

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

**45-49 Women**

**Freestyle**

<b>50</b>	<b>Carol Olson</b>	<b>:29.03</b>	<b>2011</b>
<b>100</b>	<b>Carol Olson</b>	<b>1:05.24</b>	<b>2011</b>
<b>200</b>	<b>Carol Olson</b>	<b>2:25.66</b>	<b>2011</b>
<b>400</b>	<b>Beth Cooperrider</b>	<b>5:33.65</b>	<b>2012</b>
<b>800</b>	<b>Beth Cooperrider</b>	<b>11:23.21</b>	<b>2012</b>
<b>1500</b>			

**Backstroke**

<b>50</b>	<b>Sharill Prey-Luedtke</b>	<b>:42.05</b>	<b>2012</b>
<b>100</b>	<b>Sharill Prey-Luedtke</b>	<b>1:29.35</b>	<b>2012</b>
<b>200</b>	<b>Sharill Prey-Luedtke</b>	<b>3:10.69</b>	<b>2012</b>

**Breaststroke**

<b>50</b>	<b>Sheila Wrobel</b>	<b>:44.10</b>	<b>2012</b>
<b>100</b>	<b>Shirley King</b>	<b>1:37.81</b>	<b>1992</b>
<b>200</b>	<b>Miranda Long</b>	<b>3:32.94</b>	<b>2023</b>

**Butterfly**

<b>50</b>	<b>Carol Olson</b>	<b>:32.33</b>	<b>2011</b>
<b>100</b>	<b>Beth Cooperrider</b>	<b>1:20.67</b>	<b>2012</b>
<b>200</b>			

**Individual Medley**

<b>200</b>	<b>Sheila Wrobel</b>	<b>3:12.54</b>	<b>2011</b>
<b>400</b>			