
RECORDS Rec.Nac PL
LC Meters-Women

9-10	50 Free	29.33	1-dic.-86	BELEN	Elizabeth González	BELEN
	100 Free	1:04.23	1-nov.-83	CARIA	Marcela Cuesta	CARIA
	50 Back	34.42	13-dic.-19	ALAJU	Genesis Herrera	at Copa Int. Navideña Juan Santa María 201
	50 Breast	38.55	1-dic.-83	CARIA	Marcela Cuesta	CARIA
	50 Fly	32.64	1-dic.-86	BELEN	Elizabeth González	BELEN
	200 IM	2:39.98	27-jun.-83	CARIA	Marcela Cuesta	CARIA
11-12	50 Free	28.53	21-nov.-14	SPAUL	Helena Moreno at XX Torneo Int	SPAUL
	100 Free	1:00.10	1-jul.-85	CARIA	Marcela Cuesta	CARIA
	200 Free	2:10.24	1-jun.-85	CARIA	Marcela Cuesta at CCCAN	CARIA
	400 Free	4:34.70	27-nov.-14	SPAUL	Helena Moreno at XXXII Invitac	SPAUL
	50 Back	32.88	27-nov.-14	SPAUL	Helena Moreno at XXXII Invitac	SPAUL
	100 Back	1:10.35	1-jul.-83	CARIA	Silvia Poll	CARIA
	200 Back	2:31.37	1-jul.-13	CRC	María Fernanda Badilla at XXVICRC	
	50 Breast	36.03	7-may.-18	CRC	Sthepanie Venegas	CRC
	100 Breast	1:19.98	1-may.-85	CARIA	Carolina Mauri	CARIA
	200 Breast	2:54.31	13-dic.-18	BELEN	Sthepanie Venegas Campeonato	NBELEN
	50 Fly	29.77	15-dic.-16	BELEN	Beatriz Padrón at Campeonato	NBELEN
	100 Fly	1:06.88	1-jul.-85	CARIA	Marcela Cuesta	CARIA
	200 Fly	2:24.37	17-dic.-14	BELEN	Fabiola Sancho at 1era Copa In	BELEN
	200 IM	2:31.24	1-jul.-85	CARIA	Marcela Cuesta	CARIA
13-14	50 Free	26.53	20-jul.-18	CRC	Beatriz Padrón XXIII Juegos	CCRC
	100 Free	57.99	15-dic.-16	BELEN	Helena Moreno at Campeonato	NBELEN
	200 Free	2:00.49	1-jul.-85	CARIA	Silvia Poll at CCCAN	CARIA
	400 Free	4:20.64	15-dic.-16	BELEN	Helena Moreno at Campeonato	NBELEN
	800 Free	8:58.00	7-jun.-16	CRC	Helena Moreno at CAMPEONATO	CECRC
	1500 Free	18:30.38	4-may.-17	CARIA	Daniela Alfaro at XXXVII CNI	ACARIA
	50 Back	31.13	20-jul.-18	CRC	Beatriz Padrón XXIII Juegos	CCRC
	100 Back	1:06.97	20-jul.-18	CRC	Beatriz Padrón XXIII Juegos	CCRC
	200 Back	2:22.50	1-jul.-85	CARIA	Silvia Poll at CCCAN	CARIA
	50 Breast	36.30	26-feb.-10	ALAJU	ADRIANA MORERA at Torneo Clasi	ALAJU
	100 Breast	1:18.09	1-may.-92	CARIA	Sandra Arroyo	CARIA
	200 Breast	2:46.35	1-jun.-83	CARIA	Montserrat Hidalgo	CARIA
	50 Fly	27.52	13-abr.-18	CRC	Beatriz Padrón	CRC
	100 Fly	1:01.99	20-ago.-18	CRC	Beatriz Padrón at YOG Buenos	CRC
	200 Fly	2:18.65	28-jun.-17	CRC	Daniela Alfaro	CRC
	200 IM	2:26.77	2-jul.-85	CARIA	Silvia Poll	CARIA
	400 IM	5:12.24	4-dic.-17	CRC	Daniela Alfaro	CRC
15-17	50 Free	26.32	1-jul.-87	CARIA	Silvia Poll	CARIA
	100 Free	55.52	11-ago.-87	CARIA	Silvia Poll at X Panamerican	GCARIA
	200 Free	1:58.36	9-ago.-87	CARIA	Silvia Poll at X Panamerican	GCARIA
	400 Free	4:15.51	20-jul.-18	CRC	Helena Moreno XXIII Juegos	CACRC
	800 Free	8:44.34	1-jul.-90	CARIA	Claudia Poll	CARIA
	1500 Free	17:08.15	4-dic.-17	CRC	Helena Moreno	CRC
	50 Back	31.61	20-jul.-18	CRC	Helena Moreno	CRC
	100 Back	1:01.86	14-ago.-87	CARIA	Silvia Poll at X Panamerican	GCARIA
	200 Back	2:14.18	11-ago.-87	CARIA	Silvia Poll at X Panamerican	GCARIA
	50 Breast	34.59	7-jun.-16	CRC	PAULA MORALES at CAMPEONATO	CECRC

RECORDS Rec.Nac PL

15-17	100 Breast	1:15.21	1-jul.-94	CARIA	Sandra Arroyo	CARIA
	200 Breast	2:39.38	1-nov.-93	CARIA	Sandra Arroyo	CARIA
	50 Fly	27.60	20-ago.-19	CRC	Beatriz Padrón	7th FINA Wor CRC
	100 Fly	1:02.13	20-ago.-19	CRC	Beatriz Padrón	7th FINA Wor CRC
	200 Fly	2:16.35	20-jul.-18	CRC	Daniela Alfaro	at XXIII JuegCRC
	200 IM	2:20.86	1-jul.-90	CARIA	Claudia Poll	CARIA
	400 IM	4:59.16	1-jul.-90	CARIA	Claudia Poll	CARIA
18 & 0	50 Free	26.74	14-jul.-15	CRC	MARIE LAURA MEZA	at XVII JuegoCRC
	100 Free	56.19	23-sep.-94	CARIA	Claudia Poll	CARIA
	200 Free	1:57.48	10-ago.-97	CARIA	Claudia Poll	CARIA
	400 Free	4:09.61	1-ago.-93	CARIA	Claudia Poll	CARIA
	800 Free	8:33.80	1-ago.-93	CARIA	Claudia Poll	CARIA
	1500 Free	19:03.59	28-sep.-12	ANAHE	DAYANA CASTRO	at Primer TorneoANAHE
	50 Back	31.26	4-may.-04	CAAR	Marianella Marín	at II OlimpiaCAAR
	100 Back	1:02.75	1-ago.-93	CARIA	Silvia Poll	CARIA
	200 Back	2:11.66	1-ago.-92	CARIA	Silvia Poll	CARIA
	50 Breast	33.90	9-dic.-15	ALAJU	ADRIANA MORERA	at Campeonato IALAJU
	100 Breast	1:14.62	14-abr.-18	CRC	Adriana Morera	Campeonato FEDOCRC
	200 Breast	2:42.42	28-jun.-17	CRC	ADRIANA MORERA	at XXX CCCAN SwCRC
	50 Fly	27.54	0-mar.-16	CRC	MARIE LAURA MEZA	at Swim Open CRC
	100 Fly	1:00.81	8-abr.-16	CRC	MARIE LAURA MEZA	at InternatioCRC
	200 Fly	2:18.12	1-abr.-99	BELEN	Melissa Mata	BELEN
	200 IM	2:18.37	18-feb.-93	CARIA	Claudia Poll	CARIA
	400 IM	4:50.35	1-jul.-92	CARIA	Claudia Poll	CARIA

RECORDS Rec.Nac PL

LC Meters-Men

9-10	50 Free	29.94	15-dic.-16	CARIA	José Manuel Alfaro at Campeona	CARIA	
	100 Free	1:04.83	15-dic.-16	CARIA	José Manuel Alfaro at Campeona	CARIA	
	50 Back	35.09	15-dic.-16	BELEN	Alberto Vega at Campeonato Nac	BELEN	
	50 Breast	37.53	1-jul.-82		Jaime Lypzic		
	50 Fly	32.45	15-dic.-16	CARIA	José Manuel Alfaro at Campeona	CARIA	
	200 IM	2:39.29	17-dic.-14	BELEN	Ignacio Retana at 1era Copa In	BELEN	
11-12	50 Free	26.56	1-jul.-91	BELEN	José David Mora	BELEN	
	100 Free	58.03	7-jun.-16	CRC	Ignacio Retana at CAMPEONATO	CCRC	
	200 Free	2:04.66	1-jul.-97	CARIA	Jonathan Mauri	CARIA	
	400 Free	4:16.38	19-ene.-18	ANAME	Juan José Bolaños	ANAME	
	50 Back	30.86	14-dic.-17	BELEN	Julio Pérez	aBELEN	
	100 Back	1:07.12	14-dic.-17	BELEN	Juilo Pérez	BELEN	
	200 Back	2:21.64	14-dic.-17	BELEN	Julio Pérez	BELEN	
	50 Breast	33.46	6-abr.-14	CRC	José David Solís at XV CAMPEON	CRC	
	100 Breast	1:13.50	6-abr.-14	CRC	José David Solís at XV CAMPEON	CRC	
	200 Breast	2:37.39	17-dic.-14	MILEN	José David Solís at 1era Copa	MILEN	
	50 Fly	28.23	27-nov.-14	STANA	Marcelo Valverde at XXXII Invi	STANA	
	100 Fly	1:02.79	27-nov.-14	STANA	Marcelo Valverde at XXXII Invi	STANA	
	200 Fly	2:17.58	17-dic.-14	MILEN	José David Solís at 1era Copa	MILEN	
	200 IM	2:20.83	17-dic.-14	MILEN	José David Solís at 1era Copa	MILEN	
	13-14	50 Free	24.92	28-nov.-13	CRC	Diego Montero at XXXI Invitaci	CRC
100 Free		54.38	7-jun.-16	CRC	Marcelo Valverde at CAMPEONAT	CRC	
200 Free		1:57.41	24-nov.-16	STANA	Marcelo Valverde at XXXIV Invi	STANA	
400 Free		4:13.91	1-jul.-98	CARIA	Jonathan Mauri	CARIA	
800 Free		8:45.36	26-nov.-15	BELEN	Daniel Retana at XXXIII Invi	BELEN	
1500 Free		16:39.70	22-nov.-19	WAHOO	Juan José Bolaños XXV Torneo	Heredia 2019	
50 Back		27.42	12-dic.-19	BELEN	Julio Pérez COPA INT. 500 AÑOS	DE PANAMA 2019	
100 Back		58.29	12-dic.-19	BELEN	Julio Pérez COPA INT. 500 AÑOS	DE PANAMA 2019	
200 Back		2:06.12	12-dic.-19	BELEN	Julio Pérez COPA INT. 500 AÑOS	DE PANAMA 2019	
50 Breast		30.84	8-mar.-16	PIRAT	José David Solís at VII Copa I	PIRAT	
100 Breast		1:06.87	7-jun.-16	CRC	José David Solís at CAMPEONAT	CRC	
200 Breast		2:22.57	7-jun.-16	CRC	José David Solís at CAMPEONAT	CRC	
50 Fly		26.02	6-abr.-14	CRC	Bryan Álvarez at XV CAMPEONAT	CRC	
100 Fly		58.65	7-jun.-16	CRC	Marcelo Valverde at CAMPEONAT	CRC	
200 Fly		2:11.24	15-dic.-16	PIRAT	José David Solís at Selectivo	PIRAT	
200 IM		2:14.07	15-dic.-16	PIRAT	José David Solís at Selectivo	PIRAT	
400 IM		4:41.01	7-jun.-16	CRC	José David Solís at CAMPEONAT	CRC	
15-17		50 Free	23.63	17-jul.-09	BELEN	JOSÉ ALBERTO MONTOYA at 13th	FBELEN
		100 Free	52.31	17-jul.-09	BELEN	JOSÉ ALBERTO MONTOYA at 13th	FBELEN
		200 Free	1:54.70	5-mar.-07	BELEN	MARIO MONTOYA at 12th FINA	WorBELEN
	400 Free	4:06.79	1-jul.-97	INDOR	Kurt Niehaus	INDOR	
	800 Free	8:27.47	5-mar.-07	BELEN	MARIO MONTOYA at 12th FINA	WorBELEN	
	1500 Free	16:16.41	1-jul.-97	CARIA	Kurt Niehaus	CARIA	
	50 Back	28.08	23-ago.-17	CRC	Bryan Álvarez	CRC	
	100 Back	1:01.00	17-jul.-06	BELEN	MARIO MONTOYA at XX Juegos	CenBELEN	
	200 Back	2:12.33	6-abr.-14	CRC	Esteban Araya at XV CAMPEONAT	CRC	
	50 Breast	30.05	23-ago.-17	CRC	José David Solís	CRC	

RECORDS Rec.Nac PL

15-17	100 Breast	1:04.74	20-jul.-18	CRC	José David Solís XXII Juegos CCRC
	200 Breast	2:19.91	1-ago.-91	CARIA	Joaquín Lagier CARIA
	50 Fly	24.71	28-abr.-17	BELEN	Bryan Álvarez BELEN
	100 Fly	55.32	4-dic.-17	CRC	Bryan Álvarez CRC
	200 Fly	2:03.67	4-dic.-17	CRC	Bryan Álvarez CRC
	200 IM	2:11.31	19-ene.-18	CRC	José David Solís CRC
	400 IM	4:36.22	20-ene.-18	CRC	José David Solís CRC
	18 & 0	50 Free	23.65	4-dic.-17	CQUES
100 Free		50.40	17-jul.-09	BELEN	MARIO MONTOYA at 13th FINA WorBELEN
200 Free		1:51.30	17-jul.-09	BELEN	MARIO MONTOYA at 13th FINA WorBELEN
400 Free		4:00.20	1-nov.-93	ACANA	Jaime Lipzic ACANA
800 Free		8:23.58	12-abr.-11	UT	MARIO MONTOYA at Justas de CamUT
1500 Free		15:47.92	1-nov.-93	ACANA	Jaime Lipzic ACANA
50 Back		27.65	4-dic.-17	CQUES	Juan José Dobles CQUES
100 Back		59.50	7-mar.-19	CRC	David Yuni Row Southern Zone SCRC
200 Back		2:11.06	1-nov.-93	ADUCR	Erick Greenwood ADUCR
50 Breast		29.44	4-dic.-17	CRC	Arnoldo F. Herrera CRC
100 Breast		1:04.89	28-jun.-17	CRC	Arnoldo F. Herrera CRC
200 Breast		2:20.83	28-jun.-17	CRC	Arnoldo F. Herrera CRC
50 Fly		24.91	20-jul.-18	BELEN	Bryan Alvarez XXII Juegos CAC-BELEN
100 Fly		55.50	7-ago.-19	CRC	Bryan Alvarez Juegos PanamericCRC
200 Fly		2:03.49	20-jul.-18	BELEN	Bryan Alvarez XXII Juegos CAC-BELEN
200 IM		2:08.63	1-sep.-82	TENIS	Andrey Aguilar TENIS
400 IM		4:31.52	14-jul.-15	CRC	Esteban Araya at XVII Juegos PCRC