

Cascade Team Records LONG COURSE METERS

Updated Aug, 2023

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>
2010	Isabel Chien	37.13	50 Free	37.65	Ryan Reid	2010
2010	Isabel Chien	1:21.48	100 Free	1:25.33	Alex Kaneshiro	2018
2011	Vanda Mate	3:11.19	200 Free	3:33.02	Alan Xu	2018
2010	Isabel Chien	43.78	50 Back	43.83	Jack Allen	2010
2010	Isabel Chien	1:37.65	100 Back	1:43.94	Landon Dupuis	2014
2011	Vanda Mate	49.58	50 Breast	51.90	Alex Kaneshiro	2018
2010	Isabel Chien	1:53.49	100 Breast	2:02.36	Daniel Ishkanov	2008
2010	Isabel Chien	44.26	50 Fly	49.73	Shuhei Ogino	2009
2023	Maryann Brunjes	2:19.67	100 Fly	1:52.35	Shuhei Ogino	2009
2011	Vanda Mate	3:30.77	200 IM	4:17.95	Richard Tran	2009

200 Free Relay

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>
2008	Hannah Shabb	31.62	50 Free	29.75	Abrahm DeVine	2007
2004	Dana Michaels	1:09.42	100 Free	1:04.96	Abrahm DeVine	2007
2004	Dana Michaels	2:31.03	200 Free	2:20.66	Abrahm DeVine	2007
2007	Hannah Benson	5:16.12	400 Free	5:01.09	Abrahm DeVine	2007
2011	Maren Blomso	36.97	50 Back	34.92	Abrahm DeVine	2007
2006	Amelia Liu	1:21.07	100 Back	1:12.90	Abrahm DeVine	2007
2012	Lauren Dupuis	3:02.39	200 Back	2:55.93	Mate Pallos	2015
2014	Mackenzie Mayfield	40.88	50 Breast	41.91	Bennett Jones	2019
1985	Kira Richards	1:30.18	100 Breast	1:32.25	Bennett Jones	2019
2015	Natalie Lesh	3:45.05	200 Breast	3:17.50	Bennett Jones	2019
1971	Tina Weisel	33.20	50 Fly	32.90	Colin Bell	2019
2008	Hannah Shabb	1:18.31	100 Fly	1:16.95	Kyle Enders	2002
2008	Hannah Shabb	2:50.48	200 IM	2:38.54	Abrahm DeVine	2007
2012	Lauren Dupuis	6:25.54	400 IM	6:30.62	Nathan Hayes	2012
2012	Dupuis, Sargent, Warnock, Ton	2:15.35	200 Free Relay	2:13.43	Xu, Jones, Bui, Cancelmo	2019
2004	Turgeon, Gehrke, Bennett, Mordkhin	5:31.82	400 Free Relay	5:16.33	Stolz, Luo, Fitch, Shabb	2004
1971	Pulsifer, MacLane, Drubert, Dedomenico	2:36.90	200 Med Relay	2:33.50	Ralston, Johnson, Bierman, Shanks	1964
2008	McCloskey, Blomso, Shabb, Spangler	5:56.13	400 Med Relay			

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	28.48	50 Free	27.58	Brad Fitch	2007
2011	Cameron Smith	1:02.16	100 Free	1:00.63	Frederick Anderson	2022
2011	Cameron Smith	2:14.68	200 Free	2:13.61	Owen Wurzbacher	2003
2011	Cameron Smith	4:42.52	400 Free	4:36.98	Abrahm DeVine	2008
2011	Cameron Smith	9:51.67	800 Free	9:42.48	Abrahm DeVine	2008
2014	Deanna Ton	19:04.97	1500 Free	18:29.17	Abrahm DeVine	2008
1992	Lisa Murray	33.08	50 Back	31.68	Abrahm DeVine	2009
2021	Sutton Forbis	1:09.02	100 Back	1:07.62	Abrahm DeVine	2009
2021	Sutton Forbis	2:30.90	200 Back	2:25.21	Abrahm DeVine	2009
2016	Mackenzie Mayfield	36.41	50 Breast	34.83	Frederick Anderson	2021
2009	Ella Johnson	1:19.46	100 Breast	1:17.27	Frederick Anderson	2021
2009	Ella Johnson	2:52.99	200 Breast	2:45.21	Frederick Anderson	2021
2012	Louise Daigneault	31.31	50 Fly	29.81	Kyle Endres	2004
2021	Sutton Forbis	1:08.75	100 Fly	1:06.33	Kyle Endres	2004
2010	Cameron Smith	2:33.11	200 Fly	2:30.38	Vin Fetty	2016
2010	Hannah Shabb	2:32.59	200 IM	2:25.55	Abrahm DeVine	2009
2010	Hannah Shabb	5:21.63	400 IM	5:15.58	Abrahm DeVine	2009
2010	Smith, Blomso, Kutz, Shabb	2:01.90	200 Free Relay	1:58.17	Cancelmo, Anderson, Jones, Krabak	2021
2012	Bowman, McFall, Broadhead, Daigneault	4:28.76	400 Free Relay	4:24.97	Zverev, Wang, Stenfjord, Ton	2012
2019	Ewers, Onkels, Jaeger, Howson	10:23.97	800 Free Relay	10:13.60	Bell, Kotyk, Reece, Zettle	2019
1976	Goertzen, Finn, Scarborough, Merry	2:17.50	200 Med Relay	2:14.02	Wang, Ton, Zverev, Stenfjord	2012
2009	Johnson, Rosen, Shabb, Chambers	5:02.33	400 Med Relay	4:57.39	Wang, Ton, Zverev, Stenfjord	2012

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>
2016	Ella Haskins	27.88	50 Free	25.37	Robert Shen	2023
2013	Cameron Smith	1:00.61	100 Free	55.48	Brad Fitch	2009
2013	Cameron Smith	2:06.65	200 Free	2:02.33	Frederick Anderson	2023
2013	Cameron Smith	4:26.40	400 Free	4:17.54	Grant Heisey	2012
2013	Cameron Smith	9:11.33	800 Free	8:53.61	Tyler Hayden	2004
1996	Katie Weber	17:51.26	1500 Free	17:03.59	Bryan Michaels	2005
2022	Sutton Forbis	32.24	50 Back	30.02	Abrahm DeVine	2011
2022	Sutton Forbis	1:07.08	100 Back	1:03.18	Abrahm DeVine	2011
2022	Sutton Forbis	2:25.33	200 Back	2:13.64	Abrahm DeVine	2011
2017	Kalie Bui	37.35	50 Breast	33.18	Frederick Anderson	2022
2021	Aila Howson	1:18.97	100 Breast	1:10.69	Robert Shen	2023
1995	Katie Weber	2:48.05	200 Breast	2:38.32	Owen Wurzbacher	2006
2022	Sutton Forbis	30.54	50 Fly	28.20	Robert Shen	2022
2013	Cameron Smith	1:04.71	100 Fly	1:00.44	Robert Shen	2023
2013	Cameron Smith	2:21.34	200 Fly	2:15.48	Vin Fetty	2018
2012	Hannah Shabb	2:27.08	200 IM	2:16.20	Abrahm DeVine	2011
2012	Hannah Shabb	5:08.77	400 IM	4:47.28	Abrahm DeVine	2011
2012	Shabb, Blomso, Lin, Smith	1:56.81	200 Free Relay	1:45.49	Anderson, High, Ward, Shen	2023
2012	Lin, Blomso, Shabb, Smith	4:14.83	400 Free Relay	3:53.51	Anderson, Ward, High, Shen	2023
2019	Lesh, Lindberg, Blume, Matsumura	9:24.15	800 Free Relay	9:00.18	Colella, Braden, Gooding, Johnson	1982
2012	Blomso, Brock, Shabb, Smith	2:12.46	200 Med Relay	1:59.96	Zhang, Schutte, Fetty, Milan	2018
2012	Blomso, Brock, Shabb, Smith	4:49.82	400 Med Relay	4:19.58	Ward, Anderson, Shen, Doll	2023

Girls			15&16	Boys		
<u>Year</u>	<u>Name</u>	<u>Time</u>	<u>Event</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>
2021	Grace Lindberg	27.84	50 Free	25.03	Jerry Chen	2022
2009	Fiona Majeau	59.20	100 Free	54.46	Sean Nesheim	2008
2009	Fiona Majeau	2:06.18	200 Free	1:56.45	Sean Nesheim	2008
2009	Fiona Majeau	4:28.07	400 Free	4:07.27	Abrahm DeVine	2013
2008	Laurin Williams	9:02.39	800 Free	8:40.89	Tony Dennis	2004
2008	Laurin Williams	17:34.56	1500 Free	16:35.28	Sean Nesheim	2008
2008	Ali Gourley	32.61	50 Back	28.77	Abrahm DeVine	2012
2022	Claudia Yovanovich	1:07.59	100 Back	1:01.03	Abrahm DeVine	2012
2009	Fiona Majeau	2:28.70	200 Back	2:07.37	Abrahm DeVine	2013
2019	Kalie Bui	35.26	50 Breast	31.91	Jerry Chen	2022
2007	Elizabeth Weitz	1:13.24	100 Breast	1:05.96	Owen Wurzbacher	2008
2023	Aila Howson	2:38.20	200 Breast	2:28.88	Jerry Chen	2022
2022	Quinn Whorley	31.19	50 Fly	28.25	Kason Kirkpatrick	2022
2014	Cameron Smith	1:04.81	100 Fly	58.38	Owen Wurzbacher	2008
2014	Cameron Smith	2:20.85	200 Fly	2:08.45	Grant Heisey	2014
2007	Elizabeth Weitz	2:23.78	200 IM	2:05.42	Abrahm DeVine	2013
2001	Kelly Woodruff	4:58.82	400 IM	4:24.88	Abrahm DeVine	2013
2018	Or, Ton, Sargent, Haskins	1:58.41	200 Free Relay	1:48.82	Mondello, Chen, Tan, Sharify	2006
2013	Shabb, Davidson, Brock, Lin	4:21.45	400 Free Relay	3:46.17	Kirkpatrick, Reece, Stoecker, Serrano	2023
2018	Ton, Warnock, Perez Wisham	9:22.50	800 Free Relay	8:27.27	Reece, Serrano, Kirkpatrick, Stoecker	2022
2007	Miller, Weitz, McCloskey, Thompson	2:10.93	200 Med Relay	2:00.61	DeVine, Clark, Heisey, Ton	2013
2013	Lin, Brock, Shabb, Davidson	4:48.84	400 Med Relay	4:15.04	Allen, Chen, Finocchio, Serrano	2022

Girls			17&18		Boys	
<u>Year</u>	<u>Name</u>	<u>Time</u>	<u>Event</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>
2022	Grace Lindberg	27.65	50 Free	24.27	Abrahm DeVine	2014
2022	Grace Lindberg	58.72	100 Free	53.03	Tyler Hayden	2008
2010	Amber McDermott	2:03.80	200 Free	1:55.57	Sean Nesheim	2009
2010	Amber McDermott	4:11.24	400 Free	4:05.45	Ken Johnson	1986
2010	Amber McDermott	8:41.56	800 Free	8:20.06	Ken Johnson	1986
2010	Amber McDermott	16:36.04	1500 Free	16:07.25	Ken Johnson	1986
2011	Annemarie Thayer	31.34	50 Back	29.39	Aric Prieve	2019
2010	Amber McDermott	1:03.76	100 Back	57.97	Abrahm DeVine	2015
2010	Amber McDermott	2:13.79	200 Back	2:11.22	Sean Nesheim	2009
2019	Malia Wisham	35.66	50 Breast	31.36	Owen Wurzbacher	2008
2008	Elizabeth Weitz	1:15.38	100 Breast	1:03.90	Owen Wurzbacher	2009
2008	Elizabeth Weitz	2:41.81	200 Breast	2:24.20	Rick Collela	1970
2022	Grace Lindberg	29.54	50 Fly	27.66	Derek Young	2022
2022	Grace Lindberg	1:04.17	100 Fly	56.88	Owen Wurzbacher	2009
2010	Annemarie Thayer	2:19.65	200 Fly	2:05.11	Abrahm DeVine	2014
2010	Amber McDermott	2:17.86	200 IM	2:02.74	Abrahm DeVine	2014
2010	Amber McDermott	4:46.87	400 IM	4:20.39	Abrahm DeVine	2014
			200 Free Relay	1:45.05	Fitch, Colella, Shabb, Yu	2012
2004	Beck, Hunt-Higgins, Thompson, Woodruff	4:10.54	400 Free Relay	3:49.35	Stenfjord, Hopen, Roe, Johnson	2011
2003	Woodruff, Beck, McCary, Thompson	8:52.43	800 Free Relay	8:29.22	Shabb, Roe, Stenfjord, Johnson	2011
			200 Med Relay	1:56.53	Heisey, Ton, DeVine, Carlson	2015
			400 Med Relay	4:25.35	DeVine, Munson, Carlson, Ton	2015

Girls			Open		Boys	
<u>Year</u>	<u>Name</u>	<u>Time</u>	<u>Event</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>
2012	Annemarie Thayer	27.11	50 Free	23.85	Luke Altmann	2022
2012	Annemarie Thayer	57.63	100 Free	52.07	Luke Altmann	2022
2010	Amber McDermott	2:03.80	200 Free	1:54.75	Luke Altmann	2022
2010	Amber McDermott	4:11.24	400 Free	4:05.45	Ken Johnson	1986
2010	Amber McDermott	8:41.56	800 Free	8:20.06	Ken Johnson	1986
2010	Amber McDermott	16:36.04	1500 Free	16:07.25	Ken Johnson	1986
2011	Annemarie Thayer	31.34	50 Back	28.77	Abrahm DeVine	2012
2010	Amber McDermott	1:03.76	100 Back	57.97	Abrahm DeVine	2015
2010	Amber McDermott	2:13.79	200 Back	2:07.37	Abrahm DeVine	2013
2019	Kalie Bui	35.26	50 Breast	31.36	Owen Wurzbacher	2008
2007	Elizabeth Weitz	1:13.24	100 Breast	1:03.90	Owen Wurzbacher	2009
2023	Aila Howson	2:38.20	200 Breast	2:20.27	Patrick Woodruff	2004
2022	Grace Lindberg	29.86	50 Fly	25.76	Luke Altmann	2022
2023	Grace Lindberg	1:03.68	100 Fly	56.22	Tyler Hayden	2009
1972	Lynn Colella	2:16.34	200 Fly	2:05.11	Abrahm DeVine	2014
2010	Amber McDermott	2:17.86	200 IM	2:02.74	Abrahm DeVine	2014
2010	Amber McDermott	4:46.87	400 IM	4:20.39	Abrahm DeVine	2014
2022	Lindberg, Forbis, Blume, Yovanovich	1:50.79	200 Free Relay	1:37.40	Altmann, Young, Serrano, Chen	2022
2010	Majeau, McDermott, Thayer, Michaels	4:01.51	400 Free Relay	3:35.74	Wurzbacher, Day, Hayden, Nesheim	2009
2008	Miller, Majeau, Williams, Sarikaya	8:50.59	800 Free Relay	8:01.63	Hall Stavheim, Moon, Tripps	1986
2022	Forbis, Howson, Lindberg, Yovanovich	2:05.05	200 Med Relay	1:50.25	Nesheim, Sharify, Wurzbacher, Hayden	2009
2023	Bennett, Howson, Lindberg, Blume	4:33.21	400 Med Relay	3:58.80	Nesheim, Sharify, Hayden, Wurzbacher	2009

Mixed Relays

8&U

2023	Weber, Ambrose, Sun, Jenni	4:11.10	200 Med Relay
			9-10

2021	Bui, Brown, Verplanck, Hofmann	2:33.48	200 Free Relay
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2021	VerPlanck, Bui, Jones, Sun	2:58.70	200 Med Relay
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11-12

2021	Krabak, Blume, Buchholz, Mitchell	2:07.25	200 Free Relay
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2021	Yovanovich, Jones, Cancelmo, Forbis	2:18.97	200 Med Relay
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2023	Sun, Perry, VerPlanck, Villanueva	4:46.59	400 Free Relay
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13-14

2021	Cancelmo, Bell, Whorley, Reece	2:19.78	200 Med Relay
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2021	Kotyk, Whorley, Olensky, Onkels	2:10.59	200 Free Relay
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2023	Shen, Anderson, Blume, Nguyen	4:09.28	400 Free Relay
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15-18

2021	Yamane, Young, Rohde, Urquhart	2:12.97	200 Med Relay
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2023	Allen, Howson, Lindberg, Chen	4:21.24	400 Medley
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2021	Rohde, Franklin, Anderson, Williams	2:04.65	200 Free Relay
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2023	Serrano, Lindberg, Blume, Chen	3:53.11	400 Free Relay
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2021	Yamane, Young, Rohde, Urquhart	2:12.97	200 Med Relay
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2023	Allen, Howson, Lindberg, Chen	4:21.24	400 Medley
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2021	White, Mitchell, Yovanovich, Lindberg	1:55.28	200 Free Relay
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2023	Serrano, Lindberg, Blume, Chen	3:53.11	400 Free Relay
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