

08/24/2009

LONG COURSE
TOP 10 TIMES
GIRLS 15-18

50 FREE	TIME	YEAR	800 FREE	TIME	YEAR
DEBBIE BLUE	28.10	1977	DIANN CHRISTIANSON	9:45.60	1977
CHRISTINA SHILLING	28.12	2005	DANA SHAW	9:45.83	2003
HILARY HUNT	28.57	2009	KATRINA ROWE	9:46.89	1995
KATRINA ROWE	28.58	1995	KATRINA HEARN	9:49.21	2002
SHAWNA WINTERS	28.68	1997	KYLA POWER	9:55.31	2006
KATIE RICK	28.81	2009	CATHY DOUGHERTY	9:57.75	1988
BETH RASALA	28.99	1994	ALISA PINARBASI	10:16.17	2006
KAYLEE YOSHIDA	29.04	2006	ISSO SHIMAMOTO	10:19.03	2006
DANA SHAW	29.09	2002	JULIE KRAMER	10:22.08	1991
SARAH SAFIR	29.19	2007	BETH RASALA	10:25.96	1994
100 FREE			1500 FREE		
HILARY HUNT	1:00.08	2009	DANA SHAW	18:44.28	2003
KATRINA ROWE	1:01.06	1995	DEBBIE BLUE	19:44.70	1977
DIANN CHRISTIANSON	1:01.17	1977	JULIE KRAMER	19:45.98	1991
CHRISTINA SHILLING	1:01.68	2005	ISSO SHIMAMOTO	20:01.99	2006
MADDIE TAKAKI	1:02.29	2007	MICHELLE DEL RIO	20:03.86	2003
KATRINA HEARN	1:02.45	2002	ALISA PINARBASI	20:20.87	2006
SHAWNA WINTERS	1:02.47	1996	EMILY QUINLIVAN	21:04.06	1992
BETH RASALA	1:02.58	1995			
DANA SHAW	1:02.59	2002			
DEBBIE BLUE	1:02.90	1977			
200 FREE			100 BACK		
DIANN CHRISTIANSON	2:10.03	1977	KAYLEE YOSHIDA	1:09.03	2006
KATRINA HEARN	2:14.86	2002	SHAWNA WINTERS	1:10.68	1997
DANA SHAW	2:15.05	2002	HILARY HUNT	1:10.89	2009
KATRINA ROWE	2:16.04	1994	MADDIE TAKAKI	1:12.56	2006
KYLA POWER	2:17.56	2004	JANICE LESYNA	1:12.63	1985
CATHY DOUGHERTY	2:17.60	1988	NICHOLE ATKIN	1:12.66	2001
SHAWNA WINTERS	2:17.63	1996	KELSEY POWER	1:14.48	2007
BETH RASALA	2:18.04	1995	KATRINA ROWE	1:14.49	1994
SARAH SAFIR	2:19.19	2006	SARAH SAFIR	1:14.58	2005
HILARY HUNT	2:19.42	2009	CASSANDRA SCOTT	1:15.37	2007
400 FREE			200 BACK		
DIANN CHRISTIANSON	4:36.78	1977	SHAWNA WINTERS	2:29.96	1996
KYLA POWER	4:45.47	2005	MADDIE TAKAKI	2:32.77	2006
DANA SHAW	4:45.78	2001	KATRINA ROWE	2:37.02	1993
KATRINA HEARN	4:46.07	2002	NICHOLE ATKIN	2:37.64	2004
KATRINA ROWE	4:47.62	1993	DIANN CHRISTIANSON	2:39.73	1977
SHAWNA WINTERS	4:52.54	1996	KYLA POWER	2:40.07	2005
KATIE RICK	4:52.76	2008	NICOLE WILLIAMS	2:40.12	1990
ALISA PINARBASI	4:52.95	2006	CASSANDRA SCOTT	2:41.08	2007
CATHY DOUGHERTY	4:53.30	1988	KELSEY POWER	2:42.12	2007
MICHELLE DEL RIO	4:56.05	2002	SARAH SAFIR	2:42.35	2005

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TOP 10 TIMES
GIRLS 15-18

100 BREAST	TIME	YEAR	200 I.M.	TIME	YEAR
HEATHER SOOS	1:18.77	1989	KATIE RICK	2:31.98	2008
KATIE RICK	1:19.97	2008	DIANN CHRISTIANSON	2:33.21	1977
BETH RASALA	1:24.95	1994	SHAWNA WINTERS	2:34.71	1996
EMILY CHORTEK	1:25.51	2007	KYLA POWER	2:35.44	2004
MICHELLE DEL RIO	1:26.64	2003	MADDIE TAKAKI	2:35.66	2007
SHANNA FLYNN	1:26.77	2008	MICHELLE DEL RIO	2:37.60	2003
ISSO SHIMAMOTO	1:27.79	2007	HEATHER SOOS	2:37.95	1988
HILARY HUNT	1:28.01	2009	NICHOLE ATKIN	2:38.47	2002
KELSEY POWER	1:28.82	2005	KELSEY POWER	2:38.63	2007
MELISSA WINCHESTER	1:28.85	1993	SARAH SAFIR	2:38.93	2007

200 BREAST			400 I.M.		
HEATHER SOOS	2:51.86	1989	DIANN CHRISTIANSON	5:24.70	1977
KATIE RICK	2:53.75	2008	SHAWNA WINTERS	5:26.64	1996
EMILY CHORTEK	2:58.45	2007	KYLA POWER	5:30.09	2005
MICHELLE DEL RIO	3:01.18	2003	HEATHER SOOS	5:30.75	1988
ANGELA LAVISTA	3:04.69	1993	KATIE RICK	5:36.52	2008
ISSO SHIMAMOTO	3:05.85	2006	MICHELLE DEL RIO	5:39.33	2003
JESSICA POON	3:07.39	2006	KATRINA HEARN	5:39.48	2003
KELSEY POWER	3:08.97	2005	KELLEN POWER	5:40.14	2007
KELLEN POWER	3:12.71	2008	ISSO SHIMAMOTO	5:43.72	2006
MELISSA WINCHESTER	3:12.93	1993	BETH RASALA	5:46.42	1994

100 FLY		
MADDIE TAKAKI	1:06.92	2007
HILARY HUNT	1:07.23	2009
DIANN CHRISTIANSON	1:07.75	1977
SARAH SAFIR	1:08.02	2007
SHAWNA WINTERS	1:08.87	1996
KYLA POWER	1:09.94	2005
KAYLEE YOSHIDA	1:10.77	2006
HEATHER SOOS	1:10.92	1988
NICOLE WILLIAMS	1:11.38	1990
KATRINA HEARN	1:11.49	2003

200 FLY		
DIANN CHRISTINSON	2:29.39	1977
MADDIE TAKAKI	2:30.05	2007
SHAWNA WINTERS	2:30.81	1997
SARAH SAFIR	2:34.02	2007
ISSO SHIMAMOTO	2:37.52	2006
KYLA POWER	2:41.20	2005
NICOLE WILLIAMS	2:41.76	1990
HEATHER SOOS	2:50.04	1988
JENNIFER LUTH	2:51.02	1997
JULIE KRAMER	2:57.73	1991