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**RECORDS Rec.Nacional**
**LC Meters-Women**

9-10	50 Free	29.33	<b>1-dic.-86</b>	BELEN	Elizabeth González	
	100 Free	1:04.23	<b>1-nov.-83</b>	CARIA	Marcela Cuesta	
	50 Back	35.61	<b>1-oct.-86</b>	BELEN	Elizabeth González	
	50 Breast	38.55	<b>1-dic.-83</b>	CARIA	Marcela Cuesta	
	50 Fly	32.64	<b>1-dic.-86</b>	BELEN	Elizabeth González	
	200 IM	2:39.98	<b>27-jun.-83</b>	CARIA	Marcela Cuesta	
11-12	50 Free	28.53	<b>21-nov.-14</b>	SPAUL	Helena Moreno at XX Torneo Int Palacio de los Deportes 2014	
	100 Free	1:00.10	<b>1-jul.-85</b>	CARIA	Marcela Cuesta	
	200 Free	2:10.24	<b>1-jun.-85</b>	CARIA	Marcela Cuesta at CCCAN	
	400 Free	4:34.70	<b>27-nov.-14</b>	SPAUL	Helena Moreno at XXXII Invitacional Internacional NACO 2014	
	50 Back	32.88	<b>27-nov.-14</b>	SPAUL	Helena Moreno at XXXII Invitacional Internacional NACO 2014	
	100 Back	1:10.35	<b>1-jul.-83</b>	CARIA	Silvia Poll	
	200 Back	2:31.37	<b>1-jul.-13</b>	CRC	María Fernanda Badilla at XXVIII Centroamericano y Caribe de Nata	
	50 Breast	36.03	<b>7-may.-18</b>	CRC	Sthepanie Venegas at Copa El Salvador 2018	
	100 Breast	1:19.98	<b>1-may.-85</b>	CARIA	Carolina Mauri	
	200 Breast	2:54.51	<b>7-may.-18</b>	CRC	Sthepanie Venegas at Copa El Salvador 2018	
	50 Fly	29.77	<b>15-dic.-16</b>	BELEN	Beatriz Padrón at Campeonato Nacional Inter-clubes - ESA	
	100 Fly	1:06.88	<b>1-jul.-85</b>	CARIA	Marcela Cuesta	
	200 Fly	2:24.37	<b>17-dic.-14</b>	BELEN	Fabiola Sancho at 1era Copa Int. FPN	
	200 IM	2:31.24	<b>1-jul.-85</b>	CARIA	Marcela Cuesta	
	13-14	50 Free	26.53	<b>20-jul.-18</b>	CRC	Beatriz Padrón XXIII Juegos CAC-BARRANQUILLA 2018
100 Free		57.99	<b>15-dic.-16</b>	BELEN	Helena Moreno at Campeonato Nacional Inter-clubes - ESA	
200 Free		2:00.49	<b>1-jul.-85</b>	CARIA	Silvia Poll at CCCAN	
400 Free		4:20.64	<b>15-dic.-16</b>	BELEN	Helena Moreno at Campeonato Nacional Inter-clubes - ESA	
800 Free		8:58.00	<b>7-jun.-16</b>	CRC	Helena Moreno at CAMPEONATO CENTROAMERICANO Y MEXICO 2	
1500 Free		18:30.38	<b>4-may.-17</b>	CARIA	Daniela Alfaro at XXXVII CNI Alfredo Cruz Bolaños FECONA 2017	
50 Back		31.13	<b>20-jul.-18</b>	CRC	Beatriz Padrón XXIII Juegos CAC-BARRANQUILLA 2018	
100 Back		1:06.97	<b>20-jul.-18</b>	CRC	Beatriz Padrón XXIII Juegos CAC-BARRANQUILLA 2018	
200 Back		2:22.50	<b>1-jul.-85</b>	CARIA	Silvia Poll at CCCAN	
50 Breast		36.30	<b>26-feb.-10</b>	ALAJU	ADRIANA MORERA at Torneo Clasificatorio 2010	
100 Breast		1:18.09	<b>1-may.-92</b>	CARIA	Sandra Arroyo	
200 Breast		2:46.35	<b>1-jun.-83</b>	CARIA	Montserrat Hidalgo	
50 Fly		27.52	<b>13-abr.-18</b>	CRC	Beatriz Padrón at Campeonatos FEDONA 2018/ IV DR Int.S	
100 Fly		1:02.67	<b>20-jul.-18</b>	CRC	Beatriz Padrón XXIII Juegos CAC-BARRANQUILLA 2018	
200 Fly		2:18.65	<b>28-jun.-17</b>	CRC	Daniela Alfaro at XXX CCCAN Swimming Championships 20	
200 IM		2:26.77	<b>2-jul.-85</b>	CARIA	Silvia Poll	
400 IM		5:12.24	<b>4-dic.-17</b>	CRC	Daniela Alfaro at XI JUEGOS CENTROAMERICANOS, MANAGUA	
15-17		50 Free	26.32	<b>1-jul.-87</b>	CARIA	Silvia Poll
		100 Free	55.52	<b>11-ago.-87</b>	CARIA	Silvia Poll at X Panamerican Games Indianapolis
	200 Free	1:58.36	<b>9-ago.-87</b>	CARIA	Silvia Poll at X Panamerican Games Indianapolis	
	400 Free	4:15.51	<b>20-jul.-18</b>	CRC	Helena Moreno XXIII Juegos CAC-BARRANQUILLA 2018	
	800 Free	8:44.34	<b>1-jul.-90</b>	CARIA	Claudia Poll	
	1500 Free	17:08.15	<b>4-dic.-17</b>	CRC	Helena Moreno at XI JUEGOS CENTROAMERICANOS, MANAGUA	
	50 Back	31.61	<b>20-jul.-18</b>	CRC	Helena Moreno XXIII Juegos CAC-BARRANQUILLA 2018	
	100 Back	1:01.86	<b>14-ago.-87</b>	CARIA	Silvia Poll at X Panamerican Games Indianapolis	
	200 Back	2:14.18	<b>11-ago.-87</b>	CARIA	Silvia Poll at X Panamerican Games Indianapolis	
50 Breast	34.59	<b>7-jun.-16</b>	CRC	PAULA MORALES at CAMPEONATO CENTROAMERICANO Y MEXICO		

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15-17	100 Breast	1:15.21	<b>1-jul.-94</b>	CARIA	Sandra Arroyo
	200 Breast	2:39.38	<b>1-nov.-93</b>	CARIA	Sandra Arroyo
	50 Fly	29.03	<b>14-dic.-17</b>	BELEN	Helena Moreno at II COPA INTERNAC. DE NAT. BELDAGAN:
	100 Fly	1:02.70	<b>20-jul.-18</b>	CRC	Daniela Alfaro XXII Juegos CAC-BARRANQUILLA 2018
	200 Fly	2:16.35	<b>20-jul.-18</b>	CRC	Daniela Alfaro XXII Juegos CAC-BARRANQUILLA 2018
	200 IM	2:20.86	<b>1-jul.-90</b>	CARIA	Claudia Poll
	400 IM	4:59.16	<b>1-jul.-90</b>	CARIA	Claudia Poll
	18 & O	50 Free	26.74	<b>14-jul.-15</b>	CRC
100 Free		56.19	<b>23-sep.-94</b>	CARIA	Claudia Poll
200 Free		1:57.48	<b>10-ago.-97</b>	CARIA	Claudia Poll
400 Free		4:09.61	<b>1-ago.-93</b>	CARIA	Claudia Poll
800 Free		8:33.80	<b>1-ago.-93</b>	CARIA	Claudia Poll
1500 Free		19:03.59	<b>28-sep.-12</b>	ANAHE	DAYANA CASTRO at Primer Torneo Selectivo 2012
50 Back		31.26	<b>4-may.-04</b>	CAAR	Marianella Marín at II Olimpiada Cubana del Deport
100 Back		1:02.75	<b>1-ago.-93</b>	CARIA	Silvia Poll
200 Back		2:11.66	<b>1-ago.-92</b>	CARIA	Silvia Poll
50 Breast		33.90	<b>9-dic.-15</b>	ALAJU	ADRIANA MORERA at Campeonato Interclubes de Natación Juv y M
100 Breast		1:14.62	<b>14-abr.-18</b>	CRC	Adriana Morera Campeonato FEDONA 2018
200 Breast		2:42.42	<b>28-jun.-17</b>	CRC	ADRIANA MORERA at XXX CCCAN Swimming Championships 2017
50 Fly		27.54	<b>0-mar.-16</b>	CRC	MARIE LAURA MEZA at Swim Open Stockholm
100 Fly		1:00.81	<b>8-abr.-16</b>	CRC	MARIE LAURA MEZA at International Strök ATUS Graz Trophy 2016
200 Fly		2:18.12	<b>1-abr.-99</b>	BELEN	Melissa Mata
200 IM		2:18.37	<b>18-feb.-93</b>	CARIA	Claudia Poll
400 IM		4:50.35	<b>1-jul.-92</b>	CARIA	Claudia Poll

**RECORDS Rec.Nacional**

**LC Meters-Men**

9-10	50 Free	29.94	<b>15-dic.-16</b>	CARIA	José Manuel Alfaro at Campeonato Nacional Inter-clubes - ESA
	100 Free	1:04.83	<b>15-dic.-16</b>	CARIA	José Manuel Alfaro at Campeonato Nacional Inter-clubes - ESA
	50 Back	35.09	<b>15-dic.-16</b>	BELEN	Alberto Vega at Campeonato Nacional Inter-clubes - ESA
	50 Breast	37.53	<b>1-jul.-82</b>		Jaime Lypzic
	50 Fly	32.45	<b>15-dic.-16</b>	CARIA	José Manuel Alfaro at Campeonato Nacional Inter-clubes - ESA
	200 IM	2:39.29	<b>17-dic.-14</b>	BELEN	Ignacio Retana at 1era Copa Int. FPN
11-12	50 Free	26.56	<b>1-jul.-91</b>	BELEN	José David Mora
	100 Free	58.03	<b>7-jun.-16</b>	CRC	Ignacio Retana at CAMPEONATO CENTROAMERICANO Y MEXICO 2016
	200 Free	2:04.66	<b>1-jul.-97</b>	CARIA	Jonathan Mauri
	400 Free	4:16.38	<b>19-ene.-18</b>	ANAME	Juan José Bolaños 2018 UANA Swimming
	50 Back	30.86	<b>14-dic.-17</b>	BELEN	Julio Pérez at II COPA INTERNAC. DE NAT. BELDAGANS PL
	100 Back	1:07.12	<b>14-dic.-17</b>	BELEN	Juilo Pérez at II COPA INTERNAC. DE NAT. BELDAGANS PL
	200 Back	2:21.64	<b>14-dic.-17</b>	BELEN	Julio Pérez at II COPA INTERNAC. DE NAT. BELDAGANS PL
	50 Breast	33.46	<b>6-abr.-14</b>	CRC	José David Solís at XV CAMPEONATOS CAMEX 2014.
	100 Breast	1:13.50	<b>6-abr.-14</b>	CRC	José David Solís at XV CAMPEONATOS CAMEX 2014.
	200 Breast	2:37.39	<b>17-dic.-14</b>	MILEN	José David Solís at 1era Copa Int. FPN
	50 Fly	28.23	<b>27-nov.-14</b>	STANA	Marcelo Valverde at XXXII Invitacional Internacional NACO 2014
	100 Fly	1:02.79	<b>27-nov.-14</b>	STANA	Marcelo Valverde at XXXII Invitacional Internacional NACO 2014
	200 Fly	2:17.58	<b>17-dic.-14</b>	MILEN	José David Solís at 1era Copa Int. FPN
	200 IM	2:20.83	<b>17-dic.-14</b>	MILEN	José David Solís at 1era Copa Int. FPN
	13-14	50 Free	24.92	<b>28-nov.-13</b>	CRC
100 Free		54.38	<b>7-jun.-16</b>	CRC	Marcelo Valverde at CAMPEONATO CENTROAMERICANO Y MEXICO 2016
200 Free		1:57.41	<b>24-nov.-16</b>	STANA	Marcelo Valverde at XXXIV Invitacional Internacional Naco 2016
400 Free		4:13.91	<b>1-jul.-98</b>	CARIA	Jonathan Mauri
800 Free		8:45.36	<b>26-nov.-15</b>	BELEN	Daniel Retana at XXXIII Invitacional Internacional Naco 2015
1500 Free		16:45.46	<b>1-jul.-99</b>	CARIA	Jonathan Mauri
50 Back		28.70	<b>26-jun.-18</b>	BELEN	Julio Pérez XXXI CCCAN Swimming Championships 2018
100 Back		1:03.19	<b>29-jun.-18</b>	CRC	Julio Pérez XXXI CCCAN Swimming Championships 2018
200 Back		2:15.10	<b>28-jun.-17</b>	CRC	Jeims Caita XXX CCCAN Swimming Championships 2017
50 Breast		30.84	<b>8-mar.-16</b>	PIRAT	José David Solís at VII Copa Internacional Chorotega de Natación
100 Breast		1:06.87	<b>7-jun.-16</b>	CRC	José David Solís at CAMPEONATO CENTROAMERICANO Y MEXICO 2016
200 Breast		2:22.57	<b>7-jun.-16</b>	CRC	José David Solís at CAMPEONATO CENTROAMERICANO Y MEXICO 2016
50 Fly		26.02	<b>6-abr.-14</b>	CRC	Bryan Álvarez at XV CAMPEONATOS CAMEX 2014.
100 Fly		58.65	<b>7-jun.-16</b>	CRC	Marcelo Valverde at CAMPEONATO CENTROAMERICANO Y MEXICO 2016
200 Fly		2:11.24	<b>15-dic.-16</b>	PIRAT	José David Solís at Selectivo Sudamericano Juvenil 2017
200 IM		2:14.07	<b>15-dic.-16</b>	PIRAT	José David Solís at Selectivo Sudamericano Juvenil 2017
400 IM		4:41.01	<b>7-jun.-16</b>	CRC	José David Solís at CAMPEONATO CENTROAMERICANO Y MEXICO 2016
15-17		50 Free	23.63	<b>17-jul.-09</b>	BELEN
	100 Free	52.31	<b>17-jul.-09</b>	BELEN	JOSÉ ALBERTO MONTOYA at 13th FINA World Championships Rome 09
	200 Free	1:54.70	<b>5-mar.-07</b>	BELEN	MARIO MONTOYA at 12th FINA World Champinships
	400 Free	4:06.79	<b>1-jul.-97</b>	INDOR	Kurt Niehaus
	800 Free	8:27.47	<b>5-mar.-07</b>	BELEN	MARIO MONTOYA at 12th FINA World Champinships
	1500 Free	16:16.41	<b>1-jul.-97</b>	CARIA	Kurt Niehaus
	50 Back	28.08	<b>23-ago.-17</b>	CRC	Bryan Álvarez at 6th FINA World Junior Championships 2017
	100 Back	1:01.00	<b>17-jul.-06</b>	BELEN	MARIO MONTOYA at XX Juegos Centroamericanos y del Caribe 2006
	200 Back	2:12.33	<b>6-abr.-14</b>	CRC	Esteban Araya at XV CAMPEONATOS CAMEX 2014.
	50 Breast	30.05	<b>23-ago.-17</b>	CRC	José David Solís at 6th FINA World Junior Championships 2017

**RECORDS Rec.Nacional**

15-17	100 Breast	1:04.74	<b>20-jul.-18</b>	CRC	José David Solís XXII Juegos CAC-BARRANQUILLA 2018
	200 Breast	2:19.91	<b>1-ago.-91</b>	CARIA	Joaquín Lagier
	50 Fly	24.71	<b>28-abr.-17</b>	BELEN	Bryan Álvarez at LC09-17 San Juan International Swimming Open
	100 Fly	55.32	<b>4-dic.-17</b>	CRC	Bryan Álvarez at XI JUEGOS CENTROAMERICANOS, MANAGUA 2017
	200 Fly	2:03.67	<b>4-dic.-17</b>	CRC	Bryan Álvarez at XI JUEGOS CENTROAMERICANOS, MANAGUA 2017
	200 IM	2:11.31	<b>19-ene.-18</b>	CRC	José David Solís at 2018 UANA Swimming Cup - CSSC - 0119:
	400 IM	4:36.22	<b>20-ene.-18</b>	CRC	José David Solís at 2018 UANA Swimming Cup - CSSC - 0119:
	18 & 0	50 Free	23.65	<b>4-dic.-17</b>	CQUES
100 Free		50.40	<b>17-jul.-09</b>	BELEN	MARIO MONTOYA at 13th FINA World Championships Rome 09
200 Free		1:51.30	<b>17-jul.-09</b>	BELEN	MARIO MONTOYA at 13th FINA World Championships Rome 09
400 Free		4:00.20	<b>1-nov.-93</b>	ACANA	Jaime Lipzic
800 Free		8:23.58	<b>12-abr.-11</b>	UT	MARIO MONTOYA at Justas de Campeonato 2011
1500 Free		15:47.92	<b>1-nov.-93</b>	ACANA	Jaime Lipzic
50 Back		27.65	<b>4-dic.-17</b>	CQUES	Juan José Dobles at XI JUEGOS CENTROAMERICANOS, MANAGUA 2017
100 Back		59.97	<b>29-jun.-09</b>	CRC	MARIO MONTOYA at XXVI CAMPEONATO CCCAN 2009
200 Back		2:11.06	<b>1-nov.-93</b>	ADUCR	Erick Greenwood
50 Breast		29.44	<b>4-dic.-17</b>	CRC	Arnoldo F. Herrera at XI JUEGOS CENTROAMERICANOS, MANAGUA 2017
100 Breast		1:04.89	<b>28-jun.-17</b>	CRC	Arnoldo F. Herrera at XXX CCCAN Swimming Championships : 2017
200 Breast		2:20.83	<b>28-jun.-17</b>	CRC	Arnoldo F. Herrera at XXX CCCAN Swimming Championships : 2017
50 Fly		24.91	<b>20-jul.-18</b>	BELEN	Bryan Alvarez XXII Juegos CAC-BARRANQUILLA 2018
100 Fly		55.88	<b>24-abr.-08</b>	BELEN	JORGE ARTURO ARCE at Copa Latina San Marino 08
200 Fly		2:03.49	<b>20-jul.-18</b>	BELEN	Bryan Alvarez XXII Juegos CAC-BARRANQUILLA 2018
200 IM		2:08.63	<b>1-sep.-82</b>	TENIS	Andrey Aguilar
400 IM		4:31.52	<b>14-jul.-15</b>	CRC	Esteban Araya at XVII Juegos Panamericanos Toronto 2015