

**Nebraska Masters State Swimming Records
Short Course Yards (SCY)
Updated January 2025**

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	Kimberly DelSenno	:37.00	2024
100	Kimberly DelSenno	1:21.13	2024
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	Kimberly DelSenno	1:12.47	2024
200	Carol Olson	2:33.17	2011
400	Trish Hartigan	6:01.86	2004