

Nebraska Masters State Swimming Records
Long Course Meters (LCM)
Updated July 2013

30-34 Men

Freestyle

50	Ryan Bell	:24.62	1999
100	Ryan Bell	:55.19	1999
200	Rob Copeland	2:04.20	1987
400	Rob Copeland	4:21.94	1987
800	John Apker	9:52.50	1992
1500	Rob Copeland	18:09.29	1987

Backstroke

50	Adam Sauter	:34.42	2013
100			
200			

Breaststroke

50	David Kohll	:32.23	1994
100	David Kohll	1:12.32	1994
200	David Kohll	2:38.82	1994

Butterfly

50	James Garlock	:28.17	1989
100			
200	Rob Copeland	2:28.22	1987

Individual Medley

200	Adam Sauter	2:43.84	2013
400	Rob Copeland	5:07.10	1987