

USAM SWIM TEAM

RECORDS

Yards-Female

8 & U	25 Free	14.17	6-Dec-99	USAM- AD	LORI IWANOWICZ	
	50 Free	31.46	7-Mar-99	USAM- AD	LORI IWANOWICZ	
	100 Free	1:09.89	20-Feb-99	USAM- AD	LORI IWANOWICZ	
	200 Free	2:49.68	12-Feb-15	USAM- AD	Raegan O'Brien at USAM VS AJCC DUAL	
	25 Back	18.56	6-Dec-99	USAM- AD	KARA ZEBROWSKI	
	50 Back	39.11	4-Mar-00	USAM- AD	KARA ZEBROWSKI at AD DEV. CHAMPIONSHIP	
	100 Back	1:38.26	21-Feb-15	USAM- AD	Raegan O'Brien at Cabin Fever Invitational	
	200 Back	3:31.29	* 15-Dec-19	USAM	Addison M. MacLeod at Piranha's December Distance Invite	
	200 Back	3:31.29	* 15-Dec-19	USAM- AD	Addison M. MacLeod at Piranha's December Distance Invite	
	25 Breast	19.32	6-Dec-99	USAM- AD	LORI IWANOWICZ	
	50 Breast	42.78	9-Jan-00	USAM- AD	LORI IWANOWICZ	
	100 Breast	2:21.04	3-Nov-19	USAM- AD	Addison M. MacLeod at IM-Xtremely Spooked	
	200 Breast	4:39.38	* 15-Dec-19	USAM	Addison M. MacLeod at Piranha's December Distance Invite	
	200 Breast	4:39.38	* 15-Dec-19	USAM- AD	Addison M. MacLeod at Piranha's December Distance Invite	
	25 Fly	17.56	20-Feb-99	USAM- AD	KARA ZEBROWSKI	
	50 Fly	36.41	4-Mar-00	USAM- AD	KARA ZEBROWSKI at AD DEV. CHAMPIONSHIP	
	100 Fly	10:00.00	1-Sep-19			
	100 IM	1:25.57	4-Mar-00	USAM- AD	KARA ZEBROWSKI at AD DEV. CHAMPIONSHIP	
	200 IM	4:01.27	3-Nov-19	USAM- AD	Addison M. MacLeod at IM-Xtremely Spooked	
	9-10	50 Free	31.09	12-Mar-17	USAM- AD	Raegan O'Brien at Adirondack Gold Short Course Championships
		100 Free	1:01.85	4-Jan-02	USAM- AD	LORI IWANOWICZ
		200 Free	2:22.78	6-Jan-02	USAM- AD	KARA ZEBROWSKI
		500 Free	6:31.90	6-Mar-16	USAM- AD	Mikaleigh M. Hughes at Adirondack Short Course Championships
50 Back		33.35	5-Jan-02	USAM- AD	KARA ZEBROWSKI	
100 Back		1:11.46	6-Jan-02	USAM- AD	KARA ZEBROWSKI	
200 Back		2:39.86	20-Dec-15	USAM- AD	Mikaleigh M. Hughes at Piranhas December Distance Invite	
50 Breast		39.09	21-Mar-92	USAM- AD	ALLISON GEER	
100 Breast		1:25.83	5-Jan-02	USAM- AD	LORI IWANOWICZ	
200 Breast		3:27.97	10-Dec-17	USAM- AD	Charlize J. DeLair at Piranha's December Distance Invite	
50 Fly		31.45	6-Jan-02	USAM- AD	KARA ZEBROWSKI	
100 Fly		1:15.40	5-Jan-02	USAM- AD	KARA ZEBROWSKI	
200 Fly		8:00.00	1-Dec-18			
100 IM		1:11.82	5-Jan-02	USAM- AD	KARA ZEBROWSKI	
200 IM		2:40.68	4-Jan-02	USAM- AD	KARA ZEBROWSKI	
400 IM		6:36.62	11-Jan-14	USAM- AD	Willa A. Werwaiss at Chris Goody IMX Challenge	
11-12		50 Free	25.80	17-Mar-96	USAM- AD	ALLISON GEER
	100 Free	57.34	18-Mar-94	USAM- AD	ALLISON GEER	
	200 Free	2:07.49	18-Mar-94	USAM- AD	ALLISON GEER	
	500 Free	5:48.01	6-Mar-16	USAM- AD	Willa A. Werwaiss at Adirondack Short Course Championships	
	1000 Free	12:42.66	24-Feb-18	USAM- AD	Maeve E. McDermott at 2018 Blizzard on the Blocks	
	50 Back	30.24	10-Mar-19	USAM- AD	Raegan O'Brien at Adirondack Gold Short Course Championships	
	100 Back	1:06.40	18-Mar-94	USAM- AD	ALLISON GEER	
	200 Back	2:25.14	7-Mar-03	USAM- AD	KARA ZEBROWSKI at ADK SHORT COURSE CHMPNSHPS	
	50 Breast	36.51	25-Oct-03	USAM- AD	LORI A. IWANOWICZ at Trick or Treat Meet	
	100 Breast	1:20.47	9-Jan-09	USAM- AD	Deirdre R. Werner at 2009 Starfish Trophy Invitational	
	200 Breast	2:54.01	15-Jan-11	USAM- AD	Liz Kiley-Bergen at Chris Goody IMX Challenge	
	50 Fly	29.80	18-Mar-94	USAM- AD	ALLISON GEER	
	100 Fly	1:07.75	19-Mar-10	USAM- AD	Zoe M. Vadney at AD Gold Short Course Championships	

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11-12	200 Fly	2:44.14	1-Mar-19	USAM- AD	Raegan O'Brien at RPI AD Silver Short Course Championships
	100 IM	1:06.49	18-Mar-94	USAM- AD	ALLISON GEER
	200 IM	2:29.56	10-Mar-19	USAM- AD	Raegan O'Brien at Adirondack Gold Short Course Championships
	400 IM	5:35.14	19-Dec-21	USAM- AD	Angelina M. MacLeod at Piranha's December Distance Invite
13-14	50 Free	25.90	17-Feb-23	USAM- AD	Angelina M. MacLeod at 2023 Region 1 Short Course Invitational
	100 Free	53.78	29-Mar-96	USAM- AD	ALLISON GEER
	200 Free	1:58.25	3-Nov-23	USAM- AD	Angelina M. MacLeod at Girls Section 2 Division 1 Championships
	500 Free	5:19.11	7-Dec-23	USAM- AD	Angelina M. MacLeod at 33rd Annual Winter Championships
	1000 Free	10:57.73	29-Mar-23	USAM- AD	Angelina M. MacLeod at 2023 Eastern Zone SC Age Group Champions
	1650 Free	18:13.91	29-Mar-23	USAM- AD	Angelina M. MacLeod at 2023 Eastern Zone SC Age Group Champions
	100 Back	1:00.85	16-Jul-21	USAM- AD	Raegan O'Brien at July Trials/Finals
	200 Back	2:12.51	10-Mar-19	USAM- AD	Maddie Norton at Adirondack Gold Short Course Championships
	100 Breast	1:12.23	9-Mar-23	USAM- AD	Angelina M. MacLeod at Adirondack Gold Short Course Championship
	200 Breast	2:34.33	13-Jan-24	USAM- AD	Angelina M. MacLeod at Chris Goody IMX Challenge
	100 Fly	1:06.45	7-Dec-23	USAM- AD	Angelina M. MacLeod at 33rd Annual Winter Championships
	200 Fly	2:27.33	17-Dec-23	USAM- AD	Angelina M. MacLeod at Piranha's December Distance Invite
	200 IM	2:18.09	9-Mar-23	USAM- AD	Angelina M. MacLeod at Adirondack Gold Short Course Championship
	400 IM	4:49.54	7-Dec-23	USAM- AD	Angelina M. MacLeod at 33rd Annual Winter Championships
	15-18	50 Free	24.97	12-Feb-16	USAM- AD
100 Free		53.66	6-Mar-16	USAM- AD	Maya A. Thompson at Adirondack Short Course Championship
200 Free		1:55.62	17-Feb-23	USAM- AD	Raegan O'Brien at 2023 Region 1 Short Course Invitational
500 Free		5:15.61	16-Feb-24	USAM- AD	Raegan O'Brien at 2024 Region 1 Short Course Invitational
1000 Free		11:32.56	8-Dec-13	USAM	M. Welch at Super Splash 2013 Molly M. Welch at Super Spl
1650 Free		18:37.89	16-Feb-24	USAM- AD	Angelina M. MacLeod at 2024 Region 1 Short Course Invitational
100 Back		58.16	17-Feb-23	USAM- AD	Raegan O'Brien at 2023 Region 1 Short Course Invitational
200 Back		2:05.93	17-Feb-23	USAM- AD	Raegan O'Brien at 2023 Region 1 Short Course Invitational
100 Breast		1:11.44	8-Mar-15	USAM- AD	Zoe M. Vadney at AD Gold Short Course Championships
200 Breast		2:33.41	16-Feb-24	USAM- AD	Angelina M. MacLeod at 2024 Region 1 Short Course Invitational
100 Fly		58.80	17-Mar-96	USAM- AD	ANDREA KAZANJIAN
200 Fly		2:15.80	8-Mar-15	USAM- AD	Zoe M. Vadney at AD Gold Short Course Championships
200 IM		2:12.28	9-Mar-23	USAM- AD	Raegan O'Brien at Adirondack Gold Short Course Championships
400 IM		4:40.36	9-Mar-23	USAM- AD	Raegan O'Brien at Adirondack Gold Short Course Championships

USAM SWIM TEAM

RECORDS

Yards-Male

8 & U	25 Free	15.75	28-May-92	USAM- AD	BEN ADAMS	
	50 Free	34.19	18-Apr-92	USAM- AD	BOBBY CROW	
	100 Free	1:18.49	1-Mar-98	USAM- AD	ALEX BRINGSJORD	
	200 Free	3:18.10	12-Jan-19	USAM- AD	Jude C. Jerome at Chris Goody IMX Challenge	
	25 Back	19.04	14-Mar-92	USAM- AD	BOBBY CROW	
	50 Back	41.64	9-Jul-19	USAM- AD	Jude C. Jerome at USAM vs Knolls	
	100 Back	1:46.39	27-Oct-18	USAM- AD	Jude C. Jerome at IM-Xtremely Spooked	
	200 Back	10:00.00	1-Sep-19			
	25 Breast	19.02	17-Nov-85	USAM- AD	ERIC QUINLAN	
	50 Breast	41.25	18-Jul-92	USAM- AD	BOBBY CROW	
	100 Breast	2:08.53	12-Jan-19	USAM- AD	Jude C. Jerome at Chris Goody IMX Challenge	
	200 Breast	10:00.00	1-Sep-19			
	25 Fly	16.44	17-Nov-85	USAM- AD	ERIC QUINLAN	
	50 Fly	44.14	1-Mar-98	USAM- AD	ALEX BRINGSJORD	
	100 Fly	10:00.00	1-Sep-19			
	100 IM	1:24.10	18-Jul-92	USAM- AD	BOBBY CROW	
	200 IM	6:00.00	1-Sep-19			
	9-10	50 Free	29.24	31-Jul-19	USAM- AD	Christian V. Jerome at 2019 Suburban League Championships
		100 Free	1:06.20	7-Oct-94	USAM- AD	BOBBY CROW
		200 Free	2:23.14	12-Mar-94	USAM- AD	BOBBY CROW
500 Free		6:54.71	10-Mar-22	USAM- AD	JT Campbell at Adirondack Gold Short Course Championships	
50 Back		34.31	30-Mar-22	USAM- AD	JT Campbell at 2022 Eastern Zone SC Age Group Championships	
100 Back		1:15.91	10-Mar-22	USAM- AD	JT Campbell at Adirondack Gold Short Course Championships	
200 Back		2:47.31	19-Dec-21	USAM- AD	JT Campbell at Piranha's December Distance Invite	
50 Breast		36.54	16-Jul-94	USAM- AD	BOBBY CROW	
100 Breast		1:18.54	16-Jul-94	USAM- AD	BOBBY CROW	
200 Breast		3:28.64	19-Dec-21	USAM- AD	JT Campbell at Piranha's December Distance Invite	
50 Fly		31.19	31-Jul-19	USAM- AD	Christian V. Jerome at 2019 Suburban League Championships	
100 Fly		1:16.90	10-Mar-19	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championships	
200 Fly		2:56.13	9-Dec-18	USAM- AD	Christian V. Jerome at Piranha's December Distance Invite	
100 IM		1:14.00	31-Jul-19	USAM- AD	Christian V. Jerome at 2019 Suburban League Championships	
200 IM		2:42.97	10-Mar-19	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championships	
400 IM		6:17.59	9-Dec-18	USAM- AD	Christian V. Jerome at Piranha's December Distance Invite	
11-12		50 Free	24.44	6-Jun-21	USAM- AD	Christian V. Jerome at NDAC Jun 2021 Time Trial
	100 Free	54.11	20-Mar-21	USAM- AD	Christian V. Jerome at Delmar Dolphins March Madness	
	200 Free	1:57.39	22-May-21	USAM- AD	Christian V. Jerome at Dolmar Dolphins May Time Trials	
	500 Free	5:26.57	24-Jul-21	USAM- AD	Christian V. Jerome at July Time Trials	
	1000 Free	10:53.78	24-Jul-21	USAM- AD	Christian V. Jerome at July Time Trials	
	50 Back	29.62	16-Jul-21	USAM- AD	Christian V. Jerome at July Trials/Finals	
	100 Back	1:02.56	6-Jun-21	USAM- AD	Christian V. Jerome at NDAC Jun 2021 Time Trial	
	200 Back	2:16.72	16-Jul-21	USAM- AD	Christian V. Jerome at July Trials/Finals	
	50 Breast	32.04	30-Mar-22	USAM- AD	Rocco S. Jabour at 2022 Eastern Zone SC Age Group Championships	
	100 Breast	1:11.61	29-Mar-23	USAM- AD	Kayden J. Mowry at 2023 Eastern Zone SC Age Group Championships	
	200 Breast	2:35.23	8-Dec-22	USAM- AD	Kayden J. Mowry at 32nd Annual Speedo Winter Championships	
	50 Fly	25.42	24-Jul-21	USAM- AD	Christian V. Jerome at July Time Trials	
	100 Fly	56.38	16-Jul-21	USAM- AD	Christian V. Jerome at July Trials/Finals	
	200 Fly	2:05.19	24-Jul-21	USAM- AD	Christian V. Jerome at July Time Trials	
	100 IM	1:02.29	6-Jul-23	USAM- AD	Kayden J. Mowry at Schenectady vs USAM vs Jellyfish	

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RECORDS

11-12	200 IM	2:15.07	16-Jul-21	USAM- AD	Christian V. Jerome at July Trials/Finals
	400 IM	5:02.35	18-Dec-22	USAM- AD	Kayden J. Mowry at Piranha's December Distance Invite
13-14	50 Free	21.96	29-Mar-23	USAM- AD	Christian V. Jerome at 2023 Eastern Zone SC Age Group Championship
	100 Free	47.11	29-Mar-23	USAM- AD	Christian V. Jerome at 2023 Eastern Zone SC Age Group Championship
	200 Free	1:45.78	29-Mar-23	USAM- AD	Christian V. Jerome at 2023 Eastern Zone SC Age Group Championship
	500 Free	4:50.89	16-Feb-23	USAM- AD	Christian V. Jerome at Boys Section 2 Division 2 Championships
	1000 Free	10:43.98	10-Mar-22	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championship
	1650 Free	17:36.70	9-Mar-23	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championships
	100 Back	57.52	17-Feb-23	USAM- AD	Christian V. Jerome at 2023 Region 1 Short Course Invitational
	200 Back	2:04.69	14-Jan-23	USAM- AD	Christian V. Jerome at Chris Goody IMX Challenge
	100 Breast	1:01.58	15-Feb-24	USAM- AD	Rocco S. Jabour at Boys Section 2 Div 1 Championships
	200 Breast	2:15.77	7-Dec-23	USAM- AD	Rocco S. Jabour at 33rd Annual Winter Championships
	100 Fly	50.09	3-Mar-23	USAM- AD	Christian V. Jerome at 2023 NYSPHSAA Federation Championships
	200 Fly	1:55.08	29-Mar-23	USAM- AD	Christian V. Jerome at 2023 Eastern Zone SC Age Group Championship
	200 IM	2:02.34	14-Jan-23	USAM- AD	Christian V. Jerome at Chris Goody IMX Challenge
	400 IM	4:22.81	9-Mar-23	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championships
	15-18	50 Free	21.53	16-Feb-24	USAM- AD
100 Free		47.51	16-Feb-24	USAM- AD	Christian V. Jerome at 2024 Region 1 Short Course Invitational
200 Free		1:45.55	16-Feb-24	USAM- AD	Christian V. Jerome at 2024 Region 1 Short Course Invitational
500 Free		4:48.47	15-Feb-24	USAM- AD	Christian V. Jerome at Boys Section 2 Div 1 Championships
1000 Free		10:44.67	8-Jan-16	USAM- AD	Sean J. Zelenke at 2016 Starfish Trophy Invitational
1650 Free		17:12.94	7-Dec-23	USAM- AD	Christian V. Jerome at 33rd Annual Winter Championships
100 Back		55.46	6-Mar-16	USAM- AD	Sean J. Zelenke at Adirondack Short Course Championships
200 Back		1:59.85	12-Feb-16	USAM- AD	Sean J. Zelenke at 2016 Region 1 Short Course Invitational
100 Breast		1:02.52	10-Mar-13	USAM- AD	Niko Brosnihan at AD Gold Short Course Championships
200 Breast		2:20.87	17-Feb-12	USAM- AD	David C. Connor at AD 2012 REGION 1 CHAMPIONSHIPS
100 Fly		49.06	6-Dec-23	USAM- AD	Christian V. Jerome at SCHS vs NISKY
200 Fly		1:53.91	7-Dec-23	USAM- AD	Christian V. Jerome at 33rd Annual Winter Championships
200 IM		2:02.04	6-Mar-16	USAM- AD	Sean J. Zelenke at Adirondack Short Course Championships
400 IM		4:23.64	16-Feb-24	USAM- AD	Christian V. Jerome at 2024 Region 1 Short Course Invitational