

WEST Team Records- Long Course Meters

Women

10 & U	50 Free	31.42	18-Apr-03	AMBER C. MCDERMOTT at Island Invitational	
	100 Free	1:08.42	30-Jul-03	AMBER C. MCDERMOTT at Far Westerns	
	200 Free	2:29.69	30-Jul-03	AMBER C. MCDERMOTT at Far Westerns	
	400 Free	5:16.07	30-Jul-03	AMBER C. MCDERMOTT at Far Westerns	
	50 Back	37.36	30-Jul-03	AMBER C. MCDERMOTT at Far Westerns	
	100 Back	1:19.72	30-Jul-03	AMBER C. MCDERMOTT at Far Westerns	
	50 Breast	43.36	14-Apr-10	Nicole Limberg at LC Kick Off	
	100 Breast	1:36.20	18-Jul-03	AMBER C. MCDERMOTT at Age Group Seattle Open	
	50 Fly	34.72	30-Jul-03	AMBER C. MCDERMOTT at Far Westerns	
	100 Fly	1:19.09	18-Apr-03	AMBER C. MCDERMOTT at Island Invitational	
	200 IM	2:49.88	18-Jul-03	AMBER C. MCDERMOTT at Age Group Seattle Open	
	200 Free Relay	2:20.58	20-Jun-03	A. MCDERMOTT, H. LIU, V. BUI, M. WILLIAMSON	
	200 Medley Relay	2:43.95	18-Jul-03	H. LIU, V. RAMOS, A. MCDERMOTT, M. WILLIAMSON	
	11-12	50 Free	28.94	30-May-08	HEIDI L. VANDERWEL at 2008 TRI-CITY INVITE
		100 Free	1:02.03	5-Aug-08	HEIDI L. VANDERWEL at Western Zones
		200 Free	2:14.06	16-Jun-06	DANA M. MICHAELS at Pac Rim
400 Free		4:41.20	14-Jul-06	MARIAH WILLIAMSON at Age Group Seattle Open	
800 Free		9:43.70	27-Jul-06	MARIAH WILLIAMSON at 2006 PNS Long Course Champs	
1500 Free		18:20.47	28-Jul-05	AMBER MCDERMOTT at PNS Long Course Championship	
50 Back		32.89	31-July-08	HEIDI L. VANDERWEL at PNS Long Course Championship	
100 Back		1:08.79	31-July-08	HEIDI L. VANDERWEL at PNS Long Course Championship	
200 Back		2:28.44	31-Jul-08	Heidi VanderWel at PNS Long Course Championship	
50 Breast		38.06	14-Jul-06	RAYNIE A. HULTGREN at Age Group Seattle Open	
100 Breast		1:25.61	27-Jul-06	RAYNIE A. HULTGREN at 2006 PNS Long Course Champs	
200 Breast		3:06.36	30-Jun-05	AMBER MCDERMOTT at Senior Seattle Open	
50 Fly		29.35	29-Jun-02	TESSA K. MCCURDY at Titlow Classic	
100 Fly		1:10.05	16-Jun-06	DANA M. MICHAELS at Pac Rim	
200 Fly		2:36.76	28-Jul-05	AMBER MCDERMOTT at PNS Long Course Championship	
200 IM		2:36.61	15-Jul-05	AMBER MCDERMOTT at Age Group Seattle Open	
400 IM		5:24.53	28-Jul-05	AMBER MCDERMOTT at PNS Long Course Champs	
200 Free Relay		2:03.23	16-Jun-06	R. HULTGREN, M. WILLIAMSON, K. CHRISTENSON, D. MIC	
400 Free Relay		4:30.07	23-Jul-09	L. Yap, B. Lucien, A. Carlson, L. Cooley	
200 Medley Relay		2:19.09	16-Jun-06	M. WILLIAMSON, L. SODERQVIST, R. HULTGREN, D. MICH	
400 Medley Relay	5:10.52	23-Jul-09	L. Cooley, A. Carlson, L. Yap, B. Lucien		
13-14	50 Free	28.22	23-Jul-09	Heidi VanderWel at PNS LC Championships	
	100 Free	1:00.78	22-Jun-07	DANA M. MICHAELS at WAMU Invitational	
	200 Free	2:08.92	26-Jul-07	DANA M. MICHAELS at PNS Long Course Championship	
	400 Free	4:29.00	22-Jun-07	DANA M. MICHAELS at WAMU Invitational	
	800 Free	9:12.82	26-Jul-07	DANA M. MICHAELS at PNS Long Course Championship	
	1500 Free	17:25.60	22-Jun-07	DANA M. MICHAELS at WAMU Invitational	
	100 Back	1:06.40	10-Aug-09	Heidi VanderWel at Speedo LC JR Nationals	
	200 Back	2:20.07	5-Aug-09	Heidi VanderWel at N. American Challenge Cup	
	100 Breast	1:19.46	1-Aug-02	EMILY N. ROGERS at PNS Long Course Champs	
	200 Breast	2:48.41	26-Jul-07	BETHANY A. GEHRKE at PNS Long Course Championship	
	100 Fly	1:05.33	5-Aug-09	Heidi VanderWel at N. American Challenge Cup	
	200 Fly	2:20.98	5-Aug-09	Kalena Laurent at N. American Challenge Cup	
	200 IM	2:28.12	23-Jul-09	Heidi VanderWel at PNS LC Championships	
	400 IM	5:14.16	10-Mar-04	EMILY A. BROWN at Senior Sectionals	
	200 Free Relay	1:56.56	23-Jul-09	A. Keane, K. Taylor, K. Laurent, H. VanderWel	
	400 Free Relay	4:13.75	23-Jul-09	H. VanderWel, A. Keane, K. Taylor, K. Laurent	
	200 Medley Relay	2:11.22	23-Jul-09	H. VanderWel, N. Carlson, K. Taylor, A. Keane	
	400 Medley Relay	4:48.66	23-Jul-09	H. VanderWel, N. Carlson, K. Laurent, A. Keane	

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Senior	50 Free	27.45	5-Mar-08	ALANA M. PAZEVIC at Senior Sectionals
	100 Free	1:00.40	5-Mar-08	ALANA M. PAZEVIC at Senior Sectionals
	200 Free	2:05.79	25-Jul-01	ERICA R. CHANDLER at USA Swimming/Speedo Champs
	400 Free	4:26.63	2-Aug-01	ERICA R. CHANDLER at Pacific Northwest Swimming Lon
	800 Free	9:04.43	25-Jul-01	ERICA R. CHANDLER at USA Swimming/Speedo Champs
	1500 Free	17:25.60	22-Jun-07	DANA M. MICHAELS at WAMU Invitational
	100 Back	1:06.40	10-Aug-09	Heidi VanderWel at Speedo LC JR Nationals
	200 Back	2:20.07	5-Aug-09	Heidi VanderWel at N. American Challenge Cup
	100 Breast	1:16.70	31-Jul-03	ASHLEY K. BEST at PNS Long Course Champs
	200 Breast	2:43.78	31-Jul-03	ASHLEY K. BEST at PNS Long Course Champs
	100 Fly	1:05.33	5-Aug-09	Heidi VanderWel at N. American Challenge Cup
	200 Fly	2:20.98	5-Aug-09	Kalena Laurent at N. American Challenge Cup
	200 IM	2:24.98	25-Jul-01	ERICA R. CHANDLER at USA Swimming/Speedo Champs
	400 IM	5:00.09	2-Aug-01	ERICA R. CHANDLER at Pacific Northwest Swimming Lon
	200 Free Relay	1:55.16	18-Jul-06	S. HA, A. PAZEVIC, E. BROWN, D. MICHAELS
	400 Free Relay	4:09.04	17-Jan-08	A. PAZEVIC, S. HA, M. WILLIAMSON, D. MICHAELS
	800 Free Relay	8:57.74	20-Jul-00	SETTLANGE, AASLAND, CUNNINGHAM, E.CHANDLER
	200 Medley Relay	2:07.75	26-Jul-07	A. PAZEVIC, E. BROWN, T. MCCURDY, L. SREIBERS
	400 Medley Relay	4:36.78	23-Jul-02	BRUNNER, E. ROGERS, S. SETTLAGE, E. CHANDLER