

Mississippi Makos Swim Team
Swim in Shark Infested Waters !!!

LC Meters-Girls

8 & U	50 Free	35.37	18-Jul-13	MMST- MS	Cassie Anne Howell at 2013 MSI Long Course State Meet
	100 Free	1:19.18	18-Jul-13	MMST- MS	Cassie Anne Howell at 2013 MSI Long Course State Meet
	50 Back	41.52	3-May-13	MMST- MS	Cassie Anne Howell at Makos Long Course 2013
	50 Breast	49.78	30-Apr-10	MMST- MS	Mackenzie Nichols at MS Makos Long Course 2010
	50 Fly	40.80	12-May-06	MMST- MS	Reilly Reeves at Makos Long Course 2006
10 & U	50 Free	31.74	9-May-08	MMST- MS	Nijior May at Makos Long Course 2008
	100 Free	1:09.18	10-Jun-11	MMST- MS	Addison Bridges at 2011 DAMON MCCOY
	200 Free	2:29.36	24-Jun-11	MMST- MS	Addison Bridges at 3rd Annual Splashin the Coast Prelim/Final
	50 Back	38.87	10-Jun-11	MMST- MS	Addison Bridges at 2011 DAMON MCCOY
	100 Back	1:21.49	24-Jun-11	MMST- MS	Addison Bridges at 3rd Annual Splashin the Coast Prelim/Final
	50 Breast	41.99	3-Aug-20	MMST- MS	Megan McAlpin at Intersquad Summer 2020
	100 Breast	1:30.95	3-Aug-20	MMST- MS	Megan McAlpin at Intersquad Summer 2020
	50 Fly	35.62	31-Mar-12	MMST- MS	Mackenzie Nichols at Makos / Swat Dual Meet LC 2012
	100 Fly	1:17.18	24-Jun-11	MMST- MS	Addison Bridges at 3rd Annual Splashin the Coast Prelim/Final
	200 IM	2:48.70	10-Jun-11	MMST- MS	Addison Bridges at 2011 DAMON MCCOY
	200 Free Relay	2:18.60	19-Jul-07	MMST- MS	N. May, R. Reeves, M. Gleason, G. Giamalva
	200 Medley Relay	2:37.88	19-Jul-07	MMST- MS	M. Gleason, G. Giamalva, R. Reeves, N. May
	11-12	50 Free	28.61	14-Jul-22	MMST- MS
100 Free		1:04.45	14-Jul-22	MMST- MS	Riz McBride at MSI 2022 Long Course State
200 Free		2:18.14	28-Jun-13	MMST- MS	Addison Bridges at 5th Annual Splashin the Coast
400 Free		4:48.91	28-Jun-13	MMST- MS	Addison Bridges at 5th Annual Splashin the Coast
50 Back		33.62	26-Jul-11	MMST- MS	Malon Stratton at 2011 Southern Age Group Swimming Championship
100 Back		1:14.96	1-Jul-97	MMST- MS	Shannon Keys
50 Breast		37.36	28-Jul-09	MMST- MS	Taylor Ballard at 2009 SZ Age Group Champs
100 Breast		1:22.92	23-Jul-09	MMST- MS	Taylor Ballard at 2009 MSI Long Course Championships
50 Fly		32.14	26-Jul-11	MMST- MS	Malon Stratton at 2011 Southern Age Group Swimming Championship
100 Fly		1:10.72	28-Jun-13	MMST- MS	Addison Bridges at 5th Annual Splashin the Coast
200 IM		2:34.92	28-Jun-13	MMST- MS	Addison Bridges at 5th Annual Splashin the Coast
200 Free Relay		2:02.78	14-Jul-22	MMST- MS	M. Russ, A. Wang, T. Cummins, R. McBride
200 Medley Relay		2:18.34	23-Jul-09	MMST- MS	N. May, T. Ballard, A. Good, M. Gleason
13-14		50 Free	27.92	14-Jul-22	MMST- MS
	100 Free	1:00.31	18-Jul-13	MMST- MS	Leigh Faires McGee at 2013 MSI Long Course State Meet
	200 Free	2:13.07	8-Jun-07	MMST- MS	Laura Leigh Smith at 2007 DAMON MCCOY
	400 Free	4:42.41	19-Jul-07	MMST- MS	Laura Leigh Smith at 2007 Long Course State
	800 Free	9:40.17	19-Jul-07	MMST- MS	Laura Leigh Smith at 2007 Long Course State
	1500 Free	18:30.74	19-Jul-07	MMST- MS	Laura Leigh Smith at 2007 Long Course State
	100 Back	1:09.40	17-Jun-21	MMST- MS	Nan Sheppard at 13th Annual Splashin' the Coast
	200 Back	2:30.89	19-Jul-12	MMST- MS	Sophia Waddingham at MS Long Course State Meet
	100 Breast	1:16.46	14-Jul-22	MMST- MS	Rachel McAlpin at MSI 2022 Long Course State
	200 Breast	2:49.66	14-Jul-22	MMST- MS	Rachel McAlpin at MSI 2022 Long Course State
	100 Fly	1:08.05	15-Jul-21	MMST- MS	Hallie Dale at MSI 2021 Long Course State
	200 Fly	2:31.81	18-Jul-19	MMST- MS	Ella Thomas at MSI 2019 Long Course State
	200 IM	2:33.83	24-Jun-11	MMST- MS	Alex Good at 3rd Annual Splashin the Coast Prelim/Final
	400 IM	5:22.97	26-Jul-11	MMST- MS	Carly Good at 2011 Southern Age Group Swimming Championship
	200 Free Relay	1:56.80	15-Jul-21	MMST- MS	H. Dale, C. Sheppard, L. Foster, L. Sammons
	400 Free Relay	4:22.15	15-Jul-21	MMST- MS	H. Dale, C. Sheppard, L. Foster, L. Sammons
	200 Medley Relay	2:08.27	15-Jul-21	MMST- MS	C. Sheppard, R. McAlpin, H. Dale, L. Sammons

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13-14	400	Medley Relay	4:42.65	15-Jul-21	MMST- MS	C. Sheppard, R. McAlpin, L. Sammons, H. Dale
	50	Free	27.08	16-Jul-15	MMST- MS	Leigh Faires McGee at 2015 MSI Long Course State Meet
	100	Free	57.79	23-Jun-17	MMST- MS	Leigh Faires McGee at 9th Annual Splashin the Coast Prelim/Finals
	200	Free	2:04.76	20-Jul-17	MMST- MS	Leigh Faires McGee at MSI 2017 Long Course State Championship
	400	Free	4:34.34	20-Jul-17	MMST- MS	Leigh Faires McGee at MSI 2017 Long Course State Championship
	800	Free	9:17.91	1-Aug-06	MMST- MS	Maggie Vaughan at 2006 USA Southern Zones AG Championship
	1500	Free	17:40.03	19-Jul-07	MMST- MS	Maggie Vaughan at 2007 Long Course State
	100	Back	1:05.17	6-Dec-20	MMST- MS	Cassie Howell at 2020 LA YNWL
	200	Back	2:21.93	15-Jul-21	MMST- MS	Kimberly McCaffrey at 2021 Long Course State
	100	Breast	1:14.74	29-Jul-14	MMST- MS	Taylor Ballard at 2014 Southern Zone Senior LC Championships
	200	Breast	2:43.13	4-Aug-15	MMST- MS	Taylor Ballard at 2015 Southern Zone Senior LC Championship
	100	Fly	1:05.94	27-Jul-21	MMST- MS	Ella Thomas at 2021 Southern Zone Senior Championships
	200	Fly	2:24.36	17-Jun-21	MMST- MS	Ella Thomas at 13th Annual Splashing the Coast
	200	IM	2:26.59	29-Jul-14	MMST- MS	Taylor Ballard at 2014 Southern Zone Senior LC Championships
	400	IM	5:12.65	4-Aug-15	MMST- MS	Taylor Ballard at 2015 Southern Zone Senior LC Championship
	200	Free Relay	1:50.93	15-Jul-21	MMST- MS	M. Braman, A. Alexander, K. McCaffrey, C. Howell
	400	Free Relay	4:07.36	29-Jul-14	MMST- MS	M. McGee, T. Ballard, C. Good, A. Good
	200	Medley Relay	2:02.50	15-Jul-21	MMST- MS	K. McCaffrey, M. Braman, E. Thomas, C. Howell
	400	Medley Relay	4:25.70	15-Jul-21	MMST- MS	K. McCaffrey, M. Braman, E. Thomas, C. Howell

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LC Meters-Boys

8 & U	50 Free	35.26	4-May-18	MMST- MS	Omar Abdo at Makos Long Course
	100 Free	1:18.27	25-Jun-10	MMST- MS	Ashton William Heath at 2010 Splashing the Coast Summer Prelim/Final
	50 Back	41.53	4-May-18	MMST- MS	Omar Abdo at Makos Long Course
	50 Breast	48.22	17-Jul-14	MMST- MS	Warner Russ at 2014 MSI Long Course State Meet
	50 Fly	40.66	16-Apr-10	MMST- MS	Ashton William Heath at Laurel Swim Association April Invitational
10 & U	50 Free	31.55	4-May-12	MMST- MS	Ashton William Heath at Makos Long Course Invitational 2012
	100 Free	1:09.71	4-May-12	MMST- MS	Ashton William Heath at Makos Long Course Invitational 2012
	200 Free	2:31.56	19-Jul-12	MMST- MS	John Martin McGee at MS Long Course State Meet
	50 Back	36.32	21-Jul-16	MMST- MS	Warner Russ at MSI 2016 Long Course State Championship
	100 Back	1:22.41	21-Jul-16	MMST- MS	Warner Russ at MSI 2016 Long Course State Championship
	50 Breast	41.05	19-Jul-12	MMST- MS	John Martin McGee at MS Long Course State Meet
	100 Breast	1:32.82	29-Jun-12	MMST- MS	John Martin McGee at BSL Summer Splash 2012
	50 Fly	34.09	21-Jul-16	MMST- MS	Warner Russ at MSI 2016 Long Course State Championship
	100 Fly	1:18.01	24-Jun-16	MMST- MS	Warner Russ at 8th Annual Splashin' the Coast
	200 IM	2:55.61	18-Jul-19	MMST- MS	William Skelton at MSI 2019 LC State Championships
	200 Free Relay	2:10.46	18-Jul-19	MMST- MS	T. Reynolds, O. Abdo, W. Towery, W. Skelton
	200 Medley Relay	2:28.59	18-Jul-19	MMST- MS	W. Towery, T. Reynolds, W. Skelton, O. Abdo
11-12	50 Free	27.43	1-Aug-17	MMST- MS	Michael Robinson at 2017 Southern Zones Age Group Championship
	100 Free	1:00.67	1-Aug-17	MMST- MS	Michael Robinson at 2017 Southern Zones Age Group Championship
	200 Free	2:12.24	1-Aug-17	MMST- MS	Michael Robinson at 2017 Southern Zones Age Group Championship
	400 Free	4:35.46	1-Aug-17	MMST- MS	Michael Robinson at 2017 Southern Zones Age Group Championship
	50 Back	32.77	15-Jul-21	MMST- MS	MJ Covington at MSI Long Course State Championships
	100 Back	1:10.79	4-Jun-21	MMST- MS	Elias Abraham at 2021 LA COSST Damon McCoy
	50 Breast	37.68	6-May-22	MMST- MS	Omar Abdo at Makos Long Course Invitational 2022
	100 Breast	1:23.57	27-Jun-14	MMST- MS	John Martin McGee at 6th Annual Splashin the Coast
	50 Fly	29.61	1-Aug-17	MMST- MS	Michael Robinson at 2017 Southern Zones Age Group Championship
	100 Fly	1:05.03	1-Aug-17	MMST- MS	Michael Robinson at 2017 Southern Zones Age Group Championship
	200 IM	2:33.40	23-Jun-17	MMST- MS	Michael Robinson at 9th Annual Splashin the Coast Prelim/Finals
	200 Free Relay	2:10.88	15-Jul-21	MMST- MS	M. Covington, O.Abdo, A. Guan, E. Abraham
	200 Medley Relay	2:10.88	15-Jul-21	MMST- MS	M. Covington, O.Abdo, E. Abraham, A. Guan
13-14	50 Free	25.54	18-Jul-19	MMST- MS	Thomas Dale at MSI 2019 Long Course State
	100 Free	56.02	18-Jul-19	MMST- MS	Thomas Dale at MSI 2019 Long Course State
	200 Free	2:04.82	19-Jul-07	MMST- MS	Ben Vaughan at 2007 Long Course State
	400 Free	4:21.74	19-Jul-07	MMST- MS	Ben Vaughan at 2007 Long Course State
	800 Free	8:55.73	19-Jul-07	MMST- MS	Ben Vaughan at 2007 Long Course State
	1500 Free	16:51.86	19-Jul-07	MMST- MS	Ben Vaughan at 2007 Long Course State
	100 Back	1:03.44	18-Jul-13	MMST- MS	Noah Young at 2013 MSI Long Course State Meet
	200 Back	2:21.29	18-Jul-13	MMST- MS	Noah Young at 2013 MSI Long Course State Meet
	100 Breast	1:11.97	1-Aug-99	MMST- MS	Zak Nalder at Southern Zone Championship
	200 Breast	2:44.41	1-Aug-99	MMST- MS	Zak Nalder at Southern Zone Championship
	100 Fly	1:02.79	14-Jul-22	MMST- MS	Elias Abraham & MJ Covington at MSI 2022 Long Course State Championship
	200 Fly	2:27.42	22-Jul-10	MMST- MS	Jackson Kojima at 2010 MSI Long Course Championships
	200 IM	2:20.27	18-Jul-13	MMST- MS	Noah Young at 2013 MSI Long Course State Meet
	400 IM	4:59.86	19-Jul-07	MMST- MS	Ben Vaughan at 2007 Long Course State
	200 Free Relay	1:45.70	18-Jul-19	MMST- MS	W. Russ, T. Dale, A. Allen, M. Robinson
	400 Free Relay	3:57.89	18-Jul-19	MMST- MS	W. Russ, T. Dale, A. Allen, M. Robinson
	200 Medley Relay	2:00.11	14-Jul-22	MMST- MS	G. Abraham, O. Abdo, M. Covington, W. McCaffery

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13-14	400 Medley Relay	4:25.39	18-Jul-19	MMST- MS	T. Dale, W. Russ, M. Robinson, A. Allen
	50 Free	23.12	17-Jun-16	MMST- MS	Blaise K. Vera at 2016 Sizzlin Summer Invite
	100 Free	50.73	27-Jun-17	MMST- MS	Blaise K. Vera at 2017 Phillips 66 National Championships
	200 Free	1:55.38	8-Aug-17	MMST- MS	Blaise K. Vera at 2017 Speedo Junior National Championships
	400 Free	4:12.05	2-Aug-11	MMST- MS	Ben Vaughan at 2011 Southern Zone Senior LC Championships
	800 Free	8:47.81	2-Aug-11	MMST- MS	Ben Vaughan at 2011 Southern Zone Senior LC Championships
	1500 Free	16:51.86	19-Jul-07	MMST- MS	Ben Vaughan at 2007 Long Course State
	100 Back	59.31	26-Jul-22	MMST- MS	Warner Russ at 2022 Southern Zone Senior Championships
	200 Back	2:08.12	26-Jul-22	MMST- MS	Warner Russ at 2022 Southern Zone Senior Championships
	100 Breast	1:08.57	14-Jul-22	MMST- MS	Warner Russ at MSI 2022 Long Course State Championship
	200 Breast	2:37.62	15-Jul-21	MMST- MS	Rhodes Pharr at MSI 2021 Long Course State Championship
	100 Fly	57.55	8-Aug-17	MMST- MS	Blaise K. Vera at 2017 Speedo Junior National Championships
	200 Fly	2:15.59	5-May-17	MMST- MS	Eien McGee at Makos Long Course 2017
	200 IM	2:10.51	20-Jul-17	MMST- MS	Noah Young at MSI 2017 Long Course State Championship
	400 IM	4:46.41	26-Jul-22	MMST- MS	Warner Russ at 2022 Southern Zone Senior Championships
	200 Free Relay	1:35.69	18-Jul-19	MMST- MS	M. Thomas, J. McGee, M. Robinson, J. Zhu
	400 Free Relay	3:33.45	20-Jul-17	MMST- MS	B. Vera, J. McGee, E. McGee, N. Young
	200 Medley Relay	1:48.04	18-Jul-19	MMST- MS	M. Thomas, J. Zhu, T. Morrow IV, J. McGee
	400 Medley Relay	3:57.81	20-Jul-17	MMST- MS	N. Young, J. McGee, E. McGee, B. Vera