



## HRA LC Team Records

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

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



## HRA LC Team Records

13-14 Girls				
50 FREE	<b>Annie Ochitwa</b>	2011 CSI LC State Championships	7/29/2011	<b>27.46</b>
100 FREE	<b>Kate Baker</b>	2017 Los Angeles Invitational	7/13/2017	<b>1:00.08</b>
200 FREE	<b>Kristen Milberg</b>	2005 CSI LC State Championships	7/28/2005	<b>2:12.82</b>
400 FREE	<b>Annabeth Town</b>	2024 Speedo Sectionals	3/23/2024	<b>4:34.93</b>
800 FREE	<b>Kristen Milberg</b>	2005 Speedo Western Zone Sectional	7/21/2005	<b>9:25.86</b>
1500 FREE	<b>Kristen Milberg</b>	2005 Speedo Western Zone Sectional	7/27/2005	<b>18:08.21</b>
50 BACK	<b>Natalie Arky</b>	2014 Western Zone Age Group Championship	8/9/2014	<b>31.06</b>
100 BACK	<b>Natalie Arky</b>	2014 Western Zone Age Group Championship	8/6/2014	<b>1:05.75</b>
200 BACK	<b>Kirsten Milberg</b>	2005 Speedo Western Zone Sectional	7/27/2005	<b>2:21.85</b>
50 BREAST	<b>Annabeth Town</b>	2023 Cactus Classic	5/26/2023	<b>34.98</b>
100 BREAST	<b>Kaleigh Haworth</b>	2016 Omaha Cup	6/17/2016	<b>1:13.82</b>
200 BREAST	<b>Kaleigh Haworth</b>	2016 Speedo Western Zone Northwest Sectional	3/17/2016	<b>2:38.30</b>
50 FLY	<b>Makayla Hoehn</b>	2018 Suburban League Pentathlon	4/8/2018	<b>29.95</b>
100 FLY	<b>Taylor Curado</b>	2006 Speedo Western Zone Sectional	7/18/2006	<b>1:05.50</b>
200 FLY	<b>Annabeth Town</b>	2023 CO Zone 2	7/7/2023	<b>2:23.97</b>
200 IM	<b>Annabeth Town</b>	2023 CO CSI Senior State Championships	7/23/2023	<b>2:25.52</b>
400 IM	<b>Annabeth Town</b>	2023 Futures Championships	7/27/2023	<b>5:01.27</b>
400 FREE RELAY	<b>K. Baker, B. Nichols, M. Hoehn, H. Dennis</b>	2017 Los Angeles Invitational	7/13/2017	<b>4:03.40</b>
400 MEDLEY RELAY	<b>M. Hoehn, H. Dennis, B. Nichols, K. Baker</b>	2017 Los Angeles Invitational	7/13/2017	<b>4:37.51</b>

15-16 Girls				
50 FREE	<b>Lyndsey Wehr</b>	2019 Futures Championships	8/1/2019	<b>26.55</b>
100 FREE	<b>Annie Ochitwa</b>	2012 Speedo Western Sectional	7/27/2012	<b>59.06</b>
200 FREE	<b>Gabi Dyer</b>	2023 Futures Championships	7/26/2023	<b>2:06.43</b>
400 FREE	<b>Mila Nikanorov</b>	2022 Futures Championships	7/29/2022	<b>4:24.90</b>
800 FREE	<b>Mila Nikanorov</b>	2022 Futures Championships	7/27/2022	<b>8:59.74</b>
1500 FREE	<b>Mila Nikanorov</b>	2022 Futures Championships	7/30/2022	<b>17:12.93</b>
50 BACK	<b>Mary Macaulay</b>	2021 Cactus Classic	5/28/2021	<b>29.68</b>
100 BACK	<b>Natalie Arky</b>	2016 Speedo Junior National Championships	8/8/2016	<b>1:03.39</b>
200 BACK	<b>Natalie Arky</b>	2016 Los Angeles Invitational	7/14/2016	<b>2:18.28</b>
50 BREAST	<b>Holley Dennis</b>	2018 Mel Zajac International	6/3/2018	<b>34.04</b>
100 BREAST	<b>Kira Hobbs</b>	71 <sup>st</sup> Annual Husky Invitational	12/6/2019	<b>1:13.08</b>
200 BREAST	<b>Colleen Schweitzer</b>	2004 Speedo Western Zone Sectional	3/10/2004	<b>2:37.94</b>
50 FLY	<b>Natalie Arky</b>	2015 HRA LC Sprint Eliminator	6/24/2015	<b>30.11</b>
100 FLY	<b>Taylor Curado</b>	2008 Speedo Western Zone Sectional	7/15/2008	<b>1:02.30</b>
200 FLY	<b>Alex Reddington</b>	2015 Futures Championships	7/30/2015	<b>2:21.75</b>
200 IM	<b>Delaney Smith</b>	2016 Speedo Western Zone Northwest Sectional	3/17/2016	<b>2:21.39</b>
400 IM	<b>Delaney Smith</b>	2016 TXLA Futures Championships	8/4/2016	<b>5:01.35</b>



Open Women				
50 FREE	<b>Lyndsey Wehr</b>	2021 Cactus Classic	5/28/2021	<b>25.79</b>
100 FREE	<b>Gabi Dyer</b>	2024 Speedo Sectionals	3/21/2024	<b>57.50</b>
200 FREE	<b>Mila Nikanorov</b>	2024 Speedo Sectionals	3/22/2024	<b>2:01.67</b>
400 FREE	<b>Mila Nikanorov</b>	2024 Speedo Sectionals	3/23/2024	<b>4:15.33</b>
800 FREE	<b>Mila Nikanorov</b>	2023 Speedo Junior National Championships	7/31/2023	<b>8:44.20</b>
1500 FREE	<b>Mila Nikanorov</b>	2024 TYR Pro Swim Series - Knoxville	1/10/2024	<b>16.44.60</b>
50 BACK	<b>Mary Macaulay</b>	2022 Cactus Classic	5/29/2022	<b>29.50</b>
100 BACK	<b>Mary Macaulay</b>	2022 Futures Championships	7/28/2022	<b>1:02.74</b>
200 BACK	<b>Mary Macaulay</b>	2022 Cactus Classic	5/27/2022	<b>2:15.09</b>
50 BREAST	<b>Andrea Perttula</b>	2021 Cactus Classic	5/28/2021	<b>32.11</b>
100 BREAST	<b>Andrea Perttula</b>	2021 Cactus Classic	5/28/2021	<b>1:10.13</b>
200 BREAST	<b>Andrea Perttula</b>	2021 Futures Championships	7/27/2021	<b>2:36.48</b>
50 FLY	<b>Mary Macaulay</b>	2022 Cactus Classic	5/27/2022	<b>28.64</b>
100 FLY	<b>Alex Reddington</b>	2017 Speedo Junior National Championships	8/8/2017	<b>1:00.81</b>
200 FLY	<b>Alex Reddington</b>	2017 Speedo Junior National Championships	8/8/2017	<b>2:13.89</b>
200 IM	<b>Mary Macaulay</b>	2023 Futures Championships	7/29/2023	<b>2:18.37</b>
400 IM	<b>Mary Macaulay</b>	2023 Futures Championships	7/27/2023	<b>4:57.39</b>
200 FREE RELAY	<b>E. Litteken, H. Dennis, A. Reddington, D. Smith</b>	2017 Los Angeles Invitational	7/13/2017	<b>1:48.81</b>
400 FREE RELAY	<b>M. Nikanorov, G. Dyer, A. Hassell, K. Myco</b>	2024 Speedo Sectionals	3/22/2024	<b>3:55.06</b>
800 FREE RELAY	<b>M. Macaulay, A. Gardner, G. Dyer, M. Nikanorov</b>	2022 Futures Championships	7/28/2022	<b>8:28.34</b>
200 MEDLEY RELAY	<b>N. Arky, K. Haworth, A. Reddington, D. Smith</b>	2017 Los Angeles Invitational	7/13/2017	<b>1:59.38</b>
400 MEDLEY RELAY	<b>M. Macaulay, A. Perttula, K. Baker, Ly. Wehr</b>	2021 Futures Championships	7/27/2021	<b>4:16.24</b>



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	Lincoln Chandler	2023 Western Zone Age Group Championships	8/3/2023	2:34.35
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	<b>Sota Kawahata</b>	2022 Cactus Classic	5/28/2022	<b>25.64</b>
100 FREE	<b>Sota Kawahata</b>	2022 Futures Championships	7/29/2022	<b>55.21</b>
200 FREE	<b>Sota Kawahata</b>	2022 Futures Championships	7/29/2022	<b>1:59.15</b>
400 FREE	<b>Sota Kawahata</b>	2022 CSI Senior LC Championships	7/23/2022	<b>4:20.31</b>
800 FREE	<b>Sota Kawahata</b>	2022 CSI Senior LC Championships	7/24/2022	<b>9:03.43</b>
1500 FREE	<b>Sota Kawahata</b>	2021 Western Zone Age Group Championships	8/3/2021	<b>17:16.98</b>
50 BACK	<b>Josh Heydt</b>	2022 Cactus Classic	5/27/2022	<b>29.63</b>
100 BACK	<b>Ethan Viescas</b>	2020 WI Speedo Winter Championships	12/11/2020	<b>1:04.62</b>
200 BACK	<b>Ethan Viescas</b>	2020 WI Speedo Winter Championships	12/11/2020	<b>2:18.30</b>
50 BREAST	<b>Brian He</b>	2023 Cactus Classic	5/26/2023	<b>31.82</b>
100 BREAST	<b>Brian He</b>	2023 Western Zone Age Group Championships	8/2/2023	<b>1:08.83</b>
200 BREAST	<b>Brandon Cho</b>	2022 Western Zone Age Group Championships	8/5/2022	<b>2:30.62</b>
50 FLY	<b>Brian He</b>	2023 TNAQ June Spectacular	6/17/2023	<b>27.50</b>
100 FLY	<b>Gabi Sasia</b>	2012 CSI LC State Championships	7/26/2012	<b>59.61</b>
200 FLY	<b>Matthew Leach</b>	2024 Speedo Sectionals	3/21/2024	<b>2:14.75</b>
200 IM	<b>Brian He</b>	2023 Western Zone Age Group Championships	8/5/2023	<b>2:16.99</b>
400 IM	<b>Brandon Cho</b>	2022 Western Zone Age Group Championships	8/4/2022	<b>5:02.11</b>
400 FREE RELAY	<b>J. Heydt, N. Wills, B. He, S. Kawahata</b>	2022 CSI Senior LC Championships	7/21/2022	<b>3:53.31</b>
400 MEDLEY RELAY	<b>J. Heydt, S. Kerscher, V. Kazakin, S. Kawahata</b>	2021 CSI Senior LC State Championships	7/22/2021	<b>4:25.61</b>

15-16 Men				
50 FREE	<b>Mason Kajfosz</b>	2021 CO Zone2 District Meet	7/9/2021	<b>24.88</b>
100 FREE	<b>Mason Kajfosz</b>	2021 Futures Championships	7/27/2021	<b>53.34</b>
200 FREE	<b>Mason Kajfosz</b>	2021 Futures Championships	7/27/2021	<b>1:57.33</b>
400 FREE	<b>Andrew Parker</b>	2009 Speedo Western Zone Sectional	7/21/2009	<b>4:11.33</b>
800 FREE	<b>Vlad Kazakin</b>	2023 Futures Championships	7/29/2023	<b>8:50.69</b>
1500 FREE	<b>Charles Burroughs</b>	2018 Mel Zajac International	6/3/2018	<b>16:55.50</b>
50 BACK	<b>Vlad Kazakin</b>	2023 Cactus Classic	5/26/2023	<b>27.98</b>
100 BACK	<b>Vlad Kazakin</b>	2023 Cactus Classic	5/27/2023	<b>58.86</b>
200 BACK	<b>Vlad Kazakin</b>	2023 Futures Championships	7/29/2023	<b>2:07.67</b>
50 BREAST	<b>Trevor Boodt</b>	2023 TYR Pro Swim Series	1/14/2023	<b>29.70</b>
100 BREAST	<b>Trevor Boodt</b>	2023 TYR Pro Swim Series	1/12/2023	<b>1:05.06</b>
200 BREAST	<b>Brandon Cho</b>	2024 TYR Pro Swim Series - Knoxville	1/13/2024	<b>2:21.58</b>
50 FLY	<b>Ethan Viescas</b>	2022 Cactus Classic	5/29/2022	<b>26.19</b>
100 FLY	<b>Gavin Rogers</b>	71 <sup>st</sup> Annual Husky Invitational	12/6/2019	<b>56.60</b>
200 FLY	<b>Gavin Rogers</b>	71 <sup>st</sup> Annual Husky Invitational	12/6/2019	<b>2:03.80</b>
200 IM	<b>Mason Kajfosz</b>	2021 Futures Championships	7/27/2021	<b>2:07.68</b>
400 IM	<b>Mason Kajfosz</b>	2021 Futures Championships	7/27/2021	<b>4:36.94</b>

Open Men				
50 FREE	<b>Kell Frazier</b>	2024 TYR Pro Swim Series - Knoxville	1/13/2024	<b>24.13</b>
100 FREE	<b>Mason Kajfosz</b>	Tennessee Aquatics June Spectacular	6/16/2023	<b>52.40</b>
200 FREE	<b>Fernando Betanzos</b>	2011 Speedo Western Zone Sectional	7/19/2011	<b>1:56.11</b>
400 FREE	<b>Kevin Stoddard</b>	2010 Speedo Western Zone Sectional	7/20/2010	<b>4:09.86</b>
800 FREE	<b>Vlad Kazakin</b>	2023 Winter Juniors	12/10/2023	<b>8:34.98</b>
1500 FREE	<b>Vlad Kazakin</b>	2024 Speedo Sectionals	3/24/2024	<b>16:35.61</b>
50 BACK	<b>Ethan Viescas</b>	2024 TOPS Long Course Invite	1/6/2024	<b>27.88</b>
100 BACK	<b>Gabi Sasia</b>	2016 Speedo Western Zone Northwest Sectional	3/17/2016	<b>58.72</b>
200 BACK	<b>Leighton Wright</b>	2020 WI Speedo Winter Championships	12/11/2020	<b>2:07.58</b>
50 BREAST	<b>Trevor Boodt</b>	2023 TYR Pro Swim Series	1/14/2023	<b>29.70</b>
100 BREAST	<b>Travis Oleson</b>	Tennessee Aquatics June Spectacular	7/17/2023	<b>1:04.58</b>
200 BREAST	<b>Brandon Cho</b>	2024 TYR Pro Swim Series - Knoxville	1/13/2024	<b>2:21.58</b>
50 FLY	<b>Mason Kajfosz</b>	Tennessee Aquatics June Spectacular	6/17/2023	<b>25.82</b>
100 FLY	<b>Mason Kajfosz</b>	2022 Futures Championships	7/29/2022	<b>56.24</b>
200 FLY	<b>Gavin Rogers</b>	71 <sup>st</sup> Annual Husky Invitational	12/6/2019	<b>2:03.80</b>
200 IM	<b>Mason Kajfosz</b>	2021 Futures Championships	7/27/2021	<b>2:07.68</b>
400 IM	<b>Mason Kajfosz</b>	2021 Futures Championships	7/27/2021	<b>4:36.94</b>
200 FREE RELAY	<b>K. Frazier, J. Smith, O. Mehring, S. Kawahata</b>	2024 Speedo Sectionals	3/21/2024	<b>1:37.30</b>
400 FREE RELAY	<b>S. Kawahata, W. Brown, H. Kerscher, M. Kajfosz,</b>	2022 Futures Championships	7/29/2022	<b>3:35.89</b>
800 FREE RELAY	<b>V. Kazakin, S. Kawahata, B. He, J. Smith</b>	2024 Speedo Sectionals	3/23/2024	<b>7:58.20</b>
200 MEDLEY RELAY	<b>V. Kazakin, B. Cho, E. Viescas, K. Frazier</b>	2024 Speedo Sectionals	3/21/2024	<b>1:48.35</b>
400 MEDLEY RELAY	<b>V. Kazakin, T. Oleson, M. Kajfosz, S. Kawahata</b>	2023 CO CSI Senior LC State Championships	7/20/2023	<b>3:53.59</b>