

## EFSL-SHORT COURSE RECORDS 2008/2009

## SC Meters-Girls

8 & U	50 Free	37.48	23/11/2008	SIG	Hallie Kinsey
	100 Free	1:24.35	13/12/2008	SIG	Hallie Kinsey
	200 Free	2:54.48	18/01/2009	SIG	Hallie Kinsey
	50 Back	44.95	14/01/2007	NPS	Nicole Hoot
	50 Breast	50.47	25/11/2001	BMG	Laura Dauz
	50 Fly	41.43	07/09/2008	SIG	Hallie Kinsey
	100 IM	1:31.19	07/02/2009	SIG	Hallie Kinsey
	200 IM	3:17.58	18/01/2009	SIG	Hallie Kinsey
9-9	50 Free	34.54	26/01/2008	KMC	Emma Thomas
	100 Free	1:21.50	12/01/2008	KMC	Emma Thomas
	200 Free	2:54.96	26/01/2008	KMC	Emma Thomas
	50 Back	41.25	19/01/2008	KMC	Emma Thomas
	50 Breast	47.19	28/01/2007	KMC	Katie Funcheon
	50 Fly	40.94	11/11/2007	KMC	Isabelle Bishop
	100 IM	1:29.19	13/09/2008	KMC	Isabelle Bishop
	200 IM	3:08.93	27/09/2008	KMC	Isabelle Bishop
10-10	50 Free	32.33	11/03/1984	BLN	Bethany Ballard
	100 Free	1:12.52	18/01/2009	NPS	Tori Bindi
	200 Free	2:40.69	14/01/2006	SHP	Heidi Northshield
	50 Back	35.19	27/09/2008	WSN	Sophie Parker
	50 Breast	39.90	31/01/1988	BLN	Wagner
	50 Fly	35.77	14/03/1982	HA	Morrow
	100 IM	1:19.61	09/02/1992	FK	Miriam Lynch
	200 IM	2:57.87	18/02/2006	SIG	Akasha Trisler
11-11	50 Free	31.27	13/12/2008	NPS	Lizzie Hodges
	100 Free	1:09.91	20/01/2008	SHP	Kaylynn Donnolly
	200 Free	2:33.03	20/01/2008	SHP	Kaylynn Donnolly
	50 Back	35.91*	19/01/2008	SHP	Kaylynn Donnolly
		35.91*	26/01/2008	KMC	Sarah Mallette
	50 Breast	40.28	08/01/2000	KMC	Cassie Luhrsen
	50 Fly	35.40	11/02/2001	HDG	Christine Helmick
	100 IM	1:14.82	20/02/2000	KMC	Cassie Luhrsen
200 IM	2:49.84	26/01/2008	KMC	Sarah Mallette	
12-12	50 Free	28.74	02/02/1992	GKN	Sedia Nuberg
	100 Free	1:03.28	17/01/2009	SHP	Kaylynn Donnolly
	200 Free	2:22.74	10/01/2009	SHP	Kaylynn Donnolly
	50 Back	34.09	18/02/1984	KMC	Pflanz
	50 Breast	36.86	08/02/1987	WZG	Schmidt
	50 Fly	31.74	02/02/1992	GKN	Sedia Nuberg
	100 IM	1:11.64	10/02/2001	KMC	Cassie Luhrsen
	200 IM	2:47.73	14/10/2006	KMC	Lily Thomas
13-14	50 Free	28.08	10/12/2005	HDG	Lauren Drake
	100 Free	59.63	28/01/2006	HDG	Lauren Drake
	200 Free	2:12.43	28/01/2006	HDG	Lauren Drake
	400 Free	4:43.31	19/10/2008	SGT	Stephanie Romano
	100 Back	1:09.95	12/01/1986	LB	Brannan
	100 Breast	1:19.05	10/12/2000	WZG	Eileen Rife
	100 Fly	1:07.88	06/12/1985	LB	Brannan
	200 IM	2:30.87	04/11/2000	EFL	Kristin Cihoski
15-16	50 Free	27.44	28/01/2007	HDG	Lauren Drake
	100 Free	59.97	13/01/2001	SHP	Karen Northshield
	200 Free	2:12.74	09/12/2007	NMS	Lauren Drake
	400 Free	4:43.69	21/10/2007	NMS	Lauren Drake
	100 Back	1:08.34	01/08/2008	ESB	Clare Sabatucci
	100 Breast	1:18.32	13/01/2001	SHP	Karen Northshield
	100 Fly	1:07.63	13/01/2001	SHP	Karen Northshield
	200 IM	2:25.79	27/01/2001	SHP	Karen Northshield
17-19	50 Free	26.61	28/01/2007	ESB	Diana Diez Canseco
	100 Free	59.41	05/12/1982	SHP	Richey
	200 Free	2:15.22	26/10/2008	NMS	Lauren Drake
	400 Free	4:46.03	26/10/2008	NMS	Lauren Drake
	100 Back	1:09.82	05/12/1982	SHP	Richey
	100 Breast	1:16.72	17/01/2009	KMC	Kirstin Bender

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100	Fly	1:04.89	05/12/1982	SHP	Richey
200	IM	2:26.13	06/02/1983	SHP	Richey

## SC Meters-Boys

8 & U	50	Free	36.24	27/09/2008	LKH	Dominic Scifio
	100	Free	1:19.91	19/10/2008	LKH	Dominic Scifio
	200	Free	2:48.06	01/11/2008	LKH	Dominic Scifio
	50	Back	41.47	16/01/2000	AVI	Robert Nichols
	50	Breast	49.66	08/01/2006	BLN	Daniel Soos
	50	Fly	40.36	27/09/2008	LKH	Dominic Scifio
	100	IM	1:29.06	20/02/2000	AVI	Robert Nichols
	200	IM	3:14.34	18/10/2008	LKH	Dominic Scifio
9-9	50	Free	33.64	10/01/2009	LKH	Dominic Scifio
	100	Free	1:17.02	20/01/2007	SHP	Paul Hentschel
	200	Free	2:48.46	30/09/2006	LKH	Cody McWilliams
	50	Back	40.48	20/11/2005	NMS	Joshua Grigg
	50	Breast	46.58	16/12/2006	SHP	Paul Hentschel
	50	Fly	39.24	06/01/2007	SHP	Paul Hentschel
	100	IM	1:25.25	07/03/1999	SGT	Liam Edwards
	200	IM	3:06.66	20/01/2007	SHP	Paul Hentschel
10-10	50	Free	31.39	07/02/1982	KMC	Copeland
	100	Free	1:15.65	20/11/2005	HDG	Patrick Cowley
	200	Free	2:46.40	28/01/2007	LKH	Cody McWilliams
	50	Back	37.19	07/02/1993	KMC	Scott Hansen
	50	Breast	39.92	17/01/1982	KMC	Copeland
	50	Fly	35.32	12/02/1995	BON	Dorian Delamare
	100	IM	1:20.16	05/03/1995	BON	Dorian Delamare
	200	IM	3:03.09	18/02/2006	BLN	Adrian Soos
11-11	50	Free	31.24	27/01/2001	SHP	Liam Edwards
	100	Free	1:12.69	13/11/2004	SHP	Sven Brickwedde
	200	Free	2:38.95	28/01/2007	BLN	Philipp Hegner
	50	Back	35.86	25/11/2006	LKH	Kilian Korth
	50	Breast	38.62	11/11/2008	BLN	Philipp Hegner
	50	Fly	35.49	28/10/2001	SHP	Liam Edwards
	100	IM	1:16.02	04/03/2001	SHP	Liam Edwards
	200	IM	2:57.10	28/01/2007	WZG	Zachary Kolenda
12-12	50	Free	27.16	30/01/1994	KMC	Nick Trudell
	100	Free	1:04.92	08/01/2005	KMC	Neill Warrington
	200	Free	2:28.59	12/11/2006	HDG	Nate Eggert
	50	Back	32.44	06/02/1994	KMC	Nick Trudell
	50	Breast	37.10	06/02/1999	KMC	Andrew Miller
	50	Fly	30.40	30/01/1994	KMC	Nick Trudell
	100	IM	1:09.28	06/02/1994	KMC	Nick Trudell
	200	IM	2:39.31	15/02/2005	KMC	Neill Warrington
13-14	50	Free	25.77	19/12/2004	ESB	Felix Carritt-Kurtzahn
	100	Free	56.47	30/09/2006	KMC	Drew Thomas
	200	Free	2:03.16	14/01/2007	KMC	Drew Thomas
	400	Free	4:25.47	30/09/2006	KMC	Drew Thomas
	100	Back	1:04.88	05/11/2000	NPS	John Lyles
	100	Breast	1:12.77	12/02/1995	SGT	Brian Spetman
	100	Fly	1:02.93	22/10/2000	NPS	John Lyles
	200	IM	2:23.22	28/10/2006	KMC	Drew Thomas
15-16	50	Free	25.09	26/01/2008	SGT	Will Viana
	100	Free	53.77	08/12/2008	SGT	Will Viana
	200	Free	1:55.22	16/12/2008	SGT	Will Viana
	400	Free	4:07.90	08/12/2008	SGT	Will Viana
	100	Back	1:02.91	04/11/2008	SGT	Will Viana
	100	Breast	1:10.11	17/01/2009	KMC	Stephen Tamowski
	200	IM	2:13.61	30/09/2007	SGT	Will Viana
17-19	50	Free	23.80	15/12/2007	ESB	Felix Carritt-Kurtzahn
	100	Free	51.47	08/02/1997	BON	Ewout Holst
	200	Free	1:56.14	17/01/2009	SGT	Will Viana

**EFSL-SHORT COURSE RECORDS 2008/2009**

400	Free	<b>4:05.34</b>	<b>19/10/2008</b>	SGT	Will Viana
100	Back	<b>1:00.84</b>	<b>19/10/2008</b>	SGT	Will Viana
100	Breast	<b>1:08.51</b>	<b>21/02/1988</b>	KMC	Mike Scherwitz
100	Fly	<b>58.13</b>	<b>08/02/1997</b>	BON	Ewout Holst
200	IM	<b>2:11.19</b>	<b>17/01/2009</b>	SGT	Will Viana

**SC Meters-Mixed Relays**

10 & U	200	Free Relay	<b>2:14.98</b>	<b>21/02/1988</b>	BLN	Berlin Bear-A-Cudas
	200	Medley Relay	<b>2:27.36</b>	<b>21/02/1986</b>	BLN	Berlin Bear-A-Cudas
11-12	200	Free Relay	<b>2:00.68</b>	<b>06/02/1994</b>	KMC	Kaiserslautern Kingfish
	200	Medley Relay	<b>2:14.47</b>	<b>06/02/1994</b>	KMC	Kaiserslautern Kingfish
13-14	200	Free Relay	<b>1:54.60</b>	<b>21/11/1993</b>	KMC	Kaiserslautern Kingfish
	200	Medley Relay	<b>2:09.71</b>	<b>28/01/2006</b>	SHP	Shape Seals
15-19	200	Free Relay	<b>1:49.05</b>	<b>02/01/2003</b>	KMC	Kaiserslautern Kingfish
	200	Medley Relay	<b>2:03.08</b>	<b>19/10/1997</b>	GKN	Geilenkirchen Orcas