

PACIFIC NORTHWEST SWIMMING

A Local Swim Committee of USA Swimming

GILS TEN AND UNDER - SHORT COURSE CHAMPIONSHIPS – 2007

QUALIFIERS				
NAME	TEAM	REGIS	EVENT	PAST
Ackerley, Mikelle	BISC	11-24-2003	12	
Ackerley, Natalie	BISC	12-19-2003	11	
Avery, Leah	BTST	6-15-2004	10	
Bennett, Nikki	WAVE	10-4-2004	12	06R
Bishoff, Sydney	PSSC	10-5-2006	6	
Blomso, Britt	CSC	1-4-2007	1	
Briggs, Mackenna	IST	5-9-2006	4	06R
Brooks, Alison	BISC	1-11-2006	6	
Brown, Ashley	KING	11-20-2004	10	06R
Brunings, Kourtney	IST	10-6-2006	6	06R
Bushnell, Randi	MET	11-16-2006	5	
Cannon, Clara	WEST	11-10-2005	8	
Chambers, Addie	SBAY	9-24-2005	4	
Collins, Jillian	KING	5-11-2005	2	
Cook, Alyssa	PAC	10-12-2004	12	06
Cooly, Lauren	WEST	11-10-2005	7	
Crane, Kelsey	OAC	3-9-2004	11	05R
Dodge, Maddie	MET	11-18-2005	4	
Domanowski, Christina	MMSC	5-11-2004	3	06R
Dorland, Truly	CSC	1-27-2003	2	
Farnsworth, Elle	S	11-14-2005	2	
Fisk, Leah	BC	9-12-2006	2	
Gore, Zara	KING	10-19-2005	1	
Haugen, Gianna	KING	7-8-2005	2	
Hickcox, Madison	KING	10-19-2005	2	
Holmgren, Hannah	BBST	1-13-2005	1	
Huo, Jenny	KING	10-19-2006	3	
Kucinski-Murphy, Clara	BEST	10-20-2005	3	06R
Laurent, Demetra	WEST	10-15-2004	1	
Lee, Nicole	PSSC	7-14-2004	1	
Lim, Nikki	KING	10-13-2007	1	
Lin, Kathy	IST	5-9-2006	1	
Lium, Chloe	WEST	10-16-2003	7	
Matthes, Gillian	C	10-18-2005	1	
McCloskey, Kaelee	CSC	2-11-2004	3	
Merila, Alysse	IST	10-04-2004	5	
Morris, Marissa	NWAC	10-6-2005	1	
Nahlin, Annalise	BC	9-12-2006	4	
Nelson, Cecilia	IST	9-29-2003	3	06R
Newman, Evelyn	BISC	9-8-2005	2	
Nielsen, Olivia	WCYD	5-19-2006	3	
Nooney, Marlaena	ESC	1-14-2006	2	
Norman, Sarah	PAC	11-13-2003	10	06R
Novak, Elizabeth	TSC	11-14-2003	6	06R
Pearson, Jada	ESC	7-28-2005	2	
Pilloud, Amy	SSCD	12-13-2003	2	
Pries, Alana	SST	4-4-2005	8	06R
Raisys, Sofija	BC	9-9-2005	2	
Riggins, Angela	KING	9-10-2004	5	
Rosnagle, Madison	GAC	10-10-2006	2	
Seidner, Lindsey	KING	9-14-2006	4	
Sexton, Bailey	RFST	1-16-2004	4	
Shabb, Hannah	CSC	10-16-2002	12	05-06

QUALIFIERS				
NAME	TEAM	REGIS	EVENT	PAST
Shaw, Mackenzie	TSC	1-23-2004	3	
Shenkin, Audrey	BBST	7-2-2005	7	
Shoemaker, Holly	MMSC	6-30-2004	2	
Sligh, Marisa	NWAC	9-1-2006	2	
Smerekanych, Sasha	IST	1-13-2006	4	
Spencer, Abby	S	9-16-2005	5	
Su, Leanne	KING	3-11-2005	3	
Sullivan, Rylee	CSC	11-07-2005	3	
Sutherland, Ashley	SST	10-14-2005	11	06R
Sutich, Lianna	BC	9-12-2006	1	
Teegan, Helen	BEST	7-9-2004	8	
Uyeno, Linnea	KING	6-16-2005	9	
Vanstone, Jayna	BEST	10-20-2006	7	
Vincelette, Hannah	MMSC	11-30-2004	2	
Walden, Mikhaella	UN	6-15-2006	1	
Walsh, Hannah	BC	9-19-2005	1	
Williams, Kim	BISC	11-18-2003	12	06
Woodworth, Karen	WSY	10-11-2005	1	
Yap, Lavinya	WEST	10-12-2005	10	06
Zhao, Danzhu	PAC	5-18-2005	11	05R-06

RELAY ONLY SWIMMERS			
Birrell, Emily	WAVE	9-24-2005	R/O
Cassady, Shannon	IST	10-6-06	R/O
Collons, Anna	IST	10-1-2007	R/O
Dang, Gabrielle	WAVE	9-26-2006	R/O
Davidson, Sarah	CSC	9-14-2004	R/O
DeSmet, Zoe	PSSC	11-14-2003	R/O
Duke, Rachel	MET	10-18-2007	R/O
Flaten, Brooke	IST	10-4-2004	R/O
Forbord, Sierra	PAC	9-26-2003	R/O
Haase, Allyson	IST	1-14-2004	R/O
Hakam, Lara	IST	10-6-2006	R/O
Knight, Kaiya	WAVE	4-17-2006	R/O
Lamb, Mariah	MET	10-18-2007	R/O
Lawson-Rivera, Dana	PAC	3-22-2005	R/O
Lin, Emily	CSC	9-9-2005	R/O
Lu, Noela	IST	12-14-2004	R/O
Maier, Katie	IST	10-15-2004	R/O
Matsuda, Jenifer	BEST	10-20-2005	R/O
Morris, Marissa	NWAC	10-06-2005	R/O
Mossman, Mekenna	WAVE	4-14-2006	R/O
Mundle, Whitney	PSSC	3-22-2005	R/O
Ngo, Cyssi	IST	9-29-2003	R/O
Pedersen, Bindi	MMSC	6-30-2006	R/O
Plush, Lauryn	NWAC	6-29-2007	R/O
Sangabi, Katrina	CSC	9-28-2005	R/O
Spangler, Abby	CSC	9-13-2006	R/O
Vagt, Molly	NWAC	4-1-2006	R/O

73 SWIMMERS - 348 SWIMS – 4.76 AVG.
 27 RELAY ONLY SWIMMERS
 2 QUALIFIED SWIMMERS – NOT PARTICIPATING

PACIFIC NORTHWEST SWIMMING

A Local Swim Committee of USA Swimming

GILS TEN AND UNDER - SHORT COURSE CHAMPIONSHIPS – 2007

50 YARD FREESTYLE				
QUAL	SWUM	NAME	TEAM	DATE
28.16	27.38	Williams, Kim	BISC	11/4/2007
28.93	28.17	Sutherland, Ashley	SST	11/17/2007
29.67		Yap, Lavinya	WEST	10/20/2007
29.85	29.97	Crane, Kelsey	OAC	11/17/2007
29.98		Shabb, Hannah	CSC	3/23/2007
30.27	30.27	Bishoff, Sydney	PSSC	11/18/2007
30.35		Cook, Alyssa	PAC	10/21/2007
30.54	30.54	Sexton, Bailey	RFST	11/17/2007
30.74	29.57	Norman, Sarah	PAC	10/6/2007
30.88	31.58	Teegan, Helen	BEST	11/17/2007
30.93		Zhao, Danzhu	PAC	2/24/2007
31.09		Bennett, Nikki	WAVE	4/28/2007
31.56		Avery, Leah	BTST	10/20/2007
31.69	30.70	Kucinski-Murphy, Clare	BEST	10/20/2007
31.70		Brown, Ashley	TSC	1/13/2007
31.83	30.83	Bushnell, Randi	MET	10/20/2007
32.00	31.44	Vanstone, Jayna	BEST	3/31/2007
32.07		Uyeno, Linnea	KING	11/17/2007
32.08	32.77	Briggs, Mackenna	IST	11/17/2007
32.14		Cannon, Clara	WEST	11/17/2007
32.21		Novak, Elizabeth	TSC	10/20/2007
32.25	32.56	Spencer, Abby	S	11/17/2007
32.25		Ackerley, Mikelle	BISC	11/17/2007
32.31	31.71	Shenkin, Audrey	BBST	3/31/2007
35.33L	32.48	Lium, Chloe	WEST	7/13/2007
35.37L		Pries, Alana	SST	7/21/2007
BONUS	31.02	Pearson, Jada	ESC	
BONUS	32.37	Domanowski, Christina	MSC	
BONUS	32.40	Rossnagle, Madison	GAC	
BONUS	32.55	Shoemaker, Holly	MMSC	
BONUS	33.94	Nelson, Cecilia	IST	
BONUS	34.30	Blomso, Britt	CSC	
BONUS	34.36	Raisys, Sofija	BC	
BONUS	34.73	Seidner, Lindsay	KING	
100 YARD FREESTYLE				
RANK	TIME	NAME	TEAM	DATE
1:01.12	59.94	Williams, Kim	BISC	10/20/2007
1:03.11	1:03.14	Yap, Lavinya	WEST	11/17/2007
1:05.18	1:05.12	Sutherland, Ashley	SST	11/17/2007
1:06.52	1:03.63	Cook, Alyssa	PAC	10/20/2007
1:06.76	1:08.47	Crane, Kelsey	OAC	6/9/2007
1:07.57	1:06.68	Shabb, Hannah	CSC	11/17/2007
1:08.14		Avery, Leah	BTST	10/20/2007
1:08.17	1:08.37	Bennett, Nikki	WAVE	11/17/2007
1:08.32	1:07.32	Brown, Ashley	KING	11/17/2007
1:08.39	1:08.73	Shenkin, Audrey	BBST	11/17/2007
1:08.80	1:07.27	Brooks, Alison	BISC	11/17/2007
1:08.91	1:08.40	Bushnell, Randi	MET	11/17/2007
1:09.13	1:07.26	Norman, Sarah	PAC	10/20/2007
1:09.33	1:09.93	Cannon, Clara	WEST	10/20/2007
1:09.53	1:05.87	Ackerley, Natalie	BISC	11/17/2007
1:09.63	1:11.31	Vanstone, Jayna	BEST	11/17/2007
1:09.89	1:09.53	Sexton, Bailey	RFST	11/17/2007

1:09.96	1:10.33	Bishoff, Sydney	PSSC	11/17/2007
1:10.38	1:08.49	Ackerley, Mikelle	BISC	11/17/2007
1:10.62	1:08.37	Novak, Elizabeth	TSC	11/17/2007
1:11.33		Zhao, Danzhu	PAC	2/10/2007
1:11.43		Uyeno, Linnea	KING	11/17/2007
1:11.80	1:11.94	Domanowski, Christina	MMSC	10/20/2007
1:12.10	1:14.96	Pries, Alana	SST	11/17/2007
1:12.17	1:12.00	Sullivan, Rylee	CSC	11/17/2007
1:12.38	1:12.52	Dodge, Maddie	MET	11/17/2007
1:12.49	1:13.66	Walden, Mikhaella	UN	11/17/2007
1:13.17		Cooley, Lauren	WEST	10/20/2007
1:13.21	1:10.96	Teegan, Helen	BEST	10/20/2007
1:13.21	1:16.18	Spencer, Abby	S	11/17/2007
1:13.23	1:12.73	Riggins, Angela	UN	11/17/2007
1:13.65	1:13.89	Merila, Alysse	IST	11/17/2007
BONUS	1:13.83	Shaw, Mack	TSC	
BONUS	1:18.80	Holmgren, Hannah	BBST	
BONUS	1:19.93	Vincelette, Hannah	MMSC	
BONUS	NS	Fisk, Leach	BC	
200 YARD FREESTYLE				
QUAL	SWUM	NAME	TEAM	DATE
2:10.62	2:10.48	Williams, Kim	BISC	11/17/2007
2:18.44	2:19.63	Yap, Lavinya	WEST	11/17/2007
2:18.77	2:16.39	Cook, Alyssa	PAC	10/20/2007
2:23.02	2:25.11	Shabb, Hannah	CSC	11/17/2007
2:24.49	2:27.08	Crane, Kelsey	OAC	11/17/2007
2:27.77	2:31.75	Cannon, Clara	WEST	10/20/2007
2:29.47	2:21.24	Brooks, Alison	BISC	11/17/2007
2:29.71	2:27.54	Ackerley, Natalie	BISC	11/17/2007
2:29.75		Norman, Sarah	PAC	11/17/2007
2:30.48		Sutherland, Ashley	SST	10/20/2007
2:30.62	2:29.39	Brown, Ashley	KING	11/17/2007
2:30.73	2:28.71	Ackerley, Mikelle	BISC	10/20/2007
2:30.91	2:28.14	Cooley, Lauren	WEST	10/20/2007
2:31.16		Bennett, Nikki	WAVE	11/17/2007
2:31.65	2:30.96	Uyeno, Linnea	KING	11/17/2007
2:31.77	2:34.58	Bishoff, Sydney	PSSC	11/17/2007
2:33.93	2:35.66	Sullivan, Rylee	CSC	11/17/2007
2:34.14	2:35.79	Dodge, Maddie	MET	11/17/2007
2:34.23		Shenkin, Audrey	BBST	10/20/2007
2:34.57	2:32.60	Su, Leanne	KING	11/17/2007
2:34.99	2:38.55	Vanstone, Jayna	BEST	10/20/2007
2:35.00	2:36.83	Bushnell, Randi	MET	10/20/2007
2:36.27		Avery, Leah	BTST	3/10/2007
2:37.90	2:31.50	Novak, Elizabeth	TSC	11/17/2007
2:38.04	2:34.42	Shaw, Mackenzie	GHP	3/10/2007
2:38.28	2:36.34	Domanowski, Christina	MMSC	10/20/2007
2:38.40	2:38.71	Riggins, Angela	UN	11/17/2007
2:38.97	2:43.50	Spencer, Abby	S	11/17/2007
2:39.81		Teegan, Helen	BEST	10/20/2007
2:40.05		Zhao, Danzhu	PAC	11/18/2006
2:40.53	2:38.87	Merila, Alysse	IST	10/20/2007
2:40.89	2:36.35	Pries, Alana	SST	3/31/2007
2:41.57	2:51.54	Nelson, Cecilia	IST	10/20/2007
2:41.97	2:37.62	Chambers, Addie	SBAY	11/17/2007

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GILS TEN AND UNDER - SHORT COURSE CHAMPIONSHIPS – 2007

500 YARD FREESTYLE				
QUAL	SWUM	NAME	TEAM	DATE
5:44.68	5:39.24	Williams, Kim	BISC	11/17/2007
5:59.90	5:59.33	Cook, Alyssa	PAC	11/17/2007
6:16.81		Shabb, Hannah	CSC	11/10/2007
6:21.53	6:05.70	Yap, Lavinya	WEST	10/20/2007
6:24.85	6:22.89	Sutherland, Ashley	SST	11/17/2007
6:26.96	6:03.47	Brooks, Alison	BISC	11/17/2007
6:32.33		Ackerley, Mikelle	BISC	10/20/2007
6:33.05	6:26.55	Norman, Sarah	PAC	11/17/2007
6:34.46	6:35.44	Crane, Kelsey	OAC	11/17/2007
6:35.12	6:32.85	Cannon, Clara	WEST	10/20/2007
6:38.91	6:24.69	Cooley, Lauren	WEST	11/17/2007
6:42.95	6:52.38	Shenkin, Audrey	BBST	11/17/2007
6:51.27	6:45.97	Brown, Ashley	KING	11/17/2007
6:53.38	6:52.30	Shaw, Mackenzie	UN	10/20/2007
6:53.65	6:17.11	Ackerley, Natalie	BISC	10/20/2007
6:57.36	6:53.40	Dodge, Maddie	MET	10/20/2007
6:58.30		Avery, Leah	BTST	10/20/2007
7:02.66	7:03.93	Laurent, Demetra	WEST	11/17/2007
7:03.88	7:06.23	Spencer, Abby	S	11/17/2007
7:03.89	6:58.53	Bushnell, Randi	MET	11/17/2007
7:04.54	6:52.91	Sullivan, Rylee	CSC	11/10/2007
7:09.67		Bennett, Nikki	WAVE	10/20/2007
7:10.33	7:13.01	Farnsworth, Elle	S	10/20/2007
7:13.74	7:12.01	McCloskey, Kaelee	CSC	11/17/2007
7:13.74	7:09.69	Haugen, Gianna	KING	11/17/2007
7:13.91	6:47.20	Uyeno, Linnea	KING	3/31/2007
7:14.61	7:14.74	Smerekanych, Sasha	IST	11/17/2007
7:21.53	6:45.32	Merila, Alysse	IST	10/20/2007
7:22.33	6:57.70	Domanowski, Christina	MMSC	11/17/2007
7:24.18	7:17.23	Collins, Jillian	KING	11/17/2007
7:25.29		Morris, Marissa	NWAC	3/31/2007
50 YARD BACKSTROKE				
QUAL	SWUM	NAME	TEAM	DATE
34.08	34..30	Sutherland, Ashley	SST	11/17/2007
34.45		Williams, Kim	BISC	11/4/2007
34.97		Yap, Lavinya	WEST	10/20/2007
35.41	35.17	Crane, Kelsey	OAC	10/20/2007
35.94		Cook, Alyssa	PAC	10/20/2007
36.05	DQ	Kucinski-Murphy, Clare	BEST	10/20/2007
36.19	36.86	Bennett, Nikki	WAVE	3/10/2007
36.44		Zhao, Danzhu	PAC	3/10/2007
36.44		Shabb, Hannah	CSC	10/20/2007
36.49		Pries, Alana	SST	11/17/2007
36.61	36.78	Briggs, Mackenna	IST	11/17/2007
37.12		Norman, Sarah	PAC	3/24/2007
37.40	37.22	Shoemaker, Holly	MMSC	10/20/2007
37.45	38.52	Sexton, Bailey	RFST	11/17/2007
37.80		Brown, Ashley	KING	11/17/2007
37.84	36.35	Ackerley, Natalie	BISC	10/20/2007
37.85		Ackerley, Mikelle	BISC	11/4/2007
37.96		Vanstone, Jayna	BEST	3/31/2007
38.01		Teegan, Helen	BEST	11/17/2007
38.05		Cannon, Clara	WEST	11/17/2007

38.25	39.33	Merila, Alysse	IST	11/17/2007
38.38	38.96	McCloskey, Kaelee	CSC	11/17/2007
38.45	NS	Novak, Elizabeth	TSC	10/20/2007
43.24S	40.10	Dorland, Truly	CSC	5/18/2007
42.75L	38.00	Lium, Chloe	WEST	
BONUS	38.58	Spencer, Abby	S	
BONUS	39.28	Collins, Jullian	KING	
BONUS	39.79	Su, Leanne	KING	
100 YARD BACKSTROKE				
RANK	TIME	NAME	TEAM	DATE
1:13.46	1:14.56	Sutherland, Ashley	SST	11/17/2007
1:13.84		Williams, Kim	BISC	10/20/2007
1:15.70	1:15.01	Crane, Kelsey	OAC	10/20/2007
1:16.89		Shabb, Hannah	CSC	11/17/2007
1:18.11	1:11.46	Yap, Lavinya	WEST	10/20/2007
1:18.11		Cook, Alyssa	PAC	10/20/2007
1:18.11	1:18.24	Vanstone, Jayna	BEST	11/17/2007
1:18.60		Zhao, Danzhu	PAC	3/10/2007
1:19.19	1:17.15	Ackerley, Natalie	BISC	11/17/2007
1:19.36	1:24.09	Lium, Chloe	WEST	11/17/2007
1:19.58	1:20.46	Merila, Alysse	IST	11/17/2007
1:20.19	1:17.26	Novak, Elizabeth	TSC	11/17/2007
1:20.79	1:22.46	Shaw, Mackenzie	UN	10/20/2007
1:20.86	1:21.07	Seidner, Lindsey	KING	11/17/2007
1:21.55		Uyeno, Linnea	KING	11/17/2007
1:21.85	1:22.49	Su, Leanne	KING	11/17/2007
1:21.98		Bennett, Nikki	WAVE	10/20/2007
1:22.78	1:21.40	Collins, Jillian	KING	11/17/2007
1:22.82	1:22.74	McCloskey, Kaelee	CSC	11/3/2007
1:23.15		Norman, Sarah	PAC	1/13/2007
1:23.39	1:21.72	Teegan, Helen	BEST	11/17/2007
1:23.58	1:23.75	Cooley, Lauren	WEST	10/20/2007
1:23.63		Ackerley, Mikelle	BISC	3/10/2007
1:23.75	1:21.22	Cannon, Clara	WEST	10/20/2007
1:23.98	1:20.40	Brown, Ashley	TSC	2/10/2007
1:24.59	1:22.74	Spencer, Abby	S	10/20/2007
1:24.62	1:21.16	Pries, Alana	SST	1/27/2007
1:24.64	1:20.32	Shoemaker, Holly	MMSC	10/20/2007
1:24.70	NS	Briggs, Mackenna	IST	10/20/2007
1:24.82	1:23.90	Farnsworth, Elle	S	10/20/2007
1:24.99	1:25.23	Dorland, Truly	CSC	11/17/2007
BONUS	1:17.95	Kucinski-Murphy, Clare	BEST	
BONUS	1:20.02	Walden, Mikhaelia	UN	
BONUS	1:23.38	Bushnell, Randi	MET	
BONUS	1:23.55	Sligh, Marissa	NWAC	
BONUS	1:23.80	Chambers, Addie	SBAY	
BONUS	1:28.72	Smerekanych, Sasha	IST	
50 YARD BREASTSTROKE				
RANK	TIME	NAME	TEAM	DATE
37.05		Williams, Kim	BISC	10/20/2007
40.07		Shabb, Hannah	CSC	10/20/2007
40.48		Zhao, Danzhu	PAC	3/10/2007
40.95	40.29	Shenkin, Audrey	BBST	11/17/2007
41.12	41.79	Lium, Chloe	WEST	11/17/2007
41.47		Ackerley, Mikelle	BISC	10/20/2007

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GILS TEN AND UNDER - SHORT COURSE CHAMPIONSHIPS – 2007

41.48	39.85	Avery, Leah	BTST	10/20/2007
41.78	40.16	Bennett, Nikki	WAVE	10/20/2007
41.91	40.09	Teegan, Helen	BEST	10/20/2007
41.95		Crane, Kelsey	OAC	11/17/2007
42.02	41.04	Fisk, Leah	BC	10/7/2007
42.12	NS	Nooney, Marlaena	ESC	10/20/2007
42.16		Sutherland, Ashley	SST	11/4/2007
42.36	40.90	Rossnagle, Madison	GAC	11/17/2007
42.50	40.19	Huo, Jenny	KING	10/20/2007
42.57	41.99	Sligh, Marisa	NWAC	11/17/2007
42.83		Ackerley, Natalie	BISC	3/10/2007
43.01	42.11	Pries, Alana	SST	3/31/2007
43.01	40.04	Uyeno, Linnea	KING	3/31/2007
43.15	40.78	Chambers, Addie	SBAY	11/17/2007
43.17	43.31	Lim, Nikki	KING	11/17/2007
43.19	43.17	Riggins, Angela	BC	3/10/2007
43.41	NS	Lin, Kathy	IST	11/4/2007
43.58	43.77	Brunings, Kourtney	IST	10/6/2007
43.59		Cook, Alyssa	PAC	3/31/2007
43.84	43.34	Cooley, Lauren	WEST	11/17/2007
43.85	43.05	Pilloud, Amy	SSCD	11/17/2007
43.91	41.41	Newman, Evelyn	BISC	11/17/2007
44.06	42.33	Matthes, Gillian	C	11/4/2007
44.08	42.27	Hickcox, Madison	KING	3/31/2007
44.08	44.74	Walsh, Hannah	BC	11/4/2007
44.17	42.69	Raisys, Sofija	BC	10/7/2007
44.20	45.27	Nahlin, Annalise	BC	11/17/2007
48.07S		Brown, Ashley	KING	10/19/2007
48.04L	41.81	Vanstone, Jayna	BEST	7/26/2007
100 YARD BREASTSTROKE				
RANK	TIME	NAME	TEAM	DATE
1:22.00		Williams, Kim	BISC	10/20/2007
1:22.66	1:25.50	Shabb, Hannah	CSC	10/20/2007
1:28.32		Cook, Alyssa	PAC	11/17/2007
1:28.83	1:27.36	Huo, Jenny	KING	11/17/2007
1:29.92	1:30.16	Lium, Chloe	WEST	10/20/2007
1:29.97	1:29.93	Avery, Leah	BTST	10/20/2007
1:30.17		Zhao, Danzhu	PAC	3/10/2007
1:30.44		Ackerley, Mikelle	BISC	10/20/2007
1:30.82	1:29.23	Teegan, Helen	BEST	10/20/2007
1:30.85	1:30.33	Vanstone, Jayna	BEST	10/20/2007
1:30.95	1:28.25	Shenkin, Audrey	BBST	10/20/2007
1:31.92	1:29.14	Bennett, Nikki	WAVE	10/20/2007
1:31.93		Crane, Kelsey	OAC	10/20/2007
1:32.01	1:27.67	Chambers, Addie	SBAY	11/17/2007
1:32.25	1:30.20	Fisk, Leah	BC	10/20/2007
1:32.41	1:32.47	Brunings, Kourtney	IST	11/17/2007
1:32.91	1:36.77	Pries, Alana	SST	11/17/2007
1:33.37	1:34.09	Nahlin, Annalise	BC	11/17/2007
1:33.39	1:35.59	Pilloud, Amy	SSCD	11/17/2007
1:33.82		Sutherland, Ashley	SST	10/20/2007
1:34.34		Rossnagle, Madison	GAC	11/17/2007
1:34.74	1:32.87	Newman, Evelyn	BISC	11/17/2007
1:34.94	1:34.50	Woodworth, Karen	WSY	11/11/2007
1:35.14		Nooney, Marlaena	ESC	3/31/2007

1:35.18		Ackerley, Natalie	BISC	10/20/2007
1:35.46	1:35.12	Holmgren, Hannah	BBST	11/11/2007
1:35.68		Brown, Ashley	TSC	1/13/2007
1:35.74	1:32.33	Raisys, Sofija	BC	11/17/2007
1:35.75	1:38.20	Cooley, Lauren	WEST	10/20/2007
1:36.18	1:25.66	Uyeno, Linnea	KING	3/31/2007
1:36.71	1:32.12	Hickcox, Madison	KING	3/10/2007
1:36.95	1:35.99	Blomso, Britt	CSC	11/17/2007
1:37.11	1:33.61	Sligh, Marisa	NWAC	10/6/2007
1:37.27	1:32.19	Bishoff, Sydney	PSSC	10/20/2007
1:37.29	NS	Kucinski-Murphy, Clare	BEST	10/20/2007
1:44.14L	1:32.80	Riggins, Angela	BC	7/13/2007
BONUS	1:34.51	Sullivan, Ryke	CSC	
BONUS	1:34.83	Novak, Elizabeth	TSC	
BONUS	1:35.38	Matthes, Gillian	C	
BONUS	1:38.72	Farnsworth, Elle	S	
BONUS	DQ	Lin, Kathy	IST	
50 YARD BUTTERFLY				
RANK	TIME	NAME	TEAM	DATE
31.36		Williams, Kim	BISC	11/4/2007
32.93		Yap, Lavinya	WEST	11/17/2007
33.39	31.81	Cook, Alyssa	PAC	10/20/2007
33.75	32.35	Norman, Sarah	PAC	11/17/2007
34.28		Shabb, Hannah	CSC	2/10/2007
34.54	35.29	Smerekanych, Sasha	IST	11/4/2007
34.96	35.27	Avery, Leah	BTST	10/20/2007
35.24		Zhao, Danzhu	PAC	2/10/2007
35.38	34.76	Lium, Chloe	WEST	11/17/2007
35.55	34.51	Pearson, Jada	ESC	11/17/2007
35.70	33.57	Bishoff, Sydney	PSSC	10/20/2007
35.88	35.04	Nielsen, Olivia	TD	10/20/2007
35.98		Sutherland, Ashley	SST	11/4/2007
36.01	34.48	Ackerley, Mikelle	BISC	11/4/2007
36.30		Ackerley, Natalie	BISC	11/17/2007
36.38	NS	Briggs, Mackenna	IST	10/6/2007
36.47	36.79	Vincelette, Hannah	MMSC	3/31/2007
36.59	40.01	Nelson, Cecilia	IST	11/4/2007
37.19		Bennett, Nikki	WAVE	11/17/2007
37.23		Crane, Kelsey	OAC	11/4/2007
37.27	36.39	Brooks, Alison	BISC	11/17/2007
41.10L	36.58	Brunings, Kourtney	IST	6/22/2007
41.49L	35.77	Seidner, Lindsey	KING	6/23/2007
41.58L		Sutich, Lianna	BC	7/13/2007
BONUS	36.43	Dodge, Madeline	MET	
BONUS	36.58	Sexton, Bailey	RFST	
BONUS	36.66	McCloskey, Kaelee	CSC	
BONUS	36.99	Huo, Jenny	KING	
BONUS	40.59	Laurent, Demetra	WEST	
BONUS	43.00	Woodworth, Karen	WSY	
100 YARD BUTTERFLY				
QUAL	SWUM	NAME	TEAM	DATE
1:11.64	1:09.63	Williams, Kim	BISC	10/20/2007
1:13.02	1:11.87	Cook, Alyssa	PAC	10/20/2007
1:15.16	1:15.13	Shabb, Hannah	CSC	10/20/2007
1:18.83	1:12.62	Yap, Lavinya	WEST	10/20/2007
1:19.26	1:15.95	Ackerley, Mikelle	BISC	11/17/2007

PACIFIC NORTHWEST SWIMMING

A Local Swim Committee of USA Swimming

GILS TEN AND UNDER - SHORT COURSE CHAMPIONSHIPS – 2007

1:20.28	1:19.30	Avery, Leah	BTST	10/20/2007
1:21.46		Norman, Sarah	PAC	10/20/2007
1:21.87		Zhao, Danzhu	PAC	3/10/2007
1:24.67	1:16.94	Brooks, Alison	BISC	10/20/2007
1:25.33	1:22.80	Pearson, Jada	ESC	10/20/2007
1:26.25	1:21.24	Nielsen, Olivia	TD	10/20/2007
1:26.36	1:24.35	Vincelette, Hannah	MMSC	3/31/2007
1:26.46	1:26.12	Smerekanych, Sasha	IST	11/17/2007
1:26.54	1:24.45	Lee, Nicole	PSSC	11/17/2007
1:29.05	1:25.50	Nahlin, Annalise	BC	11/17/2007
1:29.14	1:24.21	Seidner, Lindsey	KING	10/20/2007
1:29.91		Crane, Kelsey	OAC	10/20/2007
1:30.36		Ackerley, Natalie	BISC	10/21/2006
1:30.81	1:27.45	Brunings, Kourtney	IST	11/17/2007
1:31.02		Lium, Chloe	WEST	3/10/2007
1:31.08	1:31.10	Cannon, Clara	WEST	10/20/2007
1:31.17	1:29.03	Gore, Zara	KING	11/17/2007
1:31.67		Bennett, Nikki	WAVE	10/20/2007
1:31.90	1:27.60	Dodge, Maddie	MET	10/20/2007
1:31.95	1:24.33	Haugen, Gianna	KING	3/31/2007
100 YARD INDIVIDUAL MEDLEY				
RANK	TIME	NAME	TEAM	DATE
1:09.51		Williams, Kim	BISC	11/17/2007
1:13.33	1:12.64	Shabb, Hannah	CSC	10/20/2007
1:15.15	1:14.27	Sutherland, Ashley	SST	11/17/2007
1:15.20	1:12.84	Yap, Lavinya	WEST	11/17/2007
1:17.26	1:16.78	Ackerley, Mikelle	BISC	11/17/2007
1:18.90		Cook, Alyssa	PAC	2/24/2007
1:19.27		Zhao, Danzhu	PAC	3/10/2007
1:19.46	1:21.22	Bennett, Nikki	WAVE	11/17/2007
1:19.95	1:18.43	Uyeno, Linnea	KING	11/17/2007
1:20.46	1:17.54	Norman, Sarah	PAC	10/6/2007
1:20.71	1:18.86	Avery, Leah	BTST	6/9/2007
1:21.34	1:19.26	Teegan, Helen	BEST	10/20/2007
1:21.64	1:20.49	Brown, Ashley	KING	11/17/2007
1:21.72	1:20.95	Bishoff, Sydney	PSSC	10/20/2007
1:21.78	1:20.11	Huo, Jenny	KING	10/20/2007
1:22.08	1:22.83	Pries, Alana	SST	11/17/2007
1:22.13		Crane, Kelsey	OAC	10/20/2007
1:22.16	1:23.30	Smerekanych, Sasha	IST	11/4/2007
1:22.22	1:25.83	Nelson, Cecilia	IST	10/6/2007
1:22.60	1:23.57	Brunings, Kourtney	IST	10/6/2007
1:22.66	1:25.68	Nahlin, Annalise	BC	11/4/2007
1:22.96	1:20.91	Shenkin, Audrey	BBST	11/17/2007
1:22.98	1:20.51	Chambers, Addie	SBAY	11/17/2007
1:23.04	1:20.07	Sexton, Bailey	RFST	11/17/2007
1:23.21	1:23.03	Cannon, Clara	WEST	11/17/2007
1:23.64	DQ	Bushnell, Randi	MET	11/17/2007
1:24.44	1:20.69	Novak, Elizabeth	TSC	10/20/2007
1:24.45	1:23.43	Nielsen, Olivia	TD	10/20/2007
1:24.52		Ackerley, Natalie	BISC	3/10/2007
1:24.63		Lium, Chloe	WEST	3/10/2007
BONUS	1:24.00	Merila, Alysse	IST	
BONUS	1:24.70	Riggins, Angela	KING	
BONUS	1:25.54	Dorland, Truly	CSC	

BONUS	1:27.56	Gore, Zara	KING	
BONUS	1:27.65	Newman, Evelyn	BISC	
BONUS	1:29.30	Hickcox, Madison	KING	
BONUS	1:32.09	Walsh, Hannah	BC	
BONUS	1:33.58	Pilloud, Amy	SSCD	
BONUS	DQ	Lim, Nikki	KING	
200 YARD INDIVIDUAL MEDLEY				
RANK	TIME	NAME	TEAM	DATE
2:26.42	2:29.36	Williams, Kim	BISC	10/20/2007
2:35.37	2:36.53	Cook, Alyssa	PAC	11/17/2007
2:36.05	2:36.17	Shabb, Hannah	CSC	11/17/2007
2:37.02		Yap, Lavinya	WEST	11/17/2007
2:43.48	2:47.42	Avery, Leah	BTST	10/20/2007
2:44.92	2:49.10	Uyeno, Linnea	KING	11/17/2007
2:45.22	2:50.64	Brown, Ashley	KING	11/17/2007
2:46.55		Sutherland, Ashley	SST	10/20/2007
2:46.90	2:44.18	Ackerley, Mikelle	BISC	10/20/2007
2:49.58	2:47.55	Ackerley, Natalie	BISC	3/10/2007
2:51.61	2:52.32	Su, Leanne	KING	11/17/2007
2:52.59	2:52.10	Bennett, Nikki	WAVE	11/17/2007
2:52.95	NS	Norman, Sarah	PAC	10/20/2007
2:53.41	2:54.34	Seidner, Lindsey	KING	11/17/2007
2:54.00		Zhao, Danzhu	PAC	2/10/2007
2:55.16	2:58.46	Cooley, Lauren	WEST	10/20/2007
2:55.81	2:49.23	Brooks, Alison	BISC	10/20/2007
2:55.88	2:55.80	Brunings, Kourtney	IST	11/17/2007
2:56.05	2:59.91	Riggins, Angela	UN	11/17/2007
BONUS	2:56.33	Nahlin, Annalise	BC	
BONUS	3:00.96	Nielsen, Olivia	WCYD	
BONUS	3:01.27	Haugen, Gianna	KING	
BONUS	NS	Lee, Nicole	PSSC	
BONUS	NS	Briggs, MacKenna	IST	