

## NATIONAL TOP 200 – GIRLS ELEVEN YEARS – 2009/2010

50 M FREESTYLE (30.88)				
PP	TIME	NAME	TEAM	DATE
792	29.76	Domanowski, Christina	MMSC	8/5/2010
773	30.03	Teegan, Helen	KING	5/21/2010
765	30.14	Kwan, Sabrina	OCA	7/29/2010
751	30.35	Smith, Cameron	CSC	7/31/2010
739	30.51	Pressler, Maddie	WEST	7/29/2010
100 M FREESTYLE (1:07.40)				
PP	TIME	NAME	TEAM	DATE
861	1:03.31	Domanowski, Christina	MMSC	8/5/2010
828	1:04.18	Smith, Cameron	CSC	7/29/2010
782	1:05.43	Kwan, Sabrina	OCA	7/29/2010
778	1:05.54	Teegan, Helen	KING	4/24/2010
746	1:06.42	Pressler, Maddie	WEST	7/29/2010
200 M FREESTYLE (2:26.87)				
PP	TIME	NAME	TEAM	DATE
904	2:15.08	Domanowski, Christina	MMSC	7/29/2010
854	2:17.60	Smith, Cameron	CSC	7/29/2010
733	2:24.02	Teegan, Helen	KING	5/21/2010
711	2:25.22	Seidner, Lindsey	OCA	7/29/2010
707	2:25.44	Pressler, Maddie	WEST	7/29/2010
400 M FREESTYLE (5:09.19)				
PP	TIME	NAME	TEAM	DATE
910	4:42.55	Domanowski, Christina	MMSC	8/5/2010
760	4:58.39	Smith, Cameron	CSC	6/26/2010
715	5:03.45	Seidner, Lindsey	OCA	7/29/2010
686	5:06.77	Morris, Marissa	NWAC	6/25/2010
674	5:08.19	Teegan, Helen	KING	5/21/2010
800 M FREESTYLE (11:40.95)				
PP	TIME	NAME	TEAM	DATE
994	9:40.69	Domanowski, Christina	MMSC	8/5/2010
885	10:05.85	Smith, Cameron	CSC	7/29/2010
816	10:22.47	Seidner, Lindsey	OCA	7/29/2010
751	10:38.63	Pressler, Maddie	WEST	7/29/2010
720	10:46.71	Chien, Sophia	KING	7/29/2010
689	10:54.71	Morris, Marissa	NWAC	7/29/2010
1500 M FREESTYLE (169)				
PP	TIME	NAME	TEAM	DATE
1017	18:43.95	Domanowski, Christina	MMSC	7/29/2010
945	19:16.85	Smith, Cameron	CSC	7/16/2010
906	19:34.84	Seidner, Lindsey	OCA	7/29/2010
759	20:46.35	Morris, Marissa	NWAC	7/29/2010
591	22:15.72	Petrini, Leah	OCA	7/16/2010
581	22:21.71	Kaczmarek, Elyse	IST	7/16/2010
570	22:27.71	Vagt, Molly	NWAC	7/9/2010
50 M BACKSTROKE (36.31)				
PP	TIME	NAME	TEAM	DATE
795	34.58	Domanowski, Christina	MMSC	7/30/2010
749	35.26	Kwan, Sabrina	OCA	7/29/2010
745	35.32	Pressler, Maddie	WEST	7/15/2010
692	36.12	Fang, Elisa	BC	7/16/2010
100 M BACKSTROKE (1:18.42)				
PP	TIME	NAME	TEAM	DATE
835	1:13.12	Domanowski, Christina	MMSC	8/5/2010
735	1:16.40	Pressler, Maddie	WEST	7/29/2010
721	1:16.86	Kwan, Sabrina	OCA	6/12/2010
682	1:18.21	Teegan, Helen	KING	5/21/2010

200 M BACKSTROKE (2:51.34)				
PP	TIME	NAME	TEAM	DATE
858	2:37.49	Domanowski, Christina	MMSC	7/29/2010
757	2:45.35	Kwan, Sabrina	OCA	6/25/2010
747	2:46.13	Pressler, Maddie	WEST	7/29/2010
684	2:51.17	Simpson, Kaycee	KING	7/29/2010
50 M BREASTSTROKE (40.51)				
PP	TIME	NAME	TEAM	DATE
772	38.65	Teegan, Helen	KING	4/24/2010
770	38.68	Fang, Elisa	BC	7/29/2010
710	39.83	Dovinh, Angeline	SSC	7/29/2010
100 M BREASTSTROKE (1:28.70)				
PP	TIME	NAME	TEAM	DATE
769	1:24.62	Teegan, Helen	KING	5/21/2010
739	1:25.91	Fang, Elisa	BC	7/29/2010
701	1:27.49	Luehmann, Sophie	IST	4/30/2010
699	1:27.61	Dovinh, Angeline	SSC	7/29/2010
200 M BREASTSTROKE (3:14.60)				
PP	TIME	NAME	TEAM	DATE
775	3:04.54	Teegan, Helen	KING	5/21/2010
748	3:07.03	Dovinh, Angeline	SSC	7/29/2010
707	3:10.96	Fang, Elisa	BC	7/29/2010
697	3:11.95	Truong, Felicia	WAVE	7/29/2010
695	3:12.14	Domanowski, Christina	MMSC	6/12/2010
697	3:12.76	Seidner, Lindsey	OCA	5/14/2010
678	3:13.80	Simpson, Kaycee	KING	7/15/2010
50 M BUTTERFLY (33.67)				
PP	TIME	NAME	TEAM	DATE
787	32.30	Domanowski, Christina	MMSC	6/25/2010
782	32.37	Kwan, Sabrina	OCA	7/29/2010
769	32.59	Smith, Cameron	CSC	7/29/2010
734	33.17	Teegan, Helen	KING	4/24/2010
100 M BUTTERFLY (1:16.82)				
PP	TIME	NAME	TEAM	DATE
837	1:10.59	Domanowski, Christina	MMSC	6/25/2010
804	1:11.81	Seidner, Lindsey	OCA	7/29/2010
788	1:12.43	Smith, Cameron	CSC	7/29/2010
729	1:14.67	Teegan, Helen	KING	4/24/2010
200 M BUTTERFLY (3:07.04)				
PP	TIME	NAME	TEAM	DATE
946	2:32.75	Domanowski, Christina	MMSC	7/29/2010
942	2:33.11	Smith, Cameron	CSC	7/29/2010
929	2:34.22	Seidner, Lindsey	OCA	7/29/2010
750	2:50.38	Vagt, Molly	NWAC	7/29/2010
701	2:55.68	Kwan, Sabrina	OCA	5/14/2010
667	2:58.25	Chien, Sophia	UN	7/15/2010
642	3:00.63	Kaczmarek, Elyse	IST	7/16/2010
622	3:02.56	Simpson, Kaycee	KING	5/21/2010
618	3:02.95	Morris, Marissa	NWAC	6/25/2010
586	3:06.09	Pressler, Maddie	WEST	6/25/2010
200 M INDIVIDUAL MEDLEY (2:46.94)				
PP	TIME	NAME	TEAM	DATE
896	2:33.10	Domanowski, Christina	MMSC	7/29/2010
810	2:38.93	Teegan, Helen	KING	4/24/2010
762	2:42.27	Seidner, Lindsey	OCA	7/29/2010
708	2:46.13	Kwan, Sabrina	OCA	7/29/2010
699	2:46.81	Smith, Cameron	CSC	6/26/2010
400 M INDIVIDUAL MEDLEY (6:10.54)				
PP	TIME	NAME	TEAM	DATE
965	5:23.30	Domanowski, Christina	MMSC	7/29/2010
855	5:40.19	Seidner, Lindsey	OCA	7/29/2010
820	5:45.74	Teegan, Helen	KING	4/24/2010

# PACIFIC NORTHWEST SWIMMING



PACIFIC  
NORTHWEST  
SWIMMING

726	6:00.89	Kwan, Sabrina	OCA	7/16/2010
725	6:01.09	Haugen, Gianna	KING	4/24/2010
719	6:01.99	Simpson, Kaycee	KING	7/29/2010
718	6:02.22	Morris, Marissa	NWAC	7/9/2010
702	6:04.83	Pressler, Maddie	WEST	6/25/2010
689	6:07.43	Birrell, Emily	WAVE	5/14/2010
687	6:07.45	Rosen, Candice	BISC	6/12/2010
674	6:09.57	Kaczmarek, Elyse	IST	7/29/2010

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2010	11	82	62333	760.15	737.59

## NATIONAL TOP 200 – GIRLS TWELVE YEARS – 2009/2010

50 M FREESTYLE (29.50)				
PP	TIME	NAME	TEAM	DATE
800	28.62	Bishoff, Sydney	PSSC	7/29/2010
743	29.39	Teegan, Helen	KING	7/29/2010
736	29.49	Pearson, Jada	ESC	8/10/2010
100 M FREESTYLE (1:04.32)				
PP	TIME	NAME	TEAM	DATE
777	1:02.78	Bishoff, Sydney	PSSC	8/5/2010
748	1:03.54	Teegan, Helen	KING	7/29/2010
723	1:04.22	Cross, Marley	BC	7/29/2010
200 M FREESTYLE (2:19.46)				
PP	TIME	NAME	TEAM	DATE
787	2:14.96	Williams, Kim	BISC	7/23/2009
749	2:16.92	Yap, Lavinya	WEST	8/5/2009
703	2:19.31	Sutherland, Ashley	SST	7/23/2009
400 M FREESTYLE (4:54.70)				
PP	TIME	NAME	TEAM	DATE
747	4:47.59	Lucien, Bri	WEST	7/29/2010
735	4:48.84	Cook, Alyssa	KING	5/21/2010
695	4:53.19	Teegan, Helen	KING	7/15/2010
684	4:54.40	Williams, Kim	IST	3/27/2010
800 M FREESTYLE (10:29.58)				
PP	TIME	NAME	TEAM	DATE
815	9:49.58	Lucien, Bri	WEST	8/5/2010
771	9:59.84	Cook, Alyssa	KING	4/17/2010
742	10:07.81	Briggs, Mackenna	IST	5/14/2010
713	10:14.06	Teegan, Helen	KING	6/25/2010
675	10:23.34	Cross, Marley	BC	8/5/2010
1500 M FREESTYLE (20:41.34)				
PP	TIME	NAME	TEAM	DATE
826	18:58.20	Lucien, Bri	WEST	7/29/2010
629	20:33.66	Pownall, Torri	GAC	7/15/2010
620	20:38.10	Lin, Emily	CSC	7/16/2010
50 M BACKSTROKE (34.33)				
PP	TIME	NAME	TEAM	DATE
803	33.04	Huo, Jenny	KING	7/29/2010
806	33.71	Briggs, Mackenna	IST	5/14/2010
100 M BACKSTROKE (1:13.89)				
PP	TIME	NAME	TEAM	DATE
830	1:09.80	Huo, Jenny	KING	7/29/2010
761	1:11.95	Cook, Alyssa	KING	5/21/2010
731	1:12.90	Briggs, Mackenna	IST	4/30/2010
720	1:13.26	Zacharias, Reva	WWA	7/29/2010
719	1:13.30	Prentice, Emily	OCA	7/29/2010
200 M BACKSTROKE (2:40.67)				
PP	TIME	NAME	TEAM	DATE
792	2:33.36	Huo, Jenny	KING	7/29/2010
722	2:38.51	Prentice, Emily	OCA	7/29/2010
696	2:40.52	Sutich, Lianna	BC	7/29/2010
50 M BREASTSTROKE (38.61)				
PP	TIME	NAME	TEAM	DATE
778	36.86	Teegan, Helen	KING	7/29/2010
770	37.00	Mundle, Whitney	TSC	7/29/2010
738	37.57	Delzer, Savannah	KING	7/29/2010
730	37.73	Rossnagle, Madison	MMSC	7/29/2010
100 M BREASTSTROKE (1:24.12)				
PP	TIME	NAME	TEAM	DATE
750	1:20.89	Mundle, Whitney	TSC	7/29/2010
737	1:21.43	Teegan, Helen	KING	7/29/2010

706	1:22.66	Rossnagle, Madison	MMSC	7/29/2010
681	1:23.66	Delzer, Savannah	KING	7/29/2010
200 M BREASTSTROKE (3:03.63)				
PP	TIME	NAME	TEAM	DATE
791	2:52.18	Teegan, Helen	KING	7/29/2010
778	2:53.31	Williams, Kim	IST	3/27/2010
757	2:55.19	Cook, Alyssa	KING	4/24/2010
738	2:56.91	Shabb, Hannah	CSC	8/5/2010
723	2:58.23	Mundle, Whitney	TSC	7/29/2010
716	2:58.86	Lucien, Bri	WEST	7/15/2010
695	3:00.77	Delzer, Savannah	KING	7/15/2010
691	3:01.16	Uyeno, Linnea	OCA	8/5/2010
669	3:03.13	Brock, Luci	CSC	6/26/2010
50 M BUTTERFLY (32.09)				
PP	TIME	NAME	TEAM	DATE
803	30.68	Pearson, Jada	ESC	8/10/2010
777	31.09	Bishoff, Sydney	PSSC	7/29/2010
744	31.61	Sutich, Lianna	BC	7/29/2010
734	31.77	Huo, Jenny	KING	7/29/2010
100 M BUTTERFLY (1:11.84)				
PP	TIME	NAME	TEAM	DATE
767	1:09.48	Sutich, Lianna	BC	7/29/2010
763	1:09.63	Huo, Jenny	KING	7/29/2010
760	1:09.72	Briggs, Mackenna	IST	4/30/2010
749	1:10.11	Bishoff, Sydney	PSSC	8/5/2010
738	1:10.53	Shabb, Hannah	CSC	7/29/2010
712	1:11.47	Cook, Alyssa	KING	5/21/2010
200 M BUTTERFLY (2:47.29)				
PP	TIME	NAME	TEAM	DATE
784	2:34.73	Cook, Alyssa	KING	5/21/2010
776	2:35.41	Shabb, Hannah	CSC	7/29/2010
770	2:35.90	Seidner, Lindsey	OCA	8/5/2010
734	2:39.67	Briggs, Mackenna	IST	5/14/2010
720	2:40.25	Sutich, Lianna	BC	7/29/2010
685	2:43.24	Bishoff, Sydney	PSSC	8/5/2010
645	2:46.85	Haugen, Gianna	KING	7/15/2010
200 M INDIVIDUAL MEDLEY (2:38.78)				
PP	TIME	NAME	TEAM	DATE
828	2:30.78	Williams, Kim	IST	3/27/2010
808	2:32.04	Teegan, Helen	KING	7/29/2010
800	2:32.59	Shabb, Hannah	CSC	7/29/2010
772	2:34.49	Huo, Jenny	KING	7/29/2010
763	2:35.06	Cook, Alyssa	KING	4/24/2010
749	2:36.03	Lucien, Bri	WEST	7/15/2010
400 M INDIVIDUAL MEDLEY (5:45.08)				
PP	TIME	NAME	TEAM	DATE
835	5:20.39	Cook, Alyssa	KING	5/21/2010
826	5:21.63	Shabb, Hannah	CSC	7/29/2010
767	5:30.50	Lucien, Bri	WEST	7/15/2010
729	5:36.25	Teegan, Helen	KING	7/15/2010
731	5:36.27	Uyeno, Linnea	OCA	5/14/2010
724	5:37.02	Briggs, Mackenna	IST	4/30/2010
680	5:43.93	Delzer, Savannah	KING	7/29/2010

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2010	12	68	50381	740.89	751.37
2009	11	79	55995	708.97	726.02

## NATIONAL TOP 200 – GIRLS THIRTEEN YEARS – 2009/2010

50 M FREESTYLE (28.98)				
PP	TIME	NAME	TEAM	DATE
804	28.62	Sutherland, Ashley	SST	5/14/2010
736	28.82	Pries, Alana	SST	7/29/2010
733	28.86	Briggs, Mackenna	IST	7/29/2010
100 M FREESTYLE (1:02.81)				
PP	TIME	NAME	TEAM	DATE
781	1:01.00	Williams, Kim	IST	7/29/2010
740	1:01.98	Kawaguchi, Megan	WWA	7/29/2010
720	1:02.45	Sutherland, Ashley	SST	8/1/2010
720	1:02.46	Briggs, Mackenna	IST	8/1/2010
708	1:02.74	Yap, Lavinya	WEST	8/1/2010
200 M FREESTYLE (2:15.90)				
PP	TIME	NAME	TEAM	DATE
746	2:12.31	Williams, Kim	IST	7/29/2010
738	2:12.66	Ginnis, Morgan	MMSC	12/6/2009
400 M FREESTYLE (4:46.88)				
PP	TIME	NAME	TEAM	DATE
728	4:38.15	Williams, Kim	IST	6/25/2010
649	4:45.81	Chambers, Addie	KING	7/29/2010
647	4:46.01	Moffatt, Vanessa	KING	6/25/2010
643	4:46.43	Ginnis, Morgan	MMSC	12/6/2009
800 M FREESTYLE (9:55.46)				
PP	TIME	NAME	TEAM	DATE
798	9:23.12	Williams, Kim	IST	7/20/2010
741	9:34.79	Cook, Alyssa	KING	7/20/2010
694	9:44.69	Chambers, Addie	KING	7/29/2010
679	9:47.94	Yap, Lavinya	WEST	7/29/2010
654	9:53.48	Moffatt, Vanessa	KING	5/21/2010
1500 M FREESTYLE (19:18.33)				
PP	TIME	NAME	TEAM	DATE
738	18:28.29	Chambers, Addie	KING	7/29/2010
718	18:36.88	Moffatt, Vanessa	KING	5/21/2010
703	18:43.04	Cook, Alyssa	KING	7/20/2010
686	18:50.26	Williams, Kim	IST	7/8/2010
100 M BACKSTROKE (1:12.00)				
PP	TIME	NAME	TEAM	DATE
895	1:06.32	Vanderwel, Heidi	WEST	12/6/2009
739	1:10.59	Armstrong, Cathryn	SSC	7/29/2010
725	1:10.98	Cook, Alyssa	KING	6/25/2010
723	1:11.03	Yap, Lavinya	WEST	7/29/2010
717	1:11.21	Williams, Kim	IST	4/30/2010
704	1:11.59	Huffer, Emily	NWAC	7/29/2010
701	1:11.67	Sutherland, Ashley	SST	6/17/2010
200 M BACKSTROKE (2:34.61)				
PP	TIME	NAME	TEAM	DATE
775	2:28.33	Cook, Alyssa	KING	7/29/2010
736	2:30.90	Yap, Lavinya	WEST	7/29/2010
688	2:34.05	Williams, Kim	IST	7/8/2010
680	2:34.61	Huffer, Emily	NWAC	7/29/2010
100 M BREASTSTROKE (1:22.06)				
PP	TIME	NAME	TEAM	DATE
811	1:16.26	Williams, Kim	IST	7/29/2010
692	1:20.42	Shewchuk, Taylor	BBST	7/15/2010

200 M BREASTSTROKE (2:56.28)				
PP	TIME	NAME	TEAM	DATE
838	2:41.09	Williams, Kim	IST	7/29/2010
743	2:48.42	Cook, Alyssa	KING	8/5/2010
688	2:52.76	Shewchuk, Taylor	BBST	7/29/2010
644	2:56.28	Coleman, Melody	MMSC	7/29/2010
100 M BUTTERFLY (1:09.95)				
PP	TIME	NAME	TEAM	DATE
763	1:07.12	Kawaguchi, Megan	WWA	7/29/2010
731	1:08.08	Vanderwel, Heidi	WEST	12/6/2009
731	1:08.09	Williams, Kim	IST	6/25/2010
723	1:08.34	Koksu, Emily	OCA	7/29/2010
717	1:08.50	Briggs, Mackenna	IST	7/29/2010
712	1:08.66	Cook, Alyssa	KING	7/29/2010
680	1:09.65	Yap, Lavinya	WEST	8/5/2010
676	1:09.78	Ginnis, Morgan	MMSC	12/6/2009
670	1:09.94	Peirano, Anna	BISC	6/17/2010
200 M BUTTERFLY (2:37.29)				
PP	TIME	NAME	TEAM	DATE
791	2:27.16	Cook, Alyssa	KING	7/29/2010
751	2:30.01	Kawaguchi, Megan	WWA	7/29/2010
711	2:32.81	Chambers, Addie	KING	7/29/2010
706	2:33.16	Moffatt, Vanessa	KING	6/25/2010
686	2:34.64	Yap, Lavinya	WEST	7/15/2010
682	2:34.87	Briggs, Mackenna	IST	7/29/2010
679	2:35.13	Mackey, Bridig	IST	7/29/2010
678	2:35.18	Williams, Kim	IST	6/25/2010
650	2:37.25	Peirano, Anna	BISC	6/17/2010
200 M INDIVIDUAL MEDLEY (2:34.71)				
PP	TIME	NAME	TEAM	DATE
885	2:23.28	Williams, Kim	IST	7/29/2010
716	2:33.17	Ginnis, Morgan	MMSC	12/6/2009
716	2:33.20	Briggs, Mackenna	IST	7/29/2010
701	2:34.13	Cook, Alyssa	KING	6/25/2010
693	2:34.57	Yap, Lavinya	WEST	7/29/2010
400 M INDIVIDUAL MEDLEY (5:28.66)				
PP	TIME	NAME	TEAM	DATE
879	5:01.62	Williams, Kim	IST	7/29/2010
826	5:08.36	Cook, Alyssa	KING	7/29/2010
699	5:25.04	Briggs, Mackenna	IST	7/29/2010
674	5:28.49	Chambers, Addie	KING	7/29/2010

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2010	13	67	48529	724.31	733.75
2009	12	89	66050	742.13	742.31
2008	11	66	45031	682.28	718.47

## NATIONAL TOP 200 – GIRLS FOURTEEN YEARS – 2009/2010

50 M FREESTYLE (28.42)				
PP	TIME	NAME	TEAM	DATE
856	26.91	Keane, Anna	WEST	7/29/2010
835	27.15	Ginnis, Morgan	MMSC	6/25/2010
774	27.87	Cann, Felicity	KING	7/29/2010
772	27.90	Vanderwel, Heidi	WEST	7/29/2010
771	27.91	Nist, Erika	KING	7/31/2010
771	27.91	Speak, Sage	WAVE	7/29/2010
739	28.29	Gwo, Lorea	OCA	7/20/2010
100 M FREESTYLE (1:01.44)				
PP	TIME	NAME	TEAM	DATE
829	59.13	Cann, Felicity	KING	7/29/2010
829	59.13	Ginnis, Morgan	UN	8/5/2010
786	1:00.11	Taylor, Hannah	MMSC	12/6/2009
776	1:00.33	Speak, Sage	WAVE	7/29/2010
775	1:00.36	Keane, Anna	WEST	8/9/2010
763	1:00.62	Vanderwel, Heidi	WEST	5/1/2010
754	1:00.84	Munger, Madison	VAST	7/29/2010
200 M FREESTYLE (2:13.17)				
PP	TIME	NAME	TEAM	DATE
796	2:08.93	Cann, Felicity	KING	7/29/2010
785	2:09.41	Ginnis, Morgan	UN	7/29/2010
739	2:11.49	Vanderwel, Heidi	WEST	6/25/2010
732	2:11.81	Rosen, Laura	NWAC	7/29/2010
730	2:11.91	Nist, Erika	KING	7/29/2010
723	2:12.21	Taylor, Hannah	MMSC	12/6/2009
400 M FREESTYLE (4:41.04)				
PP	TIME	NAME	TEAM	DATE
830	4:26.68	Cann, Felicity	KING	8/5/2010
712	4:37.45	Ginnis, Morgan	UN	7/29/2010
701	4:38.53	Rosen, Laura	NWAC	7/29/2010
686	4:39.97	Benson, Hannah	CSC	7/29/2010
684	4:40.12	Speak, Sage	WAVE	7/29/2010
800 M FREESTYLE (9:45.30)				
PP	TIME	NAME	TEAM	DATE
729	9:32.01	Vanderwel, Heidi	WEST	5/14/2010
720	9:33.69	Rosen, Laura	NWAC	7/29/2010
718	9:34.13	McCann, Carolyn	TSC	7/29/2010
717	9:34.39	Moffatt, Vanessa	KING	7/29/2010
692	9:39.69	Benson, Hannah	CSC	8/5/2010
677	9:42.87	Levy, Geneva	BISC	7/29/2010
1500 M FREESTYLE (18:50.33)				
PP	TIME	NAME	TEAM	DATE
727	18:18.16	Vanderwel, Heidi	WEST	5/1/2010
720	18:20.69	Moffatt, Vanessa	KING	7/15/2010
682	18:36.71	Hoff, Catherine	OCA	7/20/2010
100 M BACKSTROKE (1:10.11)				
PP	TIME	NAME	TEAM	DATE
945	1:03.81	Vanderwel, Heidi	WEST	8/9/2010
864	1:05.91	Weiss, Hannah	OCA	7/29/2010
836	1:06.65	Nist, Erika	KING	5/21/2010
786	1:07.98	Ginnis, Morgan	UN	7/29/2010
735	1:09.40	Keane, Anna	WEST	7/29/2010

200 M BACKSTROKE (2:30.94)				
PP	TIME	NAME	TEAM	DATE
939	2:16.10	Vanderwel, Heidi	WEST	8/9/2010
813	2:23.77	Nist, Erika	KING	8/5/2010
791	2:25.15	Ginnis, Morgan	MMSC	6/25/2010
778	2:26.00	Weiss, Hannah	OCA	8/5/2010
707	2:30.56	Cann, Felicity	KING	7/29/2010
100 M BREASTSTROKE (1:20.47)				
PP	TIME	NAME	TEAM	DATE
793	1:16.74	Speak, Sage	WAVE	7/20/2010
769	1:17.57	Mackie, Katie	KING	7/29/2010
720	1:19.30	McCann, Carolyn	TSC	7/29/2010
713	1:19.52	Rosen, Laura	NWAC	7/29/2010
697	1:20.11	Keane, Anna	WEST	7/20/2010
200 M BREASTSTROKE (2:53.63)				
PP	TIME	NAME	TEAM	DATE
762	2:46.24	Speak, Sage	WAVE	5/28/2010
759	2:46.48	Rosen, Laura	NWAC	7/29/2010
735	2:48.31	McCann, Carolyn	TSC	6/10/2010
701	2:51.03	Mackie, Katie	KING	7/15/2010
671	2:53.39	Taylor, Hannah	MMSC	12/6/2009
100 M BUTTERFLY (1:07.71)				
PP	TIME	NAME	TEAM	DATE
806	1:04.81	Vanderwel, Heidi	WEST	7/29/2010
778	1:05.64	Weiss, Hannah	OCA	7/29/2010
732	1:06.99	Gwo, Lorea	OCA	7/29/2010
200 M BUTTERFLY (2:31.92)				
PP	TIME	NAME	TEAM	DATE
806	2:23.18	Rosen, Laura	NWAC	8/5/2010
716	2:29.38	Moffatt, Vanessa	KING	7/15/2010
697	2:30.68	Vanderwel, Heidi	WEST	4/24/2010
692	2:31.03	Harris, Taylor	OCA	7/29/2010
200 M INDIVIDUAL MEDLEY (2:31.50)				
PP	TIME	NAME	TEAM	DATE
787	2:25.92	Rosen, Laura	NWAC	7/29/2010
774	2:26.70	Ginnis, Morgan	UN	7/29/2010
748	2:28.21	Nist, Erika	KING	7/29/2010
731	2:29.21	Vanderwel, Heidi	WEST	4/24/2010
712	2:30.36	Speak, Sage	WAVE	7/29/2010
707	2:30.63	McCann, Carolyn	TSC	7/29/2010
400 M INDIVIDUAL MEDLEY (5:21.79)				
PP	TIME	NAME	TEAM	DATE
792	5:07.61	McCann, Carolyn	TSC	7/29/2010
788	5:08.09	Rosen, Laura	NWAC	8/5/2010
786	5:08.35	Taylor, Hannah	MMSC	12/6/2009
727	5:16.54	Vanderwel, Heidi	WEST	5/14/2010
706	5:18.87	Ginnis, Morgan	MMSC	6/25/2010

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2010	14	72	54529	757.34	753.32
2009	13	96	69992	728.35	728.22
2008	12	123	91398	743.07	733.44
2007	11	119	86641	728.07	712.18

## NATIONAL TOP 200 – GIRLS FIFTEEN YEARS – 2009/2010

50 M FREESTYLE (28.28)				
PP	TIME	NAME	TEAM	DATE
835	26.75	Kinnear, Katie	IST	7/20/2010
799	27.17	Cratsenberg, Amber	VAST	2/12/2010
776	27.43	Wu, Joanna	KING	6/18/2010
728	28.00	Baker, Maddie	SSC	8/6/2010
100 M FREESTYLE (1:01.06)				
PP	TIME	NAME	TEAM	DATE
829	58.08	Kinnear, Katie	IST	7/20/2010
776	59.27	Cratsenberg, Amber	VAST	2/12/2010
765	59.50	Taylor, Hannah	MMSC	7/29/2010
698	1:01.05	Flaten, Kayla	IST	7/20/2010
200 M FREESTYLE (2:11.65)				
PP	TIME	NAME	TEAM	DATE
737	2:09.38	Taylor, Hannah	MMSC	7/29/2010
737	2:09.40	Kinnear, Katie	IST	7/22/2010
720	2:10.17	Cratsenberg, Amber	VAST	2/12/2010
704	2:10.90	Laurent, Kalena	WEST	8/9/2010
704	2:10.90	Davis, Alyssa	KING	5/28/2010
692	2:11.46	Wu, Joanna	KING	4/17/2010
400 M FREESTYLE (4:37.37)				
PP	TIME	NAME	TEAM	DATE
759	4:30.31	Wu, Joanna	KING	6/18/2010
738	4:32.22	Taylor, Hannah	MMSC	8/5/2010
688	4:36.95	Cratsenberg, Amber	VAST	2/12/2010
687	4:37.06	Grundman, Sarah	BISC	6/17/2010
800 M FREESTYLE (9:36.34)				
PP	TIME	NAME	TEAM	DATE
711	9:24.05	Grundman, Sarah	BISC	7/20/2010
690	9:28.37	Laurent, Kalena	WEST	7/20/2010
665	9:33.67	Maier, Stacy	IST	7/29/2010
1500 M FREESTYLE (18:41.18)				
PP	TIME	NAME	TEAM	DATE
737	17:59.64	Grundman, Sarah	BISC	7/20/2010
705	18:12.70	Laurent, Kalena	WEST	7/20/2010
691	18:18.37	Kinnear, Katie	IST	7/8/2010
100 M BACKSTROKE (1:09.12)				
PP	TIME	NAME	TEAM	DATE
884	1:04.20	Kinnear, Katie	IST	4/29/2010
806	1:06.23	Ainsworth, Kristin	KING	6/18/2010
780	1:06.91	Wold, Grace	KING	7/29/2010
751	1:07.70	Wu, Joanna	KING	6/18/2010
739	1:08.02	Taylor, Hannah	MMSC	7/29/2010
735	1:08.15	Tacke, Emily	KING	7/29/2010
730	1:08.29	Davis, Alyssa	KING	5/28/2010
711	1:08.81	Tanasse, Emily	KING	7/29/2010
700	1:09.12	Maier, Stacy	IST	7/29/2010
200 M BACKSTROKE (2:28.93)				
PP	TIME	NAME	TEAM	DATE
857	2:19.11	Kinnear, Katie	IST	7/20/2010
822	2:21.26	Ainsworth, Kristin	KING	6/18/2010
739	2:26.41	Wu, Joanna	KING	6/18/2010
734	2:26.75	Messegee, Abigail	PAC	7/29/2010
724	2:27.37	Tanasse, Emily	KING	7/29/2010
714	2:28.04	Wold, Grace	KING	7/29/2010

100 M BREASTSTROKE (1:19.52)				
PP	TIME	NAME	TEAM	DATE
708	1:17.55	Taylor, Hannah	MMSC	7/29/2010
687	1:18.30	Flaten, Kayla	IST	7/29/2010
200 M BREASTSTROKE (2:51.96)				
PP	TIME	NAME	TEAM	DATE
740	2:45.30	Taylor, Hannah	MMSC	7/29/2010
708	2:47.77	Flaten, Kayla	IST	7/29/2010
100 M BUTTERFLY (1:07.02)				
PP	TIME	NAME	TEAM	DATE
913	1:01.03	Kinnear, Katie	IST	7/20/2010
787	1:04.59	Laurent, Kalena	WEST	8/9/2010
774	1:04.97	Taylor, Hannah	MMSC	7/29/2010
759	1:05.40	Wold, Grace	KING	7/15/2010
746	1:05.79	Domanowski, Jenni	MMSC	4/24/2010
737	1:06.04	Taylor, Kaitlin	WEST	7/20/2010
723	1:06.46	Tanasse, Emily	KING	7/20/2010
716	1:06.65	Cratsenberg, Amber	VAST	2/12/2010
200 M BUTTERFLY (2:29.76)				
PP	TIME	NAME	TEAM	DATE
839	2:18.87	Kinnear, Katie	IST	8/3/2010
826	2:19.68	Laurent, Kalena	WEST	7/29/2010
826	2:19.73	Domanowski, Jenni	MMSC	4/24/2010
680	2:29.64	Wold, Grace	KING	7/20/2010
200 M INDIVIDUAL MEDLEY (2:30.04)				
PP	TIME	NAME	TEAM	DATE
850	2:21.00	Kinnear, Katie	IST	7/20/2010
837	2:21.73	Taylor, Hannah	MMSC	7/29/2010
730	2:27.89	Wold, Grace	KING	7/29/2010
726	2:28.12	Domanowski, Jenni	MMSC	4/24/2010
724	2:28.23	Davis, Alyssa	KING	4/17/2010
400 M INDIVIDUAL MEDLEY (5:17.58)				
PP	TIME	NAME	TEAM	DATE
810	5:00.75	Taylor, Hannah	MMSC	7/29/2010
804	5:01.42	Kinnear, Katie	IST	7/20/2010
748	5:08.58	Domanowski, Jenni	MMSC	4/24/2010
715	5:12.81	Davis, Alyssa	KING	5/28/2010
693	5:15.76	Wold, Grace	KING	6/18/2010
685	5:16.88	Grundman, Sarah	BISC	6/12/2010
682	5:17.19	Ainsworth, Kristin	KING	7/29/2010

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2010	15	67	50170	748.80	747.35
2009	14	84	64027	762.22	762.21
2008	13	90	65430	727.00	727.80
2007	12	91	65285	717.41	728.94
2006	11	80	54534	681.67	705.12

## NATIONAL TOP 200 – GIRLS SIXTEEN YEARS – 2009/2010

50 M FREESTYLE (28.05)				
PP	TIME	NAME	TEAM	DATE
829	26.79	Cratsenberg, Amber	VAST	6/25/2010
791	27.23	Wu, Joanna	KING	7/31/2010
763	27.56	Morris, Lily	BC	7/29/2010
737	27.87	Hendricks, Sami	VAST	7/29/2010
736	27.88	Kim, Rachel	KING	7/15/2010
723	28.03	Bettag, Sarah	SSC	7/29/2010
100 M FREESTYLE (1:00.58)				
PP	TIME	NAME	TEAM	DATE
802	58.40	Cratsenberg, Amber	VAST	7/29/2010
798	58.49	Wu, Joanna	KING	8/1/2010
764	59.26	Kim, Rachel	KING	7/29/2010
748	59.62	Morris, Lily	BC	7/29/2010
718	1:00.32	Hendricks, Sami	VAST	7/29/2010
716	1:00.35	Peseau, Hannah	MMSC	7/29/2010
707	1:00.58	Davis, Alyssa	KING	7/29/2010
200 M FREESTYLE (2:10.62)				
PP	TIME	NAME	TEAM	DATE
768	2:07.21	Wu, Joanna	KING	8/5/2010
756	2:07.71	Kim, Rachel	KING	8/9/2010
753	2:07.87	Cratsenberg, Amber	VAST	6/25/2010
734	2:08.69	Davis, Alyssa	KING	7/15/2010
726	2:09.04	Majeau, Fiona	CSC	7/8/2010
724	2:09.16	Peseau, Hannah	MMSC	7/29/2010
708	2:09.85	Domanowski, Jenni	MMSC	6/25/2010
400 M FREESTYLE (4:35.71)				
PP	TIME	NAME	TEAM	DATE
754	4:27.85	Cratsenberg, Amber	VAST	5/28/2010
720	4:30.88	Davis, Alyssa	KING	6/18/2010
712	4:31.64	Majeau, Fiona	CSC	7/8/2010
680	4:34.62	Wu, Joanna	KING	7/20/2010
800 M FREESTYLE (9:33.73)				
PP	TIME	NAME	TEAM	DATE
721	9:18.45	Davis, Alyssa	KING	7/29/2010
675	9:27.89	Majeau, Fiona	CSC	7/8/2010
670	9:28.94	Domanowski, Jenni	MMSC	7/29/2010
667	9:29.55	Williamson, Mariah	WEST	7/20/2010
667	9:29.58	Schneider, Rachel	C	7/29/2010
655	9:32.15	Penrose, Casey	KING	7/20/2010
1500 M FREESTYLE (18:37.14)				
PP	TIME	NAME	TEAM	DATE
696	18:10.65	Schneider, Rachel	C	7/29/2010
689	18:13.48	Williamson, Mariah	WEST	7/20/2010
676	18:18.76	Beauchamp, Kara	IST	7/8/2010
100 M BACKSTROKE (1:09.14)				
PP	TIME	NAME	TEAM	DATE
801	1:05.88	Kim, Rachel	KING	7/29/2010
756	1:07.08	Davis, Alyssa	KING	7/15/2010
747	1:07.31	Peseau, Hannah	MMSC	6/25/2010
741	1:07.47	Wu, Joanna	KING	8/9/2010
696	1:08.71	Morris, Lily	BC	7/29/2010
200 M BACKSTROKE (2:28.57)				
PP	TIME	NAME	TEAM	DATE
756	2:24.13	Kim, Rachel	KING	8/9/2010
748	2:24.67	Davis, Alyssa	KING	6/18/2010

745	2:24.85	Crowder, Kelsey	KING	7/20/2010
728	2:25.90	Peseau, Hannah	MMSC	8/5/2010
696	2:27.98	Wu, Joanna	KING	7/20/2010
688	2:28.46	Morris, Lily	BC	7/29/2010
100 M BREASTSTROKE (1:19.16)				
PP	TIME	NAME	TEAM	DATE
849	1:12.33	Harper, Heather	PRO	8/9/2010
769	1:14.99	Kaestner, Katie	BBST	8/5/2010
737	1:16.07	Sullenberger, Kiana	TOSC	7/29/2010
712	1:16.91	Sullenberger, Shanell	TOSC	7/29/2010
701	1:17.30	Whitney, Jenna	BBST	8/10/2010
692	1:17.59	Davis, Alyssa	KING	7/29/2010
659	1:18.77	Weyer, Alexa	SSC	8/6/2010
658	1:18.80	O'Keefe, Meghan	BC	7/29/2010
200 M BREASTSTROKE (2:51.28)				
PP	TIME	NAME	TEAM	DATE
778	2:42.20	Harper, Heather	PRO	8/5/2010
741	2:44.97	Beauchamp, Kara	IST	7/29/2010
711	2:47.31	Kim, Rachel	KING	7/15/2010
702	2:47.99	Kaestner, Katie	BBST	8/5/2010
701	2:48.09	O'Keefe, Meghan	BC	7/29/2010
679	2:49.77	Davis, Alyssa	KING	7/15/2010
100 M BUTTERFLY (1:06.65)				
PP	TIME	NAME	TEAM	DATE
786	1:04.07	Domanowski, Jenni	MMSC	8/5/2010
785	1:04.09	O'Keefe, Meghan	BC	7/29/2010
751	1:05.06	Cratsenberg, Amber	VAST	7/29/2010
749	1:05.14	Penrose, Casey	KING	7/29/2010
737	1:05.48	Peseau, Hannah	MMSC	6/25/2010
728	1:05.75	Kim, Rachel	KING	7/20/2010
200 M BUTTERFLY (2:28.78)				
PP	TIME	NAME	TEAM	DATE
873	2:16.41	Domanowski, Jenni	MMSC	8/5/2010
816	2:20.18	O'Keefe, Meghan	BC	7/29/2010
786	2:22.17	Hu, Ciara	NWAC	7/29/2010
745	2:25.00	Hinely, Nicole	OAC	7/20/2010
726	2:26.23	Penrose, Casey	KING	7/29/2010
717	2:26.91	Dunwiddie, Louisa	CSC	7/29/2010
716	2:26.94	Williamson, Mariah	WEST	7/29/2010
698	2:28.22	Harpur, Tess	BISC	6/17/2010
697	2:28.28	Peseau, Hannah	MMSC	6/25/2010
693	2:28.51	Cratsenberg, Amber	VAST	7/20/2010
200 M INDIVIDUAL MEDLEY (2:29.49)				
PP	TIME	NAME	TEAM	DATE
776	2:24.86	Kim, Rachel	KING	8/9/2010
772	2:25.06	Davis, Alyssa	KING	7/29/2010
761	2:25.70	O'Keefe, Meghan	BC	7/29/2010
741	2:26.86	Domanowski, Jenni	MMSC	8/5/2010
715	2:28.40	Penrose, Casey	KING	7/29/2010
697	2:29.47	Peseau, Hannah	MMSC	7/29/2010
400 M INDIVIDUAL MEDLEY (5:17.75)				
PP	TIME	NAME	TEAM	DATE
743	5:08.46	O'Keefe, Meghan	BC	7/29/2010
729	5:10.29	Domanowski, Jenni	MMSC	7/29/2010
722	5:11.16	Penrose, Casey	KING	7/20/2010
715	5:12.05	Davis, Alyssa	KING	6/18/2010
709	5:12.84	Beauchamp, Kara	IST	7/20/2010
697	5:14.43	Crowder, Kelsey	KING	7/20/2010

# PACIFIC NORTHWEST SWIMMING



PACIFIC  
NORTHWEST  
SWIMMING

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2010	16	86	62954	732.02	746.90
2009	15	85	63657	748.90	744.65
2008	14	92	68612	745.78	747.53
2007	13	101	71849	711.37	710.86
2006	12	103	73792	716.42	718.27
2005	11	113	75897	672.45	689.10



## NATIONAL TOP 200 – GIRLS SEVENTEEN YEARS – 2009/2010

50 M FREESTYLE (28.07)				
PP	TIME	NAME	TEAM	DATE
809	26.92	Kaufman, Lauren	KING	6/18/2010
781	27.24	Anderson, Haley	OCA	7/20/2010
764	27.44	Kurtz, Rachael	WAVE	7/31/2010
746	27.66	Bailey, Chelsea	KING	6/18/2010
744	27.68	Randolf, Melissa	SSC	7/29/2010
738	27.75	Liu, Helen	IST	7/29/2010
718	27.99	Fisher, Ali	BBST	7/31/2010
100 M FREESTYLE (1:00.41)				
PP	TIME	NAME	TEAM	DATE
781	58.81	Kaufman, Lauren	KING	7/20/2010
776	58.92	Majeau, Fiona	CSC	8/9/2010
735	59.86	Kurtz, Rachael	WAVE	8/1/2010
734	59.87	Lecoq, Nicole	IST	7/29/2010
727	1:00.03	Michaels, Dana	CSC	8/3/2010
200 M FREESTYLE (2:10.16)				
PP	TIME	NAME	TEAM	DATE
847	2:03.80	McDermott, Amber	CSC	8/3/2010
822	2:04.89	Majeau, Fiona	CSC	8/9/2010
774	2:06.93	Michaels, Dana	CSC	7/20/2010
721	2:09.28	Heffernan, Clara	TSC	7/29/2010
400 M FREESTYLE (4:35.63)				
PP	TIME	NAME	TEAM	DATE
947	4:11.24	McDermott, Amber	CSC	8/3/2010
821	4:21.81	Majeau, Fiona	CSC	8/9/2010
776	4:25.79	Michaels, Dana	CSC	7/29/2010
726	4:30.30	Heffernan, Clara	TSC	7/20/2010
681	4:34.42	Jay, Ashley	CSC	7/29/2010
671	4:35.36	Bond, Galen	KING	7/29/2010
800 M FREESTYLE (9:36.73)				
PP	TIME	NAME	TEAM	DATE
905	8:41.56	McDermott, Amber	CSC	8/3/2010
713	9:18.73	Anderson, Haley	OCA	7/20/2010
704	9:20.54	Heffernan, Clara	TSC	7/29/2010
695	9:22.38	Michaels, Dana	CSC	7/8/2010
666	9:28.56	Jay, Ashley	CSC	7/29/2010
649	9:32.10	Levalley, Jewel	MMSC	7/29/2010
1500 M FREESTYLE (18:48.34)				
PP	TIME	NAME	TEAM	DATE
938	16:36.04	McDermott, Amber	CSC	8/26/2010
793	17:30.47	Michaels, Dana	CSC	7/20/2010
744	17:49.43	Heffernan, Clara	TSC	7/20/2010
740	17:51.25	Antilla, Josette	WSY	7/29/2010
700	18:07.08	Levalley, Jewel	MMSC	7/29/2010
623	18:39.03	Clark, Amanda	ESC	7/8/2010
619	18:40.75	Kurtz, Rachael	WAVE	7/29/2010
100 M BACKSTROKE (1:08.98)				
PP	TIME	NAME	TEAM	DATE
882	1:03.76	McDermott, Amber	CSC	8/26/2010
818	1:05.42	Thayer, Annemarie	CSC	6/9/2010
763	1:06.88	Thach, Amanda	WSY	7/29/2010
719	1:08.08	Bailey, Chelsea	KING	6/18/2010
703	1:08.53	Kosaka, Olivia	WSY	6/12/2010
699	1:08.62	Crowder, Kelsey	KING	7/29/2010

686	1:08.98	Fisher, Ali	BBST	7/29/2010
200 M BACKSTROKE (2:29.05)				
PP	TIME	NAME	TEAM	DATE
927	2:13.79	McDermott, Amber	CSC	8/26/2010
841	2:18.93	Thayer, Annemarie	CSC	6/9/2010
738	2:25.26	Bond, Galen	KING	7/29/2010
714	2:26.77	Crowder, Kelsey	KING	7/29/2010
683	2:28.78	Fisher, Ali	BBST	8/10/2010
100 M BREASTSTROKE (1:18.73)				
PP	TIME	NAME	TEAM	DATE
744	1:15.44	Poli, Lauren	OCA	3/4/2010
200 M BREASTSTROKE (2:50.36)				
PP	TIME	NAME	TEAM	DATE
692	2:47.78	McDermott, Amber	CSC	7/8/2010
682	2:48.54	Thayer, Annemarie	CSC	7/8/2010
671	2:49.39	Hanna, Gabby	WSY	7/29/2010
100 M BUTTERFLY (1:06.41)				
PP	TIME	NAME	TEAM	DATE
771	1:04.43	Thayer, Annemarie	CSC	7/8/2010
715	1:06.05	Bond, Galen	KING	7/29/2010
200 M BUTTERFLY (2:27.55)				
PP	TIME	NAME	TEAM	DATE
795	2:19.65	Thayer, Annemarie	CSC	6/9/2010
771	2:21.23	Michaels, Dana	CSC	7/20/2010
200 M INDIVIDUAL MEDLEY (2:28.47)				
PP	TIME	NAME	TEAM	DATE
898	2:17.86	McDermott, Amber	CSC	8/26/2010
400 M INDIVIDUAL MEDLEY (5:15.86)				
PP	TIME	NAME	TEAM	DATE
917	4:46.87	McDermott, Amber	CSC	8/26/2010
858	4:54.01	Thayer, Annemarie	CSC	6/9/2010
706	5:13.30	Bond, Galen	KING	7/29/2010

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2010	17	59	44721	757.98	750.12
2009	16	40	29369	734.22	757.27
2008	15	79	58811	744.44	745.86
2007	14	62	45889	740.14	741.48
2006	13	64	45985	718.51	714.56
2005	12	59	44301	750.86	725.40
2004	11	79	54589	691.00	703.50

## NATIONAL TOP 200 – GIRLS EIGHTEEN YEARS – 2009/2010

50 M FREESTYLE (28.15)				
PP	TIME	NAME	TEAM	DATE
736	27.78	Kaufman, Emilie	WAVE	5/28/2010
735	27.79	Pazevic, Alana	SSC	7/8/2010
728	27.87	Larson, Molly	WWA	7/29/2010
100 M FREESTYLE (1:00.78)				
PP	TIME	NAME	TEAM	DATE
833	57.65	Taylor, Andie	KING	5/28/2010
759	59.29	Pazevic, Alana	SSC	4/29/2010
732	59.91	Kaufman, Emilie	WAVE	7/29/2010
709	1:00.45	Pak, Jennifer	OCA	8/1/2010
696	1:00.75	Larson, Molly	WWA	7/29/2010
200 M FREESTYLE (2:11.61)				
PP	TIME	NAME	TEAM	DATE
902	2:00.97	Taylor, Andie	KING	8/3/2010
710	2:09.18	Pak, Jennifer	OCA	7/22/2010
661	2:11.44	McDermott, Courtney	CSC	7/29/2010
400 M FREESTYLE (4:39.33)				
PP	TIME	NAME	TEAM	DATE
927	4:11.86	Taylor, Andie	KING	8/3/2010
686	4:32.85	Pak, Jennifer	OCA	7/20/2010
680	4:33.37	McDermott, Courtney	CSC	7/29/2010
653	4:36.02	Williams, Laurin	CSC	8/9/2010
641	4:37.09	Burkland, Kj	CSC	7/29/2010
621	4:39.08	Pettitt, Kaela	VAST	7/20/2010
621	4:39.11	Tannhauser, Kelly	CSC	7/29/2010
800 M FREESTYLE (9:54.44)				
PP	TIME	NAME	TEAM	DATE
877	8:46.68	Taylor, Andie	KING	5/28/2010
754	9:10.44	Burkland, Kj	CSC	8/9/2010
684	9:24.67	Pak, Jennifer	OCA	7/29/2010
627	9:36.88	Pettitt, Kaela	VAST	7/29/2010
1500 M FREESTYLE (19:58.90)				
PP	TIME	NAME	TEAM	DATE
797	17:28.60	Burkland, Kj	CSC	8/9/2010
781	17:35.10	Williams, Laurin	CSC	8/9/2010
693	18:10.18	Pettitt, Kaela	VAST	7/29/2010
692	18:10.33	McDermott, Courtney	CSC	7/29/2010
672	18:18.65	Pak, Jennifer	OCA	7/20/2010
618	18:41.13	Holstein, Danielle	WEST	7/29/2010
605	18:46.83	Vlasic, Jessica	UN	4/30/2010
555	19:08.86	Bensen, Karla	WEST	7/29/2010
511	19:28.72	Ackerman, Kina	WEST	7/29/2010
100 M BACKSTROKE (1:09.85)				
PP	TIME	NAME	TEAM	DATE
897	1:03.38	Pazevic, Alana	SSC	7/29/2010
758	1:07.02	Taylor, Andie	KING	5/28/2010
740	1:07.51	Fenster, Emily	KING	7/20/2010
692	1:08.82	Vetterlein, Nikki	KING	7/20/2010
690	1:08.87	Larson, Molly	WWA	7/29/2010
678	1:09.21	Vetterlein, Allie	KING	7/15/2010
669	1:09.47	Kaufman, Emilie	WAVE	7/20/2010
200 M BACKSTROKE (2:32.48)				
PP	TIME	NAME	TEAM	DATE
803	2:21.22	Pazevic, Alana	SSC	8/3/2010

754	2:24.31	Tannhauser, Kelly	CSC	7/29/2010
734	2:25.51	Fenster, Emily	KING	6/18/2010
678	2:29.09	Kaufman, Emilie	WAVE	7/8/2010
644	2:31.30	Vetterlein, Nikki	KING	7/20/2010
100 M BREASTSTROKE (1:20.22)				
PP	TIME	NAME	TEAM	DATE
764	1:14.78	Kaufman, Emilie	WAVE	5/28/2010
755	1:15.07	Poli, Lauren	OCA	7/29/2010
660	1:18.34	Hanna, Jordy	WSY	7/29/2010
644	1:18.91	Indahl, Taylor	TSC	7/20/2010
628	1:19.47	Larson, Molly	WWA	7/20/2010
200 M BREASTSTROKE (2:54.79)				
PP	TIME	NAME	TEAM	DATE
764	2:42.28	Kaufman, Emilie	WAVE	7/29/2010
697	2:47.41	Taylor, Andie	KING	5/28/2010
694	2:47.61	Hanna, Jordy	WSY	7/29/2010
693	2:47.74	Poli, Lauren	OCA	8/9/2010
681	2:48.64	Indahl, Taylor	TSC	7/20/2010
100 M BUTTERFLY (1:06.98)				
PP	TIME	NAME	TEAM	DATE
774	1:04.35	Pazevic, Alana	SSC	8/3/2010
720	1:05.92	Vetterlein, Nikki	KING	7/20/2010
718	1:05.98	Maclean, Erin	BC	7/29/2010
714	1:06.08	Kaufman, Emilie	WAVE	7/29/2010
698	1:06.55	Vetterlein, Allie	KING	7/20/2010
200 M BUTTERFLY (2:30.48)				
PP	TIME	NAME	TEAM	DATE
939	2:10.33	Taylor, Andie	KING	7/20/2010
705	2:25.65	Dean, Ellen	WEST	7/29/2010
668	2:28.20	Maclean, Erin	BC	7/29/2010
200 M INDIVIDUAL MEDLEY (2:30.23)				
PP	TIME	NAME	TEAM	DATE
897	2:17.38	Taylor, Andie	KING	5/28/2010
779	2:23.93	Kaufman, Emilie	WAVE	7/29/2010
741	2:26.10	Tannhauser, Kelly	CSC	7/29/2010
703	2:28.30	Larson, Molly	WWA	7/29/2010
672	2:30.17	Vetterlein, Allie	KING	6/25/2010
400 M INDIVIDUAL MEDLEY (5:22.79)				
PP	TIME	NAME	TEAM	DATE
956	4:42.23	Taylor, Andie	KING	8/3/2010
706	5:13.26	Williams, Laurin	CSC	8/9/2010
679	5:16.86	Kaufman, Emilie	WAVE	7/8/2010
672	5:17.74	Tannhauser, Kelly	CSC	7/8/2010
653	5:20.31	Indahl, Taylor	TSC	7/20/2010
651	5:20.59	Hanna, Jordy	WSY	7/29/2010

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2010	18	72	51658	717.42	723.18
2009	17	56	43604	778.64	761.28
2008	16	82	61518	750.21	752.56
2007	15	73	53127	727.67	731.25
2006	14	61	45313	742.83	740.16
2005	13	68	50092	736.64	710.69
2004	12	59	42764	724.81	725.83

# PACIFIC NORTHWEST SWIMMING



PACIFIC  
NORTHWEST  
SWIMMING

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2009	18	88	63946	726.65	720.37
2008	17	86	65043	756.13	751.86
2007	16	83	60810	732.65	732.81
2006	15	74	53365	721.14	726.70
2005	14	71	51596	726.70	736.36
2004	13	82	58475	713.10	723.54

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2008	18	115	81745	710.82	713.61
2007	17	110	79095	719.04	724.32
2006	16	102	74621	731.57	719.20
2005	15	83	59032	711.22	713.22
2004	14	92	68259	741.94	733.29

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2007	18	54	39441	730.38	697.82
2006	17	71	53146	748.53	720.87
2005	16	77	57268	743.74	719.99
2004	15	76	56136	738.63	727.63

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2006	18	49	31734	647.63	681.36
2005	17	39	27420	703.07	710.67
2004	16	61	44857	735.36	726.69

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) – 2009/2010

50 M FREESTYLE (27.23)				
RNK	TIME	NAME	TEAM	DATE
66	26.75	Kinnear, Katie	IST	7/20/2010
73	26.79	Cratsenberg, Amber	VAST	6/25/2010
95	26.91	Keane, Anna	WEST	7/29/2010
101	26.92	Kaufman, Lauren	KING	6/18/2010
169	27.15	Ginnis, Morgan	MMSC	6/25/2010
200	27.23	Wu, Joanna	KING	7/31/2010
100 M FREESTYLE (58.76)				
RNK	TIME	NAME	TEAM	DATE
53	57.65	Taylor, Andie	KING	5/28/2010
96	58.08	Kinnear, Katie	IST	7/20/2010
142	58.40	Cratsenberg, Amber	VAST	7/29/2010
164	58.49	Wu, Joanna	KING	8/1/2010
200 M FREESTYLE (2:06.89)				
RNK	TIME	NAME	TEAM	DATE
10	2:00.97	Taylor, Andie	KING	8/3/2010
53	2:03.80	McDermott, Amber	CSC	8/3/2010
78	2:04.89	Majeau, Fiona	CSC	8/9/2010
400 M FREESTYLE (4:27.17)				
RNK	TIME	NAME	TEAM	DATE
7	4:11.24	McDermott, Amber	CSC	8/3/2010
10	4:11.86	Taylor, Andie	KING	8/3/2010
69	4:21.81	Majeau, Fiona	CSC	8/9/2010
154	4:25.79	Michaels, Dana	CSC	7/29/2010
176	4:26.68	Cann, Felicity	KING	8/5/2010
800 M FREESTYLE (9:12.61)				
RNK	TIME	NAME	TEAM	DATE
9	8:41.56	McDermott, Amber	CSC	8/3/2010
16	8:46.68	Taylor, Andie	KING	5/28/2010
168	9:10.44	Burkland, Kj	CSC	8/9/2010
1500 M FREESTYLE (17:45.73)				
RNK	TIME	NAME	TEAM	DATE
3	16:36.04	McDermott, Amber	CSC	8/26/2010
107	17:28.60	Burkland, Kj	CSC	8/9/2010
110	17:30.47	Michaels, Dana	CSC	7/20/2010
138	17:35.10	Williams, Laurin	CSC	8/9/2010
100 M BACKSTROKE (1:06.07)				
RNK	TIME	NAME	TEAM	DATE
27	1:03.38	Pazevic, Alana	SSC	7/29/2010
34	1:03.76	McDermott, Amber	CSC	8/26/2010
40	1:03.81	Vanderwel, Heidi	WEST	8/9/2010
60	1:04.20	Kinnear, Katie	IST	4/29/2010
143	1:05.42	Thayer, Annemarie	CSC	6/9/2010
186	1:05.88	Kim, Rachel	KING	7/29/2010
191	1:05.91	Weiss, Hannah	OCA	7/29/2010
200 M BACKSTROKE (2:22.09)				
RNK	TIME	NAME	TEAM	DATE
11	2:13.79	McDermott, Amber	CSC	8/26/2010
23	2:16.10	Vanderwel, Heidi	WEST	8/9/2010
69	2:18.93	Thayer, Annemarie	CSC	6/9/2010
74	2:19.11	Kinnear, Katie	IST	7/20/2010
156	2:21.22	Pazevic, Alana	SSC	8/3/2010
158	2:21.26	Ainsworth, Kristin	KING	6/18/2010

100 M BREASTSTROKE (1:15.14)				
RNK	TIME	NAME	TEAM	DATE
42	1:12.33	Harper, Heather	PRO	8/9/2010
163	1:14.78	Kaufman, Emilie	WAVE	5/28/2010
185	1:14.99	Kaestner, Katie	BBST	8/5/2010
192	1:15.07	Poli, Lauren	OCA	7/29/2010
200 M BREASTSTROKE (2:42.63)				
RNK	TIME	NAME	TEAM	DATE
143	2:41.09	Williams, Kim	IST	7/29/2010
180	2:42.20	Harper, Heather	PRO	8/5/2010
184	2:42.28	Kaufman, Emilie	WAVE	7/29/2010
100 M BUTTERFLY (1:04.13)				
RNK	TIME	NAME	TEAM	DATE
11	1:01.03	Kinnear, Katie	IST	7/20/2010
195	1:04.07	Domanowski, Jenni	MMSC	8/5/2010
197	1:04.09	O'Keefe, Meghan	BC	7/29/2010
200 M BUTTERFLY (2:21.34)				
RNK	TIME	NAME	TEAM	DATE
4	2:10.33	Taylor, Andie	KING	7/20/2010
44	2:16.41	Domanowski, Jenni	MMSC	8/5/2010
112	2:18.87	Kinnear, Katie	IST	8/3/2010
140	2:19.65	Thayer, Annemarie	CSC	6/9/2010
142	2:19.68	Laurent, Kalena	WEST	7/29/2010
163	2:20.18	O'Keefe, Meghan	BC	7/29/2010
196	2:21.23	Michaels, Dana	CSC	7/20/2010
200 M INDIVIDUAL MEDLEY (2:23.76)				
RNK	TIME	NAME	TEAM	DATE
20	2:17.38	Taylor, Andie	KING	5/28/2010
27	2:17.86	McDermott, Amber	CSC	8/26/2010
69	2:21.00	Kinnear, Katie	IST	7/20/2010
85	2:21.73	Taylor, Hannah	MMSC	7/29/2010
174	2:23.28	Williams, Kim	IST	7/29/2010
400 M INDIVIDUAL MEDLEY (5:04.03)				
RNK	TIME	NAME	TEAM	DATE
2	4:42.23	Taylor, Andie	KING	8/3/2010
9	4:46.87	McDermott, Amber	CSC	8/26/2010
37	4:54.01	Thayer, Annemarie	CSC	6/9/2010
110	5:00.75	Taylor, Hannah	MMSC	7/29/2010
126	5:01.42	Kinnear, Katie	IST	7/20/2010
130	5:01.62	Williams, Kim	IST	7/29/2010

YEAR	# SWIMS	AVG PLACE
2010	66	98.80
2009	60	89.98
2008	89	79.64
2007	83	95.30
2006	73	95.10
2005	72	89.91
2004	89	91.16

# PACIFIC NORTHWEST SWIMMING



PACIFIC  
NORTHWEST  
SWIMMING

EVENT	2006	2007	2008	2009	2010
50 free	27.47	27.41	27.17	27.19	27.23
100 free	59.36	59.27	58.78	58.57	58.76
200 free	2:08.13	2:07.42	2:06.57	2:06.24	2:06.89
400 free	4:28.50	4:28.18	4:26.85	4:26.64	4:27.17
800 free	9:14.73	9:14.38	9:13.28	9:11.83	9:12.61
1500 free	17:48.74	17:49.22	17:49.09	17:44.45	17:45.73
100 back	1:07.29	1:06.95	1:06.18	1:05.81	1:06.07
200 back	2:25.46	2:23.90	2:22.48	2:21.22	2:22.09
100 breast	1:15.88	1:15.80	1:15.07	1:14.68	1:15.14
200 breast	2:43.83	2:43.45	2:42.76	2:42.18	2:42.63
100 fly	1:04.81	1:04.67	1:03.74	1:03.57	1:04.13
200 fly	2:22.95	2:22.47	2:21.07	2:20.29	2:21.34
200 i.m.	2:25.26	2:25.00	2:23.79	2:23.36	2:23.76
400 i.m.	5:07.34	5:06.80	5:04.70	5:03.77	5:04.03

## NATIONAL TOP 200 – SENIOR – 2009/2010

50 M FREESTYLE (26.87)				
RNK	TIME	NAME	TEAM	DATE
106	26.56	Messegee, Amelia	KING	7/29/2010
155	26.75	Kinnear, Katie	IST	7/20/2010
169	26.79	Cratsenberg, Amber	VAST	6/25/2010
100 M FREESTYLE (58.08)				
RNK	TIME	NAME	TEAM	DATE
68	57.11	Messegee, Amelia	KING	7/23/2010
129	57.65	Taylor, Andie	KING	5/28/2010
200	58.08	Kinnear, Katie	IST	7/20/2010
200 M FREESTYLE (2:05.33)				
RNK	TIME	NAME	TEAM	DATE
31	2:00.97	Taylor, Andie	KING	8/3/2010
106	2:03.55	Jendrick, Megan	KING	7/22/2010
115	2:03.80	McDermott, Amber	CSC	8/3/2010
169	2:04.89	Majeau, Fiona	CSC	8/9/2010
400 M FREESTYLE (4:23.78)				
RNK	TIME	NAME	TEAM	DATE
13	4:11.24	McDermott, Amber	CSC	8/3/2010
16	4:11.86	Taylor, Andie	KING	8/3/2010
141	4:21.81	Majeau, Fiona	CSC	8/9/2010
800 M FREESTYLE (9:06.92)				
RNK	TIME	NAME	TEAM	DATE
15	8:41.56	McDermott, Amber	CSC	8/3/2010
29	8:46.68	Taylor, Andie	KING	5/28/2010
1500 M FREESTYLE (17:36.40)				
PP	TIME	NAME	TEAM	DATE
5	16:36.04	McDermott, Amber	CSC	8/26/2010
151	17:28.60	Burkland, Kj	CSC	8/9/2010
157	17:30.47	Michaels, Dana	CSC	7/20/2010
191	17:35.10	Williams, Laurin	CSC	8/9/2010
100 M BACKSTROKE (1:05.19)				
PP	TIME	NAME	TEAM	DATE
57	1:03.38	Pazevic, Alana	SSC	7/29/2010
72	1:03.76	McDermott, Amber	CSC	8/26/2010
79	1:03.81	Vanderwel, Heidi	WEST	8/9/2010
111	1:04.20	Kinnear, Katie	IST	4/29/2010
177	1:05.01	Hart, Sheri	BC	7/29/2010
200 M BACKSTROKE (2:20.41)				
PP	TIME	NAME	TEAM	DATE
23	2:13.79	McDermott, Amber	CSC	8/26/2010
50	2:16.10	Vanderwel, Heidi	WEST	8/9/2010
124	2:18.93	Thayer, Annemarie	CSC	6/9/2010
132	2:19.11	Kinnear, Katie	IST	7/20/2010
100 M BREASTSTROKE (1:13.90)				
PP	TIME	NAME	TEAM	DATE
9	1:08.49	Jendrick, Megan	KING	8/3/2010
87	1:12.33	Harper, Heather	PRO	8/9/2010
142	1:13.19	Averill, Trish	KING	5/28/2010
200 M BREASTSTROKE (2:39.87)				
PP	TIME	NAME	TEAM	DATE
17	2:29.62	Jendrick, Megan	KING	6/17/2010
80	2:36.03	Averill, Trish	KING	5/28/2010
100 M BUTTERFLY (1:03.16)				
PP	TIME	NAME	TEAM	DATE
46	1:01.03	Kinnear, Katie	IST	7/20/2010

200 M BUTTERFLY (2:19.35)				
PP	TIME	NAME	TEAM	DATE
13	2:10.33	Taylor, Andie	KING	7/20/2010
83	2:16.41	Domanowski, Jenni	MMSC	8/5/2010
178	2:18.87	Kinnear, Katie	IST	8/3/2010
200 M INDIVIDUAL MEDLEY (2:22.12)				
PP	TIME	NAME	TEAM	DATE
41	2:17.06	Jendrick, Megan	KING	3/4/2010
46	2:17.38	Taylor, Andie	KING	5/28/2010
58	2:17.86	McDermott, Amber	CSC	8/26/2010
132	2:21.00	Kinnear, Katie	IST	7/20/2010
170	2:21.73	Taylor, Hannah	MMSC	7/29/2010
400 M INDIVIDUAL MEDLEY (5:01.35)				
PP	TIME	NAME	TEAM	DATE
8	4:42.23	Taylor, Andie	KING	8/3/2010
21	4:46.87	McDermott, Amber	CSC	8/26/2010
65	4:54.01	Thayer, Annemarie	CSC	6/9/2010
180	5:00.56	Averill, Trish	KING	6/18/2010
182	5:00.75	Taylor, Hannah	MMSC	7/29/2010

YEAR	# SWIMS	AVG PLACE
2010	47	92.53
2009	70	87.87
2008	101	86.21
2007	89	105.96
2006	68	102.36
2005	76	101.17
2004	85	108.98

EVENT	2006	2007	2008	2009	2010
50 free	27.12	27.02	26.74	26.75	26.87
100 free	58.70	58.43	57.78	57.80	58.08
200 free	2:06.36	2:05.88	2:04.72	2:04.82	2:05.33
400 free	4:25.89	4:24.95	4:22.80	4:23.69	4:23.78
800 free	9:09.94	9:10.14	9:06.02	9:06.81	9:06.92
1500 free	17:41.87	17:40.28	17:41.23	17:36.01	17:36.40
100 back	1:06.56	1:06.08	1:05.18	1:04.81	1:05.19
200 back	2:23.15	2:22.19	2:19.97	2:19.60	2:20.41
100 breast	1:14.99	1:14.59	1:13.82	1:13.78	1:13.90
200 breast	2:41.74	2:41.30	2:39.96	2:40.12	2:39.87
100 fly	1:03.99	1:03.73	1:02.61	1:02.68	1:03.16
200 fly	2:21.30	2:21.06	2:18.84	2:18.76	2:19.35
200 i.m.	2:23.72	2:23.57	2:21.57	2:21.90	2:22.12
400 i.m.	5:05.08	5:04.18	5:00.74	5:00.78	5:01.36