

## Adirondack District Masters Records

### RECORDS Long Course Meters

#### LC Meters-Women

18-24	50 Free	33.12	<b>1-Jan-89</b>	AD	Karen Atkins	
	100 Free	1:11.14	<b>1-Jan-86</b>	AD	Jennifer Curthoys	
	200 Free	2:36.41	<b>1-Jan-89</b>	AD	Ann Pickering	
	400 Free	6:15.61	<b>1-Jan-89</b>	AD	Karen Atkins	
	800 Free	13:24.29	<b>1-Jan-87</b>	AD	Kelly Feather	
	1500 Free	27:06.81	<b>1-Jan-87</b>	AD	Catherine Rusch	
	50 Back	43.22	<b>1-Jan-86</b>	AD	Catherine Rusch	
	100 Back	1:24.95	<b>1-Jan-91</b>	AD	Ann Pickering	
	200 Back	3:04.68	<b>1-Jan-91</b>	AD	Ann Pickering	
	50 Breast	40.89	<b>1-Jan-89</b>	AD	Karen Atkins	
	100 Breast	1:33.66	<b>1-Jan-89</b>	AD	Karen Atkins	
	200 Breast	3:31.99	<b>1-Jan-89</b>	AD	Karen Atkins	
	25-29	50 Free	29.68	<b>28-Jul-91</b>	AD	Tammy Nightingale
100 Free		1:08.73	<b>1-Jan-86</b>	AD	Carol Mazer	
200 Free		2:30.14	<b>1-Aug-03</b>	AD	Jennifer Jeanette	
400 Free		5:38.71	<b>1-Jan-86</b>	AD	Betsy Farr	
800 Free		13:18.30	<b>1-Jan-94</b>	AD	Sandra Klindt	
1500 Free		22:52.42	<b>1-Jan-84</b>	AD	Sue Leonard	
50 Back		40.53	<b>1-Jan-89</b>	AD	Jane Kelly	
100 Back		1:19.84	<b>1-Jan-86</b>	AD	Carol Mazer	
200 Back		3:21.32	<b>1-Jan-89</b>	AD	Anne Chambers	
50 Breast		43.27	<b>1-Jan-91</b>	AD	Tammy Nightingale	
100 Breast		1:30.03	<b>1-Jan-91</b>	AD	Tammy Nightingale	
200 Breast		3:15.48	<b>1-Jan-91</b>	AD	Tammy Nightingale	
50 Fly		33.96	<b>1-Jan-88</b>	AD	Betsy Hodge	
100 Fly		1:18.91	<b>1-Jan-86</b>	AD	Carol Mazer	
200 Fly		3:47.13	<b>1-Jan-86</b>	AD	Patricia Hawkes	
200 IM		2:48.37	<b>1-Aug-03</b>	AD	Jennifer Jeanette	
400 IM		6:55.74	<b>1-Jan-88</b>	AD	Anne McNeil	
30-34	50 Free	35.14	<b>1-Jan-88</b>	AD	Gina Wells	
	100 Free	1:07.60	<b>1-Jan-87</b>	AD	Marlyn Vanlandingham	
	200 Free	2:32.64	<b>1-Jan-94</b>	AD	Myla Houlihan	
	400 Free	5:18.14	<b>1-Jan-94</b>	AD	Myla Houlihan	
	1500 Free	24:58.56	<b>1-Jan-86</b>	AD	Margaret Evans	
	50 Back	41.45	<b>1-Jan-88</b>	AD	Gina Wells	
	100 Back	1:33.58	<b>1-Jan-88</b>	AD	Gina Wells	
	200 Back	3:26.36	<b>1-Jan-94</b>	AD	Anne McNeil	
	50 Breast	41.66	<b>1-Jan-89</b>	AD	Cynthia Mosbey	
	100 Breast	1:37.85	<b>1-Jan-91</b>	AD	Cynthia Mosbey	
	200 Breast	3:31.90	<b>1-Jan-89</b>	AD	Cynthia Mosbey	
	50 Fly	42.72	<b>1-Jan-84</b>	AD	Anne Lagan	
	100 Fly	1:38.88	<b>1-Jan-90</b>	AD	Kim Crounse	
	200 Fly	3:05.48	<b>1-Jan-94</b>	AD	Myla Houlihan	
	200 IM	3:21.74	<b>1-Jan-90</b>	AD	Kim Crounse	
	400 IM	6:13.05	<b>1-Jan-94</b>	AD	Myla Houlihan	
	35-39	50 Free	31.71	<b>1-Jan-91</b>	AD	Joanne White
100 Free		1:11.90	<b>1-Jan-91</b>	AD	Joanne White	

## Adirondack District Masters Records

### RECORDS Long Course Meters

35-39	200 Free	2:25.03	<b>1-Jan-94</b>	AD	Bonnie Morse-Gillham		
	400 Free	6:16.41	<b>1-Jan-91</b>	AD	Kathy Meany		
	800 Free	10:30.33	<b>1-Jan-94</b>	AD	Bonnie Morse-Gillham		
	1500 Free	27:55.74	<b>1-Jan-88</b>	AD	Susan McFarlane		
	50 Back	36.83	<b>1-Jan-88</b>	AD	Carol Sousa		
	100 Back	1:23.44	<b>1-Jan-88</b>	AD	Carol Sousa		
	200 Back	3:25.55	<b>1-Jan-88</b>	AD	Suzy Johnson		
	50 Breast	40.64	<b>5-Jul-92</b>	AD	Kim Crouse	1992 FINA Championship	
	100 Breast	1:31.57	<b>5-Jul-92</b>	AD	Kim Crouse	1992 FINA Championships	
	200 Breast	3:20.29	<b>5-Jul-92</b>	AD	Kim Crouse	1992 FINA Championships	
	50 Fly	35.61	<b>1-Jan-88</b>	AD	Carol Sousa		
	100 Fly	1:37.01	<b>1-Jan-87</b>	AD	Carol Gundersen		
	200 Fly	3:37.54	<b>1-Jan-89</b>	AD	Betsy Owens		
	200 IM	3:22.61	<b>1-Jan-88</b>	AD	Susan Webster		
	400 IM	6:06.51	<b>1-Jan-94</b>	AD	Bonnie Morse-Gillham		
	40-44	50 Free	30.63	<b>1-Jan-94</b>	AD	Cheryl Solomon	
		100 Free	1:08.95	<b>1-Jan-94</b>	AD	Cheryl Solomon	
		200 Free	2:54.79	<b>1-Jan-94</b>	AD	Cheryl Solomon	
400 Free		6:32.69	<b>1-Jan-91</b>	AD	Nancy VanAst		
800 Free		12:58.30	<b>1-Jan-91</b>	AD	Nancy VanAst		
1500 Free		31:46.76	<b>1-Jan-84</b>	AD	Alice Dyer		
50 Back		35.55	<b>1-Jan-96</b>	AD	Carol Pflugheber		
100 Back		1:19.91	<b>1-Jan-96</b>	AD	Carol Pflugheber		
200 Back		2:59.45	<b>1-Jan-95</b>	AD	Carol Pflugheber		
50 Breast		44.38	<b>1-Jan-96</b>	AD	Carol Pflugheber		
100 Breast		1:42.23	<b>1-Jan-99</b>	AD	Kim Crouse		
200 Breast		3:44.59	<b>1-Jan-99</b>	AD	Kim Crouse		
50 Fly		32.86	<b>1-Jan-96</b>	AD	Carol Pflugheber		
100 Fly		1:19.50	<b>1-Jan-96</b>	AD	Carol Pflugheber		
200 Fly		3:52.00	<b>1-Jan-93</b>	AD	Betsy Owens		
200 IM		2:53.38	<b>1-Jan-94</b>	AD	Cheryl Solomon		
400 IM		7:49.41	<b>1-Jan-88</b>	AD	Bunny Adler		
45-49		50 Free	33.38	<b>1-Jan-99</b>	AD	Carol Pflugheber	
	100 Free	1:18.95	<b>1-Jan-94</b>	AD	Carol Gundersen		
	200 Free	2:20.28	<b>1-Aug-03</b>	AD	Anne Coley		
	400 Free	6:37.77	<b>1-Jan-85</b>	AD	Marylou Schulz		
	800 Free	11:32.65	<b>1-Jan-03</b>	AD	Anne Coley	Rutgers USMS Nationals	
	50 Back	36.17	<b>1-Jan-99</b>	AD	Carol Pflugheber		
	100 Back	1:20.74	<b>1-Jan-99</b>	AD	Carol Pflugheber		
	200 Back	2:58.78	<b>1-Jan-99</b>	AD	Carol Pflugheber		
	50 Breast	44.16	<b>3-Aug-02</b>	AD	Kim Crouse	2002 Empire State Games	
	100 Breast	1:34.25	<b>1-Aug-03</b>	AD	Anne Coley		
	200 Breast	3:24.56	<b>1-Aug-03</b>	AD	Anne Coley		
	50 Fly	34.29	<b>1-Jan-99</b>	AD	Carol Pflugheber		
	100 Fly	1:49.62	<b>1-Jan-88</b>	AD	Marylou Schulz		
	200 Fly	3:58.54	<b>1-Jan-96</b>	AD	Susan Cole		
	200 IM	3:27.63	<b>1-Jan-96</b>	AD	Carol Gundersen		
	400 IM	7:48.71	<b>1-Jan-89</b>	AD	Marylou Schulz		
	50-54	50 Free	41.68	<b>1-Jan-94</b>	AD	Bunny Adler	
		100 Free	1:40.12	<b>1-Jan-91</b>	AD	Annemarie Bellem	

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### RECORDS Long Course Meters

50-54	200 Free	3:12.58	<b>1-Jan-90</b>	AD	Marylou Schulz
	400 Free	6:52.52	<b>1-Jan-90</b>	AD	Marylou Schulz
	800 Free	18:50.47	<b>1-Jan-88</b>	AD	Jeanne Galvin
	50 Back	47.29	<b>1-Jan-93</b>	AD	Marylou Schulz
	100 Back	1:45.78	<b>1-Jan-90</b>	AD	Marylou Schulz
	200 Back	3:31.41	<b>1-Jan-93</b>	AD	Marylou Schulz
	50 Breast	48.07	<b>1-Jan-90</b>	AD	Annemarie Bellem
	100 Breast	1:49.08	<b>1-Jan-90</b>	AD	Annemarie Bellem
	200 Breast	3:57.12	<b>1-Jan-90</b>	AD	Annemarie Bellem
	50 Fly	1:03.52	<b>1-Jan-86</b>	AD	Virginia Hansen
	100 Fly	1:50.50	<b>1-Jan-91</b>	AD	Marylou Schulz
	200 Fly	4:08.53	<b>1-Jan-91</b>	AD	Marylou Schulz
	200 IM	3:41.19	<b>1-Jan-90</b>	AD	Marylou Schulz
	400 IM	7:50.31	<b>1-Jan-91</b>	AD	Marylou Schulz
	55-59	50 Free	38.77	<b>1-Jan-01</b>	AD
100 Free		1:20.44	<b>1-Jan-01</b>	AD	Ann Svenson
200 Free		3:02.64	<b>1-Jan-01</b>	AD	Ann Svenson
400 Free		6:16.81	<b>1-Jan-01</b>	AD	Ann Svenson
800 Free		12:52.97	<b>1-Jan-01</b>	AD	Ann Svenson
1500 Free		25:00.70	<b>1-Jan-01</b>	AD	Ann Svenson
50 Back		57.54	<b>1-Jan-86</b>	AD	Diane Cowan
100 Back		1:49.59	<b>1-Jan-95</b>	AD	Marylou Schulz
200 Back		3:53.78	<b>1-Jan-95</b>	AD	Marylou Schulz
100 Breast		1:54.41	<b>1-Jan-99</b>	AD	Bunny Adler
200 Breast		4:07.51	<b>1-Jan-99</b>	AD	Bunny Adler
50 Fly		39.15	<b>1-Jan-01</b>	AD	Ann Svenson
100 Fly		1:39.49	<b>1-Jan-01</b>	AD	Ann Svenson
200 Fly		4:35.83	<b>1-Jan-95</b>	AD	Marylou Schulz
200 IM		3:48.76	<b>1-Jan-95</b>	AD	Marylou Schulz
400 IM	7:30.73	<b>1-Jan-01</b>	AD	Ann Svenson	
60-64	50 Free	49.08	<b>1-Jan-96</b>	AD	Virginia Hansen
	100 Free	1:45.43	<b>1-Jan-94</b>	AD	Jane Moir
	200 Free	33:51.61	<b>1-Jan-84</b>	AD	Alma Roy
	400 Free	9:05.23	<b>1-Jan-96</b>	AD	Virginia Hansen
	800 Free	19:19.02	<b>1-Jan-95</b>	AD	Virginia Hansen
	1500 Free	33:51.61	<b>1-Jan-84</b>	AD	Alma Roy
	50 Back	1:02.07	<b>1-Jan-91</b>	AD	Barbara Eberle
	100 Back	2:16.74	<b>1-Jan-88</b>	AD	Barbara Eberle
	200 Back	4:51.58	<b>1-Jan-88</b>	AD	Barbara Eberle
	50 Breast	1:15.51	<b>1-Jan-90</b>	AD	Barbara Eberle
	100 Breast	2:42.00	<b>1-Jan-90</b>	AD	Barbara Eberle
	200 Breast	5:43.26	<b>1-Jan-91</b>	AD	Barbara Eberle
	50 Fly	57.93	<b>1-Jan-94</b>	AD	Jane Moir
	200 IM	5:38.94	<b>1-Jan-94</b>	AD	Verna Engstrom-Heg
	65-69	50 Free	54.65	<b>1-Jan-88</b>	AD
100 Free		2:06.17	<b>1-Jan-95</b>	AD	Verna Engstrom-Heg
200 Free		4:35.93	<b>1-Jan-89</b>	AD	Margaret Steinbiss
400 Free		9:11.83	<b>1-Jan-95</b>	AD	Verna Engstrom-Heg
800 Free		19:48.08	<b>1-Jan-96</b>	AD	Verna Engstrom-Heg
1500 Free		36:47.39	<b>1-Jan-95</b>	AD	Verna Engstrom-Heg

## Adirondack District Masters Records

### RECORDS Long Course Meters

65-69	50 Back	1:00.45	<b>1-Jan-89</b>	AD	Margaret Steinbiss
	100 Back	2:16.34	<b>1-Jan-89</b>	AD	Margaret Steinbiss
	200 Back	4:43.77	<b>1-Jan-89</b>	AD	Margaret Steinbiss
	50 Breast	1:09.38	<b>1-Jan-91</b>	AD	Sally Kennedy
	100 Breast	2:45.87	<b>1-Jan-94</b>	AD	Barbara Eberly
	200 Breast	6:00.96	<b>1-Jan-94</b>	AD	Barbara Eberly
	50 Fly	1:17.16	<b>1-Jan-96</b>	AD	Verna Engstrom-Heg
	200 IM	5:45.33	<b>1-Jan-95</b>	AD	Verna Engstrom-Heg
70-74	50 Free	47.80	<b>1-Jan-94</b>	AD	Susan Darrow
	100 Free	1:54.73	<b>1-Jan-94</b>	AD	Rita Evans
	200 Free	4:56.57	<b>1-Jan-94</b>	AD	Margaret Steinbiss
	400 Free	9:57.82	<b>1-Jan-84</b>	AD	Ruth Lechner
	1500 Free	41:37.00	<b>1-Jan-01</b>	AD	Verna Engstrom-Heg
	50 Back	58.44	<b>1-Jan-94</b>	AD	Susan Darrow
	100 Back	2:11.32	<b>1-Jan-94</b>	AD	Rita Evans
	200 Back	4:57.17	<b>1-Jan-94</b>	AD	Margaret Steinbiss
	50 Breast	1:18.81	<b>1-Jan-84</b>	AD	Ruth Lechner
	100 Breast	3:52.25	<b>1-Jan-94</b>	AD	Eileen Wardner
75-79	50 Free	40.46	<b>1-Jan-95</b>	AD	Rita Evans
	100 Free	1:53.03	<b>1-Jan-95</b>	AD	Rita Evans
	200 Free	4:58.70	<b>1-Jan-95</b>	AD	Margaret Steinbiss
	400 Free	10:07.55	<b>1-Jan-95</b>	AD	Margaret Steinbiss
	50 Back	58.22	<b>1-Jan-95</b>	AD	Rita Evans
	100 Back	2:04.98	<b>1-Jan-97</b>	AD	Rita Evans
	200 Back	4:58.71	<b>1-Jan-95</b>	AD	Margaret Steinbiss
	50 Breast	1:15.40	<b>1-Jan-97</b>	AD	Rita Evans
	100 Breast	2:49.88	<b>1-Jan-97</b>	AD	Rita Evans

## Adirondack District Masters Records

### RECORDS Long Course Meters

#### LC Meters-Men

18-24	50 Free	28.81	<b>1-Jan-96</b>	AD	Trevor Smith		
	100 Free	1:06.58	<b>1-Jan-96</b>	AD	Trevor Smith		
	50 Back	32.61	<b>1-Jan-84</b>	AD	Steve Bonawitz		
	100 Back	1:10.39	<b>1-Jan-84</b>	AD	Steve Bonawitz		
	200 Back	2:34.19	<b>1-Jan-84</b>	AD	Steve Bonawitz		
	50 Breast	35.90	<b>1-Jan-91</b>	AD	Tim Sinnenberg		
	100 Breast	1:21.60	<b>1-Jan-91</b>	AD	Tim Sinnenberg		
	200 Breast	3:04.24	<b>1-Jan-91</b>	AD	Tim Sinnenberg		
	50 Fly	29.44	<b>1-Jan-84</b>	AD	Steve Bonawitz		
	200 IM	2:47.42	<b>1-Jan-94</b>	AD	Tim Sinnenberg		
	400 IM	6:11.32	<b>1-Jan-91</b>	AD	Tim Sinnenberg		
25-29	50 Free	26.32	<b>1-Jan-94</b>	AD	Kevin Ahearn		
	100 Free	58.10	<b>1-Jan-84</b>	AD	Kevin Ahearn		
	200 Free	2:18.88	<b>1-Jan-88</b>	AD	David Hodge		
	400 Free	4:54.84	<b>1-Jan-88</b>	AD	David Hodge		
	800 Free	10:25.96	<b>1-Jan-88</b>	AD	David Hodge		
	1500 Free	20:58.06	<b>1-Jan-88</b>	AD	Mark Leger		
	50 Back	39.65	<b>1-Jan-89</b>	AD	Charles Frayer		
	100 Back	1:19.57	<b>1-Jan-88</b>	AD	Kendal Miller		
	200 Back	2:32.66	<b>1-Jan-89</b>	AD	Rick Hrabchak		
	50 Breast	32.49	<b>1-Jan-85</b>	AD	Joseph Shore		
	100 Breast	1:11.98	<b>1-Jan-85</b>	AD	Joseph Shore		
	200 Breast	2:39.73	<b>1-Jan-85</b>	AD	Joseph Shore		
	50 Fly	29.84	<b>1-Jan-84</b>	AD	Kevin Ahearn		
	200 Fly	2:40.57	<b>1-Jan-89</b>	AD	Rick Hrabchak		
	200 IM	2:32.36	<b>1-Jan-89</b>	AD	Rick Hrabchak		
	400 IM	5:34.16	<b>1-Jan-89</b>	AD	Rick Hrabchak		
	30-34	50 Free	26.30	<b>1-Jan-95</b>	AD	Earl Anderson	
100 Free		56.47	<b>1-Jan-90</b>	AD	Mathew Clark		
200 Free		2:13.97	<b>20-Aug-00</b>	AD	Thomas E Bubel	USMS LCM National Champs	
400 Free		4:27.83	<b>1-Jan-88</b>	AD	Mathew Clark		
800 Free		9:22.80	<b>1-Jan-88</b>	AD	Mathew Clark		
1500 Free		19:44.00	<b>1-Jan-88</b>	AD	Mark Leger		
50 Back		32.48	<b>1-Jan-96</b>	AD	Daniel Mulvihill		
100 Back		1:14.41	<b>1-Jan-95</b>	AD	Tim Waid		
200 Back		2:43.40	<b>1-Jan-95</b>	AD	Tim Waid		
50 Breast		34.82	<b>1-Jan-95</b>	AD	Earl Anderson		
100 Breast		1:23.53	<b>1-Jan-94</b>	AD	Tommy Schmitz		
200 Breast		3:08.35	<b>1-Jan-94</b>	AD	Tommy Schmitz		
50 Fly		28.83	<b>1-Jan-95</b>	AD	Earl Anderson		
100 Fly		1:05.72	<b>1-Jan-95</b>	AD	Earl Anderson		
200 Fly		2:28.05	<b>1-Jan-85</b>	AD	Michael Stone		
200 IM		2:19.62	<b>1-Jan-88</b>	AD	Mathew Clark		
400 IM		5:06.10	<b>1-Jan-88</b>	AD	Mathew Clark		
35-39		50 Free	28.44	<b>1-Jan-91</b>	AD	Stephen Ribner	
		100 Free	1:03.02	<b>1-Jan-91</b>	AD	Robert Puels	
	200 Free	2:20.50	<b>1-Jan-84</b>	AD	Jerry Bope		

## Adirondack District Masters Records

### RECORDS Long Course Meters

35-39	400 Free	5:19.47	<b>1-Jan-88</b>	AD	Glen Larson
	1500 Free	21:06.38	<b>1-Jan-87</b>	AD	Glen Larson
	50 Back	33.67	<b>1-Jan-89</b>	AD	Richard Marchant
	100 Back	1:17.65	<b>1-Jan-88</b>	AD	Richard Marchant
	200 Back	2:52.97	<b>1-Jan-88</b>	AD	Richard Marchant
	50 Breast	35.39	<b>1-Jan-91</b>	AD	Robert Puels
	100 Breast	1:21.77	<b>1-Jan-91</b>	AD	Robert Puels
	200 Breast	3:10.61	<b>1-Jan-84</b>	AD	Robert Conland
	50 Fly	29.91	<b>1-Jan-91</b>	AD	George Hooper, Jr.
	100 Fly	1:09.82	<b>1-Jan-88</b>	AD	Richard Marchant
	200 Fly	3:09.86	<b>1-Jan-95</b>	AD	Steve Barr
	200 IM	2:47.14	<b>1-Jan-84</b>	AD	Jerry Bope
	400 IM	6:13.44	<b>1-Jan-84</b>	AD	Jerry Bope
40-44	50 Free	27.05	<b>1-Jan-96</b>	AD	Robert Puels
	100 Free	1:01.40	<b>1-Jan-94</b>	AD	Robert Puels
	200 Free	2:27.10	<b>1-Jan-88</b>	AD	Jerry Bope
	400 Free	5:10.28	<b>1-Jan-88</b>	AD	Jerry Bope
	800 Free	12:10.03	<b>1-Jan-91</b>	AD	Dave Sleeter
	1500 Free	20:28.32	<b>1-Jan-88</b>	AD	Jerry Bope
	50 Back	30.51	<b>1-Jan-94</b>	AD	Jack Altdoerffer
	100 Back	1:09.20	<b>1-Jan-94</b>	AD	Jack Altdoerffer
	200 Back	2:38.77	<b>1-Jan-93</b>	AD	Bill Dow
	50 Breast	34.22	<b>1-Jan-92</b>	AD	Robert Puels
	100 Breast	1:16.92	<b>1-Jan-94</b>	AD	Robert Puels
	200 Breast	3:04.74	<b>1-Jan-94</b>	AD	Robert Long
	50 Fly	29.92	<b>1-Jan-91</b>	AD	Richard Marchant
	100 Fly	1:10.70	<b>1-Jan-88</b>	AD	Jerry Bope
	200 Fly	3:08.12	<b>1-Jan-90</b>	AD	Robert Long
	200 IM	2:45.63	<b>1-Jan-88</b>	AD	Jerry Bope
	400 IM	6:21.37	<b>1-Jan-88</b>	AD	hugh Dunseath
45-49	50 Free	26.08	<b>1-Jan-99</b>	AD	Robert Puels
	100 Free	1:00.64	<b>1-Jan-96</b>	AD	Robert Puels
	200 Free	2:30.57	<b>1-Jan-89</b>	AD	Harry Grogan
	400 Free	5:06.95	<b>1-Jan-94</b>	AD	Paul Lawler
	800 Free	10:56.03	<b>1-Jan-88</b>	AD	Harry Grogan
	50 Back	32.47	<b>1-Jan-96</b>	AD	Bill Dow
	100 Back	1:14.07	<b>1-Jan-96</b>	AD	Bill Dow
	200 Back	2:45.12	<b>1-Jan-96</b>	AD	Bill Dow
	50 Breast	34.22	<b>1-Jan-92</b>	AD	Robert Puels
	100 Breast	1:16.92	<b>1-Jan-94</b>	AD	Robert Puels
	200 Breast	2:53.92	<b>1-Jan-97</b>	AD	Robert Puels
	50 Fly	29.36	<b>1-Jan-99</b>	AD	Robert Puels
	100 Fly	1:16.81	<b>1-Jan-88</b>	AD	Harry Grogan
	200 Fly	2:57.02	<b>1-Jan-88</b>	AD	Harry Grogan
	200 IM	2:36.57	<b>1-Jan-96</b>	AD	Robert Puels
	400 IM	6:20.76	<b>1-Jan-89</b>	AD	Hugh Dunseath
50-54	50 Free	27.40	<b>1-Jan-01</b>	AD	Robert Puels
	100 Free	1:00.48	<b>1-Jan-01</b>	AD	Robert Puels
	200 Free	2:28.00	<b>1-Jan-85</b>	AD	Jim Kalas
	400 Free	5:16.74	<b>1-Jan-85</b>	AD	Jim Kalas

## Adirondack District Masters Records

### RECORDS Long Course Meters

50-54	800 Free	11:22.56	<b>1-May-04</b>	AD	Terry Laughlin	
	1500 Free	21:36.62	<b>1-May-04</b>	AD	Terry Laughlin	
	50 Back	35.98	<b>1-Jan-96</b>	AD	Richard Siers	
	100 Back	1:18.65	<b>1-Jan-96</b>	AD	Richard Siers	
	200 Back	2:57.59	<b>1-Jan-96</b>	AD	Richard Siers	
	50 Breast	34.98	<b>1-Jan-01</b>	AD	Robert Puels	
	100 Breast	1:19.15	<b>1-Jan-01</b>	AD	Robert Puels	
	200 Breast	2:59.74	<b>1-Jan-01</b>	AD	Robert Puels	
	50 Fly	30.00	<b>1-Jan-01</b>	AD	Robert Puels	
	100 Fly	1:20.81	<b>1-Jan-85</b>	AD	Jim Kalas	
	200 Fly	3:14.95	<b>1-Jan-94</b>	AD	Hugh Dunseath	
	200 IM	3:08.89	<b>1-Jan-96</b>	AD	Richard Siers	
	400 IM	6:22.25	<b>1-Jan-94</b>	AD	Hugh Dunseath	
	55-59	50 Free	33.03	<b>1-Jan-94</b>	AD	Herb Alvarado
		100 Free	1:07.54	<b>1-Jan-88</b>	AD	Jim Kalas
200 Free		2:31.39	<b>1-Jan-88</b>	AD	Jim Kalas	
400 Free		5:23.67	<b>1-Jan-88</b>	AD	Jim Kalas	
800 Free		11:09.09	<b>1-Jan-88</b>	AD	Jim Kalas	
50 Back		42.53	<b>1-Jan-89</b>	AD	Brian Head	
100 Back		1:37.10	<b>1-Jan-89</b>	AD	Brian Head	
200 Back		3:48.05	<b>1-Jan-90</b>	AD	Brian Head	
50 Breast		46.64	<b>1-Jan-89</b>	AD	Patrick Quinn	
100 Breast		1:45.34	<b>1-Jan-90</b>	AD	Brian Head	
200 Breast		3:48.05	<b>1-Jan-89</b>	AD	Brian Head	
50 Fly		36.00	<b>1-Jan-91</b>	AD	Herb Alvarado	
100 Fly		1:26.97	<b>1-Jan-92</b>	AD	Herb Alvarado	
200 Fly		3:31.16	<b>1-Jan-92</b>	AD	Herb Alvarado	
200 IM		3:16.63	<b>1-Jan-91</b>	AD	Jim Kalas	
400 IM		7:20.50	<b>1-Jan-91</b>	AD	Herb Alvarado	
60-64		50 Free	32.79	<b>1-Jan-96</b>	AD	George Nordblom
	100 Free	1:13.69	<b>1-Jan-94</b>	AD	Jim Kalas	
	200 Free	2:40.81	<b>1-Jan-94</b>	AD	Jim Kalas	
	400 Free	5:44.57	<b>1-Jan-94</b>	AD	Jim Kalas	
	800 Free	11:54.15	<b>1-Jan-94</b>	AD	Jim Kalas	
	1500 Free	29:48.17	<b>1-Jan-84</b>	AD	Irving Bonawitz	
	50 Back	40.26	<b>1-Jan-94</b>	AD	George Nordblom	
	100 Back	2:20.03	<b>1-Jan-94</b>	AD	Harold Morrill	
	200 Back	3:10.97	<b>1-Jan-94</b>	AD	George Nordblom	
	50 Breast	45.76	<b>1-Jan-96</b>	AD	George Nordblom	
	100 Breast	1:54.06	<b>1-Jan-91</b>	AD	Patrick Quinn	
	200 Breast	4:16.81	<b>1-Jan-94</b>	AD	Patrick Quinn	
	50 Fly	35.62	<b>1-Jan-87</b>	AD	Robert Cowan	
	100 Fly	1:28.07	<b>1-Jan-95</b>	AD	Herb Alvarado	
	200 Fly	3:45.83	<b>1-Jan-95</b>	AD	Herb Alvarado	
	200 IM	3:14.90	<b>1-Jan-94</b>	AD	George Nordblom	
	400 IM	9:08.53	<b>1-Jan-96</b>	AD	Pickett Simpson	
	65-69	50 Free	35.61	<b>1-Jan-96</b>	AD	Merton Lockhart
		100 Free	1:22.39	<b>1-Jan-95</b>	AD	Jarka Burian
200 Free		3:13.44	<b>1-Jan-95</b>	AD	Jarka Burian	
400 Free		6:56.79	<b>1-Jan-86</b>	AD	George Hubbell	

## Adirondack District Masters Records

### RECORDS Long Course Meters

65-69	800 Free	15:37.23	<b>24-Jun-07</b>	AD	Thomas Kilroy	2007 NE LC Champs		
	1500 Free	28:12.16	<b>1-Jan-96</b>	AD	Scott Petrequin			
	50 Back	46.71	<b>1-Jan-91</b>	AD	Jack McGreen			
	100 Back	1:39.41	<b>1-Jan-85</b>	AD	George Hubbell			
	200 Back	3:35.72	<b>1-Jan-85</b>	AD	George Hubbell			
	50 Breast	47.53	<b>1-Jan-85</b>	AD	George Hubbell			
	100 Breast	1:42.90	<b>1-Jan-85</b>	AD	George Hubbell			
	200 Breast	3:49.91	<b>1-Jan-85</b>	AD	George Hubbell			
	50 Fly	42.52	<b>1-Jan-95</b>	AD	Jarka Burian			
	200 IM	3:39.71	<b>1-Jan-86</b>	AD	George Hubbell			
70-74	50 Free	44.37	<b>1-Jan-96</b>	AD	Edward Swiecki			
	100 Free	1:38.53	<b>1-Jan-94</b>	AD	Edward Swiecki			
	200 Free	3:55.84	<b>1-Jan-96</b>	AD	Edward Swiecki			
	400 Free	8:33.22	<b>1-Jan-94</b>	AD	Edward Swiecki			
	50 Back	51.74	<b>1-Jan-99</b>	AD	Wolfgang Wittkowski			
	100 Back	1:57.92	<b>1-Jan-99</b>	AD	Wolfgang Wittkowski			
	200 Back	4:26.57	<b>1-Jan-96</b>	AD	Wolfgang Wittkowski			
	50 Breast	59.10	<b>1-Jan-96</b>	AD	Dan McNeil			
	100 Breast	2:21.68	<b>1-Jan-94</b>	AD	Dan McNeil			
	200 Breast	5:16.89	<b>1-Jan-96</b>	AD	Dan McNeil			
	50 Fly	48.10	<b>1-Jan-99</b>	AD	Jarka Burian			
	200 IM	5:43.60	<b>1-Jan-96</b>	AD	Dan McNeil			
	400 IM	12:09.15	<b>1-Jan-96</b>	AD	Dan McNeil			
75-79	50 Free	47.66	<b>27-Aug-06</b>	AD	Patrick Quinn	Colonies Zones LCM Champs		
	100 Free	2:05.93	<b>27-Jun-09</b>	AD	Patrick Quinn	New England Masters LCM Champs		
	200 Free	4:29.16	<b>27-Jun-09</b>	AD	Patrick Quinn	New England Masters LCM Champs		
	400 Free	8:36.00	<b>27-Aug-06</b>	AD	Patrick Quinn	Colonies Zone LCM Champs		
	800 Free	17:57.55	<b>4-Aug-06</b>	AD	Patrick Quinn	FINA World Masters, Stanford, California		
	1500 Free	36:14.56	<b>26-Jun-09</b>	AD	Patrick Quinn	New England LCM Champs		
	50 Back	1:12.49	<b>1-Jan-95</b>	AD	Frank Scarano	New England Masters LCM Champs		
	100 Back	2:34.33	<b>27-Jun-09</b>	AD	Patrick Quinn			
	200 Back	5:43.34	<b>1-Jan-96</b>	AD	Frank Scarano	Colonies Zone LCM Champs		
	50 Breast	57.28	<b>27-Aug-06</b>	AD	Patrick Quinn			
	100 Breast	2:14.77	<b>5-Aug-06</b>	AD	Patrick Quinn			
	200 Breast	4:52.78	<b>9-Aug-06</b>	AD	Patrick Quinn	FINA World Masters, Stanford, California		
	50 Fly	1:36.16	<b>1-Jan-88</b>	AD	Henry Steinbiss	FINA World Masters, Stanford, CA		
	100 Fly	3:41.57	<b>1-Jan-01</b>	AD	Dan McNeil			
	200 Fly	8:01.12	<b>1-Jan-96</b>	AD	Frank Scarano			
	100 IM	3:41.57	<b>1-Jan-01</b>	AD	Dan McNeil			
	200 IM	6:09.66	<b>1-Jan-88</b>	AD	Henry Steinbiss			
	400 IM	13:14.75	<b>1-Jan-01</b>	AD	Dan McNeil			
	80-84	50 Free	59.26	<b>29-Jul-06</b>	AD		Edward Swiecki	2006 Empire State Games, SUNY Brockport
		100 Free	2:12.80	<b>30-Jul-06</b>	AD		Edward Swiecki	2006 Empire State Games, SUNY Brockport
200 Free		5:07.59	<b>29-Jul-06</b>	AD	Edward Swiecki		2006 Empire State Games, SUNY Brockport	
400 Free		10:38.74	<b>30-Jul-06</b>	AD	Edward Swiecki	2006 Empire State Games, SUNY Brockport		
800 Free		21:59.51	<b>29-Jul-06</b>	AD	Edward Swiecki	2006 Empire State Games, SUNY Brockport		
50 Back		1:24.70	<b>1-Jan-89</b>	AD	John Lechner			
100 Back		3:49.46	<b>1-Jan-95</b>	AD	Henry Steinbiss			
200 Back		7:47.35	<b>1-Jan-95</b>	AD	Henry Steinbiss			
50 Breast		1:41.82	<b>1-Jan-95</b>	AD	Henry Steinbiss			



**Adirondack District Masters Records**

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**RECORDS Long Course Meters**

80-84	100 Breast	3:29.49	<b>1-Jan-94</b>	AD	Henry Steinbiss
	200 Breast	7:32.43	<b>1-Jan-94</b>	AD	Henry Steinbiss
	50 Fly	2:06.70	<b>1-Jan-94</b>	AD	Henry Steinbiss
	200 IM	8:19.83	<b>1-Jan-94</b>	AD	Henry Steinbiss
85-89	50 Back	2:55.11	<b>1-Jan-94</b>	AD	Henry Steinbiss
	100 Back	5:51.70	<b>1-Jan-94</b>	AD	Henry Steinbiss
	200 Back	14:31.23	<b>1-Jan-94</b>	AD	Henry Steinbiss