

Adirondack District Masters Records
RECORDS Short Course Yards
Includes Meets through Kingston Snowball Invitational 1-24-09

Yards-Women

19-24	50 Free	27.63	1-Jan-94	AD	Bethanny Arnow
	100 Free	57.42	1-Jan-94	AD	Bethanny Arnow
	200 Free	2:04.69	1-Jan-95	AD	Karann Andrusky
	500 Free	5:47.02	1-Jan-94	AD	Susan Cooney
	1000 Free	11:33.15	1-Jan-95	AD	Karann Andrusky
	1650 Free	19:54.07	1-Jan-95	AD	Karann Andrusky
	50 Back	30.49	24-Jan-09	AD	Ashley Braniecki at Kingston Snowball Invitational
	100 Back	1:06.72	1-Jan-94	AD	Susan Cooney
	200 Back	2:20.34	1-Jan-94	AD	Susan Cooney
	50 Breast	33.48	1-Jan-94	AD	Tamara Tamowski
	100 Breast	1:14.39	1-Jan-94	AD	Tamara Tamowski
	200 Breast	2:42.78	1-Jan-94	AD	Tamara Tamowski
	50 Fly	29.07	1-Jan-94	AD	Penny Armstrong
	100 Fly	1:04.31	24-Jan-09	AD	Ashley Braniecki at Kingston Snowball Invitational
	200 Fly	2:24.15	1-Jan-94	AD	Susan Cooney
	100 IM	1:06.22	1-Jan-94	AD	Bethanny Arnow
	200 IM	2:23.33	1-Jan-94	AD	Bethanny Arnow
	400 IM	5:11.85	1-Jan-94	AD	Susan Cooney
25-29	50 Free	25.77	1-Jan-94	AD	Katie Eaton
	100 Free	58.17	21-Apr-07	AD	Jennifer Nafus at 2007 NY State Masters Champion
	200 Free	2:07.36	1-Jan-03	AD	Donna Wilbur
	500 Free	5:41.27	1-Jan-94	AD	Donna Wilbur
	1000 Free	12:02.50	1-Jan-94	AD	Donna Wilbur
	1650 Free	19:47.57	1-Jan-94	AD	Bonnie Morse-Gillham
	50 Back	29.04	1-Jan-95	AD	Gretchen Ebner
	100 Back	1:00.65	1-Jan-95	AD	Gretchen Ebner
	200 Back	2:28.20	1-Jan-94	AD	Bonnie Morse-Gillham

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	50 Breast	32.97	19-May-07	AD	Jennifer M. Nafus at 2007 Ballston Spa Spring Fling
	100 Breast	1:11.09	19-May-07	AD	Jennifer M. Nafus at 2007 Ballston Spa Spring Fling
	200 Breast	2:42.04	1-Jan-94	AD	Joanne Girvin
	50 Fly	28.60	1-Jan-94	AD	Katie Eaton
	100 Fly	1:04.82	1-Jan-94	AD	Deb Neivert
	200 Fly	2:24.31	1-Jan-94	AD	Bonnie Morse-Gillham
	100 IM	1:03.07	1-Jan-95	AD	Gretchen Ebner
	200 IM	2:15.39	1-Jan-95	AD	Gretchen Ebner
	400 IM	5:08.17	1-Jan-94	AD	Bonnie Morse-Gillham
30-34	50 Free	26.72	1-Jan-95	AD	Janet Bowman
	100 Free	57.97	13-Dec-08	AD	Jennifer Flanagan at 2008 Ballston Spa Holiday Classic
	200 Free	2:09.80	1-Jan-97	AD	Myla Houlihan
	500 Free	5:33.03	1-Jan-00	AD	Kari Reierson
	1000 Free	11:36.90	1-Jan-97	AD	Myla Houlihan
	1650 Free	20:02.21	1-Jan-96	AD	Myla Houlihan
	50 Back	32.18	12-Nov-06	AD	Colleen Lougen at 2006 Pilgrims Pride Masters Me
	100 Back	1:09.65	12-Nov-06	AD	Colleen Lougen at 2006 Pilgrims Pride Masters Me
	200 Back	2:19.31	1-Jan-00	AD	Kari Reierson Asphalt Green 2000
	50 Breast	34.19	1-Jan-99	AD	Rae Asbridge
	100 Breast	1:11.87	13-Dec-08	AD	Jennifer Flanagan at 2008 Ballston Spa Holiday Classic
	200 Breast	2:42.77	1-Jan-00	AD	Kari Reierson
	50 Fly	28.80	1-Jan-95	AD	Janet Bowman
	100 Fly	1:03.53	1-Jan-95	AD	Janet Bowman
	200 Fly	2:24.75	1-Jan-95	AD	Janet Bowman
	100 IM	1:08.29	30-Oct-05	AD	MELISSA SANDER at Leatherstocking 2005
	200 IM	2:20.71	1-Jan-00	AD	Kari Reierson
	400 IM	5:13.52	1-Jan-97	AD	Myla Houlihan
35-39	50 Free	27.95	1-Jan-95	AD	Bonnie Morse-Gillham

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Includes Meets through Kingston Snowball Invitational 1-24-09

	100 Free	59.29	1-Jan-95	AD	Bonnie Morse-Gillham
	200 Free	2:07.66	1-Jan-95	AD	Bonnie Morse-Gillham
	500 Free	5:38.87	1-Jan-95	AD	Bonnie Morse-Gillham
	1000 Free	11:39.06	1-Jan-95	AD	Bonnie Morse-Gillham
	1650 Free	19:33.38	1-Jan-95	AD	Bonnie Morse-Gillham
	50 Back	30.32	7-Nov-04	AD	NICOLE WEISMAN at Leatherstocking 2004
	100 Back	1:06.98	1-Jan-95	AD	Bonnie Morse-Gillham
	200 Back	2:22.85	1-Jan-95	AD	Bonnie Morse-Gillham
	50 Breast	35.90	1-Jan-94	AD	Kim Crouse
	100 Breast	1:17.10	1-Jan-94	AD	Kim Crouse
	200 Breast	2:47.11	1-Jan-95	AD	Bonnie Morse-Gillham
	50 Fly	30.21	7-Nov-04	AD	NICOLE WEISMAN at Leatherstocking 2004
	100 Fly	1:07.74	1-Jan-95	AD	Bonnie Morse-Gillham
	200 Fly	2:34.39	1-Jan-95	AD	Bonnie Morse-Gillham
	100 IM	1:07.51	1-Jan-95	AD	Bonnie Morse-Gillham
	200 IM	2:19.44	1-Jan-95	AD	Bonnie Morse-Gillham
	400 IM	5:08.66	1-Jan-95	AD	Bonnie Morse-Gillham
40-44	50 Free	28.31	13-Apr-07	AD	Kate Gulitti at 2007 Colonies Zone SCY Champio
	100 Free	1:03.23	13-Apr-07	AD	Kate Gulitti at 2007 Colonies Zone SCY Champio
	200 Free	2:23.70	13-Apr-07	AD	Kate Gulitti at 2007 Colonies Zone SCY Champio
	500 Free	6:29.14	13-Apr-07	AD	Kate Gulitti at 2007 Colonies Zone SCY Champio
	1000 Free	13:21.89	13-Apr-07	AD	Kate Gulitti at 2007 Colonies Zone SCY Champio
	1650 Free	20:01.61	1-Jan-96	AD	Bonnie Morse-Gillham
	50 Back	31.52	1-Jan-97	AD	Carol Pflugheber
	100 Back	1:07.82	1-Jan-98	AD	Bonnie Morse-Gillham
	200 Back	2:25.17	1-Jan-98	AD	Bonnie Morse-Gillham
	50 Breast	35.48	17-May-08	AD	Lynette A. Washburn at 2008 Ballston Spa Spring Fling
	100 Breast	1:17.81	11-Nov-07	AD	Lynette A. Washburn at 2007 Pilgrims Pride Masters Meet
	200 Breast	2:51.95	21-Apr-07	AD	Lynette A. Washburn at 2007 NY State Masters Champion

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	50 Fly	29.66	1-Jan-96	AD	Carol Pflugheber	
	100 Fly	1:09.73	1-Jan-96	AD	Carol Pflugheber	
	200 Fly	3:17.62	1-Jan-94	AD	Carol Gunderson	
	100 IM	1:11.61	1-Jan-96	AD	Carol Pflugheber	
	200 IM	2:25.43	1-Jan-98	AD	Bonnie Morse-Gillham	
	400 IM	5:16.86	1-Jan-98	AD	Bonnie Morse-Gillham	
45-49	50 Free	27.26	1-Jan-03	AD	Katie Flanagan	
	100 Free	1:04.99	30-Oct-05	AD	KAREN S. BYER at Leatherstocking 2005	
	200 Free	2:20.93	13-Dec-08	AD	Lynette A. Washburn at 2008 Ballston Spa Holiday Classic	
	500 Free	6:22.76	13-Dec-08	AD	KAREN S. BYER at 2008 Ballston Spa Holiday Classic	
	1000 Free	13:39.63	1-Jan-03	AD	Anne Coley	
	1650 Free	24:41.50	1-Jan-94	AD	Pat Clinton	
	50 Back	31.58	1-Jan-99	AD	Carol Pflugheber	
	100 Back	1:09.44	1-Jan-99	AD	Carol Pflugheber	
	200 Back	2:58.58	30-Oct-05	AD	KAREN S. BYER at Leatherstocking 2005	
	50 Breast	35.61	26-Oct-08	AD	Lynette A. Washburn at 2008 Leatherstocking Swim Meet	
	100 Breast	1:17.86	26-Oct-08	- AD	Lynette A. Washburn at 2008 Leatherstocking Swim Meet	
	200 Breast	2:58.34	7-Nov-04	AD	ANNE Q. COLEY at Leatherstocking 2004	
	50 Fly	30.35	1-Jan-03	AD	Katie Flanagan	
	100 Fly	1:10.26	1-Jan-99	AD	Carol Pflugheber	
	200 Fly	3:25.91	5-Apr-04	AD	Kim Crouse	
	100 IM	1:10.37	1-Jan-03	AD	Katie Flanagan	
	200 IM	2:47.99	29-Jan-05	AD	Anne Coley	
	400 IM	5:56.58	1-Jan-99	AD	Carol Pflugheber	
50-54	50 Free	26.76	22-May-05	AD	Katie Flanagan	SCNATS05
	100 Free	1:06.94	21-May-05	AD	ANNE Q. COLEY at 2005 Ballston Spa Spring Fling	
	200 Free	2:24.42	14-May-06	AD	ANNE Q. COLEY at 2006 SCY Nat Championships	
	500 Free	6:27.40	21-Apr-07	AD	Anne Q. Coley at 2007 NY State Masters Champion	

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	1000 Free	13:00.20	14-May-06	AD	ANNE Q. COLEY at 2006 SCY Nat Championship
	1650 Free	24:21.74	1-Jan-98	AD	Ann Svenson
	50 Back	33.01	22-May-05	AD	Katie Flanagan SCNATS05
	100 Back	1:21.05	19-May-07	AD	ANNE Q. COLEY at 2007 Ballston Spa Spring Fling
	200 Back	3:09.23	1-Jan-93	AD	Marylou Schulz
	50 Breast	35.14	22-May-05	AD	Katie Flanagan SCNATS05
	100 Breast	1:20.28	19-May-07	AD	ANNE Q. COLEY at 2007 Ballston Spa Spring Fling
	200 Breast	2:53.15	14-May-06	AD	ANNE Q. COLEY at 2006 SCY Nat Championship
	50 Fly	29.76	22-May-05	AD	Katie Flanagan SCNATS05
	100 Fly	1:19.05	19-May-07	AD	ANNE Q. COLEY at 2007 Ballston Spa Spring Fling
	200 Fly	3:24.92	1-Jan-00	AD	Ann Svenson
	100 IM	1:08.46	22-May-05	AD	Katie Flanagan SCNATS05
	200 IM	2:43.87	28-Jul-07	AD	ANNE Q. COLEY at 2007 NYS Empire State Games
	400 IM	5:51.57	16-Dec-06	AD	ANNE Q. COLEY at 2006 Ballston Spa Holiday Clas
55-59	50 Free	31.77	1-Jan-01	AD	Ann Svenson
	100 Free	1:12.60	1-Jan-01	AD	Ann Svenson
	200 Free	2:39.76	1-Jan-01	AD	Ann Svenson
	500 Free	7:04.29	1-Jan-01	AD	Ann Svenson
	1000 Free	14:23.89	1-Jan-01	AD	Ann Svenson
	1650 Free	23:44.85	1-Jan-01	AD	Ann Svenson
	50 Back	41.88	1-Jan-02	AD	Ann Svenson
	100 Back	1:35.33	1-Jan-95	AD	Marylou Schulz
	200 Back	3:21.32	1-Jan-96	AD	Marylou Schulz
	50 Breast	45.92	1-Jan-02	AD	Rita Egan
	100 Breast	1:43.65	1-Jan-02	AD	Rita Egan
	200 Breast	3:38.54	1-Jan-02	AD	Bunny Adler
	50 Fly	34.45	1-Jan-01	AD	Ann Svenson
	100 Fly	1:24.62	1-Jan-01	AD	Ann Svenson

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	200 Fly	3:27.08	1-Jan-01	AD	Ann Svenson
	100 IM	1:23.51	13-Dec-08	- AD	Peg L. Clement at 2008 Ballston Spa Holiday Classic
	200 IM	3:01.94	1-Jan-01	AD	Ann Svenson
	400 IM	6:40.98	1-Jan-02	AD	Ann Svenson
60-64	50 Free	33.87	1-Jan-94	AD	Marilyn Ott
	100 Free	1:22.51	1-Jan-94	AD	Marilyn Ott
	200 Free	3:17.79	1-Jan-95	AD	Jane Moir
	500 Free	8:21.78	1-Jan-99	AD	Marylou Schulz
	1000 Free	17:51.04	1-Jan-99	AD	Marylou Schulz
	50 Back	47.27	1-Jan-94	AD	Marilyn Ott
	100 Back	1:40.29	1-Jan-99	AD	Marylou Schulz
	200 Back	3:35.00	1-Jan-99	AD	Marylou Schulz
	50 Breast	47.27	1-Jan-94	AD	Marilyn Ott
	100 Breast	1:46.51	13-Nov-05	AD	BUNNY ADLER at 2005 Pilgrims Pride Masters Meet
	200 Breast	3:55.82	13-Nov-05	AD	BUNNY ADLER at 2005 Pilgrims Pride Masters Meet
	50 Fly	48.50	1-Jan-94	AD	Jane Moir
	100 Fly	2:08.73	1-Jan-99	AD	Marylou Schulz
	100 IM	1:44.54	1-Jan-99	AD	Marylou Schulz
	200 IM	3:41.35	13-Nov-05	AD	BUNNY ADLER at 2005 Pilgrims Pride Masters Meet
65-69	50 Free	39.78	1-Jan-96	AD	Jane Moir
	100 Free	1:31.93	1-Jan-96	AD	Jane Moir
	200 Free	3:25.29	1-Jan-96	AD	Jane Moir
	500 Free	9:02.90	30-Oct-05	AD	MARYLOU SCHULZ at Leatherstocking 2005
	1000 Free	21:04.01	1-Jan-96	AD	Verna Engstrom-Heg
	1650 Free	35:08.67	1-Jan-96	AD	Verna Engstrom-Heg
	50 Back	50.36	30-Oct-05	AD	MARYLOU SCHULZ at Leatherstocking 2005
	100 Back	1:49.79	30-Oct-05	AD	MARYLOU SCHULZ at Leatherstocking 2005
	200 Back	3:46.78	30-Oct-05	AD	MARYLOU SCHULZ at Leatherstocking 2005

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	50 Breast	52.04	1-Jan-98	AD	Sylvia Idelson
	100 Breast	1:57.48	1-Jan-98	AD	Sylvia Idelson
	200 Breast	5:03.01	1-Jan-94	AD	Barbara Eberle
	50 Fly	51.61	1-Jan-96	AD	Jane Moir
	100 IM	1:55.33	1-Jan-98	AD	Sylvia Idelson
	200 IM	4:12.87	1-Jan-98	AD	Sylvia Idelson
70-74	50 Free	43.03	1-Jan-94	AD	Rita Evans
	100 Free	1:38.59	1-Jan-94	AD	Rita Evans
	200 Free	3:47.54	1-Jan-02	AD	Sylvia Idelson
	500 Free	9:54.10	1-Jan-02	AD	Sylvia Idelson
	1000 Free	19:56.30	1-Jan-00	AD	Sylvia Idelson
	1650 Free	37:57.36	1-Jan-01	AD	Verna Engstrom-Heg
	50 Back	52.09	1-Jan-94	AD	Rita Evans
	100 Back	1:53.42	1-Jan-94	AD	Rita Evans
	200 Back	4:15.98	1-Jan-94	AD	Margaret Steinbiss
	50 Breast	54.83	1-Jan-99	AD	Sylvia Idelson
	100 Breast	1:59.19	1-Jan-99	AD	Sylvia Idelson
	200 Breast	4:21.71	1-Jan-00	AD	Sylvia Idelson
	50 Fly	1:02.91	1-Jan-00	AD	Sylvia Idelson
	100 IM	1:58.10	1-Jan-00	AD	Sylvia Idelson
	200 IM	4:10.06	1-Jan-00	AD	Sylvia Idelson
75-79	50 Free	42.11	1-Jan-94	AD	Rita Evans
	100 Free	1:38.17	1-Jan-96	AD	Rita Evans
	200 Free	4:16.89	1-Jan-97	AD	Margaret Steinbiss
	500 Free	10:22.03	1-Jan-94	AD	Ruth Lechner
	1000 Free	21:58.51	7-Nov-04	AD	SYLVIA IDELSON at Leatherstocking 2004
	50 Back	50.37	1-Jan-97	AD	Rita Evans
	100 Back	1:49.97	1-Jan-97	AD	Rita Evans

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	200 Back	4:01.29	1-Jan-97	AD	Rita Evans
	50 Breast	58.20	7-Nov-04	AD	SYLVIA IDELSON at Leatherstocking 2004
	100 IM	1:58.31	1-Jan-96	AD	Rita Evans
80-84	50 Free	48.84	1-Jan-01	AD	Rita Evans
	100 Free	2:17.43	1-Jan-00	AD	Margaret Steinbiss
	200 Free	4:42.94	1-Jan-00	AD	Margaret Steinbiss
	500 Free	11:58.58	1-Jan-00	AD	Margaret Steinbiss
	50 Back	54.42	1-Jan-99	AD	Rita Evans
	100 Back	1:53.51	1-Jan-99	AD	Rita Evans
	200 Back	4:01.97	1-Jan-00	AD	Rita Evans
	50 Breast	1:07.95	1-Jan-00	AD	Rita Evans
	100 Fly	2:10.41	1-Jan-00	AD	Rita Evans
	100 IM	2:11.65	1-Jan-00	AD	Rita Evans

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Yards-Men

19-24	50 Free	21.95	2-Nov-03	AD	Ridgely Harrison at Leatherstocking Swim Meet
	100 Free	48.78	1-Jan-94	AD	Jonathan Berry
	200 Free	1:47.44	1-Jan-94	AD	Jonathan Berry
	500 Free	4:58.82	1-Jan-94	AD	Jude Grimley
	1000 Free	10:18.77	1-Jan-94	AD	Jonathan Berry
	1650 Free	18:58.27	1-Jan-94	AD	Mark Smith
	50 Back	25.58	5-Apr-04	AD	Shane Lacey
	100 Back	55.80	1-Jan-03	AD	Shane Lacey
	200 Back	2:01.20	5-Apr-04	AD	Shane Lacey
	50 Breast	28.06	1-Jan-02	AD	Rob Lias
	100 Breast	1:01.30	1-Jan-02	AD	Rob Lias
	200 Breast	2:25.70	1-Jan-94	AD	Jude Grimley
	50 Fly	25.00	1-Jan-03	AD	Shane Lacey
	100 Fly	56.04	21-Apr-06	AD	JONATHAN E. SOUSA at 2006 Colonies Zone SCY Championship
	200 Fly	2:03.11	1-Jan-94	AD	Jonathan Berry
	100 IM	56.89	1-Jan-02	AD	Rob Lias
	200 IM	2:03.71	1-Jan-03	AD	Shane Lacey
	400 IM	4:28.79	1-Jan-94	AD	Jonathan Berry
25-29	50 Free	22.12	1-Jan-94	AD	Kevin Ahern
	100 Free	48.63	21-Apr-07	AD	Ridgely Harrison at 2007 NY State Masters Champion
	200 Free	1:48.70	1-Jan-94	AD	Jonathan Berry
	500 Free	5:04.24	1-Jan-94	AD	Robert Buche
	1000 Free	10:31.60	1-Jan-94	AD	Jonathan Berry
	1650 Free	18:40.89	1-Jan-01	AD	Edward Stoner
	50 Back	26.52	21-Apr-07	AD	Ridgely Harrison at 2007 NY State Masters Champion
	100 Back	1:01.43	1-Jan-94	AD	Gregg Santo
	200 Back	2:16.90	19-Apr-02	AD	Ed Stoner at 2002 Colonies Zone

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	50 Breast	27.89	1-Jan-94	AD	Joseph Shore
	100 Breast	1:00.02	1-Jan-94	AD	Joseph Shore
	200 Breast	2:12.59	1-Jan-94	AD	Joseph Shore
	50 Fly	23.35	1-Jan-94	AD	Steve Skeele
	100 Fly	54.46	1-Jan-94	AD	Joseph Shore
	200 Fly	2:04.19	1-Jan-94	AD	Joseph Shore
	100 IM	57.70	1-Jan-99	AD	Tom Bubel
	200 IM	2:04.19	1-Jan-94	AD	Joseph Shore
	400 IM	4:37.54	1-Jan-94	AD	Joseph Shore
30-34	50 Free	22.58	1-Jan-95	AD	Earl Anderson
	100 Free	48.35	1-Jan-94	AD	Matt Clark
	200 Free	1:50.19	1-Jan-02	AD	Tom Bubel
	500 Free	4:48.70	1-Jan-94	AD	Matt Clark
	1000 Free	10:05.20	1-Jan-94	AD	Matt Clark
	1650 Free	17:05.95	1-Jan-94	AD	Matt Clark
	50 Back	26.61	1-Jan-97	AD	George Stard
	100 Back	1:00.67	1-Jan-97	AD	George Stark
	200 Back	2:12.42	19-May-07	AD	Matt Glogowski at 2007 Ballston Spa Spring Fling
	50 Breast	27.24	1-Jan-00	AD	Joe Bubel
	100 Breast	58.28	1-Jan-01	AD	Joe Bubel
	200 Breast	2:13.77	1-Jan-99	AD	Joe Bubel
	50 Fly	24.56	19-Apr-02	AD	Joe Bubel at 2002 Colonies Zone
	100 Fly	52.79	1-Jan-99	AD	Joe Bubel
	200 Fly	2:02.59	1-Jan-94	AD	Matt Clark
	100 IM	55.20	1-Jan-94	AD	Matt Clark
	200 IM	2:01.03	1-Jan-94	AD	Matt Clark
	400 IM	4:23.54	1-Jan-94	AD	Matt Clark
35-39	50 Free	22.94	1-Jan-96	AD	Kevin Ahern

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	100 Free	47.96	1-Jan-94	AD	Matt Clark	
	200 Free	1:47.57	1-Jan-94	AD	Matt Clark	
	500 Free	4:51.13	1-Jan-94	AD	Matt Clark	
	1000 Free	10:13.37	1-Jan-94	AD	Matt Clark	
	1650 Free	17:39.54	1-Jan-94	AD	Matt Clark	
	50 Back	26.60	1-Jan-94	AD	Jack Altdoerffer	
	100 Back	58.01	1-Jan-94	AD	Jack Altdoerffer	
	200 Back	2:16.39	1-Jan-94	AD	Jack Altdoerffer	
	50 Breast	27.75	1-Jan-03	AD	Joe Bubel	
	100 Breast	1:00.82	1-Jan-03	AD	Joe Bubel	
	200 Breast	2:32.48	1-Jan-94	AD	Robert Puels	
	50 Fly	24.51	1-Jan-03	AD	Joe Bubel	
	100 Fly	54.44	1-Jan-03	AD	Joe Bubel	
	200 Fly	2:16.93	1-Jan-02	AD	David Barra	
	100 IM	54.42	1-Jan-94	AD	Matt Clark	
	200 IM	1:58.84	1-Jan-94	AD	Matt Clark	
	400 IM	4:49.74	1-Jan-94	AD	Jim Poole	
40-44	50 Free	23.53	1-Jan-94	AD	Bill Dow	
	100 Free	52.20	1-Jan-94	AD	Bill Dow	
	200 Free	1:56.15	22-May-05	AD	Paul Strothenke	SCNATS05
	500 Free	5:16.44	22-May-05	AD	Paul Strothenke	SCNATS05
	1000 Free	11:02.21	22-May-05	AD	Paul Strothenke	SCNATS05
	1650 Free	18:58.50	22-May-05	AD	David Barra	SCNATS05
	50 Back	26.53	1-Jan-98	AD	Jack Altdoerffer	
	100 Back	58.88	1-Jan-98	AD	Jack Altdoerffer	
	200 Back	2:09.44	1-Jan-94	AD	Bill Dow	
	50 Breast	29.54	1-Jan-95	AD	Robert Puels	
	100 Breast	1:06.18	1-Jan-95	AD	Robert Puels	
	200 Breast	2:28.46	8-Mar-08	AD	Bill M. Matz at 2008 Ballston Spa Cabin Fever	

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	50 Fly	26.54	1-Jan-96	AD	Robert Puels	
	100 Fly	58.64	13-Dec-08	AD	Daniel Canty at 2008 Ballston Spa Holiday Classic	
	200 Fly	2:18.31	1-Jan-94	AD	Jerald Bope	
	100 IM	59.77	1-Jan-95	AD	Robert Puels	
	200 IM	2:16.12	1-Jan-94	AD	Robert Puels	
	400 IM	4:58.88	1-Jan-95	AD	James Poole	
45-49	50 Free	23.18	1-Jan-99	AD	Robert Puels	
	100 Free	51.72	1-Jan-98	AD	Robert Puels	
	200 Free	1:59.87	1-Jan-98	AD	Robert Puels	
	500 Free	5:35.83	17-May-08	AD	Steven L. Atkins at 2008 Ballston Spa Spring Fling	
	1000 Free	12:01.35	1-Jan-94	AD	Jerald Bope	
	1650 Free	20:28.11	1-Jan-98	AD	Roy Kline	
	50 Back	28.06	1-Jan-00	AD	Jack Altdoerffer	
	100 Back	1:00.26	1-Jan-00	AD	Jack Altdoerffer	
	200 Back	2:13.84	1-Jan-00	AD	Jack Altdoerffer	
	50 Breast	29.21	1-Jan-97	AD	Robert Puels	
	100 Breast	1:05.10	1-Jan-97	AD	Robert Puels	
	200 Breast	2:37.82	1-Jan-99	AD	Robert Puels	
	50 Fly	26.22	1-Jan-99	AD	Robert Puels	
	100 Fly	1:00.39	1-Jan-99	AD	Robert Puels	
	200 Fly	2:21.29	17-May-08	AD	Steven L. Atkins at 2008 Ballston Spa Spring Fling	
	100 IM	59.02	1-Jan-99	AD	Robert Puels	
	200 IM	2:18.21	1-Jan-98	AD	Robert Puels	
	400 IM	4:57.23	17-May-08	AD	Steven L. Atkins at 2008 Ballston Spa Spring Fling	
50-54	50 Free	23.20	22-May-05	AD	Dean Fochios	SCNATS05
	100 Free	51.80	22-May-05	AD	Dean Fochios	SCNATS05
	200 Free	1:53.15	22-May-05	AD	Dean Fochios	SCNATS05
	500 Free	5:29.44	17-May-08	AD	Daniel Wall at 2008 Ballston Spa Spring Fling	

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	1000 Free	12:01.04	26-Oct-08	- AD	Daniel Wall at 2008 Leatherstocking Swim Meet
	1650 Free	21:09.61	1-Jan-03	AD	James Fishbeck
	50 Back	28.24	1-Jan-03	AD	Bill Dow
	100 Back	1:00.93	1-Jan-03	AD	Bill Dow
	200 Back	2:30.79	1-Jan-96	AD	Richard Siers
	50 Breast	31.09	1-Jan-02	AD	Robert Puels
	100 Breast	1:08.89	1-Jan-02	AD	Robert Puels
	200 Breast	2:46.86	1-Jan-94	AD	Ray Bellem
	50 Fly	27.28	1-Jan-01	AD	Robert Puels
	100 Fly	1:06.36	1-Jan-02	AD	Rick Marchant
	200 Fly	2:38.56	1-Jan-94	AD	Harry Grogan
	100 IM	1:02.19	1-Jan-02	AD	Bill Dow
	200 IM	2:25.47	1-Jan-94	AD	Hugh Dunsheath
	400 IM	5:31.85	1-Jan-94	AD	Hugh Dunsheath
55-59	50 Free	24.96	30-Apr-06	AD	BILL DOW at 2006 NY State Champs
	100 Free	56.96	30-Apr-06	AD	BILL DOW at 2006 NY State Champs
	200 Free	2:11.45	21-Apr-06	AD	TERRY LAUGHLIN at 2006 Colonies Zone SCY Championship
	500 Free	5:41.41	14-May-06	AD	TERRY LAUGHLIN at 2006 Nat Championship
	1000 Free	11:53.74	21-Apr-06	AD	TERRY LAUGHLIN at 2006 Colonies Zone SCY Championship
	1650 Free	19:52.88	14-May-06	AD	TERRY LAUGHLIN at 2006 SCY NatChampionship
	50 Back	29.11	20-May-06	AD	BILL DOW at Ballston Spa Spring Fling 2006
	100 Back	1:03.19	30-Apr-06	AD	BILL DOW at 2006 NY State Champs
	200 Back	2:19.08	20-May-06	AD	BILL DOW at Ballston Spa Spring Fling 2006
	50 Breast	33.24	21-Apr-06	AD	ROBERT W. LONG at 2006 Colonies Zone SCY Championship
	100 Breast	1:14.92	21-Apr-06	AD	ROBERT W. LONG at 2006 Colonies Zone SCY Championship
	200 Breast	2:56.95	21-Apr-06	AD	ROBERT W. LONG at 2006 Colonies Zone SCY Championship
	50 Fly	31.19	1-Jan-94	AD	Jim Kalas
	100 Fly	1:12.33	1-Jan-94	AD	Herb Alvarado

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	200 Fly	2:48.72	1-Jan-94	AD	Herb Alvarado
	100 IM	1:05.82	30-Apr-06	AD	BILL DOW at 2006 NY State Champs
	200 IM	2:40.07	1-Jan-99	AD	Hugh Dunsheath
	400 IM	5:44.58	10-Feb-07	AD	Terry Laughlin Kings Point
60-64	50 Free	27.83	13-Apr-07	AD	DANIEL WINFIELD at 2007 Colonies Zone SCY Champio
	100 Free	1:02.27	13-Apr-07	AD	DANIEL WINFIELD at 2007 Colonies Zone SCY Champio
	200 Free	2:18.74	1-Jan-95	AD	Jim Kalas
	500 Free	6:15.34	1-Jan-94	AD	Jim Kalas
	1000 Free	13:37.38	21-Apr-06	AD	DANIEL WINFIELD at 2006 Colonies Zone SCY Championship
	1650 Free	23:20.26	13-Apr-07	AD	DANIEL WINFIELD at 2007 Colonies Zone SCY Champio
	50 Back	36.05	1-Jan-95	AD	George Nordbloom
	100 Back	1:16.46	1-Jan-95	AD	George Nordbloom
	200 Back	2:45.41	1-Jan-95	AD	George Nordbloom
	50 Breast	38.08	21-Apr-06	AD	DANIEL WINFIELD at 2006 Colonies Zone SCY Championship
	100 Breast	1:26.01	13-Dec-08	- AD	Daniel B. Gelfand at 2008 Ballston Spa Holiday Classic
	200 Breast	3:07.77	20-May-06	AD	DANIEL WINFIELD at Ballston Spa Spring Fling 2006
	50 Fly	32.27	1-Jan-95	AD	Herb Alvarado
	100 Fly	1:17.86	1-Jan-95	AD	Herb Alvarado
	200 Fly	3:01.93	17-May-08	AD	JIM BECKER at 2008 Ballston Spa Spring Fling
	100 IM	1:13.10	1-Jan-95	AD	George Nordbloom
	200 IM	3:01.50	13-Dec-08	AD	JIM BECKER at 2008 Ballston Spa Holiday Classic
	400 IM	6:36.12	17-May-08	AD	JIM BECKER at 2008 Ballston Spa Spring Fling
65-69	50 Free	30.87	1-Jan-95	AD	Merton Lockhart
	100 Free	1:06.92	1-Jan-98	AD	Jim Kalas
	200 Free	2:27.80	1-Jan-00	AD	Jim Kalas
	500 Free	6:40.59	1-Jan-00	AD	Jim Kalas
	1000 Free	13:51.34	1-Jan-98	AD	Jim Kalas
	1650 Free	26:16.60	13-Apr-07	AD	Douglas A. Koop at 2007 Colonies Zone SCY Champio

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	50 Back	37.84	1-Jan-94	AD	Jack McGreen	
	100 Back	1:28.23	1-Jan-94	AD	Jack McGreen	
	200 Back	3:14.54	22-Oct-05	AD	PHIL L. MAYHER at Kingston Hurricanes Invitation	
	50 Breast	41.63	1-Jan-94	AD	George Hubbell	
	100 Breast	1:31.02	1-Jan-94	AD	George Hubbell	
	200 Breast	3:16.96	1-Jan-94	AD	George Hubbell	
	50 Fly	35.05	1-Jan-00	AD	Herb Alvarado	
	100 Fly	1:23.55	1-Jan-00	AD	Herb Alvarado	
	200 Fly	3:14.04	21-Jan-07	AD	Douglas A. Koop	AquaFit Winter Blitz
	100 IM	1:24.62	1-Jan-94	AD	George Hubbell	
	200 IM	3:03.85	1-Jan-94	AD	George Hubbell	
	400 IM	6:45.69	16-Dec-06	AD	Douglas A. Koop at 2006 Ballston Spa Holiday Clas	
70-74	50 Free	32.42	1-Jan-94	AD	Robert Doyle	
	100 Free	1:10.67	2-Nov-03	AD	John W. Kalas at Leatherstocking Swim Meet	
	200 Free	2:36.38	2-Nov-03	AD	John W. Kalas at Leatherstocking Swim Meet	
	500 Free	7:03.73	7-Nov-04	AD	John W. Kalas at Leatherstocking 2004	
	1000 Free	18:12.13	1-Jan-00	AD	Jarka Burian	
	1650 Free	30:02.92	2-Nov-03	AD	Robert B. Hanna at Leatherstocking Swim Meet	
	50 Back	40.36	1-Jan-95	AD	Jack McGreen	
	100 Back	1:31.56	1-Jan-95	AD	Jack McGreen	
	200 Back	3:21.14	1-Jan-95	AD	Jack McGreen	
	50 Breast	43.96	29-Jan-05	AD	Norman Swanson	
	100 Breast	1:46.19	13-Nov-05	AD	NORMAN R. SWANSON at 2005 Pilgrims Pride Masters Meet	
	200 Breast	3:56.71	30-Oct-05	AD	NORMAN R. SWANSON at Leatherstocking 2005	
	50 Fly	38.42	1-Jan-97	AD	Jarka Burian	
	100 Fly	2:07.29	1-Jan-98	AD	Jack McGreen	
	200 Fly	4:24.18	1-Jan-98	AD	Jack McGreen	
	100 IM	1:29.00	14-Nov-04	AD	John W. Kalas	
	200 IM	3:21.99	1-Jan-97	AD	Jarka Burian	

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	400 IM	8:15.35	1-Jan-97	AD	Jack McGreen
75-79	50 Free	37.65	1-Jan-00	AD	Edward Swiecki
	100 Free	1:27.30	1-Jan-00	AD	Edward Swiecki
	200 Free	3:12.06	1-Jan-00	AD	John Rogan
	500 Free	9:16.55	1-Jan-99	AD	Edward Swiecki
	1000 Free	19:22.63	21-Apr-07	AD	Scott O. Petrequin at 2007 NY State Masters Champion
	1650 Free	32:55.38	1-Jan-99	AD	Edward Swiecki
	50 Back	42.98	1-Jan-00	AD	Jack McGreen
	100 Back	1:39.25	1-Jan-00	AD	Jack McGreen
	200 Back	4:04.00	1-Jan-02	AD	Wolfgang Witkowski
	50 Breast	48.14	21-Apr-07	AD	Patrick J. Quinn at 2007 NY State Masters Champion
	100 Breast	1:58.32	21-Apr-07	AD	Patrick J. Quinn at 2007 NY State Masters Champion
	200 Breast	4:23.60	21-Apr-07	AD	Patrick J. Quinn at 2007 NY State Masters Champion
	50 Fly	42.74	1-Jan-02	AD	Jarka Burian
	100 Fly	1:37.92	1-Jan-02	AD	Jarka Burian
	200 Fly	6:38.14	1-Jan-98	AD	Dan McNeil
	100 IM	1:39.30	1-Jan-02	AD	Jarka Burian
	200 IM	3:43.28	1-Jan-02	AD	Jarka Burian
	400 IM	11:07.51	1-Jan-98	AD	Dan McNeil
80-84	50 Free	47.64	15-Aug-04	AD	Edward H. Swiecki
	100 Free	1:46.57	15-Aug-04	AD	EDWARD H. SWIECKI at Swimming Out of Summer
	200 Free	3:58.09	1-Jan-96	AD	Edward Neiles
	500 Free	10:29.84	15-Aug-04	AD	EDWARD H. SWIECKI at Swimming Out of Summer
	1000 Free	23:41.58	12-Sep-04	AD	Edward H. Swiecki
	1650 Free	39:55.00	7-Nov-04	AD	EDWARD H. SWIECKI at Leatherstocking 2004
	50 Back	57.02	26-Oct-08	- AD	WOLFGANG WITTKOWSKI at 2008 Leatherstocking Swim Meet
	100 Back	2:06.59	27-Jan-07	AD	Wolfgang Wittkowski at Kingston Snowball Invitational
	200 Back	4:37.70	21-Apr-07	AD	Wolfgang Wittkowski at 2007 NY State Masters Champion

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	50 Breast	1:13.21	1-Jan-94	AD	Henry Steinbiss
	100 Breast	2:45.89	1-Jan-94	AD	Henry Steinbiss
	200 Breast	5:55.46	1-Jan-94	AD	Henry Steinbiss
	50 Fly	1:41.93	1-Jan-98	AD	Frank Scarano
	100 Fly	4:14.35	1-Jan-98	AD	Frank Scarano
	200 Fly	8:23.41	1-Jan-99	AD	Frank Scarano
	100 IM	2:37.24	21-Apr-07	AD	Wolfgang Wittkowski at 2007 NY State Masters Champion
	200 IM	6:25.00	1-Jan-94	AD	Henry Steinbiss
	400 IM	13:05.12	1-Jan-99	AD	Frank Scarano
85-89	50 Free	1:04.22	1-Jan-97	AD	Ralph Hoyle
	100 Free	2:22.95	1-Jan-96	AD	Ralph Hoyle
	50 Back	1:56.60	1-Jan-96	AD	Ralph Hoyle
	100 Back	4:26.69	1-Jan-98	AD	Henry Steinbiss
	200 Back	9:06.19	1-Jan-98	AD	Henry Steinbiss
	50 Breast	1:33.41	1-Jan-96	AD	Ralph Hoyle
	100 Breast	3:42.47	1-Jan-96	AD	Ralph Hoyle