

**2010 FLORIDA GOLD COAST LMSC  
SHORT COURSE METERS RECORDS  
MEN**

	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
<b>Freestyle</b>															
50	A. Castro	R. Antov	J. Olsen	T. Pace	R. Williams	B. Tatterson	R. Hawkins	G. Schmidt	C. Cavanaugh	D. Quiggin	C. Cavanaugh	C. Cavanaugh	S. Drobner	R. Kane	
	FLAQ-08	GOLD-06	AAST-01	GOLD-05	SFTL-13	FLAQ-11	GOLD-00	GOLD-05	GOLD-98	GOLD-09	GOLD-05,08	GOLD-11	GOLD-13	GOLD-96	
	24.24	23.80	23.40	24.18	24.04	24.90	25.29	26.89	27.42	26.87	28.76	31.38	39.64	59.49	
100	C. Bernard	R. Antov	R. Rivera	P. Harrington	R. Williams	J. Spire	G. Schmidt	T. Shead	D. Quiggin	D. Quiggin	C. Cavanaugh	C. Cavanaugh	S. Drobner	R. Kane	
	FLAQ-08	GOLD-06	GOLD-08	FLAQ-08	SFTL-13	GOLD-98	GOLD-01	GOLD-07	GOLD-04	GOLD-09	GOLD-05	GOLD-11	GOLD-13	GOLD-96	
	52.51	52.13	54.44	55.07	53.80	56.44	58.32	59.11	59.90	58.40	1:04.58	1:12.72	1:31.03	2:17.17	
200	C. Bernard	C. Welch	R. Rivera	P. Harrington	R. Valdivia	R. Valdivia	T. Erickson	G. Hall	D. Quiggin	D. Quiggin	C. Cavanaugh	C. Cavanaugh	S. Drobner	R. Kane	
	FLAQ-08	GOLD-08	GOLD-09	FLAQ-08	GOLD-06	GOLD-09	FLAQ-09	GOLD-10	GOLD-08	GOLD-09	GOLD-05	GOLD-13	GOLD-13	GOLD-96	
	1:55.03	2:00.55	2:01.14	2:01.41	1:59.83	2:00.72	2:07.08	2:29.64	2:18.45	2:15.39	2:29.08	2:45.31	3:47.79	4:51.54	
400	A. Gomez	R. Cabrera	M. Hooper	J. Olsen	R. Valdivia	J. Olsen	T. Erickson	D. Owen	D. Quiggin	D. Quiggin	C. Cavanaugh	C. Cavanaugh	Sessinghaus	R. Kane	
	GOLD-06	FLAQ-10	FLAQ-07	GOLD-01	GOLD-06	GOLD-08	FLAQ-09	GOLD-10	GOLD-04	GOLD-09	GOLD-05	GOLD-13	GOLD-97	GOLD-96	
	4:09.38	4:21.46	4:19.56	4:18.77	4:13.17	4:24.76	4:31.62	4:53.67	5:03.84	4:55.97	5:30.42	6:36.78	8:25.39	10:45.01	
800	C. Bernard	T. Cuticchia	M. Hooper	M. Hooper	R. Valdivia	R. Valdivia	T. Erickson	D. Owen	D. Quiggin	D. Quiggin	C. Cavanaugh	A. Rapperport	Sessinghaus		
	FLAQ-08	PLAN-10	FLAQ-06	UNAT-10	GOLD-07	GOLD-13	FLAQ-09	GOLD-10	GOLD-08	GOLD-09	GOLD-08	GOLD-08	GOLD-98		
	8:50.87	9:54.25	8:50.40	9:01.31	8:40.40	8:41.60	9:36.48	10:25.22	10:45.48	10:42.18	11:58.19	13:42.80	18:52.57		
1500	K. Kristof	J. Gac	B. Staebell	M. Hooper	J. Olsen	T. Erickson	D. Owen	B. Zenga	D. Quiggin	D. Quiggin	J. Silverio	J. Silverio			
	SFTL-13	GOLD-08	PLAN-96	UNAT-10	GOLD-05	FLAQ-05	GOLD-03	SFTL-13	GOLD-05	GOLD-09	GOLD-99	GOLD-02			
	9:14.68	19:11.68	18:46.78	17:19.80	17:36.99	18:00.37	18:56.40	23:00.97	20:49.88	20:09.42	29:42.23	30:20.48			
<b>Backstroke</b>															
50	A. Castro	A. Vicente	O. Agh	J. Harper	R. Williams	J. Spire	J. Grzeszczak	G. Schmidt	G. Schmidt	D. Quiggin	D. McIntyre	D. McIntyre	S. Drobner		
	FLAQ-08	SFTL-13	GOLD-06	GOLD-06	SFTL-13	GOLD-08	GOLD-08	GOLD-09	GOLD-10	GOLD-09	GOLD-09	GOLD-13	GOLD-13		
	27.36	27.19	27.94	29.58	30.37	29.96	30.62	31.91	32.54	35.37	37.37	41.22	52.00		
100	A. Flandes	A. Vicente	M. Hooper	D. Arlotto	P. Berndt	J. Spire	M. Hendrick	G. Schmidt	T. Shead	D. Quiggin	A. Rapperport	A. Rapperport	S. Holmes		
	FLAQ-08	SFTL-13	FLAQ-05	GOLD-07	GOLD-03	GOLD-98	FLAQ-08	GOLD-09	P2LF-13	GOLD-11	GOLD-03	GOLD-08	GOLD-09		
	1:03.02	56.68	1:00.33	1:03.97	1:02.83	1:05.25	1:08.31	1:09.33	1:09.23	1:22.96	1:27.53	1:32.40	2:19.84		
200	A. Flandes	A. Vicente	M. Hooper	M. Hooper	J. Harper	J. Spire	M. Hendrick	G. Schmidt	G. Schmidt	D. Quiggin	A. Rapperport	A. Rapperport	S. Holmes		
	FLAQ-08	SFTL-13	FLAQ-06	UNAT-10	GOLD-08	GOLD-98	FLAQ-08	GOLD-09	GOLD-10	GOLD-09	GOLD-03	GOLD-08	GOLD-09		
	2:14.63	2:04.43	2:11.04	2:24.56	2:19.27	2:24.40	2:28.49	2:32.62	2:35.01	3:00.35	3:11.14	3:24.76	5:05.61		
<b>Breaststroke</b>															
50	M. Bellew	J. Linn	T. Dougher	S. Frampton	S. Frampton	J. Grzeszczak	T. Shead	T. Shead	T. Shead	D. McIntyre	Wiedamann	Wiedamann	M. Eager		
	GOLD-07	AAST-01	NPBM-03	GOLD-01	GOLD-08	GOLD-06	GOLD-03	GOLD-09	P2LF-13	GOLD-03	GOLD-08	GOLD-13	GOLD-96		
	31.85	28.86	31.79	30.36	30.18	33.49	32.19	31.95	33.62	41.78	37.96	42.97	54.05		
100	K. Kristof	C. Welch	K. Wiggins	S. Frampton	S. Frampton	J. Grzeszczak	A. Moreno	T. Shead	T. Shead	D. Brewer	Wiedamann	Wiedamann	M. Eager		
	SFTL-13	GOLD-11	GOLD-08	GOLD-05	GOLD-06	GOLD-07	GOLD-13	GOLD-09	P2LF-13	GOLD-10	GOLD-08	GOLD-13	GOLD-98		
	1:09.77	1:04.74	1:10.32	1:07.08	1:06.56	1:17.08	1:16.53	1:09.93	1:12.68	1:32.99	1:25.34	1:37.41	2:08.21		
200	R. Jordan	C. Welch	R. Corcho	S. Frampton	S. Frampton	A. Blavatrik	A. Moreno	T. Shead	T. Shead	D. Brewer	Wiedamann	Wiedamann	R. Spaulding		
	FLAQ-09	GOLD-11	FLAQ-10	GOLD-05	GOLD-06	SFTL-13	GOLD-13	GOLD-09	P2LF-13	GOLD-10	GOLD-09	GOLD-13	GOLD-05		
	2:38.31	2:23.36	2:40.77	2:29.00	2:29.12	2:50.34	2:49.90	2:33.79	2:49.00	3:22.10	3:13.17	3:42.68	5:33.26		
<b>Butterfly</b>															
50	GalvanSarabia	K. McNear	R. Rivera	J. O'Keefe	R. Williams	B. Tatterson	J. Burns	J. Burns	D. Quiggin	D. Quiggin	J. Lammert	H. Kern	G. Lustig	R. Kane	
	FLAQ-08	UNA-98	GOLD-08	GOLD-05	SFTL-13	FLAQ-11	GOLD-96	GOLD-01	GOLD-04	GOLD-09	GOLD-09	GOLD-07	FLAQ-09	GOLD-98	
	25.96	25.52	26.30	26.73	26.45	27.25	28.42	28.37	29.88	29.78	33.88	39.97	1:15.01	2:09.62	
100	E. Pazos	GalvanSarabia	I. Negron	J. O'Keefe	S. Frampton	B. Tatterson	J. Burns	T. Shead	G. Schmidt	D. Quiggin	A. Rapperport	D. Painter	G. Lustig		
	SFTL-13	FLAQ-10	GOLD-01	GOLD-05	GOLD-06	FLAQ-11	GOLD-98	GOLD-07	GOLD-10	GOLD-09	GOLD-04	GOLD-13	FLAQ-09		
	57.04	59.84	59.51	58.32	1:00.07	1:01.01	1:03.04	1:04.00	1:10.48	1:08.36	1:29.03	1:45.89	2:45.41		
200	K. Kristof	T. Cuticchia	M. Hooper	J. O'Keefe	J. Olsen	J. Olsen	T. Erickson	J. Burns	G. Delong	H. Kern	H. Kern	H. Kern			
	SFTL-13	PLAN-10	FLAQ-06	GOLD-05	GOLD-05	GOLD-08	FLAQ-06	GOLD-01	GOLD-06	GOLD-06	GOLD-03	GOLD-07			
	2:09.65	2:26.62	2:13.72	2:11.22	2:21.09	2:22.09	2:24.21	2:35.30	3:13.29	3:21.87	3:35.71	3:48.09			
<b>IM</b>															
100	GalvanSarabia	C. Welch	R. Stoudt	K. Wienants	R. Williams	J. Grzeszczak	G. Schmidt	T. Shead	T. Shead	L. Childs	C. Cavanaugh	D. McIntyre	S. Holmes		
	FLAQ-08	GOLD-08	GOLD-08	GOLD-98	SFTL-13	GOLD-05	GOLD-01	GOLD-09	P2LF-13	GOLD-13	GOLD-05	GOLD-13	GOLD-09		
	1:02.67	1:00.03	1:02.82	1:02.38	1:00.97	1:05.86	1:05.71	1:03.83	1:06.62	1:13.95	1:22.19	1:31.72	2:14.44		
200	C. Bernard	A. Vicente	T. Dougher	K. Wienants	J. Harper	R. Valdivia	T. Shead	G. Schmidt	T. Shead	L. Childs	D. Painter	H. Kern	S. Holmes		
	FLAQ-08	SFTL-13	NPBM-03	GOLD-97	GOLD-08	GOLD-09	GOLD-03	GOLD-09	P2LF-13	GOLD-13	GOLD-09	GOLD-07	GOLD-09		
	2:13.45	2:10.09	2:19.26	2:16.17	2:14.74	2:18.36	2:24.51	2:32.25	2:29.26	2:40.07	3:12.86	3:29.29	5:06.46		
400	K. Kristof	T. Cuticchia	M. Hooper	M. Hooper	R. Valdivia	T. Erickson	T. Erickson	M. Hendrick	D. Quiggin	L. Childs	A. Rapperport				
	SFTL-13	PLAN-09	FLAQ-06	UNAT-10	GOLD-08	FLAQ-05	FLAQ-08	SFTL-13	GOLD-04	GOLD-13	GOLD-03				
	4:56.93	5:23.03	4:46.70	5:05.51	4:54.96	5:21.12	5:19.79	5:56.19	6:20.56	5:56.19	7:11.51				