

Lakeland Christian School Swimming & Diving Records

200 MEDLEY RELAY – BOYS

1. Derek Andersen, Hayden Patteson, Carson Knox, Jamie Aspinwall (2013) 1:54.12
2. Nathan Lain, Landon Miles, Luke Yrastorza, Dallas Connell (2010) 1:55.12
3. Nathan Lain, Landon Miles, Luke Yrastorza, Josh McGaffigan (2009) 1:55.48
4. Doug Burt, Dustin Boudin, Glenn Warner, Jun Cabigas (1994) 1:55.76
5. Alex Vondran, Logan DiMotta, Maverick Gordon, Carson Rogers (2016) 1:57.17

200 MEDLEY RELAY – GIRLS

1. Courtney Chastain, Megan Frost, Kristin Norton, Leslie Schichtel (2004) 1:59.46
2. Brittany Frost, Megan Frost, Lauren Kolakowski, Kristin Norton (2000) 1:59.74
3. Sarah Beth Clement, Megan Frost, Kristin Norton, Leslie Schichtel (2004) 2:00.31
4. Bay Conference (2000) 2:00.66
5. Ly Velez, Rachel Munson, Lindsey Smith, Saran Mora (2009) 2:01.08

200 FREE – BOYS

1. Carson Knox (2013) 1:55:30
2. Stanley Lim (1988) 1:55.33
3. Brian Bohorquez (2025) 1:58.66
4. Caleb Cribb (2020) 2:01.63
5. Glenn Warner (1996) 2:02.40
6. Matt Sylvester (1997) 2:02.57
7. Kevin Rivera (2020) 2:02.76
8. Derek Andersen (2013) 2:03.62
9. Maverick Gordon (2016) 2:06.12
10. Joel Green (2000) 2:09.29

200 FREE – GIRLS

1. Julie Jerue (1994) 1:52.54
2. Kristin Norton (2003) 1:59.82
2. Lisa Neal (1988) 2:00.90
4. Stephanie Pryor (1993) 2:03.69
5. Ly Velez (2008) 2:06.61
6. Chloe Wineinger (2013) 2:11.59
7. Brittany Frost (1996) 2:12.41
8. Roni Cabigas (1997) 2:14.17
9. Sarah Mora (2009) 2:14.77
10. Sarah Beth Clement (2003) 2:17.31

200 IM – BOYS

1. Carson Knox (2014) 2:05.18
2. Stanley Lim (1988) 2:09.84
3. Brad Cariaga (1989) 2:17.92
4. Matt Sylvester (1997) 2:18.02
5. Luke Yrastorza (2009) 2:23.68
6. Logan DiMotta (2016) 2:24.45
7. Jun Cabigas (1993) 2:25.94
8. Chris Sylvester (2000) 2:31.91
9. Nathan Lain (2009) 2:37.08
10. Jonathan Hehn (1996) 2:37.68

200 IM – GIRLS

1. Rachel Munson (2009) 2:15.03
2. Kristin Norton (2003) 2:17.70
3. Brittany Frost (1998) 2:20.01
4. Chloe Wineinger (2014) 2:24.29
5. Stephanie Pryor (1993) 2:24.50
6. Sarah Beth Clement (2004) 2:25.03
7. Megan Frost (2004) 2:25.03
8. Lisa Neal (1988) 2:25.07
9. Lauren Kolakowski (2001) 2:26.62
10. Lymaries Velez (2007) 2:28.91

50 FREE – BOYS

1. Carson Knox (2014) 22.77
2. Daniel Evans (2018) 23.41
3. Stanley Lim (1987) 23.60
4. Adam Ellis (2000) 23.90
5. Josh McGaffigan (2009) 24.06
6. Sam Houghton (2025) 24.04
7. Tim Green (2005) 24.07
8. Will Harrell (2004) 24.12
9. Jackson Burcham (2023) 24.28
10. Doug Burt (1994) 24.32

100 BUTTERFLY – BOYS

1. Carson Knox (2014) 53.63
2. Doug Burt (1994) 57.75
3. Stanley Lim (1988) 59.76
4. Matt Sylvester (1997) 1:00.05
5. Luke Yrastorza (2009) 1:01.03
6. Wesley Barlow (2005) 1:01.06
7. Jamie Aspinwall (2013) 1:01.07
8. Brad Cariaga (1989) 1:02.48
9. Daniel Evans (2018) 1:02.85
10. Adam Ellis (1999) 1:06.28

100 FREE – BOYS

1. Carson Knox (2014) 50.63
2. Stanley Lim (1988) 51.42
3. Daniel Evans (2018) 52.53
4. Maverick Gordon (2016) 53.88
5. Will Harrell (2004) 53.90
6. Josh McGaffigan (2009) 54.43
7. Kevin Rivera (2020) 54.45
8. Jun Cabigas (1994) 54.53
9. Joel Green (2002) 54.68
10. Sam Houghton (2025) 54.74

50 FREE – GIRLS

1. Kristin Norton (2004) 24.93
2. Lauren Kolakowski (2000) 25.19
3. Tori Green (2015) 25.72
4. Claire Scarborough (2024) 25.88
5. Lisa Neal (1989) 26.08
6. Michelle Peeples (1993) 26.21
7. Quinn Reese (2025) 26.36
8. Katie Bowden (1996) 26.42
9. Julie Jerue (1999) 26.56
10. Sarah Mora (2010) 26.63

100 BUTTERFLY – GIRLS

1. Rachel Munson (2009) 58.11
2. Kristin Norton (2002) 1:00.41
3. Ly Velez (2008) 1:01.68
4. Brittany Frost (1999) 1:01.78
5. Megan Frost (2003) 1:04.03
6. Julie Jerue (1994) 1:06.47
7. Katie Bowden (1996) 1:07.44
8. Lauren Kolakowski (1999) 1:08.04
9. Stephanie Pryor (1999) 1:08.15
10. Lisa Neal (1988) 1:08.57

100 FREE – GIRLS

1. Stephanie Pryor (1993) 55.22
2. Kristin Norton (2003) 55.38
3. Kate Scarborough (2023) 55.68
4. Lisa Neal (1989) 56.18
5. Julie Jerue (1999) 56.58
6. Brittany Frost (2001) 58.09
7. Tori Green (2015) 58.09
8. Katie Bowden (1996) 58.52
9. Sarah Mora (2011) 59.00
10. Megan Frost (2001) 59.58

500 FREE – BOYS

1. Carson Knox (2014) 5:10.63
2. Brian Bohorquez (2025) 5:15.47
3. Stanley Lim (1988) 5:18.34
4. Derek Andersen (2013) 5:36.46
5. Adam Ellis (2000) 5:37.73
6. Caleb Cribb (2020) 5:39.16
7. Brad Cariaga (1989) 5:47.49
8. Matt Sylvester (1997) 5:51.65
9. Matthew Meeks (1989) 5:56.04
10. Joel Green (2002) 6:05.13

500 FREE – GIRLS

1. Julie Jerue (1995) 5:16.73
2. Kristin Norton (2001) 5:26.08
3. Lisa Neal (1988) 5:27.41
4. Katie Bowden (1996) 5:27.86
5. Stephanie Pryor (1999) 5:29.48
6. Brittany Frost (1999) 5:39.70
7. Chloe Wineinger (2013) 5:52.61
8. Roni Cabigas (1997) 6:06.53
9. Megan Frost (2001) 6:07.31
10. Lauren Kolakowski (1999) 6:18.60

200 FREE RELAY – BOYS

1. Jamie Aspinwall, Hayden Patteson, Derek Andersen, Carson Knox (2013) 1:40.07
1. Maverick Gordon, Gannon Martin, Logan DiMotta, Carson Rogers (2016) 1:40.07
3. Luke Yrastorza, Nathan Lain, Landon Miles, Dallas Connell (2010) 1:40.86
4. Wesley Barlow, Jordan Burrows, Tim Green, Will Harrell (2004) 1:41.18
5. Kevin Rivera, Carter Sandman, Luke Jones, Caleb Cribb (2020) 1:42.17

200 FREE RELAY – GIRLS

1. Brittany Frost, Megan Frost, Lauren Kolakowski, Kristin Norton (2001) 1:45.07
2. Sarah Beth Clement, Brittany Frost, Lauren Kolakowski, Kristin Norton (2001) 1:46.13
3. Brittany Frost, Maggie Hehn, Lauren Kolakowski, Kristin Norton (1999) 1:47.37
4. Sarah Beth Clement, Megan Frost, Leslie Schichtel, Kristin Norton (2004) 1:48.04
5. Megan Frost, Kristin Norton, Sarah Beth Clement, Katherine Schichtel (2002) 1:48.43

100 BACK - BOYS

1. Carson Knox (2014) 54.62
2. Stanley Lim (1988) 59.76
3. Glenn Warner (1996) 1:02.20
4. Derek Andersen (2013) 1:04.10
5. Nathan Lain (2009) 1:05.94
6. Brad Cariaga (1989) 1:08.34
7. Jordan Burrows (2004) 1:08.67
8. Jared Williams (2001) 1:10.15
9. Dustin Boudin (1995) 1:10.82
10. Mitchell Davis (2013) 1:11.36

100 BACK – GIRLS

1. Julie Jerue (1994) 56.84
2. Chloe Wineinger (2014) 1:05.50
3. Ly Velez (2007) 1:05.80
4. Katie Bowden (1996) 1:06.66
5. Megan Frost (2002) 1:06.95
6. Hannah Giddings (2012) 1:08.37
7. Brittany Frost (1997) 1:09.61
8. Gaines Griffin (2007) 1:10.50
9. Tori Green (2013) 1:10.88
10. Kristin Norton (1999) 1:10.96

100 BREAST – BOYS

1. Stanley Lim (1988) 1:08.75
2. Matt Sylvester (1997) 1:09.19
3. Jun Cabigas (1993) 1:09.28
4. Carson Knox (2014) 1:11.09
5. Chris Sylvester (2000) 1:10.01
6. Jonathan Hehn (1996) 1:12.18
7. Brad Cariaga (1989) 1:12.90
8. Landon Miles (2008) 1:14.72
9. Hayden Patteson (2014) 1:15.52
10. Eric Antonius (1989) 1:15.91

100 BREAST – GIRLS

1. Rachel Munson (2007) 1:06.68
2. Lauren Kolakowski (2000) 1:12.01
3. Leslie Schichtel (2005) 1:15.03
4. Brittany Frost (1999) 1:15.56
5. Shantelle Vaille (1993) 1:16.50
6. Lymaries Velez (2012) 1:18.70
7. Ashley Attaway (2004) 1:19.30
8. Sarah Beth Clement (2002) 1:19.60
9. Meredith Munson (2009) 1:20.49
10. Molly Ussery (1997) 1:20.81

400 FREE RELAY – BOYS

1. Luke Yrastorza, Dallas Connell, Nathan Lain, Josh McGaffigan (2009) 3:36.76
2. Isaac Green, Carson Rogers, Logan DiMotta, Maverick Gordon (2016) 3:47.00
3. Benji Christensen, Adam Ellis, Joel Green, Brett Register(1999)3:51.24
4. Doug Burt, Jun Cabigas, Dustin Boudin, Glenn Warner (1994)3:51.41
5. Kevin Rivera, Carter Sandman, Luke Jones, Caleb Cribb (2020) 3:51.50

400 FREE RELAY – GIRLS

1. Julie Jerue, Stephanie Pryor, Michelle Peeples, Heather Betz (1993) 4:01.69
2. Katherine Schichtel, Megan Frost, Kristin Norton, Sarah Beth Clement (2003)4:04.54
3. Tori Green, Stephanie Powers, Chloe Wineinger, Hannah Giddings (2012) 4:04.55
4. Amber Terry, Michelle Peeples, Stephanie Pryor, Julie Jerue (1993) 4:07.38
5. Julie Jerue, Michelle Peeples, Kellie Lane, Roni Cabigas (1994) 4:07.95

GIRLS DIVING

1. Lauren Urban (2006) 413.10
2. Beth Wilsman (2006) 318.10
3. Robyn Radford (2000) 313.90
4. Colleen Kirby (2001) 286.00
5. Caroline McKeel (2024) 273.35
6. Amber Tario (2000) 243.30
7. Ashlee Lane (2000) 223.25
8. Kara Leistner (2001) 194.15
9. Hayley Shortt (2001) 192.25
10. Megan Radford (2000) 135.00

BOYS DIVING

1. Stephen Mutz (2014) 441.15
2. Mitch Devore (2011) 422.70
3. Chase Russell (2013) 377.10
4. Branden Allen (2016) 317.00
5. Remington Musick (2017) 297.65
6. Peyton Wells (2013) 237.65
7. Isaac Green (2016) 231.70
8. Luke Albritton (2016) 257.85
9. Jacob Maguire (2001) 150.65
10. Daniel Firmin (2009) 131.25