

**RECORDS Record Nacional**

**SC Meters-Women**

9-10	50 Free	29.99	<b>27-Nov-83</b>	CARIA	Marcela Cuesta	
	100 Free	1:04.95	<b>16-Dec-82</b>	CARIA	Marcela Cuesta	
	200 Free	2:24.79	<b>24-Oct-14</b>	BELEN	Beatriz Padrón at Campeonato Nacional Individual PC 2014	
	50 Back	37.07	<b>4-Sep-15</b>	HUMBO	Alejandra Solano at 2015 XXI Delfines Humboldt Infantil & Juvenil	
	100 Back	1:23.26	<b>24-Oct-14</b>	ANAME	Nazareth Oviedo at Campeonato Nacional Individual PC 2014	
	50 Breast	38.55	<b>27-Nov-83</b>	CARIA	Marcela Cuesta	
	100 Breast	1:31.35	<b>26-Sep-14</b>	SJOSE	Melanie Bolivar at Torneo Piscina Corta Cantón de Mora 2014	
	50 Fly	32.82	<b>12-Oct-83</b>	CARIA	Marcela Cuesta	
	100 Fly	1:24.47	<b>24-Oct-14</b>	ANAME	Nazareth Oviedo at Campeonato Nacional Individual PC 2014	
	100 IM	1:19.16	<b>1-Sep-12</b>	BELEN	Fabiola Sancho at XVIII TORNEO DELFINES HUMBOLDT 2012	
	200 IM	2:40.78	<b>16-Dec-83</b>	CARIA	Marcela Cuesta	
	11-12	50 Free	28.82	<b>24-Oct-14</b>	SPAUL	Helena Moreno at Campeonato Nacional Individual PC 2014
		100 Free	58.28	<b>15-Feb-85</b>	CARIA	Viviana Solis
200 Free		2:04.79	<b>15-Feb-85</b>	CARIA	Viviana Solis	
400 Free		4:31.49	<b>24-Oct-14</b>	SPAUL	Helena Moreno at Campeonato Nacional Individual PC 2014	
50 Back		32.41	<b>24-Oct-14</b>	SPAUL	Helena Moreno at Campeonato Nacional Individual PC 2014	
100 Back		1:09.65	<b>24-Oct-14</b>	SPAUL	Helena Moreno at Campeonato Nacional Individual PC 2014	
200 Back		2:27.81	<b>13-Dec-85</b>	CARIA	Marcela Cuesta	
50 Breast		36.38	<b>4-Sep-15</b>	HUMBO	Leonie Schowtka at 2015 XXI Delfines Humboldt Infantil & Juvenil	
100 Breast		1:14.41	<b>15-Feb-85</b>	CARIA	Viviana Solis	
200 Breast		2:53.07	<b>24-Oct-14</b>	BELEN	Fabiola Sancho at Campeonato Nacional Individual PC 2014	
50 Fly		31.33	<b>24-Oct-14</b>	SPAUL	Helena Moreno at Campeonato Nacional Individual PC 2014	
100 Fly		1:04.08	<b>13-Dec-85</b>	CARIA	Marcela Cuesta	
200 Fly		2:27.78	<b>24-Oct-14</b>	BELEN	Fabiola Sancho at Campeonato Nacional Individual PC 2014	
100 IM		1:11.95	<b>4-Sep-15</b>	HUMBO	Sofia Di Bartolo at 2015 XXI Delfines Humboldt Infantil & Juvenil	
200 IM		2:26.40	<b>15-Feb-85</b>	CARIA	Viviana Solis	
13-14		50 Free	28.33	<b>5-Sep-14</b>	ANAMA	María Fernanda Fernández at 2014 XX Delfines Humboldt Infantil & .
	100 Free	58.54	<b>22-Jul-16</b>	BELEN	Helena Moreno at IX Torneo Natación La Anexión	
	200 Free	2:02.31	<b>22-Jul-16</b>	BELEN	Helena Moreno at IX Torneo Natación La Anexión	
	400 Free	4:19.31	<b>22-Jul-16</b>	BELEN	Helena Moreno at IX Torneo Natación La Anexión	
	800 Free	8:44.65	<b>22-Jul-16</b>	BELEN	Helena Moreno at IX Torneo Natación La Anexión	
	50 Back	31.39	<b>24-Oct-14</b>	BELEN	María Fernanda Badilla at Campeonato Nacional Individual PC 2014	
	100 Back	1:09.42	<b>14-Sep-84</b>	CARIA	Sylvia Poll	
	200 Back	2:24.34	<b>24-Oct-14</b>	BELEN	María Fernanda Badilla at Campeonato Nacional Individual PC 2014	
	50 Breast	36.44	<b>24-Oct-14</b>	HUMBO	PAULA MORALES at Campeonato Nacional Individual PC 2014	
	100 Breast	1:17.90	<b>5-Sep-14</b>	HUMBO	PAULA MORALES at 2014 XX Delfines Humboldt Infantil & Juvenil	
	200 Breast	2:47.67	<b>5-Dec-03</b>	ACANA	Ana María Picado at Torneo Melissa Mata	
	50 Fly	30.39	<b>26-Sep-14</b>	ANAMA	María Fernanda Fernández at Torneo Piscina Corta Cantón de Mora 2014	
	100 Fly	1:07.86	<b>5-Sep-14</b>	ANAMA	María Fernanda Fernández at 2014 XX Delfines Humboldt Infantil & .	
	200 Fly	2:24.62	<b>24-Oct-14</b>	ANAHE	María Fernanda León at Campeonato Nacional Individual PC 2014	
	100 IM	1:10.24	<b>24-Oct-14</b>	BELEN	María Fernanda Badilla at Campeonato Nacional Individual PC 2014	
	200 IM	2:28.86	<b>14-Sep-84</b>	CARIA	Sylvia Poll	
	400 IM	5:32.86	<b>25-Sep-15</b>	BELEN	María Fernanda Badilla at Campeonato Nacional Individual PC 2015	
	15-17	50 Free	27.93	<b>16-May-86</b>	CARIA	Sylvia Poll
		100 Free	58.57	<b>16-May-86</b>	CARIA	Sylvia Poll
200 Free		2:05.96	<b>16-May-86</b>	CARIA	Sylvia Poll	
400 Free		4:27.94	<b>16-May-86</b>	CARIA	Sylvia Poll	

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15-17	800 Free	9:37.75	<b>24-Oct-14</b>	BELEN	DAINNA HERNÁNDEZ at Campeonato Nacional Individual PC 2014	
	50 Back	32.51	<b>24-Oct-14</b>	BELEN	Marisa Reidemeister at Campeonato Nacional Individual PC 2014	
	100 Back	1:06.75	<b>15-Jun-86</b>	CARIA	Sylvia Poll	
	200 Back	2:25.12	<b>15-Jun-86</b>	CARIA	Sylvia Poll	
	50 Breast	36.37	<b>24-Oct-14</b>	BELEN	Marisa Reidemeister at Campeonato Nacional Individual PC 2014	
	100 Breast	1:17.56	<b>24-Oct-14</b>	BELEN	Marisa Reidemeister at Campeonato Nacional Individual PC 2014	
	200 Breast	2:53.04	<b>25-Sep-15</b>	HUMBO	PAULA MORALES at Campeonato Nacional Individual PC 2015	
	50 Fly	31.00	<b>22-Jul-16</b>	BELEN	Catalina Torres at IX Torneo Natación La Anexión	
	100 Fly	1:03.60	<b>20-Apr-97</b>	BELEN	Melissa Mata	
	200 Fly	2:16.62	<b>20-Apr-97</b>	BELEN	Melissa Mata	
	100 IM	1:08.65	<b>4-Sep-15</b>	HUMBO	Milena Murillo at 2015 XXI Delfines Humboldt Infantil & Juvenil	
	200 IM	2:26.08	<b>16-May-86</b>	CARIA	Sylvia Poll	
	400 IM	5:12.81	<b>16-May-86</b>	CARIA	Sylvia Poll	
	18 & O	50 Free	26.14	<b>13-Jan-95</b>	CARIA	Claudia Poll
		100 Free	54.56	<b>8-Feb-97</b>	CARIA	Claudia Poll
200 Free		1:54.17	<b>17-Apr-97</b>	CARIA	Claudia Poll	
400 Free		4:00.03	<b>17-Apr-97</b>	CARIA	Claudia Poll	
800 Free		8:27.92	<b>8-Feb-97</b>	CARIA	Claudia Poll	
50 Back		31.19	<b>7-Oct-04</b>	CRC	Marianella Marín at 7th FINA World Championships - 25m	
100 Back		1:05.43	<b>12-Dec-12</b>	CRC	MARIANGEL HIDALGO at 11th FINA World Swimming Championsf	
200 Back		2:43.71	<b>25-Sep-15</b>	HUMBO	MIKAELA HAASE at Campeonato Nacional Individual PC 2015	
50 Breast		31.07	<b>18-Apr-97</b>	CARIA	Sandra Arroyo	
100 Breast		1:12.93	<b>18-Apr-97</b>	CARIA	Sandra Arroyo	
200 Breast		2:35.41	<b>18-Apr-97</b>	CARIA	Sandra Arroyo	
50 Fly		27.53	<b>5-Feb-16</b>	CRC	MARIE LAURA MEZA at Steirische Hallenmeisterschaften 2016	
100 Fly		1:01.17	<b>5-Feb-16</b>	CRC	MARIE LAURA MEZA at Steirische Hallenmeisterschaften 2016	
200 Fly		2:16.62	<b>18-Apr-97</b>	BELEN	Melisa Mata	
100 IM		1:03.51	<b>1-Apr-99</b>	CARIA	Claudia Poll	
200 IM		2:15.55	<b>11-Feb-95</b>	CARIA	Claudia Poll	
400 IM		5:36.28	<b>26-Sep-14</b>	ALAJU	Adriana Morera at Torneo Piscina Corta Canton de Mora	

**RECORDS Record Nacional**

**SC Meters-Men**

9-10	50 Free	31.54	<b>24-Oct-14</b>	BELEN	Ignacio Retana at Campeonato Nacional Individual PC 2014
	100 Free	1:07.07	<b>24-Oct-14</b>	BELEN	Ignacio Retana at Campeonato Nacional Individual PC 2014
	200 Free	2:25.87	<b>24-Oct-14</b>	BELEN	Ignacio Retana at Campeonato Nacional Individual PC 2014
	50 Back	36.03	<b>1-Sep-05</b>	HUMBO	Marcel Brenner at XI TORNEO INF & JUV DELFINES DEL HUMBO
	100 Back	1:20.89	<b>25-Sep-15</b>	BELEN	Julio Pérez at Campeonato Nacional Individual PC 2015
	50 Breast	40.95	<b>12-Oct-83</b>	CARIA	Gustavo Sandi
	100 Breast	1:35.96	<b>21-Dec-08</b>	INDOR	Carlos Escalante at Copa OKEO/Melissa Mata
	50 Fly	34.01	<b>22-Jul-16</b>	CQUES	Daniel García at IX Torneo Natación La Anexión
	100 Fly	1:18.21	<b>22-Jul-16</b>	CQUES	Daniel García at IX Torneo Natación La Anexión
	100 IM	1:17.15	<b>24-Oct-14</b>	BELEN	Ignacio Retana at Campeonato Nacional Individual PC 2014
	200 IM	2:43.16	<b>24-Oct-14</b>	BELEN	Ignacio Retana at Campeonato Nacional Individual PC 2014
11-12	50 Free	26.97	<b>24-Oct-14</b>	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
	100 Free	58.27	<b>24-Oct-14</b>	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
	200 Free	2:05.68	<b>24-Oct-14</b>	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
	400 Free	4:31.07	<b>24-Oct-14</b>	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
	50 Back	30.95	<b>24-Oct-14</b>	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
	100 Back	1:08.06	<b>24-Oct-14</b>	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
	200 Back	2:24.45	<b>24-Oct-14</b>	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
	50 Breast	34.32	<b>5-Sep-14</b>	MILEN	José David Solís at 2014 XX Delfines Humboldt Infantil & Juvenil
	100 Breast	1:15.64	<b>12-Dec-86</b>	CARIA	Joaquin Lagier
	200 Breast	3:03.00	<b>24-Oct-14</b>	CRCC	Christian Vargas at Campeonato Nacional Individual PC 2014
	50 Fly	28.52	<b>24-Oct-14</b>	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
	100 Fly	1:03.61	<b>24-Oct-14</b>	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
	200 Fly	2:26.07	<b>24-Oct-14</b>	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
	100 IM	1:08.16	<b>24-Oct-14</b>	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
	200 IM	2:30.22	<b>24-Oct-14</b>	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
13-14	50 Free	25.21	<b>26-Sep-14</b>	BELEN	Bryan Álvarez at Torneo Piscina Corta Cantón de Mora 2014
	100 Free	54.97	<b>24-Oct-14</b>	BELEN	Bryan Álvarez at Campeonato Nacional Individual PC 2014
	200 Free	1:59.73	<b>24-Oct-14</b>	BELEN	Bryan Álvarez at Campeonato Nacional Individual PC 2014
	400 Free	4:09.81	<b>24-Oct-14</b>	BELEN	Bryan Álvarez at Campeonato Nacional Individual PC 2014
	1500 Free	17:23.92	<b>24-Oct-14</b>	BELEN	Daniel Retana at Campeonato Nacional Individual PC 2014
	50 Back	30.59	<b>25-Sep-15</b>	CRCC	Kevin Blanco at Campeonato Nacional Individual PC 2015
	100 Back	1:02.68	<b>18-Sep-04</b>	BELEN	Mario Montoya at X TORNEO INF & JUV DELFINES HUMBOLDT
	200 Back	2:24.92	<b>24-Oct-14</b>	ALAJU	DOUGLAS ALFARO at Campeonato Nacional Individual PC 2014
	50 Breast	33.61	<b>24-Oct-14</b>	CRCC	Adrián Vargas at Campeonato Nacional Individual PC 2014
	100 Breast	1:10.84	<b>4-Sep-10</b>	HUMBO	Andres Brönnimann at XVI DELFINES HUMBOLDT 2010
	200 Breast	2:20.53	<b>11-Mar-88</b>	CARIA	Joaquin Lagier
	50 Fly	25.93	<b>24-Oct-14</b>	BELEN	Bryan Álvarez at Campeonato Nacional Individual PC 2014
	100 Fly	1:01.09	<b>24-Oct-14</b>	BELEN	Bryan Álvarez at Campeonato Nacional Individual PC 2014
	200 Fly	2:13.93	<b>24-Oct-14</b>	BELEN	Bryan Álvarez at Campeonato Nacional Individual PC 2014
	100 IM	1:04.08	<b>24-Oct-14</b>	BELEN	Bryan Álvarez at Campeonato Nacional Individual PC 2014
	200 IM	2:18.40	<b>26-Sep-14</b>	BELEN	Bryan Álvarez at Torneo Piscina Corta Cantón de Mora 2014
	400 IM	4:42.44	<b>11-Mar-88</b>	CARIA	Joaquin Lagier
15-17	50 Free	24.22	<b>17-Mar-89</b>	CARIA	Manuel Rojas
	100 Free	51.91	<b>3-Feb-06</b>	BELEN	MARIO MONTOYA at FINA Swimming World Cup Series NY
	200 Free	1:53.41	<b>3-Feb-06</b>	BELEN	MARIO MONTOYA at FINA Swimming World Cup Series NY
	400 Free	4:03.12	<b>22-Jul-16</b>	BELEN	Antonio González at IX Torneo Natación La Anexión

**RECORDS Record Nacional**

15-17	1500 Free	16:15.53	<b>20-Apr-97</b>	INDOR	Kurt Niehaus
	50 Back	27.08	<b>22-Jul-16</b>	BELEN	Bryan Álvarez at IX Torneo Natación La Anexión
	100 Back	59.66	<b>3-Feb-06</b>	BELEN	MARIO MONTOYA at FINA Swimming World Cup Series NY
	200 Back	2:08.99	<b>5-Apr-06</b>	BELEN	MARIO MONTOYA at 8th FINA World Championship (25m) 2006
	50 Breast	29.44	<b>24-Oct-14</b>	BELEN	Arnoldo Herrera at Campeonato Nacional Individual PC 2014
	100 Breast	1:03.18	<b>3-Dec-14</b>	CRC	Arnoldo Herrera at 12th FINA World Swimming Championships 25m
	200 Breast	2:15.44	<b>24-Oct-14</b>	BELEN	Arnoldo Herrera at Campeonato Nacional Individual PC 2014
	50 Fly	24.87	<b>22-Jul-16</b>	BELEN	Bryan Álvarez at IX Torneo Natación La Anexión
	100 Fly	55.86	<b>22-Jul-16</b>	BELEN	Bryan Álvarez at IX Torneo Natación La Anexión
	200 Fly	2:03.68	<b>22-Jul-16</b>	BELEN	Bryan Álvarez at IX Torneo Natación La Anexión
	100 IM	1:00.43	<b>24-Oct-14</b>	BELEN	Arnoldo Herrera at Campeonato Nacional Individual PC 2014
	200 IM	2:10.27	<b>24-Oct-14</b>	ASODE	Esteban Araya at Campeonato Nacional Individual PC 2014
	400 IM	4:38.43	<b>26-Sep-14</b>	ASODE	Esteban Araya at Torneo Piscina Corta Cantón de Mora 2014
18 & O	50 Free	23.29	<b>12-Dec-12</b>	CRC	JOSÉ MONTOYA at 11th FINA World Swimming Championships (25
	100 Free	51.01	<b>9-Apr-08</b>	CRC	MARIO MONTOYA at 9th FINA World Swimming Championships
	200 Free	1:52.50	<b>9-Apr-08</b>	CRC	MARIO MONTOYA at 9th FINA World Swimming Championships
	400 Free	4:01.31	<b>21-Dec-08</b>	BELEN	MARIO MONTOYA at Copa OKEO/Melissa Mata
	1500 Free	18:11.65	<b>25-Sep-15</b>	BELEN	Esteban Araya at Campeonato Nacional Individual PC 2015
	50 Back	29.30	<b>9-Feb-08</b>	INDOO	XAVIER QUADRA at Amistad 2008
	100 Back	59.38	<b>21-Dec-08</b>	BELEN	MARIO MONTOYA at Copa OKEO/Melissa Mata
	200 Back	2:12.05	<b>1-Jan-98</b>	ACANA	Juan Manuel Duran
	50 Breast	29.98	<b>5-Dec-03</b>	CAAR	Juan José Madrigal at Torneo Melissa Mata
	100 Breast	1:03.62	<b>3-Dec-95</b>	CAAR	Juan Jose Madrigal
	200 Breast	2:15.60	<b>3-Dec-95</b>	CAAR	Juan Jose Madrigal
	50 Fly	25.43	<b>9-Apr-08</b>	CRC	JORGE ARTURO ARCE at 9th FINA World Swimming Championship
	100 Fly	56.09	<b>9-Apr-08</b>	CRC	JORGE ARTURO ARCE at 9th FINA World Swimming Championship
	200 Fly	2:03.14	<b>19-Apr-97</b>	CARIA	Sebastian Lagier
	100 IM	58.30	<b>22-Jul-16</b>	BELEN	Esteban Araya at IX Torneo Natación La Anexión
	200 IM	2:04.99	<b>22-Jul-16</b>	BELEN	Esteban Araya at IX Torneo Natación La Anexión
	400 IM	4:22.20	<b>23-Jul-16</b>	BELEN	Esteban Araya IX Torneo Natacion La Anexion