



PACIFIC NORTHWEST SWIMMING

A Local Swim Committee of USA Swimming

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

50 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	23.02	Jennings, Emilee	KING	3/19/2004
2	23.77	Cratsenberg, Amber	VAST	3/27/2009
3	23.84	Keane, Anna	UN	11/12/2010
4	23.86	Jennings, Leona	KING	12/10/2004
5	23.89	Kinnear, Katie	UN	11/13/2008
6	23.95	Sutherland, Ashley	KING	12/16/2011
7	24.00	Forelli, Krissy	UN	1/15/2002
8	24.02	Jackson, Summer	SST	2/27/2002
9	24.03	Ginnis, Morgan	MMSC	12/10/2010
10	24.06	McIntyre, Missy	NWAC	2/27/2002
11	24.19	Speak, Sage	WAVE	3/19/2010
12	24.24	Vanderwel, Heidi	WEST	3/19/2010
13	24.33	Messegee, Amelia	HWST	10/23/2004
14	24.35	Gwo, Lorea	UN	11/12/2010
15	24.39	Liu, Helen	IST	3/23/2007
16	24.42	Pries, Alana	UN	11/11/2011

500 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	4:52.66	McDermott, Amber	SBAY	12/14/2007
2	4:53.43	Kukors, Ariana	KING	3/19/2004
3	4:54.41	Taylor, Andie	IST	3/8/2006
4	4:59.57	Cratsenberg, Amber	VAST	3/11/2009
5	5:01.35	Michaels, Dana	WEST	12/14/2007
6	5:01.53	Brunner, Haley	UN	11/11/2005
7	5:02.10	Majeau, Fiona	CSC	3/14/2008
8	5:02.67	Chambers, Addie	KING	12/9/2011
9	5:03.35	Forelli, Krissy	GHP	12/13/2002
10	5:03.50	Roberson, Leslie	SBAY	3/21/2003
11	5:03.85	Chan, Nakayla	UN	11/11/2005
12	5:04.19	Gleason, Sarah	BISC	1/31/2002
13	5:04.71	Tannhauser, Kelly	SBAY	12/8/2006
14	5:04.79	Williams, Laurin	CSC	3/23/2007
15	5:04.91	Cook, Alyssa	KING	12/15/2011
16	5:05.43	Lucien, Brianna	WEST	12/9/2011

100 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	50.29	Jennings, Emilee	KING	3/19/2004
2	50.78	Cratsenberg, Amber	VAST	3/11/2009
3	51.48	Sutherland, Ashley	KING	12/15/2011
4	51.61	Kinnear, Katie	IST	3/27/2009
5	51.66	Forelli, Krissy	UN	11/15/2002
6	51.94	Kukors, Ariana	UN	11/14/2003
7	51.98	Ginnis, Morgan	MMSC	12/10/2010
8	52.07	Keane, Anna	UN	11/12/2010
9	52.26	Vanderwel, Heidi	WEST	12/10/2010
10	52.47	Jennings, Leona	KING	12/10/2004
11	52.49	Jackson, Summer	SST	12/7/2001
11	52.50	Cann, Felicity	UN	11/13/2009
13	52.50	Kawaguchi, Megan	WWA	12/10/2010
14	52.58	Taylor, Andie	IST	12/9/2005
15	52.65	Messegee, Amelia	HWST	3/18/2005
16	52.80	Flaten, Kayla	UN	11/13/2009

1000 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	9:56.11	McDermott, Amber	SBAY	12/7/2007
2	10:01.90	Taylor, Andie	IST	1/19/2006
3	10:07.70	Kukors, Ariana	KING	1/29/2004
4	10:10.91	Williams, Kim	BC	12/15/2011
5	10:20.07	Michaels, Dana	WEST	12/14/2007
6	10:20.68	Weiner, Meika	BBST	3/15/2001
7	10:22.45	Chambers, Addie	KING	12/15/2011
8	10:22.93	Vanderwel, Heidi	WEST	1/15/2010
9	10:22.97	Roberson, Leslie	SBAY	3/12/2003
10	10:24.32	Lucien, Brianna	WEST	12/15/2011
11	10:26.13	Davis, Aly	KING	3/11/2009
12	10:28.05	Williams, Laurin	CSC	3/7/2007
13	10:29.06	Brunner, Haley	SBAY	10/29/2005
14	10:30.32	Eronemo, Courtney	KING	1/31/2002
15	10:31.19	Fenster, Emily	KING	3/7/2007
16	10:32.42	Tannhauser, Kelly	SBAY	3/8/2006

200 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	1:49.56	Jennings, Emilee	KING	3/19/2004
2	1:49.63	Kukors, Ariana	KING	3/4/2004
3	1:49.68	Taylor, Andie	IST	1/19/2006
4	1:51.55	Cratsenberg, Amber	VAST	3/11/2009
5	1:52.02	Forelli, Krissy	GHP	12/13/2002
6	1:52.50	McDermott, Amber	SBAY	12/7/2007
7	1:52.59	Sutherland, Ashley	KING	12/17/2011
8	1:52.80	Michaels, Dana	WEST	3/14/2008
9	1:53.05	Ginnis, Morgan	MMSC	12/10/2010
10	1:53.06	Tannhauser, Kelly	UN	11/9/2006
11	1:53.34	Cook, Alyssa	KING	12/15/2011
12	1:53.48	Kinnear, Katie	IST	3/27/2009
13	1:53.64	Davis, Aly	KING	3/11/2009
14	1:53.82	Taylor, Hannah	MMSC	12/11/2009
15	1:53.84	Vanderwel, Heidi	WEST	3/10/2010
16	1:54.21	Roberson, Leslie	SBAY	3/21/2003

1650 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	16:32.90	McDermott, Amber	SBAY	12/14/2007
2	17:12.31	Michaels, Dana	WEST	12/14/2007
3	17:18.61	Brunner, Haley	SBAY	3/18/2005
4	17:18.80	Woodruff, Kelly	CSC	12/8/2000
5	17:27.17	Chambers, Addie	KING	12/9/2011
6	17:27.34	Williams, Laurin	CSC	3/7/2007
7	17:31.01	Chan, Nakayla	TSC	1/19/2006
8	17:31.81	Menard, Laura	WEST	3/21/2003
9	17:32.12	Williams, Laurin	CSC	2/18/2007
10	17:34.67	Wheeler, Ashley	TSC	3/21/2003
11	17:35.77	Domanowski, Jennifer	MMSC	3/27/2009
12	17:39.79	Kuestermeyer, Bailey	SST	12/7/2001
13	17:40.27	Roberson, Leslie	SBAY	2/23/2003
14	17:42.56	Baker, Sarah	OAC	2/27/2002
15	17:42.82	McCann, Christina	GHP	1/20/2005
16	17:43.22	Spillman, Sarah	SSCD	12/8/2000

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

100 YARD BACKSTROKE				
RANK	TIME	NAME	CLUB	DATE
1	55.01	Vanderwel, Heidi	WEST	3/19/2010
2	55.94	Kinnear, Katie	IST	3/27/2009
3	56.57	Kukors, Ariana	KING	1/29/2004
4	57.03	Jennings, Leona	KING	3/9/2005
5	57.38	Ainsworth, Kristin	KING	12/17/2009
6	57.40	Kawaguchi, Megan	WWA	3/9/2011
7	57.52	Taylor, Andie	IST	10/21/2006
8	57.74	Wold, Grace	UN	11/6/2009
9	57.83	Ginnis, Morgan	MMSC	12/10/2010
10	57.85	Thayer, Annemarie	SBAY	3/23/2007
11	58.00	Nist, Erika	KING	3/19/2010
12	58.04	Owen, Ashlynn	PAC	12/8/2000
13	58.17	Davis, Aly	KING	3/27/2009
14	58.17	Weiss, Hannah	OCA	3/19/2010
15	58.21	Kim, Rachel	UN	11/13/2008
16	58.28	Bailey, Chelsea	KING	12/8/2006

200 YARD BREASTSTROKE				
RANK	TIME	NAME	CLUB	DATE
1	2:15.06	Kukors, Ariana	KING	3/4/2004
2	2:17.09	Williams, Kim	BC	12/15/2011
3	2:18.98	Cook, Alyssa	KING	12/15/2011
4	2:19.34	Jennings, Emilee	KING	12/12/2003
5	2:20.53	Bush, Meredith	SBAY	3/19/2004
6	2:21.70	Ernst, Alexandra	SBAY	3/19/2004
7	2:22.75	Speak, Sage	WAVE	3/19/2010
8	2:23.20	Averill, Trisha	KING	3/18/2005
9	2:23.69	Taylor, Andie	IST	10/21/2006
10	2:24.44	Kukors, Mattie	KING	12/9/2005
11	2:24.88	Ferreira, Emily	SSC	3/17/2006
12	2:25.08	Harper, Heather	PRO	12/14/2007
13	2:25.10	Beauchamp, Kara	IST	12/14/2007
14	2:25.30	Volodkevich, Maria	IST	3/19/2010
15	2:25.59	Larson, Molly	WWA	3/23/2007
16	2:25.68	Rogers, Theresa	TSC	3/21/2003

200 YARD BACKSTROKE				
RANK	TIME	NAME	CLUB	DATE
1	1:57.99	Vanderwel, Heidi	WEST	3/19/2010
2	2:00.61	Taylor, Andie	IST	12/1/2005
3	2:01.19	Ainsworth, Kristin	KING	12/17/2009
4	2:01.38	Kukors, Ariana	KING	3/4/2004
5	2:03.66	Nist, Erika	KING	12/11/2009
6	2:03.93	Cook, Alyssa	KING	12/15/2011
7	2:04.14	Kinnear, Katie	IST	1/10/2009
8	2:04.37	Thayer, Annemarie	SBAY	3/23/2007
9	2:04.82	Wold, Grace	KING	3/10/2010
10	2:04.97	Kim, Rachel	KING	3/14/2008
11	2:05.66	Ginnis, Morgan	MMSC	12/10/2010
12	2:05.72	Vetterlein, Nikki	KING	3/17/2006
13	2:05.91	Crowder, Kelsey	KING	3/14/2008
14	2:06.98	Sutherland, Ashley	KING	12/15/2011
15	2:07.05	Weiss, Hannah	OCA	12/17/2009
16	2:07.13	Davis, Aly	KING	3/27/2009

100 YARD BUTTERFLY				
RANK	TIME	NAME	CLUB	DATE
1	54.73	Kinnear, Katie	UN	11/13/2008
2	56.57	Vanderwel, Heidi	WEST	12/10/2010
3	56.62	Taylor, Andie	IST	12/9/2005
4	56.75	Jennings, Leona	KING	3/9/2005
5	56.79	Sutton, Stefanie	KING	3/12/2003
6	56.93	Gwo, Lorea	OCA	12/16/2010
7	57.14	Randolf, Melissa	SSC	3/23/2007
8	57.19	Kawaguchi, Megan	WWA	3/18/2011
9	57.26	Domanowski, Jennifer	MMSC	12/11/2008
10	57.30	Roberson, Leslie	SBAY	3/12/2003
11	57.37	Wold, Grace	KING	3/19/2010
12	57.39	Cratsenberg, Amber	VAST	3/27/2009
13	57.54	Hansen, Rachel	KING	3/9/2011
14	57.65	Briggs, Mackenna	IST	12/9/2011
15	57.96	Williams, Isabel	UN	11/12/2004
16	58.00	Michaels, Dana	WEST	3/14/2008

100 YARD BREASTSTROKE				
RANK	TIME	NAME	CLUB	DATE
1	1:03.41	Williams, Kim	BC	12/15/2011
2	1:04.25	Volodkevich, Maria	UN	11/13/2009
3	1:04.69	Jennings, Emilee	KING	12/12/2003
4	1:04.97	McIntyre, Missy	NWAC	2/27/2002
5	1:05.08	Kukors, Ariana	KING	1/29/2004
6	1:05.45	Jennings, Leona	KING	3/18/2005
7	1:05.85	Bush, Meredith	SBAY	3/19/2004
8	1:05.87	Speak, Sage	WAVE	3/19/2010
8	1:06.43	Ferreira, Emily	SSC	3/17/2006
10	1:06.44	Rogers, Theresa	TSC	3/12/2003
11	1:06.54	Larson, Molly	WWA	3/23/2007
12	1:06.54	Harper, Heather	PRO	12/14/2007
13	1:06.64	Kaestner, Katie	TAC	3/27/2009
14	1:06.76	Heidloff, Jesika	SST	12/7/2001
15	1:06.77	Nakamura, Mac	WAVE	3/9/2005
16	1:06.98	Ernst, Alexandra	SBAY	3/19/2004

200 YARD BUTTERFLY				
RANK	TIME	NAME	CLUB	DATE
1	2:01.59	Kinnear, Katie	IST	3/11/2009
2	2:02.05	Taylor, Andie	IST	12/1/2005
3	2:02.53	Domanowski, Jennifer	MMSC	3/27/2009
4	2:04.19	Kukors, Ariana	KING	3/19/2004
5	2:04.85	Cratsenberg, Amber	VAST	3/11/2009
6	2:06.14	Sutton, Stefanie	KING	3/12/2003
7	2:06.17	Rosen, Laura	NWAC	3/10/2010
8	2:06.21	Roberson, Leslie	SBAY	3/12/2003
9	2:06.25	Briggs, Mackenna	IST	12/9/2011
10	2:06.46	Williams, Kim	BC	12/15/2011
11	2:06.57	Eronemo, Courtney	KING	1/31/2002
12	2:07.37	Michaels, Dana	WEST	3/14/2008
13	2:07.81	Guieb, Gabby	KING	3/19/2004
14	2:07.83	Liu, Amelia	OCA	3/19/2010
15	2:07.99	Moffatt, Vanessa	KING	12/16/2010
16	2:08.13	Kripps, Kim	SBAY	3/22/2002



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

200 YARD INDIVIDUAL MEDLEY

RANK	TIME	NAME	CLUB	DATE
1	2:01.05	Kukors, Ariana	KING	3/19/2004
2	2:02.92	Williams, Kim	BC	12/15/2011
3	2:03.67	Cook, Alyssa	KING	12/8/2011
4	2:03.75	Taylor, Andie	IST	1/19/2006
5	2:04.02	Jennings, Emilee	KING	3/19/2004
6	2:05.24	Taylor, Hannah	MMSC	12/3/2009
7	2:05.47	Kinnear, Katie	IST	3/27/2009
8	2:06.39	Jennings, Leona	KING	3/18/2005
9	2:07.31	Wold, Grace	UN	11/6/2009
10	2:07.49	Forelli, Krissy	GHP	12/13/2002
11	2:07.64	Sutton, Stefanie	KING	1/30/2003
12	2:07.76	Volodkevich, Maria	UN	11/13/2009
13	2:07.82	Nist, Erika	KING	12/11/2009
14	2:07.97	Vanderwel, Heidi	WEST	3/19/2010
15	2:08.10	Bush, Meredith	SBAY	3/19/2004
16	2:08.24	Hall, Lauren	SBAY	3/19/2004

400 YARD INDIVIDUAL MEDLEY

RANK	TIME	NAME	CLUB	DATE
1	4:14.94	Kukors, Ariana	KING	1/29/2004
2	4:15.30	Williams, Kim	BC	12/15/2011
3	4:18.18	Taylor, Andie	IST	3/8/2006
4	4:22.54	McDermott, Amber	SBAY	12/14/2007
5	4:24.10	Cook, Alyssa	KING	12/8/2011
6	4:26.93	Davis, Aly	KING	3/27/2009
7	4:27.27	Jennings, Leona	KING	12/10/2004
8	4:28.86	Lucien, Brianna	WEST	12/15/2011
9	4:29.09	Hall, Lauren	SBAY	1/29/2004
10	4:29.11	Taylor, Hannah	MMSC	12/11/2009
11	4:29.13	Sutton, Stefanie	KING	3/12/2003
12	4:29.17	Domanowski, Jennifer	MMSC	3/27/2009
13	4:29.60	Kukors, Mattie	KING	12/1/2005
14	4:30.85	Rosen, Laura	NWAC	3/10/2010
15	4:31.19	Briggs, Mackenna	IST	12/9/2011
16	4:32.05	Eronemo, Courtney	KING	1/31/2002