

## Adirondack District Masters Records

### RECORDS Short Course Meters

#### SC Meters-Women

18-24	50 Free	33.78	<b>31-Jul-05</b>	ADMS AD	Meghan Coonrod	Empire State Games, Vasser College	
	100 Free	1:16.15	<b>31-Jul-05</b>	ADMS AD	Meghan Coonrod	Empire State Games, Vasser College	
	400 Free	5:12.34	<b>1-Jan-01</b>	ADMS AD	Jennifer Navarro	From USMS Top Ten	
	800 Free	13:39.91	<b>1-Jan-89</b>	ADMS AD	Kelly Feather	Saratoga Summer Splash	
	50 Back	35.79	<b>1-Jan-01</b>	ADMS AD	Jennifer Navarro	From USMS Top Ten	
	50 Breast	43.27	<b>31-Jul-05</b>	ADMS AD	Meghan Coonrod	Empire State Games, Vasser College	
	100 Breast	1:43.94	<b>1-Jan-92</b>	ADMS AD	Jill Toney	Saratoga Summer Splash	
	200 Breast	3:30.70	<b>31-Jul-05</b>	ADMS AD	Meghan Coonrod	Empire State Games, Vasser College	
	50 Fly	31.05	<b>1-Jan-01</b>	ADMS AD	Jennifer Navarro	From USMS Top Ten	
	100 Fly	1:18.35	<b>1-Jan-97</b>	ADMS AD	Erin Glock	From USMS Top Ten	
	100 IM	1:15.64	<b>1-Jan-01</b>	ADMS AD	Jennifer Navarro	From USMS Top Ten	
	200 IM	3:10.22	<b>31-Jul-05</b>	ADMS AD	Meghan Coonrod	Empire State Games, Vasser College	
	25-29	50 Free	29.14	<b>1-Jan-95</b>	ADMS AD	Gretchen Ebner	Saratoga Summer Splash
100 Free		1:12.17	<b>1-Jan-89</b>	ADMS AD	Jane Kelly	Saratoga Summer Splash	
200 Free		2:37.70	<b>1-Jan-91</b>	ADMS AD	Tammy Nightingale	Saratoga Summer Splash	
400 Free		5:20.18	<b>1-Jan-92</b>	ADMS AD	Sandie Banas	Saratoga Summer Splash	
800 Free		11:10.29	<b>1-Jan-92</b>	ADMS AD	Sandie Banas	Saratoga Summer Splash	
50 Back		35.44	<b>1-Jan-95</b>	ADMS AD	Gretchen Ebner	Saratoga Summer Splash	
100 Back		1:10.98	<b>1-Jan-95</b>	ADMS AD	Gretchen Ebner	Saratoga Summer Splash	
200 Back		3:38.40	<b>18-Aug-90</b>	ADMS AD	Karen Dylong	Pittsfield Invitational	
50 Breast		40.47	<b>1-Jan-91</b>	ADMS AD	Tammy Nightingale	Saratoga Summer Splash	
100 Breast		1:10.98	<b>1-Jan-93</b>	ADMS AD	Janine Sabella	Empire State Games	
200 Breast		3:15.91	<b>1-Jan-91</b>	ADMS AD	Tammy Nightingale	Saratoga Summer Splash	
50 Fly		35.06	<b>1-Jan-93</b>	ADMS AD	Lauren Tullock-Cleworth	Empire State Games	
100 Fly		1:25.74	<b>1-Jan-93</b>	ADMS AD	Lauren Tullock-Cleworth	Empire State Games	
200 Fly		3:04.33	<b>1-Jan-92</b>	ADMS AD	Sandie Banas	Saratoga Summer Splash	
100 IM		1:25.42	<b>1-Jan-93</b>	ADMS AD	Lauren Tullock-Cleworth	Empire State Games	
200 IM		2:33.58	<b>1-Jan-95</b>	ADMS AD	Gretchen Ebner	Saratoga Summer Splash	
400 IM		5:59.00	<b>1-Jan-92</b>	ADMS AD	Sandie Banas	Saratoga Summer Splash	
30-34		50 Free	31.11	<b>1-Jan-92</b>	ADMS AD	Anne Richardson	Saratoga Summer Splash
	100 Free	1:18.70	<b>1-Jan-90</b>	ADMS AD	Kathy Meany	Saratoga Summer Splash	
	200 Free	2:47.57	<b>1-Jan-93</b>	ADMS AD	Betsy Hodge	Fort Drum	
	400 Free	5:48.82	<b>8-Dec-02</b>	ADMS AD	Margaret Bolster	Colonies Zone Championship	
	800 Free	13:12.07	<b>1-Jan-94</b>	ADMS AD	Mary Quinn	Saratoga Summer Splash	
	1500 Free	23:32.92	<b>8-Dec-02</b>	ADMS AD	Margaret Bolste	Colonies Zone Championship	
	50 Back	39.53	<b>9-Dec-01</b>	ADMS AD	Margaret Bolster	Colonies Zone Championship	
	100 Back	1:31.00	<b>1-Jan-93</b>	ADMS AD	Anne McNeil	Empire State Games	
	200 Back	3:18.54	<b>1-Jan-93</b>	ADMS AD	Anne McNeil	Saratoga Summer Splash	
	50 Breast	40.82	<b>1-Jan-92</b>	ADMS AD	Anne Richardson	Saratoga Summer Splash	
	100 Breast	1:34.36	<b>1-Jan-91</b>	ADMS AD	Kim Crouse	Saratoga Summer Splash	
	200 Breast	3:31.20	<b>18-Aug-90</b>	ADMS AD	Kim Crouse	Pittsfield Invitational	
	100 Fly	1:24.27	<b>9-Dec-01</b>	ADMS AD	Margaret Bolster	Colonies Zone Championship	
	200 Fly	2:48.17	<b>1-Jan-97</b>	ADMS AD	Susan Champlin	From USMS Top Ten	
	100 IM	1:28.12	<b>1-Jan-93</b>	ADMS AD	Betsy Hodge	Fort Drum	
	200 IM	3:44.44	<b>1-Jan-90</b>	ADMS AD	Claire Schneider	Saratoga Summer Splash	
	400 IM	7:25.63	<b>1-Jan-90</b>	ADMS AD	Kim Crouse	Saratoga Summer Splash	
	35-39	50 Free	32.33	<b>1-Jan-97</b>	ADMS AD	Ellen Pflugheber	Fort Drum

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### RECORDS Short Course Meters

35-39	100 Free	1:16.27	<b>1-Jan-93</b>	ADMS AD	Kathleen Meany	Empire State Games	
	200 Free	2:51.18	<b>1-Jan-93</b>	ADMS AD	Kathleen Meany	Empire State Games	
	400 Free	4:54.41	<b>1-Jan-94</b>	ADMS AD	Bonnie Morse-Gillham	Saratoga Summer Splash	
	800 Free	12:16.38	<b>1-Jan-96</b>	ADMS AD	Betsy Hodge	Fort Drum	
	1500 Free	27:17.32	<b>1-Jan-89</b>	ADMS AD	Sue McFarlane	Saratoga Summer Splash	
	50 Back	37.87	<b>1-Jan-92</b>	ADMS AD	Carol Sousa	Fort Drum	
	100 Back	1:15.39	<b>1-Jan-94</b>	ADMS AD	Bonnie Morse-Gillham	Saratoga Summer Splash	
	200 Back	2:38.34	<b>1-Jan-94</b>	ADMS AD	Bonnie Morse-Gillham	Saratoga Summer Splash	
	50 Breast	41.18	<b>1-Jan-92</b>	ADMS AD	Kim Crouse	Saratoga Summer Splash	
	100 Breast	1:29.50	<b>1-Jan-92</b>	ADMS AD	Kim Crouse	Saratoga Summer Splash	
	200 Breast	3:22.13	<b>1-Jan-92</b>	ADMS AD	Kim Crouse	Saratoga Summer Splash	
	50 Fly	36.21	<b>1-Jan-96</b>	ADMS AD	Betsy Hodge	Fort Drum	
	100 Fly	1:28.75	<b>1-Jan-96</b>	ADMS AD	Betsy Hodge	Fort Drum	
	200 Fly	3:31.14	<b>1-Jan-89</b>	ADMS AD	Betsy Owens	Canadian Nationals	
	200 IM	3:27.56	<b>1-Jan-90</b>	ADMS AD	Nancy VanAst	Saratoga Summer Splash	
	400 IM	5:41.44	<b>1-Jan-94</b>	ADMS AD	Bonnie Morse-Gillham	Saratoga Summer Splash	
	40-44	50 Free	32.51	<b>1-Jan-93</b>	ADMS AD	Betsy Foster	Saratoga Summer Splash
		100 Free	1:12.89	<b>1-Jan-93</b>	ADMS AD	Betsy Foster	Empire State Games
		200 Free	2:54.68	<b>1-Jan-91</b>	ADMS AD	Carol Gunderson	Saratoga Summer Splash
		400 Free	6:08.81	<b>1-Jan-93</b>	ADMS AD	Betsy Foster	Saratoga Summer Splash
800 Free		12:47.72	<b>1-Jan-91</b>	ADMS AD	Nancy VanAst	Saratoga Summer Splash	
50 Back		35.28	<b>1-Jan-95</b>	ADMS AD	Carol Pflugheber	Saratoga Summer Splash	
100 Back		1:21.31	<b>1-Jan-98</b>	ADMS AD	Carol Pflugheber	From USMS Top Ten	
200 Back		2:55.25	<b>1-Jan-97</b>	ADMS AD	Carol Pflugheber	From USMS Top Ten	
50 Breast		42.83	<b>1-Jan-97</b>	ADMS AD	Anne Coley	From USMS Top Ten	
100 Breast		1:36.64	<b>1-Jan-93</b>	ADMS AD	Margaret Anderson	Fort Drum	
200 Breast		4:20.27	<b>1-Jan-92</b>	ADMS AD	Patricia Donohoo	Saratoga Summer Splash	
50 Fly		33.22	<b>1-Jan-96</b>	ADMS AD	Carol Pflugheber	Fort Drum	
100 Fly		1:20.27	<b>1-Jan-97</b>	ADMS AD	Carol Pflugheber	From USMS Top Ten	
200 Fly		3:50.06	<b>1-Jan-94</b>	ADMS AD	Susan Cole	Saratoga Summer Splash	
100 IM		1:23.26	<b>1-Jan-93</b>	ADMS AD	Betsy Foster	Empire State Games	
200 IM		3:12.03	<b>1-Jan-92</b>	ADMS AD	Martha Demson	Saratoga Summer Splash	
400 IM		7:19.20	<b>1-Jan-92</b>	ADMS AD	Suzy Johnson	Saratoga Summer Splash	
45-49		50 Free	37.04	<b>1-Jan-92</b>	ADMS AD	Linda Simkin	Saratoga Summer Splash
		100 Free	1:20.73	<b>1-Jan-94</b>	ADMS AD	Carol Gunderson	Saratoga Summer Splash
		200 Free	3:10.87	<b>1-Jan-89</b>	ADMS AD	MaryLou Schulz	Saratoga Summer Splash
	400 Free	6:48.34	<b>31-Jul-05</b>	ADMS AD	Kim Crouse	2005 Empire State Games	
	800 Free	12:36.24	<b>1-Jan-95</b>	ADMS AD	Ann Svanson	From USMS Top Ten	
	50 Back	35.08	<b>1-Jan-99</b>	ADMS AD	Carol Pflugheber	From USMS Top Ten	
	100 Back	1:18.88	<b>1-Jan-99</b>	ADMS AD	Carol Pflugheber	From USMS Top Ten	
	200 Back	3:27.50	<b>1-Jan-89</b>	ADMS AD	MaryLou Schulz	Canadian Nationals	
	50 Breast	46.61	<b>31-Jul-05</b>	ADMS AD	Kim Crouse	Empire State Games, Vasser College	
	100 Breast	1:45.23	<b>31-Jul-05</b>	ADMS AD	Kim Crouse	Empire State Games, Vasser College	
	200 Breast	3:53.20	<b>31-Jul-05</b>	ADMS AD	Kim Crouse	2005 Empire State Games	
	50 Fly	34.32	<b>1-Jan-99</b>	ADMS AD	Carol Pflugheber	From USMS Top Ten	
	100 Fly	1:35.96	<b>1-Jan-95</b>	ADMS AD	Ann Svanson	From USMS Top Ten	
	200 Fly	3:53.32	<b>1-Jan-89</b>	ADMS AD	MaryLou Schulz	Saratoga Summer Splash	
	100 IM	1:25.10	<b>1-Jan-98</b>	ADMS AD	Carol Pflugheber	From USMS Top Ten	
	200 IM	3:14.62	<b>1-Jan-94</b>	ADMS AD	Ann Svanson	Saratoga Summer Splash	
	400 IM	7:01.81	<b>1-Jan-95</b>	ADMS AD	Ann Svanson	From USMS Top Ten	

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50-54	50 Free	35.07	<b>1-Jan-96</b>	ADMS AD	Ann Svanson	From USMS Top Ten	
	100 Free	1:46.78	<b>1-Jan-90</b>	ADMS AD	Martha Walsh	Saratoga Summer Splash	
	200 Free	3:11.67	<b>1-Jan-93</b>	ADMS AD	MaryLou Schulz	Empire State Games	
	400 Free	6:04.00	<b>1-Jan-96</b>	ADMS AD	Ann Svanson	From USMS Top Ten	
	800 Free	12:19.75	<b>1-Jan-95</b>	ADMS AD	Ann Svanson	From USMS Top Ten	
	1500 Free	24:24.86	<b>1-Jan-95</b>	ADMS AD	Ann Svanson	From USMS Top Ten	
	50 Back	48.27	<b>1-Jan-93</b>	ADMS AD	MaryLou Schulz	Saratoga Summer Splash	
	100 Back	1:34.44	<b>1-Jan-97</b>	ADMS AD	Ann Svanson	From USMS Top Ten	
	200 Back	3:24.85	<b>1-Jan-95</b>	ADMS AD	Ann Svanson	From USMS Top Ten	
	50 Breast	50.81	<b>1-Jan-91</b>	ADMS AD	Anamarie Bellem	Saratoga Summer Splash	
	100 Breast	1:54.56	<b>1-Jan-91</b>	ADMS AD	Annemarie Bellem	Saratoga Summer Splash	
	200 Breast	4:08.06	<b>1-Jan-97</b>	ADMS AD	Bunny Adler	From USMS Top Ten	
	50 Fly	37.90	<b>1-Jan-97</b>	ADMS AD	Ann Svanson	From USMS Top Ten	
	100 Fly	1:36.30	<b>1-Jan-97</b>	ADMS AD	Ann Svanson	From USMS Top Ten	
	200 Fly	4:01.00	<b>1-Jan-90</b>	ADMS AD	MaryLou Schulz	Saratoga Summer Splash	
	100 IM	1:32.12	<b>1-Jan-97</b>	ADMS AD	Ann Svanson	From USMS Top Ten	
	200 IM	3:27.04	<b>1-Jan-97</b>	ADMS AD	Ann Svanson	From USMS Top Ten	
	400 IM	7:13.47	<b>1-Jan-97</b>	ADMS AD	Ann Svanson	From USMS Top Ten	
	55-59	50 Free	42.49	<b>1-Jan-93</b>	ADMS AD	Maary Joy	Empire State Games
		100 Free	1:47.59	<b>1-Jan-91</b>	ADMS AD	Jane Moir	Saratoga Summer Splash
		200 Free	2:54.06	<b>1-Jan-00</b>	ADMS AD	Ann Svenson	From USMS Top Ten
400 Free		6:10.29	<b>1-Jan-01</b>	ADMS AD	Ann Svenson	From USMS Top Ten	
800 Free		13:08.49	<b>1-Jan-00</b>	ADMS AD	Ann Svenson	From USMS Top Ten	
1500 Free		24:45.89	<b>1-Jan-00</b>	ADMS AD	Ann Svenson	From USMS Top Ten	
50 Back		1:02.37	<b>1-Jan-91</b>	ADMS AD	Jane Moir	Saratoga Summer Splash	
100 Back		1:48.91	<b>1-Jan-97</b>	ADMS AD	Marylou Schulz	From USMS Top Ten	
200 Back		3:51.33	<b>1-Jan-97</b>	ADMS AD	MaryLou Schulz	From USMS Top Ten	
50 Breast		49.93	<b>1-Jan-00</b>	ADMS AD	Bunny Adler	From USMS Top Ten	
100 Breast		1:52.40	<b>1-Jan-00</b>	ADMS AD	Bunny Adler	From USMS Top Ten	
200 Breast		4:04.19	<b>1-Jan-00</b>	ADMS AD	Bunny Adler	From USMS Top Ten	
50 Fly		40.48	<b>1-Jan-00</b>	ADMS AD	Ann Svenson	From USMS Top Ten	
100 Fly		1:39.67	<b>1-Jan-01</b>	ADMS AD	Ann Svenson	From USMS Top Ten	
200 Fly		3:54.89	<b>1-Jan-01</b>	ADMS AD	Ann Svenson	From USMS Top Ten	
100 IM		1:51.38	<b>1-Jan-97</b>	ADMS AD	Marylou Schulz	From USMS Top Ten	
200 IM		3:25.94	<b>1-Jan-00</b>	ADMS AD	Ann Svenson	From USMS Top Ten	
400 IM		8:02.06	<b>1-Jan-95</b>	ADMS AD	MaryLou Schulz	Saratoga Summer Splash	
60-64		50 Free	46.19	<b>1-Jan-95</b>	ADMS AD	Jane Moir	Saratoga Summer Splash
		100 Free	1:38.50	<b>1-Jan-93</b>	ADMS AD	Jane Moir	Saratoga Summer Splash
		200 Free	3:51.21	<b>1-Jan-95</b>	ADMS AD	Jane Moir	Saratoga Summer Splash
	400 Free	9:00.83	<b>1-Jan-95</b>	ADMS AD	Virginia Hansen	Fort Drum	
	800 Free	19:07.53	<b>1-Jan-94</b>	ADMS AD	Verna Engstrom-Heg	Saratoga Summer Splash	
	50 Back	56.14	<b>1-Jan-94</b>	ADMS AD	Louise Beach	Saratoga Summer Splash	
	100 Back	2:18.50	<b>1-Jan-89</b>	ADMS AD	Barbara Eberle	Saratoga Summer Splash	
	200 Back	4:48.78	<b>1-Jan-90</b>	ADMS AD	Barbara Eberle	Saratoga Summer Splash	
	50 Breast	1:09.46	<b>1-Jan-94</b>	ADMS AD	Louise Beach	Saratoga Summer Splash	
	100 Breast	2:38.99	<b>1-Jan-89</b>	ADMS AD	Barbara Eberle	Saratoga Summer Splash	
	200 Breast	5:36.48	<b>1-Jan-89</b>	ADMS AD	Barbara Eberle	Saratoga Summer Splash	
	50 Fly	53.68	<b>1-Jan-93</b>	ADMS AD	Jane Moir	Saratoga Summer Splash	
	100 IM	2:38.68	<b>1-Jan-93</b>	ADMS AD	Verna Engstrom-Heg	Empire State Games	
	200 IM	5:46.35	<b>1-Jan-93</b>	ADMS AD	Verna Engstrom-Heg	Empire State Games	

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65-69	50 Free	43.58	<b>1-Jan-97</b>	ADMS AD	Jane H. Moir	From USMS Top Ten	
	100 Free	1:42.89	<b>1-Jan-97</b>	ADMS AD	Jane H. Moir	From USMS Top Ten	
	200 Free	4:44.83	<b>1-Jan-89</b>	ADMS AD	Eileen Wardner	Saratoga Summer Splash	
	400 Free	9:13.16	<b>1-Jan-96</b>	ADMS AD	Verna Engstrom-Heg	Saratoga Summer Splash	
	800 Free	18:52.78	<b>1-Jan-96</b>	ADMS AD	Verna Engstrom-Heg	Saratoga Summer Splash	
	1500 Free	32:24.67	<b>1-Jan-95</b>	ADMS AD	Sylvia Idelson	From USMS Top Ten	
	50 Back	56.99	<b>1-Jan-93</b>	ADMS AD	Sue Darrow	Saratoga Summer Splash	
	100 Back	2:06.52	<b>1-Jan-93</b>	ADMS AD	Sue Darrow	Saratoga Summer Splash	
	200 Back	4:50.13	<b>1-Jan-94</b>	ADMS AD	Barbara Eberle	Saratoga Summer Splash	
	50 Breast	57.62	<b>1-Jan-96</b>	ADMS AD	Sylvia Idelson	From USMS Top Ten	
	100 Breast	2:41.99	<b>1-Jan-94</b>	ADMS AD	Barbara Eberle	Saratoga Summer Splash	
	200 Breast	5:39.62	<b>1-Jan-93</b>	ADMS AD	Barbara Eberle	Empire State Games	
	50 Fly	1:03.40	<b>1-Jan-00</b>	ADMS AD	Virginia Hansen	From USMS Top Ten	
	200 IM	5:49.13	<b>1-Jan-95</b>	ADMS AD	Verna Engstrom-Heg	Saratoga Summer Splash	
	70-74	50 Free	50.13	<b>1-Jan-94</b>	ADMS AD	Rita Evans	Fort Drum
		100 Free	1:56.44	<b>1-Jan-94</b>	ADMS AD	Rita Evans	Fort Drum
200 Free		4:29.03	<b>1-Jan-91</b>	ADMS AD	Margaret Steinbiss	Saratoga Summer Splash	
400 Free		10:24.17	<b>1-Jan-93</b>	ADMS AD	Margaret Steinbiss	Empire State Games	
800 Free		22:34.23	<b>1-Jan-04</b>	ADMS AD	Verna Engstrom-Heg	From USMS Top Ten	
50 Back		1:00.18	<b>1-Jan-91</b>	ADMS AD	Margaret Steinbiss	Saratoga Summer Splash	
100 Back		2:09.12	<b>1-Jan-94</b>	ADMS AD	Rita Evans	Fort Drum	
200 Back		4:42.06	<b>1-Jan-91</b>	ADMS AD	Margaret Steinbiss	Saratoga Summer Splash	
50 Breast		1:13.70	<b>1-Jan-92</b>	ADMS AD	Sally Kelly	Saratoga Summer Splash	
100 Breast		3:51.24	<b>1-Jan-95</b>	ADMS AD	Eileen Wardner	Saratoga Summer Splash	
75-79		50 Free	48.15	<b>1-Jan-97</b>	ADMS AD	Rita Evans	Fort Drum
	100 Free	1:51.37	<b>1-Jan-95</b>	ADMS AD	Rita Evans	From USMS Top Ten	
	200 Free	4:47.31	<b>1-Jan-96</b>	ADMS AD	Margaret Steinbiss	Saratoga Summer Splash	
	400 Free	9:51.32	<b>1-Jan-95</b>	ADMS AD	Margaret Steinbiss	Saratoga Summer Splash	
	50 Back	59.69	<b>1-Jan-95</b>	ADMS AD	Rita Evans	Fort Drum	
	100 Back	2:03.80	<b>1-Jan-95</b>	ADMS AD	Rita Evans	Fort Drum	
	200 Back	4:29.05	<b>1-Jan-99</b>	ADMS AD	Rita Evans	From USMS Top Ten	
	50 Breast	1:12.30	<b>1-Jan-97</b>	ADMS AD	Rita Evans	From USMS Top Ten	
	100 IM	2:14.22	<b>1-Jan-97</b>	ADMS AD	Rita Evans	From USMS Top Ten	
	80-84	50 Free	57.37	<b>1-Jan-01</b>	ADMS AD	Rita Evans	From USMS Top Ten
50 Back		1:05.47	<b>1-Jan-00</b>	ADMS AD	Rita Evans	From USMS Top Ten	
100 Back		2:07.84	<b>1-Jan-00</b>	ADMS AD	Rita Evans	From USMS Top Ten	
200 Back		4:29.95	<b>1-Jan-00</b>	ADMS AD	Rita Evans	From USMS Top Ten	
50 Breast		1:16.73	<b>1-Jan-00</b>	ADMS AD	Rita Evans	From USMS Top Ten	
100 IM		2:25.55	<b>1-Jan-00</b>	ADMS AD	Rita Evans	From USMS Top Ten	

## Adirondack District Masters Records

### RECORDS Short Course Meters

#### SC Meters-Men

25-29	50 Free	26.52	<b>1-Jan-94</b>	ADMS AD	Earl Anderson	Saratoga Summer Splash
	100 Free	59.83	<b>1-Jan-94</b>	ADMS AD	Earl Anderson	Saratoga Summer Splash
	200 Free	2:18.05	<b>1-Jan-89</b>	ADMS AD	Anthony Fraenkel	Saratoga Summer Splash
	400 Free	5:08.60	<b>1-Dec-07</b>	ADMS AD	Gregory Sautner at 2007 Holiday Classic, Coral Gables, FL	
	800 Free	10:37.16	<b>1-Dec-07</b>	ADMS AD	Gregory Sautner at 2007 Holiday Classic, Coral Gables, FL	
	50 Back	37.74	<b>31-Jul-05</b>	ADMS AD	Robert Macleod	Empire State Games, Vassar College
	100 Back	1:06.70	<b>1-Jan-98</b>	ADMS AD	Brian Tobin	From USMS Top Ten
	50 Breast	36.55	<b>1-Jan-94</b>	ADMS AD	Stephen Dochak	Saratoga Summer Splash
	100 Breast	1:22.53	<b>1-Jan-94</b>	ADMS AD	Stephen Dochak	Saratoga Summer Splash
	200 Breast	2:57.99	<b>1-Jan-94</b>	ADMS AD	Stephen Dochak	Saratoga Summer Splash
	50 Fly	31.44	<b>1-Jan-94</b>	ADMS AD	Earl Anderson	Saratoga Summer Splash
	100 IM	1:19.26	<b>1-Dec-07</b>	ADMS AD	Gregory Sautner at 2007 Holiday Classic, Coral Gables, FL	
	200 IM	2:46.91	<b>1-Jan-94</b>	ADMS AD	Stephen Dochak	Skidmore Summer Splash
	400 IM	5:50.60	<b>1-Jan-93</b>	ADMS AD	Doug Schulz	Saratoga Summer Splash
	30-34	50 Free	25.50	<b>1-Jan-91</b>	ADMS AD	Kevin Ahern
100 Free		58.96	<b>1-Jan-94</b>	ADMS AD	Russell Wrede	Saratoga Summer Splash
200 Free		2:13.99	<b>30-Jul-05</b>	ADMS AD	Ed Stoner at 2005 Empire State Games	
400 Free		4:24.93	<b>1-Jan-89</b>	ADMS AD	Matt Clark	Saratoga Summer Splash
800 Free		10:55.77	<b>1-Jan-89</b>	ADMS AD	Mark Leger	Canadian Nationals
1500 Free		17:11.61	<b>1-Jan-90</b>	ADMS AD	Matt Clark	Saratoga Summer Splash
50 Back		34.61	<b>1-Jan-94</b>	ADMS AD	Bruce Raver	Saratoga Summer Splash
100 Back		1:14.86	<b>31-Jul-05</b>	ADMS AD	Ed Stoner at 2005 Empire State Games	
200 Back		2:37.23	<b>30-Jul-05</b>	ADMS AD	Ed Stoner at 2005 Empire State Games	
50 Breast		33.60	<b>1-Jan-93</b>	ADMS AD	Chris Pedersen	Saratoga Summer Splash
100 Breast		1:16.02	<b>1-Jan-92</b>	ADMS AD	Chris Pederson	Saratoga Summer Splash
200 Breast		2:30.18	<b>1-Jan-89</b>	ADMS AD	Joseph Shore	Canadian Nationals
50 Fly		28.05	<b>1-Jan-89</b>	ADMS AD	Matt Clark	Saratoga Summer Splash
100 Fly		1:09.98	<b>1-Jan-94</b>	ADMS AD	Matthew Hall	Saratoga Summer Splash
200 Fly		2:58.63	<b>1-Jan-94</b>	ADMS AD	Bruce Raver	Saratoga Summer Splash
100 IM		1:12.66	<b>1-Jan-93</b>	ADMS AD	Tommy Schmitz	Empire State Games - Rochester
200 IM		2:23.65	<b>1-Jan-90</b>	ADMS AD	Matt Clark	Saratoga Summer Splash
400 IM		5:36.36	<b>30-Jul-05</b>	ADMS AD	Ed Stoner at 2005 Empire State Games	
35-39		50 Free	25.86	<b>10-Oct-92</b>	ADMS AD	Jack Altdoerfer
	100 Free	1:01.20	<b>1-Jan-93</b>	ADMS AD	Paul Crandell	Saratoga Summer Splash
	200 Free	2:29.88	<b>1-Jan-92</b>	ADMS AD	Mark Schott	Saratoga Summer Splash
	400 Free	5:18.53	<b>1-Jan-93</b>	ADMS AD	John Ogden	Saratoga Summer Splash
	800 Free	11:53.90	<b>1-Jan-93</b>	ADMS AD	Richard Ogden	Empire State Games - Rochester
	1500 Free	23:15.35	<b>1-Jan-90</b>	ADMS AD	James Fishbeck	
	50 Back	30.45	<b>1-Jan-94</b>	ADMS AD	Jack Altdoerffer	Saratoga Summer Splash
	100 Back	1:05.23	<b>1-Jan-92</b>	ADMS AD	Jack Altdoerffer	Saratoga Summer Splash
	200 Back	2:30.24	<b>1-Jan-92</b>	ADMS AD	Jack Altdoerffer	Saratoga Summer Splash
	50 Breast	35.34	<b>1-Jan-93</b>	ADMS AD	John Ogden	Empire State Games - Rochester
	100 Breast	1:24.87	<b>1-Jan-90</b>	ADMS AD	William Bennison	Saratoga Summer Splash
	200 Breast	3:01.47	<b>1-Jan-91</b>	ADMS AD	James Fishbeck	Saratoga Summer Splash
	50 Fly	30.68	<b>1-Jan-89</b>	ADMS AD	Richard Marchant	Saratoga Summer Splash
	100 Fly	1:14.12	<b>1-Jan-89</b>	ADMS AD	Richard Marchant	Saratoga Summer Splash
	200 Fly	3:09.59	<b>1-Jan-93</b>	ADMS AD	Steven Barr	Empire State Games - Rochester
	100 IM	1:22.42	<b>1-Jan-93</b>	ADMS AD	Michael Taber	Empire State Games - Rochester

## Adirondack District Masters Records

### RECORDS Short Course Meters

35-39	200 IM	2:52.25	<b>1-Jan-89</b>	ADMS AD	Bill Dow	Saratoga Summer Splash	
	400 IM	6:19.31	<b>1-Jan-93</b>	ADMS AD	John Ogden	Empire State Games - Rochester	
40-44	50 Free	26.71	<b>1-Jan-93</b>	ADMS AD	Robert Puels	Empire State Games - Rochester	
	100 Free	59.52	<b>31-Jul-05</b>	ADMS AD	Paul Strothenke at 2005 Empire State Games		
	200 Free	2:11.68	<b>30-Jul-05</b>	ADMS AD	Paul Strothenke at 2005 Empire State Games		
	400 Free	4:44.50	<b>31-Jul-05</b>	ADMS AD	Paul Strothenke at 2005 Empire State Games		
	800 Free	9:57.10	<b>30-Jul-05</b>	ADMS AD	Paul Strothenke at 2005 Empire State Games		
	1500 Free	19:30.73	<b>30-Jul-05</b>	ADMS AD	Dave Barra at 2005 Empire State Games		
	50 Back	31.34	<b>1-Jan-93</b>	ADMS AD	Bill Dow	Empire State Games - Rochester	
	100 Back	1:09.08	<b>1-Jan-93</b>	ADMS AD	Bill Dow	Empire State Games - Rochester	
	200 Back	2:31.57	<b>1-Jan-93</b>	ADMS AD	Bill Dow	Empire State Games - Rochester	
	50 Breast	33.38	<b>1-Jan-92</b>	ADMS AD	Robert Puels	Saratoga Summer Splash	
	100 Breast	1:15.87	<b>1-Jan-95</b>	ADMS AD	Robert Puels	From USMS Top Ten	
	200 Breast	3:05.02	<b>1-Jan-93</b>	ADMS AD	Bob Long	Empire State Games - Rochester	
	50 Fly	30.00	<b>1-Jan-92</b>	ADMS AD	Robert Puels	Saratoga Summer Splash	
	100 Fly	1:08.65	<b>1-Jan-93</b>	ADMS AD	Richard Marchant	Empire State Games - Rochester	
	200 Fly	3:22.21	<b>1-Jan-89</b>	ADMS AD	Leo Titus	Saratoga Summer Splash	
	100 IM	1:09.03	<b>1-Jan-93</b>	ADMS AD	Robert Puels	Empire State Games - Rochester	
	200 IM	2:35.26	<b>1-Jan-96</b>	ADMS AD	Robert Puels	From USMS Top Ten	
	400 IM	5:51.73	<b>1-Jan-89</b>	ADMS AD	Jerry Bope	Saratoga Summer Splash	
	45-49	50 Free	26.35	<b>1-Jan-97</b>	ADMS AD	Robert Puels	From USMS Top Ten
		100 Free	58.89	<b>1-Jan-99</b>	ADMS AD	Robert Puels	From USMS Top Ten
200 Free		2:24.03	<b>1-Jan-89</b>	ADMS AD	Harry Grogan	Canadian Nationals	
400 Free		5:14.10	<b>28-Jul-08</b>	ADMS AD	James Bacon	2008 Empire State Games at Owego	
800 Free		10:44.52	<b>28-Jul-08</b>	ADMS AD	James Bacon	2008 Empire State Games at Owego	
1500 Free		20:19.05	<b>28-Jul-08</b>	ADMS AD	James Bacon	2008 Empire State Games at Owego	
50 Back		31.66	<b>1-Jan-97</b>	ADMS AD	Bill Dow	From USMS Top Ten	
100 Back		1:08.82	<b>1-Jan-98</b>	ADMS AD	Bill Dow	From USMS Top Ten	
200 Back		2:35.39	<b>1-Jan-97</b>	ADMS AD	Bill Dow	From USMS Top Ten	
50 Breast		33.99	<b>1-Jan-98</b>	ADMS AD	Robert Puels	From USMS Top Ten	
100 Breast		1:15.53	<b>1-Jan-98</b>	ADMS AD	Robert Puels	From USMS Top Ten	
200 Breast		2:55.28	<b>1-Jan-98</b>	ADMS AD	Robert Puels	From USMS Top Ten	
50 Fly		29.33	<b>1-Jan-98</b>	ADMS AD	Robert Puels	From USMS Top Ten	
100 Fly		1:21.44	<b>1-Jan-89</b>	ADMS AD	Harry Grogan	Saratoga Summer Splash	
200 Fly		2:52.98	<b>1-Jan-89</b>	ADMS AD	Harry Grogan	Canadian Nationals	
100 IM		1:07.89	<b>1-Jan-97</b>	ADMS AD	Robert Puels	From USMS Top Ten	
200 IM		2:53.78	<b>1-Jan-93</b>	ADMS AD	Hugh Dunseath	Empire State Games - Rochester	
400 IM		6:08.90	<b>1-Jan-89</b>	ADMS AD	Hugh Dunseath	Saratoga Summer Splash	
50-54		50 Free	31.42	<b>1-Jan-93</b>	ADMS AD	Spenser Ryan	Saratoga Summer Splash
		100 Free	1:12.08	<b>1-Jan-92</b>	ADMS AD	Ingolf Hack	Fort Drum
	200 Free	2:51.00	<b>1-Jan-91</b>	ADMS AD	Douglas Koop	Saratoga Summer Splash	
	800 Free	13:21.88	<b>1-Jan-91</b>	ADMS AD	Douglas Koop	Saratoga Summer Splash	
	50 Back	45.09	<b>1-Jan-89</b>	ADMS AD	Mike Davis	Saratoga Summer Splash	
	100 Back	1:43.70	<b>1-Jan-89</b>	ADMS AD	Mike Davis	Saratoga Summer Splash	
	200 Back	3:00.13	<b>1-Jan-94</b>	ADMS AD	Hugh Dunseath	Saratoga Summer Splash	
	50 Breast	34.70	<b>1-Jan-01</b>	ADMS AD	Robert Puels	From USMS Top Ten	
	100 Breast	1:19.76	<b>1-Jan-01</b>	ADMS AD	Robert Puels	From USMS Top Ten	
	200 Breast	3:16.29	<b>1-Jan-91</b>	ADMS AD	Ray Bellem	Saratoga Summer Splash	
	50 Fly	36.72	<b>1-Jan-93</b>	ADMS AD	Spenser Ryan	Saratoga Summer Splash	
	100 Fly	1:20.63	<b>1-Jan-92</b>	ADMS AD	Harry Grogan	Saratoga Summer Splash	

## Adirondack District Masters Records

### RECORDS Short Course Meters

50-54	200 Fly	3:06.97	<b>1-Jan-94</b>	ADMS AD	Hugh Dunsheath	Saratoga Summer Splash	
	100 IM	1:37.60	<b>1-Jan-93</b>	ADMS AD	Thomas Kilroy	Empire State Games - Rochester	
	200 IM	3:00.89	<b>1-Jan-94</b>	ADMS AD	Hugh Dunsheath	Saratoga Summer Splash	
	400 IM	6:19.60	<b>1-Jan-93</b>	ADMS AD	Harry Grogan	Saratoga Summer Splash	
55-59	50 Free	33.13	<b>1-Jan-91</b>	ADMS AD	Scott Petrequin	Saratoga Summer Splash	
	100 Free	1:20.28	<b>1-Jan-91</b>	ADMS AD	Scott Petrequin	Saratoga Summer Splash	
	200 Free	2:46.53	<b>1-Jan-93</b>	ADMS AD	Herbert Alvarado	Empire State Games - Rochester	
	400 Free	5:04.69	<b>1-Jan-06</b>	ADMS AD	Terry Laughlin	From USMS Top Ten	
	800 Free	10:43.15	<b>1-Jan-06</b>	ADMS AD	Terry Laughlin	From USMS Top Ten	
	1500 Free	25:03.15	<b>1-Jan-97</b>	ADMS AD	Douglas Koop	From USMS Top Ten	
	50 Back	49.95	<b>1-Jan-93</b>	ADMS AD	Norman Swanson	Empire State Games - Rochester	
	50 Breast	36.59	<b>1-Jan-04</b>	ADMS AD	Robert Long	From USMS Top Ten	
	100 Breast	1:46.88	<b>1-Jan-89</b>	ADMS AD	Patrick Quinn	Canadian Nationals	
	200 Breast	3:26.47	<b>1-Dec-07</b>	ADMS AD	Terry Laughlin at 2007 Holiday Classic, Coral Gables, FL		
	50 Fly	35.46	<b>1-Jan-93</b>	ADMS AD	Herbert Alvarado	Empire State Games - Rochester	
	100 Fly	1:23.16	<b>1-Jan-92</b>	ADMS AD	Herbert Alvarado	Saratoga Summer Splash	
	200 Fly	3:18.00	<b>1-Jan-92</b>	ADMS AD	Herbert Alvarado	Saratoga Summer Splash	
	100 IM	1:25.84	<b>1-Jan-93</b>	ADMS AD	Herbert Alvarado	Empire State Games - Rochester	
	200 IM	3:16.87	<b>1-Jan-93</b>	ADMS AD	Herbert Alvarado	Empire State Games - Rochester	
	400 IM	6:29.34	<b>1-Dec-07</b>	ADMS AD	Terry Laughlin at 2007 Holiday Classic, Coral Gables, FL		
	60-64	50 Free	34.07	<b>1-Jan-92</b>	ADMS AD	Scott Petrequin	Saratoga Summer Splash
		100 Free	1:08.75	<b>1-Jan-93</b>	ADMS AD	Jim Kalas	Empire State Games - Rochester
		200 Free	2:32.40	<b>1-Jan-93</b>	ADMS AD	Jim Kalas	Empire State Games - Rochester
400 Free		5:27.86	<b>1-Jan-93</b>	ADMS AD	Jim Kalas	Empire State Games - Rochester	
800 Free		11:19.48	<b>1-Jan-93</b>	ADMS AD	Jim Kalas	Empire State Games - Rochester	
1500 Free		25:40.80	<b>7-Dec-03</b>	ADMS AD	Douglas Koop	Colonies Zone Championship	
50 Back		57.45	<b>1-Jan-93</b>	ADMS AD	Harold Morrill	Saratoga Summer Splash	
100 Back		2:09.33	<b>1-Jan-94</b>	ADMS AD	Harold Morrill	Saratoga Summer Splash	
200 Back		4:37.44	<b>1-Jan-92</b>	ADMS AD	Harold Morrill	Saratoga Summer Splash	
50 Breast		43.79	<b>28-Jul-08</b>	ADMS AD	James Becker	2008 Empire State Games at Owego	
100 Breast		1:36.92	<b>28-Jul-08</b>	ADMS AD	James Becker	2008 Empire State Games at Owego	
200 Breast		3:53.77	<b>1-Jan-91</b>	ADMS AD	Patrick Quinn	Saratoga Summer Splash	
50 Fly		36.28	<b>1-Jan-93</b>	ADMS AD	Jim Kalas	Empire State Games - Rochester	
100 Fly		1:31.00	<b>28-Jul-08</b>	ADMS AD	James Becker	2008 Empire State Games at Owego	
200 Fly		3:26.73	<b>28-Jul-08</b>	ADMS AD	James Becker	2008 Empire State Games at Owego	
200 IM		3:07.43	<b>1-Jan-93</b>	ADMS AD	Jim Kalas	Empire State Games - Rochester	
400 IM		7:25.70	<b>28-Jul-08</b>	ADMS AD	James Becker	2008 Empire State Games at Owego	
65-69		50 Free	37.26	<b>1-Jan-93</b>	ADMS AD	Jarka Burian	Saratoga Summer Splash
		100 Free	1:20.71	<b>1-Jan-93</b>	ADMS AD	Jarka Burian	Saratoga Summer Splash
		200 Free	3:09.00	<b>1-Jan-93</b>	ADMS AD	Jarka Burian	Empire State Games - Rochester
	400 Free	6:57.32	<b>10-Nov-96</b>	ADMS AD	Jarka Burian	Colonies Zone Championship	
	800 Free	14:12.21	<b>1-Jan-92</b>	ADMS AD	Jarka Burian	Saratoga Summer Splash	
	1500 Free	27:51.66	<b>25-Jul-08</b>	ADMS AD	Thomas Kilroy at 2008 Empire State Games, Owego, NY		
	50 Back	44.80	<b>1-Jan-93</b>	ADMS AD	Jack McGreen	Saratoga Summer Splash	
	100 Back	1:39.64	<b>16-Dec-07</b>	ADMS AD	Phil Mayher	2007 NELMSC SCM Championship	
	200 Back	3:30.94	<b>15-Dec-07</b>	ADMS AD	Phil Mayher	2007 NELMSC SCM Championship	
	50 Breast	47.64	<b>26-Jul-08</b>	ADMS AD	Thomas Kilroy at 2008 Empire State Games, Owego, NY		
	100 Breast	1:54.74	<b>26-Jul-08</b>	ADMS AD	Thomas Kilroy at 2008 Empire State Games, Owego, NY		
	200 Breast	5:34.40	<b>1-Jan-90</b>	ADMS AD	Daniel McNeil	Saratoga Summer Splash	
	50 Fly	44.61	<b>1-Jan-93</b>	ADMS AD	Jack McGreen	Saratoga Summer Splash	

## Adirondack District Masters Records

### RECORDS Short Course Meters

65-69	100 Fly	1:38.61	<b>1-Jan-00</b>	ADMS AD	Herb Alvarado	From USMS Top Ten	
	200 Fly	3:49.49	<b>1-Jan-00</b>	ADMS AD	Herb Alvarado	From USMS Top Ten	
	100 IM	1:41.46	<b>1-Jan-93</b>	ADMS AD	Jarka Burian	Empire State Games - Rochester	
	200 IM	3:54.12	<b>10-Nov-96</b>	ADMS AD	Jarka Burian	Colonies Zone Championship	
70-74	50 Free	38.34	<b>11-Oct-98</b>	ADMS AD	Jarka Burian	Colonies Zone Championship	
	100 Free	1:24.15	<b>1-Jan-97</b>	ADMS AD	Jarka Burian	From USMS Top Ten	
	200 Free	3:14.94	<b>1-Jan-97</b>	ADMS AD	Jarka Burian	From USMS Top Ten	
	400 Free	7:10.00	<b>11-Oct-98</b>	ADMS AD	Jarka Burian	Colonies Zone Championship	
	800 Free	16:55.36	<b>1-Jan-94</b>	ADMS AD	Edward Swiecki	Saratoga Summer Splash	
	50 Back	47.21	<b>1-Jan-97</b>	ADMS AD	Jack McGreen	From USMS Top Ten	
	100 Back	2:44.78	<b>1-Jan-93</b>	ADMS AD	Dan McNeil	Saratoga Summer Splash	
	200 Back	3:52.09	<b>1-Jan-97</b>	ADMS AD	Jack McGreen	From USMS Top Ten	
	50 Breast	50.91	<b>31-Jul-05</b>	ADMS AD	Norman Swanson	Empire State Games, Vasser College	
	100 Breast	1:58.78	<b>31-Jul-05</b>	ADMS AD	Norman Swanson	Empire State Games, Vasser College	
	200 Breast	4:23.06	<b>31-Jul-05</b>	ADMS AD	Norman Swanson	Empire State Games, Vasser College	
	50 Fly	44.63	<b>1-Jan-97</b>	ADMS AD	Jarka Burian	From USMS Top Ten	
	100 IM	1:35.05	<b>1-Jan-97</b>	ADMS AD	Jarka Burian	From USMS Top Ten	
	200 IM	3:52.61	<b>1-Jan-97</b>	ADMS AD	Jarka Burian	From USMS Top Ten	
	400 IM	11:43.98	<b>1-Jan-95</b>	ADMS AD	Daniel McNeil	From USMS Top Ten	
	75-79	50 Free	48.99	<b>3-Oct-09</b>	ADMS AD	Patrick Quinn	Leaf Peepers, VT
100 Free		1:52.42	<b>2-Oct-09</b>	ADMS AD	Patrick Quinn	Leaf Peepers, VT	
200 Free		4:12.84	<b>3-Oct-09</b>	ADMS AD	Patrick Quinn	Leaf Peepers, VT	
400 Free		8:41.10	<b>11-Dec-09</b>	ADMS AD	Patrick Quinn	New England Master SCM Champs	
800 Free		17:09.73	<b>1-Jan-99</b>	ADMS AD	Edward Swiecki	From USMS Top Ten	
1500 Free		33:52.66	<b>5-Dec-09</b>	ADMS AD	Patrick Quinn	Colonies Zones SCM Champs	
50 Back		1:03.98	<b>12-Dec-09</b>	ADMS AD	Patrick Quinn	New England Masters SCM Champs	
100 Back		2:25.08	<b>5-Dec-09</b>	ADMS AD	Patrick Quinn	Colonies Zone SCM Champs	
200 Back		5:18.52	<b>12-Dec-09</b>	ADMS AD	Patrick Quinn	New England Masters SMC Champs	
50 Breast		1:02.57	<b>3-Oct-09</b>	ADMS AD	Patrick Quinn	Leaf Peepers Meet, VT	
100 Breast		2:19.88	<b>6-Dec-09</b>	ADMS AD	Patrick Quinn	Colonies Zone SCM Champs	
200 Breast		5:13.85	<b>12-Dec-09</b>	ADMS AD	Patrick Quinn	New England Masters SCM Champs	
50 Fly		1:22.90	<b>1-Jan-94</b>	ADMS AD	Frank Scarano	Fort Drum	
100 Fly		3:47.55	<b>1-Jan-96</b>	ADMS AD	Frank Scarano	From USMS Top Ten	
200 Fly		7:22.64	<b>1-Jan-00</b>	ADMS AD	Dan McNeil	From USMS Top Ten	
100 IM		2:30.66	<b>12-Dec-09</b>	ADMS AD	Patrick Quinn	New England Masters SCM Champs	
200 IM		5:28.08	<b>6-Dec-09</b>	ADMS AD	Patrick Quinn	Colonies Zone SCM Champs	
400 IM		13:28.50	<b>1-Jan-97</b>	ADMS AD	Frank Scarano	From USMS Top Ten	
80-84		50 Free	1:20.00	<b>1-Jan-90</b>	ADMS AD	John Lechner	Saratoga Summer Splash
		100 Free	1:59.84	<b>1-Jan-04</b>	ADMS AD	Edward Swiecki	From USMS Top Ten
	200 Free	4:28.06	<b>1-Jan-04</b>	ADMS AD	Edward Swiecki	From USMS Top Ten	
	400 Free	9:40.79	<b>1-Jan-04</b>	ADMS AD	Edward Swiecki	From USMS Top Ten	
	800 Free	20:04.60	<b>1-Jan-04</b>	ADMS AD	Edward Swiecki	From USMS Top Ten	
	50 Back	1:27.90	<b>1-Jan-90</b>	ADMS AD	John Lechner	Saratoga Summer Splash	
	100 Back	2:32.67	<b>1-Jan-00</b>	ADMS AD	Frank Scarano	USMS Top Ten	
	200 Back	7:25.44	<b>1-Jan-93</b>	ADMS AD	Henry Steinbiss	Saratoga Summer Splash	
	50 Breast	1:33.64	<b>1-Jan-93</b>	ADMS AD	Henry Steinbiss	Saratoga Summer Splash	
	100 Breast	3:14.28	<b>1-Jan-93</b>	ADMS AD	Henry Steinbiss	Saratoga Summer Splash	
	200 Breast	6:52.07	<b>1-Jan-93</b>	ADMS AD	Henry Steinbiss	Saratoga Summer Splash	
	50 Fly	2:06.78	<b>1-Jan-00</b>	ADMS AD	Frank Scarano	From USMS Top Ten	
	100 Fly	4:47.09	<b>1-Jan-00</b>	ADMS AD	Frank Scarano	From USMS Top Ten	



**Adirondack District Masters Records**

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**RECORDS Short Course Meters**

80-84	200 Fly	9:00.72	<b>1-Jan-99</b>	ADMS	AD	Frank Scarano	From USMS Top Ten
	100 IM	5:25.27	<b>1-Jan-01</b>	ADMS	AD	Frank Scarano	USMS Top Ten
	200 IM	6:57.62	<b>1-Jan-99</b>	ADMS	AD	Frank Scarano	From USMS Top Ten
85-89	50 Free	1:09.26	<b>1-Jan-96</b>	ADMS	AD	Ralph Hoyle	From USMS Top Ten
	100 Free	2:54.23	<b>1-Jan-96</b>	ADMS	AD	Ralph Hoyle	From USMS Top Ten
	50 Back	2:26.83	<b>1-Jan-96</b>	ADMS	AD	Ralph Hoyle	From USMS Top Ten
	50 Breast	1:49.20	<b>1-Jan-96</b>	ADMS	AD	Ralph Hoyle	From USMS Top Ten
90-94	50 Back	4:09.93	<b>1-Jan-00</b>	ADMS	AD	Ralph Hoyle	From USMS Top Ten