

CAPE COD SWIM CLUB
M. Solomon, Box 966, Pocasset, MA 02559

RECORDS CCSC-L

LC Meters-Girls

8 & U	50 Free	37.61	21-Jun-08	CCSC NE	Michelle Z. Guo at Seacoast Summer Classic	
	100 Free	1:26.98	9-Jul-10	CCSC NE	Rachel E. Goulston at 2010 N.E.Swimming Long Course Regionals	
	200 Free	3:14.56	9-Jul-10	CCSC NE	Rachel E. Goulston at 2010 N.E.Swimming Long Course Regionals	
	50 Back	45.47			Sacha Solomon	
	100 Back	1:40.06	16-Jul-04	CCSC NE	Reilly C. Robbins at YNSS and BGSC Summer Sizzler	
	50 Breast	53.16			Sacha Solomon	
	100 Breast	2:01.12			Kelly Hyndman	
	50 Fly	47.26			Sacha Solomon	
	100 Fly	1:56.42	16-Jul-04	CCSC NE	Reilly C. Robbins at YNSS and BGSC Summer Sizzler	
	200 IM	3:40.08	16-Jul-04	CCSC NE	Reilly C. Robbins at YNSS and BGSC Summer Sizzler	
	9-10	50 Free	31.20			Jackie Clark
		100 Free	1:09.38	22-Jul-10	CCSC NE	Michelle Z. Guo at 2010 NE CRIM 14 & U LCM Championship
200 Free		2:28.85	22-Jul-10	CCSC NE	Michelle Z. Guo at 2010 NE CRIM 14 & U LCM Championship	
400 Free		5:18.10	22-Jul-10	CCSC NE	Michelle Z. Guo at 2010 NE CRIM 14 & U LCM Championship	
800 Free		30:00.00	1-Jan-00	CCSC NE	blank	
1500 Free		24:00.00	1-Jan-00	CCSC NE	blank	
50 Back		37.96	22-Jul-10	CCSC NE	Michelle Z. Guo at 2010 NE CRIM 14 & U LCM Championship	
100 Back		1:20.26	22-Jul-10	CCSC NE	Michelle Z. Guo at 2010 NE CRIM 14 & U LCM Championship	
200 Back		3:05.24	6-Jul-06	CCSC NE	Reilly C. Robbins at East Coast Long Course Championship	
50 Breast		42.40	20-Jul-01	CCSC NE	CHELSEA B.DOWNING at 12 & U Champs - Harvard	
100 Breast		1:34.65			Claire Hawley	
200 Breast		3:32.10	6-Jul-06	CCSC NE	Kenna B. Melkonian at East Coast Long Course Championship	
50 Fly		37.12	22-Jun-02	CCSC NE	Melayna GRASSETTI at Long Island Summertime Invitat	
100 Fly		1:25.90	25-Jun-10	CCSC NE	Michelle Z. Guo at YNS Trials & Finals Meet 2010	
200 Fly		4:30.00	1-Jan-00	CCSC NE	blank	
200 IM		2:54.32	22-Jul-10	CCSC NE	Michelle Z. Guo at 2010 NE CRIM 14 & U LCM Championship	
400 IM		6:17.59	30-May-10	CCSC NE	Michelle Z. Guo at Bluefish Memorial Weekend Meet	
11-12		50 Free	29.37			Kate Hawley
	100 Free	1:04.25			Kate Hawley	
	200 Free	2:16.10	25-Jul-97		Claire Hawley	
	400 Free	4:39.33	25-Jul-97		Claire Hawley	
	800 Free	9:45.02	29-Jan-99	CCSC NE	DILLON C DELANEY at National Qualifier	
	1500 Free	18:34.23	29-Jan-99	CCSC NE	DILLON C DELANEY at National Qualifier	
	50 Back	34.18	12-Aug-09	CCSC NE	Summer A. Hagen-Nickerson at Eastern Zones LC Champs	
	100 Back	1:12.08	12-Aug-09	CCSC NE	Summer A. Hagen-Nickerson at Eastern Zones LC Champs	
	200 Back	2:35.73	23-Jul-09	CCSC NE	Summer A. Hagen-Nickerson at 2009 NE 14 & Under LCM Championships	
	50 Breast	36.75			Kristen Kane	
	100 Breast	1:21.83			Kristen Kane	
	200 Breast	2:53.79			Kristen Kane	
	50 Fly	32.66	22-Jul-04	CCSC NE	MEGAN C. MCSHEA at 2004 NE 12&U LCM Champs	
	100 Fly	1:14.12	22-Jul-04	CCSC NE	MEGAN C. MCSHEA at 2004 NE 12&U LCM Champs	
	200 Fly	2:44.33	30-Jun-00	CCSC NE	NATALIE A.TOCZYLOWSKI at East Coast Championships	
	200 IM	2:37.35			Lynnette Sweeney	
	400 IM	5:36.63	4-Jul-97		Claire Hawley	
	13-14	50 Free	28.55	6-Aug-08	NE NE	Katrina COOK at 2008 Eastern Zone LC Championships
100 Free		1:01.47	12-Aug-99	CCSC NE	CLAIRE W HAWLEY at N.E. Seniors Long Course 1999	
200 Free		2:10.46			Julie Cowgill	

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13-14	400 Free	4:28.28	12-Aug-99	CCSC NE	CLAIRE W HAWLEY at N.E. Seniors Long Course 1999
	800 Free	9:10.86	12-Aug-99	CCSC NE	CLAIRE W HAWLEY at N.E. Seniors Long Course 1999
	1500 Free	17:53.90			Julie Cowgill
	100 Back	1:08.80	28-Jul-05	CCSC NE	Melayna GRASSETTI at New England Open Championship Long Course 05
	200 Back	2:25.94	28-Jul-05	CCSC NE	Melayna GRASSETTI at New England Open Championship Long Course 05
	100 Breast	1:16.53	16-Jul-98		Kristen Kane
	200 Breast	2:43.49	16-Jul-98		Kristen Kane
	100 Fly	1:09.08	28-Jul-05	CCSC NE	Melayna GRASSETTI at New England Open Championship Long Course 05
	200 Fly	2:33.57			Sarah Schwartz
	200 IM	2:29.13	12-Aug-99	CCSC NE	CLAIRE W HAWLEY at N.E. Seniors Long Course 1999
	400 IM	5:07.50	12-Aug-99	CCSC NE	CLAIRE W HAWLEY at N.E. Seniors Long Course 1999
	Open	50 Free	28.48	12-Aug-09	CCSC NE
100 Free		1:00.90	29-Jun-07	CCSC NE	Chelsea Downing at Clinton Cudas Colgate Classic Invitational
200 Free		2:07.78	1-Aug-02	CCSC NE	CLAIRE W.HAWLEY at 2002 SPEEDO CHAMPIONS SERIES
400 Free		4:20.84	1-Aug-02	CCSC NE	CLAIRE W.HAWLEY at 2002 SPEEDO CHAMPIONS SERIES
800 Free		9:00.83	1-Aug-02	CCSC NE	CLAIRE W.HAWLEY at 2002 SPEEDO CHAMPIONS SERIES
1500 Free		17:16.66	24-Jul-03	CCSC NE	CLAIRE W. HAWLEY at The 2003 Speedo Champions Series
100 Back		1:08.01	12-Aug-99	CCSC NE	CAROLINE J STEPHENSON at N.E. Seniors Long Course 1999
200 Back		2:23.97	12-Aug-99	CCSC NE	CAROLINE J STEPHENSON at N.E. Seniors Long Course 1999
100 Breast		1:16.32	30-Jun-00	CCSC NE	KRISTEN M KANE at East Coast Championships
200 Breast		2:43.49	16-Jul-98		Kristen Kane
100 Fly		1:07.26			Jessica Johnston
200 Fly		2:25.12	1-Apr-03	CCSC NE	CLAIRE W. HAWLEY at Nationals - Indianapolis 4/03
200 IM		2:22.82	26-Jul-01	CCSC NE	CLAIRE W.HAWLEY at The 2001 Speedo Champion Series
400 IM		4:58.66	1-Aug-02	CCSC NE	CLAIRE W.HAWLEY at 2002 SPEEDO CHAMPIONS SERIES

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RECORDS CCSC-L

LC Meters-Boys

8 & U	25 Free	17.91	29-Jan-94		Andrew Price	
	50 Free	35.56	14-Jul-00	CCSC NE	GREGG R HUTTO at 12 & U LONG COURSE CHAMPS 2000	
	100 Free	1:24.41	14-Jul-00	CCSC NE	GREGG R HUTTO at 12 & U LONG COURSE CHAMPS 2000	
	200 Free	3:26.50	16-Jun-00		MARK HANSEN	
	25 Back	19.76			Andrew Price	
	50 Back	46.72	25-Jun-10	CCSC NE	Keegan P. Riley at YNS Trials & Finals Meet 2010	
	100 Back	1:45.60	9-Jul-10	CCSC NE	Marshall R. Meyer at 2010 N.E.Swimming Long Course Regionals	
	50 Breast	50.87	14-Jul-00	CCSC NE	GREGG R HUTTO at 12 & U LONG COURSE CHAMPS 2000	
	100 Breast	2:04.79	16-Jun-00	CCSC NE	GREGG R HUTTO at Aquabears @ UConn	
	50 Fly	48.08	14-Jul-00	CCSC NE	MARK W HANSEN at 12 & U LONG COURSE CHAMPS 2000	
	100 Fly	1:52.07	19-May-00		MARK HANSEN	
	200 IM	4:30.00	1-Jan-00	CCSC NE	blank	
	9-10	50 Free	31.97	6-Aug-08	NE NE	Jarrett W. Jones at 2008 Eastern Zone LC Championships
		100 Free	1:12.12			Andrew Cullum
		200 Free	2:33.67			Andrew Cullum
400 Free		5:44.80	17-Jul-08	CCSC NE	Jarrett W. Jones at 2008 NE 12 & Under LCM Championships	
800 Free		30:00.00	1-Jan-00	CCSC NE	blank	
1500 Free		24:00.00	1-Jan-00	CCSC NE	blank	
50 Back		38.86			Andrew Cullum	
100 Back		1:22.22			Andrew Cullum	
200 Back		4:30.00	1-Jan-00	CCSC NE	blank	
50 Breast		45.05	6-Aug-08	NE NE	Jarrett W. Jones at 2008 Eastern Zone LC Championships	
100 Breast		1:36.07	6-Aug-08	NE NE	Jarrett W. Jones at 2008 Eastern Zone LC Championships	
200 Breast		3:47.25	26-Jun-04	CCSC NE	JAMESON P. MCSHEA at SSYS LC Challenge on the Charles	
50 Fly		36.12			Tobias Work	
100 Fly		1:22.13			Tobias Work	
200 Fly		3:20.63	24-May-08	CCSC NE	Liam B. Russo at Bluefish 2008 Memorial Day Weekend	
200 IM		2:53.78			Andrew Cullum	
400 IM		30:00.00	1-Jan-00	CCSC NE	blank	
11-12	50 Free	27.29			Shane Raymond	
	100 Free	58.92			Shane Raymond	
	200 Free	2:07.67			Shane Raymond	
	400 Free	4:49.33	22-Jul-10	CCSC NE	Jarrett W. Jones at 2010 NE CRIM 14 & U LCM Championship	
	800 Free	10:45.75	* 20-Jul-01		Samuel Speroni	
	800 Free	10:45.75	* 20-Jul-01	CCSC NE	Samuel SPERONI at 12 & U Champs - Harvard	
	1500 Free	18:59.87	4-Jul-97		Andrew Cullum	
	50 Back	35.90	31-Jul-98		Tobias Work	
	100 Back	1:15.12	9-Jul-10	CCSC NE	Jarrett W. Jones at 2010 N.E.Swimming Long Course Regionals	
	200 Back	2:39.22	22-Jul-10	CCSC NE	Jarrett W. Jones at 2010 NE CRIM 14 & U LCM Championship	
	50 Breast	38.95			Gavin Frazier	
	100 Breast	1:24.76			Gavin Frazier	
	200 Breast	3:07.16	20-Jul-01	CCSC NE	SAMUEL J.SPERRONI at 12 & U Champs - Harvard	
	50 Fly	29.08			Shane Raymond	
	100 Fly	1:03.28			Shane Raymond	
	200 Fly	2:36.75	22-Jul-10	CCSC NE	Jarrett W. Jones at 2010 NE CRIM 14 & U LCM Championship	
	200 IM	2:36.18	22-Jul-10	CCSC NE	Jarrett W. Jones at 2010 NE CRIM 14 & U LCM Championship	
400 IM	5:38.07	22-Jul-10	CCSC NE	Jarrett W. Jones at 2010 NE CRIM 14 & U LCM Championship		

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RECORDS CCSC-L

13-14	50 Free	26.83	27-Jul-06	CCSC NE	Peter SACCO at NE Open Long Course Championship 2006
	100 Free	58.75			Shane Raymond
	200 Free	2:03.96			Shane Raymond
	400 Free	4:21.16	29-Jul-93		Shane Raymond
	800 Free	9:07.12	15-Jul-99	CCSC NE	ANDREW R CULLUM at CT Seniors LC '99
	1500 Free	17:15.69	2-Jul-99	CCSC NE	ANDREW R CULLUM at East Coast Champs
	100 Back	1:05.34	29-Jul-93		Shane Raymond
	200 Back	2:19.00			Shane Raymond
	100 Breast	1:18.32	27-Jul-06	CCSC NE	Christopher A. Inglis at NE Open Long Course Championship 2006
	200 Breast	2:44.21	31-Jul-03	CCSC NE	Christopher DARRAH at New England Open Championship
	100 Fly	1:03.28			Shane Raymond
	200 Fly	2:11.66			Shane Raymond
	200 IM	2:25.90	27-Jul-00	CCSC NE	TOBIAS T WORK at 13 & Over Age Group Championsh
	400 IM	5:04.80	27-Jul-00	CCSC NE	TOBIAS T WORK at 13 & Over Age Group Championsh
Open	50 Free	24.49	31-Jul-09	CCSC NE	Peter SACCO at 2009 New England LC Open Championships
	100 Free	53.20			Ron ZuWallack
	200 Free	1:53.65	25-Jul-08	CCSC NE	TOBIAS T. Work at 2008 NE BOSS July Open Champs
	400 Free	3:50.62	16-Jul-07	CCSC NE	TOBIAS T. Work at Pan Ams
	800 Free	8:05.15	31-Jul-07	CCSC NE	TOBIAS T. Work at USA Summer Nationals
	1500 Free	15:25.85	1-Aug-06	CCSC NE	TOBIAS T. Work at Conoco Phillips National Championships
	100 Back	1:01.22	6-Jul-06	CCSC NE	TOBIAS T. Work at East Coast Long Course Championship
	200 Back	2:09.22			Ron ZuWallack
	100 Breast	1:10.52	25-Jul-08	CCSC NE	Brian J. Schmidt at 2008 NE BOSS July Open Champs
	200 Breast	2:31.00			Paul Harrington
	100 Fly	57.62	6-Jul-06	CCSC NE	TOBIAS T. Work at East Coast Long Course Championship
	200 Fly	2:05.22	21-Jul-05	CCSC NE	TOBIAS T. Work at 2005 SPEEDO CHAMPIONS SERIES
	200 IM	2:10.59	10-Jun-04	CCSC NE	TOBIAS T. Work at 2004 NC Charlotte UltraSwim
	400 IM	4:26.81	10-Jun-04	CCSC NE	TOBIAS T. Work at 2004 USA National Champs