

**RECORDS Metro LC Record**

**LC Meters-Female**

8 & U	50 Free	31.79	<b>22-Jun-13</b>	NCAC- MR	Sarah Y. Tsai at 2013 MR RedTails LC International Inviational
	100 Free	1:13.92	<b>6-Aug-03</b>	LGAC- MR	Annie Zhu at 2003 Eastern Zone Long Course
	50 Back	38.50	<b>22-Jun-01</b>	BASC- MR	Sara Giberson
	50 Breast	41.03	<b>6-Aug-03</b>	LGAC- MR	Annie Zhu at 2003 Eastern Zone Long Course
	50 Fly	35.34	<b>14-May-16</b>	TVSC- MR	Emily A. Herr at 2016 MR LIAC Spring Kickoff Invitational
9-10	50 Free	28.59	<b>10-Aug-05</b>	AGUA- MR	Lia M. Neal at Eastern Zone Age Group Long Co
	100 Free	1:02.11	<b>13-Jan-06</b>	AGUA- MR	Lia M. Neal at Burgdorff Invitational 2006
	200 Free	2:20.53	<b>25-Jul-14</b>	WEST- MR	Joy Jiang at 2014 MR LCM Junior Olympic Championships
	400 Free	4:59.03	<b>30-Jun-17</b>	WEST- MR	Claire J. Weinstein at Jeffrey S Mace Memorial Summer Sizzle XXVII
	800 Free	10:37.03	<b>3-Jun-17</b>	WEST- MR	Claire Weinstein at 2017 COND Summer Solstice Invitational
	1500 Free	19:49.70	<b>4-Jun-17</b>	WEST- MR	Claire Weinstein at 2017 COND Summer Solstice Invitational
	50 Back	33.10	<b>6-Aug-14</b>	WEST- MR	Joy Jiang at 2014 Eastern Zone Long Course Championship
	100 Back	1:10.95	<b>7-Jun-03</b>	BASC- MR	Sara Giberson at 2003-MR LIAC's LC Summertime Classic Inv.
	200 Back	2:48.41	<b>15-May-15</b>	LBA- MR	Tess Howley at 2015 CT MAKO May Invitational
	50 Breast	36.94	<b>10-Aug-05</b>	LGAC- MR	Annie Zhu at Eastern Zone Age Group Long Co
	100 Breast	1:19.11	<b>22-May-05</b>	LGAC- MR	Annie Zhu at Badger May LC Meet
	200 Breast	3:06.62	<b>8-Jun-13</b>	LIAC- MR	Sophia Gregorace at LIAC Summer Time Classic Invitational
	50 Fly	31.02	<b>6-Aug-14</b>	WEST- MR	Joy Jiang at 2014 Eastern Zone Long Course Championship
	100 Fly	1:08.67	<b>6-Aug-14</b>	WEST- MR	Joy Jiang at 2014 Eastern Zone Long Course Championship
	200 Fly	2:37.08	<b>23-May-15</b>	NYCC- MR	Emma Feld at AGUA Age Group Shootout
	200 IM	2:34.29	<b>15-Jul-82</b>	LISC- MR	Susan Verderber
	400 IM	5:57.44	<b>21-Jun-15</b>	AGUA- MR	Lara Jones at LIAC Summer Fun Invitational
	10 & U	200 Free Relay	2:08.33	<b>4-Jun-16</b>	LIAC- MR
400 Free Relay		4:38.94	<b>25-Jul-14</b>	WEST- MR	WEST Y. Collmar, K. Chen, M. Lee, J. Jiang
200 Medley Relay		2:22.08	<b>25-Jul-14</b>	WEST- MR	WEST J. Jiang, M. Lee, K. Chen, Y. Collmar
400 Medley Relay		5:48.69	<b>4-Aug-21</b>	BAD- MR	BAD at FL ISCA Summer Elite Showcase G.Pinto, A.Galimi, J.Jorsling, H.Turnbull
11-12	50 Free	26.53	<b>2-Dec-07</b>	AGUA- MR	Lia M. Neal at 2007 USA Swimming
	100 Free	56.87	<b>11-Jan-08</b>	AGUA- MR	Lia M. Neal at Burgdorff Invitational 2008
	200 Free	2:06.90	<b>13-Feb-20</b>	WEST- MR	Claire J. Weinstein at 2020 MR TYR Senior Mets Winter Championships
	400 Free	4:21.82	<b>13-Feb-20</b>	WEST- MR	Claire J. Weinstein at 2020 MR TYR Senior Mets Winter Championships
	800 Free	9:06.85	<b>13-Feb-20</b>	WEST- MR	Claire J. Weinstein at 2020 MR TYR Senior Mets Winter Championships
	1500 Free	17:16.07	<b>10-Jan-20</b>	WEST- MR	Claire J. Weinstein at 2020 Jim Wood Memorial Invitational
	50 Back	30.24	<b>7-Aug-06</b>	BAD- MR	Liz Pelton at USS Speedo
	100 Back	1:04.53	<b>20-Jul-06</b>	BAD- MR	Liz Pelton at 2006 SPEEDO CHAMPIONS SERIES
	200 Back	2:20.53	<b>15-Jul-97</b>	MSC- MR	Corey Berg
	50 Breast	33.84	<b>6-Aug-14</b>	WEST- MR	Kate Douglass at 2014 Eastern Zone Long Course Championship
	100 Breast	1:12.82	<b>27-Jul-07</b>	LGAC- MR	Annie Zhu at 2007 MR Junior Olympics LC
	200 Breast	2:34.28	<b>19-Jul-07</b>	LGAC- MR	Annie Zhu at 2007 EZ R1/2 SPEEDO CHAMPIONS SERIES MEET
	50 Fly	27.17	<b>1-Feb-01</b>	TS- MR	Priscilla Modrov at 2001 US Top 16
	100 Fly	1:03.68	<b>22-Jul-16</b>	WEST- MR	Joy Jiang at 2016 MR Metro Junior Olympics LCM
	200 Fly	2:19.10	<b>22-Jul-16</b>	WEST- MR	Joy Jiang at 2016 MR Metro Junior Olympics LCM
	200 IM	2:22.43	<b>6-Aug-07</b>	LGAC- MR	Annie Zhu at 2007 Summer Junior Nationals
	400 IM	5:05.92	<b>15-Jun-07</b>	LGAC- MR	Annie Zhu at ESG Trials
	200 Free Relay	1:54.87	<b>22-Jul-16</b>	WEST- MR	WEST J. Jiang, K. Cornish, E. Lin, Y. Collmar
	400 Free Relay	4:07.86	<b>18-Jun-16</b>	WEST- MR	WEST J. Jiang, E. Lin, K. Cornish, Y. Collmar
	200 Medley Relay	2:06.20	<b>22-Jul-16</b>	WEST- MR	WEST J.Jiang, E.Lin, Y.Collmar, K.Cornish
400 Medley Relay	4:31.59	<b>22-Jul-16</b>	WEST- MR	WEST Y.Collmar, E.Lin, J.Jiang, K.Cornish	

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13-14	50 Free	25.38	<b>4-Aug-09</b>	AGUA- MR	Lia M. Neal at 2009 US Open
	100 Free	55.00	<b>10-Aug-09</b>	AGUA- MR	Lia M. Neal at 2009 Speedo Junior Nat'l Champs
	200 Free	1:58.95	<b>15-Jul-21</b>	WEST- MR	Claire J. Weinstein at 2021 MR TYR Senior Mets Summer LC Champs
	400 Free	4:11.11	<b>3-Aug-21</b>	WEST- MR	Claire J. Weinstein at 2021 Speedo Summer Championships East
	800 Free	8:36.46	<b>3-Aug-21</b>	WEST- MR	Claire J. Weinstein at US-Speedo Summer Championships East
	1500 Free	16:24.86	<b>15-Jul-95</b>	LIAC- MR	Jessica Foschi
	50 Back	29.98	<b>24-Mar-12</b>	COND- MR	Christina Paspalas at 2012 NI EZ North Region I Speedo Champs
	100 Back	1:03.65	<b>18-Jul-19</b>	LIAC- MR	Tess O. Howley at 2019 MR Senior Mets Summer LC Championships
	200 Back	2:17.39	<b>15-Jul-99</b>	MSC- MR	Corey Berg
	50 Breast	34.09	<b>8-Sep-06</b>	EAST- MR	Josie Panitz at 2016 FL ISCA Summer Seniors Champs.
	100 Breast	1:09.65	<b>10-Aug-09</b>	AGUA- MR	Annie Zhu at 2009 Speedo Junior Nationals
	200 Breast	2:29.06	<b>10-Aug-09</b>	AGUA- MR	Annie Zhu at 2009 Speedo Junior Nationals
	50 Fly	28.33	<b>1-Aug-17</b>	LIAC- MR	Joanie Cash at 2017 NCSA Summer Championships
	100 Fly	1:00.09	<b>6-Aug-19</b>	LIAC- MR	Tess O. Howley at US-Speedo Junior National Championships
	200 Fly	2:11.41	<b>6-Aug-19</b>	LIAC- MR	Tess O. Howley at US-Speedo Junior National Championships
	200 IM	2:16.32	<b>10-Aug-09</b>	AGUA- MR	Annie Zhu at 2009 Speedo Junior Nationals
	400 IM	4:48.75	<b>10-Aug-09</b>	AGUA- MR	Annie Zhu at 2009 Speedo Junior Nationals
	200 Free Relay	1:50.04	<b>31-Mar-16</b>	AGUA- MR	AGUA C.Krevitt, L.Silveira, S.Zhang, I.Gormley
	400 Free Relay	3:55.57	<b>18-Jul-19</b>	LIAC- MR	LIAC at Senior Mets LCM ChampsT.Howley, C. Gormsen, M.Connor, HShimizu-B
	800 Free Relay	8:26.35	<b>18-Jul-19</b>	LIAC- MR	LIAC at Senior Mets LCM Champ T.Howley, C.Gormsen, M.Connor, H.Shimizu-Bo
	200 Medley Relay	2:00.83	<b>26-Jul-19</b>	LIAC- MR	Long Island Aquatic Club H. Shimizu-Bowers, B. Ye, T. Howley, C. Gormsen
	400 Medley Relay	4:18.87	<b>18-Jul-19</b>	LIAC- MR	LIAC at Sr. Mets LCM Champs K.Simons, B.Ye, T.Howley, H.Shimizu-Bowers
15-16	50 Free	25.30	<b>16-Aug-11</b>	AGUA- MR	Lia Neal at 2011 FINA World Junior Champs
	100 Free	54.90	<b>16-Aug-11</b>	AGUA- MR	Lia Neal at 2011 FINA World Junior Champs
	200 Free	1:58.26	<b>8-Aug-11</b>	AGUA- MR	Lia Neal at 2011 Speedo Junior National Champs
	400 Free	4:09.85	<b>13-Jun-21</b>	LIAC- MR	Cavan V. Gormsen at 2020 U.S. Olympic Team Trials
	800 Free	8:36.49	<b>3-Aug-21</b>	LIAC- MR	Cavan V. Gormsen at 2021 Speedo Summer Championships East
	1500 Free	16:21.46	<b>5-Jul-22</b>	BAD- MR	Alexa Reyna at European Junior Swimming Championships
	50 Back	29.58	<b>18-Mar-08</b>	BGNW- MR	Kim Holden at 2008 NCSA Junior National Swim
	100 Back	1:01.58	<b>15-Jul-21</b>	LIAC- MR	Tess O. Howley at 2021 MR TYR Senior Mets Summer LC Champs
	200 Back	2:12.95	<b>15-Jul-21</b>	LIAC- MR	Tess O. Howley at 2021 MR TYR Senior Mets Summer LC Champs
	50 Breast	31.79	<b>15-Mar-16</b>	LIAC- MR	Margaret Aroesty at 2016 NCSA Spring Championships
	100 Breast	1:09.03	<b>28-Jul-15</b>	LIAC- MR	Margaret Aroesty at 2015 NCSA Summer Swimming Championships
	200 Breast	2:29.15	<b>26-Aug-10</b>	AGUA- MR	Annie Zhu at 2010 Jr Pan Pacific Swimming Champs
	50 Fly	27.40	<b>13-Jun-21</b>	LIAC- MR	Tess O. Howley at U.S. 2020 Olympic Team Trials Wave II
	100 Fly	59.64	<b>15-Jul-21</b>	LIAC- MR	Tess O. Howley at 2021 MR TYR Senior Mets Summer LC Champs
	200 Fly	2:10.13	<b>3-Aug-21</b>	LIAC- MR	Tess O. Howley at 2021 Speedo Summer Championships East
	200 IM	2:14.39	<b>15-Mar-16</b>	LIAC- MR	Margaret Aroesty at 2016 NCSA Spring Championships
	400 IM	4:45.06	<b>31-Jul-18</b>	AGUA- MR	Isabel G. Gormley at 2018 Speedo Junior National Championships
15-18	200 Free Relay	1:47.09	<b>2-Aug-23</b>	LIAC- MR	LIAC at 2023 Speedo Junior Nationals T.Howley, L.Gormsen, C.Gormsen, K.Yee
	400 Free Relay	3:51.82	<b>14-Jul-16</b>	LIAC- MR	LIAC at SMLC 2016 K.Romano, C.Stepanek, M.Aroesty, C.Treble
	800 Free Relay	8:09.06	<b>1-Aug-23</b>	LIAC- MR	LIAC at 2023 Speedo Junior Nationals L.Gormsen, T.Howley,K.Yee, C.Gormsen
	200 Medley Relay	1:58.37	<b>28-Jul-15</b>	LIAC- MR	LIAC B.Caruaana, M.Aroesty, P.Kaplan, C.Treble
	400 Medley Relay	4:16.20	<b>16-Jul-16</b>	LIAC- MR	LIAC at 2016 SMLC Summer Champ K.Romano, M.Aroesty, L.Johnson, C.Trble
17-18	50 Free	25.40	<b>30-Jul-13</b>	AGUA- MR	Lia Neal at 2013 US Open Swimming Championships
	100 Free	54.15	<b>28-Jul-12</b>	AGUA- MR	Lia Neal at 2012 Summer Olympics London
	200 Free	1:58.34	<b>27-Jun-23</b>	LIAC- MR	Cavan V. Gormsen at 2023 Phillips 66 National Championships
	400 Free	4:08.12	<b>27-Jun-23</b>	LIAC- MR	Cavan V. Gormsen at 2023 Phillips 66 National Championships
	800 Free	8:34.38	<b>31-Jul-23</b>	LIAC- MR	Cavan V. Gormsen at 2023 Speedo Junior National Championships

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17-18	1500 Free	16:20.08	<b>10-Jul-03</b>	LIAC- MR	Adrienne Binder at 2003 CA Janet Evans Invitational
	50 Back	29.08	<b>31-Jul-23</b>	LIAC- MR	Tess O. Howley at 2023 Speedo Junior National Championships
	100 Back	1:00.98	<b>31-Jul-23</b>	LIAC- MR	Tess O. Howley at 2023 Speedo Junior National Championships
	200 Back	2:10.87	<b>18-May-23</b>	LIAC- MR	Tess O. Howley at NC-Martha McKee Charlotte Open
	50 Breast	32.08	<b>9-Aug-16</b>	LIAC- MR	Margaret Aroesty at 2016 NCSA Summer Swimming Championships
	100 Breast	1:08.24	<b>24-Aug-16</b>	LIAC- MR	Margaret Aroesty at 2016 Jr. Pan Pacific Swimming Championships
	200 Breast	2:28.76	<b>4-May-17</b>	LIAC- MR	Margaret Aroesty at 2017 Arena Pro Swim Series Atlanta
	50 Fly	27.43	<b>18-May-23</b>	LIAC- MR	Tess O. Howley at NC-Martha McKee Charlotte Open
	100 Fly	58.99	<b>31-Jul-23</b>	LIAC- MR	Tess O. Howley at 2023 Speedo Junior National Championships
	200 Fly	2:06.85	<b>31-Jul-23</b>	LIAC- MR	Tess O. Howley at 2023 Speedo Junior National Championships
	200 IM	2:12.83	<b>2-Aug-17</b>	LIAC- MR	Maggie Aroesty at 2017 U.S. Open Swimming Championships
	400 IM	4:39.15	<b>20-Aug-19</b>	UN- MR	Isabel G. Gormley at 7th FINA World Junior Swimming Champs.