

## Colorado Masters Swimming State Records

### Long Course Meters-Relays

Updated through 9/30/2010 next update Dec. 2011

72-99						
Open Division				Workout Group Division		
Team	Swimmers	Year	Time	Relay	Team	Swimmers
				Men's 200 Free 72-99		
				Men's 200 Medley 72-99		
				Men's 400 Free 72-99		
				Men's 400 Medley 72-99		
				Men's 800 Free 72-99		
				Women's 200 Free 72-99		
				Women's 200 Medley 72-99		
				Women's 400 Free 72-99		
				Women's 400 Medley 72-99		
				Women's 800 Free 72-99		
				Mixed 200 Free 72-99		
				Mixed 200 Medley 72-99		
				Mixed 400 Free 72-99		
				Mixed 400 Medley 72-99		

				Mixed 800 Free 72-99				
<b>100-119</b>								
<b>Open Division</b>					<b>Workout Group Division</b>			
Team	Swimmers	Year	Time	Relay	Team	Swimmers	Year Time	
				Men's 200 Free 100-119				
				Men's 200 Medley 100-119				
CMS	Corey Parker(30) Sean Maher(23) Christopher Thomas(35) Jeffrey Johnson(30)	2002	4:26.61	Men's 400 Free 100-119	SQUID	Corey Parker(30) Sean Maher(23) Christopher Thomas(35) Jeffrey Johnson(30)	2002 4:26.61	
CMS	Thomas Morrissey(24) John Hayden(30) Daniel Phillips(33) Adam Thodey(28)	2002	5:44.89	Men's 400 Medley 100-119	SQUID	Thomas Morrissey(24) John Hayden(30) Daniel Phillips(33) Adam Thodey(28)	2002 5:44.89	
				Men's 800 Free 100-119				
				Women's 200 Free 100-119				
				Women's 200 Medley 100-119				
				Women's 400 Free 100-119				
				Women's 400 Medley 100-119				
				Women's 800 Free 100-119				
				Mixed 200 Free 100-119				
				Mixed 200 Medley 100-119				
				Mixed 400 Free 100-119				
CMS	Scott Ko(26)	2009	3:58.81	Mixed 400 Medley	Bee Gees	Scott Ko(26)	2009 3:58.81	

	Chelsea Gibbons(26) Carter Cooper(27) Shannon Hoelsing(28)		100-119		Chelsea Gibbons(26) Carter Cooper(27) Shannon Hoelsing(28)	
CMS	Scott Ko(26) Chelsea Gibbons(26) Shannon Hoelsing(28) Carter Cooper(27)	2009 11:22.04	Mixed 800 Free 100-119	Bee Gees	Scott Ko(26) Chelsea Gibbons(26) Shannon Hoelsing(28) Carter Cooper(27)	2009 11:22.04
<b>120-159</b>						

Open Division				Workout Division				
Team	Swimmers	Year	Time	Relay	Team	Swimmers	Year	Time
CMS	Steven Kahl(44) Mike Gonzales(40) Thomas Rosinski(36) Schuyler Smith(38)	2006	1:41.54	Men's 200 Free 120-159				
CMS	Andrew La Vasseur(47) Doston Ganiyev(23) Keith Pryor(40) Jon Christianson(29)	2010	1:52.46	Men's 200 Medley 120-159				
Rocky Mtn. Masters	Pat Chaiyaroj(39) Keith Pryor(32) Corey Parker(30) Jeff Commings(28)	2003	3:57.81	Men's 400 Free 120-159	SQUID	Pat Chaiyaroj(39) Richard Nielsen(38) Keith Pryor(32) Paul Lemp(35)	2002	4:21.94
Rocky Mtn. Masters	Jeff Commings(28) Richard Nielsen(40) Adam Thodey(30) Dan Phillips(35)	2005	4:49.26	Men's 400 Medley 120-159	SQUID	Paul Lemp(35) Jeff Commings(28) Richard Nielsen(38) Christopher Thomas(35)	2002	4:59.50
Rocky Mtn. Masters	Keith Pryor(32) John Hayden(30) Matt Fisher(43) Pat Chaiyaroj(39)	2003	10:03.68	Men's 800 Free 120-159				
Rocky Mtn. Masters	Kathy Garnier(38) Laura McKeever(30) Jennifer Rocke(33) Laureen Welting(32)	1998	1:58.23	Women's 200 Free 120-159				
Rocky Mtn. Masters	Jennifer Rocke(33) Laureen Welting(32) Laura McKeever(30) Kathy Garnier(38)	1998	2:17.38	Women's 200 Medley 120-159				
CMS	Jennifer Huyler(36) Loni Coyne(45) Amy O'Brien(44) Emily Thul(27)	2002	5:51.57	Women's 400 Free 120-159	SQUID	Jennifer Huyler(36) Loni Coyne(45) Amy O'Brien(44) Emily Thul(27)	2002	5:51.57
				Women's 400 Medley 120-159				
CMS	Ellie Najjar(48) Amy Hui(29) Tricia Good(38) Heather Bennett(28)	2009	11:35.27	Women's 800 Free 120-159				
				Mixed 200 Free 120-159				
Rocky Mtn. Masters	Daniel Thomas(21) Travis Mabry(26) Tiffany Forbes(37) Heather Hagadorn(39)	2004	2:05.04	Mixed 200 Medley 120-159				

CMS	Michael Cox(32) Amy Hui(29) Chris O'Sullivan(34) Leah Maples(35)	2009	6:08.96	Mixed 400 Free 120-159			
Rocky Mtn. Masters	Jeffrey Johnson(30) Loni Coyne(45) Pat Chaiyaroj(39) Amy O'Brien(44)	2002	5:21.39	Mixed 400 Medley 120-159	SQUID	Jeffrey Johnson(30) Loni Coyne(45) Pat Chaiyaroj(39) Amy O'Brien(44)	2002 5:21.39
				Mixed 800 Free 120-159			
<b>160-199</b>							
<b>Open Division</b>				<b>Workout Division</b>			
Team	Swimmers	Year	Time	Relay	Team	Swimmers	Year Time
CMS	Matt Eisenhuth(36) Schuyler Smith(42) Thomas Rosinski(40) Greg Scott(51)	2010	1:41.92	Men's 200 Free 160-199			
CMS	Andrew Gill(44) Greg Scott(51) Matt Eisenhuth(36) Schuyler Smith(42)	2008	1:53.29	Men's 200 Medley 160-199			
CMS	Mick Barnhardt(41) Jamie Henderson(45) Matt Fisher(43) Scott Landis(47)	2002	4:59.70	Men's 400 Free 160-199	SQUID	Mick Barnhardt(41) Jamie Henderson(45) Matt Fisher(43) Scott Landis(47)	2002 4:59.70
CMS	Kevin Brauer(51) William Carlton(56) John Hayden(38) Patrick Benefield(29)	2010	6:57.79	Men's 400 Medley 160-199			
CMS	Bill Mead(59) Kevin Brauer(51) Jason Slinde(31) John Hayden(38)	2010	16:28.12	Men's 800 Free 160-199			
CMS	Kathy Garnier(46) Heather Hagadorn(41) Laura Smith(40) Laura Dravenstott(35)	2006	1:58.54	Women's 200 Free 160-199			
CMS	Nicole Vanderpoel(42) Amy Webb(31) Karen Rosener(52) Kathy Garnier(46)	2006	2:17.08	Women's 200 Medley 160-199			
				Women's 400 Free 160-199			
				Women's 400 Medley 160-199			
				Women's 800 Free 160-199			
Rocky Mtn. Masters	Kathy Garnier(38) Laureen Welting(32) Richard Abrahams(53)	1998	1:45.83	Mixed 200 Free 160-199			

CMS	James Lillley(38) Mike Gonzales(40) Greg Scott(47) Karen Rosener(52) Amy Webb(31)	2006	2:06.30	Mixed 200 Medley 160-199				
				Mixed 400 Free 160-199				
CMS	Kent Carney(62) Tracia Goode(38) Greg Scott(50) Ellie Najjar(48)	2009	5:17.70	Mixed 400 Medley 160-199				
CMS	Rachael Bennett(42) Leah Maples(35) Jon Sarche(41) Mark Johnson(49)	2009	11:44.67	Mixed 800 Free 160-199	Swimdogs	Rachael Bennett(42) Leah Maples(35) Jon Sarche(41) Mark Johnson(49)	2009	11:44.67
<b>200-239</b>								
<b>Open Division</b>				<b>Workout Division</b>				
Team	Swimmers	Year	Time	Relay	Team	Swimmers	Year	Time
CMS	Jack Groselle(52) Trip Hedrick(52) Steve Wood(46) Richard Abrahams(61)	2006	1:38.24	Men's 200 Free 200-239				
CMS	Steve Wood(46) Jack Groselle(52) Trip Hedrick(52) Richard Abrahams(61)	2006	1:50.83	Men's 200 Medley 200-239				
SQUID	Tom Arrison(52) David Johnson(60) Tom Baugh(50) Robert Terry(49)	2002	6:31.03	Men's 400 Free 200-239	SQUID	Tom Arrison(52) David Johnson(60) Tom Baugh(50) Robert Terry(49)	2002	6:31.03
SQUID	Wayne Lee(48) David Johnson(60) Jamie Henderson(45) Robert Terry(49)	2002	6:47.09	Men's 400 Medley 200-239	SQUID	Wayne Lee(48) David Johnson(60) Jamie Henderson(45) Robert Terry(49)	2002	6:47.09
				Men's 800 Free 200-239				
CMS	Kathy Garnier(45) Marcia Anziano(60) Jane Oberg(68) Heather Hagadorn(40)	2005	2:18.39	Women's 200 Free 200-239				
CMS	Amanda Krause(30) Patricia Harkreader(70) Dana Shieman(44) Marcia Anziano(61)	2006	3:19.40	Women's 200 Medley 200-239				
				Women's 400 Free 200-239				
				Women's 400 Medley 200-239				
				Women's 800 Free 200-239				

CMS	Trip Hedrick(52) Kim Crouch(45) Kathy Garnier(46) Richard Abrahams(61)	2006	1:44.96	Mixed 200 Free 200-239	
CMS	Richard Abrahams(65) Kathy Garnier(50) Greg Scott(51) Heather Hagadorn(45)	2010	2:23.83	Mixed 200 Medley 200-239	
				Mixed 400 Free 200-239	
				Mixed 400 Medley 200-239	
				Mixed 800 Free 200-239	
<b>240-279</b>					
<b>Open Division</b>				<b>Workout Division</b>	
Team	Swimmers	Year	Time	Relay	Team
CMS	Tom Arrison(60) Glennn Pflum(60) David Johnson(69) William Carlton(56)	2010	2:54.38	Men's 200 Free 240-279	
CMS	Bill Mead(59) David Johnson(69) Kevin Thorn(54) Tom Arrison(60)	2010	3:27.71	Men's 200 Medley 240-279	
				Men's 400 Free 240-279	
CMS	Craig Petersen(49) Mel Dyck(68) Richard Abrahams(64) Carl Selles(62)	2009	4:49.24	Men's 400 Medley 240-279	
				Men's 800 Free 240-279	
CMS	Winifred Prall(60) Judy Kennedy(70) Jane Oberg(70) Ellie Najjar(46)	2007	2:38.29	Women's 200 Free 240-279	
CMS	Grace Dyck(64) Mary Anne Nelson(55) Jane Oberg(68) Marcia Anziano(60)	2005	3:16.92	Women's 200 Medley 240-279	
				Women's 400 Free 240-279	
				Women's 400 Medley 240-279	

				Women's 800 Free 240-279	
CMS	John Hughes(52) Morgan Edwards(61) Jane Oberg(68) Marcia Anziano(60)	2005	2:24.57	Mixed 200 Free 240-279	
CMS	Stan Benson(54) Richard Hess(53) Jane Oberg(70) Patricia Harkreader(71)	2007	2:44.13	Mixed 200 Medley 240-279	
				Mixed 400 Free 240-279	
				Mixed 400 Medley 240-279	
				Mixed 800 Free 240-279	

**280-319**

<b>Open Division</b>				<b>Workout Division</b>				
<b>Team</b>	<b>Swimmers</b>	<b>Year</b>	<b>Time</b>	<b>Relay</b>	<b>Team</b>	<b>Swimmers</b>	<b>Year</b>	<b>Time</b>
				Men's 200 Free 280-319				
				Men's 200 Medley 280-319				
				Men's 400 Free 280-319				
				Men's 400 Medley 280-319				
				Men's 800 Free 280-319				
				Women's 200 Free 280-319				
				Women's 200 Medley 280-319				
				Women's 400 Free 280-319				

			Women's 400 Medley 280-319	
			Women's 800 Free 280-319	
CMS	Jane Oberg(70) Winifred Prall(60) Jack Truby(83) Bob Patten(73)	2007 2:48.08	Mixed 200 Free 280-319	
			Mixed 200 Medley 280-319	
			Mixed 400 Free 280-319	
			Mixed 400 Medley 280-319	
			Mixed 800 Free 280-319	