

**Nebraska Masters State Swimming Records**  
**Long Course Meters (LCM)**  
**Updated August 2017**

**70-74 Men**

**Freestyle**

**50 Roger Holthaus :58.45 2013**

**100**

**200**

**400**

**800 Ken Deman 16:27.11 2012**

**1500**

**Backstroke**

**50 Gregg Wright :37.91 2017**

**100 Gregg Wright 1:23.36 2017**

**200 Gregg Wright 3:06.00 2017**

**Breaststroke**

**50 Bucky Greenberg :40.77 1995**

**100 Bucky Greenberg 1:33.93 1994**

**200 Bucky Greenberg 3:33.54 1995**

**Butterfly**

**50 Gene Beck :49.06 1985**

**100 Gene Beck 2:17.75 1985**

**200**

**Individual Medley**

**200 Roger Holthaus 6:17.89 2012**

**400**