



LITTLE ROCK SWIMMING AND DIVING RECORDBOOK

SCHOOL RECORDS

EVENT	TIME	ATHLETE(S)	YEAR
50 FREESTYLE	22.71	Annya Grom	2022
100 FREESTYLE	49.52	Annya Grom	2022
200 FREESTYLE	1:50.08	Tori Fryar	2018
500 FREESTYLE	4:54.33	Tori Fryar	2018
1000 FREESTYLE	10:12.08	Tori Fryar	2018
1650 FREESTYLE	16:56.21	Tori Fryar	2018
100 BACKSTROKE	55.87	Laura Ruiz Astorga	2018
200 BACKSTROKE	2:01.47	Laura Ruiz Astorga	2018
100 BREASTSTROKE	1:03.48	Annya Grom	2021
200 BREASTSTROKE	2:17.95	Imre van Huyssteen	2017
100 BUTTERFLY	55.10	Jaelle Carlson	2023
200 BUTTERFLY	2:03.93	Fer Moussier	2019
200 IM	2:04.10	Gillian Boggs	2023
400 IM	4:23.14	Jinson Kang	2016
1-METER BOARD	366.70	Saige Stratton	1996
3-METER BOARD	333.50	Heather Sharp	1994
200 FREESTYLE RELAY	1:33.05	Jaelle Carlson, Carolyn Godwin, Cheryl Poulsen, Annya Grom	2022
400 FREESTYLE RELAY	3:23.24	Jaelle Carlson, Lauren Gray, Cheryl Poulsen, Annya Grom	2022
800 FREESTYLE RELAY	7:29.27	Tori Fryar, Emma Doll, Jinson Kang, Laura Ruiz Astorga	2016
200 MEDLEY RELAY	1:43.37	Caitlin Romprey, Cheryl Poulsen, Lauren Pieniazkiewicz, Karina Harr	2023
400 MEDLEY RELAY	3:45.44	Caitlin Romprey, Karina Harr, Jaelle Carlson, Cheryl Poulsen	2023



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TOP TIMES LIST

50 FREESTYLE

1. Annya Grom	2022	22.71
2. Jaelle Carlson	2023	23.27
3. Lindsey Butler	2019	23.38
4. Emma Doll	2017	23.49
5. Cheryl Poulsen	2023	23.54

100 FREESTYLE

1. Annya Grom	2022	49.52
2. Jaelle Carlson	2021	50.57
3. Lindsey Butler	2019	50.72
4. Emma Doll	2017	51.22
5. Laura Ruiz Astorga	2016	51.47

200 FREESTYLE

1. Tori Fryar	2018	1:50.08
2. Olivia Elgin	2023	1:51.15
3. Jaelle Carlson	2023	1:51.51
4. Valeriya Teplova	2013	1:51.59
5. Lea Zengerling	2019	1:51.69

500 FREESTYLE

1. Tori Fryar	2018	4:54.33
2. Lea Zengerling	2019	4:56.74
3. Natalie Swindle	2013	5:02.41
4. Olivia Elgin	2023	5:02.70
5. Gabriella O'Neil	2021	5:02.81

1000 FREESTYLE

1. Tori Fryar	2018	10:12.08
2. Claire Bristow	2018	10:36.66
3. Lara Alsader	2023	10:37.16
4. Lexie Shelton	2021	10:38.59
5. Kayla Grimm	2016	10:39.42

1650 FREESTYLE

1. Tori Fryar	2018	16:56.21
2. Claire Bristow	2018	17:35.39
3. Kayla Grimm	2017	17:40.47
4. Lara Alsader	2023	17:41.07
5. Lily Kerr	2018	17:45.70

100 BACKSTROKE

1. Laura Ruiz Astorga	2018	55.87
2. Caitlin Romprey	2023	56.07
3. Kara Raney	2013	56.63
4. Olivia Henderson	2022	57.12
5. Taylor Floyd	2023	57.27

200 BACKSTROKE

1. Laura Ruiz Astorga	2018	2:01.47
2. Caitlin Romprey	2023	2:02.57
3. Olivia Henderson	2021	2:03.63
4. Lea Zengerling	2020	2:04.30
5. Gillian Boggs	2022	2:04.45

100 BREASTSTROKE

1. Annya Grom	2021	1:03.48
2. Karina Harr	2023	1:03.69
3. Nuria Gallego Murcia	2017	1:04.08
4. Palmer Ristroph	2019	1:04.19
5. Imre van Huyssteen	2018	1:04.27

200 BREASTSTROKE

1. Imre van Huyssteen	2017	2:17.95
2. Ginger Bryant	2018	2:19.81
3. Nuria Gallego Murcia	2017	2:20.05
4. Katelin Carsrud	2017	2:20.26
5. Palmer Ristroph	2020	2:20.36

100 BUTTERFLY

1. Jaelle Carlson	2023	55.10
2. Annya Grom	2021	55.12
3. Courtney Coe	2017	55.38
4. Amber Kelly	2012	55.57
5. Fer Moussier	2021	55.62

200 BUTTERFLY

1. Fer Moussier	2019	2:03.93
2. Amber Kelly	2013	2:04.83
3. Natalie Swindle	2013	2:04.90
4. Jinson Kang	2016	2:05.05
5. Rachel Maradyn	2018	2:05.73



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TOP TIMES LIST

100 IM

1. Carolyn Godwin	2019	58.17
2. Jaelle Carlson	2022	58.36
3. Annya Grom	2021	58.67
4. Olivia Elgin	2023	59.36
5. Lauren Gray	2021	59.87

200 IM

1. Gillian Boggs	2023	2:04.10
2. Imre van Huyssteen	2019	2:05.90
3. Jinson Kang	2016	2:06.20
4. Laura Ruiz Astorga	2018	2:06.41
4. Palmer Ristroph	2021	2:06.41

400 IM

1. Jinson Kang	2016	4:23.14
2. Gillian Boggs	2023	4:25.30
3. Lea Zengerling	2019	4:30.08
4. Rachel Maradyn	2018	4:30.76
5. Maci McCullough	2021	4:32.17

1-METER BOARD

1. Saige Stratton	1996	366.70
2. Samantha Gray	2018	239.91
3. Megan Scott	2013	226.75
4. Sierra Thain	2019	210.40
5. Izzy Ragsdale	2023	198.20

3-METER BOARD

1. Heather Sharp	1994	333.50
2. Megan Scott	2014	257.55
3. Sierra Thain	2019	230.30
4. Samantha Gray	2018	226.75
5. Izzy Ragsdale	2023	222.79

200 FREESTYLE RELAY

1. Carlson, Godwin, Poulsen, Grom	2022	1:33.05
1. Poulsen, Pieniazkiewicz, Nikolaeva, Carlson	2023	1:33.05
3. Carlson, Godwin, Poulsen, Grom	2021	1:33.59

400 FREESTYLE RELAY

1. Carlson, Gray, Poulsen, Grom	2022	3:23.24
2. Elgin, Pieniazkiewicz, Poulsen, Carlson	2023	3:23.46
3. Grom, Gray, Godwin, Carlson	2021	3:23.68

800 FREESTYLE RELAY

1. Fryar, Doll, Kang, Ruiz Astorga	2016	7:29.27
2. Redzuan, Zengerling, Carlson, Poulsen	2022	7:33.15
3. Carlson, O'Neil Crowder, Spencer	2023	7:33.28

200 MEDLEY RELAY

1. Romprey, Pieniazkiewicz, Harr, Poulsen	2023	1:43.37
2. Romprey, Godwin, Redzuan, Grom	2022	1:43.44
3. Romprey, Grom, Redzuan, Carlson	2021	1:43.68

400 MEDLEY RELAY

1. Romprey, Harr, Carlson, Poulsen	2023	3:45.44
1. Ruiz Astorga, Gallego Murcia, Coe, Doll	2017	3:48.56
2. Romprey, Pieniazkiewicz, Carlson, Gray	2022	3:48.68

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