

07/26/2010

SHORT COURSE
TOP 10 TIMES
11-12 GIRLS

50 FREE	TIME	YEAR	1000 FREE	TIME	YEAR
SANDRA SOE	25.58	4/08/10	SANDRA SOE	11:05.90	4/08/10
KRISTY HARTUNG	26.25	1983	KANDICE BAERWALDT	11:57.55	1997
JILL SALAK	26.50	1982	KATRINA HEARN	12:07.22	1997
TINA CLEMENTS	26.60	1975	HEATHER POND	12:16.50	1993
KAREN BLICK	26.61	1981	BETHANY NOLLETTE	12:40.69	2002
KELSEY CONROW	26.71	2003	SARAH SAFIR	12:47.27	2002
STACEY FORD	27.24	1992	JULIE KRAMER	12:56.89	1989
CHRISTINA SHILLING	27.25	2001	DANA SHAW	13:07.83	1997
HEIDI RAWSON	27.27	1992	KELSEY CONROW	13:11.00	2002
ANGELA SAVASO	27.29	1993	ISSO SHIMAMOTO	13:11.58	2001
100 FREE			1650 FREE		
SANDRA SOE	54.85	4/08/10	SANDRA SOE	19:54.29	10/09/09
KELSEY CONROW	57.91	2003	KANDICE BAERWALDT	19:58.24	1997
KRISTY HARTUNG	58.04	1983	KATRINA HEARN	20:11.97	1998
MICHELLE DEL RIO	58.09	1999	BETHANY NOLLETTE	20:44.11	2002
LAUREN GREEN	58.18	7/23/10	HEATHER POND	21:05.65	1993
KATRINA HEARN	58.58	1998	LORI ADAM	21:14.60	1978
KANDICE BAERWALDT	59.10	1997	KELLIE HOPPINS	21:32.86	1997
SARAH SAFIR	59.50	2003	KALEY CONROW	22:23.74	2000
KATRINA ROWE	59.98	1990	KELSEY CONROW	22:40.22	2002
NOELLE RICCARDELLA	1:00.03	1987	SARAH SAFIR	24:23.44	2002
200 FREE			50 BACK		
SANDRA SOE	1:57.68	4/08/10	SANDRA SOE	28.71	4/08/10
KATRINA HEARN	2:06.73	1998	HEATHER KEIGHLEY	30.60	2009
KELSEY CONROW	2:08.60	2003	KATRINA HEARN	31.07	1998
KANDICE BAERWALDT	2:08.97	1998	DIANN CHRISTIANSON	31.30	1975
KRISTY HARTUNG	2:10.26	1982	KAREN BLICK	31.36	1981
NOELLE RICCARDELLA	2:10.52	1987	LAUREN GREEN	31.71	7/23/10
LAURA WHEELER	2:10.81	1996	STACEY FORD	31.72	1991
STACEY FORD	2:11.50	1992	LAURA WHEELER	31.82	1996
HEIDI RAWSON	2:11.86	1992	HILARY HUNT	31.86	2004
COLLEEN SMITH	2:12.41	1997	CATHERINE WHITMAN	31.94	1995
500 FREE			100 BACK		
SANDRA SOE	5:24.08	3/26/10	SANDRA SOE	1:03.55	4/17/10
KANDICE BAERWALDT	5:34.74	1998	KATRINA HEARN	1:05.20	1998
KELSEY CONROW	5:39.53	2003	STACEY FORD	1:06.33	1991
KATRINA HEARN	5:39.84	1998	HEATHER KEIGHLEY	1:07.82	2009
NOELLE RICCARDELLA	5:49.63	1987	HILARY HUNT	1:08.55	2005
STACEY FORD	5:50.94	1991	LAUREN SMITH	1:09.00	3/26/10
LAUREN SMITH	5:51.26	3/26/10	KALEY CONROW	1:09.16	2000
LILY SU	5:52.05	1992	SHAWNA WINTERS	1:09.70	1994
LORI ADAM	5:53.00	1978	SARAH SAFIR	1:10.31	2003
LAYNA AUCHARD	5:55.27	2009	CAROL HUMPHREY	1:10.56	1993

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200 BACK	TIME	YEAR	50 FLY	TIME	YEAR
SANDRA SOE	2:15.22	3/26/10	SARAH SAFIR	27.91	2003
STACEY FORD	2:23.55	1992	KRISTY HARTUNG	28.35	1982
KALEY CONROW	2:26.53	2001	HILARY HUNT	28.42	2005
LAUREN SMITH	2:26.54	3/26/10	HEIDI RAWSON	29.03	1992
SHAWNA WINTERS	2:30.98	1993	SANDRA SOE	29.36	6/11/10
KATRINA HEARN	2:31.81	1997	LAUREN GREEN	29.73	7/23/10
SARAH SAFIR	2:35.15	2002	MICHELLE DEL RIO	29.83	1999
LAURA WHEELER	2:36.10	1995	STACEY FORD	29.93	1992
STEPHANIE SCANNELL	2:36.11	2006	AMANDA RIOS	30.04	7/23/10
KELSEY CONROW	2:37.14	2002	DENE EHRHART	30.19	1981

50 BREAST			100 FLY		
MORGANNE MCKENNAN	33.54	7/23/10	SARAH SAFIR	1:03.28	2003
KRISTY HARTUNG	33.57	1982	SANDRA SOE	1:05.08	4/17/10
MELISSA WINCHESTER	34.12	1989	STACEY FORD	1:06.63	1991
LORI ADAM	34.18	1978	HEIDI RAWSON	1:08.26	1992
SANDRA SOE	34.31	1/16/10	SHAWNA WINTERS	1:08.43	1993
SHANNA FLYNN	34.40	2005	LILY SU	1:08.45	1991
EMILIE PENDERGRAFT	34.47	1988	HILARY HUNT	1:08.49	2005
KELSEY CONROW	34.52	2003	KATRINA ROWE	1:09.32	1990
ALANNA JURICH	34.80	7/6/10	LAUREN GREEN	1:10.30	3/26/10
HEATHER POND	34.92	1993	STEPHANIE SCANNELL	1:10.98	2007

100 BREAST			200 FLY		
MORGANNE MCKENNAN	1:12.80	3/26/10	STACEY FORD	2:25.87	1992
LORI ADAM	1:13.45	1978	LILY SU	2:30.48	1992
MELISSA WINCHESTER	1:14.67	1989	SHAWNA WINTERS	2:33.75	1994
HEATHER POND	1:14.81	1993	SARAH SAFIR	2:35.37	2003
SHANNA FLYNN	1:16.18	2006	KANDICE BAERWALDT	2:38.28	1998
SANDRA SOE	1:16.25	3/13/10	KALEY CONROW	2:46.81	2000
CHRISTINA SHILLING	1:16.41	2001	DENE EHRHART	2:47.86	1979
KELSEY CONROW	1:17.01	2003	JULIE KRAMER	2:48.13	1989
STEPHANIE SCANNELL	1:17.05	2007	EMILIE RUFFO	2:50.27	2008
KRISTY HARTUNG	1:17.34	1983	KATRINA HEARN	2:50.58	1998

200 BREAST			100 I.M.		
MORGANNE MCKENNAN	2:36.09	4/08/10	SANDRA SOE	1:02.69	4/08/10
HEATHER POND	2:40.82	1993	KRISTY HARTUNG	1:05.29	1982
MELISSA WINCHESTER	2:42.76	1990	STACEY FORD	1:06.92	1992
LAYNA AUCHARD	2:43.76	2009	LORI ADAM	1:07.70	1978
STEPHANIE SCANNELL	2:44.21	2007	MICHELLE DEL RIO	1:07.78	1999
SHANNA FLYNN	2:45.09	2006	CATHERINE WHITMAN	1:07.86	1995
LORI ADAM	2:47.00	1977	KAREN BLICK	1:07.99	1981
KELSEY CONROW	2:50.69	2002	HILARY HUNT	1:08.03	2005
LAUREN KEATS	2:52.79	1998	KELSEY CONROW	1:08.04	2003
EMILIE RUFFO	2:53.71	2008	LAUREN GREEN	1:08.62	7/23/10

200 I.M.	TIME	YEAR	400 I.M.	TIME	YEAR
SANDRA SOE	2:21.24	3/13/10	SANDRA SOE	4:57.12	3/13/10
DIANN CHRISTIANSON	2:26.50	1975	KALEY CONROW	5:17.30	2001
LORI ADAM	2:27.55	1978	KELSEY CONROW	5:17.32	2003

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KATRINA HEARN	2:29.08	1998	LORI ADAM	5:19.30	1978
KELSEY CONROW	2:29.13	2003	EMILIE RUFFO	5:21.69	2009
KANDICE BAERWALDT	2:29.35	1998	KANDICE BAERWALDT	5:23.25	1997
HEIDI RAWSON	2:29.56	1992	STEPHANIE SCANNELL	5:25.84	2007
ANGELA SAVASO	2:29.76	1993	SARAH SAFIR	5:31.23	2003
SHAWNA WINTERS	2:30.21	1994	HILARY HUNT	5:32.25	2005
STEPHANIE SCANNELL	2:30.98	2006	LAUREN KEATS	5:33.03	1999