

Cascade High School Swimming

Everett, WA 98203

Individual Top Times

Cascade [CAS] 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	4A Boys State Swim/Dive Champs
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 Craig Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
6*	22.70 Y	F	*I Chris Erickson		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	22.88 Y	F	*I Noah Henderson	12	12/15/2022	PNS SR Champs 2022
11	22.90 Y	F	*I Eric Ellersick	12	2/10/2011	Districts
12	22.91 Y	F	*I Tom Glass		9/1/2013	Top Times Prior to Smith's Tenure Meet
13	22.93 Y	F	*I Todd Zentner		9/1/2013	Top Times Prior to Smith's Tenure Meet
14	23.09 Y	F	*I Chris Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
15*	23.10 Y	F	*I James DeLong	12	2/8/2017	4A District Championships
15*	23.10 Y	F	*I Roy Edge		9/1/2013	Top Times Prior to Smith's Tenure Meet
17	23.12 Y	F	*I Steve Dorset		9/1/2013	Top Times Prior to Smith's Tenure Meet
18	23.13 Y L	F	*I Yurii Onofriichuk	12	1/6/2024	Kentridge Invite
19*	23.18 Y	F	*I Mike Weiss		9/1/2013	Top Times Prior to Smith's Tenure Meet
19*	23.18 Y	F	*I Tim Turner		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	4A Boys State Swim/Dive Champs
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	49.10 Y	F	*I Noah Henderson	12	12/15/2022	PNS SR Champs 2022
12	49.20 Y	F	*I Chris Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
13	49.28 Y	F	*I Tom Glass		9/1/2013	Top Times Prior to Smith's Tenure Meet
14	49.87 Y	F	*I Bramon Yotty	12	2/19/2010	State
15	49.90 Y	F	*I Chris Erickson		9/1/2013	Top Times Prior to Smith's Tenure Meet
16	49.99 Y	F	*I Yurii Onofriichuk	12	1/9/2024	Kamiak @ Cascade
17	50.16 Y L	P	*I Jaxon Roberts	11	2/12/2020	WESCO 4A Boys Districts 2020
18	50.40 Y	F	*I Roy Edge		9/1/2013	Top Times Prior to Smith's Tenure Meet
19	50.76 Y L	P	*I Rami Sabra	12	2/19/2016	4A Boys State Swim/Dive Champs
20*	50.94 Y	F	*I Tarek Farouk	10	2/12/2014	District 4A Championships
20*	50.94 Y	F	*I Neil Hazle		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	*I Jaxon Roberts	11	2/12/2020	WESCO 4A Boys Districts 2020
11	1:48.91 Y	F	*I Craig Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
12	1:48.95 Y	F	*I Noah Henderson	12	1/10/2023	Cascade @ Lake Stevens

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	Time	P/F/S	Name	Age/Yr		
13	1:49.90 Y	F	*I Chris Erickson		9/1/2013	Top Times Prior to Smith's Tenure Meet
14	1:50.58 Y	F	*I Beau Laughlin		9/1/2013	Top Times Prior to Smith's Tenure Meet
15	1:51.30 Y	F	Yurii Onofriichuk	12	11/17/2023	Boys Time Trial 2023
16	1:51.59 Y	F	*I Tarek Farouk	10	2/12/2014	District 4A Championships
17	1:52.43 Y	F	*I Rami Sabra	12	2/11/2016	WESCO 4A Boys Districts 2016
18	1:52.62 Y	F	*I Brian Nguyen		9/1/2013	Top Times Prior to Smith's Tenure Meet
19	1:53.14 Y	F	*I Marc Johnson		9/1/2013	Top Times Prior to Smith's Tenure Meet
20	1:53.71 Y	F	*I Craig Scott		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	5:06.91 Y	F	Yurii Onofriichuk	12	11/17/2023	Boys Time Trial 2023
11	5:07.30 Y	F	*I Beau Laughlin		9/1/2013	Top Times Prior to Smith's Tenure Meet
12	5:07.36 Y	F	*I Tim Turner		9/1/2013	Top Times Prior to Smith's Tenure Meet
13	5:10.46 Y	F	*I Craig Scott		9/1/2013	Top Times Prior to Smith's Tenure Meet
14	5:11.99 Y	F	*I Gabriel Licina		9/1/2013	Top Times Prior to Smith's Tenure Meet
15	5:14.46 Y	F	*I Tarek Farouk	10	2/4/2014	Kamiak/Snohomish/GP/Mariner/Monroe
16	5:15.01 Y	F	*I Noah Henderson	12	1/5/2023	Stanwood @ Cascade
17	5:15.03 Y	F	*I Todd Zentner		9/1/2013	Top Times Prior to Smith's Tenure Meet
18	5:17.49 Y	F	*I Brian Nguyen		9/1/2013	Top Times Prior to Smith's Tenure Meet
19	5:18.22 Y	F	Ciaran Dewing	11	2/9/2024	NW District 1 3A Championships
20	5:18.84 Y	F	*I Jaxon Roberts	11	1/21/2020	Meadowdale vs Lynnwood vs Cascade
Men 50 Back						
1	24.75 Y L	F	Yurii Onofriichuk	12	2/9/2024	NW District 1 3A Championships
2	24.89 Y L	F	*I Sean Nesheim	12	2/11/2009	Boys WESCO District Champs 09
3	25.50 Y L	F	*I Beau Laughlin		9/1/2013	Top Times Prior to Smith's Tenure Meet
4	25.83 Y L	F	*I Jaxon Roberts	11	2/12/2020	WESCO 4A Boys Districts 2020
5	26.65 Y L	F	*I Tanner Hoidal	12	2/8/2012	District 4A Championships
6	27.09 Y L	F	*I William Bergman	12	12/4/2008	Mount Vernon
7	28.28 Y L	F	*I Michael Fannin	11	1/6/2005	Everett
8	28.52 Y L	F	*I Andrei Cira	12	12/6/2016	EdWW/MLT
9	28.71 Y	F	*I Eric Ellersick	12	12/1/2009	Time Trials
10	29.00 Y	F	*I Bramon Yotty	12	12/1/2009	Time Trials
11	29.12 Y	F	*I James DeLong	12	12/1/2016	Boys Time Trials
12	29.71 Y	F	*I Noah Henderson	12	11/23/2021	Boys Time Trials 2021
13	29.97 Y L	F	*I Noah Robertson	12	2/7/2019	WESCO 4A Boys District Championships
14	29.99 Y	F	*I Theodor Hezkial	12	5/8/2021	Time Trials
15	30.19 Y	F	*I Eric Ha	11	11/19/2004	Time Trials
16	30.30 Y L	F	*I David Steel	12	12/4/2007	Mariner
17	30.50 Y L	F	*I Kyle Stober	12	1/12/2016	Snohomish/GP
18	30.75 Y L	F	*I Christopher Nguyen	12	2/11/2015	District 4A Championship
19	31.54 Y L	F	*I Kolby Campbell	12	1/13/2015	Snohomish/GP/Everett
20	31.56 Y L	F	Ciaran Dewing	11	1/4/2024	Stanwood vs Cascade
Men 100 Back						
1	51.97 Y	F	Yurii Onofriichuk	12	2/9/2024	NW District 1 3A Championships
2	52.59 Y	F	*I Sean Nesheim	12	2/15/2008	State Meet
3	53.56 Y	F	*I Craig Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
4	53.80 Y	F	*I Beau Laughlin		9/1/2013	Top Times Prior to Smith's Tenure Meet
5	55.74 Y	F	*I Gabriel Licina		9/1/2013	Top Times Prior to Smith's Tenure Meet
6	56.22 Y	F	*I Asahel Jenkins	12	9/1/2013	Top Times Prior to Smith's Tenure Meet

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	Time	P/F/S	Name	Age/Yr		
7	57.46 Y	F	*I Noah Henderson	12	12/15/2022	PNS SR Champs 2022
8	57.65 Y	F	*I Chris Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
9	57.94 Y	F	*I Ken Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
10	57.99 Y	F	*I Tanner Hoidal	12	2/10/2011	Districts
11	58.43 Y	F	*I Jerry Slattum		9/1/2013	Top Times Prior to Smith's Tenure Meet
12	58.60 Y	F	*I Ryan Jones		9/1/2013	Top Times Prior to Smith's Tenure Meet
13	58.86 Y	F	*I Jon Worcester		9/1/2013	Top Times Prior to Smith's Tenure Meet
14	59.09 Y	F	*I Jaxon Roberts	11	12/12/2019	Stanwood vs Cascade
15	59.71 Y	F	*I Rich Rainaldo		9/1/2013	Top Times Prior to Smith's Tenure Meet
16	1:00.38 Y	F	*I Mark Deller		9/1/2013	Top Times Prior to Smith's Tenure Meet
17	1:00.60 Y	F	*I Chris Erickson		9/1/2013	Top Times Prior to Smith's Tenure Meet
18	1:00.68 Y	F	*I Katagiri Daigo		9/1/2013	Top Times Prior to Smith's Tenure Meet
19	1:01.67 Y	P	*I Eric Ha	11	2/10/2005	Boys' District Meet
20	1:02.02 Y	F	*I Eric Ellersick	12	12/15/2009	Marysville Pilchuck
Men 50 Breast						
1	28.52 Y	F	*I Noah Henderson	12	11/22/2022	Boys Time Trials
2	30.06 Y	F	Yurii Onofriichuk	12	11/17/2023	Boys Time Trial 2023
3	31.06 Y	F	*I Bramon Yotty	12	12/1/2009	Time Trials
4	31.93 Y	F	*I Jaxon Roberts	11	12/5/2019	Time Trials 2019
5	32.05 Y	F	*I Andrew Nguyen	12	12/1/2016	Boys Time Trials
6	32.75 Y	F	*I Christopher Nguyen	12	12/1/2014	Boys Time Trials
7	33.57 Y	F	*I Brian Li	12	11/19/2004	Time Trials
8	34.82 Y	F	*I Eric Smith		11/19/2004	Time Trials
9	34.84 Y	F	*I Eric Ellersick	12	12/1/2009	Time Trials
10	35.13 Y	F	Trevor Krestel	12	11/17/2023	Boys Time Trial 2023
11	35.25 Y	F	*I Christopher Kapetanov	12	12/1/2014	Boys Time Trials
12	35.37 Y	F	*I Travis Cox	12	12/1/2014	Boys Time Trials
13	35.94 Y	F	*I James DeLong	12	12/1/2016	Boys Time Trials
14	36.09 Y	F	*I Jacob Elenbaas	12	12/1/2016	Boys Time Trials
15	36.47 Y	F	*I Ramon Feskens	11	11/19/2004	Time Trials
16	37.03 Y	F	Soren Anderson	11	11/17/2023	Boys Time Trial 2023
17	37.05 Y	F	*I Devin Huynh	11	12/5/2019	Time Trials 2019
18	37.39 Y	F	*I Adam Aljets	12	11/19/2004	Time Trials
19	37.50 Y	F	*I Michael Fannin	11	11/23/2005	Time Trials
20	37.63 Y	F	Ciaran Dewing	11	11/17/2023	Boys Time Trial 2023
Men 100 Breast						
1	57.94 Y	F	*I Noah Henderson	12	12/15/2022	PNS SR Champs 2022
2	1:00.31 Y	F	*I Bramon Yotty	12	2/19/2010	State
3	1:00.68 Y	F	Yurii Onofriichuk	12	11/17/2023	Boys Time Trial 2023
4	1:01.66 Y	F	*I Rob Slattum		9/1/2013	Top Times Prior to Smith's Tenure Meet
5	1:01.89 Y	F	*I Chris Erickson		9/1/2013	Top Times Prior to Smith's Tenure Meet
6	1:02.06 Y	F	*I Tyler Hooper		9/1/2013	Top Times Prior to Smith's Tenure Meet
7	1:02.84 Y	F	*I Van Anderson		9/1/2013	Top Times Prior to Smith's Tenure Meet
8	1:03.26 Y	F	*I Shahan Towers		9/1/2013	Top Times Prior to Smith's Tenure Meet
9	1:03.27 Y	F	*I Craig Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
10	1:03.52 Y	F	*I Steve Dorset		9/1/2013	Top Times Prior to Smith's Tenure Meet
11	1:03.62 Y	F	*I Asahel Jenkins	12	9/1/2013	Top Times Prior to Smith's Tenure Meet
12	1:04.10 Y	F	*I Chris Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
13	1:05.00 Y	F	*I Sean Nesheim	12	1/8/2008	Lake Stevens
14	1:05.10 Y	F	*I Mike Astrof		9/1/2013	Top Times Prior to Smith's Tenure Meet
15	1:05.17 Y	F	*I Robert Jordan		9/1/2013	Top Times Prior to Smith's Tenure Meet
16	1:05.58 Y	F	*I Neil Tastad		9/1/2013	Top Times Prior to Smith's Tenure Meet
17	1:06.49 Y	P	*I Christopher Nguyen	12	2/11/2015	District 4A Championship
18	1:07.64 Y	F	*I Jaxon Roberts	11	12/17/2019	EWHS vs MLTHS vs Cascade
19	1:07.70 Y	F	*I Tom Astrof		9/1/2013	Top Times Prior to Smith's Tenure Meet
20	1:07.79 Y	F	*I Dan Paige		9/1/2013	Top Times Prior to Smith's Tenure Meet

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	Time	P/F/S	Name	Age/Yr		
Men 50 Fly						
1	25.66 Y	F	*I Noah Henderson	12	11/22/2022	Boys Time Trials
2*	26.33 Y	F	*I Bramon Yotty	12	11/21/2008	Time Trials
2*	26.33 Y	F	*I Jaxon Roberts	11	12/5/2019	Time Trials 2019
4	26.57 Y	F	Yurii Onofriichuk	12	11/17/2023	Boys Time Trial 2023
5	26.65 Y	F	*I Eric Ellersick	12	12/1/2009	Time Trials
6	27.61 Y	F	*I Sean Nesheim	12	11/21/2008	Time Trials
7	27.64 Y	F	*I James DeLong	12	12/1/2016	Boys Time Trials
8	27.82 Y	F	*I Sean Sibley	12	11/28/2017	Boys Time Trials
9*	27.89 Y	F	*I Rami Sabra	12	12/1/2014	Boys Time Trials
9*	27.89 Y	F	*I Travis Spitzock	12	12/1/2014	Boys Time Trials
11	28.21 Y	F	*I Maxwell Nelson	12	11/29/2018	Boys Time Trials
12	28.31 Y	F	*I Eric Ha	11	11/19/2004	Time Trials
13	28.81 Y	F	*I Eric Smith		11/19/2004	Time Trials
14	29.49 Y	F	Trevor Krestel	12	11/17/2023	Boys Time Trial 2023
15	29.97 Y	F	*I Vladyslav Nekhoroshykh	12	11/25/2015	Boys 2015-2016 Time Trials
16	30.07 Y	F	*I Christopher Nguyen	12	12/1/2014	Boys Time Trials
17	30.09 Y	F	*I Taylor Covert	12	12/1/2009	Time Trials
18	30.19 Y	F	*I Miles Thompson	12	11/29/2018	Boys Time Trials
19	30.34 Y	F	*I Adam Aljets	12	11/19/2004	Time Trials
20	30.57 Y	F	*I John Stubbs	11	11/19/2004	Time Trials
Men 100 Fly						
1	50.10 Y	F	*I Asahel Jenkins	12	2/15/2013	State 4A Championships
2	52.72 Y	F	*I Noah Henderson	12	12/15/2022	PNS SR Champs 2022
3	53.56 Y	F	*I Sean Nesheim	12	1/10/2009	Kentridge Invite
4	53.78 Y	F	*I Ken Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
5	54.24 Y	F	*I Steve Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
6	54.38 Y	P	*I Jaxon Roberts	11	2/12/2020	WESCO 4A Boys Districts 2020
7	54.47 Y	F	*I Eric Ellersick	12	2/10/2011	Districts
8	55.26 Y	F	*I Chris Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
9	55.50 Y	F	*I Mike Weiss		9/1/2013	Top Times Prior to Smith's Tenure Meet
10	55.67 Y	F	*I Craig Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
11	55.84 Y	P	*I Bramon Yotty	12	2/11/2009	Boys WESCO District Champs 09
12	56.55 Y	F	*I Gabriel Licina		9/1/2013	Top Times Prior to Smith's Tenure Meet
13	56.67 Y	F	*I Nick Reynolds		9/1/2013	Top Times Prior to Smith's Tenure Meet
14	56.71 Y	F	*I Rami Sabra	12	2/11/2016	WESCO 4A Boys Districts 2016
15	56.73 Y	F	*I Beau Laughlin		9/1/2013	Top Times Prior to Smith's Tenure Meet
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	*I Jaxon Roberts	11	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	*I Miles Thompson	12	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

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15	1:16.39 Y	F	*I Devin Huynh	11	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 Spitzcock	12	11/27/2012	Time Trials
20	1:19.33 Y	F	*I Oliver Nelson	12	11/21/2008	Time Trials
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	1:57.27 Y	P	Yurii Onofriichuk	12	2/9/2024	NW District 1 3A Championships
4	1:57.55 Y	F	*I Noah Henderson	12	2/9/2023	WESCO 3A Boys Districts 2023
5	1:58.47 Y	F	*I Ken Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
6	1:59.84 Y	F	*I Chris Erickson		9/1/2013	Top Times Prior to Smith's Tenure Meet
7	1:59.92 Y	F	*I Asahel Jenkins	12	9/1/2013	Top Times Prior to Smith's Tenure Meet
8	2:00.69 Y	F	*I Craig Quarterman		9/1/2013	Top Times Prior to Smith's Tenure Meet
9	2:03.50 Y	F	*I Steve Smith		9/1/2013	Top Times Prior to Smith's Tenure Meet
10	2:04.02 Y	F	*I Gabriel Licina		9/1/2013	Top Times Prior to Smith's Tenure Meet
11	2:05.17 Y	F	*I Nick Reynolds		9/1/2013	Top Times Prior to Smith's Tenure Meet
12	2:06.78 Y	F	*I Rob Slattum		9/1/2013	Top Times Prior to Smith's Tenure Meet
13	2:07.20 Y	F	*I Marc Johnson		9/1/2013	Top Times Prior to Smith's Tenure Meet
14	2:08.49 Y	F	*I Jerry Slattum		9/1/2013	Top Times Prior to Smith's Tenure Meet
15	2:09.07 Y	F	*I Bramon Yotty	12	12/8/2009	Mariner
16	2:09.23 Y	F	*I Jaxon Roberts	11	12/17/2019	EWHS vs MLTHS vs Cascade
17	2:12.75 Y	F	*I Tyler Hooper		9/1/2013	Top Times Prior to Smith's Tenure Meet
18	2:12.79 Y	F	*I Tim Turner		9/1/2013	Top Times Prior to Smith's Tenure Meet
19	2:14.17 Y	F	*I Eric Ellersick	12	12/6/2010	Shorewood
20	2:14.76 Y	F	*I Robert Jordan		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	281.75	F	*I Issac Bingay	12	2/16/2023	Boys 3A State Meet
3	258.30	F	*I Justin Welch	12	1/22/2015	Lake Stevens/Archbishop Murphy
4	248.60	F	*I Austin Brandt	12	2/16/2018	2018 4A Boys State Swim/Dive Champs
5	245.50	F	*I Michael Cizek	12	2/8/2012	District 4A Championships
6	240.05	F	*I Alexis Hernandez	12	1/6/2016	Oak Harbor
7	228.55	F	*I Edmond Lesense	12	2/10/2011	Districts
8	217.85	F	*I Fox Darimont	12	1/10/2019	Everett/Murphy
9	216.70	F	*I Donnoven Nguyen	12	1/19/2016	Mariner
10	211.55	P	*I Edmond LeSesne	12	2/11/2010	District Meet
11	191.15	F	*I Kyle Ogle	10	2/8/2012	District 4A Championships
12	171.10	F	*I Matthew Butler	12	12/16/2014	SW vs Cascade
13	152.50	F	*I Tada Kaneko	12	12/14/2017	Shorewood
14	145.75	F	*I Matt Butler	10	1/10/2013	Oak Harbor
15	145.00	F	*I Jason Covert	12	1/23/2007	Oak Harbor
16	142.40	F	*I Michael Glover	11	1/23/2018	Meadowdale/Lynnwood
17	139.05	F	*I Rolando Le	12	1/28/2020	Kamiak Cascade
18	134.05	F	*I Brian Janner	12	1/11/2011	Kamiak
19	129.15	F	*I James Larson	10	6/2/2021	Everett @ Cascade
20	129.00	F	*I Michael Janner	12	1/23/2007	Oak Harbor
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	356.80	F	*I Issac Bingay	12	1/14/2023	Kamiak 11-Dive Qualifier
5	350.50	F	*I Alexis Hernandez	12	2/11/2016	WESCO 4A Boys Districts 2016
6	329.40	F	*I Donnoven Nguyen	12	2/11/2016	WESCO 4A Boys Districts 2016
7	315.85	F	*I Eric Demers		9/1/2013	Top Times Prior to Smith's Tenure Meet
8	300.50	F	*I Matt Butler	10	2/7/2013	Boys 4A District Championship

Cascade High School Swimming Everett, WA 98203

Individual Top Times

Number of Top Times: 20 Show Yards Only

	Time	P/F/S	Name	Age/Yr		
9	298.25	F	*I Fox Darimont	12	2/7/2018	4A District Championships
10	269.40	F	*I Michael Cizek	12	2/7/2013	Boys 4A District Championship
11	257.15	F	*I Kyle Ogle	10	2/7/2013	Boys 4A District Championship
12	245.40	F	*I Anthony Nganga	12	2/12/2020	WESCO 4A Boys Districts 2020
13	237.55	F	*I Brian Nguyen		1/6/2018	Kentridge Invite
14	228.55	P	*I Edmond LeSesne	12	2/10/2011	Districts
15	227.10	F	*I Michael Glover	11	2/7/2018	4A District Championships
16	222.25	F	*I Rolando Le	12	2/12/2020	WESCO 4A Boys Districts 2020
17	218.60	F	*I Tada Kaneko	12	2/8/2017	4A District Championships
18	206.55	F	*I Caleb Bonilla-Stevenson	11	2/12/2020	WESCO 4A Boys Districts 2020
19	203.95	F	*I Tim Bonilla-Stevenson	10	2/9/2022	WESCO 3A Boys Districts 2022
20	184.30	F	*I Jason Covert	12	2/8/2007	District Meet
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	*I Michael Glover	11	1/17/2019	Jackson
6	146.80	F	*I Donnoven Nguyen	12	1/27/2015	Marysville Pilchuck/Getchel
7	130.55	F	*I Carson Metcalfe	09	1/27/2015	Marysville Pilchuck/Getchel
8	129.40	F	*I Jonathan Lopez	12	1/17/2019	Jackson
9	124.10	F	*I Rolando Le	12	1/17/2019	Jackson
10	95.25	F	*I Anthony Nganga	12	1/23/2020	Jackson vs Cascade
11	85.00	F	*I Caleb Bonilla-Stevenson	11	1/23/2020	Jackson vs Cascade