

NATIONAL TOP 200 – GIRLS ELEVEN YEARS – 2004/2005

50 M FREESTYLE (31.30)				
PP	TIME	NAME	TEAM	DATE
788	29.82	Cratsenberg, Amber	VAST	7/28/2005
744	30.45	Hultgren, Raynie	WEST	7/28/2005
731	30.63	Michaels, Dana	CSC	6/25/2005
726	30.70	Davis, Aly	KING	7/15/2005
697	31.12	Morris, Lily	BC	7/15/2005
100 M FREESTYLE (1:08.59)				
PP	TIME	NAME	TEAM	DATE
742	1:06.55	Davis, Aly	KING	7/15/2005
736	1:06.72	Cratsenberg, Amber	VAST	6/24/2005
716	1:07.27	Michaels, Dana	CSC	6/17/2005
702	1:07.68	Mordkhin, Alaina	CSC	6/17/2005
689	1:08.05	Coe, Savannah	KING	4/23/2005
200 M FREESTYLE (2:28.90)				
PP	TIME	NAME	TEAM	DATE
753	2:22.94	Davis, Aly	KING	7/15/2005
697	2:26.02	Redlin, Shiane	GHP	4/23/2005
694	2:26.19	Michaels, Dana	CSC	6/17/2005
688	2:26.55	Coe, Savannah	KING	4/23/2005
675	2:27.30	Mordkhin, Alaina	CSC	7/15/2005
662	2:28.03	Williamson, Mariah	WEST	7/15/2005
651	2:28.63	Cratsenberg, Amber	VAST	7/28/2005
400 M FREESTYLE (5:13.85)				
PP	TIME	NAME	TEAM	DATE
801	4:53.99	Redlin, Shiane	GHP	7/28/2005
774	4:56.91	Davis, Aly	KING	7/15/2005
767	4:57.61	Michaels, Dana	CSC	6/17/2005
720	5:02.86	Coe, Savannah	KING	4/23/2005
709	5:04.17	Williamson, Mariah	WEST	7/15/2005
695	5:05.68	Mordkhin, Alaina	CSC	7/15/2005
656	5:10.27	Cratsenberg, Amber	VAST	6/24/2005
638	5:12.42	Morrison, Meagan	SA	7/15/2005
636	5:12.68	Benoit, Annie	KING	7/28/2005
631	5:13.28	Domanowski, Jenni	MMSC	7/28/2005
800 M FREESTYLE (197)				
PP	TIME	NAME	TEAM	DATE
909	10:00.09	Redlin, Shiane	GHP	7/28/2005
832	10:18.60	Michaels, Dana	CSC	1/8/2005
694	10:53.33	James, Jessie	TSC	7/28/2005
689	10:54.76	Sullivan, Colleen	GHP	7/28/2005
517	11:42.75	Hinely, Nicole	PSSC	4/16/2005
438	12:07.10	Fardi, Yasi	GHP	5/20/2005
325	12:45.54	Fallstrom, Kelsey	SA	5/20/2005
1500 M FREESTYLE (104)				
PP	TIME	NAME	TEAM	DATE
936	19:20.82	Redlin, Shiane	GHP	7/28/2005
874	19:50.19	Williamson, Mariah	WEST	7/28/2005
804	20:24.06	Morrison, Meagan	SA	7/28/2005
775	20:38.60	Mordkhin, Alaina	CSC	6/25/2005
596	22:13.35	James, Jessie	TSC	6/25/2005
315	25:10.54	Fallstrom, Kelsey	SA	7/15/2005
314	25:10.85	Bartolini, Sarah	SA	7/15/2005
309	25:14.63	Turgeon, Meaghan	CSC	6/25/2005
245	26:03.69	Levalley, Jewel	MMSC	6/25/2005
201	26:40.87	Edwards, Miranda	C	7/15/2005
50 M BACKSTROKE (36.90)				
PP	TIME	NAME	TEAM	DATE
738	35.42	Zook, Nina	IST	6/24/2005

703	35.96	Kim, Rachel	KING	7/28/2005
650	36.79	Morris, Lily	BC	7/15/2005
650	36.79	Peseau, Hannah	MMSC	7/28/2005
643	36.89	Moore, Alyssa	BC	7/28/2005
643	36.89	Szymeczek, Quincey	BEST	6/11/2005
100 M BACKSTROKE (1:19.65)				
PP	TIME	NAME	TEAM	DATE
734	1:16.44	Kim, Rachel	KING	7/28/2005
706	1:17.40	Domanowski, Jenni	MMSC	7/28/2005
672	1:18.55	Williamson, Mariah	WEST	7/28/2005
659	1:19.02	Zook, Nina	IST	6/24/2005
658	1:19.06	Redlin, Shiane	GHP	6/24/2005
653	1:19.24	Peseau, Hannah	MMSC	7/28/2005
200 M BACKSTROKE (2:56.17)				
PP	TIME	NAME	TEAM	DATE
782	2:43.38	Williamson, Mariah	WEST	7/28/2005
769	2:44.35	Redlin, Shiane	GHP	7/28/2005
741	2:46.54	Kim, Rachel	KING	5/20/2005
729	2:47.49	Domanowski, Jenni	MMSC	7/28/2005
714	2:48.73	Peseau, Hannah	MMSC	7/28/2005
713	2:48.77	Anderson, Sami	SST	5/20/2005
702	2:49.67	Benoit, Annie	KING	7/28/2005
665	2:52.72	James, Jessie	TSC	7/28/2005
638	2:54.90	Zook, Nina	IST	6/3/2005
633	2:55.36	Michaels, Dana	CSC	6/25/2005
50 M BREASTSTROKE (41.20)				
PP	TIME	NAME	TEAM	DATE
724	39.56	Zook, Nina	IST	6/3/2005
685	40.31	Coe, Savannah	KING	4/23/2005
681	40.39	Sullenberger, Kiana	FLD	7/28/2005
668	40.63	Hultgren, Raynie	WEST	6/24/2005
661	40.78	Harper, Heather	PRO	7/28/2005
100 M BREASTSTROKE (1:29.77)				
PP	TIME	NAME	TEAM	DATE
730	1:26.26	Coe, Savannah	KING	4/23/2005
707	1:27.26	Zook, Nina	IST	5/14/2005
695	1:27.78	Hultgren, Raynie	WEST	7/28/2005
655	1:29.49	Redlin, Shiane	GHP	6/24/2005
200 M BREASTSTROKE (3:19.21)				
PP	TIME	NAME	TEAM	DATE
813	3:00.98	Coe, Savannah	KING	4/23/2005
770	3:05.02	Zook, Nina	IST	6/24/2005
732	3:08.59	Redlin, Shiane	GHP	7/28/2005
653	3:16.21	Beauchamp, Kara	IST	6/24/2005
649	3:16.67	Harper, Heather	PRO	7/28/2005
647	3:16.82	Christenson, Katlyn	WEST	7/28/2005
635	3:17.98	Simpson, Charity	KING	7/28/2005
634	3:18.14	Fallstrom, Kelsey	SA	7/28/2005
50 M BUTTERFLY (34.27)				
PP	TIME	NAME	TEAM	DATE
780	32.41	Davis, Aly	KING	6/16/2005
742	33.03	Hultgren, Raynie	WEST	7/28/2005
687	33.96	Zook, Nina	IST	6/24/2005
687	33.97	Domanowski, Jenni	MMSC	6/24/2005
686	33.98	Michaels, Dana	CSC	6/17/2005
677	34.13	Cratsenberg, Amber	VAST	6/24/2005
100 M BUTTERFLY (1:18.50)				
PP	TIME	NAME	TEAM	DATE
802	1:11.88	Davis, Aly	KING	7/28/2005
779	1:12.75	Domanowski, Jenni	MMSC	7/28/2005
711	1:15.35	Zook, Nina	IST	6/24/2005

687	1:16.31	Michaels, Dana	CSC	6/17/2005
680	1:16.57	Hultgren, Raynie	WEST	7/28/2005
646	1:17.93	Coe, Savannah	KING	4/23/2005
643	1:18.02	Williamson, Mariah	WEST	7/15/2005
200 M BUTTERFLY (3:25.53)				
PP	TIME	NAME	TEAM	DATE
829	2:43.12	Domanowski, Jenni	MMSC	7/28/2005
804	2:45.38	Davis, Aly	KING	7/28/2005
789	2:46.81	Williamson, Mariah	WEST	7/28/2005
647	3:00.14	Hu, Ciara	NWAC	7/28/2005
635	3:01.35	Hinely, Nicole	PSSC	7/28/2005
603	3:04.46	Morrison, Meagan	SA	7/28/2005
553	3:09.39	Yekalam, Lydia	GHP	7/28/2005
430	3:22.22	Harpur, Tess	BISC	6/24/2005
415	3:23.80	Bartolini, Sarah	SA	7/28/2005
200 M INDIVIDUAL MEDLEY (2:49.27)				
PP	TIME	NAME	TEAM	DATE
799	2:39.67	Davis, Aly	KING	7/28/2005
737	2:44.05	Hultgren, Raynie	WEST	7/28/2005
729	2:44.67	Coe, Savannah	KING	4/23/2005
686	2:47.75	Zook, Nina	IST	6/24/2005
684	2:47.94	Kim, Rachel	KING	7/28/2005
678	2:48.32	Williamson, Mariah	WEST	7/15/2005
669	2:48.99	Domanowski, Jenni	MMSC	7/15/2005
400 M INDIVIDUAL MEDLEY (6:29.37)				
PP	TIME	NAME	TEAM	DATE
871	5:37.62	Davis, Aly	KING	7/28/2005
834	5:43.52	Williamson, Mariah	WEST	7/28/2005
828	5:44.49	Redlin, Shiane	GHP	7/28/2005
812	5:46.90	Domanowski, Jenni	MMSC	7/28/2005
697	6:05.69	O'Keefe, Meghan	IST	7/28/2005
670	6:10.26	Kim, Rachel	KING	6/25/2005
655	6:12.83	Sullivan, Colleen	GHP	6/11/2005
633	6:16.61	Morrison, Meagan	SA	5/20/2005
630	6:17.12	Crowder, Kelsey	KING	6/25/2005
628	6:17.51	James, Jessie	TSC	7/28/2005
612	6:20.31	Um, Tracey	KING	7/28/2005
608	6:20.97	Morris, Lily	BC	4/23/2005
597	6:22.87	Cratsenberg, Amber	VAST	6/10/2005
597	6:22.88	Yekalam, Lydia	GHP	7/28/2005
597	6:22.91	Hlebasko, Cameo	BISC	6/24/2005
580	6:25.87	Harpur, Tess	BISC	6/24/2005
562	6:29.20	Simpson, Charity	KING	7/28/2005
562	6:29.20	Reese, Rachel	KING	6/25/2005

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2005	11	113	75897	672.45	689.10

NATIONAL TOP 200 – GIRLS TWELVE YEARS – 2004/2005

50 M FREESTYLE (29.80)				
PP	TIME	NAME	TEAM	DATE
848	27.97	Randolf, Melissa	SSC	8/9/2005
812	28.45	Bailey, Chelsea	KING	8/9/2005
794	28.69	Anderson, Haley	BC	6/25/2005
724	29.66	Bond, Galen	SBAY	6/24/2005
100 M FREESTYLE (1:04.93)				
PP	TIME	NAME	TEAM	DATE
798	1:02.23	Randolf, Melissa	SSC	7/12/2005
764	1:03.13	Gourley, Ali	KING	7/28/2005
733	1:03.94	Bailey, Chelsea	KING	8/9/2005
200 M FREESTYLE (2:20.91)				
PP	TIME	NAME	TEAM	DATE
767	2:15.96	Randolf, Melissa	SSC	7/12/2005
756	2:16.51	Gourley, Ali	KING	7/28/2005
752	2:16.73	McDermott, Amber	WEST	7/15/2005
686	2:20.24	Michaels, Dana	CSC	7/28/2005
400 M FREESTYLE (4:57.02)				
PP	TIME	NAME	TEAM	DATE
810	4:41.07	McDermott, Amber	WEST	8/9/2005
789	4:43.24	Gourley, Ali	KING	7/28/2005
741	4:48.27	Randolf, Melissa	SSC	7/28/2005
713	4:51.26	Michaels, Dana	CSC	7/28/2005
710	4:51.63	Anderson, Haley	BC	7/28/2005
701	4:52.62	Bailey, Chelsea	KING	7/15/2005
800 M FREESTYLE (10:42.55)				
PP	TIME	NAME	TEAM	DATE
833	9:45.39	McDermott, Amber	WEST	7/28/2005
776	9:58.73	Michaels, Dana	CSC	7/28/2005
1500 M FREESTYLE (21:16.47)				
PP	TIME	NAME	TEAM	DATE
910	18:20.47	McDermott, Amber	WEST	7/28/2005
773	19:23.03	Gourley, Ali	KING	6/25/2005
764	19:27.05	Anderson, Haley	BC	6/25/2005
50 M BACKSTROKE (34.85)				
PP	TIME	NAME	TEAM	DATE
905	31.64	Bailey, Chelsea	KING	8/9/2005
723	34.19	Liu, Helen	IST	7/28/2005
707	34.42	Anderson, Haley	BC	8/9/2005
692	34.64	Thayer, Annemarie	SBAY	6/24/2005
690	34.67	McDermott, Amber	WEST	7/28/2005
681	34.81	Randolf, Melissa	SSC	6/17/2005
100 M BACKSTROKE (1:15.15)				
PP	TIME	NAME	TEAM	DATE
754	1:12.16	Bailey, Chelsea	KING	7/15/2005
720	1:13.27	Gourley, Ali	KING	7/28/2005
706	1:13.72	McDermott, Amber	WEST	8/9/2005
693	1:14.13	Liu, Helen	IST	7/28/2005
676	1:14.70	Anderson, Haley	BC	8/9/2005
200 M BACKSTROKE (2:44.31)				
PP	TIME	NAME	TEAM	DATE
798	2:32.88	McDermott, Amber	WEST	7/28/2005
737	2:37.39	Liu, Helen	IST	7/28/2005
673	2:42.24	Gourley, Ali	KING	5/20/2005
50 M BREASTSTROKE (38.77)				
PP	TIME	NAME	TEAM	DATE
860	35.41	Poli, Lauren	BC	4/23/2005
784	36.75	Bailey, Chelsea	KING	6/25/2005

100 M BREASTSTROKE (1:24.80)				
PP	TIME	NAME	TEAM	DATE
766	1:20.28	Bailey, Chelsea	KING	7/15/2005
674	1:23.97	Coe, Savannah	KING	7/28/2005
669	1:24.16	Allen, Eleanor	CSC	6/17/2005
667	1:24.24	Poli, Lauren	BC	4/23/2005
200 M BREASTSTROKE (3:06.00)				
PP	TIME	NAME	TEAM	DATE
735	2:57.20	Bailey, Chelsea	KING	7/28/2005
690	3:01.21	Coe, Savannah	KING	5/20/2005
50 M BUTTERFLY (32.50)				
PP	TIME	NAME	TEAM	DATE
838	30.14	Randolf, Melissa	SSC	8/9/2005
802	30.70	Anderson, Haley	BC	6/25/2005
800	30.74	Gourley, Ali	KING	7/28/2005
759	31.37	Bailey, Chelsea	KING	7/15/2005
737	31.73	Poli, Lauren	BC	4/23/2005
711	32.15	Thayer, Annemarie	SBAY	7/28/2005
100 M BUTTERFLY (1:12.89)				
PP	TIME	NAME	TEAM	DATE
827	1:07.35	Randolf, Melissa	SSC	7/28/2005
821	1:07.55	Gourley, Ali	KING	7/28/2005
723	1:11.06	Anderson, Haley	BC	7/28/2005
693	1:12.18	Michaels, Dana	CSC	7/28/2005
200 M BUTTERFLY (2:51.74)				
PP	TIME	NAME	TEAM	DATE
760	2:36.76	McDermott, Amber	WEST	7/28/2005
706	2:41.40	Randolf, Melissa	SSC	6/24/2005
699	2:42.02	Gourley, Ali	KING	6/25/2005
617	2:49.32	Coe, Savannah	KING	5/20/2005
200 M INDIVIDUAL MEDLEY (2:40.54)				
PP	TIME	NAME	TEAM	DATE
852	2:29.18	Bailey, Chelsea	KING	8/9/2005
765	2:34.93	McDermott, Amber	WEST	8/9/2005
738	2:36.79	Randolf, Melissa	SSC	7/8/2005
690	2:40.13	Coe, Savannah	KING	7/28/2005
400 M INDIVIDUAL MEDLEY (5:50.59)				
PP	TIME	NAME	TEAM	DATE
807	5:24.53	McDermott, Amber	WEST	7/28/2005
710	5:39.22	Coe, Savannah	KING	5/20/2005
690	5:42.44	Randolf, Melissa	SSC	6/24/2005

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2005	12	59	44301	750.86	725.40
2004	11	79	54589	691.00	703.50

NATIONAL TOP 200 – GIRLS THIRTEEN YEARS – 2004/2005

50 M FREESTYLE (29.22)				
PP	TIME	NAME	TEAM	DATE
750	28.65	Vetterlein, Nikki	KING	7/28/2005
746	28.70	Kukors, Mattie	KING	6/25/2005
735	28.84	Taylor, Andie	IST	5/20/2005
717	29.06	Ellis, Danielle	GHP	7/28/2005
100 M FREESTYLE (1:03.34)				
PP	TIME	NAME	TEAM	DATE
806	1:00.44	Taylor, Andie	IST	6/3/2005
759	1:01.52	Tannhauser, Kelly	SBAY	7/28/2005
754	1:01.65	Ellis, Danielle	GHP	7/28/2005
732	1:02.16	Kukors, Mattie	KING	4/23/2005
727	1:02.28	Vetterlein, Nikki	KING	7/28/2005
690	1:03.18	Vetterlein, Allie	KING	6/16/2005
200 M FREESTYLE (2:17.24)				
PP	TIME	NAME	TEAM	DATE
854	2:07.49	Taylor, Andie	IST	5/20/2005
761	2:11.62	Tannhauser, Kelly	SBAY	7/28/2005
690	2:14.93	Kukors, Mattie	KING	5/20/2005
675	2:15.63	Corbin, Kaelynn	TSC	7/28/2005
400 M FREESTYLE (4:48.10)				
PP	TIME	NAME	TEAM	DATE
845	4:27.46	Taylor, Andie	IST	8/9/2005
729	4:38.03	Tannhauser, Kelly	SBAY	7/28/2005
683	4:42.45	Ellis, Danielle	GHP	7/28/2005
673	4:43.45	Kukors, Mattie	KING	4/23/2005
651	4:45.61	Holstein, Danielle	WEST	7/28/2005
800 M FREESTYLE (10:01.96)				
PP	TIME	NAME	TEAM	DATE
828	9:17.04	Taylor, Andie	IST	6/30/2005
764	9:29.98	Kukors, Mattie	KING	5/20/2005
724	9:38.21	Tannhauser, Kelly	SBAY	7/12/2005
679	9:47.91	Ellis, Danielle	GHP	7/28/2005
673	9:49.20	Holstein, Danielle	WEST	6/30/2005
641	9:56.19	McDermott, Courtney	WEST	7/28/2005
625	9:59.93	Chan, Nakayla	TSC	1/8/2005
1500 M FREESTYLE (19:26.47)				
PP	TIME	NAME	TEAM	DATE
853	17:42.47	Taylor, Andie	IST	5/14/2005
746	18:25.05	Kukors, Mattie	KING	6/25/2005
741	18:27.21	Ellis, Danielle	GHP	7/28/2005
716	18:37.58	Tannhauser, Kelly	SBAY	8/9/2005
699	18:44.78	Holstein, Danielle	WEST	6/30/2005
673	18:55.60	McDermott, Courtney	WEST	7/28/2005
100 M BACKSTROKE (1:13.15)				
PP	TIME	NAME	TEAM	DATE
863	1:07.17	Taylor, Andie	IST	6/24/2005
729	1:10.88	Vetterlein, Nikki	KING	7/28/2005
674	1:12.46	Larson, Molly	WWA	6/24/2005
654	1:13.06	Corbin, Kaelynn	TSC	7/28/2005
200 M BACKSTROKE (2:36.58)				
PP	TIME	NAME	TEAM	DATE
869	2:22.45	Taylor, Andie	IST	6/24/2005
758	2:29.45	Silva, Courtney	KING	6/25/2005
735	2:30.94	Tannhauser, Kelly	SBAY	7/28/2005

723	2:31.77	Kukors, Mattie	KING	6/16/2005
693	2:33.69	Vetterlein, Nikki	KING	7/28/2005
656	2:36.18	Vlasic, Jessica	BBST	5/14/2005
655	2:36.25	Shawback, Sarah	SSC	1/8/2005
100 M BREASTSTROKE (1:23.06)				
PP	TIME	NAME	TEAM	DATE
801	1:16.58	Ferreira, Emily	SSC	7/28/2005
727	1:19.16	Kukors, Mattie	KING	6/16/2005
703	1:20.02	Taylor, Andie	IST	6/30/2005
693	1:20.39	Vetterlein, Allie	KING	7/28/2005
643	1:22.21	Poli, Lauren	BC	7/28/2005
200 M BREASTSTROKE (2:58.70)				
PP	TIME	NAME	TEAM	DATE
800	2:44.00	Kukors, Mattie	KING	5/20/2005
766	2:46.61	Taylor, Andie	IST	6/30/2005
758	2:47.25	Ferreira, Emily	SSC	7/12/2005
645	2:56.15	Vetterlein, Allie	KING	7/28/2005
614	2:58.68	Morgan, Maddy	WSY	7/28/2005
100 M BUTTERFLY (1:10.84)				
PP	TIME	NAME	TEAM	DATE
865	1:04.13	Taylor, Andie	IST	6/24/2005
711	1:08.68	Kukors, Mattie	KING	4/23/2005
655	1:10.42	Deigh, Aubrey	SST	5/20/2005
200 M BUTTERFLY (2:39.06)				
PP	TIME	NAME	TEAM	DATE
914	2:18.74	Taylor, Andie	IST	6/24/2005
780	2:27.92	Kukors, Mattie	KING	6/16/2005
673	2:35.56	McDermott, Courtney	WEST	7/28/2005
200 M INDIVIDUAL MEDLEY (2:37.04)				
PP	TIME	NAME	TEAM	DATE
911	2:21.83	Taylor, Andie	IST	6/30/2005
815	2:27.26	Kukors, Mattie	KING	6/16/2005
718	2:33.09	Vetterlein, Allie	KING	7/28/2005
717	2:33.13	Tannhauser, Kelly	SBAY	7/28/2005
676	2:35.65	Weitz, Elizabeth	CSC	1/8/2005
400 M INDIVIDUAL MEDLEY (5:31.55)				
PP	TIME	NAME	TEAM	DATE
889	5:00.36	Taylor, Andie	IST	7/12/2005
825	5:08.45	Kukors, Mattie	KING	4/23/2005
786	5:13.45	Tannhauser, Kelly	SBAY	7/28/2005
659	5:30.58	Vetterlein, Allie	KING	7/28/2005

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2005	13	68	50092	736.64	710.69
2004	12	59	42764	724.81	725.83

NATIONAL TOP 200 – GIRLS FOURTEEN YEARS – 2004/2005

50 M FREESTYLE (28.70)				
PP	TIME	NAME	TEAM	DATE
789	27.70	Jennings, Leona	KING	7/12/2005
743	28.25	Cardwell, Maureen	BC	8/9/2005
100 M FREESTYLE (1:02.20)				
PP	TIME	NAME	TEAM	DATE
733	1:01.34	Cardwell, Maureen	BC	7/28/2005
717	1:01.70	Godfred, Rachel	BC	7/28/2005
699	1:02.15	Spence, Molly	TSC	7/28/2005
200 M FREESTYLE (2:14.13)				
PP	TIME	NAME	TEAM	DATE
760	2:10.51	Cardwell, Maureen	BC	7/28/2005
745	2:11.22	Brunner, Haley	SBAY	7/28/2005
733	2:11.74	Kukors, Mattie	KING	7/28/2005
729	2:11.92	Chan, Nakayla	TSC	7/12/2005
400 M FREESTYLE (4:42.51)				
PP	TIME	NAME	TEAM	DATE
793	4:29.96	Brunner, Haley	SBAY	7/28/2005
731	4:35.63	Chan, Nakayla	TSC	7/12/2005
671	4:41.38	McCann, Christina	GHP	7/28/2005
661	4:42.40	Cardwell, Maureen	BC	7/28/2005
800 M FREESTYLE (9:47.64)				
PP	TIME	NAME	TEAM	DATE
814	9:14.71	Brunner, Haley	SBAY	7/28/2005
752	9:27.11	Chan, Nakayla	TSC	7/12/2005
706	9:36.83	Kukors, Mattie	KING	7/12/2005
704	9:37.14	McCann, Christina	GHP	7/28/2005
687	9:40.75	Spence, Molly	TSC	7/28/2005
680	9:42.33	Pomar-Enders, Marina	WEST	7/28/2005
668	9:44.82	Meyer, Briana	SBAY	7/28/2005
667	9:45.01	Weitz, Elizabeth	CSC	7/12/2005
1500 M FREESTYLE (18:57.68)				
PP	TIME	NAME	TEAM	DATE
849	17:29.60	Brunner, Haley	SBAY	7/28/2005
745	18:10.61	Chan, Nakayla	TSC	7/28/2005
735	18:14.79	Spence, Molly	TSC	7/28/2005
717	18:22.22	Kukors, Mattie	KING	7/28/2005
693	18:32.20	Weitz, Elizabeth	CSC	6/25/2005
688	18:34.33	McCann, Christina	GHP	7/12/2005
665	18:43.80	Fitzgerald, Kelly	TSC	7/12/2005
662	18:45.06	Pomar-Enders, Marina	WEST	6/24/2005
100 M BACKSTROKE (1:11.59)				
PP	TIME	NAME	TEAM	DATE
888	1:05.27	Jennings, Leona	KING	7/28/2005
200 M BACKSTROKE (2:33.15)				
PP	TIME	NAME	TEAM	DATE
716	2:29.96	Jennings, Leona	KING	5/20/2005
684	2:32.05	Brunner, Haley	SBAY	7/28/2005
683	2:32.14	Shawback, Sarah	SSC	7/12/2005
669	2:33.03	Vlasic, Jessica	BBST	7/28/2005
100 M BREASTSTROKE (1:20.54)				
PP	TIME	NAME	TEAM	DATE
793	1:16.75	Averill, Trish	KING	7/28/2005
781	1:17.14	Jennings, Leona	KING	6/25/2005
765	1:17.71	Kukors, Mattie	KING	7/12/2005

709	1:19.66	McCann, Christina	GHP	7/28/2005
706	1:19.80	Barrett, Laurel	SST	7/28/2005
703	1:19.90	Weitz, Elizabeth	CSC	7/28/2005
200 M BREASTSTROKE (2:53.65)				
PP	TIME	NAME	TEAM	DATE
825	2:41.43	Jennings, Leona	KING	5/20/2005
786	2:44.38	Kukors, Mattie	KING	7/28/2005
785	2:44.47	Averill, Trish	KING	7/28/2005
718	2:49.64	Livingston, Natalie	KING	7/28/2005
696	2:51.43	Weitz, Elizabeth	CSC	7/28/2005
691	2:51.76	McCann, Christina	GHP	7/28/2005
100 M BUTTERFLY (1:09.01)				
PP	TIME	NAME	TEAM	DATE
763	1:06.07	Godfred, Rachel	BC	8/9/2005
752	1:06.40	Jennings, Leona	KING	7/12/2005
738	1:06.81	Boggs, Briley	KING	7/28/2005
709	1:07.68	Ha, Stephanie	WEST	7/28/2005
699	1:07.96	Weitz, Elizabeth	CSC	7/12/2005
696	1:08.06	Cardwell, Maureen	BC	7/28/2005
671	1:08.83	Meyer, Briana	SBAY	7/28/2005
200 M BUTTERFLY (2:34.45)				
PP	TIME	NAME	TEAM	DATE
752	2:26.88	Meyer, Briana	SBAY	7/28/2005
750	2:26.98	Godfred, Rachel	BC	7/28/2005
741	2:27.64	Cardwell, Maureen	BC	7/28/2005
717	2:29.25	Weitz, Elizabeth	CSC	7/12/2005
692	2:31.04	Jennings, Leona	KING	6/25/2005
668	2:32.71	Cate, Beth	KING	6/16/2005
660	2:33.28	Boggs, Briley	KING	7/28/2005
200 M INDIVIDUAL MEDLEY (2:33.12)				
PP	TIME	NAME	TEAM	DATE
860	2:21.78	Jennings, Leona	KING	7/28/2005
760	2:27.50	Kukors, Mattie	KING	7/28/2005
699	2:31.14	Averill, Trish	KING	7/28/2005
678	2:32.38	Ha, Stephanie	WEST	7/28/2005
667	2:33.07	Godfred, Rachel	BC	7/12/2005
400 M INDIVIDUAL MEDLEY (5:23.26)				
PP	TIME	NAME	TEAM	DATE
779	5:09.27	Jennings, Leona	KING	5/20/2005
758	5:12.03	Kukors, Mattie	KING	7/28/2005
746	5:13.57	Brunner, Haley	SBAY	7/28/2005
720	5:17.02	Weitz, Elizabeth	CSC	7/12/2005
706	5:18.84	Averill, Trish	KING	7/12/2005
681	5:22.23	Godfred, Rachel	BC	7/12/2005

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2005	14	71	51596	726.70	736.36
2004	13	82	58475	713.10	723.54

NATIONAL TOP 200 – GIRLS FIFTEEN YEARS – 2004/2005

50 M FREESTYLE (28.54)				
PP	TIME	NAME	TEAM	DATE
832	26.78	Jennings, Emilee	KING	4/1/2005
809	27.05	Messegee, Amelia	HWST	4/23/2005
712	28.19	Gilliam, Hana	C	7/28/2005
706	28.27	Lindblad, Brianne	KING	7/28/2005
703	28.31	Conrad, Kelley	SA	6/24/2005
687	28.50	Hendricks, Katie	VAST	7/12/2005
100 M FREESTYLE (1:01.63)				
PP	TIME	NAME	TEAM	DATE
793	58.88	Messegee, Amelia	HWST	5/20/2005
779	59.20	Jennings, Emilee	KING	4/1/2005
711	1:00.76	Conrad, Kelley	SA	5/20/2005
709	1:00.81	Schumacher, Allyson	KING	7/28/2005
697	1:01.08	Lindblad, Brianne	KING	7/28/2005
688	1:01.31	Friedhoff, Amy	VAST	7/28/2005
200 M FREESTYLE (2:13.28)				
PP	TIME	NAME	TEAM	DATE
807	2:06.31	Kukors, Ariana	KING	5/20/2005
731	2:09.67	Friedhoff, Amy	VAST	7/28/2005
728	2:09.79	Schumacher, Allyson	KING	7/12/2005
716	2:10.35	Hall, Lauren	SBAY	6/30/2005
696	2:11.27	Messegee, Amelia	PAC	7/28/2005
400 M FREESTYLE (4:40.90)				
PP	TIME	NAME	TEAM	DATE
768	4:29.51	Kukors, Ariana	KING	5/20/2005
751	4:31.03	Hall, Lauren	SBAY	6/23/2005
703	4:35.46	Schumacher, Allyson	KING	7/28/2005
697	4:36.05	Friedhoff, Amy	VAST	7/28/2005
800 M FREESTYLE (9:45.90)				
PP	TIME	NAME	TEAM	DATE
707	9:24.80	Hall, Lauren	SBAY	6/23/2005
701	9:26.08	Schumacher, Allyson	KING	7/12/2005
657	9:35.19	Friedhoff, Amy	VAST	5/27/2005
646	9:37.57	Prothero, Marley	KING	7/12/2005
635	9:40.02	Sarikaya, Aydan	CSC	7/28/2005
633	9:40.47	Swalin, Jayme	WAVE	7/28/2005
1500 M FREESTYLE (18:52.74)				
PP	TIME	NAME	TEAM	DATE
701	18:14.19	Hall, Lauren	SBAY	5/14/2005
689	18:19.29	Schumacher, Allyson	KING	7/12/2005
682	18:22.12	Friedhoff, Amy	VAST	6/24/2005
652	18:34.70	Prothero, Marley	KING	7/12/2005
651	18:35.04	Spence, Molly	TSC	8/9/2005
645	18:37.74	Simas, Alex	BC	6/24/2005
638	18:40.65	Sarikaya, Aydan	CSC	6/25/2005
632	18:43.10	Scott, Linnea	SBAY	7/12/2005
100 M BACKSTROKE (1:10.90)				
PP	TIME	NAME	TEAM	DATE
920	1:03.28	Kukors, Ariana	KING	4/1/2005
788	1:06.70	Lindblad, Brianne	KING	7/12/2005
680	1:09.68	Chinn, Caitlin	BC	7/12/2005
679	1:09.69	Baumgartner, Chrissy	WAVE	7/12/2005
676	1:09.77	Messegee, Amelia	PAC	7/28/2005
661	1:10.22	Kimura, Katie	PRO	8/9/2005
639	1:10.83	Hall, Lauren	SBAY	5/20/2005

639	1:10.85	Caylor, Megan	WAVE	7/28/2005
200 M BACKSTROKE (2:32.08)				
PP	TIME	NAME	TEAM	DATE
889	2:17.19	Kukors, Ariana	KING	4/1/2005
748	2:25.84	Lindblad, Brianne	KING	7/28/2005
708	2:28.39	Baumgartner, Chrissy	WAVE	7/12/2005
685	2:29.90	Palumbo, Danielle	BC	7/28/2005
677	2:30.43	Chinn, Caitlin	BC	6/24/2005
659	2:31.60	Messegee, Amelia	PAC	7/28/2005
659	2:31.62	Williams, Isabel	BISC	7/12/2005
652	2:32.05	Kimura, Katie	PRO	7/28/2005
100 M BREASTSTROKE (1:20.54)				
PP	TIME	NAME	TEAM	DATE
747	1:16.21	Ernst, Alexandra	SBAY	8/9/2005
658	1:19.30	Bush, Meridith	BC	1/8/2005
637	1:20.04	Eberhardt, Molly	BC	7/12/2005
634	1:20.17	Spurlock, Sarah	WAVE	7/12/2005
625	1:20.49	Nakamura, Mckenzie	WAVE	7/12/2005
200 M BREASTSTROKE (2:53.42)				
PP	TIME	NAME	TEAM	DATE
864	2:36.01	Kukors, Ariana	KING	4/1/2005
764	2:43.49	Ernst, Alexandra	SBAY	7/12/2005
724	2:46.56	Jennings, Emilee	KING	4/1/2005
706	2:47.96	Hall, Lauren	SBAY	6/30/2005
677	2:50.18	Bush, Meridith	BC	1/8/2005
658	2:51.67	Prothero, Marley	KING	7/28/2005
657	2:51.75	Eberhardt, Molly	BC	7/12/2005
656	2:51.84	Matulic, Katie	KING	7/28/2005
100 M BUTTERFLY (1:08.31)				
PP	TIME	NAME	TEAM	DATE
774	1:04.96	Kukors, Ariana	KING	5/14/2005
710	1:06.84	Guieb, Gabby	KING	7/12/2005
692	1:07.39	Williams, Isabel	BISC	7/12/2005
200 M BUTTERFLY (2:32.78)				
PP	TIME	NAME	TEAM	DATE
826	2:19.74	Kukors, Ariana	KING	5/20/2005
765	2:23.82	Guieb, Gabby	KING	7/28/2005
663	2:30.84	Ernst, Alexandra	SBAY	7/12/2005
653	2:31.51	Williams, Isabel	BISC	6/24/2005
200 M INDIVIDUAL MEDLEY (2:31.74)				
PP	TIME	NAME	TEAM	DATE
958	2:15.11	Kukors, Ariana	KING	4/1/2005
822	2:22.58	Hall, Lauren	SBAY	6/23/2005
693	2:30.04	Baumgartner, Chrissy	WAVE	7/28/2005
687	2:30.44	Ernst, Alexandra	SBAY	8/9/2005
686	2:30.49	Prothero, Marley	KING	7/28/2005
670	2:31.46	Chinn, Caitlin	BC	1/8/2005
669	2:31.48	Friedhoff, Amy	VAST	7/28/2005
665	2:31.74	Bush, Meridith	BC	1/8/2005
400 M INDIVIDUAL MEDLEY (5:21.33)				
PP	TIME	NAME	TEAM	DATE
924	4:46.78	Kukors, Ariana	KING	4/1/2005
781	5:04.44	Hall, Lauren	SBAY	6/23/2005
676	5:18.01	Ernst, Alexandra	SBAY	5/20/2005
660	5:20.20	Prothero, Marley	KING	5/20/2005

PACIFIC NORTHWEST SWIMMING



PACIFIC
NORTHWEST
SWIMMING

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2005	15	83	59032	711.22	713.22
2004	14	92	68259	741.94	733.29

NATIONAL TOP 200 – GIRLS SIXTEEN YEARS – 2004/2005

50 M FREESTYLE (28.38)				
PP	TIME	NAME	TEAM	DATE
843	26.63	Jennings, Emilee	KING	7/12/2005
813	26.97	Hougan, Karlyn	TSC	8/9/2005
743	27.79	Rousell, Maddie	PSSC	7/12/2005
730	27.95	Kukors, Ariana	KING	6/25/2005
720	28.07	Maclean, Ashley	BC	6/24/2005
718	28.09	Conrad, Kelley	SA	7/28/2005
703	28.27	Hall, Lauren	SBAY	8/9/2005
100 M FREESTYLE (1:01.20)				
PP	TIME	NAME	TEAM	DATE
834	57.70	Jennings, Emilee	KING	8/3/2005
777	58.96	Hougan, Karlyn	TSC	8/9/2005
768	59.17	Sutton, Stefanie	TSC	1/6/2005
738	59.85	Hall, Lauren	SBAY	8/9/2005
686	1:01.07	Maclean, Ashley	BC	6/24/2005
682	1:01.17	Rousell, Maddie	PSSC	7/12/2005
200 M FREESTYLE (2:12.06)				
PP	TIME	NAME	TEAM	DATE
851	2:03.66	Kukors, Ariana	KING	8/3/2005
760	2:07.55	Hall, Lauren	SBAY	7/12/2005
749	2:08.02	Jennings, Emilee	KING	7/12/2005
716	2:09.53	Sutton, Stefanie	TSC	6/23/2005
706	2:09.98	Hougan, Karlyn	TSC	6/23/2005
703	2:10.12	Daly, Ashley	SBAY	8/9/2005
680	2:11.15	Schafer, Kate	BC	7/28/2005
400 M FREESTYLE (4:38.96)				
PP	TIME	NAME	TEAM	DATE
852	4:19.23	Kukors, Ariana	KING	7/12/2005
777	4:25.78	Daly, Ashley	SBAY	8/9/2005
751	4:28.06	Hall, Lauren	SBAY	8/9/2005
800 M FREESTYLE (9:41.28)				
PP	TIME	NAME	TEAM	DATE
818	8:59.28	Kukors, Ariana	KING	7/12/2005
811	9:00.63	Daly, Ashley	UN	7/12/2005
674	9:28.21	Brown, Emily	WEST	7/12/2005
658	9:31.56	Felder, Ashley	KING	7/12/2005
652	9:32.78	Holman, Karla	SBAY	7/12/2005
1500 M FREESTYLE (18:43.59)				
PP	TIME	NAME	TEAM	DATE
836	17:15.64	Daly, Ashley	SBAY	8/9/2005
661	18:24.91	Brown, Emily	WEST	6/30/2005
638	18:34.67	Holman, Karla	SBAY	7/12/2005
100 M BACKSTROKE (1:10.53)				
PP	TIME	NAME	TEAM	DATE
865	1:04.20	Kukors, Ariana	KING	7/12/2005
823	1:05.28	Sutton, Stefanie	TSC	4/1/2005
732	1:07.71	Jennings, Emilee	KING	7/12/2005
727	1:07.85	Hall, Lauren	SBAY	8/9/2005
718	1:08.09	Roberson, Leslie	BC	7/21/2005
695	1:08.74	Brown, Emily	WEST	7/28/2005
650	1:10.01	Holman, Karla	SBAY	7/12/2005
638	1:10.35	Bizzell, Phoebe	KING	5/20/2005
633	1:10.48	Menard, Laura	SSC	1/8/2005

200 M BACKSTROKE (2:32.61)				
PP	TIME	NAME	TEAM	DATE
904	2:15.18	Kukors, Ariana	KING	7/12/2005
799	2:21.49	Sutton, Stefanie	TSC	4/1/2005
746	2:24.77	Roberson, Leslie	BC	7/21/2005
714	2:26.80	Brown, Emily	WEST	7/28/2005
714	2:26.83	Bizzell, Phoebe	KING	7/28/2005
683	2:28.78	Hall, Lauren	SBAY	7/12/2005
667	2:29.83	Jennings, Emilee	KING	6/25/2005
625	2:32.55	McKay, Rach	KING	7/12/2005
100 M BREASTSTROKE (1:20.11)				
PP	TIME	NAME	TEAM	DATE
788	1:14.33	Kukors, Ariana	KING	6/25/2005
775	1:14.78	Bush, Meridith	BC	8/9/2005
726	1:16.43	Jennings, Emilee	KING	7/12/2005
704	1:17.20	Hall, Lauren	SBAY	7/12/2005
652	1:19.00	Brown, Emily	WEST	7/28/2005
647	1:19.19	Runestrand, Kelly	BBST	8/9/2005
200 M BREASTSTROKE (2:53.23)				
PP	TIME	NAME	TEAM	DATE
864	2:35.77	Kukors, Ariana	KING	8/3/2005
812	2:39.64	Bush, Meridith	BC	7/21/2005
739	2:45.13	Jennings, Emilee	KING	8/3/2005
640	2:52.86	Runestrand, Kelly	BBST	7/28/2005
100 M BUTTERFLY (1:07.80)				
PP	TIME	NAME	TEAM	DATE
849	1:02.28	Sutton, Stefanie	TSC	1/6/2005
769	1:04.54	Felder, Ashley	KING	7/28/2005
726	1:05.79	Roberson, Leslie	BC	7/28/2005
709	1:06.30	Holman, Karla	SBAY	7/28/2005
200 M BUTTERFLY (2:31.36)				
PP	TIME	NAME	TEAM	DATE
796	2:21.55	Felder, Ashley	KING	7/28/2005
729	2:26.07	Sutton, Stefanie	TSC	1/6/2005
715	2:27.03	Holman, Karla	SBAY	7/12/2005
200 M INDIVIDUAL MEDLEY (2:30.98)				
PP	TIME	NAME	TEAM	DATE
962	2:14.57	Kukors, Ariana	KING	8/3/2005
836	2:21.45	Hall, Lauren	SBAY	8/9/2005
806	2:23.16	Sutton, Stefanie	TSC	1/6/2005
723	2:27.90	Brown, Emily	WEST	7/28/2005
690	2:29.87	Jennings, Emilee	KING	5/20/2005
686	2:30.12	Bush, Meridith	BC	7/21/2005
676	2:30.75	Bizzell, Phoebe	KING	5/20/2005
400 M INDIVIDUAL MEDLEY (5:19.44)				
PP	TIME	NAME	TEAM	DATE
947	4:43.32	Kukors, Ariana	KING	8/3/2005
829	4:57.67	Hall, Lauren	SBAY	8/9/2005
722	5:11.16	Felder, Ashley	KING	7/28/2005
702	5:13.85	Brown, Emily	WEST	7/12/2005
668	5:18.34	Daly, Ashley	UN	7/12/2005

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2005	16	77	57268	743.74	719.99
2004	15	76	56136	738.63	727.63

NATIONAL TOP 200 – GIRLS SEVENTEEN YEARS – 2004/2005

50 M FREESTYLE (28.40)				
PP	TIME	NAME	TEAM	DATE
804	26.98	McIntyre, Missy	TSC	6/23/2005
696	28.25	Preston, Hillary	C	6/30/2005
100 M FREESTYLE (1:01.04)				
PP	TIME	NAME	TEAM	DATE
732	59.91	Eronemo, Courtney	KING	5/20/2005
724	1:00.10	McIntyre, Missy	TSC	5/20/2005
717	1:00.27	Leaf, Lindsay	GHP	7/28/2005
694	1:00.80	Forelli, Krissy	TSC	6/23/2005
200 M FREESTYLE (2:11.84)				
PP	TIME	NAME	TEAM	DATE
665	2:11.84	McIntyre, Missy	TSC	1/8/2005
400 M FREESTYLE (4:39.80)				
PP	TIME	NAME	TEAM	DATE
634	4:38.96	White-Delehoy, Sara	TSC	7/28/2005
800 M FREESTYLE (9:46.56)				
PP	TIME	NAME	TEAM	DATE
741	9:13.04	Eronemo, Courtney	KING	7/12/2005
1500 M FREESTYLE (19:09.58)				
PP	TIME	NAME	TEAM	DATE
611	18:44.32	Lowry, Courtney	SBAY	7/28/2005
599	18:49.45	Nerbovig, Amanda	CSC	7/28/2005
582	18:57.04	Hagan, Kate	WAVE	6/30/2005
578	18:58.75	Cox, Miranda	VAST	7/12/2005
574	19:00.25	Pleasant, Amber	WEST	6/30/2005
100 M BACKSTROKE (1:10.86)				
PP	TIME	NAME	TEAM	DATE
798	1:05.95	Eronemo, Courtney	KING	7/12/2005
778	1:06.47	McIntyre, Missy	TSC	5/20/2005
685	1:09.02	Menard, Laura	SSC	7/12/2005
627	1:10.65	White-Delehoy, Sara	TSC	7/12/2005
200 M BACKSTROKE (2:32.85)				
PP	TIME	NAME	TEAM	DATE
731	2:25.70	McIntyre, Missy	TSC	1/8/2005
649	2:31.00	McKay, Rach	KING	7/28/2005
642	2:31.44	Menard, Laura	SSC	7/28/2005

100 M BREASTSTROKE (1:20.50)				
PP	TIME	NAME	TEAM	DATE
806	1:13.38	McIntyre, Missy	TSC	1/8/2005
668	1:18.06	Harrang, Jessica	IST	7/12/2005
618	1:19.83	Thompson, Brittney	SSC	7/28/2005
200 M BREASTSTROKE (2:53.84)				
PP	TIME	NAME	TEAM	DATE
777	2:41.29	McIntyre, Missy	TSC	1/8/2005
629	2:52.68	Ortblad, Katrina	BC	7/28/2005
100 M BUTTERFLY (1:07.64)				
PP	TIME	NAME	TEAM	DATE
813	1:03.25	Eronemo, Courtney	KING	7/12/2005
749	1:05.07	Felder, Ashley	KING	8/9/2005
739	1:05.37	Byers, Kirsten	KING	7/28/2005
663	1:07.59	Garcia, Erin	BC	7/21/2005
200 M BUTTERFLY (2:31.97)				
PP	TIME	NAME	TEAM	DATE
787	2:20.12	Eronemo, Courtney	KING	7/12/2005
765	2:21.59	Felder, Ashley	KING	8/9/2005
684	2:27.10	Garcia, Erin	BC	7/21/2005
670	2:28.07	Kripps, Kim	SBAY	5/14/2005
629	2:30.91	Byers, Kirsten	KING	7/28/2005
623	2:31.34	Lowry, Courtney	SBAY	7/28/2005
200 M INDIVIDUAL MEDLEY (2:31.02)				
PP	TIME	NAME	TEAM	DATE
850	2:20.51	Eronemo, Courtney	KING	7/12/2005
833	2:21.45	McIntyre, Missy	TSC	1/8/2005
400 M INDIVIDUAL MEDLEY (5:21.65)				
PP	TIME	NAME	TEAM	DATE
856	4:54.30	Eronemo, Courtney	KING	8/3/2005

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2005	17	39	27420	703.07	710.67
2004	16	61	44857	735.36	726.69

NATIONAL TOP 200 – GIRLS EIGHTEEN YEARS – 2004/2005

50 M FREESTYLE (28.85)				
PP	TIME	NAME	TEAM	DATE
807	26.94	McIntyre, Missy	TSC	7/14/2005
782	27.23	Jackson, Summer	TSC	7/28/2005
726	27.89	Helgason, Chelsea	ESC	6/25/2005
715	28.02	Seely, Rachel	UN	4/23/2005
709	28.10	Hunt-Higgins, Megan	CSC	7/28/2005
688	28.35	Shannon, Sarah	IST	7/28/2005
673	28.53	Kripps, Kim	SBAY	7/12/2005
667	28.61	Harrang, Jessica	IST	7/28/2005
100 M FREESTYLE (1:02.16)				
PP	TIME	NAME	TEAM	DATE
759	59.29	Jackson, Summer	TSC	7/12/2005
732	59.91	Seely, Rachel	UN	5/14/2005
718	1:00.25	McIntyre, Missy	TSC	7/14/2005
682	1:01.09	Helgason, Chelsea	ESC	7/28/2005
667	1:01.45	Shannon, Sarah	IST	7/12/2005
657	1:01.69	Hunt-Higgins, Megan	CSC	7/12/2005
200 M FREESTYLE (2:13.86)				
PP	TIME	NAME	TEAM	DATE
713	2:09.05	McIntyre, Missy	TSC	7/14/2005
640	2:12.41	Kuestermeyer, Bailey	VAST	7/12/2005
630	2:12.90	Helgason, Chelsea	ESC	6/25/2005
621	2:13.31	Jackson, Summer	TSC	7/12/2005
400 M FREESTYLE (4:45.85)				
PP	TIME	NAME	TEAM	DATE
628	4:38.36	Kuestermeyer, Bailey	VAST	7/12/2005
611	4:40.04	Brown, Megan	WEST	7/28/2005
595	4:41.66	Gleason, Sarah	BISC	7/28/2005
584	4:42.79	Colnon, Alison	WAVE	7/12/2005
800 M FREESTYLE (10:15.45)				
PP	TIME	NAME	TEAM	DATE
676	9:26.32	Kripps, Kim	SBAY	7/12/2005
644	9:33.14	Brown, Megan	WEST	7/28/2005
619	9:38.56	Colnon, Alison	WAVE	7/12/2005
542	9:55.67	Schaeffer, Katie	BC	7/28/2005
524	9:59.81	Barr, Whitney	TSC	7/28/2005
485	10:09.04	Hunsberger, Christina	BC	7/12/2005
461	10:14.82	Pigott, Kerry	BC	1/8/2005
1500 M FREESTYLE (198)				
PP	TIME	NAME	TEAM	DATE
629	18:36.63	Colnon, Alison	WAVE	7/28/2005
573	19:00.95	Barr, Whitney	TSC	7/28/2005
560	19:06.75	Schaeffer, Katie	BC	6/30/2005
556	19:08.57	Brown, Megan	WEST	7/12/2005
100 M BACKSTROKE (1:12.59)				
PP	TIME	NAME	TEAM	DATE
703	1:08.51	McIntyre, Missy	TSC	7/14/2005
680	1:09.17	Helgason, Chelsea	ESC	7/12/2005
674	1:09.33	Hunt-Higgins, Megan	CSC	7/28/2005
661	1:09.70	Brunner, Rikka	SSC	6/24/2005
604	1:11.32	Kripps, Kim	SBAY	7/12/2005
572	1:12.27	Shannon, Sarah	IST	6/30/2005

200 M BACKSTROKE (2:37.01)				
PP	TIME	NAME	TEAM	DATE
671	2:29.56	Hunt-Higgins, Megan	CSC	7/28/2005
665	2:29.95	Helgason, Chelsea	ESC	7/12/2005
643	2:31.40	Brunner, Rikka	SSC	7/28/2005
641	2:31.50	Bethlahmy, Caitlin	BC	7/28/2005
612	2:33.43	Harrang, Jessica	IST	7/28/2005
100 M BREASTSTROKE (1:22.42)				
PP	TIME	NAME	TEAM	DATE
866	1:11.41	McIntyre, Missy	TSC	8/3/2005
738	1:15.67	Heidloff, Jesika	UN	7/12/2005
732	1:15.87	Helgason, Chelsea	ESC	7/12/2005
731	1:15.89	Kuestermeyer, Bailey	VAST	8/9/2005
700	1:16.94	Stockwell, Sarah	VAST	6/24/2005
632	1:19.34	Shannon, Sarah	IST	7/28/2005
616	1:19.88	Harrang, Jessica	IST	7/28/2005
575	1:21.36	Brunner, Rikka	SSC	7/28/2005
200 M BREASTSTROKE (2:58.11)				
PP	TIME	NAME	TEAM	DATE
830	2:37.37	McIntyre, Missy	TSC	8/3/2005
749	2:43.42	Kuestermeyer, Bailey	VAST	8/9/2005
705	2:46.80	Heidloff, Jesika	UN	7/28/2005
693	2:47.73	Helgason, Chelsea	ESC	7/12/2005
687	2:48.15	Stockwell, Sarah	VAST	7/12/2005
578	2:56.81	Harrang, Jessica	IST	7/28/2005
564	2:57.92	Brunner, Rikka	SSC	4/23/2005
100 M BUTTERFLY (1:09.27)				
PP	TIME	NAME	TEAM	DATE
797	1:03.68	Kripps, Kim	SBAY	7/28/2005
796	1:03.71	Jackson, Summer	TSC	7/28/2005
699	1:06.54	Shannon, Sarah	IST	7/28/2005
640	1:08.29	Brown, Megan	WEST	7/28/2005
614	1:09.09	Minehan, Jill	IST	7/28/2005
611	1:09.18	Kuestermeyer, Bailey	VAST	7/28/2005
609	1:09.23	Wang, Angie	WEST	7/28/2005
200 M BUTTERFLY (2:38.62)				
PP	TIME	NAME	TEAM	DATE
760	2:21.93	Kripps, Kim	SBAY	7/12/2005
726	2:24.24	Brown, Megan	WEST	7/28/2005
637	2:30.32	Shannon, Sarah	IST	7/12/2005
583	2:34.15	Wang, Angie	WEST	7/28/2005
200 M INDIVIDUAL MEDLEY (2:33.76)				
PP	TIME	NAME	TEAM	DATE
800	2:22.70	McIntyre, Missy	TSC	7/14/2005
725	2:27.04	Kuestermeyer, Bailey	VAST	6/24/2005
674	2:30.04	Helgason, Chelsea	ESC	6/30/2005
642	2:31.97	Gleason, Sarah	BISC	7/28/2005
633	2:32.58	Shannon, Sarah	IST	6/30/2005
629	2:32.80	Stockwell, Sarah	VAST	6/24/2005
400 M INDIVIDUAL MEDLEY (5:31.44)				
PP	TIME	NAME	TEAM	DATE
718	5:11.70	Kuestermeyer, Bailey	VAST	6/24/2005
662	5:19.16	Shannon, Sarah	IST	7/12/2005
626	5:23.89	Wang, Angie	WEST	7/12/2005
615	5:25.40	Brown, Megan	WEST	7/28/2005
605	5:26.86	Heidloff, Jesika	UN	7/12/2005
600	5:27.50	Stockwell, Sarah	VAST	7/12/2005

PACIFIC NORTHWEST SWIMMING



PACIFIC
NORTHWEST
SWIMMING

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2005	18	82	54196	660.92	664.05
2004	17	72	51960	721.66	719.57

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2004	18	119	82484	693.14	675.29

NATIONAL TOP 200 – JUNIOR (18U) – 2004/2005

50 M FREESTYLE (27.51)				
RNK	TIME	NAME	TEAM	DATE
27	26.63	Jennings, Emilee	KING	7/12/2005
53	26.94	McIntyre, Missy	TSC	7/14/2005
56	26.97	Hougan, Karlyn	TSC	8/9/2005
73	27.05	Messegee, Amelia	HWST	4/23/2005
106	27.23	Jackson, Summer	TSC	7/28/2005
100 M FREESTYLE (59.52)				
RNK	TIME	NAME	TEAM	DATE
30	57.70	Jennings, Emilee	KING	8/3/2005
99	58.88	Messegee, Amelia	HWST	5/20/2005
111	58.96	Hougan, Karlyn	TSC	8/9/2005
138	59.17	Sutton, Stefanie	TSC	1/6/2005
161	59.29	Jackson, Summer	TSC	7/12/2005
200 M FREESTYLE (2:08.11)				
RNK	TIME	NAME	TEAM	DATE
19	2:03.66	Kukors, Ariana	KING	8/3/2005
145	2:07.49	Taylor, Andie	IST	5/20/2005
154	2:07.55	Hall, Lauren	SBAY	7/12/2005
191	2:08.02	Jennings, Emilee	KING	7/12/2005
400 M FREESTYLE (4:29.12)				
RNK	TIME	NAME	TEAM	DATE
24	4:19.23	Kukors, Ariana	KING	7/12/2005
106	4:25.78	Daly, Ashley	SBAY	8/9/2005
148	4:27.46	Taylor, Andie	IST	8/9/2005
162	4:28.06	Hall, Lauren	SBAY	8/9/2005
800 M FREESTYLE (9:16.42)				
RNK	TIME	NAME	TEAM	DATE
47	8:59.28	Kukors, Ariana	KING	7/12/2005
54	9:00.63	Daly, Ashley	UN	7/12/2005
152	9:13.04	Eronemo, Courtney	KING	7/12/2005
174	9:14.71	Brunner, Haley	SBAY	7/28/2005
1500 M FREESTYLE (17:53.21)				
RNK	TIME	NAME	TEAM	DATE
40	17:15.64	Daly, Ashley	SBAY	8/9/2005
84	17:29.60	Brunner, Haley	SBAY	7/28/2005
139	17:42.47	Taylor, Andie	IST	5/14/2005
100 M BACKSTROKE (1:07.54)				
RNK	TIME	NAME	TEAM	DATE
4	1:03.28	Kukors, Ariana	KING	4/1/2005
37	1:05.27	Jennings, Leona	KING	7/28/2005
38	1:05.28	Sutton, Stefanie	TSC	4/1/2005
76	1:05.95	Eronemo, Courtney	KING	7/12/2005
102	1:06.47	McIntyre, Missy	TSC	5/20/2005
113	1:06.70	Lindblad, Brianne	KING	7/12/2005
163	1:07.17	Taylor, Andie	IST	6/24/2005
200 M BACKSTROKE (2:24.86)				
RNK	TIME	NAME	TEAM	DATE
9	2:15.18	Kukors, Ariana	KING	7/12/2005
73	2:21.49	Sutton, Stefanie	TSC	4/1/2005
101	2:22.45	Taylor, Andie	IST	6/24/2005
192	2:24.77	Roberson, Leslie	BC	7/21/2005
100 M BREASTSTROKE (1:16.18)				
RNK	TIME	NAME	TEAM	DATE
7	1:11.41	McIntyre, Missy	TSC	8/3/2005
82	1:14.33	Kukors, Ariana	KING	6/25/2005

111	1:14.78	Bush, Meridith	BC	8/9/2005
157	1:15.67	Heidloff, Jesika	UN	7/12/2005
173	1:15.87	Helgason, Chelsea	ESC	7/12/2005
177	1:15.89	Kuestermeyer, Bailey	VAST	8/9/2005
200 M BREASTSTROKE (2:44.10)				
RNK	TIME	NAME	TEAM	DATE
24	2:35.77	Kukors, Ariana	KING	8/3/2005
45	2:37.37	McIntyre, Missy	TSC	8/3/2005
80	2:39.64	Bush, Meridith	BC	7/21/2005
116	2:41.43	Jennings, Leona	KING	5/20/2005
167	2:43.42	Kuestermeyer, Bailey	VAST	8/9/2005
170	2:43.49	Ernst, Alexandra	SBAY	7/12/2005
195	2:44.00	Kukors, Mattie	KING	5/20/2005
100 M BUTTERFLY (1:05.03)				
RNK	TIME	NAME	TEAM	DATE
16	1:02.28	Sutton, Stefanie	TSC	1/6/2005
48	1:03.25	Eronemo, Courtney	KING	7/12/2005
80	1:03.68	Kripps, Kim	SBAY	7/28/2005
81	1:03.71	Jackson, Summer	TSC	7/28/2005
102	1:04.13	Taylor, Andie	IST	6/24/2005
152	1:04.54	Felder, Ashley	KING	7/28/2005
196	1:04.96	Kukors, Ariana	KING	5/14/2005
200 M BUTTERFLY (2:23.61)				
RNK	TIME	NAME	TEAM	DATE
43	2:18.74	Taylor, Andie	IST	6/24/2005
64	2:19.74	Kukors, Ariana	KING	5/20/2005
70	2:20.12	Eronemo, Courtney	KING	7/12/2005
115	2:21.55	Felder, Ashley	KING	7/28/2005
129	2:21.93	Kripps, Kim	SBAY	7/12/2005
200 M INDIVIDUAL MEDLEY (2:25.63)				
RNK	TIME	NAME	TEAM	DATE
2	2:14.57	Kukors, Ariana	KING	8/3/2005
30	2:20.51	Eronemo, Courtney	KING	7/12/2005
48	2:21.45	McIntyre, Missy	TSC	1/8/2005
48	2:21.45	Hall, Lauren	SBAY	8/9/2005
58	2:21.78	Jennings, Leona	KING	7/28/2005
59	2:21.83	Taylor, Andie	IST	6/30/2005
100	2:23.16	Sutton, Stefanie	TSC	1/6/2005
400 M INDIVIDUAL MEDLEY (5:08.00)				
RNK	TIME	NAME	TEAM	DATE
3	4:43.32	Kukors, Ariana	KING	8/3/2005
18	4:54.30	Eronemo, Courtney	KING	8/3/2005
44	4:57.67	Hall, Lauren	SBAY	8/9/2005
63	5:00.36	Taylor, Andie	IST	7/12/2005

YEAR	# SWIMS	AVG PLACE
2005	72	89.91
2004	89	91.16



EVENT	2004	2005
50 free	27.48	27.51
100 free	59.35	59.52
200 free	2:07.75	2:08.11
400 free	4:28.45	4:29.12
800 free	9:15.83	9:16.42
1500 free	17:52.13	17:53.21
100 back	1:07.41	1:07.54
200 back	2:25.06	2:24.86
100 breast	1:16.13	1:16.18
200 breast	2:43.70	2:44.10
100 fly	1:04.85	1:05.03
200 fly	2:23.18	2:23.61
200 i.m.	2:25.59	2:25.63
400 i.m.	5:07.22	5:08.00

NATIONAL TOP 200 – SENIOR – 2004/2005

50 M FREESTYLE (27.31)				
RNK	TIME	NAME	TEAM	DATE
56	26.60	Epperson, Britt	STAR	7/12/2005
60	26.63	Jennings, Emilee	KING	7/12/2005
104	26.94	McIntyre, Missy	TSC	7/14/2005
108	26.97	Hougan, Karlyn	TSC	8/9/2005
122	27.01	Kukors, Emily	KING	7/12/2005
131	27.05	Messegee, Amelia	HWST	4/23/2005
179	27.23	Jackson, Summer	TSC	7/28/2005
100 M FREESTYLE (58.99)				
RNK	TIME	NAME	TEAM	DATE
31	56.99	Kukors, Emily	KING	7/12/2005
68	57.70	Jennings, Emilee	KING	8/3/2005
142	58.66	Epperson, Britt	STAR	7/12/2005
176	58.88	Messegee, Amelia	HWST	5/20/2005
194	58.96	Hougan, Karlyn	TSC	8/9/2005
200 M FREESTYLE (2:07.00)				
RNK	TIME	NAME	TEAM	DATE
53	2:03.66	Kukors, Ariana	KING	8/3/2005
90	2:04.82	Kukors, Emily	KING	7/12/2005
400 M FREESTYLE (4:26.93)				
RNK	TIME	NAME	TEAM	DATE
49	4:19.23	Kukors, Ariana	KING	7/12/2005
164	4:25.78	Daly, Ashley	SBAY	8/9/2005
800 M FREESTYLE (9:12.56)				
RNK	TIME	NAME	TEAM	DATE
82	8:59.28	Kukors, Ariana	KING	7/12/2005
89	9:00.63	Daly, Ashley	UN	7/12/2005
1500 M FREESTYLE (17:45.47)				
PP	TIME	NAME	TEAM	DATE
67	17:15.64	Daly, Ashley	SBAY	8/9/2005
119	17:29.60	Brunner, Haley	SBAY	7/28/2005
183	17:42.47	Taylor, Andie	IST	5/14/2005
100 M BACKSTROKE (1:06.90)				
PP	TIME	NAME	TEAM	DATE
13	1:03.28	Kukors, Ariana	KING	4/1/2005
63	1:05.27	Jennings, Leona	KING	7/28/2005
64	1:05.28	Sutton, Stefanie	TSC	4/1/2005
119	1:05.95	Eronemo, Courtney	KING	7/12/2005
152	1:06.47	McIntyre, Missy	TSC	5/20/2005
167	1:06.67	Kukors, Emily	UN	4/29/2005
168	1:06.70	Lindblad, Brianne	KING	7/12/2005
200 M BACKSTROKE (2:23.59)				
PP	TIME	NAME	TEAM	DATE
22	2:15.18	Kukors, Ariana	KING	7/12/2005
121	2:21.49	Sutton, Stefanie	TSC	4/1/2005
153	2:22.45	Taylor, Andie	IST	6/24/2005
100 M BREASTSTROKE (1:15.40)				
PP	TIME	NAME	TEAM	DATE
3	1:07.95	Jendrick, Megan	KING	4/1/2005
17	1:11.41	McIntyre, Missy	TSC	8/3/2005
121	1:14.33	Kukors, Ariana	KING	6/25/2005
155	1:14.78	Bush, Meredith	BC	8/9/2005
156	1:14.80	Shortt, Caitlyn	STAR	8/3/2005

200 M BREASTSTROKE (2:42.68)				
PP	TIME	NAME	TEAM	DATE
5	2:27.94	Jendrick, Megan	KING	4/1/2005
40	2:35.77	Kukors, Ariana	KING	8/3/2005
72	2:37.37	McIntyre, Missy	TSC	8/3/2005
117	2:39.64	Bush, Meredith	BC	7/21/2005
166	2:41.43	Jennings, Leona	KING	5/20/2005
168	2:41.47	Woodruff, Kelly	CSC	8/3/2005
100 M BUTTERFLY (1:04.24)				
PP	TIME	NAME	TEAM	DATE
47	1:02.28	Sutton, Stefanie	TSC	1/6/2005
60	1:02.54	Toomey, Leann	IST	7/12/2005
109	1:03.25	Eronemo, Courtney	KING	7/12/2005
113	1:03.29	Kukors, Emily	KING	7/12/2005
138	1:03.57	Rains, Megan	TSC	8/3/2005
150	1:03.68	Kripps, Kim	SBAY	7/28/2005
151	1:03.71	Jackson, Summer	TSC	7/28/2005
183	1:04.13	Taylor, Andie	IST	6/24/2005
200 M BUTTERFLY (2:22.12)				
PP	TIME	NAME	TEAM	DATE
47	2:17.23	Kukors, Emily	KING	7/12/2005
59	2:17.94	Toomey, Leann	IST	7/12/2005
75	2:18.74	Taylor, Andie	IST	6/24/2005
109	2:19.74	Kukors, Ariana	KING	5/20/2005
118	2:20.12	Eronemo, Courtney	KING	7/12/2005
149	2:20.87	Okazaki, Kristin	KING	7/12/2005
175	2:21.55	Felder, Ashley	KING	7/28/2005
194	2:21.93	Kripps, Kim	SBAY	7/12/2005
200 M INDIVIDUAL MEDLEY (2:24.24)				
PP	TIME	NAME	TEAM	DATE
5	2:14.57	Kukors, Ariana	KING	8/3/2005
36	2:19.81	Kukors, Emily	KING	5/20/2005
52	2:20.51	Eronemo, Courtney	KING	7/12/2005
69	2:21.09	Woodruff, Kelly	CSC	7/12/2005
78	2:21.45	McIntyre, Missy	TSC	1/8/2005
78	2:21.45	Hall, Lauren	SBAY	8/9/2005
93	2:21.78	Jennings, Leona	KING	7/28/2005
95	2:21.83	Taylor, Andie	IST	6/30/2005
111	2:22.41	Olson, Sharon	STAR	7/12/2005
141	2:23.02	Jendrick, Megan	KING	5/20/2005
151	2:23.16	Sutton, Stefanie	TSC	1/6/2005
400 M INDIVIDUAL MEDLEY (5:05.48)				
PP	TIME	NAME	TEAM	DATE
5	4:43.32	Kukors, Ariana	KING	8/3/2005
34	4:54.30	Eronemo, Courtney	KING	8/3/2005
74	4:57.67	Hall, Lauren	SBAY	8/9/2005
76	4:57.86	Woodruff, Kelly	CSC	7/12/2005
105	5:00.36	Taylor, Andie	IST	7/12/2005
121	5:01.09	Jendrick, Megan	KING	7/12/2005
159	5:03.31	Kukors, Emily	KING	5/14/2005

YEAR	# SWIMS	AVG PLACE
2005	76	101.17
2004	85	108.98



EVENT	2004	2005
50 free	27.09	27.31
100 free	58.66	58.99
200 free	2:06.40	2:07.00
400 free	4:25.74	4:26.93
800 free	9:09.70	9:12.56
1500 free	17:44.04	17:45.47
100 back	1:06.68	1:06.90
200 back	2:23.33	2:23.59
100 breast	1:14.96	1:15.40
200 breast	2:41.92	2:42.68
100 fly	1:03.90	1:04.24
200 fly	2:21.22	2:22.12
200 i.m.	2:23.62	2:24.24
400 i.m.	5:03.76	5:05.48