

<b>50 FREE</b>	TIME	YEAR
KRISTY HARTUNG	28.00	1982
SANDRA SOE	28.03	2008
LAUREN GREEN	28.05	2010
LINDSAY KNOTT	28.46	1996
ALANNA JURICH	28.81	2009
LAUREN SMITH	29.01	2010
MEGAN BEAULIEU	29.06	2011
JILL SALAK	29.20	1980
KELSEY CONROW	29.26	2001
MORGANNE MCKENNAN	29.36	2009

<b>100 FREE</b>	TIME	YEAR
LAUREN GREEN	1:01.53	2009
LAUREN SMITH	1:02.68	2010
SANDRA SOE	1:03.05	2008
KRISTY HARTUNG	1:03.22	1982
LINDSAY KNOTT	1:03.77	1996
ALANNA JURICH	1:04.10	2009
LINDSAY STEPHENSON	1:05.09	1995
KELSEY CONROW	1:05.30	2001
KATHERINE COMANOR	1:06.00	1983
STEPHANIE SCANNELL	1:06.59	2005

<b>200 FREE</b>	TIME	YEAR
LAUREN SMITH	2:13.81	2010
SANDRA SOE	2:16.22	2008
LORI ADAM	2:17.90	1976
KATHERINE COMANOR	2:21.60	1983
LINDSAY KNOTT	2:23.67	1996
STEPHANIE SCANNELL	2:23.72	2005
LINDSAY STEPHENSON	2:24.61	1995
ALANNA JURICH	2:26.96	2009
KELSEY CONROW	2:29.28	2001
ELIZABETH SHEN	2:29.45	2010

<b>500 FREE</b>	TIME	YEAR
LAUREN SMITH	5:59.13	2010
SANDRA SOE	6:03.92	2008
ALANNA JURICH	6:27.00	2009
LAUREN GREEN	6:33.64	2009
JULIE LANCE	6:43.90	2010
ELIZABETH SHEN	6:50.00	2010
EMILIE RUFFO	6:53.19	2007

MORGANNE MCKENNAN	6:58.47	2009
KELSEY CONROW	6:59.48	2001
HILARY HUNT	7:01.35	2003

<b>200 BACK</b>	<b>TIME</b>	<b>YEAR</b>
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LAUREN SMITH	2:30.71	2010
SANDRA SOE	2:54.34	2007
HILARY HUNT	2:56.81	2003
ISSO SHIMAMOTO	3:04.58	2000
KIMBERLY BAERWALDT	3:05.09	1998
DIANA HATAMIAN	3:08.10	2006
TIANA LORD	3:19.07	2003
BETHANY NOLLETTE	3:19.91	2000
SHANNA FLYNN	3:20.13	2003
KELSEY JOHNSON	3:32.83	2005

**50 BREAST**

MORGANNE MCKENNAN	34.96	2009
EMILIE PENDERGRAFT	35.43	1986
KRISTY HARTUNG	36.83	1982
STEPHANIE SCANNELL	37.18	2005
ALANNA JURICH	37.37	2009
LORI ADAM	37.40	1976
ALYSON WAGNER	37.56	1991
MELISSA WINCHESTER	37.71	1987
CATHERINE WHITMAN	38.27	1993
LAUREN GREEN	38.40	2010

**100 BREAST**

MORGANNE MCKENNAN	1:17.35	2009
ALANNA JURICH	1:20.17	2009
EMILIE PENDERGRAFT	1:20.42	1986
STEPHANIE SCANNELL	1:20.64	2005
KRISTY HARTUNG	1:21.48	1982
LORI ADAM	1:22.00	1976
HEATHER POND	1:23.87	1991
CATHERINE WHITMAN	1:24.90	1993
SHANNA FLYNN	1:25.30	2004
MELISSA WINCHESTER	1:25.34	1987

**200 BREAST**

STEPHANIE SCANNELL	3:08.24	2004
SHANNA FLYNN	3:13.41	2003
HILARY HUNT	3:25.46	2002
KELSEY CONROW	3:28.41	2000
TIANA LORD	3:35.78	2003
BETHANY NOLLETTE	3:37.41	2000
JANELL CHANG	3:41.39	2004
CAITLIN REYDA	3:43.79	1999
MEGHAN BUCTER	3:44.02	2002
KASSIE MERAS	3:45.52	2004

**200 I.M.**

	TIME	YEAR
LAUREN SMITH	2:35.02	2010
LAUREN GREEN	2:36.07	2009
STEPHANIE SCANNELL	2:36.71	2005
ALANNA JURICH	2:38.69	2009
KATHERINE COMANOR	2:41.04	1983
SANDRA SOE	2:41.09	2008
LORI ADAM	2:41.80	1976
LINDSAY KNOTT	2:42.37	1996
MORGANNE MCKENNAN	2:46.17	2009
HEIDI RAWSON	2:46.92	1990

**1000 FREE**

	TIME	YEAR
STEPHANIE SCANNELL	14:58.41	2004
MEGHAN BUCTER	16:19.78	2003
SHANNA FLYNN	18:48.73	2002

**1650 FREE**

SANDRA SOE	23:35.17	2006
BETHANY NOLLETTE	27:19.16	2000
JENNIFER NACHTIGAL	33:07.06	2003

**50 BACK**

LAUREN SMITH	32.81	2010
LAUREN GREEN	32.92	2010
SANDRA SOE	33.01	2008
MORGANNE MCKENNAN	33.87	2009
LINDSAY KNOTT	33.93	1996
KATHERINE COMANOR	34.20	1983
ELIZABETH SHEN	34.30	2010
LINDSAY STEPHENSON	34.50	1995
HILARY HUNT	34.85	2003
LINDSAY SCANNELL	35.15	2007

**100 BACK**

LAUREN SMITH	1:09.12	2010
SANDRA SOE	1:11.50	2008
LAUREN GREEN	1:13.37	2009
KATHERINE COMANOR	1:14.52	1983
LINDSAY KNOTT	1:14.84	1996
ELIZABETH SHEN	1:15.73	2010
LINDSAY SCANNELL	1:17.09	2007

STEPHANIE SCANNELL	1:17.15	2005
ASHLEY TOMLIN	1:17.23	1992
MORGANNE MCKENNAN	1:17.43	2009

#### 50 FLY

	TIME	YEAR
LAUREN GREEN	30.51	2010
KATHERINE COMANOR	31.59	1983
HILARY HUNT	31.61	2003
KRISTY HARTUNG	31.62	1982
ALANNA JURICH	31.70	2009
SARAH SHIH	31.87	2011
STEPHANIE SCANNELL	32.17	2005
LAUREN SMITH	32.30	2009
JANICE LEE	32.59	1993
JENNIFER LONG	32.62	1984

#### 100 FLY

LAUREN GREEN	1:09.59	2009
LAUREN SMITH	1:10.05	2010
HILARY HUNT	1:12.49	2003
ALANNA JURICH	1:13.54	2009
KATHERINE COMANOR	1:13.70	1983
STEPHANIE SCANNELL	1:13.84	2005
LINDSAY SCANNELL	1:14.55	2007
SARAH SHIH	1:14.98	2011
SANDRA SOE	1:18.62	2008
HEIDI RAWSON	1:19.18	1990

#### 200 FLY

STEPHANIE SCANNELL	3:02.96	2005
HILARY HUNT	3:03.85	2003
ISSO SHIMAMOTO	3:22.40	2000
SHANNA FLYNN	3:42.29	2004
BETHANY NOLLETTE	3:52.76	2000
CAITLIN REYDA	3:52.76	2000
KATY MCLAUGHLIN	4:27.54	2000

#### 100 I.M.

LAUREN GREEN	1:10.09	2009
STEPHANIE SCANNELL	1:11.54	2005
ALANNA JURICH	1:11.91	2009
KRISTY HARTUNG	1:12.00	1982
MORGANNE MCKENNAN	1:12.09	2009
KATHERINE COMANOR	1:13.46	1983
LAUREN SMITH	1:13.50	2009
LINDSAY KNOTT	1:14.20	1996
HEIDI RAWSON	1:14.67	1990
LORI ADAM	1:15.10	1976

**400 I.M.**

	TIME	YEAR
ISSO SHIMAMOTO	6:35.61	2000
BETHANY NOLLETTE	6:54.81	2000
KATY MCLAUGHLIN	8:29.39	2000