

Women - Long Course Meters - Age 8 & Under

Event	Name	Time	Date	
50 Free	Emily Caras	36.14	5/24/1996	state record
100 Free	Emily Caras	1:18.01	5/24/1996	state record
200 Free	Edie Frederick	3:29.62	7/25/2007	
50 Back	Jill Horan	48.54	7/1/1995	
100 Back	Emily Caras	1:38.84	5/24/1996	
50 Breast	Emily Caras	54.16	7/1/1995	
100 Breast	Emily Caras	1:50.46	5/24/1996	
50 Fly	Emily Caras	48.72	7/1/1995	
100 Fly	Emily Caras	1:32.29	5/24/1996	
200 IM	Emily Caras	3:21.89	5/24/1996	state record

Women - Long Course Meters - Age 10 & Under

Event	Name	Time	Date	
50 Free	Emily Caras	30.80	5/25/1998	state record
100 Free	Emily Caras	1:07.77	5/25/1998	state record
200 Free	Emily Caras	2:32.69	5/25/1998	state record
400 Free	Laura Flewelling	5:35.36	7/24/2003	state record
50 Back	Angelica Roy	38.07	8/7/1996	state record
100 Back	Emilie Youmans	1:23.62	5/22/1998	
50 Breast	Whitney Rockwell	41.25	8/10/1994	state record
100 Breast	Whitney Rockwell	1:31.56	8/10/1994	state record
50 Fly	Emily Caras	34.39	8/5/1997	state record
100 Fly	Emily Caras	1:12.18	5/25/1998	state record
200 IM	Emily Caras	2:49.45	5/25/1998	state record
200 Free Relay	Ana Neff-Jendrasko, Taylor Herrera, Edie Frederick, Gabrielle Lawrence	2:41.19	7/23/2008	

400 Free Relay	Edie Frederick, Taylor Herrera, Gabrielle Lawrence, Ana Neff-Jendrasko	6:02.76	7/23/2008	
200 Medley Relay	Alison Reynolds, Amelia Lundkvist, Laura Flewelling, Gaby Cloutier	2:59.90	7/24/2003	

Women - Long Course Meters - Age 11-12

Event	Name	Time	Date	
50 Free	Emily Caras	29.36	5/26/2000	state record
100 Free	Emily Caras	1:02.36	5/26/2000	state record
200 Free	Emily Caras	2:13.75	5/26/2000	state record
400 Free	Emily Caras	4:38.02	5/26/2000	state record
800 Free	Alison Harmon	11:40.16	5/17/2002	state record
1500 Free	Emily Caras	18:46.41	6/25/1999	state record
50 Back	Jill Horan	34.83	8/11/1999	
100 Back	Emily Caras	1:13.56	5/26/2000	
200 Back	Laura Flewelling	2:47.07	7/28/2005	
50 Breast	Whitney Rockwell	37.12	8/7/1996	state record
100 Breast	Whitney Rockwell	1:21.75	8/7/1996	state record
200 Breast	Amelia Lundkvist	3:09.40	7/28/2005	
50 Fly	Emily Caras	31.03	8/11/1999	state record
100 Fly	Emily Caras	1:07.84	5/26/2000	state record
200 Fly	Emily Caras	2:35.03	6/25/1999	state record
200 IM	Emily Caras	2:33.99	5/26/2000	state record
400 IM	Emily Caras	5:19.15	5/26/2000	state record
200 Free Relay	Gaby Cloutier, Madeleine Kraft, Alison Reynolds, Heather Kraft	2:14.17	7/28/2006	
400 Free Relay	Rosie Wennberg, Brittanie Walsh, Maya Glab, Laura Flewelling	4:58.55	7/29/2004	
200 Medley Relay	Laura Flewelling, Maya Glab, Rosie Wennberg, Brittanie Walsh	2:35.39	7/29/2004	

Women - Long Course Meters - Age 13-14

Event	Name	Time	Date	
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50 Free	Whitney Rockwell	27.90	8/5/1997	
100 Free	Emily Caras	1:02.06	5/14/2002	
200 Free	Emily Caras	2:10.94	5/17/2002	state record
400 Free	Emily Caras	4:35.50	5/17/2002	state record
800 Free	Emily Caras	9:25.35	5/17/2002	state record
1500 Free	Emily Caras	18:21.34	6/23/2000	state record
100 Back	Nicole Harmon	1:10.10	7/29/2004	
200 Back	Nicole Harmon	2:34.47	7/24/2003	
100 Breast	Laura Flewelling	1:18.07	1/11/2008	state record
200 Breast	Whitney Rockwell	2:50.59	8/5/1998	
100 Fly	Whitney Rockwell	1:07.81	8/5/1998	state record
200 Fly	Taylor McFarlane	2:26.93	7/26/2001	state record
200 IM	Whitney Rockwell	2:32.89	8/5/1998	state record
400 IM	Emily Caras	5:18.97	5/17/2002	state record
200 Free Relay	Laura Flewelling, Katy Wolfe, Kelsey Ryan, Heather Kraft	2:04.10	7/29/2007	state record
400 Free Relay	Laura Flewelling, Kelsey Ryan, Katy Wolfe, Heather Kraft	4:25.21	7/29/2007	state record
800 Free Relay	Laura Flewelling, Katy Wolfe, Heather Kraft, Kelsey Ryan	9:54.37	7/29/2007	state record
200 Medley Relay	Noelle Webster, Sam Couillard, Gaby Cloutier, Lucy Iselborn	2:27.92	7/23/2008	
400 Medley Relay	Laura Flewelling, Amelia Lundkvist, Kelsey Ryan, Heather Kraft	4:55.84	7/29/2007	state record

Women - Long Course Meters - Age 15-16

Event	Name	Time	Date	
50 Free	Whitney Rockwell	26.74	3/27/2001	state record
100 Free	Kinsey Tarbell	1:01.94	5/27/2006	
200 Free	Laura Flewelling	2:13.19	8/6/2009	state record
400 Free	Jenn Flaherty	4:40.08	7/24/2003	
800 Free	Jenn Flaherty	9:26.92	7/24/2003	
1500 Free	Jenn Flaherty	17:56.35	7/24/2003	state record

100 Back	Nicole Harmon	1:09.12	7/27/2006	
200 Back	Taylor McFarlane	2:29.20	5/17/2002	
100 Breast	Laura Flewelling	1:17.68	5/23/2009	
200 Breast	Jenn Flaherty	2:46.56	7/24/2003	state record
100 Fly	Whitney Rockwell	1:04.01	8/1/2000	state record
200 Fly	Whitney Rockwell	2:23.16	8/1/2000	state record
200 IM	Laura Flewelling	2:30.36	7/23/2008	
400 IM	Jenn Flaherty	5:18.63	7/24/2003	

Women - Long Course Meters - Age 17-18

Event	Name	Time	Date	
50 Free	Whitney Rockwell	26.33	3/19/2002	state record
100 Free	Whitney Rockwell	1:02.79	6/29/2001	
200 Free	Jenn Flaherty	2:14.23	5/28/2005	
400 Free	Jenn Flaherty	4:33.01	7/29/2004	state record
800 Free	Jenn Flaherty	9:15.30	7/22/2004	state record
1500 Free	Jenn Flaherty	17:33.69	7/29/2004	state record
100 Back	Nicole Harmon	1:09.54	7/29/2007	
200 Back	Nicole Harmon	2:29.74	7/29/2007	
100 Breast	Lyndsey McCaslin	1:16.82	7/26/2001	state record
200 Breast	Jenn Flaherty	2:45.77	7/29/2004	state record
100 Fly	Whitney Rockwell	1:03.50	8/14/2001	state record
200 Fly	Whitney Rockwell	2:28.19	7/26/2001	
200 IM	Jenn Flaherty	2:33.87	5/28/2005	
400 IM	Jenn Flaherty	5:11.95	3/11/2004	state record

Women - Long Course Meters - Open

Event	Name	Time	Date	
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50 Free	Whitney Rockwell	26.40	3/19/2002	state record
100 Free	Kinsey Tarbell	1:01.94	5/27/2006	
200 Free	Emily Caras	2:10.94	5/17/2002	
400 Free	Jenn Flaherty	4:33.01	7/29/2004	state record
800 Free	Jenn Flaherty	9:15.30	7/22/2004	state record
1500 Free	Jenn Flaherty	17:33.69	7/29/2004	state record
100 Back	Nicole Harmon	1:09.12	7/27/2006	
200 Back	Taylor McFarlane	2:29.20	5/17/2002	
100 Breast	Lyndsey McCaslin	1:16.69	8/1/2002	state record
200 Breast	Jenn Flaherty	2:45.77	7/29/2004	state record
100 Fly	Whitney Rockwell	1:03.50	8/14/2001	state record
200 Fly	Whitney Rockwell	2:23.16	8/1/2000	
200 IM	Laura Flewelling	2:30.36	7/23/2008	
400 IM	Jenn Flaherty	5:11.95	3/11/2004	
200 Free Relay	CMA swimmers at the Eastern Canada Cup Meet	1:56.84	7/26/2001	
400 Free Relay	Laura Flewelling, Christine Beecher, Nora Daly, Dini Bernier	4:12.76	7/23/2008	
800 Free Relay	Laura Flewelling, Christine Beecher, Nora Daly, Dini Bernier	9:17.36	7/23/2008	state record
200 Medley Relay	Nicole Harmon, Laura Flewelling, Rosie Wennberg, Nora Daly	2:10.01	3/13/2008	
400 Medley Relay	K. Alberi, L. McCaslin, W. Rockwell, E. Caras	4:42.52	8/1/2000	