

Women's South Central Zone Long Course Championship Records

<u>19-24</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>	<u>35-39</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>
50 M Free	Stacy Jones	88	:28.50	50 M Free	Sandy Neilson-Bell	94	:27.80
100 M Free	Anita Harrison	91	1:01.55	100 M Free	Sandy Neilson-Bell	94	1:01.52
200 M Free	Andrea Fisher	94	2:16.05	200 M Free	Nadine Day	09	2:16.40
400 M Free	Andrea Fisher	94	4:50.80	400 M Free	Nadine Day	09	4:48.84
800 M Free	Sarah Armstrong	98	10:32.66	800 M Free	Jill Gellatly	02	9:54.23
1500 M Free	Kyle Fisher	93	19:16.00	1500 M Free	Jill Gellatly	03	18:56.25
50 M Back	Quinn Michie	00	:32.60	50 M Back	Wendy Segrest	03	34.51
100 M Back	Andrea Fisher	94	1:09.64	100 M Back	Wendy Segrest	03	1:14.49
200 M Back	Andrea Fisher	94	2:33.06	200 M Back	Jill Gellatly	02	2:40.71
50 M Brst	M. Rinehold-Armstrong	98	:38.20	50 M Brst	Kim Macklin	04	:35.67
100 M Brst	Marissa Clapp	09	1:15.66	100 M Brst	Kim Macklin	04	1:20.90
200 M Brst	Marissa Clapp	09	2:36.61	200 M Brst	Jann Girard	98	3:03.79
50 M Fly	Anita Harrison	91	:31.33	50 M Fly	Sandy Neilson-Bell	94	:31.29
100 M Fly	Jaclyn Kenline	09	1:11.15	100 M Fly	Nadine Day	09	1:09.23
200 M Fly	Kyle Fisher	94	2:38.43	200 M Fly	Nadine Day	09	2:35.35
200 M IM	Marissa Clapp	09	2:26.96	200 M IM	Nadine Day	09	2:35.60
400 M IM	Kyle Fisher	94	5:45.91	400 M IM	Jill Gellatly	02	5:36.22
<u>25-29</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>	<u>40-44</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>
50 M Free	Jennifer Brooks	04	:27.66	50 M Free	Michelle Chow	09	27.96
100 M Free	Jennifer Brooks	03	1:00.42	100 M Free	Sandy Neilson-Bell	97	1:03.70
200 M Free	Jennifer Brooks	03	2:12.89	200 M Free	Sandie Easton	09	2:19.82
400 M Free	Jennifer Brooks	03	4:37.84	400 M Free	Sally Maddox	02	4:57.51
800 M Free	Rachel Armstrong	08	10:20.42	800 M Free	Sally Maddox	02	10:19.77
1500 M Free	Betsy Nygren	91	19:11.40	1500 M Free	Jill Gellatly	09	19:21.31
50 M Back	Jennifer Brooks	04	:31.55	50 M Back	Michelle Chow	09	33.92
100 M Back	Lia Oberstar	04	1:06.37	100 M Back	Anita Henry	09	1:15.92
200 M Back	Lia Oberstar	04	2:22.41	200 M Back	Sandie Easton	09	2:37.28
50 M Brst	Laura Glass	08	34.13	50 M Brst	Michelle Chow	09	38.44
100 M Brst	Laura Glass	08	1:15.93	100 M Brst	Mary Ruppe	09	1:25.45
200 M Brst	Karen Heaney	93	2:56.77	200 M Brst	Mary Ruppe	09	3:08.97
50 M Fly	Jennifer Brooks	03	:28.19	50 M Fly	Michelle Chow	09	30.68
100 M Fly	Jennifer Brooks	03	1:03.89	100 M Fly	Sandie Easton	09	1:09.61
200 M Fly	Karen Jacobson	93	2:32.74	200 M Fly	Sandie Easton	09	2:31.80
200 M IM	Michelle Chow	94	2:36.11	200 M IM	Sandie Easton	09	2:37.76
400 M IM	Karen Jacobson	93	5:35.49	400 M IM	Arlene House-Delmage	02	5:51.67
<u>30-34</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>	<u>45-49</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>
50 M Free	Sandy Neilson	87	:28.05	50 M Free	Susan Matherne	08	28.60
100 M Free	Nadine Day	03	59.72	100 M Free	Susan Matherne	08	1:02.71
200 M Free	Nadine Day	03	2:11.11	200 M Free	Mary Hughes	03	2:24.40
400 M Free	Nadine Day	03	4:40.94	400 M Free	Sally Maddox	04	5:14.82
800 M Free	Nadine Day	03	9:35.70	800 M Free	Sally Maddox	04	10:48.70
1500 M Free	Bonnie Rhodes	91	19:07.22	1500 M Free	Sally Maddox	04	20:26.83
50 M Back	Sunny Smiley	01	:32.18	50 M Back	Susan Ingraham	08	37.39
100 M Back	Sunny Smiley	02	1:11.81	100 M Back	Susan Ingraham	08	1:21.66
200 M Back	Sunny Smiley	02	2:36.94	200 M Back	Susan Ingraham	08	3:00.20
50 M Brst	Nadine Day	03	:35.12	50 M Brst	Kristen Henderson	05	:40.52
100 M Brst	Jann Girard	93	1:22.78	100 M Brst	Kristen Henderson	05	1:30.48
200 M Brst	Laura Koch	08	2:57.76	200 M Brst	Sally Maddox	04	3:20.56
50 M Fly	Jane Schweppe	95	:28.48	50 M Fly	Susan Matherne	08	31.44
100 M Fly	Nadine Day	03	1:05.98	100 M Fly	Susan Matherne	08	1:12.41
200 M Fly	Laura Koch	08	2:32.62	200 M Fly	Elaine Fincham	02	2:55.29
200 M IM	Bonnie Rhodes	91	2:34.28	200 M IM	Susan Matherne	08	2:45.25
400 M IM	Nadine Day	03	5:22.70	400 M IM	Elaine Fincham	01	6:10.81

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<u>50-54</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>	<u>65-69</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>
50 M Free	Karlene Trebesiner	04	30.24	50 M Free	Jane Birkhead	06	38.22
100 M Free	Mary Hughes	09	1:05.96	100 M Free	Jane Birkhead	05	1:28.01
200 M Free	Danielle Ogier	03	2:28.49	200 M Free	Jane Birkhead	05	3:18.58
400 M Free	Heidi Ernst	05	5:31.70	400 M Free	Jane Birkhead	05	7:08.02
800 M Free	Heidi Ernst	05	11:23.19	800 M Free	Jane Birkhead	05	14:24.48
1500 M Free	Ronda Nisman	05	23:18.52	1500 M Free	Barbara Bower	05	28:35.99
50 M Back	Jan Miller	03	:37.00	50 M Back	Barbara Bower	05	:54.19
100 M Back	Jan Miller	01	1:21.91	100 M Back	Barbara Bower	05	1:56.66
200 M Back	Karlene Trebesiner	04	2:59.68	200 M Back	Barbara Bower	05	4:14.94
50 M Brst	Danielle Ogier	03	:39.75	50 M Brst	Shelly Whitlock	05	51.77
100 M Brst	Danielle Ogier	02	1:28.56	100 M Brst	Betty Kight	08	1:58.30
200 M Brst	Danielle Ogier	03	3:12.24	200 M Brst	Joann Leilich	08	3:34.59
50 M Fly	Mary Hughes	09	33.28	50 M Fly	Sandy Cattarin	05	:48.71
100 M Fly	Mary Hughes	09	1:17.19	100 M Fly	Ida Hlavacek	09	2:07.94
200 M Fly	Elaine Fincham	05	2:58.47	200 M Fly	DeEtte Sauer	09	4:49.11
200 M IM	Danielle Ogier	02	2:45.11	200 M IM	Joann Leilich	08	3:35.92
400 M IM	Danielle Ogier	02	5:59.09	400 M IM			

<u>55-59</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>	<u>70-74</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>
50 M Free	Lynn Morrison	09	30.34	50 M Free	Georgia Goggin	03	:46.15
100 M Free	Lynn Morrison	09	1:06.73	100 M Free	Irene Sandahl	93	1:51.49
200 M Free	Lynn Morrison	09	2:36.54	200 M Free	Joann Leilich	09	3:52.34
400 M Free	Heidi Ernst	08	5:26.84	400 M Free	Joann Leilich	09	7:42.30
800 M Free	Heidi Ernst	09	11:20.59	800 M Free	Renee Protopapas	03	19:09.44
1500 M Free	Nancy Call	09	23:54.91	1500 M Free	Barbara Bower	08	32:08.82
50 M Back	Karlene Denby	09	38.44	50 M Back	Georgia Goggin	03	1:00.88
100 M Back	Karlene Denby	09	1:24.49	100 M Back	Barbara Bower	08	2:12.98
200 M Back	Karlene Denby	09	3:06.75	200 M Back	Irene Sandahl	95	5:13.88
50 M Brst	Krissy MacCurdy	08	43.52	50 M Brst	Georgia Goggin	03	1:00.11
100 M Brst	Krissy MacCurdy	08	1:31.86	100 M Brst	Joann Leilich	09	1:38.78
200 M Brst	Krissy MacCurdy	08	3:25.14	200 M Brst	Joann Leilich	09	3:39.59
50 M Fly	Janie Cole	09	33.48	50 M Fly	Sandy Cattarin	09	56.18
100 M Fly	Krissy MacCurdy	09	1:23.37	100 M Fly	Irene Sandahl	93	2:15.90
200 M Fly	Jan Miller	05	3:46.44	200 M Fly	Marian Wolle	00	6:17.72
200 M IM	Krissy MacCurdy	08	3:04.58	200 M IM	Sandy Cattarin	09	5:07.55
400 M IM	Danielle Ogier	08	6:27.05	400 M IM	Marian Wolle	00	11:11.13

<u>60-64</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>	<u>75-79</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>
50 M Free	Carolyn Boak	06	33.30	50 M Free	Georgia Goggin	05	:49.67
100 M Free	Carolyn Boak	06	1:14.59	100 M Free	Georgia Goggin	05	1:58.74
200 M Free	Carolyn Boak	05	2:45.36	200 M Free	Georgia Goggin	08	4:28.96
400 M Free	Jackie Marr	06	6:01.32	400 M Free	Georgia Goggin	08	9:47.88
800 M Free	Sarah Kopsky	03	12:53.55	800 M Free	Renee Protopapas	08	21:30.23
1500 M Free	Jackie Marr	06	23:39.81	1500 M Free	Renee Protopapas	08	41:17.07
50 M Back	Carolyn Boak	05	:47.87	50 M Back	Georgia Goggin	05/08	1:04.32
100 M Back	Sarah Kopsky	03	1:35.16	100 M Back	Georgia Goggin	08	2:25.55
200 M Back	Sarah Kopsky	03	3:22.69	200 M Back	Georgia Goggin	05	5:14.01
50 M Brst	Carolyn Boak	06	44.04	50 M Brst	Margaret Hubbard	92	1:02.58
100 M Brst	Carolyn Boak	05	1:36.36	100 M Brst	Georgia Goggin	05	2:23.43
200 M Brst	Carol Mitsuda-Bagnall	09	4:00.12	200 M Brst	Margaret Hubbard	92	5:10.84
50 M Fly	Sarah Kopsky	03	:37.16	50 M Fly	Margaret Hubbard	92	1:03.34
100 M Fly	Ida Hlavacek	05	1:57.23	100 M Fly			
200 M Fly	Ida Hlavacek	05	4:21.42	200 M Fly			
200 M IM	Carolyn Boak	05	3:10.88	200 M IM	Mildred Anderson	89	6:53.65
400 M IM	Carolyn Boak	05	6:39.55	400 M IM			

<u>80-84</u>	<u>NAME</u>	<u>YEAR</u>	<u>TIME</u>
50 M Free	Georgia Goggin	09	51.72
100 M Free	Georgia Goggin	09	2:08.48
200 M Free	Georgia Goggin	09	4:56.45
400 M Free			
800 M Free			
1500 M Free			
50 M Back	Georgia Goggin	09	1:05.29
100 M Back	Georgia Goggin	09	2:25.87
200 M Back	Georgia Goggin	09	5:15.91
50 M Brst	Georgia Goggin	09	1:10.96
100 M Brst	Georgia Goggin	09	2:37.78
200 M Brst	Georgia Goggin	09	5:56.15
50 M Fly			
100 M Fly			
200 M Fly			
200 M IM			
400 M IM			