

## 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         | 2:14.82  | <b>6-Jul-24</b>  | BAD- MR  | Vanessa D. Delev at 2024 MR LIAC Summer Splash Invitational         |
|        | 400  | Free         | 4:47.98  | <b>7-Jun-24</b>  | BAD- MR  | Vanessa D. Delev at 2024 CT GRYM June LCM Invite                    |
|        | 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         | 2:34.47  | <b>14-Jun-24</b> | BAD- MR  | Vanessa D. Delev at CP-AC Father's Day Fun Fest                     |
|        | 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       | 3:04.83  | <b>6-Jun-25</b>  | EAST- MR | Emma Blaho at 2025 MR LIE June Jumpoff 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   | 2:05.67  | <b>19-Jul-24</b> | BAD- MR  | Badger Swim Club N. Carey, M. Lord, E. Lee, V. Delev                |
|        | 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 | 5:29.05  | <b>30-Jun-24</b> | BAD- MR  | BAD at 24'June LCM Time TrialsV.Delev, E.Lee, M.Lord, N.Carey       |
| 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         | 30.59    | <b>7-Aug-06</b>  | BAD- MR  | Liz Pelton at USS Speedo Summer Jr. Nationals                       |
|        | 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          | 29.23    | <b>23-Jul-25</b> | QNS- MR  | Julia Bak at USAS TYR Futures - Greensboro                                  |
|       | 100 Back         | 1:03.48  | <b>23-Jul-25</b> | QNS- MR  | Julia Bak at USAS TYR Futures - Greensboro                                  |
|       | 200 Back         | 2:16.89  | <b>25-May-24</b> | PAC- MR  | Carly Afanasewicz at 2024 Scarlet Memorial Day                              |
|       | 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          | 29.50    | <b>10-Jul-25</b> | WEST- MR | Ines M. Arnall at 2025 MR TYR Senior Metropolitan Summer Champs             |
|       | 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 | 1:58.28  | <b>10-Jul-25</b> | LIAC- MR | LIAC at 2025 TYR SMLC Champs. Una Diaz, Kayra Patan, Sarah Lucca, Lily Gorm |
|       | 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.     |