

Nebraska Masters State Swimming Records
Long Course Meters (LCM)
Updated July 2023

25-29 Women

Freestyle

50	Carol Olson	:28.86	1992
100	Carol Olson	1:01.91	1992
200	Carol Olson	2:13.01	1992
400	Lindsey Kline	5:06.11	2012
800			
1500	Cathy Copeland	19:31.86	1985

Backstroke

50	Cassie Jahn	:36.53	2023
100	Amanda Gregory	1:23.19	2012
200	Jean Apker	2:53.37	1989

Breaststroke

50	Carrie Murphy	:36.41	2012
100	Carrie Murphy	1:24.12	2012
200	Carol Merryfield	3:20.14	1976

Butterfly

50	Carol Olson	:31.66	1992
100	Becky Johnson	1:20.34	2012
200			

Individual Medley

200	Lindsey Kline	2:46.71	2012
400	Cathy Copeland	5:41.76	1985