

Minnesota LMSC Masters Swimming Records - Individual

LCM - LONG COURSE METERS

as of 09/30/2022

Name (Women)	Time	Date	Club/wg	Age Gr / Event	Name (Men)	Time	Date	Club/wg
18 - 24								
Emma Ruehle	28.21	08/06/2017	MINN	50 FREE	Jason Hansen	24.88	08/09/1997	MINN
Emma Ruehle	1:01.15	08/06/2017	MN-HOPK	100 FREE	Jason Hansen	55.51	08/11/1996	MINN
Emma Ruehle	2:12.04	08/06/2017	MN-HOPK	200 FREE	Paul V Zhuravlev	2:04.77	07/30/2006	MINN
Emma Ruehle	4:39.59	08/06/2017	MN-HOPK	400 FREE	Jack Swanson	4:36.13	08/08/2021	UC30
Abbey Erwin	9:29.62	07/08/2022	MN-HOPK	800 FREE	Jack Swanson	9:55.90	08/08/2021	UC30
Abbey Erwin	18:25.14	07/10/2022	MN-HOPK	1500 FREE	Daniel E Nelson	19:21.66	08/06/2017	MINN
Adelyn Diaz	30.77	07/09/2022	MN-MTKA	50 BACK	Mike C Wencl	29.42	07/21/2001	ALX
Abbey Erwin	1:06.54	07/09/2022	MN-HOPK	100 BACK	Mike C Wencl	1:00.79	08/23/1999	ALX
Abbey Erwin	2:22.30	07/09/2022	MN-HOPK	200 BACK	Mike C Wencl	2:20.78	08/23/1999	ALX
Lauren R Greenberg	32.92	07/30/2015	MINN	50 BREAST	Phillip C Rand	31.53	08/23/1999	SEMS
Lauren R Greenberg	1:13.32	07/30/2015	MINN	100 BREAST	Phillip C Rand	1:11.04	08/23/1999	SEMS
Nicole Ciavarella	2:54.93	08/08/2021	MYWM	200 BREAST	Phillip C Rand	2:41.12	08/23/1999	SEMS
Adelyn Diaz	29.70	07/09/2022	MN-MTKA	50 FLY	Bryce Boston	26.07	06/24/2017	MN-MTK
Abbey Erwin	1:09.79	08/08/2021	MN-HOPK	100 FLY	Mike C Wencl	59.98	08/23/1999	ALX
Courtney Silva	2:43.72	08/06/2015	UC30	200 FLY	Seth Baetzold	2:19.87	07/05/2018	UC30
Abbey Erwin	2:29.27	08/08/2021	MN-HOPK	200 I.M.	Mike C Wencl	2:22.86	08/23/1999	ALX
Courtney Silva	5:46.50	08/06/2015	UC30	400 I.M.	Seth Baetzold	5:32.46	06/24/2017	UC30
25 - 29								
Shanda Louw	27.12	08/06/2017	UC30	50 FREE	Ryan Miksch	24.01	06/23/2018	MN-HOPK
Shanda Louw	1:00.41	08/06/2017	UC30	100 FREE	Jason Hansen	54.89	08/16/1998	MINN
Linnea Rizzo	2:20.88	07/09/2022	MN-RIP	200 FREE	Kevin Casson	2:00.96	08/22/1993	MINN
Linnea Rizzo	4:50.03	07/09/2022	MN-RIP	400 FREE	Kevin Casson	4:15.95	08/22/1993	MINN
Linnea Rizzo	9:53.84	07/08/2022	MN-RIP	800 FREE	David H Mason	9:34.06	08/23/1999	MINN
Laura Antonietta	20:30.18	08/10/1997	MINN	1500 FREE	Jose R Rosales Yopez	18:48.62	05/18/2014	UC30
Shanda Louw	31.37	08/06/2017	UC30	50 BACK	Robert Hauck	27.42	08/22/1993	MINN
Mellissa M Nelson	1:13.77	08/06/2017	MN-ESC	100 BACK	Robert Hauck	58.92	08/22/1993	MINN
Katherine Kaiser	2:44.43	08/06/2017	MN-HOPK	200 BACK	Robert Hauck	2:08.65	08/22/1993	MINN
Tamara Grewenow	35.81	08/22/1993	UNAT-MN	50 BREAST	Eric Sande	28.54	08/08/2021	UC30
Alison G Schirmers	1:19.86	05/18/2014	GWST	100 BREAST	Jeffrey K Kennedy	1:12.01	08/17/1989	MINN
Steff White-Olson	3:07.36	07/12/2014	HOPK	200 BREAST	Kip M Kirkpatrick	2:42.52	08/23/1999	MINN
Shanda Louw	29.58	08/06/2017	UC30	50 FLY	Bryce Boston	25.14	08/08/2021	MINN
Katherine A Landberg	1:11.91	04/24/2008	MINN	100 FLY	Bryce Boston	57.32	08/08/2021	MINN
Katherine A Landberg	2:45.15	04/24/2008	MINN	200 FLY	Mike Halpenny	2:16.19	08/22/1993	MINN
Linnea Rizzo	2:38.67	07/08/2022	MN-RIP	200 I.M.	Joseph Vrudny	2:16.48	08/22/1993	MINN
Linnea Rizzo	5:39.84	07/09/2022	MN-RIP	400 I.M.	Joseph Vrudny	4:56.43	08/22/1993	MINN
30 - 34								
Katy A Coombe	28.25	08/03/2014	HOPK	50 FREE	Brian L Jacobson	23.56	08/15/2005	MINN
Katy A Coombe	1:01.54	08/03/2014	HOPK	100 FREE	Tim Daly	56.23	08/17/1989	MINN
Katy A Coombe	2:19.80	08/03/2014	HOPK	200 FREE	Joseph M Anderson	2:02.89	08/17/2016	MN-HOPK
Sandra Frimerman-Bergquist	4:47.06	06/24/2017	MN-HOPK	400 FREE	Jeff Shea	4:22.69	08/22/1993	MINN
Heather J Lendway	9:43.05	08/06/2017	UC30	800 FREE	Joseph M Anderson	9:16.64	08/06/2015	HOPK
Sandra Frimerman-Bergquist	18:28.56	08/06/2017	MN-HOPK	1500 FREE	Jeff Shea	17:21.26	08/22/1993	MINN
Kathryn E Vandam	33.90	08/06/2017	MN-MTK	50 BACK	Scott P Tripps	28.54	07/18/1999	MINN
Judith Lallier	1:09.79	08/23/1993	MINN	100 BACK	Scott P Tripps	1:01.59	07/16/2000	MINN
Judith Lallier	2:29.22	08/23/1993	MINN	200 BACK	Scott P Tripps	2:20.18	07/18/1999	MINN
Krisie M Melsen	37.40	08/03/2014	HOPK	50 BREAST	Brian L Jacobson	29.73	08/15/2005	MINN
Judith Lallier	1:21.16	08/22/1993	MINN	100 BREAST	Luke A Prokop	1:11.45	08/06/2017	MINN
Krisie M Melsen	2:59.30	08/03/2014	SCY	200 BREAST	Luke A Prokop	2:37.85	08/06/2017	MINN
Katie DeRegnier	30.35	08/06/2017	MN-MAC	50 FLY	Brian L Jacobson	25.72	07/18/2004	MINN
Katie DeRegnier	1:09.27	08/06/2017	MINN	100 FLY	Marcus Gernes	1:00.21	08/22/1993	STAR
Kelsey L Dahlager	2:30.98	08/06/2017	MINN	200 FLY	Marcus Gernes	2:18.86	08/22/1993	STAR
Judith Lallier	2:28.63	08/22/1993	MINN	200 I.M.	Joseph M Anderson	2:21.02	08/07/2019	HOPK
Kathryn E Vandam	5:38.02	08/06/2017	MN-MTK	400 I.M.	Joseph M Anderson	5:03.59	08/17/2016	MN-HOPK

Name (Women)	Time	Date	Club/wg	Age Gr / Event	Name (Men)	Time	Date	Club/wg
35 - 39								
Beth Schaffer	28.53	06/24/2017	MINN	50 FREE	Brian L Jacobson	23.35	06/25/2012	MINN
Peggy Kratz	1:04.73	08/25/1996	MINN	100 FREE	Brian L Jacobson	53.23	07/08/2012	MINN
Judith Lallier	2:11.43	08/28/1994	MINN	200 FREE	Duane W Dobko	2:02.82	05/16/2009	UNAT-MN
Sandra Frimerman-Bergquist	4:54.01	06/23/2018	HOPK	400 FREE	Christopher Black	4:22.53	08/17/2003	UNAT-MN
Sandra Frimerman-Bergquist	10:06.75	06/23/2018	HOPK	800 FREE	Christopher Black	8:55.03	08/17/2003	UNAT-MN
Sandra Frimerman-Bergquist	19:05.41	06/23/2018	HOPK	1500 FREE	Christopher Black	17:10.80	08/17/2003	UNAT-MN
Beth A Schaffer	32.26	08/06/2017	MINN	50 BACK	Thomas Senn	28.83	07/31/2005	MINN
Judith Lallier	1:08.98	08/27/1995	MINN	100 BACK	Paul Windrath	1:06.22	08/02/1992	MINN
Judith Lallier	2:28.37	08/27/1995	MINN	200 BACK	Christopher Black	2:21.39	08/17/2003	UNAT-MN
Krisie M Melsen	38.27	08/06/2017	MN-PLYL	50 BREAST	Brian L Jacobson	29.95	07/08/2012	MINN
Krisie M Melsen	1:25.99	08/06/2017	MN-PLYL	100 BREAST	Brian L Jacobson	1:07.86	07/08/2012	MINN
Krisie M Melsen	3:08.52	08/06/2017	MN-PLYL	200 BREAST	Chris Weissman	2:31.24	08/23/1999	TYR
Tricia M Lilleberg	32.83	08/06/2017	MINN	50 FLY	Brian L Jacobson	25.93	07/08/2012	MINN
Stacey Thureen	1:13.92	06/24/2017	MINN	100 FLY	Skip Grantham	1:00.40	08/18/1997	MINN
Stacey Thureen	2:51.31	06/24/2017	MINN	200 FLY	Dennis Mattai	2:28.77	08/14/1994	MINN
Judith Lallier	2:28.93	08/28/1994	MINN	200 I.M.	Chris Weissman	2:17.27	08/23/1999	TYR
Kristina J (Tina) Neill	5:57.16	07/16/2000	MINN	400 I.M.	Christopher Black	4:55.73	08/17/2003	UNAT-MN
40 - 44								
Katrina D Radke Gerry	27.81	05/13/2012	UNAT-30	50 FREE	Brian L Jacobson	23.31	08/10/2014	MINN
Barbara A Scouler	1:05.36	08/11/2002	MINN	100 FREE	Brian L Jacobson	53.30	08/07/2013	MINN
Julie D Stone	2:29.34	07/08/2012	HOPK	200 FREE	Nate Leigh	2:05.67	08/23/1999	MINN
Barbara A Scouler	5:08.01	08/11/2002	MINN	400 FREE	Nate Leigh	4:29.83	08/23/1999	MINN
Katie A Melmer	10:51.52	05/14/2011	HOPK	800 FREE	Nate Leigh	9:21.77	08/23/1999	MINN
Katie A Melmer	20:51.95	05/13/2012	HOPK	1500 FREE	Paul Windrath	18:46.90	08/28/1994	MINN
Katrina D Radke Gerry	33.42	05/13/2012	UNAT-30	50 BACK	Peter D Rocca	29.08	08/23/1999	TYR
Judith Lallier	1:13.54	08/23/1999	MINN	100 BACK	Paul Windrath	1:06.89	08/28/1994	MINN
Judith Lallier	2:39.05	08/23/1999	MINN	200 BACK	Paul Windrath	2:24.78	08/28/1994	MINN
Jill S Whitney	39.67	08/10/1997	SEMS	50 BREAST	Brian L Jacobson	30.18	08/07/2013	MINN
Jill S Whitney	1:28.78	08/23/1999	SEMS	100 BREAST	Brian L Jacobson	1:07.58	08/07/2013	MINN
Marsha S Helm	3:16.69	08/06/2017	MN-MTK	200 BREAST	James Kochendorfer	2:42.93	07/16/2000	MINN
Katrina D Radke Gerry	29.40	05/13/2012	UNAT-30	50 FLY	Brian L Jacobson	26.10	08/16/2017	MINN
Barbara A Scouler	1:12.01	08/11/2002	MINN	100 FLY	Brian L Jacobson	1:00.24	08/05/2015	MINN
Michele Devitt	2:50.62	08/23/1999	MINN	200 FLY	John McCall	2:38.76	08/22/1993	MINN
Stacey Thureen	2:52.27	07/08/2022	MINN	200 I.M.	Brian L Jacobson	2:15.36	08/10/2014	MINN
Michele Devitt	6:01.04	08/23/1999	MINN	400 I.M.	Paul Windrath	5:23.26	08/11/1996	MINN
45 - 49								
Barbara A Scouler	29.46	05/16/2009	MINN	50 FREE	Brian L Jacobson	24.12	06/23/2018	MINN
Jennifer Ridge	1:05.11	06/19/2015	HASA	100 FREE	Trip Hedrick	55.95	08/10/2003	UNAT-MN
Jennifer Ridge	2:22.52	08/06/2017	MN-HASA	200 FREE	Thomas Emison	2:11.08	08/10/2006	MINN
Jennifer Ridge	5:03.15	08/06/2017	MN-HASA	400 FREE	Thomas Emison	4:43.20	08/10/2006	MINN
Carole Weiland	11:38.05	08/06/2017	MINN	800 FREE	James A Stewart	9:52.98	06/16/2001	MINN
Carrie E Stolar	20:57.34	08/17/2016	MN-MTK	1500 FREE	James A Stewart	18:50.88	06/16/2001	MINN
Barbara Ballard	38.20	07/31/2005	MINN	50 BACK	Peter D Rocca	29.18	02/10/2002	TYR
Jennifer Ridge	1:15.70	06/19/2015	HASA	100 BACK	Peter D Rocca	1:03.90	02/10/2002	TYR
Jennifer Ridge	2:42.18	06/19/2015	HASA	200 BACK	Scott P Tripps	2:26.38	08/06/2017	MN-HOPK
Jill S Whitney	40.11	07/31/2005	SEMS	50 BREAST	Brian L Jacobson	30.99	08/07/2019	MINN
Elizabeth Cutter	1:28.54	07/26/1998	MINN	100 BREAST	Brian L Jacobson	1:10.75	08/07/2019	MINN
Elizabeth Cutter	3:15.20	07/12/1998	MINN	200 BREAST	James Kochendorfer	2:47.63	07/31/2005	MINN
Barbara A Scouler	32.10	05/16/2009	MINN	50 FLY	T Hedrick/B Jacobsor	26.64	08/10/2003	JNAT-MN, MINN
Jennifer Ridge	1:11.47	08/06/2017	MN-HASA	100 FLY	John McCall	1:05.56	08/18/1997	MINN
Mary Beth Windrath	3:45.54	07/18/1999	MINN	200 FLY	John McCall	2:45.26	08/18/1997	MINN
Jennifer Ridge	2:38.79	08/06/2017	MN-HASA	200 I.M.	Scott P Tripps	2:31.41	08/06/2017	MN-HOPK
Sharon M Lee-Sheridar	6:42.86	08/23/1999	MINN	400 I.M.	Thomas L Ruehle	5:46.17	05/16/2009	HOPK

Name (Women)	Time	Date	Club/wg	Age Gr / Event	Name (Men)	Time	Date	Club/wg
50 - 54								
Ann C Senn	28.85	05/16/2009	MINN	50 FREE	Trip Hedrick	25.09	08/15/2004	UNAT-MN
Ann C Senn	1:06.10	05/16/2009	MINN	100 FREE	Trip Hedrick	55.41	08/15/2004	UNAT-MN
Jennifer Ridge	2:28.13	07/28/2019	MN-HASA	200 FREE	Thomas Emison	2:10.61	05/16/2009	MINN
Jennifer Ridge	5:18.40	07/09/2022	MN-HASA	400 FREE	Thomas L Ruehle	4:50.40	08/06/2017	MN-HOPK
Nicki Phillips	11:53.45	07/28/2019	HOPK	800 FREE	Thomas L Ruehle	10:10.47	08/06/2017	MN-HOPK
Karen K Zemlin	20:18.14	08/06/2017	MN-HOPK	1500 FREE	Dick Stone	19:35.27	07/21/2001	UNAT-MN
Jennifer Ridge	35.30	07/08/2022	MN-HASA	50 BACK	Scott P Tripps	30.86	08/08/2021	MN-HOPK
Jennifer Ridge	1:17.53	07/28/2019	MN-HASA	100 BACK	Scott P Tripps	1:09.57	08/08/2021	MN-HOPK
Barbara Ballard	2:51.60	07/08/2012	HOPK	200 BACK	Randy J Schlichting	2:33.13	08/06/2017	MN-HOPK
Jennifer Ridge	40.87	07/10/2022	MN-HASA	50 BREAST	James Kochendorfer	33.45	05/13/2012	MINN
Jennifer Ridge	1:30.87	07/09/2022	MN-HASA	100 BREAST	James Kochendorfer	1:15.88	05/13/2012	MINN
Elizabeth Cutter	3:26.64	08/10/2003	MINN	200 BREAST	Michael Ewing	2:50.14	08/06/2017	MINN
Jane J Duncan	32.46	08/10/2009	MINN	50 FLY	Trip Hedrick	26.25	08/12/2004	UNAT-MN
Nancy L Kryka	1:23.94	08/15/2005	MINN	100 FLY	Trip Hedrick	59.49	08/15/2004	UNAT-MN
Peggy Kratz	3:14.89	05/18/2014	MINN	200 FLY	Robert King	2:55.42	06/24/2017	MN-MAC
Jennifer Ridge	2:46.52	07/28/2019	MN-HASA	200 I.M.	Randy J Schlichting	2:38.34	08/06/2017	MN-HOPK
Nancy L Kryka	6:29.32	05/16/2009	MINN	400 I.M.	Scott P Tripps	5:51.82	08/08/2021	MN-HOPK
55 - 59								
Barbara A Scouler	30.92	08/06/2017	MN-MTK	50 FREE	Jerry M Kollross	25.96	08/06/2017	MINN
Peggy Kratz	1:09.08	08/06/2017	MN-RIP	100 FREE	Jerry M Kollross	58.52	08/06/2017	MINN
Barbara A Scouler	2:29.58	08/06/2017	MN-MTK	200 FREE	William Schmitz	2:24.51	08/8/2021	MINN
Barbara A Scouler	5:15.81	08/06/2017	MN-MTK	400 FREE	Perry Brown	5:17.19	05/14/2011	NORT
Barbara A Scouler	10:58.71	08/06/2017	MN-MTK	800 FREE	Craig Collins	11:03.76	06/20/2015	HOPK
Barbara A Scouler	20:38.81	08/06/2017	MN-MTK	1500 FREE	Craig Collins	21:24.88	06/20/2015	HOPK
Barbara A Scouler	38.34	07/28/2019	MN-MTK	50 BACK	Ken R Brenton	33.79	08/06/2017	MN-MTK
Karen Schmitz	1:27.88	08/08/2021	SEMS	100 BACK	Ken R Brenton	1:14.52	08/06/2017	MN-MTK
Barbara Ballard	3:11.42	07/09/2016	MN-HOPK	200 BACK	Brian K Holthus	2:47.72	07/05/2012	MINN
Jill S Whitney	43.08	06/21/2014	SEMS	50 BREAST	James Kochendorfer	32.68	08/06/2015	MINN
Sue M Nygaard	1:34.64	06/23/2018	MINN	100 BREAST	James Kochendorfer	1:16.39	08/06/2015	MINN
Marjorie D Laskey	3:33.13	08/06/2017	ISMT	200 BREAST	James Kochendorfer	2:53.65	08/06/2017	MINN
Barbara A Scouler	32.21	08/06/2017	MN-MTK	50 FLY	Trip Hedrick	27.77	05/13/2012	UNAT-MN
Peggy Kratz	1:23.72	08/06/2017	MN-RIP	100 FLY	Rick A Anderson	1:12.48	08/06/2017	MN-ESC
Peggy Kratz	3:05.33	08/06/2017	MN-RIP	200 FLY	Gary P Muchow	2:57.59	08/06/2017	MINN
Barbara A Scouler	2:46.52	08/06/2017	MN-MTK	200 I.M.	John M Hugo	2:45.70	08/06/2017	MINN
Nancy L Kryka	6:35.29	08/03/2011	MINN	400 I.M.	John M Hugo	6:05.97	08/06/2017	MINN
60 - 64								
Peggy Kratz	32.97	07/10/2022	MN-RIP	50 FREE	Trip Hedrick	26.48	08/06/2017	UC30
Marjorie Laskey	1:14.76	08/08/2021	MN-HOPK	100 FREE	Trip Hedrick	58.25	08/06/2017	UC30
Peggy Kratz	2:52.37	06/03/2022	MN-RIP	200 FREE	Darrell J Smith	2:25.05	08/06/2017	MINN
Peggy Kratz	5:48.12	07/09/2022	MN-RIP	400 FREE	Marc S Anderson	5:27.72	05/19/2013	MINN
Peggy Kratz	12:04.72	07/08/2022	MN-RIP	800 FREE	Marc S Anderson	11:24.30	05/15/2010	MINN
Peggy Kratz	23:41.57	07/10/2022	MN-RIP	1500 FREE	Marc S Anderson	22:12.29	07/08/2012	MINN
Cynthia L Maltry	41.13	08/06/2017	ISMT	50 BACK	Jeffrey A Lukens	34.06	08/06/2017	MINN
Barbara Ballard	1:32.69	06/04/2021	MN-HOPK	100 BACK	Jeffrey A Lukens	1:14.18	08/06/2017	MINN
Cynthia L Maltry	3:24.81	08/06/2017	ISMT	200 BACK	Jeffrey A Lukens	2:44.79	08/06/2017	MINN
Jill S Whitney	43.96	08/06/2017	MN-SEMS	50 BREAST	James Kochendorfer	32.89	08/08/2021	MN-RLK
Jill S Whitney	1:41.48	08/06/2017	MN-SEMS	100 BREAST	James Kochendorfer	1:20.68	06/04/2021	MN-RLK
Jill S Whitney	3:46.37	08/06/2017	MN-SEMS	200 BREAST	Jim L Pelissier	3:09.44	08/10/2006	MINN
Cynthia L Maltry	38.88	08/06/2017	ISMT	50 FLY	Trip Hedrick	27.85	08/06/2017	UC30
Peggy Kratz	1:30.96	07/09/2022	MN-RIP	100 FLY	Darrell J Smith	1:11.81	08/06/2017	MINN
Peggy Kratz	3:29.51	07/09/2022	MN-RIP	200 FLY	Darrell J Smith	2:45.99	08/06/2017	MINN
Cynthia L Maltry	3:21.74	08/06/2017	ISMT	200 I.M.	Gary Muchow	2:50.27	06/04/2021	MN-RIP
Pamela C Ogen	8:18.89	08/06/2017	MINN	400 I.M.	Darrell J Smith	6:07.44	08/06/2017	MINN

Name (Women)	Time	Date	Club/wg	Age Gr / Event	Name (Men)	Time	Date	Club/wg
65 - 69								
Sarah E Nelson	35.14	08/07/2022	MN-FOXJ	50 FREE	Trip Hedrick	27.42	10/10/2021	UC30
Sarah E Nelson	1:20.01	08/07/2022	MN-FOXJ	100 FREE	Trip Hedrick	1:02.06	10/10/2021	UC30
Sarah E Nelson	2:56.16	08/07/2022	MN-FOXJ	200 FREE	Marc S Anderson	2:35.35	05/18/2014	MINN
Sarah E Nelson	6:05.28	08/07/2022	MN-FOXJ	400 FREE	Marc S Anderson	5:33.28	06/20/2015	MN-HOPK
Sarah E Nelson	12:49.53	08/07/2022	MN-FOXJ	800 FREE	Marc S Anderson	11:32.08	06/20/2015	MINN
Sharon M Lee-Sheridar	26:56.13	07/28/2019	MN-RLK	1500 FREE	Marc S Anderson	21:54.77	08/06/2015	MINN
Patricia G Ophaug	46.24	08/06/2017	MINN	50 BACK	Jeffrey A Lukens	35.44	07/28/2019	MINN
Sharon M Lee-Sheridar	1:39.98	06/23/2018	MINN	100 BACK	Jeffrey A Lukens	1:19.56	07/28/2019	MINN
Sharon M Lee-Sheridar	3:32.42	08/06/2017	MINN	200 BACK	Jeffrey A Lukens	2:56.70	07/28/2019	MINN
Elizabeth V Cutter	49.57	08/06/2017	MINN	50 BREAST	Bruce Paakh	36.67	08/07/2022	MN-RLK
Paula Pendergast	1:50.54	07/09/2022	MN-RLK	100 BREAST	Marc S Anderson	1:30.25	06/20/2015	MINN
Sharon M Lee-Sheridar	3:58.77	08/06/2017	MINN	200 BREAST	Marc S Anderson	3:32.09	07/09/2016	MN-HOPK
Sarah E Nelson	40.73	08/07/2022	MN-FOXJ	50 FLY	Trip Hedrick	28.38	08/08/2021	UC30
Barbara (Babs) Larsen	1:47.03	07/08/2012	MINN	100 FLY	Marc S Anderson	1:24.49	06/20/2015	MINN
Barbara (Babs) Larsen	3:52.29	07/08/2012	MINN	200 FLY	Marc S Anderson	3:22.66	08/06/2015	MINN
Sharon M Lee-Sheridar	3:36.94	08/06/2017	MINN	200 I.M.	Marc S Anderson	3:02.71	06/24/2017	MN-HOPK
Sharon M Lee-Sheridar	7:34.37	08/06/2017	MINN	400 I.M.	Marc S Anderson	6:24.79	08/06/2015	MINN
70 - 74								
Sharon M Lee-Sheridar	40.10	07/08/2022	MN-RLK	50 FREE	Marc S Anderson	30.56	07/28/2019	MN-RLK
Sharon M Lee-Sheridar	1:30.43	07/09/2022	MN-RLK	100 FREE	Marc S Anderson	1:12.37	07/28/2019	MN-RLK
Sharon M Lee-Sheridar	3:15.75	07/08/2022	MN-RLK	200 FREE	Dave G Anderson	2:42.71	07/21/2001	MINN
Sharon M Lee-Sheridar	7:06.07	05/28/2022	MN-RLK	400 FREE	Dave G Anderson	5:52.47	08/11/2002	MINN
Sharon M Lee-Sheridar	14:18.37	07/10/2022	MN-RLK	800 FREE	Dave G Anderson	12:10.58	02/10/2002	MINN
Sharon M Lee-Sheridar	26:39.17	07/10/2022	MN-RLK	1500 FREE	Dave G Anderson	23:42.75	08/10/2003	MINN
Sharon M Lee-Sheridar	45.71	07/08/2022	MN-RLK	50 BACK	Steven Nelson	37.64	08/07/2022	MN-FOXJ
Sharon M Lee-Sheridar	1:40.97	07/09/2022	MN-RLK	100 BACK	Steven Nelson	1:22.61	08/07/2022	MN-FOXJ
Sharon M Lee-Sheridar	3:34.89	05/28/2022	MN-RLK	200 BACK	Steven Nelson	2:58.99	08/07/2022	MN-FOXJ
Sharon Lee-Sheridan	52.57	06/03/2022	MN-RLK	50 BREAST	Jim L Pelissier	40.99	08/06/2017	MINN
Sharon Lee-Sheridan	1:55.05	06/03/2022	MN-RLK	100 BREAST	Jim L Pelissier	1:34.04	08/06/2017	MINN
Sharon M Lee-Sheridar	4:09.90	05/28/2022	MN-RLK	200 BREAST	Jim L Pelissier	3:38.65	08/06/2017	MINN
Sharon Lee-Sheridan	49.77	06/03/2022	MN-RLK	50 FLY	Robin T Kleffman	32.70	08/06/2017	MINN
Barbara (Babs) Larsen	1:57.98	08/02/2017	MINN	100 FLY	Robin T Kleffman	1:20.59	08/06/2017	MINN
Barbara (Babs) Larsen	4:06.31	06/23/2018	MINN	200 FLY	Robin T Kleffman	3:38.32	06/23/2018	MINN
Sharon M Lee-Sheridar	3:46.78	05/28/2022	MN-RLK	200 I.M.	Robin T Kleffman	3:14.54	06/24/2017	MINN
Sharon M Lee-Sheridar	7:49.92	07/08/2022	MN-RLK	400 I.M.	Robin T Kleffman	7:07.08	08/06/2017	MINN
75 - 79								
Carol S Smollen	51.99	07/28/2019	MN-RLK	50 FREE	Pete Magee	33.84	07/08/2012	MINN
Barbara (Babs) Larsen	1:41.17	07/09/2022	MN-RLK	100 FREE	Pete Magee	1:18.58	06/05/2013	MINN
Barbara (Babs) Larsen	3:36.42	07/09/2022	MN-RLK	200 FREE	Dave G Anderson	2:50.25	07/30/2006	MINN
Barbara (Babs) Larsen	8:07.79	07/10/2022	MN-RLK	400 FREE	Dave G Anderson	6:14.08	08/13/2007	MINN
Barbara (Babs) Larsen	16:32.61	07/10/2022	MN-RLK	800 FREE	Dave G Anderson	13:00.53	07/30/2006	MINN
Barbara (Babs) Larsen	31:06.58	07/10/2022	MN-RLK	1500 FREE	Pete Magee	29:59.00	06/20/2015	MINN
Barbara (Babs) Larsen	52.18	07/09/2022	MN-RLK	50 BACK	Robin T Kleffman	41.85	08/07/2022	MN-RLK
Barbara (Babs) Larsen	1:58.91	07/09/2022	MN-RLK	100 BACK	John Bergman	1:38.82	08/06/2017	MINN
Barbara (Babs) Larsen	4:08.81	07/08/2022	MN-RLK	200 BACK	Robin T Kleffman	3:27.48	08/07/2022	MN-RLK
Pat Lillehei	1:13.57	07/28/2019	MN-RLK	50 BREAST	Robin T Kleffman	44.35	07/08/2022	MN-RLK
Carol S Smollen	2:43.22	07/09/2022	MN-RLK	100 BREAST	Raymond Hakomaki	1:51.88	08/11/1996	MINN
Pat Lillehei	5:53.29	07/28/2019	MN-RLK	200 BREAST	Bill Kansas	4:04.08	05/19/2013	MINN
Barbara (Babs) Larsen	58.86	07/08/2022	MN-RLK	50 FLY	Robin T Kleffman	34.49	08/07/2022	MN-RLK
Barbara (Babs) Larsen	2:13.43	07/09/2022	MN-RLK	100 FLY	Robin T Kleffman	1:38.11	08/07/2022	MN-RLK
Barbara (Babs) Larsen	4:31.17	07/08/2022	MN-RLK	200 FLY	Robin T Kleffman	3:52.21	08/07/2022	MN-RLK
Barbara (Babs) Larsen	4:15.31	07/08/2022	MN-RLK	200 I.M.	Robin T Kleffman	3:25.99	08/07/2022	MN-RLK
Barbara (Babs) Larsen	8:57.31	05/28/2022	MN-RLK	400 I.M.	-	-	-	-

Name (Women)	Time	Date	Club/wg	Age Gr / Event	Name (Men)	Time	Date	Club/wg
80 - 84								
Lois Thompson	1:02.64	08/10/1997	MINN	50 FREE	Pete Magee	36.72	08/06/2017	MINN
Lois Thompson	2:18.74	08/10/1997	MINN	100 FREE	Pete Magee	1:29.31	08/06/2017	MINN
Mamie Brown	6:50.61	08/10/1985	MINN	200 FREE	Pete Magee	3:38.67	08/06/2017	MINN
-	-	-	-	400 FREE	Pete Magee	9:13.49	07/28/2019	MN-YWSP
-	-	-	-	800 FREE	-	-	-	-
-	-	-	-	1500 FREE	-	-	-	-
Lois Thompson	1:24.97	08/10/1997	MINN	50 BACK	C Edward Johnson	49.16	08/20/2000	MINN
-	-	-	-	100 BACK	Raymond Hakomaki	1:50.82	07/16/2000	MINN
-	-	-	-	200 BACK	Raymond Hakomaki	4:12.99	07/16/2000	MINN
-	-	-	-	50 BREAST	Raymond Hakomaki	51.26	07/16/2000	MINN
-	-	-	-	100 BREAST	Norman Solberg	1:57.73	08/08/2021	MN-RLK
-	-	-	-	200 BREAST	Norman Solberg	4:10.00	08/08/2021	MN-RLK
-	-	-	-	50 FLY	Pete Magee	1:00.75	06/23/2018	MINN
-	-	-	-	100 FLY	Bill Kansas	2:50.40	06/23/2018	MINN
-	-	-	-	200 FLY	-	-	-	-
-	-	-	-	200 I.M.	Bill Kansas	5:11.30	06/23/2018	MINN
-	-	-	-	400 I.M.	-	-	-	-
85 - 89								
Chiyoko Bando	1:09.02	08/23/1999	SEMS	50 FREE	C Edward Johnson	44.50	08/15/2004	MINN
Chiyoko Bando	2:34.41	08/23/1999	SEMS	100 FREE	C Edward Johnson	2:00.42	08/10/2006	MINN
-	-	-	-	200 FREE	Bill Kansas	7:02.66	08/08/2021	MN-RLK
-	-	-	-	400 FREE	Bill Kansas	13:46.48	08/08/2021	MN-RLK
-	-	-	-	800 FREE	Bill Kansas	28:01.23	08/08/2021	MN-RLK
-	-	-	-	1500 FREE	Bill Kansas	52:02.02	08/08/2021	MN-RLK
Chiyoko Bando	1:19.18	08/23/1999	SEMS	50 BACK	C Edward Johnson	53.60	08/15/2005	MINN
Chiyoko Bando	2:48.27	08/23/1999	SEMS	100 BACK	Raymond Hakomaki	2:02.58	07/31/2005	MINN
-	-	-	-	200 BACK	Ruben Berg	9:27.48	08/16/1998	MINN
-	-	-	-	50 BREAST	Raymond Hakomaki	57.30	07/31/2005	MINN
Chiyoko Bando	3:38.99	08/23/1999	SEMS	100 BREAST	Raymond Hakomaki	2:07.47	07/31/2005	MINN
-	-	-	-	200 BREAST	-	-	-	-
-	-	-	-	50 FLY	Doug Strong	5:14.22	05/15/2010	MINN
-	-	-	-	100 FLY	-	-	-	-
-	-	-	-	200 FLY	-	-	-	-
-	-	-	-	200 I.M.	-	-	-	-
-	-	-	-	400 I.M.	-	-	-	-
90 - 94								
-	-	-	-	50 FREE	Donald R Brown	1:08.03	08/06/2017	NORT
-	-	-	-	100 FREE	Donald R Brown	2:39.18	08/06/2017	NORT
-	-	-	-	200 FREE	Donald R Brown	5:37.71	08/06/2017	NORT
-	-	-	-	400 FREE	-	-	-	-
-	-	-	-	800 FREE	-	-	-	-
-	-	-	-	1500 FREE	-	-	-	-
-	-	-	-	50 BACK	Raymond Hakomaki	1:07.26	05/14/2011	MINN
-	-	-	-	100 BACK	Raymond Hakomaki	2:32.98	05/15/2010	MINN
-	-	-	-	200 BACK	-	-	-	-
-	-	-	-	50 BREAST	Raymond Hakomaki	1:04.85	05/15/2010	MINN
-	-	-	-	100 BREAST	Raymond Hakomaki	2:23.53	05/15/2010	MINN
-	-	-	-	200 BREAST	-	-	-	-
-	-	-	-	50 FLY	-	-	-	-
-	-	-	-	100 FLY	-	-	-	-
-	-	-	-	200 FLY	-	-	-	-
-	-	-	-	200 I.M.	-	-	-	-
-	-	-	-	400 I.M.	-	-	-	-

Name (Women)	Time	'Date	Club/wg	Age Gr / Event	Name (Men)	Time	'Date	Club/wg
				95 - 99				
-	-	-	-	50 FREE	-	-	-	-
-	-	-	-	100 FREE	-	-	-	-
-	-	-	-	200 FREE	-	-	-	-
-	-	-	-	400 FREE	-	-	-	-
-	-	-	-	800 FREE	-	-	-	-
-	-	-	-	1500 FREE	-	-	-	-
-	-	-	-	50 BACK	-	-	-	-
-	-	-	-	100 BACK	-	-	-	-
-	-	-	-	200 BACK	-	-	-	-
-	-	-	-	50 BREAST	-	-	-	-
-	-	-	-	100 BREAST	-	-	-	-
-	-	-	-	200 BREAST	-	-	-	-
-	-	-	-	50 FLY	-	-	-	-
-	-	-	-	100 FLY	-	-	-	-
-	-	-	-	200 FLY	-	-	-	-
-	-	-	-	200 I.M.	-	-	-	-
-	-	-	-	400 I.M.	-	-	-	-