
RECORDS RCA LCM records
LC Meters-Women

8 & U	50 Free	38.37	8-Jul-06	RCA IA	Rebecca Hess at Stars of Tomorrow	
	100 Free	1:24.81	4-Aug-06	RCA IA	Rebecca Hess at ISI Long Course Champs	
	200 Free	3:21.34	8-Jul-06	RCA IA	Rebecca Hess at Stars of Tomorrow	
	50 Back	45.29	8-Jul-06	RCA IA	Rebecca Hess at Stars of Tomorrow	
	100 Back	1:42.84	10-Jun-06	RCA IA	Rebecca Hess at CRAA Long Course Kick-Off	
	50 Breast	58.60	4-Aug-06	RCA IA	Rebecca Hess at ISI Long Course Champs	
	100 Breast	2:47.10	7-Jul-07	RCA IA	Bre Baughman at Stars of Tomorrow	
	50 Fly	49.90	10-Jun-06	RCA IA	Rebecca Hess at CRAA Long Course Kick-Off	
	100 Fly	2:43.80	29-Jun-07	RCA IA	Bre Baughman at July Swim Explosion	
	200 IM	10:00.00	1-Sep-06	RCA	XXXXXX	
	200 Free Relay	10:00.00	1-Sep-06	RCA	XXXX	
	200 Medley Relay	10:00.00	1-Sep-06	RCA	XXXX	
	9-10	50 Free	33.52	6-Aug-08	RCA IA	Rebecca Hess at 2008 IN Central MegaZone
		100 Free	1:15.25	31-Jul-08	RCA IA	Rebecca Hess at 2008 Iowa Swimming Summer State Championships
200 Free		2:46.63	31-Jul-08	RCA IA	Rebecca Hess at 2008 Iowa Swimming Summer State Championships	
400 Free		6:03.48	31-Jul-08	RCA IA	Rebecca Hess at 2008 Iowa Swimming Summer State Championships	
50 Back		39.40	31-Jul-08	RCA IA	Rebecca Hess at 2008 Iowa Swimming Summer State Championships	
100 Back		1:23.75	31-Jul-08	RCA IA	Rebecca Hess at 2008 Iowa Swimming Summer State Championships	
50 Breast		50.38	30-Jul-09	RCA IA	Taylor Cavanaugh at 2009 Iowa Swimming Summer State Championships	
100 Breast		1:53.00	30-Jul-09	RCA IA	Taylor Cavanaugh at 2009 Iowa Swimming Summer State Championships	
50 Fly		38.36	12-Jul-08	RCA IA	Rebecca Hess at 2008 Stars of Tomorrow	
100 Fly		1:34.37	31-Jul-08	RCA IA	Rebecca Hess at 2008 Iowa Swimming Summer State Championships	
200 IM		3:15.78	31-Jul-08	RCA IA	Rebecca Hess at 2008 Iowa Swimming Summer State Championships	
200 Free Relay		2:35.41	4-Aug-06	RCA IA	River Cities Aquatics R. Hess, N. Erling, A. Patterson, S. Burns	
200 Medley Relay		3:02.02	31-Jul-08	RCA IA	River Cities Aquatics E. Hammond, T. Cavanaugh, R. Hess, B. Baughman	
11-12		50 Free	32.20	26-Jun-09	RCA IA	Rebecca Hess at July Swim Explosion
	100 Free	1:11.06	30-Jul-09	RCA IA	Rebecca Hess at 2009 Iowa Swimming Summer State Championships	
	200 Free	2:35.16	2-Aug-02	RCA IA	Erika Hunter at ISI Long Course Champs	
	400 Free	5:46.98	30-Jul-04	RCA IA	Katie Stanley at ISI Long Course Champs 2004	
	800 Free	11:56.09	10-Jul-04	RCA IA	Katie Stanley at Stars of Tomorrow Invitational	
	1500 Free	22:45.71	30-Jul-04	RCA IA	Katie Stanley at ISI Long Course Champs 2004	
	50 Back	37.08	30-Jul-09	RCA IA	Rebecca Hess at 2009 Iowa Swimming Summer State Championships	
	100 Back	1:22.17	30-Jul-09	RCA IA	Rebecca Hess at 2009 Iowa Swimming Summer State Championships	
	200 Back	3:01.14	30-Jul-04	RCA IA	Katie Stanley at ISI Long Course Champs 2004	
	50 Breast	43.17	28-Jun-02	RCA IA	Erika Hunter at Summer Splash	
	100 Breast	1:35.03	20-Jul-02	RCA IA	Erika Hunter at Howard Judd Memorial	
	200 Breast	3:25.72	2-Aug-02	RCA IA	Erika Hunter at ISI Long Course Champs	
	50 Fly	35.78	26-Jun-09	RCA IA	Rebecca Hess at July Swim Explosion	
	100 Fly	1:26.56	2-Aug-02	RCA IA	Erika Hunter at ISI Long Course Champs	
	200 Fly	10:00.00	1-Sep-06	RCA	XXXX	
	200 IM	3:01.71	20-Jul-02	RCA IA	Erika Hunter at Howard Judd Memorial	
	400 IM	10:00.00	1-Sep-06	RCA	XXXX	
	200 Free Relay	2:30.46	1-Jun-02	RCA IA	River Cities Aquatics K. Stanley, T. Rippon, A. Bouchard, E. Hunter	
	400 Free Relay	5:23.01	30-Jul-04	RCA IA	River Cities Aquatics K. Stanley, A. Sullivan, K. Bell, E. Hess	
	200 Medley Relay	2:50.17	30-Jul-04	RCA IA	River Cities Aquatics K. Stanley, E. Hess, A. Sullivan, K. Bell	
	400 Medley Relay	6:30.60	30-Jul-04	RCA IA	River Cities Aquatics K. Stanley, E. Hess, A. Sullivan, K. Bell	

RECORDS RCA LCM records

13-14	50 Free	31.78	8-Jul-06	RCA IA	Katie Stanley at Stars of Tomorrow
	100 Free	1:09.45	30-Jul-04	RCA IA	Amanda Bouchard at ISI Long Course Champs 2004
	200 Free	2:32.78	30-Jul-04	RCA IA	Amanda Bouchard at ISI Long Course Champs 2004
	400 Free	5:22.77	27-Jun-08	RCA IA	Kate Kaster at July Swim Explosion
	800 Free	10:59.75	4-Aug-06	RCA IA	Brianna Eizenga at ISI Long Course Champs
	1500 Free	21:23.49	8-Jul-06	RCA IA	Brianna Eizenga at Stars of Tomorrow
	100 Back	1:22.03	12-Jun-04	RCA IA	Taylor Rippon at CRAA Summer Long Course Kick-off
	200 Back	2:52.85	30-Jul-04	RCA IA	Amanda Bouchard at ISI Long Course Champs 2004
	100 Breast	1:29.98	1-Aug-03	RCA IA	Erika Hunter at 2003 Iowa Swimming Summer State Championship
	200 Breast	3:13.54	1-Aug-03	RCA IA	Kristen Kopp at 2003 Iowa Swimming Summer State Championship
	100 Fly	1:18.87	30-Jul-04	RCA IA	Erika Hunter at ISI Long Course Champs 2004
	200 Fly	3:22.08	27-Jun-08	RCA IA	Kate Kaster at July Swim Explosion
	200 IM	2:51.78	30-Jul-04	RCA IA	Erika Hunter at ISI Long Course Champs 2004
	400 IM	6:21.52	12-Jun-04	RCA IA	Erika Hunter at CRAA Summer Long Course Kick-off
	200 Free Relay	2:12.20	30-Jul-04	RCA IA	River Cities Aquatics L. Eisenman, T. Rippon, A. Bouchard, E. Hunter
	400 Free Relay	4:49.43	10-Jul-04	RCA IA	River Cities Aquatics A. Bouchard, L. Eisenman, T. Rippon, E. Hunter
	800 Free Relay	10:35.44	30-Jul-04	RCA IA	River Cities Aquatics L. Eisenman, E. Hunter, T. Rippon, A. Bouchard
	200 Medley Relay	10:00.00	1-Sep-06	RCA	X
	400 Medley Relay	5:41.37	5-Aug-05	RCA IA	River Cities Aquatics K. Stanley, E. Hess, T. Rippon, B. Eizenga
15 & O	50 Free	30.29	31-Jul-08	RCA IA	Libby Hess at 2008 Iowa Swimming Summer State Championships
	100 Free	1:08.46	4-Aug-06	RCA IA	Amanda Bouchard at ISI Long Course Champs
	200 Free	2:25.67	31-Jul-08	RCA IA	Brianna Eizenga at 2008 Iowa Swimming Summer State Championships
	400 Free	5:01.95	2-Aug-02	RCA IA	Ashley Eizenga at ISI Long Course Champs
	800 Free	10:21.32	2-Aug-02	RCA IA	Ashley Eizenga at ISI Long Course Champs
	1500 Free	19:46.18	2-Aug-02	RCA IA	Ashley Eizenga at ISI Long Course Champs
	100 Back	1:18.53	20-Jul-02	RCA IA	Ashley Eizenga at Howard Judd Memorial
	200 Back	2:48.62	9-Jun-07	RCA IA	Libby Hess at 2007 Long Course Kick Off
	100 Breast	1:22.58	31-Jul-08	RCA IA	Libby Hess at 2008 Iowa Swimming Summer State Championships
	200 Breast	3:03.26	30-Jul-09	RCA IA	Libby Hess at 2009 Iowa Swimming Summer State Championships
	100 Fly	1:14.23	3-Aug-01	RCA IA	Kristen Tucker at ISI Long Course Championships
	200 Fly	3:05.78	9-Jul-05	RCA IA	Erika Hunter at RCA Stars of Tomorrow
	200 IM	2:43.08	3-Aug-01	RCA IA	Ashley Eizenga at ISI Long Course Championships
	400 IM	5:46.54	2-Aug-02	RCA IA	Ashley Eizenga at ISI Long Course Champs
	200 Free Relay	2:14.73	4-Aug-06	RCA IA	River Cities Aquatics B. Eizenga, K. Stanley, E. Hess, A. Bouchard
	400 Free Relay	10:00.00	1-Sep-06	RCA	X
	800 Free Relay	20:00.00	1-Sep-06	RCA	X
	200 Medley Relay	2:29.43	30-Jul-04	RCA IA	River Cities Aquatics E. Hunter, K. Kopp, T. Rippon, A. Bouchard
	400 Medley Relay	5:23.68	30-Jul-04	RCA IA	River Cities Aquatics T. Rippon, K. Kopp, E. Hunter, A. Bouchard

RECORDS RCA LCM records
LC Meters-Men

8 & U	50 Free	44.12	9-Jul-05	RCA IA	Josh Hill at RCA Stars of Tomorrow
	100 Free	1:34.61	10-Jun-06	RCA IA	Josh Hill at CRAA Long Course Kick-Off
	200 Free	3:18.97	10-Jun-06	RCA IA	Josh Hill at CRAA Long Course Kick-Off
	50 Back	55.87	8-Jul-06	RCA IA	Austin Bouchard at Stars of Tomorrow
	100 Back	1:45.85	10-Jun-06	RCA IA	Josh Hill at CRAA Long Course Kick-Off
	50 Breast	1:04.62	5-Aug-05	RCA IA	Ian Howes at ISI Long Course Champs
	100 Breast	2:26.93	10-Jun-06	RCA IA	Josh Hill at CRAA Long Course Kick-Off
	50 Fly	57.19	5-Aug-05	RCA IA	Josh Hill at ISI Long Course Champs
	100 Fly	1:54.74	10-Jun-06	RCA IA	Josh Hill at CRAA Long Course Kick-Off
	200 IM	3:49.27	10-Jun-06	RCA	Josh Hill at CRAA Long Course Kick-Off
	200 Free Relay	10:00.00	1-Sep-06	RCA	XXXX
	200 Medley Relay	10:00.00	1-Sep-06	RCA	XXX
	9-10	50 Free	33.35	4-Jun-05	RCA IA
100 Free		1:11.48	9-Jul-05	RCA IA	Matt Boyd at RCA Stars of Tomorrow
200 Free		2:33.10	9-Jul-05	RCA IA	Matt Boyd at RCA Stars of Tomorrow
400 Free		5:23.06	9-Jul-05	RCA IA	Matt Boyd at RCA Stars of Tomorrow
50 Back		38.26	4-Jun-05	RCA IA	Matt Boyd at CRAA Long Course Kick-Off
100 Back		1:23.14	4-Jun-05	RCA IA	Matt Boyd at CRAA Long Course Kick-Off
50 Breast		48.10	4-Jun-05	RCA IA	Matt Boyd at CRAA Long Course Kick-Off
100 Breast		1:54.06	27-Jun-08	RCA IA	Austin Bouchard at July Swim Explosion
50 Fly		37.14	9-Jul-05	RCA IA	Matt Boyd at RCA Stars of Tomorrow
100 Fly		1:27.39	9-Jul-05	RCA IA	Matt Boyd at RCA Stars of Tomorrow
200 IM		2:57.05	9-Jul-05	RCA IA	Matt Boyd at RCA Stars of Tomorrow
200 Free Relay		3:08.29	9-Jul-05	RCA IA	River Cities Aquatics I. Howes, S. Wolf, J. Hill, M. Boyd
200 Medley Relay		3:30.02	7-Jul-07	RCA IA	River Cities Aquatics I. Howes, A. Bouchard, J. Hill, M. Espey
11-12	50 Free	28.20	7-Jul-07	RCA IA	Matt Boyd at Stars of Tomorrow
	100 Free	1:03.63	7-Jul-07	RCA IA	Matt Boyd at Stars of Tomorrow
	200 Free	2:19.22	7-Jul-07	RCA IA	Matt Boyd at Stars of Tomorrow
	400 Free	4:52.43	13-Jul-07	RCA IA	Matt Boyd at Iowa Summer Sizzler 2007
	800 Free	9:59.71	13-Jul-07	RCA IA	Matt Boyd at Iowa Summer Sizzler 2007
	1500 Free	19:14.73	13-Jul-07	RCA IA	Matt Boyd at Iowa Summer Sizzler 2007
	50 Back	33.94	7-Jul-07	RCA IA	Matt Boyd at Stars of Tomorrow
	100 Back	1:13.72	7-Jul-07	RCA IA	Matt Boyd at Stars of Tomorrow
	200 Back	2:40.59	13-Jul-07	RCA IA	Matt Boyd at Iowa Summer Sizzler 2007
	50 Breast	37.46	4-Aug-06	RCA IA	Andrew Howes at ISI Long Course Champs
	100 Breast	1:23.75	4-Aug-06	RCA IA	Andrew Howes at ISI Long Course Champs
	200 Breast	3:03.50	4-Aug-06	RCA IA	Andrew Howes at ISI Long Course Champs
	50 Fly	32.80	4-Aug-06	RCA IA	Andrew Howes at ISI Long Course Champs
	100 Fly	1:15.21	4-Aug-06	RCA IA	Andrew Howes at ISI Long Course Champs
	200 Fly	10:00.00	1-Sep-06	RCA	XXXX
	200 IM	2:39.25	7-Jul-07	RCA IA	Matt Boyd at Stars of Tomorrow
	400 IM	6:11.76	30-Jun-06	RCA IA	Andrew Howes at Sterling July Swim Explosion
	200 Free Relay	2:17.07	8-Jul-06	RCA IA	River Cities Aquatics A. Howes, M. Boyd, T. Hemingway, P. Easley
	400 Free Relay	10:00.00	1-Sep-06	RCA	X
	200 Medley Relay	2:37.86	8-Jul-06	RCA IA	River Cities Aquatics T. Hemingway, A. Howes, M. Boyd, M. Espey
	400 Medley Relay	5:31.40	4-Aug-06	RCA IA	River Cities Aquatics T. Hemingway, M. Espey, A. Howes, M. Boyd

RECORDS RCA LCM records

13-14	50 Free	26.94	31-Jul-08	RCA IA	Andrew Howes at 2008 Iowa Swimming Summer State Championships
	100 Free	59.91	26-Jun-09	RCA IA	Matt Boyd at July Swim Explosion
	200 Free	2:11.47	6-Jun-09	RCA IA	Matt Boyd at 2009 Long Course Kick Off
	400 Free	4:34.72	6-Aug-08	RCA IA	Matt Boyd at 2008 IN Central MegaZone
	800 Free	9:28.58	6-Aug-08	RCA IA	Matt Boyd at 2008 IN Central MegaZone
	1500 Free	18:14.66	10-Jul-09	RCA IA	Matt Boyd at Stars of Tomorrow Invitational 09
	100 Back	1:08.06	26-Jun-09	RCA IA	Matt Boyd at July Swim Explosion
	200 Back	2:27.23	31-Jul-08	RCA IA	Matt Boyd at 2008 Iowa Swimming Summer State Championships
	100 Breast	1:16.99	3-Aug-07	RCA IA	Andrew Howes at 2007 Iowa Swimming Summer State Championship
	200 Breast	2:45.50	10-Jul-09	RCA IA	Matt Boyd at Stars of Tomorrow Invitational 09
	100 Fly	1:07.48	31-Jul-08	RCA IA	Andrew Howes at 2008 Iowa Swimming Summer State Championships
	200 Fly	3:28.25	10-Jul-04	RCA IA	Steven Hess at Stars of Tomorrow Invitational
	200 IM	2:27.05	10-Jul-09	RCA IA	Matt Boyd at Stars of Tomorrow Invitational 09
	400 IM	5:16.75	26-Jun-09	RCA IA	Matt Boyd at July Swim Explosion
	200 Free Relay	1:52.89	31-Jul-08	RCA IA	River Cities Aquatics A. Howes, M. Boyd, M. Espey, T. Hemingway
	400 Free Relay	4:25.41	3-Aug-07	RCA IA	River Cities Aquatics A. Howes, M. Boyd, A. Tuisl, M. Espey
	800 Free Relay	20:00.00	1-Sep-06	RCA	X
	200 Medley Relay	2:14.92	3-Aug-07	RCA IA	River Cities Aquatics M. Boyd, A. Tuisl, A. Howes, M. Espey
	400 Medley Relay	4:43.14	31-Jul-08	RCA IA	River Cities Aquatics M. Boyd, M. Espey, A. Howes, T. Hemingway
15 & O	50 Free	26.50	30-Jul-09	RCA IA	Andrew Howes at 2009 Iowa Swimming Summer State Championships
	100 Free	1:00.17	30-Jul-09	RCA IA	Andrew Howes at 2009 Iowa Swimming Summer State Championships
	200 Free	2:11.96	30-Jul-09	RCA IA	Matt Boyd at 2009 Iowa Swimming Summer State Championships
	400 Free	4:33.69	30-Jul-09	RCA IA	Matt Boyd at 2009 Iowa Swimming Summer State Championships
	800 Free	10:24.98	30-Jul-04	RCA IA	Derek McVey at ISI Long Course Champs 2004
	1500 Free	19:27.61	3-Aug-07	RCA IA	Steven Hess at 2007 Iowa Swimming Summer State Championship
	100 Back	1:07.48	30-Jul-09	RCA IA	Matt Boyd at 2009 Iowa Swimming Summer State Championships
	200 Back	2:25.33	30-Jul-09	RCA IA	Matt Boyd at 2009 Iowa Swimming Summer State Championships
	100 Breast	1:17.48	30-Jul-09	RCA IA	Andrew Howes at 2009 Iowa Swimming Summer State Championships
	200 Breast	2:41.36	30-Jul-09	RCA IA	Matt Boyd at 2009 Iowa Swimming Summer State Championships
	100 Fly	1:04.94	30-Jul-09	RCA IA	Andrew Howes at 2009 Iowa Swimming Summer State Championships
	200 Fly	2:41.23	30-Jul-09	RCA IA	Andrew Howes at 2009 Iowa Swimming Summer State Championships
	200 IM	2:25.92	30-Jul-09	RCA IA	Matt Boyd at 2009 Iowa Swimming Summer State Championships
	400 IM	6:16.21	9-Jun-07	RCA IA	Steven Hess at 2007 Long Course Kick Off
	200 Free Relay	1:50.17	30-Jul-09	RCA IA	Howes, Boyd, A. Tuisl, Hemingway
	400 Free Relay	10:00.00	1-Sep-06	RCA	X
	800 Free Relay	20:00.00	1-Sep-06	RCA	X
	200 Medley Relay	10:00.00	1-Sep-06	RCA IA	X
	400 Medley Relay	4:35.85	30-Jul-09	RCA IA	Howes, Boyd, A. Tuisl, Hemingway