

## NATIONAL TOP 200 – GIRLS ELEVEN YEARS – 2011/2012

| 50 M FREESTYLE (30.71)      |          |                        |      |           |
|-----------------------------|----------|------------------------|------|-----------|
| PP                          | TIME     | NAME                   | TEAM | DATE      |
| 892                         | 28.39    | Dang, Gabby            | WAVE | 8/2/2012  |
| 782                         | 29.91    | Zacharias, Emily       | WWA  | 7/26/2012 |
| 726                         | 30.70    | Pedersen, Bindi        | MMSC | 7/5/2012  |
| 100 M FREESTYLE (1:07.39)   |          |                        |      |           |
| PP                          | TIME     | NAME                   | TEAM | DATE      |
| 916                         | 1:01.85  | Dang, Gabby            | WAVE | 7/26/2012 |
| 845                         | 1:03.72  | Pedersen, Bindi        | MMSC | 7/12/2012 |
| 812                         | 1:04.61  | Zacharias, Emily       | WWA  | 7/26/2012 |
| 783                         | 1:05.39  | Tungate, Olivia-kisaki | NWAC | 7/26/2012 |
| 742                         | 1:06.54  | Hughes, Courtney       | KING | 7/26/2012 |
| 731                         | 1:06.85  | Li, Delora             | PDST | 6/22/2012 |
| 200 M FREESTYLE (2:26.91)   |          |                        |      |           |
| PP                          | TIME     | NAME                   | TEAM | DATE      |
| 918                         | 2:14.41  | Dang, Gabby            | WAVE | 7/26/2012 |
| 869                         | 2:16.87  | Pedersen, Bindi        | MMSC | 7/12/2012 |
| 773                         | 2:21.87  | Zacharias, Emily       | WWA  | 7/26/2012 |
| 772                         | 2:21.89  | Hughes, Courtney       | KING | 7/26/2012 |
| 741                         | 2:23.57  | Li, Delora             | PDST | 6/8/2012  |
| 400 M FREESTYLE (5:08.76)   |          |                        |      |           |
| PP                          | TIME     | NAME                   | TEAM | DATE      |
| 850                         | 4:48.72  | Pedersen, Bindi        | MMSC | 7/26/2012 |
| 791                         | 4:55.08  | Dang, Gabby            | WAVE | 7/6/2012  |
| 723                         | 5:02.58  | Hughes, Courtney       | KING | 7/26/2012 |
| 712                         | 5:03.77  | Zacharias, Emily       | WWA  | 6/1/2012  |
| 712                         | 5:03.81  | Young, Stephanie       | IST  | 7/26/2012 |
| 693                         | 5:05.92  | Li, Delora             | PDST | 6/8/2012  |
| 800 M FREESTYLE (11:23.48)  |          |                        |      |           |
| PP                          | TIME     | NAME                   | TEAM | DATE      |
| 835                         | 10:17.66 | Pedersen, Bindi        | MMSC | 7/5/2012  |
| 806                         | 10:24.91 | Young, Stephanie       | IST  | 7/26/2012 |
| 785                         | 10:30.03 | Li, Delora             | PDST | 7/26/2012 |
| 731                         | 10:43.81 | Chong, Crystal         | PDST | 7/12/2012 |
| 715                         | 10:47.79 | Groysman, Yulia        | KING | 7/26/2012 |
| 680                         | 10:57.11 | Benson, Tatum          | TSC  | 5/18/2012 |
| 1500 M FREESTYLE (24:57.36) |          |                        |      |           |
| PP                          | TIME     | NAME                   | TEAM | DATE      |
| 896                         | 19:39.55 | Pedersen, Bindi        | MMSC | 7/12/2012 |
| 840                         | 20:06.16 | Tungate, Olivia-kisaki | NWAC | 7/26/2012 |
| 757                         | 20:47.57 | Young, Stephanie       | IST  | 5/18/2012 |
| 756                         | 20:47.90 | Benson, Tatum          | TSC  | 7/26/2012 |
| 682                         | 21:26.24 | Tonsmann, Hannah       | BISC | 7/12/2012 |
| 487                         | 23:16.38 | Dimeco, Sarah          | IST  | 6/1/2012  |
| 469                         | 23:27.34 | Heusted, Pj            | GAC  | 7/12/2012 |
| 453                         | 23:37.54 | Reyes, Naomi           | ESC  | 5/18/2012 |
| 393                         | 24:16.00 | Pratt, Elise           | RFST | 6/22/2012 |
| 367                         | 24:33.69 | Truswell, Victoria     | GAC  | 7/6/2012  |
| 50 M BACKSTROKE (36.07)     |          |                        |      |           |
| PP                          | TIME     | NAME                   | TEAM | DATE      |
| 1005                        | 31.63    | Dang, Gabby            | WAVE | 7/26/2012 |
| 796                         | 34.56    | Tungate, Olivia-kisaki | NWAC | 7/26/2012 |
| 795                         | 34.58    | Pedersen, Bindi        | MMSC | 6/8/2012  |
| 734                         | 35.49    | Powell, Olivia         | TSC  | 6/8/2012  |
| 704                         | 35.94    | Young, Stephanie       | IST  | 4/27/2012 |
| 100 M BACKSTROKE (1:17.80)  |          |                        |      |           |
| PP                          | TIME     | NAME                   | TEAM | DATE      |
| 987                         | 1:08.36  | Dang, Gabby            | WAVE | 7/26/2012 |
| 756                         | 1:15.70  | Pedersen, Bindi        | MMSC | 4/27/2012 |

| 710                          | 1:17.26 | Young, Stephanie       | IST  | 4/27/2012 |
|------------------------------|---------|------------------------|------|-----------|
| 702                          | 1:17.54 | Zacharias, Emily       | WWA  | 7/26/2012 |
| 695                          | 1:17.78 | Hughes, Courtney       | KING | 7/26/2012 |
| 200 M BACKSTROKE (2:49.24)   |         |                        |      |           |
| PP                           | TIME    | NAME                   | TEAM | DATE      |
| 957                          | 2:30.19 | Dang, Gabby            | WAVE | 7/26/2012 |
| 842                          | 2:38.76 | Tungate, Olivia-kisaki | NWAC | 7/26/2012 |
| 790                          | 2:42.76 | Hughes, Courtney       | KING | 6/8/2012  |
| 781                          | 2:43.46 | Zacharias, Emily       | WWA  | 7/26/2012 |
| 774                          | 2:43.99 | Young, Stephanie       | IST  | 7/26/2012 |
| 764                          | 2:44.76 | Barker, Hannah         | ESC  | 5/18/2012 |
| 713                          | 2:48.79 | Pedersen, Bindi        | MMSC | 5/5/2012  |
| 50 M BREASTSTROKE (40.37)    |         |                        |      |           |
| PP                           | TIME    | NAME                   | TEAM | DATE      |
| 865                          | 36.93   | Pedersen, Bindi        | MMSC | 4/27/2012 |
| 755                          | 38.97   | Chong, Crystal         | PDST | 7/26/2012 |
| 752                          | 39.02   | Chien, Isabel          | KING | 7/26/2012 |
| 745                          | 39.15   | Lindh, Shianne         | KING | 7/12/2012 |
| 711                          | 39.81   | Li, Delora             | PDST | 7/12/2012 |
| 100 M BREASTSTROKE (1:28.27) |         |                        |      |           |
| PP                           | TIME    | NAME                   | TEAM | DATE      |
| 908                          | 1:18.98 | Pedersen, Bindi        | MMSC | 8/2/2012  |
| 774                          | 1:24.41 | Chien, Isabel          | KING | 7/26/2012 |
| 728                          | 1:26.35 | Chong, Crystal         | PDST | 7/26/2012 |
| 723                          | 1:26.55 | Li, Delora             | PDST | 7/26/2012 |
| 707                          | 1:27.25 | Tonsmann, Hannah       | BISC | 7/26/2012 |
| 700                          | 1:27.55 | Bantle, Melanie        | OCA  | 7/26/2012 |
| 687                          | 1:28.10 | Lindh, Shianne         | KING | 7/12/2012 |
| 200 M BREASTSTROKE (3:13.16) |         |                        |      |           |
| PP                           | TIME    | NAME                   | TEAM | DATE      |
| 897                          | 2:53.27 | Pedersen, Bindi        | MMSC | 7/26/2012 |
| 796                          | 3:02.55 | Hughes, Courtney       | KING | 7/26/2012 |
| 793                          | 3:02.84 | Li, Delora             | PDST | 7/26/2012 |
| 760                          | 3:05.93 | Lindh, Shianne         | KING | 7/12/2012 |
| 757                          | 3:06.22 | Young, Stephanie       | IST  | 7/26/2012 |
| 730                          | 3:08.81 | Tonsmann, Hannah       | BISC | 7/26/2012 |
| 726                          | 3:09.17 | Bantle, Melanie        | OCA  | 7/26/2012 |
| 720                          | 3:09.73 | Chong, Crystal         | PDST | 7/26/2012 |
| 697                          | 3:11.98 | Gill, Jaiven           | GAC  | 7/26/2012 |
| 50 M BUTTERFLY (33.56)       |         |                        |      |           |
| PP                           | TIME    | NAME                   | TEAM | DATE      |
| 953                          | 29.66   | Dang, Gabby            | WAVE | 7/26/2012 |
| 826                          | 31.66   | Pedersen, Bindi        | MMSC | 4/27/2012 |
| 812                          | 31.88   | Chien, Isabel          | KING | 7/26/2012 |
| 806                          | 31.98   | Li, Delora             | PDST | 6/22/2012 |
| 739                          | 33.09   | Zacharias, Emily       | WWA  | 7/26/2012 |
| 100 M BUTTERFLY (1:16.47)    |         |                        |      |           |
| PP                           | TIME    | NAME                   | TEAM | DATE      |
| 906                          | 1:08.06 | Dang, Gabby            | WAVE | 7/26/2012 |
| 895                          | 1:08.47 | Pedersen, Bindi        | MMSC | 7/26/2012 |
| 847                          | 1:10.22 | Tungate, Olivia-kisaki | NWAC | 7/26/2012 |
| 836                          | 1:10.61 | Li, Delora             | PDST | 7/26/2012 |
| 830                          | 1:10.84 | Chien, Isabel          | KING | 7/26/2012 |
| 753                          | 1:13.73 | Zacharias, Emily       | WWA  | 7/26/2012 |
| 200 M BUTTERFLY (3:01.79)    |         |                        |      |           |
| PP                           | TIME    | NAME                   | TEAM | DATE      |
| 978                          | 2:29.96 | Pedersen, Bindi        | MMSC | 7/26/2012 |
| 903                          | 2:36.50 | Tungate, Olivia-kisaki | NWAC | 7/26/2012 |
| 827                          | 2:43.35 | Li, Delora             | PDST | 7/26/2012 |
| 798                          | 2:45.96 | Chien, Isabel          | KING | 7/26/2012 |
| 791                          | 2:46.62 | Dang, Gabby            | WAVE | 6/2/2012  |

|     |         |                  |      |           |
|-----|---------|------------------|------|-----------|
| 730 | 2:52.22 | Fleeman, Kailyn  | KING | 7/26/2012 |
| 704 | 2:54.73 | Bantle, Melanie  | OCA  | 7/26/2012 |
| 688 | 2:56.18 | Zacharias, Emily | WWA  | 7/12/2012 |
| 687 | 2:56.33 | Benson, Tatum    | TSC  | 7/26/2012 |
| 679 | 2:57.08 | Young, Stephanie | IST  | 5/18/2012 |
| 673 | 2:57.62 | Schardein, Shea  | BISC | 7/26/2012 |
| 664 | 2:58.55 | Groysman, Yulia  | KING | 7/26/2012 |

### 200 M INDIVIDUAL MEDLEY (2:46.36)

| PP  | TIME    | NAME                   | TEAM | DATE      |
|-----|---------|------------------------|------|-----------|
| 922 | 2:31.38 | Pedersen, Bindi        | MMSC | 7/26/2012 |
| 831 | 2:37.49 | Tungate, Olivia-kisaki | NWAC | 7/26/2012 |
| 822 | 2:38.09 | Li, Delora             | PDST | 7/12/2012 |
| 808 | 2:39.04 | Hughes, Courtney       | KING | 7/26/2012 |
| 801 | 2:39.58 | Dang, Gabby            | WAVE | 7/6/2012  |
| 792 | 2:40.15 | Zacharias, Emily       | WWA  | 7/26/2012 |
| 768 | 2:41.84 | Chien, Isabel          | KING | 7/26/2012 |
| 761 | 2:42.35 | Young, Stephanie       | IST  | 7/26/2012 |
| 709 | 2:46.12 | Chong, Crystal         | PDST | 7/12/2012 |

### 400 M INDIVIDUAL MEDLEY (6:05.13)

| PP  | TIME    | NAME                   | TEAM | DATE      |
|-----|---------|------------------------|------|-----------|
| 976 | 5:21.70 | Pedersen, Bindi        | MMSC | 7/26/2012 |
| 887 | 5:35.26 | Tungate, Olivia-kisaki | NWAC | 7/26/2012 |
| 862 | 5:39.06 | Dang, Gabby            | WAVE | 6/2/2012  |
| 800 | 5:48.86 | Zacharias, Emily       | WWA  | 4/27/2012 |
| 799 | 5:48.99 | Hughes, Courtney       | KING | 7/26/2012 |
| 750 | 5:57.02 | Young, Stephanie       | IST  | 5/18/2012 |
| 737 | 5:59.13 | Limargo, Chloe         | SSCD | 4/27/2012 |
| 728 | 6:00.61 | Chong, Crystal         | PDST | 7/26/2012 |

| Year | Age | # SWIMS | Power Points | PNS Average | National Average |
|------|-----|---------|--------------|-------------|------------------|
| 2012 | 11  | 99      | 75951        | 767.18      | 754.07           |

## NATIONAL TOP 200 – GIRLS TWELVE YEARS – 2011/2012

| 50 M FREESTYLE (29.37)       |          |                    |      |           |
|------------------------------|----------|--------------------|------|-----------|
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 882                          | 27.53    | Campbell, Lia      | UN   | 7/12/2012 |
| 759                          | 29.17    | Chong, Amber       | PDST | 6/8/2012  |
| 756                          | 29.21    | Tudor, Carly       | BC   | 7/26/2012 |
| 100 M FREESTYLE (1:03.82)    |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 871                          | 1:00.35  | Campbell, Lia      | UN   | 8/2/2012  |
| 784                          | 1:02.59  | Daigneault, Louise | CSC  | 7/26/2012 |
| 738                          | 1:03.81  | Forbord, Sierra    | PAC  | 6/8/2012  |
| 200 M FREESTYLE (2:18.28)    |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 811                          | 2:13.73  | Campbell, Lia      | UN   | 8/2/2012  |
| 759                          | 2:16.37  | Huffer, Kelly      | NWAC | 8/2/2012  |
| 400 M FREESTYLE (4:51.85)    |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 766                          | 4:45.57  | Campbell, Lia      | PASC | 6/8/2012  |
| 736                          | 4:48.77  | Huffer, Kelly      | NWAC | 7/26/2012 |
| 800 M FREESTYLE (10:24.54)   |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 741                          | 10:07.07 | Raines, Chase      | KING | 7/26/2012 |
| 679                          | 10:22.44 | Rimat, Karlie      | MMSC | 7/26/2012 |
| 1500 M FREESTYLE (20:39.13)  |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 835                          | 18:54.38 | Huffer, Kelly      | NWAC | 7/26/2012 |
| 795                          | 19:12.85 | Raines, Chase      | KING | 7/26/2012 |
| 710                          | 19:53.09 | Emerick, Laina     | GAC  | 7/26/2012 |
| 626                          | 20:35.29 | McFall, Milli      | CSC  | 7/26/2012 |
| 50 M BACKSTROKE (34.08)      |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 794                          | 33.17    | Raines, Chase      | KING | 7/27/2012 |
| 789                          | 33.24    | Matthews, Annika   | WEST | 1/21/2012 |
| 770                          | 33.51    | Chong, Amber       | PDST | 7/26/2012 |
| 741                          | 33.93    | Campbell, Lia      | PASC | 6/8/2012  |
| 737                          | 33.98    | Tudor, Carly       | BC   | 7/26/2012 |
| 100 M BACKSTROKE (1:13.18)   |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 847                          | 1:09.27  | Campbell, Lia      | UN   | 7/26/2012 |
| 773                          | 1:11.56  | Raines, Chase      | KING | 7/26/2012 |
| 751                          | 1:12.26  | Chong, Amber       | PDST | 7/12/2012 |
| 738                          | 1:12.69  | Forbord, Sierra    | PAC  | 5/18/2012 |
| 200 M BACKSTROKE (2:39.19)   |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 826                          | 2:30.89  | Pressler, Maddie   | WEST | 1/19/2012 |
| 785                          | 2:33.85  | Huffer, Kelly      | NWAC | 7/26/2012 |
| 770                          | 2:34.92  | Raines, Chase      | KING | 7/26/2012 |
| 725                          | 2:38.31  | Forbord, Sierra    | PAC  | 5/5/2012  |
| 724                          | 2:38.36  | Barker, Hannah     | ESC  | 7/26/2012 |
| 50 M BREASTSTROKE (38.21)    |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 733                          | 37.66    | Hill, Meg          | CAAT | 6/1/2012  |
| 100 M BREASTSTROKE (1:23.42) |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 734                          | 1:21.54  | Andren, Ursula     | TSC  | 5/25/2012 |
| 200 M BREASTSTROKE (3:01.60) |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 756                          | 2:55.27  | Johnson, Evelyn    | KING | 7/26/2012 |
| 705                          | 2:59.86  | Limberg, Nicole    | WEST | 5/18/2012 |
| 695                          | 3:00.83  | Andren, Ursula     | TSC  | 4/14/2012 |

| 50 M BUTTERFLY (31.70)            |         |                    |      |           |
|-----------------------------------|---------|--------------------|------|-----------|
| PP                                | TIME    | NAME               | TEAM | DATE      |
| 871                               | 29.64   | Campbell, Lia      | UN   | 7/26/2012 |
| 793                               | 30.84   | Chong, Amber       | PDST | 7/12/2012 |
| 763                               | 31.31   | Daigneault, Louise | CSC  | 7/26/2012 |
| 741                               | 31.67   | Tudor, Carly       | BC   | 7/26/2012 |
| 100 M BUTTERFLY (1:11.21)         |         |                    |      |           |
| PP                                | TIME    | NAME               | TEAM | DATE      |
| 801                               | 1:08.27 | Campbell, Lia      | UN   | 7/26/2012 |
| 796                               | 1:08.45 | Huffer, Kelly      | NWAC | 7/26/2012 |
| 758                               | 1:09.79 | Chong, Amber       | PDST | 7/12/2012 |
| 200 M BUTTERFLY (2:44.89)         |         |                    |      |           |
| PP                                | TIME    | NAME               | TEAM | DATE      |
| 861                               | 2:28.22 | Huffer, Kelly      | NWAC | 8/2/2012  |
| 752                               | 2:37.48 | Magee, Abby        | MMSC | 5/18/2012 |
| 710                               | 2:41.07 | Pressler, Maddie   | WEST | 1/19/2012 |
| 200 M INDIVIDUAL MEDLEY (2:37.39) |         |                    |      |           |
| PP                                | TIME    | NAME               | TEAM | DATE      |
| 801                               | 2:32.52 | Campbell, Lia      | UN   | 7/26/2012 |
| 792                               | 2:33.13 | Huffer, Kelly      | NWAC | 8/2/2012  |
| 400 M INDIVIDUAL MEDLEY (5:41.64) |         |                    |      |           |
| PP                                | TIME    | NAME               | TEAM | DATE      |
| 803                               | 5:25.16 | Huffer, Kelly      | NWAC | 7/26/2012 |
| 767                               | 5:30.58 | Pressler, Maddie   | WEST | 1/19/2012 |
| 751                               | 5:32.93 | Campbell, Lia      | PASC | 5/18/2012 |
| 703                               | 5:40.34 | Rimat, Karlie      | MMSC | 7/26/2012 |

| Year | Age | # SWIMS | Power Points | PNS Average | National Average |
|------|-----|---------|--------------|-------------|------------------|
| 2012 | 12  | 41      | 31372        | 765.17      | 768.49           |
| 2011 | 11  | 58      | 38808        | 669.10      | 741.52           |

## NATIONAL TOP 200 – GIRLS THIRTEEN YEARS – 2011/2012

| 50 M FREESTYLE (28.65)       |          |                       |      |           |
|------------------------------|----------|-----------------------|------|-----------|
| PP                           | TIME     | NAME                  | TEAM | DATE      |
| 841                          | 27.56    | Fang, Elisa           | BC   | 7/26/2012 |
| 795                          | 28.10    | Cross, Marley         | BC   | 3/8/2012  |
| 756                          | 28.58    | Zacharias, Reva       | WWA  | 1/19/2012 |
| 100 M FREESTYLE (1:02.13)    |          |                       |      |           |
| PP                           | TIME     | NAME                  | TEAM | DATE      |
| 807                          | 1:00.40  | Cross, Marley         | BC   | 3/8/2012  |
| 800                          | 1:00.57  | Domanowski, Christina | MMSC | 5/18/2012 |
| 772                          | 1:01.23  | Fang, Elisa           | BC   | 7/26/2012 |
| 738                          | 1:02.02  | Pressler, Maddie      | WEST | 7/26/2012 |
| 200 M FREESTYLE (2:14.58)    |          |                       |      |           |
| PP                           | TIME     | NAME                  | TEAM | DATE      |
| 798                          | 2:09.96  | Domanowski, Christina | MMSC | 7/26/2012 |
| 752                          | 2:12.02  | Smith, Cameron        | CSC  | 7/26/2012 |
| 707                          | 2:14.10  | Shabb, Hannah         | CSC  | 3/8/2012  |
| 400 M FREESTYLE (4:43.49)    |          |                       |      |           |
| PP                           | TIME     | NAME                  | TEAM | DATE      |
| 819                          | 4:29.83  | Domanowski, Christina | MMSC | 7/26/2012 |
| 698                          | 4:40.97  | Smith, Cameron        | CSC  | 7/26/2012 |
| 675                          | 4:43.23  | Simpson, Kaycee       | KING | 7/26/2012 |
| 800 M FREESTYLE (9:51.40)    |          |                       |      |           |
| PP                           | TIME     | NAME                  | TEAM | DATE      |
| 785                          | 9:25.71  | Domanowski, Christina | MMSC | 5/18/2012 |
| 706                          | 9:42.10  | Simpson, Kaycee       | KING | 7/26/2012 |
| 688                          | 9:46.07  | Seidner, Lindsey      | OCA  | 7/26/2012 |
| 687                          | 9:46.25  | Pressler, Maddie      | WEST | 7/26/2012 |
| 1500 M FREESTYLE (18:57.50)  |          |                       |      |           |
| PP                           | TIME     | NAME                  | TEAM | DATE      |
| 739                          | 18:28.00 | Domanowski, Christina | MMSC | 7/12/2012 |
| 702                          | 18:43.40 | Rosen, Candice        | BISC | 6/22/2012 |
| 688                          | 18:49.48 | Haugen, Gianna        | KING | 1/19/2012 |
| 687                          | 18:49.94 | Morris, Marissa       | NWAC | 1/19/2012 |
| 673                          | 18:55.74 | Magee, Abby           | MMSC | 7/26/2012 |
| 670                          | 18:56.88 | Seidner, Lindsey      | OCA  | 1/19/2012 |
| 100 M BACKSTROKE (1:10.96)   |          |                       |      |           |
| PP                           | TIME     | NAME                  | TEAM | DATE      |
| 855                          | 1:07.39  | Fang, Elisa           | BC   | 7/26/2012 |
| 821                          | 1:08.29  | Haugen, Gianna        | KING | 5/18/2012 |
| 790                          | 1:09.15  | Pressler, Maddie      | WEST | 7/26/2012 |
| 788                          | 1:09.21  | Domanowski, Christina | MMSC | 7/26/2012 |
| 200 M BACKSTROKE (2:32.38)   |          |                       |      |           |
| PP                           | TIME     | NAME                  | TEAM | DATE      |
| 822                          | 2:25.36  | Haugen, Gianna        | KING | 5/18/2012 |
| 801                          | 2:26.72  | Pressler, Maddie      | WEST | 8/7/2012  |
| 778                          | 2:28.19  | Domanowski, Christina | MMSC | 6/8/2012  |
| 772                          | 2:28.55  | Fang, Elisa           | BC   | 7/26/2012 |
| 100 M BREASTSTROKE (1:21.01) |          |                       |      |           |
| PP                           | TIME     | NAME                  | TEAM | DATE      |
| 816                          | 1:16.07  | Andren, Ursula        | TSC  | 7/12/2012 |
| 696                          | 1:20.26  | Crawford, Jocelyn     | CAAT | 5/18/2012 |
| 693                          | 1:20.40  | Hill, Meg             | CAAT | 7/26/2012 |
| 691                          | 1:20.47  | Fang, Elisa           | BC   | 7/26/2012 |
| 690                          | 1:20.49  | Limberg, Nicole       | WEST | 7/26/2012 |

| 200 M BREASTSTROKE (2:54.29)      |         |                       |      |           |
|-----------------------------------|---------|-----------------------|------|-----------|
| PP                                | TIME    | NAME                  | TEAM | DATE      |
| 756                               | 2:47.41 | Andren, Ursula        | TSC  | 7/26/2012 |
| 691                               | 2:52.49 | Seidner, Lindsey      | OCA  | 7/26/2012 |
| 678                               | 2:53.54 | Crawford, Jocelyn     | CAAT | 6/1/2012  |
| 672                               | 2:54.03 | Simpson, Kaycee       | KING | 7/12/2012 |
| 100 M BUTTERFLY (1:08.94)         |         |                       |      |           |
| PP                                | TIME    | NAME                  | TEAM | DATE      |
| 801                               | 1:06.00 | Kwan, Sabrina         | OCA  | 7/26/2012 |
| 788                               | 1:06.38 | Domanowski, Christina | MMSC | 5/18/2012 |
| 764                               | 1:07.09 | Seidner, Lindsey      | OCA  | 7/26/2012 |
| 762                               | 1:07.15 | Simpson, Kaycee       | KING | 7/12/2012 |
| 745                               | 1:07.66 | Fang, Elisa           | BC   | 7/26/2012 |
| 712                               | 1:08.67 | Smith, Cameron        | CSC  | 7/26/2012 |
| 703                               | 1:08.94 | Lin, Kathy            | BC   | 4/27/2012 |
| 200 M BUTTERFLY (2:35.17)         |         |                       |      |           |
| PP                                | TIME    | NAME                  | TEAM | DATE      |
| 856                               | 2:22.72 | Domanowski, Christina | MMSC | 7/26/2012 |
| 809                               | 2:25.95 | Seidner, Lindsey      | OCA  | 7/26/2012 |
| 768                               | 2:28.77 | Kwan, Sabrina         | OCA  | 5/25/2012 |
| 766                               | 2:28.95 | Shabb, Hannah         | CSC  | 3/8/2012  |
| 754                               | 2:29.80 | Jenkins, Hazel        | GAC  | 7/26/2012 |
| 748                               | 2:30.22 | Smith, Cameron        | CSC  | 7/26/2012 |
| 707                               | 2:33.12 | Simpson, Kaycee       | KING | 7/26/2012 |
| 683                               | 2:34.85 | Magee, Abby           | MMSC | 7/26/2012 |
| 200 M INDIVIDUAL MEDLEY (2:33.28) |         |                       |      |           |
| PP                                | TIME    | NAME                  | TEAM | DATE      |
| 844                               | 2:25.59 | Domanowski, Christina | MMSC | 7/26/2012 |
| 775                               | 2:29.63 | Simpson, Kaycee       | KING | 7/26/2012 |
| 765                               | 2:30.21 | Seidner, Lindsey      | OCA  | 7/26/2012 |
| 733                               | 2:32.16 | Fang, Elisa           | BC   | 7/26/2012 |
| 400 M INDIVIDUAL MEDLEY (5:25.09) |         |                       |      |           |
| PP                                | TIME    | NAME                  | TEAM | DATE      |
| 812                               | 5:10.13 | Domanowski, Christina | MMSC | 7/26/2012 |
| 770                               | 5:15.61 | Simpson, Kaycee       | KING | 7/26/2012 |
| 747                               | 5:18.59 | Seidner, Lindsey      | OCA  | 8/2/2012  |
| 741                               | 5:19.41 | Haugen, Gianna        | KING | 5/18/2012 |

| Year | Age | # SWIMS | Power Points | PNS Average | National Average |
|------|-----|---------|--------------|-------------|------------------|
| 2012 | 13  | 63      | 47346        | 751.52      | 761.26           |
| 2011 | 12  | 72      | 54548        | 757.61      | 761.06           |
| 2010 | 11  | 82      | 62333        | 760.15      | 737.59           |

## NATIONAL TOP 200 – GIRLS FOURTEEN YEARS – 2011/2012

| 50 M FREESTYLE (28.12)       |          |                    |      |           |
|------------------------------|----------|--------------------|------|-----------|
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 805                          | 27.50    | Cross, Marley      | BC   | 7/26/2012 |
| 777                          | 27.84    | Pries, Alana       | KING | 6/8/2012  |
| 759                          | 28.05    | Booth, Danielle    | UN   | 7/26/2012 |
| 100 M FREESTYLE (1:00.81)    |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 883                          | 57.93    | Sutherland, Ashley | KING | 1/19/2012 |
| 802                          | 59.73    | Cross, Marley      | BC   | 7/26/2012 |
| 772                          | 1:00.42  | Williams, Kim      | BC   | 3/8/2012  |
| 769                          | 1:00.48  | Pries, Alana       | KING | 5/18/2012 |
| 757                          | 1:00.77  | Zacharias, Reva    | WWA  | 7/26/2012 |
| 200 M FREESTYLE (2:11.89)    |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 731                          | 2:11.83  | Cross, Marley      | BC   | 7/26/2012 |
| 400 M FREESTYLE (4:38.72)    |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 747                          | 4:34.14  | Shabb, Hannah      | CSC  | 7/26/2012 |
| 732                          | 4:35.56  | Williams, Kim      | BC   | 1/19/2012 |
| 731                          | 4:35.70  | Cook, Alyssa       | KING | 3/8/2012  |
| 713                          | 4:37.34  | Chambers, Addie    | KING | 3/8/2012  |
| 800 M FREESTYLE (9:41.23)    |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 800                          | 9:17.33  | Chambers, Addie    | KING | 3/8/2012  |
| 707                          | 9:36.42  | Lucien, Bri        | WEST | 7/26/2012 |
| 1500 M FREESTYLE (18:42.30)  |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 794                          | 17:51.17 | Chambers, Addie    | KING | 1/19/2012 |
| 690                          | 18:33.21 | Rosen, Candice     | BISC | 7/26/2012 |
| 671                          | 18:41.20 | Haugen, Gianna     | KING | 7/12/2012 |
| 100 M BACKSTROKE (1:09.04)   |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 794                          | 1:07.76  | Haugen, Gianna     | KING | 7/12/2012 |
| 786                          | 1:08.00  | Cook, Alyssa       | KING | 5/25/2012 |
| 766                          | 1:08.54  | Williams, Kim      | BC   | 1/19/2012 |
| 200 M BACKSTROKE (2:29.03)   |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 857                          | 2:21.09  | Cook, Alyssa       | KING | 5/25/2012 |
| 759                          | 2:27.20  | Sutherland, Ashley | KING | 1/19/2012 |
| 100 M BREASTSTROKE (1:19.83) |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 911                          | 1:12.74  | Williams, Kim      | BC   | 3/8/2012  |
| 822                          | 1:15.74  | Cook, Alyssa       | KING | 3/29/2012 |
| 785                          | 1:17.02  | Fisk, Leah         | KING | 5/18/2012 |
| 785                          | 1:17.02  | Crawford, Jocelyn  | CAAT | 8/2/2012  |
| 768                          | 1:17.59  | Delzer, Savannah   | KING | 7/26/2012 |
| 738                          | 1:18.64  | Teegan, Helen      | KING | 7/26/2012 |
| 200 M BREASTSTROKE (2:52.43) |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 869                          | 2:38.13  | Williams, Kim      | BC   | 3/8/2012  |
| 845                          | 2:39.93  | Cook, Alyssa       | KING | 3/8/2012  |
| 761                          | 2:46.36  | Crawford, Jocelyn  | CAAT | 8/2/2012  |
| 728                          | 2:48.86  | Delzer, Savannah   | KING | 7/26/2012 |
| 720                          | 2:49.48  | Fisk, Leah         | KING | 5/18/2012 |
| 704                          | 2:50.75  | Lucien, Bri        | WEST | 3/8/2012  |

| 689                               | 2:51.92 | Gagliardo, Angela | KING | 7/26/2012 |
|-----------------------------------|---------|-------------------|------|-----------|
| 100 M BUTTERFLY (1:07.17)         |         |                   |      |           |
| PP                                | TIME    | NAME              | TEAM | DATE      |
| 822                               | 1:04.34 | Williams, Kim     | BC   | 1/19/2012 |
| 200 M BUTTERFLY (2:31.01)         |         |                   |      |           |
| PP                                | TIME    | NAME              | TEAM | DATE      |
| 779                               | 2:24.97 | Shabb, Hannah     | CSC  | 7/26/2012 |
| 719                               | 2:29.14 | Williams, Kim     | BC   | 1/19/2012 |
| 711                               | 2:29.68 | Chambers, Addie   | KING | 3/8/2012  |
| 200 M INDIVIDUAL MEDLEY (2:30.50) |         |                   |      |           |
| PP                                | TIME    | NAME              | TEAM | DATE      |
| 900                               | 2:19.54 | Williams, Kim     | BC   | 3/8/2012  |
| 887                               | 2:20.28 | Cook, Alyssa      | KING | 1/19/2012 |
| 767                               | 2:27.08 | Shabb, Hannah     | CSC  | 7/26/2012 |
| 726                               | 2:29.51 | Lucien, Bri       | WEST | 7/26/2012 |
| 709                               | 2:30.50 | Huo, Jenny        | OCA  | 7/26/2012 |
| 400 M INDIVIDUAL MEDLEY (5:19.30) |         |                   |      |           |
| PP                                | TIME    | NAME              | TEAM | DATE      |
| 950                               | 4:48.01 | Williams, Kim     | BC   | 3/8/2012  |
| 847                               | 5:00.69 | Cook, Alyssa      | KING | 5/25/2012 |
| 783                               | 5:08.77 | Shabb, Hannah     | CSC  | 7/26/2012 |
| 749                               | 5:13.20 | Haugen, Gianna    | KING | 7/26/2012 |
| 742                               | 5:14.10 | Lucien, Bri       | WEST | 3/8/2012  |
| 721                               | 5:16.86 | Briggs, Mackenna  | IST  | 5/18/2012 |
| 711                               | 5:18.12 | Chambers, Addie   | KING | 1/19/2012 |

| Year | Age | # SWIMS | Power Points | PNS Average | National Average |
|------|-----|---------|--------------|-------------|------------------|
| 2012 | 14  | 52      | 40250        | 774.03      | 779.65           |
| 2011 | 13  | 59      | 42765        | 724.83      | 741.33           |
| 2010 | 12  | 68      | 50381        | 740.89      | 751.37           |
| 2009 | 11  | 79      | 55995        | 708.97      | 726.02           |

## NATIONAL TOP 200 – GIRLS FIFTEEN YEARS – 2010/2011

| 50 M FREESTYLE (27.90)       |          |                    |      |           |
|------------------------------|----------|--------------------|------|-----------|
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 814                          | 26.99    | Sutherland, Ashley | KING | 7/28/2012 |
| 812                          | 27.01    | Keane, Anna        | BC   | 12/1/2011 |
| 802                          | 27.13    | Pries, Alana       | KING | 7/28/2012 |
| 766                          | 27.55    | Briggs, Mackenna   | IST  | 7/28/2012 |
| 754                          | 27.69    | Ramey, Kenna       | KING | 3/8/2012  |
| 100 M FREESTYLE (1:00.31)    |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 834                          | 57.96    | Sutherland, Ashley | KING | 6/8/2012  |
| 782                          | 59.13    | Pries, Alana       | KING | 7/26/2012 |
| 759                          | 59.65    | Keane, Anna        | BC   | 12/1/2011 |
| 750                          | 59.85    | Kawaguchi, Megan   | WWA  | 3/8/2012  |
| 200 M FREESTYLE (2:10.41)    |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 758                          | 2:08.47  | Sutherland, Ashley | KING | 7/26/2012 |
| 400 M FREESTYLE (4:35.57)    |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 818                          | 4:25.06  | Williams, Kim      | BC   | 7/26/2012 |
| 729                          | 4:33.11  | Chambers, Addie    | KING | 7/12/2012 |
| 800 M FREESTYLE (9:33.85)    |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 770                          | 9:11.92  | Williams, Kim      | BC   | 7/26/2012 |
| 740                          | 9:18.10  | Chambers, Addie    | KING | 6/8/2012  |
| 1500 M FREESTYLE (18:33.71)  |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 768                          | 17:47.50 | Chambers, Addie    | KING | 7/26/2012 |
| 678                          | 18:23.69 | Laurent, Demetra   | BC   | 7/26/2012 |
| 100 M BACKSTROKE (1:08.20)   |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 844                          | 1:05.24  | Kawaguchi, Megan   | WWA  | 12/1/2011 |
| 795                          | 1:06.51  | Cox, Caitlin       | BC   | 7/26/2012 |
| 780                          | 1:06.91  | Armstrong, Cathryn | SSC  | 4/27/2012 |
| 750                          | 1:07.72  | Williams, Kim      | BC   | 5/27/2012 |
| 742                          | 1:07.95  | Yap, Lavinya       | BC   | 3/8/2012  |
| 200 M BACKSTROKE (2:26.99)   |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 840                          | 2:20.17  | Williams, Kim      | BC   | 7/26/2012 |
| 798                          | 2:22.76  | Cook, Alyssa       | KING | 7/26/2012 |
| 781                          | 2:23.78  | Kawaguchi, Megan   | WWA  | 1/19/2012 |
| 772                          | 2:24.38  | Cox, Caitlin       | BC   | 7/26/2012 |
| 757                          | 2:25.30  | Sutherland, Ashley | KING | 7/26/2012 |
| 739                          | 2:26.41  | Yap, Lavinya       | BC   | 3/8/2012  |
| 735                          | 2:26.66  | Huffer, Emily      | NWAC | 3/8/2012  |
| 100 M BREASTSTROKE (1:18.42) |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 850                          | 1:12.78  | Williams, Kim      | BC   | 8/13/2012 |
| 767                          | 1:15.52  | Shewchuk, Taylor   | BBST | 8/2/2012  |
| 719                          | 1:17.18  | Coleman, Melody    | MMSC | 3/8/2012  |
| 716                          | 1:17.29  | Roberson, Kayla    | BC   | 3/8/2012  |
| 710                          | 1:17.48  | Cook, Alyssa       | KING | 8/13/2012 |
| 708                          | 1:17.55  | Chard, Emma        | TSC  | 5/25/2012 |
| 685                          | 1:18.36  | Fisk, Leah         | KING | 7/26/2012 |
| 200 M BREASTSTROKE (2:49.75) |          |                    |      |           |
| PP                           | TIME     | NAME               | TEAM | DATE      |
| 854                          | 2:36.75  | Williams, Kim      | BC   | 6/25/2012 |

| 798                               | 2:40.94 | Shewchuk, Taylor   | BBST | 8/2/2012   |
|-----------------------------------|---------|--------------------|------|------------|
| 796                               | 2:41.10 | Cook, Alyssa       | KING | 7/26/2012  |
| 747                               | 2:44.79 | Chard, Emma        | TSC  | 5/25/2012  |
| 726                               | 2:46.38 | Roberson, Kayla    | BC   | 3/8/2012   |
| 722                               | 2:46.67 | Coleman, Melody    | MMSC | 7/26/2012  |
| 100 M BUTTERFLY (1:06.34)         |         |                    |      |            |
| PP                                | TIME    | NAME               | TEAM | DATE       |
| 818                               | 1:03.69 | Williams, Kim      | BC   | 7/26/2012  |
| 773                               | 1:05.00 | Vanderwel, Heidi   | KING | 12/11/2011 |
| 764                               | 1:05.25 | Moffatt, Vanessa   | KING | 5/18/2012  |
| 743                               | 1:05.86 | Norman, Sarah      | TOSC | 8/2/2012   |
| 200 M BUTTERFLY (2:28.94)         |         |                    |      |            |
| PP                                | TIME    | NAME               | TEAM | DATE       |
| 806                               | 2:21.03 | Williams, Kim      | BC   | 7/26/2012  |
| 780                               | 2:22.77 | Moffatt, Vanessa   | KING | 5/18/2012  |
| 200 M INDIVIDUAL MEDLEY (2:28.62) |         |                    |      |            |
| PP                                | TIME    | NAME               | TEAM | DATE       |
| 916                               | 2:17.40 | Williams, Kim      | BC   | 7/26/2012  |
| 833                               | 2:21.93 | Cook, Alyssa       | KING | 6/8/2012   |
| 772                               | 2:25.41 | Keane, Anna        | BC   | 12/1/2011  |
| 756                               | 2:26.35 | Sutherland, Ashley | KING | 7/26/2012  |
| 719                               | 2:28.48 | Archer, Shayla     | BISC | 6/22/2012  |
| 400 M INDIVIDUAL MEDLEY (5:15.45) |         |                    |      |            |
| PP                                | TIME    | NAME               | TEAM | DATE       |
| 895                               | 4:50.20 | Williams, Kim      | BC   | 6/25/2012  |
| 804                               | 5:01.44 | Cook, Alyssa       | KING | 6/8/2012   |
| 716                               | 5:12.72 | Briggs, Mackenna   | IST  | 7/26/2012  |

| Year | Age | # SWIMS | Power Points | PNS Average | National Average |
|------|-----|---------|--------------|-------------|------------------|
| 2012 | 15  | 55      | 42560        | 773.81      | 769.26           |
| 2011 | 14  | 66      | 50611        | 766.83      | 765.77           |
| 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 SIXTEEN YEARS – 2011/2012

| 50 M FREESTYLE (27.76)      |          |                    |      |            |
|-----------------------------|----------|--------------------|------|------------|
| PP                          | TIME     | NAME               | TEAM | DATE       |
| 825                         | 26.83    | Keane, Anna        | BC   | 3/8/2012   |
| 817                         | 26.93    | Ginnis, Morgan     | WEST | 7/26/2012  |
| 796                         | 27.17    | Taylor, Hannah     | TSC  | 3/8/2012   |
| 794                         | 27.19    | McKee, Kaela       | SSC  | 3/20/2012  |
| 787                         | 27.27    | Cann, Felicity     | KING | 6/8/2012   |
| 774                         | 27.43    | Vanderwel, Heidi   | KING | 8/13/2012  |
| 773                         | 27.44    | Sullivan, Abby     | TSC  | 7/26/2012  |
| 755                         | 27.65    | McCann, Carolyn    | TSC  | 3/9/2012   |
| 100 M FREESTYLE (59.86)     |          |                    |      |            |
| PP                          | TIME     | NAME               | TEAM | DATE       |
| 804                         | 58.36    | Cann, Felicity     | KING | 7/26/2012  |
| 801                         | 58.43    | Vanderwel, Heidi   | KING | 3/8/2012   |
| 795                         | 58.56    | Keane, Anna        | BC   | 3/8/2012   |
| 795                         | 58.57    | Ginnis, Morgan     | WEST | 7/26/2012  |
| 745                         | 59.69    | Tanasse, Emily     | KING | 3/8/2012   |
| 743                         | 59.74    | Nist, Erika        | KING | 3/8/2012   |
| 200 M FREESTYLE (2:09.13)   |          |                    |      |            |
| PP                          | TIME     | NAME               | TEAM | DATE       |
| 844                         | 2:03.93  | Cann, Felicity     | KING | 6/8/2012   |
| 790                         | 2:06.23  | Rosen, Laura       | NWAC | 7/26/2012  |
| 743                         | 2:08.31  | Ginnis, Morgan     | WEST | 7/26/2012  |
| 400 M FREESTYLE (4:33.56)   |          |                    |      |            |
| PP                          | TIME     | NAME               | TEAM | DATE       |
| 768                         | 4:26.53  | Cann, Felicity     | KING | 6/8/2012   |
| 743                         | 4:28.78  | Rosen, Laura       | NWAC | 7/26/2012  |
| 800 M FREESTYLE (9:30.57)   |          |                    |      |            |
| PP                          | TIME     | NAME               | TEAM | DATE       |
| 675                         | 9:27.98  | McCann, Carolyn    | TSC  | 7/26/2012  |
| 1500 M FREESTYLE (18:37.23) |          |                    |      |            |
| PP                          | TIME     | NAME               | TEAM | DATE       |
| 656                         | 18:27.12 | Maidier, Maddie    | BC   | 7/26/2012  |
| 648                         | 18:30.53 | Rosen, Laura       | NWAC | 7/6/2012   |
| 100 M BACKSTROKE (1:07.56)  |          |                    |      |            |
| PP                          | TIME     | NAME               | TEAM | DATE       |
| 946                         | 1:02.16  | Weiss, Hannah      | KING | 3/8/2012   |
| 916                         | 1:02.90  | Vanderwel, Heidi   | KING | 6/25/2012  |
| 806                         | 1:05.75  | Sullivan, Abby     | TSC  | 7/26/2012  |
| 805                         | 1:05.77  | Wibmer, Talisa     | KING | 3/8/2012   |
| 791                         | 1:06.13  | Wold, Grace        | KING | 1/19/2012  |
| 778                         | 1:06.49  | Cox, Caitlin       | BC   | 8/2/2012   |
| 773                         | 1:06.62  | Keane, Anna        | BC   | 7/26/2012  |
| 757                         | 1:07.04  | Ginnis, Morgan     | WEST | 7/26/2012  |
| 753                         | 1:07.14  | Taylor, Hannah     | TSC  | 3/8/2012   |
| 748                         | 1:07.29  | Tanasse, Emily     | KING | 3/8/2012   |
| 746                         | 1:07.33  | Bock, Carlee       | BBST | 3/8/2012   |
| 200 M BACKSTROKE (2:26.12)  |          |                    |      |            |
| PP                          | TIME     | NAME               | TEAM | DATE       |
| 880                         | 2:16.60  | Weiss, Hannah      | KING | 3/8/2012   |
| 877                         | 2:16.76  | Vanderwel, Heidi   | KING | 3/8/2012   |
| 820                         | 2:20.22  | Wold, Grace        | KING | 3/8/2012   |
| 797                         | 2:21.59  | Tanasse, Emily     | KING | 3/29/2012  |
| 793                         | 2:21.85  | Ainsworth, Kristin | KING | 12/11/2011 |
| 773                         | 2:23.09  | Keane, Anna        | BC   | 3/8/2012   |
| 767                         | 2:23.47  | Sullivan, Abby     | TSC  | 7/26/2012  |

| 756                               | 2:24.13 | Cox, Caitlin      | BC   | 8/2/2012   |
|-----------------------------------|---------|-------------------|------|------------|
| 755                               | 2:24.24 | Bock, Carlee      | BBST | 3/8/2012   |
| 746                               | 2:24.76 | Messegee, Abigail | PAC  | 3/8/2012   |
| 726                               | 2:26.07 | Ginnis, Morgan    | WEST | 3/8/2012   |
| 100 M BREASTSTROKE (1:17.79)      |         |                   |      |            |
| PP                                | TIME    | NAME              | TEAM | DATE       |
| 894                               | 1:10.86 | McCann, Carolyn   | TSC  | 3/8/2012   |
| 813                               | 1:13.51 | Speak, Sage       | WAVE | 3/8/2012   |
| 757                               | 1:15.40 | Roberson, Kayla   | BC   | 7/26/2012  |
| 200 M BREASTSTROKE (2:49.25)      |         |                   |      |            |
| PP                                | TIME    | NAME              | TEAM | DATE       |
| 850                               | 2:36.78 | McCann, Carolyn   | TSC  | 6/8/2012   |
| 785                               | 2:41.67 | Speak, Sage       | WAVE | 1/13/2012  |
| 754                               | 2:44.00 | Roberson, Kayla   | BC   | 7/26/2012  |
| 700                               | 2:48.12 | Tallman, Cassie   | OCA  | 7/26/2012  |
| 700                               | 2:48.17 | Nist, Erika       | KING | 1/19/2012  |
| 100 M BUTTERFLY (1:05.55)         |         |                   |      |            |
| PP                                | TIME    | NAME              | TEAM | DATE       |
| 878                               | 1:01.48 | Weiss, Hannah     | KING | 8/13/2012  |
| 814                               | 1:03.27 | Wold, Grace       | KING | 12/11/2011 |
| 813                               | 1:03.29 | Vanderwel, Heidi  | KING | 8/13/2012  |
| 805                               | 1:03.53 | Taylor, Hannah    | TSC  | 3/8/2012   |
| 774                               | 1:04.40 | Moffatt, Vanessa  | KING | 7/26/2012  |
| 751                               | 1:05.06 | Tanasse, Emily    | KING | 3/29/2012  |
| 200 M BUTTERFLY (2:27.14)         |         |                   |      |            |
| PP                                | TIME    | NAME              | TEAM | DATE       |
| 838                               | 2:18.74 | Rosen, Laura      | NWAC | 7/26/2012  |
| 793                               | 2:21.75 | Wold, Grace       | KING | 3/8/2012   |
| 778                               | 2:22.74 | Moffatt, Vanessa  | KING | 8/2/2012   |
| 719                               | 2:26.71 | Munoz, Stephanie  | IST  | 5/18/2012  |
| 200 M INDIVIDUAL MEDLEY (2:27.70) |         |                   |      |            |
| PP                                | TIME    | NAME              | TEAM | DATE       |
| 817                               | 2:22.49 | McCann, Carolyn   | TSC  | 7/26/2012  |
| 815                               | 2:22.61 | Wold, Grace       | KING | 1/19/2012  |
| 813                               | 2:22.71 | Taylor, Hannah    | TSC  | 12/11/2011 |
| 810                               | 2:22.93 | Rosen, Laura      | NWAC | 7/26/2012  |
| 787                               | 2:24.24 | Vanderwel, Heidi  | KING | 7/26/2012  |
| 760                               | 2:25.78 | Ginnis, Morgan    | WEST | 7/26/2012  |
| 759                               | 2:25.85 | Keane, Anna       | BC   | 3/8/2012   |
| 750                               | 2:26.37 | Cann, Felicity    | KING | 7/26/2012  |
| 745                               | 2:26.65 | Nist, Erika       | KING | 12/11/2011 |
| 400 M INDIVIDUAL MEDLEY (5:13.73) |         |                   |      |            |
| PP                                | TIME    | NAME              | TEAM | DATE       |
| 834                               | 4:56.94 | Wold, Grace       | KING | 1/19/2012  |
| 789                               | 5:02.65 | McCann, Carolyn   | TSC  | 3/8/2012   |
| 772                               | 5:04.82 | Rosen, Laura      | NWAC | 7/26/2012  |
| 703                               | 5:13.73 | Roberson, Kayla   | BC   | 7/26/2012  |

| Year | Age | # SWIMS | Power Points | PNS Average | National Average |
|------|-----|---------|--------------|-------------|------------------|
| 2012 | 16  | 75      | 58750        | 783.33      | 771.15           |
| 2011 | 15  | 57      | 42505        | 745.70      | 749.00           |
| 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 SEVENTEEN YEARS – 2011/2012

| 50 M FREESTYLE (27.71)      |          |                    |      |           |
|-----------------------------|----------|--------------------|------|-----------|
| PP                          | TIME     | NAME               | TEAM | DATE      |
| 849                         | 26.46    | Kinnear, Katie     | IST  | 8/23/2012 |
| 833                         | 26.65    | Wu, Joanna         | KING | 3/8/2012  |
| 803                         | 26.99    | McKee, Kaela       | SSC  | 6/8/2012  |
| 790                         | 27.14    | Cratsenberg, Amber | VAST | 3/8/2012  |
| 758                         | 27.51    | Kaestner, Katie    | BBST | 3/9/2012  |
| 742                         | 27.70    | Sullivan, Abby     | TSC  | 8/13/2012 |
| 100 M FREESTYLE (59.80)     |          |                    |      |           |
| PP                          | TIME     | NAME               | TEAM | DATE      |
| 844                         | 57.40    | Kinnear, Katie     | IST  | 8/23/2012 |
| 831                         | 57.70    | Wu, Joanna         | KING | 3/8/2012  |
| 791                         | 58.57    | Cratsenberg, Amber | VAST | 3/8/2012  |
| 767                         | 59.12    | Kaestner, Katie    | BBST | 3/8/2012  |
| 200 M FREESTYLE (2:09.46)   |          |                    |      |           |
| PP                          | TIME     | NAME               | TEAM | DATE      |
| 825                         | 2:04.76  | Wu, Joanna         | KING | 3/8/2012  |
| 752                         | 2:07.88  | Laurent, Kalena    | BC   | 7/26/2012 |
| 751                         | 2:07.95  | Cratsenberg, Amber | VAST | 3/8/2012  |
| 744                         | 2:08.25  | Kinnear, Katie     | IST  | 7/26/2012 |
| 400 M FREESTYLE (4:33.01)   |          |                    |      |           |
| PP                          | TIME     | NAME               | TEAM | DATE      |
| 791                         | 4:24.42  | Wu, Joanna         | KING | 3/8/2012  |
| 704                         | 4:32.32  | Laurent, Kalena    | BC   | 5/25/2012 |
| 701                         | 4:32.62  | Penrose, Casey     | KING | 3/29/2012 |
| 800 M FREESTYLE (9:29.40)   |          |                    |      |           |
| PP                          | TIME     | NAME               | TEAM | DATE      |
| 682                         | 9:25.24  | Kinnear, Katie     | IST  | 7/26/2012 |
| 681                         | 9:25.29  | Grundman, Sarah    | UN   | 7/24/2012 |
| 671                         | 9:27.54  | Schneider, Rachel  | C    | 3/8/2012  |
| 662                         | 9:29.40  | Laurent, Kalena    | BC   | 3/8/2012  |
| 1500 M FREESTYLE (18:39.88) |          |                    |      |           |
| PP                          | TIME     | NAME               | TEAM | DATE      |
| 726                         | 17:56.72 | Laurent, Kalena    | BC   | 6/22/2012 |
| 710                         | 18:03.07 | Grundman, Sarah    | UN   | 7/24/2012 |
| 694                         | 18:09.63 | Sterner, Kay       | BISC | 7/26/2012 |
| 680                         | 18:15.44 | Penrose, Casey     | KING | 1/19/2012 |
| 637                         | 18:33.05 | Kinnear, Katie     | IST  | 6/1/2012  |
| 100 M BACKSTROKE (1:07.49)  |          |                    |      |           |
| PP                          | TIME     | NAME               | TEAM | DATE      |
| 929                         | 1:02.58  | Kinnear, Katie     | IST  | 8/23/2012 |
| 883                         | 1:03.75  | Wu, Joanna         | KING | 3/29/2012 |
| 846                         | 1:04.69  | McKee, Kaela       | SSC  | 6/8/2012  |
| 810                         | 1:05.63  | Wold, Grace        | KING | 8/13/2012 |
| 797                         | 1:05.97  | Tanasse, Emily     | KING | 7/26/2012 |
| 782                         | 1:06.37  | Sullivan, Abby     | TSC  | 8/17/2012 |
| 765                         | 1:06.84  | Bock, Carlee       | BBST | 7/26/2012 |
| 762                         | 1:06.92  | Ainsworth, Kristin | KING | 3/29/2012 |
| 200 M BACKSTROKE (2:25.87)  |          |                    |      |           |
| PP                          | TIME     | NAME               | TEAM | DATE      |
| 889                         | 2:16.07  | Kinnear, Katie     | IST  | 6/25/2012 |
| 885                         | 2:16.30  | Wu, Joanna         | KING | 6/8/2012  |
| 851                         | 2:18.35  | Wold, Grace        | KING | 5/25/2012 |
| 841                         | 2:18.91  | Tanasse, Emily     | KING | 6/8/2012  |
| 780                         | 2:22.69  | Ainsworth, Kristin | KING | 3/29/2012 |

| 100 M BREASTSTROKE (1:17.75)      |         |                       |      |           |
|-----------------------------------|---------|-----------------------|------|-----------|
| PP                                | TIME    | NAME                  | TEAM | DATE      |
| 822                               | 1:12.87 | Kaestner, Katie       | BBST | 3/8/2012  |
| 775                               | 1:14.42 | King, Camorah         | BBST | 3/8/2012  |
| 711                               | 1:16.59 | Davis, Alyssa         | KING | 3/8/2012  |
| 710                               | 1:16.60 | Kinnear, Katie        | IST  | 7/26/2012 |
| 705                               | 1:16.77 | Sullenberger, Kiana   | TOSC | 3/8/2012  |
| 693                               | 1:17.20 | Flaten, Kayla         | IST  | 3/8/2012  |
| 688                               | 1:17.35 | Sullenberger, Shanell | TOSC | 3/8/2012  |
| 200 M BREASTSTROKE (2:48.59)      |         |                       |      |           |
| PP                                | TIME    | NAME                  | TEAM | DATE      |
| 766                               | 2:42.17 | Kaestner, Katie       | BBST | 3/8/2012  |
| 748                               | 2:43.51 | Davis, Alyssa         | KING | 3/8/2012  |
| 722                               | 2:45.49 | Lindblad, Gabby       | KING | 7/26/2012 |
| 705                               | 2:46.76 | Tinseth, Elise        | IST  | 3/8/2012  |
| 687                               | 2:48.14 | King, Camorah         | BBST | 3/8/2012  |
| 684                               | 2:48.40 | Flaten, Kayla         | IST  | 3/8/2012  |
| 100 M BUTTERFLY (1:05.48)         |         |                       |      |           |
| PP                                | TIME    | NAME                  | TEAM | DATE      |
| 938                               | 59.78   | Kinnear, Katie        | IST  | 8/23/2012 |
| 834                               | 1:02.65 | Laurent, Kalena       | BC   | 7/26/2012 |
| 811                               | 1:03.29 | Wold, Grace           | KING | 6/8/2012  |
| 771                               | 1:04.43 | Domanowski, Jenni     | MMSC | 3/8/2012  |
| 760                               | 1:04.74 | Tanasse, Emily        | KING | 7/26/2012 |
| 750                               | 1:05.05 | Penrose, Casey        | KING | 1/19/2012 |
| 200 M BUTTERFLY (2:26.52)         |         |                       |      |           |
| PP                                | TIME    | NAME                  | TEAM | DATE      |
| 848                               | 2:16.16 | Laurent, Kalena       | BC   | 8/13/2012 |
| 845                               | 2:16.36 | Kinnear, Katie        | IST  | 3/8/2012  |
| 811                               | 2:18.55 | Domanowski, Jenni     | MMSC | 3/8/2012  |
| 769                               | 2:21.32 | Wold, Grace           | KING | 6/8/2012  |
| 750                               | 2:22.64 | Hu, Ciara             | NWAC | 3/8/2012  |
| 725                               | 2:24.26 | Lindblad, Gabby       | KING | 7/26/2012 |
| 692                               | 2:26.52 | Penrose, Casey        | KING | 3/8/2012  |
| 200 M INDIVIDUAL MEDLEY (2:27.22) |         |                       |      |           |
| PP                                | TIME    | NAME                  | TEAM | DATE      |
| 868                               | 2:19.51 | Kinnear, Katie        | IST  | 3/8/2012  |
| 817                               | 2:22.35 | Wold, Grace           | KING | 6/8/2012  |
| 400 M INDIVIDUAL MEDLEY (5:12.30) |         |                       |      |           |
| PP                                | TIME    | NAME                  | TEAM | DATE      |
| 798                               | 5:01.43 | Wold, Grace           | KING | 6/8/2012  |
| 798                               | 5:01.51 | Kinnear, Katie        | IST  | 7/26/2012 |
| 746                               | 5:08.11 | Domanowski, Jenni     | MMSC | 3/8/2012  |
| 736                               | 5:09.32 | Penrose, Casey        | KING | 1/19/2012 |
| 728                               | 5:10.41 | Laurent, Kalena       | BC   | 7/26/2012 |

| Year | Age | # SWIMS | Power Points | PNS Average | National Average |
|------|-----|---------|--------------|-------------|------------------|
| 2012 | 17  | 72      | 55450        | 770.13      | 773.50           |
| 2011 | 16  | 46      | 34825        | 757.06      | 758.49           |
| 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 EIGHTEEN YEARS – 2011/2012

| 50 M FREESTYLE (27.89)       |          |                     |      |           |
|------------------------------|----------|---------------------|------|-----------|
| PP                           | TIME     | NAME                | TEAM | DATE      |
| 801                          | 27.01    | Wu, Joanna          | KING | 7/26/2012 |
| 765                          | 27.43    | Cratsenberg, Amber  | VAST | 5/25/2012 |
| 748                          | 27.63    | Kaestner, Katie     | BBST | 4/27/2012 |
| 741                          | 27.71    | Morris, Lily        | BC   | 3/8/2012  |
| 100 M FREESTYLE (1:00.20)    |          |                     |      |           |
| PP                           | TIME     | NAME                | TEAM | DATE      |
| 824                          | 57.85    | Wu, Joanna          | KING | 8/13/2012 |
| 738                          | 59.79    | Kaestner, Katie     | BBST | 4/27/2012 |
| 722                          | 1:00.16  | Morris, Lily        | BC   | 3/8/2012  |
| 200 M FREESTYLE (2:10.21)    |          |                     |      |           |
| PP                           | TIME     | NAME                | TEAM | DATE      |
| 771                          | 2:06.48  | Wu, Joanna          | KING | 8/13/2012 |
| 400 M FREESTYLE (4:36.90)    |          |                     |      |           |
| PP                           | TIME     | NAME                | TEAM | DATE      |
| 729                          | 4:28.85  | Wu, Joanna          | KING | 7/26/2012 |
| 800 M FREESTYLE (9:56.56)    |          |                     |      |           |
| PP                           | TIME     | NAME                | TEAM | DATE      |
| 694                          | 9:22.59  | Wu, Joanna          | KING | 7/12/2012 |
| 692                          | 9:23.11  | Domanowski, Jenni   | MMSC | 7/26/2012 |
| 662                          | 9:29.29  | Williamson, Mariah  | WEST | 3/8/2012  |
| 636                          | 9:34.89  | Penrose, Casey      | KING | 7/26/2012 |
| 629                          | 9:36.44  | Beauchamp, Kara     | IST  | 3/8/2012  |
| 609                          | 9:40.73  | Davis, Alyssa       | KING | 7/26/2012 |
| 558                          | 9:51.95  | Hu, Ciara           | NWAC | 7/26/2012 |
| 555                          | 9:52.73  | Christenson, Katlyn | SSC  | 3/8/2012  |
| 544                          | 9:55.26  | Schneider, Rachel   | C    | 7/5/2012  |
| 1500 M FREESTYLE (20:17.80)  |          |                     |      |           |
| PP                           | TIME     | NAME                | TEAM | DATE      |
| 678                          | 18:16.06 | Williamson, Mariah  | WEST | 7/26/2012 |
| 676                          | 18:17.00 | Schneider, Rachel   | C    | 7/26/2012 |
| 642                          | 18:31.27 | Beauchamp, Kara     | IST  | 7/26/2012 |
| 639                          | 18:32.21 | Domanowski, Jenni   | MMSC | 6/1/2012  |
| 592                          | 18:52.52 | Armstrong, Hanna    | BC   | 7/26/2012 |
| 544                          | 19:13.74 | Hu, Ciara           | NWAC | 7/6/2012  |
| 100 M BACKSTROKE (1:08.28)   |          |                     |      |           |
| PP                           | TIME     | NAME                | TEAM | DATE      |
| 842                          | 1:04.79  | Wu, Joanna          | KING | 8/13/2012 |
| 717                          | 1:08.14  | Peseau, Hannah      | WEST | 3/8/2012  |
| 200 M BACKSTROKE (2:28.14)   |          |                     |      |           |
| PP                           | TIME     | NAME                | TEAM | DATE      |
| 854                          | 2:18.14  | Wu, Joanna          | KING | 8/13/2012 |
| 714                          | 2:26.77  | Peseau, Hannah      | WEST | 3/8/2012  |
| 711                          | 2:27.01  | Summers, Madeline   | SSC  | 7/26/2012 |
| 705                          | 2:27.38  | Williamson, Mariah  | WEST | 7/26/2012 |
| 696                          | 2:27.94  | Crowder, Kelsey     | KING | 7/26/2012 |
| 100 M BREASTSTROKE (1:18.87) |          |                     |      |           |
| PP                           | TIME     | NAME                | TEAM | DATE      |
| 844                          | 1:12.14  | Harper, Heather     | UN   | 3/8/2012  |
| 785                          | 1:14.07  | Kaestner, Katie     | BBST | 5/25/2012 |
| 741                          | 1:15.54  | King, Camorah       | BBST | 7/26/2012 |
| 714                          | 1:16.46  | Harpur, Tess        | BISC | 3/8/2012  |
| 665                          | 1:18.16  | Hu, Ciara           | NWAC | 7/26/2012 |
| 661                          | 1:18.30  | Davis, Alyssa       | KING | 6/8/2012  |

| 655                               | 1:18.53 | Christenson, Katlyn   | SSC  | 3/8/2012  |
|-----------------------------------|---------|-----------------------|------|-----------|
| 653                               | 1:18.60 | Gehrke, Bethany       | SEAT | 3/8/2012  |
| 650                               | 1:18.69 | Sullenberger, Shanell | TOSC | 5/5/2012  |
| 200 M BREASTSTROKE (2:52.49)      |         |                       |      |           |
| PP                                | TIME    | NAME                  | TEAM | DATE      |
| 722                               | 2:45.45 | Beauchamp, Kara       | IST  | 7/26/2012 |
| 719                               | 2:45.72 | Davis, Alyssa         | KING | 7/26/2012 |
| 702                               | 2:47.02 | Kaestner, Katie       | BBST | 4/27/2012 |
| 700                               | 2:47.14 | Harpur, Tess          | BISC | 7/26/2012 |
| 693                               | 2:47.69 | Hu, Ciara             | NWAC | 7/26/2012 |
| 100 M BUTTERFLY (1:05.89)         |         |                       |      |           |
| PP                                | TIME    | NAME                  | TEAM | DATE      |
| 776                               | 1:04.29 | Domanowski, Jenni     | MMSC | 6/25/2012 |
| 741                               | 1:05.31 | Harpur, Tess          | BISC | 3/8/2012  |
| 740                               | 1:05.32 | Hu, Ciara             | NWAC | 7/26/2012 |
| 200 M BUTTERFLY (2:29.20)         |         |                       |      |           |
| PP                                | TIME    | NAME                  | TEAM | DATE      |
| 790                               | 2:19.92 | Domanowski, Jenni     | MMSC | 5/5/2012  |
| 773                               | 2:21.07 | Hu, Ciara             | NWAC | 7/26/2012 |
| 733                               | 2:23.77 | Williamson, Mariah    | WEST | 7/26/2012 |
| 717                               | 2:24.86 | Beauchamp, Kara       | IST  | 3/8/2012  |
| 697                               | 2:26.20 | Penrose, Casey        | KING | 7/26/2012 |
| 679                               | 2:27.42 | O'Keefe, Meghan       | BC   | 7/26/2012 |
| 678                               | 2:27.51 | Gehrke, Bethany       | BC   | 7/26/2012 |
| 659                               | 2:28.79 | Harpur, Tess          | BISC | 3/8/2012  |
| 200 M INDIVIDUAL MEDLEY (2:28.54) |         |                       |      |           |
| PP                                | TIME    | NAME                  | TEAM | DATE      |
| 739                               | 2:26.19 | Hu, Ciara             | NWAC | 7/26/2012 |
| 739                               | 2:26.21 | Davis, Alyssa         | KING | 7/26/2012 |
| 726                               | 2:26.96 | Beauchamp, Kara       | IST  | 7/26/2012 |
| 400 M INDIVIDUAL MEDLEY (5:18.34) |         |                       |      |           |
| PP                                | TIME    | NAME                  | TEAM | DATE      |
| 753                               | 5:07.25 | Hu, Ciara             | NWAC | 7/26/2012 |
| 747                               | 5:08.02 | Domanowski, Jenni     | MMSC | 7/26/2012 |
| 736                               | 5:09.38 | Gehrke, Bethany       | SEAT | 3/8/2012  |
| 724                               | 5:10.89 | Beauchamp, Kara       | IST  | 3/8/2012  |
| 707                               | 5:13.21 | Davis, Alyssa         | KING | 6/8/2012  |
| 698                               | 5:14.29 | Penrose, Casey        | KING | 6/8/2012  |
| 689                               | 5:15.50 | Wu, Joanna            | KING | 7/12/2012 |
| 674                               | 5:17.48 | Williamson, Mariah    | WEST | 3/8/2012  |

| Year | Age | # SWIMS | Power Points | PNS Average | National Average |
|------|-----|---------|--------------|-------------|------------------|
| 2012 | 18  | 67      | 47247        | 705.17      | 747.50           |
| 2011 | 17  | 88      | 64111        | 728.53      | 757.43           |
| 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           |

| Year | Age | # SWIMS | Power Points | PNS Average | National Average |
|------|-----|---------|--------------|-------------|------------------|
| 2011 | 18  | 37      | 25666        | 693.67      | 731.55           |
| 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           |

| 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           |

| 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) – 2011/2012

| 50 M FREESTYLE (26.97)       |         |                    |      |           |
|------------------------------|---------|--------------------|------|-----------|
| RNK                          | TIME    | NAME               | TEAM | DATE      |
| 35                           | 26.45   | Kinnear, Katie     | IST  | 7/19/2011 |
| 183                          | 27.09   | Keane, Anna        | BC   | 7/28/2011 |
| 183                          | 27.09   | Cratsenberg, Amber | VAST | 6/17/2011 |
| 100 M FREESTYLE (58.40)      |         |                    |      |           |
| RNK                          | TIME    | NAME               | TEAM | DATE      |
| 90                           | 57.89   | Kinnear, Katie     | IST  | 7/19/2011 |
| 122                          | 58.21   | Kim, Rachel        | KING | 7/22/2011 |
| 142                          | 58.34   | Wu, Joanna         | KING | 8/9/2011  |
| 168                          | 58.47   | Cratsenberg, Amber | VAST | 7/19/2011 |
| 200 M FREESTYLE (2:05.80)    |         |                    |      |           |
| RNK                          | TIME    | NAME               | TEAM | DATE      |
| 104                          | 2:04.89 | Kim, Rachel        | KING | 7/19/2011 |
| 400 M FREESTYLE (4:25.06)    |         |                    |      |           |
| RNK                          | TIME    | NAME               | TEAM | DATE      |
| 167                          | 4:24.89 | Thayer, Annemarie  | CSC  | 8/2/2011  |
| 800 M FREESTYLE (9:08.74)    |         |                    |      |           |
| RNK                          | TIME    | NAME               | TEAM | DATE      |
| 162                          | 9:09.05 | Cratsenberg, Amber | VAST | 7/19/2011 |
| 199                          | 9:11.36 | Majeau, Fiona      | CSC  | 8/2/2011  |
| 1500 M FREESTYLE (17:41.88)  |         |                    |      |           |
| RNK                          | TIME    | NAME               | TEAM | DATE      |
|                              |         |                    |      |           |
| 100 M BACKSTROKE (1:05.22)   |         |                    |      |           |
| RNK                          | TIME    | NAME               | TEAM | DATE      |
| 31                           | 1:03.41 | Vanderwel, Heidi   | KING | 8/6/2011  |
| 36                           | 1:03.54 | Kinnear, Katie     | IST  | 7/19/2011 |
| 95                           | 1:04.82 | Kawaguchi, Megan   | WWA  | 7/28/2011 |
| 147                          | 1:05.30 | Weiss, Hannah      | UN   | 7/19/2011 |
| 200 M BACKSTROKE (2:20.33)   |         |                    |      |           |
| RNK                          | TIME    | NAME               | TEAM | DATE      |
| 67                           | 2:17.84 | Thayer, Annemarie  | CSC  | 8/2/2011  |
| 75                           | 2:18.21 | Kinnear, Katie     | IST  | 8/8/2011  |
| 84                           | 2:18.71 | Ainsworth, Kristin | KING | 7/19/2011 |
| 155                          | 2:20.41 | Vanderwel, Heidi   | KING | 6/24/2011 |
| 100 M BREASTSTROKE (1:14.76) |         |                    |      |           |
| RNK                          | TIME    | NAME               | TEAM | DATE      |
| 102                          | 1:13.77 | Kaestner, Katie    | BBST | 7/28/2011 |
| 132                          | 1:14.14 | Williams, Kim      | BC   | 7/28/2011 |
| 186                          | 1:14.69 | Speak, Sage        | WAVE | 7/28/2011 |
| 200 M BREASTSTROKE (2:41.84) |         |                    |      |           |
| RNK                          | TIME    | NAME               | TEAM | DATE      |
| 41                           | 2:36.09 | Williams, Kim      | BC   | 8/8/2011  |
| 98                           | 2:39.40 | Speak, Sage        | WAVE | 8/8/2011  |
| 100 M BUTTERFLY (1:03.38)    |         |                    |      |           |
| RNK                          | TIME    | NAME               | TEAM | DATE      |
| 10                           | 1:00.84 | Kinnear, Katie     | IST  | 7/19/2011 |
| 92                           | 1:02.76 | Wold, Grace        | KING | 7/28/2011 |
| 94                           | 1:02.84 | Weiss, Hannah      | UN   | 7/28/2011 |
| 200 M BUTTERFLY (2:20.52)    |         |                    |      |           |
| RNK                          | TIME    | NAME               | TEAM | DATE      |
| 41                           | 2:15.80 | Kinnear, Katie     | IST  | 7/19/2011 |
| 80                           | 2:17.65 | Domanowski, Jenni  | MMSC | 7/28/2011 |
| 156                          | 2:19.82 | Laurent, Kalena    | BC   | 8/8/2011  |

| 200 M INDIVIDUAL MEDLEY (2:22.93) |         |                   |      |           |
|-----------------------------------|---------|-------------------|------|-----------|
| RNK                               | TIME    | NAME              | TEAM | DATE      |
| 72                                | 2:20.29 | Kinnear, Katie    | IST  | 7/19/2011 |
| 79                                | 2:20.80 | Williams, Kim     | BC   | 7/28/2011 |
| 151                               | 2:22.44 | Cook, Alyssa      | KING | 7/28/2011 |
| 152                               | 2:22.45 | Taylor, Hannah    | MMSC | 7/28/2011 |
| 154                               | 2:22.46 | Kim, Rachel       | KING | 7/19/2011 |
| 400 M INDIVIDUAL MEDLEY (5:03.02) |         |                   |      |           |
| RNK                               | TIME    | NAME              | TEAM | DATE      |
| 22                                | 4:49.76 | Williams, Kim     | BC   | 8/8/2011  |
| 43                                | 4:52.77 | Thayer, Annemarie | CSC  | 8/2/2011  |
| 94                                | 4:58.19 | Kinnear, Katie    | IST  | 7/19/2011 |
| 162                               | 5:01.35 | Cook, Alyssa      | KING | 7/14/2011 |
| 172                               | 5:01.69 | Taylor, Hannah    | MMSC | 4/8/2011  |

| YEAR | # SWIMS | AVG PLACE |
|------|---------|-----------|
| 2012 | 56      | 105.07    |
| 2011 | 40      | 109.45    |
| 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     |

| EVENT      | 2008     | 2009     | 2010     | 2011     | 2012     |
|------------|----------|----------|----------|----------|----------|
| 50 free    | 27.17    | 27.19    | 27.23    | 27.12    | 26.97    |
| 100 free   | 58.78    | 58.57    | 58.76    | 58.64    | 58.40    |
| 200 free   | 2:06.57  | 2:06.24  | 2:06.89  | 2:06.28  | 2:05.80  |
| 400 free   | 4:26.85  | 4:26.64  | 4:27.17  | 4:25.87  | 4:25.06  |
| 800 free   | 9:13.28  | 9:11.83  | 9:12.61  | 9:11.53  | 9:08.74  |
| 1500 free  | 17:49.09 | 17:44.45 | 17:45.73 | 17:43.19 | 17:41.88 |
| 100 back   | 1:06.18  | 1:05.81  | 1:06.07  | 1:05.74  | 1:05.22  |
| 200 back   | 2:22.48  | 2:21.22  | 2:22.09  | 2:21.20  | 2:20.33  |
| 100 breast | 1:15.07  | 1:14.68  | 1:15.14  | 1:14.83  | 1:14.76  |
| 200 breast | 2:42.76  | 2:42.18  | 2:42.63  | 2:41.98  | 2:41.84  |
| 100 fly    | 1:03.74  | 1:03.57  | 1:04.13  | 1:03.65  | 1:03.38  |
| 200 fly    | 2:21.07  | 2:20.29  | 2:21.34  | 2:20.87  | 2:20.52  |
| 200 i.m.   | 2:23.79  | 2:23.36  | 2:23.76  | 2:23.44  | 2:22.93  |
| 400 i.m.   | 5:04.70  | 5:03.77  | 5:04.03  | 5:02.80  | 5:03.02  |

## NATIONAL TOP 200 – SENIOR – 2011/2012

| 50 M FREESTYLE (26.50)            |          |                    |      |           |
|-----------------------------------|----------|--------------------|------|-----------|
| RNK                               | TIME     | NAME               | TEAM | DATE      |
| 119                               | 26.45    | Kinnear, Katie     | IST  | 7/19/2011 |
| 100 M FREESTYLE (57.48)           |          |                    |      |           |
| RNK                               | TIME     | NAME               | TEAM | DATE      |
|                                   |          |                    |      |           |
| 200 M FREESTYLE (2:04.14)         |          |                    |      |           |
| RNK                               | TIME     | NAME               | TEAM | DATE      |
|                                   |          |                    |      |           |
| 400 M FREESTYLE (4:21.49)         |          |                    |      |           |
| RNK                               | TIME     | NAME               | TEAM | DATE      |
|                                   |          |                    |      |           |
| 800 M FREESTYLE (9:02.62)         |          |                    |      |           |
| RNK                               | TIME     | NAME               | TEAM | DATE      |
|                                   |          |                    |      |           |
| 1500 M FREESTYLE (17:36.78)       |          |                    |      |           |
| PP                                | TIME     | NAME               | TEAM | DATE      |
| 186                               | 17:33.97 | Williams, Laurin   | UN   | 7/28/2011 |
| 100 M BACKSTROKE (1:04.08)        |          |                    |      |           |
| PP                                | TIME     | NAME               | TEAM | DATE      |
| 76                                | 1:03.41  | Vanderwel, Heidi   | KING | 8/6/2011  |
| 83                                | 1:03.54  | Kinnear, Katie     | IST  | 7/19/2011 |
| 200                               | 1:04.82  | Kawaguchi, Megan   | WWA  | 7/28/2011 |
| 200 M BACKSTROKE (2:17.92)        |          |                    |      |           |
| PP                                | TIME     | NAME               | TEAM | DATE      |
| 124                               | 2:17.84  | Thayer, Annemarie  | CSC  | 8/2/2011  |
| 139                               | 2:18.21  | Kinnear, Katie     | IST  | 8/8/2011  |
| 157                               | 2:18.71  | Ainsworth, Kristin | KING | 7/19/2011 |
| 100 M BREASTSTROKE (1:12.73)      |          |                    |      |           |
| PP                                | TIME     | NAME               | TEAM | DATE      |
| 105                               | 1:11.99  | Averill, Trish     | KING | 8/2/2011  |
| 200 M BREASTSTROKE (2:37.68)      |          |                    |      |           |
| PP                                | TIME     | NAME               | TEAM | DATE      |
| 115                               | 2:36.09  | Williams, Kim      | BC   | 8/8/2011  |
| 100 M BUTTERFLY (1:02.12)         |          |                    |      |           |
| PP                                | TIME     | NAME               | TEAM | DATE      |
| 51                                | 1:00.84  | Kinnear, Katie     | IST  | 7/19/2011 |
| 200 M BUTTERFLY (2:17.92)         |          |                    |      |           |
| PP                                | TIME     | NAME               | TEAM | DATE      |
| 85                                | 2:15.80  | Kinnear, Katie     | IST  | 7/19/2011 |
| 153                               | 2:17.65  | Domanowski, Jenni  | MMSC | 7/28/2011 |
| 200 M INDIVIDUAL MEDLEY (2:20.50) |          |                    |      |           |
| PP                                | TIME     | NAME               | TEAM | DATE      |
| 164                               | 2:20.29  | Kinnear, Katie     | IST  | 7/19/2011 |
| 187                               | 2:20.80  | Williams, Kim      | BC   | 7/28/2011 |
| 400 M INDIVIDUAL MEDLEY (4:58.94) |          |                    |      |           |
| PP                                | TIME     | NAME               | TEAM | DATE      |
| 41                                | 4:49.76  | Williams, Kim      | BC   | 8/8/2011  |
| 75                                | 4:52.77  | Thayer, Annemarie  | CSC  | 8/2/2011  |
| 164                               | 4:58.19  | Kinnear, Katie     | IST  | 7/19/2011 |

| YEAR | # SWIMS | AVG PLACE |
|------|---------|-----------|
| 2012 | 31      | 114.96    |
| 2011 | 18      | 123.55    |
| 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      | 2008     | 2009     | 2010     | 2011     | 2012     |
|------------|----------|----------|----------|----------|----------|
| 50 free    | 26.74    | 26.75    | 26.87    | 26.72    | 26.50    |
| 100 free   | 57.78    | 57.80    | 58.08    | 57.85    | 57.48    |
| 200 free   | 2:04.72  | 2:04.82  | 2:05.33  | 2:04.69  | 2:04.14  |
| 400 free   | 4:22.80  | 4:23.69  | 4:23.78  | 4:22.87  | 4:21.49  |
| 800 free   | 9:06.02  | 9:06.81  | 9:06.92  | 9:05.53  | 9:02.62  |
| 1500 free  | 17:41.23 | 17:36.01 | 17:36.40 | 17:36.39 | 17:36.78 |
| 100 back   | 1:05.18  | 1:04.81  | 1:05.19  | 1:04.82  | 1:04.08  |
| 200 back   | 2:19.97  | 2:19.60  | 2:20.41  | 2:19.48  | 2:17.92  |
| 100 breast | 1:13.82  | 1:13.78  | 1:13.90  | 1:13.17  | 1:12.73  |
| 200 breast | 2:39.96  | 2:40.12  | 2:39.87  | 2:38.71  | 2:37.68  |
| 100 fly    | 1:02.61  | 1:02.68  | 1:03.16  | 1:02.71  | 1:02.12  |
| 200 fly    | 2:18.84  | 2:18.76  | 2:19.35  | 2:18.65  | 2:17.92  |
| 200 i.m.   | 2:21.57  | 2:21.90  | 2:22.12  | 2:20.95  | 2:20.50  |
| 400 i.m.   | 5:00.74  | 5:00.78  | 5:01.36  | 4:59.78  | 4:58.94  |