

Iowa Master Short Course Yards Swimming Records updated through 05/12/09

35-39 Women

Freestyle

50	Windsor, Rachel	35	:25.59	05/08/98
100	Windsor, Rachel	35	:55.39	05/08/98
200	Windsor, Rachel	35	2:00.78	05/08/98
500	Windsor, Rachel	35	5:26.92	05/08/98
1000	Windsor, Rachel	35	11:19.30	05/08/98
1650	Windsor, Rachel	36	18:56.00	05/17/99

Backstroke

50	Patterson, Sarah	37	31.32	03/28/04
100	Patterson, Sarah	37	1:08.33	03/28/04
200	Dreasher, Becky	37	2:27.29	04/16/00

Breaststroke

50	Rognes, Susan	39	:33.58	04/13/03
100	Castello Lehnertz	36	1:14.81	04/13/03
200	Groskopf, Amy	37	2:55.13	04/02/95

Butterfly

50	Patterson, Sarah	36	:28.01	04/13/03
100	Castillo Lehnertz	36	1:01.98	04/13/03
200	Patterson, Sarah	36	2:32.55	04/13/03

Individual Medley

100	Patterson, Sarah	37	1:05.97	03/28/04
200	Patterson, Sarah	37	2:20.76	03/28/04
400	Patterson, Sarah	36	5:02.78	04/13/03