

## LOCKPORT HOMER SWIM CLUB LIGHTNING

### RECORDS Coachs Records

#### Yards-Women

8 & U	25 Free	15.84	<b>20-Nov-97</b>	LHSC	E. HARE		
	50 Free	32.12	<b>20-Nov-97</b>	LHSC	E. HARE		
	25 Back	17.78	<b>20-Jan-00</b>	LHSC	JESSICA WELCH		
	25 Breast	19.94	<b>25-Feb-97</b>	LHSC	K. TAYLOR		
	25 Fly	17.15	<b>5-Feb-97</b>	LHSC	E. HARE		
	100 Free Relay	1:07.40	<b>25-Feb-97</b>	LHSC	LHSC	E. HARE, K. TAYLOR, R. HASTINGS, A. TRA	
100 Medley Relay	1:13.74	<b>21-Jan-97</b>	LHSC	LHSC	E. HARE, R. HASTINGS, K. TAYLOR, B. BAL		
9-10	50 Free	29.24	<b>10-Dec-02</b>	LHSC	N. DUNLAP		
	100 Free	1:05.44	<b>11-Dec-02</b>	LHSC	N. DUNLAP		
	200 Free	2:23.84	<b>13-Feb-04</b>	LHSC	M.E. KNOWLES		
	50 Back	33.84	<b>27-Oct-06</b>	LHSC	HL	Amanda N. Moran at Peoria Water Wizards Spooktacular	
	100 Back	1:13.77	<b>7-Oct-06</b>	LHSC	HL	Amanda N. Moran at Patriot Aquatic TYR Patriot Games	
	50 Breast	38.93	<b>7-Nov-07</b>	LHSC	HL	L. Nilsen	
	100 Breast	1:26.42	<b>25-Feb-98</b>	LHSC		L. NILSEN	
	50 Fly	30.22	<b>10-Jan-04</b>	LHSC		M.E. KNOWLES	
	100 Fly	1:07.05	<b>11-Jan-04</b>	LHSC		M.E. KNOWLES	MIDSTATES TEAM ILLINOIS
	100 IM	1:12.14	<b>5-Feb-03</b>	LHSC		N. DUNLAP	
	200 Free Relay	1:59.18	<b>25-Jun-03</b>	LHSC	HL	Lockport Homer Swim Club	T. Castillo, B. Overzet, M. Knowles, M.
	200 Medley Relay	2:19.46	<b>21-Mar-03</b>	LHSC	LHSC		C. POPE, K. WEBSTER, M.E. KNOWLES, M. M
	11-12	50 Free	26.84	<b>19-Feb-04</b>	LHSC	N. DUNLAP	
100 Free		59.12	<b>20-Feb-05</b>	LHSC	M. WASZAK		
200 Free		2:07.41	<b>3-Dec-04</b>	LHSC	N. DUNLAP		
500 Free		5:44.32	<b>3-Dec-04</b>	LHSC	N. DUNLAP		
50 Back		30.13	<b>9-Jul-08</b>	LHSC	HL	Amanda N. Moran at South Suburban Gold Conference	
100 Back		1:06.14	<b>18-Oct-08</b>	LHSC	HL	Amanda N. Moran at OktSwimFest08	
50 Breast		33.63	<b>9-Jul-08</b>	LHSC	HL	Abby Loughran at South Suburban Gold Conference	
100 Breast		1:15.39	<b>7-Jan-04</b>	LHSC		M.M Knowles	
50 Fly		28.48	<b>19-Nov-05</b>	LHSC	HL	Molly Knowles at G.I.L.L.S Pentathlon 11/19/2005	
100 Fly		1:03.98	<b>18-Nov-04</b>	LHSC		N.Dunlap	
100 IM		1:06.15	<b>9-Jul-08</b>	LHSC		Abby Loughran	
200 IM		2:27.18	<b>18-Nov-04</b>	LHSC		N.Dunlap	
200 Free Relay		1:51.86	<b>22-Nov-03</b>	LHSC	LHSC		N. Dunlap, M. Waszak, M.M Knowles, L. Henriks
400 Free Relay		4:06.60	<b>19-Mar-04</b>	LHSC	LHSC		N. Dunlap, M.M Knowles, L. Henrikson, H. Mirku
200 Medley Relay		2:05.16	<b>7-Nov-03</b>	LHSC	LHSC		N.Dunlap, M.M Knowles, L. Henrikson, H. Mirku
400 Medley Relay		4:40.14	<b>19-Mar-04</b>	LHSC	LHSC		M. Waszak, K. Webster, M.E Knowles, T. Castill
13-14		50 Free	25.70	<b>18-Mar-05</b>	LHSC	HL	Alex Green
	100 Free	56.58	<b>15-Jul-04</b>	LHSC		A. Green	
	200 Free	2:04.81	<b>22-Feb-08</b>	LHSC	HL	Molly Knowles at ISI Regional Championships - LWSA	
	500 Free	5:34.21	<b>16-Oct-09</b>	LHSC	HL	Amanda N. Moran at OktSwimFest09	
	1650 Free	20:55.45	<b>27-Oct-06</b>	LHSC	HL	Molly Knowles at Peoria Water Wizards Spooktacular	
	100 Back	1:00.46	<b>13-Mar-09</b>	LHSC	HL	Amanda N. Moran at 2009 Speedo ISI Age Group Championships	
	200 Back	2:18.43	<b>16-Oct-09</b>	LHSC	HL	Amanda N. Moran at OktSwimFest09	
	100 Breast	1:12.32	<b>15-Feb-09</b>	LHSC	HL	Abby Loughran at Blue Conference	
	200 Breast	2:40.68	<b>25-Mar-05</b>	LHSC		M.M Knowles	
	100 Fly	1:00.41	<b>16-Nov-07</b>	LHSC	HL	Molly Knowles at IHSA Girls High School State Meet	
	200 Fly	2:14.57	<b>14-Mar-08</b>	LHSC	HL	Molly Knowles at 2008 Speedo© ISI Age Group Championships	

## LOCKPORT HOMER SWIM CLUB LIGHTNING

---

### RECORDS Coachs Records

13-14	200 IM	2:18.53	<b>23-Nov-07</b>	LHSC IL	Molly Knowles at IHSA Sectional
	400 IM	5:06.51	<b>22-Feb-08</b>	LHSC IL	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 IL	Lockport Homer Swim Club A. Green, M. Knowles, M. Kuyper, A. K
	400 Medley Relay	4:17.65	<b>18-Mar-05</b>	LHSC	LHSC M. Dunlap, M. M Knowles, L. Henrikson, A. Wasz
15-18	50 Free	25.59	<b>15-Nov-08</b>	LHSC IL	Stephanie Manikas at IHSA Sectional Meet
	100 Free	55.74	<b>18-Jul-02</b>	LHSC	L. Mathis
	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	1:02.84	<b>4-Dec-99</b>	LHSC	J. Rutter
	200 Back	2:11.51	<b>4-Dec-99</b>	LHSC	J. Rutter
	100 Breast	1:09.80	<b>15-Nov-08</b>	LHSC IL	Maggie Knowles at IHSA Sectional Meet
	200 Breast	2:45.28	<b>6-Jan-07</b>	LHSC IL	Maggie Knowles at Windy City Speedo Invitational
	100 Fly	59.15	<b>14-Nov-09</b>	LHSC IL	Molly Knowles at IHSA Sectional Meet
	200 Fly	2:20.32	<b>6-Feb-09</b>	LHSC IL	Molly Knowles at 10th Annual Winter Classic
	200 IM	2:16.73	<b>14-Nov-09</b>	LHSC IL	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. Gremillon. J. Welch	
9-10	50 Free	29.87	<b>21-Mar-03</b>	LHSC HL	Jake Welch at Illinois Age Group Championshi
	100 Free	1:07.02	<b>21-Mar-03</b>	LHSC	J.Welch
	200 Free	2:25.76	<b>21-Mar-03</b>	LHSC	J.Welch
	50 Back	35.15	<b>22-Feb-03</b>	LHSC HL	Jake Welch
	100 Back	1:16.61	<b>22-Nov-09</b>	LHSC HL	Joshua L. Lantow at First Chance Last Chance Meet
	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	1:19.38	* <b>14-Oct-05</b>	LHSC	J. KNOWLES
	100 Fly	1:19.38	* <b>14-Oct-05</b>	LHSC HL	Jake Knowles at Fall Sprint Classic 2005
	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. Scha
	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
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

## LOCKPORT HOMER SWIM CLUB LIGHTNING

### RECORDS Coachs Records

13-14	200 Fly	2:07.76	<b>16-Mar-07</b>	LHSC IL	Jay Schackle at 2007 Illinois Age Group Championships
	200 IM	2:09.02	<b>13-Mar-09</b>	LHSC IL	Jake Knowles at 2009 Speedo ISI Age Group Championships
	400 IM	4:39.76	<b>16-Mar-07</b>	LHSC IL	Jay Schackle at 2007 Illinois Age Group Championships
	200 Free Relay	1:40.02	<b>8-Jul-09</b>	LHSC IL	Lockport Homer Swim Club J. GILLIS, J. Goetz, A. Lindstrom, J. Kn
	400 Free Relay	3:42.78	<b>16-Mar-07</b>	LHSC IL	Lockport Homer Swim Club J. Schackle, S. Haramija, C. Bowman, W
	200 Medley Relay	1:51.49	<b>8-Jul-09</b>	LHSC IL	Lockport Homer Swim Club A. Lindstrom, J. Knowles, J. GILLIS, J.
	400 Medley Relay	4:04.79	<b>16-Mar-07</b>	LHSC IL	Lockport Homer Swim Club C. Bowman, W. Bafia, J. Schackle, S. H
15-18	50 Free	21.03	<b>27-Feb-09</b>	LHSC IL	Kevin Moran at IHSC Men's State Meet
	100 Free	47.37	<b>27-Feb-09</b>	LHSC IL	Kevin Moran at IHSC Men's State Meet
	200 Free	1:47.42	<b>21-Feb-09</b>	LHSC IL	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 IL	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	1:03.18	<b>21-Feb-09</b>	LHSC IL	Billy Bafia at IHSA Boys Sectional Meet
	200 Breast	2:18.78	<b>3-Mar-00</b>	LHSC	J.Kuchyak
	100 Fly	51.93	<b>27-Feb-09</b>	LHSC IL	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 IL	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. Kuchya