
RECORDS Lansdowne Lightning
SC Meters-Girls

6 & U	25 Free	22.22	19-Jul-06	LST	Yasmine Boswell at Lansdowne vs South Riding	
	25 Back	27.06	21-Jun-06	LST	Yasmine Boswell at Lansdowne vs Red Rocks	
7-8	25 Free	17.13	26-Jul-08	LST OD	Yasmine Boswell at 2008 ODSL All Stars Meet	
	25 Back	22.86	25-Jun-08	LST OD	Yasmine Boswell at Lansdowne v Broadlands	
8 & U	25 Breast	25.14	18-Jun-05	LST OD	Sarah Ashley at Lansdowne Time Trials	
	25 Fly	23.04	28-Jun-08	LST OD	Yasmine Boswell at Lansdowne v Lovettsville	
	100 Free Relay	1:34.56	21-Jun-06	LST	LST P. Silpacharn, L. Kim E.Hartman, J. O'Connell	
8-18	200 Free Relay	2:18.48	14-Jul-07	LST	LST	S.Ashley, M.O'Connell, D.Farris, D.DeGooyer
9-10	50 Free	35.69	18-Jul-07	LST	Imelda Ogango at Lansdowne v Potomac Station	
	50 Back	42.55	28-Jul-07	LST	Imelda Ogango at 2007 Championship Meet	
	50 Breast	46.17	23-Jun-07	LST	Sarah Ashley at Lansdowne v Woodlea Manor	
	25 Fly	18.22	7-Jul-07	LST	Sarah Ashley at Lansdowne v Belmont	
	100 Medley Relay	1:25.93	14-Jul-07	LST	LST P.Silpacharn S.Ashley, I.Ogango, J.O'Connell	
10 & U	100 IM	1:30.71	28-Jul-07	LST	Sarah Ashley at 2007 Championship Meet	
11-12	50 Free	34.11	25-Jun-08	LST OD	Sarah Ashley at Lansdowne v Broadlands	
	50 Back	40.01	28-Jul-07	LST	Marie O'Connell at 2007 Championship Meet	
	50 Breast	43.09	26-Jul-08	LST OD	Imelda Ogango at 2008 ODSL All Stars Meet	
	50 Fly	37.39	26-Jul-08	LST OD	Imelda Ogango at 2008 ODSL All Stars Meet	
	100 IM	1:24.19	26-Jul-08	LST OD	Imelda Ogango at 2008 ODSL All Stars Meet	
	100 Medley Relay	1:18.92	21-Jun-08	LST OD	Lansdowne Swim Team M. O'Connell, S. Ashley, I. Ogango, M. B	
13-14	50 Free	30.25	18-Jul-07	LST	Diana Farris at Lansdowne v Potomac Station	
	50 Back	33.93	28-Jul-07	LST	Diana Farris at 2007 Championship Meet	
	50 Breast	40.77	7-Jul-07	LST	Dani DeGooyer at Lansdowne v Belmont	
	50 Fly	33.25	26-Jul-06	LST	Diana Farris at 2006 Championship Meet	
	100 IM	1:14.37	28-Jul-07	LST	Diana Farris at 2007 Championship Meet	
	100 Medley Relay	1:15.66	14-Jul-07	LST	LST	D.DeGooyer, D.Farris, T. Haney, L. Acosta
15-18	50 Free	29.97	26-Jul-06	LST	Suzanne Nelson at 2006 Championship Meet	
	50 Back	35.47	26-Jul-06	LST	Suzanne Nelson at 2006 Championship Meet	
	50 Breast	38.91	2-Jul-08	LST OD	Dani DeGooyer at Lansdowne v Belmont	
	50 Fly	32.42	26-Jul-08	LST OD	Dani DeGooyer at 2008 ODSL All Stars Meet	
	100 IM	1:14.27	26-Jul-06	LST	Suzanne Nelson at 2006 Championship Meet	
	200 Medley Relay	2:31.85	1-Jul-06	LST	LST	S.Nelson, J.Bond, D.DeGooyer, J.Farris

RECORDS Lansdowne Lightning
SC Meters-Boys

6 & U	25 Free	24.35	16-Jul-08	LST OD	Leo Silpacharn at Lansdowne v Lenah Run
	25 Back	28.22	16-Jul-08	LST OD	Leo Silpacharn at Lansdowne v Lenah Run
7-8	25 Free	19.05	15-Jul-06	LST	Johnny Hoffer at Lansdowne vs Sterling Park
	25 Back	23.87	26-Jul-08	LST OD	Raymond Chin at 2008 ODSL All Stars Meet
8 & U	25 Breast	24.68	26-Jul-06	LST	Johnny Hoffer at 2006 Championship Meet
	25 Fly	25.01	24-Jun-06	LST	Johnny Hoffer at Lansdowne vs. Belmont
	100 Free Relay	1:34.18	15-Jul-06	LST	Lansdowne Swim Team J.Hoffer, E.Ceschin, J.Speroni, M.Wiefels
8-18	200 Free Relay	2:26.33	23-Jun-07	LST	LST J.Hoffer, M.Ashley S.Madden, G.Celia
9-10	50 Free	36.75	25-Jun-08	LST OD	Johnny Hoffer at Lansdowne v Broadlands
	50 Back	47.61	26-Jul-08	LST OD	Chase Jackson at 2008 ODSL All Stars Meet
	50 Breast	49.29	26-Jul-08	LST OD	Johnny Hoffer at 2008 ODSL All Stars Meet
	25 Fly	21.03	9-Jul-08	LST OD	Johnny Hoffer at Lansdowne v South Riding
	100 Medley Relay	1:35.70	14-Jul-07	LST	Lansdowne Swim Team C.Chin, J. Hoffer, M.Bernhards, M.Wiefel
10 & U	100 IM	1:42.77	26-Jul-08	LST OD	Johnny Hoffer at 2008 ODSL All Stars Meet
11-12	50 Free	35.71	27-Jul-05	LST	Michael Donohue at 2005 Championship Meet
	50 Back	40.55	28-Jul-07	LST	Matthew Ashley at 2007 Championship Meet
	50 Breast	42.82	28-Jul-07	LST	Matthew Ashley at 2007 Championship Meet
	50 Fly	43.34	23-Jun-07	LST	Matthew Ashley at Lansdowne v Woodlea Manor
	100 IM	1:27.70	23-Jun-07	LST	Matthew Ashley at Lansdowne v Woodlea Manor
	100 Medley Relay	1:26.51	24-Jul-06	LST	LST K.Cochran, M.Ashley, S. Maddan, RJ.Minnitti
13-14	50 Free	30.36	2-Jul-08	LST OD	Sean Madden at Lansdowne v Belmont
	50 Back	36.29	26-Jul-08	LST OD	Matthew Ashley at 2008 ODSL All Stars Meet
	50 Breast	38.73	26-Jul-08	LST OD	Matthew Ashley at 2008 ODSL All Stars Meet
	50 Fly	37.59	28-Jun-08	LST OD	Sean Madden at Lansdowne v Lovettsville
	100 IM	1:19.04	26-Jul-08	LST OD	Matthew Ashley at 2008 ODSL All Stars Meet
	100 Medley Relay	1:15.81	28-Jun-08	LST OD	Lansdowne Swim Team K. Cochran, M. Ashley, S. Madden, H. Ja
15-18	50 Free	26.69	9-Jul-04	LST	Timothy Hill
	50 Back	32.34	15-Jul-06	LST	Bryan Durazo at Lansdowne vs Sterling Park
	50 Breast	33.81	26-Jul-06	LST	Bryan Durazo at 2006 Championship Meet
	50 Fly	28.53	26-Jul-06	LST	Bryan Durazo at 2006 Championship Meet
	100 IM	1:06.13	26-Jul-06	LST	Bryan Durazo at 2006 Championship Meet
	200 Medley Relay	2:52.56	1-Jul-06	LST	LST K.Cochran, G.Celia F. Earley, B. Durazzo