

12/06/2010

SHORT COURSE  
TOP 10 TIMES  
13-14 GIRLS

| <b>50 FREE</b>     |                |                | <b>1000 FREE</b>   |                 |                 |
|--------------------|----------------|----------------|--------------------|-----------------|-----------------|
|                    | TIME           | YEAR           |                    | TIME            | YEAR            |
| CHRISTINA SHILLING | 25.23          | 2003           | KATRINA HEARN      | 10:57.46        | 2000            |
| DIANN CHRISTIANSON | 25.42          | 1975           | <b>SANDRA SOE</b>  | <b>10:58.82</b> | <b>11/12/10</b> |
| <b>SANDRA SOE</b>  | <b>25.46</b>   | <b>12/3/10</b> | KATIE RICK         | 11:10.60        | 2007            |
| SARAH SAFIR        | 25.73          | 2005           | DANA SHAW          | 11:14.46        | 1998            |
| DEBBIE BLUE        | 25.76          | 1975           | SHAWNA WINTERS     | 11:18.64        | 1995            |
| KATIE RICK         | 25.98          | 2006           | NOELLE RICCARDELLA | 11:20.87        | 1989            |
| KATRINA HEARN      | 26.01          | 2000           | KELSEY CONROW      | 11:29.05        | 2004            |
| SHAWNA WINTERS     | 26.14          | 1995           | SARAH SAFIR        | 11:35.52        | 2005            |
| MADDIE TAKAKI      | 26.22          | 2005           | BETHANY NOLLETTE   | 11:36.48        | 2003            |
| KATRINA ROWE       | 26.28          | 1992           | CAROL HUMPHREY     | 11:41.86        | 1995            |
| <b>100 FREE</b>    |                |                | <b>1650 FREE</b>   |                 |                 |
| SHAWNA WINTERS     | 54.68          | 1995           | DIANN CHRISTIANSON | 18:14.30        | 1975            |
| DIANN CHRISTIANSON | 54.90          | 1975           | KATIE RICK         | 18:48.47        | 2006            |
| MADDIE TAKAKI      | 54.99          | 2005           | SARAH SAFIR        | 19:24.95        | 2005            |
| DEBBIE BLUE        | 55.20          | 1975           | MADDIE TAKAKI      | 19:39.34        | 2005            |
| KATRINA HEARN      | 55.22          | 1999           | BETHANY NOLLETTE   | 19:41.96        | 2003            |
| <b>SANDRA SOE</b>  | <b>55.52</b>   | <b>12/3/10</b> | CAROL HUMPHREY     | 19:43.20        | 1995            |
| KATIE RICK         | 55.64          | 2006           | JULIE KRAMER       | 19:47.61        | 1991            |
| KATRINA ROWE       | 55.88          | 1992           | STACEY FORD        | 19:58.82        | 1992            |
| CHRISTINA SHILLING | 56.18          | 2003           | DANA SHAW          | 20:01.18        | 1998            |
| NOELLE RICCARDELLA | 56.44          | 1988           | KALEY CONROW       | 20:15.37        | 2002            |
| <b>200 FREE</b>    |                |                | <b>100 BACK</b>    |                 |                 |
| KATRINA HEARN      | 1:57.50        | 1999           | SHAWNA WINTERS     | 59.90           | 1996            |
| DIANN CHRISTIANSON | 1:58.20        | 1975           | HILARY HUNT        | 1:01.35         | 2007            |
| KATIE RICK         | 1:59.26        | 2006           | HEATHER KEIGHLEY   | 1:02.24         | 2010            |
| SHAWNA WINTERS     | 1:59.38        | 1996           | SARAH SAFIR        | 1:02.27         | 2004            |
| KATRINA ROWE       | 1:59.56        | 1992           | KATRINA ROWE       | 1:02.28         | 1992            |
| <b>SANDRA SOE</b>  | <b>2:00.07</b> | <b>12/3/10</b> | STACEY FORD        | 1:03.16         | 1993            |
| NOELLE RICCARDELLA | 2:01.20        | 1988           | NICHOLE ATKIN      | 1:04.00         | 2000            |
| CATHERINE WHITMAN  | 2:02.65        | 1997           | <b>SANDRA SOE</b>  | <b>1:04.27</b>  | <b>11/12/10</b> |
| MICHELLE DEL RIO   | 2:03.61        | 2001           | LESLIE BUEHLER     | 1:04.37         | 1995            |
| STACEY FORD        | 2:03.98        | 1993           | MADDIE TAKAKI      | 1:04.37         | 2005            |
| <b>500 FREE</b>    |                |                | <b>200 BACK</b>    |                 |                 |
| DIANN CHRISTIANSON | 5:13.90        | 1975           | SHAWNA WINTERS     | 2:06.28         | 1996            |
| KATIE RICK         | 5:20.36        | 2006           | MADDIE TAKAKI      | 2:14.74         | 2005            |
| <b>SANDRA SOE</b>  | <b>5:21.50</b> | <b>11/6/10</b> | STACEY FORD        | 2:14.97         | 1993            |
| KATRINA HEARN      | 5:23.26        | 2000           | HEATHER KEIGHLEY   | 2:17.15         | 2010            |
| SHAWNA WINTERS     | 5:23.41        | 1995           | KATRINA ROWE       | 2:17.30         | 1992            |
| NOELLE RICCARDELLA | 5:25.85        | 1989           | HILARY HUNT        | 2:18.82         | 2007            |
| KATRINA ROWE       | 5:29.20        | 1992           | KATRINA HEARN      | 2:19.02         | 2000            |
| DANA SHAW          | 5:31.99        | 1998           | DIANN CHRISTIANSON | 2:19.30         | 1975            |
| STACEY FORD        | 5:32.07        | 1993           | SARAH SAFIR        | 2:19.48         | 2005            |
| KELSEY CONROW      | 5:32.22        | 2004           | NICHOLE ATKIN      | 2:19.87         | 2001            |

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| <b>100 BREAST</b>  | TIME    | YEAR    | <b>200 I.M.</b>    | TIME    | YEAR    |
|--------------------|---------|---------|--------------------|---------|---------|
| LAYNA AUCHARD      | 1:09.70 | 12/3/10 | SHAWNA WINTERS     | 2:15.12 | 1996    |
| MELISSA WINCHESTER | 1:10.98 | 1991    | KATIE RICK         | 2:16.36 | 2007    |
| KATIE RICK         | 1:11.04 | 2007    | STACEY FORD        | 2:16.41 | 1994    |
| HEATHER SOOS       | 1:11.19 | 1987    | DIANN CHRISTIANSON | 2:17.05 | 1975    |
| SHANNA FLYNN       | 1:12.26 | 2007    | SANDRA SOE         | 2:18.59 | 12/3/10 |
| STEPHANIE SCANNELL | 1:12.50 | 2009    | KATRINA ROWE       | 2:18.74 | 1992    |
| CATHERINE WHITMAN  | 1:13.11 | 1997    | KATRINA HEARN      | 2:18.97 | 2000    |
| HEATHER POND       | 1:13.37 | 1994    | CATHERINE WHITMAN  | 2:19.07 | 1997    |
| CHRISTINA SHILLING | 1:13.55 | 2002    | MICHELLE DEL RIO   | 2:19.31 | 2001    |
| STACEY FORD        | 1:14.03 | 1993    | HEATHER SOOS       | 2:19.32 | 1987    |
| <b>200 BREAST</b>  |         |         | <b>400 I.M.</b>    |         |         |
| LAYNA AUCHARD      | 2:30.51 | 12/3/10 | SHAWNA WINTERS     | 4:37.93 | 1996    |
| KATIE RICK         | 2:30.56 | 2007    | KATIE RICK         | 4:41.39 | 2007    |
| MELISSA WINCHESTER | 2:33.06 | 1991    | DIANN CHRISTAINSON | 4:46.90 | 1975    |
| HEATHER SOOS       | 2:33.15 | 1987    | STACEY FORD        | 4:46.96 | 1994    |
| MICHELLE DEL RIO   | 2:36.26 | 2001    | KATRINA HEARN      | 4:54.40 | 2000    |
| STACEY FORD        | 2:38.03 | 1992    | HILARY HUNT        | 4:56.57 | 2007    |
| CHRISTINA SHILLING | 2:38.10 | 2002    | LAYNA AUCHARD      | 5:01.53 | 12/3/10 |
| HEATHER POND       | 2:39.70 | 1993    | MICHELLE DEL RIO   | 5:02.83 | 2001    |
| CATHERINE WHITMAN  | 2:40.39 | 1997    | CHRISTINA SHILLING | 5:03.50 | 2002    |
| ANGELA LAVISTA     | 2:40.95 | 1993    | SANDRA SOE         | 5:03.97 | 11/6/10 |
| <b>100 FLY</b>     |         |         |                    |         |         |
| SARAH SAFIR        | 1:00.04 | 2004    |                    |         |         |
| SHAWNA WINTERS     | 1:00.18 | 1996    |                    |         |         |
| MADDIE TAKAKI      | 1:01.42 | 2005    |                    |         |         |
| DIANN CHRISTIANSON | 1:01.50 | 1975    |                    |         |         |
| HILARY HUNT        | 1:01.96 | 2007    |                    |         |         |
| KATRINA ROWE       | 1:02.47 | 1992    |                    |         |         |
| STACEY FORD        | 1:02.90 | 1993    |                    |         |         |
| DEBBIE BLUE        | 1:03.00 | 1976    |                    |         |         |
| LILY SU            | 1:03.09 | 1992    |                    |         |         |
| ISSO SHIMAMOTO     | 1:03.58 | 2004    |                    |         |         |
| <b>200 FLY</b>     |         |         |                    |         |         |
| SARAH SAFIR        | 2:14.92 | 2005    |                    |         |         |
| DIANN CHRISTIANSON | 2:15.37 | 1975    |                    |         |         |
| STACEY FORD        | 2:17.06 | 1994    |                    |         |         |
| SHAWNA WINTERS     | 2:17.70 | 1996    |                    |         |         |
| MADDIE TAKAKI      | 2:18.43 | 2005    |                    |         |         |
| KATRINA ROWE       | 2:20.08 | 1992    |                    |         |         |
| LILY SU            | 2:21.10 | 1993    |                    |         |         |
| ISSO SHIMAMOTO     | 2:23.42 | 2004    |                    |         |         |
| KATIE RICK         | 2:26.73 | 2007    |                    |         |         |
| KATRINA HEARN      | 2:29.97 | 2000    |                    |         |         |