

RECORDS STATE

LC Meters-Women

8 & U	50 Free	36.90	1-Aug-83	MMSC ND	Suzie Helvig	
	100 Free	1:23.01	1-Aug-95	MMSC ND	Linzey Bachmeier	1995 ND LC State Championships
	50 Back	43.72	29-Jul-16	WFF ND	Addison Bjerke	2016 ND LC Championship
	100 Back	1:37.84	29-Jul-15	WFF	Addison Bjerke	2016 ND LC Championship
	50 Breast	46.51	27-Jul-12	AQST ND	Erin H. Palmer	2012 ND LC State Championships
	100 Breast	1:50.15	26-Jul-19	NLSA ND	Linnea K. Bruns	at 2019 ND LC Championship
	50 Fly	42.38	1-Aug-95	MMSC ND	Linzey Bachmeier	1995 ND LC State Championships
	100 Fly	1:35.61	28-Jul-19	NLSA ND	Grace Hamm	2019 ND LC Championship
10 & U	50 Free	30.94	25-Jul-14	AQST ND	Erin Palmer	2014 ND Long Course State Championships
	100 Free	1:10.53	25-Jul-14	AQST ND	Erin Palmer	2014 ND Long Course State Championships
	200 Free	2:33.62	27-Jul-01	GFY ND	Hannah Whitehead	2001 ND LC State Championships
	400 Free	5:20.08	30-Jul-10	MMSC ND	Alexis Ljunggren	2010 Long Course Championships
	50 Back	36.14	25-Jul-14	AQST ND	Erin Palmer	2014 ND Long Course State Championships
	100 Back	1:19.73	1-Aug-95	MMSC ND	Kristin Fiest	1995 ND LC State Championships
	50 Breast	39.76	29-Jul-11	WFF ND	Andie Peterson	2011 ND LC State Championships
	100 Breast	1:27.44	25-Jul-14	AQST ND	Erin Palmer	2014 ND Long Course State Championships
	50 Fly	34.86	26-Jul-02	MSC ND	Dagny A Knutson	2002 ND LC Championships
	100 Fly	1:18.18	1-Aug-97	BYST ND	Linzey Bachmeier	1997 ND LC State Championships
	200 IM	2:52.13	1-Aug-95	MMSC ND	Kristin Fiest	1995 ND LC State Championships
	200 Free Relay	2:22.75	28-Jul-17	MSC ND	MSC	Fricke, Osborn, Flaten, Wiliamson
	200 Medley Relay	2:41.48	1-Aug-91	BYSC ND	BISMARCK	J. Kindschi, K. Giese, L. Haunz, C. Peterson
11-12	50 Free	27.99	30-Jul-04	MSC ND	Dagny A. Knutson	2004 ND LC State Championships
	100 Free	1:01.59	30-Jul-04	MSC ND	Dagny A. Knutson	2004 ND LC State Championships
	200 Free	2:18.65	1-Aug-03	RRVY ND	Hannah Whitehead	2003 ND LC State Championships
	400 Free	4:47.64	1-Aug-03	RRVY ND	Hannah Whitehead	2003 ND LC State Championships
	800 Free	10:19.00	28-Jul-17	UNAT	Elsa Musselman	17 ND LC Championship
	1500 Free	20:16.52	26-Jul-19	NLSA ND	Arianna D. Hoff	2019 ND LC Championship
	50 Back	31.61	30-Jul-04	MSC ND	Dagny A. Knutson	2004 ND LC State Championships
	100 Back	1:09.74	30-Jul-04	MSC ND	Dagny A. Knutson	2004 ND LC State Championships
	200 Back	2:37.75	29-Jul-16	AQST ND	Erin Palmer	2016 ND LC State Championships
	50 Breast	37.02	1-Aug-97	MMSC ND	Kristen Fiest	1997 ND LC State Championships
	100 Breast	1:20.14	1-Aug-97	MMSC ND	Kristen Fiest	1997 ND LC State Championships
	200 Breast	3:03.16	24-Jul-15	MMSC ND	Mayson Sheldon	2015 ND LC State Championships
	50 Fly	30.45	30-Jul-04	MSC ND	Dagny A. Knutson	2004 ND LC State Championships
	100 Fly	1:07.69	30-Jul-04	MSC ND	Dagny A. Knutson	2004 ND LC State Championships
	200 Fly	2:47.73	29-Jul-16	MSC ND	Emily Brugman	2016 ND LC State Championship
	200 IM	2:33.36	30-Jul-04	MSC ND	Dagny A. Knutson	2004 ND LC State Championships
	400 IM	5:59.92	27-Jul-19	FMY ND	Addison Cerney	
	200 Free Relay	2:02.67	27-Jul-18	WFF ND	WEST FARGO FLYERS	T. Howell, E. Montplaisir, I. Markell, L. McDon
	200 Medley Relay	2:16.58	28-Jul-17	WFF ND	West Fargo Flyers	Bjerke, Potter, Howell, Triplett
12 & U	400 Free Relay	4:36.01	29-Jul-16	MSC ND	Minot Swim Club	Wolsky,Lang,Rist, Brugman
	400 Medley Relay	5:11.79	27-Jul-18	WFF ND	WEST FARGO FLYERS	L. McDonagh, E. Montplaisir, T. Howell, I. Mark
13-14	50 Free	27.35	28-Jul-17	AQST ND	Lexi Duchsherer	at 2017 ND LC Championship
	100 Free	59.47	30-Jul-04	MSC ND	Dagny Knutson	2004 ND LC State Championships
	200 Free	2:08.21	31-Jul-98	FMY ND	Heather Harris	1998 ND LC State Championships
	400 Free	4:35.04	1-Aug-99	RRVY ND	Alexis Ljunggren	2014 ND Long Course State Championships

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13-14	800 Free	9:23.76	30-Jul-04	RRVY ND	Hannah Whitehead	2004 ND LC State Championships
	1500 Free	18:17.54	27-Jul-13	RRVY ND	Alexis Ljunggren	2013 ND LC State Championship
	50 Back	31.30	24-Jul-15	AQST ND	Briana Rittenbach	2015 ND LC State Championships
	100 Back	1:07.19	24-Jul-15	AQST ND	Briana Rittenbach	2015 ND LC State Championships
	200 Back	2:26.96	24-Jul-15	AQST ND	Briana Rittenbach	2015 ND LC State Championships
	50 Breast	33.75	24-Jul-15	AQST ND	Carly Palmer	2015 ND LC State Championships
	100 Breast	1:16.25	25-Jul-15	AQST ND	Carly Palmer	2015 ND Long Course State Championships
	200 Breast	2:46.72	1-Aug-95	BYSC ND	Kate Giese	1995 ND LC State Championships
	50 Fly	29.74	27-Jul-19	RRV ND	Elsa Musselman	2019 ND LC Championship
	100 Fly	1:02.91	26-Jul-08	MSC ND	Dagny Knutson	2008 ND LC State Championships
	200 Fly	2:32.22	28-Jul-06	FMV ND	Lexie Halberstadt	2006 ND LC State Championships
	200 IM	2:27.33	28-Jul-06	MSC ND	Dagny Knutson	2006 ND LC State Championships
	400 IM	5:20.80	29-Jul-05	RRVY ND	Hannah L. Whitehead	2005 ND LC State Championships
	200 Free Relay	1:54.42	28-Jul-19	WFF ND	West Fargo Flyers	M. Shea, H. Potter, B. Triplett, T. Howell
	400 Free Relay	4:17.47	27-Jul-19	RRV ND	Red River Valley	M. Elseth, M. Uhlir, M. Schill, E. Musselman
	200 Medley Relay	2:08.28	25-Jul-15	AQST ND	Aquastorm	B Rittenbach; C Palmer; A Frank; O Bender
	400 Medley Relay	4:47.97	25-Jul-15	AQST ND	AQUASTORM	B. Rittenbach, C. Palmer, O Bender, I Vilhauer
15-16	50 Free	26.55	26-Jul-19	AQST ND	Lexi Duchsherer	2019 ND LC Championship
	100 Free	58.31	28-Jul-19	AQST ND	Lexi Duchsherer at 2019	ND LC Championship
	200 Free	2:08.14	29-Jul-16	RRV ND	Alexis Ljunggren	2016 ND LC State Championships
	400 Free	4:33.72	29-Jul-16	RRV ND	Alexis Ljunggren	2016 ND LC State Championships
	800 Free	9:39.33	27-Jul-12	RRVY ND	Katie Svendsen	2012 ND LC State Championships
	1500 Free	18:37.82	31-Jul-10	RRVY ND	Ali Church	2010 ND LC State Championships
	50 Back	30.67	28-Jul-17	AQST ND	Briana G. Rittenbach	at 2017 ND LC Championship
	100 Back	1:05.51	28-Jul-17	AQST ND	Briana G. Rittenbach	at 2017 ND LC Championship
	200 Back	2:25.20	28-Jul-17	AQST ND	Briana G. Rittenbach	at 2017 ND LC Championship
	50 Breast	35.05	28-Jul-17	JAWS ND	Taylor A. Bradley	at 2017 ND LC Championship
	100 Breast	1:15.41	24-Jul-15	AQST ND	Vanessa Herrmann	2015 ND LC Championship
	200 Breast	2:46.40	24-Jul-15	AQST ND	Vanessa Herrmann	2015 ND LC State Championships
	50 Fly	29.23	26-Jul-13	UNASK ND	Francesca Walker-Rozo	2013 ND LC State Championships
	100 Fly	1:05.65	29-Jul-11	WFF ND	Danica B. Dutt	2012 ND LC State Championships
	200 Fly	2:29.08	29-Jul-11	WFF ND	Danica B. Dutt	2011 ND LC State Championships
	200 IM	2:28.09	29-Jul-11	AQST ND	Danielle I. Bergeson	2011 ND LC State Championships
	400 IM	5:18.77	27-Jul-12	AQST ND	Danielle I. Bergeson	2012 ND LC State Championships
	200 Free Relay	1:52.32	27-Jul-13	NLSA ND	NLSA	B. Anderson, A. Gerdes, D. Dutt, K. Arends
	400 Free Relay	4:06.96	28-Jul-13	NLSA ND	NLSA	L. Arends, A. Gerdes, B. Anderson, D. Dutt
	200 Medley Relay	2:04.45	25-Aug-15	AQST ND	Aquastorm	D Bergeson; V Herrmann; T Sether; E Hepper
	400 Medley Relay	4:38.78	25-Jul-15	AQST ND	AQUASTORM	E Hepper, V Herrmann, T Sether, D Bergeson
17-18	50 Free	27.20	29-Jul-16	NLSA ND	Breah Anderson	16 ND LC State Championships
	100 Free	58.70	27-Jul-18	NLSA ND	Gracie Lingle at 2018	ND LC Championship
	200 Free	2:08.85	27-Jul-18	RRV ND	Alexis K. Ljunggren at 2018	ND LC Championship
	400 Free	4:29.86	27-Jul-18	RRV ND	Alexis K. Ljunggren at 2018	ND LC Championship
	800 Free	9:18.22	28-Jul-17	RRV ND	Alexis Ljunggren	17b ND LC State Championships
	1500 Free	17:45.47	27-Jul-18	RRV ND	Alexis K. Ljunggren at 2018	ND LC Championship
	50 Back	30.92	27-Jul-18	AQST ND	Briana G. Rittenbach at 2018	ND LC Championship
	100 Back	1:05.45	27-Jul-18	AQST ND	Briana G. Rittenbach at 2018	ND LC Championship
	200 Back	2:25.17	28-Jul-17	AQST ND	Emma Hepper	17 ND LC State Championships
	50 Breast	34.03	27-Jul-18	AQST ND	CARLY Palmer at 2018	ND LC Championship
	100 Breast	1:12.57	28-Jul-17	AQST ND	Vanessa L. Herrmann	at 2017 ND LC Championship
	200 Breast	2:42.31	28-Jul-17	AQST ND	Vanessa Herrmann	2017 ND LC State Championships

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17-18	50 Fly	28.71	29-Jul-11	UN	ND	Melissa K. Paakh	2011 ND LC State Championships
	100 Fly	1:04.15	26-Jul-13	NLSA	ND	Danica Dutt	2013 ND LC State Championships
	200 Fly	2:25.29	31-Jul-09	WFF	ND	Lexie Halberstadt	2009 ND LC State Championships
	200 IM	2:24.95	28-Jul-17	AQST	ND	Vanessa L. Herrmann	at 2017 ND LC Championship
	400 IM	5:04.50	27-Jul-18	AQST	ND	Vanessa L. Herrmann	at 2018 ND LC Championship
18 & U	800 Free Relay	8:52.22	27-Jul-18	AQST	ND	AQST	Hepper, Palmer, Herrmann, Rittenbach
Open	200 Free Relay	1:51.71	28-Jul-17	NLSA	ND	NLSA	Lingle, Winter, Lee, Anderson
	400 Free Relay	4:08.62	28-Jul-17	NLSA	ND	NLSA	Lingle, Anderson, Winter, Lee
	200 Medley Relay	2:05.96	28-Jul-17	NLSA	ND	NLSA	Lingle, Lee, Winter, Anderson
	400 Medley Relay	4:40.78	28-Jul-17	NLSA	ND	NLSA	Lingle, Lee, Winter, Anderson

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LC Meters-Men

8 & U	50 Free	34.96	1-Aug-08	WFF ND	Luke Bergstrom	2008 ND LC State Championships
	100 Free	1:18.85	1-Aug-08	WFF ND	Luke Bergstrom	2008 ND LC State Championships
	50 Back	42.01	30-Jul-04	BWST ND	Derek Meyer	2004 ND LC State Championships
	100 Back	1:35.82	27-Jul-19	WFF ND	Alan McDonagh	2019 ND LC Championship
	50 Breast	44.76	1-Aug-93	BYSC ND	Steven Steele	1993 ND LC State Championships
	100 Breast	1:45.24	24-Jul-15	MSC ND	Logan G. Hill	at 2015 ND Long Course State Championship
	50 Fly	41.39	3-Aug-07	FMY ND	Delton Gabel	2007 ND LC State Championships
	100 Fly	1:45.22	27-Jul-18	MSC ND	Charles Escobar	at 2018 ND LC Championship
10 & U	50 Free	31.98	28-Jul-06	BWST ND	Derek Meyer	2006 ND LC State Championships
	100 Free	1:12.16	27-Jul-12	ASK ND	Austin P. Aguirre	2012 ND LC State Championships
	200 Free	2:34.47	1-Aug-85	HST ND	Matt Schlessman	
	400 Free	5:37.28	26-Jul-19	WFF ND	Isaiah Ayers	2019 ND LC Championship
	50 Back	36.72	1-Aug-91	MMSC ND	Joey Schneider	
	100 Back	1:23.31	1-Aug-93	BYSC ND	Ryan Berreth	
	50 Breast	41.37	1-Aug-93	BYSC ND	Ryan Berreth	
	100 Breast	1:30.99	28-Jul-06	BWST ND	Derek J. Meyer	2008 ND LC State Championships
	50 Fly	35.50	1-Aug-73	FMY ND	Ken Davison	
	100 Fly	1:20.84	1-Aug-85	HST ND	Matt Schlessman	
	200 IM	2:55.44	1-Aug-85	HST ND	Matt Schlessman	
	200 Free Relay	2:21.03	1-Aug-93	MSC ND	MINOT	B. Skarsgard, S. Altringer, B. Stai, P. Shirek
	200 Medley Relay	2:48.41	1-Aug-93	MSC ND	MINOT	B. Stai, S. Altringer, B. Skarsgard, P. Shirek
11-12	50 Free	27.77	1-Aug-93	WET ND	Joey Schneider	1993 ND LC State Championships
	100 Free	1:01.78	29-Jul-16	MSC ND	Caleb Rist	2016 ND LC State Championships
	200 Free	2:16.96	29-Jul-16	AQST ND	Caleb Rist	2016 ND LC State Championships
	400 Free	4:53.16	1-Aug-83	BYSC ND	Doni Kashinejad	
	800 Free	11:07.77	27-Jul-19	NLSA ND	Drew Heckaman	2019 ND LC Championship
	1500 Free	21:52.17	26-Jul-19	NLSA ND	Drew Heckaman	2019 ND LC Championship
	50 Back	32.77	1-Aug-93	WET ND	Joey Schneider	
	100 Back	1:11.83	27-Jul-12	AQST ND	Eric Bergeson	2012 ND LC State Championships
	200 Back	2:37.97	27-Jul-12	AQST ND	Eric Bergeson	2012 ND LC State Championships
	50 Breast	34.75	3-Aug-07	BYSC ND	Ian Ballantyne	2007 ND LC State Championships
	100 Breast	1:16.51	3-Aug-07	BYSC ND	Ian Ballantyne	2007 ND LC State Championships
	200 Breast	2:52.79	28-Jul-19	MSC ND	Logan Hill	2019 ND LC Championship
	50 Fly	28.70	29-Jul-16	MSC ND	Caleb Rist	2016 ND LC State Championships
	100 Fly	1:06.41	29-Jul-16	MSC ND	Caleb Rist	2016 ND LC State Championships
	200 Fly	2:52.81	26-Jul-17	MSC ND	Logan Hill	2019 ND LC Championship
	200 IM	2:32.98	3-Aug-07	BYSC ND	Ian Ballantyne	2007 ND LC State Championships
	200 Free Relay	2:04.58	28-Jul-17	MSC ND	Minot Swim Club	
	200 Medley Relay	2:21.79	29-Jul-16	MSC ND	Minot Swim Club	Hill, VonBokern, Rist, Reinke
12 & U	400 Free Relay	4:46.70	28-Jul-17	MSC ND	Minot Swim Club	King, Roongin, Rist, VonBokern
	400 Medley Relay	5:26.09	29-Jul-16	MSC ND	Minot Swim Club	Hill, VonBokern, Reinke, Rist
13-14	50 Free	25.89	28-Jul-00	MSC ND	Matt Lowe	2000 ND LC State Championships
	100 Free	57.20	28-Jul-00	MSC ND	Matt Lowe	2000 ND LC State Championships
	200 Free	2:08.26	27-Jul-12	NLSA ND	Jared Norton	2012 ND LC State Championships
	400 Free	4:36.39	29-Jul-11	AQST ND	Loren B. Sether	2011 ND LC State Championships
	800 Free	9:35.13	31-Jul-09	WFF ND	Ethan Doll	2009 ND LC State Championships

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13-14	1500 Free	18:14.97	31-Jul-09	WFF ND	Ethan Doll	2009 ND LC State Championships
	50 Back	30.23	27-Jul-18	WFF ND	Vaughn D. Raimo at 2018 ND LC Championship	
	100 Back	1:04.73	31-Jul-09	BYST ND	Ian Ballantyne	2009 ND LC State Championships
	200 Back	2:21.92	31-Jul-09	BYSC ND	Ian Ballantyne	2009 ND LC State Championships
	50 Breast	32.87	31-Jul-09	BYSC ND	Ian Ballantyne	2009 ND LC State Championships
	100 Breast	1:10.50	28-Jul-00	MSC ND	Matt Lowe	
	200 Breast	2:34.37	28-Jul-00	MSC ND	Matt Lowe	
	50 Fly	27.46	28-Jul-17	MSC ND	Caleb Rist	2017 ND LC State Championships
	100 Fly	1:01.50	31-Jul-09	AQST ND	Ian Ballantyne	2009 ND LC State Championships
	200 Fly	2:22.99	27-Jul-18	MSC ND	Caleb Rist at 2018 ND LC Championship	
	200 IM	2:21.18	31-Jul-09	BYSC ND	Ian Ballantyne	2009 ND LC State Championships
	400 IM	5:09.27	27-Jul-12	NLSA ND	Jared W. Norton	2012 ND LC State Championships
	200 Free Relay	1:49.54	27-Jul-18	MSC ND	Minot YMCA Swim Club	A. King, L. VonBokern, K. Hill, C. Rist
	400 Free Relay	4:07.96	27-Jul-18	MSC ND	Minot YMCA Swim Club	A. King, K. Hill, L. VonBokern, C. Rist
	200 Medley Relay	2:05.26	25-Jul-15	AQST ND	AQUASTORM	C Koebele; J Porter; A Nodland; C Birnbaum
	400 Medley Relay	4:35.56	25-Jul-14	AQST ND	Aquastorm	C Koebele; J Porter; A Nodland; C Birnbaum
15-16	50 Free	24.50	26-Jul-19	NLSA ND	Eric Anderson	2019 ND LC State Championships
	100 Free	53.52	28-Jul-19	NLSA ND	Eric p. Anderson at 2019 ND LC Championship	
	200 Free	1:59.00	27-Jul-19	NLSA ND	Eric Anderson	2019 ND LC State Championships
	400 Free	4:20.49	29-Jul-11	AQST ND	Dylan L. Sether	2011 ND LC State Championships
	800 Free	9:14.90	28-Jul-17	AQST ND	Christopher Birnbsum	17 ND LC State Championships
	1500 Free	17:17.75	27-Jul-12	AQST ND	Loren B. Sether	2012 ND LC State Championships
	50 Back	28.78	28-Jul-19	WFF ND	Tristan Dawson	2019 ND LC State Championships
	100 Back	1:02.25	27-Jul-19	WFF ND	Tristan Dawson	2019 ND LC State Championships
	200 Back	2:18.53	26-Jul-19	WFF ND	Tristan Dawson	2019 ND LC Championship
	50 Breast	31.41	27-Jul-01	MSC ND	Matt Lowe	
	100 Breast	1:09.33	27-Jul-01	MSC ND	Matt Lowe	2001 ND LC State Championships
	200 Breast	2:31.10	27-Jul-12	AQST ND	Loren B. Sether	2012 ND LC State Championships
	50 Fly	26.49	28-Jul-17	AQST ND	Adam Nodland	2017 North Dakota LC Championship
	100 Fly	1:00.55	29-Jul-11	AQST ND	Dylan Sether	2011 ND LC State Championships
	200 Fly	2:11.94	29-Jul-11	AQST ND	Dylan L. Sether	2011 ND LC State Championships
	200 IM	2:16.31	29-Jul-11	AQST ND	Dylan L. Sether	2011 ND LC State Championships
	400 IM	4:49.29	29-Jul-11	AQST ND	Dylan L. Sether	2011 ND LC State Championships
	200 Free Relay	1:39.88	27-Jul-13	AQST ND	AQUASTORM	Z. Grosz, L. Sether, I. Ballantyne, D. Sether
	400 Free Relay	3:42.97	28-Jul-13	AQST ND	AQST	Z. Grosz, L. Sether, I. Ballantyne, D. Sether
15-18	200 Medley Relay	1:51.20	28-Jul-13	AQST ND	AQUASTORM,	D. Sether, I. Ballantyne, L. Sether, Z. Grosz
	400 Medley Relay	4:08.70	27-Jul-13	AQST ND	AQUASTORM	D. Sether, I. Ballantyne, L. Sether, Z. Grosz
17-18	50 Free	24.88	29-Jul-16	NLSA ND	Max Lingle	2016 ND LC State Championships
	100 Free	54.12	28-Jul-13	AQST ND	Dylan Sether	2013 ND LC State Championships
	200 Free	1:59.80	27-Jul-12	AQST ND	Dylan L. Sether	2012 ND LC State Championships
	400 Free	4:16.67	27-Jul-12	AQST ND	Dylan Sether	2012 ND LC State Championships
	800 Free	8:53.17	26-Jul-13	AQST ND	Dylan Sether	2013 ND LC State Championships
	1500 Free	17:14.51	27-Jul-13	NLSA ND	Alex Brock	2013 ND LC State Championships
	50 Back	29.08	27-Jul-18	AQST ND	ERIC Bergeson at 2018 ND LC Championship	
	100 Back	1:01.85	29-Jul-11	FMY ND	Obi Obembe	2011 ND LC State Championships
	200 Back	2:17.43	28-Jul-13	NLSA ND	Ethan Doll	2013 ND LC State Championships
	50 Breast	30.52	27-Jul-13	AQST ND	Ian R. Ballantyne	2013 ND LC State Championships
	100 Breast	1:06.64	26-Jul-13	AQST ND	Dylan L. Sether	2012 ND LC State Championships
	200 Breast	2:26.56	29-Jul-11	UN ND	Quillan Oak	2011 ND LC State Championships
	50 Fly	26.58	27-Jul-12	AQST ND	Ian R. Ballantyne	2012 ND LC State Championships

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17-18	100 Fly	59.77	30-Jul-10	UN ND	David C. Flickinger	2010 ND LC State Championships
	200 Fly	2:09.48	27-Jul-12	AQST ND	Dylan L. Sether	2012 ND LC State Championships
	200 IM	2:11.66	27-Jul-13	AQST ND	Dylan L. Sether	2013 ND LC State Championships
	400 IM	4:49.06	27-Jul-12	AQST ND	Dylan L. Sether	2012 ND LC State Championships
18 & U	800 Free Relay	8:20.83	27-Jul-12	AQST ND	BISMARCK	L. Sether, A. Teunissen, I. Ballantyne, D. Sether
Open	200 Free Relay	1:41.15	28-Jul-17	NLSA ND	NLSA	Zola, Duncan Poynter, Lingle
	400 Free Relay	3:41.70	28-Jul-17	NLSA ND	NLSA	Duncan, Poynter, Zola, Lingle
	200 Medley Relay	1:53.57	28-Jul-17	NLSA ND	Northern Lights Swimming	Duncan, Zola, Lingle, Poynter
	400 Medley Relay	3:41.70	28-Jul-17	NLSA ND	NORTHERN LIGHTS SWIMMING	Duncan, Poynter, Zola, Lingle

RECORDS STATE
LC Meters-Mixed

8 & U	200	Free Relay	2:43.64	27-Jul-18	MSC	ND	Minot YMCA Swim Club	P. Feller, C. Kraft, J. Doering, C. Escobar
	200	Medley Relay	3:07.23	1-Aug-89	FMY	ND	FARGO	R. Garaas, K. Schindler, J. Rooks, S. Garaas
10 & U	200	Free Relay	2:25.78	29-Jul-16	MSC	ND	Minot Swim Club	Hill, Martin, Williamson, Rist
	200	Medley Relay	2:44.90	29-Jul-16	MSC	ND	Minot Swim Club	Williamson, Lyman, Hill, Rist
11-12	200	Free Relay	2:05.20	28-Jul-19	NLSA	ND	Northern Lights Swim	D. Heckaman, A. Hoff, D. Adams, A. Heckaman
12 & U	400	Free Relay	4:39.13	27-Jul-19	WFF	ND	West Fargo Flyers	L. McDonagh, E. Nelson, N. Ayers, B. Haglund
	200	Medley Relay	2:19.64	27-Jul-19	WFF	ND	WFF	McDonagh, Haglund, Ayers, Nelson
	400	Medley Relay	5:17.32	26-Jul-19	NLSA	ND	NLSA	Adams, Heckaman, Hoff, Heckaman
13-14	200	Free Relay	1:55.40	28-Jul-17	MSC	ND	Minot Swim Club	Hill, Wolsky, Rist, Brugman
	400	Free Relay	4:15.57	28-Jul-17	MSC	ND	Minot Swim Club	Rist, Wolsky, Hill, Brugman
	200	Medley Relay	2:11.06	28-Jul-17	MSC	ND	Minot Swim Club	Hill, Wolsky, Rist, Brugman
	400	Medley Relay	4:15.57	28-Jul-17	MSC	ND	Minot Swim Club	Rist, Wolsky, Hill, Brugman
15-18	200	Free Relay	1:51.35	27-Jul-18	WFF	ND	WEST FARGO FLYERS	N. Jamison, K. Chase, M. Yonke, B. Lund
	400	Free Relay	4:13.31	29-Jul-16	NLSA	ND	Northern Lights Swimming	Sassi, Smith, Winter, Vareberg
	200	Medley Relay	1:59.91	29-Jul-16	NLSA	ND	Northern Lights Swimming	Lingle, Weisz, Lingle, Anderson
	400	Medley Relay	4:43.01	27-Jul-18	WFF	ND	WEST FARGO FLYERS	B. Lund, N. Jamison, K. Chase, M. Yonke
Open	200	Free Relay	1:44.94	29-Jul-16	NLSA	ND	Northern Lights Swimming	Lingle, Duncan, Anderson, Lingle
	400	Free Relay	3:50.98	29-Jul-16	NLSA	ND	Northern Lights Swimming	Duncan, Anderson, Lingle, Lingle
	800	Free Relay	8:39.35	29-Jul-16	NLSA	ND	Northern Lights Swimming	Duncan, Anderson, Lingle, Lingle
	200	Medley Relay	1:58.89	28-Jul-17	JAWS	ND	JAWS	Hart, Anderson, Smith, Opdahl
	400	Medley Relay	4:23.25	29-Jul-16	NLSA	ND	Northern Lights Swimming	Duncan, Weisz, Winter, Anderson