

Connecticut Masters Swimming - Short Course Meters Records

Year	First Name	Last Name	Time	Event	Distance	Year	First Name	Last Name	Time
MEN	19-24			SCM		WOMEN	19-24		
				Free	50				
				Free	100				
				Free	200	2001	Rebecca	Conroy	2:26.10
1998	Jim	Liguori	5:13.0	Free	400	2001	Rebecca	Conroy	5:03.80
				Free	800	2001	Rebecca	Conroy	10:30.5
				Free	1500	1994	Marcia	Ochoa	24:36.4
				Back	50	2000	Rebecca	Conroy	35.02
				Back	100	1996	Brenda	Mailoux	1:11.9
				Back	200	2000	Rebecca	Conroy	2:38.3
				Breast	50				
				Breast	100	1995	Esther	Smith	1:22.4
1999	Jim	Liguori	2:58.2	Breast	200	1994	Esther	Smith	2:56.2
				Fly	50				
1999	Jim	Liguori	1:13.79	Fly	100	2004	Danielle	Caroccia	1:45.93
1999	Jim	Liguori	2:42.7	Fly	200	1994	Heather	Perry	3:11.4
				IM	100	1994	Esther	Smith	1:15.2
				IM	200	1994	Esther	Smith	2:40.2
1999	Jim	Liguori	5:49.9	IM	400	1994	Esther	Smith	5:38.0
MEN	25-29			SCM		WOMEN	25-29		
2001	Tom	Killen	24.6	Free	50	1996	Leigh	Metcalfe	29.05
2001	Tom	Killen	54.8	Free	100	1996	Sheila	Leniart	1:05.5
2004	Josh	Usdavin	2:13.80	Free	200	2001	Jennifer	Kappler	2:21.2
1996	Bradley	Hecht	4:32.40	Free	400	2001	Jennifer	Kappler	4:52.1
2002	Chris	Sullivan	9:34.28	Free	800	1993	Marcia	Cleveland	10:31.8
2002	Chris	Sullivan	17:53.81	Free	1500	1993	Marcia	Cleveland	19:26.9
				Back	50	1996	Erica	Sarkauskaite	34.87
				Back	100	1996	Erica	Sarkauskaite	1:13.4
2000	Jared	Walkenhorst	2:24.3	Back	200	1996	Erica	Sarkauskaite	2:35.1
2000	Jared	Walkenhorst	29.9	Breast	50				
2001	Jared	Walkenhorst	1:05.2	Breast	100				
2001	Jared	Walkenhorst	2:24.4	Breast	200	2001	Jennifer	Kappler	2:57.2
1996	Matt	Rossi	27.5	Fly	50	2001	Wendy	Simon	31.95
2002	Chris	Sullivan	1:02.37	Fly	100	1996	Leigh	Metcalfe	1:09.0
2002	Chris	Sullivan	2:17.51	Fly	200	1993	Marcia	Cleveland	2:37.8
2001	Jared	Walkenhorst	1:02.60	IM	100				
2001	Jared	Walkenhorst	2:16.50	IM	200	1993	Margaret	Mortell	2:40.2
2000	Jared	Walkenhorst	5:03.8	IM	400				
MEN	30-34			SCM		WOMEN	30-34		
2004	Jared	Walkenhorst	26.32	Free	50	1993	Sheila	Mortell	28.73
2002	Jeff	Barany	1:02.57	Free	100	1996	Marcia	Cleveland	1:10.29
2002	Jeff	Barany	2:20.51	Free	200	1996	Marcia	Cleveland	2:26.33
				Free	400	1996	Marcia	Cleveland	4:56.74
				Free	800	1997	Jennifer	Wechsler	10:47.4
1996	Justin	Merrill	18:31.0	Free	1500	1996	Marcia	Cleveland	19:06.5
1993	John	Montesi	29.7	Back	50	1993	Sheila	Mortell	32.83
				Back	100	1993	Sheila	Mortell	1:09.7
1993	John	Montesi	2:23.0	Back	200	1993	Sheila	Mortell	2:30.6
				Breast	50	1996	Cheryl	Barany	39.28
2004	Jared	Walkenhorst	1:07.76Z	Breast	100	1996	Cheryl	Barany	1:24.7
2004	Jared	Walkenhorst	2:31.89Z	Breast	200	1997	Jennifer	Wechsler	3:00.3
				Fly	50	1995	Margaret	Montesi	31.34
				Fly	100	1995	Margaret	Montesi	1:09.9
				Fly	200	1996	Cheryl	Barany	2:37.7
2004	Jared	Walkenhorst	1:04.99	IM	100	1995	Margaret	Montesi	1:12.0
2004	Jared	Walkenhorst	2:23.84	IM	200	1994	Sian	Nimkoff	2:33.1
2002	Dean	Osterloh	5:52.93	IM	400	1996	Cheryl	Barany	5:35.0

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Year	First Name	Last Name	Time	Event	Distance	Year	First Name	Last Name	Time
MEN 35-39				SCM		WOMEN 35-39			
2000	Matt	Wood	24.7	Free	50	1997	Cindy	Watts	30.3
2004	Michael	Mahoney	1:02.54	Free	100	2004	Kim	Russo	1:20.08
2004	Michael	Mahoney	2:22.14	Free	200	2004	Kim	Russo	2:51.75
2004	Michael	Mahoney	5:04.47	Free	400	2004	Kim	Russo	5:56.37
				Free	800				
				Free	1500	1999	Marcia	Cleveland	20:10.1
1995	John	Montesi	30.3	Back	50	1996	Cindy	Watts	34.4
1995	John	Montesi	1:05.6	Back	100				
1995	John	Montesi	2:25.1	Back	200				
2004	Rafael	Delasierra	32.95	Breast	50	2002	Cheryl	Barany	40.14
2004	Mark	Locken	1:25.26	Breast	100	1999	Cheryl	Barany	1:27.0
				Breast	200	2001	Jill	Looney	3:12.4
2000	Matt	Wood	27.4	Fly	50	1996	Cindy	Watts	31.5
1993	John	Craig	1:02.7	Fly	100	2002	Cheryl	Barany	1:16.14
				Fly	200	2001	Jill	Looney	2:41.1
2000	Matt	Wood	1:05.1	IM	100	1999	Cheryl	Barany	1:15.8
2001	Rick	Klutey	2:23.3	IM	200	2002	Cheryl	Barany	2:46.54
2004	Mark	Locken	6:16.67	IM	400	2001	Jill	Looney	5:38.7
MEN 40-44				SCM		WOMEN 40-44			
				Free	50	2004	Cheryl	Barany	31.72
1997	John	Craig	58.8	Free	100	2004	Cheryl	Barany	1:07.67
				Free	200	1993	Gail	Greenwood	2:44.0
				Free	400	1993	Gail	Greenwood	5:32.1
2000	Chris	Pierson	10:22.7	Free	800	1995	Donna	Neary	11:02.6
2000	Chris	Pierson	19:18.9	Free	1500	1993	Gail	Greenwood	20:58.0
1996	Brian	Quinn	31.9	Back	50	2004	Cheryl	Barany	38.44
				Back	100	2004	Cheryl	Barany	1:20.21
				Back	200	2004	Cheryl	Barany	2:51.05
				Breast	50	2004	Cheryl	Barany	39:88
2004	David	Logan	1:32.2	Breast	100	2004	Cheryl	Barany	1:27.1
2004	Rick	Klutey	2:58.47	Breast	200	2004	Cheryl	Barany	3:14.04
1997	John	Craig	28.7	Fly	50	2004	Cheryl	Barany	34.1
1997	John	Craig	1:02.3	Fly	100	2004	Cheryl	Barany	1:15.29
1998	John	Craig	2:21.7	Fly	200				
				IM	100	2004	Cheryl	Barany	1:16.81
2004	Rick	Klutey	2:43.65	IM	200	2004	Cheryl	Barany	2:46.66
2000	David	Connolly	5:26.9	IM	400	2004	Cheryl	Barany	6:01.72
MEN 45-49				SCM		WOMEN 45-49			
2004	Michael	Truscott	32.55	Free	50	2002	Karen	Einsidler	32.73
2004	Michael	Truscott	1:14.60	Free	100	2002	Karen	Einsidler	1:08.54
2004	Kevin	Hoffman	2:32.33	Free	200	2002	Karen	Einsidler	2:21.70
				Free	400	2002	Karen	Einsidler	4:46.20
				Free	800	2002	Karen	Einsidler	9:54.21
				Free	1500				
1994	John	Phillips	30.39	Back	50				
2000	John	Craig	1:07.5	Back	100				
2001	Anthony	Reino	2:24.7	Back	200				
				Breast	50	1993	Christie	Slimak	41.1
				Breast	100	1995	Christie	Hayes	1:30.8
				Breast	200				
1999	John	Craig	28.2	Fly	50				
2000	John	Craig	1:02.4	Fly	100				
2000	John	Craig	2:16.9	Fly	200				
2001	John	Craig	1:08.1	IM	100	1993	Christie	Slimak	1:26.1
2000	John	Craig	2:24.6	IM	200				
1997	Paul	Mcclintock	6:23.2	IM	400				

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Year	First Name	Last Name	Time	Event	Distance	Year	First Name	Last Name	Time
MEN 50-54				SCM		WOMEN 50-54			
1995	Jack	Geoghegan	26.6	Free	50				
1993	Jack	Geoghegan	1:01.6	Free	100	1999	Meredith	Moore	1:19.2
1995	Jack	Geoghegan	2:19.3	Free	200	1996	Janit	Romayko	3:12.1
1995	Jack	Geoghegan	4:50.8	Free	400	2001	Meredith	Moore	5:55.0
1995	Jack	Geoghegan	10:31.7	Free	800	1998	Janit	Romayko	14:30.1
				Free	1500				
1997	John	Phillips	31.6	Back	50	2000	Meredith	Moore	39.6
1997	John	Phillips	1:10.2	Back	100	1999	Meredith	Moore	1:30.5
1997	John	Phillips	2:36.8	Back	200	2000	Meredith	Moore	3:06.7
1993	Mike	Laux	38.5	Breast	50	1998	Christie	Hayes	42.6
1996	Joe	Coplan	1:23.6	Breast	100	2001	Christie	Hayes	1:33.3
1994	Mike	Laux	3:05.8	Breast	200	1995	Janit	Romayko	3:44.1
1998	John	Phillips	29.7	Fly	50	1996	Ann	Onton	44.8
1998	Joe	Coplan	1:08.1	Fly	100	1996	Ann	Onton	1:45.3
2004	John	Craig	2:21.57	Fly	200	1996	Ann	Onton	4:01.9
1997	John	Phillips	1:12.9	IM	100	2001	Christie	Hayes	1:21.0
2002	Bob	Kolonkowski	2:49.10	IM	200	2001	Christie	Hayes	3:11.9
1993	Mike	Laux	5:58.1	IM	400	1996	Ann	Onton	8:01.3
MEN 55-59				SCM		WOMEN 55-59			
1997	Jack	Geoghegan	27.4	Free	50				
1997	Jack	Geoghegan	59.5	Free	100	1999	Ann	Onton	1:34.9
1997	Jack	Geoghegan	2:13.2	Free	200	1993	Ronnie	Kamphausen	2:51.4
1997	Jack	Geoghegan	4:48.7	Free	400	2004	Meredith	Moore	5:40.54
2001	Jack	Geoghegan	10:47.3	Free	800	2004	Meredith	Moore	11:30.15
1997	Jack	Geoghegan	19:19.0	Free	1500	2002	Ann	Onton	32:08.14
1997	Jack	Geoghegan	32.7	Back	50				
2004	Bob	Cahill	1:25.26	Back	100	1998	Ann	Onton	1:55.7
2004	Bob	Cahill	3:04.98	Back	200	2004	Meredith	Moore	3:06.21
1996	Jack	McCoy	36.5	Breast	50	1995	Margit	Jebe	45.5
1996	Mike	Laux	1:12.1	Breast	100	1993	Margit	Jebe	1:38.8
1996	Mike	Laux	3:02.8	Breast	200	1995	Margit	Jebe	3:35.8
2004	Bob	Cahill	36.31	Fly	50	1993	Ronnie	Kamphausen	40.5
1997	Jack	Geoghegan	1:09.5	Fly	100	1999	Ann	Onton	1:51.5
1997	Jack	Geoghegan	2:41.8	Fly	200	1993	Ronnie	Kamphausen	3:57.2
				IM	100	1995	Margit	Jebe	1:36.7
1997	Jack	Geoghegan	2:39.8	IM	200	1993	Ronnie	Kamphausen	3:24.1
1996	Mike	Laux	6:11.4	IM	400	1993	Ronnie	Kamphausen	7:17.8
MEN 60-64				SCM		WOMEN 60-64			
2002	Dan	Davis	31.77	Free	50	1994	Ronnie	Kamphausen	35.0
2004	Jack	Geoghegan	1:04.64	Free	100	1994	Ronnie	Kamphausen	1:17.9
2002	Dan	Davis	2:38.77	Free	200	1997	Ronnie	Kamphausen	2:58.3
2004	Jack	Geoghegan	5:12.97	Free	400	1994	Ronnie	Kamphausen	5:59.8
2002	Ray	Thornberg	15:41.19	Free	800	1995	Ronnie	Kamphausen	13:25.9
1996	James	Goldsmith	45:32.0	Free	1500				
2004	Jack	Geoghegan	34.43	Back	50	1994	Ronnie	Kamphausen	40.7
2004	Peter	Berghaus	1:46.37	Back	100	1995	Ronnie	Kamphausen	1:40.2
2004	Peter	Berghaus	3:42.54	Back	200	2000	Margit	Jebe	3:34.7
2002	Dan	Davis	41.95	Breast	50	1998	Margit	Jebe	46.9
2002	Mike	Laux	1:25.2	Breast	100	2000	Margit	Jebe	1:39.4
1994	Manuel	Sanguily	3:07.5	Breast	200	2001	Margit	Jebe	3:39.1
1994	Len	Goldstone	35.4	Fly	50	1997	Ronnie	Kamphausen	43.1
1994	Len	Goldstone	1:32.1	Fly	100	2000	Margit	Jebe	1:41.7
2001	Mike	Laux	3:12.3	Fly	200	2000	Margit	Jebe	3:48.3
2001	Mike	Laux	1:19.9	IM	100	1995	Ronnie	Kamphausen	1:35.6
2001	Mike	Laux	2:55.9	IM	200	1994	Ronnie	Kamphausen	3:20.4
2001	Mike	Laux	6:16.1	IM	400	1995	Ronnie	Kamphausen	7:24.1

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Year	First Name	Last Name	Time	Event	Distance	Year	First Name	Last Name	Time
MEN 65-69				SCM		WOMEN 65-69			
2004	Ray	Thornberg	40.94	Free	50	1999	Ronnie	Kamphausen	36.1
1994	Henry	Albinger	1:23.1	Free	100	2000	Ronnie	Kamphausen	1:27.8
1995	Len	Goldstone	2:43.3	Free	200	2004	Ronnie	Kamphausen	3:06.44
1996	John	Lenard	6:19.6	Free	400	2004	Ronnie	Kamphausen	6:30.1
2002	James	Goldsmith	26:49.91	Free	800	1999	Ronnie	Kamphausen	13:29.4
2002	James	Goldsmith	51:34.56	Free	1500				
1994	Wayne	Shadbolt	46.2	Back	50	2000	Ronnie	Kamphausen	46.4
1993	Wayne	Shadbolt	1:39.2	Back	100	1999	Ronnie	Kamphausen	1:43.3
2004	Bruce	Kurtz	4:22.3	Back	200	1999	Ronnie	Kamphausen	3:41.6
1998	Manuel	Sanguily	36.1	Breast	50	2004	Margit	Jebe	47.37
1998	Manuel	Sanguily	1:22.3	Breast	100	2004	Margit	Jebe	1:44.50
				Breast	200				
1996	Len	Goldstone	36.4	Fly	50	1999	Ronnie	Kamphausen	44.1
1996	Len	Goldstone	1:29.3	Fly	100	1999	Ronnie	Kamphausen	1:47.6
1996	Len	Goldstone	3:16.4	Fly	200				
1994	Len	Goldstone	1:22.2	IM	100	1999	Ronnie	Kamphausen	1:44.0
1996	Len	Goldstone	3:07.9	IM	200	2000	Ronnie	Kamphausen	3:38.1
1997	John	Lenard	6:58.5	IM	400	1999	Ronnie	Kamphausen	7:45.3
MEN 70-74				SCM		WOMEN 70-74			
1995	Wayne	Shadbolt	36.5	Free	50	1993	Dorothy	Donnelly	40.1
1996	Harry	Albinger	1:20.0	Free	100	1994	Dorothy	Donnelly	1:31.5
1996	Wayne	Shadbolt	3:05.9	Free	200	1993	Dorothy	Donnelly	3:25.4
1995	Wayne	Shadbolt	6:22.3	Free	400	1994	Nancy	Phillips	8:17.2
1997	Harry	Albinger	15:42.9	Free	800				
				Free	1500				
1998	Wayne	Shadbolt	47.7	Back	50	2001	Marian	Brenner	58.5
1994	Wayne	Shadbolt	1:40.7	Back	100	1995	Ruth	Billard	1:56.7
2004	James	Goldsmith	7:13.13	Back	200	1994	Nancy	Phillips	4:13.4
2004	Manuel	Sanguily	37.71	Breast	50	1997	Suzanne	Graham	55.7
2004	Manuel	Sanguily	1:28.61	Breast	100	1999	Suzanne	Graham	2:06.5
2002	Charles	Urstadt	3:56.11	Breast	200	1997	Suzanne	Graham	4:20.2
1993	Val	Ouchakof	1:02.5	Fly	50	1994	Nancy	Phillips	58.7
1994	Val	Ouchakof	2:18.5	Fly	100				
				Fly	200				
1994	Wayne	Shadbolt	1:39.4	IM	100	1995	Dorothy	Donnelly	2:02.7
1993	Val	Ouchakof	4:40.2	IM	200	1993	Dorothy	Donnelly	4:09.1
1993	Val	Ouchakof	10:11.60	IM	400				
MEN 75-79				SCM		WOMEN 75-79			
				Free	50	1998	Dorothy	Donnelly	41.2
1994	Harry	Bartlett	1:36.6	Free	100	1998	Dorothy	Donnelly	1:36.6
1994	Harry	Bartlett	3:34.9	Free	200	1998	Dorothy	Donnelly	3:48.7
2004	Fred	Goldner	8:10.14	Free	400	1993	Marie	Wicklun	8:59.7
1994	John	Merrill	15:39.4	Free	800				
1994	John	Merrill	29:16.1	Free	1500				
1993	William	Patten	51.7	Back	50	1999	Ruth	Morrill	53.8
1993	William	Patten	1:54.8	Back	100	1998	Ruth	Morrill	1:54.4
1993	William	Patten	4:26.2	Back	200	1999	Ruth	Morrill	3:56.6
2004	Charles	Urstadt	42.14	Breast	50	2002	Suzanne	Graham	1:00.47
2004	Charles	Urstadt	1:32.63	Breast	100	2004	Suzanne	Graham	2:18.08
2004	Charles	Urstadt	4:00.45	Breast	200	2002	Suzanne	Graham	4:48.03
1997	Ted	Simon	1:06.1	Fly	50	1996	Nancy	Phillips	1:00.6
1999	Val	Ouchakof	2:49.0	Fly	100				
2004	Len	Goldstone	3:48.09	Fly	200	2000	Ruth	Morrill	5:02.1
2004	Len	Goldstone	1:36.78	IM	100	1998	Dorothy	Donnelly	2:03.1
2004	Len	Goldstone	3:31.59	IM	200	1999	Ruth	Morrill	4:40.9
2004	Len	Goldstone	7:35.36	IM	400	2000	Ruth	Morrill	9:59.3

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Year	First Name	Last Name	Time	Event	Distance	Year	First Name	Last Name	Time
MEN 80-84				SCM		WOMEN 80-84			
1998	Harry	Bartlett	46.5	Free	50	1995	Marie	Wicklun	55.3
1997	Harry	Bartlett	1:40.4	Free	100	1994	Marie	Wicklun	1:52.2
1996	Harry	Bartlett	3:49.8	Free	200	1994	Marie	Wicklun	4:20.1
1996	Harry	Bartlett	7:51.4	Free	400	1996	Marie	Wicklun	9:51.5
1997	John	Merrill	16:26.3	Free	800	1996	Agnes	Romayko	27:30.6
1997	John	Merrill	30:56.5	Free	1500				
1998	John	Merrill	47.3	Back	50	1996	Marie	Wicklun	58.7
2000	John	Merrill	1:50.0	Back	100	1994	Marie	Wicklun	2:08.1
1998	John	Merrill	3:44.0	Back	200	1994	Marie	Wicklun	4:35.4
1996	Stan	Pudell	1:02.4	Breast	50	1998	Marie	Wicklun	1:38.1
1998	Harry	Bartlett	2:25.5	Breast	100				
				Breast	200				
				Fly	50				
				Fly	100				
				Fly	200				
2001	Robert	Johnson	2:25.1	IM	100				
				IM	200				
				IM	400				
MEN 85-89				SCM		WOMEN 85-89			
2001	Harry	Bartlett	51.7	Free	50	1999	Agnes	Romayko	1:11.2
2001	Harry	Bartlett	1:56.5	Free	100	1999	Agnes	Romayko	2:46.9
2001	Harry	Bartlett	4:19.4	Free	200	1999	Agnes	Romayko	6:11.4
				Free	400	1999	Agnes	Romayko	13:08.8
				Free	800				
				Free	1500				
1994	William	Marquette	1:10.9	Back	50	1995	Elizabeth	Dziadus	1:43.9
1993	Gus	Langner	2:57.0	Back	100				
1993	Gus	Langner	6:07.4	Back	200				
2001	Harry	Bartlett	1:05.2	Breast	50				
2001	Harry	Bartlett	2:31.1	Breast	100				
				Breast	200				
				Fly	50				
				Fly	100				
				Fly	200				
				IM	100				
				IM	200				
				IM	400				
MEN 90-94				SCM		WOMEN 90-94			
Year	First Name	Last Name	Time	Event	Distance	Year	First Name	Last Name	Time
1993	Gus	Langner	50.9	Free	50	2000	Elizabeth	Dziadus	1:58.0
1993	Gus	Langner	1:58.4	Free	100				
1993	Gus	Langner	4:27.7	Free	200				
1993	Gus	Langner	8:50.7	Free	400				
1998	Gus	Langner	23:32.2	Free	800				
1996	Gus	Langner	44:49.0	Free	1500				
1993	Gus	Langner	1:15.8	Back	50	2001	Elizabeth	Dziadus	2:12.0
1998	Gus	Langner	3:24.8	Back	100				
1994	Gus	Langner	6:35.4	Back	200				
1993	Gus	Langner	1:20.9	Breast	50				
1993	Gus	Langner	3:02.0	Breast	100				
1993	Gus	Langner	6:41.6	Breast	200				
				Fly	50				
				Fly	100				
				Fly	200				
1994	Gus	Langner	3:00.5	IM	100				
				IM	200				
				IM	400				

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Year	First Name	Last Name	Time	Event	Distance	Year	First Name	Last Name	Time
MEN 95-99				SCM		WOMEN 95-99			
1998	Gus	Langner	57.6	Free	50				
1998	Gus	Langner	2:19.5	Free	100				
1998	Gus	Langner	5:13.5	Free	200				
1998	Gus	Langner	10:51.9	Free	400				
1998	Gus	Langner	22:05.6	Free	800				
1998	Gus	Langner	41:29.9	Free	1500				
1998	Gus	Langner	1:27.7	Back	50				
				Back	100				
1998	Gus	Langner	8:32.3	Back	200				
1998	Gus	Langner	1:31.6	Breast	50				
1998	Gus	Langner	3:35.3	Breast	100				
1998	Gus	Langner	7:29.3	Breast	200				
				Fly	50				
				Fly	100				
				Fly	200				
1998	Gus	Langner	3:34.0	IM	100				
				IM	200				
				IM	400				