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**RECORDS RSA Team Records LM**
**LC Meters-Women**

10 & U	50 Free	30.22	<b>1-Jan-00</b>	RSA NC	Julie Smith
	100 Free	1:07.47	<b>1-Jan-01</b>	RSA NC	Teresa Long
	200 Free	2:24.70	<b>1-Jan-01</b>	RSA NC	Teresa Long
	400 Free	5:17.07	<b>19-Jun-11</b>	RSA NC	Olivia G. Carter at 2011 NC RSA June Distnace Day LCM
	800 Free	11:43.74	<b>21-Jun-09</b>	RSA NC	Kate R Moore at 2009 NC RSA June Distance Day LCM
	1500 Free	25:00.00	<b>1-Jan-09</b>	RSA NC	TBD
	50 Back	36.02	<b>14-Jul-11</b>	RSA NC	Rebecca Y. Ssengonzi at 2011 NC 14 & Under Long Course AG Champs
	100 Back	1:18.43	<b>1-Jan-01</b>	RSA NC	Teresa Long
	50 Breast	38.85	<b>14-Jul-11</b>	RSA NC	Rebecca Y. Ssengonzi at 2011 NC 14 & Under Long Course AG Champs
	100 Breast	1:23.93	<b>14-Jul-11</b>	RSA NC	Rebecca Y. Ssengonzi at 2011 NC 14 & Under Long Course AG Champs
	50 Fly	32.75	<b>10-Jun-11</b>	RSA NC	Rebecca Y. Ssengonzi at 2011 NC WAVE Capital City Invitational
	100 Fly	1:13.67	<b>14-Jul-11</b>	RSA NC	Rebecca Y. Ssengonzi at 2011 NC 14 & Under Long Course AG Champs
	200 IM	2:43.10	<b>14-Jul-11</b>	RSA NC	Rebecca Y. Ssengonzi at 2011 NC 14 & Under Long Course AG Champs
	200 Free Relay	2:10.03	<b>14-Jul-11</b>	RSA NC	RSA A. Worden, S. Pilecki, R. Ssengonzi, O. Carter
	400 Free Relay	5:20.73	<b>1-Jan-82</b>	RSA NC	RSA K Fisher, S Sorrell, J Kelly, M Brooks
	200 Medley Relay	2:26.37	<b>14-Jul-11</b>	RSA NC	RSA O. Carter, R. Ssengonzi, A. Worden, S. Pilecki
	400 Medley Relay	6:45.33	<b>26-Jun-04</b>	RSA NC	RSA A Wallace, B Whatley, V Bell, M Holsinger
11-12	50 Free	27.30	<b>25-Jul-02</b>	RSA NC	Julie Smith at 2002 SPEEDO CHAMPIONS SERIES
	100 Free	59.72	<b>1-Jan-02</b>	RSA NC	Julie Smith
	200 Free	2:10.91	<b>1-Jan-03</b>	RSA NC	Teresa Long
	400 Free	4:41.51	<b>1-Jan-03</b>	RSA NC	Teresa Long
	800 Free	9:52.89	<b>27-Jun-09</b>	RSA NC	Hannah M. Moore at 2009 NC RSA Summer Sizzle Meet
	1500 Free	18:37.36	<b>27-Jun-09</b>	RSA NC	Hannah M. Moore at 2009 NC RSA Summer Sizzle Meet
	50 Back	32.00	<b>1-Jan-99</b>	RSA NC	Iris Simpson
	100 Back	1:08.65	<b>16-Jul-09</b>	RSA NC	Hannah M. Moore at 209 NC NCS Age Group LC Champs
	200 Back	2:31.98	<b>21-Jun-09</b>	RSA NC	Hannah M. Moore at 2009 NC RSA June Distance Day LCM
	50 Breast	36.04	<b>1-Jan-01</b>	RSA NC	Bryttany Curran
	100 Breast	1:17.43	<b>1-Jan-01</b>	RSA NC	Bryttany Curran
	200 Breast	2:45.61	<b>13-Jan-12</b>	RSA NC	Julia T. Poole at 2012 NC RSA January Jubilee Meet
	50 Fly	30.37	<b>1-Jan-02</b>	RSA NC	Blair Cross
	100 Fly	1:08.64	<b>1-Jan-02</b>	RSA NC	Blair Cross
	200 Fly	2:32.68	<b>16-Jul-09</b>	RSA NC	Hannah M. Moore at 209 NC NCS Age Group LC Champs
	200 IM	2:30.55	<b>1-Jan-02</b>	RSA NC	Julie Smith
	400 IM	5:21.00	<b>16-Jul-09</b>	RSA NC	Hannah M. Moore at 209 NC NCS Age Group LC Champs
	200 Free Relay	1:54.20	<b>20-Jul-02</b>	RSA NC	RSA T Long, B Cross, A Freeman, J Smith
	400 Free Relay	4:15.12	<b>1-Jan-02</b>	RSA NC	RSA B Cross, A Freeman, T Long, J Smith
	200 Medley Relay	2:13.52	<b>1-Jan-02</b>	RSA NC	RSA M Dettloff, J Smith, B Cross, T Long
	400 Medley Relay	4:53.09	<b>1-Jan-02</b>	RSA NC	RSA M Dettloff, J Smith, B Cross, T Long
13-14	50 Free	26.33	<b>5-Aug-03</b>	RSA NC	Julie Smith at ConocoPhillips National Swimmi
	100 Free	58.22	<b>5-Aug-03</b>	RSA NC	Julie Smith at ConocoPhillips National Swimmi
	200 Free	2:08.12	<b>17-Jul-08</b>	RSA NC	Henriette J. Stenkvist at 2008 NC LC 14&Under State Championships
	400 Free	4:27.57	<b>8-Aug-11</b>	RSA NC	Hannah M. Moore at 2011 Speedo Junior National Championships TT
	800 Free	9:04.20	<b>8-Aug-11</b>	RSA NC	Hannah M. Moore at 2011 Speedo Junior National Championships TT
	1500 Free	18:00.72	<b>1-Jan-89</b>	RSA NC	Christel Smith
	100 Back	1:04.39	<b>8-Aug-11</b>	RSA NC	Hannah M. Moore at 2011 Speedo Junior National Championships TT
	200 Back	2:16.92	<b>8-Aug-11</b>	RSA NC	Hannah M. Moore at 2011 Speedo Junior National Championships TT
	100 Breast	1:14.83	<b>1-Aug-06</b>	RSA NC	Sarah M Henry at 2006 USA Southern Zones AG Championship
	200 Breast	2:39.26	<b>1-Jan-95</b>	RSA NC	Kristan Keelan

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**RECORDS RSA Team Records LM**

13-14	100 Fly	1:05.22	<b>1-Jan-04</b>	RSA NC	Blair Cross
	200 Fly	2:24.02	<b>14-Jul-11</b>	RSA NC	Hannah M. Moore at 2011 NC 14 & Under Long Course AG Champs
	200 IM	2:21.05 *	<b>22-Jul-04</b>	RSA NC	Julie Smith at 2004 Speedo Champions Series
	200 IM	2:21.05 *	<b>1-Jan-04</b>	RSA NC	Julie Smith
	400 IM	5:00.93	<b>14-Jul-11</b>	RSA NC	Hannah M. Moore at 2011 NC 14 & Under Long Course AG Champs
	200 Free Relay	1:53.98	<b>14-Jun-08</b>	RSA NC	RSA J Godlewski, M Densmore, L Giglio, H Stenkvist
	400 Free Relay	3:59.22	<b>31-Jul-04</b>	RSA NC	RSA T Long, M Detloff, B Cross, J Smith
	800 Free Relay	8:52.87	<b>29-Jul-04</b>	RSA NC	RSA B Cross, J Smith, M Detloff, T Long
	200 Medley Relay	2:11.13	<b>1-Jan-08</b>	RSA NC	RSA H Stenkvist, L Giglio, M Rawls, J Godlewski
	400 Medley Relay	4:32.21	<b>28-Jul-04</b>	RSA NC	RSA J Smith, H Facchine, B Cross, T Long
15-16	50 Free	26.56	<b>13-Jul-06</b>	RSA NC	Blair C. Cross at LC Senior Sectionals 2006 Time Trials
	100 Free	57.40	<b>24-Jul-08</b>	RSA NC	Sarah M Henry at 2008 NC LC Senior Champs
	200 Free	2:01.67	<b>8-Jan-09</b>	RSA NC	Sarah M Henry at 2009 Jr Pan Pacific Swimming Championships
	400 Free	4:13.69	<b>14-Jul-10</b>	RSA NC	Henriette J. Stenkvist at 2010 European Junior Championships
	800 Free	8:52.71	<b>24-Jul-08</b>	RSA NC	Sarah M Henry at 2008 NC LC Senior Champs
	1500 Free	17:35.60	<b>10-Jun-11</b>	RSA NC	Kristin A. Connors at 2011 NC WAVE Capital City Invitational
	100 Back	1:01.96	<b>9-Aug-10</b>	RSA NC	Henriette J. Stenkvist at 2010 European Championships
	200 Back	2:12.64	<b>4-Mar-10</b>	RSA NC	Henriette J. Stenkvist at 2010 USA Swimming Austin Grand Prix
	100 Breast	1:10.51	<b>1-Aug-06</b>	RSA NC	Melanie Roberts at 2006 ConocoPhillips National Championships
	200 Breast	2:30.35	<b>29-Jun-08</b>	RSA NC	Sarah M Henry at 2008 US Olympic Trials
	100 Fly	1:01.42	<b>29-Jun-08</b>	RSA NC	Hannah M Caron at 2008 US Olympic Trials
	200 Fly	2:16.80	<b>13-May-10</b>	RSA NC	Jessie Godlewski at 2010 NC Charlotte UltraSwim
	200 IM	2:16.62	<b>8-Jan-09</b>	RSA NC	Sarah M Henry at 2009 Jr Pan Pacific Swimming Championships
	400 IM	4:45.92	<b>8-Jan-09</b>	RSA NC	Sarah M Henry at 2009 Jr Pan Pacific Swimming Championships
	17-18	50 Free	26.61	<b>22-Jul-04</b>	RSA NC
100 Free		58.04	<b>8-Aug-11</b>	RSA NC	Henriette J. Stenkvist at 2011 Speedo Junior National Championships TT
200 Free		2:02.04	<b>22-Jul-10</b>	RSA NC	Sarah M Henry at 2010 NC Senior LC Championships
400 Free		4:16.19	<b>4-Mar-10</b>	RSA NC	Sarah M Henry at 2010 USA Swimming Austin Grand Prix
800 Free		8:47.23	<b>22-Jul-10</b>	RSA NC	Sarah M Henry at 2010 NC Senior LC Championships
1500 Free		17:12.45	<b>22-Jul-10</b>	RSA NC	Sarah M Henry at 2010 NC Senior LC Championships
100 Back		1:03.40	<b>8-Aug-11</b>	RSA NC	Henriette J. Stenkvist at 2011 Speedo Junior National Championships TT
200 Back		2:13.29	<b>12-May-11</b>	RSA NC	Henriette J. Stenkvist at 2011 NC Charlotte UltraSwim
100 Breast		1:09.68	<b>1-Jan-07</b>	RSA NC	Melanie Roberts
200 Breast		2:31.85	<b>1-Jan-07</b>	RSA NC	Melanie Roberts
100 Fly		1:01.92	<b>23-Jul-09</b>	RSA NC	Hannah M. Caron at 2009 NC NCS LC Senior Championships
200 Fly		2:17.86	<b>30-Jul-10</b>	RSA NC	Sarah M Henry at 2010 NC NCAC Tar Heel States
200 IM		2:17.45	<b>1-Jan-07</b>	RSA NC	Melanie Roberts
400 IM		4:51.32	<b>22-Jul-10</b>	RSA NC	Sarah M Henry at 2010 NC Senior LC Championships
18 & U		200 Free Relay	1:49.89	<b>9-Aug-05</b>	RSA NC
	400 Free Relay	3:55.22	<b>1-Jan-04</b>	RSA NC	RSA B Cross, J Smith, S Glover, K Shishkoff
	800 Free Relay	8:27.49	<b>18-Mar-08</b>	RSA NC	RSA S. Henry, H. Stenkvist, T. Bussey, H. Caron
	200 Medley Relay	1:59.23	<b>4-Mar-10</b>	RSA NC	RSA H. Stenkvist, T. Bussey, J. Godlewski, S. Henry
	400 Medley Relay	4:18.30	<b>18-Mar-08</b>	RSA NC	RSA H Stenkvist, T Bussey, H Caron, S Henry
Open	50 Free	26.33	<b>5-Aug-03</b>	RSA NC	Julie Smith at ConocoPhillips National Swimmi
	100 Free	57.40	<b>24-Jul-08</b>	RSA NC	Sarah M Henry at 2008 NC LC Senior Champs
	200 Free	2:01.67	<b>9-Jan-09</b>	RSA NC	Sarah M Henry at 2009 Jr Pan Pacific Championships
	400 Free	4:13.69	<b>14-Jul-10</b>	RSA NC	Henriette J. Stenkvist at 2010 European Junior Championships
	800 Free	8:47.23	<b>22-Jul-10</b>	RSA NC	Sarah M Henry at 2010 NC Senior LC Championships

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**RECORDS RSA Team Records LM**

Open	1500 Free	17:12.45	<b>22-Jul-10</b>	RSA NC	Sarah M Henry at 2010 NC Senior LC Championships
	100 Back	1:01.96	<b>9-Aug-10</b>	RSA NC	Henriette J. Stenkvist at 2010 European Championships
	200 Back	2:12.64	<b>4-Mar-10</b>	RSA NC	Henriette J. Stenkvist at 2010 USA Swimming Austin Grand Prix
	100 Breast	1:09.68	<b>1-Jan-07</b>	RSA NC	Melanie Roberts
	200 Breast	2:30.35	<b>29-Jun-08</b>	RSA NC	Sarah M Henry at 2008 US Olympic Trials
	100 Fly	1:01.42	<b>29-Jun-08</b>	RSA NC	Hannah M Caron at 2008 US Olympic Trials
	200 Fly	2:16.80	<b>13-May-10</b>	RSA NC	Jessie Godlewski at 2010 NC Charlotte UltraSwim
	200 IM	2:16.62	<b>8-Jan-09</b>	RSA NC	Sarah M Henry at 2009 Jr Pan Pacific Championships
	400 IM	4:45.92	<b>8-Jan-09</b>	RSA NC	Sarah M Henry at 2009 Jr Pan Pacific Swimming Championships
	200 Free Relay	1:49.89	<b>9-Aug-05</b>	RSA NC	RSA J. Smith, K. Shishkoff, B. Curran, M. Roberts
	400 Free Relay	3:55.22	<b>22-Jul-04</b>	RSA NC	RSA B. Cross, S. Glover, J. Smith, K. Shishkoff
	800 Free Relay	8:27.49	<b>18-Mar-08</b>	RSA NC	RSA S. Henry, H. Stenkvist, T. Bussey, H. Caron
	200 Medley Relay	1:59.23	<b>4-Mar-10</b>	RSA NC	RSA H. Stenkvist, T. Bussey, J. Godlewski, S. Henry
	400 Medley Relay	4:18.30	<b>18-Mar-08</b>	RSA NC	RSA H. Stenkvist, T. Bussey, H. Caron, S. Henry

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**RECORDS RSA Team Records LM**
**LC Meters-Men**

10 & U	50 Free	30.07	<b>11-Jun-05</b>	RSA NC	Andrew Henry at 2005 Summer Liberty Meet	
	100 Free	1:06.99	<b>13-Jan-12</b>	RSA NC	Noah R. Diacumakos at 2012 NC RSA January Jubilee Meet	
	200 Free	2:27.07	<b>1-Jan-77</b>	RSA NC	Tom Virag	
	400 Free	5:28.43	<b>17-Jul-08</b>	RSA NC	Thomas R. Bell at 2008 NC LC 14&Under State Championships	
	800 Free	13:00.00	<b>1-Jan-09</b>	RSA NC	TBD	
	1500 Free	25:00.00	<b>1-Jan-09</b>	RSA NC	TBD	
	50 Back	35.03	<b>13-Jan-12</b>	RSA NC	Noah R. Diacumakos at 2012 NC RSA January Jubilee Meet	
	100 Back	1:14.11	<b>1-Jan-99</b>	RSA NC	Bryan O'Connor	
	50 Breast	40.26	<b>1-Jan-99</b>	RSA NC	Bryan O'Coonor	
	100 Breast	1:23.48	<b>1-Jan-99</b>	RSA NC	Bryan O'Connor	
	50 Fly	32.99	<b>1-Jan-99</b>	RSA NC	Bryan O'Connor	
	100 Fly	1:12.72	<b>1-Jan-99</b>	RSA NC	Bryan O'Connor	
	200 IM	2:36.19	<b>1-Jan-99</b>	RSA NC	Bryan O'Connor	
	200 Free Relay	2:10.72	<b>14-Jul-11</b>	RSA NC	RSA M. Moore, D. Wu, C. Watko, N. Diacumakos	
	400 Free Relay	5:15.41	<b>1-Jan-82</b>	RSA NC	RSA R Miller, M Mole, M Fischetti, M Dunaway	
	200 Medley Relay	2:29.90	<b>14-Jul-11</b>	RSA NC	RSA M. Moore, B. Thompson, N. Diacumakos, C. Watko	
	400 Medley Relay	6:00.73	<b>1-Jan-81</b>	RSA NC	RSA M Dunaway, M Sanders, S Young, T Kriz	
	11-12	50 Free	27.52	<b>1-Jan-92</b>	RSA NC	David Hook
		100 Free	59.55	<b>18-May-07</b>	RSA NC	Andrew Henry at Josh Weaver Memorial Meet on the Hill
		200 Free	2:11.35	<b>18-May-07</b>	RSA NC	Andrew Henry at Josh Weaver Memorial Meet on the Hill
400 Free		4:40.51	<b>1-Jan-01</b>	RSA NC	Bryan O'Connor	
800 Free		9:41.07	<b>1-Jan-86</b>	RSA NC	Billy McDowell	
1500 Free		19:19.79	<b>1-Jan-79</b>	RSA NC	Tom Virag	
50 Back		31.87	<b>15-Jul-10</b>	RSA NC	Will Ritchie at 2010 NC 14 & Under Long Course Champs	
100 Back		1:08.70	<b>1-Jan-86</b>	RSA NC	Anthony Bonito	
200 Back		2:26.55	<b>15-Jul-10</b>	RSA NC	Will Ritchie at 2010 NC 14 & Under Long Course Champs	
50 Breast		35.20	<b>1-Jan-93</b>	RSA NC	Ben Armstrong	
100 Breast		1:18.00	<b>1-Jan-93</b>	RSA NC	Ben Armstrong	
200 Breast		2:52.93	<b>13-Jan-12</b>	RSA NC	Aaron J. Thompson at 2012 NC RSA January Jubilee Meet	
50 Fly		29.93	<b>18-May-07</b>	RSA NC	Andrew Henry at Josh Weaver Memorial Meet on the Hill	
100 Fly		1:06.27	<b>18-May-07</b>	RSA NC	Andrew Henry at Josh Weaver Memorial Meet on the Hill	
200 Fly		2:29.14	<b>1-Jan-01</b>	RSA NC	Bryan O'Connor	
200 IM		2:27.54	<b>18-May-07</b>	RSA NC	Andrew Henry at Josh Weaver Memorial Meet on the Hill	
400 IM		5:16.15	<b>1-Jan-01</b>	RSA NC	Bryan O'Connor	
200 Free Relay		1:57.70	<b>16-Jul-09</b>	RSA NC	RSA C Daniels, J Richards, M Harr, S Maslowski	
400 Free Relay		4:23.15	<b>1-Jan-86</b>	RSA NC	RSA S Callender, J Fischetti, M Schroeder, C Whitaker	
200 Medley Relay		2:15.40	<b>1-Jan-98</b>	RSA NC	RSA S Norman, A Buegler, M Howard, B Hill	
400 Medley Relay	4:57.74	<b>16-Jul-09</b>	RSA NC	RSA J Richards, S Maslowski, M Harr, C Daniels		
13-14	50 Free	25.47	<b>1-Jan-05</b>	RSA NC	Ryan Mahoney	
	100 Free	55.63	<b>1-Jan-02</b>	RSA NC	Eric McGinnis	
	200 Free	1:59.66	<b>29-Jul-08</b>	RSA NC	Andrew Henry at 2008 Southern Zone Age Group Championship	
	400 Free	4:17.04	<b>29-Jul-08</b>	RSA NC	Andrew Henry at 2008 Southern Zone Age Group Championship	
	800 Free	8:50.55	<b>1-Jan-92</b>	RSA NC	Park Willis	
	1500 Free	16:52.34	<b>1-Jan-92</b>	RSA NC	Park Willis	
	100 Back	1:02.67	<b>1-Jan-97</b>	RSA NC	Cameron Moccari	
	200 Back	2:12.77	<b>1-Jan-00</b>	RSA NC	Matt McGinnis	
	100 Breast	1:10.89	<b>1-Jan-04</b>	RSA NC	Ryan Cox	
	200 Breast	2:32.03	<b>17-Jul-08</b>	RSA NC	Andrew Henry at 2008 NC LC 14&Under State Championships	

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**RECORDS RSA Team Records LM**

13-14	100 Fly	1:00.78	<b>14-Jul-11</b>	RSA NC	Christopher B. Daniels at 2011 NC 14 & Under Long Course AG Champs	
	200 Fly	2:13.30	<b>1-Jan-99</b>	RSA NC	Ryan Rimmele	
	200 IM	2:16.65	<b>17-Jul-08</b>	RSA NC	Andrew Henry at 2008 NC LC 14&Under State Championships	
	400 IM	4:49.07	<b>17-Jul-08</b>	RSA NC	Andrew Henry at 2008 NC LC 14&Under State Championships	
	200 Free Relay	1:47.84	<b>1-Jan-00</b>	RSA NC	RSA M Nowell, M Howard, K Kluba, M McGinnis	
	400 Free Relay	3:51.61	<b>1-Jan-02</b>	RSA NC	RSA W Dove, J Dozier, M Minikus, E McGinnis	
	800 Free Relay	8:42.25	<b>1-Jan-02</b>	RSA NC	RSA M Minikus, B O'Connor, W Dove, E McGinnis	
	200 Medley Relay	1:54.79	<b>1-Jan-00</b>	RSA NC	RSA M McGinnis, A Buegler, M Howard, M Nowell	
	400 Medley Relay	4:15.57	<b>14-Jul-11</b>	RSA NC	RSA W Ritchie, J Roach, C Daniels, S Maslowski	
15-16	50 Free	24.23	<b>22-Jul-04</b>	RSA NC	Eric McGinnis at 2004 Speedo Champions Series	
	100 Free	52.76	<b>22-Jul-04</b>	RSA NC	Eric McGinnis at 2004 Speedo Champions Series	
	200 Free	1:53.95 *	<b>22-Jul-10</b>	RSA NC	Andrew Henry at 2010 NC Senior LC Championships	
	200 Free	1:53.95 *	<b>12-Aug-02</b>	RSA NC	Matt McGinnis at 2002 US Phillips 66 Nationals	
	400 Free	4:04.70	<b>1-Jul-01</b>	RSA NC	Matt McGinnis at 2001 LCM Meets	
	800 Free	8:26.33	<b>22-Jul-10</b>	RSA NC	Andrew Henry at 2010 NC Senior LC Championships	
	1500 Free	16:30.09	<b>1-Jul-01</b>	RSA NC	Matt McGinnis at 2001 LCM Meets	
	100 Back	58.47	<b>19-Mar-02</b>	RSA NC	Matt McGinnis	
	200 Back	2:04.36	<b>12-Aug-02</b>	RSA NC	Matt McGinnis	
	100 Breast	1:07.76	<b>22-Jul-11</b>	RSA NC	Ryan M. Cade at RSA v WOW Dual Meet	
	200 Breast	2:26.39	<b>8-Aug-11</b>	RSA NC	Ryan M. Cade at 2011 Speedo Junior National Championships TT	
	100 Fly	59.56	<b>19-Jul-07</b>	RSA NC	Andy Lamb at 2007 NC NCS LC Senior Championships	
	200 Fly	2:09.95	<b>24-Jul-03</b>	RSA NC	Will Dove at 2003 North Carolina Long Course Championships	
	200 IM	2:08.04	<b>22-Jul-10</b>	RSA NC	Andrew Henry at 2010 NC Senior LC Championships	
	400 IM	4:31.84	<b>22-Jul-10</b>	RSA NC	Andrew Henry at 2010 NC Senior LC Championships	
	17-18	50 Free	23.80	<b>1-Jan-03</b>	RSA NC	Matt McGinnis
100 Free		51.15	<b>5-Aug-03</b>	RSA NC	Matt McGinnis	
200 Free		1:51.38	<b>1-Jan-03</b>	RSA NC	Matt McGinnis	
400 Free		4:00.41	<b>1-Aug-06</b>	RSA NC	Will Dove at 2006 ConocoPhillips National Champships	
800 Free		8:22.74	<b>1-Jan-05</b>	RSA NC	Will Dove	
1500 Free		15:59.34	<b>1-Jan-95</b>	RSA NC	Park Willis	
100 Back		57.29	<b>1-Jan-03</b>	RSA NC	Matt McGinnis	
200 Back		2:02.82	<b>7-Jul-04</b>	RSA NC	Matt McGinnis at 2004 US Olympic Trials	
100 Breast		1:03.27	<b>1-Jan-06</b>	RSA NC	Jon Roberts	
200 Breast		2:19.12	<b>1-Jan-06</b>	RSA NC	Jon Roberts	
100 Fly		55.72	<b>1-Jan-06</b>	RSA NC	Jon Roberts	
200 Fly		2:05.20	<b>1-Jan-01</b>	RSA NC	Cameron Moccari	
200 IM		2:04.87	<b>1-Jan-06</b>	RSA NC	Jon Roberts	
400 IM		4:33.00	<b>8-Aug-11</b>	RSA NC	Andrew Henry at 2011 Speedo Junior National Championships TT	
18 & U		200 Free Relay	1:37.57	<b>1-Jan-02</b>	RSA NC	RSA J Hudson, K Cross, M McGinnis, S Dettloff
		400 Free Relay	3:30.85	<b>1-Jan-04</b>	RSA NC	RSA E McGinnis, C Kott, W Dove, K Kluba
	800 Free Relay	8:01.84	<b>1-Jan-04</b>	RSA NC	RSA K Kluba, W Dove, W Broughton, E McGinnis	
	200 Medley Relay	1:50.42	<b>1-Jan-02</b>	RSA NC	RSA M McGinnis, K Cross, S Detloff, J Hudson	
	400 Medley Relay	3:59.63	<b>10-Jun-04</b>	RSA NC	RSA M McGinnis, N Farmer, K Kluba, E McGinnis	
Open	50 Free	22.42	<b>6-Mar-96</b>	RSA NC	David Fox at 1996 US Olympic Team Selection Meet	
	100 Free	50.12	<b>6-Mar-96</b>	RSA NC	David Fox at 1996 US Olympic Team Selection Meet	
	200 Free	1:50.32	<b>7-Jul-09</b>	RSA NC	Will Dove at 2009 ConocoPhillips National Championships	
	400 Free	3:55.19	<b>7-Jul-09</b>	RSA NC	Will Dove at 2009 ConocoPhillips National Championships	
	800 Free	8:22.74	<b>1-Jan-06</b>	RSA NC	Will Dove	

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**RECORDS RSA Team Records LM**

Open	1500 Free	15:52.07	<b>7-Jul-09</b>	RSA NC	Will Dove at 2009 ConocoPhillips National Championships
	100 Back	57.29	<b>1-Jan-03</b>	RSA NC	Matt McGinnis
	200 Back	2:02.82	<b>7-Jul-04</b>	RSA NC	Matt McGinnis at 2004 US Olympic Trials
	100 Breast	1:03.27	<b>1-Jan-06</b>	RSA NC	Jon Roberts
	200 Breast	2:19.12	<b>1-Jan-06</b>	RSA NC	Jon Roberts
	100 Fly	55.14	<b>1-Jan-87</b>	RSA NC	Dave Cowell
	200 Fly	2:04.09	<b>31-Jul-07</b>	RSA NC	Will Dove at 2007 ConocoPhillips National Championships
	200 IM	2:04.87	<b>1-Jan-06</b>	RSA NC	Jon Roberts
	400 IM	4:31.84	<b>22-Jul-10</b>	RSA NC	Andrew Henry at 2010 NC Senior LC Championships
	200 Free Relay	1:37.57	<b>14-Jun-02</b>	RSA NC	RSA J Hudson, K Cross, M McGinnis, S Dettloff
	400 Free Relay	3:30.85	<b>22-Jul-04</b>	RSA NC	RSA E McGinnis, C Kott, W Dove, K Kluba
	800 Free Relay	7:49.10	<b>22-Jul-10</b>	RSA NC	Raleigh Swimming Association A. Henry, A. Lamb, D. Kab, W. DeForest
	200 Medley Relay	1:50.42	<b>14-Jun-02</b>	RSA NC	RSA M McGinnis, K Cross, S Dettloff, J Hudson
	400 Medley Relay	3:59.63	<b>10-Jun-04</b>	RSA NC	RSA M McGinnis, N Farmer, K Kluba, E McGinnis