

Capital Area Aquatics All-Time Team Records



Long Course Meters

Last Update: 9/5/2024

6 & Under LCM

Name	Date	Time		Time	Date	Name
Alison Gibson	5/20/2006	49.36	50 Free	47.09	4/18/2008	Luke Jones
Alison Gibson	5/20/2006	1:57.67	100 Free	1:50.80	5/3/2008	Luke Jones
			200 Free			
Alison Gibson	6/30/2006	1:02.62	50 Back	56.73	5/3/2008	Luke Jones
Maddie Campbell	6/6/2021	2:31.97	100 Back			
Alison Gibson	5/20/2006	1:07.64	50 Breast	59.83	6/16/2018	Daniil Prokazov
Alison Gibson	4/29/2006	2:26.93	100 Breast	2:10.47	5/12/2018	Daniil Prokazov
Olivia Nassar	4/14/2018	1:28.29	50 Fly	1:16.85	6/16/2018	Daniil Prokazov
			100 Fly			

7-8 LCM

Name	Date	Time		Time	Date	Name
Emilia Gutierrez	6/16/2018	39.27	50 Free	37.35	5/3/2008	Will Thomas
Tiffany Tran	4/30/2011	1:25.02	100 Free	1:22.67	7/21/2019	Gear Noel
Gracie Doyal	6/15/2013	3:11.62	200 Free	2:57.52	5/8/2021	Logan Schrock
Evan Biles	5/20/2012	6:52.61	400 Free	6:11.90	6/6/2021	Logan Schrock
Tiffany Tran	4/30/2011	44.44	50 Back	43.52	6/21/2019	Gear Noel
Lilly Jayne Allison	4/8/2017	1:40.44	100 Back	1:35.29	7/21/2019	Gear Noel
			200 Back			
Tiffany Tran	4/30/2011	51.87	50 Breast	49.66	5/20/2006	Grant Gibson
Lilly Jayne Allison	4/9/2017	1:51.95	100 Breast	1:49.34	6/17/2011	Will Raeder
Tiffany Tran	5/15/2010	4:21.99	200 Breast			
Tiffany Tran	4/30/2011	44.22	50 Fly	48.74	6/24/2011	Callahan Hefner
Tiffany Tran	8/7/2010	1:53.28	100 Fly	2:00.97	6/17/2012	Eric Yang
			200 Fly			
Evan Biles	7/7/2012	3:31.05	200 IM	3:38.31	5/1/2021	Logan Schrock

9-10 LCM

Name	Date	Time		Time	Date	Name
Ella Mongenel	7/30/2017	31.81	50 Free	30.88	4/14/2019	Austin Ross
Alyssa Woltemath	7/6/2006	1:12.13	100 Free	1:08.45	7/18/2007	David Reinis
Alyssa Woltemath	7/6/2006	2:34.85	200 Free	2:30.18	4/14/2018	Tristan McCain
Morgan Johnson	7/24/2010	5:25.65	400 Free	5:18.94	7/18/2007	David Reinis
Hannah Feng	4/30/2011	36.93	50 Back	36.40	7/16/2017	Gabriel Aleman
Alyssa Woltemath	7/6/2006	1:23.32	100 Back	1:19.35	7/30/2017	Gabriel Aleman
Jennifer Lear	7/1/2011	3:03.92	200 Back	3:00.07	6/29/2007	David Reinis
Hannah Feng	4/30/2011	44.07	50 Breast	43.96	7/8/2005	Wes Thomas
Anna Kate Halligan	7/15/2016	1:37.14	100 Breast	1:34.56	7/15/2022	Nixon Wilkinson
Hannah Feng	4/30/2011	3:26.65	200 Breast	3:14.85	4/29/2006	Wes Thomas

Hannah Feng	4/30/2011	35.59	50 Fly	34.42	4/14/2019	Austin Ross
Hannah Feng	4/30/2011	1:19.31	100 Fly	1:22.24	4/14/2018	Tristan McCain
			200 Fly			
Gracie Doyal	6/28/2015	3:00.09	200 IM	3:02.35	5/12/2018	Tristan McCain
Jennifer Lear	7/2/2011	6:37.66	400 IM			

11-12 LCM

Name	Date	Time		Time	Date	Name
Sienna Bruner	7/12/2019	28.36	50 Free	26.80	7/24/2019	Cade Sullivan
Sienna Bruner	7/12/2019	1:03.59	100 Free	59.73	7/23/2015	Take Seckler
Morgan Johnson	7/27/2012	2:17.33	200 Free	2:15.32	7/24/2019	Cade Sullivan
Melaina Howard	5/18/2018	4:45.47	400 Free	4:41.32	6/21/2019	Tristan McCain
Morgan Johnson	7/7/2012	10:09.96	800 Free	11:11.28	5/20/2007	Wes Thomas
Morgan Johnson	7/15/2012	19:12.08	1500 Free			
Sienna Bruner	7/12/2019	33.61	50 Back	33.72	7/3/2009	Audie Embestro
Alyssa Woltemath	4/18/2008	1:10.68	100 Back	1:11.45	5/22/2009	David Reinis
Alyssa Woltemath	4/18/2008	2:30.16	200 Back	2:33.86	7/3/2009	David Reinis
Lilly Jayne Allison	5/1/2021	37.28	50 Breast	37.80	4/18/2008	Wes Thomas
Lilly Jayne Allison	5/8/2021	1:20.31	100 Breast	1:21.79	4/18/2008	Wes Thomas
Laurie Prinz	8/2/2009	2:57.62	200 Breast	2:52.72	4/18/2008	Wes Thomas
Sienna Bruner	7/12/2019	31.01	50 Fly	29.37	7/25/2015	Take Seckler
Sienna Bruner	7/12/2019	1:10.45	100 Fly	1:08.55	7/22/2011	Kevin Fang
Gracie Doyal	7/15/2017	2:34.81	200 Fly	2:39.09	7/21/2011	Kevin Fang
Catriona MacGregor	7/1/2011	2:36.39	200 IM	2:37.93	7/30/2009	Audie Embestro
Catriona MacGregor	5/20/2011	5:35.54	400 IM	5:39.78	7/3/2009	Audie Embestro

13-14 LCM

Name	Date	Time		Time	Date	Name
Isabelle Guerra	7/26/2015	27.32	50 Free	25.57	8/2/2009	Joe Martinez
Isabelle Guerra	7/23/2015	59.70	100 Free	54.61	7/16/2009	Joe Martinez
Morgan Johnson	6/29/2014	2:10.28	200 Free	1:58.42	7/31/2009	Joe Martinez
Morgan Johnson	7/29/2014	4:28.55	400 Free	4:06.84	7/16/2009	Joe Martinez
Morgan Johnson	3/1/2015	9:12.85	800 Free	8:48.24	7/21/2021	Tristan McCain
Morgan Johnson	7/13/2014	17:37.40	1500 Free	16:47.52	7/25/2021	Tristan McCain
Isabelle Guerra	7/26/2015	1:07.96	100 Back	1:03.33	7/16/2009	Joe Martinez
Alyssa Woltemath	8/1/2009	2:26.90	200 Back	2:17.00	7/24/2021	Parker Saltsman
Sarah Padurean	7/20/2024	1:18.38	100 Breast	1:11.34	8/1/2009	Wes Thomas
Sarah Padurean	7/21/2024	2:50.79	200 Breast	2:30.72	7/16/2009	Wes Thomas
Gracie Doyal	6/21/2019	1:06.39	100 Fly	59.35	7/26/2013	Kevin Fang
Gracie Doyal	6/21/2019	2:26.25	200 Fly	2:16.11	7/22/2010	Ben Ussery
Isabelle Guerra	8/5/2015	2:35.12	200 IM	2:21.90	6/26/2021	Tristan McCain
Isabelle Guerra	7/10/2015	5:21.66	400 IM	5:07.75	7/15/2021	Parker Saltsman

15-16 LCM

Name	Date	Time		Time	Date	Name
Isabelle Guerra	8/6/2016	27.12	50 Free	24.68	7/30/2014	Frisco Koelling
Julianna Birlin	7/15/2016	59.57	100 Free	53.67	7/12/2015	John Winkler
Bridget Boushka	7/29/2010	2:08.47	200 Free	1:54.49	8/5/2016	Clark Wakeland
Morgan Johnson	8/6/2016	4:31.10	400 Free	4:02.13	8/6/2016	Clark Wakeland

Morgan Johnson	8/4/2016	9:08.29	800 Free	8:30.41	7/28/2010	Andrew Phillips
Morgan Johnson	8/7/2016	17:35.13	1500 Free	16:16.72	8/8/2016	Clark Wakeland
Isabelle Guerra	7/8/2017	1:06.20	100 Back	1:01.85	6/7/2014	Trey Kilbride
Isabelle Guerra	7/6/2017	2:23.16	200 Back	2:16.08	8/1/2012	Audie Embestro
Danielle Lelinski	7/12/2019	1:19.33	100 Breast	1:08.67	7/10/2015	Andrew Pickard
Michaela Jonsson	2/28/2015	2:45.25	200 Breast	2:24.92	8/8/2011	Wes Thomas
Maggie Taylor	7/10/2015	1:04.81	100 Fly	56.69	7/18/2015	Kevin Fang
Victoria Sananikone	7/7/2016	2:24.39	200 Fly	2:08.02	7/17/2015	Kevin Fang
Julianna Birlin	7/17/2016	2:28.25	200 IM	2:16.71	8/3/2013	Audie Embestro
Isabelle Guerra	7/7/2017	5:16.79	400 IM	4:49.52	8/1/2013	Hayden Southworth

17-18 LCM

Name	Date	Time		Time	Date	Name
Taylor Bishop	8/5/2015	27.71	50 Free	24.40	2/28/2008	Daniel Kempf
Mary Beck	7/16/2009	57.44	100 Free	51.89	2/26/2016	Nick Carlson
Mary Beck	7/16/2009	2:01.80	200 Free	1:51.59	3/3/2016	Nick Carlson
Morgan Johnson	7/8/2017	4:20.90	400 Free	4:04.51	7/17/2015	Nick Carlson
Morgan Johnson	8/8/2017	8:58.54	800 Free	8:38.98	7/31/2012	Mattias Glenesk
Morgan Johnson	6/24/2018	17:10.50	1500 Free	16:20.12	7/14/2016	Will Thomas
Mary Beck	7/16/2009	1:01.78	100 Back	58.74	6/5/2016	Trey Kilbride
Mary Beck	7/16/2009	2:12.11	200 Back	2:10.60	6/4/2016	Trey Kilbride
Samantha Bassman	7/12/2013	1:14.72	100 Breast	1:05.91	8/8/2013	Wes Thomas
Samantha Bassman	7/12/2013	2:41.81	200 Breast	2:18.01	8/5/2013	Wes Thomas
Maggie Taylor	7/9/2016	1:03.83	100 Fly	56.58	8/2/2013	Ben Ussery
Mina Glenesk	7/11/2014	2:22.36	200 Fly	2:06.39	8/5/2013	Ben Ussery
Yvonne Le	7/16/2008	2:30.73	200 IM	2:16.02	8/6/2017	Daniel Sarman
Kaitlin Kudlac	8/1/2013	5:24.30	400 IM	4:50.86	7/3/2009	Michael Phillips