

08/02/2010

LONG COURSE  
TOP 10 TIMES  
13-14 GIRLS

50 FREE			800 FREE		
	TIME	YEAR		TIME	YEAR
DEBBIE BLUE	28.80	1975	KATRINA ROWE	9:54.78	1992
CHRISTINA SHILLING	29.45	2002	KATIE RICK	10:01.16	2006
<b>GEMMA TAKAHASHI</b>	<b>29.47</b>	<b>7/15/10</b>	NOELLE RICCARDELLA	10:04.07	1988
KATRINA ROWE	29.50	1992	DANA SHAW	10:06.08	1998
KATRINA HEARN	29.61	1999	<b>SANDRA SOE</b>	<b>10:09.64</b>	<b>7/28/10</b>
MELISSA WINCHESTER	29.62	1991	SHAWNA WINTERS	10:11.28	1995
<b>SANDRA SOE</b>	<b>29.62</b>	<b>7/15/10</b>	KATRINA HEARN	10:12.45	2000
NOELLE RICCARDELLA	29.73	1988	STACEY FORD	10:14.47	1993
DANA SHAW	29.74	2000	KELSEY CONROW	10:21.52	2004
MICHELLE DEL RIO	29.79	2001	BETHANY NOLLETTE	11:00.41	2003
100 FREE			1500 FREE		
DEBBIE BLUE	1:01.54	1975	KATIE RICK	19:19.58	2006
KATRINA HEARN	1:03.48	1999	<b>SANDRA SOE</b>	<b>19:52.54</b>	<b>7/15/10</b>
KATRINA ROWE	1:03.82	1992	KATRINA ROWE	19:52.70	1992
<b>SANDRA SOE</b>	<b>1:04.20</b>	<b>7/15/10</b>	SHAWNA WINTERS	20:19.77	1995
CHRISTINA SHILLING	1:04.38	2002	DANA SHAW	20:31.93	1997
NOELLE RICCARDELLA	1:04.72	1988	STACEY POND	21:44.38	1992
KATIE RICK	1:04.72	2006	BETHANY NOLLETTE	22:28.05	2003
MICHELLE DEL RIO	1:05.01	2001	CHERI BEHLMAN	23:22.02	1992
<b>GEMMA TAKAHASHI</b>	<b>1:05.07</b>	<b>7/28/10</b>			
SHAWNA WINTERS	1:05.09	1995			
200 FREE			100 BACK		
DIANN CHRISTIANSON	2:12.47	1975	STACEY FORD	1:11.13	1993
KATRINA ROWE	2:14.59	1992	DIANN CHRISTIANSON	1:13.20	1975
KATRINA HEARN	2:17.61	1998	SHAWNA WINTERS	1:13.55	1995
NOELLE RICCARDELLA	2:18.58	1988	<b>SANDRA SOE</b>	<b>1:13.72</b>	<b>7/15/10</b>
KATIE RICK	2:18.77	2006	KATRINA ROWE	1:13.99	1991
<b>SANDRA SOE</b>	<b>2:19.19</b>	<b>7/28/10</b>	<b>HEATHER KEIGHLEY</b>	<b>1:14.27</b>	<b>4/30/10</b>
MICHELLE DEL RIO	2:19.90	2001	MADDIE TAKAKI	1:15.16	2005
SHAWNA WINTERS	2:19.93	1995	KATRINA HEARN	1:15.30	1999
STACEY FORD	2:20.11	1993	SARAH SAFIR	1:15.99	2004
MELISSA WINCHESTER	2:22.76	1991	MEREDITH BRONSON	1:16.06	1996
400 FREE			200 BACK		
DIANN CHRISTIANSON	4:37.08	1975	DIANN CHRISTIANSON	2:32.47	1975
KATIE RICK	4:45.64	2006	SHAWNA WINTERS	2:33.58	1995
KATRINA ROWE	4:46.52	1992	STACEY FORD	2:34.37	1993
NOELLE RICCARDELLA	4:49.74	1988	KATRINA ROWE	2:35.58	1991
SHAWNA WINTERS	4:55.23	1995	MADDIE TAKAKI	2:38.24	2005
KATRINA HEARN	4:55.37	2000	<b>SANDRA SOE</b>	<b>2:38.95</b>	<b>7/15/10</b>
<b>SANDRA SOE</b>	<b>4:55.40</b>	<b>7/15/10</b>	KATRINA HEARN	2:41.11	1999
KELSEY CONROW	4:57.93	2004	NICHOLE ATKIN	2:45.54	2000
DANA SHAW	4:58.61	1998	KATIE RICK	2:48.09	2006
STACEY FORD	4:58.79	1993	MELISSA WINCHESTER	2:48.72	1991

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<b>100 BREAST</b>	TIME	YEAR	<b>200 I.M.</b>	TIME	YEAR
KATIE RICK	1:20.69	2006	KATIE RICK	2:32.72	2006
LAYNA AUCHARD	1:22.68	7/28/10	DIANN CHRISTIANSON	2:32.74	1975
MELISSA WINCHESTER	1:23.64	1990	STACEY FORD	2:33.15	1993
HEATHER SOOS	1:24.24	1987	SANDRA SOE	2:36.44	7/15/10
HEATHER POND	1:24.42	1994	SHAWNA WINTERS	2:37.66	1995
STACEY FORD	1:25.38	1993	CHRISTINA SHILLING	2:39.41	2002
ANGELA LAVISTA	1:25.73	1993	MADDIE TAKAKI	2:39.64	2005
MICHELLE DEL RIO	1:26.73	2001	MICHELLE DEL RIO	2:40.13	2001
CHRISTINA SHILLING	1:26.80	2001	KATRINA ROWE	2:41.57	1992
SHANNA FLYNN	1:27.05	2007	HEATHER SOOS	2:42.07	1987

<b>200 BREAST</b>			<b>400 I.M.</b>		
KATIE RICK	2:50.64	2006	STACEY FORD	5:25.15	1993
MELISSA WINCHESTER	2:57.70	1990	KATIE RICK	5:26.24	2007
LAYNA AUCHARD	2:58.43	7/28/10	DIANN CHRISTIANSON	5:26.94	1975
HEATHER POND	2:58.85	1994	SHAWNA WINTERS	5:30.19	1995
HEATHER SOOS	3:00.54	1987	SANDRA SOE	5:38.86	7/28/10
ANGELA LAVISTA	3:00.57	1993	MELISSA WINCHESTER	5:52.02	1991
MICHELLE DEL RIO	3:00.70	2001	SARAH SAFIR	5:52.14	2004
STACEY FORD	3:00.78	1993	MADDIE TAKAKI	5:55.27	2005
LORI ADAM	3:05.40	1978	KATRINA ROWE	5:57.08	1992
KELSEY CONROW	3:05.93	2004	MICHELLE DEL RIO	5:58.93	2000

<b>100 FLY</b>		
DIANN CHRISTIANSON	1:08.87	1975
STACEY FORD	1:09.00	1993
MADDIE TAKAKI	1:10.01	2005
SARAH SAFIR	1:10.32	2004
KATRINA ROWE	1:11.52	1992
LILY SU	1:12.63	1993
SHAWNA WINTERS	1:13.11	1995
EMILY HANNIGAN	1:14.00	2008
HILARY HUNT	1:14.07	2006
KATIE RICK	1:15.31	2006

<b>200 FLY</b>		
DIANN CHRISTINSON	2:29.28	1975
STACEY FORD	2:31.51	1993
LILY SU	2:38.14	1992
SARAH SAFIR	2:44.71	2004
KATRINA ROWE	2:47.02	1992
MADDIE TAKAKI	2:47.35	2005
SHAWNA WINTERS	2:48.15	1994
MICHELLE DEL RIO	3:02.31	2001
EMILY HANNIGAN	3:03.17	2008
KATRINA HEARN	3:06.81	1999