
RECORDS Record Nacional
SC Meters-Women

9-10	50 Free	29.99	27-Nov-83	CARIA	Marcela Cuesta
	100 Free	1:04.95	16-Dec-82	CARIA	Marcela Cuesta
	200 Free	2:24.79	24-Oct-14	BELEN	Beatriz Padrón at Campeonato Nacional Individual PC 2014
	50 Back	37.07	4-Sep-15	HUMBO	Alejandra Solano at 2015 XXI Delfines Humboldt Infantil & Juvenil
	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 Bolívar 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-Dec-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-Dec-85	CARIA	Marcela Cuesta
	50 Breast	36.38	4-Sep-15	HUMBO	Leonie Schowtka at 2015 XXI Delfines Humboldt Infantil & Juvenil
	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	30.69	21-Oct-16	MILEN	Elena Fornoni at CNI Piscina Corta FECONA 2016
	100 Fly	1:04.08	13-Dec-85	CARIA	Marcela Cuesta
	200 Fly	2:27.78	24-Oct-14	BELEN	Fabiola Sancho at Campeonato Nacional Individual PC 2014
	100 IM	1:11.95	4-Sep-15	HUMBO	Sofia Di Bartolo at 2015 XXI Delfines Humboldt Infantil & Juvenil
	200 IM	2:26.40	15-Feb-85	CARIA	Viviana Solis
13-14	50 Free	26.79	6-Dec-16	CRC	Helena Moreno at 13th FINA WORLD SWIMMING CHAMPIONSHII
	100 Free	57.92	21-Oct-16	BELEN	Helena Moreno at CNI Piscina Corta FECONA 2016
	200 Free	2:00.79	6-Dec-16	CRC	Helena Moreno at 13th FINA WORLD SWIMMING CHAMPIONSHII
	400 Free	4:13.55	6-Dec-16	CRC	Helena Moreno at 13th FINA WORLD SWIMMING CHAMPIONSHII
	800 Free	8:44.01	6-Dec-16	CRC	Helena Moreno at 13th FINA WORLD SWIMMING CHAMPIONSHII
	50 Back	30.68	21-Oct-16	BELEN	Helena Moreno at CNI Piscina Corta FECONA 2016
	100 Back	1:06.88	23-Sep-16	MILEN	Amanda Alfaro at Open Piscina Corta FECONA 2016
	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-Dec-03	ACANA	Ana María Picado at Torneo Melissa Mata
	50 Fly	29.96	21-Oct-16	MILEN	Amanda Alfaro at CNI Piscina Corta FECONA 2016
	100 Fly	1:05.49	21-Oct-16	BELEN	Helena Moreno at CNI Piscina Corta FECONA 2016
	200 Fly	2:24.09	21-Oct-16	CARIA	Daniela Alfaro at CNI Piscina Corta FECONA 2016
	100 IM	1:07.69	21-Oct-16	BELEN	Helena Moreno at CNI Piscina Corta FECONA 2016
	200 IM	2:19.96	6-Dec-16	CRC	Helena Moreno at 13th FINA WORLD SWIMMING CHAMPIONSHII
	400 IM	5:14.65	21-Oct-16	CARIA	Daniela Alfaro at CNI Piscina Corta FECONA 2016
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	9:28.44	21-Oct-16	STANA	Verónica Quesada at CNI Piscina Corta FECONA 2016	
	50 Back	32.26	23-Sep-16	STANA	Verónica Quesada at Open Piscina Corta FECONA 2016	
	100 Back	1:06.75	15-Jun-86	CARIA	Sylvia Poll	
	200 Back	2:24.41	21-Oct-16	STANA	Verónica Quesada at CNI Piscina Corta FECONA 2016	
	50 Breast	35.23	23-Sep-16	SJOSE	Alexa Mora at Open Piscina Corta FECONA 2016	
	100 Breast	1:16.83	2-Sep-16	HUMBO	PAULA MORALES at XXII Torneo Infantil y Juvenil Delf Humboldt	
	200 Breast	2:49.56	21-Oct-16	BELEN	Mariana Ovares at CNI Piscina Corta FECONA 2016	
	50 Fly	30.78	21-Oct-16	MILEN	Valery Nicole Ramírez at CNI Piscina Corta FECONA 2016	
	100 Fly	1:03.60	20-Apr-97	BELEN	Melissa Mata	
	200 Fly	2:16.62	20-Apr-97	BELEN	Melissa Mata	
	100 IM	1:08.65	4-Sep-15	HUMBO	Milena Murillo at 2015 XXI Delfines Humboldt Infantil & Juvenil	
	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-Jan-95	CARIA	Claudia Poll
		100 Free	54.56	8-Feb-97	CARIA	Claudia Poll
200 Free		1:54.17	17-Apr-97	CARIA	Claudia Poll	
400 Free		4:00.03	17-Apr-97	CARIA	Claudia Poll	
800 Free		8:27.92	8-Feb-97	CARIA	Claudia Poll	
50 Back		31.18	23-Sep-16	PIRAT	SUSAN ANCHÍA at Open Piscina Corta FECONA 2016	
100 Back		1:05.43	12-Dec-12	CRC	MARIANGEL HIDALGO at 11th FINA World Swimming Championsf	
200 Back		2:22.55	23-Sep-16	PIRAT	SUSAN ANCHÍA at Open Piscina Corta FECONA 2016	
50 Breast		31.07	18-Apr-97	CARIA	Sandra Arroyo	
100 Breast		1:12.93	18-Apr-97	CARIA	Sandra Arroyo	
200 Breast		2:35.41	18-Apr-97	CARIA	Sandra Arroyo	
50 Fly		27.53	5-Feb-16	CRC	MARIE LAURA MEZA at Steirische Hallenmeisterschaften 2016	
100 Fly		1:01.17	5-Feb-16	CRC	MARIE LAURA MEZA at Steirische Hallenmeisterschaften 2016	
200 Fly		2:16.62	18-Apr-97	BELEN	Melisa Mata	
100 IM		1:03.51	1-Apr-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	30.14	21-Oct-16	CQUES	Daniel García at CNI Piscina Corta FECONA 2016
	100 Free	1:04.91	21-Oct-16	CARIA	José Manuel Alfaro at CNI Piscina Corta FECONA 2016
	200 Free	2:24.77	23-Sep-16	CARIA	José Manuel Alfaro at Open Piscina Corta FECONA 2016
	50 Back	36.03	1-Sep-05	HUMBO	Marcel Brenner at XI TORNEO INF & JUV DELFINES DEL HUMBO
	100 Back	1:20.89	25-Sep-15	BELEN	Julio Pérez at Campeonato Nacional Individual PC 2015
	50 Breast	39.07	21-Oct-16	CARIA	José Manuel Alfaro at CNI Piscina Corta FECONA 2016
	100 Breast	1:35.96	21-Dec-08	INDOR	Carlos Escalante at Copa OKEO/Melissa Mata
	50 Fly	33.03	21-Oct-16	CQUES	Daniel García at CNI Piscina Corta FECONA 2016
	100 Fly	1:18.21	22-Jul-16	CQUES	Daniel García at IX Torneo Natación La Anexión
	100 IM	1:16.35	21-Oct-16	CARIA	José Manuel Alfaro at CNI Piscina Corta FECONA 2016
	200 IM	2:41.83	21-Oct-16	CARIA	José Manuel Alfaro at CNI Piscina Corta FECONA 2016
11-12	50 Free	26.97	24-Oct-14	STANA	Marcelo Valverde at Campeonato Nacional Individual PC 2014
	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	2:23.48	21-Oct-16	BELEN	Tobías Badilla at CNI Piscina Corta FECONA 2016
	50 Breast	34.32	5-Sep-14	MILEN	José David Solís at 2014 XX Delfines Humboldt Infantil & Juvenil
	100 Breast	1:15.64	12-Dec-86	CARIA	Joaquin Lagier
	200 Breast	3:02.21	21-Oct-16	BELEN	Julio Ramírez at CNI Piscina Corta FECONA 2016
	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	2:25.79	21-Oct-16	BELEN	Sebastián Arroyo at CNI Piscina Corta FECONA 2016
13-14	50 Free	25.18	23-Sep-16	STANA	Marcelo Valverde at Open Piscina Corta FECONA 2016
	100 Free	54.34	21-Oct-16	STANA	Marcelo Valverde at CNI Piscina Corta FECONA 2016
	200 Free	1:55.77	21-Oct-16	STANA	Marcelo Valverde at CNI Piscina Corta FECONA 2016
	400 Free	4:09.81	24-Oct-14	BELEN	Bryan Álvarez at Campeonato Nacional Individual PC 2014
	800 Free	9:21.50	22-Jul-16	ANAME	Sebastian Cerdas IX Torneo Natacion La Anexion 2016
	1500 Free	17:23.92	24-Oct-14	BELEN	Daniel Retana at Campeonato Nacional Individual PC 2014
	50 Back	29.39	21-Oct-16	STANA	Marcelo Valverde at CNI Piscina Corta FECONA 2016
	100 Back	1:02.68	18-Sep-04	BELEN	Mario Montoya at X TORNEO INF & JUV DELFINES HUMBOLDT
	200 Back	2:14.58	21-Oct-16	STANA	Jeims Caita at CNI Piscina Corta FECONA 2016
	50 Breast	29.71	6-Dec-16	CRC	José David Solís at 13th FINA WORLD SWIMMING CHAMPIONSH
	100 Breast	1:04.54	6-Dec-16	CRC	José David Solís at 13th FINA WORLD SWIMMING CHAMPIONSH
	200 Breast	2:16.02	6-Dec-16	CRC	José David Solís at 13th FINA WORLD SWIMMING CHAMPIONSH
	50 Fly	25.93	24-Oct-14	BELEN	Bryan Álvarez at Campeonato Nacional Individual PC 2014
	100 Fly	59.10	23-Sep-16	STANA	Marcelo Valverde at Open Piscina Corta FECONA 2016
	200 Fly	2:10.14	21-Oct-16	PIRAT	José David Solís at CNI Piscina Corta FECONA 2016
	100 IM	1:00.99	2-Sep-16	PIRAT	José David Solís at XXII Torneo Infantil y Juvenil Delf Humboldt
	200 IM	2:12.03	23-Sep-16	PIRAT	José David Solís at Open Piscina Corta FECONA 2016
	400 IM	4:38.22	23-Sep-16	PIRAT	José David Solís at Open Piscina Corta FECONA 2016
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

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15-17	400 Free	4:03.12	22-Jul-16	BELEN	Antonio González at IX Torneo Natación La Anexión	
	800 Free	8:22.50	22-Jul-16	BELEN	Antonio Gonzalez IX Torneo Natacion la Anexion 2016	
	1500 Free	16:07.47	21-Oct-16	HERED	Russel Brown at CNI Piscina Corta FECONA 2016	
	50 Back	27.08	22-Jul-16	BELEN	Bryan Álvarez at IX Torneo Natación La Anexión	
	100 Back	59.66	3-Feb-06	BELEN	MARIO MONTOYA at FINA Swimming World Cup Series NY	
	200 Back	2:08.99	5-Apr-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-Dec-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	24.20	6-Dec-16	CRC	Bryan Álvarez at 13th FINA WORLD SWIMMING CHAMPIONSHIP	
	100 Fly	54.77	6-Dec-16	CRC	Bryan Álvarez at 13th FINA WORLD SWIMMING CHAMPIONSHIP	
	200 Fly	2:02.74	6-Dec-16	CRC	Bryan Álvarez at 13th FINA WORLD SWIMMING CHAMPIONSHIP	
	100 IM	59.81	21-Oct-16	BELEN	Bryan Álvarez at CNI Piscina Corta FECONA 2016	
	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	22.78	6-Dec-16	CRC	JUAN JOSÉ DOBLES at 13th FINA WORLD SWIMMING CHAMPIONSHIP
		100 Free	51.01	9-Apr-08	CRC	MARIO MONTOYA at 9th FINA World Swimming Championships
200 Free		1:52.50	9-Apr-08	CRC	MARIO MONTOYA at 9th FINA World Swimming Championships	
400 Free		4:01.31	21-Dec-08	BELEN	MARIO MONTOYA at Copa OKEO/Melissa Mata	
1500 Free		16:28.40	23-Sep-16	CARIA	Cristofer Lanuza at Open Piscina Corta FECONA 2016	
50 Back		28.38	21-Oct-16	STANA	FELIPE JIMÉNEZ at CNI Piscina Corta FECONA 2016	
100 Back		59.38	21-Dec-08	BELEN	MARIO MONTOYA at Copa OKEO/Melissa Mata	
200 Back		2:12.05	1-Jan-98	ACANA	Juan Manuel Duran	
50 Breast		28.65	6-Dec-16	CRC	Arnoldo F. Herrera at 13th FINA WORLD SWIMMING CHAMPIONSHIP	
100 Breast		1:02.39	6-Dec-16	CRC	Arnoldo F. Herrera at 13th FINA WORLD SWIMMING CHAMPIONSHIP	
200 Breast		2:15.28	6-Dec-16	CRC	Arnoldo F. Herrera at 13th FINA WORLD SWIMMING CHAMPIONSHIP	
50 Fly		25.43	9-Apr-08	CRC	JORGE ARTURO ARCE at 9th FINA World Swimming Championship	
100 Fly		56.09	9-Apr-08	CRC	JORGE ARTURO ARCE at 9th FINA World Swimming Championship	
200 Fly		2:03.14	19-Apr-97	CARIA	Sebastian Lagier	
100 IM		57.44	6-Dec-16	CRC	Esteban Araya at 13th FINA WORLD SWIMMING CHAMPIONSHIP	
200 IM		2:04.91	6-Dec-16	CRC	Esteban Araya at 13th FINA WORLD SWIMMING CHAMPIONSHIP	
400 IM		4:22.20	22-Jul-16	BELEN	Esteban Araya at IX Torneo la Anexion	