

# LCFY - SHORT COURSE YARD RECORDS

## 2009 - 2010 LCFY Aquatics Personnel

Teresa Fightmaster - Competitive Aquatics Director & Head Coach

Susan Bowen - Swim Coach

Donel Gastineau - Aquatics Director

Catherine Carney - Swim Coach

Keith Devore - Swim Coach

Kalani Friend - Swim Coach

Holly Shai - Swim Coach

Yard Records Last Updated - March 21, 2010 (New records in Red)

Girls			6 & U	Boys		
Name	Time	Year	Event	Year	Time	Name
Katie Bowers	19.70	2002	25 Free	2003	18.59	Robert Davis
Gabrielle Brust	45.80	2009	50 Free	2009	39.99	Jake Stone
Gabrielle Brust	1:51.13	2008	100 Free	2009	1:30.02	Jake Stone
Caillie Barnett	2:17.42	2008	100 IM	2009	1:47.49	Jake Stone
Katie Bowers	23.18	2002	25 Back	2002	22.54	Robert Davis
Kaitlyn Chapman	1:09.59	2008	50 Back	2009	52.64	Jake Stone
Katie Bowers	26.69	2001	25 Fly	2008	21.85	Jake Stone
Sophia Shai	28.28	2006	25 Breast	2003	24.43	Robert Davis

Girls			11 to 12	Boys		
Name	Time	Year	Event	Year	Time	Name
India Sherman	26.07	2009	50 Free	1986	26.00	George Dippel
Abby Stone	56.22	2009	100 Free	1986	56.34	George Dippel
Abby Stone	2:01.16	2008	200 Free	1986	2:04.29	George Dippel
Abby Stone	5:23.56	2008	500 Free	2009	5:55.41	Grant Stahl
Sydney King	11:42.93	2008	1000 Free	2008	16:04.49	Jarod Rose
Kaytee Postle	20:34.64	2005	1650 Free	2008	25:24.85	Jarod Rose
Abby Stone	1:02.34	2009	100 IM	1986	1:06.94	George Dippel
Abby Stone	2:12.36	2009	200 IM	2009	2:28.46	Grant Stahl
Abby Stone	4:48.22	2008	400 IM			
Abby Stone	29.76	2009	50 Back	2010	30.63	Nathaniel Graham
Abby Stone	1:04.76	2009	100 Back	2010	1:07.37	Timmy Spichiger
Abby Stone	2:21.65	2008	200 Back	2009	2:44.73	Nathaniel Graham
Abby Stone	27.34	2009	50 Fly	1986	28.73	George Dippel
Abby Stone	59.61	2008	100 Fly	2009	1:08.93	Grant Stahl
Abby Stone	2:13.33	2009	200 Fly			
Abby Stone	32.09	2009	50 Breast	1983	33.53	Mark Utiss
Abby Stone	1:09.70	2008	100 Breast	2008	1:15.60	Robert Davis
Abby Stone	2:33.66	2008	200 Breast	2008	2:42.89	Robert Davis
Paige Griesse, Abby Stone Alex Untied, India Sherman	1:45.68	2009	200 Free Relay	2009	1:51.72	Grant Stahl, Alan Chapman W. Wortkoetter, Robert Davis
Alex Untied, Paige Griesse Maggie McGonagle, Abby Stone	3:58.94	2009	400 Free Relay	2009	4:12.96	Wyatt Wortkoetter, T. Spichiger Alan Chapman, Grant Stahl
Paige Griesse, India Sherman Abby Stone, Alex Untied	1:56.80	2009	200 Medley Relay	2009	2:06.34	Timmy Spichiger, Robert Davis Grant Stahl, Wyatt Wortkoetter
Maggie McGonagle, Alex Untied Abby Stone, Paige Griesse	4:15.73	2009	400 Medley Relay	2009	4:41.11	T. Spichiger, Alan Chapman Grant Stahl, Wyatt Wortkoetter

Girls			8 & U	Boys		
Name	Time	Year	Event	Year	Time	Name
Megan Troup	15.37		25 Free	2009	15.24	Daniel Mestemaker
Megan Troup	32.85		50 Free		35.04	N. Pryor
Megan Troup	1:13.05		100 Free	1994	1:19.83	Chase Loughman
Gabrielle Brust	3:30.04	2009	200 Free	2008	2:59.59	Nate Stone
Megan Troup	1:26.22		100 IM		1:27.20	N. Pryor
			200 IM	2010	3:53.35	Ian Jarvis
Jenna Altomonte	18.80		25 Back		18.13	N. Pryor
Gabrielle Brust	44.54	2010	50 Back	2008	44.61	Daniel Mestemaker
Megan Troup	16.26		25 Fly		17.85	N. Pryor
Sarah Martin	42.35	2009	50 Fly	2009	43.21	Nate Stone
			100 Fly	2010	1:55.95	Alex Fenimore
Regan McCroskey	20.96	2006	25 Breast		21.08	Robert Spaul
Sarah Martin	50.68	2009	50 Breast	2009	48.28	Nate Stone
			100 Breast	2010	1:51.93	Ian Jarvis
M. McGonagle, R. McCroskey Allie Rose, Paige Griesse	1:10.13	2006	100 Free Relay	2009	1:11.65	Nate Stone, Ethan Miller Jake Stone, Daniel Mestemaker
Gabrielle Brust, Livia Barnett Madelyn Gundler, Caillie Barnett	3:17.08	2010	200 Free Relay			
M. McGonagle, R. McCroskey Paige Griesse, Allie Rose	1:20.49	2006	100 Medley Relay	2009	1:23.99	Jake Stone, Daniel Mestemaker Nate Stone, Ethan Miller
Gabrielle Brust, Katelyn Darby Sarah Martin, Caillie Barnett	3:22.28	2009	200 Medley Relay	2010	3:21.42	Bryson Hauenstein, Ian Jarvis Alex Fenimore, Mason Clark

Girls			13 to 14	Boys		
Name	Time	Year	Event	Year	Time	Name
Jenny Smith	24.34		50 Free	1996	24.16	Josh Beeson
Sydney King	54.32	2010	100 Free	2005	53.78	Drew Trifelos
Sydney King	1:54.91	2010	200 Free	1988	1:54.86	George Dippel
Sydney King	5:02.59	2010	500 Free	1988	5:10.80	George Dippel
Sydney King	10:47.57	2009	1000 Free	2008	12:24.29	Seth Stahl
Sydney King	17:35.25	2010	1650 Free	2009	23:09.35	Jarod Rose
Keely Lovern	1:07.94	2009	100 IM	2008	1:09.28	Charlie Peppers
Allison Schroeder	2:13.96	2010	200 IM	1988	2:11.36	George Dippel
Allison Schroeder	4:43.69	2010	400 IM	2010	4:56.69	Grant Stahl
Sydney King	28.74	2010	50 Back	2009	28.81	Seth Stahl
Sydney King	58.80	2010	100 Back	1988	59.99	George Dippel
Sydney King	2:04.33	2010	200 Back	2009	2:12.76	Seth Stahl
Abigail Brown	27.89	2009	50 Fly	2005	26.71	Drew Trifelos
Maureen Newlon	58.89	1984	100 Fly		57.86	Joel McFarland
Abigail Brown	2:20.71	2009	200 Fly	2010	2:27.36	Grant Stahl
Kassandra Mestemaker	31.03	2010	50 Breast	2009	32.27	Jack Barrett
Kassandra Mestemaker	1:07.60	2010	100 Breast	1983	1:05.92	Todd Jeffrey
Kassandra Mestemaker	2:25.31	2010	200 Breast	2009	2:36.80	Jack Barrett
Alex Untied, Allison Schroeder Keely Lovern, Sydney King	1:42.31	2010	200 Free Relay	1984	1:43.03	John Dippel, Mark Utiss Matt Scott, Michael Beaver
Keely Lovern, Allison Schroeder Alex Untied, Sydney King	3:42.85	2010	400 Free Relay	2009	4:10.14	Tom Barrett, Jarod Rose Robert Davis, Jack Barrett
Keely Lovern, Paige Griesse Allison Schroeder, Sydney King	7:56.53	2010	800 Free Relay			
Sydney King, K. Mestemaker Abigail Brown, A. Schroeder	1:54.60	2009	200 Medley Relay	1984	1:58.30	John Dippel, Mark Utiss Matt Scott, Michael Beaver
Sydney King, K. Mestemaker Abigail Brown, A. Schroeder	4:10.29	2009	400 Medley Relay	2009	4:28.01	Seth Stahl, Robert Davis Jack Barrett, Tom Barrett

Girls			9 to 10	Boys		
Name	Time	Year	Event	Year	Time	Name
Maggie McGonagle	28.87	2008	50 Free	1984	28.37	Will Cann
Traci DiBlasio	1:01.72	1980	100 Free	1984	1:02.87	Will Cann
Traci DiBlasio	2:12.73	1980	200 Free	1984	2:16.36	George Dippel
Abigail Brown	8:17.91	2004	500 Free	2008	7:15.89	Philip Hall
Maggie McGonagle	1:14.98	2008	100 IM	1984	1:12.55	Will Cann
Carolyn Mestemaker	3:05.14	2009	200 IM	2008	3:02.97	Philip Hall
Maggie McGonagle	33.56	2008	50 Back	1984	33.34	George Dippel
Maggie McGonagle	1:20.70	2008	100 Back	2010	1:19.95	Jack McGonagle
Maggie McGonagle	32.60	2008	50 Fly	1984	30.79	Will Cann
Maggie McGonagle	1:21.38	2008	100 Fly	2006	1:39.78	Ryan Hetrick
Jenna Altomonte	37.38		50 Breast	1984	38.06	Will Cann
Regan McCroskey	1:33.43	2008	100 Breast	2009	1:36.55	Daniel Mestemaker
Conrad, Amy Snider Andrea Snider, Pryor	2:04.60		200 Free Relay	2006	2:15.23	Chris Stone, Grant Stahl Ryan Hetrick, Robert Davis
Pryor, Conrad Amy Snider, Andrea Snider	2:27.94		200 Medley Relay	2006	2:30.37	Chris Stone, Robert Davis Grant Stahl, Ryan Hetrick

Girls			15 & Up	Boys		
Name	Time	Year	Event	Year	Time	Name
Christi Frueh	24.97	1986	50 Free	1984	21.45	Mark Birnbrich
Maureen Newlon	54.22	1986	100 Free	1984	46.31	Mark Birnbrich
Karen DiBlasio	1:56.38	1979	200 Free	1984	1:40.93	Mark Birnbrich
Karen DiBlasio	5:03.60	1979	500 Free	1984	4:43.34	Mark Birnbrich
Amberly Griesse	11:55.91	2009	1000 Free			
Kaytee Postle	20:10.08	2008	1650 Free	2006	19:22.03	Adam Trifelos
Courtney Hetrick	1:07.84	2008	100 IM	2008	1:00.35	Drew Trifelos
Maureen Newlon	2:13.09	1986	200 IM	1984	1:53.92	Mark Birnbrich
Courtney Hetrick	5:13.00	2007	400 IM			
Kelsey Haller	30.64	2009	50 Back	2009	25.34	Kevin Bell
Christina Dwiggin	1:01.81		100 Back	1984	54.20	Mark Birnbrich
Kelsey Haller	2:22.52	2009	200 Back	2010	2:06.93	Seth Stahl
Abigail Brown	26.83	2010	50 Fly	2009	24.64	Tyler Paulsen
Abigail Brown	59.44	2010	100 Fly	1979	53.69	Bob Shadwick
Abigail Brown	2:14.03	2010	200 Fly	2009	2:28.27	Will Sherman
Jordan Mestemaker	34.03	2008	50 Breast	2008	29.75	Drew Trifelos
Teresa Fightmaster	1:09.40	1980	100 Breast		1:02.87	Wallace
Kaytee Postle	2:54.32	2008	200 Breast	2009	2:29.53	Will Sherman
Kelly Lewis, Maureen Newlon Misti Mossor, Christi Frueh	1:43.65	1986	200 Free Relay	2009	1:30.22	Julian Oprandi, Kevin Bell Robby Spichiger, Tyler Paulsen
Sydney King, Alex Untied Abigail Brown, Kaytee Postle	1:54.70	2009	200 Medley Relay	2009	1:41.73	Julian Oprandi, Danny Cathcart Tyler Paulsen, Robby Spichiger
Maureen Newlon, Kelly Lewis Misti Mossor, Christi Frueh	3:48.55	1986	400 Free Relay	2009	3:18.74	Julian Oprandi, Kevin Bell Robby Spichiger, Tyler Paulsen
Sydney King, Hannah Rush Kaytee Postle, Keely Lovern	8:22.91	2009	800 Free Relay	2009	7:43.73	Tyler Paulsen, Jacob Hindel Kevin Bell, Robby Spichiger
Sydney King, Alex Untied Abigail Brown, Kaytee Postle	4:04.90	2010	400 Medley Relay	2009	3:49.08	Julian Oprandi, Danny Cathcart Tyler Paulsen, Robby Spichiger