

Short Course Yards			
18+			
200 Free Relay	M. Grover, M. Stakem, K. Bowman, C. Voorhees	1:41.60	4/21-23/2006
400 Free Relay	M. Grover, M. Stakem, C. Voorhees, K. Bowman	3:52.26	4/21-23/2006
800 Free Relay	J. Teerlink, J. Martin, K. Bowman, M. Stakem	8:10.58	4/2-4/2004
200 Medley Relay	P. Robbins, P. Martin, C. Voorhees, K. Bowman	1:52.97	4/22-24/2005
400 Medley Relay	J. Teerlink, J. Martin, K. Bowman, M. Stakem	4:03.73 (NR)	4/2-4/2004
25+			
200 Free Relay	H. Stringer, M. Pero, C. Wagner, D. Morrin	2:14.65	1/21/1996
400 Free Relay			
800 Free Relay			
200 Medley Relay	M. Grover, J. Roddin, G. Ekstrom, L. Thomas	2:02.95	5/20-23/2010
400 Medley Relay			
18+			
200 Free Relay	M. Doane, J. Strahota, M. Goodison, Y. Van Heers	1:30.81	4/23-25/2010
400 Free Relay	P. Galan, J. Strahota, B. Shipp, Y. Van Heers	3:22.51	4/23-25/2010
800 Free Relay	C. Reynolds, S. Perschy, J. Strahota, A. Ellis	8:07.33	12/11/2004
200 Medley Relay	K. Ryan, P. Fehring, J. Crowder, J. Keefe	1:39.86	4/22-24/2005
400 Medley Relay	J. Crowder, P. Fehring, M. Goodison, J. Keefe	3:39.04	4/22-24/2005
25+			
200 Free Relay	M. Lee, M. Goodison, C. Benedick, A. Ellis	1:31.27	4/11-13/2003
400 Free Relay	M. Lee, J. Crowder, C. Benedick, A. Ellis	3:20.16	4/11-13/2003

800 Free Relay	O'Loughlin, Goodison, Laplante, Romack	8:07.85	4/1/2018
200 Medley Relay	M. Benedick, M. Goodison, J. Crowder, A. Ellis	1:42.45	4/11-13/2003
400 Medley Relay	M. Benedick, M. Goodison, J. Crowder, A. Ellis	3:49.18	4/11-13/2003
35+			
200 Free Relay	C. Dewing, C. Hoffman, A. Ellis, M. Lee	1:36.46	3/4-5/2006
400 Free Relay	C. Reynolds, W. Shipp, M. Lee, A. Ellis	3:40.39	3/19/2005
800 Free Relay			
200 Medley Relay	P. Reider, M. Doane, M. Goodison, B. Shipp	1:46.36	4/15-17/2011
400 Medley Relay			
45+			
200 Free Relay			
400 Free Relay			
800 Free Relay			
200 Medley Relay	C. Reynolds, C. Hoffman, W. Shipp, R. Costello	2:00.51	4/21-23/2006
400 Medley Relay			
MIXED RELAYS:			
18+			
200 Free Relay	K. Ryan, K. Bowman, P. Martin, J. Keefe	1:35.36	4/22-24/2005
400 Free Relay	M. Lee, A. Pagon, M. Tomarelli, C. Benedick	3:37.82	4/19-21/2002
800 Free Relay	E. Switzer, E. Nordlund, A. Pagon, M. Tomarelli	8:07.37	4/19-21/2002
200 Medley Relay	J. Teerlink, M. Goodison, A. Ellis, M. Stakem	1:46.91	4/2-4/2004
400 Medley Relay	E. Elshafei, J. Martin, J. Crowder, K. Bowman	3:55.26	4/2-4/2004
25+			
200 Free Relay	C. Voorhees, M. Grover, P. Fehring, M. Lee	1:35.52	5/11-14/2006
400 Free Relay	J. Strahota, C. Randolph, L. Rose, B. Laplante	3:49.69	10/12/2019

800 Free Relay	J. O'Laughlin, S. Payne, M. Ramirez, C. Randolph	9:24.56	2/18/2017
200 Medley Relay	J. Strahota, M. Goodison, A. Sample, G. Ekstrom	1:49.74	5/17-20/2007
400 Medley Relay	M. Grover, B. Holden, C. Yung, C. Randolph	3:54.61	2/18/2017
35+			
200 Free Relay	S. Payne, A. Fu, G. Redford, J. Strahota	2:06.21	4/8-10/2016
400 Free Relay	W. Shipp, D. Morrin-Nordlund, C. Wagner, M. Goodison	4:28.20	4/11-13/2008
200 Medley Relay			
400 Medley Relay			
Short Course Meters			
WOMEN:			
72-99			
800 Freestyle Relay	K. Bowman, M. Stakem, L. Hnath, J. Teerlink	9:11.28 (NR)	11/14/2004
400 Medley Relay	L. Hnath, K. Bowman, J. Teerlink, M. Stakem	4:46.62 (NR)	11/14/2004
120-159			
200 Medley Relay	M. Grover, C. Randolph, L. Rose, M. Tonelli	2:13.71	12/15/2019
400 Medley Relay	M. Grover, K. Bowman, C. Busch, G. Ekstrom	4:58.51	12/2-3/2006
200 Freestyle Relay	C. Randolph, M. Corley, M. Tonelli, M. Grover	2:08.21	Dec 2018
MEN:			
100-119			
200 Free Relay	M. Lee, J. Strahota, J. Crowder, C. Dewing	1:49.29	10/12/2002
400 Free Relay	E. Switzer, S. West, B. Bengtsson, A. Martin	3:56.80	12/8-9/2001
800 Free Relay	B. Bengtsson, E. Switzer, J. Crowder, C. Dewing	8:48.05	12/8-9/2001
200 Medley Relay	J. Crowder, M. Goodison, R. Perkins, M. Lee	1:52.68	12/7-8/2002
400 Medley Relay	J. Crowder, P. Fehring, M. Haupt, J. Keefe	4:00.47(NR)	4/9/2005

120-159			
200 Free Relay	J. Strahota, A. Ellis, M. Goodison, Y. Van Heers	1:46.62	12/5-6/2009
400 Free Relay	S. West, J. Crowder, J. Hoyle, E. Nordlund	4:02.27	12/9-10/2000
800 Free Relay	E. Switzer, M. Lee, C. Dewing, J. Strahota	8:47.71	12/7-8/2002
200 Medley Relay	B. Laplante, B. Holden, J. Strahota, J. O'Loughlin	1:53.51	12/15/2019
400 Medley Relay	J. Crowder, M. Goodison, A. Ellis, M. Lee	4:21.53	12/2-3/2006
160-199			
200 Free Relay	M. Goodison, A. Ellis, J. Strahota, J. Oloughlin	1:49.29	Dec 2018
400 Free Relay	C. Reynolds, M. Lee, Shipp, A. Ellis	4:00.09	12/2-3/2006
200 Medley Relay	J. Strahota, M. Goodison, A. Ellis, J. Oloughlin	2:01.49	Dec 2018
400 Medley Relay	J. Strahota, M. Goodison, A. Ellis, J. Oloughlin	4:31.52	Dec 2018
200-239			
200 Free Relay	S. Payne, C. Hoffman, B. Shipp, M. Doane	2:03.08	12/5/2015
MIXED RELAYS			
72-99			
200 Free Relay	P. Adamkova, K. Diblasi, A. Martin, J. Strahota	1:51.09	12/7-8/2002
400 Free Relay	P. Adamkova, J. Crowder, K. Diblasi, R. Perkins	3:56.65 (NR)	12/7-8/2002
800 Free Relay	M. Stakem, K. Bowman, J. Strahota, J. Crowder	8:51.55 (NR)	12/6-7/2003
200 Medley Relay	J. Crowder, P. Adamkova, R. Perkins, K. Diblasi	2:00.54	12/7-8/2002
400 Medley Relay	J. Crowder, P. Adamkova, R. Perkins, K. Diblasi	4:22.07 (NR)	12/7-8/2002
100-119			
200 Free Relay	M. Grover, J. Crowder, J. Strahota, K. Bowman	1:53.07	12/2-3/2006
400 Free Relay	J. Hoyle, S. West, E. Galloway, A. Thompson	4:14.35	12/9-10/2000
800 Free Relay	E. Galloway, J. West, J. Crowder, B. Bengtsson	9:07.08	12/8-9/2001

200 Medley Relay	E. Galloway, J. West, E. Switzer, B. Lynch	2:10.27	12/8-9/2001
400 Medley Relay	M. Grover, P. Fehring, K. Bowman, M. Lee	4:28.08	12/2-3/2006
120-159			
100 Free Relay	M. Grover, J. Strahota	58.88	3/17/2012
200 Free Relay	G. Ekstrom, M. Grover, M. Doane, Y. Van Heers	1:50.43	12/5-6/2009
400 Free Relay	M. Grover, G. Ekstrom, A. Ellis, Y. Van Heers	4:10.00	12/5-6/2009
800 Free Relay	C. Randolph, M. Grover, B. Laplante, B. Holden	8:35.33	12/14/2019
200 Medley Relay	C. Randolph, M. Tonelli, J. Strahota, J. Oloughlin	2:05.18	Dec 2018
400 Medley Relay	C. Randolph, A. Ellis, M. Goodison, M. Tonelli	4:42.84	Dec 2018
160-199			
200 Medley Relay	M. Grover, M. Goodison, A. Ellis, M. Corley	2:14.50	Dec 2018
400 Free Relay	C. Demma, C. Wagner, C. Voorhees, C. Reynolds	4:51.68	12/2-3/2006
200-239			
200 Free Relay	J. Osman, D. Mcinnes, A. Wu, P. Reider	2:23.08	6/12/2014
Long Course Meters			
WOMENS:			
72-99			
Women 400 Medley Relay	M. Grover, I. Levavi, C. Busch, M. Stakem	5:11.04	7/8/2006
100-119			
200 Medley Relay	M. Grover, D. Elshafei, C. Busch, M. Stakem	2:28.69	8/26-27/2006
400 Medley Relay	C. Voorhees, M. Grover, I Levavi, M. Stakem	5:11.04	7/8/2006
400 Free Relay	C. Voorhees, M. Grover, I Levavi, M. Stakem	4:29.03	7/8/2006

120-159			
200 Free Relay	C. Voorhees, C. Busch, M. Stakem, M. Grover	2:02.69	8/26-27/2006
200 Medley Relay	M. Grover, C. Busch, A. Sample, C. Wagner	2:34.87	7/1/2007
MENS:			
100-119			
200 Free Relay	M. Doane, N. Hasbrouck, J. Strahota, M. Kirwan	1:51.85	6/21/2009
200 Medley Relay	M. Quigley, C. Yung, P. Galan, C. Shaw	2:11.62	8/13/2014
120-159			
200 Free Relay	P. Glan, B. Holden, J. Strahota, C. Shaw	1:47.47	8/13/2014
400 Free Relay	C. Hoffman, C. Shaw, M. Ludington, A. Blyskal	4:29.60	7/12/2015
200 Medley Relay	J. Strahota, B. Holden, M. Goodison, M. Doane	1:58.21	8/13/2014
400 Medley Relay	A. Blyskal, B. Holden, J. Strahota, M. Ludington	4:24.42	7/12/2015
800 Free Relay		9:12.83	7/12/2015
160-199			
200 Free Relay	M. Doane, J. Strahota, A. Ellis, E. Elshafei	1:49.12	7/5-8/2012
400 Free Relay	J. Strahota, V. Ribiero, A. Ellis, B. Holden	4:07.72	7/12/2015
200 Free Relay	J. Strahota, C. Hoffman, M. Doane, C. Shaw	2:11.08	8/9/2015
400 Medley Relay	A. Ellis, C. Shaw, J. Cerrito, J. Nealis	5:52.35	7/12/2015
200-239			
200 Medley	C. Reynolds, I Timonin, C. Reynolds, B. Flynn	2:44.11	8/13/2014
MIXED RELAYS:			
100-119			
200 Medley Relay	M. Grover, M. Goodison, J. Strahota, M. Stakem	2:09.04	7/8/2006
400 Medley Relay	M. Stakem, J. Strahota, C. Busch, N. Jarrell	5:32.89	8/26-27/2006

200 Free Relay	M. Grover, P. Machado, A. Sample, A. Ellis	2:04.50	7/1/2007
400 Free Relay	M. Lee, C. Busch, M. Grover, J. Strahota	4:14.36	8/26-27/2006
120-159			
200 Free Relay	J. Strahota, M. Grover, C. Randolph, J. O'Loughlin	1:52.64	8/7/2019
200 Medley Relay	M. Grover, C. Randolph, J. Strahota, J. OLoughlin	2:08.79	8/7/2019
400 Medley Relay	M. Grover, C. Randolph, J. Strahota, J. OLoughlin	4:51.37	7/8-10/2016
160-199			
200 Free Relay	M. Corley, G. Ekstrom, M. Goodison, A. Ellis	2:06.53	8/13/2014
400 Free Relay	M. Stakem, C. Voorhees, S. Payne, C. Reynolds	4:32.96	8/26-27/2006
800 Free Relay	E. Elshafei, C. Wagner, S. Payne, C. Busch	10:55.23	8/26-27/2006
200 Medley Relay	J. Glan, J. Strahota, P. Galan, K. Maddux	2:19.27	8/13/2014
400 Medley Relay	S. Payne, M. Grover, C. Reynolds, C. Wagner	5:48.86	8/26-27/2006
200-239			
200 Free Relay	C. Reynolds, C. Wagner, J. Pfinsgraff, J. Nealis	2:23.87	8/13/2014
200 Medley Relay	J. Nealis, D. Morrin-Nordlund, S. Payne, C. Wagner	3:06.74	8/23-24/2008
800 Free Relay	C. Swol, J. Nealis, W. Collier, M. Corley	14:04.47	7/12/2015