

RIDGEWOOD YMCA SWIM TEAM
11 & 12 Short Course Records

Time	Year	Name	Event	Name	Year	Time
25.31	2009	Sara Nestrowitz	50 Freestyle	John Om	2009	23.91
55.07	2009	Sara Nestrowitz	100 Freestyle	James Dugan	1994	52.44
1:57.06	2009	Michelle Kim	200 Freestyle	Leo Lim	2007	1:54.60
5:07.76	2009	Michelle Kim	500 Freestyle	Leo Lim	2007	5:05.01
10:46.76	2009	Michelle Kim	1000 Freestyle	Leo Lim	2007	10:42.03
18:00.37	2009	Michelle Kim	1650 Freestyle	Harold Choo	2009	18:02.60
32.31	1999	Sara Kallman	50 Breaststroke	Leo Lim	2007	28.50
1:11.22	1998	Michelle Collier	100 Breaststroke	Leo Lim	2007	1:02.00
2:36.21	2005	Sarah D'Antoni	200 Breaststroke	Leo Lim	2007	2:17.15
28.38	2009	Sara Nestrowitz	50 Backstroke	James Dugan	1994	28.05
59.77	2009	Sara Nestrowitz	100 Backstroke	Jeff Dash	1994	59.13
2:09.05	2009	Sara Nestrowitz	200 Backstroke	Ron Cummins	1973	2:10.50
27.34	2008	Michelle Kim	50 Butterfly	Sean Schimmel	1982	25.88
1:00.26	2009	Michelle Kim	100 Butterfly	John Om	2009	58.03
2:11.09	2009	Michelle Kim	200 Butterfly	John Om	2009	2:12.19
1:03.00	2009	Michelle Kim	100 I.M.	Leo Lim	2007	57.93
2:13.35	2009	Michelle Kim	200 I.M.	Leo Lim	2007	2:05.82
4:38.26	2009	Michelle Kim	400 I.M.	Harold Choo	2009	4:34.45
1:45.68	2009	S. Nestrowitz, E. Angus, M. Kim, N. Salzano	200 Freestyle Relay	J. Om, H. Choo, B. Lee, J. Kwon	2009	1:40.18
3:58.97	2002	H. Clark, A. Nurnberger, B. Lanzendoen, M. Ayvaliotis	400 Freestyle Relay	B. Frazer, Y. Han, P. Poggi, C. Robinson	1990	3:59.94
1:58.26	2009	S. Nestrowitz, J. Solin, M. Kim, N. Salzano	200 Medley Relay	J. Kwon, H. Choo, B. Lee, J. Om	2009	1:53.23
4:30.23	1998	A. Cavanagh, M. Collier, H. Grieb, S. Kerrigan	400 Medley Relay	N. Burt, K. Gologorsky, C. Robinson, T. Uybarreta	1991	4:45.62