

**Iowa Masters Swimming Records - Individual
SCY - SHORT COURSE YARDS**

Updated May 2024

70 - 74 Women

Event	Name	Time	Date
50 FREE	Nancy Romalov	:35.38	06/25/17
100 FREE	Elizabeth Smith	1:21.26	04/28/23
200 FREE	Elizabeth Smith	2:56.12	04/30/23
500 FREE	Elizabeth Smith	7:53.26	04/27/23
1000 FREE	Elizabeth Smith	15:39.71	04/28/24
1650 FREE	Elizabeth Smith	25:51.57	04/28/24
50 BACK	Cindy Hauber	:43.59	03/10/24
100 BACK	Elizabeth Smith	1:35.96	01/28/24
200 BACK	Cindy Hauber	3:22.82	03/10/24
50 BREAST	Heidi Benson	:51.06	03/10/24
100 BREAST	Elizabeth Smith	1:56.53	06/11/23
200 BREAST	Elizabeth Smith	4:03.87	06/12/22
50 FLY	Cindy Hauber	:43.67	03/10/24
100 FLY	Elizabeth Smith	1:59.25	01/14/23
200 FLY	Patricia Smith	4:36.43	06/10/18
100 IM	Cindy Hauber	1:34.64	02/03/24
200 IM	Elizabeth Smith	3:32.19	04/28/23
400 IM	Elizabeth Smith	7:53.90	06/11/23