
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 Natación	
	50 Breast	37.18	6-abr-14	CRC	Nicole Rodríguez at XV CAMPEONATOS CAMEX 2014.	
	100 Breast	1:19.98	1-mayo-85	CARIA	Carolina Mauri	
	200 Breast	2:55.41	1-oct-01	ACANA	Hellen Madrigal	
	50 Fly	30.07	7-jun-16	CRC	Beatriz Padrón at CAMPEONATO CENTROAMERICANO Y MEXICANO	
	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		4:20.67	7-jun-16	CRC	Helena Moreno at CAMPEONATO CENTROAMERICANO Y MEXICANO	
800 Free		8:58.00	7-jun-16	CRC	Helena Moreno at CAMPEONATO CENTROAMERICANO Y MEXICANO	
1500 Free		19:08.46	29-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 2015	
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-mayo-92	CARIA	Sandra Arroyo	
200 Breast		2:46.35	1-jun-83	CARIA	Montserrat Hidalgo	
50 Fly		29.34	7-jun-16	CRC	Helena Moreno at CAMPEONATO CENTROAMERICANO Y MEXICANO	
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		5:13.32	7-jun-16	CRC	Amanda Alfaro at CAMPEONATO CENTROAMERICANO Y MEXICANO	
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	18:51.80	22-mar-13	ANADO	Sofía Ramírez at IV COPA INTERNACIONAL DE NATACION CHILE	
	50 Back	33.17	3-mayo-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	34.59	7-jun-16	CRC	PAULA MORALES at CAMPEONATO CENTROAMERICANO Y MEXICANO	
	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	
	100 Fly	1:03.06	1-ago-79	CARIA	María del Milagro París at CCCAN	

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15-17	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 201
	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	19:03.59	28-sep-12	ANAHE	DAYANA CASTRO at Primer Torneo Selectivo 2012
	50 Back	31.26	14-mayo-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	33.90	9-dic-15	ALAJU	ADRIANA MORERA at Campeonato Interclubes de Natación Juv y
	100 Breast	1:15.02	1-jun-88	INDOR	Sigrid Niehaus
	200 Breast	2:43.88	1-sep-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 2
	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	58.03	7-jun-16	CRC	Ignacio Retana at CAMPEONATO CENTROAMERICANO Y MEX	
	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	Diego Montero at XXXI Invitacional Internacional NACO 2013
100 Free		54.38	7-jun-16	CRC	Marcelo Valverde at CAMPEONATO CENTROAMERICANO Y MEX	
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		1:06.87	7-jun-16	CRC	José David Solís at CAMPEONATO CENTROAMERICANO Y MEX	
200 Breast		2:22.57	7-jun-16	CRC	José David Solís at CAMPEONATO CENTROAMERICANO Y MEX	
50 Fly		26.02	6-abr-14	CRC	Bryan Álvarez at XV CAMPEONATOS CAMEX 2014.	
100 Fly		58.65	7-jun-16	CRC	Marcelo Valverde at CAMPEONATO CENTROAMERICANO Y MEX	
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		4:41.01	7-jun-16	CRC	José David Solís at CAMPEONATO CENTROAMERICANO Y MEX	
15-17		50 Free	23.63	17-jul-09	BELEN	JOSÉ ALBERTO MONTOYA at 13th FINA World Championships 1
		100 Free	52.31	17-jul-09	BELEN	JOSÉ ALBERTO MONTOYA at 13th FINA World Championships 1
		200 Free	1:54.70	25-mar-07	BELEN	MARIO MONTOYA at 12th FINA World Championships
	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 Championships	
	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 2	
	100 Back	1:01.00	17-jul-06	BELEN	MARIO MONTOYA at XX Juegos Centroamericanos y del Caribe 2	
	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	
	100 Breast	1:05.33	1-ago-91	CARIA	Joaquín Lagier	
	200 Breast	2:19.91	1-ago-91	CARIA	Joaquín Lagier	
	50 Fly	25.26	7-jun-16	CRC	Bryan Álvarez at CAMPEONATO CENTROAMERICANO Y MEX	
	100 Fly	56.28	7-jun-16	CRC	Bryan Álvarez at CAMPEONATO CENTROAMERICANO Y MEX	

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15-17	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-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	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-mayo-03	CAAR	Juan José Madrigal
	100 Breast	1:05.14	15-sep-00	ANAHE	Juan José Madrigal at Summer Olympics Sydney
	200 Breast	2:21.34	7-jun-16	CRC	Arnoldo F. Herrera at CAMPEONATO CENTROAMERICANO Y 1
	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	4:31.52	14-jul-15	CRC	Esteban Araya at XVII Juegos Panamericanos Toronto 2015