

Cascade High School Swimming

Everett, WA 98203

Individual Top Times

Cascade [CAS] Coach: Eric Smith

Number of Top Times: 20 Show Yards Only

Men 50 Free				10	1:48.43 Y	P Jaxon Roberts	11
1	21.51 Y	F Travis Spitzcock	12	11	1:48.91 Y	F Craig Quarterman	
2	21.77 Y L	F Sean Nesheim	12	12	1:48.95 Y	F Noah Henderson	12
3	21.92 Y L	F Asahel Jenkins	12	13	1:49.90 Y	F Chris Erickson	
4	22.00 Y	F Ken Quarterman		14	1:50.58 Y	F Beau Laughlin	
5	22.41 Y	F Tanner Hoidal	12	15	1:51.59 Y	F Tarek Farouk	10
6 *	22.70 Y	F Craig Quarterman		16	1:52.43 Y	F Rami Sabra	12
6 *	22.70 Y	F Chris Erickson		17	1:52.62 Y	F Brian Nguyen	
8	22.73 Y	F Vladyslav Nekhoroshykh	12	18	1:53.14 Y	F Marc Johnson	
9	22.81 Y	F Beau Laughlin		19	1:53.71 Y	F Craig Scott	
10	22.88 Y	F Noah Henderson	12	20	1:54.94 Y	F Nick Onken	
11	22.90 Y	F Eric Ellersick	12	Men 500 Free			
12	22.91 Y	F Tom Glass		1	4:34.80 Y	F Sean Nesheim	12
13	22.93 Y	F Todd Zentner		2	4:37.01 Y	F Chris Smith	
14	23.09 Y	F Chris Smith		3	4:46.37 Y	F Ken Quarterman	
15 *	23.10 Y	F Roy Edge		4	4:49.83 Y	F Jon Worcester	
15 *	23.10 Y	F James DeLong	12	5	4:53.30 Y	F Asahel Jenkins	12
17	23.12 Y	F Steve Dorset		6	4:58.47 Y	F Steve Smith	
18 *	23.18 Y	F Tim Turner		7	4:59.30 Y	F Chris Erickson	
18 *	23.18 Y	F Mike Weiss		8	5:06.00 Y	F Marc Johnson	
20	23.19 Y	F Neil Tastad		9	5:06.10 Y	F Craig Quarterman	
Men 100 Free				10	5:07.30 Y	F Beau Laughlin	
1	45.34 Y	F Ken Quarterman		11	5:07.36 Y	F Tim Turner	
2	47.40 Y	F Craig Quarterman		12	5:10.46 Y	F Craig Scott	
3	47.77 Y	F Beau Laughlin		13	5:11.99 Y	F Gabriel Licina	
4	47.86 Y	F Travis Spitzcock	12	14	5:14.46 Y	F Tarek Farouk	10
5 *	48.05 Y	F Sean Nesheim	12	15	5:15.01 Y	F Noah Henderson	12
5 *	48.05 Y	F Jon Worcester		16	5:15.03 Y	F Todd Zentner	
7	48.45 Y	F Asahel Jenkins	12	17	5:17.49 Y	F Brian Nguyen	
8 *	48.91 Y	F Tim Turner		18	5:18.84 Y	F Jaxon Roberts	11
8 *	48.91 Y	F Tanner Hoidal	12	19	5:19.00 Y	F Yuri Onofriichuk	11
10	48.95 Y	F Steve Smith		20	5:20.00 Y	F Darren Justus	
11	49.10 Y	F Noah Henderson	12	Men 50 Back			
12	49.20 Y	F Chris Smith		1	24.89 Y L	F Sean Nesheim	12
13	49.28 Y	F Tom Glass		2	25.43 Y L	F Yuri Onofriichuk	11
14	49.87 Y	F Bramon Yotty	12	3	25.83 Y L	F Jaxon Roberts	11
15	49.90 Y	F Chris Erickson		4	26.65 Y L	F Tanner Hoidal	12
16	50.16 Y L	P Jaxon Roberts	11	5	27.09 Y L	F William Bergman	12
17	50.40 Y	F Roy Edge		6	28.28 Y L	F Michael Fannin	11
18	50.76 Y L	P Rami Sabra	12	7	28.52 Y L	F Andrei Cira	12
19 *	50.94 Y	F Neil Hazle		8	28.71 Y	F Eric Ellersick	12
19 *	50.94 Y	F Tarek Farouk	10	9	29.00 Y	F Bramon Yotty	12
Men 200 Free				10	29.12 Y	F James DeLong	12
1	1:38.51 Y	F Ken Quarterman		11	29.71 Y	F Noah Henderson	12
2	1:40.61 Y	F Sean Nesheim	12	12	29.97 Y L	F Noah Robertson	12
3	1:41.35 Y	F Asahel Jenkins	12	13	29.99 Y	F Theodor Hezkial	12
4	1:45.46 Y	F Jon Worcester		14	30.19 Y	F Eric Ha	11
5	1:45.72 Y	F Chris Smith		15	30.30 Y L	F David Steel	12
6	1:46.28 Y	F Steve Smith		16	30.50 Y L	F Kyle Stober	12
7	1:47.10 Y	F Gabriel Licina		17	30.75 Y L	F Christopher Nguyen	12
8	1:47.29 Y	F Tom Glass		18	31.54 Y L	F Kolby Campbell	12
9	1:47.39 Y	F Tim Turner		19	31.88 Y L	F Vladyslav Nekhoroshykh	12
				20	31.94 Y	F Eric Smith	

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Men 100 Back				11	1:04.10 Y	F Chris Smith	
1	52.59 Y	F Sean Nesheim	12	12	1:05.00 Y	F Sean Nesheim	12
2	53.56 Y	F Craig Quarterman		13	1:05.10 Y	F Mike Astrof	
3	53.80 Y	F Beau Laughlin		14	1:05.17 Y	F Robert Jordan	
4	54.71 Y	F Yuri Onofriichuk	11	15	1:05.58 Y	F Neil Tastad	
5	55.74 Y	F Gabriel Licina		16	1:06.25 Y	F Yuri Onofriichuk	11
6	56.22 Y	F Asahel Jenkins	12	17	1:06.49 Y	P Christopher Nguyen	12
7	57.46 Y	F Noah Henderson	12	18	1:07.64 Y	F Jaxon Roberts	11
8	57.65 Y	F Chris Smith		19	1:07.70 Y	F Tom Astrof	
9	57.94 Y	F Ken Quarterman		20	1:07.79 Y	F Dan Paige	
10	57.99 Y	F Tanner Hoidal	12	Men 50 Fly			
11	58.43 Y	F Jerry Slattum		1	25.66 Y	F Noah Henderson	12
12	58.60 Y	F Ryan Jones		2 *	26.33 Y	F Jaxon Roberts	11
13	58.86 Y	F Jon Worcester		2 *	26.33 Y	F Bramon Yotty	12
14	59.09 Y	F Jaxon Roberts	11	4	26.65 Y	F Eric Ellersick	12
15	59.71 Y	F Rich Rainaldo		5	27.24 Y	F Yuri Onofriichuk	11
16	1:00.38 Y	F Mark Deller		6	27.61 Y	F Sean Nesheim	12
17	1:00.60 Y	F Chris Erickson		7	27.64 Y	F James DeLong	12
18	1:00.68 Y	F Katagiri Daigo		8	27.82 Y	F Sean Sibley	12
19	1:01.67 Y	P Eric Ha	11	9 *	27.89 Y	F Travis Spitzock	12
20	1:02.02 Y	F Eric Ellersick	12	9 *	27.89 Y	F Rami Sabra	12
Men 50 Breast				11	28.21 Y	F Maxwell Nelson	12
1	28.52 Y	F Noah Henderson	12	12	28.31 Y	F Eric Ha	11
2	31.06 Y	F Bramon Yotty	12	13	28.81 Y	F Eric Smith	
3	31.28 Y	F Yuri Onofriichuk	11	14	29.97 Y	F Vladyslav Nekhoroshykh	12
4	31.93 Y	F Jaxon Roberts	11	15	30.07 Y	F Christopher Nguyen	12
5	32.05 Y	F Andrew Nguyen	12	16	30.09 Y	F Taylor Covert	12
6	32.75 Y	F Christopher Nguyen	12	17	30.19 Y	F Miles Thompson	12
7	33.57 Y	F Brian Li	12	18	30.34 Y	F Adam Aljets	12
8	34.82 Y	F Eric Smith		19	30.57 Y	F John Stubbs	11
9	34.84 Y	F Eric Ellersick	12	20	30.60 Y	F Tanner Hoidal	12
10	35.25 Y	F Christopher Kapetanov	12	Men 100 Fly			
11	35.37 Y	F Travis Cox	12	1	50.10 Y	F Asahel Jenkins	12
12	35.94 Y	F James DeLong	12	2	52.72 Y	F Noah Henderson	12
13	36.09 Y	F Jacob Elenbaas	12	3	53.56 Y	F Sean Nesheim	12
14	36.47 Y	F Ramon Feskens	11	4	53.78 Y	F Ken Quarterman	
15	37.05 Y	F Devin Huynh	11	5	54.24 Y	F Steve Smith	
16	37.39 Y	F Adam Aljets	12	6	54.38 Y	P Jaxon Roberts	11
17	37.50 Y	F Michael Fannin	11	7	54.47 Y	F Eric Ellersick	12
18	37.80 Y	F Maxwell Nelson	12	8	55.26 Y	F Chris Smith	
19	37.96 Y	F Jacobe Sell	12	9	55.50 Y	F Mike Weiss	
20	38.13 Y	F Brendan Kendrick	12	10	55.67 Y	F Craig Quarterman	
Men 100 Breast				11	55.84 Y	P Bramon Yotty	12
1	57.94 Y	F Noah Henderson	12	12	56.55 Y	F Gabriel Licina	
2	1:00.31 Y	F Bramon Yotty	12	13	56.67 Y	F Nick Reynolds	
3	1:01.66 Y	F Rob Slattum		14	56.71 Y	F Rami Sabra	12
4	1:01.89 Y	F Chris Erickson		15	56.73 Y	F Beau Laughlin	
5	1:02.06 Y	F Tyler Hooper		16	57.50 Y	F Chris Erickson	
6	1:02.84 Y	F Van Anderson		17 *	57.52 Y	F Brian Nguyen	
7	1:03.26 Y	F Shahan Towers		17 *	57.52 Y	P Sean Sibley	12
8	1:03.27 Y	F Craig Quarterman		19	58.13 Y	F Tim Turner	
9	1:03.52 Y	F Steve Dorset		20	58.71 Y	F James DeLong	12
10	1:03.62 Y	F Asahel Jenkins	12				

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Men 100 IM				11	191.15	F Kyle Ogle	10	
1	1:01.84	Y	F Asahel Jenkins	12	171.10	F Matthew Butler	12	
2	1:03.78	Y	F Bramon Yotty	12	152.50	F Tada Kaneko	12	
3	1:05.01	Y	F Jaxon Roberts	11	145.75	F Matt Butler	10	
4	1:07.00	Y	F Eric Ellersick	12	145.00	F Jason Covert	12	
5	1:07.64	Y	F Adam Aljets	12	142.40	F Michael Glover	11	
6	1:07.86	Y	F Eric Ha	11	139.05	F Rolando Le	12	
7	1:08.32	Y	F Brian Li	12	134.05	F Brian Janner	12	
8	1:10.42	Y	F Tarek Farouk	10	129.15	F James Larson	10	
9	1:11.61	Y	F Michael Fannin	11	129.00	F Michael Janner	12	
10	1:12.42	Y	F Maxwell Nelson	12	Men 1 Meter 11 Dives			
11	1:12.58	Y	F Miles Thompson	12	1	506.70	F Joseph Hofman	12
12	1:13.36	Y	F Parker Thompson	12	2	469.50	F Justin Welch	12
13	1:13.55	Y	F Kyle Stober	12	3	365.20	F Austin Brandt	12
14	1:14.82	Y	F John Stubbs	11	4	356.80	F Issac Bingay	12
15	1:16.39	Y	F Devin Huynh	11	5	350.50	F Alexis Hernandez	12
16	1:18.36	Y	F William Bergman	12	6	329.40	F Donnoven Nguyen	12
17	1:18.75	Y	F Christopher Hansen	12	7	315.85	F Eric Demers	
18	1:18.90	Y	F Sean Sibley	12	8	300.50	F Matt Butler	10
19	1:19.21	Y	F Travis Spitzcock	12	9	298.25	F Fox Darimont	12
20	1:19.33	Y	F Oliver Nelson	12	10	269.40	F Michael Cizek	12
Men 200 IM				11	257.15	F Kyle Ogle	10	
1	1:53.53	Y	F Chris Smith		12	245.40	F Anthony Nganga	12
2	1:55.48	Y	F Sean Nesheim	12	13	237.55	F Brian Nguyen	
3	1:57.55	Y	F Noah Henderson	12	14	228.55	P Edmond LeSesne	12
4	1:58.47	Y	F Ken Quarterman		15	227.10	F Michael Glover	11
5	1:59.84	Y	F Chris Erickson		16	222.25	F Rolando Le	12
6	1:59.92	Y	F Asahel Jenkins	12	17	218.60	F Tada Kaneko	12
7	2:00.69	Y	F Craig Quarterman		18	206.55	F Caleb Bonilla-Stevenson	11
8	2:03.50	Y	F Steve Smith		19	203.95	F Tim Bonilla-Stevenson	10
9	2:04.02	Y	F Gabriel Licina		20	184.30	F Jason Covert	12
10	2:05.15	Y	F Yuri Onofriichuk	11	Men 1 Meter 5 Dives			
11	2:05.17	Y	F Nick Reynolds		1	249.20	F Joseph Hofman	12
12	2:06.78	Y	F Rob Slattum		2	203.60	F Austin Brandt	12
13	2:07.20	Y	F Marc Johnson		3	183.65	F Alexis Hernandez	12
14	2:08.49	Y	F Jerry Slattum		4	173.35	F Fox Darimont	12
15	2:09.07	Y	F Bramon Yotty	12	5	151.00	F Michael Glover	11
16	2:09.23	Y	F Jaxon Roberts	11	6	146.80	F Donnoven Nguyen	12
17	2:12.75	Y	F Tyler Hooper		7	130.55	F Carson Metcalfe	09
18	2:12.79	Y	F Tim Turner		8	129.40	F Jonathan Lopez	12
19	2:14.17	Y	F Eric Ellersick	12	9	124.10	F Rolando Le	12
20	2:14.76	Y	F Robert Jordan		10	95.25	F Anthony Nganga	12
Men 1 Meter 6 Dives				11	85.00	F Caleb Bonilla-Stevenson	11	
1	434.00		F Joseph Hofman	12				
2	281.75		F Issac Bingay	12				
3	258.30		F Justin Welch	12				
4	248.60		F Austin Brandt	12				
5	245.50		F Michael Cizek	12				
6	240.05		F Alexis Hernandez	12				
7	228.55		F Edmond Lesense	12				
8	217.85		F Fox Darimont	12				
9	216.70		F Donnoven Nguyen	12				
10	211.55		P Edmond LeSesne	12				