Florida Gold Coast LMSC

Men's Long Course Meters Records

as of 9/30/07

	50 FREE			100 FREE			200 FREE			400 FREE			800 FREE			1500 FREE		
19-24	:24.39	L. Lyons	FLAQ-07	:53.93	L. Lyons	FLAQ-07	1:55.65	H. Lee	FLAQ-07	4:04.68	H. Lee	FLAQ-07						
25-29	:24.31	J. Linn	AAST-02	:54.09	D. Tyler	GOLD-94	1:56.75	D. Tyler	GOLD-94	4:28.38	C. Ochoa	PLAN-98	11:03.24	B. Fernandez	GOLD-02	18:16.91	C. Ochoa	PLAN-97
30-34	:23.27	T. Pace	GOLD-98	:57.29	R. Rodriguez	GOLD-02	2:05.88	C. Ochoa	GOLD-01	4:23.47	M. Hooper	FLAQ-07	9:19.53	M. Hooper	FLAQ-06	17:40.99	M. Hooper	FLAQ-07
35-39	:24.26	T. Pace	GOLD-04	:55.62	K. Wienants	GOLD-98	2:02.26	K. Wienants	GOLD-98	4:29.30	J. Olson	GOLD-03	10:26.97	B. Korey	GOLD-01	18:04.85	J. O'Keefe	GOLD-05
40-44	:25.75	H. Oppenborn	GOLD-98	:56.80	C. Burns	GOLD-94	2:06.21	R. Strauss	GOLD-92	4:29.67	R. Valdivia	GOLD-05	9:18.41	R. Valdivia	GOLD-04	18:59.48	F. Mayer	GOLD-96
45-49	:25.75	C. Burns	GOLD-98	:57.55	C. Burns	GOLD-98	2:10.97	J. Spire	GOLD-99	4:44.07	T. Erickson	GOLD-02	9:51.38	C. Dolabella	GOLD-07	18:51.69	T. Erickson	GOLD-04
50-54	:26.26	R. Hawkins	GOLD-00	:59.52	G. Schmidt	GOLD-01	2:11.67	T. Erickson	FLAQ-07	4:42.46	T. Erickson	FLAQ-06	9:47.11	T. Erickson	FLAQ-07	19:10.00	J. Gonzalez	GOLD-99
55-59	:27.22	G. Schmidt	GOLD-05	:59.93	G. Hall	GOLD-06	2:23.35	G. Schmidt	GOLD-05	5:19.37	E. Leskovitz	GOLD-92	10:55.75	E. Leskovitz	GOLD-92	21:16.67	E. Leskovitz	GOLD-94
60-64	:27.60	D. Quiggin	GOLD-04	1:00.27	D. Quiggin	GOLD-04	2:21.30	D. Quiggin	GOLD-04	5:28.23	D. Quiggin	GOLD-05	11:27.46	D. Quiggin	GOLD-07	23:00.71	D. Quiggin	GOLD-05
65-69	:28.29	C. Cavanaugh	GOLD-01	1:02.93	C. Cavanaugh	GOLD-01	2:23.84	C. Cavanaugh	GOLD-01	5:28.14	C. Cavanaugh	GOLD-03	12:06.79	C. Cavanaugh	GOLD-00	24:04.36	A. Rapperport	GOLD-00
70-74	:28.65	C. Cavanaugh	GOLD-05	1:05.40	C. Cavanaugh	GOLD-05	2:28.37	C. Cavanaugh	GOLD-05	5:29.24	C. Cavanaugh	GOLD-05	12:14.62	C. Cavanaugh	GOLD-05	24:37.81	A. Rapperport	GOLD-03
75-79	:36.49	H. Kern	GOLD-07	1:26.08	H. Kern	GOLD-07	3:15.39	H. Kern	GOLD-07	8:05.92	A. Utrilla	GOLD-98	17:03.82	A. Utrilla	GOLD-98	33:38.50	A. Utrilla	GOLD-98
80-84	:39.33	A. Utrilla	GOLD-01	1:36.75	A. Utrilla	GOLD-01	4:03.02	D. Sessinghaus	GOLD-95	8:53.35	J. Silverio	GOLD-06	19:03.14	D. Sessinghaus	GOLD-98	34:56.00	D. Sessinghaus	GOLD-95
85-89	:42.09	F. Brasington	GOLD-93	1:42.56	A. Utrilla	GOLD-05	4:00.83	A. Utrilla	GOLD-05	11:58.04	R. Kane	GOLD-97	24:42.18	R. Kane	GOLD-97			
90-94	:46.14	N. Smith	GOLD-05	2:12.67	N. Smith	GOLD-05												

	50 BACK			100 BACK			200 BACK			50 BREAST			100 BREAST			200 BREAST		
19-24	:27.40	L. Lyons	FLAQ-07	:58.92	L. Lyons	FLAQ-07	2:26.27	P. Bullock	FLAQ-07	:32.01	P. Bullock	FLAQ-07	1:12.90	P. Bullock	FLAQ-07	2:43.47	C. Bullock	FLAQ-07
25-29	:29.60	R. McKay	GOLD-78	1:11.17	E. Swanson	FLAQ-07				:28.98	S. VanNeerden	GOLD-97	1:08.42	C. Crawford	GOLD-98	2:33.72	C. Crawford	GOLD-98
30-34	:30.32	T. Dougher	NPBM-04	1:04.63	M. Hooper	FLAQ-07	2:20.64	M. Hooper	FLAQ-07	:29.54	S. VanNeerden	GOLD-98	1:05.64	S. VanNeerden	GOLD-98	2:34.60	J. Stafford	GOLD-01
35-39	:31.01	J. Harper	GOLD-05	1:07.12	K. Nolan	PLAN-97	2:16.03	P. Berndt	GOLD-98	:30.79	D. Malcolm	GOLD-92	1:09.80	D. Malcolm	GOLD-92	2:36.73	S. Frampton	GOLD-03
40-44	:31.48	J. Grzeszczak	GOLD-02	1:09.14	M. Hendrick	GOLD-98	2:17.32	P. Berndt	GOLD-04	:32.27	S. Frampton	GOLD-06	1:13.86	S. Frampton	GOLD-06	2:42.80	W. Smiddy	GOLD-98
45-49	:30.88	J. Spire	GOLD-99	1:07.14	J. Spire	GOLD-98	2:32.39	J. Spire	GOLD-98	:34.55	J. Grzeszczak	GOLD-05	1:18.77	A. Moreno	LYTA-06	2:57.28	M. Braun	LYTA-02
50-54	:31.05	G. Hall	RACE-05	1:10.82	G. Schmidt	GOLD-03	2:36.26	D. Owen	GOLD-04	:32.85	T. Shead	GOLD-02	1:13.40	T. Shead	GOLD-02	2:44.60	T. Shead	GOLD-02
55-59	:32.13	G. Hall	GOLD-06	1:06.16	G. Hall	GOLD-06	2:42.01	G. Schmidt	GOLD-05	:34.90	G. Schmidt	GOLD-05	1:25.89	G. Schmidt	GOLD-07	4:18.45	R. Jacobsohn	FLAQ-05
60-64	:34.40	D. Quiggan	GOLD-04	1:21.59	D. Quiggan	GOLD-04	3:11.34	A. Rapperport	GOLD-96	:41.62	S. Woodburn	GOLD-04	1:32.04	S. Woodburn	GOLD-04	3:29.53	G. Delong	GOLD-05
65-69	:37.39	D. McIntyre	GOLD-04	1:24.19	A. Rapperport	GOLD-99	3:05.89	A. Rapperport	GOLD-00	:40.68	N. Miyares	GOLD-00	1:39.57	N. Miyares	GOLD-00	3:44.30	H. Kern	GOLD-97
70-74	:38.42	D. McIntyre	GOLD-07	1:29.16	A. Rapperport	GOLD-03	3:14.70	A. Rapperport	GOLD-03	:47.19	J. Weiner	LYTA-00	1:54.09	L. Silverstein	GOLD-04	4:10.33	L. Silverstein	GOLD-04
75-79	:56.18	J. Silverio	GOLD-03	2:04.82	J. Silverio	GOLD-03	4;32.12	J. Silverio	GOLD-03	:50.63	A. DeLaVega	GOLD-02	2:06.07	A. DeLaVega	GOLD-01	4:44.53	M. Eager	GOLD-96
80-84	:47.92	J. Degroot	GOLD-02	2:21.12	R. Spaulding	GOLD-02	3:54.62	J. Degroot	GOLD-02	:52.95	R. Spaulding	GOLD-02	2:09.07	M. Eager	GOLD-97	4:46.30	M. Eager	GOLD-98
85-89	1:06.91	N. Smith	GOLD-00	2:39.47	N. Smith	GOLD-00				1:02.59	N. Smith	GOLD-01	2:35.88	R. Spaulding	GOLD-06			
90-94	1:06.91	N. Smith	GOLD-05	3:04.64	N. Smith	GOLD-05				1:12.19	N. Smith	GOLD-05						

	50 FLY			100 FLY			200 FLY			200 IM			400 IM		
19-24	:25.70	L. Lyons	FLAQ-07	:56.16	H. Lee	FLAQ-07	2:08.62	H. Lee	FLAQ-07	2:19.72	P. Bullock	FLAQ-07	4:53.88	P. Bullock	FLAQ-07
25-29	:25.43	K. McNear	GOLD-98	:56.65	K. McNear	GOLD-98	2:07.56	K. McNear	GOLD-98	2:16.73	C. Crawford	GOLD-98	5:11.12	C. Crawford	GOLD-98
30-34	:24.91	G. Hall Jr.	UNAT-05	1:00.91	M. Hooper	FLAQ-07	2:16.07	M. Hooper	FLAQ-07	2:24.38	R. Valdivia	GOLD-98	4:59.52	M. Hooper	FLAQ-07
35-39	:26.83	K. Wienants	GOLD-97	1:00.31	K. Wienants	GOLD-98	2:14.84	J. O'Keefe	GOLD-05	2:16.62	P. Berndt	GOLD-98	4:54.32	P. Berndt	GOLD-98
40-44	:27.73	C. Burns	GOLD-94	1:02.68	C. Burns	GOLD-94	2:28.20	J. Olson	GOLD-06	2:15.10	P. Berndt	GOLD-04	4:53.24	P. Berndt	GOLD-04
45-49	:27.61	C. Burns	GOLD-98	1:03.85	C. Burns	GOLD-98	2:33.79	T. Erickson	GOLD-03	2:34.74	C. Burns	GOLD-98	5:37.45	T. Erickson	FLAQ-05
50-54	:28.03	G. Hall	RACE-05	1:03.70	J. Burns	GOLD-98	2:30.86	T. Erickson	FLAQ-07	2:26.38	T. Shead	GOLD-02	5:31.08	T. Shead	GOLD-02
55-59	:28.29	G. Hall	GOLD-06	1:06.38	J. Burns	GOLD-01	3:13.43	P. Sheehe	LYTA-04	2:36.43	G. Schmidt	GOLD-05	6:20.41	E. Leskovitz	GOLD-93
60-64	:28.79	J. Burns	FLAQ-07	1:07.58	J. Burns	FLAQ-07	3:11.40	H. Kern	GOLD-92	2:55.70	C. Cavanaugh	GOLD-98	6:28.26	H. Kern	GOLD-92
65-69	:32.53	C. Cavanaugh	GOLD-00	1:26.58	M. Tschirret	GOLD-00	3:22.32	H. Kern	GOLD-97	3:03.69	C. Cavanaugh	GOLD-00	6:49.01	H. Kern	GOLD-97
70-74	:35.21	C. Cavanaugh	GOLD-06	1:30.61	H. Kern	GOLD-02	3:35.83	H. Kern	GOLD-03	3:20.75	C. Cavanaugh	GOLD-06	6:58.47	H. Kern	GOLD-02
75-79	:41.92	H. Kern	GOLD-07	1:45.35	H. Kern	GOLD-07	3:57.35	H. Kern	GOLD-07	3:36.49	H. Kern	GOLD-07	7:56.72	H. Kern	GOLD-07
80-84	1:15.39	R. Kane	GOLD-92	3:43.12	R. Kane	GOLD-92	7:59.93	R. Kane	GOLD-92	6:31.79	R. Kane	GOLD-92	15:33.90	R. Kane	GOLD-94
85-89	2:02.04	R. Kane	GOLD-97							8:05.38	R. Kane	GOLD-97			
90-94															