

## USAM SWIM TEAM

### RECORDS

#### Yards-Female

8 & U	25 Free	14.17	<b>6-Dec-99</b>	USAM AD	LORI IWANOWICZ		
	50 Free	31.46	<b>7-Mar-99</b>	USAM AD	LORI IWANOWICZ		
	100 Free	1:09.89	<b>20-Feb-99</b>	USAM AD	LORI IWANOWICZ		
	25 Back	18.56	<b>6-Dec-99</b>	USAM AD	KARA ZEBROWSKI		
	50 Back	39.11	<b>4-Mar-00</b>	USAM AD	KARA ZEBROWSKI	at AD DEV. CHAMPIONSHIP	
	25 Breast	19.32	<b>6-Dec-99</b>	USAM AD	LORI IWANOWICZ		
	50 Breast	42.78	<b>9-Jan-00</b>	USAM AD	LORI IWANOWICZ		
	25 Fly	17.56	<b>20-Feb-99</b>	USAM AD	KARA ZEBROWSKI		
	50 Fly	36.41	<b>4-Mar-00</b>	USAM AD	KARA ZEBROWSKI	at AD DEV. CHAMPIONSHIP	
	100 IM	1:25.57	<b>4-Mar-00</b>	USAM AD	KARA ZEBROWSKI	at AD DEV. CHAMPIONSHIP	
	9-10	50 Free	28.71	<b>6-Jan-02</b>	USAM AD	LORI IWANOWICZ	
100 Free		1:01.85	<b>4-Jan-02</b>	USAM AD	LORI IWANOWICZ		
200 Free		2:22.78	<b>6-Jan-02</b>	USAM AD	KARA ZEBROWSKI		
500 Free		6:31.90	<b>6-Mar-16</b>	USAM AD	Mikaleigh M. Hughes	at Adirondack Short Course Championships	
50 Back		33.35	<b>5-Jan-02</b>	USAM AD	KARA ZEBROWSKI		
100 Back		1:11.46	<b>6-Jan-02</b>	USAM AD	KARA ZEBROWSKI		
200 Back		2:39.86	<b>20-Dec-15</b>	USAM AD	Mikaleigh M. Hughes	at Piranhas December Distance Invite	
50 Breast		39.09	<b>21-Mar-92</b>	USAM AD	ALLISON GEER		
100 Breast		1:25.83	<b>5-Jan-02</b>	USAM AD	LORI IWANOWICZ		
50 Fly		31.45	<b>6-Jan-02</b>	USAM AD	KARA ZEBROWSKI		
100 Fly		1:15.40	<b>5-Jan-02</b>	USAM AD	KARA ZEBROWSKI		
100 IM		1:11.82	<b>5-Jan-02</b>	USAM AD	KARA ZEBROWSKI		
200 IM		2:40.68	<b>4-Jan-02</b>	USAM AD	KARA ZEBROWSKI		
400 IM		6:36.62	<b>11-Jan-14</b>	USAM	Willa A. Werwaiss	at Chris Goody IMX Challenge	
11-12		50 Free	25.80	<b>17-Mar-96</b>	USAM AD	ALLISON GEER	
	100 Free	57.34	<b>18-Mar-94</b>	USAM AD	ALLISON GEER		
	200 Free	2:07.49	<b>18-Mar-94</b>	USAM AD	ALLISON GEER		
	500 Free	5:48.01	<b>6-Mar-16</b>	USAM AD	Willa A. Werwaiss	at Adirondack Short Course Championships	
	1000 Free	20:00.00	<b>1-Sep-00</b>	---			
	50 Back	30.06	<b>18-Mar-94</b>	USAM AD	ALLISON GEER		
	100 Back	1:06.40	<b>18-Mar-94</b>	USAM AD	ALLISON GEER		
	200 Back	2:25.14	<b>7-Mar-03</b>	USAM AD	KARA ZEBROWSKI	at ADK SHORT COURSE CHMPNSHPS	
	50 Breast	36.51	<b>25-Oct-03</b>	USAM AD	LORI A. IWANOWICZ	at Trick or Treat Meet	
	100 Breast	1:20.47	<b>9-Jan-09</b>	USAM AD	Deirdre R. Werner	at 2009 Starfish Trophy Invitational	
	200 Breast	2:54.01	<b>15-Jan-11</b>	USAM	Liz Kiley-Bergen	at Chris Goody IMX Challenge	
	50 Fly	29.80	<b>18-Mar-94</b>	USAM AD	ALLISON GEER		
	100 Fly	1:07.75	<b>19-Mar-10</b>	USAM AD	Zoe M. Vadney	at AD Gold Short Course Championships	
	200 Fly	10:00.00	<b>1-Jan-99</b>		NA		
	100 IM	1:06.49	<b>18-Mar-94</b>	USAM AD	ALLISON GEER		
	200 IM	2:33.43	<b>6-Mar-16</b>	USAM AD	Willa A. Werwaiss	at Adirondack Short Course Championships	
	400 IM	6:01.63	<b>6-Dec-15</b>	USAM AD	Willa A. Werwaiss	at Super Splash 2015	
	13-14	50 Free	26.44	<b>14-Feb-04</b>	USAM AD	LORI A. IWANOWICZ	at Delmar Dolphins' 2004 February Freeze
		100 Free	53.78	<b>29-Mar-96</b>	USAM AD	ALLISON GEER	
		200 Free	2:00.14	<b>17-Mar-96</b>	USAM AD	ALLISON GEER	
500 Free		5:49.14	<b>14-Jan-12</b>	USAM AD	Molly M. Welch	at Chris Goody IMX Challenge	

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### RECORDS

13-14	1000 Free	13:14.59	<b>8-Dec-13</b>	USAM AD	Abby Werwaiss at Super Splash 2013
	1650 Free	25:00.00	<b>8-Jan-10</b>	USAM AD	Kaitlin E. Cahill at 2010 Starfish Trophy Invitational
	100 Back	1:06.90	<b>9-Mar-14</b>	USAM AD	Kylie M. Salerno at AD Gold Short Course Championships
	200 Back	2:24.68	<b>6-Jan-12</b>	USAM AD	Molly M. Welch at 2012 Starfish Trophy Invitational
	100 Breast	1:19.17	<b>30-Oct-05</b>	USAM AD	Sam House Garafalo-House at Trick or Treat Meet
	200 Breast	2:54.25	<b>7-Mar-14</b>	USAM AD	Kylie M. Salerno at AD Silver Short Course Championships
	100 Fly	1:06.59	<b>12-Feb-12</b>	USAM AD	Zoe M. Vadney at 2012 Piranhas Pentathlon
	200 Fly	2:27.69	<b>9-Mar-14</b>	USAM AD	Abby Werwaiss at AD Gold Short Course Championships
	200 IM	2:31.23	<b>5-Feb-12</b>	USAM AD	Molly M. Welch at Delmar Dolphins February Freeze Invitational
	400 IM	5:19.67	<b>7-Mar-14</b>	USAM AD	Kylie M. Salerno at AD Silver Short Course Championships
15-18	50 Free	24.70	<b>5-Nov-15</b>	UN AD	Maya A. Thompson at Girls Sec II Division 2 Champ
	100 Free	53.62	<b>5-Nov-15</b>	UN AD	Maya A. Thompson at Girls Sec II Division 2 Champ
	200 Free	1:59.23	<b>6-Mar-16</b>	USAM AD	Maya A. Thompson at Adirondack Short Course Championships
	500 Free	5:27.23	<b>8-Mar-15</b>	USAM AD	Abby Werwaiss at AD Gold Short Course Championships
	1000 Free	11:32.56	<b>8-Dec-13</b>	USAM	Molly M. Welch at Super Splash 2013
	1650 Free	19:32.94	<b>15-Dec-13</b>	USAM AD	Molly M. Welch at Piranhas December Distance Invite
	100 Back	1:00.12	<b>1-Nov-12</b>	USAM AD	Jessica McMillen at Girls Sec II Division 2 Championships
	200 Back	2:14.43	<b>6-Mar-16</b>	USAM AD	Kylie M. Salerno at Adirondack Short Course Championships
	100 Breast	1:11.44	<b>8-Mar-15</b>	USAM AD	Zoe M. Vadney at AD Gold Short Course Championships
	200 Breast	2:37.41	<b>8-Mar-15</b>	USAM AD	Zoe M. Vadney at AD Gold Short Course Championships
	100 Fly	58.80	<b>17-Mar-96</b>	USAM AD	ANDREA KAZANJIAN
	200 Fly	2:15.80	<b>8-Mar-15</b>	USAM AD	Zoe M. Vadney at AD Gold Short Course Championships
	200 IM	2:19.59	<b>26-Feb-16</b>	USAM AD	Kylie M. Salerno at Adirondack Short Course Qualifier at RPI
	400 IM	4:58.38	<b>8-Mar-15</b>	USAM AD	Kylie M. Salerno at AD Gold Short Course Championships

## USAM SWIM TEAM

### RECORDS

#### Yards-Male

8 & U	25 Free	15.75	<b>28-May-92</b>	USAM AD	BEN ADAMS	
	50 Free	34.19	<b>18-Apr-92</b>	USAM AD	BOBBY CROW	
	100 Free	1:18.49	<b>1-Mar-98</b>	USAM AD	ALEX BRINGSJORD	
	25 Back	19.04	<b>14-Mar-92</b>	USAM AD	BOBBY CROW	
	50 Back	42.45	<b>25-Oct-92</b>	USAM AD	BOBBY CROW	
	25 Breast	19.02	<b>17-Nov-85</b>	USAM AD	ERIC QUINLAN	
	50 Breast	41.25	<b>18-Jul-92</b>	USAM AD	BOBBY CROW	
	25 Fly	16.44	<b>17-Nov-85</b>	USAM AD	ERIC QUINLAN	
	50 Fly	44.14	<b>1-Mar-98</b>	USAM AD	ALEX BRINGSJORD	
	100 IM	1:24.10	<b>18-Jul-92</b>	USAM AD	BOBBY CROW	
9-10	50 Free	29.93	<b>1-Aug-12</b>	USAM AD	Thomas A. Brosnihan at 2012 Suburban League Championships	
	100 Free	1:06.20	<b>7-Oct-94</b>	USAM AD	BOBBY CROW	
	200 Free	2:23.14	<b>12-Mar-94</b>	USAM AD	BOBBY CROW	
	500 Free	15:00.00	<b>1-Sep-00</b>		_____	
	50 Back	36.53	<b>18-Mar-94</b>	USAM AD	BOBBY CROW	
	100 Back	1:21.28	<b>12-Mar-94</b>	USAM AD	BOBBY CROW	
	200 Back	4:00.00	<b>1-Sep-00</b>		_____	
	50 Breast	36.54	<b>16-Jul-94</b>	USAM AD	BOBBY CROW	
	100 Breast	1:18.54	<b>16-Jul-94</b>	USAM AD	BOBBY CROW	
	50 Fly	36.29	<b>25-Nov-00</b>	USAM AD	A. KURUMAHMUT	
	100 Fly	1:28.83	<b>7-Jul-94</b>	USAM AD	BOBBY CROW	
	100 IM	1:17.22	<b>16-Jul-94</b>	USAM AD	BOBBY CROW	
	200 IM	2:44.40	<b>19-Nov-93</b>	USAM AD	BOBBY CROW	
	400 IM	7:00.00	<b>1-Sep-00</b>		_____	
11-12	50 Free	24.78	<b>9-Mar-14</b>	USAM AD	Thomas A. Brosnihan at AD Gold Short Course Championships	
	100 Free	55.24	<b>27-Mar-14</b>	USAM AD	Thomas A. Brosnihan at 2014 Eastern Zone SC Swimming Championships	
	200 Free	2:14.52	<b>9-Jan-15</b>	USAM AD	Derek T. Rossetti at 2015 Starfish Trophy Invitational	
	500 Free	6:04.26	<b>3-Jan-15</b>	USAM AD	Derek T. Rossetti at Chris Goody IMX Challenge	
	1000 Free	14:33.34	* <b>8-Dec-13</b>	USAM AD	Derek T. Rossetti at Super Splash 2013	
	1000 Free	14:33.34	* <b>8-Dec-13</b>	USAM	Derek T. Rossetti at Super Splash 2013	
	50 Back	30.29	<b>9-Mar-14</b>	USAM AD	Thomas A. Brosnihan at AD Gold Short Course Championships	
	100 Back	1:07.80	<b>9-Mar-14</b>	USAM AD	Thomas A. Brosnihan at AD Gold Short Course Championships	
	200 Back	2:21.15	<b>27-Mar-14</b>	USAM AD	Thomas A. Brosnihan at 2014 Eastern Zone SC Swimming Championships	
	50 Breast	35.82	<b>1-Nov-08</b>	USAM AD	Niko Brosnihan at 2008 Ocean Blue Invitational Swim Meet	
	100 Breast	1:18.07	<b>12-Mar-99</b>	USAM AD	MIKE BROOMHEAD	
	200 Breast	3:26.21	<b>14-Jan-12</b>	USAM AD	Joe Adamo at Chris Goody IMX Challenge	
	50 Fly	28.82	<b>9-Mar-14</b>	USAM AD	Thomas A. Brosnihan at AD Gold Short Course Championships	
	100 Fly	1:09.57	<b>18-Mar-90</b>	USAM AD	RODOLFO PALMA	
	200 Fly	60:00.00	<b>10-Feb-00</b>		NA	
	100 IM	1:07.45	<b>9-Mar-14</b>	USAM AD	Thomas A. Brosnihan at AD Gold Short Course Championships	
	200 IM	2:25.41	<b>9-Mar-14</b>	USAM AD	Thomas A. Brosnihan at AD Gold Short Course Championships	
	400 IM	5:54.87	<b>6-Dec-14</b>	USAM AD	Derek T. Rossetti at Super Splash 2014	
	13-14	50 Free	22.47	<b>6-Mar-16</b>	USAM AD	Thomas A. Brosnihan at Adirondack Short Course Championships
		100 Free	50.45	<b>6-Mar-16</b>	USAM AD	Thomas A. Brosnihan at Adirondack Short Course Championships
200 Free		1:54.72	<b>6-Mar-16</b>	USAM AD	Thomas A. Brosnihan at Adirondack Short Course Championships	

## USAM SWIM TEAM

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### RECORDS

13-14	500 Free	5:21.08	<b>10-Mar-13</b>	USAM AD	Sean J. Zelenke at AD Gold Short Course Championships
	1000 Free	20:00.00	<b>1-Sep-00</b>	_____	
	1650 Free	20:45.76	<b>14-Dec-14</b>	USAM AD	Thomas A. Brosnihan at Piranhas December Distance Invite
	100 Back	59.55	<b>6-Feb-10</b>	USAM AD	Niko Brosnihan at Delmar Dolphins February Freeze Invitational
	200 Back	2:13.82	<b>8-Mar-15</b>	USAM AD	Thomas A. Brosnihan at AD Gold Short Course Championships
	100 Breast	1:07.59	<b>21-Mar-92</b>	USAM AD	RODOLFO PALMA
	200 Breast	2:27.28	<b>21-Feb-92</b>	USAM AD	_____
	100 Fly	59.34	<b>6-Mar-16</b>	USAM AD	Thomas A. Brosnihan at Adirondack Short Course Championships
	200 Fly	2:22.78	<b>16-Jan-16</b>	USAM AD	Thomas A. Brosnihan at 2016 Chris Goody IMX Challenge
	200 IM	2:15.26	<b>8-Mar-15</b>	USAM AD	Thomas A. Brosnihan at AD Gold Short Course Championships
	400 IM	4:57.02	<b>16-Mar-91</b>	USAM AD	RODOLFO PALMA
	15-18	50 Free	22.05	<b>16-Feb-12</b>	USAM AD
100 Free		48.53	<b>16-Feb-12</b>	USAM AD	Niko Brosnihan at Section II Championships Small Division
200 Free		1:48.86	<b>12-Feb-16</b>	USAM AD	Sean J. Zelenke at 2016 Region 1 Short Course Invitational
500 Free		4:55.60	<b>6-Mar-16</b>	USAM AD	Sean J. Zelenke at Adirondack Short Course Championships
1000 Free		10:44.67	<b>8-Jan-16</b>	USAM AD	Sean J. Zelenke at 2016 Starfish Trophy Invitational
1650 Free		18:17.78	<b>20-Dec-15</b>	USAM AD	Sean J. Zelenke at Piranhas December Distance Invite
100 Back		55.46	<b>6-Mar-16</b>	USAM AD	Sean J. Zelenke at Adirondack Short Course Championships
200 Back		1:59.85	<b>12-Feb-16</b>	USAM AD	Sean J. Zelenke at 2016 Region 1 Short Course Invitational
100 Breast		1:02.52	<b>10-Mar-13</b>	USAM AD	Niko Brosnihan at AD Gold Short Course Championships
200 Breast		2:20.87	<b>17-Feb-12</b>	USAM AD	David C. Connor at AD 2012 REGION 1 CHAMPIONSHIPS
100 Fly		55.69	<b>6-Mar-16</b>	USAM AD	Sean J. Zelenke at Adirondack Short Course Championships
200 Fly		2:09.29	<b>16-Jan-16</b>	USAM AD	Sean J. Zelenke at 2016 Chris Goody IMX Challenge
200 IM		2:02.04	<b>6-Mar-16</b>	USAM AD	Sean J. Zelenke at Adirondack Short Course Championships
400 IM		4:31.03	<b>8-Mar-15</b>	USAM AD	Sean J. Zelenke at AD Gold Short Course Championships