

GIRLS ELEVEN YEARS – 2016/2017

NATIONAL 50 Y FREESTYLE (26.65)

RANK	PP	TIME	NAME	TEAM	DATE
23	863	25.40	Lei, Megan	KING	12/10/2016
35	844	25.63	Proctor, Alexa	MET	3/24/2017
127	788	26.31	Arnold, Lauren	PSA	12/9/2016
158	774	26.48	Tilley, Jaeli	BBST	2/26/2017
173	770	26.54	Hackworth, Gracie	BC	3/24/2017

NATIONAL 100Y FREESTYLE (58.04)

RANK	PP	TIME	NAME	TEAM	DATE
35	837	56.05	Lei, Megan	KING	12/10/2016
81	802	57.76	Wang, Grace	PDST	3/23/2017

NATIONAL 200 Y FREESTYLE (2:06.54)

RANK	PP	TIME	NAME	TEAM	DATE
37	828	2:03.09	Lei, Megan	KING	1/14/2017

NATIONAL 500 Y FREESTYLE (5:39.51)

RANK	PP	TIME	NAME	TEAM	DATE
165	756	5:34.17	Krajcovic, Zosia	SRST	12/10/2016

NATIONAL 1000 Y FREESTYLE (12:21.82)

RANK	PP	TIME	NAME	TEAM	DATE
52	789	11:33.45	Krajcovic, Zosia	SRST	1/12/2017
168	645	12:14.65	Giroto, Kaitlyn	BC	1/22/2017

NATIONAL 1650 Y FREESTYLE (21:14.55)

RANK	PP	TIME	NAME	TEAM	DATE
114	716	20:22.69	Giroto, Kaitlyn	BC	1/22/2017
116	715	20:23.27	Brown, Lindsay	NWAC	12/11/2016
119	714	20:23.69	Wichelmann, Sloane	KING	12/11/2016
125	707	20:27.41	Tilley, Jaeli	BBST	12/11/2016
147	678	20:42.22	Gill, Julie	BBST	2/19/2017
152	671	20:45.77	Krajcovic, Zosia	SRST	2/19/2017
174	647	20:58.13	Avansino, Mia	BC	11/13/2016
191	629	21:07.47	Lesh, Natalie	CSC	12/11/2016

NATIONAL 50 Y BACKSTROKE (30.46)

RANK	PP	TIME	NAME	TEAM	DATE
92	811	29.84	Lei, Megan	KING	12/17/2016
132	790	30.10	Lam, Selena	IST	3/25/2017
179	771	30.35	Chen, Michelle	PRO	11/19/2016
190	765	30.42	Siripipat, Lily	KING	3/25/2017
192	764	30.44	Chen, Isabella	BC	12/9/2016

NATIONAL 100 Y BACKSTROKE (1:05.36)

RANK	PP	TIME	NAME	TEAM	DATE
73	832	1:03.59	Lei, Megan	KING	12/9/2016
110	809	1:04.25	Chen, Michelle	PRO	1/14/2017
133	797	1:04.59	Lam, Selena	IST	3/24/2017
139	796	1:04.62	Wichelmann, Sloane	KING	3/24/2017
187	776	1:05.19	Ong, Kat	PRO	3/24/2017

NATIONAL 200 Y BACKSTROKE (2:22.81)

RANK	PP	TIME	NAME	TEAM	DATE
77	829	2:17.95	Chen, Michelle	PRO	12/11/2016
122	798	2:20.05	Krajcovic, Zosia	SRST	12/11/2016
130	790	2:20.57	Lei, Megan	KING	1/22/2017

147	783	2:21.05	Woare, Vivian	ORCA	3/26/2017
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NATIONAL 50 Y BREASTSTROKE (34.33)

RANK	PP	TIME	NAME	TEAM	DATE
27	857	32.48	Hong, Zoe	CAAT	3/26/2017
42	838	32.77	Blackmon, Kaitlyn	WAVE	9/24/2016
52	830	32.91	Proctor, Alexa	MET	3/26/2017
55	827	32.95	Lo, Florence	BBST	12/11/2016
69	817	33.12	Tu, Gillian	IST	12/11/2016
99	792	33.52	Portmann, Makenna	KING	12/11/2016
125	777	33.77	Wu, Claire	PRO	12/11/2016
177	750	34.21	Bishop, Lucy	CAAT	12/11/2016
185	746	34.28	Gooding, Liv	CSC	3/26/2017

NATIONAL 100 Y BREASTSTROKE (1:15.06)

RANK	PP	TIME	NAME	TEAM	DATE
19	871	1:09.95	Hong, Zoe	CAAT	3/24/2017
47	826	1:11.55	Tu, Gillian	IST	1/28/2017
53	820	1:11.75	Lo, Florence	BBST	12/9/2016
90	793	1:12.72	Blackmon, Kaitlyn	WAVE	10/8/2016
121	769	1:13.61	Portmann, Makenna	KING	12/9/2016
161	746	1:14.45	Proctor, Alexa	MET	3/24/2017

NATIONAL 200 Y BREASTSTROKE (2:44.00)

RANK	PP	TIME	NAME	TEAM	DATE
29	854	2:33.80	Portmann, Makenna	KING	12/10/2016
60	818	2:36.65	Hong, Zoe	CAAT	3/25/2017
116	774	2:40.23	Lo, Florence	BBST	12/10/2016
133	763	2:41.15	Brown, Lindsay	NWAC	2/25/2017
153	752	2:42.08	Blackmon, Kaitlyn	WAVE	10/9/2016
162	746	2:42.53	Tu, Gillian	IST	1/29/2017

NATIONAL 50 Y BUTTERFLY (29.07)

RANK	PP	TIME	NAME	TEAM	DATE
9	883	27.24	Lei, Megan	KING	12/10/2016
56	823	28.09	Buetow, Evelyn	BBST	3/25/2017
138	774	28.80	Crosby, Clara	KING	3/25/2017

NATIONAL 100 Y BUTTERFLY (1:05.24)

RANK	PP	TIME	NAME	TEAM	DATE
37	843	1:02.04	Lei, Megan	KING	1/15/2017
93	798	1:03.50	Buetow, Evelyn	BBST	3/26/2017
113	783	1:04.01	Wichelmann, Sloane	KING	3/26/2017
165	759	1:04.81	Crosby, Clara	KING	3/26/2017

NATIONAL 200 Y BUTTERFLY (2:32.16)

RANK	PP	TIME	NAME	TEAM	DATE
79	796	2:24.61	Wichelmann, Sloane	KING	12/9/2016
132	748	2:28.44	Lei, Megan	KING	10/29/2016
145	738	2:29.27	Buetow, Evelyn	BBST	3/24/2017
172	722	2:30.58	Crosby, Clara	KING	3/24/2017

NATIONAL 100 Y INDIVIDUAL MEDLEY (1:06.82)

RANK	PP	TIME	NAME	TEAM	DATE
43	840	1:04.20	Lei, Megan	KING	1/14/2017
107	788	1:05.63	Portmann, Makenna	KING	12/11/2016
150	763	1:06.32	Hackworth, Gracie	BC	12/11/2016
156	761	1:06.37	Blackmon, Kaitlyn	WAVE	9/24/2016

NATIONAL 200 M INDIVIDUAL MEDLEY (2:23.36)

RANK	PP	TIME	NAME	TEAM	DATE
63	817	2:18.90	Lei, Megan	KING	12/18/2016
154	763	2:22.18	Blackmon, Kaitlyn	WAVE	10/8/2016
179	752	2:22.85	Yin, Renee	WAVE	3/25/2017
187	749	2:23.08	Portmann, Makenna	KING	2/25/2017
199	744	2:23.36	Wichelmann, Sloane	KING	3/25/2017

NATIONAL 400 M INDIVIDUAL MEDLEY (5:10.39)

RANK	PP	TIME	NAME	TEAM	DATE
88	793	5:02.09	Lei, Megan	KING	11/19/2016
135	771	5:05.15	Portmann, Makenna	KING	2/11/2017
149	761	5:06.60	Wichelmann, Sloane	KING	2/11/2017
177	745	5:08.80	Brown, Lindsay	NWAC	12/9/2016

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2016/2017	11	57	43907	770.30	790.77

50 back, breast, fly, and 100 IM not counted in totals

EVENT	2013	2014	2015	2016	2017
50 free	26.97	26.66	26.73	26.70	26.65
100 free	58.59	58.25	58.23	58.18	58.04
200 free	2:08.10	2:07.29	2:06.92	2:06.66	2:06.54
500 free	5:41.89	5:40.00	5:39.34	5:38.98	5:39.51
1000 free	12:23.67	12:15.42	12:21.23	12:20.52	12:21.82
1650 free	21:11.85	20:54.67	21:16.56	21:12.79	12:14.55
50 back	30.96	30.69	30.43	30.40	30.46
100 back	1:06.48	1:05.96	1:05.65	1:05.61	1:05.36
200 back	2:25.01	2:23.60	2:23.26	2:22.86	2:22.81
50 breast	34.78	34.57	34.42	34.32	34.33
100 breast	1:15.63	1:15.48	1:15.00	1:14.80	1:15.06
200 breast	2:45.83	2:44.43	2:43.68	2:43.68	2:44.00
50 fly	29.49	29.18	29.10	29.01	29.07
100 fly	1:06.10	1:05.55	1:05.16	1:05.00	1:05.24
200 fly	2:33.84	2:31.48	2:31.16	2:30.69	2:32.16
100 i.m.	1:07.39	1:07.14	1:06.88	1:06.74	1:06.82
200 i.m.	2:24.34	2:23.98	2:23.37	2:23.11	2:23.86
400 i.m.	5:13.47	5:11.48	5:11.00	5:10.73	5:10.39

EVENT	2004	2005	2006	2007	2008	2009	2010	2011	2012
50 free	27.43	27.42	27.36	27.33	27.24	27.18	27.13	27.07	27.02
100 free	59.59	59.65	59.54	59.40	59.35	59.17	58.97	58.90	58.75
200 free	2:10.34	2:10.11	2:09.78	2:09.34	2:09.29	2:08.79	2:08.66	2:08.24	2:08.01
500 free	5:46.91	5:45.80	5:45.79	5:44.67	5:44.60	5:43.58	5:42.68	5:41.68	5:41.67
1000 free	13:00.10	13:01.60	12:54.09	12:55.99	12:47.28	12:38.91	12:26.25	12:27.60	12:25.70
1650 free	23:11.71	23:16.93	22:59.08	21:38.77	22:17.43	21:52.87	21:28.60	21:23.08	21:14.81
50 back	31.86	31.74	31.72	31.63	31.57	31.40	31.26	31.18	31.12
100 back	1:08.55	1:08.15	1:08.36	1:08.05	1:07.86	1:07.48	1:07.17	1:07.09	1:06.88
200 back	2:29.91	2:30.21	2:29.77	2:29.08	2:28.83	2:27.72	2:26.00	2:26.07	2:25.87
50 breast	35.54	35.61	35.49	35.30	35.39	35.45	35.15	35.13	35.04
100 breast	1:17.43	1:17.50	1:17.11	1:17.07	1:16.82	1:17.16	1:16.47	1:16.39	1:16.43
200 breast	2:50.14	2:50.24	2:50.47	2:49.22	2:48.85	2:48.59	2:47.94	2:46.76	2:46.83
50 fly	30.23	30.17	30.19	30.10	30.09	29.90	29.73	29.59	29.60
100 fly	1:08.02	1:07.91	1:07.85	1:07.62	1:07.65	1:07.22	1:06.87	1:06.38	1:06.54
200 fly	2:41.39	2:43.34	2:41.27	2:38.10	2:39.97	2:37.57	2:35.46	2:36.17	2:34.94
100 i.m.	1:08.87	1:08.84	1:08.79	1:08.68	1:08.70	1:08.58	1:08.25	1:08.03	1:07.69
200 i.m.	2:27.59	2:27.48	2:27.03	2:26.81	2:26.72	2:26.39	2:25.61	2:25.33	2:25.00
400 i.m.	5:23.73	5:23.45	5:23.60	5:21.57	5:22.42	5:20.02	5:16.64	5:16.29	5:16.14

GIRLS TWELVE YEARS – 2016/2017

NATIONAL 50 Y FREESTYLE (25.47)

RANK	PP	TIME	NAME	TEAM	DATE
9	890	24.09	Weissman, Hannah	KING	3/24/2017
90	803	25.10	Li, Sandy	UN	12/9/2016
97	800	25.14	Foltenyi, Jade	BC	12/9/2016
106	798	25.16	Hayes, Margaret	BISC	10/22/2016
136	788	25.28	Mayfield, Mackenzie	CSC	12/9/2016

NATIONAL 100 Y FREESTYLE (55.30)

RANK	PP	TIME	NAME	TEAM	DATE
16	875	52.82	Weissman, Hannah	KING	3/25/2017
71	813	54.21	Li, Sandy	UN	12/10/2016
200	766	55.30	Blackmon, Kaitlyn	WAVE	3/23/2017

NATIONAL 200 Y FREESTYLE (2:00.04)

RANK	PP	TIME	NAME	TEAM	DATE
44	829	1:56.73	Weissman, Hannah	KING	3/26/2017
98	797	1:58.15	Hayes, Margaret	BISC	10/22/2016

NATIONAL 500 Y FREESTYLE (5:22.61)

RANK	PP	TIME	NAME	TEAM	DATE
138	748	5:19.83	Clise, Maya	KING	12/10/2016
152	744	5:20.34	Weissman, Hannah	KING	1/7/2017
157	743	5:20.51	Li, Sandy	UN	12/10/2016

NATIONAL 1000 Y FREESTYLE (11:24.41)

RANK	PP	TIME	NAME	TEAM	DATE
111	760	11:09.20	Clise, Maya	KING	12/15/2016

NATIONAL 1650 Y FREESTYLE (19:19.36)

RANK	PP	TIME	NAME	TEAM	DATE
34	791	18:26.74	Clise, Maya	KING	12/11/2016

NATIONAL 50 Y BACKSTROKE (28.93)

RANK	PP	TIME	NAME	TEAM	DATE
62	859	27.98	Weissman, Hannah	KING	2/26/2017
76	848	28.12	Hayes, Margaret	BISC	10/9/2016
81	843	28.17	Obaob, Bea	SRST	2/26/2017
110	823	28.41	Blackmon, Kaitlyn	WAVE	3/25/2017
112	823	28.42	Fidler, Macy	SRST	3/25/2017
144	806	28.62	Fulmer, Peyton	KING	12/10/2016

NATIONAL 100 Y BACKSTROKE (1:01.69)

RANK	PP	TIME	NAME	TEAM	DATE
42	859	59.32	Fulmer, Peyton	KING	12/9/2016
85	828	1:00.13	Obaob, Bea	SRST	3/24/2017
118	808	1:00.68	Weissman, Hannah	KING	2/25/2017
128	799	1:00.91	Hayes, Margaret	BISC	10/15/2016
156	786	1:01.26	Jia, Maddy	PDST	12/9/2016

NATIONAL 200 Y BACKSTROKE (2:14.62)

RANK	PP	TIME	NAME	TEAM	DATE
43	837	2:08.88	Jia, Maddy	PDST	12/11/2016
54	822	2:09.85	Obaob, Bea	SRST	3/26/2017
61	817	2:10.15	Fulmer, Peyton	KING	12/11/2016
142	763	2:13.55	Yu, Catherine	PRO	3/26/2017

142	763	2:13.55	Li, Sandy	UN	12/11/2016
164	755	2:14.03	Weissman, Hannah	KING	12/16/2016

NATIONAL 50 Y BREASTSTROKE (32.52)

RANK	PP	TIME	NAME	TEAM	DATE
24	864	30.97	Clise, Maya	KING	12/11/2016
75	818	31.69	Solseng, Emma	BISC	3/26/2017
109	799	31.98	Blackmon, Kaitlyn	WAVE	12/11/2016
112	798	32.00	Mayfield, Mackenzie	CSC	12/11/2016
121	792	32.09	Sears, Hailey	KING	3/26/2017
128	790	32.12	Portmann, Makenna	KING	3/26/2017
141	783	32.23	Rowe, Regan	CAAT	10/15/2016

NATIONAL 100 Y BREASTSTROKE (1:10.71)

RANK	PP	TIME	NAME	TEAM	DATE
13	873	1:06.23	Clise, Maya	KING	2/11/2017
131	769	1:09.74	Zurcher, Ana	BBST	3/24/2017
177	749	1:10.45	Mayfield, Mackenzie	CSC	12/9/2016

NATIONAL 200 Y BREASTSTROKE (2:34.22)

RANK	PP	TIME	NAME	TEAM	DATE
14	853	2:24.55	Clise, Maya	KING	1/15/2017
132	754	2:32.15	Zurcher, Ana	BBST	3/25/2017
162	739	2:33.25	Ryu, Sophia	SSCD	11/20/2016

NATIONAL 50 Y BUTTERFLY (27.60)

RANK	PP	TIME	NAME	TEAM	DATE
5	951	25.35	Weissman, Hannah	KING	3/25/2017
52	846	26.75	Hayes, Margaret	BISC	10/9/2016
75	835	26.90	Blackmon, Kaitlyn	WAVE	3/25/2017
80	832	26.94	Fidler, Macy	SRST	2/25/2017
100	822	27.08	Lei, Megan	KING	3/25/2017
114	817	27.15	Foltenyi, Jade	BC	12/10/2016
188	788	27.55	Butler, Madelynn	MMSC	2/25/2017
191	787	27.56	Weiler, Kiersten	CAAT	12/10/2016

NATIONAL 100 Y BUTTERFLY (1:01.14)

RANK	PP	TIME	NAME	TEAM	DATE
14	894	57.36	Weissman, Hannah	KING	3/26/2017
76	821	59.61	Li, Joy	PDST	12/11/2016
181	777	1:00.99	Fidler, Macy	SRST	2/26/2017
188	775	1:01.03	Hayes, Margaret	BISC	10/15/2016

NATIONAL 200 Y BUTTERFLY (2:19.07)

RANK	PP	TIME	NAME	TEAM	DATE
8	922	2:05.64	Weissman, Hannah	KING	3/24/2017
56	823	2:12.83	Li, Joy	PDST	12/9/2016
65	817	2:13.21	Wang, Bolei	IST	3/24/2017
160	757	2:17.70	Lindberg, Grace	CSC	3/24/2017

NATIONAL 100 Y INDIVIDUAL MEDLEY (1:03.38)

RANK	PP	TIME	NAME	TEAM	DATE
56	841	1:01.42	Blackmon, Kaitlyn	WAVE	3/26/2017
60	839	1:01.49	Hayes, Margaret	BISC	10/22/2016
120	800	1:02.52	Yu, Catherine	PRO	3/26/2017
146	786	1:02.87	Solseng, Emma	BISC	3/26/2017
169	779	1:03.06	Weissman, Hannah	KING	2/26/2017

NATIONAL 200 Y INDIVIDUAL MEDLEY (2:16.23)					
RANK	PP	TIME	NAME	TEAM	DATE
129	768	2:14.59	Hayes, Margaret	BISC	10/15/2016
140	763	2:14.87	Deng, Pauline	KING	12/10/2016
160	758	2:15.18	Zhang, Angela	PDST	12/10/2016
181	748	2:15.75	Jia, Maddy	PDST	12/10/2016

NATIONAL 400 Y INDIVIDUAL MEDLEY (4:51.67)					
RANK	PP	TIME	NAME	TEAM	DATE
84	790	4:45.19	Clise, Maya	KING	1/22/2017
100	783	4:46.14	Deng, Pauline	KING	12/9/2016
112	776	4:47.08	Zhang, Angela	PDST	3/24/2017
180	749	4:50.62	Stokes, Sara	MMSC	12/16/2016
182	749	4:50.65	Hayes, Margaret	BISC	10/15/2016
183	748	4:50.73	Li, Sandy	UN	12/9/2016
195	742	4:51.49	Weissman, Hannah	KING	2/11/2017

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2016/2017	12	55	43408	789.23	796.16
2015/2016	11	55	43304	787.34	787.89

50 back, breast, fly, and 100 IM not counted in totals

GIRLS TWELVE YEARS

EVENT	2013	2014	2015	2016	2017
50 free	25.71	25.71	25.53	25.56	25.47
100 free	55.94	55.75	55.30	55.58	55.30
200 free	2:01.24	2:01.17	2:00.31	2:00.89	2:00.04
500 free	5:24.87	5:24.44	5:23.40	5:23.81	5:22.61
1000 free	11:30.66	11:29.20	11:28.19	11:28.73	11:24.41
1650 free	19:20.10	19:25.76	19:21.35	19:25.31	19:19.36
50 back	29.33	29.35	29.12	29.04	28.93
100 back	1:02.71	1:02.42	1:01.98	1:02.14	1:01.69
200 back	2:16.44	2:16.04	2:15.29	2:15.44	2:14.62
50 breast	33.19	33.04	32.84	32.79	32.52
100 breast	1:12.10	1:11.52	1:10.94	1:10.84	1:10.71
200 breast	2:37.49	2:36.23	2:35.31	2:34.59	2:34.22
50 fly	28.06	27.95	27.74	27.76	27.60
100 fly	1:02.19	1:01.78	1:01.47	1:01.67	1:01.14
200 fly	2:21.98	2:21.24	2:20.15	2:20.24	2:19.07
100 i.m.	1:04.28	1:04.16	1:03.66	1:03.60	1:03.38
200 i.m.	2:17.74	2:17.12	2:16.00	2:16.64	2:16.23
400 i.m.	4:56.11	4:54.37	4:53.32	4:54.46	4:51.67

EVENT	2004	2005	2006	2007	2008	2009	2010	2011	2012
50 free	26.21	26.23	26.14	26.10	26.08	26.00	25.92	25.84	25.81
100 free	56.92	56.77	56.75	56.71	56.63	56.37	56.38	56.06	55.96
200 free	2:03.16	2:03.27	2:03.21	2:03.03	2:03.03	2:02.43	2:02.02	2:01.79	2:01.40
500 free	5:29.84	5:28.08	5:28.95	5:27.97	5:28.26	5:28.85	5:26.29	5:26.24	5:24.99
1000 free	11:51.01	11:44.73	11:44.02	11:45.84	11:41.35	11:39.75	11:35.22	11:32.75	11:30.30
1650 free	19:56.96	19:53.69	19:54.78	19:55.80	19:41.51	19:42.22	19:32.40	19:26.77	19:20.09
50 back	30.22	30.19	30.09	30.13	30.02	29.82	29.70	29.54	29.51
100 back	1:04.86	1:04.49	1:04.63	1:04.44	1:04.24	1:03.83	1:03.51	1:03.15	1:03.04
200 back	2:21.32	2:20.76	2:20.88	2:20.11	2:19.84	2:19.04	2:18.20	2:17.56	2:17.19
50 breast	33.78	33.74	33.66	33.66	33.56	33.57	33.52	33.30	33.20
100 breast	1:13.35	1:12.97	1:13.03	1:13.00	1:13.02	1:12.74	1:12.65	1:12.00	1:11.80
200 breast	2:40.35	2:39.99	2:40.05	2:39.33	2:39.48	2:39.03	2:39.34	2:37.54	2:36.94
50 fly	28.77	28.78	28.64	28.58	28.59	28.51	28.33	28.27	28.16
100 fly	1:03.88	1:03.77	1:03.67	1:03.81	1:03.51	1:03.21	1:02.86	1:02.66	1:02.34
200 fly	2:26.63	2:26.22	2:26.61	2:25.51	2:25.12	2:24.34	2:23.57	2:22.93	2:21.93
100 i.m.	1:05.40	1:05.41	1:05.30	1:05.34	1:05.27	1:05.03	1:04.81	1:04.63	1:04.33
200 i.m.	2:19.92	2:19.56	2:19.32	2:19.38	2:19.29	2:19.17	2:18.43	2:17.92	2:17.44
400 i.m.	5:02.19	5:01.38	5:01.91	5:01.20	4:59.38	4:59.24	4:58.76	4:57.04	4:55.95

GIRLS THIRTEEN YEARS – 2016/2017

NATIONAL 50 Y FREESTYLE (24.88)

RANK	PP	TIME	NAME	TEAM	DATE
4	954	23.16	Tang, Amy	PDST	1/13/2017
25	865	24.06	Hayes, Margaret	BISC	3/24/2017
72	838	24.35	Wang, Gracie	KING	12/17/2016
80	835	24.38	Chen, Jaime	PDST	3/25/2017
86	831	24.42	Haskins, Ella	CSC	12/9/2016
132	809	24.65	Detta, Teigen	BBST	3/24/2017
139	804	24.70	Clemons, Destiny	KING	3/24/2017

NATIONAL 100 Y FREESTYLE (53.98)

RANK	PP	TIME	NAME	TEAM	DATE
3	958	50.11	Tang, Amy	PDST	12/10/2016
136	783	53.54	Hayes, Margaret	BISC	3/16/2017
174	773	53.75	Haskins, Ella	CSC	12/10/2016

NATIONAL 200 Y FREESTYLE (1:57.22)

RANK	PP	TIME	NAME	TEAM	DATE
6	892	1:50.91	Tang, Amy	PDST	1/14/2017
35	813	1:53.93	Chen, Jaime	PDST	3/26/2017
60	794	1:54.67	Hayes, Margaret	BISC	12/11/2016
106	767	1:55.74	Giroto, Amelia	BC	3/26/2017

NATIONAL 500 Y FREESTYLE (5:15.06)

RANK	PP	TIME	NAME	TEAM	DATE
45	778	5:05.92	Hayes, Margaret	BISC	12/17/2016
60	766	5:07.13	Tang, Amy	PDST	1/13/2017
78	757	5:08.05	Giroto, Amelia	BC	3/23/2017

NATIONAL 1000 Y FREESTYLE (10:56.91)

RANK	PP	TIME	NAME	TEAM	DATE
98	734	10:44.08	Giroto, Amelia	BC	12/15/2016
144	707	10:50.61	Vertetis, Mary	KING	3/26/2017
177	689	10:54.98	Clise, Maya	KING	3/26/2017

NATIONAL 1650 Y FREESTYLE (18:23.67)

RANK	PP	TIME	NAME	TEAM	DATE
89	750	17:53.88	Hayes, Margaret	BISC	11/6/2016
106	737	17:59.15	Giroto, Amelia	BC	3/19/2017
109	731	18:01.33	Vertetis, Mary	KING	3/26/2017
145	711	18:09.54	Clise, Maya	KING	3/26/2017

NATIONAL 100 Y BACKSTROKE (59.80)

RANK	PP	TIME	NAME	TEAM	DATE
1	1002	54.78	Tang, Amy	PDST	12/9/2016
4	959	55.72	Hayes, Margaret	BISC	3/24/2017
77	838	58.48	Chang, Mia	BC	12/10/2016
99	827	58.74	Barbosa, Maisy	KING	3/24/2017
102	827	58.76	Giroto, Amelia	BC	3/24/2017
196	783	59.80	Wang, Gracie	KING	12/9/2016

NATIONAL 200 Y BACKSTROKE (2:09.80)

RANK	PP	TIME	NAME	TEAM	DATE
2	950	1:59.75	Tang, Amy	PDST	12/11/2016
15	893	2:02.77	Hayes, Margaret	BISC	3/26/2017
53	840	2:05.64	Chang, Mia	BC	12/11/2016
100	811	2:07.24	Barbosa, Maisy	KING	3/26/2017
102	811	2:07.26	Jia, Maddy	PDST	3/26/2017
131	798	2:07.99	Brenne, Campbell	IST	3/26/2017

NATIONAL 100 Y BREASTSTROKE (1:08.56)

RANK	PP	TIME	NAME	TEAM	DATE
13	891	1:04.18	Tang, Amy	PDST	12/9/2016
19	869	1:04.83	Clise, Maya	KING	3/24/2017
96	791	1:07.15	Weber, Anna	ESC	12/9/2016
98	788	1:07.26	Battepati, Sanjna	UN	11/11/2016
106	785	1:07.33	Mann, Kynseth	BC	3/24/2017
150	763	1:07.99	Su, Allison	KING	11/19/2016
162	759	1:08.12	Tucker, Lilly	VAST	12/9/2016
193	748	1:08.46	Chen, Jaime	PDST	3/18/2017

NATIONAL 200 Y BREASTSTROKE (2:29.26)

RANK	PP	TIME	NAME	TEAM	DATE
13	864	2:19.62	Clise, Maya	KING	3/25/2017
40	818	2:22.64	Tang, Amy	PDST	1/15/2017
75	785	2:24.88	Weber, Anna	ESC	12/10/2016
83	782	2:25.08	Chen, Jaime	PDST	3/25/2017
92	776	2:25.52	Park, Katie	BC	1/7/2017
133	752	2:27.11	Mann, Kynseth	BC	3/25/2017
136	752	2:27.15	Tucker, Lilly	VAST	12/17/2016
184	729	2:28.69	Battepati, Sanjna	KING	11/20/2016

NATIONAL 100 Y BUTTERFLY (59.35)

RANK	PP	TIME	NAME	TEAM	DATE
1	943	54.98	Tang, Amy	PDST	12/11/2016
16	888	56.36	Hayes, Margaret	BISC	1/14/2017
41	857	57.16	Chen, Jaime	PDST	3/26/2017
124	796	58.73	Lopez-Silvers, Leigh	UPAC	1/14/2017
148	789	58.91	Giroto, Amelia	BC	3/26/2017
177	780	59.16	Chang, Mia	BC	2/26/2017

NATIONAL 200 Y BUTTERFLY (2:13.25)

RANK	PP	TIME	NAME	TEAM	DATE
20	870	2:05.03	Chen, Jaime	PDST	3/24/2017
22	866	2:05.24	Tang, Amy	PDST	1/15/2017
119	767	2:11.28	Lopez-Silvers, Leigh	UPAC	1/15/2017
128	762	2:11.60	Barbosa, Maisy	KING	3/24/2017
173	743	2:12.76	Deng, Pauline	KING	2/25/2017
178	741	2:12.88	Hayes, Margaret	BISC	2/25/2017

NATIONAL 200 Y INDIVIDUAL MEDLEY (2:12.14)

RANK	PP	TIME	NAME	TEAM	DATE
5	920	2:03.91	Tang, Amy	PDST	12/10/2016
21	872	2:06.25	Chen, Jaime	PDST	3/25/2017
41	845	2:07.60	Hayes, Margaret	BISC	3/25/2017
88	806	2:09.57	Chang, Mia	BC	12/10/2016
103	798	2:09.99	Barbosa, Maisy	KING	3/25/2017
157	772	2:11.36	Giroto, Amelia	BC	3/25/2017
186	762	2:11.87	Battepati, Sanjna	UN	11/11/2016

NATIONAL 400 Y INDIVIDUAL MEDLEY (4:40.83)

RANK	PP	TIME	NAME	TEAM	DATE
19	854	4:27.64	Tang, Amy	PDST	1/14/2017
40	826	4:30.81	Barbosa, Maisy	KING	3/24/2017
52	806	4:33.07	Hayes, Margaret	BISC	1/8/2017
71	788	4:35.06	Chang, Mia	BC	2/24/2017
79	784	4:35.59	Chen, Jaime	PDST	3/24/2017

Year	Age	SWIMS	Power Points	PNS Average	National Average
2016/2017	13	76	61702	811.86	793.80
2015/2016	12	62	48463	781.66	784.52
2014/2015	11	54	42391	785.01	782.05

THIRTEEN YEARS

EVENT	2013	2014	2015	2016	2017
50 free	25.23	25.10	25.02	24.94	24.88
100 free	54.61	54.30	54.21	54.07	53.98
200 free	1:57.87	1:57.59	1:57.40	1:57.07	1:57.22
500 free	5:15.55	5:15.29	5:14.81	5:14.34	5:15.06
1000 free	10:57.01	10:57.20	10:58.50	10:56.39	10:56.91
1650 free	18:23.42	18:23.01	18:18.66	18:24.70	18:23.67
100 back	1:00.73	1:00.38	1:00.36	59.88	59.80
200 back	2:11.22	2:10.53	2:10.37	2:10.10	2:09.80
100 breast	1:09.88	1:09.69	1:08.98	1:08.83	1:08.56
200 breast	2:31.09	2:30.68	2:29.30	2:29.39	2:29.26
100 fly	1:00.26	59.84	59.80	59.60	59.35
200 fly	2:15.17	2:14.03	2:13.52	2:13.25	2:13.25
200 i.m.	2:13.70	2:13.34	2:12.79	2:12.11	2:12.14
400 i.m.	4:42.89	4:42.39	4:41.43	4:40.66	4:40.83

EVENT	2004	2005	2006	2007	2008	2009	2010	2011	2012
ree	25.66	25.58	25.53	25.50	25.51	25.40	25.36	25.17	25.17
100 free	55.57	55.32	55.26	55.31	55.33	55.06	54.85	54.59	54.51
200 free	1:59.60	1:59.59	1:59.32	1:59.25	1:59.41	1:58.79	1:58.91	1:58.30	1:57.96
500 free	5:19.33	5:19.32	5:18.68	5:18.86	5:19.49	5:17.30	5:17.60	5:16.79	5:16.02
1000 free	11:06.87	11:05.96	11:05.16	11:05.02	11:05.56	11:03.69	11:01.21	11:00.00	10:59.62
1650 free	18:36.95	18:36.52	18:38.00	18:36.22	18:36.08	18:34.25	18:31.39	18:27.42	18:26.13
100 back	1:02.56	1:02.51	1:02.41	1:02.46	1:02.47	1:01.80	1:01.54	1:01.06	1:00.77
200 back	2:14.74	2:14.56	2:14.38	2:14.19	2:13.87	2:13.12	2:12.51	2:11.65	2:11.38
100 breast	1:11.41	1:10.89	1:10.78	1:10.89	1:10.82	1:10.53	1:10.54	1:10.30	1:09.83
200 breast	2:33.49	2:33.47	2:33.36	2:32.92	2:33.41	2:32.55	2:32.79	2:32.34	2:31.51
100 fly	1:01.83	1:01.76	1:01.72	1:01.76	1:01.57	1:01.10	1:00.95	1:00.59	1:00.37
200 fly	2:18.20	2:17.92	2:17.84	2:17.57	2:17.28	2:16.72	2:16.47	2:16.00	2:15.30
200 i.m.	2:15.54	2:16.02	2:15.78	2:15.45	2:15.67	2:14.78	2:15.03	2:14.53	2:13.66
400 i.m.	4:46.73	4:47.45	4:47.33	4:47.10	4:46.73	4:46.16	4:45.37	4:44.94	4:43.20

GIRLS FOURTEEN YEARS – 2016-2017

NATIONAL 50 Y FREESTYLE (24.41)

RANK	PP	TIME	NAME	TEAM	DATE
9	890	23.24	Rudolph, Janelle	PRO	3/24/2017
11	885	23.29	Beers, Eleanor	BISC	3/17/2017
18	870	23.44	Tang, Amy	PDST	1/29/2017
58	835	23.80	Pak, Jazlynn	BC	3/25/2017
71	829	23.86	Battistoni, Belle	KING	12/9/2016
77	823	23.92	Su, Allison	KING	3/24/2017
116	802	24.13	Liljar, Ashlea	KING	12/9/2016
188	777	24.39	Haskins, Ella	CSC	3/24/2017
199	775	24.41	Huynh, Isabelle	UN	11/11/2016

NATIONAL 100 Y FREESTYLE (52.80)

RANK	PP	TIME	NAME	TEAM	DATE
11	910	50.27	Beers, Eleanor	BISC	3/16/2017
17	893	50.60	Tang, Amy	PDST	3/25/2017
18	889	50.68	Rudolph, Janelle	PRO	12/18/2016
36	849	51.46	Baron, Sam	UN	3/25/2017
97	816	52.11	Battistoni, Belle	KING	3/18/2017
122	806	52.30	Pak, Jazlynn	BC	3/25/2017
147	796	52.51	Zimmerman, Jamie	KING	3/16/2017

NATIONAL 200 Y FREESTYLE (1:54.25)

RANK	PP	TIME	NAME	TEAM	DATE
31	857	1:50.71	Rudolph, Janelle	PRO	3/17/2017
96	811	1:52.43	Beers, Eleanor	BISC	3/17/2017
110	802	1:52.78	Tang, Amy	PDST	2/26/2017
126	797	1:53.00	Battistoni, Belle	KING	3/26/2017
155	780	1:53.66	Valdman, Nathalie	UN	11/11/2016
188	770	1:54.04	Liljar, Ashlea	KING	3/26/2017
195	766	1:54.21	Kabacy, Taylor	UN	11/4/2016

NATIONAL 500 Y FREESTYLE (5:06.88)

RANK	PP	TIME	NAME	TEAM	DATE
84	780	5:01.16	Valdman, Nathalie	UN	11/11/2016
93	771	5:02.00	Kabacy, Taylor	UN	11/11/2016
111	762	5:02.98	Ton, Deanna	CSC	3/18/2017

NATIONAL 1000 Y FREESTYLE (10:41.73)

RANK	PP	TIME	NAME	TEAM	DATE
54	801	10:20.96	Ton, Deanna	CSC	3/16/2017
196	711	10:41.37	Roth, Abby	BC	12/15/2016

NATIONAL 1650 Y FREESTYLE (18:01.76)

RANK	PP	TIME	NAME	TEAM	DATE
47	789	17:21.87	Ton, Deanna	CSC	3/19/2017

NATIONAL 100 Y BACKSTROKE (58.35)

RANK	PP	TIME	NAME	TEAM	DATE
3	987	53.78	Tang, Amy	PDST	3/24/2017
27	886	56.01	Rudolph, Janelle	PRO	12/18/2016
74	847	56.89	Leary, Kate	CAAT	3/24/2017
93	836	57.14	Cross, Katie	BC	3/24/2017
99	833	57.20	Zimmerman, Jamie	KING	3/19/2017
119	822	57.46	Chang, Mia	BC	3/24/2017
173	794	58.11	Collinge, Ava	SRST	3/25/2017
193	787	58.27	Ly, Heidi	WEST	3/24/2017

NATIONAL 200 Y BACKSTROKE (2:06.22)

RANK	PP	TIME	NAME	TEAM	DATE
10	919	1:58.99	Tang, Amy	PDST	3/26/2017
21	898	2:00.09	Rudolph, Janelle	PRO	3/16/2017
58	854	2:02.42	Chang, Mia	BC	3/26/2017
95	829	2:03.72	Cross, Katie	BC	3/26/2017
160	794	2:05.66	Zimmerman, Jamie	KING	3/16/2017

NATIONAL 100 Y BREASTSTROKE (1:06.92)

RANK	PP	TIME	NAME	TEAM	DATE
28	867	1:03.86	Rudolph, Janelle	PRO	3/24/2017
32	864	1:03.96	Hau, Jetlynn	MMSC	12/16/2016
34	859	1:04.10	Battistoni, Belle	KING	3/18/2017
42	853	1:04.27	Tang, Amy	PDST	3/24/2017
60	833	1:04.86	Liljar, Ashlea	KING	3/18/2017
82	816	1:05.35	Su, Allison	KING	12/9/2016
115	800	1:05.85	Felner, Gracie	KING	10/30/2016
138	790	1:06.12	Battepati, Sanjna	KING	12/9/2016
156	781	1:06.40	Baron, Sam	UN	3/18/2017

NATIONAL 200 Y BREASTSTROKE (2:25.94)

RANK	PP	TIME	NAME	TEAM	DATE
13	867	2:17.44	Hau, Jetlynn	MMSC	12/17/2016
41	829	2:19.95	Battistoni, Belle	KING	3/25/2017
76	804	2:21.57	Rudolph, Janelle	PRO	12/17/2016
81	798	2:22.00	Weber, Anna	ESC	3/25/2017
118	772	2:23.67	Su, Allison	KING	3/25/2017
130	765	2:24.14	Tang, Amy	PDST	3/16/2017
133	764	2:24.21	Battepati, Sanjna	KING	1/15/2017
150	756	2:24.79	Pak, Jazlynn	BC	12/10/2016
180	744	2:25.56	Yao, Allyson	BC	3/25/2017

NATIONAL 100 Y BUTTERFLY (58.03)

RANK	PP	TIME	NAME	TEAM	DATE
9	928	54.18	Tang, Amy	PDST	3/26/2017
34	873	55.55	Pak, Jazlynn	BC	3/18/2017
41	861	55.84	Beers, Eleanor	BISC	12/9/2016
52	853	56.03	Baron, Sam	UN	3/26/2017
81	827	56.69	Rudolph, Janelle	PRO	12/16/2016
93	819	56.89	Battistoni, Belle	KING	12/16/2016
122	807	57.21	Collinge, Ava	SRST	2/26/2017

NATIONAL 200 Y BUTTERFLY (2:09.25)

RANK	PP	TIME	NAME	TEAM	DATE
17	880	2:01.46	Baron, Sam	UN	3/24/2017
61	820	2:04.97	Pak, Jazlynn	BC	3/24/2017
62	820	2:04.99	Tang, Amy	PDST	1/29/2017
82	811	2:05.51	Beers, Eleanor	BISC	3/16/2017
120	787	2:06.97	Jin, Rachel	BC	12/9/2016
151	767	2:08.18	Lopez-Silvers, Leigh	UPAC	3/24/2017

NATIONAL 200 Y INDIVIDUAL MEDLEY (2:08.84)

RANK	PP	TIME	NAME	TEAM	DATE
15	878	2:03.30	Tang, Amy	PDST	3/25/2017
24	869	2:03.75	Baron, Sam	UN	3/25/2017
35	854	2:04.50	Rudolph, Janelle	PRO	12/10/2016
42	846	2:04.90	Battistoni, Belle	KING	3/25/2017
143	785	2:07.95	Jin, Rachel	UN	11/11/2016
160	777	2:08.34	Chang, Mia	BC	3/25/2017

NATIONAL 400 Y INDIVIDUAL MEDLEY (4:34.58)

RANK	PP	TIME	NAME	TEAM	DATE
50	817	4:26.40	Baron, Sam	UN	3/24/2017
100	784	4:30.09	Rudolph, Janelle	PRO	12/9/2016
121	770	4:31.67	Jin, Rachel	BC	12/9/2016
123	769	4:31.82	Chang, Mia	BC	3/24/2017

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2016/2017	14	83	68292	822.79	807.62
2015/2016	13	74	59735	807.22	793.01
2014/2015	12	86	67622	786.30	790.70
2013/2014	11	78	61409	787.29	787.89

GIRLS FOURTEEN YEARS

EVENT	2013	2014	2015	2016	2017
50 free	24.55	24.56	24.48	24.44	24.41
100 free	53.20	53.24	53.05	52.99	52.80
200 free	1:54.96	1:55.09	1:54.58	1:54.68	1:54.25
500 free	5:07.91	5:07.51	5:07.42	5:07.72	5:06.88
1000 free	10:43.45	10:43.19	10:43.37	10:45.55	10:41.73
1650 free	17:59.42	17:59.49	17:56.95	18:02.53	18:01.76
100 back	59.06	59.09	58.68	58.70	58.35
200 back	2:07.68	2:07.66	2:06.92	2:07.44	2:06.22
100 breast	1:08.15	1:07.61	1:07.65	1:07.03	1:06.92
200 breast	2:27.90	2:27.20	2:27.45	2:26.37	2:25.94
100 fly	58.70	58.48	58.21	58.19	58.03
200 fly	2:11.16	2:10.49	2:09.67	2:09.91	2:09.25
200 i.m.	2:10.25	2:10.10	2:09.55	2:09.23	2:08.84
400 i.m.	4:37.33	4:36.06	4:35.28	4:36.01	4:34.58

EVENT	2004	2005	2006	2007	2008	2009	2010	2011	2012
50 free	25.21	25.09	25.07	25.00	25.05	24.87	24.85	24.76	24.63
100 free	54.61	54.12	54.21	54.05	54.21	53.82	53.74	53.63	53.29
200 free	1:57.70	1:56.74	1:56.95	1:56.52	1:56.85	1:56.19	1:56.11	1:55.82	1:54.79
500 free	5:14.47	5:11.88	5:12.22	5:10.99	5:11.95	5:10.71	5:10.30	5:10.22	5:08.91
1000 free	10:55.29	10:51.20	10:50.49	10:51.00	10:49.28	10:48.40	10:47.96	10:46.63	10:46.24
1650 free	18:19.56	18:11.22	18:13.24	18:11.85	18:11.08	18:10.90	18:09.97	18:07.28	18:05.10
100 back	1:01.57	1:00.83	1:00.97	1:00.86	1:01.08	1:00.22	59.22	59.62	59.37
200 back	2:13.35	2:11.39	2:11.23	2:11.14	2:11.47	2:10.33	2:09.55	2:09.10	2:08.25
100 breast	1:09.96	1:09.25	1:09.02	1:09.19	1:09.26	1:08.83	1:08.70	1:08.73	1:08.49
200 breast	2:31.20	2:29.74	2:30.10	2:30.08	2:29.62	2:29.66	2:29.40	2:29.27	2:28.80
100 fly	1:00.62	1:00.01	59.94	1:00.01	59.90	59.44	59.12	59.04	58.84
200 fly	2:15.07	2:13.86	2:13.23	2:13.62	2:13.49	2:12.60	2:12.15	2:11.96	2:11.86
200 i.m.	2:13.41	2:12.27	2:12.79	2:12.54	2:12.68	2:11.68	2:11.56	2:11.04	2:10.73
400 i.m.	4:42.54	4:40.93	4:41.15	4:40.98	4:41.40	4:39.59	4:39.10	4:39.05	4:38.52

GIRLS FIFTEEN YEARS – 2016-2017

NATIONAL 50 Y FREESTYLE (24.10)

RANK	PP	TIME	NAME	TEAM	DATE
100	803	23.80	Felner, Gracie	KING	12/16/2016
136	791	23.93	Ward, Emily	KING	3/17/2017
189	776	24.08	Groysman, Yulia	KING	12/2/2016

NATIONAL 100 Y FREESTYLE (52.23)

RANK	PP	TIME	NAME	TEAM	DATE
68	818	51.24	Groysman, Yulia	KING	1/15/2017
82	810	51.39	Ward, Emily	KING	12/10/2016
90	806	51.48	Felner, Gracie	KING	3/16/2017
102	797	51.65	Bradley, Christina	UN	11/11/2016
132	787	51.85	Dimeco, Sarah	IST	12/18/2016
174	774	52.11	Straume, Elli	WEST	3/16/2017

NATIONAL 200 Y FREESTYLE (1:52.84)

RANK	PP	TIME	NAME	TEAM	DATE
33	852	1:49.37	Dimeco, Sarah	UN	11/11/2016
45	839	1:49.85	Felner, Gracie	KING	3/16/2017
115	792	1:51.60	Groysman, Yulia	UN	11/11/2016
131	786	1:51.82	Ward, Emily	KING	3/16/2017

NATIONAL 500 Y FREESTYLE (5:03.04)

RANK	PP	TIME	NAME	TEAM	DATE
12	877	4:49.18	Dimeco, Sarah	IST	12/8/2016
23	861	4:50.75	Groysman, Yulia	KING	12/8/2016
98	777	4:58.94	Kabacy, Taylor	KING	3/18/2017
115	768	4:59.78	Valdman, Nathalie	BC	3/18/2017
145	756	5:01.03	Wyzga, Aneta	UN	11/11/2016

NATIONAL 1000 Y FREESTYLE (10:36.01)

RANK	PP	TIME	NAME	TEAM	DATE
5	906	9:53.59	Dimeco, Sarah	IST	12/15/2016
34	820	10:12.00	Groysman, Yulia	KING	1/12/2017
110	760	10:25.25	Valdman, Nathalie	BC	3/19/2017
123	747	10:28.25	Kabacy, Taylor	KING	3/16/2017

NATIONAL 1650 Y FREESTYLE (17:49.12)

RANK	PP	TIME	NAME	TEAM	DATE
7	889	16:34.45	Dimeco, Sarah	IST	12/10/2016
20	831	16:55.82	Groysman, Yulia	KING	1/15/2017
59	779	17:15.49	Valdman, Nathalie	BC	3/19/2017
73	762	17:21.81	Kabacy, Taylor	KING	12/18/2016
171	707	17:43.39	Hoeper, Alexa	UN	3/19/2017

NATIONAL 100 Y BACKSTROKE (57.75)

RANK	PP	TIME	NAME	TEAM	DATE
30	896	55.18	Nguyen, Mandolin	CAAT	3/18/2017
103	826	56.74	Chien, Isabel	KING	12/18/2016
113	821	56.85	Groysman, Yulia	KING	12/3/2016
116	820	56.88	Nguyen, Rachel	UN	11/11/2016
164	790	57.57	Ward, Emily	KING	12/3/2016
167	789	57.59	Dimeco, Sarah	IST	12/3/2016

NATIONAL 200 Y BACKSTROKE (2:05.69)

RANK	PP	TIME	NAME	TEAM	DATE
29	885	1:59.58	Nguyen, Mandolin	CAAT	3/16/2017
82	834	2:02.28	Kabacy, Taylor	KING	3/16/2017

95	823	2:02.88	Groysman, Yulia	KING	12/16/2016
158	783	2:04.99	Himes, Danika	IST	12/16/2016
168	781	2:05.12	Nguyen, Rachel	BC	12/16/2016

NATIONAL 100 Y BREASTSTROKE (1:05.87)

RANK	PP	TIME	NAME	TEAM	DATE
29	886	1:03.15	Nguyen, Mandolin	CAAT	3/18/2017
87	840	1:04.48	Felner, Gracie	KING	12/3/2016
102	832	1:04.73	Himes, Danika	IST	3/18/2017
123	819	1:05.09	Ward, Emily	KING	12/16/2016
141	812	1:05.31	Li, Delora	BC	12/16/2016

NATIONAL 200 Y BREASTSTROKE (2:24.54)

RANK	PP	TIME	NAME	TEAM	DATE
21	885	2:16.33	Nguyen, Mandolin	CAAT	3/16/2017
91	814	2:20.95	Himes, Danika	IST	3/16/2017
97	811	2:21.13	Felner, Gracie	KING	3/16/2017
99	808	2:21.33	Ward, Emily	KING	12/17/2016
171	771	2:23.83	Li, Delora	BC	1/15/2017

NATIONAL 100 Y BUTTERFLY (57.16)

RANK	PP	TIME	NAME	TEAM	DATE
30	871	54.95	Chien, Isabel	KING	12/16/2016
84	832	55.91	Li, Delora	BC	3/18/2017
107	822	56.17	Groysman, Yulia	KING	12/16/2016
141	807	56.56	Dang, Gabby	WAVE	10/1/2016
167	794	56.87	Dimeco, Sarah	IST	12/3/2016
171	792	56.93	Nguyen, Mandolin	CAAT	12/9/2016
190	785	57.10	Fidler, Riley	UN	11/11/2016
196	783	57.15	Black, Megan	WEST	3/26/2017

NATIONAL 200 Y BUTTERFLY (2:07.75)

RANK	PP	TIME	NAME	TEAM	DATE
13	893	1:59.33	Dimeco, Sarah	IST	12/17/2016
62	820	2:03.59	Groysman, Yulia	KING	12/10/2016
162	766	2:06.74	Fidler, Riley	SRST	1/15/2017
176	759	2:07.18	Chien, Isabel	KING	12/17/2016
183	756	2:07.35	Felner, Gracie	KING	1/15/2017

NATIONAL 200 Y INDIVIDUAL MEDLEY (2:07.10)

RANK	PP	TIME	NAME	TEAM	DATE
32	872	2:02.28	Nguyen, Mandolin	CAAT	3/19/2017
85	831	2:04.27	Bradley, Christina	UN	11/11/2016
88	827	2:04.47	Felner, Gracie	KING	3/19/2017
90	825	2:04.58	Ward, Emily	KING	12/2/2016
164	787	2:06.46	Groysman, Yulia	KING	12/18/2016

400 Y INDIVIDUAL MEDLEY (4:32.07)

RANK	PP	TIME	NAME	TEAM	DATE
38	841	4:22.21	Dimeco, Sarah	IST	12/16/2016
69	814	4:25.24	Nguyen, Mandolin	CAAT	1/14/2017
91	798	4:27.01	Groysman, Yulia	KING	10/30/2016
150	772	4:29.91	Ward, Emily	KING	3/17/2017
166	764	4:30.79	Kabacy, Taylor	KING	12/16/2016
193	754	4:31.89	Jin, Rachel	BC	3/17/2017

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2016/2017	15	72	58362	810.58	812.37
2015/2016	14	50	40024	800.48	797.66
2014/2015	13	45	35674	792.75	785.63
2013/2014	12	47	35700	759.57	774.83

2012/2013	11	63	49025	778.17	770.54
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GIRLS FIFTEEN YEARS

EVENT	2013	2014	2015	2016	2017
50 free	24.34	24.25	24.29	24.20	24.10
100 free	52.64	52.47	52.56	52.40	52.23
200 free	1:53.57	1:53.53	1:53.37	1:53.27	1:52.84
500 free	5:05.06	5:04.05	5:04.35	5:04.37	5:03.04
1000 free	10:39.34	10:39.07	10:38.74	10:40.93	10:36.01
1650 free	17:58.30	17:51.46	17:54.27	17:57.04	17:49.12
100 back	58.32	57.99	58.11	57.82	57.75
200 back	2:06.65	2:05.82	2:06.00	2:05.80	2:05.69
100 breast	1:07.07	1:06.99	1:06.63	1:06.80	1:05.87
200 breast	2:26.22	2:26.27	2:25.15	2:25.93	2:24.54
100 fly	57.88	57.74	57.41	57.35	57.16
200 fly	2:09.32	2:09.05	2:08.63	2:08.25	2:07.75
200 i.m.	2:08.72	2:08.09	2:08.09	2:07.99	2:07.10
400 i.m.	4:35.21	4:33.85	4:33.05	4:33.85	4:32.07

EVENT	2004	2005	2006	2007	2008	2009	2010	2011	2012
50 free	24.97	24.88	24.83	24.80	24.76	24.62	24.57	24.52	24.43
100 free	54.03	53.92	53.61	53.63	53.54	53.31	53.22	53.01	52.91
200 free	1:56.29	1:56.22	1:55.83	1:55.64	1:55.61	1:54.62	1:54.62	1:54.21	1:54.40
500 free	5:10.96	5:11.04	5:08.90	5:08.33	5:08.83	5:06.81	5:06.95	5:06.24	5:06.19
1000 free	10:52.12	10:47.07	10:45.25	10:43.44	10:47.62	10:42.58	10:40.68	10:41.97	10:45.13
1650 free	18:12.41	18:10.48	18:02.59	18:02.92	18:08.34	18:02.96	18:00.55	17:59.94	18:03.19
100 back	1:00.93	1:00.55	1:00.13	1:00.07	59.97	59.51	59.21	58.83	58.86
200 back	2:12.16	2:11.01	2:10.21	2:09.76	2:09.93	2:08.71	2:08.43	2:07.38	2:07.62
100 breast	1:09.33	1:09.09	1:08.38	1:08.55	1:08.34	1:07.90	1:08.06	1:07.57	1:07.71
200 breast	2:30.37	2:29.59	2:28.66	2:28.69	2:29.09	2:27.72	2:28.26	2:27.74	2:27.88
100 fly	59.59	59.72	59.18	59.22	59.13	58.58	58.45	58.32	58.39
200 fly	2:13.21	2:13.06	2:11.91	2:11.29	2:11.92	2:10.86	2:10.80	2:10.17	2:10.51
200 i.m.	2:12.14	2:11.77	2:10.86	2:10.94	2:10.87	2:10.08	2:09.95	2:09.36	2:09.12
400 i.m.	4:40.76	4:39.64	4:38.11	4:38.14	4:39.18	4:37.06	4:35.99	4:35.95	4:37.08

NATIONAL TOP 200 – GIRLS SIXTEEN YEARS – 2016-2017

50 Y FREESTYLE (23.94)

RANK	PP	TIME	NAME	TEAM	DATE
23	881	22.99	Carlton, Emma	BBST	3/19/2017
26	876	23.04	Dang, Gabby	UN	11/11/2016

100 Y FREESTYLE (51.82)

RANK	PP	TIME	NAME	TEAM	DATE
27	877	50.00	Dang, Gabby	WAVE	3/16/2017
32	868	50.16	Carlton, Emma	BBST	3/16/2017

200 Y FREESTYLE (1:52.05)

RANK	PP	TIME	NAME	TEAM	DATE
58	836	1:49.46	Dang, Gabby	WAVE	12/16/2016
144	791	1:51.15	Bradley, Christina	IST	12/8/2016

500 Y FREESTYLE (5:01.19)

RANK	PP	TIME	NAME	TEAM	DATE
26	856	4:49.12	Dimeco, Sarah	IST	3/18/2017
101	776	4:56.90	Bradley, Christina	IST	3/18/2017

1000 Y FREESTYLE (10:34.72)

RANK	PP	TIME	NAME	TEAM	DATE
9	895	9:49.57	Dimeco, Sarah	IST	3/16/2017
31	831	10:03.11	Bradley, Christina	IST	3/16/2017
79	772	10:16.10	Hughes, Courtney	KING	3/16/2017
146	723	10:27.03	Wyzga, Aneta	BC	3/16/2017
174	707	10:30.75	Barker, Hannah	UN	1/12/2017

1650 Y FREESTYLE (17:48.36)

RANK	PP	TIME	NAME	TEAM	DATE
9	880	16:34.41	Dimeco, Sarah	IST	3/19/2017
12	863	16:40.69	Bradley, Christina	IST	12/10/2016
109	742	17:26.23	Hughes, Courtney	KING	3/19/2017

100 Y BACKSTROKE (56.99)

RANK	PP	TIME	NAME	TEAM	DATE
37	903	54.81	Carlton, Emma	BBST	3/18/2017
59	870	55.53	Frey, Emma	BBST	12/18/2016
108	837	56.27	Dang, Gabby	WAVE	3/18/2017

200 Y BACKSTROKE (2:04.11)

RANK	PP	TIME	NAME	TEAM	DATE
62	869	2:00.21	Frey, Emma	BBST	12/16/2016
77	858	2:00.77	Bradley, Christina	IST	12/16/2016
101	842	2:01.62	Kiuchi, Kacey	VAST	3/16/2017
129	825	2:02.54	Barker, Hannah	UN	3/16/2017
134	824	2:02.57	Nguyen, Rachel	BC	3/16/2017

100 Y BREASTSTROKE (1:05.74)

RANK	PP	TIME	NAME	TEAM	DATE
39	871	1:02.92	Limargo, Chloe	WAVE	3/18/2017
42	867	1:03.05	Le, Yani	BBST	3/18/2017
68	834	1:03.99	Pedersen, Bindi	WAVE	3/18/2017

200 Y BREASTSTROKE (2:24.11)

RANK	PP	TIME	NAME	TEAM	DATE
30	868	2:15.49	Limargo, Chloe	WAVE	3/16/2017
68	816	2:18.83	Le, Yani	BBST	3/16/2017
69	814	2:18.94	Pedersen, Bindi	WAVE	3/16/2017
105	776	2:21.45	Johnson, Evelyn	KING	10/29/2016

100 Y BUTTERFLY (56.75)

RANK	PP	TIME	NAME	TEAM	DATE
5	941	52.83	Carlton, Emma	BBST	12/16/2016
10	923	53.27	Dang, Gabby	WAVE	12/16/2016
154	800	56.31	Kim, Erin	KING	12/3/2016
157	798	56.36	Fidler, Riley	SRST	2/26/2017
175	790	56.55	Pedersen, Bindi	WAVE	3/18/2017
187	786	56.64	Dimeco, Sarah	IST	1/14/2017

200 Y BUTTERFLY (2:06.13)

RANK	PP	TIME	NAME	TEAM	DATE
7	911	1:57.91	Dimeco, Sarah	IST	3/16/2017
37	858	2:01.00	Carlton, Emma	BBST	3/16/2017
67	829	2:02.64	Dang, Gabby	WAVE	3/16/2017
143	790	2:04.94	Pedersen, Bindi	WAVE	3/16/2017

200 Y INDIVIDUAL MEDLEY (2:06.29)

RANK	PP	TIME	NAME	TEAM	DATE
92	827	2:03.80	Limargo, Chloe	WAVE	3/19/2017
98	822	2:04.04	Pedersen, Bindi	WAVE	3/19/2017
114	810	2:04.63	Bradley, Christina	IST	12/8/2016
200	777	2:06.29	Frey, Emma	UN	11/11/2016

400 Y INDIVIDUAL MEDLEY (4:30.12)

RANK	PP	TIME	NAME	TEAM	DATE
41	838	4:20.56	Dimeco, Sarah	IST	3/17/2017
65	819	4:22.57	Limargo, Chloe	WAVE	3/17/2017
67	817	4:22.81	Bradley, Christina	IST	3/17/2017
119	779	4:27.03	Pedersen, Bindi	WAVE	12/16/2016
165	758	4:29.31	Frey, Emma	BBST	12/16/2016

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2016/2017	16	50	41521	830.42	816.92
2015/2016	15	40	31851	796.27	799.12
2014/2015	14	40	31836	795.90	796.80
2013/2014	13	43	33766	785.25	781.47
2012/2013	12	58	45185	779.05	770.43
2011/2012	11	74	56848	768.12	764.17

GIRLS SIXTEEN YEARS

EVENT	2013	2014	2015	2016	2017
50 free	24.18	24.07	24.01	24.06	23.94
100 free	52.33	52.08	51.90	52.19	51.82
200 free	1:52.78	1:52.43	1:51.94	1:52.26	1:52.05
500 free	5:02.74	5:02.29	5:01.44	5:02.60	5:01.19
1000 free	10:35.58	10:38.08	10:35.64	10:40.04	10:34.72
1650 free	17:54.54	17:54.50	17:30.31	17:55.63	17:48.36
100 back	57.73	57.54	57.34	57.40	56.99
200 back	2:05.57	2:05.20	2:04.34	2:04.55	2:04.11
100 breast	1:06.71	1:06.08	1:05.80	1:05.83	1:05.74
200 breast	2:25.55	2:24.95	2:24.05	2:24.17	2:24.11
100 fly	57.45	57.00	56.84	56.89	56.75
200 fly	2:08.37	2:07.22	2:07.14	2:07.14	2:06.13
200 i.m.	2:07.67	2:06.89	2:06.74	2:06.59	2:06.29
400 i.m.	4:33.40	4:32.06	4:30.80	4:31.58	4:30.12

EVENT	2004	2005	2006	2007	2008	2009	2010	2011	2012
50 free	24.86	24.73	24.71	24.70	24.61	24.38	24.43	24.36	24.35
100 free	53.73	53.30	53.45	53.34	53.09	52.55	52.83	52.61	52.50
200 free	1:55.51	1:55.11	1:55.16	1:54.71	1:54.58	1:53.49	1:53.64	1:53.57	1:53.23
500 free	5:09.80	5:07.67	5:08.20	5:07.17	5:05.87	5:04.70	5:04.50	5:03.81	5:04.60
1000 free	10:52.92	10:42.77	10:46.03	10:41.46	10:44.09	10:39.83	10:37.81	10:39.43	10:43.86
1650 free	18:15.12	18:02.77	18:04.42	17:59.08	18:05.29	18:01.21	17:56.88	17:55.14	18:01.89
100 back	1:00.53	1:00.14	1:00.00	59.70	59.64	58.66	58.73	58.29	58.26
200 back	2:11.51	2:10.12	2:10.13	2:09.02	2:09.32	2:07.34	2:07.21	2:06.73	2:06.48
100 breast	1:08.86	1:08.60	1:08.33	1:07.86	1:08.03	1:07.10	1:07.45	1:06.88	1:06.87
200 breast	2:29.32	2:28.97	2:28.80	2:27.47	2:28.47	2:26.73	2:27.09	2:26.11	2:26.25
100 fly	59.39	59.01	59.00	58.73	58.37	57.75	58.00	57.75	57.76
200 fly	2:12.50	2:11.69	2:11.64	2:10.39	2:10.28	2:09.28	2:09.42	2:09.02	2:09.05
200 i.m.	2:11.45	2:10.45	2:10.73	2:09.74	2:09.87	2:08.52	2:08.83	2:08.41	2:08.20
400 i.m.	4:39.66	4:37.61	4:38.20	4:36.60	4:37.33	4:34.82	4:35.31	4:33.76	4:34.47

NATIONAL TOP 200 – GIRLS SEVENTEEN YEARS – 2016/2017

50 Y FREESTYLE (23.87)

	PP	TIME	NAME	TEAM	DATE
119	802	23.63	Morgan, Kelly	WEST	12/17/2016
123	800	23.65	Kim, Eva	KING	3/17/2017

100 Y FREESTYLE (51.71)

	PP	TIME	NAME	TEAM	DATE
57	837	50.48	Morgan, Kelly	WEST	3/16/2017

200 Y FREESTYLE (1:51.52)

	PP	TIME	NAME	TEAM	DATE
172	793	1:51.07	Morgan, Kelly	UN	11/11/2016

500 Y FREESTYLE (5:00.70)

	PP	TIME	NAME	TEAM	DATE
190	743	5:00.23	Syme, Mia	UN	11/11/2016

1000 Y FREESTYLE (10:36.75)

	PP	TIME	NAME	TEAM	DATE
99	747	10:21.79	Syme, Mia	CSC	12/15/2016

1650 Y FREESTYLE (17:56.38)

	PP	TIME	NAME	TEAM	DATE
101	760	17:19.17	Syme, Mia	CSC	12/18/2016
121	733	17:29.48	Miele, Mikaela	VAST	3/19/2017

100 Y BACKSTROKE (56.97)

	PP	TIME	NAME	TEAM	DATE
53	887	55.15	Kim, Eva	KING	3/18/2017
95	857	55.82	Frey, Emma	BBST	3/19/2017

200 Y BACKSTROKE (2:03.95)

	PP	TIME	NAME	TEAM	DATE
51	873	1:59.46	Frey, Emma	BBST	3/16/2017
164	802	2:03.25	Pressler, Maddie	CAAT	12/16/2016

100 Y BREASTSTROKE (1:05.23)

	PP	TIME	NAME	TEAM	DATE
40	874	1:02.23	Limberg, Nicole	UN	11/11/2016
129	804	1:04.25	Johnson, Evelyn	KING	3/18/2017
162	787	1:04.73	Russell, Abby	IST	3/18/2017
191	773	1:05.13	Macias, Jaine	UN	11/12/2016
199	770	1:05.23	Andren, Ursula	UN	11/11/2016

200 Y BREASTSTROKE (2:23.11)

	PP	TIME	NAME	TEAM	DATE
29	855	2:15.45	Limberg, Nicole	WEST	3/16/2017
50	823	2:17.48	Johnson, Evelyn	KING	3/16/2017
170	752	2:22.09	Russell, Abby	IST	3/16/2017

100 Y BUTTERFLY (56.38)

	PP	TIME	NAME	TEAM	DATE
163	795	56.06	Morgan, Kelly	UN	11/11/2016

200 Y BUTTERFLY (2:05.82)

	PP	TIME	NAME	TEAM	DATE
114	803	2:03.88	Matsuda, Jeni	IST	3/16/2017
137	792	2:04.53	Rimat, Karlie	MMSC	3/17/2017
154	787	2:04.81	Morgan, Kelly	WEST	12/17/2016
184	774	2:05.57	Allen, Kailey	VAST	3/16/2017

200 Y INDIVIDUAL MEDLEY (2:05.54)

	PP	TIME	NAME	TEAM	DATE
63	856	2:02.28	Limberg, Nicole	UN	11/11/2016
172	801	2:04.94	Morgan, Kelly	WEST	12/18/2016

400 Y INDIVIDUAL MEDLEY (4:29.82)

	PP	TIME	NAME	TEAM	DATE
94	806	4:24.02	Limberg, Nicole	WEST	3/17/2017
131	787	4:26.16	Rimat, Karlie	MMSC	12/16/2016
139	783	4:26.60	Frey, Emma	BBST	3/17/2017

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2016/2017	17	30	24056	801.86	819.01
2015/2016	16	16	12607	787.94	804.64
2014/2015	15	18	14140	785.55	798.96
2013/2014	14	37	29119	787.00	791.86
2012/2013	13	37	28679	775.10	772.26
2011/2012	12	42	32253	767.92	768.47
2010/2011	11	49	36319	741.20	758.29

GIRLS SEVENTEEN YEARS

EVENT	2013	2014	2015	2016	2017
50 free	24.14	24.00	23.95	23.90	23.87
100 free	52.15	51.97	51.81	51.71	51.71
200 free	1:52.51	1:52.10	1:51.94	1:51.82	1:51.52
500 free	5:02.07	5:02.09	5:02.45	5:01.50	5:00.70
1000 free	10:39.43	10:37.93	10:40.82	10:42.01	10:36.75
1650 free	17:58.56	17:58.50	18:00.80	18:02.04	17:56.38
100 back	57.61	57.39	57.25	57.13	56.97
200 back	2:05.32	2:04.76	2:04.47	2:04.62	2:03.95
100 breast	1:06.06	1:05.66	1:05.70	1:05.26	1:05.23
200 breast	2:24.91	2:24.17	2:23.74	2:23.61	2:22.83
100 fly	57.01	56.79	56.70	56.63	56.38
200 fly	2:07.73	2:07.48	2:06.82	2:07.48	2:05.82
200 i.m.	2:07.40	2:06.61	2:06.42	2:06.61	2:05.54
400 i.m.	4:32.86	4:32.18	4:32.12	4:32.18	4:29.82

EVENT	2004	2005	2006	2007	2008	2009	2010	2011	2012
50 free	24.91	24.72	24.61	24.59	24.55	24.33	24.34	24.25	24.24
100 free	53.80	53.39	53.14	53.17	53.08	52.37	52.56	52.41	52.45
200 free	1:55.99	1:55.23	1:54.54	1:54.72	1:54.54	1:52.85	1:53.19	1:52.82	1:53.09
500 free	5:11.25	5:08.26	5:07.52	5:07.91	5:06.71	5:03.56	5:03.58	5:03.29	5:03.74
1000 free	10:57.71	10:49.22	10:47.78	10:45.72	10:49.63	10:40.01	10:40.95	10:34.54	10:44.02
1650 free	18:21.33	18:12.27	18:12.37	18:07.25	18:11.34	17:59.30	17:59.16	17:50.38	18:04.42
100 back	1:00.71	1:00.09	59.85	59.97	59.35	58.54	58.59	58.27	58.02
200 back	2:12.11	2:11.11	2:09.67	2:09.99	2:08.83	2:07.12	2:07.16	2:06.59	2:06.30
100 breast	1:09.20	1:08.23	1:08.15	1:08.13	1:07.84	1:06.86	1:06.85	1:06.77	1:06.65
200 breast	2:30.55	2:27.83	2:28.25	2:28.83	2:27.89	2:26.15	2:26.51	2:25.86	2:26.26
100 fly	59.36	58.96	58.70	58.66	58.28	57.44	57.60	57.56	57.38
200 fly	2:12.83	2:11.38	2:10.90	2:11.39	2:10.43	2:08.28	2:08.29	2:07.88	2:08.37
200 i.m.	2:11.67	2:10.05	2:10.02	2:10.13	2:09.09	2:08.28	2:07.83	2:07.63	2:07.94
400 i.m.	4:40.88	4:38.32	4:37.19	4:37.79	4:36.30	4:34.46	4:34.07	4:34.05	4:33.94

NATIONAL TOP 200 – GIRLS EIGHTEEN YEARS – 2016-2017

50 Y FREESTYLE (23.96)

RANK	PP	TIME	NAME	TEAM	DATE
43	855	23.10	Cross, Marley	UN	12/2/2016

100 Y FREESTYLE (51.79)

RANK	PP	TIME	NAME	TEAM	DATE
35	856	50.11	Cross, Marley	UN	12/4/2016

200 Y FREESTYLE (1:51.88)

	PP	TIME	NAME	TEAM	DATE
77	823	1:49.59	Cross, Marley	UN	12/3/2016
143	786	1:50.97	Pressler, Maddie	CAAT	3/17/2017
176	773	1:51.48	Smith, Cameron	UN	11/11/2016

500 Y FREESTYLE (5:01.19)

	PP	TIME	NAME	TEAM	DATE
122	763	4:57.09	Smith, Cameron	UN	11/11/2016

1000 Y FREESTYLE (10:55.02)

	PP	TIME	NAME	TEAM	DATE

1650 Y FREESTYLE (17:54.77)

	PP	TIME	NAME	TEAM	DATE

100 Y BACKSTROKE (57.16)

	PP	TIME	NAME	TEAM	DATE
112	850	55.98	Pressler, Maddie	CAAT	3/18/2017

200 Y BACKSTROKE (2:04.52)

	PP	TIME	NAME	TEAM	DATE
86	850	2:00.60	Pressler, Maddie	CAAT	3/16/2017

100 Y BREASTSTROKE (1:05.80)

	PP	TIME	NAME	TEAM	DATE
96	798	1:04.40	Gagliardo, Angela	UN	12/2/2016

200 Y BREASTSTROKE (2:24.50)

	PP	TIME	NAME	TEAM	DATE
67	802	2:18.85	Gagliardo, Angela	UN	12/3/2016
75	796	2:19.23	Simpson, Kaycee	KING	3/16/2017

100 Y BUTTERFLY (56.78)

	PP	TIME	NAME	TEAM	DATE

200 Y BUTTERFLY (2:07.12)

	PP	TIME	NAME	TEAM	DATE
76	826	2:02.49	Domanowski, Christina	BC	3/16/2017
109	801	2:03.99	Simpson, Kaycee	KING	3/16/2017
120	792	2:04.50	Smith, Cameron	CSC	3/16/2017
160	768	2:05.90	Brock, Luci	UN	11/20/2016
162	766	2:06.03	Murdoch, Maeve	BC	3/16/2017

200 Y INDIVIDUAL MEDLEY (2:06.34)

	PP	TIME	NAME	TEAM	DATE
143	799	2:05.05	Gagliardo, Angela	UN	12/1/2016

400 Y INDIVIDUAL MEDLEY (4:32.43)

	PP	TIME	NAME	TEAM	DATE
101	784	4:26.44	Gagliardo, Angela	UN	12/2/2016
133	764	4:28.71	Brock, Luci	UN	11/19/2016
134	764	4:28.72	Simpson, Kaycee	KING	3/17/2017

Year	Age	# SWIMS	Power Points	PNS Average	National Average
2016/2017	18	20	16016	800.80	809.83
2015/2016	17	51	40680	797.64	819.90
2014/2015	16	40	31731	793.27	808.04
2013/2014	15	45	35540	789.77	799.41
2012/2013	14	57	44219	775.77	787.96
2011/2012	13	55	42238	767.96	772.26
2010/2011	12	71	53982	760.30	763.70
2009/2010	11	85	64654	760.63	755.13

GIRLS EIGHTEEN YEARS

EVENT	2013	2014	2015	2016	2017
50 free	24.29	24.04	23.98	24.05	23.96
100 free	52.61	52.25	52.07	52.28	51.79
200 free	1:53.51	1:52.87	1:52.38	1:53.06	1:51.88
500 free	5:04.13	5:03.07	5:01.41	5:03.64	5:01.19
1000 free	11:16.63	10:56.08	11:05.49	11:03.26	10:55.02
1650 free	18:12.05	18:01.11	17:58.32	18:03.01	17:54.77
100 back	58.18	57.80	57.46	57.87	57.16
200 back	2:06.76	2:05.68	2:05.24	2:05.85	2:04.52
100 breast	1:07.18	1:06.19	1:06.05	1:06.28	1:05.80
200 breast	2:27.21	2:25.19	2:24.60	2:25.62	2:24.50
100 fly	57.49	57.21	56.97	57.26	56.78
200 fly	2:10.19	2:08.07	2:07.89	2:08.51	2:07.12
200 i.m.	2:08.18	2:07.05	2:06.85	2:07.66	2:06.34
400 i.m.	4:37.47	4:35.04	4:32.69	4:35.14	4:32.43

EVENT	2004	2005	2006	2007	2008	2009	2010	2011	2012
50 free	25.27	25.15	24.90	24.77	24.75	24.50	24.50	24.44	24.30
100 free	54.60	54.35	53.71	53.57	53.43	52.97	52.87	52.74	52.66
200 free	1:57.48	1:56.99	1:56.35	1:55.27	1:55.78	1:54.26	1:54.05	1:53.98	1:53.74
500 free	5:18.06	5:16.18	5:14.72	5:11.23	5:11.54	5:07.33	5:06.52	5:06.51	5:05.98
1000 free	167	12:51.88	13:13.24	12:39.80	12:39.43	11:55.77	11:22.70	11:27.16	11:30.59
1650 free	19:49.67	20:40.45	20:28.63	19:09.14	19:01.59	19:01.01	18:30.04	18:16.80	18:17.23
100 back	1:02.20	1:02.12	1:01.31	1:00.76	1:01.18	59.42	59.34	59.03	58.62
200 back	2:17.32	2:15.82	2:15.36	2:12.29	2:12.80	2:10.02	2:09.74	2:08.57	2:08.20
100 breast	1:11.49	1:10.38	1:09.46	1:09.41	1:09.92	1:08.35	1:07.97	1:07.82	1:07.57
200 breast	2:38.42	2:33.96	2:32.71	2:31.73	2:32.92	2:29.77	2:29.33	2:28.91	2:27.38
100 fly	1:00.74	1:00.35	59.59	59.29	59.53	58.24	58.29	58.07	57.78
200 fly	2:17.32	2:16.65	2:14.68	2:12.31	2:15.35	2:10.90	2:11.21	2:10.54	2:09.80
200 i.m.	2:15.01	2:12.91	2:11.73	2:11.27	2:11.80	2:09.59	2:09.66	2:08.79	2:08.59
400 i.m.	4:48.98	4:49.41	4:45.42	4:42.72	4:44.11	4:38.70	4:38.16	4:37.17	4:38.33

NATIONAL TOP 200 – GIRLS EIGHTEEN UNDER – 2016/2017

50 Y FREESTYLE (23.33)

RNK	TIME	NAME	TEAM	DATE
92	22.99	Carlton, Emma	BBST	3/19/2017
102	23.04	Dang, Gabby	UN	11/11/2016
119	23.10	Cross, Marley	UN	12/2/2016
133	23.16	Tang, Amy	PDST	1/13/2017
162	23.24	Rudolph, Janelle	PRO	3/24/2017
185	23.29	Beers, Eleanor	BISC	3/17/2017

100 Y FREESTYLE (50.56)

RNK	TIME	NAME	TEAM	DATE
101	50.00	Dang, Gabby	WAVE	3/16/2017
114	50.11	Tang, Amy	PDST	12/10/2016
114	50.11	Cross, Marley	UN	12/4/2016
122	50.16	Carlton, Emma	BBST	3/16/2017
141	50.27	Beers, Eleanor	BISC	3/16/2017
183	50.48	Morgan, Kelly	WEST	3/16/2017

200 Y FREESTYLE (1:49.20)

RNK	TIME	NAME	TEAM	DATE

500 Y FREESTYLE (4:52.69)

RNK	TIME	NAME	TEAM	DATE
104	04:49.1	Dimeco, Sarah	IST	3/18/2017
149	04:50.7	Groysman, Yulia	KING	12/8/2016

1000 Y FREESTYLE (10:11.79)

RNK	TIME	NAME	TEAM	DATE
22	09:49.6	Dimeco, Sarah	IST	3/16/2017
110	10:03.1	Bradley, Christina	IST	3/16/2017

1650 Y FREESTYLE (17:02.46)

RNK	TIME	NAME	TEAM	DATE
52	16:34.4	Dimeco, Sarah	IST	3/19/2017
80	16:40.7	Bradley, Christina	IST	12/10/2016
148	16:55.8	Groysman, Yulia	KING	1/15/2017

100 Y BACKSTROKE (55.26)

RNK	TIME	NAME	TEAM	DATE
54	53.78	Tang, Amy	PDST	3/24/2017
148	54.81	Carlton, Emma	BBST	3/18/2017
184	55.15	Kim, Eva	KING	3/18/2017
190	55.18	Nguyen, Mandolin	CAAT	3/18/2017

200 Y BACKSTROKE (1:59.60)

RNK	TIME	NAME	TEAM	DATE
164	1:58.99	Tang, Amy	PDST	3/26/2017
187	1:59.46	Frey, Emma	BBST	3/16/2017
198	1:59.58	Nguyen, Mandolin	CAAT	3/16/2017

100 Y BREASTSTROKE (1:03.31)

RNK	TIME	NAME	TEAM	DATE
103	1:02.23	Limberg, Nicole	UN	11/11/2016
153	1:02.92	Limargo, Chloe	WAVE	3/18/2017
172	1:03.05	Le, Yani	BBST	3/18/2017
179	1:03.15	Nguyen, Mandolin	CAAT	3/18/2017

200 Y BREASTSTROKE (2:17.80)

RNK	TIME	NAME	TEAM	DATE
95	2:15.45	Limberg, Nicole	WEST	3/16/2017
97	2:15.49	Limargo, Chloe	WAVE	3/16/2017
132	2:16.33	Nguyen, Mandolin	CAAT	3/16/2017
178	2:17.44	Hau, Jetlynn	MMSC	12/17/2016
181	2:17.48	Johnson, Evelyn	KING	3/16/2017

100 Y BUTTERFLY (54.89)

RNK	TIME	NAME	TEAM	DATE
17	52.83	Carlton, Emma	BBST	12/16/2016
32	53.27	Dang, Gabby	WAVE	12/16/2016
93	54.18	Tang, Amy	PDST	3/26/2017

200 Y BUTTERFLY (2:01.59)

RNK	TIME	NAME	TEAM	DATE
33	1:57.91	Dimeco, Sarah	IST	3/16/2017
160	2:01.00	Carlton, Emma	BBST	3/16/2017
190	2:01.46	Baron, Sam	UN	3/24/2017

200 Y INDIVIDUAL MEDLEY (2:02.31)

RNK	TIME	NAME	TEAM	DATE
195	2:02.28	Limberg, Nicole	UN	11/11/2016
195	2:02.28	Nguyen, Mandolin	CAAT	3/19/2017

400 Y INDIVIDUAL MEDLEY (4:21.68)

RNK	TIME	NAME	TEAM	DATE
164	4:20.56	Dimeco, Sarah	IST	3/17/2017

YEAR	# SWIMS	AVG PLACE
2017	44	130.15
2016	11	126.63
2015	27	105.77
2014	41	98.21
2013	48	109.08
2012	49	108.08
2011	44	110.38
2010	76	94.64
2009	92	83.35
2008	82	100.59
2007	89	99.44
2006	76	97.19
2005	81	102.90
2004	91	84.05

GIRLS EIGHTEEN AND UNDER

EVENT	2013	2014	2015	2016	2017
50 free	23.53	23.42	23.40	23.34	23.33
100 free	50.91	50.79	50.69	50.64	50.56
200 free	1:49.84	1:49.56	1:49.38	1:49.40	1:49.20
500 free	4:54.36	4:53.75	4:53.46	4:53.61	4:52.69
1000 free	10:13.48	10:11.02	10:13.38	10:15.20	10:11.79
1650 free	17:07.13	17:02.80	17:03.36	17:06.97	17:02.46
100 back	55.95	55.69	55.60	55.39	55.26
200 back	2:01.05	2:00.19	2:00.21	2:00.35	1:59.60
100 breast	1:04.22	1:03.80	1:03.63	1:03.42	1:03.31
200 breast	2:19.70	2:18.37	2:18.33	2:18.09	2:17.80
100 fly	55.47	55.25	55.10	55.10	54.89
200 fly	2:03.44	2:02.59	2:02.18	2:02.12	2:01.59
200 i.m.	2:03.84	2:03.25	2:02.71	2:02.70	2:02.31
400 i.m.	4:24.36	4:23.13	4:22.75	4:22.52	4:21.68

EVENT	2004	2005	2006	2007	2008	2009	2010	2011	2012
50 free	24.13	24.03	23.99	24.00	23.87	23.72	23.74	23.67	23.64
100 free	52.18	52.09	51.95	51.83	51.77	51.18	51.41	51.26	51.17
200 free	1:52.50	1:51.98	1:51.67	1:51.73	1:51.29	1:50.33	1:50.70	1:50.28	1:50.35
500 free	4:59.58	4:58.31	4:57.90	4:57.68	4:57.60	4:54.95	4:55.69	4:54.47	4:55.19
1000 free	10:23.95	10:19.51	10:18.93	10:17.72	10:21.73	10:16.30	10:14.21	10:14.12	10:18.67
1650 free	17:22.70	17:17.38	17:17.34	17:15.68	17:19.23	17:10.01	17:09.97	17:09.95	17:10.70
100 back	58.39	57.94	57.77	57.75	57.39	56.48	56.62	56.25	56.16
200 back	2:06.20	2:05.28	2:04.90	2:04.43	2:04.17	2:01.93	2:02.33	2:01.67	2:01.83
100 breast	1:06.31	1:05.52	1:05.48	1:05.57	1:05.36	1:04.59	1:04.64	1:04.56	1:04.47
200 breast	2:23.32	2:22.14	2:21.67	2:22.02	2:22.17	2:20.24	2:20.44	2:20.10	2:20.56
100 fly	57.34	57.11	57.03	56.90	56.56	55.82	56.00	55.91	55.76
200 fly	2:06.72	2:06.01	2:05.56	2:05.42	2:05.16	2:03.25	2:03.78	2:03.45	2:03.63
200 i.m.	2:07.44	2:06.59	2:06.05	2:06.38	2:05.70	2:04.54	2:04.63	2:04.51	2:04.03
400 i.m.	4:30.10	4:28.36	4:28.52	4:28.36	4:27.65	4:24.84	4:25.15	4:24.57	4:25.37

NATIONAL TOP 200 – WOMEN – 2016/2017

50 Y FREESTYLE (22.90)

RNK	TIME	NAME	TEAM	DATE
57	22.39	Ginnis, Morgan	UN	12/3/2016

100 Y FREESTYLE (49.82)

RNK	TIME	NAME	TEAM	DATE
190	49.78	Ginnis, Morgan	UN	12/3/2016

200 Y FREESTYLE (1:47.80)

RNK	TIME	NAME	TEAM	DATE
179	1:47.60	Chard, Emma	UN	11/18/2016

500 Y FREESTYLE (4:48.76)

RNK	TIME	NAME	TEAM	DATE
78	4:44.18	Chard, Emma	UN	11/17/2016

1000 Y FREESTYLE (10:07.59)

RNK	TIME	NAME	TEAM	DATE
40	9:49.57	Dimeco, Sarah	IST	3/16/2017
146	10:03.11	Bradley, Christina	IST	3/16/2017
173	10:05.26	Chard, Emma	UN	11/17/2016

1650 Y FREESTYLE (16:46.40)

RNK	TIME	NAME	TEAM	DATE
116	16:34.41	Dimeco, Sarah	IST	3/19/2017
164	16:40.64	Chard, Emma	UN	11/19/2016
165	16:40.69	Bradley, Christina	IST	12/10/2016

100 Y BACKSTROKE (54.38)

RNK	TIME	NAME	TEAM	DATE
37	52.47	Wu, Joanna	CAAT	3/18/2017
120	53.78	Tang, Amy	PDST	3/24/2017
166	54.12	Vanderwel, Heidi	UN	11/19/2016

200 Y BACKSTROKE (1:58.08)

RNK	TIME	NAME	TEAM	DATE
94	1:56.26	Wu, Joanna	CAAT	3/16/2017
190	1:57.97	Vanderwel, Heidi	UN	11/20/2016

100 Y BREASTSTROKE (1:02.08)

RNK	TIME	NAME	TEAM	DATE

200 Y BREASTSTROKE (2:14.96)

RNK	TIME	NAME	TEAM	DATE

100 Y BUTTERFLY (54.16)

RNK	TIME	NAME	TEAM	DATE
60	52.83	Carlton, Emma	BBST	12/16/2016
89	53.27	Dang, Gabby	WAVE	12/16/2016

200 Y BUTTERFLY (2:00.03)

RNK	TIME	NAME	TEAM	DATE
81	1:57.91	Dimeco, Sarah	IST	3/16/2017

200 Y INDIVIDUAL MEDLEY (2:00.73)

RNK	TIME	NAME	TEAM	DATE

400 Y INDIVIDUAL MEDLEY (4:18.33)

RNK	TIME	NAME	TEAM	DATE

YEAR	# SWIMS	AVG PLACE
2017	18	119.16
2016	12	103.25
2015	11	113.72
2014	24	111.37
2013	26	110.53
2012	19	113.57
2011	25	85.88
2010	54	96.70
2009	116	92.57
2008	67	90.83
2007	73	95.16
2006	76	106.25
2005	66	110.03
2004	80	106.03

EVENT	2013	2014	2015	2016	2017
50 free	23.15	23.05	23.00	22.93	22.90
100 free	50.29	50.15	49.91	49.85	49.82
200 free	1:48.69	1:48.28	1:47.87	1:47.78	1:47.80
400 free	4:50.98	4:49.95	4:49.63	4:49.12	4:48.76
1000 free	10:10.20	10:07.66	10:10.01	10:09.76	10:07.59
1650 free	16:52.15	16:47.95	16:47.35	16:48.06	16:46.40
100 back	55.03	54.89	54.58	54.50	54.38
200 back	1:59.17	1:58.53	1:58.61	1:58.31	1:58.08
100 breast	1:03.10	1:02.83	1:02.58	1:02.28	1:02.08
200 breast	2:16.98	2:16.30	2:15.72	2:15.30	2:14.96
100 fly	54.81	54.48	54.17	54.28	54.16
200 fly	2:01.38	2:00.58	2:00.18	2:00.06	2:00.03
200 i.m.	2:01.83	2:01.66	2:01.00	2:00.70	2:00.73
400 i.m.	4:20.44	4:19.59	4:19.18	4:18.81	4:18.33

EVENT	2004	2005	2006	2007	2008	2009	2010	2011	2012
50 free	23.85	23.76	23.73	23.67	23.48	23.32	23.40	23.31	23.23
100 free	51.56	51.54	51.41	51.27	50.91	50.45	50.73	50.45	50.42
200 free	1:51.29	1:51.09	1:50.68	1:50.56	1:49.63	1:48.87	1:49.31	1:48.92	1:48.82
500 free	4:57.12	4:55.69	4:55.59	4:55.11	4:53.50	4:51.52	4:51.88	4:51.54	4:51.05
1000 free	10:22.84	10:17.81	10:17.22	10:16.09	10:19.78	10:14.63	10:11.49	10:11.02	10:15.94
1650 free	17:13.47	17:07.12	17:06.40	17:03.56	17:05.98	16:56.94	16:56.02	16:51.83	16:52.17
100 back	57.65	57.35	57.13	57.02	56.52	55.65	55.78	55.47	55.23
200 back	2:04.52	2:03.88	2:03.44	2:03.11	2:02.31	2:00.24	2:00.91	1:59.87	1:59.47
100 breast	1:05.39	1:04.98	1:04.80	1:04.92	1:04.43	1:03.69	1:03.76	1:03.43	1:03.13
200 breast	2:21.29	2:20.70	2:19.97	2:20.09	2:19.67	2:18.46	2:18.27	2:17.54	2:16.95
100 fly	56.70	56.60	56.40	56.16	55.67	55.08	55.30	55.09	54.86
200 fly	2:05.41	2:04.75	2:04.43	2:04.00	2:03.33	2:01.62	2:02.02	2:01.48	2:01.46
200 i.m.	2:05.92	2:05.43	2:05.00	2:04.76	2:03.74	2:02.71	2:02.99	2:02.34	2:01.84
400 i.m.	4:27.62	4:26.31	4:25.95	4:25.71	4:24.79	4:22.39	4:21.82	4:20.66	4:20.94