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**RECORDS MD Area LCM Rec**
**LC Meters-Women**

6 & U	200	Medley Relay	3:16.94	<b>10-Jul-15</b>	NBAC- MD	North Baltimore Aquatic Club	Eraso, Marquez, Wehman, Scharper	
8 & U	50	Free	34.34	<b>31-Jul-14</b>	CBAC- MD	Abby Albano at 2014 Maryland LSC LC Championships		
	100	Free	1:14.88	<b>9-Jun-17</b>	YY- MA	Kaliyah Hinson at NBAC LCM Championships		
	200	Free	2:39.70	<b>1-Jan-99</b>	BAAC- MD	C. Kalisz		
	50	Back	40.39	<b>1-Jan-99</b>	BAAC- MD	C. Kalisz		
	100	Back	1:25.83	<b>1-Jan-99</b>	BAAC- MD	C. Kalisz		
	50	Breast	43.90	<b>15-Jul-05</b>	NBAC- MD	J. Runk		
	100	Breast	1:40.47	<b>20-May-16</b>	NBAC- MD	Kristina Fleck at 2016 NBAC Spring LC Invitational		
	50	Fly	36.92	<b>9-Jun-17</b>	YY- MA	Kaliyah Hinson at NBAC LCM Championships		
	100	Fly	1:25.03	<b>1-Jan-99</b>	NBAC- MD	C. Kalisz		
	200	IM	2:59.56	<b>1-Jan-99</b>	BAAC- MD	C. Kalisz		
	200	Free Relay	2:46.74	<b>10-Jul-15</b>	NBAC- MD	NBAC	Eraso, Hirsch, Scharper, Marquez	
	200	Medley Relay	3:12.72	<b>1-Jan-74</b>	NBAC- MD	Mershon, Schertle, Sackett, Peloquin		
	9-10	50	Free	29.58	<b>1-Jan-98</b>	CT- CT	K. Frost	
		100	Free	1:04.53	<b>1-Jan-98</b>	CT- CT	K. Frost	
200		Free	2:19.02	<b>1-Jan-98</b>	CT- CT	K. Frost		
400		Free	4:50.40	<b>9-Jul-10</b>	FISH- PV	Isabella K. Rongione at 2010 ASC/RAC Sand Box Invitational		
50		Back	34.60	<b>1-Jan-97</b>	NAAC- MD	A. Iler		
100		Back	1:12.30	<b>1-Jan-97</b>	NAAC- MD	A. Iler		
50		Breast	37.33	<b>1-Jan-98</b>	MR- MR	P. Duget		
100		Breast	1:22.38	<b>1-Jan-92</b>	JW- MA	E. Schwartz		
50		Fly	30.94	<b>6-Jul-12</b>	SAKA- MA	Ayana Opong at 2012 NBAC MID SUMMER CLASSIC		
100		Fly	1:10.63	<b>1-Jan-98</b>	AD- AD	K. Morris		
200		IM	2:38.17	<b>1-Jan-98</b>	CT- CT	K. Frost		
200		Free Relay	2:08.47	<b>10-Jul-15</b>	NBAC- MD	North Baltimore Aquatic Club	T. McNerney, A. Harner, S. Smith, M. Belbot	
400		Free Relay	4:46.06	<b>4-Aug-11</b>	NBAC- MD	North Baltimore Aquatic Club	M. Gately, L. Lowenthal, B. Ruffin, E. Fry	
200		Medley Relay	2:26.06	<b>30-Jul-15</b>	NBAC- MD	North Baltimore Aquatic Club	S. Smith, B. Ramoy, M. Belbot, T. McNerney	
400	Medley Relay	5:27.33	<b>4-Aug-11</b>	NBAC- MD	North Baltimore Aquatic Club	L. Lowenthal, M. Gately, B. Ruffin, E. Fry		
11-12	50	Free	26.72	<b>19-Jul-07</b>	AGUA- MR	Lia M. Neal at 2007 EZ R1/2 SPEEDO CHAMPIONS		
	100	Free	58.64	<b>19-Jul-07</b>	AGUA- MR	Lia M. Neal at 2007 EZ R1/2 SPEEDO CHAMPIONS		
	200	Free	2:07.92	<b>5-Jul-12</b>	FISH- PV	Isabella K. Rongione at 2012 ASC/RAC SANDBOX INVITATIONAL		
	400	Free	4:27.25	<b>10-Jul-14</b>	DST- MA	Chase C. Travis at 2014 ASC/RAC SANDBOX INVITATIONAL		
	800	Free	9:01.06	<b>10-Jul-15</b>	UN- MD	Chase Travis at 2015 NBAC Mid Summer Classic		
	1500	Free	17:16.09	<b>10-Jul-15</b>	UN- MD	Chase Travis at 2015 NBAC Mid Summer Classic		
	50	Back	30.88	<b>1-Jan-93</b>	NBAC- MD	B. Botsford		
	100	Back	1:05.77	<b>21-Jul-05</b>	MAG- NE	E. Beisel		
	200	Back	2:17.01	<b>21-Jul-05</b>	MAG- NE	E. Beisel		
	50	Breast	34.34	<b>1-Jan-97</b>	WSY- MA	L. Bianco		
	100	Breast	1:12.90	<b>19-Jul-07</b>	LGAC- MR	Annie Zhu at 2007 EZ R1/2 SPEEDO CHAMPIONS		
	200	Breast	2:34.28	<b>19-Jul-07</b>	LGAC- MR	Annie Zhu at 2007 EZ R1/2 SPEEDO CHAMPIONS		
	50	Fly	28.75	<b>1-Jan-93</b>	NBAC- MD	B. Botsford		
	100	Fly	1:05.00	<b>1-Aug-93</b>	NBAC	Beth Botsford		
	200	Fly	2:21.90	<b>8-Jun-18</b>	PWAC- MA	Anna E. Phelps at 2018 NBAC Long Course Championships		
	200	IM	2:22.64	<b>19-Jul-07</b>	LGAC- MR	Annie Zhu at 2007 EZ R1/2 SPEEDO CHAMPIONS		
	400	IM	4:57.16	<b>21-Jul-05</b>	MAG- NE	E. Beisel		
	200	Free Relay	1:57.19	<b>13-Jun-14</b>	DST- MA	Delaware Swim Team	C. Liu, I. Paoletti, B. Warner, C. Travis	
	400	Free Relay	4:12.63	<b>3-Aug-17</b>	NBAC- MD	North Baltimore Aquatic Club	M. Belbot, T. McNerney, L. Betkey, A. Harner	

**RECORDS MD Area LCM Rec**

11-12	800 Free Relay	9:19.34	<b>1-Jan-04</b>	NBAC- MD	NBAC	L. Harris, M. Brown, C. Carter, A. Staub
	200 Medley Relay	2:10.47	<b>12-Jul-13</b>	SAKA- MA	Salvation Army Kroc Aquatics	M. O'Connor, I. Jackson, A. Opong, M. Freeland
	400 Medley Relay	4:41.68	<b>3-Aug-17</b>	NBAC- MD	North Baltimore Aquatic Club	M. Koff, M. Belbot, L. Betkey, A. Harner
13-14	50 Free	26.47	<b>8-Jul-11</b>	NBAC- MD	Mary Pelton at 2011 NBAC MID SUMMER CLASSIC	
	100 Free	57.93	<b>17-May-19</b>	RXA- AM	Zoe M. Skirboll at 2019 NBAC Spring LC Invitational	
	200 Free	2:03.80	<b>13-Jun-14</b>	NBAC- MD	Easop Lee at 2014 NBAC Long Course Championships	
	400 Free	4:19.10	<b>12-Jul-13</b>	YY- MA	Courtney N. Harnish at 2013 NBAC Mid Summer Classic	
	800 Free	8:47.40	<b>9-Jul-10</b>	PAAC- MA	Gillian R. Ryan at 2010 NBAC Mid Summer Classic	
	1500 Free	16:43.88	<b>1-Jan-03</b>	FISH- PV	K. Zeigler	
	100 Back	1:03.80	<b>20-May-16</b>	NCAP- PV	Phoebe Bacon at 2016 NBAC Spring LC Invitational	
	200 Back	2:19.29	<b>9-Jul-15</b>	CAA- MD	Morgan S. Liberto at 2015 ASC/RAC SANDBOX INVITATIONAL	
	100 Breast	1:11.54	<b>1-Jan-91</b>	NBAC- MD	A. Nall	
	200 Breast	2:33.18	<b>1-Jan-91</b>	NBAC- MD	A. Nall	
	100 Fly	1:01.32	<b>1-Aug-19</b>	NBAC- MD	Maggie Belbot at 2019 MD LSC LC Championships	
	200 Fly	2:18.27	<b>1-Jan-93</b>	NBAC- MD	W. Phelps	
	200 IM	2:19.44	<b>6-Jul-12</b>	YY- MA	Meghan N. Small at 2012 NBAC MID SUMMER CLASSIC	
	400 IM	4:57.29	<b>21-Jul-05</b>	EEX- NJ	M. Leddy	
	200 Free Relay	1:52.13	<b>5-Aug-09</b>	CUBU- PV	Curl-Burke Swim Club	J. HU, M. Ferguson, A. Gould, T. Vincent
	400 Free Relay	4:00.88	<b>2-Aug-18</b>	NBAC- MD	North Baltimore Aquatic Club M. Belbot, A. Smith, K. McKenna, F. Schere	
	800 Free Relay	8:36.06	<b>1-Jan-01</b>	NBAC- MD	Brooks, Hutchinson, Dotson, Sackett	
	200 Medley Relay	2:05.38	<b>1-Jan-94</b>	NBAC- MD	NBAC	
	400 Medley Relay	4:29.77	<b>1-Jan-94</b>	NBAC- MD	Botsford, Pfeffer, Phelps, Rehm	
15-16	50 Free	26.31	<b>20-May-16</b>	CBST- MA	Morgan E. Scott at 2016 NBAC Spring LC Invitational	
	100 Free	56.67	<b>10-Jun-05</b>	NBAC- MD	K. Hoff	
	200 Free	2:00.08	<b>11-Jun-05</b>	NBAC- MD	K. Hoff	
	400 Free	4:12.63	<b>9-Jun-06</b>	UNNBA- MD	Kirsten GROOME at NBAC 2006 Long Course Champion	
	800 Free	8:37.73	<b>1-Jan-04</b>	FISH- PV	K. Ziegler	
	1500 Free	16:30.25	<b>9-Jun-06</b>	UNNBA- MD	Kirsten GROOME at NBAC 2006 Long Course Champion	
	100 Back	1:02.61	<b>1-Jan-96</b>	NBAC- MD	B. Botsford	
	200 Back	2:15.17	<b>19-May-17</b>	NBAC- MD	Lauren Poole	
	100 Breast	1:11.50	<b>1-Jan-03</b>	GTAC- MD	L. Smith	
	200 Breast	2:29.96	<b>10-Jul-15</b>	NBAC- MD	Lara Bate at 2015 NBAC Mid Summer Classic	
	100 Fly	1:00.42	<b>11-Jun-05</b>	NBAC- MD	K. Hoff	
	200 Fly	2:12.52	<b>13-Jun-05</b>	NBAC- MD	K. Hoff	
	200 IM	2:13.52	<b>12-Jun-05</b>	NBAC- MD	K. Hoff	
	400 IM	4:52.61	<b>11-Jun-10</b>	NBAC- MD	Willa Wang at NBAC 2010 Long Course Championships	
	200 Free Relay	1:55.91	<b>1-Jan-93</b>	NBAC- MD	NBAC	
	400 Free Relay	3:58.68	<b>1-Jan-18</b>	NBAC- MD	Waire, Peacock, Tomsuden, Benda	
	800 Free Relay	8:28.41	<b>1-Jul-05</b>	NBAC- MD	K. Hoff, A. Knapik, C. Kalisz, A. Barnes	
	200 Medley Relay	2:06.58	<b>1-Jan-93</b>	NBAC- MD	NBAC	
	400 Medley Relay	4:19.21	<b>12-Jun-05</b>	NBAC- MD	NBAC	C. Kalisz, M. King, K. Hoff, K. Delp
17-18	50 Free	25.99	* <b>9-Jul-10</b>	NBAC- MD	Felicia Lee at 2010 NBAC Mid Summer Classic	
	50 Free	25.99	* <b>9-Jul-10</b>	NBAC- MD	Felicia Lee at 2010 NBAC Mid Summer Classic	
	100 Free	55.81	<b>14-Jul-06</b>	NBAC- MD	Katie HOFF at 2006 NBAC Mid Summer Classic	
	200 Free	1:59.53	<b>8-Jun-07</b>	NBAC- MD	Katie Hoff at NBAC 2007 Long Course Champion	
	400 Free	4:09.42	<b>8-Jun-07</b>	NBAC- MD	Katie Hoff at NBAC 2007 Long Course Champion	
	800 Free	8:48.00	<b>8-Jun-18</b>	NBAC- MD	Easop Lee at 2018 NBAC Long Course Championships	
	1500 Free	16:18.43	<b>8-Jun-07</b>	NBAC- MD	Katie Hoff at NBAC 2007 Long Course Champion	
	100 Back	1:02.62	<b>9-Jul-10</b>	NBAC- MD	Felicia Lee at 2010 NBAC Mid Summer Classic	

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**RECORDS MD Area LCM Rec**

17-18	200 Back	2:14.82	<b>10-Jul-15</b>	YY- MA	Kacey B. Oberlander at 2015 NBAC Mid Summer Classic
	100 Breast	1:11.04	<b>21-Jul-05</b>	SAC- NJ	R. Soni
	200 Breast	2:32.35	<b>21-Jul-05</b>	SAC- NJ	R. Soni
	100 Fly	1:01.57	<b>1-Jan-03</b>	NBAC- MD	E. Goetsch
	200 Fly	2:13.26	<b>8-Jun-07</b>	NBAC- MD	Courtney Kalisz at NBAC 2007 Long Course Champion
	200 IM	2:14.54	<b>8-Jun-07</b>	NBAC- MD	Katie Hoff at NBAC 2007 Long Course Champion
	400 IM	4:51.70	<b>1-Jan-95</b>	NBAC- MD	W. Metzler
	200 Free Relay	1:58.49	<b>1-Jan-75</b>	KCO- MD	KCO
	400 Free Relay	4:00.53	<b>1-Jan-88</b>	NBAC- MD	Ray, Wisner, Poff, Proctor
	800 Free Relay	8:40.34	<b>1-Jan-88</b>	NBAC- MD	Ray, Proctor, Poff, Wisner
	200 Medley Relay	2:10.62	<b>1-Jan-96</b>	NBAC- MD	NBAC
	400 Medley Relay	4:38.18	<b>1-Jan-88</b>	NBAC- MD	NBAC NBAC - 1996
Open	50 Free	26.00	<b>9-Jul-10</b>	EST- MD	Anne-Marie Botek at 2010 NBAC Mid Summer Classic
	100 Free	55.81	<b>14-Jul-06</b>	NBAC- MD	Katie HOFF at 2006 NBAC Mid Summer Classic
	200 Free	1:58.69	<b>9-Jul-10</b>	NBAC- MD	Allison R. Schmitt at 2010 NBAC Mid Summer Classic
	400 Free	4:09.42	<b>8-Jun-07</b>	NBAC- MD	Katie Hoff at NBAC 2007 Long Course Champion
	800 Free	8:37.73	<b>1-Jan-04</b>	FISH- PV	K. Ziegler
	1500 Free	16:18.43	<b>8-Jun-07</b>	NBAC- MD	Katie Hoff at NBAC 2007 Long Course Champion
	100 Back	1:02.61	<b>1-Jan-96</b>	NBAC- MD	B. Botsford
	200 Back	2:15.42	<b>11-Jun-10</b>	NBAC- MD	Natalie Beale at NBAC 2010 Long Course Championships
	100 Breast	1:09.66	<b>10-Jun-16</b>	TUS- MD	Jenna Van Camp at 2016 NBAC Long Course Championships
	200 Breast	2:32.35	<b>21-Jul-05</b>	SAC- NJ	R. Soni
	100 Fly	1:00.31	<b>1-Jan-03</b>	BAD- MR	J. Thompson
	200 Fly	2:12.52	<b>13-Jun-05</b>	NBAC- MD	K. Hoff
	200 IM	2:13.52	<b>12-Jun-05</b>	NBAC- MD	K. Hoff
	400 IM	4:50.69	<b>8-Jul-11</b>	NBAC- MD	Meredith Budner at 2011 NBAC MID SUMMER CLASSIC
	200 Free Relay	1:48.92	<b>11-Jul-19</b>	EST- MD	Eagle Swim Team D. Ghine, E. Fry, M. Lee, V. Kaufman
	400 Free Relay	3:23.24	<b>9-Jul-15</b>	MSSAC	Mississauga Aquatic Club L. Wright, M. Chow, H. Weller, S. Muizelaar
	800 Free Relay	8:28.41	<b>12-Jun-05</b>	NBAC- MD	K. Hoff, A. Knapik, C. Kalisz, A. Barnes
	200 Medley Relay	2:00.35	<b>7-Jun-19</b>	NBAC- MD	North Baltimore Aquatic Club K. McKenna, E. Ramoy, L. Waire, F. Schere
	400 Medley Relay	4:19.21	<b>12-Jun-05</b>	NBAC- MD	NBAC C. Kalisz, M. King, K. Hoff, K. Delp

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**RECORDS MD Area LCM Rec**
**LC Meters-Men**

8 & U	50 Free	33.35	<b>17-May-13</b>	JCC- MD	Alan Cherches at 2013 Abby Seeger Invitational	
	100 Free	1:13.82	<b>2-Aug-18</b>	RAC- MD	Avery A. Heron at 2018 MD LSC LC Championships	
	200 Free	2:38.95	<b>2-Aug-18</b>	RAC- MD	Avery A. Heron at 2018 MD LSC LC Championships	
	50 Back	38.28	<b>24-Jul-10</b>	RAID- MD	Anthony T. Nguyen at 6th Annual BCSC Championship Swim Meet	
	100 Back	1:22.58	<b>2-Aug-12</b>	NBAC- MD	Alex Lakatta at 2012 Maryland LSC Long Course Championships	
	50 Breast	44.33	<b>14-Jun-13</b>	JCC- MD	Alan Cherches at 2013 NBAC Long Course Championships	
	100 Breast	1:38.37	<b>20-Apr-18</b>	NBAC- MD	Spencer Belbot at 2018 Carol Chidester Memorial LC Elite Meet	
	50 Fly	33.28	<b>24-Jul-10</b>	RAID- MD	Anthony T. Nguyen at 6th Annual BCSC Championship Swim Meet	
	100 Fly	1:17.41	<b>1-Jan-94</b>	NBAC- MD	M. Phelps	
	200 IM	2:54.60	<b>7-Jun-19</b>	NOVA- VA	Gareth B. Hollender at 2019 NBAC Long Course Championships	
	200 Free Relay	2:40.89	<b>10-Jul-15</b>	NBAC- MD	NBAC Belbot, Cummings, McQuaid, Rudin	
	200 Medley Relay	3:03.74	<b>1-Jan-89</b>	NBAC- MD	Rohr, Foster, Brannon, Thomas	
	9-10	50 Free	29.36	<b>1-Jan-96</b>	NBAC- MD	M. Phelps
		100 Free	1:03.06	<b>1-Jan-96</b>	NBAC- MD	M. Phelps
200 Free		2:16.06	<b>1-Jan-96</b>	DST- MA	R. Connell	
400 Free		4:48.97	<b>11-Jul-14</b>	NBAC- MD	Alex Lakatta at 2014 NBAC Mid Summer Classic	
50 Back		34.18	<b>1-Jan-98</b>	VA- VA	D. Walters	
100 Back		1:12.06	<b>1-Jan-96</b>	NBAC- MD	M. Phelps	
50 Breast		37.48	<b>1-Jan-91</b>	NBAC- MD	A. O'Reilly	
100 Breast		1:21.69	<b>5-Jul-18</b>	LIAC- MR	Andrew Koek at 2018 Sandbox Invitational	
50 Fly		30.90	<b>13-Jun-14</b>	MAC- NC	Baylor W. Nelson at 2014 NBAC Long Course Championships	
100 Fly		1:08.47	<b>7-Jun-19</b>	NBAC- MD	Daniel J. Branon at 2019 NBAC Long Course Championships	
200 IM		2:33.72	<b>1-Jan-96</b>	NBAC- MD	M. Phelps	
200 Free Relay		2:07.83	<b>2-Aug-18</b>	NBAC- MD	North Baltimore Aquatic Club B. Mytsak, C. Lakatta, L. McQuaid, T. Furlow	
400 Free Relay		4:49.51	<b>2-Aug-12</b>	NBAC- MD	North Baltimore Aquatic Club T. Hurley, A. Nguyen, R. Atwood, J. Nguyen	
200 Medley Relay		2:24.30	<b>2-Aug-18</b>	NBAC- MD	North Baltimore Aquatic Club B. Mytsak, T. Furlow, L. McQuaid, C. Lakatta	
400 Medley Relay	4:46.95	<b>1-Jan-18</b>	NBAC- MD	Lakatta, Mytsak, McQuaid, Furlow		
11-12	50 Free	25.92	<b>30-Apr-10</b>	NBAC- MD	Collin Turner at Carol Chidester Memorial Swim Meet	
	100 Free	57.20	<b>30-Apr-10</b>	NBAC- MD	Collin Turner at Carol Chidester Memorial Swim Meet	
	200 Free	2:04.07	<b>8-Jun-18</b>	LAC- NT	Cooper C. Lucas at 2018 NBAC Long Course Championships	
	400 Free	4:22.76	<b>8-Jun-18</b>	LAC- NT	Cooper C. Lucas at 2018 NBAC Long Course Championships	
	800 Free	8:48.62	<b>30-Apr-17</b>	JCC- MD	Alan Cherches	
	1500 Free	17:36.10	<b>1-Jan-83</b>	FTE- US	D. Grazier	
	50 Back	28.86	<b>11-Aug-18</b>	UN- MD	Daniel T. Diehl at 2018 MD LC Championships	
	100 Back	1:05.54	<b>10-Aug-16</b>	NBAC- MD	Ren-E-Tan 2016 MD LC Championship Meet	
	200 Back	2:18.67	<b>10-Aug-18</b>	UN- MD	Daniel T. Diehl at 2018 MD LC Championships	
	50 Breast	33.19	<b>3-Aug-17</b>	RAC- MD	Stuart Zhu at 2017 MD LSC LC Championships	
	100 Breast	1:11.84	<b>3-Aug-17</b>	RAC- MD	Stuart Zhu at 2017 MD LSC LC Championships	
	200 Breast	2:34.46	<b>6-Jul-17</b>	RAC- MD	Stuart Zhu at 2017 Sandbox Invitational	
	50 Fly	28.38	<b>1-Jan-04</b>	EST- MD	G. Smith	
	100 Fly	1:01.84	<b>8-Jun-18</b>	DST- MA	Alex Karahalis at 2018 NBAC Long Course Championships	
	200 Fly	2:21.66	<b>8-Jun-18</b>	LAC- NT	Cooper C. Lucas at 2018 NBAC Long Course Championships	
	200 IM	2:20.17	<b>2-Aug-18</b>	UN- MD	Daniel T. Diehl at 2018 MD LSC LC Championships	
	400 IM	4:56.49	<b>1-Jan-04</b>	GTAC- MD	B. Offutt	
	200 Free Relay	1:54.83	<b>14-Jun-13</b>	MAC- NC	SwimMAC Carolina B. Fenwick, J. Adams, S. Lyons, C. Miller	
	400 Free Relay	4:10.29	<b>3-Aug-17</b>	MAC- MD	Monocacy Aquatic Club L. Rowland, J. Parente, K. Lillis, T. DeLauder	
	200 Medley Relay	2:09.12	<b>6-Jul-17</b>	MAC- MD	Monocacy Aquatic Club J. Parente, T. DeLauder, K. Lillis, K. Bumgardner	
	400 Medley Relay	4:35.45	<b>4-Aug-16</b>	NBAC- MD	North Baltimore Aquatic Club R. Tan, E. Zhang, C. Shinnick, E. Lakatta	

**RECORDS MD Area LCM Rec**

13-14	50 Free	24.72	<b>8-Jun-12</b>	NBAC- MD	Collin Turner at 2012 NBAC Long Course Championships
	100 Free	53.83	<b>2-Aug-18</b>	UN- MD	Ryan M. Branon at 2018 MD LSC LC Championships
	200 Free	1:57.02	<b>13-Jun-14</b>	WFFM- UT	Robert Freeman, III at 2014 NBAC Long Course Championships
	400 Free	4:09.20	<b>13-Jun-14</b>	WFFM- UT	Robert Freeman, III at 2014 NBAC Long Course Championships
	800 Free	8:27.47	<b>13-Jun-14</b>	WFFM- UT	Robert Freeman, III at 2014 NBAC Long Course Championships
	1500 Free	16:18.73	<b>1-Jan-01</b>	NBAC- MD	C. Knopp
	100 Back	59.77	<b>11-Jul-19</b>	UN- MD	Daniel T. Diehl at 2019 Sandbox Invitational
	200 Back	2:10.16	<b>6-Jul-17</b>	RA- MR	Matthew J. Fenlon at 2017 Sandbox Invitational
	100 Breast	1:08.38	<b>31-Jul-14</b>	SPY- MD	David Sears at 2014 Maryland LSC LC Championships
	200 Breast	2:27.72	<b>1-Jan-98</b>	PV- PV	D. Velez
	100 Fly	57.50	<b>1-Jan-99</b>	NBAC- MD	M. Phelps
	200 Fly	2:03.33	<b>1-Jan-99</b>	NBAC- MD	M. Phelps
	200 IM	2:10.98	<b>19-Jul-07</b>	HAC- MA	David J. Nolan at 2007 EZ R1/2 SPEEDO CHAMPIONS
	400 IM	4:40.55	<b>1-Jan-99</b>	NBAC- MD	M. Phelps
	200 Free Relay	1:45.80	<b>5-Aug-09</b>	CUBU- PV	Curl-Burke Swim Club P. HU, B. Kim, J. Kim, M. Maquera
	400 Free Relay	3:47.58	<b>31-Jul-14</b>	NBAC- MD	North Baltimore Aquatic Club P. Difurio, B. Lee, W. Pelton, D. Arzoni
	800 Free Relay	8:32.49	<b>1-Jan-94</b>	NBAC- MD	Andrews, Shimkaveg, King, Curreri
	200 Medley Relay	1:56.58	<b>5-Aug-09</b>	CUBU- PV	Curl-Burke Swim Club P. HU, D. Tucker, M. Glowacki, M. Maquera
	400 Medley Relay	4:13.41	<b>4-Aug-11</b>	NBAC- MD	North Baltimore Aquatic Club J. Ewart, J. Giuliano, C. Turner, F. Margonis
15-16	50 Free	23.85	<b>1-Aug-19</b>	NBAC- MD	Lucas S. Calderon at 2019 MD LSC LC Championships
	100 Free	52.27	<b>10-Jun-16</b>	SWIM- LE	David D. Madej at 2016 NBAC Long Course Championships
	200 Free	1:53.60	<b>1-Jan-02</b>	NBAC- MD	M. Phelps
	400 Free	3:57.28	<b>1-Jan-01</b>	NBAC- MD	M. Phelps
	800 Free	8:20.21	<b>14-Jul-06</b>	NBAC- MD	Ian ROWE at 2006 NBAC Mid Summer Classic
	1500 Free	15:54.94	<b>1-Jan-03</b>	NBAC- MD	C. Knopp
	100 Back	57.07	<b>1-Jan-02</b>	NBAC- MD	M. Phelps
	200 Back	2:02.32	<b>20-May-16</b>	UDAC- MA	Alessandro R. Boratto at 2016 NBAC Spring LC Invitational
	100 Breast	1:05.60	<b>6-Jul-18</b>	NAAC- MD	Tyler Christianson, NBAC Meet
	200 Breast	2:22.85	<b>8-Jul-18</b>	NAAC- MD	Tyler Christianson, NBAC Meet
	100 Fly	53.58	<b>1-Jan-01</b>	NBAC- MD	M. Phelps
	200 Fly	1:57.61	<b>1-Jan-01</b>	NBAC- MD	M. Phelps
	200 IM	2:04.34	<b>1-Jan-01</b>	NBAC- MD	M. Phelps
	400 IM	4:30.65	<b>1-Jan-01</b>	NBAC- MD	M. Phelps
	200 Free Relay	1:43.35	<b>1-Jan-88</b>	MAC- MD	MAC Currie, O'Connell, Althoff, Fryer
	400 Free Relay	3:39.53	<b>2-Aug-18</b>	NBAC- MD	HURLEY, POULOS, CALDERON, GORDON
	800 Free Relay	8:24.96	<b>1-Jan-88</b>	NBAC- MD	NBAC
	200 Medley Relay	1:54.50	<b>31-Jul-14</b>	MAC- MD	MAC Althoff, O'Connell, Fryer, Currie
	400 Medley Relay	4:05.81	<b>31-Jul-14</b>	MAC- MD	MAC Currie, O'Connell, Althoff, Fryer
17-18	50 Free	23.21	<b>5-Jun-09</b>	EST- MD	Giles Smith at 2009 EST Summer Sizzler Prelim
	100 Free	51.88	<b>7-Jul-16</b>	NBAC- MD	Coleman Stewart at 2016 NBAC Mid Summer Classic
	200 Free	1:48.25	<b>1-Jan-04</b>	NBAC- MD	M. Phelps
	400 Free	4:00.10	<b>1-Jul-05</b>	GTAC- MD	B. Collins
	800 Free	8:13.48	<b>8-Jun-07</b>	NBAC- MD	Dan Madwed at NBAC 2007 Long Course Champion
	1500 Free	15:43.25	<b>11-Jun-10</b>	NBAC- MD	Drew Cosgarea at NBAC 2010 Long Course Championships
	100 Back	56.51	<b>15-Aug-03</b>	NBAC- MD	Michael Phelps
	200 Back	2:02.42	<b>12-Jul-13</b>	GMSC- NE	Ryan M. Harty at 2013 NBAC Mid Summer Classic
	100 Breast	1:04.06	<b>31-Jul-14</b>	NAAC- MD	Michael Seaberg at 2014 Maryland LSC LC Championships
	200 Breast	2:20.28	<b>1-Jan-04</b>	NBAC- MD	M. Phelps
	100 Fly	53.61	<b>1-Jan-03</b>	NBAC- MD	M. Phelps

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**RECORDS MD Area LCM Rec**

17-18	200 Fly	1:56.04	<b>1-Jan-04</b>	NBAC- MD	M. Phelps
	200 IM	2:05.26	<b>11-Jul-19</b>	NAAC- MD	Tyler Christianson at 2019 NBAC Mid-Summer Classic
	400 IM	4:18.90	<b>1-Jan-03</b>	NBAC- MD	M. Phelps
	200 Free Relay	1:43.52	<b>31-Jul-14</b>	MAC- MD	MAC
	400 Free Relay	3:39.83	<b>1-Jan-16</b>	NBAC- MD	Cadigan, STewart, Tomsuden, Bechtold
	800 Free Relay	8:05.88	<b>1-Jan-01</b>	RMSC- PV	RMSC
	200 Medley Relay	1:54.21	<b>1-Jan-19</b>	NBAC- MD	Hoogenboom, Sullivan, Poulos, Hurley
	400 Medley Relay	4:02.60	<b>1-Jan-01</b>	RMSC- PV	RMSC
Open	50 Free	23.21	<b>5-Jun-09</b>	EST- MD	Giles Smith at 2009 EST Summer Sizzler Prelim
	100 Free	49.66	<b>10-Jul-15</b>	NBAC- MD	Michael Phelps at 2015 NBAC Mid Summer Classic
	200 Free	1:48.25	<b>1-Jan-04</b>	NBAC- MD	M. Phelps
	400 Free	3:57.28	<b>1-Jan-01</b>	NBAC- MD	M. Phelps
	800 Free	8:10.50	<b>21-Jul-05</b>	CCSC- NE	T. Work
	1500 Free	15:38.38	<b>1-Jan-01</b>	NOVA- VA	J. Grimes
	100 Back	56.51	<b>1-Jan-03</b>	NBAC- MD	M. Phelps
	200 Back	2:00.30	<b>11-Jun-10</b>	NBAC- MD	Michael Phelps at NBAC 2010 Long Course Championships
	100 Breast	1:02.54	<b>11-Jun-10</b>	NBAC- MD	Michael Phelps at NBAC 2010 Long Course Championships
	200 Breast	2:14.66	<b>10-Jul-15</b>	NBAC- MD	Chase Kalisz at 2015 NBAC Mid Summer Classic
	100 Fly	52.04	<b>9-Jul-10</b>	NBAC- MD	Michael Phelps at 2010 NBAC Mid Summer Classic
	200 Fly	1:55.95	<b>9-Jul-10</b>	NBAC- MD	Michael Phelps at 2010 NBAC Mid Summer Classic
	200 IM	2:04.34	<b>1-Jan-01</b>	NBAC- MD	M. Phelps
	400 IM	4:18.90	<b>1-Jan-03</b>	NBAC- MD	M. Phelps
	200 Free Relay	1:38.90	<b>12-Jul-13</b>	PAA- NJ	Peddie Aquatic Association P. Park, S. Vitabile, R. Horoszewski, J. Daniel
	400 Free Relay	3:14.60	<b>11-Jul-13</b>	LIAC- MR	LONG ISLAND AQUATIC CLUB P. Duarte, J. McNeary, B. Chan, A. Huang
	800 Free Relay	7:49.80	<b>19-Jul-07</b>	SAC- NJ	Scarlet Aquatic Club D. Ankosko, J. Capparell, A. Steel, A. King
	200 Medley Relay	1:51.34	<b>6-Jul-12</b>	NBAC- MD	North Baltimore Aquatic Club J. Ewart, C. Kalisz, A. Cosgarea, I. Silverman
	400 Medley Relay	3:54.92	<b>10-Jul-15</b>	NBAC- MD	North Baltimore Aquatic Club C. Kalisz, N. Stewart, W. Buese, D. Golczewski