

## 2008 USMS Relays National Records

Report errors to [krishouchens@hotmail.com](mailto:krishouchens@hotmail.com)

	WOMEN RELAY RECORDS			MIXED RELAY RECORDS			MEN RELAY RECORDS		
	200 FREE RELAY			200 FREE RELAY			200 FREE RELAY		
<b>72-99</b>	DCAC	<b>1:59.26</b>	00	UNSF	<b>1:48.50</b>	92	LAUD	<b>1:40.10</b>	07
<b>100-119</b>	OR	<b>1:52.47</b>	92	OLY	<b>1:43.30</b>	06	OLY	<b>1:35.57</b>	06
<b>120-159</b>	IM	<b>1:52.10</b>	04	GOLD	<b>1:42.65</b>	98	NOVA	<b>1:36.53</b>	06
<b>160-199</b>	TYR	<b>1:48.44</b>	06	TYR	<b>1:42.27</b>	06	TYR	<b>1:36.28</b>	06
<b>200-239</b>	PAC	<b>1:57.21</b>	06	CO	<b>1:44.96</b>	06	CO	<b>1:38.24</b>	06
<b>240-279</b>	PAC	<b>2:13.33</b>	08	GOLD	<b>1:56.99</b>	08	OR	<b>1:45.90</b>	08
<b>280-319</b>	NEM	<b>2:38.52</b>	96	SDSM	<b>2:17.43</b>	07	OR	<b>2:04.45</b>	08
<b>320-359</b>	MAV	<b>3:46.42</b>	02	SB	<b>2:55.56</b>	04	OR	<b>2:30.08</b>	07
<b>360-399</b>				COAST	<b>5:26.80</b>	03	COAST	<b>3:46.35</b>	05
	200 MEDLEY RELAY			200 MEDLEY RELAY			200 MEDLEY RELAY		
<b>72-99</b>	UNSF	<b>2:12.59</b>	92	UNSF	<b>2:02.31</b>	92	OLY	<b>1:49.35</b>	95
<b>100-119</b>	HOLMES	<b>2:06.67</b>	88	HOUS	<b>1:56.50</b>	90	HOUS	<b>1:48.46</b>	90
<b>120-159</b>	GOLD	<b>2:04.19</b>	98	DAM	<b>1:54.81</b>	08	TYR	<b>1:48.58</b>	06
<b>160-199</b>	TYR	<b>2:04.75</b>	06	TYR	<b>1:58.35</b>	06	TYR	<b>1:47.72</b>	06
<b>200-239</b>	OR	<b>2:10.98</b>	08	SDSM	<b>2:02.32</b>	05	CO	<b>1:50.83</b>	06
<b>240-279</b>	SDSM	<b>2:33.52</b>	06	TAMA	<b>2:13.23</b>	08	OLY	<b>2:04.87</b>	06
<b>280-319</b>	ARIZ	<b>3:09.93</b>	05	OR	<b>2:34.68</b>	08	NCMS	<b>2:21.46</b>	06
<b>320-359</b>	WCM	<b>4:19.11</b>	98	MAV	<b>3:33.41</b>	02	MAV	<b>3:00.89</b>	03
<b>360-399</b>							COAST	<b>4:13.67</b>	05
	400 FREE RELAY			400 FREE RELAY			400 FREE RELAY		
<b>72-99</b>	SANTA	<b>4:31.84</b>	95	OLY	<b>4:04.97</b>	95	GRIN	<b>3:42.66</b>	99
<b>100-119</b>	WM	<b>4:24.95</b>	08	NEM	<b>4:00.76</b>	01	SANTA	<b>3:39.63</b>	94
<b>120-159</b>	STAN	<b>4:17.94</b>	94	WCM	<b>4:01.94</b>	91	TYR	<b>3:39.60</b>	05
<b>160-199</b>	SDSM	<b>4:23.44</b>	01	ORL	<b>4:02.04</b>	97	ARIZ	<b>3:47.67</b>	06
<b>200-239</b>	GOLD	<b>4:45.18</b>	05	OR	<b>4:13.62</b>	06	NCMS	<b>4:00.31</b>	05
<b>240-279</b>	DCM	<b>5:23.71</b>	99	GOLD	<b>4:30.74</b>	08	OR	<b>4:16.64</b>	08
<b>280-319</b>	SDSM	<b>6:38.60</b>	04	MAV	<b>5:40.99</b>	06	GOLD	<b>4:45.42</b>	08
<b>320-359</b>	FMM	<b>8:57.69</b>	02	SB	<b>6:56.05</b>	04	SDSM	<b>5:52.37</b>	07
<b>360-399</b>							COAST	<b>10:43.13</b>	07
	400 MEDLEY RELAY			400 MEDLEY RELAY			400 MEDLEY RELAY		
<b>72-99</b>	NOVA	<b>4:57.34</b>	02	UNSF	<b>4:36.72</b>	91	GRIN	<b>4:11.46</b>	99
<b>100-119</b>	WCM	<b>4:55.59</b>	92	WCM	<b>4:36.14</b>	90	NEM	<b>4:07.97</b>	04
<b>120-159</b>	OR	<b>4:53.42</b>	97	PCAT	<b>4:30.83</b>	04	OLY	<b>4:04.49</b>	94
<b>160-199</b>	SDSM	<b>4:56.33</b>	01	ORL	<b>4:41.21</b>	97	ARIZ	<b>4:11.72</b>	06
<b>200-239</b>	SDSM	<b>5:13.65</b>	03	OR	<b>4:41.46</b>	08	NCMS	<b>4:28.50</b>	07
<b>240-279</b>	SDSM	<b>6:06.96</b>	08	TAMA	<b>5:12.82</b>	06	OR	<b>4:55.69</b>	08
<b>280-319</b>	ARIZ	<b>7:01.96</b>	8	OR	<b>6:03.51</b>	08	NCMS	<b>5:24.55</b>	06
<b>320-359</b>	FMM	<b>10:19.75</b>	02	SDSM	<b>7:50.20</b>	07	COAST	<b>7:34.79</b>	98
<b>360-399</b>							COAST	<b>12:59.05</b>	07
	800 FREE RELAY			800 FREE RELAY			800 FREE RELAY		
<b>72-99</b>	ucIRVINE	<b>9:55.67</b>	01	DAVIS	<b>9:13.51</b>	94	GRIN	<b>8:28.72</b>	99
<b>100-119</b>	WCM	<b>9:50.91</b>	89	SANTA	<b>8:45.64</b>	95	SANTA	<b>8:04.17</b>	94
<b>120-159</b>	GOLD	<b>9:41.97</b>	99	PATRIOT	<b>8:50.48</b>	02	TSUN	<b>8:13.69</b>	02
<b>160-199</b>	MOST	<b>9:51.60</b>	06	TEXAS	<b>9:07.41</b>	97	TYR	<b>8:15.15</b>	06
<b>200-239</b>	SDSM	<b>10:19.41</b>	03	OR	<b>9:33.45</b>	06	NCMS	<b>8:53.73</b>	07
<b>240-279</b>	SDSM	<b>11:59.24</b>	08	GOLD	<b>10:42.42</b>	02	OR	<b>9:41.00</b>	03
<b>280-319</b>	SDSM	<b>14:45.02</b>	04	SDSM	<b>12:26.91</b>	07	GOLD	<b>10:57.90</b>	08
<b>320-359</b>	FMM	<b>19:29.28</b>	02	SDSM	<b>14:44.35</b>	07	SDSM	<b>14:40.89</b>	06
<b>360-399</b>							COAST	<b>25:29.59</b>	07



### 2008 USMS Relay Worksheet

72-99	example-example-example-example	example-example-example-example	example-example-example-example
<b>100-119</b>	<b>Relay Event: Women 400 Free</b>	<b>Relay Event: Women 400 Free</b>	<b>Relay Event: Women 400 Free</b>
<b>120-159</b>	Name                      Split                      Age	Name                      Split                      Age	Name                      Split                      Age
<b>160-199</b>	1) <i>Victoria Rian</i> <b>1:06.43</b> 42	1) <i>Victoria Rian</i> <b>1:06.43</b> 42	1) <i>Victoria Rian</i> <b>1:06.43</b> 42
<b>200-239</b>	2) <i>Susie Shuck</i> <b>1:06.32</b> 42	2) <i>Susie Shuck</i> <b>1:06.32</b> 42	2) <i>Susie Shuck</i> <b>1:06.32</b> 42
<b>240-279</b>	3) <i>Gerri Fernandez</i> <b>1:05.32</b> 42	3) <i>Gerri Fernandez</i> <b>1:05.32</b> 42	3) <i>Sue Francis</i> <b>1:10.40</b> 55
<b>280-319</b>	4) <i>Ilyse Hildebrand</i> <b>1:09.67</b> 41	4) <i>Jamie Preston</i> <b>1:04.95</b> 28	4) <i>Sally Hasbrook</i> <b>1:16.78</b> 61
<b>320-359</b>	Totals <b>4:27.74</b> <b>167</b>	Totals <b>4:23.02</b> <b>154</b>	Totals <b>4:39.93</b> <b>200</b>
<b>360-399</b>	<b>160+ Top Ten</b>	<b>120+ Top Ten</b>	<b>200+ National Record Contender</b>
<b>72-99</b>			
<b>100-119</b>			
<b>120-159</b>	Name                      Split                      Age	Name                      Split                      Age	Name                      Split                      Age
<b>160-199</b>	1)	1)	1)
<b>200-239</b>	2)	2)	2)
<b>240-279</b>	3)	3)	3)
<b>280-319</b>	4)	4)	4)
<b>320-359</b>	Totals	Totals	Totals
<b>360-399</b>			
<b>72-99</b>			
<b>100-119</b>			
<b>120-159</b>	Name                      Split                      Age	Name                      Split                      Age	Name                      Split                      Age
<b>160-199</b>	1)	1)	1)
<b>200-239</b>	2)	2)	2)
<b>240-279</b>	3)	3)	3)
<b>280-319</b>	4)	4)	4)
<b>320-359</b>	Totals	Totals	Totals
<b>360-399</b>			
<b>72-99</b>			
<b>100-119</b>			
<b>120-159</b>	Name                      Split                      Age	Name                      Split                      Age	Name                      Split                      Age
<b>160-199</b>	1)	1)	1)
<b>200-239</b>	2)	2)	2)
<b>240-279</b>	3)	3)	3)
<b>280-319</b>	4)	4)	4)
<b>320-359</b>	Totals	Totals	Totals
<b>360-399</b>			
<b>72-99</b>			
<b>100-119</b>			
<b>120-159</b>	Name                      Split                      Age	Name                      Split                      Age	Name                      Split                      Age
<b>160-199</b>	1)	1)	1)
<b>200-239</b>	2)	2)	2)
<b>240-279</b>	3)	3)	3)
<b>280-319</b>	4)	4)	4)
<b>320-359</b>	Totals	Totals	Totals
<b>360-399</b>			
<b>72-99</b>			
<b>100-119</b>			
<b>120-159</b>	Name                      Split                      Age	Name                      Split                      Age	Name                      Split                      Age
<b>160-199</b>	1)	1)	1)
<b>200-239</b>	2)	2)	2)
<b>240-279</b>	3)	3)	3)
<b>280-319</b>	4)	4)	4)
<b>320-359</b>	Totals	Totals	Totals
<b>360-399</b>			