

## ADMS LCM RECORD UPDATES as of 12/31/2014

Note: Until the old records can be entered in the new software, this will serve as the updates to the existing posted LCM Records.

### WOMEN

25-29	50 Back	35.69	6/26/2011	Ashley Braniecki	Colonies Zone
	100 Back	1:19.23	6/26/2011	Ashley Barniecki	Colonies Zone
	200 Back	2:51.78	6/26/2011	Ashley Barniecki	Colonies Zone
	50 Fly	33.10	6/26/2011	Ashley Braniecki	Colonies Zone
	100 Fly	1:15.77	6/26/2011	Ashley Braniecki	Colonies Zone
	200 Fly	2:54.51	6/26/2011	Ashley Braniecki	Colonies Zone
30-34	50 Free	32.20	6/27/2010	Jessica Jock	NE Champs
	50 Back	37.94	7/13/2013	Elinor Martin	Ithaca
	100 Back	1:20.71	7/13/2013	Elinor Martin	Ithaca
		1:21.60	6/27/2010	Jessica Jock	NE Champs
	200 Back	2:56.22	7/13/2013	Elinor Martin	Ithaca
	50 Fly	34.52	6/27/2010	Jessica Jock	NE Champs
35-39	100 Free	1:09.52	8/9/2014	Jessica Jock	Worlds, Montreal
	200 Back	2:53.45	8/9/2014	Jessica Jock	Worlds, Montreal
		2:54.13	6/26/2011	Dennie Swan-Scott	Colonies Zone
	200 Breast	3:19.23	6/26/2011	Alicia Fletcher	Colonies Zone
	50 Fly	33.28	8/9/2014	Jessica Jock	Worlds, Montreal
40-44	50 Breast	44.15	6/26/2011	Kathleen Schenck	Colonies Zone
65-69	100 Free	1:31.29	6/26/2011	Ann Svenson	Colonies Zone
	200 Free	3:22.97	6/26/2011	Ann Svenson	Colonies Zone
	400 Free	6:55.33	6/26/2011	Ann Svenson	Colonies Zone
	800 Free	14:27.10	6/26/2011	Ann Svenson	Colonies Zone
	1500 Free	26:59.24	6/26/2011	Ann Svenson	Colonies Zone

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	50 Fly	46.98	6/26/2011	Ann Svenson	Colonies Zone
	100 Fly	2:08.54	6/26/2011	Ann Svenson	Colonies Zone
80-84	50 Free	2:14.36	6/26/2011	Florence Grimm	Colonies Zone
	50 Back	2:01.34	6/26/2011	Florence Grimm	Colonies Zone
	50 Breast	2:14.36	6/26/2011	Florence Grimm	Colonies Zone
MEN					
18-24	200 Fly	2:48.57	6/26/2011	Mike Sorrentino	Colonies Zone
	200 IM	2:35.77	6/26/2011	Mike Sorrentino	Colonies Zone
40-44	200 Free	2:19.53	6/27/2010	Kevin A Fletcher	NE Champs
	400 Free	5:02.39	6/27/2010	Kevin A Fletcher	NE Champs
	800 Free	11:54.07	6/29/2009	Willy Grimmke	NE Champs
45-49	200 Free	2:26.26	8/9/2014	Willy Grimmke	Worlds, Montreal
		2:28.79	7/13/2013	Willy Grimmke	Ithaca
	1500 Free	21:57.63	6/27/2010	Willy Grimmke	NE Champs
55-59	50 Free	29.48	6/27/2010	Dan Wall	NE Champs
	100 Free	1:06.15	6/26/2011	Dan Wall	Colonies Zone
	50 Back	37.89	8/9/2014	Tom Carvotta	Worlds, Montreal
		39.39	6/05/2013	Tom Carvotta	Pan Am Champs
	50 Breast	36.79	6/26/2011	Dan Wall	Colonies Zone
	100 Breast	1:25.60	6/26/2011	Dan Wall	Colonies Zone
	200 Breast	3:14.51	6/27/2010	Dan Wall	NE Champs
	50 Fly	32.00	6/26/2011	Dan Wall	Colonies Zone
60-64	1500 Free	23:24.09	6/26/2011	Terry Laughlin	Colonies Zone

## ADMS LCM RECORD UPDATES as of 12/31/2014

65-69	1500 Free	27:21.81	6/27/2010	Douglas Koop	NE Champs
70-74	50 Free	38.53	7/8/2012	Thomas Kilroy	USMS Nats
	200 Free	3:17.35	6/26/2011	Douglas Koop	Colonies Zone
	400 Free	6:57.77	6/26/2011	Douglas Koop	Colonies Zone
	800 Free	14:29.24	6/26/2011	Douglas Koop	Colonies Zone
	1500 Free	27:45.57	6/26/2011	Douglas Koop	Colonies Zone
	50 Back	47.80	6/26/2011	Douglas Koop	Colonies Zone
	100 Back	1:51.63	6/26/2011	Douglas Koop	Colonies Zone
	200 Back	4:04.97	6/26/2011	Douglas Koop	Colonies Zone
	50 Breast	50.89	7/8/2012	Thomas Kilroy	USMS Nats
	50 Fly	42.54	6/26/2011	Douglas Koop	Colonies Zone
	100 Fly	1:48.64	6/26/2011	Douglas Koop	Colonies Zone
	200 Fly	4:06.44	6/26/2011	Douglas Koop	Colonies Zone
	200 IM	3:44.30	6/26/2011	Douglas Koop	Colonies Zone
	400 IM	8:17.99	6/26/2011	Douglas Koop	Colonies Zone
75-79	100 Free	1:59.30	7/12/2014	Bill Blance	Ithaca
	50 Back	1:11.31	7/12/2014	Bill Blance	Ithaca
	100 Back	2:17.43	7/12/2014	Bill Blance	Ithaca
		2:32.67	6/26/2011	Brian Head	Colonies Zone
80-84	200 Free	4:34.32	3/3/2012	Patrick Quinn	Irish Champs
	400 Free	9:37.53	3/3/2012	Patrick Quinn	Irish Champs
	1500 Free	38:02.87	3/3/2012	Patrick Quinn	Irish Champs
	100 Back	2:17.49	8/9/2014	Brian Head	Worlds, Montreal
	200 Back	5:04.54	8/9/2014	Brian Head	Worlds, Montreal

## ADMS LCM RECORD UPDATES as of 12/31/2014

### RELAYS (Tentative)

#### MEN

200+	400 Free Relay	4:36.31	6/26/2011	Joseph Riordan Dan Wall Michael Morrissey Martin Turecky	Colonies Zone
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#### MIXED

120+	400 Free Relay	4:29.71	6/26/2011	Willy Grimmke Ashley Braniecki Alicia Fletcher Kevin Fletcher	Colonies Zone
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160+	400 Free Relay	5:04.53	6/26/2011	Douglas Koop Dennie Swan-Scott Kathleen Schenck Michael Sheehan	Colonies Zone
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