

## NATIONAL TOP 200 – GIRLS ELEVEN YEARS – 2012/2013

50 M FREESTYLE (30.65)				
PP	TIME	NAME	TEAM	DATE
798	29.68	Chien, Isabel	KING	7/11/2013
797	29.69	Beers, Eleanor	PPST	6/2/2013
764	30.16	Ross, Bree	KING	7/25/2013
760	30.22	Battistoni, Belle	KING	7/25/2013
100 M FREESTYLE (1:07.02)				
PP	TIME	NAME	TEAM	DATE
801	1:04.91	Ross, Bree	KING	7/28/2013
764	1:05.92	Beers, Eleanor	PPST	4/13/2013
760	1:06.04	Battistoni, Belle	KING	7/25/2013
749	1:06.35	Chien, Isabel	KING	7/11/2013
737	1:06.67	Ton, Deanna	CSC	7/25/2013
200 M FREESTYLE (2:25.71)				
PP	TIME	NAME	TEAM	DATE
779	2:21.56	Li, Delora	PDST	4/26/2013
777	2:21.65	Kabacy, Taylor	KING	7/11/2013
752	2:22.97	Ton, Deanna	CSC	7/25/2013
741	2:23.60	Battistoni, Belle	KING	7/25/2013
708	2:25.43	Ross, Bree	KING	7/25/2013
704	2:25.63	Campbell, Shannon	BISC	7/25/2013
400 M FREESTYLE (5:06.83)				
PP	TIME	NAME	TEAM	DATE
757	4:58.77	Ton, Deanna	CSC	7/25/2013
754	4:59.05	Li, Delora	PDST	4/26/2013
747	4:59.81	Kabacy, Taylor	KING	7/25/2013
717	5:03.26	Jin, Rachel	PDST	7/25/2013
704	5:04.70	Battistoni, Belle	KING	7/25/2013
697	5:05.45	Dupuis, Lauren	CSC	7/25/2013
800 M FREESTYLE (11:20.38)				
PP	TIME	NAME	TEAM	DATE
837	10:17.31	Kabacy, Taylor	KING	7/25/2013
805	10:25.10	Jin, Rachel	PDST	7/11/2013
757	10:37.18	Valdman, Nathalie	UN	7/25/2013
711	10:48.83	Warnock, Maya	KING	7/25/2013
707	10:50.07	Chien, Isabel	KING	7/11/2013
691	10:54.19	Delaney, Maggie	MMSC	7/25/2013
1500 M FREESTYLE (192)				
PP	TIME	NAME	TEAM	DATE
928	19:24.61	Kabacy, Taylor	KING	7/25/2013
837	20:08.08	Dupuis, Lauren	CSC	7/25/2013
781	20:35.57	Delaney, Maggie	MMSC	7/25/2013
765	20:43.60	Warnock, Maya	KING	7/25/2013
456	23:35.75	Himes, Danika	IST	5/17/2013
50 M BACKSTROKE (35.97)				
PP	TIME	NAME	TEAM	DATE
756	35.16	Freeman, Alma	BC	7/25/2013
744	35.34	Himes, Danika	IST	7/26/2013
717	35.75	Chien, Isabel	KING	6/2/2013
707	35.90	Pak, Jazlynn	WAVE	7/25/2013
100 M BACKSTROKE (1:17.30)				
PP	TIME	NAME	TEAM	DATE
762	1:15.51	Pak, Jazlynn	WAVE	7/25/2013
748	1:15.97	Himes, Danika	IST	7/25/2013
748	1:15.98	Kabacy, Taylor	KING	7/25/2013
200 M BACKSTROKE (2:48.52)				
PP	TIME	NAME	TEAM	DATE
804	2:41.63	Kabacy, Taylor	KING	7/25/2013
784	2:43.19	Freeman, Alma	BC	7/25/2013

782	2:43.38	Himes, Danika	IST	7/25/2013
742	2:46.51	Pak, Jazlynn	WAVE	7/25/2013
50 M BREASTSTROKE (40.12)				
PP	TIME	NAME	TEAM	DATE
776	38.57	Battistoni, Belle	KING	7/25/2013
772	38.65	Yao, Allyson	PDST	7/25/2013
755	38.97	Nguyen, Mandolin	CAAT	7/25/2013
753	39.01	Chien, Isabel	KING	7/11/2013
752	39.02	Himes, Danika	IST	7/25/2013
745	39.16	Sayles, Lauren	IST	7/25/2013
742	39.22	Li, Delora	PDST	4/26/2013
728	39.48	Straume, Elli	WEST	7/25/2013
707	39.88	Freeman, Alma	BC	7/25/2013
100 M BREASTSTROKE (1:27.90)				
PP	TIME	NAME	TEAM	DATE
804	1:23.20	Chien, Isabel	KING	7/11/2013
770	1:24.61	Yao, Allyson	PDST	7/25/2013
760	1:25.01	Battistoni, Belle	KING	7/25/2013
749	1:25.49	Nguyen, Mandolin	CAAT	7/25/2013
740	1:25.83	Himes, Danika	IST	7/25/2013
733	1:26.13	Sayles, Lauren	IST	7/25/2013
200 M BREASTSTROKE (3:12.23)				
PP	TIME	NAME	TEAM	DATE
836	2:58.85	Chien, Isabel	KING	7/11/2013
835	2:58.92	Yao, Allyson	PDST	7/25/2013
774	3:04.57	Nguyen, Mandolin	CAAT	7/25/2013
769	3:05.06	Sayles, Lauren	IST	7/25/2013
760	3:05.97	Freeman, Alma	BC	7/25/2013
747	3:07.13	Li, Delora	PDST	4/26/2013
746	3:07.23	Jin, Rachel	PDST	6/8/2013
714	3:10.31	Liljar, Ashlea	KING	7/11/2013
710	3:10.72	Himes, Danika	IST	7/25/2013
50 M BUTTERFLY (33.28)				
PP	TIME	NAME	TEAM	DATE
850	31.28	Ward, Emily	KING	7/25/2013
830	31.60	Chien, Isabel	KING	6/2/2013
807	31.97	Li, Delora	PDST	4/26/2013
770	32.57	Ross, Bree	KING	7/11/2013
729	33.25	Beers, Eleanor	PPST	6/2/2013
100 M BUTTERFLY (1:15.87)				
PP	TIME	NAME	TEAM	DATE
863	1:09.64	Li, Delora	PDST	4/26/2013
843	1:10.38	Chien, Isabel	KING	5/17/2013
791	1:12.31	Ross, Bree	KING	7/25/2013
771	1:13.05	Ward, Emily	KING	7/25/2013
736	1:14.39	Jin, Rachel	PDST	7/25/2013
698	1:15.87	Pak, Jazlynn	WAVE	7/25/2013
200 M BUTTERFLY (3:00.90)				
PP	TIME	NAME	TEAM	DATE
865	2:39.92	Chien, Isabel	KING	5/17/2013
775	2:48.08	Ross, Bree	KING	7/25/2013
764	2:49.04	Jin, Rachel	PDST	6/29/2013
747	2:50.68	Warnock, Maya	KING	7/25/2013
707	2:54.39	Yao, Allyson	PDST	7/11/2013
703	2:54.81	Liu, Lilly	PDST	7/25/2013
682	2:56.80	Ward, Emily	KING	7/25/2013
662	2:58.71	Delaney, Maggie	MMSC	7/25/2013
200 M INDIVIDUAL MEDLEY (2:45.25)				
PP	TIME	NAME	TEAM	DATE
813	2:38.71	Chien, Isabel	KING	5/17/2013
793	2:40.13	Li, Delora	PDST	4/26/2013



788	2:40.43	Jin, Rachel	PDST	7/25/2013
780	2:41.02	Himes, Danika	IST	7/25/2013
724	2:45.00	Ross, Bree	KING	7/25/2013
721	2:45.20	Kabacy, Taylor	KING	7/11/2013
<b>400 M INDIVIDUAL MEDLEY (6:02.85)</b>				
PP	TIME	NAME	TEAM	DATE
905	5:32.39	Li, Delora	PDST	4/26/2013
830	5:44.19	Jin, Rachel	PDST	7/25/2013
823	5:45.16	Chien, Isabel	KING	7/11/2013
798	5:49.25	Kabacy, Taylor	KING	7/11/2013
753	5:56.46	Ward, Emily	KING	7/25/2013
746	5:57.61	Ross, Bree	KING	7/25/2013
744	5:57.96	Himes, Danika	IST	7/25/2013
737	5:59.15	Delaney, Maggie	MMSC	7/25/2013

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2013	11	82	62421	761.23	761.52

## NATIONAL TOP 200 – GIRLS TWELVE YEARS – 2012/2013

50 M FREESTYLE (29.35)				
PP	TIME	NAME	TEAM	DATE
860	27.81	Dang, Gabby	WAVE	7/25/2013
818	28.37	Pedersen, Bindi	MMSC	7/11/2013
796	28.67	Williams, Alex	OCA	7/25/2013
764	29.10	Varang, Tiana	BBST	7/11/2013
761	29.14	Limargo, Chloe	UN	5/17/2013
757	29.20	Dimeco, Sarah	IST	7/25/2013
100 M FREESTYLE (1:03.93)				
PP	TIME	NAME	TEAM	DATE
873	1:00.30	Dang, Gabby	WAVE	7/25/2013
806	1:02.01	Limargo, Chloe	UN	5/17/2013
796	1:02.29	Pedersen, Bindi	MMSC	7/11/2013
742	1:03.70	Hughes, Courtney	KING	7/25/2013
200 M FREESTYLE (2:18.66)				
PP	TIME	NAME	TEAM	DATE
870	2:10.80	Dang, Gabby	WAVE	7/25/2013
815	2:13.54	Pedersen, Bindi	MMSC	4/26/2013
772	2:15.70	Hughes, Courtney	KING	7/25/2013
729	2:17.96	Barker, Hannah	ESC	5/17/2013
400 M FREESTYLE (4:52.42)				
PP	TIME	NAME	TEAM	DATE
776	4:44.50	Pedersen, Bindi	MMSC	7/25/2013
755	4:46.80	Hughes, Courtney	KING	7/25/2013
748	4:47.54	Tungate, Olivia-kisaki	NWAC	7/25/2013
726	4:49.83	Li, Delora	PDST	8/8/2013
718	4:50.72	Dang, Gabby	WAVE	5/17/2013
800 M FREESTYLE (10:23.90)				
PP	TIME	NAME	TEAM	DATE
796	9:54.00	Hughes, Courtney	KING	7/25/2013
785	9:56.51	Li, Delora	PDST	7/25/2013
779	9:58.14	Pedersen, Bindi	MMSC	5/31/2013
747	10:05.65	Groysman, Yulia	KING	7/25/2013
700	10:17.08	Benson, Tatum	TSC	7/25/2013
695	10:18.42	Dang, Gabby	WAVE	5/4/2013
1500 M FREESTYLE (20:35.43)				
PP	TIME	NAME	TEAM	DATE
852	18:46.61	Pedersen, Bindi	MMSC	7/11/2013
786	19:17.00	Dang, Gabby	WAVE	7/5/2013
737	19:39.95	Tonsmann, Hannah	BISC	7/25/2013
722	19:47.31	Bantle, Melanie	OCA	7/25/2013
711	19:52.60	Young, Stephanie	IST	5/31/2013
672	20:12.11	Benson, Tatum	TSC	7/25/2013
661	20:17.50	Nielsen, Mari	BC	7/25/2013
645	20:25.78	Groysman, Yulia	KING	7/11/2013
50 M BACKSTROKE (34.02)				
PP	TIME	NAME	TEAM	DATE
944	31.13	Dang, Gabby	WAVE	7/25/2013
847	32.43	Tungate, Olivia-kisaki	NWAC	7/25/2013
840	32.53	Pedersen, Bindi	MMSC	4/26/2013
792	33.20	Williams, Alex	OCA	7/25/2013
778	33.39	Varang, Tiana	BBST	7/25/2013
772	33.48	Nguyen, Rachel	BC	7/26/2013
100 M BACKSTROKE (1:13.00)				
PP	TIME	NAME	TEAM	DATE
870	1:08.57	Dang, Gabby	WAVE	7/25/2013
836	1:09.59	Tungate, Olivia-kisaki	NWAC	7/25/2013
801	1:10.68	Pedersen, Bindi	MMSC	7/11/2013
774	1:11.54	Nguyen, Rachel	BC	7/25/2013
762	1:11.92	Williams, Alex	OCA	8/8/2013

739	1:12.63	Limargo, Chloe	UN	5/17/2013
738	1:12.69	Varang, Tiana	BBST	7/25/2013
200 M BACKSTROKE (2:38.37)				
PP	TIME	NAME	TEAM	DATE
854	2:28.86	Tungate, Olivia-kisaki	NWAC	7/25/2013
827	2:30.81	Dang, Gabby	WAVE	8/8/2013
780	2:34.18	Hughes, Courtney	KING	7/25/2013
773	2:34.73	Pedersen, Bindi	MMSC	6/8/2013
763	2:35.44	Barker, Hannah	ESC	5/17/2013
747	2:36.67	Williams, Alex	OCA	7/25/2013
50 M BREASTSTROKE (38.00)				
PP	TIME	NAME	TEAM	DATE
771	36.98	Pedersen, Bindi	MMSC	6/8/2013
718	37.94	Chien, Isabel	KING	7/25/2013
100 M BREASTSTROKE (1:23.57)				
PP	TIME	NAME	TEAM	DATE
836	1:17.53	Pedersen, Bindi	MMSC	8/8/2013
731	1:21.65	Chien, Isabel	KING	7/25/2013
711	1:22.46	Li, Delora	PDST	7/11/2013
697	1:23.02	Le, Yanran	BBST	7/11/2013
696	1:23.06	Lindh, Shianne	KING	5/17/2013
200 M BREASTSTROKE (3:01.71)				
PP	TIME	NAME	TEAM	DATE
871	2:45.21	Pedersen, Bindi	MMSC	8/8/2013
764	2:54.58	Hughes, Courtney	KING	7/25/2013
739	2:56.85	Lindh, Shianne	KING	7/11/2013
723	2:58.28	Le, Yanran	BBST	7/11/2013
717	2:58.81	Li, Delora	PDST	6/29/2013
714	2:59.06	Chien, Isabel	KING	7/25/2013
50 M BUTTERFLY (31.73)				
PP	TIME	NAME	TEAM	DATE
877	29.55	Dang, Gabby	WAVE	7/25/2013
821	30.41	Pedersen, Bindi	MMSC	7/11/2013
814	30.51	Chien, Isabel	KING	7/25/2013
771	31.19	Li, Delora	PDST	7/11/2013
761	31.34	DeCoteau, Alice	BC	5/17/2013
758	31.39	Wu, Claire	WAVE	7/25/2013
100 M BUTTERFLY (1:11.08)				
PP	TIME	NAME	TEAM	DATE
901	1:04.76	Dang, Gabby	WAVE	7/25/2013
862	1:06.12	Pedersen, Bindi	MMSC	7/11/2013
844	1:06.75	Li, Delora	PDST	7/25/2013
829	1:07.26	Tungate, Olivia-kisaki	NWAC	7/25/2013
786	1:08.79	Chien, Isabel	KING	7/25/2013
200 M BUTTERFLY (2:44.22)				
PP	TIME	NAME	TEAM	DATE
911	2:24.15	Tungate, Olivia-kisaki	NWAC	7/25/2013
895	2:25.45	Pedersen, Bindi	MMSC	8/8/2013
797	2:33.61	Li, Delora	PDST	7/25/2013
762	2:36.56	Chien, Isabel	KING	8/8/2013
711	2:41.00	Dang, Gabby	WAVE	5/17/2013
200 M INDIVIDUAL MEDLEY (2:37.53)				
PP	TIME	NAME	TEAM	DATE
881	2:27.30	Pedersen, Bindi	MMSC	7/25/2013
837	2:30.19	Tungate, Olivia-kisaki	NWAC	7/25/2013
779	2:34.02	Hughes, Courtney	KING	7/25/2013
771	2:34.51	Chien, Isabel	KING	7/25/2013
768	2:34.71	Li, Delora	PDST	7/25/2013
755	2:35.59	Dang, Gabby	WAVE	6/27/2013
400 M INDIVIDUAL MEDLEY (5:41.71)				
PP	TIME	NAME	TEAM	DATE

# PACIFIC NORTHWEST SWIMMING



PACIFIC  
NORTHWEST  
SWIMMING

882	5:13.57	Pedersen, Bindi	MMSC	7/25/2013
851	5:17.97	Tungate, Olivia-kisaki	NWAC	7/25/2013
785	5:27.79	Dang, Gabby	WAVE	5/17/2013
782	5:28.30	Limargo, Chloe	UN	5/17/2013
777	5:29.05	Li, Delora	PDST	7/25/2013
723	5:37.23	Hughes, Courtney	KING	7/25/2013
702	5:40.42	Young, Stephanie	IST	5/17/2013

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2013	12	80	62224	777.80	766.43
2012	11	99	75951	767.18	751.68

## NATIONAL TOP 200 – GIRLS THIRTEEN YEARS – 2012/2013

50 M FREESTYLE (28.76)				
PP	TIME	NAME	TEAM	DATE
844	27.52	Campbell, Lia	BISC	7/25/2013
100 M FREESTYLE (1:02.25)				
PP	TIME	NAME	TEAM	DATE
841	59.63	Campbell, Lia	BISC	7/25/2013
763	1:01.44	Matsuda, Jeni	UN	7/25/2013
738	1:02.03	Limargo, Chloe	UN	7/25/2013
200 M FREESTYLE (2:14.56)				
PP	TIME	NAME	TEAM	DATE
775	2:10.97	Campbell, Lia	BISC	8/8/2013
719	2:13.56	Matsuda, Jeni	UN	7/25/2013
710	2:13.98	Huffer, Kelly	NWAC	7/25/2013
400 M FREESTYLE (4:43.90)				
PP	TIME	NAME	TEAM	DATE
751	4:35.96	Campbell, Lia	BISC	7/25/2013
676	4:43.13	Matsuda, Jeni	UN	7/25/2013
800 M FREESTYLE (9:53.07)				
PP	TIME	NAME	TEAM	DATE
671	9:49.59	Emerick, Laina	GAC	7/25/2013
662	9:51.53	Barker, Hannah	ESC	8/8/2013
1500 M FREESTYLE (19:06.06)				
PP	TIME	NAME	TEAM	DATE
727	18:32.92	Huffer, Kelly	NWAC	7/25/2013
690	18:48.55	Emerick, Laina	GAC	7/25/2013
680	18:52.70	Raines, Chase	KING	7/25/2013
663	18:59.79	Campbell, Lia	BISC	5/4/2013
100 M BACKSTROKE (1:11.01)				
PP	TIME	NAME	TEAM	DATE
729	1:10.88	Campbell, Lia	BISC	5/17/2013
200 M BACKSTROKE (2:32.40)				
PP	TIME	NAME	TEAM	DATE
777	2:28.23	Huffer, Kelly	NWAC	7/25/2013
730	2:31.28	Raines, Chase	KING	7/25/2013
100 M BREASTSTROKE (1:21.52)				
PP	TIME	NAME	TEAM	DATE
774	1:17.53	Limberg, Nicole	WEST	5/24/2013
705	1:19.97	Andren, Ursula	TSC	5/24/2013
696	1:20.29	Johnson, Evelyn	KING	7/25/2013
692	1:20.41	Limargo, Chloe	WAVE	8/8/2013
200 M BREASTSTROKE (2:55.31)				
PP	TIME	NAME	TEAM	DATE
686	2:52.88	Limberg, Nicole	WEST	5/24/2013
100 M BUTTERFLY (1:08.83)				
PP	TIME	NAME	TEAM	DATE
776	1:06.73	Huffer, Kelly	NWAC	7/25/2013
736	1:07.94	Campbell, Lia	BISC	8/8/2013
717	1:08.51	Forbord, Sierra	PAC	6/29/2013
712	1:08.65	Daigneault, Louise	CSC	7/25/2013
706	1:08.83	Chong, Amber	PDST	7/11/2013
200 M BUTTERFLY (2:34.29)				
PP	TIME	NAME	TEAM	DATE
844	2:23.53	Huffer, Kelly	NWAC	7/25/2013
733	2:31.25	Campbell, Lia	BISC	7/25/2013

200 M INDIVIDUAL MEDLEY (2:33.48)				
PP	TIME	NAME	TEAM	DATE
784	2:29.10	Campbell, Lia	BISC	7/25/2013
781	2:29.30	Huffer, Kelly	NWAC	7/25/2013
400 M INDIVIDUAL MEDLEY (5:24.60)				
PP	TIME	NAME	TEAM	DATE
800	5:11.62	Huffer, Kelly	NWAC	7/25/2013
722	5:22.03	Campbell, Lia	BISC	7/25/2013
710	5:23.56	Rimat, Karlie	MMSC	7/25/2013

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2013	13	35	25720	734.85	756.45
2012	12	41	31372	765.17	768.49
2011	11	58	38808	669.10	741.52

## NATIONAL TOP 200 – GIRLS FOURTEEN YEARS 2012/2013

50 M FREESTYLE (28.16)				
PP	TIME	NAME	TEAM	DATE
837	27.13	Fang, Elisa	BC	7/27/2013
757	28.08	Kwan, Sabrina	OCA	7/25/2013
756	28.09	Forbord, Sierra	PAC	8/8/2013
100 M FREESTYLE (1:00.71)				
PP	TIME	NAME	TEAM	DATE
800	59.77	Domanowski, Christina	BC	7/25/2013
764	1:00.61	Smith, Cameron	CSC	7/28/2013
763	1:00.62	Fang, Elisa	BC	7/25/2013
763	1:00.62	Pressler, Maddie	WEST	7/25/2013
200 M FREESTYLE (2:11.63)				
PP	TIME	NAME	TEAM	DATE
848	2:06.65	Smith, Cameron	CSC	8/8/2013
816	2:08.04	Domanowski, Christina	BC	8/8/2013
766	2:10.26	Pressler, Maddie	WEST	7/25/2013
400 M FREESTYLE (4:38.10)				
PP	TIME	NAME	TEAM	DATE
833	4:26.40	Smith, Cameron	CSC	8/8/2013
788	4:30.41	Domanowski, Christina	BC	7/25/2013
718	4:36.88	Pressler, Maddie	WEST	7/25/2013
800 M FREESTYLE (9:39.53)				
PP	TIME	NAME	TEAM	DATE
831	9:11.33	Smith, Cameron	CSC	8/8/2013
738	9:30.03	Domanowski, Christina	BC	7/25/2013
710	9:35.86	Pressler, Maddie	WEST	6/27/2013
1500 M FREESTYLE (18:34.71)				
PP	TIME	NAME	TEAM	DATE
701	18:28.87	Domanowski, Christina	BC	6/27/2013
100 M BACKSTROKE (1:09.00)				
PP	TIME	NAME	TEAM	DATE
841	1:06.51	Fang, Elisa	BC	7/25/2013
826	1:06.91	Pressler, Maddie	WEST	7/25/2013
762	1:08.65	Forbord, Sierra	PAC	8/8/2013
200 M BACKSTROKE (2:28.58)				
PP	TIME	NAME	TEAM	DATE
831	2:22.68	Pressler, Maddie	WEST	7/25/2013
753	2:27.59	Domanowski, Christina	BC	7/25/2013
100 M BREASTSTROKE (1:19.41)				
PP	TIME	NAME	TEAM	DATE
807	1:16.25	Limberg, Nicole	WEST	7/16/2013
787	1:16.94	Andren, Ursula	TSC	7/25/2013
742	1:18.51	Lawson-Rivera, Maya	TOSC	7/25/2013
724	1:19.14	Fang, Elisa	BC	7/25/2013
720	1:19.28	Lindsay, Mariah	KING	7/25/2013
200 M BREASTSTROKE (2:51.44)				
PP	TIME	NAME	TEAM	DATE
774	2:45.31	Limberg, Nicole	WEST	7/25/2013
703	2:50.82	Lawson-Rivera, Maya	TOSC	7/25/2013
697	2:51.29	Lindsay, Mariah	KING	7/25/2013
100 M BUTTERFLY (1:07.05)				
PP	TIME	NAME	TEAM	DATE
830	1:04.13	Kwan, Sabrina	OCA	7/25/2013
810	1:04.71	Smith, Cameron	CSC	7/25/2013
762	1:06.10	Fang, Elisa	BC	7/25/2013

761	1:06.13	Domanowski, Christina	UN	5/17/2013
741	1:06.73	Simpson, Kaycee	KING	7/25/2013
200 M BUTTERFLY (2:30.28)				
PP	TIME	NAME	TEAM	DATE
833	2:21.34	Smith, Cameron	CSC	7/25/2013
831	2:21.48	Kwan, Sabrina	OCA	8/8/2013
782	2:24.82	Seidner, Lindsey	OCA	7/25/2013
781	2:24.83	Domanowski, Christina	BC	7/25/2013
721	2:29.02	Simpson, Kaycee	KING	6/20/2013
200 M INDIVIDUAL MEDLEY (2:29.75)				
PP	TIME	NAME	TEAM	DATE
806	2:24.83	Domanowski, Christina	BC	7/25/2013
756	2:27.75	Fang, Elisa	BC	7/25/2013
754	2:27.83	Pressler, Maddie	WEST	7/25/2013
727	2:29.43	Haugen, Gianna	KING	2/14/2013
400 M INDIVIDUAL MEDLEY (5:17.75)				
PP	TIME	NAME	TEAM	DATE
798	5:06.80	Domanowski, Christina	BC	7/25/2013
725	5:16.38	Haugen, Gianna	KING	2/14/2013

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2013	14	46	35574	773.34	783.16
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 FIFTEEN YEARS – 2012/2013

50 M FREESTYLE (27.88)				
PP	TIME	NAME	TEAM	DATE
825	26.86	Sutherland, Ashley	KING	2/14/2013
767	27.54	Pries, Alana	KING	5/18/2013
752	27.72	Teegan, Helen	KING	7/25/2013
100 M FREESTYLE (1:00.20)				
PP	TIME	NAME	TEAM	DATE
844	57.75	Sutherland, Ashley	KING	2/14/2013
741	1:00.05	Teegan, Helen	KING	7/25/2013
200 M FREESTYLE (2:10.54)				
PP	TIME	NAME	TEAM	DATE
761	2:08.33	Sutherland, Ashley	KING	2/14/2013
400 M FREESTYLE (4:36.00)				
PP	TIME	NAME	TEAM	DATE
800 M FREESTYLE (9:35.50)				
PP	TIME	NAME	TEAM	DATE
693	9:27.63	Teegan, Helen	KING	7/25/2013
674	9:31.66	Haugen, Gianna	KING	5/24/2013
1500 M FREESTYLE (18:36.02)				
PP	TIME	NAME	TEAM	DATE
746	17:56.34	Haugen, Gianna	KING	6/20/2013
654	18:33.69	Rosen, Candice	BISC	7/25/2013
100 M BACKSTROKE (1:08.40)				
PP	TIME	NAME	TEAM	DATE
840	1:05.34	Haugen, Gianna	KING	7/25/2013
749	1:07.75	Cook, Alyssa	KING	5/24/2013
200 M BACKSTROKE (2:27.29)				
PP	TIME	NAME	TEAM	DATE
859	2:18.99	Haugen, Gianna	KING	7/25/2013
100 M BREASTSTROKE (1:19.04)				
PP	TIME	NAME	TEAM	DATE
789	1:14.78	Gagliardo, Angela	KING	7/25/2013
761	1:15.74	Sawer, Meredith	KING	6/20/2013
749	1:16.14	Crawford, Jocelyn	CAAT	7/25/2013
743	1:16.35	Cummings, Mackenzie	KING	7/25/2013
709	1:17.53	Lin, Kathy	BC	7/25/2013
687	1:18.28	Mundle, Whitney	TSC	7/25/2013
685	1:18.37	Cook, Alyssa	KING	5/24/2013
677	1:18.62	Delzer, Savannah	KING	6/20/2013
669	1:18.93	Duni, Ani	BISC	7/25/2013
200 M BREASTSTROKE (2:51.14)				
PP	TIME	NAME	TEAM	DATE
806	2:40.33	Gagliardo, Angela	KING	7/25/2013
766	2:43.36	Cummings, Mackenzie	UN	7/16/2013
738	2:45.46	Crawford, Jocelyn	CAAT	7/25/2013
701	2:48.32	Cook, Alyssa	KING	5/24/2013
668	2:50.88	Huo, Jenny	PDST	7/25/2013
100 M BUTTERFLY (1:06.39)				
PP	TIME	NAME	TEAM	DATE
738	1:06.00	Lin, Kathy	BC	7/25/2013
200 M BUTTERFLY (2:28.84)				
PP	TIME	NAME	TEAM	DATE
693	2:28.77	Lin, Kathy	BC	7/25/2013

200 M INDIVIDUAL MEDLEY (2:29.33)				
PP	TIME	NAME	TEAM	DATE
805	2:23.53	Cook, Alyssa	KING	5/24/2013
799	2:23.86	Haugen, Gianna	KING	7/25/2013
741	2:27.22	Briggs, Mackenna	IST	5/17/2013
400 M INDIVIDUAL MEDLEY (5:16.54)				
PP	TIME	NAME	TEAM	DATE
774	5:05.25	Cook, Alyssa	KING	5/24/2013
763	5:06.71	Haugen, Gianna	KING	7/25/2013
710	5:13.51	Shabb, Hannah	CSC	7/25/2013
692	5:15.85	Lucien, Bri	WEST	7/16/2013

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2013	15	36	26768	743.55	764.72
2012	14	52	40250	774.03	779.38
2011	13	59	42765	724.83	741.33
2010	12	68	50381	740.89	751.37
2009	11	79	55995	708.95	726.02

## NATIONAL TOP 200 – GIRLS SIXTEEN YEARS – 2012/2013

50 M FREESTYLE (27.78)				
PP	TIME	NAME	TEAM	DATE
860	26.44	Sutherland, Ashley	KING	7/25/2013
784	27.31	Pries, Alana	KING	7/25/2013
759	27.60	Ramey, Kenna	KING	7/25/2013
758	27.62	Briggs, Mackenna	IST	7/25/2013
100 M FREESTYLE (59.80)				
PP	TIME	NAME	TEAM	DATE
865	57.02	Sutherland, Ashley	KING	5/24/2013
808	58.27	Pries, Alana	KING	7/28/2013
777	58.96	Chard, Emma	TSC	5/4/2013
749	59.59	Ramey, Kenna	KING	7/25/2013
200 M FREESTYLE (2:09.36)				
PP	TIME	NAME	TEAM	DATE
804	2:05.62	Sutherland, Ashley	KING	5/24/2013
739	2:08.47	Williams, Kim	BC	5/24/2013
400 M FREESTYLE (4:34.50)				
PP	TIME	NAME	TEAM	DATE
709	4:31.94	Cook, Alyssa	KING	7/25/2013
696	4:33.11	Sutherland, Ashley	KING	6/20/2013
688	4:33.87	Chambers, Addie	KING	7/25/2013
800 M FREESTYLE (9:34.23)				
PP	TIME	NAME	TEAM	DATE
712	9:20.37	Chambers, Addie	KING	7/25/2013
648	9:33.78	Moffatt, Vanessa	KING	5/24/2013
1500 M FREESTYLE (18:34.29)				
PP	TIME	NAME	TEAM	DATE
731	17:56.25	Chambers, Addie	KING	7/25/2013
679	18:17.50	Moffatt, Vanessa	KING	6/20/2013
647	18:30.99	Laurent, Demetra	BC	7/25/2013
643	18:32.40	Fisk, Leah	KING	7/25/2013
100 M BACKSTROKE (1:07.96)				
PP	TIME	NAME	TEAM	DATE
844	1:04.75	Kawaguchi, Megan	WWA	7/25/2013
780	1:06.43	Cox, Caitlin	BC	7/25/2013
762	1:06.92	Sutherland, Ashley	KING	5/24/2013
726	1:07.89	Briggs, Mackenna	IST	7/25/2013
725	1:07.90	Armstrong, Cathryn	SRST	6/29/2013
200 M BACKSTROKE (2:26.76)				
PP	TIME	NAME	TEAM	DATE
819	2:20.24	Cook, Alyssa	KING	7/25/2013
775	2:22.96	Williams, Kim	BC	5/24/2013
770	2:23.28	Kawaguchi, Megan	WWA	7/25/2013
756	2:24.13	Cox, Caitlin	BC	7/25/2013
744	2:24.88	Sutherland, Ashley	KING	7/25/2013
100 M BREASTSTROKE (1:17.91)				
PP	TIME	NAME	TEAM	DATE
828	1:13.03	Williams, Kim	BC	8/5/2013
806	1:13.74	Cook, Alyssa	KING	7/25/2013
768	1:15.01	Chard, Emma	TSC	5/24/2013
719	1:16.66	Coleman, Melody	MMSC	7/25/2013
200 M BREASTSTROKE (2:48.85)				
PP	TIME	NAME	TEAM	DATE
882	2:34.49	Williams, Kim	BC	8/5/2013
826	2:38.62	Cook, Alyssa	KING	7/25/2013
728	2:45.94	Chard, Emma	TSC	5/24/2013

715	2:47.00	Roberson, Kayla	BC	5/24/2013
714	2:47.06	Woodworth, Karen	WSY	7/16/2013
709	2:47.44	Williams, Laura	KING	7/25/2013
100 M BUTTERFLY (1:06.15)				
PP	TIME	NAME	TEAM	DATE
815	1:03.25	Ramey, Kenna	KING	5/24/2013
798	1:03.73	Williams, Kim	BC	8/5/2013
795	1:03.81	Stein, Alex	KING	7/16/2013
744	1:05.26	Norman, Sarah	TOSC	8/8/2013
739	1:05.41	Briggs, Mackenna	IST	7/25/2013
718	1:06.04	Sutherland, Ashley	KING	8/5/2013
200 M BUTTERFLY (2:28.06)				
PP	TIME	NAME	TEAM	DATE
729	2:26.09	Huffer, Emily	NWAC	7/25/2013
728	2:26.13	Fleeman, Brianna	KING	8/8/2013
725	2:26.34	Williams, Kim	BC	5/31/2013
712	2:27.24	Moffatt, Vanessa	KING	6/20/2013
200 M INDIVIDUAL MEDLEY (2:27.93)				
PP	TIME	NAME	TEAM	DATE
934	2:16.08	Williams, Kim	BC	8/5/2013
844	2:20.98	Cook, Alyssa	KING	7/25/2013
813	2:22.75	Sutherland, Ashley	KING	7/25/2013
765	2:25.49	Briggs, Mackenna	IST	7/25/2013
400 M INDIVIDUAL MEDLEY (5:14.69)				
PP	TIME	NAME	TEAM	DATE
878	4:51.65	Williams, Kim	BC	7/30/2013
850	4:55.04	Cook, Alyssa	KING	7/25/2013
714	5:12.24	Briggs, Mackenna	IST	7/25/2013

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2013	16	56	42753	763.44	768.80
2012	15	54	41848	774.96	768.38
2011	14	66	50611	766.33	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 SEVENTEEN YEARS – 2012/2013

50 M FREESTYLE (27.73)				
PP	TIME	NAME	TEAM	DATE
839	26.58	Ginnis, Morgan	KING	7/25/2013
814	26.86	Keane, Anna	BC	8/5/2013
798	27.05	McCann, Carolyn	KING	7/25/2013
782	27.23	Chard, Emma	TSC	8/5/2013
770	27.37	Vanderwel, Heidi	KING	8/5/2013
746	27.66	Cann, Felicity	KING	7/25/2013
100 M FREESTYLE (59.72)				
PP	TIME	NAME	TEAM	DATE
823	57.88	Chard, Emma	TSC	8/5/2013
821	57.91	Cann, Felicity	KING	7/25/2013
807	58.23	Ginnis, Morgan	KING	7/28/2013
776	58.91	Keane, Anna	BC	8/5/2013
772	59.00	McCann, Carolyn	KING	7/25/2013
770	59.06	Phillips, Kyndal	KING	8/5/2013
200 M FREESTYLE (2:09.14)				
PP	TIME	NAME	TEAM	DATE
830	2:04.55	Cann, Felicity	KING	7/25/2013
781	2:06.64	Chard, Emma	TSC	7/25/2013
768	2:07.20	Phillips, Kyndal	KING	7/25/2013
727	2:09.02	Ginnis, Morgan	KING	7/25/2013
400 M FREESTYLE (4:34.09)				
PP	TIME	NAME	TEAM	DATE
758	4:27.36	Cann, Felicity	KING	7/25/2013
800 M FREESTYLE (9:34.80)				
PP	TIME	NAME	TEAM	DATE
665	9:28.70	Moffatt, Vanessa	KING	7/25/2013
1500 M FREESTYLE (18:39.64)				
PP	TIME	NAME	TEAM	DATE
682	18:14.42	Moffatt, Vanessa	KING	7/25/2013
655	18:25.75	Pana, Maggie	BC	7/25/2013
649	18:28.12	Maidier, Maddie	BC	7/25/2013
630	18:36.18	Francois, Michelle	BC	7/25/2013
100 M BACKSTROKE (1:07.76)				
PP	TIME	NAME	TEAM	DATE
1002	1:00.77	Weiss, Hannah	KING	7/25/2013
908	1:03.11	Vanderwel, Heidi	KING	6/25/2013
825	1:05.25	Kawaguchi, Megan	WWA	8/5/2013
806	1:05.73	Ginnis, Morgan	KING	7/25/2013
773	1:06.62	Keane, Anna	BC	8/5/2013
766	1:06.80	Sullivan, Abby	TSC	5/24/2013
751	1:07.21	Phillips, Kyndal	KING	7/25/2013
200 M BACKSTROKE (2:26.20)				
PP	TIME	NAME	TEAM	DATE
896	2:15.64	Weiss, Hannah	KING	5/24/2013
833	2:19.42	Vanderwel, Heidi	KING	2/14/2013
778	2:22.76	Ginnis, Morgan	UN	5/24/2013
768	2:23.38	Sullivan, Abby	TSC	5/24/2013
763	2:23.69	Kawaguchi, Megan	WWA	8/5/2013
763	2:23.71	Phillips, Kyndal	KING	7/25/2013
731	2:25.71	McCann, Carolyn	KING	7/25/2013
100 M BREASTSTROKE (1:18.14)				
PP	TIME	NAME	TEAM	DATE
890	1:10.66	McCann, Carolyn	KING	8/5/2013

760	1:14.93	Speak, Sage	WAVE	7/16/2013
735	1:15.76	Chard, Emma	TSC	7/25/2013
731	1:15.88	Roberson, Kayla	BC	7/25/2013
702	1:16.87	Yoder, Dominique	GAC	7/25/2013
691	1:17.25	Mackie, Katie	KING	7/25/2013
200 M BREASTSTROKE (2:49.77)				
PP	TIME	NAME	TEAM	DATE
828	2:37.50	McCann, Carolyn	KING	8/5/2013
753	2:43.11	Speak, Sage	WAVE	7/25/2013
734	2:44.58	Roberson, Kayla	BC	7/25/2013
731	2:44.81	Chard, Emma	TSC	7/25/2013
688	2:48.10	Tallman, Cassie	OCA	7/25/2013
100 M BUTTERFLY (1:05.63)				
PP	TIME	NAME	TEAM	DATE
888	1:01.15	Weiss, Hannah	KING	8/5/2013
845	1:02.34	Vanderwel, Heidi	KING	8/5/2013
835	1:02.61	McCann, Carolyn	KING	7/25/2013
756	1:04.86	Moffatt, Vanessa	KING	7/25/2013
745	1:05.18	Phillips, Kyndal	KING	6/20/2013
200 M BUTTERFLY (2:26.85)				
PP	TIME	NAME	TEAM	DATE
737	2:23.46	Rosen, Laura	UN	7/16/2013
737	2:23.46	Moffatt, Vanessa	KING	7/25/2013
721	2:24.54	Munoz, Stephanie	IST	7/16/2013
700	2:25.96	Vanderwel, Heidi	KING	7/25/2013
200 M INDIVIDUAL MEDLEY (2:27.64)				
PP	TIME	NAME	TEAM	DATE
893	2:18.13	McCann, Carolyn	KING	2/14/2013
813	2:22.60	Phillips, Kyndal	KING	7/25/2013
797	2:23.48	Vanderwel, Heidi	KING	8/5/2013
762	2:25.50	Cann, Felicity	KING	7/25/2013
762	2:25.51	Rosen, Laura	UN	7/16/2013
760	2:25.63	Chard, Emma	TSC	7/25/2013
754	2:25.97	Ginnis, Morgan	KING	7/25/2013
748	2:26.30	Weiss, Hannah	KING	7/25/2013
736	2:27.00	Roberson, Kayla	BC	7/25/2013
400 M INDIVIDUAL MEDLEY (5:15.78)				
PP	TIME	NAME	TEAM	DATE
825	4:58.17	McCann, Carolyn	KING	2/14/2013
759	5:06.41	Rosen, Laura	UN	7/16/2013
716	5:11.92	Vanderwel, Heidi	KING	2/14/2013
693	5:14.98	Moffatt, Vanessa	KING	7/25/2013

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2013	17	69	53251	771.75	765.99
2012	16	75	58720	782.93	769.90
2011	15	57	42505	745.70	749.00
2010	14	72	54529	757.34	753.32
2009	13	96	69922	728.35	728.22
2008	12	123	91398	743.07	733.44
2007	11	119	86641	728.07	712.18

## NATIONAL TOP 200 – GIRLS EIGHTEEN YEARS – 2012/2013

50 M FREESTYLE (28.07)				
PP	TIME	NAME	TEAM	DATE
826	26.72	Wu, Joanna	KING	6/25/2013
811	26.90	Kinnear, Katie	BC	8/5/2013
787	27.18	McKee, Kaela	SRST	7/27/2013
757	27.53	Tanasse, Emily	KING	7/25/2013
725	27.90	Taylor, Hannah	SRST	6/29/2013
721	27.95	Taylor, Kaitlin	SRST	6/29/2013
100 M FREESTYLE (1:00.32)				
PP	TIME	NAME	TEAM	DATE
820	57.94	Wu, Joanna	KING	6/25/2013
819	57.95	Kinnear, Katie	BC	8/6/2013
761	59.26	Tanasse, Emily	KING	7/25/2013
747	59.57	Laurent, Kalena	BC	7/25/2013
740	59.74	Maier, Stacy	BC	7/25/2013
728	1:00.01	Taylor, Kaitlin	SRST	7/25/2013
200 M FREESTYLE (2:10.71)				
PP	TIME	NAME	TEAM	DATE
791	2:05.60	Kinnear, Katie	BC	7/11/2013
733	2:08.13	Wu, Joanna	UN	5/24/2013
709	2:09.21	Tanasse, Emily	KING	7/25/2013
400 M FREESTYLE (4:38.74)				
PP	TIME	NAME	TEAM	DATE
675	4:33.93	Wu, Joanna	UN	5/24/2013
661	4:35.22	Laurent, Kalena	BC	5/24/2013
646	4:36.61	Messegee, Abigail	UN	7/16/2013
630	4:38.20	Tanasse, Emily	KING	6/20/2013
800 M FREESTYLE (9:55.87)				
PP	TIME	NAME	TEAM	DATE
640	9:33.98	Messegee, Abigail	UN	7/16/2013
589	9:45.01	Grundman, Sarah	BISC	5/17/2013
1500 M FREESTYLE (20:03.69)				
PP	TIME	NAME	TEAM	DATE
464	19:51.08	Flaten, Kayla	IST	6/27/2013
453	19:56.36	Larkin, Maddie	OCA	7/11/2013
100 M BACKSTROKE (1:08.83)				
PP	TIME	NAME	TEAM	DATE
905	1:03.19	Wu, Joanna	KING	6/25/2013
875	1:03.96	Kinnear, Katie	UN	7/30/2013
847	1:04.67	McKee, Kaela	SRST	7/25/2013
817	1:05.46	Tanasse, Emily	KING	7/25/2013
751	1:07.20	Wold, Grace	BC	7/25/2013
737	1:07.58	Maier, Stacy	BC	7/25/2013
708	1:08.37	Beal, Jackie	OCA	5/24/2013
200 M BACKSTROKE (2:28.92)				
PP	TIME	NAME	TEAM	DATE
893	2:15.82	Kinnear, Katie	BC	8/5/2013
827	2:19.81	Wu, Joanna	KING	6/25/2013
802	2:21.31	Tanasse, Emily	KING	5/24/2013
745	2:24.84	McKee, Kaela	SRST	7/25/2013
729	2:25.87	Beal, Jackie	OCA	7/25/2013
728	2:25.93	Wold, Grace	BC	8/5/2013
690	2:28.31	Larkin, Maddie	OCA	7/25/2013

100 M BREASTSTROKE (1:19.56)				
PP	TIME	NAME	TEAM	DATE
677	1:17.73	Flaten, Kayla	IST	7/16/2013
644	1:18.89	McKee, Kaela	SRST	8/5/2013
200 M BREASTSTROKE (2:53.19)				
PP	TIME	NAME	TEAM	DATE
677	2:48.93	Deiparine, Danielle	BC	7/25/2013
674	2:49.19	Flaten, Kayla	IST	7/25/2013
642	2:51.68	Larkin, Maddie	OCA	7/25/2013
100 M BUTTERFLY (1:06.49)				
PP	TIME	NAME	TEAM	DATE
913	1:00.46	Kinnear, Katie	BC	8/5/2013
854	1:02.08	Laurent, Kalena	BC	8/5/2013
803	1:03.51	Taylor, Kaitlin	SRST	7/25/2013
764	1:04.64	Tanasse, Emily	KING	7/25/2013
733	1:05.52	McKee, Kaela	SRST	8/5/2013
714	1:06.08	Wold, Grace	BC	8/5/2013
200 M BUTTERFLY (2:30.90)				
PP	TIME	NAME	TEAM	DATE
892	2:13.33	Kinnear, Katie	BC	8/5/2013
832	2:17.18	Laurent, Kalena	BC	8/5/2013
639	2:30.17	Summers, Madeline	SRST	6/29/2013
200 M INDIVIDUAL MEDLEY (2:29.75)				
PP	TIME	NAME	TEAM	DATE
769	2:24.51	Kinnear, Katie	UN	6/27/2013
687	2:29.25	Tanasse, Emily	KING	6/20/2013
400 M INDIVIDUAL MEDLEY (5:24.37)				
PP	TIME	NAME	TEAM	DATE
678	5:17.00	Wold, Grace	BC	8/5/2013
674	5:17.51	Laurent, Kalena	BC	5/24/2013
662	5:19.08	Larkin, Maddie	OCA	7/25/2013

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2013	18	56	41215	735.98	733.85
2012	17	70	53837	769.10	771.58
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	681.75	705.12

## NATIONAL TOP 200 – JUNIOR (18U) – 2012/2013

50 M FREESTYLE (26.99)				
RNK	TIME	NAME	TEAM	DATE
49	26.44	Sutherland, Ashley	KING	7/25/2013
71	26.58	Ginnis, Morgan	KING	7/25/2013
105	26.72	Wu, Joanna	KING	6/25/2013
155	26.86	Keane, Anna	BC	8/5/2013
172	26.90	Kinnear, Katie	BC	8/5/2013
100 M FREESTYLE (58.23)				
RNK	TIME	NAME	TEAM	DATE
46	57.02	Sutherland, Ashley	KING	5/24/2013
138	57.88	Chard, Emma	TSC	8/5/2013
144	57.91	Cann, Felicity	KING	7/25/2013
149	57.94	Wu, Joanna	KING	6/25/2013
154	57.95	Kinnear, Katie	BC	8/6/2013
199	58.23	Ginnis, Morgan	KING	7/28/2013
200 M FREESTYLE (2:05.75)				
RNK	TIME	NAME	TEAM	DATE
109	2:04.55	Cann, Felicity	KING	7/25/2013
185	2:05.60	Kinnear, Katie	BC	7/11/2013
189	2:05.62	Sutherland, Ashley	KING	5/24/2013
400 M FREESTYLE (4:25.34)				
RNK	TIME	NAME	TEAM	DATE
800 M FREESTYLE (9:09.58)				
RNK	TIME	NAME	TEAM	DATE
1500 M FREESTYLE (17:39.47)				
RNK	TIME	NAME	TEAM	DATE
100 M BACKSTROKE (1:05.27)				
RNK	TIME	NAME	TEAM	DATE
5	1:00.77	Weiss, Hannah	KING	7/25/2013
36	1:03.11	Vanderwel, Heidi	KING	6/25/2013
40	1:03.19	Wu, Joanna	KING	6/25/2013
82	1:03.96	Kinnear, Katie	UN	7/30/2013
130	1:04.67	McKee, Kaela	SRST	7/25/2013
142	1:04.75	Kawaguchi, Megan	WWA	7/25/2013
200 M BACKSTROKE (2:20.58)				
RNK	TIME	NAME	TEAM	DATE
35	2:15.64	Weiss, Hannah	KING	5/24/2013
38	2:15.82	Kinnear, Katie	BC	8/5/2013
116	2:18.99	Haugen, Gianna	KING	7/25/2013
139	2:19.42	Vanderwel, Heidi	KING	2/14/2013
161	2:19.81	Wu, Joanna	KING	6/25/2013
182	2:20.24	Cook, Alyssa	KING	7/25/2013
100 M BREASTSTROKE (1:14.49)				
RNK	TIME	NAME	TEAM	DATE
12	1:10.66	McCann, Carolyn	KING	8/5/2013
76	1:13.03	Williams, Kim	BC	8/5/2013
126	1:13.74	Cook, Alyssa	KING	7/25/2013
200 M BREASTSTROKE (2:40.96)				
RNK	TIME	NAME	TEAM	DATE
26	2:34.49	Williams, Kim	BC	8/5/2013
88	2:37.50	McCann, Carolyn	KING	8/5/2013
124	2:38.62	Cook, Alyssa	KING	7/25/2013
183	2:40.33	Gagliardo, Angela	KING	7/25/2013

100 M BUTTERFLY (1:03.40)				
RNK	TIME	NAME	TEAM	DATE
13	1:00.46	Kinnear, Katie	BC	8/5/2013
26	1:01.15	Weiss, Hannah	KING	8/5/2013
67	1:02.08	Laurent, Kalena	BC	8/5/2013
83	1:02.34	Vanderwel, Heidi	KING	8/5/2013
109	1:02.61	McCann, Carolyn	KING	7/25/2013
179	1:03.25	Ramey, Kenna	KING	5/24/2013
200 M BUTTERFLY (2:20.58)				
RNK	TIME	NAME	TEAM	DATE
17	2:13.33	Kinnear, Katie	BC	8/5/2013
59	2:17.18	Laurent, Kalena	BC	8/5/2013
200 M INDIVIDUAL MEDLEY (2:22.79)				
RNK	TIME	NAME	TEAM	DATE
14	2:16.08	Williams, Kim	BC	8/5/2013
30	2:18.13	McCann, Carolyn	KING	2/14/2013
81	2:20.98	Cook, Alyssa	KING	7/25/2013
184	2:22.60	Phillips, Kyndal	KING	7/25/2013
195	2:22.75	Sutherland, Ashley	KING	7/25/2013
400 M INDIVIDUAL MEDLEY (5:03.41)				
RNK	TIME	NAME	TEAM	DATE
27	4:51.65	Williams, Kim	BC	7/30/2013
44	4:55.04	Cook, Alyssa	KING	7/25/2013
84	4:58.17	McCann, Carolyn	KING	2/14/2013

YEAR	# SWIMS	AVG PLACE
2013	49	98.32
2012	55	105.07
2011	40	109.62
2010	65	97.53
2009	60	90.08
2008	89	79.73

EVENT	2009	2010	2011	2012	2013
50 free	27.18	27.22	27.12	26.98	26.99
100 free	58.56	58.76	58.64	58.41	58.23
200 free	2:06.24	2:06.86	2:06.28	2:05.83	2:05.75
400 free	4:26.63	4:27.09	4:25.87	4:25.06	4:25.34
800 free	9:11.79	9:12.52	9:11.53	9:08.82	9:09.58
1500 free	17:44.20	17:45.53	17:42.98	17:42.53	17:39.47
100 back	1:05.81	1:06.07	1:05.73	1:05.22	1:05.27
200 back	2:21.17	4:22.09	2:21.20	2:20.37	2:20.58
100 breast	1:14.68	1:15.14	1:14.81	1:14.75	1:14.49
200 breast	2:42.18	2:42.61	2:41.90	2:41.75	2:40.96
100 fly	1:03.57	1:04.13	1:03.65	1:03.40	1:03.40
200 fly	2:20.28	2:21.33	2:20.87	2:20.52	2:20.58
200 i.m.	2:23.36	2:23.76	2:23.44	2:23.03	2:22.79
400 i.m.	5:03.77	5:04.03	5:02.80	5:03.22	5:03.41

## NATIONAL TOP 200 – SENIOR – 2013

50 M FREESTYLE (26.69)				
RNK	TIME	NAME	TEAM	DATE
128	26.44	Sutherland, Ashley	KING	7/25/2013
162	26.58	Ginnis, Morgan	KING	7/25/2013
100 M FREESTYLE (57.62)				
RNK	TIME	NAME	TEAM	DATE
112	57.02	Sutherland, Ashley	KING	5/24/2013
115	57.03	Wu, Joanna	KING	7/25/2013
200 M FREESTYLE (2:04.55)				
RNK	TIME	NAME	TEAM	DATE
84	2:02.82	Wu, Joanna	KING	7/25/2013
199	2:04.55	Cann, Felicity	KING	7/25/2013
400 M FREESTYLE (4:22.78)				
RNK	TIME	NAME	TEAM	DATE
800 M FREESTYLE (9:04.97)				
RNK	TIME	NAME	TEAM	DATE
191	9:04.14	Williams, Laurin	CSC	7/25/2013
1500 M FREESTYLE (17:30.57)				
PP	TIME	NAME	TEAM	DATE
100 M BACKSTROKE (1:04.64)				
PP	TIME	NAME	TEAM	DATE
11	1:00.77	Weiss, Hannah	KING	7/25/2013
69	1:03.11	Vanderwel, Heidi	KING	6/25/2013
78	1:03.19	Wu, Joanna	KING	6/25/2013
136	1:03.96	Kinnear, Katie	BC	7/30/2013
200 M BACKSTROKE (2:19.23)				
PP	TIME	NAME	TEAM	DATE
60	2:15.64	Weiss, Hannah	KING	5/24/2013
65	2:15.82	Kinnear, Katie	BC	8/5/2013
183	2:18.99	Haugen, Gianna	KING	7/25/2013
199	2:19.23	Wu, Joanna	KING	7/30/2013
100 M BREASTSTROKE (1:13.43)				
PP	TIME	NAME	TEAM	DATE
14	1:08.80	Jendrick, Megan	UN	6/25/2013
54	1:10.66	McCann, Carolyn	KING	8/5/2013
77	1:11.66	Richards, Kevlyn	SEAT	5/4/2013
115	1:12.43	Kaestner, Katie	BBST	7/25/2013
166	1:13.03	Williams, Kim	BC	8/5/2013
200 M BREASTSTROKE (2:38.53)				
PP	TIME	NAME	TEAM	DATE
68	2:34.49	Williams, Kim	BC	8/5/2013
126	2:36.73	Richards, Kevlyn	SEAT	5/4/2013
161	2:37.50	McCann, Carolyn	KING	8/5/2013
100 M BUTTERFLY (1:02.58)				
PP	TIME	NAME	TEAM	DATE
37	1:00.46	Kinnear, Katie	BC	8/5/2013
70	1:01.15	Weiss, Hannah	KING	8/5/2013
143	1:02.08	Laurent, Kalena	BC	8/5/2013
164	1:02.34	Vanderwel, Heidi	KING	8/5/2013

200 M BUTTERFLY (2:18.76)				
PP	TIME	NAME	TEAM	DATE
43	2:13.33	Kinnear, Katie	BC	8/5/2013
118	2:17.18	Laurent, Kalena	BC	8/5/2013
200 M INDIVIDUAL MEDLEY (2:21.45)				
PP	TIME	NAME	TEAM	DATE
37	2:16.08	Williams, Kim	BC	8/5/2013
64	2:18.13	McCann, Carolyn	KING	2/14/2013
168	2:20.98	Cook, Alyssa	KING	7/25/2013
190	2:21.32	Wu, Joanna	KING	7/25/2013
400 M INDIVIDUAL MEDLEY (5:00.28)				
PP	TIME	NAME	TEAM	DATE
57	4:51.65	Williams, Kim	BC	7/30/2013
92	4:55.04	Cook, Alyssa	KING	7/25/2013
147	4:58.17	McCann, Carolyn	KING	2/14/2013

YEAR	# SWIMS	AVG PLACE
2013	36	108.91
2012	31	115.06
2011	18	123.61
2010	47	92.63
2009	70	87.88
2008	101	86.23

EVENT	2009	2010	2011	2012	2013
50 free	26.75	26.87	26.72	26.52	26.69
100 free	57.80	58.08	57.85	57.48	57.62
200 free	2:04.82	2:05.33	2:04.69	2:04.16	2:04.55
400 free	4:23.68	4:23.72	4:22.87	4:21.50	4:22.78
800 free	9:06.71	9:06.87	9:05.53	9:02.62	9:04.97
1500 free	17:36.01	17:36.13	17:36.38	17:37.22	17:30.57
100 back	1:04.81	1:05.19	1:04.82	1:04.09	1:04.64
200 back	2:19.60	2:20.41	2:19.48	2:17.92	2:19.23
100 breast	1:13.78	1:13.91	1:13.18	1:12.74	1:13.43
200 breast	2:40.12	2:39.87	2:38.71	2:37.68	2:38.53
100 fly	1:02.68	1:03.16	1:02.71	1:02.12	1:02.58
200 fly	2:18.76	2:19.35	2:18.65	2:17.92	2:18.76
200 i.m.	2:21.90	2:22.12	2:20.95	2:20.71	2:21.45
400 i.m.	5:00.78	5:01.35	4:59.78	4:59.09	5:00.28