
RECORDS SMR-LC METERS
LC Meters-Girls

8 & U	50	Free	35.98	2-Aug-03	DDCC- SD	Kylie Martin
	100	Free	1:18.97	29-Jul-05	WASC- SD	Molly Manchon
	200	Free	3:00.73	29-Jul-11	ASC- SD	Lilly Grebner at 2011 South Dakota Long Course State Champions
	50	Back	42.96	30-Jul-04	RCR- SD	Tamara R. Gorman
	100	Back	1:31.02	30-Jul-04	RCR- SD	Tamara R. Gorman
	50	Breast	43.84	2-Aug-03	DDCC- SD	Kylie Martin
	100	Breast	1:42.92	30-Jul-04	RCR- SD	Tamara R. Gorman
	50	Fly	40.12	2-Aug-03	DDCC- SD	Kylie Martin
	100	Fly	1:38.88	2-Aug-96	RCR- SD	K. Benson
	200	IM	3:10.77	31-Jul-04	RCR- SD	Tamara R. Gorman
	200	Free Relay	2:47.68	27-Jul-12	ASC- SD	ASC - H. Kuck, K. Block, K. Harris, G. Jorgenson
	200	Medley Relay	3:12.18	2-Aug-96	WASC- SD	WASC - Miller, Schooley, Carter, DeWall
9-10	50	Free	31.06	27-Jul-07	WASC- SD	Molly Manchon
	100	Free	1:08.28	27-Jul-07	WASC- SD	Molly Manchon
	200	Free	2:27.27	25-Jul-14	ASC- SD	Halle M. Kuck at 2014 SD LC State Championship Swim Meet
	50	Back	36.00	23-Jul-21	ASC- SD	Lula Karst at 2021 South Dakota Long Course Championships
	100	Back	1:20.51	28-Jul-06	RCR- SD	Tamara Gorman
	50	Breast	40.09	29-Jul-05	DDCC- SD	Kylie Martin
	100	Breast	1:30.32	2-Aug-03	ASC- SD	Michyl Miller
	50	Fly	34.35	26-Jul-13	ASC- SD	Anna M. Schmidt at 2013 SD LC State Championship Swim Meet
	100	Fly	1:17.85	2-Aug-78	RCR- SD	K. Larson
	200	IM	2:51.26	25-Jul-14	ASC- SD	Halle M. Kuck at 2014 SD LC State Championship Swim Meet
	200	Free Relay	2:19.79	25-Jul-14	ASC- SD	ASC G. Jorgenson, G. Traphagen, K. Harris, H. Kuck
	200	Medley Relay	2:43.31	25-Jul-14	ASC- SD	ASC G. Jorgenson, R. Knapp, H. Kuck, K. Harris
11-12	50	Free	28.23	28-Jul-17	UN- SD	Mikayla Moore at 2017 SD Long Course State Championship Swim M
	100	Free	1:02.03	31-Jul-09	UN- SD	Molly L. Manchon
	200	Free	2:17.30	29-Jul-16	ASC- SD	Gena Jorgenson at 2016 SD Long Course State Championship Meet
	400	Free	4:49.66	24-Jul-15	ASC- SD	Lilly Grebner at 2015 SD Long Course State Championship Meet
	50	Back	32.92	28-Jul-06	DL76- SD	Jacie Beagle
	100	Back	1:12.72	29-Jul-16	ASC- SD	Halle M. Kuck at 2016 SD Long Course State Championship Meet
	50	Breast	36.34	30-Jul-04	ASC- SD	Emily Campbell
	100	Breast	1:20.66	30-Jul-04	ASC- SD	Emily Campbell
	50	Fly	30.92	29-Jul-11	ASC- SD	Molly M. Hogg at 2011 South Dakota Long Course State Champions
	100	Fly	1:09.10	29-Jul-11	ASC- SD	Molly M. Hogg at 2011 South Dakota Long Course State Champions
	200	IM	2:36.89	24-Jul-15	ASC- SD	Lilly Grebner at 2015 SD Long Course State Championship Meet
	200	Free Relay	1:59.14	29-Jul-16	ASC- SD	ASC H. Kuck, G. Jorgenson, K. Stillman, A. Hoven
	200	Medley Relay	2:16.51	29-Jul-16	ASC- SD	ASC G. Jorgenson, H. Kuck, A. Hoven, K. Stillman
13-14	50	Free	27.73	27-Jul-18	RCR- SD	Mikayla Moore at 2018 SD Long Course State Championship Meet
	100	Free	1:01.24	27-Jul-18	ASC- SD	Gena Jorgenson at 2018 SD Long Course State Championship Meet
	200	Free	2:10.57	27-Jul-18	ASC- SD	Gena Jorgenson at 2018 SD Long Course State Championship Meet
	400	Free	4:39.88	30-Jul-10	ASC- SD	Hannah J. Kastigar at 2010 SD Long Course State Championships
	800	Free	9:40.32	27-Jul-12	MAC- SD	Tevyn L. Waddell at 2012 SD Long Course State Championships
	1500	Free	18:04.26	27-Jul-18	ASC- SD	Gena Jorgenson at 2018 SD Long Course State Championship Meet
	100	Back	1:08.27	27-Jul-18	PST- SD	Ella Ward-Zeller at 2018 SD Long Course State Championship Meet
	200	Back	2:27.86	27-Jul-12	MAC- SD	Tevyn L. Waddell at 2012 SD Long Course State Championships
	100	Breast	1:17.77	28-Jul-06	ASC- SD	Emily Campbell
	200	Breast	2:51.05	30-Jul-10	ASC- SD	Hannah J. Kastigar at 2010 SD Long Course State Championships

RECORDS SMR-LC METERS

13-14	100 Fly	1:07.49	28-Jul-17	ASC- SD	Alexia K. Hoven at 2017 SD Long Course State Championship Swim M
	200 Fly	2:25.93	30-Jul-10	ASC- SD	Hannah J. Kastigar at 2010 SD Long Course State Championships
	200 IM	2:29.06	30-Jul-10	ASC- SD	Hannah J. Kastigar at 2010 SD Long Course State Championships
	400 IM	5:10.08	30-Jul-10	ASC- SD	Hannah J. Kastigar at 2010 SD Long Course State Championships
	200 Free Relay	1:54.45	28-Jul-17	ASC- SD	ASC A. Schmidt, L. Grebner, A. Hoven, H. Kuck
	400 Free Relay	4:11.35	28-Jul-17	ASC- SD	ASC G. Jorgenson, L. Grebner, A. Schmidt, H. Kuck
	200 Medley Relay	2:07.19	28-Jul-17	ASC- SD	ASC A. Schmidt, L. Grebner, A. Hoven, H. Kuck
	400 Medley Relay	4:40.55	28-Jul-17	ASC- SD	ASC A. Schmidt, L. Grebner, A. Hoven, H. Kuck
15-16	50 Free	27.39	27-Jul-18	ASC- SD	Anna M. Schmidt at 2018 SD Long Course State Championship Meet
	100 Free	59.53	27-Jul-18	SFST- SD	Katie J. Pardy at 2018 SD Long Course State Championship Meet
	200 Free	2:06.60	26-Jul-19	ASC- SD	Gena Jorgenson at 2019 SD Long Course State Championship
	400 Free	4:32.64	26-Jul-19	ASC- SD	Gena Jorgenson at 2019 SD Long Course State Championship
	800 Free	9:24.34	26-Jul-19	ASC- SD	Gena Jorgenson at 2019 SD Long Course State Championship
	1500 Free	17:34.58	26-Jul-19	ASC- SD	Gena Jorgenson at 2019 SD Long Course State Championship
	100 Back	1:06.17	26-Jul-19	PST- SD	Ella Ward-Zeller at 2019 SD Long Course State Championship
	200 Back	2:22.82	25-Jul-14	MAC- SD	Tevyn L. Waddell at 2014 SD LC State Championship Swim Meet
	100 Breast	1:17.04	26-Jul-19	SFST- SD	Peyton M. Frear at 2019 SD Long Course State Championship
	200 Breast	2:45.21	1-Aug-08	ASC- SD	Emily Campbell
	100 Fly	1:04.38	25-Jul-14	MAC- SD	Tevyn L. Waddell at 2014 SD LC State Championship Swim Meet
	200 Fly	2:23.36	29-Jul-11	ASC- SD	Hannah J. Kastigar at 2011 South Dakota Long Course State Champions
	200 IM	2:24.98	29-Jul-11	ASC- SD	Hannah J. Kastigar at 2011 South Dakota Long Course State Champions
	400 IM	5:08.29	26-Jul-19	ASC- SD	Gena Jorgenson at 2019 SD Long Course State Championship
15-19	200 Free Relay	1:51.36	27-Jul-18	SFST- SD	Sioux Falls Snowfox C. Pelzer, O. Wassink, E. Spaans, K. Pardy
	400 Free Relay	4:04.74	23-Jul-21	SFST- SD	Sioux Falls Snowfox O. Wassink, J. Sproles, S. Hein, G. Ahrendt
	200 Medley Relay	2:04.36	27-Jul-18	SFST- SD	Sioux Falls Snowfox E. Spaans, P. Frear, C. Pelzer, K. Pardy
	400 Medley Relay	4:33.08	23-Jul-21	ASC- SD	ABERDEEN SWIM CLUB G. Jorgenson, L. Grebner, A. Hoven, A. Schmidt
17-18	50 Free	26.37	26-Jul-19	SFST- SD	Corinne M. Pelzer at 2019 SD Long Course State Championship
	100 Free	58.47	26-Jul-19	SFST- SD	Katie J. Pardy at 2019 SD Long Course State Championship
	200 Free	2:06.55	26-Jul-19	SFST- SD	Katie J. Pardy at 2019 SD Long Course State Championship
	400 Free	4:32.09	23-Jul-21	ASC- SD	Gena Jorgenson at 2021 South Dakota Long Course Championships
	800 Free	9:23.09	23-Jul-21	ASC- SD	Gena Jorgenson at 2021 South Dakota Long Course Championships
	1500 Free	17:48.19	23-Jul-21	ASC- SD	Gena Jorgenson at 2021 South Dakota Long Course Championships
	100 Back	1:03.45	29-Jul-16	MAC- SD	Tevyn L. Waddell at 2016 SD Long Course State Championship Meet
	200 Back	2:18.45	29-Jul-16	MAC- SD	Tevyn L. Waddell at 2016 SD Long Course State Championship Meet
	100 Breast	1:16.99	23-Jul-21	PST- SD	Morgan E. Nelson at 2021 South Dakota Long Course Championships
	200 Breast	2:45.10	29-Jul-05	MAC- SD	Katie Budahl
	100 Fly	1:02.87	29-Jul-16	MAC- SD	Tevyn L. Waddell at 2016 SD Long Course State Championship Meet
	200 Fly	2:22.97	26-Jul-13	ASC- SD	Hannah J. Kastigar at 2013 SD LC State Championship Swim Meet
	200 IM	2:22.82	24-Jul-15	MAC- SD	Tevyn L. Waddell at 2015 SD Long Course State Championship Meet
	400 IM	5:05.60	23-Jul-21	ASC- SD	Gena Jorgenson at 2021 South Dakota Long Course Championships
19-24	50 Free	28.09	24-Jul-15	SEAL- SD	Kayla E. Sproles at 2015 SD Long Course State Championship Meet
	100 Free	1:00.97	24-Jul-15	SEAL- SD	Kayla E. Sproles at 2015 SD Long Course State Championship Meet
	200 Free	2:09.56	28-Jul-17	ASC- SD	Hannah J. Kastigar at 2017 SD Long Course State Championship Swim M
	400 Free	4:55.16	31-Jul-87	SFX- SD	Natalie Ostby
	800 Free	10:06.68	1-Aug-08	SFX- SD	Kelly McCullough
	1500 Free	18:59.44	1-Aug-08	SFX- SD	Kelly R. McCullough at South Dakota Long Course State Championship 2
	100 Back	1:07.01	29-Jul-16	ASC- SD	Hannah J. Kastigar at 2016 SD Long Course State Championship Meet
	200 Back	2:22.25	29-Jul-16	ASC- SD	Hannah J. Kastigar at 2016 SD Long Course State Championship Meet
	100 Breast	1:15.63	31-Jul-09	UN- SD	Katie Budahl

RECORDS SMR-LC METERS

19-24	200 Breast	2:40.74	31-Jul-09	UN- SD	Katie Budahl at 2009 SD LC State Championships
	100 Fly	1:04.04	28-Jul-17	ASC- SD	Hannah J. Kastigar at 2017 SD Long Course State Championship Swim M
	200 Fly	2:21.52	28-Jul-17	ASC- SD	Hannah J. Kastigar at 2017 SD Long Course State Championship Swim M
	200 IM	2:22.26	24-Jul-15	ASC- SD	Hannah J. Kastigar at 2015 SD Long Course State Championship Meet
	400 IM	5:04.64	28-Jul-17	ASC- SD	Hannah J. Kastigar at 2017 SD Long Course State Championship Swim M

RECORDS SMR-LC METERS
LC Meters-Boys

8 & U	50	Free	34.62	1-Aug-08	SFX- SD	Trever Brenner
	100	Free	1:13.64	1-Aug-08	SFX- SD	Trever Brenner
	200	Free	2:49.87	27-Jul-12	BSC- SD	Matthew Sorbe at 2012 SD Long Course State Championships
	50	Back	41.58	27-Jul-12	BSC- SD	Matthew Sorbe at 2012 SD Long Course State Championships
	100	Back	1:28.52	27-Jul-12	BSC- SD	Matthew Sorbe at 2012 SD Long Course State Championships
	50	Breast	46.41	2-Aug-94	SFX- SD	Jacob Mentele
	100	Breast	1:41.92	2-Aug-94	SFX- SD	Jacob Menetle
	50	Fly	35.64	27-Jul-18	ASC- SD	Ryan E. Schmidt at 2018 SD Long Course State Championship Meet
	100	Fly	1:32.29	1-Aug-08	SFX- SD	Trever Brenner
	200	IM	3:11.98	2-Aug-94	SFX- SD	Jacob Mentele
	200	Free Relay	2:43.02	31-Jul-09	AA- SD	AA - A. Bergen, A. Jones, M. Andrew, J. Block
	200	Medley Relay	3:08.10	31-Jul-09	AA- SD	AA - A. Bergen, J. Block, M. Andrew, A. Jones
9-10	50	Free	29.28	31-Jul-09	AA- SD	Michael Andrew
	100	Free	1:05.47	31-Jul-09	AA- SD	Michael Andrew
	200	Free	2:24.50	28-Jul-17	ASC- SD	Joseph M. Grebner at 2017 SD Long Course State Championship Swim M
	50	Back	34.80	31-Jul-09	AA- SD	Michael Andrew
	100	Back	1:19.93	2-Aug-02	BSC- SD	Ross Larson
	50	Breast	39.00	31-Jul-09	AA- SD	Michael Andrew
	100	Breast	1:27.23	31-Jul-09	AA- SD	Michael Andrew
	50	Fly	33.41	31-Jul-09	AA- SD	Michael Andrew
	100	Fly	1:17.86	28-Jul-17	ASC- SD	Joseph M. Grebner at 2017 SD Long Course State Championship Swim M
	200	IM	2:45.71	28-Jul-17	ASC- SD	Joseph M. Grebner at 2017 SD Long Course State Championship Swim M
	200	Free Relay	2:20.52	31-Jul-09	SFX- SD	S. Hurley, A. Pinn, S. Iverson, T. Brenner
	200	Medley Relay	2:38.56	31-Jul-09	SFX- SD	S. Hurley, S. Iverson, T. Brenner, A. Pinn
11-12	50	Free	26.53	26-Jul-19	ASC- SD	Joseph M. Grebner at 2019 SD Long Course State Championship
	100	Free	57.68	26-Jul-19	ASC- SD	Joseph M. Grebner at 2019 SD Long Course State Championship
	200	Free	2:09.17	26-Jul-19	ASC- SD	Joseph M. Grebner at 2019 SD Long Course State Championship
	400	Free	4:42.37	2-Aug-02	SFX- SD	Paul Gordon
	50	Back	32.37	30-Jul-10	AA- SD	Michael Andrew at 2010 SD Long Course State Championships
	100	Back	1:10.65	2-Aug-77	SFX- SD	Mark Lewis
	50	Breast	33.60	26-Jul-19	ASC- SD	Joseph M. Grebner at 2019 SD Long Course State Championship
	100	Breast	1:16.97	26-Jul-19	ASC- SD	Joseph M. Grebner at 2019 SD Long Course State Championship
	50	Fly	29.46	2-Aug-94	YVST- SD	Mike Vietz
	100	Fly	1:06.19	26-Jul-19	ASC- SD	Joseph M. Grebner at 2019 SD Long Course State Championship
	200	IM	2:33.69	2-Aug-02	SFX- SD	Paul Gordon
	200	Free Relay	2:05.98	29-Jul-16	WASC- SD	WASC B. Lauseng, K. Zink, P. Storm, N. Brey
	200	Medley Relay	2:22.77	29-Jul-16	BSC- SD	BSC M. Sorbe, B. Fuller, R. Nielson, J. Schultz
13-14	50	Free	25.37	23-Jul-21	ASC- SD	Joseph M. Grebner at 2021 South Dakota Long Course Championships
	100	Free	56.20	23-Jul-21	ASC- SD	Joseph M. Grebner at 2021 South Dakota Long Course Championships
	200	Free	2:05.71	26-Jul-19	SFST- SD	Eli M. Pelzer at 2019 SD Long Course State Championship
	400	Free	4:28.08	26-Jul-19	SFST- SD	Eli M. Pelzer at 2019 SD Long Course State Championship
	800	Free	9:23.98	1-Aug-08	ASC- SD	Adam Kastigar
	1500	Free	17:53.42	31-Jul-09	SFX- SD	Chris Angerhofer
	100	Back	1:04.64	27-Jul-18	RCR- SD	Miles Johnson at 2018 SD Long Course State Championship Meet
	200	Back	2:24.01	26-Jul-19	SFST- SD	Jack Reilly at 2019 SD Long Course State Championship
	100	Breast	1:11.99	29-Jul-16	ASC- SD	Christopher C. Erickson at 2016 SD Long Course State Championship Meet
	200	Breast	2:40.32	29-Jul-16	ASC- SD	Christopher C. Erickson at 2016 SD Long Course State Championship Meet

RECORDS SMR-LC METERS

13-14	100 Fly	1:01.29	23-Jul-21	ASC- SD	Joseph M. Grebner at 2021 South Dakota Long Course Championships
	200 Fly	2:19.98	26-Jul-19	SFST- SD	Eli M. Pelzer at 2019 SD Long Course State Championship
	200 IM	2:19.31	29-Jul-16	ASC- SD	Christopher C. Erickson at 2016 SD Long Course State Championship Meet
	400 IM	5:07.12	29-Jul-16	ASC- SD	Christopher C. Erickson at 2016 SD Long Course State Championship Meet
	200 Free Relay	1:50.42	26-Jul-19	SFST- SD	SFST E. Pelzer, W. Stanton, J. Reilly, S. Nyangamoi
	400 Free Relay	3:59.62	26-Jul-19	SFST- SD	SFST W. Stanton, J. Reilly, B. Infield, E. Pelzer
	200 Medley Relay	2:02.13	26-Jul-19	SFST- SD	Sioux Falls Snowfox J. Reilly, W. Stanton, S. Nyangamoi, E. Pelzer
	400 Medley Relay	4:36.52	27-Jul-18	SFST- SD	SFST J. Reilly, W. Stanton, E. Pelzer, M. Sorbe
15-16	50 Free	25.20	28-Jul-17	ASC- SD	Christopher C. Erickson at 2017 SD Long Course State Championship Swim M
	100 Free	54.51	6-Aug-08	SD- SD	Mike Godbe
	200 Free	2:00.78	6-Aug-08	SD- SD	Mike Godbe
	400 Free	4:18.42	6-Aug-08	SD- SD	Brian Gorman
	800 Free	8:52.62	6-Aug-08	SD- SD	Brian Gorman
	1500 Free	16:56.15	6-Aug-08	SD- SD	Brian Gorman
	100 Back	1:02.78	26-Jul-19	RCR- SD	Miles Johnson at 2019 SD Long Course State Championship
	200 Back	2:15.47	6-Aug-08	SD- SD	Brian Gorman
	100 Breast	1:08.26	28-Jul-17	ASC- SD	Christopher C. Erickson at 2017 SD Long Course State Championship Swim M
	200 Breast	2:28.19	25-Jul-14	PST- SD	Wyatt M. Rumrill at 2014 SD LC State Championship Swim Meet
	100 Fly	59.04	29-Jul-16	SFST- SD	Trever J. Brenner at 2016 SD Long Course State Championship Meet
	200 Fly	2:16.61	29-Jul-16	SFST- SD	Trever J. Brenner at 2016 SD Long Course State Championship Meet
	200 IM	2:13.89	28-Jul-17	ASC- SD	Christopher C. Erickson at 2017 SD Long Course State Championship Swim M
	400 IM	4:55.12	30-Jul-10	ASC- SD	Adam J. Kastigar at 2010 SD Long Course State Championships
	200 Free Relay	1:42.71	24-Jul-15	SFX- SD	SFX B. Johnson, K. Austin, T. Brenner, J. Angerhofer
	400 Free Relay	3:43.31	23-Jul-21	SFST- SD	Sioux Falls Snowfox M. Sorbe, W. Stanton, I. Rokusek, E. Pelzer
15-19	200 Medley Relay	1:54.56	28-Jul-17	ASC- SD	ASC D. Grebner, C. Erickson, M. Grebner, S. Mesmer
	400 Medley Relay	4:12.06	23-Jul-21	SFST- SD	Sioux Falls Snowfox I. Rokusek, W. Stanton, M. Sorbe, E. Pelzer
17-18	50 Free	24.57	27-Jul-18	SFST- SD	Trever J. Brenner at 2018 SD Long Course State Championship Meet
	100 Free	53.58	27-Jul-18	SFST- SD	Trever J. Brenner at 2018 SD Long Course State Championship Meet
	200 Free	1:56.65	27-Jul-18	SFST- SD	Trever J. Brenner at 2018 SD Long Course State Championship Meet
	400 Free	4:17.74	28-Jul-17	SFST- SD	Trever J. Brenner at 2017 SD Long Course State Championship Swim M
	800 Free	8:58.88	27-Jul-07	SFX- SD	Paul Gordon
	1500 Free	17:02.81	30-Jul-10	RCR- SD	Brian J. Gorman at 2010 SD Long Course State Championships
	100 Back	1:01.31	27-Jul-18	SFST- SD	Trever J. Brenner at 2018 SD Long Course State Championship Meet
	200 Back	2:14.86	30-Jul-10	RCR- SD	Brian J. Gorman at 2010 SD Long Course State Championships
	100 Breast	1:07.95	28-Jul-17	ASC- SD	Dan J. Grebner at 2017 SD Long Course State Championship Swim M
	200 Breast	2:28.28	24-Jul-15	PST- SD	Wyatt M. Rumrill at 2015 SD Long Course State Championship Meet
	100 Fly	57.52	27-Jul-18	SFST- SD	Trever J. Brenner at 2018 SD Long Course State Championship Meet
	200 Fly	2:15.01	29-Jul-16	MAC- SD	Christian Fossum at 2016 SD Long Course State Championship Meet
	200 IM	2:12.18	27-Jul-18	SFST- SD	Trever J. Brenner at 2018 SD Long Course State Championship Meet
	400 IM	4:51.47	27-Jul-12	ASC- SD	Adam J. Kastigar at 2012 SD Long Course State Championships
19-24	50 Free	23.51	26-Jul-19	SFST- SD	Trever J. Brenner at 2019 SD Long Course State Championship
	100 Free	52.01	26-Jul-19	SFST- SD	Trever J. Brenner at 2019 SD Long Course State Championship
	200 Free	1:57.99	26-Jul-19	SFST- SD	Trever J. Brenner at 2019 SD Long Course State Championship
	400 Free	4:14.14	25-Jul-14	ASC- SD	Adam J. Kastigar at 2014 SD LC State Championship Swim Meet
	800 Free	9:20.48	2-Aug-99	RCR- SD	Richard Olney
	1500 Free	9:20.48	2-Aug-99	RCR- SD	Richard Olney
	100 Back	1:00.25	27-Jul-12	RCR- SD	Josh Jordan at 2012 SD Long Course State Championships
	200 Back	2:13.86	29-Jul-11	WASC- SD	Joshua A. Davis at 2011 South Dakota Long Course State Champions
	100 Breast	1:06.30	29-Jul-16	ASC- SD	Adam J. Kastigar at 2016 SD Long Course State Championship Meet

RECORDS SMR-LC METERS

19-24	200 Breast	2:25.99	29-Jul-16	ASC- SD	Adam J. Kastigar at 2016 SD Long Course State Championship Meet
	100 Fly	57.69	26-Jul-19	SFST- SD	Trever J. Brenner at 2019 SD Long Course State Championship
	200 Fly	2:12.89	29-Jul-16	ASC- SD	Adam J. Kastigar at 2016 SD Long Course State Championship Meet
	200 IM	2:09.65	29-Jul-16	ASC- SD	Adam J. Kastigar at 2016 SD Long Course State Championship Meet
	400 IM	4:42.57	25-Jul-14	ASC- SD	Adam J. Kastigar at 2014 SD LC State Championship Swim Meet

RECORDS SMR-LC METERS

LC Meters-Mixed

8 & U	200	Free Relay	2:43.02	31-Jul-09	AA- SD	AA-Bergen, Jones, Andrew, Block
	200	Medley Relay	3:08.10	31-Jul-09	AA- SD	AA A. Bergan, J. Block, M. Andrew, A. Jones