
RECORDS AD LC District
LC Meters-Female

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	28.98	20-Jul-18	SCHE- AD	Jenna Hart at 2018 Adirondack Long Course Championships
	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	32.74	28-Jul-17	EELS- AD	Abigail P. Nelson at 2017 Adirondack Long Course Championships
	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		1:09.21	20-Jul-18	SCHE- AD	Alayna G. Gray at 2018 Adirondack Long Course 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		2:39.59	20-Jul-23	SCHE- AD	Sophia Gao at 2023 Adirondack Long Course Championships
100 Fly		1:05.56	7-Jul-95	SCHE- AD	Lauren Donohue

RECORDS AD LC District

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	27.15	18-Jul-24	NTS- AD	Gretchen Braun at 2024 Adirondack Long Course Championships	
	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	1:03.99	18-Jul-24	NTS- AD	Gretchen Braun at 2024 Adirondack Long Course Championships	
	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	2:37.38	18-Jul-24	SCHE- AD	Sophia Gao at 2024 Adirondack Long Course Championships	
	100 Fly	1:01.49	7-Jul-96	CDAC- AD	Richelle Depold	
	200 Fly	2:15.24	5-Jul-19	UN- NI	Megan G. Deuel at 2019 Sharks Summer Invite	
	200 IM	2:21.33	28-Jul-17	SCHE- AD	Maggie Wyngowski at 2017 Adirondack Long Course Championships	
	400 IM	5:01.75	20-Jul-18	SCHE- AD	Maggie Wyngowski at 2018 Adirondack Long Course Championships	
	200 Free Relay	1:54.40	20-Jul-25	SCHE- AD	Sharks Swim Club - Blaum, Kenney, Stark, Gao	
	400 Free Relay	4:01.70	30-Jul-98	SHAK- NI	SHAK	
	400 Medley Relay	4:30.76	20-Jul-25	SCHE- AD	Sharks Swim Club - O'Brien, Goodspeed, Ricard, Kenney	
	Open	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		2:21.33	28-Jul-17	SCHE- AD	Maggie Wyngowski at 2017 Adirondack Long Course Championships	
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	Schenctady Swim Club- Y. Dong, K. Cahill, A. Vitolins	
400 Free Relay		4:01.70	30-Jul-98	SHAK- NI	SHAK	
400 Medley Relay		4:30.76	20-Jul-25	SCHE- AD	Sharks Swim Club - O'Brien, Goodspeed, Ricard, Kenney	

RECORDS AD LC District

LC Meters-Male

8 & U	50 Free	34.89	28-Jul-17	SCHE- AD	Anderson Baird at 2017 Adirondack Long Course Championships	
	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 Zumback	
	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	2:29.88	26-Jul-19	SCHE- AD	Tucker Durr at 2019 Adirondack Long Course Championships	
	50 Breast	32.81	1-Jul-92	WILT- CT	Anthony Robinson	
	100 Breast	1:14.44	20-Jul-18	ALBS- AD	Brayden Henkel at 2018 Adirondack Long Course Championships	
	200 Breast	2:49.69	20-Jul-18	ALBS- AD	Brayden Henkel at 2018 Adirondack Long Course Championships	
	50 Fly	29.91	30-Jul-00	SCHE- AD	Mike DeRocco	
	100 Fly	1:05.28	30-Jul-21	USAM- AD	Christian V. Jerome at Hawks Summer Invitational 2021	
	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	55.35	20-Jul-18	GLFY- AD	David A. Walton at 2018 Adirondack Long Course Championships	
	200 Free	2:02.01	28-Jul-17	ALBS- AD	Bryce R. Henkel at 2017 Adirondack Long Course Championships	
	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	1:10.33	26-Jul-19	CPP- AD	Brayden Henkel at 2019 Adirondack Long Course Championships	
	200 Breast	2:28.60	17-Jul-25	DELM- AD	William Keating at 2025 Adirondack Long Course Championships	
	100 Fly	58.83	7-Jul-23	USAM- AD	Christian V. Jerome at Hawks Summer Invitational 2023	

RECORDS AD LC District

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 District	
	400 IM	4:52.08	28-Jul-06	SCHE- AD	Shayne P. Buckley at Adirondack Long Course District	
	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	4:20.73	20-Jul-25	USAM- AD	USAM - J,Jerome, K. Mowry, J. Gerace, K. Mowry	
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	16:41.17	18-Jul-24	BFIN- AD	Finnegan McFarland at 2024 Adirondack Long Course Championships	
	100 Back	58.98	19-Jul-13	ALBS- AD	Ryan D. Gordon at 2013 Adirondack Long Course Di	
	200 Back	2:09.11	28-Jul-17	HAWK- AD	Seamus Trzewik-Quinn at 2017 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	55.90	28-Jul-17	SCHE- AD	Zac Zwijacz at 2017 Adirondack Long Course Championships	
	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	4:33.61	18-Jul-24	SCHE- AD	Quinn Nelson at 2024 Adirondack Long Course Championships	
	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	
	Open	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		16:55.23	20-Jul-23	SCHE- AD	Phil Bianco at 2023 Adirondack Long Course Championships	
100 Back		58.98	19-Jul-13	ALBS- AD	Ryan D. Gordon at 2013 Adirondack Long Course Di	
200 Back		2:08.93	20-Jul-18	SCHE- AD	Joey Homan at 2018 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		55.90	22-Jul-11	SCHE- AD	Zac Zwijacz at 2017 Adirondack Long Course Championship	
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	