

Bemidji Area Super Swimmers Records Report

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First	Last	Competition Category	Meet	Event	Time	Swim Date	Age Group	Power Points
Nicki	Son	F	2013 MN FOXJ Long Course C	50 FR LCM	35.22	7/25/2013	10 & Under	558
Emily	Haack	F	2024 MN NSAC LC 11-14 State Championship	50 FR LCM	31.15	8/3/2024	11-12	620
Finley	Zothman	F	2025 MN RSC CZ 14&U Championship	50 FR LCM	28.06	8/2/2025	13-14	759
Avery	Schueller	F	2025 ND 2025 ND MN Senior LC State Championship	50 FR LCM	28.06	8/2/2025	15-16	722
Avery	Schueller	F	2025 ND 2025 ND MN Senior LC State Championship	50 FR LCM	28.06	8/2/2025	15-18	722
Steph	Frey	F	2012 MN FOXJ Long Course Champ	50 FR LCM	28.85	7/26/2012	17-18	648
Steph	Frey	F	2014 ND 50 Meter Stroke Challenge	50 FR LCM	29.37	7/12/2014	19 & Over	606
Avery	Schueller	F	2025 ND 2025 ND MN Senior LC State Championship	50 FR LCM	28.06	8/2/2025	Open	722
Finley	Zothman	F	2025 MN RSC CZ 14&U Championship	50 FR LCM	28.06	8/2/2025	Open	759
Nicki	Son	F	2013 MN FOXJ Long Course C	100 FR LCM	1:17.83	7/25/2013	10 & Under	519
Emily	Haack	F	2024 MN TUNA Minnesota Regional Championship	100 FR LCM	1:11.44	7/12/2024	11-12	477
Finley	Zothman	F	2025 MN RSC CZ 14&U Championship	100 FR LCM	1:02.23	8/3/2025	13-14	696
Avery	Schueller	F	2025 ND 2025 ND MN Senior LC State Championship	100 FR LCM	1:02.63	8/3/2025	15-16	622
Avery	Schueller	F	2025 ND 2025 ND MN Senior LC State Championship	100 FR LCM	1:02.63	8/3/2025	15-18	622
Steph	Frey	F	2012 MN FOXJ Long Course Champ	100 FR LCM	1:02.97	7/26/2012	17-18	605
Libby	McRae	F	2017 ND Walleye Invite	100 FR LCM	1:05.08	7/22/2017	19 & Over	522
Finley	Zothman	F	2025 MN RSC CZ 14&U Championship	100 FR LCM	1:02.23	8/3/2025	Open	696
Abby	Daman	F	2018 ND WFF Summer Explosion	200 FR LCM	3:10.67	7/8/2018	10 & Under	248
Emily	Haack	F	2024 MN TUNA Minnesota Regional Championship	200 FR LCM	2:42.11	7/13/2024	11-12	338
Finley	Zothman	F	2025 MN RSC CZ 14&U Championship	200 FR LCM	2:18.66	8/1/2025	13-14	590
Libby	McRae	F	2014 MN STAR Regional Cham	200 FR LCM	2:20.38	7/18/2014	15-16	494
Steph	Frey	F	2012 MN FOXJ Long Course Champ	200 FR LCM	2:19.86	7/26/2012	15-18	504
Steph	Frey	F	2012 MN FOXJ Long Course Champ	200 FR LCM	2:19.86	7/26/2012	17-18	504
Steph	Frey	F	2014 MN FOXJ Long Course Championships	200 FR LCM	2:19.30	7/24/2014	19 & Over	502
Finley	Zothman	F	2025 MN RSC CZ 14&U Championship	200 FR LCM	2:18.66	8/1/2025	Open	590
Nicki	Son	F	2013 ND RRVY Wahoo 50 Meter Stroke	400 FR LCM	6:37.82	6/22/2013	10 & Under	271
Demi	Fisher	F	2015 MN WOLF Howling Tuna	400 FR LCM	5:59.83	6/27/2015	11-12	216
Finley	Zothman	F	2025 MN TUNA Minnesota Regional Championship	400 FR LCM	5:18.19	7/18/2025	13-14	344
Brandi	Werner	F	2006 MN FOXJ MN LC State Meet	400 FR LCM	5:00.11	8/3/2006	15-16	436
Brandi	Werner	F	2006 MN FOXJ MN LC State Meet	400 FR LCM	5:00.11	8/3/2006	15-18	436
Lexie	Hendricks	F	2012 MN FOXJ Long Course Champ	400 FR LCM	5:13.56	7/26/2012	17-18	327
Kristen	McRae	F	2011 ND 50 Meter Stroke Challen	400 FR LCM	5:34.19	6/25/2011	19 & Over	182
Brandi	Werner	F	2006 MN FOXJ MN LC State Meet	400 FR LCM	5:00.11	8/3/2006	Open	436
Finley	Zothman	F	2025 MN TUNA Minnesota Regional Championship	800 FR LCM	11:13.48	7/20/2025	13-14	314
Lexie	Hendricks	F	2011 MN RICH ABC Summer Finals	800 FR LCM	10:59.10	7/22/2011	15-16	302

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Steph	Frey	F	2012 MN RICH AB Summer Finals	800 FR LCM	10:51.77	7/20/2012	15-18	322
Steph	Frey	F	2012 MN RICH AB Summer Finals	800 FR LCM	10:51.77	7/20/2012	17-18	322
Kristen	McRae	F	2011 ND 50 Meter Stroke Challen	800 FR LCM	11:35.62	6/25/2011	19 & Over	185
Steph	Frey	F	2012 MN RICH AB Summer Finals	800 FR LCM	10:51.77	7/20/2012	Open	322
Finley	Zothman	F	2025 MN TUNA Minnesota Regional Championship	1500 FR LCM	21:19.68	7/19/2025	13-14	341
Lexie	Hendricks	F	2011 MN RICH ABC Summer Finals	1500 FR LCM	21:12.80	7/22/2011	15-16	311
Lexie	Hendricks	F	2012 MN RICH AB Summer Finals	1500 FR LCM	20:56.39	7/20/2012	15-18	337
Lexie	Hendricks	F	2012 MN RICH AB Summer Finals	1500 FR LCM	20:56.39	7/20/2012	17-18	337
Lexie	Hendricks	F	2012 MN RICH AB Summer Finals	1500 FR LCM	20:56.39	7/20/2012	Open	337
Elena	Harmsen	F	2015 ND Bill Siders LC Invite	50 BK LCM	40.65	6/14/2015	10 & Under	746
Emily	Haack	F	2024 MN TUNA Minnesota Regional Championship	50 BK LCM	40.94	7/13/2024	11-12	321
Libby	McRae	F	2012 MN FOXJ Long Course Champ	50 BK LCM	35.82	7/29/2012	13-14	1
Nicki	Son	F	2013 MN FOXJ Long Course C	100 BK LCM	1:32.07	7/25/2013	10 & Under	485
Quinn	Friedt	F	2024 MN TUNA Minnesota Regional Championship	100 BK LCM	1:29.36	7/13/2024	11-12	290
Libby	McRae	F	2012 MN FOXJ Long Course Champ	100 BK LCM	1:19.05	7/27/2012	13-14	420
Brandi	Werner	F	2006 MN FOXJ MN LC State Meet	100 BK LCM	1:13.85	8/3/2006	15-16	520
Brandi	Werner	F	2006 MN FOXJ MN LC State Meet	100 BK LCM	1:13.85	8/3/2006	15-18	520
Abby	Yartz	F	2018 ND WFF Early Bird	100 BK LCM	1:18.44	6/10/2018	17-18	379
Libby	McRae	F	2017 ND Walleye Invite	100 BK LCM	1:15.13	7/22/2017	19 & Over	479
Brandi	Werner	F	2006 MN FOXJ MN LC State Meet	100 BK LCM	1:13.85	8/3/2006	Open	520
Jemma	Copiskey	F	2014 ND Walleye Invite	200 BK LCM	3:34.63	6/21/2014	11-12	118
Nicki	Son	F	2017 MN MAN MRC	200 BK LCM	3:01.63	7/23/2017	13-14	285
Libby	McRae	F	2014 MN STAR Regional Cham	200 BK LCM	2:50.53	7/18/2014	15-16	373
Libby	McRae	F	2014 MN STAR Regional Cham	200 BK LCM	2:50.53	7/18/2014	15-18	373
Lexie	Hendricks	F	2012 MN RICH AB Summer Finals	200 BK LCM	3:03.33	7/20/2012	17-18	220
Libby	McRae	F	2014 MN STAR Regional Cham	200 BK LCM	2:50.53	7/18/2014	Open	373
Jemma	Copiskey	F	ND2012 50 Meter Stroke Challen	50 BR LCM	54.77	6/23/2012	10 & Under	235
Miranda	Port	F	2015 ND Walleye Invite	50 BR LCM	46.07	7/18/2015	11-12	319
Kiera	Strodtman	F	2024 ND Summer Explosion	50 BR LCM	47.33	6/8/2024	13-14	1
Abby	Daman	F	2018 ND WFF Summer Explosion	100 BR LCM	1:57.05	7/7/2018	10 & Under	284
Quinn	Friedt	F	2024 MN TUNA Minnesota Regional Championship	100 BR LCM	1:42.05	7/12/2024	11-12	279
Abby	Daman	F	2021 ND WFF Summer Explosion	100 BR LCM	1:30.34	7/10/2021	13-14	433
Abby	Daman	F	2024 MN TUNA Minnesota Regional Championship	100 BR LCM	1:27.17	7/12/2024	15-16	433
Tiara	Nelson	F	2005 MI Central Zone Champs	100 BR LCM	1:21.98	8/12/2005	15-18	559
Tiara	Nelson	F	2005 MI Central Zone Champs	100 BR LCM	1:21.98	8/12/2005	17-18	559

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Steph	Frey	F	2016 MN ROC MCA Senior State	100 BR LCM	1:15.31	8/5/2016	19 & Over	749
Steph	Frey	F	2016 MN ROC MCA Senior State	100 BR LCM	1:15.31	8/5/2016	Open	749
Miranda	Port	F	2015 ND Walleye Invite	200 BR LCM	3:46.23	7/18/2015	11-12	249
Miranda	Port	F	2017 MN MAN MRC	200 BR LCM	3:16.72	7/23/2017	13-14	396
Kiera	Strodtman	F	2025 MN TUNA Minnesota Regional Championship	200 BR LCM	3:09.07	7/19/2025	15-16	448
Tiara	Nelson	F	2005 MN FOXJ Long Course Champs	200 BR LCM	2:59.88	8/4/2005	15-18	541
Tiara	Nelson	F	2005 MN FOXJ Long Course Champs	200 BR LCM	2:59.88	8/4/2005	17-18	541
Tiara	Nelson	F	2005 MN FOXJ Long Course Champs	200 BR LCM	2:59.88	8/4/2005	Open	541
Nicki	Son	F	2013 MN FOXJ Long Course C	50 FL LCM	40.87	7/25/2013	10 & Under	450
Nicki	Son	F	2015 MN STAR MRC	50 FL LCM	37.23	7/26/2015	11-12	398
Finley	Zothman	F	2025 MN RSC CZ 14&U Championship	50 FL LCM	31.40	8/2/2025	13-14	1
Nicki	Son	F	2013 MN FOXJ Long Course C	100 FL LCM	1:32.71	7/25/2013	10 & Under	475
Nicki	Son	F	2015 MN STAR MRC	100 FL LCM	1:23.90	7/25/2015	11-12	402
Finley	Zothman	F	2025 ND WFF Summer Explosion	100 FL LCM	1:10.84	6/27/2025	13-14	607
Libby	McRae	F	2014 MN STAR Regional Cham	100 FL LCM	1:10.13	7/18/2014	15-16	583
Libby	McRae	F	2014 MN STAR Regional Cham	100 FL LCM	1:10.13	7/18/2014	15-18	583
Steph	Frey	F	2012 MN FOXJ Long Course Champ	100 FL LCM	1:10.31	7/26/2012	17-18	575
Steph	Frey	F	2016 MN ROC MCA Senior State	100 FL LCM	1:05.86	8/5/2016	19 & Over	722
Steph	Frey	F	2016 MN ROC MCA Senior State	100 FL LCM	1:05.86	8/5/2016	Open	722
Libby	McRae	F	2012 MN RICH AB Summer Finals	200 FL LCM	2:57.76	7/20/2012	13-14	341
Libby	McRae	F	2012 MN RICH AB Summer Finals	200 FL LCM	2:57.76	7/20/2012	Open	341
Nicki	Son	F	2013 ND RRVY Wahoo 50 Meter Stroke	200 IM LCM	3:25.48	6/22/2013	10 & Under	395
Nicki	Son	F	2015 MN STAR MRC	200 IM LCM	3:09.36	7/26/2015	11-12	322
Libby	McRae	F	2012 MN RICH AB Summer Finals	200 IM LCM	2:50.88	7/20/2012	13-14	402
Libby	McRae	F	2014 MN STAR Regional Cham	200 IM LCM	2:42.57	7/18/2014	15-16	491
Steph	Frey	F	2012 MN FOXJ Long Course Champ	200 IM LCM	2:38.48	7/26/2012	15-18	550
Steph	Frey	F	2012 MN FOXJ Long Course Champ	200 IM LCM	2:38.48	7/26/2012	17-18	550
Steph	Frey	F	2014 MN FOXJ Long Course Championships	200 IM LCM	2:35.17	7/24/2014	19 & Over	591
Steph	Frey	F	2014 MN FOXJ Long Course Championships	200 IM LCM	2:35.17	7/24/2014	Open	591
Quinn	Friedt	F	2025 MN TUNA Minnesota Regional Championship	400 IM LCM	6:17.07	7/18/2025	13-14	355
Kiera	Strodtman	F	2025 MN TUNA Minnesota Regional Championship	400 IM LCM	6:14.40	7/18/2025	15-16	301
Steph	Frey	F	2012 MN RICH AB Summer Finals	400 IM LCM	5:46.95	7/20/2012	15-18	466
Steph	Frey	F	2012 MN RICH AB Summer Finals	400 IM LCM	5:46.95	7/20/2012	17-18	466
Steph	Frey	F	2012 MN RICH AB Summer Finals	400 IM LCM	5:46.95	7/20/2012	Open	466
Flena Harmsen	Marlev	F	2015 ND Bill Siders LC Invite	200 FR-R LCM	4:04.83	6/14/2015	10 & Under	

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Miranda Port, Demi Fisher, Emma Alexander, Nicki Son		F	2014 ND 50 Meter Stroke Challenge	200 FR-R LCM	2:34.16	7/12/2014	11-12	
Josie Carter, Anna Friedt, Kiera Strodman, Finley Zothman		F	2024 MN TUNA Minnesota Regional Championship	200 FR-R LCM	2:10.13	7/14/2024	13-14	
Danielle Hoven, Steph Frey, Erin Arndt, Lexie Hendricks		F	2012 MN FOXJ Long Course Champ	200 FR-R LCM	2:02.04	7/27/2012	Open	
Danielle Hoven, Steph Frey, Lexie Hendricks, Erin Arndt		F	2012 MN FOXJ Long Course Champ	400 FR-R LCM	4:30.19	7/28/2012	Open	
Demi Fisher, Miranda Port, Nicki Son, Emma Alexander		F	2014 ND 50 Meter Stroke Challenge	200 MED-R LCM	3:02.89	7/12/2014	11-12	
Abby Yartz, Hannah Sether, Claudia Vincent, Georgia Nyberg		F	2014 ND Walleye Invite	200 MED-R LCM	2:39.60	6/21/2014	13-14	
Libby McRae, Steph Frey, Erin Arndt, Danielle Hoven		F	2012 MN FOXJ Long Course Champ	200 MED-R LCM	2:13.65	7/29/2012	Open	
Libby McRae, Steph Frey, Erin Arndt, Danielle Hoven		F	2012 MN FOXJ Long Course Champ	400 MED-R LCM	5:06.81	7/27/2012	Open	