

Women's 400m Individual Medley

World Records					
Time	Name	Country	Location	Date	US Team
5:41.1y	Sylvia Ruuska	USA	Melbourne	2/24/1950	
5:50.4	Eva Szekely	HUN	Budapest	4/10/1953	
5:47.3	Mary Kok	NETH	Hilversum	3/28/1955	
5:40.8	Eva Szekely	HUN	Budapest	7/13/1955	
5:38.9	Mary Kok	NETH	Hilversum	12/2/1956	
5:46.6^	Sylvia Ruuska	USA	Los Angeles	6/27/1958	
5:43.7	Sylvia Ruuska	USA	Topeka	8/1/1958	
5:36.5	Donna de Varona	USA	Indianapolis	7/15/1959	Santa Clara
5:40.2y	Sylvia Ruuska	USA	Redding	7/17/1959	
5:34.5	Donna de Varona	USA	Philadelphia	8/11/1961	Santa Clara
5:29.7	Donna de Varona	USA	Los Altos	6/2/1962	Santa Clara
5:27.4	Sharon Finneran	USA	Osaka	7/26/1962	Los Angeles
5:24.7	Donna de Varona	USA	Osaka	7/26/1962	Santa Clara
5:21.9	Sharon Finneran	USA	Osaka	7/28/1962	Los Angeles
5:16.5	Donna de Varona	USA	Lima	3/10/1964	Santa Clara
5:14.9	Donna de Varona	USA	New York	8/30/1964	Santa Clara
5:11.7	Claudia Kolb	USA	Santa Clara	7/9/1967	Santa Clara
5:09.7	Claudia Kolb	USA	Winnipeg	8/1/1967	Santa Clara
5:08.2	Claudia Kolb	USA	Philadelphia	8/10/1967	Santa Clara
5:04.7	Claudia Kolb	USA	Los Angeles	8/24/1968	Santa Clara
5:01.97	Gail Neall	AUS	Munich	8/31/1972	
5:01.10	Angela Franke	GDR	Utrecht	8/18/1973	
4:57.51	Gudrun Wegner	GDR	Belgrade	9/6/1973	
4:52.42	Ulrike Tauber	GDR	Vienna	8/21/1974	
4:52.20	Ulrike Tauber	GDR	Wittenberg	6/7/1975	
4:48.79	Birgit Treiber	GDR	Berlin	6/1/1976	
4:42.77	Ulrike Tauber	GDR	Montreal	7/24/1976	
4:40.83	Tracy Caulkins	USA	Berlin	8/23/1978	Nashville
4:38.44	Petra Schneider	GDR	Magdeburg	5/27/1980	
4:36.29	Petra Schneider	GDR	Moscow	7/26/1980	
4:39.96	Petra Schneider	GDR	Leningrad	8/30/1980	
4:36.10	Petra Schneider	GDR	Guayaquil	8/1/1982	
4:34.79	Yan Chen	CHN	Shanghai	10/13/1997	
4:33.59	Yana Klochkova	UKR	Sydney	9/16/2000	
4:32.89	Katie Hoff	USA	Melbourne	4/1/2007	North Baltimore
4:31.46	Stephanie Rice	AUS	Sydney	3/22/2008	

American Records					
Time	Name			Date	US Team
5:46.6	Sylvia Ruuska		Los Angeles	6/27/1958	
5:43.7	Sylvia Ruuska		Topeka	8/1/1958	
5:41.1	Sylvia Ruuska		Melbourne	2/24/1959	
5:40.2	Sylvia Ruuska		Redding	7/15/1959	
5:36.5	Donna de Varona			7/17/1959	Santa Clara
5:34.5	Donna de Varona		Philadelphia	8/11/1961	Santa Clara
5:29.7	Donna de Varona		Los Altos	6/2/1962	Santa Clara
5:24.7	Donna de Varona		Osaka	7/26/1962	Santa Clara

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5:27.4p	Sharon Finneran		Osaka	7/26/1962	Los Angeles
5:21.9	Sharon Finneran		Osaka	7/28/1962	Los Angeles
5:16.5	Donna de Varona		Lima	3/10/1964	Santa Clara
5:14.9	Donna de Varona		New York	8/30/1964	Santa Clara
5:11.7	Claudia Kolb		Santa Clara	7/9/1967	Santa Clara
5:09.7	Claudia Kolb		Winnipeg	8/1/1967	Santa Clara
5:08.2	Claudia Kolb		Philadelphia	8/10/1967	Santa Clara
5:04.7	Claudia Kolb		Los Angeles	8/24/1968	Santa Clara
5:02.95	Kim Shettle			8/9/1974	
5:02.26p	Jenni Franks			8/23/1974	Wilmington
5:00.51	Jenni Franks			8/23/1974	Wilmington
4:58.13	Kathy Heddy			6/21/1975	Central Jersey
4:53.86	Jenni Franks			8/21/1975	Wilmington
4:51.74	Tracy Caulkins			8/1/1977	
4:48.93	Tracy Caulkins			8/19/1977	
4:47.06	Tracy Caulkins			8/4/1978	
4:40.83	Tracy Caulkins		Berlin	8/23/1978	Nashville
4:40.67	Tracy Caulkins			7/30/1980	
4:39.24	Tracy Caulkins		Los Angeles	7/29/1984	
4:38.58	Janet Evans		Austin	8/8/1988	Fullerton
4:37.76	Janet Evans		Seoul	9/19/1988	Fullerton
4:37.58	Summer Sanders		Barcelona	7/26/1992	Stanford
4:34.95	Kaitlin Sandeno		Athens	8/14/2004	Trojan
4:32.89	Katie Hoff		Melbourne	4/1/2007	North Baltimore