

Cascade High School Swimming

Individual Top Times

Times since: 15-Nov-19

Cascade High School [CASC] Coach: Eric Smith

Number of Top Times: All Show Yards Only

	Time	P/F/S	Name	Age/Yr		
Men 50 Free						
1	23.47 Y	F	Jaxon Roberts	12	1/23/2020	Cascade @ Jackson
2	23.64 Y	F	Miles Thompson	11	2/12/2020	District 1 4A Championships
3	25.88 Y L	F	Noah Henderson	9	2/4/2020	Cascade @ Shorecrest
4	25.98 Y	F	Jonathan Lopez	11	1/21/2020	Cascade @ Meadowdale and Lynnwood
5	26.92 Y L	F	Jose Alejandro	09	2/12/2020	District 1 4A Championships
6	27.53 Y	F	Henry Nguyen	12	2/21/2020	4A State Championships
7	27.73 Y	F	Jacob Marrs	11	1/11/2020	Kentridge Invite
8	27.77 Y	F	Max White	11	2/6/2020	Last Chance Qualifier
9	28.06 Y	F	Theodor Hezkial	11	1/11/2020	Kentridge Invite
10	28.54 Y	F	Devin Huynh	12	12/5/2019	Time Trials 2019
11	29.38 Y	F	Vaughn Thompson	10	12/5/2019	Time Trials 2019
12	29.58 Y L	F	Hussein Al-Yunisi	12	1/25/2020	Skagit Invite
13	30.75 Y	F	Rolando Le	11	2/6/2020	Last Chance Qualifier
14	31.61 Y	F	Duncan Atkinson	12	12/19/2019	Shorewood @ Cascade
15	x31.80 Y	F	Eathan Garrett	12	1/30/2020	Mariner @ Cascade
16	x32.07 Y	F	Anthony Nganga	12	1/28/2020	Cascade @ Kamiak
17	33.14 Y	F	Keegan Ram	11	1/11/2020	Kentridge Invite
18	x35.18 Y	F	Caleb Bonilla-Stevenson	11	1/23/2020	Cascade @ Jackson
19	35.42 Y	F	Jett Johnson	10	12/12/2019	Cascade @ Stanwood
20	37.29 Y	F	Michael Glover	12	12/5/2019	Time Trials 2019
21	x38.99 Y	F	Nye Hilal	11	1/28/2020	Cascade @ Kamiak
22	39.94 Y	F	Faris Ndif	10	12/12/2019	Cascade @ Stanwood
23	x43.76 Y	F	Ethan Rye	11	1/28/2020	Cascade @ Kamiak
Men 100 Free						
1	50.16 Y L	P	Jaxon Roberts	12	2/12/2020	District 1 4A Championships
2	54.87 Y	F	Miles Thompson	11	1/11/2020	Kentridge Invite
3	56.68 Y	F	Noah Henderson	9	1/30/2020	Mariner @ Cascade
4	58.17 Y	F	Devin Huynh	12	1/25/2020	Skagit Invite
5	1:01.38 Y	F	Jacob Marrs	11	2/6/2020	Last Chance Qualifier
6	1:01.67 Y	F	Jose Alejandro	09	2/6/2020	Last Chance Qualifier
7	1:03.25 Y	F	Henry Nguyen	12	1/25/2020	Skagit Invite
8	1:04.47 Y	F	Max White	11	1/28/2020	Cascade @ Kamiak
9	x1:06.59 Y	F	Theodor Hezkial	11	1/30/2020	Mariner @ Cascade
10	1:08.35 Y	F	Jonathan Lopez	11	1/21/2020	Cascade @ Meadowdale and Lynnwood
11	1:09.04 Y	F	Vaughn Thompson	10	12/5/2019	Time Trials 2019
12	1:11.72 Y	F	Hussein Al-Yunisi	12	2/6/2020	Last Chance Qualifier
13	1:15.03 Y	F	Rolando Le	11	1/28/2020	Cascade @ Kamiak
14	1:17.08 Y	F	Anthony Nganga	12	1/21/2020	Cascade @ Meadowdale and Lynnwood
15	1:23.34 Y	F	Keegan Ram	11	12/17/2019	Cascade @ Lynnwood & EdWW
16	1:23.73 Y	F	Jett Johnson	10	12/17/2019	Cascade @ Lynnwood & EdWW
17	1:25.67 Y	F	Michael Glover	12	1/16/2020	Oak Harbor @ Cascade
18	1:27.44 Y	F	Caleb Bonilla-Stevenson	11	1/21/2020	Cascade @ Meadowdale and Lynnwood
19	1:42.02 Y	F	Faris Ndif	10	12/17/2019	Cascade @ Lynnwood & EdWW
20	2:04.80 Y	F	Nye Hilal	11	12/17/2019	Cascade @ Lynnwood & EdWW
Men 200 Free						
1	1:48.43 Y	P	Jaxon Roberts	12	2/12/2020	District 1 4A Championships
2	1:58.56 Y	F	Noah Henderson	9	1/23/2020	Cascade @ Jackson
3	2:15.17 Y	F	Miles Thompson	11	1/28/2020	Cascade @ Kamiak
4	2:18.88 Y	P	Jose Alejandro	09	2/12/2020	District 1 4A Championships
5	2:21.94 Y	F	Henry Nguyen	12	1/7/2020	MP/MG @ Cascade
6	2:24.58 Y	F	Jacob Marrs	11	2/4/2020	Cascade @ Shorecrest
7	2:33.58 Y	F	Max White	11	1/11/2020	Kentridge Invite
8	2:46.53 Y	F	Duncan Atkinson	12	12/17/2019	Cascade @ Lynnwood & EdWW
9	2:47.91 Y	F	Hussein Al-Yunisi	12	2/6/2020	Last Chance Qualifier
10	3:07.34 Y	F	Rolando Le	11	1/23/2020	Cascade @ Jackson

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	Time	P/F/S	Name	Age/Yr		
Men 500 Free						
1	5:15.06 Y	F	Jaxon Roberts	12	1/7/2020	MP/MG @ Cascade
2	5:26.39 Y	F	Noah Henderson	9	12/17/2019	Cascade @ Lynnwood & EdWW
3	6:19.05 Y	F	Miles Thompson	11	12/19/2019	Shorewood @ Cascade
4	6:42.24 Y	F	Jacob Marrs	11	1/23/2020	Cascade @ Jackson
5	6:48.31 Y	F	Jose Alejandre	09	1/7/2020	MP/MG @ Cascade
6	6:48.40 Y	F	Henry Nguyen	12	1/28/2020	Cascade @ Kamiak
7	6:57.05 Y	F	Theodor Hezkial	11	2/4/2020	Cascade @ Shorecrest
8	7:52.85 Y	F	Max White	11	12/17/2019	Cascade @ Lynnwood & EdWW
9	8:43.86 Y	F	Hussein Al-Yunisi	12	1/30/2020	Mariner @ Cascade
10	9:35.80 Y	F	Rolando Le	11	12/19/2019	Shorewood @ Cascade
Men 50 Back						
1	25.83 Y L	F	Jaxon Roberts	12	2/12/2020	District 1 4A Championships
2	31.62 Y	F	Noah Henderson	9	12/5/2019	Time Trials 2019
3	33.11 Y L	F	Jacob Marrs	11	1/11/2020	Kentridge Invite
4	33.41 Y L	F	Theodor Hezkial	11	2/4/2020	Cascade @ Shorecrest
5	33.62 Y	F	Miles Thompson	11	12/5/2019	Time Trials 2019
6	35.28 Y	F	Henry Nguyen	12	2/21/2020	4A State Championships
7	36.86 Y	F	Vaughn Thompson	10	12/5/2019	Time Trials 2019
8	37.75 Y	F	Jose Alejandre	09	12/5/2019	Time Trials 2019
9	37.97 Y L	F	Keegan Ram	11	1/23/2020	Cascade @ Jackson
10	39.57 Y	F	Devin Huynh	12	12/5/2019	Time Trials 2019
11	40.48 Y	F	Max White	11	12/5/2019	Time Trials 2019
12	45.24 Y L	F	Jett Johnson	10	12/12/2019	Cascade @ Stanwood
13	51.48 Y	F	Michael Glover	12	12/5/2019	Time Trials 2019
14	52.94 Y	F	Anthony Nganga	12	12/5/2019	Time Trials 2019
15	53.61 Y	F	Eathan Garrett	12	12/5/2019	Time Trials 2019
16	55.49 Y	F	Hussein Al-Yunisi	12	12/5/2019	Time Trials 2019
17	55.74 Y	F	Caleb Bonilla-Stevenson	11	12/5/2019	Time Trials 2019
18	57.29 Y	F	Faris Ndif	10	12/5/2019	Time Trials 2019
19	58.15 Y	F	Ethan Rye	11	12/5/2019	Time Trials 2019
20	1:14.55 Y	F	Jonathan Lopez	11	12/5/2019	Time Trials 2019
21	1:19.63 Y	F	Nye Hilal	11	12/5/2019	Time Trials 2019
Men 100 Back						
1	59.09 Y	F	Jaxon Roberts	12	12/12/2019	Cascade @ Stanwood
2	1:03.09 Y	F	Noah Henderson	9	2/4/2020	Cascade @ Shorecrest
3	1:07.45 Y	P	Jacob Marrs	11	2/12/2020	District 1 4A Championships
4	1:11.02 Y	F	Theodor Hezkial	11	1/30/2020	Mariner @ Cascade
5	1:15.03 Y	P	Henry Nguyen	12	2/12/2020	District 1 4A Championships
6	1:23.48 Y	P	Keegan Ram	11	2/12/2020	District 1 4A Championships
7	1:27.38 Y	F	Duncan Atkinson	12	1/11/2020	Kentridge Invite
8	2:01.50 Y	F	Ethan Rye	11	1/7/2020	MP/MG @ Cascade
9	x2:14.96 Y	F	Caleb Bonilla-Stevenson	11	12/19/2019	Shorewood @ Cascade
10	2:51.15 Y	F	Nye Hilal	11	2/4/2020	Cascade @ Shorecrest
Men 50 Breast						
1	31.93 Y	F	Jaxon Roberts	12	12/5/2019	Time Trials 2019
2	33.18 Y	F	Noah Henderson	9	12/5/2019	Time Trials 2019
3	37.05 Y	F	Devin Huynh	12	12/5/2019	Time Trials 2019
4	40.42 Y	F	Miles Thompson	11	12/5/2019	Time Trials 2019
5	41.66 Y	F	Max White	11	12/5/2019	Time Trials 2019
6	41.88 Y	F	Henry Nguyen	12	12/5/2019	Time Trials 2019
7	42.15 Y	F	Theodor Hezkial	11	12/5/2019	Time Trials 2019
8	45.54 Y	F	Vaughn Thompson	10	12/5/2019	Time Trials 2019
9	47.85 Y	F	Jose Alejandre	09	12/5/2019	Time Trials 2019
10	49.02 Y	F	Eathan Garrett	12	12/5/2019	Time Trials 2019
11	50.83 Y	F	Keegan Ram	11	12/5/2019	Time Trials 2019
12	59.08 Y	F	Jett Johnson	10	12/5/2019	Time Trials 2019

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13	1:03.78 Y	F	Faris Ndif	10	12/5/2019	Time Trials 2019
Men 100 Breast						
1	1:07.64 Y	F	Jaxon Roberts	12	12/17/2019	Cascade @ Lynnwood & EdWW
2	1:09.70 Y	F	Noah Henderson	9	1/25/2020	Skagit Invite
3	1:12.18 Y	F	Devin Huynh	12	1/25/2020	Skagit Invite
4	1:25.16 Y	F	Henry Nguyen	12	1/23/2020	Cascade @ Jackson
5	1:28.05 Y	F	Theodor Hezkial	11	1/11/2020	Kentridge Invite
6	1:36.85 Y	F	Jose Alejandro	09	12/19/2019	Shorewood @ Cascade
7	1:47.94 Y	F	Eathan Garrett	12	1/30/2020	Mariner @ Cascade
8	1:48.81 Y	F	Jett Johnson	10	1/16/2020	Oak Harbor @ Cascade
9	1:58.47 Y	F	Hussein Al-Yunisi	12	1/7/2020	MP/IMG @ Cascade
10	2:07.01 Y	F	Rolando Le	11	1/21/2020	Cascade @ Meadowdale and Lynnwood
Men 50 Fly						
1	26.33 Y	F	Jaxon Roberts	12	12/5/2019	Time Trials 2019
2	28.68 Y	F	Noah Henderson	9	12/5/2019	Time Trials 2019
3	30.26 Y	F	Miles Thompson	11	12/5/2019	Time Trials 2019
4	32.02 Y	F	Devin Huynh	12	12/5/2019	Time Trials 2019
5	34.64 Y	F	Jonathan Lopez	11	12/5/2019	Time Trials 2019
6	34.84 Y	F	Max White	11	12/5/2019	Time Trials 2019
7	34.93 Y	F	Vaughn Thompson	10	12/5/2019	Time Trials 2019
8	37.58 Y	F	Theodor Hezkial	11	12/5/2019	Time Trials 2019
9	37.74 Y	F	Henry Nguyen	12	12/5/2019	Time Trials 2019
10	44.37 Y	F	Jose Alejandro	09	12/5/2019	Time Trials 2019
11	49.27 Y	F	Hussein Al-Yunisi	12	12/5/2019	Time Trials 2019
12	49.92 Y	F	Eathan Garrett	12	12/5/2019	Time Trials 2019
13	57.78 Y	F	Jett Johnson	10	12/5/2019	Time Trials 2019
Men 100 Fly						
1	54.38 Y	P	Jaxon Roberts	12	2/12/2020	District 1 4A Championships
2	57.47 Y	F	Noah Henderson	9	2/12/2020	District 1 4A Championships
3	1:06.13 Y	F	Devin Huynh	12	1/23/2020	Cascade @ Jackson
4	1:06.48 Y	F	Max White	11	2/4/2020	Cascade @ Shorecrest
5	1:10.51 Y	F	Miles Thompson	11	1/28/2020	Cascade @ Kamiak
6	1:23.61 Y	F	Jose Alejandro	09	1/28/2020	Cascade @ Kamiak
7	1:39.85 Y	F	Jonathan Lopez	11	12/17/2019	Cascade @ Lynnwood & EdWW
Men 200 IM						
1	2:06.96 Y	F	Noah Henderson	9	2/12/2020	District 1 4A Championships
2	2:09.23 Y	F	Jaxon Roberts	12	12/17/2019	Cascade @ Lynnwood & EdWW
3	2:24.49 Y	F	Devin Huynh	12	2/12/2020	District 1 4A Championships
4	2:39.27 Y	F	Jacob Marrs	11	1/30/2020	Mariner @ Cascade
5	2:43.27 Y	F	Theodor Hezkial	11	1/23/2020	Cascade @ Jackson
6	2:44.70 Y	F	Henry Nguyen	12	1/23/2020	Cascade @ Jackson
7	2:58.62 Y	F	Jose Alejandro	09	1/7/2020	MP/IMG @ Cascade
Men 1 Meter 6 Dives						
1	139.05	F	Rolando Le	11	1/28/2020	Cascade @ Kamiak
2	124.10	F	Anthony Nganga	12	1/30/2020	Mariner @ Cascade
3	123.05	F	Jonathan Lopez	11	2/4/2020	Cascade @ Shorecrest
4	118.10	F	Keegan Ram	11	2/4/2020	Cascade @ Shorecrest
5	110.35	F	Michael Glover	12	1/16/2020	Oak Harbor @ Cascade
6	102.35	F	Caleb Bonilla-Stevenson	11	1/30/2020	Mariner @ Cascade
7	86.85	F	Nye Hilal	11	2/6/2020	Last Chance Qualifier
Men 1 Meter 11 Dives						
1	245.40	F	Anthony Nganga	12	2/12/2020	District 1 4A Championships
2	222.25	F	Rolando Le	11	2/12/2020	District 1 4A Championships
3	206.55	F	Caleb Bonilla-Stevenson	11	2/12/2020	District 1 4A Championships
4	108.80	P	Jonathan Lopez	11	2/12/2020	District 1 4A Championships

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	Time	P/F/S	Name	Age/Yr		
Men 1 Meter 5 Dives						
1	137.10	F	Anthony Nganga	12	1/7/2020	MP/MG @ Cascade
2	110.05	F	Keegan Ram	11	1/7/2020	MP/MG @ Cascade
3	107.80	F	Caleb Bonilla-Stevenson	11	1/7/2020	MP/MG @ Cascade
4	106.60	F	Nye Hilal	11	1/16/2020	Oak Harbor @ Cascade
5	96.55	F	Rolando Le	11	12/19/2019	Shorewood @ Cascade
6	92.20	F	Ethan Rye	11	1/16/2020	Oak Harbor @ Cascade