

Course Records for LCM - Long Course Metric

Gender Women

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Age Group 19-24

<i>Date</i>	<i>Event</i>	<i>Name</i>	<i>Age</i>	<i>Pool</i>	<i>Time</i>
8/1/1994	100 M. Back	Bridget Robbins	24	LC Nats ECC	1:14.68
7/13/2002	100 M. Breast	Mary Ann Veres	21	U. Buffalo	1:29.09
8/1/1994	100 M. Fly	Bridget Robbins	24	LC Nats ECC	1:11.54
6/1/1996	100 M. Free	Ingrid Tung	24	ECC	1:05.57
8/18/2002	1500 M. Free	Laura Lincoln	19	Cleveland State	24:12.9
8/1/1994	200 M. Back	Bridget Robbins	24	LC Nats ECC	2:39.82
1/1/1993	200 M. Breast	Deena Crossmore	29	Top Ten-2	3:01.18
8/18/2002	200 M. Fly	Laura Lincoln	19	Cleveland State	3:38.70
8/1/1994	200 M. Free	Bridget Robbins	24	LC Nats ECC	2:22.48
7/1/1996	200 M. I.M.	Ingrid Tung	24	ESG U. Buffalo	2:52.23
8/1/1994	400 M. Free	Bridget Robbins	24	LC Nats ECC	5:02.56
7/29/2006	400 M. I.M.	Josie Ingersol	23	ESG Brockport	6:06.72
6/1/1994	50 M. Back	Bridget Robbins	24	Nottingham HS	:34.66
8/4/2002	50 M. Breast	Amanda Baldauf	23	ESG Syracuse	42.24
6/1/1994	50 M. Fly	Bridget Robbins	24	Nottingham HS	:33.20
7/1/1996	50 M. Free	Ingrid Tung	24	ESG U. Buffalo	:28.77
7/13/2002	800 M. Free	Laura Beth Lincoln	19	U. Buffalo	13:03.5

Age Group 25-29

<i>Date</i>	<i>Event</i>	<i>Name</i>	<i>Age</i>	<i>Pool</i>	<i>Time</i>
8/1/1990	100 M. Back	Sarah Osborne	27	ESG Syracuse	1:17.87
8/1/1995	100 M. Breast	Eve Tokos	26	ESG Cortland	1:21.94
8/1/1990	100 M. Fly	Kay Simonson	29	ESG Syracuse	1:17.08
7/1/1996	100 M. Free	Amy Tompkins	25	ESG U. Buffalo	1:05.14
8/1/1994	200 M. Back	Jennifer Verrico	28	LC Nats ECC	3:06.19
1/1/1992	200 M. Breast	Deena Crossmore	28	Top Ten-4	3:00.06
8/1/1990	200 M. Fly	Kay Simonson	29	ESG Syracuse	2:57.18
6/1/1996	200 M. Free	Francesca Crannell	28	Nottingham HS	2:29.06
8/1/1995	200 M. I.M.	Eve Tokos	26	ESG Cortland	2:44.60
6/1/1996	400 M. Free	Francesca Crannell	28	Nottingham HS	5:04.97
7/1/1996	400 M. I.M.	Francesca Crannell	28	ESG U. Buffalo	6:10.01
8/1/1995	50 M. Back	J. Miller	29	ESG Cortland	:35.18
8/1/1995	50 M. Breast	Eve Tokos	26	ESG Cortland	:37.74
6/1/1995	50 M. Fly	Kelly Rellinger	29	Nottingham HS	:31.06
6/1/1996	50 M. Free	Jennifer Zeboris	26	Nottingham HS	:28.79
8/1/1990	800 M. Free	Kay Simonson	29	ESG Syracuse	10:56.8

Friday, April 17, 2009

Gender Women**Age Group 30-34**

<i>Date</i>	<i>Event</i>	<i>Name</i>	<i>Age</i>	<i>Pool</i>	<i>Time</i>
6/23/2001	100 M. Back	Jennifer Spencer	31	U. Buffalo	1:17.27
7/1/1996	100 M. Breast	Kelly Rellinger	30	ESG U. Buffalo	1:25.32
7/26/2003	100 M. Fly	Dana Woody	34	SUNY Brockport	1:14.63
8/4/2002	100 M. Free	Dana Woody	33	ESG Syracuse	1:06.49
8/17/2003	1500 M. Free	Dana Woody	34	LC Nats NJ	19:20.7
6/17/2000	200 M. Back	Dana Woody	31	U. Buffalo	2:48.73
8/1/1995	200 M. Breast	Deena Crossmore	31	ESG Cortland	3:07.52
8/18/2002	200 M. Fly	Katie Hettrich	32	Cleveland State	2:44.40
8/17/2003	200 M. Free	Dana Woody	34	LC Nats NJ	2:20.12
8/17/2003	200 M. I.M.	Dana Woody	34	LC Nats NJ	2:44.71
7/26/2003	400 M. Free	Dana Woody	34	SUNY Brockport	4:55.78
7/26/2003	400 M. I.M.	Dana Woody	34	SUNY Brockport	5:47.69
7/1/1996	50 M. Back	Kelly Rellinger	30	ESG U. Buffalo	:35.49
6/1/1996	50 M. Breast	Kelly Rellinger	30	Nottingham HS	:37.29
6/1/1996	50 M. Fly	Kelly Rellinger	30	Nottingham HS	:31.44
8/1/1994	50 M. Free	Stacie Cifranick	32	LC Nats ECC	:29.04
8/17/2003	800 M. Free	Dana Woody	34	LC Nats NJ	10:09.5

Age Group 35-39

<i>Date</i>	<i>Event</i>	<i>Name</i>	<i>Age</i>	<i>Pool</i>	<i>Time</i>
8/27/2005	100 M. Back	Dana Woody	36	Colonies Zone LCM Champ	1:19.11
8/1/1994	100 M. Breast	Wendy Ryan	37	LC Nats ECC	1:25.83
7/26/2003	100 M. Fly	Karen Bulmahn	39	SUNY Brockport	1:13.13
8/27/2005	100 M. Free	Dana Woody	36	Colonies Zone LCM Champ	1:06.50
7/30/2006	1500 M. Free	Dana Woody	37	ESG Brockport	19:21.5
8/27/2005	200 M. Back	Dana Woody	36	Colonies Zone LCM Champ	2:41.87
8/1/1994	200 M. Breast	Wendy Ryan	37	LC Nats ECC	3:09.82
7/26/2003	200 M. Fly	Karen Bulmahn	39	SUNY Brockport	2:47.58
8/27/2005	200 M. Free	Dana Woody	36	Colonies Zone LCM Champ	2:18.81
7/29/2006	200 M. I.M.	Dana Woody	37	ESG Brockport	2:46.03
8/27/2005	400 M. Free	Dana Woody	36	Colonies Zone LCM Champ	4:59.74
8/27/2005	400 M. I.M.	Dana Woody	36	Colonies Zone LCM Champ	5:42.92
8/27/2005	50 M. Back	Dana Woody	36	Colonies Zone LCM Champ	:36.60
7/1/1996	50 M. Breast	Wendy Ryan	38	ESG U. Buffalo	:38.59
8/18/2002	50 M. Fly	Karen Bulmahn	38	Cleveland State	32.34
8/18/2002	50 M. Free	Karen Bulmahn	38	Cleveland State	29.97
8/27/2005	800 M. Free	Dana Woody	36	Colonies Zone LCM Champ	9:55.70

Friday, April 17, 2009

Gender Women**Age Group 40-44**

<i>Date</i>	<i>Event</i>	<i>Name</i>	<i>Age</i>	<i>Pool</i>	<i>Time</i>
8/1/1994	100 M. Back	Carol Pflugheber	41	LC Nats ECC	1:19.42
6/1/1995	100 M. Breast	Melissa Maldovan	42	ECC	1:33.81
1/1/1994	100 M. Fly	Denise Everitt	41	Top Ten-5	1:15.12
8/18/2002	100 M. Free	Kim Skorma	42	Cleveland State	1:10.15
1/1/1996	1500 M. Free	Denise Everitt	43	Top Ten-3	20:54.6
8/18/2002	200 M. Back	Kim Skorma	42	Cleveland State	2:56.57
8/1/1994	200 M. Breast	Denise Everitt	41	LC Nats ECC	3:19.29
1/1/1993	200 M. Fly	Denise Everitt	40	Top Ten-3	1:16.17
7/1/1996	200 M. Free	Denise Everitt	43	ESG U. Buffalo	2:33.49
8/1/1995	200 M. I.M.	Denise Everitt	42	ESG Cortland	2:54.71
7/1/1996	400 M. Free	Denise Everitt	43	ESG U. Buffalo	5:22.50
1/1/1993	400 M. I.M.	Denise Everitt	40	Top Ten-8	6:11.76
6/1/1994	50 M. Back	Carol Pflugheber	40	Nottingham HS	:35.27
8/8/1999	50 M. Breast	Wendy Ryan	42	SUNY Brockport	40.54
6/1/1994	50 M. Fly	Carol Pflugheber	40	Nottingham HS	:32.96
8/8/1999	50 M. Free	Wendy Ryan	42	SUNY Brockport	30.99
7/1/1996	800 M. Free	Denise Everitt	43	ESG U. Buffalo	10:59.0

Age Group 45-49

<i>Date</i>	<i>Event</i>	<i>Name</i>	<i>Age</i>	<i>Pool</i>	<i>Time</i>
7/1/1996	100 M. Back	Holly MacMurray	45	ESG U. Buffalo	1:28.99
8/18/2002	100 M. Breast	Wendy Ryan	45	Cleveland State	1:27.62
6/29/1997	100 M. Fly	Denise Everitt	45	Pan Pac, Maui	1:19.15
8/17/2003	100 M. Free	Elizabeth O'Sullivan	45	LC Nats NJ	1:14.95
8/17/2003	1500 M. Free	Carol Belva	48	LC Nats NJ	22:16.8
8/1/1990	200 M. Back	Rachel Richard	45	ESG Syracuse	3:24.96
8/18/2002	200 M. Breast	Wendy Ryan	45	Cleveland State	3:12.06
6/29/1997	200 M. Fly	Denise Everitt	45	Pan Pac, Maui	2:58.81
7/26/2003	200 M. Free	Elizabeth O'Sullivan	45	SUNY Cortland	2:46.08
8/20/2000	200 M. I.M.	Carol Belva	45	Maryland Univ.	3:11.32
6/29/1997	400 M. Free	Denise Everitt	45	Pan Pac, Maui	5:27.63
6/29/1997	400 M. I.M.	Denise Everitt	45	Pan Pac, Maui	6:22.75
7/1/1996	50 M. Back	Holly MacMurray	45	ESG U. Buffalo	:40.10
8/18/2002	50 M. Breast	Wendy Ryan	45	Cleveland State	38.28
7/26/2003	50 M. Fly	Elizabeth O'Sullivan	45	SUNY Brockport	36.16
8/18/2002	50 M. Free	Wendy Ryan	45	Cleveland State	30.49
6/29/1997	800 M. Free	Denise Everitt	45	Pan Pac, Maui	11:04.6

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Gender Women**Age Group 50-54**

<i>Date</i>	<i>Event</i>	<i>Name</i>	<i>Age</i>	<i>Pool</i>	<i>Time</i>
8/18/2002	100 M. Back	Holly Evans	52	Cleveland State	1:31.58
8/18/2002	100 M. Breast	Holly Evans	52	Cleveland State	1:32.68
8/18/2002	100 M. Fly	Denise Everitt	50	Cleveland State	1:19.49
8/4/2002	100 M. Free	Denise Everitt	50	ESG Syracuse	1:14.49
8/18/2002	1500 M. Free	Denise Everitt	52	Cleveland State	21:43.9
8/23/1999	200 M. Back	Jane Gram	53	LC Nats U. Minnesota	3:23.18
8/18/2002	200 M. Breast	Denise Everitt	50	Cleveland State	3:27.13
8/18/2002	200 M. Fly	Denise Everitt	50	Cleveland State	3:11.61
8/18/2002	200 M. Free	Denise Everitt	50	Cleveland State	2:45.74
8/4/2002	200 M. I.M.	Denise Everitt	50	ESG Syracuse	3:10.52
8/18/2002	400 M. Free	Denise Everitt	50	Cleveland State	5:38.50
8/1/1994	400 M. I.M.	Louise Murray	54	LC Nats ECC	8:08.93
8/18/2002	50 M. Back	Holly Evans	52	Cleveland State	40.88
6/23/2001	50 M. Breast	Demaree Brady	50	U. Buffalo	41.67
8/18/2002	50 M. Fly	Denise Everitt	50	Cleveland State	37.19
6/23/2001	50 M. Free	Demaree Brady	50	U. Buffalo	34.62
8/18/2002	800 M. Free	Denise Everitt	50	Cleveland State	11:31.8

Age Group 55-59

<i>Date</i>	<i>Event</i>	<i>Name</i>	<i>Age</i>	<i>Pool</i>	<i>Time</i>
8/5/2006	100 M. Back	Holly Lewin Evans	56	FINA World Champ	1:30.64
8/5/2006	100 M. Breast	Holly Lewin Evans	56	FINA World Champ Ca	1:37.76
8/17/2003	100 M. Free	Jane Gram	57	LC Nats NJ	1:18.83
8/1/1994	1500 M. Free	Sandra Kingdon	55	LC Nats ECC	25:59.6
8/17/2003	200 M. Back	Jane Gram	57	LC Nats NJ	3:28.98
8/5/2006	200 M. Breast	Holly Lewin Evans	56	FINA World Champ Ca	3:35.79
8/17/2003	200 M. Free	Jane Gram	57	LC Nats NJ	3:01.37
8/18/2002	200 M. I.M.	Jane Gram	56	Cleveland State	3:26.01
8/17/2003	400 M. Free	Jane Gram	57	LC Nats NJ	6:22.36
8/4/2002	400 M. I.M.	Kay Turner	56	ESG Syracuse	8:57.64
8/18/2002	50 M. Back	Jane Gram	56	Cleveland State	42.40
8/5/2006	50 M. Breast	Holly Lewin Evans	56	FINA World Champ Ca	:44.35
7/26/2003	50 M. Fly	Janet Kerr	56	SUNY Brockport	40.69
7/26/2003	50 M. Free	Janet Kerr	56	SUNY Brockport	34.56
1/1/1996	800 M. Free	Sandra Kingdon	57	Top Ten-5	14:12.6

Friday, April 17, 2009

Gender Women

Age Group <u>60-64</u>	Date	Event	Name	Age	Pool	Time
	1/1/1992	100 M. Back	Stefanena Kysor	63	Top Ten-7	1:53.72
	8/18/2002	100 M. Breast	Amy Johnson	60	Cleveland State	1:56.60
	7/29/2006	100 M. Free	Kay Turner	60	ESG Brockport	1:33.09
	8/1/1994	1500 M. Free	Dolly Hinckley	64	LC Nats ECC	31:00.5
	1/1/1993	200 M. Back	Stefanena Kysor	64	Top Ten-10	04:03.6
	8/18/2002	200 M. Breast	Amy Johnson	60	Cleveland State	4:14.43
	8/18/2002	200 M. Free	Amy Johnson	60	Cleveland State	3:35.71
	7/29/2006	200 M. I.M.	Kay Turner	60	ESG Brockport	4:11.59
	7/29/2006	400 M. Free	Kay Turner	60	ESG Brockport	7:23.12
	7/29/2006	400 M. I.M.	Kay Turner	60	ESG Brockport	8:58.13
	7/1/1996	50 M. Back	Maureen O'Donnell	64	ESG U. Buffalo	:58.36
	7/13/2002	50 M. Breast	Amy Johnson	60	U. Buffalo	53.28
	7/26/2003	50 M. Fly	Amy Johnson	61	SUNY Brockport	49.78
	7/13/2002	50 M. Free	Louise Murray	62	U. Buffalo	41.89
	7/13/2002	800 M. Free	Louise Murray	62	U. Buffalo	15:42.9

Age Group <u>65-69</u>	Date	Event	Name	Age	Pool	Time
	8/1/1994	100 M. Back	Stephanena Kysor	65	LC Nats ECC	1:55.36
	8/1/1994	100 M. Breast	Stephanena Kysor	65	LC Nats ECC	2:18.48
	1/1/1992	100 M. Fly	Betty Dunn	67	Top Ten-7	1:59.97
	1/1/1987	100 M. Free	Susanna Marvel	67	ESG	1:38.74
	7/29/2006	1500 M. Free	Louise Murray	66	ESG Brockport	29:23.9
	1/1/1996	200 M. Back	Stefanena Kysor	67	Top Ten-5	4:06.14
	8/1/1994	200 M. Breast	Stephanena Kysor	65	LC Nats ECC	5:00.62
	1/1/1992	200 M. Fly	Betty Dunn	67	Top Ten-7	4:51.52
	1/1/1988	200 M. Free	Susanna Marvel	68	Genesee VP	3:42.00
	8/1/1990	200 M. I.M.	Betty Dunn	65	ESG Syracuse	4:08.95
	7/29/2006	400 M. Free	Louise Murray	66	ESG Brockport	7:35.79
	8/1/1990	400 M. I.M.	Betty Dunn	65	ESG Syracuse	8:59.34
	1/1/1986	50 M. Back	Susanna Marvel	86	ESG	:52.08
	8/1/1990	50 M. Breast	Betty Dunn	65	ESG Syracuse	:57.18
	8/1/1990	50 M. Fly	Betty Dunn	65	ESG Syracuse	:49.77
	8/1/1988	50 M. Free	Susanna Marvel	68	U. Buffalo	:42.23
	8/1/1988	800 M. Free	Susanna Marvel	68	U. Buffalo	15:44.7

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Gender Women**Age Group 70-74**

<i>Date</i>	<i>Event</i>	<i>Name</i>	<i>Age</i>	<i>Pool</i>	<i>Time</i>
1/1/1996	100 M. Back	Nancy Schoepperle	71	Top Ten-9	1:57.94
8/1/1990	100 M. Breast	Anneliese Eibl	70	ESG Syracuse	2:22.10
1/1/1995	100 M. Fly	Betty Dunn	70	Top Ten-3	2:11.96
6/1/1991	100 M. Free	Susanna Marvel	71	Natl Sr Games	1:37.58
8/1/1990	1500 M. Free	Susanna Marvel	70	ESG Syracuse	31:11.0
7/1/1996	200 M. Back	Nancy Schoepperle	71	ESG U. Buffalo	4:23.38
8/1/1990	200 M. Breast	Anneliese Eibl	70	ESG Syracuse	5:06.74
1/1/1995	200 M. Fly	Betty Dunn	70	Top Ten-4	4:58.54
7/1/1990	200 M. Free	Susanna Marvel	70	Genesee VP	3:42.41
1/1/1995	200 M. I.M.	Betty Dunn	70	Top Ten-8	4:41.28
8/1/1990	400 M. Free	Susanna Marvel	70	ESG Syracuse	7:48.52
1/1/1995	400 M. I.M.	Betty Dunn	70	Top Ten-4	9:49.81
1/1/1995	50 M. Back	Nancy Schoepperle	70	Top Ten-10	:54.19
8/1/1990	50 M. Breast	Anneliese Eibl	70	ESG Syracuse	1:04.95
1/1/1995	50 M. Fly	Betty Dunn	70	Top Ten-4	:54.51
6/1/1991	50 M. Free	Susanna Marvel	71	Natl Sr Games	:41.05
8/4/2002	800 M. Free	Dolly Hinckley	72	ESG Syracuse	17:00.0

Age Group 75-79

<i>Date</i>	<i>Event</i>	<i>Name</i>	<i>Age</i>	<i>Pool</i>	<i>Time</i>
8/20/2000	100 M. Back	Nancy Schoepperle	75	Maryland Unvi.	2:07.30
6/1/1995	100 M. Breast	Anneliese Eibl	75	ECC	2:47.05
6/17/2000	100 M. Fly	Betty Dunn	75	U. Buffalo	2:39.07
8/1/1995	100 M. Free	Susanna Marvel	75	ESG Cortland	1:44.98
8/1/1996	1500 M. Free	Susanna Marvel	76	ESG U. Buffalo	32:20.0
7/26/2003	200 M. Back	Stefanena Kysor	75	SUNY Brockport	4:40.92
6/1/1995	200 M. Breast	Anneliese Eibl	75	ECC	5:54.90
7/13/2002	200 M. Fly	Betty Dunn	76	U. Buffalo	6:26.94
8/1/1996	200 M. Free	Susanna Marvel	76	ESG U. Buffalo	3:51.32
6/17/2000	200 M. I.M.	Betty Dunn	75	U. Buffalo	5:25.04
6/1/1996	400 M. Free	Susanna Marvel	76	U. Buffalo	8:15.44
8/4/2002	400 M. I.M.	Bety Dunn	77	ESG Syracuse	11:57.8
6/1/1996	50 M. Back	Susanna Marvel	76	ECC	:59.27
6/1/1995	50 M. Breast	Anneliese Eibl	75	ECC	1:11.71
6/17/2000	50 M. Fly	Betty Dunn	75	U. Buffalo	1:07.60
8/1/1996	50 M. Free	Susanna Marvel	76	USNats AA Mich	:43.55
8/1/1996	800 M. Free	Susanna Marvel	76	USNats AA Mich	17:03.1

Friday, April 17, 2009

Gender Women**Age Group 80-84**

<i>Date</i>	<i>Event</i>	<i>Name</i>	<i>Age</i>	<i>Pool</i>	<i>Time</i>
6/17/2000	100 M. Back	Sue Marvel	81	U. Buffalo	2:23.27
8/5/2006	100 M. Fly	Betty Dunn	81	FINA World Champ Ca	3:24.71
6/17/2000	100 M. Free	Sue Marvel	81	U. Buffalo	1:59.41
8/5/2006	200 M. Back	Betty Dunn	81	FINA World Champ Ca	5:46.76
6/17/2000	200 M. Free	Sue Marvel	81	U. Buffalo	4:13.73
7/29/2006	200 M. I.M.	Betty Dunn	81	ESG Brockport	6:15.87
8/8/1999	400 M. Free	Sue Marvel	80	SUNY Brockport	9:13.31
7/29/2006	400 M. I.M.	Betty Dunn	81	ESG Brockport	13:18.2
6/17/2000	50 M. Back	Sue Marvel	81	U. Buffalo	1:03.31
6/20/1999	50 M. Breast	Annie Szuis	81	U. Buffalo	1:22.91
8/5/2006	50 M. Fly	Betty Dunn	81	FINA World Champ Ca	1:26.65
6/17/2000	50 M. Free	Sue Marvel	81	U. Buffalo	49.19
8/8/1999	800 M. Free	Sue Marvel	80	SUNY Brockport	19:19.3

Age Group 85-89

<i>Date</i>	<i>Event</i>	<i>Name</i>	<i>Age</i>	<i>Pool</i>	<i>Time</i>
7/29/2006	100 M. Back	Regina Purvis	87	ESG Brockport	5:13.95
7/29/2006	200 M. Free	Regina Purvis	87	ESG Brockport	9:48.57
7/29/2006	50 M. Breast	Regina Purvis	87	ESG Brockport	2:25.49
7/29/2006	50 M. Free	Regina Purvis	87	ESG Brockport	2:18.43