

Express Swim Team

- Short Course Team Records -

Updated June 2011

Girls			8 & Under	Boys		
Name	Time	Year		Name	Time	Year
Gabby Sims	15.22	2004	25 Freestyle	Andrew Pavesich	16.54	2001
Gabby Sims	34.29	2004	50 Freestyle	Andrew Pavesich	35.43	2001
Karely Bernhard	1:22.51	2011	100 Freestyle	Colin McGovern	1:34.36	2008
Melissa Troy	2:59.29	2010	200 Freestyle	Andrew Pavesich	3:07.86	2000
Gabby Sims	18.89	2004	25 Backstroke	Andrew Pavesich	20.56	2001
Kylie Moser	43.05	2011	50 Backstroke	Colin McGovern	49.46	2008
Melissa Troy	1:26.38	2010	100 Backstroke	Mike Cortesio	1:53.58	2005
Laura Hartman	20.94	2008	25 Breaststroke	Colin McGovern	21.90	2008
Hillary Veselik	46.26	2001	50 Breaststroke	Ben Steele	49.69	2000
Hillary Veselik	1:44.96	2001	100 Breaststroke			
Gabby Sims	16.22	2004	25 Butterfly	Burke Sims	18.43	2004
Haley Sims	42.77	2002	50 Butterfly	Colin McGovern	44.43	2008
Haley Sims	1:41.82	2002	100 Butterfly			
Hannah Veselik	1:29.50	2003	100 Ind. Med.	Colin McGovern	1:31.99	2008
Melissa Troy	3:18.60	2010	200 Ind. Med.			
K. Moser, J. Selig M. Sparacino, KA Bernhard	1:19.29	2011	100 Medley Relay	K. Starnes B. Steele V. Errichiello B. Lynch	1:10.93	1999
KA Bernhard, KE Bernhard M. Sparacino, K. Moser	1:09.29	2011	100 Freestyle Relay	A. Pavesich V. Errichiello C. Ozog J. Mueller	1:11.17	2001

Girls			9-10	Boys		
Name	Time	Year		Name	Time	Year
Kayla Redig	28.13	1999	50 Freestyle	Gary Evans	29.13	1999
Kayla Redig	1:00.25	1999	100 Freestyle	Burke Sims	1:03.04	2002
Haley Sims	2:16.88	2004	200 Freestyle	Burke Sims	2:16.53	2002
Haley Sims	6:10.81	2004	500 Freestyle	Burke Sims	6:10.09	2002
Kayla Redig	31.95	1999	50 Backstroke	Burke Sims	35.88	2002
Kayla Redig	1:11.66	1999	100 Backstroke	Matt Lifka	1:15.18	2002
Madeline Grubich	37.82	2010	50 Breaststroke	Matt Lifka	35.01	2002
Madeline Grubich	1:22.48	2010	100 Breaststroke	Matt Lifka	1:16.48	2002
Kayla Redig	30.03	1999	50 Butterfly	Burke Sims	33.34	2002
Gabby Sims	1:09.47	2006	100 Butterfly	Burke Sims	1:14.90	2002
Kayla Redig	1:09.17	1999	100 Ind. Med.	Matt Lifka	1:11.55	2002
Kayla Redig	2:34.15	1999	200 Ind. Med.	Matt Lifka	2:36.61	2002
C. Dollard H. Veselik	2:17.14	2003	200 Medley Relay	A. Pavesich M. Lifka B. Sims C. Ozog	2:21.53	2002
A. Cusack B. Blair T. Kaenkumchorn K. Redig	2:02.81	1999	200 Freestyle Relay	V. Errichiello A. Pavesich J. Mueller C. Ozog	2:02.90	2003

Girls			11-12	Boys		
Name	Time	Year	Event	Name	Time	Year
Gabby Sims	25.54	2009	50 Freestyle	Michael Tegeler	25.45	2011
Haley Sims	54.11	2006	100 Freestyle	Michael Tegeler	54.97	2011
Haley Sims	1:59.50	2006	200 Freestyle	Michael Tegeler	1:58.84	2011
Haley Sims	5:38.45	2006	500 Freestyle	Michael Tegeler	5:25.28	2011
Kayla Redig	21:08.76	2001	1650 Freestyle			
Kayla Redig	30.06	2001	50 Backstroke	Michael Tegeler	31.48	2011
Daria Wick	1:04.14	2010	100 Backstroke	Andrew Pavesich	1:07.11	2005
Elizabeth Arand	34.18	2009	50 Breaststroke	Peter Errichiello	34.42	2007
Elizabeth Arand	1:16.10	2009	100 Breaststroke	Matt Lifka	1:14.13	2003
Kayla Redig	27.67	2001	50 Butterfly	Andrew Pavesich	28.84	2005
Daria Wick	1:02.89	2010	100 Butterfly	Michael Tegeler	1:01.71	2011
Kayla Redig	1:04.91	2001	100 Ind. Med.	Michael Tegeler	1:06.18	2011
Haley Sims	2:18.25	2006	200 Ind. Med.	Michael Tegeler	2:15.63	2011
J. Fox C. Messinger	2:05.39	2006	200 Medley Relay	V. Errichiello C. Ozog	2:03.75	2005
H. Sims D. Tamez				A. Pavesich J. Mueller		
J. Fox C. Messinger	4:35.01	2006	400 Medley Relay	A. Pavesich C. Ozog	4:24.28	2005
H. Sims D. Tamez				J. Wang V. Errichiello		
K. Redig A. Cusack	1:51.46	2001	200 Freestyle Relay	A. Pavesich J. Mueller	1:51.82	2005
K. Kaenkumchorn A. Neal				V. Errichiello J. Wang		
E. Ricci M. Sims	4:02.95	2008	400 Freestyle Relay	A. Pavesich J. Mueller	3:55.10	2005
H. Kaufmann G. Sims				J. Wang V. Errichiello		

Girls			13-14	Boys		
Name	Time	Year	Event	Name	Time	Year
Gabby Sims	24.12	2010	50 Freestyle	Vince Errichiello	23.03	2007
Gabby Sims	52.11	2010	100 Freestyle	Burke Sims	50.16	2006
Haley Sims	1:53.29	2008	200 Freestyle	Burke Sims	1:47.16	2006
Maddy Sims	5:08.61	2010	500 Freestyle	Burke Sims	4:44.03	2006
Maddy Sims	11:08.20	2010	1000 Freestyle	Eddie Adams	12:05.51	2004
Adrienne Bicek	18:15.26	2006	1650 Freestyle	Burke Sims	16:23.23	2006
Gabby Sims	59.10	2010	100 Backstroke	Vince Errichiello	58.05	2007
Kate Joyce	2:13.47	2010	200 Backstroke	Vince Errichiello	2:07.55	2007
Taylor Lifka	1:09.53	2009	100 Breaststroke	Peter Errichiello	1:04.67	2009
Taylor Lifka	2:33.67	2009	200 Breaststroke	Peter Errichiello	2:23.71	2009
Gabby Sims	56.95	2010	100 Butterfly	Burke Sims	55.24	2006
Haley Sims	2:08.05	2008	200 Butterfly	Burke Sims	2:04.11	2006
Haley Sims	2:10.16	2008	200 Ind. Med.	Vince Errichiello	2:09.13	2007
Maddy Sims	4:35.72	2010	400 Ind. Med.	Vince Errichiello	4:24.09	2007
K. Joyce, E. Arand	1:58.51	2011	200 Medley Relay	V. Errichiello C. Ozog	1:57.25	2006
D. Wick, E. Ricci				A. Pavesich J. Mueller		
G. Sims, M. Sims	4:10.01	2010	400 Medley Relay	V. Errichiello B. Jones	3:58.12	2007
K. Joyce, H. Kaufmann				J. Wang J. Mueller		
E. Buckley C. Cortesio	1:46.35	2007	200 Freestyle Relay	V. Errichiello A. Pavesich	1:42.45	2006
H. Sims K. Smith				J. Mueller V. Errichiello		
M. Sims, H. Kaufmann	3:41.05	2010	400 Freestyle Relay	J. Mueller J. Wang	3:31.94	2007
K. Joyce, G. Sims				B. Jones V. Errichiello		
G. Sims, H. Kaufmann	7:59.62	2010	800 Freestyle Relay	V. Errichiello B. Sims	7:53.31	2006
K. Joyce, M. Sims				A. Pavesich J. Mueller		

Girls			SENIOR	Boys		
Name	Time	Year	Event	Name	Time	Year
Haley Sims	23.40	2011	50 Freestyle	Mike Reed	21.14	2010
Haley Sims	50.47	2011	100 Freestyle	Mike Reed	46.22	2010
Adrienne Bicek	1:49.22	2009	200 Freestyle	Burke Sims	1:43.27	2007
Adrienne Bicek	4:50.26	2009	500 Freestyle	Ryan Downey	4:36.24	2009
Adrienne Bicek	10:05.04	2008	1000 Freestyle	Ryan Downey	9:28.91	2009
Adrienne Bicek	17:40.24	2007	1650 Freestyle	Ryan Downey	15:59.30	2009
Gabby Sims	55.90	2011	100 Backstroke	Vince Errichiello	53.00	2009
Gabby Sims	2:10.03	2011	200 Backstroke	Vince Errichiello	1:56.92	2010
Adrienne Bicek	1:04.56	2009	100 Breaststroke	Mike Reed	1:00.79	2010
Adrienne Bicek	2:17.02	2009	200 Breaststroke	Vince Errichiello	2:13.14	2010
Haley Sims	54.17	2010	100 Butterfly	Vince Errichiello	51.97	2010
Adrienne Bicek	1:56.56	2009	200 Butterfly	Elliott Bachelder	1:57.98	2010
Adrienne Bicek	2:00.61	2009	200 Ind. Med.	Vince Errichiello	1:57.60	2009
Adrienne Bicek	4:15.06	2009	400 Ind. Med.	Vince Errichiello	4:07.21	2009
C. Cortesio, E. Wiese	1:54.28	2010	200 Medley Relay	D. Mitchell, A. Barylowski	1:49.41	2009
A. Spivak, H. Sims				U. Rajan, D. Conrad		
C. Cortesio A. Bicek	3:52.24	2009	400 Medley Relay	V. Errichiello, Z. Heilman	3:35.11	2010
A. Spivak H. Sims				E. Batchelder, M. Reed		
H. Sims, G. Sims	1:36.55	2010	200 Freestyle Relay	M. Reed, V. Errichiello	1:27.91	2010
A. Spivak, C. Cortesio				E. Batchelder, Z. Heilman		
A. Bicek, C. Cortesio	3:31.07	2009	400 Freestyle Relay	P. Errichiello, M. Reed	3:13.68	2010
E. Buckley, H. Sims				E. Batchelder, V. Errichiello		
A. Spivak, H. Sims	7:34.73	2009	800 Freestyle Relay	B. Sims M. Lifka	7:20.85	2007
C. Cortesio, A. Bicek				M. Kalafut J. Pickering		