

Old Dominion Aquatic Club – Team Records



9-10 Women – Long Course Meters

Event	Time	Swimmer	Year
50 Freestyle	30.5	Liz Flannery	1992
100 Freestyle	01:06.8	Liz Flannery	1992
200 Freestyle	02:25.02	Liz Flannery	1992
50 Backstroke	36.83	Lisa Dubbe	1985
100 Backstroke	01:21.22	Lisa Dubbe	1985
50 Breaststroke	40.38	Amanda Cole	1994
100 Breaststroke	01:28.75	Amanda Cole	1994
50 Butterfly	34.57	Katy Nye	1987
100 Butterfly	01:17.85	Amanda Cole	1994
200 IM	02:47.96	Liz Flannery	1992
200 Free Relay	02:13.24	H. Land, M. Laderberg, C. Stringfield, M. Romash	1988
200 Medley Relay	02:34.25	M. Laderberg, H. Land, M. Romash, C. Stringfield	1988

