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**RECORDS Rec.Nacional**
**LC Meters-Women**

9-10	50 Free	29.33	<b>1-Dec-86</b>	BELEN	Elizabeth González	
	100 Free	1:04.23	<b>1-Nov-83</b>	CARIA	Marcela Cuesta	
	50 Back	35.61	<b>1-Oct-86</b>	BELEN	Elizabeth González	
	50 Breast	38.55	<b>1-Dec-83</b>	CARIA	Marcela Cuesta	
	50 Fly	32.64	<b>1-Dec-86</b>	BELEN	Elizabeth González	
	200 IM	2:39.98	<b>27-Jun-83</b>	CARIA	Marcela Cuesta	
11-12	50 Free	28.53	<b>21-Nov-14</b>	SPAUL	Helena Moreno at XX Torneo Int Palacio de los Deportes 2014	
	100 Free	1:00.10	<b>1-Jul-85</b>	CARIA	Marcela Cuesta	
	200 Free	2:10.24	<b>1-Jun-85</b>	CARIA	Marcela Cuesta at CCCAN	
	400 Free	4:34.70	<b>27-Nov-14</b>	SPAUL	Helena Moreno at XXXII Invitacional Internacional NACO 2014	
	50 Back	32.88	<b>27-Nov-14</b>	SPAUL	Helena Moreno at XXXII Invitacional Internacional NACO 2014	
	100 Back	1:10.35	<b>1-Jul-83</b>	CARIA	Silvia Poll	
	200 Back	2:31.37	<b>1-Jul-13</b>	CRC	María Fernanda Badilla at XXVIII Centroamericano y Caribe de Natac	
	50 Breast	37.18	<b>6-Apr-14</b>	CRC	Nicole Rodríguez at XV CAMPEONATOS CAMEX 2014.	
	100 Breast	1:19.98	<b>1-May-85</b>	CARIA	Carolina Mauri	
	200 Breast	2:55.41	<b>1-Oct-01</b>	ACANA	Hellen Madrigal	
	50 Fly	29.77	<b>15-Dec-16</b>	BELEN	Beatriz Padrón at Campeonato Nacional Inter-clubes - ESA	
	100 Fly	1:06.88	<b>1-Jul-85</b>	CARIA	Marcela Cuesta	
	200 Fly	2:24.37	<b>17-Dec-14</b>	BELEN	Fabiola Sancho at 1era Copa Int. FPN	
	200 IM	2:31.24	<b>1-Jul-85</b>	CARIA	Marcela Cuesta	
	13-14	50 Free	27.58	<b>23-Jun-15</b>	CRC	Helena Moreno at XXIX CCCAN 2015
100 Free		57.99	<b>15-Dec-16</b>	BELEN	Helena Moreno at Campeonato Nacional Inter-clubes - ESA	
200 Free		2:00.49	<b>1-Jul-85</b>	CARIA	Silvia Poll at CCCAN	
400 Free		4:20.64	<b>15-Dec-16</b>	BELEN	Helena Moreno at Campeonato Nacional Inter-clubes - ESA	
800 Free		8:58.00	<b>7-Jun-16</b>	CRC	Helena Moreno at CAMPEONATO CENTROAMERICANO Y MEXIC	
1500 Free		19:08.46	<b>29-Mar-15</b>	ANAHE	Valeria Barrantes at XXVIII Copa Marcelo Salado Juvenil	
50 Back		31.82	<b>25-Aug-15</b>	CRC	María Fernanda Badilla at 5th FINA World Junior Championships 201	
100 Back		1:07.14	<b>1-Jul-85</b>	CARIA	Silvia Poll	
200 Back		2:22.50	<b>1-Jul-85</b>	CARIA	Silvia Poll at CCCAN	
50 Breast		36.30	<b>26-Feb-10</b>	ALAJU	ADRIANA MORERA at Torneo Clasificatorio 2010	
100 Breast		1:18.09	<b>1-May-92</b>	CARIA	Sandra Arroyo	
200 Breast		2:46.35	<b>1-Jun-83</b>	CARIA	Montserrat Hidalgo	
50 Fly		29.34	<b>7-Jun-16</b>	CRC	Helena Moreno at CAMPEONATO CENTROAMERICANO Y MEXIC	
100 Fly		1:04.22	<b>1-Dec-86</b>	CARIA	Marcela Cuesta	
200 Fly		2:23.55	<b>5-Jun-14</b>	CRC	María Fernanda León at Campeonatos FEDONA 2014	
200 IM		2:26.77	<b>2-Jul-85</b>	CARIA	Silvia Poll	
400 IM		5:13.32	<b>7-Jun-16</b>	CRC	Amanda Alfaro at CAMPEONATO CENTROAMERICANO Y MEXIC	
15-17		50 Free	26.32	<b>1-Jul-87</b>	CARIA	Silvia Poll
		100 Free	55.52	<b>11-Aug-87</b>	CARIA	Silvia Poll at X Panamerican Games Indianapolis
	200 Free	1:58.36	<b>9-Aug-87</b>	CARIA	Silvia Poll at X Panamerican Games Indianapolis	
	400 Free	4:17.36	<b>1-Sep-90</b>	CARIA	Claudia Poll	
	800 Free	8:44.34	<b>1-Jul-90</b>	CARIA	Claudia Poll	
	1500 Free	18:51.80	<b>22-Mar-13</b>	ANADO	Sofía Ramírez at IV COPA INTERNACIONAL DE NATACION CHOF	
	50 Back	33.17	<b>3-May-03</b>	ABRUN	Marianela Navarro	
	100 Back	1:01.86	<b>14-Aug-87</b>	CARIA	Silvia Poll at X Panamerican Games Indianapolis	
	200 Back	2:14.18	<b>11-Aug-87</b>	CARIA	Silvia Poll at X Panamerican Games Indianapolis	
	50 Breast	34.59	<b>7-Jun-16</b>	CRC	PAULA MORALES at CAMPEONATO CENTROAMERICANO Y MI	

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15-17	100 Breast	1:15.21	<b>1-Jul-94</b>	CARIA	Sandra Arroyo
	200 Breast	2:39.38	<b>1-Nov-93</b>	CARIA	Sandra Arroyo
	50 Fly	29.80	<b>11-Dec-08</b>	SJOSE	MARY LAURA MEZA at Campeonato Nacional Inerclubes Natación 2
	100 Fly	1:03.06	<b>1-Aug-79</b>	CARIA	Maria del Milagro Paris at CCC
	200 Fly	2:16.60	<b>1-Aug-98</b>	BELEN	Melissa Mata
	200 IM	2:20.86	<b>1-Jul-90</b>	CARIA	Claudia Poll
	400 IM	4:59.16	<b>1-Jul-90</b>	CARIA	Claudia Poll
18 & O	50 Free	26.74	<b>14-Jul-15</b>	CRC	MARIE LAURA MEZA at XVII Juegos Panamericanos Toronto 2015
	100 Free	56.19	<b>23-Sep-94</b>	CARIA	Claudia Poll
	200 Free	1:57.48	<b>10-Aug-97</b>	CARIA	Claudia Poll
	400 Free	4:09.61	<b>1-Aug-93</b>	CARIA	Claudia Poll
	800 Free	8:33.80	<b>1-Aug-93</b>	CARIA	Claudia Poll
	1500 Free	19:03.59	<b>28-Sep-12</b>	ANAHE	DAYANA CASTRO at Primer Torneo Selectivo 2012
	50 Back	31.26	<b>24-May-04</b>	CAAR	Marianella Marin at II Olimpiada Cubana del Deport
	100 Back	1:02.75	<b>1-Aug-93</b>	CARIA	Silvia Poll
	200 Back	2:11.66	<b>1-Aug-92</b>	CARIA	Silvia Poll
	50 Breast	33.90	<b>9-Dec-15</b>	ALAJU	ADRIANA MORERA at Campeonato Interclubes de Natación Juv y M
	100 Breast	1:15.02	<b>1-Jun-88</b>	INDOR	Sigrid Niehaus
	200 Breast	2:43.88	<b>1-Sep-96</b>	CARIA	Sandra Arroyo
	50 Fly	27.54	<b>30-Mar-16</b>	CRC	MARIE LAURA MEZA at Swim Open Stockholm
	100 Fly	1:00.81	<b>8-Apr-16</b>	CRC	MARIE LAURA MEZA at International Strök ATUS Graz Trophy 2016
	200 Fly	2:18.12	<b>1-Apr-99</b>	BELEN	Melissa Mata
	200 IM	2:18.37	<b>18-Feb-93</b>	CARIA	Claudia Poll
	400 IM	4:50.35	<b>1-Jul-92</b>	CARIA	Claudia Poll

**RECORDS Rec.Nacional**

**LC Meters-Men**

9-10	50 Free	29.94	<b>15-Dec-16</b>	CARIA	José Manuel Alfaro at Campeonato Nacional Inter-clubes - ESA
	100 Free	1:04.83	<b>15-Dec-16</b>	CARIA	José Manuel Alfaro at Campeonato Nacional Inter-clubes - ESA
	50 Back	35.09	<b>15-Dec-16</b>	BELEN	Alberto Vega at Campeonato Nacional Inter-clubes - ESA
	50 Breast	37.53	<b>1-Jul-82</b>		Jaime Lypzic
	50 Fly	32.45	<b>15-Dec-16</b>	CARIA	José Manuel Alfaro at Campeonato Nacional Inter-clubes - ESA
	200 IM	2:39.29	<b>17-Dec-14</b>	BELEN	Ignacio Retana at 1era Copa Int. FPN
11-12	50 Free	26.56	<b>1-Jul-91</b>	BELEN	José David Mora
	100 Free	58.03	<b>7-Jun-16</b>	CRC	Ignacio Retana at CAMPEONATO CENTROAMERICANO Y MEXIC
	200 Free	2:04.66	<b>1-Jul-97</b>	CARIA	Jonathan Mauri
	400 Free	4:23.56	<b>1-Jul-97</b>	CARIA	Jonathan Mauri
	50 Back	31.37	<b>27-Nov-14</b>	STANA	Marcelo Valverde at XXXII Invitacional Internacional NACO 2014
	100 Back	1:07.82	<b>27-Nov-14</b>	STANA	Marcelo Valverde at XXXII Invitacional Internacional NACO 2014
	200 Back	2:26.83	<b>15-Dec-16</b>	BELEN	Tobías Badilla at Campeonato Nacional Inter-clubes - ESA
	50 Breast	33.46	<b>6-Apr-14</b>	CRC	José David Solís at XV CAMPEONATOS CAMEX 2014.
	100 Breast	1:13.50	<b>6-Apr-14</b>	CRC	José David Solís at XV CAMPEONATOS CAMEX 2014.
	200 Breast	2:37.39	<b>17-Dec-14</b>	MILEN	José David Solís at 1era Copa Int. FPN
	50 Fly	28.23	<b>27-Nov-14</b>	STANA	Marcelo Valverde at XXXII Invitacional Internacional NACO 2014
	100 Fly	1:02.79	<b>27-Nov-14</b>	STANA	Marcelo Valverde at XXXII Invitacional Internacional NACO 2014
	200 Fly	2:17.58	<b>17-Dec-14</b>	MILEN	José David Solís at 1era Copa Int. FPN
	200 IM	2:20.83	<b>17-Dec-14</b>	MILEN	José David Solís at 1era Copa Int. FPN
	13-14	50 Free	24.92	<b>28-Nov-13</b>	CRC
100 Free		54.38	<b>7-Jun-16</b>	CRC	Marcelo Valverde at CAMPEONATO CENTROAMERICANO Y MEX
200 Free		1:57.41	<b>24-Nov-16</b>	STANA	Marcelo Valverde at XXXIV Invitacional Internacional Naco 201^
400 Free		4:13.91	<b>1-Jul-98</b>	CARIA	Jonathan Mauri
800 Free		8:45.36	<b>26-Nov-15</b>	BELEN	Daniel Retana at XXXIII Invitacional Internacional Naco 2015
1500 Free		16:45.46	<b>1-Jul-99</b>	CARIA	Jonathan Mauri
50 Back		29.35	<b>17-Dec-14</b>	BELEN	Bryan Álvarez at 1era Copa Int. FPN
100 Back		1:03.47	<b>28-Jun-04</b>	BELEN	Mario Montoya at X CAMEX
200 Back		2:16.17	<b>1-Jul-13</b>	CRC	DAVID AGUILAR at XXVIII Centroamericano y Caribe de Natación
50 Breast		30.84	<b>18-Mar-16</b>	PIRAT	José David Solís at VII Copa Internacional Chorotega de Natación
100 Breast		1:06.87	<b>7-Jun-16</b>	CRC	José David Solís at CAMPEONATO CENTROAMERICANO Y MEXI
200 Breast		2:22.57	<b>7-Jun-16</b>	CRC	José David Solís at CAMPEONATO CENTROAMERICANO Y MEXI
50 Fly		26.02	<b>6-Apr-14</b>	CRC	Bryan Álvarez at XV CAMPEONATOS CAMEX 2014.
100 Fly		58.65	<b>7-Jun-16</b>	CRC	Marcelo Valverde at CAMPEONATO CENTROAMERICANO Y MEX
200 Fly		2:11.24	<b>15-Dec-16</b>	PIRAT	José David Solís at Selectivo Sudamericano Juvenil 2017
200 IM		2:14.07	<b>15-Dec-16</b>	PIRAT	José David Solís at Selectivo Sudamericano Juvenil 2017
400 IM		4:41.01	<b>7-Jun-16</b>	CRC	José David Solís at CAMPEONATO CENTROAMERICANO Y MEXI
15-17		50 Free	23.63	<b>17-Jul-09</b>	BELEN
	100 Free	52.31	<b>17-Jul-09</b>	BELEN	JOSÉ ALBERTO MONTOYA at 13th FINA World Championships Ror
	200 Free	1:54.70	<b>25-Mar-07</b>	BELEN	MARIO MONTOYA at 12th FINA World Champinships
	400 Free	4:06.79	<b>1-Jul-97</b>	INDOR	Kurt Niehaus
	800 Free	8:27.47	<b>25-Mar-07</b>	BELEN	MARIO MONTOYA at 12th FINA World Champinships
	1500 Free	16:16.41	<b>1-Jul-97</b>	CARIA	Kurt Niehaus
	50 Back	28.43	<b>17-Jul-06</b>	BELEN	MARIO MONTOYA at XX Juegos Centroamericanos y del Caribe 200
	100 Back	1:01.00	<b>17-Jul-06</b>	BELEN	MARIO MONTOYA at XX Juegos Centroamericanos y del Caribe 200
	200 Back	2:12.33	<b>6-Apr-14</b>	CRC	Esteban Araya at XV CAMPEONATOS CAMEX 2014.
	50 Breast	30.24	<b>26-Aug-13</b>	CRC	Arnoldo Herrera at 4th FINA World Junior Championships 2013

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**RECORDS Rec.Nacional**

15-17	100 Breast	1:05.33	<b>1-Aug-91</b>	CARIA	Joaquín Lagier
	200 Breast	2:19.91	<b>1-Aug-91</b>	CARIA	Joaquín Lagier
	50 Fly	24.80	<b>15-Dec-16</b>	BELEN	Bryan Álvarez at Campeonato Nacional Inter-clubes - ESA
	100 Fly	55.81	<b>15-Dec-16</b>	BELEN	Bryan Álvarez at Campeonato Nacional Inter-clubes - ESA
	200 Fly	2:06.03	<b>1-Jul-93</b>	CARIA	Sebastián Buchheim
	200 IM	2:11.38	<b>6-Apr-14</b>	CRC	Esteban Araya at XV CAMPEONATOS CAMEX 2014.
	400 IM	4:36.47	<b>16-Jul-14</b>	ASODE	Esteban Araya at Canadian Swimming Championships
18 & O	50 Free	23.72	<b>1-Sep-00</b>	ANAHE	Esteban Blanco
	100 Free	50.40	<b>17-Jul-09</b>	BELEN	MARIO MONTOYA at 13th FINA World Championships Rome 09
	200 Free	1:51.30	<b>17-Jul-09</b>	BELEN	MARIO MONTOYA at 13th FINA World Championships Rome 09
	400 Free	4:00.20	<b>1-Nov-93</b>	ACANA	Jaime Lipzic
	800 Free	8:23.58	<b>12-Apr-11</b>	UT	MARIO MONTOYA at Justas de Campeonato 2011
	1500 Free	15:47.92	<b>1-Nov-93</b>	ACANA	Jaime Lipzic
	50 Back	27.82	<b>24-Apr-08</b>	BELEN	MARIO MONTOYA at Copa Latina San Marino 08
	100 Back	59.97	<b>29-Jun-09</b>	CRC	MARIO MONTOYA at XXVI CAMPEONATO CCCAN 2009
	200 Back	2:11.06	<b>1-Nov-93</b>	ADUCR	Erick Greenwood
	50 Breast	29.92	<b>4-May-03</b>	CAAR	Juan José Madrigal
	100 Breast	1:05.14	<b>15-Sep-00</b>	ANAHE	Juan José Madrigal at Summer Olympics Sydney
	200 Breast	2:21.34	<b>7-Jun-16</b>	CRC	Arnoldo F. Herrera at CAMPEONATO CENTROAMERICANO Y ME
	50 Fly	25.61	<b>24-Apr-08</b>	BELEN	JORGE ARTURO ARCE at Copa Latina San Marino 08
	100 Fly	55.88	<b>24-Apr-08</b>	BELEN	JORGE ARTURO ARCE at Copa Latina San Marino 08
	200 Fly	2:04.38	<b>25-Mar-07</b>	BELEN	JORGE ARTURO ARCE at 12th FINA World Champinships
	200 IM	2:08.63	<b>1-Sep-82</b>	TENIS	Andrey Aguilar
	400 IM	4:31.52	<b>14-Jul-15</b>	CRC	Esteban Araya at XVII Juegos Panamericanos Toronto 2015