

Nebraska Masters State Swimming Records
Long Course Meters (LCM)
Updated July 2024

18-24 Women

Freestyle

50	Maggie Bach	:27.54	2012
100	Cait Hopkins	1:03.24	2012
200	Cait Hopkins	2:21.52	2012
400	Lauren Ketcham	5:27.31	2012
800	Emma Daniels	12:47.02	2024
1500	Kari Wehl	21:33.47	2012

Backstroke

50	Bethanie Griffin	:33.86	2012
100	Bethanie Griffin	1:15.67	2012
200	Cait Hopkins	2:52.14	2012

Breaststroke

50	Laura Thayer	:41.58	2012
100	Laura Thayer	1:32.85	2012
200	Catherine Dinkins	4:01.29	2012

Butterfly

50	Maggie Bach	:29.39	2012
100	Maggie Bach	1:04.74	2012
200	Maggie Bach	2:29.15	2012

Individual Medley

200	Kari Wehl	3:03.33	2013
400	Becky Mantonya	6:12.24	1996