

Minnesota Swimming
STATE RECORDS
 Long Course Meters
 Updated: August 25, 2025

10 & UNDER GIRLS				EVENTS		10 & UNDER BOYS		
:29.52	YVONNE JIA	EDI	2014	50 Free	:27.71	KRIS HUMPHRIES	FOXJ	1995
1:04.72	KATARINA SISOMBATH	NSAC	2013	100 Free	1:02.39	KRIS HUMPHRIES	FOXJ	1995
2:24.22	YVONNE JIA	EDI	2014	200 Free	2:22.75	HENRY WEBB	EDI	2017
5:00.83	ALLIE HATHAWAY	ROC	2015	400 Free	4:59.56	HENRY WEBB	EDI	2017
:32.92	KATARINA SISOMBATH	NSAC	2013	50 Back	:33.24	KRIS HUMPHRIES	FOXJ	1995
1:10.30	REGAN SMITH	STRM	2012	100 Back	1:14.55	DENNIS DEMIDOV	AQJT	2022
:36.79	OLIVIA ANDERSON	AQJT	2007	50 Breast	:37.03	KERRY MENG-LIN	ROC	2014
1:20.45	OLIVIA ANDERSON	AQJT	2008	100 Breast	1:23.15	HAYDEN ZHENG	AQJT	2013
:31.56	REGAN SMITH	STRM	2012	50 Fly	:31.32	KRIS HUMPHRIES	FOXJ	1995
1:11.06	REGAN SMITH	STRM	2012	100 Fly	1:12.93	KRIS HUMPHRIES	FOXJ	1995
2:39.27	ALLIE HATHAWAY	ROC	2015	200 IM	2:36.27	KRIS HUMPHRIES	FOXJ	1995
2:07.13	AQUAJETS SWIM TEAM Mitchell, E.Jones, Wickersham, Holinka	AQJT	2014	200 Free Relay	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	200 Med Relay	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	50 Free	:25.89	ANDREW TREPANIER	STRM	2013
:59.60	TRINA RADKE	FOXJ	1983	100 Free	:55.66	ANDREW TREPANIER	STRM	2013
2:11.70	LAUREN MOELLER	STRM	2017	200 Free	2:05.59	ELLIOT LEASURE	RSC	2024
4:36.22	TRINA RADKE	FOXJ	1983	400 Free	4:26.50	ELLIOT LEASURE	RSSC	2024
9:41.45	KAIA CASEY	WOLF	2023	800 Free	9:26.93	ALBERTO OREJUELA	WOLF	2009
18:14.92	MARIN HITZEMAN	EDI	2024	1500 Free	17:56.90	JIARUI XUE	AQJT	2019
:30.59	REGAN SMITH	STRM	2013	50 Back	:28.73	ELLIOT LEASURE	RSC	2024
1:04.20	REGAN SMITH	STRM	2014	100 Back	1:01.25	ELLIOT LEASURE	RSC	2024
2:21.60	REGAN SMITH	STRM	2014	200 Back	2:13.21	ELLIOT LEASURE	RSC	2024
:33.33	OLIVIA ANDERSON	AQJT	2009	50 Breast	:32.34	JAMES PAN	AQJT	2016
1:13.96	OLIVIA ANDERSON	AQJT	2009	100 Breast	1:11.16	HAYDEN ZHENG	AQJT	2015
2:45.42	JENNA MARQUETTE	LTMN	2015	200 Breast	2:35.05	HAYDEN ZHENG	AQJT	2015
:28.32	CLAIRE REINKE	HURR	2018	50 Fly	:27.24	ANDREW TREPANIER	STRM	2013
1:05.22	CLAIRE REINKE	HURR	2018	100 Fly	1:01.40	ANDREW TREPANIER	STRM	2013
2:25.48	BRECKEN MERKEL	EDI	2015	200 Fly	2:19.47	ELLIOT LEASURE	RSC	2024
2:27.09	EVIE WOOD	HASA	2017	200 IM	2:19.18	SHANE BLINKMAN	HASA	2013
5:16.85	MADELINE SCHRANK	WOLF	2018	400 IM	4:56.25	ELLIOT LEASURE	RSC	2024
1:54.02	AQUAJETS SWIM TEAM Long, Pierson, Bixby, Nelson	AQJT	2018	200 Free Relay	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	400 Free Relay	4:05.44	AQUAJETS SWIM TEAM Jones, Long, Walker, Pan	AQJT	2016
2:06.61	AQUAJETS SWIM TEAM Pederson, Buss, Benedict, Long	AQJT	2017	200 Med Relay	2:03.82	AQUAJETS SWIM TEAM Demidov, Zheng, Pan, Topalof	AQJT	2015
4:39.13	AQUAJETS SWIM TEAM Thorne, Anderson, Coolidge, Evensen	AQJT	2009	400 Med Relay	4:34.50	AQUAJETS SWIM TEAM Demidov, Zheng, Pan, Brown	AQJT	2015

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13-14 GIRLS				EVENTS		13-14 BOYS		
:25.96	RACHEL WITTMER	AQJT	2013	50 Free	:23.99	DANTE FRAMKE	TUNA	2025
:56.88	REGAN SMITH	RIPT	2016	100 Free	:50.21	ERIC ERTL	DAT	1997
2:01.98	REGAN SMITH	RIPT	2016	200 Free	1:54.43	KAI JOYNER	RSC	2024
4:24.39	KATY DOOLEY	FOXJ	1981	400 Free	4:05.47	KAI JOYNER	RSC	2024
9:03.75	KATY DOOLEY	FOXJ	1981	800 Free	8:27.47	KAI JOYNER	RSC	2024
17:11.41	KATY DOOLEY	FOXJ	1981	1500 Free	16:15.37	KAI JOYNER	RSC	2024
:29.09	RACHEL BOOTSMA	AQJT	2008	50 Back	:27.38	DANTE FRAMKE	TUNA	2025
1:00.26	REGAN SMITH	RIPT	2016	100 Back	:57.78	ELLIOT LEASURE	RSC	2025
2:11.41	REGAN SMITH	RIPT	2016	200 Back	2:06.52	PETER LARSON	EDI	2016
:32.36	OLIVIA ANDERSON	AQJT	2008	50 Breast	:30.82	HAYDEN ZHENG	AQJT	2017
1:11.26	CATHERINE PAWLASKI	EDI	2022	100 Breast	1:06.37	JAMES PAN	AQJT	2018
2:35.89	CATHERINE PAWLASKI	EDI	2022	200 Breast	2:22.65	HAYDEN ZHENG	AQJT	2017
:28.17	RACHEL BOOTSMA	AQJT	2008	50 Fly	:26.26	VAN DONKERSGOED	AQJT	2008
1:00.41	SIGGY NYMO	AQJT	2024	100 Fly	:57.52	BRYSON HOUGAS	WEST	2025
2:12.90	REGAN SMITH	RIPT	2016	200 Fly	2:08.18	JOSHUA WITHERS	FOXJ	2014
2:16.28	REGAN SMITH	RIPT	2015	200 IM	2:08.50	ELLIOT LEASURE	RSC	2025
5:00.73	MEGAN HUTCHINS	RIPT	2019	400 IM	4:40.75	HAYDEN ZHENG	AQJT	2017
1:47.60	EDINA SWIM CLUB C Pawlaski, A Biegler, E Alberts, L McCarthy	EDI	2022	200 Free Relay	1:40.15	HAYDEN ZHENG	AQJT	2017
3:58.51	AQUAJETS SWIM TEAM Litteken, E. McCarthy, J. Wentzel, R. Jones	AQJT	2014	400 Free Relay	3:36.01	AQUAJETS SWIM TEAM Ploof, Xue, Witte, Webb	AQJT	2021
8:41.99	EDINA SWIM CLUB Merkel, Erickson, Jia, Anderle	EDI	2017	800 Free Relay	8:10.12	AQUAJETS SWIM TEAM Ploof, Xue, Witte, Webb	AQJT	2021
1:58.34	AQUAJETS SWIM TEAM Z. Avestruz, M. Preiss, B. Thorne, R. Wittmer	AQJT	2012	200 Med Relay	1:51.82	AQUAJETS SWIM TEAM Xue, Ploof, Witte, Webb	AQJT	2021
4:24.10	AQUAJETS SWIM TEAM Rabb, Allingham, A. Wentzel, Luedke	AQJT	2021	400 Med Relay	4:01.99	AQUAJETS SWIM TEAM Xue, Witte, Ploof, Webb	AQJT	2021

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15-16 GIRLS				EVENTS		15-16 BOYS		
:25.35	CAROLINE LARSEN	FOXJ	2023	50 Free	:23.22	CONNER HOGAN	HTSC	2022
:55.56	ADALYNN BIEGLER	EDI	2025	100 Free	:50.87	PETER LARSON	EDI	2018
2:00.36	REGAN SMITH	RIPT	2019	200 Free	1:50.81	KAI JOYNER	RSC	2025
4:14.34	REGAN SMITH	RIPT	2018	400 Free	3:56.67	KAI JOYNER	RSC	2025
8:53.68	HEIDI GEORGE	GOPH	1992	800 Free	8:15.42	JARUI XUE	AQJT	2023
16:50.90	HEIDI GEORGE	GOPH	1992	1500 Free	15:40.92	KAI JOYNER	RSC	2025
:27.85	REGAN SMITH	RIPT	2018	50 Back	:26.97	CONNER HOGAN	HTSC	2021
:58.83	REGAN SMITH	RIPT	2018	100 Back	:56.19	PETER LARSON	EDI	2018
2:06.43	REGAN SMITH	RIPT	2018	200 Back	2:00.80	PETER LARSON	EDI	2018
:31.49	OLIVIA ANDERSON	AQJT	2013	50 Breast	:29.59	COREY LAU	MTKA	2015
1:09.01	OLIVIA ANDERSON	AQJT	2013	100 Breast	1:02.32	HAYDEN ZHENG	AQJT	2019
2:31.80	ABBY DUNCAN	AQJT	2009	200 Breast	2:16.28	HAYDEN ZHENG	AQJT	2019
:27.06	CAROLINE LARSEN	FOXJ	2023	50 Fly	:25.06	JOSH WITHERS	EDI	2016
:58.59	REGAN SMITH	RIPT	2018	100 Fly	:54.34	MICAH DAVIS	AQJT	2024
2:07.42	REGAN SMITH	RIPT	2018	200 Fly	2:01.92	NATHAN CARR	AQJT	2024
2:15.85	REGAN SMITH	RIPT	2017	200 IM	2:06.14	HAYDEN ZHENG	AQJT	2019
4:49.13	KATIE McCARTHY	EDI	2021	400 IM	4:29.74	JOHNTHOMAS LARSON	EDI	2015
1:44.55	AQUAJETS SWIM TEAM Avestruz, C.Evensen, E. Wittmer, K. Grobe	AQJT	2013	200 Free Relay	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	400 Free Relay	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	800 Free Relay	7:51.65	EDINA SWIM CLUB Boyd, Nagel, Kishish, Allocco	EDI	2025
1:54.41	AQUAJETS SWIM TEAM Avestruz, O. Anderson, B. Thorne, K. Grobe	AQJT	2013	200 Med Relay	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	400 Med Relay	3:55.99	SOUTH METRO STORM E. Kosin, C. Krance, K. Cheung, G. Bouchee	STRM	2022

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17-18 GIRLS				EVENTS		17-18 BOYS		
:25.18	CAROLINE LARSEN	FOXJ	2023	50 Free	:22.31	BOWEN BECKER	UOFM	2016
:55.14	CAROLINE LARSEN	UN	2025	100 Free	:49.84	BOWEN BECKER	U of M	2016
1:58.44	REGAN SMITH	RIPT	2019	200 Free	1:50.19	JACK DAHLGREN	AQJT	2018
4:10.33	REGAN SMITH	RIPT	2019	400 Free	3:52.99	JOHNTHOMAS LARSON	EDI	2017
8:44.15	OLGA SPLICHALOVA	TWIN	1994	800 Free	8:02.69	LUKE BRENNAN	UOFM	2025
16:40.62	OLGA SPLICHALOVA	TWIN	1994	1500 Free	15:28.55	JIARUI XUE	AQJT	2025
:27.84	RACHEL BOOTSMA	AQJT	2012	50 Back	:25.88	LUKE LOGUE	AQJT	2022
:57.57	REGAN SMITH	RIPT	2019	100 Back	:55.55	PETER LARSON	EDI	2018
2:03.35	REGAN SMITH	RIPT	2019	200 Back	1:59.24	PETER LARSON	EDI	2018
:31.34	CAROLINE LARSEN	UN	2025	50 Breast	:28.24	CHARLIE EGELAND	AQJT	2023
1:08.82	LINDSEY HOREJSI	MAN	2016	100 Breast	1:01.24	CHARLIE EGELAND	AQJT	2023
2:29.65	LINDSEY HOREJSI	MAN	2015	200 Breast	2:14.81	MIKE BROWN	UOFM	2023
:26.75	CAROLINE LARSEN	FOXJ	2024	50 Fly	:24.30	MICAH DAVIS	AQJT	2025
:57.34	REGAN SMITH	RIPT	2019	100 Fly	:52.81	JACOB JOHNSON	UOFM	2025
2:06.39	REGAN SMITH	RIPT	2020	200 Fly	1:58.42	JACOB JOHNSON	UOFM	2025
2:13.18	REGAN SMITH	RIPT	2020	200 IM	2:02.76	RYAN SLONAC	UOFM	2024
4:47.31	KATIE MCCARTHY	EDI	2023	400 IM	4:25.04	JIARUI XUE	AQJT	2025
1:45.71	AQUAJETS SWIM TEAM B. Thorne, C. Evenson, Donlin, Avestruz	AQJT	2015	200 Free Relay	1:34.89	SOUTH METRO STORM Kosin, Beaudette, Redetzke, Trinh	STRM	2025
3:53.71	AQUAJETS SWIM TEAM C. Evenson, Donlin, B. Thorne, Avestruz	AQJT	2015	400 Free Relay	3:28.35	AQUAJETS SWIM TEAM Xue, Curran, Ploof, Davis	AQJT	2025
8:27.47	AQUAJETS SWIM TEAM K. Zubar, C. Kane, Paulson, Schilling	AQJT	2013	800 Free Relay	7:40.40	AQUAJETS SWIM TEAM Xue, Ploof, Curran, Davis	AQJT	2025
1:57.14	AQUAJETS SWIM TEAM Avestruz, Norton, Le, Evenson	AQJT	2015	200 Med Relay	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	400 Med Relay	3:49.35	AQUAJETS SWIM TEAM Xue, Hackler, Carr, Webb	AQJT	2024
15-18 GIRL				EVENTS		15-18 BOYS		
1:44.23	EDINA SWIM CLUB Biegler, Lamah, Pawlaski, McCarthy	EDI	2025	200 Free Relay	1:34.16	AQUAJETS SWIM TEAM Logue, Egeland, Ploof, Webb	AQJT	2023
3:48.79	EDINA SWIM CLUB Biegler, Cameron, Lamah, McCarthy	EDI	2025	400 Free Relay	3:26.76	AQUAJETS SWIM TEAM J. Greenberg, Back, Dahlgren, Schilling	AQJT	2016
8:13.55	EDINA SWIM CLUB Biegler, Lamah, Cameron, McCarthy	EDI	2025	800 Free Relay	7:36.72	AQUAJETS SWIM TEAM Ploof, Egeland, Xue, Webb	AQJT	2023
1:54.41	AQUAJETS SWIM TEAM Avestuz, Anderson, Thorne, Grobe	AQJT	2013	200 Med Relay	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	400 Med Relay	3:42.14	AQUAJETS SWIM TEAM Logue, Egeland, Ploof, Webb	AQJT	2023

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SENIOR GIRLS				EVENTS		SENIOR BOYS		
:25.18	CAROLINE LARSEN	FOXJ	2023	50 Free	:22.23	BOWEN BECKER	U of M	2016
:55.03	KATIE McLAUGHLIN	UN	2020	100 Free	:49.32	BOWEN BECKER	U of M	2017
1:58.28	KIERRA JANZEN	MINN	2013	200 Free	1:46.58	JACK DAHLGREN	AQJT	2025
4:07.63	ASHLEY WISE	MINN	2013	400 Free	3:47.32	BAR SOLOVEYCHIK	UOFM	2024
8:29.79	ASHLEY WISE	MINN	2013	800 Free	7:56.90	BAR SOLOVEYCHIK	UOFM	2024
16:07.79	ASHLEY WISE	UN	2013	1500 Free	15:16.96	CJ SMITH	MINN	2014
:27.84	RACHEL BOOTSMA	AQJT	2012	50 Back	:24.52	DAVID PLUMMER	MTKA	2013
:57.57	REGAN SMITH	RIPT	2019	100 Back	:52.98	DAVID PLUMMER	MTKA	2012
2:03.35	REGAN SMITH	RIPT	2019	200 Back	1:59.24	PETER LARSON	EDI	2018
:30.55	LINDSEY KOZELSKY	UOFM	2018	50 Breast	:27.25	MAX MC HUGH	UOFM	2021
1:06.62	KIERRA SMITH	UN	2017	100 Breast	:59.57	MAX MC HUGH	UOFM	2021
2:22.23	KIERRA SMITH	UN	2017	200 Breast	2:12.47	CONNER MC HUGH	U of M	2017
:26.75	CAROLINE LARSEN	FOXJ	2024	50 Fly	:24.12	DAVIDE HARABAGIU	UN	2024
:57.34	REGAN SMITH	RIPT	2020	100 Fly	:52.15	JACK DAHLGREN	AQJT	2025
2:05.30	REGAN SMITH	RIPT	2021	200 Fly	1:55.18	JACK DAHLGREN	AQJT	2025
2:12.64	KARLEE CARVER	UN	2016	200 IM	2:01.65	KAISER NEVERMAN	UOFM	2024
4:42.45	BROOKE ZIEGER	UOFM	2016	400 IM	4:16.75	ALEX WOLD	MINN	2009
1:44.05	FOXJETS SWIM TEAM F. Larsen, P. Moreen, C. Larsen, C. Kessens	FOXJ	2023	200 Free Relay	1:32.53	UNIVERSITY OF MINNESOTA Abdelwahab, Slonac, Hansen, Mychalowych	UOFM	2025
3:46.71	MINNESOTA AQUATICS Busack, Davies, Braun, Radecke,	MINN	2009	400 Free Relay	3:20.64	MINNESOTA AQUATICS Richards, Carlson, Miller, Wold	MINN	2009
8:07.68	MINNESOTA AQUATICS Jennings, Braun, Davies, Busack	MINN	2009	800 Free Relay	7:25.86	MINNESOTA AQUATICS Wold, Carlson, Miller, Solfelt	MINN	2009
1:54.41	AQUAJETS SWIM TEAM Avestruz, O. Anderson, B. Thorne, K. Grobe	AQJT	2013	200 Med Relay	1:39.63	AQUAJETS SWIM TEAM Donker, McHugh, Sachtjen, Farrer	UOFM	2021
4:08.67	AQUAJETS SWIM TEAM R.Bootsma, Duncan, Cummings, Behrens	AQJT	2009	400 Med Relay	3:42.14	AQUAJETS SWIM TEAM Logue, Egeland, Ploof, Webb	AQJT	2023