



HRA LC Team Records

10 & Under Girls				
50 FREE	Delaney Lanker	2006 Western Zone Age Group Championships	8/8/2006	30.20
100 FREE	Delaney Lanker	2006 CSI LC State Championships	7/27/2006	1:09.27
200 FREE	Delaney Lanker	2006 Western Zone Age Group Championships	8/8/2006	2:25.91
400 FREE	Delaney Lanker	2006 FAST Long Course Open	6/23/2006	5:17.61
800 FREE	Iris Town	FAST June Bonanza	6/9/2023	11:58.52
50 BACK	Delaney Lanker	2006 Western Zone Age Group Championships	8/8/2006	35.01
100 BACK	Delaney Lanker	2006 Western Zone Age Group Championships	8/8/2006	1:16.31
200 BACK	Delaney Lanker	2006 CO FST May LCM Open	5/19/2006	2:53.75
50 BREAST	Iris Town	2023 Western Zone Age Group Championships	8/2/2023	39.19
100 BREAST	Holley Dennis	2013 Western Zone Age Group Championships	8/7/2013	1:26.15
200 BREAST	Holley Dennis	2013 CO CSI FAST Long Course Open	6/28/2013	3:14.66
50 FLY	Delaney Lanker	2006 CSI LC State Championships	7/27/2006	32.14
100 FLY	Delaney Lanker	2006 Western Zone Age Group Championships	8/8/2006	1:13.25
200 FLY	Iris Town	2023 CO ACES Summer Invite	6/25/2023	3:29.82
200 IM	Delaney Lanker	2006 FAST LC Open	6/23/2006	2:52.15
400 IM	Makayla Hoehn	2014 CO ACES Spring Open	5/23/2014	6:26.93
200 FREE RELAY	M. Hoehn, M. Tucker, L. Brunn, H. Dennis	2013 CSI LC State Championships	7/26/2013	2:15.74
200 MEDLEY RELAY	V. Vanderpoel, M. Debever L. Kriz, D. Lanker	2006 CSI LC State Championships	7/27/2006	2:33.10

11-12 Girls				
50 FREE	Lilli Wehr	2019 Zone 2 Age Group	7/12/2019	28.35
100 FREE	Kate Baker	2016 CUDA*STAR LC Open	6/3/2016	1:03.38
200 FREE	Abbey Gardner	2018 ST George Block Invitational	6/22/2018	2:17.62
400 FREE	Abbey Gardner	2018 ST George Block Invitational	6/23/2018	4:55.65
50 BACK	Natalie Arky	2012 CSI LC State Championships	7/27/2012	32.43
100 BACK	Natalie Arky	2012 CSI LC State Championships	7/22/2012	1:10.78
200 BACK	Makayla Hoehn	2016 Cactus Classic	5/27/2016	2:36.06
50 BREAST	Holley Dennis	2015 Western Zone Age Group Championships	8/5/2015	35.19
100 BREAST	Holley Dennis	2015 Western Zone Age Group Championships	8/5/2015	1:15.22
200 BREAST	Holley Dennis	2015 Western Zone Age Group Championships	8/5/2015	2:43.71
50 FLY	Holley Dennis	2015 Western Zone Age Group Championships	8/5/2015	29.50
100 FLY	Delaney Lanker	2008 FAST LC Open	6/20/2008	1:08.62
200 FLY	Delaney Lanker	2008 FAST LC Open	6/20/2008	2:36.93
200 IM	Makayla Hoehn	2016 Cactus Classic	5/27/2016	2:36.32
400 IM	Mai Kawahata	2018 ST George Block Invitational	6/22/2018	5:37.08
200 FREE RELAY	K. Baker, M. Hoehn, B. Nichols, H. Dennis	2015 CSI LC State Championships	7/23/2015	1:58.63
200 MEDLEY RELAY	M. Hoehn, A. Leven, H. Dennis, B. Nichols	2015 CSI LC State Championships	7/23/2015	2:13.91



HRA LC Team Records

13-14 Girls				
50 FREE	Annie Ochitwa	2011 CSI LC State Championships	7/29/2011	27.46
100 FREE	Kate Baker	2017 Los Angeles Invitational	7/13/2017	1:00.08
200 FREE	Kristen Milberg	2005 CSI LC State Championships	7/28/2005	2:12.82
400 FREE	Annabeth Town	2023 CO CSI Senior State Championships	7/22/2023	4:34.94
800 FREE	Kristen Milberg	2005 Speedo Western Zone Sectional	7/21/2005	9:25.86
1500 FREE	Kristen Milberg	2005 Speedo Western Zone Sectional	7/27/2005	18:08.21
50 BACK	Natalie Arky	2014 Western Zone Age Group Championship	8/9/2014	31.06
100 BACK	Natalie Arky	2014 Western Zone Age Group Championship	8/6/2014	1:05.75
200 BACK	Kirsten Milberg	2005 Speedo Western Zone Sectional	7/27/2005	2:21.85
50 BREAST	Annabeth Town	2023 Cactus Classic	5/26/2023	34.98
100 BREAST	Kaleigh Haworth	2016 Omaha Cup	6/17/2016	1:13.82
200 BREAST	Kaleigh Haworth	2016 Speedo Western Zone Northwest Sectional	3/17/2016	2:38.30
50 FLY	Makayla Hoehn	2018 Suburban League Pentathlon	4/8/2018	29.95
100 FLY	Taylor Curado	2006 Speedo Western Zone Sectional	7/18/2006	1:05.50
200 FLY	Annabeth Town	2023 CO Zone 2	7/7/2023	2:23.97
200 IM	Annabeth Town	2023 CO CSI Senior State Championships	7/23/2023	2:25.52
400 IM	Annabeth Town	2023 Futures Championships	7/27/2023	5:01.27
400 FREE RELAY	K. Baker, B. Nichols, M. Hoehn, H. Dennis	2017 Los Angeles Invitational	7/13/2017	4:03.40
400 MEDLEY RELAY	M. Hoehn, H. Dennis, B. Nichols, K. Baker	2017 Los Angeles Invitational	7/13/2017	4:37.51

15-16 Girls				
50 FREE	Lyndsey Wehr	2019 Futures Championships	8/1/2019	26.55
100 FREE	Annie Ochitwa	2012 Speedo Western Sectional	7/27/2012	59.06
200 FREE	Gabi Dyer	2023 Futures Championships	7/26/2023	2:06.43
400 FREE	Mila Nikanorov	2022 Futures Championships	7/29/2022	4:24.90
800 FREE	Mila Nikanorov	2023 Speedo Junior National Championships	7/31/2023	8:44.20
1500 FREE	Mila Nikanorov	2022 Futures Championships	7/30/2022	17:12.93
50 BACK	Mary Macaulay	2021 Cactus Classic	5/28/2021	29.68
100 BACK	Natalie Arky	2016 Speedo Junior National Championships	8/8/2016	1:03.39
200 BACK	Natalie Arky	2016 Los Angeles Invitational	7/14/2016	2:18.28
50 BREAST	Holley Dennis	2018 Mel Zajac International	6/3/2018	34.04
100 BREAST	Kira Hobbs	71 st Annual Husky Invitational	12/6/2019	1:13.08
200 BREAST	Colleen Schweitzer	2004 Speedo Western Zone Sectional	3/10/2004	2:37.94
50 FLY	Natalie Arky	2015 HRA LC Sprint Eliminator	6/24/2015	30.11
100 FLY	Taylor Curado	2008 Speedo Western Zone Sectional	7/15/2008	1:02.30
200 FLY	Alex Reddington	2015 Futures Championships	7/30/2015	2:21.75
200 IM	Delaney Smith	2016 Speedo Western Zone Northwest Sectional	3/17/2016	2:21.39
400 IM	Delaney Smith	2016 TXLA Futures Championships	8/4/2016	5:01.35



Open Women				
50 FREE	Lyndsey Wehr	2021 Cactus Classic	5/28/2021	25.79
100 FREE	Delaney Smith	2018 Speedo Junior National Championships	8/2/2018	57.88
200 FREE	Mila Nikanorov	2023 Speedo Junior National Championships	8/3/2023	2:01.86
400 FREE	Mila Nikanorov	2023 Speedo Junior National Championships	8/2/2023	4:16.00
800 FREE	Mila Nikanorov	2023 Speedo Junior National Championships	7/31/2023	8:44.20
1500 FREE	Mila Nikanorov	2023 Speedo Junior National Championships	8/4/2023	16.47.45
50 BACK	Mary Macaulay	2022 Cactus Classic	5/29/2022	29.50
100 BACK	Mary Macaulay	2022 Futures Championships	7/28/2022	1:02.74
200 BACK	Mary Macaulay	2022 Cactus Classic	5/27/2022	2:15.09
50 BREAST	Andrea Perttula	2021 Cactus Classic	5/28/2021	32.11
100 BREAST	Andrea Perttula	2021 Cactus Classic	5/28/2021	1:10.13
200 BREAST	Andrea Perttula	2021 Futures Championships	7/27/2021	2:36.48
50 FLY	Mary Macaulay	2022 Cactus Classic	5/27/2022	28.64
100 FLY	Alex Reddington	2017 Speedo Junior National Championships	8/8/2017	1:00.81
200 FLY	Alex Reddington	2017 Speedo Junior National Championships	8/8/2017	2:13.89
200 IM	Mary Macaulay	2023 Futures Championships	7/29/2023	2:18.37
400 IM	Mary Macaulay	2023 Futures Championships	7/27/2023	4:57.39
200 FREE RELAY	E. Litteken, H. Dennis, A. Reddington, D. Smith	2017 Los Angeles Invitational	7/13/2017	1:48.81
400 FREE RELAY	J. Nats, A. Reddington, K. Nats, D. Smith	2016 Speedo Western Zone Northwest Sectional	3/17/2016	3:56.02
800 FREE RELAY	M. Macaulay, A. Gardner, G. Dyer, M. Nikanorov	2022 Futures Championships	7/28/2022	8:28.34
200 MEDLEY RELAY	N. Arky, K. Haworth, A. Reddington, D. Smith	2017 Los Angeles Invitational	7/13/2017	1:59.38
400 MEDLEY RELAY	M. Macaulay, A. Perttula, K. Baker, Ly. Wehr	2021 Futures Championships	7/27/2021	4:16.24

10 & Under Boys				
50 FREE	Josh Heydt	2018 ST George Block Invitational	6/24/2018	30.67
100 FREE	Isaac Town	2023 CO CSI Age Group State Championships	7/30/2023	1:09.90
200 FREE	Isaac Town	2023 Western Zone Age Group Championships	8/2/2023	2:30.39
400 FREE	Isaac Town	2023 CO ACES Summer Invite	6/25/2023	5:19.71
800 FREE	Isaac Town	FAST June Bonanza	6/9/2023	11:12.43
50 BACK	Josh Heydt	2018 ST George Block Invitational	6/23/2018	34.85
100 BACK	Josh Heydt	2018 ST George Block Invitational	6/24/2018	1:16.60
200 BACK	Isaac Town	2023 CO ACES Summer Invite	6/25/2023	2:52.93
50 BREAST	Colby Allen	2010 CSI LC State Championships	7/30/2010	39.91
100 BREAST	Colby Allen	2010 CSI LC State Championships	7/30/2010	1:30.65
200 BREAST	Brady Barclay	2018 CO Zone2 Age Group	7/6/2018	3:35.32
50 FLY	Josh Heydt	2018 ST George Block Invitational	6/22/2018	32.62
100 FLY	Josh Heydt	2018 ST George Block Invitational	6/23/2018	1:17.61
200 IM	Isaac Town	2023 CO CSI Age Group State Championships	7/28/2023	2:51.02
200 FREE RELAY	J. Heydt, B. Cho, S. Kawahata, B. He	2023 Western Zone Age Group Championships	7/29/2018	2:17.65
200 MEDLEY RELAY	J. Heydt, B. Barclay, S. Kawahata, B. Cho	2018 CSI LC Age Group Championships	7/28/2018	2:37.26

11-12 Boys				
50 FREE	Zane Sokolowski	2015 CSI LC State Championships	7/23/2015	28.49
100 FREE	Mason White	2022 CSI 12&U Age Group Championships	7/31/2022	1:02.88
200 FREE	Sean Smooke	2009 Western Zone Age Group Championships	8/4/2009	2:16.77
400 FREE	Sean Smooke	2009 Western Zones Age Group Championships	8/4/2009	4:49.95
800 FREE	Lincoln Chandler	2023 CO ACES Last Chance	7/16/2023	10:19.00
1500 FREE	Lincoln Chandler	2023 Zone 2	7/9/2023	19:55.97
50 BACK	Lincoln Chandler	2023 CO CSI Age Group State Championships	7/30/2023	31.90
100 BACK	Lincoln Chandler	2023 Western Zone Age Group Championships	8/2/2023	1:07.95
200 BACK	Lincoln Chandler	2023 CO CSI Age Group State Championships	7/28/2023	2:29.75
50 BREAST	Alec Jang	2016 CSI LC State Championships	7/22/2016	36.60
100 BREAST	Alec Jang	2016 CSI LC State Championships	7/22/2016	1:20.88
200 BREAST	Brian He	2021 Western Zone Age Group Championships	8/3/2021	2:54.56
50 FLY	Brian He	2021 Cactus Classic	5/28/2021	30.17
100 FLY	Gabi Sasia	2010 Western Zone Age Group Championships	8/10/2010	1:07.87
200 FLY	Dave Fraser	2006 LC Age Group State Championships	7/27/2006	2:38.70
200 IM	Gabi Sasia	2010 Western Zone Age Group Championships	8/10/2010	2:37.43
400 IM	Jack Clouatre	2013 Western Zone Age Group Championships	8/7/2013	5:39.83
200 FREE RELAY	M. White, T. Hoover, C. Camaglia, C. Williamson	2022 CSI 12&U Age Group Championships	7/31/2022	2:02.18
200 MEDLEY RELAY	C. Sokolowski, H. Van Dieren, Z. Sokolowski, M. Gassen	2015 CSI LC State Championships	7/23/2015	2:17.37

13-14 Boys				
50 FREE	Sota Kawahata	2022 Cactus Classic	5/28/2022	25.64
100 FREE	Sota Kawahata	2022 Futures Championships	7/29/2022	55.21
200 FREE	Sota Kawahata	2022 Futures Championships	7/29/2022	1:59.15
400 FREE	Sota Kawahata	2022 CSI Senior LC Championships	7/23/2022	4:20.31
800 FREE	Sota Kawahata	2022 CSI Senior LC Championships	7/24/2022	9:03.43
1500 FREE	Sota Kawahata	2021 Western Zone Age Group Championships	8/3/2021	17:16.98
50 BACK	Josh Heydt	2022 Cactus Classic	5/27/2022	29.63
100 BACK	Ethan Viescas	2020 WI Speedo Winter Championships	12/11/2020	1:04.62
200 BACK	Ethan Viescas	2020 WI Speedo Winter Championships	12/11/2020	2:18.30
50 BREAST	Brian He	2023 Cactus Classic	5/26/2023	31.82
100 BREAST	Brian He	2023 Western Zone Age Group Championships	8/2/2023	1:08.83
200 BREAST	Brandon Cho	2022 Western Zone Age Group Championships	8/5/2022	2:30.62
50 FLY	Brian He	2023 TNAQ June Spectacular	6/17/2023	27.50
100 FLY	Gabi Sasia	2012 CSI LC State Championships	7/26/2012	59.61
200 FLY	Gabi Sasia	2012 CSI LC State Championships	7/26/2012	2:19.79
200 IM	Brian He	2023 Western Zone Age Group Championships	8/5/2023	2:16.99
400 IM	Brandon Cho	2022 Western Zone Age Group Championships	8/4/2022	5:02.11
400 FREE RELAY	J. Heydt, N. Wills, B. He, S. Kawahata	2022 CSI Senior LC Championships	7/21/2022	3:53.31
400 MEDLEY RELAY	J. Heydt, S. Kerscher, V. Kazakin, S. Kawahata	2021 CSI Senior LC State Championships	7/22/2021	4:25.61

15-16 Men				
50 FREE	Mason Kajfosz	2021 CO Zone2 District Meet	7/9/2021	24.88
100 FREE	Mason Kajfosz	2021 Futures Championships	7/27/2021	53.34
200 FREE	Mason Kajfosz	2021 Futures Championships	7/27/2021	1:57.33
400 FREE	Andrew Parker	2009 Speedo Western Zone Sectional	7/21/2009	4:11.33
800 FREE	Vlad Kazakin	2023 Futures Championships	7/29/2023	8:50.69
1500 FREE	Charles Burroughs	2018 Mel Zajac International	6/3/2018	16:55.50
50 BACK	Vlad Kazakin	2023 Cactus Classic	5/26/2023	27.98
100 BACK	Vlad Kazakin	2023 Cactus Classic	5/27/2023	58.86
200 BACK	Vlad Kazakin	2023 Futures Championships	7/29/2023	2:07.67
50 BREAST	Trevor Boodt	2023 TYR Pro Swim Series	1/14/2023	29.70
100 BREAST	Trevor Boodt	2023 TYR Pro Swim Series	1/12/2023	1:05.06
200 BREAST	Brandon Cho	2023 Futures Championships	7/28/2023	2:22.24
50 FLY	Ethan Viescas	2022 Cactus Classic	5/29/2022	26.19
100 FLY	Gavin Rogers	71 st Annual Husky Invitational	12/6/2019	56.60
200 FLY	Gavin Rogers	71 st Annual Husky Invitational	12/6/2019	2:03.80
200 IM	Mason Kajfosz	2021 Futures Championships	7/27/2021	2:07.68
400 IM	Mason Kajfosz	2021 Futures Championships	7/27/2021	4:36.94

Open Men				
50 FREE	Kell Frazier	2023 CO CSI Senior LC State Championships	7/23/2023	24.29
100 FREE	Mason Kajfosz	Tennessee Aquatics June Spectacular	6/16/2023	52.40
200 FREE	Fernando Betanzos	2011 Speedo Western Zone Sectional	7/19/2011	1:56.11
400 FREE	Kevin Stoddard	2010 Speedo Western Zone Sectional	7/20/2010	4:09.86
800 FREE	Kevin Stoddard	2010 Speedo Western Zone Sectional	7/20/2010	8:37.37
1500 FREE	Dominic Griffin	2017 Los Angeles Invitational	7/13/2017	16:40.22
50 BACK	Vlad Kazakin	2023 Cactus Classic	5/26/2023	27.98
100 BACK	Gabi Sasia	2016 Speedo Western Zone Northwest Sectional	3/17/2016	58.72
200 BACK	Leighton Wright	2020 WI Speedo Winter Championships	12/11/2020	2:07.58
50 BREAST	Trevor Boodt	2023 TYR Pro Swim Series	1/14/2023	29.70
100 BREAST	Travis Oleson	Tennessee Aquatics June Spectacular	7/17/2023	1:04.58
200 BREAST	Brandon Cho	2023 Futures Championships	7/ /2023	2:22.24
50 FLY	Mason Kajfosz	Tennessee Aquatics June Spectacular	6/17/2023	25.82
100 FLY	Mason Kajfosz	2022 Futures Championships	7/29/2022	56.24
200 FLY	Gavin Rogers	71 st Annual Husky Invitational	12/6/2019	2:03.80
200 IM	Mason Kajfosz	2021 Futures Championships	7/27/2021	2:07.68
400 IM	Mason Kajfosz	2021 Futures Championships	7/27/2021	4:36.94
200 FREE RELAY	D. Nasser, D. Griffin, F. Ruppel, G. Sasia	2016 Speedo Western Zone Northwest Sectional	3/17/2016	1:40.62
400 FREE RELAY	S. Kawahata, W. Brown, H. Kerscher, M. Kajfosz,	2022 Futures Championships	7/29/2022	3:35.89
800 FREE RELAY	D. Fraser, K. Stoddard, A. Parker, F. Betanzos	2011 Speedo Western Zone Sectional	7/19/2011	7:59.82
200 MEDLEY RELAY	F. Ruppel, C. Weese, D. Nasser, D. Griffin	2017 Los Angeles Invitational	7/13/2017	1:50.19
400 MEDLEY RELAY	V. Kazakin, T. Oleson, M. Kajfosz, S. Kawahata	2023 CO CSI Senior LC State Championships	7/20/2023	3:53.59