

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

Female

9-10

<u>Distance</u>	<u>Stroke</u>	<u>Time</u>	<u>Date</u>	<u>Record Holder(s)</u>
50	Free	27.72	21-Mar-03	Miki Freese at Midwestern Division 1 Champs
100	Free	1:02.97	21-Mar-03	Miki Freese at Midwestern Division 1 Champs
200	Free	2:17.26	19-Mar-10	Shelby Mullendore at MW Division 1 Champs
500	Free	6:05.08	4-Jan-08	Alexis Altmaier at 2008 MW CBSC IMX Distance Mee
1000	Free	13:34.64	14-Oct-07	Alexis Altmaier at 2007 MW BSC Intro/Triple Triple
1650	Free	22:33.57	14-Oct-07	Alexis Altmaier at 2007 MW BSC Intro/Triple Triple
50	Back	32.89	19-Mar-10	Sydney Schneider at MW Divison 1 Champs
100	Back	1:10.21	19-Mar-10	Sydney Schneider at MW Divison 1 Champs
50	Breast	39.65	9-Nov-02	Paige Policky at HLA/CKST Smorgasbord Classic
100	Breast	1:26.37	14-Oct-05	Meredith Wekesser at 2005 MW MOST/OWSC Swim Fest
200	Breast	3:05.90	28-Jan-05	Meredith Wekesser at BSC Carnival Meet
50	Fly	30.69	19-Mar-10	Sydney Schneider at MW Divison 1 Champs
100	Fly	1:09.26	23-Jan-10	Sydney Schneider at MW MAC Mid-Winter Blast
200	Fly	2:53.55	28-Jan-05	Meredith Wekesser at BSC Carnival Meet
100	IM	1:12.34	19-Jan-08	Alexis Altmaier at 2008 MV Midwest All Stars
200	IM	2:33.56	19-Mar-10	Sydney Schneider at MW Divison 1 Champs
400	IM	5:55.23	22-Jan-05	Meredith Wekesser at MAC Mid-Winter Blast
200	Free Relay	2:08.43	2005	Meredith Wekesser, Amanda Walz, Tanner Leapaltd, Carly Nelson
200	Medley Relay	2:25.20	25-Jan-08	Sidney Schneider, Ashley Pales, Alexis Altmaier, Alexa Goldenstein

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Male

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<u>Distance</u>	<u>Stroke</u>	<u>Time</u>	<u>Date</u>	<u>Record Holder(s)</u>
50	Free	26.59	21-Jan-06	Jacob Molacek at MAC Mid-Winter Blast
100	Free	57.49	10-Mar-06	Jacob Molacek at 2006 MW DI Championship
200	Free	2:06.49	10-Mar-06	Jacob Molacek at 2006 MW DI Championship
500	Free	5:37.44	28-Oct-06	Jacob Molacek at 2006 MW ACE River Races
50	Back	29.83	10-Mar-06	Jacob Molacek at 2006 MW DI Championship
100	Back	1:06.81	21-Jan-06	Jacob Molacek at MAC Mid-Winter Blast
200	Back	2:45.72	2-Dec-00	Sam Bach at Council Bluffs BB Maximum Meet
50	Breast	35.14	4-Nov-06	Jacob Molacek at 2006 MW MS November Classic
100	Breast	1:16.89	28-Oct-06	Jacob Molacek at 2006 MW ACE River Races
200	Breast	3:25.11	9-Nov-02	Ryan D. Bubb at HLA/CKST Smorgasbord Classic
50	Fly	29.26	21-Jan-06	Jacob Molacek at MAC Mid-Winter Blast
100	Fly	1:06.41	28-Oct-06	Jacob Molacek at 2006 MW ACE River Races
100	IM	1:07.00	10-Mar-06	Jacob Molacek at 2006 MW DI Championship
200	IM	2:24.55	12-Feb-06	Jacob Molacek at 2006 MW HYAC Feb Dist Mt
200	Free Relay	2:07.01	10-Mar-06	Jacob Molacek, Nick Dionisopoulos, Alex Kuszak, Jacob Pales
200	Medley Relay	2:28.75	9-Mar-07	Alex Kuszak, Jacob Pales, Brennan Balogh, Griffin Day