

NATIONAL TOP 200 – GIRLS ELEVEN YEARS – 2012/2013

50 Y FREESTYLE (26.97)				
PP	TIME	NAME	TEAM	DATE
827	25.83	Chien, Isabel	KING	3/22/2013
822	25.90	Pedersen, Bindi	MMSC	11/4/2012
791	26.28	DeCoteau, Alice	BC	2/22/2013
774	26.48	Varang, Tiana	BBST	12/7/2012
100 Y FREESTYLE (58.59)				
PP	TIME	NAME	TEAM	DATE
802	56.67	Dang, Gabby	WAVE	9/30/2012
770	57.42	Zacharias, Emily	WWA	10/13/2012
764	57.56	Pedersen, Bindi	MMSC	10/6/2012
748	57.97	Groysman, Yulia	KING	3/22/2013
744	58.05	Chien, Isabel	KING	3/24/2013
734	58.30	Li, Delora	PDST	2/22/2013
200 Y FREESTYLE (2:08.10)				
PP	TIME	NAME	TEAM	DATE
786	2:03.87	Zacharias, Emily	WWA	10/13/2012
766	2:04.81	Pedersen, Bindi	MMSC	10/13/2012
747	2:05.72	Li, Delora	PDST	2/22/2013
745	2:05.79	Groysman, Yulia	KING	3/22/2013
707	2:07.63	Ton, Deanna	CSC	3/22/2013
500 Y FREESTYLE (5:41.89)				
PP	TIME	NAME	TEAM	DATE
808	5:26.66	Zacharias, Emily	WWA	10/13/2012
791	5:28.69	Pedersen, Bindi	MMSC	10/20/2012
768	5:31.48	Groysman, Yulia	KING	3/22/2013
713	5:38.34	Li, Delora	PDST	1/12/2013
709	5:38.80	Ton, Deanna	CSC	3/22/2013
692	5:41.05	Kabacy, Taylor	KING	3/22/2013
1000 Y FREESTYLE (12:23.67)				
PP	TIME	NAME	TEAM	DATE
825	11:23.62	Groysman, Yulia	KING	12/13/2012
657	12:11.07	Benson, Tatum	TSC	11/3/2012
1650 Y FREESTYLE (21:11.85)				
PP	TIME	NAME	TEAM	DATE
863	19:12.28	Groysman, Yulia	KING	3/3/2013
797	19:43.20	Dupuis, Lauren	CSC	2/9/2013
763	19:59.47	Kabacy, Taylor	KING	12/7/2012
755	20:03.80	Warnock, Maya	CSC	2/9/2013
685	20:38.48	Nielsen, Mari	BC	1/27/2013
668	20:47.08	Benson, Tatum	TSC	12/7/2012
655	20:53.71	DeCoteau, Alice	UN	11/4/2012
655	20:53.99	Coco, Sophia	BC	2/17/2013
50 Y BACKSTROKE (30.96)				
PP	TIME	NAME	TEAM	DATE
888	28.88	Dang, Gabby	WAVE	9/30/2012
874	29.05	Pedersen, Bindi	MMSC	11/4/2012
779	30.24	DeCoteau, Alice	BC	2/22/2013
745	30.68	Nguyen, Rachel	BC	12/7/2012
727	30.92	Varang, Tiana	BBST	12/7/2012
100 Y BACKSTROKE (1:06.48)				
PP	TIME	NAME	TEAM	DATE
820	1:03.93	Pedersen, Bindi	MMSC	10/13/2012
746	1:06.04	Nguyen, Rachel	BC	12/7/2012
200 Y BACKSTROKE (2:25.01)				
PP	TIME	NAME	TEAM	DATE
730	2:24.67	Nguyen, Rachel	BC	1/12/2013

50 Y BREASTSTROKE (34.78)				
PP	TIME	NAME	TEAM	DATE
825	32.99	Chien, Isabel	KING	3/22/2013
803	33.34	Pedersen, Bindi	MMSC	11/4/2012
788	33.59	Li, Delora	PDST	3/22/2013
778	33.75	Nguyen, Mandolin	CAAT	3/22/2013
757	34.09	Chong, Crystal	PDST	12/7/2012
100 Y BREASTSTROKE (1:15.63)				
PP	TIME	NAME	TEAM	DATE
856	1:10.51	Pedersen, Bindi	MMSC	10/20/2012
822	1:11.68	Li, Delora	PDST	3/22/2013
795	1:12.67	Chien, Isabel	KING	3/22/2013
789	1:12.88	Nguyen, Mandolin	CAAT	3/22/2013
741	1:14.63	Chong, Crystal	PDST	12/7/2012
200 Y BREASTSTROKE (2:45.83)				
PP	TIME	NAME	TEAM	DATE
838	2:35.09	Li, Delora	PDST	12/7/2012
823	2:36.30	Pedersen, Bindi	MMSC	10/13/2012
816	2:36.80	Chien, Isabel	KING	12/13/2012
771	2:40.50	Nguyen, Mandolin	CAAT	3/22/2013
748	2:42.38	Chong, Crystal	PDST	12/7/2012
50 Y BUTTERFLY (29.49)				
PP	TIME	NAME	TEAM	DATE
895	27.08	Chien, Isabel	KING	3/22/2013
864	27.51	Dang, Gabby	WAVE	9/30/2012
803	28.38	Li, Delora	PDST	3/22/2013
801	28.41	Ross, Bree	KING	3/22/2013
790	28.56	DeCoteau, Alice	BC	2/22/2013
786	28.62	Pedersen, Bindi	MMSC	10/13/2012
734	29.39	Ward, Emily	UN	3/22/2013
100 Y BUTTERFLY (1:06.10)				
PP	TIME	NAME	TEAM	DATE
910	59.89	Chien, Isabel	KING	3/22/2013
869	1:01.20	Li, Delora	PDST	12/7/2012
784	1:03.97	Pedersen, Bindi	MMSC	10/6/2012
766	1:04.57	Ross, Bree	KING	3/22/2013
200 Y BUTTERFLY (2:33.84)				
PP	TIME	NAME	TEAM	DATE
854	2:20.01	Chien, Isabel	KING	12/7/2012
774	2:26.38	Li, Delora	PDST	2/2/2013
773	2:26.40	Fleeman, Kailyn	KING	10/13/2012
716	2:31.08	Jin, Rachel	PDST	2/2/2013
692	2:33.01	Dimeco, Sarah	IST	12/7/2012
100 Y INDIVIDUAL MEDLEY (1:07.39)				
PP	TIME	NAME	TEAM	DATE
880	1:03.11	Chien, Isabel	KING	3/22/2013
822	1:04.68	Li, Delora	PDST	12/7/2012
806	1:05.12	Pedersen, Bindi	MMSC	10/6/2012
773	1:06.04	Chong, Crystal	PDST	12/7/2012
735	1:07.13	DeCoteau, Alice	BC	12/7/2012
200 M INDIVIDUAL MEDLEY (2:24.34)				
PP	TIME	NAME	TEAM	DATE
913	2:13.17	Pedersen, Bindi	MMSC	10/20/2012
852	2:16.77	Li, Delora	PDST	12/7/2012
787	2:20.68	Zacharias, Emily	WWA	10/13/2012
780	2:21.14	Chien, Isabel	KING	1/19/2013
400 M INDIVIDUAL MEDLEY (5:13.47)				
PP	TIME	NAME	TEAM	DATE
899	4:47.79	Pedersen, Bindi	MMSC	10/13/2012
849	4:54.49	Li, Delora	PDST	12/7/2012
834	4:56.44	Zacharias, Emily	WWA	10/13/2012

PACIFIC NORTHWEST SWIMMING



PACIFIC
NORTHWEST
SWIMMING

834	4:56.46	Chien, Isabel	KING	1/19/2013
781	5:03.72	Groysman, Yulia	KING	3/22/2013
732	5:10.61	Kabacy, Taylor	KING	2/22/2013

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2012/2013	11	63	49025	778.17	770.54

NATIONAL TOP 200 – GIRLS TWELVE YEARS – 2012/2013

50 Y FREESTYLE (25.71)				
PP	TIME	NAME	TEAM	DATE
877	24.24	Campbell, Lia	BISC	10/20/2012
864	24.39	Dang, Gabby	WAVE	3/22/2013
796	25.18	Carlton, Emma	BBST	3/22/2013
784	25.32	Tudor, Carly	BC	12/7/2012
776	25.42	Pedersen, Bindi	MMSC	4/20/2013
100 Y FREESTYLE (55.94)				
PP	TIME	NAME	TEAM	DATE
876	52.81	Campbell, Lia	BISC	10/20/2012
860	53.16	Dang, Gabby	WAVE	3/22/2013
781	54.95	Pedersen, Bindi	MMSC	1/17/2013
764	55.35	Limargo, Chloe	SSCD	2/22/2013
751	55.65	Barker, Hannah	ESC	3/22/2013
200 Y FREESTYLE (2:01.24)				
PP	TIME	NAME	TEAM	DATE
835	1:56.46	Dang, Gabby	WAVE	3/22/2013
805	1:57.80	Campbell, Lia	BISC	10/13/2012
766	1:59.51	Pedersen, Bindi	MMSC	2/22/2013
738	2:00.81	Barker, Hannah	ESC	3/22/2013
500 Y FREESTYLE (5:24.87)				
PP	TIME	NAME	TEAM	DATE
826	5:10.81	Campbell, Lia	BISC	10/20/2012
736	5:21.30	Zacharias, Emily	WWA	12/7/2012
731	5:21.90	Dang, Gabby	WAVE	1/12/2013
1000 Y FREESTYLE (11:30.66)				
PP	TIME	NAME	TEAM	DATE
888	10:36.40	Campbell, Lia	BISC	11/3/2012
707	11:23.67	Dang, Gabby	WAVE	2/10/2013
693	11:27.53	Pedersen, Bindi	MMSC	2/17/2013
1650 Y FREESTYLE (19:20.10)				
PP	TIME	NAME	TEAM	DATE
874	17:50.05	Campbell, Lia	BISC	11/3/2012
784	18:29.90	Zacharias, Emily	WWA	12/7/2012
761	18:40.14	Emerick, Laina	GAC	3/22/2013
745	18:47.25	Dang, Gabby	WAVE	11/4/2012
712	19:02.91	Pedersen, Bindi	MMSC	1/17/2013
693	19:11.70	Barker, Hannah	ESC	5/3/2013
50 Y BACKSTROKE (29.33)				
PP	TIME	NAME	TEAM	DATE
915	27.33	Dang, Gabby	WAVE	3/22/2013
823	28.41	Tudor, Carly	BC	12/7/2012
782	28.92	Pedersen, Bindi	MMSC	4/20/2013
772	29.04	Carlton, Emma	BBST	3/22/2013
767	29.10	Campbell, Lia	BISC	11/3/2012
100 Y BACKSTROKE (1:02.71)				
PP	TIME	NAME	TEAM	DATE
907	58.07	Dang, Gabby	WAVE	3/22/2013
751	1:02.21	Tudor, Carly	BC	12/7/2012
748	1:02.31	Pedersen, Bindi	MMSC	11/17/2012
737	1:02.59	Barker, Hannah	ESC	12/7/2012
200 Y BACKSTROKE (2:16.44)				
PP	TIME	NAME	TEAM	DATE
817	2:10.15	Dang, Gabby	WAVE	3/22/2013
752	2:14.26	Tungate, Olivia-kisaki	NWAC	12/7/2012
745	2:14.69	Barker, Hannah	ESC	3/22/2013
745	2:14.71	Raines, Chase	KING	10/13/2012

50 Y BREASTSTROKE (33.19)				
PP	TIME	NAME	TEAM	DATE
769	32.45	Pedersen, Bindi	MMSC	12/7/2012
727	33.12	Lindh, Shianne	KING	3/22/2013
100 Y BREASTSTROKE (1:12.10)				
PP	TIME	NAME	TEAM	DATE
828	1:07.75	Pedersen, Bindi	MMSC	3/22/2013
710	1:11.79	Macdonald, Allie	WAVE	12/7/2012
200 Y BREASTSTROKE (2:37.49)				
PP	TIME	NAME	TEAM	DATE
855	2:24.44	Pedersen, Bindi	MMSC	3/13/2013
686	2:37.44	Macdonald, Allie	WAVE	12/7/2012
50 Y BUTTERFLY (28.06)				
PP	TIME	NAME	TEAM	DATE
905	25.96	Dang, Gabby	WAVE	3/22/2013
850	26.70	Carlton, Emma	BBST	3/22/2013
790	27.52	Tudor, Carly	BC	12/7/2012
786	27.58	Campbell, Lia	BISC	10/13/2012
100 Y BUTTERFLY (1:02.19)				
PP	TIME	NAME	TEAM	DATE
846	58.81	Pedersen, Bindi	MMSC	3/22/2013
829	59.36	Campbell, Lia	BISC	10/13/2012
809	59.96	Dang, Gabby	WAVE	2/22/2013
777	1:00.99	Tungate, Olivia-kisaki	NWAC	12/7/2012
200 Y BUTTERFLY (2:21.98)				
PP	TIME	NAME	TEAM	DATE
879	2:08.73	Pedersen, Bindi	MMSC	1/17/2013
816	2:13.35	Tungate, Olivia-kisaki	NWAC	12/7/2012
719	2:20.59	Dang, Gabby	WAVE	2/22/2013
719	2:20.59	Witty, Lauren	BISC	12/7/2012
100 Y INDIVIDUAL MEDLEY (1:04.28)				
PP	TIME	NAME	TEAM	DATE
836	1:01.56	Dang, Gabby	WAVE	2/22/2013
817	1:02.06	Campbell, Lia	BISC	11/3/2012
802	1:02.46	Pedersen, Bindi	MMSC	2/22/2013
200 Y INDIVIDUAL MEDLEY (2:17.74)				
PP	TIME	NAME	TEAM	DATE
844	2:10.20	Pedersen, Bindi	MMSC	3/22/2013
790	2:13.29	Campbell, Lia	BISC	10/20/2012
750	2:15.65	Tungate, Olivia-kisaki	NWAC	12/7/2012
724	2:17.19	Dang, Gabby	WAVE	11/17/2012
400 Y INDIVIDUAL MEDLEY (4:56.11)				
PP	TIME	NAME	TEAM	DATE
839	4:38.91	Pedersen, Bindi	MMSC	2/22/2013
772	4:47.61	Campbell, Lia	BISC	10/13/2012
761	4:49.00	Tungate, Olivia-kisaki	NWAC	12/7/2012
737	4:52.23	Zacharias, Emily	WWA	12/7/2012
731	4:52.95	Dang, Gabby	WAVE	1/12/2013
731	4:52.99	Limargo, Chloe	SSCD	2/22/2013
717	4:54.93	Witty, Lauren	BISC	12/7/2012

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2012/2013	12	58	45185	779.05	770.43
2011/2012	11	74	56848	768.12	764.17

NATIONAL TOP 200 – GIRLS THIRTEEN YEARS – 2012/2013

50 Y FREESTYLE (25.23)				
PP	TIME	NAME	TEAM	DATE
874	23.97	Campbell, Lia	BISC	3/22/2013
786	24.89	Hill, Meg	CAAT	3/23/2013
100 Y FREESTYLE (54.61)				
PP	TIME	NAME	TEAM	DATE
861	51.98	Campbell, Lia	BISC	3/13/2013
750	54.22	Pressler, Maddie	WEST	12/13/2012
747	54.29	Forbord, Sierra	PAC	3/22/2013
735	54.53	Wong, Sydney	BBST	3/22/2013
200 Y FREESTYLE (1:57.87)				
PP	TIME	NAME	TEAM	DATE
828	1:53.33	Campbell, Lia	BISC	3/22/2013
715	1:57.84	Pressler, Maddie	WEST	3/13/2013
500 Y FREESTYLE (5:15.55)				
PP	TIME	NAME	TEAM	DATE
805	5:03.18	Campbell, Lia	BISC	3/22/2013
1000 Y FREESTYLE (10:57.01)				
PP	TIME	NAME	TEAM	DATE
738	10:43.18	Campbell, Lia	BISC	12/13/2012
1650 Y FREESTYLE (18:23.42)				
PP	TIME	NAME	TEAM	DATE
739	17:58.12	Campbell, Lia	BISC	2/10/2013
733	18:00.84	Huffer, Kelly	NWAC	3/22/2013
712	18:09.31	Magee, Abby	MMSC	3/22/2013
100 Y BACKSTROKE (1:00.73)				
PP	TIME	NAME	TEAM	DATE
805	59.26	Pressler, Maddie	WEST	12/13/2012
780	59.86	Forbord, Sierra	PAC	3/22/2013
752	1:00.55	Rainey, Maddie	OCA	3/22/2013
200 Y BACKSTROKE (2:11.22)				
PP	TIME	NAME	TEAM	DATE
803	2:07.67	Pressler, Maddie	WEST	12/13/2012
762	2:10.00	Raines, Chase	KING	3/22/2013
760	2:10.10	Forbord, Sierra	PAC	3/22/2013
751	2:10.58	Huffer, Kelly	NWAC	12/7/2012
100 Y BREASTSTROKE (1:09.88)				
PP	TIME	NAME	TEAM	DATE
825	1:06.13	Limberg, Nicole	WEST	3/13/2013
765	1:07.93	Andren, Ursula	TSC	3/13/2013
711	1:09.62	Hill, Meg	CAAT	3/22/2013
200 Y BREASTSTROKE (2:31.09)				
PP	TIME	NAME	TEAM	DATE
789	2:24.62	Limberg, Nicole	WEST	3/13/2013
734	2:28.32	Andren, Ursula	TSC	12/7/2012
100 Y BUTTERFLY (1:00.26)				
PP	TIME	NAME	TEAM	DATE
829	57.87	Campbell, Lia	BISC	3/22/2013
783	59.07	Huffer, Kelly	NWAC	12/7/2012
746	1:00.05	Chong, Amber	PDST	2/22/2013
200 Y BUTTERFLY (2:15.17)				
PP	TIME	NAME	TEAM	DATE
854	2:05.99	Huffer, Kelly	NWAC	3/22/2013
840	2:06.84	Campbell, Lia	BISC	3/22/2013
773	2:10.89	Magee, Abby	MMSC	12/7/2012
200 Y INDIVIDUAL MEDLEY (2:13.70)				
PP	TIME	NAME	TEAM	DATE
786	2:10.60	Huffer, Kelly	NWAC	12/7/2012

759	2:12.00	Campbell, Lia	BISC	1/17/2013
400 Y INDIVIDUAL MEDLEY (4:42.89)				
PP	TIME	NAME	TEAM	DATE
789	4:34.98	Huffer, Kelly	NWAC	3/22/2013
771	4:37.02	Campbell, Lia	BISC	12/7/2012
762	4:38.14	Pressler, Maddie	WEST	12/13/2012
727	4:42.15	Magee, Abby	MMSC	12/7/2012

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2012/2013	13	37	28679	775.10	772.26
2011/2012	12	42	32253	767.92	768.47
2010/2011	11	49	36319	741.20	758.29

NATIONAL TOP 200 – GIRLS FOURTEEN YEARS – 2012/2013

50 Y FREESTYLE (24.55)				
PP	TIME	NAME	TEAM	DATE
833	23.82	Fang, Elisa	UN	11/9/2012
790	24.26	Crawford, Jocelyn	CAAT	3/22/2013
781	24.35	Cross, Marley	BC	3/22/2013
776	24.40	Teegan, Helen	UN	11/9/2012
773	24.44	Kwan, Sabrina	UN	11/9/2012
768	24.49	Zacharias, Reva	WWA	12/7/2012
100 Y FREESTYLE (53.20)				
PP	TIME	NAME	TEAM	DATE
810	52.22	Fang, Elisa	BC	3/22/2013
800	52.43	Cross, Marley	BC	12/7/2012
761	53.20	Haugen, Gianna	KING	3/24/2013
200 Y FREESTYLE (1:54.96)				
PP	TIME	NAME	TEAM	DATE
768	1:54.11	Domanowski, Christina	MMSC	12/13/2012
759	1:54.47	Cross, Marley	BC	12/13/2012
500 Y FREESTYLE (5:07.91)				
PP	TIME	NAME	TEAM	DATE
774	5:01.75	Smith, Cameron	CSC	3/22/2013
752	5:03.98	Domanowski, Christina	MMSC	12/7/2012
725	5:06.78	Haugen, Gianna	KING	3/22/2013
1000 Y FREESTYLE (10:43.45)				
PP	TIME	NAME	TEAM	DATE
776	10:26.40	Smith, Cameron	CSC	12/13/2012
724	10:38.36	Haugen, Gianna	KING	12/13/2012
1650 Y FREESTYLE (17:59.42)				
PP	TIME	NAME	TEAM	DATE
767	17:30.21	Haugen, Gianna	KING	3/13/2013
716	17:50.42	Seidner, Lindsey	OCA	3/22/2013
712	17:52.00	Rosen, Candice	BISC	12/7/2012
704	17:55.42	Domanowski, Christina	MMSC	11/11/2012
100 Y BACKSTROKE (59.06)				
PP	TIME	NAME	TEAM	DATE
826	57.36	Haugen, Gianna	KING	3/22/2013
807	57.80	Fang, Elisa	BC	12/7/2012
788	58.25	Zacharias, Reva	WWA	12/7/2012
200 Y BACKSTROKE (2:07.68)				
PP	TIME	NAME	TEAM	DATE
884	2:00.84	Haugen, Gianna	KING	3/22/2013
776	2:06.62	Zacharias, Reva	WWA	12/7/2012
761	2:07.46	Harper, Bethany	PRO	3/22/2013
760	2:07.52	Domanowski, Christina	MMSC	12/7/2012
100 Y BREASTSTROKE (1:08.15)				
PP	TIME	NAME	TEAM	DATE
845	1:04.52	Crawford, Jocelyn	CAAT	3/22/2013
792	1:06.08	Teegan, Helen	UN	11/9/2012
726	1:08.06	Gagliardo, Angela	UN	11/9/2012
200 Y BREASTSTROKE (2:27.90)				
PP	TIME	NAME	TEAM	DATE
849	2:18.65	Crawford, Jocelyn	CAAT	3/22/2013
752	2:25.04	Rosen, Candice	BISC	3/22/2013
751	2:25.11	Teegan, Helen	KING	3/22/2013
741	2:25.75	Gagliardo, Angela	KING	12/7/2012
100 Y BUTTERFLY (58.70)				
PP	TIME	NAME	TEAM	DATE
861	55.85	Kwan, Sabrina	UN	11/9/2012
809	57.15	Fang, Elisa	BC	3/13/2013

779	57.94	Smith, Cameron	CSC	3/22/2013
770	58.17	Simpson, Kaycee	KING	3/13/2013
755	58.56	Shabb, Hannah	CSC	12/7/2012
749	58.70	Domanowski, Christina	UN	3/13/2013
200 Y BUTTERFLY (2:11.16)				
PP	TIME	NAME	TEAM	DATE
871	2:02.01	Kwan, Sabrina	OCA	12/13/2012
799	2:06.27	Smith, Cameron	CSC	3/22/2013
797	2:06.34	Domanowski, Christina	MMSC	12/7/2012
776	2:07.61	Simpson, Kaycee	KING	3/22/2013
769	2:08.04	Seidner, Lindsey	OCA	3/22/2013
742	2:09.68	Shabb, Hannah	CSC	12/13/2012
732	2:10.29	Haugen, Gianna	KING	3/3/2013
200 Y INDIVIDUAL MEDLEY (2:10.25)				
PP	TIME	NAME	TEAM	DATE
856	2:04.40	Haugen, Gianna	KING	3/22/2013
770	2:08.68	Fang, Elisa	BC	3/22/2013
767	2:08.83	Seidner, Lindsey	UN	11/9/2012
765	2:08.94	Shabb, Hannah	UN	11/9/2012
761	2:09.15	Domanowski, Christina	UN	3/22/2013
751	2:09.66	Huo, Jenny	UN	11/2/2012
400 Y INDIVIDUAL MEDLEY (4:37.33)				
PP	TIME	NAME	TEAM	DATE
803	4:27.98	Haugen, Gianna	KING	3/22/2013
764	4:32.41	Domanowski, Christina	MMSC	12/7/2012
724	4:36.98	Seidner, Lindsey	OCA	3/22/2013
722	4:37.17	Rosen, Candice	BISC	12/7/2012

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2012/2013	14	57	44219	775.77	787.96
2011/2012	13	55	42238	767.96	772.26
2010/2011	12	71	53982	760.30	763.70
2009/2010	11	85	64654	760.63	755.13

NATIONAL TOP 200 – GIRLS FIFTEEN YEARS – 2012/2013

50 Y FREESTYLE (24.34)				
PP	TIME	NAME	TEAM	DATE
852	23.31	Sutherland, Ashley	KING	12/13/2012
793	23.91	Briggs, Mackenna	IST	3/13/2013
783	24.01	Pries, Alana	UN	11/9/2012
775	24.09	Williams, Kim	BC	12/13/2012
100 Y FREESTYLE (52.64)				
PP	TIME	NAME	TEAM	DATE
872	50.19	Sutherland, Ashley	KING	12/13/2012
794	51.70	Williams, Kim	BC	12/13/2012
772	52.14	Pries, Alana	UN	11/9/2012
200 Y FREESTYLE (1:53.57)				
PP	TIME	NAME	TEAM	DATE
837	1:49.90	Sutherland, Ashley	KING	12/13/2012
811	1:50.87	Williams, Kim	BC	12/13/2012
500 Y FREESTYLE (5:05.06)				
PP	TIME	NAME	TEAM	DATE
798	4:56.83	Chambers, Addie	KING	3/13/2013
755	5:01.09	Cook, Alyssa	KING	12/13/2012
743	5:02.34	Williams, Kim	BC	12/13/2012
736	5:03.09	Sutherland, Ashley	KING	12/13/2012
1000 Y FREESTYLE (10:39.34)				
PP	TIME	NAME	TEAM	DATE
812	10:13.76	Chambers, Addie	KING	3/13/2013
767	10:23.65	Cook, Alyssa	KING	12/13/2012
704	10:38.11	Fisk, Leah	KING	3/13/2013
1650 Y FREESTYLE (17:58.30)				
PP	TIME	NAME	TEAM	DATE
794	17:09.48	Chambers, Addie	KING	3/13/2013
706	17:43.78	Williams, Kim	BC	1/17/2013
676	17:55.94	Fisk, Leah	KING	3/13/2013
100 Y BACKSTROKE (58.32)				
PP	TIME	NAME	TEAM	DATE
824	56.78	Briggs, Mackenna	UN	11/2/2012
819	56.91	Williams, Kim	BC	12/13/2012
200 Y BACKSTROKE (2:06.65)				
PP	TIME	NAME	TEAM	DATE
882	1:59.73	Williams, Kim	BC	3/13/2013
794	2:04.40	Briggs, Mackenna	IST	12/13/2012
774	2:05.49	Cook, Alyssa	KING	12/6/2012
100 Y BREASTSTROKE (1:07.07)				
PP	TIME	NAME	TEAM	DATE
874	1:03.49	Williams, Kim	UN	11/9/2012
864	1:03.80	Cook, Alyssa	KING	3/13/2013
785	1:06.10	Pries, Alana	KING	3/13/2013
777	1:06.34	Sawer, Meredith	UN	11/9/2012
771	1:06.52	Delzer, Savannah	KING	12/13/2012
765	1:06.69	Duni, Ani	BISC	3/13/2013
762	1:06.79	Woodworth, Karen	WSY	12/13/2012
759	1:06.86	Booth, Danielle	UN	11/9/2012
200 Y BREASTSTROKE (2:26.22)				
PP	TIME	NAME	TEAM	DATE
862	2:17.80	Cook, Alyssa	KING	3/13/2013
756	2:24.82	Gagliardo, Angela	KING	3/13/2013
754	2:24.95	Norman, Sarah	TOSC	3/13/2013
749	2:25.31	Delzer, Savannah	KING	12/13/2012
746	2:25.51	Shewchuk, Taylor	BBST	10/13/2012
741	2:25.85	Williams, Laura	KING	1/17/2013
736	2:26.14	Williams, Kim	BC	10/20/2012

100 Y BUTTERFLY (57.88)				
PP	TIME	NAME	TEAM	DATE
812	56.42	Briggs, Mackenna	IST	3/13/2013
770	57.48	Sutherland, Ashley	KING	12/13/2012
756	57.85	Stein, Alex	KING	3/13/2013
200 Y BUTTERFLY (2:09.32)				
PP	TIME	NAME	TEAM	DATE
811	2:04.11	Williams, Kim	BC	3/13/2013
800	2:04.73	Cook, Alyssa	KING	12/13/2012
779	2:06.02	Briggs, Mackenna	IST	12/13/2012
731	2:08.85	Fleeman, Brianna	KING	3/13/2013
200 Y INDIVIDUAL MEDLEY (2:08.72)				
PP	TIME	NAME	TEAM	DATE
894	2:01.20	Williams, Kim	UN	11/9/2012
859	2:02.92	Cook, Alyssa	KING	3/13/2013
813	2:05.15	Briggs, Mackenna	IST	3/13/2013
753	2:08.15	Sutherland, Ashley	KING	1/17/2013
400 Y INDIVIDUAL MEDLEY (4:35.21)				
PP	TIME	NAME	TEAM	DATE
929	4:12.80	Williams, Kim	BC	3/13/2013
889	4:17.07	Cook, Alyssa	KING	3/13/2013
830	4:23.47	Briggs, Mackenna	IST	3/13/2013
728	4:34.91	Yap, Lavinya	BC	12/13/2012

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2012/2013	15	54	42728	791.25	791.58
2011/2012	14	56	44134	788.10	779.86
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 SIXTEEN YEARS – 2012/2013

50 Y FREESTYLE (24.18)				
PP	TIME	NAME	TEAM	DATE
853	23.27	Sutherland, Ashley	KING	3/15/2013
844	23.36	Keane, Anna	UN	11/9/2012
844	23.36	Ginnis, Morgan	WEST	12/13/2012
836	23.44	Ramey, Kenna	UN	11/9/2012
816	23.64	Gwo, Lorea	UN	11/9/2012
808	23.72	Vanderwel, Heidi	KING	12/13/2012
770	24.11	Chard, Emma	TSC	3/15/2013
100 Y FREESTYLE (52.33)				
PP	TIME	NAME	TEAM	DATE
850	50.52	Sutherland, Ashley	KING	3/13/2013
845	50.60	Keane, Anna	UN	11/9/2012
805	51.39	Chard, Emma	TSC	3/13/2013
804	51.41	Ginnis, Morgan	WEST	12/13/2012
773	52.02	Vanderwel, Heidi	KING	12/13/2012
200 Y FREESTYLE (1:52.78)				
PP	TIME	NAME	TEAM	DATE
838	1:49.39	Sutherland, Ashley	KING	3/13/2013
772	1:51.88	Ginnis, Morgan	WEST	12/13/2012
761	1:52.29	Chard, Emma	TSC	3/13/2013
500 Y FREESTYLE (5:02.74)				
PP	TIME	NAME	TEAM	DATE
738	5:00.73	Sutherland, Ashley	KING	3/13/2013
1000 Y FREESTYLE (10:35.58)				
PP	TIME	NAME	TEAM	DATE
705	10:31.25	Moffatt, Vanessa	KING	3/13/2013
1650 Y FREESTYLE (17:54.54)				
PP	TIME	NAME	TEAM	DATE
814	16:58.75	Huffer, Emily	NWAC	12/13/2012
747	17:24.15	Moffatt, Vanessa	KING	3/13/2013
100 Y BACKSTROKE (57.73)				
PP	TIME	NAME	TEAM	DATE
887	55.15	Vanderwel, Heidi	KING	12/14/2012
861	55.74	Kawaguchi, Megan	WWA	12/13/2012
841	56.18	Archer, Shayla	UN	11/9/2012
839	56.23	Huffer, Emily	UN	11/9/2012
782	57.52	Cox, Caitlin	BC	3/13/2013
200 Y BACKSTROKE (2:05.57)				
PP	TIME	NAME	TEAM	DATE
908	1:58.16	Vanderwel, Heidi	KING	12/13/2012
857	2:00.83	Kawaguchi, Megan	WWA	3/13/2013
843	2:01.58	Huffer, Emily	NWAC	12/13/2012
806	2:03.51	Phillips, Kyndal	KING	1/17/2013
793	2:04.25	Cox, Caitlin	BC	12/13/2012
100 Y BREASTSTROKE (1:06.71)				
PP	TIME	NAME	TEAM	DATE
858	1:03.30	McCann, Carolyn	UN	11/9/2012
828	1:04.16	Roberson, Kayla	BC	3/13/2013
804	1:04.86	Chard, Emma	TSC	3/13/2013
762	1:06.08	Shewchuk, Taylor	BBST	3/13/2013
751	1:06.42	Chan, Luisa	OCA	3/22/2013
200 Y BREASTSTROKE (2:25.55)				
PP	TIME	NAME	TEAM	DATE
785	2:20.84	Roberson, Kayla	BC	12/13/2012
770	2:21.82	Shewchuk, Taylor	BBST	3/13/2013
742	2:23.69	Woodworth, Karen	WSY	4/3/2013
734	2:24.19	Williams, Laura	KING	3/13/2013
730	2:24.46	Chard, Emma	TSC	1/17/2013

100 Y BUTTERFLY (57.45)				
PP	TIME	NAME	TEAM	DATE
867	54.64	Vanderwel, Heidi	KING	12/13/2012
820	55.79	Ramey, Kenna	KING	3/13/2013
789	56.57	Gwo, Lorea	UN	11/9/2012
782	56.74	Kawaguchi, Megan	WWA	12/13/2012
765	57.18	Phillips, Kyndal	KING	12/13/2012
200 Y BUTTERFLY (2:08.37)				
PP	TIME	NAME	TEAM	DATE
791	2:04.92	Huffer, Emily	NWAC	12/13/2012
781	2:05.51	Moffatt, Vanessa	KING	3/13/2013
770	2:06.13	Vanderwel, Heidi	KING	12/13/2012
200 Y INDIVIDUAL MEDLEY (2:07.67)				
PP	TIME	NAME	TEAM	DATE
811	2:04.57	Vanderwel, Heidi	KING	11/29/2012
779	2:06.16	McCann, Carolyn	UN	11/9/2012
770	2:06.62	Kawaguchi, Megan	UN	11/9/2012
400 Y INDIVIDUAL MEDLEY (4:33.40)				
PP	TIME	NAME	TEAM	DATE
773	4:27.73	Huffer, Emily	NWAC	12/13/2012
741	4:31.23	Roberson, Kayla	BC	12/13/2012

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2012/2013	16	52	41643	800.82	792.92
2011/2012	15	44	33967	771.97	772.69
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 SEVENTEEN YEARS – 2012/2013

50 Y FREESTYLE (24.14)				
PP	TIME	NAME	TEAM	DATE
823	23.42	Keane, Anna	BC	3/13/2013
802	23.63	Ginnis, Morgan	WEST	3/15/2013
802	23.63	Vanderwel, Heidi	KING	3/13/2013
775	23.91	Taylor, Hannah	UN	11/9/2012
772	23.94	Cann, Felicity	KING	3/13/2013
758	24.08	McKee, Kaela	SRST	3/13/2013
754	24.13	Volodkevich, Maria	UN	11/9/2012
100 Y FREESTYLE (52.15)				
PP	TIME	NAME	TEAM	DATE
804	51.11	Ginnis, Morgan	WEST	3/13/2013
802	51.15	Keane, Anna	BC	3/13/2013
793	51.33	Cann, Felicity	KING	3/13/2013
768	51.82	Vanderwel, Heidi	KING	1/17/2013
759	51.99	Tanasse, Emily	KING	3/16/2013
200 Y FREESTYLE (1:52.51)				
PP	TIME	NAME	TEAM	DATE
829	1:49.72	Cann, Felicity	UN	11/9/2012
811	1:50.39	Keane, Anna	BC	3/13/2013
799	1:50.86	McCann, Carolyn	KING	3/13/2013
763	1:52.21	Tanasse, Emily	KING	12/13/2012
500 Y FREESTYLE (5:02.07)				
PP	TIME	NAME	TEAM	DATE
767	4:57.78	Cann, Felicity	UN	11/9/2012
761	4:58.40	Grundman, Sarah	UN	11/9/2012
1000 Y FREESTYLE (10:39.43)				
PP	TIME	NAME	TEAM	DATE
678	10:37.49	Sterner, Kay	BISC	3/13/2013
675	10:38.27	McCann, Carolyn	KING	1/17/2013
1650 Y FREESTYLE (17:58.56)				
PP	TIME	NAME	TEAM	DATE
696	17:44.12	Sterner, Kay	BISC	3/13/2013
671	17:54.18	Rosen, Laura	NWAC	11/11/2012
100 Y BACKSTROKE (57.61)				
PP	TIME	NAME	TEAM	DATE
998	52.75	Weiss, Hannah	KING	3/17/2013
922	54.38	Vanderwel, Heidi	KING	3/13/2013
851	55.95	McKee, Kaela	UN	11/9/2012
834	56.33	Tanasse, Emily	KING	3/13/2013
823	56.58	Sullivan, Abby	TSC	3/13/2013
813	56.81	Keane, Anna	BC	3/13/2013
811	56.85	Phillips, Kyndal	KING	3/13/2013
807	56.96	Taylor, Hannah	UN	11/9/2012
785	57.45	Wold, Grace	UN	10/26/2012
781	57.54	Bock, Carlee	BBST	12/14/2012
200 Y BACKSTROKE (2:05.32)				
PP	TIME	NAME	TEAM	DATE
950	1:55.54	Weiss, Hannah	KING	3/13/2013
911	1:57.49	Vanderwel, Heidi	KING	3/13/2013
852	2:00.57	Tanasse, Emily	KING	12/13/2012
844	2:01.00	Sullivan, Abby	TSC	3/13/2013
830	2:01.72	Wold, Grace	BC	3/13/2013
808	2:02.91	McKee, Kaela	SRST	12/13/2012
803	2:03.16	Bock, Carlee	BBST	12/13/2012
790	2:03.86	Keane, Anna	BC	12/13/2012
790	2:03.88	Beal, Jackie	OCA	12/13/2012
784	2:04.21	Ginnis, Morgan	WEST	3/13/2013

100 Y BREASTSTROKE (1:06.06)				
PP	TIME	NAME	TEAM	DATE
921	1:00.93	McCann, Carolyn	KING	3/13/2013
767	1:05.31	Keane, Anna	BC	3/13/2013
752	1:05.76	Wold, Grace	UN	12/13/2012
200 Y BREASTSTROKE (2:24.91)				
PP	TIME	NAME	TEAM	DATE
872	2:14.33	McCann, Carolyn	KING	3/13/2013
754	2:21.99	Keane, Anna	BC	12/13/2012
749	2:22.31	Speak, Sage	WAVE	3/12/2013
100 Y BUTTERFLY (57.07)				
PP	TIME	NAME	TEAM	DATE
860	54.46	Weiss, Hannah	KING	12/13/2012
839	54.98	Vanderwel, Heidi	KING	1/17/2013
826	55.30	McCann, Carolyn	KING	3/13/2013
792	56.15	Taylor, Hannah	UN	11/9/2012
780	56.45	Wold, Grace	UN	11/9/2012
774	56.59	Phillips, Kyndal	KING	3/13/2013
770	56.70	Taylor, Kaitlin	UN	11/9/2012
768	56.75	Cann, Felicity	KING	12/13/2012
763	56.87	Tanasse, Emily	UN	11/9/2012
200 Y BUTTERFLY (2:07.73)				
PP	TIME	NAME	TEAM	DATE
794	2:04.37	Vanderwel, Heidi	KING	1/17/2013
784	2:04.97	Rosen, Laura	NWAC	3/13/2013
200 Y INDIVIDUAL MEDLEY (2:07.40)				
PP	TIME	NAME	TEAM	DATE
894	2:00.42	McCann, Carolyn	KING	3/13/2013
864	2:01.87	Wold, Grace	UN	11/9/2012
817	2:04.16	Vanderwel, Heidi	KING	3/13/2013
783	2:05.84	Keane, Anna	BC	12/13/2012
771	2:06.46	Taylor, Hannah	UN	12/13/2012
760	2:06.99	Rosen, Laura	NWAC	3/13/2013
400 Y INDIVIDUAL MEDLEY (4:32.86)				
PP	TIME	NAME	TEAM	DATE
861	4:18.03	McCann, Carolyn	KING	3/13/2013
793	4:25.49	Vanderwel, Heidi	KING	1/17/2013
792	4:25.61	Wold, Grace	BC	3/13/2013
738	4:31.67	Taylor, Hannah	UN	12/13/2012

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2012/2013	17	69	55287	801.26	792.86
2011/2012	16	57	44717	784.50	777.78
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 EIGHTEEN YEARS – 2012/2013

50 Y FREESTYLE (24.29)				
PP	TIME	NAME	TEAM	DATE
864	23.01	Kinnear, Katie	UN	2/27/2013
816	23.49	Taylor, Hannah	SRST	3/13/2013
770	23.96	Cratsenberg, Amber	UN	11/15/2012
100 Y FREESTYLE (52.61)				
PP	TIME	NAME	TEAM	DATE
768	51.82	Taylor, Hannah	SRST	3/16/2013
761	51.96	Cratsenberg, Amber	UN	11/15/2012
731	52.56	Laurent, Kalena	BC	3/16/2013
200 Y FREESTYLE (1:53.51)				
PP	TIME	NAME	TEAM	DATE
758	1:52.05	Wu, Joanna	UN	11/16/2012
740	1:52.75	Laurent, Kalena	BC	12/13/2012
737	1:52.88	Cratsenberg, Amber	UN	11/15/2012
500 Y FREESTYLE (5:04.13)				
PP	TIME	NAME	TEAM	DATE
755	4:57.90	Wu, Joanna	UN	11/16/2012
728	5:00.64	Cratsenberg, Amber	UN	11/15/2012
703	5:03.25	Laurent, Kalena	BC	3/13/2013
1000 Y FREESTYLE (11:16.63)				
PP	TIME	NAME	TEAM	DATE
732	10:25.12	Grundman, Sarah	BISC	3/13/2013
1650 Y FREESTYLE (18:12.05)				
PP	TIME	NAME	TEAM	DATE
738	17:27.51	Laurent, Kalena	BC	1/17/2013
734	17:29.07	Grundman, Sarah	BISC	3/13/2013
668	17:55.37	Penrose, Casey	UN	11/16/2012
100 Y BACKSTROKE (58.18)				
PP	TIME	NAME	TEAM	DATE
925	54.32	Kinnear, Katie	UN	2/27/2013
863	55.68	Wu, Joanna	UN	11/16/2012
775	57.69	Taylor, Hannah	SRST	3/13/2013
200 Y BACKSTROKE (2:06.76)				
PP	TIME	NAME	TEAM	DATE
877	1:59.17	Kinnear, Katie	UN	11/15/2012
866	1:59.75	Wu, Joanna	UN	11/16/2012
744	2:06.23	Ainsworth, Kristin	KING	3/13/2013
742	2:06.36	Maier, Stacy	BC	12/13/2012
100 Y BREASTSTROKE (1:07.18)				
PP	TIME	NAME	TEAM	DATE
789	1:04.68	Kaestner, Katie	UN	11/29/2012
745	1:05.95	Weyer, Alexa	UN	11/16/2012
742	1:06.05	Sullenberger, Shanell	UN	11/30/2012
739	1:06.13	Taylor, Hannah	SRST	3/13/2013
711	1:06.97	Scarcello, Andi	UN	11/9/2012
706	1:07.11	Sullenberger, Kiana	UN	11/30/2012
200 Y BREASTSTROKE (2:27.21)				
PP	TIME	NAME	TEAM	DATE
719	2:24.30	Kaestner, Katie	UN	11/29/2012
711	2:24.80	Deiparine, Danielle	BC	12/13/2012
696	2:25.85	Flaten, Kayla	IST	3/13/2013
675	2:27.21	Sullenberger, Shanell	UN	11/30/2012
100 Y BUTTERFLY (57.49)				
PP	TIME	NAME	TEAM	DATE
915	53.11	Kinnear, Katie	UN	2/27/2013
798	55.99	Laurent, Kalena	BC	3/13/2013
740	57.44	Domanowski, Jenni	UN	11/29/2012

200 Y BUTTERFLY (2:10.19)				
PP	TIME	NAME	TEAM	DATE
874	1:59.71	Kinnear, Katie	UN	2/27/2013
842	2:01.59	Laurent, Kalena	BC	12/13/2012
808	2:03.54	Hu, Ciara	UN	3/20/2013
790	2:04.64	Domanowski, Jenni	UN	11/29/2012
730	2:08.20	Penrose, Casey	UN	11/16/2012
200 Y INDIVIDUAL MEDLEY (2:08.18)				
PP	TIME	NAME	TEAM	DATE
777	2:06.15	Kinnear, Katie	UN	11/15/2012
769	2:06.55	Taylor, Hannah	SRST	3/13/2013
767	2:06.66	Hu, Ciara	UN	2/13/2013
737	2:08.17	Laurent, Kalena	BC	3/13/2013
400 Y INDIVIDUAL MEDLEY (4:37.47)				
PP	TIME	NAME	TEAM	DATE
780	4:26.91	Hu, Ciara	UN	3/20/2013
721	4:33.50	Domanowski, Jenni	UN	11/29/2012
721	4:33.58	Ainsworth, Kristin	KING	3/3/2013
719	4:33.80	Laurent, Kalena	BC	1/17/2013
713	4:34.49	Penrose, Casey	UN	11/16/2012
706	4:35.22	Grundman, Sarah	BISC	3/13/2013
701	4:35.84	Taylor, Hannah	SRST	3/13/2013

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2012/2013	18	52	39636	762.23	778.75
2011/2012	17	63	48771	774.14	779.83
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

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2011/2012	18	29	21744	749.79	771.46
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

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 – 2012/2013

50 Y FREESTYLE (23.53)				
RNK	TIME	NAME	TEAM	DATE
52	23.01	Kinnear, Katie	UN	2/27/2013
102	23.27	Sutherland, Ashley	KING	3/15/2013
124	23.36	Keane, Anna	UN	11/9/2012
124	23.36	Ginnis, Morgan	WEST	12/13/2012
154	23.44	Ramey, Kenna	UN	11/9/2012
175	23.49	Taylor, Hannah	SRST	3/13/2013
100 Y FREESTYLE (50.91)				
RNK	TIME	NAME	TEAM	DATE
78	50.19	Sutherland, Ashley	KING	12/13/2012
131	50.60	Keane, Anna	UN	11/9/2012
200 Y FREESTYLE (1:49.84)				
RNK	TIME	NAME	TEAM	DATE
150	1:49.39	Sutherland, Ashley	KING	3/13/2013
182	1:49.72	Cann, Felicity	UN	11/9/2012
500 Y FREESTYLE (4:54.36)				
RNK	TIME	NAME	TEAM	DATE
1000 Y FREESTYLE (10:13.48)				
RNK	TIME	NAME	TEAM	DATE
1650 Y FREESTYLE (17:07.13)				
RNK	TIME	NAME	TEAM	DATE
146	16:58.75	Huffer, Emily	NWAC	12/13/2012
100 Y BACKSTROKE (55.95)				
RNK	TIME	NAME	TEAM	DATE
12	52.75	Weiss, Hannah	KING	3/17/2013
61	54.32	Kinnear, Katie	UN	2/27/2013
67	54.38	Vanderwel, Heidi	KING	3/13/2013
161	55.68	Wu, Joanna	UN	11/16/2012
173	55.74	Kawaguchi, Megan	WWA	12/13/2012
200	55.95	McKee, Kaela	UN	11/9/2012
200 Y BACKSTROKE (2:01.05)				
RNK	TIME	NAME	TEAM	DATE
23	1:55.54	Weiss, Hannah	KING	3/13/2013
54	1:57.49	Vanderwel, Heidi	KING	3/13/2013
106	1:59.17	Kinnear, Katie	UN	11/15/2012
125	1:59.73	Williams, Kim	BC	3/13/2013
127	1:59.75	Wu, Joanna	UN	11/16/2012
168	2:00.57	Tanasse, Emily	KING	12/13/2012
182	2:00.83	Kawaguchi, Megan	WWA	3/13/2013
183	2:00.84	Haugen, Gianna	KING	3/22/2013
194	2:01.00	Sullivan, Abby	TSC	3/13/2013
100 Y BREASTSTROKE (1:04.22)				
RNK	TIME	NAME	TEAM	DATE
9	1:00.93	McCann, Carolyn	KING	3/13/2013
119	1:03.49	Williams, Kim	UN	11/9/2012
144	1:03.80	Cook, Alyssa	KING	3/13/2013
189	1:04.16	Roberson, Kayla	BC	3/13/2013
200 Y BREASTSTROKE (2:19.70)				
RNK	TIME	NAME	TEAM	DATE
35	2:14.33	McCann, Carolyn	KING	3/13/2013
114	2:17.80	Cook, Alyssa	KING	3/13/2013
144	2:18.65	Crawford, Jocelyn	CAAT	3/22/2013
100 Y BUTTERFLY (55.47)				
RNK	TIME	NAME	TEAM	DATE
15	53.11	Kinnear, Katie	UN	2/27/2013

68	54.46	Weiss, Hannah	KING	12/13/2012
78	54.64	Vanderwel, Heidi	KING	12/13/2012
166	55.30	McCann, Carolyn	KING	3/13/2013
200 Y BUTTERFLY (2:03.44)				
RNK	TIME	NAME	TEAM	DATE
47	1:59.71	Kinnear, Katie	UN	2/27/2013
107	2:01.59	Laurent, Kalena	BC	12/13/2012
128	2:02.01	Kwan, Sabrina	OCA	12/13/2012
200 Y INDIVIDUAL MEDLEY (2:03.84)				
RNK	TIME	NAME	TEAM	DATE
43	2:00.42	McCann, Carolyn	KING	3/13/2013
58	2:01.20	Williams, Kim	UN	11/9/2012
90	2:01.87	Wold, Grace	UN	11/9/2012
143	2:02.92	Cook, Alyssa	KING	3/13/2013
400 Y INDIVIDUAL MEDLEY (4:24.36)				
RNK	TIME	NAME	TEAM	DATE
17	4:12.80	Williams, Kim	BC	3/13/2013
45	4:17.07	Cook, Alyssa	KING	3/13/2013
54	4:18.03	McCann, Carolyn	KING	3/13/2013
169	4:23.47	Briggs, Mackenna	IST	3/13/2013

YEAR	# SWIMS	AVG PLACE
2013	48	109.08
2012	49	108.08
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	2009	2010	2011	2012	2013
50 free	23.72	23.74	23.67	23.64	23.53
100 free	51.18	51.41	51.26	51.17	50.91
200 free	1:50.33	1:50.70	1:50.28	1:50.35	1:49.84
400 free	4:54.95	4:55.69	4:54.47	4:55.19	4:54.36
1000 free	10:16.30	10:14.21	10:14.12	10:18.67	10:13.48
1650 free	17:10.01	17:09.97	17:09.95	17:10.70	17:07.13
100 back	56.48	56.62	56.25	56.16	55.95
200 back	2:01.93	2:02.33	2:01.67	2:01.83	2:01.05
100 breast	1:04.59	1:04.64	1:04.56	1:04.47	1:04.22
200 breast	2:20.24	2:20.44	2:20.10	2:20.56	2:19.70
100 fly	55.82	56.00	55.91	55.76	55.47
200 fly	2:03.25	2:03.78	2:03.45	2:03.63	2:03.44
200 i.m.	2:04.54	2:04.63	2:04.51	2:04.03	2:03.84
400 i.m.	4:24.84	4:25.15	4:24.57	4:25.37	4:24.36

NATIONAL TOP 200 – WOMEN – 2012/2013

50 Y FREESTYLE (23.15)				
AGE	TIME	NAME	TEAM	DATE
140	23.01	Kinnear, Katie	UN	2/27/2013
100 Y FREESTYLE (50.29)				
AGE	TIME	NAME	TEAM	DATE
181	50.19	Sutherland, Ashley	KING	12/13/2012
200 Y FREESTYLE (1:48.69)				
AGE	TIME	NAME	TEAM	DATE
184	4:50.46	Thayer, Annemarie	UN	11/30/2012
500 Y FREESTYLE (4:50.98)				
AGE	TIME	NAME	TEAM	DATE
1000 Y FREESTYLE (10:10.20)				
AGE	TIME	NAME	TEAM	DATE
1650 Y FREESTYLE (16:52.15)				
AGE	TIME	NAME	TEAM	DATE
100 Y BACKSTROKE (55.03)				
AGE	TIME	NAME	TEAM	DATE
31	52.75	Weiss, Hannah	KING	3/17/2013
66	53.65	Thayer, Annemarie	UN	11/30/2012
125	54.32	Kinnear, Katie	UN	2/27/2013
135	54.38	Vanderwel, Heidi	KING	3/13/2013
200 Y BACKSTROKE (1:59.17)				
AGE	TIME	NAME	TEAM	DATE
49	1:55.54	Weiss, Hannah	KING	3/13/2013
83	1:56.90	Thayer, Annemarie	UN	11/30/2012
107	1:57.49	Vanderwel, Heidi	KING	3/13/2013
200	1:59.17	Kinnear, Katie	UN	11/15/2012
100 Y BREASTSTROKE (1:03.10)				
AGE	TIME	NAME	TEAM	DATE
31	1:00.35	Jendrick, Megan	UN	12/13/2012
48	1:00.93	McCann, Carolyn	KING	3/13/2013
157	1:02.67	Harper, Heather	UN	3/3/2013
200 Y BREASTSTROKE (2:16.98)				
AGE	TIME	NAME	TEAM	DATE
68	2:13.07	Jendrick, Megan	UN	12/13/2012
100	2:14.33	McCann, Carolyn	KING	3/13/2013
168	2:16.44	Harper, Heather	UN	2/20/2013
100 Y BUTTERFLY (54.81)				
AGE	TIME	NAME	TEAM	DATE
41	53.11	Kinnear, Katie	UN	2/27/2013
146	54.46	Weiss, Hannah	KING	12/13/2012
166	54.64	Vanderwel, Heidi	KING	12/13/2012
200 Y BUTTERFLY (2:01.38)				
AGE	TIME	NAME	TEAM	DATE
110	1:59.71	Kinnear, Katie	UN	2/27/2013
200 Y INDIVIDUAL MEDLEY (2:01.83)				
AGE	TIME	NAME	TEAM	DATE
104	2:00.42	McCann, Carolyn	KING	3/13/2013
144	2:01.20	Williams, Kim	UN	11/9/2012
400 Y INDIVIDUAL MEDLEY (4:20.44)				
PP	TIME	NAME	TEAM	DATE
48	4:12.80	Williams, Kim	BC	3/13/2013
110	4:17.07	Cook, Alyssa	KING	3/13/2013
132	4:18.03	McCann, Carolyn	KING	3/13/2013

YEAR	# SWIMS	AVG PLACE
2013	26	110.53
2012	19	113.57
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	2009	2010	2011	2012	2013
50 free	23.32	23.40	23.31	23.23	23.15
100 free	50.45	50.73	50.45	50.42	50.29
200 free	1:48.87	1:49.31	1:48.92	1:48.82	1:48.69
400 free	4:51.52	4:51.88	4:51.54	4:51.05	4:50.98
1000 free	10:14.63	10:11.49	10:11.02	10:15.94	10:10.20
1650 free	16:56.94	16:56.02	16:51.83	16:52.17	16:52.15
100 back	55.65	55.78	55.47	55.23	55.03
200 back	2:00.24	2:00.91	1:59.87	1:59.47	1:59.17
100 breast	1:03.69	1:03.76	1:03.43	1:03.13	1:03.10
200 breast	2:18.46	2:18.27	2:17.54	2:16.95	2:16.98
100 fly	55.08	55.30	55.09	54.86	54.81
200 fly	2:01.62	2:02.02	2:01.48	2:01.46	2:01.38
200 i.m.	2:02.71	2:02.99	2:02.34	2:01.84	2:01.83
400 i.m.	4:22.39	4:21.82	4:20.66	4:20.94	4:20.44