

Cascade Team Records SHORT COURSE YARDS

Updated May, 2024

Girls			8 & Under		Boys	
<u>Year</u>	<u>Name</u>	<u>Time</u>	<u>Event</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>
2014	Audrey Brown	15.31	25 Free	14.95	Colin Bell	2017
2007	Hannah Shabb	30.27	50 Free	31.16	Nathan Lee	2015
2007	Hannah Shabb	1:08.27	100 Free	1:08.74	Nathan Lee	2015
2007	Hannah Shabb	2:27.06	200 Free	2:28.26	Nathan Lee	2015
2007	Hannah Shabb	6:34.58	500 Free	6:31.85	Nathan Lee	2015
2019	Everly Desancic	18.26	25 Back	18.35	Elijah Milan	2012
2007	Hannah Shabb	36.72	50 Back	37.89	Mate Pallos	2014
2007	Hannah Shabb	1:17.91	100 Back	1:20.94	Mate Pallos	2014
2012	Kalie Bui	19.83	25 Breast	21.70	Elijah Milan	2013
2007	Hannah Shabb	40.18	50 Breast	44.37	Bennett Jones	2018
2007	Hannah Shabb	1:28.25	100 Breast	1:35.56	Jack Allen	2005
2019	Madelyn Yovanovich	16.68	25 Fly	16.48	Alan Xu	2019
2007	Hannah Shabb	34.28	50 Fly	36.25	Nathan Lee	2015
2007	Hannah Shabb	1:18.59	100 Fly	1:23.78	Nathan Lee	2015
2007	Hannah Shabb	1:15.43	100 IM	1:21.15	Nathan Lee	2015
2006	Hannah Shabb	2:44.90	200 IM	2:55.89	Jack Allen	2005
2001	McCabe, Allen, Michaels, Stolz	1:10.75	100 Free Relay	58.28	DeVine, Jin, Upenieks, Milman	2004
2009	Owens, Goodell, Dennis, Beres	2:28.11	200 Free Relay	2:39.31	Lin, Rushevics, McCloskey, McCrackin	2008
2004	Liu, Lim, McCloskey, Shabb	1:19.43	100 Med Relay	1:18.14	Nelson, Wagner, Stolz, Ballard	2003
2019	DesJardien, Coates, Jones, DesJardien	3:02.00	200 Med Relay			

Girls			9&10	Boys		
<u>Year</u>	<u>Name</u>	<u>Time</u>	<u>Event</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>
2015	Mackenzie Mayfield	27.22	50 Free	26.47	Owen Wurzbacher	2002
2013	Deanna Ton	59.53	100 Free	57.98	Owen Wurzbacher	2002
2012	Deanna Ton	2:09.12	200 Free	2:05.73	Owen Wurzbacher	2002
2009	Hannah Shabb	5:35.68	500 Free	5:30.40	Abrahm DeVine	2007
2019	Sutton Forbis	13:09.61	1000 Free	13:33.13	Bennett Jones	2019
2010	Milli McFall	20:55.67	1650 Free	21:55.49	Bennett Jones	2019
2019	Sutton Forbis	31.27	50 Back	31.29	Abrahm DeVine	2007
2019	Sutton Forbis	1:08.16	100 Back	1:06.73	Abrahm DeVine	2007
2013	Holand Dennis	2:41.79	200 Back	2:31.76	Crawford Brunjes	2023
2015	Mackenzie Mayfield	34.33	50 Breast	34.05	Bennett Jones	2020
2015	Mackenzie Mayfield	1:16.27	100 Breast	1:14.58	Bennett Jones	2020
2007	Juliana Epoch	3:09.73	200 Breast	3:37.20	Dane Bendiksen	2021
2017	Catherine Andrews	29.87	50 Fly	29.04	Colin Bell	2019
2019	Sutton Forbis	1:07.60	100 Fly	1:06.03	Vin Fetty	2015
2022	Clara Jones	2:43.20	200 Fly	3:00.79	Brooks Oliver	2021
2011	Maren Blomso	1:08.93	100 IM	1:07.93	Abrahm DeVine	2007
2008	Hannah Shabb	2:25.83	200 IM	2:22.78	Abrahm DeVine	2007
2019	Sutton Forbis	5:28.49	400 IM	5:37.36	Bennett Jones	2019
2009	Shabb, Blomso, Davidson, Dorland	1:57.62	200 Free Relay	1:55.63	Jones, Cancelmo, Bui, Bell	2019
2022	Blume, Martin, Coates, Jones	5:06.46	400 Free Relay	4:41.63	VerPlanck, Hofmann, Wang, Doll	2022
2015	Brown, Mayfield, Lindberg, Cady	2:12.99	200 Med Relay	2:11.56	Anderson, Jones, Schwan, Cancelmo	2019
2022	Blume, Coates, Jones, Martin	5:41.73	400 Med Relay	5:24.12	Doll, Ingalsbe, Wang, VerPlanck	2022

Girls			11&12		Boys	
<u>Year</u>	<u>Name</u>	<u>Time</u>	<u>Event</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>
2019	Claudia Yovanovich	24.65	50 Free	24.34	Sean Nesheim	2004
					Jaden Zhang	2016
2015	Ella Haskins	55.28	100 Free	51.89	Sean Nesheim	2004
2010	Cameron Smith	1:59.16	200 Free	1:52.77	Sean Nesheim	2004
2011	Cameron Smith	5:11.47	500 Free	5:07.34	Sean Nesheim	2004
2011	Cameron Smith	10:47.96	1000 Free	10:58.57	Ben Doll	2024
2010	Addie Chambers	17:59.50	1650 Free	17:56.68	Abrahm DeVine	2008
2021	Sutton Forbis	28.05	50 Back	27.99	Ben Doll	2024
2021	Sutton Forbis	58.86	100 Back	58.80	Sean Nesheim	2004
2021	Sutton Forbis	2:08.64	200 Back	2:06.41	Sean Nesheim	2004
2016	Mackenzie Mayfield	32.00	50 Breast	29.59	Frederick Anderson	2022
2014	Mandolin Nguyen	1:08.80	100 Breast	1:04.24	Frederick Anderson	2022
2008	Sarina Lim	2:30.49	200 Breast	2:20.65	Frederick Anderson	2021
1992	Michelle Salgado	28.06	50 Fly	26.05	Robert Shen	2021
2012	Louise Daigneault					
2021	Sutton Forbis	1:01.17	100 Fly	57.80	Vin Fetty	2017
2011	Cameron Smith	2:12.23	200 Fly	2:04.93	Vin Fetty	2017
2021	Sutton Forbis	1:01.68	100 IM	58.85	Frederick Anderson	2022
2010	Hannah Shabb	2:14.58	200 IM	2:07.72	Frederick Anderson	2022
2021	Sutton Forbis					
2010	Hannah Shabb	4:46.70	400 IM	4:38.65	Frederick Anderson	2021
2010	Kutz, Smith, Blomso, Shabb	1:45.18	200 Free Relay	1:40.14	Nesheim, Endres, Tan, Wurzbacher	2004
2011	Daigneault, Kutz, Blomso, Smith	3:51.91	400 Free Relay	3:38.99	Nesheim, Endres, Tan, Wurzbacher	2004
2018	Lesh, Gooding, Andrews, Matsumura	1:56.63	200 Med Relay	1:52.67	Bui, Anderson, Cancelmo, Shen	2021
2011	Blomso, Davidson, Smith, Kutz	4:16.29	400 Med Relay	4:06.40	Nesheim, Wurzbacher, Endres, Tan	2004

Girls				13&14				Boys			
<u>Year</u>	<u>Name</u>	<u>Time</u>		<u>Event</u>	<u>Time</u>	<u>Name</u>		<u>Year</u>			
2019	Claudia Yovanovich	23.97		50 Free	21.98	Robert Shen		2022			
2021	Caroline Cancelmo	52.55		100 Free	48.20	Robert Shen		2023			
2012	Caroline Cancelmo	1:53.05		200 Free	1:44.32	Sean Nesheim		2006			
1986	Amy Munger	5:00.34		500 Free	4:47.68	Grant Heisey		2012			
1985	Amy Munger	10:12.92		1000 Free	10:03.86	Grant Heisey		2012			
1986	Amy Munger	17:14.46		1650 Free	16:32.90	Tyler Hayden		2004			
2021	Claudia Yovanovich	27.86		50 Back	25.05	Robert Shen		2023			
2022	Sutton Forbis	58.04		100 Back	53.67	Robert Shen		2023			
2022	Sutton Forbis	2:05.68		200 Back	1:57.06	Sean Nesheim		2006			
2021	Aila Howson	31.04		50 Breast	28.86	Frederick Anderson		2022			
2021	Aila Howson	1:06.90		100 Breast	59.74	Frederick Anderson		2024			
2022	Aila Howson	2:24.59		200 Breast	2:13.11	Owen Wurzbacher		2006			
2022	Caroline Cancelmo	26.45		50 Fly	24.20	Robert Shen		2023			
2021	Caroline Cancelmo	57.18		100 Fly	53.39	Derek Young		2019			
2022	Caroline Cancelmo	2:05.13		200 Fly	1:55.84	Vin Fetty		2018			
2021	Claudia Yovanovich	1:03.28		100 IM	55.77	Robert Shen		2023			
2022	Caroline Cancelmo	2:08.55		200 IM	1:56.69	Frederick Anderson		2024			
2000	Kelly Woodruff	4:29.29		400 IM	4:14.60	Abrahm DeVine		2011			
2019	Yovanovich, Pampino, Lesh, Blume	1:42.01		200 Free Relay	1:30.31	Zhang, Fetty, Schnitzius, Young		2018			
2019	Blume, Lesh, Matsumura, Yovanovich	3:45.14		400 Free Relay	3:20.76	Schnitzius, Fetty, Zhang, Young		2018			
2020	Yovanovich, Blume, Matsumura, Lesh	8:04.95		800 Free Relay	7:42.20	Anderson, Stavheim, Hansson, Weimer		1984			
2012	Blomso, Brock, Smith, Shabb	1:53.96		200 Med Relay	1:42.96	Zhang, Culala, Fetty, Young		2018			
2022	Forbis, Howson, Bennett, Cancelmo	3:59.63		400 Med Relay	3:44.74	Zhang, Young, Fetty, Schnitzius		2018			

Girls			15&16	Boys		
Year	Name	Time	Event	Time	Name	Year
2021	Claudia Yovanovich	23.75	50 Free	21.00	Mackey Hopen	2010
2022	Claudia Yovanovich	51.79	100 Free	47.55	Owen Wurzbacher/Robert Shen	2007/2023
2010	Fiona Majeau	1:50.15	200 Free	1:41.82	Sean Nesheim	2007
2010	Fiona Majeau	4:50.49	500 Free	4:34.35	Abrahm DeVine	2012
2015	Cameron Smith	10:04.05	1000 Free	9:30.81	Marco Benvenuto	2008
2002	Meredith Thompson	16:52.05	1650 Free	15:49.41	Abrahm DeVine	2012
2021	Claudia Yovanovich	26.22	50 Back	24.31	Abrahm DeVine	2012
2010	Fiona Majeau	57.01	100 Back	51.92	Abrahm DeVine	2012
2010	Fiona Majeau	2:02.32	200 Back	1:49.27	Abrahm DeVine	2013
2018	Kalie Bui	30.50	50 Breast	27.57	Jerry Chen	2021
2019	Kalie Bui	1:04.13	100 Breast	58.08	Owen Wurzbacher	2007
2023	Aila Howson	2:19.22	200 Breast	2:05.50	Owen Wurzbacher	2007
2019	Grace Lindberg	27.26	50 Fly	23.78	Derek Young	2021
2014	Cameron Smith	56.82	100 Fly	51.05	Derek Young	2021
2015	Cameron Smith	2:01.12	200 Fly	1:52.20	Owen Wurzbacher	2007
2020	Kathryn Soria	1:01.99	100 IM	54.40	Derek Young	2021
2007	Elizabeth Weitz	2:07.85	200 IM	1:50.30	Abrahm DeVine	2013
2001	Kelly Woodruff	4:26.81	400 IM	3:51.65	Abrahm DeVine	2013
2021	Lemke, Urquhart, Blume, Lindberg	1:40.77	200 Free Relay	1:27.53	Zverev, Prieve, Lin, Gamble	2018
2007	Armstrong, McIntyre, Miller, Weitz	3:43.55	400 Free Relay	3:18.76	Nouwens, Zverev, Prieve, Gamble	2017
2021	Blume, Yovanovich, Urquhart, Thompson	8:05.86	800 Free Relay	7:28.47	Stoecker, Reece, Serrano, Finocchio	2022
2021	Yovanovich, Howson, Lindberg, Blume	1:50.50	200 Med Relay	1:40.70	Yamane, Culala, Young, Young	2019
2007	Lindbergh, Weitz, McCloskey, Thompson	4:04.27	400 Med Relay	3:42.75	Rea, Jacobs, Yang, Mayfield	2018

Girls				Boys		
<u>Year</u>	<u>Name</u>	<u>Time</u>	17&18 <u>Event</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>
2022	Grace Lindberg	23.94	50 Free	20.85	Derek Young	2021
2010	Annemarie Thayer	50.46	100 Free	45.97	Derek Young	2021
2010	Amber McDermott	1:47.02	200 Free	1:39.66	Sean Nesheim	2008
2010	Amber McDermott	4:40.04	500 Free	4:26.29	Abrahm DeVine	2015
2010	Amber McDermott	9:40.10	1000 Free	9:20.18	Matt Roe	2011
2010	Amber McDermott	16:13.02	1650 Free	15:31.15	Abrahm DeVine	2013
2009	Annemarie Thayer	25.93	50 Back	23.78	Abrahm DeVine	2013
2010	Annemarie Thayer	53.84	100 Back	51.47	Scott Tripps	1987
2011	Annemarie Thayer	1:56.14	200 Back	1:51.21	Sean Nesheim	2009
2018	Jiahui Zeng	30.88	50 Breast	26.05	Jerry Chen	2022
2019	Malia Wisham	1:06.62	100 Breast	55.05	Owen Wurzbacher	2009
2004	Kelly Woodruff	2:20.65	200 Breast	2:00.82	Owen Wurzbacher	2009
2022	Grace Lindberg	25.46	50 Fly	22.52	Derek Young	2021
2009	Annemarie Thayer	55.37	100 Fly	48.93	Derek Young	2021
2023	Grace Lindberg	2:00.16	200 Fly	1:45.75	Abrahm DeVine	2015
2010	Annemarie Thayer	59.77	100 IM	55.16	James Javier	2021
2010	Amber McDermott	2:01.09	200 IM	1:47.39	Abrahm DeVine	2015
2010	Amber McDermott	4:11.47	400 IM	3:45.46	Abrahm DeVine	2014
2003	Woodruff, Beck, Hunt-Higgins, McAllister	1:46.38	200 Free Relay	1:31.49	Fitch, Shabb, Stolz, Yu	2011
2010	Michaels, Majeau, Thayer, McDermott	3:26.80	400 Free Relay	3:12.47	Hopen, Stenfjord, Roe, Opie	2011
2010	Michaels, Majeau, Thayer, McDermott	7:20.71	800 Free Relay	7:04.24	Walker, Opie, Stenfjord, Roe	2010
2010	Thayer, McDermott, Majeau, Michaels	1:49.76	200 Med Relay	1:41.72	Yu, Colella, Stolz, Fitch	2011
2010	Majeau, McDermott, Michaels, Ashley	3:57.57	400 Med Relay			

Girls				Boys			
<u>Year</u>	<u>Name</u>	<u>Time</u>	<u>Open Event</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>	
2021	Claudia Yovanovich	23.75	50 Free	20.85	Derek Young	2021	
2010	Annemarie Thayer	50.46	100 Free	45.97	Derek Young	2021	
2010	Amber McDermott	1:47.02	200 Free	1:39.66	Sean Nesheim	2008	
2010	Amber McDermott	4:40.04	500 Free	4:26.29	Abrahm DeVine	2015	
2010	Amber McDermott	9:40.10	1000 Free	9:20.18	Matt Roe	2011	
2010	Amber McDermott	16:13.02	1650 Free	15:31.15	Abrahm DeVine	2013	
2009	Annemarie Thayer	25.93	50 Back	23.78	Abrahm DeVine	2013	
2010	Annemarie Thayer	53.84	100 Back	51.47	Scott Tripps	1987	
2011	Annemarie Thayer	1:56.14	200 Back	1:49.27	Abrahm DeVine	2013	
2018	Kalie Bui	30.50	50 Breast	26.05	Jerry Chen	2022	
2019	Kalie Bui	1:04.13	100 Breast	55.05	Owen Wurzbacher	2009	
2022	Aila Howson	2:19.22	200 Breast	2:00.82	Owen Wurzbacher	2009	
2022	Grace Lindberg	25.46	50 Fly	22.52	Derek Young	2021	
2009	Annemarie Thayer	55.37	100 Fly	48.93	Derek Young	2021	
2023	Grace Lindberg	2:00.16	200 Fly	1:45.75	Abrahm DeVine	2015	
2010	Annemarie Thayer	59.77	100 IM	54.40	Derek Young	2021	
2010	Amber McDermott	2:01.09	200 IM	1:47.39	Abrahm DeVine	2015	
2010	Amber McDermott	4:11.47	400 IM	3:45.46	Abrahm DeVine	2014	
2022	Yovanovich, Lindberg, Cancelmo, Forbis	1:36.41	200 Free Relay	1:27.07	Hopen, Stenfjord, Roe, Fitch	2011	
2010	Michaels, Majeau, Thayer, McDermott	3:26.80	400 Free Relay	3:09.86	Hayden, Day, Wurzbacher, Nesheim	2007	
2010	Michaels, Majeau, Thayer, McDermott	7:20.71	800 Free Relay	6:51.39	Hayden, Nesheim, Wurzbacher, Day	2007	
2022	Yovanovich, Howson, Cancelmo, Lindberg	1:47.94	200 Med Relay	1:36.82	Young, Chen, White, Yamane	2021	
2022	Yovanovich, Howson, Lindberg, Cancelmo	3:54.27	400 Med Relay	3:26.53	Gooding, Colella, Augustine, Braden	1985	

**Mixed Relays
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2019	Bendiksen, Doll, DesJardien, DesJardien	2:26.02	200 Free Relay
2019	DesJardien, DesJardien, Doll, Bendiksen	2:48.12	200 Med Relay

9-10

2019	Wallace, Jones, Cancelmo, Forbis	1:57.10	200 Free Relay
2019	Forbis, Effgen, Jones, Cancelmo	2:06.54	200 Med Relay
2021	Villanueva, DesJardien, Doll, Sun	4:46.87	400 Free Relay
2021	Villanueva, DesJardien, Hofmann, Doll	5:38.36	400 Med Relay

11-12

2021	Cancelmo, Anderson, Blume, Forbis	1:45.72	200 Free Relay
2021	Forbis, Anderson, Cancelmo, Blume	1:55.69	200 Med Relay
2021	Shen, Forbis, Wallace, Anderson	3:56.20	400 Free Relay
2021	Forbis, Anderson, Shen, Wallace	4:06.81	400 Med Relay

13-14

2021	Yovanovich, Kirkpatrick, Serrano, Cancelmo	1:40.60	200 Free Relay
2017	Zhang, Culala, Lindberg, Carlson	1:52.36	200 Med Relay
2021	Yovanovich, Kirkpatrick, Reece, Ewers	3:44.46	400 Free Relay
2021	Reece, Howson, Stoecker, Ewers	4:19.41	400 Med Relay

15&16

2021	Young, Chen, Lemke, Lindberg	1:35.89	200 Free Relay
2021	Blume, Franklin, Lindberg, Young	1:48.75	200 Med Relay
2021	Young, Chen, Lindberg, Blume	3:30.11	400 Free Relay
2021	Trans, Chen, Lindberg, Blume	4:02.82	400 Med Relay

17-18

2021	Yamane, Javier, Anderson, Bui	3:41.51	400 Free Relay
2021	Allen, Chen, Lindberg, Yovanovich	3:56.78	400 Med Relay

15-18

2024	Muilenburg, Kirkpatrick, Brown, Fralick	1:34.79	200 Free Relay
2024	Bennett, Effgen, Kirkpatrick, Stoecker	1:44.61	200 Med Relay

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2022	Shen, Lindberg, Blume, Chen	1:33.46	200 Free Relay
2024	Thompson, Anderson, Whorley, Serrano	1:43.43	200 Med Relay
2021	Young, Chen, Lindberg, Blume	3:30.11	400 Free Relay
2021	Allen, Chen, Lindberg, Yovanovich	3:56.78	400 Med Relay