

All Time South Central Zone Records Women - Long Course Meters - Updated 08/21/2026

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	Marizel van Jaarsveld	2025	32.31
100 M Breast	Marissa Clapp	2010	1:14.71		100 M Breast	Marizel van Jaarsveld	2025	1:11.78
200 M Breast	Marissa Clapp	2009	2:36.61		200 M Breast	Marizel van Jaarsveld	2025	2:38.58
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	Erin K. Trahan	2024	1:03.81
200 M Fly	Traci Van Matre	2011	2:25.45		200 M Fly	Erin K. Trahan	2024	2:24.17
200 M IM	Abby Richter	2022	2:24.37		200 M IM	Marizel van Jaarsveld	2025	2:21.07
400 M IM	Marissa Clapp	2009	5:10.75		400 M IM	Marizel van Jaarsveld	2025	5:05.26
30-34	Name	Year	Time		35-39	Name	Year	Time
50 M Free	Katarzyna Wasick	2026	24.53		50 M Free	Hayley Martin	2025	26.98
100 M Free	Alicia Hale	2018	59.75		100 M Free	Hayley Martin	2025	59.56
200 M Free	Alicia Hale	2018	2:09.68		200 M Free	Laura Koch	2011	2:24.19
400 M Free	Alicia Hale	2018	4:33.92		400 M Free	Jill Gellatly	2006	4:45.35
800 M Free	Marielle Balz	2025	9:56.49		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	Marina K. Spadoni	2024	30.75		50 M Back	Hayley Martin	2025	31.81
100 M Back	Alicia Hale	2018	1:07.08		100 M Back	Hayley Martin	2025	1:09.25
200 M Back	Alicia Hale	2018	2:24.02		200 M Back	Jill Gellatly	2005	2:35.99
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	Hayley Martin	2025	29.14
100 M Fly	Laura Koch	2008	1:07.95		100 M Fly	Maureen Rae	2014	1:08.15
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	Laura Koch Davis	2012	2:35.56
400 M IM	Alicia Hale	2019	5:07.26		400 M IM	Laura Koch Davis	2011	5:28.11
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	2024	34.73		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	Maureen Rea	2025	29.68
100 M Fly	Maureen Rea	2016	1:07.15		100 M Fly	Maureen Rea	2025	1:07.81
200 M Fly	Heather M. Frees	2024	2:38.93		200 M Fly	Maureen Rea	2025	2:40.66
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	2026	2:24.89
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	Linda Visser	2025	38.48
100 M Breast	Linda Visser	2024	1:24.88		100 M Breast	Linda Visser	2025	1:25.00
200 M Breast	Linda Visser	2024	3:04.80		200 M Breast	Linda Visser	2025	3:02.70
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	Linda Visser	2025	1:15.45
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	Linda Visser	2025	2:45.74
400 M IM	Jill Gellatly	2018	5:48.50		400 M IM	Linda Visser	2025	5:56.91
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	Patricia A. Campbell	2025	2:28.03		200 M Free	Carolyn Boak	2010	2:39.05
400 M Free	Patricia A. Campbell	2025	5:07.53		400 M Free	Linda Bland	2023	5:31.83
800 M Free	Patricia A. Campbell	2025	10:24.81		800 M Free	Linda Bland	2025	11:21.93
1500 M Free	Patricia A. Campbell	2025	20:28.81		1500 M Free	Heidi Ernst	2019	23:02.15
50 M Back	Janet McDonough	2018	36.38		50 M Back	Susan Ingraham	2024	38.61
100 M Back	Janet McDonough	2018	1:20.66		100 M Back	Susan Ingraham	2024	1:27.06
200 M Back	Janet McDonough	2018	2:54.25		200 M Back	Susan Ingraham	2024	3:15.19
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	Lynn Morrison	2024	33.04		50 M Free	Elise H. Ragland	2025	39.58
100 M Free	Lynn Morrison	2024	1:13.13		100 M Free	Jamie Stewart	2025	1:40.29
200 M Free	Lynn Morrison	2024	2:49.45		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	Cindy S. Bowling	2025	25:04.45		1500 M Free	Sarah Kopsky	2016	27:37.02
50 M Back	Jeannie L. Woolslayer	2024	41.48		50 M Back	Suzy Reiersen	2026	50.20
100 M Back	Jeannie L. Woolslayer	2023	1:35.63		100 M Back	Suzy Reiersen	2026	1:48.25
200 M Back	Dianna S. Ray	2024	3:27.50		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	Elaine S. Valdez	2025	40.06		50 M Fly	Jamie Stewart	2024	50.65
100 M Fly	Carolyn Boak	2018	1:35.24		100 M Fly	Jamie Stewart	2025	2:09.54
200 M Fly	Carolyn Boak	2016	3:41.10		200 M Fly	DeEtte Sauer	2016	5:01.70
200 M IM	Eliaine S. Valdez	2026	3:38.33		200 M IM	Joann Leilich	2014	3:48.34
400 M IM	Elaine S. Valdez	2026	7:14.16		400 M IM	Carolyn Boak	2021	7:53.52

80-84	Name	Year	Time		85-89	Name	Year	Time
50 M Free	DeEtte Sauer	2023	50.45		50 M Free	Joann Leilich	2025	54.24
100 M Free	DeEtte Sauer	2021	1:49.60		100 M Free	Joann Leilich	2025	1:58.37
200 M Free	Joanne Leilich	2019	3:57.82		200 M Free	Joann Leilich	2025	4:15.80
400 M Free	Joanne Leilich	2019	7:54.09		400 M Free	Joann Leilich	2025	8:47.79
800 M Free	Joanne Leilich	2018	16:17.65		800 M Free	Dorthy A. Burke	2025	19:17.10
1500 M Free	Betsy Ancker-Johnson	2007	38:57.62		1500 M Free			
50 M Back	Diane Wheatley	2014	1:00.38		50 M Back	Diane Wheatley	2018	1:09.36
100 M Back	Ida M. Hlavacek	2024	2:24.73		100 M Back	Joann Leilich	2025	2:08.40
200 M Back	Diane Wheatley	2013	5:03.63		200 M Back	Joann Leilich	2025	4:30.80
50 M Breast	Joanne Leilich	2019	51.39		50 M Breast	Joann Leilich	2024	56.61
100 M Breast	Joanne Leilich	2019	1:49.04		100 M Breast	Joann Leilich	2024	2:00.09
200 M Breast	Joanne Leilich	2019	3:59.55		200 M Breast	Joann Leilich	2024	4:26.79
50 M Fly	DeEtte Sauer	2021	1:03.97		50 M Fly	DeEtte A. Sauer	2026	1:18.18
100 M Fly	Dorothy Burke	2019	2:32.22		100 M Fly	DeEtte A. Sauer	2026	3:05.37
200 M Fly	DeEtte Sauer	2021	5:41.65		200 M Fly			
200 M IM	Dorothy Burke	2019	4:37.23		200 M IM	Judy M. Henderson	2026	7:56.10
400 M IM	Dorothy Burke	2019	9:50.27		400 M IM			
90-94	Name	Year	Time					
50 M Free	Sarah Sievert	2017	1:22.55					
100 M Free	Sarah Sievert	2019	3:22.34					
200 M Free								
400 M Free								
800 M Free								
1500 M Free								
50 M Back	Sarah Sievert	2017	1:22.80					
100 M Back	Sarah Sievert	2016	3:01.29					
200 M Back								
50 M Breast								
100 M Breast								
200 M Breast								
50 M Fly								
100 M Fly								
200 M Fly								
200 M IM								
400 M IM								