

LAKE LYAL LIGHTNING
www.lightning-swimming.org

Yards-Girls

8 & U	25 Free	14.94	2-Apr-15	LLL- FG	Nevee F. Dowling at Time TrialFriday Night @ The Races	
	50 Free	30.94	14-Sep-07	LLL- FG	Alexa N. Rivera at FGC Top 16 Invitational	
	100 Free	1:09.15	5-Oct-07	LLL- FG	Alexa N. Rivera at FGC ABC Invitational (Top 16 #3)	
	200 Free	2:29.31	5-Oct-07	LLL- FG	Alexa N. Rivera at FGC ABC Invitational (Top 16 #3)	
	25 Back	18.40	14-Jun-08	LLL- FG	Jenna M. Pisani at PB County Sub JO Inv.	
	50 Back	36.16	14-Sep-07	LLL- FG	Alexa N. Rivera at FGC Top 16 Invitational	
	100 Back	1:18.11	5-Oct-07	LLL- FG	Alexa N. Rivera at FGC ABC Invitational (Top 16 #3)	
	25 Breast	20.95	14-Dec-07	LLL- FG	Jenna M. Pisani at Sprint Championshipst	
	50 Breast	40.63	22-Feb-08	LLL- FG	Jenna M. Pisani at Florida Gold Coast North Div. 2 Champs	
	100 Breast	1:29.86	22-Feb-08	LLL- FG	Jenna M. Pisani at Florida Gold Coast North Div. 2 Champs	
	25 Fly	16.30	2-Feb-08	LLL- FG	Jenna M. Pisani at Palm Bch. County 12& Und. Sub JO	
	50 Fly	34.61	5-Oct-07	LLL- FG	Alexa N. Rivera at FGC ABC Invitational (Top 16 #3)	
	100 Fly	1:20.51	5-Oct-07	LLL- FG	Alexa N. Rivera at FGC ABC Invitational (Top 16 #3)	
	100 IM	1:16.88	14-Sep-07	LLL- FG	Alexa N. Rivera at FGC Top 16 Invitational	
	9-10	50 Free	26.99	25-Sep-09	LLL- FG	Alexa N. Rivera at FGC Fall Inv.
		100 Free	59.41	25-Sep-09	LLL- FG	Alexa N. Rivera at FGC Fall Inv.
200 Free		2:08.38	25-Sep-09	LLL- FG	Alexa N. Rivera at FGC Fall Inv.	
500 Free		5:41.52	25-Sep-09	LLL- FG	Alexa N. Rivera at FGC Fall Inv.	
50 Back		30.23	25-Sep-09	LLL- FG	Alexa N. Rivera at FGC Fall Inv.	
100 Back		1:05.51	25-Sep-09	LLL- FG	Alexa N. Rivera at FGC Fall Inv.	
50 Breast		34.60	25-Sep-09	LLL- FG	Alexa N. Rivera at FGC Fall Inv.	
100 Breast		1:15.47	25-Sep-09	LLL- FG	Alexa N. Rivera at FGC Fall Inv.	
50 Fly		29.76	23-Oct-09	LLL- FG	Alexa N. Rivera at Comets A-Invitational Oct. 23-25, 2009	
100 Fly		1:06.98	25-Sep-09	LLL- FG	Alexa N. Rivera at FGC Fall Inv.	
100 IM		1:05.67	25-Sep-09	LLL- FG	Alexa N. Rivera at FGC Fall Inv.	
200 IM		2:21.67	25-Sep-09	LLL- FG	Alexa N. Rivera at FGC Fall Inv.	
11-12		50 Free	25.72	26-Mar-11	FGC- FG	Alexa N. Rivera at 2011 FL vs. FGC All-Star Meet
		100 Free	56.43	12-Dec-02	LLL- FG	ALISON M. TEMPLIN at SPEEDO/Total Teamwares Winter Champion
	200 Free	1:58.36	9-Mar-12	LLL- FG	Camryn C. Hudson at 2011-FG Short Course Junior Olympics	
	500 Free	5:11.28	18-Oct-02	LLL- FG	ALISON M. TEMPLIN at FGC "A" Inv. at Sunrise	
	1000 Free	10:38.75	12-Dec-02	LLL- FG	ALISON M. TEMPLIN at SPEEDO/Total Teamwares Winter Champion	
	1650 Free	17:50.83	12-Dec-02	LLL- FG	ALISON M. TEMPLIN at SPEEDO/Total Teamwares Winter Champion	
	50 Back	28.88	11-Mar-11	LLL- FG	Alexa N. Rivera at 2011-FG Short Course Junior Olympics	
	100 Back	1:01.82	26-Mar-11	FGC- FG	Alexa N. Rivera at 2011 FL vs. FGC All-Star Meet	
	200 Back	2:15.03	11-Mar-11	LLL- FG	Alexa N. Rivera at 2011-FG Short Course Junior Olympics	
	50 Breast	32.31	8-Nov-02	LLL- FG	CHRISTINE E. SLOMKA at Palm Beach County ABC Winter Invitatic	
	100 Breast	1:10.88	18-Oct-02	LLL- FG	CHRISTINE E. SLOMKA at FGC "A" Inv. at Sunrise	
	200 Breast	2:27.29	8-Nov-02	LLL- FG	CHRISTINE E. SLOMKA at PBC ABCInvitational	
	50 Fly	27.75	9-Mar-12	LLL- FG	Jena Pisani at 2011-FG Short Course Junior Olympics	
	100 Fly	1:02.38	29-Aug-09	LLL- FG	Christi Herfurth at NPB Sprint Decathlon	
	200 Fly	2:18.54	9-Mar-12	LLL- FG	Alice C. Reichfeld at 2011-FG Short Course Junior Olympics	
	100 IM	1:03.11	11-Mar-11	LLL- FG	Alexa N. Rivera at 2011-FG Short Course Junior Olympics	
	200 IM	2:15.40	8-Nov-02	LLL- FG	CHRISTINE E. SLOMKA at Palm Beach County ABC Winter Invitatic	
	400 IM	4:50.67	9-Mar-12	LLL- FG	Jena Pisani at 2011-FG Short Course Junior Olympics	
	13-14	50 Free	24.44	21-Nov-13	LLL- FG	Jena Pisani at Speedo Winter Championships
		100 Free	51.75	7-Mar-14	LLL- FG	Jena Pisani at 2014-FG Short Course Junior Olympics
200 Free		1:52.29	9-Nov-13	SUNC	Jena Pisani at FHSAA 2A -Swimming and Diving Championship	

LAKE LYAL LIGHTNING

www.lightning-swimming.org

13-14	500 Free	4:58.03	1-Nov-13	SUNC	Jena Pisani at 2013 FHSAA 2A Region 4	
	1000 Free	10:32.31	22-Feb-13	LLL- FG	Jena Pisani at Wellington Winter Classic Meet	
	1650 Free	17:27.47	7-Feb-14	LLL- FG	Jena Pisani at Lightning Distance Challenge	
	50 Back	27.06	26-Mar-11	LLL- FG	Julie A. Suarez at 2011 FGC V FL ALL STARS	
	100 Back	58.87	5-Nov-11	LLL- FG	Fabiana J Ingram at FHSAA 2A Region 4	
	200 Back	2:04.96	26-Mar-11	FGC- FG	Julie A. Suarez at 2011 FL vs. FGC All-Star Meet	
	50 Breast	31.60	4-Mar-16	LLL- FG	Ryan G. Flynn at 2016 FG Junior Olympics - CSSC - 040616	
	100 Breast	1:06.77	8-Nov-04	LLL- FG	CHRISTINE E. SLOMKA at 2004 HIGH SCHOOL UPDATES	
	200 Breast	2:25.37	12-Nov-04	LLL- FG	CHRISTINE E. SLOMKA at Florida Gold Coast Top-16 'A' Invitationa	
	50 Fly	26.35	7-Mar-14	LLL- FG	Jena Pisani at 2014-FG Short Course Junior Olympics	
	100 Fly	58.03	12-Nov-10	LLL- FG	Christi Herfurth @ 2010 3A State Championships	
	200 Fly	2:09.91	19-Nov-10	LLL- FG	Christi Herfurth at 2010 Speedo Winter Championships	
	200 IM	2:08.14	8-Nov-04	LLL- FG	CHRISTINE E. SLOMKA at 2004 HIGH SCHOOL UPDATES	
	400 IM	4:36.35	12-Nov-04	LLL- FG	CHRISTINE E. SLOMKA at Florida Gold Coast Top-16 'A' Invitationa	
	15-16	50 Free	23.76	18-Nov-05	PKVA	Michelle Ling at 2005 FHSAA Swimming & Diving Finals
		100 Free	51.66	14-Nov-14	LLL- FG	Jenna Pisani @ FHSAA 2A State Chamoiionships
		200 Free	1:51.49	11-Oct-14	LLL- FG	Jena Pisani at the 2014 PB County High School Championships
500 Free		4:54.13	10-Mar-05	LLL- FG	SARAH K. ANDREWS at 2005 FGC Short Course Junior Olympics	
1000 Free		10:40.69	14-Mar-04	LLL- FG	Sarah Andrews at FGC Jr. Oly.	
1650 Free		17:35.32	11-Mar-04	LLL- FG	SARAH K. ANDREWS at 2004 FGC Jr. Olympics - Short Course	
50 Back		26.72	13-Nov-12	LLL	Fabiana Ingram @ FHSAA 2A Ch	
100 Back		55.58	15-Nov-13	LLL	Julie A. Suarez at FHSAA Swimming and Diving Championship-3A	
200 Back		2:07.54	17-Feb-12	LLL- FG	Fabiana J. Ingram at 2012 FGC Senior Championships	
50 Breast		31.24	26-Mar-10	LLL- FG	Rachel P. Hirsch at FG-052610FGSR-41 Senior Champs	
100 Breast		1:04.40	29-Oct-06	LLL- FG	CHRISTINE E. SLOMKA at FHSAA Class 1A Regionals	
200 Breast		2:22.50	16-Mar-06	LLL- FG	CHRISTINE E. SLOMKA at FGC-SPEEDO - Short Course Junior Oly	
50 Fly		26.99	17-Feb-12	LLL- FG	Christi Herfurth at 2012 FGC Senior Championships	
100 Fly		56.82	15-Mar-03	LLL- FG	LINDA E. TATE at Time Trials Southern Sectionals	
200 Fly		2:04.93	17-Mar-05	LLL- FG	JUSTINE N. KANE at 2005 Speedo Champions Series	
200 IM		2:06.26	6-Oct-06	LLL- FG	SARAH K. ANDREWS at PB County HS Champs	
400 IM		4:29.25	16-Mar-06	LLL- FG	CHRISTINE E. SLOMKA at FGC-SPEEDO - Short Course Junior Oly	
Open	50 Free	23.63	7-Nov-14	LLL	Fabiana Ingram @ 2014 FHSAA Swimming & Diving Finals	
	100 Free	51.32	3-Nov-06	LLL- FG	SARAH K. ANDREWS at FHSAA Class 3A State Champs	
	200 Free	1:51.49	10-Oct-14	LLL	Jena Pisani at Palm Beach High School Swimming Championships	
	500 Free	4:54.13	10-Mar-05	LLL- FG	SARAH K. ANDREWS at 2005 FGC Short Course Junior Olympics	
	1000 Free	10:21.72	17-Mar-05	LLL- FG	Laurabeth Guenther at 2005 Speedo Champions Series	
	1650 Free	17:34.05	9-Mar-06	LLL- FG	Taylor P. Blake at Southern Zone Sectionals Championships	
	100 Back	55.78	18-Nov-01	LLL- FG	KATHRYN M. HALLQUIST at 2001 HIGH SCHOOL UPDATE	
	200 Back	2:03.65	12-Dec-13	LLL- FG	Julie A. Suarez at Speedo Winter Jr. Nationals	
	100 Breast	1:04.40	29-Oct-06	LLL- FG	CHRISTINE E. SLOMKA at FHSAA Class 1A Regional	
	200 Breast	2:22.50	16-Mar-06	LLL- FG	CHRISTINE E. SLOMKA at FGC-SPEEDO - Short Course Junior Oly	
	100 Fly	55.88	3-Nov-06	JIL- FG	SARAH K. ANDREWS at FHSAA Class 3A State Champs	
	200 Fly	2:03.00	12-Dec-13	LLL- FG	Christi Herfurth at Speedo Winter Jr. Nationals	
	200 IM	2:06.16	9-Mar-06	LLL- FG	SARAH K. ANDREWS at Southern Zone Sectionals Championships	
	400 IM	4:29.25	16-Mar-06	LLL- FG	CHRISTINE E. SLOMKA at FGC-SPEEDO - Short Course Junior Oly	

LAKE LYTAL LIGHTNING
www.lightning-swimming.org

Yards-Boys

8 & U	25 Free	14.16	6-Nov-11	LLL- FG	Reese S. Branzell at NPB Last Chance Area Developmental	
	50 Free	28.95	9-Mar-12	LLL- FG	Reese S. Branzell at 2011-FG Short Course Junior Olympics	
	100 Free	1:06.02	4-Feb-12	LLL- FG	Reese S. Branzell at 2012 Stanton C. Craigie Invitational	
	200 Free	2:28.19	18-Feb-00	LLL- FG	NICHOLAS S MANOUSOS at FGC 16 & U."A"Inv.	
	25 Back	16.97	1-Aug-98		BRENDON ANDREWS	
	50 Back	34.03	11-Mar-99	LLL- FG	BRENDON R ANDREWS at FGC Junior Olympics	
	100 Back	1:17.13	20-Mar-99	LLL- FG	Brendon R. Andrews at All StarMeet	
	25 Breast	20.22	21-Jun-99	LLL- FG	NICHOLAS S MANOUSOS at P.BCH. CNTY. 10 &UND	
	50 Breast	39.84	19-Jul-00	LLL- FG	NICHOLAS S MANOUSOS at P. Bch. Cnty 10 & Und. At N.P.	
	100 Breast	1:23.31	16-Mar-00	LLL- FG	NICHOLAS S MANOUSOS at FGC Spring JOs 2000	
	25 Fly	15.67	6-Nov-11	LLL- FG	Reese S. Branzell at NPB Last Chance Area Developmental	
	50 Fly	32.14	9-Mar-12	LLL- FG	Reese S. Branzell at 2011-FG Short Course Junior Olympics	
	100 Fly	1:18.33	1-Jul-98		BRENDON ANDREWS	
	100 IM	1:17.25	19-Jul-00	LLL- FG	NICHOLAS S MANOUSOS at P. Bch. Cnty 10 & Und. At N.P.	
	9-10	50 Free	26.24	16-Mar-00	LLL- FG	JONATHAN J VAN ZEE at FGC Spring JOs 2000
		100 Free	58.99	1-Apr-00	LLL- FG	JONATHAN J VAN ZEE at All-Star Dual Meet
200 Free		2:10.77	11-Mar-10	LLL- FG	Nicholas R. Sharp @ FGC Jr. Olympics	
500 Free		5:43.65	6-Apr-10	LLL- FG	Nicholas R. Sharp at 2010 NASA Showcase Classic - 040610 - CSSC	
50 Back		30.27	31-Mar-01	LLL- FG	BRENDON R ANDREWS at FGC Vs. Florida Sw.2001	
100 Back		1:08.26	31-Mar-01	LLL- FG	BRENDON R ANDREWS at FGC Vs. Florida Sw.2001	
50 Breast		37.17	23-Mar-01	LLL- FG	NICHOLAS S MANOUSOS at Florida Gold Coast Spring Juni	
100 Breast		1:19.97	31-Mar-01	LLL- FG	NICHOLAS S MANOUSOS at FGC Vs. Florida Sw.2001	
50 Fly		29.29	31-Mar-01	LLL- FG	BRENDON R ANDREWS at FGC Vs. Florida Sw.2001	
100 Fly		1:04.83	24-Feb-01	LLL- FG	BRENDON R ANDREWS at FGC-Winter Age Group Challenge	
100 IM		1:06.62	31-Mar-01	LLL- FG	BRENDON R ANDREWS at FGC Vs. Florida Sw.2001	
200 IM		2:26.33	31-Mar-01	LLL- FG	BRENDON R ANDREWS at FGC Vs. Florida Sw.2001	
11-12		50 Free	25.18	26-Feb-04	LLL- FG	DONALD L. ROBERTS at Time Trial
	100 Free	54.22	11-Mar-10	LLL- FG	WILLIAM J. PISANI at FG Junior Olympic Championship	
	200 Free	1:56.79	9-Mar-12	LLL- FG	Nicholas R. Sharp at 2011-FG Short Course Junior Olympics	
	500 Free	5:11.34	9-Mar-12	LLL- FG	Nicholas R. Sharp at 2011-FG Short Course Junior Olympics	
	1000 Free	10:47.86	10-Mar-13	LLL- FG	Kyle E. DiMatteo at FGC Jr. Oly	
	1650 Free	17:54.32	8-Mar-13	LLL- FG	Kyle E. DiMatteo at 2013-FG Short Course Junior Olympics	
	50 Back	27.94	9-Mar-12	LLL- FG	Nicholas R. Sharp at 2011-FG Short Course Junior Olympics	
	100 Back	1:00.99	9-Mar-12	LLL- FG	Nicholas R. Sharp at 2011-FG Short Course Junior Olympics	
	200 Back	2:10.39	9-Mar-12	LLL- FG	Nicholas R. Sharp at 2011-FG Short Course Junior Olympics	
	50 Breast	32.21	11-Mar-10	LLL- FG	Andreas Rintel at FG Junior Olympic Championship	
	100 Breast	1:10.40	10-Apr-10	FGC- FG	Andreas Rintel at 2010 FL vs. FGC All-Star Meet	
	200 Breast	2:35.18	11-Mar-10	LLL- FG	Andreas Rintel at FG Junior Olympic Championship	
	50 Fly	27.24	15-Feb-03	LLL- FG	BRENDON R. ANDREWS at 2003 FGC Winter Age Group Challenge	
	100 Fly	1:00.45	27-Mar-03	LLL- FG	BRENDON R. ANDREWS at 2003-FGC Short Course Junior Olympic	
	200 Fly	2:13.72	8-Mar-13	LLL- FG	Kyle E. DiMatteo at 2013-FG Short Course Junior Olympics	
	100 IM	1:02.19	12-Dec-02	LLL- FG	BRENDON R. ANDREWS at SPEEDO/Total Teamwares Winter Charr	
	200 IM	2:15.21	9-Mar-12	LLL- FG	Nicholas R. Sharp at 2011-FG Short Course Junior Olympics	
	400 IM	4:41.52	9-Mar-12	LLL- FG	Nicholas R. Sharp at 2011-FG Short Course Junior Olympics	
	13-14	50 Free	22.31	9-Mar-12	LLL- FG	William J. Pisani at 2011-FG Short Course Junior Olympics
		100 Free	49.59	15-Oct-11	LLL- FG	William J. Pisani at Palm Beach High School Swimming Championship
200 Free		1:45.92	9-Mar-12	LLL- FG		

LAKE LYTAL LIGHTNING
www.lightning-swimming.org

13-14	500 Free	4:47.78	5-Nov-11	LLL- FG	William J. Pisani @ FHSAA 2A Region 4
	1000 Free	10:10.57	6-Mar-15	LLL- FG	Kyle E. DiMatteo at 2015 FG Junior Olympics - CSSC - 030615
	1650 Free	16:52.46	6-Mar-15	LLL- FG	Kyle E. DiMatteo at 2015 FG Junior Olympics - CSSC - 030615
	50 Back	25.94	9-Mar-12	LLL- FG	William J. Pisani at 2011-FG Short Course Junior Olympics
	100 Back	53.64	12-Nov-11	LLL- FG	William J. Pisani @ FHSAA 2A STATE CHAMPIONSHIPS
	200 Back	1:58.26	9-Mar-12	LLL- FG	William J. Pisani at 2011-FG Short Course Junior Olympics
	50 Breast	29.21	9-Mar-12	LLL- FG	Andreas Rintel at 2011-FG Short Course Junior Olympics
	100 Breast	1:03.25	9-Mar-12	LLL- FG	Andreas Rintel at 2011-FG Short Course Junior Olympics
	200 Breast	2:16.80	9-Mar-12	LLL- FG	Andreas Rintel at 2011-FG Short Course Junior Olympics
	50 Fly	25.13	9-Mar-12	LLL- FG	Michael T. Rahrig at 2011-FG Short Course Junior Olympics
	100 Fly	54.87	9-Mar-12	LLL- FG	Michael T. Rahrig at 2011-FG Short Course Junior Olympics
	200 Fly	2:02.20	9-Mar-12	LLL- FG	Michael T. Rahrig at 2011-FG Short Course Junior Olympics
	200 IM	2:04.37	9-Mar-12	LLL- FG	Michael T. Rahrig at 2011-FG Short Course Junior Olympics
	400 IM	4:23.60	9-Mar-12	LLL- FG	Michael T. Rahrig at 2011-FG Short Course Junior Olympics
15-16	50 Free	21.06	9-Nov-13	SUNC	William J. Pisani at FHSAA 2A -Swimming and Diving Championship
	100 Free	46.50	7-Nov-14	LLL- FG	Yousef E. Abdelraouf at FHSAA Swimming and Diving Championship
	200 Free	1:41.50	9-Nov-13	SUNC	William J. Pisani at FHSAA 2A -Swimming and Diving Championship
	500 Free	4:46.77	22-Mar-13	LLL- FG	William J. Pisani at 2013 Senior Championships
	1000 Free	10:16.15	20-Mar-15	LLL- FG	Jared L. Ingram at 2015 Florida Gold Cost Senior Championships
	1650 Free	16:55.48	7-Feb-14	LLL- FG	William J. Pisani at Lightning Distance Challenge
	50 Back	23.61	9-Nov-13	SUNC	William J. Pisani at FHSAA 2A -Swimming and Diving Championship
	100 Back	51.25	12-Dec-13	LLL- FG	William J. Pisani at Speedo Winter Jr. Nationals
	200 Back	1:52.23	12-Dec-13	LLL- FG	William J. Pisani at Speedo Winter Jr. Nationals
	50 Breast	28.69	22-Mar-13	LLL- FG	Andreas Rintel at 2013 Senior Championships
	100 Breast	59.50	18-Nov-05	JIL- FG	Manuel A. Rabelo at 2005 FHSAA Swimming & Diving Finals
	200 Breast	2:11.08	20-Mar-15	LLL- FG	Dylan J. Brisco at 2015 Florida Gold Cost Senior Championships
	50 Fly	24.08	24-Aug-13	LLL- FG	William J. Pisani at 2013 NPB 10th Annual Sprint Invite
	100 Fly	52.10	14-Nov-15	PVIS	Kyle E. DiMatteo at FHSAA Swimming and Diving Championship-4A
	200 Fly	1:59.70	20-Mar-15	LLL- FG	Colin D. Smith at 2015 Florida Gold Cost Senior Championships
	200 IM	1:56.07	21-Nov-13	LLL- FG	William J. Pisani at Speedo Winter Championships
	400 IM	4:18.12	20-Nov-15	LLL- FG	Dylan J. Brisco at 2015 YCF Almost Turkey Invitational
Open	50 Free	20.42	14-Nov-14	LLL- FG	William J. Pisani at FHSAA 2A State Championship
	100 Free	45.43	3-Nov-07	LLL	BRENDON R. ANDREWS at FHSAA Class 3A State Champs
	200 Free	1:38.03	14-Nov-14	LLL	William J. Pisani at FHSAA 2A State Championships
	500 Free	4:34.19	5-Oct-07	LLL	BRENDON R. ANDREWS at PB County High School Championships
	1000 Free	10:04.50	18-Nov-11	LLL- FG	Jake Percy at 2011 SYS Turkey Meet
	1650 Free	16:28.42	4-Mar-11	LLL- FG	RICHARD T. ANDREWS at FG-030411-FG Senior Champs
	100 Back	49.78	14-Nov-14	LLL- FG	William J. Pisani at FHSAA 2A State Championship
	200 Back	1:56.55	8-Mar-07	LLL- FG	BRENDON R. ANDREWS at 2007 Speedo Champions Series
	100 Breast	57.92	3-Nov-06	LLL- FG	Manuel A. Rabelo at FHSAA Class 3A State Champs
	200 Breast	2:14.65	16-Mar-06	LLL- FG	Manuel A. Rabelo at FGC-SPEEDO - Short Course Junior Olympics
	100 Fly	50.63	10-Oct-14	LLL	William J. Pisani at Palm Beach High School Swimming Championship
	200 Fly	1:53.74	20-Mar-15	LLL- FG	Michael T. Rahrig at 2015 Florida Gold Cost Senior Championships
	200 IM	1:54.29	28-Feb-08	LLL- FG	BRENDON R. ANDREWS at FGC Junior Olympic Championship
	400 IM	4:19.86	20-Mar-15	LLL- FG	Michael T. Rahrig at 2015 Florida Gold Cost Senior Championships