

50 FREE	TIME	YEAR
SANDRA SOE	27.63	2011
DEBBIE BLUE	28.80	1975
GEMMA TAKAHASHI	28.83	2011
CHRISTINA SHILLING	29.45	2002
KATRINA ROWE	29.50	1992
KATRINA HEARN	29.61	1999
MELISSA WINCHESTER	29.62	1991
NOELLE RICCARDELLA	29.73	1988
DANA SHAW	29.74	2000
MICHELLE DEL RIO	29.79	2001

100 FREE	TIME	YEAR
SANDRA SOE	59.96	2011
DEBBIE BLUE	1:01.54	1975
GEMMA TAKAHASHI	1:03.21	2011
KATRINA HEARN	1:03.48	1999
KATRINA ROWE	1:03.82	1992
CHRISTINA SHILLING	1:04.38	2002
NOELLE RICCARDELLA	1:04.72	1988
KATIE RICK	1:04.72	2006
MICHELLE DEL RIO	1:05.01	2001
SHAWNA WINTERS	1:05.09	1995

200 FREE	TIME	YEAR
SANDRA SOE	2:10.66	2011
DIANN CHRISTIANSON	2:12.47	1975
KATRINA ROWE	2:14.59	1992
KATRINA HEARN	2:17.61	1998
NOELLE RICCARDELLA	2:18.58	1988
KATIE RICK	2:18.77	2006
GEMMA TAKAHASHI	2:19.22	2011
MICHELLE DEL RIO	2:19.90	2001
SHAWNA WINTERS	2:19.93	1995
STACEY FORD	2:20.11	1993

400 FREE	TIME	YEAR
DIANN CHRISTIANSON	4:37.08	1975
SANDRA SOE	4:39.39	2011
KATIE RICK	4:45.64	2006
KATRINA ROWE	4:46.52	1992
NOELLE RICCARDELLA	4:49.74	1988
SHAWNA WINTERS	4:55.23	1995
KATRINA HEARN	4:55.37	2000

KELSEY CONROW	4:57.93	2004
DANA SHAW	4:58.61	1998
STACEY FORD	4:58.79	1993

100 BREAST

	TIME	YEAR
KATIE RICK	1:20.69	2006
LAYNA AUCHARD	1:21.73	2011
MELISSA WINCHESTER	1:23.64	1990
HEATHER SOOS	1:24.24	1987
HEATHER POND	1:24.42	1994
STACEY FORD	1:25.38	1993
ANGELA LAVISTA	1:25.73	1993
MICHELLE DEL RIO	1:26.73	2001
CHRISTINA SHILLING	1:26.80	2001
SHANNA FLYNN	1:27.05	2007

200 BREAST

KATIE RICK	2:50.64	2006
MELISSA WINCHESTER	2:57.70	1990
LAYNA AUCHARD	2:58.43	2010
HEATHER POND	2:58.85	1994
HEATHER SOOS	3:00.54	1987
ANGELA LAVISTA	3:00.57	1993
MICHELLE DEL RIO	3:00.70	2001
STACEY FORD	3:00.78	1993
LORI ADAM	3:05.40	1978
KELSEY CONROW	3:05.93	2004

100 FLY

DIANN CHRISTIANSON	1:08.87	1975
STACEY FORD	1:09.00	1993
MADDIE TAKAKI	1:10.01	2005
SARAH SAFIR	1:10.32	2004
KATRINA ROWE	1:11.52	1992
LILY SU	1:12.63	1993
GEMMA TAKAHASHI	1:12.80	2011
SHAWNA WINTERS	1:13.11	1995
EMILY HANNIGAN	1:14.00	2008
HILARY HUNT	1:14.07	2006

200 FLY

DIANN CHRISTINSON	2:29.28	1975
STACEY FORD	2:31.51	1993
LILY SU	2:38.14	1992
SARAH SAFIR	2:44.71	2004
KATRINA ROWE	2:47.02	1992
MADDIE TAKAKI	2:47.35	2005
SHAWNA WINTERS	2:48.15	1994
MICHELLE DEL RIO	3:02.31	2001
EMILY HANNIGAN	3:03.17	2008
KATRINA HEARN	3:06.81	1999

800 FREE

	TIME	YEAR
KATRINA ROWE	9:54.78	1992
SANDRA SOE	9:57.52	2011
KATIE RICK	10:01.16	2006
NOELLE RICCARDELLA	10:04.07	1988
DANA SHAW	10:06.08	1998
SHAWNA WINTERS	10:11.28	1995
KATRINA HEARN	10:12.45	2000
STACEY FORD	10:14.47	1993
KELSEY CONROW	10:21.52	2004
BETHANY NOLLETTE	11:00.41	2003

1500 FREE

KATIE RICK	19:19.58	2006
SANDRA SOE	19:52.54	2010
KATRINA ROWE	19:52.70	1992
SHAWNA WINTERS	20:19.77	1995
DANA SHAW	20:31.93	1997
STACEY POND	21:44.38	1992
BETHANY NOLLETTE	22:28.05	2003
CHERI BEHLMAN	23:22.02	1992

100 BACK

SANDRA SOE	1:07.38	2011
STACEY FORD	1:11.13	1993
DIANN CHRISTIANSON	1:13.20	1975
SHAWNA WINTERS	1:13.55	1995
KATRINA ROWE	1:13.99	1991
HEATHER KEIGHLEY	1:14.27	2010
MADDIE TAKAKI	1:15.16	2005
KATRINA HEARN	1:15.30	1999
GEMMA TAKAHASHI	1:15.62	2011
SARAH SAFIR	1:15.99	2004

200 BACK

SANDRA SOE	2:28.39	2011
DIANN CHRISTIANSON	2:32.47	1975
SHAWNA WINTERS	2:33.58	1995
STACEY FORD	2:34.37	1993
KATRINA ROWE	2:35.58	1991
MADDIE TAKAKI	2:38.24	2005
KATRINA HEARN	2:41.11	1999

SONJA GIACINTO	2:44.13	2011
NICHOLE ATKIN	2:45.54	2000
KATIE RICK	2:48.09	2006

200 I.M.

	TIME	YEAR
KATIE RICK	2:32.72	2006
DIANN CHRISTIANSON	2:32.74	1975
STACEY FORD	2:33.15	1993
SANDRA SOE	2:36.44	2010
SHAWNA WINTERS	2:37.66	1995
CHRISTINA SHILLING	2:39.41	2002
MADDIE TAKAKI	2:39.64	2005
MICHELLE DEL RIO	2:40.13	2001
KATRINA ROWE	2:41.57	1992
HEATHER SOOS	2:42.07	1987

400 I.M.

STACEY FORD	5:25.15	1993
SANDRA SOE	5:25.35	2011
KATIE RICK	5:26.24	2007
DIANN CHRISTIANSON	5:26.94	1975
SHAWNA WINTERS	5:30.19	1995
MELISSA WINCHESTER	5:52.02	1991
SARAH SAFIR	5:52.14	2004
MADDIE TAKAKI	5:55.27	2005
KATRINA ROWE	5:57.08	1992
MICHELLE DEL RIO	5:58.93	2000

