

# Salmon Bay Long Course Records

## Meters-Female

10 & U	50 Free	31.73	19-Jun-92	Aletta Haff
	100 Free	1:09.86	3-Aug-02	Kelly Tannhauser
	200 Free	2:32.22	19-Jul-02	Kelly Tannhauser
	400 Free	5:19.94	3-Aug-02	Kelly Tannhauser
	50 Back	35.96	11-Aug-92	Aletta Haff
	100 Back	1:20.81	16-May-92	Aletta Haff
	50 Breast	38.85	17-Aug-90	Renee Kendall
	100 Breast	1:23.98	15-Aug-00	Alexandra Ernst
	50 Fly	34.72	15-Aug-00	Alexandra Ernst
	100 Fly	1:18.71	15-Aug-00	Alexandra Ernst
	200 IM	2:49.87	15-Aug-00	Alexandra Ernst
	200 Free Relay	2:18.45	5-Jun-92	SAC N. Bernard, S. Brace, A. Haff, M. Storey
	200 Medley Relay	2:25.08	15-May-98	SBAY
	11-12	50 Free	28.81	4-Aug-94
100 Free		1:03.32	16-Aug-94	Aletta Haff
200 Free		2:15.48	5-Jul-96	Jamie Tannhauser
400 Free		4:41.22	1-Aug-96	Jamie Tannhauser
800 Free		9:37.10	5-Jul-96	Jamie Tannhauser
1500 Free		18:15.30	18-Jul-96	Jamie Tannhauser
50 Back		33.49	11-Aug-92	Rachel Haff
100 Back		1:10.81	11-Aug-92	Rachel Haff
200 Back		2:35.61	18-Jul-96	Jamie Tannhauser
50 Breast		36.61	11-Aug-92	Rachel Haff
100 Breast		1:20.29	11-Aug-92	Rachel Haff
200 Breast		2:54.19	19-Jun-92	Rachel Haff
50 Fly		31.22	4-Aug-94	Aletta Haff
100 Fly		1:08.37	16-Aug-94	Aletta Haff
200 Fly		2:39.49	9-Jun-00	Kim Kripps
200 IM		2:31.75	4-Aug-94	Aletta Haff
400 IM		5:28.44	18-May-02	Lauren Hall
200 Free Relay		2:03.55	29-Jul-04	M. Scott, K. Tannhauser, H. deVos, G. Bond
400 Free Relay		4:29.40	18-Jul-04	K. Tannhauser, M. Horan, M. Scott, G. Bond
200 Medley Relay		2:19.54	2-Aug-01	L. Hall, A. Ernst, M. Bush, L. Roberson
400 Medley Relay		5:11.20	3-Aug-00	J. Sharify, K. Holman, K. Ernst, R. Kaperak

## Meters-Female

13-14	50 Free	28.20	3-Aug-95	Aletta Haff
	100 Free	1:00.33	27-Jul-03	Leslie Roberson
	200 Free	2:06.06	12-Aug-98	Jamie Tannhauser
	400 Free	4:19.67	12-Aug-98	Jamie Tannhauser
	800 Free	8:53.31	25-Jun-98	Jamie Tannhauser
	1500 Free	16:58.00	12-Aug-98	Jamie Tannhauser
	100 Back	1:05.72	6-Aug-07	Annemarie Thayer
	200 Back	2:21.68	6-Aug-07	Annemarie Thayer
	100 Breast	1:15.05	10-Mar-04	Meredith Bush
	200 Breast	2:42.28	10-Mar-04	Meredith Bush
	100 Fly	1:04.35	31-Jul-03	Leslie Roberson
	200 Fly	2:24.57	16-Jul-03	Leslie Roberson
	200 IM	2:25.09	10-Mar-04	Lauren Hall
	400 IM	5:05.29	28-Jun-07	Amber McDermott
	200 Free Relay	1:53.67	20-Jul-06	M. Scott, G. Bond, K. Tannhauser, A. Thayer
	400 Free Relay	4:09.81	20-Jul-06	M. Scott, G. Bond, K. Tannhauser, A. Thayer
	800 Free Relay	9:04.93	20-Jul-06	M. Scott, G. Bond, K. Tannhauser, A. Thayer
	200 Medley Relay	2:12.75	1-Aug-02	L. Hall, K. Holman, L. Roberson, A. Ernst
	400 Medley Relay	5:04.91	31-Jul-97	SAC M. Storey, J. Haff, K. Hathaway, E. Zwickert
Senior	50 Free	27.22	17-Jul-97	LeAnne Cadag
	100 Free	58.98	23-Jul-02	Jill Kripps
	200 Free	2:04.75	1-Aug-99	Jamie Tannhauser
	400 Free	4:15.71	15-May-00	Jamie Tannhauser
	800 Free	8:41.82	1-Aug-99	Jamie Tannhauser
	1500 Free	16:45.27	1-Aug-99	Nicole Bernard
	100 Back	1:04.71	17-Jul-97	LeAnne Cadag
	200 Back	2:18.45	5-Aug-97	LeAnne Cadag
	100 Breast	1:15.05	10-Mar-04	Meredith Bush
	200 Breast	2:38.92	18-Jul-06	Alexandra Ernst
	100 Fly	1:03.68	30-Jul-05	Kim Kripps
	200 Fly	2:18.17	27-Mar-07	Lauren Hall
	200 IM	2:18.91	6-Aug-07	Lauren Hall
	400 IM	4:51.45	31-Jul-07	Lauren Hall
	200 Free Relay	1:51.82	10-Aug-04	K. Kripps, La. Cadag, A. Ernst, J. Kripps
	400 Free Relay	3:58.47	1-Aug-98	SAC Le. Cadag, L. Murray, A. Haff, J. Tannhauser
	800 Free Relay	8:28.29	6-Aug-07	K. Tannhauser, L. Hall, H. Brunner, A. McDermott
	200 Medley Relay	2:04.21	18-Jul-06	K. Kripps, A. Ernst, K. Holman, L. Hall
	400 Medley Relay	4:23.62	6-Aug-07	A. Thayer, L. Hall, B. Meyer, K. Tannhauser

## Meters-Male

10 & U	50 Free	31.97	10-Aug-88	Ryan Woodward
	100 Free	1:11.56	20-Jun-03	McClellan Lowry
	200 Free	2:33.99	10-Aug-88	Ryan Woodward
	400 Free	5:37.05	2-Aug-03	Jimmy Deiparine
	50 Back	36.15	10-Aug-88	Ryan Woodward
	100 Back	1:23.39	10-Aug-88	Ryan Woodward
	50 Breast	39.60	16-Aug-97	Chris Conroy
	100 Breast	1:27.96	3-Aug-96	Chris Conroy
	50 Fly	36.18	18-May-03	Marcus Gill
	100 Fly	1:20.25	2-Aug-91	Chad Yarbrough
	200 IM	2:57.64	15-May-93	Sergio Monni
	200 Free Relay	2:22.93	3-Aug-91	QASC C. Yarbrough, E. Myhre, C. Monson, J. Smith
	200 Medley Relay	2:44.24	19-Jul-02	B. Olsen, J. Deiparine, M. Gill, M. Lowry
11-12	50 Free	28.64	24-Jun-05	McClellan Lowry
	100 Free	1:00.54	24-Jun-05	McClellan Lowry
	200 Free	2:13.07	24-Jun-05	McClellan Lowry
	400 Free	4:39.94	15-Aug-00	Paolo Benvenuto
	800 Free	9:40.51	14-May-05	McClellan Lowry
	1500 Free	18:34.77	15-Jul-05	McClellan Lowry
	50 Back	31.60	19-Aug-90	Graham Myhre
	100 Back	1:10.78	18-Aug-89	Graham Myhre
	200 Back	2:40.38	24-Jun-05	McClellan Lowry
	50 Breast	36.01	11-Aug-98	Chris Conroy
	100 Breast	1:19.03	11-Aug-98	Chris Conroy
	200 Breast	3:00.00	21-Apr-91	Brian Okuda
	50 Fly	31.51	18-Aug-90	Graham Myhre
	100 Fly	1:08.85	15-Aug-00	Paolo Benvenuto
	200 Fly	2:35.24	24-Jun-05	McClellan Lowry
	200 IM	2:34.81	3-Aug-00	Paolo Benvenuto
	400 IM	5:33.30	24-Jun-05	McClellan Lowry
	200 Free Relay	2:10.06	5-Jun-92	SAC B. Bernard, J. Guyman, A. Lazowska, B. Tannhauser
	400 Free Relay	4:43.82	19-Jun-92	SAC B. Bernard, J. Guyman, A. Lazowska, B. Tannhauser
	200 Medley Relay	2:24.52	1-Aug-90	SAC A. Denke, D. Johnson, B. Okuda, R. Woodward
	400 Medley Relay	5:24.94	19-Jun-92	SAC B Bernard, J. Guyman, A. Lazowska, B. Tannhauser

## Meters-Male

13-14	50 Free	26.46	22-Jun-07	McClellan Lowry
	100 Free	56.67	10-Jul-07	McClellan Lowry
	200 Free	2:01.68	10-Jul-07	McClellan Lowry
	400 Free	4:14.54	23-Jul-02	Paolo Benvenuto
	800 Free	8:46.44	23-Jul-02	Paolo Benvenuto
	1500 Free	16:43.06	23-Jul-02	Paolo Benvenuto
	100 Back	1:05.09	2-Aug-01	Kerry Tannhauser
	200 Back	2:21.46	18-May-01	Kerry Tannhauser
	100 Breast	1:12.96	16-Jul-03	Erin Warren
	200 Breast	2:37.81	16-Jul-03	Erin Warren
	100 Fly	1:03.57	7-Jun-02	Paolo Benvenuto
	200 Fly	2:14.09	23-Jul-02	Paolo Benvenuto
	200 IM	2:17.29	17-Jan-97	Richie Jacobs
	400 IM	4:52.02	17-Jan-97	Richie Jacobs
	200 Free Relay	1:53.86	1-Aug-96	SAC R. Buffington, S. Monni, A. Young, E. Roberts
	400 Free Relay	4:25.95	3-Aug-96	QASC C. Monson, Hawks, S. Hoagland, Howard
	200 Medley Relay	2:08.91	1-Aug-02	E. Warren, C. Moore, P. Benvenuto, E. Griffiths
	400 Medley Relay	4:49.79	3-Aug-95	SAC S. Monni, E. Roberts, B. Ruttkay, Wood
Senior	50 Free	24.75	15-Jun-01	Brett Tannhauser
	100 Free	53.09	20-Jul-00	Brett Tannhauser
	200 Free	1:53.06	9-Aug-00	Brett Tannhauser
	400 Free	3:58.68	9-Aug-00	Brett Tannhauser
	800 Free	8:12.15	1-Aug-99	Ross Buffington
	1500 Free	15:51.79	20-Jul-00	Ross Buffington
	100 Back	1:00.00	12-Aug-02	Brett Tannhauser
	200 Back	2:10.20	1-Aug-99	Brett Tannhauser
	100 Breast	1:05.84	23-Jul-02	Justin Morin
	200 Breast	2:22.34	23-Jul-02	Justin Morin
	100 Fly	55.51	12-Aug-98	Joel Shapiro
	200 Fly	2:03.75	12-Aug-98	Joel Shapiro
	200 IM	2:08.69	28-Jun-01	Richie Jacobs
	400 IM	4:28.51	1-Aug-01	Richie Jacobs
	200 Free Relay	1:39.88	20-Jul-00	B. Tannhauser, R. Jacobs, R. Buffington, A. Denke
	400 Free Relay	3:35.55	20-Jul-00	R. Jacobs, A. Denke, R. Buffington, B. Tannhauser
	800 Free Relay	7:44.14	20-Jul-99	R. Buffington, A. Denke, R. Jacobs, B. Tannhauser
	200 Medley Relay	1:52.74	20-Jul-00	B. Tannhauser, C. Monson, R. Jacobs, A. Denke
	400 Medley Relay	4:01.21	1-Aug-97	SAC R. Jacobs, B. Bernard, J. Shapiro, B. Tannhauser