

50 FREE	TIME	YEAR
SANDRA SOE	24.48	2011
CHRISTINA SHILLING	25.23	2003
DIANN CHRISTIANSON	25.42	1975
GEMMA TAKAHASHI	25.68	10/15/11
SARAH SAFIR	25.73	2005
DEBBIE BLUE	25.76	1975
AMANDA RIOS	25.92	2011
KATIE RICK	25.98	2006
KATRINA HEARN	26.01	2000
SHAWNA WINTERS	26.14	1995

100 FREE		
SANDRA SOE	52.66	2011
SHAWNA WINTERS	54.68	1995
GEMMA TAKAHASHI	54.87	2011
DIANN CHRISTIANSON	54.90	1975
MADDIE TAKAKI	54.99	2005
DEBBIE BLUE	55.20	1975
KATRINA HEARN	55.22	1999
KATIE RICK	55.64	2006
KATRINA ROWE	55.88	1992
CHRISTINA SHILLING	56.18	2003

200 FREE		
SANDRA SOE	1:53.71	2011
KATRINA HEARN	1:57.50	1999
DIANN CHRISTIANSON	1:58.20	1975
KATIE RICK	1:59.26	2006
SHAWNA WINTERS	1:59.38	1996
KATRINA ROWE	1:59.56	1992
NOELLE RICCARDELLA	2:01.20	1988
CATHERINE WHITMAN	2:02.65	1997
GEMMA TAKAHASHI	2:03.19	2011
MICHELLE DEL RIO	2:03.61	2001

500 FREE		
SANDRA SOE	5:09.59	2011
DIANN CHRISTIANSON	5:13.90	1975
KATIE RICK	5:20.36	2006
KATRINA HEARN	5:23.26	2000
SHAWNA WINTERS	5:23.41	1995
NOELLE RICCARDELLA	5:25.85	1989
KATRINA ROWE	5:29.20	1992

GEMMA TAKAHASHI	5:30.22	11/19/11
DANA SHAW	5:31.99	1998
STACEY FORD	5:32.07	1993

100 BREAST

TIME

YEAR

MORGANNE MCKENNAN	1:08.25	10/15/11
LAYNA AUCHARD	1:08.35	2011
MELISSA WINCHESTER	1:10.98	1991
KATIE RICK	1:11.04	2007
HEATHER SOOS	1:11.19	1987
SHANNA FLYNN	1:12.26	2007
STEPHANIE SCANNELL	1:12.50	2009
CATHERINE WHITMAN	1:13.11	1997
HEATHER POND	1:13.37	1994
CHRISTINA SHILLING	1:13.55	2002

200 BREAST

MORGANNE MCKENNAN	2:23.21	11/11/11
LAYNA AUCHARD	2:30.35	2011
KATIE RICK	2:30.56	2007
MELISSA WINCHESTER	2:33.06	1991
HEATHER SOOS	2:33.15	1987
MICHELLE DEL RIO	2:36.26	2001
STACEY FORD	2:38.03	1992
CHRISTINA SHILLING	2:38.10	2002
HEATHER POND	2:39.70	1993
CATHERINE WHITMAN	2:40.39	1997

100 FLY

SARAH SAFIR	1:00.04	2004
SHAWNA WINTERS	1:00.18	1996
MADDIE TAKAKI	1:01.42	2005
GEMMA TAKAHASHI	1:00.43	10/15/11
DIANN CHRISTIANSON	1:01.50	1975
HILARY HUNT	1:01.96	2007
KATRINA ROWE	1:02.47	1992
GEMMA TAKAHASHI	1:02.88	2011
STACEY FORD	1:02.90	1993
DEBBIE BLUE	1:03.00	1976

200 FLY

SARAH SAFIR	2:14.92	2005
DIANN CHRISTIANSON	2:15.37	1975
STACEY FORD	2:17.06	1994
SHAWNA WINTERS	2:17.70	1996
MADDIE TAKAKI	2:18.43	2005
KATRINA ROWE	2:20.08	1992
LILY SU	2:21.10	1993
ISSO SHIMAMOTO	2:23.42	2004
LAUREN AKIN	2:24.32	11/19/11
KATIE RICK	2:26.73	2007

1000 FREE	TIME	YEAR
SANDRA SOE	10:49.13	2011
KATRINA HEARN	10:57.46	2000
KATIE RICK	11:10.60	2007
LAUREN AKIN	11:13.46	10/15/11
DANA SHAW	11:14.46	1998
SHAWNA WINTERS	11:18.64	1995
NOELLE RICCARDELLA	11:20.87	1989
KELSEY CONROW	11:29.05	2004
SARAH SAFIR	11:35.52	2005
BETHANY NOLLETTE	11:36.48	2003

1650 FREE

DIANN CHRISTIANSON	18:14.30	1975
SANDRA SOE	18:34.54	2011
KATIE RICK	18:48.47	2006
SARAH SAFIR	19:24.95	2005
MADDIE TAKAKI	19:39.34	2005
BETHANY NOLLETTE	19:41.96	2003
CAROL HUMPHREY	19:43.20	1995
JULIE KRAMER	19:47.61	1991
STACEY FORD	19:58.82	1992
DANA SHAW	20:01.18	1998

100 BACK

SHAWNA WINTERS	59.90	1996
SANDRA SOE	1:00.38	2011
HILARY HUNT	1:01.35	2007
HEATHER KEIGHLEY	1:01.77	2011
SARAH SAFIR	1:02.27	2004
KATRINA ROWE	1:02.28	1992
STACEY FORD	1:03.16	1993
NICHOLE ATKIN	1:04.00	2000
LESLIE BUEHLER	1:04.37	1995
MADDIE TAKAKI	1:04.37	2005

200 BACK

SHAWNA WINTERS	2:06.28	1996
MADDIE TAKAKI	2:14.74	2005
STACEY FORD	2:14.97	1993
SANDRA SOE	2:16.24	2011
HEATHER KEIGHLEY	2:16.54	2011
KATRINA ROWE	2:17.30	1992
HILARY HUNT	2:18.82	2007

KATRINA HEARN	2:19.02	2000
DIANN CHRISTIANSON	2:19.30	1975
SARAH SAFIR	2:19.48	2005

200 I.M.

	TIME	YEAR
SHAWNA WINTERS	2:15.12	1996
KATIE RICK	2:16.36	2007
STACEY FORD	2:16.41	1994
DIANN CHRISTIANSON	2:17.05	1975
LAYNA AUCHARD	2:17.05	2011
SANDRA SOE	2:18.59	2010
KATRINA ROWE	2:18.74	1992
KATRINA HEARN	2:18.97	2000
CATHERINE WHITMAN	2:19.07	1997
MICHELLE DEL RIO	2:19.31	2001

400 I.M.

SHAWNA WINTERS	4:37.93	1996
KATIE RICK	4:41.39	2007
DIANN CHRISTAINSON	4:46.90	1975
STACEY FORD	4:46.96	1994
SANDRA SOE	4:50.68	2011
KATRINA HEARN	4:54.40	2000
HILARY HUNT	4:56.57	2007
MORGANNE MCKENNAN	4:58.66	11/19/11
LAYNA AUCHARD	5:01.53	2010
MICHELLE DEL RIO	5:02.83	2001

