



SouthWest Aquatic Team Records



10 & Under LCM Female

EVENT	RECORD HOLDER			1st RUNNER UP			2nd RUNNER UP		
50 Free	30.98	Ashlyn Schoof	2009	31.16	Lauren Stigler	2009	32.20	Carolyn Jungers	2008
100 Free	1:07.42	Ashlyn Schoof	2009	1:10.74	Lauren Stigler	2009	1:11.02	Carolyn Jungers	2008
200 Free	2:27.84	Ashlyn Schoof	2009	2:31.03	Lauren Stigler	2009	2:39.00	Brittany Walsh	2002
500 Free	5:25.16	Lauren Stigler	2009	5:30.66	Ellie Szczupakiewicz	2009	5:38.02	Katrina Konopka	2007
50 Back	35.04	Ashlyn Schoof	2009	36.49	Monica Vargas	2002	36.67	Kate Schubert	2003
100 Back	1:16.97	Ashlyn Schoof	2009	1:19.13	Monica Vargas	2002	1:21.96	Lauren Stigler	2009
50 Breast	37.89	Lauren Stigler	2009	40.44	Carolyn Jungers	2008	42.01	Jamie Larsen	1999
100 Breast	1:25.69	Lauren Stigler	2009	1:29.26	Carolyn Jungers	2008	1:32.95	Morgan Briggs	2002
50 Fly	34.26	Ashlyn Schoof	2009	35.17	Emma Szczupakiewicz	2004	35.59	Jenna Lennertz	1999
100 Fly	1:19.27	Ashlyn Schoof	2009	1:23.39	Tristan Fortier	2005	1:23.47	Jenna Lennertz	1999
200 IM	2:48.93	Lauren Stigler	2009	2:52.46	Ashlyn Schoof	2009	2:53.31	Carolyn Jungers	2008
200 Free Relay	2:07.69	Lauren Konopka Ellie Szczupakiewicz Ashlyn Schoof Lauren Stigler	2009	2:14.42	Ashlyn Schoof Carolyn Jungers Lauren Stigler Lauren Konopka	2008	2:17.36	Leanne Stigler Lilly Larson Cassie Ketterling Kelly McElvain	2010
200 Medley Relay	2:23.25	Ashlyn Schoof Lauren Stigler Ellie Szczupakiewicz Lauren Konopka	2009	2:28.22	Natalie Konopka Lauren Stigler Ellie Szczupakiewicz Lauren Konopka	2009	2:31.95	Ashlyn Schoof Carolyn Jungers Lauren Stigler Ellie Szczupakiewicz	2008

*****STATE RECORD*****

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SouthWest Aquatic Team Records



11 & 12 LCM Female

EVENT	RECORD HOLDER			1st RUNNER UP			2nd RUNNER UP		
50 Free	28.07	Katrina Konopka	2009	28.55	Carolyn Jungers	2010	29.18	Kate Schubert	2005
100 Free	1:02.25	Katrina Konopka	2009	1:02.49	Carolyn Jungers	2010	1:04.03	Jenna Lennertz	2002
200 Free	2:23.20	Jessica Wolf	2006	2:23.76	Brittany Walsh	2004	2:25.66	Jenna Lennertz	2002
400 Free	4:57.78	Jessica Wolf	2006	5:00.26	Brittany Walsh	2004	5:00.35	Ashlyn Schoof	2010
800 Free	10:15.48	Brittany Walsh	2004	10:19.71	Jessica Wolf	2006	10:35.44	Ellie Szczupakiewicz	2010
50 Back	33.59	Ashlyn Schoof	2010	33.61	Emma Szczupakiewicz	2006	33.64	Kate Schubert	2005
100 Back	1:12.23	Ashlyn Schoof	2010	1:13.10	Gretchen Herrema	2000	1:13.60	Emma Szczupakiewicz	2006
200 Back	2:36.94	Ashlyn Schoof	2010	2:39.12	Monica Vargas	2003	2:42.90	Emma Szczupakiewicz	2006
50 Breast	34.96	Carolyn Jungers	2010	35.68	Lauren Stigler	2010	37.51	Jamie Larsen	2001
100 Breast	1:16.75	Carolyn Jungers	2010	1:20.30	Lauren Stigler	2010	1:23.64	Jamie Larsen	2001
200 Breast	2:49.58	Lauren Stigler	2010	2:50.02	Carolyn Jungers	2010	3:06.35	Morgan Briggs	2003
50 Fly	30.75	Jenna Lennertz	2002	31.08	Katrina Konopka	2009	31.30	Carolyn Jungers	2010
100 Fly	1:09.43	Jenna Lennertz	2002	1:09.72	Emma Szczupakiewicz	2006	1:10.26	Katrina Konopka	2009
200 Fly	2:39.05	Emma Szczupakiewicz	2006	2:40.29	Jessica Wolf	2006	2:40.36	Brittany Bergersen	2002
200 IM	2:34.12	Carolyn Jungers	2010	2:36.80	Katrina Konopka	2009	2:37.18	Lauren Stigler	2010
400 IM	5:38.25	Lauren Stigler	2010	5:39.32	Monica Vargas	2003	5:40.22	Katrina Konopka	2009
200 Free Relay	1:58.29	Ashlyn Schoof Lauren Stigler Sara Biro Carolyn Jungers	2010	2:01.10	Sarah Arteaga Julia Mikota Michelle Beiermeister Megan Liebl	2007	2:01.24	Jessica Wolf Samantha Wesel Stephanie Delapena Emma Szczupakiewicz	2006
400 Free Relay	4:23.09	Ellie Szczupakiewicz Ashlyn Schoof Lauren Stigler Carolyn Jungers	2010	4:29.88	Jessica Wolf Samantha Wesel Stephanie Delapena Emma Szczupakiewicz	2006	4:35.05	Monica Vargas Brittany Bergersen Caitlin Pardi Jenna Lennertz	2002
200 Medley Relay	2:10.47	Ashlyn Schoof Lauren Stigler Carolyn Jungers Sara Biro	2010	2:15.39	Katie Taylor Carolyn Jungers Katrina Konopka Kelly Howell	2009	2:16.40	Brittany Bergersen Lisa Klancnik Jenna Lennertz Caitlin Pardi	2002
400 Medley Relay	4:52.37	Ashlyn Schoof Lauren Stigler Carolyn Jungers Sara Biro	2010	5:06.62	Julia Mikota Sarah Arteaga Michelle Beiermeister Megan Liebl	2007	5:08.37	Samantha Wesel Jessica Wolf Emma Szczupakiewicz Stephanie Delapena	2006

*****STATE RECORD*****

*****Recent Changes*****



SouthWest Aquatic Team Records



13 & 14 LCM Female

EVENT	RECORD HOLDER			1st RUNNER UP			2nd RUNNER UP		
50 Free	27.55	Jenna Lennertz	2003	28.55	Emma Szczupakiewicz	2008	28.67	Emmy Haeger	1999
100 Free	1:00.70	Jenna Lennertz	2004	1:01.44	Emma Szczupakiewicz	2008	1:02.46	Emmy Haeger	1999
200 Free	2:13.22	Emma Szczupakiewicz	2008	2:16.45	Brittany Walsh	2005	2:19.99	Morgan Briggs	2006
400 Free	4:42.94	Brittany Walsh	2006	4:55.16	Emma Szczupakiewicz	2008	4:57.40	Grace Paquelet	2007
800 Free	9:42.16	Brittany Walsh	2006	10:15.76	Grace Paquelet	2007	10:24.48	Claire Borland	2007
1500 Free	18:19.69	Brittany Walsh	2005	19:19.20	Emma Szczupakiewicz	2009	19:25.74	Grace Paquelet	2007
100 Back	1:08.18	Emma Szczupakiewicz	2008	1:10.30	Monica Vargas	2005	1:10.58	Megan Liebl	2009
200 Back	2:25.19	Emma Szczupakiewicz	2008	2:31.56	Megan Liebl	2009	2:31.71	Monica Vargas	2005
100 Breast	1:17.61	Emmy Haeger	1999	1:18.11	Liz Bishop	2005	1:19.80	Jamie Larsen	2003
200 Breast	2:52.03	Liz Bishop	2006	2:53.42	Brittany Walsh	2006	2:54.64	Megan Carlson	1998
100 Fly	1:04.88	Jenna Lennertz	2004	1:06.51	Emma Szczupakiewicz	2008	1:08.52	Esmeralda Perez	2009
200 Fly	2:34.87	Caitlin Budnik	2004	2:34.98	Hope Borland	2008	2:37.05	Emma Szczupakiewicz	2007
200 IM	2:32.53	Jenna Lennertz	2004	2:35.12	Emma Szczupakiewicz	2008	2:35.31	Brittany Walsh	2006
400 IM	5:26.72	Jenna Lennertz	2004	5:27.92	Brittany Walsh	2006	5:31.46	Emma Szczupakiewicz	2008
200 Free Relay	1:55.37	Caitlin Pardi Jamie Larsen Brooke Sawyer Jenna Lennertz	2003	1:57.23	Carly Wilson Caitlin Pardi Lisa Klancnik Jenna Lennertz	2004	1:58.27	Sarah Holton Kate Riebe Gretchen Herrema Selena Schltz	2001
400 Free Relay	4:20.15	Emma Szczupakiewicz Claire Borland Samantha Wesel Megan Liebl	2008	4:20.80	Jamie Larsen Brooke Sawyer Caitlin Pardi Jenna Lennertz	2003	4:21.12	Lisa Klancnik Monica Vargas Caitlin Pardi Jenna Lennertz	2004
800 Free Relay	9:26.74	Brittany Walsh Morgan Briggs Caitlin Budnik Monica Vargas	2005	9:29.33	Grace Paquelet Claire Borland Stephanie Delapena Emma Szczupakiewicz	2007	9:35.56	Jenna Lennertz Caitlin Pardi Lisa Klancnik Monica Vargas	2004
200 Medley Relay	2:09.05	Brooke Sawyer Jamie Larsen Brittany Bergersen Jenna Lennertz	2003	2:11.42	Monica Vargas Lisa Klancnik Jenna Lennertz Caitlin Pardi	2004	2:11.84	Emma Szczupakiewicz Sarah Arteaga Samantha Wesel Megan Liebl	2008
400 Medley Relay	4:46.70	Monica Vargas Liz Bishop Caitlin Budnik Morgan Briggs	2005	4:47.29	Brooke Sawyer Jamie Larsen Brittany Bergersen Jenna Lennertz	2003	4:52.68	Emma Szczupakiewicz Sarah Arteaga Hope Borland Megan Liebl	2008

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*****Recent Changes*****



SouthWest Aquatic Team Records



15 & 16 LCM Female

EVENT	RECORD HOLDER			1st RUNNER UP			2nd RUNNER UP		
50 Free	27.99	Jenna Lennertz	2006	28.06	Emma Szczupakiewicz	2009	28.11	Katie Haeger	1999
100 Free	59.00	Samantha Pochowski	2010	1:00.56	Emma Szczupakiewicz	2009	1:01.64	Jenna Lennertz	2006
200 Free	2:08.23	Samantha Pochowski	2010	2:09.60	Emma Szczupakiewicz	2010	2:09.67	Brittany Walsh	2008
400 Free	4:29.35	Brittany Walsh	2008	4:40.43	Emma Szczupakiewicz	2010	4:43.20	Samantha Pochowski	2010
800 Free	9:18.21	Brittany Walsh	2008	9:38.72	Becky Schaafsman	2005	9:44.28	Emma Szczupakiewicz	2010
1500 Free	17:40.52	Brittany Walsh	2008	18:57.85	Sara Quinn	1997	19:01.39	Emma Szczupakiewicz	2010
100 Back	1:05.91	Emma Szczupakiewicz	2010	1:06.70	Nicole Wex	2004	1:07.12	Jenna Lennertz	2006
200 Back	2:19.55	Emma Szczupakiewicz	2010	2:26.40	Jenna Lennertz	2006	2:33.47	Brooke Sawyer	2005
100 Breast	1:14.41	Samantha Pochowski	2010	1:15.17	Liz Bishop	2007	1:16.53	Katie Haeger	1999
200 Breast	2:44.15	Samantha Pochowski	2010	2:44.32	Liz Bishop	2007	2:51.64	Megan Carlson	2000
100 Fly	1:04.75	Emma Szczupakiewicz	2009	1:06.52	Jenna Lennertz	2006	1:06.67	Sarah Ciganek	1999
200 Fly	2:25.87	Emma Szczupakiewicz	2010	2:28.88	Hope Borland	2009	2:29.90	Brittany Walsh	2008
200 IM	1:05.91	Emma Szczupakiewicz	2010	2:26.72	Samantha Pochowski	2010	2:32.54	Jenna Lennertz	2006
400 IM	5:08.63	Brittany Walsh	2008	5:18.48	Emma Szczupakiewicz	2010	5:23.56	Samantha Pochowski	2010

STATE RECORD

Recent Changes

17 & 18 LCM Female

EVENT	RECORD HOLDER			1st RUNNER UP			2nd RUNNER UP		
50 Free	27.08	Jenna Lennertz	2008	27.11	Katie Haeger Andrea Boritzke	2001 2005	27.38	Brianna Chu	2008
100 Free	58.08	Jenna Lennertz	2008	58.12	Andrea Boritzke	2005	1:01.02	Brianna Chu	2008
200 Free	2:05.94	Andrea Boritzke	2005	2:09.67	Brittany Walsh	2008	2:16.05	Brianna Chu	2009
400 Free	4:23.87	Brittany Walsh	2009	4:33.58	Andrea Boritzke	2005	4:46.76	Rachel Howard	2009
800 Free	8:58.21	Brittany Walsh	2009	9:57.86	Sarah Ciganek	2001	9:59.32	Rachel Howard	2010
1500 Free	17:18.15	Brittany Walsh	2009	19:25.29	Rachel Howard	2010	20:42.31	Andrea Boritzke	2005
100 Back	1:04.71	Andrea Boritzke	2005	1:05.90	Jenna Lennertz	2008	1:07.88	Brianna Chu	2008
200 Back	2:20.86	Andrea Boritzke	2005	2:26.37	Brianna Chu	2008	2:26.81	Nicole Wex	2005
100 Breast	1:15.69	Katie Haeger	2001	1:15.83	Liz Bishop	2009	1:16.18	Andrea Boritzke	2005
200 Breast	2:44.99	Liz Bishop	2009	2:48.39	Katie Haeger	2001	2:51.11	Megan Carlson	2001
100 Fly	1:02.53	Jenna Lennertz	2009	1:04.12	Brooke Sawyer	2009	1:04.47	Erin Reichert	1999
200 Fly	2:27.46	Sarah Ciganek	2001	2:28.91	Andrea Boritzke	2005	2:29.47	Erin Reichert	1999
200 IM	2:21.54	Andrea Boritzke	2005	2:28.24	Katie Haeger	2001	2:28.92	Brianna Chu	2008
400 IM	5:08.38	Andrea Boritzke	2005	5:09.03	Brittany Walsh	2009	5:20.47	Brianna Chu	2008

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Recent Changes



SouthWest Aquatic Team Records



Senior LCM Female

EVENT	RECORD HOLDER			1st RUNNER UP			2nd RUNNER UP		
50 Free	26.66	Katie Haeger	2003	26.68	Jenna Lennertz	2009	27.11	Andrea Boritzke	2005
100 Free	58.08	Jenna Lennertz	2008	58.12	Andrea Boritzke	2005	59.55	Katie Haeger	2002
200 Free	2:05.94	Andrea Boritzke	2005	2:09.67	Brittany Walsh	2008	2:14.15	Michelle Schmerbauch	2000
400 Free	4:27.47	Brittany Walsh	2009	4:33.58	Andrea Boritzke	2006	4:46.76	Rachel Howard	2009
800 Free	9:10.34	Brittany Walsh	2009	9:38.72	Becky Schaafsman	2005	9:50.41	Sara Quinn	1997
1500 Free	17:18.15	Brittany Walsh	2009	18:57.85	Sara Quinn	1997	19:27.08	Grace Paquelet	2008
100 Back	1:04.71	Andrea Boritzke	2005	1:05.90	Jenna Lennertz	2008	1:05.91	Emma Szczupakiewicz	2009
200 Back	2:19.82	Emma Szczupakiewicz	2009	2:20.86	Andrea Boritzke	2006	2:26.37	Brianna Chu	2008
100 Breast	1:15.07	Katie Haeger	2003	1:15.17	Liz Bishop	2007	1:16.18	Andrea Boritzke	2005
200 Breast	2:44.32	Liz Bishop	2007	2:45.68	Katie Haeger	2003	2:51.11	Meagan Carlson	2001
100 Fly	1:02.08	Jenna Lennertz	2009	1:04.12	Brooke Sawyer	2009	1:04.47	Erin Reichert	1999
200 Fly	2:26.01	Emma Szczupakiewicz	2009	2:28.88	Hope Borland	2009	2:28.91	Andrea Boritzke	2005
200 IM	2:21.54	Andrea Boritzke	2005	2:28.24	Katie Haeger	2001	2:28.92	Brianna Chu	2008
400 IM	5:08.38	Andrea Boritzke	2005	5:08.63	Brittany Walsh	2008	5:20.47	Brianna Chu	2008
200 Free Relay	1:49.76	Katie Haeger Jenna Lennertz Selena Schultz Emmy Haeger	2003	1:50.18	Jenna Lennertz Brooke Sawyer Emma Szczupakiewicz Brianna Chu	2009	1:50.94	Katie Haeger Megan Carlson Michelle Schmerbauch Emmy Haeger	2001
400 Free Relay	4:00.71	Emma Szczupakiewicz Brooke Sawyer Brianna Chu Jenna Lennertz	2009	4:03.27	Emma Szczupakiewicz Brianna Chu Brittany Walsh Jenna Lennertz	2009	4:03.91	Brianna Chu Brooke Sawyer Brittany Walsh Jenna Lennertz	2008
800 Free Relay	8:50.75	Brittany Walsh Sawyer Brooke Brianna Chu Jenna Lennertz	2008	8:55.91	Samantha Pochowski Emma Szczupakiewicz Rachel Howard Esmeralda Perez	2010	9:19.03	Michelle Schmerbauch Jenny Behr Julia Herman Sarah Ciganek	2000
200 Medley Relay	2:00.22	Kate Riebe Katie Haeger Jenna Lennertz Emmy Haeger	2004	2:00.79	Katie Riebe Emmy Haeger Jenna Lennertz Katie Haeger	2003	2:03.19	Brooke Sawyer Liz Bishop Jenna Lennertz Brianna Chu	2008
400 Medley Relay	4:23.41	Emma Szczupakiewicz Liz Bishop Brooke Sawyer Jenna Lennertz	2009	4:31.59	Brooke Sawyer Brittany Walsh Jenna Lennertz Brianna Chu	2008	4:31.59	Brooke Sawyer Brittany Walsh Jenna Lennertz Brianna Chu	2008

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