

04/25/2010

SHORT COURSE
TOP 10 TIMES
9-10 GIRLS

50 FREE	TIME	YEAR	1000 FREE	TIME	YEAR
KRISTY HARTUNG	28.00	1982	STEPHANIE SCANNELL	14:58.41	2004
SANDRA SOE	28.03	2008	MEGHAN BUCTER	16:19.78	2003
LAUREN GREEN	28.05	1/16/10	SHANNA FLYNN	18:48.73	2002
LINDSAY KNOTT	28.46	1996			
ALANNA JURICH	28.81	12/04/09			
LAUREN SMITH	29.01	3/19/10			
JILL SALAK	29.20	1980			
KELSEY CONROW	29.26	2001			
MORGANNE MCKENNAN	29.36	2009			
GRETCHEN MILNE	29.60	1978			

100 FREE			1650 FREE		
LAUREN GREEN	1:01.53	12/04/09	SANDRA SOE	23:35.17	2006
LAUREN SMITH	1:02.68	3/19/10	BETHANY NOLLETTE	27:19.16	2000
SANDRA SOE	1:03.05	2008	JENNIFER NACHTIGAL	33:07.06	2003
KRISTY HARTUNG	1:03.22	1982			
LINDSAY KNOTT	1:03.77	1996			
ALANNA JURICH	1:04.10	12/04/09			
LINDSAY STEPHENSON	1:05.09	1995			
KELSEY CONROW	1:05.30	2001			
KATHERINE COMANOR	1:06.00	1983			
STEPHANIE SCANNELL	1:06.59	2005			

200 FREE			50 BACK		
LAUREN SMITH	2:13.81	2/13/10	LAUREN SMITH	32.81	2/13/10
SANDRA SOE	2:16.22	2008	LAUREN GREEN	32.92	1/16/10
LORI ADAM	2:17.90	1976	SANDRA SOE	33.01	2008
KATHERINE COMANOR	2:21.60	1983	MORGANNE MCKENNAN	33.87	2009
LINDSAY KNOTT	2:23.67	1996	LINDSAY KNOTT	33.93	1996
STEPHANIE SCANNELL	2:23.72	2005	KATHERINE COMANOR	34.20	1983
LINDSAY STEPHENSON	2:24.61	1995	ELIZABETH SHEN	34.30	3/26/10
ALANNA JURICH	2:26.96	10/09/09	LINDSAY STEPHENSON	34.50	1995
KELSEY CONROW	2:29.28	2001	HILARY HUNT	34.85	2003
ELIZABETH SHEN	2:29.45	3/26/10	LINDSAY SCANNELL	35.15	2007

500 FREE			100 BACK		
LAUREN SMITH	5:59.13	3/19/10	LAUREN SMITH	1:09.12	2/13/10
SANDRA SOE	6:03.92	2008	SANDRA SOE	1:11.50	2008
ALANNA JURICH	6:27.00	10/09/09	LAUREN GREEN	1:13.37	12/04/09
LAUREN GREEN	6:33.64	10/31/09	KATHERINE COMANOR	1:14.52	1983
JULIE LANCE	6:43.90	4/24/10	LINDSAY KNOTT	1:14.84	1996
ELIZABETH SHEN	6:50.00	2/06/10	ELIZABETH SHEN	1:15.73	4/24/10
EMILIE RUFFO	6:53.19	2007	LINDSAY SCANNELL	1:17.09	2007
MORGANNE MCKENNAN	6:58.47	2009	STEPHANIE SCANNELL	1:17.15	2005
KELSEY CONROW	6:59.48	2001	ASHLEY TOMLIN	1:17.23	1992
HILARY HUNT	7:01.35	2003	MORGANNE MCKENNAN	1:17.43	2009

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200 BACK	TIME	YEAR	50 FLY	TIME	YEAR
LAUREN SMITH	2:30.71	1/30/10	LAUREN GREEN	30.51	1/16/10
SANDRA SOE	2:54.34	2007	KATHERINE COMANOR	31.59	1983
HILARY HUNT	2:56.81	2003	HILARY HUNT	31.61	2003
ISSO SHIMAMOTO	3:04.58	2000	KRISTY HARTUNG	31.62	1982
KIMBERLY BAERWALDT	3:05.09	1998	ALANNA JURICH	31.70	11/14/09
DIANA HATAMIAN	3:08.10	2006	STEPHANIE SCANNELL	32.17	2005
TIANA LORD	3:19.07	2003	LAUREN SMITH	32.30	11/14/09
BETHANY NOLLETTE	3:19.91	2000	JANICE LEE	32.59	1993
SHANNA FLYNN	3:20.13	2003	JENNIFER LONG	32.62	1984
KELSEY JOHNSON	3:32.83	2005	HEIDI RAWSON	32.96	1990

50 BREAST

MORGANNE MCKENNAN	34.96	2009
EMILIE PENDERGRAFT	35.43	1986
KRISTY HARTUNG	36.83	1982
STEPHANIE SCANNELL	37.18	2005
ALANNA JURICH	37.37	12/04/09
LORI ADAM	37.40	1976
ALYSON WAGNER	37.56	1991
MELISSA WINCHESTER	37.71	1987
CATHERINE WHITMAN	38.27	1993
LAUREN GREEN	38.40	1/16/10

100 FLY

LAUREN GREEN	1:09.59	12/04/09
LAUREN SMITH	1:10.05	2/13/10
HILARY HUNT	1:12.49	2003
ALANNA JURICH	1:13.54	12/04/09
KATHERINE COMANOR	1:13.70	1983
STEPHANIE SCANNELL	1:13.84	2005
LINDSAY SCANNELL	1:14.55	2007
SANDRA SOE	1:18.62	2008
HEIDI RAWSON	1:19.18	1990
JANICE LEE	1:19.89	1993

100 BREAST

MORGANNE MCKENNAN	1:17.35	2009
ALANNA JURICH	1:20.17	12/04/09
EMILIE PENDERGRAFT	1:20.42	1986
STEPHANIE SCANNELL	1:20.64	2005
KRISTY HARTUNG	1:21.48	1982
LORI ADAM	1:22.00	1976
HEATHER POND	1:23.87	1991
CATHERINE WHITMAN	1:24.90	1993
SHANNA FLYNN	1:25.30	2004
MELISSA WINCHESTER	1:25.34	1987

200 FLY

STEPHANIE SCANNELL	3:02.96	2005
HILARY HUNT	3:03.85	2003
ISSO SHIMAMOTO	3:22.40	2000
SHANNA FLYNN	3:42.29	2004
BETHANY NOLLETTE	3:52.76	2000
CAITLIN REYDA	3:52.76	2000
KATY MCLAUGHLIN	4:27.54	2000

200 BREAST

STEPHANIE SCANNELL	3:08.24	2004
SHANNA FLYNN	3:13.41	2003
HILARY HUNT	3:25.46	2002
KELSEY CONROW	3:28.41	2000
TIANA LORD	3:35.78	2003
BETHANY NOLLETTE	3:37.41	2000
JANELL CHANG	3:41.39	2004
CAITLIN REYDA	3:43.79	1999
MEGHAN BUCTER	3:44.02	2002
KASSIE MERAS	3:45.52	2004

100 I.M.

LAUREN GREEN	1:10.09	12/04/09
STEPHANIE SCANNELL	1:11.54	2005
ALANNA JURICH	1:11.91	12/04/09
KRISTY HARTUNG	1:12.00	1982
MORGANNE MCKENNAN	1:12.09	2009
KATHERINE COMANOR	1:13.46	1983
LAUREN SMITH	1:13.50	12/04/09
LINDSAY KNOTT	1:14.20	1996
HEIDI RAWSON	1:14.67	1990
LORI ADAM	1:15.10	1976

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200 I.M.	TIME	YEAR	400 I.M.	TIME	YEAR
LAUREN SMITH	2:35.02	2/20/10	ISSO SHIMAMOTO	6:35.61	2000
LAUREN GREEN	2:36.07	12/04/09	BETHANY NOLLETTE	6:54.81	2000
STEPHANIE SCANNELL	2:36.71	2005	KATY MCLAUGHLIN	8:29.39	2000
ALANNA JURICH	2:38.69	12/04/09			
KATHERINE COMANOR	2:41.04	1983			
SANDRA SOE	2:41.09	2008			
LORI ADAM	2:41.80	1976			
LINDSAY KNOTT	2:42.37	1996			
MORGANNE MCKENNAN	2:46.17	2009			
HEIDI RAWSON	2:46.92	1990			