

## EFSL-LONG COURSE RECORDS 2009

### LC Meters-Girls

8 & U	50 Free	35.38	07/02/2009	SIG	Hallie Kinsey
	100 Free	1:20.44	07/02/2009	SIG	Hallie Kinsey
	200 Free	2:56.98	07/02/2009	SIG	Hallie Kinsey
	50 Back	44.44	18/02/2006	SHP	Susan Northshield
	50 Breast	52.82	04/03/2001	BMG	Christine Yager
	50 Fly	40.53	07/02/2009	SIG	Hallie Kinsey
	200 IM	3:18.19	07.02.2009	SIG	Hallie Kinsey
9-9	50 Free	33.66	07/02/2008	KMC	Emma Thomas
	100 Free	1:15.79	17/02/2008	NPS	Tori Bindi
	200 Free	2:55.82	17/02/2008	KMC	Emma Thomas
	50 Back	41.04	17/02/2008	KMC	Emma Thomas
	50 Breast	46.22	17/02/2007	KMC	Katie Funcheon
	50 Fly	40.69	17/02/2008	KMC	Isabelle Bishop
	200 IM	3:22.42	17/02/2008	KMC	Isabelle Bishop
10-10	50 Free	32.25	08/04/1984	BLN	Bethany Ballard
	100 Free	1:12.21	08/02/2009	KMC	Emma Thomas
	200 Free	2:42.29	07/02/2009	NPS	Tori Bindi
	50 Back	37.66	15/02/2004	LKH	Yona Simmons
	50 Breast	41.48	01/11/1981	HA	Morrow
	50 Fly	35.31	08/02/2009	NPS	Jessica Mazzeo
	200 IM	3:02.55	07/02/2008	NPS	Tori Bindi
11-11	50 Free	31.20	28/01/2006	SIG	Rachel Morey
	100 Free	1:08.45	17/02/2008	SHP	Kaylynn Donnolly
	200 Free	2:29.11	18/02/2008	SHP	Kaylynn Donnolly
	50 Back	37.34	17/02/2008	KMC	Sarah Mallette
	50 Breast	41.53	30/01/2000	KMC	Cassie Luhrsen
	50 Fly	34.31	04/03/2001	RTA	Carolina Diaz Garcia
	200 IM	2:48.20	17/02/2008	SHP	Kaylynn Donnolly
12-12	50 Free	29.50	01/03/1992	GKN	Sedia Nuberg
	100 Free	1:03.77	08/02/2009	SHP	Kaylynn Donnolly
	200 Free	2:22.75	07/02/2009	SHP	Kaylynn Donnolly
	50 Back	34.81	08/04/1984	KMC	Pflanz
	50 Breast	38.16	08/02/2009	SHP	Kaylynn Donnolly
	50 Fly	32.63	08/02/2009	SHP	Kaylynn Donnolly
	200 IM	2:42.62	07/02/2009	SHP	Kaylynn Donnolly
13-14	50 Free	27.81	18/02/2006	HDG	Lauren Drake
	100 Free	1:00.47	18/02/2006	HDG	Lauren Drake
	200 Free	2:16.99	07/02/2009	SGT	Stephanie Romano
	400 Free	4:47.41	18/02/2006	HDG	Lauren Drake
	100 Back	1:10.36	18/02/2006	SIG	Diane Comstock
	100 Breast	1:21.35	20/02/2000	HDG	Eileen Rife
	100 Fly	1:07.30	16/03/1986	LB	Brannan
	200 IM	2:32.06	16/03/1986	LB	Brannan
15-16	50 Free	27.59	17/02/2008	NMS	Lauren Drake
	100 Free	59.02	17/02/2008	NMS	Lauren Drake
	200 Free	2:10.12	17/02/2008	NMS	Lauren Drake
	400 Free	4:38.70	17/02/2008	NMS	Lauren Drake
	100 Back	1:10.66	16/02/2003	EFL	Kristin Cihoski
	100 Breast	1:20.41	09/03/1997	ESB	Kristin de Laet
	100 Fly	1:05.06	17/02/2008	NMS	Lauren Drake
	200 IM	2:29.10	17/02/2008	NMS	Lauren Drake
17-19	50 Free	27.79	08/02/2009	NMS	Lauren Drake
	100 Free	59.47	08/02/2009	NMS	Lauren Drake
	200 Free	2:10.72	07/02/2009	NMS	Lauren Drake
	400 Free	4:36.74	07/02/2009	NMS	Lauren Drake
	100 Back	1:12.49	13/03/1988	LB	Brannan
	100 Breast	1:19.28	17/04/1983	SHP	Richey
	100 Fly	1:05.26	17/04/1983	SHP	Richey
	200 IM	2:27.67	17/04/1983	SHP	Richey

## EFSL-LONG COURSE RECORDS 2009

### LC Meters-Boys

8 & U	50 Free	34.30	08/02/2009	LKH	Dominic Scifio
	100 Free	1:26.31	17/02/2008	LKH	Dominic Scifio
	200 Free	2:43.74	07/02/2009	LKH	Dominic Scifio
	50 Back	45.00	18/02/2006	KMC	Kristian Nelson
	50 Breast	51.39	18/02/2006	BLN	Daniel Soos
	50 Fly	40.54	20/02/2000	AVI	Robert Nichols
	200 IM	3:14.21	07/02/2009	LKH	Dominic Scifio
9-9	50 Free	34.45	20/11/2005	LKH	Kilian Korth
	100 Free	1:16.85	17/02/2007	SHP	Paul Hentschel
	200 Free	2:59.13	18/02/2006	LKH	Cody McWilliam
	50 Back	41.93	24/02/2002	HDG	Neill Warrington
	50 Breast	47.13	24/02/2002	BLN	Adrian Soos
	50 Fly	40.07	04/03/2001	HDG	William Viana
	200 IM	3:19.95	17/02/2007	SHP	Paul Hentschel
10-10	50 Free	31.25 *	13/03/1988	BLN	Rigney
	50 Free	31.25 *	07/03/1993	KMC	Scott Hansen
	100 Free	1:16.00	18/02/2006	BLN	Adrian Soos
	200 Free	2:46.06	17/02/2007	LKH	Cody McWilliam
	50 Back	37.27	13/03/1988	BLN	Rigney
	50 Breast	39.85	28/03/1982	KMC	Copeland
	50 Fly	35.22	05/03/1995	BON	Dorian Delamare
	200 IM	3:03.09	18/02/2006	BLN	Adrian Soos
11-11	50 Free	30.49	04/03/2001	SHP	Liam Edwards
	100 Free	1:09.56	17/02/2007	LKH	Kilian Korth
	200 Free	2:29.57	17/02/2007	LKH	Kilian Korth
	50 Back	35.97	17/02/2007	LKH	Kilian Korth
	50 Breast	40.54	17/02/2007	BLN	Philipp Hegner
	50 Fly	32.25	17/02/2007	LKH	Kilian Korth
	200 IM	2:55.34	17/02/2007	BLN	Philipp Hegner
12-12	50 Free	27.26	07/03/1993	KMC	Wellington Gooch
	100 Free	1:06.13	18/02/2006	SIG	Joey Thibodeau
	200 Free	2:24.99	17/02/2008	LKH	Kilian Korth
	50 Back	33.29	07/03/1999	SHP	Massimo Gioe
	50 Breast	36.38	06/03/1994	KMC	Nick Trudell
	50 Fly	30.94	20/02/2005	KMC	Neill Warrington
	200 IM	2:41.22	18/02/2006	SIG	Joey Thibodeau
13-14	50 Free	26.58	08/02/2009	BLN	Nathaniel Hull
	100 Free	58.41	20/02/2005	ESB	Felix Carritt-Kurtzahn
	200 Free	2:10.11	20/02/2005	HDG	Felix Carritt-Kurtzahn
	400 Free	4:46.05	17/02/2008	SGT	Bobby Viana
	100 Back	1:06.64	04/03/2001	NPS	John Lyles
	100 Breast	1:13.03	08/02/2009	KMC	Stephen Tarnowski
	100 Fly	1:04.45	04/03/2001	NPS	John Lyles
	200 IM	2:27.74	20/02/2005	BLN	Christian Northe
15-16	50 Free	25.44	18/02/2006	ESB	Felix Carritt-Kurtzahn
	100 Free	54.93	17/02/2008	SGT	Will Viana
	200 Free	1:57.64	17/02/2008	SGT	Will Viana
	400 Free	4:08.25	17/02/2008	SGT	Will Viana
	100 Back	1:05.31	24/02/2002	NPS	John Lyles
	100 Breast	1:13.64	10/02/2001	SHP	Kevin Zanes
	100 Fly	1:00.42	17/02/2008	SGT	Will Viana
	200 IM	2:15.63	17/02/2008	SGT	Will Viana
17-19	50 Free	24.75	17/02/2008	ESB	Felix Carritt-Kurtzahn
	100 Free	52.69	09/03/1997	BON	Ewout Holst
	200 Free	1:57.82	07/02/2009	SGT	Will Viana
	400 Free	4:12.21	07/02/2009	SGT	Will Viana
	100 Back	1:04.30	08/02/2009	SGT	Will Viana
	100 Breast	1:11.07	24/02/2002	WZG	Alex Kondratev
	100 Fly	59.17	08/02/2009	SGT	Will Viana
	200 IM	2:16.83	08/02/2009	SGT	Will Viana

**EFSL-LONG COURSE RECORDS 2009****LC Meters-Mixed**

10 & U	200	Free Relay	<b>1:54.91</b>	<b>18/02/2006</b>	SIG	Sigonella Swordfish
	200	Medley Relay	<b>2:30.24</b>	<b>18/03/1986</b>	BLN	Berlin Bear-A-Cudas
11-12	200	Free Relay	<b>2:00.98</b>	<b>06/03/1994</b>	KMC	Kaiserslautern Kingfish
	200	Medley Relay	<b>2:17.18</b>	<b>06/03/1994</b>	KMC	Kaiserslautern Kingfish
13-14	200	Free Relay	<b>1:56.31</b>	<b>16/03/1986</b>	SHP	Shape Seals
	200	Medley Relay	<b>2:10.50</b>	<b>16/03/1986</b>	SHP	Shape Seals
15-19	200	Free Relay	<b>1:50.40</b>	<b>16/02/2003</b>	KMC	Kaiserslautern Kingfish
	200	Medley Relay	<b>2:03.81</b>	<b>04/03/2001</b>	SHP	Shape Seals