

RECORDS Metro LC Record

LC Meters-Female

8 & U	50	Free	31.79	22-Jun-13	NCAC- MR	Sarah Y. Tsai at 2013 MR RedTails LC International Inviational
	100	Free	1:13.92	6-Aug-03	LGAC- MR	Annie Zhu at 2003 Eastern Zone Long Course
	50	Back	38.50	22-Jun-01	BASC- MR	Sara Giberson
	50	Breast	41.03	6-Aug-03	LGAC- MR	Annie Zhu at 2003 Eastern Zone Long Course
	50	Fly	35.34	14-May-16	TVSC- MR	Emily A. Herr at 2016 MR LIAC Spring Kickoff Invitational
9-10	50	Free	28.59	10-Aug-05	AGUA- MR	Lia M. Neal at Eastern Zone Age Group Long Co
	100	Free	1:02.11	13-Jan-06	AGUA- MR	Lia M. Neal at Burgdorff Invitational 2006
	200	Free	2:14.82	6-Jul-24	BAD- MR	Vanessa D. Delev at 2024 MR LIAC Summer Splash Invitational
	400	Free	4:47.98	7-Jun-24	BAD- MR	Vanessa D. Delev at 2024 CT GRYM June LCM Invite
	800	Free	10:37.03	3-Jun-17	WEST- MR	Claire Weinstein at 2017 COND Summer Solstice Invitational
	1500	Free	19:49.70	4-Jun-17	WEST- MR	Claire Weinstein at 2017 COND Summer Solstice Invitational
	50	Back	33.10	6-Aug-14	WEST- MR	Joy Jiang at 2014 Eastern Zone Long Course Championship
	100	Back	1:10.95	7-Jun-03	BASC- MR	Sara Giberson at 2003-MR LIAC's LC Summertime Classic Inv.
	200	Back	2:34.47	14-Jun-24	BAD- MR	Vanessa D. Delev at CP-AC Father's Day Fun Fest
	50	Breast	36.94	10-Aug-05	LGAC- MR	Annie Zhu at Eastern Zone Age Group Long Co
	100	Breast	1:19.11	22-May-05	LGAC- MR	Annie Zhu at Badger May LC Meet
	200	Breast	3:04.83	6-Jun-25	EAST- MR	Emma Blaho at 2025 MR LIE June Jumpoff Invitational
	50	Fly	31.02	6-Aug-14	WEST- MR	Joy Jiang at 2014 Eastern Zone Long Course Championship
	100	Fly	1:08.67	6-Aug-14	WEST- MR	Joy Jiang at 2014 Eastern Zone Long Course Championship
	200	Fly	2:37.08	23-May-15	NYCC- MR	Emma Feld at AGUA Age Group Shootout
	200	IM	2:34.29	15-Jul-82	LISC- MR	Susan Verderber
	400	IM	5:57.44	21-Jun-15	AGUA- MR	Lara Jones at LIAC Summer Fun Invitational
10 & U	200	Free Relay	2:05.67	19-Jul-24	BAD- MR	Badger Swim Club N. Carey, M. Lord, E. Lee, V. Delev
	400	Free Relay	4:38.94	25-Jul-14	WEST- MR	WEST Y. Collmar, K. Chen, M. Lee, J. Jiang
	200	Medley Relay	2:22.08	25-Jul-14	WEST- MR	WEST J. Jiang, M. Lee, K. Chen, Y. Collmar
	400	Medley Relay	5:29.05	30-Jun-24	BAD- MR	BAD at 24'June LCM Time TrialsV.Delev, E.Lee, M.Lord, N.Carey
11-12	50	Free	26.53	2-Dec-07	AGUA- MR	Lia M. Neal at 2007 USA Swimming
	100	Free	56.87	11-Jan-08	AGUA- MR	Lia M. Neal at Burgdorff Invitational 2008
	200	Free	2:06.90	13-Feb-20	WEST- MR	Claire J. Weinstein at 2020 MR TYR Senior Mets Winter Championships
	400	Free	4:21.82	13-Feb-20	WEST- MR	Claire J. Weinstein at 2020 MR TYR Senior Mets Winter Championships
	800	Free	9:06.85	13-Feb-20	WEST- MR	Claire J. Weinstein at 2020 MR TYR Senior Mets Winter Championships
	1500	Free	17:16.07	10-Jan-20	WEST- MR	Claire J. Weinstein at 2020 Jim Wood Memorial Invitational
	50	Back	30.59	7-Aug-06	BAD- MR	Liz Pelton at USS Speedo Summer Jr. Nationals
	100	Back	1:04.53	20-Jul-06	BAD- MR	Liz Pelton at 2006 SPEEDO CHAMPIONS SERIES
	200	Back	2:20.53	15-Jul-97	MSC- MR	Corey Berg
	50	Breast	33.84	6-Aug-14	WEST- MR	Kate Douglass at 2014 Eastern Zone Long Course Championship
	100	Breast	1:12.82	27-Jul-07	LGAC- MR	Annie Zhu at 2007 MR Junior Olympics LC
	200	Breast	2:34.28	19-Jul-07	LGAC- MR	Annie Zhu at 2007 EZ R1/2 SPEEDO CHAMPIONS SERIES MEET
	50	Fly	27.17	1-Feb-01	TS- MR	Priscilla Modrov at 2001 US Top 16
	100	Fly	1:03.68	22-Jul-16	WEST- MR	Joy Jiang at 2016 MR Metro Junior Olympics LCM
	200	Fly	2:19.10	22-Jul-16	WEST- MR	Joy Jiang at 2016 MR Metro Junior Olympics LCM
	200	IM	2:22.43	6-Aug-07	LGAC- MR	Annie Zhu at 2007 Summer Junior Nationals
	400	IM	5:05.92	15-Jun-07	LGAC- MR	Annie Zhu at ESG Trials
	200	Free Relay	1:54.87	22-Jul-16	WEST- MR	WEST J. Jiang, K. Cornish, E. Lin, Y. Collmar
	400	Free Relay	4:07.86	18-Jun-16	WEST- MR	WEST J. Jiang, E. Lin, K. Cornish, Y. Collmar
	200	Medley Relay	2:06.20	22-Jul-16	WEST- MR	WEST J.Jiang, E.Lin, Y.Collmar, K.Cornish
	400	Medley Relay	4:31.59	22-Jul-16	WEST- MR	WEST Y.Collmar, E.Lin, J.Jiang, K.Cornish

RECORDS Metro LC Record

13-14	50	Free	25.38	4-Aug-09	AGUA- MR	Lia M. Neal at 2009 US Open
	100	Free	55.00	10-Aug-09	AGUA- MR	Lia M. Neal at 2009 Speedo Junior Nat'l Champs
	200	Free	1:58.95	15-Jul-21	WEST- MR	Claire J. Weinstein at 2021 MR TYR Senior Mets Summer LC Champs
	400	Free	4:11.11	3-Aug-21	WEST- MR	Claire J. Weinstein at 2021 Speedo Summer Championships East
	800	Free	8:36.46	3-Aug-21	WEST- MR	Claire J. Weinstein at US-Speedo Summer Championships East
	1500	Free	16:24.86	15-Jul-95	LIAC- MR	Jessica Foschi
	50	Back	29.23	23-Jul-25	QNS- MR	Julia Bak at USAS TYR Futures - Greensboro
	100	Back	1:03.48	23-Jul-25	QNS- MR	Julia Bak at USAS TYR Futures - Greensboro
	200	Back	2:16.89	25-May-24	PAC- MR	Carly Afanasewicz at 2024 Scarlet Memorial Day
	50	Breast	34.09	8-Sep-06	EAST- MR	Josie Panitz at 2016 FL ISCA Summer Seniors Champs.
	100	Breast	1:09.65	10-Aug-09	AGUA- MR	Annie Zhu at 2009 Speedo Junior Nationals
	200	Breast	2:29.06	10-Aug-09	AGUA- MR	Annie Zhu at 2009 Speedo Junior Nationals
	50	Fly	28.33	1-Aug-17	LIAC- MR	Joanie Cash at 2017 NCSA Summer Championships
	100	Fly	1:00.09	6-Aug-19	LIAC- MR	Tess O. Howley at US-Speedo Junior National Championships
	200	Fly	2:11.41	6-Aug-19	LIAC- MR	Tess O. Howley at US-Speedo Junior National Championships
	200	IM	2:16.32	10-Aug-09	AGUA- MR	Annie Zhu at 2009 Speedo Junior Nationals
	400	IM	4:48.75	10-Aug-09	AGUA- MR	Annie Zhu at 2009 Speedo Junior Nationals
	200	Free Relay	1:50.04	31-Mar-16	AGUA- MR	AGUA C.Krevitt, L.Silveira, S.Zhang, I.Gormley
	400	Free Relay	3:55.57	18-Jul-19	LIAC- MR	LIAC at Senior Mets LCM ChampsT. Howley, C. Gormsen, M.Connor, HShimizu-B
	800	Free Relay	8:26.35	18-Jul-19	LIAC- MR	LIAC at Senior Mets LCM Champ T.Howley, C.Gormsen, M.Connor, H.Shimizu-Bo
	200	Medley Relay	2:00.83	26-Jul-19	LIAC- MR	Long Island Aquatic Club H. Shimizu-Bowers, B. Ye, T. Howley, C. Gormsen
	400	Medley Relay	4:18.87	18-Jul-19	LIAC- MR	LIAC at Sr. Mets LCM Champs K.Simons, B.Ye, T.Howley, H.Shimizu-Bowers
15-16	50	Free	25.30	16-Aug-11	AGUA- MR	Lia Neal at 2011 FINA World Junior Champs
	100	Free	54.90	16-Aug-11	AGUA- MR	Lia Neal at 2011 FINA World Junior Champs
	200	Free	1:58.26	8-Aug-11	AGUA- MR	Lia Neal at 2011 Speedo Junior National Champs
	400	Free	4:09.85	13-Jun-21	LIAC- MR	Cavan V. Gormsen at 2020 U.S. Olympic Team Trials
	800	Free	8:36.49	3-Aug-21	LIAC- MR	Cavan V. Gormsen at 2021 Speedo Summer Championships East
	1500	Free	16:21.46	5-Jul-22	BAD- MR	Alexa Reyna at European Junior Swimming Championships
	50	Back	29.50	10-Jul-25	WEST- MR	Ines M. Arnall at 2025 MR TYR Senior Metropolitan Summer Champs
	100	Back	1:01.58	15-Jul-21	LIAC- MR	Tess O. Howley at 2021 MR TYR Senior Mets Summer LC Champs
	200	Back	2:12.95	15-Jul-21	LIAC- MR	Tess O. Howley at 2021 MR TYR Senior Mets Summer LC Champs
	50	Breast	31.79	15-Mar-16	LIAC- MR	Margaret Aroesty at 2016 NCSA Spring Championships
	100	Breast	1:09.03	28-Jul-15	LIAC- MR	Margaret Aroesty at 2015 NCSA Summer Swimming Championships
	200	Breast	2:29.15	26-Aug-10	AGUA- MR	Annie Zhu at 2010 Jr Pan Pacific Swimming Champs
	50	Fly	27.40	13-Jun-21	LIAC- MR	Tess O. Howley at U.S. 2020 Olympic Team Trials Wave II
	100	Fly	59.64	15-Jul-21	LIAC- MR	Tess O. Howley at 2021 MR TYR Senior Mets Summer LC Champs
	200	Fly	2:10.13	3-Aug-21	LIAC- MR	Tess O. Howley at 2021 Speedo Summer Championships East
	200	IM	2:14.39	15-Mar-16	LIAC- MR	Margaret Aroesty at 2016 NCSA Spring Championships
	400	IM	4:45.06	31-Jul-18	AGUA- MR	Isabel G. Gormley at 2018 Speedo Junior National Championships
15-18	200	Free Relay	1:47.09	2-Aug-23	LIAC- MR	LIAC at 2023 Speedo Junior Nationals T.Howley, L.Gormsen, C.Gormsen, K.Yee
	400	Free Relay	3:51.82	14-Jul-16	LIAC- MR	LIAC at SMLC 2016 K.Romano, C.Stepanek, M.Aroesty, C.Treble
	800	Free Relay	8:09.06	1-Aug-23	LIAC- MR	LIAC at 2023 Speedo Junior Nationals L.Gormsen, T.Howley,K.Yee, C.Gormsen
	200	Medley Relay	1:58.28	10-Jul-25	LIAC- MR	LIAC at 2025 TYR SMLC Champs. Una Diaz, Kayra Patan, Sarah Lucca, Lily Gorm
	400	Medley Relay	4:16.20	16-Jul-16	LIAC- MR	LIAC at 2016 SMLC Summer Champ K.Romano, M.Aroesty, L.Johnson, C.Trble
17-18	50	Free	25.40	30-Jul-13	AGUA- MR	Lia Neal at 2013 US Open Swimming Championships
	100	Free	54.15	28-Jul-12	AGUA- MR	Lia Neal at 2012 Summer Olympics London
	200	Free	1:58.34	27-Jun-23	LIAC- MR	Cavan V. Gormsen at 2023 Phillips 66 National Championships
	400	Free	4:08.12	27-Jun-23	LIAC- MR	Cavan V. Gormsen at 2023 Phillips 66 National Championships
	800	Free	8:34.38	31-Jul-23	LIAC- MR	Cavan V. Gormsen at 2023 Speedo Junior National Championships

RECORDS Metro LC Record

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