

LAKE LYAL LIGHTNING
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Yards-Girls

8 & U	25 Free	15.09	25-Jan-02	LLL FG	MAGGIE HOLLING at P.B.Cnty A-C Meet at Martin County	
	50 Free	30.94	14-Sep-07	LLL FG	Alexa N. Rivera at FGC Top 16 Invitational	
	100 Free	1:09.15	5-Oct-07	LLL FG	Alexa N. Rivera at FGC ABC Invitational (Top 16 #3)	
	200 Free	2:29.31	5-Oct-07	LLL FG	Alexa N. Rivera at FGC ABC Invitational (Top 16 #3)	
	25 Back	18.40	14-Jun-08	LLL FG	Jenna M. Pisani at PB County Sub JO Inv.	
	50 Back	36.16	14-Sep-07	LLL FG	Alexa N. Rivera at FGC Top 16 Invitational	
	100 Back	1:18.11	5-Oct-07	LLL FG	Alexa N. Rivera at FGC ABC Invitational (Top 16 #3)	
	25 Breast	20.95	14-Dec-07	LLL FG	Jenna M. Pisani at Sprint Championshipst	
	50 Breast	40.63	22-Feb-08	LLL FG	Jenna M. Pisani at Florida Gold Coast North Div. 2 Champs	
	100 Breast	1:29.86	22-Feb-08	LLL FG	Jenna M. Pisani at Florida Gold Coast North Div. 2 Champs	
	25 Fly	16.30	2-Feb-08	LLL FG	Jenna M. Pisani at Palm Bch. County 12& Und. Sub JO	
	50 Fly	34.61	5-Oct-07	LLL FG	Alexa N. Rivera at FGC ABC Invitational (Top 16 #3)	
	100 Fly	1:20.51	5-Oct-07	LLL FG	Alexa N. Rivera at FGC ABC Invitational (Top 16 #3)	
	100 IM	1:16.88	14-Sep-07	LLL FG	Alexa N. Rivera at FGC Top 16 Invitational	
	9-10	50 Free	26.99	25-Sep-09	LLL FG	Alexa N. Rivera at FGC Fall Inv.
		100 Free	59.41	25-Sep-09	LLL FG	Alexa N. Rivera at FGC Fall Inv.
200 Free		2:08.38	25-Sep-09	LLL FG	Alexa N. Rivera at FGC Fall Inv.	
500 Free		5:41.52	25-Sep-09	LLL FG	Alexa N. Rivera at FGC Fall Inv.	
50 Back		30.23	25-Sep-09	LLL FG	Alexa N. Rivera at FGC Fall Inv.	
100 Back		1:05.51	25-Sep-09	LLL FG	Alexa N. Rivera at FGC Fall Inv.	
50 Breast		34.60	25-Sep-09	LLL FG	Alexa N. Rivera at FGC Fall Inv.	
100 Breast		1:15.47	25-Sep-09	LLL FG	Alexa N. Rivera at FGC Fall Inv.	
50 Fly		29.76	23-Oct-09	LLL FG	Alexa N. Rivera at Comets A-Invitational Oct. 23-25, 2009	
100 Fly		1:06.98	25-Sep-09	LLL FG	Alexa N. Rivera at FGC Fall Inv.	
100 IM		1:05.67	25-Sep-09	LLL FG	Alexa N. Rivera at FGC Fall Inv.	
200 IM		2:21.67	25-Sep-09	LLL FG	Alexa N. Rivera at FGC Fall Inv.	
11-12		50 Free	26.53	20-Nov-08	LLL FG	Julie A. Suarez at 2008 Winter Champs
	100 Free	56.43	12-Dec-02	LLL FG	ALISON M. TEMPLIN at SPEEDO/Total Teamwares Winter Champion	
	200 Free	1:58.43	12-Dec-02	LLL FG	ALISON M. TEMPLIN at SPEEDO/Total Teamwares Winter Champion	
	500 Free	5:11.28	18-Oct-02	LLL FG	ALISON M. TEMPLIN at FGC "A" Inv. at Sunrise	
	1000 Free	10:38.75	12-Dec-02	LLL FG	ALISON M. TEMPLIN at SPEEDO/Total Teamwares Winter Champion	
	1650 Free	17:50.83	12-Dec-02	LLL FG	ALISON M. TEMPLIN at SPEEDO/Total Teamwares Winter Champion	
	50 Back	29.82	29-Aug-09	LLL FG	Christi Herfurth at NPB Sprint Decathlon	
	100 Back	1:03.44	18-Oct-02	LLL FG	CHRISTINE E. SLOMKA at FGC "A" Inv. at Sunrise	
	200 Back	2:21.25	20-Feb-10	LLL FG	Alexa N. Rivera at NPB February Invitational	
	50 Breast	32.31	8-Nov-02	LLL FG	CHRISTINE E. SLOMKA at Palm Beach County ABC Winter Invitation	
	100 Breast	1:10.88	18-Oct-02	LLL FG	CHRISTINE E. SLOMKA at FGC "A" Inv. at Sunrise	
	200 Breast	2:27.29	8-Nov-02	LLL FG	CHRISTINE E. SLOMKA at PBC ABCInvitational	
	50 Fly	28.21	27-Mar-03	LLL FG	Sara K. Stemle at 2003-FGC Short Course Junior Olympics	
	100 Fly	1:02.38	29-Aug-09	LLL FG	Christi Herfurth at NPB Sprint Decathlon	
	200 Fly	2:21.33	26-Mar-09	LLL FG	Christi Herfurth at FGC Short Course Junior Olympic	
	100 IM	1:03.84	8-Nov-02	LLL FG	CHRISTINE E. SLOMKA at Palm Beach County ABC Winter Invitation	
	200 IM	2:15.40	8-Nov-02	LLL FG	CHRISTINE E. SLOMKA at Palm Beach County ABC Winter Invitation	
	400 IM	5:01.91	25-Jan-02	LLL FG	Christine Slomka at PBC A-C Inv. at Martin County	
	13-14	50 Free	25.02	27-Mar-03	LLL FG	SARAH K. ANDREWS at 2003-FGC Short Course Junior Olympics
100 Free		53.64	3-Nov-03	LLL FG	SARAH K. ANDREWS at 2003 High School Season	
200 Free		1:54.65	3-Nov-03	LLL FG	SARAH K. ANDREWS at 2003 High School Season	

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13-14	500 Free	5:05.06	3-Nov-03	LLL FG	SARAH K. ANDREWS at 2003 High School Season	
	1000 Free	10:40.58	27-Mar-03	LLL FG	ALISON M. TEMPLIN at 2003-FGC Short Course Junior Olympics	
	1650 Free	17:51.21	13-Mar-03	LLL FG	ALISON M. TEMPLIN at Spring Southern Sectional Championships	
	100 Back	1:00.13	14-Mar-02	LLL FG	LINDA E. TATE at FGC Short Course JO	
	200 Back	2:11.57	14-Mar-02	LLL FG	LINDA E. TATE at FGC Short Course JO	
	100 Breast	1:06.77	8-Nov-04	LLL FG	CHRISTINE E. SLOMKA at 2004 HIGH SCHOOL UPDATES	
	200 Breast	2:25.37	12-Nov-04	LLL FG	CHRISTINE E. SLOMKA at Florida Gold Coast Top-16 'A' Invitational	
	100 Fly	59.83	27-Mar-03	LLL FG	JUSTINE N. KANE at 2003-FGC Short Course Junior Olympics	
	200 Fly	2:13.21	12-Nov-04	LLL FG	CHRISTINE E. SLOMKA at Florida Gold Coast Top-16 'A' Invitational	
	200 IM	2:08.14	8-Nov-04	LLL FG	CHRISTINE E. SLOMKA at 2004 HIGH SCHOOL UPDATES	
	400 IM	4:36.35	12-Nov-04	LLL FG	CHRISTINE E. SLOMKA at Florida Gold Coast Top-16 'A' Invitational	
	15-16	50 Free	23.76	18-Nov-05	PKVA	Michelle Ling at 2005 FHSAA Swimming & Diving Finals
		100 Free	52.09	8-Nov-04	LLL FG	SARAH K. ANDREWS at 2004 HIGH SCHOOL UPDATES
200 Free		1:51.53	17-Mar-05	LLL FG	SARAH K. ANDREWS at 2005 Speedo Champions Series	
500 Free		4:54.13	10-Mar-05	LLL FG	SARAH K. ANDREWS at 2005 FGC Short Course Junior Olympics	
1000 Free		10:40.69	14-Mar-04	LLL FG	Sarah Andrews at FGC Jr. Oly.	
1650 Free		17:35.32	11-Mar-04	LLL FG	SARAH K. ANDREWS at 2004 FGC Jr. Olympics - Short Course	
100 Back		59.72	24-Nov-02	LLL FG	LINDA E. TATE at 2002 HIGH SCHOOL UPDATE	
200 Back		2:07.75	11-Dec-03	LLL FG	ALEXIS M. OMANS at 2003-Speedo-Total Teamwares Winter Champs	
100 Breast		1:04.40	29-Oct-06	LLL FG	CHRISTINE E. SLOMKA at FHSAA Class 1A Regionals	
200 Breast		2:22.50	16-Mar-06	LLL FG	CHRISTINE E. SLOMKA at FGC-SPEEDO - Short Course Junior Olym	
100 Fly		56.82	15-Mar-03	LLL FG	LINDA E. TATE at Time Trials Southern Sectionals	
200 Fly		2:04.93	17-Mar-05	LLL FG	JUSTINE N. KANE at 2005 Speedo Champions Series	
200 IM		2:06.26	6-Oct-06	JIL FG	SARAH K. ANDREWS at PB County HS Champs	
400 IM		4:29.25	16-Mar-06	LLL FG	CHRISTINE E. SLOMKA at FGC-SPEEDO - Short Course Junior Olym	
Open		50 Free	23.76	18-Nov-05	PKVA	Michelle Ling at 2005 FHSAA Swimming & Diving Finals
		100 Free	51.32	3-Nov-06	JIL FG	SARAH K. ANDREWS at FHSAA Class 3A State Champs
	200 Free	1:51.53	17-Mar-05	LLL FG	SARAH K. ANDREWS at 2005 Speedo Champions Series	
	500 Free	4:54.13	10-Mar-05	LLL FG	SARAH K. ANDREWS at 2005 FGC Short Course Junior Olympics	
	1000 Free	10:21.72	17-Mar-05	LLL FG	Laurabeth Guenther at 2005 Speedo Champions Series	
	1650 Free	17:34.05	9-Mar-06	LLL FG	Taylor P. Blake at Southern Zone Sectionals Championships	
	100 Back	55.78	18-Nov-01	LLL FG	KATHRYN M. HALLQUIST at 2001 HIGH SCHOOL UPDATE	
	200 Back	2:07.75	11-Dec-03	LLL FG	ALEXIS M. OMANS at 2003-Speedo-Total Teamwares Winter Champs	
	100 Breast	1:04.40	29-Oct-06	LLL FG	CHRISTINE E. SLOMKA at FHSAA Class 1A Regional	
	200 Breast	2:22.50	16-Mar-06	LLL FG	CHRISTINE E. SLOMKA at FGC-SPEEDO - Short Course Junior Olym	
	100 Fly	55.88	3-Nov-06	JIL FG	SARAH K. ANDREWS at FHSAA Class 3A State Champs	
	200 Fly	2:04.93	17-Mar-05	LLL FG	JUSTINE N. KANE at 2005 Speedo Champions Series	
	200 IM	2:06.16	9-Mar-06	LLL FG	SARAH K. ANDREWS at Southern Zone Sectionals Championships	
	400 IM	4:29.25	16-Mar-06	LLL FG	CHRISTINE E. SLOMKA at FGC-SPEEDO - Short Course Junior Olym	

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Yards-Boys

8 & U	25 Free	14.87	10-Feb-06	LLL FG	WILLIAM J. PISANI at Palm Beach County Sub JO Invitational	
	50 Free	30.17	11-Mar-99	LLL FG	BRENDON R ANDREWS at FGC Junior Olympics	
	100 Free	1:06.67	28-Jun-00	LLL FG	NICHOLAS S MANOUSOS at P Bch. Cnty. 10 & U At Well.	
	200 Free	2:28.19	18-Feb-00	LLL FG	NICHOLAS S MANOUSOS at FGC 16 & U."A"Inv.	
	25 Back	16.97	1-Aug-98		BRENDON ANDREWS	
	50 Back	34.03	11-Mar-99	LLL FG	BRENDON R ANDREWS at FGC Junior Olympics	
	100 Back	1:17.13	20-Mar-99	LLL FG	Brendon R. Andrews at All StarMeet	
	25 Breast	20.22	21-Jun-99	LLL FG	NICHOLAS S MANOUSOS at P.BCH. CNTY. 10 &UND	
	50 Breast	39.84	19-Jul-00	LLL FG	NICHOLAS S MANOUSOS at P. Bch. Cnty 10 & Und. At N.P.	
	100 Breast	1:23.31	16-Mar-00	LLL FG	NICHOLAS S MANOUSOS at FGC Spring JOs 2000	
	25 Fly	16.27	1-Feb-98		BRENDON ANDREWS	
	50 Fly	33.47	20-Mar-99	LLL FG	BRENDON R ANDREWS at ALL-STAR MEET	
	100 Fly	1:18.33	1-Jul-98		BRENDON ANDREWS	
	100 IM	1:17.25	19-Jul-00	LLL FG	NICHOLAS S MANOUSOS at P. Bch. Cnty 10 & Und. At N.P.	
	9-10	50 Free	26.24	16-Mar-00	LLL FG	JONATHAN J VAN ZEE at FGC Spring JOs 2000
		100 Free	58.99	1-Apr-00	LLL FG	JONATHAN J VAN ZEE at All-Star Dual Meet
200 Free		2:12.72	24-Nov-00	LLL FG	CHRIS J MUSCO at 2000 NIKE WINTER CHAMPIONSHIP	
500 Free		5:46.35	17-Feb-01	LLL FG	NICHOLAS S MANOUSOS at Palm Bch. Cnty. BB-C Inv.	
50 Back		30.27	31-Mar-01	LLL FG	BRENDON R ANDREWS at FGC Vs. Florida Sw.2001	
100 Back		1:08.26	31-Mar-01	LLL FG	BRENDON R ANDREWS at FGC Vs. Florida Sw.2001	
50 Breast		37.17	23-Mar-01	LLL FG	NICHOLAS S MANOUSOS at Florida Gold Coast Spring Juni	
100 Breast		1:19.97	31-Mar-01	LLL FG	NICHOLAS S MANOUSOS at FGC Vs. Florida Sw.2001	
50 Fly		29.29	31-Mar-01	LLL FG	BRENDON R ANDREWS at FGC Vs. Florida Sw.2001	
100 Fly		1:04.83	24-Feb-01	LLL FG	BRENDON R ANDREWS at FGC-Winter Age Group Challenge	
100 IM		1:06.62	31-Mar-01	LLL FG	BRENDON R ANDREWS at FGC Vs. Florida Sw.2001	
200 IM		2:26.33	31-Mar-01	LLL FG	BRENDON R ANDREWS at FGC Vs. Florida Sw.2001	
11-12		50 Free	25.18	26-Feb-04	LLL FG	DONALD L. ROBERTS at Time Trial
		100 Free	54.77	15-Feb-03	LLL FG	BRENDON R. ANDREWS at 2003 FGC Winter Age Group Challenge
	200 Free	1:56.82	27-Mar-03	LLL FG	BRENDON R. ANDREWS at 2003-FGC Short Course Junior Olympics	
	500 Free	5:15.30	11-Mar-04	LLL FG	TOMMY FRICK at 2004 FGC Jr. Olympics - Short Course	
	1000 Free	10:52.13	20-Feb-04	LLL FG	TOMMY FRICK at 2004 Clearwater Inv.	
	1650 Free	18:02.45	20-Feb-04	LLL FG	TOMMY FRICK at 2004 Clearwater Invitational	
	50 Back	29.05	27-Mar-03	LLL FG	BRENDON R. ANDREWS at 2003-FGC Short Course Junior Olympics	
	100 Back	1:01.21	12-Dec-02	LLL FG	BRENDON R. ANDREWS at SPEEDO/Total Teamwares Winter Champ	
	200 Back	2:12.07	7-Mar-03	LLL FG	BRENDON R. ANDREWS at Palm Bch. County ABC Inv.	
	50 Breast	33.36	29-Jan-10	LLL FG	Andreas Rintel at SAS 3rd Annual Scotty Invite	
	100 Breast	1:13.73	15-Feb-03	LLL FG	MATTHIAS C. TOPIC at 2003 FGC Winter Age Group Challenge	
	200 Breast	2:36.50	20-Feb-10	LLL FG	Andreas Rintel at NPB February Invitational	
	50 Fly	27.24	15-Feb-03	LLL FG	BRENDON R. ANDREWS at 2003 FGC Winter Age Group Challenge	
	100 Fly	1:00.45	27-Mar-03	LLL FG	BRENDON R. ANDREWS at 2003-FGC Short Course Junior Olympics	
	200 Fly	2:22.30	23-Jan-04	LLL FG	TOMMY FRICK at Martin County SCY Invitational	
	100 IM	1:02.19	12-Dec-02	LLL FG	BRENDON R. ANDREWS at SPEEDO/Total Teamwares Winter Champ	
	200 IM	2:15.48	27-Mar-03	LLL FG	BRENDON R. ANDREWS at 2003-FGC Short Course Junior Olympics	
	400 IM	5:13.35	25-Jan-02	LLL FG	BRENDON R. ANDREWS at P.B.Cnty A-C Meet at Martin County	
	13-14	50 Free	23.79	26-Mar-09	LLL FG	Shawn M. Warner at FGC Short Course Junior Olympic
		100 Free	51.49	28-Oct-05	JIL FG	DONALD L. ROBERTS at FHSAA 3A Region 3 - USA-S Observed
		200 Free	1:52.44	10-Mar-05	LLL FG	BRENDON R. ANDREWS at 2005 FGC Short Course Junior Olympics

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13-14	500 Free	4:59.99	8-Dec-05	LLL FG	TOMMY FRICK at Winter Champs #120805-FG6	
	1000 Free	10:52.13	20-Feb-04	LLL FG	Tommy Frick at Clearwater Inv.	
	1650 Free	18:00.16	15-Oct-04	LLL FG	Tommy Frick at FGC Top 16 Inv.	
	100 Back	58.53	9-Dec-04	LLL FG	CHRIS MUSCO at Winter Champs #120904-FG6	
	200 Back	2:04.34	8-Dec-05	LLL FG	TOMMY FRICK at Winter Champs #120805-FG6	
	100 Breast	1:04.44	28-Oct-05	JIL FG	Jelani A. Benjamin at FHSAA 3A Region 3 - USA-S Observed	
	200 Breast	2:26.40	17-Mar-05	LLL FG	MATTHIAS C. TOPIC at 2005 Speedo Champions Series	
	100 Fly	57.81	18-Nov-05	LLL FG	TOMMY FRICK at Florida Gold Coast Top 16 Inv.	
	200 Fly	2:09.18	10-Mar-05	LLL FG	TOMMY FRICK at 2005 FGC Short Course Junior Olympics	
	200 IM	2:07.46	8-Nov-04	LLL FG	CHRIS MUSCO at 2004 HIGH SCHOOL UPDATES	
	400 IM	4:38.45	9-Dec-04	LLL FG	CHRIS MUSCO at Winter Champs #120904-FG6	
	15-16	50 Free	21.76	8-Mar-07	LLL FG	BRENDON R. ANDREWS at 2007 Speedo Champions Series
		100 Free	46.60	3-Nov-06	JIL FG	BRENDON R. ANDREWS at FHSAA Class 3A State Champs
200 Free		1:42.73	6-Oct-06	JIL FG	BRENDON R. ANDREWS at PB County HS Champs	
500 Free		4:51.39	16-Oct-09	JIL FG	RICHARD T. ANDREWS at P.B. County HS Swimming Champs	
1000 Free		10:36.35	25-Sep-09	LLL FG	RICHARD T. ANDREWS at FGC Fall Inv.	
1650 Free		17:24.65	25-Sep-09	LLL FG	RICHARD T. ANDREWS at FGC Fall Inv.	
100 Back		52.44	3-Nov-06	JIL FG	BRENDON R. ANDREWS at FHSAA Class 3A State Champs	
200 Back		1:56.55	8-Mar-07	LLL FG	BRENDON R. ANDREWS at 2007 Speedo Champions Series	
100 Breast		59.50	18-Nov-05	JIL FG	Manuel A. Rabelo at 2005 FHSAA Swimming & Diving Finals	
200 Breast		2:15.64	8-Dec-05	LLL FG	Manuel A. Rabelo at Winter Champs #120805-FG6	
100 Fly		52.53	6-Oct-06	JIL FG	Brendon Andrews at PB County HS Champs	
200 Fly		2:01.90	28-Feb-08	LLL FG	TOMMY FRICK at FGC Junior Olympic Championship	
200 IM		1:57.86	6-Oct-06	LLL FG	Matthias Topic at PB County HS Champs	
400 IM		4:28.04	14-Sep-07	LLL FG	TOMMY FRICK at FGC Top 16 Invitational	
Open		50 Free	20.94	28-Feb-08	LLL FG	BRENDON R. ANDREWS at FGC Junior Olympic Championship
		100 Free	45.43	3-Nov-07	JIL	BRENDON R. ANDREWS at FHSAA Class 3A State Champs
	200 Free	1:39.27	5-Oct-07	JIL	BRENDON R. ANDREWS at PB County High School Championships	
	500 Free	4:34.19	5-Oct-07	JIL	BRENDON R. ANDREWS at PB County High School Championships	
	1000 Free	10:52.13	20-Feb-04	LLL FG	TOMMY FRICK at 2004 Clearwater Inv.	
	1650 Free	17:24.65	25-Sep-09	LLL FG	RICHARD T. ANDREWS at FGC Fall Inv.	
	100 Back	50.72	28-Feb-08	LLL FG	BRENDON R. ANDREWS at FGC Junior Olympic Championship	
	200 Back	1:56.55	8-Mar-07	LLL FG	BRENDON R. ANDREWS at 2007 Speedo Champions Series	
	100 Breast	57.92	3-Nov-06	JIL FG	Manuel A. Rabelo at FHSAA Class 3A State Champs	
	200 Breast	2:14.65	16-Mar-06	LLL FG	Manuel A. Rabelo at FGC-SPEEDO - Short Course Junior Olympics	
	100 Fly	51.85	13-Oct-06	JIL FG	BRENDON R. ANDREWS at Woodson	
	200 Fly	2:01.90	28-Feb-08	LLL FG	TOMMY FRICK at FGC Junior Olympic Championship	
	200 IM	1:54.29	28-Feb-08	LLL FG	BRENDON R. ANDREWS at FGC Junior Olympic Championship	
	400 IM	4:28.04	14-Sep-07	LLL FG	TOMMY FRICK at FGC Top 16 Invitational	