

Iowa Master Short Course Yards Swimming Records updated through 05/07/2009

30-34 Men

Freestyle

50	Hansen, Jason	30	:21.83	02/22/04
100	Hansen, Jason	30	:48.07	03/28/04
200	Hansen, Jason	30	1:47.93	03/28/04
500	Gawronski, Tomasz	30	5:00.08	08/02/97
1000	Brenton, Ken	33	10:57.15	04/12/92
1650	Gawronski, Tomasz	30	17:42.37	08/02/97

Backstroke

50	Hansen, Jason	30	:25.77	03/28/04
100	Brenton, Ken	34	:54.69	03/20/93
200	Brenton, Ken	33	2:01.27	04/12/92

Breaststroke

50	Leyshon, Rob	30	:27.60	05/17/99
100	Leyshon, Rob	30	:59.95	05/17/99
200	Leyshon, Rob	30	2:01.40	05/17/99

Butterfly

50	Hansen, Jason	30	:23.95	02/22/04
100	Hawks, Aaron	31	:52.53	03/03/07
200	Lewis, Mark	33	2:08.58	05/08/98

Individual Medley

100	Hansen, Jason	30	:54.17	02/22/04
200	Leyshon, Rob	30	2:01.40	05/17/99
400	Volpp, Bryan	34	4:36.04	08/09/92