

## NATIONAL TOP 200 – GIRLS ELEVEN YEARS – 2014/2015

50 M FREESTYLE (30.56)				
PP	TIME	NAME	TEAM	DATE
781	29.92	Ashmore, Amanda	OAC	7/31/2015
738	30.53	Heusted, Alyssa	GAC	7/31/2015
100 M FREESTYLE (1:07.11)				
PP	TIME	NAME	TEAM	DATE
762	1:05.99	Ashmore, Amanda	OAC	6/21/2015
751	1:06.29	Zhang, Angela	PDST	8/1/2015
737	1:06.68	Li, Sandy	BC	8/1/2015
200 M FREESTYLE (2:26.28)				
PP	TIME	NAME	TEAM	DATE
772	2:21.93	Ashmore, Amanda	OAC	8/2/2015
728	2:24.29	Hayes, Margaret	BISC	8/2/2015
400 M FREESTYLE (5:07.79)				
PP	TIME	NAME	TEAM	DATE
694	5:05.79	Giroto, Amelia	BC	8/1/2015
694	5:05.84	Vertetis, Mary	KING	8/1/2015
683	5:07.05	Ashmore, Amanda	OAC	5/15/2015
675	5:08.09	Li, Sandy	BC	8/1/2015
800 M FREESTYLE (11:27.69)				
PP	TIME	NAME	TEAM	DATE
736	10:42.53	Ashmore, Amanda	OAC	7/9/2015
601	11:18.66	Kepl, Nicole	SSCD	5/15/2015
511	11:44.50	Bono, Isabella	WAVE	6/7/2015
1500 M FREESTYLE (26:32.07)				
PP	TIME	NAME	TEAM	DATE
856	19:58.69	Clise, Maya	KING	8/2/2015
847	20:03.09	Deng, Pauline	KING	8/2/2015
830	20:11.03	Giroto, Amelia	BC	8/2/2015
774	20:39.06	Vertetis, Mary	KING	8/2/2015
753	20:49.60	Li, Sandy	BC	7/9/2015
720	21:06.37	Wilson, Lauren	ESC	5/15/2015
672	21:31.55	Tamura, Alana	KING	7/9/2015
612	22:03.99	Barbosa, Maisy	TSC	5/31/2015
531	22:50.10	Piel, Josephine	IST	8/2/2015
517	22:58.34	Bono, Isabella	WAVE	5/15/2015
285	25:32.61	Ritzie, Ana	GAC	5/15/2015
50 M BACKSTROKE (35.52)				
PP	TIME	NAME	TEAM	DATE
780	34.80	Hayes, Margaret	BISC	8/1/2015
736	35.45	Ashmore, Amanda	OAC	6/21/2015
100 M BACKSTROKE (1:16.77)				
PP	TIME	NAME	TEAM	DATE
781	1:14.88	Wilson, Lauren	ESC	5/16/2015
769	1:15.28	Ashmore, Amanda	OAC	7/31/2015

200 M BACKSTROKE (2:47.14)				
PP	TIME	NAME	TEAM	DATE
745	2:46.23	Li, Sandy	BC	8/2/2015
50 M BREASTSTROKE (40.02)				
PP	TIME	NAME	TEAM	DATE
811	37.91	Clise, Maya	KING	8/2/2015
780	38.50	Mann, Kynseth	BC	8/2/2015
698	40.05	Rowe, Regan	CAAT	4/25/2015
100 M BREASTSTROKE (1:27.54)				
PP	TIME	NAME	TEAM	DATE
797	1:23.47	Mann, Kynseth	BC	7/31/2015
794	1:23.58	Clise, Maya	KING	7/31/2015
740	1:25.85	Rowe, Regan	CAAT	7/31/2015
200 M BREASTSTROKE (3:11.63)				
PP	TIME	NAME	TEAM	DATE
904	2:52.60	Clise, Maya	KING	8/1/2015
814	3:00.83	Mann, Kynseth	BC	8/1/2015
785	3:03.54	Rowe, Regan	CAAT	8/1/2015
736	3:08.24	Deng, Pauline	KING	8/1/2015
50 M BUTTERFLY (33.21)				
PP	TIME	NAME	TEAM	DATE
832	31.57	Hayes, Margaret	BISC	8/1/2015
785	32.32	Ashmore, Amanda	OAC	8/1/2015
739	33.09	Wilson, Lauren	ESC	4/25/2015
100 M BUTTERFLY (1:15.56)				
PP	TIME	NAME	TEAM	DATE
798	1:12.04	Ashmore, Amanda	OAC	8/2/2015
796	1:12.13	Wilson, Lauren	ESC	5/16/2015
766	1:13.24	Hayes, Margaret	BISC	8/2/2015
200 M BUTTERFLY (2:58.97)				
PP	TIME	NAME	TEAM	DATE
804	2:45.43	Wilson, Lauren	ESC	5/17/2015
791	2:46.59	Hayes, Margaret	BISC	7/31/2015
746	2:50.77	Tamura, Alana	KING	7/31/2015
712	2:53.92	Deng, Pauline	KING	7/31/2015
676	2:57.33	Barbosa, Maisy	TSC	5/17/2015
200 M INDIVIDUAL MEDLEY (2:45.53)				
PP	TIME	NAME	TEAM	DATE
737	2:44.09	Ashmore, Amanda	OAC	6/19/2015
722	2:45.16	Zhang, Angela	PDST	8/1/2015



## 400 M INDIVIDUAL MEDLEY (6:02.39)

PP	TIME	NAME	TEAM	DATE
777	5:52.52	Deng, Pauline	KING	5/15/2015
765	5:54.47	Wilson, Lauren	ESC	5/15/2015
751	5:56.82	Vertetis, Mary	KING	7/31/2015
720	6:01.90	Rowe, Regan	CAAT	7/31/2015

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2015	11	48	35175	732.81	

## NATIONAL TOP 200 – GIRLS TWELVE YEARS – 2014/2015

50 M FREESTYLE (29.14)				
PP	TIME	NAME	TEAM	DATE
829	28.23	Rudolph, Janelle	PRO	6/14/2015
814	28.42	Su, Allison	KING	7/24/2015
814	28.43	Tang, Amy	PDST	4/25/2015
805	28.54	Zimmerman, Jamie	KING	7/31/2015
777	28.93	Battistoni, Belle	KING	5/31/2015
777	28.93	Wang, Gracie	PDST	4/25/2015
762	29.13	Chang, Mia	BC	7/31/2015
100 M FREESTYLE (1:03.57)				
PP	TIME	NAME	TEAM	DATE
854	1:00.80	Rudolph, Janelle	PRO	6/13/2015
847	1:00.97	Battistoni, Belle	KING	7/10/2015
830	1:01.41	Tang, Amy	PDST	8/1/2015
758	1:03.27	Su, Allison	KING	8/1/2015
200 M FREESTYLE (2:18.34)				
PP	TIME	NAME	TEAM	DATE
792	2:14.71	Rudolph, Janelle	PRO	6/28/2015
784	2:15.11	Tang, Amy	PDST	8/2/2015
771	2:15.76	Battistoni, Belle	KING	6/20/2015
400 M FREESTYLE (4:51.40)				
PP	TIME	NAME	TEAM	DATE
800 M FREESTYLE (10:24.27)				
PP	TIME	NAME	TEAM	DATE
694	10:18.66	Battistoni, Belle	KING	7/9/2015
1500 M FREESTYLE (20:30.32)				
PP	TIME	NAME	TEAM	DATE
740	19:38.88	Ruiz, Jolie	ORCA	8/2/2015
704	19:55.88	Roth, Abby	IST	5/15/2015
655	20:20.68	Cleary, Bridget	C	8/2/2015
644	20:26.02	Merrill, Ashleigh	NWAC	7/9/2015
50 M BACKSTROKE (33.76)				
PP	TIME	NAME	TEAM	DATE
965	30.85	Tang, Amy	PDST	7/10/2015
893	31.80	Zimmerman, Jamie	KING	7/10/2015
853	32.35	Su, Allison	KING	8/1/2015
806	33.00	Wang, Gracie	PDST	4/25/2015
782	33.33	Freeman, Alma	BC	4/25/2015
765	33.58	Pak, Jazlynn	UN	6/13/2015
100 M BACKSTROKE (1:12.52)				
PP	TIME	NAME	TEAM	DATE
947	1:06.26	Tang, Amy	PDST	7/31/2015
839	1:09.51	Zimmerman, Jamie	KING	7/24/2015
764	1:11.86	Rudolph, Janelle	PRO	5/2/2015
200 M BACKSTROKE (2:37.35)				
PP	TIME	NAME	TEAM	DATE
918	2:24.35	Tang, Amy	PDST	8/2/2015

800	2:32.75	Rudolph, Janelle	PRO	6/14/2015
792	2:33.33	Freeman, Alma	BC	5/17/2015
761	2:35.63	Doherty, Lindsey	BC	8/2/2015
750	2:36.44	Pak, Jazlynn	UN	5/17/2015
50 M BREASTSTROKE (37.78)				
PP	TIME	NAME	TEAM	DATE
900	34.72	Battistoni, Belle	KING	7/10/2015
836	35.83	Su, Allison	KING	8/2/2015
824	36.03	Rudolph, Janelle	PRO	6/27/2015
760	37.18	Chen, Jaime	PDST	8/2/2015
753	37.31	Weber, Anna	ESC	8/2/2015
100 M BREASTSTROKE (1:22.73)				
PP	TIME	NAME	TEAM	DATE
909	1:14.77	Battistoni, Belle	KING	7/12/2015
786	1:19.49	Su, Allison	KING	7/24/2015
778	1:19.79	Rudolph, Janelle	PRO	5/22/2015
772	1:20.01	Weber, Anna	ESC	7/31/2015
728	1:21.77	Hau, Jetlynn	MMSC	6/28/2015
725	1:21.91	Chang, Mia	BC	7/31/2015
718	1:22.19	Chen, Jaime	PDST	7/12/2015
200 M BREASTSTROKE (3:00.11)				
PP	TIME	NAME	TEAM	DATE
887	2:43.87	Battistoni, Belle	KING	7/11/2015
797	2:51.69	Weber, Anna	ESC	8/1/2015
787	2:52.51	Su, Allison	KING	8/1/2015
776	2:53.55	Rudolph, Janelle	PRO	6/27/2015
753	2:55.55	Freeman, Alma	BC	5/16/2015
749	2:55.94	Hau, Jetlynn	MMSC	6/27/2015
741	2:56.66	Chen, Jaime	PDST	7/11/2015
718	2:58.71	Battepati, Sanjna	KING	8/1/2015
50 M BUTTERFLY (31.42)				
PP	TIME	NAME	TEAM	DATE
840	30.12	Tang, Amy	PDST	7/10/2015
825	30.34	Pak, Jazlynn	UN	6/14/2015
819	30.44	Battistoni, Belle	KING	6/12/2015
809	30.59	Wang, Gracie	PDST	8/1/2015
798	30.76	Collinge, Ava	SRST	8/1/2015
772	31.17	Rudolph, Janelle	PRO	4/25/2015
761	31.35	Wong, Ashley	KING	8/1/2015
100 M BUTTERFLY (1:10.52)				
PP	TIME	NAME	TEAM	DATE
886	1:05.27	Tang, Amy	PDST	7/12/2015
880	1:05.49	Battistoni, Belle	KING	5/16/2015
792	1:08.58	Collinge, Ava	SRST	8/2/2015
771	1:09.32	Pak, Jazlynn	UN	6/12/2015
754	1:09.96	Chen, Jaime	PDST	8/2/2015
751	1:10.04	Eisele, Annika	ESC	5/16/2015
747	1:10.19	Wong, Ashley	KING	8/2/2015
200 M BUTTERFLY (2:42.66)				
PP	TIME	NAME	TEAM	DATE
844	2:29.66	Battistoni, Belle	KING	6/21/2015
803	2:33.11	Chen, Jaime	PDST	7/31/2015
744	2:38.16	Tang, Amy	PDST	7/11/2015
741	2:38.36	Roth, Abby	IST	6/28/2015
711	2:41.01	Wong, Ashley	KING	7/25/2015
200 M INDIVIDUAL MEDLEY (2:36.82)				
PP	TIME	NAME	TEAM	DATE
900	2:26.09	Battistoni, Belle	KING	7/10/2015
827	2:30.79	Rudolph, Janelle	PRO	6/27/2015
793	2:33.09	Tang, Amy	PDST	6/27/2015



784	2:33.66	Doherty, Lindsey	BC	8/1/2015
771	2:34.51	Chen, Jaime	PDST	8/1/2015
750	2:35.93	Chang, Mia	BC	8/1/2015
<b>400 M INDIVIDUAL MEDLEY (5:40.21)</b>				
<b>PP</b>	<b>TIME</b>	<b>NAME</b>	<b>TEAM</b>	<b>DATE</b>
833	5:20.72	Battistoni, Belle	KING	7/12/2015
757	5:32.06	Rudolph, Janelle	PRO	5/22/2015
754	5:32.50	Chen, Jaime	PDST	7/12/2015
751	5:33.02	Doherty, Lindsey	BC	7/31/2015
736	5:35.18	Chang, Mia	BC	7/31/2015

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2015	12	65	50804	781.60	
2014	11	91	67460	741.31	757.62

## NATIONAL TOP 200 – GIRLS THIRTEEN YEARS – 2014/2015

50 M FREESTYLE (28.54)				
PP	TIME	NAME	TEAM	DATE
807	27.96	Rudolph, Janelle	PRO	7/31/2015
783	28.25	Battistoni, Belle	KING	7/24/2015
780	28.28	Ward, Emily	KING	6/27/2015
780	28.29	Pak, Jazlynn	BC	8/1/2015
764	28.48	Liljar, Ashlea	KING	8/1/2015
762	28.50	Felner, Gracie	KING	7/31/2015
100 M FREESTYLE (1:01.94)				
PP	TIME	NAME	TEAM	DATE
803	1:00.50	Ward, Emily	KING	7/25/2015
790	1:00.79	Rudolph, Janelle	PRO	8/1/2015
784	1:00.94	Battistoni, Belle	KING	7/24/2015
779	1:01.06	Kabacy, Taylor	KING	7/25/2015
765	1:01.39	Felner, Gracie	KING	8/1/2015
764	1:01.40	Groysman, Yulia	KING	5/3/2015
763	1:01.42	Liljar, Ashlea	KING	8/1/2015
200 M FREESTYLE (2:14.39)				
PP	TIME	NAME	TEAM	DATE
766	2:11.40	Groysman, Yulia	KING	5/2/2015
722	2:13.41	Valdman, Nathalie	BC	8/2/2015
709	2:14.01	Kabacy, Taylor	KING	7/12/2015
400 M FREESTYLE (4:43.42)				
PP	TIME	NAME	TEAM	DATE
748	4:36.23	Groysman, Yulia	KING	5/3/2015
733	4:37.64	Valdman, Nathalie	BC	8/1/2015
730	4:37.96	Kabacy, Taylor	KING	8/1/2015
800 M FREESTYLE (9:53.20)				
PP	TIME	NAME	TEAM	DATE
727	9:37.71	Kabacy, Taylor	KING	7/23/2015
708	9:41.69	Valdman, Nathalie	BC	7/23/2015
680	9:47.73	Ton, Deanna	CSC	5/30/2015
1500 M FREESTYLE (19:02.60)				
PP	TIME	NAME	TEAM	DATE
767	18:16.77	Valdman, Nathalie	BC	7/25/2015
744	18:25.83	Kabacy, Taylor	KING	8/2/2015
671	18:56.53	Delaney, Maggie	MMSC	8/2/2015
100 M BACKSTROKE (1:10.47)				
PP	TIME	NAME	TEAM	DATE
820	1:08.33	Ward, Emily	KING	7/31/2015
812	1:08.55	Nguyen, Mandolin	CAAT	7/31/2015
799	1:08.91	Cross, Katie	BC	7/31/2015
745	1:10.41	Himes, Danika	IST	7/31/2015
744	1:10.45	Felner, Gracie	KING	7/11/2015
200 M BACKSTROKE (2:31.55)				
PP	TIME	NAME	TEAM	DATE
779	2:28.12	Ward, Emily	KING	8/2/2015
769	2:28.74	Cross, Katie	BC	8/2/2015

733	2:31.11	Kabacy, Taylor	KING	8/2/2015
732	2:31.16	Himes, Danika	IST	8/2/2015
100 M BREASTSTROKE (1:20.18)				
PP	TIME	NAME	TEAM	DATE
874	1:14.09	Battistoni, Belle	KING	7/31/2015
809	1:16.32	Nguyen, Mandolin	CAAT	7/31/2015
803	1:16.51	Ward, Emily	KING	7/31/2015
732	1:19.01	Hau, Jetlynn	MMSC	7/31/2015
724	1:19.27	Rudolph, Janelle	PRO	7/12/2015
723	1:19.30	Himes, Danika	IST	7/31/2015
723	1:19.30	Freeman, Alma	BC	7/31/2015
713	1:19.68	Ashmore, Kira	OAC	7/31/2015
708	1:19.85	Liljar, Ashlea	KING	7/31/2015
707	1:19.87	Sayles, Lauren	IST	7/31/2015
200 M BREASTSTROKE (2:54.17)				
PP	TIME	NAME	TEAM	DATE
801	2:43.91	Battistoni, Belle	KING	7/23/2015
771	2:46.25	Ward, Emily	KING	8/1/2015
761	2:46.98	Ashmore, Kira	OAC	8/1/2015
748	2:47.99	Nguyen, Mandolin	CAAT	7/23/2015
721	2:50.09	Himes, Danika	IST	8/1/2015
716	2:50.49	Hau, Jetlynn	MMSC	8/1/2015
698	2:51.91	Liljar, Ashlea	KING	8/1/2015
682	2:53.16	Sayles, Lauren	IST	8/1/2015
680	2:53.34	Rudolph, Janelle	PRO	7/11/2015
100 M BUTTERFLY (1:08.36)				
PP	TIME	NAME	TEAM	DATE
831	1:05.13	Battistoni, Belle	KING	8/2/2015
827	1:05.23	Ward, Emily	KING	7/23/2015
775	1:06.76	Nguyen, Mandolin	CAAT	8/2/2015
763	1:07.11	Chien, Isabel	KING	5/2/2015
747	1:07.60	Pak, Jazlynn	BC	8/2/2015
741	1:07.79	Li, Delora	BC	5/2/2015
200 M BUTTERFLY (2:34.11)				
PP	TIME	NAME	TEAM	DATE
794	2:26.98	Battistoni, Belle	KING	7/31/2015
200 M INDIVIDUAL MEDLEY (2:32.32)				
PP	TIME	NAME	TEAM	DATE
812	2:27.47	Ward, Emily	KING	7/23/2015
763	2:30.34	Rudolph, Janelle	PRO	8/1/2015
756	2:30.77	Liljar, Ashlea	KING	8/1/2015
746	2:31.34	Battistoni, Belle	KING	8/1/2015
736	2:31.99	Groysman, Yulia	KING	5/3/2015
733	2:32.13	Nguyen, Mandolin	CAAT	8/1/2015
400 M INDIVIDUAL MEDLEY (5:24.29)				
PP	TIME	NAME	TEAM	DATE
802	5:11.39	Ward, Emily	KING	7/24/2015
743	5:19.14	Nguyen, Mandolin	CAAT	7/24/2015
740	5:19.51	Kabacy, Taylor	KING	7/31/2015
729	5:21.02	Delaney, Maggie	MMSC	7/31/2015
708	5:23.85	Ashmore, Kira	OAC	7/31/2015

# PACIFIC NORTHWEST SWIMMING



PACIFIC  
NORTHWEST  
SWIMMING

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2015	13	71	53602	754.95	
2014	12	69	52246	757.18	775.77
2013	11	82	62421	761.23	761.52

## NATIONAL TOP 200 – GIRLS FOURTEEN YEARS 2014/2015

50 M FREESTYLE (28.11)				
PP	TIME	NAME	TEAM	DATE
922	26.16	Dang, Gabby	WAVE	8/1/2015
767	27.96	Pedersen, Bindi	WAVE	7/24/2015
757	28.07	Dimeco, Sarah	IST	7/18/2015
100 M FREESTYLE (1:00.80)				
PP	TIME	NAME	TEAM	DATE
916	57.21	Dang, Gabby	WAVE	8/1/2015
799	59.80	Groysman, Yulia	KING	7/25/2015
763	1:00.64	Tungate, Olivia	KING	7/10/2015
200 M FREESTYLE (2:11.56)				
PP	TIME	NAME	TEAM	DATE
806	2:08.47	Groysman, Yulia	KING	7/23/2015
799	2:08.80	Dang, Gabby	WAVE	8/2/2015
400 M FREESTYLE (4:37.79)				
PP	TIME	NAME	TEAM	DATE
798	4:29.58	Groysman, Yulia	KING	7/24/2015
744	4:34.45	Dimeco, Sarah	IST	8/1/2015
722	4:36.55	Dang, Gabby	WAVE	8/1/2015
720	4:36.70	Bradley, Christina	IST	8/1/2015
800 M FREESTYLE (9:40.36)				
PP	TIME	NAME	TEAM	DATE
751	9:27.36	Groysman, Yulia	KING	7/23/2015
1500 M FREESTYLE (18:41.53)				
PP	TIME	NAME	TEAM	DATE
780	17:56.53	Groysman, Yulia	KING	7/9/2015
100 M BACKSTROKE (1:08.94)				
PP	TIME	NAME	TEAM	DATE
894	1:05.11	Tungate, Olivia	KING	7/11/2015
879	1:05.51	Dang, Gabby	WAVE	7/31/2015
803	1:07.52	Nguyen, Rachel	BC	7/24/2015
770	1:08.43	Groysman, Yulia	KING	7/11/2015
762	1:08.65	Pedersen, Bindi	WAVE	7/24/2015
752	1:08.93	Li, Delora	BC	6/21/2015
200 M BACKSTROKE (2:28.39)				
PP	TIME	NAME	TEAM	DATE
844	2:21.88	Tungate, Olivia	KING	7/12/2015
805	2:24.28	Bradley, Christina	IST	7/15/2015
756	2:27.37	Nguyen, Rachel	BC	8/2/2015
740	2:28.41	Hughes, Courtney	KING	5/22/2015

100 M BREASTSTROKE (1:19.08)				
PP	TIME	NAME	TEAM	DATE
834	1:15.33	Pedersen, Bindi	WAVE	7/31/2015
814	1:16.02	Le, Yanran	BBST	7/31/2015
200 M BREASTSTROKE (2:51.49)				
PP	TIME	NAME	TEAM	DATE
837	2:40.52	Pedersen, Bindi	WAVE	8/1/2015
771	2:45.53	Le, Yanran	BBST	8/1/2015
100 M BUTTERFLY (1:06.69)				
PP	TIME	NAME	TEAM	DATE
882	1:02.63	Dang, Gabby	WAVE	8/2/2015
813	1:04.61	Pedersen, Bindi	WAVE	8/2/2015
810	1:04.70	Tungate, Olivia	KING	7/23/2015
787	1:05.35	Groysman, Yulia	KING	8/2/2015
771	1:05.82	Li, Delora	BC	8/2/2015
744	1:06.62	Chien, Isabel	KING	7/23/2015
200 M BUTTERFLY (2:28.96)				
PP	TIME	NAME	TEAM	DATE
861	2:19.47	Tungate, Olivia	KING	7/11/2015
811	2:22.80	Pedersen, Bindi	WAVE	7/31/2015
757	2:26.51	Dimeco, Sarah	IST	7/31/2015
752	2:26.87	Groysman, Yulia	KING	7/11/2015
200 M INDIVIDUAL MEDLEY (2:29.70)				
PP	TIME	NAME	TEAM	DATE
821	2:23.98	Pedersen, Bindi	WAVE	8/1/2015
778	2:26.47	Bradley, Christina	IST	8/1/2015
727	2:29.46	Tungate, Olivia	KING	7/10/2015
400 M INDIVIDUAL MEDLEY (5:17.86)				
PP	TIME	NAME	TEAM	DATE
806	5:05.76	Groysman, Yulia	KING	7/31/2015
803	5:06.25	Bradley, Christina	IST	7/31/2015
801	5:06.47	Pedersen, Bindi	WAVE	7/31/2015

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2015	14	44	35029	796.11	
2014	13	47	36183	769.85	762.00
2013	12	80	62224	777.80	766.43
2012	11	99	75951	767.18	751.68

## NATIONAL TOP 200 – GIRLS FIFTEEN YEARS – 2014/2015

### 50 M FREESTYLE (27.91)

PP	TIME	NAME	TEAM	DATE
800	27.15	Carlton, Emma	BBST	7/24/2015
763	27.59	Little, Sarah	OCA	2/22/2015

### 100 M FREESTYLE (1:00.11)

PP	TIME	NAME	TEAM	DATE
757	59.70	Carlton, Emma	BBST	7/25/2015

### 200 M FREESTYLE (2:09.93)

PP	TIME	NAME	TEAM	DATE

### 400 M FREESTYLE (4:34.77)

PP	TIME	NAME	TEAM	DATE

### 800 M FREESTYLE (9:33.36)

PP	TIME	NAME	TEAM	DATE

### 1500 M FREESTYLE (18:30.82)

PP	TIME	NAME	TEAM	DATE
660	18:31.2	Harriott, Ani	CAAT	7/25/2015
658	18:32.4	Wright, Lacey	ESC	7/25/2015
646	18:37.3	Miele, Mikaela	VAST	7/9/2015
629	18:44.6	Syme, Mia	CSC	6/20/2015
626	18:45.6	Barker, Hannah	ESC	7/25/2015

### 100 M BACKSTROKE (1:07.98)

PP	TIME	NAME	TEAM	DATE
774	1:07.08	Frey, Emma	BBST	7/24/2015

### 200 M BACKSTROKE (2:26.74)

PP	TIME	NAME	TEAM	DATE
757	2:25.31	Barker, Hannah	ESC	7/25/2015

### 100 M BREASTSTROKE (1:18.17)

PP	TIME	NAME	TEAM	DATE
714	1:17.36	Johnson, Evelyn	KING	5/22/2015
693	1:18.08	Limberg, Nicole	WEST	5/17/2015

### 200 M BREASTSTROKE (2:49.20)

PP	TIME	NAME	TEAM	DATE
768	2:43.17	Johnson, Evelyn	KING	6/28/2015
701	2:48.31	Limberg, Nicole	WEST	5/2/2015
695	2:48.76	Limargo, Chloe	WAVE	7/23/2015
689	2:49.23	Lindh, Shianne	KING	7/23/2015

### 100 M BUTTERFLY (1:05.86)

PP	TIME	NAME	TEAM	DATE
847	1:02.88	Carlton, Emma	BBST	7/23/2015
793	1:04.41	Little, Sarah	OCA	2/21/2015
749	1:05.69	Matsuda, Jeni	IST	7/23/2015

### 200 M BUTTERFLY (2:27.38)

PP	TIME	NAME	TEAM	DATE

### 200 M INDIVIDUAL MEDLEY (2:28.23)

PP	TIME	NAME	TEAM	DATE
734	2:27.65	Limberg, Nicole	WEST	5/3/2015
730	2:27.84	Rimat, Karlie	MMSC	7/23/2015

### 400 M INDIVIDUAL MEDLEY (5:13.84)

PP	TIME	NAME	TEAM	DATE
745	5:08.95	Limargo, Chloe	WAVE	7/24/2015
738	5:09.94	Rimat, Karlie	MMSC	7/24/2015
726	5:11.48	Matsuda, Jeni	IST	7/24/2015
707	5:13.98	Limberg, Nicole	WEST	5/15/2015

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2015	15	25	18099	723.96	
2014	14	27	20305	752.03	782.69
2013	13	35	25720	734.85	756.45
2012	12	41	31372	765.17	768.49
2011	11	58	38808	669.10	741.52





## NATIONAL TOP 200 – GIRLS SIXTEEN YEARS – 2014/2015

50 M FREESTYLE (27.67)				
PP	TIME	NAME	TEAM	DATE
770	27.48	Fang, Elisa	BC	7/23/2015
100 M FREESTYLE (59.64)				
PP	TIME	NAME	TEAM	DATE
755	59.46	Domanowski, Christina	BC	7/24/2015
750	59.58	Wong, Sydney	BBST	7/31/2015
200 M FREESTYLE (2:08.96)				
PP	TIME	NAME	TEAM	DATE
813	2:05.26	Domanowski, Christina	BC	7/23/2015
400 M FREESTYLE (4:33.42)				
PP	TIME	NAME	TEAM	DATE
808	4:23.07	Domanowski, Christina	BC	7/24/2015
800 M FREESTYLE (9:31.45)				
PP	TIME	NAME	TEAM	DATE
1500 M FREESTYLE (18:36.98)				
PP	TIME	NAME	TEAM	DATE
629	18:38.44	Vagt, Molly	BBST	5/22/2015
100 M BACKSTROKE (1:07.32)				
PP	TIME	NAME	TEAM	DATE
801	1:05.86	Haugen, Gianna	KING	1/17/2015
765	1:06.82	Rainey, Maddie	BC	7/25/2015
200 M BACKSTROKE (2:25.68)				
PP	TIME	NAME	TEAM	DATE

100 M BREASTSTROKE (1:17.19)				
PP	TIME	NAME	TEAM	DATE
828	01:13.01	Lindsay, Mariah	KING	7/31/2015
821	01:13.24	Limberg, Nicole	WEST	7/24/2015
200 M BREASTSTROKE (2:47.82)				
PP	TIME	NAME	TEAM	DATE
838	2:37.68	Limberg, Nicole	WEST	7/23/2015
822	2:38.90	Lindsay, Mariah	KING	1/15/2015
729	2:45.87	Gagliardo, Angela	KING	1/15/2015
100 M BUTTERFLY (1:05.20)				
PP	TIME	NAME	TEAM	DATE
751	1:05.08	Fang, Elisa	BC	6/20/2015
200 M BUTTERFLY (2:26.01)				
PP	TIME	NAME	TEAM	DATE
768	2:23.43	Kwan, Sabrina	OCA	7/25/2015
760	2:23.92	Domanowski, Christina	BC	7/25/2015
758	2:24.08	Allen, Kailey	VAST	6/27/2015
751	2:24.55	Simpson, Kaycee	KING	7/25/2015
200 M INDIVIDUAL MEDLEY (2:27.00)				
PP	TIME	NAME	TEAM	DATE
768	2:25.32	Limberg, Nicole	WEST	7/23/2015
400 M INDIVIDUAL MEDLEY (5:11.96)				
PP	TIME	NAME	TEAM	DATE
743	5:08.50	Domanowski, Christina	BC	7/24/2015

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2015	16	20	15428	771.40	
2014	15	21	16278	775.14	774.38
2013	14	46	35574	773.34	783.16
2012	13	63	47346	751.52	761.26
2011	12	72	54548	757.61	761.06
2010	11	82	62333	760.15	737.59

## NATIONAL TOP 200 – GIRLS SEVENTEEN YEARS – 2014/2015

50 M FREESTYLE (27.61)				
PP	TIME	NAME	TEAM	DATE
869	26.24	Sutherland, Ashley	KING	12/14/2014
792	27.12	Cross, Marley	BC	7/24/2015
100 M FREESTYLE (59.53)				
PP	TIME	NAME	TEAM	DATE
796	58.46	Cross, Marley	BC	7/25/2015
782	58.77	Sutherland, Ashley	KING	1/15/2015
200 M FREESTYLE (2:09.02)				
PP	TIME	NAME	TEAM	DATE
400 M FREESTYLE (4:34.83)				
PP	TIME	NAME	TEAM	DATE
800 M FREESTYLE (9:36.53)				
PP	TIME	NAME	TEAM	DATE
674	9:26.92	Hohensinner, Ellie	IST	7/14/2015
660	9:29.82	Mergel, Mackenzie	VAST	5/2/2015
1500 M FREESTYLE (18:56.74)				
PP	TIME	NAME	TEAM	DATE
709	18:03.56	Hohensinner, Ellie	IST	7/25/2015
698	18:07.84	Mergel, Mackenzie	VAST	7/9/2015
655	18:25.54	Davidson, Sarah	CSC	7/25/2015
603	18:47.76	Rosen, Candice	BISC	7/25/2015
100 M BACKSTROKE (1:07.49)				
PP	TIME	NAME	TEAM	DATE
742	1:07.44	Haugen, Gianna	KING	5/24/2015
200 M BACKSTROKE (2:25.98)				
PP	TIME	NAME	TEAM	DATE
744	2:24.93	Cook, Alyssa	KING	1/16/2015

100 M BREASTSTROKE (1:17.43)				
PP	TIME	NAME	TEAM	DATE
749	1:15.28	Gagliardo, Angela	KING	7/30/2015
742	1:15.51	Cummings, Mackenzie	KING	7/24/2015
734	1:15.80	Cook, Alyssa	KING	1/17/2015
722	1:16.19	Mergel, Mackenzie	VAST	7/24/2015
711	1:16.58	Lin, Kathy	BC	7/24/2015
200 M BREASTSTROKE (2:48.26)				
PP	TIME	NAME	TEAM	DATE
782	2:40.91	Gagliardo, Angela	KING	7/23/2015
752	2:43.23	Cummings, Mackenzie	KING	7/23/2015
742	2:43.99	Cook, Alyssa	KING	1/15/2015
711	2:46.29	Mergel, Mackenzie	VAST	6/28/2015
100 M BUTTERFLY (1:05.17)				
PP	TIME	NAME	TEAM	DATE
200 M BUTTERFLY (2:27.06)				
PP	TIME	NAME	TEAM	DATE
688	2:26.83	McCloskey, Kaelee	CSC	7/25/2015
200 M INDIVIDUAL MEDLEY (2:27.20)				
PP	TIME	NAME	TEAM	DATE
813	2:22.57	Cook, Alyssa	KING	1/17/2015
765	2:25.33	Gagliardo, Angela	KING	7/23/2015
400 M INDIVIDUAL MEDLEY (5:13.89)				
PP	TIME	NAME	TEAM	DATE
749	5:07.69	Cook, Alyssa	KING	1/16/2015
714	5:12.21	Hohensinner, Ellie	IST	7/24/2015

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2014	17	29	21123	728.37	
2014	16	35	25560	730.28	767.56
2013	15	36	26768	743.55	764.72
2012	14	52	40250	774.03	779.38
2011	13	59	42765	724.83	741.33
2010	12	68	50381	740.89	751.37
2009	11	79	55995	708.95	726.02

## NATIONAL TOP 200 – GIRLS EIGHTEEN YEARS – 2014/2015

50 M FREESTYLE (27.73)				
PP	TIME	NAME	TEAM	DATE
889	26.01	Sutherland, Ashley	KING	7/23/2015
870	26.23	Ramey, Kenna	KING	8/3/2015
774	27.33	Pries, Alana	CAAT	7/24/2015
100 M FREESTYLE (59.96)				
PP	TIME	NAME	TEAM	DATE
854	57.20	Sutherland, Ashley	KING	7/31/2015
787	58.67	Ramey, Kenna	KING	7/25/2015
763	59.21	Pries, Alana	CAAT	7/25/2015
742	59.68	Chard, Emma	TSC	5/17/2015
200 M FREESTYLE (2:10.33)				
PP	TIME	NAME	TEAM	DATE
728	2:08.37	Fisk, Leah	KING	7/23/2015
726	2:08.44	Williams, Kim	BC	5/23/2015
400 M FREESTYLE (4:37.76)				
PP	TIME	NAME	TEAM	DATE
697	4:31.82	Chambers, Addie	KING	7/24/2015
666	4:34.78	Chard, Emma	TSC	5/15/2015
654	4:35.84	Briggs, Mackenna	IST	7/17/2015
652	4:36.10	Fisk, Leah	KING	7/24/2015
635	4:37.76	Nelson, Cecilia	IST	7/24/2015
800 M FREESTYLE (9:57.04)				
PP	TIME	NAME	TEAM	DATE
715	9:18.44	Chambers, Addie	KING	7/23/2015
609	9:40.74	Laurent, Demetra	BC	7/23/2015
564	9:50.75	Fleeman, Brianna	KING	7/23/2015
541	9:55.85	Bingea, Taylor	GAC	6/21/2015
1500 M FREESTYLE (20:32.03)				
PP	TIME	NAME	TEAM	DATE
25	17:40.67	Chambers, Addie	KING	7/25/2015
72	18:32.35	Bingea, Taylor	GAC	7/25/2015
135	19:41.58	Dimicco, Aj	IST	7/11/2015
186	24:20.03	Williamson, Anne	WSY	7/11/2015
100 M BACKSTROKE (1:08.30)				
PP	TIME	NAME	TEAM	DATE
819	1:05.40	Armstrong, Cathryn	SRST	7/24/2015
815	1:05.49	Sutherland, Ashley	KING	8/2/2015
792	1:06.10	Williams, Kim	BC	5/24/2015
200 M BACKSTROKE (2:28.69)				
PP	TIME	NAME	TEAM	DATE
57	2:21.57	Williams, Kim	BC	5/23/2015
160	2:27.43	Yap, Lavinya	BC	7/25/2015
193	2:28.83	Cox, Caitlin	BC	7/25/2015

100 M BREASTSTROKE (1:18.56)				
PP	TIME	NAME	TEAM	DATE
862	1:11.56	Williams, Kim	BC	7/30/2015
789	1:13.95	Williams, Laura	KING	7/24/2015
200 M BREASTSTROKE (2:51.32)				
PP	TIME	NAME	TEAM	DATE
822	2:37.98	Williams, Kim	BC	8/2/2015
798	2:39.72	Williams, Laura	KING	7/23/2015
715	2:46.05	Cook, Alyssa	KING	7/23/2015
684	2:48.40	McDermott, Christina	BC	5/2/2015
658	2:50.42	Chard, Emma	TSC	5/30/2015
657	2:50.49	Norman, Sarah	TOSC	7/23/2015
100 M BUTTERFLY (1:05.84)				
PP	TIME	NAME	TEAM	DATE
845	1:02.35	Williams, Kim	BC	8/1/2015
820	1:03.05	Ramey, Kenna	KING	8/1/2015
778	1:04.22	Sutherland, Ashley	KING	7/23/2015
773	1:04.37	Stein, Alex	CAAT	7/23/2015
767	1:04.55	Briggs, Mackenna	IST	7/23/2015
200 M BUTTERFLY (2:29.83)				
PP	TIME	NAME	TEAM	DATE
869	2:14.80	Williams, Kim	BC	7/30/2015
728	2:24.07	Nelson, Cecilia	IST	7/15/2015
672	2:27.93	Stein, Alex	CAAT	7/25/2015
667	2:28.22	Chambers, Addie	KING	7/11/2015
666	2:28.30	Briggs, Mackenna	IST	7/25/2015
200 M INDIVIDUAL MEDLEY (2:28.39)				
PP	TIME	NAME	TEAM	DATE
905	2:16.91	Williams, Kim	BC	7/11/2015
751	2:25.50	Briggs, Mackenna	IST	7/23/2015
744	2:25.95	Cook, Alyssa	KING	7/23/2015
710	2:27.89	Fisk, Leah	KING	7/23/2015
400 M INDIVIDUAL MEDLEY (5:18.95)				
PP	TIME	NAME	TEAM	DATE
737	5:09.24	Chambers, Addie	KING	7/24/2015
726	5:10.66	Fisk, Leah	KING	7/24/2015
687	5:15.83	Shenkin, Audrey	BBST	7/24/2015
684	5:16.11	Norman, Sarah	TOSC	7/24/2015
664	5:18.89	Coleman, Melody	MMSC	7/24/2015

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2015	18	54	38918	720.70	
2014	17	52	40488	778.61	767.61
2013	16	56	42753	763.44	768.80
2012	15	54	41848	774.96	768.38
2011	14	66	50611	766.33	765.77
2010	13	67	48529	724.31	733.75
2009	12	89	66050	742.13	742.31
2008	11	66	45031	682.28	718.47



Year	Age	# SWIMS	Power Points	PNS Average	National Average
2014	18	55	41811	760.20	719.73
2013	17	69	53251	771.75	765.99
2012	16	75	58720	782.93	769.90
2011	15	57	42505	745.70	749.00
2010	14	72	54529	757.34	753.32
2009	13	96	69922	728.35	728.22
2008	12	123	91398	743.07	733.44
2007	11	119	86641	728.07	712.18

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2013	18	56	41215	735.98	733.85
2012	17	70	53837	769.10	771.58
2011	16	46	34825	757.06	758.49
2010	15	67	50170	748.80	747.35
2009	14	84	64027	762.22	762.21
2008	13	90	65430	727.00	727.80
2007	12	91	65285	717.41	728.94
2006	11	80	54534	681.75	705.12



## NATIONAL TOP 200 – JUNIOR (18U) – 2014/2015

### 50 M FREESTYLE (26.87)

RNK	TIME	NAME	TEAM	DATE
25	26.01	Sutherland, Ashley	KING	7/23/2015
39	26.16	Dang, Gabby	WAVE	8/1/2015
46	26.23	Ramey, Kenna	KING	8/3/2015

### 100 M FREESTYLE (58.08)

RNK	TIME	NAME	TEAM	DATE
75	57.20	Sutherland, Ashley	KING	7/31/2015
76	57.21	Dang, Gabby	WAVE	8/1/2015

### 200 M FREESTYLE (2:05.37)

RNK	TIME	NAME	TEAM	DATE
185	2:05.26	Domanowski, Christina	BC	7/23/2015

### 400 M FREESTYLE (4:25.05)

RNK	TIME	NAME	TEAM	DATE
132	4:23.07	Domanowski, Christina	BC	7/24/2015

### 800 M FREESTYLE (9:09.42)

RNK	TIME	NAME	TEAM	DATE
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### 1500 M FREESTYLE (17:39.88)

RNK	TIME	NAME	TEAM	DATE
179	17:40.67	Chambers, Addie	KING	7/25/2015

### 100 M BACKSTROKE (1:05.05)

RNK	TIME	NAME	TEAM	DATE
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### 200 M BACKSTROKE (2:20.54)

RNK	TIME	NAME	TEAM	DATE
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### 100 M BREASTSTROKE (1:14.06)

RNK	TIME	NAME	TEAM	DATE
37	1:11.56	Williams, Kim	BC	7/30/2015
108	1:13.01	Lindsay, Mariah	KING	7/31/2015
127	1:13.24	Limberg, Nicole	WEST	7/24/2015
186	1:13.95	Williams, Laura	KING	7/24/2015

### 200 M BREASTSTROKE (2:40.89)

RNK	TIME	NAME	TEAM	DATE
93	2:37.68	Limberg, Nicole	WEST	7/23/2015
106	2:37.98	Williams, Kim	BC	8/2/2015
132	2:38.90	Lindsay, Mariah	KING	1/15/2015
158	2:39.72	Williams, Laura	KING	7/23/2015
186	2:40.52	Pedersen, Bindi	WAVE	8/1/2015

### 100 M BUTTERFLY (1:02.97)

RNK	TIME	NAME	TEAM	DATE
104	1:02.35	Williams, Kim	BC	8/1/2015

147	1:02.63	Dang, Gabby	WAVE	8/2/2015
184	1:02.88	Carlton, Emma	BBST	7/23/2015

### 200 M BUTTERFLY (2:20.10)

RNK	TIME	NAME	TEAM	DATE
34	2:14.80	Williams, Kim	BC	7/30/2015
169	2:19.47	Tungate, Olivia	KING	7/11/2015

### 200 M INDIVIDUAL MEDLEY (2:21.04)

RNK	TIME	NAME	TEAM	DATE
19	2:16.91	Williams, Kim	BC	7/11/2015

### 400 M INDIVIDUAL MEDLEY (4:59.43)

RNK	TIME	NAME	TEAM	DATE
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YEAR	# SWIMS	AVG PLACE
2015	23	110.73
2014	38	101.94
2013	49	98.32
2012	55	105.07
2011	40	109.62
2010	65	97.53
2009	60	90.08
2008	89	79.73

EVENT	2009	2010	2011	2012	2013
50 free	27.18	27.22	27.12	26.98	26.99
100 free	58.56	58.76	58.64	58.41	58.23
200 free	2:06.24	2:06.86	2:06.28	2:05.83	2:05.75
400 free	4:26.63	4:27.09	4:25.87	4:25.06	4:25.34
800 free	9:11.79	9:12.52	9:11.53	9:08.82	9:09.58
1500 free	17:44.20	17:45.53	17:42.98	17:42.53	17:39.47
100 back	1:05.81	1:06.07	1:05.73	1:05.22	1:05.27
200 back	2:21.17	4:22.09	2:21.20	2:20.37	2:20.58
100 breast	1:14.68	1:15.14	1:14.81	1:14.75	1:14.49
200 breast	2:42.18	2:42.61	2:41.90	2:41.75	2:40.96
100 fly	1:03.57	1:04.13	1:03.65	1:03.40	1:03.40
200 fly	2:20.28	2:21.33	2:20.87	2:20.52	2:20.58
200 i.m.	2:23.36	2:23.76	2:23.44	2:23.03	2:22.79
400 i.m.	5:03.77	5:04.03	5:02.80	5:03.22	5:03.41

## NATIONAL TOP 200 – SENIOR – 2014/2015

### 50 M FREESTYLE (26.51)

RNK	TIME	NAME	TEAM	DATE
69	26.01	Sutherland, Ashley	KING	7/23/2015
99	26.16	Dang, Gabby	WAVE	8/1/2015
117	26.23	Ramey, Kenna	KING	8/3/2015

### 100 M FREESTYLE (57.32)

RNK	TIME	NAME	TEAM	DATE
174	57.20	Sutherland, Ashley	KING	7/31/2015
177	57.21	Dang, Gabby	WAVE	8/1/2015

### 200 M FREESTYLE (2:03.92)

RNK	TIME	NAME	TEAM	DATE

### 400 M FREESTYLE (4:22.12)

RNK	TIME	NAME	TEAM	DATE
164	4:21.06	Chard, Emma	TSC	7/17/2015

### 800 M FREESTYLE (9:03.24)

RNK	TIME	NAME	TEAM	DATE

### 1500 M FREESTYLE (17:29.17)

RNK	TIME	NAME	TEAM	DATE

### 100 M BACKSTROKE (1:04.00)

RNK	TIME	NAME	TEAM	DATE
64	1:02.59	Vanderwel, Heidi	KING	7/24/2015

### 200 M BACKSTROKE (2:18.42)

RNK	TIME	NAME	TEAM	DATE

### 100 M BREASTSTROKE (1:12.73)

RNK	TIME	NAME	TEAM	DATE
109	1:11.56	Williams, Kim	BC	7/30/2015

### 200 M BREASTSTROKE (2:37.76)

RNK	TIME	NAME	TEAM	DATE
171	2:37.01	Speak, Sage	BC	7/23/2015
190	2:37.68	Limberg, Nicole	WEST	7/23/2015

### 100 M BUTTERFLY (1:02.09)

RNK	TIME	NAME	TEAM	DATE

### 200 M BUTTERFLY (2:18.06)

RNK	TIME	NAME	TEAM	DATE
70	2:14.80	Williams, Kim	BC	7/30/2015

### 200 M INDIVIDUAL MEDLEY (2:20.91)

RNK	TIME	NAME	TEAM	DATE
53	2:16.91	Williams, Kim	BC	7/11/2015

### 400 M INDIVIDUAL MEDLEY (4:58.70)

RNK	TIME	NAME	TEAM	DATE

YEAR	# SWIMS	AVG PLACE
2015	12	121.41
2014	19	91.47
2013	36	108.91
2012	31	115.06
2011	18	123.61
2010	47	92.63
2009	70	87.88
2008	101	86.23

EVENT	2009	2010	2011	2012	2013
50 free	26.75	26.87	26.72	26.52	26.69
100 free	57.80	58.08	57.85	57.48	57.62
200 free	2:04.82	2:05.33	2:04.69	2:04.16	2:04.55
400 free	4:23.68	4:23.72	4:22.87	4:21.50	4:22.78
800 free	9:06.71	9:06.87	9:05.53	9:02.62	9:04.97
1500 free	17:36.01	17:36.13	17:36.38	17:37.22	17:30.57
100 back	1:04.81	1:05.19	1:04.82	1:04.09	1:04.64
200 back	2:19.60	2:20.41	2:19.48	2:17.92	2:19.23
100 breast	1:13.78	1:13.91	1:13.18	1:12.74	1:13.43
200 breast	2:40.12	2:39.87	2:38.71	2:37.68	2:38.53
100 fly	1:02.68	1:03.16	1:02.71	1:02.12	1:02.58
200 fly	2:18.76	2:19.35	2:18.65	2:17.92	2:18.76
200 i.m.	2:21.90	2:22.12	2:20.95	2:20.71	2:21.45
400 i.m.	5:00.78	5:01.35	4:59.78	4:59.09	5:00.28