

YMCA of Northwest North Carolina Riptyde

RECORDS Team Records

LC Meters-Women

8 & U	50 Free	37.91	10-Jul-15	TYDE- NC	Keegan H. Brown at 2015 Upper SE Regional YMCA Championships	
	100 Free	1:28.73	7-Jul-23	TYDE- NC	Anneliese K. Grohman at 2023 Upper SE Regional YMCA Championships	
	200 Free	3:14.49	10-Jun-22	TYDE- NC	Alice Buchanan at GCY Sprint and Distance 2022	
	400 Free	6:59.47	10-Jun-22	TYDE- NC	Alice Buchanan at GCY Sprint and Distance 2022	
	50 Back	43.97	8-Jul-11	TYDE- NC	Aden G. Starnes at 2011 Upper SE Regional YMCA Championships	
	100 Back	1:33.61	14-Jul-11	TYDE- NC	Aden G. Starnes at 2011 14 & U LC State Champs	
	50 Breast	51.34	7-Jul-23	TYDE- NC	Anneliese K. Grohman at 2023 Upper SE Regional YMCA Championships	
	100 Breast	1:58.41	8-Jul-11	TYDE- NC	Aden G. Starnes at 2011 Upper SE Regional YMCA Championships	
	50 Fly	43.63	5-Apr-14	TYDE- NC	Lauren E. Lewis at GCY-TYDE Long Course Time Trial Meet	
	100 Fly	1:46.26	29-Jul-11	TYDE- NC	Aden G. Starnes at 2011 Tar Heel State Meet - West	
	200 IM	3:38.40	29-Jul-11	TYDE- NC	Aden G. Starnes at 2011 Tar Heel State Meet - West	
	200 Free Relay	1:33.82	3-May-09	NC	YMCA of Northwest NC Riptyde A. Warnimont, M. Tacik, M. Joram, R. Brown	
	200 Medley Relay	1:44.47	10-May-02	NC	YMCA of Northwest NC Riptyde I. Pennington, G. Mohr, R. Alexander, C. Klosterer	
	10 & U	50 Free	32.64	11-Jul-13	TYDE- NC	Caroline C. Pape at 2013 NC 14 & Under Long Course Champs
		100 Free	1:11.89	11-Jul-13	TYDE- NC	Caroline C. Pape at 2013 NC 14 & Under Long Course Champs
		200 Free	2:37.95	6-Jul-18	TYDE- NC	Anika Pawa at 2018 Upper SE Regional YMCA Championships
		400 Free	5:34.86	8-Jun-18	TYDE- NC	Anika Pawa at GCY Sprint and Distance Meet 2018
50 Back		38.06	21-May-21	TYDE- NC	Skylar B. Zuleger at 2021 YBAC Hurricanes LC Invitational	
100 Back		1:23.17	8-Jun-18	TYDE- NC	Anika Pawa at GCY Sprint and Distance Meet 2018	
50 Breast		40.49	7-May-21	TYDE- NC	Skylar Zuleger at GSA Mother May I?	
50 Breast		39.72	21-May-21	TYDE- NC	Skylar B. Zuleger at 2021 YBAC Hurricanes LC Invitational	
100 Breast		1:26.38	15-Jul-21	TYDE- NC	Skylar B. Zuleger at 2021 NCS LC AG Championships	
50 Fly		34.82	14-Jul-16	TYDE- NC	Morgan E. Wiles at NC LC AG Championships 2016	
100 Fly		1:19.04	14-Jul-16	TYDE- NC	Morgan E. Wiles at NC LC AG Championships 2016	
200 IM		2:54.54	15-Jul-21	TYDE- NC	Skylar B. Zuleger at 2021 NCS LC AG Championships	
200 Free Relay		2:21.16	14-Jul-16	TYDE- NC	M. Wiles, K. Brown, L. Lewis, A. Frondoza	
200 Medley Relay		2:39.76	14-Jul-16	TYDE- NC	M. Wiles, K. Brown, L. Lewis, A. Frondoza	
11-12	50 Free	28.17	4-Aug-15	TYDE- NC	Caroline C. Pape at Southern Zone Age Group champs	
	100 Free	1:01.32	4-Aug-15	TYDE- NC	Caroline C. Pape at Southern Zone Age Group champs	
	200 Free	2:15.41	16-Jul-15	TYDE- NC	Caroline C. Pape at NCS LC AG Champs 2015	
	400 Free	4:48.79	14-Jul-16	TYDE- NC	Reece E. Alexander at NC LC AG Championships 2016	
	800 Free	10:54.01	28-May-10	TYDE- NC	Morgan E. Tacik at 2010 Piranha HULA Invitational	
	1500 Free	20:32.72	7-May-10	TYDE- NC	Ally Warnimont at 2010 GOLD Long Course Open	
	50 Back	33.91	15-Jul-21	TYDE- NC	Isobel L. Irvin at 2021 NCS LC AG Championships	
	100 Back	1:12.76	14-Jul-16	TYDE- NC	Reece E. Alexander at NC LC AG Championships 2016	
	200 Back	2:36.23	7-Jul-17	TYDE- NC	Madison F. Neal at 2017 Upper SE Regional YMCA Championships	
	50 Breast	34.91	14-Jul-16	TYDE- NC	Katie Mohr at NC LC AG Championships 2016	
	100 Breast	1:17.72	13-Jul-23	TYDE- NC	Skylar B. Zuleger at 2023 NCS LC AG Champs	
	200 Breast	2:49.84	13-Jul-23	TYDE- NC	Skylar B. Zuleger at 2023 NCS LC AG Champs	
	50 Fly	30.13	14-Jul-16	TYDE- NC	Reece E. Alexander at NC LC AG Championships 2016	
	100 Fly	1:08.50	14-Jul-16	TYDE- NC	Reece E. Alexander at NC LC AG Championships 2016	
	200 Fly	2:40.59	15-Jul-10	TYDE- NC	Morgan E. Tacik at 2010 NCS 14 & Under Long Course Champs	
	200 IM	2:28.94	14-Jul-16	TYDE- NC	Katie Mohr at NC LC AG Championships 2016	
	400 IM	5:33.40	14-Jul-16	TYDE- NC	Reece E. Alexander at NC LC AG Championships 2016	
	200 Free Relay	1:57.76	14-Jul-16	TYDE- NC	G. Mohr, T. White, S. McChesney, R. Alexander	
	400 Free Relay	4:17.27	14-Jul-16	TYDE- NC	T. White, R. Alexander, S. McChesney, G. Mohr	
	200 Medley Relay	2:23.38	10-Jun-16	TYDE- NC	M. Neal, G. Mohr, M. Wiles, L. Kranis	
	400 Medley Relay	4:56.07	14-Jul-16	TYDE- NC	M. Davis, G. Mohr, R. Alexander, S. McChesney	

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RECORDS Team Records

13-14	50 Free	27.58	14-Jul-16	TYDE- NC	Caroline C. Pape at NC LC AG Championships 2016
	100 Free	59.52	27-Jul-16	TYDE- NC	Caroline C. Pape at 2016 LCY Nationals
	200 Free	2:09.79	27-Jul-16	TYDE- NC	Caroline C. Pape at 2016 LCY Nationals
	400 Free	4:29.16	4-Mar-10	TYDE- NC	Genevieve Miller at 2010 USA Swimming Austin Grand Prix
	800 Free	9:10.27	4-Mar-10	TYDE- NC	Genevieve Miller at 2010 USA Swimming Austin Grand Prix
	1500 Free	17:32.30	26-Jul-10	TYDE- NC	Genevieve Miller at 2010 YMCA National Long Course Championship
	50 Back	31.66	27-Jul-16	TYDE- NC	Isabel K. Pennington at 2016 LCY Nationals
	100 Back	1:06.26	30-Jul-18	TYDE- NC	Madison F. Neal at 2018 LCY Nationals
	200 Back	2:23.89	30-Jul-18	TYDE- NC	Madison F. Neal at 2018 LCY Nationals
	50 Breast	33.80	30-Jul-18	TYDE- NC	Katie Mohr at 2018 LCY Nationals
	100 Breast	1:14.29	7-Mar-24	TYDE- NC	Skylar Zuleger at 2024 Speedo ESSZ Spring SC Championships
	200 Breast	2:43.38	12-Jul-18	TYDE- NC	Katie Mohr at NCS LC AG Championships 2018
	50 Fly	29.56	30-Jul-18	TYDE- NC	Reece E. Alexander at LCY Nats
	100 Fly	1:05.08	30-Jun-11	TYDE- NC	Caitlin N. Casazza at Coupe Canada / Coupe Quebec
	200 Fly	2:19.97	30-Jun-11	TYDE- NC	Caitlin N. Casazza at Coupe Canada / Coupe Quebec
	200 IM	2:26.12	12-Jul-18	TYDE- NC	Katie Mohr at NCS LC AG Championships 2018
	400 IM	5:14.45	23-Jul-12	TYDE- NC	Morgan E. Tacik at 2012 YMCA National Long Course Championship
	200 Free Relay	1:52.06	26-Jul-17	TYDE- NC	C. Klosterman, G. Mohr, I. Pennington, C. Pape
	400 Free Relay	4:04.17	14-Jul-16	TYDE- NC	C. Pape, L. Potter, I. Pennington, M. Dennis
	800 Free Relay	9:01.63	13-Jul-17	TYDE- NC	I. Pennington, G. Mohr, R. Alexander, C. Pape
	200 Medley Relay	2:04.20	26-Jul-17	TYDE- NC	I. Pennington, G. Mohr, R. Alexander, C. Pape
	400 Medley Relay	4:32.91	13-Jul-17	TYDE- NC	I. Pennington, G. Mohr, R. Alexander, C. Pape
15-18	50 Free	26.36	3-Aug-15	TYDE- NC	Rachel K. Brown at 2015 LCY Nationals
	100 Free	56.87	3-Aug-15	TYDE- NC	Rachel K. Brown at 2015 LCY Nationals
	200 Free	2:04.01	3-Aug-15	TYDE- NC	Rachel K. Brown at 2015 LCY Nationals
	400 Free	4:20.78	4-Mar-10	TYDE- NC	Kelly Ann Baird at 2010 USA Swimming Austin Grand Prix
	800 Free	8:50.47	4-Mar-10	TYDE- NC	Kelly Ann Baird at 2010 USA Swimming Austin Grand Prix
	1500 Free	17:12.12	8-Aug-11	TYDE- NC	Genevieve Miller at 2011 Speedo Junior National Championships
	50 Back	30.19	28-Jul-21	TYDE- NC	Madison F. Neal at 2021 Last Splash Invitational
	100 Back	1:05.27	30-Jul-19	TYDE- NC	Carstyn J. Klosterman at 2019 LCY Nationals
	200 Back	2:17.94	4-Mar-10	TYDE- NC	Kelly Ann Baird at 2010 USA Swimming Austin Grand Prix
	50 Breast	32.80	28-Jul-21	TYDE- NC	Katie Mohr at 2021 Last Splash Invitational
	100 Breast	1:12.04	28-Jul-21	TYDE- NC	Brianna A. Cottingham at 2021 Last Splash Invitational
	200 Breast	2:38.97	30-Jul-19	TYDE- NC	Katie Mohr at 2019 LCY Nationals
	50 Fly	28.09	28-Jul-21	TYDE- NC	Reece E. Alexander at 2021 Last Splash Invitational
	100 Fly	1:02.80	27-Jul-16	TYDE- NC	Morgan E. Tacik at 2016 LCY Nationals
	200 Fly	2:16.80	27-Jul-16	TYDE- NC	Morgan E. Tacik at 2016 LCY Nationals
	200 IM	2:21.23	28-Jul-21	TYDE- NC	Katie Mohr at 2021 Last Splash Invitational
	400 IM	4:56.77	27-Jul-16	TYDE- NC	Morgan E. Tacik at 2016 LCY Nationals
	200 Free Relay	1:47.50	28-Jul-14	TYDE- NC	E Polich, A Warnimont, M Tacik, R Brown
	400 Free Relay	3:55.14	3-Aug-15	TYDE- NC	M Joram, M Tacik, C Martin, R Brown at YMCA LC Nationals
	800 Free Relay	8:30.38	28-Jul-14	TYDE- NC	M Tacik, A Warnimont, M Joram, R Brown
	200 Medley Relay	1:58.85	30-Jul-19	TYDE- NC	M.Neal, G.Mohr, R.Alexander, KBrown
	400 Medley Relay	4:12.27	28-Jul-21	TYDE- NC	C Klosterman, K Mohr, R.Alexander, A.Frondoza
Senior	50 Free	26.20	20-Jul-17	TYDE- NC	Rachel K. Brown at NC LC SR Championships 2017
	100 Free	56.87	3-Aug-15	TYDE- NC	Rachel K. Brown at 2015 LCY Nationals
	200 Free	2:04.01	3-Aug-15	TYDE- NC	Rachel Brown
	400 Free	4:20.78	4-Mar-10	TYDE- NC	Kelly Ann Baird at 2010 USA Swimming Austin Grand Prix
	800 Free	8:50.47	4-Mar-10	TYDE- NC	Kelly Ann Baird at 2010 USA Swimming Austin Grand Prix

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Senior	1500 Free	17:12.12	8-Aug-11	TYDE- NC	Genevieve Miller at 2011 Speedo Junior National Championships
	50 Back	30.19	28-Jul-21	TYDE- NC	Madison F. Neal at 2021 Last Splash Invitational
	100 Back	1:05.27	30-Jul-19	TYDE- NC	Carstyn Klosterman at 2019 YMCA LC Nats
	200 Back	2:17.94	4-Mar-10	TYDE- NC	Kelly Ann Baird at 2010 USA Swimming Austin Grand Prix
	50 Breast	32.80	28-Jul-21	TYDE- NC	Katie Mohr at 2021 Last Splash Invitational
	100 Breast	1:12.04	28-Jul-21	TYDE- NC	Brianna A. Cottingham at 2021 Last Splash Invitational
	200 Breast	2:38.97	30-Jul-19	TYDE- NC	Katie Mohr at 2019 LC YNAT
	50 Fly	28.09	28-Jul-21	TYDE- NC	Reece E. Alexander at 2021 Last Splash Invitational
	100 Fly	1:02.80	27-Jul-16	TYDE- NC	Morgan Tacik at YMCA Nationals
	200 Fly	2:16.80	27-Jul-16	TYDE- NC	Morgan Tacik at YMCA Nationals
	200 IM	2:21.23	28-Jul-21	TYDE- NC	Katie Mohr 2021 Last Splash Invitational
	400 IM	4:56.77	27-Jul-16	TYDE- NC	Morgan E. Tacik at 2016 YMCA National Long Course Championship
	200 Free Relay	1:47.50	28-Jul-14	TYDE- NC	E. Polich, A. Warnimont, M. Tacik, R. Brown
	400 Free Relay	3:55.14	3-Aug-15	TYDE- NC	M. Joram, M. Tacik, C. Martin, R. Brown
	800 Free Relay	8:30.38	28-Jul-14	TYDE- NC	M. Tacik, A. Warnimont, M. Joram, R. Brown
	200 Medley Relay	1:58.85	28-Jul-21	TYDE- NC	M. Neal, G. Mohr, R. Alexander, K.Brown
	400 Medley Relay	4:12.27	28-Jul-21	TYDE- NC	C. Klosterman, G. Mohr, R. Alexander,A.Frondoza

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RECORDS Team Records

LC Meters-Men

8 & U	50 Free	34.79	13-Jul-23	TYDE- NC	Chase Galloway at 2023 NCS LC AG Champs	
	100 Free	1:17.33	13-Jul-23	TYDE- NC	Chase Galloway at 2023 NCS LC AG Champs	
	200 Free	2:48.49	13-Jul-23	TYDE- NC	Chase Galloway at 2023 NCS LC AG Champs	
	400 Free	5:44.67	13-Jul-23	TYDE- NC	Chase Galloway at 2023 NCS LC AG Champs	
	50 Back	39.89	13-Jul-23	TYDE- NC	Chase Galloway at 2023 NCS LC AG Champs	
	100 Back	1:29.12	5-May-23	TYDE- NC	Chase Galloway at 2023 SC YSSC 26th Annual May LC Coaches Invit	
	50 Breast	49.68	9-Jun-23	TYDE- NC	Chase Galloway at 2023 GCY Sprint & Distance Meet	
	100 Breast	1:51.52	7-Jul-23	TYDE- NC	Chase Galloway at 2023 Upper SE Regional YMCA Championships	
	50 Fly	38.48	7-Jul-23	TYDE- NC	Chase Galloway at 2023 Upper SE Regional YMCA Championships	
	100 Fly	1:33.83	13-Jul-23	TYDE- NC	Chase Galloway at 2023 NCS LC AG Champs	
	200 IM	3:17.19	7-Jul-23	TYDE- NC	Chase Galloway 2023 Upper SE Regional YMCA Championships	
	200 Free Relay	1:23.87	1-Jan-10	NC	YMCA of Northwest NC Riptyde N. Vargas, J. Greene, L. McDonald, A. Valliere	
	200 Medley Relay	1:31.13	1-Jan-10	NC	YMCA of Northwest NC Riptyde J. Greene, S. Insixiengmay, L. McDonald, A. Valli	
	10 & U	50 Free	30.57	15-Jul-21	TYDE- NC	Bodhi K. Cummins at 2021 NCS LC AG Championships
		100 Free	1:07.72	15-Jul-21	TYDE- NC	Bodhi Cummins at 2021 NCS LC AG Championships
		200 Free	2:25.54	15-Jul-21	TYDE- NC	Bodhi Cummins at 2021 NCS LC AG Championships
400 Free		5:02.11	21-May-21	TYDE- NC	Bodhi K. Cummins at 2021 YBAC Hurricanes LC Invitational	
50 Back		34.36	14-Jul-22	TYDE- NC	Hawken Tate at 2022 NCS LC AG CHAMPS	
100 Back		1:14.82	14-Jul-22	TYDE- NC	Hawken B. Tate at 2022 NCS LC AG CHAMPS	
50 Breast		38.20	9-Jul-21	TYDE- NC	Bodhi K. Cummins at 2021 Upper SE Regional YMCA Championships	
100 Breast		1:26.27	9-Jul-21	TYDE- NC	Bodhi K. Cummins at 2021 Upper SE Regional YMCA Championships	
50 Fly		34.09	12-Jul-12	TYDE- NC	Luke A. Vlahos at 2012 NC 14 & Under Long Course Champs	
100 Fly		1:16.55	16-May-15	TYDE- NC	Nathan Jao at YBAC Hurricanes Spring LC Invitational 15	
200 IM		2:42.94	15-Jul-21	TYDE- NC	Bodhi K. Cummins at 2021 NCS LC AG Championships	
200 Free Relay		2:17.68	13-Jul-23	TYDE- NC	L Hennis, I Mckinnon, C Galloway, D Kees at 2023 NCS LC AG Champs	
200 Medley Relay		2:39.36	13-Jul-17	TYDE- NC	J. Trowbridge, B. Burton, E. Frondoza, T. Burton	
11-12		50 Free	27.55	27-Jul-23	TYDE- NC	Bodhi Cummin at 2023 Southern Age Group Zone Champs
	100 Free	1:00.59	13-Jul-23	TYDE- NC	Bodhi K. Cummins at 2023 NCS LC AG Champs	
	200 Free	2:13.18	27-Jul-23	TYDE- NC	Bodhi K. Cummins at 2023 SouthAge Group Zone Championship	
	400 Free	4:44.46	13-Jul-23	TYDE	Bodhi K. Cummins at 2023 NCS LC AG Champs	
	800 Free	10:11.43	3-May-13	TYDE- NC	Matt Wagner at 2013 Long Days of Summer Quad Meet	
	1500 Free	21:10.05	11-May-12	TYDE- NC	Matt Wagner at 2012 Long Days of Summer Quad Meet	
	50 Back	31.32	7-Jul-23	TYDE- NC	Bodhi K. Cummins at 2023 Upper SE Regional YMCA Championships	
	100 Back	1:10.30	14-Jul-16	TYDE- NC	Nathan Jao at NC LC AG Championships 2016	
	200 Back	2:32.51	14-Jul-16	TYDE- NC	Nathan Jao at NC LC AG Championships 2016	
	50 Breast	34.45	27-Jul-23	TYDE- NC	Bodhi K. Cummins at 2023 Age Group Zones	
	100 Breast	1:16.28	28-Jul-23	TYDE- NC	Bodhi K. Cummins at 2023 Southern Age Group Zone Champs	
	200 Breast	2:46.72	13-Jul-23	TYDE- NC	Bodhi K. Cummins at 2023 NCS LC AG Champs	
	50 Fly	30.31	9-Jul-21	TYDE- NC	Zach Hirata at 2021 Upper SE Regional YMCA Championships	
	100 Fly	1:07.57	* 15-Apr-16	TYDE- NC	Nate Holder at STAR Aquatics Friday Night at the Races	
	100 Fly	1:07.57	* 30-Apr-16	TYDE- NC	Nate Holder at 2016 NCAC Quad Meet	
	200 Fly	2:34.68	30-Apr-16	TYDE- NC	Nate Holder at 2016 NCAC Quad Meet	
	200 IM	2:26.24	13-Jul-23	TYDE- NC	Bodhi K. Cummins at 2023 NCS LC AG Champs	
	400 IM	5:13.24	13-Jul-23	TYDE- NC	Bodhi K. Cummins at 2023 NCS LC AG Champs	
	200 Free Relay	1:54.86	13-Jul-23	TYDE- NC	J King, R Galloway, N Hennis, B Cummins at 2023 NCS LC AG Champs	
	400 Free Relay	4:15.22	13-Jul-23	TYDE- NC	YMCA of Northwest NC Riptyde J. King, R. Galloway, N. Hennis, B. Cummins	
	200 Medley Relay	2:11.76	7-Jul-23	TYDE- NC	H Tate, B Cummins, J King R Galloway at 2023 USRY	
	400 Medley Relay	4:41.03	13-Jul-23	TYDE- NC	YMCA of Northwest NC Riptyde H. Tate, B. Cummins, J. King, R. Galloway	

YMCA of Northwest North Carolina Riptyde

RECORDS Team Records

13-14	50 Free	25.40	14-Jul-22	TYDE- NC	JT Trowbridge at 2022 NCS LC AG CHAMPS
	100 Free	56.40	17-Jul-14	TYDE- NC	John R. Day at 2014 NC 14 & Under Long Course Champs
	200 Free	2:05.21	13-Jul-23	TYDE- NC	Zach Hirata at 2023 NCS LC AG Champs
	400 Free	4:25.65	23-Jul-12	TYDE- NC	Lucas A. Rhodes at 2012 YMCA National Long Course Championship
	800 Free	9:14.09	14-Jul-11	TYDE- NC	George A. Vlahos at 2011 14 & U LC State Champs
	1500 Free	18:01.78	11-May-12	TYDE- NC	Lucas A. Rhodes at 2012 Long Days of Summer Quad Meet
	50 Back	29.10	27-Jul-23	TYDE- NC	Zach Hirata at 2023 RAFC Last Splash Invitational
	100 Back	1:02.78	27-Jul-23	TYDE- NC	Zach Hirata at 2023 RAFC Last Splash Invitational
	200 Back	2:18.92	23-Jul-12	TYDE- NC	Lucas A. Rhodes at 2012 YMCA National Long Course Championship
	50 Breast	31.36	30-Jul-18	TYDE- NC	Steven Insixiengmay at 2018 LCY Nationals
	100 Breast	1:07.85	12-Jul-18	TYDE- NC	Steven Insixiengmay at NCS LC AG Championships 2018
	200 Breast	2:29.07	30-Jul-18	TYDE- NC	Steven Insixiengmay at 2018 LCY Nationals
	50 Fly	27.21	27-Jul-23	TYDE- NC	Zach Hirata at 2023 RAFC Last Splash Invitational
	100 Fly	59.77	27-Jul-23	TYDE- NC	Zach Hirata at 2023 RAFC Last Splash Invitational
	200 Fly	2:20.40	17-Jul-14	TYDE- NC	John R. Day at 2014 NC 14 & Under Long Course Champs
	200 IM	2:21.69	23-Jul-12	TYDE- NC	Will Rankin at 2012 YMCA National Long Course Championship
	400 IM	5:00.90	16-Jul-15	TYDE- NC	Dylan T. Fore at NCS LC AG Champs 2015
	200 Free Relay	1:51.97	2-May-15	TYDE- NC	D. Fore, M. Wagner, B. Prestwood, L. Vlahos
	400 Free Relay	3:58.05	17-Jul-14	TYDE- NC	J. Lenchik, M. Wagner, A. Kranis, J. Day
	800 Free Relay	8:43.03	17-Jul-14	TYDE- NC	J. Day, D. Fore, A. Kranis, M. Wagner
	200 Medley Relay	2:01.75	8-Jul-22	TYDE- NC	YMCA of Northwest NC Riptyde E.Frondoza,,Z.Hirata, K.Creep, J.Trowbridge
	400 Medley Relay	4:24.90	13-Jul-17	TYDE- NC	E. Shives, S. Insixiengmay, L. Roten, N. Vye
15-18	50 Free	23.86	27-Jul-23	TYDE- NC	Connor Vargas at 2023 RAFC Last Splash Invitational
	100 Free	53.61	26-Jul-17	TYDE- NC	John R. Day at 2017 Aquatica Summer Splash
	200 Free	1:58.03	26-Jul-17	TYDE- NC	John R. Day at 2017 Aquatica Summer Splash
	400 Free	4:15.23	27-Jul-16	TYDE- NC	Jacob T. Greene at 2016 LCY Nationals
	800 Free	8:56.47	20-Jul-17	TYDE- NC	Trevor Wyatt at NC LC SR Championships 2017
	1500 Free	16:54.99	23-Jul-12	TYDE- NC	George A. Vlahos at 2012 YMCA National Long Course Championship
	50 Back	27.74	27-Jul-22	TYDE- NC	Jonah R. Greene at 2022 RAFC Last Splash Invitational
	100 Back	1:00.03	30-Jul-18	TYDE- NC	Matt Wagner at 2018 LCY Nationals
	200 Back	2:11.45	29-Jul-13	TYDE- NC	Parker C. Boutwell at 2013 YMCA National Long Course Championship
	50 Breast	28.54	28-Jul-21	TYDE- NC	Steven Insixiengmay at 2021 Last Splash Invitational
	100 Breast	1:03.60	28-Jul-21	TYDE- NC	Steven Insixiengmay at 2021 Last Splash Invitational
	200 Breast	2:21.76	28-Jul-21	TYDE- NC	Steven Insixiengmay at 2021 Last Splash Invitational
	50 Fly	25.33	27-Jul-22	TYDE- NC	Alex Valliere at 2022 RAFC Last Splash Invitational
	100 Fly	57.51	26-Jul-17	TYDE- NC	Ethan C. Raub at 2017 Aquatica Summer Splash
	200 Fly	2:09.22	26-Jul-17	TYDE- NC	Ethan C. Raub at 2017 Aquatica Summer Splash
	200 IM	2:10.99	29-Jul-13	TYDE- NC	Sam Day at 2013 YMCA National Long Course Championship
	400 IM	4:38.63	28-Jul-14	TYDE- NC	Sam Day at 2014 YMCA National Long Course Championship
	200 Free Relay	1:37.65	27-Jul-22	TYDE- NC	A. Valliere, L.McDonald, J.Greene, C.Miller
	400 Free Relay	3:38.26	29-Jul-13	TYDE- NC	L Rhodes, G Vlahos, M Regan, W Rankin at YMCA LC Nationals
	800 Free Relay	7:57.36	28-Jul-14	TYDE- NC	Sam Day, Lucas Rhodes, Parker Boutwell, Will Rankin
	200 Medley Relay	1:45.95	28-Jul-21	TYDE- NC	J.Greene, S.Insxiengmay, L.McDonald, A. Valliere,
	400 Medley Relay	3:59.45	28-Jul-21	TYDE- NC	J.Greene, S.Insxiengmay, L.McDonald, A. Valliere,
Senior	50 Free	23.88	27-Jul-22	TYDE- NC	Alex Valliere at 2022 RAFC Last Splash Invitational
	100 Free	53.61	26-Jul-17	TYDE- NC	John R. Day at 2017 Aquatica Summer Splash
	200 Free	1:58.03	26-Jul-17	TYDE- NC	John R. Day at 2017 Aquatica Summer Splash
	400 Free	4:15.23	27-Jul-16	TYDE- NC	Jacob Greene at YMCA Nationals
	800 Free	8:56.47	20-Jul-17	TYDE- NC	Trevor Wyatt @ NCS SR Champs

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RECORDS Team Records

Senior	1500 Free	16:54.99	23-Jul-12	TYDE- NC	George A. Vlahos at 2012 YMCA National Long Course Championship
	50 Back	27.74	27-Jul-22	TYDE- NC	Jonah R. Greene at 2022 RAFC Last Splash Invitational
	100 Back	1:00.03	26-Jul-17	TYDE- NC	Matt Wagner at 2018 YNAT
	200 Back	2:11.45	29-Jul-13	TYDE- NC	Parker C. Boutwell at 2013 YMCA National Long Course Championship
	50 Breast	28.54	28-Jul-21	TYDE- NC	Steven Insixiengmay at 2021 Last Splash Invitational
	100 Breast	1:03.60	28-Jul-21	TYDE- NC	Steven Insixiengmay at 2021 Last Splash Invitational
	200 Breast	2:21.76	28-Jul-21	TYDE- NC	Steven Insixiengmay at 2021 Last Splash Invitational
	50 Fly	25.33	27-Jul-22	TYDE- NC	Alex Valliere at 2022 RAFC Last Splash Invitational
	100 Fly	57.51	26-Jul-17	TYDE- NC	Ethan C. Raub at 2017 Aquatica Summer Splash
	200 Fly	2:09.22	26-Jul-17	TYDE- NC	Ethan C. Raub at 2017 Aquatica Summer Splash
	200 IM	2:10.99	29-Jul-13	TYDE- NC	Sam Day at 2013 YMCA National Long Course Championship
	400 IM	4:38.63	28-Jul-14	TYDE- NC	Sam Day at 2014 YMCA National Long Course Championship
	200 Free Relay	1:37.65	27-Jul-22	TYDE- NC	A. Valliere, L.McDonald, J.Greene, C.Miller
	400 Free Relay	3:38.26	3-Aug-15	TYDE- NC	L. Rhodes, G. Vlahos, M. Regan, W. Rankin
	800 Free Relay	7:57.36	28-Jul-14	TYDE- NC	S. Day, L. Rhodes, P. Boutwell, W. Rankin
	200 Medley Relay	1:45.95	28-Jul-21	TYDE- NC	J.Greene, S.Insxiengmay, L.McDonald, A. Valliere,
	400 Medley Relay	3:59.45	28-Jul-21	TYDE- NC	J.Greene, S.Insxiengmay, L.McDonald, A. Valliere,