

Iowa Swimming, Inc.

RECORDS /IA OPEN STATE

LC Meters-Girls

10 & U	50 Free	29.90	12-Aug-05	UN IA	MICHAELA KINTER (Ann Arbor, MI)	
	100 Free	1:06.39	12-Aug-05	UN IA	MICHAELA KINTER (Ann Arbor, MI)	
	200 Free	2:25.51	11-Aug-89	ELKY MN	MALAIKA HOMO (Iowa City, IA)	
	400 Free	5:11.09	30-Jul-09	ICE IA	RUBY MARTIN (Iowa City, IA)	
	50 Back	35.09	7-Aug-81	WSSC IA	MIEKKA OLSON (Milwaukee, WI)	
	100 Back	1:13.68	6-Aug-04	CRAA IA	KATHARINE ANTON (Oxford, OH)	
	100 Breast	1:26.72	12-Aug-01	ICE IA	CHRISTINE OLSON (Indianapolis, IN)	
	50 Fly	32.09	12-Aug-05	UN IA	MICHAELA KINTER (Ann Arbor, MI)	
	100 Fly	1:14.85	14-Aug-81	WSSC IA	MIEKKA OLSON (Norman, OK)	
	200 IM	2:43.79	12-Aug-89	ELKY MN	MALAIKA HOMO (Iowa City, IA)	
	200 Free Relay	2:12.51	30-Jul-09	MUSC IA	O.Calegan,V.Roth,T.Beadle,S.Fritz (Iowa City,IA)	
	200 Medley Relay	2:28.65	30-Jul-09	MUSC IA	E.Goss,O.Calegan,S.Frtiz,T.Beadle	
	11-12	50 Free	28.43	12-Aug-05	CRAA IA	JILL BROGHAMMER (Ann Arbor, MI)
		100 Free	1:00.75	12-Aug-89	ELKY MN	LINDSEY BENKO (Iowa City, IA)
		200 Free	2:12.12	11-Aug-89	PAWW MN	HEATHER POTTGEN (Iowa City, IA)
		400 Free	4:37.51	12-Aug-89	ELKY MN	LINDSEY BENKO (Iowa City, IA)
800 Free		9:59.13	13-Jul-07	SCSC MN	STEPHANIE LeMIRE (Mason City, IA)	
1500 Free		19:12.25	10-Jul-08	FOXJ MN	ALYSSA SWANSON (Cedar Falls, IA)	
50 Back		32.37	12-Aug-05	CRAA IA	KATHARINE ANTON (Ann Arbor, MI)	
100 Back		1:08.89	4-Aug-06	CRAA IA	KATHARINE ANTON (Iowa City, IA)	
200 Back		2:26.87	4-Aug-06	CRAA IA	KATHARINE ANTON (Iowa City, IA)	
50 Breast		35.70	9-Aug-07	CIA IA	HANNAH ALDRIDGE (Topeka, KS)	
100 Breast		1:17.48	15-Feb-08	CIA IA	KATHERINE ROSS (Columbia, MO)	
200 Breast		2:50.34	3-Aug-07	CIA IA	HANNAH ALDRIDGE (Iowa City, IA)	
50 Fly		30.05	5-Aug-05	CRAA IA	JILL BROGHAMMER (Iowa City, IA)	
100 Fly		1:07.95	11-Aug-89	BBA MN	REBECCA MIDDLETON (Iowa City, IA)	
200 Fly		2:35.56	13-Jul-07	XCEL NJ	JULIA CUNNINGHAM (Mason City, IA)	
200 IM		2:29.60	8-Aug-86	DMSF IA	AMY WALKER (St Louis Park, MN)	
400 IM		5:32.35	10-Jul-08	FOXJ MN	ALYSSA SWANSON (Cedar Falls, IA)	
200 Free Relay		1:58.24	10-Aug-91	CFSC IA	Peterson, Courts, Martin, Wertz (Mpls, MN)	
400 Free Relay		4:16.73	9-Aug-91	CFSC IA	Peterson, Courts, Martin, Wertz (Minneapolis, MN)	
200 Medley Relay		2:14.37	30-Jul-04	ICE IA	Eyanson,Striegel,Doehrmann,Zhu (Iowa City,IA)	
400 Medley Relay	4:59.27	11-Aug-78	OWSCC MN	Desmet,Lazzaretti, Stuva, Johnson (Mason City, IA)		
13-14	50 Free	27.30	17-Jul-88	DMSF IA	AMY WALKER (Brown Deer, WI)	
	100 Free	58.27	31-Jul-88	DMSF IA	AMY WALKER (Tempe, AZ)	
	200 Free	2:09.55	20-Jul-85	WSSC IA	MIEKKA OLSON (Brown Deer, WI)	
	400 Free	4:29.03	18-Dec-88	DMSF IA	AMY WALKER (Indianapolis, IN)	
	800 Free	9:09.20	30-Jul-88	DMSF IA	AMY WALKER (Tempe, AZ)	
	1500 Free	17:21.80	15-Aug-87	DMSF IA	AMY WALKER (Mission Viejo, CA)	
	100 Back	1:04.93	29-Jun-08	CRAA IA	KATHARINE ANTON (ttOmaha,NE)	
	200 Back	2:15.55	5-Jun-08	CRAA IA	KATHARINE ANTON (Omaha, NE)	
	100 Breast	1:15.19	22-Jul-09	CIA IA	KATHARINE ROSS (Minneapolis, MN)	
	200 Breast	2:46.19	13-Feb-09	CIA IA	KATHARINE ROSS (St Louis, MO)	
	100 Fly	1:03.63	25-Aug-82	DMAC IA	ANN WALKER (San Jose, CA)	
	200 Fly	2:17.62	24-Jul-83	DMAC IA	ANN WALKER (Milwaukee, WI)	
	200 IM	2:24.48	7-Aug-93	CRAA IA	SARAH DOUGALL (Mpls, MN)	
	400 IM	4:57.88	8-Aug-93	CRAA IA	SARAH DOUGALL (Mpls, MN)	

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13-14	200 Free Relay	1:55.36	1-Aug-92	CFSC IA	Wertz, Martin, Peterson, Fletcher (Iowa City, IA)
	400 Free Relay	4:14.60	2-Aug-92	CFSC IA	Wertz, Fletcher, Martin, Peterson (Iowa City, IA)
	800 Free Relay	9:11.43	5-Aug-05	ICE IA	C.Hartman,B.Eyanson,S.Doehrmann,G.Murray (Iowa City,IA)
	200 Medley Relay	2:09.83	1-Aug-03	CRAA IA	A.Allen,A.Mangrich,C.Baker,J.Day (Iowa City,IA)
	400 Medley Relay	4:43.49	5-Aug-05	ICE IA	B.Eyanson,S.Striegel,S.Doehrmann,C.Hartman (Iowa City, IA)
15-16	50 Free	27.29	16-Feb-07	DMSF IA	LISA NATHANSON (Columbia, MO)
	100 Free	58.43	18-Jul-07	ACAC IA	STEPHANIE KOCH (Minneapolis, MN)
	200 Free	2:07.33	20-Jul-89	DMSF IA	AMY WALKER (Oklahoma City, OK)
	400 Free	4:26.64	8-Aug-93	CRAA IA	SHERI THEISN (Mpls, MN)
	800 Free	8:57.25	27-Jul-85	DMSF IA	JENNIFER LINDER (Baton Rouge, LA)
	1500 Free	16:59.14	9-Aug-93	CRAA IA	SHERI THEISEN (Mpls, MN)
	100 Back	1:05.20	8-Aug-95	CRAA IA	JOCELYN WRIGHT (Mpls, MN)
	200 Back	2:14.88	10-Aug-09	CRAA IA	KATHARINE ANTON (Federal Way, WA)
	100 Breast	1:12.93	10-Feb-04	CRAA IA	HAYLEY FRY (Orlando, FL)
	200 Breast	2:40.46	26-Jun-09	BETT IA	MOOLY COONCE (Nashville, TN)
	100 Fly	1:03.97	20-Jul-85	DMAC IA	ANN WALKER (Brown Deer, WI)
	200 Fly	2:16.06	5-Aug-85	DMAC IA	ANN WALKER (Mission Viejo, CA)
	200 IM	2:24.06	26-Jun-09	BETT IA	MOLLY COONCE (Nashville, TN)
	400 IM	4:56.32	18-Jul-89	DMSF IA	AMY WALKER (Oklahoma City, OK)
	15-18	200 Free Relay	1:33.83	3-Nov-07	DMSF IA
400 Free Relay		3:59.72	6-Aug-07	DMSF IA	L.Nathanson,E.Doerge,D.Harris,A.Mehesan (Indianapolis,IN)
800 Free Relay		8:47.39	4-Aug-94	CRAA IA	Carew, Smedstad, Dougall, Theisen (Clovis, CA)
200 Medley Relay		2:06.02	1-Aug-03	CRAA IA	W.Wodstrchill,H.Fry,C.Bueter,M.Burkman (Iowa City,IA)
400 Medley Relay		4:29.51	6-Aug-07	DMSF IA	E.Doerge,D.Harris,A.Mehesan,L.Nathanson (Indianapolis,IN)
17-18	50 Free	26.23	29-Jun-08	DMSF IA	LISA NATHANSON (Omaha,NE)
	100 Free	57.64	4-Aug-08	DMSF IA	LISA NATHANSON (Minneapolis, MN)
	200 Free	2:04.68	22-Jul-09	ACAC IA	STEPHANIE KOCH (Minneapolis, MN)
	400 Free	4:17.58	24-Jun-86	DMSF IA	JENNIFER LINDER (Orlando, FL)
	800 Free	8:40.62	25-Jun-86	DMSF IA	JENNIFER LINDER (Orlando, FL)
	1500 Free	16:38.46	4-Jul-86	DMSF IA	JENNIFER LINDER (Moscow, USSR)
	100 Back	1:05.82	30-Jul-09	CIA IA	DANIELLE HARRIS (Iowa City, IA)
	200 Back	2:20.45	30-Nov-00	CFSC IA	KIM ROGERS (Auburn, AL)
	100 Breast	1:14.07	5-Aug-05	CRAA IA	HAYLEY FRY (Iowa City, IA)
	200 Breast	2:40.83	1-May-04	FOXJ MN	ALICIA JENSEN (Iowa City,IA)
	100 Fly	1:02.46	27-Mar-08	DMSF IA	ALEXA MEHESAN (Indianapolis, IN)
	200 Fly	2:14.29	4-Jul-86	DMSF IA	JENNIFER LINDER (Moscow, USSR)
	200 IM	2:23.37	22-Jul-09	ACAC IA	STEPHANIE KOCH (Minneapolis, MN)
	400 IM	4:57.95	1-Aug-96	CRAA IA	JINNY SMEDSTAD (Santa Clara, CA)
		50 Free	26.23	29-Jun-08	DMSF IA
100 Free		57.64	4-Aug-08	DMSF IA	LISA NATHANSON (Minneapolis, MN)
200 Free		2:04.68	22-Jul-09	ACAC IA	STEPHANIE KOCH (Minneapolis, MN)
400 Free		4:17.58	24-Jun-86	DMSF IA	JENNIFER LINDER (Orlando, FL)
800 Free		8:40.62	25-Jun-86	DMSF IA	JENNIFER LINDER (Orlando, FL)
1500 Free		16:38.46	4-Jul-86	DMSF IA	JENNIFER LINDER (Moscow, USSR)
100 Back		1:04.93	29-Jun-08	CRAA IA	KATHRAINE ANTON (ttOmaha,NE)
200 Back		2:14.88	10-Aug-09	CRAA IA	KATHARINE ANTON (Federal Way, WA)
100 Breast		1:10.44	21-Jun-96	UN MW	PENNY HEYNS (Des Moines, IA)
200 Breast		2:36.70	21-Jun-96	UN MW	JULIA RUSSEL (Des Moines, IA)
100 Fly		1:02.01	22-Jul-09	CYSC IA	NAN LIU (Minneapolis, MN)

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200 Fly	2:14.29	4-Jul-86	DMSF IA	JENNIFER LINDER (Moscow, USSR)
200 IM	2:22.24	30-Jul-09	DMSF IA	ALEXA MEHESAN (Iowa City, IA)
400 IM	4:56.32	18-Jul-89	DMSF IA	AMY WALKER (Oklahoma City, OK)
200 Free Relay	1:33.83	3-Nov-07	DMSF IA	L.Nathanson,D.Harris,L.Lamair,A.Mehesan (Marshalltown,IA)
400 Free Relay	3:59.72	6-Aug-07	DMSF IA	L.Nathanson,E.Doerge,D.Harris,A.Mehesan (Indianapolis, IN)
800 Free Relay	8:47.39	4-Aug-94	CRAA IA	Carew,Smedstad,Dougall,Theisen (Clovis, CA)
200 Medley Relay	2:03.97	5-Aug-05	CRAA IA	W.Wodstrchill,H.Fry,C.Baker,J.Day (Iowa City, IA)
400 Medley Relay	4:28.80	22-Jul-09	CYSC IA	N.Liu,L.Frodyma,L.Behrens,F.Calzada (Mpls,MN)