

Mixed Long Course Yard Relay Records								
Relay	72 - 99	100 - 119	120 - 159	160 - 199	200 - 239	240 - 279	280 - 319	320 - 359
200 free					2:19.18 1. Val Knight-Williams 2. Austin Lange 3. Sally Guthrie 4. Nick Barajas 8/2-4/2024			
200 medley					1. Austin Lange 2. Nick Barajas 3. Monic Carter 4. Sally Guthrie			
400 free					5:17.23 1. Val Knight-Williams 2. Austin Lange 3. Sally Guthrie 4. Nick Barajas 8/2-4/2024			
400 medley								
800 free								