

CHRISTUS Louisiana Aquatic Club

TEAM RECORDS (SENIOR)

GIRLS LCM	SCY	EVENT	SCY	BOYS LCM
27.48 Lillie Tichenor '23	23.66 Avery Aubrey '25	50 Free	21.10 Josiah Dang '22	24.46 Josiah Dang '23
58.46 Lillie Tichenor '22	51.82 Avery Aubrey '25	100 Free	46.02 Josiah Dang '24	53.41 Josiah Dang '24
2:05.21 Lillie Tichenor '23	1:50.03 Lillie Tichenor '23	200 Free	1:40.99 Zachary Ponder '24	1:56.78 Zachary Ponder '24
4:24.41 Lillie Tichenor '23	4:55.21 Lillie Tichenor '23	400/500 Free	4:32.82 Zachary Ponder '24	4:06.14 Zachary Ponder '24
9:06.24 Lillie Tichenor '23	10:29.92 Lillie Tichenor '22	800/1000 Free	9:37.34 Zachary Ponder '23	8:47.95 Zachary Ponder '23
18:46.59 Lillie Tichenor '23	18:12.96 Tori Impson '25	1500/1650 Free	17:22.48 Caston Feazel '24	17:49.09 John Stewart '18
30.63 Macy Monday '25	26.61 Macy Monday '25	50 Back	23.73 Josiah Dang '24	26.97 Josiah Dang '24
1:04.55 Macy Monday '25	56.76 Lillie Tichenor '21	100 Back	49.66 Christian Booth '20	58.50 Christian Booth '21
2:22.05 Macy Monday '25	2:02.77 Lillie Tichenor '23	200 Back	1:49.58 Christian Booth '20	2:10.30 Zachary Ponder '23
32.42 Avery Aubrey '25 **STATE RECORD**	29.02 Avery Aubrey '25 **STATE RECORD**	50 Breast	28.61 Tyler Bartels '25	31.42 Tyler Bartels '25
1:14.01 Avery Aubrey '25	1:02.86 Avery Aubrey '25	100 Breast	59.84 Nate Epp '19	1:10.31 Benjamin Ponder '19
2:43.93 Lillie Tichenor '23	2:23.52 Lillie Tichenor '21	200 Breast	2:10.60 Benjamin Ponder '20	2:31.73 Benjamin Ponder '19
29.26 Avery Aubrey '25	25.68 Avery Aubrey '25	50 Fly	25.05 William Peacock '24	27.62 Caston Feazel '25
1:02.72 Lillie Tichenor '22	55.48 Lillie Tichenor '23	100 Fly	51.07 Christian Booth '20	59.28 Christian Booth '21
2:18.52 Lillie Tichenor '22	2:00.79 Lillie Tichenor '23	200 Fly	1:57.17 Zachary Ponder '22	2:08.67 Zachary Ponder '24
	1:01.17 Lillie Tichenor '22	100 IM	57.66 Zachary Ponder '22	
2:20.60 Lillie Tichenor '23	2:02.32 Lillie Tichenor '23	200 IM	1:56.74 Zachary Ponder '24	2:14.93 Benjamin Ponder '19
4:57.09 Lillie Tichenor '23	4:19.28 Lillie Tichenor '23	400 IM	4:02.44 Zachary Ponder '24	4:35.13 Zachary Ponder '24
1:56.29 Bradford, J Tichenor, Waddell, L Tichenor '22	1:40.50 Bradford, Roper, Waddell, Tichenor '23	200 Free Relay	1:29.17 Roper, Ponder, Haase, Dang '23	1:42.36 Dang, Bartels, Feazel, Ponder '24
1:45.06 Haase, Bartels, Monday, Aubrey '25	1:33.50 Dang, Aubrey, Bradford, Roper '23	200 MIXED Free Relay	1:33.50 Dang, Aubrey, Bradford, Roper '23	1:45.06 Haase, Bartels, Monday, Aubrey '25

2:05.41 Monday, Aubrey, Payne, Impson '25	1:44.47 Monday, Aubrey, Payne, Burgine '25	200 Medley Relay	1:38.69 Booth, B Ponder, Z Ponder, Dang (14) '21	1:54.17 Dang, Bartels, Feazel, Ponder '24
1:59.07 Ponder, Tichenor, Bradford, Dang '22	1:43.24 Dang, Aubrey, Bradford, Roper '23	200 MIXED Medley Relay	1:43.24 Dang, Aubrey, Bradford, Roper '23	1:59.07 Ponder, Tichenor, Bradford, Dang '22
4:09.78 Monday, Impson, Payne, Aubrey '25	3:39.88 Bradford, Roper, Waddell, Tichenor '23	400 Free Relay	3:14.66 Haase, Ponder, Peacock, Dang '24	3:45.66 Haase, Feazel, Wynn, Bartels '25
4:32.64 Monday, Aubrey, Payne, Impson '25	3:56:41 Roper, Waddell, Bradford, Tichenor '23	400 Medley Relay	3:38.06 Ponder, Carter, Roper, Dang '23	4:11.75 Dang, Bartels, Feazel, Ponder '24
	8:43.48 Garsee, Howard, Eppers, J Tichenor '23	800 Free Relay	7:01.47 Dang, Roper, Haase, Ponder '23	8:39.11 Barrow, Morton, Ponder, Feazel '25