
RECORDS Rec.Nacional
LC Meters-Women

9-10	50 Free	29.33	1-Dec-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-Dec-83	CARIA	Marcela Cuesta	
	50 Fly	32.64	1-Dec-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 Nataci	
	50 Breast	37.18	6-Apr-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	29.77	15-Dec-16	BELEN	Beatriz Padrón at Campeonato Nacional Inter-clubes - ESA	
	100 Fly	1:06.88	1-Jul-85	CARIA	Marcela Cuesta	
	200 Fly	2:24.37	17-Dec-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		57.99	15-Dec-16	BELEN	Helena Moreno at Campeonato Nacional Inter-clubes - ESA	
200 Free		2:00.49	1-Jul-85	CARIA	Silvia Poll at CCCAN	
400 Free		4:20.64	15-Dec-16	BELEN	Helena Moreno at Campeonato Nacional Inter-clubes - ESA	
800 Free		8:58.00	7-Jun-16	CRC	Helena Moreno at CAMPEONATO CENTROAMERICANO Y MEXIC	
1500 Free		18:30.38	4-May-17	CARIA	Daniela Alfaro at XXXVII CNI Alfredo Cruz Bolaños FECONA 2017	
50 Back		31.82	25-Aug-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-May-92	CARIA	Sandra Arroyo	
200 Breast		2:46.35	1-Jun-83	CARIA	Montserrat Hidalgo	
50 Fly		28.27	23-Aug-17	CRC	Beatriz Padrón at 6th FINA World Junior Championships 2017	
100 Fly		1:04.22	1-Dec-86	CARIA	Marcela Cuesta	
200 Fly		2:18.65	28-Jun-17	CRC	Daniela Alfaro at XXX CCCAN Swimming Championships 2017	
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 MEXIC	
15-17		50 Free	26.32	1-Jul-87	CARIA	Silvia Poll
		100 Free	55.52	11-Aug-87	CARIA	Silvia Poll at X Panamerican Games Indianapolis
	200 Free	1:58.36	9-Aug-87	CARIA	Silvia Poll at X Panamerican Games Indianapolis	
	400 Free	4:16.70	28-Apr-17	BELEN	Helena Moreno at LC09-17 San Juan International Swimming Open	
	800 Free	8:44.34	1-Jul-90	CARIA	Claudia Poll	
	1500 Free	17:17.03	23-Aug-17	CRC	Helena Moreno at 6th FINA World Junior Championships 2017	
	50 Back	32.25	4-May-17	BELEN	Helena Moreno at XXXVII CNI Alfredo Cruz Bolaños FECONA 2017	
	100 Back	1:01.86	14-Aug-87	CARIA	Silvia Poll at X Panamerican Games Indianapolis	
	200 Back	2:14.18	11-Aug-87	CARIA	Silvia Poll at X Panamerican Games Indianapolis	
50 Breast	34.59	7-Jun-16	CRC	PAULA MORALES at CAMPEONATO CENTROAMERICANO Y MI		

RECORDS Rec.Nacional

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	29.08	28-Apr-17	BELEN	Helena Moreno at LC09-17 San Juan International Swimming Open
	100 Fly	1:03.06	1-Aug-79	CARIA	María del Milagro París at CCC
	200 Fly	2:16.60	1-Aug-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-Sep-94	CARIA	Claudia Poll
	200 Free	1:57.48	10-Aug-97	CARIA	Claudia Poll
	400 Free	4:09.61	1-Aug-93	CARIA	Claudia Poll
	800 Free	8:33.80	1-Aug-93	CARIA	Claudia Poll
	1500 Free	19:03.59	28-Sep-12	ANAHE	DAYANA CASTRO at Primer Torneo Selectivo 2012
	50 Back	31.26	24-May-04	CAAR	Marianella Marín at II Olimpiada Cubana del Deport
	100 Back	1:02.75	1-Aug-93	CARIA	Silvia Poll
	200 Back	2:11.66	1-Aug-92	CARIA	Silvia Poll
	50 Breast	33.90	9-Dec-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	2:42.42	28-Jun-17	CRC	ADRIANA MORERA at XXX CCCAN Swimming Championships 201
	50 Fly	27.54	30-Mar-16	CRC	MARIE LAURA MEZA at Swim Open Stockholm
	100 Fly	1:00.81	8-Apr-16	CRC	MARIE LAURA MEZA at International Strök ATUS Graz Trophy 2016
	200 Fly	2:18.12	1-Apr-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	29.94	15-Dec-16	CARIA	José Manuel Alfaro at Campeonato Nacional Inter-clubes - ESA
	100 Free	1:04.83	15-Dec-16	CARIA	José Manuel Alfaro at Campeonato Nacional Inter-clubes - ESA
	50 Back	35.09	15-Dec-16	BELEN	Alberto Vega at Campeonato Nacional Inter-clubes - ESA
	50 Breast	37.53	1-Jul-82		Jaime Lypzic
	50 Fly	32.45	15-Dec-16	CARIA	José Manuel Alfaro at Campeonato Nacional Inter-clubes - ESA
	200 IM	2:39.29	17-Dec-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 MEXIC
	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	2:26.83	15-Dec-16	BELEN	Tobías Badilla at Campeonato Nacional Inter-clubes - ESA
	50 Breast	33.46	6-Apr-14	CRC	José David Solís at XV CAMPEONATOS CAMEX 2014.
	100 Breast	1:13.50	6-Apr-14	CRC	José David Solís at XV CAMPEONATOS CAMEX 2014.
	200 Breast	2:37.39	17-Dec-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-Dec-14	MILEN	José David Solís at 1era Copa Int. FPN
	200 IM	2:20.83	17-Dec-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	1:57.41	24-Nov-16	STANA	Marcelo Valverde at XXXIV Invitacional Internacional Naco 201^
	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-Dec-14	BELEN	Bryan Álvarez at 1era Copa Int. FPN
	100 Back	1:03.23	28-Jun-17	CRC	Jeims Caita at XXX CCCAN Swimming Championships 2017
	200 Back	2:15.10	28-Jun-17	CRC	Jeims Caita at XXX CCCAN Swimming Championships 2017
	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 MEXI
	200 Breast	2:22.57	7-Jun-16	CRC	José David Solís at CAMPEONATO CENTROAMERICANO Y MEXI
	50 Fly	26.02	6-Apr-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	2:11.24	15-Dec-16	PIRAT	José David Solís at Selectivo Sudamericano Juvenil 2017
	200 IM	2:14.07	15-Dec-16	PIRAT	José David Solís at Selectivo Sudamericano Juvenil 2017
	400 IM	4:41.01	7-Jun-16	CRC	José David Solís at CAMPEONATO CENTROAMERICANO Y MEXI
	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		28.08	23-Aug-17	CRC	Bryan Álvarez at 6th FINA World Junior Championships 2017
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-Apr-14	CRC	Esteban Araya at XV CAMPEONATOS CAMEX 2014.
50 Breast		30.05	23-Aug-17	CRC	José David Solís at 6th FINA World Junior Championships 2017

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15-17	100 Breast	1:05.33	1-Aug-91	CARIA	Joaquín Lagier
	200 Breast	2:19.91	1-Aug-91	CARIA	Joaquín Lagier
	50 Fly	24.71	28-Apr-17	BELEN	Bryan Álvarez at LC09-17 San Juan International Swimming Open
	100 Fly	55.60	28-Jun-17	CRC	Bryan Álvarez at XXX CCCAN Swimming Championships 2017
	200 Fly	2:05.51	28-Jun-17	CRC	Bryan Álvarez at XXX CCCAN Swimming Championships 2017
	200 IM	2:11.38	6-Apr-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-Apr-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-Apr-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	29.54	28-Jun-17	CRC	Arnoldo F. Herrera at XXX CCCAN Swimming Championships 2017
	100 Breast	1:04.89	28-Jun-17	CRC	Arnoldo F. Herrera at XXX CCCAN Swimming Championships 2017
	200 Breast	2:20.83	28-Jun-17	CRC	Arnoldo F. Herrera at XXX CCCAN Swimming Championships 2017
	50 Fly	25.61	24-Apr-08	BELEN	JORGE ARTURO ARCE at Copa Latina San Marino 08
	100 Fly	55.88	24-Apr-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-Sep-82	TENIS	Andrey Aguilar
	400 IM	4:31.52	14-Jul-15	CRC	Esteban Araya at XVII Juegos Panamericanos Toronto 2015