

**Arizona Masters Swimming**  
**50 Meters Long Course State Records**  
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19-24						
WOMEN			MEN			
Sanae Nawata	2008	28.07	50 FR	D. Rollins	2005	23.98
S. Anderson	1994	1:00.82	100 FR	T. Dalbey	1993	54.76
S. Anderson	1994	2:11.60	200 FR	M. Melley	1998	2:00.46
M. Herzog	2001	4:48.80	400 FR	M. Melley	1998	4:19.60
A. Zemaitis	1999	10:22.94	800 FR	M. Melley	1998	9:02.10
Kelly Busche	2007	19:17.54	1500 FR	J. Zemaitis	2000	18:24.76
M. Herzog	2001	33.45	50 BK	D. Rollins	2005	26.91
C. Osborne	1996	1:12.20	100 BK	J. Zemaitis	2000	1:09.89
A. Zemaitis	1999	2:42.64	200 BK	J. Zemaitis	2000	2:29.97
Sanae Nawata	2008	34.76	50 BR	D. Rollins	2005	28.87
A. Stouder	2003	1:17.97	100 BR	D. Rollins	2005	1:05.76
J. White	1992	3:03.98	200 BR	Benjamin Swanholm	2007	2:44.19
Kelly Busche	2007	31.07	50 FL	E. Goldstein	1999	26.76
Kelly Busche	2007	1:08.44	100 FL	P. Abal	2000	55.57
D. Ursin	1987	2:28.01	200 FL	J. Zemaitis	2000	2:28.86
D. Ursin	1987	2:34.52	200 IM	D. Rollins	2005	2:09.30
D. Ursin	1987	5:20.39	400 IM	M. Melley	1998	5:02.55

25-29						
WOMEN			MEN			
Florencia Szigeti	2008	26.94	50 FR	Kohei Kawamoto	2008	23.39
C. Killian	2006	58.65	100 FR	J. Utsch	1994	53.61
C. Jeffery	1998	2:11.48	200 FR	M. Kiedel	2000	1:53.76
C. Jeffery	1998	4:36.04	400 FR	J. Utsch	1995	4:02.84
M. Herzog	2006	9:42.57	800 FR	M. Melley	2001	9:17.37
Bridget Pranke	2009	19:36.86	1500 FR	A. Jaegers	1990	18:38.73
C. Johansson	2002	32.88	50 BK	A. Jaegers	1989	28.98
Kelly Busche	2009	1:09.11	100 BK	A. Jaegers	1989	1:03.58
C. Johansson	2002	2:27.28	200 BK	J. Utsch	1997	2:20.11
K. Kennedy	2002	37.89	50 BR	J. Evans	2006	31.14
S. Fawcett	2001	1:20.28	100 BR	G. Owen	2006	1:05.11
C. Bentley	1997	3:01.17	200 BR	C. Bartlett	2006	2:39.83
Kelly Busche	2009	29.69	50 FL	Kohei Kawamoto	2008	23.71
Kelly Busche	2009	1:05.92	100 FL	Kohei Kawamoto	2008	53.09
E. Berg	1998	2:46.58	200 FL	A. Jaegers	1989	2:20.66
C. Jeffery	1998	2:32.82	200 IM	A. Jaegers	1989	2:17.19
C. Johansson	2002	5:24.44	400 IM	A. Jaegers	1989	4:57.91

30-34						
WOMEN			MEN			
Noriko Inada	2008	27.52	50 FR	S. Jones	1989	24.65
S. Easton	2001	1:00.63	100 FR	D. Northway	1987	52.80
S. Easton	2002	2:10.27	200 FR	J. Utsch	2000	2:04.41
S. Easton	2002	4:39.52	400 FR	T. Weissert	1988	4:26.31
S. Easton	2001	9:42.27	800 FR	G. Edelman	1997	9:22.91
S. Easton	2001	19:19.18	1500 FR	G. Edelman	1997	18:10.80
Noriko Inada	2008	29.15	50 BK	D. Northway	1987	29.15
Noriko Inada	2009	1:02.27	100 BK	Jeff Commings	2008	1:01.55
S. Easton	2002	2:28.77	200 BK	S. Perry	2001	2:13.19
L. Martin	2003	35.89	50 BR	Jeff Commings	2008	29.44
L. Martin	2002	1:19.49	100 BR	Jeff Commings	2008	1:06.16
L. Martin	2003	2:52.42	200 BR	D. Lewis	2001	2:47.14
Noriko Inada	2008	29.90	50 FL	D. Baker	1993	26.63
S. Easton	2002	1:05.44	100 FL	D. Baker	1992	58.91
S. Easton	2002	2:24.34	200 FL	D. Baker	1992	2:15.79
S. Easton	2002	2:31.52	200 IM	T. Weissert	1988	2:16.95
S. Easton	2002	5:15.13	400 IM	T. Weissert	1988	4:50.95

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## 35-39

WOMEN				MEN		
K. Andrews	1998	29.22	50 FR	A. McPherson	1982	25.31
L. Mills	1998	1:03.85	100 FR	Henry Clark	2003	53.84
L. Mills	1998	2:17.27	200 FR	Henry Clark	2003	1:58.95
L. Mills	1998	4:52.41	400 FR	J. Utsch	2006	4:21.26
Laura Winslow	1997	10:38.04	800 FR	J. Utsch	2006	9:00.60
J. Brisker	2002	21:23.08	1500 FR	Scott Shake	1995	17:59.36
K. Andrews	1998	32.57	50 BK	R. Karnaugh	2001	29.33
K. Andrews	1998	1:10.43	100 BK	Jeff Commings	2009	1:00.67
Beth Isaak	2007	2:38.55	200 BK	R. Karnaugh	2001	2:07.16
Maureen Rankin	2009	36.79	50 BR	Jeff Commings	2009	28.53
Louise Keogh	2005	1:22.98	100 BR	Jeff Commings	2009	1:05.70
Louise Keogh	2006	2:59.11	200 BR	R. Karnaugh	2001	2:21.87
R. Vaughn	1999	31.47	50 FL	Henry Clark	2003	26.32
M. Dalkin	1994	1:11.35	100 FL	Henry Clark	2003	57.10
J. Gettling	1983	2:52.89	200 FL	Henry Clark	2003	2:10.00
Maureen Rankin	2008	2:37.27	200 IM	R. Karnaugh	2002	2:08.19
L. Von Gluck	2006	5:32.39	400 IM	R. Karnaugh	2001	4:34.10

## 40-44

WOMEN				MEN		
M. McCue	2005	29.49	50 FR	P. Nunan	1998	25.39
M. McCue	2005	1:04.88	100 FR	Henry Clark	2005	54.45
Laura Smith	2008	2:19.29	200 FR	Jeffry Utsch	2008	1:58.66
Laura Smith	2008	4:51.70	400 FR	Jeffry Utsch	2008	4:16.67
Laura Winslow	2001	10:26.92	800 FR	Geoff Glaser	2006	9:03.05
A. DeLozier	2006	20:14.90	1500 FR	Jeffry Utsch	2008	17:13.40
M. McCue	2005	33.57	50 BK	Scott Shake	2001	29.59
M. McCue	2005	1:13.34	100 BK	Scott Shake	2000	1:03.90
Laura Smith	2008	2:31.34	200 BK	Kurt Dickson	2008	2:16.04
Sheila Arredondo	2006	36.27	50 BR	M. Whitaker	1995	34.06
Sheila Arredondo	2006	1:20.70	100 BR	A. Drake	2006	1:13.89
Sheila Arredondo	2006	3:04.67	200 BR	Greg Dozer	2001	2:45.82
Diane L. Wygal-Springer	2007	32.37	50 FL	Henry Clark	2006	26.89
Diane L. Wygal-Springer	2009	1:09.62	100 FL	Henry Clark	2005	57.62
J. Gettling	1991	3:01.10	200 FL	Kurt Dickson	2008	2:28.52
M. Bailey	2001	2:45.20	200 IM	Patrick Brundage	2009	2:19.90
M. Bailey	2002	5:58.80	400 IM	Greg Dozer	2001	5:07.93

## 45-49

WOMEN				MEN		
M. Keever	2003	28.75	50 FR	Paul Smith	2008	24.93
M. Keever	2003	1:05.81	100 FR	Paul Smith	2008	54.15
K. Bullock	2001	2:25.70	200 FR	Paul Smith	2008	2:00.58
K. Bullock	2001	5:05.92	400 FR	Al Jaegers	2009	4:37.98
K. Bullock	2000	10:40.86	800 FR	Scott Shake	2006	9:25.31
K. Bullock	2001	20:14.16	1500 FR	Scott Shake	2007	18:19.60
Monica Bailey	2007	33.99	50 BK	Al Jaegers	2008	29.16
Brigid Bunch	2009	1:15.28	100 BK	Scott Shake	2005	1:04.85
Brigid Bunch	2009	2:40.10	200 BK	Scott Shake	2005	2:19.14
Susan Dawson-Cook	2009	38.74	50 BR	Al Jaegers	2008	32.54
Susan Dawson-Cook	2008	1:25.56	100 BR	Al Jaegers	2008	1:14.15
Susan Dawson-Cook	2008	3:10.80	200 BR	Al Jaegers	2008	2:42.54
Stephanie Rollins	2001	32.70	50 FL	Paul Smith	2008	25.96
J. Schmidt	1999	1:20.79	100 FL	Paul Smith	2008	57.60
K. Bullock	2000	3:02.86	200 FL	Paul Hafner	2009	2:27.03
Brigid Bunch	2009	2:45.19	200 IM	Al Jaegers	2008	2:21.75
Brigid Bunch	2009	6:02.87	400 IM	Al Jaegers	2008	5:04.60

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50-54						
WOMEN			MEN			
J. Swagerty-Hill	2002	28.77	50 FR	Paul Smith	2009	25.29
J. Swagerty-Hill	2002	1:09.16	100 FR	Paul Smith	2009	55.42
Kathi Lindstrom	2003	2:31.97	200 FR	Jim Stites	2007	2:20.65
Kathi Lindstrom	2003	5:16.89	400 FR	Scott Shake	2009	4:34.65
Kathi Lindstrom	2003	10:45.68	800 FR	Jim Stites	2007	10:19.34
Kathi Lindstrom	2003	20:33.27	1500 FR	Bob DiTolla	2004	20:24.37
J. Swagerty-Hill	2002	32.87	50 BK	Scott Shake	2008	30.03
J. Swagerty-Hill	2002	1:14.44	100 BK	Scott Shake	2008	1:05.81
E. Lynch	2006	2:49.19	200 BK	Scott Shake	2009	2:22.26
Christie Altman	2004	43.05	50 BR	Barry Roth	2006	35.03
H. Kerkof	1998	1:37.65	100 BR	Bob Liotta	2002	1:18.69
H. Kerkof	1998	3:28.10	200 BR	Bob Liotta	2002	2:56.59
Stephanie Rollins	2006	32.67	50 FL	Paul Smith	2009	26.56
Stephanie Rollins	2006	1:21.85	100 FL	Hunter Yost	2003	1:10.70
Kathi Lindstrom	2003	3:27.75	200 FL	Bob DiTolla	2005	2:37.02
Kathi Lindstrom	2003	2:57.84	200 IM	Scott Shake	2008	2:26.11
K. James	2005	6:50.87	400 IM	Scott Shake	2008	5:11.38

55-59						
WOMEN			MEN			
Christie Altman	2008	31.95	50 FR	Barry Roth	2009	25.98
Evie Lynch	2008	1:12.53	100 FR	Barry Roth	2009	58.61
Evie Lynch	2008	2:32.12	200 FR	Barry Roth	2009	2:13.65
Kathi Lindstrom	2008	5:22.49	400 FR	Jeffrey Krongaard	2009	5:18.11
Kathi Lindstrom	2008	10:57.82	800 FR	Dave Gemmill	2004	11:02.49
Joanne Menard	2005	23:45.90	1500 FR	Hunter Yost	2007	21:46.28
Evie Lynch	2008	36.51	50 BK	G. Gush	2003	33.86
Evie Lynch	2008	1:18.93	100 BK	Jeffrey Krongaard	2009	1:11.49
Evie Lynch	2008	2:47.98	200 BK	Hunter Yost	2007	2:45.96
Mikey Girard	2009	42.74	50 BR	Barry Roth	2009	34.39
Mikey Girard	2008	1:39.59	100 BR	Barry Roth	2009	1:18.59
L. Bogatko	1989	3:34.55	200 BR	Robert Liotta	2006	3:00.96
Evie Lynch	2008	35.08	50 FL	Ted Hammond	2008	29.72
Christie Altman	2005	1:31.31	100 FL	Jeffrey Krongaard	2009	1:05.93
E. Gruender	1984	3:45.80	200 FL	Robert DiTolla	2009	2:39.71
J. Schmidt	2006	3:11.70	200 IM	Jeffrey Krongaard	2009	2:34.08
N. MacBeth	1987	7:31.09	400 IM	Robert DiTolla	2009	5:52.85

60-64						
WOMEN			MEN			
Joanne Menard	2008	35.05	50 FR	Tom Winters	1999	28.52
Joanne Menard	2008	1:17.45	100 FR	Jim Bly	2006	1:07.80
Joanne Menard	2009	2:52.66	200 FR	Hop Bailey	2007	2:38.56
Joanne Menard	2008	6:03.37	400 FR	Dave Gemmill	2007	5:27.73
Joanne Menard	2009	12:28.99	800 FR	Dave Gemmill	2007	11:10.13
Joanne Menard	2008	24:25.47	1500 FR	Hop Bailey	2009	22:40.24
Christie Altman	2009	41.93	50 BK	Gregory Gush	2008	34.38
N. MacBeth	1989	1:38.55	100 BK	Gregory Gush	2008	1:18.06
N. MacBeth	1991	3:33.44	200 BK	Gregory Gush	2008	2:54.40
Joanne Menard	2008	48.39	50 BR	Tom Winters	1999	35.61
L. Bogatko	1990	1:48.70	100 BR	Kim Bernard	2004	1:22.75
L. Bogatko	1990	3:53.75	200 BR	Dave Gemmill	2007	3:05.17
Christie Altman	2009	38.04	50 FL	Tom Winters	1999	32.38
S. Bolar	1999	1:36.56	100 FL	Jim Bly	2006	1:26.91
S. Bolar	1999	3:44.44	200 FL	Ron Johnson	1994	3:34.67
N. MacBeth	1991	3:33.56	200 IM	Dave Gemmill	2007	2:52.40
N. MacBeth	1989	7:46.34	400 IM	Kim Bernard	2004	6:26.73

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65-69

WOMEN				MEN		
S. Bolar	2005	34.18	50 FR	Ron Johnson	1996	29.53
S. Bolar	2005	1:17.55	100 FR	Ron Johnson	1999	1:05.09
S. Bolar	2004	3:01.75	200 FR	Mel Dyck	2007	2:50.10
S. Bolar	2004	6:38.25	400 FR	Bob Jones	2007	6:43.89
S. Bolar	2004	13:45.61	800 FR	Ron Johnson	1998	13:09.43
S. Bolar	2004	26:51.89	1500 FR	Mel Dyck	2008	24:51.13
N. MacBeth	1997	47.84	50 BK	Ron Johnson	1996	36.38
N. MacBeth	1995	1:42.92	100 BK	Ron Johnson	1996	1:21.60
N. MacBeth	1994	3:38.95	200 BK	Ron Johnson	1999	3:11.80
Carole Taylor	1997	47.79	50 BR	Ron Johnson	1996	38.77
Carole Taylor	1997	1:51.11	100 BR	Kimball Bernard	2009	1:25.90
Carole Taylor	1997	4:21.58	200 BR	Ron Johnson	1998	3:10.23
S. Bolar	2006	41.11	50 FL	Ron Johnson	1999	31.44
S. Bolar	2005	1:37.78	100 FL	Ron Johnson	1999	1:18.27
S. Bolar	2004	3:47.12	200 FL	Ron Johnson	1999	3:18.51
N. MacBeth	1994	3:36.96	200 IM	Ron Johnson	1999	2:54.71
N. MacBeth	1994	7:50.73	400 IM	Mel Dyck	2007	7:13.26

70-74

WOMEN				MEN		
Gail Roper	2003	36.95	50 FR	Ron Johnson	2001	29.16
Sally Bolar	2009	1:27.98	100 FR	Ron Johnson	2001	1:06.18
Sally Bolar	2009	3:21.15	200 FR	Gordon Gillin	2000	3:04.83
Sally Bolar	2009	7:17.33	400 FR	J. Jorgensen	1996	6:47.91
E. Gruender	1998	15:26.74	800 FR	Lou Silverstein	1997	13:47.57
E. Gruender	2002	29:27.39	1500 FR	B. Miller	2001	25:03.90
N. MacBeth	1999	45.96	50 BK	Ron Johnson	2001	37.21
N. MacBeth	1999	1:40.61	100 BK	Art Johnson	2009	1:34.66
N. MacBeth	1999	3:36.32	200 BK	B. Miller	2001	3:13.15
Carole Taylor	1999	49.67	50 BR	Ron Johnson	2002	42.57
Carole Taylor	1999	1:52.16	100 BR	Ron Johnson	2002	1:32.66
Carole Taylor	1999	4:15.11	200 BR	Ron Johnson	2002	3:25.09
Sally Bolar	2009	43.53	50 FL	Ron Johnson	2001	32.11
Sally Bolar	2009	1:47.67	100 FL	Ron Johnson	2001	1:21.64
N. MacBeth	1999	3:45.55	200 FL	Ron Johnson	2001	3:20.84
N. MacBeth	1999	3:40.24	200 IM	Ron Johnson	2001	2:59.90
N. MacBeth	1999	7:53.70	400 IM	Gordon Gillin	2001	7:48.36

75-79

WOMEN				MEN		
Gail Roper	2005	36.87	50 FR	Dale Webster	2003	34.02
Gail Roper	2005	1:26.36	100 FR	Dale Webster	2004	1:19.65
Gail Roper	2005	3:13.24	200 FR	Dale Webster	2003	3:18.19
Gail Roper	2005	7:11.47	400 FR	Gordon Gillin	2006	7:39.07
Gail Roper	2005	14:22.39	800 FR	Gordon Gillin	2007	17:00.50
Gail Roper	2005	28:24.77	1500 FR	Gordon Gillin	2006	34:26.00
Nancy Kinney	2004	49.69	50 BK	Dale Webster	2004	42.23
Nancy Kinney	2004	1:48.94	100 BK	Dale Webster	2003	1:37.00
Nancy Kinney	2004	3:51.75	200 BK	Harry Liber	1994	3:36.86
Carole Taylor	2004	52.93	50 BR	J. Everall	1990	45.58
Gail Roper	2005	1:55.37	100 BR	J. Everall	1990	1:46.77
Carole Taylor	2006	4:37.52	200 BR	J. Everall	1990	4:08.08
Gail Roper	2004	44.95	50 FL	Max von Isser	1997	41.60
Gail Roper	2004	1:54.14	100 FL	Gordon Gillin	2006	1:56.86
Gail Roper	2004	4:17.87	200 FL	Gordon Gillin	2006	4:37.13
Nancy Kinney	2005	4:10.32	200 IM	Gordon Gillin	2005	3:52.14
Gail Roper	2005	8:17.70	400 IM	Gordon Gillin	2006	8:41.49

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80-84

WOMEN				MEN		
Gail Roper	2009	38.64	50 FR	Ted Haartz	2008	42.17
Gail Roper	2009	1:27.55	100 FR	J. Mattingly	1994	1:41.71
Gail Roper	2009	3:32.12	200 FR	J. Mattingly	1994	4:00.11
Edie Gruender	2008	8:40.24	400 FR	Lou Silverstein	2006	8:52.48
Gail Roper	2009	15:32.50	800 FR	Lou Silverstein	2006	18.16.37
Edie Gruender	2008	36:06.70	1500 FR	Lou Silverstein	2008	37:10.26
Nancy Kinney	2009	52.91	50 BK	Lee Starr	1989	51.29
Nancy Kinney	2009	1:56.12	100 BK	Lee Starr	1989	2:03.21
Nancy Kinney	2009	4:09.14	200 BK	Harry Liber	1999	4:16.77
Carol Taylor	2009	1:00.22	50 BR	Max von Isser	1999	46.37
Carol Taylor	2009	2:18.22	100 BR	Max von Isser	1999	1:45.99
Carol Taylor	2009	5:13.31	200 BR	Ted Haartz	2008	4:14.01
Edie Gruender	2008	1:07.27	50 FL	Max von Isser	1999	43.54
Edie Gruender	2008	2:38.14	100 FL	Jack Mattingly	1994	2:33.54
Edie Gruender	2008	5:51.81	200 FL	Lou Silverstein	2007	7:15.54
Nancy Kinney	2009	4:24.08	200 IM	Jack Mattingly	1994	4:38.16
Edie Gruender	2008	10:33.43	400 IM	Lou Silverstein	2008	11:44.18

85-89

WOMEN				MEN		
Ruth Manfredi	2008	1:08.96	50 FR	Lee Starr	1994	55.73
			100 FR	J. Greenwood	1995	3:25.69
			200 FR			
			400 FR			
			800 FR			
			1500 FR			
Ruth Manfredi	2008	1:21.88	50 BK	Harry Liber	2004	1:03.28
			100 BK	Lee Starr	1995	2:23.91
			200 BK			
Ruth Manfredi	2008	1:50.87	50 BR	Max von Isser	2006	54.72
			100 BR	Max von Isser	2007	2:22.19
			200 BR			
Ruth Manfredi	2008	1:55.20	50 FL	Max von Isser	2006	50.64
			100 FL			
			200 FL			
			200 IM			
			400 IM			

90-94

WOMEN				MEN		
			50 FR			
			100 FR			
			200 FR			
			400 FR			
			800 FR			
			1500 FR			
			50 BK	Lee Starr	1999	1:18.93
			100 BK			
			200 BK			
			50 BR			
			100 BR			
			200 BR			
			50 FL			
			100 FL			
			200 FL			
			200 IM			
			400 IM			