

NATIONAL TOP 200 – GIRLS ELEVEN YEARS – 2004/2005

50 Y FREESTYLE (27.42)				
PP	TIME	NAME	TEAM	DATE
825	25.86	Bond, Galen	SBAY	3/18/2005
749	26.80	McDermott, Amber	WEST	1/22/2005
739	26.93	Michaels, Dana	CSC	2/5/2005
100 Y FREESTYLE (59.65)				
PP	TIME	NAME	TEAM	DATE
781	57.15	Bond, Galen	SBAY	3/18/2005
777	57.26	Michaels, Dana	CSC	3/18/2005
755	57.78	McDermott, Amber	WEST	1/22/2005
200 Y FREESTYLE (2:10.11)				
PP	TIME	NAME	TEAM	DATE
803	2:03.09	McDermott, Amber	WEST	1/22/2005
786	2:03.88	Michaels, Dana	CSC	3/18/2005
764	2:04.92	Bond, Galen	SBAY	3/18/2005
735	2:06.30	Redlin, Shiane	GHP	3/18/2005
722	2:06.91	Coe, Savannah	KING	3/18/2005
500 Y FREESTYLE (5:45.80)				
PP	TIME	NAME	TEAM	DATE
869	5:19.49	McDermott, Amber	WEST	12/10/2004
790	5:28.89	Michaels, Dana	CSC	3/18/2005
782	5:29.82	Coe, Savannah	KING	3/18/2005
701	5:39.86	Redlin, Shiane	GHP	12/10/2004
1000 Y FREESTYLE (13:01.60)				
PP	TIME	NAME	TEAM	DATE
857	11:15.06	McDermott, Amber	WEST	2/20/2005
775	11:37.33	Coe, Savannah	KING	2/20/2005
741	11:46.90	Redlin, Shiane	GHP	11/14/2004
685	12:02.89	Bond, Galen	SBAY	11/14/2004
624	12:20.81	Benoit, Annie	KING	2/20/2005
1650 Y FREESTYLE (23:16.93)				
PP	TIME	NAME	TEAM	DATE
945	18:34.86	McDermott, Amber	WEST	1/30/2005
854	19:16.36	Redlin, Shiane	GHP	1/30/2005
795	19:44.38	Williamson, Mariah	WEST	2/20/2005
641	21:01.18	Zook, Nina	IST	2/20/2005
620	21:12.30	Morrison, Meagan	SA	1/30/2005
550	21:50.12	Streubel, Amanda	NWAC	1/28/2005
488	22:25.62	Albright, Taryn	SSC	2/20/2005
50 Y BACKSTROKE (31.74)				
PP	TIME	NAME	TEAM	DATE
738	30.78	Albright, Taryn	SSC	1/28/2005
727	30.92	McDermott, Amber	WEST	12/10/2004
713	31.10	Barber, Rio	WWA	11/20/2004
683	31.50	Zook, Nina	IST	3/18/2005
100 Y BACKSTROKE (1:08.15)				
PP	TIME	NAME	TEAM	DATE
749	1:05.96	McDermott, Amber	WEST	1/22/2005
727	1:06.60	Redlin, Shiane	GHP	3/18/2005
711	1:07.08	Kim, Rachel	KING	3/18/2005
706	1:07.22	Albright, Taryn	SSC	11/20/2004
678	1:08.08	Barber, Rio	WWA	12/10/2004
200 Y BACKSTROKE (2:30.21)				
PP	TIME	NAME	TEAM	DATE
835	2:17.60	McDermott, Amber	WEST	2/5/2005
718	2:25.43	Barber, Rio	WWA	12/10/2004
691	2:27.36	Redlin, Shiane	GHP	3/5/2005
673	2:28.60	Liu, Helen	WEST	10/23/2004
664	2:29.25	Bond, Galen	SBAY	1/15/2005

657	2:29.71	Kim, Rachel	KING	2/5/2005
654	2:29.96	Williamson, Mariah	WEST	2/5/2005
653	2:30.00	Albright, Taryn	SSC	1/15/2005
50 Y BREASTSTROKE (35.61)				
PP	TIME	NAME	TEAM	DATE
787	33.60	Coe, Savannah	KING	3/18/2005
710	34.89	Zook, Nina	IST	3/18/2005
688	35.26	Albright, Taryn	SSC	1/28/2005
100 Y BREASTSTROKE (1:17.50)				
PP	TIME	NAME	TEAM	DATE
797	1:12.60	Coe, Savannah	KING	3/18/2005
701	1:16.09	Zook, Nina	IST	3/18/2005
665	1:17.46	McDermott, Amber	WEST	2/5/2005
664	1:17.47	Stolz, Claire	CSC	11/20/2004
200 Y BREASTSTROKE (2:50.24)				
PP	TIME	NAME	TEAM	DATE
828	2:35.90	Coe, Savannah	KING	12/10/2004
715	2:45.14	McDermott, Amber	WEST	2/5/2005
702	2:46.22	Albright, Taryn	SSC	2/5/2005
668	2:49.07	Zook, Nina	IST	1/15/2005
664	2:49.44	Redlin, Shiane	GHP	3/5/2005
50 Y BUTTERFLY (30.17)				
PP	TIME	NAME	TEAM	DATE
751	29.13	Bond, Galen	SBAY	3/18/2005
704	29.83	Morris, Lily	BC	3/18/2005
684	30.13	Albright, Taryn	SSC	11/7/2004
100 Y BUTTERFLY (1:07.91)				
PP	TIME	NAME	TEAM	DATE
769	1:04.49	Bond, Galen	SBAY	3/18/2005
752	1:05.05	Michaels, Dana	CSC	3/18/2005
729	1:05.81	Coe, Savannah	KING	3/18/2005
726	1:05.93	McDermott, Amber	WEST	2/5/2005
200 Y BUTTERFLY (2:43.34)				
PP	TIME	NAME	TEAM	DATE
799	2:24.33	McDermott, Amber	WEST	2/5/2005
747	2:28.52	Coe, Savannah	KING	2/5/2005
746	2:28.58	Michaels, Dana	CSC	12/10/2004
720	2:30.70	Williamson, Mariah	WEST	3/18/2005
666	2:35.20	Bond, Galen	SBAY	1/15/2005
609	2:40.02	Zander, Katherine	SSC	10/23/2004
100 Y INDIVIDUAL MEDLEY (1:08.84)				
PP	TIME	NAME	TEAM	DATE
710	1:07.84	Zook, Nina	IST	3/18/2005
706	1:07.95	McDermott, Amber	WEST	3/5/2005
693	1:08.32	Bond, Galen	SBAY	11/7/2004
200 M INDIVIDUAL MEDLEY (2:27.48)				
PP	TIME	NAME	TEAM	DATE
802	2:19.81	Coe, Savannah	KING	3/18/2005
796	2:20.15	McDermott, Amber	WEST	12/10/2004
791	2:20.46	Bond, Galen	SBAY	3/18/2005
708	2:25.64	Redlin, Shiane	GHP	3/18/2005
693	2:26.59	Zook, Nina	IST	3/18/2005
400 M INDIVIDUAL MEDLEY (5:23.45)				
PP	TIME	NAME	TEAM	DATE
845	4:55.03	McDermott, Amber	WEST	2/5/2005
798	5:01.37	Coe, Savannah	KING	2/5/2005
763	5:06.28	Bond, Galen	SBAY	12/10/2004
730	5:10.88	Redlin, Shiane	GHP	3/5/2005
691	5:16.55	Williamson, Mariah	WEST	2/5/2005
670	5:19.67	Albright, Taryn	SSC	2/5/2005
660	5:21.13	Michaels, Dana	CSC	4/2/2005

PACIFIC NORTHWEST SWIMMING



PACIFIC
NORTHWEST
SWIMMING

651	5:22.44	Zook, Nina	IST	2/5/2005
-----	---------	------------	-----	----------

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2004/2005	11	72	52534	729.63	712.27

NATIONAL TOP 200 – GIRLS TWELVE YEARS – 2004/2005

50 Y FREESTYLE (26.23)				
PP	TIME	NAME	TEAM	DATE
773	25.45	Randolf, Melissa	SSC	3/18/2005
756	25.66	Bailey, Chelsea	KING	1/14/2005
744	25.80	Anderson, Haley	BC	12/10/2004
733	25.94	Larson, Molly	WWA	3/18/2005
100 Y FREESTYLE (56.77)				
PP	TIME	NAME	TEAM	DATE
766	55.29	Randolf, Melissa	SSC	3/18/2005
744	55.80	Taylor, Andie	IST	10/23/2004
735	56.02	Bailey, Chelsea	KING	3/18/2005
725	56.26	Larson, Molly	WWA	12/10/2004
709	56.63	Anderson, Haley	BC	3/18/2005
200 Y FREESTYLE (2:03.27)				
PP	TIME	NAME	TEAM	DATE
744	2:00.55	Randolf, Melissa	SSC	3/18/2005
728	2:01.26	McDermott, Amber	WEST	3/18/2005
721	2:01.57	Tannhauser, Kelly	SBAY	12/10/2004
500 Y FREESTYLE (5:28.08)				
PP	TIME	NAME	TEAM	DATE
763	5:18.16	McDermott, Amber	WEST	3/18/2005
756	5:18.93	Taylor, Andie	IST	10/23/2004
753	5:19.26	Tannhauser, Kelly	SBAY	12/10/2004
696	5:26.10	Anderson, Haley	BC	3/18/2005
1000 Y FREESTYLE (11:44.73)				
PP	TIME	NAME	TEAM	DATE
790	11:01.30	Tannhauser, Kelly	SBAY	11/14/2004
650	11:39.60	Scott, Maria	SBAY	11/14/2004
634	11:44.09	Anderson, Haley	BC	11/14/2004
1650 Y FREESTYLE (19:53.69)				
PP	TIME	NAME	TEAM	DATE
838	18:05.62	McDermott, Amber	WEST	3/18/2005
731	18:53.92	McDermott, Courtney	WEST	2/20/2005
687	19:14.27	Ellis, Danielle	GHP	11/14/2004
648	19:33.39	Gourley, Ali	KING	2/20/2005
618	19:47.70	Larson, Molly	WWA	2/20/2005
613	19:50.29	Burkland, Kj	SBAY	2/20/2005
50 Y BACKSTROKE (30.19)				
PP	TIME	NAME	TEAM	DATE
888	27.64	Bailey, Chelsea	KING	3/18/2005
725	29.62	Thayer, Annemarie	SBAY	3/18/2005
714	29.76	Gourley, Ali	KING	3/18/2005
692	30.05	Anderson, Haley	BC	3/18/2005
685	30.14	Albright, Taryn	SSC	3/18/2005
683	30.16	Larson, Molly	WWA	3/5/2005
100 Y BACKSTROKE (1:04.49)				
PP	TIME	NAME	TEAM	DATE
823	1:00.28	Bailey, Chelsea	KING	3/18/2005
699	1:03.66	McDermott, Amber	WEST	3/18/2005
674	1:04.37	Larson, Molly	WWA	12/10/2004
200 Y BACKSTROKE (2:20.76)				
PP	TIME	NAME	TEAM	DATE
731	2:15.60	Tannhauser, Kelly	SBAY	12/10/2004
50 Y BREASTSTROKE (33.74)				
PP	TIME	NAME	TEAM	DATE
874	30.82	Poli, Lauren	BC	3/18/2005
823	31.60	Bailey, Chelsea	KING	3/18/2005
720	33.22	Soria, Jess	KING	3/18/2005

100 Y BREASTSTROKE (1:12.97)				
PP	TIME	NAME	TEAM	DATE
822	1:07.96	Bailey, Chelsea	KING	3/9/2005
779	1:09.40	Poli, Lauren	BC	3/18/2005
200 Y BREASTSTROKE (2:39.99)				
PP	TIME	NAME	TEAM	DATE
702	2:36.14	Taylor, Andie	IST	10/23/2004
50 Y BUTTERFLY (28.78)				
PP	TIME	NAME	TEAM	DATE
819	27.12	Gourley, Ali	KING	3/18/2005
783	27.62	Anderson, Haley	BC	3/18/2005
782	27.63	Poli, Lauren	BC	3/18/2005
746	28.14	Taylor, Andie	IST	10/16/2004
746	28.14	Randolf, Melissa	SSC	3/18/2005
717	28.56	Soria, Jess	KING	3/18/2005
100 Y BUTTERFLY (1:03.77)				
PP	TIME	NAME	TEAM	DATE
796	1:00.37	Randolf, Melissa	SSC	3/18/2005
729	1:02.52	Gourley, Ali	KING	3/18/2005
697	1:03.54	Larson, Molly	WWA	3/5/2005
200 Y BUTTERFLY (2:26.22)				
PP	TIME	NAME	TEAM	DATE
648	2:26.05	Randolf, Melissa	SSC	2/5/2005
647	2:26.17	Larson, Molly	WWA	3/18/2005
100 Y INDIVIDUAL MEDLEY (1:05.41)				
PP	TIME	NAME	TEAM	DATE
813	1:02.15	Bailey, Chelsea	KING	1/14/2005
764	1:03.46	Taylor, Andie	IST	10/16/2004
756	1:03.69	Larson, Molly	WWA	3/18/2005
731	1:04.38	Soria, Jess	KING	3/18/2005
711	1:04.92	Randolf, Melissa	SSC	3/5/2005
200 Y INDIVIDUAL MEDLEY (2:19.56)				
PP	TIME	NAME	TEAM	DATE
781	2:13.78	Bailey, Chelsea	KING	3/18/2005
724	2:17.17	Randolf, Melissa	SSC	3/18/2005
711	2:17.98	Tannhauser, Kelly	SBAY	12/10/2004
706	2:18.26	McDermott, Amber	WEST	3/18/2005
400 Y INDIVIDUAL MEDLEY (5:01.38)				
PP	TIME	NAME	TEAM	DATE
773	4:47.41	Tannhauser, Kelly	SBAY	12/10/2004
737	4:52.24	McDermott, Amber	WEST	3/18/2005
679	5:00.10	Bailey, Chelsea	KING	2/5/2005

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2004/2005	12	44	31913	725.29	731.72
2003/2004	11	47	32749	696.78	716.29

NATIONAL TOP 200 – GIRLS THIRTEEN YEARS – 2004/2005

50 Y FREESTYLE (25.58)				
PP	TIME	NAME	TEAM	DATE
763	25.14	Taylor, Andie	IST	3/9/2005
732	25.48	Deigh, Aubrey	SST	12/10/2004
100 Y FREESTYLE (55.32)				
PP	TIME	NAME	TEAM	DATE
782	53.57	Taylor, Andie	IST	3/22/2005
726	54.73	Tannhauser, Kelly	SBAY	3/18/2005
200 Y FREESTYLE (1:59.59)				
PP	TIME	NAME	TEAM	DATE
826	1:53.42	Taylor, Andie	IST	3/22/2005
765	1:55.83	Kukors, Mattie	KING	3/18/2005
761	1:55.98	Tannhauser, Kelly	SBAY	3/18/2005
682	1:59.19	Chan, Nakayla	TSC	1/20/2005
500 Y FREESTYLE (5:19.32)				
PP	TIME	NAME	TEAM	DATE
815	5:02.13	Taylor, Andie	IST	3/22/2005
760	5:07.75	Chan, Nakayla	TSC	1/20/2005
746	5:09.22	Kukors, Mattie	KING	3/18/2005
686	5:15.52	Tannhauser, Kelly	SBAY	3/18/2005
1000 Y FREESTYLE (11:05.96)				
PP	TIME	NAME	TEAM	DATE
854	10:16.99	Taylor, Andie	IST	3/9/2005
760	10:38.20	Kukors, Mattie	KING	3/9/2005
755	10:39.26	Tannhauser, Kelly	SBAY	3/9/2005
698	10:52.75	Brunner, Haley	SBAY	11/14/2004
694	10:53.55	Chan, Nakayla	TSC	11/14/2004
662	11:01.33	Ellis, Danielle	GHP	1/20/2005
1650 Y FREESTYLE (18:36.52)				
PP	TIME	NAME	TEAM	DATE
796	17:35.65	Chan, Nakayla	TSC	1/20/2005
781	17:41.80	Kukors, Mattie	KING	3/18/2005
720	18:06.02	Tannhauser, Kelly	SBAY	3/18/2005
702	18:13.34	Taylor, Andie	IST	11/14/2004
692	18:17.51	Ellis, Danielle	GHP	1/20/2005
653	18:33.68	Pomar-Enders, Marina	WEST	2/20/2005
100 Y BACKSTROKE (1:02.51)				
PP	TIME	NAME	TEAM	DATE
806	59.24	Taylor, Andie	IST	3/9/2005
702	1:01.77	Vetterlein, Nikki	KING	3/18/2005
699	1:01.84	Purnell, Samm	SSC	3/18/2005
200 Y BACKSTROKE (2:14.56)				
PP	TIME	NAME	TEAM	DATE
876	2:03.68	Taylor, Andie	IST	3/18/2005
705	2:13.24	Kukors, Mattie	KING	2/5/2005
703	2:13.36	Tannhauser, Kelly	SBAY	3/18/2005
698	2:13.62	Vlastic, Jessica	BBST	3/18/2005
100 Y BREASTSTROKE (1:10.89)				
PP	TIME	NAME	TEAM	DATE
701	1:09.91	Kukors, Mattie	KING	1/14/2005
694	1:10.15	Ferreira, Emily	SSC	3/18/2005
673	1:10.79	Weitz, Elizabeth	CSC	12/10/2004
200 Y BREASTSTROKE (2:33.47)				
PP	TIME	NAME	TEAM	DATE
767	2:26.13	Kukors, Mattie	KING	3/18/2005
679	2:32.18	Ferreira, Emily	SSC	3/5/2005
678	2:32.23	Weitz, Elizabeth	CSC	2/5/2005

100 Y BUTTERFLY (1:01.76)				
PP	TIME	NAME	TEAM	DATE
811	58.34	Taylor, Andie	IST	3/9/2005
693	1:01.49	Cate, Beth	KING	3/18/2005
200 Y BUTTERFLY (2:17.92)				
PP	TIME	NAME	TEAM	DATE
848	2:06.33	Taylor, Andie	IST	3/18/2005
738	2:13.08	Cate, Beth	KING	3/18/2005
685	2:16.42	Godfred, Rachel	BC	10/23/2004
200 Y INDIVIDUAL MEDLEY (2:16.02)				
PP	TIME	NAME	TEAM	DATE
876	2:06.05	Taylor, Andie	IST	3/18/2005
797	2:10.03	Kukors, Mattie	KING	3/18/2005
725	2:13.82	Chan, Nakayla	TSC	1/20/2005
708	2:14.74	Scott, Marja	SBAY	3/18/2005
706	2:14.86	Vetterlein, Allie	KING	3/18/2005
690	2:15.69	Tannhauser, Kelly	SBAY	3/9/2005
400 Y INDIVIDUAL MEDLEY (4:47.75)				
PP	TIME	NAME	TEAM	DATE
857	4:27.31	Taylor, Andie	IST	3/18/2005
785	4:35.45	Kukors, Mattie	KING	3/9/2005
768	4:37.43	Chan, Nakayla	TSC	1/20/2005
744	4:40.21	Tannhauser, Kelly	SBAY	3/9/2005
703	4:45.05	Godfred, Rachel	BC	3/19/2004
695	4:46.01	Chan, Nakayla	TSC	3/6/2004

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2004/2005	13	52	38623	742.75	733.01
2003/2004	12	52	36762	706.26	728.35

NATIONAL TOP 200 – GIRLS FOURTEEN YEARS – 2004/2005

50 Y FREESTYLE (25.09)

PP	TIME	NAME	TEAM	DATE
829	23.86	Jennings, Leona	KING	12/10/2004
783	24.33	Messegee, Amelia	HWST	10/23/2004
733	24.86	Griffin, Tessa	UN	11/12/2004

100 Y FREESTYLE (54.12)

PP	TIME	NAME	TEAM	DATE
798	52.47	Jennings, Leona	KING	12/10/2004
789	52.65	Messegee, Amelia	HWST	3/18/2005
736	53.71	Godfred, Rachel	BC	3/18/2005
717	54.12	Cardwell, Maureen	BC	12/10/2004

200 Y FREESTYLE (1:56.74)

PP	TIME	NAME	TEAM	DATE
761	1:54.38	Messegee, Amelia	HWST	3/18/2005
710	1:56.45	Prothero, Marley	KING	1/14/2005
708	1:56.53	Brunner, Haley	SBAY	3/18/2005

500 Y FREESTYLE (5:11.88)

PP	TIME	NAME	TEAM	DATE
745	5:04.65	Brunner, Haley	SBAY	3/18/2005
725	5:06.79	Chan, Nakayla	TSC	3/18/2005
691	5:10.31	Prothero, Marley	KING	1/22/2005
688	5:10.63	McCann, Christina	GHP	12/10/2004

1000 Y FREESTYLE (10:51.20)

PP	TIME	NAME	TEAM	DATE
760	10:30.22	Brunner, Haley	SBAY	3/9/2005
745	10:33.47	McCann, Christina	GHP	1/20/2005
717	10:40.05	Chan, Nakayla	TSC	3/9/2005
695	10:45.25	Spence, Molly	TSC	3/9/2005

1650 Y FREESTYLE (18:11.22)

PP	TIME	NAME	TEAM	DATE
798	17:18.61	Brunner, Haley	SBAY	3/18/2005
735	17:42.82	McCann, Christina	GHP	1/20/2005
724	17:47.11	Chan, Nakayla	TSC	3/18/2005
718	17:49.71	Prothero, Marley	KING	3/9/2005
701	17:56.53	Spence, Molly	TSC	1/20/2005
668	18:09.65	Fitzgerald, Kelly	TSC	1/20/2005

100 Y BACKSTROKE (1:00.83)

PP	TIME	NAME	TEAM	DATE
841	57.03	Jennings, Leona	KING	3/9/2005
704	1:00.24	Baumgartner, Chrissy	WAVE	3/18/2005
695	1:00.46	Williams, Isabel	UN	11/12/2004
686	1:00.70	Caylor, Megan	UN	11/12/2004

200 Y BACKSTROKE (2:11.39)

PP	TIME	NAME	TEAM	DATE
743	2:08.47	Jennings, Leona	KING	1/14/2005
710	2:10.30	Baumgartner, Chrissy	WAVE	3/18/2005
702	2:10.76	Palumbo, Danielle	BC	1/20/2005

100 Y BREASTSTROKE (1:09.25)

PP	TIME	NAME	TEAM	DATE
813	1:05.45	Jennings, Leona	KING	3/18/2005
769	1:06.77	Nakamura, Mckenzie	WAVE	3/9/2005
729	1:07.95	Matulic, Katie	UN	11/12/2004
719	1:08.28	Averill, Trish	KING	3/9/2005
707	1:08.63	Kiker, Whitney	UN	11/12/2004
700	1:08.86	Prothero, Marley	KING	1/22/2005
688	1:09.21	Fitzgerald, Kelly	TSC	12/10/2004

200 Y BREASTSTROKE (2:29.74)

PP	TIME	NAME	TEAM	DATE
779	2:23.20	Averill, Trish	KING	3/18/2005

734	2:26.24	Nakamura, Mckenzie	WAVE	3/18/2005
730	2:26.49	Matulic, Katie	KING	12/10/2004
717	2:27.37	Prothero, Marley	KING	12/10/2004
705	2:28.19	Fitzgerald, Kelly	TSC	12/10/2004

100 Y BUTTERFLY (1:00.01)

PP	TIME	NAME	TEAM	DATE
825	56.75	Jennings, Leona	KING	3/9/2005
778	57.96	Williams, Isabel	UN	11/12/2004
735	59.07	Guieb, Gabby	KING	12/2/2004
730	59.21	Godfred, Rachel	BC	3/18/2005
713	59.66	Boggs, Briley	KING	1/14/2005

200 Y BUTTERFLY (2:13.86)

PP	TIME	NAME	TEAM	DATE
773	2:07.81	Guieb, Gabby	KING	12/2/2004
764	2:08.38	Godfred, Rachel	BC	2/18/2005
722	2:10.90	Cardwell, Maureen	BC	3/18/2005
718	2:11.15	Matulic, Katie	KING	12/10/2004
714	2:11.42	Jennings, Leona	KING	12/2/2004
702	2:12.13	Weitz, Elizabeth	CSC	3/18/2005
691	2:12.81	Boggs, Briley	KING	3/9/2005
684	2:13.24	Meyer, Briana	SBAY	3/18/2005

200 Y INDIVIDUAL MEDLEY (2:12.27)

PP	TIME	NAME	TEAM	DATE
816	2:06.39	Jennings, Leona	KING	3/18/2005
743	2:10.08	Matulic, Katie	UN	11/12/2004
725	2:11.00	Prothero, Marley	KING	1/14/2005

400 Y INDIVIDUAL MEDLEY (4:40.93)

PP	TIME	NAME	TEAM	DATE
809	4:27.27	Jennings, Leona	KING	12/10/2004
738	4:35.29	Guieb, Gabby	KING	12/2/2004
726	4:36.73	Prothero, Marley	KING	12/2/2004
721	4:37.33	Godfred, Rachel	BC	3/18/2005
720	4:37.35	Brunner, Haley	SBAY	3/18/2005
706	4:39.02	Matulic, Katie	KING	12/2/2004
698	4:40.00	Chan, Nakayla	TSC	3/9/2005
694	4:40.39	Fitzgerald, Kelly	TSC	1/20/2005

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2004/2005	14	67	49190	734.19	745.98
2003/2004	13	77	55035	714.74	731.33

NATIONAL TOP 200 – GIRLS FIFTEEN YEARS – 2004/2005

50 Y FREESTYLE (24.88)

PP	TIME	NAME	TEAM	DATE
872	23.11	Jennings, Emilee	KING	12/2/2004
800	23.84	Hougan, Karlyn	TSC	12/2/2004
730	24.56	Kukors, Ariana	KING	1/14/2005
730	24.56	Lindblad, Brianne	KING	12/2/2004
714	24.73	Conrad, Kelley	SA	12/10/2004

100 Y FREESTYLE (53.92)

PP	TIME	NAME	TEAM	DATE
828	51.04	Jennings, Emilee	KING	12/10/2004
826	51.08	Hougan, Karlyn	TSC	3/9/2005
786	51.86	Kukors, Ariana	KING	1/14/2005
754	52.50	Hall, Lauren	SBAY	3/9/2005
719	53.21	Friedhoff, Amy	VAST	3/9/2005
703	53.54	Conrad, Kelley	UN	11/12/2004
689	53.83	Hendricks, Katie	VAST	12/2/2004

200 Y FREESTYLE (1:56.22)

PP	TIME	NAME	TEAM	DATE
838	1:49.89	Kukors, Ariana	KING	3/9/2005
786	1:51.82	Jennings, Emilee	KING	3/9/2005
764	1:52.70	Hall, Lauren	SBAY	3/9/2005
739	1:53.66	Schafer, Kate	UN	11/12/2004
722	1:54.35	Friedhoff, Amy	UN	11/12/2004
713	1:54.69	Hougan, Karlyn	TSC	3/9/2005
686	1:55.79	Bush, Meridith	UN	11/12/2004
684	1:55.86	Schumacher, Allyson	KING	1/14/2005
676	1:56.20	Conrad, Kelley	SA	12/10/2004

500 Y FREESTYLE (5:11.04)

PP	TIME	NAME	TEAM	DATE
851	4:51.63	Kukors, Ariana	KING	1/14/2005
779	4:58.68	Hall, Lauren	SBAY	3/9/2005
706	5:06.16	Friedhoff, Amy	VAST	3/9/2005
693	5:07.51	Schafer, Kate	BC	12/10/2004
693	5:07.54	Heidloff, Jena	TSC	1/20/2005

1000 Y FREESTYLE (10:47.07)

PP	TIME	NAME	TEAM	DATE
850	10:05.38	Kukors, Ariana	KING	1/14/2005
714	10:35.88	Brown, Emily	WEST	1/20/2005
698	10:39.68	Friedhoff, Amy	VAST	1/30/2005
689	10:41.61	Schumacher, Allyson	KING	3/9/2005

1650 Y FREESTYLE (18:10.48)

PP	TIME	NAME	TEAM	DATE
778	17:15.55	Kukors, Ariana	KING	1/20/2005
734	17:32.87	Friedhoff, Amy	VAST	12/10/2004
662	18:01.31	Conrad, Kelley	SA	12/10/2004
655	18:04.35	Schumacher, Allyson	KING	3/9/2005
646	18:07.88	Scott, Linnea	SBAY	3/9/2005

100 Y BACKSTROKE (1:00.55)

PP	TIME	NAME	TEAM	DATE
907	54.93	Kukors, Ariana	KING	3/9/2005
803	57.27	Jennings, Emilee	KING	3/9/2005
784	57.71	Lindblad, Brianne	UN	11/12/2004
739	58.75	Hall, Lauren	UN	11/12/2004
710	59.46	Chinn, Caitlin	BC	3/9/2005

200 Y BACKSTROKE (2:11.01)

PP	TIME	NAME	TEAM	DATE
926	1:57.45	Kukors, Ariana	KING	3/9/2005
779	2:05.21	Hall, Lauren	SBAY	3/9/2005
770	2:05.70	Bizzell, Phoebe	KING	12/2/2004

737	2:07.53	Chinn, Caitlin	BC	1/20/2005
735	2:07.64	Lindblad, Brianne	KING	12/2/2004
718	2:08.60	Hoover, Kirsten	C	12/10/2004
711	2:08.96	Williams, Isabel	BISC	3/9/2005
709	2:09.09	Friedhoff, Amy	VAST	12/10/2004
702	2:09.50	Brown, Emily	WEST	12/10/2004

100 Y BREASTSTROKE (1:09.09)

PP	TIME	NAME	TEAM	DATE
850	1:04.18	Jennings, Emilee	KING	3/9/2005
808	1:05.43	Bush, Meridith	BC	3/9/2005
793	1:05.87	Ernst, Alexandra	SBAY	3/9/2005
762	1:06.78	Hall, Lauren	SBAY	3/9/2005
759	1:06.88	Russell, Kyrie	NWAC	12/2/2004
714	1:08.22	Kiker, Whitney	WAVE	3/9/2005
708	1:08.41	Matulic, Katie	KING	3/9/2005
689	1:09.00	Runestrand, Kelly	BBST	1/20/2005
687	1:09.06	Brown, Emily	WEST	3/9/2005
686	1:09.08	Chinn, Caitlin	BC	3/9/2005
686	1:09.09	Spurlock, Sarah	WAVE	3/18/2005

200 Y BREASTSTROKE (2:29.95)

PP	TIME	NAME	TEAM	DATE
895	2:15.71	Kukors, Ariana	KING	12/2/2004
872	2:17.16	Jennings, Emilee	KING	3/9/2005
847	2:18.80	Ernst, Alexandra	SBAY	3/9/2005
831	2:19.85	Bush, Meridith	BC	3/9/2005
758	2:24.69	Hall, Lauren	SBAY	2/5/2005
742	2:25.73	Chinn, Caitlin	BC	1/20/2005
726	2:26.86	Matulic, Katie	KING	3/9/2005
713	2:27.75	Runestrand, Kelly	BBST	1/20/2005
709	2:28.00	Brown, Emily	WEST	1/20/2005
703	2:28.40	Russell, Kyrie	NWAC	12/10/2004
691	2:29.22	Kiker, Whitney	WAVE	3/9/2005

100 Y BUTTERFLY (59.72)

PP	TIME	NAME	TEAM	DATE
803	56.66	Kukors, Ariana	KING	1/20/2005
749	58.02	Roberson, Leslie	BC	12/10/2004
749	58.04	Williams, Isabel	BISC	3/31/2005
725	58.66	Hougan, Karlyn	TSC	3/9/2005
702	59.25	Keane, Lisa	UN	11/12/2004
696	59.41	Ernst, Alexandra	SBAY	3/9/2005
696	59.42	Guieb, Gabby	KING	3/9/2005

200 Y BUTTERFLY (2:13.06)

PP	TIME	NAME	TEAM	DATE
858	2:01.36	Kukors, Ariana	KING	3/9/2005
761	2:07.06	Guieb, Gabby	KING	3/9/2005
747	2:07.92	Hall, Lauren	SBAY	1/20/2005
745	2:08.05	Williams, Isabel	BISC	3/31/2005
733	2:08.73	Ernst, Alexandra	SBAY	3/9/2005
666	2:12.82	Bush, Meridith	BC	3/9/2005

200 Y INDIVIDUAL MEDLEY (2:11.77)

PP	TIME	NAME	TEAM	DATE
926	1:59.68	Kukors, Ariana	KING	12/2/2004
841	2:03.78	Hall, Lauren	SBAY	3/9/2005
782	2:06.68	Jennings, Emilee	KING	12/2/2004
732	2:09.25	Brown, Emily	WEST	3/22/2005
705	2:10.64	Ernst, Alexandra	SBAY	3/9/2005
704	2:10.66	Chinn, Caitlin	BC	3/9/2005
704	2:10.68	Bush, Meridith	BC	2/18/2005

400 Y INDIVIDUAL MEDLEY (4:39.64)

PP	TIME	NAME	TEAM	DATE
943	4:11.33	Kukors, Ariana	KING	1/20/2005



831	4:23.31	Hall, Lauren	SBAY	3/9/2005
755	4:31.81	Ernst, Alexandra	SBAY	3/9/2005
745	4:32.93	Brown, Emily	WEST	1/20/2005
730	4:34.62	Chinn, Caitlin	BC	1/20/2005
715	4:36.42	Guieb, Gabby	KING	1/20/2005
709	4:37.10	Matulic, Katie	KING	3/9/2005
703	4:37.82	Bush, Meredith	BC	12/10/2004
700	4:38.09	Schafer, Kate	BC	12/10/2004

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2004/2005	15	100	75121	751.21	735.62
2003/2004	14	99	73314	740.54	725.80

NATIONAL TOP 200 – GIRLS SIXTEEN YEARS – 2004/2005

50 Y FREESTYLE (24.73)

PP	TIME	NAME	TEAM	DATE
751	24.31	Pleasant, Amber	UN	11/12/2004
748	24.34	Rousell, Maddie	UN	11/12/2004
740	24.42	Maclean, Ashley	UN	11/12/2004
726	24.57	Sutton, Stefanie	TSC	1/20/2005

100 Y FREESTYLE (53.30)

PP	TIME	NAME	TEAM	DATE
766	52.16	Sutton, Stefanie	TSC	3/9/2005
756	52.35	Rousell, Maddie	UN	11/12/2004

200 Y FREESTYLE (1:55.11)

PP	TIME	NAME	TEAM	DATE
791	1:51.14	Forelli, Krissy	UN	11/12/2004
777	1:51.69	Sutton, Stefanie	TSC	3/9/2005

500 Y FREESTYLE (5:07.67)

PP	TIME	NAME	TEAM	DATE
762	4:58.35	Forelli, Krissy	UN	11/12/2004
704	5:04.28	Grigsby, Ashley	KING	3/9/2005
686	5:06.15	Heidloff, Jena	TSC	3/9/2005

1000 Y FREESTYLE (10:42.77)

PP	TIME	NAME	TEAM	DATE
720	10:27.83	Grigsby, Ashley	KING	3/9/2005
684	10:36.15	Heidloff, Jena	TSC	3/9/2005
671	10:39.20	Holman, Karla	SBAY	3/9/2005

1650 Y FREESTYLE (18:02.77)

PP	TIME	NAME	TEAM	DATE
662	17:57.74	Holman, Karla	SBAY	3/9/2005

100 Y BACKSTROKE (1:00.14)

PP	TIME	NAME	TEAM	DATE
809	56.90	Sutton, Stefanie	TSC	3/9/2005
686	59.78	Roberson, Leslie	BC	3/9/2005

200 Y BACKSTROKE (2:10.12)

PP	TIME	NAME	TEAM	DATE
857	2:00.83	Sutton, Stefanie	TSC	3/9/2005
786	2:04.59	Roberson, Leslie	BC	3/9/2005
777	2:05.12	Bizzell, Phoebe	KING	3/9/2005
743	2:06.93	Hoover, Kirsten	C	3/9/2005

100 Y BREASTSTROKE (1:08.60)

PP	TIME	NAME	TEAM	DATE
736	1:06.86	Thompson, Brittney	SSC	12/10/2004
701	1:07.91	Runestrand, Kelly	BBST	3/9/2005

200 Y BREASTSTROKE (2:28.97)

PP	TIME	NAME	TEAM	DATE
688	2:27.31	Runestrand, Kelly	BBST	3/9/2005

100 Y BUTTERFLY (59.01)

PP	TIME	NAME	TEAM	DATE
855	54.94	Sutton, Stefanie	TSC	1/20/2005
740	57.81	Grigsby, Ashley	KING	3/9/2005
735	57.96	Holman, Karla	SBAY	3/9/2005
730	58.08	Roberson, Leslie	BC	3/9/2005
702	58.80	Byers, Kirsten	KING	3/9/2005

200 Y BUTTERFLY (2:11.69)

PP	TIME	NAME	TEAM	DATE
822	2:03.07	Grigsby, Ashley	KING	3/9/2005
787	2:05.15	Sutton, Stefanie	TSC	12/10/2004

200 Y INDIVIDUAL MEDLEY (2:10.45)

PP	TIME	NAME	TEAM	DATE
770	2:06.65	Sutton, Stefanie	TSC	3/9/2005

400 Y INDIVIDUAL MEDLEY (4:37.61)

PP	TIME	NAME	TEAM	DATE
737	4:31.72	Grigsby, Ashley	KING	3/9/2005
730	4:32.51	Bizzell, Phoebe	KING	3/9/2005

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2004/2005	16	34	25335	745.14	744.47
2003/2004	15	30	21973	732.43	729.50

NATIONAL TOP 200 – GIRLS SEVENTEEN YEARS – 2004/2005

50 Y FREESTYLE (24.72)				
PP	TIME	NAME	TEAM	DATE
837	23.28	McIntyre, Missy	UN	11/12/2004
804	23.61	Jackson, Summer	UN	11/12/2004
709	24.59	Pleasant, Amber	WEST	3/22/2005
701	24.68	Simonson, Rae	KING	12/10/2004
100 Y FREESTYLE (53.39)				
PP	TIME	NAME	TEAM	DATE
786	51.46	McIntyre, Missy	TSC	1/20/2005
779	51.60	Eronemo, Courtney	KING	12/10/2004
757	52.03	Jackson, Summer	TSC	3/9/2005
200 Y FREESTYLE (1:55.23)				
PP	TIME	NAME	TEAM	DATE
777	1:51.68	Eronemo, Courtney	KING	12/10/2004
757	1:52.47	McIntyre, Missy	TSC	3/9/2005
500 Y FREESTYLE (5:08.26)				
PP	TIME	NAME	TEAM	DATE
725	5:02.11	Eronemo, Courtney	KING	1/14/2005
707	5:03.88	Brown, Megan	UN	11/12/2004
706	5:04.05	Kuestermeyer, Bailey	VAST	1/20/2005
673	5:07.47	Kripps, Kim	SBAY	12/2/2004
1000 Y FREESTYLE (10:49.22)				
PP	TIME	NAME	TEAM	DATE
780	10:14.20	Eronemo, Courtney	KING	12/2/2004
691	10:34.55	Kripps, Kim	SBAY	1/20/2005
668	10:39.98	McIntyre, Missy	TSC	2/20/2005
633	10:48.17	Nerbovig, Amanda	CSC	2/20/2005
1650 Y FREESTYLE (18:12.27)				
PP	TIME	NAME	TEAM	DATE
717	17:35.94	Kuestermeyer, Bailey	VAST	1/20/2005
677	17:51.59	Neff, Samantha	TSC	3/9/2005
633	18:09.66	Nerbovig, Amanda	CSC	12/10/2004
100 Y BACKSTROKE (1:00.09)				
PP	TIME	NAME	TEAM	DATE
796	57.19	McIntyre, Missy	TSC	12/10/2004
794	57.24	Eronemo, Courtney	UN	11/12/2004
792	57.30	White-Delehoy, Sara	TSC	12/2/2004
735	58.61	Kripps, Kim	SBAY	3/9/2005
682	59.89	Simonson, Rae	KING	12/10/2004
200 Y BACKSTROKE (2:11.11)				
PP	TIME	NAME	TEAM	DATE
778	2:04.52	Eronemo, Courtney	KING	1/14/2005
724	2:07.49	White-Delehoy, Sara	TSC	3/9/2005
100 Y BREASTSTROKE (1:08.23)				
PP	TIME	NAME	TEAM	DATE
874	1:02.25	McIntyre, Missy	TSC	1/20/2005
822	1:03.73	Stockwell, Sarah	UN	11/12/2004
800	1:04.37	Heidloff, Jesika	UN	11/12/2004
747	1:05.89	Kuestermeyer, Bailey	VAST	12/10/2004
200 Y BREASTSTROKE (2:27.83)				
PP	TIME	NAME	TEAM	DATE
864	2:14.83	McIntyre, Missy	TSC	1/20/2005
777	2:20.48	Kuestermeyer, Bailey	VAST	12/2/2004
714	2:24.60	Stockwell, Sarah	VAST	12/10/2004
686	2:26.53	Heidloff, Jesika	TSC	12/2/2004
100 Y BUTTERFLY (58.96)				
PP	TIME	NAME	TEAM	DATE
808	55.75	Eronemo, Courtney	KING	12/10/2004
802	55.89	Jackson, Summer	TSC	3/9/2005

784	56.33	Kripps, Kim	SBAY	3/9/2005
704	58.38	Heidloff, Jesika	UN	11/12/2004
687	58.81	Shannon, Sarah	IST	3/9/2005
200 Y BUTTERFLY (2:11.38)				
PP	TIME	NAME	TEAM	DATE
825	2:02.57	Eronemo, Courtney	KING	12/10/2004
808	2:03.57	Kripps, Kim	SBAY	3/9/2005
718	2:08.92	Neff, Samantha	TSC	3/9/2005
698	2:10.11	Brown, Megan	WEST	12/10/2004
682	2:11.09	Garcia, Erin	BC	3/9/2005
680	2:11.19	Shannon, Sarah	IST	3/9/2005
200 Y INDIVIDUAL MEDLEY (2:10.05)				
PP	TIME	NAME	TEAM	DATE
851	2:02.49	McIntyre, Missy	TSC	1/20/2005
833	2:03.40	Eronemo, Courtney	UN	11/12/2004
739	2:08.08	Kuestermeyer, Bailey	UN	11/12/2004
715	2:09.28	Stockwell, Sarah	UN	11/12/2004
707	2:09.71	Neff, Samantha	UN	11/12/2004
400 Y INDIVIDUAL MEDLEY (4:38.32)				
PP	TIME	NAME	TEAM	DATE
836	4:20.78	Eronemo, Courtney	KING	12/2/2004
758	4:29.40	Kuestermeyer, Bailey	VAST	1/20/2005
682	4:37.99	Neff, Samantha	TSC	12/10/2004

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2004/2005	17	54	40419	748.50	738.47
2003/2004	16	70	51822	740.31	726.41

NATIONAL TOP 200 – GIRLS EIGHTEEN YEARS – 2004/2005

50 Y FREESTYLE (25.15)

PP	TIME	NAME	TEAM	DATE
727	24.41	Simonson, Rae	KING	3/9/2005
660	25.11	Brunner, Rikka	SSC	3/9/2005

100 Y FREESTYLE (54.35)

PP	TIME	NAME	TEAM	DATE
672	53.78	Brunner, Rikka	UN	11/12/2004

200 Y FREESTYLE (1:56.99)

PP	TIME	NAME	TEAM	DATE
700	1:54.33	Woodruff, Kelly	UN	11/18/2004
695	1:54.54	Hunt-Higgins, Megan	UN	2/23/2005
655	1:56.18	Brown, Megan	WEST	1/20/2005
654	1:56.20	Kuestermeyer, Bailey	VAST	3/9/2005

500 Y FREESTYLE (5:16.18)

PP	TIME	NAME	TEAM	DATE
697	5:03.80	Brown, Megan	WEST	3/9/2005
694	5:04.11	Woodruff, Kelly	UN	11/18/2004
680	5:05.57	Thompson, Meredith	UN	12/3/2004
671	5:06.51	Kuestermeyer, Bailey	VAST	3/9/2005
628	5:11.21	Colnon, Alison	UN	11/12/2004
601	5:14.22	Hunt-Higgins, Megan	UN	2/23/2005

1000 Y FREESTYLE (12:51.88)

PP	TIME	NAME	TEAM	DATE
716	10:28.80	Brown, Megan	WEST	1/20/2005
624	10:50.52	Hunsberger, Christina	BC	2/20/2005
570	11:03.99	Colnon, Alison	WAVE	3/9/2005
543	11:10.73	Stockwell, Sarah	VAST	1/30/2005
297	12:22.22	Woldseth, Hayley	MTSC	11/14/2004
255	12:36.66	Meltzoff, Katherine	CAAT	2/20/2005

1650 Y FREESTYLE (20:40.45)

PP	TIME	NAME	TEAM	DATE
762	17:18.29	Woodruff, Kelly	UN	10/13/2004
758	17:19.97	Thompson, Meredith	UN	12/3/2004
628	18:11.90	Beck, Bergen	UN	11/19/2004
624	18:13.39	Hunsberger, Christina	BC	12/10/2004
572	18:35.68	Brown, Megan	WEST	1/20/2005
518	18:59.41	Colnon, Alison	WAVE	2/20/2005
484	19:14.73	Pagard, Lindsay	WEST	11/14/2004
466	19:23.28	Mowrey, Amanda	SST	11/14/2004
417	19:46.92	Kostenko, Ksenia	SSCD	1/30/2005

100 Y BACKSTROKE (1:02.12)

PP	TIME	NAME	TEAM	DATE
766	57.89	Brunner, Rikka	UN	11/12/2004
765	57.92	Simonson, Rae	KING	3/9/2005

200 Y BACKSTROKE (2:15.82)

PP	TIME	NAME	TEAM	DATE
797	2:03.36	Brunner, Rikka	SSC	3/9/2005
708	2:08.24	Hunt-Higgins, Megan	UN	2/23/2005
583	2:15.36	Hunsberger, Christina	BC	3/9/2005

100 Y BREASTSTROKE (1:10.38)

PP	TIME	NAME	TEAM	DATE
776	1:05.05	Stockwell, Sarah	VAST	3/9/2005
769	1:05.26	Kuestermeyer, Bailey	VAST	3/9/2005
756	1:05.65	Heidloff, Jesika	TSC	3/9/2005
626	1:09.56	Hall, Kathleen	CSC	3/9/2005

200 Y BREASTSTROKE (2:33.96)

PP	TIME	NAME	TEAM	DATE
779	2:20.36	Kuestermeyer, Bailey	VAST	3/9/2005
774	2:20.65	Woodruff, Kelly	UN	11/18/2004

762	2:21.46	Stockwell, Sarah	VAST	3/9/2005
740	2:22.92	Heidloff, Jesika	TSC	3/9/2005
646	2:29.21	Hall, Kathleen	CSC	3/9/2005

100 Y BUTTERFLY (1:00.35)

PP	TIME	NAME	TEAM	DATE
724	57.86	Okazaki, Kristin	UN	10/23/2004
689	58.78	Heidloff, Jesika	TSC	1/20/2005
652	59.73	Edwards, Melissa	UN	11/12/2004

200 Y BUTTERFLY (2:16.65)

PP	TIME	NAME	TEAM	DATE
809	2:03.50	Okazaki, Kristin	UN	11/6/2004
772	2:05.67	Brown, Megan	WEST	3/9/2005
615	2:15.23	Edwards, Melissa	C	1/20/2005

200 Y INDIVIDUAL MEDLEY (2:12.91)

PP	TIME	NAME	TEAM	DATE
805	2:04.73	Woodruff, Kelly	UN	11/18/2004
741	2:07.94	Brunner, Rikka	UN	11/12/2004
714	2:09.35	Kuestermeyer, Bailey	VAST	3/9/2005
692	2:10.47	Okazaki, Kristin	UN	10/23/2004
681	2:11.04	Heidloff, Jesika	TSC	1/20/2005
668	2:11.74	Stockwell, Sarah	VAST	1/20/2005
668	2:11.75	Brown, Megan	WEST	3/9/2005

400 Y INDIVIDUAL MEDLEY (4:49.41)

PP	TIME	NAME	TEAM	DATE
840	4:20.36	Woodruff, Kelly	UN	11/18/2004
791	4:25.68	Kuestermeyer, Bailey	VAST	3/9/2005
685	4:37.72	Stockwell, Sarah	VAST	3/9/2005
651	4:41.73	Brown, Megan	WEST	1/20/2005

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2004/2005	18	59	39412	668.00	688.02
2003/2004	17	58	41206	710.44	715.57

NATIONAL TOP 200 – GIRLS EIGHTEEN UNDER – 2004/2005

50 Y FREESTYLE (24.03)				
RNK	TIME	NAME	TEAM	DATE
11	23.11	Jennings, Emilee	KING	12/2/2004
19	23.28	McIntyre, Missy	UN	11/12/2004
74	23.61	Jackson, Summer	UN	11/12/2004
128	23.84	Hougan, Karlyn	TSC	12/2/2004
137	23.86	Jennings, Leona	KING	12/10/2004
100 Y FREESTYLE (52.09)				
RNK	TIME	NAME	TEAM	DATE
59	51.04	Jennings, Emilee	KING	12/10/2004
65	51.08	Hougan, Karlyn	TSC	3/9/2005
103	51.46	McIntyre, Missy	TSC	1/20/2005
117	51.60	Eronemo, Courtney	KING	12/10/2004
161	51.86	Kukors, Ariana	KING	1/14/2005
192	52.03	Jackson, Summer	TSC	3/9/2005
200 Y FREESTYLE (1:51.98)				
RNK	TIME	NAME	TEAM	DATE
57	1:49.89	Kukors, Ariana	KING	3/9/2005
118	1:51.14	Forelli, Krissy	UN	11/12/2004
173	1:51.68	Eronemo, Courtney	KING	12/10/2004
175	1:51.69	Sutton, Stefanie	TSC	3/9/2005
191	1:51.82	Jennings, Emilee	KING	3/9/2005
500 Y FREESTYLE (4:58.31)				
RNK	TIME	NAME	TEAM	DATE
53	4:51.63	Kukors, Ariana	KING	1/14/2005
1000 Y FREESTYLE (10:19.51)				
RNK	TIME	NAME	TEAM	DATE
67	10:05.38	Kukors, Ariana	KING	1/14/2005
137	10:14.20	Eronemo, Courtney	KING	12/2/2004
163	10:16.99	Taylor, Andie	IST	3/9/2005
1650 Y FREESTYLE (17:17.38)				
RNK	TIME	NAME	TEAM	DATE
184	17:15.55	Kukors, Ariana	KING	1/20/2005
100 Y BACKSTROKE (57.94)				
RNK	TIME	NAME	TEAM	DATE
6	54.93	Kukors, Ariana	KING	3/9/2005
88	56.90	Sutton, Stefanie	TSC	3/9/2005
97	57.03	Jennings, Leona	KING	3/9/2005
110	57.19	McIntyre, Missy	TSC	12/10/2004
118	57.24	Eronemo, Courtney	UN	11/12/2004
122	57.27	Jennings, Emilee	KING	3/9/2005
125	57.30	White-Delehoy, Sara	TSC	12/2/2004
167	57.71	Lindblad, Brienne	UN	11/12/2004
192	57.89	Brunner, Rikka	UN	11/12/2004
197	57.92	Simonson, Rae	KING	3/9/2005
200 Y BACKSTROKE (2:05.28)				
RNK	TIME	NAME	TEAM	DATE
8	1:57.45	Kukors, Ariana	KING	3/9/2005
39	2:00.83	Sutton, Stefanie	TSC	3/9/2005
100	2:03.36	Brunner, Rikka	SSC	3/9/2005
115	2:03.68	Taylor, Andie	IST	3/18/2005
150	2:04.52	Eronemo, Courtney	KING	1/14/2005
153	2:04.59	Roberson, Leslie	BC	3/9/2005
182	2:05.12	Bizzell, Phoebe	KING	3/9/2005
189	2:05.21	Hall, Lauren	SBAY	3/9/2005
100 Y BREASTSTROKE (1:05.52)				
RNK	TIME	NAME	TEAM	DATE
10	1:02.25	McIntyre, Missy	TSC	1/20/2005
55	1:03.73	Stockwell, Sarah	UN	11/12/2004

80	1:04.18	Jennings, Emilee	KING	3/9/2005
88	1:04.37	Heidloff, Jesika	UN	11/12/2004
163	1:05.26	Kuestermeyer, Bailey	VAST	3/9/2005
182	1:05.43	Bush, Meridith	BC	3/9/2005
187	1:05.45	Jennings, Leona	KING	3/18/2005
200 Y BREASTSTROKE (2:22.14)				
RNK	TIME	NAME	TEAM	DATE
19	2:14.83	McIntyre, Missy	TSC	1/20/2005
29	2:15.71	Kukors, Ariana	KING	12/2/2004
48	2:17.16	Jennings, Emilee	KING	3/9/2005
78	2:18.80	Ernst, Alexandra	SBAY	3/9/2005
99	2:19.85	Bush, Meridith	BC	3/9/2005
116	2:20.36	Kuestermeyer, Bailey	VAST	3/9/2005
131	2:20.65	Woodruff, Kelly	UN	11/18/2004
166	2:21.46	Stockwell, Sarah	VAST	3/9/2005
100 Y BUTTERFLY (57.11)				
RNK	TIME	NAME	TEAM	DATE
20	54.94	Sutton, Stefanie	TSC	1/20/2005
53	55.75	Eronemo, Courtney	KING	12/10/2004
62	55.89	Jackson, Summer	TSC	3/9/2005
100	56.33	Kripps, Kim	SBAY	3/9/2005
132	56.66	Kukors, Ariana	KING	1/20/2005
145	56.75	Jennings, Leona	KING	3/9/2005
200 Y BUTTERFLY (2:06.01)				
RNK	TIME	NAME	TEAM	DATE
27	2:01.36	Kukors, Ariana	KING	3/9/2005
52	2:02.57	Eronemo, Courtney	KING	12/10/2004
68	2:03.07	Felder, Ashley	KING	3/9/2005
84	2:03.50	Okazaki, Kristin	UN	11/6/2004
87	2:03.57	Kripps, Kim	SBAY	3/9/2005
142	2:05.15	Sutton, Stefanie	TSC	12/10/2004
176	2:05.67	Brown, Megan	WEST	3/9/2005
200 Y INDIVIDUAL MEDLEY (2:06.59)				
RNK	TIME	NAME	TEAM	DATE
8	1:59.68	Kukors, Ariana	KING	12/2/2004
28	2:02.49	McIntyre, Missy	TSC	1/20/2005
44	2:03.40	Eronemo, Courtney	UN	11/12/2004
57	2:03.78	Hall, Lauren	SBAY	3/9/2005
84	2:04.73	Woodruff, Kelly	UN	11/18/2004
153	2:06.05	Taylor, Andie	IST	3/18/2005
181	2:06.39	Jennings, Leona	KING	3/18/2005
400 Y INDIVIDUAL MEDLEY (4:28.36)				
RNK	TIME	NAME	TEAM	DATE
3	4:11.33	Kukors, Ariana	KING	1/20/2005
45	4:20.36	Woodruff, Kelly	UN	11/18/2004
49	4:20.78	Eronemo, Courtney	KING	12/2/2004
78	4:23.31	Hall, Lauren	SBAY	3/9/2005
124	4:25.68	Kuestermeyer, Bailey	VAST	3/9/2005
169	4:27.27	Jennings, Leona	KING	12/10/2004
171	4:27.31	Taylor, Andie	IST	3/18/2005

YEAR	# SWIMS	AVG PLACE
2005	81	102.90
2004	91	84.05

EVENT	2004	2005
50 free	24.13	24.03
100 free	52.18	52.09
200 free	1:52.50	1:51.98
400 free	4:59.58	4:58.31
1000 free	10:23.95	10:19.51
1650 free	17:22.70	17:17.38
100 back	58.39	57.94
200 back	2:06.20	2:05.28
100 breast	1:06.31	1:05.52
200 breast	2:23.32	2:22.14
100 fly	57.34	57.11
200 fly	2:06.72	2:06.01
200 i.m.	2:07.44	2:06.59
400 i.m.	4:30.10	4:28.36

NATIONAL TOP 200 – WOMEN 2004/2005

50 Y FREESTYLE (23.76)				
RNK	TIME	NAME	TEAM	DATE
39	23.11	Jennings, Emilee	KING	12/2/2004
62	23.28	McIntyre, Missy	UN	11/12/2004
146	23.61	Jackson, Summer	UN	11/12/2004
171	23.69	Epperson, Britt	PAC	12/2/2004
100 Y FREESTYLE (51.54)				
RNK	TIME	NAME	TEAM	DATE
101	50.85	Jendrick, Megan	KING	3/9/2005
124	51.04	Jennings, Emilee	KING	12/10/2004
135	51.08	Hougan, Karlyn	TSC	3/9/2005
187	51.46	McIntyre, Missy	TSC	1/20/2005
200 Y FREESTYLE (1:51.09)				
RNK	TIME	NAME	TEAM	DATE
115	1:49.89	Kukors, Ariana	KING	3/9/2005
500 Y FREESTYLE (4:55.69)				
RNK	TIME	NAME	TEAM	DATE
102	4:51.63	Kukors, Ariana	KING	1/14/2005
1000 Y FREESTYLE (10:17.81)				
RNK	TIME	NAME	TEAM	DATE
80	10:05.38	Kukors, Ariana	KING	1/14/2005
159	10:14.20	Eronemo, Courtney	KING	12/2/2004
180	10:16.43	Hong, Sandy	UN	11/5/2004
188	10:16.99	Taylor, Andie	IST	3/9/2005
1650 Y FREESTYLE (17:07.12)				
RNK	TIME	NAME	TEAM	DATE
80	16:46.04	Woodruff, Kelly	CSC	2/16/2005
162	17:02.86	Hong, Sandy	UN	11/19/2004
100 Y BACKSTROKE (57.35)				
RNK	TIME	NAME	TEAM	DATE
29	54.93	Kukors, Ariana	KING	3/9/2005
144	56.90	Sutton, Stefanie	TSC	3/9/2005
158	57.03	Jennings, Leona	KING	3/9/2005
172	57.19	McIntyre, Missy	TSC	12/10/2004
181	57.24	Eronemo, Courtney	UN	11/12/2004
187	57.27	Jennings, Emilee	KING	3/9/2005
191	57.30	White-Delehoy, Sara	TSC	12/2/2004
200 Y BACKSTROKE (2:03.88)				
RNK	TIME	NAME	TEAM	DATE
23	1:57.45	Kukors, Ariana	KING	3/9/2005
82	2:00.83	Sutton, Stefanie	TSC	3/9/2005
166	2:03.36	Brunner, Rikka	SSC	3/9/2005
185	2:03.68	Taylor, Andie	IST	3/18/2005
100 Y BREASTSTROKE (1:04.98)				
RNK	TIME	NAME	TEAM	DATE
3	59.69	Jendrick, Megan	KING	3/9/2005
21	1:02.25	McIntyre, Missy	TSC	1/20/2005
85	1:03.73	Stockwell, Sarah	UN	11/12/2004
120	1:04.18	Jennings, Emilee	KING	3/9/2005
136	1:04.37	Heidloff, Jesika	UN	11/12/2004
187	1:04.88	Kloos, Erin	STAR	12/2/2004
200 Y BREASTSTROKE (2:20.70)				
RNK	TIME	NAME	TEAM	DATE
2	2:09.67	Jendrick, Megan	KING	3/9/2005
32	2:14.83	McIntyre, Missy	TSC	1/20/2005
46	2:15.71	Kukors, Ariana	KING	12/2/2004
77	2:17.16	Jennings, Emilee	KING	3/9/2005
86	2:17.60	Woodruff, Kelly	CSC	2/16/2005
103	2:18.24	Kloos, Erin	STAR	12/2/2004

121	2:18.80	Ernst, Alexandra	SBAY	3/9/2005
156	2:19.85	Bush, Meridith	BC	3/9/2005
178	2:20.36	Kuestermeyer, Bailey	VAST	3/9/2005
100 Y BUTTERFLY (56.60)				
RNK	TIME	NAME	TEAM	DATE
39	54.37	Toomey, Leann	UN	2/23/2005
53	54.94	Sutton, Stefanie	TSC	1/20/2005
111	55.75	Eronemo, Courtney	KING	12/10/2004
121	55.89	Jackson, Summer	TSC	3/9/2005
167	56.33	Kripps, Kim	SBAY	3/9/2005
200 Y BUTTERFLY (2:04.75)				
RNK	TIME	NAME	TEAM	DATE
57	2:01.36	Kukors, Ariana	KING	3/9/2005
93	2:02.55	Toomey, Leann	UN	2/23/2005
93	2:02.55	Hilyard, Anissa	STAR	12/2/2004
96	2:02.57	Eronemo, Courtney	KING	12/10/2004
119	2:03.07	Felder, Ashley	KING	3/9/2005
138	2:03.50	Okazaki, Kristin	UN	11/6/2004
143	2:03.57	Kripps, Kim	SBAY	3/9/2005
200 Y INDIVIDUAL MEDLEY (2:05.43)				
RNK	TIME	NAME	TEAM	DATE
23	1:59.68	Kukors, Ariana	KING	12/2/2004
62	2:02.29	Jendrick, Megan	KING	3/9/2005
69	2:02.49	McIntyre, Missy	TSC	1/20/2005
97	2:03.40	Eronemo, Courtney	UN	11/12/2004
117	2:03.78	Hall, Lauren	SBAY	3/9/2005
158	2:04.73	Woodruff, Kelly	UN	11/18/2004
181	2:05.18	Kloos, Erin	STAR	12/2/2004
400 Y INDIVIDUAL MEDLEY (4:26.31)				
RNK	TIME	NAME	TEAM	DATE
8	4:11.33	Kukors, Ariana	KING	1/20/2005
27	4:16.68	Woodruff, Kelly	CSC	2/16/2005
83	4:20.78	Eronemo, Courtney	KING	12/2/2004
126	4:23.31	Hall, Lauren	SBAY	3/9/2005
179	4:25.68	Kuestermeyer, Bailey	VAST	3/9/2005

YEAR	# SWIMS	AVG PLACE
2005	66	110.03
2004	80	106.03

EVENT	2004	2005
50 free	23.85	23.76
100 free	51.56	51.54
200 free	1:51.29	1:51.09
400 free	4:57.12	4:55.69
1000 free	10:22.84	10:17.81
1650 free	17:13.47	17:07.12
100 back	57.65	57.35
200 back	2:04.52	2:03.88
100 breast	1:05.39	1:04.98
200 breast	2:21.29	2:20.70
100 fly	56.70	56.60
200 fly	2:05.41	2:04.75
200 i.m.	2:05.92	2:05.43
400 i.m.	4:27.62	4:26.31