

5-Jan-09

YMCA National Long Course Championship Records
Updated after 2008 Long Course nationals
National - Records - Women

Freestyle

Women 50 Free	26.25	7/29/2008	Emily Lloyd, Anne Arundel, MD
Women 100 Free	57.07	7/31/2008	Emily Lloyd, Anne Arundel, MD
Women 200 Free	2:00.22	8/1/2008	Leah Gingrich - West Shore-PA-
Women 400 Free	4:19.91	7/31/2007	Caroline Siath, Winston-Salem, NC
Women 800 Free	8:56.48	7/28/2004	Leah Gingrich - West Shore-PA-
Women 1500 Free	17:02.80	1999	E. Ballenger - Spartanburg, SC

Backstroke

Women 50 Back	29.32	7/30/2004	Lauren English - Montclair-NJ-
Women 100 Back	1:02.73	7/27/2004	Tricia Weaner - West Shore-PA-
Women 200 Back	2:15.38	7/29/2004	Tricia Weaner - West Shore-PA-

Breaststroke

Women 50 Breast	33.03	7/28/2003	Lauren Brick - Rappahannock-VA-
Women 100 Breast	1:12.32	1996	Kelly Jones - So. Community,OH
Women 200 Breast	2:34.61	7/28/2004	Jessica Botzum - Triangle Area-NC

Butterfly

Women 50 Fly	28.24	1994	B. Karaica - Pittsburgh E, PA
Women 100 Fly	1:00.49	7/30/2008	Haley Lips, Duncan, SC
Women 200 Fly	2:09.96	8/1/2008	Leah Gingrich - West Shore-PA-

Individual Medley

Women 200 IM	2:16.33	7/29/2008	Leah Gingrich - West Shore-PA-
Women 400 IM	4:53.41	7/29/2004	Ashley Jones - Joliet - IL-

Freestyle Relay

Women 200 Free Relay	1:48.36	8/1/2008	West Shore - West Shore PA
Women 400 Free Relay	3:55.59	7/30/2008	West Shore - West Shore PA
Women 800 Free Relay	8:29.28	8/1/2008	West Shore - West Shore PA

Lauren Schmittle, Alison Zelensky, Stephanie Kinsey, Leah Gingrich
Lauren Schmittle, Claire Loht, Stephanie Kinsey, Leah Gingrich
Leah Gingrich, Lauren Schmittle, Emily Weaner, Claire Loht

Medley Relay

Women 200 Medley Relay	1:59.83	7/29/2008	Cheshire - Cheshire CT
Women 400 Medley Relay	4:22.96	8/1/2008	West Shore - West Shore PA

Lauren Solernou, Kim Jerome, Hollis Capuano, Michaela Morr
Stephanie Kinsey, Alison Zelenky, Leah Gingrich, Claire Loht

YMCA National Long Course Championship Records
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National - Records - Men

Freestyle

Men 50 Free	23.52	7/27/2004	Jeffrey Sudbury - Wilton-CT-
Men 100 Free	51.25	7/31/2008	Evan Reed - Upper Main Line-PA
Men 200 Free	1:52.25	7/28/2004	Bobby Savulich - Metuchen-Edison-
Men 400 Free	3:59.19	1996	A. Messner - Ann Arbor, MI
Men 800 Free	8:25.64	7/28/2004	Chris Schenck - N.W. Dupage-IL-
Men 1500 Free	15:57.55	7/30/2004	Kyle Young - Aquatic Center -

Backstroke

Men 50 Back	26.29	8/3/2001	Jayne O Cramer - M.E. Lyons-OH-
Men 100 Back	56.63	7/26/2005	Patrick Schirk - Pottstown-PA
Men 200 Back	2:01.69	7/28/2005	Patrick Schirk - Pottstown-PA

Men 50 Breast	29.56	1996	R. Henikman - Mansfield, OH
Men 100 Breast	1:03.98	1992	Marty Hubbell - Countryside, OH
Men 200 Breast	2:19.22	1992	Marty Hubbell - Countryside, OH

Butterfly

Men 50 Fly	25.30	8/2/2001	Jayne O Cramer - M.E. Lyons-OH-
Men 100 Fly	55.43	7/28/2005	Pat Reams - South Shore-MA
Men 200 Fly	2:04.25	8/3/2006	Todd McGraw - Huntington-WV

Individual Medley

Men 200 IM	2:05.19	7/29/2008	Scott Marino, Fanwood-Scotch Plains, NJ
Men 400 IM	4:32.23	1997	J. Faltraco - Spartanburg, SC

Freestyle Relay

Men 200 Free Relay	1:36.24	7/30/2004	Darien Community YMCA - Darien-CT-
			J Geissing, P Baity, M Baity, M Donch
Men 400 Free Relay	3:33.66	7/30/2008	Middle Tyger YMCA - Middle Tyger-SC
			Gregory Morgan, David Groseclose, Graham Kauffman, Christopher Reinke
Men 800 Free Relay	7:52.27	8/1/2008	Middle Tyger YMCA - Middle Tyger-SC
			Gregory Morgan, David Ingraham, Christopher Reinke, David Groseclose

Medley Relay

Men 200 Medley Relay	1:46.68	7/31/2001	M.E. Lyons-OH - M.E. Lyons-OH-
			Jayne Cramer, Rob Kauscher, P Carothers, M Bertke
Men 400 Medley Relay	3:56.41	8/3/2001	M.E. Lyons-OH - M.E. Lyons-OH-
			Jayne Cramer, Rob Kauscher, P Carothers, Kevin Nead