

**Records Set at the Colonies Zone LCM Championships****June 24-26, 2011****Middlebury, Vermont**

<b>World Records</b>	<b>Team</b>	<b>Age Grp</b>	<b>Event</b>	<b>New Time</b>
Lynn Marshall	Carleton Univ - Ontario	50-54	800 Freestyle	9:38.04
Ian Smith	YMCA Montreal	70-74	50 Freestyle	28.35

<b>Canadian Records</b>	<b>Team</b>	<b>Age Grp</b>	<b>Event</b>	<b>New Time</b>
Lynn Marshall	Carleton Univ - Ontario	50-54	800 Freestyle	9:38.04
Lynn Marshall	Carleton Univ - Ontario	50-54	200 Freestyle	2:17.65
Lynn Marshall	Carleton Univ - Ontario	50-54	100 Backstroke	1:14.88
Ian Smith	YMCA Montreal	70-74	50 Freestyle	28.35
Ian Smith	YMCA Montreal	70-74	100 Freestyle	1:06.27
Ian Smith	YMCA Montreal	70-74	50 Butterfly	32.95
Erda Dillinger, Liliane Cardinal, Sheila Naiman, Mae Waldie	Pointe Claire Masters	280-319	400 Free Relay Women	7:08.88
Mae Waldie, Erda Dillinger, Liliane Cardinal, Sheila Naiman	Pointe Claire Masters	280-319	400 Medley Relay Women	8:25.81

<b>New England-LMSC Records</b>	<b>Club / Workout Group</b>	<b>Age Grp</b>	<b>Event</b>	<b>New Time</b>
Charlotte Bryne	NEM / Stowe	45-49	1500 Freestyle	20:26.79
Charlotte Bryne	NEM / Stowe	45-49	800 Freestyle	10:38.26
Katrine Alcaide	Maine	30-34	50 Breastroke	36.37
Katrine Alcaide	Maine	30-34	50 Freestyle	28.68
Katrine Alcaide	Maine	30-34		
Mark Alexander	NEM / Cambridge	50-54	200 Backstroke	2:33.35
Mark Alexander	NEM / Cambridge	50-54	100 Backstroke	1:10.94
Arnold Meardon	NEM / UV Rays	80-84	100 Freestyle	1:44.81
David Bright	NEM	55-59	400 IM	6:03.66
Cynthia Barton	NEM/ UV Rays	80-84	50 Backstroke	57.47
Fritz Bedbord	NEM/ UV Rays	45-49	50 Backstroke	28.25
Fritz Bedbord	NEM/ UV Rays	45-49	50 Butterfly	26.73
Fritz Bedbord	NEM/ UV Rays	45-49	100 Backstroke	1:02.65
Cheryl Kupan, Anne Uecker, Beth Fries, Mary Estabrook	Maine	200-239	400 Free Relay Women	4:56.15
Jon Millett, Bob Johnston, Alan Johnston, Robert Dudley	Maine	200-239	400 Free Relay Men	4:43.78
Bill Rupert, Beth Fries, Mary Estabrook, Philip Kerr	Maine	240-279	400 Medley Relay Mixed	6:40.15

**Meet Records**

114 Individual Meet Records

7 Relay Meet Records