

NATIONAL TOP 200 – GIRLS ELEVEN YEARS – 2010/2011

50 Y FREESTYLE (27.07)				
PP	TIME	NAME	TEAM	DATE
794	26.24	Pressler, Maddie	WEST	12/10/2010
770	26.54	Daigneault, Louise	CSC	3/18/2011
746	26.84	Chong, Amber	PDST	3/18/2011
743	26.88	Forbord, Sierra	PAC	3/18/2011
732	27.01	Matthews, Annika	WEST	3/18/2011
730	27.04	Matsuda, Jeni	BEST	3/18/2011
100 Y FREESTYLE (58.90)				
PP	TIME	NAME	TEAM	DATE
784	57.10	Domanowski, Christina	MMSC	10/2/2010
760	57.66	Matsuda, Jeni	BEST	12/10/2010
751	57.89	Pressler, Maddie	WEST	1/20/2011
716	58.75	Daigneault, Louise	CSC	3/18/2011
200 Y FREESTYLE (2:08.24)				
PP	TIME	NAME	TEAM	DATE
732	2:06.45	Matsuda, Jeni	BEST	12/10/2010
728	2:06.64	Pressler, Maddie	WEST	2/5/2011
500 Y FREESTYLE (5:41.68)				
PP	TIME	NAME	TEAM	DATE
706	5:39.22	Matsuda, Jeni	BEST	12/10/2010
704	5:39.44	Raines, Chase	KING	3/18/2011
692	5:41.00	Pressler, Maddie	WEST	1/20/2011
1000 Y FREESTYLE (12:27.60)				
PP	TIME	NAME	TEAM	DATE
1650 Y FREESTYLE (21:23.08)				
PP	TIME	NAME	TEAM	DATE
845	19:20.46	Pressler, Maddie	WEST	12/10/2010
780	19:51.64	Raines, Chase	KING	12/10/2010
705	20:28.39	Huffer, Kelly	NWAC	2/20/2011
704	20:29.05	Chien, Sophia	KING	11/15/2010
641	21:01.00	Petrini, Leah	OCA	12/10/2010
631	21:06.49	Limberg, Nicole	WEST	4/23/2011
50 Y BACKSTROKE (31.18)				
PP	TIME	NAME	TEAM	DATE
794	30.05	Pressler, Maddie	WEST	1/8/2011
793	30.06	Matthews, Annika	WEST	3/18/2011
728	30.90	Forbord, Sierra	PAC	3/18/2011
100 Y BACKSTROKE (1:07.09)				
PP	TIME	NAME	TEAM	DATE
839	1:03.41	Pressler, Maddie	WEST	12/10/2010
756	1:05.76	Domanowski, Christina	MMSC	10/2/2010
743	1:06.15	Huffer, Kelly	NWAC	3/18/2011
739	1:06.26	Forbord, Sierra	PAC	3/18/2011
200 Y BACKSTROKE (2:26.07)				
PP	TIME	NAME	TEAM	DATE
831	2:17.83	Pressler, Maddie	WEST	1/20/2011
768	2:22.08	Huffer, Kelly	NWAC	12/10/2010
50 Y BREASTSTROKE (35.13)				
PP	TIME	NAME	TEAM	DATE
766	33.95	Hill, Meg	CAAT	3/18/2011
732	34.52	Chong, Amber	PDST	12/10/2010
725	34.63	Limberg, Nicole	WEST	3/18/2011
718	34.75	Dovinh, Angeline	SSC	11/7/2010
709	34.90	Cassady, Shannon	PDST	12/10/2010
100 Y BREASTSTROKE (1:16.39)				
PP	TIME	NAME	TEAM	DATE
742	1:14.57	Jradi, Kristin	KING	12/10/2010

729	1:15.07	Dovinh, Angeline	SSC	11/20/2010
722	1:15.31	Chong, Amber	PDST	3/18/2011
718	1:15.46	Limberg, Nicole	WEST	3/18/2011
200 Y BREASTSTROKE (2:46.76)				
PP	TIME	NAME	TEAM	DATE
760	2:41.36	Jradi, Kristin	KING	12/10/2010
718	2:44.90	Dovinh, Angeline	SSC	11/20/2010
50 Y BUTTERFLY (29.59)				
PP	TIME	NAME	TEAM	DATE
820	28.14	Chong, Amber	PDST	3/18/2011
749	29.17	Daigneault, Louise	CSC	3/18/2011
747	29.19	Pressler, Maddie	WEST	2/25/2011
744	29.24	Childress, Haley	C	3/18/2011
100 Y BUTTERFLY (1:06.38)				
PP	TIME	NAME	TEAM	DATE
793	1:03.68	Chong, Amber	PDST	3/18/2011
764	1:04.65	Matsuda, Jeni	BEST	3/18/2011
740	1:05.44	Huffer, Kelly	NWAC	3/18/2011
727	1:05.88	Domanowski, Christina	MMSC	10/2/2010
723	1:06.02	Chien, Sophia	KING	1/15/2011
719	1:06.16	Forbord, Sierra	PAC	2/25/2011
200 Y BUTTERFLY (2:36.17)				
PP	TIME	NAME	TEAM	DATE
759	2:27.56	Chien, Sophia	KING	12/10/2010
728	2:30.11	Pressler, Maddie	WEST	2/25/2011
670	2:34.84	Huffer, Kelly	NWAC	2/25/2011
100 Y INDIVIDUAL MEDLEY (1:08.03)				
PP	TIME	NAME	TEAM	DATE
783	1:05.76	Domanowski, Christina	MMSC	10/2/2010
768	1:06.18	Chong, Amber	PDST	3/18/2011
745	1:06.82	Matsuda, Jeni	BEST	3/18/2011
200 M INDIVIDUAL MEDLEY (2:25.33)				
PP	TIME	NAME	TEAM	DATE
790	2:20.51	Domanowski, Christina	MMSC	10/2/2010
780	2:21.13	Pressler, Maddie	WEST	2/25/2011
737	2:23.78	Huffer, Kelly	NWAC	3/18/2011
724	2:24.63	Matsuda, Jeni	BEST	3/5/2011
715	2:25.18	Chien, Sophia	KING	12/10/2010
400 M INDIVIDUAL MEDLEY (5:16.29)				
PP	TIME	NAME	TEAM	DATE
791	5:02.34	Pressler, Maddie	WEST	2/25/2011
700	5:15.20	Raines, Chase	KING	12/10/2010

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2010/2011	11	49	36319	741.20	758.29

NATIONAL TOP 200 – GIRLS TWELVE YEARS – 2010/2011

50 Y FREESTYLE (25.84)

PP	TIME	NAME	TEAM	DATE
806	25.06	Teegan, Helen	KING	3/18/2011
767	25.53	Cross, Marley	BC	12/10/2010
759	25.62	Pearson, Jada	ESC	12/16/2010
758	25.64	Zacharias, Reva	WWA	10/16/2010
756	25.66	Kwan, Sabrina	OCA	2/5/2011
749	25.74	Shabb, Hannah	CSC	1/8/2011
746	25.78	Domanowski, Christina	MMSC	2/25/2011

100 Y FREESTYLE (56.06)

PP	TIME	NAME	TEAM	DATE
797	54.58	Cross, Marley	BC	3/18/2011
776	55.07	Teegan, Helen	KING	12/10/2010
761	55.40	Pearson, Jada	ESC	12/10/2010
746	55.76	Kwan, Sabrina	OCA	12/10/2010
746	55.76	Shabb, Hannah	CSC	1/15/2011

200 Y FREESTYLE (2:01.79)

PP	TIME	NAME	TEAM	DATE
800	1:58.02	Domanowski, Christina	MMSC	12/10/2010
774	1:59.16	Smith, Cameron	CSC	12/10/2010
745	2:00.47	Teegan, Helen	KING	12/3/2010
734	2:01.01	Shabb, Hannah	CSC	1/15/2011
719	2:01.67	Cross, Marley	BC	3/18/2011

500 Y FREESTYLE (5:26.24)

PP	TIME	NAME	TEAM	DATE
821	5:11.47	Smith, Cameron	CSC	3/18/2011
813	5:12.27	Domanowski, Christina	MMSC	3/18/2011
757	5:18.86	Shabb, Hannah	CSC	2/12/2011

1000 Y FREESTYLE (11:32.75)

PP	TIME	NAME	TEAM	DATE
871	10:40.63	Domanowski, Christina	MMSC	2/13/2011
842	10:47.96	Smith, Cameron	CSC	2/12/2011

1650 Y FREESTYLE (19:26.77)

PP	TIME	NAME	TEAM	DATE
850	18:00.53	Domanowski, Christina	MMSC	3/18/2011
759	18:40.99	Smith, Cameron	CSC	12/10/2010
756	18:42.18	Lucien, Bri	WEST	11/7/2010
756	18:42.29	Morris, Marissa	NWAC	3/18/2011
732	18:53.22	Seidner, Lindsey	OCA	12/10/2010
721	18:58.56	Shabb, Hannah	CSC	11/27/2010
702	19:07.39	Pressler, Maddie	WEST	3/18/2011
692	19:11.96	Teegan, Helen	KING	11/15/2010
684	19:15.68	Haugen, Gianna	KING	3/18/2011
671	19:22.06	Davidson, Sarah	CSC	3/18/2011

50 Y BACKSTROKE (29.54)

PP	TIME	NAME	TEAM	DATE
782	28.91	Blomso, Britt	CSC	3/18/2011
750	29.31	Huo, Jenny	KING	11/20/2010
748	29.34	Pressler, Maddie	WEST	3/18/2011

100 Y BACKSTROKE (1:03.15)

PP	TIME	NAME	TEAM	DATE
754	1:02.13	Blomso, Britt	CSC	3/18/2011
747	1:02.32	Huo, Jenny	KING	12/3/2010
732	1:02.75	Zacharias, Reva	WWA	1/20/2011

200 Y BACKSTROKE (2:17.56)

PP	TIME	NAME	TEAM	DATE
736	2:15.25	Pressler, Maddie	WEST	3/18/2011
708	2:17.10	Domanowski, Christina	MMSC	2/25/2011

50 Y BREASTSTROKE (33.30)

PP	TIME	NAME	TEAM	DATE
886	30.64	Teegan, Helen	KING	3/18/2011
793	32.07	Fang, Elisa	BC	3/18/2011

100 Y BREASTSTROKE (1:12.00)

PP	TIME	NAME	TEAM	DATE
847	1:07.12	Teegan, Helen	KING	3/18/2011
741	1:10.73	Fang, Elisa	BC	3/18/2011
723	1:11.35	Huo, Jenny	KING	12/3/2010

200 Y BREASTSTROKE (2:37.54)

PP	TIME	NAME	TEAM	DATE
813	2:27.59	Teegan, Helen	KING	3/18/2011
765	2:31.24	Seidner, Lindsey	OCA	3/18/2011
686	2:37.45	Shabb, Hannah	CSC	11/6/2010
686	2:37.46	Uyeno, Linnea	UN	10/16/2010

50 Y BUTTERFLY (28.27)

PP	TIME	NAME	TEAM	DATE
887	26.19	Pearson, Jada	ESC	12/10/2010
764	27.89	Teegan, Helen	KING	1/15/2011
744	28.17	Robbins, Sami	WSY	12/10/2010

100 Y BUTTERFLY (1:02.66)

PP	TIME	NAME	TEAM	DATE
804	1:00.13	Kwan, Sabrina	OCA	3/18/2011
791	1:00.55	Seidner, Lindsey	OCA	3/18/2011
786	1:00.71	Pearson, Jada	ESC	12/10/2010
756	1:01.64	Smith, Cameron	CSC	1/15/2011
755	1:01.69	Domanowski, Christina	MMSC	12/10/2010
753	1:01.75	Teegan, Helen	KING	1/15/2011
752	1:01.78	Shabb, Hannah	CSC	12/10/2010
752	1:01.79	Huo, Jenny	KING	11/20/2010

200 Y BUTTERFLY (2:22.93)

PP	TIME	NAME	TEAM	DATE
865	2:09.75	Domanowski, Christina	MMSC	3/18/2011
858	2:10.22	Kwan, Sabrina	OCA	3/18/2011
831	2:12.23	Smith, Cameron	CSC	3/18/2011
801	2:14.45	Shabb, Hannah	CSC	1/20/2011
798	2:14.68	Seidner, Lindsey	OCA	3/18/2011
713	2:21.05	Simpson, Kaycee	KING	3/18/2011
698	2:22.19	Jenkins, Hazel	GAC	3/18/2011

100 Y INDIVIDUAL MEDLEY (1:04.63)

PP	TIME	NAME	TEAM	DATE
849	1:01.21	Teegan, Helen	KING	3/18/2011
773	1:03.24	Shabb, Hannah	CSC	1/8/2011
746	1:03.96	Kwan, Sabrina	OCA	3/18/2011
740	1:04.12	Blomso, Britt	CSC	3/18/2011
740	1:04.12	Fang, Elisa	BC	3/18/2011

200 Y INDIVIDUAL MEDLEY (2:17.92)

PP	TIME	NAME	TEAM	DATE
773	2:14.28	Teegan, Helen	KING	11/20/2010
769	2:14.49	Domanowski, Christina	MMSC	3/18/2011
768	2:14.58	Shabb, Hannah	CSC	12/10/2010
734	2:16.55	Huo, Jenny	KING	11/20/2010
719	2:17.47	Kwan, Sabrina	OCA	3/18/2011

400 Y INDIVIDUAL MEDLEY (4:57.04)

PP	TIME	NAME	TEAM	DATE
807	4:42.99	Domanowski, Christina	MMSC	1/15/2011
778	4:46.70	Shabb, Hannah	CSC	12/10/2010
775	4:47.18	Teegan, Helen	KING	2/12/2011
731	4:53.02	Seidner, Lindsey	OCA	3/18/2011
708	4:56.04	Lucien, Bri	WEST	11/20/2010
702	4:56.90	Haugen, Gianna	KING	3/18/2011



701	4:57.03	Simpson, Kaycee	KING	1/29/2011
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Year	Age	# SWIMS	Power Points	PNS Average	National Average
2010/2011	12	71	53982	760.30	763.70
2009/2010	11	85	64654	760.63	755.13

NATIONAL TOP 200 – GIRLS THIRTEEN YEARS – 2010/2011

50 Y FREESTYLE (25.17)

PP	TIME	NAME	TEAM	DATE
783	24.93	Sutherland, Ashley	SST	1/20/2011
777	24.99	Briggs, Mackenna	IST	3/19/2011
769	25.07	Bishoff, Sydney	PSSC	12/10/2010

100 Y FREESTYLE (54.59)

PP	TIME	NAME	TEAM	DATE
757	54.09	Sutherland, Ashley	SST	12/10/2010
756	54.10	Briggs, Mackenna	IST	3/20/2011
744	54.35	Williams, Kim	IST	1/20/2011
744	54.36	Chambers, Addie	KING	3/18/2011

200 Y FREESTYLE (1:58.30)

PP	TIME	NAME	TEAM	DATE
794	1:54.67	Williams, Kim	IST	12/16/2010
754	1:56.25	Chambers, Addie	KING	12/10/2010
751	1:56.37	Cook, Alyssa	KING	3/18/2011
728	1:57.29	Sutherland, Ashley	SST	1/20/2011

500 Y FREESTYLE (5:16.79)

PP	TIME	NAME	TEAM	DATE
802	5:03.43	Williams, Kim	IST	12/16/2010
797	5:03.92	Chambers, Addie	KING	3/9/2011
768	5:06.89	Lucien, Bri	WEST	3/18/2011
731	5:10.79	Cook, Alyssa	KING	3/9/2011

1000 Y FREESTYLE (11:00.00)

PP	TIME	NAME	TEAM	DATE
847	10:18.54	Williams, Kim	IST	3/9/2011
788	10:31.62	Chambers, Addie	KING	3/9/2011
736	10:43.63	Cook, Alyssa	KING	3/9/2011
729	10:45.45	Lucien, Bri	WEST	4/23/2011

1650 Y FREESTYLE (18:27.42)

PP	TIME	NAME	TEAM	DATE
821	17:26.18	Lucien, Bri	WEST	3/18/2011
820	17:26.39	Chambers, Addie	KING	3/18/2011
690	18:18.00	Cook, Alyssa	KING	11/15/2010

100 Y BACKSTROKE (1:01.06)

PP	TIME	NAME	TEAM	DATE
805	59.26	Briggs, Mackenna	IST	3/19/2011
753	1:00.52	Yap, Lavinya	WEST	12/10/2010
731	1:01.06	Cook, Alyssa	KING	3/19/2011

200 Y BACKSTROKE (2:11.65)

PP	TIME	NAME	TEAM	DATE
800	2:07.85	Cook, Alyssa	KING	3/18/2011
795	2:08.14	Briggs, Mackenna	IST	3/18/2011
771	2:09.48	Yap, Lavinya	WEST	12/10/2010
742	2:11.11	Sutherland, Ashley	SST	1/20/2011

100 Y BREASTSTROKE (1:10.30)

PP	TIME	NAME	TEAM	DATE
904	1:03.82	Williams, Kim	IST	3/18/2011
744	1:08.60	Norman, Sarah	TOSC	3/18/2011
735	1:08.86	Delzer, Savannah	KING	3/18/2011
723	1:09.23	Mundle, Whitney	TSC	3/18/2011
695	1:10.09	Cook, Alyssa	KING	3/9/2011
693	1:10.16	Brunings, Kourtney	IST	3/18/2011

200 Y BREASTSTROKE (2:32.34)

PP	TIME	NAME	TEAM	DATE
866	2:19.51	Williams, Kim	IST	3/9/2011
765	2:26.27	Cook, Alyssa	KING	3/18/2011
761	2:26.54	Delzer, Savannah	KING	3/18/2011
720	2:29.29	Lucien, Bri	WEST	3/18/2011

708	2:30.14	Shewchuk, Taylor	BBST	10/16/2010
689	2:31.50	Uyeno, Linnea	BC	3/18/2011
681	2:32.01	Brunings, Kourtney	IST	3/18/2011

100 Y BUTTERFLY (1:00.59)

PP	TIME	NAME	TEAM	DATE
823	58.02	Williams, Kim	IST	3/18/2011
800	58.62	Norman, Sarah	TOSC	3/18/2011
772	59.37	Briggs, Mackenna	IST	3/18/2011
736	1:00.31	Shabb, Hannah	CSC	3/18/2011
728	1:00.54	Chambers, Addie	KING	3/9/2011

200 Y BUTTERFLY (2:16.00)

PP	TIME	NAME	TEAM	DATE
835	2:07.13	Chambers, Addie	KING	3/18/2011
817	2:08.20	Briggs, Mackenna	IST	12/10/2010
799	2:09.32	Williams, Kim	IST	1/20/2011
751	2:12.28	Cook, Alyssa	KING	12/10/2010
732	2:13.44	Shabb, Hannah	CSC	3/18/2011
717	2:14.42	Sutich, Lianna	BC	3/18/2011
706	2:15.08	Yap, Lavinya	WEST	12/10/2010

200 Y INDIVIDUAL MEDLEY (2:14.53)

PP	TIME	NAME	TEAM	DATE
887	2:05.49	Williams, Kim	IST	3/9/2011
833	2:08.21	Briggs, Mackenna	IST	3/18/2011
807	2:09.55	Cook, Alyssa	KING	3/18/2011
736	2:13.21	Sutherland, Ashley	SST	1/20/2011

400 Y INDIVIDUAL MEDLEY (4:44.94)

PP	TIME	NAME	TEAM	DATE
910	4:21.52	Williams, Kim	IST	3/9/2011
850	4:28.10	Cook, Alyssa	KING	3/9/2011
788	4:35.10	Briggs, Mackenna	IST	3/18/2011
782	4:35.82	Chambers, Addie	KING	3/18/2011
768	4:37.42	Lucien, Bri	WEST	3/18/2011
735	4:41.27	Shabb, Hannah	CSC	3/18/2011

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2010/2011	13	64	49279	769.98	765.19
2009/2010	12	80	61068	763.35	753.23
2008/2009	11	81	61495	759.19	739.84

NATIONAL TOP 200 – GIRLS FOURTEEN YEARS – 2010/2011

50 Y FREESTYLE (24.76)

PP	TIME	NAME	TEAM	DATE
831	23.84	Keane, Anna	UN	11/12/2010
812	24.03	Ginnis, Morgan	MMSC	12/10/2010
791	24.25	Vanderwel, Heidi	WEST	12/10/2010
781	24.35	Gwo, Lorea	UN	11/12/2010
754	24.64	Sutherland, Ashley	SST	3/18/2011
743	24.75	Kawaguchi, Megan	WWA	3/9/2011

100 Y FREESTYLE (53.63)

PP	TIME	NAME	TEAM	DATE
822	51.98	Ginnis, Morgan	MMSC	12/10/2010
818	52.07	Keane, Anna	UN	11/12/2010
808	52.26	Vanderwel, Heidi	WEST	12/10/2010
796	52.50	Kawaguchi, Megan	WWA	12/10/2010
768	53.06	Sutherland, Ashley	SST	3/18/2011

200 Y FREESTYLE (1:55.82)

PP	TIME	NAME	TEAM	DATE
795	1:53.05	Ginnis, Morgan	MMSC	12/10/2010
756	1:54.57	Vanderwel, Heidi	WEST	12/10/2010
740	1:55.24	Kawaguchi, Megan	WWA	12/3/2010
736	1:55.39	Benson, Hannah	UN	11/12/2010
726	1:55.78	Levy, Geneva	UN	11/12/2010

500 Y FREESTYLE (5:10.22)

PP	TIME	NAME	TEAM	DATE
692	5:10.22	Benson, Hannah	UN	11/12/2010

1000 Y FREESTYLE (10:46.63)

PP	TIME	NAME	TEAM	DATE
723	10:38.67	Vanderwel, Heidi	WEST	11/7/2010
703	10:43.24	Levy, Geneva	BISC	12/16/2010
690	10:46.43	Moffatt, Vanessa	KING	1/15/2011

1650 Y FREESTYLE (18:07.28)

PP	TIME	NAME	TEAM	DATE
716	17:50.46	Levy, Geneva	BISC	3/9/2011
714	17:51.21	Moffatt, Vanessa	KING	12/10/2010
703	17:55.77	Maidier, Maddie	CSC	3/18/2011

100 Y BACKSTROKE (59.62)

PP	TIME	NAME	TEAM	DATE
890	55.92	Vanderwel, Heidi	WEST	12/16/2010
825	57.40	Kawaguchi, Megan	WWA	3/9/2011
806	57.83	Ginnis, Morgan	MMSC	12/10/2010
739	59.41	Yap, Lavinya	UN	3/18/2011
737	59.45	Cox, Caitlin	BC	3/18/2011

200 Y BACKSTROKE (2:09.10)

PP	TIME	NAME	TEAM	DATE
898	2:00.08	Vanderwel, Heidi	WEST	12/16/2010
794	2:05.66	Ginnis, Morgan	MMSC	12/10/2010
758	2:07.63	Cox, Caitlin	BC	3/18/2011
748	2:08.15	Yap, Lavinya	UN	3/18/2011
740	2:08.60	Huffer, Emily	NWAC	3/18/2011

100 Y BREASTSTROKE (1:08.73)

PP	TIME	NAME	TEAM	DATE
909	1:02.67	Williams, Kim	BC	3/30/2012
757	1:07.12	Fisk, Leah	KING	3/30/2012
747	1:07.43	Delzer, Savannah	KING	3/30/2012
745	1:07.47	Booth, Danielle	SSC	3/30/2012

200 Y BREASTSTROKE (2:29.27)

PP	TIME	NAME	TEAM	DATE
725	2:26.83	Tallman, Cassie	OCA	12/10/2010
724	2:26.91	Mackie, Katie	KING	12/10/2010

100 Y BUTTERFLY (59.04)

PP	TIME	NAME	TEAM	DATE
832	56.57	Vanderwel, Heidi	WEST	12/10/2010
818	56.93	Gwo, Lorea	OCA	12/16/2010
808	57.19	Kawaguchi, Megan	WWA	3/18/2011
794	57.54	Hansen, Rachel	KING	3/9/2011
739	58.96	Moffatt, Vanessa	KING	12/10/2010

200 Y BUTTERFLY (2:11.96)

PP	TIME	NAME	TEAM	DATE
770	2:07.99	Moffatt, Vanessa	KING	12/16/2010
753	2:08.99	Kawaguchi, Megan	WWA	3/9/2011
738	2:09.91	Rosen, Laura	NWAC	10/16/2010
727	2:10.60	Mackey, Brigid	IST	3/18/2011
724	2:10.79	Phillips, Kyndal	KING	12/10/2010

200 Y INDIVIDUAL MEDLEY (2:11.04)

PP	TIME	NAME	TEAM	DATE
755	2:09.48	Ginnis, Morgan	MMSC	12/10/2010
747	2:09.87	Vanderwel, Heidi	WEST	11/20/2010
734	2:10.56	Phillips, Kyndal	KING	12/10/2010

400 Y INDIVIDUAL MEDLEY (4:39.05)

PP	TIME	NAME	TEAM	DATE
745	4:34.49	Phillips, Kyndal	KING	1/20/2011
725	4:36.88	Kawaguchi, Megan	WWA	3/18/2011

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2010/2011	14	52	39672	762.92	768.60
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 FIFTEEN YEARS – 2010/2011

50 Y FREESTYLE (24.52)

PP	TIME	NAME	TEAM	DATE
797	23.87	Keane, Anna	UN	3/9/2011
790	23.94	Ginnis, Morgan	MMSC	3/9/2011
764	24.21	McCann, Carolyn	TSC	3/9/2011
753	24.32	Taylor, Hannah	MMSC	12/16/2010
737	24.49	Cann, Felicity	KING	3/9/2011

100 Y FREESTYLE (53.01)

PP	TIME	NAME	TEAM	DATE
779	52.00	Cann, Felicity	UN	11/12/2010
750	52.59	Vanderwel, Heidi	UN	3/9/2011
740	52.78	Ginnis, Morgan	MMSC	3/9/2011
739	52.81	Keane, Anna	UN	3/9/2011

200 Y FREESTYLE (1:54.21)

PP	TIME	NAME	TEAM	DATE
802	1:51.21	Cann, Felicity	KING	12/16/2010
752	1:53.15	Ginnis, Morgan	MMSC	3/9/2011
747	1:53.33	Nist, Erika	KING	3/9/2011

500 Y FREESTYLE (5:06.24)

PP	TIME	NAME	TEAM	DATE
755	5:01.09	Cann, Felicity	KING	12/16/2010
715	5:05.22	Nist, Erika	KING	1/15/2011

1000 Y FREESTYLE (10:41.97)

PP	TIME	NAME	TEAM	DATE
742	10:29.44	McCann, Carolyn	TSC	3/9/2011
688	10:41.82	Vanderwel, Heidi	WEST	1/20/2011

1650 Y FREESTYLE (17:59.94)

PP	TIME	NAME	TEAM	DATE
712	17:41.23	Vanderwel, Heidi	WEST	1/20/2011
711	17:41.80	Grundman, Sarah	BISC	11/7/2010

100 Y BACKSTROKE (58.83)

PP	TIME	NAME	TEAM	DATE
934	54.35	Vanderwel, Heidi	UN	3/9/2011
837	56.50	Weiss, Hannah	OCA	3/9/2011
820	56.88	Wold, Grace	KING	3/9/2011
813	57.05	Nist, Erika	KING	3/9/2011
813	57.05	Ainsworth, Kristin	KING	12/16/2010
772	57.99	Tanasse, Emily	KING	3/9/2011
756	58.36	Ginnis, Morgan	MMSC	3/9/2011
744	58.64	Wibmer, Talisa	KING	3/18/2011
742	58.70	Sullivan, Abby	TSC	3/9/2011

200 Y BACKSTROKE (2:07.38)

PP	TIME	NAME	TEAM	DATE
895	1:59.05	Vanderwel, Heidi	UN	3/9/2011
853	2:01.27	Ainsworth, Kristin	KING	12/16/2010
834	2:02.29	Nist, Erika	KING	3/9/2011
818	2:03.13	Wold, Grace	KING	12/16/2010
815	2:03.30	Tanasse, Emily	KING	3/9/2011
782	2:05.07	Weiss, Hannah	OCA	3/9/2011
747	2:06.96	Ginnis, Morgan	MMSC	3/9/2011
744	2:07.12	Sullivan, Abby	TSC	3/9/2011
740	2:07.34	Phillips, Kyndal	KING	3/6/2011

100 Y BREASTSTROKE (1:07.57)

PP	TIME	NAME	TEAM	DATE
840	1:04.49	McCann, Carolyn	TSC	3/9/2011
804	1:05.53	Speak, Sage	UN	11/12/2010
764	1:06.72	Taylor, Hannah	UN	11/12/2010
746	1:07.25	Wold, Grace	KING	1/20/2011

200 Y BREASTSTROKE (2:27.74)

PP	TIME	NAME	TEAM	DATE
833	2:19.71	McCann, Carolyn	TSC	3/9/2011
782	2:23.06	Wold, Grace	KING	1/20/2011
778	2:23.37	Speak, Sage	WAVE	3/15/2011
777	2:23.42	Taylor, Hannah	MMSC	3/9/2011
718	2:27.39	Rivers, Jessica	OCA	2/25/2011

100 Y BUTTERFLY (58.32)

PP	TIME	NAME	TEAM	DATE
850	55.48	Wold, Grace	KING	3/9/2011
811	56.45	Taylor, Kaitlin	UN	11/12/2010
801	56.69	Tanasse, Emily	UN	11/12/2010
779	57.25	Nist, Erika	KING	12/3/2010
779	57.27	Vanderwel, Heidi	UN	3/9/2011
778	57.29	Weiss, Hannah	UN	11/12/2010

200 Y BUTTERFLY (2:10.17)

PP	TIME	NAME	TEAM	DATE
809	2:04.22	Wold, Grace	KING	1/20/2011
724	2:09.27	Munger, Madison	VAST	12/16/2010
724	2:09.27	Phillips, Kyndal	KING	3/9/2011
718	2:09.64	Taylor, Hannah	MMSC	1/20/2011

200 Y INDIVIDUAL MEDLEY (2:09.36)

PP	TIME	NAME	TEAM	DATE
821	2:04.75	Wold, Grace	UN	11/12/2010
813	2:05.17	McCann, Carolyn	TSC	3/9/2011
800	2:05.81	Taylor, Hannah	MMSC	12/16/2010
780	2:06.82	Nist, Erika	KING	12/16/2010
752	2:08.21	Vanderwel, Heidi	UN	3/9/2011
737	2:09.00	Phillips, Kyndal	KING	3/9/2011

400 Y INDIVIDUAL MEDLEY (4:35.95)

PP	TIME	NAME	TEAM	DATE
829	4:23.60	Wold, Grace	KING	3/9/2011
802	4:26.57	Taylor, Hannah	MMSC	3/9/2011
786	4:28.37	McCann, Carolyn	TSC	3/9/2011
746	4:32.87	Nist, Erika	KING	1/15/2011
739	4:33.68	Vanderwel, Heidi	UN	3/9/2011
739	4:33.69	Phillips, Kyndal	KING	3/9/2011
721	4:35.70	Ainsworth, Kristin	KING	1/15/2011

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2010/2011	15	68	52812	776.64	775.58
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

NATIONAL TOP 200 – GIRLS SIXTEEN YEARS – 2009/2010

50 Y FREESTYLE (24.36)

PP	TIME	NAME	TEAM	DATE
830	23.50	Kinnear, Katie	UN	11/12/2010
823	23.57	Cratsenberg, Amber	UN	11/12/2010
800	23.81	Wu, Joanna	KING	3/9/2011
770	24.11	Mohr, Emily	UN	11/12/2010
755	24.27	Hendricks, Sami	UN	11/11/2010
750	24.32	Kaestner, Katie	BBST	3/9/2011
749	24.33	Harpur, Tess	UN	11/12/2010

100 Y FREESTYLE (52.61)

PP	TIME	NAME	TEAM	DATE
827	50.96	Cratsenberg, Amber	UN	11/12/2010
809	51.31	Kinnear, Katie	IST	3/9/2011
797	51.54	Wu, Joanna	KING	3/9/2011

200 Y FREESTYLE (1:53.57)

PP	TIME	NAME	TEAM	DATE
792	1:51.13	Cratsenberg, Amber	VAST	12/16/2010
790	1:51.21	Wu, Joanna	UN	11/12/2010
756	1:52.48	Kinnear, Katie	IST	3/11/2011

500 Y FREESTYLE (5:03.81)

PP	TIME	NAME	TEAM	DATE
765	4:58.04	Wu, Joanna	KING	12/3/2010
727	5:01.83	Davis, Aly	KING	12/3/2010

1000 Y FREESTYLE (10:39.43)

PP	TIME	NAME	TEAM	DATE
764	10:17.81	Cratsenberg, Amber	VAST	3/9/2011
750	10:21.11	Penrose, Casey	KING	3/9/2011
714	10:29.17	Grundman, Sarah	BISC	3/9/2011
698	10:32.93	Wu, Joanna	KING	1/15/2011
675	10:38.21	Schneider, Rachel	C	12/16/2010

1650 Y FREESTYLE (17:55.14)

PP	TIME	NAME	TEAM	DATE
775	17:13.32	Davis, Aly	KING	12/16/2010
754	17:21.57	Wu, Joanna	KING	11/15/2010
715	17:36.57	Grundman, Sarah	BISC	3/9/2011
710	17:38.41	Penrose, Casey	KING	1/20/2011
689	17:46.78	Domanowski, Jenni	MMSC	2/13/2011

100 Y BACKSTROKE (58.29)

PP	TIME	NAME	TEAM	DATE
886	55.17	Kinnear, Katie	IST	3/9/2011
872	55.49	Wu, Joanna	KING	3/13/2011
821	56.62	Kim, Rachel	UN	11/12/2010
801	57.08	Ainsworth, Kristin	KING	3/9/2011

200 Y BACKSTROKE (2:06.73)

PP	TIME	NAME	TEAM	DATE
869	2:00.18	Kinnear, Katie	IST	3/9/2011
851	2:01.12	Wu, Joanna	KING	3/9/2011
787	2:04.57	Ainsworth, Kristin	KING	3/9/2011
747	2:06.73	Penrose, Casey	KING	3/9/2011

100 Y BREASTSTROKE (1:06.88)

PP	TIME	NAME	TEAM	DATE
819	1:04.43	Kaestner, Katie	UN	11/11/2010
810	1:04.68	Sullenberger, Shanell	TOSC	3/9/2011
769	1:05.90	Sullenberger, Kiana	UN	11/11/2010
767	1:05.94	King, Camorah	BBST	3/9/2011
764	1:06.04	Harpur, Tess	UN	11/12/2010
738	1:06.82	Deiparine, Danielle	BC	3/9/2011

200 Y BREASTSTROKE (2:26.11)

PP	TIME	NAME	TEAM	DATE
759	2:22.59	Davis, Aly	KING	3/9/2011
755	2:22.81	Sullenberger, Shanell	TOSC	3/9/2011
728	2:24.63	Kaestner, Katie	BBST	3/15/2011
718	2:25.27	Sullenberger, Kiana	TOSC	3/9/2011
717	2:25.34	Tinseth, Elise	IST	12/16/2010
715	2:25.47	Lindblad, Gabby	KING	3/9/2011
710	2:25.86	Flaten, Kayla	IST	3/9/2011
708	2:25.97	Deiparine, Danielle	BC	3/9/2011
708	2:25.97	King, Camorah	BBST	3/9/2011

100 Y BUTTERFLY (57.75)

PP	TIME	NAME	TEAM	DATE
895	53.95	Kinnear, Katie	UN	11/12/2010
794	56.45	Domanowski, Jenni	MMSC	1/20/2011
785	56.68	Penrose, Casey	KING	3/9/2011
779	56.83	Davis, Aly	KING	12/16/2010
775	56.92	Laurent, Kalena	UN	11/12/2010
766	57.16	Harpur, Tess	UN	11/12/2010

200 Y BUTTERFLY (2:09.02)

PP	TIME	NAME	TEAM	DATE
851	2:01.39	Domanowski, Jenni	MMSC	12/16/2010
843	2:01.87	Kinnear, Katie	IST	3/15/2011
794	2:04.74	Hu, Ciara	NWAC	3/9/2011
785	2:05.25	Laurent, Kalena	UN	3/9/2011
734	2:08.28	Penrose, Casey	KING	3/9/2011

200 Y INDIVIDUAL MEDLEY (2:08.41)

PP	TIME	NAME	TEAM	DATE
817	2:04.31	Kim, Rachel	UN	11/12/2010
810	2:04.63	Kinnear, Katie	IST	12/9/2010
770	2:06.65	Davis, Aly	KING	12/3/2010

400 Y INDIVIDUAL MEDLEY (4:33.76)

PP	TIME	NAME	TEAM	DATE
795	4:25.23	Davis, Aly	KING	12/16/2010
793	4:25.41	Kinnear, Katie	IST	3/15/2011
772	4:27.75	Domanowski, Jenni	MMSC	1/20/2011
729	4:32.63	Penrose, Casey	KING	12/16/2010
728	4:32.80	Grundman, Sarah	BISC	3/9/2011
720	4:33.67	Hu, Ciara	NWAC	3/9/2011

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2010/2011	16	68	52538	772.61	784.57
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 SEVENTEEN YEARS – 2010/2011

50 Y FREESTYLE (24.25)

PP	TIME	NAME	TEAM	DATE
786	23.80	Morris, Lily	BC	3/9/2011
753	24.14	Kurtz, Rachael	WAVE	12/16/2010

100 Y FREESTYLE (52.41)

PP	TIME	NAME	TEAM	DATE
788	51.43	McDermott, Amber	CSC	12/19/2010
777	51.64	Kim, Rachel	KING	12/19/2010
757	52.03	Morris, Lily	BC	12/16/2010
748	52.22	Kurtz, Rachael	UN	11/12/2010
747	52.24	Michaels, Dana	CSC	12/4/2010

200 Y FREESTYLE (1:52.82)

PP	TIME	NAME	TEAM	DATE
846	1:49.08	Majeau, Fiona	CSC	12/2/2010
813	1:50.33	Kim, Rachel	KING	3/9/2011
805	1:50.63	Michaels, Dana	UN	11/12/2010

500 Y FREESTYLE (5:03.29)

PP	TIME	NAME	TEAM	DATE
945	4:40.87	McDermott, Amber	CSC	12/2/2010
841	4:50.58	Majeau, Fiona	CSC	12/16/2010
767	4:57.78	Michaels, Dana	UN	11/12/2010

1000 Y FREESTYLE (10:34.54)

PP	TIME	NAME	TEAM	DATE
927	9:42.91	McDermott, Amber	CSC	12/16/2010
854	9:58.17	Majeau, Fiona	CSC	3/9/2011
797	10:10.49	Michaels, Dana	CSC	3/9/2011
697	10:33.23	Williamson, Mariah	WEST	3/9/2011

1650 Y FREESTYLE (17:50.38)

PP	TIME	NAME	TEAM	DATE
828	16:53.62	Michaels, Dana	CSC	3/9/2011
700	17:42.40	Antilla, Josette	WSY	12/16/2010

100 Y BACKSTROKE (58.27)

PP	TIME	NAME	TEAM	DATE
920	54.43	McDermott, Amber	CSC	12/16/2010
861	55.74	Kim, Rachel	KING	12/17/2010
817	56.73	Majeau, Fiona	CSC	12/16/2010
811	56.85	Thach, Amanda	UN	11/12/2010
769	57.83	Morris, Lily	BC	3/9/2011

200 Y BACKSTROKE (2:06.59)

PP	TIME	NAME	TEAM	DATE
821	2:02.23	Thach, Amanda	UN	3/9/2011
810	2:02.81	Kim, Rachel	KING	12/3/2010
764	2:05.29	Majeau, Fiona	CSC	12/2/2010
748	2:06.12	Crowder, Kelsey	KING	12/16/2010

100 Y BREASTSTROKE (1:06.77)

PP	TIME	NAME	TEAM	DATE
815	1:03.92	Harper, Heather	UN	11/12/2010
787	1:04.73	Coe, Savannah	KING	3/9/2011
766	1:05.35	Van Maren, Caroline	BC	3/9/2011
720	1:06.69	Harpur, Tess	BISC	3/9/2011

200 Y BREASTSTROKE (2:25.86)

PP	TIME	NAME	TEAM	DATE
763	2:21.41	Harper, Heather	PRO	12/16/2010
760	2:21.60	Coe, Savannah	KING	3/9/2011
752	2:22.08	Kim, Rachel	KING	12/16/2010
717	2:24.39	Van Maren, Caroline	BC	3/9/2011

100 Y BUTTERFLY (57.56)

PP	TIME	NAME	TEAM	DATE
799	55.96	Kim, Rachel	KING	12/16/2010

794	56.10	Majeau, Fiona	CSC	12/16/2010
778	56.48	Morris, Lily	BC	3/9/2011
736	57.55	Michaels, Dana	CSC	12/16/2010

200 Y BUTTERFLY (2:07.88)

PP	TIME	NAME	TEAM	DATE
817	2:03.06	Michaels, Dana	CSC	3/9/2011
793	2:04.44	O'Keefe, Meghan	BC	3/9/2011
757	2:06.60	Harpur, Tess	BISC	3/9/2011

200 Y INDIVIDUAL MEDLEY (2:07.63)

PP	TIME	NAME	TEAM	DATE
819	2:04.06	Kim, Rachel	KING	12/3/2010
783	2:05.83	Coe, Savannah	KING	3/9/2011

400 Y INDIVIDUAL MEDLEY (4:34.05)

PP	TIME	NAME	TEAM	DATE
783	4:26.61	Coe, Savannah	KING	12/16/2010
752	4:30.08	O'Keefe, Meghan	BC	3/9/2011

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2010/2011	17	47	37188	791.23	785.28
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

NATIONAL TOP 200 – GIRLS EIGHTEEN YEARS – 2010/2011

50 Y FREESTYLE (24.44)				
PP	TIME	NAME	TEAM	DATE
834	23.31	Kaufman, Lauren	UN	11/12/2010
791	23.75	Bailey, Chelsea	KING	3/9/2011
765	24.01	Moore, Lou	UN	12/3/2010
756	24.10	Randolf, Melissa	UN	11/5/2010
726	24.42	Poli, Lauren	UN	11/12/2010
100 Y FREESTYLE (52.74)				
PP	TIME	NAME	TEAM	DATE
838	50.46	Thayer, Annemarie	UN	11/12/2010
796	51.26	Kaufman, Lauren	UN	11/12/2010
763	51.92	Moore, Lou	UN	12/3/2010
723	52.72	Randolf, Melissa	UN	11/12/2010
200 Y FREESTYLE (1:53.98)				
PP	TIME	NAME	TEAM	DATE
837	1:49.08	Thayer, Annemarie	CSC	12/2/2010
734	1:52.98	Jay, Ashley	UN	11/12/2010
730	1:53.15	Pak, Jennifer	UN	12/2/2010
500 Y FREESTYLE (5:06.51)				
PP	TIME	NAME	TEAM	DATE
809	4:52.57	Thayer, Annemarie	CSC	12/2/2010
747	4:58.75	McDermott, Courtney	UN	12/2/2010
731	5:00.36	Jay, Ashley	UN	11/12/2010
708	5:02.68	Williams, Laurin	UN	12/3/2010
679	5:05.69	Pak, Jennifer	UN	12/2/2010
672	5:06.48	Anderson, Haley	OCA	12/16/2010
1000 Y FREESTYLE (11:27.16)				
PP	TIME	NAME	TEAM	DATE
893	9:50.10	Thayer, Annemarie	CSC	3/9/2011
728	10:26.10	Anderson, Haley	OCA	3/9/2011
683	10:36.41	Clark, Amanda	ESC	3/9/2011
679	10:37.31	Antilla, Josette	UN	3/9/2011
660	10:41.84	Jay, Ashley	CSC	12/16/2010
608	10:54.38	Heffernan, Clara	TSC	1/20/2011
552	11:08.51	Maclurg, Amanda	KING	12/16/2010
530	11:14.19	Pearson, Angela	TSC	12/16/2010
1650 Y FREESTYLE (18:16.80)				
PP	TIME	NAME	TEAM	DATE
775	17:13.43	Williams, Laurin	UN	12/3/2010
755	17:20.97	McDermott, Courtney	UN	12/2/2010
692	17:45.61	Clark, Amanda	ESC	1/30/2011
668	17:55.54	Antilla, Josette	UN	3/9/2011
665	17:56.67	Anderson, Haley	OCA	1/20/2011
653	18:01.61	Maclurg, Amanda	KING	3/18/2011
100 Y BACKSTROKE (59.03)				
PP	TIME	NAME	TEAM	DATE
948	53.82	Thayer, Annemarie	UN	11/12/2010
826	56.52	Moore, Lou	UN	12/3/2010
803	57.05	Bailey, Chelsea	KING	3/9/2011
200 Y BACKSTROKE (2:08.57)				
PP	TIME	NAME	TEAM	DATE
936	1:56.14	Thayer, Annemarie	CSC	3/9/2011
715	2:07.87	Fisher, Ali	BBST	12/16/2010
100 Y BREASTSTROKE (1:07.82)				
PP	TIME	NAME	TEAM	DATE
800	1:04.37	Poli, Lauren	OCA	3/9/2011
200 Y BREASTSTROKE (2:28.91)				
PP	TIME	NAME	TEAM	DATE
713	2:24.69	Poli, Lauren	OCA	3/9/2011

652	2:28.78	Marrs, Mackenzie	WWA	3/9/2011
100 Y BUTTERFLY (58.07)				
PP	TIME	NAME	TEAM	DATE
760	56.95	Moore, Lou	UN	12/3/2010
200 Y BUTTERFLY (2:10.54)				
PP	TIME	NAME	TEAM	DATE
806	2:03.69	Thayer, Annemarie	CSC	12/16/2010
200 Y INDIVIDUAL MEDLEY (2:08.79)				
PP	TIME	NAME	TEAM	DATE
858	2:02.18	Thayer, Annemarie	UN	11/12/2010
806	2:04.68	Tannhauser, Kelly	UN	11/18/2010
400 Y INDIVIDUAL MEDLEY (4:37.17)				
PP	TIME	NAME	TEAM	DATE
893	4:14.57	Thayer, Annemarie	CSC	3/9/2011
717	4:34.04	McDermott, Courtney	UN	12/2/2010
698	4:36.22	Williams, Laurin	UN	12/3/2010

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2010/2011	18	47	35111	747.04	769.15
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

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 – 2010/2011

50 Y FREESTYLE (23.67)				
RNK	TIME	NAME	TEAM	DATE
73	23.31	Kaufman, Lauren	UN	11/12/2010
138	23.50	Kinnear, Katie	UN	11/12/2010
166	23.57	Cratsenberg, Amber	UN	11/12/2010
100 Y FREESTYLE (51.26)				
RNK	TIME	NAME	TEAM	DATE
79	50.46	Thayer, Annemarie	UN	11/12/2010
136	50.96	Cratsenberg, Amber	UN	11/12/2010
198	51.26	Kaufman, Lauren	UN	11/12/2010
200 Y FREESTYLE (1:50.28)				
RNK	TIME	NAME	TEAM	DATE
104	1:49.08	Majeau, Fiona	CSC	12/2/2010
104	1:49.08	Thayer, Annemarie	CSC	12/2/2010
500 Y FREESTYLE (4:54.47)				
RNK	TIME	NAME	TEAM	DATE
8	4:40.87	McDermott, Amber	CSC	12/2/2010
87	4:50.58	Majeau, Fiona	CSC	12/16/2010
126	4:52.57	Thayer, Annemarie	CSC	12/2/2010
1000 Y FREESTYLE (10:14.12)				
RNK	TIME	NAME	TEAM	DATE
6	9:42.91	McDermott, Amber	CSC	12/16/2010
30	9:50.10	Thayer, Annemarie	CSC	3/9/2011
55	9:58.17	Majeau, Fiona	CSC	3/9/2011
163	10:10.49	Michaels, Dana	CSC	3/9/2011
1650 Y FREESTYLE (17:09.95)				
RNK	TIME	NAME	TEAM	DATE
115	16:53.62	Michaels, Dana	CSC	3/9/2011
100 Y BACKSTROKE (56.25)				
RNK	TIME	NAME	TEAM	DATE
25	53.82	Thayer, Annemarie	UN	11/12/2010
37	54.35	Vanderwel, Heidi	UN	3/9/2011
39	54.43	McDermott, Amber	CSC	12/16/2010
81	55.17	Kinnear, Katie	IST	3/9/2011
109	55.49	Wu, Joanna	KING	3/13/2011
130	55.74	Kim, Rachel	KING	12/17/2010
200 Y BACKSTROKE (2:01.67)				
RNK	TIME	NAME	TEAM	DATE
21	1:56.14	Thayer, Annemarie	CSC	3/9/2011
80	1:59.05	Vanderwel, Heidi	UN	3/9/2011
126	2:00.18	Kinnear, Katie	IST	3/9/2011
175	2:01.12	Wu, Joanna	KING	3/9/2011
181	2:01.27	Ainsworth, Kristin	KING	12/16/2010
100 Y BREASTSTROKE (1:04.56)				
RNK	TIME	NAME	TEAM	DATE
111	1:03.82	Williams, Kim	IST	3/18/2011
119	1:03.92	Harper, Heather	UN	11/12/2010
172	1:04.37	Poli, Lauren	OCA	3/9/2011
185	1:04.43	Kaestner, Katie	UN	11/11/2010
191	1:04.49	McCann, Carolyn	TSC	3/9/2011
200 Y BREASTSTROKE (2:20.10)				
RNK	TIME	NAME	TEAM	DATE
166	2:19.51	Williams, Kim	IST	3/9/2011
174	2:19.71	McCann, Carolyn	TSC	3/9/2011
100 Y BUTTERFLY (55.91)				
RNK	TIME	NAME	TEAM	DATE
19	53.95	Kinnear, Katie	UN	11/12/2010
137	55.48	Wold, Grace	KING	3/9/2011

200 Y BUTTERFLY (2:03.45)				
RNK	TIME	NAME	TEAM	DATE
106	2:01.39	Domanowski, Jenni	MMSC	12/16/2010
125	2:01.87	Kinnear, Katie	IST	3/15/2011
178	2:03.06	Michaels, Dana	CSC	3/9/2011
200 Y INDIVIDUAL MEDLEY (2:04.51)				
RNK	TIME	NAME	TEAM	DATE
84	2:02.18	Thayer, Annemarie	UN	11/12/2010
173	2:04.06	Kim, Rachel	KING	12/3/2010
400 Y INDIVIDUAL MEDLEY (4:24.57)				
RNK	TIME	NAME	TEAM	DATE
27	4:14.57	Thayer, Annemarie	CSC	3/9/2011
125	4:21.52	Williams, Kim	IST	3/9/2011
173	4:23.60	Wold, Grace	KING	3/9/2011

YEAR	# SWIMS	AVG PLACE
2011	44	110.38
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	2007	2008	2009	2010	2011
50 free	23.99	23.87	23.72	23.74	23.67
100 free	51.83	51.77	51.18	51.41	51.26
200 free	1:51.73	1:51.29	1:50.33	1:50.70	1:50.28
400 free	4:57.68	4:57.60	4:54.95	4:55.69	4:54.47
1000 free	10:17.72	10:21.73	10:16.30	10:14.21	10:14.12
1650 free	17:15.68	17:19.23	17:10.01	17:09.97	17:09.95
100 back	57.75	57.39	56.48	56.62	56.25
200 back	2:04.43	2:04.17	2:01.93	2:02.33	2:01.67
100 breast	1:05.57	1:05.36	1:04.59	1:04.64	1:04.56
200 breast	2:22.02	2:22.17	2:20.24	2:20.44	2:20.10
100 fly	56.90	56.56	55.82	56.00	55.91
200 fly	2:05.42	2:05.16	2:03.25	2:03.78	2:03.45
200 i.m.	2:06.38	2:05.70	2:04.54	2:04.63	2:04.51
400 i.m.	4:28.36	4:27.65	4:24.84	4:25.15	4:24.57

NATIONAL TOP 200 – WOMEN 2010/2011

50 Y FREESTYLE (23.31)				
RNK	TIME	NAME	TEAM	DATE
200	23.31	Kaufman, Lauren	UN	11/12/2010
100 Y FREESTYLE (50.45)				
RNK	TIME	NAME	TEAM	DATE
200 Y FREESTYLE (1:48.92)				
RNK	TIME	NAME	TEAM	DATE
52	1:46.53	Taylor, Andie	UN	11/19/2010
500 Y FREESTYLE (4:51.54)				
RNK	TIME	NAME	TEAM	DATE
23	4:40.87	McDermott, Amber	CSC	12/2/2010
24	4:40.91	Taylor, Andie	UN	11/18/2010
178	4:50.58	Majeau, Fiona	CSC	12/16/2010
1000 Y FREESTYLE (10:11.02)				
RNK	TIME	NAME	TEAM	DATE
10	9:42.91	McDermott, Amber	CSC	12/16/2010
35	9:50.10	Thayer, Annemarie	CSC	3/9/2011
46	9:53.35	Taylor, Andie	UN	11/18/2010
72	9:58.17	Majeau, Fiona	CSC	3/9/2011
195	10:10.49	Michaels, Dana	CSC	3/9/2011
1650 Y FREESTYLE (16:51.83)				
RNK	TIME	NAME	TEAM	DATE
48	16:22.11	Taylor, Andie	UN	11/18/2010
100 Y BACKSTROKE (55.47)				
RNK	TIME	NAME	TEAM	DATE
64	53.82	Thayer, Annemarie	UN	11/12/2010
88	54.35	Vanderwel, Heidi	UN	3/9/2011
91	54.43	McDermott, Amber	CSC	12/16/2010
159	55.17	Kinnear, Katie	IST	3/9/2011
200 Y BACKSTROKE (1:59.87)				
RNK	TIME	NAME	TEAM	DATE
53	1:56.14	Thayer, Annemarie	CSC	3/9/2011
153	1:59.05	Vanderwel, Heidi	UN	3/9/2011
100 Y BREASTSTROKE (1:03.43)				
RNK	TIME	NAME	TEAM	DATE
46	1:01.15	Jendrick, Megan	KING	12/16/2010
200 Y BREASTSTROKE (2:17.54)				
RNK	TIME	NAME	TEAM	DATE
52	2:12.59	Jendrick, Megan	KING	12/16/2010
100 Y BUTTERFLY (55.09)				
RNK	TIME	NAME	TEAM	DATE
71	53.95	Kinnear, Katie	UN	11/12/2010
200 Y BUTTERFLY (2:01.48)				
RNK	TIME	NAME	TEAM	DATE
23	1:56.86	Taylor, Andie	UN	11/18/2010
197	2:01.39	Domanowski, Jenni	MMSC	12/16/2010
200 Y INDIVIDUAL MEDLEY (2:02.34)				
RNK	TIME	NAME	TEAM	DATE
185	2:02.18	Thayer, Annemarie	UN	11/12/2010
400 Y INDIVIDUAL MEDLEY (4:20.66)				
RNK	TIME	NAME	TEAM	DATE
12	4:06.12	Taylor, Andie	UN	11/18/2010
70	4:14.57	Thayer, Annemarie	CSC	3/9/2011

YEAR	# SWIMS	AVG PLACE
2011	25	85.88
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	2007	2008	2009	2010	2011
50 free	23.67	23.48	23.32	23.40	23.31
100 free	51.27	50.91	50.45	50.73	50.45
200 free	1:50.56	1:49.63	1:48.87	1:49.31	1:48.92
400 free	4:55.11	4:53.50	4:51.52	4:51.88	4:51.54
1000 free	10:16.09	10:19.78	10:14.63	10:11.49	10:11.02
1650 free	17:03.56	17:05.98	16:56.94	16:56.02	16:51.83
100 back	57.02	56.52	55.65	55.78	55.47
200 back	2:03.11	2:02.31	2:00.24	2:00.91	1:59.87
100 breast	1:04.92	1:04.43	1:03.69	1:03.76	1:03.43
200 breast	2:20.09	2:19.67	2:18.46	2:18.27	2:17.54
100 fly	56.16	55.67	55.08	55.30	55.09
200 fly	2:04.00	2:03.33	2:01.62	2:02.02	2:01.48
200 i.m.	2:04.76	2:03.74	2:02.71	2:02.99	2:02.34
400 i.m.	4:25.71	4:24.79	4:22.39	4:21.82	4:20.66