

CAST Top 5 – All time Women – Short Course

Update 8-14-24

	1		2		3		4		5	
50	23.70	H ferrer	23.82	M. Kelly	24.06	M Roberts	24.47	C. Svalstad	24.52	T Lynch
100	51.63	J Heim	51.66	M Kelly	51.67	H Ferrer	52.69	M Roberts	52.76	R Heim
200	147.94	J Heim	149.53	S Nowaski	150.08	D Nowaski	152.57	R Heim	153.46	K Fontana
500	448.28	S Nowaski	452.12	D Nowaski	452.17	J Heim	500.17	M Garcia-Hale	502.37	J Enright
1000	958.74	S Nowaski	09:59.23	J Heim	1012.12	D Nowaski	1021.69	J Enright	1024.31	M Giordano
1650	1640.49	J Heim	1653.46	S Nowaski	1705.13	D Nowaski	1721.59	M Smith	1725.82	J Enright
100 bk	56.38	K. Fontana	57.29	M. Mclean	57.55	R Heim	57.39	D Nowaski	58.13	T Ishikawa
200 bk	202.92	D Nowaski	203.27	K Fontana	204.16	M McLean	206.39	J Gonzales	207.31	R Heim
100 br	104.85	M Nguyen	105.29	C Macky	105.30	T. Lynch	105.60	K. Gray	106.93	K Nye
200 br	217.94	T. Lynch	221.41	K Gray	221.92	C Macky	222.66	K Nye	224.88	M Nguyen
100 fl	55.75	S Nowaski	56.14	R Heim	56.53	J Heim	57.17	M McLean	57.31	D Nowaski
200 fly	159.73	S Nowaski	200.91	D Nowaski	206.31	M. Berkay	206.55	J Heim	206.60	R Heim
200 im	204.16	D Nowaski	204.91	K Fontana	205.42	S Nowaski	206.06	T Lynch	207.10	J Heim
400 IM	424.51	S Nowaski	425.99	D Nowaski	427.33	K Fontana	429.45	J Heim	431.36	M Giordano

Women – Long Course

	1		2		3		4		5	
50	27.05	H Ferrer	27.36	M Roberts	27.50	M Kelly	27.53	M Dalcamo	27.64	R Heim
100	58.03	R Heim	58.20	J Heim	59.01	H Ferrer	59.14	A Moore	59.35	M Dalcamo
200	204.29	J Heim	205.26	A Moore	207.04	D Nowaski	207.36	R Heim	207.47	S Nowaski
400	418.87	D Nowaski	419.90	S Nowaski	422.55	J Heim	427.13	A Moore	431.12	M Garcia Hale
800	847.79	S Nowaski	853.05	J Heim	856.90	D Nowaski	917.47	A Moore	922.84	M Garcia Hale
1500	1657.69	J Heim	1709.11	S Nowaski	1746.63	D Nowaski	1749.94	M Smith	1812.59	M Giordano
100 bk	105.03	A Roberts	105.31	K Fontana	106.99	R Heim	107.93	M McLean	108.56	J Gonzales
200 bk	219.47	K Fontana	221.67	A Roberts	222.91	D Nowaski	224.96	R Heim	226.07	J Gonzales
100 br	114.98	K Gray	115.52	M Nguyen	116.44	C Macky	117.74	C Johnson	118.28	T Lynch
200 br	241.68	K Gray	246.17	C Macky	247.80	T Lynch	248.69	B Temple	249.36	M Nguyen
100 fl	101.20	R Heim	103.80	S Nowaski	104.76	D Nowaski	105.03	A Roberts	105.43	J Heim
200 fly	215.68	M Mexia	215.71	S Nowaski	216.25	D Nowaski	218.13	J Heim	220.72	R Heim
200 im	224.81	A Roberts	225.05	K Fontana	225.23	S Nowaski	226.93	D Nowaski	227.35	E Cox
400 IM	504.68	D Nowaski	506.53	S Nowaski	508.46	K Fontana	510.32	E Cox	512.20	J Heim

CAST Top 5 – All time Men – Short Course

Update 5-27-24

	1	2	3	4	5
50	21.15 J Keppler	21.62 C Hargrove	21.63 G Davies	21.64 M Stoddard	21.73 T Anderson
100	46.17 B Lowe	46.34 C Hargrove	46.41 M Stoddard	46.96 C Christy	46.97 T Anderson
200	138.89 T Anderson	139.99 B Lowe	140.50 M Stoddard	141.11 G Davies	142.30 A Sawaya
500	425.57 T Anderson	430.75 M Stoddard	433.34 D Paulson	436.19 B Lowe	436.26 A Ojstersek
1000	921.87 T Anderson	927.90 D Paulson	929.00 M Sutka	931.90 B Meier	933.96 A Sawaya
1650	1538.59 T Anderson	1552.02 M Stoddard	1552.31 D Paulson	1556.80 M Sutka	1602.14 B Lowe
100 bk	48.94 T Anderson	49.37 G Davies	49.87 M Ornelas	50.23 DiFederico	52.91 E Simoni
200 bk	146.61 T Anderson	149.05 M. Ornelas	149.34 G Davies	150.93 J DiFederico	154.77 E Simoni
100 br	56.98 C Temple	57.54 J Randazzo	57.63 B Meier	58.28 A Sawaya	58.42 M Ornelas
200 br	200.54 C Temple	205.43 J Randazzo	205.87 B Meier	207.74 J Keppler	207.78 B Lowe
100 fl	48.28 M Ornelas	48.67 G Davies	50.13 J Difederico	50.37 T Anderson	50.50 A Higdon
200 fly	149.22 J DiFederico	150.36 T Anderson	151.65 M Ornelas	152.04 G Davies	153.43 E Simoni
200 im	148.61 T Anderson	152.10 C Temple	152.39 B Meier	152.72 G Davies	153.02 E Simoni
400 IM	350.64 T Anderson	357.27 M Ornelas	358.44 J Difederico	400.45 T Dual	400.84 C Temple

Men – Long Course

	1	2	3	4	5
50	24.16 J Keppler	24.27 M Stoddard	24.41 C Hargrove	24.82 B Lowe	25.16 D Newman
100	52.72 M Stoddard	52.94 T Anderson	53.04 B Lowe	53.71 C Hargrove	54.17 J Keppler
200	151.86 T Anderson	154.56 M Stoddard	154.83 B Lowe	157.72 D Paulson	157.82 T Bruce
400	401.44 M Stoddard	402.93 T Anderson	407.56 B Lowe	407.59 D Paulson	408.70 A. Sawaya
800	826.31 T Anderson	832.25 M Stoddard	837.17 M Sutka	838.77 D Paulson	838.95 B Lowe
1500	1625.90 A Ojstersek	1626.68 T Anderson	1632.94 M Sutka	1636.84 A Sawaya	1637.09 D Paulson
100 bk	56.99 T Anderson	57.78 G Davies	58.28 M Ornelas	59.41 J DiFederico	102.19 E Simoni
200 bk	204.05 T Anderson	206.34 G Davies	206.84 M Ornelas	208.15 J DiFederico	213.64 E Simoni
100 br	105.07 E Simoni	105.59 B Meier	105.61 C Temple	107.67 J Keppler	108.06 J Randazzo
200 br	218.46 B Meier	220.28 C Temple	222.82 E Simoni	226.89 J Randazzo	227.78 J Keppler
100 fl	55.25 M Ornelas	56.17 J DiFederico	56.62 A Higdon	56.97 G Davies	58.04 L Casimiro
200 fly	201.04 J DiFederico	206.49 G Davies	206.75 E Simoni	207.00 G Souttere	207.94 A Rodriguez
200 im	205.05 T Anderson	207.40 E Simoni	207.82 J Difederico	208.71 M Ornelas	209.33 B Meier
400 IM	423.69 T Anderson	429.78 J DiFederico	431.81 E Simoni	431.82 B Meier	436.99 C Temple