

Seacoast Swimming Association

RECORDS LONG COURSE

LC Meters-Women

8 & U	50 Free	37.13	16-Jul-99	MELISSA PARRATTO	
	100 Free	1:20.84	16-Jul-99	MELISSA PARRATTO	
	50 Back	44.56	16-Jul-99	MELISSA PARRATTO	
	50 Breast	47.91	1-Aug-86	KELLY GITTLEIN	
	50 Fly	39.33	16-Jul-99	MELISSA PARRATTO	
	200 Free Relay	2:54.33	17-Jul-99	M.PARRATTO,T.MORRISSETTE,L.MCMANUS,J.JOHNSON	
	200 Medley Relay	3:16.21	18-Jul-99	L.MCMANUS,J.JOHNSON,M.PARRATTO,T.MORRISSETTE	
9-10	50 Free	31.26	1-Jul-89	KELLY GITTLEIN	
	100 Free	1:10.52	15-Jul-89	KELLY GITTLEIN	
	200 Free	2:35.68	16-Jul-99	KRISTINA RIGTERINK	
	400 Free	5:27.80	20-Jul-01	MELISSA PARRATTO	
	50 Back	37.21	15-Jul-89	KELLY GITTLEIN	
	100 Back	1:23.09	5-Aug-00	CAITLIN MOORE-PENASKOVIC	
	50 Breast	41.08	16-Jul-99	KRISTINA RIGTERINK	
	100 Breast	1:32.58	25-Jun-95	MADELINE LEWIS	
	50 Fly	34.72	20-Jul-01	MELISSA PARRATTO	
	100 Fly	1:18.29	20-Jul-01	MELISSA PARRATTO	
	200 IM	2:53.35	20-Jul-01	MELISSA PARRATTO	
	200 Free Relay	2:22.09	7-Aug-88	K.GITTLEIN,H.PIERCE,J.MANEY,J.TUCKER-MOHL	
	400 Free Relay	5:18.85	8-Aug-88	K.GITTLEIN,H.PIERCE,J.MANEY,J.TUCKER-MOHL	
200 Medley Relay	2:38.34	6-Aug-88	J.TUCKER-MOHL,H.PIERCE,K.GITTLEIN,J.MANEY		
11-12	50 Free	27.04	16-Aug-85	JENNY THOMPSON	
	100 Free	1:00.80	11-Aug-93	JAMIE CAIL	
	200 Free	2:10.94	11-Aug-93	JAMIE CAIL	
	400 Free	4:34.17	11-Aug-93	JAMIE CAIL	
	800 Free	10:03.60	29-Jul-11	SSA NE Sydnee A. Aubin at 2011 NE CRIM 14 & U LCM Champs	
	1500 Free	20:20.66	17-Jun-11	SSA NE Sydnee A. Aubin at 2011 NE SSA June 17-19 Team Specialty Me	
	50 Back	31.92	3-Aug-85	JENNY THOMPSON	
	100 Back	1:09.43	11-Aug-93	JAMIE CAIL	
	200 Back	2:35.72	27-Jul-86	LARISSA HEROLD	
	50 Breast	35.95	20-Jul-01	KRISTINA RIGTERINK	
	100 Breast	1:20.64	20-Jul-01	KRISTINA RIGTERINK	
	200 Breast	2:56.42	20-Jul-01	KRISTINA RIGTERINK	
	50 Fly	30.36	5-Aug-85	JENNY THOMPSON	
	100 Fly	1:07.88	2-Aug-85	JENNY THOMPSON	
	200 Fly	2:31.82	27-Jul-86	ALISON KLINAKIS	
	200 IM	2:26.90	11-Aug-93	JAMIE CAIL	
	400 IM	5:17.00	25-May-93	JAMIE CAIL	
	200 Free Relay	2:02.57	4-Aug-85	J.THOMPSON,K.HARMON,A.KLINAKIS,L.HEROLD	
	400 Free Relay	4:30.62	1-Aug-86	L.HEROLD,A.KLINAKIS,J.IVERY,M.RAVENELLE	
	200 Medley Relay	2:19.16	2-Aug-86	L.HEROLD,D.PALMER,A.KLINAKIS,M.RAVENELLE	
	13-14	50 Free	26.09	12-Aug-87	JENNY THOMPSON
		100 Free	57.28	28-Jul-87	JENNY THOMPSON
200 Free		2:10.00	21-Jul-94	JAMIE CAIL	
400 Free		4:31.66	10-Aug-92	JESSICA TUCKER-MOHL	
800 Free		9:16.47	2-Aug-94	JAMIE CAIL	

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13-14	1500 Free	17:35.79	21-Jul-94	JAIME CAIL
	100 Back	1:05.82 *	6-Mar-94	EMILY DEPPE
	100 Back	1:05.82 *	30-Jul-87	JENNY THOMPSON
	200 Back	2:20.74	31-Jul-88	LARISSA HEROLD
	100 Breast	1:16.72	4-Aug-91	CAROLINE PALMER
	200 Breast	2:44.81	20-Jul-91	CAROLINE PALMER
	100 Fly	1:05.03	17-Jul-87	JENNY THOMPSON
	200 Fly	2:21.72	12-Aug-87	ALISON KLINAKIS
	200 IM	2:25.79	17-Jul-87	JENNY THOMPSON
	400 IM	5:04.73	21-Jul-94	JAMIE CAIL
	400 Free Relay	4:10.45	3-Aug-86	J.COMEAU,J.THOMPSON,S.BELANGER,K.GITTELEIN
	800 Free Relay	9:12.31	29-Jul-90	K.NAGLE,C.PALMER,B.WILSON,M.LABRIE
	400 Medley Relay	4:41.12	28-Jul-90	B.WILSON,C.PALMER,L.DELICIO,M.LABRIE
15-16	50 Free	25.80	13-Aug-88	JENNY THOMPSON
	100 Free	55.84	19-Aug-89	JENNY THOMPSON
	200 Free	2:01.63	1-Aug-89	JENNY THOMPSON
	400 Free	4:19.33	14-Mar-95	JESSICA TUCKER-MOHL
	800 Free	8:51.75	14-Mar-95	JESSICA TUCKER-MOHL
	1500 Free	17:14.44	3-Aug-88	JILL COMEAU
	100 Back	1:04.84	1-Aug-88	JENNY THOMPSON
	200 Back	2:19.34	1-Nov-90	LARISSA HEROLD
	100 Breast	1:12.86	4-Aug-98	NOELLE PULOMENA
	200 Breast	2:37.85	2-Aug-98	NOELLE PULOMENA
	100 Fly	1:01.16	1-Aug-89	JENNY THOMPSON
	200 Fly	2:17.42	1-Aug-92	CAROLINE PALMER
	200 IM	2:20.54	5-Aug-98	NOELLE PULOMENA
	400 IM	4:58.19	3-Aug-98	NOELLE PULOMENA
	400 Free Relay	4:00.52	2-Aug-00	M. OESER, P. CRIMMIN, A. SMITH, M. MILLER
	800 Free Relay	9:27.53	28-Jul-91	D.PALMER,L.DELICIO,H.EDGECOMB,K.LORHAMMER
	400 Medley Relay	4:40.58	1-Aug-92	B.WILSON,K.NAGLE,C.PALMER,M.LABRIE
17-18	50 Free	25.77	25-Aug-91	JENNY THOMPSON
	100 Free	56.01	4-Apr-91	JENNY THOMPSON
	200 Free	2:01.45	22-Aug-91	JENNY THOMPSON
	400 Free	4:19.11	31-Jul-95	JESSICA TUCKER-MOHL
	800 Free	8:48.90	31-Jul-95	JESSICA TUCKER-MOHL
	1500 Free	16:55.92	20-Jul-95	JESSICA TUCKER-MOHL
	100 Back	1:04.89	4-Apr-91	LARISSA HEROLD
	200 Back	2:15.89	13-Aug-91	LARISSA HEROLD
	100 Breast	1:12.82	15-Aug-91	LESLIE REPETTO
	200 Breast	2:37.28	14-Aug-02	JENNA BARBARY
	100 Fly	1:00.83	24-Aug-91	JENNY THOMPSON
	200 Fly	2:16.51	14-Mar-95	CAROLINE PALMER
	200 IM	2:17.68	2-Aug-90	JENNY THOMPSON
	400 IM	4:55.84	1-Aug-96	ANNA CHRISTIANSEN
	400 Free Relay	4:05.18	14-Aug-91	L.HEROLD,S.CONWAY,A.KLINAKIS,L.REPETTO
	800 Free Relay	8:37.77	13-Aug-02	M. Miller, M. Oeser, C. Frank, J. Barbary
	400 Medley Relay	4:25.29	16-Aug-91	L.HEROLD,L.REPETTO,A.KLINAKIS,C.CONWAY
	50 Free	25.13	13-Aug-02	JENNY THOMPSON
	100 Free	54.48	1-Mar-92	JENNY THOMPSON

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200 Free	1:59.98	2-Mar-92		JENNY THOMPSON
400 Free	4:19.11	31-Jul-95		JESSICA TUCKER-MOHL
800 Free	8:48.90	31-Jul-95		JESSICA TUCKER-MOHL
1500 Free	16:55.92	31-Jul-95		JESSICA TUCKER-MOHL
100 Back	1:04.84	10-Aug-88		JENNY THOMPSON
200 Back	2:15.89	13-Aug-91		LARISSA HEROLD
100 Breast	1:12.82	15-Aug-91		LESLIE REPETTO
200 Breast	2:37.28	14-Aug-02		JENNA BARBARY
100 Fly	58.58	14-Aug-02		JENNY THOMPSON
200 Fly	2:14.97	4-Aug-11	SSA NE	Jenni Roberts at 2011 Eastern Zone Super Sectionals
200 IM	2:17.68	2-Aug-90		JENNY THOMPSON
400 IM	4:55.84	1-Aug-96		ANNA CHRISTIANSEN
400 Free Relay	3:59.26	21-Jul-91		J.THOMPSON,M.LABRIE,H.HEROLD,K.ZENDA
800 Free Relay	8:26.95	2-Aug-96		J.TUCKER-MOHL,D.LECKENBY,A.CHRISTIANSEN,K.TUCKER-MOHL
400 Medley Relay	4:15.16	16-Aug-02		C.FRANK, J.BARBARY, J.THOMPSON, M.OESER

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LC Meters-Men

8 & U	50 Free	36.03	3-Aug-86	TED MANTOS	
	100 Free	1:19.03		DEAN FREDETTE	
	50 Back	42.68	1-Aug-86	TED MANTOS	
	50 Breast	49.84	28-Jul-89	DAVID LEWIS	
	50 Fly	39.26		DEAN FREDETTE	
	200 Free Relay	2:45.69	1-Aug-86	T.MANTOS,J.GRAVES,J.HENDERSON,P.CURRY	
	200 Medley Relay	3:18.72	2-Aug-86	P.CURRY,J.GRAVES,J.HENDERSON,T.MANTOS	
9-10	50 Free	33.19		DEAN FREDETTE	
	100 Free	1:10.88		DEAN FREDETTE	
	200 Free	2:33.00		DEAN FREDETTE	
	400 Free	5:30.48	16-Jun-07	LIAM BOND	
	50 Back	38.54	*	DEAN FREDETTE	
	50 Back	38.54	* 27-Jun-92	TONY TENHAAGEN	
	100 Back	1:21.69		DEAN FREDETTE	
	50 Breast	43.13	26-Jul-91	DAVID LEWIS	
	100 Breast	1:35.88	27-Jul-91	DAVID LEWIS	
	50 Fly	35.31		DEAN FREDETTE	
	100 Fly	1:17.87		DEAN FREDETTE	
	200 IM	2:52.26		DEAN FREDETTE	
	200 Free Relay	2:25.61	2-Aug-92	T.TENHAAGEN,D.BUZINSKI,D.SMITH,D.JOHNSON	
	400 Free Relay	5:23.70	31-Jul-92	D.JOHNSON,D.SMITH,D.BUZINSKI,T.TENHAAGEN	
	200 Medley Relay	2:45.59	1-Aug-92	T.TENHAAGEN,D.BUZINSKI,D.JOHNSON,D.SMITH	
11-12	50 Free	27.59	22-Jul-10	MATT JONES	
	100 Free	1:03.17	22-Jul-10	MATT JONES	
	200 Free	2:16.28	23-Jul-09	LIAM BOND	
	400 Free	4:40.49	23-Jul-09	LIAM BOND	
	800 Free	9:35.86	23-Jul-09	LIAM BOND	
	1500 Free	18:50.17	23-Jul-09	LIAM BOND	
	50 Back	33.50	31-Jul-94	DARREN JOHNSON	
	100 Back	1:12.68	30-Jul-94	DARREN JOHNSON	
	200 Back	2:33.01	23-Jul-09	LIAM BOND	
	50 Breast	36.90	26-Jul-91	MIKE CONTI	
	100 Breast	1:22.44	27-Jul-91	MIKE CONTI	
	200 Breast	3:10.01	15-Jul-91	BRAD MANCINI	
	50 Fly	30.35	22-Jul-10	MATT JONES	
	100 Fly	1:08.62	22-Jul-10	MATT JONES	
	200 Fly	2:34.71	22-Jul-10	MATT JONES	
	200 IM	2:36.52	22-Jul-10	MATT JONES	
	400 IM	5:33.26	23-Jul-09	LIAM BOND	
	200 Free Relay	2:03.12	29-Jul-94	D.JOHNSON,T.SCHWANER,T.TENHAAGEN,J.MORTIMER	
	400 Free Relay	4:31.44	31-Jul-94	D.JOHNSON,Z.CAYER,J.MORTIMER,T.TENHAAGEN	
	200 Medley Relay	2:18.48	30-Jul-94	D.JOHNSON,J.MORTIMER,Z.CAYER,T.TENHAAGEN	
	13-14	50 Free	26.81	29-Jul-11	SSA NE Matthew R. Jones at 2011 NE CRIM 14 & U LCM Champs
		100 Free	57.95	8-Jul-04	SAM WENSMAN
200 Free		2:03.73	1-Aug-86	DEAN FREDETTE	
400 Free		4:18.92	22-Jul-89	ANDREW WHITNEY	

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13-14	800 Free	8:53.70	27-Jul-89		ANDREW WHITNEY
	1500 Free	16:40.42	27-Jul-89		ANDREW WHITNEY
	100 Back	1:06.13	27-Jun-87		BRIAN LIVINGSTON
	200 Back	2:23.44	29-Jul-11	SSA NE	Liam L. Bond at 2011 NE CRIM 14 & U LCM Champs
	100 Breast	1:12.42	27-Jul-07		CHUCKIE KATIS
	200 Breast	2:39.24	29-Jul-04		SAM WENSMAN
	100 Fly	1:01.51	29-Jul-04		SAM WENSMAN
	200 Fly	2:17.34	29-Jul-11	SSA NE	Matthew R. Jones at 2011 NE CRIM 14 & U LCM Champs
	200 IM	2:18.83	29-Jul-04		SAM WENSMAN
	400 IM	4:53.57	18-Jul-87		BRIAN LIVINGSTON
	400 Free Relay	4:09.07	3-Aug-86		D.FREDETTE,J.SEAVER,C.GRAVES,E.JONES
	800 Free Relay	9:07.76	30-Jul-89		A.WHITNEY,G.RICE,T.WHITFORD,J.HERTZOG
	400 Medley Relay	4:40.43	29-Jul-89		T.WHITFORD,J.HERTZOG,A.WHITNEY,G.RICE
15-16	50 Free	25.47	27-Jul-91		TODD WHITFORD
	100 Free	54.85	7-Aug-88		DEAN FREDETTE
	200 Free	1:58.11	5-Aug-88		DEAN FREDETTE
	400 Free	4:08.70	6-Aug-88		DEAN FREDETTE
	800 Free	8:52.32	30-Jul-88		DEAN FREDETTE
	1500 Free	16:10.17	11-Aug-89		BRIAN LIVINGSTON
	100 Back	1:01.92	22-Jul-11	SSA NE	Joseph N. Lane at 2011 NE CRIM LCM Open Championships
	200 Back	2:16.48	23-Jul-89		BRIAN LIVINGSTON
	100 Breast	1:05.91	21-May-89		ERIC JONES
	200 Breast	2:23.66	7-Aug-06		SAM WENSMAN
	100 Fly	58.37	5-Aug-88		DEAN FREDETTE
	200 Fly	2:07.15	31-Jul-88		DEAN FREDETTE
	200 IM	2:13.05	20-Jul-06		SAM WENSMAN
	400 IM	4:43.24	1-Aug-88		DEAN FREDETTE
17-18	50 Free	24.14	11-Aug-92		PHIL CURRAN
	100 Free	53.24	20-Jul-95		BRIAN LUCEY
	200 Free	1:55.97	8-Aug-89		DEAN FREDETTE
	400 Free	4:02.70	8-Aug-11	SSA NE	Tommy Duvall at 2011 Speedo Junior National Championships
	800 Free	8:28.68	8-Aug-11	SSA NE	Tommy Duvall at 2011 Speedo Junior National Championships
	1500 Free	16:04.94	8-Aug-11	SSA NE	Tommy Duvall at 2011 Speedo Junior National Championships
	100 Back	59.82	22-Mar-12	SSA NE	Joseph N. Lane at 2012 OH CZ Section 3 Spring Speedo Champs
	200 Back	2:10.12	22-Mar-12	SSA NE	Joseph N. Lane at 2012 OH CZ Section 3 Spring Speedo Champs
	100 Breast	1:05.08	4-Apr-91		ERIC JONES
	200 Breast	2:22.60	1-Aug-90		ERIC JONES
	100 Fly	56.69	20-Jul-90		DEAN FREDETTE
	200 Fly	2:04.13	10-Jul-90		DEAN FREDETTE
	200 IM	2:10.91	20-Jul-90		DEAN FREDETTE
	400 IM	4:35.97	21-Jul-90		DEAN FREDETTE
	400 Free Relay	3:40.17	9-Aug-92		P.CURRAN,A.WHITNEY,J.QUIMBY,J.CORBETT
	800 Free Relay	8:02.83	10-Aug-92		P.CURRAN,A.WHITNEY,J.QUIMBY,J.CORBETT
	400 Medley Relay	4:03.86	11-Aug-91		J.CORBETT,B.LANNON,P.CURRAN,A.WHITNEY
	50 Free	24.05	3-Aug-02		JUSTIN ZEIMETZ
	100 Free	51.58	31-Jul-90		STEVE CARROLL
	200 Free	1:52.20	29-Jul-90		STEVE CARROLL
	400 Free	4:06.50	21-Jul-90		DEAN FREDETTE
	800 Free	8:25.32	30-Jul-88		DEAN FREDETTE

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RECORDS LONG COURSE

1500 Free	16:10.17	11-Aug-89		BRIAN LIVINGSTON
100 Back	1:00.39	22-Mar-12	SSA NE	Joseph N. Lane at 2012 OH CZ Section 3 Spring Speedo Champs
200 Back	2:09.70	3-Jul-93		JAMIE CORBETT
100 Breast	1:05.08	4-Apr-91		ERIC JONES
200 Breast	2:22.60	1-Aug-90		ERIC JONES
100 Fly	56.40	19-Jul-91		DEAN FREDETTE
200 Fly	2:01.84	19-Aug-92		DEAN FREDETTE
200 IM	2:09.93	19-Jul-91		DEAN FREDETTE
400 IM	4:35.07	3-Aug-02		TONY TENHAAGEN
400 Free Relay	3:37.77	21-Jul-90		F.BEDFORD,S.CARROLL,J.BAILEY,D.FREDETTE
800 Free Relay	7:54.71	20-Jul-90		B.LIVINGSTON,S.CARROLL,A.WHITNEY,D.FREDETTE
400 Medley Relay	3:57.52	22-Jul-90		F.BEDFORD,E.JONES,D.FREDETTE,S.CARROLL