

FCST MASTERS

Short Course Records

WOMEN			18-24		MEN	
			50 Free	23.78	Brooks McNamara	2023
			100 Free	53.82	Brooks McNamara	2017
2024	Luisa Romero	2:24.87	200 Free			
2009	Caroline Egan	6:10.38	500 Free			
			1000 Free			
			1650 Free			
2023	Natasha Fung	30.84	50 Back	30.43	Brooks McNamara	2023
2009	Caroline Egan	1:13.32	100 Back			
			200 Back			
2023	Natasha Fung	39.17	50 Breast			
			100 Breast	1:15.14	Brooks McNamara	2017
			200 Breast			
2024	Luisa Romero	31.93	50 Fly	25.26	Brooks McNamara	2023
			100 Fly	59.99	Kameron Villafana	2024
			200 Fly			
2023	Natasha Fung	1:06.28	100 IM	1:03.73	Brooks McNamara	2017
2009	Caroline Egan	2:38.97	200 IM			
			400 IM			
WOMEN			25-29		MEN	
2025	Delia Weber	23.57	50 Free	22.00	Collin Crow	2024
2025	Delia Weber	51.44	100 Free	49.65	Collin Crow	2024
2011	Caroline Egan	2:11.92	200 Free	2:13.11	Bryan Haire	2010
2025	Delia Weber	5:18.94	500 Free	5:51.66	Collin Crow	2024
			1000 Free			
2025	Delia Weber	18:51.75	1650 Free			
2025	Delia Weber	27.52	50 Back	26.42	Collin Crow	2025
2025	Delia Weber	57.53	100 Back			
2011	Caroline Egan	2:30.82	200 Back			
2025	Delia Weber	32.35	50 Breast	31.21	Christian Guth	2013
2025	Delia Weber	1:08.55	100 Breast			
2025	Delia Weber	2:35.13	200 Breast			
2025	Delia Weber	26.27	50 Fly	23.66	Collin Crow	2024
2025	Delia Weber	59.38	100 Fly	53.13	Collin Crow	2024
			200 Fly			
2025	Delia Weber	59.43	100 IM	59.68	Collin Crow	2023
2025	Delia Weber	2:10.29	200 IM			
2024	Delia Weber	4:49.37	400 IM			
WOMEN			30-34		MEN	
2009	Shannon Henderson	37.99	50 Free	24.24	Stephen Fyfe	2013
2017	Caroline Egan	1:16.22	100 Free	55.34	Shawn Wallace	2024
2024	Amanda Penney	3:02.35	200 Free	2:05.68	Mike Offner	2009
2017	Caroline Egan	6:09.53	500 Free	5:58.42	Devon Asphall	2025
			1000 Free			
			1650 Free			
2015	Markell Lyng	40.69	50 Back	30.75	Justin Mouton	2023

			100 Back	1:12.00	Mike Offner	2010
2017	Caroline Egan	2:41.05	200 Back			
2009	Shannon Henderson	45.58	50 Breast	30.51	Mike Offner	2008
2009	Shannon Henderson	1:41.04	100 Breast	1:11.16	Mike Offner	2010
			200 Breast	2:37.39	Mike Offner	2008
2015	Markell Lyng	36.35	50 Fly	27.69	Shawn Wallace	2025
			100 Fly	58.29	Matt Miller	2009
			200 Fly	2:13.40	Matt Miller	2009
			100 IM	1:01.16	Matt Miller	2009
			200 IM	2:40.10	Devon Asphall	2024
2017	Caroline Egan	5:38.37	400 IM	4:58.91	Matt Miller	2009
WOMEN		35-39		MEN		
2010	Susan Monteagudo	29.82	50 Free	23.59	Ben Pulskamp	2023
2009	Susan Monteagudo	1:04.10	100 Free	48.22	Mike Johnson	2010
2010	Amy Jones	2:31.24	200 Free	1:45.56	Mike Johnson	2010
2023	Caroline Egan	6:08.12	500 Free	7:36.68	Thomas Rogers	2013
			1000 Free			
2024	Caroline Egan	21:20.06	1650 Free			
2023	Salma Aburas	31.50	50 Back	28.64	Jim Crampton	2010
2023	Salma Aburas	1:09.22	100 Back	1:11.27	Eric Unverzagt	2025
2023	Caroline Egan	2:36.58	200 Back	2:17.53	Jim Crampton	2010
2023	Salma Aburas	36.11	50 Breast	28.93	Hiram Carrion	2024
2023	Salma Aburas	1:18.75	100 Breast	1:02.02	Christian Tinajero	2023
2023	Salma Aburas	2:50.00	200 Breast	2:16.05	Christian Tinajero	2023
2010	Susan Monteagudo	34.49	50 Fly	24.50	Ben Pulskamp	2023
			100 Fly	51.63	Mike Johnson	2010
2023	Salma Aburas	02:40.0	200 Fly	1:57.51	Mike Johnson	2010
2023	Salma Aburas	1:10.07	100 IM	57.32	Christian Tinajero	2023
2023	Caroline Egan	2:35.59	200 IM	2:04.59	Christian Tinajero	2023
2023	Caroline Egan	5:34.77	400 IM			
WOMEN		40-44		MEN		
2025	Salma Aburas	29.91	50 Free	23.88	Ben Pulskamp	2024
2009	Lori Miller	1:06.54	100 Free	52.76	Ben Pulskamp	2024
2009	Lori Miller	2:32.83	200 Free	1:46.62	Michael Johnson	2010
2015	Lisa Ganguly	6:34.01	500 Free	4:59.98	Michael Johnson	2010
2015	Lisa Ganguly	13:51.10	1000 Free			
2015	Lisa Ganguly	22:52.91	1650 Free			
2025	Salma Aburas	31.29	50 Back	27.98	Ben Pulskamp	2024
2025	Salma Aburas	1:08.32	100 Back	1:01.09	Ben Pulskamp	2023
2024	Salma Aburas	2:33.66	200 Back	2:12.52	Christian Tinajero	2024
2010	Debbie Madden	35.77	50 Breast	30.81	Stef Potgieter	2025
2010	Debbie Madden	1:18.11	100 Breast	1:05.83	Christian Tinajero	2024
2024	Salma Aburas	2:47.00	200 Breast			
2025	Salma Aburas	31.49	50 Fly	24.61	Ben Pulskamp	2024
			100 Fly	52.45	Michael Johnson	2010
			200 Fly	2:00.41	Michael Johnson	2010
2025	Salma Aburas	1:10.75	100 IM	1:00.03	Ben Pulskamp	2025
2024	Salma Aburas	2:34.24	200 IM	2:13.18	Christian Tinajero	2024
2015	Lisa Ganguly	6:07.56	400 IM			
WOMEN		45-49		MEN		
2010	Lori Miller	28.36	50 Free	23.55	Robert Boysen	2025

2010	Lori Miller	1:02.40	100 Free	57.62	Ryan Ouderkirk	2023
2025	Jessica Boysen	2:18.91	200 Free	2:11.29	Lee Hutchens	2024
2025	Jessica Boysen	6:09.32	500 Free	5:45.18	Ryan Ouderkirk	2024
			1000 Free			
2011	Margie Connolly	30:21.90	1650 Free			
2025	Sheri Cass	36.45	50 Back	29.46	Robert Boysen	2024
2009	Audrey Earley	1:21.51	100 Back	1:05.83	Lee Hutchens	2024
2009	Audrey Earley	2:57.76	200 Back			
2011	Nathalie Dulac	39.85	50 Breast	34.52	Paul Zollner	2017
2011	Audrey Earley	1:28.23	100 Breast	1:20.33	Paul Zollner	2017
2011	Audrey Earley	3:13.23	200 Breast	3:01.50	Chun (Fred) Wong	2017
2025	Brooke Cox	30.76	50 Fly	25.54	Robert Boysen	2025
2017	Lisa Kolluri	1:23.90	100 Fly	57.16	Robert Boysen	2025
2009	Terry Lynn Toon	3:45.21	200 Fly			
2025	Jessica Boysen	1:13.60	100 IM	1:01.55	Robert Boysen	2025
2010	Lori Miller	2:55.35	200 IM	2:53.29	Chun (Fred) Wong	2017
2009	Audrey Earley	6:22.71	400 IM			
WOMEN		50-54		MEN		
2015	Lori Miller	29.12	50 Free	23.44	Steve Long	2010
2015	Lori Miller	1:04.53	100 Free	53.94	Steve Long	2010
2006	Lori Miller	2:29.81	200 Free	1:59.73	Steve Long	2010
2010	Terry Lynn Toon	7:21.81	500 Free	5:34.07	Steve Long	2010
			1000 Free			
			1650 Free	20:49.22	Steve Long	2009
2023	Susan Monteagudo	40.23	50 Back	30.93	Chun (Fred) Wong	2022
2012	Margie Connolly	1:55.09	100 Back	1:13.28	Chun (Fred) Wong	2024
			200 Back	2:49.79	Chun (Fred) Wong	2024
2017	Nathalie Dulac	40.74	50 Breast	34.60	Chun (Fred) Wong	2022
2011	Terry Lynn Toon	1:31.34	100 Breast	1:17.53	Chun (Fred) Wong	2025
2015	Carin Landeck	3:34.95	200 Breast	2:52.34	Chun (Fred) Wong	2022
2015	Lori Miller	33.79	50 Fly	25.64	Steve Long	2008
2010	Terry Lynn Toon	1:38.17	100 Fly	59.46	Steve Long	2010
2022	Lisa kolluri	3:10.20	200 Fly			
2015	Lori Miller	1:20.58	100 IM	1:07.02	Chun (Fred) Wong	2022
2010	Terry Lynn Toon	3:11.19	200 IM	2:38.88	Mike Engelking	2011
2011	Terry Lynn Toon	6:55.68	400 IM	5:23.95	Alex Fuller	2025
WOMEN		55-59		MEN		
2025	Susan Monteagudo	39.04	50 Free	27.16	Mike Engelking	2015
2025	Susan Monteagudo	1:21.57	100 Free	59.88	Mike Engelking	2015
			200 Free			
			500 Free			
			1000 Free			
			1650 Free			
2025	Susan Monteagudo	39.90	50 Back			
2025	Susan Monteagudo	1:28.90	100 Back			
			200 Back			
			50 Breast			
2022	Nathalie Dulac	1:29.64	100 Breast	1:32.18	Chris Landeck	2011
			200 Breast	3:06.25	Chris Landeck	2015
			50 Fly			
			100 Fly			

			200 Fly			
2022	Nathalie Dulac	1:34.01	100 IM	1:23.25	Chris Landeck	2015
			200 IM			
			400 IM			
WOMEN		60-64		MEN		
2022	Peggy Hart	47.50	50 Free			
			100 Free			
			200 Free			
			500 Free			
			1000 Free			
			1650 Free			
			50 Back			
			100 Back			
			200 Back			
2022	Peggy Hart	59.34	50 Breast			
			100 Breast			
			200 Breast			
			50 Fly			
			100 Fly			
			200 Fly			
			100 IM			
			200 IM			
			400 IM			
WOMEN		65-69		MEN		
2025	Peggy Hart	52.07	50 Free			
			100 Free			
			200 Free			
			500 Free			
2011	Susan Thompson	9:42.45	1000 Free			
2011	Susan Thompson	20:05.30	1650 Free			
			50 Back			
			100 Back			
			200 Back			
2025	Peggy Hart	59.04	50 Breast			
			100 Breast			
			200 Breast			
			50 Fly			
			100 Fly			
			200 Fly			
2011	Susan Thompson	1:44.54	100 IM			
			200 IM			
			400 IM			
WOMEN		70-74		MEN		
			50 Free	54.40	Karl W. Schuler	2013
			100 Free			
			200 Free			
			500 Free			
			1000 Free			
			1650 Free			
			50 Back	36.80	George Goff	2014
			100 Back			

			200 Back			
			50 Breast			
			100 Breast			
			200 Breast			
			50 Fly			
			100 Fly			
			200 Fly			
			100 IM			
			200 IM			
			400 IM			
WOMEN		75-79		MEN		
			50 Free			
			100 Free			
			200 Free	4:04.77	Max Zollner	2016
			500 Free	9:44.31	Max Zollner	2015
			1000 Free	19:50.82	Max Zollner	2015
			1650 Free			
			50 Back	37.18	George Goff	2022
			100 Back	1:25.00	George Goff	2022
			200 Back	3:40.10	George Goff	2022
			50 Breast	47.93	Max Zollner	2015
			100 Breast	1:52.29	Max Zollner	2015
			200 Breast	4:08.34	Max Zollner	2015
			50 Fly			
			100 Fly			
			200 Fly			
			100 IM			
			200 IM	4:32.00	Max Zollner	2016
			400 IM			
WOMEN		80-84		MEN		
			50 Free			
			100 Free			
			200 Free			
			500 Free			
			1000 Free	22:13.18	Max Zollner	2022
			1650 Free	37:02.45	Max Zollner	2022
			50 Back			
			100 Back	1:49.42	Max Zollner	2022
			200 Back	3:55.49	Max Zollner	2022
			50 Breast			
			100 Breast			
			200 Breast	4:58.35	Max Zollner	2022
			50 Fly			
			100 Fly			
			200 Fly			
			100 IM			
			200 IM			
			400 IM			
WOMEN		85-89		MEN		
			50 Free			
			100 Free			
			200 Free			

			<i>500 Free</i>	11:45.50	Max Zollner	2024
			<i>1000 Free</i>			
			<i>1650 Free</i>			
			<i>50 Back</i>			
			<i>100 Back</i>	1:58.38	Max Zollner	2025
			<i>200 Back</i>	4:14.91	Max Zollner	2025
			<i>50 Breast</i>	1:09.15	Max Zollner	2025
			<i>100 Breast</i>	2:26.33	Max Zollner	2025
			<i>200 Breast</i>	5:20.58	Max Zollner	2025
			<i>50 Fly</i>			
			<i>100 Fly</i>			
			<i>200 Fly</i>			
			<i>100 IM</i>			
			<i>200 IM</i>			
			<i>400 IM</i>			