

Iowa Master Short Course Yards Swimming Records updated through 05/12/2009

30-34 Women

Freestyle

50	Windsor, Rachel	33	:25.52	04/14/96
100	Windsor, Rachel	34	:56.21	03/16/97
200	Windsor, Rachel	34	2:03.21	03/16/97
500	Windsor, Rachel	34	5:32.50	04/19/97
1000	Windsor, Rachel	33	11:32.14	08/03/96
1650	Windsor, Rachel	34	19:31.32	02/23/97

Backstroke

50	Patterson, Sarah	30	:30.65	08/03/96
100	Patterson, Sarah	30	1:06.98	04/13/97
200	Kim, Sue	30	2:34.31	08/03/96

Breaststroke

50	Groskopf, Amy	33	:34.31	08/04/91
100	Castillo-Lehnertz	34	1:14.90	02/17/02
200	Molly C, Sue	30	2:46.00	04/29/07

Butterfly

50	Castillo-Lehnertz	34	:28.19	04/29/01
100	Castillo-Lehnertz	34	1:02.43	04/29/01
200	Castillo-Lehnertz	33	2:20.48	04/16/00

Individual Medley

100	Patterson, Sarah	30	1:05.09	08/03/96
200	Patterson, Sarah	30	2:22.96	08/03/96
400	Patterson, Sarah	30	5:11.90	08/03/96