

GUAM SWIMMING FEDERATION LONG COURSE RECORDS as of 4/25/2009

FEMALE

Swimmers hi-lighted in BLUE are current TSUNAMI SWIM CLUB swimmers

8&U	50 Free	34.50	3/2/85	MSC	Joy Vink
	100 Free	1:22.30	6/10/77	AND	Wendy Walkey
	200 Free	3:00.99	4/29/00	MAC	Maraya Silan
	50 Back	41.60	6/10/77	AND	Wendy Walkey
	50 Breast	46.83	1/19/85	MAC	Xena Cummings
	50 Fly	36.06	6/12/77	AND	Wendy Walkey
	200 IM	3:17.94	5/3/77	AND	Wendy Walkey
	200 Free Relay	2:53.05	2/17/79	NAST	S.Scott, T.Larscheid, S.Hoyt, N.Takai
	200 Medley Relay	3:18.14	2/4/84	MAC	R.Iizuka, S.Cummings, J.Romero, X.Cummings
	9-10	50 Free	30.72	1/23/88	MAC
100 Free		1:09.66	12/27/88	MAC	Sheila Cummings
200 Free		2:32.38	12/27/06	TSC	Allie Lai
400 Free		5:21.40	11/18/06	TSC	Allie Lai
		5:21.40	12/28/06	TSC	Misaki Iijima
50 Back		36.82	5/10/87	MAC	Sheila Cummings
100 Back		1:21:26	12/27/06	TSC	Misaki Iijima
50 Breast		41.47	1/24/97	MAC	Alison Aglubat
100 Breast		1:32.38	12/27/06	TSC	Allie Lai
50 Fly		33.68	2/20/88	MAC	Sheila Cummings
100 Fly		1:19.71	12/28/06	TSC	Allie Lai
200 IM		2:51.15	12/27/06	TSC	Misaki Iijima
200 Free Relay		2:23.02	12/9/06	TSC	A.Lai, Mi.Iijima, M.Ysrael, R.Ema
400 Free Relay		5:27.52	10/21/06	TSC	Mi.Iijima, A.Lai, R.Ema, M.Iwakabe
200 Medley Relay		2:39.68	11/18/06	TSC	Mi.Iijima, A.Lai, M.Ysrael, R.Ema
400 Medley Relay		6:03.92	12/9/06	TSC	Mi.Iijima, A.Lai, R.Ema, I.Nomura
11-12	50 Free	29.12	5/8/05	TKO	Manami Iijima
	100 Free	1:04.88	5/15/05	GSF	Manami Iijima
	200 Free	2:19.83	10/18/08	TSC	Misaki Iijima
	400 Free	4:49.35	11/22/08	TSC	Misaki Iijima
	800 Free	9:43.08	12/6/08	TSC	Misaki Iijima
	50 Back	33.85	9/20/08	TSC	Misaki Iijima
	100 Back	1:10.89	1/8/09	GSF	Misaki Iijima
	50 Breast	38.58	3/5/88	MAC	Tammie Kaae
	100 Breast	1:24.66	11/8/08	TSC	Misaki Iijima
	50 Fly	32.49	12/27/08	TSC	Allie Lai
	100 Fly	1:12.39	12/26/08	TSC	Allie Lai
	200 IM	2:35.55	12/27/08	TSC	Misaki Iijima
	200 Free Relay	2:07.33	9/20/08	TSC	A.Lai, Mi.Iijima, R.Ema, M.Iwakabe
	400 Free Relay	4:42.74	11/8/08	TSC	Mi.Iijima, A.Lai, R.Ema, Moon Jung Kim
	200 Medley Relay	2:24.79	10/18/08	TSC	Mi.Iijima, A.Lai, M.Ysrael, R.Ema
	400 Medley Relay	5:15.54	10/18/08	TSC	Mi.Iijima, A.Chiu, A.Lai, R.Ema

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13-14	50 Free	28.64	8/24/07	TSC	Manami Iijima	
	100 Free	1:00.87	8/22/07	TSC	Manami Iijima	
	200 Free	2:12.13	8/23/07	TSC	Manami Iijima	
	400 Free	4:44.29	6/25/06	GSF	Manami Iijima	
	800 Free	10:02.93	6/27/06	GSF	Manami Iijima	
	1500 Free	19:06.64	4/21/07	TSC	Manami Iijima	
	100 Back	1:09.49	4/25/09	TSC	Misaki Iijima	
	200 Back	2:38.02	5/3/97	SSC	Xenavee Pangelinan	
	100 Breast	1:20.44	1/1/89	MAC	Tammie Kaae	
	200 Breast	2:51.49	1/1/89	MAC	Tammie Kaae	
	100 Fly	1:08.79	8/23/07	TSC	Manami Iijima	
	200 Fly	2:32.36	6/1/07	TSC	Manami Iijima	
	200 IM	2:34.83	6/27/06	GSF	Manami Iijima	
	400 IM	5:23.76	9/29/07	TSC	Manami Iijima	
	200 Free Relay	2:09.05	2/5/05	TKO	T.Benavente, Ma.Iijima , M.Silan, M.Silan	
	400 Free Relay	4:46.63	12/28/04	TKO	T.Benavente, Ma.Iijima , M.Silan, M.Silan	
	200 Medley Relay	2:25.29	4/4/09	TSC	Mi.Iijima, A.Chiu, A.Lai, R.Ema	
	400 Medley Relay	5:26.43	5/6/79	NAST	B.Zimmerman, R.Stephen, C.Zimmerman, C.Ysrael	
	15-16	50 Free	28.51	12/27/08	TSC	Manami Iijima
		100 Free	1:01.10	1/9/09	GSF	Manami Iijima
200 Free		2:12.04	1/8/09	GSF	Manami Iijima	
400 Free		4:43.97	3/8/08	TSC	Manami Iijima	
800 Free		9:46.77	4/19/92	MAC	Tammie Kaae	
1500 Free		19:07.02	12/21/07	TSC	Manami Iijima	
100 Back		1:10.46	12/30/99	SSC	Xenavee Pangelinan	
200 Back		2:34.55	1/8/00	SSC	Xenavee Pangelinan	
100 Breast		1:17.77	9/21/91	GSL	Tammie Kaae	
200 Breast		2:46.81	9/21/91	GSL	Barbara Pexa	
100 Fly		1:06.98	1/8/00	SSC	Xenavee Pangelinan	
200 Fly		2:33.59	4/18/98	SSC	Xenavee Pangelinan	
200 IM		2:29.99	12/30/99	SSC	Xenavee Pangelinan	
400 IM		5:14.93	1/7/00	SSC	Xenavee Pangelinan	
200 Free Relay		2:22.27	1/23/82	GM	C.Ysrael, A.Gayle, J.Kimbrough, A.Castro	
400 Free Relay		5:00.12	2/6/82	GM	J.Kimbrough, F.Dydasco, A.Castro, G.Diaz	
200 Medley Relay		2:30.00	10/22/05	TKO	M.Silan, M.Silan, M.Iijima, M.Ema	
400 Medley Relay		5:30.38	3/26/82	GM	J.Kimbrough, F.Dydasco, A.Castro, G.Diaz	
17-18		50 Free	29.24	1/31/91	MAC	Veronica Cummings
		100 Free	1:02.99	1/7/91	MAC	Veronica Cummings
	200 Free	2:21.26	5/4/90	MAC	Veronica Cummings	
	400 Free	5:03.83	8/16/95	GSL	Claudia Clement	
	800 Free	10:35.51	4/26/03	SSC	Tamiko Winkfield	
	100 Back	1:14.95	5/20/97	SSC	Jessica Jordan	
	200 Back	2:40.43	5/20/97	SSC	Jessica Jordan	
	100 Breast	1:20.83	3/26/07	GSF	Rachel Lannen	
	200 Breast	2:47.60	5/13/93	GSL	Barbara Pexa	
	100 Fly	1:13.08	5/4/90	MAC	Barbara Gayle	
	200 Fly	2:40.33	5/4/90	MAC	Barbara Gayle	
	200 IM	2:38.62	5/20/97	SSC	Jessica Jordan	
	400 IM	5:31.61	5/20/97	SSC	Jessica Jordan	

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Open	50 Free	28.51	12/27/08	TSC	Manami Iijima
	100 Free	1:00.87	8/22/07	TSC	Manami Iijima
	200 Free	2:12.04	1/8/09	GSL	Manami Iijima
	400 Free	4:43.97	3/8/08	TSC	Manami Iijima
	800 Free	9:43.08	12/6/08	TSC	Misaki Iijima
	1500 Free	18:54.20	5/31/08	TSC	Misaki Iijima
	100 Back	1:09.49	4/25/09	TSC	Misaki Iijima
	200 Back	2:29.69	12/27/08	TSC	Misaki Iijima
	100 Breast	1:16.78	8/1/92	GSL	Tammie Kaae
	200 Breast	2:46.81	9/21/91	GSL	Barbara Pexa
	100 Fly	1:06.98	1/8/00	SSC	Xenavee Pangelinan
	200 Fly	2:32.36	6/1/07	TSC	Manami Iijima
	200 IM	2:29.99	12/30/99	SSC	Xenavee Pangelinan
	400 IM	5:14.93	1/7/00	SSC	Xenavee Pangelinan
	200 Free Relay	2:03.70	12/27/08	TSC	Ma.Iijima, A.Lai, Mi.Iijima, R.Ema
	400 Free Relay	4:18.06	12/12/87	GSL	T.Ching, A.Dierking, B.Gayle, V.Cummings
	800 Free Relay	9:29.36	9/4/79	GSL	L.Lambert, H.Hagadorn, M.Ysrael, E.Ysrael
	200 Medley Relay	2:15.71	1/1/89	MAC	S.Cummings, T.Kaae, B.Gayle, V.Cummings
	400 Medley Relay	4:48.27	9/12/91	GSL	K.Kaae, B.Pexa, T.Kaae, C.Clement