

DCST

RECORDS Long Course Records
LC Meters-Girls

8 & U	50 Free	36.87	12-Jul-13	NICOLE SKRZYPEK	
	100 Free	1:24.33	6-Jul-01	GRACE WALLER	
	200 Free	3:13.75	12-Jul-13	NICOLE SKRZYPEK	
	400 Free	6:58.57	8-Jun-07	ALEXA MILLER	
	50 Back	43.79	26-Jun-09	ATHENA YE	
	100 Back	1:35.82	10-Jul-09	ATHENA YE	
	50 Breast	46.03	23-Dec-99	S. PLATT 1981	
	100 Breast	1:55.69	26-Jun-04	THERESA ALEF	
	50 Fly	43.94	6-Jul-07	ALEXA MILLER	
	100 Fly	1:51.45	8-Jun-07	ALEXA MILLER	
	200 IM	3:35.83	12-Jul-13	NICOLE SKRZYPEK	
	9-10	50 Free	32.47	31-Jul-15	NICOLE SKRZYPEK
		100 Free	1:11.78	1-Jan-82	T. WILEY
200 Free		2:37.82	31-Jul-09	ALEXA MILLER	
400 Free		5:35.79	28-Jul-11	ATHENA YE	
50 Back		35.21	28-Jul-11	ATHENA YE	
100 Back		1:16.38	28-Jul-11	ATHENA YE	
200 Back		2:58.25	20-May-11	ATHENA YE	
50 Breast		43.23	1-Aug-03	GRACE WALLER	
100 Breast		1:36.36	11-Jul-03	GRACE WALLER	
200 Breast		3:28.43	10-Jul-09	ALEXA MILLER	
50 Fly		33.77	28-Jul-11	ATHENA YE	
100 Fly		1:18.14	1-Jun-94	KATIE ROBISON	
200 Fly		3:10.00	10-Jul-09	ALEXA MILLER	
200 IM		2:51.00	24-Jun-11	ATHENA YE	
11-12		50 Free	29.08	1-Jul-96	KATIE ROBISON
		100 Free	1:04.10	28-Jul-11	ALEXA MILLER
	200 Free	2:17.62	28-Jul-11	ALEXA MILLER	
	400 Free	4:45.45	29-Jul-05	GRACE WALLER	
	800 Free	10:40.31	9-Jul-10	ALEXA MILLER	
	1500 Free	19:22.93	8-Jul-11	ALEXA MILLER	
	50 Back	32.14	25-Jul-13	ATHENA YE	
	100 Back	1:09.07	2-Aug-13	ATHENA YE	
	200 Back	2:28.08	2-Aug-13	ATHENA YE	
	50 Breast	36.51	29-Jul-05	GRACE WALLER	
	100 Breast	1:19.81	29-Jul-05	GRACE WALLER	
	200 Breast	2:59.52	28-Jul-11	ALEXA MILLER	
	50 Fly	30.63	2-Aug-03	ATHENA YE	
	100 Fly	1:09.06	2-Aug-13	ATHENA YE	
	200 Fly	2:34.85	28-Jul-11	ALEXA MILLER	
	200 IM	2:31.74	10-Jun-11	ALEXA MILLER	
	400 IM	5:29.18	8-Jul-11	ALEXA MILLER	
	13-14	50 Free	26.99	27-Jul-17	NHIA CARAS
		100 Free	59.79	27-Jul-17	NHIA CARAS
200 Free		2:11.15	13-Feb-09	EMILY LAUNER	
400 Free		4:34.05	29-Jul-08	EMILY LAUNER	
800 Free		9:21.34	13-Feb-09	EMILY LAUNER	

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13-14	1500 Free	17:42.31	13-Feb-09	EMILY LAUNER
	50 Back	30.23	3-Aug-15	ATHENA YE
	100 Back	1:04.03	10-Mar-16	ATHENA YE
	200 Back	2:18.97	3-Aug-15	ATHENA YE
	50 Breast	35.74	27-Jul-07	GRACE WALLER
	100 Breast	1:15.92	27-Jul-07	GRACE WALLER
	200 Breast	2:43.74	31-Jul-07	GRACE WALLER
	50 Fly	28.70	3-Aug-15	ATHENA YE
	100 Fly	1:06.31	19-Jun-15	ATHENA YE
	200 Fly	2:29.33	11-Jul-14	SARAH HEIN
	200 IM	2:27.28	31-Jul-07	GRACE WALLER
	400 IM	5:15.54	31-Jul-07	GRACE WALLER
15 & O	50 Free	27.10	8-Aug-16	ATHENA YE
	100 Free	59.15	23-Dec-99	M. MCGINNIS 1977
	200 Free	2:02.62	28-Jul-14	CAITLYNN MOON
	400 Free	4:16.78	28-Jul-14	CAITLYNN MOON
	800 Free	8:48.06	28-Jul-14	CAITLYNN MOON
	1500 Free	16:40.05	28-Jul-14	CAITLYNN MOON
	50 Back	29.70	27-Jul-16	ATHENA YE
	100 Back	1:04.66	27-Jul-16	ATHENA YE
	200 Back	2:21.29	23-Jul-12	EMILY LAUNER
	50 Breast	34.49	27-Jul-16	JENSEN KECK
	100 Breast	1:15.42	27-Jul-16	JENSEN KECK
	200 Breast	2:42.69	25-Jul-11	VALERIE JONES
	50 Fly	27.88	27-Jul-16	ATHENA YE
	100 Fly	1:03.32	31-Jul-07	MACKENZIE POWERS
	200 Fly	2:24.14	31-Jul-07	MACKENZIE POWERS
	200 IM	2:27.64	27-Jul-09	EMILY WALLER
	400 IM	5:07.85	18-Feb-11	EMILY LAUNER

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RECORDS Long Course Records

LC Meters-Boys

8 & U	50 Free	36.81	23-Dec-99	M. LAMBERT	1976	
	100 Free	1:26.54	7-Jul-00	TOM HENSLEY		
	200 Free	2:48.39	23-Dec-99	M. LAMBERT	1976	
	400 Free	6:12.60	23-Dec-99	M. LAMBERT	1976	
	50 Back	42.35	23-Dec-99	M. LAMBERT	1976	
	100 Back	1:37.10	23-Dec-99	M. LAMBERT	1976	
	50 Breast	50.89	23-Dec-99	J. MCGINNIS	1976	
	100 Breast	1:57.12	9-Jul-04	RYAN SCHULTZ		
	50 Fly	41.25	23-Dec-99	M. LAMBERT	1976	
	100 Fly	1:45.27	8-Jul-05	ERIK RUSSELL		
	200 IM	3:20.88	23-Dec-99	M. LAMBERT	1976	
	9-10	50 Free	31.71	28-Jul-11	NOLAN FERGUS	
		100 Free	1:09.90	6-Aug-08	DANIEL HEIN	
200 Free		2:32.13	23-Dec-99	M. LAMBERT	1977	
400 Free		5:30.40	28-Jul-16	JACOB GRAMER		
50 Back		35.68	6-Aug-08	DANIEL HEIN		
100 Back		1:17.23	6-Aug-08	DANIEL HEIN		
200 Back		3:01.46	15-May-15	DOMENIC SCHLUETER		
50 Breast		41.77	2-Aug-18	DCST- IL	Gage R. Helfrich at 2018 MN Central Zone 14 & U Championship	
100 Breast		1:31.97	4-Aug-06	RYAN SCHULTZ		
200 Breast		3:26.00	16-Jun-06	RYAN SCHULTZ		
50 Fly		33.66	6-Aug-08	DANIEL HEIN		
100 Fly		1:16.56	1-Aug-08	DANIEL HEIN		
200 Fly		3:03.58	20-May-11	COLE MOON		
200 IM		2:52.23	20-Jul-18	DCST- IL	Gage R. Helfrich at 2018 Illinois Long Course YMCA Championship	
400 IM		6:19.65	20-May-11	COLE MOON		
11-12		50 Free	28.64	25-Jul-13	NOLAN FERGUS	
		100 Free	1:00.60	23-Jul-15	QUINN CYNOR	
	200 Free	2:09.00	23-Jul-15	QUINN CYNOR		
	400 Free	4:30.08	23-Jul-15	QUINN CYNOR		
	800 Free	9:55.13	19-Jun-15	QUINN CYNOR		
	1500 Free	19:13.78	15-May-15	QUINN CYNOR		
	50 Back	31.78	6-Aug-10	DANIEL HEIN		
	100 Back	1:08.86	6-Aug-10	DANIEL HEIN		
	200 Back	2:34.96	10-Jul-15	QUINN CYNOR		
	50 Breast	36.27	1-Aug-14	PAUL RUETTEN		
	100 Breast	1:20.36	11-Jul-14	DAVID RUETTEN		
	200 Breast	2:56.20	1-Aug-14	PAUL RUETTEN		
	50 Fly	29.04	25-Jul-13	NOLAN FERGUS		
	100 Fly	1:05.23	31-Jul-15	QUINN CYNOR		
	200 Fly	2:25.90	31-Jul-15	QUINN CYNOR		
	200 IM	2:30.13	23-Jul-15	QUINN CYNOR		
	400 IM	5:32.11	5-Jun-15	QUINN CYNOR		
	13-14	50 Free	26.12	23-Jul-15	NOAH DEAN	
		100 Free	58.71	8-Jun-12	DANIEL HEIN	
200 Free		2:06.14	23-Jul-16	QUINN CYNOR		
400 Free		4:19.83	4-Aug-16	QUINN CYNOR		

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13-14	800 Free	8:55.57	28-Jul-16	QUINN CYNOR
	1500 Free	17:05.52	4-Aug-16	QUINN CYNOR
	50 Back	30.33	31-Jul-07	GRANT ALEF
	100 Back	1:03.62	27-Jul-07	GRANT ALEF
	200 Back	2:17.59	23-Jul-12	DANIEL HEIN
	50 Breast	34.37	27-Jul-09	KEI ISHIMARU
	100 Breast	1:14.31	23-Jul-12	JACOB BJORK
	200 Breast	2:37.41	3-Aug-12	JACOB BJORK
	50 Fly	26.85	23-Jul-12	DANIEL HEIN
	100 Fly	59.54	23-Jul-12	DANIEL HEIN
	200 Fly	2:14.57	23-Jul-12	DANIEL HEIN
	200 IM	2:22.78	27-Jul-09	KEI ISHIMARU
	400 IM	4:58.96	1-Aug-06	GRANT ALEF
15 & O	50 Free	24.47	3-Aug-15	DANIEL HEIN
	100 Free	53.72	3-Aug-15	DANIEL HEIN
	200 Free	1:58.46	25-Jul-11	GRANT ALEF
	400 Free	4:09.41	27-Jul-09	DAVID GORDON
	800 Free	8:37.43	27-Jul-09	GRANT ALEF
	1500 Free	16:22.13	27-Jul-09	GRANT ALEF
	50 Back	26.40	3-Aug-15	DANIEL HEIN
	100 Back	56.79	3-Aug-15	DANIEL HEIN
	200 Back	2:05.17	3-Aug-15	DANIEL HEIN
	50 Breast	30.43	3-Aug-15	JACOB BJORK
	100 Breast	1:06.93	3-Aug-15	JACOB BJORK
	200 Breast	2:24.81	3-Aug-15	JACOB BJORK
	50 Fly	25.46	9-Apr-16	DANIEL HEIN
	100 Fly	55.41	9-Apr-16	DANIEL HEIN
	200 Fly	2:05.74	3-Aug-15	DANIEL HEIN
	200 IM	2:11.77	26-Jul-10	CHAD THOMPSON
	400 IM	4:48.43	27-Jul-09	MICHAEL GORDON