

**ARIZONA MASTERS SWIMMING**  
**25 METER SHORT COURSE STATE RECORDS**  
 Updated February 28, 2008

			18-24				
WOMEN						MEN	
C. Hedenskog	2003	26.51	50 FR	N. Brunelli	2005	21.38	
C. Hedenskog	2003	58.13	100 FR	N. Brunelli	2005	48.00	
F. Szigeti	2005	2:05.58	200 FR	N. Brunelli	2005	1:47.32	
K. Aceto	1998	4:54.31	400 FR	S. Hildenbrand	2000	4:37.02	
J. Brewer	1997	10:21.67	800 FR	Eric Bugby	2007	9:20.32	
Bridget Pranke	2007	20:08.13	1500 FR	Z. Jay	2001	19:15.75	
A. Beltran	2004	31.39	50 BK	E. Goldstein	1997	28.87	
F. Szigeti	2005	1:06.82	100 BK	S. So	1997	1:13.95	
A. Beltran	2004	2:33.60	200 BK	Eric Bugby	2007	2:13.90	
B. Kaszuba	1995	32.09	50 BR	J. Lew-Mirski	1999	30.91	
B. Kaszuba	1995	1:08.91	100 BR	G. Owen	2005	1:01.75	
A. Nall	1997	2:38.63	200 BR	S. So	1997	2:49.80	
A. Beltran	2003	29.82	50 FL	Eric Bugby	2007	26.59	
A. Beltran	2004	1:06.92	100 FL	E. Kalinowski	2000	1:04.07	
A. Beltran	2003	2:26.79	200 FL	Z. Jay	2000	2:37.44	
B. Kaszuba	1995	1:05.34	100 IM	S. So	1998	1:05.25	
E. Brelsford	2001	2:31.73	200 IM	N. Brunelli	2005	2:00.32	
A. Nall	1997	5:12.76	400 IM	S. Hildenbrand	2000	5:23.40	

			25-29				
WOMEN						MEN	
Florencia Szigeti	2006	27.11	50 FR	T. Dalbey	1993	23.41	
Florencia Szigeti	2007	59.22	100 FR	T. Dalbey	1993	52.55	
Florencia Szigeti	2007	2:10.54	200 FR	N. Vargas	1998	1:56.48	
E. Berg	1997	4:45.30	400 FR	M. Melley	2004	4:14.85	
M. Herzog	2004	9:45.50	800 FR	A. Jaegers	1990	8:48.63	
S. Izard	2002	20:07.50	1500 FR	A. Jaegers	1990	17:19.05	
C. Johansson	2002	30.05	50 BK	A. Czene	2001	26.64	
C. Johansson	2002	1:03.26	100 BK	G. Plank	2003	56.93	
C. Johansson	2002	2:18.65	200 BK	G. Plank	2003	2:06.44	
S. Fawcett	2001	35.67	50 BR	A. Czene	2001	29.93	
J. Chasson	1998	1:17.36	100 BR	J. Beltran	2001	1:07.18	
J. Chasson	1998	2:47.36	200 BR	A. Jaegers	1990	2:36.37	
C. Johansson	2003	30.55	50 FL	G. Diaz de Leon	2003	25.05	
A. Beltran	2005	1:06.64	100 FL	Jeff Dash	2006	54.89	
A. Beltran	2005	2:28.74	200 FL	Jeff Dash	2006	2:06.13	
C. Johansson	2001	1:07.15	100 IM	A. Czene	2001	56.76	
C. Johansson	2003	2:27.00	200 IM	A. Jaegers	1990	2:12.95	
E. Berg	1997	5:22.57	400 IM	A. Jaegers	1990	4:43.99	

			30-34				
WOMEN						MEN	
B. Isaak	2001	28.67	50 FR	D. Fernandez	2004	25.05	
S. Easton	2001	1:02.63	100 FR	D. Fernandez	2004	54.43	
S. Easton	2001	2:10.68	200 FR	N. Agh	2001	1:53.81	
S. Easton	2001	4:34.73	400 FR	K. Dickson	2001	4:22.70	
S. Easton	2001	9:37.49	800 FR	A. Jaegers	1992	9:03.20	
E. Berg	2002	18:23.01	1500 FR	A. Jaegers	1992	17:30.62	
C. Johansson	2004	31.13	50 BK	S. Perry	2002	28.65	
C. Johansson	2004	1:05.68	100 BK	S. Perry	2002	1:00.84	
S. Easton	2002	2:28.99	200 BK	S. Perry	2002	2:09.27	
L. Martin	2003	34.72	50 BR	Blake Holden	2007	29.66	
L. Martin	2002	1:15.68	100 BR	Blake Holden	2007	1:05.57	
L. Martin	2003	2:42.59	200 BR	Blake Holden	2007	2:27.28	
L. Von Gluck	2004	30.9	50 FL	S. Johnson	1996	27.3	
S. Easton	2001	1:05.27	100 FL	Blake Holden	2007	59.64	
S. Easton	2001	2:24.75	200 FL	J. Thiele	1997	2:16.91	
L. Martin	2003	1:10.54	100 IM	A. Jaegers	1992	1:02.47	
C. Johansson	2004	2:27.82	200 IM	N. Agh	2001	2:09.46	
S. Easton	2001	5:13.15	400 IM	A. Jaegers	1992	4:44.78	

**ARIZONA MASTERS SWIMMING**  
**25 METER SHORT COURSE STATE RECORDS**  
Updated February 28, 2008

35-39

WOMEN				MEN		
M. McCue	2002	28.12	50 FR	T. Hickcox	1988	24.44
M. McCue	2002	1:01.27	100 FR	P. Nunan	1997	53.71
Laura Smith	2007	2:18.34	200 FR	Christopher Palmer	2007	2:02.23
L. Von Gluck	2005	4:49.41	400 FR	K. Dickson	2005	4:19.26
P. Pollard	2002	10:20.45	800 FR	Kurt Dickson	2006	9:01.65
K. Gallagner	2002	19:48.07	1500 FR	Kurt Dickson	2006	17:13.99
M. McCue	2001	30.05	50 BK	B. Hering	1998	28.7
M. McCue	2001	1:08.14	100 BK	A. Jaegers	1997	1:02.48
Laura Smith	2007	2:31.05	200 BK	Kurt Dickson	2006	2:13.98
L. Keogh	2004	36.51	50 BR	B. Johnson	2004	33.75
L. Keogh	2005	1:19.37	100 BR	B. Johnson	2005	1:14.09
L. Keogh	2004	2:52.56	200 BR	B. Johnson	2005	2:43.71
M. McCue	2001	31.34	50 FL	G. Heidke	1997	26.89
L. Von Gluck	2005	1:09.18	100 FL	G. Heidke	1997	1:01.03
Ann Deputy	2007	3:04.87	200 FL	Patrick Brundage	2006	2:21.93
M. McCue	2002	1:10.05	100 IM	B. Hering	1998	1:01.85
M. McCue	2002	2:32.53	200 IM	A. Jaegers	1997	2:15.79
M. McCue	2002	5:35.61	400 IM	Patrick Brundage	2006	4:59.14

40-44

WOMEN				MEN		
L. Hobbs	2001	28.08	50 FR	P. Nunan	1998	24.75
M. McCue	2003	1:01.64	100 FR	P. Nunan	1998	54.09
L. Mills	2000	2:13.97	200 FR	Kurt Dickson	2007	2:02.19
L. Winslow	2000	4:57.60	400 FR	Kurt Dickson	2007	4:19.47
L. Mills	2001	10:03.40	800 FR	Kurt Dickson	2007	8:52.26
A. Delozier	2005	19:51.47	1500 FR	Kurt Dickson	2007	17:08.37
M. McCue	2003	31.4	50 BK	Kurt Dickson	2007	30.26
M. McCue	2005	1:08.49	100 BK	Kurt Dickson	2007	1:03.47
M. McCue	2003	2:36.11	200 BK	Kurt Dickson	2007	2:14.53
P. Rogers	1999	38.43	50 BR	G. Dozer	1998	32.56
P. Pollard	2003	1:24.93	100 BR	G. Dozer	2000	1:11.85
B. Bunch	2006	3:07.34	200 BR	G. Dozer	2001	2:38.82
M. McCue	2003	30.85	50 FL	P. Nunan	1998	27.30
Dianne Wygal-Springer	2006	1:11.44	100 FL	A. McPherson	1989	1:00.79
J. Gettling	1991	2:54.10	200 FL	J. Krongaard	1998	2:22.84
M. McCue	2003	1:09.42	100 IM	A. McPherson	1989	1:03.86
M. McCue	2005	2:33.72	200 IM	G. Dozer	1998	2:17.68
Brigid Bunch	2006	5:52.22	400 IM	G. Dozer	2001	4:58.46

45-49

WOMEN				MEN		
Liz Hobbs	2007	27.69	50 FR	Paul Smith	2007	24.29
L. Winslow	2005	1:06.01	100 FR	Paul Smith	2007	52.54
L. Winslow	2005	2:23.28	200 FR	Paul Smith	2007	1:56.00
K. Bullock	1999	5:04.56	400 FR	S. Shake	2003	4:25.06
K. Bullock	1999	10:30.01	800 FR	Al Jaegers	2007	9:35.08
K. Bullock	1999	19:41.23	1500 FR	J. Stites	2004	18:30.34
S. Rollins	2003	34.27	50 BK	Al Jaegers	2007	29.48
S. Rollins	2003	1:14.81	100 BK	S. Shake	2003	1:03.77
S. Rollins	2002	2:43.02	200 BK	J. Krongaard	1999	2:27.56
L. Winslow	2005	38.86	50 BR	Al Jaegers	2007	33.30
L. Winslow	2005	1:26.68	100 BR	Al Jaegers	2007	1:12.79
L. Winslow	2005	3:10.06	200 BR	Al Jaegers	2007	2:42.91
S. Rollins	2002	32.04	50 FL	Paul Smith	2007	25.82
K. Bullock	1999	1:22.29	100 FL	Al Jaegers	2007	1:03.44
K. Bullock	1999	2:56.06	200 FL	J. Krongaard	1999	2:23.30
L. Winslow	2005	1:16.26	100 IM	Al Jaegers	2007	1:04.84
K. Bullock	2001	2:51.62	200 IM	G. Dozer	2002	2:19.18
K. Bullock	1999	5:57.76	400 IM	G. Dozer	2002	4:57.31

**ARIZONA MASTERS SWIMMING  
25 METER SHORT COURSE STATE RECORDS**

Updated February 28, 2008

WOMEN			50-54	MEN		
J. Swagerty-Hill	2002	30.2	50 FR	B. Roth	2005	25.14
E. Lynch	2005	1:08.30	100 FR	B. Roth	2005	57.20
K. Lindstrom	2005	2:26.17	200 FR	B. Roth	2005	2:09.02
K. Lindstrom	2005	5:05.60	400 FR	B. Roth	2005	4:45.98
K. Lindstrom	2005	10:33.03	800 FR	B. Roth	2005	10:05.95
K. Lindstrom	2005	20:02.75	1500 FR	B. Roth	2005	18:59.50
J. Swagerty-Hill	2002	32.55	50 BK	G. Gush	2000	32.15
E. Lynch	2004	1:13.63	100 BK	G. Gush	2000	1:11.00
E. Lynch	2005	2:41.56	200 BK	Jeff Krongaard	2006	2:38.29
E. Lynch	2004	41.47	50 BR	K. Holmes	2004	33.93
E. Lynch	2004	1:32.32	100 BR	Richard Hinrichs	2006	1:15.27
K. Lindstrom	2004	3:22.14	200 BR	Richard Hinrichs	2006	2:46.19
Stephanie Rollins	2007	32.41	50 FL	B. Passey	2001	29.65
E. Lynch	2004	1:18.66	100 FL	Jeff Krongaard	2006	1:05.60
M. Bair	1998	4:25.23	200 FL	B. Ditolla	2004	2:31.91
J. Swagerty-Hill	2002	1:16.08	100 IM	Winston Uchiyama	2007	1:06.53
E. Lynch	2004	2:49.29	200 IM	Jeff Krongaard	2006	2:33.28
K. Lindstrom	2005	6:03.76	400 IM	B. Ditolla	2004	5:29.34

WOMEN			55-59	MEN		
Evie Lynch	2007	32.84	50 FR	R. Olson	2000	27.65
C. Altman	2005	1:12.35	100 FR	J. Bly	2002	1:04.09
C. Altman	2005	2:45.97	200 FR	J. Bly	2001	2:25.28
J. Menard	2004	5:56.06	400 FR	P. Sparr	2004	5:15.80
J. Menard	2004	12:18.85	800 FR	P. Sparr	2004	10:59.58
			1500 FR	H. Bailey	2004	21:07.21
Christie Altman	2007	40.48	50 BK	Gregory Gush	2007	33.30
Evie Lynch	2007	1:19.09	100 BK	Gregory Gush	2007	1:12.77
Evie Lynch	2007	2:51.44	200 BK	Hunter Yost	2006	2:44.55
Evie Lynch	2007	44.35	50 BR	K. Bernard	2001	35.85
J. Menard	2005	1:42.68	100 BR	K. Bernard	2001	1:21.28
J. Menard	2005	3:41.67	200 BR	D. Gemmill	2005	2:57.96
C. Altman	2004	37.93	50 FL	R. Olson	2000	31.10
C. Altman	2004	1:29.09	100 FL	J. Bly	2002	1:11.82
S. Bolar	1998	3:48.63	200 FL	Bob Liotta	2006	2:52.11
C. Altman	2005	1:25.89	100 IM	K. Bernard	2000	1:14.89
C. Altman	2004	3:14.40	200 IM	D. Gemmill	2005	2:46.53
S. Bolar	1998	7:56.87	400 IM	Bob Liotta	2006	6:02.46

WOMEN			60-64	MEN		
S. Bolar	2003	36.95	50 FR	R. Johnson	1995	28.6
S. Bolar	2002	1:22.02	100 FR	R. Johnson	1995	1:05.96
S. Bolar	2003	3:10.97	200 FR	R. Lewis	2003	2:35.16
S. Bolar	2002	6:44.98	400 FR	E. Webb	2005	5:27.39
S. Bolar	2003	14:28.32	800 FR	R. Lewis	2003	12:12.42
E. Gruender	1990	27:35.45	1500 FR	Hop Bailey	2007	21:11.34
N. MacBeth	1989	46.79	50 BK	R. Johnson	1991	35.65
N. MacBeth	1989	1:41.35	100 BK	F. Eissing	2002	1:39.11
N. MacBeth	1989	3:33.02	200 BK	R. Johnson	1993	3:04.75
N. MacBeth	1993	52.36	50 BR	K. Bernard	2004	36.07
L. Webb	2005	1:46.68	100 BR	Kim Bernard	2006	1:20.26
L. Webb	2005	3:48.58	200 BR	M. Dyck	2002	3:07.73
S. Bolar	2003	43.12	50 FL	R. Johnson	1991	32.86
S. Bolar	2002	1:42.78	100 FL	R. Johnson	1993	1:23.58
S. Bolar	2002	3:51.99	200 FL	M. Dyck	2002	3:26.41
N. MacBeth	1991	1:37.49	100 IM	R. Johnson	1995	1:16.38
N. MacBeth	1989	3:33.30	200 IM	M. Dyck	2002	3:12.90
N. MacBeth	1989	7:38.45	400 IM	Hop Bailey	2007	6:17.62

**ARIZONA MASTERS SWIMMING**  
**25 METER SHORT COURSE STATE RECORDS**  
 Updated February 28, 2008

65-69

WOMEN				MEN		
Gynt Clifford	2006	36.08	50 FR	R. Johnson	1998	28.02
S. Bolar	2005	1:21.05	100 FR	R. Johnson	1998	1:04.30
S. Bolar	2004	2:58.47	200 FR	D. Hill	2001	2:37.82
S. Bolar	2004	6:28.04	400 FR	D. Hill	2001	5:42.04
S. Bolar	2004	13:52.50	800 FR	D. Hill	2001	11:47.31
Grace Dyck	2007	28.13.14	1500 FR	Mel Dyck	2007	24:41.60
N. MacBeth	1994	46.29	50 BK	R. Johnson	1996	35.06
N. MacBeth	1995	1:37.60	100 BK	R. Johnson	1997	1:18.28
N. MacBeth	1995	3:35.56	200 BK	H. Liber	1987	3:21.51
C. Taylor	1997	48.83	50 BR	R. Johnson	1997	38.35
C. Taylor	1997	1:50.15	100 BR	Mel Dyck	2007	1:29.51
C. Taylor	1998	4:09.29	200 BR	Mel Dyck	2007	3:21.92
S. Bolar	2004	42.41	50 FL	R. Johnson	1996	31.87
S. Bolar	2004	1:37.78	100 FL	R. Johnson	1998	1:16.70
S. Bolar	2004	3:48.28	200 FL	R. Johnson	1996	3:06.43
N. MacBeth	1994	1:35.55	100 IM	R. Johnson	1997	1:15.73
N. MacBeth	1994	3:32.66	200 IM	R. Johnson	1997	2:51.72
N. MacBeth	1994	7:35.05	400 IM	Mel Dyck	2007	7:05.24

70-74

WOMEN				MEN		
N. MacBeth	1999	38.45	50 FR	R. Johnson	2003	28.55
E. Gruender	2001	1:35.52	100 FR	R. Johnson	2001	1:07.47
E. Gruender	1998	3:32.05	200 FR	D. Webster	1997	3:17.80
E. Gruender	2001	7:19.14	400 FR	G. Gillin	2000	6:29.83
E. Gruender	1998	15:12.47	800 FR	D. Webster	1997	15:12.34
E. Gruender	2002	31:28.12	1500 FR	L. Silverstein	2000	32:37.43
N. MacBeth	1999	46.54	50 BK	R. Johnson	2003	37.00
N. MacBeth	1999	1:39.59	100 BK	R. Johnson	2002	1:22.77
N. MacBeth	1999	3:35.41	200 BK	G. Gillin	2000	3:30.98
C. Taylor	2002	51.7	50 BR	R. Johnson	2001	39.07
C. Taylor	2000	1:55.37	100 BR	R. Johnson	2003	1:25.11
C. Taylor	2002	4:11.98	200 BR	R. Johnson	2003	3:12.98
E. Gruender	1999	48.81	50 FL	R. Johnson	2001	32.57
E. Gruender	1998	2:02.99	100 FL	R. Johnson	2001	1:19.51
E. Gruender	1999	4:35.37	200 FL	R. Johnson	2002	3:15.19
N. MacBeth	1999	1:37.81	100 IM	R. Johnson	2001	1:15.92
N. MacBeth	1999	3:37.89	200 IM	R. Johnson	2002	2:55.51
N. MacBeth	1999	7:48.97	400 IM	R. Johnson	2002	6:50.22

75-79

WOMEN				MEN		
G. Roper	2004	37.24	50 FR	Ron Johnson	2006	32.42
G. Roper	2004	1:25.39	100 FR	D. Webster	2004	1:22.85
G. Roper	2004	3:09.71	200 FR	D. Terp	2003	3:42.86
G. Roper	2004	6:54.68	400 FR	D. Terp	2003	8:06.94
E. Gruender	2003	15:41.31	800 FR	L. Silverstein	2001	16:57.52
G. Roper	2005	26:37.02	1500 FR	Thomas Taylor	2006	24:47.25
N. Kinney	2004	48.97	50 BK	D. Webster	2004	43.71
N. Kinney	2004	1:49.83	100 BK	D. Webster	2003	1:37.34
N. Kinney	2004	3:51.89	200 BK	H. Liber	1993	3:40.30
G. Roper	2005	51.24	50 BR	Ron Johnson	2006	42.82
G. Roper	2004	1:52.35	100 BR	M. Von Isser	1998	1:42.89
G. Roper	2004	4:03.79	200 BR	J. Mattingly	1990	3:52.12
G. Roper	2004	44.18	50 FL	Ron Johnson	2006	38.28
G. Roper	2005	1:49.36	100 FL	Ron Johnson	2006	1:32.31
E. Gruender	2003	5:04.10	200 FL	G. Gillin	2005	4:09.02
G. Roper	2004	1:38.11	100 IM	D. Webster	2003	1:40.49
G. Roper	2005	3:37.24	200 IM	G. Gillin	2005	3:46.43
G. Roper	2006	8:05.23	400 IM	Gordon Gillin	2006	8:35.50

**ARIZONA MASTERS SWIMMING**  
**25 METER SHORT COURSE STATE RECORDS**  
Updated February 28, 2008

80-84						
WOMEN			MEN			
M. Nagel	1997	51.69	50 FR	L. Starr	1991	46.61
R. Manfredi	2005	2:03.99	100 FR			
R. Manfredi	2005	4:26.05	200 FR	Lou Silverstein	2007	4:18.26
D. Winniford	2005	10:28.29	400 FR	Lou Silverstein	2007	8:54.34
R. Steward	1999	32.4	800 FR	Lou Silverstein	2007	18:48.51
			1500 FR	Lou Silverstein	2007	34:32.28
R. Manfredi	2005	1:09.97	50 BK	H. Liber	1999	50.41
E. Grafrath	1993	2:06.12	100 BK	H. Liber	1999	1:47.37
D. Winniford	2005	5:38.54	200 BK	H. Liber	1999	4:02.69
M. Nagle	1997	1:17.46	50 BR	M. Von Isser	1999	45.4
Iris Dozer	2007	4:37.71	100 BR	M. Von Isser	1999	1:43.54
R. Steward	1998	9:18.54	200 BR	J. Everall	1995	4:21.23
Ruth Manfredi	2007	1:43.91	50 FL	M. Von Isser	1999	42.14
			100 FL			
			200 FL			
R. Manfredi	2005	2:40.16	100 IM	M. Von Isser	1999	1:47.80
			200 IM	W. Sawhill	1999	4:27.03
			400 IM	Lou Silverstein	2007	10:40.22

85-89						
WOMEN			MEN			
			50 FR			
			100 FR			
			200 FR			
			400 FR			
			800 FR			
			1500 FR			
			50 BK			
			100 BK			
			200 BK			
			50 BR	M. Von Isser	2004	51.54
			100 BR	M. Von Isser	2004	2:03.83
			200 BR			
			50 FL	M. Von Isser	2004	43.35
			100 FL			
			200 FL			
			100 IM	M. Von Isser	2004	1:55.35
			200 IM			
			400 IM			

90-94						
WOMEN			MEN			
			50 FR	H. Anderson	2003	1:37.07
			100 FR			
			200 FR			
			400 FR			
			800 FR			
			1500 FR			
			50 BK	H. Anderson	2003	2:28.15
			100 BK			
			200 BK			
			50 BR			
			100 BR			
			200 BR			
			50 FL			
			100 FL			
			200 FL			
			100 IM			
			200 IM			
			400 IM			