

Cascade High School Swimming

Individual Top Times

Times since: 15-Nov-19

Cascade High School [CASC] Coach: Eric Smith

Number of Top Times: All Show Yards Only

	Time	P/F/S	Name	Age/Yr		
Men 50 Free						
1	24.42 Y	F	Jaxon Roberts	12	12/5/2019	Time Trials 2019
2	24.74 Y	F	Miles Thompson	11	12/12/2019	Cascade @ Stanwood
3	26.26 Y	F	Jonathan Lopez	11	1/11/2020	Kentridge Invite
4	26.61 Y	F	Noah Henderson	9	12/5/2019	Time Trials 2019
5	27.71 Y	F	Henry Nguyen	12	1/11/2020	Kentridge Invite
6	27.73 Y	F	Jacob Marrs	11	1/11/2020	Kentridge Invite
7	27.88 Y	F	Max White	11	1/11/2020	Kentridge Invite
8	28.06 Y	F	Theodor Hezkial	11	1/11/2020	Kentridge Invite
9	28.08 Y	F	Jose Alejandro	09	12/12/2019	Cascade @ Stanwood
10	28.54 Y	F	Devin Huynh	12	12/5/2019	Time Trials 2019
11	29.38 Y	F	Vaughn Thompson	10	12/5/2019	Time Trials 2019
12	30.95 Y	F	Rolando Le	11	1/11/2020	Kentridge Invite
13	31.48 Y	F	Hussein Al-Yunisi	12	1/11/2020	Kentridge Invite
14	31.61 Y	F	Duncan Atkinson	12	12/19/2019	Shorewood @ Cascade
15	32.83 Y	F	Anthony Nganga	12	12/12/2019	Cascade @ Stanwood
16	33.14 Y	F	Keegan Ram	11	1/11/2020	Kentridge Invite
17	34.98 Y	F	Eathan Garrett	12	12/5/2019	Time Trials 2019
18	35.42 Y	F	Jett Johnson	10	12/12/2019	Cascade @ Stanwood
19	36.97 Y	F	Caleb Bonilla-Stevenson	11	12/17/2019	Cascade @ Lynnwood & EdWW
20	37.29 Y	F	Michael Glover	12	12/5/2019	Time Trials 2019
21	39.94 Y	F	Faris Ndif	10	12/12/2019	Cascade @ Stanwood
22	40.51 Y L	F	Nye Hilal	11	1/11/2020	Kentridge Invite
23	44.46 Y	F	Ethan Rye	11	12/17/2019	Cascade @ Lynnwood & EdWW
Men 100 Free						
1	50.76 Y L	F	Jaxon Roberts	12	1/11/2020	Kentridge Invite
2	54.87 Y	F	Miles Thompson	11	1/11/2020	Kentridge Invite
3	58.08 Y	F	Noah Henderson	9	12/5/2019	Time Trials 2019
4	1:00.41 Y	F	Devin Huynh	12	12/17/2019	Cascade @ Lynnwood & EdWW
5	1:03.99 Y	F	Jacob Marrs	11	1/7/2020	MP/MG @ Cascade
6	1:04.15 Y	F	Henry Nguyen	12	1/11/2020	Kentridge Invite
7	1:05.92 Y	F	Jose Alejandro	09	1/16/2020	Oak Harbor @ Cascade
8	1:07.38 Y	F	Max White	11	12/12/2019	Cascade @ Stanwood
9	1:09.04 Y	F	Vaughn Thompson	10	12/5/2019	Time Trials 2019
10	1:09.09 Y	F	Jonathan Lopez	11	1/16/2020	Oak Harbor @ Cascade
11	1:12.68 Y	F	Theodor Hezkial	11	12/5/2019	Time Trials 2019
12	1:17.49 Y	F	Rolando Le	11	12/17/2019	Cascade @ Lynnwood & EdWW
13	1:17.55 Y	F	Anthony Nganga	12	12/17/2019	Cascade @ Lynnwood & EdWW
14	1:19.66 Y	F	Hussein Al-Yunisi	12	12/19/2019	Shorewood @ Cascade
15	1:23.34 Y	F	Keegan Ram	11	12/17/2019	Cascade @ Lynnwood & EdWW
16	1:23.73 Y	F	Jett Johnson	10	12/17/2019	Cascade @ Lynnwood & EdWW
17	1:25.67 Y	F	Michael Glover	12	1/16/2020	Oak Harbor @ Cascade
18	1:31.46 Y	F	Caleb Bonilla-Stevenson	11	12/17/2019	Cascade @ Lynnwood & EdWW
19	1:42.02 Y	F	Faris Ndif	10	12/17/2019	Cascade @ Lynnwood & EdWW
20	2:04.80 Y	F	Nye Hilal	11	12/17/2019	Cascade @ Lynnwood & EdWW
Men 200 Free						
1	1:51.21 Y	F	Jaxon Roberts	12	1/11/2020	Kentridge Invite
2	2:07.12 Y	F	Noah Henderson	9	12/17/2019	Cascade @ Lynnwood & EdWW
3	2:21.94 Y	F	Henry Nguyen	12	1/7/2020	MP/MG @ Cascade
4	2:30.85 Y	F	Jose Alejandro	09	1/16/2020	Oak Harbor @ Cascade
5	2:33.58 Y	F	Max White	11	1/11/2020	Kentridge Invite
6	2:34.78 Y	F	Jacob Marrs	11	12/17/2019	Cascade @ Lynnwood & EdWW
7	2:46.53 Y	F	Duncan Atkinson	12	12/17/2019	Cascade @ Lynnwood & EdWW
8	2:55.47 Y	F	Hussein Al-Yunisi	12	1/11/2020	Kentridge Invite
Men 500 Free						
1	5:15.06 Y	F	Jaxon Roberts	12	1/7/2020	MP/MG @ Cascade

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	Time	P/F/S	Name	Age/Yr		
2	5:26.39 Y	F	Noah Henderson	9	12/17/2019	Cascade @ Lynnwood & EdWW
3	6:19.05 Y	F	Miles Thompson	11	12/19/2019	Shorewood @ Cascade
4	6:48.31 Y	F	Jose Alejandro	09	1/7/2020	MP/MG @ Cascade
5	7:01.75 Y	F	Henry Nguyen	12	12/12/2019	Cascade @ Stanwood
6	7:05.67 Y	F	Jacob Marrs	11	12/12/2019	Cascade @ Stanwood
7	7:52.85 Y	F	Max White	11	12/17/2019	Cascade @ Lynnwood & EdWW
8	9:35.80 Y	F	Rolando Le	11	12/19/2019	Shorewood @ Cascade
Men 50 Back						
1	26.84 Y L	F	Jaxon Roberts	12	1/11/2020	Kentridge Invite
2	31.62 Y	F	Noah Henderson	9	12/5/2019	Time Trials 2019
3	33.11 Y L	F	Jacob Marrs	11	1/11/2020	Kentridge Invite
4	33.62 Y	F	Miles Thompson	11	12/5/2019	Time Trials 2019
5	35.39 Y	F	Theodor Hezkial	11	12/5/2019	Time Trials 2019
6	36.86 Y	F	Vaughn Thompson	10	12/5/2019	Time Trials 2019
7	37.75 Y	F	Jose Alejandro	09	12/5/2019	Time Trials 2019
8	38.64 Y L	F	Keegan Ram	11	1/11/2020	Kentridge Invite
9	39.57 Y	F	Devin Huynh	12	12/5/2019	Time Trials 2019
10	40.48 Y	F	Max White	11	12/5/2019	Time Trials 2019
11	42.92 Y	F	Henry Nguyen	12	12/5/2019	Time Trials 2019
12	45.24 Y L	F	Jett Johnson	10	12/12/2019	Cascade @ Stanwood
13	51.48 Y	F	Michael Glover	12	12/5/2019	Time Trials 2019
14	52.94 Y	F	Anthony Nganga	12	12/5/2019	Time Trials 2019
15	53.61 Y	F	Eathan Garrett	12	12/5/2019	Time Trials 2019
16	55.49 Y	F	Hussein Al-Yunisi	12	12/5/2019	Time Trials 2019
17	55.74 Y	F	Caleb Bonilla-Stevenson	11	12/5/2019	Time Trials 2019
18	57.29 Y	F	Faris Ndif	10	12/5/2019	Time Trials 2019
19	58.15 Y	F	Ethan Rye	11	12/5/2019	Time Trials 2019
20	1:14.55 Y	F	Jonathan Lopez	11	12/5/2019	Time Trials 2019
21	1:19.63 Y	F	Nye Hilal	11	12/5/2019	Time Trials 2019
Men 100 Back						
1	59.09 Y	F	Jaxon Roberts	12	12/12/2019	Cascade @ Stanwood
2	1:16.15 Y	F	Jacob Marrs	11	1/11/2020	Kentridge Invite
3	1:26.56 Y	F	Keegan Ram	11	1/16/2020	Oak Harbor @ Cascade
4	1:27.38 Y	F	Duncan Atkinson	12	1/11/2020	Kentridge Invite
5	1:29.16 Y	F	Henry Nguyen	12	12/17/2019	Cascade @ Lynnwood & EdWW
6	2:01.50 Y	F	Ethan Rye	11	1/7/2020	MP/MG @ Cascade
7	x2:14.96 Y	F	Caleb Bonilla-Stevenson	11	12/19/2019	Shorewood @ Cascade
Men 50 Breast						
1	31.93 Y	F	Jaxon Roberts	12	12/5/2019	Time Trials 2019
2	33.18 Y	F	Noah Henderson	9	12/5/2019	Time Trials 2019
3	37.05 Y	F	Devin Huynh	12	12/5/2019	Time Trials 2019
4	40.42 Y	F	Miles Thompson	11	12/5/2019	Time Trials 2019
5	41.66 Y	F	Max White	11	12/5/2019	Time Trials 2019
6	41.88 Y	F	Henry Nguyen	12	12/5/2019	Time Trials 2019
7	42.15 Y	F	Theodor Hezkial	11	12/5/2019	Time Trials 2019
8	45.54 Y	F	Vaughn Thompson	10	12/5/2019	Time Trials 2019
9	47.85 Y	F	Jose Alejandro	09	12/5/2019	Time Trials 2019
10	49.02 Y	F	Eathan Garrett	12	12/5/2019	Time Trials 2019
11	50.83 Y	F	Keegan Ram	11	12/5/2019	Time Trials 2019
12	59.08 Y	F	Jett Johnson	10	12/5/2019	Time Trials 2019
13	1:03.78 Y	F	Faris Ndif	10	12/5/2019	Time Trials 2019
Men 100 Breast						
1	1:07.64 Y	F	Jaxon Roberts	12	12/17/2019	Cascade @ Lynnwood & EdWW
2	1:09.98 Y	F	Noah Henderson	9	12/12/2019	Cascade @ Stanwood
3	1:13.15 Y	F	Devin Huynh	12	1/11/2020	Kentridge Invite
4	1:28.05 Y	F	Theodor Hezkial	11	1/11/2020	Kentridge Invite
5	1:36.85 Y	F	Jose Alejandro	09	12/19/2019	Shorewood @ Cascade

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	Time	P/F/S	Name	Age/Yr		
6	1:48.81 Y	F	Jett Johnson	10	1/16/2020	Oak Harbor @ Cascade
7	1:58.47 Y	F	Hussein Al-Yunisi	12	1/7/2020	MP/MG @ Cascade
Men 50 Fly						
1	26.33 Y	F	Jaxon Roberts	12	12/5/2019	Time Trials 2019
2	28.68 Y	F	Noah Henderson	9	12/5/2019	Time Trials 2019
3	30.26 Y	F	Miles Thompson	11	12/5/2019	Time Trials 2019
4	32.02 Y	F	Devin Huynh	12	12/5/2019	Time Trials 2019
5	34.64 Y	F	Jonathan Lopez	11	12/5/2019	Time Trials 2019
6	34.84 Y	F	Max White	11	12/5/2019	Time Trials 2019
7	34.93 Y	F	Vaughn Thompson	10	12/5/2019	Time Trials 2019
8	37.58 Y	F	Theodor Hezkial	11	12/5/2019	Time Trials 2019
9	37.74 Y	F	Henry Nguyen	12	12/5/2019	Time Trials 2019
10	44.37 Y	F	Jose Alejandre	09	12/5/2019	Time Trials 2019
11	49.27 Y	F	Hussein Al-Yunisi	12	12/5/2019	Time Trials 2019
12	49.92 Y	F	Eathan Garrett	12	12/5/2019	Time Trials 2019
13	57.78 Y	F	Jett Johnson	10	12/5/2019	Time Trials 2019
Men 100 Fly						
1	55.48 Y	F	Jaxon Roberts	12	1/11/2020	Kentridge Invite
2	58.43 Y	F	Noah Henderson	9	1/11/2020	Kentridge Invite
3	1:15.34 Y	F	Max White	11	1/7/2020	MP/MG @ Cascade
4	1:39.85 Y	F	Jonathan Lopez	11	12/17/2019	Cascade @ Lynnwood & EdWW
Men 200 IM						
1	2:09.23 Y	F	Jaxon Roberts	12	12/17/2019	Cascade @ Lynnwood & EdWW
2	2:11.14 Y	F	Noah Henderson	9	12/12/2019	Cascade @ Stanwood
3	2:30.16 Y	F	Devin Huynh	12	1/7/2020	MP/MG @ Cascade
4	2:53.08 Y	F	Jacob Marrs	11	12/12/2019	Cascade @ Stanwood
5	2:58.19 Y	F	Henry Nguyen	12	12/19/2019	Shorewood @ Cascade
6	2:58.62 Y	F	Jose Alejandre	09	1/7/2020	MP/MG @ Cascade
Men 1 Meter 6 Dives						
1	110.35	F	Michael Glover	12	1/16/2020	Oak Harbor @ Cascade
Men 1 Meter 11 Dives						
1	220.85	F	Anthony Nganga	12	1/11/2020	Kentridge Invite
2	194.30	F	Caleb Bonilla-Stevenson	11	1/11/2020	Kentridge Invite
Men 1 Meter 5 Dives						
1	137.10	F	Anthony Nganga	12	1/7/2020	MP/MG @ Cascade
2	110.05	F	Keegan Ram	11	1/7/2020	MP/MG @ Cascade
3	107.80	F	Caleb Bonilla-Stevenson	11	1/7/2020	MP/MG @ Cascade
4	106.60	F	Nye Hilal	11	1/16/2020	Oak Harbor @ Cascade
5	96.55	F	Rolando Le	11	12/19/2019	Shorewood @ Cascade
6	92.20	F	Ethan Rye	11	1/16/2020	Oak Harbor @ Cascade