

Cascade High School Swimming

Everett, WA 98203

Individual Top Times

Times since: 11-Nov-22

Cascade [CAS] Coach: Eric Smith

Number of Top Times: All Show Yards Only

	Time	P/F/S	Name	Age/Yr		
Men 50 Free						
1	22.88 Y	F	Noah Henderson	12	12/15/2022	PNS SR Champs 2022
2	24.29 Y	F	Yurii Onofriichuk	11	11/22/2022	Boys Time Trials
3	26.11 Y	P	Trevor Krestel	11	2/9/2023	WESCO 3A Boys Districts 2023
4	26.19 Y	P	Ethan Paul	11	2/9/2023	WESCO 3A Boys Districts 2023
5	26.30 Y	P	Aries Goodman	11	2/9/2023	WESCO 3A Boys Districts 2023
6	26.90 Y	F	Robbie Saunders	11	2/2/2023	Wesco South Last Chance Invitational
7	27.21 Y	F	Ciaran Dewing	10	1/26/2023	Monroe @ Cascade
8	27.68 Y L	P	Kedon Campbell	11	2/9/2023	WESCO 3A Boys Districts 2023
9	28.82 Y	F	Nate Popple	11	2/2/2023	Wesco South Last Chance Invitational
10	30.38 Y L	F	Issac Bingay	12	1/10/2023	Cascade @ Lake Stevens
11	30.75 Y	F	Kenvir Pannu	10	1/7/2023	Kentridge Invite
12	30.91 Y L	F	Bradley Guntermann	10	1/7/2023	Kentridge Invite
13	31.20 Y	F	Lucas Henderson	09	2/2/2023	Wesco South Last Chance Invitational
14	31.53 Y	F	Soren Anderson	10	1/10/2023	Cascade @ Lake Stevens
15	32.19 Y	F	Brayden Saunders	09	1/26/2023	Monroe @ Cascade
16	32.80 Y	F	Evan Richards	11	2/2/2023	Wesco South Last Chance Invitational
17	35.44 Y	F	Gabriel Tsircou	09	2/2/2023	Wesco South Last Chance Invitational
18	36.14 Y	F	Aiden Burns	10	2/2/2023	Wesco South Last Chance Invitational
Men 100 Free						
1	49.10 Y	F	Noah Henderson	12	12/15/2022	PNS SR Champs 2022
2	53.53 Y	F	Yurii Onofriichuk	11	12/15/2022	PNS SR Champs 2022
3	57.02 Y	P	Robbie Saunders	11	2/9/2023	WESCO 3A Boys Districts 2023
4	59.37 Y	F	Ciaran Dewing	10	1/5/2023	Stanwood @ Cascade
5	1:01.31 Y	F	Aries Goodman	11	1/26/2023	Monroe @ Cascade
6	1:01.38 Y	F	Kedon Campbell	11	2/2/2023	Wesco South Last Chance Invitational
7	1:01.57 Y	F	Ethan Paul	11	1/26/2023	Monroe @ Cascade
8	1:01.70 Y L	F	Trevor Krestel	11	2/2/2023	Wesco South Last Chance Invitational
9	1:07.89 Y L	F	Bradley Guntermann	10	2/2/2023	Wesco South Last Chance Invitational
10	1:08.34 Y	F	Nate Popple	11	2/2/2023	Wesco South Last Chance Invitational
11	1:09.69 Y	F	Soren Anderson	10	1/10/2023	Cascade @ Lake Stevens
12	1:10.32 Y	F	Kenvir Pannu	10	1/26/2023	Monroe @ Cascade
13	1:16.16 Y	F	Brayden Saunders	09	1/26/2023	Monroe @ Cascade
14	1:18.56 Y	F	Lucas Henderson	09	1/5/2023	Stanwood @ Cascade
15	1:23.96 Y	F	Evan Richards	11	1/19/2023	Cascade @ Everett
16	1:26.40 Y	F	Aiden Burns	10	1/26/2023	Monroe @ Cascade
17	1:29.91 Y	F	Gabriel Tsircou	09	1/19/2023	Cascade @ Everett
Men 200 Free						
1	1:48.95 Y	F	Noah Henderson	12	1/10/2023	Cascade @ Lake Stevens
2	1:56.19 Y	F	Yurii Onofriichuk	11	12/15/2022	PNS SR Champs 2022
3	2:10.93 Y	F	Ciaran Dewing	10	1/7/2023	Kentridge Invite
4	2:14.69 Y	P	Kedon Campbell	11	2/9/2023	WESCO 3A Boys Districts 2023
5	2:18.61 Y	F	Robbie Saunders	11	1/26/2023	Monroe @ Cascade
6	2:28.62 Y	F	Soren Anderson	10	1/19/2023	Cascade @ Everett
7	2:30.12 Y	F	Trevor Krestel	11	1/10/2023	Cascade @ Lake Stevens
8	2:32.46 Y	F	Ethan Paul	11	1/5/2023	Stanwood @ Cascade
9	2:45.22 Y	F	Aries Goodman	11	1/10/2023	Cascade @ Lake Stevens
10	2:48.20 Y	F	Bradley Guntermann	10	1/10/2023	Cascade @ Lake Stevens
11	2:50.26 Y	F	Nate Popple	11	12/8/2022	Cascade @ MP/MG
12	2:58.43 Y	F	Lucas Henderson	09	1/5/2023	Stanwood @ Cascade
13	3:02.22 Y	F	Evan Richards	11	1/26/2023	Monroe @ Cascade
14	3:14.46 Y	F	Brayden Saunders	09	1/5/2023	Stanwood @ Cascade
15	3:38.39 Y	F	Gabriel Tsircou	09	1/12/2023	Cascade, SW @ Snohomish, GP

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	Time	P/F/S	Name	Age/Yr		
Men 500 Free						
1	5:15.01 Y	F	Noah Henderson	12	1/5/2023	Stanwood @ Cascade
2	5:19.00 Y	F	Yurii Onofriichuk	11	12/15/2022	PNS SR Champs 2022
3	5:33.13 Y	F	Ciaran Dewing	10	2/9/2023	WESCO 3A Boys Districts 2023
4	6:40.19 Y	F	Kedon Campbell	11	1/17/2023	Cascade @ Mariner, Kamiak, Stanwood
5	6:41.02 Y	F	Trevor Krestel	11	1/12/2023	Cascade, SW @ Snohomish, GP
6	6:47.52 Y	F	Soren Anderson	10	2/2/2023	Wesco South Last Chance Invitational
7	6:58.61 Y	F	Aries Goodman	11	1/17/2023	Cascade @ Mariner, Kamiak, Stanwood
8	7:09.10 Y	F	Robbie Saunders	11	12/15/2022	Murphy @ Cascade
9	7:22.10 Y	F	Ethan Paul	11	12/8/2022	Cascade @ MP/MG
10	7:26.06 Y	P	Lucas Henderson	09	2/9/2023	WESCO 3A Boys Districts 2023
11	7:40.25 Y	F	Bradley Guntermann	10	12/8/2022	Cascade @ MP/MG
12	7:51.58 Y	F	Kenvir Pannu	10	1/10/2023	Cascade @ Lake Stevens
13	8:13.34 Y	F	Brayden Saunders	09	2/2/2023	Wesco South Last Chance Invitational
Men 50 Back						
1	25.43 Y L	F	Yurii Onofriichuk	11	2/9/2023	WESCO 3A Boys Districts 2023
2	31.25 Y	F	Noah Henderson	12	11/22/2022	Boys Time Trials
3	32.71 Y L	F	Ciaran Dewing	10	12/6/2022	Kamiak @ Cascade
4	34.97 Y L	F	Bradley Guntermann	10	12/6/2022	Kamiak @ Cascade
5	38.58 Y	F	Trevor Krestel	11	11/22/2022	Boys Time Trials
6	38.88 Y	F	Ethan Paul	11	11/22/2022	Boys Time Trials
7	39.76 Y L	F	Soren Anderson	10	1/5/2023	Stanwood @ Cascade
8	40.73 Y	F	Kedon Campbell	11	11/22/2022	Boys Time Trials
9	41.05 Y L	F	Lucas Henderson	09	1/17/2023	Cascade @ Mariner, Kamiak, Stanwood
10	41.33 Y	F	Kenvir Pannu	10	11/22/2022	Boys Time Trials
11	x44.09 Y L	F	Gabriel Tsircou	09	2/2/2023	Wesco South Last Chance Invitational
12	45.86 Y L	F	Brayden Saunders	09	1/10/2023	Cascade @ Lake Stevens
13	46.27 Y	F	Robbie Saunders	11	11/22/2022	Boys Time Trials
14	47.53 Y	F	Aiden Burns	10	11/22/2022	Boys Time Trials
15	50.12 Y	F	Aries Goodman	11	11/22/2022	Boys Time Trials
Men 100 Back						
1	54.71 Y	F	Yurii Onofriichuk	11	2/9/2023	WESCO 3A Boys Districts 2023
2	57.46 Y	F	Noah Henderson	12	12/15/2022	PNS SR Champs 2022
3	1:14.75 Y	F	Ciaran Dewing	10	1/10/2023	Cascade @ Lake Stevens
4	1:18.79 Y	F	Bradley Guntermann	10	2/2/2023	Wesco South Last Chance Invitational
5	1:26.37 Y	F	Kedon Campbell	11	1/10/2023	Cascade @ Lake Stevens
6	1:31.25 Y	F	Ethan Paul	11	12/6/2022	Kamiak @ Cascade
7	1:39.46 Y	F	Evan Richards	11	1/7/2023	Kentridge Invite
8	1:40.35 Y	F	Lucas Henderson	09	1/10/2023	Cascade @ Lake Stevens
9	1:45.80 Y	F	Gabriel Tsircou	09	1/26/2023	Monroe @ Cascade
10	1:50.45 Y	F	Brayden Saunders	09	1/10/2023	Cascade @ Lake Stevens
Men 50 Breast						
1	28.52 Y	F	Noah Henderson	12	11/22/2022	Boys Time Trials
2	31.28 Y	F	Yurii Onofriichuk	11	11/22/2022	Boys Time Trials
3	39.46 Y	F	Ciaran Dewing	10	11/22/2022	Boys Time Trials
4	39.53 Y	F	Kenvir Pannu	10	11/22/2022	Boys Time Trials
5	39.76 Y	F	Trevor Krestel	11	11/22/2022	Boys Time Trials
6	39.97 Y	F	Ethan Paul	11	11/22/2022	Boys Time Trials
7	42.70 Y	F	Soren Anderson	10	11/22/2022	Boys Time Trials
8	48.15 Y	F	Kedon Campbell	11	11/22/2022	Boys Time Trials
9	55.13 Y	F	Aries Goodman	11	11/22/2022	Boys Time Trials
10	1:09.10 Y	F	Aiden Burns	10	11/22/2022	Boys Time Trials
11	1:10.59 Y	F	Robbie Saunders	11	11/22/2022	Boys Time Trials
12	1:28.59 Y	F	Gabriel Tsircou	09	11/22/2022	Boys Time Trials

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Men 100 Breast						
1	57.94 Y	F	Noah Henderson	12	12/15/2022	PNS SR Champs 2022
2	1:06.25 Y	F	Yurii Onofriichuk	11	12/15/2022	PNS SR Champs 2022
3	1:20.30 Y	F	Trevor Krestel	11	1/17/2023	Cascade @ Mariner, Kamiak, Stanwood
4	1:20.35 Y	F	Kenvir Pannu	10	1/12/2023	Cascade, SW @ Snohomish, GP
5	1:23.60 Y	F	Ethan Paul	11	12/15/2022	Murphy @ Cascade
6	1:23.65 Y	F	Soren Anderson	10	1/12/2023	Cascade, SW @ Snohomish, GP
7	1:26.88 Y	F	Evan Richards	11	1/10/2023	Cascade @ Lake Stevens
8	2:29.55 Y	F	Gabriel Tsircou	09	1/10/2023	Cascade @ Lake Stevens
Men 50 Fly						
1	25.66 Y	F	Noah Henderson	12	11/22/2022	Boys Time Trials
2	27.24 Y	F	Yurii Onofriichuk	11	11/22/2022	Boys Time Trials
3	34.08 Y	F	Trevor Krestel	11	11/22/2022	Boys Time Trials
4	34.40 Y	F	Ethan Paul	11	11/22/2022	Boys Time Trials
5	35.21 Y	F	Robbie Saunders	11	11/22/2022	Boys Time Trials
6	35.38 Y	F	Ciaran Dewing	10	11/22/2022	Boys Time Trials
7	43.09 Y	F	Kedon Campbell	11	11/22/2022	Boys Time Trials
8	43.45 Y	F	Kenvir Pannu	10	11/22/2022	Boys Time Trials
9	47.54 Y	F	Soren Anderson	10	11/22/2022	Boys Time Trials
10	58.97 Y	F	Aries Goodman	11	11/22/2022	Boys Time Trials
11	1:11.91 Y	F	Aiden Burns	10	11/22/2022	Boys Time Trials
Men 100 Fly						
1	52.72 Y	F	Noah Henderson	12	12/15/2022	PNS SR Champs 2022
2	59.81 Y	F	Yurii Onofriichuk	11	12/15/2022	PNS SR Champs 2022
3	1:04.53 Y	F	Trevor Krestel	11	2/9/2023	WESCO 3A Boys Districts 2023
4	1:09.89 Y	P	Ethan Paul	11	2/9/2023	WESCO 3A Boys Districts 2023
5	1:16.01 Y	F	Ciaran Dewing	10	1/10/2023	Cascade @ Lake Stevens
6	1:19.93 Y	F	Robbie Saunders	11	12/8/2022	Cascade @ MP/MG
7	1:25.14 Y	F	Bradley Guntermann	10	1/12/2023	Cascade, SW @ Snohomish, GP
Men 200 IM						
1	1:57.55 Y	F	Noah Henderson	12	2/9/2023	WESCO 3A Boys Districts 2023
2	2:05.15 Y	F	Yurii Onofriichuk	11	2/9/2023	WESCO 3A Boys Districts 2023
3	2:28.58 Y	F	Ciaran Dewing	10	1/19/2023	Cascade @ Everett
4	2:46.23 Y	F	Trevor Krestel	11	12/8/2022	Cascade @ MP/MG
5	2:47.34 Y	F	Bradley Guntermann	10	2/2/2023	Wesco South Last Chance Invitational
6	2:51.13 Y	F	Ethan Paul	11	1/19/2023	Cascade @ Everett
7	2:51.81 Y	F	Kenvir Pannu	10	2/2/2023	Wesco South Last Chance Invitational
8	2:57.70 Y	F	Soren Anderson	10	1/12/2023	Cascade, SW @ Snohomish, GP
9	3:41.89 Y	F	Evan Richards	11	1/10/2023	Cascade @ Lake Stevens
Men 1 Meter 6 Dives						
1	281.75	F	Issac Bingay	12	2/16/2023	Boys 3A State Meet
Men 1 Meter 11 Dives						
1	356.80	F	Issac Bingay	12	1/14/2023	Kamiak 11-Dive Qualifier