

RIDGEWOOD YMCA SWIM TEAM
11 & 12 Long Course Records

Time	Year	Name	Event	Name	Year	Time
29.09	2005	Chloe Conjares	50 Freestyle	John Om	2009	26.99
1:03.00	2009	Michelle Kim	100 Freestyle	James Dugan	1993	59.14
2:15.51	2009	Michelle Kim	200 Freestyle	James Dugan	1993	2:09.34
4:38.58	1995	Abigail Davies	400 Freestyle	James Dugan	1993	4:37.54
9:59.57	2008	Michelle Kim	800 Freestyle	Eric Kim	2008	10:05.35
18:47.50	2009	Kaitlyn Turner	1500 Freestyle	Evan Fischer	2006	19:58.08
32.88	2008	Sara Nestrowitz	50 Backstroke	James Dugan	1993	31.96
1:08.45	1995	Abigail Davies	100 Backstroke	Jeff Dash	1993	1:08.88
2:35.59	2008	Sara Nestrowitz	200 Backstroke	Eric Kim	2008	2:30.61
37.10	1999	Sara Kallman	50 Breaststroke	John Om	2009	32.40
1:23.77	1999	Sara Kallman	100 Breaststroke	John Om	2009	1:12.57
3:00.67	2004	Sarah D'Antoni	200 Breaststroke	Harold Choo	2009	2:43.17
31.40	2005	Chloe Conjares	50 Butterfly	John Om	2009	29.13
1:08.23	2009	Michelle Kim	100 Butterfly	John Om	2009	1:04.59
2:32.43	2008	Michelle Kim	200 Butterfly	John Om	2009	2:27.54
2:32.76	2009	Michelle Kim	200 I. M.	John Om	2009	2:24.08
5:23.29	2008	Michelle Kim	400 I. M.	Eric Kim	2008	5:22.54
1:59.84	2009	V. Tu, S. Nestrowitz, M. Kim, E. Tu	200 Freestyle Relay	B. Breda, J. Dash, J. Dugan, C. Ernst	1993	1:55.30
4:27.06	2005	C. Conjares, S. D'Antoni, A. Klein, G. Nurnberger	400 Freestyle Relay	C. Robinson, J. Dash, J. Dugan, C. Ernst	1993	4:22.83
2:19.51	1997	A. Cavanagh, M. Collier, K. Kakegawa, S. Kerrigan	200 Medley Relay	J. Dash, J. Dugan, C. Ernst, B. Breda	1993	2:10.91
5:23.18	2005	C. Conjares, K. Derrenberger, S. Nguyen, G. Nurnberger	400 Medley Relay			