

TERRAPIN MASTERS SWIM TEAM - MEN'S RECORDS - 25 METER								
(AS OF DECEMBER, 2005)								
AGE GROUP	EVENT	NAME	TIME	DATE	2nd BEST	DATE	3rd BEST	DATE
19-24								
	50 Free	Rob Butcher	24:31	4/12/1997				
		Jeff Strahota	26:59R	10/7/2000				
		James Thompson	28:23	4/23/1995				
	100 Free	Chris Benedick	55:59	3/26/1994	56:80	3/25/1995	57:34	3/17/1996
		Jeff Strahota	59:92	12/6-7/2003	1:01:85	10/12/2002	1:02:25	12/7-8/2002
	200 Free	Chris Benedick	2:07:84	3/17/1996				
		Jeff Strahota	2:11:65	12/6-7/2003				
	400 Free	Jeff Strahota	4:43:32	12/6-7/2003	4:51:06	12/7-8/2002	5:05:60	3/25/2000
	50 Back	Chris Benedick	29:49	3/26/1994	29:88	3/25/1995	30:55	3/17/1996
		James Crowder	31:24R	10/7/2000				
		Jeff Strahota	32:71	12/7-8-/2002	33:29	10/7/2000		
	100 Back	Chris Benedick	1:05:85	3/26/1994	1:10:47	3/25/1995		
		James Crowder	1:07:41R	10/7/2000	1:09:42	10/7/2000		
		Jeff Strahota	1:09:89	12/7-8/2002	1:10:44	12/6-7/2003	1:12:01R	10/12/2002
	200 Back	James Crowder	2:17:05	12/9-10/2000				
	50 Breast	Rob Butcher	30:31	4/12/1997				
		Barney Lynch	34:26	12/8-9/2001				
		Russell Baker	35:78	4/12/1997				
	100 Breast	Rob Butcher	1:06:29	4/12/1997				
		James Crowder	1:13:81	12/9-10/2000				
		Barney Lynch	1:14:29	12/8-9/2001				
	200 Breast	Barney Lynch	2:45:72	12/8-9/2001				
	50 Fly	Jeff Strahota	29:81	12/6-7/2003	30:74	10/12/2002	30:82	12/7-8/2002
		Barney Lynch	29:89	12/8-9/2001				
	100 Fly	John Keefe	59:43	4/9/2005				
		Jeff Strahota	1:05:79	12/6-7/2003	1:08:08	12/7-8/2002	1:10:20	10/12/2002
		Barney Lynch	1:07:51	12/8-9/2001				
	200 Fly	John Keefe	2:12:43	4/9/2005				
	100 IM	John Keefe	1:03:28	4/9/2005				
		James Crowder	1:03:93	12/9-10/2000				
		Chris Benedick	1:04:19	3/26/1994	1:05:58	3/25/1995		
		Jeff Strahota	1:10:77	12/6-7/2003				
	200 IM	James Crowder	2:19:85	12/9-10/2000	2:27:25	10/7/2000		

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25-29								
	50 Free	Russell Perkins	24:26	12/7-8/2002				
		Chris Benedick	26:38	4/12/1997				
		Bengt Bengtsson	27:11	12/8-9/2001				
		Drew Martin	27:16	12/7-8/2002				
		Jeff Strahota	27:66	4/9/2005	29:16	10/15/2005		
	100 Free	Russell Perkins	53:87	12/7-8/2002				
		Chris Benedick	56:31	3/27/1999	56:86	3/25/2000	57:05	4/12/1997
		Kirk Corsello	58:16	3/27/1993				
		Jeff Strahota	59:20	4/9/2005	1:05:08	10/15/2005		
		Monte Lewis	1:14:25	4/9/2005				
	200 Free	Kirk Corsello	2:08:03	3/27/1993				
		Bengt Bengtsson	2:10:58R	12/8-9/2001	2:11:31R	12/8-9/2001		
		Monte Lewis	2:44:41	4/9/2005				
	400 Free	Emad Elshafei	4:27:70	3/25/1995				
	50 Back	Chris Benedick	29:73	4/12/1997	30:15	3/27/1999		
		James Crowder	30:57R	12/7-8/2002	30:88R	12/8-9/2001		
		Drew Martin	31:91	12/7-8/2002				
	100 Back	Emad Elshafei	1:02:46	3/26/1994				
		James Crowder	1:03:89R	4/9/2005	1:04:74R	12/7-8/2002	1:05:03R	12/8-9/2001
		Chris Benedick	1:05:73	3/25/2000				
		Jeff Strahota	1:09:74	4/9/2005				
	200 Back	James Crowder	2:15:80	12/8-9/2001	2:20:61	12/7-8/2002	2:21:19	4/9/2005
	50 Breast	Peter Fehring	31:16	4/9/2005				
		Mike Goodison	33:53	10/7/2000				
		Chris Benedick	35:07	3/27/1999				
		Drew Martin	35:08	12/7-8/2002				
	100 Breast	Peter Fehring	1:08:51	4/9/2005				
		James Crowder	1:11:58	12/8-9/2001	1:14:05	12/7-8/2002		
		Emad Elshafei	1:12:45	3/25/1995				
		Drew Martin	1:21:11	12/8-9/2001				
	200 Breast	Peter Fehring	2:30:76	4/9/2005				
		James Crowder	2:54:81	11/14/2004				
		Ken Myers	3:01:09	3/25/1995	3:03:77	4/23/1995		
	50 Fly	Chris Benedick	28:88	4/12/1997	28:96	3/25/2000		
		Mike Goodison	29:39	10/7/2000				
		Drew Martin	30:46	12/7-8/2002				
	100 Fly	James Crowder	1:01:17	4/9/2005	1:06:10	12/6-7/2003		
		Mike Goodison	1:06:03	3/25/2000				
	200 Fly	James Crowder	2:37:11	11/14/2004				
	100 IM	Emad Elshafei	1:02:44	3/26/1994				
		James Crowder	1:03:36	12/8-9/2001	1:04:67	4/9/2005	1:05:61	12/6-7/2003
		Drew Martin	1:07:92	12/8-9/2001				
		Mike Goodison	1:08:26	3/25/2000	1:10:45	10/7/2000		
		Jeff Strahota	1:09:77	4/9/2005				
	200 IM	Emad Elshafei	2:16:81	3/26/1994	2:17:06	3/25/1995		
		James Crowder	2:17:81	12/8-9/2001	2:19:83	12/7-8/2002	2:20:49	12/6-7/2003
		Drew Martin	2:26:57	12/8-9/2001				
	400 IM	James Crowder	5:00:67	12/8-9/2001	5:03:10	12/7-8/2002	5:21:65	12/6-7/2003

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AGE GROUP	EVENT	NAME	TIME	DATE	2nd BEST	DATE	3rd BEST	DATE
30-34								
	50 Free	Mike Doane	25:48	12/6-7/2003	25:71	11/16/2003		
		Michael Lee	25:69	11/6-7/1999	26:24	10/7/2000		
		Sean West	26:26	12/9-10/2000	26:74	12/8-9/2001	27:05	10/7/2000
		Craig Dewing	26:48	12/7-8/2002	26:51	12/8-9/2001	27:01	10/12/2002
		Mike Goodison	27:04	12/6-7/2003				
	100 Free	Michael Lee	56:99	11/6-7/1999	59:08	10/7/2000		
		Chris Benedick	57:49	4/6/2002	58:03	3/29/2003		
		Ed Switzer	59:06R	12/8-9/2001	1:00:92	10/12/2002	1:00:97	11/17/2002
		Craig Dewing (tie)	59:66	12/8-9/2001	59:77	12/7-8/2002		
		Mike Doane (tie)	59:66	11/16/2003				
	200 Free	Emad Elshafei	2:08:24	3/17/1996				
		Chris Benedick	2:10:58	4/6/2002				
		Michael Lee	2:11:51	11/6-7/1999	2:13:28	12/9-10/2000		
		Craig Dewing(tie)	2:11:54	12/7-8/2002	2:11:56	12/8-9/2001	2:17:62	11/11/2001
		Ed Switzer(tie)	2:11:54R	12/7-8/2002	2:13:89	12/7-8/2002	2:14:03	10/12/2002
	400 Free	Michael Lee	4:41:66	11/6-7/1999				
		Ed Switzer	4:43:23	12/7-8/2002	4:47:83	12/9-10/2000	4:59:97	12/12/2002
		Saul Vesonder	4:51:65	12/9-10/2000				
	800 Free	Craig Dewing	10:05:63	12/7-8/2002				
	1500 Free	Michael Lee	19:12:13	11/6-7/1999				
		Craig Dewing	20:01:62	12/7-8/2002				
	50 Back	Emad Elshafei	29:66	3/27/1999	30:55	3/25/2000		
		Mike Goodison	33:06	12/6-7/2003				
	100 Back	Emad Elshafei	1:04:01	3/25/2000				
		Chris Benedick	1:08:58	3/29/2003				
	200 Back	Emad Elshafei	2:21:11	3/25/2000	2:21:87	3/27/1999		
	50 Breast	Mike Goodison	32:15	3/20/2004	32:18	12/7-8/2002	32:61	12/6-7/2003
		Mike Doane	33:24	12/6-7/2003				
		Craig Dewing	33:87	10/12/2002	34:14	12/7-8/2002		
		Michael Lee	34:37	11/6-7/1999				
	100 Breast	Mike Goodison	1:11:22	12/7-8/2002	1:12:40	3/20/2004	1:12:66	12/6-7/2003
		Craig Dewing	1:14:75	12/8-9/2001	1:16:63	12/7-8/2002		
		Michael Lee	1:15:82	11/6-7/1999	1:16:66	12/9-10/2000		
		Emad Elshafei	1:15:95	3/17/1996				
	200 Breast	Mike Goodison	2:41:78	3/20/2004	2:44:57	12/6-7/2003		
	50 Fly	Mike Doane	26:74	12/6-7/2003	27:84	11/16/2003		
		Mike Goodison	28:30	10/15/2005	28:59	12/7-8/2002		
		Chris Benedick	29:00	4/6/2002				
		Michael Lee	29:01	11/6-7/1999				
	100 Fly	Mike Goodison	1:03:10	3/20/2004	1:06:31	12/6-7/2003		
		Mike Doane	1:05:28	12/6-7/2003				
		Saul Vesonder	1:05:86	12/9-10/2000				
		Ed Switzer	1:07:17	12/8-9/2001	1:09:85	10/12/2002		
		Chris Benedick	1:11:53	3/31/2001				
	100 IM	Michael Lee	1:04:97	11/6-7/1999	1:07:86	10/7/2000		
		Mike Goodison	1:05:64	12/6-7/2003	1:07:09	12/7-8/2002		
		Chris Benedick	1:06:12	3/31/2001				
		Craig Dewing	1:08:43	11/11/2001	1:09:11	12/7-8/2002	1:09:13	10/12/2002
	200 IM	Emad Elshafei	2:21:76	3/17/1996				
		Craig Dewing	2:29:19	12/7-8/2002				
		Mike Goodison	2:33:87	12/6-7/2003				
	400 IM	Sean West	5:20:21	12/9-10/2000				
		Mike Goodison	5:24:24	12/6-7/2003				
		Jeff Hoyle	5:51:43	12/9-10/2000				

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35-39								
	50 Free	Michael Lee	25:36	12/7-8/2002	25:86	3/29/2003	25:88	4/6/2002
		Andy Ellis	26:72	12/6-7/2003				
		Eric Nordlund	27:37	12/9-10/2000	28:15	11/11/2001		
		Steve Payne	31:43	4/4/1998	32:35	3/27/1999		
	100 Free	Michael Lee	55:78	12/7-8/2002	57:78	11/17/2002	58:18	3/29/2003
		Andy Ellis	59:36	12/6-7/2003	59:75	10/15/2005		
		Steve Payne	1:12:64	10/10/1998	1:13:91	4/4/1998	1:15:71	3/27/1999
	200 Free	Michael Lee	2:03:98	12/7-8/2002	2:09:17	11/17/2002	2:11:13	4/6/2002
		Andy Ellis	2:09:97	4/9/2005	2:10:91	12/6-7/2003		
	400 Free	Michael Lee	4:25:41	12/7-8/2002	4:55:62	10/12/2002		
		Andy Ellis	4:46:94	10/15/2005				
		Eric Nordlund	4:59:04	12/9-10/2000				
	800 Free	Eric Nordlund	10:27:42	12/9-10/2000				
	1500 Free	Michael Lee	18:38:36	12/7-8/2002				
		Eric Nordlund	20:01:37	12/9-10/2000				
	50 Back	Emad Elshafei	29:60	3/31/2001	29:76	3/29/2003	30:01	4/6/2002
		Eric Nordlund	33:75	11/11/2001				
	100 Back	Emad Elshafei	1:03:52	3/20/2004	1:04:26	4/6/2002	1:04:71	3/31/2001
		Eric Nordlund	1:15:30	12/9-10/2000				
		Jim Nealis	1:48:16	3/26/1994				
	200 Back	Emad Elshafei	2:19:62	4/6/2002	2:19:74	3/29/2003	2:19:78	3/31/2001
	50 Breast	Emad Elshafei	33:31	4/9/2005				
		Michael Lee	34:77	12/6-7/2003	36:31	11/16/2003		
	100 Breast	Michael Lee	1:14:23	12/6-7/2003	1:17:59	11/16/2003	1:20:26	3/20/2004
	200 Breast	Michael Lee	2:45:42	12/6-7/2003	2:50:39	10/15/2005	2:51:18	11/16/2003
	50 Fly	Michael Lee	28:57	10/15/2005	29:91	11/16/2003		
		Emad Elshafei	29:16	4/9/2005				
		Andy Ellis	29:75	4/9/2005				
		Steve Payne	37:34	4/4/1998	38:71	3/27/1999		
	100 Fly	Michael Lee	1:04:03	12/6-7/2003	1:06:83	10/15/2005		
		Andy Ellis	1:07:16	4/9/2005	1:09:11	12/6-7/2003		
	200 Fly	Michael Lee	2:40:56	12/6-7/2003				
	100 IM	Michael Lee	1:09:40	11/16/2003				
		Andy Ellis	1:11:43	10/15/2005				
		Steve Payne	1:23:84	4/4/1998	1:24:89	10/10/1998	1:26:01	3/27/1999
		Jim Nealis	1:41:86	3/26/1994				
	200 IM	Emad Elshafei	2:20:73	3/20/2004				
		Michael Lee	2:26:17	12/6-7/2003				
	400 IM	Emad Elshafei	5:12:96	4/9/2005				
		Michael Lee	5:18:48	12/7-8/2002				
		Andy Ellis	5:33:39	12/6-7/2003				

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40-44	50 Free	Eric Nordlund	30:27	3/29/2003					
		Steve Payne	31:41	12/6-7/2003	31:64	12/8-9/2001	31:77R	12/7-8/2002	
	100 Free	Steve Payne	1:10:13	12/8-9/2001	1:13:25	12/6-7/2003	1:14:26	12/7-8/2002	
	200 Free	Steve Payne	2:39:82	12/8-9/2001	2:42:68	12/6-7/2003	2:43:16	12/7-8/2002	
	400 Free	Steve Payne	5:52:04	12/7-8/2002	5:57:72	12/6-7/2003			
	800 Free	Steve Payne	12:47:34	12/6-7/2003					
	1500 Free	Steve Payne	23:38:17	12/7-8/2002					
	50 Back	Curt Reynolds	32:06	3/20/2004					
		Eric Nordlund	34:59	3/29/2003					
		Steve Payne	47:05	12/7-8/2002					
		100 Back	Curt Reynolds	1:10:23	3/20/2004				
		Eric Nordlund	1:15:83	3/20/2004					
		Steve Payne	1:32:18	12/7-8/2002					
	200 Back	Eric Nordlund	2:55:17	3/20/2004					
	50 Fly	Steve Payne	38:18	12/8-9/2001	39:21	12/6-7/2003	41:00	3/29/2003	
	100 Fly	Steve Payne	1:35:41	12/7-8/2002					
	100 IM	Curt Reynolds	1:08:91	3/20/2004					
		Eric Nordlund	1:15:31	3/29/2003	1:43:36?	3/20/2004			
		Steve Payne	1:25:28	12/8-9/2001					
		200 IM	Curt Reynolds	2:32:88	3/20/2004				
	Steve Payne	3:20:84	3/29/2003						
45-49	50 Free	Curt Reynolds	27:45	11/13/2005					
		Bill Shipp	28:89	10/15/2005					
	100 Free	Curt Reynolds	1:00:18	11/13/2005					
		Bill Shipp	1:03:68	10/15/2005					
		Mike Lockard	1:47:20	3/25/2000					
	200 Free	Bill Shipp	2:24:71	10/15/2005					
	50 Back	Curt Reynolds	30:89	10/15/2005					
	100 Back	Curt Reynolds	1:07:62	10/15/2005					
	50 Breast	Curt Reynolds	36:03	11/13/2005					
	100 Back	Curt Reynolds	1:16:43	11/13/2005					
	50 Fly	Curt Reynolds	28:85	10/15/2005					
	100 Fly	Curt Reynolds	1:05:39	10/15/2005					
	100 IM	Curt Reynolds	1:07:99	4/9/2005					
	200 IM	Curt Reynolds	2:29:83	4/9/2005					
	400 IM	Curt Reynolds	5:33:57	4/9/2005					
	50-54	50 Free	Charlie Hoffman	30:24	12/8-9/2001				
		50 Back	Dave Diehl	36:49	3/27/1993	36:72	3/26/1994	37:26	3/17/1996
100 Back		Dave Diehl	1:27:23	3/27/1993	1:29:59	4/26/1992	1:29:71	3/17/1996	
200 Back		Dave Diehl	3:28:17	4/26/1992					
50 Breast		Charlie Hoffman	34:63	12/9-10/2000	35:64	12/8-9/2001	36:84	12/7-8/2002	
		Dave Diehl	42:24	3/25/1995					
100 Breast		Charlie Hoffman	1:17:40	12/9-10/2000	1:18:97	12/8-9/2001			
		Dave Diehl	1:34:27	3/26/1994	1:34:61	4/25/1993	1:35:73	4/17/1994	
200 Breast		Charlie Hoffman	2:52:59	12/9-10/2000	2:54:24	12/8-9/2001			
50 Fly		Charlie Hoffman	31:05	12/7-8/2002	31:18	12/8-9/2001			
100 IM	Dave Diehl	1:28:78	4/17/1994						

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55-59								
	200 Free	Robert Benson	2:50:70	3/26/1994				
	50 Back	Dave Diehl	37:83	4/4/1998				
	100 Back	Robert Benson	1:37:13	3/26/1994				
	50 Breast	Charlie Hoffman	36:88	4/9/2005				
		Dave Diehl	43:79	4/4/1998				
	100 Breast	Charlie Hoffman	1:21:95	4/9/2005				
	200 Breast	Charlie Hoffman	2:57:38	4/9/2005				
	100 IM	Dave Diehl	1:30:11	4/4/1998				
		Robert Benson	1:31:41	3/26/1994				
	200 IM	Robert Benson	3:22:20	3/26/1994				
60-64								
	50 Free	Robert Costello	34:69	3/20/2004	34:94	11/16/2003		
	50 Back	Dave Diehl	37:44	3/29/2003	38:50	4/9/2005		
	100 Back	Dave Diehl	1:32:13	3/29/2003	1:36:22	4/9/2005		
	200 Back	Dave Diehl	3:35:20	3/29/2003				
	50 Breast	Dave Diehl	45:76	4/9/2005				

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Men 100-119 200	Free Relay	Doane,Crowder,Ellis,Goodison	1:46:78	12/6-7/2003				
		Lee,Strahota,Crowder,Dewing	1:49:29	10/12/2002				
		Strahota,S.West,Lee,Crowder	1:49:70	10/7/2000				
Men 100-119 200	Medley Relay	Crowder,Goodison,Perkins,Lee	1:52:68	12/7-8/2002				
		Crowder,Lynch,Dewing,Martin	1:59:68	12/8-9/2001				
		Crowder,Lee,Goodison,S.West	2:01:49	10/7/2000				
Men 100-119 400	Free Relay	Switzer,S.West,Bengtsson,Martin	3:56:80	12/8-9/2001				
Men 100-119 400	Medley Relay	Crowder,Fehring,Haupt,Keefe	4:00:47	4/9/2005				
		Crowder,Goodison,Perkins,Lee	4:09:56	12/7-8/2002				
		Crowder,Goodison,Doane,Ellis	4:23:64	12/6-7/2003				
		Crowder,Martin,Lynch,Bengtsson	4:25:81	12/8-9/2001				
		Strahota,Dewing,Crowder,Switzer	4:34:33	10/12/2002				
Men 100-119 800	Free Relay	Bengtsson,Switzer,Crowder,Dewing	8:48:05	12/8-9/2001				
Men 120-159 200	Free Relay	Payne,Martin,Strahota,Goodison	1:53:85	12/7-8/2002				
		S.West,Switzer,Dewing,Bengtsson	01:54	12/8-9/2001				
Men 120-159 400	Free Relay	West,Crowder,Hoyle,Nordlund	04:02	12/9-10/2000				
		Switzer,Dewing,Strahota,Payne	04:33	12/7-8/2002				
Men 120-159 400	Medley Relay	Crowder,Lee,Vesonder,West	4:26:68	12/9-10/2000				
Men 120-159 800	Free Relay	Switzer,Lee,Dewing,Strahota	8:47:71	12/7-8/2002				
		Switzer,West,Crowder,Lee	8:57:81	12/9-10/2000				
Men 120+ 200	Free Relay	Myers,Sandberg,D.Diehl,Thompson	02:05	4/23/1995				
R=Relay lead-off								
* and 10/12/2002								
Note: Chris Benedick's 50 Back of 29:49 in 1994 set a National Record.								
Note: The "Top Three" are the three fastest times for the team. People listed fourth or fifth are current/recent swimmers, but their times may not be the 4th or 5th fastest in team history.								

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AGE GROUP	EVENT	NAME	TIME	DATE	2nd BEST	DATE	3rd BEST	DATE
Meets:								
11/13/2005	JCCNV Lox and Bagels Meet at Fairfax							
10/15/2005	DC Aquatics Fall Swim Ball at Takoma Pool, Washington, D.C.							
4/9/2005	Albatross Meet at MAC in Bethesda							
11/14/2004	JCCNV Lox and Bagels Meet at Fairfax							
3/20/2004	Albatross Meet at MAC in Bethesda							
12/6-7/2003	Colonies Zone SCM Meet at Rutgers							
11/16/2003	Lox and Bagels Meet at Fairfax							
3/29/2003	Albatross Meet at MAC in Bethesda							
12/7-8/2002	Colonies Zones SCM Meet at Rutgers							
11/17/2002	Lox and Bagels Meet at Fairfax							
10/12/2002	DCAC/ACDC Meet at Washington, D.C.							
4/6/2002	Albatross Meet at MAC in Bethesda							
12/8-9/2001	Colonies Zones SCM Meet at Rutgers							
11/11/2001	Lox and Bagels Meet at Fairfax							
3/31/2001	Albatross Meet at MAC in Bethesda							
12/9-10/2000	Colonies Zones SCM Meet at Rutgers							
10/7/2000	DCAC/ACDC Meet at Washington, D.C.							
3/25/2000	Albatross Meet at MAC in Bethesda							
11/6-7/1999	Colonies Zones SC Meet at Rutgers							
3/27/1999	Albatross Meet at MAC in Bethesda							
10/10/1998	DCAC Columbus Day Classic at Washington, D.C.							
4/4/1998	Albatross Meet at ?							
4/12/1997	Albatross Meet at MAC in Bethesda							
3/17/1996	Albatross Meet at Fairland Pool, Laurel							
4/23/1995	Short Course Meters Meet at Oakton, Va.							
3/25/1995	Albatross Meet at Fairland Pool, Laurel							
4/17/1994	Short Course Meters Meet at Oak Marr Pool, Oakton							
3/26/1994	Albatross Meet at Fairland Pool, Laurel							
4/25/1993	Short Course Meters Meet at Oak Marr Pool, Oakton							
3/27/1993	Albatross Open Meet at MAC in Bethesda							
4/26/1992	Short Course Meters Meet at Oak Marr Pool, Oakton							