

06/14/2010

LONG COURSE  
TOP 10 TIMES  
11-12 GIRLS

<b>50 FREE</b>	TIME	YEAR	<b>800 FREE</b>	TIME	YEAR
KRISTY HARTUNG	29.03	1983	SANDRA SOE	10:30.94	5/30/10
SANDRA SOE	30.00	6/6/10	LAUREN SMITH	11:06.63	6/12/10
KELSEY CONROW	30.59	2003	BETHANY NOLLETTE	11:13.55	2002
SARAH SAFIR	30.91	2003	JULIE KRAMER	11:41.53	1988
KATRINA ROWE	31.02	1990	DANA SHAW	11:46.22	1996
MELISSA WINCHESTER	31.13	1989			
LISA KNOTT	31.24	1992			
MICHELLE DEL RIO	31.24	1999			
HEIDI RAWSON	31.44	1991			
STACEY FORD	31.53	1991			

<b>100 FREE</b>	TIME	YEAR	<b>1500 FREE</b>	TIME	YEAR
KRISTY HARTUNG	1:03.71	1983	SANDRA SOE	19:42.86	4/30/10
SANDRA SOE	1:04.23	4/30/10	BETHANY NOLLETTE	21:17.72	2002
KELSEY CONROW	1:05.94	2003			
SARAH SAFIR	1:07.76	2003			
MICHELLE DEL RIO	1:08.15	1999			
STACEY FORD	1:08.51	1991			
BETHANY NOLLETTE	1:08.72	2002			
HEIDI RAWSON	1:09.39	1991			
KATRINA ROWE	1:09.66	1990			
SHANNA FLYNN	1:09.73	2006			

<b>200 FREE</b>	TIME	YEAR	<b>50 BACK</b>	TIME	YEAR
SANDRA SOE	2:18.18	5/8/10	SANDRA SOE	33.94	4/30/10
KRISTY HARTUNG	2:21.37	1983	KRISTY HARTUNG	35.11	1983
KELSEY CONROW	2:24.18	2003	STACEY FORD	36.17	1991
MICHELLE DEL RIO	2:26.32	1999	HEATHER KEIGHLEY	36.36	2008
KANDICE BAERWALDT	2:28.25	1997	LEE WOTHERSPOON	36.40	1991
NOELLE RICCARDELLA	2:30.12	1987	LAURA WHEELER	36.43	1995
BETH NOLLETTE	2:30.22	2002	LUCY CHEN	37.20	2002
HEATHER POND	2:30.78	1993	KELSEY CONROW	37.35	2003
LAUREN SMITH	2:32.06	6/12/10	HILARY HUNT	37.42	2004
KATRINA HEARN	2:34.91	1997	SARAH SAFIR	37.55	2003

<b>400 FREE</b>	TIME	YEAR	<b>100 BACK</b>	TIME	YEAR
SANDRA SOE	4:58.36	4/30/10	SANDRA SOE	1:14.58	5/30/10
KRISTY HARTUNG	4:59.26	1983	STACEY FORD	1:17.49	1991
KANDICE BAERWALDT	5:00.37	1997	NICHOLE ATKIN	1:19.49	1999
KELSEY CONROW	5:03.59	2003	LAUREN SMITH	1:19.49	6/12/10
BETH NOLLETTE	5:16.33	2002	LAUREN GREEN	1:19.51	4/30/10
HEATHER POND	5:16.34	1993	SARAH SAFIR	1:20.25	2003
MICHELLE DEL RIO	5:23.11	1999	LUCY CHEN	1:20.81	2002
KATRINA HEARN	5:23.21	1997	ALYSON WAGNER	1:20.81	1991
LAUREN SMITH	5:24.40	4/30/10	LEE WOTHERSPOON	1:21.12	1991
KATRINA ROWE	5:24.51	1990	EMILIE RUFFO	1:21.53	2009

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<b>200 BACK</b>	TIME	YEAR	<b>50 FLY</b>	TIME	YEAR
SANDRA SOE	2:43.75	4/30/10	KRISTY HARTUNG	32.63	1983
LAUREN SMITH	2:46.23	5/8/10	SARAH SAFIR	32.73	2003
STACEY FORD	2:46.47	1992	HEIDI RAWSON	33.60	1991
SARAH SAFIR	2:53.29	2003	HILARY HUNT	33.79	2004
EMILIE RUFFO	2:53.99	2009	STACEY FORD	33.93	1991
DIANA HATAMIAN	2:58.74	2008	LAUREN GREEN	34.28	4/30/10
LAUREN GREEN	3:00.00	4/30/10	MICHELLE DEL RIO	34.52	1999
STEPHANIE SCANNELL	3:00.83	2007	EMILIE RUFFO	34.65	2009
EMILIE RUFFO	3:04.14	2008	KATRINA ROWE	34.77	1990
HEATHER KEIGHLEY	3:06.38	2008	STEPHANIE SCANNELL	35.12	2007

<b>50 BREAST</b>			<b>100 FLY</b>		
KRISTY HARTUNG	37.94	1983	SARAH SAFIR	1:12.80	2003
MORGANNE MCKENNAN	38.23	4/30/10	KRISTY HARTUNG	1:14.80	1983
HEATHER POND	39.84	1993	STACEY FORD	1:16.16	1991
MELISSA WINCHESTER	39.96	1989	SANDRA SOE	1:18.59	5/8/10
LAYNA AUCHARD	40.67	2009	SHAWNA WINTERS	1:19.09	1993
KELSEY CONROW	40.86	2003	KATRINA ROWE	1:19.19	1990
LAURA WHEELER	41.23	1995	HILARY HUNT	1:19.82	2004
ALANNA JURICH	41.51	4/30/10	LAUREN GREEN	1:20.21	4/30/10
HEATHER RATH	41.88	1990	HEIDI RAWSON	1:21.56	1991
STEPHANIE SCANNELL	41.99	2006	KALEY CONROW	1:23.16	2001

<b>100 BREAST</b>			<b>200 FLY</b>		
MORGANNE MCKENNAN	1:21.09	6/12/10	STACEY FORD	2:52.66	1992
KRISTY HARTUNG	1:24.59	1983	SARAH SAFIR	2:56.26	2003
HEATHER POND	1:25.02	1993	CAITLIN REYDA	3:08.99	2003
MELISSA WINCHESTER	1:26.92	1989	EMILIE RUFFO	3:13.63	2009
KELSEY CONROW	1:27.74	2003	JENNY GUISE	3:22.39	6/12/10
LORI ADAM	1:28.00	1977			
SANDRA SOE	1:29.65	2009			
ALANNA JURICH	1:29.99	6/12/10			
JANELL CHANG	1:30.89	2006			
LAYNA AUCHARD	1:30.97	2009			

<b>200 BREAST</b>			<b>200 I.M.</b>		
MORGANNE MCKENNAN	2:57.48	4/30/10	SANDRA SOE	2:40.55	5/30/10
LAYNA AUCHARD	3:07.78	2009	KRISTY HARTUNG	2:43.34	1983
KELSEY CONROW	3:08.27	2003	KELSEY CONROW	2:44.04	2003
SANDRA SOE	3:16.23	2009	STACEY FORD	2:48.49	1991
ALANNA JURICH	3:16.24	4/30/10	SARAH SAFIR	2:51.03	2003
EMILIE RUFFO	3:19.36	2009	MORGANNE MCKENNAN	2:51.70	4/30/10
STEPHANIE SCANNELL	3:21.58	2006	LAUREN SMITH	2:52.56	4/30/10
JANELL CHANG	3:22.40	2006	MICHELLE DEL RIO	2:53.26	1999
EMMA SCHEVE	3:36.95	2009	EMILIE RUFFO	2:53.56	2009
MONICA BOSS	3:45.55	4/30/10	HILARY HUNT	2:53.83	2005

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<b>400 I.M.</b>	TIME	YEAR
SANDRA SOE	5:41.06	6/6/10
KELSEY CONROW	6:01.20	2003
LAUREN SMITH	6:07.94	6/12/10
EMILIE RUFFO	6:16.58	2009
DIANA HATAMIAN	6:42.71	2008
KATE CEZAR	7:15.04	2009