

Long Course Utah State Records

Girls			10-Under		Boys	
Name	Year	Time	Event	Time	Year	Name
Hailey Pabst	2007	30.50	50 Freestyle	30.12	2011	Lucas Hess
Shayla Zulcic	2019	1:06.88	100 Freestyle	1:06.49	2011	Lucas Hess
Shayla Zulcic	2019	2:21.60	200 Freestyle	2:22.86	2018	Cole Albrecht
Hailey Pabst	2007	5:13.64	400 Freestyle	5:07.64	2015	Jackson Capra
Sara Watchorn	1992	34.32	50 Backstroke	34.48	2018	Kevin Tu
Sara Watchorn	1992	1:13.11	100 Backstroke	1:14.84	2017	William McDonald
Hailey Pabst	2007	38.07	50 Breaststroke	38.78	2017	Abraham Astle
Hailey Pabst	2007	1:23.65	100 Breaststroke	1:26.16	2022	Davis Chase
Stella Shirley	2024	32.29	50 Butterfly	32.68	2013	Martin Anders
Valerie Guzman-Delahoz	2019	1:12.74	100 Butterfly	1:10.79	2014	Evan VanBrocklin
Hailey Pabst	2007	2:46.33	200 Individual Medley	2:43.05	2011	Lucas Hess
O.A.	2019	2:09.90	200 Freestyle Relay	2:09.38	2018	W.F.F.M.
O.A.	2019	4:47.56	400 Freestyle Relay	4:50.78	2018	W.F.F.M.
O.A.	2018	2:26.75	200 Medley Relay	2:26.07	2017	O.A.
Girls			11-12		Boys	
Name	Year	Time	Event	Time	Year	Name
Hailey Pabst	2008	27.96	50 Freestyle	26.04	2025	Jett Hatchard
Madison Parker	2017	1:00.02	100 Freestyle	56.06	2025	Jett Hatchard
Madison Parker	2017	2:12.94	200 Freestyle	2:06.67	2013	Lucas Hess
Eva Gontrum	2010	4:41.45	400 Freestyle	4:31.13	2012	Trey Freeman
Zoe Phillips	2010	9:38.88	800 Freestyle	9:28.86	2012	Trey Freeman
Eva Gontrum	2010	18:27.42	1500 Freestyle	17:51.26	2012	Trey Freeman
Jade Garstang	2019	31.51	50 Backstroke	29.07	2025	Jett Hatchard
Jade Garstang	2019	1:08.21	100 Backstroke	1:02.21	2025	Jett Hatchard
Jade Garstang	2019	2:28.73	200 Backstroke	2:13.90	2025	Jett Hatchard
Camryn Tanton	2023	35.52	50 Breaststroke	34.11	2025	Jett Hatchard
Brianna Francis	2008	1:16.60	100 Breaststroke	1:17.01	2014	Alexander Gustat
Blaire McDowell	2013	2:45.47	200 Breaststroke	2:49.84	2016	Sohnnie Wesemann
Jade Garstang	2019	28.78	50 Butterfly	28.11	2015	Joshua Cho
Jade Garstang	2019	1:05.38	100 Butterfly	1:02.30	2013	Lucas Hess
Elizabeth Boyer	2017	2:27.50	200 Butterfly	2:18.41	2013	Lucas Hess
Jade Garstang	2019	2:29.51	200 Individual Medley	2:24.88	2013	Jared Arroyo
Elizabeth Boyer	2017	5:19.96	400 Individual Medley	5:02.98	2013	Lucas Hess
O.A.	2019	1:57.72	200 Freestyle Relay	1:54.76	2025	O.A.
O.A.	2019	4:20.46	400 Freestyle Relay	4:11.05	2025	O.A.
O.A.	2019	2:06.14	200 Medley Relay	2:09.82	2025	O.A.
C.H.A.T.	1994	5:09.13	400 Medley Relay	5:00.22	1994	C.H.A.T.
Girls			13-14		Boys	
Name	Year	Time	Event	Time	Year	Name
Hailey Pabst	2011	27.15	50 Freestyle	24.40	2025	Alexander Spainhower
Madison Parker	2019	58.08	100 Freestyle	54.71	2009	Long Gutierrez
Hailey Pabst	2011	2:06.67	200 Freestyle	1:55.91	2014	Trey Freeman
Hailey Pabst	2011	4:30.07	400 Freestyle	4:02.57	2014	Trey Freeman
Siena Senn	2015	9:18.17	800 Freestyle	8:24.07	2014	Trey Freeman
Eva Gontrum	2012	17:41.05	1500 Freestyle	16:05.90	2014	Trey Freeman
Aulia Leauanae	2024	31.24	50 Backstroke	27.83	2025	Alexander Spainhower
Rhyan White	2014	1:03.94	100 Backstroke	1:00.08	2015	Jarod Arroyo
Rhyan White	2014	2:17.52	200 Backstroke	2:08.32	2015	Jarod Arroyo
Emma Staskus	2025	34.31	50 Breaststroke	31.63	2025	Leo Cai
Camryn Tanton	2025	1:14.03	100 Breaststroke	1:07.60	2025	Leo Cai
Camryn Tanton	2025	2:39.60	200 Breaststroke	2:26.92	2025	Leo Cai
Sorcha Canning	2025	29.27	50 Butterfly	26.71	2025	Chaz Keddington
Jade Garstang	2021	1:03.12	100 Butterfly	57.28	2009	Long Gutierrez
Jade Garstang	2021	2:23.02	200 Butterfly	2:06.23	2014	Trey Freeman
Camryn Tanton	2025	2:22.80	200 Individual Medley	2:09.13	2015	Jarod Arroyo
Zoe Phillips	2012	5:03.22	400 Individual Medley	4:33.09	2015	Jarod Arroyo
UVRays	2016	1:52.62	200 Freestyle Relay	1:45.53	2014	W.F.F.M.
UVRays	2016	4:07.81	400 Freestyle Relay	3:52.14	2017	UVRays
W.F.F.M.	2021	9:31.70	800 Freestyle Relay	8:57.70	2021	W.F.F.M.
O.A.	2021	2:03.59	200 Medley Relay	1:56.98	2024	S.L.C.

UVRays	2019	4:33.11	400 Medley Relay	4:15.81	2017	UVRays
	Girls		15-16		Boys	
Name	Year	Time	Event	Time	Year	Name
Rachel Oyler	2018	26.95	50 Freestyle	24.01	2018	Cameron Green
Sefilina Maile/Rachel Oyler	2017/2018	58.67	100 Freestyle	51.99	2017	Lucas Hess
Rachel Butler	2017	2:05.89	200 Freestyle	1:54.51	2017	Lucas Hess
Rachel Butler	2017	4:24.63	400 Freestyle	4:04.35	2018	Tanner Nelson
Audrey McDonald	2018	9:10.63	800 Freestyle	8:22.83	2018	Darwin Anderson
Rachel Butler	2017	17:18.16	1500 Freestyle	16:02.44	2019	Tanner Nelson
Rhyan White	2016	29.62	50 Backstroke	27.52	2024	Luan Barnard
Rhyan White	2016	1:02.10	100 Backstroke	58.17	2024	Luan Barnard
Rhyan White	2016	2:12.36	200 Backstroke	2:05.18	2016	Jarod Arroyo
Pinar Donmez	2024	33.15	50 Breaststroke	31.35	2025	Ethan Brown
Veronica Black	2023	1:10.96	100 Breaststroke	1:06.00	2019	Tanner Nelson
Veronica Black	2023	2:34.76	200 Breaststroke	2:21.00	2018	Jordan Tiffany
Jade Garstang	2022	28.09	50 Butterfly	26.19	2025	Beck Johnson
Jade Garstang	2022	1:02.04	100 Butterfly	55.40	2010	Long Gutierrez
Amie Nielsen	1991	2:22.75	200 Butterfly	2:02.92	2010	Long Gutierrez
Rachel Butler	2017	2:22.06	200 Individual Medley	2:06.01	2023	Abraham Astle
Rachel Butler	2017	4:57.10	400 Individual Medley	4:27.53	2016	Jarod Arroyo
W.F.F.M.	2022	1:52.27	200 Freestyle Relay	1:40.37	2016	W.F.F.M.
H.A.S.T.	2022	4:07.29	400 Freestyle Relay	3:37.81	2016	W.F.F.M.
H.A.S.T.	2022	9:02.74	800 Freestyle Relay	8:15.11	2016	H.A.S.T.
W.F.F.M.	2023	2:04.54	200 Medley Relay	1:51.26	2016	W.F.F.M.
W.F.F.M.	2023	4:27.57	400 Medley Relay	4:03.87	2021	LEHI
			Mixed 200 Freestyle Relay	1:47.44	2024	C.H.A.T.
			Mixed 200 Medley Relay	2:00.04	2024	C.H.A.T.
	Girls		17-18		Boys	
Name	Year	Time	Event	Time	Year	Name
Madison Parker	2023	26.15	50 Freestyle	23.45	2024	Sebastian Wrona
Madison Parker	2023	56.73	100 Freestyle	51.11	2025	Abraham Astle
Audrey McDonald	2019	2:04.97	200 Freestyle	1:52.08	2013	Long Gutierrez
Amanda Barrett	2010	4:25.16	400 Freestyle	3:58.29	2021	Tanner Nelson
Cherrill Haws	1993	9:03.59	800 Freestyle	8:21.15	2019	Darwin Anderson
Avery Bulkley	2025	17:09.79	1500 Freestyle	15:48.70	2020	Tanner Nelson
Rhyan White	2018	28.46	50 Backstroke	26.30	2025	Luan Barnard
Rhyan White	2017	1:01.57	100 Backstroke	56.71	2025	Luan Barnard
Rhyan White	2017	2:11.20	200 Backstroke	2:04.77	2012	Shawn Western
Veronica Black	2025	33.20	50 Breaststroke	28.81	2025	Abraham Astle
Sara Nicponski	2007	1:10.91	100 Breaststroke	1:04.04	2025	Abraham Astle
Veronica Black	2024	2:34.54	200 Breaststroke	2:19.15	2021	Maxston Cannon
Jade Garstang	2025	27.63	50 Butterfly	25.10	2013	Long Gutierrez
Jade Garstang	2024	1:02.17	100 Butterfly	54.58	2022	Evan Vanbrocklin
Audrey McDonald	2019	2:20.46	200 Butterfly	1:59.21	2022	Evan Vanbrocklin
Rachel Butler	2019	2:20.89	200 Individual Medley	2:04.19	2024	Abraham Astle
Rachel Butler	2019	4:58.67	400 Individual Medley	4:25.67	2021	Tanner Nelson
W.F.F.M.	2025	1:47.82	200 Freestyle Relay	1:34.68	2024	O.A.
W.F.F.M.	2025	4:02.77	400 Freestyle Relay	3:29.61	2024	O.A.
UVRays	2019	8:56.91	800 Freestyle Relay	8:25.08	2016	UVRays
W.F.F.M.	2025	1:58.06	200 Medley Relay	1:44.32	2025	O.A.
W.F.F.M.	2025	4:21.88	400 Medley Relay	3:49.67	2025	O.A.
			Mixed 200 Freestyle Relay	1:42.98	2025	W.F.F

Cherrill Haws	1995	8:49.96	800 Freestyle	8:21.15	2019	Darwin Anderson
Cherrill Haws	1995	16:55.73	1500 Freestyle	15:48.70	2020	Tanner Nelson
Rhyan White	2018	28.46	50 Backstroke	25.95	2025	Bryce Broadhead
Rhyan White	2017	1:01.57	100 Backstroke	54.50	2016	Jake Taylor
Rhyan White	2017	2:11.20	200 Backstroke	1:58.52	2023	Brandon Miller
Erin Palmer	2025	32.03	50 Breaststroke	28.32	2023	Jaek Horner
Erin Palmer	2025	1:10.57	100 Breaststroke	1:01.25	2021	Josue Dominguez
Veronica Black	2024	2:34.54	200 Breaststroke	2:17.07	1997	William Schefchik
Jade Garstang	2025	27.63	50 Butterfly	23.85	2025	Max Kleinman
Kim Welch	2011	1:01.68	100 Butterfly	53.27	2024	Jordan Tiffany
Jordan Anderson	2017	2:15.88	200 Butterfly	1:59.21	2022	Evan Vanbrocklin
Jordan Anderson	2017	2:19.15	200 Individual Medley	2:03.44	2025	Tanner Nelson
Jordan Anderson	2017	4:52.45	400 Individual Medley	4:21.36	2023	Brandon Miller
UTAH	2025	1:46.54	200 Freestyle Relay	1:32.22	2025	COUG
UTAH	2025	3:53.56	400 Freestyle Relay	3:24.83	2025	COUG
UTAH	2025	8:36.74	800 Freestyle Relay	7:41.80	2025	UTAH
UTAH	2025	1:57.82	200 Medley Relay	1:42.55	2025	UTAH
UTAH	2025	4:19.34	400 Medley Relay	3:46.22	2025	UTAH
			Mixed 200 Freestyle Relay	1:39.95	2024	UTAH
			Mixed 200 Medley Relay	1:50.75	2024	UTAH