
RECORDS DST LCM Team Records
LC Meters-Women

10 & U	50 Free	30.88	1-Jul-95	DST MA	Adrienne Williams	
	100 Free	1:08.26	25-Jul-02	DST MA	Laura Clark at Middle Atlantic 2002 Summer JOs	
	200 Free	2:26.72	4-May-01	DST MA	Alyssa C. Hand at 2001 May Maelstrom	
	400 Free	5:11.01	9-May-03	DST MA	Becca Lynn @ Trident May Maelstrom	
	50 Back	36.53	1-Jan-98	DST MA	Christine Martinez	
	100 Back	1:19.16	3-May-02	DST MA	Laura E. Clark at 2002 May Maelstrom	
	50 Breast	39.79	6-Aug-03	DST MA	Kelsey L. Lafferty at 2003 Summer Zones	
	100 Breast	1:28.36	6-Aug-03	DST MA	Kelsey L. Lafferty at 2003 Summer Zones	
	50 Fly	32.93	1-Jul-95	DST MA	Adrienne Williams	
	100 Fly	1:15.29	1-Jan-95	DST MA	Adrienne Williams	
	200 IM	2:47.29	4-May-01	DST MA	Alyssa C. Hand at 2001 May Maelstrom	
	200 Free Relay	2:17.59	1-Jul-97	DST MA	Mid Atlantic JOs D. McCreary, C. Ruggiero, A. Enderle, C. Martinez	
	400 Free Relay	5:01.15	1-Jul-97	DST MA	Mid Atlantic JOs D. McCreary, A. Enderle, C. Ruggiero, C. Martinez	
	200 Medley Relay	2:34.48	1-Jul-97	DST MA	Mid Atlantic JOs C. Martinez, M. Stephens, A. Enderle, C. Ruggiero	
	11-12	50 Free	28.06	1-Jun-97	DST MA	Adrienne Williams
		100 Free	1:02.07	1-Jul-97	DST MA	Adrienne Williams
		200 Free	2:13.98	11-Jul-07	DST MA	Kaitlyn Jones at Middle Atlantic Senior LC Championship
		400 Free	4:38.16	26-Jul-07	DST MA	Kaitlyn Jones at 2007 Middle Atlantic Junior Olympics
		800 Free	9:33.41	11-Jul-07	DST MA	Kaitlyn Jones at Middle Atlantic Senior LC Championship
1500 Free		18:50.61	11-Jul-07	DST MA	Kaitlyn Jones at Middle Atlantic Senior LC Championship	
50 Back		31.62	8-Aug-07	DST MA	Kaitlyn Jones at Eastern Zone Age Group Long Course Champs	
100 Back		1:08.34	8-Aug-07	DST MA	Kaitlyn Jones at Eastern Zone Age Group Long Course Champs	
200 Back		2:23.49	8-Aug-07	DST MA	Kaitlyn Jones at Eastern Zone Age Group Long Course Champs	
50 Breast		34.95	1-Jun-97	DST MA	Danielle Lundy	
100 Breast		1:15.88	1-Jul-96	DST MA	Kelly Shinton	
200 Breast		2:53.11	6-Aug-03	DST MA	Katie M. Steeves at 2003 Summer Zones	
50 Fly		30.11	1-May-97	DST MA	Adrienne Williams	
100 Fly		1:08.80	1-Aug-97	DST MA	Laura Bull	
200 Fly		2:31.91	26-Jul-07	DST MA	Kaitlyn Jones at 2007 Middle Atlantic Junior Olympics	
200 IM		2:26.19	26-Jul-07	DST MA	Kaitlyn Jones at 2007 Middle Atlantic Junior Olympics	
400 IM		5:13.69	11-Jul-07	DST MA	Kaitlyn Jones at Middle Atlantic Senior LC Championship	
200 Free Relay		2:00.44	1-Jun-99	DST MA	NBAC M. Stephens, A. Enderle, S. Zomchick, K. Davis	
400 Free Relay		4:22.53	1-Jul-97	DST MA	Mid Atlantic JOs L. Bull, K. MacLeish, M. Husty, A. Williams	
200 Medley Relay		2:11.13	1-Jun-97	DST MA	Painwebber LC Champ K. McConnell, D. Lundy, A. Williams, L. Bull	
400 Medley Relay		4:49.87	1-Jun-97	DST MA	Painwebber LC Champ K. McConnell, D. Lundy, A. Williams, L. Bull	
13-14		50 Free	26.59	3-Mar-11	DST MA	Cierra E. Runge at Indy Grand Prix
		100 Free	57.57	20-Jul-11	DST MA	Lily B. Dubroff at Middle Atlantic Senior LC Championship
	200 Free	2:06.68	9-Aug-10	DST MA	Cierra E. Runge at 2010 Speedo Junior National Championships	
	400 Free	4:27.74	11-Jul-07	DST MA	Nicole E. Vernon at Middle Atlantic Senior LC Championship	
	800 Free	9:11.40	6-Aug-07	DST MA	Nicole E. Vernon at 2007 Speedo Junior National Championships	
	1500 Free	17:16.00	11-Jul-07	DST MA	Nicole E. Vernon at Middle Atlantic Senior LC Championship	
	100 Back	1:03.94	22-May-09	DST MA	Kaitlyn Jones at 2009 Mel Zajac Jr International	
	200 Back	2:14.84	22-May-09	DST MA	Kaitlyn Jones at 2009 Mel Zajac Jr International	
	100 Breast	1:12.62	1-Aug-97	DST MA	Kelly Shinton	
	200 Breast	2:45.43	1-Aug-97	DST MA	Kelly Shinton	
	100 Fly	1:05.31	1-Aug-97	DST MA	Lisa Morelli	
	200 Fly	2:21.53	20-Jul-11	DST MA	COURTNEY M. CLARKE at Middle Atlantic Senior LC Championship	

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13-14	200 IM	2:19.23	22-May-09	DST MA	Kaitlyn Jones at 2009 Mel Zajac Jr International
	400 IM	4:51.00	22-May-09	DST MA	Kaitlyn Jones at 2009 Mel Zajac Jr International
	200 Free Relay	1:56.00	1-Jun-97	DST MA	Quad Meet
	400 Free Relay	4:14.52	1-Jul-96	DST MA	UPAC San Stephens, Sar Stephens, J. Dolbow, Li Morelli
	200 Medley Relay	2:13.56	1-Jun-97	DST MA	Quad Meet
	400 Medley Relay	4:41.67	24-Jul-03	DST MA	Delaware Swim Team S. CHAMPAGNE, M. Frank, K. Tullis, D. La Rue
15-16	50 Free	26.11	20-Jul-11	DST MA	Cierra E. Runge at Middle Atlantic Senior LC Championship
	100 Free	57.30	8-Jul-11	DST MA	Cierra E. Runge at 2011 NBAC MID SUMMER CLASSIC
	200 Free	2:05.87	20-Jul-11	DST MA	Cierra E. Runge at Middle Atlantic Senior LC Championship
	400 Free	4:20.63	5-Mar-09	DST MA	Nicole E. Vernon at 2009 Grand Prix
	800 Free	8:55.46	9-Jan-09	DST MA	Nicole E. Vernon at Berkeley Winter Long Course Invitational
	1500 Free	16:53.05	29-Jul-08	DST MA	Nicole E. Vernon at 2008 U.S. Open
	100 Back	1:03.03	15-Aug-10	DST MA	Kaitlyn Jones at 2010 Youth Olympics
	200 Back	2:12.20	15-Aug-10	DST MA	Kaitlyn Jones at 2010 Youth Olympics
	100 Breast	1:12.42	9-Aug-10	DST MA	Annie Nunes at 2010 Speedo Junior National Championships
	200 Breast	2:38.32	14-Jan-11	DST MA	Haley M. Novak at 2011 USA Swimming Austin Grand Prix
	100 Fly	1:03.17	5-Dec-02	DST MA	Christy Williams at 2002 US Open
	200 Fly	2:20.27	9-Jul-08	DST MA	Megan M. Northshield at Middle Atlantic Senior LC Championship
	200 IM	2:14.53	15-Aug-10	DST MA	Kaitlyn Jones at 2010 Youth Olympics
	400 IM	4:47.98	20-Jul-11	DST MA	Kaitlyn Jones at Middle Atlantic Senior LC Championship
	200 Free Relay	1:57.73	1-Sep-00	DST MA	Erin Courtney, Laura Bull, Kristina MacLeish, Adrienne Williams
	400 Free Relay	4:34.15	2-May-03	DST MA	S. Cross, C. Ruggiero, C. Jaffee, K. Sherwood @Carol Chidester Memorial
	400 Medley Relay	5:06.43	2-May-03	DST MA	C. Ruggiero, S. Cross, S. Zomchick, C. Jaffee @Carol Chidester Memorial
17-18	50 Free	26.99	1-Aug-97	DST MA	Megan Iffland
	100 Free	58.03	1-Aug-97	DST MA	Megan Iffland
	200 Free	2:05.51	3-Aug-10	DST MA	Nicole E. Vernon at 2010 ConocoPhillips National Championships
	400 Free	4:19.82	14-Jan-11	DST MA	Nicole E. Vernon at 2011 USA Swimming Austin Grand Prix
	800 Free	8:49.35	3-Aug-10	DST MA	Nicole E. Vernon at 2010 ConocoPhillips National Championships
	1500 Free	17:44.59	1-Aug-98	DST MA	Morgan Bayer
	100 Back	1:06.40	4-Mar-10	DST MA	Nicole E. Vernon at 2010 USA Swimming Austin Grand Prix
	200 Back	2:17.01	4-Mar-10	DST MA	Nicole E. Vernon at 2010 USA Swimming Austin Grand Prix
	100 Breast	1:10.79	1-Aug-97	DST MA	Jamie Skinner
	200 Breast	2:33.05	1-Aug-97	DST MA	Jamie Skinner
	100 Fly	1:02.62	25-Mar-04	DST MA	Christy Williams at Sectionals
	200 Fly	2:16.29	25-Mar-04	DST MA	Christy Williams at Sectionals
	200 IM	2:18.32	3-Aug-10	DST MA	Nicole E. Vernon at 2010 ConocoPhillips National Championships
	400 IM	4:43.74	26-Aug-10	DST MA	Nicole E. Vernon at 2010 Jr Pan Pacific Swimming Championships
	50 Free	26.11	20-Jul-11	DST MA	Cierra E. Runge at Middle Atlantic Senior LC Championship
	100 Free	57.50	2-Aug-11	DST MA	Cierra E. Runge at 2011 ConocoPhillips National Championships
	200 Free	2:05.87	20-Jul-11	DST MA	Cierra E. Runge at Middle Atlantic Senior LC Championship
	400 Free	4:19.82	14-Jan-11	DST MA	Nicole E. Vernon at 2011 USA Swimming Austin Grand Prix
	800 Free	8:49.35	3-Aug-10	DST MA	Nicole E. Vernon at 2010 ConocoPhillips National Championships
	1500 Free	16:53.05	29-Jul-08	DST MA	Nicole E. Vernon at 2008 U. S. Open
	100 Back	1:03.03	15-Aug-10	DST MA	Kaitlyn Jones at 2010 Youth Olympics
	200 Back	2:12.20	15-Aug-10	DST MA	Kaitlyn Jones at 2010 Youth Olympics
	100 Breast	1:10.79	1-Aug-97	DST MA	Jaime Skinner
200 Breast	2:33.05	1-Jul-97	DST MA	Jaime Skinner	
100 Fly	1:02.62	25-Mar-04	DST MA	Christy Williams at Sectionals	
200 Fly	2:16.29	25-Mar-04	DST MA	Christy Williams at Sectionals	

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200 IM	2:14.53	15-Aug-10	DST MA	Kaitlyn Jones at 2010 Youth Olympics
400 IM	4:43.74	26-Aug-10	DST MA	Nicole E. Vernon at 2010 Jr Pan Pacific Swimming Championships
200 Free Relay	1:51.06	4-Mar-10	DST MA	Delaware Swim Team C. Runge, A. Nunes, L. Dubroff, D. Fox
400 Free Relay	3:56.43	4-Mar-10	DST MA	Delaware Swim Team K. Jones, C. Runge, L. Dubroff, D. Fox
800 Free Relay	8:36.22	1-Aug-97	DST MA	Summer Jr. Nationals C. Reasons, C. McConnell, S. Raezer, M. Iffland
200 Medley Relay	2:06.93	27-Jun-03	DST MA	Delaware Swim Team C. Ademski, C. Williams, S. Zomchick, M. Nilon
400 Medley Relay	4:18.73	1-Aug-98	DST MA	Summer Sr. Nationals La Morelli, Li Morelli, J. Skinner, M. Iffland

RECORDS DST LCM Team Records

LC Meters-Men

10 & U	50 Free	31.14	6-Aug-03	DST MA	Clifton B. Gordon at 2003 Summer Zones		
	100 Free	1:08.26	1-Jun-94	DST MA	Daniel Kump		
	200 Free	2:25.25	1-Aug-97	DST MA	TJ Southmayd		
	400 Free	5:14.61	24-Jul-08	DST MA	Brett A. Saunders at 2008 MA JR OLYMPICS		
	50 Back	35.52	1-Jul-99	DST MA	Chad Simendinger		
	100 Back	1:16.77	1-May-99	DST MA	Chad Simendinger		
	50 Breast	43.32	24-Jul-08	DST MA	Brett A. Saunders at 2008 MA JR OLYMPICS		
	100 Breast	1:33.76	24-Jul-08	DST MA	Brett A. Saunders at 2008 MA JR OLYMPICS		
	50 Fly	32.95	6-Aug-03	DST MA	Clifton B. Gordon at 2003 Summer Zones		
	100 Fly	1:13.24	1-Aug-97	DST MA	TJ Southmayd		
	200 IM	2:43.14	1-Aug-97	DST MA	TJ Southmayd		
	200 Free Relay	2:17.62	1-Jul-97	DST MA	Mid Atlantic JOs	T. Martinez, C. Deputy, J. Boehmer, TJ Southmayd	
	400 Free Relay	5:08.11	1-Jul-97	DST MA	Mid Atlantic JOs	T. Martinez, C. Deputy, J. Boehmer, TJ southmayd	
	200 Medley Relay	2:37.97	1-Jul-97	DST MA	Mid Atlantic JOs	S. Fitzgibbon, B. Pierce, K. Bailey, TJ Southmayd	
	400 Medley Relay	6:26.34	1-Jun-99	DST MA	Summer Storm	C. Simendinger, M. Roman, A. Lampe, B. Deakayne	
	11-12	50 Free	27.68	4-May-01	DST MA	Craig D. Deputy at 2001 May Maelstrom	
		100 Free	1:01.05	4-May-01	DST MA	Craig D. Deputy at 2001 May Maelstrom	
200 Free		2:14.47	24-Jun-11	DST MA	Justin V. Carey at JW Summer Solstice		
400 Free		4:46.37	24-Jun-11	DST MA	Justin V. Carey at JW Summer Solstice		
800 Free		9:52.62	9-May-03	DST MA	Ryan Lynn @ Trident	May Maelstrom	
1500 Free		18:35.39	9-May-03	DST MA	Ryan Lynn @	Trident May Maelstrom	
50 Back		31.85	4-May-01	DST MA	Craig D. Deputy at 2001 May Maelstrom		
100 Back		1:09.26	4-May-01	DST MA	Craig D. Deputy at 2001 May Maelstrom		
50 Breast		37.12	14-Jun-02	DST MA	P.J. Koppel at NBAC Invitational Longcourse Champs		
100 Breast		1:20.00	14-Jul-02	DST MA	P.J. Koppel at NBAC Invitational Longcourse Champs		
50 Fly		31.52	24-Jun-11	DST MA	Justin V. Carey at JW Summer Solstice		
100 Fly		1:09.55	24-Jun-11	DST MA	Justin V. Carey at JW Summer Solstice		
200 Fly		2:34.07	2-May-03	DST MA	Ryan Lynn at	Carol Chidester Memorial Long Course Meet	
200 IM		2:30.65	14-Jun-02	DST MA	P.J. Koppel at NBAC Invitational Longcourse Champs		
400 IM		5:30.75	2-May-03	DST MA	Ryan Lynn at	Carol Chidester Memorial Long Course Meet	
200 Free Relay		1:59.04	1-Jun-96	DST MA	NBAC	D. Kump, D. Klee, M. McCreary, S. Ferguson	
400 Free Relay		4:25.98	1-Jun-96	DST MA	NBAC	D. Kump, D. Klee, M. McCreary, S. Ferguson	
200 Medley Relay		2:25.84	1-Jun-96	DST MA	NBAC	D. Kump, M. McCreary, R. McAnelly, D. Klee	
400 Medley Relay		5:00.79	1-Jun-96	DST MA	NBAC	D. Kump, M. McCreary, D. Klee, S. Ferguson	
13-14		50 Free	24.93	1-Jul-95	DST MA	Chuck McVaugh	
	100 Free	54.57	1-Jul-95	DST MA	Chuck McVaugh		
	200 Free	2:00.79	1-Jul-95	DST MA	Chuck McVaugh		
	400 Free	4:14.68	13-Jan-06	DST MA	Andrew D. Gemmell at Burgdorff Invitational 2006		
	800 Free	8:44.99	13-Jan-06	DST MA	Andrew D. Gemmell at Burgdorff Invitational 2006		
	1500 Free	16:30.44	13-Jan-06	DST MA	Andrew D. Gemmell at Burgdorff Invitational 2006		
	100 Back	1:02.64	25-Jul-02	DST MA	Nick Hanes at Middle Atlantic 2002 Summer JOs		
	200 Back	2:15.52	13-Jan-06	DST MA	Andrew D. Gemmell at Burgdorff Invitational 2006		
	100 Breast	1:07.06	8-Aug-07	DST MA	Tanner J. Kurz at Eastern Zone Age Group Long Course Champs		
	200 Breast	2:28.16	10-Jun-04	DST MA	PJ Koppel at 2004 NC CharlotteUltra Swim		
	100 Fly	58.23	8-Aug-07	DST MA	Tanner J. Kurz at Eastern Zone Age Group Long Course Champs		
	200 Fly	2:12.95	13-Jan-06	DST MA	Andrew D. Gemmell at Burgdorff Invitational 2006		
	200 IM	2:13.28	8-Aug-07	DST MA	Tanner J. Kurz at Eastern Zone Age Group Long Course Champs		

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13-14	400 IM	4:42.60	8-Aug-07	DST MA	Tanner J. Kurz at Eastern Zone Age Group Long Course Champs
	200 Free Relay	1:49.06	1-Jul-95	DST MA	Buffalo International C. McVaugh, B. Pembleton, M. Gentilucci, J. Willis
	400 Free Relay	4:01.46	1-Jul-97	DST MA	Mid Atlantic JOs M. McCreary, R. McAnelly, K. Bull, P. McVaugh
	400 Medley Relay	4:27.55	1-Jul-95	DST MA	Buffalo International J. Willis, M. Gentilucci, C. McVaugh, B. Pembleton
15-16	50 Free	24.50	4-Mar-10	DST MA	Tanner J. Kurz at 2010 USA Swimming Austin Grand Prix
	100 Free	53.77	21-Jul-10	DST MA	Tyler A. Early at Middle Atlantic Senior LC Championship
	200 Free	1:56.85	21-Jul-10	DST MA	Tyler A. Early at Middle Atlantic Senior LC Championship
	400 Free	4:04.78	11-Jul-07	DST MA	Andrew D. Gemmell at Middle Atlantic Senior LC Championship
	800 Free	8:14.14	31-Jul-07	DST MA	Andrew D. Gemmell at 2007 ConocoPhillips USA Swimming
	1500 Free	15:38.91	4-Jan-08	DST MA	Andrew D. Gemmell at 2008 Victorian Championships
	100 Back	58.36	25-Mar-04	DST MA	Mike Hopkins at Sectionals
	200 Back	2:05.69	25-Mar-04	DST MA	Mike Hopkins at Sectionals
	100 Breast	1:05.96	4-Mar-10	DST MA	Tanner J. Kurz at 2010 USA Swimming Austin Grand Prix
	200 Breast	2:25.01	11-Jul-07	DST MA	Eric R. Materniak at Middle Atlantic Senior LC Championship
	100 Fly	57.25	4-Mar-10	DST MA	Tanner J. Kurz at 2010 USA Swimming Austin Grand Prix
	200 Fly	2:03.12	4-Jan-08	DST MA	Andrew D. Gemmell at 2008 Victorian Championships
	200 IM	2:09.91	4-Jan-08	DST MA	Andrew D. Gemmell at 2008 Victorian Championships
	400 IM	4:26.40	4-Jan-08	DST MA	Andrew D. Gemmell at 2008 Victorian Championships
	400 Free Relay	3:58.98	2-May-03	DST MA	A. Zinn, M. Hopkins, C. Koppel, J. White @Carol Chidester Memorial
	400 Medley Relay	4:30.72	2-May-03	DST MA	M. Hopkins, J. White, C. Koppel, A. Zinn 2Carol Chidester Memorial
17-18	50 Free	24.70	3-Mar-11	DST MA	Tanner J. Kurz at Indy Grand Prix
	100 Free	52.93	20-Jul-11	DST MA	Tyler A. Early at Middle Atlantic Senior LC Championship
	200 Free	1:56.65	20-Jul-11	DST MA	Tyler A. Early at Middle Atlantic Senior LC Championship
	400 Free	3:59.50	5-Mar-09	DST MA	Andrew D. Gemmell at 2009 Grand Prix
	800 Free	8:08.25	7-Jul-09	DST MA	Andrew D. Gemmell at ConocoPhillips National Championships
	1500 Free	15:14.18	7-Jul-09	DST MA	Andrew D. Gemmell at ConocoPhillips National Championships
	100 Back	58.40	21-Jul-05	DST MA	Mike Hopkins at 2005 SPEEDO CHAMPIONS SERIES
	200 Back	2:03.52	5-Mar-09	DST MA	Andrew D. Gemmell at 2009 Grand Prix
	100 Breast	1:05.29	5-Aug-03	DST MA	Brent E. Deputy at Summer Nationals
	200 Breast	2:20.93	3-Aug-10	DST MA	Eric R. Materniak at 2010 ConocoPhillips National Championships
	100 Fly	57.18	9-Aug-10	DST MA	Clifton B. Gordon at 2010 Speedo Junior National Championships
	200 Fly	2:01.92	7-Jul-09	DST MA	Andrew D. Gemmell at ConocoPhillips National Championships
	200 IM	2:04.64	5-Mar-09	DST MA	Andrew D. Gemmell at 2009 Grand Prix
	400 IM	4:17.97	5-Mar-09	DST MA	Andrew D. Gemmell at 2009 Grand Prix
	50 Free	24.50	4-Mar-10	DST MA	Tanner J. Kurz at 2010 USA Swimming Austin Grand Prix
	100 Free	52.93	20-Jul-11	DST MA	Tyler A. Early at Middle Atlantic Senior LC Championship
	200 Free	1:56.65	20-Jul-11	DST MA	Tyler A. Early at Middle Atlantic Senior LC Championship
	400 Free	3:52.24	2-Aug-11	DST MA	Andrew D. Gemmell at 2011 ConocoPhillips National Championships
	800 Free	8:08.25	7-Jul-09	DST MA	Andrew D. Gemmell at ConocoPhillips National Championships
	1500 Free	15:01.31	2-Aug-11	DST MA	Andrew D. Gemmell at 2011 ConocoPhillips National Championships
	100 Back	58.36	25-Mar-04	DST MA	Mike Hopkins at Sectionals
	200 Back	2:03.52	5-Mar-09	DST MA	Andrew D. Gemmell at 2009 Gr and Prix
	100 Breast	1:03.76	10-Aug-00	DST MA	SETH VAN NEERDEN at Olympic Trials
	200 Breast	2:20.43	2-Aug-11	DST MA	Eric R. Materniak at 2011 ConocoPhillips National Championships
	100 Fly	57.18	9-Aug-10	DST MA	Clifton B. Gordon at 2010 Speedo Junior National Championships
	200 Fly	2:01.92	7-Jul-09	DST MA	Andrew D. Gemmell at ConocoPhillips National Championships
	200 IM	2:04.64	5-Mar-09	DST MA	Andrew D. Gemmell at 2009 Grand Prix
	400 IM	4:17.45	3-Aug-10	DST MA	Andrew D. Gemmell at 2010 ConocoPhillips National Championships
	200 Free Relay	1:41.75	1-Jul-95	DST MA	Buffalo International D. Scanlon, P. Maher, M. Wilson, P. Fitzgerald

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400 Free Relay	3:40.14	21-Jul-10	DST MA	Delaware Swim Team	T. Early, C. Gordon, A. Gemmell, B. Brooks
800 Free Relay	8:13.92	1-Aug-95	DST MA	Summer Jr. Nationals	P Maher, M. Wilson, M. Fortman, D. Scanlon
200 Medley Relay	1:55.43	27-Jun-03	DST MA	Delaware Swim Team	M. Hopkins, C. Koppel, M. Ramone, A. Zinn
400 Medley Relay	4:00.45	4-Mar-10	DST MA	Delaware Swim Team	C. Gordon, E. Materniak, T. Kurz, M. Armiger