

# WEST Fast- 5 Long Course Meters April-August 2008

## Women 10 & Under 50 Free

1	35.51	L	A	F	LUCIEN, BRIANNA	10	5/30/2008	2008 TRI-CITY INVITEL
2	38.60	L	BB	F	LAURENT, DEMETRA	10	5/30/2008	2008 TRI-CITY INVITEL
3	45.68	L		F	MATTHEWS, ANNIKA	9	5/30/2008	2008 TRI-CITY INVITEL
4	50.12	L		F	GIFFORD, JORDAN	10	5/3/2008	Port Orchard Team Classic
5	53.36	L		F	ASMAR, MICHELE	8	7/18/2008	2008 Age Group Seattle Open

## Women 10 & Under 100 Free

1	1:16.72	L	AA	F	LUCIEN, BRIANNA	10	7/31/2008	2008 PNS LC Championships
2	1:22.19	L	BB	F	LAURENT, DEMETRA	10	5/3/2008	Port Orchard Team Classic
3	1:46.56	L		F	GIFFORD, JORDAN	10	5/30/2008	2008 TRI-CITY INVITEL
4	2:19.39	L		F	ASMAR, MICHELE	8	5/30/2008	2008 TRI-CITY INVITEL

## Women 10 & Under 200 Free

1	2:41.24	L	AAA	F	LUCIEN, BRIANNA	10	7/31/2008	2008 PNS LC Championships
2	2:52.79	L	A	F	LAURENT, DEMETRA	10	5/3/2008	Port Orchard Team Classic
3	3:43.36	L	B	F	GIFFORD, JORDAN	10	5/3/2008	Port Orchard Team Classic
4	4:06.23	L		F	MATTHEWS, ANNIKA	9	6/21/2008	46th Annual Titlow Classic
5	4:51.73	L		F	ASMAR, MICHELE	8	6/21/2008	46th Annual Titlow Classic

## Women 10 & Under 400 Free

1	5:59.64	L		F	LAURENT, DEMETRA	10	5/3/2008	Port Orchard Team Classic
2	6:08.03	L		F	LUCIEN, BRIANNA	10	5/3/2008	Port Orchard Team Classic

## Women 10 & Under 50 Back

1	41.62	L	AA	F	LUCIEN, BRIANNA	10	7/18/2008	2008 Age Group Seattle Open
2	47.17	L	BB	F	LAURENT, DEMETRA	10	5/3/2008	Port Orchard Team Classic
3	57.80	L		F	GIFFORD, JORDAN	10	5/30/2008	2008 TRI-CITY INVITEL
4	1:04.65	L		F	ASMAR, MICHELE	8	7/18/2008	2008 Age Group Seattle Open

## Women 10 & Under 100 Back

1	1:42.54	L	BB	F	LUCIEN, BRIANNA	10	5/30/2008	2008 TRI-CITY INVITEL
2	1:43.14	L	BB	F	LAURENT, DEMETRA	10	5/30/2008	2008 TRI-CITY INVITEL
3	2:00.34	L	B	F	GIFFORD, JORDAN	10	5/30/2008	2008 TRI-CITY INVITEL
4	2:16.09	L		F	MATTHEWS, ANNIKA	9	5/30/2008	2008 TRI-CITY INVITEL
5	2:24.35	L		F	ASMAR, MICHELE	8	6/21/2008	46th Annual Titlow Classic

## Women 10 & Under 50 Breast

1	45.87	L	AA	F	LUCIEN, BRIANNA	10	7/31/2008	2008 PNS LC Championships
2	56.35	L	B	F	LAURENT, DEMETRA	10	5/3/2008	Port Orchard Team Classic
3	59.85	L	B	F	ASMAR, MICHELE	8	5/30/2008	2008 TRI-CITY INVITEL
4	1:05.75	L		F	GIFFORD, JORDAN	10	5/30/2008	2008 TRI-CITY INVITEL

## Women 10 & Under 100 Breast

1	1:38.26	L	AA	F	LUCIEN, BRIANNA	10	7/31/2008	2008 PNS LC Championships
2	1:57.87	L	BB	F	LAURENT, DEMETRA	10	5/30/2008	2008 TRI-CITY INVITEL
3	2:12.79	L	B	F	GIFFORD, JORDAN	10	5/30/2008	2008 TRI-CITY INVITEL
4	2:25.67	L		F	ASMAR, MICHELE	8	6/21/2008	46th Annual Titlow Classic
5	2:54.63	L		F	MATTHEWS, ANNIKA	9	6/21/2008	46th Annual Titlow Classic

## Women 10 & Under 50 Fly

1	42.30	L	BB	F	LUCIEN, BRIANNA	10	7/18/2008	2008 Age Group Seattle Open
2	44.11	L	BB	F	LAURENT, DEMETRA	10	5/3/2008	Port Orchard Team Classic
3	59.99	L		F	GIFFORD, JORDAN	10	5/30/2008	2008 TRI-CITY INVITEL
4	1:01.69	L		F	MATTHEWS, ANNIKA	9	5/30/2008	2008 TRI-CITY INVITEL
5	1:15.07	L		F	ASMAR, MICHELE	8	5/30/2008	2008 TRI-CITY INVITEL

## Women 9-10 100 Fly

1	1:34.17	L	A	F	LUCIEN, BRIANNA	10	7/18/2008	2008 Age Group Seattle Open
2	1:44.57	L	BB	F	LAURENT, DEMETRA	10	5/30/2008	2008 TRI-CITY INVITEL
3	2:08.07	L	B	F	GIFFORD, JORDAN	10	5/3/2008	Port Orchard Team Classic
4	2:37.87	L		F	MATTHEWS, ANNIKA	9	6/21/2008	46th Annual Titlow Classic

# WEST Fast- 5 Long Course Meters April-August 2008

## Women 9-10 200 IM

1	3:05.31	L	AA	F	LUCIEN, BRIANNA	10	7/31/2008	2008 PNS LC Championships
2	3:25.30	L	BB	F	LAURENT, DEMETRA	10	5/3/2008	Port Orchard Team Classic
3	4:15.35	L		F	GIFFORD, JORDAN	10	5/30/2008	2008 TRI-CITY INVITEL
4	5:05.08	L		F	MATTHEWS, ANNIKA	9	5/30/2008	2008 TRI-CITY INVITEL

## Women 11-12 50 Free

1	28.94	L	AAAA	F	VANDERWEL, HEIDI	12	5/30/2008	2008 TRI-CITY INVITEL
2	30.20	L	AAA	F	KEANE, ANNA	12	7/31/2008	2008 PNS LC Championships
3	31.59	L	AA	F	YAP, LAVINYA	11	5/30/2008	2008 TRI-CITY INVITEL
4	33.58	L	A	F	CANNON, CLARA	11	7/18/2008	2008 Age Group Seattle Open
5	33.71	L	A	F	CARLSON, ASHLEY	11	7/18/2008	2008 Age Group Seattle Open

## Women 11-12 100 Free

1	1:02.03	L	AAAA	F	VANDERWEL, HEIDI	12	8/5/2008	2008 Western Zones Swimming Ch
2	1:05.77	L	AAA	F	KEANE, ANNA	12	7/31/2008	2008 PNS LC Championships
3	1:10.57	L	AA	P	YAP, LAVINYA	11	5/16/2008	Island Long Course Invite
4	1:11.15	L	AA	P	CANNON, CLARA	11	7/31/2008	2008 PNS LC Championships
5	1:11.50	L	A	F	COOLEY, LAUREN	11	7/18/2008	2008 Age Group Seattle Open

## Women 11-12 200 Free

1	2:16.19	L	AAAA	F	VANDERWEL, HEIDI	12	8/5/2008	2008 Western Zones Swimming Ch
2	2:30.44	L	AA	P	KEANE, ANNA	12	7/31/2008	2008 PNS LC Championships
3	2:30.54	L	AA	F	YAP, LAVINYA	11	7/18/2008	2008 Age Group Seattle Open
4	2:33.33	L	A	P	CANNON, CLARA	11	7/31/2008	2008 PNS LC Championships
5	2:36.85	L	A	P	COOLEY, LAUREN	11	7/31/2008	2008 PNS LC Championships

## Women 11-12 400 Free

1	4:53.36	L	AAA	F	VANDERWEL, HEIDI	12	7/31/2008	2008 PNS LC Championships
2	5:16.05	L	AA	F	YAP, LAVINYA	11	7/31/2008	2008 PNS LC Championships
3	5:16.76	L	AA	F	KEANE, ANNA	12	7/31/2008	2008 PNS LC Championships
4	5:19.70	L	A	F	CANNON, CLARA	11	7/31/2008	2008 PNS LC Championships
5	5:25.11	L	A	F	COOLEY, LAUREN	11	7/31/2008	2008 PNS LC Championships

## Women 11-12 50 Back

1	32.89	L L	AAAA	F	VANDERWEL, HEIDI	12	7/31/2008	2008 PNS LC Championships
2	37.13	L	AA	F	KEANE, ANNA	12	7/31/2008	2008 PNS LC Championships
3	37.53	L	AA	F	YAP, LAVINYA	11	5/30/2008	2008 TRI-CITY INVITEL
4	39.92	L L	BB	F	COOLEY, LAUREN	11	7/31/2008	2008 PNS LC Championships
5	41.15	L	BB	F	CANNON, CLARA	11	6/27/2008	WEST Coast Invitel

## Women 11-12 100 Back

1	1:08.79	L	AAAA	F	VANDERWEL, HEIDI	12	7/31/2008	2008 PNS LC Championships
2	1:17.82	L	AAA	F	KEANE, ANNA	12	7/31/2008	2008 PNS LC Championships
3	1:19.73	L	AA	P	YAP, LAVINYA	11	7/31/2008	2008 PNS LC Championships
4	1:24.05	L	A	P	CANNON, CLARA	11	7/31/2008	2008 PNS LC Championships
5	1:25.50	L	A	P	COOLEY, LAUREN	11	7/31/2008	2008 PNS LC Championships

## Women 11-12 200 Back

1	2:28.44	L	AAAA	P	VANDERWEL, HEIDI	12	7/31/2008	2008 PNS LC Championships
2	2:45.39	L	AAA	F	KEANE, ANNA	12	7/31/2008	2008 PNS LC Championships
3	2:52.96	L	AA	F	YAP, LAVINYA	11	7/18/2008	11/12 Long Course Time Trial
4	2:54.44	L	A	P	COOLEY, LAUREN	11	7/31/2008	2008 PNS LC Championships
5	2:59.43	L	A	P	CANNON, CLARA	11	7/31/2008	2008 PNS LC Championships

## Women 11-12 50 Breast

1	42.52	L	A	F	KEANE, ANNA	12	5/30/2008	2008 TRI-CITY INVITEL
2	43.69	L	BB	P	CARLSON, ASHLEY	11	7/31/2008	2008 PNS LC Championships
3	44.00	L	BB	F	YAP, LAVINYA	11	6/27/2008	WEST Coast Invitel
4	44.91	L	BB	F	VANDERWEL, HEIDI	12	5/30/2008	2008 TRI-CITY INVITEL
5	47.64	L	B	F	COOLEY, LAUREN	11	5/30/2008	2008 TRI-CITY INVITEL

# WEST Fast- 5 Long Course Meters April-August 2008

## Women 11-12 100 Breast

1	1:30.58	L	A	F	KEANE, ANNA	12	7/18/2008	2008 Age Group Seattle Open
2	1:33.09	L	A	P	CARLSON, ASHLEY	11	7/31/2008	2008 PNS LC Championships
3	1:37.26	L	BB	F	YAP, LAVINYA	11	5/30/2008	2008 TRI-CITY INVITEL
4	1:38.09	L	BB	F	VANDERWEL, HEIDI	12	5/30/2008	2008 TRI-CITY INVITEL
5	1:45.51	L	B	F	CANNON, CLARA	11	5/30/2008	2008 TRI-CITY INVITEL

## Women 11-12 200 Breast

1	3:13.98	L	AA	F	KEANE, ANNA	12	7/18/2008	11/12 Long Course Time Trial
2	3:23.47	L	A	P	CARLSON, ASHLEY	11	7/31/2008	2008 PNS LC Championships
3	3:25.43	L	BB	F	YAP, LAVINYA	11	7/18/2008	11/12 Long Course Time Trial
4	3:25.44	L	BB	P	COOLEY, LAUREN	11	7/31/2008	2008 PNS LC Championships
5	3:34.04	L	BB	F	CANNON, CLARA	11	7/18/2008	11/12 Long Course Time Trial

## Women 11-12 50 Fly

1	31.89	L	AAAA	F	VANDERWEL, HEIDI	12	7/31/2008	2008 PNS LC Championships
2*	34.36	L	AA	F	KEANE, ANNA	12	7/18/2008	2008 Age Group Seattle Open
2*	34.36	L	AA	P	YAP, LAVINYA	11	7/31/2008	2008 PNS LC Championships
4	37.32	L	BB	F	WHITE, ALYSSA	11	7/18/2008	2008 Age Group Seattle Open
5	37.34	L	BB	F	SURPRENANT, RITA	12	7/18/2008	2008 Age Group Seattle Open

## Women 11-12 100 Fly

1	1:14.65	L	AAA	F	VANDERWEL, HEIDI	12	5/16/2008	Island Long Course Invite
2	1:17.79	L	AA	F	YAP, LAVINYA	11	7/31/2008	2008 PNS LC Championships
3	1:22.64	L	A	F	KEANE, ANNA	12	7/18/2008	2008 Age Group Seattle Open
4	1:27.55	L	BB	P	WHITE, ALYSSA	11	7/31/2008	2008 PNS LC Championships
5	1:27.80	L	BB	F	CANNON, CLARA	11	7/18/2008	2008 Age Group Seattle Open

## Women 11-12 200 Fly

1	2:42.84	L	AAA	F	VANDERWEL, HEIDI	12	5/16/2008	Island Long Course Invite
2	2:57.12	L	A	F	YAP, LAVINYA	11	6/27/2008	WEST Coast Invitel
3	3:14.08	L	BB	F	KEANE, ANNA	12	7/18/2008	11/12 Long Course Time Trial
4	3:18.53	L		F	WHITE, ALYSSA	11	7/18/2008	11/12 Long Course Time Trial
5	3:21.20	L		F	CANNON, CLARA	11	7/18/2008	11/12 Long Course Time Trial

## Women 11-12 200 IM

1	2:37.71	L	AAA	F	VANDERWEL, HEIDI	12	5/30/2008	2008 TRI-CITY INVITEL
2	2:47.41	L	AA	F	KEANE, ANNA	12	7/18/2008	2008 Age Group Seattle Open
3	2:50.19	L	AA	F	YAP, LAVINYA	11	5/30/2008	2008 TRI-CITY INVITEL
4	2:58.00	L	A	P	COOLEY, LAUREN	11	7/31/2008	2008 PNS LC Championships
5	3:00.01	L	A	F	CARLSON, ASHLEY	11	6/27/2008	WEST Coast Invitel

## Women 11-12 400 IM

1	5:35.79	L	AAAA	F	VANDERWEL, HEIDI	12	5/16/2008	Island Long Course Invite
2	5:58.23	L	AA	F	YAP, LAVINYA	11	7/31/2008	2008 PNS LC Championships
3	6:16.27	L	A	F	CANNON, CLARA	11	7/31/2008	2008 PNS LC Championships
4	6:16.65	L	A	F	CARLSON, ASHLEY	11	7/31/2008	2008 PNS LC Championships
5	6:21.54	L	A	F	COOLEY, LAUREN	11	7/31/2008	2008 PNS LC Championships

## Women 13-14 50 Free

1	28.44	L	AAAA	P	MICHAELS, DANA	14	4/4/2008	Stanford Grand Prix
2	30.79	L	AA	F	WILLIAMSON, MARIAH	14	5/16/2008	Island Long Course Invite
3	30.80	L	AA	F	CHRISTENSON, KATLYN	14	7/18/2008	2008 Age Group Seattle Open
4	30.98	L	AA	F	TAYLOR, KAITLIN	13	5/30/2008	2008 TRI-CITY INVITEL
5	31.16	L	AA	F	GEHRKE, BETHANY	14	5/30/2008	2008 TRI-CITY INVITEL

## Women 13-14 100 Free

1	1:01.19	L	AAAA	P	MICHAELS, DANA	14	6/5/2008	2008 NC Charlotte UltraSwim
2	1:04.37	L	AAA	P	WILLIAMSON, MARIAH	14	7/31/2008	2008 PNS LC Championships
3	1:06.88	L	AA	F	LAURENT, KALENA	13	6/27/2008	WEST Coast Invitel
4	1:06.94	L	AA	F	CHRISTENSON, KATLYN	14	6/27/2008	WEST Coast Invitel
5	1:07.04	L	AA	F	GEHRKE, BETHANY	14	5/30/2008	2008 TRI-CITY INVITEL

# WEST Fast- 5 Long Course Meters April-August 2008

## Women 13-14 200 Free

1	2:10.01	L	AAAA	P	MICHAELS, DANA	14	4/4/2008	Stanford Grand Prix
2	2:14.86	L	AAA	F	WILLIAMSON, MARIAH	14	7/31/2008	2008 PNS LC Championships
3	2:21.44	L	AA	F	CHRISTENSON, KATLYN	14	7/18/2008	2008 Age Group Seattle Open
4	2:21.59	L	AA	P	LAURENT, KALENA	13	7/31/2008	2008 PNS LC Championships
5	2:23.96	L	AA	P	GEHRKE, BETHANY	14	7/31/2008	2008 PNS LC Championships

## Women 13-14 400 Free

1	4:31.91	L	AAAA	F	MICHAELS, DANA	14	4/4/2008	Stanford Grand Prix
2	4:38.05	L	AAA	F	WILLIAMSON, MARIAH	14	7/31/2008	2008 PNS LC Championships
3	4:50.22	L	AAA	F	GEHRKE, BETHANY	14	7/31/2008	2008 PNS LC Championships
4	4:51.43	L	AA	F	CHRISTENSON, KATLYN	14	7/18/2008	2008 Age Group Seattle Open
5	4:52.67	L	AA	F	LAURENT, KALENA	13	7/31/2008	2008 PNS LC Championships

## Women 13-14 800 Free

1	9:25.46	L	AAAA	F	MICHAELS, DANA	14	6/5/2008	2008 NC Charlotte UltraSwim
2	9:30.15	L	AAA	F	WILLIAMSON, MARIAH	14	7/31/2008	2008 PNS LC Championships
3	9:41.30	L	AAA	F	GEHRKE, BETHANY	14	7/31/2008	2008 PNS LC Championships
4	9:51.64	L	AAA	F	CHRISTENSON, KATLYN	14	7/31/2008	2008 PNS LC Championships
5	10:08.51	L	AA	F	LAURENT, KALENA	13	7/31/2008	2008 PNS LC Championships

## Women 13-14 1500 Free

1	18:32.19	L	AAA	F	WILLIAMSON, MARIAH	14	8/5/2008	2008 Western Zones Swimming Ch
2	18:43.55	L	AAA	F	GEHRKE, BETHANY	14	8/5/2008	2008 Western Zones Swimming Ch
3	19:17.52	L	AA	F	LAURENT, KALENA	13	7/31/2008	2008 PNS LC Championships
4	20:53.11	L	BB	F	CARLSON, NICHOLE	13	7/18/2008	2008 Age Group Seattle Open

## Women 13-14 50 Back

1	35.38	L L		F	WILLIAMSON, MARIAH	14	7/31/2008	2008 PNS LC Championships
2	36.59	L		F	MICHAELS, DANA	14	5/16/2008	Island Long Course Invite
3	38.81	L		F	LAURENT, KALENA	13	5/16/2008	Island Long Course Invite

## Women 13-14 100 Back

1	1:14.84	L	AA	P	WILLIAMSON, MARIAH	14	5/16/2008	Island Long Course Invite
2	1:15.34	L	AA	P	CHRISTENSON, KATLYN	14	7/31/2008	2008 PNS LC Championships
3	1:18.95	L	A	P	MICHAELS, DANA	14	5/16/2008	Island Long Course Invite
4	1:20.17	L	A	F	TAYLOR, KAITLIN	13	6/27/2008	WEST Coast Invitel
5	1:22.29	L	BB	F	GEHRKE, BETHANY	14	5/30/2008	2008 TRI-CITY INVITEL

## Women 13-14 200 Back

1	2:30.76	L	AAAA	P	WILLIAMSON, MARIAH	14	7/31/2008	2008 PNS LC Championships
2	2:39.70	L	AA	F	CHRISTENSON, KATLYN	14	6/27/2008	WEST Coast Invitel
3	2:40.56	L	AA	F	MICHAELS, DANA	14	5/16/2008	Island Long Course Invite
4	2:49.38	L	A	P	TAYLOR, KAITLIN	13	7/31/2008	2008 PNS LC Championships
5	2:51.76	L	A	F	GEHRKE, BETHANY	14	5/30/2008	2008 TRI-CITY INVITEL

## Women 13-14 50 Breast

1	37.73	L		S	GEHRKE, BETHANY	14	6/27/2008	WEST Coast Invitel
2	41.50	L		F	MICHAELS, DANA	14	5/16/2008	Island Long Course Invite
3	42.10	L		F	LAURENT, KALENA	13	5/16/2008	Island Long Course Invite
4	43.68	L		F	WILLIAMSON, MARIAH	14	5/16/2008	Island Long Course Invite

## Women 13-14 100 Breast

1	1:21.42	L	AAA	F	CHRISTENSON, KATLYN	14	7/31/2008	2008 PNS LC Championships
2	1:21.83	L	AA	F	GEHRKE, BETHANY	14	6/27/2008	WEST Coast Invitel
3	1:29.59	L	BB	P	MICHAELS, DANA	14	5/16/2008	Island Long Course Invite
4	1:31.84	L	BB	F	LAURENT, KALENA	13	6/27/2008	WEST Coast Invitel
5	1:34.12	L	BB	F	WILLIAMSON, MARIAH	14	5/30/2008	2008 TRI-CITY INVITEL

# WEST Fast- 5 Long Course Meters April-August 2008

## Women 13-14 200 Breast

1	2:51.96	L	AAA	F	GEHRKE, BETHANY	14	6/27/2008	WEST Coast Invitel
2	2:54.25	L	AAA	F	CHRISTENSON, KATLYN	14	7/18/2008	2008 Age Group Seattle Open
3	3:09.74	L	A	P	MICHAELS, DANA	14	5/16/2008	Island Long Course Invite
4	3:12.38	L	BB	F	LAURENT, KALENA	13	7/18/2008	2008 Age Group Seattle Open
5	3:16.09	L	BB	P	WILLIAMSON, MARIAH	14	5/16/2008	Island Long Course Invite

## Women 13-14 50 Fly

1	31.42	L		F	MICHAELS, DANA	14	5/16/2008	Island Long Course Invit
2	32.92	L		P	TAYLOR, KAITLIN	13	6/27/2008	WEST Coast Invitel
3	33.28	L		P	WILLIAMSON, MARIAH	14	6/27/2008	WEST Coast Invitel
4	33.54	L		P	LAURENT, KALENA	13	6/27/2008	WEST Coast Invitel

## Women 13-14 100 Fly

1	1:06.37	L	AAAA	F	MICHAELS, DANA	14	5/16/2008	Island Long Course Invit
2	1:10.12	L	AAA	F	WILLIAMSON, MARIAH	14	7/31/2008	2008 PNS LC Championships
3	1:10.23	L	AAA	P	LAURENT, KALENA	13	8/5/2008	2008 Western Zones Swimming Ch
4	1:12.13	L	AA	P	TAYLOR, KAITLIN	13	7/31/2008	2008 PNS LC Championships
5	1:14.14	L	AA	F	GEHRKE, BETHANY	14	5/30/2008	2008 TRI-CITY INVITEL

## Women 13-14 200 Fly

1	2:28.85	L	AAA	P	MICHAELS, DANA	14	5/16/2008	Island Long Course Invite
2	2:32.22	L	AAA	F	WILLIAMSON, MARIAH	14	7/31/2008	2008 PNS LC Championships
3	2:32.49	L	AAA	F	LAURENT, KALENA	13	7/18/2008	2008 Age Group Seattle Open
4	2:37.42	L	AA	F	GEHRKE, BETHANY	14	7/31/2008	2008 PNS LC Championships
5	2:53.32	L	BB	F	CHRISTENSON, KATLYN	14	5/30/2008	2008 TRI-CITY INVITEL

## Women 13-14 200 IM

1	2:34.29	L	AAA	P	GEHRKE, BETHANY	14	7/31/2008	2008 PNS LC Championship
2	2:37.23	L	AAA	F	WILLIAMSON, MARIAH	14	5/30/2008	2008 TRI-CITY INVITEL
3	2:38.32	L	AA	P	LAURENT, KALENA	13	7/31/2008	2008 PNS LC Championships
4	2:38.51	L	AA	F	MICHAELS, DANA	14	5/16/2008	Island Long Course Invite
5	2:41.16	L	AA	P	CHRISTENSON, KATLYN	14	7/31/2008	2008 PNS LC Championships

## Women 13-14 400 IM

1	5:16.03	L	AAAA	F	WILLIAMSON, MARIAH	14	8/5/2008	2008 Western Zones Swimming Ch
2	5:19.61	L	AAA	F	GEHRKE, BETHANY	14	6/27/2008	WEST Coast Invitel
3	5:24.87	L	AAA	F	MICHAELS, DANA	14	5/16/2008	Island Long Course Invite
4	5:33.36	L	AAA	F	LAURENT, KALENA	13	7/18/2008	2008 Age Group Seattle Open
5	5:37.79	L	AA	F	CHRISTENSON, KATLYN	14	6/27/2008	WEST Coast Invitel

## Women Senior 50 Free

1	27.85	L L	AAAA	F	PAZEVIC, ALANA	16	6/27/2008	WEST Coast Invitel
2	28.50	L	AAA	P	MOORES, LOUISE	15	8/5/2008	2008 Western Zones Swimming Ch
3	30.66	L L	AA	F	HOLSTEIN, DANIELLE	16	6/27/2008	WEST Coast Invitel
4	31.13	L	A	F	ACKERMAN, KINA	16	5/30/2008	2008 TRI-CITY INVITEL
5	31.97	L	A	P	LUCKEY, VERONICA	17	5/16/2008	Island Long Course Invite

## Women Senior 100 Free

1	1:00.55	L	AAAA	F	PAZEVIC, ALANA	16	4/4/2008	Stanford Grand Prix
2	1:01.48	L	AAA	F	MICHAELS, DANA	15	6/27/2008	WEST Coast Invitel
3	1:02.39	L	AAA	P	MOORES, LOUISE	15	8/5/2008	2008 Western Zones Swimming Ch
4	1:05.90	L	AA	P	HOLSTEIN, DANIELLE	16	5/16/2008	Island Long Course Invite
5	1:06.56	L	AA	P	ACKERMAN, KINA	16	5/16/2008	Island Long Course Invite

## Women Senior 200 Free

1	2:09.03	L	AAAA	F	MICHAELS, DANA	15	6/27/2008	WEST Coast Invitel
2	2:12.35	L	AAA	P	PAZEVIC, ALANA	16	6/5/2008	2008 NC Charlotte UltraSwim
3	2:16.18	L	AAA	P	HOLSTEIN, DANIELLE	16	7/31/2008	2008 PNS LC Championships
4	2:21.30	L	AA	F	LUCKEY, VERONICA	17	5/16/2008	Island Long Course Invite
5	2:22.13	L	AA	F	OLSEN, KATHARINE	16	5/30/2008	2008 TRI-CITY INVITEL

# WEST Fast- 5 Long Course Meters April-August 2008

## Women Senior 400 Free

1	4:32.69	L	AAAA	F	MICHAELS, DANA	15	7/31/2008	2008 PNS LC Championships
2	4:41.09	L	AAA	F	PAZEVIC, ALANA	16	7/31/2008	2008 PNS LC Championships
3	4:41.45	L	AAA	F	HOLSTEIN, DANIELLE	16	6/27/2008	WEST Coast Invitel
4	4:50.01	L	AA	F	OLSEN, KATHARINE	17	7/31/2008	2008 PNS LC Championships
5	4:51.03	L	AA	F	MAIN, KAITLYN	16	6/27/2008	WEST Coast Invitel

## Women Senior 800 Free

1	9:23.00	L	AAA	F	MICHAELS, DANA	15	7/31/2008	2008 PNS LC Championships
2	9:33.43	L	AAA	F	HOLSTEIN, DANIELLE	16	7/31/2008	2008 PNS LC Championships
3	9:52.60	L	AA	F	MAIN, KAITLYN	16	7/31/2008	2008 PNS LC Championships
4	9:55.38	L	AA	F	OLSEN, KATHARINE	17	7/31/2008	2008 PNS LC Championships
5	9:57.80	L	AA	F	LUCKEY, VERONICA	17	5/16/2008	Island Long Course Invite

## Women Senior 1500 Free

1	17:41.28	L	AAAA	F	MICHAELS, DANA	15	6/27/2008	WEST Coast Invitel
2	18:35.71	L	AAA	F	HOLSTEIN, DANIELLE	16	7/31/2008	2008 PNS LC Championships
3	18:40.32	L	AAA	F	MAIN, KAITLYN	16	6/27/2008	WEST Coast Invitel
4	18:49.79	L	AA	F	OLSEN, KATHARINE	16	6/27/2008	WEST Coast Invitel
5	19:02.11	L	AA	F	ACKERMAN, KINA	16	7/31/2008	2008 PNS LC Championships

## Women Senior 50 Back

1	31.99	L L		F	PAZEVIC, ALANA	16	7/31/2008	2008 PNS LC Championships
2	36.26	L		F	MCCURDY, TESSA	17	5/16/2008	Island Long Course Invite
3	36.32	L		P	OLSEN, KATHARINE	16	6/27/2008	WEST Coast Invitel
4	37.29	L		F	ACKERMAN, KINA	16	5/16/2008	Island Long Course Invite
5	39.03	L		F	MAIN, KAITLYN	16	5/16/2008	Island Long Course Invite

## Women Senior 100 Back

1	1:07.49	L	AAAA	P	PAZEVIC, ALANA	16	4/4/2008	Stanford Grand Prix
2	1:11.86	L	AAA	P	MOORES, LOUISE	15	7/31/2008	2008 PNS LC Championships
3	1:15.97	L	A	F	MCCURDY, TESSA	17	6/27/2008	WEST Coast Invitel
4	1:16.29	L	A	F	ACKERMAN, KINA	16	5/16/2008	Island Long Course Invite
5	1:20.72	L	BB	F	OLSEN, KATHARINE	16	5/30/2008	2008 TRI-CITY INVITEL

## Women Senior 200 Back

1	2:28.13	L	AAA	P	PAZEVIC, ALANA	16	6/5/2008	2008 NC Charlotte UltraSwim
2	2:35.71	L	AA	P	OLSEN, KATHARINE	17	7/31/2008	2008 PNS LC Championships
3	2:37.68	L	AA	P	MOORES, LOUISE	15	7/31/2008	2008 PNS LC Championships
4	2:39.17	L	AA	P	ACKERMAN, KINA	16	7/31/2008	2008 PNS LC Championships
5	2:46.12	L	A	F	LUCKEY, VERONICA	17	5/16/2008	Island Long Course Invite

## Women Senior 50 Breast

1	40.09	L		F	ACKERMAN, KINA	16	5/16/2008	Island Long Course Invite
2	40.56	L		F	PAZEVIC, ALANA	16	5/16/2008	Island Long Course Invite
3	42.22	L		F	MAIN, KAITLYN	16	5/16/2008	Island Long Course Invite
4	42.42	L		F	HOLSTEIN, DANIELLE	16	5/16/2008	Island Long Course Invite
5	45.26	L		F	LUCKEY, VERONICA	17	5/16/2008	Island Long Course Invite

## Women Senior 100 Breast

1	1:26.69	L	A	P	ACKERMAN, KINA	16	5/16/2008	Island Long Course Invite
2	1:28.72	L	A	P	HOLSTEIN, DANIELLE	16	5/16/2008	Island Long Course Invite
3	1:29.63	L	BB	F	OLSEN, KATHARINE	16	5/30/2008	2008 TRI-CITY INVITEL
4	1:30.55	L	BB	F	MAIN, KAITLYN	16	5/30/2008	2008 TRI-CITY INVITEL
5	1:36.32	L	B	F	MOORES, LOUISE	15	5/30/2008	2008 TRI-CITY INVITEL

## Women Senior 200 Breast

1	2:58.72	L	AA	P	OLSEN, KATHARINE	17	7/31/2008	2008 PNS LC Championships
2	2:58.92	L	AA	P	HOLSTEIN, DANIELLE	16	7/31/2008	2008 PNS LC Championships
3	3:06.41	L	A	F	MAIN, KAITLYN	16	6/27/2008	WEST Coast Invitel
4	3:06.65	L	A	P	ACKERMAN, KINA	16	5/16/2008	Island Long Course Invite
5	3:21.40	L	BB	F	DEAN, ELLEN	16	5/30/2008	2008 TRI-CITY INVITEL

# WEST Fast- 5 Long Course Meters April-August 2008

## Women Senior 50 Fly

1	30.20	L	P	MICHAELS, DANA	15	6/27/2008	WEST Coast Invite
2	30.93	L	F	PAZEVIC, ALANA	16	5/16/2008	Island Long Course Invite
3	31.01	L	P	MCCURDY, TESSA	17	6/27/2008	WEST Coast Invitel
4	33.08	L	P	ACKERMAN, KINA	16	6/27/2008	WEST Coast Invitel
5	33.76	L	P	MAIN, KAITLYN	16	6/27/2008	WEST Coast Invite

## Women Senior 100 Fly

1	1:06.73	L	AAA	F	MICHAELS, DANA	15	6/27/2008	WEST Coast Invitel
2	1:07.73	L	AAA	P	PAZEVIC, ALANA	16	4/4/2008	Stanford Grand Prix
3	1:09.95	L	AA	F	MCCURDY, TESSA	17	6/27/2008	WEST Coast Invitel
4	1:11.51	L	AA	F	LUCKEY, VERONICA	17	6/27/2008	WEST Coast Invitel
5	1:11.65	L	AA	P	DEAN, ELLEN	16	7/31/2008	2008 PNS LC Championships

## Women Senior 200 Fly

1	2:27.71	L	AAA	P	MICHAELS, DANA	15	7/31/2008	2008 PNS LC Championships
2	2:32.37	L	AA	F	MAIN, KAITLYN	16	6/27/2008	WEST Coast Invitel
3	2:32.78	L	AA	F	DEAN, ELLEN	16	6/27/2008	WEST Coast Invitel
4	2:37.12	L	A	F	LUCKEY, VERONICA	17	5/16/2008	Island Long Course Invite
5	2:38.31	L	A	F	MCCURDY, TESSA	17	6/27/2008	WEST Coast Invitel

## Women Senior 200 IM

1	2:31.35	L	AAA	P	PAZEVIC, ALANA	16	7/31/2008	2008 PNS LC Championships
2	2:34.09	L	AAA	P	OLSEN, KATHARINE	17	7/31/2008	2008 PNS LC Championships
3	2:36.37	L	AA	P	ACKERMAN, KINA	16	7/31/2008	2008 PNS LC Championships
4	2:37.57	L	AA	F	HOLSTEIN, DANIELLE	16	6/27/2008	WEST Coast Invitel
5	2:41.73	L	A	F	DEAN, ELLEN	16	6/27/2008	WEST Coast Invitel

## Women Senior 400 IM

1	5:24.00	L	AAA	F	OLSEN, KATHARINE	17	7/31/2008	2008 PNS LC Championships
2	5:26.70	L	AAA	F	ACKERMAN, KINA	16	7/31/2008	2008 PNS LC Championships
3	5:34.37	L	AA	F	MAIN, KAITLYN	16	7/31/2008	2008 PNS LC Championships
4	5:39.21	L	AA	F	DEAN, ELLEN	16	6/27/2008	WEST Coast Invitel
5	5:44.61	L	A	P	LUCKEY, VERONICA	17	8/5/2008	2008 Western Zones Swimming Ch