

# 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	
Jade Garstang	2017	32.41	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	27.23	2013	Lucas Hess	
Madison Parker	2017	1:00.02	100 Freestyle	58.27	2013	Lucas Hess	
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	30.79	2015	Joshua Cho	
Jade Garstang	2019	1:08.21	100 Backstroke	1:06.36	2015	Joshua Cho	
Jade Garstang	2019	2:28.73	200 Backstroke	2:24.55	2015	Joshua Cho	
Camryn Tanton	2023	35.52	50 Breaststroke	34.30	2014	Alexander Gustat	
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	1:57.62	2019	W.F.F.M.	
O.A.	2019	4:20.46	400 Freestyle Relay	4:22.92	2014	W.F.F.M.	
O.A.	2019	2:06.14	200 Medley Relay	2:11.91	2014	W.F.F.M.	
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	25.14	1995	David Fleisch	
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	
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	
Brianna Francis	2010	1:15.18	100 Breaststroke	1:08.50	2017	Tanner Nelson	
Brianna Francis	2010	2:41.66	200 Breaststroke	2:28.87	2017	Tanner Nelson	
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	
Zoe Phillips	2012	2:26.84	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	1:57.65	2017	UVRays	
UVRays	2019	4:33.11	400 Medley Relay	4:15.81	2017	UVRays	

<b>Girls</b>			<b>15-16</b>		<b>Boys</b>	
<b>Name</b>	<b>Year</b>	<b>Time</b>	<b>Event</b>	<b>Time</b>	<b>Year</b>	<b>Name</b>
Rachel Oyler	2018	26.95	<b>50 Freestyle</b>	24.01	2018	Cameron Green
Sefilina Maile/Rachel Oyler	2017/2018	58.67	<b>100 Freestyle</b>	51.99	2017	Lucas Hess
Rachel Butler	2017	2:05.89	<b>200 Freestyle</b>	1:54.51	2017	Lucas Hess
Rachel Butler	2017	4:24.63	<b>400 Freestyle</b>	4:04.35	2018	Tanner Nelson
Audrey McDonald	2018	9:10.63	<b>800 Freestyle</b>	8:22.83	2018	Darwin Anderson
Rachel Butler	2017	17:18.16	<b>1500 Freestyle</b>	16:02.44	2019	Tanner Nelson
Rhyan White	2016	1:02.10	<b>100 Backstroke</b>	58.68	2018	Payton Plumb
Rhyan White	2016	2:12.36	<b>200 Backstroke</b>	2:05.18	2016	Jarod Arroyo
Veronica Black	2023	1:10.96	<b>100 Breaststroke</b>	1:06.00	2019	Tanner Nelson
Veronica Black	2023	2:34.76	<b>200 Breaststroke</b>	2:21.00	2018	Jordan Tiffany
Jade Garstang	2022	1:02.04	<b>100 Butterfly</b>	55.40	2010	Long Gutierrez
Amie Nielsen	1991	2:22.75	<b>200 Butterfly</b>	2:02.92	2010	Long Gutierrez
Rachel Butler	2017	2:22.06	<b>200 Individual Medley</b>	2:06.01	2023	Abraham Astle
Rachel Butler	2017	4:57.10	<b>400 Individual Medley</b>	4:27.53	2016	Jarod Arroyo
W.F.F.M.	2022	1:52.27	<b>200 Freestyle Relay</b>	1:40.37	2016	W.F.F.M.
H.A.S.T.	2022	4:07.29	<b>400 Freestyle Relay</b>	3:37.81	2016	W.F.F.M.
H.A.S.T.	2022	9:02.74	<b>800 Freestyle Relay</b>	8:15.11	2016	H.A.S.T.
W.F.F.M.	2023	2:04.54	<b>200 Medley Relay</b>	1:51.26	2016	W.F.F.M.
W.F.F.M.	2023	4:27.57	<b>400 Medley Relay</b>	4:03.87	2021	LEHI

**Mixed 200 Freestyle Relay**

**Mixed 200 Medley Relay**

<b>Girls</b>			<b>17-18</b>		<b>Boys</b>	
<b>Name</b>	<b>Year</b>	<b>Time</b>	<b>Event</b>	<b>Time</b>	<b>Year</b>	<b>Name</b>
Madison Parker	2023	26.15	<b>50 Freestyle</b>	23.74	2022	Evan Vanbrocklin
Madison Parker	2023	56.73	<b>100 Freestyle</b>	51.31	2022	Evan Vanbrocklin
Audrey McDonald	2019	2:04.97	<b>200 Freestyle</b>	1:52.08	2013	Long Gutierrez
Amanda Barrett	2010	4:25.16	<b>400 Freestyle</b>	3:58.29	2021	Tanner Nelson
Cherrill Haws	1993	9:03.59	<b>800 Freestyle</b>	8:21.15	2019	Darwin Anderson
Cherrill Haws	1993	17:11.20	<b>1500 Freestyle</b>	15:48.70	2020	Tanner Nelson
Rhyan White	2017	1:01.57	<b>100 Backstroke</b>	57.02	2023	Sean Honey
Rhyan White	2017	2:11.20	<b>200 Backstroke</b>	2:04.77	2012	Shawn Western
Sara Nicponski	2007	1:10.91	<b>100 Breaststroke</b>	1:04.30	2022	Evan Vandersluis
Sara Nicponski	2007	2:35.65	<b>200 Breaststroke</b>	2:19.15	2021	Maxston Cannon
Ana Agy	2006	1:02.28	<b>100 Butterfly</b>	54.58	2022	Evan Vanbrocklin
Audrey McDonald	2019	2:20.46	<b>200 Butterfly</b>	1:59.21	2022	Evan Vanbrocklin
Rachel Butler	2019	2:20.89	<b>200 Individual Medley</b>	2:04.21	2021	Tanner Nelson
Rachel Butler	2019	4:58.67	<b>400 Individual Medley</b>	4:25.67	2021	Tanner Nelson
H.A.S.T.	2024	1:51.73	<b>200 Freestyle Relay</b>	1:38.92	2022	Lehi Aquatics
C.H.A.T.	2023	4:15.22	<b>400 Freestyle Relay</b>	3:42.85	2022	Lehi Aquatics
UVRays	2019	8:56.91	<b>800 Freestyle Relay</b>	8:25.08	2016	UVRays
U.V.A.	2022	2:02.69	<b>200 Medley Relay</b>	1:47.41	2022	O.A.
U.V.A.	2022	4:30.27	<b>400 Medley Relay</b>	3:52.41	2022	O.A.
			<b>Mixed 200 Freestyle Relay</b>	1:47.89	2023	C.H.A.T.
			<b>Mixed 200 Medley Relay</b>	2:03.71	2023	C.H.A.T.

<b>Girls</b>			<b>SENIOR</b>		<b>Boys</b>	
<b>Name</b>	<b>Year</b>	<b>Time</b>	<b>Event</b>	<b>Time</b>	<b>Year</b>	<b>Name</b>
Madison Parker	2023	26.15	<b>50 Freestyle</b>	22.18	2019	Payton Sorenson
Madison Parker	2023	56.73	<b>100 Freestyle</b>	49.91	2014	Nicholas Soedel
Audrey McDonald	2019	2:04.97	<b>200 Freestyle</b>	1:51.07	2014	Bence Kiraly
Cherrill Haws	1995	4:22.73	<b>400 Freestyle</b>	3:54.94	2014	Bence Kiraly
Cherrill Haws	1995	8:49.96	<b>800 Freestyle</b>	8:21.15	2019	Darwin Anderson
Cherrill Haws	1995	16:55.73	<b>1500 Freestyle</b>	15:48.70	2020	Tanner Nelson
Rhyan White	2017	1:01.57	<b>100 Backstroke</b>	54.50	2016	Jake Taylor
Rhyan White	2017	2:11.20	<b>200 Backstroke</b>	1:58.52	2023	Brandon Miller
Sara Nicponski	2007	1:10.91	<b>100 Breaststroke</b>	1:01.25	2021	Josue Dominguez
Veronica Black	2023	2:34.76	<b>200 Breaststroke</b>	2:17.07	1997	William Schefchik
Kim Welch	2011	1:01.68	<b>100 Butterfly</b>	53.27	2024	Jordan Tiffany
Jordan Anderson	2017	2:15.88	<b>200 Butterfly</b>	1:59.21	2022	Evan Vanbrocklin
Jordan Anderson	2017	2:19.15	<b>200 Individual Medley</b>	2:03.86	2004	Diogo Yabe

Jordan Anderson	2017	4:52.45	<b>400 Individual Medley</b>	4:21.36	2023	Brandon Miller
C.A.R.	2008	1:46.86	<b>200 Freestyle Relay</b>	1:33.17	2023	U.V.A.
C.H.A.T.	2006	3:55.56	<b>400 Freestyle Relay</b>	3:28.67	2021	UTAH
U.U.	2003	8:38.37	<b>800 Freestyle Relay</b>	7:52.44	2017	Swim Utah
W.F.F.M.	2017	1:59.33	<b>200 Medley Relay</b>	1:42.62	2021	UTAH
W.F.F.M.	2017	4:23.55	<b>400 Medley Relay</b>	3:48.76	2022	U.V.A.
			<b>Mixed 200 Freestyle Relay</b>	1:41.30	2023	U.V.A.
			<b>Mixed 200 Medley Relay</b>	1:52.68	2023	O.A.