

2023 Southern Zone Senior LC Championships - 7/26/2023 to 7/29/2023**2023 Sr Zone - Records**

1	Women Senior 800 Free	8:53.00	7/26/2023	Madilyn McGlothen - KY Aquatics-KY
2	Men Senior 800 Free	8:12.59	7/26/2023	Carson Hick - UN-KY
3	Women Senior 200 Medley Relay	1:59.42	8/1/2017	The Woodlands Swim Team - TWST- A. Pollok, B. Beddingfield, V. Staffeldt, Z. Gawro
4	Men Senior 200 Medley Relay	1:46.88	8/1/2017	Katy Aquatics - KATY- R. McKinney, M. Rudd, E. Autry, W. Roberson
5	Women Senior 100 Free	56.41	8/2/2016	Cook, Julia - AGS-GU
6	Men Senior 100 Free	51.11	7/26/2023	Drew Johnson - KY Aquatics-KY
7	Women Senior 200 Breast	2:35.67	8/1/2017	Hannah Sumbera at 2017 Souther - U-SH-GU
8	Men Senior 200 Breast	2:16.09	8/4/2015	Jonathan C. Tybur at 2015 Sout - TWST-GU
9	Women Senior 200 Back	2:14.22	7/26/2023	Libby Grether - KY Aquatics-KY
10	Men Senior 200 Back	2:02.89	7/26/2023	Ryan Merani - KY Aquatics-KY
11	Women Senior 200 Fly	2:14.80	7/26/2023	Anna Havens Rice - KY Aquatics-KY
12	Men Senior 200 Fly	2:03.94	7/28/2021	John M Burger - Swim Houston Aqu
13	Women Senior 50 Breast	32.19	7/26/2023	Rachel McAlpin - MS Makos-MS
14	Men Senior 50 Breast	29.13	7/31/2018	Michael Hampel - OWEN-KY
15	Mixed Senior 200 Medley Relay	1:50.91	8/1/2017	The Woodlands Swim Team - TWST- A. Pollok, Z. Hansen, N. Persyn, V. Staffeldt
16	Mixed Senior 200 Free Relay	1:41.94	8/1/2017	Premier Aquatics Club of Klein - PACK- J. Powell, K. Gill, J. Steele, L. Carag
17	Women Senior 50 Back	29.75	7/31/2018	Eboni McCarty - MADI-SE
18	Men Senior 50 Back	26.40	7/27/2023	Bryan Sullivan - MS Makos-MS
19	Women Senior 200 Free	2:03.70	7/27/2023	Lauren West - KY Aquatics-KY
20	Men Senior 200 Free	1:51.46	7/27/2023	Ryan Merani - KY Aquatics-KY
21	Women Senior 400 IM	4:54.30	7/27/2023	Anna Havens Rice - KY Aquatics-KY
22	Men Senior 400 IM	4:28.50	8/4/2015	Tal Davis at 2015 Southern Zon - TG-SC
23	Women Senior 50 Fly	27.77	7/29/2021	Ashley M Gill - City Of Lafayette
24	Men Senior 50 Fly	24.21	7/27/2023	Drew Johnson - KY Aquatics-KY
25	Women Senior 800 Free Relay	8:35.97	8/1/2017	First Colony Swim Team - FCST- B. Vasquez, A. Kontrimas, K. Stanley, D. Hepler
26	Men Senior 800 Free Relay	7:47.94	8/1/2017	Katy Aquatics - KATY- J. Won, S. Thumann, R. McKinney, W. Coakley
27	Women Senior 200 Free Relay	1:48.51	8/1/2017	The Woodlands Swim Team - TWST- Z. Gawronska, K. Fields, A. Pollok, V. Staffeldt
28	Men Senior 200 Free Relay	1:35.56	8/1/2017	Premier Aquatics Club of Klein - PACK- J. Powell, K. Gill, G. Norgan, H. Sale
29	Women Senior 100 Back	1:04.04	8/1/2017	Ashley L. Pollok at 2017 South - TWST-GU
30	Men Senior 100 Back	57.37	7/31/2018	Alex Robinson - MEMT-SE
31	Women Senior 400 Free	4:17.77	7/28/2023	Libby Grether - KY Aquatics-KY
32	Men Senior 400 Free	3:57.93	7/28/2023	Levi Sandidge - KY Aquatics-KY
33	Women Senior 100 Breast	1:12.46	7/28/2023	Rachel McAlpin - MS Makos-MS
34	Men Senior 100 Breast	1:02.87	7/30/2021	Aaron N Parrott - Spring Swim Team
35	Women Senior 100 Fly	1:01.35	7/28/2023	Anna Havens Rice - KY Aquatics-KY
36	Men Senior 100 Fly	54.16	7/28/2023	Ryan Merani - KY Aquatics-KY
37	Women Senior 400 Free Relay	3:55.78	8/1/2017	The Woodlands Swim Team - TWST- Z. Gawronska, A. Everett, V. Staffeldt, A. Pollok
38	Men Senior 400 Free Relay	3:31.45	8/1/2017	Katy Aquatics - KATY- W. Roberson, E. Autry, W. Coakley, G. Cowand
39	Women Senior 1500 Free	17:10.07	7/29/2023	Libby Grether - KY Aquatics-KY
40	Men Senior 1500 Free	15:44.83	7/29/2023	Carson Hick - UN-KY
41	Women Senior 200 IM	2:18.88	7/30/2023	Anna Havens Rice - KY Aquatics-KY
42	Men Senior 200 IM	2:06.18	8/4/2015	Jonathan C. Tybur at 2015 Sout - TWST-GU
43	Women Senior 50 Free	26.45	7/31/2018	ValerieAnne Staffeldt at 2018 - TWST-GU
44	Men Senior 50 Free	22.59	7/30/2023	Drew Johnson - KY Aquatics-KY
45	Women Senior 400 Medley Relay	4:21.72	8/1/2017	The Woodlands Swim Team - TWST- A. Pollok, B. Beddingfield, Z. Gawronska, V. Staff
46	Men Senior 400 Medley Relay	3:55.12	8/2/2016	Nash II, Mel; Skigen, Jackson; - NFS-F Cook, Alex; Callahan, Tate

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100	Women Senior 50 Breast	32.96	7/27/2022	Jordan W Aurnou-Rhees - Univ Tennessee-S
101	Women Senior 200 Back	2:17.64	8/1/2017	Ashley L. Pollok at 2017 South - TWST-GU
200	Men Senior 100 Back	57.37	7/31/2018	Alex Robinson - MEMT-SE
201	Women Senior 100 Fly	1:02.52	8/1/2017	Emma Sticklen at 2017 Southern - KATY-GU
202	Men Senior 100 Free	51.19	7/27/2022	Noah C Wilkins - CREW Swimming-LA
300	Women Senior 100 Free	56.41	8/2/2016	Cook, Julia - AGS-GU
301	Men Senior 100 Breast	1:02.87	7/30/2021	Aaron N Parrott - Spring Swim Team
302	Men Senior 50 Fly	25.02	7/28/2022	Noah C Wilkins - CREW Swimming-LA
400	Men Senior 50 Free	23.34	7/30/2022	Noah C Wilkins - CREW Swimming-LA
401	Women Senior 1500 Free	17:30.59	7/29/2013	Carrie Bonfield - PPST
402	Men Senior 200 Free	1:52.69	8/1/2017	Tate R. Callahan at 2017 South - NFS-FL
403	Men Senior 100 Free	51.19	7/27/2022	Noah C Wilkins - CREW Swimming-LA
404	Men Senior 100 Back	57.37	7/31/2018	Alex Robinson - MEMT-SE
405	Men Senior 100 Breast	1:02.87	7/30/2021	Aaron N Parrott - Spring Swim Team
500	Women Senior 50 Breast	32.96	7/27/2022	Jordan W Aurnou-Rhees - Univ Tennessee-S