



PACIFIC NORTHWEST SWIMMING

A Local Swim Committee of USA Swimming

TOP 16 TIMES – OCTOBER 1, 2000 – PRESENT – GIRLS TWELVE YEARS

50 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	24.34	Cratsenberg, Amber	VAST	3/23/2007
2	24.60	Jennings, Leona	KING	3/21/2003
3	24.81	Campbell, Lia	PASC	12/9/2011
4	24.93	Messegee, Amelia	HWST	3/21/2003
5	25.02	Jennings, Emilee	KING	1/31/2002
6	25.03	Ginnis, Morgan	MMSC	12/12/2008
7	25.04	Kinnear, Katie	IST	4/28/2007
8	25.06	Teegan, Helen	KING	3/18/2011
9	25.12	Forelli, Krissy	GHP	12/8/2000
10	25.31	Ramey, Kenna	VAST	12/12/2008
11	25.36	Vanderwel, Heidi	WEST	12/12/2008
12	25.38	Sutherland, Ashley	SST	12/11/2009
13	25.41	Wold, Grace	KING	3/14/2008
14	25.45	Randolf, Melissa	SSC	3/18/2005
15	25.52	Bishoff, Sydney	PSSC	3/19/2010
16	25.53	Cross, Marley	BC	12/10/2010

500 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	5:08.36	McDermott, Amber	WEST	1/19/2006
2	5:10.33	Roberson, Leslie	SBAY	1/26/2002
3	5:11.28	Williams, Kim	UN	1/9/2010
4	5:11.47	Smith, Cameron	CSC	3/18/2011
5	5:11.58	Michaels, Dana	WEST	3/8/2006
6	5:12.27	Domanowski, Christina	MMSC	3/18/2011
7	5:12.55	Cook, Alyssa	KING	3/10/2010
8	5:13.25	Davis, Alyssa	KING	3/23/2007
9	5:16.30	Chan, Nakayla	UN	1/24/2004
10	5:16.52	Ginnis, Morgan	MMSC	12/12/2008
11	5:17.30	Kukors, Ariana	KING	3/22/2002
12	5:17.79	Chambers, Addie	CSC	1/21/2010
13	5:17.83	Rosen, Laura	NWAC	3/14/2008
14	5:18.25	Friedhoff, Amy	KING	3/22/2002
15	5:18.86	Shabb, Hannah	CSC	2/12/2011
16	5:18.88	Weitz, Elizabeth	CSC	2/7/2004

100 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	53.29	Cratsenberg, Amber	VAST	3/23/2007
2	53.63	Pressler, Maddie	WEST	12/9/2011
3	53.74	Kukors, Ariana	KING	3/22/2002
4	54.40	Michaels, Dana	WEST	3/17/2006
5	54.45	Kinnear, Katie	IST	3/23/2007
5	54.45	Ginnis, Morgan	MMSC	12/12/2008
7	54.56	Roberson, Leslie	SBAY	12/7/2001
8	54.58	Cross, Marley	BC	3/18/2011
9	54.96	Campbell, Lia	PASC	12/9/2011
10	55.07	Teegan, Helen	KING	12/10/2010
11	55.10	Forelli, Krissy	GHP	12/8/2000
12	55.15	Wold, Grace	KING	3/15/2008
13	55.29	Randolf, Melissa	SSC	3/18/2005
14	55.33	Sutherland, Ashley	SST	1/9/2010
15	55.40	Pearson, Jada	ESC	12/10/2010
15	55.40	Matsuda, Jeni	BEST	12/9/2011

1000 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	10:22.03	McDermott, Amber	WEST	3/8/2006
2	10:33.87	Michaels, Dana	WEST	3/8/2006
3	10:38.04	Williams, Kim	UN	12/17/2009
4	10:38.37	Cook, Alyssa	KING	3/10/2010
5	10:40.63	Domanowski, Christina	MMSC	2/13/2011
6	10:47.96	Smith, Cameron	CSC	2/12/2011
7	10:57.04	Chambers, Addie	CSC	2/13/2010
8	11:01.30	Tannhauser, Kelly	SBAY	11/14/2004
9	11:01.99	Friedhoff, Amy	KING	1/31/2002
10	11:02.14	Chan Nakayla	TSC	2/22/2004
11	11:05.58	Benson, Hannah	CSC	2/28/2009
12	11:10.85	Hamilton, Stephanie	WAKO	1/26/2003
13	11:11.46	Davis, Alyssa	KING	11/12/2006
14	11:15.55	Cratsenberg, Amber	VAST	2/18/2007
15	11:15.68	Yap, Lavinya	WEST	1/21/2010
16	11:15.80	Rosen, Laura	NWAC	12/14/2007

200 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	1:54.83	Roberson, Leslie	SBAY	1/31/2002
2	1:55.29	Williams, Kim	IST	3/19/2010
3	1:56.69	Michaels, Dana	WEST	3/17/2006
4	1:57.16	Pressler, Maddie	WEST	12/9/2011
5	1:57.35	Cratsenberg, Amber	VAST	3/23/2007
6	1:58.02	Domanowski, Christina	MMSC	12/10/2010
7	1:58.04	Wold, Grace	KING	3/14/2008
8	1:58.06	Kukors, Ariana	KING	1/26/2002
9	1:58.23	McDermott, Amber	WEST	12/9/2005
9	1:58.23	Rosen, Laura	NWAC	3/14/2008
11	1:58.30	Taylor, Andie	IST	3/19/2004
12	1:59.16	Smith, Cameron	CSC	12/10/2010
13	1:59.22	Davis, Alyssa	KING	3/23/2007
14	1:59.30	Ginnis, Morgan	MMSC	11/22/2008
15	1:59.45	Vanderwel, Heidi	WEST	12/12/2008
16	1:59.66	Benson, Hannah	CSC	3/27/2009

1650 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	17:29.20	McDermott, Amber	WEST	3/8/2006
2	17:44.48	Michaels, Dana	WEST	3/8/2006
3	17:45.54	Williams, Kim	IST	3/10/2010
4	17:45.80	Roberson, Leslie	SBAY	1/31/2002
5	17:59.50	Chambers, Addie	CSC	3/19/2010
6	17:59.85	Cook, Alyssa	KING	3/19/2010
7	18:00.53	Domanowski, Christina	MMSC	3/18/2011
8	18:13.62	Nist, Erika	KING	3/14/2008
9	18:15.48	Chan, Nakayla	TSC	2/22/2004
10	18:23.21	Kukors, Ariana	KING	2/17/2002
11	18:29.37	Davis, Alyssa	KING	2/18/2007
12	18:30.44	Vanderwel, Heidi	WEST	3/14/2008
13	18:35.62	Averill, Trisha	KING	3/21/2003
14	18:35.99	Kripps, Kim	SBAY	11/12/2000
15	18:36.02	Rosen, Laura	NWAC	11/11/2007
16	18:39.52	Yap, Lavinya	WEST	2/21/2010



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50 YARD BACKSTROKE

RANK	TIME	NAME	CLUB	DATE
1	27.64	Bailey, Chelsea	KING	3/18/2005
2	28.16	Kinnear, Katie	IST	3/23/2007
3	28.23	Johnson, Ella	UN	3/27/2009
4	28.35	Wold, Grace	KING	11/17/2007
5	28.62	Lindblad, Brianne	KING	3/22/2002
6	28.64	Briggs, Mackenna	IST	3/19/2010
7	28.84	Wyant, Becca	WAVE	3/21/2003
8	28.85	Yap, Lavinya	WEST	12/17/2009
9	28.91	Blomso, Britt	CSC	3/18/2011
10	29.00	Matthews, Annika	WEST	12/9/2011
11	29.15	Sutherland, Ashley	SST	12/11/2009
12	29.21	Pressler, Maddie	WEST	12/17/2011
13	29.29	Vanderwel, Heidi	WEST	12/13/2008
14	29.31	Chinn, Caitlin	WAVE	3/22/2002
14	29.31	Huo, Jenny	KING	11/20/2010
16	29.34	Jennings, Leona	KING	3/21/2003

50 YARD BREASTSTROKE

RANK	TIME	NAME	CLUB	DATE
1	30.64	Teegan, Helen	KING	3/18/2011
2	30.71	Jennings, Emilee	KING	3/22/2002
3	30.82	Poli, Lauren	BC	3/18/2005
4	31.26	Kukors, Ariana	KING	3/22/2002
5	31.60	Bailey, Chelsea	KING	3/18/2005
6	31.62	Volodkevich, Maria	IST	12/7/2007
7	31.96	Nakamura, Mac	WAVE	3/21/2003
8	32.07	Fang, Elisa	BC	3/18/2011
9	32.13	Williams, Kim	UN	1/9/2010
10	32.14	Roberson, Kayla	PRO	3/27/2009
11	32.21	Hill, Meg	CAAT	12/9/2011
12	32.28	Jennings, Leona	KING	3/21/2003
13	32.39	Hultgren, Raynie	WEST	12/9/2005
14	32.53	Tallman, Cassie	KING	12/12/2008
15	32.55	Grisdale, Ashley	GHP	3/23/2001
16	32.63	Malone, Brooke	KING	3/27/2009

100 YARD BACKSTROKE

RANK	TIME	NAME	CLUB	DATE
1	59.27	Johnson, Ella	UN	3/27/2009
2	59.37	Vanderwel, Heidi	WEST	12/12/2008
3	59.99	Briggs, Mackenna	IST	3/19/2010
4	1:00.28	Bailey, Chelsea	KING	3/18/2005
4	1:00.28	Wold, Grace	KING	3/14/2008
6	1:00.50	Kinnear, Katie	IST	3/23/2007
7	1:00.67	Pressler, Maddie	WEST	12/9/2011
8	1:00.81	Davis, Alyssa	KING	3/23/2007
9	1:01.29	Ginnis, Morgan	MMSC	3/14/2008
10	1:01.41	Lindblad, Brianne	KING	3/22/2002
11	1:01.48	Yap, Lavinya	WEST	1/9/2010
12	1:01.67	Chinn, Caitlin	WAVE	3/22/2002
13	1:01.80	Williams, Kim	UN	11/21/2009
14	1:01.88	McDermott, Amber	WEST	12/9/2005
15	1:01.94	Leaf, Lindsay	GHP	3/23/2001
16	1:02.13	Blomso, Britt	CSC	3/18/2011

100 YARD BREASTSTROKE

RANK	TIME	NAME	CLUB	DATE
1	1:06.00	Williams, Kim	IST	3/19/2010
2	1:07.06	Jennings, Emilee	KING	2/27/2002
3	1:07.12	Teegan, Helen	KING	3/18/2011
4	1:07.15	Kukors, Ariana	KING	3/22/2002
5	1:07.96	Bailey, Chelsea	KING	3/9/2005
6	1:08.03	Volodkevich, Maria	IST	3/14/2008
7	1:08.40	Nakamura, Mac	WAVE	3/21/2003
8	1:09.40	Poli, Lauren	BC	3/18/2005
9	1:09.99	Harper, Heather	PRO	3/17/2006
10	1:10.25	Andren, Ursula	TSC	12/9/2011
11	1:10.38	Coe, Savannah	KING	3/17/2006
12	1:10.40	Lim, Sarina	CSC	12/7/2007
13	1:10.65	Guieb, Gabby	KING	12/13/2002
14	1:10.71	Tallman, Cassie	KING	12/12/2008
15	1:10.73	Fang, Elisa	BC	3/18/2011
16	1:10.84	Grisdale, Ashley	GHP	3/23/2001

200 YARD BACKSTROKE

RANK	TIME	NAME	CLUB	DATE
1	2:06.47	Ginnis, Morgan	MMSC	12/12/2008
2	2:08.68	Wold, Grace	KING	3/14/2008
3	2:09.01	Vanderwel, Heidi	WEST	12/12/2008
4	2:10.00	Pressler, Maddie	WEST	11/19/2011
5	2:10.60	Davis, Alyssa	KING	3/7/2007
6	2:10.61	McDermott, Amber	WEST	1/19/2006
7	2:10.81	Yap, Lavinya	WEST	2/26/2010
8	2:10.90	Briggs, Mackenna	IST	3/19/2010
9	2:12.44	Johnson, Ella	UN	3/27/2009
10	2:12.85	Ainsworth, Kristin	KING	2/9/2008
11	2:13.55	Chinn, Caitlin	WAVE	3/22/2002
12	2:14.25	Kinnear, Katie	IST	3/10/2007
13	2:14.64	Taylor, Andie	IST	1/29/2004
14	2:14.92	Messegee, Abigail	PAC	12/7/2007
15	2:14.97	Huo, Jenny	KING	3/19/2010
16	2:15.07	Cook, Alyssa	KING	3/6/2010

200 YARD BREASTSTROKE

RANK	TIME	NAME	CLUB	DATE
1	2:26.05	Williams, Kim	IST	3/10/2010
2	2:26.75	Volodkevich, Maria	IST	3/14/2008
3	2:27.59	Teegan, Helen	KING	3/18/2011
4	2:27.66	Kukors, Ariana	KING	1/31/2002
5	2:27.90	Nakamura, Mac	WAVE	3/12/2003
6	2:28.95	Cook, Alyssa	KING	3/19/2010
7	2:29.85	Jennings, Emilee	KING	2/27/2002
8	2:30.49	Lim, Sarina	CSC	3/14/2008
9	2:30.79	Harper, Heather	PRO	3/17/2006
10	2:31.24	Seidner, Lindsey	OCA	3/18/2011
11	2:31.34	Johnson, Ella	UN	3/27/2009
12	2:32.31	Davis, Alyssa	KING	2/10/2007
13	2:32.52	Tallman, Cassie	KING	11/22/2008
14	2:32.64	Andren, Ursula	TSC	12/9/2011
15	2:33.07	Guieb, Gabby	KING	12/13/2002
16	2:33.86	Pries, Alana	SST	12/11/2009



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50 YARD BUTTERFLY				
RANK	TIME	NAME	CLUB	DATE
1	26.19	Pearson, Jada	ESC	12/10/2010
2	26.49	Kinnear, Katie	IST	3/23/2007
3	26.69	Briggs, Mackenna	IST	3/19/2010
4	26.98	Wold, Grace	KING	3/14/2008
5	27.12	Gourley, Ali	KING	3/18/2005
6	27.55	Roberson, Leslie	SBAY	12/7/2001
7	27.57	Forelli, Krissy	GHP	12/8/2000
8	27.62	Anderson, Haley	BC	3/18/2005
9	27.63	Poli, Lauren	BC	3/18/2005
10	27.71	Chinn, Caitlin	WAVE	3/22/2002
11	27.72	Jennings, Leona	KING	3/21/2003
12	27.77	Morris, Lily	BC	3/17/2006
12	27.77	Cratsenberg, Amber	VAST	3/23/2007
14	27.78	Campbell, Lia	PASC	12/9/2011
15	27.80	Hultgren, Raynie	WEST	12/9/2005
16	27.82	Peirano, Anna	BISC	4/2/2009

100 YARD INDIVIDUAL MEDLEY				
RANK	TIME	NAME	CLUB	DATE
1	1:00.37	Kukors, Ariana	KING	3/22/2002
1	1:00.37	Williams, Kim	IST	3/19/2010
3	1:00.78	Jennings, Leona	KING	3/21/2003
4	1:01.21	Teegan, Helen	KING	3/18/2011
5	1:01.40	Kinnear, Katie	IST	3/23/2007
6	1:01.47	Volodkevich, Maria	IST	3/14/2008
7	1:01.81	Sutherland, Ashley	SST	1/9/2010
8	1:02.15	Bailey, Chelsea	KING	1/14/2005
9	1:02.53	Johnson, Ella	UN	3/27/2009
10	1:03.07	Tallman, Cassie	KING	12/12/2008
11	1:03.24	Shabb, Hannah	CSC	1/8/2011
12	1:03.36	Hall, Lauren	SBAY	1/26/2002
13	1:03.46	Taylor, Andie	IST	10/16/2004
14	1:03.54	Lindblad, Brianne	KING	3/22/2002
15	1:03.61	Chinn, Caitlin	WAVE	3/22/2002
16	1:03.69	Larson, Molly	WWA	3/18/2005

100 YARD BUTTERFLY				
RANK	TIME	NAME	CLUB	DATE
1	58.63	Kinnear, Katie	IST	3/23/2007
2	59.73	Wold, Grace	KING	2/23/2008
3	1:00.06	Harris, Taylor	KING	12/12/2008
4	1:00.13	Kwan, Sabrina	OCA	3/18/2011
5	1:00.24	Roberson, Leslie	SBAY	1/26/2002
6	1:00.27	Domanowski, Jennifer	MMSC	12/8/2006
7	1:00.37	Randolf, Melissa	SSC	3/18/2005
8	1:00.48	Michaels, Dana	WEST	3/17/2006
9	1:00.55	Grisdale, Ashley	GHP	12/8/2000
9	1:00.55	Seidner, Lindsey	OCA	3/18/2011
11	1:00.62	Davis, Alyssa	KING	3/23/2007
12	1:00.71	Pearson, Jada	ESC	12/10/2010
13	1:00.74	Jennings, Leona	KING	3/21/2003
14	1:01.25	Chong, Amber	PDST	12/9/2011
15	1:01.29	Boggs, Briley	KING	3/21/2003
16	1:01.33	Yap, Lavinya	WEST	12/11/2009

200 YARD INDIVIDUAL MEDLEY				
RANK	TIME	NAME	CLUB	DATE
1	2:08.80	Williams, Kim	IST	3/19/2010
2	2:10.46	Davis, Alyssa	KING	2/23/2007
3	2:10.52	Kukors, Ariana	KING	3/22/2002
4	2:12.85	Wold, Grace	KING	3/14/2008
5	2:12.95	Taylor, Andie	IST	3/19/2004
6	2:13.01	Jennings, Leona	KING	3/21/2003
7	2:13.30	Ginnis, Morgan	MMSC	12/12/2008
8	2:13.38	Volodkevich, Maria	IST	3/14/2008
9	2:13.64	Kukors, Mattie	KING	3/19/2004
10	2:13.66	Roberson, Leslie	SBAY	12/7/2001
11	2:13.78	Bailey, Chelsea	KING	3/18/2005
12	2:13.89	Kinnear, Katie	IST	3/23/2007
13	2:14.00	Vanderwel, Heidi	WEST	12/12/2008
14	2:14.17	Rosen, Laura	NWAC	12/7/2007
15	2:14.22	McDermott, Amber	WEST	12/9/2005
16	2:14.28	Teegan, Helen	KING	11/20/2010

200 YARD BUTTERFLY				
RANK	TIME	NAME	CLUB	DATE
1	2:09.75	Domanowski, Christina	MMSC	3/18/2011
2	2:09.85	Briggs, Mackenna	IST	3/19/2010
3	2:10.22	Kwan, Sabrina	OCA	3/18/2011
4	2:11.56	Cook, Alyssa	KING	3/19/2010
5	2:11.76	Davis, Aly	KING	3/6/2007
6	2:11.81	Rosen, Laura	NWAC	3/14/2008
7	2:12.23	Smith, Cameron	CSC	3/18/2011
8	2:13.47	Domanowski, Jennifer	MMSC	12/8/2006
9	2:14.45	Shabb, Hannah	CSC	1/20/2011
10	2:14.51	Kinnear, Katie	IST	3/10/2007
11	2:14.61	Michaels, Dana	WEST	3/17/2006
12	2:14.67	Huffer, Kelly	NWAC	12/9/2011
13	2:14.68	Seidner, Lindsey	OCA	3/18/2011
14	2:15.93	Chambers, Addie	CSC	3/19/2010
15	2:16.09	Harris, Taylor	KING	11/22/2008
16	2:16.43	Yap, Lavinya	WEST	12/11/2009

400 YARD INDIVIDUAL MEDLEY				
RANK	TIME	NAME	CLUB	DATE
1	4:31.42	Williams, Kim	IST	3/19/2010
2	4:35.67	Cook, Alyssa	KING	1/21/2010
3	4:36.15	Davis, Alyssa	KING	3/23/2007
4	4:36.52	Kukors, Ariana	KING	1/31/2002
5	4:38.63	McDermott, Amber	WEST	3/8/2006
6	4:41.98	Pressler, Maddie	WEST	12/9/2011
7	4:42.99	Domanowski, Christina	MMSC	1/15/2011
8	4:43.91	Yap, Lavinya	WEST	2/26/2010
9	4:45.21	Ginnis, Morgan	MMSC	11/22/2008
10	4:45.33	Rosen, Laura	NWAC	12/14/2007
11	4:46.70	Shabb, Hannah	CSC	12/10/2010
12	4:47.18	Teegan, Helen	KING	2/12/2011
13	4:47.41	Taylor, Andie	IST	1/29/2004
13	4:47.41	Tannhauser, Kelly	SBAY	12/10/2004
15	4:47.95	Coe, Savannah	KING	2/4/2006
16	4:48.58	Chan, Nakayla	KING	3/21/2003



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