

### LCM Individual VA LMSC Records

Event	Age	Women			Men		
		Time	Name	Year Set	Time	Name	Year Set
50 Free	18-24	29.84	Paula Jones	1992	26.08	James Wolfle	1992
100 Free	18-24	1:03.50	Paula Jones	1992	57.93	Kirk Johnson	
200 Free	18-24	2:09.72	Abigail Nunn	2009	2:10.86	Chad Buist	2007
400 Free	18-24	4:30.85	Abigail Nunn	2009	4:40.09	Chad Buist	2007
800 Free	18-24	9:22.99	Abigail Nunn	2009	9:50.90	Chad Buist	2007
1500 Free	18-24	22:13.36	Tory Neff		20:23.46	Dan McDonough	1988
50 Back	18-24	36.19	Robin Hampton	1991	30.98	Michael Teter	
100 Back	18-24	1:18.65	Robin Hampton	1991	1:06.10	James Wolfle	1992
200 Back	18-24	2:45.35	Robin Hampton		3:00.27	Martin Hosek	2008
50 Breast	18-24	39.43	Deborah Sloan	1989	32.21	Darren Gorman	1996
100 Breast	18-24	1:23.36	Beth Warnick		1:12.12	Darren Gorman	1996
200 Breast	18-24	3:29.84	Corey Ullman		2:47.31	Darren Gorman	1996
50 Fly	18-24	31.25	Abigail Nunn	2009	26.38	Ry Beville	1995
100 Fly	18-24	1:08.09	Abigail Nunn	2009	58.14	Ry Beville	1995
200 Fly	18-24	2:22.24	Abigail Nunn	2009	2:09.39	Ry Beville	1995
200 IM	18-24	2:24.73	Abigail Nunn	2009	2:20.55	Brian Hicks	1999
400 IM	18-24	5:06.24	Abigail Nunn	2009	5:20.52	George Frazer	1990
50 Free	25-29	28.50	Nancy Duncan	1997	23.58	Daniel Summerlin	1998
100 Free	25-29	1:01.78	Nancy Duncan	1997	54.86	Billy Gaines	2010
200 Free	25-29	2:17.74	Kate Hibbard	2011	1:59.12	Frank Byskov	2002
400 Free	25-29	4:51.04	Deborah Cain	1984	4:14.84	Frank Byskov	2002
800 Free	25-29	10:28.74	Deborah Cain	1985	9:25.02	Clark Campbell	1994
1500 Free	25-29	19:01.31	Deborah Cain	1985	19:19.71	John Lowe	
50 Back	25-29	32.26	Diane Cayce	1984	28.46	Michael Vanderpool	2005
100 Back	25-29	1:11.39	Kate Hibbard	2011	1:00.96	Ryan Bradley	2000
200 Back	25-29	2:34.35	Kate Hibbard	2011	2:21.50	Ryan Bradley	2000
50 Breast	25-29	35.86	Lisa Tubergen	1985	32.78	Ian Wrightson	1990
100 Breast	25-29	1:19.95	Lisa Tubergen	1985	1:14.30	Christopher Nicklaw	1983
200 Breast	25-29	2:56.70	Lisa Tubergen	1985	2:38.06	Frank Byskov	2003
50 Fly	25-29	30.80	Nancy Duncan	1997	26.53	Ryan Bradley	2000
100 Fly	25-29	1:10.12	Danielle Myers	2011	57.70	Frank Byskov	2002
200 Fly	25-29	2:36.67	Diane Cayce	1984	2:12.72	Frank Byskov	2002
200 IM	25-29	2:34.68	Kate Hibbard	2011	2:13.97	Frank Byskov	2002
400 IM	25-29	5:35.66	Deborah Cain	1984	4:55.48	Frank Byskov	2003

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## LCM Individual VA LMSC Records

Event	Age	Women			Men		
		Time	Name	Year Set	Time	Name	Year Set
50 Free	30-34	27.63	Beth Scheimann	1993	25.07	Billy Gaines	2011
100 Free	30-34	1:01.13	Beth Scheimann	1993	54.27	Troy Johnson	2006
200 Free	30-34	2:17.54	Trish Seubert	2003	1:59.52	Billy Gaines	2011
400 Free	30-34	4:54.64	Deborah Reed	2000	4:21.51	Billy Gaines	2011
800 Free	30-34	10:14.49	Deborah Reed	2000	9:10.94	Billy Gaines	2011
1500 Free	30-34	20:14.03	Lisa Tubergen	1988	18:16.22	Perry Lange	1987
50 Back	30-34	36.54	Margaret Gale	2002	28.28	Troy Johnson	2006
100 Back	30-34	1:19.08	Karen Ford	2000	1:02.59	Troy Johnson	2006
200 Back	30-34	2:52.35	Molly Dean	1998	2:28.88	Rab McClure	2003
50 Breast	30-34	34.19	Lisa Bennett	1990	32.03	David Malsbury	1992
100 Breast	30-34	1:18.80	Beth Scheimann	1993	1:12.32	Ken Neubauer	1988
200 Breast	30-34	2:54.80	Violetta Schlesinger	2000	2:43.94	Ken Neubauer	1988
50 Fly	30-34	31.33	Lisa Bennett	1988	25.97	Matt Haupt	2010
100 Fly	30-34	1:09.61	Maria Velikonja	1992	55.67	Matt Haupt	2010
200 Fly	30-34	2:42.04	Maria Velikonja	1992	2:03.76	Matt Haupt	2010
200 IM	30-34	2:39.72	Lisa Bennett	1988	2:19.65	Andrew Pulsifer	1997
400 IM	30-34	5:46.57	Deborah Reed	2000	5:31.86	Pieter De Hart	2011
50 Free	35-39	27.65	Beth Baker	2000	25.74	Eric Cornell	2006
100 Free	35-39	1:01.75	Beth Baker	2000	55.94	Eric Cornell	2006
200 Free	35-39	2:15.00	Kelly Parker	1997	2:05.62	Eric Cornell	2006
400 Free	35-39	4:43.62	Kelly Parker	1997	4:32.96	Dave Holland	2006
800 Free	35-39	9:49.08	Kelly Parker	1997	9:53.31	John Geyer	2000
1500 Free	35-39	18:37.69	Kelly Parker	1997	18:51.32	John Geyer	2000
50 Back	35-39	32.72	Beth Baker	1999	30.45	David Malsbury	2000
100 Back	35-39	1:10.46	Beth Baker	2000	1:07.66	Rab McClure	2005
200 Back	35-39	2:39.98	Beth Baker	2000	2:33.44	Rab McClure	2005
50 Breast	35-39	36.60	Patricia Powis	1998	32.47	Michael Slowey	1994
100 Breast	35-39	1:22.46	Lisa Bennett	1995	1:12.30	Michael Slowey	1994
200 Breast	35-39	3:02.59	Patricia Powis	1998	2:43.09	Michael Slowey	1994
50 Fly	35-39	29.71	Beth Baker	1999	27.93	Dave Holland	2002
100 Fly	35-39	1:05.92	Beth Baker	2000	1:01.41	Dave Holland	2006
200 Fly	35-39	2:29.00	Beth Baker	2000	2:14.28	Dave Holland	2006
200 IM	35-39	2:33.92	Beth Baker	1999	2:28.10	Dave Holland	2002
400 IM	35-39	5:34.76	Beth Baker	2000	5:33.14	John Sultan	1984

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## LCM Individual VA LMSC Records

Event	Age	Women			Men		
		Time	Name	Year Set	Time	Name	Year Set
50 Free	40-44	27.46	Beth Baker		25.14	John Tudor	2000
100 Free	40-44	1:01.48	Beth Baker	2001	54.95	John Tudor	2000
200 Free	40-44	2:15.83	Kelly Parker	2002	2:01.40	Chris Stevenson	2008
400 Free	40-44	4:48.37	Kelly Parker	2002	4:18.77	Chris Stevenson	2008
800 Free	40-44	10:00.58	Kelly Parker	2004	9:48.57	Dave Holland	2011
1500 Free	40-44	19:03.21	Kelly Parker	2002	18:46.35	Dave Holland	2008
50 Back	40-44	33.36	Beth Baker	2002	27.95	Chris Stevenson	2008
100 Back	40-44	1:09.88	Beth Baker	2001	1:00.56	Chris Stevenson	2008
200 Back	40-44	2:31.66	Beth Baker	2001	2:13.48	Chris Stevenson	2008
50 Breast	40-44	37.15	Patricia Powis	2003	32.27	David Malsbury	2001
100 Breast	40-44	1:23.29	Patricia Powis	2004	1:12.78	Michael Slowey	2000
200 Breast	40-44	3:03.20	Patricia Powis	2004	2:46.80	Michael Slowey	2000
50 Fly	40-44	29.59	Beth Baker	2001	27.35	John Tudor	2000
100 Fly	40-44	1:05.61	Beth Baker	2001	58.29	Chris Stevenson	2008
200 Fly	40-44	2:29.81	Beth Baker	2001	2:15.41	Chris Stevenson	2007
200 IM	40-44	2:52.14	Paula Jones	2008	2:25.54	Dave Holland	2008
400 IM	40-44	6:01.26	Alison Moore	2010	5:09.89	Dave Holland	2011
50 Free	45-49	30.70	Lisa Bennett	2004	25.83	David Hefner	2000
100 Free	45-49	1:06.98	Susan Skiff	1999	56.50	John Tudor	2002
200 Free	45-49	2:25.12	Kelly Parker Palace	2010	2:01.76	Chris Stevenson	2009
400 Free	45-49	5:15.56	Kelly Parker Palace	2010	4:21.26	Chris Stevenson	2009
800 Free	45-49	10:25.48	Kelly Parker Palace	2010	11:28.02	Troy Holland	2010
1500 Free	45-49	20:17.34	Kelly Parker Palace	2010	21:57.81	Troy Holland	2010
50 Back	45-49	38.00	Kelly Parker Palace	2010	28.44	Chris Stevenson	2009
100 Back	45-49	1:23.00	Bonnie Kestner	1997	1:00.55	Chris Stevenson	2009
200 Back	45-49	2:56.14	Bonnie Kestner	1997	2:15.83	Chris Stevenson	2011
50 Breast	45-49	38.55	Patricia Miller	2006	32.99	David Malsbury	2006
100 Breast	45-49	1:24.52	Patricia Miller	2006	1:15.35	David Malsbury	2008
200 Breast	45-49	3:07.33	Patricia Miller	2006	2:57.83	David Malsbury	2008
50 Fly	45-49	35.29	Lisa Bennett	2004	26.66	Chris Stevenson	2011
100 Fly	45-49	1:14.50	Susan Skiff	1999	59.10	Chris Stevenson	2009
200 Fly	45-49	2:53.42	Susan Skiff	1999	2:18.08	Chris Stevenson	2011
200 IM	45-49	2:51.54	Lisa Bennett	2003	2:25.70	Chris Stevenson	2010
400 IM	45-49	6:19.39	Bonnie Kestner	1997	5:22.73	Lang Meem	1999

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### **LCM Individual VA LMSC Records**

Event	Age	Women			Men		
		Time	Name	Year Set	Time	Name	Year Set
50 Free	50-54	30.41	Lisa Bennett	2010	27.71	David Malsbury	2011
100 Free	50-54	1:05.83	Kelly Parker Palace	2011	1:04.41	Tracy Hernlen	2004
200 Free	50-54	2:20.53	Kelly Parker Palace	2011	2:22.56	Mark Jarosz	2007
400 Free	50-54	4:58.07	Kelly Parker Palace	2011	5:02.00	Jeffrey Krongaard	2004
800 Free	50-54	10:10.10	Kelly Parker Palace	2011	12:58.26	Duffy Drum	2006
1500 Free	50-54	19:22.55	Kelly Parker Palace	2011	24:17.12	P.W. James	
50 Back	50-54	37.36	Kelly Parker Palace	2011	31.29	David Malsbury	2011
100 Back	50-54	1:21.77	Kelly Parker Palace	2011	1:09.16	Rick Stringer	2000
200 Back	50-54	2:55.74	Kelly Parker Palace	2011	2:26.54	Rick Stringer	2000
50 Breast	50-54	39.85	Lisa Bennett	2006	34.48	David Malsbury	2011
100 Breast	50-54	1:26.89	Lisa Bennett	2010	1:19.77	Lang Meem	2004
200 Breast	50-54	3:15.08	Lisa Bennett	2006	2:52.84	Lang Meem	2004
50 Fly	50-54	34.81	Terry Sue Gault	2000	32.45	Eric Miller	2001
100 Fly	50-54	1:18.98	Terry Sue Gault	2000	1:06.53	Jeffrey Krongaard	2004
200 Fly	50-54	2:58.34	Terry Sue Gault	2000	3:34.70	Eric Miller	2001
200 IM	50-54	2:54.44	Kelly Parker Palace	2011	2:29.97	Rick Stringer	2000
400 IM	50-54	6:08.20	Kelly Parker Palace	2011	5:35.00	Rick Stringer	2000
50 Free	55-59	33.69	Kathy Umbdenstock	2009	28.74	Jim Miller	2005
100 Free	55-59	1:16.47	Kathy Umbdenstock	2010	1:04.74	Jim Miller	2005
200 Free	55-59	2:39.50	Lisa Bennett	2010	2:28.06	Jack Schiltz	2000
400 Free	55-59	5:24.34	Shirley Loftus-Charley	2010	5:27.19	Bob Macionis	2006
800 Free	55-59	10:54.51	Shirley Loftus-Charley	2010	13:10.86	Tom Woods	2000
1500 Free	55-59	20:31.89	Shirley Loftus-Charley	2010	25:45.25	Forrest Sullivan	
50 Back	55-59	40.67	Nancy Betts	2011	34.89	William Bacon	2002
100 Back	55-59	1:31.31	Marcia Barry	2003	1:19.36	William Bacon	2002
200 Back	55-59	3:13.76	Marcia Barry	2003	3:09.55	Jim Miller	2007
50 Breast	55-59	42.55	Lisa Bennett	2011	35.95	Jack Schiltz	2000
100 Breast	55-59	1:33.25	Lisa Bennett	2011	1:22.05	Jack Schiltz	2000
200 Breast	55-59	3:38.32	Barbara Boslego	2006	2:58.86	Jack Schiltz	2000
50 Fly	55-59	35.91	Terry Sue Gault	2006	31.60	Kenneth Novell	1997
100 Fly	55-59	1:21.98	Terry Sue Gault	2006	1:11.37	Jack Schiltz	2000
200 Fly	55-59	3:34.61	Kitten Braaten	2010	3:36.38	Edward Gaulrapp	1999
200 IM	55-59	3:24.39	Marcia Barry	2003	2:53.81	Warner Brundage	2000
400 IM	55-59	7:35.62	Lucille Griffin	1993	7:10.73	Edward Gaulrapp	2000

## LCM Individual VA LMSC Records

Event	Age	Women			Men		
		Time	Name	Year Set	Time	Name	Year Set
50 Free	60-64	35.37	Beth Schreiner	2004	29.90	Jack Schiltz	2002
100 Free	60-64	1:16.07	Shirley Loftus-Charley	2011	1:05.46	Jack Schiltz	2002
200 Free	60-64	2:42.47	Terry Sue Gault	2010	2:18.60	John Calvert	2006
400 Free	60-64	5:32.20	Shirley Loftus-Charley	2011	4:59.08	John Calvert	2006
800 Free	60-64	11:22.22	Shirley Loftus-Charley	2011	10:09.12	John Calvert	2006
1500 Free	60-64	21:25.50	Shirley Loftus-Charley	2011	22:04.07	Neil Watts	2003
50 Back	60-64	42.27	Marcia Barry	2008	33.89	John Calvert	2006
100 Back	60-64	1:31.93	Marcia Barry	2008	1:23.27	Edward Hall	1983
200 Back	60-64	3:17.81	Marcia Barry	2010	2:39.01	John Calvert	2006
50 Breast	60-64	47.02	Betsy Durrant	2002	38.27	Jack Schiltz	2002
100 Breast	60-64	1:46.65	Betsy Durrant	2003	1:25.45	Jack Schiltz	2002
200 Breast	60-64	3:39.22	Shirley Loftus-Charley	2011	3:16.64	Jack Schiltz	2002
50 Fly	60-64	36.40	Terry Sue Gault	2010	32.19	Jack Schiltz	2002
100 Fly	60-64	1:25.58	Terry Sue Gault	2010	1:13.20	John Calvert	2006
200 Fly	60-64	3:55.87	Lucille Griffin	2000	3:23.33	William Irwin	
200 IM	60-64	3:43.06	Beth Schreiner	2004	2:36.07	John Calvert	2006
400 IM	60-64	8:08.55	Lucille Griffin	2000	5:41.07	John Calvert	2006
50 Free	65-69	34.54	Beth Schreiner	2009	31.35	Harry Sober	2008
100 Free	65-69	1:17.63	Beth Schreiner	2007	1:14.30	William Irwin	1993
200 Free	65-69	2:59.26	Beth Schreiner	2009	2:50.20	William Irwin	1993
400 Free	65-69	6:48.88	Betsy Durrant	2009	5:43.26	Sandy Galletly	2008
800 Free	65-69	13:30.49	Beth Schreiner	2007	11:57.97	Sandy Galletly	2008
1500 Free	65-69	27:08.62	Betsy Durrant	2009	22:24.34	Sandy Galletly	2008
50 Back	65-69	44.54	Beth Schreiner	2006	40.71	Harry Sober	2008
100 Back	65-69	1:42.46	Beth Schreiner	2007	1:37.71	Calvin Barnes	1989
200 Back	65-69	3:45.31	Lucille Griffin	2004	3:12.66	Sandy Galletly	2008
50 Breast	65-69	43.57	Joann Leilich	2005	42.64	James Davis	2011
100 Breast	65-69	1:36.94	Joann Leilich	2004	1:41.76	James Davis	2011
200 Breast	65-69	3:26.98	Joann Leilich	2005	3:34.42	Sandy Galletly	2008
50 Fly	65-69	43.55	Beth Schreiner	2006	36.67	Harry Sober	2008
100 Fly	65-69	1:49.83	Lucille Griffin	2004	1:34.94	William Irwin	1993
200 Fly	65-69	3:58.98	Lucille Griffin	2003	4:09.80	Edward Gaulrapp	2008
200 IM	65-69	3:38.82	Joann Leilich	2005	3:25.75	William Irwin	1994
400 IM	65-69	8:26.28	Lucille Griffin	2004	7:19.90	Art Wolfe	2009

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## LCM Individual VA LMSC Records

Event	Age	Women			Men		
		Time	Name	Year Set	Time	Name	Year Set
50 Free	70-74	35.22	Beth Schreiner	2011	37.34	Owen Maher	2007
100 Free	70-74	1:24.98	Barbara Zaremski	2007	1:24.03	Forrest Sullivan	2000
200 Free	70-74	3:12.95	Beth Schreiner	2011	3:18.34	Forrest Sullivan	2001
400 Free	70-74	6:48.84	Beth Schreiner	2011	7:12.89	Forrest Sullivan	2001
800 Free	70-74	14:02.60	Beth Schreiner	2011	14:59.38	Charles Erwin	2001
1500 Free	70-74	29:52.17	Betsy Durrant	2011	28:35.87	Charles Erwin	2001
50 Back	70-74	47.68	Barbara Zaremski	2007	42.22	Calvin Barnes	1995
100 Back	70-74	1:44.09	Beth Schreiner	2011	1:40.12	Forrest Sullivan	2000
200 Back	70-74	3:53.13	Laura Walker	2009	3:41.37	Forrest Sullivan	2000
50 Breast	70-74	50.83	Betsy Durrant	2011	50.41	Norman Rainer	2000
100 Breast	70-74	2:01.35	Betsy Durrant	2011	1:53.31	Richard Scott	2007
200 Breast	70-74	4:20.98	Johnnie Detrick	2008	4:17.35	Norman Rainer	2000
50 Fly	70-74	50.09	Lucille Griffin	2008	44.72	Owen Maher	2008
100 Fly	70-74	1:50.55	Lucille Griffin	2008	2:03.70	Owen Maher	2008
200 Fly	70-74	4:08.36	Lucille Griffin	2008	5:38.59	Alister Murray	2005
200 IM	70-74	4:03.81	Barbara Zaremski	2007	3:58.37	Calvin Barnes	1995
400 IM	70-74	8:36.42	Lucille Griffin	2008	9:16.28	Alister Murray	2005
50 Free	75-79	38.14	Johnnie Detrick	2010	37.25	Owen Maher	2010
100 Free	75-79	1:32.24	Johnnie Detrick	2010	1:28.06	Patrick Frank	1985
200 Free	75-79	3:34.71	Johnnie Detrick	2010	3:22.27	Patrick Frank	1985
400 Free	75-79	8:48.67	Jeanne Meredith	2003	7:49.14	Calvin Barnes	2002
800 Free	75-79	19:41.30	Terry Sokolik	2006	15:06.75	Calvin Barnes	1999
1500 Free	75-79	39:27.90	Marie Kelleher	1989	37:13.71	Richard Scott	2010
50 Back	75-79	1:03.38	Terry Sokolik	2003	47.99	Calvin Barnes	2000
100 Back	75-79	2:22.82	Susan Henley	2007	1:48.86	Calvin Barnes	2000
200 Back	75-79	5:12.48	Susan Henley	2007	3:55.41	Calvin Barnes	2000
50 Breast	75-79	55.47	Johnnie Detrick	2010	55.14	Richard Scott	2010
100 Breast	75-79	2:03.34	Johnnie Detrick	2010	2:09.14	Richard Scott	2011
200 Breast	75-79	4:29.13	Johnnie Detrick	2010	4:38.43	Richard Scott	2010
50 Fly	75-79	1:10.06	Marianna Berkley	2000	46.39	Owen Maher	2010
100 Fly	75-79	4:23.56	Victoria Harris	1995	2:14.77	Owen Maher	2011
200 Fly	75-79				5:35.93	Richard Scott	2010
200 IM	75-79	4:11.94	Johnnie Detrick	2010	4:06.33	Calvin Barnes	1999
400 IM	75-79				9:49.76	Richard Scott	2011

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### **LCM Individual VA LMSC Records**

Event	Age	Women			Men		
		Time	Name	Year Set	Time	Name	Year Set
50 Free	80-84	53.13	Marianna Berkley	2002	1:21.40	Harry Hotine	
100 Free	80-84	2:03.71	Jeanne Meredith	2009	2:54.09	Harry Hotine	
200 Free	80-84	4:32.02	Jeanne Meredith	2009	6:06.64	Harry Hotine	
400 Free	80-84	9:21.13	Jeanne Meredith	2009	18:45.86	Artie Levine	
800 Free	80-84	19:04.31	Jeanne Meredith	2009	16:57.59	Calvin Barnes	2006
1500 Free	80-84						
50 Back	80-84	1:08.24	Marianna Berkley	2002	56.72	Harry Howell	2000
100 Back	80-84	3:17.24	Victoria Harris		2:02.49	Harry Howell	2000
200 Back	80-84	5:58.48	Marie Kelleher	1993	4:10.07	Calvin Barnes	2005
50 Breast	80-84	1:11.76	Marianna Berkley	2002			
100 Breast	80-84	2:30.92	Marianna Berkley	2002	2:26.36	Harry Howell	2000
200 Breast	80-84						
50 Fly	80-84	1:13.18	Marianna Berkley	2002	1:05.15	Harry Howell	2000
100 Fly	80-84	3:11.53	Marie Kelleher	1994			
200 Fly	80-84						
200 IM	80-84	5:18.87	Marianna Berkley	2002	4:35.36	Calvin Barnes	2005
400 IM	80-84						
50 Free	85-89	59.90	Marie Kelleher	2000	54.41	Richard Briesemeister	2010
100 Free	85-89	2:18.58	Marie Kelleher	2000	2:06.78	Richard Briesemeister	2010
200 Free	85-89	5:13.75	Marie Kelleher	2000	4:49.92	Richard Briesemeister	2010
400 Free	85-89				8:47.81	Calvin Barnes	2010
800 Free	85-89				18:12.12	Calvin Barnes	2010
1500 Free	85-89				34:22.29	Calvin Barnes	2010
50 Back	85-89	2:18.41	Roberta Sugden	2002			
100 Back	85-89				2:12.43	Calvin Barnes	2010
200 Back	85-89						
50 Breast	85-89	1:15.40	Marianna Berkley	2009			
100 Breast	85-89	2:52.71	Marianna Berkley	2009			
200 Breast	85-89	6:16.17	Marianna Berkley	2009			
50 Fly	85-89	1:37.53	Marie Kelleher	2000			
100 Fly	85-89	3:33.92	Marie Kelleher	2000			
200 Fly	85-89						
200 IM	85-89	6:20.13	Marianna Berkley	2009			
400 IM	85-89						