

All Time South Central Zone Records Women - LCM - Updated 10/06/2023

18-24	Name	Year	Time		25-29	Name	Year	Time
50 M Free	Traci Van Matre	2011	27.73		50 M Free	Eva Giiozeryte	2022	27.11
100 M Free	Traci Van Matre	2011	58.96		100 M Free	Alicia Hale	2016	58.97
200 M Free	Traci Van Matre	2011	2:06.87		200 M Free	Alicia Hale	2017	2:08.11
400 M Free	Traci Van Matre	2011	4:34.74		400 M Free	Traci Van Matre	2012	4:37.58
800 M Free	Jerah Holth	2009	10:35.70		800 M Free	Carleigh L. Kutac	2016	10:05.44
1500 M Free	Lara Shoemaker	2008	19:31.06		1500 M Free	Marielle Balz	2019	19:10.93
50 M Back	Traci Van Matre	2011	32.54		50 M Back	Eva Giiozeryte	2022	31.40
100 M Back	Kathryn D Zimmerman	2022	1:12.52		100 M Back	Lia Oberstar	2004	1:06.37
200 M Back	Elissa Bates	2013	2:41.46		200 M Back	Lia Oberstar	2004	2:22.41
50 M Breast	Tara-ynn Nicholas	2018	34.32		50 M Breast	Laura Glass	2009	33.63
100 M Breast	Marissa Clapp	2010	1:14.71		100 M Breast	Marissa Clapp	2015	1:14.42
200 M Breast	Marissa Clapp	2009	2:36.61		200 M Breast	Marissa Clapp	2015	2:40.10
50 M Fly	Raena Eldridge	2015	29.23		50 M Fly	Jennifer Brooks	2003	28.19
100 M Fly	Abby Richter	2022	1:04.63		100 M Fly	Jennifer Brooks	2003	1:03.89
200 M Fly	Traci Van Matre	2011	2:25.45		200 M Fly	Traci Van Matre	2012	2:27.51
200 M IM	Abby Richter	2022	2:24.37		200 M IM	Marissa Clapp	2015	2:25.33
400 M IM	Marissa Clapp	2009	5:10.75		400 M IM	Marissa Clapp	2015	5:07.87
30-34	Name	Year	Time		35-39	Name	Year	Time
50 M Free	Laura Holt	2014	27.41		50 M Free	Michelle Chow	2006	28.65
100 M Free	Alicia Hale	2018	59.75		100 M Free	Sandy Neilson-Bell	1994	1:01.52
200 M Free	Alicia Hale	2018	2:09.68		200 M Free	Alicia Hale	2023	2:12.34
400 M Free	Alicia Hale	2018	4:33.92		400 M Free	Jill Gellatly	2006	4:45.35
800 M Free	Illsa Kerscher	2007	10:23.68		800 M Free	Jill Gellatly	2006	9:48.12
1500 M Free	Illsa Kerscher	2007	19:49.41		1500 M Free	Jill Gellatly	2002	18:36.62
50 M Back	Laura Holt	2014	31.36		50 M Back	Michelle Chow	2007	34.81
100 M Back	Alicia Hale	2018	1:07.08		100 M Back	Michelle Chow	2007	1:15.61
200 M Back	Alicia Hale	2018	2:24.02		200 M Back	Alicia Hale	2023	2:29.67
50 M Breast	Katie McClelland	2008	33.20		50 M Breast	Kim Macklin	2004	35.67
100 M Breast	Katie McClelland	2008	1:13.29		100 M Breast	Kim Macklin	2004	1:20.90
200 M Breast	Katie McClelland	2008	2:41.63		200 M Breast	Laura Koch Davis	2012	2:54.30
50 M Fly	Jane Schweppe	1995	28.48		50 M Fly	Charis Anderson	2016	30.75
100 M Fly	Laura Koch	2008	1:07.95		100 M Fly	Alicia Hale	2023	1:08.06
200 M Fly	Laura Koch	2007	2:30.70		200 M Fly	Maureen Rae	2014	2:33.56
200 M IM	Alicia Hale	2018	2:23.35		200 M IM	Alicia Hale	2023	2:26.06
400 M IM	Alicia Hale	2019	5:07.26		400 M IM	Alicia Hale	2023	5:16.02
40-44	Name	Year	Time		45-49	Name	Year	Time
50 M Free	Julie Coskey	2015	27.17		50 M Free	Brigitte Heuer	2006	27.76
100 M Free	Julie Coskey	2015	1:00.47		100 M Free	Eney Jones	2009	1:02.33
200 M Free	Julie Coskey	2015	2:15.87		200 M Free	Eney Jones	2009	2:14.89
400 M Free	Jill Gellatly	2007	4:49.32		400 M Free	Eney Jones	2009	4:42.79
800 M Free	Jill Gellatly	2007	10:03.97		800 M Free	Jill Gellatly	2014	9:50.88
1500 M Free	Jill Gellatly	2010	18:46.06		150 M Free	Eney Jones	2009	18:16.42
50 M Back	Lauren Warren	2022	32.95		50 M Back	Michelle Chow	2014	33.73
100 M Back	Jill Gellatly	2007	1:13.17		100 M Back	Stephanie Stone	2014	1:11.29
200 M Back	Jill Gellatly	2007	2:35.37		200 M Back	Stephanie Stone	2015	2:30.68
50 M Breast	Laura Warren	2022	34.91		50 M Breast	Brigitte Heuer	2006	37.55
100 M Breast	Kendal Jacobson	2007	1:24.40		100 M Breast	Linda Visser	2018	1:22.52
200 M Breast	Jill Gellatly	2010	3:01.44		200 M Breast	Linda Visser	2019	2:56.05
50 M Fly	Maureen Rea	2016	29.66		50 M Fly	Michelle Chow	2014	30.96
100 M Fly	Maureen Rea	2016	1:07.15		100 M Fly	Michelle Chow	2014	1:11.11
200 M Fly	Mary Ruppe	2010	2:43.40		200 M Fly	Linda Visser	2019	2:48.39
200 M IM	Jill Gellatly	2010	2:35.42		200 M IM	Stephanie Stone	2014	2:36.40
400 M IM	Mary Ruppe	2011	5:44.62		400 M IM	Stephanie Stone	2013	5:30.74

50-54	Name	Year	Time	55-59	Name	Year	Time
50 M Free	Diane Gould	2019	29.22	50 M Free	Leslie Livingston	2016	28.80
100 M Free	Diane Gould	2019	1:02.83	100 M Free	Susan Matherne	2017	1:06.31
200 M Free	Diane Gould	2019	2:14.66	200 M Free	Stephanie Stone	2023	2:25.02
400 M Free	Diane Gould	2019	4:44.54	400 M Free	Patricia Campbell	2019	5:01.16
800 M Free	Jill Gellatly	2017	9:53.57	800 M Free	Patricia Campbell	2021	10:24.70
1500 M Free	Jill Gellatly	2017	18:50.67	1500 M Free	Patricia Campbell	2023	20:20.09
50 M Back	Diane Gould	2019	33.99	50 M Back	Leslie Livingston	2016	33.08
100 M Back	Stephanie Stone	2018	1:12.35	100 M Back	Stephanie Stone	2023	1:14.41
200 M Back	Stephanie Stone	2018	2:34.09	200 M Back	Stephanie Stone	2023	2:37.25
50 M Breast	Kendal Jacobson	2016	38.51	50 M Breast	Leslie Livingston	2016	38.73
100 M Breast	Kendal Jacobson	2016	1:26.09	100 M Breast	Patty Sweetall	2017	1:29.55
200 M Breast	Kendal Jacobson	2016	3:07.34	200 M Breast	Patty Sweetall	2018	3:11.59
50 M Fly	Susan Matherne	2016	32.30	50 M Fly	Leslie Livingston	2016	30.52
100 M Fly	Lynn Barnhart	2013	1:13.50	100 M Fly	Elaine Valdez	2010	1:17.61
200 M Fly	Susan Ingraham	2010	2:51.45	200 M Fly	Elaine Valdez	2010	3:01.50
200 M IM	Jill Gellatly	2017	2:38.60	200 M IM	Stephanie Stone	2023	2:46.17
400 M IM	Jill Gellatly	2018	5:48.50	400 M IM	Elaine Valdez	2010	6:18.02
60-64	Name	Year	Time	65-69	Name	Year	Time
50 M Free	Lynn Morrison	2014	30.71	50 M Free	Lynn Morrison	2019	31.20
100 M Free	Lynn Morrison	2014	1:07.46	100 M Free	Lynn Morrison	2019	1:10.22
200 M Free	Carolyn Boak	2006	2:37.19	200 M Free	Carolyn Boak	2010	2:39.05
400 M Free	Heidi Ernst	2012	5:32.53	400 M Free	Linda Bland	2023	5:31.83
800 M Free	Heidi Ernst	2012	11:17.57	800 M Free	Linda Bland	2023	11:22.16
1500 M Free	Linda Bland	2019	21:38.90	1500 M Free	Heidi Ernst	2019	23:02.15
50 M Back	Janet McDonough	2018	36.38	50 M Back	Jan Miller	2018	41.68
100 M Back	Janet McDonough	2018	1:20.66	100 M Back	Jan Miller	2018	1:32.63
200 M Back	Janet McDonough	2018	2:54.25	200 M Back	Karlene Denby	2018	3:25.52
50 M Breast	Deb Coellner	2012	40.80	50 M Breast	Deb Coellner	2016	42.73
100 M Breast	Krissy MacCurdy	2012	1:31.11	100 M Breast	Joann Leilich	2007	1:36.29
200 M Breast	Krissy MacCurdy	2013	3:17.05	200 M Breast	Joann Leilich	2007	3:30.50
50 M Fly	Lynn Morrison	2014	33.49	50 M Fly	Lynn Morrison	2019	34.84
100 M Fly	Elaine Valdez	2016	1:21.55	100 M Fly	Carolyn Boak	2010	1:26.17
200 M Fly	Elaine Valdez	2016	3:07.36	200 M Fly	Carolyn Boak	2010	3:21.42
200 M IM	Janet McDonough	2018	2:57.11	200 M IM	Carolyn Boak	2010	3:06.10
400 M IM	Elaine Valdez	2016	6:30.05	400 M IM	Carolyn Boak	2010	6:37.45
70-74	Name	Year	Time	75-79	Name	Year	Time
50 M Free	Carolyn Boak	2016	35.95	50 M Free	Jamie Stewart	2023	41.06
100 M Free	Carolyn Boak	2015	1:19.45	100 M Free	Ann Vitt	2021	1:41.18
200 M Free	Carolyn Boak	2018	2:50.21	200 M Free	Sarah Kopsky	2017	3:22.62
400 M Free	Carolyn Boak	2018	6:06.16	400 M Free	Sarah Kopsky	2016	7:03.90
800 M Free	Carolyn Boak	2016	12:36.63	800 M Free	Carolyn Boak	2021	13:22.23
1500 M Free	Sarah Kopsky	2012	26:17.67	1500 M Free	Sarah Kopsky	2016	27:37.02
50 M Back	Sarah Kopsky	2011	47.07	50 M Back	Ann Vitt	2021	51.50
100 M Back	Sarah Kopsky	2011	1:43.18	100 M Back	Ann Vitt	2023	1:58.77
200 M Back	Sarah Kopsky	2011	3:41.56	200 M Back	Sarah Kopsky	2017	3:52.32
50 M Breast	Joann Leilich	2009	45.67	50 M Breast	Joann Leilich	2014	47.10
100 M Breast	Joann Leilich	2009	1:38.78	100 M Breast	Joann Leilich	2014	1:42.18
200 M Breast	Joann Leilich	2011	3:34.49	200 M Breast	Joann Leilich	2014	3:40.84
50 M Fly	Sarah Kopsky	2011	42.26	50 M Fly	Jamie Stewart	2023	54.21
100 M Fly	Carolyn Boak	2018	1:35.24	100 M Fly	Jamie Stewart	2023	2:11.56
200 M Fly	Carolyn Boak	2016	3:41.10	200 M Fly	DeEtte Sauer	2016	5:01.70
200 M IM	Joann Leilich	2013	3:54.41	200 M IM	Joann Leilich	2014	3:48.34
400 M IM	Carolyn Boak	2016	7:28.70	400 M IM	Carolyn Boak	2021	7:53.52

