

**RECORDS AD LC District**

**LC Meters-Women**

8 & U	50 Free	34.58	<b>30-Jul-92</b>	CLIN- AD	Laura Tyler
	100 Free	1:18.43	<b>23-Jul-16</b>	TRIBS- AD	Gretchen Braun
	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	28.98	<b>20-Jul-18</b>	SCHE- AD	Jenna Hart at 2018 Adirondack Long Course Championships
	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	32.74	<b>28-Jul-17</b>	EELS- AD	Abigail P. Nelson at 2017 Adirondack Long Course Championships
	100 Back	1:10.67	<b>19-Jul-13</b>	ALBS- AD	Yunfan Dong at 2013 Adirondack Long Course Di
	200 Back	2:34.08	<b>24-Jul-15</b>	DELM- AD	Sydney Sorbello at LC District Champs
	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	2:36.81	<b>20-Jul-12</b>	SCHE- AD	Bailey C. Smith at 2012 Adirondack Long Course Di
	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	2:17.41	<b>20-Jul-12</b>	ALBS- AD	K. Paige, C. Lau, L. Serotta, M. Wyngowski
	13-14	50 Free	27.65	<b>24-Jul-15</b>	SCHE- AD
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		1:09.21	<b>20-Jul-18</b>	SCHE- AD	Alayna G. Gray at 2018 Adirondack Long Course Championships
200 Back		2:19.89	<b>22-Jul-16</b>	SCHE- AD	Mattie Williams at 2016 Adirondack Long Course Championships
100 Breast		1:14.08	<b>13-May-06</b>	ITAC- NI	Lindsey Norberg at Colgate May Meet
200 Breast		2:43.40	<b>6-Jul-13</b>	SCHE- AD	Miranda A. Bacon at Sharks Summer Invite
100 Fly		1:05.56	<b>7-Jul-95</b>	SCHE- AD	Lauren Donohue

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13-14	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 Champions
	400 IM	5:10.84	<b>22-Jul-16</b>	SCHE- AD	Mattie Williams at 2016 Adirondack Long Course Championships
	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	4:11.83	<b>19-Jul-13</b>	ALBS- AD	Albany Starfish Swim Club S. Herbold, C. Stansbury, E. McElrath
	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	Richelee 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	1:04.33	<b>20-Jul-12</b>	SCHE- AD	Katie Rowe at 2012 Adirondack Long Course Di
	200 Back	2:17.20	<b>20-Jul-12</b>	SCHE- AD	Katie Rowe at 2012 Adirondack Long Course Di
	100 Breast	1:12.88	<b>20-Jul-12</b>	SCHE- AD	Amy L. Bopp at 2012 Adirondack Long Course Di
	200 Breast	2:37.42	<b>28-Jul-17</b>	SCHE- AD	Maggie Wyngowski at 2017 Adirondack Long Course Championships
	100 Fly	1:01.49	<b>7-Jul-96</b>	CDAC- AD	Richelle Depold
	200 Fly	2:15.24	<b>5-Jul-19</b>	UN- NI	Megan G. Deuel at 2019 Sharks Summer Invite
	200 IM	2:21.33	<b>28-Jul-17</b>	SCHE- AD	Maggie Wyngowski at 2017 Adirondack Long Course Championships
	400 IM	5:01.75	<b>20-Jul-18</b>	SCHE- AD	Maggie Wyngowski at 2018 Adirondack Long Course Championships
	200 Free Relay	1:54.43	<b>20-Jul-12</b>	ALBS- AD	K. Zhou, K. Gao, E. Terwilliger, 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
	50 Free	27.26	<b>8-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 AD LC Championships
	1500 Free	17:32.54	<b>7-Jul-94</b>	OMNI- MR	Danielle Mailloux
	100 Back	1:04.07	<b>24-Jul-15</b>	SCHE- AD	Yunfan Dong at 2015 Adirondack Long Course Di
	200 Back	2:17.20	<b>20-Jul-12</b>	SCHE- AD	Katie Rowe at 2012 Adirondack Long Course Di
	100 Breast	1:10.61	<b>22-Jul-11</b>	UN- AD	Briana L. Borgolini at 2011 Adirondack Long Course District Champion
	200 Breast	2:33.54	<b>22-Jul-11</b>	UN- AD	Briana L. Borgolini at 2011 Adirondack Long Course District Champion
	100 Fly	1:01.49	<b>7-Jul-96</b>	CDAC- AD	Richelle Depold
	200 Fly	2:18.29	<b>22-Jul-16</b>	SCHE- AD	Katie Rowe at 2016 Adirondack Long Course Championships
	200 IM	2:21.33	<b>28-Jul-17</b>	SCHE- AD	Maggie Wyngowski at 2017 Adirondack Long Course Championships
	400 IM	4:59.01	<b>24-Jul-15</b>	SCHE- AD	Katie Rowe at 2015 Adirondack Long Course Di
	200 Free Relay	1:52.73	<b>22-Jul-16</b>	SCHE- AD	Schenectady Swim Club- Y. Dong, K. Cahill, A. Vitolins
	400 Free Relay	4:01.70	<b>30-Jul-98</b>	SHAK- NI	SHAK
	400 Medley Relay	4:35.51	<b>22-Jul-11</b>	SCHE- AD	Schenectady Swim Club K. Rowe, A. Bopp, M. Jordan, K. Ludeke

**RECORDS AD LC District**

**LC Meters-Men**

8 & U	50 Free	34.89	<b>28-Jul-17</b>	SCHE- AD	Anderson Baird at 2017 Adirondack Long Course Championships	
	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	40.65	<b>31-May-14</b>	DELM- AD	Brayden Henkel	
	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 Zumbach	
	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	2:23.31	<b>20-Jul-12</b>	ALBS- AD	Albany Starfish Swim Club	G. Hvizdos, B. Liu, M. Lipkin, S. Ward
	400 Free Relay	5:13.22	<b>20-Jul-12</b>	ALBS- AD	Albany Starfish Swim Club	G. Hvizdos, M. Lipkin, B. Liu, S. Ward
	200 Medley Relay	2:40.24	<b>20-Jul-12</b>	ALBS- AD	Albany Starfish Swim Club	S. Ward, G. Hvizdos, M. Lipkin, B. Liu
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	2:29.88	<b>26-Jul-19</b>	SCHE- AD	Tucker Durr at 2019 Adirondack Long Course Championships	
	50 Breast	32.81	<b>1-Jul-92</b>	WILT- CT	Anthony Robinson	
	100 Breast	1:14.44	<b>20-Jul-18</b>	ALBS- AD	Brayden Henkel at 2018 Adirondack Long Course Championships	
	200 Breast	2:49.69	<b>20-Jul-18</b>	ALBS- AD	Brayden Henkel at 2018 Adirondack Long Course Championships	
	50 Fly	29.91	<b>30-Jul-00</b>	SCHE- AD	Mike DeRocco	
	100 Fly	1:05.28	<b>30-Jul-21</b>	USAM- AD	Christian V. Jerome at Hawks Summer Invitational 2021	
	200 Fly	2:29.54	<b>23-Jul-10</b>	ALBS- AD	Miles Smachlo at 2010 Adirondack LC Champs	
	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	55.35	<b>20-Jul-18</b>	GLFY- AD	David A. Walton at 2018 Adirondack Long Course Championships	
	200 Free	2:02.01	<b>28-Jul-17</b>	ALBS- AD	Bryce R. Henkel at 2017 Adirondack Long Course Championships	
	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	1:10.33	<b>26-Jul-19</b>	CPP- AD	Brayden Henkel at 2019 Adirondack Long Course Championships	
	200 Breast	2:37.69	<b>26-Jul-02</b>	CLIN- AD	BOJAN JOVANOVIC at Adirondack Long Course Distric	
	100 Fly	1:01.38	<b>18-Jul-14</b>	SCHE- AD	Zac Zwijacz at 2014 Adirondack Long Course Di	

**RECORDS AD LC District**

13-14	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 District
	400 IM	4:52.08	<b>28-Jul-06</b>	SCHE- AD	Shayne P. Buckley at Adirondack Long Course District
	200 Free Relay	1:47.63	<b>22-Jul-16</b>	ALBS- AD	Albany Starfish Swim Club , S. Ward, B. Henkel, B. Liu
	400 Free Relay	3:51.93	<b>22-Jul-16</b>	ALBS- AD	Albany Starfish Swim Club B. Liu, B. Henkel, S. Ward
	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	52.34	<b>22-Jul-16</b>	SCHE- AD	Miles Smachlo at 2016 Adirondack Long Course Championships
	200 Free	1:54.29	<b>22-Jul-16</b>	SCHE- AD	Miles Smachlo at 2016 Adirondack Long Course Championships
	400 Free	4:05.56	<b>24-Jul-15</b>	ALBS- AD	Miles Smachlo at 2015 Adirondack Long Course Di
	800 Free	8:39.68	<b>13-May-06</b>	PACK- NI	Nathan A. French at Colgate May Meet
	1500 Free	16:55.68	<b>22-Jul-16</b>	SCHE- AD	Jesse Haraden at 2016 Adirondack Long Course Championships
	100 Back	58.98	<b>19-Jul-13</b>	ALBS- AD	Ryan D. Gordon at 2013 Adirondack Long Course Di
	200 Back	2:09.11	<b>28-Jul-17</b>	HAWK- AD	Seamus Trzewik-Quinn at 2017 Adirondack Long Course Championships
	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	55.90	<b>28-Jul-17</b>	SCHE- AD	Zac Zwijacz at 2017 Adirondack Long Course Championships
	200 Fly	2:06.16	<b>22-Jul-16</b>	SCHE- AD	Miles Smachlo at 2016 Adirondack Long Course Championships
	200 IM	2:10.43	<b>19-Jul-13</b>	ALBS- AD	Ryan D. Gordon at 2013 Adirondack Long Course Di
	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	3:39.31	<b>24-Jul-09</b>	ALBS- AD	F. DeMaria, M. Dugan, A. Lanzi, F. Dyer
	400 Medley Relay	4:09.14	<b>10-Jul-92</b>	MARS- MR	Marist Swim Club
	50 Free	23.54	<b>22-Jul-11</b>	COLG- AD	Derick C. Roe at 2011 Adirondack Long Course District Champion
	100 Free	52.34	<b>22-Jul-16</b>	SCHE- AD	Miles Smachlo at 2016 Adirondack Long Course Championships
	200 Free	1:54.29	<b>22-Jul-16</b>	SCHE- AD	Miles Smachlo at 2016 Adirondack Long Course Championships
	400 Free	4:05.56	<b>24-Jul-15</b>	ALBS- AD	Miles Smachlo at 2015 Adirondack Long Course Di
	800 Free	8:39.68	<b>13-May-06</b>	PACK- NI	Nathan French at New Hartford Colgate Invite
	1500 Free	16:55.68	<b>22-Jul-16</b>	SCHE- AD	Jesse Haraden at 2016 Adirondack Long Course Championships
	100 Back	58.98	<b>19-Jul-13</b>	ALBS- AD	Ryan D. Gordon at 2013 Adirondack Long Course Di
	200 Back	2:08.93	<b>20-Jul-18</b>	SCHE- AD	Joey Homan at 2018 Adirondack Long Course Championships
	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	55.90	<b>22-Jul-11</b>	SCHE- AD	Zac Zwijacz at 2017 Adirondack Long Course Championship
	200 Fly	2:02.75	<b>22-Jul-11</b>	UN- AD	Thomas B. Glenn at 2011 Adirondack Long Course District Champion
	200 IM	2:10.43	<b>19-Jul-13</b>	ALBS- AD	Ryan D. Gordon at 2013 Adirondack Long Course Di
	400 IM	4:39.16	<b>7-Jul-94</b>	SYRC- NI	Jeff Henderson
	200 Free Relay	1:39.58	<b>19-Jul-13</b>	ALBS- AD	Albany Starfish Swim Club R. Gordon, R. Zyniecki, N. Hooper, M. Dugan
	400 Free Relay	3:38.59	<b>1-Jan-00</b>	BFIN- AD	ADIRONDACK BLUEFINS
	400 Medley Relay	4:00.00	<b>19-Jul-13</b>	ALBS- AD	Albany Starfish Swim Club R. Gordon, R. Zyniecki, M. Dugan, N. Hooper