

Iowa Masters Short Course Yards Swimming Records Updated November, 2010

30-34 Women

Freestyle

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

Backstroke

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

Breaststroke

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

Butterfly

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

Individual Medley

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