



# RAMS SWIMMING CLUB

## LC Meters-Female

8 & U	50 Free	33.99	<b>20-Jul-01</b>	RAMS - NE Elizabeth Beisel at 12 & UNder LC Championships
	50 Back	39.31	<b>25-May-01</b>	RAMS - NE Elizabeth Beisel at ABF 2001 Memorial Weekend Clas
	50 Breast	45.91	<b>14-Jul-00</b>	RAMS - NE Siliang Luo at 12 And Under Long Course 2000
	50 Fly	36.67	<b>20-Jul-01</b>	RAMS - NE Elizabeth Beisel at 12 & UNder LC Championships
	200 IM	3:00.56	<b>20-Jul-01</b>	RAMS - NE Elizabeth Beisel at 12 & UNder LC Championships
10 & U	50 Free	31.95	<b>21-Jun-02</b>	RAMS - NE Elizabeth Beisel at Summer Classic 2002
	100 Free	1:09.09	<b>24-May-02</b>	RAMS - NE Elizabeth Beisel at Pioneer Valley Long Course Inv
	200 Free	2:27.08	<b>21-Jun-02</b>	RAMS - NE Elizabeth Beisel at Summer Classic 2002
	400 Free	5:06.53	<b>21-Jun-02</b>	RAMS - NE Elizabeth Beisel at Summer Classic 2002
	50 Back	38.26	<b>21-Jun-02</b>	RAMS - NE Elizabeth Beisel at Summer Classic 2002
	100 Back	1:18.49	<b>21-Jun-02</b>	RAMS - NE Elizabeth Beisel at Summer Classic 2002
	50 Breast	40.72	<b>21-Jun-02</b>	RAMS - NE Siliang Luo at Summer Classic 2002
	100 Breast	1:27.00	<b>21-Jun-02</b>	RAMS - NE Siliang Luo at Summer Classic 2002
	50 Fly	35.44	<b>21-Jun-02</b>	RAMS - NE Elizabeth Beisel at Summer Classic 2002
	100 Fly	1:17.61	<b>21-Jun-02</b>	RAMS - NE Elizabeth Beisel at Summer Classic 2002
	200 IM	2:45.17	<b>21-Jun-02</b>	RAMS - NE Elizabeth Beisel at Summer Classic 2002
	200 Free Relay	2:46.92	<b>14-Jul-00</b>	RAMS - NE RAMS Swimming Club E. Beisel, S. Luo
	400 Free Relay	10:00.00	<b>1-May-00</b>	RAMS - NE No Holder
	200 Medley Re	3:07.15	<b>14-Jul-00</b>	RAMS - NE RAMS Swimming Club E. Beisel, S. Luo
	400 Medley Re	10:00.00	<b>1-May-00</b>	RAMS - NE No Holder
	11-12	100 Free	1:06.56	<b>21-Jun-02</b>
200 Free		2:26.54	<b>24-May-02</b>	RAMS - NE Alex Lalli
400 Free		5:37.10	<b>23-Jun-01</b>	RAMS - NE Alex Lalli at East Bay Summer Annual
800 Free		15:00.00	<b>28-Jul-05</b>	RAMS - NE No Holder
100 Back		1:15.69	<b>21-Jun-03</b>	RAMS - NE Siliang Luo PVAC Team Specialty Meet
200 Back		2:42.07	<b>21-Jun-03</b>	RAMS - NE Siliang Luo
100 Breast		1:18.43	<b>6-Aug-03</b>	RAMS - NE Laura Sogar at Zones
200 Breast		2:45.99	<b>6-Aug-03</b>	RAMS - NE Laura Sogar at Zones
100 Fly		1:11.18	<b>21-Jun-03</b>	RAMS - NE Siliang Luo PVAC Team Specialty
200 Fly		2:38.81	<b>21-Jun-03</b>	RAMS - NE Siliang Luo PVAC Team Specialty Meet
200 IM		2:39.58	<b>21-Jun-03</b>	RAMS - NE Siliang Luo PVAC Team Specialty
400 IM		5:37.03	<b>13-Jul-03</b>	RAMS - NE Siliang Luo at Time Trials
200 Free Relay		2:09.23	<b>20-Jul-01</b>	RAMS - NE RAMS Swimming Club C. Coddington, L. Rich, L. Uttley,
400 Free Relay		4:44.48	<b>20-Jul-01</b>	RAMS - NE RAMS Swimming Club L. Uttley, L. Rich, C. Coddington,
200 Medley Re		2:29.45	<b>20-Jul-01</b>	RAMS - NE RAMS Swimming Club L. Uttley, A. Lalli, C. Coddington
400 Medley Re		10:00.00	<b>1-Apr-00</b>	RAMS - NE No Holders
13-14	50 Free	28.95	<b>29-Jul-04</b>	RAMS - NE Alex Lalli at New England Open Long Course C
	100 Free	1:03.23	<b>29-Jul-04</b>	RAMS - NE Alex Lalli at New England Open Long Course C
	200 Free	2:20.10	<b>27-Jul-07</b>	RAMS - NE CASSANDRA E. JONES at 2007 NE LCM Open Champs
	400 Free	4:54.03	<b>27-Jul-07</b>	RAMS - NE NATALIE M. JOSEPH at 2007 NE LCM Open Champs
	800 Free	10:15.23	<b>27-Jul-07</b>	RAMS - NE NATALIE M. JOSEPH at 2007 NE LCM Open Champs
	1500 Free	30:00.00	<b>1-May-00</b>	RAMS - NE No Holder

100 Back	1:10.11	<b>27-Jul-06</b>	RAMS - NE	CASSANDRA E. JONES at NE Open Long Course Champions
200 Back	2:31.94	<b>29-Jul-04</b>	RAMS - NE	Siliang Luo at New England Open Long Course C
100 Breast	1:12.54	<b>1-Dec-05</b>	RAMS - NE	Laura Sogar at US OPEN Auburn University
200 Breast	2:33.50	<b>28-Mar-06</b>	RAMS - NE	Laura Sogar at US Spring Natio
100 Fly	1:10.04	<b>29-Jul-04</b>	RAMS - NE	Siliang Luo at New England Open Long Course C
200 Fly	2:37.55	<b>29-Jul-04</b>	RAMS - NE	Siliang Luo at New England Open Long Course C
200 IM	2:32.61	<b>28-Jul-05</b>	RAMS - NE	Laura Sogar at New England Open Championship
400 IM	5:13.72	<b>28-Jul-05</b>	RAMS - NE	Laura Sogar at New England Open Championship
200 Free Relay	10:00.00	<b>1-May-00</b>	RAMS - NE	No Holders
400 Free Relay	10:00.00	<b>1-May-00</b>	RAMS - NE	No Holders
800 Free Relay	20:00.00	<b>1-May-00</b>	RAMS - NE	No Holders
200 Medley Re	5:00.00	<b>1-May-00</b>	RAMS - NE	No Holders
400 Medley Re	6:00.00	<b>1-May-00</b>	RAMS - NE	No Holders

15 & O	50 Free	27.95	<b>28-Jul-05</b>	RAMS - NE	Julie Stefanski at New England Open Championship
	100 Free	1:01.75	<b>27-Jul-07</b>	RAMS - NE	Katie Mangano at 2007 NE LCM Open Champs
	200 Free	2:17.58	<b>28-Jul-05</b>	RAMS - NE	BRITTANY M. OLERIO at New England Open Championship
	400 Free	4:53.05	<b>28-Jul-05</b>	RAMS - NE	BRITTANY M. OLERIO at New England Open Championship
	800 Free	10:11.30	<b>11-Jul-07</b>	RAMS - NE	AMANDA J. PRESTON at Middle Atlantic Senior LC Champion
	1500 Free	19:45.78	<b>26-May-06</b>	RAMS - NE	AMANDA J. PRESTON at SAC Memorial Day Classic - #NE
	100 Back	1:08.36	<b>11-Jul-07</b>	RAMS - NE	Katie Mangano at Middle Atlantic Senior LC Championship
	200 Back	2:32.42	<b>6-Mar-08</b>	RAMS - NE	Katie Mangano at THE 2008 SPEEDO CHAMPIONS SERIES
	100 Breast	1:13.09	<b>30-Nov-06</b>	RAMS - NE	Laura Sogar at 2006 US Open
	200 Breast	2:34.46	<b>30-Nov-06</b>	RAMS - NE	Laura Sogar at 2006 US OPEN
	100 Fly	1:07.47	<b>27-Jul-06</b>	RAMS - NE	Laura Sogar at NE Open Long Course Championship 2006
	200 Fly	2:40.53	<b>29-Jul-04</b>	RAMS - NE	Cara R. Zapatka at New England Open Long Course C
	200 IM	2:32.00	<b>26-May-06</b>	RAMS - NE	Laura Sogar at SAC Memorial Day Classic - #NE
	400 IM	5:18.14	<b>26-May-06</b>	RAMS - NE	Laura Sogar at SAC Memorial Day Classic - #NE
	200 Free Relay	4:00.00	<b>1-May-00</b>	RAMS - NE	No Holders
	400 Free Relay	6:00.00	<b>1-Apr-00</b>	RAMS - NE	No Holders
	800 Free Relay	16:00.00	<b>10-May-00</b>	RAMS - NE	No Holders
	200 Medley Re	4:00.00	<b>1-May-00</b>	RAMS - NE	No Holders
	400 Medley Re	6:00.00	<b>1-May-00</b>	RAMS - NE	No Holders

Senior	50 Free	27.95	<b>28-Jul-05</b>	RAMS - NE	Julie Stefanski at New England Open Championship
	100 Free	1:01.75	<b>27-Jul-07</b>	RAMS - NE	Katie Mangano at 2007 NE LCM Open Champs
	200 Free	2:17.58	<b>28-Jul-05</b>	RAMS - NE	Brittany Olerio at New England Open Champs
	400 Free	4:53.05	<b>28-Jul-05</b>	RAMS - NE	Brittany Olerio at New England Open Championship
	800 Free	10:11.30	<b>11-Jul-07</b>	RAMS - NE	Amanda Preston at MA Senior Championships
	1500 Free	19:45.78	<b>26-May-06</b>	RAMS - NE	AMANDA J. PRESTON at SAC Memorial Day Classic - #NE
	100 Back	1:08.36	<b>11-Jul-07</b>	RAMS - NE	Katie Mangano at MA Senior Champs
	200 Back	2:32.42	<b>6-Mar-08</b>	RAMS - NE	Katie Mangano at 2008 Speedo Champions Series Sectionals
	100 Breast	1:12.54	<b>1-Dec-05</b>	RAMS - NE	Laura Sogar at 2005 US Open
	200 Breast	2:33.50	<b>28-Mar-06</b>	RAMS - NE	Laura Sogar at 2006 US Spring Nationals
	100 Fly	1:07.47	<b>27-Jul-06</b>	RAMS - NE	Laura Sogar at NE Open Long Course Championship 2006
	200 Fly	2:40.53	<b>29-Jul-04</b>	RAMS - NE	Cara Zapatka at New England Open Long Course Championsh
	200 IM	2:32.00	<b>26-May-06</b>	MAG - NE	Laura Sogar at SAC Memorial Day Classic
	400 IM	5:13.72	<b>28-Jul-05</b>	RAMS - NE	Laura Sogar at New England Open Championship
	200 Free Relay	1:59.05	<b>7-Jul-05</b>	RAMS - NE	RAMS Swimming Club A. Lalli, L. Sogar, C. Coddington.
	400 Free Relay	4:13.99	<b>28-Jul-05</b>	RAMS - NE	RAMS Swimming Club J. Stefanski, C. Coddington, B. C
	800 Free Relay	9:18.95	<b>28-Jul-05</b>	RAMS - NE	RAMS Swimming Club J. Stefanski, L. Sogar, A. Lalli, B.
	200 Medley Re	2:12.04	<b>7-Jul-05</b>	RAMS - NE	RAMS Swimming Club A. Lalli, L. Sogar, C. Coddington.
	400 Medley Re	4:39.51	<b>27-Jul-06</b>	RAMS - NE	RAMS Swimming Club C. JONES, E. JACKSON, L. Soc

### LC Meters-Male

8 & U	50 Free	36.77	<b>30-Jun-06</b>	RAMS - NE	Keenan A. Novis at June Trials & Finals Meet
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	50 Back	47.27	<b>30-Jun-06</b>	RAMS - NE	Keenan A. Novis at June Trials & Finals Meet
	50 Breast	54.12	<b>30-Jun-06</b>	RAMS - NE	Keenan A. Novis at June Trials & Finals Meet
	50 Fly	56.23	<b>26-May-06</b>	RAMS - NE	Keenan A. Novis at SAC Memorial Day Classic - #NE
	200 IM	3:47.12	<b>26-May-06</b>	RAMS - NE	Keenan A. Novis at SAC Memorial Day Classic - #NE
10 & U	50 Free	41.32	<b>26-May-06</b>	RAMS - NE	Matthew S. Mahoney at SAC Memorial Day Classic - #NE
	100 Free	1:27.28	<b>26-May-06</b>	RAMS - NE	Keenan A. Novis at SAC Memorial Day Classic - #NE
	200 Free	3:24.78	<b>25-May-01</b>	RAMS - NE	Ben Evangelista at ABF 2001 Memorial Weekend Clas
	400 Free	8:00.00	<b>1-May-00</b>	RAMS - NE	No Holder
	50 Back	49.72	<b>25-Jun-05</b>	RAMS - NE	Sawyer M. Duran at June
	100 Back	1:44.69	<b>30-Jun-06</b>	RAMS - NE	Keenan A. Novis at June Trials & Finals Meet
	50 Breast	52.29	<b>25-Jun-05</b>	RAMS - NE	Sawyer M. Duran at June
	100 Breast	1:47.08	<b>25-Jun-05</b>	RAMS - NE	Sawyer M. Duran at June
	50 Fly	55.47	<b>21-Jul-00</b>	RAMS - NE	Ian Watters at North Shore Specialty Hanscom
	100 Fly	2:05.55	<b>25-May-01</b>	RAMS - NE	Ben Evangelista at ABF 2001 Memorial Weekend Clas
	200 IM	3:48.71	<b>25-May-01</b>	RAMS - NE	Ben Evangelista at ABF 2001 Memorial Weekend Clas
	200 Free Relay	10:00.00	<b>1-May-00</b>	RAMS - NE	No Holder
	400 Free Relay	10:00.00	<b>1-May-00</b>	RAMS - NE	No Holder
	200 Medley Re	10:00.00	<b>1-May-00</b>	RAMS - NE	No Holder
	400 Medley Re	10:00.00	<b>1-May-00</b>	RAMS - NE	No Holder
11-12	100 Free	1:06.44	<b>3-Aug-07</b>	RAMS - NE	Michael S. Fedorenko at NewEngland12 & Under Long Course
	200 Free	2:25.49	<b>3-Aug-07</b>	RAMS - NE	Michael S. Fedorenko at NewEngland12 & Under Long Course
	400 Free	5:01.51	<b>3-Aug-07</b>	RAMS - NE	Michael S. Fedorenko at NewEngland12 & Under Long Course
	800 Free	25:00.00	<b>1-May-00</b>	RAMS - NE	No Holder
	100 Back	1:20.17	<b>3-Aug-07</b>	RAMS - NE	Michael S. Fedorenko at NewEngland12 & Under Long Course
	200 Back	3:16.00	<b>21-Jun-02</b>	RAMS - NE	Ryan Quinn at Summer Classic 2002
	100 Breast	1:36.69	<b>31-May-03</b>	RAMS - NE	Ryan Quinn at North Shore Swim Club Specialt
	200 Breast	3:42.54	<b>23-Jun-01</b>	RAMS - NE	Ian Watters at East Bay Summer Annual
	100 Fly	1:25.01	<b>3-Aug-07</b>	RAMS - NE	Michael S. Fedorenko at NewEngland12 & Under Long Course
	200 Fly	3:07.20	<b>3-Aug-07</b>	RAMS - NE	Michael S. Fedorenko at NewEngland12 & Under Long Course
	200 IM	2:59.71	<b>31-May-03</b>	RAMS - NE	Ryan Quinn at North Shore Swim Club Specialt
	400 IM	10:00.00	<b>29-Jul-72</b>	RAMS - NE	No Holder
	200 Free Relay	2:38.68	<b>25-Jun-05</b>	RAMS - NE	RAMS Swimming Club , H. LEMOI, G. Graham, K. Schn
	400 Free Relay	10:00.00	<b>1-Apr-00</b>	RAMS - NE	No Holders
	200 Medley Re	4:01.16	<b>25-Jun-05</b>	RAMS - NE	RAMS Swimming Club M. Mahoney, M. Duran, S. Durar
	400 Medley Re	10:00.00	<b>1-Apr-00</b>	RAMS - NE	No Holders
13-14	50 Free	27.16	<b>28-Jul-05</b>	RAMS - NE	Kevin SUN at New England Open Championship
	100 Free	59.51	<b>28-Jul-05</b>	RAMS - NE	Kevin SUN at New England Open Championship
	200 Free	2:16.36	<b>28-Jul-05</b>	RAMS - NE	Ryan Quinn at New England Open Championship
	400 Free	5:04.07	<b>25-Jun-05</b>	RAMS - NE	Kevin SUN at June
	800 Free	16:00.00	<b>1-May-00</b>	RAMS - NE	No Holder
	1500 Free	22:29.61	<b>21-Jun-02</b>	RAMS - NE	DREW Schneider at Summer Classic 2002
	100 Back	1:12.95	<b>28-Jul-05</b>	RAMS - NE	Ryan Quinn at New England Open Championship
	200 Back	2:56.26	<b>31-May-03</b>	RAMS - NE	DREW Schneider at 2003 LC OMNI Invite
	100 Breast	1:27.12	<b>21-Jun-03</b>	RAMS - NE	Ian Watters at PVAC Team Specialty Meet
	200 Breast	3:02.27	<b>29-Jul-04</b>	RAMS - NE	Ian Watters at New England Open Long Course C
	100 Fly	1:16.85	<b>1-Jun-07</b>	RAMS - NE	Garrett M. Graham at June Classic
	200 Fly	3:01.59	<b>1-Jun-07</b>	RAMS - NE	Trevor J. Kenyon at June Classic
	200 IM	2:48.77	<b>28-May-05</b>	RAMS - NE	Kevin SUN at ABF 2005 Summer Invite
	400 IM	6:02.99	<b>1-Jun-07</b>	RAMS - NE	Garrett M. Graham at June Classic
	200 Free Relay	10:00.00	<b>1-May-00</b>	RAMS - NE	No Holders
	400 Free Relay	10:00.00	<b>1-May-00</b>	RAMS - NE	No Holders
	800 Free Relay	20:00.00	<b>1-May-00</b>	RAMS - NE	No Holders
	200 Medley Re	5:00.00	<b>1-May-00</b>	RAMS - NE	No Holders
	400 Medley Re	6:00.00	<b>1-May-00</b>	RAMS - NE	No Holders

15 & O	50 Free	24.69	<b>27-Jul-06</b>	RAMS - NE	Brian A. Kelly at NE Open Long Course Championship 2006
	100 Free	54.17	<b>6-Mar-08</b>	RAMS - NE	Jeff Winters at THE 2008 SPEEDO CHAMPIONS SERIES
	200 Free	2:02.78	<b>6-Mar-08</b>	RAMS - NE	Jeff Winters at THE 2008 SPEEDO CHAMPIONS SERIES
	400 Free	4:41.97	<b>2-Aug-01</b>	RAMS - NE	Kyle Abruzzese at New England Long Course Champi
	800 Free	9:58.84	<b>11-Jul-07</b>	RAMS - NE	DREW Schneider at Middle Atlantic Senior LC Championship
	1500 Free	19:25.36	<b>27-Jul-06</b>	RAMS - NE	DREW Schneider at NE Open Long Course Championship 200
	100 Back	1:02.66	<b>6-Mar-08</b>	RAMS - NE	EMMETT M. DIGNAN at THE 2008 SPEEDO CHAMPIONS SE
	200 Back	2:24.78	<b>28-Jul-05</b>	RAMS - NE	Jeffrey MANGANO at New England Open Championship
	100 Breast	1:04.60	<b>27-Jul-07</b>	RAMS - NE	Kevin P. Donohue at 2007 NE LCM Open Champs
	200 Breast	2:24.32	<b>27-Jul-07</b>	RAMS - NE	Kevin P. Donohue at 2007 NE LCM Open Champs
	100 Fly	59.20	<b>6-Mar-08</b>	RAMS - NE	Jeff Winters at THE 2008 SPEEDO CHAMPIONS SERIES
	200 Fly	2:19.26	<b>6-Mar-08</b>	RAMS - NE	Jeff Winters at THE 2008 SPEEDO CHAMPIONS SERIES
	200 IM	2:13.13	<b>6-Mar-08</b>	RAMS - NE	EMMETT M. DIGNAN at THE 2008 SPEEDO CHAMPIONS SE
	400 IM	5:29.43	<b>28-Jul-05</b>	RAMS - NE	Ian Watters at New England Open Championship
	200 Free Relay	5:00.00	<b>1-Apr-00</b>	RAMS - NE	No Holders
	400 Free Relay	6:00.00	<b>1-Apr-00</b>	RAMS - NE	No Holders
	800 Free Relay	14:00.00	<b>1-Apr-00</b>	RAMS - NE	No Holders
	200 Medley Re	4:00.00	<b>1-May-00</b>	RAMS - NE	No Holders
	400 Medley Re	6:00.00	<b>1-May-00</b>	RAMS - NE	No Holders
	Senior	50 Free	24.69	<b>27-Jul-06</b>	RAMS - NE
100 Free		54.17	<b>6-Mar-08</b>	RAMS - NE	Jeff Winters at THE 2008 SPEEDO CHAMPIONS SERIES
200 Free		2:02.78	<b>6-Mar-08</b>	RAMS - NE	Jeff Winters at THE 2008 SPEEDO CHAMPIONS SERIES
400 Free		4:41.97	<b>2-Aug-01</b>	RAMS - NE	Kyle Abruzzese at New England Long Course Champi
800 Free		9:58.84	<b>11-Jul-07</b>	RAMS - NE	DREW Schneider at Middle Atlantic Senior LC Championship
1500 Free		19:25.36	<b>27-Jul-06</b>	RAMS - NE	DREW Schneider at NE Open Long Course Championship 200
100 Back		1:02.66	<b>6-Mar-08</b>	RAMS - NE	EMMETT M. DIGNAN at THE 2008 SPEEDO CHAMPIONS SE
200 Back		2:24.78	<b>28-Jul-05</b>	RAMS - NE	Jeffrey MANGANO at New England Open Championship
100 Breast		1:04.60	<b>27-Jul-07</b>	RAMS - NE	Kevin P. Donohue at 2007 NE LCM Open Champs
200 Breast		2:24.32	<b>27-Jul-07</b>	RAMS - NE	Kevin P. Donohue at 2007 NE LCM Open Champs
100 Fly		59.20	<b>6-Mar-08</b>	RAMS - NE	Jeff Winters at THE 2008 SPEEDO CHAMPIONS SERIES
200 Fly		2:19.26	<b>6-Mar-08</b>	RAMS - NE	Jeff Winters at THE 2008 SPEEDO CHAMPIONS SERIES
200 IM		2:13.13	<b>6-Mar-08</b>	RAMS - NE	EMMETT M. DIGNAN at THE 2008 SPEEDO CHAMPIONS SE
400 IM		5:29.43	<b>28-Jul-05</b>	RAMS - NE	Ian Watters at New England Open Championship
200 Free Relay		1:44.14	<b>6-Mar-08</b>	RAMS - NE	RAMS Swimming Club J. Winters, T. Sandoval, B. Evan
400 Free Relay		3:44.50	<b>27-Jul-06</b>	RAMS - NE	RAMS Swimming Club K. Donohue, Z. Priest, D. Lathroq
800 Free Relay		8:33.22	<b>27-Jul-06</b>	RAMS - NE	RAMS Swimming Club B. Kelly, Z. Priest, D. Lathrop, K.
200 Medley Re		1:53.70	<b>6-Mar-08</b>	RAMS - NE	RAMS Swimming Club E. DIGNAN, B. Evangelista, T. S
400 Medley Re		4:08.49	<b>27-Jul-07</b>	RAMS - NE	RAMS Swimming Club J. MANGANO, K. Donohue, J. W

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