

Iowa Masters Swimming Records - Individual
SCY - SHORT COURSE YARDS

Updated June 2024

35 - 39 Women

Event	Name	Time	Date
50 FREE	Carly Ross	:25.41	08/01/21
100 FREE	Rachel Windsor	:55.39	05/08/98
200 FREE	Rachel Windsor	2:00.78	05/08/98
500 FREE	Rachel Windsor	5:26.92	05/08/98
1000 FREE	Rachel Windsor	11:19.30	05/08/98
1650 FREE	Lauren Lehenbauer	18:44.76	03/10/24
50 BACK	Carly Ross	:30.08	08/01/21
100 BACK	Alayna Martin	1:04.82	06/21/24
200 BACK	Alayna Martin	2:22.35	06/23/24
50 BREAST	Susan Rognes	:33.58	04/13/03
100 BREAST	Melissa Chamberlin	1:11.41	04/25/19
200 BREAST	Melissa Chamberlin	2:29.78	04/25/19
50 FLY	Sarah Patterson	:28.01	04/13/03
100 FLY	Blanca Lehnertz	1:01.98	04/13/03
200 FLY	Lauren Lehenbauer	2:30.73	03/26/22
100 IM	Carly Ross	1:05.34	08/01/21
200 IM	Melissa Chamberlin	2:19.81	04/25/19
400 IM	Melissa Chamberlin	4:58.92	03/24/18