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**RECORDS Maine SC Yards**
**Yards-Women**

8 & U	25 Free	14.64	<b>13-Jan-96</b>	CMA	Emily Caras/Jill Horan	
	50 Free	31.86	<b>25-Feb-96</b>	CMA	Emily Caras - 8&U Champs	
	100 Free	1:11.04	<b>24-Feb-96</b>	CMA	Emily Caras - 8&U Champs	
	25 Back	16.88	<b>13-Jan-96</b>	CMA	Jill Horan	
	25 Breast	17.90	<b>2-Jan-93</b>	CMA	Whitney Rockwell	
	25 Fly	15.48	<b>2-Jan-93</b>	CMA	Whitney Rockwell	
	100 IM	1:21.85	<b>25-Feb-96</b>	CMA	Jill Horan - 8&U Champs	
	100 Free Relay	1:07.48	<b>25-Feb-96</b>	CMA	A. Mehlsak, E. Caras, E. Youmans, J. Horan	
	100 Medley Relay	1:14.25	<b>25-Feb-96</b>	CMA	J. Horan, A. Evans, E. Caras, A. Mehlsak	
10 & U	50 Free	26.45	<b>2-Apr-98</b>	CMA	Emily Caras - Zones, Sewall, NJ	
	100 Free	56.91	<b>2-Apr-98</b>	CMA	Emily Caras - Zones, Sewall, NJ	
	200 Free	2:08.93	<b>7-Jun-98</b>	CMA	Emily Caras	
	500 Free	5:56.29	<b>1-Feb-81</b>	LRW	Hannah Turlish - Winter Seniors	
	50 Back	31.94	<b>19-Mar-05</b>	CMA	Mariah Reading - MSI Winter Champs	
	100 Back	1:07.74	<b>20-Mar-05</b>	CMA	Mariah Reading - MSI Winter Champs	
	50 Breast	33.22	<b>30-Mar-95</b>	CMA	Whitney Rockwell - Zones, Princeton	
	100 Breast	1:14.88	<b>31-Mar-95</b>	CMA	Whitney Rockwell - Zones, Princeton	
	50 Fly	28.27	<b>2-Apr-98</b>	CMA	Emily Caras - Zones, Sewall, NJ	
	100 Fly	1:02.73	<b>2-Apr-98</b>	CMA	Emily Caras - Zones, Sewall, NJ	
	100 IM	1:06.23	<b>31-Mar-95</b>	CMA	Whitney Rockwell 3/31/95    Mariah Reading 3/17/05	
	200 IM	2:22.61	<b>2-Apr-98</b>	CMA	Emily Caras - Zones, Sewall, NJ	
	200 Free Relay	1:59.38	<b>13-Mar-98</b>	CMA	J. Horan, E. Youmans, A. Mehlsak, E. Caras	
	400 Free Relay	4:27.24	<b>13-Mar-98</b>	CMA	J. Horan, A. Mehlsak, E. Youmans, E. Caras	
	200 Medley Relay	2:19.38	<b>13-Mar-98</b>	CMA	J. Horan, E. Caras, E. Youmans, A. Mehlsak	
	11-12	50 Free	24.95	<b>3-Apr-97</b>	CMA	Whitney Rockwell - Zones, Buffalo
100 Free		53.80	<b>13-Apr-00</b>	CMA	Emily Caras - Zones	
200 Free		1:53.94	<b>13-Apr-00</b>	CMA	Emily Caras - Zones	
500 Free		5:03.31	<b>6-Feb-00</b>	CMA	Emily Caras - LRSC Toughen Up	
1000 Free		10:49.09	<b>20-May-00</b>	CMA	Emily Caras	
1650 Free		17:43.95	<b>20-May-00</b>	CMA	Emily Caras	
50 Back		28.94	<b>17-Mar-07</b>	BYB	Mariah Reading - Maine Winter Champs	
100 Back		1:02.49	<b>16-Jan-00</b>	CMA	Emily Caras - SYOA & Jill Horan - Bowdoin	
200 Back		2:15.15	<b>27-Mar-03</b>	CMA	Nicole Harmon - Zones	
50 Breast		31.74	<b>4-Apr-91</b>	HSC	Cara Malerba - Zones, Buffalo	
100 Breast		1:09.45	<b>17-Mar-07</b>	BYB	Mariah Reading - MSI Winter Champs	
200 Breast		2:31.98	<b>1-Dec-06</b>	BYB	Mariah Reading - North Carolina	
50 Fly		27.08	<b>13-Apr-00</b>	CMA	Emily Caras - Zones	
100 Fly		58.30	<b>13-Apr-00</b>	CMA	Emily Caras - Zones	
200 Fly		2:08.93	<b>29-Jan-00</b>	CMA	Emily Caras - Poland Spring Inv.	
100 IM		1:01.90	<b>17-Mar-07</b>	BYB	Mariah Reading - MSI Winter Champs	
200 IM		2:12.93	<b>29-Jan-00</b>	CMA	Emily Caras - Poland Springs Invit.	
400 IM		4:42.75	<b>16-Jan-00</b>	CMA	Emily Caras - Swim Your Own Age	
200 Free Relay		1:47.73	<b>8-Aug-99</b>	CMA	E. Caras, T. McFarlane, E. Youmans, J. Horan	
400 Free Relay		3:58.43	<b>18-Mar-99</b>	CMA	J. Horan, T. McFarlane, M. Morin, E. Caras	
200 Medley Relay		2:01.25	<b>8-Aug-99</b>	CMA	T. McFarlane, E. Caras, K. Clifford, J. Horan	
400 Medley Relay		4:40.71	<b>19-Mar-99</b>	CMA	J. Horan, E. Caras, J. Flaherty, M. Morin	
13-14		50 Free	23.62	<b>27-Mar-03</b>	SEALS	Gina Mancini - Zones
		100 Free	52.33	<b>27-Mar-03</b>	SEALS	Gina Mancini - Zones

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13-14	200 Free	1:54.85	<b>4-Jan-02</b>	CMA	Emily Caras	
	500 Free	5:04.78	<b>26-Feb-00</b>	CMA	Emily Caras - Poland Springs Invit	
	1000 Free	10:26.46	<b>14-Mar-02</b>	CMA	Emily Caras - MSI Winter Champs	
	1650 Free	17:27.96	<b>8-Aug-99</b>	UN	Kyle Robinson - Maine Summer Champs	
	100 Back	59.01	<b>19-Mar-05</b>	PPSC	Nicole Harmon - MSI Winter Champs	
	200 Back	2:08.68	<b>19-Mar-06</b>	CCSC	Lauren Dwyer - MSI Winter Champs	
	100 Breast	1:06.55	<b>13-Mar-03</b>	SEALS	Gina Mancini - MSI Winter Champs	
	200 Breast	2:26.61	<b>13-Dec-02</b>	SEALS	Gina Mancini - Bowdoin Open	
	100 Fly	58.79	<b>1-Apr-04</b>	CMA	Hannah Branch - Zones	
	200 Fly	2:09.39	<b>1-Apr-04</b>	CMA	Hannah Branch - Zones	
	200 IM	2:11.01	<b>2-Aug-01</b>	CMA	Taylor McFarlane - MSI Summer Champs	
	400 IM	4:36.81	<b>12-Jan-02</b>	SEALS	Kait Strickland - Swim Your Own Age	
	200 Free Relay	1:43.06	<b>18-Mar-04</b>	CMA	H. Branch, L. Wennberg N. Glab, N. Harmon	
	400 Free Relay	3:47.32	<b>10-Mar-96</b>	PPSC	M. Leonard, K. Leonard, C. Dinan, M. Barrows	
	800 Free Relay	8:17.44	<b>8-Feb-04</b>	CMA	H. Branch, D. Gravel, N. Glab, N. Harmon	
	200 Medley Relay	1:56.51	<b>13-Mar-03</b>	SEALS	S. Knight, G. Mancini, H. Branch, K. Gillespie	
	400 Medley Relay	4:13.77	<b>2-Aug-01</b>	CMA	J. Horan, J. Flaherty, E. Caras, C. Chykaliuk	
	15-16	50 Free	23.25	<b>11-Mar-01</b>	CMA	Whitney Rockwell - Speedo Champions Series
		100 Free	52.25	<b>18-Mar-04</b>	SEALS	Gina Mancini - MSI Winter Champs
		200 Free	1:53.36	<b>13-Jul-02</b>	SEALS	Kait Strickland - Summer SYOA (time trial)
500 Free		5:05.38	<b>29-Nov-85</b>	UN	Hannah Turlish - Thanksgiving Meet	
1000 Free		10:32.90	<b>12-Dec-03</b>	CMA	Jenn Flaherty - Bowdoin Open	
1650 Free		17:24.75	<b>12-Dec-03</b>	CMA	Jenn Flaherty - Bowdoin Open	
100 Back		57.89	<b>31-Jul-94</b>	UN	Haley Cope - MSI Summer Champs	
200 Back		2:06.03	<b>10-Dec-05</b>	LRSC	Hailey Hewitt - Bowdoin Open	
100 Breast		1:04.60	<b>3-Mar-05</b>	SEALS	Gina Mancini - Texas	
200 Breast		2:23.43	<b>8-Dec-00</b>	CMA	Whitney Rockwell - Bowdoin Open	
100 Fly		56.33	<b>11-Mar-01</b>	CMA	Whitney Rockwell - Speedo Champions Series	
200 Fly		2:05.09	<b>8-Mar-01</b>	CMA	Whitney Rockwell - Speedo Champions Series	
200 IM		2:10.20	<b>27-Jul-00</b>	CMA	Whitney Rockwell - MSI Summer Champs	
400 IM		4:32.77	<b>6-Apr-02</b>	SEALS	Kait Strickland - Zones, New Jersey	
15-18		200 Free Relay	1:38.01	<b>4-Mar-04</b>	SEALS	G. Mancini, T. McFarlane, J. Horan, K. Goodman
		400 Free Relay	3:36.30	<b>4-Mar-04</b>	SEALS	T. McFarlane, G. Mancini, J. Horan, K. Goodman
		800 Free Relay	7:59.52	<b>7-Mar-02</b>	CMA	J. Brunette, W. Rockwell, T. McFarlane, E. Caras
	200 Medley Relay	1:47.27	<b>4-Mar-04</b>	SEALS	J. Horan, G. Mancini, K. Goodman, T. McFarlane	
	400 Medley Relay	3:54.75	<b>4-Mar-04</b>	SEALS	T. McFarlane, G. Mancini, K. Goodman, J. Horan	
17-18	50 Free	23.09	<b>7-Mar-02</b>	CMA	Whitney Rockwell - Speedo Champions Series	
	100 Free	51.27	<b>13-Apr-00</b>	LRSC	Katrine Alcaide - YMCA Nationals	
	200 Free	1:53.16	<b>4-Mar-04</b>	SEALS	Taylor McFarlane - American SC Championships	
	500 Free	5:01.05	<b>4-Mar-04</b>	SEALS	Taylor McFarlane - American SC Championships	
	1000 Free	10:10.90	<b>22-Mar-05</b>	CMA	Jen Flaherty - SC NCSA Junior National Champs	
	1650 Free	17:06.90	<b>22-Mar-05</b>	CMA	Jen Flaherty - SC NCSA Junior National Champs	
	100 Back	57.26	<b>4-Mar-04</b>	SEALS	Taylor McFarlane - American SC Championships	
	200 Back	2:04.60	<b>18-Mar-04</b>	SEALS	Taylor McFarlane - MSI Winter Champs	
	100 Breast	1:05.14	<b>12-Dec-97</b>	SYT	Kristen Zeimetz - JR Nationals	
	200 Breast	2:22.67	<b>13-Mar-98</b>	SYT	Kristen Zeimetz - MSI Winter Champs	
	100 Fly	56.60	<b>7-Mar-02</b>	CMA	Whitney Rockwell - Speedo Champions Series	
	200 Fly	2:04.20	<b>2-Aug-01</b>	CMA	Whitney Rockwell - MSI Summer Champs	
	200 IM	2:06.68	<b>4-Mar-04</b>	SEALS	Taylor McFarlane - American SC Championships	
	400 IM	4:28.76	<b>18-Mar-04</b>	SEALS	Taylor McFarlane - MSI Winter Champs	

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50 Free	23.09	<b>7-Mar-02</b>	CMA	Whitney Rockwell - Speedo Champions Series
100 Free	51.27	<b>13-Apr-00</b>	LRSC	Katrine Alcaide - YMCA Nationals
200 Free	1:53.16	<b>4-Mar-04</b>	SEALS	Taylor McFarlane - American SC Championships
500 Free	5:01.05	<b>4-Mar-04</b>	SEALS	Taylor McFarlane - American SC Championships
1000 Free	10:10.90	<b>22-Mar-05</b>	CMA	Jenn Flaherty - SC NCSA Junior National Champs
1650 Free	17:06.90	<b>22-Mar-05</b>	CMA	Jenn Flaherty - SC NCSA Junior National Champs
100 Back	57.26	<b>4-Mar-04</b>	SEALS	Taylor McFarlane - American SC Championships
200 Back	2:04.60	<b>18-Mar-04</b>	SEALS	Taylor McFarlane - MSI Winter Champs
100 Breast	1:04.60	<b>3-Mar-05</b>	SEALS	Gina Mancini - Texas
200 Breast	2:22.67	<b>13-Mar-98</b>	SYT	Kristen Zeimetz - MSI Winter Champs
100 Fly	56.33	<b>11-Mar-01</b>	CMA	Whitney Rockwell - Speedo Champions Series
200 Fly	2:04.20	<b>2-Aug-01</b>	CMA	Whitney Rockwell - MSI Summer Champs
200 IM	2:06.68	<b>4-Mar-04</b>	SEALS	Taylor McFarlane - American SC Championships
400 IM	4:28.76	<b>18-Mar-04</b>	SEALS	Taylor McFarlane - MSI Winter Champs
200 Free Relay	1:38.01	<b>4-Mar-04</b>	SEALS	G. Mancini, T. McFarlane, J. Horan, K. Goodman
400 Free Relay	3:36.30	<b>4-Mar-04</b>	SEALS	T. McFarlane, G. Mancini, J. Horan, K. Goodman
800 Free Relay	7:59.52	<b>7-Mar-02</b>	CMA	J. Brunette, W. Rockwell, T. McFarlane, E. Caras
200 Medley Relay	1:47.27	<b>4-Mar-04</b>	SEALS	J. Horan, G. Mancini, K. Goodman, T. McFarlane
400 Medley Relay	3:54.75	<b>4-Mar-04</b>	SEALS	T. McFarlane, G. Mancini, K. Goodman, J. Horan