

Sycamore Flying Fish

RECORDS SFF LC Records

LC Meters-Girls

8 & U	50 Free	39.90	15-Jul-04	SFF OH	Sarah Putman	
	100 Free	1:30.37	15-Jul-01	SFF OH	Sophie Pariot	
	200 Free	3:14.08	15-Jul-00	SFF OH	Alex Norris	
	50 Back	47.09	15-Jun-04	SFF OH	Sarah Putman	
	100 Back	1:43.37	15-Jul-04	SFF OH	Sarah Putman	
	50 Breast	51.81	15-Jun-04	SFF OH	Kelly Lutmer	
	100 Breast	1:57.68	15-Jun-05	SFF OH	Hanna Gottschalk	
	50 Fly	48.22	15-Jun-05	SFF OH	Hanna Gottschalk	
	100 Fly	1:54.59	15-Jun-01	SFF OH	Sophie Pariot	
	200 IM	4:02.40	13-Jul-07	SFF OH	Madelyn E. Heldman at Ohio Regional LC Meet 2007	
	200 Medley Relay	3:20.46	15-Jun-96	SFF OH	S. Angel, K. Kirschner, B. McDonough, K. Carpenter	
	9-10	50 Free	31.61	1-Aug-05	SFF OH	Haley Palmore
		100 Free	1:10.20	1-Aug-02	SFF OH	Alex Norris
		200 Free	2:31.10	15-Jul-02	SFF OH	Alex Norris
400 Free		5:21.54	15-Jul-02	SFF OH	Alex Norris	
50 Back		36.17	1-Aug-05	SFF OH	Haley Palmore	
100 Back		1:21.06	15-Jun-02	SFF OH	Ashley Heinsen	
50 Breast		40.74	15-Jul-99	SFF OH	Catherine Zhang	
100 Breast		1:30.97	15-Jul-99	SFF OH	Catherine Zhang	
50 Fly		34.02	15-Jul-02	SFF OH	Alex Norris	
100 Fly		1:17.09	15-Jul-02	SFF OH	Alex Norris	
200 IM		2:49.15	15-Jul-02	SFF OH	Alex Norris	
200 Free Relay		2:16.57	15-Jul-04	SFF OH	B. Zilch, M. Lynch, B. Rowley, C. Jenkins	
200 Medley Relay		2:37.03	1-Aug-05	SFF OH	H. Palmore, K. Lutmer, F. Reynaert, S. Jenkins	
11-12		50 Free	29.66	22-Jun-07	SFF OH	Haley Palmore at David Webb Invitational
	100 Free	1:04.21	1-Aug-03	SFF OH	Erica Kao	
	200 Free	2:19.26	19-Sep-06	SFF OH	Corinne Jenkins at Best Times LCM	
	400 Free	4:57.44	19-Sep-06	SFF OH	Corinne E. Jenkins at Best Times LCM	
	800 Free	9:59.97	19-Sep-06	SFF OH	Corinne E. Jenkins at Best Times LCM	
	1500 Free	20:35.54	24-May-08	SFF OH	Nikke Bookwalter at Crosstown Splashdown 2008 OH Sanction #3045	
	50 Back	34.08	19-Jul-07	SFF OH	Haley Palmore at Ohio Junior Olympics 2007	
	100 Back	1:13.12	19-Sep-06	SFF OH	Corinne E. Jenkins at Best Times LCM	
	200 Back	2:42.49	13-Jul-07	SFF OH	Haley Palmore at Ohio Regional LC Meet 2007	
	50 Breast	37.92	19-Sep-06	SFF OH	Alexis N. Grycko at Best Times LCM	
	100 Breast	1:22.85	22-Jun-07	SFF OH	Celia C. Keim at David Webb Invitational	
	200 Breast	2:56.01	13-Jul-07	SFF OH	Celia C. Keim at Ohio Regional LC Meet 2007	
	50 Fly	31.71	19-Sep-06	SFF OH	Corinne E. Jenkins at Best Times LCM	
	100 Fly	1:09.77	19-Sep-06	SFF OH	Corinne E. Jenkins at Best Times LCM	
	200 Fly	2:44.91	15-Jul-02	SFF OH	Paige Keefe	
	200 IM	2:35.39	19-Sep-06	SFF OH	Corinne E. Jenkins at Best Times LCM	
	400 IM	6:18.54	15-Jun-00	SFF OH	Stacy Lundstedt	
	200 Free Relay	2:03.78	1-Aug-06	SFF OH	M. Lynch, H. Palmore, C. Jenkins, F. Reynaert	
	400 Free Relay	4:33.08	1-Aug-06	SFF OH	C. Jenkins, M. Lynch, H. Palmore, F. Reynaert	
	200 Medley Relay	2:17.31	15-Jun-00	SFF OH	C. Reed, C. Butler, C. Zhang, S. Lundstedt	
	400 Medley Relay	4:57.41	1-Aug-06	SFF OH	C. Jenkins, M. Feeney, M. Lynch, H. Palmore	
	13-14	50 Free	28.04	1-Aug-05	SFF OH	Erica Kao
100 Free		1:01.28	1-Aug-05	SFF OH	Erica Kao	

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13-14	200 Free	2:16.77	1-Aug-05	SFF OH	Erica Kao	
	400 Free	4:43.85	1-Aug-03	SFF OH	Lisa Murphy	
	800 Free	9:44.53	1-Aug-03	SFF OH	Lisa Murphy	
	1500 Free	18:39.34	1-Aug-03	SFF OH	Lisa Murphy	
	100 Back	1:13.92	16-Jul-09	SFF OH	Nikke Bookwalter at Ohio Long Course Junior Olympics 2009	
	200 Back	2:37.23	16-Jul-09	SFF OH	Nikke Bookwalter at Ohio Long Course Junior Olympics 2009	
	100 Breast	1:20.99	1-Aug-02	SFF OH	Kristin Tracey	
	200 Breast	2:52.38	1-Aug-02	SFF OH	Kristin Tracey	
	100 Fly	1:07.85	1-Aug-05	SFF OH	Erica Kao	
	200 Fly	2:31.67	16-Jul-09	SFF OH	Sarah A. May at Ohio Long Course Junior Olympics 2009	
	200 IM	2:33.32	1-Aug-05	SFF OH	Erica Kao	
	400 IM	5:31.65	15-Jul-04	SFF OH	Erica Kao	
	200 Free Relay	2:00.40	10-Jun-05	SFF OH	SYCAMORE FLYING FISH E. Kao, K. Kassoff, K. Yaroma, P. Austin	
	400 Free Relay	4:24.38	1-Aug-05	SFF OH	E. Kao, K. Yaroma, P. Austin, E. Kaes	
	800 Free Relay	9:28.11	1-Aug-03	SFF OH	L. Murphy, D. Lipson, P. Keefe, K. Senne	
	200 Medley Relay	2:16.00	16-Jul-09	SFF OH	SYCAMORE FLYING FISH D. Bookwalter, C. Keim, S. May, J. Elder	
	400 Medley Relay	4:56.10	16-Jul-09	SFF OH	SYCAMORE FLYING FISH D. Bookwalter, C. Keim, S. May, J. Elder	
	15-18	50 Free	28.59	22-Jun-07	SFF OH	Erica Y. Kao at David Webb Invitational
		100 Free	1:01.65	23-Jul-07	SFF OH	Erica Y. Kao at 2007 Central Zone Section 3 Championships
200 Free		2:18.46	15-Jul-04	SFF OH	Sarah Porter	
400 Free		4:54.68	15-Jul-04	SFF OH	Sarah Porter	
800 Free		10:11.26	15-Jul-05	SFF OH	Debra Lipson	
1500 Free		19:00.90	15-Jun-05	SFF OH	Debra Lipson	
100 Back		1:14.15	15-Jul-05	SFF OH	Sarah Porter	
200 Back		2:37.06	15-Jul-05	SFF OH	Sarah Porter	
100 Breast		1:22.18	15-Jul-00	SFF OH	Grace Phillips	
200 Breast		2:56.33	9-Jul-09	SFF OH	Kadie L. Ruff at 2009 Ohio Senior Long Course State Meet	
100 Fly		1:06.83	23-Jul-07	SFF OH	Erica Y. Kao at 2007 Central Zone Section 3 Championships	
200 Fly		2:33.21	15-Jul-05	SFF OH	Debra Lipson	
200 IM		2:35.11	6-Jul-07	SFF OH	Erica Y. Kao at 2007 Summer Jam	
400 IM		5:36.26	15-Jul-05	SFF OH	Sarah Porter	
200 Free Relay		2:02.86	15-Jun-06	SFF OH	K. Kassoff, S. Porter, K. Yaroma, P. Austin	
400 Free Relay		4:26.56	15-Jul-05	SFF OH	D. Lipson, S. Porter, K. Kassoff, P. Keefe	
800 Free Relay		9:35.28	15-Jul-05	SFF OH	S. Porter, D. Lipson, K. Miller, P. Keefe	
200 Medley Relay		2:18.88	15-Jun-06	SFF OH	S. Porter, K. Yaroma, P. Austin, K. Kassoff	
400 Medley Relay		4:58.37	15-Jul-05	SFF OH	S. Porter, C. Zhang, D. Lipson, K. Kassoff	

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8 & U	50 Free	37.56	15-Jul-05	SFF OH	John Heldman	
	100 Free	1:24.78	15-Jun-05	SFF OH	John Heldman	
	200 Free	3:00.34	10-Jul-09	SFF OH	Nathan W. Zhang at 2009 Long Course Regional Championship South	
	50 Back	43.53	15-Jul-01	SFF OH	Daniel Brook	
	100 Back	1:33.92	10-Jul-09	SFF OH	Nathan W. Zhang at 2009 Long Course Regional Championship South	
	50 Breast	52.49	15-Jul-05	SFF OH	Braden Palmore	
	100 Breast	1:51.74	10-Jul-09	SFF OH	Nathan W. Zhang at 2009 Long Course Regional Championship South	
	50 Fly	44.32	15-Jun-95	SFF OH	Wren Dupre	
	100 Fly	2:00.67	15-Jul-01	SFF OH	Daniel Brook	
	200 IM	3:35.47	15-May-01	SFF OH	Daniel Brook	
	200 Free Relay	3:08.04	15-Jun-05	SFF OH	J. Heldman, J. King, I. Goldstein, B. Palmore	
	200 Medley Relay	3:31.12	15-Jun-05	SFF OH	B. Palmore, J. King, J. Heldman, I. Goldstein	
	9-10	50 Free	31.48	19-Jul-07	SFF OH	John S. Heldman at Ohio Junior Olympics 2007
		100 Free	1:10.13	19-Jul-07	SFF OH	John S. Heldman at Ohio Junior Olympics 2007
200 Free		2:32.72	3-Aug-07	SFF OH	John S. Heldman at 2007 LE Central Zone Rock the Blocks	
400 Free		5:32.16	19-Jul-07	SFF OH	John S. Heldman at Ohio Junior Olympics 2007	
50 Back		37.80	3-Aug-07	SFF OH	John S. Heldman at 2007 LE Central Zone Rock the Blocks	
100 Back		1:23.51	19-Jul-07	SFF OH	John S. Heldman at Ohio Junior Olympics 2007	
200 Back		2:59.92	1-Aug-03	SFF OH	Daniel Brook	
50 Breast		43.03	19-Jul-07	SFF OH	Ben Pawlukiewicz at Ohio Junior Olympics 2007	
100 Breast		1:33.64	2-Aug-01	SFF OH	Jason J. Kao at Ohio JO Championship Meet	
50 Fly		35.06	19-Jul-07	SFF OH	Ben Pawlukiewicz at Ohio Junior Olympics 2007	
100 Fly		1:17.90	19-Jul-07	SFF OH	Ben Pawlukiewicz at Ohio Junior Olympics 2007	
200 IM		2:54.68	19-Jul-07	SFF OH	Ben Pawlukiewicz at Ohio Junior Olympics 2007	
200 Free Relay		2:11.35	19-Jul-07	SFF OH	SYCAMORE FLYING FISH J. Heldman, B. Pawlukiewicz, J. Morrison, N.	
200 Medley Relay		2:31.20	19-Jul-07	SFF OH	SYCAMORE FLYING FISH J. Heldman, B. Palmore, B. Pawlukiewicz, N.	
11-12	50 Free	28.88	1-Aug-04	SFF OH	Paul Rutemiller	
	100 Free	1:04.62	16-Jul-09	SFF OH	Nathaniel G. Winning at Ohio Long Course Junior Olympics 2009	
	200 Free	2:20.92	15-Jun-06	SFF OH	Gabriel Baumgartner	
	400 Free	4:54.12	15-Jul-02	SFF OH	Matt Heinsen	
	800 Free	10:15.70	15-Jul-02	SFF OH	Matt Heinsen	
	50 Back	33.35	15-Jul-04	SFF OH	Paul Rutemiller	
	100 Back	1:12.89	1-Jul-06	SFF OH	Gabriel Baumgartner	
	200 Back	2:55.86	15-Jul-05	SFF OH	Daniel Brook	
	50 Breast	35.64	4-Jun-06	SFF OH	Gabriel Baumgartner	
	100 Breast	1:17.53	12-Aug-06	SFF OH	Gabriel Baumgartner	
	200 Breast	2:45.83	19-Sep-06	SFF OH	Gabriel P. Baumgartner at Best Times LCM	
	50 Fly	31.12	15-Jul-04	SFF OH	T J Biddle	
	100 Fly	1:08.80	16-Jul-09	SFF OH	Ben Pawlukiewicz at Ohio Long Course Junior Olympics 2009	
	200 Fly	2:41.00	15-Jul-04	SFF OH	T J Biddle	
	200 IM	2:34.00	19-Jul-06	SFF OH	Gabriel P. Baumgartner	
	200 Free Relay	1:57.68	16-Jul-09	SFF OH	SYCAMORE FLYING FISH N. Winning, J. Heldman, J. Morrison, B. Pawl	
	400 Free Relay	4:24.18	16-Jul-09	SFF OH	SYCAMORE FLYING FISH N. Winning, J. Heldman, J. Morrison, B. Pawl	
200 Medley Relay	2:13.43	16-Jul-09	SFF OH	SYCAMORE FLYING FISH N. Winning, B. Pawlukiewicz, J. Morrison, J.]		
400 Medley Relay	5:06.49	1-Aug-03	SFF OH	P. Rutemiller, J. Kao, J. Herd, H. Rhenisch		
13-14	50 Free	26.86	16-Jul-09	SFF OH	Patrick J. Aguilar at Ohio Long Course Junior Olympics 2009	
	100 Free	59.04	16-Jul-09	SFF OH	Patrick J. Aguilar at Ohio Long Course Junior Olympics 2009	

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13-14	200 Free	2:11.75	19-Jul-07	SFF OH	Manuel Gutierrez at Ohio Junior Olympics 2007	
	400 Free	4:38.15	19-Jul-07	SFF OH	Manuel Gutierrez at Ohio Junior Olympics 2007	
	800 Free	9:40.44	19-Jul-07	SFF OH	Manuel Gutierrez at Ohio Junior Olympics 2007	
	1500 Free	18:11.25	19-Sep-06	SFF OH	Manuel Gutierrez at Best Times LCM	
	100 Back	1:07.54	15-Jul-06	SFF OH	Christopher B. Wells	
	200 Back	2:26.08	15-Jul-06	SFF OH	Christopher B. Wells	
	100 Breast	1:13.71	1-Aug-05	SFF OH	Jason Kao	
	200 Breast	2:38.40	1-Aug-05	SFF OH	Jason Kao	
	100 Fly	1:02.95	1-Aug-06	SFF OH	T.J. Biddle	
	200 Fly	2:19.99	16-Jul-09	SFF OH	Patrick J. Aguilar at Ohio Long Course Junior Olympics 2009	
	200 IM	2:28.48	1-Aug-05	SFF OH	Jason Kao	
	400 IM	5:10.28	16-Jul-09	SFF OH	Patrick J. Aguilar at Ohio Long Course Junior Olympics 2009	
	200 Free Relay	1:52.71	1-Aug-06	SFF OH	P. Rutemiller, TJ Biddle, M. Gutierrez, C. Wells	
	400 Free Relay	4:08.07	15-Aug-06	SFF OH	P. Rutemiller, M. Gutierrez, B. Keefe, TJ Biddle	
	800 Free Relay	9:15.64	17-Jul-08	SFF OH	SYCAMORE FLYING FISH P. Aguilar, S. Ioas, E. Scott, E. Chen	
	200 Medley Relay	2:06.28	16-Jul-09	SFF OH	SYCAMORE FLYING FISH J. Seger, P. Aguilar, X. Jimenez, E. Chen	
	400 Medley Relay	4:35.62	16-Jul-09	SFF OH	SYCAMORE FLYING FISH E. Chen, J. Seger, X. Jimenez, P. Aguilar	
	15-18	50 Free	26.07	15-Jun-02	SFF OH	Kes Aukstuolis
		100 Free	56.49	15-Jul-03	SFF OH	Ryan Klasmeier
200 Free		2:02.18	15-Jul-03	SFF OH	Ryan Klasmeier	
400 Free		4:28.96	6-Jul-07	SFF OH	Stephen D. Koch at 2007 Summer Jam	
1500 Free		18:07.09	19-Sep-06	SFF OH	Stephen D. Koch at Best Times LCM	
100 Back		1:08.65	13-Jul-07	SFF OH	Stephen D. Koch at Ohio Regional LC Meet 2007	
200 Back		2:28.50	6-Jul-07	SFF OH	Stephen D. Koch at 2007 Summer Jam	
100 Breast		1:10.14	27-Mar-08	SFF OH	Jason J. Kao at 2008 Central Zone Section 3 Championships	
200 Breast		2:33.75	6-Jul-07	SFF OH	Jason J. Kao at 2007 Summer Jam	
100 Fly		58.81	15-Jul-03	SFF OH	Ryan Klasmeier	
200 Fly		2:15.64	1-Aug-03	SFF OH	Ryan Klasmeier	
200 IM		2:23.65	15-Jul-03	SFF OH	Ryan Klasmeier	
400 IM		5:06.03	6-Jul-07	SFF OH	Stephen D. Koch at 2007 Summer Jam	
200 Free Relay		1:47.73	15-Jul-03	SFF OH	G. Bieler, A. Aukstuolis, V. Ahn, R. Klasmeier	
400 Free Relay		4:11.37	15-Jul-03	SFF OH	A. Wittkugel, A. Aukstuolis, R. Klasmeier, V. Ahn	
800 Free Relay		9:50.77	15-Jul-03	SFF OH	B. Clements, R. Truax, M. Schrock, T. Roller	
200 Medley Relay		2:03.68	15-Jul-03	SFF OH	R. Truax, A. Aukstuolis, R. Klasmeier, G. Bieler	
400 Medley Relay		4:35.79	15-Jul-03	SFF OH	A. Wittkugel, A. Aukstuolis, R. Klasmeier, V. Ahn	