

**Cascade High School Swimming  
Everett, WA 98203**

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**RECORDS BOYS HS**

**Yards-Women**

50 Free	24.63	<b>9-Nov-12</b>	CASC	Danielle Booth at Girls 4A State Championships
100 Free	52.56	<b>2-Sep-13</b>	CASC	Kalena Laurent at Top Times Prior to Smith's Tenure
200 Free	1:52.88	<b>11-Nov-11</b>	CASC	Kalena Laurent at 4A STATE Championships
500 Free	5:03.25	<b>2-Sep-13</b>	CASC	Kalena Laurent at Top Times Prior to Smith's Tenure
100 Back	1:01.10	<b>2-Sep-13</b>	CASC	Nikki Hall at Top Times Prior to Smith's Tenure
100 Breast	1:06.36	<b>15-Nov-13</b>	CASC	Danielle Booth at 2013 Girls State Meet 4A
100 Fly	55.99	<b>2-Sep-13</b>	CASC	Kalena Laurent at Top Times Prior to Smith's Tenure
200 IM	2:08.17	<b>2-Sep-13</b>	CASC	Kalena Laurent at Top Times Prior to Smith's Tenure
1 Meter 6 Dives	204.25	<b>1-Nov-91</b>	CAS	L. Coyne
1 Meter 11 Dives	392.10	<b>4-Nov-14</b>	CASC	Ashley Albrecht Districts 2014
200 Free Relay	1:38.29	<b>9-Nov-12</b>	CASC	Cascade High School N. Carlson, D. Booth, D. Booth, K. Laurent
400 Free Relay	3:34.96	<b>9-Nov-12</b>	CASC	Cascade High School N. Carlson, D. Booth, D. Booth, K. Laurent
200 Medley Relay	1:54.03	<b>1-Nov-92</b>	CAS	R. Lombardo T. McMaster M. Watanabe J. Sturdefant

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**Yards-Men**

50 Free	21.51	<b>20-Feb-09</b>	CASC	Travis Spitzock	2016 4A State Championships
100 Free	45.34	<b>1-Sep-13</b>	CASC	Ken Quarterman	at Top Times Prior to Smith's Tenure Meet
200 Free	1:38.51	<b>1-Sep-13</b>	CASC	Ken Quarterman	at Top Times Prior to Smith's Tenure Meet
500 Free	4:34.80	<b>11-Feb-09</b>	CASC	Sean Nesheim	at Boys WESCO District Champs 09
100 Back	52.59	<b>16-Feb-08</b>	CAS	SEAN NESHEIM	
100 Breast	1:00.31	<b>19-Feb-10</b>	CASC	Bramon Yotty	at State
100 Fly	50.10	<b>15-Feb-13</b>	CASC	AJ JENKINS	at State 4A Championships
200 IM	1:53.53	<b>1-Sep-13</b>	CASC	Chris Smith	at Top Times Prior to Smith's Tenure Meet
1 Meter 11 Dives	506.70	<b>7-Feb-18</b>	CASC	Joe Hofman	
200 Free Relay	1:31.02	<b>20-Feb-96</b>	CAS	Rami Sabra Ben Bledsoe	Vlad Nekhoroshkyh Travis Spitzock
400 Free Relay	3:10.18	<b>20-Feb-96</b>	CAS	B. LAUGHLIN, J. WORCHESTER, S. SMITH, C. QUARTERMAN	
200 Medley Relay	1:38.62	<b>20-Feb-92</b>	CAS	B. LAUGHLIN, R. STATTUM, C. QUATERMAN, S. SMITH	