

CHRISTUS Louisiana Aquatic Club

TEAM RECORDS (15-18)

GIRLS LCM	SCY	EVENT	SCY	BOYS LCM
28.24 Sophie Wiener '21	24.88 Sophie Wiener '19	50 Free	21.70 Nate Epp '19	24.96 Nate Epp '18
1:00.60 Lillie Tichenor '21	53.46 Sophie Wiener '20	100 Free	47.63 Nate Epp '19	55.46 Nate Epp '18
2:09.82 Lillie Tichenor '21	1:54.32 Lillie Tichenor '21	200 Free	1:45.45 Nate Epp '19	2:06.36 John Stewart '18
4:36.15 Lillie Tichenor '21	5:04.05 Lillie Tichenor '20	400/500 Free	4:58.59 Christian Booth '20	4:29.28 John Stewart '18
10:23.28 Sophie Wiener '19	10:45.03 Lillie Tichenor '21	800/1000 Free	10:28.66 Zachary Ponder '21	
	18:15.61 Lillie Tichenor '21	1500/1650 Free	18:13.74 Zachary Ponder '21	17:49.09 John Stewart '18
32.67r Lillie Tichenor '21	27.79r Lillie Tichenor '21	50 Back	23.86r Christian Booth '21	28.70 Christian Booth '21
1:08.39 Lillie Tichenor '20	58.78 Lillie Tichenor '21	100 Back	49.66 Christian Booth '20	59.02 Christian Booth '20
2:26.33 Lillie Tichenor '21	2:05.66 Lillie Tichenor '21	200 Back	1:49.58 Christian Booth '20	2:10.31 Christian Booth '19
38.30 Lillie Tichenor '21		50 Breast		34.51 Benjamin Ponder '18
1:17.48 Lillie Tichenor '21	1:07.05 Lillie Tichenor '21	100 Breast	59.84 Nate Epp '19	1:10.31 Benjamin Ponder '19
2:56.04 Gracie Tichenor '19	2:23.60 Lillie Tichenor '21	200 Breast	2:10.60 Benjamin Ponder '20	2:31.73 Benjamin Ponder '19
32.40 Sophie Wiener '19		50 Fly		29.02 Zach Carter '18
1:05.42 Lillie Tichenor '21	58.78 Cailyn Bradford '21	100 Fly	51.07 Christian Booth '20	59.60 Christian Booth '20
2:30.90 Lillie Tichenor '21	2:05.88 Lillie Tichenor '21	200 Fly	1:58.93 Cameron Bradford20	2:19.19 Cameron Bradford19
2:34.08 Lillie Tichenor '21	2:06.26 Lillie Tichenor '20	200 IM	1:57.15 Benjamin Ponder '19	2:14.93 Benjamin Ponder '19

5:18.89 Lillie Tichenor '21	4:27.38 Lillie Tichenor '21	400 IM	4:13.73 Benjamin Ponder '19	4:48.02 John Stewart '18
1:58.20 Tichenor, Key, Carter, Wiener '19	1:44.99 Wiener, Key, Tichenor, Carter '19	200 Free Relay	1:30.09 Booth, Z Ponder, B Ponder, Dang '21	1:43.68 Epp, Booth, Carter, Stewart '18
1:50.07 Wiener, Carter, Tichenor, Ponder '21	1:34.52 Ponder, Booth, Tichenor, Bradford '21	200 MIXED Free Relay	1:34.52 Ponder, Booth, Tichenor, Bradford '21	1:50.07 Wiener, Carter, Tichenor, Ponder '21
2:08.22 Tichenor, Waddell, Bradford, Wiener 2021	1:53.03 Tichenor, J Key, Bradford, Wiener 2021	200 Medley Relay	1:38.69 Booth, B Ponder, Z Ponder, Dang (14) 2021	1:56.09 Stewart, Ponder, Carter, Epp 2018
2:04.20 Booth, Epp, Wiener, L. Tichenor 2019	1:45.17 Booth, Ponder, Wiener, Carter 2020	200 MIXED Medley Relay	1:45.17 Booth, Ponder, Wiener, Carter 2020	2:04.20 Booth, Epp, Wiener, L. Tichenor 2019
4:15.77 Tichenor (13), Tichenor, Bradford (13), Wiener 2019	3:42.41 Tichenor, Bradford, Carter, Wiener 2021	400 Free Relay	3:20.21 Epp, Booth, Bradford, Ponder 2019	3:50.62 Stewart, Ponder, Carter, Epp 2018
4:43.61 Tichenor (13), Tichenor, Bradfor (13), Wiener 2019	4:05.65 Booth (14), Tichenor, Bradford, Wiener 2021	400 Medley Relay	3:41.80 Booth, B Ponder, Z Ponder, Carter 2021	4:14.12 Booth, Ponder, Bradford, Epp 2019