

**YMCA National Long Course Championship Records**  
**Updated after 2008 Long Course nationals**  
**National - Records - Women**

**Freestyle**

Women 50 Free	26.25	7/29/2008	Emily Lloyd, Anne Arundel, MD
Women 100 Free	57.07	7/31/2008	Emily Lloyd, Anne Arundel, MD
Women 200 Free	2:00.22	8/1/2008	Leah Gingrich - West Shore-PA-
Women 400 Free	4:19.91	7/31/2007	Caroline Siath, Winston-Salem, NC
Women 800 Free	8:56.48	7/28/2004	Leah Gingrich - West Shore-PA-
Women 1500 Free	17:02.80	1999	E. Ballenger - Spartanburg, SC

**Backstroke**

Women 50 Back	29.32	7/30/2004	Lauren English - Montclair-NJ-
Women 100 Back	1:02.73	7/27/2004	Tricia Weaner - West Shore-PA-
Women 200 Back	2:15.38	7/29/2004	Tricia Weaner - West Shore-PA-

**Breaststroke**

Women 50 Breast	33.03	7/28/2003	Lauren Brick - Rappahannock-VA-
Women 100 Breast	1:12.32	1996	Kelly Jones - So. Community,OH
Women 200 Breast	2:34.61	7/28/2004	Jessica Botzum - Triangle Area-NC

**Butterfly**

Women 50 Fly	28.24	1994	B. Karaica - Pittsburgh E, PA
Women 100 Fly	1:00.49	7/30/2008	Haley Lips, Duncan, SC
Women 200 Fly	2:09.96	8/1/2008	Leah Gingrich - West Shore-PA-

**Individual Medley**

Women 200 IM	2:16.33	7/29/2008	Leah Gingrich - West Shore-PA-
Women 400 IM	4:53.41	7/29/2004	Ashley Jones - Joliet - Il-

**Freestyle Relay**

Women 200 Free Relay	1:48.36	8/1/2008	West Shore - West Shore PA
Women 400 Free Relay	3:55.59	7/30/2008	West Shore - West Shore PA
Women 800 Free Relay	8:29.28	8/1/2008	West Shore - West Shore PA

Lauren Schmittle, Alison Zelensky, Stephanie Kinsey, Leah Gingrich  
Lauren Schmittle, Claire Loht, Stephanie Kinsey, Leah Gingrich  
Leah Gingrich, Lauren Schmittle, Emily Weaner, Claire Loht

**Medley Relay**

Women 200 Medley Relay	1:59.83	7/29/2008	Cheshire - Cheshire CT
Women 400 Medley Relay	4:22.96	8/1/2008	West Shore - West Shore PA

Lauren Solernou, Kimberly Jones, Hollis Capuano, Michaela Morr  
Stephanie Kinsey, Alison Zelenky, Leah Gingrich, Claire Loht

**YMCA National Long Course Championship Records**  
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**National - Records - Men**

**Freestyle**

Men 50 Free	23.52	7/27/2004	Jeffrey Sudbury - Wilton-CT-
Men 100 Free	51.25	7/31/2008	Evan Reed - Upper Main Line-PA
Men 200 Free	1:52.25	7/28/2004	Bobby Savulich - Metuchen-Edison-
Men 400 Free	3:59.19	1996	A. Messner - Ann Arbor, MI
Men 800 Free	8:25.64	7/28/2004	Chris Schenck - N.W. Dupage-IL-
Men 1500 Free	15:57.55	7/30/2004	Kyle Young - Aquatic Center -

**Backstroke**

Men 50 Back	26.29	8/3/2001	Jayne O Cramer - M.E. Lyons-OH-
Men 100 Back	56.63	7/26/2005	Patrick Schirk - Pottstown-PA
Men 200 Back	2:01.69	7/28/2005	Patrick Schirk - Pottstown-PA

Men 50 Breast	29.56	1996	R. Henikman - Mansfield, OH
Men 100 Breast	1:03.98	1992	Marty Hubbell - Countryside, OH
Men 200 Breast	2:19.22	1992	Marty Hubbell - Countryside, OH

**Butterfly**

Men 50 Fly	25.30	8/2/2001	Jayne O Cramer - M.E. Lyons-OH-
Men 100 Fly	55.43	7/28/2005	Pat Reams - South Shore-MA
Men 200 Fly	2:04.25	8/3/2006	Todd McGraw - Huntington-WV

**Individual Medley**

Men 200 IM	2:05.19	7/29/2008	Scott Marino, Fanwood-Scotch Plains, NJ
Men 400 IM	4:32.23	1997	J. Faltraco - Spartanburg, SC

**Freestyle Relay**

Men 200 Free Relay	1:36.24	7/30/2004	Darien Community YMCA - Darien-CT- J Geissinger, P Baity, M Baity, M Donch
Men 400 Free Relay	3:33.66	7/30/2008	Middle Tyger YMCA - Middle Tyger-SC Gregory Morgan, David Groseclose, Graham Kauffman, Christopher Reinke
Men 800 Free Relay	7:52.27	8/1/2008	Middle Tyger YMCA - Middle Tyger-SC Gregory Morgan, David Ingraham, Christopher Reinke, David Groseclose

**Medley Relay**

Men 200 Medley Relay	1:46.68	7/31/2001	M.E. Lyons-OH - M.E. Lyons-OH- Jayme Cramer, Rob Kauscher, P Carothers, M Bertke
Men 400 Medley Relay	3:56.41	8/3/2001	M.E. Lyons-OH - M.E. Lyons-OH- Jayme Cramer, Rob Kauscher, P Carothers, Kevin Nead