

**13 - 14 Girls  
Long Course Meters  
9/1/03 - 8/10/09**

<b>50 FREE</b>		
<b>Samantha Tucker</b>	<b>26.65</b>	<b>7/13/06</b>
Erin Flanigan	27.49	7/18/07
Abby Meyer	27.84	3/5/09
Nikki White	27.92	7/20/05
Nadia El Hamdi	27.94	7/5/07
Mary Beck	27.95	6/2/06
Jessica Gardner	28.24	7/6/06
Wylie Escobedo	28.24	8/1/06
Erin Flanigan	28.32	7/6/06
Kelsey Ditto	28.34	1/30/04

<b>100 FREE</b>		
<b>Samantha Tucker</b>	<b>57.11</b>	<b>7/13/06</b>
Taylor Katz	58.67	7/23/08
Mary Beck	59.04	5/20/06
Erin Flanigan	59.63	7/6/06
Nikki White	59.77	7/20/05
Wylie Escobedo	1:00.14	7/19/06
Nadia El Hamdi	1:00.23	7/18/07
Abby Meyer	1:00.77	7/3/09
Jessica Gardner	1:01.08	7/6/06
Hannah Finkernagel	1:01.29	7/23/08

<b>200 FREE</b>		
<b>Samantha Tucker</b>	<b>2:03.33</b>	<b>7/13/06</b>
Kelsey Ditto	2:04.16	1/30/04
Nikki White	2:04.86	7/20/05
Erin Flanigan	2:05.06	8/6/07
Taylor Katz	2:05.59	7/23/08
Mary Beck	2:08.43	7/13/06
Kirsten Groome	2:09.15	4/30/05
Jessica Gardner	2:09.85	4/29/06
Nadia El Hamdi	2:10.58	7/18/07
Tera Bradham	2:13.26	6/29/07

<b>400 FREE</b>		
<b>Kelsey Ditto</b>	<b>4:14.49</b>	<b>2/10/04</b>
Nikki White	4:15.94	7/14/05
Kirsten Groome	4:21.92	6/23/05
Mary Beck	4:22.16	6/22/06
Taylor Katz	4:25.41	7/23/08
Erin Flanigan	4:25.55	7/19/06
Samantha Tucker	4:25.79	7/20/05
<b>Abby Meyer</b>	<b>4:33.41</b>	<b>7/29/09</b>
Jessica Gardner	4:34.42	8/1/06
Nadia El Hamdi	4:36.19	7/18/07

<b>800 FREE</b>		
<b>Kelsey Ditto</b>	<b>8:41.78</b>	<b>2/10/04</b>
Nikki White	8:53.49	7/14/04
Kirsten Groome	8:58.86	6/23/05
Samantha Tucker	9:03.92	6/22/06
Taylor Katz	9:09.86	7/23/08
Erin Flanigan	9:09.91	7/13/06
Jessica Gardner	9:24.02	8/1/06
Abby Meyer	9:30.91	6/19/09
Nadia El Hamdi	9:31.83	7/18/07
Maddie Edwards	9:33.25	6/19/09

<b>1500 FREE</b>		
<b>Kelsey Ditto</b>	<b>16:39.07</b>	<b>2/10/04</b>
Nikki White	16:59.72	7/20/05
Taylor Katz	17:27.59	7/23/08
Koryn Ternes	17:54.86	7/23/08
Jessica Gardner	18:10.76	7/20/05
Tera Bradham	18:26.66	7/5/07
Darcy Argueta	18:27.74	7/20/05
Nadia El Hamdi	18:31.56	7/5/07
Sara Landry	18:33.87	7/23/08
Ruthie Norval	18:38.77	7/6/06

<b>100 BACK</b>		
<b>Mary Beck</b>	<b>1:04.41</b>	<b>8/1/06</b>
Nika Dannenmaier	1:05.34	7/20/05
<b>Maddie Edwards</b>	<b>1:06.32</b>	<b>7/23/09</b>
Wylie Escobedo	1:06.50	7/6/06
<b>Abby Meyer</b>	<b>1:06.71</b>	<b>7/29/09</b>
Samantha Tucker	1:07.41	7/20/05
Tera Bradham	1:07.65	7/18/07
Kimmy Ballo	1:08.03	7/20/05
Tiffany Rolan	1:08.16	7/21/04
Tiffany Sudarma	1:09.53	7/23/08

<b>200 BACK</b>		
<b>Mary Beck</b>	<b>2:17.12</b>	<b>3/2/06</b>
Nika Dannenmaier	2:19.85	7/20/05
<b>Maddie Edwards</b>	<b>2:20.13</b>	<b>7/23/09</b>
Erin Flanigan	2:22.10	7/18/07
Tera Bradham	2:22.37	7/18/07
Samantha Tucker	2:22.38	7/20/05
Wylie Escobedo	2:23.15	7/6/06
<b>Abby Meyer</b>	<b>2:23.21</b>	<b>7/29/09</b>
Ruthie Norval	2:25.73	8/1/06
Kimmy Ballo	2:26.59	7/20/05

<b>100 BREAST</b>		
<b>Tera Bradham</b>	<b>1:16.05</b>	<b>7/18/07</b>
Samie Neil	1:16.18	7/18/07
Maddie Edwards	1:16.47	6/11/09
Koryn Ternes	1:18.83	7/23/08
Kirsten Groome	1:19.47	6/3/05
Nika Dannenmaier	1:21.21	6/3/05
Bethany Corbae	1:21.37	7/9/04
Mary Beck	1:21.79	4/29/06
Sara Landry	1:22.03	7/23/08
Michelle Teets	1:22.17	7/2/04

<b>200 BREAST</b>		
<b>Maddie Edwards</b>	<b>2:40.12</b>	<b>7/3/09</b>
Tera Bradham	2:43.55	6/29/07
Kirsten Groome	2:46.15	4/30/05
Koryn Ternes	2:49.13	7/16/08
Samie Neil	2:51.41	7/5/07
Sara Landry	2:51.70	7/10/08
Nika Dannenmaier	2:53.82	6/30/05
Mary Beck	2:55.30	4/29/06
Jessica Gardner	2:56.75	6/2/06
Michelle Teets	2:57.78	7/9/04

<b>100 FLY</b>		
<b>Erin Flanigan</b>	<b>1:04.43</b>	<b>7/18/07</b>
Taylor Katz	1:04.80	7/23/08
Alicia Zhang	1:05.61	7/6/06
Mary Beck	1:05.91	4/29/06
Kirsten Groome	1:06.65	6/23/05
Tiffany Sudarma	1:06.95	7/23/08
Maddie Edwards	1:07.73	6/11/09
Ruthie Norval	1:08.18	8/1/06
Samantha Tucker	1:08.99	6/3/05
Koryn Ternes	1:09.13	7/4/08

<b>200 FLY</b>		
<b>Erin Flanigan</b>	<b>2:16.35</b>	<b>8/6/07</b>
Kirsten Groome	2:20.57	4/30/05
Mary Beck	2:20.86	4/29/06
Taylor Katz	2:21.29	6/5/08
Alicia Zhang	2:24.39	7/19/06
Maddie Edwards	2:27.01	7/3/09
Ruth Norval	2:28.59	8/1/06
Abby Meyer	2:32.06	6/11/09
Koryn Ternes	2:32.23	7/16/08
Wylie Escobedo	2:35.00	6/23/06

<b>200 IM</b>		
<b>Mary Beck</b>	<b>2:19.10</b>	<b>8/1/06</b>
Maddie Edwards	2:22.38	7/3/09
Kirsten Groome	2:23.11	4/30/05
Nika Dannenmaier	2:24.24	7/20/05
Taylor Katz	2:25.91	6/5/08
Erin Flanigan	2:26.74	7/6/06
Tera Bradham	2:27.16	7/18/07
Abby Meyer	2:28.32	3/5/09
Koryn Ternes	2:29.87	7/23/08
Jessica Gardner	2:30.27	7/8/05

<b>400 IM</b>		
<b>Kirsten Groome</b>	<b>4:55.77</b>	<b>6/23/05</b>
Mary Beck	4:57.44	6/22/06
Maddie Edwards	5:01.13	7/3/09
Nika Dannenmaier	5:06.61	7/20/05
Erin Flanigan	5:07.55	7/13/06
Taylor Katz	5:11.28	4/18/08
Tera Bradham	5:13.16	7/18/07
<b>Abby Meyer</b>	<b>5:14.31</b>	<b>7/29/09</b>
Koryn Ternes	5:15.99	7/23/08
Ruthie Norval	5:21.07	8/1/06