
RECORDS RSA Team Record
Yards-Women

10 & U	50 Free	26.89	1-Feb-00	RSA NC	Julie Smith		
	100 Free	59.42	1-Jan-80	RSA NC	Emily Cowling		
	200 Free	2:09.84	1-Jan-76	RSA NC	S. Cruze		
	500 Free	5:51.93	11-Mar-10	RSA NC	Kate R Moore at 2010 NC Southern Zone Eastern Sect AG Champs		
	1000 Free	12:43.39	13-Nov-09	RSA NC	Kate R Moore at 2009 RSA-NCAC-GSA Tri Meet		
	1650 Free	20:24.93	3-Jan-10	RSA NC	Kate R Moore at 2010 NC RSA January Distance Day Meet		
	50 Back	31.10	11-Mar-10	RSA NC	Kate R Moore at 2010 NC Southern Zone Eastern Sect AG Champs		
	100 Back	1:08.03	18-Feb-10	RSA NC	Kate R Moore at 2010 NCS 14 & Under Age Group Championships		
	50 Breast	33.24	1-Jan-00	RSA NC	Julie Smith		
	100 Breast	1:15.72	1-Jan-00	RSA NC	Julie Smith		
	50 Fly	29.91	1-Jan-85	RSA NC	Cara Dunaway		
	100 Fly	1:07.60	1-Jan-87	RSA NC	Meagan Lincoln		
	100 IM	1:07.96	1-Jan-01	RSA NC	Teresa Long		
	200 IM	2:26.84	1-Jan-98	RSA NC	Iris Simpson		
	200 Free Relay	1:57.56	11-Mar-10	RSA NC	RSA	C. Li, E. Dodson, S. Laino, K. Moore	
	200 Medley Relay	2:06.64	11-Mar-10	RSA NC	RSA	K. Moore, C. Li, O. Carter, S. Laino	
	11-12	50 Free	23.93	14-Mar-02	RSA NC	Julie Smith at Age Group Sectionals	
		100 Free	52.72	20-Mar-03	RSA NC	Teresa Long	
		200 Free	1:53.96	1-Jan-03	RSA NC	Teresa Long	
		500 Free	5:11.49	19-Mar-10	RSA NC	Melissa Ortega at 2010 NC WAVE Tarheel States Invitational	
1000 Free		10:50.90	1-Jan-03	RSA NC	Teresa Long		
1650 Free		18:06.27	1-Jan-84	RSA NC	Suzanne Gardiner		
50 Back		28.41	21-Feb-02	RSA NC	Julie Smith at 14 & Under AG Champs		
100 Back		1:00.60	19-Feb-09	RSA NC	Hannah M. Moore at 2009 NC 14&U Age Group Championships		
200 Back		2:10.47	12-Mar-09	RSA NC	Hannah M. Moore at 2009 SZ Eastern Sect AG Champs		
50 Breast		30.53	1-Jan-00	RSA NC	Sarah Nowell		
100 Breast		1:07.38	1-Jan-00	RSA NC	Sarah Nowell		
200 Breast		2:28.19	1-Jan-01	RSA NC	Bryttany Curran		
50 Fly		26.69	1-Jan-02	RSA NC	Blair Cross		
100 Fly		1:01.35	10-Dec-04	RSA NC	Sarah M Henry at 2004 NC WAVE Fall States Invitational		
200 Fly		2:14.05	20-Mar-09	RSA NC	Hannah M. Moore at 2009 NC WAVE Tarheel States Invitational		
100 IM		1:01.13	14-Mar-02	RSA NC	Julie Smith at AGE group sec.02		
200 IM		2:13.07	18-Oct-02	RSA NC	Julie Smith at RSA Senior Kickoff - 2002		
400 IM		4:40.92	14-Mar-02	RSA NC	Julie Smith at AGE group sec.02		
200 Free Relay		1:40.18	1-Jan-02	RSA NC	RSA	B Copeland, B Cross, T Long, J Smith	
400 Free Relay		3:44.61	1-Jan-02	RSA NC	RSA	J Smith, T Long, B Cross, B Copeland	
200 Medley Relay	1:53.30	1-Jan-02	RSA NC	RSA	J Smith, B Copeland, B Cross, T Long		
400 Medley Relay	4:14.53	19-Feb-09	RSA NC	RSA	H Moore, R Hatt, M Owens, J Barham		
13-14	50 Free	22.95	1-Jan-04	RSA NC	Julie Smith		
	100 Free	50.10	1-Jan-04	RSA NC	Julie Smith		
	200 Free	1:51.03	* 5-Dec-08	RSA NC	Henriette J. Stenkvist at 2008 RSA Reindeer Meet		
	200 Free	1:51.03	* 29-Jan-09	RSA NC	Henriette J. Stenkvist at 2009 NCS Senior Championships Short Course		
	500 Free	4:53.40	29-Jan-09	RSA NC	Henriette J. Stenkvist at 2009 NCS Senior Championships Short Course		
	1000 Free	10:05.50	29-Jan-09	RSA NC	Henriette J. Stenkvist at 2009 NCS Senior Championships Short Course		
	1650 Free	17:02.67	16-Jan-09	RSA NC	Henriette J. Stenkvist at 2009 NC RSA January Jubilee Meet		
	100 Back	55.84	29-Jan-09	RSA NC	Henriette J. Stenkvist at 2009 NCS Senior Championships Short Course		
	200 Back	1:57.36	16-Jan-09	RSA NC	Henriette J. Stenkvist at 2009 NC RSA January Jubilee Meet		
	100 Breast	1:04.64	20-Feb-03	RSA NC	Julie Smith at NCS Senior Champs 2003		

RECORDS RSA Team Record

13-14	200 Breast	2:20.41	21-Mar-06	RSA NC	Sarah M Henry at NCSA Junior Nationals 2006 SCY	
	100 Fly	57.29	1-Jan-00	RSA NC	Stephanie Glover	
	200 Fly	2:06.97	1-Jan-85	RSA NC	Suzanne Gardner	
	200 IM	2:02.31	22-Mar-04	RSA NC	Julie Smith at 2004 SC NCSA Junior National Championships	
	400 IM	4:25.29	1-Dec-06	RSA NC	Sarah M Henry at 2006 NC NSS 13-14/Senior Winter Invitational	
	200 Free Relay	1:36.28	19-Feb-04	RSA NC	RSA J Smith, B Copeland, B Cross, T Long	
	400 Free Relay	3:27.83	1-Jan-04	RSA NC	RSA T Long, B Cross, B Copeland, J Smith	
	800 Free Relay	7:49.91	1-Jan-05	RSA NC	RSA T Long, M Dettloff, S Henry, E Farmer	
	200 Medley Relay	1:48.96	1-Jan-04	RSA NC	RSA J Smith, B Copeland, B Cross, T Long	
	400 Medley Relay	3:54.78	1-Jan-04	RSA NC	RSA M Dettloff, J Smith, B Cross, T Long	
15-16	50 Free	23.35	21-Feb-05	RSA NC	Julie Smith at 2005 Independent 3A HS Champs	
	100 Free	50.88	21-Feb-05	RSA NC	Julie Smith at 2005 Independent 3A HS Champs	
	200 Free	1:47.23	5-Dec-08	RSA NC	Sarah M Henry at 2008 RSA Reindeer Meet	
	500 Free	4:48.14	4-Mar-10	RSA NC	Henriette J. Stenkvis at 2010 USA Swimming Austin Grand Prix	
	1000 Free	9:49.56	5-Dec-08	RSA NC	Sarah M Henry at 2008 RSA Reindeer Meet	
	1650 Free	16:58.16	2-Nov-08	RSA NC	Sarah M Henry at 2008 NC RSA November Distance Day	
	100 Back	54.14	4-Mar-10	RSA NC	Henriette J. Stenkvis at 2010 USA Swimming Austin Grand Prix	
	200 Back	1:56.12	4-Mar-10	RSA NC	Henriette J. Stenkvis at 2010 USA Swimming Austin Grand Prix	
	100 Breast	1:02.21	21-Mar-06	RSA NC	Melanie Roberts at NCSA Junior Nationals 2006 SCY	
	200 Breast	2:13.22	20-Mar-07	RSA NC	Sarah M Henry at NCSA Junior Nationals 2007-Short Course	
	100 Fly	54.74	18-Mar-08	RSA NC	Hannah Caron at 2008 NCSA Jr Nat	
	200 Fly	1:59.96	14-Dec-07	RSA NC	Hannah Caron at 2007 NC RSA Reindeer Meet	
	200 IM	2:00.54	5-Dec-08	RSA NC	Sarah M Henry at 2008 RSA Reindeer Meet	
	400 IM	4:14.69	20-Mar-07	RSA NC	Sarah M Henry at NCSA Junior Nationals 2007-Short Course	
17-18	50 Free	23.60	13-Mar-03	RSA NC	Stephanie Glover at Southern Zone Eastern Senior Sectional	
	100 Free	50.15	29-Jan-09	RSA NC	Sarah M Henry at 2009 NCS Senior Championships Short Course	
	200 Free	1:45.76	29-Jan-09	RSA NC	Sarah M Henry at 2009 NCS Senior Championships Short Course	
	500 Free	4:40.63	29-Jan-09	RSA NC	Sarah M Henry at 2009 NCS Senior Championships Short Course	
	1000 Free	9:38.30	5-Mar-09	RSA NC	Sarah M Henry at 2009 NC SZ Eastern Section Sr. Champs	
	1650 Free	16:04.89	16-Jan-09	RSA NC	Sarah M Henry at 2009 NC RSA January Jubilee Meet	
	100 Back	56.38	13-Mar-03	RSA NC	Stephanie Glover at Southern Zone Eastern Senior Sectional	
	200 Back	2:02.38	13-Mar-03	RSA NC	Stephanie Glover at Southern Zone Eastern Senior Sectional	
	100 Breast	1:01.30	20-Mar-07	RSA NC	Melanie Roberts at NCSA Junior Nationals 2007-Short Course	
	200 Breast	2:10.79	5-Mar-09	RSA NC	Sarah M Henry at 2009 NC SZ Eastern Section Sr. Champs	
	100 Fly	54.02	29-Jan-09	RSA NC	Sarah M Henry at 2009 NCS Senior Championships Short Course	
	200 Fly	1:57.35	29-Jan-09	RSA NC	Sarah M Henry at 2009 NCS Senior Championships Short Course	
	200 IM	1:57.43	29-Jan-09	RSA NC	Sarah M Henry at 2009 NCS Senior Championships Short Course	
	400 IM	4:07.79	5-Mar-09	RSA NC	Sarah M Henry at 2009 NC SZ Eastern Section Sr. Champs	
	18 & U	200 Free Relay	1:33.54	1-Jan-04	RSA NC	RSA T Long, S Glover, K Shishkoff, J Smith
		400 Free Relay	3:24.11	1-Jan-04	RSA NC	RSA T Long, S Glover, K Shishkoff, J Smith
800 Free Relay		7:28.38	5-Mar-09	RSA NC	RSA H. Stenkvis, T. Bussey, S. Henry, C. Nobles	
200 Medley Relay		1:44.34	1-Jan-04	RSA NC	RSA S Glover, B Curran, A Duncan, J Smith	
400 Medley Relay		3:45.46	5-Mar-09	RSA NC	RSA H. Stenkvis, T. Bussey, S. Henry, K. Repke	
Open	50 Free	22.95	1-Jan-04	RSA NC	Julie Smith	
	100 Free	50.10	1-Jan-05	RSA NC	Julie Smith	
	200 Free	1:45.76	29-Jan-09	RSA NC	Sarah M Henry at 2009 NCS Senior Championships Short Course	
	500 Free	4:40.63	29-Jan-09	RSA NC	Sarah M Henry at 2009 NCS Senior Championships Short Course	
	1000 Free	9:38.30	5-Mar-09	RSA NC	Sarah M Henry at 2009 NC SZ Eastern Section Sr. Champs	

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Open	1650 Free	16:04.89	16-Jan-09	RSA NC	Sarah M Henry at 2009 NC RSA January Jubilee Meet
	100 Back	54.14	4-Mar-10	RSA NC	Henriette J. Stenkvist at 2010 USA Swimming Austin Grand Prix
	200 Back	1:56.12	4-Mar-10	RSA NC	Henriette J. Stenkvist at 2010 USA Swimming Austin Grand Prix
	100 Breast	1:01.30	20-Mar-07	RSA NC	Melanie Roberts at NCSA Junior Nationals 2007-Short Course
	200 Breast	2:10.79	5-Mar-09	RSA NC	Sarah M Henry at 2009 NC SZ Eastern Section Sr. Champs
	100 Fly	54.02	29-Jan-09	RSA NC	Sarah M Henry at 2009 NCS Senior Championships Short Course
	200 Fly	1:57.35	29-Jan-09	RSA NC	Sarah M Henry at 2009 NCS Senior Championships Short Course
	200 IM	1:57.43	29-Jan-09	RSA NC	Sarah M Henry at 2009 NCS Senior Championships Short Course
	400 IM	4:07.79	5-Mar-09	RSA NC	Sarah M Henry at 2009 NC SZ Eastern Section Sr. Champs
	200 Free Relay	1:33.54	22-Mar-04	RSA NC	RSA T Long, S Glover, K Shishkoff, J Smith
	400 Free Relay	3:24.11	22-Mar-04	RSA NC	RSA T Long, S Glover, K Shishkoff, J Smith
	800 Free Relay	7:28.38	5-Mar-09	RSA NC	RSA H. Stenkvist, T. Bussey, S. Henry, C. Nobles
	200 Medley Relay	1:44.34	22-Mar-04	RSA NC	RSA S Glover, B Curran, A Duncan, J Smith
	400 Medley Relay	3:45.46	5-Mar-09	RSA NC	RSA H. Stenkvist, T. Bussey, S. Henry, K. Repke

RECORDS RSA Team Record
Yards-Men

10 & U	50 Free	26.68	24-Feb-05	RSA NC	Andrew Henry at 2005 NC 14 & Under Age Group Championships
	100 Free	57.98	24-Feb-05	RSA NC	Andrew Henry at 2005 NC 14 & Under Age Group Championships
	200 Free	2:05.34	24-Feb-05	RSA NC	Andrew Henry at 2005 NC 14 & Under Age Group Championships
	500 Free	5:43.80	17-Mar-05	RSA NC	Andrew Henry at 2005 Southern Zone Eastern Sect AG Champs
	1000 Free	13:17.20	4-Jan-09	RSA NC	Will Ritchie at 2009 NC RSA January Distance Day Meet
	1650 Free	20:47.52	1-Jan-77	RSA NC	Tom Virag
	50 Back	30.93	1-Jan-99	RSA NC	Bryan O'Connor
	100 Back	1:06.97	1-Jan-99	RSA NC	Bryan O'Connor
	50 Breast	34.90	14-Mar-02	RSA NC	Brent Curtis at Age Group Sectionals
	100 Breast	1:17.01	1-Jan-92	RSA NC	Ben Armstrong
	50 Fly	29.68	24-Feb-05	RSA NC	Andrew Henry at 2005 NC 14 & Under Age Group Championships
	100 Fly	1:07.34	1-Jan-99	RSA NC	Bryan O'Connor
	100 IM	1:07.07	24-Feb-05	RSA NC	Andrew Henry at 2005 NC 14 & Under Age Group Championships
	200 IM	2:26.11	1-Jan-99	RSA NC	Bryan O'Connor
	200 Free Relay	1:54.40	17-Mar-05	RSA NC	RSA G Davis, W Sigmon, S Dove, A Henry
	200 Medley Relay	2:11.21	14-Mar-02	RSA NC	RSA J Denmark, B Curtis, D Kab, D Rudio
11-12	50 Free	24.17	22-Feb-07	RSA NC	Andrew Henry at 2007 NC 14 & Under Age Group Championships
	100 Free	52.24	22-Feb-07	RSA NC	Andrew Henry at 2007 NC 14 & Under Age Group Championships
	200 Free	1:53.83	15-Mar-07	RSA NC	Andrew Henry at 2007 NC Southern Zone Eastern Sect AG Champs
	500 Free	5:10.11	15-Mar-07	RSA NC	Andrew Henry at 2007 NC Southern Zone Eastern Sect AG Champs
	1000 Free	10:48.78	1-Jan-01	RSA NC	Bryan O'Connor
	1650 Free	18:06.98	1-Jan-76	RSA NC	K Woody
	50 Back	27.91	15-Mar-07	RSA NC	Andrew Henry at 2007 NC Southern Zone Eastern Sect AG Champs
	100 Back	58.80	22-Feb-07	RSA NC	Andrew Henry at 2007 NC 14 & Under Age Group Championships
	200 Back	2:07.93	15-Mar-07	RSA NC	Andrew Henry at 2007 NC Southern Zone Eastern Sect AG Champs
	50 Breast	30.21	21-Feb-08	RSA NC	Bailey Maloney at 2008 NCS 14 & Under Age Group Championships
	100 Breast	1:05.58	1-Jan-94	RSA NC	Ben Armstrong
	200 Breast	2:27.66	18-Jan-08	RSA NC	Bailey Maloney at 2008 NC RSA January Jubilee
	50 Fly	26.50	22-Feb-07	RSA NC	Andrew Henry at 2007 NC 14 & Under Age Group Championships
	100 Fly	58.09	1-Jan-99	RSA NC	Kyle Kluba
	200 Fly	2:11.85	1-Jan-01	RSA NC	Bryan O'Connor
	100 IM	59.49	15-Mar-07	RSA NC	Andrew Henry at 2007 NC Southern Zone Eastern Sect AG Champs
	200 IM	2:08.41	15-Mar-07	RSA NC	Andrew Henry at 2007 NC Southern Zone Eastern Sect AG Champs
	400 IM	4:35.05	15-Mar-07	RSA NC	Andrew Henry at 2007 NC Southern Zone Eastern Sect AG Champs
	200 Free Relay	1:43.23	18-Feb-10	RSA NC	RSA G McCulloch, W Ritchie, J Roach, S Maslowski
	400 Free Relay	3:45.41	18-Feb-10	RSA NC	RSA G McCulloch, W Ritchie, J Roach, S Maslowski
	200 Medley Relay	1:53.60	18-Feb-10	RSA NC	RSA W Ritchie, J Roach, G McCulloch, S Maslowski
	400 Medley Relay	4:08.94	18-Feb-10	RSA NC	RSA W Ritchie, J Roach, G McCulloch, S Maslowski
13-14	50 Free	21.93	2-Dec-05	RSA NC	Ryan Mahoney at 2005 NC NSS 13-14/Senior Winter Invitational
	100 Free	48.01	1-Jan-02	RSA NC	Eric McGinnis
	200 Free	1:43.78	19-Feb-09	RSA NC	Andrew Henry at 2009 NC 14&U Age Group Championships
	500 Free	4:42.45	19-Feb-09	RSA NC	Andrew Henry at 2009 NC 14&U Age Group Championships
	1000 Free	9:49.90	1-Jan-02	RSA NC	Eric McGinnis
	1650 Free	16:27.87	16-Jan-09	RSA NC	Andrew Henry at 2009 NC RSA January Jubilee Meet
	100 Back	53.01	1-Jan-98	RSA NC	Cameron Moccari
	200 Back	1:53.79	1-Jan-98	RSA NC	Cameron Moccari
	100 Breast	1:01.07	19-Feb-09	RSA NC	Andrew Henry at 2009 NC 14&U Age Group Championships
	200 Breast	2:09.92	19-Feb-09	RSA NC	Andrew Henry at 2009 NC 14&U Age Group Championships

RECORDS RSA Team Record

13-14	100 Fly	52.87	16-Mar-06	RSA NC	Andy Lamb at 2006 NC Southern Zone Eastern Sect AG Champs
	200 Fly	1:58.30	1-Jan-00	RSA NC	Ryan Rimmele
	200 IM	1:54.42	5-Mar-09	RSA NC	Andrew Henry at 2009 NC SZ Eastern Section Sr. Champs
	400 IM	4:09.84	19-Feb-09	RSA NC	Andrew Henry at 2009 NC 14&U Age Group Championships
	200 Free Relay	1:32.70	1-Jan-06	RSA NC	RSA A Lamb, M Williams, A Neri, R Mahoney
	400 Free Relay	3:16.86	1-Jan-06	RSA NC	RSA A Lamb, M Williams, M D'Ortenzio, R Mahoney
	800 Free Relay	7:35.85	1-Jan-88	RSA NC	RSA C Rehder, A Bonito, B McDowell, J West
	200 Medley Relay	1:42.65	1-Jan-06	RSA NC	RSA A Lamb, M D'Ortenzio, R Mahoney, A Neri
	400 Medley Relay	3:44.68	1-Jan-00	RSA NC	RSA M McGinnis, A Buegler, K Kluba, M Nowell
15-16	50 Free	21.21	1-Jan-04	RSA NC	Eric McGinnis
	100 Free	46.07	31-Jan-02	RSA NC	Matt McGinnis '02 US Champs Eric McGinnis '04 NC Senior Champs
	200 Free	1:38.84	1-Jan-02	RSA NC	Matt McGinnis
	500 Free	4:32.95	1-Jan-02	RSA NC	Matt McGinnis
	1000 Free	9:27.54	1-Jan-02	RSA NC	Matt McGinnis
	1650 Free	15:46.94	4-Mar-10	RSA NC	Mitch DeForest at 2010 USA Swimming Austin Grand Prix
	100 Back	50.50	1-Jan-02	RSA NC	Matt McGinnis
	200 Back	1:47.97	1-Jan-02	RSA NC	Matt McGinnis
	100 Breast	58.52	21-Mar-06	RSA NC	Ryan T. Cox at NCSA Junior Nationals 2006 SCY
	200 Breast	2:08.34	19-Mar-10	RSA NC	Andrew Henry at 2010 NC WAVE Tarheel States Invitational
	100 Fly	50.64	1-Jan-08	RSA NC	Andy Lamb
	200 Fly	1:52.68	15-Feb-07	RSA NC	Philip Arve at 2007 NC NCS Senior Championships
	200 IM	1:52.26	1-Jan-02	RSA NC	Matt McGinnis
	400 IM	3:57.97	19-Mar-10	RSA NC	Andrew Henry at 2010 NC WAVE Tarheel States Invitational
	17-18	50 Free	20.60	1-Jan-04	RSA NC
100 Free		44.36	1-Jan-03	RSA NC	Matt McGinnis
200 Free		1:36.15	1-Jan-03	RSA NC	Matt McGinnis
500 Free		4:27.24	21-Mar-06	RSA NC	Will Dove at NCSA Junior Nationals 2006 SCY
1000 Free		9:13.16	21-Mar-06	RSA NC	Will Dove at NCSA Junior Nationals 2006 SCY
1650 Free		15:22.29	21-Mar-06	RSA NC	Will Dove at NCSA Junior Nationals 2006 SCY
100 Back		49.19	5-Mar-09	RSA NC	Andy Lamb at 2009 NC SZ Eastern Section Sr. Champs
200 Back		1:45.94	1-Jan-03	RSA NC	Matt McGinnis
100 Breast		56.47	1-Jan-89	RSA NC	John Fischetti at 1989 SCY Meets
200 Breast		2:03.21	22-Mar-05	RSA NC	Jon Roberts at 2005 NCSA Jr National Swimming
100 Fly		49.55	1-Jan-02	RSA NC	Scott Detloff
200 Fly		1:49.43	1-Jan-00	RSA NC	Max Allen
200 IM		1:49.80	1-Jan-03	RSA NC	Matt McGinnis
400 IM		3:53.97	1-Jan-03	RSA NC	Matt McGinnis
18 & U		200 Free Relay	1:23.72	22-Mar-05	RSA NC
	400 Free Relay	3:02.98	22-Mar-04	RSA NC	RSA K Kluba, E McGinnis, S Miltz, M McGinnis
	800 Free Relay	6:45.86	22-Mar-04	RSA NC	RSA E McGinnis, K Kluba, W Dove, M McGinnis
	200 Medley Relay	1:33.42	22-Mar-05	RSA NC	RSA N Farmer, J Roberts, K Kluba, E McGinnis
	400 Medley Relay	3:24.85	22-Mar-04	RSA NC	RSA M McGinnis, N Farmer, K Kluba, E McGinnis
Open	50 Free	20.60	1-Jan-04	RSA NC	Matt McGinnis
	100 Free	44.36	1-Jan-03	RSA NC	Matt McGinnis
	200 Free	1:20.25	29-Jan-04	RSA NC	Kyle Kluba at 2004 NC NCS Senior Championships
	500 Free	4:27.24	21-Mar-06	RSA NC	Will Dove at NCSA Junior Nationals 2006 SCY
	1000 Free	9:13.16	21-Mar-06	RSA NC	Will Dove at NCSA Junior Nationals 2006 SCY
	1650 Free	15:22.29	21-Mar-06	RSA NC	Will Dove at NCSA Junior Nationals 2006 SCY

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Open	100 Back	49.19	5-Mar-09	RSA NC	Andy Lamb at 2009 NC SZ Eastern Section Sr. Champs
	200 Back	1:45.94	1-Jan-03	RSA NC	Matt McGinnis
	100 Breast	56.47	1-Jan-89	RSA NC	John Fischetti at 1989 SCY Meets
	200 Breast	2:03.21	22-Mar-05	RSA NC	Jon Roberts at 2005 NCSA Jr National Swimming
	100 Fly	48.04	1-Jan-87	RSA NC	Dave Cowell
	200 Fly	1:49.43	1-Jan-00	RSA NC	Max Allen
	200 IM	1:49.80	1-Jan-03	RSA NC	Matt McGinnis
	400 IM	3:53.97	1-Jan-03	RSA NC	Matt McGinnis
	200 Free Relay	1:23.72	22-Mar-05	RSA NC	RSA K Kluba, J Roberts, W Dove, E McGinnis
	400 Free Relay	3:02.98	22-Mar-04	RSA NC	RSA K Kluba, E McGinnis, S Miltz, M McGinnis
	800 Free Relay	6:45.86	22-Mar-04	RSA NC	RSA E McGinnis, K Kluba, W Dove, M McGinnis
	200 Medley Relay	1:33.42	22-Mar-05	RSA NC	RSA N Farmer, J Roberts, K Kluba, M McGinnis
	400 Medley Relay	3:24.85	22-Mar-04	RSA NC	RSA M McGinnis, N Farmer, K Kluba, E McGinnis