

**Heartland Aquatics  
Team Records  
Short Course (Yards)    Last Update: 4/10/2010**

**Female**

**11-12**

<u>Distance</u>	<u>Stroke</u>	<u>Time</u>	<u>Date</u>	<u>Record Holder(s)</u>
50	Free	26.24	9-Nov-02	Erin Dolan at HLA/CKST Smorgasbord Classic
100	Free	56.63	25-Oct-02	Erin Dolan at OWSC Fall Classic - Division 1
200	Free	2:00.48	16-Jan-10	Alexis Altmaier at MV All Stars Meet
500	Free	5:16.58	16-Jan-10	Alexis Altmaier at MV All Stars Meet
1000	Free	10:59.39	29-Jan-10	Alexis Altmaier at MW BSC Carnival Meet
1650	Free	19:13.08	31-Oct-09	Alexis Altmaier at MW LSS Spooky Splash
50	Back	29.70	23-Jan-10	Alexis Altmaier at MW MAC Mid-Winter Blast
100	Back	1:03.61	23-Jan-10	Alexis Altmaier at MW MAC Mid-Winter Blast
200	Back	2:15.57	11-Dec-09	Alexis Altmaier at MV Level 1 Championship
50	Breast	34.85	19-Mar-10	Alexa Goldenstein at MW Division 1 Championship
100	Breast	1:15.08	19-Mar-10	Alexa Goldenstein at MW Division 1 Championship
200	Breast	2:44.38	19-Mar-10	Alexa Goldenstein at MW Division 1 Championship
50	Fly	27.98	29-Jan-10	Alexis Altmaier at MW BSC Carnival Meet
100	Fly	1:00.98	11-Dec-09	Alexis Altmaier at MV Level 1 Championship
200	Fly	2:17.92	29-Jan-10	Alexis Altmaier at MW BSC Carnival Meet
100	IM	1:04.01	11-Dec-09	Alexis Altmaier at MV Level 1 Championship
200	IM	2:16.46	16-Jan-10	Alexis Altmaier at MV All Stars Meet
400	IM	4:51.61	13-Nov-09	Alexis Altmaier at MW MAC Senior 3-Session
200	Free Relay	1:49.98	12-Mar-04	Miki Freese, Brianna Nelsen, Paige Policky, Marybeth Rye
400	Free Relay	4:05.30	2006	Carly Nelson, Meredith Wekesser, Amsley Senkbeil, Emma Magsamen
200	Medley Relay	2:06.11	2007	Carly Nelson, Claire Hempel, Meredith Wekesser, Kera Barber
400	Medley Relay	4:38.76	2007	Carly Nelson, Amanda Walz, Meredith Wekesser, Kera Barber

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**Male**

**11-12**

<u>Distance</u>	<u>Stroke</u>	<u>Time</u>	<u>Date</u>	<u>Record Holder(s)</u>
50	Free	26.00	9-Mar-07	Jacob Molacek at 2007 MW Div 1 Championships
100	Free	56.68	7-Mar-08	Jacob Molacek at 2008 MW Div I Championships
200	Free	2:03.63	3-Feb-07	Jacob Molacek at Nebraska Aquatics February Freeze
500	Free	5:24.81	7-Mar-08	Jacob Molacek at 2008 MW Div I Championships
1000	Free	11:28.37	19-Oct-07	Jacob Molacek at 2007MW MOST/OWSC Swim Fest
1650	Free	18:42.42	10-Feb-08	Jacob Molacek at 2008 MW HYAC February IMX+ Meet
50	Back	29.78	9-Mar-07	Jacob Molacek at 2007 MW Div 1 Championships
100	Back	1:04.51	7-Dec-07	Jacob Molacek at Nebraska Aquatics - Winter Championships
200	Back	2:16.46	7-Mar-08	Jacob Molacek at 2008 MW Div I Championships
50	Breast	33.42	19-Jan-08	Jacob Molacek at 2008 MV Midwest All Stars
100	Breast	1:12.14	7-Mar-08	Jacob Molacek at 2008 MW Div I Championships
200	Breast	2:42.29	31-Jan-03	Sam Bach at BSC Carnival
50	Fly	28.15	9-Mar-07	Jacob Molacek at 2007 MW Div 1 Championships
100	Fly	1:04.16	9-Mar-07	Jacob Molacek at 2007 MW Div 1 Championships
200	Fly	2:22.19	18-Mar-05	Ryan Bubb at 2005 MW DI Championship
100	IM	1:03.92	7-Dec-07	Jacob Molacek at Nebraska Aquatics - Winter Championships
200	IM	2:16.00	7-Mar-08	Jacob Molacek at 2008 MW Div I Championships
400	IM	4:50.35	7-Mar-08	Jacob Molacek at 2008 MW Div I Championships
200	Free Relay	1:51.41	7-Mar-08	Jacob Molacek, Jacob Pales, Alex Kuszak, Griffin Day
400	Free Relay	4:07.08	7-Mar-08	Jacob Molacek, Jacob Pales, Griffin Day, Alex Kuszak
200	Medley Relay	2:07.98	2002	Sam Bach, Tyler Troxel, Craig Murman, Logan Samuelson
400	Medley Relay	4:36.32	7-Mar-08	Jacob Pales, Jacob Molacek, Griffin Day, Alex Kuszak