

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	
	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	
	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	28.71	6-Jan-02	USAM- AD	LORI IWANOWICZ
		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	
	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	

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RECORDS

11-12	200 IM	2:29.56	10-Mar-19	USAM- AD	Raegan O'Brien at Adirondack Gold Short Course Championships	
	400 IM	5:57.17	15-Dec-19	USAM- AD	Charlize J. DeLair at Piranha's December Distance Invite	
13-14	50 Free	27.13	1-Nov-12	USAM- AD	Nora E. Reynolds at Girls Sec II Division 2 Championships	
	100 Free	53.78	29-Mar-96	USAM- AD	ALLISON GEER	
	200 Free	2:08.67	10-Mar-19	USAM- AD	Maeve E. McDermott at Adirondack Gold Short Course Championships	
	500 Free	5:40.74	12-Mar-17	USAM- AD	Willa A. Werwaiss at Adirondack Gold Short Course Champion:	
	1000 Free	12:50.13	24-Feb-18	USAM- AD	Maddie Norton at 2018 Blizzard on the Blocks	
	1650 Free	21:28.60	9-Dec-18	USAM- AD	Gabriella R. Adamo at Piranha's December Distance Invite	
	100 Back	1:01.90	7-Nov-19	USAM- AD	Maddie Norton at Girls Sec II Division I Champ	
	200 Back	2:12.51	10-Mar-19	USAM- AD	Maddie Norton at Adirondack Gold Short Course Championships	
	100 Breast	1:13.07	10-Mar-19	USAM- AD	Maeve E. McDermott at Adirondack Gold Short Course Championships	
	200 Breast	2:39.93	14-Feb-20	USAM- AD	Maeve E. McDermott at 2020 Region 1 Short Course Invitational	
	100 Fly	1:07.59	24-Jan-20	USAM- AD	Raegan O'Brien at Hawks Trials And Finals 2020	
	200 Fly	2:27.69	9-Mar-14	USAM- AD	Abby Werwaiss at AD Gold Short Course Championships	
	200 IM	2:22.20	7-Nov-19	USAM- AD	Maddie Norton at Girls Sec II Division I Champ	
	400 IM	5:06.53	28-Feb-20	USAM- AD	Raegan O'Brien at SHEN AD Silver Short Course Championships	
	15-18	50 Free	24.97	12-Feb-16	USAM- AD	Maya A. Thompson at 2016 Region 1 Short Course Invitational
		100 Free	53.66	6-Mar-16	USAM- AD	Maya A. Thompson at Adirondack Short Course Championship
200 Free		1:59.23	6-Mar-16	USAM- AD	Maya A. Thompson at Adirondack Short Course Championship	
500 Free		5:27.23	8-Mar-15	USAM- AD	Abby Werwaiss at AD Gold Short Course Championships	
1000 Free		11:32.56	8-Dec-13	USAM	M. Welch at Super Splash 2013 Molly M. Welch at Super Spl:	
1650 Free		19:32.94	15-Dec-13	USAM- AD	Molly M. Welch at Piranhas December Distance Invite	
100 Back		1:00.12	1-Nov-12	USAM- AD	Jessica McMillen at Girls Sec II Division 2 Championships	
200 Back		2:11.42	17-Feb-17	USAM- AD	Kylie M. Salerno at 2017 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		2:37.41	8-Mar-15	USAM- AD	Zoe M. Vadney at AD Gold Short Course Championships	
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		2:19.48	12-Mar-17	USAM- AD	Kylie M. Salerno at Adirondack Gold Short Course Champions	
400 IM		4:58.38	8-Mar-15	USAM- AD	Kylie M. Salerno at AD 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		6:55.31	15-Dec-19	USAM- AD	Rocco S. Jabour at Piranha's December Distance Invite	
50 Back		34.95	31-Jul-19	USAM- AD	Christian V. Jerome at 2019 Suburban League Championships	
100 Back		1:16.08	1-Jun-19	USAM- AD	Christian V. Jerome at Dolphins Spring Fling 12 & Under Mini Meet	
200 Back		2:50.76	15-Dec-19	USAM- AD	Rocco S. Jabour 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		3:33.03	9-Dec-18	USAM- AD	Christian V. Jerome 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	24.78	9-Mar-14	USAM- AD	Thomas A. Brosnihan at AD Gold Short Course Championships
		100 Free	55.24	27-Mar-14	USAM- AD	Thomas A. Brosnihan at 2014 Eastern Zone SC Swimming Championsl
		200 Free	2:14.52	9-Jan-15	USAM- AD	Derek T. Rossetti at 2015 Starfish Trophy Invitational
		500 Free	5:57.82	8-Mar-20	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championships
	1000 Free	14:33.34	8-Dec-13	USAM- AD	Derek T. Rossetti at Super Splash 2013	
	50 Back	30.29	9-Mar-14	USAM- AD	Thomas A. Brosnihan at AD Gold Short Course Championships	
	100 Back	1:07.80	9-Mar-14	USAM- AD	Thomas A. Brosnihan at AD Gold Short Course Championships	
	200 Back	2:21.15	27-Mar-14	USAM- AD	Thomas A. Brosnihan at 2014 Eastern Zone SC Swimming Championsl	
	50 Breast	35.82	1-Nov-08	USAM- AD	Niko Brosnihan at 2008 Ocean Blue Invitational Swim Meet	
	100 Breast	1:18.07	12-Mar-99	USAM- AD	MIKE BROOMHEAD	
	200 Breast	3:01.12	28-Feb-20	USAM- AD	Christian V. Jerome at SHEN AD Silver Short Course Championships	
	50 Fly	28.82	9-Mar-14	USAM- AD	Thomas A. Brosnihan at AD Gold Short Course Championships	
	100 Fly	1:06.31	24-Jan-20	USAM- AD	Christian V. Jerome at Hawks Trials And Finals 2020	
	200 Fly	2:24.56	24-Jan-20	USAM- AD	Christian V. Jerome at Hawks Trials And Finals 2020	
	100 IM	1:07.45	9-Mar-14	USAM- AD	Thomas A. Brosnihan at AD Gold Short Course Championships	

USAM SWIM TEAM

RECORDS

11-12	200 IM	2:25.41	9-Mar-14	USAM- AD	Thomas A. Brosnihan at AD Gold Short Course Championships
	400 IM	5:30.45	15-Dec-19	USAM- AD	Christian V. Jerome at Piranha's December Distance Invite
13-14	50 Free	22.47	6-Mar-16	USAM- AD	Thomas A. Brosnihan at Adirondack Short Course Championships
	100 Free	50.45	6-Mar-16	USAM- AD	Thomas A. Brosnihan at Adirondack Short Course Championships
	200 Free	1:54.53	11-Mar-18	USAM- AD	Nathan B. Greene at Adirondack Gold Short Course Championships
	500 Free	5:09.93	11-Mar-18	USAM- AD	Nathan B. Greene at Adirondack Gold Short Course Championships
	1000 Free	10:52.41	11-Mar-18	USAM- AD	Nathan B. Greene at Adirondack Gold Short Course Championships
	1650 Free	17:57.16	11-Mar-18	USAM- AD	Nathan B. Greene at Adirondack Gold Short Course Championships
	100 Back	59.55	6-Feb-10	USAM- AD	Niko Brosnihan at Delmar Dolfins February Freeze Invitational
	200 Back	2:13.82	8-Mar-15	USAM- AD	Thomas A. Brosnihan at AD Gold Short Course Championships
	100 Breast	1:07.59	21-Mar-92	USAM- AD	RODOLFO PALMA
	200 Breast	2:27.28	21-Feb-92	USAM- AD	_____
	100 Fly	59.34	6-Mar-16	USAM- AD	Thomas A. Brosnihan at Adirondack Short Course Championships
	200 Fly	2:18.67	11-Mar-18	USAM- AD	Nathan B. Greene at Adirondack Gold Short Course Championships
	200 IM	2:15.26	8-Mar-15	USAM- AD	Thomas A. Brosnihan at AD Gold Short Course Championships
	400 IM	4:57.02	16-Mar-91	USAM- AD	RODOLFO PALMA
	15-18	50 Free	21.88	15-Feb-18	USAM- AD
100 Free		48.53	16-Feb-12	USAM- AD	Niko Brosnihan at Section II Championships Small Division
200 Free		1:48.86	12-Feb-16	USAM- AD	Sean J. Zelenke at 2016 Region 1 Short Course Invitational
500 Free		4:55.60	6-Mar-16	USAM- AD	Sean J. Zelenke at Adirondack Short Course Championships
1000 Free		10:44.67	8-Jan-16	USAM- AD	Sean J. Zelenke at 2016 Starfish Trophy Invitational
1650 Free		18:17.78	20-Dec-15	USAM- AD	Sean J. Zelenke at Piranhas December Distance Invite
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		55.69	6-Mar-16	USAM- AD	Sean J. Zelenke at Adirondack Short Course Championships
200 Fly		2:09.29	16-Jan-16	USAM- AD	Sean J. Zelenke at 2016 Chris Goody IMX Challenge
200 IM		2:02.04	6-Mar-16	USAM- AD	Sean J. Zelenke at Adirondack Short Course Championships
400 IM		4:31.03	8-Mar-15	USAM- AD	Sean J. Zelenke at AD Gold Short Course Championships