PACIFIC NORTHWEST SWIMMING

USA SWIMMING

PACIFIC NORTHWEST SWIMMING

GIRLS EIGHT AND UNDER – 2004/2005 – LONG COURSE METERS

50 METER FREESTYLE

RNK	TIME	PP	NAME	TEAM	DATE
1	38.84	507	Lium, Riley	WEST	7/15/2005
2	39.11	494	Avery, Leah	BTST	7/15/2005
3	39.72	464	Shabb, Hannah	CSC	7/15/2005
4	39.85	457	Coleman, Melody	MMSC	7/15/2005
5	40.98	403	Seidel, Alex	BC	6/25/2005
6	41.04	400	Win, Mimi	WAVE	4/23/2005
7	41.09	398	Lobdell, Julia	GHP	6/11/2005
8	41.19	393	Voss, Clara	WAVE	7/15/2005
9	42.17	349	James, Corey	TSC	7/15/2005
10	42.31	342	Jeong, Clare	SST	4/23/2005
11	42.32	342	Lium, Chloe	WEST	8/6/2005
12	42.50	334	Crane, Kelsey	OAC	8/6/2005
13	42.57	331	Michaels, Madison	TSC	6/11/2005
14	42.64	328	Steinhauer, Sabrina	BC	6/3/2005
15	42.87	318	Herman, Lacy	BC	6/25/2005
16	42.93	315	Bennett, Nikki	WAVE	7/15/2005
17	43.47	292	Shaw, Mack	GHP	6/11/2005
18	43.58	287	Delacruz-Gunderson, Re	SSC	4/23/2005
19	43.75	280	Wright, Carrigan	KING	6/25/2005
20	44.28	258	Ngo, Naomi	IST	6/3/2005
21	45.01	229	Ackerley, Natalie	BISC	6/11/2005
22	45.15	224	Talley, Katie	PAC	6/25/2005
23	45.17	223	Moffatt, Vanessa	UN	4/23/2005
24	45.88	196	Chasan, Mia	BC	4/23/2005
25	46.11	187	Zhao, Danzhu	PAC	8/6/2005
TOTAL		8351	AVERAGE	334.04	

200 METER FREESTYLE

RNK	TIME	PP	NAME	TEAM	DATE
1	3:16.53	320	Lobdell, Julia	GHP	6/11/2005
2	3:23.48	253	Shaw, Mack	GHP	6/11/2005
3	3:25.13	238	Lium, Riley	WEST	6/3/2005
4	3:28.84	207	Voss, Clara	WAVE	6/3/2005
5	3:31.37	186	Delacruz-Gunderson, Re	SSC	4/23/2005
6	3:35.70	153	Moffatt, Vanessa	KING	6/16/2005
7	3:35.81	152	Ackerley, Natalie	BISC	6/11/2005
8	3:38.22	135	James, Corey	TSC	6/11/2005
9	3:49.10	70	Herman, Lacy	BC	6/3/2005
10	3:54.71	44	Cook, Alyssa	PAC	8/6/2005
11	3:59.46	26	Ngo, Naomi	IST	6/3/2005
12	4:02.66	17	Abdulkader, Salma	PRO	8/6/2005
13	4:10.49	2	Novak, Elizabeth	TSC	6/11/2005
14	4:11.06	1	Leete, Annie	NWAC	6/3/2005
15	4:19.80	1	Telloian, Joelle	ESC	8/6/2005
16	4:20.17	1	Lee, Nicole	GHP	4/23/2005
17	4:28.46	1	Escobar, CJ	S	8/6/2005
18	4:41.10	1	Ngo, Cyssi	IST	6/3/2005
19	4:46.54	1	Yekalam, Parisa	GHP	4/23/2005
TOTAL			AVERAGE		

100 METER FREESTYLE

RNK	TIME	PP	NAME	TEAM	DATE
1	1:28.63	412	Shabb, Hannah	CSC	7/15/2005
2	1:29.68	388	Coleman, Melody	MMSC	6/11/2005
3	1:31.41	350	Win, Mimi	WAVE	4/23/2005
4	1:33.65	303	Lium, Riley	WEST	6/3/2005
5	1:34.96	277	Jeong, Clare	SST	4/23/2005
6	1:36.06	256	Avery, Leah	BTST	8/6/2005
7	1:37.36	232	Shaw, Mack	GHP	6/11/2005
8	1:38.55	211	Delacruz-Gunderson, Re	SSC	4/23/2005
9	1:38.96	203	Herman, Lacy	BC	6/25/2005
10	1:39.32	197	Steinhauer, Sabrina	BC	4/23/2005
11	1:40.24	182	James, Corey	TSC	6/25/2005
12	1:40.47	178	Moffatt, Vanessa	UN	4/23/2005
13	1:41.55	160	Michaels, Madison	TSC	6/11/2005
14	1:42.83	141	Cook, Alyssa	PAC	7/15/2005
15	1:43.17	136	Lium, Chloe	WEST	6/3/2005
16	1:44.34	119	Crane, Kelsey	OAC	4/23/2005
17	1:44.75	113	DeSmet, Zoe	PSSC	4/23/2005
18	1:47.15	82	Zhao, Danzhu	PAC	8/6/2005
19	1:47.42	78	Su, Leanne	BEST	8/6/2005
20	1:47.76	74	Nelson, Cecilia	IST	6/25/2005
21	1:48.00	72	Chism, Rebekah	UN	6/17/2005
22	1:48.91	61	Stamey, Alexis	WEST	6/25/2005
23	1:49.34	57	Weller, Emily	BBST	6/25/2005
24	1:49.41	56	Salgado, Pia	C	6/25/2005
25	1:50.68	43	Juskevich, Carter	PASC	6/11/2005
TOTAL		4381	AVERAGE	175.24	

400 METER FREESTYLE

RNK	TIME	PP	NAME	TEAM	DATE
1	8:17.75	43	Su, Leanne	BEST	8/6/2005
TOTAL			AVERAGE		

PACIFIC NORTHWEST SWIMMING

USA SWIMMING

PACIFIC NORTHWEST SWIMMING

GIRLS EIGHT AND UNDER – 2004/2005 – LONG COURSE METERS

50 METER BACKSTROKE

RNK	TIME	PP	NAME	TEAM	DATE
1	45.36	512	Coleman, Melody	MMSC	6/24/2005
2	46.22	473	Crane, Kelsey	OAC	6/24/2005
3	46.54	459	Seidel, Alex	BC	6/25/2005
4	46.69	452	Win, Mimi	WAVE	4/23/2005
5	48.15	390	Shabb, Hannah	CSC	6/17/2005
6	48.26	385	Lium, Riley	WEST	7/15/2005
7	48.52	375	Jeong, Clare	SST	4/23/2005
8	50.16	310	Avery, Leah	BTST	7/15/2005
9	50.97	280	Ngo, Naomi	IST	6/3/2005
10	51.26	269	Herman, Lacy	BC	6/3/2005
11	51.36	266	Steinhauer, Sabrina	BC	6/25/2005
12	51.54	259	Michaels, Madison	TSC	6/11/2005
13	51.56	259	Jones, Erin	KING	4/23/2005
14	52.60	223	Lobdell, Julia	GHP	6/11/2005
15	52.68	220	Voss, Clara	WAVE	6/3/2005
16	52.81	216	Young, Elizabeth	BEST	7/15/2005
17	52.92	212	Lium, Chloe	WEST	7/15/2005
18	52.94	212	Weller, Emily	BBST	7/15/2005
19	53.07	207	Delacruz-Gunderson, Re	SSC	4/23/2005
20	54.06	176	James, Corey	TSC	7/15/2005
21	54.16	173	Bennett, Nikki	WAVE	7/15/2005
22	54.64	159	Zhao, Danzhu	PAC	8/6/2005
23	54.65	159	Moffatt, Vanessa	UN	4/23/2005
24	54.87	152	Chism, Rebekah	UN	6/25/2005
25	54.89	152	Su, Leanne	BEST	7/15/2005
TOTAL		6950	AVERAGE	278.00	

50 METER BREASTSTROKE

RNK	TIME	PP	NAME	TEAM	DATE
1	52.05	501	Lium, Riley	WEST	7/15/2005
2	54.12	426	Lium, Chloe	WEST	7/15/2005
3	54.32	419	James, Corey	TSC	7/15/2005
4	54.53	412	Avery, Leah	BTST	7/15/2005
5	55.19	389	Williams, Kira	OAC	7/15/2005
6	55.53	378	Coleman, Melody	MMSC	6/11/2005
7	56.46	347	Delacruz-Gunderson, Re	SSC	4/23/2005
8	56.60	342	Shabb, Hannah	CSC	6/17/2005
9	57.55	311	Liang, Lilian	WEST	6/3/2005
10	59.44	252	Crane, Kelsey	OAC	8/6/2005
11	59.66	245	Kelson, Nadia	C	7/15/2005
12	59.94	237	Win, Mimi	WAVE	4/23/2005
13	1:00.21	229	Lobdell, Julia	GHP	6/11/2005
14	1:01.08	204	Stamey, Alexis	WEST	7/15/2005
15	1:01.35	196	Vagen, Drew	KING	4/23/2005
16	1:01.47	193	Zhao, Danzhu	PAC	8/6/2005
17	1:01.54	191	Alcantara, Kionna	WEST	6/25/2005
18	1:01.61	189	Wilson, Kate	SST	4/23/2005
19	1:01.81	184	Moffatt, Vanessa	KING	6/16/2005
20	1:01.84	183	Herman, Lacy	BC	6/25/2005
21	1:01.92	181	Mason, Martina	WEST	7/15/2005
22	1:01.99	179	Hardenbrook, Rebecca	MMSC	6/25/2005
23	1:02.35	169	Weller, Emily	BBST	6/25/2005
24	1:03.05	150	Lambourn, Jessica	SSC	8/6/2005
25	1:03.10	149	Amos, Amy	WEST	8/6/2005
TOTAL		6656	AVERAGE	266.24	

100 METER BACKSTROKE

RNK	TIME	PP	NAME	TEAM	DATE
1	1:41.72	446	Jeong, Clare	SST	4/23/2005
2	1:42.45	432	Coleman, Melody	MMSC	6/11/2005
3	1:45.10	381	Liang, Lilian	WEST	6/3/2005
4	1:45.67	371	Shabb, Hannah	CSC	6/25/2005
5	1:46.01	365	Crane, Kelsey	OAC	8/6/2005
6	1:47.53	337	Moffatt, Vanessa	UN	4/23/2005
7	1:47.90	331	Lium, Riley	WEST	6/3/2005
8	1:50.04	293	Delacruz-Gunderson, Re	SSC	4/23/2005
9	1:50.72	282	Michaels, Madison	TSC	6/11/2005
10	1:54.62	220	Lobdell, Julia	GHP	6/11/2005
11	1:54.86	216	Herman, Lacy	BC	6/25/2005
12	1:55.18	211	James, Corey	TSC	6/11/2005
13	1:56.99	185	Vagen, Drew	KING	4/23/2005
14	1:58.39	165	Chism, Rebekah	UN	4/23/2005
15	1:59.29	153	Weller, Emily	BBST	6/25/2005
16	2:01.46	125	Sten, Kaley	C	6/11/2005
17	2:01.56	123	Escobar, CJ	MMSC	4/23/2005
18	2:01.76	121	Nelson, Cecilia	IST	6/25/2005
19	2:02.28	114	Lium, Chloe	WEST	6/3/2005
20	2:03.32	102	Zhao, Danzhu	PAC	8/6/2005
21	2:04.56	88	Shaw, Mack	GHP	6/11/2005
22	2:06.02	73	Novak, Elizabeth	TSC	6/11/2005
23	2:07.36	59	Su, Leanne	BEST	8/6/2005
24	2:08.43	49	Vincelette, Hannah	MMSC	4/23/2005
25	2:09.14	43	Maher, Madeline	WEST	6/3/2005
TOTAL		5285	AVERAGE	211.40	

100 METER BREASTSTROKE

RNK	TIME	PP	NAME	TEAM	DATE
1	1:53.02	516	Lium, Riley	WEST	7/15/2005
2	1:56.27	462	Lium, Chloe	WEST	6/3/2005
3	1:58.45	427	James, Corey	TSC	7/15/2005
4	1:58.64	424	Seidel, Alex	BC	6/25/2005
5	1:59.72	407	Avery, Leah	BTST	8/6/2005
6	2:00.06	401	Delacruz-Gunderson, Re	SSC	4/23/2005
7	2:04.68	331	Williams, Kira	OAC	4/23/2005
8	2:04.69	330	Lobdell, Julia	GHP	6/11/2005
9	2:04.80	329	Shabb, Hannah	CSC	6/25/2005
10	2:05.12	324	Voss, Clara	WAVE	6/3/2005
11	2:06.23	308	Win, Mimi	WAVE	4/23/2005
12	2:07.31	292	Ackerley, Natalie	BISC	6/11/2005
13	2:08.59	274	Amos, Amy	WEST	8/6/2005
14	2:09.15	266	Zhao, Danzhu	PAC	8/6/2005
15	2:09.42	262	Crane, Kelsey	OAC	6/11/2005
16	2:11.50	234	Wilson, Kate	SST	4/23/2005
17	2:12.31	223	Mason, Martina	WEST	6/3/2005
18	2:13.43	208	Alcantara, Kionna	WEST	6/3/2005
19	2:13.56	206	Stamey, Alexis	WEST	6/3/2005
20	2:13.83	203	Moffatt, Vanessa	KING	6/25/2005
21	2:14.66	192	Brandabur, Julia	BC	4/23/2005
22	2:14.86	190	Payne, Amelia	PTST	8/6/2005
23	2:15.02	188	Maher, Madeline	WEST	6/3/2005
24	2:16.27	172	Lambourn, Jessica	SSC	8/6/2005
25	2:17.97	151	Young, Elizabeth	BEST	6/25/2005
TOTAL		7320	AVERAGE	292.80	

PACIFIC NORTHWEST SWIMMING

PACIFIC NORTHWEST SWIMMING

GIRLS EIGHT AND UNDER – 2004/2005 – LONG COURSE METERS

50 METER BUTTERFLY					
RNK	TIME	PP	NAME	TEAM	DATE
1	47.71	328	Lium, Riley	WEST	7/15/2005
2	48.00	317	Jeong, Clare	SST	4/23/2005
3	49.48	267	Avery, Leah	BTST	8/6/2005
4	49.66	261	Liang, Lilian	WEST	6/3/2005
5	49.73	259	Shabb, Hannah	CSC	6/17/2005
6	51.81	194	Coleman, Melody	MMSC	4/23/2005
7	52.89	163	Crane, Kelsey	OAC	7/15/2005
8	54.23	128	Delacruz-Gunderson, Re	SSC	4/23/2005
9	54.42	124	Salgado, Pia	C	7/15/2005
10	54.69	117	Bennett, Nikki	WAVE	7/15/2005
11	54.73	116	Moffatt, Vanessa	KING	6/25/2005
12	56.48	77	James, Corey	TSC	7/15/2005
13	56.58	75	DeSmet, Zoe	PSSC	7/15/2005
14	56.81	70	Ngo, Naomi	IST	6/3/2005
15	57.02	66	Kelson, Nadia	C	7/15/2005
16	57.12	64	Michaels, Madison	TSC	6/11/2005
17	57.19	63	Shaw, Mack	GHP	6/11/2005
18	57.36	60	Lium, Chloe	WEST	6/25/2005
19	57.85	51	Lobdell, Julia	GHP	6/11/2005
20	58.93	33	Hoffman, Annie	C	7/15/2005
21	1:00.56	13	Vagen, Drew	KING	4/23/2005
22	1:02.62	1	Win, Mimi	WAVE	4/23/2005
23	1:02.95	1	Maher, Madeline	WEST	6/3/2005
24	1:03.15	1	Cook, Alyssa	PAC	6/11/2005
25	1:04.59	1	Callahan, Jazmyn	WAVE	8/6/2005
TOTAL		2850	AVERAGE	**114.00**	

100 METER BUTTERFLY					
RNK	TIME	PP	NAME	TEAM	DATE
1	1:44.66	424	Jeong, Clare	SST	4/23/2005
2	1:58.15	220	DeSmet, Zoe	PSSC	8/6/2005
3	2:05.22	134	Shaw, Mack	GHP	6/11/2005
4	2:05.48	131	Lobdell, Julia	GHP	6/11/2005
5	2:05.63	130	Moffatt, Vanessa	KING	6/16/2005
6	2:11.43	72	Lium, Riley	WEST	8/6/2005
7	2:27.54	1	Lium, Chloe	WEST	8/6/2005
8	2:28.35	1	Lee, Nicole	GHP	4/23/2005
9	2:38.64	1	Morgan, Rose	WSY	8/6/2005
10	2:51.98	1	Telloian, Joelle	ESC	8/6/2005
TOTAL			AVERAGE		

200 METER INDIVIDUAL MEDLEY					
RNK	TIME	PP	NAME	TEAM	DATE
1	3:36.19	438	Jeong, Clare	SST	4/23/2005
2	3:43.94	368	Lium, Riley	WEST	6/3/2005
3	3:46.59	345	Coleman, Melody	MMSC	4/23/2005
4	3:57.21	259	James, Corey	TSC	7/15/2005
5	4:12.16	154	Moffatt, Vanessa	KING	6/16/2005
6	4:24.46	84	Zhao, Danzhu	PAC	8/6/2005
7	4:52.39	1	Lambourn, Jessica	SSC	8/6/2005
8	5:03.50	1	Hoffman, Annie	C	6/11/2005
9	5:32.70	1	Telloian, Joelle	ESC	8/6/2005
TOTAL		3605	AVERAGE	**163.86**	