

**MCCS Semper Fit Aquatics
Okinawa Dolphins Swim Team**

RECORDS Long Course Meters

LC Meters-Female

8 & U	50 Free	41.16	31-Jul-04	ODST	SALINA GALEAI at 2004 PacRim Summer Championships
	100 Free	1:36.08	31-Jul-04	ODST	Ayana COLE-FLETCHER at 2004 PacRim Summer Championships
	200 Free	3:34.78	31-Jul-04	ODST	Ayana COLE-FLETCHER at 2004 PacRim Summer Championships
	400 Free	9:40.00	1-Jan-98	ODST	R. Ihu
	800 Free	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	1000 Free	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	1500 Free	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	50 Back	51.20	1-Jan-99	ODST	R. Ihu
	100 Back	1:54.11	31-Jul-04	ODST	Ayana COLE-FLETCHER at 2004 PacRim Summer Championships
	200 Back	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	50 Breast	54.77	27-Jun-04	ODST	Alison M. Baker at Spring Splash
	100 Breast	1:57.16	31-Jul-04	ODST	SALINA GALEAI at 2004 PacRim Summer Championships
	200 Breast	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	50 Fly	50.00	1-Jan-99	ODST	R. Ihu
	100 Fly	2:11.80	1-Jan-99	ODST	R. Ihu
	200 Fly	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 IM	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 IM	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	800 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	9-10	50 Free	33.49	7-May-06	ODST
100 Free		1:20.72	1-Jan-99	ODST	D. Bista
200 Free		2:54.95	21-Jul-06	ODST	SALINA P. GALEAI at End of Summer Season Swim Meet
400 Free		6:45.07	1-Jan-99	ODST	D. Bista
800 Free		14:23.00	1-Jan-98	ODST	D. Bista
1000 Free		19:08.00	1-Jan-02	ODST	H. Cackovic
1500 Free		26:27.05	1-Jan-99	ODST	D. Bista
50 Back		42.08	21-Jul-06	ODST	SALINA P. GALEAI at End of Summer Season Swim Meet
100 Back		1:39.61	28-Jun-05	ODST	SALINA P. GALEAI at Summer Starter
200 Back		1:39:00.00	1-Jan-04	ODST	You Could Be Here!
50 Breast		45.77	6-May-07	ODST- ZZ	Lalia K. Tate at JSF Onoyama
100 Breast		1:45.95	1-Jul-06	ODST	SALINA P. GALEAI at Summer Starter
200 Breast		4:10.11	1-Jan-00	ODST	N. Wright
50 Fly		42.55	1-Jan-01	ODST	S. Novinger
100 Fly		1:47.49	21-Jan-06	ODST	Jennifer M. Castillo at Time Trial
200 Fly		1:39:00.00	1-Jan-04	ODST	You Could Be Here!
200 IM		3:35.75	1-Jan-99	ODST	D. Bista
400 IM		1:39:00.00	1-Jan-04	ODST	You Could Be Here!
200 Free Relay		1:39:00.00	1-Jan-04	ODST	You Could Be Here!
400 Free Relay		1:39:00.00	1-Jan-04	ODST	You Could Be Here!
800 Free Relay		1:39:00.00	1-Jan-04	ODST	You Could Be Here!
200 Medley Relay		1:39:00.00	1-Jan-04	ODST	You Could Be Here!
400 Medley Relay		1:39:00.00	1-Jan-04	ODST	You Could Be Here!
11-12		50 Free	31.41	9-May-10	ODST
	100 Free	1:09.88	4-Jul-10	ODST	Sammie Carlin at JSF Onoyama 50m

**MCCS Semper Fit Aquatics
Okinawa Dolphins Swim Team**

RECORDS Long Course Meters

11-12	200 Free	2:42.25	5-Jul-09	ODST	Cassie Vietas at JSF Awase	
	400 Free	5:58.00	1-Jan-98	ODST	B. Choike	
	800 Free	13:24.23	1-Jan-99	ODST	J. Erickson	
	1000 Free	16:58.00	1-Jan-02	ODST	S. Novinger & Z. Schall	
	1500 Free	23:39.15	1-Jan-98	ODST	B. Choike	
	50 Back	36.57	5-Jul-09	ODST	Cassie Vietas at JSF Awase	
	100 Back	1:27.10	17-Jul-98	ODST	BETH L. CHOIKE at SUMMER JO'S	
	200 Back	3:32.22	10-Dec-05	ODST	Marina Gerke at Fall Finale	
	50 Breast	37.40	1-Jan-99	ODST	J. Erickson	
	100 Breast	1:29.06	25-Apr-10	ODST	Lalia K. Tate at JSF Onoyama 50m	
	200 Breast	3:03.63	6-May-07	ODST- ZZ	Samantha Cohn at JSF Onoyama	
	50 Fly	37.46	16-Oct-05	ODST	Jesse Yamagata at JASF Onoyama	
	100 Fly	1:28.27	31-Jul-04	ODST	MARY SCHWEERS at 2004 PacRim Summer Championships	
	200 Fly	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	200 IM	2:50.82	5-Jul-09	ODST	Cassie Vietas at JSF Awase	
	400 IM	7:18.81	10-Dec-05	ODST	Cara GALEAI at Fall Finale	
	200 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	400 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	800 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	200 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	400 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	13-14	50 Free	30.28	29-Aug-10	ODST	Alicia J. Carlin at JSF Onoyama 50m 14 & Under Only
		100 Free	1:06.74	25-Apr-10	ODST	Alicia J. Carlin at JSF Onoyama 50m
200 Free		2:25.49	29-Aug-10	ODST	Alicia J. Carlin at JSF Onoyama 50m 14 & Under Only	
400 Free		5:06.99	3-Oct-10	ODST	Alicia J. Carlin at JSF Onoyama 50m	
800 Free		10:52.88	4-Jul-10	ODST	Alicia J. Carlin at JSF Onoyama 50m	
1000 Free		15:54.00	1-Jan-02	ODST	C. Hamashin	
1500 Free		21:11.16	1-Jan-99	ODST	J. Grubbs	
50 Back		34.30	21-Dec-07	ODST	Yona C. Simons at 2007 Guam International	
100 Back		1:15.87	21-Dec-07	ODST	Yona C. Simons at 2007 Guam International	
200 Back		2:50.19	29-Aug-10	ODST	Alicia J. Carlin at JSF Onoyama 50m 14 & Under Only	
50 Breast		34.70	1-Jan-99	ODST	J. Grubbs	
100 Breast		1:20.79	10-Jul-08	ODST	Sammi Cohn at Texas Meet	
200 Breast		2:57.57	10-Jul-08	ODST	Sammi Cohn at Texas Meet	
50 Fly		33.10	4-Jul-10	ODST	Alicia J. Carlin at JSF Onoyama 50m	
100 Fly		1:20.66	21-Jan-06	ODST	Mary A. Schweers at Time Trial	
200 Fly		3:27.50	4-Feb-06	ODST	Celeste Conrad at Time Trial	
200 IM		2:43.32	21-Dec-07	ODST	Sammi Cohn at 2007 Guam International	
400 IM		6:24.00	25-Feb-06	ODST	Celeste Conrad at Time Trial	
200 Free Relay		1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
400 Free Relay		1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
800 Free Relay		1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
200 Medley Relay		1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
400 Medley Relay		1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
15-18	50 Free	29.54	21-Jul-06	ODST	Stephanie A. Gamboa at End of Summer Season Swim Meet	
	100 Free	1:03.87	21-Jan-06	ODST	Stephanie A. Gamboa at Time Trial	
	200 Free	2:30.95	15-Oct-06	JSF07	Stephanie A. Gamboa at JSF Onoyama All-comers Meet	
	400 Free	5:18.09	21-Jul-06	ODST	Stephanie A. Gamboa at End of Summer Season Swim Meet	
	800 Free	11:10.84	9-May-10	ODST	Thalia T. Tate at JSF Onoyama 50m	
	1000 Free	14:37.92	1-Jan-00	ODST	J. Stern	

**MCCS Semper Fit Aquatics
Okinawa Dolphins Swim Team**

RECORDS Long Course Meters

15-18	1500 Free	21:56.95	1-Jan-00	ODST	J. Stern	
	50 Back	35.52	1-Jan-00	ODST	J. Stern	
	100 Back	1:15.61	21-Jan-06	ODST	Stephanie A. Gamboa at Time Trial	
	200 Back	2:53.23	1-Jan-00	ODST	J. Stern	
	50 Breast	42.00	1-Jan-98	ODST	L. Brennan	
	100 Breast	1:30.72	25-Apr-10	ODST	Thalia T. Tate at JSF Onoyama 50m	
	200 Breast	3:18.33	25-Apr-10	ODST	Thalia T. Tate at JSF Onoyama 50m	
	50 Fly	33.30	1-Jan-00	ODST	J. Stern	
	100 Fly	1:13.48	18-Oct-14	ODST	Natalie G. Finman at Onoyama	
	200 Fly	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	200 IM	2:45.06	18-Oct-14	ODST	Natalie G. Finman at Onoyama	
	400 IM	6:24.21	10-Dec-05	ODST	Stephanie A. Gamboa at Fall Finale	
	200 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	400 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	800 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	200 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	400 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
19-29	50 Free	29.54	16-Jul-15	ODST	Katrina Maloney at Masters National Meet in Tokyo	
	100 Free	1:01.28	4-Jul-10	ODST	Mary E. Mohler at JSF Onoyama 50m	
	200 Free	2:03.05	4-Jul-10	ODST	Mary E. Mohler at JSF Onoyama 50m	
	400 Free	5:27.46	26-Jul-03	ODST	Kris Balog at Summer US Military & JO Pac Rim Championships	
	800 Free	12:31.07	28-Jul-00	ODST	Shirley RIVERA at JO & PacRim Military	
	1000 Free	18:11.00	1-Jan-02	ODST	C. Townsend	
	1500 Free	22:15.00	26-Jul-03	ODST	Kris Balog at Summer US Military & JO Pac Rim Championships	
	50 Back	29.61	4-Jul-10	ODST	Mary E. Mohler at JSF Onoyama 50m	
	100 Back	1:21.85	18-Jul-03	ODST	Elinor Ramey at Japan Masters Long Course Summer Nationals	
	200 Back	3:03.64	18-Jul-03	ODST	Elinor Ramey at Japan Masters Long Course Summer Nationals	
	50 Breast	42.72	1-Jan-00	ODST	S. Rivera	
	100 Breast	1:28.93	21-Jan-06	ODST	Shelly P. Olivadoti at Time Trial	
	200 Breast	3:17.99	1-Jan-99	ODST	G. Bronson	
	50 Fly	28.90	4-Jul-10	ODST	Mary E. Mohler at JSF Onoyama 50m	
	100 Fly	1:00.38	4-Jul-10	ODST	Mary E. Mohler at JSF Onoyama 50m	
	200 Fly	3:23.36	1-Jan-99	ODST	T. Mason	
	200 IM	2:57.12	21-Jan-06	ODST	Shelly P. Olivadoti at Time Trial	
	400 IM	6:28.74	1-Jan-99	ODST	G. Bronson	
	200 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	400 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	800 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	200 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	400 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	30-39	50 Free	29.72	25-Apr-10	ODST	Julia M. Lockhart at JSF Onoyama 50m
		100 Free	1:08.86	1-Jan-99	ODST	D. Murray
		200 Free	2:41.40	1-Jan-99	ODST	D. Murray
		400 Free	5:45.89	1-Jan-99	ODST	D. Murray
800 Free		12:11.89	1-Jan-99	ODST	D. Murray	
1000 Free		21:25.00	1-Jan-02	ODST	A. Boom	
1500 Free		23:07.48	1-Jan-99	ODST	D. Murray	
50 Back		41.84	10-Dec-05	ODST	Rebecca Nimrichter at Fall Finale	
100 Back		1:31.90	11-May-03	ODST	Mitzi Carlin at JASF Onoyama	
200 Back		1:39:00.00	1-Jan-04	ODST	You Could Be Here!	

**MCCS Semper Fit Aquatics
Okinawa Dolphins Swim Team**

RECORDS Long Course Meters

30-39	50 Breast	38.42	25-Apr-10	ODST	Julia M. Lockhart at JSF Onoyama 50m
	100 Breast	1:53.53	1-Jan-00	ODST	E. Elkins
	200 Breast	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	50 Fly	34.85	10-Dec-05	ODST	Rebecca Nimrichter at Fall Finale
	100 Fly	1:42.22	1-Jan-99	ODST	T. Petrac
	200 Fly	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 IM	3:02.59	1-Jan-99	ODST	D. Murray
	400 IM	9:00.00	10-Dec-05	ODST	Terumi N. Nagai at Fall Finale
	200 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	800 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
40-49	50 Free	29.58	16-Jul-15	ODST	Eva M. Schellenbach at Masters National Meet in Tokyo
	100 Free	1:05.91	16-Jul-15	ODST	Eva M. Schellenbach at Masters National Meet in Tokyo
	200 Free	2:23.24	16-Jul-15	ODST	Eva M. Schellenbach at Masters National Meet in Tokyo
	400 Free	5:04.97	16-Jul-15	ODST	Eva M. Schellenbach at Masters National Meet in Tokyo
	800 Free	11:30.30	1-Jan-02	ODST	M. Stanton
	1000 Free	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	1500 Free	24:29.98	20-May-06	ODST	Martha Stanton at Manza Ocean Races
	50 Back	40.05	16-Jul-15	ODST	Julia C. Weidner at Masters National Meet in Tokyo
	100 Back	1:20.27	16-Jul-15	ODST	Eva M. Schellenbach at Masters National Meet in Tokyo
	200 Back	2:53.43	18-Jul-03	ODST	Martha Stanton at Japan Masters Long Course Summer Nationals
	50 Breast	39.81	16-Jul-15	ODST	Eva M. Schellenbach at Masters National Meet in Tokyo
	100 Breast	1:28.62	16-Jul-15	ODST	Eva M. Schellenbach at Masters National Meet in Tokyo
	200 Breast	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	50 Fly	31.44	16-Jul-15	ODST	Eva M. Schellenbach at Masters National Meet in Tokyo
	100 Fly	1:32.12	14-Jul-16	ODST	Julia C. Weidner at Masters Chiba Meet July 2016
	200 Fly	3:22.63	16-Jul-15	ODST	Julia C. Weidner at Masters National Meet in Tokyo
	200 IM	2:46.03	16-Jul-15	ODST	Eva M. Schellenbach at Masters National Meet in Tokyo
	400 IM	6:55.41	14-Jul-16	ODST	Julia C. Weidner at Masters Chiba Meet July 2016
	200 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	800 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
50-59	50 Free	34.80	14-Jan-12	ODST	Martha Stanton at JMF Chiba January Swim Meet
	100 Free	1:17.07	14-Jan-12	ODST	Martha Stanton at JMF Chiba January Swim Meet
	200 Free	3:01.77	14-Jul-17	ODST	Martha Stanton at Japan LCM Summer Masters
	400 Free	6:28.13	14-Jul-17	ODST	Martha Stanton at Japan LCM Summer Masters
	800 Free	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	1000 Free	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	1500 Free	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	50 Back	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	100 Back	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Back	3:32.99	14-Jul-17	ODST	Martha Stanton at Japan LCM Summer Masters
	50 Breast	1:28.88	1-Jan-01	ODST	A. Wood
	100 Breast	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Breast	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	50 Fly	1:39:00.00	1-Jan-04	ODST	You Could Be Here!

**MCCS Semper Fit Aquatics
Okinawa Dolphins Swim Team**

RECORDS Long Course Meters

50-59	100 Fly	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Fly	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 IM	3:36.55	14-Jan-12	ODST	Martha Stanton at JMF Chiba January Swim Meet
	400 IM	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	800 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!

**MCCS Semper Fit Aquatics
Okinawa Dolphins Swim Team**

RECORDS Long Course Meters

LC Meters-Male

8 & U	50 Free	47.01	1-Jan-01	ODST	T. Rocca
	100 Free	1:46.29	1-Jan-01	ODST	T. Rocca
	200 Free	3:46.34	20-Jul-02	ODST	TY ROCCA at 2002 Summer PacRim JO & Military Championship
	400 Free	13:48.00	1-Jan-00	ODST	G. Wright
	800 Free	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	1000 Free	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	1500 Free	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	50 Back	57.00	1-Jan-98	ODST	K. Rydzewski
	100 Back	2:08.94	1-Jan-98	ODST	K. Rydzewski
	200 Back	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	50 Breast	58.32	1-Jan-97	ODST	C. Rudolph
	100 Breast	2:11.35	19-Nov-05	ODST	Will D. Coggins at Fall Flounder
	200 Breast	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	50 Fly	1:01.57	1-Jan-98	ODST	K. Rydzewski
	100 Fly	2:34.53	9-Jul-02	ODST	TY ROCCA at Summer Sizzler 2002
	200 Fly	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 IM	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 IM	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 Free Relay	5:39.63	20-Jul-02	ODST	Okinawa Dolphins Swim Team R. Erickson, J. WOOD, S. WOOD, C. CACKOVIC
	800 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
9-10	50 Free	31.49	29-Aug-10	ODST	John T. Carlin at JSF Onoyama 50m 14 & Under Only
	100 Free	1:10.97	4-Jul-10	ODST	John T. Carlin at JSF Onoyama 50m
	200 Free	2:57.25	20-Jul-02	ODST	CONNOR CACKOVIC at 2002 Summer PacRim JO & Military Championship
	400 Free	6:07.42	20-Jul-02	ODST	CONNOR CACKOVIC at 2002 Summer PacRim JO & Military Championship
	800 Free	14:13.23	20-Jul-02	ODST	CONNOR CACKOVIC at 2002 Summer PacRim JO & Military Championship
	1000 Free	17:46.53	20-Jul-02	ODST	CONNOR CACKOVIC at 2002 Summer PacRim JO & Military Championship
	1500 Free	26:39.81	20-Jul-02	ODST	CONNOR CACKOVIC at 2002 Summer PacRim JO & Military Championship
	50 Back	40.64	21-Dec-07	ODST	Tommy Ervin at 2007 Guam International
	100 Back	1:40.10	8-Feb-02	ODST	CONNOR CACKOVIC at Time Trial
	200 Back	3:55.57	1-Jan-00	ODST	S. Harvell
	50 Breast	43.66	21-Dec-07	ODST	Tommy Ervin at 2007 Guam International
	100 Breast	1:36.42	21-Dec-07	ODST	Tommy Ervin at 2007 Guam International
	200 Breast	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	50 Fly	36.25	25-Apr-10	ODST	John T. Carlin at JSF Onoyama 50m
	100 Fly	1:32.89	21-Dec-07	ODST	Tommy Ervin at 2007 Guam International
	200 Fly	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 IM	3:35.80	8-Feb-02	ODST	CONNOR CACKOVIC at Time Trial
	400 IM	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	800 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
11-12	50 Free	26.94	25-Jul-09	ODST	Tommy Ervin at 4th Annual BCSC Championship Swim Meet
	100 Free	1:02.04	25-Jul-09	ODST	Tommy Ervin at 4th Annual BCSC Championship Swim Meet

**MCCS Semper Fit Aquatics
Okinawa Dolphins Swim Team**

RECORDS Long Course Meters

11-12	200 Free	2:21.51	25-Jul-09	ODST	Tommy Ervin at 4th Annual BCSC Championship Swim Meet	
	400 Free	5:18.47	31-Jul-04	ODST	CONNOR CACKOVIC at 2004 PacRim Summer Championships	
	800 Free	12:06.00	29-Jul-04	ODST	CONNOR CACKOVIC at July Mile	
	1000 Free	16:17.98	1-Jan-99	ODST	D. Ihu	
	1500 Free	22:17.00	29-Jul-04	ODST	CONNOR CACKOVIC at July Mile	
	50 Back	36.25	25-Jul-09	ODST	Tommy Ervin at 4th Annual BCSC Championship Swim Meet	
	100 Back	1:19.22	1-Jul-06	ODST	Calvin Hensley at Summer Starter	
	200 Back	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	50 Breast	36.29	2-Jul-06	ODST	Calvin Hensley at JSF Onoyama	
	100 Breast	1:24.53	25-Jul-09	ODST	Tommy Ervin at 4th Annual BCSC Championship Swim Meet	
	200 Breast	3:17.63	19-Nov-05	ODST	Calvin Hensley at Fall Flounder	
	50 Fly	30.90	25-Jul-09	ODST	Tommy Ervin at 4th Annual BCSC Championship Swim Meet	
	100 Fly	1:25.09	10-May-09	ODST	Tommy Ervin at JSF Awase	
	200 Fly	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	200 IM	2:44.24	5-Jul-09	JSF09	Tommy Ervin at JSF Awase	
	400 IM	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	200 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	400 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	800 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	200 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	400 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	13-14	50 Free	25.99	30-Jan-04	ODST	Josiah D. Neal at Time Trial
		100 Free	56.99	30-Jan-04	ODST	Josiah D. Neal at Time Trial
200 Free		2:21.25	9-May-10	ODST	Tommy Ervin at JSF Onoyama 50m	
400 Free		5:28.05	19-Nov-05	ODST	Donovan M. Brogan at Fall Flounder	
800 Free		12:08.03	28-Jul-00	ODST	Frank MURRAY at JO & PacRim Military	
1000 Free		15:05.45	1-Jan-00	ODST	F. Murray	
1500 Free		22:38.18	1-Jan-00	ODST	F. Murray	
50 Back		28.99	30-Jan-04	ODST	Josiah D. Neal at Time Trial	
100 Back		1:03.99	30-Jan-04	ODST	Josiah D. Neal at Time Trial	
200 Back		2:53.71	9-May-10	ODST	Steffen P. Mount at JSF Onoyama 50m	
50 Breast		36.49	25-Apr-10	ODST	Tommy Ervin at JSF Onoyama 50m	
100 Breast		1:18.99	25-Apr-10	ODST	Tommy Ervin at JSF Onoyama 50m	
200 Breast		3:21.58	29-Oct-05	ODST	Robert L. Coggins at Pumpkin Plunge	
50 Fly		31.03	7-May-06	ODST	Donovan M. Brogan at JSF Onoyama	
100 Fly		1:12.39	21-Jan-06	ODST	Donovan M. Brogan at Time Trial	
200 Fly		3:13.99	25-Feb-06	ODST	Donovan M. Brogan at Time Trial	
200 IM		2:57.42	28-Jun-05	ODST	Scott WOOD at Summer Starter	
400 IM		6:12.40	4-Feb-06	ODST	Donovan M. Brogan at Time Trial	
200 Free Relay		1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
400 Free Relay		1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
800 Free Relay		1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
200 Medley Relay		1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
400 Medley Relay		1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
15-18	50 Free	24.03	1-Jun-12	ODST	John Armellino at Time Trial	
	100 Free	52.89	1-Jun-12	ODST	John Armellino at Time Trial	
	200 Free	1:53.63	1-Jun-12	ODST	John Armellino at Time Trial	
	400 Free	4:47.23	1-Jan-99	ODST	Greg Grubbs	
	800 Free	9:48.00	1-Jan-99	ODST	G. Grubbs	
	1000 Free	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	

**MCCA Semper Fit Aquatics
Okinawa Dolphins Swim Team**

RECORDS Long Course Meters

15-18	1500 Free	18:28.00	1-Jan-99	ODST	G. Grubbs	
	50 Back	31.00	1-Jun-12	ODST	John Armellino at Time Trial	
	100 Back	1:02.69	1-Jun-12	ODST	John Armellino at Time Trial	
	200 Back	2:15.57	1-Jun-12	ODST	John Armellino at Time Trial	
	50 Breast	36.03	7-May-06	ODST	Charles Lane at JSF Onoyama	
	100 Breast	1:16.10	1-Jun-12	ODST	John Armellino at Time Trial	
	200 Breast	2:37.50	1-Jun-12	ODST	John Armellino at Time Trial	
	50 Fly	26.47	1-Jan-99	ODST	J. Upayokin	
	100 Fly	1:02.47	1-Jun-12	ODST	John Armellino at Time Trial	
	200 Fly	2:21.39	1-Jun-12	ODST	John Armellino at Time Trial	
	200 IM	2:13.79	1-Jun-12	ODST	John Armellino at Time Trial	
	400 IM	4:43.46	1-Jun-12	ODST	John Armellino at Time Trial	
	200 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	400 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	800 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	200 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	400 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
19-29	50 Free	26.96	27-Jun-04	ODST	Michael Grados at Spring Splash	
	100 Free	59.02	31-Jul-04	ODST	Michael Grados at 2004 PacRim Summer Championships	
	200 Free	2:12.81	31-Jul-04	ODST	Michael Grados at 2004 PacRim Summer Championships	
	400 Free	5:21.23	27-Jul-01	ODST	Mark Ackerman at 01 JO & US Military	
	800 Free	10:42.42	27-Jul-01	ODST	Mark Ackerman at 01 JO & US Military	
	1000 Free	13:52.42	27-Jul-01	ODST	Mark Ackerman at 01 JO & US Military	
	1500 Free	20:48.63	27-Jul-01	ODST	Mark Ackerman at 01 JO & US Military	
	50 Back	38.90	4-Jul-10	ODST	Michael A. Skarzynske at JSF Onoyama 50m	
	100 Back	1:26.40	4-Jul-10	ODST	Michael A. Skarzynske at JSF Onoyama 50m	
	200 Back	2:59.50	4-Jul-10	ODST	Michael A. Skarzynske at JSF Onoyama 50m	
	50 Breast	34.86	1-Jan-99	ODST	S. Fedfor	
	100 Breast	1:18.87	1-Jan-99	ODST	G. Loberg	
	200 Breast	2:55.63	1-Jan-99	ODST	G. Loberg	
	50 Fly	26.96	27-Jun-04	ODST	Michael Grados at Spring Splash	
	100 Fly	1:00.79	27-Jun-04	ODST	Michael Grados at Spring Splash	
	200 Fly	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	200 IM	2:28.79	17-Jul-04	ODST	Michael Grados at Summer Sizzler Swim Meet	
	400 IM	6:18.29	31-Jul-04	ODST	Tim Cutler at 2004 PacRim Summer Championships	
	200 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	400 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	800 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	200 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	400 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!	
	30-39	50 Free	27.14	31-Jul-04	ODST	JOHN BRYANT at 2004 PacRim Summer Championships
		100 Free	59.08	31-Jul-04	ODST	JOHN BRYANT at 2004 PacRim Summer Championships
		200 Free	2:06.40	1-Jan-01	ODST	D. Rocca
		400 Free	4:55.26	31-Jul-04	ODST	JOHN BRYANT at 2004 PacRim Summer Championships
800 Free		11:01.80	1-Jan-02	ODST	D. Rocca	
1000 Free		13:48.00	1-Jan-02	ODST	D. Rocca	
1500 Free		20:41.22	1-Jan-02	ODST	D. Rocca	
50 Back		36.71	1-Jan-98	ODST	M. Schmetz	
100 Back		1:12.21	17-Jul-04	ODST	JOHN BRYANT at Summer Sizzler Swim Meet	
200 Back		1:39:00.00	1-Jan-04	ODST	You Could Be Here!	

**MCCS Semper Fit Aquatics
Okinawa Dolphins Swim Team**

RECORDS Long Course Meters

30-39	50 Breast	44.04	1-Jan-01	ODST	P. Reigert
	100 Breast	1:38.95	1-Jan-01	ODST	T. Lennard
	200 Breast	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	50 Fly	28.64	1-Jan-99	ODST	B. McArthur
	100 Fly	1:08.64	1-Jan-98	ODST	M. Schmetz
	200 Fly	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 IM	2:32.92	17-Jul-04	ODST	JOHN BRYANT at Summer Sizzler Swim Meet
	400 IM	5:28.59	31-Jul-04	ODST	JOHN BRYANT at 2004 PacRim Summer Championships
	200 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	800 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
40-49	50 Free	27.45	1-Jan-01	ODST	C. Chinn
	100 Free	1:02.32	1-Jan-01	ODST	C. Chinn
	200 Free	2:21.23	1-Jan-00	ODST	C. Chinn
	400 Free	5:08.75	1-Jan-00	ODST	C. Chinn
	800 Free	11:01.98	1-Jan-00	ODST	C. Chinn
	1000 Free	13:53.28	1-Jan-00	ODST	C. Chinn
	1500 Free	20:50.07	1-Jan-00	ODST	C. Chinn
	50 Back	35.68	1-Jan-99	ODST	J. Murray
	100 Back	1:19.71	1-Jan-99	ODST	J. Murray
	200 Back	3:09.72	1-Jan-99	ODST	C. Chinn
	50 Breast	38.29	20-Jul-02	ODST	Colin CHINN at 2002 Summer PacRim JO & Military Championship
	100 Breast	1:24.38	20-Jul-02	ODST	Colin CHINN at 2002 Summer PacRim JO & Military Championship
	200 Breast	3:22.72	1-Jan-01	ODST	G. Novinger
	50 Fly	30.15	1-Jan-99	ODST	J. Murray
	100 Fly	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Fly	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 IM	4:05.20	1-Jan-00	ODST	P. Campbell
	400 IM	6:48.95	1-Jan-01	ODST	G. Novinger
	200 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	800 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
50-59	50 Free	27.17	16-Jul-15	ODST	Clark D. Ledger at Masters National Meet in Tokyo
	100 Free	1:00.70	16-Jul-15	ODST	Clark D. Ledger at Masters National Meet in Tokyo
	200 Free	2:17.40	16-Jul-15	ODST	Clark D. Ledger at Masters National Meet in Tokyo
	400 Free	14:27.39	20-Jul-02	ODST	DANA C. COVEY at 2002 Summer PacRim JO & Military Championship
	800 Free	28:54.78	20-Jul-02	ODST	DANA C. COVEY at 2002 Summer PacRim JO & Military Championship
	1000 Free	36:08.48	20-Jul-02	ODST	DANA C. COVEY at 2002 Summer PacRim JO & Military Championship
	1500 Free	54:12.72	20-Jul-02	ODST	DANA C. COVEY at 2002 Summer PacRim JO & Military Championship
	50 Back	41.09	1-Jan-99	ODST	D. Young
	100 Back	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Back	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	50 Breast	36.57	16-Jul-15	ODST	Clark D. Ledger at Masters National Meet in Tokyo
	100 Breast	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Breast	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	50 Fly	29.49	16-Jul-15	ODST	Clark D. Ledger at Masters National Meet in Tokyo

**MCCS Semper Fit Aquatics
Okinawa Dolphins Swim Team**

RECORDS Long Course Meters

50-59	100 Fly	1:12.32	16-Jul-15	ODST	Clark D. Ledger at Masters National Meet in Tokyo
	200 Fly	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 IM	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 IM	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	800 Free Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	200 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!
	400 Medley Relay	1:39:00.00	1-Jan-04	ODST	You Could Be Here!