

2010 YMCA National Long Course Championship, Sanction #: USAS PVA-09-10-??
July 27 - July 30, 2010
National - Records

Women 50 Free	25.74	7/28/2009	Emily Lloyd - Anne Arundel-MD
Women 100 Free	56.79	7/30/2009	Emily Lloyd - Anne Arundel-MD
Women 200 Free	2:00.22	8/29/2008	Leah Gingrich - West Shore-PA
Women 400 Free	4:19.91	7/31/2007	Caroline Smith - Winston-Salem-NC
Women 800 Free	8:55.46	7/31/2009	Laura Simon - Middle Tyger-SC
Women 1500 Free	16:59.47	7/27/2009	Laura Simon - Middle Tyger-SC
Women 50 Back	29.32	7/30/2004	Lauren English - Montclair-NJ-
Women 100 Back	1:02.73	7/27/2004	Tricia Weaner - West Shore-PA-
Women 200 Back	2:15.38	7/29/2004	Tricia Weaner - West Shore-PA-
Women 50 Breast	33.03	7/28/2003	Lauren Brick - Rappahannock-VA-
Women 100 Breast	1:11.26	7/31/2009	KC Moss - Wilton-CT
Women 200 Breast	2:30.74	7/29/2009	KC Moss - Wilton-CT
Women 50 Fly	27.27	7/30/2009	Becca Weiland - Stevens Point-WI
Women 100 Fly	1:00.49	7/30/2008	Leah Gingrich - West Shore-PA
Women 200 Fly	2:09.96	8/1/2008	Leah Gingrich - West Shore-PA
Women 200 IM	2:16.33	7/29/2008	Leah Gingrich - West Shore-PA
Women 400 IM	4:53.41	7/29/2004	Ashley Jones - Joliet - Il-
Women 200 Free Relay	1:48.29	7/31/2009	Anne Arundel County YMCA - Anne Arundel-MD K Farnham, C Burns, S Lloyd, E Lloyd
Women 400 Free Relay	3:55.40	7/29/2009	Middle Tyger YMCA - Middle Tyger-SC R Carne, H Lips, S Drake, L Simon
Women 800 Free Relay	8:28.90	7/30/2009	Middle Tyger YMCA - Middle Tyger-SC R Carne, H Lips, M Brooks, L Simon
Women 200 Medley Relay	1:59.45	7/28/2009	Anne Arundel County YMCA - Anne Arundel-MD C Burns, K Rouse, S Lloyd, E Lloyd
Women 400 Medley Relay	4:18.78	7/31/2009	Middle Tyger YMCA - Middle Tyger-SC K Crawford, C Fore, H Lips, R Carne

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Men 50 Free	23.52	7/27/2004	Jeffrey Sudbury - Wilton-CT-
Men 100 Free	50.72	7/30/2009	Tim Phillips - Marietta-OH
Men 200 Free	1:50.75	7/29/2009	Tim Phillips - Marietta-OH
Men 400 Free	3:59.19	1996	A. Messner - Ann Arbor, MI
Men 800 Free	8:25.05	7/29/2009	Ty Perkins - South Family-OH
Men 1500 Free	15:57.55	7/30/2004	Kyle Young - Aquatic Center -
Men 50 Back	26.29	8/3/2001	Jayne O Cramer - M.E. Lyons-OH-
Men 100 Back	56.63	7/26/2005	Patrick Schirk - Pottstown-PA
Men 200 Back	2:01.69	7/28/2005	Patrick Schirk - Pottstown-PA
Men 50 Breast	29.56	1996	R. Henikman - Mansfield, OH
Men 100 Breast	1:03.98	1992	M. Hubbell - Countryside, OH
Men 200 Breast	2:19.22	1992	M. Hubbell - Countryside, OH
Men 50 Fly	24.18	7/30/2009	Tim Phillips - Marietta-OH
Men 100 Fly	52.88	7/29/2009	Tim Phillips - Marietta-OH
Men 200 Fly	2:03.13	7/31/2009	Josh Friedel - Rappahannock-VA
Men 200 IM	2:05.19	7/29/2008	Scott Marino - FanwoodScotch-NJ
Men 400 IM	4:32.23	1997	J. Faltraco - Spartanburg, SC
Men 200 Free Relay	1:36.24	7/30/2004	Darien Community YMCA - Darien-CT- J Geissinger, P Baity, M Baity, M Donch
Men 400 Free Relay	3:31.18	7/29/2009	Upper Main Line YMCA - UpperMainLine-PA T Mershon, M Salig, A Seiler, N Reed
Men 800 Free Relay	7:49.21	7/30/2009	Upper Main Line YMCA - UpperMainLine-PA M Luminais, N Reed, T Mershon, M Salig
Men 200 Medley Relay	1:46.68	7/31/2001	M.E. Lyons-OH - M.E. Lyons-OH- J Cramer, R Kauscher, P Carothers, M Bertke
Men 400 Medley Relay	3:56.31	7/31/2009	Upper Main Line YMCA - UpperMainLine-PA T Mershon, A Seiler, M Salig, N Reed