Florida Gold Coast LMSC

Men's Short Course Yards Records

as of 12/31/09

	50 FREE			100 FREE			200 FREE			500 FREE			1000 FREE			1650 FREE		
19-24	:21.30	C. Bernard	FLAQ-08	:45.79	C. Bernard	FLAQ-08	1:40.92	C. Bernard	FLAQ-08	4:47.48	C. Bernard	FLAQ-09	9:58.86	A. Flandes	FLAQ-09	16:40.22	A. Flandes	FLAQ-09
25-29	:19.44	S. Muhammad	RACE-04	:42.91	S. Muhammad	RACE-04	1:48.31	S. Cromer	GOLD-04	5:12.36	B. Walker	FLAQ-08	11:53.22	B. Palmer	FLAQ-08	17:15.06	S. Cromer	GOLD-04
30-34	:21.53	S. Marvin	GOLD-86	:47.57	S. Marvin	GOLD-86	1:44.87	S. Marvin	GOLD-86	4:49.41	M. Hooper	FLAQ-07	10:00.06	M. Hooper	FLAQ-07	16:39.78	C. Derks	GOLD-01
35-39	:20.96	T. Pace	GOLD-05	:47.57	P. Harrington	FLAQ-08	1:48.27	G. Andrews	LYTA-95	5:01.65	G. Andrews	LYTA-95	10:25.66	R. Valdivia	GOLD-04	17:19.67	M. Hooper	FLAQ-09
40-44	:22.48	C. Burns	GOLD-94	:49.35	H. Oppenborn	GOLD-01	1:47.97	H. Oppenborn	GOLD-01	4:45.81	R. Valdivia	GOLD-07	10:17.81	R. Valdivia	GOLD-05	16:29.20	R. Valdivia	GOLD-07
45-49	:22.45	K. Wienants	GOLD-09	:48.83	K. Wienants	GOLD-09	1:46.09	K. Wienants	GOLD-09	5:06.03	T. Erickson	FLAQ-06	10:37.97	T. Erickson	FLAQ-06	17:29.04	R. Strauss	GOLD-98
50-54	:22.75	R. Hawkins	GOLD-00	:50.24	T. Erickson	FLAQ-09	1:53.71	T. Erickson	FLAQ-09	5:11.03	T. Erickson	FLAQ-09	10:52.67	T. Erickson	FLAQ-08	18:14.45	T. Erickson	FLAQ-09
55-59	:24.05	G. Schmidt	GOLD-05	:52.86	G. Schmidt	GOLD-09	2:01.53	G. Schmidt	GOLD-06	5:53.48	W. Brandecker	GOLD-06	12:35.98	G. Schmidt	GOLD-07	20:20.17	E. Leskovitz	GOLD-92
60-64	:24.03	D. Quiggin	GOLD-09	:52.61	D. Quiggin	GOLD-09	1:59.16	D. Quiggin	GOLD-09	5:49.83	D. Quiggin	FLAQ-06	12:16.92	D. Quiggin	GOLD-08	20:25.94	D. Quiggin	GOLD-08
65-69	:24.76	C. Cavanaugh	GOLD-01	:55.97	C. Cavanaugh	GOLD-01	2:06.55	C. Cavanaugh	GOLD-01	6:06.30	C. Cavanaugh	GOLD-02	14:09.08	A. Rapperport	GOLD-03	23:33.81	A. Rapperport	GOLD-00
70-74	:25.41	C. Cavanaugh	GOLD-06	:57.89	C. Cavanaugh	GOLD-06	2:11.29	C. Cavanaugh	GOLD-06	6:24.41	C. Cavanaugh	GOLD-06	14:31.36	A. Rapperport	GOLD-05	24:47.99	A. Rapperport	GOLD-04
75-79	:29.70	D. Sonia	GOLD-06	1:09.66	D. Sonia	GOLD-05	2:42.08	A. Rapperport	GOLD-09	7:43.03	A. Rapperport	GOLD-09	15:49.42	A. Rapperport	GOLD-09	26:34.19	A. Rapperport	GOLD-09
80-84	:36.96	A. Utrilla	GOLD-01	1:24.29	A. Utrilla	GOLD-01	2:57.82	J. Silverio	GOLD-09	9:25.06	A. Utrilla	GOLD-01	19:37.24	A. Utrilla	GOLD-02	31:44.18	D. Sessinghaus	GOLD-95
85-89	:39.38	F. Brasington	GOLD-93	1:40.45	D. Sessinghaus	GOLD-00	4:03.32	D. Sessinghaus	GOLD-00	14:11.61	R. Kane	GOLD-98						
90-94																		

	50 BACK			100 BACK			200 BACK			50 BREAST			100 BREAST			200 BREAST		
19-24	:24.36	C. Vythoulkas	FLAQ-06	:52.31	A. Flandes	FLAQ-09	1:54.49	A. Flandes	FLAQ-09	:27.34	J. Heath	GOLD-95	1:01.16	B. Hankinson	FLAQ-06	2:16.87	P. Bullock	FLAQ-06
25-29	:24.67	S. Freas	FLAQ-06	:53.90	C. Welch	GOLD-09	1:58.65	A. Greener	GOLD-09	:25.73	C. Welch	GOLD-09	:57.30	C. Welch	GOLD-09	2:05.71	C. Welch	GOLD-09
30-34	:24.82	R. Bonewit	GOLD-05	:53.45	M. Hooper	FLAQ-07	1:56.85	M. Hooper	FLAQ-07	:26.80	J. McTague	GOLD-07	:58.68	J. Stafford	GOLD-01	2:09.46	J. Stafford	GOLD-01
35-39	:26.26	J. Harper	GOLD-05	:56.32	J. Harper	GOLD-06	2:01.07	J. Harper	GOLD-05	:27.01	T. Pace	GOLD-05	1:00.60	J. Harper	GOLD-05	2:11.74	J. Harper	GOLD-05
40-44	:25.51	P. Berndt	GOLD-04	:53.92	P. Berndt	GOLD-04	1:56.10	P. Berndt	GOLD-04	:27.14	S. Frampton	GOLD-08	1:00.80	S. Frampton	GOLD-08	2:16.48	S. Frampton	GOLD-08
45-49	:26.73	D. Zubero	FLAQ-05	:57.25	D. Zubero	FLAQ-05	2:05.75	J. Dodds	GOLD-09	:29.90	J. Grzeszczak	GOLD-04	1:05.81	J. Grzeszczak	GOLD-04	2:28.21	A. Moreno	LYTA-06
50-54	:27.27	T. Shead	GOLD-04	:58.30	T. Shead	GOLD-04	2:12.78	G. Schmidt	GOLD-02	:28.29	T. Shead	GOLD-04	1:02.31	T. Shead	GOLD-03	2:19.45	T. Shead	GOLD-04
55-59	:27.65	T. Shead	GOLD-08	:57.84	T. Shead	GOLD-08	2:17.95	G. Schmidt	GOLD-05	:28.30	T. Shead	GOLD-08	1:01.62	T. Shead	GOLD-08	2:21.05	T. Shead	GOLD-08
60-64	:31.10	D. Quiggin	GOLD-09	1:09.45	D. Quiggin	GOLD-05	2:37.99	R. Parsons	GOLD-09	:34.73	R. Forum	GOLD-05	1:15.69	S. Woodburn	GOLD-04	2:53.76	R. Forum	GOLD-05
65-69	:31.94	D. McIntyre	GOLD-03	1:14.18	B. Dykstra	GOLD-03	2:43.43	A. Rapperport	GOLD-00	:37.58	C. Cavanaugh	GOLD-02	1:28.23	L. Silverstein	GOLD-02	3:07.73	H. Kern	GOLD-97
70-74	:33.26	D. McIntyre	GOLD-09	1:17.34	D. McIntyre	GOLD-09	2:50.99	A. Rapperport	GOLD-04	:33.78	K. Wiedamann	GOLD-09	1:15.41	K. Wiedamann	GOLD-09	2:49.47	K. Wiedamann	GOLD-09
75-79	:38.57	A. Rapperport	GOLD-09	1:21.83	A. Rapperport	GOLD-09	3:04.94	A. Rapperport	GOLD-09	:39.73	A. Kahkonen	GOLD-06	1:32.45	A. Kahkonen	GOLD-06	3:52.85	M. Eager	GOLD-96
80-84	:42.24	J. DeGroot	GOLD-02	1:37.46	J. DeGroot	GOLD-02				:48.01	M. Eager	GOLD-99	1:53.21	R. Spaulding	GOLD-02	4:10.88	M. Eager	GOLD-99
85-89	1:01.28	M. Eager	GOLD-02							:57.68	M. Eager	GOLD-02	2:06.37	M. Eager	GOLD-02			
90-94																		

	50 FLY			100 FLY			200 FLY			100 IM			200 IM			400 IM		
19-24	:23.06	Galvan-Sarabia	FLAQ-08	:50.04	C. Bernard	FLAQ-08	1:57.39	A. Flandes	FLAQ-09	:54.00	Galvan-Sarabia	FLAQ-09	1:57.94	P. Bullock	FLAQ-06	4:07.46	A. Flandes	FLAQ-09
25-29	:21.15	S. Muhammad	RACE-04	:51.29	K. McNear	UNAT-97	1:52.90	K. McNear	UNAT-97	:53.80	C. Welch	GOLD-09	1:56.56	C. Welch	GOLD-09	4:12.92	C. Welch	GOLD-09
30-34	:23.79	R. Rivera	GOLD-09	:53.19	J. Kealy	FLAQ-06	1:56.60	M. Hooper	FLAQ-08	:54.69	T. Dougher	NPBM-05	2:02.18	M. Hooper	FLAQ-08	4:14.93	M. Hooper	FLAQ-06
35-39	:23.43	T. Pace	GOLD-06	:52.28	R. McNear	FLAQ-06	1:58.66	J. O'Keefe	GOLD-05	:55.76	J. Harper	GOLD-06	2:00.74	J. Harper	GOLD-05	4:25.99	J. Harper	GOLD-05
40-44	:24.19	C. Burns	GOLD-94	:54.21	C. Burns	GOLD-94	2:06.08	J. Olsen	GOLD-04	:53.73	P. Berndt	GOLD-04	1:59.19	P. Berndt	GOLD-04	4:13.88	P. Berndt	GOLD-04
45-49	:24.51	K. Wienants	GOLD-09	:53.75	K. Wienants	GOLD-09	2:07.63	T. Erickson	FLAQ-06	:56.36	K. Wienants	GOLD-09	2:09.45	N. Nevid	GOLD-03	4:41.75	N. Nevid	GOLD-03
50-54	:24.94	C. Burns	GOLD-03	:56.08	J. Burns	GOLD-98	2:11.28	J. Burns	GOLD-97	:56.04	T. Shead	GOLD-04	2:06.91	T. Shead	GOLD-04	4:40.31	T. Shead	GOLD-04
55-59	:25.73	J. Burns	GOLD-01	:57.56	J. Burns	GOLD-01	2:13.33	J. Burns	GOLD-01	:57.21	T. Shead	GOLD-08	2:07.39	T. Shead	GOLD-08	4:36.48	T. Shead	GOLD-08
60-64	:26.13	J. Burns	FLAQ-08	:58.68	J. Burns	FLAQ-08	2:20.47	J. Burns	FLAQ-06	1:07.05	D. Quiggin	FLAQ-06	2:23.51	J. Burns	FLAQ-08	5:29.42	D. Quiggin	FLAQ-06
65-69	:28.33	C. Cavanaugh	GOLD-01	1:14.12	H. Kern	GOLD-97	2:57.76	H. Kern	GOLD-98	1:08.52	C. Cavanaugh	GOLD-01	2:36.49	C. Cavanaugh	GOLD-01	5:54.79	H. Kern	GOLD-97
70-74	:30.22	H. Kern	GOLD-02	1:15.20	H. Kern	GOLD-03	3:05.30	H. Kern	GOLD-02	1:12.07	C. Cavanaugh	GOLD-06	2:45.67	H. Kern	GOLD-02	6:02.14	H. Kern	GOLD-02
75-79	:34.00	W. Dobler	GOLD-09	1:25.71	W. Dobler	GOLD-09	3:28.23	H. Kern	GOLD-08	1:21.63	W. Dobler	GOLD-09	3:10.01	W. Dobler	GOLD-09	8:51.59	S. Holmes	GOLD-04
80-84	1:00.08	S. Holmes	GOLD-09	3:14.19	R. Kane	GOLD-94	7:42.08	R. Kane	GOLD-95	1:57.80	A. Utrillo	GOLD-01	4:40.79	S. Holmes	GOLD-09	10:12.30	S. Holmes	GOLD-09
85-89	1:59.85	R. Kane	GOLD-98				9:29.18	R. Kane	GOLD-97							15:16.54	R. Kane	GOLD-97
90-94																		