

RECORDS AD LC District

LC Meters-Women

8 & U	50 Free	34.58	30-Jul-92	CLIN- AD	Laura Tyler
	100 Free	1:18.43	23-Jul-16	TRIBS- AD	Gretchen Braun
	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
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		1:10.67	19-Jul-13	ALBS- AD	Yunfan Dong at 2013 Adirondack Long Course Di
200 Back		2:34.08	24-Jul-15	DELM- AD	Sydney Sorbello at LC District Champs
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		2:36.81	20-Jul-12	SCHE- AD	Bailey C. Smith at 2012 Adirondack Long Course Di
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		2:17.41	20-Jul-12	ALBS- AD	K. Paige, C. Lau, L. Serotta, M. Wyngowski
13-14		50 Free	27.65	24-Jul-15	SCHE- 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	10:36.21	24-Jul-15	SCHE- AD	Yunfan Dong at 2015AD LC Championships
	200 Back	2:19.89	22-Jul-16	SCHE- AD	Mattie Williams at 2016 Adirondack Long Course Championships
	100 Breast	1:14.08	13-May-06	ITAC- NI	Lindsey Norberg at Colgate May Meet
	200 Breast	2:43.40	6-Jul-13	SCHE- AD	Miranda A. Bacon at Sharks Summer Invite
	100 Fly	1:05.56	7-Jul-95	SCHE- AD	Lauren Donohue

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13-14	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	5:10.84	22-Jul-16	SCHE- AD	Mattie Williams at 2016 Adirondack Long Course Championships
	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	4:11.83	19-Jul-13	ALBS- AD	Albany Starfish Swim Club S. Herbold, C. Stansbury, E. McElrath
	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	Richelee 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	1:04.33	20-Jul-12	SCHE- AD	Katie Rowe at 2012 Adirondack Long Course Di
	200 Back	2:17.20	20-Jul-12	SCHE- AD	Katie Rowe at 2012 Adirondack Long Course Di
	100 Breast	1:12.88	20-Jul-12	SCHE- AD	Amy L. Bopp at 2012 Adirondack Long Course Di
	200 Breast	2:38.43	20-Jul-12	SCHE- AD	Amy L. Bopp at 2012 Adirondack Long Course Di
	100 Fly	1:01.49	7-Jul-96	CDAC- AD	Richelle Depold
	200 Fly	2:18.76	20-Jul-12	SCHE- AD	Amy L. Bopp at 2012 Adirondack Long Course Di
	200 IM	2:22.40	20-Jul-12	SCHE- AD	Katie Rowe at 2012 Adirondack Long Course Di
	400 IM	5:03.57	20-Jul-12	SCHE- AD	Katie Rowe at 2012 Adirondack Long Course Di
	200 Free Relay	1:54.43	20-Jul-12	ALBS- AD	K. Zhou, K. Gao, E. Terwilliger, O. Samson
	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	8-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 AD LC Championships
	1500 Free	17:32.54	7-Jul-94	OMNI- MR	Danielle Mailloux
	100 Back	1:04.07	24-Jul-15	SCHE- AD	Yunfan Dong at 2015 Adirondack Long Course Di
	200 Back	2:17.20	20-Jul-12	SCHE- AD	Katie Rowe at 2012 Adirondack Long Course Di
	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	2:18.29	22-Jul-16	SCHE- AD	Katie Rowe at 2016 Adirondack Long Course Championships
	200 IM	2:21.40	18-Jul-14	SCHE- AD	Katie Rowe at 2015 Adirondack LC Champs
	400 IM	4:59.01	24-Jul-15	SCHE- AD	Katie Rowe at 2015 Adirondack Long Course Di
	200 Free Relay	1:52.73	22-Jul-16	SCHE- AD	Schenectady Swim Club Y. Dong, K. Cahill, A. Vitolins
	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

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	40.65	31-May-14	DELM- AD	Brayden Henkel		
	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	2:23.31	20-Jul-12	ALBS- AD	Albany Starfish Swim Club	G. Hvizdos, B. Liu, M. Lipkin, S. Ward	
	400 Free Relay	5:13.22	20-Jul-12	ALBS- AD	Albany Starfish Swim Club	G. Hvizdos, M. Lipkin, B. Liu, S. Ward	
	200 Medley Relay	2:40.24	20-Jul-12	ALBS- AD	Albany Starfish Swim Club	S. Ward, G. Hvizdos, M. Lipkin, B. Liu	
	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		2:30.58	20-Jul-12	DELM- AD	Connor Doyle at 2012 Adirondack Long Course Di		
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		1:06.58	18-Jul-14	CPP- AD	Jackson T. Homan at 2014 Adirondack Long Course Di		
200 Fly		2:29.54	23-Jul-10	ALBS- AD	Miles Smachlo at 2010 Adirondack LC Champs		
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		
	100 Fly	1:01.38	18-Jul-14	SCHE- AD	Zac Zwijacz at 2014 Adirondack Long Course Di		

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13-14	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	1:47.63	22-Jul-16	ALBS- AD	Albany Starfish Swim Club , S. Ward, B. Henkel, B. Liu
	400 Free Relay	3:51.93	22-Jul-16	ALBS- AD	Albany Starfish Swim Club B. Liu, B. Henkel, S. Ward
	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	52.34	22-Jul-16	SCHE- AD	Miles Smachlo at 2016 Adirondack Long Course Championships
	200 Free	1:54.29	22-Jul-16	SCHE- AD	Miles Smachlo at 2016 Adirondack Long Course Championships
	400 Free	4:05.56	24-Jul-15	ALBS- AD	Miles Smachlo at 2015 Adirondack Long Course Di
	800 Free	8:39.68	13-May-06	PACK- NI	Nathan A. French at Colgate May Meet
	1500 Free	16:55.68	22-Jul-16	SCHE- AD	Jesse Haraden at 2016 Adirondack Long Course Championships
	100 Back	58.98	19-Jul-13	ALBS- AD	Ryan D. Gordon at 2013 Adirondack Long Course Di
	200 Back	2:09.85	19-Jul-13	ALBS- AD	Ryan D. Gordon at 2013 Adirondack LC Champs
	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	57.18	1-Jul-16	UNAD- AD	Miles Smachlo At 2016 Sharks Summer Invitational
	200 Fly	2:06.16	22-Jul-16	SCHE- AD	Miles Smachlo at 2016 Adirondack Long Course Championships
	200 IM	2:10.43	19-Jul-13	ALBS- AD	Ryan D. Gordon at 2013 Adirondack Long Course Di
	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	3:39.31	24-Jul-09	ALBS- AD	F. DeMaria, M. Dugan, A. Lanzi, F. Dyer
	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	52.34	22-Jul-16	SCHE- AD	Miles Smachlo at 2016 Adirondack Long Course Championships
	200 Free	1:54.29	22-Jul-16	SCHE- AD	Miles Smachlo at 2016 Adirondack Long Course Championships
	400 Free	4:05.56	24-Jul-15	ALBS- AD	Miles Smachlo at 2015 Adirondack Long Course Di
	800 Free	8:39.68	13-May-06	PACK- NI	Nathan French at New Hartford Colgate Invite
	1500 Free	16:55.68	22-Jul-16	SCHE- AD	Jesse Haraden at 2016 Adirondack Long Course Championships
	100 Back	58.98	19-Jul-13	ALBS- AD	Ryan D. Gordon at 2013 Adirondack Long Course Di
	200 Back	2:09.90	22-Jul-16	HAWK- AD	Seamus Trzewik-Quinn at 2016 Adirondack Long Course Championships
	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	2:10.43	19-Jul-13	ALBS- AD	Ryan D. Gordon at 2013 Adirondack Long Course Di
	400 IM	4:39.16	7-Jul-94	SYRC- NI	Jeff Henderson
	200 Free Relay	1:39.58	19-Jul-13	ALBS- AD	Albany Starfish Swim Club R. Gordon, R. Zyniecki, N. Hooper, M. Dugan
	400 Free Relay	3:38.59	1-Jan-00	BFIN- AD	ADIRONDACK BLUEFINS
400 Medley Relay	4:00.00	19-Jul-13	ALBS- AD	Albany Starfish Swim Club R. Gordon, R. Zyniecki, M. Dugan, N. Hooper	