

50 FREE	TIME	YEAR
CHRISTINA SHILLING	23.99	2005
HILARY HUNT	24.42	2009
SARAH SAFIR	24.78	2008
SAMANTHA MURPHY	24.79	2010
DIANN CHRISTIANSON	24.9	1977
DEBBIE BLUE	24.9	1977
MADDIE TAKAKI	25.03	2007
SHAWNA WINTERS	25.12	1997
SAMANTHA ETTINGER	25.49	2011
KATRINA ROWE	25.6	1993

100 FREE

CHRISTINA SHILLING	52.38	2006
SHAWNA WINTERS	53.11	1997
DEBBIE BLUE	53.25	1977
DIANN CHRISTIANSON	54.10	1977
SAMANTHA MURPHY	54.17	2009
MADDIE TAKAKI	54.36	2007
KATRINA ROWE	54.59	1995
BETH RASALA	54.63	1995
KATRINA HEARN	54.77	2001
COURTNEY MARKLE	54.92	10/15/11

200 FREE

KATRINA ROWE	1:55.47	1994
DEBBIE BLUE	1:55.91	1977
KATRINA HEARN	1:56.55	2001
DIANN CHRISTIANSON	1:57.24	1977
DANA SHAW	1:57.53	2002
KYLA POWER	1:57.88	2005
BETH RASALA	1:57.89	1995
SHAWNA WINTERS	1:57.93	1996
MADDIE TAKAKI	1:58.70	2007
CATHY DOUGHERTY	1:59.87	1988

500 FREE

KYLA POWER	5:08.94	2006
DIANN CHRISTIANSON	5:11.91	1977
DANA SHAW	5:13.34	2001
KATRINA HEARN	5:14.17	2002
KATRINA ROWE	5:15.29	1995
RACHEL CRETCHER	5:19.92	2009
CATHY DOUGHERTY	5:21.04	1988

DEBBIE BLUE	5:22.00	1977
KAREN KESSELRING	5:22.34	1985
ALISA PINARBASI	5:24.13	2006

100 BREAST

	TIME	YEAR
HEATHER SOOS	1:07.21	1990
STEPHANIE SCANNELL	1:08.88	2010
MICHELLE MIKAELSSON	1:09.02	10/15/11
KATIE RICK	1:09.39	2009
EMILY CHORTEK	1:09.42	2009
SHANNA FLYNN	1:10.00	2011
DEBBIE BLUE	1:12.40	1977
CHRISTINA SHILLING	1:12.62	2005
CATHERINE WHITMAN	1:12.83	1998
BETH RASALA	1:12.83	1995

200 BREAST

HEATHER SOOS	2:25.10	1990
EMILY CHORTEK	2:30.81	2006
KATIE RICK	2:30.99	2009
DEBBIE BLUE	2:33.00	1977
STEPHANIE SCANNELL	2:35.46	2010
MICHELLE DEL RIO	2:37.05	2001
CHRISTINA SHILLING	2:37.55	2005
KARA NIEDERS	2:39.17	2011
ISSO SHIMAMOTO	2:41.12	2006
JESSICA POON	2:41.41	2006

100 FLY

SHAWNA WINTERS	58.13	1997
SARAH SAFIR	58.72	2006
MADDIE TAKAKI	58.72	2007
HILARY HUNT	59.65	2009
DIANN CHRISTIANSON	1:00.20	1977
NICOLE WILLIAMS	1:00.33	1991
KYLA POWER	1:00.38	2005
DEBBIE BLUE	1:00.80	1977
COURTNEY MARKLE	1:00.90	2011
KATRINA HEARN	1:01.09	2001

200 FLY

SHAWNA WINTERS	2:05.33	1996
NICOLE WILLIAMS	2:12.71	1991
DIANN CHRISTIANSON	2:13.05	1977
SARAH SAFIR	2:13.14	2006
MADDIE TAKAKI	2:13.34	2007
DEBBIE BLUE	2:16.00	1977
KYLA POWER	2:17.59	2006
HEATHER SOOS	2:18.06	1989
KATRINA ROWE	2:19.66	1993
ISSO SHIMAMOTO	2:19.84	2005

1000 FREE	TIME	YEAR
KATRINA ROWE	10:48.28	1995
DANA SHAW	10:53.14	2001
RACHEL CRETCHER	11:10.91	2009
SHAWNA WINTERS	11:11.05	1996
PATRICE KAERCHER	11:17.78	1982
NOELLE RICCARDELLA	11:20.87	1989
LYNDSEY DARROW	11:26.45	1996
ISSO SHIMAMOTO	11:26.83	2005
COLLEEN SMITH	11:30.31	1999
JULIE KRAMER	11:32.86	1993

1650 FREE

DIANN CHRISTIANSON	18:14.40	1977
DANA SHAW	18:21.42	2002
KATRINA ROWE	18:26.41	1995
KYLA POWER	18:53.43	2005
COLLEEN SMITH	19:01.51	1999
ISSO SHIMAMOTO	19:16.42	2005
JULIE KRAMER	19:27.48	1993
MICHELLE DEL RIO	19:40.33	2002
NICHOLE ATKIN	20:03.66	2002
KAYLEE YOSHIDA	20:23.30	2006

100 BACK

HILARY HUNT	57.33	2010
KAYLEE YOSHIDA	58.58	2006
SHAWNA WINTERS	58.71	1996
HEATHER KEIGHLEY	59.09	2011
MADDIE TAKAKI	1:01.28	2007
CASSANDRA SCOTT	1:02.15	2008
KYLA POWER	1:02.18	2005
KATRINA ROWE	1:02.23	1993
NICHOLE ATKIN	1:02.50	2002
NICOLE WILLIAMS	1:02.53	1991

200 BACK

SHAWNA WINTERS	2:05.26	1996
KAYLEE YOSHIDA	2:10.73	2007
HILARY HUNT	2:12.51	2009
NICHOLE ATKIIN	2:14.12	2002
KATRINA ROWE	2:14.21	1993
MADDIE TAKAKI	2:15.62	2006
MICHELLE MIKAELSSON	2:16.10	10/15/11

SARAH SAFIR	2:16.41	2006
CHRISTINA SHILLING	2:18.00	2005
CASSANDRA SCOTT	2:18.45	2006

200 I.M.

	TIME	YEAR
KYLA POWER	2:11.54	2006
SHAWNA WINTERS	2:13.37	1997
MADDIE TAKAKI	2:13.63	2007
DIANN CHRISTIANSON	2:13.75	1977
KATIE RICK	2:13.98	2009
SARAH SAFIR	2:14.18	2006
CHRISTINA SHILLING	2:14.69	2006
HEATHER SOOS	2:14.98	1990
MICHELLE MIKAELSSON	2:15.31	10/8/11
DEBBIE BLUE	2:15.80	1977

400 I.M.

SHAWNA WINTERS	4:38.16	1996
KATIE RICK	4:43.32	2010
DIANN CHRISTIANSON	4:45.98	1977
HEATHER SOOS	4:49.91	1989
KYLA POWER	4:52.40	2005
COLLEEN SMITH	4:52.64	1999
MICHELLE DEL RIO	4:53.22	2004
LYNDSEY DARROW	4:55.85	1996
MADDIE TAKAKI	4:57.84	2006
NICHOLE ATKIN	4:59.07	2001

