

FCST MASTERS

Long Course Records

WOMEN		18-24			MEN	
			50 Free			
2008	Caroline Egan	1:09.74	100 Free			
2008	Caroline Egan	2:35.36	200 Free			
			400 Free			
			800 Free			
			1500 Free			
			50 Back			
2008	Caroline Egan	1:26.78	100 Back			
			200 Back			
			50 Breast			
			100 Breast			
			200 Breast			
			50 Fly	33.50	Devon Asphall	2013
			100 Fly			
			200 Fly	3:03.29	Devon Asphall	2013
2008	Caroline Egan	3:02.07	200 IM			
			400 IM			
WOMEN		25-29			MEN	
2025	Delia Weber	28.36	50 Free	26.78	Shawn Wallace	2023
			100 Free	58.35	Shawn Wallace	2023
2024	Delia Weber	2:18.66	200 Free			
2025	Delia Weber	4:59.88	400 Free			
2011	Caroline Egan	11:11.35	800 Free			
			1500 Free			
2024	Delia Weber	31.64	50 Back	39.35	Dustin Poe	2013
2011	Caroline Egan	1:24.86	100 Back			
			200 Back			
			50 Breast	47.88	Dustin Poe	2013
			100 Breast			
			200 Breast			
			50 Fly			
			100 Fly			
			200 Fly			
2025	Delia Weber	2:39.05	200 IM	3:03.01	Bryan Haire	2010
			400 IM			
WOMEN		30-34			MEN	
2013	Amber Smolik	29.31	50 Free	29.23	Mike Offner	2009
2013	Amber Smolik	1:04.06	100 Free	1:04.21	Mike Offner	2009
2013	Amber Smolik	2:42.64	200 Free			
2016	Caroline Egan	5:33.37	400 Free	5:14.41	Mike Offner	2009
			800 Free	11:17.80	Mike Offner	2009
			1500 Free			
			50 Back	38.78	Mike Offner	2009
			100 Back			
2016	Caroline Egan	3:04.16	200 Back			
2013	Amber Smolik	36.63	50 Breast	35.76	Mike Offner	2009

2013	Amber Smolik	1:21.48	100 Breast	1:22.03	Mike Offner	2009
			200 Breast	2:59.80	Mike Offner	2009
			50 Fly	33.19	Mike Offner	2009
			100 Fly			
			200 Fly			
2013	Amber Smolik	2:38.46	200 IM	2:47.20	Mike Offner	2008
			400 IM			
WOMEN		35-39		MEN		
2009	Susan Monteagudo	35.88	50 Free	28.52	Michael Johnson	2009
2009	Susan Monteagudo	1:16.15	100 Free	55.50	Michael Johnson	2009
			200 Free	2:03.13	Michael Johnson	2009
			400 Free	4:38.92	Michael Johnson	2009
			800 Free			
			1500 Free			
2009	Susan Monteagudo	44.43	50 Back	31.71	Michael Cutler	2009
2009	Susan Monteagudo	1:29.21	100 Back			
			200 Back			
			50 Breast			
			100 Breast			
			200 Breast			
2009	Susan Monteagudo	43.10	50 Fly	27.07	Michael Johnson	2009
			100 Fly	1:00.22	Michael Johnson	2009
			200 Fly	2:18.67	Michael Johnson	2009
			200 IM	2:35.56	Michael Cutler	2009
			400 IM			
WOMEN		40-44		MEN		
2010	Susan Monteagudo	33.61	50 Free	28.45	Carter Evans	2009
2010	Susan Monteagudo	1:13.68	100 Free	1:06.25	Carter Evans	2009
2010	Susan Monteagudo	2:49.18	200 Free			
2016	Jill Quinn	6:27.14	400 Free	4:42.57	Michael Johnson	2009
2008	Karen Wey	13:22.14	800 Free			
			1500 Free	34:23.66	Arjun Prakash	2025
2016	Jill Quinn	39.82	50 Back	31.49	Michael Johnson	2010
2010	Susan Monteagudo	1:26.77	100 Back	1:07.78	Michael Johnson	2010
2013	Susan Monteagudo	3:16.05	200 Back	2:33.62	Michael Johnson	2010
2008	Debbie Madden	43.34	50 Breast	38.85	Michael Johnson	2010
2009	Debbie Madden	1:38.55	100 Breast			
2005	Margie Connolly	4:23.28	200 Breast	5:00.52	Arjun Prakash	2025
2008	Lori Miller	37.97	50 Fly	28.27	Michael Johnson	2010
			100 Fly			
			200 Fly			
2010	Debbie Madden	3:18.87	200 IM	2:30.96	Michael Johnson	2010
2008	Debbie Madden	7:24.53	400 IM	5:23.24	Michael Johnson	2010
WOMEN		45-49		MEN		
2010	Lori Miller	32.10	50 Free	30.75	Mike Engelking	2008
2010	Lori Miller	1:10.96	100 Free	1:07.85	Mike Engelking	2008
2010	Lori Miller	2:43.90	200 Free	2:24.63	John Nelson	2013
2016	Lisa Ganguly	6:09.23	400 Free			
			800 Free			
			1500 Free			
2011	Audrey Earley	43.91	50 Back	37.15	Fred Wong	2018

			100 Back			
			200 Back			
2009	Audrey Earley	45.70	50 Breast	37.96	John Nelson	2013
2009	Nathalie Dulac	1:40.08	100 Breast	1:34.36	Fred Wong	2018
2009	Terry Lynn Toon	4:02.62	200 Breast	3:34.85	Fred Wong	2018
2010	Lori Miller	36.17	50 Fly	33.60	Fred Wong	2018
2008	Terry Lynn Toon	2:02.73	100 Fly	1:28.55	Fred Wong	2018
2009	Terry Lynn Toon	4:31.87	200 Fly			
2016	Lisa Ganguly	3:21.21	200 IM	3:06.53	Fred Wong	2018
2016	Lisa Ganguly	7:10.08	400 IM			
WOMEN		50-54		MEN		
2010	Carin Landeck	42.13	50 Free	26.89	Steve Long	2008
2011	Carin Landeck	1:32.94	100 Free	1:02.22	Steve Long	2008
2025	Lisa Ganguly	3:23.03	200 Free	2:20.59	Steve Long	2008
2025	Lisa Ganguly	6:58.63	400 Free	5:45.18	Mike Engelking	2011
2011	Margie Connolly	16:29.84	800 Free			
			1500 Free			
			50 Back	43.93	Karl Schuler	2016
			100 Back	1:35.44	Karl Schuler	2016
			200 Back			
2010	Carin Landeck	49.22	50 Breast	46.48	Chris Landeck	2009
2010	Carin Landeck	1:50.52	100 Breast	1:43.80	Chris Landeck	2009
			200 Breast			
			50 Fly	28.63	Steve Long	2008
			100 Fly			
			200 Fly			
2025	Lisa Ganguly	4:00.06	200 IM			
			400 IM			
WOMEN		55-59		MEN		
			50 Free	30.99	Mike Engelking	2016
			100 Free	1:10.26	Mike Engelking	2016
			200 Free			
			400 Free	5:20.68	Steve Long	2011
			800 Free			
			1500 Free			
			50 Back			
			100 Back			
			200 Back			
			50 Breast	49.38	Chris Landeck	2010
2016	Terry Lynn Toon	1:57.05	100 Breast	1:48.52	Chris Landeck	2010
2016	Terry Lynn Toon	4:10.95	200 Breast			
			50 Fly	37.53	Steve Long	2011
2016	Terry Lynn Toon	2:04.12	100 Fly			
			200 Fly			
2016	Terry Lynn Toon	3:58.66	200 IM			
			400 IM			
WOMEN		60-64		MEN		
			50 Free			
			100 Free			
			200 Free			
			400 Free			

			800 Free			
			1500 Free			
			50 Back			
			100 Back			
			200 Back			
			50 Breast			
			100 Breast			
			200 Breast			
			50 Fly			
			100 Fly			
			200 Fly			
			200 IM			
			400 IM			
WOMEN		65-69		MEN		
			50 Free			
			100 Free			
			200 Free			
			400 Free			
			800 Free			
2012	Susan Thompkins	33:46.05	1500 Free			
			50 Back			
			100 Back			
			200 Back			
			50 Breast			
			100 Breast			
			200 Breast			
			50 Fly			
			100 Fly			
			200 Fly			
			200 IM			
			400 IM			
WOMEN		70-74		MEN		
			50 Free			
			100 Free	1:31.34	George Goff	2018
			200 Free			
			400 Free			
			800 Free			
			1500 Free	28:37.32	George Goff	2018
			50 Back	42.32	George Goff	2014
			100 Back			
			200 Back			
			50 Breast			
			100 Breast			
			200 Breast			
			50 Fly			
			100 Fly			
			200 Fly			
			200 IM			
			400 IM			
WOMEN		75-79		MEN		
			50 Free			
			100 Free			

			200 Free			
			400 Free	8:42.69	Max Zollner	2015
			800 Free			
			1500 Free			
			50 Back	52.45	Max Zollner	2014
			100 Back	1:59.31	Max Zollner	2015
			200 Back	4:07.92	Max Zollner	2014
			50 Breast	57.40	Max Zollner	2014
			100 Breast	2:18.61	Max Zollner	2014
			200 Breast	4:41.45	Max Zollner	2014
			50 Fly			
			100 Fly			
			200 Fly			
			200 IM	5:07.54	Max Zollner	2015
			400 IM	10:58.91	Max Zollner	2016
WOMEN			80-84		MEN	
			50 Free			
			100 Free			
			200 Free			
			400 Free			
			800 Free			
			1500 Free			
			50 Back			
			100 Back			
			200 Back			
			50 Breast			
			100 Breast			
			200 Breast			
			50 Fly			
			100 Fly			
			200 Fly			
			200 IM			
			400 IM			