

Individual Records

AGE GROUP  
 19-24

DATE	TIME	NAME	EVENT	NAME	TIME	DATE
12/7-8/2002	27.02 R	Petra Adamkova	50 Free	Rob Butcher	24.31	4/12/1997
12/7-8/2002	1:00.25 R	Petra Adamkova	100 Free	Yannick Van Heers	55.32	12/5-6/2009
12/6-7/2003	2:14.39	Kelly Bowman	200 Free	Chris Benedick	2:07.84	3/17/1996
12/6-7/2003	4:45.54	Kelly Bowman	400 Free	Jeff Strahota	4:43.32	12/6-7/2003
4/17/1994	9:49.66	Laura Antonietta	800 Free	Brian Gluckman	15:58.01	??/1999
			1500 Free			
12/6-7/2003	34.13	Meredith Stakem	50 Back	Yannick Van Heers	28.88	12/5-6/2009
12/10-11/2005	1:12.05	Mollie Grover	100 Back	Chris Benedick	1:05.85	3/26/1994
12/10-11/2005	2:32.36	Mollie Grover	200 Back	James Crowder	2:17.05	12/9-10/2000
12/7-8/2002	34.65	Petra Adamkova	50 Breast	Rob Butcher	30.31	4/12/1997
			100 Breast	Rob Butcher	1:06.29	4/12/1997
			200 Breast	Barney Lynch	2:45.72	12/8-9/2001
12/7-8/2002	29.99	Petra Adamkova	50 Fly	Yannick Van Heers	26.86	12/5-6/2009
4/17/1994	1:11.63	Laura Antonietta	100 Fly	John "Jake" Keefe	59.43	4/9/2005
			200 Fly	John "Jake" Keefe	2:12.43	4/9/2005
			100 IM	John "Jake" Keefe	1:03.28	4/9/2005
3/26/1994	2:40.33	Laura Antonietta	200 IM	James Crowder	2:19.85	12/9-10/2000
4/17/1994	5:39.50	Laura Antonietta	400 IM			

Note: Chris Benedick's 50 Back of 29.49 in 1994 set a National Record.

AGE GROUP  
 25-29

DATE	TIME	NAME	EVENT	NAME	TIME	DATE
4/9/2005	27.90	Kelly Bowman	50 Free	Russell Perkins	24.26	12/7-8/2002
4/9/2005	1:00.09	Kelly Bowman	100 Free	Russell Perkins	53.87	12/7-8/2002
4/9/2005	2:11.40	Kelly Bowman	200 Free	Jeff Strahota	2:07.33	12/5-6/2009
3/25/1995	4:39.88	Jane Kleine	400 Free	Emad Elshafei	4:27.70	3/25/1995
12/9-10/2000	10:36.89	Allison Thomson	800 Free	Jeff Strahota	9:43.22s	12/5-6/2009
			1500 Free	Jeff Strahota	18:21.94	12/5-6/2009
6/19-22/2008	33.12	Mollie Grover	50 Back	Chris Benedick	29.73	4/12/1997
12/5-7/2008	1:09.03	Mollie Grover	100 Back	Emad Elshafei	1:02.46	3/26/1994
12/5-7/2008	2:27.82	Mollie Grover	200 Back	James Crowder	2:15.80	12/8-9/2001
12/9-10/2000	41.43 s	Allison Thomson	50 Breast	Peter Fehring	30.82	12/2-3/2006
12/9-10/2000	1:26.67	Allison Thomson	100 Breast	Peter Fehring	1:07.33	12/2-3/2006
12/9-10/2000	3:03.39	Allison Thomson	200 Breast	Peter Fehring	2:30.06	12/2-3/2006
12/2-3/2006	32.62	Mollie Grover	50 Fly	James Crowder	28.31 s	4/9/2005
12/9-10/2000	1:16.70	Allison Thomson	100 Fly	James Crowder	1:01.17	4/9/2005
			200 Fly	James Crowder	2:37.11	11/14/2004
12/13/2009	1:11.45	Mollie Grover	100 IM	Emad Elshafei	1:02.44	3/26/1994
3/24/2007	2:42.99	Courtney Busch	200 IM	Emad Elshafei	2:16.81	3/26/1994
12/9-10/2000	5:42.87	Allison Thomson	400 IM	James Crowder	5:00.67	12/8-9/2001

AGE GROUP  
 30-34

DATE	TIME	NAME	EVENT	NAME	TIME	DATE
4/4/1998	32.87 s	Jane West	50 Free	Mike Doane	25.48	12/6-7/2003
4/4/1998	1:07.99 s	Jane West	100 Free	Michael Lee	56.99	11/6-7/1999
4/4/1998	2:15.85	Jane West	200 Free	Emad Elshafei	2:08.24	3/17/1996
4/4/1998	4:38.76	Jane West	400 Free	Jeff Strahota	4:33.79	3/20/2010
			800 Free	Craig Dewing	10:05.63	12/7-8/2002
			1500 Free	Michael Lee	19:12.13	11/6-7/1999
3/17/1996	37.36	Donna Neumann	50 Back	Emad Elshafei	29.66	3/27/1999
3/20/2010	1:13.45	Julie Roddin	100 Back	Emad Elshafei	1:04.01	3/25/2000
12/13/2009	2:35.24	Julie Roddin	200 Back	Emad Elshafei	2:21.11	3/25/2000
3/17/1996	43.33	Donna Neumann	50 Breast	Mike Goodison	32.15	3/20/2004
3/15/2008	1:33.84	Jill Williams	100 Breast	Mike Goodison	1:11.22	12/7-8/2002
3/15/2008	3:14.48	Jill Williams	200 Breast	Mike Goodison	2:41.78	3/20/2004
4/4/1998	37.18 s	Jane West	50 Fly	Mike Doane	26.74	12/6-7/2003
3/15/2008	1:21.94	Jill Williams	100 Fly	Mike Goodison	1:03.10	3/20/2004
			200 Fly			
3/15/2008	1:24.90	Jill Williams	100 IM	Michael Lee	1:04.97	11/6-7/1999
4/4/1998	2:42.59	Jane West	200 IM	Emad Elshafei	2:21.76	3/17/1996
12/13/2009	6:00.13	Julie Roddin	400 IM	Sean West	5:20.21	12/9-10/2000

AGE GROUP  
 35-39

DATE	TIME	NAME	EVENT	NAME	TIME	DATE
12/9-10/2000	29.80	Jane West	50 Free	Mike Doane	25.14	12/13/2009
12/9-10/2000	1:05.14	Jane West	100 Free	Michael Lee	55.78	12/7-8/2002
12/9-10/2000	2:16.31	Jane West	200 Free	Michael Lee	2:03.98	12/7-8/2002
3/25/2000	4:43.98	Jane West	400 Free	Michael Lee	4:25.41	12/7-8/2002
12/9-10/2000	9:54.01	Jane West	800 Free	Michael Lee	9:56.25 s	12/7-8/2002
			1500 Free	Michael Lee	18:38.36	12/7-8/2002
3/27/1999	38.28	Donna Elshafei	50 Back	Emad Elshafei	29.60	3/31/2001
10/10/1998	1:38.83	Debbie Morrin	100 Back	Emad Elshafei	1:03.52	3/20/2004
4/19/1998	3:23.25	Debbie Morrin	200 Back	Emad Elshafei	2:19.62	4/6/2002
3/27/1999	43.67	Donna Elshafei	50 Breast	Mike Doane	31.03	12/5-6/2009
3/27/1999	1:38.95	Debbie Morrin-Nordlund	100 Breast	Mike Goodison	1:09.52	3/28/2009
4/19/1998	3:30.53	Debbie Morrin-Nordlund	200 Breast	Mike Goodison	2:40.07	3/20/2010
12/8-9/2001	35.90 s	Jane West	50 Fly	Mike Doane	26.84	12/5-6/2009
12/8-9/2001	1:22.78 s	Jane West	100 Fly	Mike Doane	1:01.55	12/5-6/2009
12/8-9/2001	2:49.56	Jane West	200 Fly	Michael Lee	2:40.56	12/6-7/2003
7/20/2003	1:28.95	Donna Elshafei	100 IM	Mike Goodison	1:05.62	12/7-9/2007
12/8-9/2001	2:39.07	Jane West	200 IM	Emad Elshafei	2:20.73	3/20/2004
			400 IM	Emad Elshafei	5:12.96	4/9/2005

AGE GROUP  
 40-44

DATE	TIME	NAME	EVENT	NAME	TIME	DATE
12/2-4/2005	28.55	Carolyn Voorhees	50 Free	Andy Ellis	27.95	12/5-7/2008
4/9/2005	1:04.35	Carolyn Voorhees	100 Free	Andy Ellis	1:00.38	12/5-6/2009
12/5-6/2009	2:21.04	Gretchen Ekstrom	200 Free	Andy Ellis	2:08.39	12/5-7/2008
12/7-9/2007	5:00.06	Gretchen Ekstrom	400 Free	Andy Ellis	4:46.10	12/5-6/2009
			800 Free	Steve Payne	12:47.34	12/6-7/2003
			1500 Free	Steve Payne	23:38.17	12/7-8/2002
12/7-9/2007	35.99	Gretchen Ekstrom	50 Back	Emad Elshafei	29.76	4/1/2006
12/5-7/2008	1:16.13	Gretchen Ekstrom	100 Back	Emad Elshafei	1:03.48	4/1/2006
12/5-6/2009	2:46.24	Gretchen Ekstrom	200 Back	Emad Elshafei	2:18.40	4/1/2006
7/18/2005	45.87	Donna Elshafei	50 Breast	Mike Doane	32.09	3/20/2010
11/17/2002	1:47.84	Debbie Morrin-Nordlund	100 Breast	Mike Doane	1:15.43	3/20/2010
3/20/2004	3:56.94	Debbie Morrin-Nordlund	200 Breast			
12/2-4/2005	31.45	Carolyn Voorhees	50 Fly	Mike Doane	27.65	3/20/2010
3/20/2010	1:20.44	Gretchen Ekstrom	100 Fly	Mike Doane	1:04.34	3/20/2010
4/12/1997	4:25.78	Hartzell Stringer	200 Fly			
12/2-4/2005	1:15.31	Carolyn Voorhees	100 IM	Emad Elshafei	1:01.04	4/1/2006
12/5-7/2008	2:49.61	Gretchen Ekstrom	200 IM	Emad Elshafei	2:21.42	3/21/2009
3/24/2007	6:01.40	Gretchen Ekstrom	400 IM	Emad Elshafei	5:11.96	3/21/2009

AGE GROUP  
 45-49

DATE	TIME	NAME	EVENT	NAME	TIME	DATE
12/2-3/2006	29.08	Carolyn Voorhees	50 Free	Curt Reynolds	27.45	11/13/2005
4/4/1998	1:14.66	Cheryl Wagner	100 Free	Bill Shipp	1:00.09	12/5-6/2009
4/19/1998	3:04.53	Myriam Pero	200 Free	Bill Shipp	2:12.72	12/5-6/2009
4/12/1997	6:19.65	Myriam Pero	400 Free	Bill Shipp	4:43.17	12/5-6/2009
			800 Free	Curt Reynolds	10:00.74 s	12/8-10/2006
			1500 Free	Curt Reynolds	19:01.07	12/8-10/2006
			50 Back	Curt Reynolds	30.89	10/15/2005
			100 Back	Curt Reynolds	1:07.62	10/15/2005
			200 Back	Curt Reynolds	2:31.05	1/29/2005
			50 Breast	Glenn Mills	30.94	12/7-9/2007
			100 Breast	Glenn Mills	1:07.76	12/7-9/2007
			200 Breast	Glenn Mills	2:30.67	12/7-9/2007
4/4/1998	46.12 s	Cheryl Wagner	50 Fly	Curt Reynolds	28.85	10/15/2005
4/4/1998	1:44.36 s	Cheryl Wagner	100 Fly	Curt Reynolds	1:05.39	10/15/2005
4/4/1998	3:51.49	Cheryl Wagner	200 Fly	Curt Reynolds	2:38.54	1/29/2005
12/2-3/2006	1:16.62	Carolyn Voorhees	100 IM	Curt Reynolds	1:06.02	4/1/2006
			200 IM	Glenn Mills	2:19.40	12/7-9/2007
			400 IM	Curt Reynolds	5:26.97	12/8-10/2006

Note: Glenn Mills' 100 and 200 Breast swims broke national records in 2007

AGE GROUP  
50-54

DATE	TIME	NAME	EVENT	NAME	TIME	DATE
3/20/2004	35.30	Cheryl Wagner	50 Free	Bill Shipp	29.03	3/20/2010
3/20/2004	1:16.56	Cheryl Wagner	100 Free	Bill Shipp	1:02.37	3/20/2010
3/20/2004	2:52.17	Cheryl Wagner	200 Free	Charlie Hoffman	2:52.59	12/9-10/2000
3/20/2004	5:59.67	Cheryl Wagner	400 Free			
			800 Free			
			1500 Free			
4/9/2005	49.48 s	Cheryl Wagner	50 Back	Dave Diehl	30.49	3/27/1993
4/9/2005	1:42.25	Cheryl Wagner	100 Back	Dave Diehl	1:27.23	3/27/1993
4/9/2005	3:37.26	Cheryl Wagner	200 Back	Dave Diehl	3:28.17	4/26/1992
4/9/2005	50.36	Cheryl Wagner	50 Breast	Charlie Hoffman	34.63	12/9-10/2000
			100 Breast	Charlie Hoffman	1:17.40	12/9-10/2000
			200 Breast	Charlie Hoffman	2:52.59	12/9-10/2000
11/14/2004	46.55	Cheryl Wagner	50 Fly	Charlie Hoffman	31.05	12/7-8/2002
4/9/2005	1:46.46	Cheryl Wagner	100 Fly			
			200 Fly			
11/14/2004	1:41.66	Cheryl Wagner	100 IM	Bill Shipp	1:12.63	3/20/2010
3/29/2003	3:28.06	Cheryl Wagner	200 IM			
			400 IM			

AGE GROUP  
55-59

DATE	TIME	NAME	EVENT	NAME	TIME	DATE
3/15/2008	37.41	Cheryl Wagner	50 Free	Charlie Hoffman	36.88	4/9/2005
3/24/2007	1:19.80	Cheryl Wagner	100 Free	Charlie Hoffman	1:07.39	3/21/2009
3/15/2008	3:01.35	Cheryl Wagner	200 Free	Charlie Hoffman	2:57.38	4/9/2005
3/15/2008	6:22.22	Cheryl Wagner	50 Back	Dave Diehl	37.83	4/4/1998
			100 Back	Robert Benson	1:37.13	3/26/1994
			50 Breast	Charlie Hoffman	36.88	4/9/2005
			100 Breast	Charlie Hoffman	1:21.95	4/9/2005
			200 Breast	Charlie Hoffman	2:57.38	4/9/2005
			50 Fly	Charlie Hoffman	31.33	12/5-7/2008
			100 IM	Dave Diehl	1:30.11	4/4/1998
			200 IM	Robert Benson	3:22.20	3/26/1994

AGE GROUP  
60-64

DATE	TIME	NAME	EVENT	NAME	TIME	DATE
			50 Free	Andrew Zitnay	32.72	3/15/2008
			100 Free	Andrew Zitnay	1:18.00	3/15/2008
			50 Back	Dave Diehl	37.44	3/29/2003
			100 Back	Dave Diehl	1:32.13	3/29/2003
			200 Back	Dave Diehl	3:35.20	3/29/2003
			50 Breast	Dave Diehl	45.76	4/9/2005
			50 Fly	Andrew Zitnay	40.33	3/15/2008

AGE GROUP  
65-69

DATE	TIME	NAME	EVENT	NAME	TIME	DATE
			50 Free	Bill Conroy	37.64s	12/5-7/2008
			100 Free	Bill Conroy	1:19.31	12/5-7/2008
			200 Free	Bill Conroy	2:54.01	12/5-7/2008
			400 Free	Bill Conroy	5:58.74	12/5-7/2008
			800 Free	Bill Conroy	12:27.27	12/5-7/2008
			1500 Free	Bill Conroy	22:56.31	12/5-7/2008

**Relay Records**  
*Relay Records may or may not be complete*

**WOMEN:**

76-99

Women 800 Freestyle Relay	K. Bowman, M. Stakem, L. Hnath, J. Teerlink	9:11.28	11/14/2004
Women 400 Medley Relay	L. Hnath, K. Bowman, J. Teerlink, M. Stakem	4:46.62	11/14/2004

Note: The 76-99 800 Free & 400 Medley Relays set National Records in 2004.

120-159

Women 200 Medley Relay	M. Grover, C. Voorhees, C. Busch, H. Sullivan	2:25.98	12/2-3/2006
Women 400 Medley Relay	M. Grover, K. Bowman, C. Busch, G. Ekstrom	4:58.51	12/2-3/2006

**MEN:**

100-119

Men 200 Free Relay	M. Lee, J. Strahota, J. Crowder, C. Dewing	1:49.29	10/12/2002
Men 400 Free Relay	E. Switzer, S. West, B. Bengtsson, A. Martin	3:56.80	12/8-9/2001
Men 800 Free Relay	B. Bengtsson, E. Switzer, J. Crowder, C. Dewing	8:48.05	12/8-9/2001
Men 200 Medley Relay	J. Crowder, M. Goodison, R. Perkins, M. Lee	1:52.68	12/7-8/2002
Men 400 Medley Relay	J. Crowder, P. Fehring, M. Haupt, J. Keefe	4:00.47	4/9/2005

Note: The 100-119 400 Medley Relay set a National Record in 2005.

120-159

Men 200 Free Relay	J. Strahota, A. Ellis, M. Goodison, Y. Van Heers	1:46.62	12/5-6/2009
Men 400 Free Relay	S. West, J. Crowder, J. Hoyle, E. Nordlund	4:02.27	12/9-10/2000
Men 800 Free Relay	E. Switzer, M. Lee, C. Dewing, J. Strahota	8:47.71	12/7-8/2002
Men 200 Medley Relay	C. Demma, M. Ozdogan, N. Jarrell, A. Ellis	2:31.48	12/2-3/2006
Men 400 Medley Relay	J. Crowder, M. Goodison, A. Ellis, M. Lee	4:21.53	12/2-3/2006

160-199

Men 200 Free Relay	M. Lee, C. Reynolds, N. Jarrell, W. Shipp	2:02.63	12/2-3/2006
Men 400 Free Relay	C. Reynolds, M. Lee, Shipp, A. Ellis	4:00.09	12/2-3/2006

**MIXED RELAYS**

76-99

Mixed 200 Free Relay	P. Adamkova, K. Diblasi, A. Martin, J. Strahota	1:51.09	12/7-8/2002
Mixed 400 Free Relay	P. Adamkova, J. Crowder, K. Diblasi, R. Perkins	3:56.65	12/7-8/2002
Mixed 800 Free Relay	M. Stakem, K. Bowman, J. Strahota, J. Crowder	8:51.55	12/6-7/2003
Mixed 200 Medley Relay	J. Crowder, P. Adamkova, R. Perkins, K. Diblasi	2:00.54	12/7-8/2002
Mixed 400 Medley Relay	J. Crowder, P. Adamkova, R. Perkins, K. Diblasi	4:22.07	12/7-8/2002

Note: The 76-99 400 Mixed Free & Medley Relays set National Records in 2002.

Note: The 76-99 800 Mixed Free Relay set a National Record in 2003.

100-119

Mixed 200 Free Relay	M. Grover, J. Crowder, J. Strahota, K. Bowman	1:53.07	12/2-3/2006
Mixed 400 Free Relay	J. Hoyle, S. West, E. Galloway, A. Thompson	4:14.35	12/9-10/2000
Mixed 800 Free Relay	E. Galloway, J. West, J. Crowder, B. Bengtsson	9:07.08	12/8-9/2001
Mixed 200 Medley Relay	E. Galloway, J. West, E. Switzer, B. Lynch	2:10.27	12/8-9/2001
Mixed 400 Medley Relay	M. Grover, P. Fehring, K. Bowman, M. Lee	4:28.08	12/2-3/2006

120-159

Mixed 100 Free Relay	E. Elshafei, D. Elshafei, ??	1:01.67	3/27/1999
Mixed 200 Free Relay	G. Ekstrom, M. Grover, M. Doane, Y. Van Heers	1:50.43	12/5-6/2009
Mixed 400 Free Relay	M. Grover, G. Ekstrom, A. Ellis, Y. Van Heers	4:10.00	12/5-6/2009
Mixed 800 Free Relay	M. Grover, G. Ekstrom, J. Strahota, A. Ellis	8:47.48	12/7-9/2007
Mixed 200 Medley Relay	M. Ozdogan, M. Goodison, C. Busch, C. Wagner	2:26.24	12/2-3/2006
Mixed 400 Medley Relay	C. Busch, M. Goodison, A. Ellis, C. Wagner	5:00.37	12/2-3/2006

Note: The 120-159 800 Mixed Free Relay set a National Record in 2007.

160-199

Mixed 400 Free Relay	C. Demma, C. Wagner, C. Voorhees, C. Reynolds	4:51.68	12/2-3/2006
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NOTES: R= Relay lead-off s = Recorded Split Time

Meets:

3/20/2010	Albatross Open at MAC in Bethesda	3/29/2003	Albatross Open at MAC in Bethesda
12/13/2009	PV Last Chance SCM meet at Wilson HS	12/7-8/2002	Colonies Zones SCM Meet at Rutgers
12/6-7/2009	Colonies Zones SCM Meet at Flushing Meadows	11/17/2002	Lox and Bagels Meet at Fairfax
3/21/2009	Albatross Open at MAC in Bethesda	10/12/2002	DCAC/ACDC Meet at Washington, D.C.
12/5-7/2008	Colonies Zones SCM Meet at Rutgers	4/6/2002	Albatross Open at MAC in Bethesda
6/19-22/2008	IGLA Championships, College Park, MD	12/8-9/2001	Colonies Zones SCM Meet at Rutgers
3/15/2008	Albatross Open at MAC in Bethesda	11/11/2001	Lox and Bagels Meet at Fairfax
12/7-9/2007	Colonies Zones SCM Meet at Rutgers	3/31/2001	Albatross Open at MAC in Bethesda
3/24/2007	Albatross Open at MAC in Bethesda	12/9-10/2000	Colonies Zones SCM Meet at Rutgers
12/9/2006	2006 MD Summer Series SCM at Towson	10/7/2000	DCAC/ACDC Meet at Washington, D.C.
12/8-10/2006	JAM Colonies Zone SCM Championships in Ewing, NJ	3/25/2000	Albatross Open at MAC in Bethesda
12/2-3/2006	The Turtle and the Blue Moon, College Park, MD	11/6-7/1999	Colonies Zones SC Meet at Rutgers
4/1/2006	Albatross Open at MAC in Bethesda	3/27/1999	Albatross Open at MAC in Bethesda
12/29/2005	The Winter Freeze Meet, Phoenixville, PA	10/10/1998	DCAC Columbus Day Classic in D.C.
12/10-11/2005	Jersey Area Masters' Holiday Classic	4/4/1998	Albatross Open at MAC in Bethesda
12/2-4/2005	2005 Colonies Zones SCM at Wheaton College, Mass	4/12/1997	Albatross Open at MAC in Bethesda
11/13/2005	Lox & Bagels	3/17/1996	Albatross Meet at Fairland Pool, Laurel
10/15/2005	DCAC Fall Swim Ball	4/23/1995	SCM Meet at Oakton, Va.
9/10/2005	2005 MD Summer Series SCM	3/25/1995	Albatross Open at Fairland Pool, Laurel
8/14/2005	SCM Last Chance to Splash Meet at South Riding, VA	4/17/1994	SCM Meet at Oak Marr Pool, Oakton
7/17/2005	Howard County Invitational	3/26/1994	Albatross Meet at Fairland Pool, Laurel
4/9/2005	Albatross Open at MAC in Bethesda	4/25/1993	SCM Meet at Oak Marr Pool, Oakton
11/14/2004	Lox and Bagels Meet at Fairfax	3/27/1993	Albatross Open at MAC in Bethesda
8/21/2004	South Riding's Last Chance to Splash	4/26/1992	SCM Meet at Oak Marr Pool, Oakton
7/18/2004	Howard County Invitational		
3/20/2004	Albatross Open at MAC in Bethesda		
12/6-7/2003	Colonies Zones SCM Meet at Rutgers		
11/16/2003	Lox and Bagels Meet at Fairfax		
7/20/2003	Howard County Invitational		

*Special thanks to Mike Lee, Barney Lynch, Meredith Stakem, and Noble Jarrell for having previously maintained records.*