

## DCST

---

**RECORDS Long Course Records**
**LC Meters-Girls**

8 & U	50 Free	36.87	<b>12-Jul-13</b>	NICOLE SKRZYPEK	
	100 Free	1:24.33	<b>6-Jul-01</b>	GRACE WALLER	
	200 Free	3:13.75	<b>12-Jul-13</b>	NICOLE SKRZYPEK	
	400 Free	6:58.57	<b>8-Jun-07</b>	ALEXA MILLER	
	50 Back	43.79	<b>26-Jun-09</b>	ATHENA YE	
	100 Back	1:35.82	<b>10-Jul-09</b>	ATHENA YE	
	50 Breast	46.03	<b>23-Dec-99</b>	S. PLATT 1981	
	100 Breast	1:55.69	<b>26-Jun-04</b>	THERESA ALEF	
	50 Fly	43.94	<b>6-Jul-07</b>	ALEXA MILLER	
	100 Fly	1:51.45	<b>8-Jun-07</b>	ALEXA MILLER	
	200 IM	3:35.83	<b>12-Jul-13</b>	NICOLE SKRZYPEK	
	9-10	50 Free	32.47	<b>31-Jul-15</b>	NICOLE SKRZYPEK
		100 Free	1:11.78	<b>1-Jan-82</b>	T. WILEY
200 Free		2:37.82	<b>31-Jul-09</b>	ALEXA MILLER	
400 Free		5:35.79	<b>28-Jul-11</b>	ATHENA YE	
50 Back		35.21	<b>28-Jul-11</b>	ATHENA YE	
100 Back		1:16.38	<b>28-Jul-11</b>	ATHENA YE	
200 Back		2:58.25	<b>20-May-11</b>	ATHENA YE	
50 Breast		43.23	<b>1-Aug-03</b>	GRACE WALLER	
100 Breast		1:36.36	<b>11-Jul-03</b>	GRACE WALLER	
200 Breast		3:28.43	<b>10-Jul-09</b>	ALEXA MILLER	
50 Fly		33.77	<b>28-Jul-11</b>	ATHENA YE	
100 Fly		1:18.14	<b>1-Jun-94</b>	KATIE ROBISON	
200 Fly		3:10.00	<b>10-Jul-09</b>	ALEXA MILLER	
200 IM		2:51.00	<b>24-Jun-11</b>	ATHENA YE	
11-12		50 Free	29.08	<b>1-Jul-96</b>	KATIE ROBISON
		100 Free	1:04.10	<b>28-Jul-11</b>	ALEXA MILLER
	200 Free	2:17.62	<b>28-Jul-11</b>	ALEXA MILLER	
	400 Free	4:45.45	<b>29-Jul-05</b>	GRACE WALLER	
	800 Free	10:40.31	<b>9-Jul-10</b>	ALEXA MILLER	
	1500 Free	19:22.93	<b>8-Jul-11</b>	ALEXA MILLER	
	50 Back	32.14	<b>25-Jul-13</b>	ATHENA YE	
	100 Back	1:09.07	<b>2-Aug-13</b>	ATHENA YE	
	200 Back	2:28.08	<b>2-Aug-13</b>	ATHENA YE	
	50 Breast	36.51	<b>29-Jul-05</b>	GRACE WALLER	
	100 Breast	1:19.81	<b>29-Jul-05</b>	GRACE WALLER	
	200 Breast	2:59.52	<b>28-Jul-11</b>	ALEXA MILLER	
	50 Fly	30.63	<b>2-Aug-03</b>	ATHENA YE	
	100 Fly	1:09.06	<b>2-Aug-13</b>	ATHENA YE	
	200 Fly	2:34.85	<b>28-Jul-11</b>	ALEXA MILLER	
	200 IM	2:31.74	<b>10-Jun-11</b>	ALEXA MILLER	
	400 IM	5:29.18	<b>8-Jul-11</b>	ALEXA MILLER	
	13-14	50 Free	26.99	<b>27-Jul-17</b>	NHIA CARAS
		100 Free	59.79	<b>27-Jul-17</b>	NHIA CARAS
200 Free		2:11.15	<b>13-Feb-09</b>	EMILY LAUNER	
400 Free		4:34.05	<b>29-Jul-08</b>	EMILY LAUNER	
800 Free		9:21.34	<b>13-Feb-09</b>	EMILY LAUNER	

**DCST**

---

**RECORDS Long Course Records**

13-14	1500 Free	17:42.31	<b>13-Feb-09</b>	EMILY LAUNER
	50 Back	30.23	<b>3-Aug-15</b>	ATHENA YE
	100 Back	1:04.03	<b>10-Mar-16</b>	ATHENA YE
	200 Back	2:18.97	<b>3-Aug-15</b>	ATHENA YE
	50 Breast	35.74	<b>27-Jul-07</b>	GRACE WALLER
	100 Breast	1:15.92	<b>27-Jul-07</b>	GRACE WALLER
	200 Breast	2:43.74	<b>31-Jul-07</b>	GRACE WALLER
	50 Fly	28.70	<b>3-Aug-15</b>	ATHENA YE
	100 Fly	1:06.31	<b>19-Jun-15</b>	ATHENA YE
	200 Fly	2:29.33	<b>11-Jul-14</b>	SARAH HEIN
	200 IM	2:27.28	<b>31-Jul-07</b>	GRACE WALLER
	400 IM	5:15.54	<b>31-Jul-07</b>	GRACE WALLER
15 & O	50 Free	27.10	<b>8-Aug-16</b>	ATHENA YE
	100 Free	59.15	<b>23-Dec-99</b>	M. MCGINNIS 1977
	200 Free	2:02.62	<b>28-Jul-14</b>	CAITLYNN MOON
	400 Free	4:16.78	<b>28-Jul-14</b>	CAITLYNN MOON
	800 Free	8:48.06	<b>28-Jul-14</b>	CAITLYNN MOON
	1500 Free	16:40.05	<b>28-Jul-14</b>	CAITLYNN MOON
	50 Back	29.70	<b>27-Jul-16</b>	ATHENA YE
	100 Back	1:04.66	<b>27-Jul-16</b>	ATHENA YE
	200 Back	2:21.29	<b>23-Jul-12</b>	EMILY LAUNER
	50 Breast	34.49	<b>27-Jul-16</b>	JENSEN KECK
	100 Breast	1:15.42	<b>27-Jul-16</b>	JENSEN KECK
	200 Breast	2:42.69	<b>25-Jul-11</b>	VALERIE JONES
	50 Fly	27.88	<b>27-Jul-16</b>	ATHENA YE
	100 Fly	1:03.32	<b>31-Jul-07</b>	MACKENZIE POWERS
	200 Fly	2:24.14	<b>31-Jul-07</b>	MACKENZIE POWERS
	200 IM	2:27.64	<b>27-Jul-09</b>	EMILY WALLER
	400 IM	5:07.85	<b>18-Feb-11</b>	EMILY LAUNER

**DCST**

**RECORDS Long Course Records**

**LC Meters-Boys**

8 & U	50 Free	36.81	23-Dec-99	M. LAMBERT	1976
	100 Free	1:26.54	7-Jul-00	TOM HENSLEY	
	200 Free	2:48.39	23-Dec-99	M. LAMBERT	1976
	400 Free	6:12.60	23-Dec-99	M. LAMBERT	1976
	50 Back	42.35	23-Dec-99	M. LAMBERT	1976
	100 Back	1:37.10	23-Dec-99	M. LAMBERT	1976
	50 Breast	50.89	23-Dec-99	J. MCGINNIS	1976
	100 Breast	1:57.12	9-Jul-04	RYAN SCHULTZ	
	50 Fly	41.25	23-Dec-99	M. LAMBERT	1976
	100 Fly	1:45.27	8-Jul-05	ERIK RUSSELL	
	200 IM	3:20.88	23-Dec-99	M. LAMBERT	1976
	9-10	50 Free	31.71	28-Jul-11	NOLAN FERGUS
100 Free		1:09.90	6-Aug-08	DANIEL HEIN	
200 Free		2:32.13	23-Dec-99	M. LAMBERT	1977
400 Free		5:30.40	28-Jul-16	JACOB GRAMER	
50 Back		35.68	6-Aug-08	DANIEL HEIN	
100 Back		1:17.23	6-Aug-08	DANIEL HEIN	
200 Back		3:01.46	15-May-15	DOMENIC SCHLUETER	
50 Breast		41.77	2-Aug-18	DCST- IL	Gage R. Helfrich at 2018 MN Central Zone 14 & U Championship
100 Breast		1:31.97	4-Aug-06	RYAN SCHULTZ	
200 Breast		3:26.00	16-Jun-06	RYAN SCHULTZ	
50 Fly		33.66	6-Aug-08	DANIEL HEIN	
100 Fly		1:16.56	1-Aug-08	DANIEL HEIN	
200 Fly		3:03.58	20-May-11	COLE MOON	
200 IM		2:52.23	20-Jul-18	DCST- IL	Gage R. Helfrich at 2018 Illinois Long Course YMCA Championship
400 IM		6:19.65	20-May-11	COLE MOON	
11-12		50 Free	27.52	22-Jul-21	DCST- IL
	100 Free	1:00.60	23-Jul-15	QUINN CYNOR	
	200 Free	2:09.00	23-Jul-15	QUINN CYNOR	
	400 Free	4:30.08	23-Jul-15	QUINN CYNOR	
	800 Free	9:55.13	19-Jun-15	QUINN CYNOR	
	1500 Free	19:13.78	15-May-15	QUINN CYNOR	
	50 Back	31.78	6-Aug-10	DANIEL HEIN	
	100 Back	1:08.86	6-Aug-10	DANIEL HEIN	
	200 Back	2:34.96	10-Jul-15	QUINN CYNOR	
	50 Breast	33.84	22-Jul-21	DCST- IL	Gage R. Helfrich at 2021 IL LC Age Group Championships
	100 Breast	1:14.38	22-Jul-21	DCST- IL	Gage R. Helfrich at 2021 IL LC Age Group Championships
	200 Breast	2:56.20	1-Aug-14	PAUL RUETTEN	
	50 Fly	28.40	22-Jul-21	DCST- IL	Gage R. Helfrich at 2021 IL LC Age Group Championships
	100 Fly	1:02.91	22-Jul-21	DCST- IL	Gage R. Helfrich at 2021 IL LC Age Group Championships
	200 Fly	2:24.40	22-Jul-21	DCST- IL	Gage R. Helfrich at 2021 IL LC Age Group Championships
	200 IM	2:25.94	22-Jul-21	DCST- IL	Gage R. Helfrich at 2021 IL LC Age Group Championships
	400 IM	5:25.48	9-Jul-21	DCST- IL	Gage R. Helfrich at COHO Summer Classic 2021
	13-14	50 Free	26.12	23-Jul-15	NOAH DEAN
100 Free		58.12	15-Jul-22	DCST- IL	Gage R. Helfrich at 2022 Illinois YMCA Long Course Championship
200 Free		2:06.14	23-Jul-16	QUINN CYNOR	
400 Free		4:19.83	4-Aug-16	QUINN CYNOR	

**DCST**

---

**RECORDS Long Course Records**

13-14	800 Free	8:55.57	<b>28-Jul-16</b>		QUINN CYNOR
	1500 Free	17:05.52	<b>4-Aug-16</b>		QUINN CYNOR
	50 Back	30.33	<b>31-Jul-07</b>		GRANT ALEF
	100 Back	1:03.62	<b>27-Jul-07</b>		GRANT ALEF
	200 Back	2:17.59	<b>23-Jul-12</b>		DANIEL HEIN
	50 Breast	34.37	<b>27-Jul-09</b>		KEI ISHIMARU
	100 Breast	1:11.24	<b>15-Jul-22</b>	DCST- IL	Gage R. Helfrich at 2022 Illinois YMCA Long Course Championship
	200 Breast	2:37.16	<b>15-Jul-22</b>	DCST- IL	Gage R. Helfrich at 2022 Illinois YMCA Long Course Championship
	50 Fly	26.85	<b>23-Jul-12</b>		DANIEL HEIN
	100 Fly	59.54	<b>23-Jul-12</b>		DANIEL HEIN
	200 Fly	2:14.55	<b>21-Jul-22</b>	DCST- IL	Gage R. Helfrich at 2022 IL LC Age Group Championships
	200 IM	2:20.03	<b>15-Jul-22</b>	DCST- IL	Gage R. Helfrich at 2022 Illinois YMCA Long Course Championship
	400 IM	4:58.96	<b>1-Aug-06</b>		GRANT ALEF
15 & O	50 Free	24.15	<b>19-Jul-22</b>	DCST- IL	Jacob Gramer at 2022 LCY Nationals
	100 Free	53.72	<b>3-Aug-15</b>		DANIEL HEIN
	200 Free	1:58.46	<b>25-Jul-11</b>		GRANT ALEF
	400 Free	4:09.41	<b>27-Jul-09</b>		DAVID GORDON
	800 Free	8:37.43	<b>27-Jul-09</b>		GRANT ALEF
	1500 Free	16:22.13	<b>27-Jul-09</b>		GRANT ALEF
	50 Back	26.40	<b>3-Aug-15</b>		DANIEL HEIN
	100 Back	56.79	<b>3-Aug-15</b>		DANIEL HEIN
	200 Back	2:05.17	<b>3-Aug-15</b>		DANIEL HEIN
	50 Breast	30.43	<b>3-Aug-15</b>		JACOB BJORK
	100 Breast	1:06.93	<b>3-Aug-15</b>		JACOB BJORK
	200 Breast	2:24.81	<b>3-Aug-15</b>		JACOB BJORK
	50 Fly	25.46	<b>9-Apr-16</b>		DANIEL HEIN
	100 Fly	55.41	<b>9-Apr-16</b>		DANIEL HEIN
	200 Fly	2:05.74	<b>3-Aug-15</b>		DANIEL HEIN
	200 IM	2:11.77	<b>26-Jul-10</b>		CHAD THOMPSON
	400 IM	4:48.43	<b>27-Jul-09</b>		MICHAEL GORDON