

When known, previous records are provided immediately beneath current record. "\*" indicates Prince William County record time.

MBW Neighborhood Records - Boys					
8U	25 Free	16.86	7/28/07	Sam Pomajevich	Divisionals
	25 Back	20.84	7/30/05	Kenneth Parker	at Divisionals
	25 Breast	24.27	7/02/05	Peter Pomajevich	at Kingsbrooke
	25 Fly	16.92* 20.90	6/16/07 6/29/03	Sam Pomajevich Michael Cornwell	at Ridgewood at Stonewall
	100 Free Relay	1:16.70	7/28/07	F. Fearson, C. Bellamy, B. Russo, S. Pomajevich	Divisionals
	100 Medley Relay	1:30.02	7/30/05	K. Parker, E. Vanderzyl, P. Pomajevich, K. Weinberg	Divisionals
10U	50 Free	34.38	7/30/05	Matthew Pomajevich	Divisionals
	50 Back	37.88 41.55 43.47	7/21/07 6/24/06 2001	Kenneth Parker Kenneth Parker Eric Sargent	vs. Dale City vs. Wellington at Virginia Oaks
	50 Breast	46.98	6/30/07	Peter Pomajevich	at Wellington
	25 Fly	16.44	7/19/08	Sam Pomajevich	vs. Westridge
	100 Free Relay	1:07.73  1:10.42	7/31/10  7/30/05	C. Bellamy, R. Peterson, J. Baumstark, M. Derderian  M. Cornwell, M. Surkamp, T. Hajec, M. Pomajevich	Divisionals  Divisionals
	100 Medley Relay	1:20.51	7/15/06	K. Parker, K. Olsen, N. Vaccaro, P. Pomajevich	Divisionals
	100 IM	1:30.23	7/21/07	Kenneth Parker	vs. Dale City
12U	50 Free	29.96 32.15	7/28/07 6/29/03	Matthew Pomajevich Eric Sargent	Divisionals at Stonewall
	50 Back	36.20 37.03 39.53	7/24/10 7/12/08 6/29/03	Matthew Healey Kenneth Parker Eric Sargent	vs Veterans Pk at Wellington at Stonewall
	50 Breast	40.71	7/19/08	Sean Rouffa	vs. Westridge
	50 Fly	34.66 36.02	7/31/10 7/30/05	Matthew Healey Corbin Foucart	Divisionals Divisionals
	100 IM	1:19.64	6/23/07	Matthew Pomajevich	vs. Kingsbrooke
	100 Free Relay	1:01.32	7/31/10	H. Herbert, D. Smith, B. Cudahy, M. Healey  C. Foucart, E. Koob, T. Lang, C. Hagen	Divisionals

MBW Team Records

		1:01.46	7/30/05		Divisionals
	100 Medley Relay	1:09.98	7/02/05	J. Cornwell, T. Heckman, C. Hagen, C. Foucart	at Kingsbrooke
		1:15.48	7/17/04	Devin Wright, Cougar Hagen, Corgin Foucart, Joe Cornwell	at Ridgewood
14U	50 Free	27.74	7/28/07	Cougar Hagen	Divisionals
		31.16	6/24/00	Brandon Czarny	at FAST
	50 Back	33.77	6/19/10	Kevin Olsen	at Wellington
		34.24	7/09/05	Eric Sargent	vs. Montclair
	50 Breast	36.65	7/24/10	Sean Rouffa	vs Veterans Pk
		36.84	6/25/05	Eric Sargent	vs. Ashland
		40.77	6/24/00	Brandon Czarny	at FAST
	50 Fly	31.89	6/25/05	Eric Sargent	vs. Ashland
		38.43	6/24/00	Brandon Czarny	at FAST
	100 IM	1:11.51	7/30/05	Eric Sargent	Divisionals
		1:16.24	7/17/04	Nicolas Gonzalez	vs. Ridgewood
	200 Free Relay	2:00.19	6/26/10	Kevin Olsen, Sean Rouffa, Tanner Curry, Michael Weiser	at Bridlewood
		2:00.96	7/28/07	T. Lang, E. Koob, J. Cornwell, C. Hagen	Divisionals
		2:06.75	2006	Trevor Heckman, Eric Koob, Ty Lang, Cougar Hagen	
	200 Medley Relay	2:18.92	7/3/10	Kevin Olsen, Sean Rouffa, Nicholas Vaccaro, Tanner Curry	at Brookside
		2:22.44	7/18/09	Kevin Olsen, Sean Rouffa, Kyle Alonge, Joshua Feshari	vs. Ridgewood
		2:23.63	7/21/07	J. Cornwell, C. Hagen, E. Koob, T. Lang	vs. Dale City
18U	50 Free	26.02	7/25/09	Eric Sargent	Divisionals
		26.47	6/14/08	Eric Sargent	at Ridgewood
	50 Back	32.18	7/30/11	Mike Weiser	Divisionals
		32.32	7/14/07	Joe Cornwell	at Ashland
		34.58	7/1/06	Eric Sargent	at Ridgewood
	50 Breast	34.02	7/11/09	Eric Sargent	vs. Dominion Valley
		34.09	7/29/06	Eric Sargent	vs. Vet Park
	50 Fly	28.28	7/25/09	Eric Sargent	Divisionals
		29.38	7/22/06	Eric Sargent	vs. Vet Park
	100 IM	1:07.43	7/23/11	Trevor Heckman	vs. Montclair
		1:07.59	6/28/08	Eric Sargent	vs. Ashland
	200 Free Relay	1:48.93	7/23/11	P. Heil, J. Feshari, M.Weiser, T. Heckman	vs. Montclair
		1:50.15	7/25/09	Andrew Gambarani, Sean Gambarani, Cougar Hagen, Eric Sargent	Divisionals

		1:54.88	7/21/07	E. Sargent, T. Lang, A. Gambarani, C.Hagen	
		2:04.10	6/24/06	Brett Spencer, Richard Arena, E. Sargent, A. Gambarani	at Ridgewood
		2:07.54	2004	Gonzales, Sargent, Norris, Wright	vs Wellington
					at Montclair
	200 Medley Relay	2:01.50	6/21/08	K. Alonge, T. Land, N. Marsilio, Eric Sargent	Divisionals
		2:23.63	7/22/06	E. Sargent, C. Hagen, A. Gambarani, T. Lang	at Ridgewood

MBW Neighborhood Records - Girls					
8U	25 Free	17.32	7/13/02	Courtney Mizerak	Vs. LakeManassas
	25 Back	20.13	6/24/00	Leanne Ralph	at FAST
	25 Breast	21.72*	7/27/02	Courtney Mizerak	Divisionals
	25 Fly	17.72*	7/27/02	Courtney Mizerak	Divisionals
	100 Free Relay	1:20.8	7/22/00	E. Hagen, G. Mizerak, L. Ralph, R. Lund	Vs. MSST
	100 Medley Relay	1:30.02	7/30/05	K. Parker, E. Vanderzyl, P. Pomajevich, K. Weinberg	Divisionals
10U	50 Free	32.28*	7/31/04	Courtney Mizerak	Divisionals
		35.03	7/20/02	Leanne Ralph	vs. Westridge
	50 Back	38.74	7/10/04	Courtney Mizerak	vs. Ashland
		38.81	7/20/02	Leanne Ralph	vs. Westridge
	50 Breast	45.01	6/26/04	Courtney Mizerak	Vs. Montclair
	25 Fly	15.94	7/31/04	Courtney Mizerak	Divisionals
	100 Free Relay	1:03.00*	7/20/02	E. Hagen, G. Mizerak, R. Lund, L. Ralph	Vs. Westridge
	100 Medley Relay	1:13.44	7/20/02	L. Ralph, E. Hagen, G. Mizerak, R. Lund	Vs. Westridge
	100 IM	1:23.21	7/31/04	Courtney Mizerak	Divisionals
12U	50 Free	30.82	6/29/02	Kali Gaskill	Vs. Ashland
	50 Back	34.72	7/20/02	Kali Gaskill	Vs. Westridge
	50 Breast	38.26	7/01/06	Courtney Mizerak	at Ridgewood

	50 Fly	33.78 33.82	6/24/06 7/20/02	Courtney Mizerak Kali Gaskill	Vs. Wellington Vs. Westridge
	100 IM	1:17.66	7/22/06	Courtney Mizerak	at Ashland
	100 Free Relay	1:00.22	7/21/01	C. Ralph, S. Baumgartner, J. Lyons, C. Redmond	at Virginia Oaks
	100 Medley Relay	1:08.28	7/31/04	M. Ferrone, E. Hagen, G. Mizerak, R. Lund	Divisionals
14U	50 Free	28.57	7/29/06	Gabrielle Mizerak	Divisionals
	50 Back	33.30 33.52	6/24/06 2005	Gabrielle Mizerak Gabrielle Mizerak	Vs. Wellington unknown
	50 Breast	39.90 40.06	7/10/10 6/24/00	Lauren Sargent Kelly Goggins	vs. Ashland at FAST
	50 Fly	30.67	7/29/06	Gabrielle Mizerak	at Ashland
	100 IM	1:12.07	7/08/06	Gabrielle Mizerak	Vs. Urbanna
	200 Free Relay	2:02.88	6/17/06	R. Lund, M. Ferrone, K. Gully, G. Mizerak	Divisionals
	200 Medley Relay	2:21.29	7/23/05	R. Lund, M. Ferrone, E. Hagen, G. Mizerak	Divisionals
18U	50 Free	29.00 29.22	7/30/11 7/28/07	Courtney Mizerak Rachel Lund	Divisionals Divisionals
	50 Back	32.53 34.75	6/25/11 6/23/07	Courtney Mizerak Melissa Ferrone	at Wellington vs. Kingsbrooke
	50 Breast	34.99 39.64 39.77	7/30/11 7/31/10 7/21/01	Courtney Mizerak Rachel Lund Kelly Goggins	Divisionals Divisionals at Virginia Oaks
	50 Fly	30.75 32.45 33.04 33.14	7/2/11 6/25/11 7/31/10 7/26/08	Courtney Mizerak Lauren Sargent Rachel Lund Rachel Lund	vs. Virginia Oaks at Wellington Divisionals Divisionals
	100 IM	1:10.47 1:15.78	7/30/11 7/19/08	Courtney Mizerak Rachel Lund	Divisionals vs. Westridge
	200 Free Relay	2:01.22  2:03.79  2:06.06	7/30/11  6/25/11  6/14/08	R. Baumstark, C. Mizerak, L. Sargent, A. Rouffa  R. Baumstark, L. Sargent, L. Sterling, C. Mizerak  M. Ferrone, R. Heck, M. Sterling, R. Lund	Divisionals  vs. Dale City  at Ridgewood
	200 Medley Relay	2:15.45  2:20.33  2:26.00	7/30/11  6/25/11  6/14/08	R. Baumstark, C. Mizerak, L. Sargent, A. Rouffa  R. Baumstark, L. Sargent, L. Sterling, C. Mizerak  M. Ferrone, R. Lund, M. Sterling, R. Heck	Divisionals  vs. Dale City  at Ridgewood