

TERRAPIN MASTERS SWIM TEAM - WOMEN'S RECORDS - 25 METER											
(AS OF DECEMBER, 2005)											
AGE GROUP	EVENT	NAME	TIME	DATE	2nd BEST	DATE	3rd BEST	DATE			
19-24	50 Free	Petra Adamkova	27:02R	12/7-8/2002	27:31	12/7-8/2002					
		Kelly Bowman	27:76	12/6-7/2003							
		Meredith Stakem	28:52	12/6-7/2003							
		Katie Diblasi	28:89	12/7-8/2002							
		Anna Ratliff	31:88	3/25/2000	32:84	4/6/2002					
	100 Free	Petra Adamkova	1:00:25R	12/7-8/2002							
		Kelly Bowman	1:00:29	12/6-7/2003							
		Meredith Stakem	1:01:05	12/6-7/2003							
		Katie Diblasi	1:03:29	12/7-8/2002							
		Erin Galloway	1:03:46R	12/8-9/2001							
	200 Free	Anna Ratliff	1:11:52	3/25/2000	1:13:42	4/6/2002					
		Kelly Bowman	2:14:39	12/6-7/2003							
		Kirsten O'Loughlin	2:42:12	3/25/1995							
		400 Free	Kelly Bowman	4:45:54	12/6-7/2003						
			Laura Antonietta	4:46:92	3/26/1994						
	800 Free	Laura Antonietta	9:49:66	4/17/1994							
		Lillian Hnath	9:54:40	11/5/2005							
	1500 Free	Lillian Hnath	18:49:88	11/5/2005							
	50 Back	Meredith Stakem	34:13	12/6-7/2003							
		Erin Galloway	34:86R	12/8-9/2001							
		Anna Ratliff	38:80	3/25/2000							
	100 Back	Laura Antonietta	1:14:33	3/26/1994							
		Anna Ratliff	1:22:72	3/25/2000					1:26:26	4/6/2002	
	50 Breast	Petra Adamkova	34:65	12/7-8/2002							
50 Fly	Petra Adamkova	29:99	12/7-8/2002								
100 Fly	Laura Antonietta	1:11:63	4/17/1994								
200 IM	Laura Antonietta	2:40:33	3/26/1994								
400 IM	Laura Antonietta	5:39:50	4/17/1994								
25-29	50 Free	Kelly Bowman	27:90	4/9/2005							
		Karen Ruhren	43:49	3/27/1993							
	100 Free	Kelly Bowman	1:00:09	4/9/2005							
		Laurie Gray	1:10:17	3/17/1996							
	200 Free	Kelly Bowman	2:11:40	4/9/2005							
		Jane Kleine	2:14:93	3/25/1995							
	400 Free	Jane Kleine	4:39:88	3/25/1995							
		Allison Thomson	5:00:34	12/9-10/2000							
	800 Free	Allison Thomson	10:36:89	12/9-10/2000							
		50 Back	Laurie Gray	37:43					3/17/1996		
	Debbie Morrin		44:70	4/26/1992							
	Karen Ruhren		55:59	3/26/1994							
	100 Back	Laurie Gray	1:22:50	3/17/1996							
		Debbie Morrin	1:42:22	4/26/1992							
	50 Breast	Debbie Morrin	45:49	4/26/1992							
		Karen Ruhren	49:72	3/27/1993					50:64	3/26/1994	
	100 Breast	Allison Thomson	1:26:67	12/9-10/2000							
		Debbie Morrin	1:38:58	4/26/1992							
	200 Breast	Allison Thomson	3:03:39	12/9-10/2000							
	100 Fly	Allison Thomson	1:16:70	12/9-10/2000							
	200 IM	Allison Thomson	2:43:35	12/9-10/2000							
	400 IM	Allison Thomson	5:42:87	12/9-10/2000							

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30-34	200 Free	Jane West	2:15:85	4/4/1998				
	400 Free	Jane West	4:38:76	4/4/1998				
	50 Back	Donna Neumann	37:36	3/17/1996				
		Debbie Morrin	45:13	11/9-10/1996	45:58	3/25/1995	46:13	3/27/1993
	100 Back	Debbie Morrin	1:36:93	11/1-2/1997	1:37:13	4/23/1995	1:37:86	4/17/1994
	200 Back	Debbie Morrin	3:22:57	11/1-2/1997	3:25:68	11/9-10/1996		
	50 Breast	Donna Neumann	43:33	3/17/1996				
		Marisa Frieder	43:77	3/31/2001	44:84	11/11/2001		
		Debbie Morrin	45:05	3/27/1993	45:43	4/23/1995	45:72	11/1-2/1997
	100 Breast	Debbie Morrin	1:34:92	3/17/1996	1:36:22	11/1-2/1997	1:36:29	4/23/1995
		Marisa Frieder	1:35:32	3/31/2001	1:36:12	11/11/2001		
	200 Breast	Debbie Morrin	3:23:19	3/17/1996	3:24:02	4/23/1995	3:25:22	11/1-2/1997
	50 Fly	Marisa Frieder	44:84	11/11/2001				
	100 IM	Marisa Frieder	1:29:14	3/31/2001	1:31:84	11/11/2001		
		Debbie Morrin	1:32:38	11/9-10/1996	1:32:69	11/1-2/1997		
	200 IM	Jane West	2:42:59	4/4/1998				
	35-39	50 Free	Jane West	29:80	12/9-10/2000	30:26	10/7/2000	
100 Free		Jane West	1:05:14	12/9-10/2000				
200 Free		Jane West	2:16:31	12/9-10/2000	2:16:89	12/8-9/2001	2:17:51	3/25/2000
400 Free		Jane West	4:43:98	3/25/2000	4:45:91	12/8-9/2001	4:48:34	12/9-10/2000
		Debbie Morrin	6:22:64	10/10-11/1998				
800 Free		Jane West	9:54:01	12/9-10/2000	9:58:88	12/8-9/2001		
		Donna Elshafei	38:28	3/27/1999				
50 Back		Debbie Morrin-Nordlund	46:91	11/6-7/1999	47:06	10/10-11/1998	47:26	3/27/1999
		Debbie Morrin	1:38:83	10/10-11/1998	1:40:17	3/27/1999	1:42:34	10/7/2000
200 Back		Debbie Morrin	3:23:25	4/19/1998	3:24:43	4/18/1999	3:24:47	10/10-11/1998
50 Breast		Donna Elshafei	43:67	3/27/1999				
		Debbie Morrin	46:28	10/10-11/1998	46:53	4/19/1998	46:65	4/18/1999
100 Breast		Debbie Morrin-Nordlund	1:38:95	3/27/1999	1:39:56	4/19/1998	1:41:21	4/18/1999
200 Breast		Debbie Morrin-Nordlund	3:30:53	4/19/1998	3:31:45	10/10-11/1998	3:32:32	3/27/1999
200 Fly		Jane West	2:49:56	12/8-9/2001	2:50:98	10/7/2000		
200 IM		Jane West	2:39:07	12/8-9/2001	2:42:99	3/25/2000		
		Debbie Morrin	3:27:54	10/10-11/1998				
40-44	50 Free	Carolyn Vorhees	28:75	4/9/2005				
		Cheryl Wagner	33:51	4/12/1997	35:26	3/17/1996		
	100 Free	Carolyn Vorhees	1:04:35	4/9/2005				
		Cheryl Wagner	1:15:07	3/25/1995	1:21:59	3/26/1994		
	50 Back	Debbie Morrin-Nordlund	49:34	3/29/2003	50:33	11/17/2002	50:88	11/14/2004
	100 Back	Debbie Morrin-Nordlund	1:38:40	11/16/2003	1:45:44	3/29/2003		
	200 Back	Hartzell Stringer	3:33:76	4/12/1997				
	50 Breast	Debbie Morrin-Nordlund	51:63	4/9/2005				
	100 Breast	Debbie Morrin-Nordlund	1:47:84	11/17/2002	1:48:00	3/29/2003	1:49:56	11/16/2003
	200 Breast	Debbie Morrin-Nordlund	3:56:94	3/20/2004	3:57:89	4/9/2005		
		Hartzell Stringer	3:57:65	4/12/1997				
	50 Fly	Carolyn Vorhees	31:60	4/9/2005				
		Cheryl Wagner	44:15	3/26/1994				
	200 Fly	Hartzell Stringer	4:25:78	4/12/1997				
	100 IM	Cheryl Wagner	1:37:78	3/26/1994				
	200 IM	Cheryl Wagner	3:25:42	4/12/1997	3:30:47	3/17/1996		

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45-49	50 Free	Cheryl Wagner	33:27	4/4/1998					
		Myriam Pero	35:97	4/12/1997	36:02	3/17/1996	37:08	4/4/1998	
	100 Free	Cheryl Wagner	1:14:66	4/4/1998					
		Myriam Pero	1:19:66	3/17/1996	1:20:68	4/12/1997	1:22:65	4/4/1998	
	200 Free	Myriam Pero	3:04:53	4/19/1998					
	400 Free	Myriam Pero	6:19:65	4/12/1997	6:30:69	4/19/1998			
	200 Fly	Cheryl Wagner	3:51:49	4/4/1998					
	100 IM	Cheryl Wagner	1:29:24	4/4/1998					
50-54	50 Free	Cheryl Wagner	35:30	3/20/2004	36:54	11/14/2004			
	100 Free	Cheryl Wagner	1:16:56	3/20/2004	1:17:96	4/6/2002	1:18:49	3/29/2003	
	200 Free	Cheryl Wagner	2:52:17	3/20/2004	2:53:18	11/17/2002	2:53:90	11/16/2003	
	400 Free	Cheryl Wagner	5:59:67	3/20/2004	6:01:55	4/6/2002			
	100 Back	Cheryl Wagner	1:42:25	4/9/2005					
	200 Back	Cheryl Wagner	3:37:26	4/9/2005					
	50 Breast	Cheryl Wagner	50:36	4/9/2005					
	50 Fly	Cheryl Wagner	46:55	11/14/2004					
	100 Fly	Cheryl Wagner	1:46:46	4/9/2005					
	100 IM	Cheryl Wagner	1:41:66	11/14/2004					
	200 IM	Cheryl Wagner	3:28:06	3/29/2003					

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AGE GROUP	EVENT	NAME	TIME	DATE	2nd BEST	DATE	3rd BEST	DATE
WOMEN'S RELAYS:								
76-99 800 Free Relay								
	Bowman,Stakem,Hnath,Teerlink		9:11:28	11/14/2004				
76-99 400 Medley Relay								
	Hnath,Bowman,Teerlink,Stakem		4:46:62	11/14/2004				
MIXED RELAYS								
Mixed 76-99 200 Free Relay								
	Adamkova,Diblasi,D.Martin,Strahota		1:51:09	12/7-8/2002				
Mixed 76-99 200 Medley Relay								
	Crowder,Adamkova,Perkins,Diblasi		2:00:54	12/7-8/2002				
Mixed 76-99 400 Free Relay								
	Adamkova,Crowder,Diblasi,Perkins		3:56:65	12/7-8/2002				
Mixed 76-99 400 Medley Relay								
	Crowder,Adamkova,Perkins,Diblasi		4:22:07	12/7-8/2002				
Mixed 76-99 800 Free Relay								
	Stakem,Bowman,Strahota,Crowder		8:51:55	12/6-7/2003				
Mixed 100-119 200 Medley Relay								
	Galloway,J.West,Switzer,Lynch		2:10:27	12/8-9/2001				
	Crowder,Galloway,Thomson,Hoyle		2:13:28	12/9-10/2000				
Mixed 100-119 400 Free Relay								
	Galloway,J.West,D.Martin,S.West		4:12:19	12/8-9/2001				
	Hoyle,S.West,Galloway,Thomson		4:14:35	12/9-10/2000				
Mixed 100-119 800 Free Relay								
	Galloway,J.West,Crowder,Bengtsson		9:07:08	12/8-9/2001				
Mixed 120-159 100 Free Relay								
	E.Elshafei,D.Elshafei,?,?		1:01:67	3/27/1999				
Mixed 120-159 800 Free Relay								
	S.West,Switzer,Thomson,J.West		9:12:44	12/9-10/2000				
Note: The Women's 76-99 800 Free and 400 Medley Relays broke the National Records.								
Note: The Mixed 76-99 400 Free, 400 Medley and 800 Free Relays broke the National Records.								
R= Relay lead-off								
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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(AS OF DECEMBER, 2005)								
AGE GROUP	EVENT	NAME	TIME	DATE	2nd BEST	DATE	3rd BEST	DATE
Meets:								
11/5/2005	Virginia Masters Meet at Virginia Beach							
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 Bagel 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							
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 SCM Meet at Rutgers							
4/18/1999	Lox and Bagels Meet at Fairfax							
3/27/1999	Albatross Meet at MAC in Bethesda							
10/10-11/1998	Colonies Zones SCM Meet at Rutgers							
4/19/1998	Lox and Bagels Meet at Fairfax							
4/4/1998	Albatross Meet at ?							
11/1-2/1997	Colonies Zones SCM Meet at Rutgers							
4/12/1997	Albatross Meet at MAC in Bethesda							
11/9-10/1996	Colonies Zones SCM Meet at Rutgers							
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							
3/27/1993	Albatross Meet at MAC in Bethesda							
4/26/1992	Short Course Meters Meet at Oak Marr Pool, Oakton							