

Women's South Central Zone Long Course Championship Records

8/16

<u>18-24</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>	<u>35-39</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>
50 M Free	Traci Van Matre	11	28.06	50 M Free	Sandy Neilson-Bell	94	27.80
100 M Free	Traci Van Matre	11	1:01.02	100 M Free	Sandy Neilson-Bell	94	1:01.52
200 M Free	Traci Van Matre	11	2:10.40	200 M Free	Nadine Day	09	2:16.40
400 M Free	Traci Van Matre	11	4:40.49	400 M Free	Nadine Day	09	4:48.84
800 M Free	Sarah Armstrong	98	10:32.66	800 M Free	Jill Gellatly	02	9:54.23
1500 M Free	Kyle Fisher	93	19:16.00	1500 M Free	Jill Gellatly	03	18:56.25
50 M Back	Quinn Michie	00	:32.60	50 M Back	Wendy Segrest	03	34.51
100 M Back	Andrea Fisher	94	1:09.64	100 M Back	Wendy Segrest	03	1:14.49
200 M Back	Andrea Fisher	94	2:33.06	200 M Back	Jill Gellatly	02	2:40.71
50 M Brst	M. Rinehold-Armstrong	98	:38.20	50 M Brst	Kim Macklin	04	35.67
100 M Brst	Marissa Clapp	09	1:15.66	100 M Brst	Kim Macklin	04	1:20.90
200 M Brst	Marissa Clapp	09	2:36.61	200 M Brst	Laura Koch Davis	11	2:55.99
50 M Fly	Traci Van Matre	11	30.21	50 M Fly	Christy Breiby	16	30.95
100 M Fly	Traci Van Matre	11	1:07.47	100 M Fly	Maureen Rae	14	1:08.15
200 M Fly	Traci Van Matre	11	2:33.30	200 M Fly	Maureen Rae	14	2:33.56
200 M IM	Marissa Clapp	09	2:26.96	200 M IM	Nadine Day	09	2:35.60
400 M IM	Traci Van Matre	11	5:23.69	400 M IM	Laura Koch Davis	11	5:28.11
<u>25-29</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>	<u>40-44</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>
50 M Free	Jennifer Brooks	04	27.66	50 M Free	Julie Coskey	15	27.60
100 M Free	Jennifer Brooks	03	1:00.42	100 M Free	Julie Coskey	15	1:01.61
200 M Free	Jennifer Brooks	03	2:12.89	200 M Free	Julie Coskey	15	2:15.87
400 M Free	Jennifer Brooks	03	4:37.84	400 M Free	Jill Gellatly	11	4:55.45
800 M Free	Carleigh Kutac	16	10:05.44	800 M Free	Jill Gellatly	11	10:04.85
1500 M Free	Betsy Nygren	91	19:11.40	1500 M Free	Jill Gellatly	09	19:21.31
50 M Back	Jennifer Brooks	04	31.55	50 M Back	Michelle Chow	09	33.92
100 M Back	Lia Oberstar	04	1:06.37	100 M Back	Jill Gellatly	11	1:15.30
200 M Back	Lia Oberstar	04	2:22.41	200 M Back	Sandie Easton	09	2:37.28
50 M Brst	Laura Glass	08	34.13	50 M Brst	Kendal Jacobson	10	38.16
100 M Brst	Marissa Clapp	16	1:15.66	100 M Brst	Kendal Jacobson	10	1:25.34
200 M Brst	Marissa Clapp	16	2:42.35	200 M Brst	Mary Ruppe	11	3:04.72
50 M Fly	Jennifer Brooks	03	28.19	50 M Fly	Maureen Rae	16	29.66
100 M Fly	Jennifer Brooks	03	1:03.89	100 M Fly	Maureen Rae	16	1:07.15
200 M Fly	Karen Jacobson	93	2:32.74	200 M Fly	Sandie Easton	09	2:31.80
200 M IM	Marissa Clapp	16	2:26.47	200 M IM	Sandie Easton	09	2:37.76
400 M IM	Marissa Clapp	16	5:08.24	400 M IM	Mary Ruppe	11	5:44.62
<u>30-34</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>	<u>45-49</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>
50 M Free	Laura Holt	14	27.41	50 M Free	Susan Matherne	08	28.60
100 M Free	Nadine Day	03	59.72	100 M Free	Susan Matherne	08	1:02.71
200 M Free	Nadine Day	03	2:11.11	200 M Free	Stephanie Stone	12	2:18.73
400 M Free	Nadine Day	03	4:40.94	400 M Free	Stephanie Stone	13	4:54.27
800 M Free	Nadine Day	03	9:35.70	800 M Free	Stephanie Stone	16	10:12.34
1500 M Free	Bonnie Rhodes	91	19:07.22	1500 M Free	Sally Maddox	04	20:26.83
50 M Back	Laura Holt	14	31.57	50 M Back	Michelle Chow	14	33.73
100 M Back	Sunny Smiley	02	1:11.81	100 M Back	Stephanie Stone	16	1:12.08
200 M Back	Sunny Smiley	02	2:36.94	200 M Back	Stephanie Stone	16	2:31.54
50 M Brst	Laura Holt	14	33.32	50 M Brst	Kendal Jacobson	11	38.52
100 M Brst	Laura Glass	10	1:17.92	100 M Brst	Kendal Jacobson	12	1:25.33
200 M Brst	Laura Koch	08	2:57.76	200 M Brst	Kendal Jacobson	11	3:06.06
50 M Fly	Jane Schweppe	95	28.48	50 M Fly	Michelle Chow	14	30.96
100 M Fly	Nadine Day	03	1:05.98	100 M Fly	Michelle Chow	14	1:11.11
200 M Fly	Laura Koch	08	2:32.62	200 M Fly	Elaine Fincham	02	2:55.29
200 M IM	Bonnie Rhodes	91	2:34.28	200 M IM	Stephanie Stone	14	2:39.94
400 M IM	Nadine Day	03	5:22.70	400 M IM	Stephanie Stone	12	5:40.43

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<u>50-54</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>	<u>65-69</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>
50 M Free	Susan Matherne	16	29.61	50 M Free	Carolyn Boak	10	33.68
100 M Free	Susan Matherne	16	1:05.81	100 M Free	Carolyn Boak	10	1:13.28
200 M Free	Trin Campbell	14	2:24.43	200 M Free	Carolyn Boak	10	2:43.40
400 M Free	Trin Campbell	14	4:56.22	400 M Free	Carolyn Boak	11	5:55.11
800 M Free	Trin Campbell	16	10:21.90	800 M Free	Suzy Reiersen	16	13:47.36
1500 M Free	Amy Hays	15	21:00.55	1500 M Free	Jackie Marr	10	25:07.09
50 M Back	Monica Bailey	11	35.64	50 M Back	Cecilia McCloskey	16	37.22
100 M Back	Monica Bailey	11	1:18.67	100 M Back	Cecilia McCloskey	16	1:21.35
200 M Back	Monica Bailey	11	2:47.84	200 M Back	Cecilia McCloskey	16	2:58.81
50 M Brst	Kendal Jacobson	16	39.71	50 M Brst	Deb Coellner	16	43.75
100 M Brst	Kendal Jacobson	16	1:27.28	100 M Brst	Deb Coellner	16	1:40.40
200 M Brst	Kendal Jacobson	16	3:07.34	200 M Brst	Joann Leilich	08	3:34.59
50 M Fly	Susan Matherne	16	32.30	50 M Fly	Carolyn Boak	11	38.91
100 M Fly	Kristy Ditzler	15	1:15.70	100 M Fly	Cecilia McCloskey	16	1:23.40
200 M Fly	Elaine Fincham	05	2:58.47	200 M Fly	Carolyn Boak	10	3:22.14
200 M IM	Danielle Ogier	02	2:45.11	200 M IM	Cecilia McCloskey	16	3:02.20
400 M IM	Danielle Ogier	02	5:59.09	400 M IM	Carolyn Boak	10	6:37.45
<u>55-59</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>	<u>70-74</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>
50 M Free	Sue Massett-Murphy	13	29.68	50 M Free	Ann Vitt	16	40.22
100 M Free	Lynn Morrison	09	1:06.73	100 M Free	Carolyn Boak	15	1:19.45
200 M Free	Susan Ingraham	15	2:32.88	200 M Free	Carolyn Boak	15	2:53.32
400 M Free	Heidi Ernst	08	5:26.84	400 M Free	Carolyn Boak	15	6:09.66
800 M Free	Susan Ingraham	16	11:18.93	800 M Free	Vicki Buccino	16	16:18.20
1500 M Free	Heidi Ernst	11	21:45.29	1500 M Free	Sarah Kopsky	13	26:17.67
50 M Back	Monica Bailey	16	36.40	50 M Back	Sarah Kopsky	13	48.45
100 M Back	Debbie Loux	14	1:20.74	100 M Back	Sarah Kopsky	13	1:44.99
200 M Back	Debbie Loux	14	2:55.57	200 M Back	Vicki Buccino	16	4:30.95
50 M Brst	Krissy MacCurdy	10	42.02	50 M Brst	Joann Leilich	11	46.91
100 M Brst	Krissy MacCurdy	08	1:31.86	100 M Brst	Joann Leilich	09	1:38.78
200 M Brst	Krissy MacCurdy	11	3:22.15	200 M Brst	Joann Leilich	09	3:39.59
50 M Fly	Janie Cole	09	33.48	50 M Fly	Ida Hlavacek	12	55.60
100 M Fly	Susan Ingraham	16	1:18.42	100 M Fly	DeEtte Sauer	12	2:11.90
200 M Fly	Elaine Valdez	12	3:08.76	200 M Fly	DeEtte Sauer	12	4:43.42
200 M IM	Sally Dykstra	16	3:01.93	200 M IM	Barbara Zaremski	10	4:32.90
400 M IM	Monica Bailey	16	6:21.91	400 M IM	Barbara Zaremski	10	9:21.13
<u>60-64</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>	<u>75-79</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>
50 M Free	Janie Cole	13	31.99	50 M Free	Joann Leilich	14	43.82
100 M Free	Lynn Morrison	15	1:08.42	100 M Free	Georgia Goggin	05	1:58.74
200 M Free	Heidi Ernst	15	2:43.44	200 M Free	Joann Leilich	15	3:40.14
400 M Free	Heidi Ernst	15	5:45.70	400 M Free	DeEtte Sauer	16	8:10.51
800 M Free	Heidi Ernst	15	11:36.65	800 M Free	Patricia Arnold	16	18:17.24
1500 M Free	Jackie Marr	06	23:39.81	1500 M Free	Patricia Arnold	16	39:04.91
50 M Back	Elaine Valdez	16	39.29	50 M Back	Georgia Goggin	05/08	1:04.32
100 M Back	Sarah Kopsky	03	1:35.16	100 M Back	Georgia Goggin	08	2:25.55
200 M Back	Susan Holland	15	3:16.06	200 M Back	Georgia Goggin	05	5:14.01
50 M Brst	Krissy MacCurdy	12	42.08	50 M Brst	Joann Leilich	14	47.10
100 M Brst	Krissy MacCurdy	12	1:31.11	100 M Brst	Joann Leilich	14	1:43.62
200 M Brst	Krissy MacCurdy	12	3:20.45	200 M Brst	Joann Leilich	14	3:40.84
50 M Fly	Elaine Valdez	16	34.58	50 M Fly	DeEtte Sauer	16	1:00.37
100 M Fly	Elaine Valdez	16	1:21.55	100 M Fly	DeEtte Sauer	16	2:16.06
200 M Fly	Elaine Valdez	16	3:07.36	200 M Fly	DeEtte Sauer	16	5:01.70
200 M IM	Krissy MacCurdy	12	3:03.05	200 M IM	Joann Leilich	15	3:57.43
400 M IM	Bess Hilpert	15	6:39.31	400 M IM			

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<u>80-84</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>
50 M Free	Georgia Goggin	09	51.72
100 M Free	Georgia Goggin	10	2:05.24
200 M Free	Georgia Goggin	09	4:56.45
400 M Free	June Baima	15	10:59.04
800 M Free	June Callaway	14	22:29.58
1500 M Free			
50 M Back	Georgia Goggin	09	1:05.29
100 M Back	Georgia Goggin	09	2:25.87
200 M Back	Georgia Goggin	09	5:15.91
50 M Brst	Georgia Goggin	09	1:10.96
100 M Brst	Georgia Goggin	09	2:37.78
200 M Brst	Georgia Goggin	09	5:56.15
50 M Fly			
100 M Fly			
200 M Fly			
200 M IM			
400 M IM			

<u>85-89</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>
50 M Free			
100 M Free	Georgia Goggin	14	2:24.66
200 M Free			
400 M Free			
800 M Free			
1500 M Free			
50 M Back	Georgia Goggin	14	1:13.08
100 M Back			
200 M Back			
50 M Brst	Georgia Goggin	14	1:21.54
100 M Brst			
200 M Brst	Georgia Goggin	14	6:51.41
50 M Fly			
100 M Fly			
200 M Fly			
200 M IM			
400 M IM			

<u>90-94</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>
50 M Free	Sara Sievert	16	1:23.37
100 M Free			
200 M Free			
400 M Free			
800 M Free			
1500 M Free			
50 M Back	Sara Sievert	16	1:29.55
100 M Back	Sara Sievert	16	3:01.29
200 M Back			
50 M Brst			
100 M Brst			
200 M Brst			
50 M Fly			
100 M Fly			
200 M Fly			
200 M IM			
400 M IM			