

# **MIAC SWIMMING & DIVING RECORDS – MEN**

## **MIAC CHAMPIONSHIPS RECORDS**

<b>Event</b>	<b>Time</b>	<b>Name</b>	<b>School</b>	<b>Year</b>
50 Freestyle	20.46	Matt Zelen	St. John's	1999
100 Freestyle	45.40	Matt Zelen	St. John's	1999
200 Freestyle	1:41.22	Jason Hansen	St. Olaf	1995
500 Freestyle	4:37.70	Kevin Casson	St. Olaf	1989
1650 Freestyle	16:11.42	Jason Hansen	St. Olaf	1992
100 Breaststroke	57.32	Max Harper	Carleton	1996
200 Breaststroke	2:04.78	Luke Prokop	St. John's	2003
100 Backstroke	51.34	Justin Bradley	St. Olaf	1994
200 Backstroke	1:50.48	Justin Bradley	St. Olaf	1994
100 Butterfly	49.09	Matt Zelen	St. John's	1999
200 Butterfly	1:53.88	Timothy Niznik	St. Olaf	1989
200 Individual Medley	1:53.74	Justin Bradley	St. Olaf	1994
400 Individual Medley	4:04.67	Derrick Jaastad	St. Olaf	1992
200 Medley Relay	1:34.23	Hvistendahl, Lussenden, Garrett, Connelly	St. Olaf	2002
400 Medley Relay	3:28.34	Bradley, Linscheid, Pinnow, Hansen	St. Olaf	1994
200 Freestyle Relay	1:23.43	Zelen, Stevens, Underhill, Schmitz	St. John's	1996
400 Freestyle Relay	3:06.78	Pinnow, Tuchscherer, Bachman, Judd	St. Olaf	1996
800 Freestyle Relay	6:52.30	Judd, Bradley, Pinnow, Hansen	St. Olaf	1994
1 Meter Diving (11)	578.95	Gabe Kortuem	St. Olaf	2001
3 Meter Diving (11)	599.30	Gabe Kortuem	St. Olaf	2001

## **MIAC OVERALL RECORDS**

<b>Event</b>	<b>Time</b>	<b>Name</b>	<b>School</b>	<b>Year</b>
50 Freestyle	20.03	Matt Zelen	St. John's	1999
100 Freestyle	45.01	Matt Zelen	St. John's	1999
200 Freestyle	1:40.48	Kevin Casson	St. Olaf	1988
500 Freestyle	4:27.57	Kevin Casson	St. Olaf	1989
1000 Freestyle	9:26.80	Kevin Casson	St. Olaf	1989
1650 Freestyle	15:37.04	Kevin Casson	St. Olaf	1989
100 Breaststroke	56.26	Max Harper	Carleton	1996
200 Breaststroke	2:03.01	Gregory Sampson	Carleton	1990
100 Backstroke	51.34	Justin Bradley	St. Olaf	1994
200 Backstroke	1:49.81	Robert Hauck	St. Olaf	1987
100 Butterfly	48.86	Matt Zelen	St. John's	1997
200 Butterfly	1:51.41	Timothy Niznik	St. Olaf	1990
200 Individual Medley	1:51.04	Robert Hauck	St. Olaf	1985
400 Individual Medley	3:55.69	Robert Hauck	St. Olaf	1987
200 Medley Relay	1:34.23	Hvistendahl, Lussenden, Garrett, Connelly	St. Olaf	2002
400 Medley Relay	3:26.31	Hauck, B. Bloomberg, Niznik, T. Olson	St. Olaf	1987
200 Freestyle Relay	1:23.43	Zelen, Stevens, Underhill, Schmitz	St. John's	1996
400 Freestyle Relay	3:04.58	Hauck, Liddiard, D. Rydberg, T. Olson	St. Olaf	1987
800 Freestyle Relay	6:47.61	Casson, T. Olson, Liddiard, Hauck	St. Olaf	1987
1-Meter Diving	600.40	Gabe Kortuem	St. Olaf	2000
3 Meter Diving (11)	599.30	Gabe Kortuem	St. Olaf	2001