

9-10 Years Poseidon Short Course Club Records (14/12/23)

Event	MEN			WOMEN		
	Time	Swimmer	Comp/Year	Time	Swimmer	Comp/Year
50 free	00:35.24	Kristian Iton	NCAA Level 3 (10/22)	00:36.30	Lisa Kamphuis	KSF National Short Course (06/22)
100 free	01:24.89	Kristian Iton	NCAA Level 3 (10/22)	01:28.35	Lisa Kamphuis	NCAA Level 1 (09/22)
200 free	03:50.20	Levi Hedges	Poseidon FS Time Trial (12/23)	03:22.97	Lisa Kamphuis	NCAA Level 1 (09/22)
400 free				07:02.30	Lisa Kamphuis	Poseidon FS Time Trial (10/22)
800 free						
1500 free						
50 back	00:47.93	Dante Murugu	NCAA Junior and Open Gala (11/21)	00:47.00	Lisa Kamphuis	NCAA Junior and Open Gala (11/21)
100 back				01:40.09	Lisa Kamphuis	NCAA Level 1 (09/22)
200 back				03:43.06	Lisa Kamphuis	NCAA Level 1 (09/22)
50 breast	00:50.55	Kristian Iton	NCAA Level 3 (10/22)	00:51.60	Muthoni Kioi	Super Swim League R2 (09/23)
100 breast				01:53.17	Liya Gikunda	NCAA Level 1 (09/22)
200 breast				04:13.59	Lisa Kamphuis	NCAA Level 1 (09/22)
50 fly	00:45.64	Dante Murugu	NCAA Junior and Open Gala (11/21)	00:44.37	Lisa Kamphuis	NCAA Junior and Open Gala (11/21)
100 fly				02:25.15	Muthoni Kioi	NCAA Level 1 (09/22)
200 fly						
100 IM	01:39.27	Kristian Iton	NCAA Level 3 (10/22)	01:34.81	Lisa Kamphuis	KSF National Short Course (06/22)
200 IM				03:42.20	Lisa Kamphuis	Poseidon IM Time Trial (06/22)
400 IM						

11-12 Years Poseidon Short Course Club Records (30/09/23)

Event	MEN			WOMEN		
	Time	Swimmer	Comp/Year	Time	Swimmer	Comp/Year
50 free	00:30.18	Yannick Kamphuis	KSF Kiambu Inv (09/21)	00:31.24	Jade Onderi	KSF Kiambu Inv (09/21)
100 free	01:07.61	Yannick Kamphuis	KSF Kiambu Inv (09/21)	01:10.80	Jade Onderi	KSF Kiambu Inv (09/21)
200 free	02:28.59	Jeremy Rieck	CANA Zone 3 (11/22)	02:55.29	Amani Gikunda	NCAA Level 3 (10/22)
400 free	05:53.80	Yannick Kamphuis	Poseidon FS Time Trial (10/21)	05:58.80	Jade Onderi	Poseidon FS Time Trial (10/21)
800 free						
1500 free	21:00.31	Yannick Kamphuis	NCAA Junior and Open Gala (11/21)			
50 back	00:33.70	Jeremy Rieck	CANA Zone 3 (11/22)	00:36.42	Jade Onderi	KSF Kiambu Inv (09/21)
100 back	01:15.52	Jeremy Rieck	CANA Zone 3 (11/22)	01:23.50	Jade Onderi	KSF Kiambu Inv (09/21)
200 back	02:41.50	Jeremy Rieck	CANA Zone 3 (11/22)	03:17.83	Dunja Jovanovic	NCAA Level 1 (09/22)
50 breast	00:43.70	Yannick Kamphuis	KSF Kiambu Inv (09/21)	00:45.00	Amani Gikunda	KSF Kiambu Inv (09/21)
100 breast	01:37.67	Karl Senanu	KSF Kiambu Inv (09/21)	01:37.69	Amani Gikunda	NCAA Level 1 (09/22)
200 breast				03:42.84	Amani Gikunda	NCAA Level 3 (10/22)
50 fly	00:33.59	Yannick Kamphuis	KSF Kiambu Inv (09/21)	00:36.00	Jade Onderi	KSF Kiambu Inv (09/21)
100 fly	01:24.07	Yannick Kamphuis	KSF Kiambu Inv (09/21)	01:23.62	Jade Onderi	KSF Kiambu Inv (09/21)
200 fly						
100 IM	01:25.95	Karl Senanu	KSF Kiambu Inv (09/21)	01:28.55	Dunja Jovanovic	NCAA Level 1 (09/22)
200 IM	03:01.48	Yannick Kamphuis	KSF Kiambu Inv (09/21)	03:04.70	Jade Onderi	KSF Kiambu Inv (09/21)
400 IM						

13-14 Years Poseidon Short Course Club Records (14/12/23)

Event	MEN			WOMEN		
	Time	Swimmer	Comp/Year	Time	Swimmer	Comp/Year
50 free	00:27.94	Yannick Kamphuis	Super Swim League R1 (06/23)	00:30.05	Saamanta Selvon	NCAA Inter Club (08/22)
100 free	01:02.04	Chikashi Nakano	NCAA Level 3 (02/23)	01:09.24	Jade Onderi	KSF National Short Course (06/22)
200 free	02:16.69	Chikashi Nakano	NCAA Level 3 (02/23)	02:32.88	Jade Onderi	KSF National Short Course (06/22)
400 free	04:55.76	Chikashi Nakano	NCAA Level 3 (02/23)	05:20.40	Anabelle Croucher	Poseidon FS Time Trial (12/23)
800 free	11:27.75	Ilan Doyen	NCAA Junior and Open Gala (11/21)			
1500 free	19:37.30	Chikashi Nakano	KSF National Short Course (06/22)			
50 back	00:34.21	Chikashi Nakano	KSF National Short Course (06/22)	00:37.07	Anabelle Croucher	Super Swim League R1 (09/23)
100 back	01:10.84	Chikashi Nakano	NCAA Level 3 (02/23)			
200 back	02:32.67	Chikashi Nakano	NCAA Level 3 (02/23)			
50 breast	00:37.52	Karl Senanu	Super Swim League R2 (07/23)			
100 breast	01:29.78	Yannick Kamphuis	Super Swim League R1 (06/23)	01:25.93	Anabelle Croucher	Super Swim League R1 (09/23)
200 breast	03:20.67	Ilan Doyen	NCAA Junior and Open Gala (11/21)			
50 fly	00:31.40	Yannick Kamphuis	NCAA Level 3 (02/23)	00:34.22	Saamanta Selvon	NCAA Inter Club (08/22)
100 fly	01:11.06	Yannick Kamphuis	NCAA Level 3 (02/23)	01:28.50	Jade Onderi	KSF National Short Course (06/22)
200 fly						
100 IM	01:11.62	Karl Senanu	Super Swim League R2 (09/23)	01:20.83	Saamanta Selvon	NCAA Inter Club (08/22)
200 IM	02:38.94	Yannick Kamphuis	Super Swim League R1 (06/23)	03:00.37	Anabelle Croucher	Super Swim League R1 (09/23)
400 IM	05:43.26	Chikashi Nakano	KSF National Short Course (06/22)			

Senior Poseidon Short Course Club Records (15yrs and Over) - (30/09/23)

Event	MEN			WOMEN		
	Time	Swimmer	Comp/Year	Time	Swimmer	Comp/Year
50 free	00:26.66	Ilan Doyen	NCAA Level 3 (10/22)			
100 free	00:59.43	Ilan Doyen	KSF National Short Course (06/22)			
200 free	02:27.28	Ilan Doyen	NCAA Inter Club (08/22)			
400 free	04:54.80	Tory Pragassa	FS Time Trial (10/21)			
800 free	10:57.81	Shawn Bitok	NCAA Junior and Open Gala (11/21)			
1500 free	21:05.54	Shawn Bitok	NCAA Junior and Open Gala (11/21)			
50 back	00:30.92	Samuel Kibogo	KSF National Short Course (06/22)			
100 back	01:04.95	Samuel Kibogo	KSF National Short Course (06/22)	01:56.40	Alisya Chager	Super Swim League R3 (07/23)
200 back						
50 breast	00:35.02	Shad Frantz	KSF Kiambu Inv (09/21)	00:51.90	Alisya Chager	Super Swim League R2 (07/23)
100 breast	01:18.00	Shad Frantz	KSF Kiambu Inv (09/21)	04:29.90	Alisya Chager	Super Swim League R3 (07/23)
200 breast	03:18.47	Shawn Bitok	NCAA Junior and Open Gala (11/21)			
50 fly	00:29.62	Ilan Doyen	Super Swim League R3 (07/23)			
100 fly	01:11.25	Shad Frantz	KSF Kiambu Inv (09/21)			
200 fly						
100 IM	01:08.38	Shad Frantz	KSF Kiambu Inv (09/21)	01:54.63	Alisya Chager	Super Swim League R2 (07/23)
200 IM	02:27.35	Shad Frantz	KSF Kiambu Inv (09/21)			
400 IM	05:29.10	Shad Frantz	Poseidon IM Time Trial (06/22)			