

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

50-54 Women

Freestyle

50	Carol Olson	:28.98	2012
100	Carol Olson	1:03.31	2012
200	Carol Olson	2:24.13	2012
400	Ann Kennedy	5:21.00	2012
800	Becky Mantonya	12:00.02	2023
1500	Jane Oberg	26:21.70	1992

Backstroke

50	Sharill Prey-Luedtke	:38.12	2017
100	Sharill Prey-Luedtke	1:21.21	2018
200	Sharill Prey-Luedtke	2:55.49	2017

Breaststroke

50	Lynn Ingraham	:43.42	2012
100	Lynn Ingraham	1:35.98	2012
200	Lynn Ingraham	3:33.44	2012

Butterfly

50	Carol Olson	:31.42	2012
100	Carol Olson	1:14.35	2012
200			

Individual Medley

200	Ann Kennedy	2:44.95	2012
400	Ann Kennedy	6:14.66	2012