

Prince William Swim League
League Records through 7/24/2004

SC Meters-Women

8 & U	25 Free	16.8	1-Jul-88	Stacey Ambrose (VP)
	25 Back	20.58	1-Jul-99	Dana Kalnins (SPST)
	25 Breast	21.72	27-Jul-02	Courtney Mizerak (MBW)
	25 Fly	17.72	27-Jul-02	Courtney Mizerak (MBW)
	100 Free Relay	1:18.12	1-Jul-92	Westridge 1992
	100 Medley Relay	1:22.97	2-Jul	Sudley 2002
9-10	50 Free	32.48	1-Jun-87	Karen Sullivan (MSST)
	50 Back	37.38	1-Jun-98	Michelle Sawyer (FAST)
	50 Breast	40.87	1-Jul-98	Caitlin Brown (RWB)
	25 Fly	15.56	19-Jul-03	Lauren Poli (SUD)
	100 Free Relay	1:03.00	21-Jul-02	Meadowbrook Woods 2002
	100 Medley Relay	1:11.97	28-Jun-03	Sudley 2003
10 & U	100 IM	1:21.92	1-Jul-98	Caitlin Brown (RWB)
11-12	50 Free	29.04	1-Jun-93	Tiffany Seal (BL)
	50 Back	33.24	22-Jun-02	Lauren Daugherty (BRB)
	50 Breast	36.72	17-Jul-04	Lauren Poli (SUD)
	50 Fly	31.37	1-Jul-93	Tiffany Seal (BLST)
	100 IM	01:11.9	12-Jul-03	Lindsey Marchand (LR)
	100 Free Relay	58.70	1-Jul-96	Ridgewood 1996
100 Medley Relay	01:05.8	26-Jul-03	Lake Ridge 2003	
13-14	50 Free	28.26	1-Jun-98	Katie Doggett (RWB)
	50 Back	31.04	1-Jul-98	Katie Doggett (RWB)
	50 Breast	35.70	1-Jul-99	Paige Capro (MSST)
	50 Fly	30.46	19-Jul-03	Sarah Ameen (SPST)
	100 IM	01:08.8	1-Jul-98	Katie Doggett (RWB)
	200 Free Relay	01:59.2	1-Jul-98	Ridgewood 1998
200 Medley Relay	02:14.0	1-Jul-99	Ridgewood 1999	
15-18	50 Free	27.85	1-Jul-91	Kris Sunday (SUD)
	50 Back	30.25	1-Jun-99	Katie Doggett (RWB)
	50 Breast	35.47	1-Jul-90	Jennifer Clarkson (MSST)
	50 Fly	30.23	3-Jul-04	Kristen Haudenschild (LR)
	100 IM	01:08.3	1-Jul-99	Katie Doggett (RWB)
	200 Free Relay	01:53.1	1-Jul-88	Montclair 1988
200 Medley Relay	02:09.9	1-Jul-99	Ridgewood 1999	

SC Meters-Men

8 & U	25 Free	16.40	1-Jul-00	BJ Fisher (SUD)
	25 Back	19.75	1-Jul-92	Steve Tolson (MSST)
	25 Breast	21.75	13-Jul-02	Louis Wojciechowski (SUD)
	25 Fly	17.87	13-Jul-02	Louis Wojciechowski (SUD)
	100 Free Relay	01:12.8	1-Jul-00	Sudley 2000
	100 Medley Relay	01:12.0	28-Jun-03	Sudley 2003
9-10	50 Free	31.83	1-Jul-83	David Crone (BL)
	50 Back	36.20	1-Jun-00	Robert Norris (SPST)
	50 Breast	40.41	1-Jul-99	Thomas Hale-Kupiec (LR)
	25 Fly	15.67	1-Jun-83	David Crone (BLST)
	100 Free Relay	01:03.0	27-Jul-02	Sudley 2002

	100 Medley Relay	01:11.0	27-Jul-02	Sudley 2002
10 & U	100 IM	01:18.1	1-Jul-00	Robert Norris (SPST)
11-12	50 Free	27.59	17-Jul-04	Patrick Lytle (SUD)
	50 Back	32.15	23-Jun-04	John Wojciechowski (SUD)
	50 Breast	35.75	1-Jul-99	J.R. Kapurch (DCST)
	50 Fly	30.73	17-Jul-04	John Wojciechowski (SUD)
	100 IM	1:10.10	3-Jul-04	Patrick Lytle (SUD)
	100 Free Relay	54.48	17-Jul-04	Sudley 2004
	100 Medley Relay	01:01.5	17-Jul-04	Sudley 2004
13-14	50 Free	26.01	1-Jul-87	David Crone (SUD)
	50 Back	28.82	10-Jul-04	Robert Grimmett-Norris (SPST)
	50 Breast	31.60	1-Jul-93	Scott Werner (SUD)
	50 Fly	27.98	3-Jul-04	Robert Grimmett-Norris (SPST)
	100 IM	1:03.60	3-Jul-04	Robert Grimmett-Norris (SPST)
	200 Free Relay	1:52.10	29-Jun-02	Lake Ridge 2002
	200 Medley Relay	2:05.00	14-Jul-01	Ridgewood 2001
15-18	50 Free	24.27	21-Jul-01	Christian Lindberg (RWB)
	50 Back	27.58	1-Jul-99	David Horak (BLST)
	50 Breast	29.53	1-Jun-97	Scott Werner (SUD)
	50 Fly	26.00	27-Jul-02	Chris Soniak (OBB)
	100 IM	59.80	1-Jun-97	Scott Werner (SUD)
	200 Free Relay	1:42.80	1-Jul-98	Ridgewood 1998
	200 Medley Relay	1:54.50	1-Jul-94	Sudley 1994