

**Heartland Aquatics
Team Records
Long Course (Meters) Last Update: 8/11/2009**

Female

9-10

<u>Distance</u>	<u>Stroke</u>	<u>Time</u>	<u>Date</u>	<u>Record Holder(s)</u>
50	Free	33.00	10-Jul-08	Alexa Goldenstein at Wave the Wheat Meet 2008
100	Free	1:12.07	1-Aug-08	Alexa Goldenstein at 2008 MW Long Course Championship
200	Free	2:38.84	1-Aug-08	Alexa Goldenstein at 2008 MW Long Course Championship
400	Free	5:47.14	22-Jun-07	Alexis Altmaier at Nebraska Aquatics Summer Splash 2007
50	Back	39.13	15-Jun-07	Alexis Altmaier at Des Moines Swimming Federation
100	Back	1:22.86	15-Jun-07	Alexis Altmaier at Des Moines Swimming Federation
50	Breast	44.52	20-Jun-08	Alexa Goldenstein at 2008 NA Summer Splash
100	Breast	1:36.00	1-Aug-08	Alexa Goldenstein at 2008 MW Long Course Championship
200	Breast	3:34.57	9-Jul-05	Meredith Wekesser at 2005 MW HYAC Fun in the Sun
50	Fly	35.96	7-Aug-09	Sydney Schneider at 2009 ND Central Zone Championship
100	Fly	1:23.13	1-Aug-08	Alexa Goldenstein at 2008 MW Long Course Championship
200	Fly	3:19.74	9-Jul-05	Meredith Wekesser at 2005 MW HYAC Fun in the Sun
200	IM	2:57.95	27-Jul-07	Alexis Altmaier at 2007 MW Div I Long Course Champ
400	IM	6:43.95	9-Jul-05	Meredith Wekesser at 2005 MW HYAC Fun in the Sun
200	Free Relay	2:28.12	27-Jul-07	Alexis Altmaier, Alexa Goldenstein, Ashley Pales, Hannah Fox
200	Medley Relay	2:44.71	27-Jul-07	Sidney Schneider, Hannah Fox, Alexis Altmaier, Alexa Goldenstein

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50	Free	29.81	6-Aug-06	Jacob Molacek at Zones 2006
100	Free	1:05.10	6-Aug-06	Jacob Molacek at Zones 2006
200	Free	2:22.64	6-Aug-06	Jacob Molacek at Zones 2006
400	Free	4:58.72	7-Jul-06	Jacob Molacek at Aquahawk Invitational 2006
50	Back	34.59	6-Aug-06	Jacob Molacek at Zones 2006
100	Back	1:15.29	6-Aug-06	Jacob Molacek at Zones 2006
50	Breast	41.80	7-Jul-06	Jacob Molacek at Aquahawk Invitational 2006
100	Breast	1:30.24	28-Jul-06	Jacob Molacek at 2006 MW Div I Long Course Champ
50	Fly	32.93	28-Jul-06	Jacob Molacek at 2006 MW Div I Long Course Champ
100	Fly	1:14.59	3-Aug-07	Brennan Balogh at 2007 LE Central Zone Rock the Blocks
200	IM	2:40.03	6-Aug-06	Jacob Molacek at Zones 2006
200	Free Relay	2:29.33	27-Jul-07	Jacob Pales, Kody Barber, Tae-chon Lee, Brennan Balogh
200	Medley Relay	2:54.40	27-Jul-07	Jacob Pales, Kody Barber, Brennan Balogh, Tae-chon Lee