
RECORDS RCA Team Records SCY
Yards-Women

8 & U	25 Free	15.67	13-May-06	RCA IA	Rebecca Hess at CRAA Spring Pentathlon
	50 Free	34.24	17-Jun-06	RCA IA	Rebecca Hess at East Moline Trophy Meet
	100 Free	1:22.03	8-Dec-07	RCA IA	Taylor M. Cavanaugh at Irving B. Weber Invitational
	200 Free	2:51.11	29-Jul-06	RCA IA	Rebecca Hess at 2006 IA ISI North Regional Finals
	25 Back	19.22	17-Jun-06	RCA IA	Rebecca Hess at East Moline Trophy Meet
	50 Back	44.89	24-Feb-06	RCA IA	Rebecca Hess at 12 and Under State Championships
	25 Breast	22.50	2-Dec-07	RCA IA	Taylor M. Cavanaugh at Pentathlon
	50 Breast	50.82	4-Jan-08	RCA IA	Taylor M. Cavanaugh at 2008 Bettendorf January Splash
	25 Fly	18.69	13-May-06	RCA IA	Rebecca Hess at CRAA Spring Pentathlon
	50 Fly	49.11	1-May-09	RCA IA	Nicole Hess at NicoleHessTimes
	100 IM	1:35.09	4-Jan-08	RCA IA	Taylor M. Cavanaugh at 2008 Bettendorf January Splash
	200 IM	10:00.00	5-Oct-05	RCA	XXX
	100 Free Relay	1:36.02	29-Jul-06	RCA IA	River Cities Aquatics S. Lindstrom, T. Cavanaugh, I. Wolf, R. Hess
	100 Medley Relay	1:52.26	29-Jul-06	RCA IA	River Cities Aquatics S. Lindstrom, B. Baughman, R. Hess, T. Cavanaugh
9-10	50 Free	30.10	10-May-08	RCA IA	Rebecca Hess at CRAA Invitational Spring Pentathlon
	100 Free	1:07.10	22-Feb-08	RCA IA	Rebecca Hess at 2008 ISI 12 & U Short Course Championships
	200 Free	2:28.60	19-Jan-08	RCA IA	Rebecca Hess at 2008 Midwest All Stars
	500 Free	6:46.34	23-Feb-07	RCA IA	Amber Patterson at ISI 12 & U SHORT COURSE CHAMPIONSHIPS
	50 Back	35.12	22-Feb-08	RCA IA	Rebecca Hess at 2008 ISI 12 & U Short Course Championships
	100 Back	1:16.24	22-Feb-08	RCA IA	Rebecca Hess at 2008 ISI 12 & U Short Course Championships
	50 Breast	42.57	23-Feb-07	RCA IA	Amber Patterson at ISI 12 & U SHORT COURSE CHAMPIONSHIPS
	100 Breast	1:33.29	3-Feb-07	RCA IA	Amber Patterson at Iowa Games
	50 Fly	34.08	22-Feb-08	RCA IA	Rebecca Hess at 2008 ISI 12 & U Short Course Championships
	100 Fly	1:21.61	23-Feb-07	RCA IA	Amber Patterson at ISI 12 & U SHORT COURSE CHAMPIONSHIPS
	100 IM	1:17.28	22-Feb-08	RCA IA	Rebecca Hess at 2008 ISI 12 & U Short Course Championships
	200 IM	2:51.29	22-Feb-08	RCA IA	Rebecca Hess at 2008 ISI 12 & U Short Course Championships
	200 Free Relay	2:13.88	23-Feb-07	RCA IA	River Cities Aquatics R. Hess, K. NEESE, S. Burns, A. Patterson
	200 Medley Relay	2:35.80	23-Feb-07	RCA IA	River Cities Aquatics R. Hess, K. NEESE, S. Burns, A. Patterson
11-12	50 Free	27.34	12-Dec-09	RCA IA	Rebecca Hess at Irving B. Weber Invitational
	100 Free	1:00.12	5-Feb-10	RCA IA	Rebecca Hess at 2010 DASH Valentines Classic
	200 Free	2:14.15	28-Feb-03	RCA IA	Erika Hunter at ISI 12&U Short Course Champs
	500 Free	6:06.17	23-Feb-07	RCA IA	Kate Kaster at ISI 12 & U SHORT COURSE CHAMPIONSHIPS
	1000 Free	12:32.98	23-Feb-07	RCA IA	Kate Kaster at ISI 12 & U SHORT COURSE CHAMPIONSHIPS
	1650 Free	21:29.61	27-Feb-04	RCA IA	Katie Stanley at ISI 12&U Short Course Champs
	50 Back	31.48	26-Feb-10	RCA IA	Rebecca Hess at ISI 12 & U Short Course Championships
	100 Back	1:07.21	8-Jan-10	RCA IA	Rebecca Hess at 2010 Bettendorf January Splash
	200 Back	2:33.36	26-Feb-10	RCA IA	Rebecca Hess at ISI 12 & U Short Course Championships
	50 Breast	37.09	28-Dec-02	RCA IA	Erika Hunter at New Years Splash
	100 Breast	1:20.42	28-Feb-03	RCA IA	Erika Hunter at ISI 12&U Short Course Champs
	200 Breast	2:54.47	23-Nov-02	RCA IA	Erika Hunter at Harvest Invite
	50 Fly	29.59	26-Feb-10	RCA IA	Rebecca Hess at ISI 12 & U Short Course Championships
	100 Fly	1:08.89	26-Feb-10	RCA IA	Rebecca Hess at ISI 12 & U Short Course Championships
	200 Fly	3:01.46	27-Jul-02	RCA IA	Erika Hunter at ISI North Regional Finals
	100 IM	1:10.04	26-Feb-10	RCA IA	Rebecca Hess at ISI 12 & U Short Course Championships
	200 IM	2:34.16	29-Mar-03	RCA IA	Erika Hunter at 2003 Midwest Regional Swim Meet
	400 IM	5:46.39	14-Jan-05	RCA IA	Katie Stanley at New Years Swim Celebration
	200 Free Relay	2:04.54	14-Jan-05	RCA IA	River Cities Aquatics K. Stanley, K. Bell, E. Hess, B. Eizenga

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11-12	400 Free Relay	5:11.00	14-Jun-03	RCA IA	River Cities Aquatics	K. Stanley, T. Kincaid, E. Hess, T. Rippon	
	200 Medley Relay	2:21.07	25-Feb-05	RCA IA	River Cities Aquatics	K. Bell, K. Stanley, E. Hess, B. Eizenga	
	400 Medley Relay	5:40.90	13-Jul-02	RCA IA	River Cities Aquatics	E. Hunter, T. Rippon, A. Bouchard, R. Wilson	
13-14	50 Free	27.59	2-Mar-07	RCA IA	Libby Hess at 2007 ISI Short Course Championships		
	100 Free	58.30	4-Mar-05	RCA IA	Erika Hunter at Senior State Championships		
	200 Free	2:05.10	4-Mar-05	RCA IA	Erika Hunter at Senior State Championships		
	500 Free	5:45.44	12-Feb-05	RCA IA	Erika Hunter at DASH Valentine Invite 2005		
	1000 Free	12:03.85	3-Mar-06	RCA IA	Brianna Eizenga at Senior State Championships		
	1650 Free	20:05.18	2-Mar-07	RCA IA	Brianna Eizenga at 2007 ISI Short Course Championships		
	50 Back	33.07	15-May-04	RCA IA	Erika Hunter at CRAA Pentathlon		
	100 Back	1:07.01	2-Mar-07	RCA IA	Libby Hess at 2007 ISI Short Course Championships		
	200 Back	2:26.78	5-Mar-04	RCA IA	Erika Hunter at Iowa Swimming Championships		
	50 Breast	37.07	13-May-06	RCA IA	Libby Hess at CRAA Spring Pentathlon		
	100 Breast	1:11.25	2-Mar-07	RCA IA	Libby Hess at 2007 ISI Short Course Championships		
	200 Breast	2:36.06	2-Mar-07	RCA IA	Libby Hess at 2007 ISI Short Course Championships		
	50 Fly	32.03	25-Oct-03	RCA IA	Erika Hunter at QC Red Cross Invite		
	100 Fly	1:07.46	4-Mar-05	RCA IA	Erika Hunter at Senior State Championships		
	200 Fly	2:36.95	11-Dec-04	RCA IA	Erika Hunter at Irvin B. Weber Invite 2004		
	100 IM	1:12.97	15-May-04	RCA IA	Erika Hunter at CRAA Pentathlon		
	200 IM	2:25.05	4-Mar-05	RCA IA	Erika Hunter at Senior State Championships		
	400 IM	5:08.58	5-Feb-05	RCA IA	Erika Hunter at Iowa Games		
	200 Free Relay	1:57.01	17-Dec-05	RCA IA	River Cities Aquatics	T. Rippon, K. Stanley, E. Hess, B. Eizenga	
	400 Free Relay	4:21.09	10-Dec-05	RCA IA	River Cities Aquatics	K. Stanley, B. Eizenga, L. Hess, T. Rippon	
	200 Medley Relay	2:10.95	17-Dec-05	RCA IA	River Cities Aquatics	K. Stanley, E. Hess, T. Rippon, B. Eizenga	
	400 Medley Relay	5:00.17	14-Jun-03	RCA IA	River Cities Aquatics	A. Bouchard, K. Kopp, E. Hunter, B. Stanley	
	15 & O	50 Free	25.99	27-Feb-09	RCA IA	Libby Hess at 2009 ISI Short Course Championships	
		100 Free	58.80	16-Jan-09	RCA IA	Libby Hess at New Year's Swim Celebration	
200 Free		2:07.81	3-Mar-06	RCA IA	Amanda Bouchard at Senior State Championships		
500 Free		5:27.03	7-Mar-03	RCA IA	Ashley Eizenga at ISI 13&Over Short Course Champs		
1000 Free		12:44.76	24-Jul-04	RCA IA	Kristen Kopp at ISI North Regionals		
1650 Free		19:50.56	4-Jan-08	RCA IA	Brianna Eizenga at 2008 Bettendorf January Splash		
50 Back		32.71	10-May-08	RCA IA	Libby Hess at CRAA Invitational Spring Pentathlon		
100 Back		1:05.24	29-Feb-08	RCA IA	Libby Hess at 2008 ISI Short Course Championships		
200 Back		2:23.94	27-Feb-09	RCA IA	Libby Hess at 2009 ISI Short Course Championships		
50 Breast		35.00	10-May-08	RCA IA	Libby Hess at CRAA Invitational Spring Pentathlon		
100 Breast		1:10.13	27-Feb-09	RCA IA	Libby Hess at 2009 ISI Short Course Championships		
200 Breast		2:32.17	27-Feb-09	RCA IA	Libby Hess at 2009 ISI Short Course Championships		
50 Fly		31.60	10-May-08	RCA IA	Libby Hess at CRAA Invitational Spring Pentathlon		
100 Fly		1:07.19	2-Dec-07	RCA IA	Patricia Pitschi at Pentathlon		
200 Fly		2:31.30	8-Dec-07	RCA IA	Patricia Pitschi at Irving B. Weber Invitational		
100 IM		1:10.81	10-May-08	RCA IA	Libby Hess at CRAA Invitational Spring Pentathlon		
200 IM		2:21.01	27-Feb-09	RCA IA	Libby Hess at 2009 ISI Short Course Championships		
400 IM		5:18.23	4-Jan-08	RCA IA	Brianna Eizenga at 2008 Bettendorf January Splash		
200 Free Relay		10:00.00	1-Sep-06	RCA	XXXX		
800 Free Relay		10:00.00	1-Sep-06	RCA	XXXX		
200 Medley Relay		2:07.87	5-Mar-05	RCA	River Cities Aquatics	A Bouchard/L Hess/T Rippon/K Stanley	
400 Medley Relay		10:00.00	1-Sep-06	RCA	XXXX		

RECORDS RCA Team Records SCY
Yards-Men

8 & U	25 Free	16.67	17-Feb-07	RCA IA	Axel Dondiego at 2007 IA East Regional Finals
	50 Free	36.11	24-Feb-06	RCA IA	Josh Hill at 12 and Under State Championships
	100 Free	1:24.19	24-Feb-06	RCA IA	Josh Hill at 12 and Under State Championships
	200 Free	3:27.81	5-Jan-07	RCA IA	Axel Dondiego at Bettendorf January Splash
	25 Back	20.52	31-Mar-07	RCA IA	Axel Dondiego at Midwest Regionals Swimming Championships
	50 Back	45.17	3-Jun-06	RCA IA	Josh Hill at DASH June Invitational
	25 Breast	22.06	17-Feb-07	RCA IA	Axel Dondiego at 2007 IA East Regional Finals
	50 Breast	55.17	23-Feb-07	RCA IA	Axel Dondiego at ISI 12 & U SHORT COURSE CHAMPIONSHIPS
	25 Fly	18.56	25-Mar-06	RCA IA	Josh Hill at 2006 Midwest Regional Swim Meet
	50 Fly	44.05	24-Feb-06	RCA IA	Josh Hill at 12 and Under State Championships
	100 IM	1:34.14	24-Feb-06	RCA IA	Josh Hill at 12 and Under State Championships
	200 IM	3:55.17	15-Jul-06	RCA IA	Austin Bouchard at DMET Mixed Summer Jam
	100 Free Relay	10:00.00	1-Sep-06	RCA	xxx
	100 Medley Relay	10:00.00	1-Sep-06	RCA	XXX
9-10	50 Free	29.85	11-Jun-05	RCA IA	Matt Boyd at DASH June Invite
	100 Free	1:07.38	22-Feb-08	RCA IA	Josh Hill at 2008 ISI 12 & U Short Course Championships
	200 Free	2:29.98	22-Feb-08	RCA IA	Josh Hill at 2008 ISI 12 & U Short Course Championships
	500 Free	5:54.88	16-Jul-05	RCA IA	Matt Boyd at DMET Mixed Summer Jam
	50 Back	33.89	11-Jun-05	RCA IA	Matt Boyd at DASH June Invite
	100 Back	1:10.40	16-Jul-05	RCA IA	Matt Boyd at DMET Mixed Summer Jam
	50 Breast	43.68	16-Jul-05	RCA IA	Matt Boyd at DMET Mixed Summer Jam
	100 Breast	1:38.28	10-Dec-05	RCA IA	Preston M. Easley at Irving B. Weber Invitational
	50 Fly	32.85	11-Jun-05	RCA IA	Matt Boyd at DASH June Invite
	100 Fly	1:17.02	22-Feb-08	RCA IA	Josh Hill at 2008 ISI 12 & U Short Course Championships
	100 IM	1:16.02	11-Jun-05	RCA IA	Matt Boyd at DASH June Invite
	200 IM	2:52.87	22-Feb-08	RCA IA	Josh Hill at 2008 ISI 12 & U Short Course Championships
	200 Free Relay	2:37.90	10-Feb-07	RCA IA	River Cities Aquatics A. Bouchard, M. Espey, J. Hill, I. Howes
	200 Medley Relay	2:54.35	23-Feb-07	RCA IA	River Cities Aquatics K. Dondiego, A. Bouchard, J. Hill, I. Howes
11-12	50 Free	25.96	2-Jun-07	RCA IA	Matt Boyd at 2007 IA DASH June Kick-off Invitational
	100 Free	56.00 *	31-Mar-07	RCA IA	Matt Boyd at Midwest Regionals Swimming Championships
	100 Free	56.00 *	23-Feb-07	RCA IA	Matt Boyd at ISI 12 & U SHORT COURSE CHAMPIONSHIPS
	200 Free	2:01.81	23-Feb-07	RCA IA	Matt Boyd at ISI 12 & U SHORT COURSE CHAMPIONSHIPS
	500 Free	5:22.85	12-Jan-07	RCA IA	Matt Boyd at MIDWEST ALL STARS
	1000 Free	11:08.60	23-Feb-07	RCA IA	Matt Boyd at ISI 12 & U SHORT COURSE CHAMPIONSHIPS
	1650 Free	18:53.33	5-Jan-07	RCA IA	Matt Boyd at Bettendorf January Splash
	50 Back	29.32	23-Feb-07	RCA IA	Matt Boyd at ISI 12 & U SHORT COURSE CHAMPIONSHIPS
	100 Back	1:03.10	23-Feb-07	RCA IA	Matt Boyd at ISI 12 & U SHORT COURSE CHAMPIONSHIPS
	200 Back	2:17.22	23-Feb-07	RCA IA	Matt Boyd at ISI 12 & U SHORT COURSE CHAMPIONSHIPS
	50 Breast	32.64	24-Feb-06	RCA IA	Andrew Howes at 12 and Under State Championships
	100 Breast	1:12.34	25-Mar-06	RCA IA	Andrew Howes at 2006 Midwest Regional Swim Meet
	200 Breast	2:42.64	24-Feb-06	RCA IA	Andrew Howes at 12 and Under State Championships
	50 Fly	29.89	24-Feb-06	RCA IA	Andrew Howes at 12 and Under State Championships
	100 Fly	1:10.46	14-Jan-06	RCA IA	Matt Boyd at Midwestern All-Star Meet
	200 Fly	2:47.10	11-Feb-06	RCA IA	Matt Boyd at DASH Valentine Invite 2006
	100 IM	1:06.03	25-Mar-06	RCA IA	Andrew Howes at 2006 Midwest Regional Swim Meet
	200 IM	2:20.79	31-Mar-07	RCA IA	Matt Boyd at Midwest Regionals Swimming Championships
	400 IM	5:01.97	10-Feb-07	RCA IA	Matt Boyd at DASH Valentine's Day Classic

RECORDS RCA Team Records SCY

11-12	200 Free Relay	1:56.49	25-Mar-06	RCA IA	River Cities Aquatics	A. Howes, M. Boyd, T. Hemingway, M. Espey	
	400 Free Relay	10:00.00	1-Sep-06	RCA	XXX		
	200 Medley Relay	2:17.64	17-Dec-05	RCA IA	River Cities Aquatics	T. Hemingway, A. Howes, M. Boyd, M. Espey	
	400 Medley Relay	10:00.00	1-Jan-01	RCA	River Cities Aquatics		
13-14	50 Free	23.80	29-Feb-08	RCA IA	Andrew Howes at 2008 ISI Short Course Championships		
	100 Free	53.21	19-Jan-08	RCA IA	Andrew Howes at 2008 Midwest All Stars		
	200 Free	1:50.06	27-Feb-09	RCA IA	Matt Boyd at 2009 ISI Short Course Championships		
	500 Free	4:46.47	12-Mar-09	RCA IA	Matt Boyd at 2009 WI Section 1 Speedo Champ		
	1000 Free	10:18.22	27-Feb-09	RCA IA	Matt Boyd at 2009 ISI Short Course Championships		
	1650 Free	18:11.39	29-Feb-08	RCA IA	Matt Boyd at 2008 ISI Short Course Championships		
	50 Back	27.76	16-May-09	RCA IA	Matt Boyd at CRAA Invitational Spring Pentathlon		
	100 Back	56.94	27-Feb-09	RCA IA	Matt Boyd at 2009 ISI Short Course Championships		
	200 Back	2:00.54	12-Mar-09	RCA IA	Matt Boyd at 2009 WI Section 1 Speedo Champ		
	50 Breast	31.06	16-May-09	RCA IA	Matt Boyd at CRAA Invitational Spring Pentathlon		
	100 Breast	1:06.24	14-Nov-08	RCA IA	Matt Boyd at DMSF Invitational Swim Meet		
	200 Breast	2:16.13	12-Mar-09	RCA IA	Matt Boyd at 2009 WI Section 1 Speedo Champ		
	50 Fly	27.32	16-May-09	RCA IA	Matt Boyd at CRAA Invitational Spring Pentathlon		
	100 Fly	58.54	29-Feb-08	RCA IA	Andrew Howes at 2008 ISI Short Course Championships		
	200 Fly	2:33.57	8-Dec-07	RCA IA	Andrew Howes at Irving B. Weber Invitational		
	100 IM	1:00.38	16-May-09	RCA IA	Matt Boyd at CRAA Invitational Spring Pentathlon		
	200 IM	2:08.92	29-Feb-08	RCA IA	Andrew Howes at 2008 ISI Short Course Championships		
	400 IM	4:48.96	19-Jan-08	RCA IA	Matt Boyd at 2008 Midwest All Stars		
	200 Free Relay	10:00.00	1-Sep-06	RCA	XXXX		
	400 Free Relay	4:34.62	18-Jan-02	RCA IA	River Cities Aquatics	D. McVey, B. Keister, D. Strom, G. Bouchard	
	200 Medley Relay	10:00.00	1-Sep-06	RCA	XXXX		
	400 Medley Relay	5:14.32	18-Jan-02	RCA IA	River Cities Aquatics	D. McVey, D. Strom, G. Bouchard, B. Keister	
	15 & O	50 Free	22.58	5-Mar-10	RCA IA	Andrew Howes at 2010 ISI Short Course Championships	
		100 Free	49.92	5-Mar-10	RCA IA	Andrew Howes at 2010 ISI Short Course Championships	
		200 Free	1:49.27	13-Feb-10	RCA IA	Matt Boyd at Boys High School 2009-10	
		500 Free	4:53.69	13-Feb-10	RCA IA	Matt Boyd at Boys High School 2009-10	
1000 Free		10:58.98	3-Mar-06	RCA IA	Derek McVey at Senior State Championships		
1650 Free		18:55.73	4-Mar-05	RCA IA	Derek McVey at Senior State Championships		
50 Back		32.34	13-May-06	RCA IA	Steven Hess at CRAA Spring Pentathlon		
100 Back		54.68	5-Mar-10	RCA IA	Matt Boyd at 2010 ISI Short Course Championships		
200 Back		1:59.19	5-Mar-10	RCA IA	Matt Boyd at 2010 ISI Short Course Championships		
50 Breast		35.66	13-May-06	RCA IA	Steven Hess at CRAA Spring Pentathlon		
100 Breast		1:01.23	5-Mar-10	RCA IA	Matt Boyd at 2010 ISI Short Course Championships		
200 Breast		2:13.49	5-Mar-10	RCA IA	Matt Boyd at 2010 ISI Short Course Championships		
50 Fly		31.14	13-May-06	RCA IA	Steven Hess at CRAA Spring Pentathlon		
100 Fly		55.19	5-Mar-10	RCA IA	Andrew Howes at 2010 ISI Short Course Championships		
200 Fly		2:14.26	25-Jul-09	RCA IA	Andrew Howes at 2009 ISI Summer Regional		
100 IM		1:09.48	13-May-06	RCA IA	Steven Hess at CRAA Spring Pentathlon		
200 IM		1:59.05	5-Mar-10	RCA IA	Matt Boyd at 2010 ISI Short Course Championships		
400 IM		4:13.93	5-Mar-10	RCA IA	Matt Boyd at 2010 ISI Short Course Championships		
200 Free Relay		1:36.57	4-Mar-06	RCA	River Cities Aquatics	G Bouchard/D Strom/K Spittler/S Hess	
800 Free Relay		8:19.36	3-Mar-06	RCA	River Cities Aquatics	D McVey/G Boucahrd/S Hess/D Strom	
200 Medley Relay		1:49.23	5-Mar-05	RCA	River Cities Aquatics	G Bouchard/D Strom/K Spittler/S Hess	
400 Medley Relay		4:06.72	4-Mar-05	RCA	River Cities Aquatics	D McVey/D Strom/K Spittler/G Bouchard	