



Women's LCM Records

Age Group			Time	Swim Date	Name(s)	Team	Meet
10 & Under	50	FR	29.90	8/12/2005	Michaela Kinter	Unattached	2005 MI Central Zone Champs
10 & Under	100	FR	1:06.07	5/9/2015	Scarlet Martin	Iowa Flyers Swim Club	2015 IA IFLY Armbruster Open
10 & Under	200	FR	2:22.87	8/5/2017	Zoe Davey	Unattached	2017 MN ROC Central Zone 14 &
10 & Under	400	FR	4:59.26	7/27/2017	Zoe Davey	Central Iowa Aquatics	2017 IA ISI Long Course Champs
10 & Under	50	BK	34.31	8/6/2010	Olivia Calegan	Quad Cities Aquatics	2010 MW Central Zone 14 & U Ch
10 & Under	100	BK	1:13.68	8/6/2004	Katie Anton	Cedar Rapids Aquatic	2004 OH Central Zone Champions
10 & Under	50	BR	37.30	8/7/1993	Brielle Bovee	Unattached	Central Zones, Indianapolis
10 & Under	100	BR	1:24.40	7/29/2010	Olivia Calegan	Quad Cities Aquatics	2010 IA Swimming Summer State
10 & Under	50	FL	31.95	5/9/2015	Scarlet Martin	Iowa Flyers Swim Club	2015 IA IFLY Armbruster Open
10 & Under	100	FL	1:11.43	5/8/2015	Scarlet Martin	Iowa Flyers Swim Club	2015 IA IFLY Armbruster Open
10 & Under	200	IM	2:40.00	8/6/2010	Olivia Calegan	Quad Cities Aquatics	2010 MW Central Zone 14 & U Ch
10 & Under	200	FR-R	2:12.23	7/28/2017	Zoe Davey, Anna Huss, Emy Cerbin, Willa Hage	Central Iowa Aquatics	2017 IA ISI Long Course Champs
10 & Under	200	MED-R	2:28.65	7/31/2009	Erin Goss, Olivia Calegan, Sam Fritz, Taylor Beadle	Muscatine Swim Club	2009 IA Swimming Summer State



Women's LCM Records

Age Group			Time	Swim Date	Name(s)	Team	Meet
11-12	50	FR	27.60	8/6/2016	Grace Frericks	Black Hawk Area Swim Team	2016 IN CZ 14 and Under Mega Zone
11-12	100	FR	1:00.49	8/5/2016	Grace Frericks	Black Hawk Area Swim Team	2016 IN CZ 14 and Under Mega Zone
11-12	200	FR	2:10.57	8/3/2012	Ruby Martin	Iowa Flyers Swim Club	2012 WI Central Zone 14 & U Ch
11-12	400	FR	4:33.23	8/3/2012	Ruby Martin	Iowa Flyers Swim Club	2012 WI Central Zone 14 & U Ch
11-12	800	FR	9:26.29	3/14/2019	Zoe Davey	Central Iowa Aquatics	2019 Sectionals - Rochester
11-12	1500	FR	18:14.50	3/17/2019	Zoe Davey	Central Iowa Aquatics	2019 Sectionals - Rochester
11-12	50	BK	31.86	7/27/2017	Hayley Kimmel	Linn-Mar Swim Team	2017 IA ISI Long Course Champs
11-12	100	BK	1:07.99	8/1/2014	Tori Michel	Dubuque Area Swimmin' Hurricanes	2014 OK Central Zone 14 & U Ch
11-12	200	BK	2:25.95	7/30/2016	Grace Frericks	Black Hawk Area Swim Team	2016 IA Iowa Swimming Long Course Championships
11-12	50	BR	35.21	7/27/2017	Hayley Kimmel	Linn-Mar Swim Team	2017 IA ISI Long Course Champs
11-12	100	BR	1:15.87	7/28/2017	Hayley Kimmel	Linn-Mar Swim Team	2017 IA ISI Long Course Champs
11-12	200	BR	2:43.99	6/19/2016	Ellie Wilke	Central Iowa Aquatics	2016 IA DMSF 33rd Annual Birdland Invitational
11-12	50	FL	28.96	8/3/2017	Hayley Kimmel	Unattached	2017 MN ROC Central Zone 14 &
11-12	100	FL	1:04.85	7/29/2016	Scarlet Martin	Iowa Flyers Swim Club	2016 IA Iowa Swimming Long Course Championships
11-12	200	FL	2:24.36	5/21/2017	Scarlet Martin	Iowa Flyers Swim Club	2017 IA IFLY David Armbruster
11-12	200	IM	2:27.34	7/30/2017	Hayley Kimmel	Linn-Mar Swim Team	2017 IA ISI Long Course Champs
11-12	400	IM	5:12.20	6/21/2019	Zoe Davey	Central Iowa Aquatics	2019 IA PW Swim PINK A+ Invita
11-12	200	FR-R	1:56.90	7/30/2011	Ruby Martin, Taylor Beadle, Olivia Calegan, Sam Fritz	Iowa Flyers Swim Club	2011 IA Swimming Summer State Championships
11-12	400	FR-R	4:15.65	7/28/2019	Willa Hage, Zoe Davey, Adeline Li, Brianna Cong	Central Iowa Aquatics	2019 IA ISI Long Course Champ
11-12	800	FR-R	10:42.56	7/29/2010	Mallorie Myers, Madelyn Vajgrt, Jacqui Galang, Moriah Moore	Central Iowa Aquatics	2010 IA Swimming Summer State
11-12	200	MED-R	2:09.75	7/29/2011	Ruby Martin, Olivia Calegan, Sam Fritz, Taylor Beadle	Iowa Flyers Swim Club	2011 IA Swimming Summer State Championships
11-12	400	MED-R	4:42.79	7/26/2019	Zoe Davey, Adeline Li, Brianna Cong, Willa Hage	Central Iowa Aquatics	2019 IA ISI Long Course Champ



Women's LCM Records

Age Group			Time	Swim Date	Name(s)	Team	Meet
13-14	50	FR	26.84	1/16/2015	Sophie Sorenson	Ames Cyclone Aquatics Club	2015 Pro Series - Austin
13-14	100	FR	58.27	7/31/1988	Amy Walker	Des Moines Swim Federation	Tempe, AZ
13-14	200	FR	2:03.16	7/17/2014	Ruby Martin	Iowa Flyers Swim Club	2014 IA Speedo Champions - Central Zone Sec 1
13-14	400	FR	4:19.79	7/17/2014	Ruby Martin	Iowa Flyers Swim Club	2014 IA Speedo Champions - Central Zone Sec 1
13-14	800	FR	8:49.09	7/17/2014	Ruby Martin	Iowa Flyers Swim Club	2014 IA Speedo Champions - Central Zone Sec 1
13-14	1500	FR	17:19.76	5/30/2014	Ruby Martin	Iowa Flyers Swim Club	2014 IA CRAA Summer Long Course Kick-Off
13-14	100	BK	1:04.93	6/29/2008	Katie Anton	Cedar Rapids Aquatic	2008 Olympic Trials
13-14	200	BK	2:15.55	6/5/2008	Katie Anton	Cedar Rapids Aquatic	2008 Pro Swim - Omaha
13-14	100	BR	1:11.45	3/10/2024	Lucy Parson	USS Destroyers Swim Club	2024 IA Central Zone North Sectionals
13-14	200	BR	2:34.87	8/12/2016	Gillian Davey	Central Iowa Aquatics	2016 IN NCSA Summer Swimming Cham
13-14	100	FL	1:01.96	8/4/2017	Berit Quass	Dowling Catholic Riptide	2017 Futures - Lewisville
13-14	200	FL	2:14.39	7/30/2014	Ruby Martin	Iowa Flyers Swim Club	2014 Summer Junior Nats
13-14	200	IM	2:16.73	7/30/2014	Ruby Martin	Iowa Flyers Swim Club	2014 Summer Junior Nats
13-14	400	IM	4:50.38	7/30/2014	Ruby Martin	Iowa Flyers Swim Club	2014 Summer Junior Nats
13-14	200	FR-R	1:50.72	7/27/2017	Arianna Ottavianelli, Scarlet Martin, Aurora Roghair, Trinity Sadecky	Iowa Flyers Swim Club	2017 IA ISI Long Course Champs
13-14	400	FR-R	4:01.72	7/30/2017	Aurora Roghair, Scarlet Martin, Heidi Stalkfleet, Arianna Ottavianelli	Iowa Flyers Swim Club	2017 IA ISI Long Course Champs
13-14	800	FR-R	8:44.01	7/25/2013	Ruby Martin, Claire Murray, Emma Hruby, Taylor Beadle	Iowa Flyers Swim Club	2013 IA Iowa Swimming Long Course Championships
13-14	200	MED-R	2:02.09	7/27/2017	Heidi Stalkfleet, Arianna Ottavianelli, Scarlet Martin, Aurora Roghair	Iowa Flyers Swim Club	2017 IA ISI Long Course Champs
13-14	400	MED-R	4:29.09	7/29/2017	Berit Quass, Mary Martin, Beka Bina, Meg Susil	Dowling Catholic Riptide	2017 IA ISI Long Course Champs



Women's LCM Records

Age Group			Time	Swim Date	Name(s)	Team	Meet
15-16	50	FR	26.35	7/20/2023	Grace Hoeper	Iowa Flyers Swim Club	2023 IA Long Course Championship Meet
15-16	100	FR	57.48	7/26/2015	Sarah Schemmel	Piranhas Swim Club	2015 IA Iowa Swimming Long Course Championships
15-16	200	FR	2:01.53	3/11/2016	Ruby Martin	Iowa Flyers Swim Club	2016 Sectionals - Pleasant Prairie
15-16	400	FR	4:16.57	5/2/2015	Ruby Martin	Iowa Flyers Swim Club	Irish Open Swimming Championships
15-16	800	FR	8:47.38	3/10/2016	Ruby Martin	Iowa Flyers Swim Club	2016 Sectionals - Pleasant Prairie
15-16	1500	FR	16:55.49	8/4/2019	Aurora Roghair	Iowa Flyers Swim Club	2019 Futures Des Moines
15-16	100	BK	1:03.28	5/22/2021	Meghan Donald	Ames Cyclone Aquatics Club	2021 IA DSMY Road to Omaha
15-16	200	BK	2:14.88	8/10/2009	Katie Anton	Cedar Rapids Aquatic	2009 Summer Junior Nats
15-16	100	BR	1:10.78	8/8/2011	Katharine Ross	Central Iowa Aquatics	2011 Summer Junior Nats
15-16	200	BR	2:30.73	7/26/2018	Gillian Davey	Central Iowa Aquatics	2018 Summer Nationals
15-16	100	FL	59.81	8/26/2016	Ruby Martin	Iowa Flyers Swim Club	2016 Jr Pan Pacific Champs
15-16	200	FL	2:09.96	6/30/2016	Ruby Martin	Iowa Flyers Swim Club	2016 Olympic Trials
15-16	200	IM	2:17.42	4/16/2016	Ruby Martin	Iowa Flyers Swim Club	2016 Pro Series - Mesa
15-16	400	IM	4:49.39	3/12/2016	Ruby Martin	Iowa Flyers Swim Club	2016 Sectionals - Pleasant Prairie
15-16	200	FR-R	1:51.34	7/27/2017	Libby Staver, Christy Bishop, Lauren Groenenboom, Aviana Zahara	Piranhas Swim Club	2017 IA ISI Long Course Champs
15-16	400	FR-R	4:01.77	7/21/2022	Hannah Cousins, Izzy Heller, Cait Quinn, Mary Selden	Piranhas Swim Club	2022 IA Long Course Championships
15-16	800	FR-R	8:36.45	7/24/2015	Ruby Martin, Taylor Beadle, Claire Murray, Emma Hruby	Iowa Flyers Swim Club	2015 IA Iowa Swimming Long Course Championships
15-16	200	MED-R	2:01.65	7/22/2022	Hannah Cousins, Izzy Heller, Hailee Messerly, Mary Selden	Piranhas Swim Club	2022 IA Long Course Championships
15-16	400	MED-R	4:27.37	7/23/2022	Hannah Cousins, Izzy Heller, Dawsyn Green, Mary Selden	Piranhas Swim Club	2022 IA Long Course Championships



Women's LCM Records

Age Group			Time	Swim Date	Name(s)	Team	Meet
15-18	200	FR-R	1:47.84	7/24/2022	Scarlet Martin, Ella Hochstetler, Jade Roghair, Heidi Stalkfleet	Iowa Flyers Swim Club	2022 IA Long Course Championships
15-18	400	FR-R	3:54.64	7/21/2022	Scarlet Martin, Grace Hoeper, Jade Roghair, Heidi Stalkfleet	Iowa Flyers Swim Club	2022 IA Long Course Championships
15-18	800	FR-R	8:34.84	3/11/2016	Taylor Beadle, Claire Murray, Emma Hruby, Ruby Martin	Iowa Flyers Swim Club	2016 Sectionals - Pleasant Prairie
15-18	200	MED-R	2:00.19	7/23/2015	Evan Hundley, Sydney Angell, Ali Staver, Sarah Schemmel	Piranhas Swim Club	2015 IA Iowa Swimming Long Course Championships
15-18	400	MED-R	4:21.03	7/30/2022	Payden Rafferty, Anja Peck, Mallory Kell, Taylor Judas	Greater Des Moines YMCA	2022 Futures - Minneapolis



Women's LCM Records

Age Group			Time	Swim Date	Name(s)	Team	Meet
17-18	50	FR	25.73	1/18/2020	Jasmine Rumley	Greater Des Moines YMCA	2020 Pro Series - Knoxville
17-18	100	FR	55.95	7/24/2022	Miriam Sheehan	Dubuque Area Swimmin' Hurricanes	2022 IA Long Course Championships
17-18	200	FR	2:01.26	8/4/2021	Aurora Roghair	Iowa Flyers Swim Club	2021 Speedo Summer Championships West
17-18	400	FR	4:14.70	5/1/2021	Aurora Roghair	Iowa Flyers Swim Club	2021 TYR 18&U Spring Cup Des Moines
17-18	800	FR	8:40.62	6/25/1986	Jennifer Linder	Des Moines Swim Federation	Orlando, FL
17-18	1500	FR	16:38.46	7/4/1986	Jennifer Linder	Des Moines Swim Federation	Moscow, USSR
17-18	100	BK	1:01.70	7/22/2023	Miriam Sheehan	Dubuque Area Swimmin' Hurricanes	2023 IA Long Course Championship Meet
17-18	200	BK	2:13.31	7/21/2018	Sophie Sorenson	Ames Cyclone Aquatics Club	2018 Sectionals - Iowa City
17-18	100	BR	1:09.23	11/22/2019	Gillian Davey	Central Iowa Aquatics	2019 Ohio State Fall Open Invi
17-18	200	BR	2:26.80	8/1/2019	Gillian Davey	Central Iowa Aquatics	2019 Summer Nationals
17-18	100	FL	59.92	6/29/2017	Ruby Martin	Iowa Flyers Swim Club	2017 Summer Nationals
17-18	200	FL	2:10.18	8/2/2017	Ruby Martin	Iowa Flyers Swim Club	2017 U.S. Open
17-18	200	IM	2:15.94	11/21/2019	Gillian Davey	Central Iowa Aquatics	2019 Ohio State Fall Open Invi
17-18	400	IM	4:48.26	11/22/2019	Gillian Davey	Central Iowa Aquatics	2019 Ohio State Fall Open Invi
17-18	200	FR-R	1:49.40	7/30/2021	Jordon Kloth, Jenna Currier, Mia Moulden, Mikayla Kloth	Ames Cyclone Aquatics Club	2021 IA 13-14_Senior Long Course Meet
17-18	400	FR-R	4:04.22	8/1/2021	Jenna Currier, Mia Moulden, Jordon Kloth, Mikayla Kloth	Ames Cyclone Aquatics Club	2021 IA 13-14_Senior Long Course Meet
17-18	800	FR-R	8:57.13	7/21/2023	Allison He, Dylan Hogenson, Jenna Henry, Rachel Rolow	Greater Des Moines YMCA	2023 IA Long Course Championship Meet
17-18	200	MED-R	2:16.40	7/14/2006	Abby Girard, Lindsie Garner, Josie Itzen, Jackie Itzen	Black Hawk Area Swim Team	2006 IA Iowa Summer Sizzler
17-18	400	MED-R	4:21.08	7/31/2021	Abby McCorkle, Meghan Donald, Mia Moulden, Mikayla Kloth	Ames Cyclone Aquatics Club	2021 IA 13-14_Senior Long Course Meet



Women's LCM Records

Age Group			Time	Swim Date	Name(s)	Team	Meet
Open	50	FR	25.73	1/18/2020	Jasmine Rumley	Greater Des Moines YMCA	2020 Pro Series - Knoxville
Open	100	FR	55.64	6/23/2019	Hannah Burvill	Hawkeye Swim Club	2019 IA PW Swim PINK A+ Invita
Open	200	FR	2:00.72	6/21/2019	Hannah Burvill	Hawkeye Swim Club	2019 IA PW Swim PINK A+ Invita
Open	400	FR	4:14.70	5/1/2021	Aurora Roghair	Iowa Flyers Swim Club	2021 TYR 18&U Spring Cup Des Moines
Open	800	FR	8:40.62	6/25/1986	Jennifer Linder	Des Moines Swim Federation	Orlando, FL
Open	1500	FR	16:38.46	7/4/1986	Jennifer Linder	Des Moines Swim Federation	Moscow, USSR
Open	100	BK	1:01.70	7/22/2023	Miriam Sheehan	Dubuque Area Swimmin' Hurricanes	2023 IA Long Course Championship Meet
Open	200	BK	2:13.31	7/21/2018	Sophie Sorenson	Ames Cyclone Aquatics Club	2018 Sectionals - Iowa City
Open	100	BR	1:09.19	8/6/2014	Emma Sougstad	University Of Iowa	2014 Summer Nationals
Open	200	BR	2:26.80	8/1/2019	Gillian Davey	Central Iowa Aquatics	2019 Summer Nationals
Open	100	FL	59.81	8/26/2016	Ruby Martin	Iowa Flyers Swim Club	2016 Jr Pan Pacific Champs
Open	200	FL	2:09.96	6/30/2016	Ruby Martin	Iowa Flyers Swim Club	2016 Olympic Trials
Open	200	IM	2:15.94	11/21/2019	Gillian Davey	Central Iowa Aquatics	2019 Ohio State Fall Open Invi
Open	400	IM	4:48.26	11/22/2019	Gillian Davey	Central Iowa Aquatics	2019 Ohio State Fall Open Invi
Open	200	FR-R	1:47.84	7/24/2022	Scarlet Martin, Ella Hochstetler, Jade Roghair, Heidi Stalkfleet	Iowa Flyers Swim Club	2022 IA Long Course Championships
Open	400	FR-R	3:48.45	7/19/2019	Kelsey Drake, LAUREN MCDUGALL, Hannah Burvill, Sarah Schemmel	Hawkeye Swim Club	2019 MN UOFM Speedo Sectionals
Open	800	FR-R	8:31.29	7/19/2014	Taylor Beadle, Claire Murray, Kaitlyn Housenga, Ruby Martin	Iowa Flyers Swim Club	2014 IA Speedo Champions - Central Zone Sec 1
Open	200	MED-R	1:58.73	7/29/2021	Scout Bergwall, Mary Martin, Mallory Kell, Meg Susil	Greater Des Moines YMCA	2021 IA 13-14_Senior Long Course Meet
Open	400	MED-R	4:14.86	7/18/2015	Meghan Lavelle, Emma Sougstad, Carly O'Brien, Taylor Flummerfelt	Club Hawkeye	2015 MN MNSI Speedo Sectionals



Men's LCM Records

Age Group			Time	Swim Date	Name(s)	Team	Meet
10 & Under	50	FR	28.98	6/9/1979	Brad Axel	Muscatine Swim Club	Cincinnati, OH
10 & Under	100	FR	1:03.22	1/13/2019	Parker Macho	Eastern Iowa Swim Federation	MAC Winter Invitational
10 & Under	200	FR	2:17.12	1/11/2019	Parker Macho	Eastern Iowa Swim Federation	MAC Winter Invitational
10 & Under	400	FR	4:47.60	1/13/2019	Parker Macho	Eastern Iowa Swim Federation	MAC Winter Invitational
10 & Under	50	BK	33.77	1/18/2013	Forrest Frazier	Iowa Flyers Swim Club	2013 NC RSA January Jubilee
10 & Under	100	BK	1:14.18	8/4/2018	Parker Macho	Eastern Iowa Swim Federation	2018 MN FOXJ Central Zone 14 & U Champs
10 & Under	50	BR	37.88	8/5/2016	Fyn Nadel	Central Iowa Aquatics	2016 IN CZ 14 and Under Mega Zone
10 & Under	100	BR	1:24.12	7/29/2010	Leo Xiao	Iowa City Eels Swim Club	2010 IA Swimming Summer State
10 & Under	50	FL	31.40	8/7/2009	Oliver Martin	Iowa City Eels Swim Club	2009 ND Central Zone Champions
10 & Under	100	FL	1:10.96	8/3/2018	Parker Macho	Eastern Iowa Swim Federation	2018 MN FOXJ Central Zone 14 & U Champs
10 & Under	200	IM	2:37.73	1/13/2019	Parker Macho	Eastern Iowa Swim Federation	MAC Winter Invitational
10 & Under	200	FR-R	2:08.74	8/11/1995	Jeff Kubat, Brendan Burke, Jimmer Borweiler, Michael Burke	Des Moines Swimming Federation	1995 Central Zones
10 & Under	200	MED-R	2:26.65	7/25/2015	Carson Lane, Fyn Nadel, Sam Davey, Zach Bratz	Central Iowa Aquatics	2015 IA Iowa Swimming Long Course Championships



Men's LCM Records

Age Group			Time	Swim Date	Name(s)	Team	Meet
11-12	50	FR	26.49	6/27/1981	Brad Axel	Muscatine Swim Club	Cincinnati, OH
11-12	100	FR	57.10	8/6/2004	Jordan Huff	Dubuque Area Swimmin' Hurricanes	2004 OH Central Zone Champions
11-12	200	FR	2:02.03	4/12/2019	Mason Turner	Eastern Iowa Swim Federation	2019 OZ CFAC LC Kickoff
11-12	400	FR	4:16.30	5/10/2019	Mason Turner	Eastern Iowa Swim Federation	2019 IA DSMY May Invitational
11-12	800	FR	8:51.75	5/4/2019	Mason Turner	Eastern Iowa Swim Federation	2019 IA ICE Schany Open Invite
11-12	1500	FR	16:56.35	5/4/2019	Mason Turner	Eastern Iowa Swim Federation	2019 IA ICE Schany Open Invite
11-12	50	BK	30.53	8/4/2023	Clayton Treharne	Linn-Mar Swim Team	2023 MV CENTRAL ZONES 14 & UNDER CHAMPIONSHIPS
11-12	100	BK	1:06.66	8/5/2023	Clayton Treharne	Linn-Mar Swim Team	2023 MV CENTRAL ZONES 14 & UNDER CHAMPIONSHIPS
11-12	200	BK	2:20.30	3/17/2019	Mason Turner	Eastern Iowa Swim Federation	2019 Sectionals - Rochester
11-12	50	BR	32.63	8/3/2012	Leo Xiao	Iowa City Eels Swim Club	2012 WI Central Zone 14 & U Ch
11-12	100	BR	1:12.84	8/3/2012	Leo Xiao	Iowa City Eels Swim Club	2012 WI Central Zone 14 & U Ch
11-12	200	BR	2:44.16	8/4/2019	Tommy Gilbert	Greater Des Moines YMCA	2019 Zone AG Champs - West Fargo
11-12	50	FL	28.55	7/3/1994	Zachary Ferguson	Des Moines Swimming Federation	Ypsilanti, MI
11-12	100	FL	1:02.70	5/11/2019	Mason Turner	Eastern Iowa Swim Federation	2019 IA DSMY May Invitational
11-12	200	FL	2:21.17	1/12/2019	Mason Turner	Eastern Iowa Swim Federation	MAC Winter Invitational
11-12	200	IM	2:21.93	4/12/2019	Mason Turner	Eastern Iowa Swim Federation	2019 OZ CFAC LC Kickoff
11-12	400	IM	4:52.22	3/16/2019	Mason Turner	Eastern Iowa Swim Federation	2019 Sectionals - Rochester
11-12	200	FR-R	1:54.56	8/10/2001	Nathan Hohnstein, Jordan Wessels, Nick Cordes, Jordan	Black Hawk Area Swim Team	2001 Central Zone Championships
11-12	400	FR-R	4:12.49	7/26/2013	Jonah Park, Nathan Kim, Charlie Bunn, Peyton Werner	Lane Four Aquatics	2013 IA Iowa Swimming Long Course Championships
11-12	800	FR-R	10:56.38	7/26/2012	Jack Van Meter, Grant Nelson, Andrew Rottinghaus, Gregg Lichinsky	Central Iowa Aquatics	2012 IA Swimming Summer State Championships
11-12	200	MED-R	2:08.81	8/10/2001	Nick Cordes, Nathan Hohnstein, Jordan Stokes, Jordan Wessels	Black Hawk Area Swim Team	2001 Central Zone Championships
11-12	400	MED-R	4:39.91	7/26/2019	Colin Millage, Parker Macho, Finn Martin, Connor Schaffel	Eastern Iowa Swim Federation	2019 IA ISI Long Course Champ



Men's LCM Records

Age Group			Time	Swim Date	Name(s)	Team	Meet
13-14	50	FR	23.93	7/21/2022	Hudson Huberg	Iowa Flyers Swim Club	2022 IA Long Course Championships
13-14	100	FR	52.72	8/7/2006	Jordan Huff	Dubuque Area Swimmin' Hurricanes	2006 Summer Junior Nats
13-14	200	FR	1:56.87	8/7/2006	Jordan Huff	Dubuque Area Swimmin' Hurricanes	2006 Summer Junior Nats
13-14	400	FR	4:06.69	8/7/1982	Craig Oppel	Des Moines Swimming Federation	Brown Deer, WI
13-14	800	FR	8:30.09	8/4/2016	Dylan Moffatt	Black Hawk Area Swim Team	2016 IN CZ 14 and Under Mega Zone
13-14	1500	FR	16:15.72	8/7/2016	Dylan Moffatt	Black Hawk Area Swim Team	2016 IN CZ 14 and Under Mega Zone
13-14	100	BK	1:00.12	7/26/2012	Mark McGlaughlin	Iowa Flyers Swim Club	2012 IA Swimming Summer State Championships
13-14	200	BK	2:10.04	7/30/2017	Brek Stukerjurgan	Central Iowa Aquatics	2017 IA ISI Long Course Champs
13-14	100	BR	1:08.05	8/7/2009	Josh Gill	Dubuque Area Swimmin' Hurricanes	2009 ND Central Zone Champions
13-14	200	BR	2:29.32	7/30/2016	Forrest Frazier	Iowa Flyers Swim Club	2016 IA Iowa Swimming Long Course Championships
13-14	100	FL	57.95	12/17/2022	Parker Macho	Iowa Flyers Swim Club	2022 IA IFLY CIA LCM Dual Meet
13-14	200	FL	2:08.48	7/29/2018	Drew Reiter	Central Iowa Aquatics	2018 IA Long Course Championsh
13-14	200	IM	2:10.85	7/26/2018	Drew Reiter	Central Iowa Aquatics	2018 IA Long Course Championsh
13-14	400	IM	4:39.98	8/3/2018	Drew Reiter	Central Iowa Aquatics	2018 Futures - Rochester
13-14	200	FR-R	1:42.32	7/26/2018	Ryan Vance, Alex Stone, Colin Kilcoin, Bryan Caraman	Piranhas Swim Club	2018 IA Long Course Championsh
13-14	400	FR-R	3:44.34	8/7/2003	Nathan Hohnstein, Chuck Christensen, Nick Cordes, Jordan Wessels	Black Hawk Area Swim Team	2003 IN Central Zone Championship
13-14	800	FR-R	8:11.65	7/26/2012	Aidan Keen, Oliver Martin, Karl Thomas, Mark McGlaughlin	Iowa Flyers Swim Club	2012 IA Swimming Summer State Championships
13-14	200	MED-R	1:54.72	7/26/2018	Aiden Carstensen, Jordan Christensen, Jaxon Strank, Kirk Brotherton	Iowa Flyers Swim Club	2018 IA Long Course Championsh
13-14	400	MED-R	4:12.36	7/27/2019	Asher Havenhill, Levi Manning, Gavin Phillips, Lance Swanepoel	Greater Des Moines YMCA	2019 IA ISI Long Course Champ



Men's LCM Records

Age Group			Time	Swim Date	Name(s)	Team	Meet
15-16	50	FR	23.42	7/30/2014	Mark McGlaughlin	Iowa Flyers Swim Club	2014 Summer Junior Nats
15-16	100	FR	50.43	6/29/2008	Jordan Huff	Dubuque Area Swimmin' Hurricanes	2008 Olympic Trials
15-16	200	FR	1:51.54	8/27/1984	Craig Oppel	Des Moines Swimming Federation	Indianapolis, IN
15-16	400	FR	3:58.41	8/4/2018	Trent Frandson	Central Iowa Aquatics	2018 Futures - Rochester
15-16	800	FR	8:15.86	3/21/2023	Jacob Pins	Des Moines Swimming Federation	2023 FL ISCA International Senior Cup
15-16	1500	FR	16:12.05	8/9/1995	Jason Lathrum	Des Moines Swimming Federation	Tempe, AZ
15-16	100	BK	57.98	5/1/2021	Asher Havenhill	Greater Des Moines YMCA	2021 TYR 18&U Spring Cup Des Moines
15-16	200	BK	2:03.13	7/23/2023	Hayden Hakes	Iowa Flyers Swim Club	2023 IA Long Course Championship Meet
15-16	100	BR	1:02.63	7/31/2018	Forrest Frazier	Eastern Iowa Swim Federation	2018 Summer Junior Nats
15-16	200	BR	2:17.36	5/23/2021	Joshua Chen	Ames Cyclone Aquatics Club	2021 IA DSMY ROAD TO OMAHA
15-16	100	FL	56.73	8/5/1997	Ian Renner-arjes	Bettendorf Swim Club	1997 US Clov Lcm Jr Chmp
15-16	200	FL	2:03.76	8/13/1986	Mike Johnson	Des Moines Swimming Federation	Austin, TX
15-16	200	IM	2:06.22	8/4/2018	Forrest Frazier	Eastern Iowa Swim Federation	2018 Summer Junior Nats
15-16	400	IM	4:29.62	6/3/2016	Caleb Aman	Lane Four Aquatics	2016 IA L4A Swim PINK A+ Invitational
15-16	200	FR-R	1:37.85	7/24/2022	Max Gerke, Holden Carter, Joe Polyak, John Weigel	Iowa Flyers Swim Club	2022 IA Long Course Championships
15-16	400	FR-R	3:40.34	3/8/2024	Parker Macho, Jamison Gray, Phillip Berry-Stoelzle, Winston Fan	Iowa Flyers Swim Club	2024 IA Central Zone North Sectionals
15-16	800	FR-R	8:01.21	7/25/2013	Mark McGlaughlin, Nicholas Saulnier, Karl Thomas, Aidan Keen	Iowa Flyers Swim Club	2013 IA Iowa Swimming Long Course Championships
15-16	200	MED-R	1:49.64	7/21/2023	Hayden Hakes, Winston Fan, Parker Macho, Philip Berry- Stoelzle	Iowa Flyers Swim Club	2023 IA Long Course Championship Meet
15-16	400	MED-R	3:56.27	7/23/2022	Hayden Hakes, Joe Polyak, Holden Carter, John Weigel	Iowa Flyers Swim Club	2022 IA Long Course Championships



Men's LCM Records

Age Group			Time	Swim Date	Name(s)	Team	Meet
15-18	200	FR-R	1:35.05	7/30/2021	Kirk Brotherton, Luke Nichols, Isaac Weigel, Aiden Carstensen	Iowa Flyers Swim Club	2021 IA 13-14 _Senior Long Course Meet
15-18	400	FR-R	3:30.31	8/1/2021	Luke Nichols, Isaac Weigel, Kirk Brotherton, Aiden Carstensen	Iowa Flyers Swim Club	2021 IA 13-14 _Senior Long Course Meet
15-18	800	FR-R	7:42.34	3/7/2024	Joe Polyak, Max Gerke, Owen Chiles, Hayden Hakes	Iowa Flyers Swim Club	2024 IA Central Zone North Sectionals
15-18	200	MED-R	1:44.51	7/22/2022	Aiden Carstensen, Jordan Christensen, Holden Carter, Kirk Brotherton	Iowa Flyers Swim Club	2022 IA Long Course Championships
15-18	400	MED-R	3:50.67	8/6/2011	Dustin Rhoads, Kyle Noser, Paul Gordon, Jordan Huff	University Of Iowa	2011 Summer Nationals



Men's LCM Records

Age Group			Time	Swim Date	Name(s)	Team	Meet
17-18	50	FR	22.95	6/19/2015	Mark McGlaughlin	Iowa Flyers Swim Club	2015 IA L4A Swim PINK A+ Invitational
17-18	100	FR	50.36	12/8/1985	Craig Oppel	Des Moines Swimming Federation	Austin, TX
17-18	200	FR	1:49.19	12/7/1985	Craig Oppel	Des Moines Swimming Federation	Austin, TX
17-18	400	FR	3:53.36	12/6/1985	Craig Oppel	Des Moines Swimming Federation	Austin, TX
17-18	800	FR	8:10.92	8/4/2023	Jacob Pins	Des Moines Swimming Federation	2023 Speedo Junior National Championships
17-18	1500	FR	15:31.13	7/31/2023	Jacob Pins	Des Moines Swimming Federation	2023 Speedo Junior National Championships
17-18	100	BK	55.88	6/27/2016	Mark McGlaughlin	Iowa Flyers Swim Club	2016 Olympic Trials
17-18	200	BK	2:04.02	3/8/2024	Hayden Hakes	Iowa Flyers Swim Club	2024 IA Central Zone North Sectionals
17-18	100	BR	1:02.00	3/10/2024	Joe Polyak	Iowa Flyers Swim Club	2024 IA Central Zone North Sectionals
17-18	200	BR	2:16.15	3/9/2024	Joe Polyak	Iowa Flyers Swim Club	2024 IA Central Zone North Sectionals
17-18	100	FL	54.97	8/14/1984	Craig Oppel	Des Moines Swimming Federation	Ft Lauderdale, FL
17-18	200	FL	2:01.98	8/3/2021	Drew Reiter	Greater Des Moines YMCA	2021 Speedo Summer Championships West
17-18	200	IM	2:03.24	8/4/2023	Joe Polyak	Iowa Flyers Swim Club	2023 Speedo Junior National Championships
17-18	400	IM	4:02.93	3/8/2024	Joe Polyak	Iowa Flyers Swim Club	2024 IA Central Zone North Sectionals
17-18	200	FR-R	1:35.05	7/30/2021	Kirk Brotherton, Luke Nichols, Isaac Weigel, Aiden Carstensen	Iowa Flyers Swim Club	2021 IA 13-14_Senior Long Course Meet
17-18	400	FR-R	3:30.02	3/8/2024	Max Gerke, Hayden Hakes, Owen Chiles, Joe Polyak	Iowa Flyers Swim Club	2024 IA Central Zone North Sectionals
17-18	800	FR-R	7:42.34	3/7/2024	Joe Polyak, Max Gerke, Owen Chiles, Hayden Hakes	Iowa Flyers Swim Club	2024 IA Central Zone North Sectionals
17-18	200	MED-R	1:45.97	7/21/2023	Owen Chiles, Joe Polyak, Holden Carter, John Weigel	Iowa Flyers Swim Club	2023 IA Long Course Championship Meet
17-18	400	MED-R	3:51.71	3/9/2024	Owen Chiles, Joe Polyak, Max Gerke, Hayden Hakes	Iowa Flyers Swim Club	2024 IA Central Zone North Sectionals



Men's LCM Records

Age Group			Time	Swim Date	Name(s)	Team	Meet
Open	50	FR	22.95	6/19/2015	Mark McGlaughlin	Iowa Flyers Swim Club	2015 IA L4A Swim PINK A+ Invitational
Open	100	FR	50.30	3/1/2020	Aleksey Tarasenko	Unattached	2020 IN APP IU LC Meet
Open	200	FR	1:49.19	12/7/1985	Craig Oppel	Des Moines Swimming Federation	Austin, TX
Open	400	FR	3:53.36	12/6/1985	Craig Oppel	Des Moines Swimming Federation	Austin, TX
Open	800	FR	8:10.92	8/4/2023	Jacob Pins	Des Moines Swimming Federation	2023 Speedo Junior National Championships
Open	1500	FR	15:31.13	7/31/2023	Jacob Pins	Des Moines Swimming Federation	2023 Speedo Junior National Championships
Open	100	BK	55.00	6/14/2021	Bryce Bohman	Pulling Water, LLC	2020 Olympic Trials Wave II
Open	200	BK	2:01.26	8/3/2017	Thomas Rathbun	University Of Iowa	2017 U.S. Open
Open	100	BR	1:02.00	3/10/2024	Joe Polyak	Iowa Flyers Swim Club	2024 IA Central Zone North Sectionals
Open	200	BR	2:16.15	3/9/2024	Joe Polyak	Iowa Flyers Swim Club	2024 IA Central Zone North Sectionals
Open	100	FL	52.65	7/27/2018	Bryce Bohman	Lane Four Aquatics	2018 Summer Nationals
Open	200	FL	2:01.98	8/3/2021	Drew Reiter	Greater Des Moines YMCA	2021 Speedo Summer Championships West
Open	200	IM	2:03.01	5/22/2021	Anze Fers Erzen	Dubuque Area Swimmin' Hurricanes	2021 ST TXLA Longhorn Aquatics Elite Invite
Open	400	IM	4:24.52	8/7/2012	Christian Carbone	Unattached	2012 U.S. Open
Open	200	FR-R	1:34.26	6/3/2012	Mitch Taylor, Jordan Huff, Byron Butler, Gianni Sesto	Club Hawkeye	2012 IA CRAA Summer Long Course Kick-o
Open	400	FR-R	3:25.20	8/3/2017	Joe Myhre, Will Scott, Steve Fiolic, Jack Smith	University Of Iowa	2017 U.S. Open
Open	800	FR-R	7:41.64	7/21/2012	Jordan Huff, Gianni Sesto, Patrick Weigand, Charlie Hogan	Club Hawkeye	2012 Speedo Champions Series-Central Zone Sec 1
Open	200	MED-R	1:44.36	7/25/2014	John Colin, Andrew Marciniak, Byron Butler, Jordan Huff	Dubuque Area Swimmin' Hurricanes	2014 IA Swimming Long Course
Open	400	MED-R	3:45.12	7/22/2012	Grant Betulius, Andrew Marciniak, Byron Butler, Jordan Huff	Club Hawkeye	2012 Speedo Champions Series-Central Zone Sec 1