

**NORTHERN SWIMMING & DIVING (2023-24)**  
 ~ Seeking Excellence Together ~

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**RECORDS NHS School**

**Yards-Girls**

50 Free	24.33	<b>3-Feb-14</b>	Becca Luft
100 Free	51.10	<b>14-Mar-19</b>	Kate Luft
200 Free	1:49.15	<b>13-Mar-19</b>	Kate Luft
500 Free	5:12.02	<b>10-Feb-18</b>	Kate Luft
100 Back	54.16	<b>2-Mar-19</b>	Kate Luft
100 Breast	1:05.24	<b>14-Mar-24</b>	Morgan Keefer
100 Fly	54.91	<b>14-Mar-14</b>	Becca Luft
200 IM	2:02.42	<b>2-Mar-18</b>	Kate Luft
1 Meter 6 Dives	282.40	<b>9-Dec-04</b>	Ashley McDonald
1 Meter 11 Dives	477.00	<b>7-Feb-05</b>	Ashley McDonald
200 Free Relay	1:38.49	<b>1-Mar-13</b>	G. Lodovici, S. Archuleta, M. Bleiler, B. Luft
400 Free Relay	3:34.86	<b>1-Mar-14</b>	G. Lodovici, S. Poe, C. Weeden, B. Luft
200 Medley Relay	1:47.81	<b>1-Mar-19</b>	K. Luft, E. Soerens, D. Yoon, J. Brettschneider

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**Yards-Boys**

50 Free	22.00	<b>13-Mar-15</b>	Cory Poe
100 Free	46.38	<b>1-Mar-14</b>	Josh Clarke
200 Free	1:40.49	<b>28-Feb-14</b>	Josh Clarke
500 Free	4:33.71	<b>17-Mar-11</b>	Jared Haley
100 Back	52.39	<b>1-Mar-14</b>	Liam Handley
100 Breast	1:01.60	<b>29-Feb-20</b>	Noah Spencer
100 Fly	52.50	<b>27-Feb-15</b>	Cory Poe
200 IM	1:57.32	<b>6-Feb-15</b>	Josh Clarke
1 Meter 6 Dives	330.15	<b>30-Jan-15</b>	Garrett Mixon
1 Meter 11 Dives	477.30	<b>17-Jan-15</b>	Garrett Mixon
200 Free Relay	1:27.70	<b>27-Feb-15</b>	C. Poe, B. Carroll, P. Wheat, J. Clarke
400 Free Relay	3:13.17	<b>1-Mar-14</b>	B. Haley, P. Wheat, K. Handley, J. Clarke
200 Medley Relay	1:38.24	<b>1-Mar-13</b>	L. Handley, C. Poe, J. Clarke, B. Haley