

11/08/2010

SHORT COURSE  
TOP 10 TIMES  
11-12 GIRLS

<b>50 FREE</b>	TIME	YEAR	<b>1000 FREE</b>	TIME	YEAR
SANDRA SOE	25.58	2010	SANDRA SOE	11:05.90	2010
KRISTY HARTUNG	26.25	1983	KANDICE BAERWALDT	11:57.55	1997
JILL SALAK	26.50	1982	KATRINA HEARN	12:07.22	1997
TINA CLEMENTS	26.60	1975	HEATHER POND	12:16.50	1993
KAREN BLICK	26.61	1981	BETHANY NOLLETTE	12:40.69	2002
KELSEY CONROW	26.71	2003	SARAH SAFIR	12:47.27	2002
<b>LAUREN GREEN</b>	<b>27.15</b>	<b>10/2/10</b>	JULIE KRAMER	12:56.89	1989
STACEY FORD	27.24	1992	DANA SHAW	13:07.83	1997
CHRISTINA SHILLING	27.25	2001	KELSEY CONROW	13:11.00	2002
HEIDI RAWSON	27.27	1992	ISSO SHIMAMOTO	13:11.58	2001

<b>100 FREE</b>			<b>1650 FREE</b>		
SANDRA SOE	54.85	2010	SANDRA SOE	19:54.29	2009
KELSEY CONROW	57.91	2003	KANDICE BAERWALDT	19:58.24	1997
KRISTY HARTUNG	58.04	1983	KATRINA HEARN	20:11.97	1998
MICHELLE DEL RIO	58.09	1999	BETHANY NOLLETTE	20:44.11	2002
LAUREN GREEN	58.18	2010	HEATHER POND	21:05.65	1993
KATRINA HEARN	58.58	1998	LORI ADAM	21:14.60	1978
KANDICE BAERWALDT	59.10	1997	KELLIE HOPPINS	21:32.86	1997
SARAH SAFIR	59.50	2003	KALEY CONROW	22:23.74	2000
KATRINA ROWE	59.98	1990	KELSEY CONROW	22:40.22	2002
NOELLE RICCARDELLA	1:00.03	1987	SARAH SAFIR	24:23.44	2002

<b>200 FREE</b>			<b>50 BACK</b>		
SANDRA SOE	1:57.68	2010	SANDRA SOE	28.71	2010
KATRINA HEARN	2:06.73	1998	HEATHER KEIGHLEY	30.60	2009
KELSEY CONROW	2:08.60	2003	KATRINA HEARN	31.07	1998
KANDICE BAERWALDT	2:08.97	1998	DIANN CHRISTIANSON	31.30	1975
KRISTY HARTUNG	2:10.26	1982	KAREN BLICK	31.36	1981
NOELLE RICCARDELLA	2:10.52	1987	LAUREN GREEN	31.71	2010
LAURA WHEELER	2:10.81	1996	STACEY FORD	31.72	1991
STACEY FORD	2:11.50	1992	LAURA WHEELER	31.82	1996
HEIDI RAWSON	2:11.86	1992	HILARY HUNT	31.86	2004
COLLEEN SMITH	2:12.41	1997	CATHERINE WHITMAN	31.94	1995

<b>500 FREE</b>			<b>100 BACK</b>		
SANDRA SOE	5:24.08	2010	SANDRA SOE	1:03.55	2010
KANDICE BAERWALDT	5:34.74	1998	KATRINA HEARN	1:05.20	1998
KELSEY CONROW	5:39.53	2003	STACEY FORD	1:06.33	1991
KATRINA HEARN	5:39.84	1998	HEATHER KEIGHLEY	1:07.82	2009
NOELLE RICCARDELLA	5:49.63	1987	HILARY HUNT	1:08.55	2005
STACEY FORD	5:50.94	1991	LAUREN SMITH	1:09.00	2010
LAUREN SMITH	5:51.26	2010	KALEY CONROW	1:09.16	2000
LILY SU	5:52.05	1992	SHAWNA WINTERS	1:09.70	1994
LORI ADAM	5:53.00	1978	SARAH SAFIR	1:10.31	2003
LAYNA AUCHARD	5:55.27	2009	CAROL HUMPHREY	1:10.56	1993

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<b>200 BACK</b>	TIME	YEAR	<b>50 FLY</b>	TIME	YEAR
SANDRA SOE	2:15.22	2010	SARAH SAFIR	27.91	2003
STACEY FORD	2:23.55	1992	KRISTY HARTUNG	28.35	1982
LAUREN SMITH	2:25.29	10/23/10	HILARY HUNT	28.42	2005
KALEY CONROW	2:26.53	2001	HEIDI RAWSON	29.03	1992
SHAWNA WINTERS	2:30.98	1993	SANDRA SOE	29.36	2010
KATRINA HEARN	2:31.81	1997	LAUREN GREEN	29.73	2010
LAUREN GREEN	2:33.53	11/6/10	MICHELLE DEL RIO	29.83	1999
SONJA GIACINTO	2:34.13	11/6/10	STACEY FORD	29.93	1992
SARAH SAFIR	2:35.15	2002	AMANDA RIOS	30.04	2010
LAURA WHEELER	2:36.10	1995	DENE EHRHART	30.19	1981
STEPHANIE SCANNELL	2:36.11	2006			

<b>50 BREAST</b>			<b>100 FLY</b>		
MORGANNE MCKENNAN	33.54	2010	SARAH SAFIR	1:03.28	2003
KRISTY HARTUNG	33.57	1982	SANDRA SOE	1:05.08	2010
MELISSA WINCHESTER	34.12	1989	STACEY FORD	1:06.63	1991
LORI ADAM	34.18	1978	HEIDI RAWSON	1:08.26	1992
SANDRA SOE	34.31	2010	SHAWNA WINTERS	1:08.43	1993
SHANNA FLYNN	34.40	2005	LILY SU	1:08.45	1991
EMILIE PENDERGRAFT	34.47	1988	HILARY HUNT	1:08.49	2005
KELSEY CONROW	34.52	2003	LAUREN GREEN	1:09.12	11/6/10
ALANNA JURICH	34.80	2010	KATRINA ROWE	1:09.32	1990
HEATHER POND	34.92	1993	STEPHANIE SCANNELL	1:10.98	2007

<b>100 BREAST</b>			<b>200 FLY</b>		
MORGANNE MCKENNAN	1:12.80	2010	STACEY FORD	2:25.87	1992
LORI ADAM	1:13.45	1978	LILY SU	2:30.48	1992
MELISSA WINCHESTER	1:14.67	1989	SHAWNA WINTERS	2:33.75	1994
HEATHER POND	1:14.81	1993	SARAH SAFIR	2:35.37	2003
SHANNA FLYNN	1:16.18	2006	KANDICE BAERWALDT	2:38.28	1998
SANDRA SOE	1:16.25	2010	KALEY CONROW	2:46.81	2000
CHRISTINA SHILLING	1:16.41	2001	DENE EHRHART	2:47.86	1979
KELSEY CONROW	1:17.01	2003	JULIE KRAMER	2:48.13	1989
STEPHANIE SCANNELL	1:17.05	2007	EMILIE RUFFO	2:50.27	2008
KRISTY HARTUNG	1:17.34	1983	KATRINA HEARN	2:50.58	1998

<b>200 BREAST</b>			<b>100 I.M.</b>		
MORGANNE MCKENNAN	2:34.85	10/2/10	SANDRA SOE	1:02.69	2010
HEATHER POND	2:40.82	1993	KRISTY HARTUNG	1:05.29	1982
MELISSA WINCHESTER	2:42.76	1990	STACEY FORD	1:06.92	1992
LAYNA AUCHARD	2:43.76	2009	LORI ADAM	1:07.70	1978
STEPHANIE SCANNELL	2:44.21	2007	MICHELLE DEL RIO	1:07.78	1999
SHANNA FLYNN	2:45.09	2006	CATHERINE WHITMAN	1:07.86	1995
LORI ADAM	2:47.00	1977	KAREN BLICK	1:07.99	1981
KELSEY CONROW	2:50.69	2002	HILARY HUNT	1:08.03	2005
LAUREN KEATS	2:52.79	1998	KELSEY CONROW	1:08.04	2003
EMILIE RUFFO	2:53.71	2008	LAUREN GREEN	1:08.62	2010

<b>200 I.M.</b>	TIME	YEAR	<b>400 I.M.</b>	TIME	YEAR
SANDRA SOE	2:21.24	2010	SANDRA SOE	4:57.12	2010
DIANN CHRISTIANSON	2:26.50	1975	KALEY CONROW	5:17.30	2001
LORI ADAM	2:27.55	1978	KELSEY CONROW	5:17.32	2003

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KATRINA HEARN	2:29.08	1998
KELSEY CONROW	2:29.13	2003
KANDICE BAERWALDT	2:29.35	1998
HEIDI RAWSON	2:29.56	1992
ANGELA SAVASO	2:29.76	1993
SHAWNA WINTERS	2:30.21	1994
<b>MORGANNE MCKENNAN</b>	<b>2:30.55</b>	<b>10/2/10</b>

LORI ADAM	5:19.30	1978
EMILIE RUFFO	5:21.69	2009
KANDICE BAERWALDT	5:23.25	1997
<b>LAUREN SMITH</b>	<b>5:23.93</b>	<b>10/2/10</b>
STEPHANIE SCANNELL	5:25.84	2007
<b>MORGANNE MCKENNAN</b>	<b>5:25.99</b>	<b>10/30/10</b>
SARAH SAFIR	5:31.23	2003