

## Cascade High School Swimming

### Individual Top Times

Times since: 05-Sep-19

Cascade High School [CASC] Coach: Eric Smith

Number of Top Times: All Convert To: Yards Print: Yards

	Time	P/F/S	Name	Age/Yr		
<b>Women 50 Free</b>						
1	25.16 Y	P	Anne Woodrum	12	11/6/2019	NW District 1 4A Championships
2	25.56 Y	F	Aislinn Kessinger	11	9/28/2019	Mukilteo Invitational
3	30.41 Y	F	Shayla Krabach	11	9/28/2019	Mukilteo Invitational
4	30.63 Y	F	Gloria Mendoza	12	10/29/2019	Last Chance Invite
5	30.84 Y	F	Phoebe Ebel	12	10/10/2019	Cascade, Monroe. Mariner @ Kamiak
6	30.89 Y	F	Mariana Oliva-Jauregui	10	9/28/2019	Mukilteo Invitational
7	30.97 Y	F	Alyssa Elenbaas	12	10/24/2019	Murphy @ Cascade
8	31.21 Y	F	Karen Vo	12	10/1/2019	Cascade @ Snohomish
9	32.09 Y	F	Nikki Barrett	10	10/1/2019	Cascade @ Snohomish
10	32.50 Y	F	Rylie Minugh	10	10/22/2019	Cascade @ Oak Harbor
11	32.51 Y	F	Angela Bui	10	10/8/2019	Cascade and Lynnwood @ Glacier Peak
12	32.82 Y	F	Zoe Cole	12	10/1/2019	Cascade @ Snohomish
13	33.48 Y L	F	Kenlee Pope	12	9/28/2019	Mukilteo Invitational
14	33.72 Y	F	Grace Barrett	09	10/29/2019	Last Chance Invite
15	33.99 Y	F	Maija Coats	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
16	34.41 Y	F	Elise Bingay	12	10/10/2019	Cascade, Monroe. Mariner @ Kamiak
17	34.45 Y	F	Grace Tollefson	12	10/22/2019	Cascade @ Oak Harbor
18	34.75 Y	F	Natalie Whitson	09	10/29/2019	Last Chance Invite
19	35.52 Y	F	Mckenzie Muster	11	9/24/2019	Mt. Vernon @ Cascade
20*	35.57 Y	F	Alaska Luna	12	10/29/2019	Last Chance Invite
20*	35.57 Y	F	Natalia Rodriguez	12	10/24/2019	Murphy @ Cascade
22	35.66 Y	F	Erin Cotton	12	10/24/2019	Murphy @ Cascade
23	36.64 Y	F	Leslie Luna	12	10/10/2019	Cascade, Monroe. Mariner @ Kamiak
24	36.99 Y	F	Anshdeep Kang	10	10/29/2019	Last Chance Invite
25	37.01 Y	F	Charlotte Stober	10	10/10/2019	Cascade, Monroe. Mariner @ Kamiak
26	37.38 Y	F	Citlali Oliva-Jauregui	09	10/24/2019	Murphy @ Cascade
27	38.43 Y	F	Kristy Phan	09	10/24/2019	Murphy @ Cascade
28	38.54 Y	F	Jasis Simons	09	10/29/2019	Last Chance Invite
29	39.10 Y	F	Isabella Forney	10	10/29/2019	Last Chance Invite
30	40.63 Y	F	Brenna Bryant	11	10/24/2019	Murphy @ Cascade
31	40.77 Y L	F	Sarah Maxwell	12	10/29/2019	Last Chance Invite
32	42.22 Y	F	Jazmin Lombardi	09	10/24/2019	Murphy @ Cascade
33	42.55 Y	F	Isabella Stafford	10	10/29/2019	Last Chance Invite
34	44.09 Y	F	Arshpreet Kaur	11	9/24/2019	Mt. Vernon @ Cascade
35	45.44 Y	F	Annie Choo	12	10/29/2019	Last Chance Invite
36	46.74 Y	F	Nadia Diaz-Luna	12	10/3/2019	Cascade & Everett @ Stanwood
37	49.00 Y	F	Lizbeth Salazar	11	10/24/2019	Murphy @ Cascade
<b>Women 100 Free</b>						
1	53.86 Y	P	Aislinn Kessinger	11	11/6/2019	NW District 1 4A Championships
2	54.63 Y	P	Anne Woodrum	12	11/6/2019	NW District 1 4A Championships
3	1:08.42 Y	F	Gloria Mendoza	12	10/29/2019	Last Chance Invite
4	1:08.81 Y	F	Phoebe Ebel	12	10/10/2019	Cascade, Monroe. Mariner @ Kamiak
5	1:08.84 Y	P	Alyssa Elenbaas	12	11/6/2019	NW District 1 4A Championships
6	1:10.03 Y	F	Margot Strzelec	11	9/26/2019	Lake Stevens @ Cascade
7	1:12.18 Y	F	Mariana Oliva-Jauregui	10	10/24/2019	Murphy @ Cascade
8	1:12.25 Y	F	Shayla Krabach	11	10/1/2019	Cascade @ Snohomish
9	1:12.49 Y	F	Karen Vo	12	10/1/2019	Cascade @ Snohomish
10	1:14.65 Y	F	Angela Bui	10	10/22/2019	Cascade @ Oak Harbor
11	1:15.00 Y	F	Rylie Minugh	10	10/10/2019	Cascade, Monroe. Mariner @ Kamiak
12	1:15.31 Y	F	Nikki Barrett	10	9/24/2019	Mt. Vernon @ Cascade
13	1:16.05 Y	F	Mckenzie Muster	11	10/22/2019	Cascade @ Oak Harbor
14	1:17.39 Y	F	Kenlee Pope	12	10/29/2019	Last Chance Invite
15	1:18.29 Y	F	Zoe Cole	12	9/26/2019	Lake Stevens @ Cascade
16*	1:19.01 Y L	F	Maija Coats	12	10/29/2019	Last Chance Invite
16*	1:19.01 Y L	F	Grace Barrett	09	10/29/2019	Last Chance Invite
18	x1:19.01 Y L	F	Grace Tollefson	12	10/29/2019	Last Chance Invite

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	Time	P/F/S	Name	Age/Yr		
19	1:23.02	Y	F	Anshdeep Kang	10	10/8/2019 Cascade and Lynnwood @ Glacier Peak
20	1:23.65	Y	F	Natalia Rodriguez	12	10/24/2019 Murphy @ Cascade
21	1:24.21	Y	F	Elise Bingay	12	9/24/2019 Mt. Vernon @ Cascade
22	1:25.44	Y	F	Charlotte Stober	10	10/10/2019 Cascade, Monroe. Mariner @ Kamiak
23	1:26.57	Y	F	Leslie Luna	12	10/8/2019 Cascade and Lynnwood @ Glacier Peak
24	1:26.68	Y	F	Natalie Whitson	09	10/22/2019 Cascade @ Oak Harbor
25	1:26.98	Y	F	Citlali Oliva-Jauregui	09	10/29/2019 Last Chance Invite
26	1:28.97	Y	F	Kristy Phan	09	10/1/2019 Cascade @ Snohomish
27	1:31.13	Y	F	Sarah Maxwell	12	10/24/2019 Murphy @ Cascade
28	1:31.82	Y	F	Alaska Luna	12	10/24/2019 Murphy @ Cascade
29	1:32.65	Y	F	Brenna Bryant	11	9/24/2019 Mt. Vernon @ Cascade
30	1:32.93	Y	F	Jasis Simons	09	10/22/2019 Cascade @ Oak Harbor
31	1:33.01	Y	F	Nadia Diaz-Luna	12	10/29/2019 Last Chance Invite
32	1:35.89	Y	F	Isabella Forney	10	10/1/2019 Cascade @ Snohomish
33	1:43.26	Y	F	Jazmin Lombardi	09	10/22/2019 Cascade @ Oak Harbor
34	1:46.35	Y	F	Arshpreet Kaur	11	10/29/2019 Last Chance Invite
35	1:50.64	Y	F	Isabella Stafford	10	10/24/2019 Murphy @ Cascade
36	1:57.02	Y	F	Lizbeth Salazar	11	10/29/2019 Last Chance Invite
<b>Women 200 Free</b>						
1	1:57.67	Y	F	Aislinn Kessinger	11	11/6/2019 NW District 1 4A Championships
2	2:07.15	Y	F	Anne Woodrum	12	9/26/2019 Lake Stevens @ Cascade
3	2:25.58	Y	P	Alyssa Elenbaas	12	11/6/2019 NW District 1 4A Championships
4	2:37.21	Y	F	Margot Strzelec	11	10/10/2019 Cascade, Monroe. Mariner @ Kamiak
5	2:38.43	Y	F	Gloria Mendoza	12	10/10/2019 Cascade, Monroe. Mariner @ Kamiak
6	2:45.82	Y	F	Mariana Oliva-Jauregui	10	10/24/2019 Murphy @ Cascade
7	2:50.35	Y	F	Nikki Barrett	10	10/24/2019 Murphy @ Cascade
8	2:51.10	Y	F	Rylie Minugh	10	10/3/2019 Cascade & Everett @ Stanwood
9	2:53.18	Y	F	Angela Bui	10	9/24/2019 Mt. Vernon @ Cascade
10	2:53.61	Y	F	Zoe Cole	12	9/17/2019 MP & MG @ Cascade
11	2:54.91	Y	F	Grace Tollefson	12	10/8/2019 Cascade and Lynnwood @ Glacier Peak
12	3:00.20	Y	F	Mckenzie Muster	11	10/24/2019 Murphy @ Cascade
13	3:01.16	Y	F	Kenlee Pope	12	9/26/2019 Lake Stevens @ Cascade
14	3:08.86	Y	F	Erin Cotton	12	9/17/2019 MP & MG @ Cascade
15	3:08.96	Y	F	Elise Bingay	12	9/26/2019 Lake Stevens @ Cascade
16	3:12.78	Y	F	Grace Barrett	09	10/10/2019 Cascade, Monroe. Mariner @ Kamiak
17	3:16.85	Y	F	Charlotte Stober	10	10/22/2019 Cascade @ Oak Harbor
18	3:19.88	Y	F	Citlali Oliva-Jauregui	09	10/22/2019 Cascade @ Oak Harbor
19	3:22.63	Y	F	Kristy Phan	09	10/3/2019 Cascade & Everett @ Stanwood
20	3:23.76	Y	F	Anshdeep Kang	10	10/1/2019 Cascade @ Snohomish
21	3:37.27	Y	F	Nadia Diaz-Luna	12	10/29/2019 Last Chance Invite
22	3:47.62	Y	F	Isabella Forney	10	9/24/2019 Mt. Vernon @ Cascade
23	4:10.29	Y	F	Isabella Stafford	10	10/22/2019 Cascade @ Oak Harbor
24	4:53.50	Y	F	Arshpreet Kaur	11	10/1/2019 Cascade @ Snohomish
<b>Women 500 Free</b>						
1	5:42.87	Y	F	Aislinn Kessinger	11	10/10/2019 Cascade, Monroe. Mariner @ Kamiak
2	5:45.31	Y	F	Anne Woodrum	12	10/1/2019 Cascade @ Snohomish
3	6:38.61	Y	P	Alyssa Elenbaas	12	11/6/2019 NW District 1 4A Championships
4	7:20.58	Y	F	Margot Strzelec	11	10/1/2019 Cascade @ Snohomish
5	7:28.85	Y	F	Gloria Mendoza	12	10/1/2019 Cascade @ Snohomish
6	7:32.72	Y	F	Maija Coats	12	9/24/2019 Mt. Vernon @ Cascade
7	7:37.96	Y	F	Zoe Cole	12	9/24/2019 Mt. Vernon @ Cascade
8	7:51.00	Y	P	Angela Bui	10	11/6/2019 NW District 1 4A Championships
9	8:03.91	Y	F	Kenlee Pope	12	9/17/2019 MP & MG @ Cascade
10	8:06.14	Y	F	Mckenzie Muster	11	10/1/2019 Cascade @ Snohomish
11	8:08.41	Y	F	Grace Tollefson	12	10/22/2019 Cascade @ Oak Harbor
12	8:14.99	Y	F	Charlotte Stober	10	10/3/2019 Cascade & Everett @ Stanwood
13	8:22.97	Y	F	Rylie Minugh	10	10/3/2019 Cascade & Everett @ Stanwood
14	8:38.81	Y	F	Shayla Krabach	11	9/26/2019 Lake Stevens @ Cascade

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	Time	P/F/S	Name	Age/Yr		
15	8:42.09 Y	F	Elise Bingay	12	9/17/2019	MP & MG @ Cascade
16	8:44.62 Y	F	Karen Vo	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
17	8:48.22 Y	F	Grace Barrett	09	10/24/2019	Murphy @ Cascade
18	9:28.71 Y	F	Anshdeep Kang	10	10/24/2019	Murphy @ Cascade
19	9:52.61 Y	F	Brenna Bryant	11	10/24/2019	Murphy @ Cascade
<b>Women 50 Back</b>						
1	31.89 Y L	F	Aislinn Kessinger	11	10/3/2019	Cascade & Everett @ Stanwood
2	32.70 Y L	F	Anne Woodrum	12	9/26/2019	Lake Stevens @ Cascade
3	37.63 Y L	F	Gloria Mendoza	12	11/6/2019	NW District 1 4A Championships
4	38.46 Y L	F	Nikki Barrett	10	9/28/2019	Mukilteo Invitational
5	40.15 Y L	F	Alyssa Elenbaas	12	9/24/2019	Mt. Vernon @ Cascade
6	41.39 Y L	F	Grace Barrett	09	10/3/2019	Cascade & Everett @ Stanwood
7	41.98 Y L	F	Erin Cotton	12	9/28/2019	Mukilteo Invitational
8	x44.50 Y L	F	Charlotte Stober	10	10/3/2019	Cascade & Everett @ Stanwood
9	45.05 Y L	F	Natalia Rodriguez	12	9/28/2019	Mukilteo Invitational
10	47.16 Y L	F	Maija Coats	12	9/17/2019	MP & MG @ Cascade
11	50.11 Y L	F	Grace Tollefson	12	10/1/2019	Cascade @ Snohomish
12	53.03 Y L	F	Isabella Stafford	10	10/22/2019	Cascade @ Oak Harbor
13	x53.86 Y L	F	Sarah Maxwell	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
14	x59.41 Y L	F	Arshpreet Kaur	11	10/1/2019	Cascade @ Snohomish
<b>Women 100 Back</b>						
1	1:19.95 Y	P	Nikki Barrett	10	11/6/2019	NW District 1 4A Championships
2	1:23.47 Y	F	Margot Strzelec	11	9/26/2019	Lake Stevens @ Cascade
3	1:25.02 Y	F	Gloria Mendoza	12	10/10/2019	Cascade, Monroe. Mariner @ Kamiak
4	1:25.84 Y	F	Alyssa Elenbaas	12	10/3/2019	Cascade & Everett @ Stanwood
5	1:31.62 Y	F	Grace Barrett	09	10/29/2019	Last Chance Invite
6	1:35.54 Y	F	Elise Bingay	12	9/28/2019	Mukilteo Invitational
7	1:36.11 Y	F	Erin Cotton	12	10/10/2019	Cascade, Monroe. Mariner @ Kamiak
8	1:38.03 Y	F	Maija Coats	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
9	1:40.60 Y	F	Karen Vo	12	9/26/2019	Lake Stevens @ Cascade
10	1:45.67 Y	F	Grace Tollefson	12	10/24/2019	Murphy @ Cascade
11	1:49.85 Y	F	Charlotte Stober	10	10/24/2019	Murphy @ Cascade
12	1:51.07 Y	F	Brenna Bryant	11	10/1/2019	Cascade @ Snohomish
13	1:51.91 Y	F	Citlali Oliva-Jauregui	09	10/24/2019	Murphy @ Cascade
14	1:56.92 Y	F	Kristy Phan	09	9/24/2019	Mt. Vernon @ Cascade
15	2:00.06 Y	F	Angela Bui	10	10/10/2019	Cascade, Monroe. Mariner @ Kamiak
16	2:05.64 Y	F	Arshpreet Kaur	11	10/10/2019	Cascade, Monroe. Mariner @ Kamiak
17	2:13.13 Y	F	Jazmin Lombardi	09	10/24/2019	Murphy @ Cascade
18	2:18.84 Y	F	Natalie Whitson	09	9/17/2019	MP & MG @ Cascade
19	2:30.09 Y	F	Anshdeep Kang	10	9/24/2019	Mt. Vernon @ Cascade
<b>Women 50 Breast</b>						
1	41.24 Y L	F	Zoe Cole	12	9/12/2019	Relay Jamboree
<b>Women 100 Breast</b>						
1	1:20.67 Y	F	Aislinn Kessinger	11	10/24/2019	Murphy @ Cascade
2	1:22.00 Y	F	Anne Woodrum	12	10/24/2019	Murphy @ Cascade
3	1:29.59 Y	F	Zoe Cole	12	10/24/2019	Murphy @ Cascade
4	1:30.24 Y	F	Mckenzie Muster	11	10/24/2019	Murphy @ Cascade
5	1:30.43 Y	P	Mariana Oliva-Jauregui	10	11/6/2019	NW District 1 4A Championships
6	1:31.20 Y	F	Margot Strzelec	11	10/24/2019	Murphy @ Cascade
7	1:47.99 Y	F	Kristy Phan	09	10/29/2019	Last Chance Invite
8	1:49.17 Y	F	Elise Bingay	12	10/24/2019	Murphy @ Cascade
9	1:52.44 Y	F	Charlotte Stober	10	10/29/2019	Last Chance Invite
10	2:00.12 Y	F	Angela Bui	10	9/24/2019	Mt. Vernon @ Cascade
11	2:00.16 Y	F	Sarah Maxwell	12	10/24/2019	Murphy @ Cascade
12	4:18.48 Y	F	Arshpreet Kaur	11	10/24/2019	Murphy @ Cascade

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	Time	P/F/S	Name	Age/Yr		
<b>Women 50 Fly</b>						
1	29.18 Y L	F	Anne Woodrum	12	9/12/2019	Relay Jamboree
<b>Women 100 Fly</b>						
1	1:06.58 Y	F	Aislinn Kessinger	11	10/1/2019	Cascade @ Snohomish
2	1:07.09 Y	F	Anne Woodrum	12	9/17/2019	MP & MG @ Cascade
3	1:11.98 Y	F	Margot Strzelec	11	11/6/2019	NW District 1 4A Championships
4	1:29.38 Y	F	Elise Bingay	12	10/29/2019	Last Chance Invite
5	1:40.76 Y	F	Erin Cotton	12	10/3/2019	Cascade & Everett @ Stanwood
6	1:41.52 Y	F	Maija Coats	12	9/17/2019	MP & MG @ Cascade
7	1:43.18 Y	F	Rylie Minugh	10	10/1/2019	Cascade @ Snohomish
8	1:49.54 Y	F	Mckenzie Muster	11	10/10/2019	Cascade, Monroe. Mariner @ Kamiak
9	1:56.19 Y	F	Shayla Krabach	11	10/3/2019	Cascade & Everett @ Stanwood
10	1:57.94 Y	F	Sarah Maxwell	12	10/29/2019	Last Chance Invite
11	1:58.33 Y	F	Charlotte Stober	10	10/24/2019	Murphy @ Cascade
12	2:05.67 Y	F	Zoe Cole	12	10/10/2019	Cascade, Monroe. Mariner @ Kamiak
13	2:15.93 Y	F	Angela Bui	10	10/10/2019	Cascade, Monroe. Mariner @ Kamiak
<b>Women 200 IM</b>						
1	2:29.61 Y	F	Aislinn Kessinger	11	10/3/2019	Cascade & Everett @ Stanwood
2	2:31.74 Y	F	Anne Woodrum	12	9/17/2019	MP & MG @ Cascade
3	2:42.33 Y	P	Margot Strzelec	11	11/6/2019	NW District 1 4A Championships
4	3:01.87 Y	F	Mariana Oliva-Jauregui	10	10/29/2019	Last Chance Invite
5	3:03.56 Y	F	Alyssa Elenbaas	12	10/10/2019	Cascade, Monroe. Mariner @ Kamiak
6	3:12.94 Y	F	Nikki Barrett	10	10/22/2019	Cascade @ Oak Harbor
7	3:13.58 Y	P	Elise Bingay	12	11/6/2019	NW District 1 4A Championships
8	3:18.73 Y	P	Mckenzie Muster	11	11/6/2019	NW District 1 4A Championships
9	3:22.49 Y	F	Maija Coats	12	9/17/2019	MP & MG @ Cascade
10	3:40.88 Y	F	Kenlee Pope	12	10/1/2019	Cascade @ Snohomish
11	3:50.31 Y	F	Charlotte Stober	10	9/26/2019	Lake Stevens @ Cascade
12	3:51.88 Y	F	Kristy Phan	09	10/10/2019	Cascade, Monroe. Mariner @ Kamiak
13	3:52.41 Y	F	Angela Bui	10	10/1/2019	Cascade @ Snohomish
14	3:58.74 Y	F	Sarah Maxwell	12	10/10/2019	Cascade, Monroe. Mariner @ Kamiak
<b>Women 1 Meter 6 Dives</b>						
1	187.80	F	Saige Anderson	09	10/24/2019	Murphy @ Cascade
2	148.60	F	Emily Brebner	12	10/24/2019	Murphy @ Cascade
3	136.70	F	Kristine Pham	12	10/22/2019	Cascade @ Oak Harbor
4	44.60	F	Isabella Forney	10	10/8/2019	Cascade and Lynnwood @ Glacier Peak
5	40.80	F	Madelynn Moeller	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
<b>Women 1 Meter 11 Dives</b>						
1	196.95	F	Emily Brebner	12	11/6/2019	NW District 1 4A Championships
2	187.60	F	Kristine Pham	12	11/6/2019	NW District 1 4A Championships