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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 Champion                 |
|       | 200  | Free         | 2:53.54  | <b>27-Jun-04</b> | RCR- SD   | Tamara Gorman, FAST Long Course Open, CO                       |
|       | 50   | Back         | 40.84    | <b>30-Mar-13</b> | UN- SD    | Erin K. Green at 2013 CO Vortex Shamrock Shindig               |
|       | 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   | 2:45.13  | <b>15-Jun-12</b> | ASC- SD   | ASC H. Kuck, G. Traphagen, K. Block, G. Jorgenson              |
|       | 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         | 36.00    | <b>23-Jul-21</b> | ASC- SD   | Lula Karst at 2021 South Dakota Long Course Championships      |
|       | 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          | 1:17.73  | <b>4-Aug-16</b>  | SD- SD    | Lavin A. Maddox at 2016 CZ 14 and Under Mega Zone at The NAT   |
|       | 200  | IM           | 2:46.81  | <b>4-Aug-06</b>  | SDAK- SD  | Tamara Gorman, 2006 Central Zone Championship Meet             |
|       | 200  | Free Relay   | 2:19.79  | <b>25-Jul-14</b> | ASC- SD   | ASC G. Jorgenson, G. Traphagen, K. Harris, H. Kuck             |
|       | 200  | Medley Relay | 2:43.31  | <b>25-Jul-14</b> | ASC- SD   | ASC G. Jorgenson, R. Knapp, H. Kuck, K. Harris                 |
| 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         | 4:49.02  | <b>2-Aug-18</b>  | SD- SD    | Jazmyn M. Lunn at 2018 MN Central Zone 14 & U Championship     |
|       | 800  | Free         | 10:10.16 | <b>2-Aug-18</b>  | SD- SD    | Lavin A. Maddox at 2018 MN Central Zone 14 & U Championship    |
|       | 1500 | Free         | 19:09.08 | <b>2-Aug-18</b>  | SD- SD    | Jazmyn M. Lunn at 2018 MN Central Zone 14 & U Championship     |
|       | 50   | Back         | 32.47    | <b>7-Aug-09</b>  | SDAK- SD  | Shayle Finnesand, 2009 Central Zone Championship Grand Forks   |
|       | 100  | Back         | 1:10.53  | <b>3-Aug-17</b>  | UN-SD- SD | Mikayla Moore at 2017 MN Central Zone 14 & U Championship      |
|       | 200  | Back         | 2:33.37  | <b>15-Jul-15</b> | ASC- SD   | Lilly Grebner at 2015 Speedo Sectionals @ Minneapolis          |
|       | 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       | 2:52.44  | <b>9-Jul-21</b>  | SFST- SD  | Kenzie Hinrich at 2021 SD SFST Sanford Power Invite            |
|       | 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   | 1:59.14  | <b>29-Jul-16</b> | ASC- SD   | ASC H. Kuck, G. Jorgenson, K. Stillman, A. Hoven               |
|       | 200  | Medley Relay | 2:16.51  | <b>29-Jul-16</b> | ASC- SD   | ASC G. Jorgenson, H. Kuck, A. Hoven, K. Stillman               |
| 13-14 | 50   | Free         | 26.95    | <b>2-Aug-18</b>  | SD- SD    | Mikayla Moore at 2018 MN Central Zone 14 & U Championship      |
|       | 100  | Free         | 59.94    | <b>14-Mar-19</b> | GREA- SD  | Mikayla Moore at 2019 Central Zone Section 1 Spring Champs     |
|       | 200  | Free         | 2:08.46  | <b>2-Aug-18</b>  | SD- SD    | Gena Jorgenson at 2018 MN Central Zone 14 & U Championship     |

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**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         | 9:16.83  | <b>2-Aug-18</b>  | SD- SD   | Gena Jorgenson at 2018 MN Central Zone 14 & U Championship       |
|       | 1500 | Free         | 17:43.31 | <b>20-Jul-06</b> | SDAK- SD | Bailey Pons, MN Twin Speedo Sectionals                           |
|       | 100  | Back         | 1:06.18  | <b>6-Jul-18</b>  | PST- SD  | Ella Ward-Zeller at 2018 SD Scheels Independence Day Invite      |
|       | 200  | Back         | 2:24.50  | <b>2-Aug-13</b>  | ASC- SD  | Molly M. Hogg at 2013 MV Central Zone 14 & U Ch                  |
|       | 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   | 1:54.45  | <b>28-Jul-17</b> | ASC- SD  | ASC A. Schmidt, L. Grebner, A. Hoven, H. Kuck                    |
|       | 400  | Free Relay   | 4:11.35  | <b>28-Jul-17</b> | ASC- SD  | ASC G. Jorgenson, L. Grebner, A. Schmidt, H. Kuck                |
|       | 800  | Free Relay   | 9:36.56  | <b>11-Jul-13</b> | VAST- SD | VAST M. Lavin, A. Topete, A. Malimanek, M. Martinez              |
|       | 200  | Medley Relay | 2:07.19  | <b>28-Jul-17</b> | ASC- SD  | ASC A. Schmidt, L. Grebner, A. Hoven, H. Kuck                    |
|       | 400  | Medley Relay | 4:40.55  | <b>28-Jul-17</b> | ASC- SD  | ASC A. Schmidt, L. Grebner, A. Hoven, H. Kuck                    |
| 15-16 | 50   | Free         | 27.01    | <b>6-Jun-15</b>  | GREa- SD | Chloe L. Larson at Jump Into June                                |
|       | 100  | Free         | 58.43    | <b>14-Mar-19</b> | SFST- SD | Katie J. Pardy at 2019 Central Zone Section 1 Spring Champs      |
|       | 200  | Free         | 2:06.54  | <b>1-Aug-14</b>  | MAC- SD  | Tevyn L. Waddell at 2014 Senior Zones                            |
|       | 400  | Free         | 4:28.44  | <b>1-Aug-19</b>  | ASC- SD  | Gena Jorgenson at 2019 Futures Championships                     |
|       | 800  | Free         | 9:14.37  | <b>1-Aug-19</b>  | SDAK- SD | Gena Jorgenson at 2019 Futures Championships                     |
|       | 1500 | Free         | 17:33.22 | <b>1-Aug-19</b>  | ASC- SD  | Gena Jorgenson at 2019 Futures Championships                     |
|       | 100  | Back         | 1:02.63  | <b>14-Dec-14</b> | MAC- SD  | Tevyn L. Waddell at 2014 Winter Jrs LC Time Trials               |
|       | 200  | Back         | 2:17.08  | <b>14-Dec-14</b> | MAC- SD  | Tevyn L. Waddell at 2014 Winter Jrs LC Time Trials               |
|       | 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          | 1:02.59  | <b>1-Aug-14</b>  | MAC- SD  | Tevyn L. Waddell at 2014 Senior Zones                            |
|       | 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  |
| 15-19 | 200  | Free Relay   | 1:51.36  | <b>27-Jul-18</b> | SFST- SD | SFST C. Pelzer, O. Wassink, E. Spaans, K. Pardy                  |
|       | 400  | Free Relay   | 3:59.73  | <b>2-Aug-19</b>  | SFST- SD | SFST C. Pelzer, O. Wassink, E. Spaans, K. Pardy                  |
|       | 800  | Free Relay   | 8:53.27  | <b>14-Mar-19</b> | SFST- SD | SFST C. Pelzer, S. Hein, O. Wassink, K. Pardy                    |
|       | 200  | Medley Relay | 2:04.36  | <b>27-Jul-18</b> | SFST- SD | SFST E. Spaans, P. Frear, C. Pelzer, K. Pardy                    |
|       | 400  | Medley Relay | 4:27.75  | <b>4-Aug-19</b>  | SFST- SD | SFST E. Spaans, P. Frear, C. Pelzer, K. Pardy                    |
| 17-18 | 50   | Free         | 26.37    | <b>26-Jul-19</b> | SFST- SD | Corinne M. Pelzer at 2019 SD Long Course State Championship      |
|       | 100  | Free         | 58.36    | <b>10-Mar-22</b> | ASC- SD  | Erin H. Palmer at 2022 Central Zone Section 1 Spring Champs      |
|       | 200  | Free         | 2:06.55  | <b>26-Jul-19</b> | SFST- SD | Katie J. Pardy at 2019 SD Long Course State Championship         |
|       | 400  | Free         | 4:26.09  | <b>30-Jul-13</b> | ASC- SD  | Hannah J. Kastigar at 2013 NCSA Summer Swimming Cham             |
|       | 800  | Free         | 9:06.96  | <b>28-Jul-21</b> | ASC- SD  | Gena Jorgenson at 2021 Futures Championships - West Fargo        |
|       | 1500 | Free         | 17:24.77 | <b>28-Jul-21</b> | ASC- SD  | Gena Jorgenson at 2021 Futures Championships - West Fargo        |
|       | 100  | Back         | 1:02.57  | <b>30-Jul-15</b> | MAC- SD  | Tevyn L. Waddell at 2015 Speedo Junior National Championships    |
|       | 200  | Back         | 2:15.87  | <b>12-Nov-15</b> | MAC- SD  | Tevyn L. Waddell at Arena Pro Series Minneapolis, MN             |
|       | 100  | Breast       | 1:13.65  | <b>10-Mar-22</b> | ASC- SD  | Erin H. Palmer at 2022 Central Zone Section 1 Spring Champs      |
|       | 200  | Breast       | 2:42.04  | <b>10-Aug-09</b> | ASC- SD  | Emily Campbell, 2009 Speedo Junior National Championships        |
|       | 100  | Fly          | 1:00.34  | <b>30-Jul-15</b> | MAC- SD  | Tevyn L. Waddell at 2015 Speedo Junior National Championships    |
|       | 200  | Fly          | 2:14.33  | <b>30-Jul-13</b> | ASC- SD  | Hannah J. Kastigar at 2013 NCSA Summer Swimming Cham             |
|       | 200  | IM           | 2:17.60  | <b>30-Jul-13</b> | ASC- SD  | Hannah J. Kastigar at 2013 NCSA Summer Swimming Cham             |
|       | 400  | IM           | 4:50.03  | <b>30-Jul-13</b> | ASC- SD  | Hannah J. Kastigar at 2013 NCSA Summer Swimming Cham             |

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**RECORDS OSR-LC METERS**

|       |            |          |                  |          |                                                                    |
|-------|------------|----------|------------------|----------|--------------------------------------------------------------------|
| 19-24 | 50 Free    | 27.51    | <b>6-Jul-18</b>  | ASC- SD  | Molly M. Hogg at 2018 SD Scheels Independence Day Invite           |
|       | 100 Free   | 59.09    | <b>19-Jul-18</b> | ASC- SD  | Molly M. Hogg at 2018 Speedo Sectionals at Iowa City, IA           |
|       | 200 Free   | 2:09.45  | <b>19-Jul-18</b> | ASC- SD  | Molly M. Hogg at 2018 Speedo Sectionals at Iowa City, IA           |
|       | 400 Free   | 4:37.79  | <b>19-Jun-15</b> | ASC- SD  | Hannah J. Kastigar at 2015 SD Aberdeen Summer High Point Swim Meet |
|       | 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   | 1:04.80  | <b>19-Jul-18</b> | ASC- SD  | Molly M. Hogg at 2018 Speedo Sectionals at Iowa City, IA           |
|       | 200 Back   | 2:18.83  | <b>12-Nov-15</b> | ASC- SD  | Hannah J. Kastigar at Arena Pro Series Minneapolis, MN             |
|       | 100 Breast | 1:13.38  | <b>8-Jun-12</b>  | SEAL- SD | Shannon O. Mocerri at 2012 Mutual of Omaha Swimvitational          |
|       | 200 Breast | 2:39.20  | <b>19-Jul-12</b> | ASC- SD  | Emily Campbell at 2012 Speedo Champions Series                     |
|       | 100 Fly    | 1:02.66  | <b>15-Jul-15</b> | ASC- SD  | Hannah J. Kastigar at 2015 Speedo Sectionals @ Minneapolis         |
|       | 200 Fly    | 2:15.39  | <b>15-Jul-15</b> | ASC- SD  | Hannah J. Kastigar at 2015 Speedo Sectionals @ Minneapolis         |
|       | 200 IM     | 2:17.60  | <b>26-Jun-16</b> | ASC- SD  | Hannah J. Kastigar at 2016 U.S. Olympic Team Trials - Swimming     |
|       | 400 IM     | 4:48.78  | <b>26-Jun-16</b> | ASC- SD  | Hannah J. Kastigar at 2016 U.S. Olympic Team Trials - Swimming     |

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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                           |
|       | 200  | Free         | 2:47.59  | <b>11-Jul-08</b> | SFX- SD  | Trever J. Brenner at 2008 Snowfox Summer Invitational              |
|       | 50   | Back         | 40.39    | <b>3-Aug-12</b>  | SDAK- SD | Matthew C. Sorbe at 2012 WI Central Zone 14 & U Championship       |
|       | 100  | Back         | 1:25.40  | <b>3-Aug-12</b>  | SDAK- SD | Matthew C. Sorbe at 2012 WI Central Zone 14 & U Championship       |
|       | 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          | 35.64    | <b>27-Jul-18</b> | ASC- SD  | Ryan E. Schmidt at 2018 SD Long Course State Championship Meet     |
|       | 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   | 2:42.57  | <b>15-Jun-12</b> | BSC- SD  | BSC J. Schultz, B. Fuller, R. Nielson, M. Sorbe                    |
|       | 200  | Medley Relay | 3:08.10  | <b>31-Jul-09</b> | AA- SD   | AA A. Bergan,J. Block, M. Andrew, A. Jones                         |
| 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         | 2:24.50  | <b>28-Jul-17</b> | ASC- SD  | Joseph M. Grebner at 2017 SD Long Course State Championship Swim M |
|       | 400  | Free         | 5:17.99  | <b>4-Jul-03</b>  | BSC- SD  | Sam Dunkle at Rapid City                                           |
|       | 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           | 2:45.71  | <b>28-Jul-17</b> | ASC- SD  | Joseph M. Grebner at 2017 SD Long Course State Championship Swim M |
|       | 200  | Free Relay   | 2:20.52  | <b>31-Jul-09</b> | SFX- SD  | SFX Hurley, Pinn, Iverson, Brenner                                 |
|       | 200  | Medley Relay | 2:38.56  | <b>31-Jul-09</b> | SFX- SD  | SFX Hurley, Iverson, Brenner, Pinn                                 |
| 11-12 | 50   | Free         | 26.53    | <b>26-Jul-19</b> | ASC- SD  | Joseph M. Grebner at 2019 SD Long Course State Championship        |
|       | 100  | Free         | 57.68    | <b>26-Jul-19</b> | ASC- SD  | Joseph M. Grebner at 2019 SD Long Course State Championship        |
|       | 200  | Free         | 2:09.17  | <b>26-Jul-19</b> | ASC- SD  | Joseph M. Grebner at 2019 SD Long Course State Championship        |
|       | 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         | 2:42.68  | <b>4-Aug-16</b>  | SD- SD   | Burke A. Lauseng at 2016 CZ 14 and Under Mega Zone at The NAT      |
|       | 50   | Breast       | 33.60    | <b>26-Jul-19</b> | ASC- SD  | Joseph M. Grebner at 2019 SD Long Course State Championship        |
|       | 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          | 1:06.19  | <b>26-Jul-19</b> | ASC- SD  | Joseph M. Grebner at 2019 SD Long Course State Championship        |
|       | 200  | Fly          | 2:42.03  | <b>9-Jul-21</b>  | TIDE- SD | Owen Raml at 2021 SD SFST Sanford Power Invite                     |
|       | 200  | IM           | 2:25.23  | <b>15-Apr-11</b> | AA- SD   | Michael Andrew at All American NIKE 2011 LC Spring Classic         |
|       | 400  | IM           | 5:38.19  | <b>9-Jul-21</b>  | TIDE- SD | Owen Raml at 2021 SD SFST Sanford Power Invite                     |
|       | 200  | Free Relay   | 2:05.98  | <b>29-Jul-16</b> | WASC- SD | WASC B. Lauseng, K. Zink, P. Storm, N. Brey                        |
|       | 200  | Medley Relay | 2:22.77  | <b>29-Jul-16</b> | BSC- SD  | BSC M. Sorbe, B. Fuller, R. Nielson, J. Schultz                    |
| 13-14 | 50   | Free         | 25.37    | <b>23-Jul-21</b> | ASC- SD  | Joseph M. Grebner at 2021 South Dakota Long Course Championships   |
|       | 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                                       |

## 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       | 1:09.60  | <b>4-Aug-16</b>  | SD- SD   | Christopher C. Erickson at 2016 CZ 14 and Under Mega Zone at The NAT |
|       | 200  | Breast       | 2:35.77  | <b>4-Aug-16</b>  | SD- SD   | Christopher C. Erickson at 2016 CZ 14 and Under Mega Zone at The NAT |
|       | 100  | Fly          | 1:01.29  | <b>23-Jul-21</b> | ASC- SD  | Joseph M. Grebner at 2021 South Dakota Long Course Championships     |
|       | 200  | Fly          | 2:19.48  | <b>1-Aug-19</b>  | SD- SD   | Eli M. Pelzer at 2019 ND Central Zone 14 & U Championship            |
|       | 200  | IM           | 2:15.63  | <b>4-Aug-16</b>  | SD- SD   | Christopher C. Erickson at 2016 CZ 14 and Under Mega Zone at The NAT |
|       | 400  | IM           | 5:00.76  | <b>4-Aug-16</b>  | SD- SD   | Christopher C. Erickson at 2016 CZ 14 and Under Mega Zone at The NAT |
|       | 200  | Free Relay   | 1:50.42  | <b>26-Jul-19</b> | SFST- SD | SFST E. Pelzer, W. Stanton, J. Reilly, S. Nyangamoi                  |
|       | 400  | Free Relay   | 3:59.62  | <b>26-Jul-19</b> | SFST- SD | SFST W. Stanton, J. Reilly, B. Infield, E. Pelzer                    |
|       | 800  | Free Relay   | 9:28.46  | <b>5-Jul-12</b>  | SFX- SD  | SFX S. Iverson, K. Austin, M. Sommervold, S. Hurley                  |
|       | 200  | Medley Relay | 2:02.13  | <b>26-Jul-19</b> | SFST- SD | SFST J. Reilly, W. Stanton, S. Nyangamoi, E. Pelzer                  |
|       | 400  | Medley Relay | 4:36.52  | <b>27-Jul-18</b> | SFST- SD | Sioux Falls Snowfox J. Reilly, W. Stanton, E. Pelzer, M. Sorbe       |
| 15-16 | 50   | Free         | 24.69    | <b>29-Apr-21</b> | SFST- SD | Eli M. Pelzer at 2021 TYR 18&U SPRING CUP - Des Moines               |
|       | 100  | Free         | 53.37    | <b>4-Aug-06</b>  | SDAK- SD | Paul Gordon, 2006 Central Zone Championship Meet                     |
|       | 200  | Free         | 1:58.19  | <b>7-Jul-17</b>  | SFST- SD | Trever J. Brenner at 2017 SD SFST Independence Day Invitational      |
|       | 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         | 1:01.36  | <b>2-Aug-13</b>  | ASC- SD  | Tucker J. Iwerks at 2013 ND Central States Senior                    |
|       | 200  | Back         | 2:13.55  | <b>22-Jul-09</b> | RCR- SD  | Brian J. Gorman at 2009 USA Swimming Speedo Champions Series         |
|       | 100  | Breast       | 1:06.26  | <b>1-Aug-14</b>  | PST- SD  | Wyatt M. Rumrill at 2014 Senior Zones                                |
|       | 200  | Breast       | 2:21.90  | <b>10-Mar-22</b> | BSC- SD  | Cody Vertin at 2022 Central Zone Section 1 Spring Champs             |
|       | 100  | Fly          | 59.04    | <b>29-Jul-16</b> | SFST- SD | Trever J. Brenner at 2016 SD Long Course State Championship Meet     |
|       | 200  | Fly          | 2:12.26  | <b>7-Jul-17</b>  | SFST- SD | Trever J. Brenner at 2017 SD SFST Independence Day Invitational      |
|       | 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                     |
|       | 200  | Free Relay   | 1:42.71  | <b>24-Jul-15</b> | SFX- SD  | SFX B. Johnson, K. Austin, T. Brenner, J. Angerhofer                 |
|       | 400  | Free Relay   | 3:39.78  | <b>10-Mar-22</b> | SFST- SD | SFST E. Pelzer, I. Rokusek, W. Stanton, M. Sorbe                     |
|       | 800  | Free Relay   | 8:05.12  | <b>10-Mar-22</b> | SFST- SD | SFST I. Rokusek, W. Stanton, E. Pelzer, M. Sorbe                     |
| 15-19 | 200  | Medley Relay | 1:54.56  | <b>28-Jul-17</b> | ASC- SD  | ASC D. Grebner, C. Erickson, M. Grebner, S. Mesmer                   |
|       | 400  | Medley Relay | 4:11.71  | <b>2-Aug-13</b>  | PST- SD  | PST Jacobson, Rumrill, Rumrill, Christensen                          |
| 17-18 | 50   | Free         | 23.32    | <b>28-Jun-19</b> | SFST- SD | Trever J. Brenner at 2019 SD Scheels Independence Day Invite         |
|       | 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         | 4:04.54  | <b>3-Aug-17</b>  | SFST- SD | Trever J. Brenner at USA Swimming Futures Championships Lewisville   |
|       | 800  | Free         | 8:31.88  | <b>28-Jul-21</b> | SFST- SD | Matthew C. Sorbe at 2021 Futures Championships - West Fargo          |
|       | 1500 | Free         | 16:22.27 | <b>28-Jul-21</b> | SFST- SD | Matthew C. Sorbe at 2021 Futures Championships - West Fargo          |
|       | 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    | 23.48    | <b>8-Jun-12</b>  | UN-01- SD | Paul R. Gordon at 2012 Mutual of Omaha Swimvitational           |
|       | 100 Free   | 51.18    | <b>8-Jun-12</b>  | UN-01- SD | Paul R. Gordon at 2012 Mutual of Omaha Swimvitational           |
|       | 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   | 8:51.89  | <b>2-Aug-13</b>  | ASC- SD   | Adam J. Kastigar at 2013 ND Central States Senior               |
|       | 1500 Free  | 16:43.71 | <b>8-Jun-12</b>  | RCR- SD   | Brian J. Gorman at 2012 Mutual of Omaha Swimvitational          |
|       | 100 Back   | 58.81    | <b>8-Mar-12</b>  | RCR- SD   | Josh Jordan at 2012 Speedo Champions Series Meet                |
|       | 200 Back   | 2:09.86  | <b>21-Jul-11</b> | WASC- SD  | Joshua A. Davis at 2011 Speedo Champions Series                 |
|       | 100 Breast | 1:06.30  | <b>29-Jul-16</b> | ASC- SD   | Adam J. Kastigar at 2016 SD Long Course State Championship Meet |
|       | 200 Breast | 2:25.99  | <b>29-Jul-16</b> | ASC- SD   | Adam J. Kastigar at 2016 SD Long Course State Championship Meet |
|       | 100 Fly    | 56.16    | <b>8-Jun-12</b>  | UN-01- SD | Paul R. Gordon at 2012 Mutual of Omaha Swimvitational           |
|       | 200 Fly    | 2:12.34  | <b>17-Jul-13</b> | ASC- SD   | Adam J. Kastigar at 2013 MN Twin LC Speedo Championship         |
|       | 200 IM     | 2:06.99  | <b>22-Jul-09</b> | BSC- SD   | Paul R. Gordon, 2009 USA Swimming Speedo Champions Series       |
|       | 400 IM     | 4:36.58  | <b>2-Aug-13</b>  | ASC- SD   | Adam J. Kastigar at 2013 ND Central States Senior               |