

LOUISIANA SWIMMING STATE RECORDS

Long Course - Meters

(Record Book last updated on September 7, 2021)

To review records, click on the individual age group tabs below.

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Send additions, considerations, corrections & proofs to: Timmy Sims, PO Box 23848, New Orleans, LA 70183-0848

(Find the Louisiana State Record Report Form in this workbook under the "Record Rpt Form" Tab)

LOUISIANA SWIMMING STATE RECORD REPORTING FORM

IMPORTANT: A complete copy of the final meet results, from which this time has been accomplished, must be attached to this form & mailed to the Records Chairman. In the event of multiple record considerations at the same meet, only one copy of the final results will be needed for the RECORDS file. **A separate form must be completed for each swim event and each swimmer.**

PLEASE PRINT

Swimmer's Name

**Swimmer's USS
Club Code #**

**Swimmer's Age
(at time of record)**

Event

Swim Time

Date Of Meet

Name Of Meet

Meet Sanction #

**Head Coach's
Name & Phone #**

Team Name

Coach's Signature

Date

Submit Records Form To:

Timmy Sims
PO Box 23848
New Orleans, LA 70183-0848

(504) 416-9665 (cell)
email: timmy@fdlconstruction.com

LOUISIANA SWIMMING STATE RECORDS

(This age group last updated on September 1, 2017)

Long Course - Meters										
8 YEARS OLD & UNDER										
GIRLS					EVENT	BOYS				
YEAR	MEET	NAME	CLUB	TIME	(meters)	TIME	CLUB	NAME	MEET	YEAR
2016	TAQ Summer Classic Jun '16	Ava Sims	CCSC	33.53	50 Fr	33.17	CRAW	Carson Foster	LA LC State July '10	2010
2016	LA LC State July '16	Ava Sims	CCSC	1:14.89	100 Fr	1:14.91	SLST	Colin Candebat	LA LC State July '14	2014
1981		Meaghan Williams	BOLTS	39.26	50 Bk	38.43	BOLTS	Ian Williams		1980
1981		Meaghan Williams	BOLTS	45.43	50 Br	44.55	NOA	Billy Coleman		1987
2017	LA LC State July '17	Kendall Jollands	CCSC	37.60	50 Fly	36.53	CRAW	Carson Foster	LA LC State July '10	2010
2016	TAQ Summer Classic Jun '16	Ava Sims	CCSC	3:02.88	200 IM	3:00.32	MSAS	Timmy Sims		1988
RELAYS										
1980		Phillips, Broussard, Duplessis, Williams	BOLTS	2:37.25	200 Fr	2:30.20	BOLTS	Benz, Zander, Williams, Stevens		1978
1980		Duplessis, Williams Phillips, Broussard	BOLTS	3:01.21	200 Med	2:47.22	BLAST	Harrison Prieto (8) Grant Gallaspy (8) Griffin Guzan (8) Zachary Charles (8)	LA LC State July '06	2006

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LOUISIANA SWIMMING STATE RECORDS

(This age group last updated on August 1, 2021)

Long Course - Meters										
10 YEARS OLD & UNDER										
				GIRLS	EVENT					BOYS
YEAR	MEET	NAME	CLUB	TIME	(meters)	TIME	CLUB	NAME	MEET	YEAR
2019	AI Soltis Memorial Senior Invitational Jan '19	Ava Sims	CCSC	29.81	50 Fr	29.59	MSAS	Thomas Sims		1988
2019	AI Soltis Memorial Senior Invitational Jan '19	Ava Sims	CCSC	1:04.50	100 Fr	1:05.02	COSST	Damon McCoy		1977
2019	AI Soltis Memorial Senior Invitational Jan '19	Ava Sims	CCSC	2:16.67	200 Fr	2:19.89	COSST	Damon McCoy		1977
2018	NuWave Summer Open June '18	Ava Sims	CCSC	5:00.27	400 Fr	5:09.32	SLST	Colin Candebat	CCSS Last Chance July '16	2016
2021	George Block Invitational June '21	Avery Daigle	FINS	35.33	50 Bk	34.24	MSAS	Thomas Sims		1988
2018	LA LC State July '18	Ava Sims	CCSC	1:13.92	100 Bk	1:13.92	BTAC	Gordon White		1994
2019	AI Soltis Memorial Senior Invitational Jan '19	Ava Sims	CCSC	40.13	50 Br	38.84	BOLTS	Joseph Authement		1989
2019	AI Soltis Memorial Senior Invitational Jan '19	Ava Sims	CCSC	1:26.20	100 Br	1:25.04	COSST	Robert Looney		1999
1991		Shelly Ripple	LSUA	32.13	50 Fly	31.96	MSAS	Thomas Sims		1988
2019	AI Soltis Memorial Senior Invitational Jan '19	Ava Sims	CCSC	1:11.40	100 Fly	1:09.60	MSAS	Thomas Sims		1988
2019	AI Soltis Memorial Senior Invitational Jan '19	Ava Sims	CCSC	2:34.75	200 IM	2:38.10	MSAS	Thomas Sims		1988
					RELAYS					
2018	LA LC State July '18	A. Sims, A. Houin, H. Valdine, K. Jollands	CCSC	2:12.13	200 Fr	2:09.93	BRY	Dorrell, D.Lichtenstein Black, Thibault		1980
2018	LA LC State July '18	A. Sims, H. Valdine, K. Jollands, A. Houin	CCSC	2:28.78	200 Med	2:26.34	BOLTS	Fejka, Schmidt, Authement, Madere		1989

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LOUISIANA SWIMMING STATE RECORDS

(This age group last updated on September 7, 2021)

Long Course - Meters										
11 - 12 YEARS OLD										
				GIRLS	EVENT					BOYS
YEAR	MEET	NAME	CLUB	TIME	(meters)	TIME	CLUB	NAME	MEET	YEAR
1983		Michelle Virgets	BRY	27.93	50 Fr	26.23	CCSC	Parker Hughes	So. Zone/Sect July '13 Orlando	2013
1993		Shelly Ripple	BTAC	59.37	100 Fr	58.30	BTAC	Gordon White		1996
2008	South. Zone Champs July '08	Kara Kopcso	BLAST	2:10.69	200 Fr	2:07.57	BTAC	Gordon White		1996
2008	South. Zone Champs July '08	Kara Kopcso	BLAST	4:31.49	400 Fr	4:28.83	MYAJ	Tommy Sims		1990
2008	LA LC State July '08	Kara Kopcso	BLAST	9:29.54	800 Fr	9:49.73	CCSC	Owen Martin	CCSC LC Invite Apr 2012	2012
2008	TAQ Summer Classic	Kara Kopcso	BLAST	18:45.55	1500 Fr	18:32.75	CCSC	Owen Martin	CCSC LC Invite Apr 2012	2012
2018	South. Zone Champs Aug '18	Abby Dunford	TAQ	31.93	50 Bk	30.71	BTAC	Gordon White		1996
2018	LA LC State July '18	Abby Dunford	TAQ	1:07.46r	100 Bk	1:04.32	FINS	Dan Wescott		1993
2018	LA LC State July '18	Abby Dunford	TAQ	2:26.38	200 Bk	2:23.07	TAQ	Grant Grenfell	TAQ Summer Classic June '07	2007
1989		Keri Coy	GWSS	36.02	50 Br	34.50	BAYOU	Elie McRae	TAQ Spring Invite May '08	2008
1989		Keri Coy	GWSS	1:16.63	100 Br	1:13.07	NOA	Joseph Authement		1991
2008	LA LC State July '08 (prelims)	Alex Cloutet	BLAST	2:54.40	200 Br	2:47.43	CRAW	Jacques Rathle	GU TWST 14&U Open Meet	2016
2021	South. Zone Champs July '21	Kendall Jollands	CCSC	30.26	50 Fly	28.67	TAQ	Grant Grenfell	TAQ Summer Classic June '07	2007
2008	South. Zone Champs July '08	Kara Kopcso	BLAST	1:04.75	100 Fly	1:02.66	ES	Rabun Fox		1998
2008	TAQ Summer Classic	Kara Kopcso	BLAST	2:28.77	200 Fly	2:21.68	TAQ	Grant Grenfell	TAQ Summer Classic June '07	2007
1993		Shelly Ripple	BTAC	2:21.55**	200 IM	2:23.43	ES	Rabun Fox		1998
2008	LA LC State July '08	Kara Kopcso	BLAST	5:10.89	400 IM	5:00.92	TAQ	Grant Grenfell	TAQ Summer Classic June '07	2007
RELAYS										
1992		Ferachi, Grace, White, Ripple	BTAC	1:58.95	200 Fr	1:56.71	YBLT	Molinet, Killen, Malbrough, Gomez		1994
2019	LA LC State July '19	G. Hall, G. Funck L. Schumski, M. Hill	HSC	4:22.86	400 Fr	4:24.65	YBLT	Molinet, Killen, Malbrough, Gomez		1994
1994		Matherne, Guarino, Coy, Masset	CCSC	2:14.10	200 Med	2:12.04	HSC	C. Doll, M. Appleton, Z. Cocran, B. Bray	LA LC State July '16	2016
2008	LA LC State July '08	K. Jennings, A. Cloutet K. Kopcso, B. Vinturella	BLAST	4:46.66	400 Med	4:43.50	BRY	Hutchinson, Richardson Armstrong, Bacas		1977

** Former NAG Record

r- Relay Lead Off

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LOUISIANA SWIMMING STATE RECORDS

(This age group last updated on August 1, 2021)

Long Course - Meters										
13 - 14 YEARS OLD										
				GIRLS	EVENT	BOYS				
YEAR	MEET	NAME	CLUB	TIME	(meters)	TIME	CLUB	NAME	MEET	YEAR
1989		Ashley Tappin	BOLTS	26.86	50 Fr	24.81	FINS	Cash Woolsey	Southern Zones Age Group Champs July '18	2018
1989		Ashley Tappin	BOLTS	56.94	100 Fr	54.70	BEN	David Lichtenstein		1984
1989		Ashley Tappin	BOLTS	2:06.54	200 Fr	1:59.72	COSST	Damon McCoy		1981
2009	LA LC State July '09	Kara Kopcso	BLAST	4:26.68	400 Fr	4:10.58	COSST	Damon McCoy		1981
2003		Micah Martindale	COSST	9:03.09	800 Fr	8:37.73	COSST	Bill Fegley		1992
2003	LA LC State July '03	Micah Martindale	COSST	17:12.55	1500 Fr	16:23.74	COSST	Robert Looney	LA LC State July '03	2003
1995		Shelly Ripple	BTAC	1:03.21	100 Bk	59.57	BAC	James Huenefeld	LA LC State July '18	2018
1995		Shelly Ripple	BTAC	2:14.63**	200 Bk	2:10.51	BAC	James Huenefeld	NCSA Summer Championship July '18	2018
1991		Keri Coy	GWSS	1:13.36	100 Br	1:07.15	CRAW	Avery Henke	Sectionals Mar '20	2020
1991		Keri Coy	GWSS	2:39.96	200 Br	2:23.90**	HSC	Kris Babylon		1992
2010	Summer Nationals July '10	Kara Kopcso	BLAST	1:02.44	100 Fly	58.68	CRAW	Collin Klingman	LA LC State July '18	2018
1994		Shelly Ripple	BTAC	2:18.31	200 Fly	2:09.51	CRAW	Collin Klingman	TXLA Speedo Southern Sectionals July '18	2018
1995		Shelly Ripple	BTAC	2:17.69	200 IM	2:09.19	HSC	Kris Babylon		1992
1995		Shelly Ripple	BTAC	4:49.55	400 IM	4:37.56	HSC	Kris Babylon		1992
					RELAYS					
1994		Ripple, Hughes, Ferachi, White	BTAC	1:53.07	200 Fr	1:43.31	CRAW	J. Rathle, C. Klingman, B. Martin, A. Henke	LA LC State July '18	2018
2013	LA LC State Jul '13	A. Lee, O. Huffman, J. Frederic, A. Hunt	CRAW	4:09.24	400 Fr	3:52.77	HSC	D. Legnon, R. Kronlage M. Appleton, Z. Cocran	LA LC State July '17	2017
2010	LA LC State July '10	K. Kopcso, M. Rawls G. Tucker, B. Vinturella	BLAST	9:02.37	800 Fr	8:39.88	HSC	D. Legnon, R. Kronlage M. Appleton, Z. Cocran	LA LC State July '17	2017
2021	LA LC State July '21	R. Simoneaux, A. Ostendorf K. Fawley, H. Wang	CRAW	2:05.39	200 Med	1:55.92	CRAW	A. Henke, J. Rathle, C. Kilngman, B. Martin	LA LC State July '18	2018
2021	LA LC State July '21	R. Simoneaux, A. Ostendorf K. Fawley, H. Wang	CRAW	4:37.11	400 Med	4:17.16	CRAW	A. Henke, J. Rathle, C. Kilngman, B. Martin	LA LC State July '18	2018
** Former NAG Record										

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LOUISIANA SWIMMING STATE RECORDS

(This age group last updated on August 1, 2021)

Long Course - Meters										
15 - 16 YEARS OLD										
				GIRLS	EVENT	BOYS				
YEAR	MEET	NAME	CLUB	TIME	(meters)	TIME	CLUB	NAME	MEET	YEAR
1990		Ashley Tappin	BOLT	26.50	50 Fr	24.14	BAC	Jackson Boersma	Southern Senior Zones Aug '16	2016
1990		Ashley Tappin	BOLT	56.35	100 Fr	51.96	CRAW	Colin Bone	Jr. Nationals Aug '14	2014
1990		Ashley Tappin	BOLT	2:02.89	200 Fr	1:54.07	CRAW	Jacques Rathle	Sectionals Mar '20	2020
2017	NCSA Championships Aug '17	Jillian Barczyk	COLA	4:18.01	400 Fr	4:03.23	HSC	Michael Bonson	NCSA Summer Championships	2018
2005	Sr. Natl. Aug '05 (Irvine, CA)	Micah Martindale	COSST	8:49.19	800 Fr	8:22.80	COSST	Blake Leche		1991
2005	Sr. Natl. Aug '05 (Irvine, CA)	Micah Martindale	COSST	16:51.02	1500 Fr	15:59.31	COSST	Anthony Fleming	TX Sr Circuit/Sectionals Feb'04	2004
1997		Shelly Ripple	BTAC	1:02.71	100 Bk	58.21	HSC	Kris Babylon		1994
1997		Shelly Ripple	BTAC	2:14.76	200 Bk	2:07.47	WAVE	Davis Edwards	NCSA Summer Championships	2017
1990		Shannon Price	LSUA	1:12.89	100 Br	1:05.86	SPAR	Zachary Stump	LA LC State July '13	2013
1993		Keri Coy	UNAT	2:35.25	200 Br	2:22.63	HSC	Kris Babylon		1993
2011	LA LC State July 2011	Kara Kopcso	FINS	1:02.67	100 Fly	56.87	LSUA	Chris Ogden		1991
2011	2011 Speedo JR Nationals	Kara Kopcso	FINS	2:11.72	200 Fly	2:04.70	CRAW	Colin Bone	LA LC State July '13	2013
1996		Shelly Ripple	BTAC	2:17.50	200 IM	2:05.27	CRAW	Jacques Rathle	Sectionals Mar '20	2020
2011	2011 Speedo JR Nationals	Kara Kopcso	FINS	4:48.24	400 IM	4:25.65	CRAW	Jacques Rathle	Sectionals Mar '20	2020
RELAYS										
1989		Williams, Mirambell, Lyon, Daigle	BOLT	1:52.20	200 Fr	1:40.14	BAC	W. Reeder, J. Holmes, J. Boersma, C. Wiedemeier	Southern Senior Zones Aug '16	2016
1991		Montegut, Scioneaux, Garland, Ebbert	BOLT	4:02.33	400 Fr	3:40.09	NOA	Berger, Hedrick, Cabrera, Morgan		1991
2012	LA LC State July 2012	K. Kopsco, M. Loop L. Joslin, G. Tucker	FINS	8:44.47	800 Fr	8:07.72	NOA	Berger, Hedrick, Cabrera, Morgan		1991
2014	LA LC State July 2014	O. Huffman, A. Hunt J. Frederic, C. Turnley	CRAW	2:05.88	200 Med	1:53.43	BLAST	H. Prieto, F. Rabito G. Guzan, J. Cheng	LA LC State July 2014	2014
2011	TAQ Summer Classic June '11	E. Rush, J. Jason S. Lessard, A. Dilldine	TAQ	4:37.03	400 Med	4:07.23	WAVE	J. Priemeaux, B Pugh D. Zhang, L. Reymond	LA LC State July '21	2021

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LOUISIANA SWIMMING STATE RECORDS

(This age group last updated on August 1, 2021)

Long Course - Meters										
15 - 18 YEARS OLD										
GIRLS					RELAYS		BOYS			
YEAR	MEET	NAME	CLUB	TIME	(meters)	TIME	CLUB	NAME	MEET	YEAR
2015	LA LC State July '15	Amy Miller (17) Erin Trahan (18) Olivia Huffman (16) Carolyn Beene (18)	CRAW	1:47.08	200 Fr	1:36.71	CRAW	Jacques Rathle (17) Eugene Jiang (17) Chris Richardson (17) Eric Wang (16)	LA LC State July '21	2021
2015	LA LC State July '15	Caroline Beene (18) Amy Miller (17) Erin Trahan (18) Olivia Huffman (16)	CRAW	3:55.89	400 Fr	3:32.18	CRAW	Jacques Rathle (17) Chris Richardson (17) Eugene Jiang (17) Eric Wang (16)	LA LC State July '21	2021
2021	LA LC State July '21	Elizabeth Benoit (15) Emma Lavigne (18) Rylee Moore (18) Anni Thompson (17)	CRAW	8:40.75	800 Fr	7:45.59	CRAW	Chris Richardson (17) Jacques Rathle (17) Eugene Jiang (17) William Dejean (16)	LA LC State July '21	2021
2015	LA LC State July '15	Caroline Beene (18) Amy Miller (17) Erin Trahan (18) Olivia Huffman (16)	CRAW	2:01.61	200 Med	1:46.34	CRAW	Chris Richardson (17) Jacques Rathle (17) Brenton Cooper (18) Eugene Jiang (17)	LA LC State July '21	2021
2015	LA LC State July '15	Caroline Beene (18) Amy Miller (17) Erin Trahan (18) Olivia Huffman (16)	CRAW	4:24.83	400 Med	3:55.27	CRAW	Nathan Borel (18) Silas Dejean (18) Mason Hutchinson (18) Colin Bone (16)	LA LC State July 2014	2014
					Mixed Relays					
2021	LA LC State July '21	Eugene Jiang (17) Emma Lavigne (18) Rylee Moore (18) Jacques Rathle (17)		1:43.03	200 Fr					
					200 Med					

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LOUISIANA SWIMMING STATE RECORDS

(This age group last updated on August 1, 2021)

Long Course - Meters										
17 - 18 YEARS OLD										
				GIRLS	EVENT	BOYS				
YEAR	MEET	NAME	CLUB	TIME	(meters)	TIME	CLUB	NAME	MEET	YEAR
2016	Speedo Juniors Aug '16	Amy Miller	CRAW	26.16	50 Fr	23.50	UNAT	Jackson Boersma	NCSA Championships Aug '18	2018
1992		Ashley Tappin	GWSS	55.47	100 Fr	50.43	CRAW	Colin Bone	LA LC State July '15	2015
2018	NCSA Championships Aug '18	Jillian Barczyk	COLA	2:03.23	200 Fr	1:49.74	CRAW	Colin Bone	US Olympic Trials June '16	2016
2006	Sr. Nat. TT Aug '06 (Irvine, CA)	Micah Martindale	COSST	4:17.28	400 Fr	3:55.87	COSST	Damon McCoy		1983
1997		Adrienne House	COSST	8:58.97	800 Fr	8:07.90	COSST	Robert Looney	Jr. Natls. Aug '06 (Irvine, CA)	2006
2006	Spring Nat. Mar'07 E. Meadow, NY	Micah Martindale	COSST	16:48.95	1500 Fr	15:42.54	COSST	Damon McCoy		1983
1998		Shelly Ripple	BTAC	1:03.28	100 Bk	57.65	CRAW	Sam Stewart	Jr. Nationals July '15	2015
1998		Shelly Ripple	BTAC	2:15.90	200 Bk	2:01.88	CRAW	Sam Stewart	Jr. Nationals July '15	2015
2009	Southern Zone July '09	Jesi Kopcso	BLAST	1:11.73	100 Br	1:03.51	CRAW	Silas Dejean	LA LC State July '14	2014
2009	Southern Zone July '09	Jesi Kopcso	BLAST	2:34.29	200 Br	2:18.64	CRAW	Silas Dejean	LA LC State July '14	2014
2014	LA LC State July '14	Kara Kopcso	TAQ	1:01.31	100 Fly	54.92	WAVE	Charles Korndorffer	NCSA Championships Aug '18	2018
2014	2014 Summer Nationals Aug '14	Kara Kopcso	TAQ	2:11.16	200 Fly	2:00.91	COSST	Anthony Fleming	Jr. Pan Pacifics (Maui) Jan '05	2005
2014	2014 Summer Nationals Aug '14	Kara Kopcso	TAQ	2:16.77	200 IM	2:02.43	CRAW	Sam Stewart	GA LC Sectionals Jul '15	2015
2013	LA LC State July '13	Sophie Weber	TAQ	4:54.26	400 IM	4:21.64	CRAW	Sam Stewart	GA LC Sectionals Jul '15	2015
					RELAYS					
2016	LA LC State July '16	A. Miller, C. Turnley, E. Skinner, O. Huffman	CRAW	1:50.17	200 Fr	1:36.71	CRAW	J. Rathle, E. Jiang C. Richardson, E. Wang	LA LC State July '21	2021
1995		Rohan, Mooney, Shreves, Mastagni	YBLT	4:07.33	400 Fr	3:32.18	CRAW	J. Rathle, C. Richardson E. Jiang, E. Wang	LA LC State July '21	2021
1989		Virgets, Bergeron, Robertson, Boudreaux	LSUA	9:50.30	800 Fr	7:56.39	BTAC	Albarracin, Ayer, Smith, Bankston		1994
1998		Ripple, Thomas, Hughes, Grissom	BTAC	2:04.66	200 Med	1:46.34	CRAW	C. Richardson, J. Rathle B. Cooper, E. Jiang	LA LC State July '21	2021
1995		Rohan, Mastagni, Savage, Shreves	YBLT	4:32.75	400 Med	4:00.73	CRAW	L. Futch, J. Bares, B. Bouy, C. Bone	LA LC State July '15	2015
					Mixed Relays					
2021	LA LC State July '21	E. Jiang, E. Lavigne R. Moore, J. Rathle		1:43.03	200 Fr					
					200 Med					

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LOUISIANA SWIMMING STATE RECORDS

(This age group last updated on July 9, 2016)

Long Course - Meters										
				OPEN						
				GIRLS	EVENT	BOYS				
YEAR	MEET	NAME	CLUB	TIME	(meters)	TIME	CLUB	NAME	MEET	YEAR
2015	LA LC State July '15	Amber Carter	TAQ	25.87	50 Fr	22.83	LSUA	Peter Williams		1986
1992		Ashley Tappin	GWSS	55.47	100 Fr	49.23	CRAW	Jayne Cramer	Olympic Trials Jul'08 (Omaha)	2008
2015	LA LC State July '15	Megan Cox	TAQ	2:02.85	200 Fr	1:47.65	CRAW	Jayne Cramer	TXLA TX Sr. Circuit #4 Jun '08	2008
2006	Sr. Nat. TT Aug '06 (Irvine, CA)	Micah Martindale	COSST	4:17.28	400 Fr	3:54.18	CRAW	Jayne Cramer	TAQ Spring Invite May '08	2008
2005	Sr. Natl. Aug '05 (Irvine, CA)	Micah Martindale	COSST	8:49.19	800 Fr	8:07.90	COSST	Robert Looney	Jr. Natls. Aug '06 (Irvine, CA)	2006
2006	Spring Nat. Mar'07 E. Meadow, NY	Micah Martindale	COSST	16:48.95	1500 Fr	15:42.54	COSST	Damon McCoy		1983
2014	2014 Summer Nationals Aug '14	Caley Oquist	TAQ	1:01.78	100 Bk	55.79	CRAW	Jayne Cramer	TAQ Spring Invite May '08	2008
1995		Shelly Ripple	BTAC	2:14.63	200 Bk	2:01.88	CRAW	Sam Stewart	Jr. Nationals July '15	2015
2009	Southern Zone July '09	Jesi Kopcso	BLAST	1:11.73	100 Br	1:00.72	CCSC	Adam Klein	Nat/World Trials Indianapolis July'09	2009
2009	Southern Zone July '09	Jesi Kopcso	BLAST	2:34.29	200 Br	2:10.39	CCSC	Adam Klein	Nat/World Trials Indianapolis July'09	2009
2015	LA LC State July '15	Kara Kopcso	TAQ	59.16	100 Fly	53.04	CRAW	Jayne Cramer	Olympic Trials Jul'08 (Omaha)	2008
2014	2014 Summer Nationals Aug '14	Kara Kopcso	TAQ	2:11.06	200 Fly	1:58.59	COSST	Robert Looney	Olympic Trials Jul'08 (Omaha)	2008
2014	2014 Summer Nationals Aug '14	Kara Kopcso	TAQ	2:16.77	200 IM	2:02.43	CRAW	Sam Stewart	GA LC Sectionals Jul '15	2015
1995		Shelly Ripple	BTAC	4:49.55	400 IM	4:21.64	CRAW	Sam Stewart	GA LC Sectionals Jul '15	2015
					RELAYS					
2015	LA LC State Jul '15	A. Miller, E. Trahan, O. Huffman, C. Beene	CRAW	1:47.08	200 Fr	1:30.38	LSU	Andrews, Everret, Cronje, Schmidt		1988
2015	LA LC State July '15	L. Troskot, A. Carter, C. Oquist, D. Stirrat	TAQ	3:49.56	400 Fr	3:27.48	LSUA	Cronje, Schmidt, Zielinski, Boyd		1986
2014	LA LC State Jul 2014	C. Oquist, S. Stanfield J. James, C. Black	TAQ	8:34.14	800 Fr	7:39.95	TAQ	J. Markham, C. Hamilton, B. Bergeron, L. Rysemus	LA LC State July '15	2015
2015	LA LC State Jul '15	C. Beene, A. Miller, E. Trahan, O. Huffman	CRAW	2:01.61	200 Med	1:42.69	LSU	Harper, Torres, Crocker, Cronje		1988
2015	LA LC State July 2015	C. Oquist, C. O'Neal, K. Kopcso, L. Troskot	TAQ	4:19.88	400 Med	3:48.59	TAQ	B. Goldman, S. Dejean, L. Rysemus, J. Markham	LA LC State July '15	2015

Send considerations, corrections & proofs to: Timmy Sims, PO Box 23848, New Orleans, LA 70183-0848