

50 FREE	TIME	YEAR
HILARY HUNT	27.99	2010
DEBBIE BLUE	28.10	1977
CHRISTINA SHILLING	28.12	2005
MICHELLE MIKAELSSON	28.51	2011
KATRINA ROWE	28.58	1995
SHAWNA WINTERS	28.68	1997
KATIE RICK	28.81	2009
BETH RASALA	28.99	1994
KAYLEE YOSHIDA	29.04	2006
DANA SHAW	29.09	2002

100 FREE	TIME	YEAR
HILARY HUNT	1:00.08	2009
KATRINA ROWE	1:01.06	1995
DIANN CHRISTIANSON	1:01.17	1977
CHRISTINA SHILLING	1:01.68	2005
MICHELLE MIKAELSSON	1:02.00	2011
MADDIE TAKAKI	1:02.29	2007
KATRINA HEARN	1:02.45	2002
SHAWNA WINTERS	1:02.47	1996
BETH RASALA	1:02.58	1995
DANA SHAW	1:02.59	2002

200 FREE	TIME	YEAR
DIANN CHRISTIANSON	2:10.03	1977
KATRINA HEARN	2:14.86	2002
DANA SHAW	2:15.05	2002
KATRINA ROWE	2:16.04	1994
MICHELLE MIKAELSSON	2:16.35	2011
KYLA POWER	2:17.56	2004
CATHY DOUGHERTY	2:17.60	1988
SHAWNA WINTERS	2:17.63	1996
HILARY HUNT	2:17.86	2011
BETH RASALA	2:18.04	1995

400 FREE	TIME	YEAR
DIANN CHRISTIANSON	4:36.78	1977
KYLA POWER	4:45.47	2005
DANA SHAW	4:45.78	2001
KATRINA HEARN	4:46.07	2002
KATRINA ROWE	4:47.62	1993
SHAWNA WINTERS	4:52.54	1996
KATIE RICK	4:52.76	2008

ALISA PINARBASI	4:52.95	2006
CATHY DOUGHERTY	4:53.30	1988
MICHELLE DEL RIO	4:56.05	2002

100 BREAST

	TIME	YEAR
MICHELLE MIKAELSSON	1:18.59	2011
HEATHER SOOS	1:18.77	1989
KATIE RICK	1:19.97	2008
LAYNA AUCHARD	1:21.25	2011
HILARY HUNT	1:22.83	2010
STEPHANIE SCANNELL	1:23.69	2011
BETH RASALA	1:24.95	1994
EMILY CHORTEK	1:25.51	2007
SHANNA FLYNN	1:25.60	2011
MICHELLE DEL RIO	1:26.64	2003

200 BREAST

MICHELLE MIKAELSSON	2:50.07	2011
HEATHER SOOS	2:51.86	1989
KATIE RICK	2:53.75	2008
LAYNA AUCHARD	2:57.60	2011
EMILY CHORTEK	2:58.45	2007
MICHELLE DEL RIO	3:01.18	2003
ANGELA LAVISTA	3:04.69	1993
STEPHANIE SCANNELL	3:04.79	2011
ISSO SHIMAMOTO	3:05.85	2006
JESSICA POON	3:07.39	2006

100 FLY

MADDIE TAKAKI	1:06.92	2007
HILARY HUNT	1:07.23	2009
DIANN CHRISTIANSON	1:07.75	1977
SARAH SAFIR	1:08.02	2007
SHAWNA WINTERS	1:08.87	1996
MICHELLE MIKAELSSON	1:09.83	2011
KYLA POWER	1:09.94	2005
KAYLEE YOSHIDA	1:10.77	2006
HEATHER SOOS	1:10.92	1988
NICOLE WILLIAMS	1:11.38	1990

200 FLY

DIANN CHRISTINSON	2:29.39	1977
MADDIE TAKAKI	2:30.05	2007
SHAWNA WINTERS	2:30.81	1997
SARAH SAFIR	2:34.02	2007
ISSO SHIMAMOTO	2:37.52	2006
KYLA POWER	2:41.20	2005
NICOLE WILLIAMS	2:41.76	1990
HEATHER SOOS	2:50.04	1988
JENNIFER LUTH	2:51.02	1997
JULIE KRAMER	2:57.73	1991

800 FREE

	TIME	YEAR
DIANN CHRISTIANSON	9:45.60	1977
DANA SHAW	9:45.83	2003
KATRINA ROWE	9:46.89	1995
KATRINA HEARN	9:49.21	2002
KYLA POWER	9:55.31	2006
CATHY DOUGHERTY	9:57.75	1988
ALISA PINARBASI	10:16.17	2006
ISSO SHIMAMOTO	10:19.03	2006
JULIE KRAMER	10:22.08	1991
BETH RASALA	10:25.96	1994

1500 FREE

DANA SHAW	18:44.28	2003
DEBBIE BLUE	19:44.70	1977
JULIE KRAMER	19:45.98	1991
ISSO SHIMAMOTO	20:01.99	2006
MICHELLE DEL RIO	20:03.86	2003
ALISA PINARBASI	20:20.87	2006
EMILY QUINLIVAN	21:04.06	1992

100 BACK

HILARY HUNT	1:08.09	2011
KAYLEE YOSHIDA	1:09.03	2006
SHAWNA WINTERS	1:10.68	1997
HEATHER KEIGHLEY	1:12.21	2011
MICHELLE MIKAELSSON	1:12.32	2011
MADDIE TAKAKI	1:12.56	2006
JANICE LESYNA	1:12.63	1985
NICHOLE ATKIN	1:12.66	2001
KELSEY POWER	1:14.48	2007
KATRINA ROWE	1:14.49	1994

200 BACK

SHAWNA WINTERS	2:29.96	1996
MADDIE TAKAKI	2:32.77	2006
KATRINA ROWE	2:37.02	1993
NICHOLE ATKIN	2:37.64	2004
DIANN CHRISTIANSON	2:39.73	1977
KYLA POWER	2:40.07	2005
NICOLE WILLIAMS	2:40.12	1990

HEATHER KEIGHLEY	2:40.57	2011
HILARY HUNT	2:40.81	2010
CASSANDRA SCOTT	2:41.08	2007

200 I.M.

	TIME	YEAR
MICHELLE MIKAELSSON	2:31.08	2011
KATIE RICK	2:31.98	2008
DIANN CHRISTIANSON	2:33.21	1977
SHAWNA WINTERS	2:34.71	1996
KYLA POWER	2:35.44	2004
MADDIE TAKAKI	2:35.66	2007
MICHELLE DEL RIO	2:37.60	2003
HEATHER SOOS	2:37.95	1988
NICHOLE ATKIN	2:38.47	2002
KELSEY POWER	2:38.63	2007

400 I.M.

MICHELLE MIKAELSSON	5:19.94	2011
DIANN CHRISTIANSON	5:24.70	1977
SHAWNA WINTERS	5:26.64	1996
KYLA POWER	5:30.09	2005
HEATHER SOOS	5:30.75	1988
KATIE RICK	5:36.52	2008
MICHELLE DEL RIO	5:39.33	2003
KATRINA HEARN	5:39.48	2003
KELLEN POWER	5:40.14	2007
ISSO SHIMAMOTO	5:43.72	2006

