

Adirondack District Masters Records

RECORDS Short Course Yards

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	ADMS	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	29.01	14-Mar-09	ADMS AD	Ashley Braniecki at 2009 Ballston Spa Cabin Fever	
	100 Fly	1:04.31	24-Jan-09	ADMS	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	
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	ADMS 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	ADMS 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	

Adirondack District Masters Records

RECORDS Short Course Yards

30-34	400 IM	5:13.52	1-Jan-97	AD	Myla Houlihan
35-39	50 Free	27.95	1-Jan-95	AD	Bonnie Morse-Gillham
	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
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 Mastters Meet
200 Breast		2:51.95	21-Apr-07	AD	Lynette A. Washburn at 2007 NY State Masters Champion
50 Fly		29.66	1-Jan-96	AD	Carol Pflugheber
100 Fly		1:09.73	1-Jan-96	AD	Carol Pflugheber
200 Fly		2:55.62	16-May-09	ADMS AD	Margaret M. Bolster at 2009 Ballston Spa Spring Fling
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
	100 Free	1:03.33	14-Mar-09	ADMS AD	Lynette A. Washburn at 2009 Ballston Spa Cabin Fever
	200 Free	2:20.93	13-Dec-08	ADMS AD	Lynette A. Washburn at 2008 Ballston Spa Holiday Classic
	500 Free	6:22.76	13-Dec-08	ADMS 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	35.42	16-May-09	ADMS AD	Lynette A. Washburn at 2009 Ballston Spa Spring Fling
	100 Breast	1:17.86	26-Oct-08	ADMS 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

Adirondack District Masters Records

RECORDS Short Course Yards

45-49	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	
	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		6:57.03	4-Mar-09	ADMS AD	Peg L. Clwment at Spring Splash 2009	
1000 Free		14:23.89	1-Jan-01	AD	Ann Svenson	
1650 Free		23:44.85	1-Jan-01	AD	Ann Svenson	
50 Back		41.87	16-May-09	ADMS AD	Peg L. Clement at 2009 Ballston Spa Spring Fling	
100 Back		1:35.33	1-Jan-95	AD	Marylou Schulz	
200 Back		3:21.32	1-Jan-96	AD	Marylou Schulz	
50 Breast		41.13	16-May-09	ADMS AD	Peg L. Clement at 2009 Ballston Spa Spring Fling	
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	
200 Fly		3:27.08	1-Jan-01	AD	Ann Svenson	
100 IM		1:22.38	16-May-09	ADMS AD	Peg L. Clement at 2009 Ballston Spa Spring Fling	
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	47.77	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

Adirondack District Masters Records

RECORDS Short Course Yards

65-69	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
	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
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
	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

Adirondack District Masters Records

RECORDS Short Course Yards

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
	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 Skeelee
	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

Adirondack District Masters Records

RECORDS Short Course Yards

30-34	400 IM	4:23.54	1-Jan-94	AD	Matt Clark	
35-39	50 Free	22.94	1-Jan-96	AD	Kevin Ahern	
	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	1:05.93	16-May-09	ADMS AD	William Matz at 2009 Ballston Spa Spring Fling	
	200 Breast	2:28.46	8-Mar-08	AD	Bill M. Matz at 2008 Ballston Spa Cabin Fever	
	50 Fly	26.54	1-Jan-96	AD	Robert Puels	
	100 Fly	58.64	13-Dec-08	ADMS 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	2:14.04	16-May-09	ADMS AD	William Matz at 2009 Ballston Spa Spring Fling	
	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	11:55.79	14-Mar-09	ADMS AD	Steven L. Atkins at 2009 Ballston Spa Cabin Fever	
	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	

Adirondack District Masters Records

RECORDS Short Course Yards

45-49	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	
	1000 Free	12:01.04	26-Oct-08	ADMS 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	31.00	16-May-09	ADMS AD	Dan Wall at 2009 Ballston Spa Spring Fling	
	100 Breast	1:07.20	16-May-09	ADMS AD	Dan Wall at 2009 Ballston Spa Spring Fling	
	200 Breast	2:46.86	1-Jan-94	AD	Ray Bellem	
	50 Fly	26.83	16-May-09	ADMS AD	Dan Wall at 2009 Ballston Spa Spring Fling	
	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 Nat Championship	
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		1:12.09	16-May-09	ADMS AD	Roy A. Kline at 2009 Ballston Spa Spring Fling	
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		2:35.93	16-May-09	ADMS AD	Roy A. Kline at 2009 Ballston Spa Spring Fling	
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	ADMS 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	3:00.02	16-May-09	ADMS AD	Jim Becker at 2009 Ballston Spa Spring Fling	
	100 IM	1:13.10	1-Jan-95	AD	George Nordbloom	
	200 IM	3:01.50	13-Dec-08	ADMS AD	JIM BECKER at 2008 Ballston Spa Holiday Classic	

Adirondack District Masters Records

RECORDS Short Course Yards

60-64	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	
	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	ADMS AD	Robert B Hanna 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	
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	

Adirondack District Masters Records

RECORDS Short Course Yards

75-79	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	ADMS 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	
	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	