

Iowa Masters Swimming Records - Individual

SCY - SHORT COURSE YARDS

Updated June 2023

30 - 34 Women

Event	Name	Time	Date
50 FREE	Rachel Windsor	:25.52	04/14/96
100 FREE	Rachel Windsor	:56.21	03/16/97
200 FREE	Rachel Windsor	2:03.21	03/16/97
500 FREE	Rachel Windsor	5:32.50	04/19/97
1000 FREE	Rachel Windsor	11:32.14	08/03/96
1650 FREE	Rachel Windsor	19:31.32	02/23/97
50 BACK	Alayna Martin	:29.63	03/26/22
100 BACK	Alayna Martin	1:06.21	03/26/22
200 BACK	Alayna Martin	2:20.97	03/25/23
50 BREAST	Amy Groskopf	:34.31	08/04/91
100 BREAST	Blanca Lehnertz	1:14.90	02/17/02
200 BREAST	Sue Molly	2:46.00	04/29/07
50 FLY	Blanca Lehnertz	:28.19	04/29/01
100 FLY	Blanca Lehnertz	1:02.43	04/29/01
200 FLY	Blanca Lehnertz	2:20.48	04/16/00
100 IM	Sarah Patterson	1:05.09	08/03/96
200 IM	Sarah Patterson	2:22.96	08/03/96
400 IM	Lauren Lehenbauer	5:03.14	01/29/22