

50 FREE

	TIME	YEAR
LAUREN GREEN	25.04	10/15/11
SANDRA SOE	25.58	2010
ANGELA HUANG	26.01	10/15/11
KRISTY HARTUNG	26.25	1983
JILL SALAK	26.50	1982
TINA CLEMENTS	26.60	1975
KAREN BLICK	26.61	1981
ALANNA JURICH	26.66	2011
KELSEY CONROW	26.71	2003
STACEY FORD	27.24	1992

100 FREE

LAUREN GREEN	54.73	11/11/11
SANDRA SOE	54.85	2010
KELSEY CONROW	57.91	2003
KRISTY HARTUNG	58.04	1983
ANGELA HUANG	58.08	10/15/11
MICHELLE DEL RIO	58.09	1999
KATRINA HEARN	58.58	1998
NATALIE SOIVE	58.73	11/19/11
ALANNA JURICH	58.79	2011
KANDICE BAERWALDT	59.10	1997

200 FREE

SANDRA SOE	1:57.68	2010
LAUREN GREEN	1:58.82	10/15/11
KATRINA HEARN	2:06.73	1998
NATALIE SOIVE	2:08.22	10/8/11
KELSEY CONROW	2:08.60	2003
KANDICE BAERWALDT	2:08.97	1998
KRISTY HARTUNG	2:10.26	1982
NOELLE RICCARDELLA	2:10.52	1987
LAURA WHEELER	2:10.81	1996
LAUREN SMITH	2:11.17	2010

500 FREE

SANDRA SOE	5:24.08	2010
KANDICE BAERWALDT	5:34.74	1998
LAUREN GREEN	5:36.22	11/19/11
KELSEY CONROW	5:39.53	2003
KATRINA HEARN	5:39.84	1998
LAUREN SMITH	5:43.84	2011
NOELLE RICCARDELLA	5:49.63	1987

STACEY FORD	5:50.94	1991
LILY SU	5:52.05	1992
LORI ADAM	5:53.00	1978

200 BACK

	TIME	YEAR
LAUREN GREEN	2:14.94	11/19/11
SANDRA SOE	2:15.22	2010
LAUREN SMITH	2:18.88	2011
SONJA GIACINTO	2:22.52	2011
STACEY FORD	2:23.55	1992
KALEY CONROW	2:26.53	2001
SHAWNA WINTERS	2:30.98	1993
KATRINA HEARN	2:31.81	1997
ELIZABETH SHEN	2:33.81	2011
SARAH SAFIR	2:35.15	2002

50 BREAST

MORGANNE MCKENNAN	31.15	2011
LAUREN GREEN	32.83	11/19/11
NATALIE SOIVE	33.25	2011
KRISTY HARTUNG	33.57	1982
ANGELA HUANG	34.01	2011
MELISSA WINCHESTER	34.12	1989
LORI ADAM	34.18	1978
SANDRA SOE	34.31	2010
SHANNA FLYNN	34.40	2005
EMILIE PENDERGRAFT	34.47	1988

100 BREAST

MORGANNE MCKENNAN	1:06.02	2011
NATALIE SOIVE	1:11.02	2011
ANGELA HUANG	1:12.84	2011
LORI ADAM	1:13.45	1978
MELISSA WINCHESTER	1:14.67	1989
HEATHER POND	1:14.81	1993
SHANNA FLYNN	1:16.18	2006
SANDRA SOE	1:16.25	2010
CHRISTINA SHILLING	1:16.41	2001
KELSEY CONROW	1:17.01	2003

200 BREAST

MORGANNE MCKENNAN	2:20.74	2011
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NATALIE SOIVE	2:31.36	11/19/11
HEATHER POND	2:40.82	1993
MELISSA WINCHESTER	2:42.76	1990
LAYNA AUCHARD	2:43.76	2009
STEPHANIE SCANNELL	2:44.21	2007
SHANNA FLYNN	2:45.09	2006
LORI ADAM	2:47.00	1977
ALANNA JURICH	2:49.82	2010
KELSEY CONROW	2:50.69	2002

200 I.M.

TIME

YEAR

LAUREN GREEN	2:13.52	10/15/11
SANDRA SOE	2:21.24	2010
MORGANNE MCKENNAN	2:21.25	2011
LAUREN SMITH	2:25.76	2011
DIANN CHRISTIANSON	2:26.50	1975
LORI ADAM	2:27.55	1978
ALANNA JURICH	2:28.65	10/15/11
KATRINA HEARN	2:29.08	1998
KELSEY CONROW	2:29.13	2003
KANDICE BAERWALDT	2:29.35	1998

1000 FREE

	TIME	YEAR
SANDRA SOE	11:05.90	2010
KANDICE BAERWALDT	11:57.55	1997
KATRINA HEARN	12:07.22	1997
HEATHER POND	12:16.50	1993
BETHANY NOLLETTE	12:40.69	2002
SARAH SAFIR	12:47.27	2002
JULIE KRAMER	12:56.89	1989
DANA SHAW	13:07.83	1997
KELSEY CONROW	13:11.00	2002
ISSO SHIMAMOTO	13:11.58	2001

1650 FREE

SANDRA SOE	19:54.29	2009
KANDICE BAERWALDT	19:58.24	1997
KATRINA HEARN	20:11.97	1998
BETHANY NOLLETTE	20:44.11	2002
HEATHER POND	21:05.65	1993
LORI ADAM	21:14.60	1978
KELLIE HOPPINS	21:32.86	1997
KALEY CONROW	22:23.74	2000
KELSEY CONROW	22:40.22	2002
SARAH SAFIR	24:23.44	2002

50 BACK

SANDRA SOE	28.71	2010
LAUREN GREEN	28.99	10/8/11
HEATHER KEIGHLEY	30.60	2009
KATRINA HEARN	31.07	1998
DIANN CHRISTIANSON	31.30	1975
KAREN BLICK	31.36	1981
SONJA GIACINTO	31.37	2011
STACEY FORD	31.72	1991
LAURA WHEELER	31.82	1996
HILARY HUNT	31.86	2004

100 BACK

LAUREN GREEN	1:00.44	11/11/11
SANDRA SOE	1:03.55	2010
KATRINA HEARN	1:05.20	1998
STACEY FORD	1:06.33	1991
LAUREN SMITH	1:06.54	2011
SONJA GIACINTO	1:06.96	2011
HEATHER KEIGHLEY	1:07.82	2009

HILARY HUNT	1:08.55	2005
KALEY CONROW	1:09.16	2000
MORGANNE MCKENNAN	1:09.65	2011

50 FLY

	TIME	YEAR
LAUREN GREEN	26.74	11/19/11
SARAH SAFIR	27.91	2003
KRISTY HARTUNG	28.35	1982
HILARY HUNT	28.42	2005
HEIDI RAWSON	29.03	1992
SANDRA SOE	29.36	2010
MICHELLE DEL RIO	29.83	1999
LAUREN SMITH	29.92	11/19/11
STACEY FORD	29.93	1992
AMANDA RIOS	30.04	2010

100 FLY

LAUREN GREEN	1:01.00	11/11/11
SARAH SAFIR	1:03.28	2003
SANDRA SOE	1:05.08	2010
STACEY FORD	1:06.63	1991
HEIDI RAWSON	1:08.26	1992
SHAWNA WINTERS	1:08.43	1993
LILY SU	1:08.45	1991
HILARY HUNT	1:08.49	2005
KATRINA ROWE	1:09.32	1990
LAUREN SMITH	1:09.65	2010

200 FLY

LAUREN GREEN	2:18.85	10/15/11
STACEY FORD	2:25.87	1992
LILY SU	2:30.48	1992
SHAWNA WINTERS	2:33.75	1994
SARAH SAFIR	2:35.37	2003
KANDICE BAERWALDT	2:38.28	1998
LAUREN SMITH	2:40.86	2011
KALEY CONROW	2:46.81	2000
DENE EHRHART	2:47.86	1979
JULIE KRAMER	2:48.13	1989

100 I.M.

SANDRA SOE	1:02.69	2010
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LAUREN GREEN	1:03.03	10/08/11
MORGANNE MCKENNAN	1:03.75	2011
KRISTY HARTUNG	1:05.29	1982
NATALIE SOIVE	1:06.91	11/19/11
STACEY FORD	1:06.92	1992
LORI ADAM	1:07.70	1978
MICHELLE DEL RIO	1:07.78	1999
CATHERINE WHITMAN	1:07.86	1995
ALANNA JURICH	1:07.92	2010

400 I.M.

TIME

YEAR

LAUREN GREEN	4:42.92	11/11/11
SANDRA SOE	4:57.12	2010
MORGANNE MCKENNAN	5:08.64	2011
LAUREN SMITH	5:09.39	2011
KALEY CONROW	5:17.30	2001
KELSEY CONROW	5:17.32	2003
LORI ADAM	5:19.30	1978
EMILIE RUFFO	5:21.69	2009
KANDICE BAERWALDT	5:23.25	1997
STEPHANIE SCANNELL	5:25.84	2007