

Nebraska Masters State Swimming Records
Short Course Yards (SCY)
Updated December 2022

45-49 Women

Freestyle			
50	Carol Olson	:25.58	2011
100	Carol Olson	:56.89	2011
200	Carol Olson	2:06.60	2011
500	Miranda Long	6:14.32	2021
1000	Becky Mantonya	13:16.66	2021
1650	Erin Sullivan	22:40.28	2004
Backstroke			
50	Becky Mantonya	:35.16	2018
100	Miranda Long	1:14.87	2021
200	Miranda Long	2:38.65	2021
Breaststroke			
50	Miranda Long	:37.48	2021
100	Miranda Long	1:21.66	2021
200	Miranda Long	3:00.31	2022
Butterfly			
50	Carol Olson	:28.53	2011
100	Carol Olson	1:05.35	2012
200	Trish Hartigan	3:14.31	2004
Individual Medley			
100	Miranda Long	1:12.71	2021
200	Carol Olson	2:33.17	2011
400	Trish Hartigan	6:01.86	2004