

Long Course

Team Records

6 & under

7/9/1995	Elizabeth Lee	56.71	50 free	47.96	J.T. Ewing	5/8/11
6/25/1995	Elizabeth Lee	2:12.35	100 free	1:40.22	Steven Benecki	6/12/1994
-	-	-	200 free	3:40.95	Steven Benecki	6/12/1994
-	-	-	50 fly	54.54	J.T. Ewing	5/8/11
6/10/1995	Elizabeth Lee	1:03.90	50 back	50.33	J.T. Ewing	5/7/11
-	-	-	100 back	1:54.08	J.T. Ewing	5/8/11
7/9/1995	Elizabeth Lee	1:15.63	50 breast	1:07.89	Steven Benecki	7/10/1994
-	-	-	100 breast	2:47.59	Steven Benecki	6/26/1994

8 & under

7/18/2008	Isabella Rongione	33.92	50 free	35.84	Ryan Tomajczyk	7/17/1998
7/20/2008	Isabella Rongione	1:16.71	100 free	1:23.90	Ryan Tomajczyk	6/21/1998
6/14/2008	Isabella Rongione	2:53.52	200 free	2:58.13	Steven Benecki	7/21/1996
6/15/2008	Isabella Rongione	6:06.39	400 free	-	-	-
7/17/2008	Isabella Rongione	38.30	50 fly	42.46	Ryan Tomajczyk	6/21/1998
7/18/2008	Isabella Rongione	1:29.94	100 fly	1:48.88	Steven Benecki	7/20/1996
7/18/2008	Isabella Rongione	42.86	50 back	42.42	Ryan Tomajczyk	7/18/1998
6/15/2008	Isabella Rongione	1:33.60	100 back	1:32.66	Ryan Tomajczyk	7/19/1998
7/16/1999	Mallory Lutz	49.91	50 breast	47.38	Ryan Tomajczyk	7/17/1998
7/17/1999	Mallory Lutz	1:48.52	100 breast	1:42.77	Ryan Tomajczyk	7/18/1998
5/17/2008	Isabella Rongione	3:30.33	200 I.M.	3:28.23	Steven Benecki	7/19/1996

10 & under

5/08/2010	Isabella Rongione	30.44	50 free	32.41	Alex Anderson	7/17/1998
5/9/2010	Emily Meilus	1:05.18	100 free	1:10.63	Ben Sharrer	7/10/11
8/12/2010	Isabella Rongione	2:19.01	200 free	2:32.11	Ben Sharrer	7/8/11
7/10/2010	Isabella Rongione	4:50.40	400 free	5:27.78	Ben Sharrer	6/19/11
7/10/2010	Isabella Rongione	32.51	50 fly	34.09	Michael Flach	8/9/2001
7/25/2010	Isabella Rongione	1:11.74	100 fly	1:17.09	Ben Sharrer	5/7/11
5/08/2010	Emily Meilus	33.56	50 back	37.27	Christopher Murphy	6/14/2008
5/09/2010	Emily Meilus	1:11.29	100 back	1:22.06	T.J. Herron	8/6/1998
7/21/2000	Abby Clark	40.29	50 breast	39.73	Jonathan Christensen	8/8/2001
8/11/2000	Abby Clark	1:28.01	100 breast	1:26.05	Jonathan Christensen	8/10/2001
7/23/2010	Isabella Rongione	2:40.11	200 I.M.	2:52.04	Jonathan Christensen	6/17/2001
6/06/2010	M Owens C Wolff J Fu I Rongione	2:08.77	200 Free Relay	2:16.32	G Lane-Roberts M Shenefelt S Benecki A Anderson	7/19/1998
6/05/2010	M Owens C Wolff J Fu I Rongione	2:28.01	200 Medley Relay	2:36.17	TJ Herron G Lane-Roberts S Benecki A Anderson	7/18/1998

11 & 12

5/20/2001	Kate Ziegler	28.66	50 free	26.96	Christopher Murphy	7/24/2010
8/10/11	Isabella Rongione	1:02.12	100 free	58.81	Christopher Murphy	8/11/2010
7/22/11	Emily Meilus	2:09.16	200 free	2:07.79	Christopher Murphy	8/12/2010
6/3/11	Emily Meilus	4:30.30	400 free	4:31.72	Christopher Murphy	8/13/2010
7/8/11	Emily Meilus	9:18.45	800 free	9:29.84	Christopher Murphy	6/12/2010
5/7/11	Emily Meilus	17:58.80	1500 free	18:42.22	Christopher Murphy	5/8/2010
7/9/11	Isabella Rongione	30.75	50 fly	30.10	Christopher Murphy	6/13/2010
7/24/11	Isabella Rongione	1:07.41	100 fly	1:07.28	Christopher Murphy	6/12/2010
7/22/11	Isabella Rongione	2:26.92	200 fly	3:17.16	Zachary Diener	5/19/2006
5/7/11	Emily Meilus	32.92	50 back	30.97	Christopher Murphy	8/13/2010
7/24/11	Emily Meilus	1:09.51	100 back	1:06.00	Christopher Murphy	8/12/2010
7/21/11	Emily Meilus	2:21.73	200 back	2:25.22	Christopher Murphy	6/4/2010
7/8/11	Michelle Owens	37.82	50 breast	37.01	Jason Fu	8/12/2009
8/12/11	Michelle Owens	1:22.73	100 breast	1:19.89	Jason Fu	8/13/2009
8/11/11	Michelle Owens	2:55.19	200 breast	2:57.20	Jason Fu	8/14/2009
6/17/2001	Mei Christensen	2:31.80	200 I.M.	2:32.51	Christopher Murphy	6/13/2010
7/15/11	Emily Meilus	5:11.91	400 I.M.	6:25.56	Zachary Diener	4/29/2006
6/5/11	I Rongione M Owens J Fu E Meilus	1:58.48	200 Free Relay	2:03.65	G Stevens-Palmer S Schwarz S Benecki A Anderson	7/23/2000
7/21/11	E Meilus M Owens J Fu I Rongione	2:14.33	200 Medley Relay	2:18.94	G Stevens-Palmer AJ Blood S Benecki A Anderson	7/22/2000
7/21/11	I Rongione J Fu M Owens E Meilus	4:17.31	400 Free Relay	4:21.26	G Stevens-Palmer AJ Blood S Benecki A Anderson	7/21/2000
7/24/11	E Meilus M Owens J Fu I Rongione	4:50.24	400 Medley Relay	4:59.54	G Stevens-Palmer A Anderson S Benecki AJ Blood	7/21/2000

13 & 14

6/15/2003	Kate Ziegler	28.15	50 free	27.00	Alex Anderson Christopher Murphy	6/16/2002 5/7/11
5/28/2006	Chloe Sutton	59.14	100 free	56.69	Christopher Murphy	8/10/11
5/27/2006	Chloe Sutton	2:04.89	200 free	2:03.62	Christopher Murphy	8/11/11
3/30/2006	Chloe Sutton	4:17.65	400 free	4:15.59	Alex Anderson	8/9/2002
3/28/2006	Chloe Sutton	8:49.44	800 free	8:45.39	Alex Anderson	7/11/2002

6/16/2003	Kate Ziegler	16:43.88	1500 free	16:30.86	Alex Anderson	7/14/2002
5/3/1993	Chelsea Geckler	1:06.54	100 fly	1:04.01	Ian Russiello	8/12/11
7/24/2005	Chloe Sutton	2:24.31	200 fly	2:17.68	Alex Anderson	6/1/2002
4/30/2006	Chloe Sutton	1:09.45	100 back	1:03.79	Christopher Murphy	8/12/11
7/24/2005	Chloe Sutton	2:24.94	200 back	2:15.75	Christopher Murphy	8/11/11
7/21/1995	Elizabeth Cooper	1:18.53	100 breast	1:15.61	Jason Fu	8/12/11
7/16/1995	Elizabeth Cooper	2:45.42	200 breast	2:38.58	Jason Fu	6/16/2002
7/17/1998	Cathy Kenworthy	2:28.15	200 I.M.	2:21.79	Alex Anderson	6/1/2002
7/3/1998	Cathy Kenworthy	5:06.21	400 I.M.	4:53.44	Alex Anderson	7/12/2002
6/4/11	S Darroch A Owens V Wolff M Daum	2:03.05	200 Free Relay	1:52.37	J Fu G Wan I Russiello C Murphy	6/4/11
7/21/2005	C Sutton T Paris H Fritz N Fitz	4:15.10	400 Free Relay	4:06.89	J Fu D Herbert I Russiello C Murphy	7/21/11
7/24/2005	N Fitz H Fritz T Paris C Sutton	9:09.06	800 Free Relay	9:00.83	K Cho J Park M Benecki M Flach	7/24/2005
6/2/2002	J Kim C Currier K Ziegler N Wang	2:17.99	200 Medley Relay	2:05.04	C Murphy G Wan I Russiello J Fu	6/5/11
7/23/2005	H Fritz M Cackler C Sutton N Fitz	4:53.74	400 Medley Relay	4:36.25	C Murphy J Fu I Russiello D Herbert	7/24/11

15 & 16

3/13/2004	Kate Ziegler	27.49	50 free	26.02 s	Adam Pennington	8/10/2007
7/22/2004	Kate Ziegler	58.22	100 free	53.96	Michael Flach	3/16/2008
7/23/2004	Kate Ziegler	2:02.56	200 free	1:58.23	Michael Flach	4/4/2008
7/7/2004	Kate Ziegler	4:11.85	400 free	4:06.50	Michael Flach	3/15/2008
5/20/2005	Kate Ziegler	8:30.68	800 free	8:28.42	Alex Anderson	4/13/2004
6/23/2005	Kate Ziegler	16:11.23	1500 free	16:09.76	Alex Anderson	7/27/2003
7/24/2004	Kate Ziegler	1:07.25	100 fly	59.16	Michael Flach	3/14/2008
7/22/2004	Kate Ziegler	2:23.85	200 fly	2:08.76	Michael Flach	3/15/2008
8/12/11	Megan Murphy	1:10.96	100 back	1:01.45	Adam Pennington	7/12/2008
6/3/11	Megan Murphy	2:33.41	200 back	2:13.97	Adam Pennington	3/16/2008
7/16/1999	Cathy Kenworthy	1:19.26	100 breast	1:14.49	Michael Flach	6/15/2008
7/17/1999	Cathy Kenworthy	2:49.62	200 breast	2:48.56	Edward Lee	7/11/2008
7/18/1999	Cathy Kenworthy	2:26.31	200 I.M.	2:10.67	Michael Flach	3/16/2008
7/16/1999	Cathy Kenworthy	5:03.26	400 I.M.	4:38.72	Michael Flach	6/7/2008
6/5/1999	C Kenworthy J Case M Marsilii C Blandford	2:03.99	200 Free Relay	-	-	-
6/1/2003	A Smith C Currier A Ream N Wang	2:19.04	200 Medley Relay	-	-	-

SENIOR

7/14/2007	Kate Ziegler	26.65	50 free	25.24	Steven Benecki	7/12/2008
6/15/2007	Kate Ziegler	56.60	100 free	53.96	Michael Flach	3/16/2008
7/13/2007	Kate Ziegler	1:58.40	200 free	1:54.72	Matt Benecki	7/11/2008
6/30/2008	Kate Ziegler	4:03.92	400 free	3:59.71	Matt Benecki	4/5/2008
3/31/2007	Kate Ziegler	8:18.52	800 free	8:13.27	Matt Benecki	8/2/2008
6/17/2007	Kate Ziegler	15:42.54	1500 free	15:50.21	Matt Benecki	4/7/2008
7/13/2007	Kate Ziegler	1:03.22	100 fly	59.16	Michael Flach	3/14/2008
3/7/2008	Kate Ziegler	2:22.55	200 fly	2:08.76	Michael Flach	3/15/2008
4/6/2008	Kate Ziegler	1:09.09	100 back	1:01.45	Adam Pennington	7/12/2008
6/26/2005	Chloe Sutton	2:25.57	200 back	2:10.66	Matt Benecki	7/13/2008
4/29/2007	Lauren Ritter	1:17.93	100 breast	1:12.37	Alan Fishman	7/26/2002
7/22/1995	Elizabeth Cooper	2:45.87	200 breast	2:38.11	Alex Anderson	4/30/2006
7/29/2001	Cathy Kenworthy	2:25.79	200 I.M.	2:10.67	Michael Flach	3/16/2008
7/16/2006	Kate Ziegler	5:03.26	400 I.M.	4:38.72	Michael Flach	6/7/2008
5/31/2003	K Ziegler A Smith N Wang C Marsilii	1:58.17	200 Free Relay	1:42.07	M Flach S Benecki M Callahan M Benecki	5/30/9
8/2/2006	L Ritter C Marsilii C Sutton K Zeigler	3:58.50	400 Free Relay	3:40.06	A Pennington M Flach S Benecki M Benecki	7/19/9
8/3/2006	C Marsilii C Sutton L Ritter K Ziegler	8:26.06	800 Free Relay	8:03.65	A Pennington A Contag M Flach M Benecki	4/5/2008
6/6/2004	A Smith A Ream K Ziegler C Marsilii	2:16.70	200 Medley Relay	1:54.95	M Pelletier C Brutus S Benecki M Serour	7/17/11
7/15/2006	C Sutton A Smith L Ritter K Ziegler	4:38.98	400 Medley Relay	4:13.07	A Pennington C Badawy M Flach M Benecki	4/6/2008

17 - 18

7/14/2007	Kate Ziegler	26.65	50 free	25.32	Alan Fishman	8/10/2002
6/15/2007	Kate Ziegler	56.60	100 free	55.16	Matt Benecki	6/15/2008
6/16/2007	Kate Ziegler	1:58.80	200 free	1:54.72	Matt Benecki	7/11/2008
6/15/2007	Kate Ziegler	4:05.44	400 free	3:59.71	Matt Benecki	4/6/2008
3/31/2007	Kate Ziegler	8:18.52	800 free	8:13.27	Matt Benecki	8/3/2008
6/17/2007	Kate Ziegler	15:42.54	1500 free	15:50.21	Matt Benecki	4/7/2008
6/17/2007	Kate Ziegler	1:04.07	100 fly	1:02.28	Alex Anderson	4/30/2006
7/22/2004	Alanna Ream	2:26.74	200 fly	-	-	-
3/15/2008	Caitlin Marsilli	1:09.38	100 back	1:01.56	Alan Fishman	8/9/2002
7/17/2005	Allie Smith	2:28.19	200 breast	2:10.66	Matt Benecki	8/13/2008
4/29/2007	Lauren Ritter	1:17.93	100 breast	1:11.39	Alan Fishman	8/7/2002
8/10/2001	Cathy Kenworthy	2:48.88	200 breast	2:38.11	Alex Anderson	4/30/2006
7/29/2001	Cathy Kenworthy	2:25.79	200 I.M.	2:16.79	Alex Anderson	7/17/2005
7/16/2006	Kate Ziegler	5:04.70	400 I.M.	4:43.11	Alex Anderson	7/15/2005
3/28/2007	Lauren Ritter	5:04.70	400 I.M.	4:43.11	Alex Anderson	7/15/2005