

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

**45-49 Women**

**Freestyle**

<b>50</b>	<b>Carol Olson</b>	<b>:25.58</b>	<b>2011</b>
<b>100</b>	<b>Carol Olson</b>	<b>:56.89</b>	<b>2011</b>
<b>200</b>	<b>Carol Olson</b>	<b>2:06.60</b>	<b>2011</b>
<b>500</b>	<b>Kimberly DelSenno</b>	<b>6:12.61</b>	<b>2025</b>
<b>1000</b>	<b>Becky Mantonya</b>	<b>13:16.66</b>	<b>2021</b>
<b>1650</b>	<b>Erin Sullivan</b>	<b>22:40.28</b>	<b>2004</b>

**Backstroke**

<b>50</b>	<b>Becky Mantonya</b>	<b>:35.16</b>	<b>2018</b>
<b>100</b>	<b>Kimberly DelSenno</b>	<b>1:13.61</b>	<b>2025</b>
<b>200</b>	<b>Miranda Long</b>	<b>2:38.65</b>	<b>2021</b>

**Breaststroke**

<b>50</b>	<b>Kimberly DelSenno</b>	<b>:37.00</b>	<b>2024</b>
<b>100</b>	<b>Kimberly DelSenno</b>	<b>1:21.13</b>	<b>2024</b>
<b>200</b>	<b>Miranda Long</b>	<b>3:00.31</b>	<b>2022</b>

**Butterfly**

<b>50</b>	<b>Carol Olson</b>	<b>:28.53</b>	<b>2011</b>
<b>100</b>	<b>Carol Olson</b>	<b>1:05.35</b>	<b>2012</b>
<b>200</b>	<b>Trish Hartigan</b>	<b>3:14.31</b>	<b>2004</b>

**Individual Medley**

<b>100</b>	<b>Kimberly DelSenno</b>	<b>1:12.47</b>	<b>2024</b>
<b>200</b>	<b>Carol Olson</b>	<b>2:33.17</b>	<b>2011</b>
<b>400</b>	<b>Kimberly DelSenno</b>	<b>5:45.05</b>	<b>2025</b>