

LAKE LYTAL LIGHTNING
www.lightning-swimming.org

RECORDS TEAM LC

LC Meters-Girls

8 & U	50 Free	35.58	15-Jun-07	LLL FG	Alexa Rivera @ Largo Inv.	
	100 Free	1:19.17	20-Jun-08	LLL FG	Jenna M. Pisani at THE LIGHTNING INVITATIONAL	
	200 Free	2:42.94	20-Jun-08	LLL FG	Jenna M. Pisani at THE LIGHTNING INVITATIONAL	
	50 Back	42.75	20-Jun-08	LLL FG	Jenna M. Pisani at THE LIGHTNING INVITATIONAL	
	100 Back	1:33.03	20-Jun-08	LLL FG	Jenna M. Pisani at THE LIGHTNING INVITATIONAL	
	50 Breast	46.30	20-Jun-08	LLL FG	Jenna M. Pisani at THE LIGHTNING INVITATIONAL	
	100 Breast	1:40.42	20-Jun-08	LLL FG	Jenna M. Pisani at THE LIGHTNING INVITATIONAL	
	50 Fly	39.62	20-Jun-08	LLL FG	Jenna M. Pisani at THE LIGHTNING INVITATIONAL	
	100 Fly	1:39.22	7-Jul-07	LLL FG	Alexa Rivera @ Division II Ch.	
	200 IM	3:17.32	30-May-08	LLL FG	Jenna M. Pisani at FGC LC Open Invitational May 30-June 1, 2008	
	10 & U	50 Free	31.11	23-Jul-09	LLL FG	Alexa N. Rivera at 09FGLongCourseJO-072309-PST
		100 Free	1:08.70	19-Jun-09	LLL FG	Alexa N. Rivera at THE LIGHTNING INVITATIONAL
200 Free		2:26.65	19-Jun-09	LLL FG	Alexa N. Rivera at THE LIGHTNING INVITATIONAL	
400 Free		5:08.54	19-Jun-09	LLL FG	Alexa N. Rivera at THE LIGHTNING INVITATIONAL	
50 Back		36.05	19-Jun-09	LLL FG	Alexa N. Rivera at THE LIGHTNING INVITATIONAL	
100 Back		1:17.98	1-May-09	LLL FG	Alexa N. Rivera at Go For The Gold Invitational	
50 Breast		41.41	1-May-09	LLL FG	Alexa N. Rivera at Go For The Gold Invitational	
100 Breast		1:29.28	15-May-09	LLL FG	Alexa N. Rivera at FGC LC Open Invitational May 15-17, 2009	
50 Fly		33.50	19-Jun-09	LLL FG	Alexa N. Rivera at THE LIGHTNING INVITATIONAL	
100 Fly		1:18.44	19-Jun-09	LLL FG	Alexa N. Rivera at THE LIGHTNING INVITATIONAL	
200 IM		2:42.99	19-Jun-09	LLL FG	Alexa N. Rivera at THE LIGHTNING INVITATIONAL	
11-12		50 Free	29.68	18-Jun-04	LLL FG	Tracey A. Rahrig at The Lightning Invitational 2004
	100 Free	1:03.99	18-Jul-02	LLL FG	ALISON M. TEMPLIN at 2002 FGC LC Junior Olympics	
	200 Free	2:16.00	14-Feb-03	LLL FG	ALISON M. TEMPLIN at Florida Senior Circuit #2	
	400 Free	4:35.82	14-Feb-03	LLL FG	ALISON M. TEMPLIN at Florida Senior Circuit #2	
	800 Free	9:21.70	14-Feb-03	LLL FG	ALISON M. TEMPLIN at Florida Senior Circuit #2	
	1500 Free	18:04.51	14-Feb-03	LLL FG	ALISON M. TEMPLIN at Florida Senior Circuit #2	
	50 Back	33.94	2-Jun-01	LLL FG	ALEXIS M OMANS at Palm Bch. Cnty. A-C Long Cours	
	100 Back	1:11.17	18-Jul-02	LLL FG	CHRISTINE E. SLOMKA at 2002 FGC LC Junior Olympics	
	200 Back	2:37.61	30-Jul-02	LLL FG	CHRISTINE E. SLOMKA at Southeastern Zone Championships	
	50 Breast	37.81	24-Jul-03	LLL FG	SARAH M. MOREJON at FGJO LC July 03	
	100 Breast	1:21.55	30-Jul-02	LLL FG	CHRISTINE E. SLOMKA at Southeastern Zone Championships	
	200 Breast	2:56.00	13-Jun-02	LLL FG	CHRISTINE E. SLOMKA at 2002 Sunshine State Games	
	50 Fly	31.53	19-Jun-09	LLL FG	Christi Herfurth at THE LIGHTNING INVITATIONAL	
	100 Fly	1:10.17	19-Jun-09	LLL FG	Christi Herfurth at THE LIGHTNING INVITATIONAL	
	200 Fly	2:39.45	23-Jul-09	LLL FG	Christi Herfurth at 09FGLongCourseJO-072309-PST	
	200 IM	2:37.81	13-Jun-02	LLL FG	CHRISTINE E. SLOMKA at 2002 Sunshine State Games	
	400 IM	5:35.53	30-May-08	LLL FG	CAROLYN LEE at FGC LC Open Invitational May 30-June 1, 2008	
	13-14	50 Free	27.99	24-Jul-03	LLL FG	SARAH K. ANDREWS at FGJO LC July 03
		100 Free	1:01.47	24-Jul-03	LLL FG	SARAH K. ANDREWS at FGJO LC July 03
		200 Free	2:10.36	19-Jun-03	LLL FG	SARAH K. ANDREWS at 2003 International Age Group Invitational
400 Free		4:31.95	24-Jul-03	LLL FG	ALISON M. TEMPLIN at FGJO LC July 03	
800 Free		9:15.49	24-Jul-03	LLL FG	ALISON M. TEMPLIN at FGJO LC July 03	
1500 Free		18:22.14	24-Jul-03	LLL FG	ALISON M. TEMPLIN at FGJO LC July 03	
50 Back		33.45	21-Jun-01	LLL FG	Linda E. Tate @ Ft. Lauderdale International Age Group Meet	
100 Back		1:10.69	10-Aug-01	LLL FG	LINDA E.TATE at FGC Long Course Junior Olympics	
200 Back		2:31.13	29-Jul-04	LLL FG	CHRISTINE E. SLOMKA at Florida Gold Coast Long Course JO	

LAKE LYTAL LIGHTNING
www.lightning-swimming.org

RECORDS TEAM LC

13-14	50 Breast	36.14	27-Jun-09	LLL FG	Vicky Ho @ Ft. Lauderdale International Age Group Meet	
	100 Breast	1:17.07	29-Jul-04	LLL FG	CHRISTINE E. SLOMKA at Florida Gold Coast Long Course JO	
	200 Breast	2:46.07	24-Jul-03	LLL FG	CHRISTINE E. SLOMKA at FGJO LC July 03	
	50 Fly	29.96	23-Jun-05	LLL FG	Michele Ling @ FLA International Age Group	
	100 Fly	1:08.42	19-Jun-09	LLL FG	Dani Vega Monroy at THE LIGHTNING INVITATIONAL	
	200 Fly	2:29.94	19-Jun-09	LLL FG	Dani Vega Monroy at THE LIGHTNING INVITATIONAL	
	200 IM	2:30.06	29-Jul-04	LLL FG	CHRISTINE E. SLOMKA at Florida Gold Coast Long Course JO	
	400 IM	5:14.28	24-Jul-03	LLL FG	CHRISTINE E. SLOMKA at FGJO LC July 03	
15-16	50 Free	27.38	17-Jun-05	LLL FG	SARAH K. ANDREWS at THE LIGHTNING INVITATIONAL	
	100 Free	59.47	29-Jul-04	LLL FG	SARAH K. ANDREWS at Florida Gold Coast Long Course JO	
	200 Free	2:05.61	14-Jul-05	LLL FG	SARAH K. ANDREWS at 2005 FGC Long Course Junior Olympics	
	400 Free	4:25.65	14-Jul-05	LLL FG	SARAH K. ANDREWS at 2005 FGC Long Course Junior Olympics	
	1500 Free	18:36.28	29-Apr-05	LLL FG	SARAH K. ANDREWS at Palm Beach County Invitational (BB+) LCM	
	50 Back	33.11	19-Jun-03	LLL FG	Linda E. Tate @ Ft. Laud. International Age Group	
	100 Back	1:08.87	15-Jan-04	LLL FG	ALEXIS M. OMANS at 2004 Spring Speedo Champions Series	
	200 Back	2:28.45	24-Jul-03	LLL FG	ALEXIS M. OMANS at FGJO LC July 03	
	50 Breast	34.97	23-Jun-05	LLL FG	Michele Ling @ FLA International Age Group	
	100 Breast	1:17.78	14-Jul-05	LLL FG	CHRISTINE E. SLOMKA at 2005 FGC Long Course Junior Olympics	
	200 Breast	2:44.79	14-Jul-05	LLL FG	CHRISTINE E. SLOMKA at 2005 FGC Long Course Junior Olympics	
	100 Fly	1:05.81	10-Feb-04	LLL FG	LINDA E. TATE at USA Spring Nationals	
	200 Fly	2:27.46	24-Jul-03	LLL FG	JUSTINE N. KANE at FGJO LC July 03	
	200 IM	2:23.75	14-Jul-05	LLL FG	SARAH K. ANDREWS at 2005 FGC Long Course Junior Olympics	
	400 IM	5:16.15	14-Jul-05	LLL FG	CHRISTINE E. SLOMKA at 2005 FGC Long Course Junior Olympics	
	Open	50 Free	27.16	15-Jun-07	LLL FG	Michele Ling at THE LIGHTNING INVITATIONAL
		100 Free	59.46	19-Jun-09	LLL FG	SARAH K. ANDREWS at THE LIGHTNING INVITATIONAL
		200 Free	2:05.61	14-Jul-05	LLL FG	SARAH K. ANDREWS at 2005 FGC Long Course Junior Olympics
		400 Free	4:24.47	14-Jul-05	LLL FG	Laurabeth Guentner at 2005 FGC Long Course Junior Olympics
		800 Free	9:09.30	17-Jul-08	LLL FG	Alison M. Templin at SPEEDO Champions Series-SZSS
1500 Free		17:34.18	14-Jul-05	LLL FG	Laurabeth Guentner at 2005 FGC Long Course Junior Olympics	
50 Back		29.97	23-Jun-01	LLL FG	Kathryn Hallquist @ International Age Group	
100 Back		1:04.71	19-Mar-02	LLL FG	KATHRYN M.HALLQUIST at USA Spring Nationals	
200 Back		2:24.86	10-Aug-01	LLL FG	KATHRYN M.HALLQUIST at FGC Long Course Junior Olympics	
50 Breast		34.97	23-Jun-05	LLL FG	Michele Ling @ FLA International Age Group	
100 Breast		1:16.16	12-Jul-07	LLL FG	CHRISTINE E. SLOMKA at SPEEDO Champions Series-SZSS	
200 Breast		2:43.22	12-Jul-07	LLL FG	CHRISTINE E. SLOMKA at SPEEDO Champions Series-SZSS	
50 Fly		29.92	24-Jul-06	LLL FG	Michele Ling @ FLA International Age Group	
100 Fly		1:04.38	12-Jul-06	LLL FG	SARAH K. ANDREWS at 2006 Speedo Champions Series	
200 Fly		2:22.48	14-Jul-05	LLL FG	JUSTINE N. KANE at 2005 FGC Long Course Junior Olympics	
200 IM		2:23.75	14-Jul-05	LLL FG	SARAH K. ANDREWS at 2005 FGC Long Course Junior Olympics	
400 IM		5:06.68	12-Jul-06	LLL FG	SARAH K. ANDREWS at 2006 Speedo Champions Series	

LAKE LYTAL LIGHTNING
www.lightning-swimming.org

RECORDS TEAM LC

LC Meters-Boys

8 & U	50 Free	34.36	20-Jul-06	LLL FG	William Pisani @ FGC Jr. Olym.	
	100 Free	1:18.13	20-Jul-06	LLL FG	William Pisani @ FGC Jr. Olym.	
	200 Free	2:47.87	20-Jul-06	LLL FG	William Pisani @ FGC Jr. Olym.	
	50 Back	41.18	20-Jul-06	LLL FG	William Pisani @ FGC Jr. Olym.	
	100 Back	1:30.55	20-Jul-06	LLL FG	William Pisani @ FGC Jr. Olym.	
	50 Breast	51.80	1-May-09	LLL FG	William T. Kennedy at Go For The Gold Invitational	
	100 Breast	1:48.36	19-Jul-07	LLL FG	Andrew Lee at Florida Gold Coast Jr. Olympics LC	
	50 Fly	38.54	6-Aug-98	LLL FG	Brendon Andrews @ FGC Jr. Olym	
	100 Fly	1:36.05	19-Jul-07	LLL FG	Andrew Lee at Florida Gold Coast Jr. Olympics LC	
	200 IM	3:19.80	15-May-09	LLL FG	William T. Kennedy at FGC LC Open Invitational May 15-17, 2009	
	10 & U	50 Free	30.41	6-Jul-00	LLL FG	JONATHAN J VAN ZEE at Sunshine Sate Games 2000
		100 Free	1:07.10	28-Jul-00	LLL FG	JONATHAN J VAN ZEE at FGC LC JUNIOR OLY. 2000
200 Free		2:25.44	24-Jul-08	LLL FG	WILLIAM J. PISANI at Florida Gold Coast Junior Olympic Champs.	
400 Free		5:11.27	24-Jul-08	LLL FG	WILLIAM J. PISANI at Florida Gold Coast Junior Olympic Champs.	
50 Back		35.56	24-Jul-08	LLL FG	WILLIAM J. PISANI at Florida Gold Coast Junior Olympic Champs.	
100 Back		1:17.33	20-Jun-08	LLL FG	WILLIAM J. PISANI at THE LIGHTNING INVITATIONAL	
50 Breast		42.02	2-Jun-08	LLL FG	ANDREAS RINTEL @ Lake Lytal Time Trial	
100 Breast		1:34.03	19-Jun-09	LLL FG	Nicholas R. Sharp at THE LIGHTNING INVITATIONAL	
50 Fly		33.67	28-Jul-00	LLL FG	BRENDON R ANDREWS at FGC LC JUNIOR OLY. 2000	
100 Fly		1:16.62	28-Jul-00	LLL FG	BRENDON R ANDREWS at FGC LC JUNIOR OLY. 2000	
200 IM		2:49.43	28-Jul-00	LLL FG	BRENDON R ANDREWS at FGC LC JUNIOR OLY. 2000	
11-12		50 Free	29.09	18-Jul-02	LLL FG	BRENDON R. ANDREWS at 2002 FGC LC Junior Olympics
	100 Free	1:04.42	18-Jul-02	LLL FG	CHRIS J. MUSCO at 2002 FGC LC Junior Olympics	
	200 Free	2:18.72	13-Jun-02	LLL FG	BRENDON R. ANDREWS at 2002 Sunshine State Games	
	400 Free	4:53.94	24-Jul-03	LLL FG	TOMMY FRICK at FGJO LC July 03	
	800 Free	10:29.49	30-May-03	LLL FG	TOMMY FRICK at Palm Beach County ABC Long Course Meet	
	50 Back	33.26	18-Jul-02	LLL FG	BRENDON R. ANDREWS at 2002 FGC LC Junior Olympics	
	100 Back	1:10.49	18-Jul-02	LLL FG	BRENDON R. ANDREWS at 2002 FGC LC Junior Olympics	
	200 Back	2:42.69	18-Jan-03	LLL FG	BRENDON R. ANDREWS at 2003 Florida Senior Circuit #1	
	50 Breast	38.73	23-Jul-09	LLL FG	Andreas Rintel at 09FGLongCourseJO-072309-PST	
	100 Breast	1:26.42	23-Jul-09	LLL FG	Andreas Rintel at 09FGLongCourseJO-072309-PST	
	200 Breast	3:07.48	23-Jul-09	LLL FG	Andreas Rintel at 09FGLongCourseJO-072309-PST	
	50 Fly	30.72	13-Jun-02	LLL FG	BRENDON R. ANDREWS at 2002 Sunshine State Games	
	100 Fly	1:10.36	4-Jun-04	LLL FG	TOMMY FRICK at Palm Beach County June ABC Invite	
	200 Fly	2:31.64	30-Apr-04	LLL FG	TOMMY FRICK at Palm Beach County ABC (BB+) LCM	
	200 IM	2:37.35	4-Jun-04	LLL FG	TOMMY FRICK at Palm Beach County June ABC Invite	
	400 IM	5:54.73	30-May-03	LLL FG	MATTHIAS C. TOPIC at Palm Beach County ABC Long Course Meet	
	13-14	50 Free	26.78	17-Jun-05	LLL FG	DONALD L. ROBERTS at THE LIGHTNING INVITATIONAL
		100 Free	59.26	14-Jul-05	LLL FG	DONALD L. ROBERTS at 2005 FGC Long Course Junior Olympics
200 Free		2:09.20	17-Jun-05	LLL FG	MATTHIAS C. TOPIC at THE LIGHTNING INVITATIONAL	
400 Free		4:35.71	14-Jul-05	LLL FG	TOMMY FRICK at 2005 FGC Long Course Junior Olympics	
800 Free		9:30.39	14-Jul-05	LLL FG	TOMMY FRICK at 2005 FGC Long Course Junior Olympics	
1500 Free		17:52.59	16-Jun-06	LLL FG	TOMMY FRICK at THE LIGHTNING INVITATIONAL	
50 Back		33.58	27-May-05	LLL FG	Tommy Frick @ FLA Sr. Circuit	
100 Back		1:07.60	14-Jul-05	LLL FG	TOMMY FRICK at 2005 FGC Long Course Junior Olympics	
200 Back		2:23.81	14-Jul-05	LLL FG	TOMMY FRICK at 2005 FGC Long Course Junior Olympics	
50 Breast		35.81	27-May-05	LLL FG	Matthias Topic @ FLA Sr. Circuit	

LAKE LYTAL LIGHTNING
www.lightning-swimming.org

RECORDS TEAM LC

13-14	100 Breast	1:16.62	17-Jun-05	LLL FG	Jelani A. Benjamin at THE LIGHTNING INVITATIONAL	
	200 Breast	2:47.41	14-Jul-05	LLL FG	Jelani A. Benjamin at 2005 FGC Long Course Junior Olympics	
	50 Fly	30.04	14-Jan-06	LLL FG	Tommy Frick @ FLA Sr. Cir.	
	100 Fly	1:06.44	16-Jun-06	LLL FG	TOMMY FRICK at THE LIGHTNING INVITATIONAL	
	200 Fly	2:23.33	16-Jun-06	LLL FG	TOMMY FRICK at THE LIGHTNING INVITATIONAL	
	200 IM	2:26.99	27-May-05	LLL FG	MATTHIAS C. TOPIC at 2005 FLA Senior Circuit	
	400 IM	5:08.52	16-Jun-06	LLL FG	TOMMY FRICK at THE LIGHTNING INVITATIONAL	
	15-16	50 Free	25.66	16-Jun-06	LLL FG	BRENDON R. ANDREWS at THE LIGHTNING INVITATIONAL
100 Free		56.41	12-Jul-07	LLL FG	Nick Manousos at SPEEDO Champions Series-SZSS	
200 Free		2:04.61	12-Jul-06	LLL FG	BRENDON R. ANDREWS at 2006 Speedo Champions Series	
400 Free		4:26.50	16-Jan-10	LLL FG	RICHARD T. ANDREWS at NSU Davie Nadadores Senior Invitational	
800 Free		9:53.26	29-Apr-05	LLL FG	Manuel A. Rabelo at Palm Beach County Invitational (BB+) LCM	
50 Back		30.03	12-Jul-06	LLL FG	Brendon R. Andrews @ Speedo Championship Series	
100 Back		1:02.91	12-Jul-06	LLL FG	BRENDON R. ANDREWS at 2006 Speedo Champions Series	
50 Breast		32.76	27-May-05	LLL FG	Manuel Rabelo @ FLA Sr. Circuit	
100 Breast		1:10.06	12-Jul-07	LLL FG	Nick Manousos at SPEEDO Champions Series-SZSS	
200 Breast		2:33.83	12-Jul-07	LLL FG	Nick Manousos at SPEEDO Champions Series-SZSS	
50 Fly		28.51	23-Jul-09	LLL FG	Richard Andrews @ FGC LC Jr. Olympics	
100 Fly		1:03.38	19-Jul-07	LLL FG	Nick Manousos at Florida Gold Coast Jr. Olympics LC	
200 Fly		2:22.34	13-Mar-08	LLL FG	TOMMY FRICK at Southern Zone Sectional Champs 2008	
200 IM		2:18.89	12-Jul-07	LLL FG	Nick Manousos at SPEEDO Champions Series-SZSS	
400 IM		4:50.85	12-Jul-07	LLL FG	Nick Manousos at SPEEDO Champions Series-SZSS	
Open		50 Free	23.27	7-Jul-09	LLL FG	BRENDON R. ANDREWS at UISA National Championship-World Cha
		100 Free	51.48	7-Jul-09	LLL FG	BRENDON R. ANDREWS at UISA National Championship-World Cha
		200 Free	1:54.57	7-Jul-09	LLL FG	BRENDON R. ANDREWS at UISA National Championship-World Cha
		400 Free	4:29.64	19-Jun-09	LLL FG	Luke N. Stratton at THE LIGHTNING INVITATIONAL
		800 Free	9:30.39	14-Jul-05	LLL FG	TOMMY FRICK at 2005 FGC Long Course Junior Olympics
	1500 Free	17:52.59	16-Jun-06	LLL FG	TOMMY FRICK at THE LIGHTNING INVITATIONAL	
	50 Back	27.73	24-Jul-08	LLL FG	Brendon R. Andrews @ FGC Jr. Olympics	
	100 Back	56.24	7-Jul-09	LLL FG	BRENDON R. ANDREWS at UISA National Championship-World Cha	
	200 Back	2:11.36	14-Jul-05	LLL FG	Justin A. Green at 2005 FGC Long Course Junior Olympics	
	50 Breast	31.68	23-Jun-05	LLL FG	Justin E. Green @ FLA International Age Group	
	100 Breast	1:07.93	17-Jul-08	LLL FG	Manuel A. Rabelo at SPEEDO Champions Series-SZSS	
	200 Breast	2:29.23	14-Jul-05	LLL FG	Justin A. Green at 2005 FGC Long Course Junior Olympics	
	50 Fly	27.02	19-Jun-03	LLL FG	Rinaldo A. Sintjago @ FLA International Age Group	
	100 Fly	59.83	12-Jul-07	LLL FG	BRENDON R. ANDREWS at SPEEDO Champions Series-SZSS	
	200 Fly	2:13.72	19-Jun-09	LLL FG	TOMMY FRICK at THE LIGHTNING INVITATIONAL	
	200 IM	2:13.87	14-Jul-05	LLL FG	Justin A. Green at 2005 FGC Long Course Junior Olympics	
	400 IM	4:50.85	12-Jul-07	LLL FG	Nick Manousos at SPEEDO Champions Series-SZSS	