

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

**Female**

**13-14**

Distance	Stroke	Time	Date	Record Holder(s)
50	Free	28.26	28-Jul-06	Miki Freese at 2006 MW Div I Long Course Champ
100	Free	1:03.13	3-Aug-07	Blake Balogh at 2007 LE Central Zone Rock the Blocks
200	Free	2:13.80	27-Jul-07	Brooke Balogh at 2007 MW Div I Long Course Champ
400	Free	4:39.24	30-Jul-04	Erin Dolan at 2004 MW LC Div I Championship
800	Free	9:43.06	30-Jul-04	Erin Dolan at 2004 MW LC Div I Championship
1500	Free	18:34.93	30-Jul-04	Erin Dolan at 2004 MW LC Div I Championship
100	Back	1:09.78	20-Jul-11	Alexis Altmaier at 2011 MVCSRVIII Championship
200	Back	2:28.57	5-Aug-11	Alexis Altmaier at 2011 Central Zone Champs
100	Breast	1:24.35	29-Jul-05	Brianna Nelsen at 2005 MW Div I Long Course Champ
200	Breast	3:01.68	1-Aug-03	Erin Dolan at 2003 MW LC Div I Champs
100	Fly	1:06.56	5-Aug-11	Alexis Altmaier at 2011 Central Zone Champs
200	Fly	2:27.86	18-Jul-07	Brooke Balogh at CSRVIII 2007 LC SPEEDO CHAMPIONS SERIES
200	IM	2:30.58	20-Jul-11	Alexis Altmaier at 2011 MVCSRVIII Championship
400	IM	5:15.69	27-Jul-07	Brooke Balogh at 2007 MW Div I Long Course Champ
200	Free Relay	2:00.33	1-Aug-03	Erin Dolan, Celeste Case-Ruchala, Maggie Dolezal, Maggie Bach
400	Free Relay	4:28.78	1-Aug-03	Maggie Bach, Celeste Case-Ruchala, Maggie Dolezal, Erin Dolan
800	Free Relay	10:10.16	3-Aug-01	Jenna Stroud, Amie Wolford, Jessica Phillips, Britt Samuelson
200	Medley Relay	2:18.51	1-Aug-03	Sydney Unzicker, Celeste Case-Ruchala, Maggie Bach, Erin Dolan
400	Medley Relay	5:01.01	1-Aug-03	Sydney Unzicker, Celeste Case-Ruchala, Maggie Bach, Erin Dolan

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

**Male**

**13-14**

Distance	Stroke	Time	Date	Record Holder(s)
50	Free	25.90	28-Jul-06	Jackson Carter at 2006 MW Div I Long Course Champ
100	Free	57.95	1-Aug-06	Jackson Carter at 2006 Zones
200	Free	2:08.46	28-Jul-06	Ryan Bubb at 2006 MW Div I Long Course Champ
400	Free	4:40.72	6-May-11	Alex Kuszak at 2011 OWSC Summer Classic
800	Free	9:43.73	6-Aug-10	Alex Kuszak at 2010 MW Central Zone 14&U Championships
1500	Free	18:28.97	30-Jul-10	Alex Kuszak at 2010 MW MWS Long Course Championships
100	Back	1:07.83	22-Jun-07	Andrew Nelson at Nebraska Aquatics Summer Splash 2007
200	Back	2:26.87	22-Jun-07	Andrew Nelson at Nebraska Aquatics Summer Splash 2007
100	Breast	1:17.84	29-Jul-11	Carter Lyons at 2011 MW Div I Long Course Championship
200	Breast	2:42.35	31-Jul-06	Ryan Bubb at 2006 Zones
100	Fly	1:04.16	31-Jul-06	Ryan Bubb at 2006 Zones
200	Fly	2:22.77	31-Jul-06	Ryan Bubb at 2006 Zones
200	IM	2:29.10	28-Jul-06	Ryan Bubb at 2006 MW Div I Long Course Champ
400	IM	5:12.63	28-Jul-06	Ryan Bubb at 2006 MW Div I Long Course Champ
200	Free Relay	1:52.13	28-Jul-06	Ryan Bubb, Justin Nissen, Sam Steinberger, Jackson Carter
400	Free Relay	4:11.78	28-Jul-06	Ryan Bubb, Mitch Ediger, Justin Nissen, Jackson Carter
800	Free Relay	11:27.54	3-Aug-01	Andrew Ganz, Andrew Ashby, Kyle Bachman, Denis Yashirin
200	Medley Relay	2:06.66	28-Jul-06	Andrew Nelson, Josh Karel, Ryan Bubb, Jackson Carter
400	Medley Relay	4:39.05	28-Jul-06	Andrew Nelson, Josh Karel, Ryan Bubb, Jackson Carter