

Cascade High School Swimming

Individual Top Times

Cascade High School [CASC] Coach: Eric Smith

Number of Top Times: 20 Show Yards Only

	Time	P/F/S	Name	Age/Yr		
Men 50 Free						
1	21.51 Y	F	*I Travis Spitzock	12	2/19/2016	WIAA Boys 4A State Championships
2	21.77 Y L	F	*I Sean Nesheim	12	2/20/2009	4A State Championships
3	21.92 Y L	F	*I Asahel Jenkins	12	2/15/2013	State 4A Championships
4	22.00 Y	F	*I Ken Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
5	22.41 Y	F	*I Tanner Hoidal	12	2/17/2012	4A Boys State Swim/Dive Champs
6*	22.70 Y	F	*I Chris Erickson		9/1/2013	Top Times Prior to Smith's Tenure Meet
6*	22.70 Y	F	*I Craig Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
8	22.73 Y	F	*I Vladyslav Nekhoroshykh	12	2/11/2016	WESCO 4A Boys Districts 2016
9	22.81 Y	F	*I Beau Laughlin		9/1/2013	Top Times Prior to Smith's Tenure Meet
10	22.90 Y	F	*I Eric Ellersick	12	2/11/2009	Boys WESCO District Champs 09
11	22.91 Y	F	*I Tom Glass		9/1/2013	Top Times Prior to Smith's Tenure Meet
12	22.93 Y	F	*I Todd Zentner		9/1/2013	Top Times Prior to Smith's Tenure Meet
13	23.09 Y	F	*I Chris Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
14*	23.10 Y	F	*I James DeLong	12	2/8/2017	4A District Championships
14*	23.10 Y	F	*I Roy Edge		9/1/2013	Top Times Prior to Smith's Tenure Meet
16	23.12 Y	F	*I Steve Dorset		9/1/2013	Top Times Prior to Smith's Tenure Meet
17*	23.18 Y	F	*I Mike Weiss		9/1/2013	Top Times Prior to Smith's Tenure Meet
17*	23.18 Y	F	*I Tim Turner		9/1/2013	Top Times Prior to Smith's Tenure Meet
19	23.19 Y	F	*I Neil Tastad		9/1/2013	Top Times Prior to Smith's Tenure Meet
20	23.26 Y	F	*I Ryan Jones		9/1/2013	Top Times Prior to Smith's Tenure Meet
Men 100 Free						
1	45.34 Y	F	*I Ken Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
2	47.40 Y	F	*I Craig Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
3	47.77 Y	F	*I Beau Laughlin		9/1/2013	Top Times Prior to Smith's Tenure Meet
4	47.86 Y	F	*I Travis Spitzock	12	2/19/2016	WIAA Boys 4A State Championships
5*	48.05 Y	F	*I Jon Worcester		9/1/2013	Top Times Prior to Smith's Tenure Meet
5*	48.05 Y	F	*I Sean Nesheim	12	9/1/2013	Top Times Prior to Smith's Tenure Meet
7	48.45 Y	F	*I Asahel Jenkins	12	2/15/2013	State 4A Championships
8*	48.91 Y	F	*I Tanner Hoidal	12	2/17/2012	4A Boys State Swim/Dive Champs
8*	48.91 Y	F	*I Tim Turner		9/1/2013	Top Times Prior to Smith's Tenure Meet
10	48.95 Y	F	*I Steve Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
11	49.20 Y	F	*I Chris Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
12	49.28 Y	F	*I Tom Glass		9/1/2013	Top Times Prior to Smith's Tenure Meet
13	49.87 Y	F	*I Bramon Yotty	12	2/19/2010	State
14	49.90 Y	F	*I Chris Erickson		9/1/2013	Top Times Prior to Smith's Tenure Meet
15	50.16 Y L	P	Jaxon Roberts	12	2/12/2020	District 1 4A Championships
16	50.40 Y	F	*I Roy Edge		9/1/2013	Top Times Prior to Smith's Tenure Meet
17	50.76 Y L	P	*I Rami Sabra	12	2/19/2016	WIAA Boys 4A State Championships
18*	50.94 Y	F	*I Neil Hazle		9/1/2013	Top Times Prior to Smith's Tenure Meet
18*	50.94 Y	F	*I Tarek Farouk	10	2/12/2014	District 4A Championships
20	51.09 Y	F	*I Gabriel Licina		9/1/2013	Top Times Prior to Smith's Tenure Meet
Men 200 Free						
1	1:38.51 Y	F	*I Ken Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
2	1:40.61 Y	F	*I Sean Nesheim	12	2/20/2009	4A State Championships
3	1:41.35 Y	F	*I Asahel Jenkins	12	2/15/2013	State 4A Championships
4	1:45.46 Y	F	*I Jon Worcester		9/1/2013	Top Times Prior to Smith's Tenure Meet
5	1:45.72 Y	F	*I Chris Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
6	1:46.28 Y	F	*I Steve Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
7	1:47.10 Y	F	*I Gabriel Licina		9/1/2013	Top Times Prior to Smith's Tenure Meet
8	1:47.29 Y	F	*I Tom Glass		9/1/2013	Top Times Prior to Smith's Tenure Meet
9	1:47.39 Y	F	*I Tim Turner		9/1/2013	Top Times Prior to Smith's Tenure Meet
10	1:48.43 Y	P	Jaxon Roberts	12	2/12/2020	District 1 4A Championships
11	1:48.91 Y	F	*I Craig Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
12	1:49.90 Y	F	*I Chris Erickson		9/1/2013	Top Times Prior to Smith's Tenure Meet
13	1:50.58 Y	F	*I Beau Laughlin		9/1/2013	Top Times Prior to Smith's Tenure Meet
14	1:51.59 Y	F	*I Tarek Farouk	10	2/12/2014	District 4A Championships

Cascade High School Swimming

Individual Top Times

Number of Top Times: 20 Show Yards Only

	Time	P/F/S	Name	Age/Yr		
15	1:52.43 Y	F	*I Rami Sabra	12	2/11/2016	WESCO 4A Boys Districts 2016
16	1:52.62 Y	F	*I Brian Nguyen		9/1/2013	Top Times Prior to Smith's Tenure Meet
17	1:53.14 Y	F	*I Marc Johnson		9/1/2013	Top Times Prior to Smith's Tenure Meet
18	1:53.71 Y	F	*I Craig Scott		9/1/2013	Top Times Prior to Smith's Tenure Meet
19	1:54.94 Y	F	*I Nick Onken		9/1/2013	Top Times Prior to Smith's Tenure Meet
20	1:55.30 Y	F	*I Darren Justus		9/1/2013	Top Times Prior to Smith's Tenure Meet
Men 500 Free						
1	4:34.80 Y	F	*I Sean Nesheim	12	2/11/2009	Boys WESCO District Champs 09
2	4:37.01 Y	F	*I Chris Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
3	4:46.37 Y	F	*I Ken Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
4	4:49.83 Y	F	*I Jon Worcester		9/1/2013	Top Times Prior to Smith's Tenure Meet
5	4:53.30 Y	F	*I Asahel Jenkins	12	1/24/2013	Kamiak
6	4:58.47 Y	F	*I Steve Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
7	4:59.30 Y	F	*I Chris Erickson		9/1/2013	Top Times Prior to Smith's Tenure Meet
8	5:06.00 Y	F	*I Marc Johnson		9/1/2013	Top Times Prior to Smith's Tenure Meet
9	5:06.10 Y	F	*I Craig Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
10	5:07.30 Y	F	*I Beau Laughlin		9/1/2013	Top Times Prior to Smith's Tenure Meet
11	5:07.36 Y	F	*I Tim Turner		9/1/2013	Top Times Prior to Smith's Tenure Meet
12	5:10.46 Y	F	*I Craig Scott		9/1/2013	Top Times Prior to Smith's Tenure Meet
13	5:11.99 Y	F	*I Gabriel Licina		9/1/2013	Top Times Prior to Smith's Tenure Meet
14	5:14.46 Y	F	*I Tarek Farouk	10	2/4/2014	Kamiak/Snohomish/GP/Mariner/Monroe
15	5:15.03 Y	F	*I Todd Zentner		9/1/2013	Top Times Prior to Smith's Tenure Meet
16	5:15.06 Y	F	Jaxon Roberts	12	1/7/2020	MP/MG @ Cascade
17	5:17.49 Y	F	*I Brian Nguyen		9/1/2013	Top Times Prior to Smith's Tenure Meet
18	5:20.00 Y	F	*I Darren Justus		9/1/2013	Top Times Prior to Smith's Tenure Meet
19	5:26.39 Y	F	Noah Henderson	9	12/17/2019	Cascade @ Lynnwood & EdWW
20	5:27.52 Y	F	*I Bramon Yotty	12	12/8/2009	Mariner
Men 50 Back						
1	24.89 Y L	F	*I Sean Nesheim	12	2/11/2009	Boys WESCO District Champs 09
2	25.83 Y L	F	Jaxon Roberts	12	2/12/2020	District 1 4A Championships
3	26.65 Y L	F	*I Tanner Hoidal	12	2/8/2012	District 4A Championships
4	27.09 Y L	F	*I William Bergman	12	12/4/2008	Mount Vernon
5	28.28 Y L	F	*I Michael Fannin	11	1/6/2005	Everett
6	28.52 Y L	F	*I Andrei Cira	12	12/6/2016	EdWW/MLT
7	28.71 Y	F	*I Eric Ellersick	12	12/1/2009	Time Trials
8	29.00 Y	F	*I Bramon Yotty	12	12/1/2009	Time Trials
9	29.12 Y	F	*I James DeLong	12	12/1/2016	Boys Time Trials
10	29.97 Y L	F	*I Noah Robertson	12	2/7/2019	WESCO 4A Boys District Championships
11	30.19 Y	F	*I Eric Ha	11	11/19/2004	Time Trials
12	30.30 Y L	F	*I David Steel	12	12/4/2007	Mariner
13	30.50 Y L	F	*I Kyle Stober	12	1/12/2016	Snohomish/GP
14	30.75 Y L	F	*I Christopher Nguyen	12	2/11/2015	District 4A Championship
15	31.54 Y L	F	*I Kolby Campbell	12	1/13/2015	Snohomish/GP/Everett
16	31.62 Y	F	Noah Henderson	9	12/5/2019	Time Trials 2019
17	31.88 Y L	F	*I Vladyslav Nekhoroshykh	12	12/8/2015	Kamiak, Monroe, Everett
18	31.94 Y	F	*I Eric Smith		11/19/2004	Time Trials
19	32.03 Y L	F	*I Reece Lawson	12	2/4/2014	Kamiak/Snohomish/GP/Mariner/Monroe
20	32.15 Y L	F	*I Donnoven Nguyen	12	2/5/2015	JV Champs
Men 100 Back						
1	52.59 Y	F	*I Sean Nesheim	12	2/15/2008	State Meet
2	53.56 Y	F	*I Craig Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
3	53.80 Y	F	*I Beau Laughlin		9/1/2013	Top Times Prior to Smith's Tenure Meet
4	55.74 Y	F	*I Gabriel Licina		9/1/2013	Top Times Prior to Smith's Tenure Meet
5	56.22 Y	F	*I Asahel Jenkins	12	9/1/2013	Top Times Prior to Smith's Tenure Meet
6	57.65 Y	F	*I Chris Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
7	57.94 Y	F	*I Ken Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
8	57.99 Y	F	*I Tanner Hoidal	12	2/10/2011	Districts
9	58.43 Y	F	*I Jerry Slatum		9/1/2013	Top Times Prior to Smith's Tenure Meet

Cascade High School Swimming

Individual Top Times

Number of Top Times: 20 Show Yards Only

	Time	P/F/S	Name	Age/Yr		
10	58.60 Y	F	*I Ryan Jones		9/1/2013	Top Times Prior to Smith's Tenure Meet
11	58.86 Y	F	*I Jon Worcester		9/1/2013	Top Times Prior to Smith's Tenure Meet
12	59.09 Y	F	Jaxon Roberts	12	12/12/2019	Cascade @ Stanwood
13	59.71 Y	F	*I Rich Rainaldo		9/1/2013	Top Times Prior to Smith's Tenure Meet
14	1:00.38 Y	F	*I Mark Deller		9/1/2013	Top Times Prior to Smith's Tenure Meet
15	1:00.60 Y	F	*I Chris Erickson		9/1/2013	Top Times Prior to Smith's Tenure Meet
16	1:00.68 Y	F	*I Katagiri Daigo		9/1/2013	Top Times Prior to Smith's Tenure Meet
17	1:01.67 Y	P	*I Eric Ha	11	2/10/2005	Boys' District Meet
18	1:02.02 Y	F	*I Eric Ellersick	12	12/15/2009	Marysville Pilchuck
19	1:02.13 Y	F	*I Roger Walsh		9/1/2013	Top Times Prior to Smith's Tenure Meet
20	1:02.25 Y	F	*I Bill Rainaldo		9/1/2013	Top Times Prior to Smith's Tenure Meet
Men 50 Breast						
1	31.06 Y	F	*I Bramon Yotty	12	12/1/2009	Time Trials
2	31.93 Y	F	Jaxon Roberts	12	12/5/2019	Time Trials 2019
3	32.05 Y	F	*I Andrew Nguyen	12	12/1/2016	Boys Time Trials
4	32.75 Y	F	*I Christopher Nguyen	12	12/1/2014	Boys Time Trials
5	33.18 Y	F	Noah Henderson	9	12/5/2019	Time Trials 2019
6	33.57 Y	F	*I Brian Li	12	11/19/2004	Time Trials
7	34.82 Y	F	*I Eric Smith		11/19/2004	Time Trials
8	34.84 Y	F	*I Eric Ellersick	12	12/1/2009	Time Trials
9	35.25 Y	F	*I Christopher Kapetanov	12	12/1/2014	Boys Time Trials
10	35.37 Y	F	*I Travis Cox	12	12/1/2014	Boys Time Trials
11	35.94 Y	F	*I James DeLong	12	12/1/2016	Boys Time Trials
12	36.09 Y	F	*I Jacob Elenbaas	12	12/1/2016	Boys Time Trials
13	36.47 Y	F	*I Ramon Feskens	11	11/19/2004	Time Trials
14	37.05 Y	F	Devin Huynh	12	12/5/2019	Time Trials 2019
15	37.39 Y	F	*I Adam Aljets	12	11/19/2004	Time Trials
16	37.50 Y	F	*I Michael Fannin	11	11/23/2005	Time Trials
17	37.80 Y	F	*I Maxwell Nelson	12	11/29/2018	Boys Time Trials
18	37.96 Y	F	*I Jacobe Sell	12	12/1/2009	Time Trials
19	38.13 Y	F	*I Brendan Kendrick	12	11/25/2015	Boys 2015-2016 Time Trials
20	38.18 Y	F	*I Eduardo Alcantar-Soto	12	12/1/2009	Time Trials
Men 100 Breast						
1	1:00.31 Y	F	*I Bramon Yotty	12	2/19/2010	State
2	1:01.66 Y	F	*I Rob Slattum		9/1/2013	Top Times Prior to Smith's Tenure Meet
3	1:01.89 Y	F	*I Chris Erickson		9/1/2013	Top Times Prior to Smith's Tenure Meet
4	1:02.06 Y	F	*I Tyler Hooper		9/1/2013	Top Times Prior to Smith's Tenure Meet
5	1:02.84 Y	F	*I Van Anderson		9/1/2013	Top Times Prior to Smith's Tenure Meet
6	1:03.26 Y	F	*I Shahan Towers		9/1/2013	Top Times Prior to Smith's Tenure Meet
7	1:03.27 Y	F	*I Craig Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
8	1:03.52 Y	F	*I Steve Dorset		9/1/2013	Top Times Prior to Smith's Tenure Meet
9	1:03.62 Y	F	*I Asahel Jenkins	12	9/1/2013	Top Times Prior to Smith's Tenure Meet
10	1:04.10 Y	F	*I Chris Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
11	1:05.00 Y	F	*I Sean Nesheim	12	1/8/2008	Lake Stevens
12	1:05.10 Y	F	*I Mike Astrof		9/1/2013	Top Times Prior to Smith's Tenure Meet
13	1:05.17 Y	F	*I Robert Jordan		9/1/2013	Top Times Prior to Smith's Tenure Meet
14	1:05.58 Y	F	*I Neil Tastad		9/1/2013	Top Times Prior to Smith's Tenure Meet
15	1:06.49 Y	P	*I Christopher Nguyen	12	2/11/2015	District 4A Championship
16	1:07.64 Y	F	Jaxon Roberts	12	12/17/2019	Cascade @ Lynnwood & EdWW
17	1:07.70 Y	F	*I Tom Astrof		9/1/2013	Top Times Prior to Smith's Tenure Meet
18	1:07.79 Y	F	*I Dan Paige		9/1/2013	Top Times Prior to Smith's Tenure Meet
19	1:07.92 Y	P	*I Andrew Nguyen	12	2/8/2017	4A District Championships
20	1:08.04 Y	F	*I Steve Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
Men 50 Fly						
1*	26.33 Y	F	Jaxon Roberts	12	12/5/2019	Time Trials 2019
1*	26.33 Y	F	*I Bramon Yotty	12	11/21/2008	Time Trials
3	26.65 Y	F	*I Eric Ellersick	12	12/1/2009	Time Trials
4	27.61 Y	F	*I Sean Nesheim	12	11/21/2008	Time Trials

Cascade High School Swimming

Individual Top Times

Number of Top Times: 20 Show Yards Only

	Time	P/F/S	Name	Age/Yr		
5	27.64	Y	F *I James DeLong	12	12/1/2016	Boys Time Trials
6	27.82	Y	F *I Sean Sibley	12	11/28/2017	Boys Time Trials
7*	27.89	Y	F *I Travis Spitzock	12	12/1/2014	Boys Time Trials
7*	27.89	Y	F *I Rami Sabra	12	12/1/2014	Boys Time Trials
9	28.21	Y	F *I Maxwell Nelson	12	11/29/2018	Boys Time Trials
10	28.31	Y	F *I Eric Ha	11	11/19/2004	Time Trials
11	28.68	Y	F Noah Henderson	9	12/5/2019	Time Trials 2019
12	28.81	Y	F *I Eric Smith		11/19/2004	Time Trials
13	29.97	Y	F *I Vladyslav Nekhoroshykh	12	11/25/2015	Boys 2015-2016 Time Trials
14	30.07	Y	F *I Christopher Nguyen	12	12/1/2014	Boys Time Trials
15	30.09	Y	F *I Taylor Covert	12	12/1/2009	Time Trials
16	30.19	Y	F Miles Thompson	11	11/29/2018	Boys Time Trials
17	30.34	Y	F *I Adam Aljets	12	11/19/2004	Time Trials
18	30.57	Y	F *I John Stubbs	11	11/19/2004	Time Trials
19	30.60	Y	F *I Tanner Hoidal	12	12/1/2009	Time Trials
20	31.00	Y	F *I Kyle Stober	12	12/1/2014	Boys Time Trials
Men 100 Fly						
1	50.10	Y	F *I Asahel Jenkins	12	2/15/2013	State 4A Championships
2	53.56	Y	F *I Sean Nesheim	12	1/10/2009	Kentridge Invite
3	53.78	Y	F *I Ken Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
4	54.24	Y	F *I Steve Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
5	54.38	Y	P Jaxon Roberts	12	2/12/2020	District 1 4A Championships
6	54.47	Y	F *I Eric Ellersick	12	2/10/2011	Districts
7	55.26	Y	F *I Chris Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
8	55.50	Y	F *I Mike Weiss		9/1/2013	Top Times Prior to Smith's Tenure Meet
9	55.67	Y	F *I Craig Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
10	55.84	Y	P *I Bramon Yotty	12	2/11/2009	Boys WESCO District Champs 09
11	56.55	Y	F *I Gabriel Licina		9/1/2013	Top Times Prior to Smith's Tenure Meet
12	56.67	Y	F *I Nick Reynolds		9/1/2013	Top Times Prior to Smith's Tenure Meet
13	56.71	Y	F *I Rami Sabra	12	2/11/2016	WESCO 4A Boys Districts 2016
14	56.73	Y	F *I Beau Laughlin		9/1/2013	Top Times Prior to Smith's Tenure Meet
15	57.47	Y	F Noah Henderson	9	2/12/2020	District 1 4A Championships
16	57.50	Y	F *I Chris Erickson		9/1/2013	Top Times Prior to Smith's Tenure Meet
17*	57.52	Y	F *I Brian Nguyen		9/1/2013	Top Times Prior to Smith's Tenure Meet
17*	57.52	Y	P *I Sean Sibley	12	2/7/2018	4A District Championships
19	58.13	Y	F *I Tim Turner		9/1/2013	Top Times Prior to Smith's Tenure Meet
20	58.71	Y	F *I James DeLong	12	1/26/2017	Shorecrest
Men 100 IM						
1	1:01.84	Y	F *I Asahel Jenkins	12	11/27/2012	Time Trials
2	1:03.78	Y	F *I Bramon Yotty	12	11/21/2008	Time Trials
3	1:05.01	Y	F Jaxon Roberts	12	11/29/2018	Boys Time Trials
4	1:07.00	Y	F *I Eric Ellersick	12	11/21/2008	Time Trials
5	1:07.64	Y	F *I Adam Aljets	12	1/13/2005	Intersquad Animal Challenge Pentathlon
6	1:07.86	Y	F *I Eric Ha	11	1/13/2005	Intersquad Animal Challenge Pentathlon
7	1:08.32	Y	F *I Brian Li	12	11/19/2004	Time Trials
8	1:10.42	Y	F *I Tarek Farouk	10	11/27/2012	Time Trials
9	1:11.61	Y	F *I Michael Fannin	11	11/19/2004	Time Trials
10	1:12.42	Y	F *I Maxwell Nelson	12	11/29/2018	Boys Time Trials
11	1:12.58	Y	F Miles Thompson	11	11/29/2018	Boys Time Trials
12	1:13.36	Y	F *I Parker Thompson	12	11/29/2018	Boys Time Trials
13	1:13.55	Y	F *I Kyle Stober	12	11/27/2012	Time Trials
14	1:14.82	Y	F *I John Stubbs	11	11/19/2004	Time Trials
15	1:16.39	Y	F Devin Huynh	12	11/29/2018	Boys Time Trials
16	1:18.36	Y	F *I William Bergman	12	11/21/2008	Time Trials
17	1:18.75	Y	F *I Christopher Hansen	12	11/29/2018	Boys Time Trials
18	1:18.90	Y	F *I Sean Sibley	12	11/28/2017	Boys Time Trials
19	1:19.21	Y	F *I Travis Spitzock	12	11/27/2012	Time Trials
20	1:19.33	Y	F *I Oliver Nelson	12	11/21/2008	Time Trials

Cascade High School Swimming

Individual Top Times

Number of Top Times: 20 Show Yards Only

	Time	P/F/S	Name	Age/Yr		
Men 200 IM						
1	1:53.53 Y	F	*I Chris Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
2	1:55.48 Y	F	*I Sean Nesheim	12	1/10/2009	Kentridge Invite
3	1:58.47 Y	F	*I Ken Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
4	1:59.84 Y	F	*I Chris Erickson		9/1/2013	Top Times Prior to Smith's Tenure Meet
5	1:59.92 Y	F	*I Asahel Jenkins	12	9/1/2013	Top Times Prior to Smith's Tenure Meet
6	2:00.69 Y	F	*I Craig Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
7	2:03.50 Y	F	*I Steve Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
8	2:04.02 Y	F	*I Gabriel Licina		9/1/2013	Top Times Prior to Smith's Tenure Meet
9	2:05.17 Y	F	*I Nick Reynolds		9/1/2013	Top Times Prior to Smith's Tenure Meet
10	2:06.78 Y	F	*I Rob Slattum		9/1/2013	Top Times Prior to Smith's Tenure Meet
11	2:06.96 Y	F	Noah Henderson	9	2/12/2020	District 1 4A Championships
12	2:07.20 Y	F	*I Marc Johnson		9/1/2013	Top Times Prior to Smith's Tenure Meet
13	2:08.49 Y	F	*I Jerry Slattum		9/1/2013	Top Times Prior to Smith's Tenure Meet
14	2:09.07 Y	F	*I Bramon Yotty	12	12/8/2009	Mariner
15	2:09.23 Y	F	Jaxon Roberts	12	12/17/2019	Cascade @ Lynnwood & EdWW
16	2:12.75 Y	F	*I Tyler Hooper		9/1/2013	Top Times Prior to Smith's Tenure Meet
17	2:12.79 Y	F	*I Tim Turner		9/1/2013	Top Times Prior to Smith's Tenure Meet
18	2:14.17 Y	F	*I Eric Ellersick	12	12/6/2010	Shorewood
19	2:14.76 Y	F	*I Robert Jordan		9/1/2013	Top Times Prior to Smith's Tenure Meet
20	2:14.78 Y	F	*I Roger Walsh		9/1/2013	Top Times Prior to Smith's Tenure Meet
Men 1 Meter 6 Dives						
1	434.00	F	*I Joseph Hofman	12	2/15/2019	2019 4A Boys State Swim/Dive Champs
2	258.30	F	*I Justin Welch	12	1/22/2015	Lake Stevens/Archbishop Murphy
3	248.60	F	*I Austin Brandt	12	2/16/2018	2018 4A Boys State Swim/Dive Champs
4	245.50	F	*I Michael Cizek	12	2/8/2012	District 4A Championships
5	240.05	F	*I Alexis Hernandez	12	1/6/2016	Oak Harbor
6	228.55	P	*I Edmond Lesense	12	2/10/2011	Districts
7	217.85	F	*I Fox Darimont	12	1/10/2019	Everett/Murphy
8	216.70	F	*I Donnoven Nguyen	12	1/19/2016	Mariner
9	211.55	P	*I Edmond LeSesne	12	2/11/2010	District Meet
10	191.15	F	*I Kyle Ogle	10	2/8/2012	District 4A Championships
11	171.10	F	*I Matthew Butler	12	12/16/2014	SW vs Cascade
12	152.50	F	*I Tada Kaneko	12	12/14/2017	Shorewood
13	145.75	F	*I Matt Butler	10	1/10/2013	Oak Harbor
14	145.00	F	*I Jason Covert	12	1/23/2007	Oak Harbor
15	142.40	F	Michael Glover	12	1/23/2018	Meadowdale/Lynnwood
16	139.05	F	Rolando Le	11	1/28/2020	Cascade @ Kamiak
17	134.05	F	*I Brian Janner	12	1/11/2011	Kamiak
18	129.00	F	*I Michael Janner	12	1/23/2007	Oak Harbor
19	128.25	F	Jonathan Lopez	11	1/10/2019	Everett/Murphy
20	124.10	F	Anthony Nganga	12	1/30/2020	Mariner @ Cascade
Men 1 Meter 11 Dives						
1	506.70	F	*I Joseph Hofman	12	2/7/2018	4A District Championships
2	469.50	F	*I Justin Welch	12	2/11/2015	District 4A Championship
3	365.20	F	*I Austin Brandt	12	2/7/2018	4A District Championships
4	350.50	F	*I Alexis Hernandez	12	2/11/2016	WESCO 4A Boys Districts 2016
5	329.40	F	*I Donnoven Nguyen	12	2/11/2016	WESCO 4A Boys Districts 2016
6	315.85	F	*I Eric Demers		9/1/2013	Top Times Prior to Smith's Tenure Meet
7	300.50	F	*I Matt Butler	10	2/7/2013	Boys 4A District Championship
8	298.25	F	*I Fox Darimont	12	2/7/2018	4A District Championships
9	269.40	F	*I Michael Cizek	12	2/7/2013	Boys 4A District Championship
10	257.15	F	*I Kyle Ogle	10	2/7/2013	Boys 4A District Championship
11	245.40	F	Anthony Nganga	12	2/12/2020	District 1 4A Championships
12	237.55	F	*I Brian Nguyen		1/6/2018	Kentridge Invite
13	228.55	F	*I Edmond LeSesne	12	2/10/2011	Districts
14	227.10	F	Michael Glover	12	2/7/2018	4A District Championships
15	222.25	F	Rolando Le	11	2/12/2020	District 1 4A Championships

Cascade High School Swimming

Individual Top Times

Number of Top Times: 20 Show Yards Only

	Time	P/F/S	Name	Age/Yr		
16	218.60	F	*I Tada Kaneko	12	2/8/2017	4A District Championships
17	206.55	F	Caleb Bonilla-Stevenson	11	2/12/2020	District 1 4A Championships
18	184.30	F	*I Jason Covert	12	2/8/2007	District Meet
19	141.60	F	*I Michael Janner	12	2/8/2007	District Meet
20	108.80	P	Jonathan Lopez	11	2/12/2020	District 1 4A Championships
Men 1 Meter 5 Dives						
1	249.20	F	*I Joseph Hofman	12	1/25/2018	Mariner
2	203.60	F	*I Austin Brandt	12	1/18/2018	Jackson
3	183.65	F	*I Alexis Hernandez	12	1/27/2015	Marysville Pilchuck/Getchel
4	173.35	F	*I Fox Darimont	12	12/6/2018	Edmonds-Woodway & Mountlake Terrac
5	151.00	F	Michael Glover	12	1/17/2019	Jackson
6	146.80	F	*I Donnoven Nguyen	12	1/27/2015	Marysville Pilchuck/Getchel
7	137.10	F	Anthony Nganga	12	1/7/2020	MP/MG @ Cascade
8	130.55	F	*I Carson Metcalfe	09	1/27/2015	Marysville Pilchuck/Getchel
9	129.40	F	Jonathan Lopez	11	1/17/2019	Jackson
10	124.10	F	Rolando Le	11	1/17/2019	Jackson
11	110.05	F	Keegan Ram	11	1/7/2020	MP/MG @ Cascade
12	107.80	F	Caleb Bonilla-Stevenson	11	1/7/2020	MP/MG @ Cascade
13	106.60	F	Nye Hilal	11	1/16/2020	Oak Harbor @ Cascade
14	92.20	F	Ethan Rye	11	1/16/2020	Oak Harbor @ Cascade