

MCSL Coaches Long Course Records

Progression

Meet Est. 1975

1	Boys 12&U 200 IM	2:21.71 – Adriano Arioti (RV) – 2019 2:22.16 – John Clado (RV) – 2013 2:22.56 – Devin Truong (RV) – 2011 2:28.81 – Harrison Gu (RV) – 2008 2:30.30 – Frank DeSando (MW) – 1982 2:31.23 – Nathan Hamilton (A) – 1981 2:38.32 – Bruce Schuman (WHI) – 1977 2:39.58 – P. Day (K) – 1976 2:47.12 – S. Elliott (TF) – 1975
2	Girls 12&U 200 IM	2:28.09 – Carly Sebring (DA) – 2017 2:30.94 – Sophie Duncan (B) – 2016 2:31.24 – Catherine Belyakov (NO) – 2015 2:32.58 – Lauren James (PL) – 2009 2:33.05 – Caroline Clark (MCT) – 2008 2:33.48 – Blair Webb (HA) – 2004 2:33.73 – Nilasha Ghosh (FH) – 2000 2:35.20 – Rachel Burke (OM) – 1996 2:35.80 – Anne Lincoln (G) – 1994 2:35.95 – Cheryl Patteson (RH) – 1987 2:36.77 – Pamela Minthorn (DT) – 1984 2:36.89 – H. Furberg (TW) – 1982 2:38.65 – Tracy Gawler (WG) – 1981 2:40.09 – Valerie Winkler (WG) – 1978 2:43.35 – K. Troth (FO) – 1975

3	Boys 13-14 200 IM	2:12.80 – Brett Feyerick (TH) – 2017 2:13.77 – John Clado (RV) – 2015 2:13.97 – Jonathan Ekstrom (RC) – 2008 2:16.33 – Eric Friedland (TW) - 2005 2:17.41 – Phillip Hinrichsen (DT) – 2003 2:17.96 – Sean Murray (A) – 2000 2:21.36 – Nick Martin (WM) – 1995 2:21.38 – Jon Ho (MS) – 1991 2:22.25 – Nathan Hamilton (A) – 1983 2:23.10 – Dave Frantantoni (PW) – 1982 2:24.95 – Andy Lockman (RE) – 1976 2:26.24 – Andy Lockman (RE) – 1975
4	Girls 13-14 200 IM	2:20.04 – Carly Sebring (DA) – 2018 2:22.16 – Catherine Belyakov (NO) - 2017 2:22.42 – Phoebe Bacon (TH) – 2016 2:24.40 – Charlotte Meyer (CS) – 2009

		2:26.13 – Callie Fosburgh (B) – 2008 2:26.25 – Rachel Burke (OM) – 1998 2:28.65 – Rachel Burke (OM) – 1997 2:28.77 – Pamela Minthorn (DT) – 1986 2:30.27 – Jude DeSando (MW) – 1975
5	Boys 15-18 200 IM	2:07.34 – Adriano Arioti (RV) – 2022 2:07.65 – Sam Tarter (NO) – 2017 2:08.17 – Bouke Edskes (RV) – 2016 2:09.17 – Mike Barrowman (MS) – 1986 2:12.48 – Mike Barrowman (MS) – 1985 2:15.42 – Mike Barrowman (MS) – 1984 2:17.59 – Dan Veatch (MS) – 1980 2:18.52 – Clay Britt (MS) – 1977 2:21.69 – Rich Bader (AH) – 1975

6	Girls 15-18 200 IM	2:16.11 – Sophie Duncan (B) – 2022 2:16.63 – Sophie Duncan (B) – 2021 2:17.10 – Phoebe Bacon (TH) – 2019 2:19.63 – Sarah Haase (FV) – 2010 2:23.96 – Leann Chang (MB) – 2003 2:24.53 – Cheryl Patteson (CA) – 1993 2:25.14 – Susan Habermas (DA) – 1986 2:27.59 – Jude DeSando (MW) – 1977 2:30.45 – Jude DeSando (MW) – 1976 2:32.10 – Shannon Flaherty (FV) – 1975
7	Boys 8 & U 50 Free	32.73 – Timmy Ellett (TW) – 2009 33.78 – Brian Cernoch (GM) – 2008 34.28 – Jay Hoffman (GP) – 1981 36.21 – T. Manley (MCT) – 1975
8	Girls 8 & U 50 Free	34.43 – Jill Berger (LF) – 2012 34.45 – Megan Sharkey (PW) / Maya Fischer (EG) – 2010 34.68 – Claudia Gibson (RV) – 2007 35.43 – Katie Ledecy (PA) – 2005 35.61 – Nilasha Ghosh (FH) – 1997 35.64 – Jan Bauer (MS) – 1979 37.46 – H. Furberg (TW) – 1978 37.66 – K. Olsen (RF) – 1976 41.28 – M. Bleiden (B) – 1975
9	Boys 9-10 100 Free	1:05.65 – Timmy Ellett (TW) – 2011 1:05.72 – Andrew Gibson (RV) – 2007 1:06.25 – Sean Stewert (WG) – 2001 1:08.04 – Ethan Bassett (PO) – 1991 1:08.11 – Jay Hoffman (GP) – 1983 1:10.97 – Thomas Lee (CG) – 1982 1:11.10 – E. Bauer (MS) – 1978 1:11.72 – B. King (PA) – 1975
10	Girls 9-10 100 Free	1:05.10 – Guilia Baroldi (PGL) – 2014

		1:06.75 – Natsumi Horikawa (TW) – 2007 1:08.32 – Sara Kwon (RV) – 2004 1:08.33 – Cara Chuang (RV) – 2002 1:08.84 – Jordan Martens (PW) – 1990 1:09.50 – Jan Bauer (MS) – 1981 1:10.56 – Tracy Gawler (WG) – 1979 1:11.88 – J. Barth (PA) – 1976 1:14.24 – J. Barth (PA) – 1975
11	Boys 11-12 100 Free	57.35 – Andrew Vanas (WW) – 2021 58.89 – Brett Feyerick (TH) – 2015 59.05 – Sanjay Wijesekera (RV) – 2012 1:00.03 – Jesse Cunningham (UC) – 2003 1:01.74 – Jonathan Lee (CG) – 1985 1:02.27 – Thomas Lee (CG) – 1984 1:02.52 – Eric Judkins (PW) – 1977 1:05.87 – Mark McDowell (RH) - 1975
12	Girls 11-12 100 Free	58.71 – Erin Gemmell (PW) – 2017 1:00.62 – Caroline McTaggart (CCR) – 2009 1:02.34 – Lila Vera (SB) – 2008 1:02.54 – Marissa Gentry (RV) – 2005 1:02.73 – Heather Denman (TA) – 2003 1:02.90 – Patti Marks (O) – 1975
13	Boys 13-14 100 Free	54.14 – Kyle Wang (RE) – 2021 54.25 – Matt Thomas (MW) – 2007 55.60 – Gerry Seawright (WM) – 2006 56.05 – Brock Park (CB) – 2004 56.62 – Jeremy Fain (D) – 1992 57.28 – Brian Gemberling (SG) – 1991 57.59 – Eric Judkins (PW) – 1979 59.54 – Andy Lockman (RE) – 1976 1:03.67 – J. Cox (B) – 1975

14	Girls 13-14 100 Free	55.87 – Erin Gemmell (PW) – 2019 56.86 – Katie Ledecy (PA) – 2011 58.75 – Colleen Law (SL) – 2002 59.43 – Kassy Kugler (TA) – 2001 1:00.33 – Kelly Davies (A) – 1983 1:01.31 – Grace Whiteis (RE) – 1978 1:02.85 – Patti Marks (O) – 1977 1:04.08 – Jane Triau (MCT) – 1975
15	Boys 15-18 200 Free	1:53.64 – Brennan Novak (PGL) – 2015 1:53.85 – Matt Thomas (MW) – 2011 1:54.43 – Brady Fox (HA) – 2009 1:54.47 – Sean Stewert (WG) – 2008 1:54.97 – Sean Stewert (WG) – 2007 1:56.87 – Daniel Mengerling (OG) – 2004
		1:57.46 – Michael Raab (TW) – 2000 1:58.19 – Dan Veatch (MS) – 1983 2:00.15 – Steve Williams (MS) – 1982 2:03.09 – Steve Williams (MS) – 1981 2:03.17 – Andy Lockman (RE) – 1978 2:04.34 – J. Williams (MS) – 1977 2:04.81 – C. Bauman (FM) – 1976 2:06.88 – K. Rydland (SL) – 1975
16	Girls 15-18 200 Free	1:57.45 – Erin Gemmell (PW) – 2022 2:03.19 – Elizabeth Pepper (PL) - 2011 2:04.80 – Susan Habermas (DA) – 1986 2:07.19 – Kelly Davies (A) – 1985 2:07.66 – Kelly Davies (A) – 1984 2:10.18 – Jude DeSando (MW) – 1977 2:14.47 – Jude DeSando (MW) – 1976 2:17.52 – J. Shaffer (FV) – 1975
17	Boys 8&U 50 Back	39.77 – Ashton Sun (KF) – 2014 39.82 – Sean Stewart (NMC) – 1999 41.47 – Brent Rademacher (AH) – 1988 41.73 – Matt Solomon (H) – 1985 43.43 – Jon Solomon (H) – 1983 43.64 – Kurt Bromwell (RH) – 1975

18	Girls 8&U 50 Back	40.44 – Eliya Harnood (GER) – 2007 40.83 – Karla Wilson (MW) – 1982 41.80 – Jan Bauer (MS) – 1979 45.28 – H. Furberg (TW) – 1978 47.36 – K. Budurka (PW) – 1976 50.83 – L. Hanrahan (OF) – 1975
19	Boys 9-10 50 Back	33.31 – Adriano Arioti (RV) – 2017 35.17 – Sean Stewert (NMC) – 2001 36.46 – James Wilhite (K) – 1991 37.29 – Kurt Bromwell (RH) – 1977 37.72 – Dan Veatch (MS) – 1975
20	Girls 9-10 50 Back	35.09 – Laura Eull (CG) – 1998 36.54 – Karla Wilson (MW) – 1984 37.33 – Susan O’Brien (MS) – 1976 39.91 – N. Witgenstein (TB) – 1975
21	Boys 11-12 100 Back	1:04.76 – Brett Feyerick (TH) – 2015 1:06.12 – Matt Gibson (RV) – 2007 1:07.84 – Jason Blanken (CA) – 1998 1:10.96 – Jonathan Lee (CG) – 1985 1:12.01 – Daniel Greyber (PO) – 1984 1:12.50 – Dan Veatch (MS) – 1977 1:13.94 – Dan Veatch (MS) – 1976
		1:16.74 – S. Flaherty (FV) – 1975
22	Girls 11-12 100 Back	1:05.04 – Phoebe Bacon (TH) – 2015 1:09.27 – Emily Wang (UC) – 2012 1:09.76 – Laura Eull (CG) – 2000 1:10.90 – Jordan Zarin (MW) – 1999 1:11.89 – Susan O’Brien (WM) – 1978 1:16.68 – K. Troth (FO) – 1975

23	Boys 13-14 100 Back	59.15 – Jack Conger (FV) – 2009 1:00.66 – Brady Fox (HA) – 2005 1:02.52 – Josh Hafkin (PW) – 2002 1:04.11 – Jason Blanken (CA) – 2000 1:04.49 – Chris Gibson (RF) – 1998 1:04.67 – James Wilhite (K) – 1995 1:05.05 – Bunkey Lewis (DT) – 1989 1:05.11 – J. Zimmerman (RH) – 1978 1:07.15 – K. Yienger (W) – 1977 1:08.40 – Clay Britt (MS) – 1975
24	Girls 13-14 10 Back	1:02.84 – Phoebe Bacon (TH) – 2017 1:06.47 – Hannah Lindsey (RE) – 2012 1:06.89 – Megan Waters (MCT) – 2004 1:07.14 – Susan O’Brien (WM) – 1980 1:08.29 – Susan O’Brien (WM) – 1979 1:11.99 – Jane Triau (MCT) – 1976 1:13.51 – J. Klotz (WG) – 1975
25	Boys 15-18 200 Back	2:01.04 – Jack Conger (FV) – 2012 2:04.34 – Brady Fox (HA) – 2008 2:06.07 – Kenny Shelhorse (DA) – 2001 2:09.79 – Chris Gibson (RF) – 2000 2:10.62 – Dan Veatch (MS) – 1983 2:16.11 – Clay Britt (MS) – 1978 2:20.34 – Clay Britt (MS) – 1977 2:21.65 – Clay Britt (MS) – 1976 2:23.70 – C. Bauman(FM) – 1975
26	Girls 15-18 200 Back	2:15.87 – Sophie Duncan (B) – 2021 2:17.26 – Kristina Li (SB) – 2013 2:19.14 – Kaitlin Mills (PW) – 2009 2:22.27 – Tracey Barrett (WL) – 1992 2:25.44 – Tracey Barrett (WL) – 1991 2:27.56 – Isabelle Wallace (A) – 1987 2:29.10 – Susan Habermas (DA) – 1985 2:29.89 – S. Flaherty (FV) – 1975
27	Boys 8&U 50 Breast (est. 1993)	44.05 – Darius Truong (RV) – 2011 44.23 – Timmy Ellett (TW) – 2009 46.74 – Carsten Vissering (OG) – 2005

		48.03 – Sam Prager (RF) – 1998 49.13 – Ryan Burnsky (OM) – 1996 49.16 – Danny Mitchell (C) – 1994 49.56 – Nate Puksta (SL) – 1993
28	Girls 8&U 50 Breast (est. 1993)	46.90 – Audrey Lee (KF) – 2018 47.40 – Sarah Kannan (BE) – 2005 48.05 – Yaly Levy (RV) – 2003 48.26 – Callie Fosburgh (B) – 2002 48.73 – Sandra Lee (RV) – 1998 49.51 – Ria Owen-Thomas (B) – 1994 49.97 – Vanessa Zarou (FR) – 1993
29	Boys 9-10 50 Breast	38.16 – Eric Sanidad (SG) – 2017 39.44 – Robert Qian (GER) – 2010 39.98 – Justin Pratt (OF) – 1994 40.42 – P. Enzinger (CS) – 1976 44.59 – B. King (PA) – 1975
30	Girls 9-10 50 Breast	36.88 – Emma Lantry (K) – 2017 37.97 – Rachel Danegger (LF) – 2011 38.69 – Callie Fosburgh (B) - 2004 40.25 – Cheryl Patteson (RH) – 1985 41.72 – Jennifer Froelich (NCC) – 1977 42.83 – K. Foels (RH) – 1976 44.24 – S. Porter (WG) – 1975
31	Boys 11-12 100 Breast	1:13.56 – Jason Hernandez-Fuentes (SG) - 2017 1:14.70 – John Clado (RV) - 2013 1:14.77 – Harrison Gu (RV) – 2008 1:16.06 – Chris Gibeily (KM) – 2002 1:16.59 – Nathan Hamilton (A) – 1981 1:22.50 – R. Romanick (OM) – 1979 1:23.97 – Mitch McDowell (RH) – 1977 1:25.00 – P. Day (K) – 1976 1:28.12 – Mark McDowell (RH) – 1975

32	Girls 11-12 100 Breast	1:14.25 – Joyce Wu (KF) – 2017 1:16.93 – Susan Kim (NMC) – 2001 1:20.77 – Cheryl Patteson (RH) – 1987 1:23.40 – Jennifer Froelich (NCC) – 1979 1:24.49 – J. Durham (W) – 1976 1:25.76 – Patti Marks (O) – 1975
33	Boys 13-14 100 Breast	1:08.41 – Carsten Vissering (OG) – 2011 1:10.63 – Stephen Schmid (FV) – 2007 1:10.74 – Daniel Velez (QO) – 1998 1:12.27 – Brian Nicosia (A) – 1983 1:14.70 – Nathan Hamilton (A) – 1982
		1:16.51 – R. Romanick (OM) – 1981 1:16.61 – Mitch McDowell (RH) – 1979 1:17.59 – Mitch McDowell (RH) – 1978 1:18.53 – J. Parker (WG) – 1976 1:19.64 – J. Parker (WG) – 1975
34	Girls 13-14 100 Breast	1:12.99 – Joyce Wu (KF) – 2019 1:14.15 – Sarah Haase (FV) – 2008 1:16.34 – Susan Kim (NMC) – 2003 1:16.83 – Lindsay Rogers (QO) – 2001 1:17.28 – Katie Brown (FV) – 1996 1:18.41 – Karen Masal (RV) – 1984 1:19.95 – L. Camp (WHI) – 1977 1:23.46 – Beth Cuddeback (FV) – 1975
35	Boys 15-18 200 Breast	2:18.92 – James Garner (CLK) – 2022 2:20.50 – Ryan Hurley (RF) – 2003 2:25.24 – Mike Barrowman (MS) – 1986 2:29.90 – Brian Nicosia (A) – 1984 2:31.02 – Jimmy Tuchler (FR) – 1983 2:36.28 – Jimmy Tuchler (FR) – 1982 2:36.82 – Rich Bader (AH) – 1975

36	Girls 15-18 200 Breast	2:34.10 – Catherine Belyakov (NO) – 2018 2:34.38 – Jaycee Yegher (DT) – 2017 2:35.48 – Colleen Haase (FV) – 2006 2:38.42 – Leann Chang (MB) – 2003 2:42.29 – Katie Brown (FV) – 1998 2:42.90 – Karla Wilson (AH) – 1991 2:46.40 – Karla Wilson (AH) – 1989 2:46.54 – J. Durham (W) – 1980 2:48.86 – J. Durham (W) – 1979 2:49.23 – Beth Cuddeback (FV) – 1978 2:51.54 – J. Ellison (A) – 1976 2:58.78 – K. Rydland (SL) – 1975
37	Boys 8&U 50 Fly (est. 1993)	36.64 – Kirk Morgan (SL) – 2017 36.87 – Darius Truong (RV) – 2011 38.37 – Grant Goddard (PA) – 2005 38.89 – Sean Stewert (NMC) – 1999 40.59 – Christophe Pool (NO) – 1996 41.19 – Malcolm Thom (B) – 1993
38	Girls 8&U 50 Fly (est. 1993)	38.18 – Nilasha Ghosh (FH) – 1997 39.96 – Vanessa Zarou (FR) – 1993
39	Boys 9-10 50 Fly	32.09 – Timmy Ellett (TW) – 2011 33.17 – Brady Fox (HA) – 2001 33.45 – Christophe Pool (NO) – 1998 33.48 – Stuart Wright (BE) – 1996
		33.75 – Thomas Lee (CG) – 1982 35.22 – Kurt Bromwell (RH) – 1977 35.33 – Jimmy Tuchler (FR) – 1975
40	Girls 9-10 50 Fly	31.82 – Hailey Hammond (LF) – 2018 32.47 – Carly Sebring (DA) – 2015 32.81 – Claire Ryland (CA) – 2013 33.32 – Heather Denman (NH) – 2001 33.60 – Nilasha Ghosh (FH) – 1998 34.36 – Candy Camacho (WL) – 1984 34.94 – Isabelle Wallace (A) – 1981 35.50 – Susan O’Brien (WM) – 1976 37.29 – Susan O’Brien (WM) – 1975

41	Boys 11-12 100 Fly (est. 1997)	1:03.17 – Danny Calder (MO) – 2013 1:06.31 – Sanjay Wijesekera (RV) – 2012 1:07.08 – Grant Goddard (PA) – 2009 1:08.06 – Nick Raithel (GP) – 2000 1:09.24 – Pat Gibson (RF) – 1998 1:12.72 – Brian McAteer (OM) – 1997
42	Girls 11-12 100 Fly (est. 1997)	1:06.34 – Phoebe Bacon (TH) – 2015 1:07.97 – Heather Denman (TA) – 2003 1:09.39 – Nilasha Ghosh (FH) – 2001 1:10.17 – Jordan Zarin (MW) – 1999 1:12.15 – Dana West (TA) – 1998 1:13.83 – Amanda Burke (OM) – 1997
43	Boys 13-14 100 Fly	57.26 – Adriano Arioti (RV) – 2021 57.75 – Jack Conger (FV) – 2009 58.53 – Brady Fox (HA) – 2005 1:00.77 – Chris Gibson (RF) – 1998 1:01.81 – Nicky Frye (DA) – 1996 1:02.52 – J. Zimmerman (RH) – 1978 1:05.29 – Andy Lockman (RE) – 1975
44	Girls 13-14 100 Fly	1:01.55 – Erin Gemmell (PW) – 2019 1:02.10 – Phoebe Bacon (TH) – 2017 1:04.71 – Katie Ledecy (PA) – 2011 1:05.31 – Kelly Davies (A) – 1983 1:07.05 – Susan O’Brien (WM) – 1980 1:07.25 – Susan O’Brien (WM) – 1979 1:10.25 – K. Dopkin (WHI) – 1978 1:10.32 – Jude DeSando (MW) – 1975
45	Boys 15-18 100 Fly	53.94 – Jack Conger (FV) – 2012 56.31 – Sean Stewert (WG) – 2008 56.51 – Michael Raab (TW) – 2001 57.20 – Michael Raab (TW) – 2000 59.13 – Steve Williams (MS) – 1983
		1:00.75 – Steve Williams (MS) – 1982 1:00.83 – Andy Martin (TH) – 1980 1:01.63 – J. Williams (MS) – 1977 1:02.12 – J. Williams (MS) – 1976 1:03.98 – K. Rydland (SL) – 1975

46	Girls 15-18 100 Fly	1:00.68 – Phoebe Bacon (TH) – 2019 1:00.87 – Caroline McTaggart (CCR) – 2015 1:02.57 – Pam Minthorn (DT) – 1990 1:03.58 – Kelly Davies (A) – 1985 1:04.20 – Kelly Davies (A) – 1984 1:05.24 – Grace Whiteis (RE) – 1981 1:06.17 – Grace Whiteis (RE) – 1980 1:06.84 – J. Klotz (WG) – 1978 1:08.35 – J. Terrell (A) – 1977 1:09.34 – S. Pazornik (FO) – 1975
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Retired Events

Boys 11-12 50 Fly (1975 - 1996)	29.68 – Nicky Frye (DA) – 1994 30.35 – Thomas Lee (CG) – 1984 30.78 – Matt McShane (P) – 1976 32.34 – S. Elliott (TF) – 1975
Girls 11-12 50 Fly (1975 - 1996)	31.11 – Blaire Menichetti (FV) – 1987 31.18 – Susan O’Brien (WM) – 1978 31.63 – K. Dopkin (WHI) – 1977 32.58 – M. Hambright (MW) – 1975