

---

**RECORDS LSC Record**
**Yards-Women**

10 & U	50 Free	26.84	<b>24-Feb-79</b>	SYCH NI	Maliaka Rice	
	100 Free	58.81	<b>22-Feb-87</b>	AMSC NI	Josie Cordero	
	200 Free	2:07.28	<b>30-Mar-06</b>	LCAT NI	Erin McElfresh at Eastern Zone SC Championships	
	500 Free	5:41.13	<b>16-Mar-06</b>	LCAT NI	Erin McElfresh at Niagara District Championship	
	1000 Free	11:49.24	<b>17-Nov-00</b>	SHAQ NI	Bethany Fried	
	1650 Free	20:04.62	<b>17-Nov-00</b>	SHAQ NI	Bethany Fried	
	50 Back	31.44	<b>1-Jan-91</b>	STAR NI	Elizabeth Galloway	
	100 Back	1:08.09	<b>12-Mar-09</b>	TWST NI	Andrea M. Ernst at NISL - TWST / WSCS	
	200 Back	2:27.77	<b>14-Mar-09</b>	TWST NI	Andrea M. Ernst at NISL - Last Chance Meet	
	50 Breast	33.58	<b>7-Dec-06</b>	UNAC NI	Skyler M. Hoyt at STAR Short Course Team Invitational	
	100 Breast	1:14.07	<b>7-Dec-06</b>	UNAC NI	Skyler M. Hoyt at STAR Short Course Team Invitational	
	200 Breast	2:46.33	<b>10-Jun-06</b>	UNAC NI	Skyler Hoyt at STSL East Meet 2	
	50 Fly	29.57	<b>21-Feb-87</b>	AMSC NI	Josie Cordero	
	100 Fly	1:06.88	<b>22-Feb-87</b>	AMSC NI	Josie Cordero	
	200 Fly	2:35.08	<b>14-Aug-09</b>	TTSC NI	Allison M. Kopas at TTSC End of Summer Meet	
	100 IM	1:06.92	<b>13-Feb-87</b>	AMSC NI	Josie Cordero	
	200 IM	2:23.80	<b>7-Dec-06</b>	UNAC NI	Skyler M. Hoyt at STAR Short Course Team Invitational	
	400 IM	5:14.66	<b>6-Feb-09</b>	UN NI	Makayla Sargent at Star Swimming Thirteenth Annual ABC Meet	
	200 Free Relay	1:57.21	<b>1-Jan-96</b>	STAR NI	Jenna Hedrick, Amanda Otto, Ashley Stafford, Marie Wolbert	
	400 Free Relay	4:19.73	<b>1-Jan-95</b>	STAR NI	Jenna Hedrick, Ashley Stafford, Amanda Otto, Marie Wolbert	
	200 Medley Relay	2:14.77	<b>1-Jan-95</b>	STAR NI	Jenna Hedrick, Ashley Stafford, Marie Wolbert, Amadna Otto	
	400 Medley Relay	5:07.15	<b>15-Feb-08</b>	TTSC NI	A. Kopas, M. Jacumski, L. Phillips, A. McCarthy	
	11-12	50 Free	24.70	<b>31-Mar-88</b>	MCCM NI	Jessica Nixon
100 Free		53.39	<b>1-Jan-97</b>	TWST NI	Martha Whistler	
200 Free		1:54.14	<b>1-Jan-97</b>	UBAM NI	Rachael Rubin	
500 Free		5:09.53	<b>15-Feb-08</b>	LCAT NI	Erin L. McElfresh at Region I Championships	
1000 Free		10:37.39	<b>18-Jan-08</b>	LCAT NI	Erin L. McElfresh at IMX Series 14 & Under Gold Meet	
1650 Free		17:41.41	<b>25-Jan-08</b>	LCAT NI	Erin L. McElfresh at Niagara Go The Distance	
50 Back		28.57	<b>1-Jan-97</b>	GRSC NI	Amber Harris	
100 Back		1:01.05	<b>7-Mar-02</b>	SHAQ NI	Alex Dockstader at Niagara District 14&U Gold	
200 Back		2:11.90	<b>14-Mar-02</b>	SHAQ NI	Alex Dockstader at Niagara District Senior Gold	
50 Breast		30.76	<b>1-Apr-04</b>	ITAC NI	Lindsey Norberg at Eastern Zone Championship	
100 Breast		1:06.40	<b>1-Apr-04</b>	ITAC NI	Lindsey Norberg at Eastern Zone Championship	
200 Breast		2:26.05	<b>9-Jun-04</b>	ITAC NI	Lindsey Norberg at STSL West Meet #3	
50 Fly		27.12	<b>1-Jan-94</b>	TWST NI	Lisa Hanitz	
100 Fly		58.54	<b>2-Apr-88</b>	MCCM NI	Jessica Nixon	
200 Fly		2:13.23	<b>13-Mar-08</b>	LCAT NI	Erin L. McElfresh at Niagara District Championship	
100 IM		1:01.88	<b>1-Apr-04</b>	ITAC NI	Lindsey Norberg at Eastern Zone Championship	
200 IM		2:12.29	<b>14-Feb-87</b>	SYCH NI	Tori DeSilvia	
400 IM		4:42.52	<b>13-Mar-08</b>	LCAT NI	Erin L. McElfresh at Niagara District Championship	
200 Free Relay		1:46.47	<b>8-Jan-04</b>	ITAC NI	Eva Simitch-Warke, P Kotlikoff, L Norberg, Kali Dean	
400 Free Relay		3:51.45	<b>1-Feb-02</b>	SHAQ NI	Julia Ruggiero, Rachel Giza, Bethany Fried, Alex Dockstader	
200 Medley Relay		1:55.45	<b>26-Feb-04</b>	ITAC NI	Eva Simitch-Warke, L Norberg, L Norberg, Kali Dean	
400 Medley Relay		4:22.19	<b>19-Mar-09</b>	TTSC NI	Town of Tonawanda Titans M. Shannon, E. Kopas, L. Phillips, K. Ba	
13-14		50 Free	23.96	<b>19-Nov-99</b>	EAST NI	Martha Whistler
		100 Free	52.11	<b>12-Dec-02</b>	STAR NI	Andrea Lehner at STAR Team Invitational
		200 Free	1:50.44	<b>13-Mar-03</b>	STAR NI	Andrea Lehner at USA Speedo Championship

---

**RECORDS LSC Record**

13-14	500 Free	4:48.44	<b>13-Mar-03</b>	STAR NI	Andrea Lehner at USA Speedo Championship
	1000 Free	9:48.84	<b>13-Mar-03</b>	STAR NI	Andrea Lehner at USA Speedo Championship
	1650 Free	16:23.35	<b>13-Mar-03</b>	STAR NI	Andrea Lehner at USA Speedo Championship
	100 Back	57.23	<b>1-Jan-91</b>	EAST NI	Carol Girvin
	200 Back	2:02.79	<b>12-Dec-02</b>	STAR NI	Andrea Lehner at STAR Team Invitational
	100 Breast	1:02.34	<b>21-Mar-06</b>	ITAC NI	Lindsey Norberg at NCSA Junior Nationals
	200 Breast	2:18.02	<b>21-Mar-06</b>	ITAC NI	Lindsey Norberg at NCSA Junior Nationals
	100 Fly	56.37	<b>1-Jan-90</b>	MCCM NI	Jessica Nixon
	200 Fly	2:02.71	<b>12-Mar-09</b>	LCAT NI	Erin L. McElfresh at NE 2009 March Speedo Champions Series
	200 IM	2:05.18	<b>12-Dec-02</b>	STAR NI	Andrea Lehner at STAR Team Invitational
	400 IM	4:21.15	<b>13-Mar-03</b>	STAR NI	Andrea Lehner at USA Speedo Championship
	200 Free Relay	1:40.59	<b>27-Feb-03</b>	EAST NI	M. Smith, H. Whistler, L. Powalski, S. Palma
	400 Free Relay	3:38.82	<b>26-Feb-97</b>	UBAM NI	Lisa Ranzenhofer, Heather Solomon, Lindsey Swensen, Rachael Rubin
	800 Free Relay	8:00.62	<b>1-Jan-93</b>	MCCM NI	S. McKeever, Dibuo, A. Lorensen, J. Nixon
	200 Medley Relay	1:53.44	<b>27-Feb-03</b>	GRRR NI	K. McIntyre, M. Roberts, E. Monti, H. Weniger
	400 Medley Relay	4:05.57	<b>5-Feb-86</b>	MCCM NI	Hyatt, R. Teske, Hall, K. Mihal
15-16	50 Free	23.76	<b>1-Jan-97</b>	FAST NI	Lindsay Crane
	100 Free	50.58	<b>1-Jan-95</b>	SHAK NI	Kim Black
	200 Free	1:48.47	<b>21-Nov-08</b>	UN NI	Marissa L. Dressel at 2008 NI Ob NYSPhAA Girls Federation
	500 Free	4:51.78	<b>12-Dec-08</b>	TTSC NI	Marissa L. Dressel at Christmas Meet Inviational
	1000 Free	9:57.78	<b>26-Mar-09</b>	STAR NI	Courtney L. Otto at 2009 SE Speedo Champions Series
	1650 Free	16:29.67	<b>26-Mar-09</b>	STAR NI	Courtney L. Otto at 2009 SE Speedo Champions Series
	100 Back	56.46	<b>1-Jan-90</b>	STAR NI	Amy Lanigan
	200 Back	2:02.87	<b>1-Jan-96</b>	MCCM NI	Ashby Baldock
	100 Breast	1:02.43	<b>17-Nov-06</b>	ITAC NI	Lindsey Norberg at NYSPhSAA Championships
	200 Breast	2:19.10	<b>1-Jan-88</b>	STAR NI	Jill Minich
	100 Fly	55.07	<b>20-Mar-07</b>	ITAC NI	Logan P. Todhunter at NCSA Junior Nationals 2007-Short Course
	200 Fly	1:58.96	<b>26-Mar-09</b>	STAR NI	Courtney L. Otto at 2009 SE Speedo Champions Series
	200 IM	2:04.71	<b>11-Dec-03</b>	STAR NI	Andrea Lehner at STAR Short Course ABC
	400 IM	4:20.21	<b>26-Mar-09</b>	STAR NI	Courtney L. Otto at 2009 SE Speedo Champions Series
	200 Free Relay	1:37.99	<b>17-Dec-00</b>	SHAQ NI	M. Whistler, A. Dean, S. Belke, M. Wolbert
	400 Free Relay	3:32.13	<b>17-Dec-00</b>	SHAQ NI	M. Whistler, A. Dean, S. Belke, M. Wolbert
	800 Free Relay	7:56.73	<b>10-Mar-05</b>	SDSC NI	E. McGraw, K. Anderson, L. Wahl, L. Default
	200 Medley Relay	1:49.00	<b>12-Mar-09</b>	TTSC NI	Town of Tonawanda Titans L. Villari, V. Jacumski, A. Gielowski, M.
	400 Medley Relay	3:59.09	<b>12-Mar-09</b>	TTSC NI	Town of Tonawanda Titans L. Villari, V. Jacumski, A. Gielowski, M.
17-18	50 Free	23.14	<b>1-Jan-96</b>	SHAK NI	Kim Black
	100 Free	50.46	<b>11-Dec-08</b>	ITAC NI	Lindsey Norberg at Speedo SC Junior National Championships
	200 Free	1:50.09	<b>22-Mar-80</b>	ZWAC NI	Sue Walsh
	500 Free	4:51.74	<b>1-Apr-88</b>	MCCM NI	Kim Small
	1000 Free	9:57.01	<b>29-Mar-88</b>	MCCM NI	Kim Small
	1650 Free	16:41.67	<b>2-Apr-88</b>	MCCM NI	Kim Small
	100 Back	55.18	<b>6-Nov-07</b>	PACK NI	Jenny R. Lewis at Section V Class A
	200 Back	2:01.29	<b>21-Mar-80</b>	ZWAC NI	Sue Walsh
	100 Breast	1:01.41	<b>12-Mar-09</b>	ITAC NI	Lauren Norberg at NE 2009 March Speedo Champions Series
	200 Breast	2:15.79	<b>12-Mar-09</b>	ITAC NI	Lauren Norberg at NE 2009 March Speedo Champions Series
	100 Fly	53.54	<b>18-Mar-09</b>	UN NI	Logan P. Todhunter at 2009 MN NCAA Division III Champs
	200 Fly	1:57.71	<b>18-Mar-09</b>	UN NI	Logan P. Todhunter at 2009 MN NCAA Division III Champs
	200 IM	2:01.75	<b>1-Jan-92</b>	SYCH NI	Tori DeSilvia
	400 IM	4:25.36	<b>12-Mar-09</b>	ITAC NI	Lauren Norberg at NE 2009 March Speedo Champions Series
	200 Free Relay	1:41.97	<b>1-Feb-89</b>	MCCM NI	Hall, Lorensen, DeHaven, K. Mihal

---

**RECORDS LSC Record**

17-18	400 Free Relay	3:42.07	<b>1-Jan-90</b>	MCCM NI	Loreson, Hall, Steere, DeHaven
	800 Free Relay	7:48.79	<b>26-Feb-89</b>	MCCM NI	Hall, T. Loreson, L. Moschel, DeHaven
	200 Medley Relay	1:53.62	<b>1-Jan-00</b>	FAST NI	Lindsay Holman, Lindsay Kirchoff, Maureen Perdue, Jen Meyer
	400 Medley Relay	4:04.19	<b>1-Apr-89</b>	MCCM NI	Steere, R. Teske, DeHaven, T. Loreson
	50 Free	23.14	<b>1-Jan-96</b>	SHAK NI	Kim Black
	100 Free	49.82	<b>10-Apr-85</b>	SHKS CT	Kathy Ritch
	200 Free	1:47.85	<b>11-Apr-85</b>	SHKS CT	Kathy Ritch
	500 Free	4:45.52	<b>1-Jan-91</b>	MCCM NI	Kim Small
	1000 Free	9:40.45	<b>1-Jan-91</b>	MCCM NI	Kim Small
	1650 Free	16:23.35	<b>13-Mar-03</b>	STAR NI	Andrea Lehner at USA Speedo Championship
	100 Back	55.91	<b>6-Nov-07</b>	PACK NI	Jenny R. Lewis at Section V Class A
	200 Back	2:01.14	<b>1-Jan-91</b>	ABSC GA	Jacquelyn Strom
	100 Breast	1:02.34	<b>21-Mar-06</b>	ITAC NI	Lindsey Norberg at NCSA Junior Nationals
	200 Breast	2:16.13	<b>1-Jan-91</b>	ABSC GA	Jacquelyn Strom
	100 Fly	54.94	<b>9-Mar-06</b>	FAST NI	Lindsay Henahan at Speedo Champions Series
	200 Fly	2:01.09	<b>1-Jan-89</b>	SYCH NI	Elysia Moreland
	200 IM	2:01.75	<b>1-Jan-92</b>	SYCH NI	Tori DeSilvia
	400 IM	4:15.14	<b>1-Jan-84</b>	RAC	Joy Tetro
	200 Free Relay	1:36.28	<b>20-Mar-07</b>	ITAC NI	Lauren Norberg, Lindsay Norberg, Logan Todhunter, Emily Peck
	400 Free Relay	3:28.06	<b>12-Apr-85</b>	GA	Mosdell, Jones, Morris, Kinsley
	800 Free Relay	7:31.90	<b>29-Nov-07</b>	SYRU NI	Syracuse University
	200 Medley Relay	1:45.10	<b>18-Mar-08</b>	ITAC NI	Lindsay Norberg, Lauren Norberg, Logan Todhunter, Emily Peck
	400 Medley Relay	3:51.07	<b>29-Nov-07</b>	SYRU NI	Syracuse University

---

**RECORDS LSC Record**
**Yards-Men**

10 & U	50 Free	26.58	<b>29-Mar-07</b>	LCAT NI	Ryan D. Nicholson at Eastern Zone SC Swimming Championships
	100 Free	57.64	<b>15-Mar-07</b>	LCAT NI	Ryan D. Nicholson at 2007 Niagara District Championships
	200 Free	2:03.70	<b>29-Mar-07</b>	LCAT NI	Ryan D. Nicholson at Eastern Zone SC Swimming Championships
	500 Free	5:34.69	<b>15-Mar-07</b>	LCAT NI	Ryan D. Nicholson at 2007 Niagara District Championships
	1000 Free	11:51.12	<b>1-Jan-95</b>	MCCM NI	Ryan Lochte
	1650 Free	19:42.83	<b>16-Dec-06</b>	LCAT NI	Ryan D. Nicholson at STSL Central Distance Meet
	50 Back	31.24	<b>1-Jan-95</b>	MCCM NI	Ryan Lochte
	100 Back	1:06.51	<b>1-Jan-97</b>	NEWD NI	Jeff Wood
	200 Back	2:23.63	<b>1-Jan-95</b>	MCCM NI	Ryan Lochte
	50 Breast	34.69	<b>1-Jan-99</b>	SHAK NI	Mike McDonough
	100 Breast	1:15.89	<b>1-Jan-99</b>	SHAK NI	Mike McDonough
	200 Breast	2:51.34	<b>25-Jan-03</b>	CSCI NI	Daniel O'Connor at SHAK Winter Challenge
	50 Fly	28.69	<b>29-Mar-07</b>	LCAT NI	Ryan D. Nicholson at Eastern Zone SC Swimming Championships
	100 Fly	1:04.10	<b>29-Mar-07</b>	LCAT NI	Ryan D. Nicholson at Eastern Zone SC Swimming Championships
	200 Fly	2:29.27	<b>26-Jan-07</b>	LCAT NI	Ryan D. Nicholson at Go The Distance
	100 IM	1:07.26	<b>1-Jan-88</b>	RAYS NI	Joe Neunder
	200 IM	2:23.54	<b>29-Mar-07</b>	LCAT NI	Ryan D. Nicholson at Eastern Zone SC Swimming Championships
	400 IM	5:07.31	<b>26-Jan-07</b>	LCAT NI	Ryan D. Nicholson at Go The Distance
	200 Free Relay	1:55.56	<b>1-Jan-87</b>	STAR NI	Billings, Crotty, J. Cetin, S. Burns
	400 Free Relay	4:19.15	<b>1-Jan-87</b>	STAR NI	S. Burns, Billings, Crotty, J. Cetin
	200 Medley Relay	2:11.97	<b>1-Jan-87</b>	STAR NI	Billings, Crotty, J. Cetin, S. Burns
	400 Medley Relay	5:10.75	<b>13-Mar-08</b>	STAR NI	M. Marsh, M. Marsh, C. McQueen, N. Herzog
11-12	50 Free	23.71	<b>26-Feb-97</b>	UBAM NI	Mark Rubin
	100 Free	51.76	<b>26-Feb-97</b>	UBAM NI	Mark Rubin
	200 Free	1:52.11	<b>26-Feb-97</b>	UBAM NI	Mark Rubin
	500 Free	5:04.44	<b>1-Jan-95</b>	SHAQ NI	Jaime Garcia
	1000 Free	10:31.37	<b>18-Jan-08</b>	SEAS NI	Kevin D. Tobey at IMX Series 14 & Under Gold Meet
	1650 Free	17:32.93	<b>25-Jan-08</b>	SEAS NI	Kevin D. Tobey at Niagara Go The Distance
	50 Back	27.34	<b>29-Mar-01</b>	UBAM NI	Jeffrey Zhou
	100 Back	58.68	<b>26-Feb-97</b>	UBAM NI	Mark Rubin
	200 Back	2:08.71	<b>1-Apr-04</b>	TTAC NI	Matthew Schwippert at Eastern Zone Championship
	50 Breast	29.17	<b>30-Mar-00</b>	GRRR NI	Jon Roberts
	100 Breast	1:04.60	<b>3-Apr-08</b>	TTSC NI	Declan T. McLaughlin at Eastern Zone SC Swimming Championship
	200 Breast	2:22.32	<b>3-Apr-08</b>	TTSC NI	Declan T. McLaughlin at Eastern Zone SC Swimming Championship
	50 Fly	26.11	<b>1-Jan-93</b>	MCCM NI	Landon Fears
	100 Fly	58.68	<b>1-Jan-98</b>	UBAM NI	Mark Rubin
	200 Fly	2:06.97	<b>3-Apr-08</b>	SEAS NI	Kevin D. Tobey at Eastern Zone SC Swimming Championship
	100 IM	59.57	<b>30-Mar-00</b>	GRRR NI	Jon Roberts
	200 IM	2:10.01	<b>29-Mar-08</b>	SEAS NI	Kevin D. Tobey at McDonalds Championships
	400 IM	4:39.31	<b>19-Mar-09</b>	LCAT NI	Ryan D. Nicholson at Niagara LSC Championships
	200 Free Relay	1:43.09	<b>1-Jan-92</b>	MCCM NI	L. Fears, R. Burnside, J. Scibilia, A. Meek
	400 Free Relay	3:45.76	<b>1-Jan-91</b>	MCCM NI	L. Fears, J. Scibilia, R. Burnside, A. Meek
	200 Medley Relay	1:56.41	<b>1-Jan-91</b>	MCCM NI	J. Scibilia, R. Burnside, L. Fears, A. Meek
	400 Medley Relay	4:17.20	<b>1-Jan-92</b>	MCCM NI	J. Scibilia, A. Meek, L. Fears, R. Burnside
13-14	50 Free	21.41	<b>6-Mar-09</b>	UN NI	Drake D. Becksted at 2009 MR NYSPHAA HS Championships
	100 Free	47.19	<b>14-Feb-09</b>	UN NI	Drake D. Becksted at 2009 NI Ob Section III State Qualifying
	200 Free	1:45.79	<b>1-Jan-95</b>	MCCM NI	Andy Meek

---

**RECORDS LSC Record**

13-14	500 Free	4:42.42	<b>5-Jan-07</b>	SYCH NI	Dan O'Connor at Starfish Trophy Invitational
	1000 Free	9:41.80	<b>27-Jan-07</b>	SYCH NI	Dan O'Connor at Senior JO Championship
	1650 Free	16:13.06	<b>5-Jan-07</b>	SYCH NI	Dan O'Connor at Starfish Trophy Invitational
	100 Back	53.31	<b>30-Mar-00</b>	EAST NI	Mark Rubin
	200 Back	1:56.74	<b>30-Mar-00</b>	EAST NI	Mark Rubin
	100 Breast	58.66	<b>4-Apr-02</b>	GRRR NI	Jon Roberts at Eastern Zones
	200 Breast	2:08.06	<b>4-Apr-02</b>	GRRR NI	Jon Roberts at Eastern Zones
	100 Fly	52.15	<b>4-Apr-02</b>	GRRR NI	Jon Roberts at Eastern Zones
	200 Fly	1:55.42	<b>2-Apr-09</b>	SEAS NI	Sean A. Ledford at 2009 NI Eastern Zone SC Swimming Championship
	200 IM	1:55.44	<b>4-Apr-02</b>	GRRR NI	Jon Roberts at Eastern Zones
	400 IM	4:15.11	<b>1-Jan-94</b>	ITAC NI	Hank Longmire
	200 Free Relay	1:30.83	<b>4-Apr-01</b>	GRRR NI	J. Roberts, J. Wood, J. Arington, L. Weniger
	400 Free Relay	3:23.93	<b>15-Mar-01</b>	GRRR NI	L. Weniger, B. Monti, J. Wood, J. Roberts
	800 Free Relay	7:29.38	<b>4-Apr-01</b>	GRRR NI	J. Roberts, B. Monti, J. Wood, L. Weniger
	200 Medley Relay	1:41.85	<b>4-Apr-01</b>	GRRR NI	J. Wood, J. Roberts, L. Weniger, J. Arington
	400 Medley Relay	3:48.01	<b>15-Mar-01</b>	GRRR NI	L. Weniger, J. Roberts, J. Wood, J. Arington
15-16	50 Free	20.93	<b>1-Jan-93</b>	FAST NI	Ryan Prosser
	100 Free	46.01	<b>1-Jan-84</b>	STAR NI	Mike McCluhan
	200 Free	1:39.70	<b>1-Jan-84</b>	STAR NI	Mike McCluhan
	500 Free	4:33.40	<b>11-Dec-08</b>	SYCH NI	Dan O'Connor at Speedo SC Junior National Championships
	1000 Free	9:27.04	<b>1-Jan-84</b>	MCCM NI	Rick Aronberg
	1650 Free	15:40.65	<b>11-Dec-08</b>	SYCH NI	Dan O'Connor at Speedo SC Junior National Championships
	100 Back	49.94	<b>21-Mar-06</b>	FAST NI	Ricky Henahan at NCSA Junior Nationals
	200 Back	1:52.48	<b>14-Aug-09</b>	TTSC NI	Alec J. Pokornowski at TTSC End of Summer Meet
	100 Breast	56.36	<b>13-Mar-03</b>	GRRR NI	Jon Roberts at USA Speedo Championship
	200 Breast	2:03.28	<b>13-Mar-03</b>	GRRR NI	Jon Roberts at USA Speedo Championship
	100 Fly	49.67	<b>28-Feb-03</b>	GRRR NI	Luke Weniger at NYSPHSAA Championship
	200 Fly	1:54.53	<b>1-Jan-96</b>	JETS NI	Bruce Derrick
	200 IM	1:52.13	<b>1-Jan-84</b>	STAR NI	Dave Shraven
	400 IM	4:01.10	<b>11-Dec-08</b>	SYCH NI	Dan O'Connor at Speedo SC Junior National Championships
	200 Free Relay	1:29.48	<b>17-Dec-00</b>	SHAQ NI	M. Rubin, DJ Hogenkamp, A Moessinger, M. Petock
	400 Free Relay	3:09.02	<b>1-Jan-84</b>	STAR NI	M. McCluhan, E. McClaren, D. Shraven, J. Hodge
	800 Free Relay	6:58.47	<b>1-Jan-84</b>	STAR NI	M. McCluhan, E. McClaren, D. Shraven, J. Hodge
	200 Medley Relay	1:38.67	<b>1-Jan-90</b>	FAST NI	Playfair, Male, Torsonne, Lees
	400 Medley Relay	3:35.58	<b>1-Jan-84</b>	STAR NI	M. McCluhan, C. Cabell, D. Shraven, J. Hodge
17-18	50 Free	20.59	<b>1-Jan-86</b>	STAR NI	George Triepal
	100 Free	45.33	<b>1-Jan-84</b>	STAR NI	John Hodge
	200 Free	1:39.06	<b>1-Jan-84</b>	STAR NI	John Hodge
	500 Free	4:25.80	<b>1-Jan-86</b>	MCCM NI	Rick Aronberg
	1000 Free	9:07.84	<b>1-Jan-86</b>	MCCM NI	Rick Aronberg
	1650 Free	15:16.53	<b>1-Jan-86</b>	MCCM NI	Rick Aronberg
	100 Back	48.90	<b>29-Feb-08</b>	FAST NI	Ricky Henahan at 2008 NYSPHAA Championship
	200 Back	1:46.86	<b>1-Jan-92</b>	SYCH NI	Jamie Secor
	100 Breast	56.62	<b>1-Jan-90</b>	MCCM NI	Matt Monaghan
	200 Breast	2:01.67	<b>1-Jan-90</b>	MCCM NI	Matt Monaghan
	100 Fly	48.99	<b>5-Mar-04</b>	GRRR NI	Luke Weniger at NYSPHSAA Championship
	200 Fly	1:50.88	<b>1-Jan-91</b>	SYCH NI	Erik Dalaker
	200 IM	1:51.19	<b>28-Feb-03</b>	SYCH NI	Michael Slater at NYSPHSAA Championship
	400 IM	3:55.77	<b>1-Jan-97</b>	EAST NI	Joe Peresan
	200 Free Relay	1:28.48	<b>1-Jan-91</b>	FAST NI	Cimicata, Male, Playfair, Lees

---

**RECORDS LSC Record**

17-18	400 Free Relay	3:07.93	<b>22-Mar-05</b>	FAST NI	J. Wood, B. Possee, J. Kaemmerlen, R. Henahan
	800 Free Relay	7:02.57	<b>24-Mar-98</b>	FAST NI	Nick Lakin, Jeff Hammeken, Ryan Callan, Adam Bruns
	200 Medley Relay	1:35.33	<b>1-Jan-91</b>	FAST NI	Playfair, Torsone, Male, Cimicata
	400 Medley Relay	3:26.19	<b>1-Jan-81</b>	LJSC NI	Funiciele, Edwards, T. Lewandowski, R. Lewandowski
	50 Free	20.02	<b>1-Jan-96</b>	SYRU NI	Seth Williams
	100 Free	44.88	<b>1-Jan-90</b>	MBC	Steve Sheedy
	200 Free	1:38.42	<b>1-Jan-89</b>	MCCM NI	Rick Aronberg
	500 Free	4:20.62	<b>1-Jan-89</b>	MCCM NI	Rick Aronberg
	1000 Free	9:05.84	<b>1-Jan-84</b>	MCCM NI	Rick Aronberg
	1650 Free	15:03.93	<b>1-Jan-89</b>	MCCM NI	Rick Aronberg
	100 Back	49.11	<b>18-Mar-08</b>	FAST NI	Ricky Henahan at NCSA Junior National Swimming Championship
	200 Back	1:45.57	<b>1-Jan-95</b>	SYRU NI	Jamie Secor
	100 Breast	56.36	<b>13-Mar-03</b>	GRRR NI	Jon Roberts at USA Speedo Championship
	200 Breast	2:01.67	<b>1-Jan-90</b>	MCCM NI	Matt Monaghan
	100 Fly	49.36	<b>1-Jan-95</b>	SA	Brock Newman
	200 Fly	1:47.81	<b>20-Feb-03</b>	FAST NI	Gregory Danner at Big East Championship
	200 IM	1:51.09	<b>20-Feb-03</b>	FAST NI	Gregory Danner at Big East Championship
	400 IM	3:54.06	<b>1-Jan-95</b>	SYCH NI	Jamie Secor
	200 Free Relay	1:22.39	<b>1-Jan-95</b>	SYRU NI	Williams, Fraas, Vucetic, Withey
	400 Free Relay	2:59.33	<b>1-Jan-95</b>	SYRU NI	Williams, Fraas, Vucetic, Withey
	800 Free Relay	6:45.41	<b>1-Jan-84</b>	STAR NI	J. Hodge, M. McCluhan, M. Wood, D. Shraven
	200 Medley Relay	1:33.21	<b>1-Jan-95</b>	SYRU NI	Williams, Powers, Zanetti, Withey
	400 Medley Relay	3:13.27	<b>1-Jan-91</b>	WPSC	Trudell, Schengottz, Cooper, Pozzolini