

Seacoast Swimming Association

RECORDS SHORT COURSE

Yards-Women

8 & U	25 Free	14.90	12-Jan-86		CAROLINE PALMER
	50 Free	32.22	18-Dec-99		MELISSA PARRATTO
	100 Free	1:11.61	18-Dec-99		MELISSA PARRATTO
	25 Back	17.30	15-Mar-87		JESSICA TUCKER-MOHL
	50 Back	37.65	14-Mar-87		JESSICA TUCKER-MOHL
	25 Breast	19.59	14-Mar-87		KELLY GITTLEIN
	50 Breast	42.60	15-Mar-87		KELLY GITTLEIN
	25 Fly	15.48	15-Mar-87		KELLY GITTLEIN
	50 Fly	35.32	19-Feb-09		EMMA WHALL
	100 IM	1:22.87	18-Dec-99		MELISSA PARRATTO
	100 Free Relay	1:06.48	10-Feb-87		K.GITTLEIN,S.SMITH,A.BELANGER,J.TUCKER-MOHL
	100 Medley Relay	1:15.28	9-Feb-87		J.TUCKER-MOHL,K.GITTLEIN,S.SMITH,A.BELANGER
	9-10	50 Free	27.35	1-Apr-89	
100 Free		1:00.95	31-Mar-89		JESSICA TUCKER-MOHL
200 Free		2:12.82	25-Feb-10		SYDNEE AUBIN
500 Free		5:52.74	24-Feb-11	SSA NE	Emma C. Whall at 2011 NE 12 Under Championships
50 Back		32.32	1-Apr-89		JESSICA TUCKER-MOHL
100 Back		1:11.27	19-Mar-89		JESSICA TUCKER-MOHL
200 Back		2:39.99	5-Mar-10		GRACE AVRETT
50 Breast		36.65	5-Mar-99		KRISTINA RIGTERINK
100 Breast		1:20.40	24-Feb-11	SSA NE	Emma C. Whall at 2011 NE 12 Under Championships
50 Fly		29.76	1-Apr-89		JESSICA TUCKER-MOHL
100 Fly		1:06.31	30-Mar-89		JESSICA TUCKER-MOHL
100 IM		1:09.94	17-Mar-89		JESSICA TUCKER-MOHL
200 IM		2:30.09	18-Mar-89		JESSICA TUCKER-MOHL
200 Free Relay		2:00.27	17-Mar-89		J.TUCKER-MOHL,K.GITTLEIN,K.CURRIER,S.SMITH
400 Free Relay		4:33.23	19-Mar-89		J.TUCKER-MOHL,K.GITTLEIN,S.SMITH,K.CURRIER
200 Medley Relay		2:16.89	26-Mar-88		J.TUCKER-MOHL,H.PIERCE,K.FLYNN,K.GITTLEIN
11-12	50 Free	23.96	18-Jan-86		JENNY THOMPSON
	100 Free	53.20	19-Jan-86		JENNY THOMPSON
	200 Free	1:58.47	3-Mar-91		JESSICA TUCKER-MOHL
	500 Free	5:14.66	28-Feb-91		JESSICA TUCKER-MOHL
	1000 Free	11:12.40	10-Jan-04		MELISSA PARRATTO
	1650 Free	19:05.49	19-Jan-81		KELLY GITTLEIN
	50 Back	28.56	4-Jan-86		JENNY THOMPSON
	100 Back	1:01.80	18-Jan-86		JENNY THOMPSON
	200 Back	2:13.98	27-Nov-94		JAMIE CAIL
	50 Breast	31.93	29-Mar-01		KRISTINA RIGTERINK
	100 Breast	1:10.09	17-Jan-86		JENNY THOMPSON
	200 Breast	2:33.45	10-Mar-90		CAROLINE PALMER
	50 Fly	26.85	29-Mar-87		LARISSA HEROLD
	100 Fly	59.76	14-Dec-85		JENNY THOMPSON
	200 Fly	2:14.69	27-Nov-94		JAMIE CAIL
	100 IM	1:01.23	12-Jan-86		JENNY THOMPSON
	200 IM	2:12.25	13-Mar-87		LARISSA HEROLD
	400 IM	4:48.85	3-Dec-03		MELISSA PARRATTO
	200 Free Relay	1:47.17	2-Mar-90		K.GITTLEIN,J.TUCKER-MOHL,K.FLYNN,C.PALMER

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11-12	400 Free Relay	3:50.27	25-Feb-10	E.GURCHIEK, E.MCMILLIN, C.BATISTA, J.DEGREGORIO
	200 Medley Relay	1:59.61	4-Mar-90	J.TUCKER-MOHL,C.PALMER,K.FLYNN,K.GITTLEIN
13-14	50 Free	22.83	26-Mar-87	JENNY THOMPSON
	100 Free	50.10	31-Mar-87	JENNY THOMPSON
	200 Free	1:51.28	27-Mar-93	JESSICA TUCKER-MOHL
	500 Free	4:57.56	5-Dec-92	JESSICA TUCKER-MOHL
	1000 Free	10:16.38	28-Dec-94	JAIME CAIL
	1650 Free	17:16.02	16-Mar-03	KRISTINA RIGTERINK
	100 Back	56.99	4-Apr-87	JENNY THOMPSON
	200 Back	2:02.62	1-Apr-87	JENNY THOMPSON
	100 Breast	1:05.54	27-Mar-98	NOELLE PULOMENA
	200 Breast	2:19.49	22-Mar-00	JENNA BARBARY
	100 Fly	56.33	31-Mar-89	LARISSA HEROLD
	200 Fly	2:04.54	15-Mar-92	CAROLINE PALMER
	200 IM	2:05.93	3-Apr-87	JENNY THOMPSON
	400 IM	4:27.12	29-Mar-89	LARISSA HEROLD
	400 Free Relay	3:38.18	3-Mar-91	M.LABRIE,L.DELICIO,C.PALMER,K.NAGLE
	800 Free Relay	7:52.07	1-Mar-91	M.LABRIE,K.LORHAMMER,C.PALMER,K.NAGLE
400 Medley Relay	4:04.84	2-Mar-91	M.LABRIE,C.PALMER,L.DELICIO,K.NAGLE	
15-16	50 Free	22.66	25-Mar-89	JENNY THOMPSON
	100 Free	49.67	23-Mar-89	JENNY THOMPSON
	200 Free	1:46.74	22-Mar-89	JENNY THOMPSON
	500 Free	4:52.04	14-Mar-96	JESSICA TUCKER-MOHL
	1000 Free	9:58.96	2-Mar-95	JESSICA TUCKER-MOHL
	1650 Free	16:49.38	15-Mar-94	JESSICA TUCKER-MOHL
	100 Back	57.04	9-Mar-91	LARISSA HEROLD
	200 Back	2:00.91	10-Mar-91	LARISSA HEROLD
	100 Breast	1:04.57	8-Mar-91	LESLIE REPETTO
	200 Breast	2:16.70	10-Dec-01	JENNA BARBARY
	100 Fly	54.19	24-Mar-89	JENNY THOMPSON
	200 Fly	2:02.10	15-Mar-94	CAROLINE PALMER
	200 IM	2:02.26	24-Mar-89	JENNY THOMPSON
	400 IM	4:22.90	13-Mar-94	JESSICA TUCKER-MOHL
	400 Free Relay	3:32.52	23-Mar-00	M. OESER,P. CRIMMIN,A. SMITH,M. MILLER
	800 Free Relay	7:50.65	28-Feb-92	M.LABRIW,K.NAGLE,K.LORHAMMER,B.WILSON
	400 Medley Relay	3:55.83	28-Mar-92	B.WILSON,K.NAGLE,C.PALMER,M.LABRIE
	17-18	50 Free	23.03	23-Mar-90
100 Free		49.51	20-Mar-90	JENNY THOMPSON
200 Free		1:46.82	21-Mar-90	JENNY THOMPSON
500 Free		4:45.47	14-Mar-96	JESSICA TUCKER-MOHL
1000 Free		9:44.84	14-Mar-96	JESSICA TUCKER-MOHL
1650 Free		16:25.21	14-Mar-96	JESSICA TUCKER-MOHL
100 Back		56.76	9-Mar-91	JENNY THOMPSON
200 Back		2:00.88	14-Mar-96	JESSICA TUCKER-MOHL
100 Breast		1:04.15	6-Mar-03	JENNA BARBARY
200 Breast		2:17.32	6-Mar-03	JENNA BARBARY
100 Fly		53.77	22-Mar-90	JENNY THOMPSON
200 Fly		2:02.83	27-Mar-91	ALISON KLINAKIS
200 IM		2:03.15	9-Mar-90	JENNY THOMPSON

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17-18	400 IM	4:18.51	14-Mar-96	JESSICA TUCKER-MOHL
	50 Free	22.66	25-Mar-89	JENNY THOMPSON
	100 Free	49.51	20-Mar-90	JENNY THOMPSON
	200 Free	1:46.74	22-Mar-89	JENNY THOMPSON
	500 Free	4:45.47	14-Mar-96	JESSICA TUCKER-MOHL
	1000 Free	9:44.84	14-Mar-96	JESSICA TUCKER-MOHL
	1650 Free	16:25.21	14-Mar-96	JESSICA TUCKER-MOHL
	100 Back	56.76	9-Mar-91	JENNY THOMPSON
	200 Back	2:00.88	14-Mar-96	JESSICA TUCKER-MOHL
	100 Breast	1:04.15	6-Mar-03	JENNA BARBARY
	200 Breast	2:16.70	15-Dec-01	JENNA BARBARY
	100 Fly	53.77	22-Mar-90	JENNY THOMPSON
	200 Fly	2:02.10	15-Mar-90	CAROLINE PALMER
	200 IM	2:02.26	24-Mar-89	JENNY THOMPSON
	400 IM	4:18.51	14-Mar-96	JESSICA TUCKER-MOHL
	400 Free Relay	3:27.89	24-Mar-89	J.THOMPSON,H.HANNENIAN,L.HEROLD,T.MCGARR
	800 Free Relay	7:28.09	22-Mar-89	J.THOMPSON,L.HEROLD,T.MCGARR,H.HANNENIAN
	400 Medley Relay	3:52.40	10-Mar-91	L.HEROLD,L.REPETTO,J.THOMPSON,M.LABRIE

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RECORDS SHORT COURSE

Yards-Men

8 & U	25 Free	15.19	10-Aug-86	TED MANTOS	
	50 Free	33.61		DEAN FREDETTE	
	100 Free	1:13.66		DEAN FREDETTE	
	25 Back	18.02	27-Mar-88	MIKE CONTI	
	50 Back	39.95	2-Mar-86	TED MANTOS	
	25 Breast	20.15	28-Mar-88	MIKE CONTI	
	50 Breast	42.75	27-Mar-88	MIKE CONTI	
	25 Fly	15.64		DEAN FREDETTE	
	50 Fly	36.84		DEAN FREDETTE	
	100 IM	1:21.49		DEAN FREDETTE	
	100 Free Relay	1:08.02	17-Feb-90	D.JOHNSON,K.LORHAMMER,J.FLYNN,T.TENHAAGEN	
	100 Medley Relay	1:18.32	18-Feb-88	S.Bolebook,M.Conti,M.Loranger,R.Pudloski	
	9-10	50 Free	27.72	18-Mar-10	MATT JONES
		100 Free	1:04.33	6-Feb-88	JUSTIN PUDLOSKI
		200 Free	2:18.14	5-Feb-88	JUSTIN PUDLOSKI
500 Free		6:08.84	4-Feb-88	JUSTIN PUDLOSKI	
50 Back		33.08	4-Dec-92	ZACH CAYER	
100 Back		1:12.14	7-Nov-92	ZACH CAYER	
50 Breast		36.52	2-Mar-90	MIKE CONTI	
100 Breast		1:21.27	14-Dec-91	DAVID LEWIS	
50 Fly		31.84	28-Dec-92	ZACH CAYER	
100 Fly		1:10.66		DEAN FREDETTE	
100 IM		1:13.81		DEAN FREDETTE	
200 IM		2:33.62		DEAN FREDETTE	
200 Free Relay		2:02.51	17-Mar-89	J.HENDERSON,R.Quigley,M.Disalvo,M.Disalvo	
400 Free Relay		4:41.45	19-Mar-89	J.HENDERSON,M.Conti,M.Disalvo,R.Quigley	
200 Medley Relay		2:22.37	2-Mar-91	D.JOHNSON,K.Paul,K.LORHAMMER,D.LEWIS	
11-12		50 Free	25.07	5-Dec-92	JOSH FRIZ
		100 Free	55.11	6-Dec-92	JOSH FRIZ
	200 Free	2:00.65	5-Dec-92	JOSH FRIZ	
	500 Free	5:21.02	9-Dec-88	GLEN RICE	
	1000 Free	11:11.34	24-Jan-09	LIAM BOND	
	1650 Free	18:57.49	19-Jan-91	MIKE LEWIS	
	50 Back	28.59	6-Dec-92	JOSH FRIZ	
	100 Back	1:01.57	3-Mar-94	DARREN JOHNSON	
	200 Back	2:16.40	28-Jan-94	DARREN JOHNSON	
	50 Breast	32.82	5-Dec-92	MATT RYKKEN	
	100 Breast	1:10.56	5-Mar-93	MATT RYKKEN	
	200 Breast	2:41.06	2-Feb-91	MIKE LEWIS	
	50 Fly	27.72	18-Mar-10	MATT JONES	
	100 Fly	1:00.97	3-Mar-94	DARREN JOHNSON	
	200 Fly	2:26.91		DEAN FREDETTE	
	100 IM	1:04.47	3-Mar-94	DARREN JOHNSON	
	200 IM	2:16.91	3-Mar-94	DARREN JOHNSON	
	400 IM	5:00.86	6-Feb-09	LIAM BOND	
	200 Free Relay	1:49.02	3-Mar-94	Z.CAYER,J.MORTIMER,T.TENHAAGEN,D.JOHNSON	
	400 Free Relay	3:59.16	3-Mar-94	D.JOHNSON,Z.CAYER,T.TENHAAGEN,J.MORTIMER	

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RECORDS SHORT COURSE

11-12	200 Medley Relay	2:02.41	3-Mar-94	D.JOHNSON,K.BARBARY,Z.CAYER,J.MORTIMER
13-14	50 Free	23.24	13-Dec-96	TONY TENHAAGEN
	100 Free	50.24	13-Dec-96	TONY TENHAAGEN
	200 Free	1:48.71	13-Dec-96	TONY TENHAAGEN
	500 Free	4:42.35	11-Dec-87	BRIAN LIVINGSTON
	1000 Free	9:48.02	13-Dec-87	BRIAN LIVINGSTON
	1650 Free	16:11.28	13-Dec-87	BRIAN LIVINGSTON
	100 Back	56.77	14-Mar-96	DARREN JOHNSON
	200 Back	2:01.47	14-Mar-96	DARREN JOHNSON
	100 Breast	1:00.76	6-Dec-07	CHUCKIE KATIS
	200 Breast	2:15.20	6-Dec-07	CHUCKIE KATIS
	100 Fly	54.67	4-Mar-04	SAM WENSMAN
	200 Fly	1:59.57	6-Mar-99	ADAM VICCARO
	200 IM	2:00.72	6-Dec-07	CHUCKIE KATIS
	400 IM	4:14.98	11-Dec-87	BRIAN LIVINGSTON
	400 Free Relay	3:40.27	7-Mar-96	Z.CAYER,J.MORTIMER,T.TENHAAGEN,D.JOHNSON
800 Free Relay	7:49.25	7-Mar-96	D.JOHNSON,J.MORTIMER,Z.CAYER,T.TENHAAGEN	
400 Medley Relay	4:04.16	7-Mar-96	D.JOHNSON,G.CONNOLLY,Z.CAYER,T.TENHAAGEN	
15-16	50 Free	21.72	14-Mar-92	TODD WHITFORD
	100 Free	47.13	15-Mar-92	TODD WHITFORD
	200 Free	1:44.10	16-Mar-01	ADAM VICCARO
	500 Free	4:37.69	28-Mar-89	BRIAN LIVINGSTON
	1000 Free	9:23.18	28-Mar-89	BRIAN LIVINGSTON
	1650 Free	15:43.07	1-Apr-89	BRIAN LIVINGSTON
	100 Back	55.52	15-Mar-98	DARREN JOHNSON
	200 Back	1:58.39	10-Mar-91	JAMIE CORBETT
	100 Breast	57.83	3-Mar-06	SAM WENSMAN
	200 Breast	2:05.54	31-Mar-89	ERIC JONES
	100 Fly	52.04	1-Mar-01	ADAM VICCARO
	200 Fly	1:52.08	10-Mar-01	ADAM VICCARO
	200 IM	1:55.74	11-Dec-98	TONY TENHAAGEN
	400 IM	4:06.47	12-Dec-98	TONY TENHAAGEN
	400 Free Relay	3:17.18	9-Mar-91	T.WHITFORD,J.QUIMBY,A.WHITNEY,J.CORBETT
	800 Free Relay	7:23.30	13-Mar-97	T.TENHAAGEN,D.JOHNSON,G.CONNOLLY,D.LEWIS
	400 Medley Relay	3:46.45	14-Mar-97	D.JOHNSON,K.PAUL,T.TENHAAGEN,D.LEWIS
	17-18	50 Free	21.00	14-Mar-96
100 Free		45.79	14-Mar-96	BRIAN LUCEY
200 Free		1:40.58	9-Mar-90	DEAN FREDETTE
500 Free		4:30.25	10-Mar-90	DEAN FREDETTE
1000 Free		9:09.01	19-Mar-90	DEAN FREDETTE
1650 Free		15:33.92	11-Mar-90	BRIAN LIVINGSTON
100 Back		52.67	24-Mar-00	JUSTIN ZEIMETZ
200 Back		1:53.29	24-Mar-93	JAMIE CORBETT
100 Breast		56.51	8-Mar-07	SAM WENSMAN
200 Breast		2:03.82	8-Mar-07	SAM WENSMAN
100 Fly		49.00	8-Mar-07	MATT RICKETT
200 Fly		1:48.54	20-Mar-90	DEAN FREDETTE
200 IM		1:53.01	9-Mar-90	DEAN FREDETTE
400 IM		3:59.98	10-Mar-90	DEAN FREDETTE

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17-18	400 Free Relay	3:15.84	16-Dec-89	D.FREDETTE,B.LIVINGSTON,E.JONES,E.LORANGER
	800 Free Relay	7:00.38	22-Mar-90	D.FREDETTE,B.LIVINGSTON,E.JONES,J.SEAVER
	400 Medley Relay	3:31.38	23-Mar-91	B.LIVINGSTON,E.JONES,D.FREDETTE,J.SEAVER
	50 Free	21.00	14-Mar-96	BRIAN LUCEY
	100 Free	45.79	14-Mar-96	BRIAN LUCEY
	200 Free	1:40.58	9-Mar-90	DEAN FREDETTE
	500 Free	4:30.25	10-Mar-90	DEAN FREDETTE
	1000 Free	9:09.01	19-Mar-90	DEAN FREDETTE
	1650 Free	15:33.92	11-Mar-90	BRIAN LIVINGSTON
	100 Back	52.67	24-Mar-00	JUSTIN ZEIMETZ
	200 Back	1:53.01	24-Mar-93	JAMIE CORBETT
	100 Breast	56.51	8-Mar-07	SAM WENSMAN
	200 Breast	2:03.82	8-Mar-07	SAM WENSMAN
	100 Fly	49.00	8-Mar-07	MATT RICKETT
	200 Fly	1:48.54	20-Mar-90	DEAN FREDETTE
	200 IM	1:53.01	9-Mar-90	DEAN FREDETTE
	400 IM	3:59.98	10-Mar-90	DEAN FREDETTE
	400 Free Relay	3:10.38	11-Mar-89	A.THOMPSON,T.SAWYER,J.BAILEY,D.FREDETTE
	800 Free Relay	6:52.90	9-Mar-90	B.LIVINGSTON,J.BAILEY,J.SEAVER,D.FREDETTE
	400 Medley Relay	3:29.40	12-Mar-89	J.BAILEY,M.BAGSHAW,D.FREDETTE,A.THOMPSON