

# WEST Team Records- Long Course Meters

## Men

<b>10 &amp; U</b>	50 Free	32.35	<b>18-Jul-03</b>	SAM MILLER at Age Group Seattle Open	
	100 Free	1:13.23	<b>18-Jul-03</b>	SAM MILLER at Age Group Seattle Open	
	200 Free	2:41.65	<b>18-Jul-03</b>	SAM MILLER at Age Group Seattle Open	
	400 Free	6:32.17	<b>3-Jun-05</b>	RYAN R. GIFFORD at 2005 Apple Capital Invite	
	50 Back	38.18	<b>19-Apr-02</b>	SEAN J. NESHEIM at ISLAND INVITATIONAL L/C	
	100 Back	1:26.52	<b>18-Jul-03</b>	SAM MILLER at Age Group Seattle Open	
	50 Breast	45.41	<b>16-Jun-06</b>	JAKE L. ULMER at Pac Rim	
	100 Breast	1:40.44	<b>24-Jun-05</b>	KYLE G. CHRISTENSON at Pacific Rim	
	50 Fly	37.30	<b>19-Apr-02</b>	SEAN J. NESHEIM at ISLAND INVITATIONAL L/C	
	100 Fly	1:23.64	<b>18-Jul-03</b>	SAM MILLER at Age Group Seattle Open	
	200 IM	3:02.22	<b>18-Jul-03</b>	SAM MILLER at Age Group Seattle Open	
	200 Free Relay	2:30.65	<b>22-Jun-07</b>	C. VANDERWEL, I. CARPENTER, WUNDERLICH, EMER	
	200 Medley Relay	2:53.10	<b>22-Jun-07</b>	EMERICK, WUNDERLICH, C. VANDERWEL, I. CARPEN	
	<b>11-12</b>	50 Free	27.67	<b>5-Aug-09</b>	Conner McGinnis at N. American Challenge Cup
		100 Free	1:02.31	<b>23-Jul-09</b>	Conner McGinnis at PNS LC Championships
		200 Free	2:20.27	<b>5-Aug-03</b>	SEAN J. NESHEIM at Western Zones
		400 Free	5:00.18	<b>5-Aug-03</b>	SEAN J. NESHEIM at Western Zones
1500 Free		20:16.03	<b>23-Jul-09</b>	Cole VanderWel at PNS LC Championships	
50 Back		32.23	<b>23-Jul-09</b>	Conner McGinnis at PNS LC Championships	
100 Back		1:09.87	<b>5-Aug-09</b>	Conner McGinnis at N. American Challenge Cup	
200 Back		2:32.54	<b>23-Jul-09</b>	Conner McGinnis at PNS LC Championships	
50 Breast		38.87	<b>31-Dec-98</b>	Peter Mullins	
100 Breast		1:26.88	<b>31-Dec-99</b>	Ethan Cramer	
200 Breast		3:12.70	<b>31-Dec-98</b>	Ethan Cramer	
50 Fly		31.19	<b>10-Jul-09</b>	Conner McGinnis at Age Group Seattle Open	
100 Fly		1:10.87	<b>10-Dec-04</b>	PNANDREW MAK at Blue, Silver & Gold Eligibility	
200 Fly		2:51.27	<b>23-Jul-09</b>	Cole VanderWel at PNS LC Championships	
200 IM		2:43.03	<b>5-Aug-09</b>	Conner McGinnis at N. American Challenge Cup	
400 IM		5:59.79	<b>23-Jul-09</b>	Cole VanderWel at PNS LC Championships	
200 Free Relay		2:07.75	<b>23-Jul-09</b>	C. VanderWel, I. Carpenter, A. Barnard, C. McGinnis	
400 Free Relay		4:41.70	<b>23-Jul-09</b>	C. VanderWel, A. Barnard, I. Carpenter, C. McGinnis	
200 Medley Relay		2:26.59	<b>23-Jul-09</b>	C. MCGINNIS, B. O'Neal, C. VanderWel, A. Barnard	
400 Medley Relay		5:24.54	<b>23-Jul-09</b>	C. MCGINNIS, J. Taylor, C. VanderWel, A. Barnard	
<b>13-14</b>	50 Free	26.42	<b>31-Dec-95</b>	Kyle Victor	
	100 Free	58.27	<b>31-Dec-95</b>	Kyle Victor	
	200 Free	2:06.49	<b>31-Dec-96</b>	Chris Smith	
	400 Free	4:28.80	<b>31-Dec-99</b>	Chris Smith	
	800 Free	9:25.32	<b>31-Dec-99</b>	Steven Clark	
	1500 Free	17:57.02	<b>31-Dec-99</b>	Steven Clark	
	100 Back	1:08.36	<b>31-Dec-98</b>	Chris Smith	
	200 Back	2:22.27	<b>31-Dec-98</b>	Chris Smith	
	100 Breast	1:16.52	<b>31-Dec-99</b>	Ryan Wang	
	200 Breast	2:46.06	<b>31-Dec-98</b>	Ryan Wang	
	100 Fly	1:01.58	<b>23-Jul-09</b>	Alec Barnard at PNS LC Championships	
	200 Fly	2:21.54	<b>23-Jul-09</b>	Alec Barnard at PNS LC Championships	
	200 IM	2:26.01	<b>31-Dec-96</b>	Kyle Victor	
	400 IM	5:12.69	<b>31-Dec-98</b>	Steven Clark	
	200 Free Relay	1:59.81	<b>23-Jul-09</b>	M. Williamson, R. Gifford, K. Christenson, A. Barnard	
	400 Free Relay	4:20.30	<b>23-Jul-09</b>	A. Barnard, K. Christenson, R. Gifford, M. Williamson	
	200 Medley Relay	2:14.72	<b>23-Jul-09</b>	M. Williamson, K. Christenson, A. Barnard, R. Gifford	
	400 Medley Relay	4:47.25	<b>23-Jul-09</b>	M. Williamson, K. Christenson, A. Barnard, R. Gifford	
	<b>Senior</b>	50 Free	25.88	<b>31-Dec-98</b>	Ben Cramer
		100 Free	55.61	<b>4-Dec-00</b>	Chris Smith
200 Free		1:57.83	<b>4-Aug-08</b>	Bryan Michaels at Jr. Nationals	
400 Free		4:04.72	<b>31-Jul-08</b>	BRYAN C. MICHAELS at PNS Long Course Championship	

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800 Free	8:32.22	<b>31-Jul-08</b>	BRYAN C. MICHAELS at PNS Long Course Championship
1500 Free	16:17.19	<b>4-Aug-08</b>	Bryan Michaels at Jr. Nationals
100 Back	1:06.30	<b>31-Dec-99</b>	Eddie Anderton
200 Back	2:17.10	<b>31-Dec-00</b>	Eddie Anderton
100 Breast	1:12.41	<b>25-Jul-01</b>	PETER M. MULLINS at USA Swimming/Speedo Champions
200 Breast	2:40.15	<b>18-Jul-06</b>	BRYAN C. MICHAELS at Senior Sectionals
100 Fly	1:01.17	<b>23-Jul-02</b>	EDDIE ANDERTON at Senior Sectionals
200 Fly	2:12.60	<b>25-Jul-01</b>	EDDIE ANDERTON at USA Swimming/Speedo Champions
200 IM	2:16.03	<b>31-Dec-99</b>	Chris Smith
400 IM	4:47.85	<b>25-Jul-01</b>	EDDIE ANDERTON at USA Swimming/Speedo Champions
200 Free Relay	1:46.99	<b>22-Jun-07</b>	A. TARR, J. ROGERS, B. MICHAELS, S. ATKINSON
400 Free Relay	4:03.55	<b>2-Jun-06</b>	S. ATKINSON, A. TARR, M. KEANE, B. MICHAELS
800 Free Relay	9:09.93	<b>29-Jun-06</b>	B. MICHAELS, M. KEANE, J. ROGERS, S. ATKINSON
200 Medley Relay	2:01.11	<b>27-Jul-06</b>	J. ROGERS, B. MICHAELS, T. GRIMES, A. TARR
400 Medley Relay	4:36.93	<b>31-May-02</b>	J. PLEASANT, P. MULLINS, E. ANDERTON, R. WANG