

05/27/2010

SHORT COURSE
TOP 10 TIMES
15-18 GIRLS

50 FREE	TIME	YEAR	1000 FREE	TIME	YEAR
CHRISTINA SHILLING	23.99	2005	KATRINA ROWE	10:48.28	1995
HILARY HUNT	24.42	2009	DANA SHAW	10:53.14	2001
SARAH SAFIR	24.78	2008	RACHEL CRETCHER	11:10.91	2009
SAMANTHA MURPHY	24.79	5/21/10	SHAWNA WINTERS	11:11.05	1996
DIANN CHRISTIANSON	24.90	1977	PATRICE KAERCHER	11:17.78	1982
DEBBIE BLUE	24.90	1977	NOELLE RICCARDELLA	11:20.87	1989
MADDIE TAKAKI	25.03	2007	LYNDSEY DARROW	11:26.45	1996
SHAWNA WINTERS	25.12	1997	ISSO SHIMAMOTO	11:26.83	2005
SAMANTHA ETTINGER	25.54	5/21/10	COLLEEN SMITH	11:30.31	1999
KATRINA ROWE	25.60	1993	JULIE KRAMER	11:32.86	1993

100 FREE	TIME	YEAR	1650 FREE	TIME	YEAR
CHRISTINA SHILLING	52.38	2006	DIANN CHRISTIANSON	18:14.40	1977
SHAWNA WINTERS	53.11	1997	DANA SHAW	18:21.42	2002
DEBBIE BLUE	53.25	1977	KATRINA ROWE	18:26.41	1995
DIANN CHRISTIANSON	54.10	1977	KYLA POWER	18:53.43	2005
SAMANTHA MURPHY	54.17	12/19/09	COLLEEN SMITH	19:01.51	1999
MADDIE TAKAKI	54.36	2007	ISSO SHIMAMOTO	19:16.42	2005
KATRINA ROWE	54.59	1995	JULIE KRAMER	19:27.48	1993
BETH RASALA	54.63	1995	MICHELLE DEL RIO	19:40.33	2002
KATRINA HEARN	54.77	2001	NICHOLE ATKIN	20:03.66	2002
KYLA POWER	54.98	2005	KAYLEE YOSHIDA	20:23.30	2006

200 FREE	TIME	YEAR	100 BACK	TIME	YEAR
KATRINA ROWE	1:55.47	1994	HILARY HUNT	57.33	5/21/10
DEBBIE BLUE	1:55.91	1977	KAYLEE YOSHIDA	58.58	2006
KATRINA HEARN	1:56.55	2001	SHAWNA WINTERS	58.71	1996
DIANN CHRISTIANSON	1:57.24	1977	MADDIE TAKAKI	1:01.28	2007
DANA SHAW	1:57.53	2002	CASSANDRA SCOTT	1:02.15	2008
KYLA POWER	1:57.88	2005	KYLA POWER	1:02.18	2005
BETH RASALA	1:57.89	1995	KATRINA ROWE	1:02.23	1993
SHAWNA WINTERS	1:57.93	1996	NICHOLE ATKIN	1:02.50	2002
MADDIE TAKAKI	1:58.70	2007	NICOLE WILLIAMS	1:02.53	1991
CATHY DOUGHERTY	1:59.87	1988	SARAH SAFIR	1:02.63	2006

500 FREE	TIME	YEAR	200 BACK	TIME	YEAR
KYLA POWER	5:08.94	2006	SHAWNA WINTERS	2:05.26	1996
DIANN CHRISTIANSON	5:11.91	1977	KAYLEE YOSHIDA	2:10.73	2007
DANA SHAW	5:13.34	2001	HILARY HUNT	2:12.51	12/19/09
KATRINA HEARN	5:14.17	2002	NICHOLE ATKIIN	2:14.12	2002
KATRINA ROWE	5:15.29	1995	KATRINA ROWE	2:14.21	1993
RACHEL CRETCHER	5:19.92	2009	MADDIE TAKAKI	2:15.62	2006
CATHY DOUGHERTY	5:21.04	1988	SARAH SAFIR	2:16.41	2006
DEBBIE BLUE	5:22.00	1977	CHRISTINA SHILLING	2:18.00	2005
KAREN KESSELRING	5:22.34	1985	CASSANDRA SCOTT	2:18.45	2006
ALISA PINARBASI	5:24.13	2006	DIANN CHRISTIANSON	2:18.55	1977

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100 BREAST	TIME	YEAR	200 I.M.	TIME	YEAR
HEATHER SOOS	1:07.21	1990	KYLA POWER	2:11.54	2006
STEPHANIE SCANNELL	1:08.88	5/21/10	SHAWNA WINTERS	2:13.37	1997
KATIE RICK	1:09.39	2009	MADDIE TAKAKI	2:13.63	2007
EMILY CHORTEK	1:09.42	2009	DIANN CHRISTIANSON	2:13.75	1977
SHANNA FLYNN	1:11.01	5/06/10	KATIE RICK	2:13.98	2009
DEBBIE BLUE	1:12.40	1977	SARAH SAFIR	2:14.18	2006
CHRISTINA SHILLING	1:12.62	2005	CHRISTINA SHILLING	2:14.69	2006
CATHERINE WHITMAN	1:12.83	1998	HEATHER SOOS	2:14.98	1990
BETH RASALA	1:12.83	1995	DEBBIE BLUE	2:15.80	1977
STACEY FORD	1:12.83	1997	KELSEY POWER	2:16.33	2007

200 BREAST			400 I.M.		
HEATHER SOOS	2:25.10	1990	SHAWNA WINTERS	4:38.16	1996
EMILY CHORTEK	2:30.81	2006	KATIE RICK	4:43.32	4/08/10
KATIE RICK	2:30.99	2009	DIANN CHRISTIANSON	4:45.98	1977
DEBBIE BLUE	2:33.00	1977	HEATHER SOOS	4:49.91	1989
STEPHANIE SCANNELL	2:35.46	3/26/10	KYLA POWER	4:52.40	2005
MICHELLE DEL RIO	2:37.05	2001	COLLEEN SMITH	4:52.64	1999
CHRISTINA SHILLING	2:37.55	2005	MICHELLE DEL RIO	4:53.22	2004
ISSO SHIMAMOTO	2:41.12	2006	LYNDSEY DARROW	4:55.85	1996
JESSICA POON	2:41.41	2006	MADDIE TAKAKI	4:57.84	2006
ALANE LEE	2:41.45	1995	NICHOLE ATKIN	4:59.07	2001

100 FLY		
SHAWNA WINTERS	58.13	1997
SARAH SAFIR	58.72	2006
MADDIE TAKAKI	58.72	2007
HILARY HUNT	59.65	2009
DIANN CHRISTIANSON	1:00.20	1977
NICOLE WILLIAMS	1:00.33	1991
KYLA POWER	1:00.38	2005
DEBBIE BLUE	1:00.80	1977
KATRINA HEARN	1:01.09	2001
KAYLEE YOSHIDA	1:01.11	2007

200 FLY		
SHAWNA WINTERS	2:05.33	1996
NICOLE WILLIAMS	2:12.71	1991
DIANN CHRISTIANSON	2:13.05	1977
SARAH SAFIR	2:13.14	2006
MADDIE TAKAKI	2:13.34	2007
DEBBIE BLUE	2:16.00	1977
KYLA POWER	2:17.59	2006
HEATHER SOOS	2:18.06	1989
KATRINA ROWE	2:19.66	1993
ISSO SHIMAMOTO	2:19.84	2005