

**Iowa Masters Swimming Records - Individual**  
**SCY - SHORT COURSE YARDS**

Updated June 2024

**40 - 44 Women**

<b>Event</b>	<b>Name</b>	<b>Time</b>	<b>Date</b>
<b>50 FREE</b>	Carly Ross	:24.27	03/10/24
<b>100 FREE</b>	Carly Ross	:53.93	04/27/23
<b>200 FREE</b>	Carly Ross	1:57.07	06/21/24
<b>500 FREE</b>	Melissa Chamberlin	5:34.20	07/31/21
<b>1000 FREE</b>	Rachel Stauffer	11:48.01	04/09/06
<b>1650 FREE</b>	Rachel Stauffer	19:42.88	04/10/05
<b>50 BACK</b>	Carly Ross	:28.45	06/22/24
<b>100 BACK</b>	Shaylyn DeYoung	1:09.47	03/10/24
<b>200 BACK</b>	Natalie Ross	2:29.51	03/25/23
<b>50 BREAST</b>	Melissa Chamberlin	:33.88	04/10/21
<b>100 BREAST</b>	Melissa Chamberlin	1:12.63	04/10/21
<b>200 BREAST</b>	Melissa Chamberlin	2:35.70	04/27/23
<b>50 FLY</b>	Carly Ross	:26.13	03/10/24
<b>100 FLY</b>	Carly Ross	1:00.59	06/22/24
<b>200 FLY</b>	Rachel Stauffer	2:39.92	07/12/04
<b>100 IM</b>	Carly Ross	1:02.76	04/27/23
<b>200 IM</b>	Melissa Chamberlin	2:20.70	04/27/23
<b>400 IM</b>	Melissa Chamberlin	5:01.64	04/27/23