

**LOCKPORT HOMER SWIM CLUB  
LIGHTNING**

**RECORDS Coachs Records**

**Yards-Women**

8 & U	25 Free	15.84	20-Nov-97	LHSC	E. HARE	
	50 Free	32.12	20-Nov-97	LHSC	E. HARE	
	25 Back	17.78	20-Jan-00	LHSC	JESSICA WELCH	
	25 Breast	19.94	25-Feb-97	LHSC	K. TAYLOR	
	25 Fly	17.15	5-Feb-97	LHSC	E. HARE	
	100 Free Relay	1:07.01	9-Jan-10	LHSC	HL	Lockport Homer Swim Club L. Merk, F. Brunetti, A. Zych, E. JOHNSON
100 Medley Relay	1:13.74	21-Jan-97	LHSC	LHSC	E. HARE, R. HASTINGS, K. TAYLOR, B. BAL	
9-10	50 Free	29.24	10-Dec-02	LHSC	N. DUNLAP	
	100 Free	1:05.44	11-Dec-02	LHSC	HL	Natalie Dunlap
	200 Free	2:23.84	13-Feb-04	LHSC		M.E. KNOWLES
	50 Back	33.84	27-Oct-06	LHSC	HL	Amanda N. Moran at Peoria Water Wizards Spooktacular
	100 Back	1:13.77	7-Oct-06	LHSC	HL	Amanda N. Moran at Patriot Aquatic TYR Patriot Games
	50 Breast	38.93	7-Nov-98	LHSC	HL	L. Nilsen
	100 Breast	1:26.42	25-Feb-98	LHSC		L. NILSEN
	50 Fly	30.22	10-Jan-04	LHSC		M.E. KNOWLES
	100 Fly	1:07.05	11-Jan-04	LHSC		M.E. KNOWLES MIDSTATES TEAM ILLINOIS
	100 IM	1:12.14	5-Feb-03	LHSC		N. DUNLAP
	200 Free Relay	1:59.18	25-Jun-03	LHSC	HL	Lockport Homer Swim Club T. Castillo, B. Overzet, M. Knowles, M. Mikrut
	200 Medley Relay	2:19.46	21-Mar-03	LHSC	LHSC	C. POPE, K. WEBSTER, M.E. KNOWLES, M. MIKRUT
	11-12	50 Free	26.84	19-Feb-04	LHSC	N. DUNLAP
100 Free		59.12	20-Feb-05	LHSC	M. WASZAK	
200 Free		2:07.41	3-Dec-04	LHSC	N. DUNLAP	
500 Free		5:44.32	3-Dec-04	LHSC	N. DUNLAP	
50 Back		30.13	9-Jul-08	LHSC	HL	Amanda N. Moran at South Suburban Gold Conference
100 Back		1:06.14	18-Oct-08	LHSC	HL	Amanda N. Moran at OktSwimFest08
50 Breast		33.63	9-Jul-08	LHSC	HL	Abby Loughran at South Suburban Gold Conference
100 Breast		1:15.39	7-Jan-04	LHSC		M.M Knowles
50 Fly		28.48	19-Nov-05	LHSC	HL	Molly Knowles at G.I.L.L.S Pentathlon 11/19/2005
100 Fly		1:03.98	18-Nov-04	LHSC		N.Dunlap
100 IM		1:06.15	9-Jul-08	LHSC		Abby Loughran
200 IM		2:27.18	18-Nov-04	LHSC		N.Dunlap
200 Free Relay		1:51.86	22-Nov-03	LHSC	LHSC	N. Dunlap, M. Waszak, M.M Knowles, L. Henrikson
400 Free Relay		4:06.60	19-Mar-04	LHSC	LHSC	N. Dunlap, M.M Knowles, L. Henrikson, H. Mirkut
200 Medley Relay		2:05.16	7-Nov-03	LHSC	LHSC	N.Dunlap, M.M Knowles, L. Henrikson, H. Mirkut
400 Medley Relay		4:40.14	19-Mar-04	LHSC	LHSC	M. Waszak, K. Webster, M.E Knowles, T. Castillo
13-14	50 Free	25.70	18-Mar-05	LHSC	HL	Alex Green
	100 Free	56.58	15-Jul-04	LHSC		A. Green
	200 Free	2:04.81	22-Feb-08	LHSC	HL	Molly Knowles at ISI Regional Championships - LWSA
	500 Free	5:34.21	16-Oct-09	LHSC	HL	Amanda N. Moran at OktSwimFest09
	1650 Free	20:55.45	27-Oct-06	LHSC	HL	Molly Knowles at Peoria Water Wizards Spooktacular
	100 Back	1:00.46	13-Mar-09	LHSC	HL	Amanda N. Moran at 2009 Speedo ISI Age Group Championships
	200 Back	2:18.43	16-Oct-09	LHSC	HL	Amanda N. Moran at OktSwimFest09
	100 Breast	1:12.32	15-Feb-09	LHSC	HL	Abby Loughran at Blue Conference
	200 Breast	2:40.68	25-Mar-05	LHSC		M.M Knowles
	100 Fly	1:00.41	16-Nov-07	LHSC	HL	Molly Knowles at IHSA Girls High School State Meet
	200 Fly	2:14.57	14-Mar-08	LHSC	HL	Molly Knowles at 2008 Speedo© ISI Age Group Championships
	200 IM	2:18.53	23-Nov-07	LHSC	HL	Molly Knowles at IHSA Sectional

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13-14	400 IM	5:06.51	<b>22-Feb-08</b>	LHSC HL	Molly Knowles at ISI Regional Championships - LWSA
	200 Free Relay	1:46.90	<b>18-Feb-05</b>	LHSC	LHSC N. Dunlap, S. Makikas, M. Kuyper, A. Green
	400 Free Relay	3:52.68	<b>18-Mar-05</b>	LHSC	LHSC N. Dunlap, M. Kuyper, M. Waszak, A. Green
	200 Medley Relay	1:53.24	<b>26-May-05</b>	LHSC HL	Lockport Homer Swim Club A. Green, M. Knowles, M. Kuyper, A. Kozar
	400 Medley Relay	4:17.65	<b>18-Mar-05</b>	LHSC	LHSC M. Dunlap, M. M Knowles, L. Henrikson, A. Waszak
15-18	50 Free	25.24	<b>14-Nov-09</b>	LHSC HL	Chelsea CONESET at IHSA Sectional Meet
	100 Free	55.02	<b>14-Nov-09</b>	LHSC HL	Kirsten Zborek at IHSA Sectional Meet
	200 Free	2:06.98	<b>16-Mar-00</b>	LHSC	J. Rutter
	500 Free	5:32.24	<b>14-Feb-99</b>	LHSC	J. Rutter
	1650 Free	23:08.00	<b>5-Jun-02</b>	LHSC	J. Olivares
	100 Back	58.85	<b>14-Nov-09</b>	LHSC HL	Jillian Rothgery at IHSA Sectional Meet
	200 Back	2:11.51	<b>4-Dec-99</b>	LHSC	J. Rutter
	100 Breast	1:09.80	<b>15-Nov-08</b>	LHSC HL	Maggie Knowles at IHSA Sectional Meet
	200 Breast	2:45.28	<b>6-Jan-07</b>	LHSC HL	Maggie Knowles at Windy City Speedo Invitational
	100 Fly	59.15	<b>14-Nov-09</b>	LHSC HL	Molly Knowles at IHSA Sectional Meet
	200 Fly	2:15.72	<b>4-Mar-10</b>	LHSC HL	Molly Knowles at 2010 Speedo© Illinois Swimming Senior Champs
	200 IM	2:16.73	<b>14-Nov-09</b>	LHSC HL	Molly Knowles at IHSA Sectional Meet
	400 Free Relay	4:14.37	<b>15-Jan-00</b>	LHSC	LHSC J. Margalus, J. Rutter, L. Mathis
	400 Medley Relay	4:45.03	<b>15-Jan-00</b>	LHSC	LHSC J. Rutter, JA, Rutter, L. Mathis, J. Margalus

## LOCKPORT HOMER SWIM CLUB LIGHTNING

### RECORDS Coachs Records

#### Yards-Men

8 & U	25 Free	13.21	<b>13-Jan-05</b>	LHSC		K.Dybas
	50 Free	31.90	<b>12-Feb-00</b>	LHSC		D.Gremillon
	25 Back	17.88	<b>8-Jan-05</b>	LHSC	HL	Austin Zborek at Hickory Willows 21st Annual Wi
	25 Breast	21.28	<b>18-Feb-03</b>	LHSC		A.Rossi
	25 Fly	17.56	<b>25-Feb-97</b>	LHSC		P.Ivnik
	100 IM	1:32.03	<b>1-Nov-02</b>	LHSC		A. Rossi
	100 Free Relay	1:11.61	<b>12-Feb-00</b>	LHSC	HL	Lockport Homer Swim Club
	100 Medley Relay	1:23.47	<b>12-Feb-00</b>	LHSC	HL	T. Rothstein, M. Vorel, J. Gremillion. J. Welch
9-10	50 Free	28.93	<b>12-Mar-10</b>	LHSC	HL	Joshua L. Lantow at 2010 Speedo© ISI Age Group Championships
	100 Free	1:05.08	<b>9-Jan-10</b>	LHSC	HL	Joshua L. Lantow at WCO SC0910
	200 Free	2:20.11	<b>12-Mar-10</b>	LHSC	HL	Joshua L. Lantow at 2010 Speedo© ISI Age Group Championships
	50 Back	33.78	<b>26-Feb-10</b>	LHSC	HL	Joshua L. Lantow at 2010 HFSC ISI Regional Championships
	100 Back	1:16.26	<b>9-Jan-10</b>	LHSC	HL	Joshua L. Lantow at WCO SC0910
	50 Breast	38.03	<b>25-Feb-98</b>	LHSC		N.Taylor
	100 Breast	1:25.09	<b>25-Feb-98</b>	LHSC		N.Taylor
	50 Fly	31.29	<b>5-Feb-98</b>	LHSC		J.Kure
	100 Fly	1:16.32	<b>26-Feb-10</b>	LHSC	HL	Joshua L. Lantow at 2010 HFSC ISI Regional Championships
	100 IM	1:16.90	<b>18-Mar-05</b>	LHSC	HL	Tony Rossi
	200 Free Relay	2:02.27	<b>5-Feb-98</b>	LHSC	LHSC	M.Hare,D.Cender,B.Cender,J.Kure
	200 Medley Relay	2:16.25	<b>25-Feb-98</b>	LHSC	LHSC	K.Boyle,M.Hare,N.Taylor,J.Kure
11-12	50 Free	26.54	<b>10-Jul-07</b>	LHSC	HL	Jake Knowles at South Suburban Blue Conference
	100 Free	58.07	<b>2-Nov-07</b>	LHSC	HL	Jake Knowles at 11th Annual Fox Fall Classic ILS07-1104
	200 Free	2:11.26	<b>16-Mar-07</b>	LHSC	HL	Jake Knowles at 2007 Illinois Age Group Championships
	500 Free	5:46.90	<b>16-Mar-07</b>	LHSC	HL	Jake Knowles at 2007 Illinois Age Group Championships
	50 Back	31.45	<b>19-Jan-07</b>	LHSC	HL	Sean Haramija at HFSC Challenge 2007
	100 Back	1:05.55	<b>11-Nov-09</b>	LHSC	HL	Eric JOHNSON at Hickory Willow vs Lockport Homer
	50 Breast	34.56	<b>25-Feb-98</b>	LHSC		D.Hare
	100 Breast	1:15.48	<b>10-Nov-05</b>	LHSC	HL	Billy Bafia at TPSC VS. Lockport
	50 Fly	29.47	<b>14-Oct-05</b>	LHSC	HL	Jay Schackle at WWAC Fall Kick Off Meet 2005
	100 Fly	1:07.21	<b>14-Oct-05</b>	LHSC	HL	Jay Schackle at WWAC Fall Kick Off Meet 2005
	100 IM	1:08.55	<b>25-Feb-98</b>	LHSC		D.Hare
	200 IM	2:29.80	<b>14-Oct-05</b>	LHSC	HL	Jay Schackle at WWAC Fall Kick Off Meet 2005
	200 Free Relay	1:57.24	<b>24-Feb-05</b>	LHSC	LHSC	J.Margalus,D.Hare, L.Shorette,
	400 Free Relay	4:14.81	<b>18-Mar-05</b>	LHSC	HL	Lockport Homer Swim Club J. Welch, W. Bafia, S. Haramija, J. Schackle
	200 Medley Relay	47.31	<b>25-Nov-08</b>	LHSC	HL	Lockport Homer Swim Club J. Tomczuk, B. Standish
	400 Medley Relay	5:06.74	<b>8-Jan-05</b>	LHSC	LHSC	J.Welch, B.Bafia, J. Schackle, C. Bowman
13-14	50 Free	24.12	<b>13-Mar-09</b>	LHSC	HL	Jake Knowles at 2009 Speedo ISI Age Group Championships
	100 Free	52.60	<b>13-Mar-09</b>	LHSC	HL	Jake Knowles at 2009 Speedo ISI Age Group Championships
	200 Free	1:55.47	<b>27-Feb-09</b>	LHSC	HL	Jake Knowles at ISI Regional Championships 2009 - LWSA
	500 Free	5:14.32	<b>16-Mar-07</b>	LHSC	HL	Jay Schackle at 2007 Illinois Age Group Championships
	1650 Free	19:21.11	<b>19-Jan-07</b>	LHSC		J. SCHACKLE
	100 Back	1:00.97	<b>8-Jul-09</b>	LHSC	HL	Alec M. Lindstrom at South Suburban Gold Conference
	200 Back	2:14.15	<b>18-Apr-05</b>	LHSC		T. Rothstein
	100 Breast	1:06.06	<b>13-Mar-09</b>	LHSC	HL	Jake Knowles at 2009 Speedo ISI Age Group Championships
	200 Breast	2:27.39	<b>13-Mar-09</b>	LHSC	HL	Jake Knowles at 2009 Speedo ISI Age Group Championships
	100 Fly	56.13	<b>16-Mar-07</b>	LHSC	HL	Jay Schackle at 2007 Illinois Age Group Championships
	200 Fly	2:07.76	<b>16-Mar-07</b>	LHSC	HL	Jay Schackle at 2007 Illinois Age Group Championships

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**RECORDS Coachs Records**

13-14	200 IM	2:09.02	<b>13-Mar-09</b>	LHSC HL	Jake Knowles at 2009 Speedo ISI Age Group Championships
	400 IM	4:39.76	<b>16-Mar-07</b>	LHSC HL	Jay Schackle at 2007 Illinois Age Group Championships
	200 Free Relay	1:40.02	<b>8-Jul-09</b>	LHSC HL	Lockport Homer Swim Club J. GILLIS, J. Goetz, A. Lindstrom, J. Knowles
	400 Free Relay	3:42.78	<b>16-Mar-07</b>	LHSC HL	Lockport Homer Swim Club J. Schackle, S. Haramija, C. Bowman, W. Bafia
	200 Medley Relay	1:51.49	<b>8-Jul-09</b>	LHSC HL	Lockport Homer Swim Club A. Lindstrom, J. Knowles, J. GILLIS, J. Goetz
	400 Medley Relay	4:04.79	<b>16-Mar-07</b>	LHSC HL	Lockport Homer Swim Club C. Bowman, W. Bafia, J. Schackle, S. Haramija
15-18	50 Free	21.03	<b>27-Feb-09</b>	LHSC HL	Kevin Moran at IHSC Men's State Meet
	100 Free	47.37	<b>27-Feb-09</b>	LHSC HL	Kevin Moran at IHSC Men's State Meet
	200 Free	1:47.42	<b>21-Feb-09</b>	LHSC HL	Michael Pedroni at IHSA Boys Sectional Meet
	500 Free	5:02.97	<b>3-Mar-00</b>	LHSC	J. Ozbolt
	1650 Free	1:33:05.73	<b>4-Nov-00</b>	LHSC	E. Ketelaar
	100 Back	56.14	<b>5-Mar-09</b>	LHSC HL	Larry J. Formosa at 2009 IL Speedo© Illinois Swimming Senior Cham
	200 Back	2:11.64	<b>3-Mar-00</b>	LHSC	J.Kuchyak
	100 Breast	1:01.52	<b>20-Feb-10</b>	LHSC HL	Billy Bafia at IHSA Boys Sectionals
	200 Breast	2:18.78	<b>3-Mar-00</b>	LHSC	J.Kuchyak
	100 Fly	51.93	<b>27-Feb-09</b>	LHSC HL	Larry J. Formosa at IHSC Men's State Meet
	200 Fly	1:57.70	<b>3-Mar-00</b>	LHSC	J. Kuchyak
	200 IM	2:02.18	<b>21-Feb-09</b>	LHSC HL	Larry J. Formosa at IHSA Boys Sectional Meet
	400 IM	4:22.50	<b>8-Mar-01</b>	LHSC	J. Kuchyak
	400 Free Relay	3:27.31	<b>8-Mar-01</b>	LHSC	LHSC S. Pragovich, A. Munoz, J.Kuchyak
	400 Medley Relay	3:47.98	<b>8-Mar-01</b>	LHSC	LHSC S. Praghovich, J. Kuchyak, E. Ketelaar, J. Kuchyak