

**FLORIDA GOLD COAST LMSC
SHORT COURSE YARDS RECORDS
MEN**

	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
Freestyle															
50	C. Bernard	S.Muhammad	S. Marvin	T. PACE	C. Burns	K. Wienants	R. Hawkins	G. Schmidt	D. Quiggin	C. Cavanaugh	C. Cavanaugh	D. Sonia	A. Utrilla	F.Brasington	
	FLAQ-08	RACE-04	GOLD-86	GOLD-05	GOLD-94	GOLD-09	GOLD-00	GOLD-05	GOLD-09	GOLD-01	GOLD-06	GOLD-06	GOLD-01	GOLD-93	
	21.30	19.44	21.53	20.96	22.48	22.45	22.75	24.08	24.03	24.76	25.41	29.70	36.96	39.38	
100	C. Bernard	S.Muhammad	S. Marvin	P. Harrington	H. Oppenborn	K. Wienants	J. Wotton	G. Schmidt	D. Quiggin	C. Cavanaugh	C. Cavanaugh	D. Sonia	A. Utrilla	Sessinghaus	
	FLAQ-08	RACE-04	GOLD-86	FLAQ-08	GOLD-01	GOLD-09	GOLD-09	GOLD-09	GOLD-09	GOLD-01	GOLD-06	GOLD-05	GOLD-01	GOLD-00	
	45.79	42.91	47.57	47.57	49.35	48.83	50.24	52.86	52.61	55.97	57.89	1:09.66	1:24.29	1:40.45	
200	C. Bernard	S. Cromer	S. Marvin	P. Harrington	H. Oppenborn	K. Wienants	T. Erickson	G. Schmidt	D. Quiggin	C. Cavanaugh	C. Cavanaugh	A. Rapperport	J. Silverio	Sessinghaus	
	FLAQ-08	GOLD-04	GOLD-86	FLAQ-08	GOLD-01	GOLD-09	FLAQ-09	GOLD-06	GOLD-09	GOLD-01	GOLD-06	GOLD-09	GOLD-09	GOLD-00	
	1:40.92	1:48.31	1:44.87	1:49.19	1:47.97	1:46.09	1:53.71	2:01.53	1:59.16	2:06.55	2:11.29	2:42.08	2:57.82	4:03.32	
500	C. Bernard	B. Walker	M. Hooper	M. Hooper	R. Valdivia	T. Erickson	T. Erickson	W.Brandecker	D. Quiggin	C. Cavanaugh	C. Cavanaugh	A. Rapperport	A. Utrilla	R. Kane	
	FLAQ-09	FLAQ-08	FLAQ-07	FLAQ-09	GOLD-07	FLAQ-06	FLAQ-09	GOLD-06	GOLD-09	GOLD-02	GOLD-06	GOLD-09	GOLD-01	GOLD-98	
	4:47.48	5:12.36	4:49.41	5:02.36	4:45.81	5:06.03	5:11.03	5:53.48	5:42.16	6:06.30	6:24.41	7:43.03	9:25.06	14:11.61	
1000	A. Flandes	B. Palmer	M. Hooper	R. Valdivia	R. Valdivia	T. Erickson	T. Erickson	G. Schmidt	D. Quiggin	A. Rapperport	A. Rapperport	A. Rapperport	A. Utrilla		
	FLAQ-09	FLAQ-08	FLAQ-07	GOLD-04	GOLD-05	FLAQ-06	FLAQ-08	GOLD-07	GOLD-08	GOLD-03	GOLD-05	GOLD-09	GOLD-02		
	9:58.86	11:53.22	10:00.06	10:25.66	10:17.81	10:37.97	10:52.67	12:35.98	12:16.92	14:09.08	14:31.36	15:49.42	19:37.24		
1650	A. Flandes	S. Cromer	C. Derks	M. Hooper	R. Valdivia	R. Strauss	T. Erickson	E. Leskovitz	D. Quiggin	A. Rapperport	A. Rapperport	A. Rapperport	Sessinghaus		
	FLAQ-09	GOLD-04	GOLD-01	FLAQ-09	GOLD-07	GOLD-98	FLAQ-09	GOLD-92	GOLD-08	GOLD-00	GOLD-04	GOLD-09	GOLD-95		
	16:40.22	17:15.06	16:39.78	17:19.67	16:29.20	17:29.04	18:14.45	20:20.17	20:25.94	23:33.81	24:47.99	26:34.19	31:44.18		
Backstroke															
50	C. Vythoukcas	S. Freas	R. Bonewit	J. Harper	P. Berndt	D. Zubero	T. Shead	T. Shead	D. Quiggin	D. McIntyre	D. McIntyre	A. Rapperport	J. DeGroot	M. Eager	
	FLAQ-06	FLAQ-06	GOLD-05	GOLD-05	GOLD-04	FLAQ-05	GOLD-04	GOLD-08	GOLD-09	GOLD-03	GOLD-09	GOLD-09	GOLD-02	GOLD-02	
	24.36	24.67	24.82	26.26	25.51	26.73	27.27	27.65	31.10	31.94	33.26	38.57	42.24	1:01.28	
100	A. Flandes	C. Welch	M. Hooper	J. Harper	P. Berndt	D. Zubero	T. Shead	T. Shead	D. Quiggin	B. Dykstra	D. McIntyre	A. Rapperport	J. DeGroot		
	FLAQ-09	GOLD-09	FLAQ-07	GOLD-06	GOLD-04	FLAQ-05	GOLD-04	GOLD-08	GOLD-05	GOLD-03	GOLD-09	GOLD-09	GOLD-02		
	52.31	53.90	53.45	56.32	53.92	57.25	58.30	57.84	1:09.45	1:14.18	1:17.34	1:21.83	1:37.46		
200	A. Flandes	A. Greener	M. Hooper	J. Harper	P. Berndt	J. Dodds	G. Schmidt	G. Schmidt	R. Parsons	A. Rapperport	A. Rapperport	A. Rapperport			
	FLAQ-09	GOLD-09	FLAQ-07	GOLD-05	GOLD-04	GOLD-09	GOLD-02	GOLD-05	GOLD-09	GOLD-00	GOLD-04	GOLD-09			
	1:54.49	1:58.65	1:56.85	2:01.07	1:56.10	2:05.75	2:12.78	2:17.95	2:37.99	2:43.43	2:50.99	3:04.94			
Breaststroke															
50	J. Heath	C. Welch	J. McTague	T. Pace	S. Frampton	J. Grzeszczak	T. Shead	T. Shead	R. Forum	C. Cavanaugh	K. Wiedamann	A. Kahkonen	M. Eager	M. Eager	
	GOLD-95	GOLD-09	GOLD-07	GOLD-05	GOLD-08	GOLD-04	GOLD-04	GOLD-08	GOLD-05	GOLD-02	GOLD-09	GOLD-06	GOLD-99	GOLD-02	
	27.34	25.73	26.80	27.01	27.14	29.90	28.29	28.30	34.73	37.58	33.78	39.73	48.01	57.68	
100	B. Hankinson	C. Welch	J. Stafford	J. Harper	S. Frampton	J. Grzeszczak	T. Shead	T. Shead	S. Woodburn	L. Silverstein	K. Wiedamann	A. Kahkonen	R. Spaulding	M. Eager	
	FLAQ-06	GOLD-09	GOLD-01	GOLD-05	GOLD-08	GOLD-04	GOLD-03	GOLD-08	GOLD-04	GOLD-02	GOLD-09	GOLD-06	GOLD-02	GOLD-02	
	1:01.16	57.30	58.68	1:00.60	1:00.80	1:05.81	1:02.31	1:01.62	1:15.69	1:28.23	1:15.41	1:32.45	1:53.21	2:06.37	
200	P. Bullock	C. Welch	J. Stafford	J. Harper	S. Frampton	A. Moreno	T. Shead	T. Shead	R. Forum	H. Kern	K. Wiedamann	M. Eager	M. Eager		
	FLAQ-07	GOLD-09	GOLD-01	GOLD-05	GOLD-08	LYTA-06	GOLD-04	GOLD-08	GOLD-05	GOLD-97	GOLD-09	GOLD-96	GOLD-99		
	2:14.84	2:05.71	2:09.46	2:11.74	2:16.48	2:28.21	2:19.45	2:21.05	2:53.76	3:07.73	2:49.47	3:52.85	4:10.88		
Butterfly															
50	Galvan-Sarabia	S.Muhammad	R. Rivera	T. Pace	C. Burns	K. Wienants	C. Burns	J. Burns	J. Burns	C. Cavanaugh	H. Kern	W. Dobler	S. Holmes	R. Kane	
	FLAQ-08	RACE-04	GOLD-09	GOLD-06	GOLD-94	GOLD-09	GOLD-03	GOLD-01	FLAQ-08	GOLD-01	GOLD-02	GOLD-09	GOLD-09	GOLD-98	
	23.06	21.15	23.79	23.43	24.19	24.51	24.94	25.73	26.13	28.33	30.22	34.00	1:00.08	1:59.85	
100	C. Bernard	K. McNear	J. Kealy	R. McNear	C. Burns	K. Wienants	J. Burns	J. Burns	J. Burns	H. Kern	H. Kern	W. Dobler	R. Kane		
	FLAQ-08	UNAT-97	FLAQ-06	FLAQ-06	GOLD-94	GOLD-09	GOLD-98	GOLD-04	FLAQ-08	GOLD-97	GOLD-03	GOLD-09	GOLD-94		
	50.04	51:29	53.19	52.28	54.21	53.75	56.08	57.56	58.68	1:14.12	1:15.20	1:25.71	3:14.19		
200	A. Flandes	K. McNear	M. Hooper	J. O'Keefe	J. Olsen	T. Erickson	T. Erickson	J. Burns	J. Burns	H. Kern	H. Kern	H. Kern	R. Kane	R. Kane	
	FLAQ-09	UNAT-97	FLAQ-08	GOLD-05	GOLD-04	FLAQ-06	FLAQ-07	GOLD-01	FLAQ-06	GOLD-98	GOLD-02	GOLD-08	GOLD-95	GOLD-97	
	1:57.39	1:52.90	1:56.60	1:58.66	2:06.08	2:07.63	2:07.29	2:13.33	2:20.47	2:57.76	3:05.30	3:28.23	7:42.08	9:29.18	
IM															
100	Galvan-Sarabia	C. Welch	T. Dougher	J. Harper	P. Berndt	K. Wienants	T. Shead	T. Shead	D. Quiggin	C. Cavanaugh	C. Cavanaugh	W. Dobler	A. Utrilla		
	FLAQ-09	GOLD-09	NPBM-05	GOLD-06	GOLD-04	GOLD-09	GOLD-04	GOLD-08	FLAQ-06	GOLD-01	GOLD-06	GOLD-09	GOLD-01		
	54.00	53.80	54.69	55.76	53.73	56.36	56.04	57.21	1:07.05	1:08.52	1:12.07	1:21.63	1:57.80		
200	P. Bullock	C. Welch	M. Hooper	J. Harper	P. Berndt	N. Nevid	T. Shead	T. Shead	J. Burns	C. Cavanaugh	H. Kern	W. Dobler	S. Holmes		
	FLAQ-07	GOLD-09	FLAQ-08	GOLD-05	GOLD-04	GOLD-03	GOLD-04	GOLD-08	FLAQ-08	GOLD-01	GOLD-02	GOLD-09	GOLD-09		
	1:56.22	1:56.56	2:02.18	2:00.74	1:59.19	2:09.45	2:06.91	2:07.39	2:23.51	2:36.49	2:45.67	3:10.01	4:40.79		
400	A. Flandes	C. Welch	M. Hooper	J. Harper	P. Berndt	N. Nevid	T. Shead	T. Shead	D. Quiggin	H. Kern	H. Kern	S. Holmes	S. Holmes	R. Kane	
	FLAQ-09	GOLD-09	FLAQ-06	GOLD-05	GOLD-04	GOLD-03	GOLD-04	GOLD-08	FLAQ-06	GOLD-97	GOLD-02	GOLD-04	GOLD-09	GOLD-97	
	4:07.46	4:12.92	4:14.93	4:25.99	4:13.88	4:41.75	4:40.31	4:36.48	5:29.42	5:54.79	6:02.14	8:51.59	10:12.30	15:16.54	