

**Heartland Aquatics  
Team Records  
Long Course (Meters)    Last Update: 9/02/2011**

**Female**

**11-12**

Distance	Stroke	Time	Date	Record Holder(s)
50	Free	29.38	3-Aug-07	Kera Barber at 2007 LE Central Zone Rock the Blocks
100	Free	1:05.66	2-Aug-02	Erin Dolan at 2002 MW Long Course Div I Championship
200	Free	2:19.85	7-Aug-09	Alexis Altmaier at 2009 ND Central Zone Championship
400	Free	4:49.33	7-Aug-09	Alexis Altmaier at 2009 ND Central Zone Championship
800	Free	10:24.19	19-Jun-09	Alexis Altmaier at Nebraska Aquatics Summer Splash 2009
1500	Free	19:42.28	9-Jul-09	Alexis Altmaier at Wave the Wheat Meet 2009
50	Back	35.41	3-Aug-01	Sydney Unzicker at 2001 Long Course LSC Champs
100	Back	1:15.70	3-Aug-01	Sydney Unzicker at 2001 Long Course LSC Champs
200	Back	2:47.92	27-Jul-07	Meredith Wekesser at 2007 MW Div I Long Course Champ
50	Breast	40.63	20-Jul-02	Erin Dolan at Cornhusker State Games
100	Breast	1:26.57	10-Jul-10	Alexa Goldenstein at 2010 SD Snowfox Summer Invitational
200	Breast	3:05.15	30-Jul-10	Alexa Goldenstein at 2010 MW Long Course Championship
50	Fly	30.24	7-Aug-09	Alexis Altmaier at 2009 ND Central Zone Championship
100	Fly	1:09.28	7-Aug-09	Alexis Altmaier at 2009 ND Central Zone Championship
200	Fly	2:39.39	31-Jul-09	Alexis Altmaier at 2009 MW Long Course Championship
200	IM	2:35.55	7-Aug-09	Alexis Altmaier at 2009 ND Central Zone Championship
400	IM	5:35.26	31-Jul-09	Alexis Altmaier at 2009 MW Long Course Championship
200	Free Relay	2:05.52	3-Aug-01	Kristen Jarvis, Erin Dolan, Maggie Bach, Celeste Case-Ruchala
400	Free Relay	4:40.82	3-Aug-01	Celeste Case-Ruchala, Maggie Bach, Erin Dolan, Katie Davis
200	Medley Relay	2:23.33	3-Aug-01	Sydney Unzicker, Maggie Bach, Celeste Case-Ruchala, Kristen Jarvis
400	Medley Relay	5:17.64	3-Aug-01	Sydney Unzicker, Maggie Bach, Celeste Case-Ruchala, Erin Dolan

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Team Records  
Long Course (Meters)    Last Update: 9/02/2011**

**Male**

**11-12**

Distance	Stroke	Time	Date	Record Holder(s)
50	Free	29.34	22-Jun-07	Jacob Molacek at Nebraska Aquatics Summer Splash 2007
100	Free	1:03.31	27-Jul-07	Jacob Molacek at 2007 MW Div I Long Course Champ
200	Free	2:16.92	5-Jul-07	Jacob Molacek at Wave the Wheat Meet 2007
400	Free	4:45.99	5-Jul-07	Jacob Molacek at Wave the Wheat Meet 2007
800	Free	10:03.31	5-Jul-07	Jacob Molacek at Wave the Wheat Meet 2007
1500	Free	18:45.68	5-Jul-07	Jacob Molacek at Wave the Wheat Meet 2007
50	Back	33.47	8-Jun-07	Jacob Molacek at 2007 MW OWSC Summer Classic
100	Back	1:12.98	5-Jul-07	Jacob Molacek at Wave the Wheat Meet 2007
200	Back	2:36.37	15-Jun-07	Jacob Molacek at Des Moines Swimming Federation
50	Breast	36.66	3-Aug-07	Jacob Molacek at 2007 LE Central Zone Rock the Blocks
100	Breast	1:24.75	8-Jun-07	Jacob Molacek at 2007 MW OWSC Summer Classic
200	Breast	3:10.34	13-May-05	Ryan Bubb at KC Early Bird
50	Fly	32.05	5-Jul-07	Jacob Molacek at Wave the Wheat Meet 2007
100	Fly	1:12.86	5-Jul-07	Jacob Molacek at Wave the Wheat Meet 2007
200	Fly	2:49.75	29-Jul-05	Blake Frederick at 2005 MW Div I Long Course Champ
200	IM	2:34.42	22-Jun-07	Jacob Molacek at Nebraska Aquatics Summer Splash 2007
400	IM	5:31.78	27-Jul-07	Jacob Molacek at 2007 MW Div I Long Course Champ
200	Free Relay	2:08.99	2-Aug-02	Logan Samuelson, Sam Bach, Jared Froehlich, Craig Murman
400	Free Relay	4:44.81	2-Aug-02	Logan Samuelson, Jared Froehlich, Sam Bach, Craig Murman
200	Medley Relay	2:24.30	2-Aug-02	Sam Bach, Steve Ganz, Craig Murman, Logan Samuelson
400	Medley Relay	5:27.43	2-Aug-02	Sam Bach, Steve Ganz, Craig Murman, Logan Samuelson