

Heartland Aquatics

2009 Long Course (Meters) Individual Top Times – Updated 8/21/2009

| Time | Std | Event | Date | Meet |
|------------------------|------|------------|-----------|---|
| Alexis Altmaier | | | | |
| 31.06 | AA | 50 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:07.54 | AA | 100 Free | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 2:19.85 | AAA | 200 Free | 8/7/2009 | 2009 ND Central Zone Championship Grand Forks |
| 4:49.33 | AAAA | 400 Free | 8/7/2009 | 2009 ND Central Zone Championship Grand Forks |
| 10:24.19 | AAA | 800 Free | 6/19/2009 | 2009 NA Summer Splash |
| 19:42.28 | AAA | 1500 Free | 7/9/2009 | Wave the Wheat Meet 2009 |
| 35.47 | AAA | 50 Back | 5/29/2009 | 2009 Jump Into Summer |
| 1:16.62 | AA | 100 Back | 8/7/2009 | 2009 ND Central Zone Championship Grand Forks |
| 2:49.26 | AA | 200 Back | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 43.55 | BB | 50 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:31.53 | A | 100 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 3:16.94 | A | 200 Breast | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 30.24 | AAAA | 50 Fly | 8/7/2009 | 2009 ND Central Zone Championship Grand Forks |
| 1:09.28 | AAAA | 100 Fly | 8/7/2009 | 2009 ND Central Zone Championship Grand Forks |
| 2:39.39 | AAA | 200 Fly | 7/31/2009 | 2009 MW Long Course Championship |
| 2:35.55 | AAAA | 200 IM | 8/7/2009 | 2009 ND Central Zone Championship Grand Forks |
| 5:35.26 | AAAA | 400 IM | 7/31/2009 | 2009 MW Long Course Championship |
| Jared Anderson | | | | |
| 30.16 | BB | 50 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:06.03 | BB | 100 Free | 5/1/2009 | OWSC SUMMER CLASSIC |
| 2:27.91 | BB | 200 Free | 6/19/2009 | 2009 NA Summer Splash |
| 5:06.88 | BB | 400 Free | 6/19/2009 | 2009 NA Summer Splash |
| Seth Ashby | | | | |
| 30.86 | BB | 50 Free | 5/1/2009 | OWSC SUMMER CLASSIC |
| 1:08.76 | BB | 100 Free | 6/19/2009 | 2009 NA Summer Splash |
| 2:37.40 | B | 200 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 5:35.35 | B | 400 Free | 5/1/2009 | OWSC SUMMER CLASSIC |
| 1:22.26 | B | 100 Back | 6/12/2009 | SummerSizzler 2009 |
| 3:28.77 | B | 200 Breast | 5/1/2009 | OWSC SUMMER CLASSIC |
| 1:23.47 | | 100 Fly | 6/19/2009 | 2009 NA Summer Splash |
| 2:52.91 | BB | 200 IM | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 6:13.14 | BB | 400 IM | 6/19/2009 | 2009 NA Summer Splash |
| Kailyn Bell | | | | |
| 51.63 | | 50 Free | 6/12/2009 | SummerSizzler 2009 |
| 1:57.96 | | 100 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:02.22 | | 50 Back | 6/19/2009 | 2009 NA Summer Splash |
| 2:34.40 | | 100 Back | 6/12/2009 | SummerSizzler 2009 |
| 1:17.35 | | 50 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 1:32.62 | | 50 Fly | 6/12/2009 | SummerSizzler 2009 |
| Erica Birch | | | | |
| 49.53 | | 50 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:45.79 | | 100 Free | 5/1/2009 | OWSC SUMMER CLASSIC |
| 54.03 | | 50 Back | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 2:05.73 | | 100 Back | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 57.52 | | 50 Breast | 5/1/2009 | OWSC SUMMER CLASSIC |
| 2:08.79 | | 100 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |

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|------------------------|------|------------|-----------|---|
| Bailey Brewster | | | | |
| 44.62 | | 50 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:45.90 | | 100 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 54.81 | B | 50 Back | 6/19/2009 | 2009 NA Summer Splash |
| 2:03.08 | | 100 Back | 6/19/2009 | 2009 NA Summer Splash |
| Ryan Bubb | | | | |
| 23.19 | AAAA | 50 Free | 8/10/2009 | 2009 Speedo Junior National Championships |
| 51.62 | AAAA | 100 Free | 8/10/2009 | 2009 Speedo Junior National Championships |
| 2:10.84 | A | 200 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:02.22 | AAA | 100 Back | 7/22/2009 | CSRVIII 2009 SUMMER LC CHAMPIONS SERIES |
| 1:17.72 | A | 100 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 54.93 | AAAA | 100 Fly | 8/10/2009 | 2009 Speedo Junior National Championships |
| 2:21.52 | AA | 200 IM | 6/19/2009 | 2009 NA Summer Splash |
| Skyler Clough | | | | |
| 38.01 | B | 50 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:26.54 | | 100 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 45.57 | | 50 Back | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:38.15 | B | 100 Back | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 49.77 | | 50 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:49.91 | B | 100 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| Blake Costello | | | | |
| 33.89 | BB | 50 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:19.57 | B | 100 Free | 6/19/2009 | 2009 NA Summer Splash |
| 39.59 | BB | 50 Back | 7/31/2009 | 2009 MW Long Course Championship |
| 1:30.52 | BB | 100 Back | 6/19/2009 | 2009 NA Summer Splash |
| 1:30.52 | BB | 100 Back | 7/31/2009 | 2009 MW Long Course Championship |
| 56.23 | | 50 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 41.92 | B | 50 Fly | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 3:32.75 | | 200 IM | 7/18/2009 | Cornhusker Games -Summer 2009 |
| Sam Costello | | | | |
| 31.10 | BB | 50 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:09.30 | BB | 100 Free | 6/19/2009 | 2009 NA Summer Splash |
| 2:33.90 | BB | 200 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:27.09 | | 100 Back | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:32.24 | B | 100 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 3:21.68 | B | 200 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 2:57.33 | B | 200 IM | 6/19/2009 | 2009 NA Summer Splash |
| Erin DeBoer | | | | |
| 39.29 | | 50 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:36.69 | | 100 Free | 6/19/2009 | 2009 NA Summer Splash |
| 49.45 | | 50 Back | 6/19/2009 | 2009 NA Summer Splash |
| 53.84 | | 50 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 2:01.39 | | 100 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 53.54 | | 50 Fly | 6/19/2009 | 2009 NA Summer Splash |

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|-------------------------|-----|------------|-----------|----------------------------------|
| Nicole DeBoer | | | | |
| 33.03 | BB | 50 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:11.94 | BB | 100 Free | 6/19/2009 | 2009 NA Summer Splash |
| 2:29.64 | BB | 200 Free | 6/19/2009 | 2009 NA Summer Splash |
| 2:53.39 | BB | 200 Back | 6/19/2009 | 2009 NA Summer Splash |
| 2:52.93 | BB | 200 IM | 6/19/2009 | 2009 NA Summer Splash |
| Ben Dorsey | | | | |
| 44.18 | B | 50 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:50.72 | | 100 Free | 6/19/2009 | 2009 NA Summer Splash |
| 3:53.43 | | 200 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 58.73 | | 50 Back | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 2:03.02 | | 100 Back | 6/19/2009 | 2009 NA Summer Splash |
| 1:09.59 | | 50 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| Michaela Feeney | | | | |
| 35.48 | BB | 50 Free | 7/24/2009 | Midwestern Long Course Qualifier |
| 1:26.62 | | 100 Free | 7/24/2009 | Midwestern Long Course Qualifier |
| 3:08.77 | | 200 Free | 7/24/2009 | Midwestern Long Course Qualifier |
| 45.28 | B | 50 Back | 7/24/2009 | Midwestern Long Course Qualifier |
| 1:41.33 | | 100 Back | 6/19/2009 | 2009 NA Summer Splash |
| 45.46 | BB | 50 Breast | 7/24/2009 | Midwestern Long Course Qualifier |
| 1:44.41 | B | 100 Breast | 7/24/2009 | Midwestern Long Course Qualifier |
| 46.91 | | 50 Fly | 6/19/2009 | 2009 NA Summer Splash |
| Mattea Fosbender | | | | |
| 31.47 | A | 50 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:26.76 | BB | 100 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:16.13 | BB | 100 Fly | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 2:46.16 | BB | 200 IM | 7/18/2009 | Cornhusker Games -Summer 2009 |
| Hannah Fox | | | | |
| 35.02 | BB | 50 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:12.21 | A | 100 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 2:42.58 | BB | 200 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 5:52.82 | BB | 400 Free | 6/19/2009 | 2009 NA Summer Splash |
| 44.12 | B | 50 Back | 6/19/2009 | 2009 NA Summer Splash |
| 1:32.55 | B | 100 Back | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 43.73 | BB | 50 Breast | 7/31/2009 | 2009 MW Long Course Championship |
| 1:36.66 | BB | 100 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 3:25.05 | BB | 200 Breast | 7/31/2009 | 2009 MW Long Course Championship |
| 39.18 | BB | 50 Fly | 5/1/2009 | OWSC SUMMER CLASSIC |
| 1:32.22 | B | 100 Fly | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 3:04.47 | BB | 200 IM | 7/31/2009 | 2009 MW Long Course Championship |

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|--------------------------|-----|------------|-----------|---|
| Alexa Goldenstein | | | | |
| 31.21 | AA | 50 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 1:09.83 | AA | 100 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 3:17.32 | | 200 Free | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 40.63 | BB | 50 Back | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:27.59 | BB | 100 Back | 6/19/2009 | 2009 NA Summer Splash |
| 40.69 | A | 50 Breast | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 1:29.06 | AA | 100 Breast | 8/7/2009 | 2009 ND Central Zone Championship Grand Forks |
| 3:11.30 | AA | 200 Breast | 7/31/2009 | 2009 MW Long Course Championship |
| 32.50 | AAA | 50 Fly | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 1:19.79 | A | 100 Fly | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 2:50.37 | AA | 200 IM | 7/31/2009 | 2009 MW Long Course Championship |
| 6:08.34 | A | 400 IM | 6/19/2009 | 2009 NA Summer Splash |
| Ross Goldenstein | | | | |
| 29.96 | BB | 50 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:04.83 | BB | 100 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:16.75 | A | 100 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 2:57.27 | BB | 200 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 2:42.15 | BB | 200 IM | 7/18/2009 | Cornhusker Games -Summer 2009 |
| Mark Grodnov | | | | |
| 30.63 | BB | 50 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:08.24 | BB | 100 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:23.36 | B | 100 Back | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 2:53.97 | BB | 200 Back | 6/19/2009 | 2009 NA Summer Splash |
| 1:31.29 | B | 100 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 3:14.75 | BB | 200 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 2:58.71 | B | 200 IM | 7/18/2009 | Cornhusker Games -Summer 2009 |
| Aaron Henry | | | | |
| 26.99 | A | 50 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 1:08.63 | B | 100 Free | 5/1/2009 | OWSC SUMMER CLASSIC |
| 2:03.55 | AAA | 200 Free | 7/22/2009 | CSRVIII 2009 SUMMER LC CHAMPIONS SERIES |
| 4:47.50 | BB | 400 Free | 5/1/2009 | OWSC SUMMER CLASSIC |
| 9:14.47 | AA | 800 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 17:44.34 | AA | 1500 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 1:01.39 | AAA | 100 Back | 7/22/2009 | CSRVIII 2009 SUMMER LC CHAMPIONS SERIES |
| 2:16.33 | AAA | 200 Back | 7/22/2009 | CSRVIII 2009 SUMMER LC CHAMPIONS SERIES |
| 1:25.08 | B | 100 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 1:03.06 | AA | 100 Fly | 7/31/2009 | 2009 MW Long Course Championship |
| 2:20.80 | AA | 200 IM | 7/31/2009 | 2009 MW Long Course Championship |
| 5:18.09 | A | 400 IM | 5/1/2009 | OWSC SUMMER CLASSIC |
| Hayden Holechek | | | | |
| 37.20 | B | 50 Free | 7/24/2009 | Midwestern Long Course Qualifier |
| 1:24.11 | | 100 Free | 7/24/2009 | Midwestern Long Course Qualifier |
| 3:03.61 | | 200 Free | 7/24/2009 | Midwestern Long Course Qualifier |
| 44.90 | B | 50 Back | 7/24/2009 | Midwestern Long Course Qualifier |
| 51.33 | | 50 Breast | 7/24/2009 | Midwestern Long Course Qualifier |
| 1:52.21 | | 100 Breast | 7/24/2009 | Midwestern Long Course Qualifier |
| 43.91 | | 50 Fly | 6/19/2009 | 2009 NA Summer Splash |
| 3:23.07 | B | 200 IM | 7/24/2009 | Midwestern Long Course Qualifier |

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| Time | Std | Event | Date | Meet |
|-------------------------|-----|------------|-----------|----------------------------------|
| Chelsea Horner | | | | |
| 34.18 | BB | 50 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:16.17 | B | 100 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 2:51.21 | B | 200 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:39.55 | B | 100 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 3:39.35 | | 200 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| Melanie Jacobsen | | | | |
| 35.27 | B | 50 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:17.72 | B | 100 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:44.58 | | 100 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 3:37.10 | B | 200 Breast | 5/1/2009 | OWSC SUMMER CLASSIC |
| 1:30.60 | | 100 Fly | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 3:17.60 | B | 200 IM | 5/1/2009 | OWSC SUMMER CLASSIC |
| Josh Karel | | | | |
| 29.32 | BB | 50 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:03.95 | BB | 100 Free | 6/19/2009 | 2009 NA Summer Splash |
| 2:22.57 | BB | 200 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:20.09 | B | 100 Back | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 2:50.65 | B | 200 Back | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:21.62 | BB | 100 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 2:54.71 | BB | 200 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:14.51 | B | 100 Fly | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 2:37.69 | BB | 200 IM | 6/19/2009 | 2009 NA Summer Splash |
| Conor Kearns | | | | |
| 39.34 | BB | 50 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:26.35 | BB | 100 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 42.72 | A | 50 Back | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:35.91 | BB | 100 Back | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 51.09 | BB | 50 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:52.88 | BB | 100 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 1:52.88 | BB | 100 Breast | 7/31/2009 | 2009 MW Long Course Championship |
| 45.88 | BB | 50 Fly | 6/19/2009 | 2009 NA Summer Splash |
| Bekah Laybourn | | | | |
| 1:25.08 | B | 100 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| Lexi Lucey | | | | |
| 32.50 | BB | 50 Free | 7/9/2009 | Wave the Wheat Meet 2009 |
| 1:09.86 | A | 100 Free | 6/19/2009 | 2009 NA Summer Splash |
| 2:35.13 | BB | 200 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 5:36.98 | BB | 400 Free | 6/19/2009 | 2009 NA Summer Splash |
| 11:41.42 | BB | 800 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:24.52 | AA | 100 Breast | 7/31/2009 | 2009 MW Long Course Championship |
| 3:05.35 | A | 200 Breast | 7/31/2009 | 2009 MW Long Course Championship |
| 1:22.35 | BB | 100 Fly | 6/19/2009 | 2009 NA Summer Splash |
| 2:51.55 | BB | 200 IM | 7/9/2009 | Wave the Wheat Meet 2009 |
| 6:15.22 | BB | 400 IM | 6/19/2009 | 2009 NA Summer Splash |

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|--------------------------|-----|------------|-----------|----------------------------------|
| Carter Lyons | | | | |
| 32.45 | A | 50 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 1:14.11 | BB | 100 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 2:58.78 | B | 200 Free | 6/19/2009 | 2009 NA Summer Splash |
| 38.84 | BB | 50 Back | 7/31/2009 | 2009 MW Long Course Championship |
| 1:36.54 | B | 100 Back | 6/19/2009 | 2009 NA Summer Splash |
| 43.86 | BB | 50 Breast | 5/1/2009 | OWSC SUMMER CLASSIC |
| 1:35.34 | BB | 100 Breast | 7/31/2009 | 2009 MW Long Course Championship |
| 46.53 | | 50 Fly | 6/19/2009 | 2009 NA Summer Splash |
| 3:32.54 | | 200 IM | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| Ericka Lyons | | | | |
| 35.68 | B | 50 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:19.68 | B | 100 Free | 6/19/2009 | 2009 NA Summer Splash |
| 2:57.29 | | 200 Free | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 1:41.00 | B | 100 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 3:42.12 | B | 200 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 3:39.27 | | 200 IM | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| Sara Meyer | | | | |
| 37.89 | BB | 50 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 1:29.67 | BB | 100 Free | 6/19/2009 | 2009 NA Summer Splash |
| 3:26.94 | B | 200 Free | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 52.07 | B | 50 Back | 6/19/2009 | 2009 NA Summer Splash |
| 1:51.77 | B | 100 Back | 6/19/2009 | 2009 NA Summer Splash |
| 58.01 | B | 50 Breast | 7/31/2009 | 2009 MW Long Course Championship |
| 2:05.38 | B | 100 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 52.98 | B | 50 Fly | 6/19/2009 | 2009 NA Summer Splash |
| 4:00.00 | B | 200 IM | 7/24/2009 | Midwestern Long Course Qualifier |
| Jenni Moon | | | | |
| 35.33 | B | 50 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:20.38 | B | 100 Free | 6/19/2009 | 2009 NA Summer Splash |
| 2:54.53 | B | 200 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:42.95 | B | 100 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 1:29.17 | B | 100 Fly | 6/19/2009 | 2009 NA Summer Splash |
| 3:12.41 | B | 200 IM | 6/19/2009 | 2009 NA Summer Splash |
| Shelby Mullendore | | | | |
| 35.09 | A | 50 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 1:17.69 | AA | 100 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 2:50.00 | AA | 200 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 40.95 | AA | 50 Back | 6/19/2009 | 2009 NA Summer Splash |
| 1:28.08 | AA | 100 Back | 7/31/2009 | 2009 MW Long Course Championship |
| 53.49 | BB | 50 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 2:03.86 | B | 100 Breast | 6/12/2009 | SummerSizzler 2009 |
| 39.75 | AA | 50 Fly | 7/31/2009 | 2009 MW Long Course Championship |
| 1:34.80 | A | 100 Fly | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 3:17.56 | A | 200 IM | 7/31/2009 | 2009 MW Long Course Championship |

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|----------------------|-----|------------|-----------|---|
| Andrew Nelson | | | | |
| 26.02 | AA | 50 Free | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 55.82 | AAA | 100 Free | 7/22/2009 | CSRVIII 2009 SUMMER LC CHAMPIONS SERIES |
| 2:01.75 | AAA | 200 Free | 7/22/2009 | CSRVIII 2009 SUMMER LC CHAMPIONS SERIES |
| 4:22.29 | AAA | 400 Free | 7/22/2009 | CSRVIII 2009 SUMMER LC CHAMPIONS SERIES |
| 9:26.79 | AA | 800 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:05.67 | AA | 100 Back | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 2:20.02 | AA | 200 Back | 7/22/2009 | CSRVIII 2009 SUMMER LC CHAMPIONS SERIES |
| 1:04.74 | A | 100 Fly | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 2:23.86 | AA | 200 IM | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| Brooke Nelson | | | | |
| 38.64 | B | 50 Free | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 1:29.71 | | 100 Free | 5/1/2009 | OWSC SUMMER CLASSIC |
| 3:15.30 | | 200 Free | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 50.77 | | 50 Back | 5/1/2009 | OWSC SUMMER CLASSIC |
| 52.93 | | 50 Breast | 5/1/2009 | OWSC SUMMER CLASSIC |
| 1:50.82 | | 100 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 44.41 | | 50 Fly | 6/19/2009 | 2009 NA Summer Splash |
| Sophia Nelson | | | | |
| 32.49 | A | 50 Free | 7/9/2009 | Wave the Wheat Meet 2009 |
| 1:11.04 | BB | 100 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 2:34.14 | BB | 200 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 5:21.89 | BB | 400 Free | 6/19/2009 | 2009 NA Summer Splash |
| 11:12.14 | BB | 800 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:25.83 | B | 100 Back | 6/12/2009 | SummerSizzler 2009 |
| 3:04.04 | B | 200 Back | 6/12/2009 | SummerSizzler 2009 |
| 1:32.56 | BB | 100 Breast | 6/12/2009 | SummerSizzler 2009 |
| 3:11.11 | A | 200 Breast | 7/31/2009 | 2009 MW Long Course Championship |
| 1:17.32 | BB | 100 Fly | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 2:55.50 | BB | 200 Fly | 7/9/2009 | Wave the Wheat Meet 2009 |
| 2:49.77 | A | 200 IM | 7/31/2009 | 2009 MW Long Course Championship |
| 6:06.14 | BB | 400 IM | 6/12/2009 | SummerSizzler 2009 |
| Rachel Nissen | | | | |
| 32.98 | BB | 50 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:10.83 | BB | 100 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 2:32.00 | BB | 200 Free | 6/19/2009 | 2009 NA Summer Splash |
| 5:30.43 | BB | 400 Free | 6/19/2009 | 2009 NA Summer Splash |
| 11:17.22 | BB | 800 Free | 6/19/2009 | 2009 NA Summer Splash |
| 21:53.38 | BB | 1500 Free | 5/1/2009 | OWSC SUMMER CLASSIC |
| 1:26.99 | B | 100 Back | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 3:03.25 | B | 200 Back | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 3:41.63 | B | 200 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 2:59.74 | BB | 200 IM | 6/19/2009 | 2009 NA Summer Splash |
| 6:28.68 | BB | 400 IM | 6/19/2009 | 2009 NA Summer Splash |
| Elsa Parr | | | | |
| 5:44.22 | B | 400 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:44.07 | | 100 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 3:13.33 | B | 200 IM | 6/19/2009 | 2009 NA Summer Splash |

Heartland Aquatics

2009 Long Course (Meters) Individual Top Times – Updated 8/21/2009

| Time | Std | Event | Date | Meet |
|-------------------------|-----|------------|-----------|---|
| Zachary Rathjen | | | | |
| 30.74 | BB | 50 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:09.61 | B | 100 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 2:30.37 | B | 200 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 5:14.53 | B | 400 Free | 6/19/2009 | 2009 NA Summer Splash |
| 10:32.04 | BB | 800 Free | 6/19/2009 | 2009 NA Summer Splash |
| 20:04.34 | BB | 1500 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 1:24.40 | | 100 Back | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 2:51.13 | B | 200 Back | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:34.76 | | 100 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 3:24.18 | | 200 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 2:59.71 | B | 200 IM | 6/19/2009 | 2009 NA Summer Splash |
| Austin Schneider | | | | |
| 46.04 | BB | 50 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:47.31 | BB | 100 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 53.62 | A | 50 Back | 7/31/2009 | 2009 MW Long Course Championship |
| 1:04.33 | BB | 50 Breast | 7/31/2009 | 2009 MW Long Course Championship |
| Sydney Schneider | | | | |
| 35.08 | A | 50 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:16.35 | AA | 100 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 40.63 | AA | 50 Back | 7/31/2009 | 2009 MW Long Course Championship |
| 1:25.53 | AAA | 100 Back | 7/31/2009 | 2009 MW Long Course Championship |
| 48.78 | BB | 50 Breast | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:47.72 | BB | 100 Breast | 5/1/2009 | OWSC SUMMER CLASSIC |
| 35.96 | AAA | 50 Fly | 8/7/2009 | 2009 ND Central Zone Championship Grand Forks |
| 1:23.52 | AAA | 100 Fly | 5/1/2009 | OWSC SUMMER CLASSIC |
| 3:07.72 | AA | 200 IM | 6/12/2009 | SummerSizzler 2009 |
| Keegan Schuchart | | | | |
| 38.23 | BB | 50 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:27.90 | BB | 100 Free | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 3:10.03 | BB | 200 Free | 6/12/2009 | SummerSizzler 2009 |
| 46.94 | BB | 50 Back | 7/31/2009 | 2009 MW Long Course Championship |
| 1:41.78 | BB | 100 Back | 7/18/2009 | Cornhusker Games -Summer 2009 |
| 1:06.53 | | 50 Breast | 6/12/2009 | SummerSizzler 2009 |
| 59.64 | | 50 Fly | 6/12/2009 | SummerSizzler 2009 |
| 4:06.72 | B | 200 IM | 7/18/2009 | Cornhusker Games -Summer 2009 |
| Meghan Senne | | | | |
| 31.66 | A | 50 Free | 7/24/2009 | Midwestern Long Course Qualifier |
| 1:08.85 | BB | 100 Free | 7/24/2009 | Midwestern Long Course Qualifier |
| 2:31.37 | BB | 200 Free | 7/24/2009 | Midwestern Long Course Qualifier |
| 5:17.90 | BB | 400 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 1:35.80 | B | 100 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 3:02.75 | B | 200 IM | 7/18/2009 | Cornhusker Games -Summer 2009 |

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2009 Long Course (Meters) Individual Top Times – Updated 8/21/2009

| Time | Std | Event | Date | Meet |
|----------------------|-----|------------|-----------|----------------------------------|
| Maddy Shipman | | | | |
| 33.45 | BB | 50 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:15.52 | BB | 100 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:29.27 | B | 100 Back | 6/19/2009 | 2009 NA Summer Splash |
| 1:33.87 | BB | 100 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 3:35.72 | B | 200 Breast | 7/31/2009 | 2009 MW Long Course Championship |
| 1:23.20 | B | 100 Fly | 6/19/2009 | 2009 NA Summer Splash |
| 2:58.89 | BB | 200 IM | 7/24/2009 | Midwestern Long Course Qualifier |
| 6:31.08 | BB | 400 IM | 6/19/2009 | 2009 NA Summer Splash |
| Kenzi Suey | | | | |
| 1:13.57 | | 50 Free | 6/19/2009 | 2009 NA Summer Splash |
| 2:19.01 | | 100 Free | 5/1/2009 | OWSC SUMMER CLASSIC |
| 1:12.46 | | 50 Back | 6/19/2009 | 2009 NA Summer Splash |
| 1:12.42 | | 50 Breast | 6/19/2009 | 2009 NA Summer Splash |
| Allie Vanek | | | | |
| 41.61 | | 50 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:36.09 | | 100 Free | 6/19/2009 | 2009 NA Summer Splash |
| 3:32.29 | | 200 Free | 5/1/2009 | OWSC SUMMER CLASSIC |
| 48.19 | | 50 Back | 7/24/2009 | Midwestern Long Course Qualifier |
| 1:47.66 | | 100 Back | 7/24/2009 | Midwestern Long Course Qualifier |
| 55.69 | | 50 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 2:02.50 | | 100 Breast | 5/1/2009 | OWSC SUMMER CLASSIC |
| 45.54 | | 50 Fly | 6/19/2009 | 2009 NA Summer Splash |
| 3:42.68 | | 200 IM | 6/19/2009 | 2009 NA Summer Splash |
| Clara Walstad | | | | |
| 41.98 | B | 50 Free | 7/24/2009 | Midwestern Long Course Qualifier |
| 1:39.68 | B | 100 Free | 7/24/2009 | Midwestern Long Course Qualifier |
| 51.78 | B | 50 Back | 7/24/2009 | Midwestern Long Course Qualifier |
| 1:58.33 | B | 100 Back | 6/19/2009 | 2009 NA Summer Splash |
| 56.86 | B | 50 Breast | 7/24/2009 | Midwestern Long Course Qualifier |
| 2:09.38 | B | 100 Breast | 7/24/2009 | Midwestern Long Course Qualifier |
| 51.76 | B | 50 Fly | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| Ellie Walstad | | | | |
| 34.34 | BB | 50 Free | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 40.93 | BB | 50 Back | 7/24/2009 | Midwestern Long Course Qualifier |
| 1:35.27 | B | 100 Back | 7/24/2009 | Midwestern Long Course Qualifier |
| 43.94 | BB | 50 Breast | 7/24/2009 | Midwestern Long Course Qualifier |
| 1:39.85 | BB | 100 Breast | 7/31/2009 | 2009 MW Long Course Championship |
| 3:42.70 | B | 200 Breast | 7/31/2009 | 2009 MW Long Course Championship |
| 37.18 | BB | 50 Fly | 7/24/2009 | Midwestern Long Course Qualifier |
| 1:35.22 | B | 100 Fly | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 3:16.08 | B | 200 IM | 7/24/2009 | Midwestern Long Course Qualifier |

Heartland Aquatics

2009 Long Course (Meters) Individual Top Times – Updated 8/21/2009

| Time | Std | Event | Date | Meet |
|-----------------------------|-----|------------|-----------|---|
| Elizabeth Weinmaster | | | | |
| 36.40 | B | 50 Free | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 1:21.46 | B | 100 Free | 6/19/2009 | 2009 NA Summer Splash |
| 2:54.54 | B | 200 Free | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 46.01 | | 50 Back | 7/24/2009 | Midwestern Long Course Qualifier |
| 1:42.88 | | 100 Back | 6/19/2009 | 2009 NA Summer Splash |
| 46.74 | B | 50 Breast | 6/19/2009 | 2009 NA Summer Splash |
| 1:39.48 | BB | 100 Breast | 7/31/2009 | 2009 MW Long Course Championship |
| 42.15 | B | 50 Fly | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| Hannah Weinmaster | | | | |
| 35.46 | B | 50 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:15.74 | BB | 100 Free | 6/19/2009 | 2009 NA Summer Splash |
| 2:47.88 | B | 200 Free | 5/1/2009 | OWSC SUMMER CLASSIC |
| 5:38.37 | BB | 400 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:29.54 | BB | 100 Breast | 7/31/2009 | 2009 MW Long Course Championship |
| 3:16.88 | BB | 200 Breast | 7/31/2009 | 2009 MW Long Course Championship |
| 3:04.28 | BB | 200 IM | 6/19/2009 | 2009 NA Summer Splash |
| Emily Whipple | | | | |
| 43.22 | | 50 Free | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 1:37.63 | | 100 Free | 7/24/2009 | Midwestern Long Course Qualifier |
| 3:35.24 | | 200 Free | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 49.47 | | 50 Back | 6/19/2009 | 2009 NA Summer Splash |
| 1:52.80 | | 100 Back | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| 1:14.79 | | 50 Breast | 6/12/2009 | SummerSizzler 2009 |
| 1:00.26 | | 50 Fly | 7/11/2009 | 2009 MW HYAC Fun in the Sun |
| Dylan Woldt | | | | |
| 2:08.43 | AA | 200 Free | 7/31/2009 | 2009 MW Long Course Championship |
| 4:50.24 | BB | 400 Free | 6/19/2009 | 2009 NA Summer Splash |
| 10:04.99 | BB | 800 Free | 6/19/2009 | 2009 NA Summer Splash |
| 1:17.27 | A | 100 Breast | 7/31/2009 | 2009 MW Long Course Championship |
| 2:42.99 | AA | 200 Breast | 7/22/2009 | CSRVIII 2009 SUMMER LC CHAMPIONS SERIES |
| 1:01.87 | AA | 100 Fly | 7/22/2009 | CSRVIII 2009 SUMMER LC CHAMPIONS SERIES |
| 2:23.51 | A | 200 Fly | 7/31/2009 | 2009 MW Long Course Championship |
| 2:24.05 | AA | 200 IM | 7/22/2009 | CSRVIII 2009 SUMMER LC CHAMPIONS SERIES |
| 5:09.02 | A | 400 IM | 7/31/2009 | 2009 MW Long Course Championship |