

## 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	
	200 Free	2:49.68	<b>12-Feb-15</b>	USAM- AD	Raegan O'Brien at USAM VS AJCC DUAL	
	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	
	100 Back	1:38.26	<b>21-Feb-15</b>	USAM- AD	Raegan O'Brien at Cabin Fever Invitational	
	200 Back	3:31.29	* <b>15-Dec-19</b>	USAM	Addison M. MacLeod at Piranha's December Distance Invite	
	200 Back	3:31.29	* <b>15-Dec-19</b>	USAM- AD	Addison M. MacLeod at Piranha's December Distance Invite	
	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	
	100 Breast	2:21.04	<b>3-Nov-19</b>	USAM- AD	Addison M. MacLeod at IM-Xtremely Spooked	
	200 Breast	4:39.38	* <b>15-Dec-19</b>	USAM	Addison M. MacLeod at Piranha's December Distance Invite	
	200 Breast	4:39.38	* <b>15-Dec-19</b>	USAM- AD	Addison M. MacLeod at Piranha's December Distance Invite	
	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 Fly	10:00.00	<b>1-Sep-19</b>			
	100 IM	1:25.57	<b>4-Mar-00</b>	USAM- AD	KARA ZEBROWSKI at AD DEV. CHAMPIONSHIP	
	200 IM	4:01.27	<b>3-Nov-19</b>	USAM- AD	Addison M. MacLeod at IM-Xtremely Spooked	
	9-10	50 Free	31.09	<b>12-Mar-17</b>	USAM- AD	Raegan O'Brien at Adirondack Gold Short Course Championships
		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	
200 Breast		3:27.97	<b>10-Dec-17</b>	USAM- AD	Charlize J. DeLair at Piranha's December Distance Invite	
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	
200 Fly		8:00.00	<b>1-Dec-18</b>			
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- AD	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	12:42.66	<b>24-Feb-18</b>	USAM- AD	Maeve E. McDermott at 2018 Blizzard on the Blocks	
	50 Back	30.24	<b>10-Mar-19</b>	USAM- AD	Raegan O'Brien at Adirondack Gold Short Course Championships	
	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- AD	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	

## USAM SWIM TEAM

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### RECORDS

11-12	200 Fly	2:44.14	<b>1-Mar-19</b>	USAM- AD	Raegan O'Brien at RPI AD Silver Short Course Championships
	100 IM	1:06.49	<b>18-Mar-94</b>	USAM- AD	ALLISON GEER
	200 IM	2:29.56	<b>10-Mar-19</b>	USAM- AD	Raegan O'Brien at Adirondack Gold Short Course Championships
	400 IM	5:35.14	<b>19-Dec-21</b>	USAM- AD	Angelina M. MacLeod at Piranha's December Distance Invite
13-14	50 Free	26.63	<b>16-Jul-21</b>	USAM- AD	Raegan O'Brien at July Trials/Finals
	100 Free	53.78	<b>29-Mar-96</b>	USAM- AD	ALLISON GEER
	200 Free	2:04.70	<b>21-Mar-21</b>	USAM- AD	Raegan O'Brien at NDAC March 2021 Time Trial
	500 Free	5:35.49	<b>16-Jul-21</b>	USAM- AD	Raegan O'Brien at July Trials/Finals
	1000 Free	12:05.28	<b>26-Feb-22</b>	USAM- AD	Angelina M. MacLeod at 2022 Starfish Last Chance Invite
	1650 Free	20:00.41	<b>23-Jul-22</b>	USAM- AD	Angelina M. MacLeod at 2022 Summerr Invitational
	100 Back	1:00.85	<b>16-Jul-21</b>	USAM- AD	Raegan O'Brien at July Trials/Finals
	200 Back	2:12.51	<b>10-Mar-19</b>	USAM- AD	Maddie Norton at Adirondack Gold Short Course Championships
	100 Breast	1:13.07	<b>10-Mar-19</b>	USAM- AD	Maeve E. McDermott at Adirondack Gold Short Course Championships
	200 Breast	2:39.93	<b>14-Feb-20</b>	USAM- AD	Maeve E. McDermott at 2020 Region 1 Short Course Invitational
	100 Fly	1:07.59	<b>24-Jan-20</b>	USAM- AD	Raegan O'Brien at Hawks Trials And Finals 2020
	200 Fly	2:27.69	<b>9-Mar-14</b>	USAM- AD	Abby Werwaiss at AD Gold Short Course Championships
	200 IM	2:19.84	<b>16-Jul-21</b>	USAM- AD	Raegan O'Brien at July Trials/Finals
	400 IM	5:06.53	<b>28-Feb-20</b>	USAM- AD	Raegan O'Brien at SHEN AD Silver Short Course Championships
	15-18	50 Free	24.97	<b>12-Feb-16</b>	USAM- AD
100 Free		53.66	<b>6-Mar-16</b>	USAM- AD	Maya A. Thompson at Adirondack Short Course Championship
200 Free		1:57.83	<b>10-Mar-22</b>	USAM- AD	Raegan O'Brien at Adirondack Gold Short Course Championships
500 Free		5:16.97	<b>18-Feb-22</b>	USAM- AD	Raegan O'Brien at 2022 Region 1 Short Course Invitational
1000 Free		11:32.56	<b>8-Dec-13</b>	USAM	M. Welch at Super Splash 2013 Molly M. Welch at Super Spl
1650 Free		19:32.94	<b>15-Dec-13</b>	USAM- AD	Molly M. Welch at Piranhas December Distance Invite
100 Back		58.61	<b>6-Nov-21</b>	USAM- AD	Raegan O'Brien at 2021 AD Girls Sec II Division I Champ
200 Back		2:08.69	<b>18-Feb-22</b>	USAM- AD	Raegan O'Brien at 2022 Region 1 Short Course Invitational
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		2:14.28	<b>18-Feb-22</b>	USAM- AD	Raegan O'Brien at 2022 Region 1 Short Course Invitational
400 IM		4:56.44	<b>4-Mar-22</b>	USAM- AD	Raegan O'Brien at AD Silver 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	
	200 Free	3:18.10	<b>12-Jan-19</b>	USAM- AD	Jude C. Jerome at Chris Goody IMX Challenge	
	25 Back	19.04	<b>14-Mar-92</b>	USAM- AD	BOBBY CROW	
	50 Back	41.64	<b>9-Jul-19</b>	USAM- AD	Jude C. Jerome at USAM vs Knolls	
	100 Back	1:46.39	<b>27-Oct-18</b>	USAM- AD	Jude C. Jerome at IM-Xtremely Spooked	
	200 Back	10:00.00	<b>1-Sep-19</b>			
	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	
	100 Breast	2:08.53	<b>12-Jan-19</b>	USAM- AD	Jude C. Jerome at Chris Goody IMX Challenge	
	200 Breast	10:00.00	<b>1-Sep-19</b>			
	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 Fly	10:00.00	<b>1-Sep-19</b>			
	100 IM	1:24.10	<b>18-Jul-92</b>	USAM- AD	BOBBY CROW	
	200 IM	6:00.00	<b>1-Sep-19</b>			
	9-10	50 Free	29.24	<b>31-Jul-19</b>	USAM- AD	Christian V. Jerome at 2019 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		6:54.71	<b>10-Mar-22</b>	USAM- AD	JT Campbell at Adirondack Gold Short Course Championships	
50 Back		34.31	<b>30-Mar-22</b>	USAM- AD	JT Campbell at 2022 Eastern Zone SC Age Group Championships	
100 Back		1:15.91	<b>10-Mar-22</b>	USAM- AD	JT Campbell at Adirondack Gold Short Course Championships	
200 Back		2:47.31	<b>19-Dec-21</b>	USAM- AD	JT Campbell at Piranha's December Distance Invite	
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	
200 Breast		3:28.64	<b>19-Dec-21</b>	USAM- AD	JT Campbell at Piranha's December Distance Invite	
50 Fly		31.19	<b>31-Jul-19</b>	USAM- AD	Christian V. Jerome at 2019 Suburban League Championships	
100 Fly		1:16.90	<b>10-Mar-19</b>	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championships	
200 Fly		2:56.13	<b>9-Dec-18</b>	USAM- AD	Christian V. Jerome at Piranha's December Distance Invite	
100 IM		1:14.00	<b>31-Jul-19</b>	USAM- AD	Christian V. Jerome at 2019 Suburban League Championships	
200 IM		2:42.97	<b>10-Mar-19</b>	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championships	
400 IM		6:17.59	<b>9-Dec-18</b>	USAM- AD	Christian V. Jerome at Piranha's December Distance Invite	
11-12		50 Free	24.44	<b>6-Jun-21</b>	USAM- AD	Christian V. Jerome at NDAC Jun 2021 Time Trial
	100 Free	54.11	<b>20-Mar-21</b>	USAM- AD	Christian V. Jerome at Delmar Dolphins March Madness	
	200 Free	1:57.39	<b>22-May-21</b>	USAM- AD	Christian V. Jerome at Dolmar Dolphins May Time Trials	
	500 Free	5:26.57	<b>24-Jul-21</b>	USAM- AD	Christian V. Jerome at July Time Trials	
	1000 Free	10:53.78	<b>24-Jul-21</b>	USAM- AD	Christian V. Jerome at July Time Trials	
	50 Back	29.62	<b>16-Jul-21</b>	USAM- AD	Christian V. Jerome at July Trials/Finals	
	100 Back	1:02.56	<b>6-Jun-21</b>	USAM- AD	Christian V. Jerome at NDAC Jun 2021 Time Trial	
	200 Back	2:16.72	<b>16-Jul-21</b>	USAM- AD	Christian V. Jerome at July Trials/Finals	
	50 Breast	32.04	<b>30-Mar-22</b>	USAM- AD	Rocco S. Jabour at 2022 Eastern Zone SC Age Group Championships	
	100 Breast	1:16.06	<b>3-Jul-21</b>	USAM- AD	Christian V. Jerome at 2021 NE MWYS Independence Day Meet	
	200 Breast	2:47.35	<b>4-Mar-22</b>	USAM- AD	Rocco S. Jabour at AD Silver Short Course Championships	
	50 Fly	25.42	<b>24-Jul-21</b>	USAM- AD	Christian V. Jerome at July Time Trials	
	100 Fly	56.38	<b>16-Jul-21</b>	USAM- AD	Christian V. Jerome at July Trials/Finals	
	200 Fly	2:05.19	<b>24-Jul-21</b>	USAM- AD	Christian V. Jerome at July Time Trials	
	100 IM	1:02.75	<b>19-Jun-21</b>	USAM- AD	Christian V. Jerome at Delmar Dolphins June Time Trails	

**USAM SWIM TEAM**

**RECORDS**

11-12	200 IM	2:15.07	<b>16-Jul-21</b>	USAM- AD	Christian V. Jerome at July Trials/Finals
	400 IM	5:30.45	<b>15-Dec-19</b>	USAM- AD	Christian V. Jerome at Piranha's December Distance Invite
13-14	50 Free	22.47	<b>6-Mar-16</b>	USAM- AD	Thomas A. Brosnihan at Adirondack Short Course Championships
	100 Free	49.39	<b>23-Jul-22</b>	USAM- AD	Christian V. Jerome at 2022 Summerr Invitational
	200 Free	1:48.22	<b>10-Mar-22</b>	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championships
	500 Free	5:01.56	<b>22-Jan-22</b>	USAM- AD	Christian V. Jerome at Chris Goody IMX Challenge
	1000 Free	10:43.98	<b>10-Mar-22</b>	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championships
	1650 Free	17:50.56	<b>10-Mar-22</b>	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championships
	100 Back	58.07	<b>10-Mar-22</b>	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championships
	200 Back	2:12.54	<b>22-Jan-22</b>	USAM- AD	Christian V. Jerome at Chris Goody IMX Challenge
	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	52.09	<b>10-Mar-22</b>	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championships
	200 Fly	1:57.24	<b>9-Dec-21</b>	USAM- AD	Christian V. Jerome at 31st Annual Speedo Winter Championships
	200 IM	2:07.44	<b>19-Jul-22</b>	USAM- AD	Christian V. Jerome at Albany JCC vs Jammin JellyFish vs Uncle Sam
	400 IM	4:30.84	<b>10-Mar-22</b>	USAM- AD	Christian V. Jerome at Adirondack Gold Short Course Championships
15-18	50 Free	21.88	<b>15-Feb-18</b>	USAM- AD	Thomas A. Brosnihan at Section II Championships - Division 2
	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