

## Midwestern Long Course Records after 2003-2004

### 8 & U Long Course Records

#### Girls

Age	Distance	Stroke	Time	Year	Club	Swimmer
8 & Under	50m	Free	35.81	1996	MW-SO	Colleen Criss
8 & Under	50m	Free	35.81	1998	MW-SO	Jordan Hagar
8 & Under	100m	Free	1:19.86	1999	MW-SSD	Michaela Heinz
8 & Under	200m	Free	2:54.83	1982	MW-RAMS	Diana Melrose
8 & Under	50m	Back	43.93	1994	MW-NA	Susan Waizenhofer
8 & Under	50m	Breast	45.12	1986	MW-WRSC	Brenda Passmore
8 & Under	50m	Fly	40.54	1982	MW-RAMS	Diana Melrose
8 & Under	200m	Ind Med	3:18.28	1998	MW-SO	Jordan Hagar
8 & Under	200m	Fr Rel	2:47.73	1996	MW-SO	Karen Criss, Colleen Criss, Aimee LaFave, Tracy Wiles
8 & Under	200m	Med Rel	3:15.70	1979	MW-OWSC	Larson, Sherman, Marnee Dietrich, Spidle

#### Boys

Age	Distance	Stroke	Time	Year	Club	Swimmer
8 & Under	50m	Free	31.75	2004	MW-HLA	Jacob Molacek
8 & Under	100m	Free	1:10.62	2004	MW-HLA	Jacob Molacek
8 & Under	200m	Free	2:40.84	1996	MW-MAC	Kevin Ensor
8 & Under	50m	Back	37.93	1996	MW-MAC	Kevin Ensor
8 & Under	50m	Breast	40.10	2004	MW-HLA	Jacob Molacek
8 & Under	50m	Fly	34.56	1996	MW-MAC	Kevin Ensor
8 & Under	200m	Ind Med	2:51.63	1996	MW-MAC	Kevin Ensor
8 & Under	200m	Fr Rel	2:47.43	1993	MW-SO	Grant Campbell, Gray, Kalisch, Fellwock
8 & Under	200m	Med Rel	3:09.88	1993	MW-SO	Kalisch, Gray, Fellwock, Grant Campbell

## Midwestern Long Course Records after 2003-2004

### 10 & U Long Course Records

#### Girls

Age	Distance	Stroke	Time	Year	Club	Swimmer
10 & Under	50m	Free	31.32	1979	MW-OWSC	Linda Rosenberg
10 & Under	100m	Free	1:08.68	1979	MW-OWSC	Linda Rosenberg
10 & Under	200m	Free	2:28.63	1979	MW-OWSC	Linda Rosenberg
10 & Under	400m	Free				
10 & Under	50m	Back	35.59	1990	MW-MOST	Ali Petersen
10 & Under	100m	Back	1:17.95	1979	MW-OWSC	Linda Rosenberg
10 & Under	50m	Breast	39.38	1996	MW-MS	Elizabeth Gregory
10 & Under	100m	Breast	1:27.02	1996	MW-MS	Elizabeth Gregory
10 & Under	50m	Fly	32.80	1977	MW-BSC	Vanessa Richey
10 & Under	100m	Fly	1:16.30	1977	MW-BSC	Vanessa Richey
10 & Under	200m	Ind Med	2:49.72	1984	MW-UN	Diana Melrose
10 & Under	200m	Fr Rel	2:20.41	1978	MW-OWSC	Linda Rosenberg, Konopik, Kubat, Johnson
10 & Under	200m	Med Rel	2:37.73	1990	MW-MOST	Ali Petersen, Madeline Porta, Kellie Palko, Natasha Soby

#### Boys

Age	Distance	Stroke	Time	Year	Club	Swimmer
10 & Under	50m	Free	30.48	1979	MW-NA	JB Barr
10 & Under	100m	Free	1:06.12	1981	MW-BSC	Matt Barager
10 & Under	200m	Free	2:19.85	1981	MW-BSC	Matt Barager
10 & Under	400m	Free	5:36.09	2002	MW-SSD	Kyle Gogel
10 & Under	50m	Back	35.86	1998	MW-SO	Kevin Ensor
10 & Under	100m	Back	1:17.30	1998	MW-SO	Kevin Ensor
10 & Under	50m	Breast	39.31	1993	MW-SLS	Cornelius Qualley
10 & Under	100m	Breast	1:27.49	2004	MW-NA	Timothy Gladyshev
10 & Under	50m	Fly	32.62	1998	MW-SO	Kevin Ensor
10 & Under	100m	Fly	1:11.73	1998	MW-SO	Kevin Ensor
10 & Under	200m	Ind Med	2:41.69	1981	MW-BSC	Matt Barager
10 & Under	200m	Fr Rel	2:16.32	1976	MW-MOST	DiBiase, Beck, Wolters, Mordeson
10 & Under	200m	Med Rel	2:37.27	1974	MW-LSC	David Timm, Aaron Drake, C.P.Meehan, Kenny Hammer

## Midwestern Long Course Records after 2003-2004

### 11-12 Long Course Records

#### Girls

Age	Distance	Stroke	Time	Year	Club	Swimmer
11-12	50m	Free	28.12	2001	MW-SO	Kaitlin Arntz
11-12	100m	Free	1:01.47	2001	MW-SO	Kaitlin Arntz
11-12	200m	Free	2:13.17	1981	MW-OWSC	Linda Rosenberg
11-12	400m	Free	4:37.91	1988	MW-OSAC	Lisa Arent
11-12	800m	Free	10:04.06	2003	MW-SO	Sam Marchese
11-12	1500m	Free	19:43.15	2000	MW-OSAC	Jenn Kocsis
11-12	50m	Back	32.87	2000	MW-SO	Karen Criss
11-12	100m	Back	1:09.68	1987	MW-OWSC	Katie Chapeau
11-12	200m	Back	2:38.87	2000	MW-GPAC	Caroline Werner
11-12	50m	Breast	35.13	1999	MW-MAC	Jessie Bailis
11-12	100m	Breast	1:16.51	1999	MW-MAC	Jessie Bailis
11-12	200m	Breast	3:03.59	2002	MW-SSD	Michaela Heinz
11-12	50m	Fly	30.19	2004	MW-MAC	Shannon Guy
11-12	100m	Fly	1:06.05	1985	MW-NA	LaDonnis Loury
11-12	200m	Fly				
11-12	200m	Ind Med	2:31.51	1985	MW-NA	LaDonnis Loury
11-12	400m	Ind Med	5:42.94	2003	MW-SO	Kelly Kunkel
11-12	200m	Fr Rel	2:01.88	1981	MW-OWSC	Patrick, Linda Petersen, Anne Hauptman, Linda Rosenberg
11-12	400m	Fr Rel	4:24.88	2000	MW-SO	Jensen Henry, Coleen Criss, Kaitlin Arntz, Karen Criss
11-12	200m	Med Rel	2:17.25	1978	MW-OWSC	Robin DeSmet, Lazzaretti, Jill Stuva, Johnson
11-12	400m	Med Rel	4:59.27	1978	MW-OWSC	Robin DeSmet, Lazzaretti, Jill Stuva, Johnson

#### Boys

Age	Distance	Stroke	Time	Year	Club	Swimmer
11-12	50m	Free	27.22	1990	MW-BTSC	Coley Stickels
11-12	100m	Free	1:00.70	1990	MW-BTSC	Coley Stickels
11-12	200m	Free	2:10.68	2000	MW-NA	Jerr Merritt
11-12	400m	Free	4:40.92	1983	MW-BSC	Matt Barager
11-12	800m	Free	10:40.36	2002	MW-NYA	Kyle Wemhoff
11-12	1500m	Free	19:24.29	2002	MW-SO	Zach Hensley
11-12	50m	Back	31.81	1995	MW-SSD	Steven Wiltgen
11-12	100m	Back	1:10.44	1997	MW-SO	Travis Stensby
11-12	200m	Back				
11-12	50m	Breast	33.14	2000	MW-NA	Jerr Merritt
11-12	100m	Breast	1:13.08	2000	MW-NA	Jerr Merritt
11-12	200m	Breast	2:53.67	2000	MW-NA	Jerr Merritt
11-12	50m	Fly	29.34	1997	MW-UN	Hong Zhe Sun
11-12	100m	Fly	1:06.28	1997	MW-SO	Travis Stensby
11-12	200m	Fly				
11-12	200m	Ind Med	2:30.44	1997	MW-UN	Hong Zhe Sun
11-12	400m	Ind Med	5:40.37	2002	MW-SO	Zach Hensley
11-12	200m	Fr Rel	2:00.92	1979	MW-OWSC	Craig Oppel, Derron Fredrick, Martin, McClure
11-12	400m	Fr Rel	4:26.85	1981	MW-OWSC	Bill Day, Jeff Spidle, McDonald, Mark Dietrich
11-12	200m	Med Rel	2:15.33	1981	MW-OWSC	Bill Day, Jeff Spidle, McDonald, Mark Dietrich
11-12	400m	Med Rel	5:05.47	1981	MW-OWSC	Bill Day, Jeff Spidle, McDonald, Mark Dietrich

## Midwestern Long Course Records after 2003-2004

### 13-14 Long Course Records

#### Girls

Age	Distance	Stroke	Time	Year	Club	Swimmer
13-14	50m	Free	27.38	2001	MW-SO	Erin Holtmeyer
13-14	100m	Free	59.13	1974	MW-LSC	Barb Harris
13-14	200m	Free	2:08.52	2002	MW-SO	Karen Criss
13-14	400m	Free	4:26.20	1989	MW-OSAC	Lisa Arent
13-14	800m	Free	9:02.72	1990	MW-OSAC	Lisa Arent
13-14	1500m	Free	17:12.47	1989	MW-OSAC	Lisa Arent
13-14	100m	Back	1:06.99	1987	MW-UN	Heather Welch
13-14	200m	Back	2:25.21	1983	MW-OWSC	Linda Rosenberg
13-14	100m	Breast	1:12.21	2000	MW-MAC	Jessie Bailis
13-14	200m	Breast	2:42.23	1990	MW-BBSC	Carrie Johnson
13-14	100m	Fly	1:00.99	1987	MW-NA	LaDonnis Loury
13-14	200m	Fly	2:15.16	1987	MW-NA	LaDonnis Loury
13-14	200m	Ind Med	2:26.08	1994	MW-MOST	Shandra Johnson
13-14	400m	Ind Med	5:10.51	1993	MW-MOST	Shandra Johnson
13-14	200m	Fr Rel	1:56.27	2001	MW-SO	Allison Cap, Karen Criss, Colleen Criss, Erin Holtmeyer
13-14	400m	Fr Rel	4:07.82	2002	MW-SO	Jenn Kocsis, Kaitlin Arntz, Colleen Criss, Karen Criss
13-14	800m	Fr Rel	9:04.68	2002	MW-SO	Jenn Kocsis, Colleen Criss, Karen Criss, Kaitlin Arntz
13-14	200m	Med Rel	2:06.54	2000	MW-MAC	Katie Shald, Jessie Bailis, Kristy Gmeiner, Emily Pufall
13-14	400m	Med Rel	4:46.87	2000	MW-MAC	Katie Shald, Jessie Bailis, Kristy Gmeiner, Emily Pufall

#### Boys

Age	Distance	Stroke	Time	Year	Club	Swimmer
13-14	50m	Free	25.42	1989	MW-BBSC	Byron Butts
13-14	100m	Free	56.35	1989	MW-BBSC	Byron Butts
13-14	200m	Free	2:02.51	2004	MW-NYA	Kyle Wemhoff
13-14	400m	Free	4:14.64	1998	MW-MOST	James Sewell
13-14	800m	Free	8:36.95	1988	MW-OSAC	David Rosenberg
13-14	1500m	Free	16:29.48	1998	MW-MOST	James Sewell
13-14	100m	Back	1:03.32	1997	MW-SSD	Steven Wiltgen
13-14	200m	Back	2:18.32	1997	MW-SSD	Steven Wiltgen
13-14	100m	Breast	1:10.55	2001	MW-NA	Jerr Merritt
13-14	200m	Breast	2:33.73	2001	MW-NA	Jerr Merritt
13-14	100m	Fly	1:01.21	1996	MW-SSD	Steven Wiltgen
13-14	200m	Fly	2:16.28	1998	MW-SO	Travis Stensby
13-14	200m	Ind Med	2:18.36	1983	MW-OWSC	Mark Dietrich
13-14	400m	Ind Med	4:44.33	1998	MW-MOST	James Sewell
13-14	200m	Fr Rel	1:50.05	1996	MW-MOST	Joshua Sims, Brent Menghini, James Sewell, Rob Seaton
13-14	400m	Fr Rel	4:03.70	1982	MW-OWSC	Jeff Spidle, Trent Rinker, Mark Dietrich, Derron Fredrick
13-14	800m	Fr Rel	8:51.07	1980	MW-BSC	Jones, Tapelshay, Crook, Lemieux
13-14	200m	Med Rel	2:03.06	1977	MW-OWSC	Bill Heavey, Mark Beck, Allen Kunkle, Paul Hazuka
13-14	400m	Med Rel	4:15.61	1982	MW-OWSC	

## Midwestern Long Course Records after 2003-2004

### 15-16 Long Course Records

#### Girls

Age	Distance	Stroke	Time	Year	Club	Swimmer
15-16	50m	Free	27.09	2004	MW-SO	Erin Holtmeyer
15-16	100m	Free	58.43	2003	MW-SO	Karen Criss
15-16	200m	Free	2:02.25	1997	MW-MOST	Diana Coulton
15-16	400m	Free	4:20.50	1995	MW-MOST	Shandra Johnson
15-16	800m	Free	8:52.53	1991	MW-OSAC	Lisa Arent
15-16	1500m	Free	17:02.63	1991	MW-OSAC	Lisa Arent
15-16	100m	Back	1:04.78	1996	MW-MOST	Shandra Johnson
15-16	200m	Back	2:19.92	1995	MW-MOST	Shandra Johnson
15-16	100m	Breast	1:11.95	2003	MW-MAC	Jessie Bailis
15-16	200m	Breast	2:42.66	2003	MW-MAC	Jessie Bailis
15-16	100m	Fly	1:01.44	1988	MW-NA	LaDonnis Loury
15-16	200m	Fly	2:17.98	1988	MW-NA	LaDonnis Loury
15-16	200m	Ind Med	2:17.36	1997	MW-MOST	Diana Coulton
15-16	400m	Ind Med	4:58.83	1994	MW-MOST	Shandra Johnson
15-16	200m	Fr Rel	2:00.80	1995	MW-SO	Andrea Tourek, Irene Schneider, Beth Williams, Schwarz
15-16	400m	Fr Rel	4:13.26	1995	MW-MOST	Ali Petersen, Natasha Soby, Terese Jung, Shandra Johnson
15-16	800m	Fr Rel	8:37.90	2003	MW-SO	Lindsay Kline, Karen Criss, Jenn Kocsis, Erin Holtmeyer
15-16	200m	Med Rel	2:08.41	1995	MW-MOST	Shandra Johnson, Madeline Porta, Ali Petersen, Natasha Soby
15-16	400m	Med Rel	4:47.93	1995	MW-SO	Jenny Patton, Brenda Passmore, Aimee LaFave, Schwarz

#### Boys

Age	Distance	Stroke	Time	Year	Club	Swimmer
15-16	50m	Free	23.93	1994	MW-MOST	Coley Stickels
15-16	100m	Free	53.89	2003	MW-SO	Zac Samland
15-16	200m	Free	1:58.42	1989	MW-TN	Doug Humphrey
15-16	400m	Free	4:05.86	1982	MW-BSC	Chuck Jones
15-16	800m	Free	8:19.92	1987	MW-OSAC	Matt Barager
15-16	1500m	Free	15:54.97	1987	MW-OSAC	Matt Barager
15-16	100m	Back	1:00.74	2000	MW-CKST	Adam Mania
15-16	200m	Back	2:13.36	2000	MW-CKST	Adam Mania
15-16	100m	Breast	1:07.97	1989	MW-NA	Rich Nolte
15-16	200m	Breast	2:27.60	1994	MW-NA	Patrick Rowan
15-16	100m	Fly	56.99	1990	MW-TN	PJ Wiseman
15-16	200m	Fly	2:06.72	1987	MW-OSAC	Stephen Keller
15-16	200m	Ind Med	2:10.76	1990	MW-TN	PJ Wiseman
15-16	400m	Ind Med	4:42.06	2000	MW-MOST	James Sewell
15-16	200m	Fr Rel	1:48.29	1983	MW-NA	John Tidball, John Wilson, Whit Warner, Pat McGinn
15-16	400m	Fr Rel	4:02.36	1986	MW-OSAC	Thomas, Walters, Fitzsimmons, Matt Barager
15-16	800m	Fr Rel	8:50.59	1986	MW-OSAC	Matt Barager, Thomas, King, Walters
15-16	200m	Med Rel	2:03.75	1995	MW-SO	Pat Kettleon, Ben Porter, Josh White, Jeff Grewe
15-16	400m	Med Rel	4:10.91	1987	MW-NA	Geoff Basler, Paul Nelsen, Tom Krause, Eric Wright

## Midwestern Long Course Records after 2003-2004

### 17-18 Long Course Records

#### Girls

Age	Distance	Stroke	Time	Year	Club	Swimmer
17-18	50m	Free	26.84	1986	MW-NA	Amy Tidball
17-18	100m	Free	58.75	2001	MW-SO	Katie Eckholt
17-18	200m	Free	2:03.78	1997	MW-MOST	Shandra Johnson
17-18	400m	Free	4:20.40	1996	MW-MOST	Shandra Johnson
17-18	800m	Free	8:55.17	1993	MW-OSAC	Lisa Arent
17-18	1500m	Free	17:11.21	1993	MW-OSAC	Lisa Arent
17-18	100m	Back	1:04.58	1997	MW-MOST	Shandra Johnson
17-18	200m	Back	2:18.31	1997	MW-MOST	Shandra Johnson
17-18	100m	Breast	1:12.42	2004	MW-MAC	Jessie Bailis
17-18	200m	Breast	2:42.72	1994	MW-MOST	Leah Abraham
17-18	100m	Fly	1:05.34	2001	MW-NA	Rebecca Wolfe
17-18	200m	Fly	2:17.21	2001	MW-NA	Rebecca Wolfe
17-18	200m	Ind Med	2:24.48	1996	MW-MOST	Shandra Johnson
17-18	400m	Ind Med	5:03.47	1994	MW-OSAC	Lisa Arent
17-18	200m	Fr Rel				
17-18	400m	Fr Rel	4:28.22	2004	MW-HUSK	Jenna Stroud, Jessi Phillips, Amie Wolford, Britt Samuelson
17-18	800m	Fr Rel				
17-18	200m	Med Rel				
17-18	400m	Med Rel				

#### Boys

Age	Distance	Stroke	Time	Year	Club	Swimmer
17-18	50m	Free	23.77	1997	MW-SO	David Morrow
17-18	100m	Free	52.18	1992	MW-SO	PJ Wiseman
17-18	200m	Free	1:54.03	1991	MW-SO	Doug Humphrey
17-18	400m	Free	4:01.19	1986	MW-OSAC	Roddy Kirschenmann
17-18	800m	Free	8:12.25	1986	MW-OSAC	Roddy Kirschenmann
17-18	1500m	Free	15:41.41	1986	MW-OSAC	Roddy Kirschenmann
17-18	100m	Back	57.75	2002	MW-CKST	Adam Mania
17-18	200m	Back	2:09.49	1986	MW-NA	JB Barr
17-18	100m	Breast	1:04.85	1989	MW-NA	Paul Nelsen
17-18	200m	Breast	2:22.04	1989	MW-NA	Paul Nelsen
17-18	100m	Fly	56.17	1991	MW-SO	PJ Wiseman
17-18	200m	Fly	2:05.05	1989	MW-OSAC	Steve Keller
17-18	200m	Ind Med	2:06.45	1989	MW-NA	Paul Nelsen
17-18	400m	Ind Med	4:29.39	1989	MW-NA	Paul Nelsen
17-18	200m	Fr Rel				
17-18	400m	Fr Rel	3:38.54	2003	MW-MS	Chris Scheuber, Tim Scheuber, Jordan Lacy, Dan Berve
17-18	800m	Fr Rel	7:59.62	1990	MW-NA	Justin Switzer, Eric Wright, Charlie Larson, Greg Timm
17-18	200m	Med Rel				
17-18	400m	Med Rel	4:01.28	1990	MW-NA	Charlie Larson, Rich Nolte, Eric Wright, Greg Timm

## Midwestern Long Course Records after 2003-2004

### Senior Long Course Records

#### Girls

<u>Age</u>	<u>Distance</u>	<u>Stroke</u>	<u>Time</u>	<u>Year</u>	<u>Club</u>	<u>Swimmer</u>
Senior	50m	Free	25.83	1998	MW-NA	Terrie Miller
Senior	100m	Free	56.19	2002	MW-UN	Helene Muller
Senior	200m	Free	2:00.85	2002	MW-UN	Helene Muller
Senior	400m	Free	4:20.40	1996	MW-MOST	Shandra Johnson
Senior	800m	Free	8:52.53	1991	MW-OSAC	Lisa Arent
Senior	1500m	Free	17:02.63	1991	MW-OSAC	Lisa Arent
Senior	100m	Back	1:04.58	1997	MW-MOST	Shandra Johnson
Senior	200m	Back	2:16.42	1993	MW-NA	Jane Glazebrook
Senior	100m	Breast	1:07.02	1996	MW-UNL	Penny Heyns
Senior	200m	Breast	2:30.32	1997	MW-NA	Penny Heyns
Senior	100m	Fly	1:00.99	1987	MW-NA	LaDonnis Loury
Senior	200m	Fly	2:15.16	1987	MW-NA	LaDonnis Loury
Senior	200m	Ind Med	2:22.11	1997	MW-NA	Julia Russell
Senior	400m	Ind Med	4:58.83	1995	MW-MOST	Shandra Johnson
Senior	200m	Fr Rel	1:53.60	2004	MW-B-T	Katie Eckholt, Karen Criss, Colleen Criss, Michelle Criss
Senior	400m	Fr Rel	3:54.43	2003	MW-SO	Beth Roach, Erin Holtmeyer, Jenn Kocsis, Karen Criss
Senior	800m	Fr Rel	8:35.49	2003	MW-SO	Jenn Kocsis, Kaitlin Arntz, Erin Holtmeyer, Karen Criss
Senior	200m	Med Rel	2:07.54	2002	MW-MAC	Katie Shald, Jessie Bailis
Senior	400m	Med Rel	4:31.11	2003	MW-MAC	Brooke Paulsen, Jessie Bailis, Allison Way, Emily Pufall

#### Boys

<u>Age</u>	<u>Distance</u>	<u>Stroke</u>	<u>Time</u>	<u>Year</u>	<u>Club</u>	<u>Swimmer</u>
Senior	50m	Free	23.75	1995	MW-NA	Paulo Trindade
Senior	100m	Free	51.43	2004	MW-UN	Adam Mania
Senior	200m	Free	1:54.03	1991	MW-SO	Doug Humphrey
Senior	400m	Free	4:01.19	1986	MW-OSAC	Roddy Kirschenmann
Senior	800m	Free	8:12.25	1986	MW-OSAC	Roddy Kirschenmann
Senior	1500m	Free	15:26.62	1987	MW-OSAC	Roddy Kirschenmann
Senior	100m	Back	55.78	2003	MW-UN	Adam Mania
Senior	200m	Back	2:03.73	2004	MW-UN	Adam Mania
Senior	100m	Breast	1:01.07	2004	MW-HG	Scott Usher
Senior	200m	Breast	2:10.90	2004	MW-HG	Scott Usher
Senior	100m	Fly	55.13	1989	MW-NA	Doug Lillydahl
Senior	200m	Fly	2:02.54	1991	MW-NA	Kyle Seeback
Senior	200m	Ind Med	2:06.45	1989	MW-NA	Paul Nelsen
Senior	400m	Ind Med	4:29.39	1989	MW-NA	Paul Nelsen
Senior	200m	Fr Rel	1:42.30	2004	MW-MS	Dan Berve, Tim Scheuber, Drew Little, Thomas Gregory
Senior	400m	Fr Rel	3:32.50	1991	MW-SO	Byron Butts, PJ Wiseman, Chris Mailliard, Doug Humphrey
Senior	800m	Fr Rel	7:50.47	1991	MW-SO	PJ Wiseman, Doug Humphrey, Seddon Keyter, Brent Harvey
Senior	200m	Med Rel	1:54.05	2004	MW-MS	Dan Berve, Tim Scheuber, Chris Brammer, Thomas Gregory
Senior	400m	Med Rel	3:58.16	1990	MW-NA	Paul Nelsen, Rich Nolte, Eric Wright, Seddon Keyter