

Men's Long Course American Records as of August 2, 2009

EVENT	SWIMMER	TIME	DATE	LOCATION
50 Free	Cullen Jones	21.40sf	31-Jul-09	Rome, Italy
Splits	21.40			
100 Free	David Walters	47.33	30-Jul-09	Rome, Italy
Splits	22.78, 47.33 (24.55)			
200 Free	Michael Phelps	1:42.96	12-Aug-08	Beijing, China
Splits	24.31, 50.29 (25.98), 1:16.84 (26.55), 1:42.96 (26.12)			
400 Free	Larsen Jensen	3:42.78	10-Aug-08	Beijing, China
Splits	26.59, 54.86 (28.27), 1:23.44 (28.58), 1:51.91 (28.47), 2:20.10 (28.19), 2:48.07 (27.97), 3:15.53 (27.46), 3:42.78 (27.25)			
800 Free	Larsen Jensen	7:45.63	27-Jul-05	Montreal, Canada
Splits	27.05, 56.13 (29.08), 1:25.55 (29.42), 1:55.07 (29.52), 2:24.57 (29.50), 2:54.19 (29.62), 3:23.56 (29.37), 3:53.04 (29.48), 4:22.36 (29.32), 4:51.68 (29.32), 5:21.00 (29.32), 5:50.40 (29.40), 6:19.70 (29.30), 6:48.83 (29.13), 7:17.72 (28.89), 7:45.63 (27.91)			
1500 Free	Larsen Jensen	14:45.29	21-Aug-04	Athens, Greece
Splits	27.76, 57.28 (29.52), 1:27.28 (30.00), 1:57.18 (29.90), 2:27.10 (29.92), 2:56.96 (29.86), 3:26.91 (29.95), 3:56.74 (29.83), 4:26.76 (30.02), 4:56.68 (29.92), 5:26.32 (29.64), 5:56.02 (29.70), 6:25.78 (29.76), 6:55.36 (29.58), 7:24.77 (29.41), 7:54.58 (29.81), 8:23.89 (29.31), 8:53.47 (29.58), 9:22.79 (29.32), 9:52.28 (29.49), 10:21.77 (29.49), 10:51.14 (29.37), 11:20.49 (29.35), 11:50.20 (29.71), 12:19.49 (29.29), 12:49.06 (29.57), 13:18.30 (29.24), 13:47.48 (29.18), 14:16.73 (29.25), 14:45.29 (28.56)			
50 Back	Randall Bal	24.33	5-Dec-08	Eindhoven, The Netherlands
Splits	24.33			
100 Back	Aaron Peirsol	51.94	8-Jul-09	Indianapolis, USA
Splits	25.35, 51.94 (26.59)			
200 Back	Aaron Peirsol	1:51.92	31-Jul-09	Rome, Italy
Splits	26.52, 54.90 (28.38), 1:23.30 (28.40), 1:51.92 (28.62)			
50 Breast	Mark Gangloff	26.86	29-Jul-09	Rome, Italy
Splits	26.86			
100 Breast	Eric Shanteau	58.96sf	26-Jul-09	Rome, Italy
Splits	28.02, 58.96 (30.94)			
200 Breast	Eric Shanteau	2:07.42sf	30-Jul-09	Rome, Italy
Splits	29.10, 1:01.69 (32.59), 1:34.72 (33.03), 2:07.42 (32.70)			
50 Fly	Bryan Lundquist	22.91sp	18-Jul-09	Knoxville, USA
Splits	22.91			
100 Fly	Michael Phelps	49.82	1-Aug-09	Rome, Italy
Splits	23.36, 49.82 (26.46)			
200 Fly	Michael Phelps	1:51.51	29-Jul-09	Rome, Italy
Splits	24.76, 52.88 (28.12), 1:21.93 (29.05), 1:51.51 (29.58)			
200 IM	Ryan Lochte	1:54.10	30-Jul-09	Rome, Italy
Splits	24.72, 53.20 (28.48), 1:26.28 (33.08), 1:54.10 (27.82)			
400 IM	Michael Phelps	4:03.84	10-Aug-08	Beijing, China
Splits	25.73, 54.92 (29.19), 1:26.29 (31.37), 1:56.49 (30.20), 2:31.26 (34.77), 3:07.05 (35.79), 3:35.99 (28.94), 4:03.84 (27.85)			
RELAYS				
400 FR	United States	3:08.24	11-Aug-08	Beijing, China
	Michael Phelps	47.51		
	Garrett Weber-Gale	47.02		
	Cullen Jones	47.65		
	Jason Lezak	46.06		
800 FR	United States	6:58.55	31-Jul-09	Rome, Italy
	Michael Phelps	1:44.49		
	Ricky Berens	1:44.13		
	David Walters	1:45.47		
	Ryan Lochte	1:44.46		
400 MR	United States	3:27.28	2-Aug-09	Rome, Italy
	Aaron Peirsol	52.19		
	Eric Shanteau	58.57		
	Michael Phelps	49.72		
	David Walters	46.80		

Women's Long Course American Records as of August 7, 2009

EVENT	SWIMMER	TIME	DATE	LOCATION
50 Free	Dara Torres	24.07	17-Aug-08	Beijing, China
Splits	24.07			
100 Free	Amanda Weir	53.02sf	30-Jul-09	Rome, Italy
Splits	26.26, 53.02 (26.76)			
200 Free	Allison Schmitt	1:54.96	29-Jul-09	Rome, Italy
Splits	27.54, 56.31 (28.77), 1:25.73 (29.42), 1:54.96 (29.23)			
400 Free	Katie Hoff	4:02.20	16-Feb-08	Columbia, USA
Splits	28.71, 58.80 (30.09), 1:29.33 (30.53), 1:59.69 (30.36), 2:29.89 (30.20), 3:00.39 (30.50), 3:31.32 (30.93), 4:02.20 (30.88)			
800 Free	Janet Evans	8:16.22	20-Aug-89	Tokyo, Japan
Splits	1:00.20, 2:02.53 (1:02.33), 3:05.12 (1:02.59), 4:07.92 (1:02.80), 5:10.27 (1:02.35), 6:12.82 (1:02.55), 7:15.44 (1:02.62), 8:16.22 (1:00.78)			
1500 Free	Kate Ziegler	15:42.54	17-Jun-07	Mission Viejo, USA
Splits	29.23, 1:00.49 (31.26), 1:32.09 (31.60), 2:03.46 (31.37), 2:35.17 (31.71), 3:06.74 (31.57), 3:38.34 (31.60), 4:09.87 (31.53), 4:41.41 (31.54), 5:13.01 (31.60), 5:44.80 (31.79), 6:16.48 (31.68), 6:48.07 (31.59), 7:19.63 (31.56), 7:51.06 (31.43), 8:22.57 (31.51), 8:53.91 (31.34), 9:25.42 (31.51), 9:57.07 (31.65), 10:28.74 (31.67), 11:00.19 (31.45), 11:31.70 (31.51), 12:03.42 (31.72), 12:35.17 (31.75), 13:06.55 (31.38), 13:38.54 (31.99), 14:10.13 (31.59), 14:41.85 (31.72), 15:13.27 (31.42), 15:42.54 (29.27)			
50 Back	Hayley McGregory	27.80	7-Jun-08	Austin, USA
Splits	27.80			
100 Back	Natalie Coughlin	58.94r	17-Aug-08	Beijing, China
Splits	28.39, 58.94 (30.55)			
200 Back	Margaret Hoelzer	2:06.09	5-Jul-08	Omaha, USA
Splits	30.57, 1:02.17 (31.60), 1:34.02 (31.85), 2:06.09 (32.07)			
50 Breast	Jessica Hardy	29.80sp	7-Aug-09	Federal Way, USA
Splits	29.80			
100 Breast	Jessica Hardy	1:04.45	7-Aug-09	Federal Way, USA
Splits	29.80, 1:04.45 (34.65)			
200 Breast	Rebecca Soni	2:20.22	15-Aug-08	Beijing, China
Splits	32.17, 1:07.46 (35.29), 1:43.70 (36.24), 2:20.22 (36.52)			
50 Fly	Dara Torres	25.50tt	11-Jul-09	Indianapolis, USA
Splits	25.50			
100 Fly	Dana Vollmer	56.94	27-Jul-09	Rome, Italy
Splits	26.85, 56.94 (30.09)			
200 Fly	Mary DeScenza	2:04.14p	29-Jul-09	Rome, Italy
Splits	28.79, 1:00.57 (31.78), 1:32.49 (31.92), 2:04.14 (31.65)			
200 IM	Ariana Kukors	2:06.15	27-Jul-09	Rome, Italy
Splits	27.72, 59.24 (31.52), 1:36.13 (37.07), 2:06.15 (29.84)			
400 IM	Katie Hoff	4:31.12	29-Jun-08	Omaha, USA
Splits	30.10, 1:03.69 (33.59), 1:39.16 (35.47), 2:13.33 (34.17), 2:50.78 (37.45), 3:28.65 (37.87), 3:59.66 (31.01), 4:31.12 (31.46)			
RELAYS				
400 FR	United States	3:34.33	10-Aug-08	Beijing, China
	Natalie Coughlin	54.00		
	Lacey Nymeyer	53.91		
	Kara Lynn Joyce	53.98		
	Dara Torres	52.44		
800 FR	United States	7:42.56	30-Jul-09	Rome, Italy
	Dana Vollmer	1:55.29		
	Lacey Nymeyer	1:57.88		
	Ariana Kukors	1:55.18		
	Allison Schmitt	1:54.21		
400 MR	United States	3:53.30	17-Aug-08	Beijing, China
	Natalie Coughlin	58.94		
	Rebecca Soni	1:05.95		
	Christine Magnuson	56.14		
	Dara Torres	52.27		