

**FRST TEAM RECORDS
SHORT COURSE YARDS
8 & UNDER**

GIRLS				BOYS		
<u>NAME</u>	<u>TIME</u>	<u>DATE</u>	<u>EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>DATE</u>
EMMA JONES	:17.61	2/9/2008	25 FREE	JACOB DESTRAMPE	:16.48	1/30/2009
EMMA JONES	:41.96	10/20/2007	50 FREE	JACOB DESTRAMPE	:33.93	3/6/2009
EMMA JONES	1:30.76	2/9/2008	100 FREE	JACOB DESTRAMPE	1:17.59	3/6/2009
			200 FREE	JACOB DESTRAMPE	2:57.37	3/6/2009
EMMA JONES	:22.89	2/9/2008	25 BACK	JACOB DESTRAMPE	:19.13	11/21/2008
EMMA JONES	:53.26	10/20/2007	50 BACK	JACOB DESTRAMPE	:41.97	1/30/2009
JACQUALYNN LONG	2:10.57	2/27/2009	100 BACK	JACOB DESTRAMPE	1:33.65	3/6/2009
EMMA JONES	:25.07	11/16/2007	25 BREAST	JACOB DESTRAMPE	:25.49	1/30/2009
EMMA JONES	:58.28	2/9/2008	50 BREAST	JACOB DESTRAMPE	:55.53	2/27/2009
NICOLE ZIEGLER	2:25.57	2/27/2009	100 BREAST			
EMMA JONES	:24.07	11/16/2007	25 FLY	JACOB DESTRAMPE	:18.94	2/27/2009
JACQUALYNN LONG	1:27.25	1/30/2009	50 FLY	JACOB DESTRAMPE	:47.10	1/30/2009
			100 FLY			
ALLISON PENA	2:33.63	1/2/2009	100 IM	JACOB DESTRAMPE	1:36.29	1/30/2009
			200 IM			

**FRST TEAM RECORDS
SHORT COURSE METERS
8 & UNDER**

<u>NAME</u>	<u>TIME</u>	<u>DATE</u>	<u>EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>DATE</u>
EMMA JONES	:19.12	5/3/2008	25 FREE	JACOB DESTRAMPE	:18.32	5/23/2009
EMMA JONES	:44.76	5/3/2008	50 FREE	BROCK LOCK	:44.30	5/3/2008
EMMA JONES	1:41.09	5/3/2008	100 FREE	JACOB DESTRAMPE	1:48.60	5/3/2008
EMMA JONES	3:40.63	5/3/2008	200 FREE	BROCK LOCK	3:51.47	5/3/2008
ALLISON PENA	:26.98	5/23/2009	25 BACK	JACOB DESTRAMPE	:21.91	5/3/2008
EMMA JONES	:53.90	5/3/2008	50 BACK	JACOB DESTRAMPE	:52.75	5/3/2008
EMMA JONES	2:01.61	5/3/2008	100 BACK			
EMMA JONES	:29.22	5/3/2008	25 BREAST	JACOB DESTRAMPE	:26.65	5/23/2009
			50 BREAST	BROCK LOCK	:58.19	5/3/2008
			100 BREAST			
ALLISON PENA	:30.57	5/23/2009	25 FLY	JACOB DESTRAMPE	:23.34	5/23/2009
			50 FLY			
			100 FLY			
			100 IM			
EMMA JONES	4:23.76	5/3/2008	200 IM			

**FRST TEAM RECORDS
LONG COURSE METERS**

8 & UNDER

<u>NAME</u>	<u>TIME</u>	<u>DATE</u>	<u>EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>DATE</u>
EMMA JONES	:40.73	5/30/2008	50 FREE	JACOB DESTRAMPE	:37.21	6/12/2009
EMMA JONES	1:36.42	5/30/2008	100 FREE	JACOB DESTRAMPE	1:22.03	7/24/2009
EMMA JONES	3:41.52	5/30/2008	200 FREE	JACOB DESTRAMPE	3:03.15	7/17/2009
EMMA JONES	:51.34	5/30/2008	50 BACK	JACOB DESTRAMPE	:44.96	7/17/2009
EMMA JONES	2:02.27	5/17/2008	100 BACK	JACOB DESTRAMPE	1:42.44	5/29/2009
EMMA JONES	1:00.77	5/30/2008	50 BREAST	JACOB DESTRAMPE	:56.21	6/5/2009
EMMA JONES	2:30.32	7/13/2007	100 BREAST	JACOB DESTRAMPE	2:00.23	6/12/2009
EMMA JONES	:58.07	5/30/2008	50 FLY	JACOB DESTRAMPE	:47.50	6/12/2009
			100 FLY			
EMMA JONES	04:04.6	5/30/2008	200 IM	BROCK LOCK	4:31.73	5/30/2008
			880 OPEN WATER	JACOB DESTRAMPE	14:11.00	6/20/2009

**FRST TEAM RECORDS
SHORT COURSE YARDS**

9 & 10

<u>NAME</u>	<u>TIME</u>	<u>DATE</u>	<u>EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>DATE</u>
GRACE EASTOM	:36.12	10/20/2007	50 FREE			
GRACE EASTOM	1:20.13	10/20/2007	100 FREE			
GRACE EASTOM	2:54.75	10/20/2007	200 FREE			
			500 FREE			
GRACE EASTOM	:41.44	11/16/2007	50 BACK			
GRACE EASTOM	1:31.47	10/20/2007	100 BACK			
			200 BACK			
GRACE EASTOM	:45.37	11/16/2007	50 BREAST			
GRACE EASTOM	1:48.15	2/9/2008	100 BREAST			
			200 BREAST			
GRACE EASTOM	:43.00	10/20/2007	50 FLY			
GRACE EASTOM	1:39.69	11/16/2007	100 FLY			
			200 FLY			
			100 IM			
GRACE EASTOM	3:18.56	10/20/2007	200 IM			

**FRST TEAM RECORDS
SHORT COURSE METERS**

9 & 10

<u>NAME</u>	<u>TIME</u>	<u>DATE</u>	<u>EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>DATE</u>
GRACE EASTOM	:39.77	5/3/2008	50 FREE	ADAM DESTRAMPE	:33.05	5/3/2008
GRACE EASTOM	1:32.41	5/5/2007	100 FREE	ADAM DESTRAMPE	1:13.80	5/3/2008
GRACE EASTOM	3:11.86	5/3/2008	200 FREE	ADAM DESTRAMPE	2:37.17	5/3/2008
			400 FREE	ADAM DESTRAMPE	5:36.22	5/3/2008
GRACE EASTOM	:51.79	5/5/2007	50 BACK	ADAM DESTRAMPE	:37.85	5/3/2008
GRACE EASTOM	1:35.66	5/3/2008	100 BACK	ADAM DESTRAMPE	1:20.82	5/3/2008
			200 BACK			
GRACE EASTOM	:51.19	5/3/2008	50 BREAST	ADAM DESTRAMPE	:49.69	5/3/2008
GRACE EASTOM	2:03.20	5/5/2007	100 BREAST			
			200 BREAST			
GRACE EASTOM	:52.98	5/5/2007	50 FLY	ADAM DESTRAMPE	:38.83	5/3/2008
GRACE EASTOM	1:58.77	5/3/2008	100 FLY			
			200 FLY			
			100 IM			
GRACE EASTOM	3:54.98	5/5/2007	200 IM	ADAM DESTRAMPE	3:05.83	5/3/2008

**FRST TEAM RECORDS
LONG COURSE METERS**

9 & 10

EVENT

<u>NAME</u>	<u>TIME</u>	<u>DATE</u>	<u>EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>DATE</u>
GRACE EASTOM	:38.08	6/21/2008	50 FREE	ADAM DESTRAMPE	:34.71	6/21/2008
GRACE EASTOM	1:22.71	7/18/2008	100 FREE	JOSH BARRETT	1:31.28	5/18/2007
GRACE EASTOM	2:58.17	7/18/2008	200 FREE	ADAM DESTRAMPE	2:40.66	6/21/2008
			400 FREE			
GRACE EASTOM	:42.53	7/18/2008	50 BACK	ADAM DESTRAMPE	:39.26	6/21/2008
GRACE EASTOM	1:29.90	7/18/2008	100 BACK	ADAM DESTRAMPE	1:25.81	6/21/2008
			200 BACK			
GRACE EASTOM	:48.09	7/18/2008	50 BREAST	ADAM DESTRAMPE	:51.39	6/21/2008
GRACE EASTOM	1:47.73	7/18/2008	100 BREAST	ADAM DESTRAMPE	1:57.45	6/21/2008
			200 BREAST			
GRACE EASTOM	:41.46	7/18/2008	50 FLY	ADAM DESTRAMPE	:40.28	6/21/2008
GRACE EASTOM	1:30.68	7/18/2008	100 FLY	ADAM DESTRAMPE	1:28.63	5/17/2008
			200 FLY			
			100 IM			
GRACE EASTOM	3:11.71	7/18/2008	200 IM	ADAM DESTRAMPE	3:07.96	5/17/2008

**FRST TEAM RECORDS
SHORT COURSE YARDS**

11 & 12

<u>NAME</u>	<u>TIME</u>	<u>DATE</u>	<u>EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>DATE</u>
KELSEY HARPER	:30.13	2/27/2009	50 FREE	ADAM DESTRAMPE	:28.18	2/27/2009
KELSEY HARPER	1:04.41	2/27/2009	100 FREE	ADAM DESTRAMPE	:56.57	7/28/2009
KELSEY HARPER	2:16.05	2/27/2009	200 FREE	ADAM DESTRAMPE	2:01.66	7/28/2009
KELSEY HARPER	5:45.79	7/28/2009	500 FREE	ADAM DESTRAMPE	5:38.28	3/20/2009
			1000 FREE	ADAM DESTRAMPE	12:53.21	11/8/2009
KELSEY HARPER	:33.40	1/30/2009	50 BACK	ADAM DESTRAMPE	:30.94	3/20/2009
KELSEY HARPER	1:11.75	1/30/2009	100 BACK	ADAM DESTRAMPE	1:03.13	7/28/2009
KELSEY HARPER	2:36.95	1/2/2009	200 BACK	CLAYTON CULP	3:05.13	1/2/2009
KELSEY HARPER	:37.85	2/27/2009	50 BREAST	ADAM DESTRAMPE	:40.45	3/6/2009
KELSEY HARPER	1:19.29	7/28/2009	100 BREAST	ADAM DESTRAMPE	1:26.33	2/27/2009
KELSEY HARPER	2:58.44	1/2/2009	200 BREAST	CLAYTON CULP	3:26.88	1/2/2009
KELSEY HARPER	:34.10	1/2/2009	50 FLY	ADAM DESTRAMPE	:29.70	3/20/2009
KELSEY HARPER	1:17.44	1/30/2009	100 FLY	ADAM DESTRAMPE	1:07.03	3/20/2009
			200 FLY			
KELSEY HARPER	1:16.23	1/2/2009	100 IM	MATT ZIEGLER	1:42.03	1/2/2009
KELSEY HARPER	2:27.36	7/28/2009	200 IM	ADAM DESTRAMPE	2:30.96	2/27/2009

**FRST TEAM RECORDS
SHORT COURSE METERS**

11 & 12

<u>NAME</u>	<u>TIME</u>	<u>DATE</u>	<u>EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>DATE</u>
ANDREA LOCK	:35.35	5/5/2007	50 FREE	KEVIN STAHL	:37.34	5/3/2008
KELSEY HARPER	1:10.29	5/23/2009	100 FREE	ADAM DESTRAMPE	1:07.27	5/23/2009
KELSEY HARPER	2:46.93	5/3/2008	200 FREE	KEVIN STAHL	2:55.63	5/3/2008
KELSEY HARPER	6:03.06	5/3/2008	400 FREE			
MIKAYLA CARROLL	:48.98	5/5/2007	50 BACK	KEVIN STAHL	:45.49	5/3/2008
KELSEY HARPER	1:18.37	5/23/2009	100 BACK	ADAM DESTRAMPE	1:18.32	5/23/2009
KELSEY HARPER	3:03.55	5/3/2008	200 BACK			
ANDREA LOCK	:44.77	5/5/2007	50 BREAST	KEVIN STAHL	:47.78	5/3/2008
KELSEY HARPER	1:31.74	5/23/2009	100 BREAST	KEVIN STAHL	1:44.95	5/3/2008
KELSEY HARPER	3:36.45	5/3/2008	200 BREAST			
ANDREA LOCK	:44.13	5/5/2007	50 FLY	KEVIN STAHL	:43.30	5/3/2008
KELSEY HARPER	1:37.37	5/3/2008	100 FLY	ADAM DESTRAMPE	1:19.39	5/23/2009
			200 FLY			
			100 IM			
KELSEY HARPER	2:53.38	5/23/2009	200 IM	ADAM DESTRAMPE	2:51.97	5/23/2009

**FRST TEAM RECORDS
LONG COURSE METERS**

11 & 12

<u>NAME</u>	<u>TIME</u>	<u>DATE</u>	<u>EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>DATE</u>
KELSEY HARPER	:31.15	7/17/2009	50 FREE	ADAM DESTRAMPE	:29.51	7/24/2009
KELSEY HARPER	1:08.02	7/24/2009	100 FREE	ADAM DESTRAMPE	1:01.71	7/24/2009
KELSEY HARPER	2:27.98	7/24/2009	200 FREE	ADAM DESTRAMPE	2:16.05	7/24/2009
KELSEY HARPER	5:04.71	7/24/2009	400 FREE	ADAM DESTRAMPE	4:46.67	7/24/2009
			800 FREE	ADAM DESTRAMPE	10:18.66	6/12/2009
			1760 OPEN WATER	ADAM DESTRAMPE	24:50.74	6/12/2009
KELSEY HARPER	:37.27	6/12/2009	50 BACK	ADAM DESTRAMPE	:32.96	7/24/2009
KELSEY HARPER	1:18.46	7/24/2009	100 BACK	ADAM DESTRAMPE	1:10.12	7/24/2009
			200 BACK			
KELSEY HARPER	:41.87	7/17/2009	50 BREAST	ADAM DESTRAMPE	:43.47	7/17/2009
KELSEY HARPER	1:30.00	7/24/2009	100 BREAST	ADAM DESTRAMPE	1:37.18	7/17/2009
			200 BREAST			
KELSEY HARPER	:37.06	5/29/2009	50 FLY	ADAM DESTRAMPE	:33.36	6/12/2009
KELSEY HARPER	1:28.69	5/29/2009	100 FLY	ADAM DESTRAMPE	1:12.80	7/24/2009
			200 FLY			
KELSEY HARPER	2:49.13	7/24/2009	200 IM	ADAM DESTRAMPE	2:42.52	7/17/2009

**FRST TEAM RECORDS
SHORT COURSE YARDS**

13 & 14

<u>NAME</u>	<u>TIME</u>	<u>DATE</u>	<u>EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>DATE</u>
KELSEY SOUDERS	:27.35	7/30/2007	50 FREE	ALEX GRISSOM	:22.95	3/14/2008
KELSEY SOUDERS	1:01.11	7/30/2007	100 FREE	ALEX GRISSOM	:50.59	3/14/2008
MORGAN BURTON	2:19.87	7/28/2009	200 FREE	ALEX GRISSOM	1:50.08	3/14/2008
			500 FREE	AUSTIN RIGGS	5:29.21	7/30/2007
			1650 FREE			
CHELSEA CULP	:35.74	1/2/2009	50 BACK	KEVIN STAHL	:38.41	1/2/2009
CHELSEA CULP	1:12.14	7/28/2009	100 BACK	MATT CHAMBERS	1:03.01	3/20/2009
OLIVIA DAILY	2:56.58	2/9/2008	200 BACK	MATT CHAMBERS	2:15.67	3/20/2009
MIKAYLA CARROLL	:39.97	1/2/2009	50 BREAST	KEVIN STAHL	:39.79	1/2/2009
MIKAYLA CARROLL	1:22.51	7/28/2009	100 BREAST	MILES GRIMMER	1:14.71	7/30/2007
MIKAYLA CARROLL	2:56.78	3/6/2009	200 BREAST	KEVIN STAHL	2:56.64	3/6/2009
CHELSEA CULP	:34.55	1/2/2009	50 FLY	KEVIN STAHL	:34.94	1/2/2009
KENDRA LUCAS	1:18.49	11/16/2007	100 FLY	ALEX GRISSOM	:56.80	3/14/2008
			200 FLY	ALEX GRISSOM	2:06.44	3/14/2008
MIKAYLA CARROLL	1:20.27	1/2/2009	100 IM	KEVIN STAHL	1:16.85	1/2/2009
MIKAYLA CARROLL	2:38.66	7/28/2009	200 IM	AUSTIN RIGGS	2:28.97	10/20/2007

**FRST TEAM RECORDS
SHORT COURSE METERS**

13 & 14

<u>NAME</u>	<u>TIME</u>	<u>DATE</u>	<u>EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>DATE</u>
ABBY SMITH	:30.70	5/5/2007	50 FREE	MICHAEL OAKS	:27.52	5/5/2007
ABBY SMITH	1:10.65	5/5/2007	100 FREE	MICHAEL OAKS	1:00.34	5/5/2007
ABBY SMITH	2:36.94	5/3/2008	200 FREE	ALEX GRISSOM	2:14.09	5/3/2008
CHELSEA CULP	6:06.21	5/3/2008	400 FREE	AUSTIN RIGGS	5:14.26	5/5/2007
			1000 FREE			
CHELSEA CULP	:37.44	5/23/2009	50 BACK	DANIEL LAMM	:45.69	5/23/2009
CHELSEA CULP	1:21.98	5/23/2009	100 BACK	ALEX GRISSOM	1:13.28	5/3/2008
HANNAH BENNETT	3:23.32	5/3/2008	200 BACK	AUSTIN RIGGS	2:51.47	5/5/2007
			50 BREAST			
MIKAYLA CARROLL	1:32.65	5/23/2009	100 BREAST	MILES GRIMMER	1:29.35	5/5/2007
HANNAH BENNETT	3:21.54	5/3/2008	200 BREAST	MILES GRIMMER	3:22.26	5/5/2007
			50 FLY			
KENDRA LUCAS	1:26.70	5/5/2007	100 FLY	MICHAEL OAKS	1:09.73	5/5/2007
			200 FLY	ALEX GRISSOM	2:38.58	5/3/2008
			100 IM			
CHELSEA CULP	2:59.31	5/23/2009	200 IM	ALEX GRISSOM	2:33.66	5/3/2008

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LONG COURSE METERS**

13 & 14

<u>NAME</u>	<u>TIME</u>	<u>DATE</u>	<u>EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>DATE</u>
ABBY SMITH	:30.54	5/30/2008	50 FREE	ALEX GRISSOM	:27.91	7/27/2007
ABBY SMITH	1:08.70	5/30/2008	100 FREE	ALEX GRISSOM	1:00.77	7/27/2007
KELSEY SOUDERS	2:38.65	7/13/2007	200 FREE	ALEX GRISSOM	2:11.46	7/27/2007
ABBY SMITH	5:39.62	6/21/2008	400 FREE	ALEX GRISSOM	5:01.96	5/18/2007
CHELSEA CULP	13:21.47	5/17/2008	800 FREE	AUSTIN RIGGS	10:11.46	7/27/2007
			1500 FREE	AUSTIN RIGGS	19:33.39	7/27/2007
			1760 OPEN WATER	KEVIN STAHL	26:26.89	6/20/2009
KELSEY SOUDERS	:38.67	6/1/2007	50 BACK	ALEX GRISSOM	:37.82	6/1/2007
CHELSEA CULP	1:27.21	6/5/2009	100 BACK	ALEX GRISSOM	1:16.84	7/6/2007
CHELSEA CULP	3:01.60	7/9/2009	200 BACK	ALEX GRISSOM	2:46.38	7/6/2007
ASHLEY LOCK	:42.81	6/1/2007	50 BREAST	MILES GRIMMER	:39.51	6/1/2007
HANNAH BENNETT	1:33.07	7/18/2008	100 BREAST	MILES GRIMMER	1:24.83	7/27/2007
HANNAH BENNETT	3:21.13	7/11/2008	200 BREAST	MILES GRIMMER	3:11.59	7/13/2007
KENDRA LUCAS	:36.36	6/1/2007	50 FLY	ALEX GRISSOM	:34.01	6/1/2007
KENDRA LUCAS	1:29.90	7/13/2007	100 FLY	ALEX GRISSOM	1:08.06	7/27/2007
			200 FLY	ALEX GRISSOM	2:38.22	7/27/2007
MIKAYLA CARROLL	3:01.66	5/29/2009	200 IM	ALEX GRISSOM	2:38.06	7/6/2007
SARAH WHITE	6:50.79	6/1/2007	400 IM	KEVIN STAHL	6:04.83	7/17/2009

**FRST TEAM RECORDS
SHORT COURSE YARDS**

<u>NAME</u>	<u>TIME</u>	<u>DATE</u>	<u>OPEN EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>DATE</u>
SARAH DANNEMILLER	:25.73	7/30/2007	50 FREE	ALEX GRISSOM	:22.73	3/13/2009
JENNY OLEKSIK	:54.77	3/13/2009	100 FREE	ALEX GRISSOM	:50.30	3/2/2009
JENNY OLEKSIK	1:58.88	3/13/2009	200 FREE	ALEX GRISSOM	1:48.84	3/2/2009
KELSEY HARPER	5:45.79	7/28/2009	500 FREE	ALEX GRISSOM	4:54.36	3/13/2009
			1650 FREE			
KENDRA LUCAS	1:15.68	7/28/2009	100 BACK	ALEX GRISSOM	:58.86	3/2/2009
KELSEY HARPER	2:36.95	1/2/2009	200 BACK	MATT CHAMBERS	2:15.67	3/20/2009
JENNY OLEKSIK	1:10.20	3/13/2009	100 BREAST	MILES GRIMMER	1:14.71	7/30/2007
JENNY OLEKSIK	2:27.59	3/13/2009	200 BREAST	KEVIN STAHL	2:56.64	3/6/2009
KELSEY HARPER	1:17.44	1/30/2009	100 FLY	ALEX GRISSOM	:56.28	3/13/2009
			200 FLY	ALEX GRISSOM	2:02.94	3/13/2009
KELSEY HARPER	1:16.23	1/2/2009	100 IM	KEVIN STAHL	1:16.85	1/2/2009
JENNY OLEKSIK	2:13.11	3/13/2009	200 IM	MATT CHAMBERS	2:27.94	7/28/2009

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SHORT COURSE METERS**

<u>NAME</u>	<u>TIME</u>	<u>DATE</u>	<u>OPEN EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>DATE</u>
SARAH DANNEMILLER	:28.86	5/5/2007	50 FREE	GABE YADEN	:26.61	5/5/2007
SARAH DANNEMILLER	1:04.70	5/5/2007	100 FREE	ALEX GRISSOM	:57.33	5/23/2009
SARAH DANNEMILLER	2:25.67	5/3/2008	200 FREE	ALEX GRISSOM	2:07.20	5/23/2009
SARAH WHITE	5:23.08	5/3/2008	400 FREE	AUSTIN RIGGS	4:54.60	5/3/2008
CHELSEA CULP	:37.44	5/23/2008	50 BACK	MATT CHAMBERS	:33.70	5/23/2009
KELSEY HARPER	1:18.37	5/23/2009	100 BACK	MATT CHAMBERS	1:08.38	5/23/2009
KELSEY HARPER	3:03.55	5/3/2008	200 BACK	STEVEN CHAMBERS	2:30.05	5/5/2007
ANDREA LOCK	:44.77	5/5/2007	50 BREAST	KEVIN STAHL	:47.78	5/3/2008
SARAH DANNEMILLER	1:24.80	5/3/2008	100 BREAST	BRIAN YOUNT	1:20.27	5/5/2007
HANNAH BENNETT	3:21.54	5/3/2008	200 BREAST	ALEC CORBIN	3:04.97	5/3/2008
ANDREA LOCK	:44.13	5/5/2007	50 FLY	KEVIN STAHL	:43.30	5/3/2008
KENDRA LUCAS	1:26.70	5/5/2008	100 FLY	BRIAN YOUNT	1:04.84	5/5/2007
			200 FLY	ALEX GRISSOM	2:38.58	5/3/2008
			100 IM			
KELSEY HARPER	2:53.38	5/23/2009	200 IM	ALEX GRISSOM	2:29.07	5/23/2009

**FRST TEAM RECORDS
LONG COURSE METERS**

<u>NAME</u>	<u>TIME</u>	<u>DATE</u>	<u>OPEN EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>DATE</u>
SARAH DANNEMILLER	:28.88	7/13/2007	50 FREE	ALEX GRISSOM	:25.53	7/29/2009
JENNY OLEKSIK	1:02.47	7/11/2008	100 FREE	ALEX GRISSOM	:54.99	7/31/2009
JENNY OLEKSIK	2:15.16	7/24/2008	200 FREE	ALEX GRISSOM	2:01.97	8/1/2009
JENNY OLEKSIK	4:43.38	7/24/2008	400 FREE	ALEX GRISSOM	4:25.10	7/17/2009
JENNY OLEKSIK	9:49.74	7/24/2008	800 FREE	ALEX GRISSOM	9:07.36	7/17/2009
JENNY OLEKSIK	18:54.56	7/18/2008	1500 FREE	ALEX GRISSOM	18:08.16	7/17/2009
			1760 OPEN WATER	ALEX GRISSOM	20:51.45	6/20/2009
KELSEY SOUDERS	:38.67	6/1/2007	50 BACK	ADAM DESTRAMPE	:32.96	7/24/2009
SHELLI KOPETSKY	1:11.14	7/11/2008	100 BACK	ADAM DESTRAMPE	1:10.12	7/24/2009
SHELLI KOPETSKY	2:35.40	7/24/2008	200 BACK	ALEX GRISSOM	2:39.31	6/21/2008
SARAH DANNEMILLER	:41.45	6/1/2007	50 BREAST	SETH MORIN	:42.21	7/17/2009
JENNY OLEKSIK	1:21.20	7/18/2008	100 BREAST	BRIAN YOUNT	1:21.08	5/18/2007
JENNY OLEKSIK	2:52.67	7/24/2008	200 BREAST	BRIAN YOUNT	2:55.55	5/18/2007
COURTNEY THOMPSON	:37.20	7/18/2008	50 FLY	ALEX GRISSOM	:29.36	6/5/2009
SHELLI KOPETSKY	1:11.54	7/6/2007	100 FLY	BRIAN YOUNT	1:01.26	7/24/2008
SHELLI KOPETSKY	2:50.25	6/16/2007	200 FLY	ALEX GRISSOM	2:21.43	7/31/2009
JENNY OLEKSIK	2:34.95	7/11/2008	200 IM	ALEX GRISSOM	2:27.20	7/9/2009
SHELLI KOPETSKY	5:41.83	7/13/2007	400 IM	BRIAN YOUNT	5:29.10	6/22/2007