. Sharkey at 2008 Adirondack Long Course District Champion | |
| | 50 Breast | 32.81 | 1-Jul-92 | WILT CT | Anthony Robinson | |
| | 100 Breast | 1:16.07 | 1-Jul-92 | WILT CT | Anthony Robinson | |
| | 200 Breast | 2:56.49 | 23-Jul-10 | SSAC AD | Joey Ongkingco at 2010 Adirondack Long Course District Champion | |
| | 50 Fly | 29.91 | 30-Jul-00 | SCHE AD | Mike DeRocco | |
| | 100 Fly | 1:06.73 | 5-Jul-00 | SCHE AD | Mike DeRocco | |
| | 200 Fly | 2:29.54 | 23-Jul-10 | ALBS AD | Miles Smachlo at 2010 Adirondack Long Course District Champion | |
| | 200 IM | 2:28.30 | 7-Jul-92 | WILT CT | Anthony Robinson | |
| | 200 Free Relay | 2:02.13 | 30-Jul-79 | WATY AD | Watertown | |
| | 400 Free Relay | 4:25.14 | 15-Aug-76 | WATR AD | Watertown | |
| | 200 Medley Relay | 2:15.98 | 6-Jul-93 | RIDG NJ | Ridgewood | |
| | 13-14 | 50 Free | 25.21 | 1-Jul-88 | LEAT AD | Jim Wells |
| 100 Free | | 56.31 | 1-Aug-88 | LEAT AD | Jim Wells | |
| 200 Free | | 2:03.12 | 1-Aug-88 | LEAT AD | Jim Wells | |
| 400 Free | | 4:18.61 | 7-Jul-88 | LEAT AD | Jim Wells | |
| 800 Free | | 9:19.07 | 28-Jul-06 | ALBS AD | Frankie DeMaria at Adirondack Long Course Distric | |
| 1500 Free | | 17:21.36 | 7-Jul-95 | OMNI MR | Tommy Drejer | |
| 100 Back | | 1:02.26 | 1-Jul-88 | LEAT AD | Jim Wells | |
| 200 Back | | 2:13.71 | 30-Jul-88 | LEAT AD | Jim Wells | |
| 100 Breast | | 1:12.43 | 28-Jul-06 | SCHE AD | Shayne P. Buckley at Adirondack Long Course Distric | |
| 200 Breast | | 2:37.69 | 26-Jul-02 | CLIN AD | BOJAN JOVANOVIC at Adirondack Long Course Distric | |

RECORDS AD LC District

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| 13-14 | 100 Fly | 1:01.81 | 2-Jul-10 | GLAS CT | Kaz Takabayashi at Clinton Cudas Colgate Classic Invitational |
| | 200 Fly | 2:15.29 | 1-Aug-99 | CLIN AD | Travis Knop |
| | 200 IM | 2:17.58 | 28-Jul-06 | SCHE AD | Shayne P. Buckley at Adirondack Long Course Distric |
| | 400 IM | 4:52.08 | 28-Jul-06 | SCHE AD | Shayne P. Buckley at Adirondack Long Course Distric |
| | 200 Free Relay | 1:51.43 | 23-Jul-10 | ALBS AD | Albany Starfish Swim Club D. Karlok, J. Chalermkraivuth, A. Lee, R. Gordon |
| | 400 Free Relay | 4:01.36 | 28-Jul-06 | SCHE AD | Schenectady Swim Club - G. Romanov, T. Nichols, M. Barno, S. Buckley |
| | 800 Free Relay | 9:12.68 | 2-Jul-06 | ALBS AD | Albany Starfish - Quay, Dyer, Rappold, DeMaria |
| | 400 Medley Relay | 4:28.23 | 28-Jul-06 | ALBS AD | Albany Starfish - F. Dyer, T. Rappold, H. Smachlo, B. Quay |
| 15-18 | 50 Free | 23.93 | 23-Jul-10 | ALBS AD | Frankie Dyer at 2010 Adirondack Long Course District Champion |
| | 100 Free | 52.76 | 7-Aug-88 | GOTH MR | Lou Dearstyne |
| | 200 Free | 1:55.23 | 23-Jul-10 | ALBS AD | Frankie Dyer at 2010 Adirondack Long Course District Champion |
| | 400 Free | 4:05.76 | 3-Jul-09 | SYCH NI | Dan O'Connor at Clinton Cudas Colgate Classic Invitational |
| | 800 Free | 8:39.68 | 13-May-06 | PACK NI | Nathan A. French at Colgate May Meet |
| | 1500 Free | 16:59.55 | 1-Jul-05 | CCSC NE | Alex ROAN at Clinton Cudas Colgate Classic |
| | 100 Back | 1:00.37 | 22-Jul-11 | ALBS AD | Ryan D. Gordon at 2011 Adirondack Long Course District Champion |
| | 200 Back | 2:11.78 | 10-Jul-87 | GOTH MR | Josh Glantz |
| | 100 Breast | 1:06.81 | 2-Jul-10 | WYW CT | Christian Higgins at Clinton Cudas Colgate Classic Invitational |
| | 200 Breast | 2:21.76 | 2-Jul-10 | WYW CT | Christian Higgins at Clinton Cudas Colgate Classic Invitational |
| | 100 Fly | 57.91 | 3-Jul-09 | ALBS AD | Mike Dugan at Clinton Cudas Colgate Classic Invitational |
| | 200 Fly | 2:09.20 | 29-Jul-05 | SCHE AD | Rob MANOR at Adirondack Long Course District Championships |
| | 200 IM | 2:12.25 | 24-Jul-09 | ALBS AD | Frankie Dyer at Adirondack Open Long Course Championships |
| | 400 IM | 4:39.16 | 7-Jul-94 | SYRC NI | Jeff Henderson |
| | 200 Free Relay | 1:42.95 | 3-Aug-01 | BFIN AD | Bluefins - Murray, Roman, Caponera, Delollo |
| | 400 Free Relay | 3:46.99 | 7-Jul-87 | GOTH MR | Gotham Aquatics |
| | 400 Medley Relay | 4:09.14 | 10-Jul-92 | MARS MR | Marist Swim Club |
| | 50 Free | 23.54 | 22-Jul-11 | COLG AD | Derick C. Roe at 2011 Adirondack Long Course District Champion |
| | 100 Free | 52.41 | 22-Jul-11 | UN AD | Frankie Dyer at 2011 Adirondack Long Course District Champion |
| | 200 Free | 1:55.04 | 22-Jul-11 | UN AD | Frankie Dyer at 2011 Adirondack Long Course District Champion |
| | 400 Free | 4:05.76 | 3-Jul-09 | SYCH NI | Dan O'Connor at Clinton Cudas Colgate Classic Invitational |
| | 800 Free | 8:39.68 | 13-May-06 | PACK NI | Nathan French at New Hartford Colgate Invite |
| | 1500 Free | 16:59.55 | 1-Jul-05 | CCSC NE | Alex ROAN at Clinton Cudas Colgate Classic |
| | 100 Back | 1:00.37 | 22-Jul-11 | ALBS AD | Ryan D. Gordon at 2011 Adirondack Long Course District Champion |
| | 200 Back | 2:09.78 | 25-Jul-08 | SCHE AD | Spencer Booth at 2008 Adirondack Long Course District Champion |
| | 100 Breast | 1:06.81 | 2-Jul-10 | WYW CT | Christian Higgins at Clinton Cudas Colgate Classic Invitational |
| | 200 Breast | 2:21.76 | 2-Jul-10 | WYW CT | Christian Higgins at Clinton Cudas Colgate Classic Invitational |
| | 100 Fly | 56.09 | 22-Jul-11 | UN AD | Thomas B. Glenn at 2011 Adirondack Long Course District Champion |
| | 200 Fly | 2:02.75 | 22-Jul-11 | UN AD | Thomas B. Glenn at 2011 Adirondack Long Course District Champion |
| | 200 IM | 2:12.25 | 24-Jul-09 | ALBS AD | Frankie Dyer at Adirondack Open Long Course Championships |
| | 400 IM | 4:39.16 | 7-Jul-94 | SYRC NI | Jeff Henderson |
| | 200 Free Relay | 1:39.68 | 24-Jul-09 | ALBS AD | Albany Starfish Swim Club M. Dugan, F. DeMaria, B. Maloy, F. Dyer |
| 400 Free Relay | 3:39.31 | 24-Jul-09 | ALBS AD | Albany Starfish Swim Club F. DeMaria, M. Dugan, A. Lanzi, F. Dyer | |
| 400 Medley Relay | 4:07.73 | 27-Jul-07 | SCHE AD | Schenectady Swim Club W. Booth, S. BUCKLEY, M. Poster | |