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**RECORDS OSR-LC METERS**
**LC Meters-Girls**

8 & U	50 Free	34.71	<b>18-Jul-03</b>	DDCC SD	Kylie Martin, 2003 SD SNF Summer Invitational		
	100 Free	1:18.97	<b>29-Jul-05</b>	WASC SD	Molly Manchon, 2005 Long Course State Champio		
	200 Free	2:53.54	<b>27-Jun-04</b>	RCR SD	Tamara Gorman, FAST Long Course Open,CO		
	50 Back	42.13	<b>5-Aug-05</b>	SDAK SD	Molly Manchon, 2005 Central Zone Championship		
	100 Back	1:28.68	<b>17-Jul-04</b>	RCR SD	Tamara Gorman, Fun in the Sun, Gillette WY		
	50 Breast	44.91	<b>1-Jun-88</b>	SFX SD	Sara Pokela		
	100 Breast	1:38.66	<b>17-Jul-04</b>	RCR SD	Tamara Gorman, Fun in the Sun, Gillette WY		
	50 Fly	39.50	<b>5-Jul-96</b>	RCR SD	Keila Benson, Rapid City Open		
	100 Fly	1:35.75	<b>18-Jul-04</b>	RCR SD	Tamara Gorman, Fun in the Sun Gillette, WY		
	200 IM	3:09.89	<b>25-Jun-04</b>	RCR SD	Tamara Gorman, 2004 CO FAST Long Course Open		
	200 Free Relay	2:51.40	<b>3-Aug-89</b>	WASC SD	WASC - Schooley, Carter, Miller, DeWall		
	200 Medley Relay	3:12.18	<b>4-Aug-89</b>	WASC SD	WASC - Carter, Miller, Schooley, DeWall		
	9-10	50 Free	30.44	<b>9-Aug-07</b>	SDAK SD	Molly Manchon, Central Zone Championship Meet	
		100 Free	1:05.87	<b>5-Aug-05</b>	SDAK SD	Kylie Martin, 2005 Central Zone Championship	
200 Free		2:25.70	<b>9-Aug-07</b>	SDAK SD	Molly Manchon, Central Zone Championship Meet		
400 Free		5:16.43	<b>29-Jun-07</b>	WASC SD	Molly Manchon, Corn Palace Record Breaker		
50 Back		36.65	<b>30-Jul-04</b>	DL76 SD	Jacie Beagle, South Dakota State Championship		
100 Back		1:19.08	<b>6-Aug-04</b>	SDAK SD	Tracy Godbe, Central Zone Championship Meet		
50 Breast		36.38	<b>5-Aug-05</b>	SDAK SD	Kylie Martin, 2005 Central Zone Championship		
100 Breast		1:24.44	<b>5-Aug-05</b>	SDAK SD	Kylie Martin, 2005 Central Zone Championship		
50 Fly		33.64	<b>5-Aug-05</b>	SDAK SD	Kylie Martin, 2005 Central Zone Championship		
100 Fly		1:17.85	<b>1-Jun-78</b>	RCR SD	Kersten Larson, DNS		
200 IM		2:46.81	<b>4-Aug-06</b>	SDAK SD	Tamara Gorman, 2006 Central Zone Championship Meet		
200 Free Relay		2:23.11	<b>29-Jul-11</b>	PST SD	PIERRE SWIM TEAM	M. Dravland, S. Theobald, T. Senger, T. Jorgense	
200 Medley Relay		2:43.52	<b>29-Jul-11</b>	PST SD	PIERRE SWIM TEAM	T. Senger, M. Dravland, T. Jorgensen, S. Theobal	
11-12		50 Free	27.57	<b>7-Aug-09</b>	SDAK SD	Molly L. Manchon, 2009 Central Zone Championship Grand Forks	
	100 Free	1:01.27	<b>7-Aug-09</b>	SDAK SD	Molly L. Manchon, 2009 Central Zone Championship Grand Forks		
	200 Free	2:14.41	<b>7-Aug-09</b>	SDAK SD	Molly L. Manchon, 2009 Central Zone Championship Grand Forks		
	400 Free	4:53.19	<b>6-Aug-08</b>	SD SD	Molly L. Manchon, 2008 IN Central MegaZone		
	800 Free	10:23.58	<b>16-Jul-09</b>	UN SD	Molly L. Manchon, IowaSummer Sizzler Invitational		
	1500 Free	19:49.84	<b>25-Jun-04</b>	VAST SD	Bailey Pons, 41st Annual Yankton Charity Invitational		
	50 Back	32.47	<b>7-Aug-09</b>	SDAK SD	Shayle Finnesand, 2009 Central Zone Championship Grand Forks		
	100 Back	1:10.95	<b>7-Aug-09</b>	SDAK SD	Shayle Finnesand, 2009 Central Zone Championship Grand Forks		
	200 Back	2:36.40	<b>5-Aug-11</b>	SDAK SD	Molly M. Hogg at 2011 Central Zone 14 & U Championships LCM		
	50 Breast	35.37	<b>4-Aug-06</b>	SDAK SD	Kylie Martin, 2006 Central Zone Championship Meet		
	100 Breast	1:18.88	<b>6-Aug-04</b>	SDAK SD	Emily Campbell, Central Zone Championship Meet		
	200 Breast	2:58.67	<b>22-Jul-04</b>	ASC SD	Emily Campbell, 2004 Long Course Speedo Championship		
	50 Fly	30.62	<b>5-Aug-11</b>	SDAK SD	Molly M. Hogg at 2011 Central Zone 14 & U Championships LCM		
	100 Fly	1:09.10	<b>29-Jul-11</b>	ASC SD	Molly M. Hogg at 2011 South Dakota Long Course State Champions		
	200 Fly	2:40.75	<b>29-Jul-11</b>	ASC SD	Molly M. Hogg at 2011 South Dakota Long Course State Champions		
	200 IM	2:35.15	<b>4-Aug-00</b>	EAST SD	Alexandria Hoffman, Central Zone Meet 2000		
	400 IM	5:38.58	<b>11-Jul-08</b>	ASC SD	Hannah Kastigar, 2008 Snowfox Summer Invitational		
	200 Free Relay	2:07.26	<b>1-Jul-96</b>	YVST SD	YVST		
	200 Medley Relay	2:21.25	<b>28-Jul-00</b>	SFX SD	Sioux Falls Snowfox	Rola, Heddleston, Sonstegard, Erickson	
	13-14	50 Free	27.77	<b>5-Aug-05</b>	SDAK SD	Devonne Dalin, 2005 Central Zone Championship	
		100 Free	1:00.82	<b>6-Aug-04</b>	SDAK SD	Jessica Ferley, Central Zone Championship Meet	
		200 Free	2:10.45	<b>4-Aug-06</b>	SDAK SD	Bailey Pons, 2006 Central Zone Championship Meet	

**RECORDS OSR-LC METERS**

13-14	400 Free	4:31.85	<b>20-Jul-06</b>	SDAK SD	Bailey Pons, MN Twin Speedo Sectionals	
	800 Free	9:17.57	<b>6-Aug-10</b>	SDAK SD	Tamara R. Gorman at 2010 MW Central Zone 14 & U Championships	
	1500 Free	17:43.31	<b>20-Jul-06</b>	SDAK SD	Bailey Pons, MN Twin Speedo Sectionals	
	100 Back	1:08.24	<b>6-Aug-08</b>	SD SD	Jacie Beagle, 2008 IN Central MegaZone	
	200 Back	2:27.62	<b>6-Aug-10</b>	SDAK SD	Tamara R. Gorman at 2010 MW Central Zone 14 & U Championships	
	100 Breast	1:14.94	<b>7-Jul-06</b>	SDAK SD	Emily Campbell, Speedo Championships	
	200 Breast	2:46.27	<b>6-Aug-10</b>	SDAK SD	Hannah J. Kastigar at 2010 MW Central Zone 14 & U Championships	
	100 Fly	1:05.85	<b>6-Aug-10</b>	SDAK SD	Hannah J. Kastigar at 2010 MW Central Zone 14 & U Championships	
	200 Fly	2:23.59	<b>6-Aug-10</b>	SDAK SD	Hannah J. Kastigar at 2010 MW Central Zone 14 & U Championships	
	200 IM	2:25.52	<b>6-Aug-10</b>	SDAK SD	Hannah J. Kastigar at 2010 MW Central Zone 14 & U Championships	
	400 IM	5:05.24	<b>6-Aug-10</b>	SDAK SD	Hannah J. Kastigar at 2010 MW Central Zone 14 & U Championships	
	200 Free Relay	2:02.76	<b>1-Jun-77</b>	VSC SD	VSC Johnson, Schatte, Hill, Marshall	
	400 Free Relay	4:23.85	<b>1-Aug-97</b>	YVST SD	YVST Veitz, Gengler, Heinz, Ellingson	
	800 Free Relay	10:29.48	<b>2-Jul-83</b>	SFX SD	Thuringer, Egger, Grericks, Parker	
	200 Medley Relay	2:12.07	<b>1-Jun-77</b>	SFX SD	Sioux Falls Snowfox Keuser, Ostby, Ewing, Parker	
	400 Medley Relay	5:02.42	<b>30-Jul-10</b>	BSC SD	Brookings Swim Club Hendricks, Hansen, Young, Dunkle	
15-16	50 Free	27.15	<b>3-Apr-94</b>	SFX SD	Meghan Sonstegard, Phillips 66 National Championship	
	100 Free	1:00.62	<b>10-Aug-90</b>	RCR SD	Susan Johnson, Central Zone Championship	
	200 Free	2:10.16	<b>10-Aug-90</b>	RCR SD	Susan Johnson, Central Zone Championship	
	400 Free	4:33.88	<b>18-Jul-07</b>	VAST SD	Bailey Pons, 07 MN Twin Speedo Sectionals	
	800 Free	9:20.88	<b>9-Aug-07</b>	SDAK SD	Bailey Pons, Central Zone Championship Meet	
	1500 Free	17:53.06	<b>9-Aug-07</b>	SDAK SD	Bailey Pons, Central Zones Championship Meet	
	100 Back	1:03.68	<b>22-Jul-09</b>	RCR SD	Jacie N. Beagle, 2009 USA Swimming Speedo Champions Series	
	200 Back	2:18.99	<b>10-Aug-09</b>	RCR SD	Jacie N. Beagle, 2009 Speedo Junior National Championships	
	100 Breast	1:14.67	<b>6-Aug-08</b>	SD SD	Emily Campbell, 2008 IN Central MegaZone	
	200 Breast	2:38.21	<b>4-Aug-08</b>	ASC SD	Emily Campbell, 2008 Speedo Junior National Championships	
	100 Fly	1:04.20	<b>6-Aug-08</b>	SD SD	Haley J. Gordon, 2008 IN Central MegaZone	
	200 Fly	2:17.72	<b>8-Aug-11</b>	ASC SD	Hannah J. Kastigar at 2011 Speedo Junior National Championships	
	200 IM	2:20.53	<b>11-Dec-11</b>	ASC SD	Hannah J. Kastigar at 2011 USA Swimming Long Course Invitational	
	400 IM	4:55.65	<b>8-Aug-11</b>	ASC SD	Hannah J. Kastigar at 2011 Speedo Junior National Championships	
	15-18	200 Free Relay	2:01.95	<b>1-Jun-80</b>	ASC SD	Aberdeen Swim Club Hogg, Hogg, Arends, Iwerks
		800 Free Relay	9:46.36	<b>31-Jul-85</b>	RCR SD	Braddock, McClure, LeChette, Johnson
200 Medley Relay		2:17.89	<b>1-Jun-81</b>	SFX SD	Sioux Falls Snowfox Hoggman, Ostby, Ewing, Kappeman	
15-19	400 Free Relay	4:11.91	<b>1-Aug-08</b>	SFX SD	Sioux Falls Snowfox	
	400 Medley Relay	4:44.85	<b>1-Aug-08</b>	SFX SD	Sioux Falls Snowfox	
17-18	50 Free	27.14	<b>12-Aug-96</b>	SFX SD	Meghan Sonstegard, Phillips 66 National Championship	
	100 Free	59.60	<b>12-Aug-96</b>	SFX SD	Meghan Sonstegard, Phillips 66 National Championship	
	200 Free	2:08.93	<b>7-Aug-09</b>	SDAK SD	Nikki Finnesand, 2009 Central Zone Championship Grand Forks	
	400 Free	4:33.11	<b>6-Aug-08</b>	SD SD	Jacque GODBE, 2008 IN Central MegaZone	
	800 Free	9:30.61	<b>4-Jul-06</b>	SDAK SD	Anna Sonstegard, 2006 MN Senior Sectionals	
	1500 Free	18:12.58	<b>4-Jul-06</b>	SDAK SD	Anna Sonstegard, MN Senior Sectionals	
	100 Back	1:04.70	<b>21-Jul-11</b>	RCR SD	Jacie N. Beagle at 2011 Speedo Champions Series	
	200 Back	2:20.24	<b>2-Aug-11</b>	RCR SD	Jacie N. Beagle at 2011 ConocoPhillips National Championships	
	100 Breast	1:16.31	<b>10-Aug-09</b>	ASC SD	Emily Campbell, 2009 Speedo Junior National Championships	
	200 Breast	2:42.04	<b>10-Aug-09</b>	ASC SD	Emily Campbell, 2009 Speedo Junior National Championships	
	100 Fly	1:02.40	<b>9-Aug-10</b>	SFX SD	Haley J. Gordon at 2010 Speedo Junior National Championships	
	200 Fly	2:21.03	<b>10-Aug-09</b>	SFX SD	Haley J. Gordon, 2009 Speedo Junior National Championships	
	200 IM	2:22.62	<b>9-Aug-10</b>	SFX SD	Haley J. Gordon at 2010 Speedo Junior National Championships	
	400 IM	5:00.54	<b>10-Aug-09</b>	SFX SD	Haley J. Gordon, 2009 TimeTrials Speedo Junior National Champs	

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**RECORDS OSR-LC METERS**

19-24	50 Free	27.88	<b>8-Apr-11</b>	UN-01 SD	DEVONNE A. DALIN at 2011 US Eric Namesnik Grand Prix
	100 Free	1:00.42	<b>8-Apr-11</b>	UN-01 SD	DEVONNE A. DALIN at 2011 US Eric Namesnik Grand Prix
	200 Free	2:13.38	<b>8-Apr-11</b>	UN-01 SD	DEVONNE A. DALIN at 2011 US Eric Namesnik Grand Prix
	400 Free	4:45.08	<b>21-Jul-05</b>	SFX SD	Megan Verbrugge, 2005 USA Swimming Speedo Champions Series
	800 Free	9:38.73	<b>21-Jul-05</b>	SFX SD	Megan Verbrugge, 2005 USA Swimming Speedo Champions Series
	1500 Free	18:24.39	<b>22-Jul-04</b>	SFX SD	Megan Verbrugge, 2004 Summer Speedo Championship Series
	100 Back	1:08.12	<b>22-Jul-09</b>	PST SD	Morgan A. McLain at 2009 USA Swimming Speedo Champions Series
	200 Back	2:27.44	<b>22-Jul-09</b>	PST SD	Morgan A. McLain at 2009 USA Swimming Speedo Champions Series
	100 Breast	1:14.91	<b>21-Jul-11</b>	BSC SD	Katie Budahl at 2011 Speedo Champions Series
	200 Breast	2:40.18	<b>21-Jul-11</b>	BSC SD	Katie Budahl at 2011 Speedo Champions Series
	100 Fly	1:10.78	<b>17-Jul-08</b>	SFX SD	Kelly McCullough, 2008 Summer Central Zone Section 1 Speedo
	200 Fly	2:33.64	<b>17-Jul-08</b>	SFX SD	Kelly McCullough, 2008 Summer Central Zone Section 1 Speedo
	200 IM	2:28.74	<b>29-Jul-11</b>	ASC SD	Emily Campbell at 2011 South Dakota Long Course State Champions
	400 IM	5:23.84	<b>21-Jul-11</b>	ASC SD	Emily Campbell at 2011 Speedo Champions Series

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**RECORDS OSR-LC METERS**
**LC Meters-Boys**

8 & U	50 Free	33.88	<b>29-May-09</b>	SFX SD	Trever J. Brenner , 2009 Jump Into Summer	
	100 Free	1:13.60	<b>29-May-09</b>	SFX SD	Trever J. Brenner, 2009 Jump Into Summer	
	50 Back	41.75	<b>1-Aug-08</b>	SFX SD	Trever Brenner, SD Long Course State Championship	
	100 Back	1:30.33	<b>10-Jul-09</b>	SFX SD	Trever J. Brenner, 2009 Summer Invitational	
	50 Breast	46.41	<b>29-Jul-94</b>	SFX SD	Jacob Mentele, SD State Championship	
	100 Breast	1:41.92	<b>29-Jul-94</b>	SFX SD	Jacob Mentele, SD State Championship	
	50 Fly	35.65	<b>19-Jun-09</b>	SFX SD	Trever J. Brenner, 2008 MN ROC Rochester Summer Invitational	
	100 Fly	1:28.40	<b>10-Jul-09</b>	SFX SD	Trever J. Brenner at 2009 Summer Invitational	
	200 IM	3:06.38	<b>10-Jul-09</b>	SFX SD	Trever J. Brenner, 2009 Summer Invitational	
	200 Free Relay	2:50.67	<b>1-Jun-84</b>	BSC SD	Jongeling, Zink, Martin, Fisher	
	200 Medley Relay	3:08.18	<b>31-Jul-92</b>	RCR SD	RCR - Lennon, Finley, Nordberg, Holmes	
	9-10	50 Free	27.76	<b>2-Apr-10</b>	AA SD	Michael Andrew at DART/SUSA Long Course Kickoff
		100 Free	1:04.17	<b>2-Apr-10</b>	AA SD	Michael Andrew at DART/SUSA Long Course Kickoff
200 Free		2:27.59	<b>2-Apr-10</b>	AA SD	Michael Andrew at DART/SUSA Long Course Kickoff	
400 Free		5:20.84	<b>2-Apr-10</b>	AA SD	Michael Andrew at DART/SUSA Long Course Kickoff	
50 Back		32.72	<b>10-Apr-10</b>	AA SD	Michael Andrew at 2010 CA Cerritos Aquatic Club	
100 Back		1:11.51	<b>2-Apr-10</b>	AA SD	Michael Andrew at DART/SUSA Long Course Kickoff	
50 Breast		36.92	<b>2-Apr-10</b>	AA SD	Michael Andrew at DART/SUSA Long Course Kickoff	
100 Breast		1:23.91	<b>2-Apr-10</b>	AA SD	Michael Andrew at DART/SUSA Long Course Kickoff	
50 Fly		31.07	<b>10-Apr-10</b>	AA SD	Michael Andrew at 2010 CA Cerritos Aquatic Club	
100 Fly		1:17.42	<b>17-Jun-11</b>	SFX SD	Trever J. Brenner at 2011 MN ROC Rochester Summer Invitational	
200 IM		2:47.17	<b>31-Jul-09</b>	AA SD	Michael Andrew, 2009 SD LC State Championships	
200 Free Relay		2:20.52	<b>31-Jul-09</b>	SFX SD	Sioux Falls Snowfox Hurley, Pinn, Iverson, Brenner	
200 Medley Relay		2:38.56	<b>31-Jul-09</b>	SFX SD	Sioux Falls Snowfox Hurley, Iverson, Brenner, Pinn	
11-12		50 Free	26.77	<b>15-Apr-11</b>	AA SD	Michael Andrew at All American NIKE 2011 LC Spring Classic
		100 Free	1:00.45	* <b>7-Jul-11</b>	AA SD	Michael Andrew at Wave the Wheat Meet 2011
	100 Free	1:00.45	* <b>6-Aug-94</b>	YVST SD	Michael Veitz, SD State Championship	
	200 Free	2:09.80	<b>9-Aug-02</b>	SFX SD	Paul Gordon, 2002 Central Zones	
	400 Free	4:36.04	<b>9-Aug-02</b>	SFX SD	Paul Gordon, 2002 Central Zones	
	800 Free	10:04.59	<b>5-Jul-02</b>	SFX SD	Paul Gordon 2002 Central Zones	
	1500 Free	19:36.32	<b>13-Jul-07</b>	SFX SD	Derek Meyer, Snowfox Summer Invitational 2007	
	50 Back	30.94	<b>8-Aug-97</b>	RCR	Daniel Lennon, 1997 Central Zones	
	100 Back	1:06.98	<b>8-Aug-97</b>	RCR	Daniel Lennon, 1997 Central Zones	
	200 Back	2:42.96	<b>13-Jul-01</b>	SFX SD	Joey Moore, Snowfox Summer Invitational	
	50 Breast	34.57	<b>15-Apr-11</b>	AA SD	Michael Andrew at All American NIKE 2011 LC Spring Classic	
	100 Breast	1:16.16	<b>17-Jun-11</b>	AA SD	Michael Andrew at 2011 SD Aberdeen Summer High Point Swim Meet	
	200 Breast	2:52.70	<b>6-Aug-10</b>	SDAK SD	Wyatt M. Rumrill at 2010 MW Central Zone 14 & U Championships	
	50 Fly	29.25	<b>15-Apr-11</b>	AA SD	Michael Andrew at All American NIKE 2011 LC Spring Classic	
	100 Fly	1:07.06	<b>1-Jun-77</b>	SFX SD	Mark Lewis, DNS	
	200 Fly	2:54.12	<b>8-Jul-06</b>	SEAL SD	David Saavedra, South Sioux Dolphins LC Meet	
	200 IM	2:25.23	<b>15-Apr-11</b>	AA SD	Michael Andrew at All American NIKE 2011 LC Spring Classic	
	400 IM	5:45.77	<b>1-Jul-11</b>	RCR SD	Ryuya Souther at Mt. Rushmore Classic Swim Meet	
	200 Free Relay	2:06.11	<b>1-Aug-08</b>	SFX SD	Sioux Falls Snowfox	
	200 Medley Relay	2:24.62	<b>29-Jul-11</b>	SFX SD	Sioux Falls Snowfox S. Iverson, S. Hurley, T. Brenner, D. Venner	
	13-14	50 Free	25.76	<b>22-Jul-04</b>	SFX SD	Paul Gordon, 2004 Long Course Speedo Championship
100 Free		55.55	<b>6-Aug-04</b>	SDAK SD	Paul Gordon, Central Zone Championship Meet	
200 Free		2:01.65	<b>9-Aug-96</b>	YVST SD	Michael Veitz, Central Zones	

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**RECORDS OSR-LC METERS**

13-14	400 Free	4:18.84	<b>6-Aug-04</b>	SDAK SD	Paul Gordon, Central Zone Championship Meet
	800 Free	8:51.46	<b>6-Aug-04</b>	SDAK SD	Paul Gordon, Central Zone Championship Meet
	1500 Free	17:33.53	<b>7-Aug-03</b>	SFX SD	Paul Gordon, 2003 Central Zone Championship
	100 Back	1:03.19	<b>6-Aug-99</b>	RCR	Daniel Lennon, 1999 Central Zones
	200 Back	2:17.84	<b>6-Aug-99</b>	RCR SD	Daniel Lennon, 1999 Central Zones
	100 Breast	1:12.92	<b>4-Aug-00</b>	SFX SD	Jacob Mentele, Central Zone Meet 2000
	200 Breast	2:38.81	<b>4-Aug-00</b>	SFX SD	Jacob Mentele, Central Zone Meet 2000
	100 Fly	1:03.02	<b>1-Jun-78</b>	SFX SD	Kurt Keuser, DNS
	200 Fly	2:21.50	<b>7-Aug-09</b>	SDAK SD	Jacob Austin, 2009 Central Zone Championship Grand Forks
	200 IM	2:21.29	<b>5-Aug-11</b>	SDAK SD	Tucker J. Iwerks at 2011 Central Zone 14 & U Championships LCM
	400 IM	5:02.48	<b>7-Aug-98</b>	RCR SD	Daniel Lennon, Central Zone Championship
	200 Free Relay	1:33.74	<b>24-Jul-09</b>	SFX SD	Sioux Falls Snowfox M. Moe, B. Bartel, C. Barkley, C. Sommervold
	400 Free Relay	4:04.10	<b>31-Jul-09</b>	SFX SD	Sioux Falls Snowfox Angerhofer, Patrick, Miller, Austin
	800 Free Relay	9:36.28	<b>1-Jun-83</b>	SFX SD	SFX - Synsvoll, Bochman, Paa, Gardner
	200 Medley Relay	2:12.81	<b>1-Jun-78</b>	SFX SD	Sioux Falls Snowfox Lewis, Keuser, Brannan, Alexander
	400 Medley Relay	4:39.98	<b>1-Aug-08</b>	SFX SD	Sioux Falls Snowfox
	15-16	50 Free	25.21	<b>1-Jun-85</b>	BSC SD
100 Free		53.37	<b>4-Aug-06</b>	SDAK SD	Paul Gordon, 2006 Central Zone Championship Meet
200 Free		1:58.41	<b>10-Aug-90</b>	RCR SD	Corey Braddock, Central Zones
400 Free		4:11.20	<b>4-Aug-11</b>	SFX SD	Chris Angerhofer at 2011 IN Central Zone Senior Championships
800 Free		8:41.10	<b>21-Jul-11</b>	SFX SD	Chris Angerhofer at 2011 Speedo Champions Series
1500 Free		16:41.76	<b>17-Mar-09</b>	RCR SD	Brian J. Gorman at 2009 NCSA Jr Natls - Time Trials
100 Back		1:03.03	<b>7-Aug-09</b>	SDAK SD	Brian J. Gorman at 2009 Central Zone Championship Grand Forks
200 Back		2:13.55	<b>22-Jul-09</b>	RCR SD	Brian J. Gorman at 2009 USA Swimming Speedo Champions Series
100 Breast		1:08.84	<b>9-Aug-02</b>	SFX SD	Jacob Mentele, 2002 Central Zones
200 Breast		2:32.19	<b>9-Aug-02</b>	SFX SD	Jacob Mentele, 2002 Central Zones
100 Fly		1:00.15	<b>21-Jul-05</b>	SFX SD	Paul Gordon, 2005 USA Swimming Speedo Champions Series
200 Fly		2:14.24	<b>21-Jul-11</b>	SFX SD	Jacob T. Austin at 2011 Speedo Champions Series
200 IM		2:10.89	<b>4-Aug-06</b>	SDAK SD	Paul Gordon, 2006 Central Zone Championship Meet
400 IM		4:42.15	<b>4-Aug-06</b>	SDAK SD	Paul Gordon, 2006 Central Zone Championship Meet
15-18		200 Free Relay	1:47.02	<b>1-Jun-80</b>	ASC SD
	800 Free Relay	9:10.30	<b>1-Jun-85</b>	SFX SD	Fischer, Bochman, Schmit, Stuart
	200 Medley Relay	2:00.47	<b>1-Jun-80</b>	SFX SD	Sioux Falls Snowfox Reynolds, Keuser, Ellingson, Schmitt
15-19	400 Free Relay	3:49.11	<b>31-Jul-09</b>	SFX SD	Sioux Falls Snowfox Moore, Washenberger, Pruner, Johnson
	400 Medley Relay	4:14.12	<b>30-Jul-10</b>	SFX SD	Sioux Falls Snowfox Moore, Washenberger, Austin, Johnson
17-18	50 Free	24.11	<b>5-Aug-10</b>	SFX SD	Zach Johnson at 2010 ND Central Zone Senior Championships
	100 Free	52.05	<b>4-Aug-08</b>	SFX SD	Paul R. Gordon, 2008 Speedo Junior National Championships
	200 Free	1:52.82	<b>4-Aug-08</b>	SFX SD	Paul R. Gordon, 2008 Speedo Junior National Championships
	400 Free	4:06.29	<b>9-Aug-10</b>	RCR SD	Mike Godbe at 2010 Speedo Junior National Championships
	800 Free	8:41.59	<b>5-Aug-10</b>	RCR SD	Brian J. Gorman at 2010 ND Central Zone Senior Championships
	1500 Free	16:33.67	<b>5-Aug-10</b>	RCR SD	Brian J. Gorman at 2010 ND Central Zone Senior Championships
	100 Back	1:00.35	<b>7-Aug-09</b>	SDAK SD	Mike Godbe, 2009 Central Zone Championship Grand Forks
	200 Back	2:11.22	<b>5-Aug-10</b>	RCR SD	Brian J. Gorman at 2010 ND Central Zone Senior Championships
	100 Breast	1:07.91	<b>7-Aug-03</b>	SFX SD	Jacob Mentele, 2003 Central Zone Championship
	200 Breast	2:23.82	<b>7-Aug-03</b>	SFX SD	Jacob Mentele, 2003 Central Zone Championship
	100 Fly	56.63	<b>6-Aug-07</b>	SFX SD	Paul Gordon, 2007 Speedo Junior National Championships
	200 Fly	2:11.75	<b>17-Jul-08</b>	SFX SD	Paul Gordon, 2008 Summer Central Zone Section 1 Speedo
	200 IM	2:06.62	<b>4-Aug-08</b>	SFX SD	Paul R. Gordon, 2008 Speedo Junior National Championships
	400 IM	4:34.65	<b>4-Aug-08</b>	SFX SD	Paul R. Gordon, 2008 Speedo Junior National Championships

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**RECORDS OSR-LC METERS**

19-24	50 Free	23.93	<b>22-Jul-09</b>	BSC SD	Paul R. Gordon, 2009 USA Swimming Speedo Champions Series
	100 Free	51.64	<b>22-Jul-09</b>	BSC SD	Paul R. Gordon, 2009 USA Swimming Speedo Champions Series
	200 Free	1:52.50	<b>22-Jul-09</b>	BSC SD	Paul R. Gordon, 2009 USA Swimming Speedo Champions Series
	400 Free	3:59.61	<b>22-Jul-09</b>	BSC SD	Paul R. Gordon, 2009 USA Swimming Speedo Champions Series
	800 Free	9:20.48	<b>31-Jul-99</b>	RCR SD	Richard Olney, SD State Long Course
	1500 Free	17:59.67	<b>31-Jul-99</b>	RCR SD	Richard Olney, SD State Long Course
	100 Back	59.35	<b>21-Jul-11</b>	WASC SD	Joshua A. Davis at 2011 Speedo Champions Series
	200 Back	2:09.86	<b>21-Jul-11</b>	WASC SD	Joshua A. Davis at 2011 Speedo Champions Series
	100 Breast	1:10.92	<b>5-Aug-10</b>	PST SD	Jim McLain at 2010 ND Central Zone Senior Championships
	200 Breast	2:38.97	<b>21-Jul-10</b>	PST SD	Jim McLain at 2010 USA Swimming Speedo Champions Series
	100 Fly	57.26	<b>22-Jul-09</b>	BSC SD	Paul R. Gordon, 2009 USA Swimming Speedo Champions Series
	200 Fly	2:24.96	<b>22-Jul-09</b>	RCR SD	Tyler J. Smoragiewicz at 2009 USA Swimming Speedo Champions Series
	200 IM	2:06.99	<b>22-Jul-09</b>	BSC SD	Paul R. Gordon, 2009 USA Swimming Speedo Champions Series
	400 IM	5:00.25	<b>26-Jul-01</b>	SFX SD	Andrew Smith, 2001 Speedo Champion Series

**RECORDS OSR-LC METERS**

**LC Meters-Mixed**

8 & U	200 Free Relay	2:43.02	<b>31-Jul-09</b>	AA SD	Aberdeen Aquaholics	A. Bergan, A. Jones, M. Andrew, J. Block
	200 Medley Relay	3:08.10	<b>31-Jul-09</b>	AA SD	Aberdeen Aquaholics	A. Bergan, J. Block, M. Andrew, A. Jones