

WESTERN CT YMCA MAKOS
Long Course Records as of June 22, 2011
(not including relays)

8&U							
33.67L	Regan, William	'09	50	Free	41.29L	Banks, Kiley	'07
1:15.84L	Regan, William	'09	100	Free	1:31.17L	Regan, Grace	'07
2:39.04L	Regan, William	'09	200	Free	3:38.21L	Weinstein, Anna	'11
5:41.03L	Regan, William	'09	400	Free	***	No Record	
42.59L	Regan, William	'09	50	Back	49.38L	Lee, Moira	'09
1:39.87L	Regan, William	'08	100	Back	1:45.02L	Lee, Moira	'09
***	No Record		200	Back	3:55.71L	Lange, Grace	'10
43.61L	Regan, William	'09	50	Breast	48.58L	Bullock, Amelia	'07
1:39.17L	Regan, William	'09	100	Breast	1:45.53L	Bullock, Amelia	'07
4:15.46L	Delia, Colby	'10	200	Breast	4:45.75L	Moen, Rebecca	'10
38.83L	Regan, William	'09	50	Fly	46.87L	Bullock, Amelia	'07
***	No Record		100	Fly	***	No Record	
3:09.92L	Regan, William	'09	200	IM	***	No Record	
9&10							
31.73L	Regan, William	'11	50	Free	32.58L	O'Leary, Madelyn	'10
1:08:21L	Regan, William	'11	100	Free	1:13.78L	Bullock, Amelia	'09
2:25.23L	Regan, William	'11	200	Free	2:42.91L	Bullock, Amelia	'09
5:01.71L	Regan, William	'11	400	Free	5:48.12L	O'Leary, Madelyn	'10
37.88L	Li, Michael	'09	50	Back	40.29L	Xiong, Jennifer	'11
1:21.81L	Regan, William	'11	100	Back	1:23.88L	Bullock, Amelia	'09
2:49.26L	Regan, William	'11	200	Back	3:17.88L	Dembowski, Erica	'05
42.09L	Li, Michael	'09	50	Breast	38.95L	Bullock, Amelia	'09
1:28.05L	Regan, William	'11	100	Breast	1:25.59L	Bullock, Amelia	'09
3:19.85L	Regan, William	'10	200	Breast	3:12.16L	Bullock, Amelia	'09
37.05L	Wang, Muge	'10	50	Fly	36.34L	Bullock, Amelia	'09
1:19.74L	Regan, William	'10	100	Fly	1:28.33L	Bullock, Amelia	'09
3:04.00L	Regan, William	'11	200	Fly	***	No Record	
2:45.21L	Regan, William	'11	200	IM	2:54.59L	Bullock, Amelia	'09
6:23.60L	Regan, William	'10	400	IM	***	No Record	
11&12							
28.71L	Decker, Colin	'10	50	Free	29.29L	Page, Kira	'11
1:03.73L	Huffman, Richard	'09	100	Free	1:03.02L	Page, Kira	'11
2:25.26L	Huffman, Richard	'09	200	Free	2:30.39L	Makris, Hannah	'10
5:05.07L	Li, Michael	'11	400	Free	5:15.68L	Page, Kira	'11
33.98L	Li, Michael	'11	50	Back	34.52L	Page, Kira	'11
1:12.74L	Li, Michael	'11	100	Back	1:14.49L	Page, Kira	'11
2:44.37L	Karadimas, Nicholas	'05	200	Back	2:52.59L	Meerman, Katherine	'05
34.72L	Li, Michael	'11	50	Breast	38.18L	O'Leary, Catherine	'04

1:17.99L	Li, Michael	'11	100	Breast	1:27.15L	Makris, Hannah	'10
2:45.53L	Li, Michael	'11	200	Breast	3:05.90L	Regan, Courtney	'09
31.53L	Decker, Colin	'10	50	Fly	31.61L	Page, Kira	'11
1:15.48L	Iassogna, Matthew	'04	100	Fly	1:11.52L	Page, Kira	'11
3:04.63L	Martin, Scott	'07	200	Fly	2:53.81L	Marrese, Kathleen	'05
2:33.71L	Li, Michael	'11	200	IM	2:51.26L	Page, Kira	'11
5:44:71L	Li, Michael	'11	400	IM	6:39.73L	Pesce, Haley	'10

13&14

26.98L	LaDelfa, Michael	'08	50	Free	28.52L	Smart, Madeline	'09
58.80L	LaDelfa, Michael	'08	100	Free	1:02.37L	Smart, Madeline	'09
2:09.61L	LaDelfa, Michael	'08	200	Free	2:16.97L	Makris, Hannah	'11
4:38.65L	LaDelfa, Michael	'08	400	Free	4:44.72L	Regan, Courtney	'11
9:47.59L	Carlsen, Nicholas	'09	800	Free	9:50.86	Regan, Courtney	'11
19:27.99L	Carlsen, Nicholas	'09	1500	Free	18:49.95L	Regan, Courtney	'11
31.59L	Karadimas, Nicholas	'07	50	Back	34.06L	Meerman, Katherine	'07
1:07.00L	Miller, Nicholas	'10	100	Back	1:10.99L	Brown, Anna	'11
2:20.95L	Miller, Nicholas	'10	200	Back	2:34.50L	Brown, Anna	'11
35.44L	Lafky, Nicholas	'10	50	Breast	36.67L	O'Leary, Catherine	'06
1:15.40L	Lafky, Nicholas	'10	100	Breast	1:21.73L	O'Leary, Catherine	'06
2:45.73L	Lafky, Nicholas	'10	200	Breast	2:55.19L	Regan, Courtney	'11
29.37L	Huffman, Richard	'11	50	Fly	32.29L	Heaton, Maggie	'08
1:04.87L	Huffman, Richard	'11	100	Fly	1:12.43L	Marrese, Kathleen	'06
2:23.46L	Huffman, Richard	'11	200	Fly	2:45.52L	Marrese, Kathleen	'06
2:26.60L	Moen, Matthew	'09	200	IM	2:33.30L	Smart, Madeline	'09
5:12.55L	Moen, Matthew	'09	400	IM	5:48.76L	Makris, Hannah	'11

15&O

24.79L	Bieber, Alexander	'10	50	Free	27.32L	Smart, Madeline	'10
54.55L	Bieber, Alexander	'10	100	Free	58.91L	Smart, Madeline	'10
2:01.63L	Murphy, Ryan	'11	200	Free	2:08.91L	Smart, Madeline	'10
4:19.11L	Murphy, Ryan	'11	400	Free	4:37.71L	Monroe, Ashleigh	'11
8:55.66L	Murphy, Ryan	'11	800	Free	9:36:12L	Monroe, Ashleigh	'11
19:24.92L	Carlsen, Nicholas	'10	1500	Free	20:44.82L	Conlon, Maricate	'04
28.55L	Magin, Jeff	'11	50	Back	33.02L	Komninos, Katherine	'04
1:02.36L	Magin, Jeff	'11	100	Back	1:10.73L	Komninos, Katherine	'04
2:22.23L	Magin, Jeff	'11	200	Back	2:33.55L	Conlon, Maricate	'04
32.83L	Hung, Abben	'09	50	Breast	35.86L	O'Leary, Catherine	'08
1:12.56L	Lafky, Nicholas	'11	100	Breast	1:20.19L	O'Leary, Catherine	'08
2:40.17L	Lafky, Nicholas	'11	200	Breast	2:56.14L	Monroe, Ashleigh	'11
26.85L	Karadimas, Nicholas	'10	50	Fly	30.98L	Librizzi, Heather	'08
1:00.60L	Karadimas, Nicholas	'10	100	Fly	1:07.91L	Marrese, Kathleen	'09
2:18.13L	Martin, Scott	'11	200	Fly	2:34.81L	Marrese, Kathleen	'09
2:20.70L	Moen, Matthew	'10	200	IM	2:38.47L	Smart, Madeline	'10
5:03.25L	Moen, Matthew	'10	400	IM	5:39.33L	Smart, Madeline	'10

