

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		
Women 50 Free						
1	24.63 Y	P	*I Danielle Booth	10	11/9/2012	Girls 4A State Championships
2	24.77 Y	F	*I Nichole Carlson	12	9/2/2013	Top Times Prior to Smith's Tenure
3	24.82 Y	F	*I Aislinn Kessinger	12	10/31/2018	WESCO Girls 2018 4A Championships
4	24.87 Y	F	*I Rachel MacNeill		9/2/2013	Top Times Prior to Smith's Tenure
5	25.00 Y	F	*I Kalena Laurent	12	10/1/2011	Mukilteo Invite
6	25.16 Y	P	*I Anne Woodrum	11	11/6/2019	WESCO 4AGirls Districts 2019
7	25.23 Y	F	*I Masako Watanabe		9/2/2013	Top Times Prior to Smith's Tenure
8*	25.43 Y	P	*I Darcie Booth	12	11/1/2012	WESCO 4A District
8*	25.43 Y	F	*I Nikki Hall		9/2/2013	Top Times Prior to Smith's Tenure
10	25.53 Y	F	*I Ana Kessinger	12	11/1/2017	District 1 4A Championship
11	25.57 Y L	F	*I Apolinaria Prater	12	9/6/2018	Relay Jamboree
12*	25.58 Y	F	*I Chieko Watanabe		9/2/2013	Top Times Prior to Smith's Tenure
12*	25.58 Y	F	*I Joleen Sturdevant		9/2/2013	Top Times Prior to Smith's Tenure
14	25.68 Y	F	*I Mindy Galbraith		9/2/2013	Top Times Prior to Smith's Tenure
15	25.78 Y	F	*I Marion Gallagher		9/2/2013	Top Times Prior to Smith's Tenure
16	25.92 Y	F	Maytha Phut	10	11/1/2023	NW District 1 3A Championships
17	26.06 Y	F	*I Johanna McClees		9/2/2013	Top Times Prior to Smith's Tenure
18	26.29 Y	F	*I Summer Anderson		9/2/2013	Top Times Prior to Smith's Tenure
19	26.40 Y	F	*I Anne McGuinness		9/2/2013	Top Times Prior to Smith's Tenure
20	26.49 Y	F	*I Emily Lloyd		9/2/2013	Top Times Prior to Smith's Tenure
Women 100 Free						
1	52.56 Y	F	*I Kalena Laurent	12	9/2/2013	Top Times Prior to Smith's Tenure
2	53.63 Y	F	*I Nichole Carlson	12	11/9/2012	Girls 4A State Championships
3	53.86 Y	P	*I Aislinn Kessinger	12	11/6/2019	WESCO 4AGirls Districts 2019
4	54.63 Y	P	*I Anne Woodrum	11	11/6/2019	WESCO 4AGirls Districts 2019
5	54.65 Y	F	*I Ana Kessinger	12	11/11/2016	2016 Girls State Meet 4A
6	54.78 Y	F	*I Apolinaria Prater	12	10/31/2018	WESCO Girls 2018 4A Championships
7	54.82 Y	F	*I Joleen Sturdevant		9/2/2013	Top Times Prior to Smith's Tenure
8	55.03 Y	P	*I Darcie Booth	12	11/1/2012	WESCO 4A District
9	55.07 Y	F	*I Rachel MacNeill		9/2/2013	Top Times Prior to Smith's Tenure
10	55.09 Y	F	*I Nikki Hall		9/2/2013	Top Times Prior to Smith's Tenure
11	55.55 Y	F	*I Mindy Galbraith		9/2/2013	Top Times Prior to Smith's Tenure
12	56.82 Y	F	*I Masako Watanabe		9/2/2013	Top Times Prior to Smith's Tenure
13	56.93 Y	F	*I Kristen Glass		9/2/2013	Top Times Prior to Smith's Tenure
14	56.99 Y	F	*I Summer Anderson		9/2/2013	Top Times Prior to Smith's Tenure
15	57.13 Y	F	*I Danielle Booth	10	10/9/2012	Marysville Pilchuck & Getchel
16	57.40 Y	F	*I Chieko Watanabe		9/2/2013	Top Times Prior to Smith's Tenure
17	57.46 Y	F	*I Johanna McClees		9/2/2013	Top Times Prior to Smith's Tenure
18	58.50 Y L	P	*I Demetra Laurent	12	11/2/2011	District 4A Meet
19	58.71 Y	F	*I Amara Marino		9/2/2013	Top Times Prior to Smith's Tenure
20	59.41 Y	F	Maytha Phut	10	9/7/2023	Girls Time Trials
Women 200 Free						
1	1:52.88 Y	F	*I Kalena Laurent	12	11/11/2011	4A STATE Championships
2	1:57.67 Y	F	*I Aislinn Kessinger	12	11/6/2019	WESCO 4AGirls Districts 2019
3	1:57.78 Y	F	*I Darcie Booth	12	9/2/2013	Top Times Prior to Smith's Tenure
4	1:57.86 Y	F	*I Nikki Hall		9/2/2013	Top Times Prior to Smith's Tenure
5	1:58.39 Y	F	*I Nichole Carlson	12	9/2/2013	Top Times Prior to Smith's Tenure
6	1:58.52 Y	F	*I Demetra Laurent	12	11/9/2012	Girls 4A State Championships
7	1:59.50 Y	F	*I Mindy Galbraith		9/2/2013	Top Times Prior to Smith's Tenure
8	2:01.79 Y	F	*I Anne Woodrum	11	10/31/2018	WESCO Girls 2018 4A Championships
9	2:02.22 Y	F	*I Apolinaria Prater	12	10/31/2018	WESCO Girls 2018 4A Championships
10	2:02.77 Y	F	*I Amara Marino		9/2/2013	Top Times Prior to Smith's Tenure
11	2:03.42 Y	F	*I Kristen Glass		9/2/2013	Top Times Prior to Smith's Tenure
12	2:03.98 Y	F	*I Masako Watanabe		9/2/2013	Top Times Prior to Smith's Tenure
13	2:05.25 Y	F	*I Chieko Watanabe		9/2/2013	Top Times Prior to Smith's Tenure

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	Time	P/F/S	Name	Age/Yr		
14	2:05.48 Y	F	*I Ana Kessinger	12	9/22/2016	MP/MG
15	2:05.96 Y	F	*I Allison Aylesworth		9/2/2013	Top Times Prior to Smith's Tenure
16	2:07.56 Y	F	*I Danielle Booth	10	10/4/2012	Edmonds-WW
17	2:07.87 Y	F	*I Summer Anderson		9/2/2013	Top Times Prior to Smith's Tenure
18	2:08.77 Y	P	*I Carissa Hopper	12	11/2/2011	District 4A Meet
19	2:09.50 Y	F	*I Brittney Thompson	12	9/30/2004	Mt. Vernon
20	x2:09.98 Y	F	*I Ashley Carlson	10	10/2/2010	Mukilteo Invite
Women 500 Free						
1	5:03.25 Y	F	*I Kalena Laurent	12	9/2/2013	Top Times Prior to Smith's Tenure
2	5:11.60 Y	F	*I Demetra Laurent	12	11/9/2012	Girls 4A State Championships
3	5:22.06 Y	F	*I Rachel MacNeill		9/2/2013	Top Times Prior to Smith's Tenure
4	5:24.52 Y	F	*I Mindy Galbraith		9/2/2013	Top Times Prior to Smith's Tenure
5	5:29.39 Y	F	*I Aislinn Kessinger	12	10/31/2018	WESCO Girls 2018 4A Championships
6	5:29.45 Y	P	*I Apolinaria Prater	12	11/11/2016	2016 Girls State Meet 4A
7	5:34.24 Y	F	*I Chieko Watanabe		9/2/2013	Top Times Prior to Smith's Tenure
8	5:34.56 Y	F	*I Masako Watanabe		9/2/2013	Top Times Prior to Smith's Tenure
9	5:34.80 Y	F	*I Kristen Glass		9/2/2013	Top Times Prior to Smith's Tenure
10	5:36.24 Y	F	*I Darcie Booth	12	9/27/2012	Shorecrest, Snohomish, Glacier Peak
11	5:40.89 Y	F	*I Nichole Carlson	12	9/27/2012	Shorecrest, Snohomish, Glacier Peak
12	5:41.00 Y	F	*I Amara Marino		9/2/2013	Top Times Prior to Smith's Tenure
13	5:41.15 Y	F	*I M McGuinness		9/2/2013	Top Times Prior to Smith's Tenure
14	5:41.44 Y	F	*I Anne Woodrum	11	9/2/2013	Top Times Prior to Smith's Tenure
15	5:44.34 Y	F	*I Kasey Dorcas	12	10/5/2006	Snohomish
16	5:47.84 Y	F	*I Brittney Thompson	12	9/21/2004	Lake Stevens
17	5:48.87 Y	F	*I Allison Aylesworth		9/2/2013	Top Times Prior to Smith's Tenure
18	5:49.02 Y	F	*I Danielle Booth	10	10/3/2013	Snohomish/Glacier Peak
19	5:50.29 Y	F	*I Emily Licina		9/2/2013	Top Times Prior to Smith's Tenure
20	5:52.41 Y	F	*I Johanna McClees		9/2/2013	Top Times Prior to Smith's Tenure
Women 50 Back						
1	29.72 Y L	F	*I Apolinaria Prater	12	9/13/2018	Stanwood
2	30.62 Y	F	Maytha Phut	10	9/7/2023	Girls Time Trials
3	30.68 Y L	F	*I Danielle Booth	10	9/18/2012	Jackson & Everett
4*	31.21 Y L	F	*I Kalena Laurent	12	10/4/2011	Everett
4*	31.21 Y L	F	*I Ashley Carlson	10	10/28/2010	JV Champs
6*	31.34 Y L	F	*I Ana Kessinger	12	9/18/2015	Mount Vernon
6*	31.34 Y L	P	*I Carissa Hopper	12	11/9/2012	Girls 4A State Championships
8	31.59 Y L	F	*I Michelle Mak	12	10/19/2004	Marysville-Pilchuck
9	31.67 Y L	F	*I Brooklyn LeBaron	12	10/24/2013	Kamiak
10	31.89 Y L	F	*I Aislinn Kessinger	12	10/3/2019	Stanwood v Cascade v Everett
11	32.32 Y L	F	*I Demetra Laurent	12	10/1/2011	Mukilteo Invite
12	33.13 Y L	P	*I Mikayla Ram	12	11/5/2014	District 4A Championship
13	33.46 Y L	F	Alana Dewing	10	11/1/2023	NW District 1 3A Championships
14	33.48 Y	F	*I Darcie Booth	12	8/31/2012	Time Trial
15	33.92 Y L	F	*I Jennifer Pederson	12	9/14/2004	Lynden
16	34.00 Y	F	*I Jacqueline DeLong	12	9/10/2010	Mini-meet at Forest Park
17	34.12 Y L	P	*I Whitney Taylor	12	11/6/2008	District Meet
18	34.26 Y L	F	*I Elisha Naylor	12	10/19/2004	Marysville-Pilchuck
19	34.34 Y	F	*I Anne Woodrum	11	8/31/2018	Girls Time Trials 2018
20	34.63 Y L	F	*I Megan Engebretson	12	9/20/2011	Kamiak, Monroe, Meadowdale
Women 100 Back						
1	1:01.10 Y	F	*I Nikki Hall		9/2/2013	Top Times Prior to Smith's Tenure
2	1:03.67 Y	F	*I Kalena Laurent	12	10/6/2012	Mukilteo Invite
3	1:03.89 Y	F	*I Rita Lombardo		9/2/2013	Top Times Prior to Smith's Tenure
4	1:04.13 Y	F	*I Shannon Tracy		9/2/2013	Top Times Prior to Smith's Tenure
5	1:04.83 Y	F	*I Apolinaria Prater	12	10/16/2018	Kamiak & Mariner
6	1:05.16 Y	F	*I Aislinn Kessinger	12	9/2/2013	Top Times Prior to Smith's Tenure
7	1:05.48 Y	F	*I Joleen Sturdevant		9/2/2013	Top Times Prior to Smith's Tenure

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	Time	P/F/S	Name	Age/Yr		
8	1:05.51 Y	F	*I Nichole Carlson	12	9/2/2013	Top Times Prior to Smith's Tenure
9	1:05.73 Y	F	*I Ashley Carlson	10	10/28/2010	JV Champs
10	1:05.97 Y	P	*I Carissa Hopper	12	11/2/2011	District 4A Meet
11	1:06.05 Y	F	*I Summer Anderson		9/2/2013	Top Times Prior to Smith's Tenure
12	1:06.15 Y	F	*I Brianne Smith		9/2/2013	Top Times Prior to Smith's Tenure
13	1:06.22 Y	F	*I Emily Lloyd		9/2/2013	Top Times Prior to Smith's Tenure
14	1:06.44 Y	F	*I Jacqueline DeLong	12	9/2/2013	Top Times Prior to Smith's Tenure
15	1:06.50 Y	F	*I Masako Watanabe		9/2/2013	Top Times Prior to Smith's Tenure
16	1:07.46 Y	F	*I Ana Kessinger	12	9/29/2015	Kamiak/Everett/Lynnwood
17	1:07.70 Y	F	*I Darcie Booth	12	12/14/2011	WA State Senior Champs
18	1:08.44 Y	F	*I Demetra Laurent	12	10/3/2013	Snohomish/Glacier Peak
19	1:08.53 Y	F	*I Danielle Booth	10	10/4/2012	Edmonds-WW
20	1:08.84 Y	P	*I Brooklyn LeBaron	12	11/6/2013	2013 WESCO 4A Girls District Champior
Women 50 Breast						
1	34.17 Y	F	Maytha Phut	10	9/7/2023	Girls Time Trials
2	34.31 Y	F	*I Danielle Booth	10	8/31/2012	Time Trial
3	34.72 Y	F	*I Nichole Carlson	12	8/31/2012	Time Trial
4	37.59 Y	F	*I Darcie Booth	12	8/31/2012	Time Trial
5	37.90 Y	F	*I Demetra Laurent	12	9/5/2014	Time Trials
6	39.01 Y	F	*I Jemimah McAleer	12	9/5/2014	Time Trials
7	39.23 Y	F	*I Apolinaria Prater	12	9/1/2016	Girls Time Trials
8	39.29 Y	F	*I Aislinn Kessinger	12	8/31/2018	Girls Time Trials 2018
9	39.32 Y	F	*I Ana Kessinger	12	9/1/2016	Girls Time Trials
10	40.06 Y	F	*I Kirsten Hanks	12	8/31/2012	Time Trial
11	40.40 Y L	F	*I Zoe Cole	11	9/6/2018	Relay Jamboree
12	40.44 Y	F	*I Hayley Barnes	12	9/13/2005	Pentathalon
13	40.75 Y	F	*I Jacqueline DeLong	12	8/31/2012	Time Trial
14	40.96 Y	F	*I Carissa Hopper	12	8/31/2012	Time Trial
15	41.02 Y	F	*I Anne Woodrum	11	9/1/2016	Girls Time Trials
16	42.15 Y	F	*I Brittany Smith	12	9/13/2005	Pentathalon
17	42.50 Y	F	*I Jeanie Neumann	11	9/3/2008	Time Trials
18	42.51 Y	F	*I Camille Fontaine	11	9/13/2005	Pentathalon
19	43.04 Y	F	*I Mariana Oliva-Jauregui	12	8/31/2021	Time Trials
20	43.11 Y	F	*I Whitney Taylor	12	9/13/2005	Pentathalon
Women 100 Breast						
1	1:06.36 Y	F	*I Danielle Booth	10	11/15/2013	2013 Girls State Meet 4A
2	1:07.01 Y	P	*I Brittney Thompson	12	11/12/2004	2004 Dairy Farmers of Washington State
3	1:08.18 Y	F	*I Rachel MacNeill		9/2/2013	Top Times Prior to Smith's Tenure
4	1:08.25 Y	F	*I Nichole Carlson	12	9/2/2013	Top Times Prior to Smith's Tenure
5	1:11.09 Y	F	*I Marion Gallagher		9/2/2013	Top Times Prior to Smith's Tenure
6	1:11.46 Y	F	*I Stacy Mullen		9/2/2013	Top Times Prior to Smith's Tenure
7	1:12.05 Y	F	*I Darcie Booth	12	12/14/2011	WA State Senior Champs
8	1:12.39 Y	F	Maytha Phut	10	11/1/2023	NW District 1 3A Championships
9	1:12.46 Y	F	*I Tessa McMaster		9/2/2013	Top Times Prior to Smith's Tenure
10	1:12.48 Y	F	*I Summer Anderson		9/2/2013	Top Times Prior to Smith's Tenure
11	1:13.59 Y	F	*I Kalena Laurent	12	9/22/2011	Marysville Pilchuck-Getchell
12	1:14.31 Y	F	*I Lesley McClurg		9/2/2013	Top Times Prior to Smith's Tenure
13	1:14.92 Y	P	*I Andalyn Mullen	12	11/3/2005	Girls District Champs WESCO No
14	1:17.19 Y	F	*I Kasey Dorcas	12	9/29/2005	Mt. Vernon
15	1:18.34 Y	F	*I Demetra Laurent	12	10/2/2014	Mount Vernon
16	1:19.15 Y	F	*I Jemimah McAleer	12	11/4/2015	WESCO 4AGirls Districts 2015
17	1:19.18 Y	F	*I K Nelson		9/2/2013	Top Times Prior to Smith's Tenure
18	1:19.31 Y	F	*I Aislinn Kessinger	12	9/20/2018	Marysville Pilchuck and Getchel
19	1:19.79 Y	F	*I Amara Marino		9/2/2013	Top Times Prior to Smith's Tenure
20	1:20.39 Y	F	*I Ashley Carlson	10	9/16/2010	Mountlake Terrace
Women 50 Fly						
1	28.46 Y	F	*I Kalena Laurent	12	9/10/2010	Mini-meet at Forest Park

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	Time	P/F/S	Name	Age/Yr		
2	29.28 Y	F	*I Apolinaria Prater	12	8/31/2018	Girls Time Trials 2018
3	29.62 Y	F	*I Anne Woodrum	11	8/31/2018	Girls Time Trials 2018
4	29.67 Y	F	Maytha Phut	10	9/7/2023	Girls Time Trials
5	30.51 Y	F	*I Aislinn Kessinger	12	8/31/2018	Girls Time Trials 2018
6	31.01 Y	F	*I Danielle Booth	10	9/6/2013	Girls Team Time Trials
7	31.60 Y	F	*I Demetra Laurent	12	9/5/2014	Time Trials
8	32.35 Y	F	*I Carissa Hopper	12	8/31/2012	Time Trial
9	32.72 Y	F	*I Darcie Booth	12	8/31/2012	Time Trial
10	33.29 Y	F	*I Nichole Carlson	12	8/31/2012	Time Trial
11	33.45 Y	F	*I Brooklyn LeBaron	12	9/6/2013	Girls Team Time Trials
12	33.83 Y	F	*I Shelby Leathers	12	8/31/2012	Time Trial
13	34.45 Y	F	*I Sabrina Waller	12	9/5/2014	Time Trials
14	34.89 Y	F	*I Jemimah McAleer	12	9/5/2014	Time Trials
15	35.43 Y	F	Alana Dewing	10	9/7/2023	Girls Time Trials
16	35.53 Y	F	*I Mikayla Ram	12	9/5/2014	Time Trials
17	36.80 Y	F	*I Jeanie Neumann	11	9/3/2008	Time Trials
18	37.00 Y	F	*I Lauren Reining	12	9/3/2008	Time Trials
19	37.09 Y	F	*I Lyndsay Bandringa	11	8/31/2012	Time Trial
20	37.30 Y	F	*I Megan Kelly	11	9/3/2008	Time Trials
Women 100 Fly						
1	55.99 Y	F	*I Kalena Laurent	12	9/2/2013	Top Times Prior to Smith's Tenure
2	58.62 Y	F	*I Masako Watanabe		9/2/2013	Top Times Prior to Smith's Tenure
3	59.77 Y	F	*I Rachel MacNeill		9/2/2013	Top Times Prior to Smith's Tenure
4	1:00.39 Y	F	*I Chieko Watanabe		9/2/2013	Top Times Prior to Smith's Tenure
5	1:02.45 Y	F	*I Amara Marino		9/2/2013	Top Times Prior to Smith's Tenure
6	1:02.73 Y	F	*I Demetra Laurent	12	9/23/2014	Kamiak Cascade Archbishop Murphy
7	1:02.90 Y	F	*I Anne Woodrum	11	10/31/2018	WESCO Girls 2018 4A Championships
8	1:03.67 Y	F	*I Kasey Dorcas	12	11/4/2005	Girls District Champs Finals 2
9	1:04.67 Y	F	*I Aislinn Kessinger	12	9/2/2013	Top Times Prior to Smith's Tenure
10	1:04.97 Y	F	*I Nichole Carlson	12	9/2/2013	Top Times Prior to Smith's Tenure
11	1:07.34 Y	F	*I Brittney Thompson	12	9/16/2004	Lynnwood
12	1:07.37 Y	F	*I Carissa Hopper	12	9/18/2012	Jackson & Everett
13	1:07.88 Y	F	*I Shelby Leathers	12	11/1/2012	WESCO 4A District
14	1:08.07 Y	F	*I Danielle Booth	10	10/10/2013	Lake Stevens
15	1:08.29 Y	F	*I Andalyn Mullen	12	11/4/2004	Girls Districts
16	1:08.43 Y	F	*I Apolinaria Prater	12	9/25/2018	Edmonds Woodway
17	1:08.56 Y	F	*I Summer Anderson		9/2/2013	Top Times Prior to Smith's Tenure
18	1:09.55 Y	F	*I Kate Reynolds		9/2/2013	Top Times Prior to Smith's Tenure
19	1:10.20 Y	F	*I K Nelson		9/2/2013	Top Times Prior to Smith's Tenure
20	1:10.92 Y	F	*I Jennifer Pederson	12	9/30/2004	Mt. Vernon
Women 100 IM						
1	1:08.64 Y	F	*I Danielle Booth	10	8/31/2012	Time Trial
2	1:09.07 Y	F	*I Darcie Booth	12	8/31/2012	Time Trial
3	1:09.72 Y	F	*I Nichole Carlson	12	8/31/2012	Time Trial
4	1:15.51 Y	F	*I Jacqueline DeLong	12	8/31/2012	Time Trial
5	1:15.89 Y	F	*I Carissa Hopper	12	8/31/2012	Time Trial
6	1:16.80 Y	F	*I Jeanie Neumann	11	9/3/2008	Time Trials
7	1:17.33 Y	F	*I Jordyn Davis	12	9/13/2005	Pentathlon
8	1:18.56 Y	F	*I Brooklyn LeBaron	12	8/31/2012	Time Trial
9	1:22.30 Y	F	*I Megan Kelly	11	9/3/2008	Time Trials
10	1:22.53 Y	F	*I Shelby Leathers	12	8/31/2012	Time Trial
11	1:22.88 Y	F	*I Lyndsay Bandringa	11	8/31/2012	Time Trial
12	1:24.00 Y	F	*I Hayley Barnes	12	9/13/2005	Pentathlon
13	1:24.15 Y	F	*I Giselle Alcantar-Soto	12	9/10/2010	Mini-meet at Forest Park
14*	1:24.80 Y	F	*I Lauren Reining	12	9/3/2008	Time Trials
14*	1:24.80 Y	F	*I Whitney Taylor	12	9/3/2008	Time Trials
16	1:24.82 Y	F	*I Amy Boswell	12	8/31/2012	Time Trial

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17	1:25.31 Y	F	*I Madeline Dibble	12	8/31/2012	Time Trial
18	1:25.90 Y	F	*I Brittany Smith	12	9/3/2008	Time Trials
19	1:26.26 Y	F	*I Gloria Mendoza	11	10/11/2018	Crimson & Gray
20*	1:27.00 Y	F	*I Camille Fontaine	11	9/13/2005	Pentathlon
20*	1:27.00 Y	F	*I Megan Engebretson	12	8/31/2012	Time Trial
Women 200 IM						
1	2:08.17 Y	F	*I Kalena Laurent	12	9/2/2013	Top Times Prior to Smith's Tenure
2	2:11.10 Y	F	*I Nikki Hall		9/2/2013	Top Times Prior to Smith's Tenure
3	2:11.20 Y	F	*I Rachel MacNeill		9/2/2013	Top Times Prior to Smith's Tenure
4	2:12.52 Y	F	*I Nichole Carlson	12	9/2/2013	Top Times Prior to Smith's Tenure
5	2:18.75 Y	F	*I Chieko Watanabe		9/2/2013	Top Times Prior to Smith's Tenure
6	2:19.79 Y	F	*I Summer Anderson		9/2/2013	Top Times Prior to Smith's Tenure
7	2:19.96 Y	P	*I Brittney Thompson	12	11/4/2004	Girls Districts
8	2:20.18 Y	F	*I Demetra Laurent	12	9/20/2012	Shorewood
9	2:20.34 Y	F	*I Kasey Dorcas	12	11/4/2005	Girls District Champs Finals 2
10	2:20.89 Y	F	*I Masako Watanabe		9/2/2013	Top Times Prior to Smith's Tenure
11	2:22.31 Y	F	*I Danielle Booth	10	10/1/2013	MLT/Ed-WWW/Lynnwood
12	2:22.54 Y	F	*I Joleen Sturdevant		9/2/2013	Top Times Prior to Smith's Tenure
13	2:22.80 Y	F	*I Amara Marino		9/2/2013	Top Times Prior to Smith's Tenure
14	2:23.93 Y	F	*I Ashley Carlson	10	10/28/2010	JV Champs
15	2:24.25 Y	F	*I Aislinn Kessinger	12	9/2/2013	Top Times Prior to Smith's Tenure
16	2:26.01 Y	F	*I Apolinaria Prater	12	10/20/2016	Kamiak & Mt. Vernon
17	2:26.39 Y	F	*I Shannon Tracy		9/2/2013	Top Times Prior to Smith's Tenure
18	2:27.14 Y	F	*I Carissa Hopper	12	9/21/2010	Kamiak/Everett/Mariner
19	2:28.35 Y	F	*I Darcie Booth	12	9/22/2011	Marysville Pilchuck-Getchell
20	2:29.39 Y	F	*I Jacqueline DeLong	12	11/2/2011	District 4A Meet
Women 1 Meter 6 Dives						
1	266.40	F	*I Ashley Albrecht	12	10/16/2014	Sno/GP/Monroe
2	234.75	F	*I Charlene Kempf	12	11/4/2010	Districts
3	212.50	F	*I Saige Anderson	12	9/23/2021	GP @ Casc
4	196.60	F	*I Heather Madsen	12	11/2/2011	District 4A Meet
5	178.30	F	*I Adalee Williams	12	9/18/2015	Mount Vernon
6	170.65	F	*I Apryl Anderson	12	11/1/2012	WESCO 4A District
7	170.35	F	*I Megan Kelly	11	9/19/2008	Archbishop Murphy
8	157.20	F	*I Emily Brebner	11	10/18/2018	Everett & Murphy
9	150.75	F	*I Anneka Hilde	12	10/20/2016	Kamiak & Mt. Vernon
10	143.45	F	*I Marissa Mabanag	12	11/2/2011	District 4A Meet
11	143.30	F	*I Victoria Grover	11	10/30/2014	Last Chance Qualifier
12	138.40	F	*I Paris Smith	12	10/17/2017	Kamiak/Mt. Vernon
13	136.70	F	*I Kristine Pham	11	9/17/2019	OHHS Template
14	136.50	P	*I Natasha Brown-Butler	12	11/4/2010	Districts
15	121.60	F	*I Nichole Carlson	12	10/21/2009	Oak Harbor
16	119.10	F	*I Madelynn Moeller	10	10/27/2016	Last Chance Invite
17	118.55	F	*I Jada Smith	12	10/10/2013	Lake Stevens
18	110.35	F	*I Merceides Liotart	12	10/13/2006	Everett
19	92.85	F	*I Melanee Harty	12	10/27/2011	JV Champs
20	83.15	F	*I Caitlyn Davis	12	10/31/2013	JV Champs
Women 1 Meter 11 Dives						
1	392.10	F	*I Ashley Albrecht	12	11/5/2014	District 4A Championship
2	376.15	F	*I Saige Anderson	12	11/2/2022	3A District 1 Championship
3	308.50	F	*I Anne McGuinness		9/2/2013	Top Times Prior to Smith's Tenure
4	271.80	F	*I Adalee Williams	12	11/4/2015	WESCO 4AGirls Districts 2015
5	247.50	F	*I Apryl Anderson	12	11/5/2014	District 4A Championship
6	210.75	F	*I Anneka Hilde	12	11/2/2016	WESCO 4A Girls District Championship
7	196.95	F	*I Emily Brebner	11	11/6/2019	WESCO 4AGirls Districts 2019
8	190.65	F	*I Paris Smith	12	11/1/2017	District 1 4A Championship
9	187.60	F	*I Kristine Pham	11	11/6/2019	WESCO 4AGirls Districts 2019

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		
10	167.35	F	*I Jada Smith	12	11/6/2013	2013 WESCO 4A Girls District Champior
11	121.70	P	*I Marissa Mabanag	12	11/6/2013	2013 WESCO 4A Girls District Champior
12	76.10	F	*I Heather Madsen	12	10/30/2008	JV Champs
13	70.30	F	*I Angelica Pope	11	10/30/2008	JV Champs
14	51.05	F	*I Elora Pinto	11	10/30/2008	JV Champs
15	35.05	F	*I Caitlyn Davis	12	10/14/2013	Oak Harbor