
RECORDS Rec.Nacional
LC Meters-Women

9-10	50 Free	29.33	1-Dic-86	BELEN	Elizabeth González	
	100 Free	1:04.23	1-Nov-83	CARIA	Marcela Cuesta	
	50 Back	35.61	1-Oct-86	BELEN	Elizabeth González	
	50 Breast	38.55	1-Dic-83	CARIA	Marcela Cuesta	
	50 Fly	32.64	1-Dic-86	BELEN	Elizabeth González	
	200 IM	2:39.98	27-Jun-83	CARIA	Marcela Cuesta	
11-12	50 Free	28.76	1-Jul-85	CARIA	Marcela Cuesta	
	100 Free	1:00.10	1-Jul-85	CARIA	Marcela Cuesta	
	200 Free	2:10.24	1-Jun-85	CARIA	Marcela Cuesta at CCCAN	
	400 Free	4:39.14	1-May-85	CARIA	Marcela Cuesta	
	50 Back	34.52	29-Jun-09	CRC	DANIELA HELLMUND at XXVI CAMPEONATO CCCAN 2009	
	100 Back	1:10.35	1-Jul-83	CARIA	Silvia Poll	
	200 Back	2:34.36	1-Jul-97	ACANA	Margarita Loaiza	
	50 Breast	37.21	1-Dic-01	ACANA	Hellen Madrigal	
	100 Breast	1:19.98	1-May-85	CARIA	Carolina Mauri	
	200 Breast	2:55.41	1-Oct-01	ACANA	Hellen Madrigal	
	50 Fly	31.88	28-Jun-04	GOICO	Cristy Mora at X CAMEX	
	100 Fly	1:06.88	1-Jul-85	CARIA	Marcela Cuesta	
	200 Fly	2:35.36	1-Jul-98	GRECI	Verónica Bolaños	
	200 IM	2:31.24	1-Jul-85	CARIA	Marcela Cuesta	
13-14	50 Free	27.84	1-May-85	CARIA	Silvia Poll	
	100 Free	58.34	1-Jul-87	CARIA	Claudia Poll at CCCAN	
	200 Free	2:00.49	1-Jul-85	CARIA	Silvia Poll at CCCAN	
	400 Free	4:25.42	1-Jul-85	CARIA	Silvia Poll	
	800 Free	9:25.52	5-Ene-86	CARIA	Marcela Cuesta	
	1500 Free	19:58.56	13-Feb-09	BELEN	LAURA VENEGAS at Torneo Clasificatorio 2009	
	50 Back	33.80	9-Jun-08	CRC	DAYANA CASTRO at XII Campeonato Cantroamericano y México	
	100 Back	1:07.14	1-Jul-85	CARIA	Silvia Poll	
	200 Back	2:22.50	1-Jul-85	CARIA	Silvia Poll at CCCAN	
	50 Breast	36.50	13-Mar-02	ACANA	Hellen Madrigal	
	100 Breast	1:18.09	1-May-92	CARIA	Sandra Arroyo	
	200 Breast	2:46.35	1-Jun-83	CARIA	Montserrat Hidalgo	
	50 Fly	31.05	6-Abr-06	ACANA	CRISTY MORA at XXIV Campeonato Internacional Ciudad de Cali	
	100 Fly	1:04.22	1-Dic-86	CARIA	Marcela Cuesta	
	200 Fly	2:23.99	1-Ene-90	CARIA	Mariana Soto	
	200 IM	2:26.77	2-Jul-85	CARIA	Silvia Poll	
	400 IM	5:17.49	1-Jul-86	CARIA	Marcela Cuesta	
	15-17	50 Free	26.32	1-Jul-87	CARIA	Silvia Poll
		100 Free	55.52	11-Ago-87	CARIA	Silvia Poll at X Panamerican Games Indianapolis
200 Free		1:58.36	9-Ago-87	CARIA	Silvia Poll at X Panamerican Games Indianapolis	
400 Free		4:17.36	1-Sep-90	CARIA	Claudia Poll	
800 Free		8:44.34	1-Jul-90	CARIA	Claudia Poll	
1500 Free		19:38.62	27-Abr-07	ANAHE	VALERIA ORTÍZ at Campeonato Nacional Individual	
50 Back		33.17	3-May-03	ABRUN	Marianela Navarro	
100 Back		1:01.86	14-Ago-87	CARIA	Silvia Poll at X Panamerican Games Indianapolis	
200 Back		2:14.18	11-Ago-87	CARIA	Silvia Poll at X Panamerican Games Indianapolis	
50 Breast		36.55	9-Jun-08	CRC	NATALIA GÓMEZ at XII Campeonato Cantroamericano y México	

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15-17	100 Breast	1:15.21	1-Jul-94	CARIA	Sandra Arroyo
	200 Breast	2:39.38	1-Nov-93	CARIA	Sandra Arroyo
	50 Fly	29.80	11-Dic-08	SJOSE	MARY LAURA MEZA at Campeonato Nacional Inerclubes Natación 20
	100 Fly	1:03.06	1-Ago-79	CARIA	María del Milagro París at CCC
	200 Fly	2:16.60	1-Ago-98	BELEN	Melissa Mata
	200 IM	2:20.86	1-Jul-90	CARIA	Claudia Poll
	400 IM	4:59.16	1-Jul-90	CARIA	Claudia Poll
	18 & O	50 Free	26.78	1-Dic-92	CARIA
100 Free		56.19	23-Sep-94	CARIA	Claudia Poll
200 Free		1:57.48	10-Ago-97	CARIA	Claudia Poll
400 Free		4:09.61	1-Ago-93	CARIA	Claudia Poll
800 Free		8:33.80	1-Ago-93	CARIA	Claudia Poll
1500 Free		19:10.65	24-Mar-06	ANAHE	JOHANNA RODRÍGUEZ at Torneo Clasificatorio 2006
50 Back		31.26	24-May-04	CAAR	Marianella Marín at II Olimpiada Cubana del Deport
100 Back		1:02.75	1-Ago-93	CARIA	Silvia Poll
200 Back		2:11.66	1-Ago-92	CARIA	Silvia Poll
50 Breast		36.34	28-Jun-04	CAAR	Marcela Salas at X CAMEX
100 Breast		1:15.20	1-Jun-88	INDOR	Sigrid Niehaus
200 Breast		2:43.88	1-Sep-96	CARIA	Sandra Arroyo
50 Fly		28.58	17-Jul-09	SJOSE	MARY LAURA MEZA at 13th FINA World Championships Rome 09
100 Fly		1:02.80	23-Jul-80	CARIA	María del Milagro París a XXII Olympic Games Moscow
200 Fly		2:18.12	1-Abr-99	BELEN	Melissa Mata
200 IM		2:18.37	18-Feb-93	CARIA	Claudia Poll
400 IM		4:50.35	1-Jul-92	CARIA	Claudia Poll

RECORDS Rec.Nacional
LC Meters-Men

9-10	50 Free	30.10	1-Jun-79		Horst Niehaus	
	100 Free	1:05.36	1-Jul-92	ANAHE	Carlos Alfaro	
	50 Back	36.11	1-Nov-99		Marcelo Ortíz	
	50 Breast	37.53	1-Jul-82		Jaime Lypzic	
	50 Fly	32.61	1-Dic-99		Mauricio Vargas	
	200 IM	2:44.99	1-Jul-92	ANAHE	Carlos Alfaro	
11-12	50 Free	26.56	1-Jul-91	BELEN	José David Mora	
	100 Free	58.10	1-Jul-94	CARIA	Carlos Alfaro	
	200 Free	2:04.66	1-Jul-97	CARIA	Jonathan Mauri	
	400 Free	4:23.56	1-Jul-97	CARIA	Jonathan Mauri	
	50 Back	32.68	1-Ene-02		Mario Montoya	
	100 Back	1:08.71	1-Jul-89	TENIS	Daniel Meza	
	200 Back	2:27.49	1-Sep-02	ACANA	Alberto Rivera	
	50 Breast	35.44	1-Dic-02	SPAUL	Andrés Aymerich	
	100 Breast	1:13.59	1-Jul-93	SPAUL	Luis Portella	
	200 Breast	2:50.42	1-Jul-97	ACANA	Andrés Córdoba	
	50 Fly	29.85	9-Jun-08	CRC	DAVID RUÍZ at XII Campeonato Centroamericano y México	
	100 Fly	1:05.33	1-Jul-94	CARIA	Carlos Alfaro	
	200 Fly	2:26.24	9-Jun-08	CRC	DAVID RUÍZ at XII Campeonato Centroamericano y México	
	200 IM	2:21.48	1-Jul-97	CARIA	Jonathan Mauri	
13-14	50 Free	25.34	28-Jun-04	TENIS	Carlos Montero at X CAMEX	
	100 Free	54.83	1-Jul-93	BELEN	José David Mora	
	200 Free	2:00.17	1-Jul-98	CARIA	Jonathan Mauri	
	400 Free	4:13.91	1-Jul-98	CARIA	Jonathan Mauri	
	800 Free	9:43.35	18-Abr-08	ABRUN	Ricardo Barquero at Campeonato Nacional Individual	
	1500 Free	16:45.46	1-Jul-99	CARIA	Jonathan Mauri	
	50 Back	29.78	28-Jun-04	BELEN	Mario Montoya at X CAMEX	
	100 Back	1:03.47	28-Jun-04	BELEN	Mario Montoya at X CAMEX	
	200 Back	2:19.59	1-Feb-96	ACANA	Juan Manuel Durán	
	50 Breast	32.70	9-Jun-08	CRC	ANDRÉS MUÑOZ at XII Campeonato Centroamericano y México	
	100 Breast	1:10.73	1-Jul-95	SPAUL	Luis Portella	
	200 Breast	2:34.33	1-Jul-85	TENIS	Juan Julio Rojas	
	50 Fly	27.68	1-Abr-01	BELEN	Jorge Arturo Arce	
	100 Fly	59.93	1-Nov-01	BELEN	Jorge Arturo Arce	
	200 Fly	2:14.17	1-Jul-90	CARIA	Federico Llobeth	
	200 IM	2:17.50	1-Jul-01	BELEN	Jorge Arturo Arce	
	400 IM	4:47.43	1-Jul-98	CARIA	Jonathan Mauri	
	15-17	50 Free	23.63	17-Jul-09	BELEN	JOSÉ ALBERTO MONTOYA at 13th FINA World Championships Rom
		100 Free	52.31	17-Jul-09	BELEN	JOSÉ ALBERTO MONTOYA at 13th FINA World Championships Rom
		200 Free	1:54.70	25-Mar-07	BELEN	MARIO MONTOYA at 12th FINA World Champinships
400 Free		4:06.79	1-Jul-97	INDOR	Kurt Niehaus	
800 Free		8:27.47	25-Mar-07	BELEN	MARIO MONTOYA at 12th FINA World Champinships	
1500 Free		16:16.41	1-Jul-97	CARIA	Kurt Niehaus	
50 Back		28.43	17-Jul-06	BELEN	MARIO MONTOYA at XX Juegos Centroamericanos y del Caribe 2006	
100 Back		1:01.00	17-Jul-06	BELEN	MARIO MONTOYA at XX Juegos Centroamericanos y del Caribe 2006	
200 Back		2:12.86	17-Jul-06	BELEN	MARIO MONTOYA at XX Juegos Centroamericanos y del Caribe 2006	
50 Breast		31.89	8-May-09	BELEN	JOSÉ ALBERTO MONTOYA at Campeonato Nacional Individual	

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15-17	100 Breast	1:05.33	1-Ago-91	CARIA	Joaquín Lagier
	200 Breast	2:19.91	1-Ago-91	CARIA	Joaquín Lagier
	50 Fly	25.72	4-May-04	BELEN	Jorge Arturo Arce
	100 Fly	56.78	28-Jun-04	BELEN	Jorge Arturo Arce at X CAMEX
	200 Fly	2:06.03	1-Jul-93	CARIA	Sebastián Buchheim
	200 IM	2:12.47	1-Oct-02	ALAJU	David Cartín
	400 IM	4:42.38	1-Jul-01	CARIA	Jonathan Mauri
18 & O	50 Free	23.72	1-Sep-00	ANAHE	Esteban Blanco
	100 Free	50.40	17-Jul-09	BELEN	MARIO MONTOYA at 13th FINA World Championships Rome 09
	200 Free	1:51.30	17-Jul-09	BELEN	MARIO MONTOYA at 13th FINA World Championships Rome 09
	400 Free	4:00.20	1-Nov-93	ACANA	Jaime Lipzic
	800 Free	9:02.87	6-Ago-09	MILEN	GIAMPIERO AGUILAR at 2009 USMS National Long Course Champic
	1500 Free	15:47.92	1-Nov-93	ACANA	Jaime Lipzic
	50 Back	27.82	24-Abr-08	BELEN	MARIO MONTOYA at Copa Latina San Marino 08
	100 Back	59.97	29-Jun-09	CRC	MARIO MONTOYA at XXVI CAMPEONATO CCCAN 2009
	200 Back	2:11.06	1-Nov-93	ADUCR	Erick Greenwood
	50 Breast	29.92	4-May-03	CAAR	Juan José Madrigal
	100 Breast	1:05.14	15-Sep-00	ANAHE	Juan José Madrigal at Summer Olympics Sydney
	200 Breast	2:21.46	1-Jul-95	INDOR	Juan José Madrigal
	50 Fly	25.61	24-Abr-08	BELEN	JORGE ARTURO ARCE at Copa Latina San Marino 08
	100 Fly	55.88	24-Abr-08	BELEN	JORGE ARTURO ARCE at Copa Latina San Marino 08
	200 Fly	2:04.38	25-Mar-07	BELEN	JORGE ARTURO ARCE at 12th FINA World Champinships
	200 IM	2:08.63	1-Sep-82	TENIS	Andrey Aguilar
	400 IM	4:37.07	1-Sep-82	TENIS	Andrey Aguilar