
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	28.53	21-Nov.-14	SPAUL	Helena Moreno at XX Torneo Int Palacio de los Deportes 2014	
	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	4:34.70	27-Nov.-14	SPAUL	Helena Moreno at XXXII Invitacional Internacional NACO 2014	
	50 Back	32.88	27-Nov.-14	SPAUL	Helena Moreno at XXXII Invitacional Internacional NACO 2014	
	100 Back	1:10.35	1-Jul.-83	CARIA	Silvia Poll	
	200 Back	2:31.37	1-Jul.-13	CRC	María Fernanda Badilla at XXVIII Centroamericano y Caribe de Natac	
	50 Breast	37.18	6-Abr.-14	CRC	Nicole Rodríguez at XV CAMPEONATOS CAMEX 2014.	
	100 Breast	1:19.98	1-May.-85	CARIA	Carolina Mauri	
	200 Breast	2:55.41	1-Oct.-01	ACANA	Hellen Madrigal	
	50 Fly	30.25	16-Ene.-16	BELEN	Beatriz Padrón at 2016 CAT Al Soltis Memorial Invitational Meet	
	100 Fly	1:06.88	1-Jul.-85	CARIA	Marcela Cuesta	
	200 Fly	2:24.37	17-Dic.-14	BELEN	Fabiola Sancho at 1era Copa Int. FPN	
	200 IM	2:31.24	1-Jul.-85	CARIA	Marcela Cuesta	
	13-14	50 Free	27.58	23-Jun.-15	CRC	Helena Moreno at XXIX CCCAN 2015
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		4:25.19	23-Jun.-15	CRC	Helena Moreno at XXIX CCCAN 2015	
800 Free		9:00.11	23-Jun.-15	CRC	Helena Moreno at XXIX CCCAN 2015	
1500 Free		19:08.46	19-Mar.-15	ANAHE	Valeria Barrantes at XXVIII Copa Marcelo Salado Juvenil	
50 Back		31.82	25-Ago.-15	CRC	María Fernanda Badilla at 5th FINA World Junior Championships 201	
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		36.30	26-Feb.-10	ALAJU	ADRIANA MORERA at Torneo Clasificatorio 2010	
100 Breast		1:18.09	1-May.-92	CARIA	Sandra Arroyo	
200 Breast		2:46.35	1-Jun.-83	CARIA	Montserrat Hidalgo	
50 Fly		29.92	18-Mar.-16	SPAUL	Helena Moreno at VII Copa Internacional Chorotega de Natación	
100 Fly		1:04.22	1-Dic.-86	CARIA	Marcela Cuesta	
200 Fly		2:23.55	5-Jun.-14	CRC	María Fernanda León at Campeonatos FEDONA 2014	
200 IM		2:26.77	2-Jul.-85	CARIA	Silvia Poll	
400 IM		5:16.63	7-Abr.-16	MILEN	Amanda Alfaro at XXI Copa Internacional Juan Santamaria 2016	
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-Sept.-90	CARIA	Claudia Poll	
	800 Free	8:44.34	1-Jul.-90	CARIA	Claudia Poll	
	1500 Free	18:51.80	12-Mar.-13	ANADO	Sofía Ramírez at IV COPA INTERNACIONAL DE NATACION CHOF	
	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	34.98	18-Mar.-16	HUMBO	PAULA MORALES at VII Copa Internacional Chorotega de Natación	

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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 2
	100 Fly	1:03.06	1-Ago.-79	CARIA	Maria del Milagro Paris 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	26.74	14-Jul.-15	CRC	MARIE LAURA MEZA at XVII Juegos Panamericanos Toronto 2015
	100 Free	56.19	23-Sept.-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	19:03.59	28-Sept.-12	ANAHE	DAYANA CASTRO at Primer Torneo Selectivo 2012
	50 Back	31.26	24-May.-04	CAAR	Marianella Marin 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	33.90	9-Dic.-15	ALAJU	ADRIANA MORERA at Campeonato Interclubes de Natación Juv y M
	100 Breast	1:15.02	1-Jun.-88	INDOR	Sigrid Niehaus
	200 Breast	2:43.88	1-Sept.-96	CARIA	Sandra Arroyo
	50 Fly	27.54	30-Mar.-16	CRC	MARIE LAURA MEZA at Swim Open Stockholm
	100 Fly	1:00.81	8-Abr.-16	CRC	MARIE LAURA MEZA at International Strök ATUS Graz Trophy 2016
	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	1:05.24	17-Dic.-14	BELEN	Ignacio Retana at 1era Copa Int. FPN
	50 Back	35.82	3-Dic.-15	BELEN	Julio Pérez at Torneo Navideño FECONA 2015
	50 Breast	37.53	1-Jul.-82		Jaime Lypzic
	50 Fly	32.61	1-Dic.-99		Mauricio Vargas
	200 IM	2:39.29	17-Dic.-14	BELEN	Ignacio Retana at 1era Copa Int. FPN
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	31.37	27-Nov.-14	STANA	Marcelo Valverde at XXXII Invitacional Internacional NACO 2014
	100 Back	1:07.82	27-Nov.-14	STANA	Marcelo Valverde at XXXII Invitacional Internacional NACO 2014
	200 Back	2:27.12	21-Nov.-14	STANA	Marcelo Valverde at XX Torneo Int Palacio de los Deportes 2014
	50 Breast	33.46	6-Abr.-14	CRC	José David Solís at XV CAMPEONATOS CAMEX 2014.
	100 Breast	1:13.50	6-Abr.-14	CRC	José David Solís at XV CAMPEONATOS CAMEX 2014.
	200 Breast	2:37.39	17-Dic.-14	MILEN	José David Solís at 1era Copa Int. FPN
	50 Fly	28.23	27-Nov.-14	STANA	Marcelo Valverde at XXXII Invitacional Internacional NACO 2014
	100 Fly	1:02.79	27-Nov.-14	STANA	Marcelo Valverde at XXXII Invitacional Internacional NACO 2014
	200 Fly	2:17.58	17-Dic.-14	MILEN	José David Solís at 1era Copa Int. FPN
	200 IM	2:20.83	17-Dic.-14	MILEN	José David Solís at 1era Copa Int. FPN
	13-14	50 Free	24.92	28-Nov.-13	CRC
100 Free		54.54	28-Nov.-13	CRC	Diego Montero at XXXI Invitacional Internacional NACO 2013
200 Free		1:59.80	28-Nov.-13	CRC	Diego Montero at XXXI Invitacional Internacional NACO 2013
400 Free		4:13.91	1-Jul.-98	CARIA	Jonathan Mauri
800 Free		8:45.36	26-Nov.-15	BELEN	Daniel Retana at XXXIII Invitacional Internacional Naco 2015
1500 Free		16:45.46	1-Jul.-99	CARIA	Jonathan Mauri
50 Back		29.35	17-Dic.-14	BELEN	Bryan Álvarez at 1era Copa Int. FPN
100 Back		1:03.47	28-Jun.-04	BELEN	Mario Montoya at X CAMEX
200 Back		2:16.17	1-Jul.-13	CRC	DAVID AGUILAR at XXVIII Centroamericano y Caribe de Natación
50 Breast		30.84	18-Mar.-16	PIRAT	José David Solís at VII Copa Internacional Chorotega de Natación
100 Breast		1:09.65	1-Dic.-11	BELEN	Arnoldo Herrera at XXXVII TORNEO CLUB CAMPEONES DE CEN
200 Breast		2:25.62	18-Mar.-16	PIRAT	José David Solís at VII Copa Internacional Chorotega de Natación
50 Fly		26.02	6-Abr.-14	CRC	Bryan Álvarez at XV CAMPEONATOS CAMEX 2014.
100 Fly		58.78	6-Abr.-14	CRC	Bryan Álvarez at XV CAMPEONATOS CAMEX 2014.
200 Fly		2:12.33	5-Jun.-14	CRC	Bryan Álvarez at Campeonatos FEDONA 2014
200 IM		2:16.10	23-Jun.-15	CRC	José David Solís at XXIX CCCAN 2015
400 IM		4:47.43	1-Jul.-98	CARIA	Jonathan Mauri
15-17		50 Free	23.63	17-Jul.-09	BELEN
	100 Free	52.31	17-Jul.-09	BELEN	JOSÉ ALBERTO MONTOYA at 13th FINA World Championships Ror
	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 200
	100 Back	1:01.00	17-Jul.-06	BELEN	MARIO MONTOYA at XX Juegos Centroamericanos y del Caribe 200
	200 Back	2:12.33	6-Abr.-14	CRC	Esteban Araya at XV CAMPEONATOS CAMEX 2014.
	50 Breast	30.24	26-Ago.-13	CRC	Arnoldo Herrera at 4th FINA World Junior Championships 2013

RECORDS Rec.Nacional

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	25.53	25-Ago.-15	CRC	Bryan Álvarez at 5th FINA World Junior Championships 2015
	100 Fly	56.78	28-Jul.-04	BELEN	Jorge Arturo Arce at X CAMEX
	200 Fly	2:06.03	1-Jul.-93	CARIA	Sebastián Buchheim
	200 IM	2:11.38	6-Abr.-14	CRC	Esteban Araya at XV CAMPEONATOS CAMEX 2014.
	400 IM	4:36.47	16-Jul.-14	ASODE	Esteban Araya at Canadian Swimming Championships
	18 & O	50 Free	23.72	1-Sept.-00	ANAHE
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		8:23.58	12-Abr.-11	UT	MARIO MONTOYA at Justas de Campeonato 2011
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-Sept.-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 Championships
200 IM		2:08.63	1-Sept.-82	TENIS	Andrey Aguilar
400 IM		4:31.52	14-Jul.-15	CRC	Esteban Araya at XVII Juegos Panamericanos Toronto 2015