
RECORDS Record Nacional
SC Meters-Women

9-10	50 Free	29.99	27-nov-83	CARIA	Marcela Cuesta	
	100 Free	1:04.95	16-dic-82	CARIA	Marcela Cuesta	
	200 Free	2:24.79	24-oct-14	BELEN	Beatriz Padrón at Campeonato Nacional Individual PC 2014	
	50 Back	37.18	5-sep-09	ASGUA	MICHELLE ALÍ at XV DELFINES HUMBOLDT 2009	
	100 Back	1:23.26	24-oct-14	ANAME	Nazareth Oviedo at Campeonato Nacional Individual PC 2014	
	50 Breast	38.55	27-nov-83	CARIA	Marcela Cuesta	
	100 Breast	1:31.35	26-sep-14	SJOSE	Melanie Bolivar at Torneo Piscina Corta Cantón de Mora 2014	
	50 Fly	32.82	12-oct-83	CARIA	Marcela Cuesta	
	100 Fly	1:24.47	24-oct-14	ANAME	Nazareth Oviedo at Campeonato Nacional Individual PC 2014	
	100 IM	1:19.16	1-sep-12	BELEN	Fabiola Sancho at XVIII TORNEO DELFINES HUMBOLDT 2012	
	200 IM	2:40.78	16-dic-83	CARIA	Marcela Cuesta	
	11-12	50 Free	28.82	24-oct-14	SPAUL	Helena Moreno at Campeonato Nacional Individual PC 2014
		100 Free	58.28	15-feb-85	CARIA	Viviana Solis
200 Free		2:04.79	15-feb-85	CARIA	Viviana Solis	
400 Free		4:31.49	24-oct-14	SPAUL	Helena Moreno at Campeonato Nacional Individual PC 2014	
50 Back		32.41	24-oct-14	SPAUL	Helena Moreno at Campeonato Nacional Individual PC 2014	
100 Back		1:09.65	24-oct-14	SPAUL	Helena Moreno at Campeonato Nacional Individual PC 2014	
200 Back		2:27.81	13-dic-85	CARIA	Marcela Cuesta	
50 Breast		37.65	24-oct-14	BELEN	Fabiola Sancho at Campeonato Nacional Individual PC 2014	
100 Breast		1:14.41	15-feb-85	CARIA	Viviana Solis	
200 Breast		2:53.07	24-oct-14	BELEN	Fabiola Sancho at Campeonato Nacional Individual PC 2014	
50 Fly		31.33	24-oct-14	SPAUL	Helena Moreno at Campeonato Nacional Individual PC 2014	
100 Fly		1:04.08	13-dic-85	CARIA	Marcela Cuesta	
200 Fly		2:27.78	24-oct-14	BELEN	Fabiola Sancho at Campeonato Nacional Individual PC 2014	
100 IM		1:13.28	5-sep-14	HUMBO	Sofía Di Bartolo at 2014 XX Delfines Humboldt Infantil & Juvenil	
200 IM		2:26.40	15-feb-85	CARIA	Viviana Solis	
13-14	50 Free	28.33	5-sep-14	ANAMA	María Fernanda Fernández at 2014 XX Delfines Humboldt Infantil & Juvenil	
	100 Free	59.82	14-sep-84	CARIA	Sylvia Poll	
	200 Free	2:10.72	14-sep-84	CARIA	Sylvia Poll	
	400 Free	4:38.35	14-sep-84	CARIA	Sylvia Poll	
	800 Free	9:45.31	24-oct-14	BELEN	Tatiana Angulo at Campeonato Nacional Individual PC 2014	
	50 Back	31.39	24-oct-14	BELEN	María Fernanda Badilla at Campeonato Nacional Individual PC 2014	
	100 Back	1:09.42	14-sep-84	CARIA	Sylvia Poll	
	200 Back	2:24.34	24-oct-14	BELEN	María Fernanda Badilla at Campeonato Nacional Individual PC 2014	
	50 Breast	36.44	24-oct-14	HUMBO	PAULA MORALES at Campeonato Nacional Individual PC 2014	
	100 Breast	1:17.90	5-sep-14	HUMBO	PAULA MORALES at 2014 XX Delfines Humboldt Infantil & Juvenil	
	200 Breast	2:47.67	5-dic-03	ACANA	Ana María Picado at Torneo Melissa Mata	
	50 Fly	30.39	26-sep-14	ANAMA	María Fernanda Fernández at Torneo Piscina Corta Cantón de Mora 2014	
	100 Fly	1:07.86	5-sep-14	ANAMA	María Fernanda Fernández at 2014 XX Delfines Humboldt Infantil & Juvenil	
	200 Fly	2:24.62	24-oct-14	ANAHE	María Fernanda León at Campeonato Nacional Individual PC 2014	
	100 IM	1:10.24	24-oct-14	BELEN	María Fernanda Badilla at Campeonato Nacional Individual PC 2014	
	200 IM	2:28.86	14-sep-84	CARIA	Sylvia Poll	
	400 IM	5:37.25	24-oct-14	MERCU	Valeria Villalobos at Campeonato Nacional Individual PC 2014	
	15-17	50 Free	27.93	16-may-86	CARIA	Sylvia Poll
100 Free		58.57	16-may-86	CARIA	Sylvia Poll	
200 Free		2:05.96	16-may-86	CARIA	Sylvia Poll	
400 Free		4:27.94	16-may-86	CARIA	Sylvia Poll	

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15-17	800 Free	9:37.75	24-oct-14	BELEN	DAINNA HERNÁNDEZ at Campeonato Nacional Individual PC 2014
	50 Back	32.51	24-oct-14	BELEN	Marisa Reidemeister at Campeonato Nacional Individual PC 2014
	100 Back	1:06.75	15-jun-86	CARIA	Sylvia Poll
	200 Back	2:25.12	15-jun-86	CARIA	Sylvia Poll
	50 Breast	36.37	24-oct-14	BELEN	Marisa Reidemeister at Campeonato Nacional Individual PC 2014
	100 Breast	1:17.56	24-oct-14	BELEN	Marisa Reidemeister at Campeonato Nacional Individual PC 2014
	200 Breast	2:58.69	26-sep-14	ANAHE	Ana Luisa Torres at Torneo Piscina Corta Canton de Mora 2014
	50 Fly	31.24	26-sep-14	ANAHE	Catalina Torres at Torneo Piscina Corta Canton de Mora 2014
	100 Fly	1:03.60	20-abr-97	BELEN	Melissa Mata
	200 Fly	2:16.62	20-abr-97	BELEN	Melissa Mata
	100 IM	1:09.99	24-oct-14	BELEN	Marisa Reidemeister at Campeonato Nacional Individual PC 2014
	200 IM	2:26.08	16-may-86	CARIA	Sylvia Poll
	400 IM	5:12.81	16-may-86	CARIA	Sylvia Poll
	18 & O	50 Free	26.14	13-ene-95	CARIA
100 Free		54.56	8-feb-97	CARIA	Claudia Poll
200 Free		1:54.17	17-abr-97	CARIA	Claudia Poll
400 Free		4:00.03	17-abr-97	CARIA	Claudia Poll
800 Free		8:27.92	8-feb-97	CARIA	Claudia Poll
50 Back		31.19	7-oct-04	CRC	Marianella Marín at 7th FINA World Championships - 25m
100 Back		1:05.43	12-dic-12	CRC	MARIANGEL HIDALGO at 11th FINA World Swimming Championships (25m)
200 Back		2:50.94	26-sep-14	ALAJU	Adriana Viquez at Torneo Piscina Corta Canton de Mora 2014
50 Breast		31.07	18-abr-97	CARIA	Sandra Arroyo
100 Breast		1:12.93	18-abr-97	CARIA	Sandra Arroyo
200 Breast		2:35.41	18-abr-97	CARIA	Sandra Arroyo
50 Fly		27.86	4-oct-14	CRC	MARY LAURA MEZA at FINA/MASTBANK Swimming World Cup Moscow 2014
100 Fly		1:01.83	4-oct-14	CRC	MARY LAURA MEZA at FINA/MASTBANK Swimming World Cup Moscow 2014
200 Fly		2:16.62	18-abr-97	BELEN	Melisa Mata
100 IM		1:03.51	1-abr-99	CARIA	Claudia Poll
200 IM		2:15.55	11-feb-95	CARIA	Claudia Poll
400 IM		5:36.28	26-sep-14	ALAJU	Adriana Morera at Torneo Piscina Corta Canton de Mora

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SC Meters-Men

9-10	50 Free	31.54	24-oct-14	BELEN	Ignacio Retana at Campeonato Nacional Individual PC 2014
	100 Free	1:07.07	24-oct-14	BELEN	Ignacio Retana at Campeonato Nacional Individual PC 2014
	200 Free	2:25.87	24-oct-14	BELEN	Ignacio Retana at Campeonato Nacional Individual PC 2014
	50 Back	36.03	1-sep-05	HUMBO	Marcel Brenner at XI TORNEO INF & JUV DELFINES DEL HUMBOLDT
	100 Back	1:24.19	21-dic-08	INDOR	Carlos Escalante at Copa OKEO/Melissa Mata
	50 Breast	40.95	12-oct-83	CARIA	Gustavo Sandi
	100 Breast	1:35.96	21-dic-08	INDOR	Carlos Escalante at Copa OKEO/Melissa Mata
	50 Fly	34.20	24-oct-14	BELEN	Sebastián Arroyo at Campeonato Nacional Individual PC 2014
	100 Fly	1:24.26	24-oct-14	ANAHE	Sergio Díaz at Campeonato Nacional Individual PC 2014
	100 IM	1:17.15	24-oct-14	BELEN	Ignacio Retana at Campeonato Nacional Individual PC 2014
	200 IM	2:43.16	24-oct-14	BELEN	Ignacio Retana at Campeonato Nacional Individual PC 2014
	11-12	50 Free	26.97	24-oct-14	STANA
100 Free		58.27	24-oct-14	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
200 Free		2:05.68	24-oct-14	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
400 Free		4:31.07	24-oct-14	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
50 Back		30.95	24-oct-14	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
100 Back		1:08.06	24-oct-14	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
200 Back		2:24.45	24-oct-14	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
50 Breast		34.32	5-sep-14	MILEN	José David Solís at 2014 XX Delfines Humboldt Infantil & Juvenil
100 Breast		1:15.64	12-dic-86	CARIA	Joaquin Lagier
200 Breast		3:03.00	24-oct-14	CRCC	Christian Vargas at Campeonato Nacional Individual PC 2014
50 Fly		28.52	24-oct-14	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
100 Fly		1:03.61	24-oct-14	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
200 Fly		2:26.07	24-oct-14	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
100 IM		1:08.16	24-oct-14	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
200 IM		2:30.22	24-oct-14	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
13-14		50 Free	25.21	26-sep-14	BELEN
	100 Free	54.97	24-oct-14	BELEN	Bryan Álvarez at Campeonato Nacional Individual PC 2014
	200 Free	1:59.73	24-oct-14	BELEN	Bryan Álvarez at Campeonato Nacional Individual PC 2014
	400 Free	4:09.81	24-oct-14	BELEN	Bryan Álvarez at Campeonato Nacional Individual PC 2014
	1500 Free	17:23.92	24-oct-14	BELEN	Daniel Retana at Campeonato Nacional Individual PC 2014
	50 Back	30.85	24-oct-14	JESZC	Kevin Blanco at Campeonato Nacional Individual PC 2014
	100 Back	1:02.68	18-sep-04	BELEN	Mario Montoya at X TORNEO INF & JUV DELFINES HUMBOLDT
	200 Back	2:24.92	24-oct-14	ALAJU	DOUGLAS ALFARO at Campeonato Nacional Individual PC 2014
	50 Breast	33.61	24-oct-14	CRCC	Adrián Vargas at Campeonato Nacional Individual PC 2014
	100 Breast	1:10.84	4-sep-10	HUMBO	Andres Brönnimann at XVI DELFINES HUMBOLDT 2010
	200 Breast	2:20.53	11-mar-88	CARIA	Joaquin Lagier
	50 Fly	25.93	24-oct-14	BELEN	Bryan Álvarez at Campeonato Nacional Individual PC 2014
	100 Fly	1:01.09	24-oct-14	BELEN	Bryan Álvarez at Campeonato Nacional Individual PC 2014
	200 Fly	2:13.93	24-oct-14	BELEN	Bryan Álvarez at Campeonato Nacional Individual PC 2014
	100 IM	1:04.08	24-oct-14	BELEN	Bryan Álvarez at Campeonato Nacional Individual PC 2014
	200 IM	2:18.40	26-sep-14	BELEN	Bryan Álvarez at Torneo Piscina Corta Cantón de Mora 2014
400 IM	4:42.44	11-mar-88	CARIA	Joaquin Lagier	
15-17	50 Free	24.22	17-mar-89	CARIA	Manuel Rojas
	100 Free	51.91	3-feb-06	BELEN	MARIO MONTOYA at FINA Swimming World Cup Series NY
	200 Free	1:53.41	3-feb-06	BELEN	MARIO MONTOYA at FINA Swimming World Cup Series NY
	400 Free	4:06.11	20-abr-97	INDOR	Kurt Niehaus

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15-17	1500 Free	16:15.53	20-abr-97	INDOR	Kurt Niehaus
	50 Back	30.66	25-jul-14	ANADO	Jean Carlo Sandoval at Torneo de Natacion La Anexion 2014
	100 Back	59.66	3-feb-06	BELEN	MARIO MONTOYA at FINA Swimming World Cup Series NY
	200 Back	2:08.99	5-abr-06	BELEN	MARIO MONTOYA at 8th FINA World Championship (25m) 2006
	50 Breast	29.44	24-oct-14	BELEN	Arnoldo Herrera at Campeonato Nacional Individual PC 2014
	100 Breast	1:03.18	3-dic-14	CRC	Arnoldo Herrera at 12th FINA World Swimming Championships 25m
	200 Breast	2:15.44	24-oct-14	BELEN	Arnoldo Herrera at Campeonato Nacional Individual PC 2014
	50 Fly	27.60	24-oct-14	BELEN	Antonio González at Campeonato Nacional Individual PC 2014
	100 Fly	58.09	30-oct-03	BELEN	Jorge Arturo Arce at I Torneo Piscina Corta
	200 Fly	2:10.16	24-oct-14	ANAHE	Russel Brown at Campeonato Nacional Individual PC 2014
	100 IM	1:00.43	24-oct-14	BELEN	Arnoldo Herrera at Campeonato Nacional Individual PC 2014
	200 IM	2:10.27	24-oct-14	ASODE	Esteban Araya at Campeonato Nacional Individual PC 2014
	400 IM	4:38.43	26-sep-14	ASODE	Esteban Araya at Torneo Piscina Corta Cantón de Mora 2014
18 & O	50 Free	23.29	12-dic-12	CRC	JOSÉ MONTOYA at 11th FINA World Swimming Championships (25m)
	100 Free	51.01	9-abr-08	CRC	MARIO MONTOYA at 9th FINA World Swimming Championships
	200 Free	1:52.50	9-abr-08	CRC	MARIO MONTOYA at 9th FINA World Swimming Championships
	400 Free	4:01.31	21-dic-08	BELEN	MARIO MONTOYA at Copa OKEO/Melissa Mata
	1500 Free	18:32.36	26-sep-14	BELEN	Felipe Jimenez at Torneo Piscina Corta Canton de Mora
	50 Back	29.30	9-feb-08	INDOO	XAVIER QUADRA at Amistad 2008
	100 Back	59.38	21-dic-08	BELEN	MARIO MONTOYA at Copa OKEO/Melissa Mata
	200 Back	2:12.05	1-ene-98	ACANA	Juan Manuel Duran
	50 Breast	29.98	5-dic-03	CAAR	Juan José Madrigal at Torneo Melissa Mata
	100 Breast	1:03.62	3-dic-95	CAAR	Juan Jose Madrigal
	200 Breast	2:15.60	3-dic-95	CAAR	Juan Jose Madrigal
	50 Fly	25.43	9-abr-08	CRC	JORGE ARTURO ARCE at 9th FINA World Swimming Championships
	100 Fly	56.09	9-abr-08	CRC	JORGE ARTURO ARCE at 9th FINA World Swimming Championships
	200 Fly	2:03.14	19-abr-97	CARIA	Sebastian Lagier
	100 IM	1:02.61	24-oct-14	BELEN	MARIO ANDRÉS ROJAS at Campeonato Nacional Individual PC 2014
	200 IM	2:09.73	30-nov-95	CARIA	Sebastian Lagier