NATIONAL TOP 200 – GIRLS ELEVEN YEARS – 2009/2010

50 Y FREESTYLE (27.13)

PP	TIME	NAME	TEAM	DATE
793	26.25	Pearson, Jada	ESC	12/11/2009
793	26.25	Kwan, Sabrina	OCA	3/20/2010
791	26.28	Shabb, Hannah	CSC	12/11/2009
774	26.48	Teegan, Helen	KING	3/19/2010
770	26.53	Zacharias, Reva	WWA	1/21/2010
752	26.76	Cross, Marley	BC	3/19/2010
747	26.83	Blomso, Britt	CSC	3/19/2010
744	26.86	Domanowski, Christina	MMSC	4/17/2010

100 Y FREESTYLE (58.97)

PP	TIME	NAME	TEAM	DATE
800	56.70	Shabb, Hannah	CSC	12/11/2009
792	56.91	Cross, Marley	BC	3/19/2010
778	57.24	Teegan, Helen	KING	3/19/2010
743	58.08	Domanowski, Christina	MMSC	4/17/2010
737	58.23	Smith, Cameron	CSC	3/19/2010
730	58.39	Pearson, Jada	ESC	12/11/2009
728	58.44	Kwan, Sabrina	OCA	3/19/2010
712	58.85	Huo, Jenny	KING	11/21/2009
707	58.97	Zacharias, Reva	WWA	1/21/2010

200 Y FREESTYLE (2:08.66)

PP	TIME	NAME	TEAM	DATE
821	2:02.23	Domanowski, Christina	MMSC	3/19/2010
753	2:05.43	Shabb, Hannah	CSC	2/26/2010
748	2:05.66	Smith, Cameron	CSC	3/19/2010
739	2:06.07	Teegan, Helen	KING	2/26/2010
726	2:06.73	Cross, Marley	BC	3/19/2010

500 Y FREESTYLE (5:42.68)

PP	TIME	NAME	TEAM	DATE
828	5:24.36	Domanowski, Christina	MMSC	3/19/2010
774	5:30.80	Shabb, Hannah	CSC	3/6/2010
751	5:33.63	Smith, Cameron	CSC	3/19/2010

1000 Y FREESTYLE (12:26.25)

PP	TIME	NAME	TEAM	DATE

1650 Y FREESTYLE (21:28.60)

PP	TIME	NAME	TEAM	DATE
916	18:47.82	Domanowski, Christina	MMSC	2/21/2010
895	18:57.42	Shabb, Hannah	CSC	2/13/2010
863	19:12.01	Smith, Cameron	CSC	2/13/2010
800	19:41.81	Lucien, Bri	WEST	11/15/2009
782	19:50.52	Davidson, Sarah	CSC	3/19/2010
771	19:55.82	Teegan, Helen	KING	11/11/2009
734	20:13.87	Huo, Jenny	KING	11/11/2009
701	20:30.32	Lin, Emily	CSC	12/11/2009
687	20:37.37	Morris, Marissa	NWAC	2/21/2010
678	20:41.95	Kutz, Marri	CSC	2/13/2010
665	20:48.71	Cross, Marley	BC	1/31/2010
658	20:52.40	Haugen, Gianna	KING	11/11/2009
646	20:58.60	Losacco, Alessandra	KING	11/11/2009

50 Y BACKSTROKE (31.26)

PP	TIME	NAME	TEAM	DATE
765	30.42	Huo, Jenny	KING	11/21/2009
739	30.76	Domanowski, Christina	MMSC	4/17/2010
713	31.10	Kwan, Sabrina	UN	11/21/2009
708	31.17	Finfer, Sarah	OCA	3/19/2010

100 Y BACKSTROKE (1:07.17)

PP	TIME	NAME	TEAM	DATE
760	1:05.63	Domanowski, Christina	MMSC	3/19/2010
716	1:06.94	Zacharias, Reva	WWA	1/16/2010
708	1:07.17	Shabb, Hannah	CSC	1/16/2010

200 Y BACKSTROKE (2:26.00)

PP	TIME	NAME	TEAM	DATE
785	2:20.90	Huo, Jenny	KING	11/21/2009
755	2:22.92	Finfer, Sarah	OCA	3/19/2010
739	2:24.03	Domanowski, Christina	MMSC	2/6/2010
727	2:24.87	Zacharias, Reva	WWA	1/16/2010
710	2:26.00	Shabb, Hannah	CSC	1/16/2010
710	2:26.00	Kwan, Sabrina	OCA	2/13/2010
708	2:26.13	Uyeno, Linnea	UN	10/17/2009

50 Y BREASTSTROKE (35.15)

PP	TIME	NAME	TEAM	DATE
827	32.96	Teegan, Helen	KING	2/26/2010
747	34.27	Mundle, Whitney	TSC	10/17/2009
729	34.57	Shabb, Hannah	CSC	11/7/2009
726	34.62	Fang, Elisa	BC	3/19/2010
704	34.99	Rossnagle, Madison	MMSC	10/3/2009

100 Y BREASTSTROKE (1:16.47)

PP	TIME	NAME	TEAM	DATE
796	1:12.63	Teegan, Helen	KING	3/19/2010
714	1:15.61	Shabb, Hannah	CSC	1/16/2010
700	1:16.14	Uyeno, Linnea	UN	11/21/2009
696	1:16.28	Rossnagle, Madison	MMSC	11/21/2009

200 Y BREASTSTROKE (2:47.94)

PP	TIME	NAME	TEAM	DATE
813	2:37.06	Uyeno, Linnea	UN	11/21/2009
782	2:39.57	Shabb, Hannah	CSC	3/6/2010
767	2:40.86	Teegan, Helen	KING	12/11/2009
735	2:43.46	Seidner, Lindsey	OCA	2/13/2010
687	2:47.45	Brock, Luci	CSC	11/7/2009

50 Y BUTTERFLY (29.73)

PP	TIME	NAME	TEAM	DATE
839	27.87	Pearson, Jada	ESC	12/11/2009
778	28.74	Domanowski, Christina	MMSC	3/19/2010
765	28.93	Kwan, Sabrina	OCA	3/19/2010
749	29.17	Huo, Jenny	KING	11/21/2009
745	29.23	Shabb, Hannah	CSC	2/26/2010
712	29.72	Blomso, Britt	CSC	3/19/2010

100 Y BUTTERFLY (1:06.87)

PP	TIME	NAME	TEAM	DATE
779	1:04.13	Seidner, Lindsey	OCA	3/19/2010
769	1:04.49	Shabb, Hannah	CSC	12/11/2009
756	1:04.90	Pearson, Jada	ESC	12/11/2009
753	1:05.01	Smith, Cameron	CSC	3/19/2010
727	1:05.90	Domanowski, Christina	MMSC	2/26/2010

200 Y BUTTERFLY (2:35.46)

PP	TIME	NAME	TEAM	DATE
823	2:22.48	Smith, Cameron	CSC	3/19/2010
820	2:22.71	Shabb, Hannah	CSC	2/26/2010
817	2:22.90	Seidner, Lindsey	OCA	2/13/2010
812	2:23.34	Domanowski, Christina	MMSC	2/26/2010
750	2:28.29	Haugen, Gianna	KING	2/26/2010
695	2:32.79	Lucien, Bri	WEST	11/21/2009

100 Y INDIVIDUAL MEDLEY (1:08.25)

PP	TIME	NAME	TEAM	DATE
860	1:03.66	Teegan, Helen	KING	3/19/2010
774	1:06.00	Domanowski, Christina	MMSC	3/19/2010

744	1:06.87	Shabb, Hannah	CSC	1/16/2010
200 M INDIVIDUAL MEDLEY (2:25.61)				
PP	**TIME**	**NAME**	**TEAM**	**DATE**
833	2:17.90	Domanowski, Christina	MMSC	3/19/2010
828	2:18.22	Shabb, Hannah	CSC	12/11/2009
818	2:18.84	Teegan, Helen	KING	3/19/2010
764	2:22.15	Seidner, Lindsey	OCA	3/19/2010
755	2:22.68	Huo, Jenny	KING	11/21/2009
719	2:24.94	Uyeno, Linnea	UN	11/21/2009
400 M INDIVIDUAL MEDLEY (5:16.64)				
PP	**TIME**	**NAME**	**TEAM**	**DATE**
880	4:50.29	Shabb, Hannah	CSC	1/16/2010
800	5:01.09	Seidner, Lindsey	OCA	3/19/2010
800	5:01.15	Domanowski, Christina	MMSC	2/6/2010
775	5:04.62	Huo, Jenny	KING	11/21/2009
764	5:06.12	Uyeno, Linnea	UN	10/17/2009
764	5:06.19	Teegan, Helen	KING	1/16/2010
729	5:11.08	Davidson, Sarah	CSC	3/6/2010
711	5:13.61	Lucien, Bri	WEST	11/21/2009

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2009/2010	**11**	**85**	**64654**	**760.63**	**755.13**

NATIONAL TOP 200 – GIRLS TWELVE YEARS – 2009/2010

50 Y FREESTYLE (25.92)

PP	TIME	NAME	TEAM	DATE
779	25.38	Sutherland, Ashley	SST	12/11/2009
768	25.52	Bishoff, Sydney	PSSC	3/19/2010
750	25.73	Briggs, Mackenna	IST	3/20/2010
741	25.84	Pearson, Jada	ESC	3/19/2010
738	25.88	Williams, Kim	UN	1/9/2010

100 Y FREESTYLE (56.38)

PP	TIME	NAME	TEAM	DATE
764	55.33	Sutherland, Ashley	SST	1/9/2010
754	55.58	Briggs, Mackenna	IST	3/21/2010
748	55.72	Williams, Kim	BISC	10/17/2009
738	55.94	Yap, Lavinya	WEST	12/17/2009
737	55.96	Johnson, Ella	CSC	11/7/2009

200 Y FREESTYLE (2:02.02)

PP	TIME	NAME	TEAM	DATE
862	1:55.29	Williams, Kim	IST	3/19/2010
761	1:59.75	Yap, Lavinya	WEST	1/23/2010
733	2:01.05	Chambers, Addie	CSC	3/19/2010
729	2:01.22	Cook, Alyssa	KING	3/19/2010

500 Y FREESTYLE (5:26.29)

PP	TIME	NAME	TEAM	DATE
822	5:11.28	Williams, Kim	UN	1/9/2010
811	5:12.55	Cook, Alyssa	KING	3/10/2010
766	5:17.79	Chambers, Addie	CSC	1/21/2010
713	5:24.03	Yap, Lavinya	WEST	12/11/2009

1000 Y FREESTYLE (11:35.22)

PP	TIME	NAME	TEAM	DATE
881	10:38.04	Williams, Kim	UN	12/17/2009
880	10:38.37	Cook, Alyssa	KING	3/10/2010
806	10:57.04	Chambers, Addie	CSC	2/13/2010
736	11:15.68	Yap, Lavinya	WEST	1/21/2010

1650 Y FREESTYLE (19:32.40)

PP	TIME	NAME	TEAM	DATE
885	17:45.54	Williams, Kim	IST	3/10/2010
852	17:59.50	Chambers, Addie	CSC	3/19/2010
852	17:59.85	Cook, Alyssa	KING	3/19/2010
762	18:39.52	Yap, Lavinya	WEST	2/21/2010
739	18:50.26	Lucien, Bri	WEST	3/19/2010
715	19:01.51	Briggs, Mackenna	IST	1/21/2010
675	19:19.94	Uyeno, Linnea	OCA	3/19/2010
667	19:24.08	Laurent, Demetra	WEST	3/19/2010

50 Y BACKSTROKE (29.70)

PP	TIME	NAME	TEAM	DATE
838	28.24	Johnson, Ella	CSC	11/7/2009
804	28.64	Briggs, Mackenna	IST	3/19/2010
787	28.85	Yap, Lavinya	WEST	12/17/2009
763	29.15	Sutherland, Ashley	SST	12/11/2009
730	29.56	Huo, Jenny	KING	3/19/2010
727	29.60	Kucinski-Murphy, Clare	BEST	3/19/2010

100 Y BACKSTROKE (1:03.51)

PP	TIME	NAME	TEAM	DATE
834	59.99	Briggs, Mackenna	IST	3/19/2010
778	1:01.48	Yap, Lavinya	WEST	1/9/2010
766	1:01.80	Williams, Kim	UN	11/21/2009
747	1:02.33	Huo, Jenny	KING	3/19/2010
737	1:02.61	Sutherland, Ashley	SST	12/11/2009
720	1:03.07	Prentice, Emily	OCA	3/19/2010

200 Y BACKSTROKE (2:18.20)

PP	TIME	NAME	TEAM	DATE
806	2:10.81	Yap, Lavinya	WEST	2/26/2010
805	2:10.90	Briggs, Mackenna	IST	3/19/2010
740	2:14.97	Huo, Jenny	KING	3/19/2010
739	2:15.07	Cook, Alyssa	KING	3/6/2010
736	2:15.23	Williams, Kim	BISC	10/17/2009
710	2:16.91	Sutherland, Ashley	SST	12/11/2009
691	2:18.17	Johnson, Ella	CSC	10/17/2009

50 Y BREASTSTROKE (33.52)

PP	TIME	NAME	TEAM	DATE
789	32.13	Williams, Kim	UN	1/9/2010
734	33.00	Pries, Alana	SST	12/11/2009
732	33.04	Rossnagle, Madison	MMSC	3/19/2010

100 Y BREASTSTROKE (1:12.65)

PP	TIME	NAME	TEAM	DATE
880	1:06.00	Williams, Kim	IST	3/19/2010
726	1:11.23	Pries, Alana	SST	12/11/2009
716	1:11.58	Huo, Jenny	KING	3/19/2010

200 Y BREASTSTROKE (2:39.34)

PP	TIME	NAME	TEAM	DATE
833	2:26.05	Williams, Kim	IST	3/10/2010
795	2:28.95	Cook, Alyssa	KING	3/19/2010
732	2:33.86	Pries, Alana	SST	12/11/2009
714	2:35.24	Uyeno, Linnea	OCA	12/11/2009
683	2:37.67	Brunings, Kourtney	IST	3/19/2010
667	2:38.94	Johnson, Ella	CSC	10/17/2009

50 Y BUTTERFLY (28.33)

PP	TIME	NAME	TEAM	DATE
850	26.69	Briggs, Mackenna	IST	3/19/2010
794	27.46	Pearson, Jada	ESC	3/19/2010
755	28.01	Yap, Lavinya	WEST	12/17/2009
750	28.08	Sutich, Lianna	BC	3/19/2010
742	28.20	Williams, Kim	UN	1/22/2010
736	28.29	Bishoff, Sydney	PSSC	12/11/2009

100 Y BUTTERFLY (1:02.86)

PP	TIME	NAME	TEAM	DATE
826	59.43	Briggs, Mackenna	IST	3/19/2010
766	1:01.33	Yap, Lavinya	WEST	12/11/2009
754	1:01.70	Norman, Sarah	TOSC	3/19/2010
743	1:02.07	Williams, Kim	UN	11/21/2009
742	1:02.09	Bishoff, Sydney	PSSC	3/19/2010
724	1:02.67	Sutich, Lianna	BC	3/19/2010

200 Y BUTTERFLY (2:23.57)

PP	TIME	NAME	TEAM	DATE
863	2:09.85	Briggs, Mackenna	IST	3/19/2010
840	2:11.56	Cook, Alyssa	KING	3/19/2010
781	2:15.93	Chambers, Addie	CSC	3/19/2010
774	2:16.43	Yap, Lavinya	WEST	12/11/2009
753	2:18.04	Williams, Kim	BISC	10/17/2009
727	2:19.97	Shabb, Hannah	CSC	3/19/2010
701	2:21.94	Bishoff, Sydney	PSSC	3/6/2010

100 Y INDIVIDUAL MEDLEY (1:04.81)

PP	TIME	NAME	TEAM	DATE
882	1:00.37	Williams, Kim	IST	3/19/2010
826	1:01.81	Sutherland, Ashley	SST	1/9/2010
751	1:03.81	Huo, Jenny	KING	3/19/2010

200 Y INDIVIDUAL MEDLEY (2:18.43)

PP	TIME	NAME	TEAM	DATE
869	2:08.80	Williams, Kim	IST	3/19/2010
732	2:16.68	Yap, Lavinya	WEST	12/17/2009

726	2:17.08	Briggs, Mackenna	IST	2/26/2010
723	2:17.23	Huo, Jenny	KING	3/19/2010
706	2:18.24	Cook, Alyssa	KING	2/13/2010
400 Y INDIVIDUAL MEDLEY (4:58.76)				
PP	**TIME**	**NAME**	**TEAM**	**DATE**
898	4:31.42	Williams, Kim	IST	3/19/2010
864	4:35.67	Cook, Alyssa	KING	1/21/2010
800	4:43.91	Yap, Lavinya	WEST	2/26/2010
757	4:49.59	Shabb, Hannah	CSC	3/19/2010
746	4:50.93	Johnson, Ella	CSC	11/7/2009
725	4:53.82	Chambers, Addie	CSC	3/19/2010
721	4:54.28	Briggs, Mackenna	IST	12/11/2009
710	4:55.85	Lucien, Bri	WEST	3/19/2010
690	4:58.53	Huo, Jenny	KING	2/13/2010
688	4:58.76	Sutherland, Ashley	SST	1/16/2010

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2009/2010	**12**	**80**	**61068**	**763.35**	**753.23**
2008/2009	**11**	**81**	**61495**	**759.19**	**739.84**

NATIONAL TOP 200 – GIRLS THIRTEEN YEARS – 2009/2010

50 Y FREESTYLE (25.36)				
PP	TIME	NAME	TEAM	DATE
871	24.00	Ginnis, Morgan	MMSC	12/3/2009
828	24.45	Vanderwel, Heidi	WEST	12/11/2009
817	24.57	Gwo, Lorea	OCA	12/11/2009
770	25.06	Sutherland, Ashley	SST	3/19/2010
756	25.21	Keane, Anna	WEST	11/21/2009
744	25.35	Roberson, Kayla	PRO	3/19/2010

100 Y FREESTYLE (54.85)				
PP	TIME	NAME	TEAM	DATE
806	53.08	Ginnis, Morgan	MMSC	12/11/2009
805	53.09	Vanderwel, Heidi	WEST	12/20/2009
792	53.37	Kawaguchi, Megan	WWA	3/19/2010
765	53.92	Sutherland, Ashley	SST	3/19/2010
737	54.50	Hansen, Rachel	KING	12/11/2009
721	54.84	Yap, Lavinya	WEST	3/21/2010

200 Y FREESTYLE (1:58.91)				
PP	TIME	NAME	TEAM	DATE
802	1:54.34	Ginnis, Morgan	MMSC	12/11/2009
789	1:54.85	Vanderwel, Heidi	WEST	12/17/2009
732	1:57.15	Benson, Hannah	CSC	3/19/2010

500 Y FREESTYLE (5:17.60)				
PP	TIME	NAME	TEAM	DATE
744	5:09.36	Benson, Hannah	CSC	1/16/2010
673	5:17.00	Levy, Geneva	BISC	3/19/2010
667	5:17.60	Hansen, Rachel	KING	1/21/2010

1000 Y FREESTYLE (11:01.21)				
PP	TIME	NAME	TEAM	DATE
822	10:24.16	Vanderwel, Heidi	WEST	12/17/2009
757	10:38.92	Benson, Hannah	CSC	3/10/2010
738	10:43.21	Hansen, Rachel	KING	12/17/2009
682	10:56.51	Moffatt, Vanessa	KING	12/17/2009
675	10:58.26	Levy, Geneva	BISC	2/21/2010
669	10:59.78	Hoff, Catherine	OCA	1/21/2010

1650 Y FREESTYLE (18:31.39)				
PP	TIME	NAME	TEAM	DATE
804	17:32.70	Vanderwel, Heidi	WEST	12/17/2009
782	17:41.45	Benson, Hannah	CSC	1/21/2010
770	17:46.00	Hansen, Rachel	KING	12/17/2009
768	17:46.73	Moffatt, Vanessa	KING	3/19/2010
709	18:10.49	Hoff, Catherine	OCA	1/21/2010
690	18:18.16	Levy, Geneva	BISC	2/21/2010

100 Y BACKSTROKE (1:01.54)				
PP	TIME	NAME	TEAM	DATE
947	55.99	Vanderwel, Heidi	WEST	12/3/2009
777	59.93	Kawaguchi, Megan	WWA	3/19/2010
767	1:00.18	Ginnis, Morgan	MMSC	12/11/2009
764	1:00.26	Johnson, Ella	CSC	12/11/2009
763	1:00.28	Huffer, Emily	NWAC	3/19/2010
712	1:01.52	Yap, Lavinya	WEST	3/19/2010

200 Y BACKSTROKE (2:12.51)				
PP	TIME	NAME	TEAM	DATE
880	2:03.49	Vanderwel, Heidi	WEST	12/11/2009
799	2:07.91	Ginnis, Morgan	MMSC	12/3/2009
770	2:09.53	Huffer, Emily	NWAC	3/19/2010
731	2:11.75	Yap, Lavinya	WEST	3/19/2010
724	2:12.13	Phillips, Kyndal	KING	12/11/2009

100 Y BREASTSTROKE (1:10.54)				
PP	TIME	NAME	TEAM	DATE
720	1:09.33	Tallman, Cassie	OCA	12/17/2009
716	1:09.46	Roberson, Kayla	PRO	3/19/2010
686	1:10.40	Hansen, Rachel	KING	1/21/2010

200 Y BREASTSTROKE (2:32.79)				
PP	TIME	NAME	TEAM	DATE
747	2:27.45	Tallman, Cassie	OCA	12/17/2009
677	2:32.29	Johnson, Ella	CSC	2/6/2010
672	2:32.64	Roberson, Kayla	PRO	3/19/2010

100 Y BUTTERFLY (1:00.95)				
PP	TIME	NAME	TEAM	DATE
829	57.87	Kawaguchi, Megan	WWA	3/19/2010
771	59.40	Vanderwel, Heidi	WEST	12/3/2009
733	1:00.39	Gwo, Lorea	OCA	12/17/2009
729	1:00.50	Ginnis, Morgan	MMSC	12/11/2009
713	1:00.95	Phillips, Kyndal	KING	1/21/2010

200 Y BUTTERFLY (2:16.47)				
PP	TIME	NAME	TEAM	DATE
780	2:10.47	Kawaguchi, Megan	WWA	1/21/2010
777	2:10.64	Phillips, Kyndal	KING	12/17/2009
750	2:12.35	Vanderwel, Heidi	WEST	12/11/2009
741	2:12.91	Moffatt, Vanessa	KING	3/10/2010
730	2:13.60	Peirano, Anna	BISC	3/19/2010
724	2:13.93	Yap, Lavinya	WEST	3/19/2010
724	2:13.97	Harris, Taylor	OCA	12/11/2009
701	2:15.43	Mackey, Brigid	IST	12/11/2009
686	2:16.34	Munoz, Stephanie	IST	1/21/2010

200 Y INDIVIDUAL MEDLEY (2:15.03)				
PP	TIME	NAME	TEAM	DATE
749	2:12.55	Tallman, Cassie	OCA	3/4/2010
745	2:12.77	Ginnis, Morgan	MMSC	11/21/2009
744	2:12.83	Vanderwel, Heidi	WEST	11/21/2009
706	2:14.82	Hansen, Rachel	KING	3/10/2010

400 Y INDIVIDUAL MEDLEY (4:45.37)				
PP	TIME	NAME	TEAM	DATE
717	4:43.40	Hansen, Rachel	KING	3/10/2010
714	4:43.75	Tallman, Cassie	OCA	3/4/2010
707	4:44.60	Vanderwel, Heidi	WEST	10/17/2009

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2009/2010	13	68	51007	750.10	753.01
2008/2009	12	76	56315	740.98	746.11
2007/2008	11	87	65480	752.64	730.79

NATIONAL TOP 200 – GIRLS FOURTEEN YEARS – 2009/2010

50 Y FREESTYLE (24.85)

PP	TIME	NAME	TEAM	DATE
797	24.19	Speak, Sage	WAVE	3/19/2010
792	24.24	Vanderwel, Heidi	WEST	3/19/2010
774	24.43	Cann, Felicity	KING	12/17/2009
773	24.44	Ginnis, Morgan	MMSC	3/16/2010
769	24.48	Keane, Anna	WEST	3/19/2010
745	24.73	Taylor, Hannah	MMSC	12/13/2009
736	24.83	Dimicco, Kayla	IST	3/19/2010
735	24.84	Nist, Erika	KING	12/13/2009

100 Y FREESTYLE (53.74)

PP	TIME	NAME	TEAM	DATE
796	52.50	Cann, Felicity	UN	11/13/2009
781	52.80	Flaten, Kayla	UN	11/13/2009
780	52.82	Vanderwel, Heidi	WEST	1/15/2010
780	52.83	Taylor, Hannah	UN	11/13/2009
768	53.06	Ginnis, Morgan	MMSC	3/16/2010
762	53.18	Hecker, Anni	CSC	3/19/2010
760	53.22	Keane, Anna	WEST	3/19/2010
760	53.22	Speak, Sage	WAVE	3/19/2010
752	53.39	Maier, Stacy	UN	11/6/2009
752	53.39	Nist, Erika	KING	12/20/2009
738	53.68	Bock, Carlee	BBST	3/19/2010

200 Y FREESTYLE (1:56.11)

PP	TIME	NAME	TEAM	DATE
776	1:53.82	Taylor, Hannah	MMSC	12/11/2009
775	1:53.84	Vanderwel, Heidi	WEST	3/10/2010
739	1:55.28	Cann, Felicity	KING	3/19/2010
718	1:56.11	Ginnis, Morgan	MMSC	3/16/2010

500 Y FREESTYLE (5:10.30)

PP	TIME	NAME	TEAM	DATE
701	5:09.27	Grundman, Sarah	UN	11/13/2009

1000 Y FREESTYLE (10:47.96)

PP	TIME	NAME	TEAM	DATE
792	10:22.93	Vanderwel, Heidi	WEST	1/15/2010

1650 Y FREESTYLE (18:09.97)

PP	TIME	NAME	TEAM	DATE
709	17:53.11	Grundman, Sarah	BISC	11/8/2009
692	18:00.26	Hansen, Rachel	KING	3/19/2010
672	18:08.30	Hoff, Catherine	OCA	3/19/2010

100 Y BACKSTROKE (59.22)

PP	TIME	NAME	TEAM	DATE
931	55.01	Vanderwel, Heidi	WEST	3/19/2010
825	57.38	Ainsworth, Kristin	KING	12/17/2009
810	57.74	Wold, Grace	UN	11/6/2009
799	58.00	Nist, Erika	KING	3/19/2010
791	58.17	Weiss, Hannah	OCA	3/19/2010
774	58.57	Taylor, Hannah	MMSC	2/26/2010
759	58.94	Ginnis, Morgan	MMSC	3/16/2010
744	59.28	Maier, Stacy	IST	12/3/2009
729	59.65	Tanasse, Emily	UN	11/13/2009

200 Y BACKSTROKE (2:09.55)

PP	TIME	NAME	TEAM	DATE
938	1:57.99	Vanderwel, Heidi	WEST	3/19/2010
877	2:01.19	Ainsworth, Kristin	KING	12/17/2009
831	2:03.66	Nist, Erika	KING	12/11/2009
809	2:04.82	Wold, Grace	KING	3/10/2010
768	2:07.05	Weiss, Hannah	OCA	12/17/2009
759	2:07.55	Ginnis, Morgan	MMSC	3/16/2010
741	2:08.58	Messegee, Abigail	PAC	1/21/2010
723	2:09.55	Taylor, Hannah	MMSC	1/21/2010

100 Y BREASTSTROKE (1:08.70)

PP	TIME	NAME	TEAM	DATE
854	1:04.25	Volodkevich, Maria	UN	11/13/2009
799	1:05.87	Speak, Sage	WAVE	3/19/2010
754	1:07.22	Taylor, Hannah	UN	11/13/2009
722	1:08.19	Keane, Anna	WEST	3/19/2010

200 Y BREASTSTROKE (2:29.40)

PP	TIME	NAME	TEAM	DATE
786	2:22.75	Speak, Sage	WAVE	3/19/2010
748	2:25.30	Volodkevich, Maria	IST	3/19/2010
731	2:26.48	Taylor, Hannah	MMSC	12/11/2009
721	2:27.14	Rosen, Laura	NWAC	3/19/2010
709	2:27.96	Tallman, Cassie	OCA	3/19/2010
690	2:29.23	McCann, Carolyn	TSC	1/21/2010
689	2:29.29	Nist, Erika	KING	11/21/2009

100 Y BUTTERFLY (59.12)

PP	TIME	NAME	TEAM	DATE
801	57.37	Wold, Grace	KING	3/19/2010
773	58.07	Vanderwel, Heidi	WEST	3/19/2010
772	58.11	Taylor, Hannah	MMSC	1/21/2010
768	58.20	Tanasse, Emily	UN	11/13/2009
763	58.33	Taylor, Kaitlin	WEST	3/19/2010
748	58.73	Liu, Amelia	OCA	3/19/2010
735	59.07	Gwo, Lorea	OCA	3/10/2010

200 Y BUTTERFLY (2:12.15)

PP	TIME	NAME	TEAM	DATE
800	2:06.17	Rosen, Laura	NWAC	3/10/2010
773	2:07.83	Liu, Amelia	OCA	3/19/2010
756	2:08.85	Wold, Grace	KING	1/15/2010
746	2:09.43	Vanderwel, Heidi	WEST	3/10/2010
721	2:10.94	Taylor, Hannah	MMSC	1/21/2010
711	2:11.58	Trisler, Akasha	UN	3/19/2010
705	2:11.95	Munger, Madison	VAST	3/19/2010

200 Y INDIVIDUAL MEDLEY (2:11.56)

PP	TIME	NAME	TEAM	DATE
839	2:05.24	Taylor, Hannah	MMSC	12/3/2009
797	2:07.31	Wold, Grace	UN	11/6/2009
788	2:07.76	Volodkevich, Maria	UN	11/13/2009
787	2:07.82	Nist, Erika	KING	12/11/2009
784	2:07.97	Vanderwel, Heidi	WEST	3/19/2010
741	2:10.19	Maier, Stacy	UN	11/6/2009
738	2:10.36	Cann, Felicity	UN	11/13/2009
735	2:10.51	Rosen, Laura	NWAC	3/19/2010
726	2:10.95	Ainsworth, Kristin	KING	12/11/2009

400 Y INDIVIDUAL MEDLEY (4:39.10)

PP	TIME	NAME	TEAM	DATE
793	4:29.11	Taylor, Hannah	MMSC	12/11/2009
777	4:30.85	Rosen, Laura	NWAC	3/10/2010
763	4:32.46	Volodkevich, Maria	IST	3/19/2010
760	4:32.76	Wold, Grace	KING	1/15/2010
755	4:33.33	Nist, Erika	KING	12/17/2009
736	4:35.58	Vanderwel, Heidi	WEST	2/26/2010
723	4:37.04	McCann, Carolyn	TSC	3/19/2010

PACIFIC NORTHWEST SWIMMING

PACIFIC NORTHWEST SWIMMING

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2009/2010	14	86	65749	764.52	764.35
2008/2009	13	89	67043	753.29	749.37
2007/2008	12	103	75349	731.54	738.24
2006/2007	11	95	68454	720.56	730.40

PACIFIC NORTHWEST SWIMMING

PACIFIC NORTHWEST SWIMMING

NATIONAL TOP 200 – GIRLS FIFTEEN YEARS – 2009/2010

50 Y FREESTYLE (24.57)

PP	TIME	NAME	TEAM	DATE
861	23.22	Kinnear, Katie	IST	12/3/2009
804	23.79	Cratsenberg, Amber	VAST	3/10/2010
743	24.42	Kaestner, Katie	TAC	12/17/2009
733	24.53	Wu, Joanna	KING	2/13/2010

100 Y FREESTYLE (53.22)

PP	TIME	NAME	TEAM	DATE
819	51.22	Cratsenberg, Amber	VAST	3/10/2010
815	51.30	Kinnear, Katie	IST	12/3/2009
773	52.12	Wu, Joanna	KING	3/13/2010
727	53.06	Maier, Stacy	IST	3/10/2010

200 Y FREESTYLE (1:54.62)

PP	TIME	NAME	TEAM	DATE
823	1:50.42	Cratsenberg, Amber	VAST	3/10/2010
785	1:51.89	Kinnear, Katie	IST	12/17/2009
742	1:53.55	Wu, Joanna	KING	3/10/2010

500 Y FREESTYLE (5:06.95)

PP	TIME	NAME	TEAM	DATE
808	4:55.86	Cratsenberg, Amber	VAST	3/10/2010
770	4:59.62	Davis, Aly	KING	12/17/2009
718	5:04.88	Grundman, Sarah	BISC	3/10/2010

1000 Y FREESTYLE (10:40.68)

PP	TIME	NAME	TEAM	DATE
766	10:23.91	Grundman, Sarah	BISC	3/10/2010
703	10:38.50	Wu, Joanna	KING	12/17/2009
697	10:39.90	Laurent, Kalena	WEST	3/10/2010

1650 Y FREESTYLE (18:00.55)

PP	TIME	NAME	TEAM	DATE
782	17:14.32	Grundman, Sarah	BISC	3/10/2010
716	17:39.66	Schneider, Rachel	C	3/10/2010

100 Y BACKSTROKE (59.21)

PP	TIME	NAME	TEAM	DATE
870	55.76	Kinnear, Katie	IST	12/17/2009
820	56.88	Kim, Rachel	UN	11/13/2009
792	57.52	Wu, Joanna	KING	3/10/2010
786	57.67	Ainsworth, Kristin	KING	3/14/2010
784	57.71	Davis, Aly	KING	12/17/2009
743	58.67	Maier, Stacy	IST	3/10/2010
722	59.16	Taylor, Hannah	MMSC	3/16/2010

200 Y BACKSTROKE (2:08.43)

PP	TIME	NAME	TEAM	DATE
886	1:59.53	Kinnear, Katie	IST	12/17/2009
806	2:03.78	Ainsworth, Kristin	KING	3/10/2010
792	2:04.50	Davis, Aly	KING	11/19/2009
775	2:05.43	Wu, Joanna	KING	3/10/2010
723	2:08.28	Maier, Stacy	IST	1/21/2010

100 Y BREASTSTROKE (1:08.06)

PP	TIME	NAME	TEAM	DATE
803	1:05.57	Sullenberger, Shanell	TOSC	3/10/2010
800	1:05.65	Sullenberger, Kiana	TOSC	3/10/2010
796	1:05.77	Kaestner, Katie	TAC	3/10/2010
742	1:07.39	Taylor, Hannah	MMSC	3/16/2010
742	1:07.40	King, Camorah	BBST	3/10/2010
734	1:07.62	Deiparine, Danielle	BC	3/10/2010
727	1:07.85	Davis, Aly	KING	2/13/2010

200 Y BREASTSTROKE (2:28.26)

PP	TIME	NAME	TEAM	DATE
753	2:25.02	Davis, Aly	KING	12/17/2009
750	2:25.24	Sullenberger, Kiana	TOSC	3/10/2010
724	2:26.97	Sullenberger, Shanell	TOSC	3/10/2010
713	2:27.76	Deiparine, Danielle	BC	3/10/2010
712	2:27.83	Kaestner, Katie	TAC	3/10/2010

100 Y BUTTERFLY (58.45)

PP	TIME	NAME	TEAM	DATE
947	53.09	Kinnear, Katie	IST	12/3/2009
792	56.93	Davis, Aly	KING	3/10/2010
785	57.10	Domanowski, Jenni	MMSC	3/16/2010
775	57.36	Cratsenberg, Amber	VAST	12/17/2009
755	57.88	Lindblad, Gabby	UN	11/13/2009
746	58.12	Hinely, Nicole	UN	11/13/2009

200 Y BUTTERFLY (2:10.80)

PP	TIME	NAME	TEAM	DATE
875	2:00.34	Kinnear, Katie	IST	3/16/2010
830	2:02.98	Domanowski, Jenni	MMSC	3/16/2010
784	2:05.70	Laurent, Kalena	WEST	3/10/2010
769	2:06.57	Hu, Ciara	NWAC	3/10/2010
746	2:07.99	Penrose, Casey	KING	3/10/2010
727	2:09.13	Lindblad, Gabby	KING	12/17/2009

200 Y INDIVIDUAL MEDLEY (2:09.95)

PP	TIME	NAME	TEAM	DATE
867	2:02.53	Kinnear, Katie	UN	11/13/2009
814	2:05.12	Kim, Rachel	UN	11/13/2009
811	2:05.25	Davis, Aly	KING	11/19/2009
802	2:05.69	Taylor, Hannah	MMSC	3/16/2010
749	2:08.38	Domanowski, Jenni	MMSC	3/16/2010
739	2:08.87	Penrose, Casey	KING	12/17/2009

400 Y INDIVIDUAL MEDLEY (4:35.99)

PP	TIME	NAME	TEAM	DATE
834	4:23.05	Taylor, Hannah	MMSC	3/16/2010
822	4:24.36	Kinnear, Katie	IST	1/21/2010
789	4:27.97	Davis, Aly	KING	3/10/2010
756	4:31.67	Domanowski, Jenni	MMSC	12/17/2009
737	4:33.83	Penrose, Casey	KING	3/10/2010

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2009/2010	15	66	51331	777.74	771.08
2008/2009	14	66	50600	766.66	763.39
2007/2008	13	53	39663	748.35	738.24
2006/2007	12	51	38020	745.49	734.89
2005/2006	11	69	49921	723.49	719.01

NATIONAL TOP 200 – GIRLS SIXTEEN YEARS – 2009/2010

50 Y FREESTYLE (24.43)				
PP	TIME	NAME	TEAM	DATE
747	24.35	Kim, Rachel	KING	12/17/2009

100 Y FREESTYLE (52.83)				
PP	TIME	NAME	TEAM	DATE
771	52.06	McDermott, Amber	UN	1/21/2010
757	52.34	Kim, Rachel	KING	1/16/2010
745	52.58	Peseau, Hannah	MMSC	3/16/2010
735	52.77	Michaels, Dana	CSC	12/17/2009
771	52.06	McDermott, Amber	UN	1/21/2010

200 Y FREESTYLE (1:53.64)				
PP	TIME	NAME	TEAM	DATE
829	1:49.71	Majeau, Fiona	UN	11/13/2009
800	1:50.80	Michaels, Dana	UN	11/13/2009
786	1:51.36	Kim, Rachel	KING	12/17/2009

500 Y FREESTYLE (5:04.50)				
PP	TIME	NAME	TEAM	DATE
858	4:49.01	McDermott, Amber	UN	2/13/2010
842	4:50.49	Majeau, Fiona	CSC	3/10/2010
788	4:55.69	Michaels, Dana	CSC	12/17/2009
703	5:04.38	Kim, Rachel	KING	12/17/2009

1000 Y FREESTYLE (10:37.81)				
PP	TIME	NAME	TEAM	DATE
812	10:07.36	Michaels, Dana	CSC	12/17/2009
762	10:18.38	Majeau, Fiona	CSC	2/13/2010
687	10:35.54	Williamson, Mariah	WEST	12/17/2009

1650 Y FREESTYLE (17:56.88)				
PP	TIME	NAME	TEAM	DATE
818	16:57.33	Michaels, Dana	CSC	3/10/2010
699	17:42.84	Williamson, Mariah	WEST	3/10/2010
692	17:45.89	Heffernan, Clara	TSC	12/17/2009
683	17:49.53	Antilla, Josette	WSY	12/17/2009
681	17:50.32	Levalley, Jewel	MMSC	3/16/2010

100 Y BACKSTROKE (58.73)				
PP	TIME	NAME	TEAM	DATE
847	56.05	Kim, Rachel	KING	12/3/2009
804	57.01	Majeau, Fiona	CSC	3/10/2010
795	57.22	McDermott, Amber	UN	1/21/2010
780	57.57	Thach, Amanda	WSY	12/10/2009
763	57.97	Peseau, Hannah	MMSC	12/17/2009

200 Y BACKSTROKE (2:07.21)				
PP	TIME	NAME	TEAM	DATE
837	2:01.87	Kim, Rachel	KING	3/10/2010
829	2:02.32	Majeau, Fiona	CSC	3/10/2010
816	2:02.99	Thach, Amanda	WSY	4/7/2010
783	2:04.78	Crowder, Kelsey	KING	11/19/2009
769	2:05.52	Peseau, Hannah	MMSC	3/16/2010

100 Y BREASTSTROKE (1:07.45)				
PP	TIME	NAME	TEAM	DATE
841	1:03.79	Harper, Heather	UN	11/13/2009
751	1:06.43	Coe, Savannah	UN	11/13/2009
720	1:07.34	Van Maren, Caroline	UN	11/13/2009

200 Y BREASTSTROKE (2:27.09)				
PP	TIME	NAME	TEAM	DATE
768	2:21.95	Harper, Heather	PRO	3/16/2010
747	2:23.33	Beauchamp, Kara	IST	3/10/2010
739	2:23.91	McDermott, Amber	UN	1/21/2010
734	2:24.25	Coe, Savannah	KING	12/17/2009

100 Y BUTTERFLY (58.00)				
PP	TIME	NAME	TEAM	DATE
767	57.12	Peseau, Hannah	MMSC	3/16/2010
747	57.63	Michaels, Dana	CSC	12/17/2009
742	57.76	Zook, Nina	UN	11/13/2009
735	57.95	O'Keefe, Meghan	UN	11/13/2009

200 Y BUTTERFLY (2:09.42)				
PP	TIME	NAME	TEAM	DATE
793	2:04.75	Michaels, Dana	CSC	3/10/2010
787	2:05.13	O'Keefe, Meghan	BC	12/17/2009
745	2:07.62	Zook, Nina	IST	3/10/2010
743	2:07.72	Peseau, Hannah	MMSC	12/17/2009

200 Y INDIVIDUAL MEDLEY (2:08.83)				
PP	TIME	NAME	TEAM	DATE
781	2:06.10	Kim, Rachel	KING	12/3/2009
757	2:07.27	Coe, Savannah	KING	12/17/2009
745	2:07.89	Bond, Galen	KING	3/10/2010
728	2:08.74	Majeau, Fiona	CSC	12/17/2009

400 Y INDIVIDUAL MEDLEY (4:35.31)				
PP	TIME	NAME	TEAM	DATE
829	4:21.55	McDermott, Amber	UN	1/21/2010
756	4:29.60	Bond, Galen	KING	3/10/2010
747	4:30.63	Coe, Savannah	KING	12/17/2009
738	4:31.62	Kim, Rachel	KING	2/13/2010
737	4:31.72	Beauchamp, Kara	IST	1/21/2010
736	4:31.81	Crowder, Kelsey	KING	1/15/2010
707	4:35.21	O'Keefe, Meghan	BC	2/26/2010

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2009/2010	**16**	**56**	**42838**	**764.96**	**773.56**
2008/2009	**15**	**52**	**40552**	**779.84**	**769.55**
2007/2008	**14**	**64**	**47665**	**744.76**	**744.94**
2006/2007	**13**	**63**	**46418**	**736.97**	**736.82**
2005/2006	**12**	**56**	**41614**	**743.10**	**732.73**
2004/2005	**11**	**72**	**52534**	**729.63**	**712.27**

PACIFIC NORTHWEST SWIMMING

PACIFIC NORTHWEST SWIMMING

NATIONAL TOP 200 – GIRLS SEVENTEEN YEARS – 2009/2010

50 Y FREESTYLE (24.34)				
PP	TIME	NAME	TEAM	DATE
815	23.50	Kaufman, Lauren	KING	3/10/2010
805	23.60	Bailey, Chelsea	KING	12/3/2009
763	24.03	Thayer, Annemarie	CSC	12/18/2009
748	24.19	Liu, Helen	IST	3/16/2010
737	24.30	Morgan, Maddy	WSY	12/18/2009

100 Y FREESTYLE (52.56)				
PP	TIME	NAME	TEAM	DATE
806	51.07	Bailey, Chelsea	KING	12/3/2009
804	51.11	Thayer, Annemarie	CSC	12/17/2009
776	51.66	McDermott, Amber	CSC	3/13/2010

200 Y FREESTYLE (1:53.19)				
PP	TIME	NAME	TEAM	DATE
895	1:47.30	McDermott, Amber	CSC	3/10/2010
830	1:49.67	Thayer, Annemarie	CSC	12/19/2009
768	1:52.05	Fenster, Emily	UN	11/13/2009
745	1:52.93	Jay, Ashley	UN	11/13/2009
744	1:52.96	Heffernan, Clara	TSC	1/21/2010
741	1:53.08	Tannhauser, Kelly	UN	11/13/2009
739	1:53.18	Morgan, Maddy	WSY	4/9/2010

500 Y FREESTYLE (5:03.58)				
PP	TIME	NAME	TEAM	DATE
955	4:40.04	McDermott, Amber	CSC	3/10/2010
856	4:49.13	Thayer, Annemarie	UN	12/3/2009
833	4:51.32	Tannhauser, Kelly	UN	12/3/2009
787	4:55.82	Williams, Laurin	CSC	3/10/2010
770	4:57.54	Burkland, Kj	CSC	12/17/2009
736	5:00.99	Fenster, Emily	KING	12/17/2009
731	5:01.46	Jay, Ashley	UN	11/13/2009
731	5:01.50	Heffernan, Clara	TSC	1/21/2010
729	5:01.66	McDermott, Courtney	UN	11/13/2009

1000 Y FREESTYLE (10:40.95)				
PP	TIME	NAME	TEAM	DATE
941	9:40.10	McDermott, Amber	CSC	3/10/2010
891	9:50.51	Thayer, Annemarie	CSC	3/10/2010
789	10:12.31	Williams, Laurin	CSC	3/10/2010
770	10:16.62	Burkland, Kj	CSC	12/17/2009
728	10:25.96	Jay, Ashley	CSC	3/10/2010
708	10:30.66	Heffernan, Clara	TSC	3/10/2010
697	10:33.04	Anderson, Haley	OCA	3/10/2010
694	10:33.93	McDermott, Courtney	CSC	12/17/2009

1650 Y FREESTYLE (17:59.16)				
PP	TIME	NAME	TEAM	DATE
938	16:13.76	McDermott, Amber	CSC	3/10/2010
838	16:49.90	Burkland, Kj	UN	12/3/2009
828	16:53.29	Williams, Laurin	CSC	3/10/2010
763	17:18.03	Heffernan, Clara	TSC	3/10/2010
727	17:31.98	Antilla, Josette	WSY	4/7/2010
723	17:33.58	McDermott, Courtney	CSC	12/17/2009
664	17:56.86	Jay, Ashley	CSC	3/10/2010
661	17:58.36	Pak, Jennifer	OCA	1/21/2010

100 Y BACKSTROKE (58.59)				
PP	TIME	NAME	TEAM	DATE
947	53.84	Thayer, Annemarie	CSC	3/10/2010
849	56.00	Bailey, Chelsea	KING	12/17/2009
815	56.76	Fenster, Emily	KING	3/10/2010
801	57.09	Kosaka, Olivia	WSY	4/7/2010
737	58.57	Tannhauser, Kelly	CSC	12/17/2009

200 Y BACKSTROKE (2:07.16)				
PP	TIME	NAME	TEAM	DATE
934	1:56.33	Thayer, Annemarie	CSC	3/10/2010
834	2:01.51	Tannhauser, Kelly	UN	12/3/2009
814	2:02.56	Fenster, Emily	KING	12/3/2009
775	2:04.70	Kosaka, Olivia	WSY	4/7/2010
758	2:05.59	Bailey, Chelsea	KING	12/17/2009

100 Y BREASTSTROKE (1:06.85)				
PP	TIME	NAME	TEAM	DATE
805	1:04.22	Poli, Lauren	OCA	3/10/2010
776	1:05.06	Morgan, Maddy	UN	11/13/2009
756	1:05.65	Indahl, Taylor	UN	11/13/2009
744	1:05.99	Larson, Molly	UN	11/13/2009

200 Y BREASTSTROKE (2:26.51)				
PP	TIME	NAME	TEAM	DATE
783	2:20.10	Morgan, Maddy	WSY	3/10/2010
727	2:23.75	Indahl, Taylor	TSC	3/10/2010

100 Y BUTTERFLY (57.60)				
PP	TIME	NAME	TEAM	DATE
823	55.37	Thayer, Annemarie	UN	11/6/2009

200 Y BUTTERFLY (2:08.29)				
PP	TIME	NAME	TEAM	DATE
864	2:00.29	Thayer, Annemarie	CSC	3/10/2010

200 Y INDIVIDUAL MEDLEY (2:07.83)				
PP	TIME	NAME	TEAM	DATE
880	2:01.09	McDermott, Amber	CSC	3/10/2010
877	2:01.25	Thayer, Annemarie	CSC	12/17/2009
835	2:03.30	Tannhauser, Kelly	UN	12/3/2009
798	2:05.09	Morgan, Maddy	WSY	12/3/2009
753	2:07.36	Bailey, Chelsea	KING	12/17/2009
751	2:07.43	Indahl, Taylor	UN	11/13/2009

400 Y INDIVIDUAL MEDLEY (4:34.07)				
PP	TIME	NAME	TEAM	DATE
923	4:11.47	McDermott, Amber	CSC	3/10/2010
900	4:13.90	Thayer, Annemarie	UN	12/3/2009
837	4:20.65	Tannhauser, Kelly	UN	12/3/2009
773	4:27.63	Williams, Laurin	CSC	3/10/2010
753	4:29.96	Morgan, Maddy	WSY	3/10/2010

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2009/2010	17	69	54826	794.57	779.75
2008/2009	16	47	38027	809.08	781.37
2007/2008	15	44	32753	744.38	749.91
2006/2007	14	61	45498	745.86	748.43
2005/2006	13	59	43589	738.96	736.86
2004/2005	12	44	31913	725.29	731.72
2003/2004	11	47	32749	696.78	716.29

NATIONAL TOP 200 – GIRLS EIGHTEEN YEARS – 2009/2010

50 Y FREESTYLE (24.50)				
PP	TIME	NAME	TEAM	DATE
808	23.57	Pazevic, Alana	SSC	3/16/2010
795	23.71	Taylor, Andie	UN	11/13/2009
777	23.89	Kaufman, Emilie	UN	11/13/2009
100 Y FREESTYLE (52.87)				
PP	TIME	NAME	TEAM	DATE
817	50.86	Pazevic, Alana	SSC	3/16/2010
803	51.14	Taylor, Andie	UN	11/13/2009
788	51.42	Kaufman, Emilie	WAVE	3/13/2010
200 Y FREESTYLE (1:54.05)				
PP	TIME	NAME	TEAM	DATE
937	1:45.46	Taylor, Andie	KING	3/10/2010
812	1:50.00	Pazevic, Alana	SSC	3/16/2010
753	1:52.25	Kukors, Mattie	UN	11/21/2009
751	1:52.32	Chan, Nakayla	UN	12/11/2009
730	1:53.16	Kaufman, Emilie	WAVE	3/10/2010
721	1:53.51	Tannhauser, Kelly	CSC	3/10/2010
500 Y FREESTYLE (5:06.52)				
PP	TIME	NAME	TEAM	DATE
913	4:42.77	Taylor, Andie	KING	3/10/2010
743	4:59.16	Chan, Nakayla	UN	12/11/2009
721	5:01.34	McDermott, Courtney	CSC	3/10/2010
697	5:03.87	Tannhauser, Kelly	CSC	3/10/2010
1000 Y FREESTYLE (11:22.70)				
PP	TIME	NAME	TEAM	DATE
737	10:24.00	McDermott, Courtney	CSC	3/10/2010
648	10:44.63	Pomar-Enders, Marina	UN	10/30/2009
619	10:51.59	Holstein, Danielle	WEST	3/10/2010
568	11:04.33	Kaufman, Emilie	WAVE	2/14/2010
552	11:08.41	Ackerman, Kina	WEST	11/15/2009
545	11:10.29	Bensen, Karla	WEST	12/17/2009
1650 Y FREESTYLE (18:30.04)				
PP	TIME	NAME	TEAM	DATE
771	17:14.74	McDermott, Courtney	CSC	3/10/2010
657	17:59.85	Holstein, Danielle	WEST	3/10/2010
601	18:23.06	Olsen, Katie	UN	11/19/2009
100 Y BACKSTROKE (59.34)				
PP	TIME	NAME	TEAM	DATE
938	54.05	Pazevic, Alana	SSC	3/16/2010
858	55.79	Kukors, Mattie	UN	11/20/2009
855	55.86	Taylor, Andie	KING	12/17/2009
716	59.07	Vetterlein, Nikki	UN	12/4/2009
713	59.13	Kaufman, Emilie	WAVE	2/26/2010
200 Y BACKSTROKE (2:09.74)				
PP	TIME	NAME	TEAM	DATE
853	2:00.40	Pazevic, Alana	SSC	3/16/2010
835	2:01.35	Taylor, Andie	KING	2/13/2010
789	2:03.79	Tannhauser, Kelly	CSC	3/10/2010
100 Y BREASTSTROKE (1:07.97)				
PP	TIME	NAME	TEAM	DATE
859	1:02.66	Kaufman, Emilie	WAVE	3/10/2010
791	1:04.61	Taylor, Andie	KING	12/17/2009
779	1:04.96	Hanna, Jordy	UN	11/13/2009
777	1:05.01	Averill, Trish	KING	11/21/2009
710	1:07.01	Ferreira, Emily	SSC	3/16/2010
707	1:07.08	Richards, Kevlyn	UN	10/30/2009
697	1:07.40	Stipek, Hannah	TSC	3/10/2010

200 Y BREASTSTROKE (2:29.33)				
PP	TIME	NAME	TEAM	DATE
816	2:17.91	Kaufman, Emilie	WAVE	3/10/2010
794	2:19.38	Averill, Trish	KING	11/21/2009
760	2:21.55	Chan, Nakayla	UN	12/11/2009
741	2:22.81	Hanna, Jordy	WSY	4/7/2010
644	2:29.33	Stipek, Hannah	TSC	3/10/2010
100 Y BUTTERFLY (58.29)				
PP	TIME	NAME	TEAM	DATE
891	53.70	Taylor, Andie	KING	12/17/2009
846	54.81	Pazevic, Alana	SSC	3/16/2010
200 Y BUTTERFLY (2:11.21)				
PP	TIME	NAME	TEAM	DATE
950	1:55.43	Taylor, Andie	KING	12/3/2009
714	2:09.14	Averill, Trish	KING	11/21/2009
701	2:09.92	Maclean, Erin	BC	3/10/2010
200 Y INDIVIDUAL MEDLEY (2:09.66)				
PP	TIME	NAME	TEAM	DATE
925	1:58.98	Taylor, Andie	KING	12/3/2009
829	2:03.59	Kaufman, Emilie	WAVE	3/10/2010
781	2:05.93	Averill, Trish	KING	11/19/2009
400 Y INDIVIDUAL MEDLEY (4:38.16)				
PP	TIME	NAME	TEAM	DATE
939	4:09.78	Taylor, Andie	KING	3/10/2010
744	4:30.89	Averill, Trish	KING	11/21/2009
743	4:31.10	Tannhauser, Kelly	CSC	3/10/2010

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2009/2010	18	56	42959	767.12	758.49
2008/2009	17	62	49337	795.75	783.22
2007/2008	16	64	48789	762.32	754.05
2006/2007	15	78	58848	754.46	750.69
2005/2006	14	63	47122	747.96	744.37
2004/2005	13	52	38623	742.75	733.01
2003/2004	12	52	36762	706.26	728.35

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2008-2009	18	83	64254	774.14	754.82
2007-2008	17	61	45745	749.91	752.15
2006-2007	16	87	65555	753.50	751.46
2005-2006	15	72	53986	749.80	748.88
2004-2005	14	67	49190	734.19	745.98
2003-2004	13	77	55035	714.74	731.33

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2007-2008	18	67	50417	752.49	716.08
2006-2007	17	86	65545	762.15	741.81
2005-2006	16	93	70209	754.93	742.71
2004-2005	15	100	75121	751.21	735.62
2003-2004	14	99	73314	740.54	725.80

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2006-2007	18	33	22774	690.12	720.25
2005-2006	17	33	24579	744.81	744.62
2004-2005	16	34	25335	745.14	744.47
2003-2004	15	30	21973	732.43	729.50

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2005-2006	18	43	30056	698.97	706.17
2004-2005	17	54	40419	748.50	738.47
2003-2004	16	70	51822	740.31	726.41

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 – 2009/2010

50 Y FREESTYLE (23.74)

RNK	TIME	NAME	TEAM	DATE
38	23.22	Kinnear, Katie	IST	12/3/2009
109	23.50	Kaufman, Lauren	KING	3/10/2010
135	23.57	Pazevic, Alana	SSC	3/16/2010
142	23.60	Bailey, Chelsea	KING	12/3/2009
183	23.71	Taylor, Andie	UN	11/13/2009

100 Y FREESTYLE (51.41)

RNK	TIME	NAME	TEAM	DATE
98	50.86	Pazevic, Alana	SSC	3/16/2010
130	51.07	Bailey, Chelsea	KING	12/3/2009
138	51.11	Thayer, Annemarie	CSC	12/17/2009
142	51.14	Taylor, Andie	UN	11/13/2009
160	51.22	Cratsenberg, Amber	VAST	3/10/2010
179	51.30	Kinnear, Katie	IST	12/3/2009

200 Y FREESTYLE (1:50.70)

RNK	TIME	NAME	TEAM	DATE
5	1:45.46	Taylor, Andie	KING	3/10/2010
23	1:47.30	McDermott, Amber	CSC	3/10/2010
113	1:49.67	Thayer, Annemarie	CSC	12/19/2009
122	1:49.71	Majeau, Fiona	UN	11/13/2009
145	1:50.00	Pazevic, Alana	SSC	3/16/2010
176	1:50.42	Cratsenberg, Amber	VAST	3/10/2010

500 Y FREESTYLE (4:55.69)

RNK	TIME	NAME	TEAM	DATE
3	4:40.04	McDermott, Amber	CSC	3/10/2010
11	4:42.77	Taylor, Andie	KING	3/10/2010
65	4:49.13	Thayer, Annemarie	UN	12/3/2009
82	4:50.49	Majeau, Fiona	CSC	3/10/2010
93	4:51.32	Tannhauser, Kelly	UN	12/3/2009
200	4:55.69	Michaels, Dana	CSC	12/17/2009

1000 Y FREESTYLE (10:14.21)

RNK	TIME	NAME	TEAM	DATE
3	9:40.10	McDermott, Amber	CSC	3/10/2010
26	9:50.51	Thayer, Annemarie	CSC	3/10/2010
115	10:07.36	Michaels, Dana	CSC	12/17/2009
168	10:12.31	Williams, Laurin	CSC	3/10/2010

1650 Y FREESTYLE (17:09.97)

RNK	TIME	NAME	TEAM	DATE
10	16:13.76	McDermott, Amber	CSC	3/10/2010
82	16:49.90	Burkland, Kj	UN	12/3/2009
99	16:53.29	Williams, Laurin	CSC	3/10/2010
123	16:57.33	Michaels, Dana	CSC	3/10/2010

100 Y BACKSTROKE (56.62)

RNK	TIME	NAME	TEAM	DATE
14	53.84	Thayer, Annemarie	CSC	3/10/2010
24	54.05	Pazevic, Alana	SSC	3/16/2010
59	55.01	Vanderwel, Heidi	WEST	3/19/2010
108	55.76	Kinnear, Katie	IST	12/17/2009
113	55.79	Kukors, Mattie	UN	11/20/2009
117	55.86	Taylor, Andie	KING	12/17/2009
130	56.00	Bailey, Chelsea	KING	12/17/2009
136	56.05	Kim, Rachel	KING	12/3/2009

200 Y BACKSTROKE (2:02.33)

RNK	TIME	NAME	TEAM	DATE
17	1:56.33	Thayer, Annemarie	CSC	3/10/2010
36	1:57.99	Vanderwel, Heidi	WEST	3/19/2010
75	1:59.53	Kinnear, Katie	IST	12/17/2009
94	2:00.40	Pazevic, Alana	SSC	3/16/2010
134	2:01.19	Ainsworth, Kristin	KING	12/17/2009
139	2:01.35	Taylor, Andie	KING	2/13/2010
151	2:01.51	Tannhauser, Kelly	UN	12/3/2009
170	2:01.87	Kim, Rachel	KING	3/10/2010
199	2:02.32	Majeau, Fiona	CSC	3/10/2010

100 Y BREASTSTROKE (1:04.64)

RNK	TIME	NAME	TEAM	DATE
43	1:02.66	Kaufman, Emilie	WAVE	3/10/2010
106	1:03.79	Harper, Heather	UN	11/13/2009
143	1:04.22	Poli, Lauren	OCA	3/10/2010
146	1:04.25	Volodkevich, Maria	UN	11/13/2009
194	1:04.61	Taylor, Andie	KING	12/17/2009

200 Y BREASTSTROKE (2:20.44)

RNK	TIME	NAME	TEAM	DATE
88	2:17.91	Kaufman, Emilie	WAVE	3/10/2010
150	2:19.38	Averill, Trish	KING	11/21/2009
186	2:20.10	Morgan, Maddy	WSY	3/10/2010

100 Y BUTTERFLY (56.00)

RNK	TIME	NAME	TEAM	DATE
5	53.09	Kinnear, Katie	IST	12/3/2009
16	53.70	Taylor, Andie	KING	12/17/2009
57	54.81	Pazevic, Alana	SSC	3/16/2010
111	55.37	Thayer, Annemarie	UN	11/6/2009

200 Y BUTTERFLY (2:03.78)

RNK	TIME	NAME	TEAM	DATE
2	1:55.43	Taylor, Andie	KING	12/3/2009
47	2:00.29	Thayer, Annemarie	CSC	3/10/2010
52	2:00.34	Kinnear, Katie	IST	3/16/2010
161	2:02.98	Domanowski, Jenni	MMSC	3/16/2010

200 Y INDIVIDUAL MEDLEY (2:04.63)

RNK	TIME	NAME	TEAM	DATE
14	1:58.98	Taylor, Andie	KING	12/3/2009
39	2:01.09	McDermott, Amber	CSC	3/10/2010
46	2:01.25	Thayer, Annemarie	CSC	12/17/2009
75	2:02.53	Kinnear, Katie	UN	11/13/2009
105	2:03.30	Tannhauser, Kelly	UN	12/3/2009
119	2:03.59	Kaufman, Emilie	WAVE	3/10/2010

400 Y INDIVIDUAL MEDLEY (4:25.15)

RNK	TIME	NAME	TEAM	DATE
5	4:09.78	Taylor, Andie	KING	3/10/2010
11	4:11.47	McDermott, Amber	CSC	3/10/2010
25	4:13.90	Thayer, Annemarie	UN	12/3/2009
89	4:20.65	Tannhauser, Kelly	UN	12/3/2009
144	4:23.05	Taylor, Hannah	MMSC	3/16/2010
180	4:24.36	Kinnear, Katie	IST	1/21/2010

YEAR	# SWIMS	AVG PLACE
2010	76	94.64
2009	92	83.35
2008	82	100.59
2007	89	99.44
2006	76	97.19
2005	81	102.90
2004	91	84.05

EVENT	2006	2007	2008	2009	2010
50 free	23.99	23.99	23.87	23.72	23.74
100 free	51.95	51.83	51.77	51.18	51.41
200 free	1:51.67	1:51.73	1:51.29	1:50.33	1:50.70
400 free	4:57.90	4:57.68	4:57.60	4:54.95	4:55.69
1000 free	10:18.93	10:17.72	10:21.73	10:16.30	10:14.21
1650 free	17:17.34	17:15.68	17:19.23	17:10.01	17:09.97
100 back	57.77	57.75	57.39	56.48	56.62
200 back	2:04.90	2:04.43	2:04.17	2:01.93	2:02.33
100 breast	1:05.48	1:05.57	1:05.36	1:04.59	1:04.64
200 breast	2:21.67	2:22.02	2:22.17	2:20.24	2:20.44
100 fly	57.03	56.90	56.56	55.82	56.00
200 fly	2:05.56	2:05.42	2:05.16	2:03.25	2:03.78
200 i.m.	2:06.05	2:06.38	2:05.70	2:04.54	2:04.63
400 i.m.	4:28.52	4:28.36	4:27.65	4:24.84	4:25.15

NATIONAL TOP 200 – WOMEN 2009/2010

50 Y FREESTYLE (23.40)				
RNK	TIME	NAME	TEAM	DATE
60	22.89	Jendrick, Megan	KING	3/10/2010
132	23.22	Kinnear, Katie	IST	12/3/2009
199	23.40	Messegee, Amelia	KING	3/4/2010

100 Y FREESTYLE (50.73)				
RNK	TIME	NAME	TEAM	DATE
109	50.15	Jendrick, Megan	KING	3/13/2010

200 Y FREESTYLE (1:49.31)				
RNK	TIME	NAME	TEAM	DATE
21	1:45.46	Taylor, Andie	KING	3/10/2010
74	1:47.30	McDermott, Amber	CSC	3/10/2010
126	1:48.45	Jendrick, Megan	KING	3/12/2010

500 Y FREESTYLE (4:51.88)				
RNK	TIME	NAME	TEAM	DATE
13	4:40.04	McDermott, Amber	CSC	3/10/2010
28	4:42.77	Taylor, Andie	KING	3/10/2010
65	4:45.63	Jasmer, Kim	UN	12/4/2009
133	4:49.13	Thayer, Annemarie	UN	12/3/2009
162	4:50.49	Majeau, Fiona	CSC	3/10/2010
181	4:51.32	Tannhauser, Kelly	UN	12/3/2009

1000 Y FREESTYLE (10:11.49)				
RNK	TIME	NAME	TEAM	DATE
4	9:40.10	McDermott, Amber	CSC	3/10/2010
36	9:50.51	Thayer, Annemarie	CSC	3/10/2010
155	10:07.36	Michaels, Dana	CSC	12/17/2009

1650 Y FREESTYLE (16:56.02)				
RNK	TIME	NAME	TEAM	DATE
24	16:13.76	McDermott, Amber	CSC	3/10/2010
155	16:49.90	Burkland, Kj	UN	12/3/2009
165	16:51.57	Radovic, Petra	UN	11/19/2009
175	16:53.29	Williams, Laurin	CSC	3/10/2010

100 Y BACKSTROKE (55.78)				
RNK	TIME	NAME	TEAM	DATE
40	53.84	Thayer, Annemarie	CSC	3/10/2010
52	54.05	Pazevic, Alana	SSC	3/16/2010
65	54.22	Jennings, Leona	UN	11/19/2009
121	55.01	Vanderwel, Heidi	WEST	3/19/2010
194	55.76	Kinnear, Katie	IST	12/17/2009

200 Y BACKSTROKE (2:00.91)				
RNK	TIME	NAME	TEAM	DATE
47	1:56.33	Thayer, Annemarie	CSC	3/10/2010
67	1:57.57	Jennings, Leona	UN	11/19/2009
83	1:57.99	Vanderwel, Heidi	WEST	3/19/2010
136	1:59.53	Kinnear, Katie	IST	12/17/2009
167	2:00.40	Pazevic, Alana	SSC	3/16/2010

100 Y BREASTSTROKE (1:03.76)				
RNK	TIME	NAME	TEAM	DATE
3	59.06	Jendrick, Megan	KING	3/10/2010
92	1:02.66	Kaufman, Emilie	WAVE	3/10/2010
175	1:03.56	Averill, Trish	KING	3/4/2010

200 Y BREASTSTROKE (2:18.27)				
RNK	TIME	NAME	TEAM	DATE
3	2:07.82	Jendrick, Megan	KING	3/10/2010
166	2:17.40	Averill, Trish	KING	12/17/2009
182	2:17.77	Karpeeva, Elena	UN	11/19/2009
187	2:17.91	Kaufman, Emilie	WAVE	3/10/2010

100 Y BUTTERFLY (55.30)				
RNK	TIME	NAME	TEAM	DATE
30	53.09	Kinnear, Katie	IST	12/3/2009
56	53.70	Taylor, Andie	KING	12/17/2009
136	54.81	Pazevic, Alana	SSC	3/16/2010
172	55.12	Jennings, Leona	UN	11/19/2009

200 Y BUTTERFLY (2:02.02)				
RNK	TIME	NAME	TEAM	DATE
12	1:55.43	Taylor, Andie	KING	12/3/2009
95	2:00.29	Thayer, Annemarie	CSC	3/10/2010
101	2:00.34	Kinnear, Katie	IST	3/16/2010

200 Y INDIVIDUAL MEDLEY (2:02.99)				
RNK	TIME	NAME	TEAM	DATE
20	1:57.45	Jendrick, Megan	KING	12/3/2009
40	1:58.98	Taylor, Andie	KING	12/3/2009
102	2:01.04	Jennings, Leona	UN	11/19/2009
107	2:01.09	McDermott, Amber	CSC	3/10/2010
114	2:01.25	Thayer, Annemarie	CSC	12/17/2009
169	2:02.53	Kinnear, Katie	UN	11/13/2009

400 Y INDIVIDUAL MEDLEY (4:21.82)				
RNK	TIME	NAME	TEAM	DATE
17	4:09.78	Taylor, Andie	KING	3/10/2010
30	4:11.47	McDermott, Amber	CSC	3/10/2010
60	4:13.90	Thayer, Annemarie	UN	12/3/2009
164	4:20.65	Tannhauser, Kelly	UN	12/3/2009

YEAR	# SWIMS	AVG PLACE
2010	54	96.70
2009	116	92.57
2008	67	90.83
2007	73	95.16
2006	76	106.25
2005	66	110.03
2004	80	106.03

EVENT	2006	2007	2008	2009	2010
50 free	23.73	23.67	23.48	23.32	23.40
100 free	51.41	51.27	50.91	50.45	50.73
200 free	1:50.68	1:50.56	1:49.63	1:48.87	1:49.31
400 free	4:55.59	4:55.11	4:53.50	4:51.52	4:51.88
1000 free	10:17.22	10:16.09	10:19.78	10:14.63	10:11.49
1650 free	17:06.40	17:03.56	17:05.98	16:56.94	16:56.02
100 back	57.13	57.02	56.52	55.65	55.78
200 back	2:03.44	2:03.11	2:02.31	2:00.24	2:00.91
100 breast	1:04.80	1:04.92	1:04.43	1:03.69	1:03.76
200 breast	2:19.97	2:20.09	2:19.67	2:18.46	2:18.27
100 fly	56.40	56.16	55.67	55.08	55.30
200 fly	2:04.43	2:04.00	2:03.33	2:01.62	2:02.02
200 i.m.	2:05.00	2:04.76	2:03.74	2:02.71	2:02.99
400 i.m.	4:25.95	4:25.71	4:24.79	4:22.39	4:21.82