



PACIFIC NORTHWEST SWIMMING

A Local Swim Committee of USA Swimming

TOP 16 TIMES – OCTOBER 1, 2001 – PRESENT – GIRLS ELEVEN YEARS

50 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	25.30	Crastenberg, Amber	VAST	3/17/2006
2	25.86	Bond, Galen	SBAY	3/18/2005
2	25.86	Ginnis, Morgan	MMSC	12/14/2007
4	25.90	Randolph, Melissa	SSC	3/19/2004
5	25.97	Campbell, Lia	UN	11/5/2011
6	26.07	Tudor, Carly	BC	12/9/2011
7	26.22	Jennings, Leona	KING	3/22/2002
8	26.24	Pressler, Maddie	WEST	12/10/2010
9	26.25	Pearson, Jada	ESC	12/11/2009
9	26.25	Kwan, Sabrina	OCA	3/20/2010
11	26.26	Kukors, Ariana	KING	2/23/2001
12	26.27	Daigneault, Louise	CSC	11/5/2011
13	26.28	Shabb, Hannah	CSC	12/11/2009
14	26.34	Nunn, Abigail	IST	3/22/2002
15	26.38	Jennings, Emilee	KING	3/23/2001
15	26.38	Volodkevich, Maria	IST	3/23/2007

500 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	5:16.24	Williams, Kim	BISC	3/27/2009
2	5:19.49	McDermott, Amber	WEST	12/10/2004
3	5:22.30	Ginnis, Morgan	MMSC	10/27/2007
4	5:24.36	Domanowski, Christina	MMSC	3/19/2010
5	5:26.50	Cook, Alyssa	KING	3/27/2009
6	5:26.61	Davis, Alyssa	KING	3/17/2006
7	5:26.80	Tannhauser, Kelly	SBAY	12/12/2003
8	5:27.30	Chan, Nakayla	TSC	12/13/2002
9	5:28.37	Tallman, Cassie	KING	2/23/2008
10	5:28.44	Roberson, Leslie	SBAY	12/8/2000
11	5:28.89	Michaels, Dana	CSC	3/16/2005
12	5:29.07	Chambers, Addie	UN	3/27/2009
13	5:29.34	Friedhoff, Amy	KING	10/19/2001
14	5:29.82	Coe, Savannah	KING	3/18/2005
15	5:29.99	Rosen, Laura	NWAC	2/10/2007
16	5:30.80	Shabb, Hannah	CSC	3/6/2010

100 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	54.91	Ginnis, Morgan	MMSC	12/7/2007
2	55.70	Crastenberg, Amber	VAST	3/17/2006
3	56.31	Kukors, Ariana	KING	3/23/2001
4	56.40	Williams, Kim	BISC	12/12/2008
5	56.70	Shabb, Hannah	CSC	12/11/2009
6	56.84	Roberson, Leslie	SBAY	12/8/2000
7	56.91	Cross, Marley	BC	3/19/2010
8	56.99	Davis, Alyssa	KING	3/17/2006
9	57.08	Volodkevich, Maria	IST	3/23/2007
10	57.10	Domanowski, Christina	MMSC	10/2/2010
11	57.14	Randolf, Melissa	SSC	3/19/2004
12	57.15	Bond, Galen	SBAY	3/18/2005
13	57.24	Teegan, Helen	KING	3/19/2010
14	57.26	Michaels, Dana	CSC	3/18/2005
15	57.35	Daigneault, Louise	CSC	11/5/2011
16	57.46	Johnson, Ella	SBAY	11/1/2008

1000 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	10:41.46	Williams, Kim	BISC	1/22/2009
2	11:14.72	Tannhauser, Kelly	SBAY	11/16/2003
3	11:15.06	McDermott, Amber	WEST	2/20/2005
4	11:15.82	Rosen, Laura	NWAC	11/4/2007
5	11:17.63	Ginnis, Morgan	MMSC	10/27/2007
6	11:23.50	Chan, Nakayla	KING	2/23/2003
7	11:31.84	Brooks, Alison	BISC	1/10/2009
8	11:37.33	Coe, Savannah	KING	2/20/2005
9	11:38.74	Domanowski, Jennifer	MMSC	1/29/2006
10	11:46.58	Hebert, Taylor	BISC	11/12/2006
11	11:46.90	Redlin, Shane	GHP	11/14/2004
12	11:54.08	Dang, Gabby	WAVE	11/6/2011
13	11:56.66	Scott, Marja	SBAY	11/16/2003
14	12:01.89	Boggs, Alyssa	KING	2/18/2001
15	12:02.89	Bond, Galen	SBAY	11/14/2004
16	12:07.66	Hamilton, Stephanie	WAKO	11/11/2001

200 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	1:59.94	Williams, Kim	BISC	3/27/2009
2	2:00.06	Dang, Gabby	WAVE	12/9/2011
3	2:01.10	Ginnis, Morgan	MMSC	12/7/2007
4	2:01.82	Rosen, Laura	NWAC	3/23/2007
5	2:02.23	Domanowski, Christina	MMSC	3/19/2010
6	2:02.54	Kukors, Ariana	KING	2/23/2001
7	2:02.57	Tannhauser, Kelly	SBAY	12/12/2003
8	2:02.64	Roberson, Leslie	SBAY	12/8/2000
9	2:02.82	Davis, Alyssa	KING	3/17/2006
10	2:03.09	McDermott, Amber	WEST	1/22/2005
11	2:03.88	Michaels, Dana	CSC	3/18/2005
12	2:04.50	Volodkevich, Maria	IST	3/10/2007
13	2:04.56	Chambers, Addie	UN	3/27/2009
14	2:04.70	Tanassee, Emily	KING	3/23/2007
15	2:04.87	Crastenberg, Amber	VAST	3/17/2006
16	2:04.92	Bond, Galen	SBAY	3/18/2005

1650 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	17:54.01	Williams, Kim	BISC	2/22/2009
2	18:25.89	Cook, Alyssa	KING	3/27/2009
3	18:34.86	McDermott, Amber	WEST	1/30/2005
4	18:41.08	Brooks, Alison	BISC	3/27/2009
5	18:44.84	Chan, Nakayla	KING	2/23/2003
6	18:47.82	Domanowski, Christina	MMSC	2/21/2010
7	18:53.01	Ginnis, Morgan	MMSC	12/7/2007
8	18:57.42	Shabb, Hannah	CSC	2/13/2010
9	19:04.76	Davis, Alyssa	KING	12/19/2006
10	19:12.01	Smith, Cameron	CSC	2/13/2010
11	19:16.36	Redlin, Shiane	GHP	1/30/2005
12	19:19.97	Averill, Trisha	KING	11/17/2002
13	19:20.46	Pressler, Maddie	WEST	12/10/2010
14	19:21.09	Hansen, Rachel	KING	12/7/2007
15	19:31.46	Benson, Hannah	CSC	12/7/2007
16	19:35.20	Pressler, Maddie	WEST	1/20/2011



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TOP 16 TIMES – OCTOBER 1, 2001 – PRESENT – GIRLS ELEVEN YEARS

50 YARD BACKSTROKE				
RANK	TIME	NAME	CLUB	DATE
1	28.41	Dang, Gabby	WAVE	12/9/2011
2	29.23	Bailey, Chelsea	KING	3/19/2004
3	29.24	Johnson, Ella	SBAY	11/8/2008
4	29.82	Tudor, Carly	BC	12/9/2011
5	30.01	Wold, Grace	KING	3/23/2007
6	30.05	Dang, Tiffany	WAVE	3/17/2006
7	30.05	Pressler, Maddie	WEST	1/8/2011
8	30.06	Cratsenberg, Amber	VAST	3/17/2006
8	30.06	Mathews, Annika	WEST	3/18/2011
10	30.30	Larson, Courtney	WWA	3/23/2007
11	30.40	Kucinski-Murphy, Clare	BEST	3/27/2009
12	30.42	Huo, Jenny	KING	11/21/2009
13	30.48	Hirata, Liane	OAC	3/10/2007
14	30.53	Tanasse, Emily	KING	3/23/2007
15	30.60	Larson, Molly	WWA	3/19/2004
16	30.65	Kinnear, Katie	IST	3/17/2006

50 YARD BREASTSTROKE				
RANK	TIME	NAME	CLUB	DATE
1	32.43	Volodkevich, Maria	IST	3/23/2007
2	32.94	Nakamura, MacKenzie	WAVE	3/22/2002
3	32.96	Teegan, Helen	KING	2/26/2010
4	33.05	Pedersen, Bindi	MMSC	12/9/2011
5	33.06	Poli, Lauren	BC	3/19/2004
6	33.31	Williams, Kim	BISC	2/28/2009
7	33.54	Jennings, Emilie	KING	3/23/2001
8	33.60	Coe, Savannah	KING	3/18/2005
9	33.84	Godfred, Rachel	BC	3/22/2002
10	33.95	Hill, Meg	CAAT	3/18/2011
11	34.08	Tallman, Cassie	KING	2/7/2007
12	34.09	Kukors, Ariana	KING	12/8/2000
12	34.09	Mackie, Katherine	KING	12/7/2007
14	34.27	Mundle, Whitney	TSC	10/17/2009
15	34.30	Soria, Jessica	KING	3/19/2004
16	34.32	Uyeno, Linnea	KING	3/27/2009

100 YARD BACKSTROKE				
RANK	TIME	NAME	CLUB	DATE
1	1:02.48	Dang, Gabby	WAVE	12/9/2011
2	1:03.41	Pressler, Maddie	WEST	12/10/2010
3	1:03.44	Vanderwel, Heidi	WEST	12/7/2007
4	1:03.76	Ginnis, Morgan	MMSC	12/7/2007
5	1:04.55	Johnson, Ella	SBAY	10/18/2008
6	1:04.63	Bailey, Chelsea	KING	3/19/2004
7	1:04.68	Williams, Kim	BISC	2/28/2009
8	1:05.06	Rosen, Laura	NWAC	10/20/2007
9	1:05.41	Domanowski, Jennifer	MMSC	3/17/2006
9	1:05.41	Larson, Courtney	WWA	3/23/2007
11	1:05.49	Wold, Grace	KING	3/23/2007
12	1:05.53	Hoover, Kirsten	C	12/8/2000
13	1:05.58	Tanasse, Emily	KING	3/23/2007
14	1:05.63	Domanowski, Christina	MMSC	3/19/2010
15	1:05.83	Lindblad, Brianne	KING	3/23/2001
16	1:05.90	Hirata, Linae	OAC	3/23/2007

100 YARD BREASTSTROKE				
RANK	TIME	NAME	CLUB	DATE
1	1:09.35	Williams, Kim	BISC	3/27/2009
2	1:10.31	Volodkevich, Maria	IST	2/10/2007
3	1:11.51	Kukors, Ariana	KING	3/23/2001
4	1:11.67	Pedersen, Bindi	MMSC	12/15/2011
5	1:12.08	Bush, Meredith	SBAY	3/23/2001
6	1:12.35	Nakamura, Mac	WAVE	3/22/2002
7	1:12.60	Coe, Savannah	KING	3/18/2006
8	1:12.63	Teegan, Helen	KING	3/19/2010
9	1:13.30	Cann, Felicity	KING	3/23/2007
10	1:13.33	Tallman, Cassie	KING	12/7/2007
10	1:13.87	Uyeno, Linnea	KING	3/27/2009
12	1:14.42	Ernst, Alexandra	SBAY	2/10/2001
13	1:14.42	Godfred, Rachel	BC	3/22/2002
14	1:14.42	Jeong, Clare	KING	12/7/2007
15	1:14.57	Jradi, Kristin	KING	12/10/2010
16	1:14.63	Bailey, Chelsea	KING	3/19/2004

200 – YARD BACKSTROKE				
RANK	TIME	NAME	CLUB	DATE
1	2:14.86	Vanderwel, Heidi	WEST	12/7/2007
2	2:16.87	Ginnis, Morgan	MMSC	12/7/2007
3	2:17.60	McDermott, Amber	WEST	2/5/2005
4	2:17.74	Tannhauser, Kelly	SBAY	12/12/2003
5	2:17.83	Pressler, Maddie	WEST	1/20/2011
6	2:18.38	Rosen, Laura	NWAC	10/20/2007
7	2:19.19	Johnson, Ella	SBAY	11/8/2008
8	2:19.99	Messegee, Abigail	PAC	12/8/2006
9	2:20.27	Kukors, Ariana	KING	4/1/2001
10	2:20.28	Hoover, Kristen	C	1/20/2001
11	2:20.52	Williams, Kim	BISC	2/28/2009
12	2:20.90	Huo, Jenny	KING	11/21/2009
13	2:21.39	Yap, Lavinya	WEST	12/12/2008
14	2:21.61	Liu, Amelia	CSC	3/31/2007
15	2:21.82	Volodkevich, Maria	IST	3/10/2007
16	2:21.97	Young, Stephanie	IST	12/9/2011

200 YARD BREASTSTROKE				
RANK	TIME	NAME	CLUB	DATE
1	2:33.54	Volodkevich, Maria	IST	3/10/2007
2	2:34.14	Williams, Kim	BISC	2/28/2009
3	2:35.30	Pedersen, Bindi	MMSC	12/9/2011
4	2:35.90	Coe, Savannah	KING	12/10/2004
5	2:37.06	Uyeno, Linnea	UN	11/21/2009
6	2:37.47	Kukoprs, Ariana	KING	2/10/2001
7	2:37.69	Bush, Meredith	SBAY	3/23/2001
8	2:37.90	Jeong, Clare	KING	12/7/2007
9	2:39.57	Shabb, Hannah	CSC	3/6/2010
10	2:39.84	Harris, Taylor	KING	11/17/2007
11	2:40.86	Teegan, Helen	KING	12/11/2009
12	2:41.36	Jradi, Kristin	KING	12/10/2010
13	2:42.11	Mackie, Katherine	UN	11/17/2007
14	2:42.65	Davis, Alyssa	KING	3/4/2006
15	2:42.82	Ernst, Alexandra	SBAY	1/20/2001
16	2:42.95	Wang, Jessie	WAVE	11/18/2000



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TOP 16 TIMES – OCTOBER 1, 2001 – PRESENT – GIRLS ELEVEN YEARS

50 YARD BUTTERFLY				
RANK	TIME	NAME	CLUB	DATE
1	27.70	Dang, Gabby	WAVE	12/9/2011
2	27.87	Pearson, Jada	ESC	12/11/2009
3	28.14	Chong, Amber	PDST	3/18/2011
4	28.42	Randolf, Melissa	SSC	3/19/2004
5	28.50	Pedersen, Bindi	MMSC	12/9/2011
6	28.65	Tudor, Carly	BC	12/9/2011
7	28.69	Davis, Alyssa	KING	3/17/2006
8	28.74	Domanowski, Christina	MMSC	3/19/2010
9	28.88	Gourley, Ali	BISC	3/19/2004
10	28.93	Kwan, Sabrina	OCA	3/19/2010
11	28.95	Nunn, Abigail	IST	3/22/2002
12	28.98	Kinnear, Katie	IST	3/17/2006
13	29.13	Bond, Galen	SBAY	3/18/2005
14	29.17	Domanowski, Michelle	MMSC	3/17/2006
14	29.17	Huo, Jenny	KING	11/21/2009
14	29.17	Daigneault, Louise	CSC	3/18/2011

100 YARD INDIVIDUAL MEDLEY				
RANK	TIME	NAME	CLUB	DATE
1	1:03.08	Volodkevich, Maria	IST	3/23/2007
2	1:03.14	Williams, Kim	BISC	12/12/2008
3	1:03.66	Teegan, Helen	KING	3/19/2010
4	1:05.19	Kukors, Ariana	KING	3/23/2001
5	1:05.49	Rosen, Laura	NWAC	3/23/2007
6	1:05.63	Randolf, Melissa	SSC	3/19/2004
7	1:05.73	Jennings, Leona	KING	3/22/2002
8	1:05.76	Domanowski, Christina	MMSC	10/2/2010
9	1:06.03	Jennings, Emilee	KING	3/23/2001
10	1:06.18	Chong, Amber	PDST	3/18/2011
11	1:06.28	Morris, Lily	BC	11/16/2005
12	1:06.28	Roberson, Leslie	SBAY	12/8/2000
13	1:06.70	Hall, Lauren	SBAY	6/29/2001
14	1:06.82	Matsuda, Jeni	BEST	3/18/2011
15	1:06.87	Shabb, Hannah	CSC	1/16/2010
16	1:07.00	Huo, Jenny	KING	3/27/2009

100 YARD BUTTERFLY				
RANK	TIME	NAME	CLUB	DATE
1	1:01.70	Dang, Gabby	WAVE	12/9/2011
2	1:01.98	Williams, Kim	BISC	2/28/2009
3	1:02.16	Davis, Alyssa	KING	3/17/2006
4	1:02.31	Pedersen, Bindi	MMSC	12/9/2011
5	1:02.56	Domanowski, Jennifer	MMSC	3/17/2006
6	1:02.93	Rosen, Laura	NWAC	3/23/2007
7	1:03.32	Harris, Taylor	KING	12/7/2007
8	1:03.57	Roberson, Leslie	SBAY	12/8/2000
9	1:03.68	Chong, Amber	PDST	3/18/2011
10	1:04.05	Cate, Beth	KING	3/21/2003
11	1:04.13	Seidner, Lindsey	OCA	3/19/2010
12	1:04.24	Bishoff, Sydney	PSSC	3/27/2009
13	1:04.49	Bond, Galen	SBAY	3/18/2005
13	1:04.49	Shabb, Hannah	CSC	12/11/2009
15	1:04.56	Domanowski, Michelle	MMSC	3/17/2006
16	1:04.65	Matsuda, Jeni	BEST	3/18/2011

200 YARD INDIVIDUAL MEDLEY				
RANK	TIME	NAME	CLUB	DATE
1	2:14.55	Williams, Kim	BISC	3/27/2009
2	2:15.40	Rosen, Laura	NWAC	3/23/2007
3	2:16.56	Volodkevich, Maria	IST	3/23/2007
3	2:16.89	Kukors, Ariana	KING	3/23/2001
5	2:16.90	Davis, Alyssa	KING	3/17/2006
6	2:17.90	Domanowski, Christina	MMSC	3/19/2010
7	2:18.22	Shabb, Hannah	CSC	12/11/2009
8	2:18.84	Teegan, Helen	KING	3/19/2010
9	2:18.96	Roberson, Leslie	SBAY	12/8/2000
10	2:19.76	Tannhauser, Kelly	SBAY	12/12/2003
11	2:19.81	Coe, Savannah	KING	3/18/2005
12	2:20.15	McDermott, Amber	WEST	12/10/2004
13	2:20.27	Domanowski, Jennifer	MMSC	3/17/2006
14	2:20.38	Harris, Taylor	KING	12/7/2007
15	2:20.46	Bond, Galen	SBAY	3/18/2005
16	2:21.04	Bush, Meredith	SBAY	3/23/2001

200 YARD BUTTERFLY				
RANK	TIME	NAME	CLUB	DATE
1	2:18.36	Pedersen, Bindi	MMSC	12/15/2011
2	2:19.13	Domanowski, Jennifer	MMSC	2/4/2006
2	2:19.13	Cook, Alyssa	KING	3/27/2009
4	2:20.32	Rosen, Laura	NWAC	10/20/2007
5	2:21.43	Davis, Alyssa	KING	1/14/2006
6	2:21.72	Williams, Kim	BISC	2/7/2009
7	2:22.48	Smith, Cameron	CSC	3/19/2010
8	2:22.71	Shabb, Hannah	CSC	2/26/2010
9	2:22.90	Seidner, Lindsey	OCA	2/13/2010
10	2:23.34	Domanowski, Christina	MMSC	2/26/2010
11	2:23.58	Roberson, Leslie	SBAY	1/20/2001
12	2:24.33	McDermott, Amber	WEST	2/5/2005
13	2:24.95	Tannhauser, Kelly	SBAY	12/12/2003
14	2:25.45	Brooks, Alison	BISC	12/12/2008
15	2:25.58	Harris, Taylor	KING	12/7/2007
16	2:27.56	Chien, Sophia	KING	12/10/2010

400 YARD INDIVIDUAL MEDLEY				
RANK	TIME	NAME	CLUB	DATE
1	4:42.49	Williams, Kim	BISC	3/27/2009
2	4:50.22	Kukors, Ariana	KING	12/8/2000
3	4:50.29	Shabb, Hannah	CSC	1/16/2010
4	4:53.45	Davis, Alyssa	KING	2/3/2006
5	4:53.72	Chan, Nakayla	KING	2/8/2003
6	4:54.47	Tannhauser, Kelly	SBAY	11/22/2003
7	4:54.81	Volodkevich, Maira	IST	3/10/2007
8	4:55.03	McDermott, Amber	WEST	2/5/2005
9	4:55.67	Rosen, Laura	NWAC	10/20/2007
10	4:56.70	Cook, Alyssa	KING	3/27/2009
11	4:57.54	Roberson, Laura	SBAY	12/8/2000
12	4:58.12	Harris, Taylor	KING	11/17/2007
13	4:58.61	Domanowski, Jennifer	MMSC	2/4/2006
14	5:01.09	Seidner, Lindsey	OCA	3/19/2010
15	5:01.15	Domanowski, Christina	MMSC	2/6/2010
16	5:01.37	Coe, Savannah	KING	2/5/2005



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