

08/02/2010

LONG COURSE  
TOP 10 TIMES  
11-12 GIRLS

<b>50 FREE</b>	TIME	YEAR
KRISTY HARTUNG	29.03	1983
<b>SANDRA SOE</b>	<b>30.00</b>	<b>6/6/10</b>
KELSEY CONROW	30.59	2003
SARAH SAFIR	30.91	2003
KATRINA ROWE	31.02	1990
<b>ALANNA JURICH</b>	<b>31.04</b>	<b>7/28/10</b>
<b>LAUREN GREEN</b>	<b>31.11</b>	<b>7/15/10</b>
MELISSA WINCHESTER	31.13	1989
LISA KNOTT	31.24	1992
MICHELLE DEL RIO	31.24	1999

<b>800 FREE</b>	TIME	YEAR
<b>SANDRA SOE</b>	<b>10:30.94</b>	<b>5/30/10</b>
<b>LAUREN SMITH</b>	<b>10:55.07</b>	<b>7/15/10</b>
BETHANY NOLLETTE	11:13.55	2002
JULIE KRAMER	11:41.53	1988
DANA SHAW	11:46.22	1996

<b>100 FREE</b>	TIME	YEAR
KRISTY HARTUNG	1:03.71	1983
<b>SANDRA SOE</b>	<b>1:04.23</b>	<b>4/30/10</b>
KELSEY CONROW	1:05.94	2003
<b>LAUREN GREEN</b>	<b>1:07.42</b>	<b>7/28/10</b>
SARAH SAFIR	1:07.76	2003
MICHELLE DEL RIO	1:08.15	1999
STACEY FORD	1:08.51	1991
BETHANY NOLLETTE	1:08.72	2002
<b>ALANNA JURICH</b>	<b>1:08.79</b>	<b>7/15/10</b>
HEIDI RAWSON	1:09.39	1991

<b>1500 FREE</b>	TIME	YEAR
<b>SANDRA SOE</b>	<b>19:42.86</b>	<b>4/30/10</b>
BETHANY NOLLETTE	21:17.72	2002

<b>200 FREE</b>	TIME	YEAR
<b>SANDRA SOE</b>	<b>2:18.18</b>	<b>5/8/10</b>
KRISTY HARTUNG	2:21.37	1983
KELSEY CONROW	2:24.18	2003
MICHELLE DEL RIO	2:26.32	1999
KANDICE BAERWALDT	2:28.25	1997
NOELLE RICCARDELLA	2:30.12	1987
BETH NOLLETTE	2:30.22	2002
<b>LAUREN GREEN</b>	<b>2:30.23</b>	<b>7/15/10</b>
HEATHER POND	2:30.78	1993
<b>LAUREN SMITH</b>	<b>2:31.73</b>	<b>7/15/10</b>

<b>50 BACK</b>	TIME	YEAR
<b>SANDRA SOE</b>	<b>33.94</b>	<b>4/30/10</b>
KRISTY HARTUNG	35.11	1983
<b>LAUREN GREEN</b>	<b>36.12</b>	<b>7/15/10</b>
STACEY FORD	36.17	1991
HEATHER KEIGHLEY	36.36	2008
LEE WOTHERSPOON	36.40	1991
LAURA WHEELER	36.43	1995
LUCY CHEN	37.20	2002
KELSEY CONROW	37.35	2003
HILARY HUNT	37.42	2004

<b>400 FREE</b>	TIME	YEAR
<b>SANDRA SOE</b>	<b>4:58.36</b>	<b>4/30/10</b>
KRISTY HARTUNG	4:59.26	1983
KANDICE BAERWALDT	5:00.37	1997
KELSEY CONROW	5:03.59	2003
<b>LAUREN SMITH</b>	<b>5:15.75</b>	<b>7/15/10</b>
BETH NOLLETTE	5:16.33	2002
HEATHER POND	5:16.34	1993
MICHELLE DEL RIO	5:23.11	1999
KATRINA HEARN	5:23.21	1997
KATRINA ROWE	5:24.51	1990

<b>100 BACK</b>	TIME	YEAR
<b>SANDRA SOE</b>	<b>1:14.58</b>	<b>5/30/10</b>
STACEY FORD	1:17.49	1991
<b>LAUREN SMITH</b>	<b>1:18.11</b>	<b>7/15/10</b>
<b>LAUREN GREEN</b>	<b>1:19.04</b>	<b>7/15/10</b>
NICHOLE ATKIN	1:19.49	1999
SARAH SAFIR	1:20.25	2003
LUCY CHEN	1:20.81	2002
ALYSON WAGNER	1:20.81	1991
LEE WOTHERSPOON	1:21.12	1991
EMILIE RUFFO	1:21.53	2009

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<b>200 BACK</b>	TIME	YEAR	<b>50 FLY</b>	TIME	YEAR
SANDRA SOE	2:43.75	4/30/10	KRISTY HARTUNG	32.63	1983
LAUREN SMITH	2:46.23	5/8/10	SARAH SAFIR	32.73	2003
STACEY FORD	2:46.47	1992	LAUREN GREEN	33.48	7/15/10
SARAH SAFIR	2:53.29	2003	HEIDI RAWSON	33.60	1991
EMILIE RUFFO	2:53.99	2009	HILARY HUNT	33.79	2004
DIANA HATAMIAN	2:58.74	2008	STACEY FORD	33.93	1991
LAUREN GREEN	3:00.00	4/30/10	ALANNA JURICH	34.38	7/15/10
STEPHANIE SCANNELL	3:00.83	2007	MICHELLE DEL RIO	34.52	1999
EMILIE RUFFO	3:04.14	2008	EMILIE RUFFO	34.65	2009
HEATHER KEIGHLEY	3:06.38	2008	KATRINA ROWE	34.77	1990

**50 BREAST**

MORGANNE MCKENNAN	36.51	7/28/10
KRISTY HARTUNG	37.94	1983
HEATHER POND	39.84	1993
ALANNA JURICH	39.93	7/28/10
MELISSA WINCHESTER	39.96	1989
LAYNA AUCHARD	40.67	2009
KELSEY CONROW	40.86	2003
LAURA WHEELER	41.23	1995
HEATHER RATH	41.88	1990
STEPHANIE SCANNELL	41.99	2006

**100 FLY**

SARAH SAFIR	1:12.80	2003
KRISTY HARTUNG	1:14.80	1983
STACEY FORD	1:16.16	1991
LAUREN GREEN	1:18.57	7/15/10
SANDRA SOE	1:18.59	5/8/10
SHAWNA WINTERS	1:19.09	1993
KATRINA ROWE	1:19.19	1990
HILARY HUNT	1:19.82	2004
HEIDI RAWSON	1:21.56	1991
KALEY CONROW	1:23.16	2001

**100 BREAST**

MORGANNE MCKENNAN	1:19.89	7/28/10
KRISTY HARTUNG	1:24.59	1983
HEATHER POND	1:25.02	1993
MELISSA WINCHESTER	1:26.92	1989
KELSEY CONROW	1:27.74	2003
LORI ADAM	1:28.00	1977
SANDRA SOE	1:29.65	2009
ALANNA JURICH	1:29.99	6/12/10
JANELL CHANG	1:30.89	2006
LAYNA AUCHARD	1:30.97	2009

**200 FLY**

STACEY FORD	2:52.66	1992
SARAH SAFIR	2:56.26	2003
CAITLIN REYDA	3:08.99	2003
EMILIE RUFFO	3:13.63	2009
JENNY GUISE	3:22.39	6/12/10

**200 BREAST**

MORGANNE MCKENNAN	2:50.75	7/28/10
LAYNA AUCHARD	3:07.78	2009
KELSEY CONROW	3:08.27	2003
SANDRA SOE	3:16.23	2009
ALANNA JURICH	3:16.24	4/30/10
EMILIE RUFFO	3:19.36	2009
STEPHANIE SCANNELL	3:21.58	2006
JANELL CHANG	3:22.40	2006
EMMA SCHEVE	3:36.95	2009
MONICA BOSS	3:45.55	4/30/10

**200 I.M.**

SANDRA SOE	2:40.55	5/30/10
KRISTY HARTUNG	2:43.34	1983
KELSEY CONROW	2:44.04	2003
MORGANNE MCKENNAN	2:48.38	7/15/10
STACEY FORD	2:48.49	1991
SARAH SAFIR	2:51.03	2003
ALANNA JURICH	2:51.87	7/15/10
LAUREN SMITH	2:52.56	4/30/10
MICHELLE DEL RIO	2:53.26	1999
EMILIE RUFFO	2:53.56	2009

**400 I.M.**

	TIME	YEAR
SANDRA SOE	5:41.06	6/6/10
KELSEY CONROW	6:01.20	2003
LAUREN SMITH	6:07.94	6/12/10

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EMILIE RUFFO	6:16.58	2009
DIANA HATAMIAN	6:42.71	2008
KATE CEZAR	7:15.04	2009