

Minnesota Swimming  
**STATE RECORDS**  
 Long Course Meters  
 Updated: March 29, 2024

10 & UNDER GIRLS			EVENTS			10 & UNDER BOYS		
:29.52	YVONNE JIA	EDI 2014	<b>50 Free</b>	:27.71	KRIS HUMPHRIES	FOXJ	1995	
1:04.72	KATARINA SISOMBATH	NSAC 2013	<b>100 Free</b>	1:02.39	KRIS HUMPHRIES	FOXJ	1995	
2:24.22	YVONNE JIA	EDI 2014	<b>200 Free</b>	2:22.75	HENRY WEBB	EDI	2017	
5:00.83	ALLIE HATHAWAY	ROC 2015	<b>400 Free</b>	4:59.56	HENRY WEBB	EDI	2017	
:32.92	KATARINA SISOMBATH	NSAC 2013	<b>50 Back</b>	:33.24	KRIS HUMPHRIES	FOXJ	1995	
1:10.30	REGAN SMITH	STRM 2012	<b>100 Back</b>	1:14.86	KRIS HUMPHRIES	FOXJ	1995	
:36.79	OLIVIA ANDERSON	AQJT 2007	<b>50 Breast</b>	:37.03	KERRY MENG-LIN	ROC	2014	
1:20.45	OLIVIA ANDERSON	AQJT 2008	<b>100 Breast</b>	1:23.15	HAYDEN ZHENG	AQJT	2013	
:31.56	REGAN SMITH	STRM 2012	<b>50 Fly</b>	:31.32	KRIS HUMPHRIES	FOXJ	1995	
1:11.06	REGAN SMITH	STRM 2012	<b>100 Fly</b>	1:12.93	KRIS HUMPHRIES	FOXJ	1995	
2:39.27	ALLIE HATHAWAY	ROC 2015	<b>200 IM</b>	2:36.27	KRIS HUMPHRIES	FOXJ	1995	
2:07.13	AQUAJETS SWIM TEAM Mitchell, E.Jones, Wickersham, Holinka	AQJT 2014	<b>200 Free Relay</b>	2:05.94	AQUAJETS SWIM TEAM J. Brown, Pan, Topalof, Zheng	AQJT	2013	
2:22.52	AQUAJETS SWIM TEAM E.Jones, Chabica, E.Sundal, Holinka	AQJT 2014	<b>200 Med Relay</b>	2:21.93	AQUAJETS SWIM TEAM Breazeale, Xue, Newton, D. Shelstad	AQJT	2017	
11-12 GIRLS			EVENTS			11-12 BOYS		
:27.41	YVONNE JIA	EDI 2016	<b>50 Free</b>	:25.89	ANDREW TREPANIER	STRM	2013	
:59.60	TRINA RADKE	FOXJ 1983	<b>100 Free</b>	:55.66	ANDREW TREPANIER	STRM	2013	
2:11.70	LAUREN MOELLER	STRM 2017	<b>200 Free</b>	2:06.56	JAMES PAN	AQJT	2016	
4:36.22	TRINA RADKE	FOXJ 1983	<b>400 Free</b>	4:27.80	ROMAN BECICKA	NLA	2003	
9:41.45	KAIA CASEY	WOLF 2023	<b>800 Free</b>	9:26.93	ALBERTO OREJUELA	WOLF	2009	
18:27.86	KAIA CASEY	WOLF 2023	<b>1500 Free</b>	17:56.90	JARUI XUE	AQJT	2019	
:30.59	REGAN SMITH	STRM 2013	<b>50 Back</b>	:29.05	ANDREW TREPANIER	STRM	2013	
1:04.20	REGAN SMITH	STRM 2014	<b>100 Back</b>	1:03.35	ANDREW TREPANIER	STRM	2013	
2:21.60	REGAN SMITH	STRM 2014	<b>200 Back</b>	2:20.23	SHANE BLINKMAN	HASA	2013	
:33.33	OLIVIA ANDERSON	AQJT 2009	<b>50 Breast</b>	:32.34	JAMES PAN	AQJT	2016	
1:13.96	OLIVIA ANDERSON	AQJT 2009	<b>100 Breast</b>	1:11.16	HAYDEN ZHENG	AQJT	2015	
2:45.42	JENNA MARQUETTE	LTMN 2015	<b>200 Breast</b>	2:35.05	HAYDEN ZHENG	AQJT	2015	
:28.32	CLAIRE REINKE	HURR 2018	<b>50 Fly</b>	:27.24	ANDREW TREPANIER	STRM	2013	
1:05.22	CLAIRE REINKE	HURR 2018	<b>100 Fly</b>	1:01.40	ANDREW TREPANIER	STRM	2013	
2:25.48	BRECKEN MERKEL	EDI 2015	<b>200 Fly</b>	2:23.73	JACOB DAVIDSON	ROC	2007	
2:27.75	ALLIE HATHAWAY	ROC 2016	<b>200 IM</b>	2:19.18	SHANE BLINKMAN	HASA	2013	
	YVONNE JIA	EDI 2016						
5:16.85	MADELINE SCHRANK	WOLF 2018	<b>400 IM</b>	5:09.72	HAYDEN ZHENG	AQJT	2015	
1:54.02	AQUAJETS SWIM TEAM Long, Pierson, Bixby, Nelson	AQJT 2018	<b>200 Free Relay</b>	1:51.96	AQUAJETS SWIM TEAM Long, M.Jones, Walker, Pan	AQJT	2016	
4:11.92	AQUAJETS SWIM TEAM Holinka, E. Jones, Williams, A. Kapeller	AQJT 2015	<b>400 Free Relay</b>	4:02.02	AQUAJETS SWIM TEAM Pan, Long, M. Jones, Walker	AQJT	2016	
2:06.61	AQUAJETS SWIM TEAM Pederson, Buss, Benedict, Long	AQJT 2017	<b>200 Med Relay</b>	2:03.82	AQUAJETS SWIM TEAM Demidov, Zheng, Pan, Topalof	AQJT	2015	
4:39.13	AQUAJETS SWIM TEAM Thorne, Anderson, Coolidge, Evensen	AQJT 2009	<b>400 Med Relay</b>	4:34.50	AQUAJETS SWIM TEAM Demidov, Zheng, Pan, Brown	AQJT	2015	

Minnesota Swimming  
**STATE RECORDS**  
 Long Course Meters  
 Updated: March 29, 2024

13-14 GIRLS				EVENTS		13-14 BOYS			
:25.96	RACHEL WITTMER	AQJT	2013	<b>50 Free</b>	:24.11	ANDREW TREPANIER	STRM	2015	
:56.88	REGAN SMITH	RIPT	2016	<b>100 Free</b>	:53.17	ANDREW TREPANIER	STRM	2015	
2:01.98	REGAN SMITH	RIPT	2016	<b>200 Free</b>	1:55.81	WILLIAM WHITTINGTON	SCSC	2018	
4:24.39	KATY DOOLEY	FOXJ	1981	<b>400 Free</b>	4:09.25	WILLIAM WHITTINGTON	SCSC	2018	
9:03.75	KATY DOOLEY	FOXJ	1981	<b>800 Free</b>	8:36.21	WILLIAM WHITTINGTON	SCSC	2018	
17:11.41	KATY DOOLEY	FOXJ	1981	<b>1500 Free</b>	16:31.68	JARUI XUE	AQJT	2021	
1:00.26	REGAN SMITH	RIPT	2016	<b>100 Back</b>	:59.06	SHANE BLINKMAN	HASA	2015	
2:11.41	REGAN SMITH	RIPT	2016	<b>200 Back</b>	2:03.33	PETER LARSON	EDI	2016	
1:11.26	CATHERINE PAWLASKI	EDI	2022	<b>100 Breast</b>	1:06.37	HAYDEN ZHENG	AQJT	2017	
2:35.89	CATHERINE PAWLASKI	EDI	2022	<b>200 Breast</b>	2:22.65	VAN DONKERSGOED	AQJT	2008	
1:00.43	REGAN SMITH	RIPT	2016	<b>100 Fly</b>	:57.52	JOSHUA WITHERS	FOXJ	2014	
2:12.90	REGAN SMITH	RIPT	2016	<b>200 Fly</b>	2:08.64	TOM MALCHOW	STAR	1991	
2:16.28	REGAN SMITH	RIPT	2015	<b>200 IM</b>	2:08.50	HAYDEN ZHENG	AQJT	2017	
5:00.73	MEGAN HUTCHINS	RIPT	2019	<b>400 IM</b>	4:40.75	HAYDEN ZHENG	AQJT	2017	
1:47.60	EDINA SWIM CLUB C Pawlaski, A Biegler, E Alberts, L McCarthy	EDI	2022	<b>200 Free Relay</b>	1:40.15	AQUAJETS SWIM TEAM Ploof, Xue, Witte, Webb	AQJT	2021	
3:58.51	AQUAJETS SWIM TEAM Litteken, E.McCarthy, J. Wentzel, R.Jones	AQJT	2014	<b>400 Free Relay</b>	3:36.01	AQUAJETS SWIM TEAM Ploof, Xue, Witte, Webb	AQJT	2021	
8:41.99	EDINA SWIM CLUB Merkel, Erickson, Jia, Anderle	EDI	2017	<b>800 Free Relay</b>	8:10.12	AQUAJETS SWIM TEAM Xue, Ploof, Witte, Webb	AQJT	2021	
1:58.34	AQUAJETS SWIM TEAM Z. Avestruz, M. Preiss, B. Thorne, R. Wittmer	AQJT	2012	<b>200 Med Relay</b>	1:50.44	AQUAJETS SWIM TEAM Carr, Witte, Ploof, Webb	AQJT	2021	
4:24.10	AQUAJETS SWIM TEAM Rabb, Allingham, A. Wentzel, Luedke	AQJT	2021	<b>400 Med Relay</b>	4:01.99	AQUAJETS SWIM TEAM Xue, Witte, Ploof, Webb	AQJT	2021	
15-16 GIRLS				EVENTS		15-16 BOYS			
:25.35	CAROLINE LARSEN	FOXJ	2023	<b>50 Free</b>	:23.22	CONNER HOGAN	HTSC	2022	
:56.07	CAROLINE LARSEN	FOXJ	2023	<b>100 Free</b>	:51.67	PETER LARSON	EDI	2017	
2:00.36	REGAN SMITH	RIPT	2019	<b>200 Free</b>	1:52.29	PETER LARSON	EDI	2017	
4:14.34	REGAN SMITH	RIPT	2018	<b>400 Free</b>	4:01.23	JARUI XUE	AQJT	2023	
8:53.68	HEIDI GEORGE	GOPH	1992	<b>800 Free</b>	8:15.42	JARUI XUE	AQJT	2023	
16:50.90	HEIDI GEORGE	GOPH	1992	<b>1500 Free</b>	15:45.66	JARUI XUE	AQJT	2023	
:58.83	REGAN SMITH	RIPT	2018	<b>100 Back</b>	:56.19	PETER LARSON	EDI	2018	
2:06.43	REGAN SMITH	RIPT	2018	<b>200 Back</b>	2:00.80	PETER LARSON	EDI	2018	
1:09.01	OLIVIA ANDERSON	AQJT	2013	<b>100 Breast</b>	1:02.32	HAYDEN ZHENG	AQJT	2019	
2:31.80	ABBY DUNCAN	AQJT	2009	<b>200 Breast</b>	2:16.28	HAYDEN ZHENG	AQJT	2019	
:58.59	REGAN SMITH	RIPT	2018	<b>100 Fly</b>	:54.92	DREW PLOOF	AQJT	2023	
2:07.42	REGAN SMITH	RIPT	2018	<b>200 Fly</b>	2:02.57	TOM MALCHOW	STAR	1993	
2:15.85	REGAN SMITH	RIPT	2017	<b>200 IM</b>	2:06.14	HAYDEN ZHENG	AQJT	2019	
4:49.13	KATIE MCCARTHY	EDI	2021	<b>400 IM</b>	4:29.74	JOHNTHOMAS LARSON	EDI	2015	
1:44.55	AQUAJETS SWIM TEAM Avestruz, C.Evensen, E. Wittmer, K. Grobe	AQJT	2013	<b>200 Free Relay</b>	1:36.37	MINNETONKA SWIM CLUB Shelstad, Dewitt, Witte, Jabs	MTKA	2023	
3:49.70	AQUAJETS SWIM TEAM C. Evensen, Avestruz, E. Wittmer, K. Grobe	AQJT	2013	<b>400 Free Relay</b>	3:35.43	AQUAJETS SWIM TEAM Webb, Carr, Xue, Ploof	AQJT	2022	
8:27.74	AQUAJETS SWIM TEAM Whiting, E. Wittner, B. Thorne, C. Evensen	AQJT	2013	<b>800 Free Relay</b>	7:53.21	AQUAJETS SWIM TEAM Webb, Carr, March, Xue	AQJT	2022	
1:54.41	AQUAJETS SWIM TEAM Avestruz, O. Anderson, B. Thorne, K. Grobe	AQJT	2013	<b>200 Med Relay</b>	1:47.21	AQUAJETS SWIM TEAM Foster, Donkersgoed, Boston, Hovey	AQJT	2010	
4:11.39	AQUAJETS SWIM TEAM Avestruz, O. Anderson, B. Thorne, K. Grobe	AQJT	2013	<b>400 Med Relay</b>	3:55.99	SOUTH METRO STORM E. Kosin, C. Krance, K. Cheung, G. Bouchee	STRM	2022	

Minnesota Swimming  
**STATE RECORDS**  
 Long Course Meters  
 Updated: March 29, 2024

17-18 GIRLS			EVENTS			17-18 BOYS		
:25.18	CAROLINE LARSEN	FOXJ	2023	<b>50 Free</b>	:23.19	PETER LARSON	EDI	2018
:55.36	CAROLINE LARSEN	FOXJ	2023	<b>100 Free</b>	:49.84	BOWEN BECKER	U of M	2016
1:58.44	REGAN SMITH	RIPT	2019	<b>200 Free</b>	1:50.19	JACK DAHLGREN	AQJT	2018
4:10.33	REGAN SMITH	RIPT	2019	<b>400 Free</b>	3:52.99	JOHNTHOMAS LARSON	EDI	2017
8:44.15	OLGA SPLICHALOVA	TWIN	1994	<b>800 Free</b>	8:13.58	JOHNTHOMAS LARSON	EDI	2017
16:40.62	OLGA SPLICHALOVA	TWIN	1994	<b>1500 Free</b>	15:38.14	JARUI XUE	AQJT	2024
:57.57	REGAN SMITH	RIPT	2019	<b>100 Back</b>	:55.55	PETER LARSON	EDI	2018
2:03.35	REGAN SMITH	RIPT	2019	<b>200 Back</b>	1:59.24	PETER LARSON	EDI	2018
1:08.99	LINDSEY HOREJSI	MAN	2015	<b>100 Breast</b>	1:01.24	CHARLIE EGELAND	AQJT	2023
2:29.65	LINDSEY HOREJSI	MAN	2015	<b>200 Breast</b>	2:15.50	CHARLIE EGELAND	AQJT	2022
:57.34	REGAN SMITH	RIPT	2019	<b>100 Fly</b>	:54.47	MARTIN ZIELINSKI	GOPH	1994
2:06.39	REGAN SMITH	RIPT	2020	<b>200 Fly</b>	1:59.10	JACK DAHLGREN	AQJT	2018
2:13.18	REGAN SMITH	RIPT	2020	<b>200 IM</b>	2:04.92	CHARLIE EGELAND	AQJT	2022
4:47.31	KATIE McCARTHY	EDI	2023	<b>400 IM</b>	4:26.22	MATTHEW MORTENSON	RIPT	2023
1:45.71	AQUAJETS SWIM TEAM B. Thorne, C. Evenson, Donlin, Avestruz	AQJT	2015	<b>200 Free Relay</b>	1:35.67	AQUAJETS SWIM TEAM Becker, Taft, Thurk, McGuirk	AQJT	2022
3:53.71	AQUAJETS SWIM TEAM C. Evenson, Donlin, B. Thorne, Avestruz	AQJT	2015	<b>400 Free Relay</b>	3:31.46	SOUTH METRO STORM Dwyer, Kraft, Skinner, Trepanier	STRM	2018
8:27.47	AQUAJETS SWIM TEAM K. Zubar, C. Kane, Paulson, Schilling	AQJT	2013	<b>800 Free Relay</b>	7:47.18	TEAM FOXJET Carlson, Kennedy, Crees, Solfelt	FOXJ	2006
1:57.14	AQUAJETS SWIM TEAM Avestruz, Norton, Le, Evenson	AQJT	2015	<b>200 Med Relay</b>	1:45.16	AQUAJETS SWIM TEAM Dahlgren, J. Shelstad, Gessner, J. Greenberg	AQJT	2017
4:19.42	AQUAJETS SWIM TEAM Avestruz, Norton, B. Thorne, C. Evenson	AQJT	2015	<b>400 Med Relay</b>	3:49.60	AQUAJETS SWIM TEAM Pan, Zheng, Deng, Brown	AQJT	2021

  

15-18 GIRL			EVENTS			15-18 BOYS		
1:44.55	AQUAJETS SWIM TEAM Avestruz, C. Evansen, E. Wittmer, Grobe	AQJT	2013	<b>200 Free Relay</b>	1:34.16	AQUAJETS SWIM TEAM Logue, Egeland, Ploof, Webb	AQJT	2023
3:49.70	AQUAJETS SWIM TEAM C. Evansen, Avestruz, E. Wittmer, Grobe	AQJT	2013	<b>400 Free Relay</b>	3:26.76	AQUAJETS SWIM TEAM J. Greenberg, Back, Dahlgren, Schilling	AQJT	2016
8:21.14	RIPTIDE SWIM TEAM Bonneville, Passe, Randall, Hall	RIPT	2021	<b>800 Free Relay</b>	7:36.72	AQUAJETS SWIM TEAM Ploof, Egeland, Xue, Webb	AQJT	2023
1:54.41	AQUAJETS SWIM TEAM Avestuz, Anderson, Thorne, Grobe	AQJT	2013	<b>200 Med Relay</b>	1:42.07	AQUAJETS SWIM TEAM Logue, Egeland, Ploof, Webb	AQJT	2023
4:08.67	AQUAJETS SWIM TEAM R. Bootsma, Duncan, Cummings, Behrens	AQJT	2009	<b>400 Med Relay</b>	3:42.14	AQUAJETS SWIM TEAM Logue, Egeland, Ploof, Webb	AQJT	2023

Minnesota Swimming  
**STATE RECORDS**  
 Long Course Meters  
 Updated: March 29, 2024

SENIOR GIRLS		EVENTS			SENIOR BOYS			
:25.18	CAROLINE LARSEN	FOXJ	2023	<b>50 Free</b>	:22.23	BOWEN BECKER	U of M	2017
:55.23	REGAN SMITH	RIPT	2021	<b>100 Free</b>	:49.32	BOWEN BECKER	U of M	2017
1:58.44	REGAN SMITH	RIPT	2019	<b>200 Free</b>	1:49.16	ANDREW GRAY	EDI	2022
4:10.33	REGAN SMITH	RIPT	2019	<b>400 Free</b>	3:52.99	JOHNTHOMAS LARSON	EDI	2017
8:42.28	KIERA JANZEN	MINN	2015	<b>800 Free</b>	8:13.58	JOHNTHOMAS LARSON	EDI	2017
16:40.62	OLGA SPLICHALOVA	TWIN	1994	<b>1500 Free</b>	15:38.14	JARUI XUE	AQJT	2024
:57.57	REGAN SMITH	RIPT	2019	<b>100 Back</b>	:52.98	DAVID PLUMMER	MTKA	2012
2:03.35	REGAN SMITH	RIPT	2019	<b>200 Back</b>	1:59.24	PETER LARSON	EDI	2018
1:07.94	HALEY SPENCER	MINN	2015	<b>100 Breast</b>	1:00.83	CONNER MC HUGH	U of M	2017
2:27.44	HALEY SPENCER	U of M	2015	<b>200 Breast</b>	2:12.47	CONNER MC HUGH	U of M	2017
:57.34	REGAN SMITH	RIPT	2020	<b>100 Fly</b>	:53.63	ANDREW GRAY	EDI	2022
2:05.30	REGAN SMITH	RIPT	2021	<b>200 Fly</b>	1:57.39	TOM MALCHOW	STAR	1996
2:13.18	REGAN SMITH	RIPT	2020	<b>200 IM</b>	2:03.32	ADAM MITCHELL	MINN	2004
4:47.31	KATIE MCCARTHY	EDI	2023	<b>400 IM</b>	4:25.18	ALEX WOLD	MINN	2007
1:44.05	FOXJETS SWIM TEAM F. Larsen, P. Moreen, C. Larsen, C. Kessens	FOXJ	2023	<b>200 Free Relay</b>	1:33.28	AQUAJETS SWIM TEAM Schilling, J. Shelstad, Dahlgren, J. Greenberg	AQJT	2017
3:46.71	MINNESOTA AQUATICS Busack, Davies, Braun, Radecke,	MINN	2009	<b>400 Free Relay</b>	3:26.76	AQUAJETS SWIM TEAM J. Greenberg, Back, J. Dahlgren, Schilling	AQJT	2016
8:07.68	MINNESOTA AQUATICS Jennings, Braun, Davies, Busack	MINN	2009	<b>800 Free Relay</b>	7:36.72	AQUAJETS SWIM TEAM Ploof, Egeland, Xue, Webb	AQJT	2023
1:54.41	AQUAJETS SWIM TEAM Avestruz, O. Anderson, B. Thorne, K. Grobe	AQJT	2013	<b>200 Med Relay</b>	1:42.07	AQUAJETS SWIM TEAM Logue, Egeland, Ploof, Webb	AQJT	2023
4:08.67	AQUAJETS SWIM TEAM R.Bootsma, Duncan, Cummings, Behrens	AQJT	2009	<b>400 Med Relay</b>	3:42.14	AQUAJETS SWIM TEAM Logue, Egeland, Ploof, Webb	AQJT	2023