

PACIFIC NORTHWEST SWIMMING

A Local Swim Committee of USA Swimming

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

50 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	23.11	Jennings, Emilee	KING	12/2/2004
2	23.22	Kinnear, Katie	IST	12/3/2009
3	23.49	Silver, Emily	BISC	12/8/2000
4	23.50	Keane, Anna	UN	11/11/2011
5	23.56	Vanderwel, Heidi	KING	12/8/2011
6	23.62	Ramey, Kenna	UN	11/11/2011
7	23.66	Jackson, Summer	UN	11/15/2002
8	23.69	McIntyre, Missy	NWAC	1/30/2003
9	23.77	Ginnis, Morgan	WEST	12/15/2011
10	23.79	Cratsenberg, Amber	VAST	3/10/2010
11	23.80	Messegee, Amelia	PAC	12/1/2005
12	23.84	Hougan, Karlyn	TSC	12/2/2004
13	23.95	Liu, Helen	UN	11/8/2007
14	24.09	Forelli, Krissy	TSC	12/12/2003
15	24.15	Friedhoff, Caitlin	KING	3/15/2001
16	24.19	Jennings, Leona	KING	1/19/2006

500 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	4:38.89	McDermott, Amber	SBAY	12/11/2008
2	4:48.82	Taylor, Andie	IST	12/8/2006
3	4:51.63	Kukors, Ariana	KING	1/14/2005
4	4:53.34	Forelli, Krissy	TSC	12/12/2003
5	4:54.97	Moore, Maki	HSKY	12/8/2000
6	4:55.86	Cratsenberg, Amber	VAST	3/10/2010
7	4:56.21	Majeau, Fiona	UN	11/13/2008
8	4:56.87	Tannhauser, Kelly	SBAY	3/7/2007
9	4:57.06	Brunner, Haley	UN	11/9/2006
10	4:57.17	Kukors, Mattie	KING	3/7/2007
11	4:57.67	Rains, Megan	PAC	2/1/2001
12	4:58.17	Michaels, Dana	WEST	3/11/2009
13	4:58.68	Hall, Lauren	SBAY	3/9/2005
14	4:58.83	Kukors, Emily	KING	2/1/2001
15	4:59.62	Davis, Aly	KING	12/17/2009
16	5:01.09	Cann, Felicity	KING	12/16/2010

100 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	50.62	Keane, Anna	UN	11/11/2011
2	51.04	Jennings, Emilee	KING	12/10/2004
3	51.08	Hougan, Karlyn	TSC	3/9/2005
4	51.11	Vanderwel, Heidi	KING	12/10/2011
5	51.17	Silver, Emily	BISC	3/15/2001
6	51.19	Messegee, Amelia	UN	11/11/2005
7	51.22	Cratsenberg, Amber	VAST	3/10/2010
8	51.25	Forelli, Krissy	TSC	12/12/2003
9	51.30	Kinnear, Katie	IST	12/3/2009
10	51.38	Taylor, Andie	IST	3/7/2007
11	51.58	Kukors, Emily	KING	2/1/2001
12	51.81	Jennings, Leona	KING	12/9/2005
13	51.82	Ginnis, Morgan	WEST	12/15/2011
14	51.85	Jackson, Summer	SST	3/12/2003
15	51.86	Kukors, Ariana	KING	1/14/2005
16	52.00	Cann, Felicity	UN	11/12/2010

1000 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	9:51.95	McDermott, Amber	SBAY	11/1/2008
2	9:53.81	Taylor, Andie	IST	11/30/2006
3	10:05.38	Kukors, Ariana	KING	1/14/2005
4	10:10.63	Thompson, Meredith	CSC	2/27/2002
5	10:12.33	Michaels, Dana	WEST	3/11/2009
6	10:13.01	Scott, Marja	SBAY	3/7/2007
7	10:14.62	Brunner, Haley	SBAY	3/8/2006
8	10:16.85	Williams, Laurin	CSC	12/14/2007
9	10:17.09	Kukors, Mattie	KING	3/7/2007
10	10:17.55	Woodruff, Kelly	CSC	2/1/2001
11	10:17.95	Tannhauser, Kelly	SBAY	12/7/2007
12	10:22.43	Rains, Megan	PAC	1/28/2001
13	10:23.09	Kripps, Kim	SBAY	1/30/2003
14	10:23.91	Grundman, Sarah	BISC	3/10/2010
15	10:24.10	Weiner, Meika	BBST	2/27/2002
16	10:24.71	Hong, Sandy	KING	2/1/2001

200 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	1:48.13	Forelli, Krissy	TSC	12/12/2003
2	1:48.65	McDermott, Amber	SBAY	12/11/2008
3	1:48.79	Taylor, Andie	IST	3/7/2007
4	1:49.89	Kukors, Ariana	KING	3/9/2005
5	1:50.00	Kukors, Emily	KING	3/15/2001
6	1:50.42	Cratsenberg, Amber	VAST	3/10/2010
7	1:51.21	Cann, Felicity	KING	12/16/2010
8	1:51.81	Majeau, Fiona	UN	11/13/2008
9	1:51.82	Jennings, Emilee	KING	3/9/2005
10	1:51.89	Moore, Maki	UN	11/10/2000
11	1:51.89	Kinnear, Katie	IST	12/17/2009
12	1:51.95	Tannhauser, Kelly	UN	11/8/2007
13	1:51.96	Chan, Nakayla	UN	11/9/2006
14	1:52.23	Messegee, Amelia	PAC	12/9/2005
15	1:52.27	Rains, Megan	PAC	2/1/2001
16	1:52.33	Vanderwel, Heidi	KING	12/15/2011

1650 YARD FREESTYLE				
RANK	TIME	NAME	CLUB	DATE
1	16:02.79	McDermott, Amber	SBAY	12/11/2008
2	16:55.46	Brunner, Haley	SBAY	3/8/2006
3	17:02.70	Thompson, Meredith	CSC	12/7/2001
4	17:06.65	Taylor, Andie	IST	2/3/2007
5	17:14.32	Grundman, Sarah	BISC	3/10/2010
6	17:15.55	Kukors, Ariana	KING	1/20/2005
7	17:17.25	Williams, Laurin	CSC	12/14/2007
8	17:17.28	Michaels, Dana	WEST	3/11/2009
9	17:17.66	Spillman, Sarah	SWIM	12/7/2001
10	17:19.49	Woodruff, Kelly	CSC	12/7/2001
11	17:20.96	Van Zanten, Samantha	SST	3/15/2001
12	17:22.72	Burkland, Katie Jo	SBAY	12/7/2007
13	17:23.22	Kukors, Mattie	KING	1/18/2007
14	17:23.69	Weiner, Meika	BBST	2/27/2002
15	17:26.96	Chan, Nakayla	TSC	11/30/2006
16	17:29.71	Tannhauser, Kelly	SBAY	1/18/2007



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100 YARD BACKSTROKE				
RANK	TIME	NAME	CLUB	DATE
1	54.35	Vanderwel, Heidi	UN	3/9/2011
2	54.93	Kukors, Ariana	KING	3/9/2005
3	55.63	Jennings, Leona	KING	3/2/2006
4	55.65	Kawaguchi, Megan	UN	11/11/2011
5	55.76	Kinnear, Katie	IST	12/17/2009
6	56.50	Weiss, Hannah	OCA	3/9/2011
7	56.80	Thayer, Annemarie	UN	11/8/2007
8	56.88	Kim, Rachel	UN	11/13/2009
8	56.88	Wold, Grace	KING	3/9/2011
10	56.94	Bailey, Chelsea	UN	11/8/2007
11	57.05	Ainsworth, Kristin	KING	12/16/2010
12	57.05	Nist, Erika	KING	3/9/2011
13	57.21	Taylor, Andie	IST	2/10/2007
14	57.27	Jennings, Emilee	KING	3/9/2005
15	57.52	Thach, Amanda	WSY	12/11/2008
15	57.52	Wu, Joanna	KING	3/10/2010

200 YARD BREASTSTROKE				
RANK	TIME	NAME	CLUB	DATE
1	2:15.71	Kukors, Ariana	KING	12/2/2004
2	2:17.16	Jennings, Emilee	KING	3/9/2005
3	2:18.48	Stockwell, Sarah	UN	2/27/2002
4	2:18.80	Ernst, Alexandra	SBAY	3/9/2005
5	2:19.71	McCann, Carolyn	TSC	3/9/2011
6	2:19.85	Bush, Meredith	BC	3/9/2005
7	2:20.34	Averill, Trisha	KING	3/2/2006
8	2:21.68	Marchand, Lindsey	KING	3/2/2006
9	2:21.80	Harper, Heather	PRO	3/17/2009
10	2:22.24	Heidloff, Jesika	SST	12/5/2002
11	2:22.55	McCann, Christina	GHP	3/8/2006
12	2:22.80	McDermott, Amber	SBAY	12/20/2008
13	2:22.98	Ferreira, Emily	SSC	3/7/2007
14	2:23.06	Wold, Grace	KING	1/20/2011
15	2:23.42	Taylor, Hannah	MMSC	3/9/2011
16	2:23.46	Jennings, Leona	KING	1/19/2006

200 YARD BACKSTROKE				
RANK	TIME	NAME	CLUB	DATE
1	1:56.33	McDermott, Amber	SBAY	12/11/2008
2	1:57.25	Vanderwel, Heidi	KING	12/8/2011
3	1:57.45	Kukors, Ariana	KING	3/9/2005
4	1:59.53	Kinnear, Katie	IST	12/17/2009
5	1:59.93	Taylor, Andie	IST	3/7/2007
6	2:01.27	Ainsworth, Kristin	KING	12/16/2010
7	2:01.44	Thayer, Annemarie	SBAY	12/14/2007
8	2:02.29	Nist, Erika	KING	3/9/2011
9	2:02.63	Jennings, Leona	KING	3/2/2006
10	2:03.13	Wold, Grace	KING	12/16/2010
11	2:03.30	Tanasse, Emily	KING	3/9/2011
12	2:03.43	Brunner, Rikka	SSCD	2/27/2002
13	2:04.20	Tannhauser, Kelly	SBAY	3/7/2007
14	2:04.50	Davis, Aly	KING	11/19/2009
15	2:04.82	Kim, Rachel	KING	1/22/2009
16	2:04.90	Marchand, Lindsey	KING	3/2/2006

100 YARD BUTTERFLY				
RANK	TIME	NAME	CLUB	DATE
1	53.09	Kinnear, Katie	IST	12/3/2009
2	55.48	Wold, Grace	KING	3/9/2011
3	55.58	Vanderwel, Heidi	KING	12/8/2011
4	55.63	Marchand, Lindsey	UN	11/11/2005
5	55.74	Sutton, Stefanie	UN	1/29/2004
6	56.23	Taylor, Andie	IST	3/7/2007
7	56.36	Eronemo, Courtney	KING	3/12/2003
8	56.45	Taylor, Kaitlin	UN	11/12/2010
9	56.55	Sturdy, Rebecca	UN	11/10/2000
10	56.66	Kukors, Ariana	KING	1/20/2005
11	56.69	Tanasse, Emily	UN	11/12/2010
12	56.72	McDermott, Amber	SBAY	12/20/2008
13	56.93	Davis, Aly	KING	3/10/2010
14	57.04	Brice, Shiloh	UN	3/15/2001
15	57.10	Domanowski, Jennifer	MMSC	3/16/2010
16	57.18	Kripps, Kim	SBAY	3/12/2003

100 YARD BREASTSTROKE				
RANK	TIME	NAME	CLUB	DATE
1	1:04.04	Stockwell, Sarah	UN	2/27/2002
2	1:04.18	Jennings, Emilee	KING	3/9/2005
3	1:04.28	Heidloff, Jesika	SST	12/5/2002
4	1:04.30	McIntyre, Missy	UN	11/14/2002
5	1:04.49	McCann, Carolyn	TSC	3/9/2011
6	1:04.60	Harper, Heather	UN	11/13/2008
7	1:04.97	Jackson, Summer	UN	11/15/2002
8	1:05.43	Bush, Meredith	BC	3/9/2005
9	1:05.53	Speak, Sage	UN	11/12/2010
10	1:05.57	Sullenberger, Shanell	TOSC	3/10/2010
11	1:05.65	Sullenberger, Kiana	TOSC	3/10/2010
12	1:05.66	Marchand, Lindsey	UN	11/11/2005
13	1:05.77	Kaestner, Katie	TAC	3/10/2010
14	1:05.87	Ernst, Alexandra	SBAY	3/9/2005
15	1:05.92	Averill, Trisha	UN	11/10/2006
16	1:06.31	Roberson, Kayla	BC	12/15/2011

200 YARD BUTTERFLY				
RANK	TIME	NAME	CLUB	DATE
1	1:59.91	Taylor, Andie	IST	11/30/2006
2	2:00.34	Kinnear, Katie	IST	3/16/2010
3	2:01.36	Kukors, Ariana	KING	3/9/2005
4	2:02.48	Sutton, Stefanie	UN	1/29/2004
5	2:02.98	Domanowski, Jennifer	MMSC	3/16/2010
6	2:03.91	Kripps, Kim	SBAY	1/30/2003
7	2:04.22	Wold, Grace	KING	1/20/2011
8	2:04.24	Michaels, Dana	WEST	3/11/2009
9	2:04.42	Marchand, Lindsey	KING	3/2/2006
10	2:05.11	Guieb, Gabby	KING	12/1/2005
10	2:05.11	McDermott, Amber	SBAY	12/20/2008
12	2:05.12	Eronemo, Courtney	KING	1/30/2003
13	2:05.40	Okazaki, Kristin	KING	1/31/2002
14	2:05.70	Kukors, Mattie	KING	3/7/2007
14	2:05.70	Laurent, Kalena	WEST	3/10/2010
16	2:06.19	Bond, Galen	KING	3/11/2009



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

200 YARD INDIVIDUAL MEDLEY

RANK	TIME	NAME	CLUB	DATE
1	1:58.77	McDermott, Amber	SBAY	12/11/2008
2	1:59.68	Kukors, Ariana	KING	12/2/2004
3	2:02.44	Kukors, Emily	KING	3/15/2001
4	2:02.53	Kinnear, Katie	UN	11/13/2009
5	2:02.78	Taylor, Andie	IST	3/7/2007
6	2:03.78	Hall, Lauren	SBAY	3/9/2005
7	2:04.75	Wold, Grace	UN	11/12/2010
8	2:04.87	Jennings, Leona	KING	3/2/2006
9	2:04.91	Kawaguchi, Megan	WWA	12/15/2011
10	2:05.12	Kim, Rachel	UN	11/13/2009
11	2:05.17	McCann, Carolyn	TSC	3/9/2011
12	2:05.25	Davis, Aly	KING	11/19/2009
13	2:05.38	Marchand, Lindsey	KING	3/2/2006
14	2:05.69	Taylor, Hannah	MMSC	3/16/2010
15	2:06.10	Kukors, Mattie	KING	3/7/2007
16	2:06.37	Eronemo, Courtney	KING	1/30/2003

400 YARD INDIVIDUAL MEDLEY

RANK	TIME	NAME	CLUB	DATE
1	4:11.33	Kukors, Ariana	KING	1/20/2005
2	4:11.36	McDermott, Amber	SBAY	12/11/2008
3	4:14.44	Taylor, Andie	IST	1/18/2007
4	4:20.37	Kukors, Emily	KING	3/15/2001
5	4:21.43	Kukors, Mattie	KING	1/18/2007
6	4:21.48	Tannhauser, Kelly	SBAY	3/7/2007
7	4:23.05	Taylor, Hannah	MMSC	3/16/2010
8	4:23.31	Hall, Lauren	SBAY	3/9/2005
9	4:23.60	Wold, Grace	KING	3/9/2011
10	4:23.75	Jennings, Leona	KING	12/1/2005
11	4:24.36	Kinnear, Katie	IST	1/21/2010
12	4:26.78	Vanderwel, Heidi	KING	12/15/2011
13	4:26.81	Woodruff, Kelly	CSC	3/15/2001
14	4:27.47	Eronemo, Courtney	KING	3/12/2003
15	4:27.60	Marchand, Lindsey	KING	12/1/2005
16	4:27.97	Davis, Aly	KING	3/10/2010