

RECORDS AD SC Resident

Yards-Women

8 & U	25 Free	14.17	6-Dec-99	USAM AD	Lori Iwanowicz at Super Splash
	50 Free	31.46	20-Mar-99	USAM AD	Lori Iwanowicz at Iwanowicz at RPI JO's
	100 Free	1:09.89	7-Jan-00	USAM AD	Lori Iwanowicz at 2000 AV STARFISH INV
	25 Back	16.70	6-Jan-76	ALBS AD	Nancy Connolly at SUNY Albany
	50 Back	37.13	25-Oct-92	SCHE AD	Logan Justice at Trick or Treat
	25 Breast	19.15	20-Mar-83	COLO AD	Danielle Davenport at Burnt Hills JO's
	50 Breast	40.60	20-Mar-83	COLO AD	Danielle Davenport at Burnt Hills JO's
	25 Fly	16.10	* 15-Mar-80	ROME AD	Sherri White at SUNY Albany
	25 Fly	16.10	* 10-Jan-76	ALBS AD	Nancy Connolly at SUNY Albany
	50 Fly	35.44	20-Mar-92	CLIN AD	Laura Tyler at Schenectady JO's
	100 IM	1:21.94	15-Oct-96	SCHE AD	Kailey Morris at Marist
	100 Free Relay	1:05.12	20-Mar-92	SCHE AD	Schenectady - Santa Maria, Adamovich, Parkes, Cerrito
	100 Medley Relay	1:08.56	1-Mar-03	ALBS AD	Starfish
	9-10	50 Free	27.11	31-Mar-05	CLIN AD
100 Free		58.78	7-Jan-11	EELS AD	Alexandra M. Dixon at 2011 Starfish Trophy Invitational
200 Free		2:05.92	20-Oct-98	ALBS AD	Kailey Morris at Buffalo
500 Free		5:31.90	15-Jan-11	EELS AD	Alexandra M. Dixon at Chris Goody IMX Challenge
50 Back		31.09	29-Mar-95	SCHE AD	Caitlin Johnson at Princeton Zones
100 Back		1:05.36	29-Mar-95	SCHE AD	Caitlin Johnson at Princeton Zones
50 Breast		34.66	20-Mar-98	SCHE AD	Karly Brooks at RPI JO's
100 Breast		1:15.94	5-Apr-98	SCHE AD	Karly Brooks at Gloucester Zones
50 Fly		28.92	15-Oct-98	ALBS AD	Kailey Morris at Baltimore
100 Fly		1:04.21	20-Oct-98	ALBS AD	Kailey Morris at Buffalo
100 IM		1:07.81	3-Apr-08	ALND AD	Jennifer L. Lucius at Eastern Zone SC Swimming Championships
200 IM		2:24.01	20-Oct-98	ALBS AD	Kailey Morris at Buffalo
200 Free Relay		1:58.73	20-Mar-98	SCHE AD	Schenectady - Catroppa, Stein, Jordan, Brooks
400 Free Relay		4:16.58	20-Mar-98	SCHE AD	Schenectady
200 Medley Relay	2:10.85	10-May-95	SCHE AD	Schenectady - Justice, Santa Maria, Korman, Johnson	
11-12	50 Free	25.06	3-Apr-08	ALBS AD	Kina Y. Zhou at Eastern Zone SC Swimming Championships
	100 Free	54.22	17-Mar-00	SCHE AD	Karly BROOKS at Adirondack Short Course Champi
	200 Free	1:55.75	7-Jan-00	ALBS AD	KAILEY B. MORRIS at 2000 AV STARFISH INV
	500 Free	5:11.70	17-Mar-00	ALBS AD	KAILEY B. MORRIS at Adirondack Short Course Champi
	1000 Free	10:50.28	7-Jan-00	ALBS AD	KAILEY B. MORRIS at AV Starfish Invitational
	1650 Free	18:10.73	7-Jan-00	ALBS AD	KAILEY B. MORRIS at AV Starfish Invitational
	50 Back	27.92	17-Mar-00	SCHE AD	Karly BROOKS at Adirondack Short Course Champi
	100 Back	59.57	30-Mar-00	SCHE AD	KARLY BROOKS at Eastern Zones SC '00
	200 Back	2:10.31	18-Feb-00	SCHE AD	Karly BROOKS at Region I Short Course Swimming
	50 Breast	31.11	1-Apr-10	ALBS AD	Jennifer L. Lucius at 2010 Eastern Zone SC Swimming Championships
	100 Breast	1:07.62	10-Mar-05	SCHE AD	BRIANA L. BORGOLINI at 2005 - MR, EZ SPEEDO CHAMPIONS
	200 Breast	2:24.61	10-Mar-05	SCHE AD	BRIANA L. BORGOLINI at 2005 - MR, EZ SPEEDO CHAMPIONS
	50 Fly	27.12	16-Dec-99	ALBS AD	Kailey Morris at Buffalo-Star
	100 Fly	59.73	30-Mar-00	ALBS AD	KAILEY B. MORRIS at Eastern Zones SC '00
	200 Fly	2:15.87	13-Feb-04	DELM AD	Molly HOWLAND at 2004 REGION 1 CHAMPIONSHIPS
	100 IM	1:00.04	30-Mar-00	SCHE AD	KARLY BROOKS at Eastern Zones SC '00
	200 IM	2:09.31	30-Mar-00	SCHE AD	KARLY BROOKS at Eastern Zones SC '00
	400 IM	4:42.68	18-Feb-00	ALBS AD	KAILEY B. MORRIS at Region I Short Course Swimming
	200 Free Relay	1:43.63	1-Apr-10	ALBS AD	Adirondack Zone Team J. Lucius, J. Samson, S. Schwarz, K. Gao

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11-12	400 Free Relay	3:47.82	1-Apr-10	ALBS AD	Adirondack Zone Team	J. Lucius, J. Samson, S. Schwarz, K. Gao
	200 Medley Relay	1:54.36	1-Apr-10	ALBS AD	Adirondack Zone Team	J. Samson, J. Lucius, S. Schwarz, K. Gao
	400 Medley Relay	4:14.19	15-Feb-10	ALBS AD	ALBS - J Samson, J Lucius, S Schwartz, K Gao	
13-14	50 Free	23.37	30-Mar-89	COLO AD	Richelle Depold at New Haven Zones	
	100 Free	50.98	30-Mar-89	COLO AD	Richelle Depold at New Haven Zones	
	200 Free	1:52.32	11-Mar-10	ALBS AD	Kina Y. Zhou at NE 2010 March Speedo Champions Series	
	500 Free	5:03.79	2-Apr-09	ALBS AD	Olivia N. Samson at 2009 Eastern Zone SC Swimming Championships	
	1000 Free	10:28.28	12-Mar-09	ALBS AD	Olivia N. Samson at NE 2009 Speedo Champions Series	
	1650 Free	17:21.07	2-Apr-09	ALBS AD	Olivia N. Samson at 2009 Eastern Zone SC Swimming Championships	
	100 Back	56.95	9-Mar-06	ALBS AD	Kara Zebrowski at 2006 NE Speedo Championship Series	
	200 Back	2:01.25	30-Mar-02	SCHE AD	KARLY Brooks at Time Trials	
	100 Breast	1:04.63	12-Mar-09	SCHE AD	Amy L. Bopp at NE 2009 Speedo Champions Series	
	200 Breast	2:17.75	14-Dec-06	SCHE AD	Briana L. Borgolini at MIT Prelims & Finals Meet 2006	
	100 Fly	57.22	12-Mar-09	SCHE AD	Maggie Jordan at NE 2009 Speedo Champions Series	
	200 Fly	2:06.20	4-Apr-02	SCHE AD	KARLY Brooks at Eastern Zones SC '02	
	200 IM	2:04.54	4-Apr-02	SCHE AD	KARLY Brooks at Eastern Zones SC '02	
	400 IM	4:25.12	4-Apr-02	SCHE AD	KARLY Brooks at Eastern Zones SC '02	
	200 Free Relay	1:39.04	30-Mar-02	SCHE AD	Schenectady - Yan, Catroppa, Morris, Brooks	
	400 Free Relay	3:35.97	4-Apr-02	SCHE AD	Schenectady - D. Stein, H. Morris, S. Yan, K. Brooks	
	800 Free Relay	7:56.99	16-Feb-02	SCHE AD	Schenectady - Yan, Catroppa, Stein, Brooks	
	200 Medley Relay	1:54.23	14-Dec-06	SCHE AD	Schenectady - K. Rowe, B. Borgolini, L. Manor, K. Barbour	
	400 Medley Relay	3:59.31	6-Apr-02	SCHE AD	Schenectady - Brooks, Stein, Catroppa, Yan	
	15-18	50 Free	22.88	15-Mar-90	COLO AD	Richelle Depold at Nashville TN
100 Free		50.87	15-Mar-90	COLO AD	Richelle Depold at Nashville TN	
200 Free		1:51.02	24-Mar-11	ALBS AD	Aimee Hooper at 2011 North Region Speedo Champions Series	
500 Free		4:52.69	8-Dec-11	SCHE AD	Katie Rowe at 2011 Speedo Short Course Junio	
1000 Free		10:04.13	24-Mar-11	ALBS AD	Aimee Hooper at 2011 North Region Speedo Champions Series	
1650 Free		16:53.32	24-Mar-11	ALBS AD	Olivia N. Samson at 2011 North Region Speedo Champions Series	
100 Back		54.76	24-Mar-11	DELM AD	Jenna Bickel at 2011 North Region Speedo Champions Series	
200 Back		1:58.40	8-Dec-11	SCHE AD	Katie Rowe at 2011 Speedo Short Course Junio	
100 Breast		1:03.97	2-Dec-10	SCHE AD	Amy L. Bopp at 2010 AT&T Short Course National Championships	
200 Breast		2:16.06	2-Dec-10	SCHE AD	Amy L. Bopp at 2010 AT&T Short Course National Championships	
100 Fly		55.78	16-Mar-01	BFIN AD	JEN A. EBERST at AD Short Course Championships	
200 Fly		2:00.96	24-Mar-11	SCHE AD	Amy L. Bopp at 2011 North Region Speedo Champions Series	
200 IM		2:03.96	18-Feb-00	ALBS AD	ELYSE M. MCDONOUGH at Region I Short Course Swimming	
400 IM		4:21.92	11-Mar-10	ALBS AD	Aimee Hooper at NE 2010 March Speedo Champions Series	
200 Free Relay		1:37.28	7-Jan-00	ALBS AD	Starfish - DeLollo, McDonough, Hotaling, Eberst	
400 Free Relay		3:29.29	24-Mar-11	ALBS AD	Albany Starfish Swim Club K. Zhou, E. Terwilliger, A. Hooper, O. Samson	
800 Free Relay		7:29.33	24-Mar-11	ALBS AD	Albany Starfish Swim Club K. Zhou, E. Terwilliger, A. Hooper, O. Samson	
200 Medley Relay		1:49.98	16-Mar-05	SCHE AD	Schenectady - BROOKS, FURMAN, CUCOLO, MONTANYE	
400 Medley Relay		3:52.28	11-Mar-41	SCHE AD	Schenectady Swim Club K. Rowe, A. Bopp, M. Jordan, S. Swett	
50 Free		22.88	15-Mar-90	COLO AD	Richelle Depold at Nashville TN	
100 Free		50.87	15-Mar-90	COLO AD	Richelle Depold at Nashville TN	
200 Free		1:49.84	12-Mar-09	COLG AD	Erin E. McGraw at NE 2009 Speedo Champions Series	
500 Free		4:52.69	8-Dec-11	SCHE AD	Katie Rowe at 2011 Speedo Short Course Junio	
1000 Free		10:04.13	24-Mar-11	ALBS AD	Aimee Hooper at 2011 North Region Speedo Champions Series	
1650 Free		16:53.32	24-Mar-11	ALBS AD	Olivia N. Samson at 2011 North Region Speedo Champions Series	
100 Back	54.76	24-Mar-11	DELM AD	Jenna Bickel at 2011 North Region Speedo Champions Series		
200 Back	1:58.40	8-Dec-11	SCHE AD	Katie Rowe at 2011 Speedo Short Course Junio		

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100 Breast	1:03.97	2-Dec-10	SCHE AD	Amy L. Bopp at 2010 AT&T Short Course National Championships
200 Breast	2:16.06	2-Dec-10	SCHE AD	Amy L. Bopp at 2010 AT&T Short Course National Championships
100 Fly	54.02	12-Mar-09	COLG AD	Erin E. McGraw at NE 2009 Speedo Champions Series
200 Fly	2:00.27	12-Mar-09	COLG AD	Erin E. McGraw at NE 2009 March Speedo TT
200 IM	2:02.12	12-Mar-09	COLG AD	Erin E. McGraw at NE 2009 Speedo Champions Series
400 IM	4:21.92	11-Mar-10	ALBS AD	Aimee Hooper at NE 2010 March Speedo Champions Series
200 Free Relay	1:37.28	7-Jan-00	ALBS AD	Starfish - DeLollo, McDonough, Hotaling, Eberst
400 Free Relay	3:29.29	24-Mar-11	ALBS AD	Albany Starfish Swim Club K. Zhou, E. Terwilliger, A. Hooper, O. Samson
800 Free Relay	7:29.33	24-Mar-11	ALBS AD	Albany Starfish Swim Club K. Zhou, E. Terwilliger, A. Hooper, O. Samson
200 Medley Relay	1:48.47	12-Mar-09	SCHE AD	Schenectady Swim Club M. Jordan, K. Barbour, A. Bopp, T. Slone
400 Medley Relay	3:52.28	24-Mar-11	SCHE AD	Schenectady Swim Club K. Rowe, A. Bopp, M. Jordan, S. Swett

RECORDS AD SC Resident

Yards-Men

8 & U	25 Free	14.17	10-Apr-91	LEAT AD	Oliver Ruff at DeWitt
	50 Free	30.98	15-Feb-86	LEAT AD	Graham Rigby at Leatherstocking
	100 Free	1:07.58	20-Mar-86	LEAT AD	Graham Rigby at Burnt Hills JO's
	25 Back	16.76	10-Jun-82	NHKN AD	Jim Wells at Horseheads
	50 Back	35.37	20-Jan-82	NHKN AD	Jim Wells at Mid Winter, Burnt Hills
	25 Breast	19.00	15-Dec-74	UNAT AD	Rex Herman at Worcester, Ma
	50 Breast	41.42	13-Mar-11	HAWK AD	Samuel A. Marshall at AD Gold Short Course Championships
	25 Fly	16.10	20-Aug-72	WATER AD	Bob Hraback at Colonie Districts
	50 Fly	34.62	20-Jan-99	CLIN AD	Judd Simon
	100 IM	1:17.68	20-Mar-99	CLIN AD	Judd Simon at RPI JO's
	100 Free Relay	1:05.90	20-Mar-82	NHKN AD	New Hartford - Lauterback, Davis, Holicky, Wells
	100 Medley Relay	1:12.99	9-Dec-00	NPH AD	Hawks - H. BARTLETT, S. DELAREDE, L. STROTENKE, Z. ACOSTA
	9-10	50 Free	26.38	4-Apr-98	ALBS AD
100 Free		58.28	4-Apr-98	ALBS AD	Julio Vidal at Gloucester Zones
200 Free		2:07.15	4-Apr-84	NHKN AD	Jim Wells at Richmond VA Zones
500 Free		5:41.79	1-Apr-10	HAWK AD	Seamus Trzewik-Quinn at 2010 Eastern Zone SC Swimming Championships
50 Back		30.09	4-Apr-84	NHKN AD	Jim Wells at Richmond VA Zones
100 Back		1:03.64	1-Apr-10	HAWK AD	Seamus Trzewik-Quinn at 2010 Eastern Zone SC Swimming Championships
50 Breast		33.34	4-Apr-98	ALBS AD	Julio Vidal at Gloucester Zones
100 Breast		1:15.16	20-Mar-98	ALBS AD	Julio Vidal at RPI JO's
50 Fly		29.44	4-Apr-93	NHKN AD	Oliver Ruff at Buffalo Zones
100 Fly		1:07.01	10-Nov-86	GLFY AD	Patrick O'Keeffe at Syracuse
100 IM		1:04.48	4-Apr-98	ALBS AD	Julio Vidal at Gloucester Zones
200 IM		2:23.66	1-Apr-10	HAWK AD	Seamus Trzewik-Quinn at 2010 Eastern Zone SC Swimming Championships
200 Free Relay		1:59.67	10-May-94	SCHE AD	Schenectady - Osit, Bielecki, Gaydusek, Brown
400 Free Relay		4:35.64	20-Mar-94	SCHE AD	Schenectady Swim Club
200 Medley Relay		2:15.28	28-Jan-01	SCHE AD	Schenectady Swim Club
11-12	50 Free	23.19	17-Mar-00	ALBS AD	JULIO R. VIDAL at Adirondack Short Course Champi
	100 Free	51.50	17-Mar-00	ALBS AD	JULIO R. VIDAL at Adirondack Short Course Champi
	200 Free	1:51.56	31-Mar-05	SCHE AD	SHAYNE P. BUCKLEY at Eastern Zone SC Swimming Champ
	500 Free	5:04.38	7-Mar-03	BFIN AD	Ryan Brauer at AD Short Course Championships
	1000 Free	10:39.78	18-Feb-05	SCHE AD	SHAYNE P. BUCKLEY at AD 2005 REGION 1 CHAMPIONSHIPS
	1650 Free	17:35.10	18-Feb-05	SCHE AD	SHAYNE P. BUCKLEY at AD 2005 REGION 1 CHAMPIONSHIPS
	50 Back	26.71	30-Mar-00	ALBS AD	JULIO R. VIDAL at Eastern Zones SC '00
	100 Back	58.53	5-Apr-86	LEAT AD	Jim Wells at Pittsburgh Zones
	200 Back	2:06.66	18-Feb-05	SCHE AD	SHAYNE P. BUCKLEY at AD 2005 REGION 1 CHAMPIONSHIPS
	50 Breast	29.53	4-Apr-98	ALBS AD	Paul Moncrieffe at Gloucester Zones
	100 Breast	1:04.74	4-Apr-98	ALBS AD	Paul Moncrieffe at Gloucester Zones
	200 Breast	2:22.41	18-Feb-05	SCHE AD	SHAYNE P. BUCKLEY at AD 2005 REGION 1 CHAMPIONSHIPS
	50 Fly	26.09	30-Mar-00	SCHE AD	Mike DEROCCO at Eastern Zones SC '00
	100 Fly	58.55	20-Nov-88	GLFY AD	Patrick O'Keeffe at Poughkeepsie
	200 Fly	2:08.30	13-Mar-11	ALBS AD	Miles Smachlo at AD Gold Short Course Championships
	100 IM	58.22	17-Mar-00	ALBS AD	JULIO R. VIDAL at Adirondack Short Course Champi
	200 IM	2:03.45	31-Mar-05	SCHE AD	SHAYNE P. BUCKLEY at Eastern Zone SC Swimming Champ
	400 IM	4:27.66	18-Feb-05	SCHE AD	SHAYNE P. BUCKLEY at AD 2005 REGION 1 CHAMPIONSHIPS
	200 Free Relay	1:45.82	17-Mar-00	SCHE AD	Schenectady Swim Club - M DeRocco, R Manor, C SantaMaria, S Ahern
	400 Free Relay	3:51.88	17-Mar-00	SCHE AD	Schenectady Swim Club - Manor, DeRocco, SantaMaria, Ahern

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11-12	200 Medley Relay	1:56.05	17-Mar-00	SCHE AD	Schenectady
	400 Medley Relay	4:21.19	20-Jan-96	SCHE AD	Schenectady - Liebers, Lin, Osit, Brown
13-14	50 Free	21.91	4-Apr-88	LEAT AD	Jim Wells at Buffalo Zones
	100 Free	47.34	30-Mar-94	SCHE AD	Duane Couture at Princeton Zones
	200 Free	1:45.48	4-Apr-88	LEAT AD	Jim Wells at Buffalo Zones
	500 Free	4:44.06	4-Apr-02	SCHE AD	Rob Manor at Eastern Zones SC '02
	1000 Free	9:50.59	2-Apr-09	ALBS AD	Antonio Lanzi at 2009 Eastern Zone SC Swimming Championships
	1650 Free	16:22.25	4-Apr-02	SCHE AD	Rob Manor at Eastern Zones SC '02
	100 Back	53.73	18-Feb-11	ALBS AD	Ryan D. Gordon at AD 2011 REGION 1 CHAMPIONSHIPS
	200 Back	1:57.72	4-Apr-88	LEAT AD	Jim Wells at Princeton Zones
	100 Breast	1:00.37	29-Mar-07	SCHE AD	Shayne P. Buckley at Eastern Zone SC Swimming Champ
	200 Breast	2:07.57	8-Mar-07	SCHE AD	Shayne P. Buckley at NE 2007 Speedo Champions Serie
	100 Fly	53.21	30-Mar-90	GLFY AD	Patrick O'Keeffe at Orono, Me Zones
	200 Fly	1:57.15	15-Dec-89	GLFY AD	Patrick O'Keeffe at Buffalo-Star
	200 IM	1:57.11	16-Mar-07	SCHE AD	Shayne P. Buckley at AD Gold Short Course Champion
	400 IM	4:06.91	8-Mar-07	SCHE AD	Shayne P. Buckley at NE 2007 Speedo Champions Serie
	200 Free Relay	1:32.50	20-Mar-94	SCHE AD	Schenectady Swim Club - Lin, Reilly, Couture, Snyder
	400 Free Relay	3:21.04	20-Mar-94	SCHE AD	Schenectady - Couture, Lin, Reilly, Snyder
	800 Free Relay	7:37.85	10-Dec-93	SCHE AD	Schenectady - Couture, Lin,Reilly, Snyder
	200 Medley Relay	1:48.08	14-Dec-06	SCHE AD	Schenectady Swim Club T. Nichols, S. Buckley, M. Barno,
	400 Medley Relay	3:45.90	16-Mar-07	SCHE AD	Schenectady Swim Club G. Romanov, S. Buckley, M. Barno, T. Nichols
	15-18	50 Free	21.05	10-Dec-09	ALBS AD
100 Free		45.87	10-Dec-09	ALBS AD	Frankie Dyer at 2009 Speedo Short Course Junior Nationals
200 Free		1:38.38	10-Dec-09	ALBS AD	Frankie Dyer at 2009 Speedo Short Course Junior Nationals
500 Free		4:26.53	10-Dec-09	ALBS AD	Frankie Dyer at 2009 Speedo Short Course Junior Nationals
1000 Free		9:36.13	16-Dec-10	ALBS AD	Antonio Lanzi at 2010 NE GMSC SENIOR CHAMPS
1650 Free		16:01.40	24-Mar-11	ALBS AD	Antonio Lanzi at 2011 North Region Speedo Champions Series
100 Back		51.47	30-Mar-96	CDAC AD	Brian McKenna at Nashville TN
200 Back		1:51.55	30-Mar-89	LEAT AD	Jim Wells at Pensacola FL
100 Breast		56.43	7-Apr-10	GLFY AD	Andrew Guinther at YMCA Nationals
200 Breast		2:03.44	7-Apr-10	GLFY AD	Andrew Guinther at YMCA Nat'l Champs
100 Fly		50.26	15-Mar-02	CLIN AD	Travis KNOP at 2002 AD Short Course Champions
200 Fly		1:50.95	7-Mar-02	CLIN AD	Travis Knop at THE 2002 SPEEDO CHAMPIONS
200 IM		1:53.46	12-Mar-09	SCHE AD	SHAYNE P. BUCKLEY at NE 2009 Speedo Champions Series
400 IM		3:57.77	12-Mar-09	SCHE AD	SHAYNE P. BUCKLEY at NE 2009 Speedo Champions Series
200 Free Relay		1:27.11	16-Mar-01	BFIN AD	Bluefins
400 Free Relay		3:08.47	12-Mar-09	SCHE AD	Schenectady Swim Club J. JOHNSON, S. BUCKLEY, T. Nichols, M. Barno
800 Free Relay		6:55.55	12-Mar-09	SCHE AD	Schenectady Swim Club T. Nichols, S. BUCKLEY, J. JOHNSON, M. Barno
200 Medley Relay		1:41.88	5-Jan-01	BFIN AD	Adirondack Bluefins
400 Medley Relay		3:31.65	12-Feb-10	ALBS AD	Albany Starfish Swim Club F. Dyer, N. Resila, M. Dugan, A. Lanzi
50 Free		20.71	16-Mar-07	SCHE AD	Mike Derocco at AD Gold Short Course Champion
100 Free		45.53	14-Dec-06	SCHE AD	Mike Derocco at NE NSSCDec 14-17, 2006 TT
200 Free		1:38.38	10-Dec-09	ALBS AD	Frankie Dyer at 2009 Speedo Short Course Junior Nationals
500 Free		4:26.53	10-Dec-09	ALBS AD	Frankie Dyer at 2009 Speedo Short Course Junior Nationals
1000 Free		9:36.13	16-Dec-10	ALBS AD	Antonio Lanzi at 2010 NE GMSC SENIOR CHAMPS
1650 Free		16:01.40	24-Mar-11	ALBS AD	Antonio Lanzi at 2011 North Region Speedo Champions Series
100 Back		51.47	30-Mar-96	CDAC AD	Brian McKenna at Nashville TN
200 Back		1:51.55	30-Mar-89	LEAT AD	Jim Wells at Pensacola FL
100 Breast	56.43	7-Apr-10	GLFY AD	Andrew Guinther at YMCA Nationals	

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200 Breast	2:03.44	7-Apr-10	GLFY AD	Andrew Guinther	Spring YMCA Nat'l Championships
100 Fly	49.60	16-Mar-07	SCHE AD	Mike Derocco	at AD Gold Short Course Champion
200 Fly	1:50.95	7-Mar-02	CLIN AD	Travis Knop	at THE 2002 SPEEDO CHAMPIONS
200 IM	1:53.46	12-Mar-09	SCHE AD	SHAYNE P. BUCKLEY	at NE 2009 Speedo Champions Series
400 IM	3:57.77	12-Mar-09	SCHE AD	SHAYNE P. BUCKLEY	at NE 2009 Speedo Champions Series
200 Free Relay	1:26.91	20-Mar-09	ALBS AD	Albany Starfish Swim Club	
400 Free Relay	3:08.47	12-Mar-09	SCHE AD	Schenectady Swim Club	J. JOHNSON, S. BUCKLEY, T. Nichols, M. Barno
800 Free Relay	6:55.55	12-Mar-09	SCHE AD	Schenectady Swim Club	T. Nichols, S. BUCKLEY, J. JOHNSON, M. Barno
200 Medley Relay	1:38.81	24-Mar-11	ALBS AD	Albany Starfish Swim Club	R. Gordon, A. Lanzi, H. Smachlo, F. DeMaria
400 Medley Relay	3:31.65	12-Feb-10	ALBS AD	Albany Starfish Swim Club	F. Dyer, N. Resila, M. Dugan, A. Lanzi