

# SMHS KNIGHTS SWIMMING DIVING TEAM RECORDS

WOMENS	TIME	YEAR	EVENT	MENS	TIME	YEAR
LINDSAY LADMAN	1:51.16	2016	<b>200 FREESTYLE</b>	ADAM LADMAN	1:38.82	2021
CASSIDY ALLISON	2:02.54	2023	<b>200 INDIVIDUAL MEDLEY</b>	AIDAN SIMPSON	1:48.88	2021
KAYLIN McCORMICK	23.82	2021	<b>50 FREESTYLE</b>	TIM SICILANO	21.90	1998
NICOLE PARMENTER	54.79	2010	<b>100 BUTTERFLY</b>	JACOB CAIRNS	49.29	2023
LAUREN PUTNAM	4:57.74	2023	<b>500 FREESTYLE</b>	TIM SICILANO	4:21.10	1998
CASSIDY ALLISON	51.62	2023	<b>100 FREESYTL</b>	ADAM LADMAN	45.92	2021
NICOLE PARMENTER	54.55	2009	<b>100 BACKSTROKE</b>	JACOB CAIRNS	52.71	2023
JESSICA PARMENTER	1:05.71	2014	<b>100 BREASTSTROKE</b>	AIDAN SIMPSON	55.81	2021
G.ESPOSITO, L. PUTNAM, C. ALLISON, C. LE	1:45.84	2023	<b>200 MEDLEY RELAY</b>	A. LADMAN, A. SIMPSON, JOEY CAIRNS, A. DEL CASTILLO	1:34.41	2021
C. ALLISON, L. PUTNAM G. ESPOSITO, C. LE	1:38.32	2023	<b>200 FREESTYLE RELAY</b>	JOEY CAIRNS, A. TOLEDO, A. DEL CASTILLO, N. HONG	1:28.08	2022
L. PUTNAM, M.McCORMICK G. ESPOSITO,C. ALLISON	3:30.62	2023	<b>400 FREESTYLE RELAY</b>	N. HONG, A. TOLEDO A. LADMAN, A. SIMPSON	3:11.66	2021
LAUREN KUDO	256.10	2023	<b>6 DIVES 1 METER</b>	MASON SHIN	303.25	2023
LAUREN KUDO	394.15	2023	<b>11 DIVES 1 METER</b>	MASON SHIN	448.05	2023