

Women - Short Course Yards - Age 8 & Under

Event	Name	Time	Date	
25 Free	Emily Caras and Jill Horan	14.64	1/12/1996	state record
50 Free	Emily Caras	31.86	2/27/1995	state record
100 Free	Emily Caras	1:08.84	2/24/1996	state record
25 Back	Jill Horan	16.88	1/12/1996	state record
50 Back	Jill Horan	35.96	3/8/1996	
100 Back	Ana Neff-Jendrasko	1:26.23	3/6/2008	
25 Breast	Whitney Rockwell	17.90	1/2/1993	state record
50 Breast	Jill Horan	43.81	3/8/1996	
100 Breast	Ana Neff-Jendrasko	1:41.15	3/6/2008	
25 Fly	Whitney Rockwell	15.48	1/1/1993	state record
50 Fly	Emily Caras	34.77	3/8/1996	
100 Fly	Laura Flewelling	1:34.39	2/10/2002	
100 IM	Jill Horan	1:21.85	2/27/1995	state record
200 IM	Laura Flewelling	3:06.15	12/7/2001	
100 Free Relay	A. Mehsak, E. Caras, E. Youmans, J. Horan	1:07.48	2/25/1996	state record
100 Medley Relay	J. Horan, A. Evans, E. Caras, A. Mehsal	1:14.25	2/25/1996	state record

Women - Short Course Yards - Age 10 & Under

Event	Name	Time	Date	
50 Free	Emily Caras	26.45	4/2/1998	
100 Free	Emily Caras	56.91	4/2/1998	state record
200 Free	Emily Caras	2:08.93	6/7/1998	state record
500 Free	Emily Caras	5:57.85	1/3/1998	

50 Back	Jill Horan	32.03	4/2/1998	
100 Back	Jill Horan	1:08.45	4/2/1998	
50 Breast	Whitney Rockwell	33.22	4/1/1995	
100 Breast	Whitney Rockwell	1:14.88	4/1/1995	
50 Fly	Emily Caras	28.27	4/2/1998	state record
100 Fly	Emily Caras	1:02.73	4/2/1998	state record
100 IM	Whitney Rockwell	1:06.23	4/1/1995	state record
200 IM	Emily Caras	2:22.61	4/2/1998	state record
200 Free Relay	J. Horan, E. Youmans, A. Mehlsak, E. Caras	1:58.38	3/13/1998	state record
400 Free Relay	J. Horan, A. Mehlsak, E. Youmans, E. Caras	4:27.24	3/13/1998	state record
200 Medley Relay	J. Horan, E. Youmans, E. Caras, A. Mehlsak	2:19.38	3/13/1998	state record

Women - Short Course Yards - Age 11-12

Event	Name	Time	Date	
50 Free	Whitney Rockwell	24.95	4/2/1997	state record
100 Free	Emily Caras	53.80	3/30/2000	state record
200 Free	Emily Caras	1:53.94	3/30/2000	state record
500 Free	Emily Caras	5:03.31	2/6/2000	state record
1000 Free	Emily Caras	10:49.09	5/20/2000	state record
1650 Free	Emily Caras	17:43.95	5/20/2000	state record
50 Back	Jill Horan	29.51	3/30/2000	
100 Back	Emily Caras and Jill Horan	1:02.49	1/15/00 and 12/10/99	state record
200 Back	Nicole Harmon	2:15.15	3/27/2003	state record
50 Breast	Whitney Rockwell	31.96	4/2/1997	
100 Breast	Whitney Rockwell	1:10.44	12/13/1996	
200 Breast	Whitney Rockwell	2:37.66	12/13/1996	

50 Fly	Emily Caras	27.08	3/30/2000	state record
100 Fly	Emily Caras	58.30	3/30/2000	state record
200 Fly	Emily Caras	2:08.93	1/29/2000	state record
100 IM	Emily Caras	1:02.24	3/30/2000	
200 IM	Emily Caras	2:12.93	1/28/2000	state record
400 IM	Emily Caras	4:42.75	1/15/2000	state record
200 Free Relay	Emily Caras, Taylor McFarlane, Emilie Youmans, Jill Horar	1:47.52	8/8/1999	state record
400 Free Relay	Jill Horan, Taylor McFarlane, Monica Morin Emily Caras	3:58.43	3/18/1999	state record
200 Medley Relay	Jill Horan, Keara Clifford, Emily Caras, Taylor McFarlane	2:01.25	8/8/1999	state record
400 Medley Relay	Jill Horan, Emily Caras, Jenn Flaherty, Monica Morin	4:40.71	3/19/1999	state record

Women - Short Course Yards - Age 13-14

Event	Name	Time	Date	
50 Free	Whitney Rockwell	24.87	1/4/2002	
100 Free	Emily Caras	53.90	7/15/2000	
200 Free	Emily Caras	1:54.85	1/4/2002	state record
500 Free	Emily Caras	5:03.31	2/6/2000	state record
1000 Free	Emily Caras	10:26.46	3/14/2002	state record
1650 Free	Emily Caras	17:35.09	11/18/2000	
100 Back	Nicole Harmon	1:00.15	4/1/2004	
200 Back	Nicole Harmon	2:09.54	4/1/2004	
100 Breast	Laura Flewelling	1:08.15	12/7/2007	
200 Breast	Laura Flewelling	2:28.48	12/7/2007	
100 Fly	Hannah Branch	58.79	4/1/2004	state record
200 Fly	Hannah Branch	2:09.39	4/1/2004	state record
200 IM	Taylor McFarlane	2:11.01	8/2/2001	state record

400 IM	Taylor McFarlane	4:37.01	8/2/2001	
200 Free Relay	Hannah Branch, Lily Wennberg, Nicole Glab, Nicole Harmon	1:43.06	3/18/2004	
400 Free Relay	Hannah Branch, Kinsey Tarbell, Nicole Glab, Nicole Harmon	3:47.41	3/18/2004	
800 Free Relay	Hannah Branch, Danielle Gravel, Nicole Glab, Nicole Harmon	8:17.44	2/8/2004	state record
200 Medley Relay	Katy Wolfe, Amelia Lundkvist, Kelsey, Ryan, Laura Flewelling	1:58.71	3/15/2007	
400 Medley Relay	Jill Horan, Jenn Flaherty, Emily Caras, Carrie Chykaliuk	4:13.77	8/2/2001	state record

Women - Short Course Yards - Age 15-16

Event	Name	Time	Date	
50 Free	Whitney Rockwell	23.25	3/8/2001	state record
100 Free	Whitney Rockwell	53.08	3/15/2001	state record
200 Free	Taylor McFarlane	1:53.72	3/14/2002	
500 Free	Emily Caras	5:03.53	2/20/2003	state record
1000 Free	Jenn Flaherty	10:32.90	12/12/2003	state record
1650 Free	Jenn Flaherty	17:24.75	12/12/2003	state record
100 Back	Taylor McFarlane	58.73	3/7/2002	
200 Back	Taylor McFarlane	2:07.05	12/7/2001	
100 Breast	Laura Flewelling	1:04.37	11/13/2009	state record
200 Breast	Whitney Rockwell	2:22.77	3/25/2000	state record
100 Fly	Whitney Rockwell	56.33	3/8/2001	
200 Fly	Whitney Rockwell	2:05.09	3/8/2001	state record
200 IM	Whitney Rockwell	2:10.20	7/27/2000	
400 IM	Whitney Rockwell	4:37.54	11/10/2000	

Women - Short Course Yards - Age 17-18

Event	Name	Time	Date	
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50 Free	Whitney Rockwell	23.09	3/7/2002	state record
100 Free	Whitney Rockwell	51.47	3/7/2002	
200 Free	Jenn Flaherty	1:56.57	3/17/2005	
500 Free	Jenn Flaherty	5:03.02	12/10/2004	
1000 Free	Jenn Flaherty	10:10.90	3/22/2005	state record
1650 Free	Jenn Flaherty	17:06.90	3/22/2005	state record
100 Back	Nicole Harmon	58.70	2/1/2008	
200 Back	Nicole Harmon	2:09.38	12/7/2007	
100 Breast	Whitney Rockwell	1:05.64	3/7/2002	
200 Breast	Jenn Flaherty	2:23.29	3/10/2005	
100 Fly	Whitney Rockwell	56.60	3/7/2002	state record
200 Fly	Whitney Rockwell	2:04.20	8/2/2001	state record
200 IM	Whitney Rockwell	2:07.98	8/2/2001	
400 IM	Jenn Flaherty	4:34.06	3/17/2005	

Women - Short Course Yards - Open

Event	Name	Time	Date	
50 Free	Whitney Rockwell	23.09	3/7/2002	state record
100 Free	Whitney Rockwell	51.47	3/7/2002	
200 Free	Taylor McFarlane	1:53.72	3/14/2002	
500 Free	Jenn Flaherty	5:03.02	12/10/2004	
1000 Free	Jenn Flaherty	10:10.90	3/22/2005	state record
1650 Free	Jenn Flaherty	17:06.90	3/22/2005	state record
100 Back	Nicole Harmon	58.70	2/1/2008	
200 Back	Taylor McFarlane	2:07.05	12/7/2001	
100 Breast	Laura Flewelling	1:04.37	11/13/2009	state record

200 Breast	Whitney Rockwell	2:22.77	3/25/2000	
100 Fly	Whitney Rockwell	56.33	3/8/2001	
200 Fly	Whitney Rockwell	2:04.20	8/2/2001	state record
200 IM	Whitney Rockwell	2:07.98	8/2/2001	
400 IM	Jenn Flaherty	4:34.06	3/17/2005	
200 Free Relay	Nora Daly, Gaby Cloutier, Rosie Wennberg, Laura Flewelling	1:40.41	3/5/2009	
400 Free Relay	Whitney Rockwell, Taylor McFarlane, Lyndsey McCaslin, Emily Caras	3:42.05	3/7/2002	
800 Free Relay	Jennie Brunette, Whitney Rockwell, Taylor McFarlane, Emily Caras	7:59.52	3/7/2002	
200 Medley Relay	Nicole Harmon, Laura Flewelling, Rosie Wennberg, Nora Daly	1:50.36	3/6/2008	
400 Medley Relay	Taylor McFarlane, Lindsey McCaslin, Whitney Rockwell, Emily Caras	4:01.58	8/2/2001	