

**Nebraska Masters State Swimming Records**  
**Long Course Meters (LCM)**  
**Updated July 2012**

**30-34 Women**

**Freestyle**

<b>50</b>	<b>Carol Olson</b>	<b>:28.31</b>	<b>1993</b>
<b>100</b>	<b>Carol Olson</b>	<b>1:01.30</b>	<b>1993</b>
<b>200</b>	<b>Carol Olson</b>	<b>2:11.52</b>	<b>1993</b>
<b>400</b>	<b>Carol Olson</b>	<b>4:58.54</b>	<b>1997</b>
<b>800</b>	<b>Jean Apker</b>	<b>10:44.94</b>	<b>1991</b>
<b>1500</b>	<b>Elizabeth Hefley</b>	<b>21:26.94</b>	<b>2012</b>

**Backstroke**

<b>50</b>	<b>Jean Apker</b>	<b>:36.07</b>	<b>1991</b>
<b>100</b>	<b>Jean Apker</b>	<b>1:17.62</b>	<b>1991</b>
<b>200</b>	<b>Jean Apker</b>	<b>2:46.21</b>	<b>1991</b>

**Breaststroke**

<b>50</b>	<b>Molly Connolly</b>	<b>:37.79</b>	<b>2012</b>
<b>100</b>	<b>Molly Connolly</b>	<b>1:25.75</b>	<b>2012</b>
<b>200</b>	<b>Molly Connolly</b>	<b>3:08.94</b>	<b>2012</b>

**Butterfly**

<b>50</b>	<b>Carol Olson</b>	<b>:30.54</b>	<b>1994</b>
<b>100</b>	<b>Carol Olson</b>	<b>1:08.87</b>	<b>1994</b>
<b>200</b>			

**Individual Medley**

<b>200</b>	<b>Carol Olson</b>	<b>2:40.06</b>	<b>1997</b>
<b>400</b>			