

FLORIDA GOLD COAST LMSC  
LONG COURSE RECORDS  
WOMEN

	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
<b>Freestyle</b>															
50	Harris-Coble	J. Martin	T. Moll	D. Torres	D. Torres	T. Hanson	C. Wenzel	P. Sargeant	L. Webb	L. Webb	J. Krauser	J. Krauser			
	FLAQ-10	FLAQ-09	GOLD-98	GOLD-06	GOLD-09	GOLD-06	FLAQ-11	GOLD-08	FLAQ-08	FLAQ-11	GOLD-96	GOLD-01			
	28.45	28.15	26.75	25.98	24.43	29.43		29.46	35.88	36.14	40.55	42.46			
100	N. Pike	N. Pike	T. Moll	T. Moll	T. Hanson	T. Hanson	D. Cavanaugh	P. Sargeant	J. Mitchell	L. Webb	J. Krauser	J. Krauser	J. Krauser		
	FLAQ-09	FLAQ-10	GOLD-98	GOLD-99	GOLD-05	GOLD-06	GOLD-08	GOLD-09	LYTA-07	FLAQ-11	GOLD-96	GOLD-01	GOLD-06		
	1:00.69	1:00.66	58.38	59.20	1:04.86	1:04.55	1:08.98	1:06.67	1:24.72	1:24.45	1:27.90	1:32.77	2:07.69		
200	N. Wilson	H. Hester	T. Moll	T. Moll	B. Lohberg	K. Roussain	C. Devanney	P. Sargeant	C. Mancino	J. Krauser	J. Krauser	J. Krauser	J. Krauser		
	FLAQ-10	PLAN-09	GOLD-98	GOLD-99	GOLD-07	GOLD-07	GOLD-09	GOLD-08	GOLD-11	GOLD-94	GOLD-97	GOLD-01	GOLD-06		
	2:11.63	2:12.13	2:09.68	2:08.71	2:16.37	2:25.71	2:30.10	2:27.49	2:56.65	3:04.99	3:06.98	3:19.77	4:32.65		
400	K. Alyabyeva	H. Hester	J. Lobur	D. Riker	P. Craissati	K. Roussain	C. Devanney	P. Sargeant	C. Mancino	J. Krauser	J. Krauser	J. Krauser	J. Krauser		
	FLAQ-09	PLAN-09	GOLD-07	GOLD-01	NPBM-04	GOLD-07	GOLD-09	GOLD-09	GOLD-10	GOLD-94	GOLD-96	GOLD-01	GOLD-06		
	4:29.85	4:42.95	4:46.77	4:55.73	5:07.18	5:01.42	5:17.07	5:18.26	6:10.35	6:27.48	6:33.19	6:57.29	10:26.97		
800	A. Templin	H. Hester	H. Hester	D. Riker	P. Craissati	B. Milanese	C. Devanney	P. Sargeant	C. Mancino	J. Krauser	J. Krauser	J. Krauser	J. Krauser		
	LYTA-11	PLAN-09	PLAN-11	GOLD-01	NPBM-04	GOLD-10	GOLD-09	GOLD-08	GOLD-11	GOLD-94	GOLD-96	GOLD-01			
	9:15.95	9:46.50	10:13.55	10:08.21	10:33.54	10:42.63	10:44.35	11:05.44	12:31.87	12:59.19	13:15.45	14:10.50			
1500	A. Templin	S. Dearworth	G. Nemet	G. Nemet	P. Craissati	K. Roussain	L. Castro	P. Sargeant	J. Krauser	J. Krauser	J. Krauser	J. Krauser	J. Krauser		
	LYTA-11	LYTAL-00	LYTAL-94	LYTAL-00	NPBM-04	GOLD-07	GOLD-10	GOLD-09	GOLD-89	GOLD-95	GOLD-97	GOLD-01			
	17:27.74	19:45.74	20:29.33	21:27.57	19:59.99	20:08.61	20:43.63	21:24.64	24:59.81	25:09.69	25:25.26	27:40.69			
<b>Backstroke</b>															
50	Harris-Coble	S. Geyer	J. Martin	J. Hulett	D. Cavanaugh	D. Cavanaugh	D. Cavanaugh	M. Hughes	J. Mitchell	J. Mitchell	J. Krauser	J. Krauser			
	FLAQ-10	GOLD-98	FLAQ-10	FLAQ-07	GOLD-01	GOLD-06	GOLD-09	GOLD-10	GOLD-09	GOLD-11	GOLD-98	GOLD-01			
	31.99	32.10	34.55	35.53	36.43	35.48	36.08	37.11	40.34	42.49	48.24	52.22			
100	L. Smith	N. Pike	J. Lobur	D. Riker	D. Cavanaugh	D. Cavanaugh	D. Cavanaugh	P. Sargeant	J. Mitchell	J. Mitchell	J. Krauser	J. Krauser			
	FLAQ-08	FLAQ-10	GOLD-07	GOLD-01	GOLD-02	GOLD-06	GOLD-09	GOLD-11	GOLD-09	GOLD-11	GOLD-96	GOLD-01			
	1:06.04	1:10.25	1:11.53	1:14.01	1:8.07	1:16.70	1:17.26	1:20.71	1:30.79	1:33.75	1:47.26	1:52.14			
200	D. Jason	K. Byrnes	H. Hester	B. Loberg	B. Lohberg	D. Cavanaugh	D. Cavanaugh	P. Sargeant	J. Mitchell	J. Mitchell	J. Krauser	J. Krauser			
	FLAQ-08	FLAQ-07	PLAN-10	GOLD-04	GOLD-07	GOLD-06	GOLD-08	GOLD-09	GOLD-11	GOLD-11	GOLD-98	GOLD-01			
	2:26.27	2:39.12	2:46.66	2:37.53	2:38.88	2:45.51	2:46.32	2:55.45	3:16.24	3:26.07	3:49.58	3:57.56			
<b>Breaststroke</b>															
50	M. Edgar	S. Geyer	H. Singer	K. Legaspi	K. Legaspi	D. Cavanaugh	D. Cavanaugh	P. McDonnell	A. McGuire	L. Webb	J. Krauser	J. Krauser	J. Krauser		
	FLAQ-08	GOLD-98	LYTAL-97	FLAQ-09	FLAQ-10	GOLD-06	GOLD-08	GOLD-11	GOLD-95	FLAQ-11	GOLD-96	GOLD-02	GOLD-07		
	35.90	34.39	37.05	34.36	34.75	39.38	39.12	40.94	46.52	47.50	51.65	1:01.81	1:34.30		
100	M. Bresnahan	L. Kafin	K. Ferry	K. Legaspi	K. Legaspi	D. Cavanaugh	D. Cavanaugh	P. McDonnell	A. McGuire	L. Webb	J. Krauser	J. Krauser	J. Krauser		
	FLAQ-09	FLAQ-07	UNAT-97	FLAQ-09	FLAQ-10	GOLD-05	GOLD-09	GOLD-11	GOLD-96	FLAQ-10	GOLD-96	GOLD-02	GOLD-07		
	1:19.32	1:21.65	1:22.89	1:15.65	1:17.87	1:28.72	1:28.16	1:31.57	1:42.41	1:45.86	1:54.32	2:10.28	3:23.31		
200	M. Edgar	S. Dearworth	J. Lobur	K. Legaspi	K. Legaspi	D. Cavanaugh	D. Cavanaugh	P. McDonnell	A. McGuire	L. Webb	J. Krauser	J. Krauser	J. Krauser		
	FLAQ-08	LYTAL-00	GOLD-07	FLAQ-09	FLAQ-10	GOLD-06	GOLD-09	GOLD-10	GOLD-95	FLAQ-10	GOLD-96	GOLD-01	GOLD-06		
	2:47.99	2:56.47	2:52.83	2:46.73	2:51.53	3:14.95	3:22.00	3:26.28	3:40.52	3:56.09	4:04.39	4:16.59	6:17.95		
<b>Butterfly</b>															
50	K. Alyabyeva	S. Geyer	T. Moll	T. Moll	D. Torres	T. Hanson	P. McDonnell	P. Sargeant	C. Mancino	J. Krauser	J. Krauser	J. Krauser	J. Krauser		
	FLAQ-09	GOLD-98	GOLD-98	GOLD-99	GOLD-09	GOLD-06	GOLD-07	GOLD-09	GOLD-11	GOLD-95	GOLD-97	GOLD-01	GOLD-06		
	28.79	30.39	28.77	28.32	25.50	33.63	33.92	32.59	41.55	43.32	44.11	49.92	1:11.97		
100	K. Alyabyeva	N. Pike	T. Moll	T. Moll	B. Lohberg	B. Lohberg	P. McDonnell	P. Sargeant	C. Mancino	J. Krauser	J. Krauser	J. Krauser	J. Krauser		
	FLAQ-09	FLAQ-10	GOLD-98	GOLD-99	GOLD-07	GOLD-10	GOLD-09	GOLD-09	GOLD-11	GOLD-94	GOLD-96	GOLD-01	GOLD-06		
	1:05.97	1:07.96	1:03.93	1:03.79	1:07.69	1:06.65	1:18.45	1:18.09	1:31.08	1:39.12	1:40.85	1:56.07	2:55.14		
200	J. Marks	M. Schraer	T. Moll	B. Loberg	B. Lohberg	C. Mancino	L. Castro	P. Sargeant	C. Mancino	J. Krauser	J. Krauser	J. Krauser	J. Krauser		
	FLAQ-10	GOLD-98	GOLD-98	GOLD-04	GOLD-07	GOLD-96	GOLD-10	GOLD-08	GOLD-11	GOLD-94	GOLD-96	GOLD-01	GOLD-06		
	2:24.28	2:47.86	2:27.00	2:36.03	2:30.47	2:57.15	2:57.69	3:09.20	3:22.68	3:36.25	3:39.91	4:18.67	6:22.67		
<b>IM</b>															
200	K. Alyabyeva	N. Pike	J. Lobur	B. Loberg	A. Woodburn	D. Cavanaugh	D. Cavanaugh	P. Sargeant	C. Mancino	J. Krauser	J. Krauser	J. Krauser	J. Krauser		
	FLAQ-09	FLAQ-10	GOLD-07	GOLD-01	GOLD-04	GOLD-06	GOLD-08	GOLD-09	GOLD-09	GOLD-95	GOLD-96	GOLD-01	GOLD-06		
	2:23.48	2:31.74	2:30.05	2:37.22	2:53.14	2:51.12	2:51.70	2:52.30	3:21.41	3:32.62	3:35.13	3:52.70	5:37.22		
400	J. Marks	S. Dearworth	J. Lobur	D. Riker	G. Rice	D. Cavanaugh	L. Castro	P. Sargeant	C. Mancino	J. Krauser	J. Krauser	J. Krauser	J. Krauser		
	FLAQ-10	LYTAL-00	GOLD-07	GOLD-01	GOLD-98	GOLD-06	GOLD-10	GOLD-09	GOLD-10	GOLD-95	GOLD-96	GOLD-01	GOLD-06		
	5:08.00	5:36.88	5:20.29	5:42.43	5:49.42	6:11.78	6:15.63	6:17.89	7:21.98	7:25.32	7:30.91	7:51.71	12:38.11		