

RECORDS Record Nacionales

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 Natació	
	50 Breast	36.65	26-mar.-18	BELEN	Sthepanie Venegas IX Copa Chorotega de Natación de Nicoya	
	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-dic.-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-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	27.36	4-dic.-17	CRC	Beatriz Padrón at XI JUEGOS CENTROAMERICANOS, MAN
100 Free		57.99	15-dic.-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-dic.-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 MEXICCO	
1500 Free		18:30.38	4-may.-17	CARIA	Daniela Alfaro at XXXVII CNI Alfredo Cruz Bolaños FECONA 2017	
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-may.-92	CARIA	Sandra Arroyo	
200 Breast		2:46.35	1-jun.-83	CARIA	Montserrat Hidalgo	
50 Fly		28.02	4-dic.-17	CRC	Beatriz Padrón at XI JUEGOS CENTROAMERICANOS, MAN	
100 Fly		1:04.22	1-dic.-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		5:12.24	4-dic.-17	CRC	Daniela Alfaro at XI JUEGOS CENTROAMERICANOS, MAN	
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	4:16.70	28-abr.-17	BELEN	Helena Moreno at LC09-17 San Juan International Swimming	
	800 Free	8:44.34	1-jul.-90	CARIA	Claudia Poll	
	1500 Free	17:08.15	4-dic.-17	CRC	Helena Moreno at XI JUEGOS CENTROAMERICANOS, MA	
	50 Back	32.25	4-may.-17	BELEN	Helena Moreno at XXXVII CNI Alfredo Cruz Bolaños FECONA 2017	
	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	

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15-17	50 Breast	34.59	7-jun.-16	CRC	PAULA MORALES at CAMPEONATO CENTROAMERICANO Y ME
	100 Breast	1:15.21	1-jul.-94	CARIA	Sandra Arroyo
	200 Breast	2:39.38	1-nov.-93	CARIA	Sandra Arroyo
	50 Fly	29.03	14-dic.-17	BELEN	Helena Moreno at II COPA INTERNAC. DE NAT. BELDAGA
	100 Fly	1:03.06	1-ago.-79	CARIA	María del Milagro París at CCC
	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 2015
	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	24-may.-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 May
	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 2017
	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 2016
	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 Record Nacionales

LC Meters-Men

9-10	50 Free	29.94	15-dic.-16	CARIA	José Manuel Alfaro at Campeonato Nacional Inter-clubes - ESA	
	100 Free	1:04.83	15-dic.-16	CARIA	José Manuel Alfaro at Campeonato Nacional Inter-clubes - ESA	
	50 Back	35.09	15-dic.-16	BELEN	Alberto Vega at Campeonato Nacional Inter-clubes - ESA	
	50 Breast	37.53	1-jul.-82		Jaime Lypzic	
	50 Fly	32.45	15-dic.-16	CARIA	José Manuel Alfaro at Campeonato Nacional Inter-clubes - ESA	
	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 MEXICO	
	200 Free	2:04.66	1-jul.-97	CARIA	Jonathan Mauri	
	400 Free	4:16.38	19-ene.-18	ANAME	Juan José Bolaños 2018 UANA Swimmin	
	50 Back	30.86	14-dic.-17	BELEN	Julio Pérez at II COPA INTERNAC. DE NAT. BELDAGANS PLUS 201	
	100 Back	1:07.12	14-dic.-17	BELEN	Juilo Pérez at II COPA INTERNAC. DE NAT. BELDAGANS PLUS 201	
	200 Back	2:21.64	14-dic.-17	BELEN	Julio Pérez at II COPA INTERNAC. DE NAT. BELDAGANS PLUS 20	
	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 MEXIC	
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-dic.-14	BELEN	Bryan Álvarez at 1era Copa Int. FPN	
100 Back		1:03.23	28-jun.-17	CRC	Jeims Caíta at XXX CCCAN Swimming Championships 2017	
200 Back		2:15.10	28-jun.-17	CRC	Jeims Caíta 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 MEXIC	
200 Breast		2:22.57	7-jun.-16	CRC	José David Solís at CAMPEONATO CENTROAMERICANO Y MEXIC	
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 MEXIC	
200 Fly		2:11.24	15-dic.-16	PIRAT	José David Solís at Selectivo Sudamericano Juvenil 2017	
200 IM		2:14.07	15-dic.-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 MEXIC	
15-17		50 Free	23.63	17-jul.-09	BELEN	JOSÉ ALBERTO MONTOYA at 13th FINA World Championships Rome
		100 Free	52.31	17-jul.-09	BELEN	JOSÉ ALBERTO MONTOYA at 13th FINA World Championships Rome
		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-ago.-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 2006	
	200 Back	2:12.33	6-abr.-14	CRC	Esteban Araya at XV CAMPEONATOS CAMEX 2014.	

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15-17	50 Breast	30.05	23-ago.-17	CRC	José David Solís	at 6th FINA World Junior Championships 2017
	100 Breast	1:05.33	1-ago.-91	CARIA	Joaquín Lagier	
	200 Breast	2:19.91	1-ago.-91	CARIA	Joaquín Lagier	
	50 Fly	24.71	28-abr.-17	BELEN	Bryan Álvarez	at LC09-17 San Juan International Swimming C
	100 Fly	55.32	4-dic.-17	CRC	Bryan Álvarez	at XI JUEGOS CENTROAMERICANOS, MA
	200 Fly	2:03.67	4-dic.-17	CRC	Bryan Álvarez	at XI JUEGOS CENTROAMERICANOS, MA
	200 IM	2:11.31	19-ene.-18	CRC	José David Solís	at 2018 UANA Swimming Cup - CSSC - 01191
	400 IM	4:36.22	20-ene.-18	CRC	José David Solís	at 2018 UANA Swimming Cup - CSSC - 01191
18 & O	50 Free	23.65	4-dic.-17	CQUES	Juan José Dobles	at XI JUEGOS CENTROAMERICANOS, MA
	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	27.65	4-dic.-17	CQUES	Juan José Dobles	at XI JUEGOS CENTROAMERICANOS, MA
	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	29.44	4-dic.-17	CRC	Arnoldo F. Herrera	at XI JUEGOS CENTROAMERICANOS, MA
	100 Breast	1:04.89	28-jun.-17	CRC	Arnoldo F. Herrera	at XXX CCCAN Swimming Championships 2
	200 Breast	2:20.83	28-jun.-17	CRC	Arnoldo F. Herrera	at XXX CCCAN Swimming Championships 2
	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 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