

Individual Records

AGE GROUP	DATE	TIME	NAME	EVENT	NAME	TIME	DATE
18-24	8/15-18/2002	28.30	Meredith Stakem	50 Free	Rob Butcher	25.10	8/2/1997
	8/15-18/2002	1:06.67 s	Meredith Stakem	100 Free	Jeff Strahota	1:00.43	8/22-25/2004
	8/15-18/2002	2:21.20	Meredith Stakem	200 Free	Jeff Strahota	2:17.95	7/31/2004
	7/?/1993	6:36.02	Mollie McGroarty	400 Free	Jeff Strahota	4:54.89	7/31/2004
	7/1/2001	13:03.74	Anna Ratliff	800 Free	Jeff Strahota	10:47.26 s	7/11/2004
				1500 Free	Jeff Strahota	20:08.57	7/11/2004
	8/16-19/2001	33.79	Meredith Stakem	50 Back	John Diehl	33.33	8/20-23/1998
				100 Back	Jeff Strahota	1:11.86	8/22-25/2004
				200 Back	Jeff Strahota	2:43.11	7/26/2004
	7/8/2006	38.79	Inbal Levavi	50 Breast	Ken Myers	38.42	8/25-28/1994
	8/5-9/2003	1:12.76	Jill Martin	100 Breast	Rob Butcher	1:10.40	8/2/1997
	8/5-9/2003	2:38.43	Jill Martin	200 Breast	Ken Myers	3:05.93	8/25-28/1994
	6/20/2005	40.07	Adrienne Pica	50 Fly	John Diehl	28.82	8/20-23/1998
				100 Fly	John Diehl	1:07.86	8/22-25/1996
				200 Fly			
				200 IM	Jeff Strahota	2:43.01	7/26/2004
				400 IM			

AGE GROUP	DATE	TIME	NAME	EVENT	NAME	TIME	DATE
25-29	7/10-13/2003	26.67	Petra Adamkova	50 Free	Rob Butcher	24:41	8/14-18/1997
	8/4-10/2006	1:02.36	Mollie Grover	100 Free	Matt Haupt	54.14	6/20/2005
	8/4-10/2006	2:16.53	Mollie Grover	200 Free	Jeff Strahota	2:07.49	8/6-10/2009
	8/25-28/1994	4:42.99	Jane Kleine	400 Free	Jeff Strahota	4:34.19	8/6-10/2009
	8/25-28/1994	9:46.31	Jane Kleine	800 Free	Jeff Strahota	9:59.37	6/16-17/2007
	7/2/1995	23:38.58	Mollie McGroarty	1500 Free	Emad Elshafei	18:32.47	6/27/1993
	8/6-10/2009	33.89	Mollie Grover	50 Back	Emad Elshafei	30.57	?/1994
	8/4-10/2006	1:11.74	Mollie Grover	100 Back	Emad Elshafei	1:03.11	8/25-28/1994
	8/6-10/2009	2:32.76	Mollie Grover	200 Back	Emad Elshafei	2:18.70	8/25-28/1994
	8/27-28/2005	33.60	Petra Martin	50 Breast	Rob Butcher	29.37	8/14-18/1997
	7/10-13/2003	1:17.49	Petra Adamkova	100 Breast	Rob Butcher	1:05.76	8/14-18/1997
	6/18/1994	3:43.95	Mollie McGroarty	200 Breast	Rob Butcher	2:26.38	8/14-18/1997
	8/26-27/2006	32.61	Mollie Grover	50 Fly	Chris Benedick	29.03	8/17-20/2000
	7/23/2006	1:17.90	Meredith Stakem	100 Fly	Matt Haupt	56.11	6/20/2005
	8/26-27/2006	2:59.01	Meredith Stakem	200 Fly	Matt Haupt	2:07.54	6/20/2005
	8/26-27/2006	2:50.42	Courtney Busch	200 IM	Emad Elshafei	2:19.17	8/25-28/1994
				400 IM	Emad Elshafei	4:58.29	8/25-28/1994

Note: Petra Adamkova's time of 26.67 in the 50 Free in 2003 set a National Record.

Note: Petra Martin's time of 33.60 in the 50 Breast in 2005 set a National Record.

AGE GROUP	DATE	TIME	NAME	EVENT	NAME	TIME	DATE
30-34	8/14-18/1997	29.51	Jane Kleine	50 Free	Mike Doane	26.15	8/13-17/2003
	8/14-18/1997	1:03.77	Jane Kleine	100 Free	Michael Lee	57.93	5/4-5/2002
	8/14-18/1997	2:15.94	Jane Kleine	200 Free	Michael Lee	2:15.00	5/4-5/2002
	8/22-25/1996	4:44.06	Jane Kleine	400 Free	Chris Benedick	4:56.44	8/4/2002
	8/20-23/1998	9:35.95	Jane Kleine	800 Free	Emad Elshafei	10:18.69	6/27/1999
				1500 Free	Michael Lee	20:57:67	6/27/1999
	8/25-28/1994	46.49	Debbie Morrin	50 Back	Emad Elshafei	30.67	8/17-20/2000
	?/?/1995	1:35.51	Debbie Morrin	100 Back	Emad Elshafei	1:05.04	8/17-20/2000
	8/14-18/1997	3:32.62	Debbie Morrin	200 Back	Emad Elshafei	2:24.46	8/17-20/2000
	8/22-25/1996	44.50	Debbie Morrin	50 Breast	Michael Goodison	34.38	7/23/2005
	8/2/1997	1:27.46	Jane West	100 Breast	Michael Goodison	1:24.03	7/26/2004
	?/?/1995	3:29.49	Debbie Morrin	200 Breast	Michael Goodison	3:00.15	7/23/2005
				50 Fly	Michael Goodison	28.84	7/30/2006
				100 Fly	Michael Goodison	1:09.29	7/30/2006
				200 Fly	Emad Elshafei	2:26.90	7/30/2000
	8/11/1996	2:42.69	Jane West	200 IM	Emad Elshafei	2:25.82	8/17-20/2000
				400 IM	Emad Elshafei	5:11.88	8/17-20/2000

AGE GROUP	DATE	TIME	NAME	EVENT	NAME	TIME	DATE
35-39	8/16-19/2001	30.10	Jane West	50 Free	Craig Dewing	26.64	7/8/2006
	7/30/2000	1:07.45 s	Jane West	100 Free	Michael Lee	58.05 R	8/26-27/2006
	7/30/2000	2:20.75	Jane West	200 Free	Michael Lee	2:12.26	8/26-27/2006
	7/30/2000	4:49.18	Jane West	400 Free	Emad Elshafei	4:47.27	7/26/2004
	8/16-19/2001	9:56.35	Jane West	800 Free	Emad Elshafei	10:01.17	7/11/2004
				1500 Free	Eric Nordlund	20:10.17	7/1/2001
	8/17-20/2000	39.96	Donna Elshafei	50 Back	Emad Elshafei	30.42	8/4/2002
	8/17-20/2000	1:28.41	Donna Elshafei	100 Back	Emad Elshafei	1:03.80	8/13-17/2003
	8/17-20/2000	3:12.33	Donna Elshafei	200 Back	Emad Elshafei	2:21.19	8/13-17/2003
	8/20-23/1998	44.49	Debbie Morrin	50 Breast	Michael Doane	35.01	6/21/2009
	8/20-23/1998	1:37.90	Debbie Morrin	100 Breast	Emad Elshafei	1:16.95	8/30/2004
	7/25/1999	3:34.90	Debbie Morrin	200 Breast	Emad Elshafei	2:52.40	8/30/2004
	8/19-23/1999	52.45 s	Debbie Morrin	50 Fly	Michael Doane	28.81	6/21/2009
	8/19-23/1999	1:55.21 s	Debbie Morrin	100 Fly	Emad Elshafei	1:05.63	7/23/2005
				200 Fly	Emad Elshafei	2:33.81	7/29/2001
	7/30/2000	2:54.66	Jane West	200 IM	Emad Elshafei	2:21.40	8/13-17/2003
	8/19-23/1999	7:40.09	Debbie Morrin	400 IM	Emad Elshafei	5:04.02	8/13-17/2003

AGE GROUP	DATE	TIME	NAME	EVENT	NAME	TIME	DATE
40-44	8/30/2004	36.12	Donna Elshafei	50 Free	Andy Ellis	28.24	6/26-27/2009
	7/19/2009	1:09.53	Gretchen Ekstrom	100 Free	Andy Ellis	59.76	8/23-24/2008
	7/19/2009	2:30.59	Gretchen Ekstrom	200 Free	Emad Elshafei	2:12.39 R	8/26-27/2006
	7/19/2009	5:17.38	Gretchen Ekstrom	400 Free	Emad Elshafei	4:47.25	8/26-27/2006
				800 Free	Curt Reynolds	10:55.48 s	7/11/2004
				1500 Free	Curt Reynolds	20:41.80	7/11/2004
	8/30/2004	40.55	Donna Elshafei	50 Back	Emad Elshafei	30.84	8/4-10/2006
	7/22/2007	1:28.68	Cassandra Carmichael	100 Back	Emad Elshafei	1:04.27	8/4-10/2006
	7/19/2009	3:03.15	Gretchen Ekstrom	200 Back	Emad Elshafei	2:23.00	8/4-10/2006
	7/30/2006	46.92	Donna Elshafei	50 Breast	Emad Elshafei	35.14	7/23/2006
	8/26/2006	1:44.32	Donna Elshafei	100 Breast	Emad Elshafei	1:18.19	7/23/2006
	7/20/2003	3:52:19	Debbie Morrin-Nordlund	200 Breast	Emad Elshafei	2:50.29	7/30/2006
	6/21/2009	36.47	Gretchen Ekstrom	50 Fly	Emad Elshafei	29.03	7/30/2006
				100 Fly	Emad Elshafei	1:05.00	7/30/2006
				200 Fly	Emad Elshafei	2:27.13	8/4-10/2006
	7/22/2007	3:08.14	Cassandra Carmichael	200 IM	Emad Elshafei	2:25.76	7/30/2006
				400 IM	Emad Elshafei	5:11.82	8/4-10/2006

AGE GROUP	DATE	TIME	NAME	EVENT	NAME	TIME	DATE
45-49	8/26-27/2006	29.47	Carolyn Voorhees	50 Free	Curt Reynolds	27.84	8/6/2005
	8/11/1996	1:22:66	Myriam Pero	100 Free	Curt Reynolds	1:02.76	8/ 27-28/2005
				200 Free	Curt Reynolds	2:20.82	8/ 27-28/2005
	8/11/1996	6:31:57	Myriam Pero	400 Free	Curt Reynolds	4:50.55	8/18-19/2007
	8/11/1996	13:23:60	Myriam Pero	800 Free	Curt Reynolds	10:10.11	8/18-19/2007
	7/1/2001	24:22:67	Cheryl Wagner	1500 Free	Curt Reynolds	19:39.64	7/9/2006
	7/19/2009	54.34	Debbie Morrin-Nordlund	50 Back	Curt Reynolds	32.49	6/20/2005
	6/21/2009	1:56.93	Debbie Morrin-Nordlund	100 Back	Curt Reynolds	1:11.30	6/20/2005
				200 Back	Curt Reynolds	2:41.99	8/ 27-28/2005
	7/19/2009	53.40	Debbie Morrin-Nordlund	50 Breast	Curt Reynolds	36.15	8/6/2005
	8/15/2009	1:48.92	Debbie Morrin-Nordlund	100 Breast	Curt Reynolds	1:21.36	8/ 27-28/2005
	8/15/2009	4:18.31	Debbie Morrin-Nordlund	200 Breast	Eric Nordlund	4:08.83	8/15/2009
	7/8/2006	33.29	Carolyn Voorhees	50 Fly	Curt Reynolds	29.00	8/6/2005
				100 Fly	Curt Reynolds	1:06.82	7/8/2006
				200 Fly			
				200 IM	Curt Reynolds	2:33.21	6/20/2005
				400 IM	Curt Reynolds	5:50.41	8/ 27-28/2005

AGE GROUP	DATE	TIME	NAME	EVENT	NAME	TIME	DATE
50-54	7/26/2004	35.40	Cheryl Wagner	50 Free			
	7/23/2005	1:20.69	Cheryl Wagner	100 Free	Charlie Hoffman	1:26.85 s	6/29/2003
				200 Free	Charlie Hoffman	3:00.34 s	6/29/2003
	7/26/2004	6:10.90	Cheryl Wagner	400 Free	Charlie Hoffman	6:06.14 s	6/29/2003
	6/30/2002	11:01.32 s	Cheryl Wagner	800 Free	Charlie Hoffman	12:09:26	6/29/2003
	6/30/2002	24:05:14	Cheryl Wagner	1500 Free			
				50 Back	Dave Diehl	36:92	7/?/1992
				100 Back	Dave Diehl	1:29:73	8/22-25/1996
				200 Back	Dave Diehl	3:26:33	8/22-25/1996
				50 Breast	Charlie Hoffman	35.91	8/17-20/2000
				100 Breast	Charlie Hoffman	1:22:81	8/17-20/2000
				200 Breast	Charlie Hoffman	3:04:37	8/17-20/2000
	7/23/2005	45.29	Cheryl Wagner	50 Fly	Charlie Hoffman	31.20	8/15-18/2002
				100 Fly			
	7/26/2004	4:37.90	Cheryl Wagner	200 Fly			
	7/23/2005	3:51.22	Cheryl Wagner	200 IM			
	7/23/2005	8:12.00	Cheryl Wagner	400 IM			

AGE GROUP	DATE	TIME	NAME	EVENT	NAME	TIME	DATE
55-59	7/22/2007	35.47	Cheryl Wagner	50 Free			
	7/22/2007	1:21.32	Cheryl Wagner	100 Free			
	7/22/2007	3:04.64	Cheryl Wagner	200 Free			
	7/22/2007	6:26.89	Cheryl Wagner	400 Free			
				800 Free			
				1500 Free			
	7/1/2006	50.85	Cheryl Wagner	50 Back	Dave Diehl	37:70	8/20-23/1998
				100 Back	Dave Diehl	1:31:37	8/14-18/1997
				200 Back	Dave Diehl	3:29:19	8/20-23/1998
				50 Breast	Charlie Hoffman	37.71	8/14-17/2008
				100 Breast	Charlie Hoffman	1:22.95	8/ 11-15/2005
				200 Breast	Charlie Hoffman	3:08.53	8/ 11-15/2005
				50 Fly	Charlie Hoffman	31.90	8/ 11-15/2005
				100 Fly	Charlie Hoffman	1:17.94	8/ 11-15/2005
				200 Fly			
				200 IM			
				400 IM			

AGE GROUP	DATE	TIME	NAME	EVENT	NAME	TIME	DATE
60-64				50 Free	Bill Conroy	37.80 s	8/18-19/2007
				100 Free	Bill Conroy	1:20.09	8/18-19/2007
				200 Free	Bill Conroy	2:50.80	8/18-19/2007
				400 Free	Bill Conroy	5:56.91	8/18-19/2007
				800 Free	Bill Conroy	12:09.29	8/18-19/2007
				50 Back	Dave Diehl	38.18	8/15-18/2002
				100 Back	Dave Diehl	1:36.73	8/15-18/2002
				200 Back	Dave Diehl	3:48.83	8/22-25/2004
				50 Breast	Dave Diehl	46.81	8/15-18/2002

AGE GROUP	DATE	TIME	NAME	EVENT	NAME	TIME	DATE
65-69				50 Free	Bill Campbell	38.14	7/?/1992
				100 Free	Robert Benson	1:35.06 s	8/17-20/2000
				200 Free	Robert Benson	3:15.32	8/17-20/2000
				400 Free	Bill Conroy	6:12.22	8/23-24/2008
				800 Free	Bill Conroy	12:23.15	8/23-24/2008
				1500 Free	Robert Benson	28:09.44	6/18/2000

AGE GROUP	DATE	TIME	NAME	EVENT	NAME	TIME	DATE
80-84				100 Free	Harvey Geller	2:22.77	7/20/2003
				50 Breast	Harvey Geller	1:13.70	7/20/2003
				100 Breast	Harvey Geller	2:52.92	7/20/2003

RELAYS:

Relay Records

(incomplete, updated w/ '06 through '09 relays)

WOMENS:

72-99

Women 400 Medley Relay	M. Grover, I. Levavi, C. Busch, M. Stakem	5:11.04	7/8/2006
------------------------	---	---------	----------

100-119

Women 200 Medley Relay	M. Grover, D. Elshafei, C. Busch, M. Stakem	2:28.69	8/26-27/2006
Women 400 Medley Relay	C. Voorhees, M. Grover, I Levavi, M. Stakem	5:11.04	7/8/2006
Women 400 Free Relay	C. Voorhees, M. Grover, I Levavi, M. Stakem	4:29.03	7/8/2006

120-159

Women 200 Free Relay	C. Voorhees, C. Busch, M. Stakem, M. Grover	2:02.69	8/26-27/2006
Women 200 Medley Relay	M. Grover, C. Busch, A. Sample, C. Wagner	2:34.87	7/1/2007

MENS:

100-119

Men 200 Free Relay	M. Doane, N. Hasbrouck, J. Strahota, M. Kirwan	1:51.85	6/21/2009
--------------------	--	---------	-----------

120-159

Men 200 Free Relay	B. Shipp, N. Jarrell, T. Whitehead, J. Strahota	2:07.43	7/1/2007
Men 400 Free Relay	C. Dewing, J. Strahota, N. Jarrell, M. Lee	4:33.46	7/1/2007
Men 200 Medley Relay	D.Diehl, S.West, J.Diehl, C. Benedick	2:08:00	8/20-23/1998
Men 400 Medley Relay	J. Strahota, P. Fehring, C. Reynolds, M. Lee	4:38:92	8/26-27/2006

160-199

Men 200 Free Relay	M. Lee, S. Payne, W. Shipp, E. Nordlund	2:01.67	7/8/2006
Men 400 Free Relay	W. Shipp, S. Payne, C. Reynolds, E. Elshafei	4:31.21	7/8/2006

MIXED:

100-119

Mixed 200 Medley Relay	M. Grover, M. Goodison, J. Strahota, M. Stakem	2:09.04	7/8/2006
Mixed 400 Medley Relay	M. Stakem, J. Strahota, C. Busch, N. Jarrell	5:32.89	8/26-27/2006
Mixed 200 Free Relay	M. Grover, P. Machado, A. Sample, A. Ellis	2:04.50	7/1/2007
Mixed 400 Free Relay	M. Lee, C. Busch, M. Grover, J. Strahota	4:14.36	8/26-27/2006

120-159

Mixed 200 Medley Relay	M. Stakem, J. West, E. Switzer, S. West	2:12.62	8/16-19/2001
Mixed 400 Medley Relay	E. Elshafei, D. Elshafei, M. Stakem, M. Lee	5:23.05	7/30/2006

160-199

Mixed 200 Free Relay	E. Nordlund, D. Morrin-Nordlund, C. Wagner, M. Lee	2:17.66	7/1/2007
Mixed 400 Free Relay	M. Stakem, C. Voorhees, S. Payne, C. Reynolds	4:32.96	8/26-27/2006
Mixed 800 Free Relay	E. Elshafei, C. Wagner, S. Payne, C. Busch	10:55.23	8/26-27/2006
Mixed 200 Medley Relay	J. Nealis, E. Nivera, S. Payne, D. Corbin	3:14.16	6/21/2009
Mixed 400 Medley Relay	S. Payne, M. Grover, C. Reynolds, C. Wagner	5:48.86	8/26-27/2006

200-239

Mixed 200 Medley Relay	J. Nealis, D. Morrin-Nordlund, S. Payne, C. Wagner	3:06.74	8/23-24/2008
------------------------	--	---------	--------------

Terrapin Masters Swim Team Records

Maintained by Courtney Busch, Mollie Grover, Jeff Strahota

LCM - 50 Meters

As of December 2009

NOTES: R= Relay lead-off s = Recorded Split Time**Meets:**

8/6-10/2009	USMS LC Nationals in Indianapolis	8/16-19/2001	USMS LC Championships at Seattle (Federal Way)
7/19/2009	DCRP 2009 Hains Point Pool	7/29/2001	DC Masters LC Meet
6/26-27/2009	DAM Summer LCM Meet, SMU Outdoor Pool, Dallas TX	7/1/2001	Terrapin Masters 800/1500 Meet
6/21/2009	Terrapin Cup LCM Meet, College Park, MD	8/17-20/2000	USMS LC Championships at UMBC
8/23-24/2008	Colonies Zone LCM Champs hosted by Terrapin Masters	7/30/2000	DC Masters LC Meet
8/14-17/2008	USMS LC Nationals in Gresham (Portland), OR	6/18/2000	Terrapin Masters 800/1500 Meet
8/9/2008	2008 MD LMSC Summer Swim Series LCM #4 UMBC	8/1/1999	DC Masters LC Meet
7/20/2008	DCRP 2008 Hains Point Pool	7/25/1999	Maryland Masters LC Meet at UMBC
8/18-19/2007	Colonies Zone LCM Champs hosted by Terrapin Masters	7/18/1999	DCRP Hains Point Meet
8/9-12/2007	USMS LC Nationals in The Woodlands, TX	6/27/1999	Terrapin Masters 800/1500 Meet
7/22/2007	DCRP 2007 Hains Point Pool	8/20-23/1998	USMS LC Championships at Ft. Lauderdale
7/7/2007	UMD Masters LC 800/1500	8/2/1998	DC Masters LC Meet at Largo
7/1/2007	Terrapin Cup LCM Meet, College Park, MD	7/26/1998	Maryland Masters LC Meet at UMBC
6/16-17/2007	Potomac Valley Distance Meet (USAS/USMS Sanction)	7/19/1998	DCRP LC Meet
8/26-27/2006	2006 Colonies Zones LCM Championships @ GMU	6/28/1998	Terrapin Masters 800/1500 Meet
8/4-10/2006	XI FINA Masters World Championships, Stanford, CA	8/14-18/1997	USMS LC Championships at
7/30/2006	2006 MD LMSC Summer Swim Series LCM #1 UMBC	8/2/1997	DC Masters LC Meet at Largo
7/23/2006	DCRP 2006 Hains Point Pool	8/22-25/1996	USMS LC Championships at Ann Arbor
7/9/2006	Terrapin Masters LC 800/1500 Meet	8/11/1996	DC Masters LC Meet at Largo
7/8/2006	Terrapin Masters Terrapin Cup	7/2/1995	Terrapin Masters 800/1500 Meet
8/27-28/2005	2005 Colonies Zone LCM Championships	8/25-28/1994	USMS LC Championships at Buffalo
8/11-15/2005	USMS LC Nationals in Mission Viejo	7/?/1994	DC Masters LC Meet at Hains Point
8/6/2005	2005 MD LMSC Summer Swim Series LCM #1 UMBC	6/26/1994	Terrapin Masters 800/1500 Meet at Rockville
7/23/2005	DCRP 2005 Hains Point Pool	6/18/1994	DC Masters Jump Start Challenge at Oak Marr Pool, Oakton
7/10/2005	Terrapin Masters LC 800/1500 Meet	?/1994	LC Meet at Largo
6/20/2005	Terrapin Cup, College Park, MD	7/?/1993	DC Masters LC Meet
8/30/2004	PV Masters "Last Chance" Long Course Meet	6/27/1993	Terrapin Masters 800/1500 Meet at Rockville
8/22-25/2004	USMS Long Course Nationals, Savannah, GA	7/?/1992	DCRP LC Meet
7/31/2004	MIT Masters LCM Summer	8/23-26/1984	USMS LC Championships at Raleigh
7/26/2004	DCRP 2004 Hains Point Pool		
7/11/2004	Terrapin Masters LC 800/1500 Meet		
8/13-17/2003	USMS LC Championships at Rutgers		
8/5-9/2003	ConocoPhillips National Champs (Non-USMS)		
8/3/2003	DC Masters Long Course Meet		
7/20/2003	DC Masters LC Meet at Hains Point		
7/10-13/2003	PV Senior Champs @ GMU		
6/29/2003	Terrapin Masters 800/1500 Meet		
6/22/2003	Patriot Masters LC Meet at George Mason		
8/15-18/2002	USMS LC Championships at Cleveland		
8/4/2002	DC Masters LC Meet		
6/30/2002	Terrapin Masters 800/1500 Meet		
6/23/2002	George Mason LC Meet		

Special thanks to Mike Lee for having previously maintained records.