
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 Champion	
	200 Free	2:53.54	27-Jun-04	RCR- SD	Tamara Gorman, FAST Long Course Open, CO	
	50 Back	40.84	30-Mar-13	UN- SD	Erin K. Green at 2013 CO Vortex Shamrock Shindig	
	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	2:45.13	15-Jun-12	ASC- SD	ASC H. Kuck, G. Traphagen, K. Block, G. Jorgenson	
	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		36.00	23-Jul-21	ASC- SD	Lula Karst at 2021 South Dakota Long Course Championships	
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		1:17.73	4-Aug-16	SD- SD	Lavin A. Maddox at 2016 CZ 14 and Under Mega Zone at The NAT	
200 IM		2:46.81	4-Aug-06	SDAK- SD	Tamara Gorman, 2006 Central Zone Championship Meet	
200 Free Relay		2:19.36	8-Aug-16	SD- SD	SDSwimming - J. Lunn, C. Poppen, L. Maddox, K. Stahlecker	
200 Medley Relay		2:38.58	4-Aug-16	SD- SD	SDSwimming - J. Lunn, C. Poppen, L. Maddox, K. Stahlecker	
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	4:49.02	2-Aug-18	SD- SD	Jazmyn M. Lunn at 2018 MN Central Zone 14 & U Championship	
	800 Free	10:10.16	2-Aug-18	SD- SD	Lavin A. Maddox at 2018 MN Central Zone 14 & U Championship	
	1500 Free	19:09.08	2-Aug-18	SD- SD	Jazmyn M. Lunn at 2018 MN Central Zone 14 & U Championship	
	50 Back	32.47	7-Aug-09	SDAK- SD	Shayle Finnesand, 2009 Central Zone Championship Grand Forks	
	100 Back	1:09.67	29-Apr-22	SFST- SD	Rachel Ritter, 2022 Augustana Spring Splash	
	200 Back	2:28.33	14-May-22	SFST- SD	Rachel Ritter, 2022 Ready for Long Course	
	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	2:52.44	9-Jul-21	SFST- SD	Kenzie Hinrich at 2021 SD SFST Sanford Power Invite	
	50 Fly	30.62	5-Aug-11	SDAK- SD	Molly M. Hogg at 2011 Central Zone 14 & U Championships LCM	
	100 Fly	1:09.10	29-Jul-11	ASC- SD	Molly M. Hogg at 2011 South Dakota Long Course State Champions	
	200 Fly	2:40.75	29-Jul-11	ASC- SD	Molly M. Hogg at 2011 South Dakota Long Course State Champions	
	200 IM	2:34.25	29-Apr-22	SFST- SD	Rachel Ritter - 2022 Augustana Spring Splash	
	400 IM	5:22.57	14-May-22	SFST- SD	Rachel Ritter, 2022 Ready for Long Course	
	200 Free Relay	1:59.14	29-Jul-16	ASC- SD	ASC H. Kuck, G. Jorgenson, K. Stillman, A. Hoven	
	200 Medley Relay	2:13.12	4-Aug-16	SD- SD	South Dakota Swimming G. Jorgenson, E. Schott, E. Ward-Zeller, H. Kuck	
	13-14	50 Free	26.95	2-Aug-18	SD- SD	Mikayla Moore at 2018 MN Central Zone 14 & U Championship
100 Free		59.13	9-Mar-23	SFST- SD	Kenzie Hinrich at 2023 Winter Sectionals (North) - West Fargo	
200 Free		2:08.46	2-Aug-18	SD- SD	Gena Jorgenson at 2018 MN Central Zone 14 & U Championship	

RECORDS OSR-LC METERS

13-14	400 Free	4:31.85	20-Jul-06	SDAK- SD	Bailey Pons, MN Twin Speedo Sectionals	
	800 Free	9:16.83	2-Aug-18	SD- SD	Gena Jorgenson at 2018 MN Central Zone 14 & U Championship	
	1500 Free	17:43.31	20-Jul-06	SDAK- SD	Bailey Pons, MN Twin Speedo Sectionals	
	100 Back	1:06.18	6-Jul-18	PST- SD	Ella Ward-Zeller at 2018 SD Scheels Independence Day Invite	
	200 Back	2:22.15	9-Mar-23	SFST- SD	Rachel Ritter at 2023 Winter Sectionals (North) - West Fargo	
	100 Breast	1:14.94	7-Jul-06	SDAK- SD	Emily Campbell, Speedo Championships	
	200 Breast	2:41.78	9-Mar-23	SFST- SD	Kenzie Hinrich at 2023 Winter Sectionals (North) - West Fargo	
	100 Fly	1:05.85	6-Aug-10	SDAK- SD	Hannah J. Kastigar at 2010 MW Central Zone 14 & U Championships	
	200 Fly	2:23.59	6-Aug-10	SDAK- SD	Hannah J. Kastigar at 2010 MW Central Zone 14 & U Championships	
	200 IM	2:25.52	6-Aug-10	SDAK- SD	Hannah J. Kastigar at 2010 MW Central Zone 14 & U Championships	
	400 IM	5:05.24	6-Aug-10	SDAK- SD	Hannah J. Kastigar at 2010 MW Central Zone 14 & U Championships	
	200 Free Relay	1:53.08	3-Aug-17	SD- SD	South Dakota Swimming O. Wassink, T. Hodorff, A. Schmidt, H. Kuck	
	400 Free Relay	4:09.15	3-Aug-17	SD- SD	South Dakota Swimming H. Kuck, L. Grebner, G. Jorgenson, O. Wassink	
	800 Free Relay	9:36.56	11-Jul-13	VAST- SD	VAST M. Lavin, A. Topete, A. Malimanek, M. Martinez	
	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	27.01	6-Jun-15	GREA- SD	Chloe L. Larson at Jump Into June
		100 Free	58.43	14-Mar-19	SFST- SD	Katie J. Pardy at 2019 Central Zone Section 1 Spring Champs
200 Free		2:06.54	1-Aug-14	MAC- SD	Tevyn L. Waddell at 2014 Senior Zones	
400 Free		4:28.44	1-Aug-19	ASC- SD	Gena Jorgenson at 2019 Futures Championships	
800 Free		9:14.37	1-Aug-19	SDAK- SD	Gena Jorgenson at 2019 Futures Championships	
1500 Free		17:33.22	1-Aug-19	ASC- SD	Gena Jorgenson at 2019 Futures Championships	
100 Back		1:02.63	14-Dec-14	MAC- SD	Tevyn L. Waddell at 2014 Winter Jrs LC Time Trials	
200 Back		2:17.08	14-Dec-14	MAC- SD	Tevyn L. Waddell at 2014 Winter Jrs LC Time Trials	
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		1:02.59	1-Aug-14	MAC- SD	Tevyn L. Waddell at 2014 Senior Zones	
200 Fly		2:17.72	8-Aug-11	ASC- SD	Hannah J. Kastigar at 2011 Speedo Junior National Championships	
200 IM		2:20.53	11-Dec-11	ASC- SD	Hannah J. Kastigar at 2011 USA Swimming Long Course Invitational	
400 IM		4:55.65	8-Aug-11	ASC- SD	Hannah J. Kastigar at 2011 Speedo Junior National Championships	
15-19		200 Free Relay	1:51.26	22-Jul-22	SFST- SD	SFST S. Hein, R. Lovrien, L. Soldatke, G. Ahrendt
		400 Free Relay	3:59.73	2-Aug-19	SFST- SD	SFST C. Pelzer, O. Wassink, E. Spaans, K. Pardy
		800 Free Relay	8:53.27	14-Mar-19	SFST- SD	SFST C. Pelzer, S. Hein, O. Wassink, K. Pardy
		200 Medley Relay	2:02.08	22-Jul-22	SFST- SD	SFST L. Soldatke, G. Davis, G. Ahrendt, S. Hein
	400 Medley Relay	4:27.75	4-Aug-19	SFST- SD	SFST E. Spaans, P. Frear, C. Pelzer, K. Pardy	
17-18	50 Free	26.37	26-Jul-19	SFST- SD	Corinne M. Pelzer at 2019 SD Long Course State Championship	
	100 Free	58.36	10-Mar-22	ASC- SD	Erin H. Palmer at 2022 Central Zone Section 1 Spring Champs	
	200 Free	2:06.39	22-Jul-22	ASC- SD	Gena Jorgenson at 2022 SD Long Course Championships	
	400 Free	4:26.09	30-Jul-13	ASC- SD	Hannah J. Kastigar at 2013 NCSA Summer Swimming Cham	
	800 Free	9:06.96	28-Jul-21	ASC- SD	Gena Jorgenson at 2021 Futures Championships - West Fargo	
	1500 Free	17:24.77	28-Jul-21	ASC- SD	Gena Jorgenson at 2021 Futures Championships - West Fargo	
	100 Back	1:02.57	30-Jul-15	MAC- SD	Tevyn L. Waddell at 2015 Speedo Junior National Championships	
	200 Back	2:15.87	12-Nov-15	MAC- SD	Tevyn L. Waddell at Arena Pro Series Minneapolis, MN	
	100 Breast	1:13.65	10-Mar-22	ASC- SD	Erin H. Palmer at 2022 Central Zone Section 1 Spring Champs	
	200 Breast	2:42.04	10-Aug-09	ASC- SD	Emily Campbell, 2009 Speedo Junior National Championships	
	100 Fly	1:00.34	30-Jul-15	MAC- SD	Tevyn L. Waddell at 2015 Speedo Junior National Championships	
	200 Fly	2:14.33	30-Jul-13	ASC- SD	Hannah J. Kastigar at 2013 NCSA Summer Swimming Cham	
	200 IM	2:17.60	30-Jul-13	ASC- SD	Hannah J. Kastigar at 2013 NCSA Summer Swimming Cham	
	400 IM	4:50.03	30-Jul-13	ASC- SD	Hannah J. Kastigar at 2013 NCSA Summer Swimming Cham	

RECORDS OSR-LC METERS

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

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	
	200 Free	2:47.59	11-Jul-08	SFX- SD	Trever J. Brenner at 2008 Snowfox Summer Invitational	
	50 Back	40.39	3-Aug-12	SDAK- SD	Matthew C. Sorbe at 2012 WI Central Zone 14 & U Championship	
	100 Back	1:25.40	3-Aug-12	SDAK- SD	Matthew C. Sorbe at 2012 WI Central Zone 14 & U Championship	
	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	35.64	27-Jul-18	ASC- SD	Ryan E. Schmidt at 2018 SD Long Course State Championship Meet	
	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	2:42.57	15-Jun-12	BSC- SD	BSC J. Schultz, B. Fuller, R. Nielson, M. Sorbe	
	200 Medley Relay	3:08.10	31-Jul-09	AA- SD	AA A. Bergan,J. Block, M. Andrew, A. Jones	
	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	2:24.50	28-Jul-17	ASC- SD	Joseph M. Grebner at 2017 SD Long Course State Championship Swim M
400 Free		5:17.99	4-Jul-03	BSC- SD	Sam Dunkle at Rapid City	
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		1:17.42	17-Jun-11	SFX- SD	Trever J. Brenner at 2011 MN ROC Rochester Summer Invitational	
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		2:18.12	1-Aug-19	SD- SD	South Dakota Swimming O. Raml, M. Nelson, E. Plamp, R. Schmidt	
200 Medley Relay		2:35.41	1-Aug-19	SD- SD	South Dakota Swimming C. Pietz, L. Jacobson, R. Schmidt, M. Nelson	
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	4:36.04	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	2:42.68	4-Aug-16	SD- SD	Burke A. Lauseng at 2016 CZ 14 and Under Mega Zone at The NAT	
	50 Breast	33.60	26-Jul-19	ASC- SD	Joseph M. Grebner at 2019 SD Long Course State Championship	
	100 Breast	1:16.16	17-Jun-11	AA- SD	Michael Andrew at 2011 SD Aberdeen Summer High Point Swim Meet	
	200 Breast	2:52.70	6-Aug-10	SDAK- SD	Wyatt M. Rumrill at 2010 MW Central Zone 14 & U Championships	
	50 Fly	29.25	15-Apr-11	AA- SD	Michael Andrew at All American NIKE 2011 LC Spring Classic	
	100 Fly	1:06.19	26-Jul-19	ASC- SD	Joseph M. Grebner at 2019 SD Long Course State Championship	
	200 Fly	2:42.03	9-Jul-21	TIDE- SD	Owen Raml at 2021 SD SFST Sanford Power Invite	
	200 IM	2:25.23	15-Apr-11	AA- SD	Michael Andrew at All American NIKE 2011 LC Spring Classic	
	400 IM	5:38.19	9-Jul-21	TIDE- SD	Owen Raml at 2021 SD SFST Sanford Power Invite	
	200 Free Relay	1:51.42	12-Jul-19	CST- SD	Chamberlain Swim Team J. Hanzlik, D. Klein, R. Willrodt, B. Kriel	
	200 Medley Relay	2:17.84	3-Aug-17	SD- SD	South Dakota Swimming E. Pelzer, W. Stanton, T. Gonzalez, B. Swanson	
	13-14	50 Free	25.37	23-Jul-21	ASC- SD	Joseph M. Grebner at 2021 South Dakota Long Course Championships
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	

RECORDS OSR-LC METERS

13-14	400 Free	4:18.84	6-Aug-04	SDAK- SD	Paul Gordon, Central Zone Championship Meet
	800 Free	8:51.46	6-Aug-04	SDAK- SD	Paul Gordon, Central Zone Championship Meet
	1500 Free	17:24.91	9-Mar-23	WASC- SD	Owen L. Muller at 2023 Winter Sectionals (North) - West Fargo
	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	1:09.60	4-Aug-16	SD- SD	Christopher C. Erickson at 2016 CZ 14 and Under Mega Zone at The NAT
	200 Breast	2:35.77	4-Aug-16	SD- SD	Christopher C. Erickson at 2016 CZ 14 and Under Mega Zone at The NAT
	100 Fly	1:01.29	23-Jul-21	ASC- SD	Joseph M. Grebner at 2021 South Dakota Long Course Championships
	200 Fly	2:19.48	1-Aug-19	SD- SD	Eli M. Pelzer at 2019 ND Central Zone 14 & U Championship
	200 IM	2:15.63	4-Aug-16	SD- SD	Christopher C. Erickson at 2016 CZ 14 and Under Mega Zone at The NAT
	400 IM	5:00.76	4-Aug-16	SD- SD	Christopher C. Erickson at 2016 CZ 14 and Under Mega Zone at The NAT
	200 Free Relay	1:46.69	1-Aug-19	SD- SD	South Dakota Swimming J. Grebner, C. Harrell, D. Stagg, E. Pelzer
	400 Free Relay	3:52.91	1-Aug-19	SD- SD	South Dakota Swimming E. Pelzer, J. Grebner, W. Stanton, C. Harrell
	800 Free Relay	8:54.95	22-Jul-22	WASC- SD	WASC - O. Muller, J. Kasparek, K. Heiser, P. Hoftiezer
	200 Medley Relay	1:59.95	1-Aug-19	SD- SD	South Dakota Swimming J. Reilly, J. Grebner, E. Pelzer, C. Harrell
	400 Medley Relay	4:25.27	4-Aug-16	SD- SD	South Dakota Swimming J. Sommervold, C. Erickson, C. Swanson, S. Johnson
15-16	50 Free	24.62	22-Jul-22	ASC- SD	Joseph Grebner at 2022 SD Long Course Championships
	100 Free	53.37	4-Aug-06	SDAK- SD	Paul Gordon, 2006 Central Zone Championship Meet
	200 Free	1:58.19	7-Jul-17	SFST- SD	Trever J. Brenner at 2017 SD SFST Independence Day Invitational
	400 Free	4:11.20	4-Aug-11	SFX- SD	Chris Angerhofer at 2011 IN Central Zone Senior Championships
	800 Free	8:41.10	21-Jul-11	SFX- SD	Chris Angerhofer at 2011 Speedo Champions Series
	1500 Free	16:41.76	17-Mar-09	RCR- SD	Brian J. Gorman at 2009 NCSA Jr Natls - Time Trials
	100 Back	1:01.36	2-Aug-13	ASC- SD	Tucker J. Iwerks at 2013 ND Central States Senior
	200 Back	2:13.55	22-Jul-09	RCR- SD	Brian J. Gorman at 2009 USA Swimming Speedo Champions Series
	100 Breast	1:04.99	9-Mar-23	SFST- SD	Brock Russell at 2023 Winter Sectionals (North) - West Fargo
	200 Breast	2:21.90	10-Mar-22	BSC- SD	Cody Vertin at 2022 Central Zone Section 1 Spring Champs
	100 Fly	59.04	29-Jul-16	SFST- SD	Trever J. Brenner at 2016 SD Long Course State Championship Meet
	200 Fly	2:12.26	7-Jul-17	SFST- SD	Trever J. Brenner at 2017 SD SFST Independence Day Invitational
	200 IM	2:10.52	9-Mar-23	SFST- SD	Brock Russell at 2023 Winter Sectionals (North) - West Fargo
	400 IM	4:42.15	4-Aug-06	SDAK- SD	Paul Gordon, 2006 Central Zone Championship Meet
15-19	200 Free Relay	1:42.71	24-Jul-15	SFX- SD	SFX B. Johnson, K. Austin, T. Brenner, J. Angerhofer
	400 Free Relay	3:39.78	10-Mar-22	SFST- SD	SFST E. Pelzer, I. Rokusek, W. Stanton, M. Sorbe
	800 Free Relay	8:05.12	10-Mar-22	SFST- SD	SFST I. Rokusek, W. Stanton, E. Pelzer, M. Sorbe
	200 Medley Relay	1:51.45	22-Jul-22	BSC- SD	BSC - G. Wheeler, M. Sorenson, D. Venner, S. Johnson
	400 Medley Relay	4:06.78	22-Jul-22	SFST- SD	SFST - I. Rokusek, B. Russell, E. Pelzer, W. Stanton
17-18	50 Free	23.32	28-Jun-19	SFST- SD	Trever J. Brenner at 2019 SD Scheels Independence Day Invite
	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	4:04.54	3-Aug-17	SFST- SD	Trever J. Brenner at USA Swimming Futures Championships Lewisville
	800 Free	8:31.88	28-Jul-21	SFST- SD	Matthew C. Sorbe at 2021 Futures Championships - West Fargo
	1500 Free	16:22.27	28-Jul-21	SFST- SD	Matthew C. Sorbe at 2021 Futures Championships - West Fargo
	100 Back	1:00.35	7-Aug-09	SDAK- SD	Mike Godbe, 2009 Central Zone Championship Grand Forks
	200 Back	2:11.22	5-Aug-10	RCR- SD	Brian J. Gorman at 2010 ND Central Zone Senior Championships
	100 Breast	1:05.68	9-Mar-23	BSC- SD	Cody Vertin at 2023 Winter Sectionals (North) - West Fargo
	200 Breast	2:18.79	9-Mar-23	BSC- SD	Cody Vertin at 2023 Winter Sectionals (North) - West Fargo
	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

RECORDS OSR-LC METERS

19-24	50 Free	23.48	8-Jun-12	UN-01- SD	Paul R. Gordon at 2012 Mutual of Omaha Swimvitational
	100 Free	51.18	8-Jun-12	UN-01- SD	Paul R. Gordon at 2012 Mutual of Omaha Swimvitational
	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	8:51.89	2-Aug-13	ASC- SD	Adam J. Kastigar at 2013 ND Central States Senior
	1500 Free	16:43.71	8-Jun-12	RCR- SD	Brian J. Gorman at 2012 Mutual of Omaha Swimvitational
	100 Back	58.81	8-Mar-12	RCR- SD	Josh Jordan at 2012 Speedo Champions Series Meet
	200 Back	2:09.86	21-Jul-11	WASC- SD	Joshua A. Davis at 2011 Speedo Champions Series
	100 Breast	1:06.30	29-Jul-16	ASC- SD	Adam J. Kastigar at 2016 SD Long Course State Championship Meet
	200 Breast	2:25.99	29-Jul-16	ASC- SD	Adam J. Kastigar at 2016 SD Long Course State Championship Meet
	100 Fly	56.16	8-Jun-12	UN-01- SD	Paul R. Gordon at 2012 Mutual of Omaha Swimvitational
	200 Fly	2:12.34	17-Jul-13	ASC- SD	Adam J. Kastigar at 2013 MN Twin LC Speedo Championship
	200 IM	2:06.99	22-Jul-09	BSC- SD	Paul R. Gordon, 2009 USA Swimming Speedo Champions Series
	400 IM	4:36.58	2-Aug-13	ASC- SD	Adam J. Kastigar at 2013 ND Central States Senior