

Lakeland Christian School Swimming & Diving Records

200 MEDLEY RELAY – BOYS

1. Derek Andersen, Hayden Patteson, Carson Knox, Jamie Aspinwall (2013) 1:54.12
2. Nathan Lain, Landon Miles, Luke Yrastorza, Dallas Connell (2010) 1:55.12
3. Nathan Lain, Landon Miles, Luke Yrastorza, JoshMcGaffigan (2009)1:55.48
4. Doug Burt, Dustin Boudin,Glenn Warner, Jun Cabigas(1994)1:55.76
5. Carson Knox, Logan DiMotta, Isaac Green, Hayden Patteson (2014)1:59.18

200 MEDLEY RELAY – GIRLS

1. Courtney Chastain, MeganFrost, Kristin Norton, LeslieSchichtel (2004)1:59.46
2. Brittany Frost, Megan Frost,Lauren Kolakowski, KristinNorton (2000)1:59.74
3. Sarah Beth Clement, MeganFrost, Kristin Norton, LeslieSchichtel (2004)2:00.31
4. Bay Conference (2000) 2:00.66
5. Ly Velez, Rachel Munson, Lindsey Smith, Saran Mora (2009)2:01.08

200 FREE – BOYS

1. Carson Knox (2013) 1:55:30
2. Stanley Lim (1988) 1:55.33
3. Glenn Warner (1996) 2:02.40
4. Matt Sylvester (1997) 2:02.57
5. Derek Andersen (2013) 2:03.62
6. Joel Green (2000) 2:09.29
7. Nathan Lain (2009) 2:10.52
8. Matthew Meeks (1989) 2:11.39
9. Jun Cabigas (1993) 2:11.71
10. Benji Christensen (1999) 2:13.34

200 FREE – GIRLS

1. Julie Jerue (1994) 1:52.54
2. Kristin Norton (2003) 1:59.82
2. Lisa Neal (1988) 2:00.90
4. Stephanie Pryor (1993) 2:03.69
5. Ly Velez (2008) 2:06.61
6. Chloe Wineinger (2013) 2:11.59
7. Brittany Frost (1996) 2:12.41
8. Roni Cabigas (1997) 2:14.17
9. Sarah Mora (2009) 2:14.77
10. Sarah Beth Clement (2003) 2:17.31

200 IM – BOYS

1. Carson Knox (2014) 2:05.18
2. Stanley Lim (1988) 2:09.84
3. Brad Cariaga (1989) 2:17.92
4. Matt Sylvester (1997) 2:18.02
5. Luke Yrastorza (2009) 2:23.68
6. Jun Cabigas (1993) 2:25.94
7. Chris Sylvester (2000) 2:31.91
8. Logan DiMotta (2014) 2:36.01
9. Nathan Lain (2009) 2:37.08
10. Jonathan Hehn (1996) 2:37.68

200 IM – GIRLS

1. Rachel Munson (2009) 2:15.03
2. Kristin Norton (2003) 2:17.70
3. Brittany Frost (1998) 2:20.01
4. Chloe Wineinger (2014) 2:24.29
5. Stephanie Pryor (1993) 2:24.50
6. Sarah Beth Clement (2004) 2:25.03
7. Megan Frost (2004) 2:25.03
8. Lisa Neal (1988) 2:25.07
9. Lauren Kolakowski (2001) 2:26.62
10. Lymaries Velez (2007) 2:28.91

50 FREE – BOYS

1. Carson Knox (2014) 22.77
2. Stanley Lim (1987) 23.60
3. Adam Ellis (2000) 23.90
4. Josh McGaffigan (2009) 24.06
5. Tim Green (2005) 24.07
6. Will Harrell (2004) 24.12
7. Doug Burt (1994) 24.32
8. Joel Green (2002) 24.37
9. Dallas Connell (2010) 24.50
10. Jonathan Hehn (1996) 24.79

100 BUTTERFLY – BOYS

1. Carson Knox (2014) 53.63
2. Doug Burt (1994) 57.75
3. Stanley Lim (1988) 59.76
4. Matt Sylvester (1997) 1:00.05
5. Wesley Barlow (2005) 1:01.06
6. Jamie Aspinwall (2013) 1:01.07
7. Luke Yrastorza (2009) 1:01.03
8. Brad Cariaga (1989) 1:02.48
9. Adam Ellis (1999) 1:06.28
10. Erik Thomas (2003) 1:07.45

100 FREE – BOYS

1. Carson Knox (2014) 50.63
2. Stanley Lim (1988) 51.42
3. Will Harrell (2004) 53.90
4. Josh McGaffigan (2009) 54.43
5. Jun Cabigas (1994) 54.53
6. Joel Green (2002) 54.68
7. Benji Christensen (1999) 55.21
8. Tim Green (2006) 55.82
9. Luke Yrastorza (2009) 55.88
10. Dallas Connell (2010) 55.97

50 FREE – GIRLS

1. Kristin Norton (2004) 24.93
2. Lauren Kolakowski (2000) 25.19
3. Lisa Neal (1989) 26.08
4. Michelle Peebles (1993) 26.21
5. Katie Bowden (1996) 26.42
6. Julie Jerue (1999) 26.56
7. Sarah Mora (2010) 26.63
8. Miriam White (2002) 26.72
9. Rachel Munson (2007) 26.89
10. Ly Velez (2009) 27.01

100 BUTTERFLY – GIRLS

1. Rachel Munson (2009) 58.11
2. Kristin Norton (2002) 1:00.41
3. Ly Velez (2008) 1:01.68
4. Brittany Frost (1999) 1:01.78
5. Megan Frost (2003) 1:04.03
6. Julie Jerue (1994) 1:06.47
7. Katie Bowden (1996) 1:07.44
8. Lauren Kolakowski (1999) 1:08.04
9. Stephanie Pryor (1999) 1:08.15
10. Lisa Neal (1988) 1:08.57

100 FREE – GIRLS

1. Stephanie Pryor (1993) 55.22
2. Kristin Norton (2003) 55.38
3. Lisa Neal (1989) 56.18
4. Julie Jerue (1999) 56.58
5. Brittany Frost (2001) 58.09
6. Katie Bowden (1996) 58.52
7. Sarah Mora (2011) 59.00
8. Megan Frost (2001) 59.58
9. Ly Velez (2009) 59.74
10. Lauren Kolakowski (2001) 59.84

500 FREE – BOYS

1. Carson Knox (2014) 5:10.63
2. Stanley Lim (1988) 5:18.34
3. Derek Andersen (2013) 5:36.46
4. Adam Ellis (2000) 5:37.73
5. Brad Cariaga (1989) 5:47.49
6. Matt Sylvester (1997) 5:51.65
7. Matthew Meeks (1989) 5:56.04
8. Joel Green (2002) 6:05.13
9. Glenn Warner (1996) 6:07.05
10. Wes Ellis (1993) 6:11.65

500 FREE – GIRLS

1. Julie Jerue (1995) 5:16.73
2. Kristin Norton (2001) 5:26.08
3. Lisa Neal (1988) 5:27.41
4. Katie Bowden (1996) 5:27.86
5. Stephanie Pryor (1999) 5:29.48
6. Brittany Frost (1999) 5:39.70
7. Chloe Wineinger (2013) 5:52.61
8. Roni Cabigas (1997) 6:06.53
9. Megan Frost (2001) 6:07.31
10. Lauren Kolakowski (1999) 6:18.60

200 FREE RELAY – BOYS

1. Jamie Aspinwall, Hayden Patteson, Derek Andersen, Carson Knox (2013) 1:40.07
2. Luke Yrastorza, Nathan Lain, Landon Miles, Dallas Connell (2010) 1:40.86
3. Wesley Barlow, Jordan Burrows, Tim Green, Will Harrell (2004) 1:41.18
4. George Bradley, Tim Green, Wesley Barlow, Will Harrell (2004) 1:43.28
5. Benji Christensen, Adam Ellis, Ben Johnson, Matt Sylvester (1997) 1:43.32

200 FREE RELAY – GIRLS

1. Brittany Frost, Megan Frost, Lauren Kolakowski, Kristin Norton (2001) 1:45.07
2. Sarah Beth Clement, Brittany Frost, Lauren Kolakowski, Kristin Norton (2001) 1:46.13
3. Brittany Frost, Maggie Hehn, Lauren Kolakowski, Kristin Norton (1999) 1:47.37
4. Sarah Beth Clement, Megan Frost, Leslie Schichtel, Kristin Norton (2004) 1:48.04
5. Megan Frost, Kristin Norton, Sarah Beth Clement, Katherine Schichtel (2002) 1:48.43

100 BACK - BOYS

1. Carson Knox (2014) 54.62
2. Stanley Lim (1988) 59.76
3. Glenn Warner (1996) 1:02.20
4. Derek Andersen (2013) 1:04.10
5. Nathan Lain (2009) 1:05.94
6. Brad Cariaga (1989) 1:08.34
7. Jordan Burrows (2004) 1:08.67
8. Jared Williams (2001) 1:10.15
9. Dustin Boudin (1995) 1:10.82
10. Mitchell Davis (2013) 1:11.36

100 BACK – GIRLS

1. Julie Jerue (1994) 56.84
2. Chloe Wineinger (2014) 1:05.50
3. Ly Velez (2007) 1:05.80
4. Katie Bowden (1996) 1:06.66
5. Megan Frost (2002) 1:06.95
6. Hannah Giddings (2012) 1:08.37
7. Brittany Frost (1997) 1:09.61
8. Gaines Griffin (2007) 1:10.50
9. Tori Green (2013) 1:10.88
10. Kristin Norton (1999) 1:10.96

100 BREAST – BOYS

1. Stanley Lim (1988) 1:08.75
2. Matt Sylvester (1997) 1:09.19
3. Jun Cabigas (1993) 1:09.28
4. Carson Knox (2014) 1:11.09
5. Chris Sylvester (2000) 1:10.01
6. Jonathan Hehn (1996) 1:12.18
7. Brad Cariaga (1989) 1:12.90
8. Landon Miles (2008) 1:14.72
9. Hayden Patteson (2014) 1:15.52
10. Eric Antonius (1989) 1:15.91

100 BREAST – GIRLS

1. Rachel Munson (2007) 1:06.68
2. Lauren Kolakowski (2000) 1:12.01
3. Leslie Schichtel (2005) 1:15.03
4. Brittany Frost (1999) 1:15.56
5. Shantelle Vaille (1993) 1:16.50
6. Lymaries Velez (2012) 1:18.70
7. Ashley Attaway (2004) 1:19.30
8. Sarah Beth Clement (2002) 1:19.60
9. Meredith Munson (2009) 1:20.49
10. Molly Ussery (1997) 1:20.81

400 FREE RELAY – BOYS

1. Luke Yrastorza, Dallas Connell, Nathan Lain, Josh McGaffigan(2009)3:36.76
2. Benji Christensen, Adam Ellis,Joel Green, Brett Register(1999)3:51.24
3. Doug Burt, Jun Cabigas, DustinBoudin, Glenn Warner (1994)3:51.41
4. Benji Christensen, Adam Ellis,Ben Johnson, Jason Williams(1998)3:52.91
5. Benji Christenen, Adam Ellis,Ben Johnson, Matt Sylvester(1997)3:54.79

400 FREE RELAY – GIRLS

1. Julie Jerue, Stephanie Pryor,Michelle Peeples, Heather Betz(1993)4:01.69
2. Katherine Schichtel, Megan Frost, Kristin Norton, Sarah Beth Clement (2003)4:04.54
3. Tori Green, Stephanie Powers,Chloe Wineinger, HannahGiddings (2012)4:04.55
4. Amber Terry, Michelle Peeples,Stephanie Pryor, Julie Jerue(1993)4:07.38
5. Julie Jerue, Michelle Peeples,Kellie Lane, Roni Cabigas(1994)4:07.95

GIRLS DIVING

1. Lauren Urban (2006) 413.10
2. Beth Wilsman (2006) 318.10
3. Robyn Radford (2000) 313.90
4. Colleen Kirby (2001) 286.00
5. Amber Tario (2000) 243.30
6. Ashlee Lane (2000) 223.25
7. Kara Leistner (2001) 194.15
8. Hayley Shortt (2001) 192.25
9. Megan Radford (2000) 135.00
10. Karen Raney (1988) 124.45

BOYS DIVING

1. Stephen Mutz (2014) 441.15
2. Mitch Devore (2011) 422.70
3. Chase Russell (2013) 377.10
4. Peyton Wells (2013) 237.65
5. Jacob Maguire (2001) 150.65
6. Daniel Firmin (2009) 131.25
7. Kasey Nopper (2000) 128.50
8. Eric Struchko (1987) 121.20
9. Vince Lucido (2001) 93.40
10. Jordan Burrows (2003) 90.85