

**RECORDS Long Course**

**LC Meters-Female**

8 & U	50 Free	38.14	<b>1-Aug-98</b>	M3F MN	Shelby Johnson
	100 Free	1:27.63	<b>1-Aug-94</b>	M3F MN	Amanda Griffin
	50 Back	43.78	<b>1-Aug-98</b>	M3F MN	Shelby Johnson
	50 Breast	50.18	<b>1-Aug-98</b>	M3F MN	Shelby Johnson
	50 Fly	42.43	<b>1-Aug-98</b>	M3F MN	Shelby Johnson
9-10	50 Free	32.19	<b>3-Aug-00</b>	M3F MN	Traci Maccoux
	100 Free	1:11.46	<b>3-Aug-00</b>	M3F MN	Traci Maccoux
	200 Free	2:35.24	<b>12-Jul-03</b>	M3F MN	Jacqueline Stenroos
	50 Back	37.59	<b>1-Aug-99</b>	M3F MN	Rebecca Ney
	100 Back	1:20.69	<b>31-May-03</b>	M3F MN	Jacqueline Stenroos
	50 Breast	42.03	<b>2-Aug-97</b>	M3F MN	Betsy Hausauer
	100 Breast	1:23.75	<b>1-Aug-92</b>	M3F MN	Heather Geib
	50 Fly	35.23	<b>1-Aug-96</b>	M3F MN	Amanda Griffin
	100 Fly	1:23.34	<b>1-Aug-96</b>	M3F MN	Amanda Griffin
	200 IM	2:57.90	<b>12-Jul-03</b>	M3F MN	Jacqueline Stenroos
	200 Free Relay	2:24.13	<b>1-Aug-00</b>	M3F MN	S. Johnson, R. Griffin, R. Ney, K. Hunt
	200 Medley Relay	2:42.60	<b>1-Aug-01</b>	M3F MN	M. Killpatrick, Ka. Kirven, Ke. Kirven, J. Turk
11-12	50 Free	29.02	<b>1-Aug-98</b>	M3F MN	Amanda Griffin
	100 Free	1:03.14	<b>1-Aug-98</b>	M3F MN	Amanda Griffin
	200 Free	2:15.14	<b>1-Aug-98</b>	M3F MN	Amanda Griffin
	400 Free	4:45.52	<b>1-Aug-98</b>	M3F MN	Amy Killpatrick
	50 Back	34.07	<b>3-Aug-00</b>	M3F MN	Rebecca Ney
	100 Back	1:13.44	<b>10-Aug-01</b>	M3F MN	Rebecca Ney
	50 Breast	36.50	<b>1-Aug-99</b>	M3F MN	Betsy Hausauer
	100 Breast	1:21.44	<b>1-Aug-99</b>	M3F MN	Betsy Hausauer
	50 Fly	31.70	<b>1-Aug-98</b>	M3F MN	Amanda Griffin
	100 Fly	1:12.06	<b>1-Aug-98</b>	M3F MN	Amanda Griffin
	200 IM	2:35.09	<b>1-Aug-98</b>	M3F MN	Amanda Griffin
	200 Free Relay	2:01.29	<b>1-Aug-98</b>	M3F MN	Mach 3 Flyers A. Killpatrick, J. Boyer, S. Fansler, A. Griffin
	400 Free Relay	4:22.87	<b>1-Aug-98</b>	M3F MN	A. Killpatrick, J. Boyer, S. Fansler, A. Griffin
	200 Medley Relay	2:15.77	<b>1-Aug-98</b>	M3F MN	A. Killpatrick, B. Hausauer, A. Griffin, J. Boyer
	400 Medley Relay	4:53.11	<b>1-Aug-98</b>	M3F MN	A. Killpatrick, B. Hausauer, A. Griffin, J. Boyer
13-14	50 Free	27.68	<b>29-Jul-04</b>	M3F MN	Shelby E. Johnson at Minnesota Long Course State Ch
	100 Free	59.78	<b>2-Aug-01</b>	M3F MN	Sabrina Messmer
	200 Free	2:11.85	<b>10-Aug-01</b>	M3F MN	Stacie Noha
	400 Free	4:35.96	<b>1-Aug-99</b>	M3F MN	Amy Killpatrick
	800 Free	9:34.91	<b>4-Aug-05</b>	M3F MN	Melissa M. Killpatrick at Minnesota Long Course Championships
	1500 Free	18:21.58	<b>3-Aug-00</b>	M3F MN	Amy Killpatrick
	100 Back	1:08.66	<b>1-Aug-99</b>	M3F MN	CieJay Hanson
	200 Back	2:29.67	<b>1-Aug-99</b>	M3F MN	CieJay Hanson
	100 Breast	1:16.47	<b>2-Aug-01</b>	M3F MN	Erin Yeager
	200 Breast	2:46.99	<b>2-Aug-01</b>	M3F MN	Erin Yeager
	100 Fly	1:06.81	<b>1-Aug-99</b>	M3F MN	CieJay Hanson
	200 Fly	2:28.34	<b>1-Aug-99</b>	M3F MN	CieJay Hanson
	200 IM	2:30.73	<b>10-Aug-01</b>	M3F MN	Sabrina Messmer
	400 IM	5:19.35	<b>1-Aug-99</b>	M3F MN	CieJay Hanson

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**RECORDS Long Course**

13-14	200 Free Relay	1:53.12	<b>1-Aug-01</b>	M3F MN	Mach 3 Flyers	S. Noha, E. Yeager, K. Meskimen, S. Messmer
	400 Free Relay	4:09.19	<b>1-Aug-01</b>	M3F MN	S. Messmer, E. Yeager, J. Stewart, S. Noha	
	800 Free Relay	9:03.51	<b>1-Aug-01</b>	M3F MN	K. Meskimen, S. Noha, J. Stewart, S. Messmer	
	200 Medley Relay	2:09.29	<b>1-Aug-01</b>	M3F MN	Mach 3 Flyers	A. Helland, E. Yeager, S. Noha, S. Messmer
	400 Medley Relay	4:40.69	<b>1-Aug-01</b>	M3F MN	Mach 3 Flyers	A. Helland, E. Yeager, S. Noha, S. Messmer
15-16	50 Free	26.66	<b>1-Aug-88</b>	M3F MN	Erika Bass	
	100 Free	59.92	<b>1-Aug-99</b>	M3F MN	Katy Coombe	
	200 Free	2:11.59	<b>1-Aug-99</b>	M3F MN	Katy Coombe	
	400 Free	4:34.30	<b>26-Jul-01</b>	M3F MN	Amy Killpatrick	
	800 Free	9:24.62	<b>2-Aug-01</b>	M3F MN	Amy Killpatrick	
	1500 Free	17:59.98	<b>1-Aug-01</b>	M3F MN	Amy Killpatrick	
	100 Back	1:07.89	<b>1-Aug-97</b>	M3F MN	Jenny Rushfeldt	
	200 Back	2:26.75	<b>1-Aug-98</b>	M3F MN	Jillian Zebeck	
	100 Breast	1:13.56	<b>24-Jul-03</b>	M3F MN	Erin Yeager	
	200 Breast	2:38.22	<b>24-Jul-03</b>	M3F MN	Erin Yeager	
	100 Fly	1:07.83	<b>3-Aug-06</b>	M3F MN	Shelby E. Johnson at Minnesota Long Course Championships	
	200 Fly	2:28.40	<b>31-Jul-03</b>	M3F MN	Jordan Stewart	
	200 IM	2:29.01	<b>31-Jul-03</b>	M3F MN	Jordan Stewart	
	400 IM	5:13.53	<b>31-Jul-03</b>	M3F MN	Jordan Stewart	
	200 Free Relay	1:51.13	<b>1-Aug-94</b>	M3F MN	unknown	
	400 Free Relay	4:07.93	<b>1-Aug-98</b>	M3F MN	Mach 3 Flyers	J. Sansafar, C. Pexa, C. Green, K. Coombe
	800 Free Relay	8:59.05	<b>1-Aug-98</b>	M3F MN	Mach 3 Flyers	C. Green, C. Pexa, J. Sansafar, K. Coombe
	200 Medley Relay	2:07.32	<b>1-Aug-98</b>	M3F MN	Mach 3 Flyers	J. Zebeck, A. Crawford, C. Green, K. Coombe
	400 Medley Relay	4:39.33	<b>1-Aug-98</b>	M3F MN	Mach 3 Flyers	J. Zebeck, A. Crawford, C. Green, K. Coombe
	17-18	50 Free	26.75	<b>1-Aug-85</b>	M3F MN	Nancy Knauer
100 Free		1:01.01	<b>17-Jul-08</b>	M3F MN	Shelby E. Johnson at 2008 Summer Central Zone Section 1 Speedo	
200 Free		2:13.82	<b>17-Jul-08</b>	M3F MN	Shelby E. Johnson at 2008 Summer Central Zone Section 1 Speedo	
400 Free		4:45.43	<b>3-Aug-06</b>	M3F MN	Carrie S. Gundersen at Minnesota Long Course Championships	
800 Free		9:45.46	<b>4-Aug-05</b>	M3F MN	Carrie S. Gundersen at Minnesota Long Course Championships	
1500 Free		17:29.99	<b>1-Aug-90</b>	M3F MN	Cathy Beach	
100 Back		1:08.89	<b>1-Aug-99</b>	M3F MN	Jillian Zebeck	
200 Back		2:26.61	<b>20-Aug-99</b>	M3F MN	Jillian Zebeck	
100 Breast		1:14.54	<b>1-Aug-87</b>	M3F MN	Racheal Faehn	
200 Breast		2:38.82	<b>1-Aug-87</b>	M3F MN	Racheal Faehn	
100 Fly		1:07.67	<b>17-Jul-08</b>	M3F MN	Shelby E. Johnson at 2008 Summer Central Zone Section 1 Speedo	
200 Fly		2:34.20	<b>2-Aug-01</b>	M3F MN	Elizabeth Miles	
200 IM		2:33.72	<b>21-Jul-05</b>	M3F MN	Erin O. Yeager at 2005 Long Course Speedo Champions Series	
400 IM		5:19.75	<b>4-Aug-05</b>	M3F MN	Jordan C. Stewart at Minnesota Long Course Championships	
200 Free Relay		1:52.04	<b>1-Aug-93</b>	M3F MN	unknown	
400 Free Relay		4:04.51	<b>1-Aug-93</b>	M3F MN	unknown	
800 Free Relay		9:00.31	<b>1-Aug-87</b>	M3F MN	unknown	
200 Medley Relay		2:06.43	<b>1-Aug-93</b>	M3F MN	unknown	
400 Medley Relay		4:44.47	<b>1-Aug-02</b>	M3F MN	J. Zebeck, K. Proell, K. Sveum, J. Stewart	
50 Free		26.66	<b>1-Aug-88</b>	M3F MN	Erika Bass	
100 Free		59.78	<b>2-Aug-01</b>	M3F MN	Sabrina Messmer	
200 Free		2:11.59	<b>1-Aug-99</b>	M3F MN	Katy Coombe	
400 Free		4:34.30	<b>2-Aug-01</b>	M3F MN	Amy Killpatrick	
800 Free		9:24.62	<b>2-Aug-01</b>	M3F MN	Amy Killpatrick	
1500 Free		17:29.99	<b>1-Aug-90</b>	M3F MN	Cathy Beach	

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**RECORDS Long Course**

100 Back	1:07.89	<b>1-Aug-97</b>	M3F MN	Jenny Rushfeldt	
200 Back	2:26.61	<b>20-Aug-99</b>	M3F MN	Jillian Zebeck	
100 Breast	1:13.56	<b>24-Jul-03</b>	M3F MN	Erin Yeager	
200 Breast	2:38.22	<b>24-Jul-03</b>	M3F MN	Erin Yeager	
100 Fly	1:06.81	<b>1-Aug-99</b>	M3F MN	CieJay Hanson	
200 Fly	2:28.34	<b>1-Aug-99</b>	M3F MN	CieJay Hanson	
200 IM	2:29.01	<b>31-Jul-03</b>	M3F MN	Jordan Stewart	
400 IM	5:13.53	<b>31-Jul-03</b>	M3F MN	Jordan Stewart	
200 Free Relay	1:51.13	<b>1-Aug-94</b>	M3F MN	unknown	
400 Free Relay	4:04.51	<b>1-Aug-93</b>	M3F MN	unknown	
800 Free Relay	8:55.88	<b>1-Aug-99</b>	M3F MN	J. Zebeck, C. Hanson, R. Robison, K. Coombe	
200 Medley Relay	2:06.43	<b>1-Aug-97</b>	M3F MN	Mach 3 Flyers	J. Rushfeldt, A. Crawford, R. Dawson, K. Coombe
400 Medley Relay	4:36.47	<b>11-Nov-11</b>	M3F MN	Mach 3 Flyers	unknown

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**RECORDS Long Course**
**LC Meters-Male**

8 & U	50 Free	37.62	<b>2-Aug-01</b>	M3F MN	Joe Duxbury	
	100 Free	1:26.86	<b>2-Aug-01</b>	M3F MN	Joe Duxbury	
	50 Back	46.76	<b>20-Jun-03</b>	M3F MN	Noah Gannon	
	50 Breast	53.88	<b>1-Jun-98</b>	M3F MN	Logan Graves	
	50 Fly	45.25	<b>2-Aug-01</b>	M3F MN	Joe Duxbury	
9-10	50 Free	31.45	<b>1-Aug-98</b>	M3F MN	Alex Wold	
	100 Free	1:08.07	<b>1-Aug-98</b>	M3F MN	Alex Wold	
	200 Free	2:24.23	<b>1-Aug-98</b>	M3F MN	Alex Wold	
	50 Back	36.09	<b>1-Aug-98</b>	M3F MN	Alex Wold	
	100 Back	1:17.25	<b>1-Aug-98</b>	M3F MN	Alex Wold	
	50 Breast	41.28	<b>1-Aug-98</b>	M3F MN	Alex Wold	
	100 Breast	1:32.95	<b>1-Aug-98</b>	M3F MN	Alex Wold	
	50 Fly	33.81	<b>1-Aug-98</b>	M3F MN	Alex Wold	
	100 Fly	1:15.07	<b>1-Aug-98</b>	M3F MN	Alex Wold	
	200 IM	2:43.00	<b>1-Aug-98</b>	M3F MN	Alex Wold	
	200 Free Relay	2:23.21	<b>2-Aug-01</b>	M3F MN	Mach 3 Flyers	J. Hausauer, R. Dunham, J. Duxbury, E. Lee-To
	200 Medley Relay	2:32.17	<b>1-Aug-97</b>	M3F MN	A. Wold, A. Killpatrick, T. Cowan, J. Zebeck	
11-12	50 Free	28.58	<b>1-Aug-99</b>	M3F MN	Ian Lentz	
	100 Free	1:01.41	<b>1-Aug-99</b>	M3F MN	Ian Lentz	
	200 Free	2:11.12	<b>1-Aug-99</b>	M3F MN	Ian Lentz	
	400 Free	4:38.13	<b>1-Aug-99</b>	M3F MN	Ian Lentz	
	50 Back	31.76	<b>1-Aug-99</b>	M3F MN	Ian Lentz	
	100 Back	1:10.20	<b>1-Aug-99</b>	M3F MN	Ian Lentz	
	50 Breast	36.07	<b>1-Aug-99</b>	M3F MN	Colin Lee-To	
	100 Breast	1:21.28	<b>1-Aug-99</b>	M3F MN	Colin Lee-To	
	50 Fly	30.56	<b>1-Aug-99</b>	M3F MN	Ian Lentz	
	100 Fly	1:08.65	<b>1-Aug-99</b>	M3F MN	Alex Wold	
	200 IM	2:28.33	<b>1-Aug-99</b>	M3F MN	Ian Lentz	
	200 Free Relay	2:00.26	<b>1-Aug-99</b>	M3F MN	T. Cowan, A. Wold, D. Johnson, C. Lee-To	
	400 Free Relay	4:28.84	<b>1-Aug-99</b>	M3F MN	T. Cowan, A. Wold, D. Johnson, C. Lee-To	
	200 Medley Relay	2:15.73	<b>1-Aug-99</b>	M3F MN	Mach 3 Flyers	C. Lee-To, A. Killpatrick, A. Wold, T. Cowan
	400 Medley Relay	5:02.30	<b>2-Aug-07</b>	M3F MN	Mach 3 Flyers	J. Zebeck, C. Lee-To, A. Wold, T. Cowan
	13-14	50 Free	25.17	<b>1-Aug-94</b>	M3F MN	Jordan Watland
100 Free		56.46	<b>31-Jul-08</b>	M3F MN	Erik A. McCague at 2008 MN ROC LC State Championships	
200 Free		2:03.77	<b>1-Aug-97</b>	M3F MN	David Ni	
400 Free		4:15.97	<b>1-Aug-89</b>	M3F MN	Jeff Dragsten	
800 Free		8:48.25	<b>1-Aug-89</b>	M3F MN	Jeff Dragsten	
1500 Free		16:54.20	<b>1-Aug-89</b>	M3F MN	Jeff Dragsten	
100 Back		1:04.02	<b>13-Jul-01</b>	M3F MN	Ian Lentz	
200 Back		2:21.65	<b>13-Jul-01</b>	M3F MN	Ian Lentz	
100 Breast		1:10.35	<b>13-Jul-01</b>	M3F MN	Colin Lee-To	
200 Breast		2:40.47	<b>13-Jul-01</b>	M3F MN	Colin Lee-To	
100 Fly		1:01.43	<b>13-Jul-01</b>	M3F MN	Ian Lentz	
200 Fly		2:24.41	<b>14-Jun-02</b>	M3F MN	Alex Wold	
200 IM		2:20.02	<b>13-Jul-01</b>	M3F MN	Ian Lentz	
400 IM		4:59.60	<b>13-Jul-01</b>	M3F MN	Ian Lentz	

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**RECORDS Long Course**

13-14	200 Free Relay	1:49.32	<b>2-Aug-07</b>	M3F MN	Mach 3 Flyers	E. McCague, S. Donahue, V. Liu, A. Strom	
	400 Free Relay	4:02.17	<b>2-Aug-07</b>	M3F MN	Mach 3 Flyers	E. McCague, A. Strom, V. Liu, S. Donahue	
	800 Free Relay	8:57.37	<b>2-Aug-01</b>	M3F MN	A. Wold, D. Johnson, C. Lee-To, W. Jenkins		
	200 Medley Relay	2:04.97	<b>2-Aug-01</b>	M3F MN	Mach 3 Flyers	A. Wold, C. Lee-To, D. Johnson, W. Jenkins	
	400 Medley Relay	4:37.57	<b>2-Aug-01</b>	M3F MN	Mach 3 Flyers		
15-16	50 Free	23.77	<b>31-Jul-03</b>	M3F MN	Colin Lee-To		
	100 Free	53.32	<b>1-Aug-95</b>	M3F MN	Jordan Watland		
	200 Free	1:58.90	<b>31-Jul-08</b>	M3F MN	Nathan J. Yueh at 2008 MN ROC LC State Championships		
	400 Free	4:14.30	<b>31-Jul-03</b>	M3F MN	Alex Wold		
	800 Free	8:50.36	<b>31-Jul-03</b>	M3F MN	Alex Wold		
	1500 Free	17:47.98	<b>1-Aug-02</b>	M3F MN	Justin Zook		
	100 Back	1:00.70	<b>1-Aug-02</b>	M3F MN	Ian Lentz		
	200 Back	2:13.97	<b>1-Aug-02</b>	M3F MN	Ian Lentz		
	100 Breast	1:05.89	<b>1-Aug-91</b>	M3F MN	Aaron Shapley		
	200 Breast	2:24.65	<b>1-Aug-91</b>	M3F MN	Aaron Shapley		
	100 Fly	57.72	<b>1-Aug-02</b>	M3F MN	Ian Lentz		
	200 Fly	2:08.56	<b>1-Aug-02</b>	M3F MN	Ian Lentz		
	200 IM	2:11.03	<b>1-Aug-02</b>	M3F MN	Ian Lentz		
	400 IM	4:45.23	<b>1-Aug-02</b>	M3F MN	Ian Lentz		
	200 Free Relay	1:41.68	<b>31-Jul-03</b>	M3F MN	D. Johnson, A. Wold, E. Sveum, C. Lee-To		
	400 Free Relay	3:45.81	<b>2-Aug-07</b>	M3F MN	Mach 3 Flyers	A. Gannon, K. Feng, N. Yueh, R. Dunham	
	800 Free Relay	8:32.39	<b>31-Jul-03</b>	M3F MN	Mach 3 Flyers	C. Lee-To, D. Johnson, E. Sveum, A. Wold	
	200 Medley Relay	1:54.67	<b>31-Jul-03</b>	M3F MN	Mach 3 Flyers	?, C. Lee-To, ?, D. Johnson	
	400 Medley Relay	4:10.17	<b>31-Jul-03</b>	M3F MN	Mach 3 Flyers	E. Sveum, C. Lee-To, A. Wold, D. Johnson	
	17-18	50 Free	23.42	<b>4-Aug-05</b>	M3F MN	Colin H. Lee-To at Minnesota Long Course Championships	
		100 Free	53.01	<b>9-Aug-04</b>	M3F MN	Colin H. Lee-To at 2004 LC NCSA Junior National C	
		200 Free	1:56.76	<b>30-Jul-09</b>	M3F MN	Nathan J. Yueh at 2009 MN Foxj Minnesota Long Course Championsh	
400 Free		4:07.59	<b>21-Jul-05</b>	M3F MN	Alex P. Wold at 2005 Long Course Speedo Champions Series		
800 Free		8:48.25	<b>11-Nov-11</b>	M3F MN	unknown		
1500 Free		16:54.20	<b>11-Nov-11</b>	M3F MN	unknown		
100 Back		1:01.62	<b>29-Jul-04</b>	M3F MN	Colin H. Lee-To at Minnesota Long Course State Ch		
200 Back		2:06.13	<b>20-Aug-93</b>	M3F MN	Jeff Dragsten		
100 Breast		1:04.75	<b>1-Aug-92</b>	M3F MN	Aaron Shapley		
200 Breast		2:21.82	<b>1-Aug-92</b>	M3F MN	Aaron Shapley		
100 Fly		58.41	<b>30-Jul-09</b>	M3F MN	Adam J. Gannon at 2009 MN Foxj Minnesota Long Course Championsh		
200 Fly		2:08.33	<b>23-Jun-06</b>	M3F MN	Alex P. Wold at 2006 M3F Summer A/B/C Invitational		
200 IM		2:10.37	<b>9-Aug-05</b>	M3F MN	Alex P. Wold at 2005 USA Swimming Junior Champ		
400 IM		4:33.02	<b>9-Aug-05</b>	M3F MN	Alex P. Wold at 2005 USA Swimming Junior Champ		
200 Free Relay		1:40.62	<b>1-Aug-92</b>	M3F MN	S. Gagner		
400 Free Relay		3:36.18	<b>1-Aug-92</b>	M3F MN	unknown		
800 Free Relay		8:30.55	<b>11-Nov-11</b>	M3F MN	unknown		
200 Medley Relay		1:59.22	<b>2-Aug-01</b>	M3F MN	P. Wigginton, L. Pahl, R. Chakravarty, E. Drewski		
400 Medley Relay		3:58.11	<b>1-Aug-92</b>	M3F MN	J. Dragsten, A. Shapley, D. Griffore, S. Gagner		
50 Free		23.40	<b>3-Aug-06</b>	M3F MN	Colin H. Lee-To at Minnesota Long Course Championships		
100 Free		53.19	<b>4-Aug-05</b>	M3F MN	Colin H. Lee-To at Minnesota Long Course Championships		
200 Free		1:57.28	<b>3-Aug-06</b>	M3F MN	Alex P. Wold at Minnesota Long Course Championships		
400 Free		4:07.59	<b>21-Jul-05</b>	M3F MN	Alex P. Wold at 2005 Long Course Speedo Champions Series		
800 Free		8:48.25	<b>1-Aug-89</b>	M3F MN	Jeff Dragsten		
1500 Free		16:54.20	<b>1-Aug-89</b>	M3F MN	Jeff Dragsten		

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**RECORDS Long Course**

100 Back	1:00.70	<b>1-Aug-02</b>	M3F MN	Ian Lentz
200 Back	2:06.05	<b>20-Jul-95</b>	M3F MN	Jeff Dragsten
100 Breast	1:04.75	<b>1-Aug-92</b>	M3F MN	Aaron Shapley
200 Breast	2:21.82	<b>1-Aug-92</b>	M3F MN	Aaron Shapley
100 Fly	57.72	<b>1-Aug-02</b>	M3F MN	Grahm Lentz
200 Fly	2:07.18	<b>20-Jul-06</b>	M3F MN	Alex P. Wold at 2006 USA Swimming Speedo Champions Series
200 IM	2:10.37	<b>9-Aug-05</b>	M3F MN	Alex P. Wold at 2005 USA Swimming Junior Champ
400 IM	4:36.37	<b>9-Aug-05</b>	M3F MN	Alex P. Wold at 2005 USA Swimming Junior Champ
200 Free Relay	1:36.28	<b>4-Aug-05</b>	M3F MN	Mach 3 Flyers C. Lee-To, C. Carlson, D. Johnson, C. Carlson
400 Free Relay	3:36.18	<b>1-Aug-92</b>	M3F MN	S. Gagner
800 Free Relay	8:02.30	<b>9-Aug-04</b>	M3F MN	Mach 3 Flyers A. Wold, C. Lee-To, I. Lentz, D. Johnson
200 Medley Relay	1:49.69	<b>30-Jul-09</b>	M3F MN	Mach 3 Flyers A. Gannon, C. Lee-To, K. Feng, N. Yueh
400 Medley Relay	3:58.11	<b>1-Aug-92</b>	M3F MN	J. Dragsten, A. Shapley, D. Griffiore, S. Gagner