

07/26/2010

SHORT COURSE
TOP 10 TIMES
13-14 GIRLS

50 FREE	TIME	YEAR	1000 FREE	TIME	YEAR
CHRISTINA SHILLING	25.23	2003	KATRINA HEARN	10:57.46	2000
DIANN CHRISTIANSON	25.42	1975	KATIE RICK	11:10.60	2007
SARAH SAFIR	25.73	2005	DANA SHAW	11:14.46	1998
DEBBIE BLUE	25.76	1975	SHAWNA WINTERS	11:18.64	1995
KATIE RICK	25.98	2006	NOELLE RICCARDELLA	11:20.87	1989
KATRINA HEARN	26.01	2000	KELSEY CONROW	11:29.05	2004
SHAWNA WINTERS	26.14	1995	SARAH SAFIR	11:35.52	2005
MADDIE TAKAKI	26.22	2005	BETHANY NOLLETTE	11:36.48	2003
KATRINA ROWE	26.28	1992	CAROL HUMPHREY	11:41.86	1995
HILARY HUNT	26.28	2007	JANICE LESYNA	11:42.33	1981

100 FREE			1650 FREE		
SHAWNA WINTERS	54.68	1995	DIANN CHRISTIANSON	18:14.30	1975
DIANN CHRISTIANSON	54.90	1975	KATIE RICK	18:48.47	2006
MADDIE TAKAKI	54.99	2005	SARAH SAFIR	19:24.95	2005
DEBBIE BLUE	55.20	1975	MADDIE TAKAKI	19:39.34	2005
KATRINA HEARN	55.22	1999	BETHANY NOLLETTE	19:41.96	2003
KATIE RICK	55.64	2006	CAROL HUMPHREY	19:43.20	1995
KATRINA ROWE	55.88	1992	JULIE KRAMER	19:47.61	1991
CHRISTINA SHILLING	56.18	2003	STACEY FORD	19:58.82	1992
NOELLE RICCARDELLA	56.44	1988	DANA SHAW	20:01.18	1998
SARAH SAFIR	56.78	2005	KALEY CONROW	20:15.37	2002

200 FREE			100 BACK		
KATRINA HEARN	1:57.50	1999	SHAWNA WINTERS	59.90	1996
DIANN CHRISTIANSON	1:58.20	1975	HILARY HUNT	1:01.35	2007
KATIE RICK	1:59.26	2006	HEATHER KEIGHLEY	1:02.24	3/07/10
SHAWNA WINTERS	1:59.38	1996	SARAH SAFIR	1:02.27	2004
KATRINA ROWE	1:59.56	1992	KATRINA ROWE	1:02.28	1992
SANDRA SOE	2:00.75	7/23/10	STACEY FORD	1:03.16	1993
NOELLE RICCARDELLA	2:01.20	1988	NICHOLE ATKIN	1:04.00	2000
CATHERINE WHITMAN	2:02.65	1997	LESLIE BUEHLER	1:04.37	1995
MICHELLE DEL RIO	2:03.61	2001	MADDIE TAKAKI	1:04.37	2005
STACEY FORD	2:03.98	1993	DIANN CHRISTIANSON	1:04.70	1975

500 FREE			200 BACK		
DIANN CHRISTIANSON	5:13.90	1975	SHAWNA WINTERS	2:06.28	1996
KATIE RICK	5:20.36	2006	MADDIE TAKAKI	2:14.74	2005
KATRINA HEARN	5:23.26	2000	STACEY FORD	2:14.97	1993
SHAWNA WINTERS	5:23.41	1995	HEATHER KEIGHLEY	2:17.15	4/08/10
NOELLE RICCARDELLA	5:25.85	1989	KATRINA ROWE	2:17.30	1992
KATRINA ROWE	5:29.20	1992	HILARY HUNT	2:18.82	2007
DANA SHAW	5:31.99	1998	KATRINA HEARN	2:19.02	2000
STACEY FORD	5:32.07	1993	DIANN CHRISTIANSON	2:19.30	1975
KELSEY CONROW	5:32.22	2004	SARAH SAFIR	2:19.48	2005
MICHELLE DEL RIO	5:33.51	2001	NICHOLE ATKIN	2:19.87	2001

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100 BREAST	TIME	YEAR	200 I.M.	TIME	YEAR
MELISSA WINCHESTER	1:10.98	1991	SHAWNA WINTERS	2:15.12	1996
KATIE RICK	1:11.04	2007	KATIE RICK	2:16.36	2007
LAYNA AUCHARD	1:11.18	7/23/10	STACEY FORD	2:16.41	1994
HEATHER SOOS	1:11.19	1987	DIANN CHRISTIANSON	2:17.05	1975
SHANNA FLYNN	1:12.26	2007	KATRINA ROWE	2:18.74	1992
STEPHANIE SCANNELL	1:12.50	2009	KATRINA HEARN	2:18.97	2000
CATHERINE WHITMAN	1:13.11	1997	CATHERINE WHITMAN	2:19.07	1997
HEATHER POND	1:13.37	1994	MICHELLE DEL RIO	2:19.31	2001
CHRISTINA SHILLING	1:13.55	2002	HEATHER SOOS	2:19.32	1987
STACEY FORD	1:14.03	1993	SARAH SAFIR	2:19.43	2004

200 BREAST			400 I.M.		
KATIE RICK	2:30.56	2007	SHAWNA WINTERS	4:37.93	1996
MELISSA WINCHESTER	2:33.06	1991	KATIE RICK	4:41.39	2007
HEATHER SOOS	2:33.15	1987	DIANN CHRISTIANSON	4:46.90	1975
LAYNA AUCHARD	2:34.50	4/08/10	STACEY FORD	4:46.96	1994
MICHELLE DEL RIO	2:36.26	2001	KATRINA HEARN	4:54.40	2000
STACEY FORD	2:38.03	1992	HILARY HUNT	4:56.57	2007
CHRISTINA SHILLING	2:38.10	2002	MICHELLE DEL RIO	5:02.83	2001
HEATHER POND	2:39.70	1993	CHRISTINA SHILLING	5:03.50	2002
CATHERINE WHITMAN	2:40.39	1997	SARAH SAFIR	5:04.14	2004
ANGELA LAVISTA	2:40.95	1993	KELSEY CONROW	5:05.55	2004

100 FLY		
SARAH SAFIR	1:00.04	2004
SHAWNA WINTERS	1:00.18	1996
MADDIE TAKAKI	1:01.42	2005
DIANN CHRISTIANSON	1:01.50	1975
HILARY HUNT	1:01.96	2007
KATRINA ROWE	1:02.47	1992
STACEY FORD	1:02.90	1993
DEBBIE BLUE	1:03.00	1976
LILY SU	1:03.09	1992
ISSO SHIMAMOTO	1:03.58	2004

200 FLY		
SARAH SAFIR	2:14.92	2005
DIANN CHRISTIANSON	2:15.37	1975
STACEY FORD	2:17.06	1994
SHAWNA WINTERS	2:17.70	1996
MADDIE TAKAKI	2:18.43	2005
KATRINA ROWE	2:20.08	1992
LILY SU	2:21.10	1993
ISSO SHIMAMOTO	2:23.42	2004
KATIE RICK	2:26.73	2007
KATRINA HEARN	2:29.97	2000