

Express Swim Team

- Long Course Team Records -

2010

Girls			8 & Under	Boys		
Name	Time	Year	Event	Name	Time	Year
Cat Cortesio	39.21	2001	50 Freestyle	Conor Ozog	41.78	2001
Melissa Troy	1:29.57	2010	100 Freestyle	Billy Troy	1:49.07	2006
Melissa Troy	3:19.28	2010	200 Freestyle	Mike Cortesio	3:47.63	2005
Melissa Troy	47.49	2010	50 Backstroke	Frank Errichiello	55.27	2008
Melissa Troy	1:37.34	2010	100 Backstroke	Frank Errichiello	1:59.73	2008
Angela Cusack	57.18	2000	50 Breaststroke	Colin McGovern	1:04.63	2007
Lindsay Mathys	2:35.16	2007	100 Breaststroke	Conor Ozog	2:02.74	2001
Melissa Troy	47.59	2010	50 Butterfly	Mike Cortesio	57.74	2005
Melissa Troy	2:04.14	2010	100 Butterfly			
Melissa Troy	3:47.08	2010	200 Ind. Med.			
			200 Medley Relay			
			200 Freestyle Relay			

Girls			9-10	Boys		
Name	Time	Year	Event	Name	Time	Year
Gabby Sims	31.68	2006	50 Freestyle	Matt Lifka	32.50	2003
Gabby Sims	1:08.57	2006	100 Freestyle	Vince Errichiello	1:11.50	2003
Maddy Sims	2:37.98	2006	200 Freestyle	Vince Errichiello	2:44.28	2003
Cat Cortesio	6:02.72	2003	400 Freestyle	Burke Sims	6:07.21	2001
Gabby Sims	40.63	2006	50 Backstroke	Frank Errichiello	39.63	2010
Gabby Sims	1:24.01	2006	100 Backstroke	Frank Errichiello	1:25.96	2010
Hillary Veselik	46.66	2003	50 Breaststroke	Matt Lifka	41.46	2002
Hillary Veselik	1:43.21	2006	100 Breaststroke	Matt Lifka	1:32.57	2002
Gabby Sims	34.57	2006	50 Butterfly	Matt Lifka	38.94	2002
Maddy Sims	1:22.80	2006	100 Butterfly	Burke Sims	1:36.26	2001
Maddy Sims	3:00.09	2006	200 Ind. Med.	Matt Lifka	3:03.36	2002
T. Kaenkumchorn, A. Bicek, K. Pavesich, C. Cortesio	2:50.06	2001	200 Medley Relay	CA. Ozog, M. Lifka B. Sims, CO. Ozog	2:48.91	2001
H.Sims, C. Cortesio, HA. Veselik, HI. Veselik	2:25.88	2003	200 Freestyle Relay	CA. Ozog, CO. Ozog B. Sims, M. Lifka	2:29.18	2001

Girls			11-12	Boys		
Name	Time	Year	Event	Name	Time	Year
Kierston Farley-Sepe	28.37	2010	50 Freestyle	Vince Errichiello	29.58	2005
Kierston Farley-Sepe	1:01.43	2010	100 Freestyle	Vince Errichiello	1:04.71	2005
Kierston Farley-Sepe	2:14.27	2010	200 Freestyle	Burke Sims	2:18.75	2003
			400 Freestyle	Burke Sims	4:50.22	2003
			1500 Freestyle	Vince Errichiello	20:31.91	2005
Kierston Farley-Sepe	33.00	2010	50 Backstroke	Peter Errichiello	36.52	2007
Kierston Farley-Sepe	1:15.41	2010	100 Backstroke	Vince Errichiello	1:20.62	2005
			200 Backstroke			
Megan McGovern	37.05	2007	50 Breaststroke	Matt Lifka	38.15	2003
Megan McGovern	1:23.94	2007	100 Breaststroke	Matt Lifka	1:24.23	2003
Sydney Lydon	3:23.94	2010	200 Breaststroke			
Kierston Farley-Sepe	30.13	2010	50 Butterfly	Vince Errichiello	33.87	2005
Kierston Farley-Sepe	1:07.09	2010	100 Butterfly	John Wang	1:17.81	2005
			200 Butterfly	Mike Cortesio	3:21.13	2009
Kierston Farley-Sepe	2:30.27	2010	200 Ind. Med.	Vince Errichiello	2:38.83	2005
Casey Dollard	6:45.31	2004	400 Ind. Med.			
			200 Medley Relay			
J.Gockman, M. McGovern G. Sims, M. Sims	5:11.62	2007	400 Medley Relay			
			200 Freestyle Relay			
M. Sims, M. McGovern J. Gockman, G. Sims	4:37.66	2007	400 Freestyle Relay	B. Sims, D. Conrad J. Wang, M. Lifka	5:43.11	2003

Girls			13-14	Boys		
Name	Time	Year	Event	Name	Time	Year
Gabby Sims	27.18	2010	50 Freestyle	Vince Errichiello	25.82	2007
Gabby Sims	58.90	2010	100 Freestyle	Vince Errichiello	56.78	2007
Maddy Sims	2:07.63	2010	200 Freestyle	Vince Errichiello	2:03.39	2007
Maddy Sims	4:33.71	2010	400 Freestyle	Vince Errichiello	4:25.60	2007
Maddy Sims	9:32.44	2010	800 Freestyle	Vince Errichiello	9:42.41	2007
Emma Buckley	20:57.25	2006	1500 Freestyle			
Gabby Sims	31.99	2010	50 Backstroke	Peter Errichiello	29.64	2009
Gabby Sims	1:07.62	2010	100 Backstroke	Peter Errichiello	1:03.19	2009
Gabby Sims	2:30.33	2010	200 Backstroke	Peter Errichiello	2:22.11	2009
Maddy Sims	40.63	2009	50 Breaststroke	Peter Errichiello	37.24	2009
Taylor Lifka	1:22.37	2009	100 Breaststroke	Peter Errichiello	1:14.06	2009
Taylor Lifka	2:57.56	2009	200 Breaststroke	Peter Errichiello	2:345.57	2009
Gabby Sims	28.99	2010	50 Butterfly			
Gabby Sims	1:04.28	2010	100 Butterfly	Burke Sims	1:05.35	2005
Maddy Sims	2:25.34	2010	200 Butterfly	Burke Sims	2:26.43	2005
Maddy Sims	2:24.53	2010	200 Ind. Med.	Vince Errichiello	2:21.56	2007
Maddy Sims	5:14.73	2010	400 Ind. Med.	Vince Errichiello	5:00.28	2007
D. Wick, K. Joyce G. Sims, M. Sims	2:16.44	2010	200 Medley Relay			
K. Joyce, E. Arand G. Sims, M. Sims	4:13.95	2010	400 Medley Relay			
M. Sims, G. Sims D. Wick, K. Joyce	1:57.72	2010	200 Freestyle Relay			
D. Wick, G. Sims M. Sims, K. Joyce	4:13.95	2010	400 Freestyle Relay			
M. Sims, K. Joyce D. Wick, G. Sims	9:07.93	2010	800 Freestyle Relay			

Girls			SENIOR	Boys		
Name	Time	Year	Event	Name	Time	Year
Haley Sims	25.94	2010	50 Freestyle	Mike Reed	24.41	2010
Haley Sims	26.05	2010	100 Freestyle	Mike Reed	54.74	2010
Adrienne Bicek	2:04.45	2008	200 Freestyle	Vince Errichiello	200.93	2008
Adrienne Bicek	4:18.69	2010	400 Freestyle	Ryan Downey	4:12.06	2009
Adrienne Bicek	9:02.57	2009	800 Freestyle	Ryan Downey	8:41.64	2008
Emma Buckley	18:17.34	2009	1500 Freestyle			
Lisa Boyce	31.09	2010	50 Backstroke	Vince Errichiello	28.82	2009
Lisa Boyce	1:06.54	2010	100 Backstroke	Peter Errichiello	1:01.34	2010
Lisa Boyce	2:27.16	2010	200 Backstroke	Vince Errichiello	2:16.41	2010
Haley Sims	36.56	2010	50 Breaststroke			
Adrienne Bicek	1:20.36	2009	100 Breaststroke	Mike Reed	1:10.15	2010
Adrienne Bicek	2:45.74	2008	200 Breaststroke	Zach Heilman	2:43.67	2010
Haley Sims	27.82	2009	50 Butterfly	Mike Reed	27.57	2010
Haley Sims	1:00.08	2010	100 Butterfly	Vince Errichiello	59.70	2010
Adrienne Bicek	2:10.42	2009	200 Butterfly	Elliott Batchelder	2:18.20	2010
Adrienne Bicek	2:17.46	2009	200 Ind. Med.	Vince Errichiello	2:14.16	2010
Adrienne Bicek	4:50.86	2009	400 Ind. Med.	Vince Errichiello	4:47.90	2010
L. Boyce, M. Webb K. Roeing, H. Sims	2:10.01	2010	200 Medley Relay	P. Errichiello, Z. Heilman V. Errichiello, M. Reed	1:57.01	2010
L. Boyce, A. Bicek A. Spivak, H. Sims	4:30.17	2010	400 Medley Relay	P. Errichiello, V. Errichiello E. Batchelder, M. Reed	4:06.84	2010
H. Sims, L. Boyce M. Webb, K. Roeing	1:52.41	2010	200 Freestyle Relay	P. Errichiello, M. Reed V. Errichiello, Z. Heilman	1:43.65	2010
A. Bicek, L. Boyce G. Sims, H. Sims	3:55.58	2010	400 Freestyle Relay	E. Batchelder, V. Errichiello P. Errichiello, M. Reed	3:43.87	2010
L. Boyce, M. Sims H. Sims, A. Bicek	8:38.14	2010	800 Freestyle Relay	E. Batchelder V. Errichiello P. Errichiello, M. Dukleth	8:37.10	2010