
RECORDS OSR-LC METERS
LC Meters-Girls

8 & U	50 Free	34.71	18-Jul-03	DDCC SD	Kylie Martin, 2003 SD SNF Summer Invitational	
	100 Free	1:18.97	29-Jul-05	WASC SD	Molly Manchon, 2005 Long Course State Champio	
	200 Free	2:53.54	27-Jun-04	RCR SD	Tamara Gorman, FAST Long Couse Open,CO	
	50 Back	42.13	5-Aug-05	SDAK SD	Molly Manchon, 2005 Central Zone Championship	
	100 Back	1:28.68	17-Jul-04	RCR SD	Tamara Gorman, Fun in the Sun, Gillette WY	
	50 Breast	44.91	1-Jun-88	SFX SD	Sara Pokela	
	100 Breast	1:38.66	17-Jul-04	RCR SD	Tamara Gorman, Fun in the Sun, Gillette WY	
	50 Fly	39.50	5-Jul-96	RCR SD	Keila Benson, Rapid City Open	
	100 Fly	1:35.75	18-Jul-04	RCR SD	Tamara Gorman, Fun in the Sun Gillette, WY	
	200 IM	3:09.89	25-Jun-04	RCR SD	Tamara Gorman, 2004 CO FAST Long Course Open	
	200 Free Relay	2:51.40	3-Aug-89	WASC SD	WASC - Schooley, Carter, Miller, DeWall	
	200 Medley Relay	3:12.18	4-Aug-89	WASC SD	WASC - Carter, Miller, Schooley, DeWall	
	9-10	50 Free	30.44	9-Aug-07	SDAK SD	Molly Manchon, Central Zone Championship Meet
		100 Free	1:05.87	5-Aug-05	SDAK SD	Kylie Martin, 2005 Central Zone Championship
200 Free		2:25.70	9-Aug-07	SDAK SD	Molly Manchon, Central Zone Championship Meet	
400 Free		5:16.43	29-Jun-07	WASC SD	Molly Manchon, Corn Palace Record Breaker	
50 Back		36.65	30-Jul-04	DL76 SD	Jacie Beagle, South Dakota State Championship	
100 Back		1:19.08	6-Aug-04	SDAK SD	Tracy Godbe, Central Zone Championship Meet	
50 Breast		36.38	5-Aug-05	SDAK SD	Kylie Martin, 2005 Central Zone Championship	
100 Breast		1:24.44	5-Aug-05	SDAK SD	Kylie Martin, 2005 Central Zone Championship	
50 Fly		33.64	5-Aug-05	SDAK SD	Kylie Martin, 2005 Central Zone Championship	
100 Fly		1:17.85	1-Jun-78	RCR SD	Kersten Larson, DNS	
200 IM		2:46.81	4-Aug-06	SDAK SD	Tamara Gorman, 2006 Central Zone Championship Meet	
200 Free Relay		2:24.13	3-Aug-90	SFX SD	SFX - Pokela, McCauley, Trussel, Smiley	
200 Medley Relay		2:44.96	3-Aug-90	SFX SD	SFX - Pokela, Trussell, Smiley, Stofen, State Meet	
11-12		50 Free	27.57	7-Aug-09	SDAK SD	Molly L. Manchon, 2009 Central Zone Championship Grand Forks
	100 Free	1:01.27	7-Aug-09	SDAK SD	Molly L. Manchon, 2009 Central Zone Championship Grand Forks	
	200 Free	2:14.41	7-Aug-09	SDAK SD	Molly L. Manchon, 2009 Central Zone Championship Grand Forks	
	400 Free	4:53.19	6-Aug-08	SD SD	Molly L. Manchon, 2008 IN Central MegaZone	
	800 Free	10:23.58	16-Jul-09	UN SD	Molly L. Manchon, IowaSummer Sizzler Invitational	
	1500 Free	19:49.84	25-Jun-04	VAST SD	Bailey Pons, 41st Annual Yankton Charity Invitational	
	50 Back	32.47	7-Aug-09	SDAK SD	Shayle Finnesand, 2009 Central Zone Championship Grand Forks	
	100 Back	1:10.95	7-Aug-09	SDAK SD	Shayle Finnesand, 2009 Central Zone Championship Grand Forks	
	200 Back	2:39.09	30-Jun-00	EAST SD	Alexandra Hoffman, 29th Annual Rapid City Open	
	50 Breast	35.37	4-Aug-06	SDAK SD	Kylie Martin, 2006 Central Zone Championship Meet	
	100 Breast	1:18.88	6-Aug-04	SDAK SD	Emily Campbell, Central Zone Championship Meet	
	200 Breast	2:58.67	22-Jul-04	ASC SD	Emily Campbell, 2004 Long Course Speedo Championship	
	50 Fly	31.09	9-Aug-07	SDAK SD	Kylie Martin, Central Zone Championship Meet	
	100 Fly	1:09.17	6-Aug-93	SFX SD	Danae Cummings, Central Zones	
	200 Fly	2:48.15	11-Jul-08	ASC SD	Hannah Kastigar, 2008 Snowfox Summer Invitational	
	200 IM	2:35.15	4-Aug-00	EAST SD	Alexandria Hoffman, Central Zone Meet 2000	
	400 IM	5:38.58	11-Jul-08	ASC SD	Hannah Kastigar, 2008 Snowfox Summer Invitational	
	200 Free Relay	2:07.26	1-Jul-96	YVST SD	YVST	
	200 Medley Relay	2:21.25	28-Jul-00	SFX SD	SFX - Rola, Heddeleston, Sonstegard, Erickson	
	13-14	50 Free	27.77	5-Aug-05	SDAK SD	Devonne Dalin, 2005 Central Zone Championship
100 Free		1:00.82	6-Aug-04	SDAK SD	Jessica Ferley, Central Zone Championship Meet	
200 Free		2:10.45	4-Aug-06	SDAK SD	Bailey Pons, 2006 Central Zone Championship Meet	

RECORDS OSR-LC METERS

13-14	400 Free	4:31.85	20-Jul-06	SDAK SD	Bailey Pons, MN Twin Speedo Sectionals	
	800 Free	9:18.46	20-Jul-06	SDAK SD	Bailey Pons, 06 MN Twin Speedo Sectionals	
	1500 Free	17:43.31	20-Jul-06	SDAK SD	Bailey Pons, MN Twin Speedo Sectionals	
	100 Back	1:08.24	6-Aug-08	SD SD	Jacie Beagle, 2008 IN Central MegaZone	
	200 Back	2:27.85	9-Aug-02	EAST SD	Alexandra Hoffman, 2002 Central Zones	
	100 Breast	1:14.94	7-Jul-06	SDAK SD	Emily Campbell, Speedo Championships	
	200 Breast	2:46.97	4-Aug-06	SDAK SD	Emily Campbell, 2006 Central Zone Championship Meet	
	100 Fly	1:06.44	6-Aug-08	SD SD	Jacie N. Beagle, 2008 IN Central MegaZone	
	200 Fly	2:27.17	7-Aug-09	SDAK SD	Hannah J. Kastigar, 2009 Central Zone Championship Grand Forks	
	200 IM	2:27.18	7-Aug-09	SDAK SD	Hannah J. Kastigar, 2009 Central Zone Championship Grand Forks	
	400 IM	5:12.42	7-Aug-09	SDAK SD	Hannah J. Kastigar, 2009 Central Zone Championship Grand Forks	
	200 Free Relay	2:02.76	1-Jun-77	VSC SD	Johnson, Schatte, Hill, Marshall	
	400 Free Relay	4:23.85	1-Aug-97	YVST SD	YVST - Veitz, Gengler, Heinz, Ellingson	
	800 Free Relay	10:29.48	2-Jul-83	SFX SD	Thuringer, Egger, Grericks, Parker	
	200 Medley Relay	2:12.07	1-Jun-77	SFX SD	Keuser, Ostby, Ewing, Parker	
	400 Medley Relay	5:05.92	1-Aug-97	YVST SD	YVST - Veitz, Heinz, Gengler, Ellingson	
	15-16	50 Free	27.15	3-Apr-94	SFX SD	Meghan Sonstegard, Phillips 66 National Championship
		100 Free	1:00.62	10-Aug-90	RCR SD	Susan Johnson, Central Zone Championship
		200 Free	2:10.16	10-Aug-90	RCR SD	Susan Johnson, Central Zone Championship
400 Free		4:33.88	18-Jul-07	VAST SD	Bailey Pons, 07 MN Twin Speedo Sectionals	
800 Free		9:20.88	9-Aug-07	SDAK SD	Bailey Pons, Central Zone Championship Meet	
1500 Free		17:53.06	9-Aug-07	SDAK SD	Bailey Pons, Central Zones Championship Meet	
100 Back		1:03.68	22-Jul-09	RCR SD	Jacie N. Beagle, 2009 USA Swimming Speedo Champions Series	
200 Back		2:18.99	10-Aug-09	RCR SD	Jacie N. Beagle, 2009 Speedo Junior National Championships	
100 Breast		1:14.67	6-Aug-08	SD SD	Emily Campbell, 2008 IN Central MegaZone	
200 Breast		2:38.21	4-Aug-08	ASC SD	Emily Campbell, 2008 Speedo Junior National Championships	
100 Fly		1:04.20	6-Aug-08	SD SD	Haley J. Gordon, 2008 IN Central MegaZone	
200 Fly		2:23.17	6-Aug-08	SD SD	Haley J. Gordon, 2008 IN Central MegaZone	
200 IM		2:23.72	17-Mar-09	SFX SD	Haley J. Gordon, 2009 NCSA Jr Natls - Time Trials	
400 IM		5:04.93	6-Aug-08	SD SD	Haley J. Gordon, 2008 IN Central MegaZone	
15-18		200 Free Relay	2:01.95	1-Jun-80	ASC SD	ASC - Hogg, Hogg, Arends, Iwerks
		400 Free Relay	4:26.72	2-Aug-96	SFX SD	SFX - Sonstegard, Pearson, Verbrugge, Burgers
	800 Free Relay	9:46.36	31-Jul-85	RCR SD	Braddock, McClure, LeChette, Johnson	
	200 Medley Relay	2:17.89	1-Jun-81	SFX SD	SFX - Hoggman, Ostby, Ewing, Kappeman	
400 Medley Relay	4:55.20	2-Aug-96	SFX SD	Wittrock, Burgers, Pearson, Verbrugge		
17-18	50 Free	27.14	12-Aug-96	SFX SD	Meghan Sonstegard, Phillips 66 National Championship	
	100 Free	59.60	12-Aug-96	SFX SD	Meghan Sonstegard, Phillips 66 National Championship	
	200 Free	2:08.93	7-Aug-09	SDAK SD	Nikki Finnesand, 2009 Central Zone Championship Grand Forks	
	400 Free	4:33.11	6-Aug-08	SD SD	Jacque GODBE, 2008 IN Central MegaZone	
	800 Free	9:30.61	4-Jul-06	SDAK SD	Anna Sonstegard, 2006 MN Senior Sectionals	
	1500 Free	18:12.58	4-Jul-06	SDAK SD	Anna Sonstegard, MN Senior Sectionals	
	100 Back	1:05.98	7-Aug-09	SDAK SD	Kayla K. Rommen , 2009 Central Zone Championship Grand Forks	
	200 Back	2:26.90	31-Jul-09	RCR SD	Kayla K. Rommen, 2009 SD LC State Championships	
	100 Breast	1:16.31	10-Aug-09	ASC SD	Emily Campbell, 2009 Speedo Junior National Championships	
	200 Breast	2:42.04	10-Aug-09	ASC SD	Emily Campbell, 2009 Speedo Junior National Championships	
	100 Fly	1:03.01	10-Aug-09	SFX SD	Haley J. Gordon, 2009 Speedo Junior National Championships	
	200 Fly	2:21.03	10-Aug-09	SFX SD	Haley J. Gordon, 2009 Speedo Junior National Championships	
	200 IM	2:23.57	22-Jul-09	SFX SD	Haley J. Gordon, 2009 USA Swimming Speedo Champions Series	
	400 IM	5:00.54	10-Aug-09	SFX SD	Haley J. Gordon, 2009 TimeTrials Speedo Junior National Champs	

RECORDS OSR-LC METERS

19-24	50 Free	28.62	2-Jul-04	DL76 SD	Kristine Brick, Rapid City Open
	100 Free	1:02.93	1-Aug-08	PST SD	Morgan McLain, South Dakota Long Course State Championship
	200 Free	2:19.55	1-Jun-87	SFX SD	Natalie Ostby
	400 Free	4:45.08	21-Jul-05	SFX SD	Megan Verbrugge, 2005 USA Swimming Speedo Champions Series
	800 Free	9:38.73	21-Jul-05	SFX SD	Megan Verbrugge, 2005 USA Swimming Speedo Champions Series
	1500 Free	18:24.39	22-Jul-04	SFX SD	Megan Verbrugge, 2004 Summer Speedo Championship Series
	100 Breast	1:15.63	31-Jul-09	UN SD	Katie Budahl, 2009 SD LC State Championships
	100 Fly	1:10.78	17-Jul-08	SFX SD	Kelly McCullough, 2008 Summer Central Zone Section 1 Speedo
	200 Fly	2:33.64	17-Jul-08	SFX SD	Kelly McCullough, 2008 Summer Central Zone Section 1 Speedo
	400 IM	5:29.97	21-Jul-05	SFX SD	Megan Verbrugge, 2005 USA Swimming Speedo Champions Series

RECORDS OSR-LC METERS
LC Meters-Boys

8 & U	50 Free	33.88	29-May-09	SFX SD	Trever J. Brenner , 2009 Jump Into Summer	
	100 Free	1:13.60	29-May-09	SFX SD	Trever J. Brenner, 2009 Jump Into Summer	
	50 Back	41.75	1-Aug-08	SFX SD	Trever Brenner, SD Long Course State Championship	
	100 Back	1:30.33	10-Jul-09	SFX SD	Trever J. Brenner, 2009 Summer Invitational	
	50 Breast	46.41	29-Jul-94	SFX SD	Jacob Mentele, SD State Championship	
	100 Breast	1:41.92	29-Jul-94	SFX SD	Jacob Mentele, SD State Championship	
	50 Fly	35.65	19-Jun-09	SFX SD	Trever J. Brenner, 2008 MN ROC Rochester Summer Invitational	
	100 Fly	1:28.40	10-Jul-09	SFX SD	Trever J. Brenner at 2009 Summer Invitational	
	200 IM	3:06.38	10-Jul-09	SFX SD	Trever J. Brenner, 2009 Summer Invitational	
	200 Free Relay	2:50.67	1-Jun-84	BSC SD	Jongeling, Zink, Martin, Fisher	
	200 Medley Relay	3:08.18	31-Jul-92	RCR SD	RCR - Lennon, Finley, Nordberg, Holmes	
	9-10	50 Free	27.76	2-Apr-10	AA SD	Michael Andrew at DART/SUSA Long Course Kickoff
		100 Free	1:04.17	2-Apr-10	AA SD	Michael Andrew at DART/SUSA Long Course Kickoff
200 Free		2:27.59	2-Apr-10	AA SD	Michael Andrew at DART/SUSA Long Course Kickoff	
400 Free		5:20.84	2-Apr-10	AA SD	Michael Andrew at DART/SUSA Long Course Kickoff	
50 Back		32.72	10-Apr-10	AA SD	Michael Andrew at 2010 CA Cerritos Aquatic Club	
100 Back		1:11.51	2-Apr-10	AA SD	Michael Andrew at DART/SUSA Long Course Kickoff	
50 Breast		36.92	2-Apr-10	AA SD	Michael Andrew at DART/SUSA Long Course Kickoff	
100 Breast		1:23.91	2-Apr-10	AA SD	Michael Andrew at DART/SUSA Long Course Kickoff	
50 Fly		31.07	10-Apr-10	AA SD	Michael Andrew at 2010 CA Cerritos Aquatic Club	
100 Fly		1:18.69	10-Apr-10	AA SD	Michael Andrew at 2010 CA Cerritos Aquatic Club	
200 IM		2:47.17	31-Jul-09	AA SD	Michael Andrew, 2009 SD LC State Championships	
200 Free Relay		2:23.47	1-Jun-88	RCR SD	RCR - Gulk, Morrissey, Boshoff, Wheeler	
200 Medley Relay		2:49.33	31-Jul-93	RCR SD	RCR - Swartz, Finley, Nordberg, Olney	
11-12	50 Free	27.44	3-Aug-02	SFX SD	Paul Gordon, SD State Championships	
	100 Free	1:00.45	6-Aug-94	YVST SD	Michael Veitz, SD State Championship	
	200 Free	2:09.80	9-Aug-02	SFX SD	Paul Gordon, 2002 Central Zones	
	400 Free	4:36.04	9-Aug-02	SFX SD	Paul Gordon, 2002 Central Zones	
	800 Free	10:04.59	5-Jul-02	SFX SD	Paul Gordon 2002 Central Zones	
	1500 Free	19:36.32	13-Jul-07	SFX SD	Derek Meyer, Snowfox Summer Invitational 2007	
	50 Back	30.94	8-Aug-97	RCR	Daniel Lennon, 1997 Central Zones	
	100 Back	1:06.98	8-Aug-97	RCR	Daniel Lennon, 1997 Central Zones	
	200 Back	2:42.96	13-Jul-01	SFX SD	Joey Moore, Snowfox Summer Invitational	
	50 Breast	36.45	2-Aug-02	DLSFX SD	Philip Trinidad and Paul Gordon	
	100 Breast	1:18.66	4-Aug-06	SDAK SD	Jack Gordon, 2006 Central Zone Championship Meet	
	200 Breast	3:14.53	15-Jul-05	SFX SD	Dane Washenberger, Snowfox Summer Invitational 2005	
	50 Fly	29.46	29-Jul-94	YVST SD	Michael Veitz, SD Championship	
	100 Fly	1:07.06	1-Jun-77	SFX SD	Mark Lewis, DNS	
	200 Fly	2:54.12	8-Jul-06	SEAL SD	David Saavedra, South Sioux Dolphins LC Meet	
	200 IM	2:29.33	9-Aug-02	SFX SD	Paul Gordon, 2002 Central Zones	
	400 IM	5:54.59	7-Jul-06	ASC SD	Adam Kastigar, Huron Invitational	
	200 Free Relay	2:07.90	1-Jun-81	SFX SD	SFX - Keuser, Paa, Synsvoll, Hagen	
	200 Medley Relay	2:25.40	1-Jun-81	SFX SD	SFX - Paa, Hooper, Synsvoll, Keuser	
13-14	50 Free	25.76	22-Jul-04	SFX SD	Paul Gordon, 2004 Long Course Speedo Championship	
	100 Free	55.55	6-Aug-04	SDAK SD	Paul Gordon, Central Zone Championship Meet	
	200 Free	2:01.65	9-Aug-96	YVST SD	Michael Veitz, Central Zones	
	400 Free	4:18.84	6-Aug-04	SDAK SD	Paul Gordon, Central Zone Championship Meet	

RECORDS OSR-LC METERS

13-14	800 Free	8:51.46	6-Aug-04	SDAK SD	Paul Gordon, Central Zone Championship Meet
	1500 Free	17:33.53	7-Aug-03	SFX SD	Paul Gordon, 2003 Central Zone Championship
	100 Back	1:03.19	6-Aug-99	RCR	Daniel Lennon, 1999 Central Zones
	200 Back	2:17.84	6-Aug-99	RCR SD	Daniel Lennon, 1999 Central Zones
	100 Breast	1:12.92	4-Aug-00	SFX SD	Jacob Mentele, Central Zone Meet 2000
	200 Breast	2:38.81	4-Aug-00	SFX SD	Jacob Mentele, Central Zone Meet 2000
	100 Fly	1:03.02	1-Jun-78	SFX SD	Kurt Keuser, DNS
	200 Fly	2:21.50	7-Aug-09	SDAK SD	Jacob Austin, 2009 Central Zone Championship Grand Forks
	200 IM	2:21.98	30-Jul-04	SFX SD	Paul Gordon, SD State Championship
	400 IM	5:02.48	7-Aug-98	RCR SD	Daniel Lennon, Central Zone Championship
	200 Free Relay	1:58.35	1-Jun-77	SFX SD	SFX - Kappeman, Reynolds, Ellingson, Schmitt
	400 Free Relay	4:19.36	2-Aug-02	SFX SD	SFX - Mueller, Hewett, Moore, Robbins
	800 Free Relay	9:36.28	1-Jun-83	SFX SD	SFX - Synsvoll, Bochman, Paa, Gardner
	200 Medley Relay	2:12.81	1-Jun-78	SFX SD	Lewis, Keuser, Brannan, Alexander
	400 Medley Relay	4:48.64	2-Aug-02	SFX SD	SFX - Moore, Hewett, Mueller, Robbins
15-16	50 Free	25.21	1-Jun-85	BSC SD	Brian Savage, DNS
	100 Free	53.37	4-Aug-06	SDAK SD	Paul Gordon, 2006 Central Zone Championship Meet
	200 Free	1:58.41	10-Aug-90	RCR SD	Corey Braddock, Central Zones
	400 Free	4:11.41	4-Aug-06	SDAK SD	Paul Gordon, 2006 Central Zone Championship Meet
	800 Free	8:46.46	7-Aug-09	SDAK SD	Brian J. Gorman at 2009 Central Zone Championship Grand Forks
	1500 Free	16:41.76	17-Mar-09	RCR SD	Brian J. Gorman at 2009 NCSA Jr Natls - Time Trials
	100 Back	1:03.03	7-Aug-09	SDAK SD	Brian J. Gorman at 2009 Central Zone Championship Grand Forks
	200 Back	2:13.55	22-Jul-09	RCR SD	Brian J. Gorman at 2009 USA Swimming Speedo Champions Series
	100 Breast	1:08.84	9-Aug-02	SFX SD	Jacob Mentele, 2002 Central Zones
	200 Breast	2:32.19	9-Aug-02	SFX SD	Jacob Mentele, 2002 Central Zones
	100 Fly	1:00.15	21-Jul-05	SFX SD	Paul Gordon, 2005 USA Swimming Speedo Champions Series
	200 Fly	2:15.32	9-Aug-02	SFX SD	Jacob Mentele, 2002 Central Zones
	200 IM	2:10.89	4-Aug-06	SDAK SD	Paul Gordon, 2006 Central Zone Championship Meet
	400 IM	4:42.15	4-Aug-06	SDAK SD	Paul Gordon, 2006 Central Zone Championship Meet
15-18	200 Free Relay	1:47.02	1-Jun-80	ASC SD	ASC - Hansen, Engelhart, Destashe, Swisher
	400 Free Relay	4:04.33	31-Jul-98	VAST SD	Veitz, Neufeld, Tomhave, Solberg
	800 Free Relay	9:10.30	1-Jun-85	SFX SD	Fischer, Bochman, Schmit, Stuart
	200 Medley Relay	2:00.47	1-Jun-80	SFX SD	SFX - Reynolds, Keuser, Ellingson, Schmitt
	400 Medley Relay	4:44.23	1-Jun-82	RCR SD	RCR - Ham, Gorman, Johnson, Geiger
17-18	50 Free	24.22	7-Aug-09	SDAK SD	Zach Johnson, 2009 Central Zone Championship Grand Forks
	100 Free	52.05	4-Aug-08	SFX SD	Paul R. Gordon, 2008 Speedo Junior National Championships
	200 Free	1:52.82	4-Aug-08	SFX SD	Paul R. Gordon, 2008 Speedo Junior National Championships
	400 Free	4:07.15	4-Aug-08	SFX SD	Paul R. Gordon, 2008 Speedo Junior National Championships
	800 Free	8:47.74	18-Jul-07	SFX SD	Paul Gordon, 2007 MN Twin Swimming Speedo Championship
	1500 Free	16:54.35	13-Jul-07	SFX SD	Paul Gordon, Snowfox Summer Invitational 2007
	100 Back	1:00.35	7-Aug-09	SDAK SD	Mike Godbe, 2009 Central Zone Championship Grand Forks
	200 Back	2:14.52	22-Jul-09	MAC SD	Joshua A. Davis, 2009 USA Swimming Speedo Champions Series
	100 Breast	1:07.91	7-Aug-03	SFX SD	Jacob Mentele, 2003 Central Zone Championship
	200 Breast	2:23.82	7-Aug-03	SFX SD	Jacob Mentele, 2003 Central Zone Championship
	100 Fly	56.63	6-Aug-07	SFX SD	Paul Gordon, 2007 Speedo Junior National Championships
	200 Fly	2:11.75	17-Jul-08	SFX SD	Paul Gordon, 2008 Summer Central Zone Section 1 Speedo
	200 IM	2:06.62	4-Aug-08	SFX SD	Paul R. Gordon, 2008 Speedo Junior National Championships
	400 IM	4:34.65	4-Aug-08	SFX SD	Paul R. Gordon, 2008 Speedo Junior National Championships
19-24	50 Free	23.93	22-Jul-09	BSC SD	Paul R. Gordon, 2009 USA Swimming Speedo Champions Series

RECORDS OSR-LC METERS

19-24	100 Free	51.64	22-Jul-09	BSC SD	Paul R. Gordon, 2009 USA Swimming Speedo Champions Series
	200 Free	1:52.50	22-Jul-09	BSC SD	Paul R. Gordon, 2009 USA Swimming Speedo Champions Series
	400 Free	3:59.61	22-Jul-09	BSC SD	Paul R. Gordon, 2009 USA Swimming Speedo Champions Series
	800 Free	9:20.48	31-Jul-99	RCR SD	Richard Olney, SD State Long Course
	1500 Free	17:59.67	31-Jul-99	RCR SD	Richard Olney, SD State Long Course
	100 Back	1:04.66	28-Jul-00	BSC SD	Benji Erickson, South Dakotal State Champ
	200 Back	2:25.80	2-Aug-03	BSC SD	Benji Erickson, State Long CourseChampionships
	100 Breast	1:12.99	21-Jun-02	SFX SD	Andrew Smith, Rochester Invitational
	200 Breast	2:39.85	26-Jul-01	SFX SD	Andrew Smith, 2001 Speedo Champion Series
	100 Fly	57.26	22-Jul-09	BSC SD	Paul R. Gordon, 2009 USA Swimming Speedo Champions Series
	200 IM	2:06.99	22-Jul-09	BSC SD	Paul R. Gordon, 2009 USA Swimming Speedo Champions Series
	400 IM	5:00.25	26-Jul-01	SFX SD	Andrew Smith, 2001 Speedo Champion Series

RECORDS OSR-LC METERS

LC Meters-Mixed

8 & U	200 Free Relay	2:55.08	2-Aug-96	SFX SD	SFX - Rola, Robbins, Vellinga, Heddleston
	200 Medley Relay	3:17.45	2-Aug-96	SFX SD	SFX - Rola, Robbins, Heddleston, Vellinga