
RECORDS Rec.Nacional
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 Nata	
	50 Breast	36.03	7-may.-18	CRC	Sthepanie Venegas at Copa El Salvador 2018	
	100 Breast	1:19.98	1-may.-85	CARIA	Carolina Mauri	
	200 Breast	2:54.51	7-may.-18	CRC	Sthepanie Venegas at Copa El Salvador 2018	
	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	26.53	20-jul.-18	CRC	Beatriz Padrón XXIII Juegos CAC-BARRANQUILLA 2018
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 MEXICO 2	
1500 Free		18:30.38	4-may.-17	CARIA	Daniela Alfaro at XXXVII CNI Alfredo Cruz Bolaños FECONA 2017	
50 Back		31.13	20-jul.-18	CRC	Beatriz Padrón XXIII Juegos CAC-BARRANQUILLA 2018	
100 Back		1:06.97	20-jul.-18	CRC	Beatriz Padrón XXIII Juegos CAC-BARRANQUILLA 2018	
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		27.52	13-abr.-18	CRC	Beatriz Padrón at Campeonatos FEDONA 2018/ IV DR Int.S	
100 Fly		1:02.67	20-jul.-18	CRC	Beatriz Padrón XXIII Juegos CAC-BARRANQUILLA 2018	
200 Fly		2:18.65	28-jun.-17	CRC	Daniela Alfaro at XXX CCCAN Swimming Championships 20	
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, MANAGUA	
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	4:15.51	20-jul.-18	CRC	Helena Moreno XXIII Juegos CAC-BARRANQUILLA 2018	
	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, MANAGUA	
	50 Back	31.61	20-jul.-18	CRC	Helena Moreno XXIII Juegos CAC-BARRANQUILLA 2018	
	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	
50 Breast	34.59	7-jun.-16	CRC	PAULA MORALES at CAMPEONATO CENTROAMERICANO Y MEXICO		

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	29.03	14-dic.-17	BELEN	Helena Moreno at II COPA INTERNAC. DE NAT. BELDAGAN:
	100 Fly	1:02.70	20-jul.-18	CRC	Daniela Alfaro XXII Juegos CAC-BARRANQUILLA 2018
	200 Fly	2:16.35	20-jul.-18	CRC	Daniela Alfaro XXII Juegos CAC-BARRANQUILLA 2018
	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	4-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 M
	100 Breast	1:14.62	14-abr.-18	CRC	Adriana Morera Campeonato FEDONA 2018
	200 Breast	2:42.42	28-jun.-17	CRC	ADRIANA MORERA at XXX CCCAN Swimming Championships 2017
	50 Fly	27.54	0-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 Rec.Nacional

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 2016
	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 PL
	100 Back	1:07.12	14-dic.-17	BELEN	Juilo Pérez at II COPA INTERNAC. DE NAT. BELDAGANS PL
	200 Back	2:21.64	14-dic.-17	BELEN	Julio Pérez at II COPA INTERNAC. DE NAT. BELDAGANS PL
	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 MEXICO 2016
	200 Free	1:57.41	24-nov.-16	STANA	Marcelo Valverde at XXXIV Invitacional Internacional Naco 2016
	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	28.70	26-jun.-18	BELEN	Julio Pérez XXXI CCCAN Swimming Championships 2018
	100 Back	1:03.19	29-jun.-18	CRC	Julio Pérez XXXI CCCAN Swimming Championships 2018
	200 Back	2:15.10	28-jun.-17	CRC	Jeims Caita XXX CCCAN Swimming Championships 2017
	50 Breast	30.84	8-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 MEXICO 2016
	200 Breast	2:22.57	7-jun.-16	CRC	José David Solís at CAMPEONATO CENTROAMERICANO Y MEXICO 2016
	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 MEXICO 2016
	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 MEXICO 2016
	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 Rome 09
200 Free		1:54.70	5-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	5-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.
50 Breast		30.05	23-ago.-17	CRC	José David Solís at 6th FINA World Junior Championships 2017

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15-17	100 Breast	1:04.74	20-jul.-18	CRC	José David Solís XXII Juegos CAC-BARRANQUILLA 2018
	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 Open
	100 Fly	55.32	4-dic.-17	CRC	Bryan Álvarez at XI JUEGOS CENTROAMERICANOS, MANAGUA 2017
	200 Fly	2:03.67	4-dic.-17	CRC	Bryan Álvarez at XI JUEGOS CENTROAMERICANOS, MANAGUA 2017
	200 IM	2:11.31	19-ene.-18	CRC	José David Solís at 2018 UANA Swimming Cup - CSSC - 0119:
	400 IM	4:36.22	20-ene.-18	CRC	José David Solís at 2018 UANA Swimming Cup - CSSC - 0119:
	18 & 0	50 Free	23.65	4-dic.-17	CQUES
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, MANAGUA 2017
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, MANAGUA 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		24.91	20-jul.-18	BELEN	Bryan Alvarez XXII Juegos CAC-BARRANQUILLA 2018
100 Fly		55.88	24-abr.-08	BELEN	JORGE ARTURO ARCE at Copa Latina San Marino 08
200 Fly		2:03.49	20-jul.-18	BELEN	Bryan Alvarez XXII Juegos CAC-BARRANQUILLA 2018
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