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**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         |                  | 1:00.97  | <b>20-Mar-98</b>   | UN AD            | Kailey Morris at RPI JO's  |
| 200 Free         |                  | 2:09.80  | <b>20-Mar-98</b>   | UN AD            | Kailey Morris at RPI JO's  |
| 500 Free         |                  | 5:59.33  | <b>16-Jan-10</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**

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|------------------|------------------|----------|------------------|------------------|--|
| 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        | 17:09.94 | <b>6-Jan-06</b>  | BEAR CT          | Katie Gardocki at 2006 Starfish Trophy Invitatio                   |
|                  | 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          |                  | 2:02.83  | <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   |                  | 3:31.35  | <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                         |
| Open             |                  | 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**

|      |                  |         |                  |         |   |  |
|------|------------------|---------|------------------|---------|---|--|
| Open | 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        | 41.95    | <b>20-Mar-99</b> | CLIN AD          | Judd Simon at RPI JO's                                     |  |
|                  | 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          | 59.03    | <b>18-Feb-05</b> | SCHE AD          | SAMUEL P. WILSHIRE at AD 2005 REGION 1 CHAMPIONSHIPS       |  |
|                  | 200 Fly          | 2:13.55  | <b>18-Feb-05</b> | SCHE AD          | SAMUEL P. WILSHIRE at AD 2005 REGION 1 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           |  |

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**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         | 54.76    | <b>20-Mar-94</b> | ALBS AD | Brian McKenna at Schenectady JO's                                  |
|       | 200 Back         | 1:59.31  | <b>20-Mar-09</b> | SCHE AD | Taylor P. Nichols at AD Gold Short Course Championships            |
|       | 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              |
| Open  | 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**

|      |                  |         |                  |         |  |
|------|------------------|---------|------------------|---------|--|
| Open | 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 |