



*Clear Brook Swimming  
and Water Polo*

*2009-2010 Season*

## 2009-2010 Lettermen

4th Year -

*Adriana Sepulveda*

*Julia Sepulveda*

*Molly Freeman*

*Brian Bloomfield*

3rd Year -

*Eric Miles*

*Drew Wiley*

2nd Year -

*Patrick LaBrode*

*Chris Lanney*

*Monica Pruett*

1<sup>st</sup> Year-

*Brad Bevolo*

*Brie Braaten*

*Nick Clemmer*

*Vashaad Fincher*

*Taylor Karnilaw*

*Abby Monteith*

*Brandon Steinkuehler*

*Mady Walker*

## JV Championships

Zenab Al-Naimi

Connor Bryan

Tiffany Corder

Jennifer Marshall

John Barickman

Brittney Butler

Stephen Jacoby

Jacqueline Paule

Caitlin Blackmore

Toni Campos

Steven Mao

Daniel Rivera

## Varsity District Qualifiers

Brie Braaten

Daniell Dolfka

Vriana Fincher

Molly Freeman

Taylor Karnilaw

Kaylin Monacy

Abby Monteith

Janna Phillips

Monica Pruett

Adriana Sepulveda

Julia Sepulveda

Maria Snodgrass

Mady Walker

Kierstyn Wilson

Jacob Arend

Brad Bevol

Brian Bloomfield

Nick Clemmer

Vashaad Fincher

Tyler Kimball

Patrick LaBrode

Chris Lunney

Eric Miles

Corbin Schlager

Brandon Steinkuehler

Andrew Stephens

Drew Wiley

## Regional Qualifiers

Brie Braaten

Molly Freeman

Taylor Karnilaw

Abby Monteith

Monica Pruett

Adriana Sepulveda

Julia Sepulveda

Mady Walker

Brad Bevol

Brian Bloomfield

Nick Clemmer

Vashaad Fincher

Patrick LaBrode

Chris Lunney

Eric Miles

Brandon Steinkuehler

Drew Wiley

## State Qualifiers

Patrick LaBrode- 500 Free

Adriana Sepulveda -200 Free and 500 Free

Julia Sepulveda- 200 IM

*Congratulations to all the athletes on a GREAT Season!*

## Clear Brook Swimming & Diving

### All-Time Top Ten Performances

#### Girls 50 Free

	Time	Name	Meet	Year
1.	24.82	Andrea Bahlo	TISCA	1995
2.	24.96	Gabriela Bahlo	Holiday TISCA	2000
3.	25.13	Adriana Sepulveda	Regionals	2007
4.	25.18	Vanessa Malik	Deer Park	1999
5.	25.26	Caitlin Owens	Creek	1996
5.	25.26	Mandy Harms	Ranger Classic	1995
7.	25.31	Alex Gignac	Deer Park Invite	2003
8.	25.40	Audrey Gregory	Humble Invite	1993
9.	25.58	Christina Crouch	TISCA	1995
9.	<b>25.58</b>	<b>Molly Freeman</b>	<b>Ranger</b>	<b>2010</b>

#### Girls 100 Free

	Time	Name	Meet	Year
1.	<b>54.10</b>	<b>Adriana Sepulveda</b>	<b>Regionals</b>	<b>2010</b>
2.	<b>54.24</b>	<b>Molly Freeman</b>	<b>Regionals</b>	<b>2010</b>
3.	54.43	Andrea Bahlo	District	1994
4.	54.46	Mandy Harms	Regionals	1995
5.	54.90	Vanessa Malik	Regionals	2000
6.	54.99	Gabriela Bahlo	Holiday TISCA	2000
7.	55.73	Alex Gignac	Deer Park Invite	2003
8.	56.02	Caitlin Owens	Regionals	1998
9.	56.04	Julia Sepulveda	Ranger Classic	2007
10.	56.24	Christina Crouch	La Porte	1994

#### Girls 200 Free

	Time	Name	Meet	Year
1.	<b>1:51.84</b>	<b>Adriana Sepulveda</b>	<b>Regionals</b>	<b>2010</b>
2.	<b>1:54.46</b>	<b>Molly Freeman</b>	<b>Regionals</b>	<b>2010</b>
3.	1:57.47	Julia Sepulveda	METRO	2007
4.	1:57.53	Mandy Harms	District	1995
5.	1:57.96	Shima Sokol	Holiday TISCA	1992
6.	2:00.25	Audrey Gregory	Holiday TISCA	1994
7.	2:02.10	Christina Crouch	Ranger Classic	1995
8.	2:02.43	Mari Uchida	La Porte	1989
9.	2:02.92	Robin Owens	Regionals	1995
10.	<b>2:03.02</b>	<b>Monica Pruett</b>	<b>Ranger Classic</b>	<b>2010</b>

# Clear Brook Swimming & Diving

## All-Time Top Ten Performances

### Girls 500 Free

	Time	Name	Meet	Year
1.	<b>4:57.07</b>	<b>Adriana Sepulveda</b>	<b>STATE</b>	<b>2010</b>
2.	5:03.00	Shima sokol	Regionals	1992
3.	<b>5:08.67</b>	<b>Molly Freeman</b>	<b>Regionals</b>	<b>2010</b>
4.	5:15.22	Audrey Gregory	Ranger Classic	1995
5.	5:22.67	Mandy arms	St Agnes	1995
6.	5:23.25	Robin Owens	Regionals	1995
7.	5:25.19	Julia Sepulveda	Trimeet	2006
8.	5:26.51	Mari Uchida	Deer Park Invite	1990
9.	5:30.62	Kathleen Lau	Friendswood	1999
10.	5:33.41	Katie Gerstenmaier	Regionals	1998

### Girls 100 Back

	Time	Name	Meet	Year
1.	58.40	Andrea Bahlo	District	1995
2.	<b>59.91</b>	<b>Julia Sepulveda</b>	<b>Regionals</b>	<b>2010</b>
3.	1:01.62	Laura Peterson	Regionals	2007
4.	1:02.60	Christina Crouch	Regionals	1997
5.	<b>1:03.13</b>	<b>Monica Pruett</b>	<b>Ranger Classic</b>	<b>2010</b>
6.	1:03.32	Audrey Gregory	Humble Invite	1993
7.	1:03.59	Alex Gignac	Friendswood	2002
8.	1:03.92	Morgan Ripoll	Texas City	1998
9.	1:04.25	Adriana Sepulveda	Westside	2007
10.	1:05.00	Mary Zimmerman	Regionals	1991

### Girls 100 Breast

	Time	Name	Meet	Year
1.	1:07.88	Julia Sepulveda	Regionals	2007
2.	<b>1:08.38</b>	<b>Monica Pruett</b>	<b>Regionals</b>	<b>2010</b>
3.	1:09.80	Audrey Gregory	Ranger Classic	1995
4.	1:10.24	Adriana Sepulveda	Ranger Classic	2007
5.	1:12.48	Jennifer Lau	Holiday TISCA	2000
6.	1:12.61	Mary Crouch	Regionals	1992
7.	1:13.46	Shima Sokol	Ranger Classic	1991
8.	1:14.27	Mari Uchida	Humble Invite	1989
9.	1:14.80	Stacey Warnix	District	1989
10.	1:14.81	Kelly Vu	District	2006

# Clear Brook Swimming & Diving

## All-Time Top Ten Performances

### Girls 100 Fly

	Time	Name	Meet	Year
1.	57.69	Kathleen Lau	Regionals	2003
2.	59.59	Christina Crouch	Districts	1997
3.	59.64	Audrey Gregory	Regionals	1994
4.	59.77	Mari Uchida	STATE	1991
5.	1:00.37	Shima Sokol	Holiday TISCA	1992
6.	1:00.61	Diana Sepulveda	Regionals	2007
7.	1:01.71	Andrea Bahlo	Spring Branch	1994
8.	1:02.19	Satsuki Sokol	Holiday TISCA	1993
<b>9.</b>	<b>1:02.48</b>	<b>Adriana Sepulveda</b>	<b>Intrasquad</b>	<b>2010</b>
10.	1:02.94	Julia Speulveda	Ranger Classic	2009

### Girls 200 I.M.

	Time	Name	Meet	Year
<b>1.</b>	<b>2:05.70</b>	<b>Julia Sepulveda</b>	<b>Regionals</b>	<b>2010</b>
2.	2:09.00	Audrey Gregory	Regionals	1994
3.	2:12.42	Adriana Sepulveda	Ranger Classic	2007
4.	2:12.43	Kathleen Lau	Metro Classic	2001
5.	2:13.16	Shima Sokol	Regionals	1992
6.	2:13.25	Mari Uchida	STATE	1990
7.	2:14.37	Monica Pruet	Regionals	2009
8.	2:18.16	Andrea Bahlo	La Porte	1994
9.	2:19.74	Christina Crouch	Friendswood	1996
10.	2:20.43	Laura Peterson	Friendswood	2003

### Girls 1 Meter Diving

	Score	Name	Meet	Year
1.	442.60	Kelly Jo Seely	District	2002
2.	437.85	Angel Sargent	STATE	1990
3.	340.95	Kara Dias	Districts	2003
4.	332.05	Jhallie Alston	Districts	1998
5.	331.90	Ashley Pierce	Districts	1998
6.	327.20	Nicole Unroe	Holiday TISCA	1992
7.	297.30	Lauren Davis	Districts	2000
8.	289.60	Rebecca Kohute	Jingle Bell	2005
9.	276.10	Kimberly Rambsey	Districts	2007
10.	269.15	Kara Junck	Districts	1997
10.	269.15	Shari Dunham	Districts	2002

# Clear Brook Swimming & Diving

## All-Time Top Ten Performances

### Boys 50 Free

	Time	Name	Meet	Year
1.	22.12	Chris Warnix	Regionals	1992
2.	22.17	Marek Malik	Regionals	2005
3.	22.20	Mark Grijalva	METRO	2008
<b>4.</b>	<b>22.56</b>	<b>Chris Lunney</b>	<b>Regionals</b>	<b>2010</b>
5.	22.89	Richard Lau	Strake	1999
6.	22.98	Ryan Elliot	La Porte	1994
7.	22.99	Justin Henson	Friendswood	1997
8.	23.02	Andre Amaral	Districts	2002
9.	23.04	Daniel Duong	Ranger Classic	2005
10.	23.57	Justin Suchecki	Districts	1997

### Boys 100 Free

	Time	Name	Meet	Year
1.	47.99	Mark Grijalva	METRO	2008
<b>2.</b>	<b>49.00</b>	<b>Chris Lunney</b>	<b>District</b>	<b>2010</b>
3.	49.37	Justin Henson	Friendswood	2000
4.	49.83	Janko Godec	Regionals	1997
5.	50.34	Richard Lau	Lakeside	1994
<b>6.</b>	<b>50.43</b>	<b>Patrick LaBrode</b>	<b>Regionals</b>	<b>2010</b>
7.	50.61	Marek Malik	Regionals	2000
8.	50.83	Chris Warnix	Creek	1991
9.	51.51	Andre Amaral	Districts	2001
10.	51.61	Will Garske	Regionals	2008

### Boys 200 Free

	Time	Name	Meet	Year
1.	1:43.13	Mark Grijalva	Regionals	2008
2.	1:46.63	Richard Lau	Ranger Classic	2000
<b>3.</b>	<b>1:48.03</b>	<b>Patrick LaBrode</b>	<b>Regionals</b>	<b>2010</b>
4.	1:49.28	Justin Henson	Hol. TISCA	1997
5.	1:53.66	Daniel Iwai	Districts	2008
6.	1:55.55	Paul Stus	La Porte	1994
7.	1:55.91	Chris Smallwood	Districts	2000
8.	1:55.91	Felix Vuellers	Lake & Creek	2004
9.	1:55.99	Will Garske	Districts	2008
10.	1:56.30	Chris Warnix	Ranger Classic	1991

# Clear Brook Swimming & Diving

## All-Time Top Ten Performances

### Boys 500 Free

	Time	Name	Meet	Year
1.	4:37.42	Mark Grijalva	STATE	2008
2.	<b>4:46.44</b>	<b>Patrick LaBrode</b>	<b>Regionals</b>	<b>2010</b>
3.	4:47.59	Justin Henson	Regionals	1998
4.	4:53.61	Richard Lau	Lamar Invite	1999
5.	4:53.76	Chris Warnix	Regionals	1992
6.	5:10.65	Felix Vuellers	Metro Champs	2005
7.	5:13.32	Rob Phillips	Sp. Branch Invite	1991
8.	5:15.83	Chris Smallwood	Districts	1999
9.	5:25.91	Jason Suchecki	Regionals	1991
10.	5:26.46	Dusty Wortman	Strake	2000

### Boys 100 Back

	Time	Name	Meet	Year
1.	53.69	Chris Warnix	Regionals	1993
2.	54.77	Paul Stus	Regionals	1995
3.	57.01	Chris Smallwood	Regionals	2000
4.	57.76	Dusty Wortman	Districts	2002
5.	58.37	Mark Grijalva	Deer Park	2007
6.	58.54	Will Garske	Districts	2007
7.	58.64	Brian Bloomfield	Districts	2009
8.	59.83	Robi Phillips	Districts	1991
9.	1:00.48	Richard Lau	Lakeside	1999
10.	1:00.52	Drew Wiley	Districts	2009

### Boys 100 Breast

	Time	Name	Meet	Year
1.	58.69	Richard Lau	State	2000
2.	1:01.86	James Ferguson	Regionals	2005
3.	<b>1:02.10</b>	<b>Vashaad Fincher</b>	<b>Regionals</b>	<b>2010</b>
4.	1:02.13	Sam Hafele	Districts	2006
5.	1:03.10	Mark Grijalva	Ranger Classic	2007
6.	1:03.98	Mike Garske	Districts	2008
7.	<b>1:04.19</b>	<b>Brandon Steinkuehler</b>	<b>Regionals</b>	<b>2010</b>
8.	1:05.56	Patrick LaBrode	Ranger Classic	2009
9.	1:05.73	Mike Jiang	Regionals	2006
10.	1:05.83	Eric Miles	Ranger Classic	2009

# Clear Brook Swimming & Diving

## All-Time Top Ten Performances

### Boys 100 Fly

	Time	Name	Meet	Year
1.	51.23	Justin Henson	State	1998
2.	52.94	Richard Lau	Regionals	2000
3.	53.47	Ryan Elliot	La Porte	1994
4.	54.35	Jason Suchecki	Regionals	1992
5.	54.82	Robi Phillips	Sp. Branch Invite	1990
6.	55.07	Paul Stus	Districts	1995
7.	55.11	Vince Fincher	Regionals	2009
8.	55.41	Ronnie Garcia	Creek	1993
9.	56.26	Evan Sayre	Ranger Classic	1990
10.	56.28	Mark Grijalva	Deer Park	2007

### Boys 200 IM

	Time	Name	Meet	Year
1.	1:57.27	Mark Grijalva	TISCA	2007
2.	1:59.88	Richard Lau	Regionals	1999
3.	2:03.93	Chris Warnix	Regionals	1992
4.	2:04.38	Justin Henson	Alvin Classic	1998
5.	2:06.34	Paul Stus	Ranger Classic	1995
<b>6.</b>	<b>2:10.47</b>	<b>Patrick LaBrode</b>	<b>Ranger Classic</b>	<b>2010</b>
7.	2:10.53	Daniel Duong	Districts	2003
8.	2:10.82	Dusty Wortman	Districts	2001
9.	2:11.69	Drew Wiley	Districts	2009
10.	2:12.22	Chris Smallwood	Lamar Invite	2000

### Boys 1 Meter Diving

	Time	Name	Meet	Year
1.	499.20	Chad Hummel	Districts	1999
2.	466.55	Scott Vining	Districts	1999
3.	443.35	David Doggett	Districts	1991
4.	379.75	Casey Adler	Districts	1992
5.	376.45	Matt Mondor	Districts	2000
6.	372.50	Brandon Kieffer	Bwood Invite	2004
7.	343.65	Paul Vining	Regionals	1992
8.	296.60	Jimmy Purtee	Districts	1991
8.	296.60	Brandon Wofford	Districts	1997
10.	258.25	Thomas Kozuch	Ranger Classic	2008

# Clear Brook Swimming & Diving

## Boys All-Time Freshman Top Ten

### 50 Free

1	<b>Vashaad Fincher</b>	<b>24.23</b>	<b>2010</b>
2	Brian Bloomfield	24.53	2007
3	Luke Hamilton	24.98	2007
4	Drew Wiley	25.04	2008
5	Mark Grijalva	25.08	2005
6	Nathan Chu	25.54	2007
7	<b>Jacob Arend</b>	<b>25.61</b>	<b>2010</b>
8	Tyler Dalme	25.69	2007
9	Josh Decker	25.69	2006
10	Chris Lunney	25.95	2007

### 100 Back

1	<b>Vashaad Fincher</b>	<b>1:02.19</b>	<b>2010</b>
2	Luke Hamilton	1:02.90	2007
3	Mark Grijalva	1:04.75	2005
4	Drew Wiley	1:05.18	2007
5	Brian Bloomfield	1:07.32	2007
6	Andrew Stephens	1:08.54	2007
7	Evan Fair	1:08.94	2009
8	<b>Jacob Arend</b>	<b>1:09.53</b>	<b>2010</b>
9	Brad Mason	1:09.54	2006
10	Tyler Dalme	1:10.67	2007

### 100 Free

1	<b>Vashaad Fincher</b>	<b>52.09</b>	<b>2010</b>
2	Patrick LaBrode	52.75	2009
3	Drew Wiley	53.86	2008
4	Luke Hamilton	54.24	2005
5	<b>Jacob Arend</b>	<b>54.73</b>	<b>2010</b>
6	Mark Grijalva	56.26	2005
7	Brian Bloomfield	56.54	2007
8	Chris Lunney	56.72	2008
9	Tyler Dalme	56.85	2007
10	Josh Decker	58.14	2006

### 100 Breast

1	<b>Vashaad Fincher</b>	<b>1:02.10</b>	<b>2010</b>
2	Patrick LaBrode	1:05.56	2009
3	Mark Grijalva	1:09.38	2005
4	Brandon Steinkuehler	1:09.77	2009
5	Luke Hamilton	1:10.65	2008
6	Drew Wiley	1:14.19	2008
7	Brian Bloomfield	1:14.66	2007
8	<b>Jacob Arend</b>	<b>1:16.84</b>	<b>2010</b>
9	Anthony Diep	1:17.75	2008
10	Nick Clemmer	1:18.12	2009

### 200 Free

1	Patrick LaBrode	1:53.08	2009
2	Mark Grijalva	1:54.70	2005
3	<b>Vashaad Fincher</b>	<b>2:02.60</b>	<b>2010</b>
4	Luke Hamilton	2:04.13	2008
5	Chris Lunney	2:09.71	2008
6	Brian Bloomfield	2:13.92	2007
7	Tyler Dalme	2:14.35	2007
8	Anthony Diep	2:16.52	2008
9	Andrew Stephens	2:16.98	2007
10	Nathan Chu	2:17.48	2008

### 100 Fly

1	<b>Vashaad Fincher</b>	<b>58.68</b>	<b>2010</b>
2	Mark Grijalva	1:01.72	2005
3	Drew Wiley	1:04.77	2007
	Brandon		
4	Steinkuehler	1:06.52	2009
5	Nick Clemmer	1:08.76	2009
6	Brad Mason	1:09.05	2006
7	Anthony Diep	1:12.31	2007
8	<b>Jacob Arend</b>	<b>1:12.97</b>	<b>2010</b>
9	<b>Steven Mao</b>	<b>1:13.33</b>	<b>2010</b>
10	Vince Fincher	1:14.53	2006

### 500 Free

1	Mark Grijalva	4:58.02	2005
2	Patrick LaBrode	5:03.64	2009
3	<b>Vashaad Fincher</b>	<b>5:27.36</b>	<b>2010</b>
4	Drew Wiley	5:56.58	2008
5	Brad Bevolo	6:08.23	2007
6	<b>Stephen Jacoby</b>	<b>6:10.07</b>	<b>2010</b>
7	<b>Jacob Arend</b>	<b>6:11.98</b>	<b>2010</b>
8	Chris Lunney	6:15.84	2008
9	Jonathon Izygon	6:28.02	2006
10	Tyler Dalme	6:32.22	2007

### 200 IM

1	Mark Grijalva	2:06.57	2005
2	Patrick LaBrode	2:15.64	2009
3	Drew Wiley	2:15.84	2008
4	<b>Vashaad Fincher</b>	<b>2:15.59</b>	<b>2010</b>
5	Luke Hamilton	2:15.95	2007
6	<b>Jacob Arend</b>	<b>2:27.69</b>	<b>2010</b>
7	Nick Clemmer	2:28.48	2009
8	Brandon Steinkuehler	2:29.89	2009
9	Corbin Schlager	2:31.90	2009
10	Brad Bevolo	2:32.27	2007

# Clear Brook Swimming & Diving

## Girls All-Time Freshman Top Ten

### 50 Free

1	Adriana Sepulveda	25.13	2007
2	Julia Sepulveda	25.90	2007
3	Diana Sepulveda	26.67	2005
4	<b>Mady Walker</b>	<b>26.73</b>	<b>2010</b>
5	Moncia Pruett	26.87	2009
6	<b>Taylor Karnilaw</b>	<b>27.31</b>	<b>2010</b>
7	<b>Abby Monteith</b>	<b>27.55</b>	<b>2010</b>
8	Sarah Nrsesta	27.58	2007
9	<b>Brie Braaten</b>	<b>27.88</b>	<b>2010</b>
10	Molly Freeman	28.09	2007

### 100 Back

1	Julia Sepulveda	1:02.77	2007
2	Adriana Sepulveda	1:04.25	2007
3	Monica Pruett	1:04.32	2009
4	<b>Taylor Karnilaw</b>	<b>1:08.50</b>	<b>2010</b>
5	Melissa Au	1:09.07	2005
6	Molly Freeman	1:09.70	2007
7	<b>Abby Monteith</b>	<b>1:10.31</b>	<b>2010</b>
8	Christa Walker	1:10.40	2009
9	Diana Sepulveda	1:11.26	2005
10	Sarah Nrsesta	1:11.95	2007

### 100 Free

1	Adriana Sepulveda	54.43	2007
2	Julia Sepulveda	56.04	2007
3	Diana Sepulveda	57.34	2005
4	Monica Pruett	57.38	2009
5	<b>Taylor Karnilaw</b>	<b>59.26</b>	<b>2010</b>
6	Sarah Nrsesta	59.82	2007
7	<b>Mady Walker</b>	<b>1:00.22</b>	<b>2010</b>
8	Kelly Vu	1:00.46	2006
9	<b>Brie Braaten</b>	<b>1:01.15</b>	<b>2010</b>
10	Molly Freeman	1:02.89	2007

### 100 Breast

1	Julia Sepulveda	1:07.88	2007
2	Monica Pruett	1:09.02	2009
3	Adriana Sepulveda	1:10.24	2007
4	Kelly Vu	1:14.81	2006
5	Christa Walker	1:19.02	2009
6	Vivien Tsou	1:19.12	2006
7	<b>Mady Walker</b>	<b>1:20.10</b>	<b>2010</b>
8	<b>Brie Braaten</b>	<b>1:21.31</b>	<b>2010</b>
9	Bethal Maturan	1:23.58	2005
10	Danielle Dolifka	1:23.87	2009

### 200 Free

1	Adriana Sepulveda	1:54.41	2007
2	Julia Sepulveda	1:59.65	2007
3	Monica Pruett	2:03.44	2009
4	<b>Taylor Karnilaw</b>	<b>2:07.22</b>	<b>2010</b>
5	Diana Sepulveda	2:09.53	2005
6	Molly Freeman	2:10.68	2007
7	<b>Brie Braaten</b>	<b>2:12.91</b>	<b>2010</b>
8	Sarah Nrsesta	2:12.98	2007
9	Nadia Asadi	2:17.80	2005
10	Kelly Vu	2:18.48	2006

### 100 Fly

1	Adriana Sepulveda	1:04.73	2007
2	Julia Sepulveda	1:04.74	2007
3	Diana Sepulveda	1:06.65	2005
4	Monica Pruett	1:07.33	2009
5	Kelly Vu	1:07.54	2006
6	Melissa Au	1:09.29	2005
7	Christa Walker	1:09.95	2009
8	<b>Abby Monteith</b>	<b>1:12.24</b>	<b>2010</b>
9	<b>Taylor Karnilaw</b>	<b>1:12.71</b>	<b>2010</b>
10	<b>Mady Walker</b>	<b>1:13.23</b>	<b>2010</b>

### 500 Free

1	Adriana Sepulveda	5:07.65	2007
2	Julia Sepulveda	5:25.19	2007
3	Monica Pruett	5:39.40	2009
4	<b>Taylor Karnilaw</b>	<b>5:46.58</b>	<b>2010</b>
5	Molly Freeman	5:48.21	2007
6	Nadia Asadi	6:11.05	2005
7	<b>Mady Walker</b>	<b>6:14.79</b>	<b>2010</b>
8	<b>Abby Monteith</b>	<b>6:16.79</b>	<b>2010</b>
9	Vivien Tsou	6:25.55	2006
10	Madelyn Tadlock	6:32.65	2007

### 200 IM

1	Julia Sepulveda	2:10.67	2007
2	Adriana Sepulveda	2:12.42	2007
3	Monica Pruett	2:14.37	2009
4	<b>Taylor Karnilaw</b>	<b>2:28.87</b>	<b>2010</b>
5	Kelly Vu	2:30.60	2006
6	Diana Sepulveda	2:31.91	2005
7	Christa Walker	2:31.94	2009
8	Molly Freeman	2:34.23	2007
9	<b>Abby Monteith</b>	<b>2:35.79</b>	<b>2010</b>
10	<b>Brie Braaten</b>	<b>2:35.81</b>	<b>2010</b>

