



HRA LC Team Records

10 & Under Girls				
50 FREE	Delaney Lanker	2006 Western Zone Age Group Championships	8/8/2006	30.20
100 FREE	Delaney Lanker	2006 CSI LC State Championships	7/27/2006	1:09.27
200 FREE	Delaney Lanker	2006 Western Zone Age Group Championships	8/8/2006	2:25.91
50 BACK	Delaney Lanker	2006 Western Zone Age Group Championships	8/8/2006	35.01
100 BACK	Delaney Lanker	2006 Western Zone Age Group Championships	8/8/2006	1:16.31
50 BREAST	Holley Dennis	2013 CSI LC State Championships	7/26/2013	39.36
100 BREAST	Holley Dennis	2013 Western Zone Age Group Championships	8/7/2013	1:26.15
50 FLY	Delaney Lanker	2006 CSI LC State Championships	7/27/2006	32.14
100 FLY	Delaney Lanker	2006 Western Zone Age Group Championships	8/8/2006	1:13.25
200 IM	Delaney Lanker	2006 FAST LC Open	6/23/2006	2:52.15
200 FREE RELAY	M. Hoehn, M. Tucker, L. Brunn, H. Dennis	2013 CSI LC State Championships	7/26/2013	2:15.74
200 MEDLEY RELAY	V. Vanderpoel, M. Debever L. Kriz, D. Lanker	2006 CSI LC State Championships	7/27/2006	2:33.10

11-12 Girls				
50 FREE	Holley Dennis	2015 Western Zone Age Group Championships	8/5/2015	28.68
100 FREE	Kate Baker	2016 CUDA*STAR LC Open	6/3/2016	1:03.38
200 FREE	Kate Baker	2016 Cactus Classic	5/27/2016	2:18.61
400 FREE	Delaney Lanker	2008 TOPS LC Open	4/25/2008	5:00.47
50 BACK	Natalie Arky	2012 CSI LC State Championships	7/27/2012	32.43
100 BACK	Natalie Arky	2012 CSI LC State Championships	7/22/2012	1:10.78
200 BACK	Makayla Hoehn	2016 Cactus Classic	5/27/2016	2:36.06
50 BREAST	Holley Dennis	2015 Western Zone Age Group Championships	8/5/2015	35.19
100 BREAST	Holley Dennis	2015 Western Zone Age Group Championships	8/5/2015	1:15.22
200 BREAST	Holley Dennis	2015 Western Zone Age Group Championships	8/5/2015	2:43.71
50 FLY	Holley Dennis	2015 Western Zone Age Group Championships	8/5/2015	29.50
100 FLY	Delaney Lanker	2008 FAST LC Open	6/20/2008	1:08.62
200 FLY	Delaney Lanker	2008 FAST LC Open	6/20/2008	2:36.93
200 IM	Makayla Hoehn	2016 Cactus Classic	5/27/2016	2:36.32
400 IM	Delaney Lanker	2008 FAST Spring LC Open	5/2/2008	5:46.06
200 FREE RELAY	K. Baker, M. Hoehn, B. Nichols, H. Dennis	2015 CSI LC State Championships	7/23/2015	1:58.63
200 MEDLEY RELAY	M. Hoehn, A. Leven, H. Dennis, B. Nichols	2015 CSI LC State Championships	7/23/2015	2:13.91

13-14 Girls				
50 FREE	Annie Ochitwa	2005 CSI LC State Championships	7/29/2011	27.46
100 FREE	Kate Baker	2017 Los Angeles Invitational	7/13/2017	1:00.08
200 FREE	Kristen Milberg	2005 CSI LC State Championships	7/28/2005	2:12.82
400 FREE	Britt Nichols	2017 Western Zone Age Group Championship	8/9/2017	4:35.52
800 FREE	Kristen Milberg	2005 Speedo Western Zone Sectional	7/21/2005	9:25.86
1500 FREE	Kristen Milberg	2005 Speedo Western Zone Sectional	7/27/2005	18:08.21
100 BACK	Natalie Arky	2014 Western Zone Age Group Championship	8/6/2014	1:05.75
200 BACK	Kirsten Milberg	2005 Speedo Western Zone Sectional	7/27/2005	2:21.85
100 BREAST	Kaleigh Haworth	2016 Omaha Cup	6/17/2016	1:13.82
200 BREAST	Kaleigh Haworth	2016 Speedo Western Zone Northwest Sectional	3/17/2016	2:38.30
100 FLY	Taylor Curado	2006 Speedo Western Zone Sectional	7/18/2006	1:05.50
200 FLY	Delaney Lanker	2010 FAST LC Open	6/25/2010	2:28.21



HRA LC Team Records

13-14 Girls				
200 IM	Kate Baker	2017 Western Zone Age Group Championship	8/9/2017	2:28.68
400 IM	Abbey Owenby	2015 Scottsdale Cactus Classic	5/22/2015	5:11.97
400 FREE RELAY	K. Baker, B. Nichols, M. Hoehn, H. Dennis	2017 Los Angeles Invitational	7/13/2017	4:03.40
400 MEDLEY RELAY	M. Hoehn, H. Dennis, B. Nichols, K. Baker	2017 Los Angeles Invitational	7/13/2017	4:37.51

15-16 Girls				
50 FREE	Annie Ochitwa	2012 CUDA*STAR LC Open	6/1/2012	26.61
100 FREE	Annie Ochitwa	2012 Speedo Western Sectional	7/27/2012	59.06
200 FREE	Delaney Smith	2016 TXLA Futures Championships	8/4/2016	2:08.48
400 FREE	Abbey Owenby	2016 Speedo Western Zone Northwest Sectional	3/16/2016	4:28.23
800 FREE	Abbey Owenby	2015 Futures Championships	7/30/2015	9:14.38
1500 FREE	Abbey Owenby	2015 Futures Championships	7/30/2015	17:54.10
100 BACK	Natalie Arky	2016 Speedo Junior National Championships	8/8/2016	1:03.39
200 BACK	Natalie Arky	2016 Los Angeles Invitational	7/14/2016	2:18.28
100 BREAST	Colleen Schweitzer	2004 Speedo Western Zone Sectional	3/10/2004	1:13.17
200 BREAST	Colleen Schweitzer	2004 Speedo Western Zone Sectional	3/10/2004	2:37.94
100 FLY	Taylor Curado	2008 Speedo Western Zone Sectional	7/15/2008	1:02.30
200 FLY	Alex Reddington	2015 Futures Championships	7/30/2015	2:21.75
200 IM	Delaney Smith	2016 Speedo Western Zone Northwest Sectional	3/17/2016	2:21.39
400 IM	Delaney Smith	2016 TXLA Futures Championships	8/4/2016	5:01.35

Open Women				
50 FREE	Jackie Fehr	2014 TXLA Texas Senior Circuit	7/10/2014	26.14
100 FREE	Jamie Nats	2016 Los Angeles Invitational	7/14/2016	58.71
200 FREE	Alex Reddington	2017 Los Angeles Invitational	7/13/2017	2:04.85
400 FREE	Annika Games	2009 Speedo Western Zone Sectional	7/21/2009	4:28.14
800 FREE	Abbey Owenby	2015 Futures Championships	7/30/2015	9:14.38
1500 FREE	Paula Stoddard	2012 Speedo Western Zone Sectional	7/24/2012	17:33.94
100 BACK	Natalie Arky	2016 Speedo Junior National Championships	8/8/2016	1:03.39
200 BACK	Natalie Arky	2017 Los Angeles Invitational	7/13/2017	2:16.74
100 BREAST	Colleen Schweitzer	2006 Speedo Western Zone Sectional	7/18/2006	1:12.88
200 BREAST	Colleen Schweitzer	2005 Speedo Western Zone Sectional	7/27/2005	2:37.35
100 FLY	Alex Reddington	2017 Speedo Junior National Championships	8/8/2017	1:00.81
200 FLY	Alex Reddington	2017 Speedo Junior National Championships	8/8/2017	2:13.89
200 IM	Delaney Smith	2017 Los Angeles Invitational	7/13/2017	2:20.24
400 IM	Delaney Smith	2017 Los Angeles Invitational	7/13/2017	5:00.03
200 FREE RELAY	E. Litteken, H. Dennis, A. Reddington, D. Smith	2017 Los Angeles Invitational	7/13/2017	1:48.81
400 FREE RELAY	J. Nats, A. Reddington, K. Nats, D. Smith	2016 Speedo Western Zone Northwest Sectional	3/17/2016	3:56.02
800 FREE RELAY	D. Smith, K. Nats, A. Reddington, J. Nats	2016 Los Angeles Invitational	7/14/2016	8:35.19
200 MEDLEY RELAY	N. Arky, K. Haworth, A. Reddington, D. Smith	2017 Los Angeles Invitational	7/13/2017	1:59.38
400 MEDLEY RELAY	N. Arky, K. Haworth, A. Reddington, J. Nats	2016 Speedo Western Zone Northwest Sectional	3/17/2016	4:18.33

10 & Under Boys				
50 FREE	Josh Heydt	2017 CSI LC State Championships	7/30/2017	32.28
100 FREE	Rob Newell	2000 TOPS Spring Open	4/28/2000	1:12.33
200 FREE	Dave Fraser	2004 CSI LC State Championships	7/29/2004	2:40.06
50 BACK	Josh Heydt	2017 CSI LC State Championships	7/30/2017	36.84
100 BACK	Josh Heydt	2017 CSI LC State Championships	7/30/2017	1:20.41
50 BREAST	Colby Allen	2010 CSI LC State Championships	7/30/2010	39.91
100 BREAST	Colby Allen	2010 CSI LC State Championships	7/30/2010	1:30.65
50 FLY	Dave Fraser	2004 CSI LC State Championships	7/29/2004	34.08
100 FLY	Rob Newell	2000 TOPS Spring Open	4/28/2000	1:21.23
200 IM	Colby Allen	2010 FAST LC Open	6/25/2010	2:56.17
200 FREE RELAY	C. Burks, A. Joshi C. Brand, A. Mu	2012 CSI LC State Championships	7/26/2012	2:23.32
200 MEDLEY RELAY	C. Burks, T. Guderian C. Brand, A. Mu	2012 CSI LC State Championships	7/26/2012	2:40.22

11-12 Boys				
50 FREE	Zane Sokolowski	2015 CSI LC State Championships	7/23/2015	28.49
100 FREE	Matt Dietz	2007 FAST LC Open	6/22/2007	1:03.02
200 FREE	Sean Smooke	2009 Western Zone Age Group Championships	8/4/2009	2:16.77
400 FREE	Sean Smooke	2009 Western Zones Age Group Championships	8/4/2009	4:49.95
50 BACK	Lenny Den	2013 Western Zone Age Group Championships	8/7/2013	32.06
100 BACK	Lenny Den	2013 CSI LC State Championships	7/26/2013	1:10.54
200 BACK	Lenny Den	2013 Western Zone Age Group Championships	8/7/2013	2:35.11
50 BREAST	Alec Jang	2016 CSI LC State Championships	7/22/2016	36.60
100 BREAST	Alec Jang	2016 CSI LC State Championships	7/22/2016	1:20.88
200 BREAST	Alec Jang	2016 CSI LC State Championships	7/22/2016	3:00.86
50 FLY	Lenny Den	2013 CSI LC State Championships	7/26/2013	30.64
100 FLY	Gabi Sasia	2010 Western Zone Age Group Championships	8/10/2010	1:07.87
200 FLY	Dave Fraser	2006 LC Age Group State Championships	7/27/2006	2:38.70
200 IM	Gabi Sasia	2010 Western Zone Age Group Championships	8/10/2010	2:37.43
400 IM	Jack Clouatre	2013 Western Zone Age Group Championships	8/7/2013	5:39.83
200 FREE RELAY	H. Vanderpoel, M. Dietz, D. Fraser, A. Parker	2006 CSI LC State Championships	7/27/2006	2:03.42
200 MEDLEY RELAY	C. Sokolowski, H. Van Dieren, Z. Sokolowski, M. Gassen	2015 CSI LC State Championships	7/23/2015	2:17.37

13-14 Boys				
50 FREE	Zane Sokolowski	2016 CSI LC State Championships	7/22/2016	26.45
100 FREE	Zane Sokolowski	2016 CSI LC State Championships	7/22/2016	57.51
200 FREE	Andrew Parker	2008 Speedo Western Sectional	7/15/2008	2:05.19
400 FREE	Andrew Parker	2008 Speedo Western Sectional	7/15/2008	4:24.46
800 FREE	Andrew Parker	2008 Speedo Western Sectional	7/15/2008	9:08.12
1500 FREE	Corey Stogner	2005 FAST LC Open	6/24/2005	18:17.51
100 BACK	Andrew Parker	2008 Zone 2 Age Group Meet	7/11/2008	1:05.26
200 BACK	Andrew Parker	2008 Zone 2 Age Group Meet	7/11/2008	2:22.10
100 BREAST	Wentao Zhang	2016 CSI LC State Championships	7/22/2016	1:11.40
200 BREAST	Wentao Zhang	2016 CSI LC State Championships	7/22/2016	2:38.73
100 FLY	Gabi Sasia	2012 CSI LC State Championships	7/26/2012	59.61

13-14 Boys				
200 FLY	Gabi Sasia	2012 CSI LC State Championships	7/26/2012	2:19.79
200 IM	Jack Clouatre	2016 Cactus Classic	5/27/2016	2:21.94
400 IM	Jack Clouatre	2015 Western Zone Age Group Championships	8/5/2015	5:05.29
400 FREE RELAY	J. Smith, A. Parker, M. Dietz, D. Fraser	2007 CSI LC State Championships	7/26/2007	4:08.62
400 MEDLEY RELAY	L. Den, J. Schwamm, J. Clouatre, D. Griffin	2014 CSI LC State Championships	7/24/2014	4:30.65

15-16 Men				
50 FREE	Gabi Sasia	2014 CSI LC State Championships	7/24/2014	25.34
100 FREE	Gabi Sasia	2014 CSI LC State Championships	7/24/2014	54.69
200 FREE	Dominic Griffin	2016 Los Angeles Invitational	7/14/2016	1:58.11
400 FREE	Andrew Parker	2009 Speedo Western Zone Sectional	7/21/2009	4:11.33
800 FREE	Kevin Stoddard	2009 Speedo Western Zone Sectional	7/21/2009	8:58.75
1500 FREE	Dylan Nasser	2015 Los Angeles Invitational	7/9/2015	17:08.38
100 BACK	Gabi Sasia	2014 CSI LC State Championships	7/24/2014	59.52
200 BACK	Dylan Nasser	2016 Los Angeles Invitational	7/14/2016	2:11.19
100 BREAST	Lucas Karasek	2010 Speedo Western Zone Sectional	7/20/2010	1:10.30
200 BREAST	Cameron Weese	2015 Los Angeles Invitational	7/9/2015	2:31.97
100 FLY	Gabi Sasia	2014 CSI LC State Championships	7/24/2014	57.20
200 FLY	Dave Fraser	2010 Speedo Western Zone Sectional	7/20/2010	2:08.87
200 IM	Gabi Sasia	2014 CSI LC State Championships	7/24/2014	2:12.42
400 IM	Dylan Nasser	2016 Los Angeles Invitational	7/14/2016	4:45.30

Open Men				
50 FREE	Gabi Sasia	2016 Speedo Western Zone Northwest Sectional	3/17/2016	24.51
100 FREE	Gabi Sasia	2016 Speedo Western Zone Northwest Sectional	3/17/2016	53.60
200 FREE	Fernando Betanzos	2011 Speedo Western Zone Sectional	7/19/2011	1:56.11
400 FREE	Kevin Stoddard	2010 Speedo Western Zone Sectional	7/20/2010	4:09.86
800 FREE	Kevin Stoddard	2010 Speedo Western Zone Sectional	7/20/2010	8:37.37
1500 FREE	Dominic Griffin	2017 Los Angeles Invitational	7/13/2017	16:40.22
100 BACK	Gabi Sasia	2016 Speedo Western Zone Northwest Sectional	3/17/2016	58.72
200 BACK	Andrew Parker	2012 Omaha Swimvitational	6/8/2012	2:08.21
100 BREAST	Cameron Weese	2017 Los Angeles Invitational	7/13/2017	1:08.63
200 BREAST	Cameron Weese	2017 Los Angeles Invitational	7/13/2017	2:27.03
100 FLY	Dave Fraser	2012 Speedo Western Zone Sectional	4/8/2012	56.32
200 FLY	Dave Fraser	2012 Speedo Western Zone Sectional	4/8/2012	2:05.16
200 IM	Gabi Sasia	2016 Speedo Western Zone Northwest Sectional	3/17/2016	2:08.90
400 IM	Dylan Nasser	2017 Los Angeles Invitational	7/13/2017	4:42.86
200 FREE RELAY	D. Nasser, D. Griffin, F. Ruppel, G. Sasia	2016 Speedo Western Zone Northwest Sectional	3/17/2016	1:40.62
400 FREE RELAY	D. Nasser, F. Ruppel, J. Clouatre, D. Griffin	2017 Los Angeles Invitational	7/13/2017	3:39.39
800 FREE RELAY	D. Fraser, K. Stoddard, A. Parker, F. Betanzos	2011 Speedo Western Zone Sectional	7/19/2011	7:59.82
200 MEDLEY RELAY	F. Ruppel, C. Weese, D. Nasser, D. Griffin	2017 Los Angeles Invitational	7/13/2017	1:50.19
400 MEDLEY RELAY	D. Nasser, C. Weese, F. Ruppel, D. Griffin	2016 Los Angeles Invitational	7/14/2016	4:05.00