

9-10 Years Poseidon Long Course Club Records (06/11/23)

Event	MEN			WOMEN		
	Time	Swimmer	Comp/Year	Time	Swimmer	Comp/Year
50 free	00:35.93	Kristian Iton	NCAA LC Invitational (11/22)	00:35.55	Lisa Kamphuis	KSF National Time Trial (05/23)
100 free	01:26.26	Kristian Iton	NCAA LC Invitational (11/22)	01:23.44	Lisa Kamphuis	KSF National Time Trial (05/23)
200 free				03:04.96	Lisa Kamphuis	KSF National Time Trial (05/23)
400 free						
800 free						
1500 free						
50 back				00:44.58	Lisa Kamphuis	KSF National Time Trial (05/23)
100 back				01:38.46	Lisa Kamphuis	NCAA LC Invitational (11/22)
200 back						
50 breast	38:24.00	Kristian Iton	NCAA LC Invitational (11/22)			
100 breast						
200 breast				04:11.54	Lisa Kamphuis	NCAA LC Invitational (11/22)
50 fly				00:41.50	Lisa Kamphuis	KSF National Time Trial (05/23)
100 fly						
200 fly						
200 IM				03:31.83	Lisa Kamphuis	KSF National Time Trial (05/23)
400 IM						

11-12 Years Poseidon Long Course Club Records (06/11/23)

Event	MEN			WOMEN		
	Time	Swimmer	Comp/Year	Time	Swimmer	Comp/Year
50 free	00:29.82	Yannick Kamphuis	KSF National Champs (12/21)	00:30.72	Jade Onderi	KSF National Champs (12/21)
100 free	01:06.82	Yannick Kamphuis	KSF National Champs 12/21	01:10.17	Jade Onderi	KSF National Champs (12/21)
200 free	02:31.54	Yannick Kamphuis	NCAA LC Invitational (11/21)	02:37.44	Jade Onderi	CANA Zone 4 (04/22)
400 free				06:11.95	Jade Onderi	KSF National Champs (08/21)
800 free						
1500 free						
50 back	00:33.65	Jeremy Rieck	KSF National Time Trial (05/23)	00:37.75	Jade Onderi	NCAA LC Invitational (11/21)
100 back	01:13.93	Jeremy Rieck	KSF National Time Trial (05/23)	01:24.56	Jade Onderi	NCAA LC Invitational (11/21)
200 back	02:42.73	Jeremy Rieck	KSF National Time Trial (05/23)	03:05.31	Dunja Jovanovic	NCAA LC Invitational (11/22)
50 breast	00:43.80	Jeremy Rieck	KSF National Time Trial (05/23)	00:46.06	Amani Gikunda	NCAA LC Invitational (11/21)
100 breast	01:46.33	Yannick Kamphuis	NCAA LC Invitational (11/21)	01:42.49	Nyah Frantz	NCAA LC Invitational (11/21)
200 breast				03:35.22	Nyah Frantz	KSF National Champs (12/21)
50 fly	00:32.42	Jeremy Rieck	KSF National Time Trial (05/23)	00:34.73	Jade Onderi	NCAA LC Invitational (11/21)
100 fly	01:15.21	Jeremy Rieck	KSF National Time Trial (05/23)	01:21.51	Jade Onderi	NCAA LC Invitational (11/21)
200 fly						
200 IM	03:00.72	Yannick Kamphuis	KSF National Champs (12/21)	03:03.59	Jade Onderi	NCAA LC Invitational (11/21)
400 IM						

13-14 Years Poseidon Long Course Club Records (06/11/23)

Event	MEN			WOMEN		
	Time	Swimmer	Comp/Year	Time	Swimmer	Comp/Year
50 free	00:27.72	Karl Senanu	KSF National Time Trial (05/23)	00:29.99	Anabelle Croucher	KA National Time Trial (11/23)
100 free	01:03.73	Karl Senanu	KSF National Time Trial (05/23)	01:07.06	Anabelle Croucher	KA National Time Trial (11/23)
200 free	02:24.28	Yannick Kamphuis	KSF National Champs (05/22)	02:43.91	Jade Onderi	KA National Time Trial (11/23)
400 free	05:00.82	Chikashi Nakano	NCAA LC Invitational (11/22)	05:34.69	Anabelle Croucher	KA National Time Trial (11/23)
800 free						
1500 free	20:14.97	Chikashi Nakano	NCAA LC Invitational (11/22)			
50 back	00:33.08	Jeremy Rieck	KA National Time Trial (11/23)	00:43.97	Tizita Musyoka	NCAA LC Invitational (11/22)
100 back	01:10.88	Chikashi Nakano	KSF National Time Trial (05/23)			
200 back	02:34.99	Chikashi Nakano	KSF National Time Trial (05/23)			
50 breast	00:42.05	Ilan Doyen	KSF National Champs (12/21)	00:38.95	Anabelle Croucher	KA National Time Trial (11/23)
100 breast	01:39.07	Yannick Kamphuis	NCAA LC Invitational (11/22)	01:24.83	Anabelle Croucher	KA National Time Trial (11/23)
200 breast				03:10.18	Anabelle Croucher	KA National Time Trial (11/23)
50 fly	00:30.75	Yannick Kamphuis	KSF National Time Trial (05/23)	00:34.14	Anabelle Croucher	KA National Time Trial (11/23)
100 fly	01:13.30	Jeremy Rieck	KA National Time Trial (11/23)			
200 fly						
200 IM	02:42.14	Chikashi Nakano	KSF National Time Trial (05/23)	02:54.78	Anabelle Croucher	KA National Time Trial (11/23)
400 IM	05:56.01	Chikashi Nakano	KSF National Champs (05/22)			

Senior Poseidon Long Course Club Records (15yrs and Over) - (06/11/23)

Event	MEN			WOMEN		
	Time	Swimmer	Comp/Year	Time	Swimmer	Comp/Year
50 free	00:27.87	Shad Frantz	KSF National LC Champs (12/21)			
100 free	00:59.08	Shad Frantz	KSF National LC Champs (05/22)			
200 free	02:10.36	Shad Frantz	KSF National LC Champs (05/22)			
400 free	04:45.76	Shad Frantz	KSF National LC Champs (05/22)			
800 free	09:54.81	Shad Frantz	KSF National LC Champs (05/22)			
1500 free	19:48.75	Shad Frantz	NCAA LC Invitational (11/21)			
50 back	00:35.19	Shawn Bitok	NCAA LC Invitational - 11/22			
100 back	01:11.17	Carlo Blunsum	NCAA LC Invitational (11/21)			
200 back						
50 breast	00:29.84	NR Tory Pragassa	KSF National LC Champs (12/21)			
100 breast	01:08.69	Tory Pragassa	NCAA LC Invitational (11/21)			
200 breast	02:42.91	Tory Pragassa	NCAA LC Invitational (11/21)			
50 fly	00:30.31	Carlo Blunsum	NCAA LC Invitational (11/21)			
100 fly	01:07.03	Shad Frantz	KSF National LC Champs (05/22)			
200 fly						
200 IM	02:25.64	Shad Frantz	KSF National LC Champs (05/22)			
400 IM	05:34.40	Shad Frantz	KSF National LC Champs (12/21)			