

## **RECORD BREAKERS - Minnesota LMSC Masters Swimming**

[MN LMSC includes all of Minnesota and three western counties in Wisconsin]

**2022 SCY – Short Course Yards**

**2022 LCM – Long Course Meters**

**2022 SCM – Short Course Meters**

**TOTALS SO FAR IN 2022: Individual – 139; Relays – 20**

**[SCM] – 2022 MOVY at LSR7 - December 17, 2022**

### **INDIVIDUAL - 4**

Bruce Paakh (M65-69) – 100 Free, 50 Back, 50 Breast, 100 Breast

**[SCM] SCM Challenge at Univ of MN - December 11, 2022**

*This meet did not conform to the requirements of USMS rules and therefore no swims were counted for MN State Records*

**[SCM] – The John Bauman SCM Meet – Wisconsin - December 3, 2022**

### **INDIVIDUAL - 6**

Babs Larsen (W75-79) – 50 Free, 100 Back, 200 Back, 200 Fly, 100 IM, 200 IM

**[SCY] Minnetonka Sprint Meet – November 13, 2022**

### **INDIVIDUAL - 10**

Babs Larsen (W75-79) – 50 Free, 50 Back, 100 Back, 50 Fly

Robin Kleffman (M75-79) – 50 Back, 50 Breast, 50 Fly, 100 IM

Pete Magee (M85-89) - 50 Free, 100 Free

**[SCY] Baraboo Masters Swim Meet, Wisconsin – November 6, 2022**

### **INDIVIDUAL - 5**

Babs Larsen (W75-79) – 100 Free, 50 Back, 100 Back, 200 IM, 400 IM

**[SCY] Riptide Fall Fling – October 9, 2022**

### **INDIVIDUAL - 10**

Sharon Lee-Sheridan (W70-74) – 50 Fly

Babs Larsen (W75-79) – 500 Free, 1000 Free, 1650 Free, 200 Back, 100 Fly, 200 Fly, 100 IM

AnnLiv Bacon (W80-84) – 100 Back, 200 Back

### **RELAY – 2**

Women 75+ 200 Medley Relay – RLK/MN – Martha Arradondo, AnnLiv Bacon, Babs Larson, Sandy Pierce

Mixed 75+ 200 Medley Relay – RLK/MN - AnnLiv Bacon, Norm Solberg, Babs Larson, Bill Kansas

**[LCM] 2022 USMS Summer Nationals Aug 3-7, 2022 Richmond, VA**

### **INDIVIDUAL - 16**

Sarah E Nelson (W65-69) – 50 Free, 100 Free, 200 Free, 400 Free, 800 Free, 50 Fly

Bruce Paakh (M65-69) – 50 Breast

Steven Nelson (M70-74) – 50 Back, 100 Back, 200 Back  
Robin Kleffman (M75-79) – 50 Back, 200 Back, 50 Fly, 100 Fly, 200 Fly, 200 IM

### **RELAY – 1**

Men 280-319 200 Medley Relay – MINN – Steven Nelson, Bruce Paakh, Robin Kleffman, Gary Fine

## **[LCM] Gopher Mania Meet – July 8-10, 2022**

### **INDIVIDUAL – 58**

Abbey Erwin (W18-24) – 800 Free, 1500 Free, 100 Back, 200 Back  
Adelyn Diaz (W18-24) – 50 Back, 50 Fly  
Linnea Rizzo (W25-29) – 200 Free, 400 Free, 800 Free, 200 IM, 400 IM  
Stacey Thureen (W40-44) – 200 IM  
Jennifer Ridge (W50-54) - 400 Free, 50 Back, 50 Breast, 100 Breast  
Peggy Kratz (W60-64) – 50 Free, 400 Free, 800 Free, 1500 Free, 100 Fly, 200 Fly  
Paula Pendergast (W65-69) – 100 Breast  
Sarah E Nelson (W65-69) – 100 Free, 400 Free, 800 Free  
Sharon Lee-Sheridan (W70-74) – 50 Free(##), 100 Free, 200 Free, 800 Free, 1500 Free, 50  
Back(##), 100 Back, 400 IM  
Babs Larsen (W75-79) – 100 Free, 200 Free, 400 Free, 800 Free, 1500 Free, 50 Back, 100 Back(##),  
200 Back, 50 Fly, 100 Fly, 200 Fly, 200 IM  
Carol Smollen (W75-79) – 50 Back\*, 100 Breast  
Charles Stewart (M70/74) – 50 Back\*  
Steven Nelson (M70-74) – 50 Back, 100 Back, 200 Back  
Robin Kleffman (M75-79) – 50 Breast  
John Ziegenhagen (M75-79) – 50 Fly

### **Relays – 10**

Women 120-159 400 Medley Relay – MINN - Katherine Kaiser, Madeline Blumenfeld, Carolyn Fittipaldi,  
Elizabeth Nymeyer  
Women 160-199 800 Free Relay – MINN- Stacey Thureen, Carrie Stolar, Elizabeth Nymeyer, Carolyn Fittipaldi  
Women 280-319 200 Free Relay – RLK – Sharon Lee-Sheridan, Pamela Ogden, Carol Smollen, Babs Larsen  
Women 280-319 400 Free Relay – RLK – Sharon Lee-Sheridan, Babs Larsen, Carol Smollen, Paula Pendergast  
Women 280-319 800 Free Relay – RLK- Sharon Lee-Sheridan, Mary Vonderharr, Paula Pendergast, Babs Larsen  
Men 240-249 400 Free Relay – RIP - Gary Muchow, Dan Ravavina, Ray Barriuso, Steve Gruenwald  
Men 240-249 800 Free Relay – RIP - Gary Muchow, Dan Ravavina, Ray Barriuso, Steve Gruenwald  
Mixed 240-279 800 Free Relay – RIP – Peggy Kratz, Gary Muchow, Judith Bloom, Dan Rukavina  
Mixed 240-279 800 Free Relay – RLK – Gary Fine, Jacqueline Strebe, Karen Slakley, John McGuire\*  
Mixed 280-319 800 Free Relay – RLK - Marc Anderson, Babs Larsen, Sharon Lee-Sheridan, Robin Kleffman

## **[SCY] Summer Iowa Senior Games Swim Meet – June 12, 2022**

### **INDIVIDUAL – 4**

Sharon Lee-Sheridan (W70-74) 500 Free, 100 Breast, 200 Breast, 400 IM

## **[LCM] 2022 Spring into Summer – June 3, 2022**

### **INDIVIDUAL – 6**

Peggy Kratz (W60-64) - 200 Free, 800 Free, 100 Fly  
Sharon Lee-Sheridan (W70-74) 50 Breast, 100 Breast, 50 Fly

## **[LCM] Memorial Day Classic – May 27-28, 2022 [USA Swimming Meet]**

### **Individual – 10**

Sarah Nelson (W65-69) – 100 Free, 200 Free

Sharon Lee-Sheridan (W70-74) – 400 Free, 200 Back, 100 Breast, 200 Breast, 200 IM

Babs Larsen (W75-79) – 200 IM, 400 IM

Steven Nelson (M70-74) – 200 Back

## **[SCY] 2022 Masters Nationals Championship – April 28 – May 1, 2022**

### **INDIVIDUAL – 10**

Abbey Erwin (W18-24) - 200 IM

Katy Coombe (W35-39) – 50 Fly, 100 Fly

Carrie Stolar (W55-59) – 500 Free, 1000 Free, 1650 Free, 100 Fly

Bryce Boston (M25-29) - 50 Fly, 100 Fly

Darrell Smith (M65-69) – 200 Fly

## **[SCY] 2022 Minnesota State Championship Meet – March 19-20, 2022**

### **INDIVIDUAL – 27**

Abbey Erwin (W18-24) - 500 Free, 200 Back

Krisie Melsen (W40-44) - 50 Breast, 200 Breast

Amy Roe (W55-59) - 50 Free, 100 Free

Sarah Hromada (W60-64) – 100 Back\*

Barbara Ballard (W60-64) – 50 Back (2)##, 100 Back

Peggy Kratz (W60-64) – 100 Free, 200 Free, 1650 Free, 200 Fly, 400 IM

Sarah E Nelson (W65-69) – 50 Free, 100 Free, 200 Free

Sharon Lee-Sheridan (W70-74) – 50 Free, 100 Free, 200 Free, 50 Back, 100 Back, 200 Back, 50 Breast, 100 Breast, 200 Breast, 50 Fly, 100 IM, 200 IM

Mary Conway (W70-74) – 50 Breast\*

Austin Bongers (M25-29) – 50 Back

Curt Wood (M40-45) – 1650 Free

Scott Tripps (M50-54) – 400 IM

Steven Gruenwald (M60-64) – 1000 Free

Bill Kansas (M85-89) – 100 Fly, 400 IM

### **Relays – 7**

Women 18+ 400 Free Relay – HOPK – Abbey Erwin, Karen Zemlin, Katy Coombe, Rachel Krejci

Women 18+ 800 Free Relay – MINN - Abbey Erwin, Karen Zemlin, Katy Coombe, Krisie Melsen

Women 65+ 400 Free Relay – RLK – Sharon Lee-Sheridan, Babs Larsen, Mary Vonderharr, Mary Conway

Women 65+ 800 Free Relay – RLK – Sharon Lee-Sheridan, Mary Conway, Paula Pendergast, Babs Larsen

Women 75+ 800 Free Relay – RLK – Carol Smollen, Sandy Pierce, Pat Lillehei, AnnLiv Bacon

Mixed 55+ 800 Free Relay – RIP – Steven Gruenwald, Peggy Kratz, Judith Bloom, Gary Muchow

Mixed 65+ 200 Medley Relay – RLK – Sharon Lee-Sheridan, Didier Lamour, Darrell Smith, Paula Pendergast

\* swam faster than the current MN LMSC Record, but was second place.

## Broke record more than once in a meet. Only the fastest time applies.

@ - FINA World Record

Send any additions or corrections to [topten@minnesotamasters.com](mailto:topten@minnesotamasters.com)

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