

Rank	Time	Athlete	Age at Meet	Swim Date	Meet Name
Girls 50 Free					
1	26.16LL	Dang, Gabrielle	14	08/01/2015	2015 PNS 14&u LONG COURSE CHAM
2	27.33L	Kaufman, Emilie	17	03/17/2009	Jr Nats SC 09 - LC Swims
3	27.44LL	Kurtz, Rachael	17	07/31/2010	2010 Long Course Championships
4	27.83L	Schmaltz, Vicki	14	08/04/1994	Jr Nats LC 94
4	27.83L	Thompson, Claire	16	07/23/2009	2009 PNS Long Course Champions
6	27.86L	Wu, Andrea	15	07/26/2019	2019 PNS Senior Long Course Ch
7	27.91L	Speak, Sage	14	07/29/2010	2010 Long Course Championships
8	27.92L	Schmied, Sara	21	07/23/2002	Speedo Champions Series
9	27.96L	Pedersen, Bindi	14	07/24/2015	2015 PN Sr Long Course Champio
10	28.20LL	Swalin, Jayme	18	07/15/2008	Speedo Senior Section Champs
11	28.46L	Yee, Leann	14	07/31/2008	PNS Long Course Championship
12	28.51L	Talcott, Maren	16	07/10/2007	2007 USA Swimming/Speedo Champ
13	28.62L	Schmied, Emily	19	07/16/2003	Sectional Champs Sr LC 03
14	28.69LL	Skog, Calista	18	03/18/2016	2016 Speedo Sectionals
15	28.70L	Marzec, Ella	15	06/22/2019	2019 MT MAC Firecracker Classi
16	28.71L	Pendergast, Maureen	15	07/20/1995	Region Champs Sr LC 95

Girls 100 Free					
1	56.58L	Dang, Gabrielle	16	07/22/2017	2017 PN Sr Long Course Champio
2	59.86LL	Kurtz, Rachael	17	08/01/2010	2010 Long Course Championships
3	59.89L	Schmaltz, Vicki	15	07/20/1995	Region Champs Sr LC 95
4	59.91L	Kaufman, Emilie	18	07/30/2010	2010 Long Course Championships
5	1:00.17L	Wang, Stephanie	15	07/20/1995	Region Champs Sr LC 95
6	1:00.33L	Speak, Sage	14	07/30/2010	2010 Long Course Championships
7	1:00.37LL	Limargo, Chloe	14	07/27/2014	2014 PNS Long Course Champions
8	1:00.47L	Pedersen, Bindi	15	07/23/2016	2016 PN Sr Long Course Champio
9	1:00.76L	Swalin, Jayme	18	07/16/2008	Speedo Senior Section Champs
9	1:00.76L	Thompson, Claire	16	07/23/2009	2009 PNS Long Course Champions
11	1:01.58L	Dang, Tiffany	15	07/23/2009	2009 PNS Long Course Champions
12	1:01.65LL	Curran, Julianna	15	07/28/2018	2018 PNS Senior Long Course Ch
13	1:01.78L	Schmied, Emily	16	08/03/2000	Region Champs AG LC 00
14	1:02.03LL	Armstrong, Hanna	17	07/31/2011	2011 PNS Long Course Champions
15	1:02.06L	Hagan, Katherine	18	07/28/2006	2006 PNS Long Course Champions
16	1:02.09L	Pendergast, Maureen	15	07/20/1995	Region Champs Sr LC 95

Girls 200 Free					
1	2:04.46L	Dang, Gabrielle	16	07/20/2017	2017 PN Sr Long Course Champio
2	2:08.43L	Swalin, Jayme	18	07/17/2008	Speedo Senior Section Champs
3	2:09.41L	Schmaltz, Vicki	15	07/20/1995	Region Champs Sr LC 95
4	2:09.91L	Kaufman, Emilie	17	07/23/2009	2009 PNS Long Course Champions
5	2:09.97L	Wang, Stephanie	15	08/08/1995	Jr Nats LC 95
6	2:10.45L	Ackerman, Megan	15	08/13/1996	Zones 96
7	2:11.06L	Pedersen, Bindi	15	07/21/2016	2016 PN Sr Long Course Champio
8	2:11.83LL	Limargo, Chloe	16	07/22/2016	2016 PN Sr Long Course Champio
9	2:12.58L	Kurtz, Rachael	18	07/31/2011	2011 PNS Long Course Champions
10	2:12.79L	Schmied, Emily	19	06/20/2003	Pac Rim 03
11	2:13.20LL	Andersson, Julia	15	07/16/2013	2013 OR Speedo Sectionals at Gresham
12	2:13.57L	Colnon, Alison	17	07/29/2004	PNS Champs LC 04
13	2:14.26L	Chou, Emily	14	07/28/2005	PNS Champs LC 05
14	2:14.32L	Speak, Sage	14	05/30/2010	2010 United Healthcare Cactus
15	2:14.51L	Armstrong, Hanna	16	08/01/2010	2010 Long Course Championships
16	2:14.71L	Bray, Aurora	18	07/20/1995	Region Champs Sr LC 95

Girls 400 Free					
1	4:27.89L	Swalin, Jayme	17	07/27/2007	2007 PNS LC Champion
2	4:32.84L	Ackerman, Megan	15	08/01/1996	Region Champs AG LC 96
3	4:36.55L	Dang, Gabrielle	14	08/01/2015	2015 PNS 14&u LONG COURSE CHAM
4	4:37.98L	Schmaltz, Vicki	14	06/10/1994	Pac Rim 94
5	4:39.22L	Schmied, Emily	16	07/20/2000	Region Champs Sr LC 00
6	4:39.59L	Bono, Isabella	15	07/26/2019	2019 PNS Senior Long Course Ch
7	4:39.78L	Caylor, Megan	17	07/27/2007	2007 PNS LC Champion
8	4:40.12L	Speak, Sage	14	07/30/2010	2010 Long Course Championships
9	4:40.62L	Limargo, Chloe	16	07/22/2016	2016 PN Sr Long Course Champio
10	4:40.71L	Colnon, Alison	17	07/29/2004	PNS Champs LC 04
11	4:41.59L	Bray, Aurora	18	07/20/1995	Region Champs Sr LC 95
12	4:42.21L	Kurtz, Rachael	17	07/30/2010	2010 Long Course Championships
13	4:42.60L	Price, Natalie	16	08/03/1995	Region Champs AG LC 95
14	4:43.74L	Armstrong, Hanna	17	07/29/2011	2011 PNS Long Course Champions
15	4:43.85L	Santini, Lia	18	07/17/2008	Speedo Senior Section Champs
16	4:44.08L	Hagan, Katherine	17	07/28/2005	PNS Champs LC 05

Girls 800 Free					
1	9:13.01L	Swalin, Jayme	18	07/31/2008	PNS Long Course Championship
2	9:24.90L	Ackerman, Megan	15	07/05/1996	Seattle Open AG 96
3	9:29.78L	Caylor, Megan	17	07/29/2007	2007 PNS LC Champion
4	9:33.48L	Bono, Isabella	15	07/25/2019	2019 PNS Senior Long Course Ch
5	9:38.56L	Colnon, Alison	18	07/12/2005	Sectional Champs Sr LC 05
6	9:40.55L	Santini, Lia	18	07/31/2008	PNS Long Course Championship
7	9:40.68L	Price, Natalie	17	08/01/1996	Region Champs AG LC 96
8	9:42.15L	Schmaltz, Vicki	15	06/30/1995	Tri-City Invite 95
9	9:44.58L	Bray, Aurora	18	07/20/1995	Region Champs Sr LC 95
10	9:45.00L	Schmied, Emily	19	07/16/2003	Sectional Champs Sr LC 03
11	9:47.75L	Hagan, Katherine	17	07/28/2005	PNS Champs LC 05
12	9:48.80L	Chou, Emily	14	07/28/2005	PNS Champs LC 05
13	9:52.94L	Withrow, Kelsey	16	05/01/1999	May Flowers 99
14	9:56.88L	Mikhlin, Catherine	17	07/05/1996	Seattle Open AG 96
15	9:58.40L	Armstrong, Hanna	15	06/25/2009	Seattle Open Sr 09
16	10:01.12L	Kurtz, Rachael	17	07/08/2010	91st Annual Senior Seattle Ope

Girls 1500 Free					
1	17:39.30L	Swalin, Jayme	17	07/26/2007	2007 PNS LC Champion
2	18:02.49L	Ackerman, Megan	15	08/13/1996	Zones 96
3	18:09.15L	Bono, Isabella	15	07/27/2019	2019 PNS Senior Long Course Ch
4	18:12.27L	Caylor, Megan	17	07/10/2007	2007 USA Swimming/Speedo Champ
5	18:14.21L	Price, Natalie	16	08/03/1995	Region Champs AG LC 95
6	18:24.86L	Hagan, Katherine	18	07/27/2006	PNS Champs LC 06
7	18:34.31L	Schmaltz, Vicki	14	06/10/1994	Pac Rim 94
8	18:36.63L	Colnon, Alison	18	07/28/2005	PNS Champs LC 05
9	18:38.03L	Armstrong, Hanna	17	07/28/2011	2011 PNS Long Course Champions
10	18:38.99L	Santini, Lia	18	08/03/2008	PNS Long Course Championship
11	18:40.75L	Kurtz, Rachael	17	07/29/2010	2010 Long Course Championships
12	18:58.52L	Withrow, Kelsey	16	05/21/1999	Pac Coast 99
13	19:02.63L	Mikhlin, Catherine	17	08/01/1996	Region Champs AG LC 96
14	19:04.93L	Chou, Emily	14	07/15/2005	Seattle Open AG 05
15	19:10.80L	Pendergast, Maureen	16	06/07/1996	Pac Rim 96
16	19:16.64L	McCann, Jackie	14	08/01/2002	PNS Champs LC 02

Girls 50 Back

1	30.49LL	Dang, Gabrielle	16	07/21/2017	2017 PN Sr Long Course Champio
2	31.39L	Wyant, Rebecca	18	03/17/2009	Jr Nats SC 09 - LC Swims
3	32.02L	Blackmon, Kaitlyn	12	07/29/2017	2017 PNS 14&u LONG COURSE CHAM
4	32.09L	Caylor, Megan	18	06/14/2008	Supersoaker 08
5	32.86LL	Pedersen, Bindi	17	07/27/2018	2018 PNS Senior Long Course Ch
6	33.08L	Schmied, Emily	12	08/01/1996	Region Champs AG LC 96
7	33.10L	Dang, Tiffany	15	07/23/2009	2009 PNS Long Course Champions
8	33.17LL	Anglin, Lauren	15	07/27/2012	2012 PNS Long Course Champions
9	33.25LL	Baumgartner, Christine	15	07/28/2005	PNS Long Course Championship
10	33.47L	Albright, Taryn	16	06/06/2009	2009 KING June Invitational
10	33.47L	Pak, Jazlynn	12	07/27/2014	2014 PNS Long Course Champions
12	33.50L	Chinn, Caitlin	12	08/01/2002	PNS Champs LC 02
13	33.76LL	Hwang, Sophia	13	07/26/2013	2013 PNS Long Course Champions
14	33.89L	Baumgartner, Carole	17	07/29/2004	PNS Champs LC 04
15	34.00LL	Chansler, Jessie	16	07/28/2007	2007 PNS LC Champion
16	34.02LL	Rector, Gabrielle	17	07/24/2015	2015 PN Sr Long Course Champio

Girls 100 Back

1	1:05.51L	Dang, Gabrielle	14	07/31/2015	2015 PNS 14&u LONG COURSE CHAM
2	1:06.58L	Caylor, Megan	18	06/20/2008	Summer Solstice 08
3	1:06.64L	Blackmon, Kaitlyn	14	08/03/2019	2019 PNS 14&U Long Course Cham
4	1:07.45L	Pedersen, Bindi	18	07/25/2019	2019 PNS Senior Long Course Ch
5	1:07.96L	Kaufman, Emilie	19	07/29/2011	2011 PNS Long Course Champions
6	1:09.09L	Thompson, Claire	16	07/23/2009	2009 PNS Long Course Champions
7	1:09.69L	Baumgartner, Christine	15	07/12/2005	Sectional Champs Sr LC 05
8	1:09.81L	Schmied, Emily	17	07/25/2001	NW REGION LONG COURSE SECTIONA
9	1:10.36L	Schmied, Sara	15	08/01/1996	Region Champs AG LC 96
10	1:10.58LL	Andersson, Tova	16	08/07/2016	2016 USA Swimming Futures Stan
11	1:10.70L	Wyant, Rebecca	17	07/18/2008	Speedo Senior Section Champs
12	1:11.19L	Dang, Tiffany	16	07/30/2010	2010 Long Course Championships
13	1:11.20L	Schmied, Eli	17	08/08/1995	Jr Nats LC 95
14	1:11.56L	Pak, Jazlynn	12	08/06/2014	2014 Western Zone Age Group Championship
15	1:11.64L	Simonz, Becky	12	08/16/1994	Zones 94
16	1:11.67L	Chansler, Jessie	16	07/29/2007	2007 PNS LC Champion

Girls 200 Back

1	2:17.06L	Caylor, Megan	18	06/20/2008	Summer Solstice 08
2	2:27.06L	Kaufman, Emilie	17	07/23/2009	2009 PNS Long Course Champions
3	2:27.70L	Pedersen, Bindi	15	07/23/2016	2016 PN Sr Long Course Champio
4	2:27.84L	Schmied, Emily	16	07/20/2000	Region Champs Sr LC 00
5	2:27.94L	Thompson, Claire	16	07/23/2009	2009 PNS Long Course Champions
6	2:28.39L	Baumgartner, Christine	15	07/12/2005	Sectional Champs Sr LC 05
7	2:28.59L	Limargo, Chloe	15	07/25/2015	2015 PN Sr Long Course Champio
8	2:28.64L	Dang, Gabrielle	13	08/06/2014	2014 Western Zone Age Group Championship
9	2:29.13L	Blackmon, Kaitlyn	14	08/04/2019	2019 PNS 14&U Long Course Cham
10	2:30.81L	Schmied, Sara	21	07/23/2002	Speedo Champions Series
11	2:32.84L	Schmied, Eli	17	07/20/1995	Region Champs Sr LC 95
12	2:33.30L	Albright, Taryn	16	07/23/2009	2009 PNS Long Course Champions
13	2:33.41L	Au, Wing Yun	13	07/26/2014	2014 PNS Long Course Champions
14	2:33.47L	Harbert, Mj	17	07/20/1995	Region Champs Sr LC 95
15	2:33.64L	Chansler, Jessie	16	07/28/2007	2007 PNS LC Champion
16	2:33.90L	Yin, Renee	13	07/13/2019	100th Senior Seattle Open

Girls 50 Breast

1	33.25L	Kaufman, Emilie	17	03/17/2009	Jr Nats SC 09 - LC Swims
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2	35.38L	Speak, Sage	15	06/18/2011	2011 Summer Solstice Invitatio
3	35.96L	Nakamura, McKenzie	13	06/20/2003	Pac Rim 03
4	36.12L	Blackmon, Kaitlyn	12	07/30/2017	2017 PNS 14&u LONG COURSE CHAM
5	36.25L	Santini, Lia	18	07/15/2008	Sectional Champs Sr LC 08
6	36.54L	Kiker, Whitney	16	06/02/2006	Apple Capital 06
7	36.60L	Swalin, Jayme	18	07/31/2008	PNS Champs LC 08
8	36.67L	Pettersen, Piper	16	07/25/2001	Sectional Champs Sr LC 01
9	37.15L	Pedersen, Bindi	15	05/21/2016	2016 PN WAVE Celebrity Open
10	37.30L	Limargo, Chloe	15	05/21/2016	2016 PN WAVE Celebrity Open
11	37.47L	Raber, Erica	17	06/18/1999	Pac Rim 99
12	37.75L	Spurlock, Sarah	15	07/12/2005	Sectional Champs Sr LC 05
13	37.80L	Au, Wing Yun	13	06/01/2014	2014 PN VAST Summer Sprints
14	37.90L	Simonz, Kelly	10	08/16/1994	Zones 94
15	37.99L	Yee, Leann	15	06/06/2009	2009 KING June Invitational
16	38.08L	Macdonald, Allie	13	06/02/2013	VAST Summer Sprints

Girls 100 Breast

1	1:12.68L	Kaufman, Emilie	17	03/17/2009	Jr Nats SC 09 - LC Swims
2	1:13.51L	Speak, Sage	16	03/10/2012	Western Zone Speedo Champ - Mar 2012
3	1:14.54L	Eldridge, Erin	18	08/08/1995	Jr Nats LC 95
4	1:14.77L	Limargo, Chloe	18	07/26/2018	2018 PNS Senior Long Course Ch
5	1:15.27L	Pedersen, Bindi	16	07/20/2017	2017 PN Sr Long Course Champio
6	1:15.49L	Santini, Lia	18	07/18/2008	Speedo Senior Section Champs
7	1:17.09L	Nakamura, McKenzie	14	07/29/2004	PNS Champs LC 04
8	1:18.03L	Swalin, Jayme	18	08/01/2008	PNS Long Course Championship
9	1:18.73L	Blackmon, Kaitlyn	14	08/03/2019	2019 PNS 14&U Long Course Cham
10	1:18.79L	Pettersen, Piper	16	07/25/2001	Sectional Champs Sr LC 01
11	1:19.21L	Kiker, Whitney	16	06/02/2006	Apple Capital 06
12	1:20.17L	Spurlock, Sarah	15	07/12/2005	Sectional Champs Sr LC 05
13	1:20.19L	Lautman, Claire	18	07/25/2019	2019 PNS Senior Long Course Ch
14	1:20.70L	Au, Wing Yun	14	08/02/2015	2015 PNS 14&u LONG COURSE CHAM
15	1:20.79L	Curran, Julianna	14	07/28/2017	2017 PNS 14&u LONG COURSE CHAM
16	1:20.91L	Albright, Taryn	16	07/23/2009	2009 PNS Long Course Champions

Girls 200 Breast

1	2:37.47L	Kaufman, Emilie	17	03/17/2009	Jr Nats SC 09 - LC Swims
2	2:39.40L	Speak, Sage	15	08/08/2011	2011 Junior National Championships
3	2:40.52L	Pedersen, Bindi	14	08/01/2015	2015 PNS 14&u LONG COURSE CHAM
4	2:41.46L	Eldridge, Erin	18	08/08/1995	Jr Nats LC 95
5	2:45.55L	Limargo, Chloe	18	07/27/2018	2018 PNS Senior Long Course Ch
6	2:47.87L	Nakamura, McKenzie	14	06/25/2004	Pac Rim 04
7	2:48.62L	Swalin, Jayme	17	07/28/2007	2007 PNS LC Champion
8	2:49.71L	Pettersen, Piper	16	07/25/2001	Sectional Champs Sr LC 01
9	2:50.80L	Santini, Lia	18	07/16/2008	Speedo Senior Section Champs
10	2:51.29L	Blackmon, Kaitlyn	14	08/02/2019	2019 PNS 14&U Long Course Cham
11	2:51.71L	Curran, Julianna	14	07/29/2017	2017 PNS 14&u LONG COURSE CHAM
12	2:52.63L	Lautman, Claire	18	07/26/2019	2019 PNS Senior Long Course Ch
13	2:53.07L	Curran, Carly	15	07/27/2018	2018 PNS Senior Long Course Ch
14	2:53.62L	Spurlock, Sarah	15	07/28/2005	PNS Champs LC 05
15	2:54.16L	Au, Wing Yun	14	06/21/2015	2015 Dick Hannula Classic
16	2:54.18L	Albright, Taryn	16	07/23/2009	2009 PNS Long Course Champions

Girls 50 Fly

1	28.99L	Dang, Gabrielle	15	05/21/2016	2016 PN WAVE Celebrity Open
2	30.24L	Albright, Taryn	16	06/06/2009	2009 KING June Invitational

3	30.25L	Kaufman, Emilie	17	06/06/2009	2009 KING June Invitational
4	30.29L	Misiuda, Alicja	16	07/11/2019	100th Senior Seattle Open
4	30.29L	Pak, Jazlynn	12	07/26/2014	2014 PNS Long Course Champions
6	30.30L	Schmied, Emily	19	06/20/2003	Pac Rim 03
7	30.48L	Wu, Claire	13	05/18/2014	2014 PN Sockeye Spring Open
8	30.77L	Blackmon, Kaitlyn	12	07/29/2017	2017 PNS 14&u LONG COURSE CHAM
9	31.22L	Buelow, Vicky	12	08/04/1994	Region Champs AG LC 94
10	31.26L	Yee, Leann	14	06/20/2008	Summer Solstice 08
11	31.45L	Schmaltz, Vicki	21	07/25/2001	Sectional Champs Sr LC 01
12	31.55L	Langsam, Hilary	15	07/27/2006	PNS Champs LC 06
13	31.58L	Chinn, Caitlin	12	05/17/2002	Pacific Coast Invitational
13	31.58L	Pettersen, Erin	15	06/15/2001	Pac Rim 01
15	31.66L	Kurtz, Rachael	16	06/06/2009	2009 KING June Invitational
16	31.84L	Swalin, Jayme	18	07/31/2008	PNS Champs LC 08

Girls 100 Fly					
1	1:02.17L	Dang, Gabrielle	16	07/21/2017	2017 PN Sr Long Course Champio
2	1:03.99L	Schmaltz, Vicki	15	08/08/1995	Jr Nats LC 95
3	1:04.61L	Pedersen, Bindi	14	08/02/2015	2015 PNS 14&u LONG COURSE CHAM
4	1:05.32L	Misiuda, Alicja	16	07/26/2019	2019 PNS Senior Long Course Ch
5	1:06.08L	Kaufman, Emilie	18	08/01/2010	2010 Long Course Championships
6	1:06.56L	Albright, Taryn	16	07/23/2009	2009 PNS Long Course Champions
7	1:07.12L	Schmied, Emily	19	07/16/2003	Sectional Champs Sr LC 03
8	1:07.18L	Wyant, Rebecca	17	07/18/2008	Speedo Senior Section Champs
9	1:07.20L	Blackmon, Kaitlyn	14	08/04/2019	2019 PNS 14&U Long Course Cham
10	1:07.31L	Pettersen, Piper	18	07/16/2003	Sectional Champs Sr LC 03
11	1:07.42L	Cardwell, Maureen	18	07/23/2009	2009 PNS Long Course Champions
12	1:08.00L	Buelow, Vicky	13	08/03/1995	Region Champs AG LC 95
13	1:08.16L	Wu, Claire	13	07/27/2014	2014 PNS Long Course Champions
14	1:08.26L	Pettersen, Erin	16	07/23/2002	Sectional Champs Sr LC 02
15	1:08.35L	Thompson, Claire	16	07/23/2009	2009 PNS Long Course Champions
16	1:08.37L	Millet, Laura	16	07/23/2009	2009 PNS Long Course Champions

Girls 200 Fly					
1	2:19.87L	Schmaltz, Vicki	15	08/08/1995	Jr Nats LC 95
2	2:21.82L	Pedersen, Bindi	15	07/23/2016	2016 PN Sr Long Course Champio
3	2:28.76L	Pettersen, Erin	18	03/10/2004	Sectional Champs Sr SC 04
4	2:28.99L	Schmied, Emily	19	06/20/2003	Pac Rim 03
5	2:29.74L	Withrow, Kelsey	16	08/05/1999	Region Champs AG LC 99
6	2:30.22L	Millet, Laura	16	07/23/2009	2009 PNS Long Course Champions
7	2:30.85L	Dang, Gabrielle	15	04/23/2016	2016 9th Annual Dick LaFave Long Co
8	2:31.06L	Bono, Isabella	15	07/27/2019	2019 PNS Senior Long Course Ch
9	2:31.88L	Blackmon, Kaitlyn	14	08/02/2019	2019 PNS 14&U Long Course Cham
10	2:31.90L	Dallain, Andree-Anne	17	05/29/1998	Apple Capital 98
11	2:33.23L	Bray, Aurora	18	07/20/1995	Region Champs Sr LC 95
12	2:34.03L	Oi, Kathryn	18	07/27/2006	PNS Champs LC 06
13	2:34.31L	Baumgartner, Carole	17	07/08/2004	Seattle Open Sr 04
14	2:34.44L	Limargo, Chloe	16	07/23/2016	2016 PN Sr Long Course Champio
15	2:34.71L	Swalin, Jayme	18	06/27/2008	WEST Coast Invite 08
16	2:35.16L	Misiuda, Alicja	16	08/03/2019	2019 Futures Championships - M

Girls 200 IM					
1	2:21.02L	Pedersen, Bindi	16	07/21/2017	2017 PN Sr Long Course Champio
2	2:23.93L	Kaufman, Emilie	18	07/29/2010	2010 Long Course Championships
3	2:27.36L	Limargo, Chloe	14	08/06/2014	2014 Western Zone Age Group Championship

4	2:27.98L	Schmied, Emily	16	07/20/2000	Region Champs Sr LC 00
5	2:28.11L	Swalin, Jayme	18	07/15/2008	Sectional Champs Sr LC 08
6	2:28.31L	Dang, Gabrielle	15	07/22/2016	2016 PN Sr Long Course Champio
7	2:29.76L	Santini, Lia	18	07/31/2008	PNS Champs LC 08
8	2:30.04L	Baumgartner, Christine	15	07/28/2005	PNS Long Course Championship
9	2:30.36L	Speak, Sage	14	07/29/2010	2010 Long Course Championships
10	2:32.01L	Kurtz, Rachael	17	07/29/2010	2010 Long Course Championships
11	2:32.38L	Schmaltz, Vicki	14	04/29/1994	THSC May Invite 94
12	2:32.96L	Blackmon, Kaitlyn	13	08/04/2018	2018 PNS 14&U Long Course Cham
13	2:33.30L	Albright, Taryn	16	07/23/2009	2009 PNS Long Course Champions
14	2:33.78L	Curran, Julianna	15	07/27/2018	2018 PNS Senior Long Course Ch
15	2:33.81L	Wang, Stephanie	15	07/20/1995	Region Champs Sr LC 95
16	2:34.31L	Chou, Emily	14	07/28/2005	PNS Champs LC 05

Girls 400 IM					
1	5:03.00L	Swalin, Jayme	18	07/17/2008	Speedo Senior Section Champs
2	5:06.47L	Pedersen, Bindi	14	07/31/2015	2015 PNS 14&u LONG COURSE CHAM
3	5:08.95L	Limargo, Chloe	15	07/24/2015	2015 PN Sr Long Course Champio
4	5:16.71L	Santini, Lia	18	08/01/2008	PNS Long Course Championship
5	5:16.86L	Kaufman, Emilie	18	07/09/2010	91st Annual Senior Seattle Ope
6	5:17.28L	Speak, Sage	17	07/27/2013	2013 PNS Long Course Champions
7	5:17.74L	Schmied, Emily	15	06/18/1999	Pac Rim 99
8	5:18.56L	Bono, Isabella	15	07/25/2019	2019 PNS Senior Long Course Ch
9	5:21.75L	Schmaltz, Vicki	14	04/29/1994	THSC May Invite 94
10	5:23.98L	Kurtz, Rachael	18	07/30/2011	2011 PNS Long Course Champions
11	5:23.99L	Dang, Gabrielle	15	04/22/2016	2016 9th Annual Dick LaFave Long Co
12	5:25.62L	Baumgartner, Christine	15	07/28/2005	PNS Champs LC 05
13	5:26.17L	Baumgartner, Carole	14	08/02/2001	PNS Champs LC 01
14	5:26.82L	Chou, Emily	14	07/28/2005	PNS Champs LC 05
15	5:27.25L	Dallain, Andree-Anne	17	05/15/1998	Pac Coast 98
16	5:27.39L	Pendergast, Maureen	15	07/20/1995	Region Champs Sr LC 95