

Iowa Swimming, Inc.

RECORDS IA STATE RECORD

Yards-Girls

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| 10 & U | 50 Free | 26.75 | 20-Jan-06 | UN -IA | MICHAELA KINTER (Cedar Falls,IA) | |
| | 100 Free | 58.35 | 16-Feb-90 | CFSC -IA | JESSICA MARTIN (Rochester, MN) | |
| | 200 Free | 2:05.99 | 16-Feb-90 | CFSC -IA | JESSICA MARTIN (Rochester, MN) | |
| | 500 Free | 5:45.92 | 1-Dec-01 | ICE -IA | CHRISTINE OLSON (Iowa City, IA-Irving B Weber Inv 2001) | |
| | 50 Back | 31.23 | 5-Nov-05 | UN -IA | ELLE WESTERCAMP (Papillion, NE) | |
| | 100 Back | 1:08.30 | 29-Oct-05 | UN -IA | ELLE WESTERCAMP (Hutchinson, MN) | |
| | 50 Breast | 34.43 | 25-Feb-93 | SPNY -IA | BRIELLE BOVEE (Omaha, NE) | |
| | 100 Breast | 1:13.83 | 1-Dec-01 | ICE -IA | CHRISTINE OLSON (Iowa City, IA-Irving B Weber Inv 2001) | |
| | 50 Fly | 28.70 | 20-Jan-06 | UN -IA | MICHAELA KINTER (Cedar Falls, IA) | |
| | 100 Fly | 1:05.16 | 16-Feb-90 | CFSC -IA | JESSICA MARTIN (Rochester, MN) | |
| | 100 IM | 1:06.95 | 12-Jan-85 | DMSF -IA | AMY WALKER (Richfield, MN) | |
| | 200 IM | 2:22.97 | 23-Dec-84 | DMSF -IA | AMY WALKER (Omaha, NE) | |
| | 200 Free Relay | 1:55.78 | 14-Jan-90 | CFSC -IA | North,Courts,Peterson,Martin (Omaha, NE) | |
| | 200 Medley Relay | 2:14.05 | 13-Jan-90 | CFSC -IA | Courts,Peterson,Martin,North (Omaha, NE) | |
| | 11-12 | 50 Free | 24.91 | 4-Mar-05 | CRAA -IA | JILL BROGHAMMER (Iowa City, IA) |
| | | 100 Free | 54.18 | 11-Jan-87 | DMSF -IA | AMY WALKER (Indianapolis, IN) |
| | | 200 Free | 1:56.97 | 11-Jan-87 | DMSF -IA | AMY WALKER (Indianapolis, IN) |
| | | 500 Free | 5:03.84 | 10-Jan-87 | DMSF -IA | AMY WALKER (Indianapolis, IN) |
| | | 1000 Free | 10:51.08 | 21-Jan-00 | BETT -IA | MEGAN LONERGAN (Bettendorf, IA) |
| 1650 Free | | 17:51.09 | 21-Jan-00 | BETT -IA | MEGAN LONERGAN (Bettendorf, IA) | |
| 50 Back | | 27.70 | 6-Mar-83 | WSSC -IA | MIEKKA OLSON (Cedar Rapids, IA) | |
| 100 Back | | 59.94 | 3-Mar-06 | CRAA -IA | KATHARINE ANTON (Iowa City, IA) | |
| 200 Back | | 2:11.38 | 24-Feb-06 | CRAA -IA | KATHARINE ANTON (Cedar Rapids, IA) | |
| 50 Breast | | 31.24 | 14-Jan-95 | UN -IA | BRIELLE BOVEE (Omaha, NE) | |
| 100 Breast | | 1:07.62 | 31-Mar-95 | UN -IA | BRIELLE BOVEE (Walnut Creek, CA) | |
| 200 Breast | | 2:35.03 | 28-Feb-03 | CIA -IA | JARYN STUDER (Cedar Rapids, IA) | |
| 50 Fly | | 27.26 | 4-Nov-05 | CRAA -IA | JILL BROGHAMMER (Independence,MO) | |
| 100 Fly | | 59.84 | 27-Mar-82 | DMAC -IA | ANN WALKER (Lincoln, NE) | |
| 200 Fly | | 2:20.69 | 21-Jan-00 | BETT -IA | MEGAN LONERGAN (Bettendorf, IA) | |
| 100 IM | | 1:03.23 | 1-Apr-95 | UN -IA | BRIELLE BOVEE (Walnut Creek, CA) | |
| 200 IM | | 2:11.97 | 14-Apr-83 | WSSC -IA | MIEKKA OLSON (Brown Deer, WI) | |
| 400 IM | | 4:50.20 | 21-Jan-00 | BETT -IA | MEGAN LONERGAN (Bettendorf, IA) | |
| 200 Free Relay | | 1:43.89 | 7-Dec-91 | CFSC -IA | Martin,Courts,Peterson,Wertz (Waterloo, IA) | |
| 400 Free Relay | | 3:50.61 | 2-Feb-86 | DMSF -IA | Walker,Hanson,Myers,Strader (Brown Deer, WI) | |
| 200 Medley Relay | | 1:57.42 | 8-Dec-91 | CFSC -IA | Courts,Peterson,Martin,Wertz (Waterloo,IA) | |
| 400 Medley Relay | | 4:21.37 | 1-Feb-86 | DMSF -IA | Walker,Strader,Hanson,Myers (Brown Deer, WI) | |
| 13-14 | | 50 Free | 24.24 | 10-Nov-90 | CRAA -IA | ERIN CAREW (Fort Dodge, IA) |
| | 100 Free | 51.60 | 30-Mar-88 | DMSF -IA | AMY WALKER (Grand Forks, ND) | |
| | 200 Free | 1:51.61 | 5-Nov-88 | DMSF -IA | AMY WALKER (Des Moines, IA) | |
| | 500 Free | 4:54.56 | 1-Apr-88 | DMSF -IA | AMY WALKER (Grand Forks, ND) | |
| | 1000 Free | 10:01.95 | 29-Mar-88 | DMSF -IA | AMY WALKER (Grand Forks, ND) | |
| | 1650 Free | 16:46.70 | 8-Jan-88 | DMSF -IA | AMY WALKER (Indianapolis, IN) | |
| | 100 Back | 57.68 | 8-Apr-94 | CRAA -IA | SARAH DOUGALL (Indianapolis, IN) | |
| | 200 Back | 2:01.96 | 9-Apr-94 | CRAA -IA | SARAH DOUGALL (Indianapolis, IN) | |
| | 100 Breast | 1:07.69 | 16-Feb-96 | UN -IA | BRIELLE BOVEE (Rochester, MN) | |
| | 200 Breast | 2:25.05 | 3-Mar-00 | CRAA -IA | CHELSEA BUETER (Iowa City, IA) | |
| | 100 Fly | 57.38 | 7-Apr-83 | DMSF -IA | ANN WALKER (Indianapolis, IN) | |
| | 200 Fly | 2:02.55 | 5-Feb-98 | DMSF -IA | ANN WALKER (Brown Deer, WI) | |
| | 200 IM | 2:06.18 | 6-Nov-93 | CRAA -IA | SARAH DOUGALL (Fort Dodge, IA) | |
| | 400 IM | 4:26.23 | 23-Mar-95 | CRAA -IA | HEIDI LANDHERR (Midland, TX) | |
| | 200 Free Relay | 1:41.58 | 6-Mar-92 | CFSC -IA | Wertz,Fletcher,Teel,Martin (Iowa City, IA) | |

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| | 400 Free Relay | 3:42.99 | 25-Feb-00 | CFSC -IA | Hohnstein,Wieck,Winterhof,Schminke (Cedar Rapids, IA) |
| | 800 Free Relay | 8:00.61 | 4-Feb-83 | DMAC -IA | Walker,Elwell,Hanson,Linder (Brown Deer, WI) |
| | 200 Medley Relay | 1:54.31 | 11-Mar-00 | CRAA -IA | Wodstrchill,Bueter,Fottral,Dyer (Cedar Rapids, IA) |
| | 400 Medley Relay | 4:09.66 | 25-Feb-00 | CRAA -IA | Wodstrchill,Bueter,Fottral,Dyer (Cedar Rapids, IA) |
| 15-16 | 50 Free | 23.69 | 5-Nov-05 | DMSF -IA | ALEXA MEHESAN (Marshalltown,IA) |
| | 100 Free | 51.85 | 9-Nov-97 | CFSC -IA | KATIE GALLIGAN (Fort Dodge, IA) |
| | 200 Free | 1:51.93 | 24-Mar-95 | CFSC -IA | STACEY WERTZ (Midland, TX) |
| | 500 Free | 4:49.18 | 28-Mar-86 | DMSF -IA | JENNIFER LINDER (Orlando, FL) |
| | 1000 Free | 9:49.84 | 25-Mar-86 | DMSF -IA | JENNIFER LINDER (Orlando, FL) |
| | 1650 Free | 16:15.06 | 29-Mar-86 | DMSF -IA | JENNIFER LINDER (Orlando, FL) |
| | 100 Back | 56.15 | 25-Mar-93 | CRAA -IA | JOCELYN WRIGHT (Long Beach, CA) |
| | 200 Back | 2:02.53 | 23-Mar-95 | CRAA -IA | SARAH DOUGALL (Midland, TX) |
| | 100 Breast | 1:03.96 | 8-Nov-03 | CRAA -IA | HAYLEY FRY (Ft Dodge,IA) |
| | 200 Breast | 2:18.68 | 11-Mar-04 | CRAA -IA | HAYLEY FRY (Chicago,IL) |
| | 100 Fly | 56.68 | 5-Apr-86 | WSSC -IA | TERI ROSS (Grand Forks, ND) |
| | 200 Fly | 1:59.48 | 4-Apr-85 | DMSF -IA | ANN WALKER (Los Angeles, CA) |
| | 200 IM | 2:07.66 | 1-Mar-89 | DMSF -IA | ANN WALKER (Iowa City, IA) |
| | 400 IM | 4:24.41 | 23-Mar-95 | CRAA -IA | SARAH DOUGALL (Midland, TX) |
| 15-18 | 200 Free Relay | 1:36.50 | 3-Mar-06 | DMSF -IA | A.Mehesan,L.Nathanson,E.Doerge,J.Wubbena (Iowa City, IA) |
| | 400 Free Relay | 3:32.69 | 5-Nov-05 | DMSF -IA | Mehesan,Nathanson,Carr,Doerge (Marshalltown,IA) |
| | 800 Free Relay | 7:45.41 | 1-Mar-02 | BLST -IA | R.Smith,E.Noah,K.Rogers,L.Hohnstein (Iowa City,IA) |
| | 200 Medley Relay | 1:50.83 | 3-Mar-06 | DMSF -IA | A.Johnson,L.Nathanson,E.Doerge,A.Mehesan (Iowa City, IA) |
| | 400 Medley Relay | 4:01.74 | 9-Mar-06 | DMSF -IA | K.Kubat,L.Nathanson,E.Doerge,A.Mehesan (Chicago, IL) |
| 17-18 | 50 Free | 24.03 | 8-Nov-97 | CFSC -IA | KATIE GALLIGAN (Fort Dodge, IA) |
| | 100 Free | 51.56 | 9-Nov-96 | CFSC -IA | STACEY WERTZ (Fort Dodge, IA) |
| | 200 Free | 1:51.81 | 9-Nov-96 | CFSC -IA | STACEY WERTZ (Fort Dodge, IA) |
| | 500 Free | 4:53.75 | 10-Jan-87 | DMSF -IA | JENNIFER LINDER (Indianapolis, IN) |
| | 1000 Free | 10:06.51 | 20-Mar-97 | CRAA -IA | JINNY SMESTAD (College Station, TX) |
| | 1650 Free | 16:41.54 | 11-Jan-87 | DMSF -IA | JENNIFER LINDER (Indianapolis, IN) |
| | 100 Back | 58.20 | 3-Mar-06 | IOWA -IA | ALISON GSCHWEND (Iowa City, IA) |
| | 200 Back | 2:04.01 | 7-Mar-97 | CRAA -IA | JINNY SMEDSTAD (Iowa City, IA) |
| | 100 Breast | 1:04.54 | 6-Nov-04 | CRAA -IA | HAYLEY FRY (Marshalltown,IA) |
| | 200 Breast | 2:21.25 | 20-Feb-87 | HAWK -IA | ANN COLLOTON (Indianapolis, IN) |
| | 100 Fly | 56.84 | 18-Oct-97 | UOFI -IA | LOREDANA ZISU (Iowa City, IA) |
| | 200 Fly | 2:02.88 | 11-Jan-87 | DMSF -IA | JENNIFER LINDER (Indianapolis, IN) |
| | 200 IM | 2:06.95 | 6-Nov-04 | CRAA -IA | HAYLEY FRY (Marshalltown,IA) |
| | 400 IM | 4:24.94 | 6-Mar-98 | CRAA -IA | JINNY SMEDSTAD (Iowa City, IA) |
| SR | 50 Free | 23.08 | 3-Mar-00 | UOFI -IA | STACEY WERTZ (Iowa City, IA) |
| | 100 Free | 50.86 | 4-Mar-05 | IOWA -IA | KATIE MARTIN (Iowa City, IA) |
| | 200 Free | 1:49.43 | 1-Mar-02 | IOWA -IA | CHRISTIE HOOPER (Iowa City,IA) |
| | 500 Free | 4:49.18 | 28-Mar-86 | DMSF -IA | JENNIFER LINDER (Orlando, FL) |
| | 1000 Free | 9:49.84 | 25-Mar-86 | DMSF -IA | JENNIFER LINDER (Orlando, FL) |
| | 1650 Free | 16:15.06 | 29-Mar-86 | DMSF -IA | JENNIFER LINDER (Orlando, FL) |
| | 100 Back | 56.15 | 25-Mar-93 | CRAA -IA | JOCELYN WRIGHT (Long Beach,CA) |
| | 200 Back | 2:02.53 | 23-Mar-95 | CRAA -IA | SARAH DOUGALL (Midland, TX) |
| | 100 Breast | 1:03.21 | 3-Mar-02 | IOWA -IA | ALLISON LYLE (Iowa City, IA) |
| | 200 Breast | 2:18.41 | 1-Mar-02 | IOWA -IA | ALLISON LYLE (Iowa City, IA) |
| | 100 Fly | 56.08 | 1-Mar-02 | IOWA -IA | JENNIFER SKOLASKI (Iowa City, IA) |
| | 200 Fly | 1:59.48 | 4-Apr-85 | DMSF -IA | ANN WALKER (Los Angeles, CA) |
| | 200 IM | 2:03.98 | 1-Mar-02 | IOWA -IA | ALLISON LYLE (Iowa City, IA) |
| | 400 IM | 4:20.14 | 7-Mar-03 | IOWA -IA | JENNIFER SKOLASKI (Iowa City, IA) |

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| 200 Free Relay | 1:36.04 | 4-Mar-05 | IOWA -IA | VanMaaren,Skolaski,Martin,Samples(Iowa City, IA) |
| 400 Free Relay | 3:25.81 | 1-Mar-02 | IOWA -IA | A.Lyle,K.Haeger,C.Hooper,E.Strub (Iowa City, IA) |
| 800 Free Relay | 7:35.11 | 2-Mar-01 | IOWA -IA | Schwartz,Hooper,Wertz,Loehndorf (Iowa City, IA) |
| 200 Medley Relay | 1:47.91 | 3-Mar-00 | UOFI -IA | Fields,Pennington,Zywicke,Wertz (Iowa City, IA) |
| 400 Medley Relay | 3:55.65 | 3-Mar-00 | UOFI -IA | Fields,Pennington,Zwicke,Wertz (Iowa City, IA) |