

### Crusaders Records – short course

| <b>10&amp;Under</b> | <b>Record Holder – Men</b>   | <b>Year</b> | <b>Time</b> |
|---------------------|------------------------------|-------------|-------------|
| 50 free             | Kevin Dupuis                 | 1989        | 32.06       |
| 100 free            | Darryl Cowper                | 1988        | 1:11.30     |
| 200 free            | Darryl Cowper                | 1988        | 2:32.55     |
| 400 free            | S. Hustins                   | 1985        | 5:26.70     |
| 800 free            | Ted Donnelly                 | 2004        | 12:46.79    |
| 1500 free           | S Hustins                    | 1985        | 22:15.00    |
| 50 back             | Kevin Dupuis                 | 1989        | 37.32       |
| 100 back            | Darryl Cowper                | 1988        | 1:18.98     |
| 200 back            | Darryl Cowper                | 1988        | 2:52.37     |
| 50 breast           | Ed Aquino                    | 1979        | 41.70       |
| 100 breast          | Ed Aquino                    | 1979        | 1:29.69     |
| 200 breast          | M Gibson                     | 1989        | 3:20.74     |
| 50 fly              | S Gibson                     | 1989        | 37.06       |
| 100 fly             | Kevin Dupuis                 | 1989        | 1:21.21     |
| 200 fly             | Kevin Dupuis                 | 1989        | 3:12.98     |
| 100 IM              | Darryl Cowper                | 1988        | 1:19.54     |
| 200 IM              | Darryl Cowper                | 1988        | 2:49.14     |
| 400 IM              | Kevin Dupuis                 | 1989        | 5:54.79     |
|                     |                              |             |             |
| <b>10&amp;U</b>     | <b>Record Holder - Women</b> |             | <b>Scm</b>  |
| 50 free             | Ellen Taggart                | 2007        | 33.55       |
| 100 free            | Katie Aucoin                 | 1998        | 1:10.90     |
| 200 free            | Lauren MacMichael            | 2007        | 2:36.17     |
| 400 free            | Lauren MacMichael            | 2007        | 5:32.02     |
| 800 free            | Lauren MacMichael            | 2007        | 11:21.70    |
| 1500 free           | Lauren MacMichael            | 2007        | 21:23.01    |
| 50 back             | Gita Sinanan                 | 1981        | 38.40       |
| 100 back            | Gita Sinanan                 | 1981        | 1:23.64     |
| 200 back            | Hannah Vaughan               | 1999        | 2:55.90     |
| 50 breast           | Lauren MacMichael            | 2006        | 40.53       |
| 100 breast          | Lauren MacMichael            | 2006        | 1:30.34     |
| 200 breast          | Lauren MacMichael            | 2007        | 3:09.44     |
| 50 fly              | Lauren MacMichael            | 2007        | 36.70       |
| 100 fly             | Robin Fougere                | 1987        | 1:23.23     |
| 200 fly             | Lauren MacMichael            | 2007        | 3:03.42     |
| 100 IM              | Lauren MacMichael            | 2007        | 1:21.12     |
| 200 IM              | Lauren MacMichael            | 2006        | 2:52.44     |
| 400 IM              | Lauren MacMichael            | 2007        | 6:15.37     |
|                     |                              |             |             |

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| <b>11 &amp; 12</b> | <b>Record Holder – Men</b>   | <b>Year</b> | <b>Time</b>   |
|--------------------|------------------------------|-------------|---------------|
| 50 free            | David Wilkie                 | 1995        | 27.98         |
| 100 free           | David Wilkie                 | 1995        | 1:00.59       |
| 200 free           | David Wilkie                 | 1995        | 2:11.04       |
| 400 free           | David Wilkie                 | 1995        | 4:32.18-PR'95 |
| 800 free           | Conor Gillespie-Friesen      | 2007        | 10:00.29      |
| 1500 free          | David Wilkie                 | 1995        | 18:08.33      |
| 50 back            | Sean Berrigan                | Jan 2009    | 32.45         |
| 100 back           | Graham Richardson            | 1998        | 1:06.94-PR'98 |
| 200 back           | David Wilkie                 | 1995        | 2:25.26-PR'95 |
| 50 breast          | Sean Berrigan                | Dec 2008    | 37.00         |
| 100 breast         | Ed Aquino                    | 1981        | 1:21.81       |
| 200 breast         | Patrick Craine               | 1998        | 2:57.90       |
| 50 fly             | Sander Hendricksen           | 1991        | 31.33         |
| 100 fly            | Graham Richardson            | 1997        | 1:10.60       |
| 200 fly            | Mohamed Eldah                | 2007        | 2:35.63       |
| 100 IM             | Kostek Bedoa-Gorski          | 2002        | 1:11.09       |
| 200 IM             | Jordan Richardson            | 1994        | 2:28.21       |
| 400 IM             | David Wilkie                 | 1995        | 5:24.40       |
|                    |                              |             |               |
| <b>11&amp;12</b>   | <b>Record Holder – Women</b> |             | <b>scm</b>    |
| 50 free            | Jessica Bradstock            | 1997        | 29.21         |
| 100 free           | Stephanie Moir               | 1998        | 1:04.74       |
| 200 free           | Shannon Donnelly             | 2003        | 2:19.32       |
| 400 free           | Danielle Smith               | 1998        | 4:53.29       |
| 800 free           | Erin Revels                  | 1997        | 10:04.65      |
| 1500 free          | Stephanie Donnelly           | 2001        | 19:37.92      |
| 50 back            | Stephanie Moir               | 1998        | 34.45         |
| 100 back           | Katherine Dunn               | 1987        | 1:13.65       |
| 200 back           | Stephanie Donnelly           | 2002        | 2:30.05       |
| 50 breast          | Kyra Li                      | 2003        | 36.96         |
| 100 breast         | Kyra Li                      | 2003        | 1:18.58       |
| 200 breast         | Kyra Li                      | 2003        | 2:51.79       |
| 50 fly             | Sarah Slaunwhite             | 2003        | 32.22         |
| 100 fly            | E Malone                     | 1984        | 1:12.10       |
| 200 fly            | Erin Revels                  | 1997        | 2:41.19       |
| 100 IM             | Ellen Taggart                | Jan 2009    | 1:16.59       |
| 200 IM             | Elaine Munroe                | 1997        | 2:38.22       |
| 400 IM             | Hannah Vaughan               | 2000        | 5:34.33       |
|                    |                              |             |               |
|                    |                              |             |               |
|                    |                              |             |               |
|                    |                              |             |               |
|                    |                              |             |               |

Crusaders Records – short course

| <b>13 &amp; 14</b> | <b>Record Holder – Men</b>  | <b>Year</b>     | <b>Time</b>    |
|--------------------|---|-----------------|----------------|
| 50 free            | Mohamed Eldah   | Feb 2009        | 24.36-PR       |
| 100 free           | Mohamed Eldah   | Jan 2009        | 54.65          |
| 200 free           | Daniel Macaulay   | 2003            | 2:01.33        |
| 400 free           | Daniel Macaulay   | 2002            | 4:20.68        |
| 800 free           | Conor Gillespie-Friesen   | Feb 2009        | 9:01.62-PR     |
| 1500 free          | Andrew Snook  | 1988            | 17:04.34-PR    |
| 50 back            | Mohamed Eldah   | Feb 2009        | 28.58          |
| 100 back           | Mohamed Eldah   | Feb 2009        | 1:00.95        |
| 200 back           | Mohamed Eldah   | Mar 2009        | 2:11.70-PR     |
| 50 breast          | Sean Berrigan   | Jan 2011        | 31.91 - PR     |
| 100 breast         | Ian Jackson   | 1988            | 1:11.82        |
| 200 breast         | Ian Jackson   | 1988            | 2:38.37        |
| 50 fly             | Mohamed Eldah   | Feb 2009        | 26.70-PR       |
| 100 fly            | Mohamed Eldah   | Feb 2009        | 58.72-PR       |
| 200 fly            | Mohamed Eldah   | Feb 2009        | 2:09.82        |
| 100 IM             | Sean Berrigan   | Oct 2010        | 1:04.49 - PR   |
| 200 IM             | Mohamed Eldah   | Mar 2009        | 2:16.27        |
| 400 IM             | Will Meredith   | 2008            | 4:48.46-PR     |
|                    |   |                 |                |
| 4x100 MR           | Brett Sonnichsen, Conor Gillespie-Friesen, Mohamed Eldah, Liam Berrigan | Feb 2009        | 4:23.45-PR     |
| 4x200 FR           | Liam Berrigan, Conor Gillespie-Friesen, Brett Sonnichsen, Mohamed Eldah | Mar 2009        | 8:38.49-PR     |
|                    |   |                 |                |
| <b>13&amp;14</b>   | <b>Record Holder – Women</b>  |                 | <b>Scm</b>     |
| 50 free            | Marie Moore   | 1982            | 27.67          |
| 100 free           | Marie Moore   | 1982            | 59.10          |
| 200 free           | Marie Moore   | 1982            | 2:07.79        |
| 400 free           | Marie Moore   | 1981            | 4:28.05        |
| 800 free           | Marie Moore   | 1981            | 9:22.59        |
| 1500 free          | Sarah Bernier   | 2008            | 18:25.66       |
| 50 back            | Stephanie Donnelly  | 2004            | 31.62          |
| 100 back           | Stephanie Donnelly  | 2003            | 1:08.13        |
| 200 back           | Katherine Dunn  | 1989            | 2:24.19        |
| 50 breast          | <b>Hannah Doiron</b>  | <b>Mar 2012</b> | <b>35.42</b>   |
| 100 breast         | <b>Hannah Doiron</b>  | <b>Mar.2012</b> | <b>1:15.31</b> |
| 200 breast         | <b>Hannah Doiron</b>  | <b>Mar.2012</b> | <b>2:44.64</b> |
| 50 fly             | Hannah Vaughan  | 2002            | 30.65          |
| 100 fly            | Marie Moore   | 1982            | 1:05.55        |
| 200 fly            | Marie Moore   | 1982            | 2:19.27        |
| 100 IM             | Hannah Vaughan  | 2003            | 1:12.62        |
| 200 IM             | Marie Moore   | 1982            | 2:25.40        |
| 400 IM             | Hannah Vaughan  | 2003            | 5:05.57        |

Crusaders Records – short course

| <b>15&amp;Over</b> | <b>Record Holder – Men</b>  | <b>Year</b>       | <b>Time</b>       |
|--------------------|---|-------------------|-------------------|
| 50 free            | Mohamed Eldah   | Mar2011           | 24.09             |
| 100 free           | <b>Mohamed Eldah</b>  | <b>Dec 2011</b>   | <b>53.06</b>      |
| 200 free           | Mohamed Eldah   | Feb 2011          | 1:53.67           |
| 400 free           | Kevin Dupuis  | 1997              | 4:06.00           |
| 800 free           | Shawn Dupuis  | 1993              | 8:35.54           |
| 1500 free          | Matt Piggott  | 2008              | 16:16.60          |
| 50 back            | <b>Sean Berrigan</b>  | <b>Mar 2012</b>   | <b>26.74</b>      |
| 100 back           | Mohamed Eldah   | Feb 2011          | 57.17             |
| 200 back           | Mohamed Eldah   | Dec 2010          | 2:03.93           |
| 50 breast          | <b>Sean Berrigan</b>  | <b>Feb. 2012</b>  | <b>31.12</b>      |
| 100 breast         | Andrew Cole   | 1984              | 1:04.59           |
| 200 breast         | Andrew Cole   | 1984              | 2:19.02           |
| 50 fly             | <b>Mohammed Eldah</b>   | <b>Feb.2012</b>   | <b>25.72</b>      |
| 100 fly            | <b>Mohamed Eldah</b>  | <b>Mar 2012</b>   | <b>56.21</b>      |
| 200 fly            | Mohamed Eldah   | Feb 2011          | 2:03.90           |
| 100 IM             | <b>Mohamed Eldah</b>  | <b>Oct - 2011</b> | <b>1:01.42</b>    |
| 200 IM             | Kevin Dupuis  | 1997              | 2:08.00           |
| 400 IM             | Kevin Dupuis  | 1997              | 4:28.48-PR        |
| 4x50 FR 15-17      | <b>Thomas Frazer, Mike Adams<br/>Sean Berrigan, Mohmed Eldah</b>            | <b>Mar 2012</b>   | <b>1:36.84-PR</b> |
| 4x200 FR 15-17     | <b>Thomas Frazer, Mike Adams<br/>Sean Berrigan, Mohamed Eldah</b>           | <b>Mar 2012</b>   | <b>7:51.49-PR</b> |
| 4x100 MR 15-17     | <b>Sean Berrigan, Conor Gillespie-Friesen<br/>Mohamed Eldah, Mike Adams</b> | <b>Mar 2012</b>   | <b>3:53.85-PR</b> |
|                    |   |                   |                   |
| <b>15&amp;O</b>    | <b>Record Holder – Women</b>  |                   | <b>Scm</b>        |
| <b>50 free</b>     | <b>Laura Beck</b>   | <b>Mar 2012</b>   | <b>26.40</b>      |
| 100 free           | Kayla Graham  | 2004              | 57.65             |
| 200 free           | Kayla Graham  | 2004              | 2:03.59           |
| 400 free           | Marie Moore   | 1984              | 4:24.91           |
| 800 free           | Marie Moore   | 1983              | 9:09.21           |
| 1500 free          | Liz Weis  | 1998              | 18:07.57          |
| 50 back            | <b>Laura Beck</b>   | <b>Feb.2012</b>   | <b>29.83</b>      |
| 100 back           | <b>Laura Beck</b>   | <b>Mar 2012</b>   | <b>1:03.51</b>    |
| 200 back           | Stephanie Donnelly  | 2006              | 2:19.27           |
| 50 breast          | <b>Laura Beck</b>   | <b>Mar 2012</b>   | <b>33.42</b>      |
| 100 breast         | <b>Laura Beck</b>   | <b>Mar 2012</b>   | <b>1:13.28</b>    |
| 200 breast         | Morgan Kierstead  | 2005              | 2:41.04           |
| 50 fly             | Marie Moore   | 1983              | 29.67             |
| 100 fly            | Marie Moore   | 1984              | 1:00.91- PR       |
| 200 fly            | Marie Moore   | 1984              | 2:10.89-PR        |
| 100 IM             | Liz Weis  | 1998              | 1:08.26           |
| 200 IM             | Marie Moore   | 1983              | 2:18.55           |
| 400 IM             | Marie Moore   | 1984              | 4:50.27           |

|            |               |            |            |
|------------|---------------|------------|------------|
| T5000 pool | Ellen Taggart | April 2011 | 1:04:32.00 |
| T5000 pool | Mohamed Eldah | April 2011 | 56:59.00   |

## Crusaders Records – long course

| 10&U            | Record Holder – Men          | Year | Time       |
|-----------------|------------------------------|------|------------|
| 50 free         | Robin Godfrey                | 1979 | 32.32      |
| 100 free        | Robin Godfrey                | 1979 | 1:11.80    |
| 200 free        | Kevin Dupuis                 | 1989 | 2:41.87    |
| 400 free        | Kevin Dupuis                 | 1989 | 5:35.62    |
| 800 free        | Conor Gillespie-Friesen      | 2005 | 11:37.61   |
| 1500 free       | Conor Gillespie-Friesen      | 2005 | 23:31.43   |
| 50 back         | Kevin Dupuis                 | 1989 | 37.64      |
| 100 back        | David Wilkie                 | 1993 | 1:11.50    |
| 200 back        | Brett Sonnichsen             | 2005 | 3:07.90    |
| 50 breast       | M David                      | 1985 | 44.97      |
| 100 breast      | M Gibson                     | 1989 | 1:37.68    |
| 200 breast      | Conor Gillespie-Friesen      | 2005 | 3:28.02    |
| 50 fly          | Kevin Dupuis                 | 1989 | 35.81      |
| 100 fly         | Kevin Dupuis                 | 1989 | 1:22.95    |
| 200 fly         | Brett Sonnichsen             | 2005 | 3:22.25    |
| 200 IM          | Kevin Dupuis                 | 1989 | 2:54.26    |
| 400 IM          | Conor Gillespie-Friesen      | 2005 | 6:29.64    |
|                 |                              |      |            |
| <b>10&amp;U</b> | <b>Record Holder – Women</b> |      | <b>Lcm</b> |
| 50 free         | Sarah Hennebury              | 1988 | 33.71      |
| 100 free        | Ellen Taggart                | 2007 | 1:14.72    |
| 200 free        | Katherine Dunn               | 1985 | 2:40.70    |
| 400 free        | Katherine Dunn               | 1985 | 5:29.79    |
| 800 free        | Katherine Dunn               | 1985 | 11:25.71   |
| 1500 free       | Lauren MacMichael            | 2006 | 22:18.24   |
| 50 back         | Katherine Dunn               | 1985 | 39.23      |
| 100 back        | Katherine Dunn               | 1985 | 1:26.09    |
| 200 back        | Katherine Dunn               | 1985 | 3:01.62    |
| 50 breast       | Lauren MacMichael            | 2006 | 41.71      |
| 100 breast      | Tiffany Easton               | 1997 | 1:34.70    |
| 200 breast      | Lauren MacMichael            | 2006 | 3:19.05    |
| 50 fly          | Robin Fougere                | 1987 | 38.11      |
| 100 fly         | Lauren MacMichael            | 2006 | 1:29.90    |
| 200 fly         | Lauren MacMichael            | 2006 | 3:16.08    |
| 200 IM          | Lauren MacMichael            | 2006 | 3:02.21    |
| 400 IM          | Lauren MacMichael            | 2006 | 6:16.54    |

## Crusaders Records – long course

| <b>11&amp;12</b> | <b>Record Holder – Men</b>   | <b>Year</b>     | <b>Time (**=PR)</b> |
|------------------|------------------------------|-----------------|---------------------|
| 50 free          | Parker Vaughan               | 2002            | 27.98               |
| 100 free         | David Wilkie                 | 1995            | 1:01.14             |
| 200 free         | David Wilkie                 | 1995            | 2:12.15             |
| 400 free         | David Wilkie                 | 1995            | 4:42.85-PR          |
| 800 free         | Conor Gillespie-Friesen      | 2007            | 9:54.13-PR          |
| 1500 free        | Jordan Richardson            | 1994            | 18:31.08-PR         |
| 50 back          | Sean Berrigan                | 2008            | 34.31               |
| 100 back         | David Wilkie                 | 1995            | 1:11.51             |
| 200 back         | David Wilkie                 | 1995            | 2:31.62             |
| 50 breast        | Sean Berrigan                | 2008            | 39.87               |
| 100 breast       | Jordan Richardson            | 1994            | 1:22.99             |
| 200 breast       | Conor Gillespie-Friesen      | 2007            | 3:01.22             |
| 50 fly           | Mohamed Eldah                | 2007            | 31.24-PR            |
| 100 fly          | S Andrews                    | 1985            | 1:11.93             |
| 200 fly          | Sander Hendricksen           | 1991            | 2:42.30             |
| 200 IM           | Jordan Richardson            | 1994            | 2:29.19-PR          |
| 400 IM           | Jordan Richardson            | 1994            | 5:23.03             |
|                  |                              |                 |                     |
| <b>11&amp;12</b> | <b>Record Holder – Women</b> |                 | <b>Lcm</b>          |
| 50 free          | Jennifer Tummonds            | 1989            | 26.91               |
| 100 free         | Jennifer Tummonds            | 1989            | 1:04.80             |
| 200 free         | Shannon Donnelly             | 2004            | 2:21.92             |
| 400 free         | Katherine Dunn               | 1987            | 4:57.97             |
| 800 free         | Katherine Dunn               | 1987            | 10:12.03            |
| 1500 free        | Stephanie Donnelly           | 2002            | 19:43.93            |
| 50 back          | <b>Sarah MacDougall</b>      | <b>May 2012</b> | <b>36.25</b>        |
| 100 back         | Katherine Dunn               | 1987            | 1:14.29             |
| 200 back         | Katherine Dunn               | 1987            | 2:37.73             |
| 50 breast        | <b>Sarah MacDougall</b>      | <b>May 2012</b> | <b>38.26</b>        |
| 100 breast       | Kyra Li                      | 2002            | 1:21.89             |
| 200 breast       | <b>Sarah MacDougall</b>      | <b>May 2012</b> | <b>2:52.49 - PR</b> |
| 50 fly           | Sarah Slaunwhite             | 2003            | 31.99               |
| 100 fly          | E Malone                     | 1986            | 1:11.90             |
| 200 fly          | Hannah Vaughan               | 2001            | 2:41.96             |
| 200 IM           | Hannah Vaughan               | 2001            | 2:41.90             |
| 400 IM           | Hannah Vaughan               | 2001            | 5:35.40             |

## Crusaders Records – long course

| <b>13 &amp; 14</b> | <b>Record Holder – Men</b>   | <b>Year</b> | <b>Time</b> |
|--------------------|------------------------------|-------------|-------------|
| 50 free            | Jason Snyder                 | 1993        | 25.76       |
| 100 free           | Jason Snyder                 | 1993        | 57.54       |
| 200 free           | Mohamed Eldah                | Apr 2009    | 2:06.61     |
| 400 free           | Bob MacPherson               | 1978        | 4:22.75-PR  |
| 800 free           | Andrew Snook                 | 1987        | 9:06.22-PR  |
| 1500 free          | Bob MacPherson               | 1979        | 17:30.57-PR |
| 50 back            | Mohamed Eldah                | 2009        | 30.09-PR    |
| 100 back           | Mohamed Eldah                | 2008        | 1:04.53     |
| 200 back           | Jason Snyder                 | 1993        | 2:21.58     |
| 50 breast          | Sean Berrigan                | Jan 2011    | 33.87       |
| 100 breast         | P Miller                     | 1993        | 1:13.37     |
| 200 breast         | Kevin Dupuis                 | 1994        | 2:39.37     |
| 50 fly             | Mohamed Eldah                | 2008        | 27.43       |
| 100 fly            | Mohamed Eldah                | 2008        | 1:00.65     |
| 200 fly            | Mohamed Eldah                | 2008        | 2:21.11     |
| 200 IM             | Will Meredith                | 2008        | 2:22.07     |
| 400 IM             | Kevin Dupuis                 | 1993        | 4:55.64-PR  |
|                    |                              |             |             |
| 800FR              |                              | 2008        | 8:55.21-PR  |
|                    |                              |             |             |
| <b>13&amp;14</b>   | <b>Record Holder – Women</b> |             | <b>LCM</b>  |
| 50 free            | Stephanie Hughes             | 1993        | 27.63       |
| 100 free           | Kayla Graham                 | 2001        | 1:00.42     |
| 200 free           | Kayla Graham                 | 2001        | 2:11.09     |
| 400 free           | Shannon Donnelly             | 2005        | 4:36.43     |
| 800 free           | Shannon Donnelly             | 2005        | 9:28.52     |
| 1500 free          | Shannon Donnelly             | 2005        | 18:19.07    |
| 50 back            | Meagan Bernier               | 2007        | 33.09       |
| 100 back           | Katherine Dunn               | 1989        | 1:07.43     |
| 200 back           | Katherine Dunn               | 1989        | 2:24.56     |
| 50 breast          | Hannah Vaughn                | 2003        | 37.15       |
| 100 breast         | Kyra Li                      | 2003        | 1:19.53     |
| 200 breast         | Hannah Vaughan               | 2003        | 2:54.17     |
| 50 fly             | Sarah Slaunwhite             | 2005        | 31.20       |
| 100 fly            | Melissa Hubley               | 1996        | 1:04.60     |
| 200 fly            | Melissa Hubley               | 1996        | 2:30.74     |
| 200 IM             | Meagan Bernier               | 2007        | 2:31.52     |
| 400 IM             | Hannah Vaughan               | 2003        | 5:16.89     |

## Crusaders Records – long course

| <b>15&amp; over</b> | <b>Record Holder – Men</b>                                       | <b>Year</b>      | <b>Time</b>                |
|---------------------|--|------------------|----------------------------|
| 50 free             | Eric Kerasiotis  | 1987             | 24.70                      |
| 100 free            | Mohamed Eldah  | July 2011        | 53.52                      |
| 200 free            | Shawn Dupuis   | 1994             | 1:56.44                    |
| 400 free            | Shawn Dupuis   | 1992             | 4:11.52                    |
| 800 free            | Shawn Dupuis<br>Jeff Bailey                                      | 1994<br>1997     | 8:32.12-PR<br>8:51.60      |
| 1500 free           | Shawn Dupuis<br>Jeff Bailey                                      | 1993<br>1999     | 16:38.55<br>16:36.05-PR-Sr |
| 50 back             | <b>Sean Berrigan</b>   | <b>Feb.2012</b>  | <b>28.22</b>               |
| 100 back            | Jason Payne  | 1988             | 1:00.81                    |
| 200 back            | Jeff Bailey  | 1997             | 2:11.15                    |
| 50 breast           | Luke Atkins  | 2005             | 31.78                      |
| 100 breast          | Andrew Cole  | 1985             | 1:05.60                    |
| 200 breast          | Kevin Dupuis   | 1995             | 2:26.53                    |
| 50 fly              | Mohamed Eldah  | Jly 2010         | 26.54                      |
| 100 fly             | <b>Mohamed Eldah</b>   | <b>Mar.2012</b>  | <b>56.52</b>               |
| 200 fly             | Mohamed Eldah  | Apr 2011         | 2:06.81                    |
| 200 IM              | Kevin Dupuis   | 1995             | 2:12.41                    |
| 400 IM              | Kevin Dupuis   | 1997             | 4:32.15                    |
| 4x200 FR            | <b>Thomas Frazer + Mike Adams +<br/>Sean Berrigan + Mo Eldah</b> | <b>Mar.2012</b>  | <b>8:14.48 PR 15-17</b>    |
| OWS 5000m           | Mohamed Eldah  | Jly 2011         | 1:03:23.30                 |
|                     |  |                  |                            |
| <b>15&amp;O</b>     | <b>Record Holder – Women</b>                                     |                  | <b>LCM</b>                 |
| <b>50 free</b>      | <b>Laura Beck</b>  | <b>Feb.2012</b>  | <b>27.16</b>               |
| 100 free            | K Josey  | 1986             | 59.20                      |
| 200 free            | Kayla Graham   | 2004             | 2:06.57                    |
| 400 free            | Liz Weis   | 1999             | 4:32.60                    |
| 800 free            | Hannah Vaughan   | 2004             | 9:27.23                    |
| 1500 free           | Erin Bowdridge   | 2010             | 19:13.94                   |
| <b>50 back</b>      | <b>Laura Beck</b>  | <b>Feb. 2012</b> | <b>30.83</b>               |
| <b>100 back</b>     | <b>Laura Beck</b>  | <b>Mar.2012</b>  | <b>1:06.88</b>             |
| 200 back            | Katherine Dunn   | 1990             | 2:24.73                    |
| <b>50 breast</b>    | <b>Laura Beck</b>  | <b>Feb.2012</b>  | <b>34.72</b>               |
| <b>100 breast</b>   | <b>Laura Beck</b>  | <b>Mar.2012</b>  | <b>1:15.96</b>             |
| 200 breast          | Morgan Kierstead   | 2005             | 2:43.75                    |
| 50 fly              | Meagan Bernier   | 2008             | 29.45                      |
| 100 fly             | Melissa Hubley   | 1999             | 1:04.50                    |
| 200 fly             | Marie Moore  | 1984             | 2:12.96-PR                 |
| 200 IM              | Marie Moore  | 1987             | 2:25.88                    |
| 400 IM              | Hannah Vaughan   | 2004             | 5:10.48                    |