

**NEHA****11-12 Long Course Team Records**

Year		Time	Event	Time	Year	
2011	Power, Kathryn	29.51	50 Free	28.26	Wood, Micah	2026
2011	Power, Kathryn	1:05.40	100 Free	1:01.15	Wood, Micah	2026
2013	McGowan, Brittney	2:25.91	200 Free	2:14.73	Wood, Micah	2026
2013	McGowan, Brittney	5:04.06	400 Free	4:45.55	Wood, Micah	2026
2011	Power, Kathryn	33.92	50 Back	33.15	Wood, Micah	2026
2011	Power, Kathryn	1:16.41	100 Back	1:15.16	Wood, Micah	2026
2011	Crowe, Sarah	3:05.75	200 Back	2:39.08	Wood, Micah	2026
2013	McGowan, Brittney	40.00	50 Breast	38.97	McCormick, Kade	2026
2013	McGowan, Brittney	1:28.09	100 Breast	1:27.01	McCormick, Kade	2026
2013	McGowan, Brittney	3:02.23	200 Breast	3:08.82	McCormick, Kade	2026
2025	Anderson, Emily	33.82	50 Fly	30.19	Wood, Micah	2026
2025	Anderson, Emily	1:16.24	100 Fly	1:09.95	Wood, Micah	2026
2013	McGowan, Brittney	2:50.37	200 Fly	3:05.29	Goedjen, Jackson	2011
2013	McGowan, Brittney	2:42.93	200 IM	2:46.22	Carranco, Kohen	2026
2013	McGowan, Brittney	5:51.53	400 IM	6:23.50	McCormick, Kade	2026