

WEST Team Records- Short Course Yards

Women

10 & U

50 Free	27.79	22-Nov-03	AMBER C. MCDERMOTT at November Challenge
100 Free	1:00.42	22-Nov-03	AMBER C. MCDERMOTT at November Challenge
200 Free	2:12.05	6-Dec-03	AMBER C. MCDERMOTT at Fall Grand Challenge
500 Free	5:48.19	22-Nov-03	AMBER C. MCDERMOTT at November Challenge
50 Back	32.89	31-Dec-00	Samantha Alston
100 Back	1:10.79	31-Dec-99	Samantha Alston
50 Breast	37.27	21-Mar-10	Nicole Limberg at AG Sectionals
100 Breast	1:21.08	31-Dec-99	Samantha Alston
50 Fly	31.62	22-Nov-03	AMBER C. MCDERMOTT at November Challenge
100 Fly	1:11.20	6-Dec-03	AMBER C. MCDERMOTT at Fall Grand Challenge
100 IM	1:09.91	31-Dec-99	Samantha Alston
200 IM	2:29.56	22-Nov-03	AMBER C. MCDERMOTT at November Challenge
100 Free Relay	56.58	20-Nov-99	J. JENSEN, M. MCGINNESS, V. BUI, A. EMMONS
200 Free Relay	2:02.22	21-Mar-03	A. MCDERMOTT, V. BUI, H. LIU, V. RAMOS
100 Medley Relay	1:24.19	4-Dec-04	L. LIANG, C. LIUM, R. LIUM, A. MAHER
200 Medley Relay	2:20.66	23-Nov-02	V. BUI, E. HALSNE, A. MCDERMOTT, S. STERLING

11-12

50 Free	25.36	13-Dec-08	Heidi VanderWel at PNS Champs
100 Free	54.40	17-Mar-06	DANA M. MICHAELS at NW Section Age Group Champs
200 Free	1:56.69	17-Mar-06	DANA M. MICHAELS at NW Section Age Group Champs
500 Free	5:08.36	19-Jan-06	AMBER MCDERMOTT at Washington Open
1000 Free	10:22.03	8-Mar-06	AMBER MCDERMOTT at Senior Sectionals
1650 Free	17:29.20	8-Mar-06	AMBER MCDERMOTT at Senior Sectionals
50 Back	28.85	17-Dec-09	Lavinia Yap at WA Senior Champs
100 Back	0:59.37	14-Dec-08	Heidi VanderWel at PNS Champs
200 Back	2:09.01	13-Dec-08	Heidi VanderWel at PNS Champs
50 Breast	32.39	9-Dec-05	RAYNIE A. HULTGREN at PNS SC Championships
100 Breast	1:12.59	9-Dec-05	RAYNIE A. HULTGREN at PNS SC Championships
200 Breast	2:39.58	20-Mar-10	Brianna Lucien at Age Group Sectionals
50 Fly	27.80	9-Dec-05	RAYNIE A. HULTGREN at PNS SC Championships
100 Fly	1:00.48	17-Mar-06	DANA M. MICHAELS at NW Section Age Group Champs
200 Fly	2:14.61	17-Mar-06	DANA M. MICHAELS at NW Section Age Group Champs
100 IM	1:03.56	31-Dec-99	Samantha Alston
200 IM	2:14.00	14-Dec-08	Heidi VanderWel at PNS Champs
400 IM	4:38.63	8-Mar-06	AMBER MCDERMOTT at Senior Sectionals
200 Free Relay	1:47.44	9-Dec-05	HULTGREN, MCDERMOTT, M. WILLIAMSON, D. MICHAELS
400 Free Relay	3:58.68	11-Dec-09	L. Cooley, C. Cannon, B. Lucien, L. Yap
200 Medley Relay	2:00.97	9-Dec-05	MCDERMOTT, S. MAIN, R. HULTGREN, D. MICHAELS
400 Medley Relay	4:27.86	4-Feb-06	MCDERMOTT, S. MAIN, D. MICHAELS, WILLIAMSON

13-14

50 Free	24.24	19-Mar-10	Heidi VanderWel at AG Sectionals
100 Free	52.82	16-Jan-10	Heidi VanderWel at SoCal Grand Prix
200 Free	1:52.80	14-Mar-08	DANA M. MICHAELS at NW Section Age Group Champs
500 Free	4:59.28	31-Dec-99	Courtney Ellis
1000 Free	9:59.95	31-Dec-99	Courtney Ellis
1650 Free	16:52.71	31-Dec-99	Courtney Ellis
100 Back	55.01	19-Mar-10	Heidi VanderWel at AG Sectionals
200 Back	1:57.99	21-Mar-10	Heidi VanderWel at AG Sectionals
100 Breast	1:06.38	31-Dec-99	Courtney Ellis
200 Breast	2:19.42	31-Dec-99	Courtney Ellis
100 Fly	58.00	14-Mar-08	DANA M. MICHAELS at NW Section Age Group Champs
200 Fly	2:07.37	14-Mar-08	DANA M. MICHAELS at NW Section Age Group Champs
200 IM	2:10.79	22-Jan-10	Heidi VanderWel at WA Open
400 IM	4:31.96	18-Jan-07	AMBER MCDERMOTT at Washington Open
200 Free Relay	1:39.84	20-Mar-10	L. Yap, K. Taylor, A. Keane, H. VanderWel
400 Free Relay	3:35.69	21-Mar-10	L. Yap, K. Taylor, A. Keane, H. VanderWel

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	800 Free Relay	8:25.91	24-Jan-09	K. Laurent, K. Taylor, A. Keane, K. Christenson
	200 Medley Relay	1:49.60	19-Mar-10	H. VanderWel, A. Keane, K. Taylor, L. Yap
	400 Medley Relay	3:58.90	20-Mar-10	H. VanderWel, A. Keane, K. Taylor, L. Yap
Senior	50 Free	24.17	31-Dec-99	Kim Milliagan
	100 Free	52.39	14-Dec-07	ALANA M. PAZEVIC at PNS SR Champs
	200 Free	1:49.31	20-Feb-03	ERICA R. CHANDLER at Big 10 Championships
	500 Free	4:52.13	20-Feb-03	ERICA R. CHANDLER at Big 10 Championships
	1000 Free	9:52.62	31-Dec-99	Courtney Ellis
	1650 Free	16:34.70	31-Dec-99	Courtney Ellis
	100 Back	55.01	19-Mar-10	Heidi VanderWel at AG Sectionals
	200 Back	1:57.99	21-Mar-10	Heidi VanderWel at AG Sectionals
	100 Breast	1:06.34	31-Dec-99	Courtney Ellis
	200 Breast	2:18.96	31-Dec-99	Courtney Ellis
	100 Fly	58.00	14-Mar-08	DANA M. MICHAELS at NW Section Age Group Champs
	200 Fly	2:04.24	12-March-09	Dana Michaels at Western SR Sectionals
	200 IM	2:05.70	15-Mar-01	ERICA R. CHANDLER at 2001 NW Sectionals
	400 IM	4:24.75	15-Mar-01	ERICA R. CHANDLER at 2001 NW Sectionals
	200 Free Relay	1:38.21	10-Mar-10	H. VanderWel, A. Keane, M. Williamson, L. Moores
	400 Free Relay	3:34.53	13-Mar-10	K. Laurent, A. Keane, L. Moores, H. VanderWel
	800 Free Relay	7:46.34	20-Mar-07	D. Michaels, L. Sreibers, A. Pazevic, A. McDermott
	200 Medley Relay	1:49.32	11-Mar-10	H. VanderWel, A. Keane, K. Laurent, L. Moores
	400 Medley Relay	3:58.90	20-Mar-10	H. VanderWel, A. Keane, K. Taylor, L. Yap