

\*\* LONG COURSE FAR WESTERNS MEET RECORDS \*\*

( new records in 2009 highlighted )

GIRLS				10-UN		BOYS			
AMY BILQUIST	WSF	29.88	08	50 FREE	IAN CROSS	SCSC	29.07	89	
SIERRA BURTON	SVA	1:03.91	00	100 FREE	JEREMY SZYMANOWSKI	AH	1:03.44	84	
JANET EVANS	FAST	2:19.78	82	200 FREE	ADAM HINSHAW	DACA	2:14.42	04	
AMY BILQUIST	WSF	4:57.78	08	400 FREE	ADAM HINSHAW	DACA	4:36.22	04	
RHONDA RAPE	CCR	34.58	75	50 BACK	RYAN JONES	DAV	34.11	90	
STEPHANIE ROSENTHAL	MVN	1:13.36	83	100 BACK	FORREST WHITE	CROW	1:13.81	08	
LEAH AVILLA	SRVL	37.57	96	50 BREAST	TROY PENIX	STKN	37.83	82	
LEAH AVILLA	SRVL	1:22.53	96	100 BREAST	HANK POPPE	SRN	1:20.84	09	
MARY BIRDELL	EMAC	32.25	75	50 FLY	DAVID CHAN	IWV	31:38	90	
STEPHANIE ROSENTHAL	MVN	1:10.14	83	100 FLY	MICHAEL PHELPS	NBAC	1:10.48	95	
STEPHANIE ROSENTHAL	MVN	2:35.19	83	200 I.M.	DANIEL PIERCE	CVAA	2:36.60	81	
PLEASANT HILL SWIM CLUB	PHSC	2:07.46	77	200 FREE REL.	ARDEN HILLS SWIM CLUB	AH	2:02.73	84	
SANTA CLARA SWIM CLUB	SCSC	2:24.56	05	200 MEDLEY REL.	DEANZA CUPERTINO AQ	DACA	2:19.05	04	

11-12

GRACE CARLSON	LOSC	27.04	08	50 FREE	RAYMOND PAPA	GLNY	26.23	89
SHAUNA COLLINS	ROD	58.04	90	100 FREE	IAN BURNS	SCSC	56.96	07
SHAUNA COLLINS	ROD	2:05.91	90	200 FREE	IAN BURNS	SCSC	2:05.05	07
SHAUNA COLLINS	ROD	4:28.48	90	400 FREE	CHUCK SAYAO	TOMA	4:19.04	95
CAITLIN QUON	TBC	9:23.77	07	800 FREE	NICK SILVERTHORN	PLS	9:10.55	08
KATLYN LANPHERE	NBAL	18:00.18	02	1500 FREE	NICK SILVERTHORN	PLS	17:23.31	08
GRACE CARLSON	LOSC	30.86	08	50 BACK	JUSTIN LYNCH	TERA	29.87	09
ALLY HOWE	PASA	1:07.09	08	100 BACK	SHAYNE FLEMING	DACA	1:04.57	04
MADISON WHITE	CROW	2:23.90	07	200 BACK	SHAYNE FLEMING	DACA	2:19.14	04
MINJIE SUN	CHIN	34.57	05	50 BREAST	JOSHUA CHOI	SMST	32.72	05
LAURA DAVIS	TERA	1:14.26	96	100 BREAST	JOSHUA CHOI	SMST	1:10.31	05
ALEXANDRA ELLIS	BFIN	2:42.94	01	200 BREAST	JOSHUA CHOI	SMST	2:34.16	05
SHAUNA COLLINS	ROD	29.03	90	50 FLY	JUSTIN LYNCH	TERA	27.36	09
DARCY ORDEMANN	LOAC	1:05.42	85	100 FLY	JUSTIN LYNCH	TERA	1:00.83	09
ALLY HOWE	PASA	2:22.23	08	200 FLY	JUSTIN LYNCH	TERA	2:16.65	09
LAURA DAVIS	TERA	2:24.13	96	200 I.M.	JAKE MARRUJO	UN	2:19.92	92
KATE DWELLEY	TERA	5:11.11	01	400 I.M.	NICK SILVERTHORN	PLS	4:58.13	08
LAKE OSWEGO SWIM CLUB	LOSC	1:53.64	08	200 FREE REL.	IRVINE NOVA	NOVA	1:49.57	98
LAKE OSWEGO SWIM CLUB	LOSC	4:10.07	08	400 FREE REL.	IRVINE NOVA	NOVA	4:01.66	98
LAKE OSWEGO SWIM CLUB	LOSC	2:06.30	08	200 MEDLEY REL.	SWIM ONTARIO	SO	2:04.26	94
TERRAPINS SWIM TEAM	TERA	4:38.34	01	400 MEDLEY REL.	SWIM ONTARIO	SO	4:33.85	94

13-14

KASEY CARLSON	TERA	26.55	06	50 FREE	SHAYNE FLEMING	DACA	24.49	06
EMMA MITTERMAIER	PSW	58.06	09	100 FREE	CANNON CLIFTON	CSC	52.37	09
ERI YAMANOI	JPN	2:05.62	93	200 FREE	NICK SILVERTHORN	PLS	1:56.22	09
UNKNOWN		4:21.36	81	400 FREE	CANNON CLIFTON	CSC	4:03.53	09
CATHERINE BREED	PLS	9:04.69	07	800 FREE	BRYAN HUGHES	PLS	8:32.77	09
PEGGY CORKUM	SO	17:26.16	89	1500 FREE	BRYAN HUGHES	PLS	16:07.36	09
KAREN TURNER	LOSC	1:04.55	08	100 BACK	UNKNOWN		1:01.18	
MADISON WHITE	CROW	2:15.78	09	200 BACK	NICK SILVERTHORN	PLS	2:10.30	09
LIU ERICA	DACA	1:13.22	00	100 BREAST	JOSHUA CHOI	SMST	1:07.92	06
PAIGE BRADLEY	TERA	2:39.19	05	200 BREAST	JOSHUA CHOI	SMST	2:26.69	06
HITOMI KASHIMA	JPN	1:02.60	93	100 FLY	GARTH SUMMERS	THSC	57.42	03
HITOMI KASHIMA	JPN	2:14.33	93	200 FLY	GARTH SUMMERS	THSC	2:06.30	03
LAURENCE DELISLE	DACA	2:21.42	06	200 I.M.	CANNON CLIFTON	CSC	2:10.87	09
LAURENCE DELISLE	DACA	4:58.42	06	400 I.M.	CURTIS OGREN	PASA	4:38.56	09
LAKE OSWEGO SWIM CLUB	LOSC	1:50.41	08	200 FREE REL.	LAKE OSWEGO SWIM CLUB	LOSC	1:42.42	08
ARDEN HILLS	AH	4:03.64	09	400 FREE REL.	SWIM ONTARIO	SO	3:45.55	90
TERRAPINS SWIM TEAM	TERA	8:47.04	02	800 FREE REL.	SAN JOSE AQUATICS	SJA	8:10.37	84
LAKE OSWEGO SWIM CLUB	LOSC	2:02.23	08	200 MEDLEY REL.	SWIM ONTARIO	SO	1:52.67	95
PALO ALTO STANFORD AQ	PASA	4:28.69	09	400 MEDLEY REL.	SWIM ONTARIO	SO	4:10.33	94

## 15-16

LIV JENSEN	PASA	26.80	05	50 FREE	MICHAEL WILLIAMS	CPHL	24.24	91
NILASHA GHOSH	DACA	57.78	05	100 FREE	MICHAEL WILLIAMS	CPHL	52.87	91
CATHERINE BREED	PLS	2:03.97	09	200 FREE	ZACK MONSEES	SCSC	1:55.66	02
ALLISON BROWN	PLS	4:20.00	09	400 FREE	JEREMY BAGSHAW	BC	4:02.85	08
MIHO FUKANO	JPN	9:02.41	93	800 FREE	JEREMY BAGSHAW	BC	8:25.69	08
ALLISON BROWN	PLS	17.11.75	09	1500 FREE	LUIS GONZALEZ	MEX	16:22.36	04
SAMANTHA COREA	UBC	1:05.11	09	100 BACK	DEREK GUFFEY	SRVL	59.73	91
AYUMI TSUDA	JPN	2:17.38	93	200 BACK	BRAEDEN NEWTON	OLY	2:06.47	08
MOLLY HANNIS	SRN	1:10.65	08	100 BREAST	RYOSUKE IMAIS	JPN	1:05.26	93
CHELSEY SALLI	BC	2:36.10	08	200 BREAST	ETHAN HALL	TERA	2:18.86	95
CLARA HO	MSJA	1:01.98	95	100 FLY	LEFFIE CRAWFORD	SJA	57.59	96
CATHERINE BREED	PLS	2:17.01	09	200 FLY	MICHAEL WILLIAMS	CPHL	2:05.83	91
RACHEL O'BRIEN	TERA	2:20.28	07	200 I.M.	ZACK MONSEES	SCSC	2:09.24	02
CHELSEY SALLI	BC	4:57.98	08	400 I.M.	NICHOLAUS JOHNSON	AH	4:39.09	08
WALNUT CREEK AQUABEARS	WCAB	1:49.71	97	200 FREE REL.	SAN JOSE AQUATICS	SJA	1:38.26	85
DEANZA CUPERTINO AQ	DACA	3:59.48	06	400 FREE REL.	CPH-LAMO	CPHL	3:38.21	90
DEANZA CUPERTINO AQ	DACA	8:36.56	04	800 FREE REL.	TERRAPINS SWIM TEAM	TERA	7:53.51	02
DEANZA CUPERTINO AQ	DACA	2:03.20	04	200 MEDLEY REL.	WALNUT CREEK AQUABEARS	WCAB	1:50.86	03
DEANZA CUPERTINO AQ	DACA	4:23.85	04	400 MEDLEY REL.	PALO ALTO STANFORD AQ	PASA	4:03.35	06

## 17-18

BROOKE BISHOP	PASA	26.82	04	50 FREE	MIKE WILLIAMS	CPHL	23.91	93
KATE DWELLEY	TERA	26.82	06					
BOBBIE MIELNICHUK	OLY	57.76	08	100 FREE	MIKE WILLIAMS	CPHL	52.69	93
BOBBIE MIELNICHUK	OLY	2:03.67	08	200 FREE	MASATO HIRANO	JPN	1:54.60	93
BOBBIE MIELNICHUK	OLY	4:25.51	08	400 FREE	MASATO HIRANO	JPN	4:00.41	93
MARISA WATTS	SJA	9:00.17	95	800 FREE	BRAD WINDSOR	SMST	8:25.84	90
CHI-CHAN LIN	UN	17:06.23	97	1500 FREE	MASATO HIRANO	JPN	15:57.14	93
DENALI KNAPP	DAV	1:03.10	96	100 BACK	HIROSHI NISHIMURA	JPN	57.80	93
DENALI KNAPP	DAV	2:15.78	96	200 BACK	HIROSHI NISHIMURA	JPN	2:05.16	93
RITA MARIANI	WCAB	1:13.55	97	100 BREAST	CHRIS CLAYTOR	WCAB	1:04.60	93
LAURA DAVIS	TERA	2:36.02	02	200 BREAST	TSUNG-CHUEH LI	UN	2:22.57	97
LAURA DAVIS	TERA	1:02.50	02	100 FLY	CESAR URIBE	MEX	56.41	98
LAURA DAVIS	TERA	2:18.00	02	200 FLY	TAKESHI TAKAYAMA	JPN	2:03.17	93
LAURA DAVIS	TERA	2:21.42	01	200 I.M.	STEPHEN SANCHEZ	CPHL	2:10.10	91
PENELOPE YAMAUCHI	SRN	5:01.24	08	400 I.M.	JUSTIN ROSSI	TERA	4:33.65	97
TERRAPINS SWIM TEAM	TERA	1:51.89	05	200 FREE REL.	VALLEY SPLASH	VS	1:38.25	09
HURONIA SWIMMING	HURO	4:02.86	05	400 FREE REL.	VALLEY SPLASH	VS	3:38.08	09
PALO ALTO STANFORD AQ	PASA	8:46.28	04	800 FREE REL.	SANTA CLARA SWIM CLUB	SCSC	8:03.52	86
ORINDA AQUATICS	OAPB	2:02.72	05	200 MEDLEY REL.	PALO ALTO SWIM CLUB	PASC	1:47.55	98
PALO ALTO STANFORD AQ	PASA	4:28.70	05	400 MEDLEY REL.	MEXICO	MEX	4:02.41	98

## 15-18 RELAYS (2005-)

DEANZA CUPERTINO AQ	DACA	1:49.92	06	200 FREE REL.	VALLEY SPLASH	VS	1:38.25	09
UBC DOLPHINS	UBC	3:58.96	09	400 FREE REL.	VALLEY SPLASH	VS	3:38.08	09
PLEASANTON SEAHAWKS	PLS	8:31.63	09	800 FREE REL.	PALO ALTO STANFORD AQ	PASA	7:59.38	06
HURONIA	HRSA	2:01.89	09	200 MEDLEY REL.	TERRAPINS SWIM TEAM	TERA	1:49.42	06
NEPTUNE SWIMMING	SRN	4:24.71	08	400 MEDLEY REL.	TERRAPINS SWIM TEAM	TERA	4:00.39	06

Last updated after 2009 meet.