

Cascade High School Swimming

Individual Top Times

Times since: 01-Sep-19

Cascade High School [CASC] Coach: Eric Smith

Number of Top Times: All Show Yards Only

	Time	P/F/S	Name	Age/Yr		
Women 50 Free						
1	25.17 Y	F	Anne Woodrum	12	9/28/2019	Mukilteo Invitational
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	30.85 Y	F	Gloria Mendoza	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
5	30.89 Y	F	Mariana Oliva-Jauregui	10	9/28/2019	Mukilteo Invitational
6	31.21 Y	F	Karen Vo	12	10/1/2019	Cascade @ Snohomish
7	32.07 Y	F	Phoebe Ebel	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
8	32.09 Y	F	Nikki Barrett	10	10/1/2019	Cascade @ Snohomish
9	32.51 Y	F	Angela Bui	10	10/8/2019	Cascade and Lynnwood @ Glacier Peak
10	32.82 Y	F	Zoe Cole	12	10/1/2019	Cascade @ Snohomish
11*	33.48 Y L	F	Kenlee Pope	12	9/28/2019	Mukilteo Invitational
11*	33.48 Y	F	Rylie Minugh	10	9/26/2019	Lake Stevens @ Cascade
13	33.99 Y	F	Maija Coats	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
14	34.32 Y L	F	Grace Barrett	09	10/8/2019	Cascade and Lynnwood @ Glacier Peak
15	34.97 Y L	F	Grace Tollefson	12	9/12/2019	Relay Jamboree
16	35.52 Y	F	Mckenzie Muster	11	9/24/2019	Mt. Vernon @ Cascade
17	35.70 Y	F	Elise Bingay	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
18	36.37 Y	F	Erin Cotton	12	9/17/2019	MP & MG @ Cascade
19	36.46 Y	F	Natalia Rodriguez	12	10/3/2019	Cascade & Everett @ Stanwood
20	37.42 Y	F	Anshdeep Kang	10	10/3/2019	Cascade & Everett @ Stanwood
21	37.63 Y	F	Natalie Whitson	09	10/3/2019	Cascade & Everett @ Stanwood
22	37.89 Y	F	Charlotte Stober	10	10/1/2019	Cascade @ Snohomish
23	38.12 Y	F	Leslie Luna	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
24	39.32 Y	F	Isabella Forney	10	10/1/2019	Cascade @ Snohomish
25	40.12 Y	F	Kristy Phan	09	10/1/2019	Cascade @ Snohomish
26	x40.88 Y L	F	Brenna Bryant	11	10/3/2019	Cascade & Everett @ Stanwood
27	40.90 Y	F	Sarah Maxwell	12	9/17/2019	MP & MG @ Cascade
28	41.17 Y	F	Alaska Luna	12	10/3/2019	Cascade & Everett @ Stanwood
29	41.31 Y	F	Citlali Oliva-Jauregui	09	10/8/2019	Cascade and Lynnwood @ Glacier Peak
30	44.09 Y	F	Arshpreet Kaur	11	9/24/2019	Mt. Vernon @ Cascade
31	46.20 Y	F	Jasis Simons	09	9/26/2019	Lake Stevens @ Cascade
32	46.74 Y	F	Nadia Diaz-Luna	12	10/3/2019	Cascade & Everett @ Stanwood
33	46.76 Y	F	Isabella Stafford	10	10/3/2019	Cascade & Everett @ Stanwood
34	47.90 Y	F	Jazmin Lombardi	09	10/8/2019	Cascade and Lynnwood @ Glacier Peak
35	54.40 Y	F	Alethea Valenzuela	12	10/3/2019	Cascade & Everett @ Stanwood
36	54.90 Y	F	Lizbeth Salazar	11	10/3/2019	Cascade & Everett @ Stanwood
Women 100 Free						
1	55.15 Y	F	Anne Woodrum	12	9/28/2019	Mukilteo Invitational
2	56.05 Y	F	Aislinn Kessinger	11	9/28/2019	Mukilteo Invitational
3	1:08.65 Y	F	Gloria Mendoza	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
4	1:09.05 Y	F	Phoebe Ebel	12	10/3/2019	Cascade & Everett @ Stanwood
5	1:10.03 Y	F	Margot Strzelec	11	9/26/2019	Lake Stevens @ Cascade
6	1:10.33 Y	F	Alyssa Elenbaas	12	9/26/2019	Lake Stevens @ Cascade
7	1:12.25 Y	F	Shayla Krabach	11	10/1/2019	Cascade @ Snohomish
8	1:12.49 Y	F	Karen Vo	12	10/1/2019	Cascade @ Snohomish
9	1:15.31 Y	F	Nikki Barrett	10	9/24/2019	Mt. Vernon @ Cascade
10	1:15.32 Y	F	Mariana Oliva-Jauregui	10	9/17/2019	MP & MG @ Cascade
11	1:16.12 Y	F	Rylie Minugh	10	9/17/2019	MP & MG @ Cascade
12	1:16.46 Y	F	Angela Bui	10	9/26/2019	Lake Stevens @ Cascade
13	1:18.29 Y	F	Zoe Cole	12	9/26/2019	Lake Stevens @ Cascade
14	1:18.87 Y	F	Kenlee Pope	12	10/1/2019	Cascade @ Snohomish
15	1:19.44 Y	F	Grace Tollefson	12	10/1/2019	Cascade @ Snohomish
16	1:23.02 Y	F	Anshdeep Kang	10	10/8/2019	Cascade and Lynnwood @ Glacier Peak
17	1:23.46 Y	F	Grace Barrett	09	9/26/2019	Lake Stevens @ Cascade
18	1:24.21 Y	F	Elise Bingay	12	9/24/2019	Mt. Vernon @ Cascade
19	1:25.89 Y	F	Natalia Rodriguez	12	10/1/2019	Cascade @ Snohomish

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20	1:26.57 Y	F	Leslie Luna	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
21	1:28.97 Y	F	Kristy Phan	09	10/1/2019	Cascade @ Snohomish
22	1:31.20 Y	F	Natalie Whitson	09	10/1/2019	Cascade @ Snohomish
23	1:32.55 Y	F	Cittali Oliva-Jauregui	09	10/8/2019	Cascade and Lynnwood @ Glacier Peak
24	1:32.65 Y	F	Brenna Bryant	11	9/24/2019	Mt. Vernon @ Cascade
25	1:35.89 Y	F	Isabella Forney	10	10/1/2019	Cascade @ Snohomish
26	1:37.06 Y	F	Alaska Luna	12	9/24/2019	Mt. Vernon @ Cascade
27	1:51.43 Y	F	Arshpreet Kaur	11	9/24/2019	Mt. Vernon @ Cascade
28	1:55.34 Y	F	Isabella Stafford	10	10/8/2019	Cascade and Lynnwood @ Glacier Peak
29	1:59.22 Y	F	Jazmin Lombardi	09	9/26/2019	Lake Stevens @ Cascade
30	2:01.41 Y	F	Lizbeth Salazar	11	10/8/2019	Cascade and Lynnwood @ Glacier Peak
31	2:02.50 Y	F	Jasis Simons	09	9/17/2019	MP & MG @ Cascade
Women 200 Free						
1	2:02.71 Y	F	Aislinn Kessinger	11	10/8/2019	Cascade and Lynnwood @ Glacier Peak
2	2:07.15 Y	F	Anne Woodrum	12	9/26/2019	Lake Stevens @ Cascade
3	2:33.74 Y	F	Alyssa Elenbaas	12	10/3/2019	Cascade & Everett @ Stanwood
4	2:40.36 Y	F	Gloria Mendoza	12	10/3/2019	Cascade & Everett @ Stanwood
5	2:46.99 Y	F	Margot Strzelec	11	9/17/2019	MP & MG @ Cascade
6	2:51.10 Y	F	Rylie Minugh	10	10/3/2019	Cascade & Everett @ Stanwood
7	2:53.18 Y	F	Angela Bui	10	9/24/2019	Mt. Vernon @ Cascade
8	2:53.61 Y	F	Zoe Cole	12	9/17/2019	MP & MG @ Cascade
9	2:54.91 Y	F	Grace Tollefson	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
10	2:57.16 Y	F	Nikki Barrett	10	9/17/2019	MP & MG @ Cascade
11	3:01.16 Y	F	Kenlee Pope	12	9/26/2019	Lake Stevens @ Cascade
12	3:08.86 Y	F	Erin Cotton	12	9/17/2019	MP & MG @ Cascade
13	3:08.96 Y	F	Elise Bingay	12	9/26/2019	Lake Stevens @ Cascade
14	3:20.87 Y	F	Grace Barrett	09	9/26/2019	Lake Stevens @ Cascade
15	3:22.63 Y	F	Kristy Phan	09	10/3/2019	Cascade & Everett @ Stanwood
16	3:23.76 Y	F	Anshdeep Kang	10	10/1/2019	Cascade @ Snohomish
17	3:47.62 Y	F	Isabella Forney	10	9/24/2019	Mt. Vernon @ Cascade
18	4:53.50 Y	F	Arshpreet Kaur	11	10/1/2019	Cascade @ Snohomish
Women 500 Free						
1	5:45.31 Y	F	Anne Woodrum	12	10/1/2019	Cascade @ Snohomish
2	5:58.15 Y	F	Aislinn Kessinger	11	9/17/2019	MP & MG @ Cascade
3	6:57.15 Y	F	Alyssa Elenbaas	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
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	7:56.01 Y	F	Angela Bui	10	10/8/2019	Cascade and Lynnwood @ Glacier Peak
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	8:14.99 Y	F	Charlotte Stober	10	10/3/2019	Cascade & Everett @ Stanwood
12	8:22.97 Y	F	Rylie Minugh	10	10/3/2019	Cascade & Everett @ Stanwood
13	8:38.81 Y	F	Shayla Krabach	11	9/26/2019	Lake Stevens @ Cascade
14	8:42.09 Y	F	Elise Bingay	12	9/17/2019	MP & MG @ Cascade
15	8:44.62 Y	F	Karen Vo	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
Women 50 Back						
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	38.29 Y L	F	Gloria Mendoza	12	9/26/2019	Lake Stevens @ Cascade
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

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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	x53.86 Y L	F	Sarah Maxwell	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
13	x59.41 Y L	F	Arshpreet Kaur	11	10/1/2019	Cascade @ Snohomish
Women 100 Back						
1	1:22.49 Y	F	Nikki Barrett	10	9/28/2019	Mukilteo Invitational
2	1:23.47 Y	F	Margot Strzelec	11	9/26/2019	Lake Stevens @ Cascade
3	1:25.84 Y	F	Alyssa Elenbaas	12	10/3/2019	Cascade & Everett @ Stanwood
4	1:26.77 Y	F	Gloria Mendoza	12	9/26/2019	Lake Stevens @ Cascade
5	1:34.42 Y	F	Grace Barrett	09	10/8/2019	Cascade and Lynnwood @ Glacier Peak
6	1:35.54 Y	F	Elise Bingay	12	9/28/2019	Mukilteo Invitational
7	1:38.03 Y	F	Maija Coats	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
8	1:39.79 Y	F	Erin Cotton	12	9/26/2019	Lake Stevens @ Cascade
9	1:40.60 Y	F	Karen Vo	12	9/26/2019	Lake Stevens @ Cascade
10	1:50.97 Y	F	Grace Tollefson	12	9/17/2019	MP & MG @ Cascade
11	1:51.07 Y	F	Brenna Bryant	11	10/1/2019	Cascade @ Snohomish
12	1:56.92 Y	F	Kristy Phan	09	9/24/2019	Mt. Vernon @ Cascade
13	2:18.84 Y	F	Natalie Whitson	09	9/17/2019	MP & MG @ Cascade
14	2:30.09 Y	F	Anshdeep Kang	10	9/24/2019	Mt. Vernon @ Cascade
Women 50 Breast						
1	41.24 Y L	F	Zoe Cole	12	9/12/2019	Relay Jamboree
Women 100 Breast						
1	1:31.01 Y	F	Zoe Cole	12	9/28/2019	Mukilteo Invitational
2	1:31.86 Y	F	Mckenzie Muster	11	10/3/2019	Cascade & Everett @ Stanwood
3	1:33.34 Y	F	Mariana Oliva-Jauregui	10	9/26/2019	Lake Stevens @ Cascade
4	1:53.84 Y	F	Charlotte Stober	10	10/3/2019	Cascade & Everett @ Stanwood
5	1:55.88 Y	F	Kristy Phan	09	9/26/2019	Lake Stevens @ Cascade
6	2:00.12 Y	F	Angela Bui	10	9/24/2019	Mt. Vernon @ Cascade
7	2:01.99 Y	F	Sarah Maxwell	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
Women 50 Fly						
1	29.18 Y L	F	Anne Woodrum	12	9/12/2019	Relay Jamboree
Women 100 Fly						
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	1:15.30 Y	F	Margot Strzelec	11	10/3/2019	Cascade & Everett @ Stanwood
4	1:40.76 Y	F	Erin Cotton	12	10/3/2019	Cascade & Everett @ Stanwood
5	1:41.52 Y	F	Maija Coats	12	9/17/2019	MP & MG @ Cascade
6	1:42.79 Y	F	Elise Bingay	12	9/26/2019	Lake Stevens @ Cascade
7	1:43.18 Y	F	Rylie Minugh	10	10/1/2019	Cascade @ Snohomish
8	1:56.19 Y	F	Shayla Krabach	11	10/3/2019	Cascade & Everett @ Stanwood
9	1:59.69 Y	F	Sarah Maxwell	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
Women 200 IM						
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	2:50.66 Y	F	Margot Strzelec	11	10/1/2019	Cascade @ Snohomish
4	3:07.38 Y	F	Mariana Oliva-Jauregui	10	10/3/2019	Cascade & Everett @ Stanwood
5	3:15.24 Y	F	Nikki Barrett	10	10/3/2019	Cascade & Everett @ Stanwood
6	3:19.33 Y	F	Elise Bingay	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
7	3:22.49 Y	F	Maija Coats	12	9/17/2019	MP & MG @ Cascade
8	3:23.44 Y	F	Mckenzie Muster	11	10/3/2019	Cascade & Everett @ Stanwood
9	3:40.88 Y	F	Kenlee Pope	12	10/1/2019	Cascade @ Snohomish
10	3:50.31 Y	F	Charlotte Stober	10	9/26/2019	Lake Stevens @ Cascade
11	3:52.41 Y	F	Angela Bui	10	10/1/2019	Cascade @ Snohomish
Women 1 Meter 6 Dives						
1	162.85	F	Saige Anderson	09	9/26/2019	Lake Stevens @ Cascade

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	Time	P/F/S	Name	Age/Yr		
2	129.50	F	Kristine Pham	12	9/17/2019	MP & MG @ Cascade
3	125.80	F	Emily Brebner	12	10/8/2019	Cascade and Lynnwood @ Glacier Peak
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
Women 1 Meter 11 Dives						
1	154.55	F	Kristine Pham	12	9/28/2019	Mukilteo Invitational
2	145.65	F	Emily Brebner	12	9/28/2019	Mukilteo Invitational