

**RECORDS AD SC District**

**Yards-Women**

8 & U	25 Free	14.17	<b>6-Dec-99</b>	USAM AD	Lori Iwanowicz at Super Splash
	50 Free	31.46	<b>20-Mar-99</b>	USAM AD	Lori Iwanowicz at RPI JO's
	100 Free	1:08.98	<b>7-Jan-00</b>	D2K NE	Al Suppan at Starfish Invitational
	25 Back	16.70	<b>10-Jan-76</b>	ALBS AD	Nancy Connolly at SUNY Albany
	50 Back	37.13	<b>25-Oct-92</b>	SCHE AD	Logan Justice at Trick or Treat
	25 Breast	19.00	<b>15-Jul-73</b>	FAIR NI	Laura Peel at Norwich
	50 Breast	40.60	<b>15-Mar-83</b>	COLO AD	Danielle Davenport at BurntHills JO's
	25 Fly	16.10	* <b>10-Jan-76</b>	ALBS AD	Nancy Connolly at SUNY Albany
	25 Fly	16.10	* <b>15-Mar-80</b>	ROME AD	Sherri White at SUNY Albany
	50 Fly	35.44	<b>15-Mar-92</b>	CLIN AD	Laura Tyler at Schenectady JO
	100 IM	1:20.08	<b>7-Jan-00</b>	D2K NE	Al Suppan at AV Starfish Invitational
	100 Free Relay	1:05.12	<b>15-Mar-92</b>	SCHE AD	Schenectady - Santa Maria, Adamovich, Parks, Cerrito
	100 Medley Relay	1:12.28	<b>10-Mar-96</b>	SCHE AD	Schenectady - Brooks, Stein, Morris, Jordan
	9-10	50 Free	27.36	<b>18-Mar-05</b>	CLIN AD
100 Free		58.78	<b>9-Jan-11</b>	EELS AD	Alexandra Dixon at Starfish Trophy Meet
200 Free		2:06.20	<b>7-Jan-11</b>	EELS AD	Alexandra Dixon at Starfish Trophy Meet
500 Free		5:31.90	<b>15-Jan-11</b>	EELS AD	Alexandra M. Dixon at Chris Goody IMX Challenge
50 Back		31.54	<b>20-Mar-95</b>	SCHE AD	Caitlin Johnson at Schenectady JO's
100 Back		1:06.86	<b>4-Jan-02</b>	GMA NE	Caroline Weaver at Starfish Invitational
50 Breast		34.66	<b>20-Mar-98</b>	SCHE AD	Karly Brooks at RPI JO's
100 Breast		1:17.13	<b>10-Mar-98</b>	SCHE AD	Karly Brooks at Johnstown March Madness
50 Fly		29.57	<b>20-Mar-98</b>	UN AD	Kailey Morris at RPI JO's
100 Fly		1:06.40	<b>20-Mar-98</b>	UN AD	Kailey Morris at RPI JO's
100 IM		1:08.87	<b>20-Mar-98</b>	SCHE AD	Karly Brooks at RPI JO's
200 IM		2:26.12	<b>20-Mar-98</b>	UN AD	Kailey Morris at RPI JO's
200 Free Relay		1:58.73	<b>20-Mar-98</b>	SCHE AD	Schenectady - Catroppa, Stein, Jordan, Brooks
400 Free Relay		4:16.58	<b>20-Mar-98</b>	SCHE AD	Schenectady
200 Medley Relay		2:10.85	<b>10-Mar-95</b>	SCHE AD	Schenectady - Justice, SantaMaria, Korman, Johnson
11-12		50 Free	25.24	<b>19-Mar-10</b>	ALBS AD
	100 Free	54.22	<b>17-Mar-00</b>	SCHE AD	Karly Brooks at Adirondack Short Course Championships
	200 Free	1:55.75	<b>7-Jan-00</b>	ALBS AD	Kailey Morris at Starfish Invitational
	500 Free	5:09.53	<b>15-Feb-08</b>	LCAT NI	Erin L. McElfresh at AD 2008 REGION 1 CHAMPIONSHIPS
	1000 Free	10:50.28	<b>7-Jan-00</b>	ALBS AD	Kailey Morris at Starfish Invitational
	1650 Free	18:10.73	<b>7-Jan-00</b>	ALBS AD	Kailey Morris at Starfish Invitational
	50 Back	27.92	<b>17-Mar-00</b>	SCHE AD	Karly Brooks at Adirondack Short Course Championships
	100 Back	1:00.85	<b>17-Mar-00</b>	SCHE AD	Karly Brooks at Adirondack Short Course Championships
	200 Back	2:10.31	<b>18-Feb-00</b>	SCHE AD	Karly Brooks at Region 1 ShortCourse Swimming Champs
	50 Breast	31.23	<b>19-Mar-10</b>	ALBS AD	Jennifer L. Lucius at AD Gold Short Course Championships
	100 Breast	1:08.96	<b>18-Feb-05</b>	SCHE AD	BRIANA L. BORGOLINI at AD 2005 REGION 1 CHAMPIONSHIPS
	200 Breast	2:27.30	<b>19-Jan-08</b>	SCHE AD	Amy L. Bopp at Chris Goody IMX Challenge
	50 Fly	27.31	<b>17-Mar-00</b>	ALBS AD	Kailey Morris at Adirondack Short Course Championships
	100 Fly	59.79	<b>17-Mar-00</b>	ALBS AD	Kailey Morris at Adirondack Short Course Championships
	200 Fly	2:12.54	<b>13-Feb-09</b>	BEAR CT	Sage Maggi at AD 2009 REGION 1 CHAMPIONSHIPS
	100 IM	1:00.87	<b>17-Mar-00</b>	SCHE AD	Karly Brooks at Adirondack Short Course Championships
	200 IM	2:10.66	<b>17-Mar-00</b>	SCHE AD	Karly Brooks at Adirondack Short Course Championships
	400 IM	4:42.85	<b>15-Feb-08</b>	LCAT NI	Erin L. McElfresh at AD 2008 REGION 1 CHAMPIONSHIPS
	200 Free Relay	1:45.38	<b>19-Mar-10</b>	ALBS AD	Albany Starfish Swim Club J. Lucius, K. Gao, S. Schwarz, J. Samson

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**RECORDS AD SC District**

11-12	400 Free Relay	3:48.99	<b>19-Mar-10</b>	ALBS AD	Albany Starfish Swim Club J. Lucius, S. Schwarz, K. Gao, J. Samson
	200 Medley Relay	1:56.77	<b>19-Mar-10</b>	ALBS AD	Albany Starfish Swim Club J. Samson, J. Lucius, S. Schwarz, K. Gao
	400 Medley Relay	4:14.19	<b>15-Feb-10</b>	ALBS AD	ALBS - J Samson, J Lucius, S Schwartz, K Gao at Region 1 Champs
13-14	50 Free	23.62	<b>20-Mar-89</b>	COLO AD	Richelle Depold at Schenectady JO's
	100 Free	52.16	<b>20-Mar-89</b>	COLO AD	Richelle Depold at Schenectady JO's
	200 Free	1:52.99	<b>17-Feb-06</b>	BEAR CT	Katie Gardocki at AD 2006 REGION 1 CHAMPIONSHIPS
	500 Free	4:56.64	<b>17-Feb-06</b>	BEAR CT	Katie Gardocki at AD 2006 REGION 1 CHAMPIONSHIPS
	1000 Free	10:07.00	<b>17-Feb-06</b>	BEAR CT	Katie Gardocki at AD 2006 REGION 1 CHAMPIONSHIPS
	1650 Free	17:08.94	<b>18-Feb-11</b>	CLSC NI	Sydney E. Modeas at AD 2011 REGION 1 CHAMPIONSHIPS
	100 Back	57.37	<b>15-Mar-02</b>	SCHE AD	Karly Brooks at AD Short Course Championships
	200 Back	2:01.25	<b>30-Mar-02</b>	SCHE AD	Karly Brooks at Time Trials
	100 Breast	1:03.97	<b>17-Feb-06</b>	ITAC NI	Lindsey Norberg at AD 2006 REGION 1 CHAMPIONSHIPS
	200 Breast	2:19.59	<b>17-Feb-06</b>	ITAC NI	Lindsey Norberg at AD 2006 REGION 1 CHAMPIONSHIPS
	100 Fly	57.13	<b>12-Feb-10</b>	LCAT NI	Erin L. McElfresh at AD 2010 REGION 1 CHAMPIONSHIPS
	200 Fly	2:04.62	<b>12-Feb-10</b>	LCAT NI	Erin L. McElfresh at AD 2010 REGION 1 CHAMPIONSHIPS
	200 IM	2:06.74	<b>17-Feb-06</b>	ITAC NI	Lindsey Norberg at AD 2006 REGION 1 CHAMPIONSHIPS
	400 IM	4:32.53	<b>12-Feb-10</b>	BEAR CT	Juliette Lajoie at AD 2010 REGION 1 CHAMPIONSHIPS
	200 Free Relay	1:39.04	<b>30-Mar-02</b>	SCHE AD	Schenectady - Yan, Catroppa, Morris, Brooks
	400 Free Relay	3:35.99	<b>15-Mar-02</b>	SCHE AD	Schenectady - Stein, Morris, Yan, Brooks
	800 Free Relay	7:56.99	<b>16-Feb-02</b>	SCHE AD	Schenectady - Yan, Catroppa, Stein, Brooks
	200 Medley Relay	1:55.05	<b>4-Jan-02</b>	SCHE AD	Schenectady
	400 Medley Relay	4:02.80	<b>15-Mar-02</b>	SCHE AD	Schenectady
	15-18	50 Free	23.33	<b>16-Mar-01</b>	BFIN AD
100 Free		51.37	<b>10-Jan-91</b>	COLO AD	Richelle Depold at Starfish Invitational
200 Free		1:51.39	<b>15-Feb-08</b>	BEAR CT	Katie L. Gardocki at AD 2008 REGION 1 CHAMPIONSHIPS
500 Free		4:46.09	<b>15-Feb-08</b>	BEAR CT	Katie L. Gardocki at AD 2008 REGION 1 CHAMPIONSHIPS
1000 Free		9:55.12	<b>15-Feb-08</b>	BEAR CT	Katie L. Gardocki at AD 2008 REGION 1 CHAMPIONSHIPS
1650 Free		17:01.02	<b>15-Feb-08</b>	BEAR CT	Katie L. Gardocki at AD 2008 REGION 1 CHAMPIONSHIPS
100 Back		56.36	<b>16-Mar-01</b>	BFIN AD	Tori I Delollo at AD Short Course Championships
200 Back		2:02.85	<b>18-Mar-05</b>	SCHE AD	Karly BROOKS at 2005 AD Short Course Champions
100 Breast		1:03.56	<b>13-Feb-09</b>	ITAC NI	Lauren Norberg at AD 2009 REGION 1 CHAMPIONSHIPS
200 Breast		2:19.40	<b>16-Feb-07</b>	ITAC NI	Lindsey Norberg at AD 2007 REGION 1 CHAMPIONSHIPS
100 Fly		55.78	<b>16-Mar-01</b>	BFIN AD	Jen Eberst at Short Course Championships
200 Fly		2:01.92	<b>18-Feb-11</b>	LCAT NI	Erin L. McElfresh at AD 2011 REGION 1 CHAMPIONSHIPS
200 IM		2:05.31	<b>15-Feb-08</b>	ITAC NI	Lindsey Norberg at AD 2008 REGION 1 CHAMPIONSHIPS
400 IM		4:24.89	<b>16-Feb-07</b>	BEAR CT	Katie Gardocki at AD 2007 REGION 1 CHAMPIONSHIPS
200 Free Relay		1:37.28	<b>7-Jan-00</b>	ALBS AD	Starfish - DeLollo, Hotaling, Eberst, McDonough
400 Free Relay		3:31.35	<b>16-Mar-01</b>	BFIN AD	Bluefins
800 Free Relay		7:47.03	<b>18-Feb-05</b>	SCHE AD	Schenectady - STEIN, YAN, KOOPMAN, BROOKS
200 Medley Relay		1:55.05	<b>4-Jan-02</b>	SCHE AD	Schenectady
400 Medley Relay		3:56.58	<b>18-Feb-05</b>	SCHE AD	Schenectady - BROOKS, STEIN, CATROPPA, YAN
Senior		50 Free	23.33	<b>16-Mar-01</b>	BFIN AD
	100 Free	51.37	<b>10-Jan-91</b>	COLO AD	Richelle Depold at Starfish Invitational
	200 Free	1:51.39	<b>15-Feb-08</b>	BEAR CT	Katie Gardocki at AD 2008 REGION 1 CHAMPIONSHIPS
	500 Free	4:46.09	<b>15-Feb-08</b>	BEAR CT	Katie Gardocki at AD 2008 REGION 1 CHAMPIONSHIPS
	1000 Free	9:55.12	<b>15-Feb-08</b>	BEAR CT	Katie Gardocki at AD 2008 REGION 1 CHAMPIONSHIPS
	1650 Free	17:01.02	<b>15-Feb-08</b>	BEAR CT	Katie Gardocki at AD 2008 REGION 1 CHAMPIONSHIPS
	100 Back	56.36	<b>16-Mar-01</b>	BFIN AD	Tori I Delollo at AD Short Course Championships
	200 Back	2:01.25	<b>30-Mar-02</b>	SCHE AD	Karly Brooks at Time Trials

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**RECORDS AD SC District**

Senior	100 Breast	1:03.97	<b>17-Feb-06</b>	ITAC NI	Lindsey Norberg at AD 2006 REGION 1 CHAMPIONSHIPS	
	200 Breast	2:19.40	<b>16-Feb-07</b>	ITAC NI	Lindsey Norberg at AD 2007 REGION 1 CHAMPIONSHIPS	
	100 Fly	55.78	<b>16-Mar-01</b>	BFIN AD	Jen Eberst at Short Course Championships	
	200 Fly	2:02.83	<b>16-Mar-01</b>	BFIN AD	Jen Eberst at Short Course Championships	
	200 IM	2:05.31	<b>15-Feb-08</b>	ITAC NI	Lindsey Norberg at AD 2008 REGION 1 CHAMPIONSHIPS	
	400 IM	4:24.89	<b>16-Feb-07</b>	BEAR CT	Katie Gardocki at AD 2007 REGION 1 CHAMPIONSHIPS	
	200 Free Relay	1:37.28	<b>7-Jan-00</b>	ALBS AD	Starfish - DeLollo, Hotaling, Eberst, McDonough	
	400 Free Relay	3:30.50	<b>13-Feb-09</b>	EAST MR	EMPIRE SWIMMING	M. Fulenwider, M. D'Arcy, E. Pangilinan, C. Hunter
	800 Free Relay	7:42.09	<b>13-Feb-09</b>	EAST MR	EMPIRE SWIMMING	M. D'Arcy, S. Rogers, E. Pangilinan, C. Hunter
	200 Medley Relay	1:53.43	<b>24-Jan-04</b>	SCHE AD	Schenectady - BROOKS, STEIN, MION, YAN	
	400 Medley Relay	3:53.72	<b>13-Feb-09</b>	EAST MR	EMPIRE SWIMMING	R. Marynowski, M. Olivieri, K. Ha, C. Hunter

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**RECORDS AD SC District**
**Yards-Men**

8 & U	25	Free	14.50	<b>20-Jul-72</b>	WATER	AD	Bob Hraback at Norwich	
	50	Free	30.98	<b>10-Feb-86</b>	LEAT	AD	Graham Rigby at Leatherstocking	
	100	Free	1:07.58	<b>26-Mar-86</b>	LEAT	AD	Graham Rigby at Burnt Hills JO	
	25	Back	16.78	<b>24-Oct-99</b>	ALBS	AD	Brennan Morris at Trick Or Treat	
	50	Back	35.37	<b>20-Jan-82</b>	NHKN	AD	Jim Wells at Burnt Hills Midwinter	
	25	Breast	19.49	<b>10-Oct-84</b>	GLFY	AD	Patrick O'Keefe at Adirondack	
	50	Breast	41.42	<b>13-Mar-11</b>	HAWK	AD	Samuel A. Marshall at AD Gold Short Course Championships	
	25	Fly	16.02	<b>10-Jan-83</b>	NEWB	MR	Darin Vantassel at SUNY Albany	
	50	Fly	34.62	<b>20-Mar-99</b>	CLIN	AD	Judd Simon at RPI JO's	
	100	IM	1:17.68	<b>20-Mar-99</b>	CLIN	AD	Judd Simon at RPI JO's	
	100	Free Relay	1:05.90	<b>10-Mar-82</b>	NHKN	AD	New Hartford Knights - Lauterbach, Davis, Holicky, Wells	
	100	Medley Relay	1:12.99	<b>9-Dec-00</b>	NPH	AD	Hawks - H. BARTLETT, S. DELAREDE, L. STROTENKE, Z. ACOSTA	
	9-10	50	Free	26.50	<b>20-Mar-98</b>	ALBS	AD	Julio Vidal at RPI JO's
		100	Free	58.64	<b>20-Mar-98</b>	ALBS	AD	Julio Vidal at RPI JO's
200		Free	2:09.57	<b>20-Mar-84</b>	NHKN	AD	Jim Wells at Burnt Hills JO's	
500		Free	5:43.90	<b>2-Dec-07</b>	KING	AD	Alec Tocco at 2007 Decemeber Super Splash	
50		Back	30.71	<b>20-Mar-98</b>	ALBS	AD	Julio Vidal at RPI JO's	
100		Back	1:05.18	<b>19-Mar-10</b>	HAWK	AD	Seamus Trzewik-Quinn at AD Gold Short Course Championships	
50		Breast	35.04	<b>20-Mar-98</b>	ALBS	AD	Julio Vidal at RPI JO's	
100		Breast	1:15.16	<b>20-Mar-98</b>	ALBS	AD	Julio Vidal at RPI JO's	
50		Fly	29.73	<b>10-Aug-80</b>	TREN		David Guernsey at Clayton	
100		Fly	1:08.25	<b>19-Mar-10</b>	HAWK	AD	Seamus Trzewik-Quinn at AD Gold Short Course Championships	
100		IM	1:06.70	<b>20-Mar-98</b>	ALBS	AD	Julio Vidal at RPI JO's	
200		IM	2:25.19	<b>19-Mar-10</b>	HAWK	AD	Seamus Trzewik-Quinn at AD Gold Short Course Championships	
200		Free Relay	1:58.86	<b>6-May-94</b>	NSAA	MR	NSAA at Schenectady Friendship	
400		Free Relay	4:35.64	<b>20-Mar-94</b>	SCHE	AD	Schenectady at JO's	
200		Medley Relay	2:09.45	<b>6-May-94</b>	NSAA	MR	NSAA at Schenectady Friendship	
11-12	50	Free	23.19	<b>17-Mar-00</b>	ALBS	AD	Julio Vidal at Adirondack Short Course Championships	
	100	Free	51.50	<b>17-Mar-00</b>	ALBS	AD	Julio Vidal at Adirondack Short Course Championships	
	200	Free	1:53.16	<b>18-Feb-05</b>	SCHE	AD	SHAYNE P. BUCKLEY at AD 2005 REGION 1 CHAMPIONSHIPS	
	500	Free	5:04.38	<b>7-Mar-03</b>	BFIN	AD	Ryan Brauer at AD Short Course Championships	
	1000	Free	10:34.49	<b>13-Feb-09</b>	LCAT	NI	Ryan D. Nicholson at AD 2009 REGION 1 CHAMPIONSHIPS	
	1650	Free	17:35.10	<b>18-Feb-05</b>	SCHE	AD	SHAYNE P. BUCKLEY at AD 2005 REGION 1 CHAMPIONSHIPS	
	50	Back	27.08	<b>17-Mar-00</b>	ALBS	AD	Julio Vidal at Adirondack Short Course Championships	
	100	Back	58.83	<b>18-Feb-05</b>	SCHE	AD	SAMUEL P. WILSHIRE at AD 2005 REGION 1 CHAMPIONSHIPS	
	200	Back	2:06.66	<b>18-Feb-05</b>	SCHE	AD	SHAYNE P. BUCKLEY at AD 2005 REGION 1 CHAMPIONSHIPS	
	50	Breast	29.78	<b>20-Mar-98</b>	ALBS	AD	Paul Moncrieffe at RPI JO's	
	100	Breast	1:06.33	<b>18-Feb-05</b>	SCHE	AD	SHAYNE P. BUCKLEY at AD 2005 REGION 1 CHAMPIONSHIPS	
	200	Breast	2:22.41	<b>18-Feb-05</b>	SCHE	AD	SHAYNE P. BUCKLEY at AD 2005 REGION 1 CHAMPIONSHIPS	
	50	Fly	26.35	<b>17-Mar-00</b>	ALBS	AD	Julio Vidal at Adirondack Short Course Championships	
	100	Fly	58.93	<b>13-Mar-11</b>	ALBS	AD	Miles Smachlo at AD Gold Short Course Championships	
	200	Fly	2:08.30	<b>13-Mar-11</b>	ALBS	AD	Miles Smachlo at AD Gold Short Course Championships	
	100	IM	58.22	<b>17-Mar-00</b>	ALBS	AD	Julio Vidal at Adirondack Short Course Championships	
	200	IM	2:05.22	<b>18-Feb-05</b>	SCHE	AD	SHAYNE P. BUCKLEY at AD 2005 REGION 1 CHAMPIONSHIPS	
	400	IM	4:27.66	<b>18-Feb-05</b>	SCHE	AD	SHAYNE P. BUCKLEY at AD 2005 REGION 1 CHAMPIONSHIPS	
	200	Free Relay	1:45.82	<b>20-Mar-00</b>	SCHE	AD	Schenectady - DeRocco, Manor, Santa Maria, Ahern	
	400	Free Relay	3:51.88	<b>17-Mar-00</b>	SCHE	AD	Schenectady - Santa Maria, Manor, DeRocco, Ahern	

**RECORDS AD SC District**

11-12	200	Medley Relay	1:56.05	<b>17-Mar-00</b>	SCHE AD	Schenectady
	400	Medley Relay	4:25.32	<b>10-Mar-92</b>	SCHE AD	Schenectady - Lotano, Bremser, Reilly, Dunki-Jacobs
13-14	50	Free	22.16	<b>17-Mar-06</b>	SCHE AD	JACOB C. JOHNSON at 2006 AD Gold Short Course Cha
	100	Free	48.67	<b>20-Mar-94</b>	SCHE AD	Duane Couture at Schenectady JO's
	200	Free	1:47.53	<b>20-Mar-94</b>	SCHE AD	Duane Couture at Schenectady JO's
	500	Free	4:42.42	<b>5-Jan-07</b>	SYCH NI	Dan O'Connor at 2007 Starfish Trophy Invitational
	1000	Free	9:56.06	<b>15-Mar-02</b>	SCHE AD	Rob Manor at AD Short Course Championships
	1650	Free	16:13.06	<b>5-Jan-07</b>	SYCH NI	Dan O'Connor at 2007 Starfish Trophy Invitational
	100	Back	53.73	<b>18-Feb-11</b>	ALBS AD	Ryan D. Gordon at AD 2011 REGION 1 CHAMPIONSHIPS
	200	Back	1:58.72	<b>7-Jan-11</b>	ALBS AD	Ryan D. Gordon at 2011 Starfish Trophy Invitational
	100	Breast	1:00.48	<b>16-Mar-07</b>	SCHE AD	Shayne P. Buckley at AD Gold Short Course Champion
	200	Breast	2:08.68	<b>16-Mar-07</b>	SCHE AD	Shayne P. Buckley at AD Gold Short Course Champion
	100	Fly	53.42	<b>16-Mar-02</b>	SCHE AD	Mike DeRocco at AD Short Course Championships
	200	Fly	1:58.21	<b>15-Mar-02</b>	SCHE AD	Mike DeRocco at AD Short Course Championships
	200	IM	1:57.11	<b>16-Mar-07</b>	SCHE AD	Shayne P. Buckley at AD Gold Short Course Champion
	400	IM	4:10.88	<b>16-Mar-07</b>	SCHE AD	Shayne P. Buckley at AD Gold Short Course Champion
	200	Free Relay	1:32.50	<b>20-Mar-94</b>	SCHE AD	Schenectady - Couture, Lin, Reilly, Snyder
	400	Free Relay	3:21.04	<b>20-Mar-94</b>	SCHE AD	Schenectady - Couture, Lin, Reilly, Snyder
	800	Free Relay	7:37.85	<b>10-Dec-93</b>	SCHE AD	Schenectady - Couture, Lin, Reilly, Snyder
	200	Medley Relay	1:47.55	<b>5-Nov-06</b>	ALBS AD	Starfish - Dyer, Rappold, Smachlo, Quay
400	Medley Relay	3:45.90	<b>16-Mar-07</b>	SCHE AD	Schenectady Swim Club G. Romanov, S. Buckley, M. Barno, T. Nichols	
15-18	50	Free	20.95	<b>18-Feb-05</b>	UN CT	Jeffrey SUDBURY at AD 2005 REGION 1 CHAMPIONSHIPS
	100	Free	46.19	<b>12-Feb-10</b>	CPP AD	Jake Johnson at AD 2010 REGION 1 CHAMPIONSHIPS
	200	Free	1:40.10	<b>20-Mar-09</b>	ALBS AD	Frankie Dyer at AD Gold Short Course Championships
	500	Free	4:37.85	<b>18-Mar-05</b>	SCHE AD	Rob MANOR at 2005 AD Short Course Champions
	1000	Free	9:34.40	<b>16-Feb-07</b>	SYCH NI	Dan O'Connor at AD 2007 REGION 1 CHAMPIONSHIPS
	1650	Free	15:58.33	<b>15-Feb-08</b>	SYCH NI	Dan O'Connor at AD 2008 REGION 1 CHAMPIONSHIPS
	100	Back	51.56	<b>12-Feb-10</b>	ALBS AD	Frankie Dyer at AD 2010 REGION 1 CHAMPIONSHIPS
	200	Back	1:52.09	<b>17-Mar-06</b>	ALBS AD	Spencer Booth at 2006 AD Gold Short Course Cha
	100	Breast	57.96	<b>12-Feb-10</b>	EAST MR	Timothy J. Perley at AD 2010 REGION 1 CHAMPIONSHIPS
	200	Breast	2:07.27	<b>13-Feb-09</b>	EAST MR	Michael R. Nicholson at AD 2009 REGION 1 CHAMPIONSHIPS
	100	Fly	50.26	<b>15-Mar-02</b>	CLIN AD	TRAVIS KNOP at AD Short Course Championships
	200	Fly	1:51.28	<b>15-Mar-02</b>	CLIN AD	TRAVIS KNOP at AD Short Course Championships
	200	IM	1:54.95	<b>18-Mar-05</b>	SCHE AD	Rob MANOR at 2005 AD Short Course Champions
	400	IM	4:02.87	<b>13-Feb-09</b>	EAST MR	Michael R. Nicholson at AD 2009 REGION 1 CHAMPIONSHIPS
	200	Free Relay	1:27.11	<b>16-Mar-01</b>	BFIN AD	Bluefins
	400	Free Relay	3:13.88	<b>15-Mar-02</b>	SCHE AD	Schenectady - Sankowski, Singer, Brown, Gatle
	800	Free Relay	7:37.85	<b>10-Dec-93</b>	SCHE AD	Schenectady - Couture, Lin, Reilly, Snyder
	200	Medley Relay	1:44.64	<b>3-Jan-03</b>	SCHE AD	Schenectady
400	Medley Relay	3:31.65	<b>15-Feb-10</b>	ALBS AD	Albany Starfish - F Dyer, N Resilia, M Dugan, A Lanzi	
Senior	50	Free	20.71	<b>16-Mar-07</b>	UN AD	Mike Derocco at AD Gold Short Course Champion
	100	Free	45.92	<b>19-Mar-04</b>	SCHE AD	GEORGE K. GLEASON at 2004 AD Short Course Champions
	200	Free	1:40.10	<b>20-Mar-09</b>	ALBS AD	Frankie Dyer at AD Gold Short Course Championships
	500	Free	4:37.85	<b>18-Mar-05</b>	SCHE AD	Rob MANOR at 2005 AD Short Course Champions
	1000	Free	9:34.40	<b>16-Feb-07</b>	SYCH NI	Dan O'Connor at AD 2007 REGION 1 CHAMPIONSHIPS
	1650	Free	15:58.33	<b>15-Feb-08</b>	SYCH NI	Dan O'Connor at AD 2008 REGION 1 CHAMPIONSHIPS
	100	Back	51.56	<b>12-Feb-10</b>	ALBS AD	Frankie Dyer at AD 2010 REGION 1 CHAMPIONSHIPS
	200	Back	1:52.09	<b>17-Mar-06</b>	ALBS AD	Spencer Booth at 2006 AD Gold Short Course Cha
100	Breast	57.96	<b>12-Feb-10</b>	EAST MR	Timothy J. Perley at AD 2010 REGION 1 CHAMPIONSHIPS	

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**RECORDS AD SC District**

Senior	200 Breast	2:07.27	<b>13-Feb-09</b>	EAST MR	Michael R. Nicholson at AD 2009 REGION 1 CHAMPIONSHIPS
	100 Fly	49.60	<b>16-Mar-07</b>	UN AD	Mike Derocco at AD Gold Short Course Champion
	200 Fly	1:51.28	<b>15-Mar-02</b>	CLIN AD	TRAVIS KNOP at AD Short Course Championships
	200 IM	1:54.95	<b>18-Mar-05</b>	SCHE AD	Rob MANOR at 2005 AD Short Course Champions
	400 IM	4:02.87	<b>13-Feb-09</b>	EAST MR	Michael R. Nicholson at AD 2009 REGION 1 CHAMPIONSHIPS
	200 Free Relay	1:26.91	<b>20-Mar-09</b>	ALBS AD	Albany Starfish - D Hallem, M Dugan, N Resilia, F Dyer
	400 Free Relay	3:09.87	<b>19-Mar-04</b>	SCHE AD	Schenectady - GLEASON, DEROCCO, MONIOT, NEUBER
	800 Free Relay	7:13.49	<b>15-Feb-08</b>	EAST MR	EMPIRE SWIMMING
	200 Medley Relay	1:41.88	<b>5-Jan-01</b>	ADBF AD	Bluefins Swim Club
	400 Medley Relay	3:31.65	<b>12-Feb-10</b>	ALBS AD	Albany Starfish Swim Club F. Dyer, N. Resila, M. Dugan, A. Lanzi