SPLASH

TAKING ON THE WORLD

RYAN LOCHTE AND THE REST OF THE U.S. TEAM HEAD TO SHANGHAI FOR THE WORLD CHAMPIONSHIPS

DIGITAL ONLY FEATURE:

GIRLS ALL-TIME TOP 100 LIST (SCY)

JULY/AUGUST 2011 • VOLUME 19 • ISSUE 4

In the blink of an eye, adrenaline bursts into speed.

The training, the sacrifice, the dedication—it all leads up to this moment, when it's just you and the clock. We know how important this is.

That's why we focus on you.
So you can focus on the finish line.

Marriott® is a proud sponsor of USA Swimming.

Visit **Marriott.com/usaswimming**
or call **877.MARRIOTT** to book your stay.

JW MARRIOTT. AUTOGRAPH COLLECTION RENAISSANCE HOTELS Marriott HOTELS & RESORTS COURTYARD Marriott FAIRFIELD INN & SUITES Marriott SPRINGHILL SUITES Marriott Residence Inn Marriott TownePlace SUITES Marriott

OUR MISSION STATEMENT

USA Swimming is the National Governing Body for the sport of swimming. We administer competitive swimming in accordance with the Olympic & Amateur Sports Act. We provide programs and services for our members, supporters, affiliates and the interested public. We value these members of the swimming community, and the staff and volunteers who serve them. We are committed to excellence and the improvement of our sport. We are committed to providing a safe and positive environment for all members.

OUR VISION STATEMENT

To inspire and enable our members to achieve excellence in the sport of swimming and in life.

OUR CORE OBJECTIVES

USA Swimming has adopted three core objectives. These core objectives establish the foundation of the strategic business plan for our sport. USA Swimming encourages all members to participate in the local, regional and national efforts to ensure that these objectives are accomplished.

BUILD THE BASE — We seek to expand our membership in order to share our sport with as many other people as possible. We are especially committed to sharing the values of our sport with young people who may discover that swimming is an activity they can enjoy for their entire life.

PROMOTE THE SPORT — We want swimming to receive as much publicity as possible because we believe that the more people learn about our sport the more inclined they will be to join the ranks of our membership. We are proud of our sport and we seek to celebrate it whenever possible.

ACHIEVE COMPETITIVE SUCCESS — USA Swimming has been ranked as the number one swimming nation in the world for more than 40 years. We seek to continue this tradition of competitive excellence. When our elite athletes are successful in fulfilling their Olympic dreams our society benefits from the inspiration these athletes give us.

OFFICIAL SUPPLIERS

gettyimages

MACK'S

TeamUnify

SwimmingWORLD magazine

OFFICIAL LICENSEES

BAG TAGS INC.

www.swimteamtowels.com

OFFICIAL SPONSORS

at&t

BMW

ConocoPhillips

CeraVe Moisturizers & Cleanser

Marriott

Mutual of Omaha

Myrtha Pools

OMEGA

speedo

VISA

IN THIS ISSUE

GAVIN HOLT/GAVINPHOTOGRAPHY.COM

Jessica Hardy's back in the mix as one of the stronger condenders for a title in Shanghai. Coverage begins on page 34.

FEATURES

30 LONDON CALLING
With the London 2012 Olympic Games calling, the developing storyline pits seasoned veterans against hotshot hopefuls looking to make the U.S. Olympic Team. Coveted spots await at what's sure to be an über-competitive U.S. Olympic Team Trials next June in Omaha. So, get ready. The anticipation mounts as the National Team prepares to swim at their very best a year from now at Trials, aiming to swim even better on the world stage at the XXX Olympic Summer Games.

34 WORLD CHAMPIONSHIPS PREVIEW
Culled from the best performers at the 2010 ConocoPhillips National Championships, the 2011 World Championship Team is stocked with swimming stars hoping to make a splash in the last big international competition before the Olympics. The meet offers the swimmers an opportunity to sniff out competition from around the world, and gives spectators a glimpse of what to expect in London next year.

32 LEARNING BY EXAMPLE
Jason Drury, head coach of the Sullivan Blue Dolphins in Sullivan, Ill., loves the vantage point offered by underwater cameras. He recognizes the inherent lessons his pupils can learn by watching the top swimmers in the United States and world via those cameras on TV. So when events like this summer's ConocoPhillips USA Swimming National Championships and FINA World Championships are televised, he seizes the opportunity to use the coverage as a tool to help his young swimmers improve through evaluation and emulation.

38 SHANGHAI: IN AND OUTSIDE THE LANE
Shanghai is a vibrant and international city that serves as the backdrop of the 14th FINA World Championships. From July 16-31, 2011 this bustling city of 20 million will become an aquatics mecca and host competitors from all over the world. Here are some ways to enjoy Shanghai outside of the pool. Get your goggles and your cameras ready.

DEPARTMENTS

5 mailbag
6 mike gustafson

starting blocks
8 swim briefs/grand prix
9 sound waves/justin case
10 technique
12 nutrition
14 strength & conditioning
16 mental tips
18 training with
20 athletic foodie
22 keys to success
24 club excellence profile
26 your photo

SWIM KIDS

42 interactive
44 getting to know
46 then and now
47 plugged in
48 swim nut zeke
49 five songs
50 swim kids contributions
51 america's swim team athletes

SPLASH

Splash (ISSN 1099-8306) is published bi-monthly by USA Swimming, and is mailed at the periodicals postage rate at Colorado Springs, Colo., and additional mailing offices.

ADDRESS CHANGES

POSTMASTER: Send address changes to:

Splash, 1 Olympic Plaza, Colorado Springs, CO 80909-5770. USA Swimming members who change their address need to inform their LSC Registration Chair.

SUBSCRIPTIONS

One-year subscriptions of *Splash* are available for non-USA Swimming members for $15 (within the continental U.S.) and $25 (outside the continental U.S.).

DISCLAIMER

Member safety is a top priority for USA Swimming, which will continue to publish articles promoting swimming safety. However, USA Swimming cannot and does not accept responsibility for the content of any information or material not authored by the staff of USA Swimming. All opinions stated in any such materials are solely those of the author or authors and are not necessarily the opinions of USA Swimming.

LETTERS TO THE EDITOR

To be published, letters to the editor for *Splash* need to include the author's name and phone number, city, club and local swimming committee. USA Swimming reserves the right to edit letters to the editor.

CONTACT SPLASH

1 Olympic Plaza
Colorado Springs, CO 80909-5770
719.866.4578
719.866.4049 f
splash@usaswimming.org

CREDITS

PUBLISHER:
Chuck Wielgus

EDITOR-IN-CHIEF:
Jim Rusnak

ART DIRECTOR:
Matt Lupton

GRAPHIC DESIGN:
Heidi Herboldshiemer

CONTRIBUTORS:
Alicia Kendig, Michael Mejia, Bonnie Moss, Gina Perry, Kelsey Savage Hays, Bob Schaller, Meghan Satterstrom, Lenny Wiersma, Greg Echlin, Mike Watkins, Garett Weber-Gale, Sarah Knott, Hugh Vandevier

PHOTOGRAPHERS:
Getty Images/Tim Binning/Gavin Holt

COVER PHOTO:
Gavin Holt/gavinphotography.com

PRINT:
Sport Graphics, Indianapolis, IN

©Copyright: 2011 USA Swimming, Inc.

The editors know that I hide a prank in every magazine. What they *don't* know is that I've taken over this little section of the magazine to communicate with all of the epically awesome and probably superhuman members of the **Justin Case Secret Brigade**. This issue, **Julia** has become the newest member of the Brigade, thus making her cooler than the editors of the magazine, and pretty much everybody else in the world.

By the way, I'm in pretty good with **Zeke Parson** from **Swim Nut Zeke**, and I have one of his signed swim caps to send to the first person to send me an email, with a photo of their head and the subject line "Farfengoober." ReadySetGo!

justincase@usaswimming.org

DEAR READERS,

Last issue we officially launched the digital edition of Splash magazine. While the digital edition offers a number of online capabilities that complement the content of the magazine, we have no plans of discontinuing the print edition. Splash will continue to be sent to your mailboxes as always. If you would like to access the digital edition on your computer or mobile phone (often 10 days earlier than you would receive the print edition) go to usaswimming.org/splash.

Jim Rusnak
Editor-in-Chief

DEAR SPLASH:

Every single month that a new *Splash* magazine comes out, I get it. I love all the tips and good insight that you put into each and every magazine. Whenever I get the magazine, I read the whole thing immediately, each and every word. I love all of your interviews that you guys have with some of the fastest swimmers in the country. My favorite part of those interviews is when you ask them about their workouts, because I always try to see if I can complete those workouts. The photos you put in the magazine are incredible. I don't know how you get those shots, but they are so good. I also love the Justin Case Files. I like how you guys put coverage on all the big swim meets. Everything that is in the magazine is so much fun to read, and not only is it fun, but it is also very interesting to read. I learn so much from reading this magazine. I thank you so much for making this magazine happen. I really appreciate it, and all I want to say is a sincere thank you.

Chris
Chicago, Ill.

DEAR SPLASH:

My name is Nicole G. One of my coaches, Sarah Marazek, took this photo of me and my teammates with her brand new underwater camera after morning practice during the summer one day. I will never forget this because all of us kept getting our hair all over our faces. In order: Nicole G. on the left, Cassidy C. on top, to the right Jamie M. and on the bottom is Kyle O.

Nicole G.
Panama City Beach, Fla.

DEAR SPLASH:

I am an age group coach with the Condors Swim Club in West Nyack, N.Y. Recently, one of my swimmers, Brooke S., had to create an invention for a school project. Since we are constantly having to remind our swimmers to bring their water to practice, Brooke decided to come up with an invention to keep water available no matter what activity we were doing. Her invention, the Cup Board, definitely meets this requirement. I was so impressed with her idea, I just had to share it with *Splash* Magazine.

Tamara Talbott
Silver Coach, Condors Swim Club

DEAR SPLASH

Three longstanding Midwestern Swimming records were broken in March at the Midwestern Championships. Greater Nebraska Swim Team's 11-12 year old girls relay team of **Emma Vertin, Dannie Dilsaver, Linzie Kreizel,** and **Caroline Theil** shattered the LSC marks in the 400-yard medley relay (4:19.00), the 400y free relay (3:51.72) and the 200 free relay (1:45.79).

Ryan Theil
Lincoln, Neb.

@SPORTS AND @TWITTER = #APERFECTMARRIAGE

Twitter allows fans to communicate with their favorite swimming superstars and entities in a way like never before! It's so simple to understand! If you haven't jumped on the Twitter bandwagon yet, here's a hypothetical, completely fictional "Twitter timeline" showing you how easy this technology is to communicate effectively!

PhelpsTheFish Michael Phelps
Alright, I'll swim that #400IM if everyone stops bugging me about it. #london2012

Coach_Bowman Coach Bob Bowman
My work here is done. "RT: @PhelpsTheFish Alright, I'll swim that #400IM if everyone else stops bugging me about it. #london2012"

NBCSportsPR NBC Sports Public Relations
WAIT WHAT DO YOU MEAN @Coach_Bowman PLEASE DON'T RETIRE @Coach_Bowman #omg #wearetoast

Coach_Bowman Coach Bob Bowman
@NBCSportsPR No. Re: @PhelpsTheFish's tweet this morning.

NBCSportsPR NBC Sports Public Relations
@Coach_Bowman: Oh. NM. #caseofthemondays

NBCSportsPR NBC Sports Public Relations
Well in that case @NBCOlympics let's move #400IM #swimming in #london2012 to #primetime.

MarkSpitzUSA Mark Spitz
I'm too old to Twote? Am I Tweeting? How do I use this thing?

RyanLochte
Yo @PhelpsTheFish, did you learn nothing from last August? JEAHHHH! #winning #2010nationals

IOCMedia
@NBCOlympics Pls stop messing with the schedule. Thx.

ochocinco Chad Ochocinco
I could take all y'all @PhelpsTheFish. BRING IT. #london2012

SHAQ Shaquille O'Neal
Shut up, @ochocinco. #ShaqVS

NBCOlympics NBC Olympics
Can we get Ian Thorpe to swim a 400IM? How about it @SwimmingAUS? #ratings

@SwimmingAUS Mark Spitz
@NBCOlympcs No. #No.

@Shanteau
Just stay away from the 200 breaststroke, @PhelpsTheFish.

NBCOlympics NBC Olympics
@Olympics @IOCMedia @nbc_sports We need at least 5,000 more underwater cameras #400IMcoverage #8moreminutesofswimcoverage

RowdyGaines Rowdy Gaines
What a great #rivalry to kick off the @Olympics! @PhelpsTheFish vs. @RyanLochte in #swimming's hardest event! #london2012 #swimshowdown

london2012 London 2012 Organizing Committee
Tix 4 sale 4 400IM! Don't miss this chance to #witness history! #recordticketsales #buynow #swimshowdown

nbc_sports NBC Sports
5,000 underwater cameras in place. Also installing #gogglecam on @PhelpsTheFish's cap, hoping he'll tweet race footage #midrace400IMtweet if he gets a big lead. #london2012 #400IM #swimshowdown

NBCOlympics NBC Olympics
#midrace400IMtweet confirmed with @PhelpsTheFish's agent; move #400IM #coverage #primetime #live #biggestevent #london2012 @nbc_sports #veryexcited!!!!

london2012 London 2012 Organizing Committee
Tune in #LIVE to @nbc_sports and the @NBCOlympics 2 #watch the #400IM @Olympics in #london2012 for @PhelpsTheFish's #midrace400IMtweet in #primetime and #witness the #rivalry with @RyanLochte #swimshowdown 4 #olympicgold on #gogglecam!! #400IMcoverage #8moreminutesofswimcoverage!!!

PhelpsTheFish Michael Phelps
Oops, I meant "100 fly." Not 400IM. #autocorrectmistakes

nbc_sports NBC Sports
Crap. "RT: @PhelpsTheFish: Oops, I meant "100 fly."

london2012 London 2012 Organizing Committee
Ugh. "RT: @PhelpsTheFish Oops, I meant "100 fly."

NBCOlympics NBC Olympics
No! "RT: @PhelpsTheFish: Oops, I meant "100 fly."

Coach_Bowman Coach Bob Bowman
☹ "RT: @PhelpsTheFish: Oops, I meant "100 fly."

MarkSpitzUSA Mark Spitz
Will someone just tell me what's going on?

THE OUTSIDE WORLD WILL RETURN.

But will you want it to? In the moment, you're taken with beauty, fixated on a stunning exterior that boasts articulate lines and athletic prowess. You're commanding 400 horses and a 4.8-liter, TwinPower Turbo V-8 engine under a stunning, elongated hood. Everything else ceases to exist. As long as there's a road ahead. **bmwusa.com/allnew6**

THE ALL-NEW BMW 6 SERIES. DESIGNED FOR DRIVING.

©2011 BMW of North America, LLC. The BMW name, logo, model names are registered trademarks.

USA SWIMMING WINS THREE COMMUNICATOR AWARDS

USA Swimming has been awarded three 2011 Communicator Awards by the International Academy of Visual Arts, earning accolades for its America's Swim Team marketing campaign, television commercial and re-designed website, usaswimming.org. The 30-second America's Swim Team commercial, which was produced and aired in 2010, received the Academy's highest honor, the Gold Award of Excellence. The Gold Award of Excellence is presented to "those entries whose ability to communicate puts them among the best in the field." The overall America's Swim Team campaign and usaswimming.org won the academy's Silver Award of Distinction, presented "for projects that exceed industry standards in quality and achievement."

ILLINOIS SWIMMING ACHIEVES LEAP LEVEL 2

Illinois Swimming has achieved LEAP Level 2, joining Gulf, Indiana, Lake Erie, New England, Maryland and North Carolina at Level 2. LEAP, which stands for LSC Evaluation and Achievement Program, benchmarks levels of achievement in LSC governance and programming. All 59 LSCs are required to complete LEAP Level 1 before the end of 2012. LEAP Level 2 and LEAP Level 3 are voluntary programs for LSCs who desire to go above and beyond the required.

2010 SWIM-A-THON RESULTS ARE FINAL

The results from the 2010 Swim-a-Thon have been tabulated. 342 clubs participated, raising a total of $2,848,820.92. Individually, 274 swimmers raised $1,000 or more in contributions to their teams. The top team in 2010 was Dynamo Swim Club (Georgia) with $72,087. For full results, including the top earners in each LSC and a list of all swimmers bringing in $1,000 or more, go to usaswimming.org.

SCHOLASTIC ALL-AMERICA APPLICATIONS AVAILABLE

The 2010-2011 Scholastic All-America Applications have been posted. This year, applicants have the option of filling out an online application form or a downloading a traditional PDF application. For more information about Scholastic All-America, including this year's applications and time standards, go to our Scholastic All-America page on usaswimming.org.

WINTER NATIONALS TO BE A LONG COURSE EVENT

As per the Steering Committee's April 2011 decision, the 2011 AT&T Short Course National Championships to be held Dec. 1-3 in Atlanta, Ga., will now be a long course competition to allow participants an opportunity to achieve Olympic Trials qualifying standards. The November Grand Prix Series event in Minneapolis will also be a long course competition in 2011. For more information information, go to usaswimming.org/nationals.

2011 USOC INTERNATIONAL ALTITUDE TRAINING SYMPOSIUM

The 2011 USOC International Altitude Training Symposium will be held on Oct. 5-7 in Colorado Springs. It will bring together athletes, coaches and sport scientists who have a keen interest in the practical application of altitude training for the enhancement of athletic performance. For more information, a schedule and registration details, go to teamusa.org.

USA SWIMMING EXECUTIVE DIRECTOR CHUCK WIELGUS WINS NATIONAL AWARD

USA Swimming Executive Director Chuck Wielgus is the 2011 Great Comebacks National Award recipient. Wielgus won the award at a ceremony held in conjunction with the Wound, Ostomy and Continence Nurses (WOCN) Society's 43rd Annual Conference in New Orleans, La. The Great Comebacks Program annually honors outstanding individuals who are inspiring others to live life to the fullest after ostomy surgery.

GRAND PRIX UPDATE

USA SWIMMING GRAND PRIX SERIES STANDINGS

	ATHLETE	GOLD	SILVER	BRONZE	TOTAL POINTS
1	MISSY FRANKLIN	16	3	2	91
2	OUS MELLOULI	12	2	0	66
3	MICHAEL PHELPS	11	3	1	65
4	RYAN LOCHTE	7	8	1	60
5	CHLOE SUTTON	9	0	0	45
6	KATIE HOFF	4	5	1	36
7	TYLER CLARY	6	1	2	35
8	JESSICA HARDY	4	4	0	32
9	ERIC SHANTEAU	5	2	0	31
9	DANA VOLLMER	5	1	2	30

Since the start of the 2010-2011 USA Swimming Grand Prix Series last November, National Teamer Missy Franklin has held on to the No. 1 spot on the series leader board.

At the 2011 Charlotte UltraSwim in May, she all but clinched the overall Grand Prix Series title, medaling in four events. Her two gold, one silver and a bronze in Charlotte brought her overall point total on the leader board to 91, 25 points ahead of the next-closest swimmer, Tunisian Olympian Ous Mellouli.

Franklin was one of the top swimmers in Charlotte, setting meet records in the 200m free (1:57.66) and the 200m backstroke (2:08.36). Other U.S. National Teamers setting meet records included Rebecca Soni in the 100m breast (1:05.56), Dana Vollmer in the 100m butterfly (57.82) and Natalie Coughlin in the 100m back (1:00.02).

The 2010-2011 USA Swimming Grand Prix Series concluded June 16-19 at the Santa Clara Grand Prix in Santa Clara, Calif. Results were not available at the time of print.

For more information about the USA Swimming Grand Prix Series, including complete results and video footage of each race, go to usaswimming.org/grandprix.

MATT WHEWELL

The USA Swimming Open Water National Championships were held June 10 and 12 in Fort Lauderdale, Fla.

National Teamers **Eva Fabian** and **Alex Meyer** won the women's and men's 10K races, qualifying for the 2011 FINA Open Water World Championships, to be held July 19-23 in Shanghai. Runners-up **Christine Jennings** and **Sean Ryan** also qualified to swim the 10K at the World Championships, which will serve as a direct qualifier for the 10K open water event at the 2012 Olympic Games.

"I'm very excited to be going to Shanghai and representing the United States of America," Fabian said after the race. "The water was tough but it led to an exciting race and finish."

At right are the top 10 finishers in both the 5K and 10K races in Fort Lauderdale. For complete results, go to the Open Water section at usaswimming.org/events.

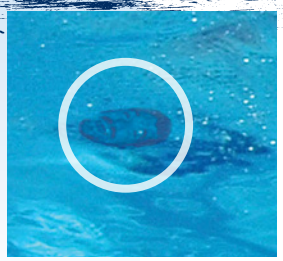
10K Men
1. Alex Meyer, Crimson Aquatics, 2:05:36.93
2. Sean Ryan, Scenic City Aquatic Club, 2:05:38.46
3. Andrew Gemmell, Delaware Swim Team, 2:05:41.63
4. Mark Warkentin, Santa Barbara Aquatics Club, 2:05:43.84
5. Arthur Frayler, Germantown Academy Aquatic Club, 2:05:44.92
6. Ryan Feeley, Badger Swim Club, 2:06:57.66
7. Chip Peterson, FAST Swim Team, 2:07:08.70
8. Connor Signorin, Peddie Aquatics, 2:08:42.80
9. Vinny Donnelly, Boilermaker Aquatics, 2:09:00.15
10. Joey Pedraza, Davie Natadores, 2:11:42.20

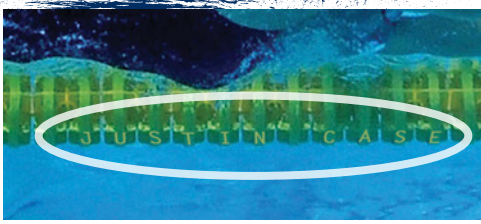
10K Women
1. Eva Fabian, Greenwood Memorial Swim Club, 2:18:31.26
2. Christine Jennings, Mission Viejo Nadadores, 2:18:33.06
3. Ashley Twichell, Duke Aquatics, 2:18:36.76
4. Haley Anderson, Trojan Swim Club, 2:18:52.77
5. Claire Thompson, West Florida Lightning Aquatics, 2:19:01.24
6. Emily Brunemann, FAST Swim Team, 2:19:18.18
7. Iriondo Damaris, Fort Lauderdale Aquatics, 2:23:24.87
8. Tristin Baxter, Clovis Swim club, 2:24:20.14
9. Hali Flickinger, York YMCA, 2:24:34.72
10. Gillian Ryan, Parkland Aquatic Club, 2:24:59.60

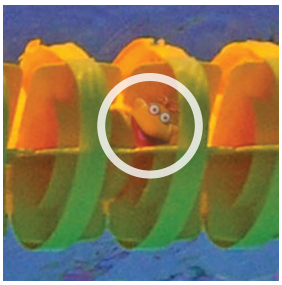
5K Men
1. Sean Ryan, Scenic City Aquatic Club, 53:11.79
2. Chip Peterson, FAST Swim Team, 54:42.73
3. Ryan Feeley, Badger Swim Club, 54:43.29
4. Ian Wheeler, Kamehameha Swim Club, 55:19.29
5. David Heron, Mission Viejo Nadadores, 55:22.58
6. Cary Wright, Clovis Swim Club, 55:22.87
7. Jordan Wilimovsky, Team Santa Monica, 55:24.72
8. Janardan Burns, Mission Viejo Nadadores, 55:26.11
9. Riley Mita, Canyons Aquatic Club, 55:26.31
10. Max Fabian, Greenwood Memorial Swim Club, 55:30.04

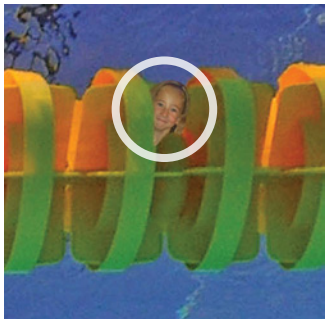
5K Women
1. Ashley Twichell, Mission Viejo Nadadores, 58:11.87
2. Becca Mann, Clearwater Aquatic Team, 58:22.02
3. Christine Jennings, Mission Viejo Nadadores, 58.27.49
4. Kaitlin Pawlowicz, Curl Burke Swim Club, 1:00:20.01
5. Jordan Hancock, First Colony Swim Team, 1:00:23.28
6. Lauren Driscoll, Fort Lauderdale Aquatics, 1:00:28.04
7. Rose O'Connor, Duke Aquatics, 1:01:11.24
8. Damaris Iriondo, Fort Lauderdale Aquatics, 1:01:19.66
9. Allison Brown, Pleasanton Seahawks, 1:01:31.80

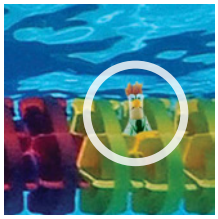
JUSTIN CASE FILES











THE ANSWER:

Justin's pranks are hiding in the spread on pages 34 and 35 in the May-June issue of *Splash*. Moose's head can be found on the far left side of page 34, near Rebecca Soni's feet. Beaker the Muppet is hanging out in the lane lines on the opposite side of the spread. His buddy, Fozzie Bear is floating just above the box that describes outsweep. Scooter the Muppet and a Justin Case fan are peeking out of the lane lines at the top of the page, and finally, Justin's name is written across the bottom lane line on page 35.

THE WINNER:

Lauren S., 10, of Clifton Park, N.Y.

For 10 years now, our art director's alter ego, Justin Case, began hiding pranks in each issue of *Splash*. Since then, thousands of you have stepped up to the challenge and found his pranks and reported them to us.

If you find Justin's prank in this issue, report it to us, along with your FULL NAME and ADDRESS to splash@usaswimming.org. One winner will be selected at random from a list of all the correct entries and will receive a prize from USA Swimming.

Remember, Justin's name appears in all his pranks.

DANA VOLLMER

JEFF GROSS/GETTY IMAGES

SWIMMING THE 100 Y BUTTERFLY

By Meghan Satterstrom

To get a coach's perspective on swimming the 100-yard butterfly, Splash talked to Dave Gibson, former head coach of the Phoenix Swim Club. Gibson has been coaching for 36 years, is an ASCA Level Five Coach and was awarded the ASCA Gold Medal Coaching Award.

He shared his views with us on what it takes to swim the 100 fly successfully.

Not only does Coach Gibson have a lot of coaching experience, he has worked with some very talented butterfliers in his career, including Olympian Ricky Berens, John Wojciechowski, Ashley Evans and Japanese and Asian record-holder, Kohei Kowamoto.

"I like my flyers to get an immediate catch/anchor after their hands enter the water –no messing around out in front," Gibson said. "I also want for them to maintain a pretty flat body position with little undulation and a flat and straight neck when breathing."

RACE STRATEGY:

Coach Gibson says a great start and underwater work off the starts and turns is crucial for a good race. Clean breakouts, preferably with no breath, are also very important. He advises swimmers to be fast, but have relaxed speed in the first 50 yards, and that it's important to hold your stroke count on the second, third and fourth 25 yards of the 100 butterfly. Gibson says you should know what your stroke count is and train for it during practice, as you will see with his sets listed below.

DRILL:

For drills, Gibson likes his flyers to do a lot of fast underwater kicking, both with and without fins. He feels that ankle flexibility is important and stresses that swimmers should do stretching for ankles, shins and calves during dry land activities. He likes to have swimmers do butterfly with a snorkel and practice drills, kicking and swimming with power towers or tubing.

SET:

Short Course –

Do the following set four times through:

- 12x25s fly on :20 or: 25 (hold goal time split and stroke count)
- 1:00 rest or 200 yards easy on 4:00

Long Course-

Gibson says to shoot for only two strokes difference in stroke count between the first and second 50 meters (for example 17 strokes for the first length/19 strokes for the second)

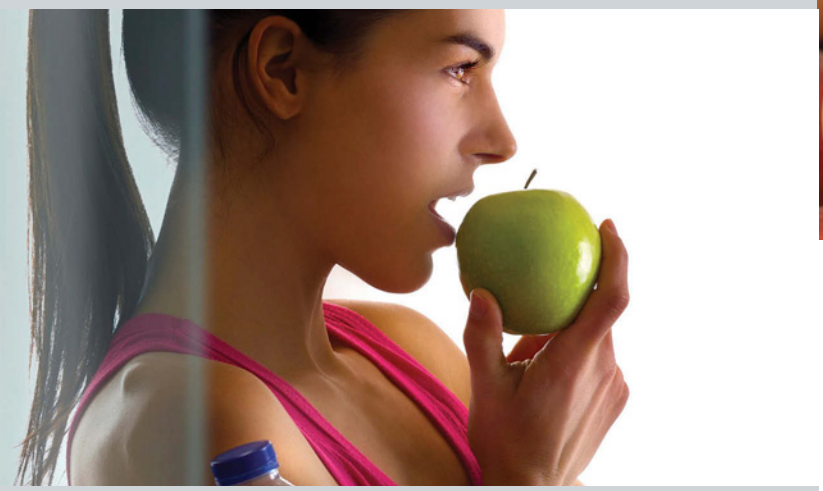
Do the following set four times through:

- 8x50 odds on 1:00 (#1. Two right arm, two left arm, two full. #3. Two right, two left, three full. #5. Two right, two left, four full. #7. Two right, two left, five full. Swimmers may breath on right and left, but no breathing on full strokes).
- Evens on 1:00-1:15 (fly swim, and shoot for time and stroke count for second 50-meter goal)
- 1:00 rest, or 200 meters easy on 4:00

speedo
WATER IS MICHAEL PHELPS' NATURAL ELEMENT,
PLANET OCEAN IS HIS CHRONOGRAPH.
www.omegawatches.com
Ω
OMEGA
swiss made since 1848

EATING FOR PEAK PERFORMANCE

By Sarah Knott



Balance a training diet with a competition diet for your best, season-ending performances, says Lisa Dorfman, the national media spokesperson for the American Dietetic Association. Dorfman is also the sports nutritionist for the University of Miami.

"A training diet (which should be in gear at least two to three months before the big meet) has more modified carbs than a competition diet," Dorfman says. It should consist of:

- about 50% of total calories from carbs, 30% from fat and 20% from protein.
- five to six small meals a day.
- whole grains, fruits, vegetables, lean meats.

This type of eating will help "lay the base as your training mileage climbs," Dorfman says. "Your metabolism gets high, and you become a very efficient machine."

About a week before you want peak performance (somewhere during taper), refine your diet. This means:

- Revising your diet to consist of 70% of calories from carbs, 20% from protein and 10% from fat.
- Lowering the amount of fibrous foods.

"You'll get great, fast, quick carbohydrate-driven energy going into competition," says Dorfman. "And you don't want to be rolling into an event with a lot of fiber in your system."

Right before a race, Dorfman suggests swim-friendly foods. Fruit, frozen fruit pops or fruit gummies will energize muscles (but no more than 60 grams of sugar or carbs every hour). Get some carbs within 30 to 120 minutes after an event. Some swimmers stay away from dairy two to three days before a big race.

Dorfman adds the best way to find your peak performance with help from nutrition is to try it in-training and schedule a mini-peak in-season.

GRILLED PEACH SALSA

By Alicia Kendig

Fresh fruit and vegetable season is here. Farmers markets and local grocery stores are packed with delicious and nutritious all-natural snack items that can be eaten in so many different ways.

Fruit salsas are a growing trend. Use your creativity to add various spices and flavors to enhance the natural flavors found in the fruit. The natural colors of a peach are an indication of the nutrients found in them. Oranges and reds contain Vitamin A and C. If those antioxidants weren't enough, the lycopene found in tomatoes also help fight cancer development and has been linked to the prevention of skin damage due to UV sun exposure. Also, tomatoes contain a natural compound called zeaxanthin, which pairs up with the beta-carotene found in the peaches to promote the health of the eyes and prevent age-related macular degeneration.

This recipe can be used as a delicious summertime whole grain tortilla chip dip, or used as a flavorful addition to grilled chicken, or fresh fish.

WHAT YOU NEED

3 large peaches (washed, halved and pits removed)
3 tomatoes (chopped)
1 large jalapeno pepper (minced, seeds removed)
1/3 cup honey
2 tsp fresh cinnamon
1/4 Cup fresh cilantro (chopped)
Salt to taste

START COOKIN'

1) To grill peaches, first brush grill with canola oil, then lay peaches face down for several minutes. Flip peaches until skins begin to darken.
2) Remove peaches from grill when they can be pierced easily with a fork. Allow to cool completely, then chop.
3) Add tomatoes and jalapeno peppers.
4) Stir in honey, cinnamon and cilantro, add a pinch of salt and serve cold.

NUTRITION FACTS – Makes 16 Servings

Amount Per Serving	
Calories: 66	Total Fat: 0.2 g
Total Carbohydrate: 17g	Vitamin A: 11%
Dietary Fiber: 1.5 g	Calcium: 2%
Protein: 1 g	Vitamin C: 15%
	Iron: 2%

calling all swimming stars

Matt Grevers learned to swim when he was five. After hard work and practice, he became a U.S. Olympic gold medalist.

And now, he wants to congratulate your swimmer! So the next time your child paddles or butterflies through a milestone in swim lessons, text* **SPLASH** to **56418**. Your phone will ring with a message from Matt to your swimmer—star to star.

Text **SPLASH** to **56418***
for a special voice message from Matt Grevers to your swimmer.

Visit ***makeasplash.org*** for more ways we can all Make A Splash with the USA Swimming Foundation.

*Message and data rates may apply.

MAKE A SPLASH™
REWARDS

Presented by at&t

EXERCISE OF THE MONTH

STABILITY BALL PUSH-UP PLUS

By Michael Mejia • Special Splash Correspondent

MUSCLES TRAINED: Chest, shoulders, triceps, serratus anterior and core

IMPORTANCE TO SWIMMERS: Besides strengthening some of the primary muscles used in swimming, the added movement at the top really targets the serratus anterior; a key muscle in helping to maintain optimal shoulder joint health. Performing the exercise on the ball increases the demand on the core, as well as all of the muscles that help stabilize the shoulder, elbow and wrist.

EXECUTION: Position your hands on top of a stability ball about shoulder's width apart, with your fingertips pointed slightly downward (note: trying to place hands in the typical push-up position, with fingers straight ahead, can be extremely uncomfortable to the wrists). Next, set your legs up behind you so that your knees are straight and you're balancing on the balls of your feet. From there, maintain a neutral spine posture as you bend your elbows and lower yourself towards the ball. Pause when your chest is just a few inches away from the ball and then press back up to the starting position. Finally, with your arms straight in the top position, continue pushing into the ball as you round your upper back slightly to target the serratus. Continue until you've performed 6-10 repetitions.

PERFORMANCE TIPS:

- You must make sure to maintain a neutral spine posture here and not allow your lower back and hips to "cave in" as you lower yourself towards the ball.
- Use a controlled speed and avoid bouncing, or jerking to get out of the bottom position of the push-up.
- Make sure your ball is properly inflated. A ball that doesn't have enough air in it can place extra strain on the wrists. A good rule of thumb is that when seated on the ball, your knees should form about a 90-degree angle.
- When performing the plus movement at the top of each rep, try to avoid elevating the hips. Simply try to separate your shoulder blades a little bit.
- Elevating your feet up onto a bench, or a step will increase the difficulty level.

WANT TO SEE A DEMONSTRATION OF THIS EXERCISE?

Check out the Strength & Conditioning section at usaswimming.org/tipsandtraining.

USA SWIMMING
OFFICIAL SPONSOR

Mutual of Omaha

mutualofomaha.com/usaswim

BORIS STRUBEJ/GETTY IMAGES

SWIMMING YOUR FASTEST AT CHAMPIONSHIPS

By Dr. Alan Goldberg

Once it's championship time and all of that hard physical training is behind you, the difference between you going fast or disappointingly slow lies entirely in your head. Your mental toughness leading up to and during that big meet is largely determined by how well you are able to control your pre- and during-race concentration.

What you focus on before and during your races dramatically affects how loose or tight you are, your level of self-confidence and ultimately, whether you'll swim to your potential.

There are two very basic keys to maintaining championship concentration: First, you must learn to keep your pre- and during-race focus on what is going on in YOUR lane, on what YOU are doing.

All too often, swimmers tend to get too worried about what another swimmer is doing. This may start the week leading up to that big meet, during warm-ups or even when they're behind the blocks, pre-race. They compare themselves and let their imagination run away with them, thinking about how much bigger, stronger or faster this other swimmer is. Allowing your focus to leave your lane in this way before or during your races will shorten your stroke, fill you with self-doubts and completely distract your focus from where it needs to be to go fast – on what YOU are doing in YOUR own lane.

The second key to championship concentration is to discipline yourself to STAY IN THE NOW of the race.

What does this really mean? Staying in the "NOW" means that you must focus on what you are doing in the moment, one stroke at a time. So when you stretch, you focus on the feeling of the stretch, and when you warm up, you concentrate on the warm-up, NOT on the upcoming race. Far too many swimmers make the mistake of mentally "time traveling." They either jump ahead and worry about the future, (the time, place or cut that they want), or they get mentally hung up in the past, thinking about their last event or a previous bad meet. You can only swim to your potential when your pre- and during-race focus of concentration is in the NOW.

To swim your best when it counts the most, you must develop an awareness of these two keys to winning concentration. For example, if you are aware that pre-race you are too focused on another swimmer, then you can bring yourself back to your own lane before it hurts your performance.

KATIE HOFF
3-Time Olympic Medalist
NATALIE COUGHLIN
11-Time Olympic Medalist
Flipturns®
DANA VOLLMER
Olympic Gold Medalist
MY SPEEDO® IS DESIGNED TO LET ME SWIM OUT LOUD!
This season, rock your training look with our Flipturns collection featuring Speedo® Endurance Lite™ fabric.
• 10% lighter than Speedo® Endurance+
• Maintains color & shape more than conventional swimwear
JESSICA HARDY
World Champion
facebook Become a fan at www.facebook.com/speedousa
twitter Follow us on twitter at http://twitter.com/speedousa
VISIT EXPLORE SPEEDO
to shop, get the latest news and learn about our newest products and technologies:
explore.speedousa.com
speedo®
Speedo® and a registered trademarks of and used under license from Speedo International Limited

AMANDA **SIMS**

By Bonnie Moss
Special Splash Correspondent

NCAA Champion Amanda Sims just finished her senior year of swimming for Cal Berkeley and has only one semester of school until she graduates with a history degree. But she has only one focus: the 2012 Olympic Trials.

Sims isn't talking about a swimming career post-Trials or even a professional career when she graduates. She's solely centered on what these Trials will bring. She already has the '08 Trials experience to draw from, where she placed 12th in the 200 fly. Now a two-time NCAA Champion in the 100 fly, she'll switch her focus to this event, train one more year with Coach Teri McKeever, and hopefully earn a spot on a relay and the Olympic Team.

"My goal is to do my best and just let the chips fall wherever they fall," says Sims. "There's too much pressure to think about it any other way. I know if I do my absolute best, I'll be happy with the outcome."

Described as focused, dedicated and yet easy-going, Sims says she performs her best when her team comes together on a united front.

"We set the bar pretty high. We all have high goals and high standards, so we're not surprised when we swim fast," says Sims, referring to Cal's NCAA Championship team title.

"My goals for NCAAs were to the win the team title and win the 100 fly, and final in the 200 fly. I also wanted everyone else to swim their best, and I wanted to help them do that," says Sims. "It was a great win."

That talent runs deep. Sims's father was also a Cal swimmer and swam on the 1979 NCAA Champion Team, and both her sisters were swimmers. Her parents, who live only one hour north, have come to all her local meets.

"It's a big part of us," she says. "I've never imagined not swimming."

Her other family, Cal Berkeley, has always been known for having unique, close-knit teams, thanks to McKeever. Her reputation of bringing the best out in her athletes, in non-traditional ways, has paved the path for world champions and Olympians. Swimmers like Sims couldn't be happier to swim for McKeever.

Sims greatest swimming moment isn't winning a championship or having a medal draped around her neck, it's the memory she has from traveling with her teammates.

"Going through airports at random hours, dinners with my teammates – it's the whole atmosphere when traveling," Sims says. "I couldn't have picked a better place (going to Cal). We have our own special culture, and I got to represent one of the best schools in the country."

Sims remembers her freshman year at Cal.

She wasn't expecting to swim fast. Her first NCAA Championships was the most stressful meet she had ever competed in, with a goal to make the top 16.

She's since learned how to handle those nerves. Now instead of stressing, she tells herself that she has done this same race a hundred times before – the distance doesn't change, it's just another pool, etc.

"Most people are only nervous about the things they cannot control," she says.

Sims's best 100-yard fly time is a 50.49, which she posted last March at NCAAs, winning the title.

She also trains sprint free and back, which she says helps her fly, and credits McKeever's workouts for giving her the speed.

"We are constantly putting ourselves in race positions, so you imagine racing all the time," Sims says. "At first it was overwhelming doing it on a daily basis, but now I'm used to it. The way I look at it is: I go to practice to perform."

AMANDA'S **RACES & SETS**

ROBERT LABERGE/GETTY IMAGES

TAKE US THROUGH YOUR PERFECT 100 FLY RACE.

My goal is to get out fast the first 25. I focus on getting on the walls, hitting every one to set up my next lap instead of taking a rest. As long as my first 15 meters is fast, the rest will be good. I do about eight underwater kicks off each wall, and right when I feel it start to slow down, I pick up the speed and pop to the surface. The key to good underwaters is using your entire body, not just your legs.

WHAT'S A TYPICAL MAIN SET FOR YOU?

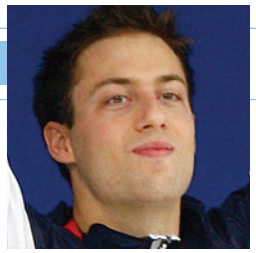
We'll do three rounds of the following:

- 150 with two fast turns
- 2 x 75 kick/drill/sprint swim
- 3 x 50 at 200 race pace. I'll mix it up between free, fly and backstroke.
- I've also done 12x200 fly on my club team

WHAT'S THE BEST PART ABOUT BEING A CHAMPION SWIMMER?

I really enjoy being athletic, and I like to do athletic things. It's great to perfect something over the years and make it great.

BRIAN BAHR/GETTY IMAGES



FEAR NOT THE KITCHEN

For two weeks in March, I lived and trained at the U.S. Olympic Training Center in Chula Vista, Calif. Not only is it an honor and a privilege to train at an Olympic Training Center, but also a pleasure to be in an environment that is so focused on promoting excellence.

Before being diagnosed with high blood pressure in 2005, I had no idea how to make anything in the kitchen. My entire life, I always simply relied upon my parents, sister and dining halls for my meal. Out of nowhere, being diagnosed with high blood pressure changed all that. Overnight I was forced to learn how to cook healthy, low sodium meals to help control my high blood pressure.

Since first stepping into the kitchen, I have become obsessed and utterly in love with food and cooking. Don't get me wrong. At the beginning, making something that tasted half-decent was no easy task. I struggled. I burned anything from chicken to peppers, bagels and pancakes.

On the other hand, I undercooked anything from salmon to pasta, muffins and beans. Rarely did all my dinner components come out at the same time. However, I very quickly learned some simple steps to becoming more comfortable and successful in the kitchen.

Here are a few easy tips I've learned:

1. **ALWAYS STOCK YOUR KITCHEN** with some simple foods you know and like. We will eventually have mishaps when cooking new things. It's important to keep food we're comfortable with at the ready, to eat and enjoy when things go wrong.
2. **START SIMPLE.** You'll be way more satisfied when you successfully roast some delicious tomatoes with that pork chop, rather than trying to make tamales or lobster bisque your first time out.
3. **GOOD INGREDIENTS ARE KEY.** Fresh and flavorful foods are far more valuable than expensive pots, pans, spatulas and cutting boards. Some of the best foods I've ever tasted were in countryside homes in Italy and France where the tools were old and of low quality. But the ingredients were of awesome quality.
4. **DON'T BE A SLAVE TO RECIPES.** Recipes are a framework, not the law. When you're in the kitchen, you're the boss. When I began cooking, I was so worried I'd mess up a recipe and it wouldn't turn out right. I soon realized the best results came when I slightly altered recipes to my liking. If you don't like basil, but you like sage, substitute and see what happens. Maybe try using limes instead of lemons, or red peppers instead of green ones.
5. **KEEP A LITTLE JOURNAL** of what you're making. Nothing is worse than making something delicious, and you have no idea what you did. Jot down simple notes while you work. Before you know it, you'll have a collection of your greatest works.
6. **FINALLY, AND MOST IMPORTANTLY, HAVE FUN WITH WHAT YOU'RE DOING.** When you're happy and smiling, you'll generally make better food. Transfer the love and magic from your body into the food you make.

Now you're armed with some simple techniques I've used and have been successful with. Inevitably, we will all hit road bumps, like when I didn't add enough water to the rice and I was left with black charred grains. Keep forging ahead. As my coach Eddie Reese always says, "We are a product of what we do." Get out there and try your hand at something new.

athleticfoodie.com

SPLASH BASH Sweepstakes

USA SWIMMING

ENTER NOW

Win a trip for two to
Golden Goggles in Los Angeles!
Includes airfare, hotel,
and some spending dough.

splashbashsweeps.com

CHRIS MCGRATH/GETTY IMAGES

WITH OLYMPIAN AND NATIONAL CHAMPION

MIKE ALEXANDROV

By Bob Schaller
Special Splash Correspondent

1 AIM HIGHER THAN YOU INTUITIVELY THINK YOU CAN GO. That's important because the mind is stronger than the body. If you think you can do something, you can push your body to certain limits beyond what you are capable of doing physically. Your mind can mentally override what the body can do. It's the same thing with training and with racing.

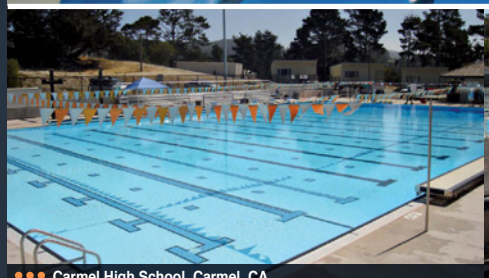
2 BE ABLE TO CONCENTRATE. You have to be able to isolate your thoughts and focus on your race. Focus on the moment. Do not worry about the future beyond the absolute immediate future. Concentrate on the here and now. If you make a mistake, worry about it later. You have to be able to concentrate because so many things will go wrong. You will never have a perfect race. You just focus on doing your best in that moment.

3 EFFECTIVELY PRIORITIZE. You have to be able to do this with your life, and your lifestyle. You have to know what you have to do and when to do it, and what is required to do it. You have to be a good planner. Prioritizing the way you eat, the times of day you eat, the diet you have and making sure you have enough time to rest is a big part of how your workout is going to go. Everything you do is centered around pursuing your goal. Ask yourself when you take your next bite of food, "Is this going to help me accomplish my goal?" You have to know your priorities, and then actually do what you need to do.

4 SURROUND YOURSELF WITH THE RIGHT PEOPLE AND THE RIGHT ATMOSPHERE. You have to choose the right kind of friends and have a good set of influences around you. Your friends are going to have a big influence on your life, who you are and what you do. In fact, who your friends are says a lot about who you are as person. Tell me who your friends are, and if I know them, I can l tell you who you are as a person.

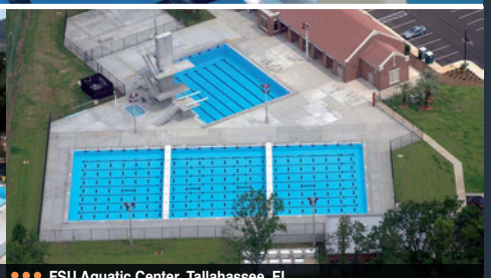
5 TAKE ON THE BIGGEST CHALLENGE. I could swim for Bulgaria. But the pressure of swimming for the United States is exciting to me. When the stakes are higher, your performance is better. The road to glory, the road to a record, the road to success – and it could be a best time or making a team – is about achieving a goal. Whenever I win a race or a medal, I very rarely remember the race itself or the feeling afterward. It all comes back to the road it took to get there – the journey, and demanding the most from myself. The gold medal is Christmas. The podium finish is really neat. But what got you there is what you remember. And what got you there is what will take you onto greatness in the rest of your life, too.

Franklin Community High School, Franklin, IN

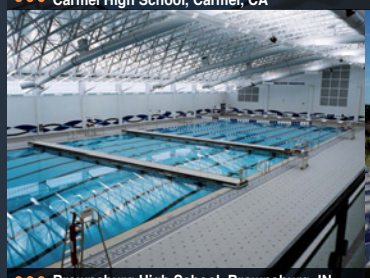


Carmel High School, Carmel, CA

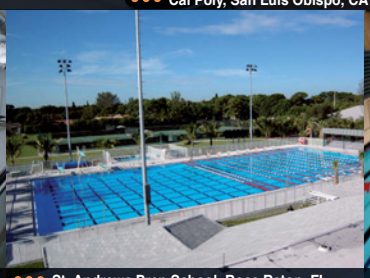
Cal Poly, San Luis Obispo, CA



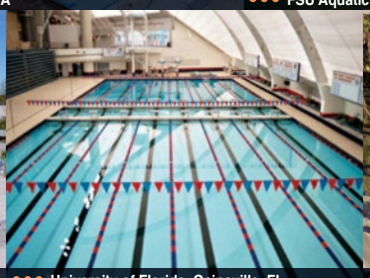
FSU Aquatic Center, Tallahassee, FL



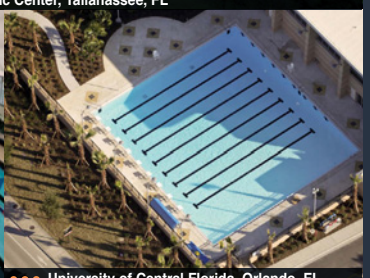
Brownsburg High School, Brownsburg, IN



St. Andrews Prep School, Boca Raton, FL



University of Florida, Gainsville, FL



University of Central Florida, Orlando, FL

FROM START TO FINISH!

DESIGN, ENGINEERING, MANUFACTURING, AND INSTALLATION.

SIMPLY THE BEST!

Myrtha Pools

PROUD PARTNER

USA SWIMMING

www.myrthapools.com

MYRTHA POOLS USA, INC. 2 N. Tamiami Trail Suite 306, Sarasota, FL. 34236 | **P:** - 941.955.2591 | **F:** - 941.955.0862 | **Toll Free:** 877-MPUSAPOOL
West Coast Regional Office - Colorado Springs, CO

MICHAEL PHELPS

JEFF GROSS/GETTY IMAGES

NORTH BALTIMORE

By Meghan Satterstrom
Special Splash Correspondent

The Club Excellence Program is a voluntary program that recognizes USA Swimming clubs for their commitment to performance excellence. This program strives to meet the following objectives:

- Promote the development of strong, well-rounded age group and senior swimming programs that produce elite 18-and-under athletes;
- Provide recognition and resources to motivate and assist member clubs to strive for the highest ideals of athlete performance.

This program's goal is to embrace leadership and excellence in up to 200 USA Swimming top clubs. The program provides grant funding and recognizes the club development system as integral to achieving excellence.

This year, North Baltimore Aquatic Club took top honors for the second year in a row, scoring 57,953 points. Below is an interview with NBAC's Director of Operations John Cadigan, who talks about some of the keys to the club's success.

NAME OF CLUB: North Baltimore Aquatic Club (NBAC)
LOCATION: Baltimore, Maryland
FOUNDED: 1968

NOTABLE SWIMMERS: Obviously, the most notable one is **Michael Phelps**, but we've had Olympians since 1984: **Theresa Andrews, Anita Nall, Beth Botsford, Whitney Metzler** and **Katie Hoff**. In addition, as a club, we've had three different coaches go to the Olympics: **Murray Stephens** in 1996, **Bob Bowman** in 2004 and 2008 and **Paul Yetter** in 2008.

SIGNIFICANT ACHIEVEMENTS IN 2010: We placed a number of swimmers on the U.S. Pan Pacific Championships Team, and we were also the No. 1 age group team in USA Swimming's rankings, which we repeated in 2011.

WHAT SETS YOUR CLUB APART FROM OTHERS?

I think one of the things that separates NBAC is that there always has been a belief that if you do things the right way and train the right way, you have the right priorities and pursue excellence on a daily basis in many aspects of life, not just aquatics, you can achieve those levels of excellence. Our record of success has kind of built upon itself and enabled athletes to believe in the system. There's an atmosphere of just believing things are possible, and that it's something we can do ourselves.

HOW LARGE IS YOUR TEAM?

It's a little over 200 swimmers.

WHERE DO YOUR SWIMMERS COME FROM?

We draw from Baltimore City, Baltimore County, Hartford County to the northeast and Howard and Fredrick counties to our west. We have a couple swimmers from southern Pennsylvania, but they're pretty close to the Maryland state line.

WHAT IS YOUR CLUB'S PHILOSOPHY?

I think it pretty much can be summed up in a phrase: 'disciplined pursuit of excellence,' and I think all of those words carry a lot of meaning with them, so it's a very loaded phrase. Discipline means that there is order, practices are structured, the athletes know what's expected of them at practice, and attendance is rewarded 100 percent.

There's the pursuit which connotes that it's ongoing, that we aren't really ever satisfied. We had a film crew from USA Swimming at the pool a few weeks ago shooting Michael Phelps, and they asked 'where's the trophy room or where's the trophy case?' and I said, "Well, we don't have one." That's because those awards are over and done. We're more concerned with where we're going next and what the next goal is.

Of excellence, I think it was Aristotle who defined excellence as not what we are, but what we do. That is the habit of constantly doing things the right way. It's the pursuit that leads to the excellence.

WHERE CAN PEOPLE GO TO LEARN MORE ABOUT YOUR CLUB?

We have a pretty extensive Web site at NBAC.net, which has a lot of the club's history, images and there's contact info there. Also, we're on Facebook.

You put a lot into swimming.

But it can take a lot out of your skin.

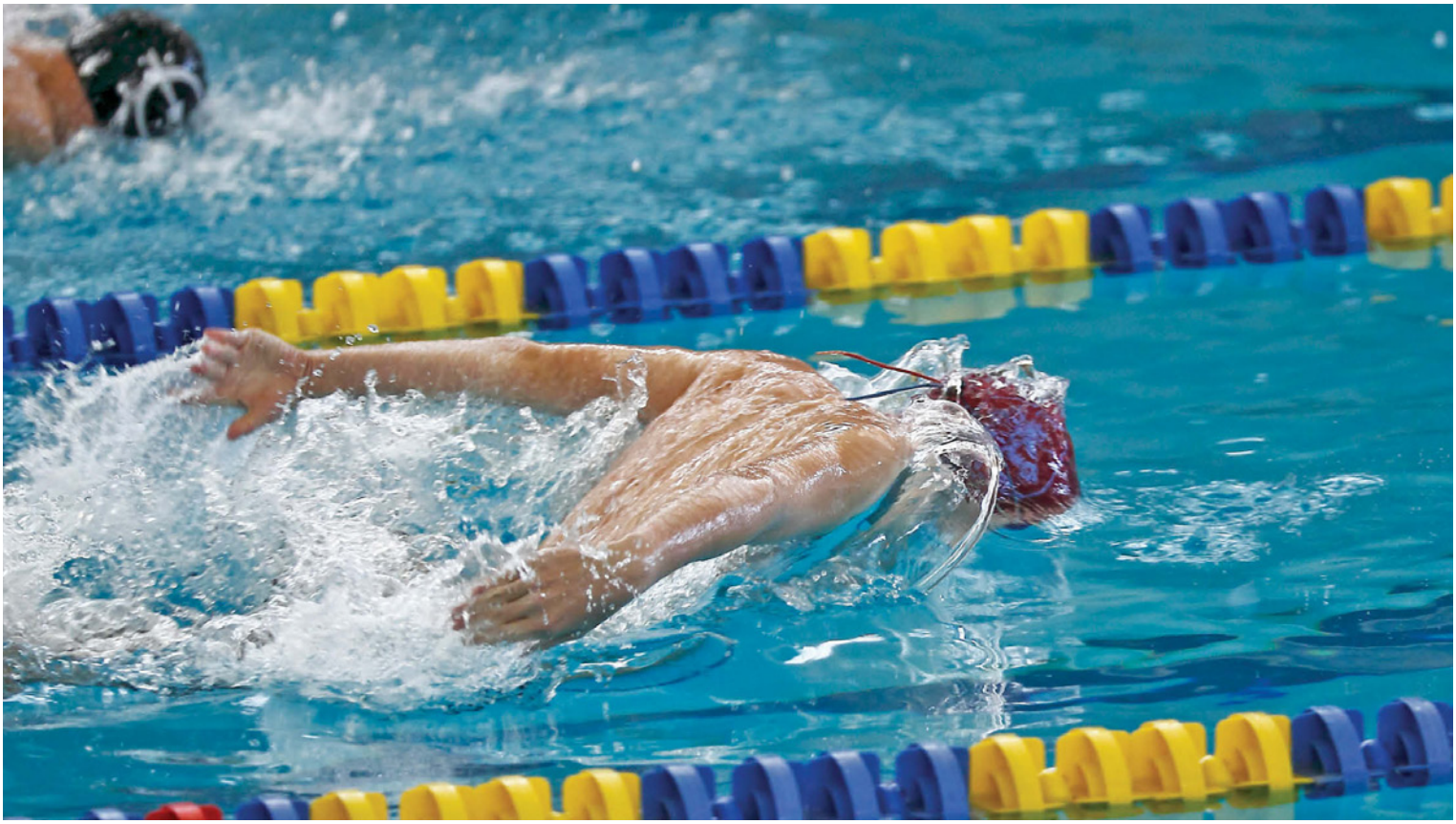
You spend a lot of time in the water, which can be harsh on your skin. That's why CORIA® Laboratories is not only proud to be a sponsor of USA Swimming, but is pleased to provide CeraVe® (pronounced, SeR-uh-vee) Skin Care Products to help restore and maintain your skin barrier. CeraVe contains special skin nurturing and protective ingredients that moisturize and soften skin, while helping to repair and maintain your skin's natural protective function that the pool can damage.

CORIA® LABORATORIES
Manufacturers of CeraVe and proud sponsors of USA Swimming

Applied Science

CeraVe is a registered trademark of CORIA Laboratories Ltd.
CORIA is a registered trademark of CORIA Laboratories, a division of Valeant Pharmaceuticals North America.

©2010 CORIA Laboratories CER137658 1/10



Splash selected submissions from readers **Meg Taylor** and **Yevgen Dolotov** to be featured in this issue's "Your Photo" department.

Dolotov's photo (above) is of **Andrew R.** swimming the 100 fly at the Patriot Halloween meet last October at Lehman College in New York.

Taylor's photo (left) is of her daughter, **Hannah**, at the IM Strong Puma Meet in May in California, where Hannah won the 25 free.

To see more of "Your Photos," go to usaswimming.org/swimcam.

WE WANT YOUR PHOTO

Splash is looking for great swimming photos. Any topic, any subject. The best submission will be published in *Splash*. Other worthy photos will be published in a SwimCam gallery on usaswimming.org.

Send all submissions to **splash@usaswimming.org**. Please include a caption and the photographer's name.

PLEASE READ THE RULES:

1. Limit one photograph submission per person. One or two images will be published in *Splash*. Additional images may be chosen for publication online at usaswimming.org.
2. Photograph submissions must be in JPEG format, 300 dpi or greater, and no greater than 2 megabytes in size. Please provide only the original, unmodified digital camera image.
3. By submitting a photograph for consideration, you warrant and represent that the photograph you submit is your own original work, that you alone own copyright, that it is an authentic and accurate depiction of the subject matter presented, and that no other party has any right, title, claim or interest in the photograph; and you grant to USA Swimming a royalty-free, worldwide, perpetual license to display, distribute and reproduce the photograph, in whole or in part, in any medium now existing or subsequently developed for editorial purposes without further review or participation from you.
4. USA Swimming retains full editorial control over the selection of, and the decision not to select, any particular photograph for publication.

OLYMPIC TRIALS
SWIMMING
OMAHA NEBRASKA • JUNE 25–JULY 2 2012

TICKETS ON SALE
SATURDAY, JUNE 25, 2011

Available through Ticketmaster
800-745-3000 • ticketmaster.com
and at the Qwest Center Omaha box office

- **GOLD**
  $525 for all-session pass
  (15 sessions, 8 finals, 7 preliminaries)
- **SILVER**
  $425 for all-session pass
- **BRONZE**
  $325 for all-session pass
- **VICTORY ROW**
  $1,000 for all-session pass
  (Row 1 pool deck)

USA SWIMMING

OMAHASPORTS COMMISSION

USA Swimming is proud to accept only Visa.

VISA | USA
PROUD SPONSOR

speedo®

Get the latest in USA Swimming Officially Licensed Merchandise at a Preferred Dealer near you!

USA SWIMMING®

Preferred DEALERS

Aardvark Swim and Sport	800-729-1577	VA, MD	www.aardvarkswim.com
Action Accents	800-338-0231	IA	www.actionaccents.com
Adolph Kiefer and Associates	800-323-4071	IL, TX, WI	www.kiefer.com
All-American Aquatics	800-910-7946	FL, WI	www.all-americanaquatics.com
All American Swim Supply	800-552-7946	AL, NC, TN	www.allamericanswim.com
Carolina Swim Shop	704-846-5335	NC	www.swimmaccarolina.org
Competitive Aquatic Supply	800-421-5192	CA, OH	www.casswimshop.com
D & J Sports	800-460-7946	OK, TX, PA, KS	www.djsports.com
Different Strokes	800-828-2623	MI	www.different-strokes.com
Elsmore Aquatics	866-750-5543	MN	www.elsmoreaquatic.com
Epic Sports	701.221.9833	ND	www.epic-sports.net
J.D. Pence Aquatic Supply, Inc.	800-547-2520	OR	www.jdpence.com
Kast-A-Way Swimwear, Inc.	800-543-2763	GA, IN, NC, OH	www.kastawayswimwear.com
Metro Swim Shop	800-526-8788	CT, MD, NJ	www.metroswimshop.com
NorCal Swim Shop	800-752-7946	CA, WA	www.swimshop.com
Northwest Swim Shop	253-473.8900	WA	www.nwswimshop.com
Palo Alto Sport Shop	650-328-8555	CA	www.swimtowin.com
Personal Best Swim Shop	215.464.6680	PA	www.personalbestswimshop.com
Splash Multisport	866.987.SWIM	IA	www.splashmulti.com
Sport Fair, Inc.	800-524-9501	VA	www.sportfairusa.com
Sportwide	800-631-9684	IL	www.sportwide.com
Swim 2000	800-214-6823	NV	www.swim2000.com
Swim Shops of the Southwest	800-231-0333	TX	www.swimshops.com
Swim Suits West	559.435.4898	CA	www.swimsuitswestfresno.com
SWIMshop (Friends Unlimited)	800-742-8218	GA	www.swimshop1.com
SwimVille USA	800-595-1153	KY	www.swimvilleusa.com
Sylvia's Swimwear, Inc.	800-551-9867	WA	www.goswim.com
Toad Hollow Athletic	800-322-8623	PA	www.toadhollowathletics.com
Total Team Wares	800-888-8843	FL, GA	www.totalteamwares.com

GET YOUR GEAR ON!

SHOP THE OFFICIAL ONLINE SHOP OF USA SWIMMING

$4.99 3-Day Delivery On Any Size Order

USA SWIMMING IS PROUD TO ACCEPT VISA | USA

SHOP.USASWIMMING.ORG

Shop the online shop of USA Swimming for a huge assortment of officially licensed apparel, gear, dvds, books & more.

NICHOLAS TURELLO

LONDON CALLING

SUMMER MEET PREVIEW

By Hugh Vandevier

With the London 2012 Olympic Games calling, the developing storyline pits seasoned veterans against hotshot hopefuls looking to make the U.S. Olympic Team. Coveted spots await at what's sure to be an über-competitive U.S. Olympic Team Trials next June in Omaha.

"This won't be the same team to go to London that went to Beijing," says Frank Busch, Director of USA Swimming's National Team. "There are no guarantees."

While the American squad is thick with talent and experience, emerging and established superstars from across the globe will pose fierce competition and ample motivation. The London Olympic Organising Committee has promised a more scaled down fortnight from the Beijing extravaganza in '08, so look for explosive competition at the Aquatics Centre to compensate for any absence of a cast of thousands at the opening and closing ceremonies in Olympic Stadium.

The just-concluded Grand Prix season won't likely provide an accurate glimpse into who will represent the United States in the pool next summer. For both the young pups ratcheting up their training and the superstars returning to immerse themselves in tough workouts, many team members found themselves quite beat up. So the Grand Prix series produced a mixed bag of satisfying and disappointing results.

As swimming prepares to take center stage once again in the quadrennial pinnacle of international competition, four big meets this summer and fall will truly challenge these talented swimmers and their coaches with solid opportunities to hone race strategies and jockey for events.

KATE ZIEGLER

TYLER CLARY
JEFF GROSS/GETTY IMAGES

Big Meet LINEUP

FINA Long Course World Championships:
July 24-31, 2011, Shanghai, China

ConocoPhillips National Championships:
August 2-6, 2011, Stanford University

World University Games:
August 14-19, 2011, Shenzhen, China

Pan American Games:
October 15-22, 2011, Guadalajara, Mexico

CHLOE SUTTON
STEPHEN DUNN/GETTY IMAGES

BRENDAN HANSEN
CAMERON SPENCER/GETTY

The 14th FINA World Championships, July 19-31, should prove the best test this year. With a year lead-in to London, this year's competition is guaranteed to exhibit more intensity than those held in Rome in 2009.

"We'll be good in Shanghai," says Busch. "We're battle tested." Those swimming to their expectations will feel prepared for the Trials. Those who don't will have ample motivation to adjust and improve."

Michael Phelps exhibited his winning ways at the Grand Prix in Indianapolis last March but has been spotty in other meets. Never fear, though. With longtime coach Bob Bowman, he's been back in solid workout mode after being away for a bit. Lately he's been logging three-a-day workouts. Worlds will provide that first crucial step for Phelps to trains his laser-like focus on London.

Since the mid-2000s, the mean age of both the men's and women's U.S. National Team has risen. This year's Nationals might witness an invigorated Janet Evans, who showed great confidence at her eponymous early June Masters meet in Fullerton, Calif. Her time out of the pool and the formidable protégés like Kate Ziegler, Chloe Sutton and Katie Hoff will make it a tough bid for a Dara Torres-style comeback. Torres, by the way, is back in the water, along with another veteran, breaststroker Brendan Hansen.

But the changing of the guard seems imminent as the younger talent vies to bring that average age down. While these phenoms have already proven themselves just by making the National Team, their swims at the big meets this summer could show how they might best find their way onto the Olympic roster.

Former Michigan Wolverine Tyler Clary seems particularly poised for some outstanding swims this summer in several events, including the 200 back, 200 fly and 400 IM.

Look for teenager Missy Franklin to establish herself in the 200 backstroke and one the women's 400m free relay. Will sprinter Nathan Adrian build on the success he had at last year's Nationals and Pan Pacific Championships? Stay tuned.

Those competing at Worlds, the ConocoPhillips National Championships and the World University Games have motivation beyond making the Olympic Team. Swimmers turning in the top six times in the country and the top 16 worldwide established in a particular event by Sept. 1 will qualify for the USOC's assistance program. USA Swimming's Athlete Partnership Program also provides post grads a stipend so that they can focus solely on their swimming.

"At that September 1 renewal," says Busch, "you'll likely see new faces, and some will get bumped off and really have to make some sacrifices.

"We're giving everyone who wants a chance to at least time trial at the Worlds so that they can post a time to qualify for the Athlete Partnership," adds Busch, "so this will be really competitive."

As the name implies, those swimming in the August World University Games in Shenzhen, China, have to be enrolled in college in either last spring's or next fall's semester and not swimming at the Worlds.

Decades ago, the Pan American Games figured prominently as an indicator of which American swimmers would compete in the Olympics. While Pan Ams won't necessarily offer the same level of competition as the World Championships, the 2011 version, hosted in October in Guadalajara, Mexico, affords another solid international, big-meet environment for the American swimmers to prepare for London, especially with solid competition from the Brazilians and Canadians. Swimmers will be selected for the U.S. Pan Am Team from the results of the ConocoPhillips USA Swimming National Championships in August at Stanford University.

So, get ready. The anticipation mounts as the National Team prepares to swim at their very best a year from now at the Trials, aiming to swim even better on the world stage at the XXX Olympic Summer Games.

LEARNING BY EXAMPLE

By Mike Watkins

Jason Drury, head coach of the Sullivan Blue Dolphins in Sullivan, Ill., loves the vantage point offered by underwater cameras.

He recognizes the inherent lessons his pupils can learn by watching the top swimmers in the United States and world via those cameras on TV.

So when events like this summer's ConocoPhillips USA Swimming National Championships and FINA World Championships are televised, he seizes the opportunity to use the coverage as a tool to help his young swimmers improve through evaluation and emulation.

"I always send out an e-mail telling the swimmers what channel to watch these events on, and then I tell them to look at the starts, pull-outs, turns – basically everything to see what the pros do," Drury said. "I like for them to come back with feedback on what they notice. It's a great way to let them see accomplished swimmers achieving the next level from working hard."

Similarly, John Roy, head coach and CEO of Wave Swimming in Raleigh, N.C., values the opportunity to have his swimmers look at technique, specifically turns, underwater kick and streamline, distance per stroke and head and body position.

"It's an invaluable opportunity to learn and improve," Roy said. "I have our swimmers pay attention to the focus and activity of the athletes behind the blocks. One of the comments that our swimmers often make when watching top events is how easy many swimmers make it look. I think that is an important concept for our swimmers."

Here are some tips from today's top swimmers about what younger swimmers should pay attention to while watching swimming this summer and beyond.

"Young swimmers can learn by watching how the sport's veteran swimmers compete and prepare and what actually goes into a single swim. You don't just swim the 100 back. There's the warm-up, stretching, cool down, going to the ready room, being in your race suit on time, etc. A lot goes into each and every swim."

– **Natalie Coughlin**, *U.S. World Championship Team member*

Watch all the great swimming this summer on NBC and Universal Sports

NBC Sports UNIVERSAL SPORTS

The FINA World Championships will air **July 24-31** on NBC and Universal Sports.

The ConocoPhillips USA Swimming National Championships will air **Aug. 2-3** and **Aug. 6-7** on NBC and Universal Sports.

For times and more information, go to **usaswimming.org/webcasts.**

"Younger swimmers should look at how loose, relaxed and focused swimmers are before they swim. Most young swimmers get so nervous and tense up, which just wastes energy. Staying calm and collected helps you concentrate on your race and have fun doing it."

– Allison Schmitt,
U.S. World Championship Team member

"At meets like World Championships, it often comes down to who has better details that will determine the outcome of the race. Starts, turns and finishes can make or break a great race."

– Eric Shanteau,
U.S. World Championship Team member

"The best thing is to show the kids that we're having fun. That we're not some freaks of nature. We are regular people that just trained hard and are committed to the sport."

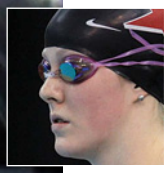
– Ryan Lochte,
U.S. World Championship Team member

"It is very easy to watch swimming passively from your couch at home, but only when you allow yourself to truly be drawn in by the ultimate competitiveness that elite swimming provides can you really be a true swimming fan. There is a beauty in watching the world's best swimmers effortlessly glide their way through the water, a beauty that cannot be understated, but watching a true race unfold is incomparable to any other sport."

– Jessica Hardy,
U.S. World Championship Team member

"Swimmers can learn a lot about watching the best swimmers compete in meets, especially technical things that you can do every day that need to get better like underwaters and your approach to the wall. I know watching the best swimmers at meets while I was growing up motivated me to be in the big meets with the best swimmers and have the crowd cheering loud."

– Conor Dwyer,
U.S. World Championship Team member



"One of the things that I have learned most from watching the older swimmers is how to handle the pressure. All of these Olympians have thousands of fans watching them, expecting them to do amazing things, but they all know that they can only do their best. If they do their best, then everyone will be proud of them because they tried their hardest."

– Missy Franklin,
U.S. World Championship Team member

"Young swimmers can watch (top swimmers') actual techniques: starts, flip turns, underwaters and strokes. I would also recommend watching how the swimmers prepare for their races, how they are behind the blocks. Do they look nervous and unsure, or are they confident and prepared?"

– Rebecca Soni,
U.S. World Championship Team member

"Being the youngest of four, I grew up watching swim meets. I will never forget 2000 Olympic Trials where my sister Maddy made the team. I remember watching the athletes and seeing the joy on their faces when they would make the team. I guess I just want younger swimmers to watch not only for the technique part of swimming, or how fast people go, but more for how this sport can bring so much happiness to someone and how many relationships are formed through the sport."

– Teresa Crippen,
U.S. World Championship Team member

"While watching a walk-out prior to a race, it's obvious that the best swimmers are focused, confident, and 'in the zone.' Nothing seems to distract them. The crowd, the cameras, the sounds, etc., all seem irrelevant to the swimmers concentrating the most. While the speed of the race and the times may seem daunting and unattainable, young swimmers can also learn from race strategy."

– Peter Vanderkaay,
U.S. World Championship Team member

"Younger swimmers should watch Michael Phelps' pre-race routine. He has found something that works for him, and he is also very comfortable doing it. (Adjusting his goggles and doing the thing he does on top of the blocks). Those are several things that I have learned from some of the veterans, especially going into the 2008 games. Everybody has something unique about them that helps them go fast and being able to identify those factors and whether or not they will work for you is important."

– Nathan Adrian,
U.S. World Championship Team member

"One of the most inspiring parts of the meet comes after the race is over, when there are athletes that will celebrate and those that will be disappointed. It is always a pleasure to see competitors shake hands and congratulate each other. No matter the outcome of the event, it is always important to be gracious and respectful."

– Madison Kennedy,
U.S. National Team member

CLIVE ROSE/GETTY IMAGES

PREVIEW

WORLD CHAMPIONSHIPS

BY KELSEY SAVAGE HAYS

Culled from the best performers at the 2010 ConocoPhillips National Championships and Pan Pacific Championships, the 2011 World Championship Team is stocked with swimming stars hoping to make a splash in the last big international competition before the Olympics. The meet offers the swimmers an opportunity to sniff out competition from around the world, and gives spectators a glimpse of what to expect in London next year. Although USA Swimming's National Team Director Frank Busch wisely says, "Predicting performance would be foolish," this preview attempts to narrow down the wealth of talent to keep you in the know for what promises to be an extraordinary competition.

REBECCA SONI

AMANDA BEARD

STREETER LECKA/GETTY IMAGES

CLIVE ROSE/GETTY IMAGES

2009 World Championship Highlights:

The U.S. won 10 events and set nine world records, seven of which still stand going into July. On the men's side, Phelps won the most total medals—six—out of anyone in the world, with Lochte a close second. **Ariana Kukors, Allison Schmitt, Rebecca Soni** and **Dana Vollmer** all pulled even with two medals each for the American women; Germany's **Britta Steffan** collected four for the most out of female swimmers.

Familiar Faces

These veterans provide the backbone of Team USA, and their experience in international meets helps them overcome the always difficult three-swim format (prelims, semi-finals and finals), as well as the extra challenges travel half-way across the world brings.

Rebecca Soni—Last time Soni visited China, she was the rising American breaststroke star that surprised the world by nabbing Olympic gold (200) and silver (100). This time around, she's trying to recapture her 200 and 100 world record from Canadian **Annamay Pierse** and teammate **Jessica Hardy**, respectively. 50, 100, 200 Breast

Natalie Coughlin—Arguably the most recognized American female swimmer, and certainly one of the most versatile, Coughlin won six medals at her last long course World Championhips outing, in 2007, including gold in the 100 meter backstroke.
100 Free, 100 back

Amanda Beard—Perhaps some were surprised at Beard's second-place finish in the 200m breast at last summer's Nationals, securing her berth on the team, but if there's anything 29-year-old Beard's career has proven, it's that the Arizona native should never be underestimated in a breaststroke event.
100, 200 Breast

Ryan Lochte—This Floridian workhorse is slated to swim more events than Phelps in China, depending on the way the relays fall. He already won more gold medals than any other swimmer at Pan Pacs last year. Can he do the same in China?
200 Free, 200 Back, 200/400 IM, 4x100 Free Relay, 4x200 Free Relay

Michael Phelps—Of course, it may seem redundant to suggest keeping tabs on the most decorated swimmer in the world. But as Phelps continues attaining new records, those gunning for him (not the least of which include teammate Lochte) get ever closer, assuring that all Phelps's events will be something special, whether due to his success or his defeat.
200 Free, 100/200 Fly, 200 IM, 4x200 Free Relay

Jason Lezak—As the French team learned in 2008, never underestimate Jason Lezak. At 35, and the oldest member of team USA, Lezak will be showing that his competitive drive only gets better with age.
100 Free

Keep an eye on...

Part of the thrill of watching any sport is seeing a budding star surprise everyone by knocking off a well-regarded favorite. Here's a handful of names that are likely to be on the tip of your tongue next summer.

Jessica Hardy—Hardy has shaken off her withdrawal from the Olympic Team in 2008 with a vengeance, marking world records in the 50 and 100 breast in 2009. She'll only be swimming freestyle in July, but expect her to be a forceful sprinter.
50 free, 4x100 free relay

Dana Vollmer—Despite an illustrious resume that includes the 2004 Olympic and the 2007 and 2009 Championship Teams, Vollmer hasn't quite acquired the recognition Coughlin and Soni share. But this World Champs, she will swim three individual events plus relay, giving her the opportunity to be the highest point-scorer on the women's side.
100/200 Free, 100 Fly, 4x100 Free Relay, 4x200 Free

Relays

Peter Vanderkaay—Having made finals in both his events in 2009, Vanderkaay has the notches on his belt to produce a strong showing this year in his three individual swims, cementing his place as the reigning American king of mid-to-distance freestyle.
400/800/1500 Free, 4x200 Free Relay

Tyler Clary—Since his breakout performance at the 2009 World Champs—grabbing a silver behind Lochte in the 400IM—Clary has been improving steadily. As a returning veteran, he's ready to step out of the shadow Phelps and Lochte cast.
200 Back, 200 Fly, 400 IM

Click a swimmer's name to see their bio

STEPHEN DUNN/GETTY IMAGES

STEPHEN DUNN/GETTY IMAGES

HARRY HOW/GETTY IMAGES

JASON LEZAK
HARRY HOW/GETTY IMAGES

JESSICA HARDY
CHRIS MCGRATH/GETTY IMAGES

DANA VOLLMER
HARRY HOW/GETTY IMAGES

Click a swimmer's name to see their bio

Two Rookies Not to overlook

These swimmers have never attended a long course World Championships before and are eager to prove themselves.

Missy Franklin

At 16 years, Franklin is wasting no time striving to be the next great backstroker, placing second at Pan Pacs in the 100m back and at Short Course World Championships in the 200m back (American record). No doubt, this will not be the last we hear of Missy.
200 back, 4x100 Free relay

Chad La Tourette

The 2010 National Champion in the 1500meter free, La Tourette placed second at Pan Pacs—an indication of the kind of performance he's capable of in July.
800 Free, 1500 Free

Don't miss these events

Women's 200 Breast

Soni goes head-to-head with the current world record holder, Canadian Annamay Pierse, in an attempt to grab her first World Championship gold in this event.

200 IM, Men and Women

On the men's side, we have the showdown between current world-record holder Lochte and Phelps; on the women's **Ariana Kukors** will defend her world-record and title from Australian powerhouse **Stephanie Rice, Hungarian Katinka Houszu** and teammate **Caitlin Leverenz**.

200 Free, Men and Women

Both U.S. men and women's teams have strong contenders in this middle-distance freestyle race. Phelps and Lochte will try to defeat current world-record holder **Paul Biedermann** of Germany, and Schmitt and Vollmer will endeavor to prevent Italy's **Frederica Pellegrini** from capturing her second consecutive World Championships gold.

Men's 400 IM

In 2009, Lochte and Clary went 1-2. To do it again, they'll have to defeat Hungary's **Laszlo Cseh**, who owns the fastest time in the world this year. Will either be able to erase Phelps's record, set in Beijing?

Men's 100 Fly

It seems unlikely that anyone can touch Phelps in his signature event—the 200 fly—but the 100 is a different story. Threats such as **Mike Cavic** and even teammate **Tyler McGill**, who finaled in 2009, abound. No matter who wins, the event is sure to be exciting.

Women's 200 Back

2009 bronze medalist **Elizabeth Beisel** and newcomer Melissa Franklin (who has produced the third-fastest time in the world this year), will form a strong one-two punch in this backstroke event, trying to take out Russian phenom Anastasia Zueva, 2009 runner-up, and current world-record-holder Kirsty Coventry.

Men's 4x100 Free relay

According to Frank Busch, "The character of a team is dictated by the relays." In recent years, the men have managed to dominate this event, despite some close calls. Will they continue to hold off the French sprinters as they did in Beijing and the 2009 World Championships in Rome?

Women's 4x200 Free relay

Led by returning legs **Allison Schmitt** and Dana Vollmer, plus a pool of options including **Katie Hoff, Jasmine Totsky** and **Dagny Knutson**, this event is the women's best bet for relay gold, if they can vanquish the Chinese team.

PETER VANDERKAAY
CLIVE ROSE/GETTY IMAGES

MISSY FRANKLIN
CHRIS MCGRATH/GETTY IMAGES

CHAD LA TOURETTE

BAG TAGS Inc.

Promoting Champions for 13 Years!

Your source for USA Swimming Time Standard Tags, Event Credentials, Luggage Tags, and Custom Lanyards!

Visit **www.bagtagsinc.com** today!

847. 424 . 1900 • orders@bagtagsinc.com

Bag Tags, Inc. is proud to be an official licensee of USA Swimming

Swim Team Towels

Toll Free: (877) 946-6371

www.swimteamtowels.com

Why Choose Swim Towels?

- More Choices: 5 sizes and 12 colors
- Enormous 26" x 48" imprint size for your team logo
- Low 36-piece minimum
- Prices from $13.95 each
- FREE Artwork and set-ups for one color logo
- FREE shipping
- FREE Team banner
- FREE "This Towel Belongs To" label sewn into each towel
- **THE EXCLUSIVE CUSTOM TOWEL LICENSEE FOR USA SWIMMING**

Members may add the USA SWIMMING logo at no additional cost

Lime Orange Royal Fuschia Black Evergreen Navy Yellow Red Turquoise Chocolate Coral

SHANGHAI: IN AND OUTSIDE THE LANE

CHINA'S BIGGEST METROPOLIS TRANSFORMS INTO AN AQUATICS MECCA AS IT HOSTS THE 14TH FINA WORLD CHAMPIONSHIPS

BY AMY WU

Shanghai is a vibrant and international city that serves as the backdrop of the 14th FINA World Championships. From July 16-31, 2011 this bustling city of 20 million will become an aquatics mecca and host competitors from all over the world.

For Shanghai and for swimming, the World Championships is a major event. USA Swimming alone will send 42 swimmers including Michael Phelps, Ryan Lochte, Natalie Coughlin and Rebecca Soni, and China will be sending its top swimmers including 19-year-old super star Sun Yang.

To be sure, competitors and spectators can expect fast swimming at the Shanghai Oriental Sports Center, but all work and no play would be a shame. Shanghai offers the best of east and west whether it is fashion, cuisine or culture

The Shanghainese are known for their business savvy, a dialect with a fast clip, a voracious appetite (the cuisine is sweet and spicy) with a particular love for snacks, and international fashion and arts and culture. Like New York, Paris and London, Shanghai is a 24-hour city that doesn't sleep.
Here are some ways to enjoy Shanghai outside of the pool. Get your goggles and your cameras ready.

Must-See Sights

History: The Bund (pronounced Wai Tan): "Bund" is an Anglo-Indian word that means "muddy river bank," and is considered one of the city's major commercial and historical areas. It's a great place to stroll and enjoy the neoclassic architecture of the almost 30 buildings – banks, trading houses and consulates – along The Bund, many of which are designated as "heritage buildings." Check out the legendary "Fairmont Peace Hotel," for the octagonal glass rotunda and the cool jazz club. There is a bustling and expansive walkway, with a panoramic view of the Huang Pu River and of Pudong, the part of Shanghai located across the Huang Pu River.

Shopping and Food Lovers Paradise:
The Bund is an easy walk to major commercial and shopping boulevards of Hua Hai Road and Nanjing Road (packed with cafes, restaurants and snack and souvenir shops), which is a kaleidoscope of neon and color at night. The Bund is also packed with upscale designer labels such as Armani, and chic restaurants such as "M on the Bund." One of the best views of the city, including a panoramic view of The Bund can be accessed on the rooftop section of the "New Heights at 3 Restaurant." The Bund's long walkway along the waterfront is also lined with cafes and eateries that are open into the wee hours of dawn, bustling and filled with people.

Cafes and Nightlife:
Xin Tian Di: A hotspot for young people in their 20s and 30s. A popular hang out – with a layout of European sidewalk café culture - for expatriates, tourists and young professionals and a great place to people watch as Xin Tian Di attracts the city's Who's Who. Xin Tian Di includes trendy restaurants, cafes and upscale shopping malls selling international name brands. The shopping is on the pricey side, but a wonderful place enjoy afternoon tea, coffee (and good coffee is a premium in China), soak in modern Shanghai. "Din Tai Fun," one of Shanghai's best dim sum restaurants, is located here.

Shopping:
Boutiques: Shanghai's new shopping malls are pricey, but the city still offers plenty of small boutiques and stores that offer a bargain for hand-embroidered goods, ceramics and porcelain. Some boutiques with high quality goods include Suzhou Cobblers and Spin Ceramics. A popular place to buy gifts is the Shanghai Fengxiang Clothing Gift Market, which has purses, watches, shoes and luggage. Be prepared to bargain.

MARTIN ROSE/GETTY IMAGES

Skyline:
The Oriental Pearl Tower: On the outside, the structure looks like something from the Jetsons or a space needle, but this TV tower is a pivotal part of Shanghai's skyline. You can catch a great view of the Tower from The Bund, or you can ride the fast-train to Pudong, and take the double-decked elevator – which fits up to 50 people – to get the bird's eyes view of the city. The Oriental Pearl Tower offers a revolving restaurant, 15 observatory levels and includes a hotel. One can also capture a bird's eye view of Shanghai from the Jinmao Tower and the 100th floor skywalk of the Shanghai World Financial Center's observation deck.

Art and Architecture:
2010 Shanghai World Expo: The World Expo, themed "Better City, Better Life," attracted millions of visitors in 2010, but the main structure of the China Pavilion's "The Crown of the East" is still standing for a photo opportunity. The Chinese Pavilion is within walking distance to the Pudong Natatorium an Olympic-sized swimming pool (see below).

Art: Shanghai Art Museum: offers a world class collection of ancient Chinese ceramics, calligraphy and artifacts. The museum, which is housed inside the former Shanghai horse race club, is adjacent to the historical People's Square

Tea and Nature:
Fuxing Park: Located in the city's historical French Concession neighborhood, the park is a wonderful place to capture local culture as it includes dancers, tai-chi and mahjong enthusiasts. The park includes teahouses and is an easy walk to "Part-club," a karaoke club. Karaoke is not to be missed in Shanghai. It is very popular and almost a national pastime amongst the mainland Chinese.

Post Swim and Workout Massage:
Shanghai has some inexpensive and excellent massage parlors. One well-regarded massage spot is the "Green Massage," which is known for its good customer service, professional masseuses and reasonable fees. For example, a 45-minute Shiatsu typically costs about USD $12.50.

Foodie Paradise

Shanghai is a food lovers' paradise that caters to almost every palate out there. Famous signature dishes include "xiao long bao," which is a dumpling filled with a hot tasty soup; desserts, including lotus root packed with sweet sticky rice; and stewed pork thigh, sweet and sour spare ribs and Shanghai hairy crab. Street food is fairly inexpensive, tasty and very accessible. Well-known Shanghainese snacks include sticky rice rolled in fried dough, and "shen jian bao," a small fried bun filled with meat, and chopped rice cakes.

Swimming City

Shanghai offers some excellent swimming pools, and given its moderate climate, swimming is a popular sport whether for competition or recreation, especially during the sizzling summer months.

Swimming pools are easily assessable. In preparation for the 2008 Summer Olympics in Beijing, the Chinese government regulated that hotels three stars or above are required to have a swimming pool. The pools are well-kept and modern, but most hotel pools are more suitable for relaxation than for a workout.

The Chinese tend not to swim straight and the pools are often lane-less. One friend described her pool experience as "dumplings floating in soup." If you are going to work out, it is best to stick with a training pool, but it is worth an experience

That said, the city's best pools are often tucked away and most accessible by taxi. One of Shanghai's best pools is the Pudong Natatorium, an Olympic-sized swimming pool.

Other great swimming pools are the Shanghai Swimming Club and the Jing'an Sports Center Swimming Pool. located inside a sports complex that also includes a gym, badminton and ping-pong facilities. The facility contains four pools, including a standard sized pool.

A few tips to remember

If you go to Shanghai, bring enough cash in RMB, since many stores and street sellers only take cash. Major hotels and stores will accept credit cards. Check with your credit card company first.

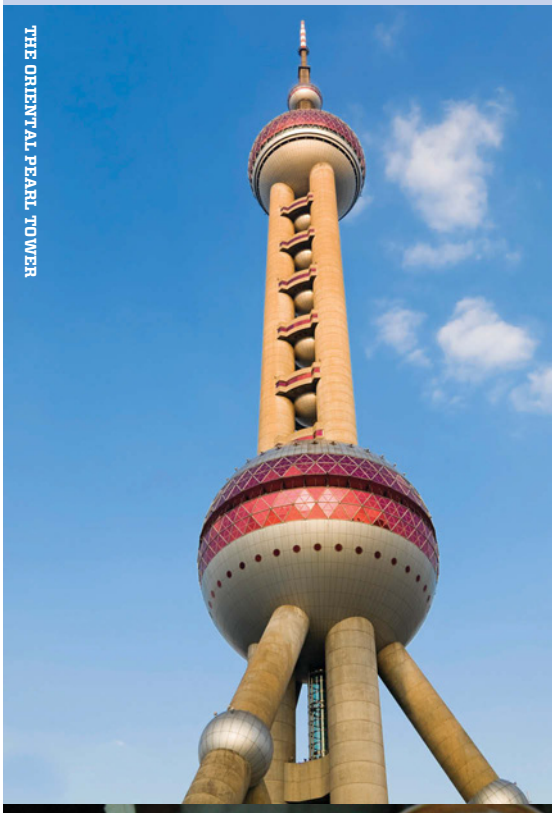
Shanghai and most of China is fairly safe, but be wary of pickpockets, and don't travel alone.

Wherever you go, have the hotel write down the destination in Chinese and show the taxi driver before departing.

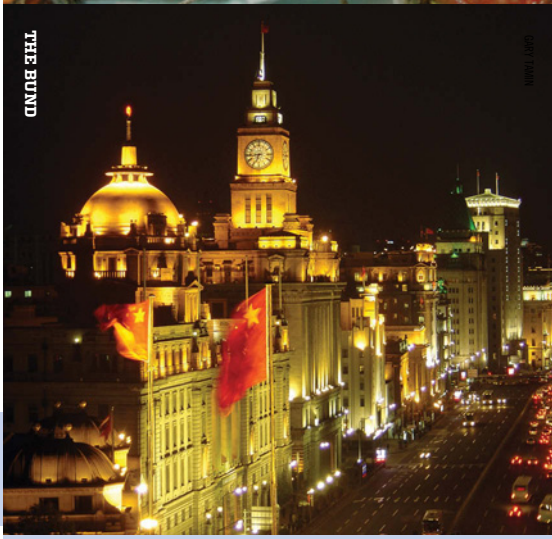
Mandarin Chinese is the official language of communication.

Good luck!

__Amy Wu__ is an avid swimmer and freelance writer based in Hong Kong, who has traveled through the Asian Pacific to report.


THE ORIENTAL PEARL TOWER

FOOD FROM A TYPICAL SHANGHAI FOOD COURT
FABIO ARANGIO


THE BUND
GETTY IMAGES

11-12 GIRLS SCY ALL TIME TOP 100

50 Freestyle

1	Amanda	Weir	23.15	GA	SA	01/08/99
2	Lia	Neal	23.58	MR	AGUA	11/29/07
2	Grace	Carlson	23.58	OR	LOSC	02/21/08
4	Missy	Franklin	23.61	CO	STAR	03/18/08
5	Katie	Riefenstahl	23.70	MA	DSC	03/20/03
6	Trina	Radke	23.71	US	UN	01/01/83
6	Grace	Cornelius	23.71	MR	NYAC	01/01/85
8	Janet	Hu	23.77	PV	CUBU	12/04/08
9	Carli	Watts	23.83	GU	CFSC	02/26/99
10	Lindsey	Kelly	23.87	IL	LFSC	01/09/00
11	Beata	Nelson	23.92	WI	YDC	03/03/11
12	Julie	Smith	23.93	NC	RSA	03/14/02
12	Elizabeth	Pelton	23.93	CT	WYW	04/04/06
14	Jenny	Thompson	23.96	NE	SSA	01/01/86
15	Paige	Crimmin	23.99	NE	SSA	01/01/97
16	Danielle	Strader	24.01	US	UN	01/01/87
16	Tatum	Wade	24.01	SE	NAC	03/10/11
18	Jenny	Parmenter	24.03	PV	UN	01/01/94
19	Tara	Thomas	24.04	CA	SCAL	03/26/02
20	Sarah	Peterson	24.07	SE	NAC	12/14/00
21	Brooke	Bauer	24.08	KY	LAK	03/19/10
22	Michelle	Griglione	24.09	FL	CSA	01/01/82
23	Abby	Kochevar	24.11	CO	STAR	03/04/11
24	Suzanne	Almeida	24.14	IL	RED	01/01/97
25	Lisa	Rakoski	24.15	US	UN	01/01/82
26	Tori	Simenec	24.16	OR	BRSC	02/24/05
26	Simone	Manuel	24.16	GU	FCST	03/14/09
26	Ella	Eastin	24.16	CA	NOVA	01/29/10
29	Cindy	Tran	24.17	CA	GWSC	01/14/05
30	Michelle	Turek	24.18	FL	TBAY	09/26/09
30	Hannah	Boyd	24.18	IL	RED	03/12/10
30	Georgia	Dacruz	24.18	VA	TIDE	03/10/11
33	Lauren	Stinnett	24.20	PV	GMU	01/01/93
34	Darby	Chang	24.22	VA	UN	01/01/89
34	Jennifer	Vanker	24.22	US	UN	01/01/92
34	Emily	Mastin	24.22	AZ	FORD	01/01/93
34	Christy	Grcevich	24.22	IN	MAC	01/13/01
34	Bre	Thorne	24.22	MN	AQJT	03/12/11
39	Allison	Mahlstedt	24.23	GU	DADS	02/26/99
39	Clara	Smiddy	24.23	FG	BGS	11/20/08
39	Clara	Baggett	24.23	IN	MTV	02/19/10
42	Jennifer	Yarnall	24.25	US	UN	01/01/84
43	Courtney	Cashion	24.26	AZ	FORD	01/01/99
44	Meredith	Booker	24.27	CA	TSM	01/01/89
45	Lacey	Locke	24.29	IN	CSC	02/15/08
46	Lindsay	Gassner	24.30	CA	CANY	01/01/89
47	Jennifer	Simmons	24.31	GA	SA	01/01/91
47	Kaylin	Burchell	24.31	KY	COLA	01/13/06
49	Avery	Braunecker	24.33	IL	UN	02/04/11
50	Jennifer	Labrecque	24.34			02/26/99
50	Amber	Cratsenberg	24.34	PN	VAST	03/23/07
50	Taylor	Garcia	24.34	MI	UN	11/14/09
50	Lauren	Heller	24.34	LE	CFYN	11/19/10
50	Haley	Hynes	24.34	MV	KCB	03/11/11
55	Lisa	Dubbe	24.35	VA	ODAC	01/01/88
55	Michaela	Mintch	24.35	IN	TRAC	02/24/09
57	Teresa	Long	24.36	NC	RSA	02/27/03
58	Lacey	Boutwell	24.37	IN	NOB	01/01/96
58	Kelly	Freeburn	24.37	VA	TAC	04/01/99
60	Carla	Stetter	24.38	MA	TD	01/01/88
61	Colleen	Law	24.40	PV	CUBU	01/01/01
61	Beth	Parsons	24.40	US	UN	10/27/07
61	Zhada	Fields	24.40	OH	GTAC	07/12/10
64	Haley	Krakoski	24.41	AZ	SDA	03/31/05
65	Kelly	Jones	24.42	OH	KEY	01/01/95
65	Kristin	Carlson	24.42	MN	MGC	03/20/98
67	Tracy	Rankin	24.43	PV	CUBU	01/01/89
67	Lindsey	Farella	24.43	IL	PPD	01/01/92
67	Natalie	Dowzicky	24.43	MA	GAAC	01/23/09
70	Christina	Keller	24.45	IL	UN	01/01/94
70	Liane	Watkins	24.45	ST	TXLA	02/26/99
70	Sarah	Bateman	24.45	FL	CSA	03/06/03
73	Amy	Zhao	24.47	CT	BRS	04/02/09
73	Nora	McCullagh	24.47	NC	MAC	03/11/10
75	Nikki	Larson	24.48	MN	FOXJ	03/09/07
75	Kylie	Stewart	24.48	GA	LINS	03/05/09
75	Valerie	Yoshimura	24.48	MA	SSC	04/01/10
78	Courtney	Evensen	24.49	MN	AQJT	03/12/10
78	Chloe	Isleta	24.49	PC	RAC	12/17/10
80	Bridget	Bowman	24.50	IL	JETS	01/01/83
80	Bernetta	McGuire	24.50	VA	UN	01/01/97
80	Jenn	Beiner	24.50	CO	CSST	02/05/98
80	Emily	Lloyd	24.50	MD	SPY	03/17/05
80	Gretchen	Jaques	24.50	CA	BREA	03/08/06
80	Maddie	Murphy	24.50	PC	CROW	03/31/11
86	Noelle	Martin	24.51	NC	TYDE	12/12/99
86	Dana	Vollmer	24.51	NT	FAST	03/02/00
86	Ashley	Evans	24.51	NJ	BAC	11/11/00
86	Caroline	McElhany	24.51	GU	AQUA	12/03/04
86	Mary	Pelton	24.51	MD	NBAC	03/25/10
91	Tara	Pierce	24.52	GA	ABSC	01/01/89
91	Desiree	Stahley	24.52	FL	UN	11/22/97
91	Diana	Mac Manus	24.52	SI	BFST	03/25/99
91	Sherrill	Thompson	24.52	ST	GOLD	03/04/04
91	Gabby	Higgins	24.52	MI	EGRA	03/11/11
96	Colleen	Bertirotti	24.53	ST	WAVE	03/05/98
96	Allie	Day	24.53	IN	CGAC	03/17/06
98	Allison	Luttermoser	24.54	MA	LAC	04/01/99
98	Suzanne	Dolan	24.54	PV	MACH	03/31/11
100	Krissy	Hartung	24.55	PC	SJA	01/01/84

100 Freestyle

1	Missy	Franklin	50.27	CO	STAR	02/29/08
2	Grace	Cornelius	50.89	US	UN	01/01/85
3	Lia	Neal	50.90	MR	AGUA	12/01/07
4	Rachel	Waller	51.47	US	UN	11/09/07
5	Clara	Smiddy	51.49	FG	UN	11/14/08
6	Emily	Mastin	51.50	AZ	FORD	01/01/93
7	Lindsey	Kelly	51.52	AZ	FORD	01/01/00
8	Kylie	Stewart	51.72	GA	LINS	12/12/08
9	Katie	Riefenstahl	51.91	MA	DSC	04/07/03
10	Katie	Peterson	51.97			02/26/99
11	Beata	Nelson	52.05	WI	YDC	02/04/11
12	Hannah	Boyd	52.06	IL	RED	02/14/10
13	Carli	Watts	52.11	GU	CFSC	02/26/99
14	Sarah	Peterson	52.21	SE	NAC	12/14/00
15	Kathleen	Baker	52.23	NC	STAR	01/15/10
16	Jenny	Parmenter	52.28	PV	UN	01/01/94
17	Cara	Treble	52.36	MR	LIAC	04/06/11
18	Ingrid	Shu	52.42	NJ	LHY	04/06/11
19	Kathleen	Ledecky	52.48	PV	CUBU	03/11/10
20	Elaine	Schwartz	52.51	MA	SJAC	01/01/94
21	Brittany	Friese	52.53	MR	UN	11/16/07
22	Grace	Carlson	52.54	OR	LOSC	02/21/08
23	Paige	Crimmin	52.55	NE	SSA	01/01/97
23	Meaghan	Raab	52.55	MA	HAC	03/12/09
25	Darby	Wayner	52.56	GA	GCAT	01/29/10
26	Lauren	Heller	52.57	LE	CFYN	11/19/10
27	Georgia	Dacruz	52.63	VA	TIDE	03/10/11
28	Carly	Geehr	52.64	CA	NOVA	01/01/98
28	Amanda	Weir	52.64	GA	SA	01/01/99
30	Tatum	Wade	52.66	SE	NAC	03/10/11
31	Meredith	Booker	52.69	CA	UN	01/01/89
31	Constanze	Moseley	52.69	CC	BAC	03/31/11
33	Teresa	Long	52.72	NC	RSA	03/20/03
34	Michelle	Turek	52.74	FL	TBAY	10/02/09
35	Christy	Grcevich	52.75	IN	MAC	03/02/01
36	Cindy	Tran	52.76	CA	GWSC	03/09/05
37	Bridget	Bowman	52.79	FL	SWIM	01/01/83
37	Ashley	Evans	52.79	NJ	BAC	03/29/01
37	Sherrill	Thompson	52.79	ST	GOLD	03/04/04
40	Tara	Thomas	52.82	CA	SCAL	03/13/02
40	Brooke	Bauer	52.82	KY	LAK	11/05/10
42	Ella	Eastin	52.83	CA	NOVA	01/31/10
43	Elizabeth	Pelton	52.84	CT	UN	04/04/06
44	Ariana	Saghafi	52.85	PC	CROW	01/29/11
45	Michelle	Grillo	52.86	PV	UN	01/01/82
46	Morgan	Bullock	52.87	MI	WMS	03/18/11
47	Jill	Vance	52.88	NJ	EEX	01/01/94
48	Haley	Krakoski	52.89	AZ	SDA	03/31/05
49	Jennifer	Vanker	52.94	US	UN	01/01/92
49	Rachael	Ridgeway	52.94	IL	LFSC	01/01/99
51	Bre	Thorne	52.95	MN	AQJT	03/13/11
52	Suzanne	Almeida-Richardson				
			52.97	IL	RED	01/01/97
52	Connie	Brown	52.97	NE	MVP	01/01/97
54	Laura	Harris	52.98	MD	NBAC	03/17/05
55	Julie	Smith	52.99	NC	RSA	03/14/02
55	Valerie	Yoshimura	52.99	MA	SSC	01/22/10
55	Lauren	Case	52.99	GA	GOLD	03/10/11
58	Kelly	Freeburn	53.01	VA	TAC	01/01/99
59	Alexandra	Meyers	53.02	WI	SSTY	02/06/09
60	Shelly	Ripple Johnston				
			53.03	LA	BTAC	01/01/93
60	Chelsea	Franklin	53.03	FL	GCST	03/06/03
60	Simone	Manuel	53.03	GU	FCST	03/19/09
63	Lisa	Rakoski	53.04	US	UN	01/01/82
64	Tara	Pierce	53.06	GA	ABSC	01/01/89
64	Kelly	Nelson	53.06	MA	SSC	08/02/00
66	Anju	Shimura	53.10	CA	AZOT	03/13/02
67	Danae	Cummings	53.13	SD	SFX	01/01/93
67	Natalie	Dowzicky	53.13	MA	GAAC	01/23/09
69	Kaylin	Bing	53.14	OR	RYST	03/17/06
70	Darby	Chang	53.15	VA	UN	01/01/89
70	Jenn	Beiner	53.15	CO	CSST	01/01/98
70	Allie	Day	53.15	IN	CGAC	03/17/06
73	Lesley	Meade	53.16	OH	CM	01/01/96
74	Stephanie	Elkins	53.17	IN	UN	01/01/76
75	Katie	McLaughlin	53.18	CA	MVN	01/29/10
76	Jenny	Thompson	53.20	NE	SSA	01/01/86
77	Skye	Elbert	53.21	AZ	SDA	01/15/01
78	Janet	Hu	53.22	PV	CUBU	03/06/08
79	Maya	Dirado	53.23	PC	SRN	03/30/06
80	Chloe	Isleta	53.24	PC	RAC	03/04/11
81	Laura M	Davis	53.26	PC	TERA	04/03/97
81	Natalie	LaRochelle	53.26	PC	NAPA	08/02/00
81	Traycie	Swartz	53.26	AZ	RIO	02/18/05
84	Courtney	Evensen	53.27	MN	AQJT	03/12/10
85	Chris	Keller	53.28	IL	UN	01/01/94
86	Courtney	Cashion	53.29	CA	NOVA	01/01/99
86	Amber	Cratsenberg	53.29	PN	VAST	03/23/07
88	Sippy	Woodhead	53.30	CA	UN	01/01/77
88	Lindsey	McKnight	53.30	FG	CSSC	03/15/07
88	Beth	Parsons	53.30	US	UN	10/27/07
91	Leticia	Lelli	53.31	AZ	SAC	12/01/06
91	Chelsea	Britt	53.31	FG	FLA	10/06/07
93	Kenzie	Shingler	53.32	SE	GPAC	01/01/95
93	Amanda	Sims	53.32	PC	SRN	02/27/02
95	Allison	Luttermoser	53.33	MA	LAC	04/01/99
96	Nicole	Beck	53.34	CA	BUEN	01/01/93
96	Kacey	Carlson	53.34	MN	MGC	01/01/98
96	Kat	McIntosh	53.34	MD	MSC	04/04/02
99	Michelle	Amen	53.35	US	UN	01/01/78
100	Elizabeth	Kemp	53.36	PV	CUBU	03/29/01

200 Freestyle

1	Kylie	Stewart	01:49.64	GA	LINS	03/05/09
2	Missy	Franklin	01:49.84	CO	STAR	03/18/08
3	Michele	Richardson	01:50.40	US	UN	01/02/82
4	Teresa	Mauck	01:51.12	MW	NA	01/01/89
5	Becky	Koch	01:51.18	GU	STAR	02/26/99
6	Bridget	Bowman	01:51.42	FL	SWIM	01/01/83
7	Mary Beth	Mounce	01:51.49	NT	ATAC	02/26/99
8	Katie	Peterson	01:51.57			02/26/99
8	Lia	Neal	01:51.57	MR	AGUA	12/06/07
10	Grace	Cornelius	01:51.74	MR	NYAC	01/01/85
11	Kathleen	Baker	01:51.81	NC	STAR	01/28/10
12	Sippy	Woodhead	01:52.01	US	UN	01/01/77
13	Clara	Smiddy	01:52.16	FG	BGS	12/12/08
14	Chelsea	Franklin	01:52.24	FL	GCST	03/06/03
14	Hannah	Boyd	01:52.24	IL	RED	02/12/10
16	Emily	Mastin	01:52.30	AZ	FORD	01/01/93
17	Ingrid	Shu	01:52.61	NJ	LHY	02/25/11
18	Chloe	Sutton	01:52.66	SE	UN	10/22/04
19	Michelle	Amen	01:52.77	US	UN	01/01/78
20	Katie	Riefenstahl	01:52.84	MA	DSC	03/20/03
21	Kathleen	Ledecky	01:52.85	PV	CUBU	03/11/10
22	Paula	Steddick	01:52.86	US	UN	01/01/83
23	Leeann	Gathings	01:52.95	FL	UF	01/01/91
24	Stephanie	Elkins	01:53.10	US	UN	01/01/76
25	Carly	Gehr	01:53.15	US	UN	01/01/97
26	Megan	Kingsley	01:53.18	SC	MBR	02/13/09
27	Mary	Gaugler	01:53.22	PC	WV	01/01/95
28	Kalyn	Keller	01:53.26	MI	CW	01/01/98
29	Trina	Jackson	01:53.41	US	UN	01/01/90
30	Ashley	Evans	01:53.43	NJ	BAC	03/29/01
31	Brittany	Friese	01:53.45	MR	UN	11/01/07
32	Sarah	Peterson	01:53.49	SE	NAC	12/14/00
33	Lesley	Meade	01:53.53	OH	CM	01/01/95
34	Ali	Galyer	01:53.55	SC	YSSC	04/05/11
35	Devon	Callaghan	01:53.73	KY	LAK	02/28/02
36	Becca	Mann	01:53.77	IL	ACAD	10/15/10
37	Dana	Davidson	01:53.80	PC	UN	01/01/76
38	Maya	Dirado	01:53.90	PC	SRN	03/30/06
39	Karen	Barnicoat	01:53.91	PC	UN	01/01/79
39	Sarah	Shimomura	01:53.91	PC	SCSC	11/13/10
41	Emily	Caras	01:53.94	ME	CMA	03/30/00
42	Elaine	Schwartz	01:53.96	MA	SPIR	01/01/94
42	Katie	Hoff	01:53.96	VA	TPHN	04/04/02
42	Teresa	Long	01:53.96	NC	RSA	03/20/03
45	Cassie	Connell	01:53.98	MA	SQST	01/01/96
46	Megan	Byrnes	01:54.01	PV	CUBU	03/17/11
47	Kim	Brown	01:54.04	CA	MVN	01/01/83
48	Kristen	Frost	01:54.06	CT	CAT	03/09/00
49	Rachel	Ridgeway	01:54.08	IL	LFSC	12/14/98
50	Reilly	Lanigan	01:54.11	IL	SCT	03/11/11
51	Rachael	Rubin	01:54.14	NI	UBAM	01/01/97
52	Kristen	Hastrup	01:54.16	CC	CLOV	03/25/99
52	Lauren	Heller	01:54.16	LE	CFYN	12/17/10
52	Lauren	Case	01:54.16	GA	GOLD	03/10/11
55	Connie	Brown	01:54.17	NE	MVP	03/13/97
55	Morgan	Bullock	01:54.17	MI	WMS	03/11/11
57	Cara	Treble	01:54.21	MR	LIAC	04/06/11
58	Alexandra	Meyers	01:54.24	WI	UN	03/20/09
59	Haley	Lips	01:54.26	SC	YSSC	03/16/06
60	Jenny	Forster	01:54.30	OH	WTRC	03/23/01
61	Courtney	Kalisz	01:54.31	MD	NBAC	03/07/03
62	Jenny	Parmenter	01:54.36	CA	CANY	01/01/94
63	Madison	Wright	01:54.39	MI	KAW	11/20/09
64	Jocelyn	Wang	01:54.40	AZ	GOLD	03/10/11
65	Pam	Minthorn	01:54.41	US	UN	01/01/85
66	Amy	Modglin	01:54.44	FL	SWIM	11/14/03
67	Tami	Bruce	01:54.46	CA	UN	01/01/80
67	Dee	Brown	01:54.46	OZ	PKWY	01/01/91
69	Summer	Finke	01:54.47	FL	SPA	02/19/09
70	Carole	McDevitt	01:54.48	CA	NOVA	01/01/83
71	Jill	Vance	01:54.49	NJ	EEX	01/01/94
72	Julie	Kole	01:54.52	MD	NBAC	01/01/86
72	Kristen	Nunnelly	01:54.52	IN	CGAC	03/16/07
74	Lisa	Rakoski	01:54.53	IL	JETS	01/01/82
75	Sherrill	Thompson	01:54.58	ST	GOLD	03/04/04
75	Darby	Wayner	01:54.58	GA	GCAT	03/11/10
77	Tina	Papadopoulos	01:54.59	FL	FSLA	02/22/07
78	Jamie	Kolar	01:54.62	IL	WILD	03/11/11
79	Kelly	Nelson	01:54.63	MA	SSC	08/02/00
80	Katrina	Konopka	01:54.65	SC	YSSC	03/11/10
81	Meaghan	Raab	01:54.66	MA	HAC	03/17/09
82	Tina	Zipszer	01:54.67	FG	HURR	01/01/83
83	Kathy	Isackson	01:54.75	FL	SPA	01/01/82
84	Bebe	Thompson	01:54.76	MR	EAST	03/31/11
85	Annie	Kyriakidis	01:54.79	SE	NAC	03/10/11
86	Trina	Radke	01:54.81	MN	UN	01/01/83
87	Katie	Welch	01:54.82	SC	SSC	01/01/83
87	Hanne	Borgersen	01:54.82	MD	MAC	03/01/07
89	Leslie	Roberson	01:54.83	PN	SBAY	01/31/02
90	Leticia	Lelli	01:54.85	AZ	SAC	12/01/06
91	Joanna	Thomas	01:54.88	MA	ACAC	12/13/02
92	Whitney	Hedgepeth	01:54.89	VA	UN	01/01/84
93	April	Walker	01:54.90	AZ	UN	01/01/86
93	Tori	Simenec	01:54.90	OR	BRSC	03/18/05
95	Danielle	Mackey	01:54.91	MA	WSC	01/01/82
96	Anna	Strohl	01:54.94	LE	LESD	01/01/97
97	Kaylin	Burchell	01:54.99	KY	COLA	01/13/06
98	Stephanie	Payne	01:55.01	MV	WSC	02/14/03
99	Megan	Romano	01:55.02	FL	SPA	11/14/03
99	Ginny	Grams	01:55.02	FL	DBS	09/09/05

500 Freestyle

1	Sippy	Woodhead	04:49.51	US	UN	01/01/77
2	Chloe	Sutton	04:49.81	SE	HBT	01/28/05
3	Michele	Richardson	04:50.31	US	UN	01/01/82
4	Trina	Jackson	04:52.79	US	UN	01/01/90
5	Paula	Steddick	04:53.98	US	UN	01/01/83
6	Missy	Franklin	04:54.02	CO	STAR	03/18/08
7	Jenny	Forster	04:54.74	OH	WTRC	03/23/01
8	April	Walker	04:55.02	AZ	UN	01/01/86
9	Leeann	Gathings	04:55.63	NC	MAC	01/01/91
10	Kalyn	Keller	04:56.13	AZ	PHX	01/23/98
11	Chelsea	Franklin	04:56.54	FL	GCST	03/06/03
12	Kathleen	Ledecky	04:57.67	PV	CUBU	03/11/10
13	Becca	Mann	04:57.85	IL	ACAD	10/15/10
14	Sheryl	Barnicoat	04:58.05	US	UN	01/01/77
15	Elizabeth	Beisel	04:58.40	NE	MAG	03/22/05
16	Michelle	Amen	04:58.81	US	UN	01/01/78
17	Tina	Papadopoulos	04:58.90	FL	FSLA	03/01/07
18	Kim	Brown	04:58.94	US	UN	01/01/83
19	Carly	Gehr	04:59.00	US	UN	01/01/98
20	Amy	Modglin	04:59.06	FL	SWIM	01/30/04
21	Summer	Finke	04:59.13	FL	SPA	02/19/09
22	Maya	Dirado	04:59.22	PC	SRN	03/30/06
23	Susan	Walker	04:59.26	NT	ATAC	02/26/99
24	Tami	Bruce	04:59.35	US	UN	01/01/80
25	Mary	Gaugler	04:59.84	PC	WV	01/01/95
26	Briley	Bergen	04:59.97	FL	UN	01/01/96
27	Julie	Kole	04:59.99	PC	STAN	01/01/86
28	Kate	Dwelley	05:00.29	PC	TERA	12/07/01
29	Katie	Welch	05:00.43	SC	SSC	01/01/83
30	Joanna	Thomas	05:00.56	MA	ACAC	12/13/02
31	Gabby	Vieira	05:00.58	OZ	GATR	07/26/10
32	Haley	Lips	05:00.69	SC	YSSC	12/01/06
33	Erika	Hansen	05:00.72	MA	GAAC	01/01/83
34	Brooke	Bennett-Tassone				
			05:00.75	FL	UN	01/01/93
35	Devon	Callaghan	05:01.05	KY	LAK	02/28/02
36	Carole	McDevitt	05:01.17	CA	NOVA	01/01/83
37	Brianna	Loecher	05:01.35	CO	NJ	01/01/96
38	Florence	Barker	05:01.54	PC	UN	01/01/79
39	Janet	Evans	05:01.58	CA	FAST	01/01/84
40	Elaine	Schwartz	05:01.68	MA	SPIR	01/01/94
41	Pam	Minthorn	05:01.73	US	UN	01/01/85
42	Kelly	Williams	05:01.80	FL	UN	01/01/77
43	Madison	Wright	05:01.82	MI	KAW	10/16/09
44	Austen	Carter	05:01.83	SC	ASC	10/22/99
45	Nicole	Schrader	05:01.93	SE	UN	01/01/92
46	Sierra	Schmidt	05:01.99	MA	GAAC	03/10/11
47	Jessica	Rodriquez	05:02.01	CO	MACS	03/12/03
48	Anna	Strohl	05:02.02	LE	LESD	01/01/97
49	Kristen	Hastrup	05:02.04	CC	CLOV	03/05/99
50	Melanie	Dion	05:02.23	FG	UN	01/01/78
51	Maritza	Correia	05:02.27	FL	UN	01/01/95
52	Kelly	Offutt	05:02.30	MD	GTAC	03/02/06
53	Jenny	Parmenter	05:02.37	CA	CANY	01/01/94
54	Megan	Byrnes	05:02.44	PV	CUBU	03/31/11
55	Hilary	Phelps	05:02.45	MD	NBAC	01/01/91
56	Megan	Kingsley	05:02.70	SC	MBR	02/13/09
57	Tiffany	Cohen	05:02.71	PC	UN	01/01/79
58	Isabel	Whited	05:02.73	AZ	SAC	03/10/11
59	Cassie	Connell	05:02.81	MA	TD	01/01/96
59	Emily	Harris	05:02.81	OZ	PKWY	01/01/04
61	Amber	Mullins	05:02.94	US	UN	02/26/99
62	Linda	Spharier	05:03.18	PC	UN	01/01/82
63	Kristen	Frost	05:03.21	CT	CAT	03/21/00
64	Natalie	Marquis	05:03.28	ST	TXLA	01/01/82
65	Emily	Caras	05:03.31	ME	CMA	08/02/00
66	Diana	Munz	05:03.38	LE	LESD	01/01/95
67	Kylie	Stewart	05:03.42	GA	LINS	12/12/08
68	Michelle	Bright	05:03.54	NJ	EEX	01/01/97
69	Jeri	Moss	05:03.59	CA	RST	01/01/97
70	Tina	Zipszer	05:03.63	FG	HURR	01/01/83
71	Rory	Schmidt	05:03.65	AZ	AZM	01/01/98
72	Kathleen	Baker	05:03.81	NC	STAR	02/18/10
73	Nora	Considine	05:03.82	MD	RAC	03/16/06
74	Amy	Walker	05:03.84	IA	DMSF	01/01/87
75	Ali	Galyer	05:04.00	SC	YSSC	03/10/11
75	Ingrid	Shu	05:04.00	NJ	LHY	03/18/11
77	Sherrill	Thompson	05:04.03	ST	GOLD	03/04/04
78	Hannah	Boyd	05:04.11	IL	RED	03/12/10
79	Courtney	Kalisz	05:04.12	MD	NBAC	03/07/03
80	Whitney	Hedgepeth	05:04.13	VA	UN	01/01/84
81	Laurie	Kline	05:04.14	SI	BFST	01/01/90
82	Shelly	Klaus	05:04.15	LE	LESD	01/01/97
83	Katie	Hoff	05:04.27	VA	TPHN	03/14/02
84	Jessica	Knapp	05:04.36	MR	YMID	01/01/89
85	Beth	Botsford	05:04.38	MD	NBAC	01/01/94
85	Nicole	Margaritondo	05:04.38	FL	SPA	01/01/99
87	Kendall	Dawson	05:04.39	FL	FSLA	02/18/10
88	Cara	Treble	05:04.51	MR	LIAC	04/06/11
89	Bambitt	Bowman	05:04.52	IL	UN	01/01/87
90	Kathy	Gallagher	05:04.67	US	UN	01/01/77
91	Karen	Barnicoat	05:04.68	PC	UN	01/01/79
92	Delaney	Walz	05:04.69	MA	GPAC	04/06/11
93	Patti	Wiedeman	05:04.71	CA	UN	01/01/78
94	Shauna	MacEwen	05:04.74	US	UN	01/01/85
95	Dana	Benedict	05:04.87	CA	SAND	08/02/00
96	Amy	Ward	05:04.90	OR	BEND	01/01/86
97	Kathy	Isackson	05:04.92	FL	SPA	01/01/82
98	Courtney	Harnish	05:04.99	MA	YY	03/10/11
99	Stephanie	Elkins	05:05.00	IN	UN	01/01/76
100	Connor	Brown	05:05.01	NE	MVP	01/01/97

1000 Freestyle

1	Chloe	Sutton	09:57.33	SE	HBT	01/07/05
2	Summer	Finke	10:08.80	FL	SPA	02/19/09
3	Chelsea	Franklin	10:09.94	FL	GCST	03/06/03
4	Tina	Papadopoulos	10:10.53	FL	FSLA	02/22/07
5	Elizabeth	Beisel	10:10.92	NE	MAG	03/22/05
6	Becca	Mann	10:12.61	IL	ACAD	11/12/10
7	Anna	Strohl	10:13.30	LE	LESD	03/18/97
8	Kalyn	Keller	10:13.39	AZ	PHX	03/06/97
9	Joanna	Thomas	10:13.76	MA	ACAC	12/15/02
10	Kylie	Stewart	10:15.68	GA	LINS	02/27/09
11	Kristen	Frost	10:16.62	CT	CAT	03/21/00
12	Nicole	Margaritondo	10:16.96	FL	SPA	03/16/99
13	Megan	Byrnes	10:17.20	PV	CUBU	03/10/11
14	Katherine	Sheridan	10:17.44			02/27/97
15	Courtney	Kalisz	10:17.70	MD	NBAC	03/07/03
16	Jaclyn	Puschak	10:18.04	AZ	AFOX	02/27/02
17	Amy	Modglin	10:19.56	FL	SWIM	12/11/03
18	Ally	Loper	10:19.85	AZ	SAC	03/08/06
19	Kathleen	Ledecky	10:20.28	PV	CUBU	02/06/10
20	Kathleen	Baker	10:21.26	NC	STAR	01/15/10
21	Amber	McDermott	10:22.03	PN	WEST	03/08/06
22	Emily	Meilus	10:22.27	PV	FISH	03/17/11
23	Kelly	Offutt	10:22.29	MD	GTAC	03/16/06
24	Jessica	Rodriquez	10:22.96	CO	MACS	03/12/03
25	Ansley	Otte	10:24.51	GA	UN	02/21/02
26	Kendall	Dawson	10:25.53	FL	FSLA	02/18/10
27	Maya	Dirado	10:25.76	PC	SRN	03/10/06
28	Angela	Duckworth	10:26.02	AZ	SAC	03/12/03
28	Kendall	Brent	10:26.02	FL	SWIM	02/17/11
30	Stephanie	Martinez	10:26.99	FL	SWIM	03/16/06
31	Olivia	Connell	10:27.10	MA	TD	03/14/02
32	Devon	Callaghan	10:27.29	KY	LAK	02/28/02
33	Abby	Niehoff	10:27.84	PC	CARS	04/01/04
34	Janet	Hu	10:28.74	PV	CUBU	10/17/08
35	Hannah	Davenport	10:29.17	MI	L	03/18/11
36	Caitlin	Hamilton	10:29.28	IL	BNY	01/10/03
37	Megan	Kingsley	10:29.30	SC	MBR	02/13/09
38	Bailey	Bowden	10:29.55	FL	BSAC	12/12/08
39	Ana	Walters	10:30.71	IN	ACST	03/13/09
40	Gabrielle	Ortega	10:30.88	FL	GCST	11/19/04
41	Taylor	Sostarecz	10:31.21	MA	ATAC	03/10/05
42	Stephanie	Peters	10:31.60	GA	LINS	02/29/08
43	Isabel	Whited	10:31.63	AZ	SAC	03/10/11
44	Jenn	Kocsis	10:31.68	MW	OSAC	03/01/01
45	Celina	Li	10:31.84	AZ	UN	04/03/08
46	Isabella	Rongione	10:31.86	PV	FISH	04/06/11
47	Jenny	Yazbec	10:31.92	FL	CSA	01/28/05
48	Leslie	Swinley	10:31.98	PV	CUBU	08/02/00
49	Kate	Dwelley	10:32.39	PC	TERA	12/07/01
50	Alyssa	Carroll	10:32.73	FL	BSAC	03/01/01
51	Erica	Belcher	10:32.78	NE	MAG	03/09/06
52	Cara	Treble	10:32.95	MR	LIAC	04/06/11
53	Genevieve	Miller	10:33.03	NC	TYDE	04/01/08
54	Sherrill	Thompson	10:33.24	ST	GOLD	01/09/04
55	Brenna	Gallagher	10:33.46	AM	GPAC	12/15/00
56	Dana	Michaels	10:33.87	PN	WEST	03/08/06
57	Madison	Wright	10:34.60	MI	KAW	11/07/09
58	Ali	Galyer	10:35.01	SC	YSSC	03/10/11
59	Nicole	Fye	10:35.02	GA	AAAA	02/25/11
60	Jamie	Martinez	10:35.04	PC	DACA	01/27/01
61	Lauren	Hine	10:35.26	MD	NBAC	03/15/07
62	Savannah	Bowser	10:35.66	FL	GCST	11/19/10
63	Oriana	Wang	10:35.80	CA	TCC	01/27/07
64	Sterling	Wine	10:35.97	FL	HIGH	03/11/04
65	Camryne	Morris	10:35.98	MD	NBAC	03/15/07
66	Lindsey	Brackens	10:35.99	SE	MTAC	03/07/02
67	Christine	Anderson	10:36.19	SE	SCAC	03/15/02
68	Julia	Durmer	10:36.20	GA	DYNA	02/27/09
69	Val	Daigneault	10:36.27	CT	SNCO	03/04/10
70	Whitney	Jorgensen	10:36.39	SN	CCA	12/06/07
71	Nikki	White	10:36.46	FL	LAKE	03/13/03
72	Leticia	Lelli	10:36.47	AZ	SAC	10/27/06
73	Remedy	Rule	10:36.50	VA	SMAC	01/30/09
74	Jenny	Forster	10:36.62	OH	WTRC	01/05/01
75	Rachael	Bradford-Feldman	10:36.79	NE	GMA	02/25/10
76	Raquel	Raybon	10:36.96	FL	SYS	11/19/04
77	Ashley	Evans	10:37.01	AZ	AFOX	01/14/05
78	Kirsten	Groome	10:37.06	SE	CLUB	12/06/02
79	Bebe	Thompson	10:37.12	MR	EAST	02/24/11
80	Haley	Lips	10:37.23	SC	YSSC	01/12/07
81	Alexandra	Meyers	10:37.34	WI	SSTY	02/27/09
82	Natalie	Ward	10:37.37	AZ	FORD	03/10/11
83	Erin	McElfresh	10:37.39	NI	LCAT	01/18/08
84	Lilly	Vivado	10:37.85	NE	ABF	02/24/11
85	Katrina	Konopka	10:37.90	SC	YSSC	03/11/10
86	Gabby	Vieira	10:37.94	OZ	GATR	02/05/10
87	Kim	Williams	10:38.04	PN	UN	12/17/09
88	Alyssa	Cook	10:38.37	PN	KING	03/10/10
89	Lea	Gwennap	10:38.57	PV	FISH	03/10/11
90	Allison	Cottle	10:38.63	FL	ATAC	03/11/04
91	Ellie	Dean	10:38.66	MI	CUDA	03/19/10
92	Alison	Templin	10:38.75	FG	LLL	12/12/02
93	Haley	Durmer	10:38.80	GA	DYNA	03/15/07
94	Lauren	Case	10:39.04	GA	GOLD	03/10/11
95	Ginny	Grams	10:39.22	FL	DBS	10/07/05
96	Eva	Fabian	10:39.32	NE	GMSC	03/09/06
97	Sarah	Howard	10:39.52	FL	WIN	03/06/03
98	Jenna	Bauer	10:39.70	PC	SRN	12/05/08
99	Kacey	Milligan	10:39.76	AZ	SAC	03/16/06
100	Alison	Moffit	10:40.20	NT	LAC	02/04/05

1650 Freestyle

1	Chloe	Sutton	16:34.13	SE	HBT	01/07/05
2	Becca	Mann	16:53.57	IL	ACAD	11/12/10
3	Anna	Strohl	16:56.67	LE	LESD	03/18/97
4	Chelsea	Franklin	16:59.12	FL	GCST	03/13/03
5	Joanna	Thomas	17:02.64	MA	ACAC	12/13/02
6	Kristen	Frost	17:03.08	CT	CAT	03/21/00
7	Courtney	Kalisz	17:05.14	MD	NBAC	01/31/03
8	Jaclyn	Puschak	17:06.06	AZ	SAC	02/01/01
9	Megan	Byrnes	17:06.20	PV	CUBU	03/10/11
10	Summer	Finke	17:06.33	FL	SPA	02/06/09
11	Kathleen	Ledecky	17:06.35	PV	CUBU	03/11/10
12	Emilie	Gratton	17:06.76	AZ	SAC	02/01/01
13	Kelly	Offutt	17:09.29	MD	GTAC	03/16/06
14	Amy	Modglin	17:09.51	FL	SWIM	12/11/03
15	Elizabeth	Beisel	17:16.07	NE	MAG	03/10/05
16	Sharla	Milne	17:16.96	FG	BA	03/11/04
17	Emily	Meilus	17:17.77	PV	FISH	02/11/11
18	Caitlin	Hamilton	17:18.75	IL	BNY	01/10/03
19	Elizabeth	Downey	17:20.07			03/10/00
20	Angela	Duckworth	17:20.54	AZ	SAC	03/12/03
21	Kathleen	Baker	17:21.26	NC	STAR	02/05/10
22	Kristen	Nunnelly	17:21.31	IN	CGAC	01/06/07
23	Kylie	Stewart	17:24.29	GA	LINS	01/16/09
24	Genevieve	Miller	17:26.03	NC	TYDE	04/01/08
25	Jenny	Forster	17:26.70	OH	WTRC	03/15/01
26	Stase	Michota	17:29.00	FL	SPA	03/07/02
27	Amber	McDermott	17:29.20	PN	WEST	03/08/06
28	Jessica	Rodriquez	17:29.27	CO	MACS	03/12/03
29	Sherrill	Thompson	17:30.69	ST	GOLD	01/09/04
30	Natalie	Ward	17:30.90	AZ	FORD	03/10/11
31	Bailey	Bowden	17:31.06	FL	BSAC	12/05/08
32	Ashley	Evans	17:31.78	AZ	AFOX	01/14/05
33	Tina	Papadopoulos	17:32.74	FL	UN	11/17/06
34	Lauren	Driscoll	17:33.15	FG	FLA	09/30/06
35	Ana	Walters	17:33.38	IN	ACST	02/06/09
36	Haley	Lips	17:34.84	SC	YSSC	12/01/06
37	Courtney	Harnish	17:35.19	MA	YY	03/10/11
38	Ellie	Dean	17:35.81	MI	CUDA	03/19/10
39	Abby	Niehoff	17:36.46	PC	CARS	04/01/04
40	Madison	Wright	17:38.71	MI	KAW	02/12/10
41	Jenny	Yazbec	17:39.03	FL	CSA	01/28/05
42	Alyssa	Carroll	17:39.12	NC	RSA	01/01/01
43	Katie	Hoff	17:40.55	VA	TPHN	02/08/02
44	Janet	Hu	17:40.57	PV	CUBU	11/07/08
45	Bebe	Thompson	17:40.73	MR	EAST	03/03/11
46	Isabella	Rongione	17:41.10	PV	FISH	03/10/11
47	Erin	McElfresh	17:41.41	NI	LCAT	01/25/08
48	Emily	Hammond	17:41.43	SC	H2A	12/07/07
49	Isabel	Whited	17:41.68	AZ	SAC	03/10/11
50	Grace	Fredlake	17:41.72	MI	BAC	03/26/04
51	Lindsay	Gendron	17:41.97	IL	BNY	10/14/05
52	Courtney	Randolph	17:41.98	FG	PST	10/15/04
53	London	Schumacher	17:42.40	NC	SMAC	03/12/09
54	Stephanie	Martinez	17:42.75	FL	SWIM	01/27/06
54	Lea	Gwennap	17:42.75	PV	FISH	03/10/11
56	Lauren	Eytalis	17:42.78	IL	BNY	11/21/03
57	Whitney	Jorgensen	17:43.05	SN	CCA	10/12/07
58	Alyssa	Kiel	17:43.10	LE	LESD	08/02/00
59	Raquel	Raybon	17:43.40	FL	SYS	12/03/04
60	Alexandra	Meyers	17:43.72	WI	SSTY	02/06/09
61	Emily	Caras	17:43.95	ME	CMA	08/02/00
62	Chloe	Isleta	17:44.24	PC	RAC	01/22/11
63	Dana	Michaels	17:44.48	PN	WEST	03/08/06
64	Jenn	Kocsis	17:45.35	MW	OSAC	03/01/01
64	Hannah	Davenport	17:45.35	MI	L	03/18/11
66	Kim	Williams	17:45.54	PN	IST	03/10/10
67	Taylor	Sostarecz	17:45.60	MA	ATAC	03/10/05
68	Leslie	Roberson	17:45.80	PN	SBAY	01/31/02
68	Brianna	Leverenz	17:45.80	AZ	EDAC	04/08/10
70	Kacey	Oberlander	17:46.07	MA	YY	11/20/10
71	Eva	Fabian	17:46.30	NE	GMSC	02/23/06
72	Kirsten	Groome	17:46.95	SE	CMSA	01/17/03
73	Megan	Birch	17:47.19	AZ	EDAC	04/08/10
74	Nora	Considine	17:47.35	MD	RAC	01/13/06
75	Kate	Dwelley	17:47.61	PC	TERA	12/07/01
76	Courtney	Tumbush	17:48.26	LE	LESD	03/05/04
77	Sierra	Moskowitz	17:48.59	CA	TRA	10/13/07
78	Margaret	Fish	17:48.81	OH	CM	01/03/03
79	Stephanie	Peters	17:49.02	GA	LINS	03/28/08
80	Jessie	Garrison	17:49.32	AR	LRAD	10/24/08
81	Taylor	Davis	17:49.34	IN	CGAC	01/27/06
82	Liliana	Casso	17:49.39	CA	TSM	12/14/07
83	Kim	Williams	17:49.77	PN	BISC	10/30/09
84	Lynette	Lim	17:50.23	CA	PSP	02/19/05
85	Megan	Kingsley	17:50.32	SC	MBR	02/13/09
86	Kara	Kopcso	17:50.76	LA	BLAS	03/13/08
87	Alison	Templin	17:50.83	FG	LLL	12/12/02
88	Morgan	Scroggy	17:51.08	OR	LOSC	12/16/00
88	Gabby	Vieira	17:51.08	OZ	GATR	02/05/10
90	Megan	Rubino	17:51.09	IA	BETT	08/02/00
91	Lizzy	Pfeifer	17:51.28	IN	FAST	02/11/11
92	Beatrice	Ghitelman	17:51.70	MR	YMID	12/15/00
93	Jenna	Bauer	17:51.75	PC	SRN	12/05/08
94	Ashley	Evans	17:52.00	NJ	BAC	03/16/01
94	Katelyn	Lanphier	17:52.00	MD	NBAC	03/08/02
96	Megan	Stelpflug	17:52.08	MI	KAW	02/12/10
97	Sara	Ghazi	17:52.12	GU	CATS	10/14/00
98	Chenoa	Devine	17:52.57	SN	DAV	03/04/11
99	Courtney	Mykkanen	17:52.59	CA	NOVA	11/13/10
100	Sierra	Schmidt	17:52.76	MA	GAAC	01/09/11

50 Backstroke

1	Janet	Hu	25.76	PV	CUBU	11/01/08
2	Cindy	Tran	26.06	CA	GWSC	03/09/05
3	Diana	Mac Manus	26.31	SI	BFST	01/02/99
4	Beth	Botsford	26.50	AZ	FORD	01/01/94
5	Grace	Carlson	26.63	OR	LOSC	02/21/08
6	Kathleen	Baker	26.64	NC	STAR	02/18/10
7	Beata	Nelson	26.68	WI	UN	03/20/11
8	Elizabeth	Pelton	26.86	CT	UN	04/04/06
8	Megan	Moroney	26.86	FG	SAS	03/11/10
10	Katie	Riefenstahl	26.87	MA	DSC	04/07/03
11	Chloe	Isleta	26.90	PC	RAC	03/31/11
12	Jennifer	Coffey	26.98	MI	JAWS	01/01/92
13	Emily	Slabe	27.03	OH	CFY	03/13/09
13	Ella	Eastin	27.03	CA	NOVA	01/09/10
15	Kate	Nezelek	27.07	VA	QSTS	04/06/11
16	Lacey	Locke	27.16	IN	CSC	02/15/08
17	Allie	Day	27.21	IN	CGAC	03/17/06
17	Emily	Cornell	27.21	MA	BCY	04/05/11
19	Bre	Thorne	27.25	MN	AQJT	03/11/11
20	Ellan	Dufour	27.26	US	UN	12/04/10
21	Felicia	Lee	27.27	NJ	MYM	03/11/05
21	Kylie	Stewart	27.27	GA	LINS	12/05/08
23	Ingrid	Shu	27.29	NJ	LHY	04/05/11
24	Tricia	Weaner	27.31	MA	WSY	03/14/02
24	Missy	Franklin	27.31	CO	STAR	03/18/08
26	Gianna	Garcia	27.33	PC	CROW	03/31/11
27	Clara	Smiddy	27.34	FG	BGS	11/20/08
28	Madeleine	Stanton	27.37	GU	BTA	08/02/00
29	Lea	Gwennap	27.38	PV	FISH	03/17/11
30	Hannah	Perlkin	27.40	WI	BAC	01/10/03
31	Rachel	Bootsma	27.44	MN	AQJT	12/09/06
32	Sarah	Peterson	27.46	SE	NAC	12/14/00
33	Abby	Kochevar	27.48	CO	STAR	03/04/11
34	Christy	Grcevich	27.49	IN	MAC	03/11/01
34	Heidi	Katter	27.49	MN	AQJT	03/12/10
34	Annie	Boone	27.49	PV	CUBU	12/09/10
37	Keaton	Blovad	27.50	OR	LOSC	02/24/11
38	Kaylee	Witkiewicz	27.51	OH	CLPR	03/12/10
39	Chris	Keller	27.52	GA	ABSC	01/01/94
39	Tara	Thomas	27.52	CA	SCAL	03/13/02
41	Taylor	Garcia	27.53	MI	UN	11/14/09
42	Jenny	Parmenter	27.54	PV	UN	01/01/94
42	Sarah	Denninghoff	27.54	SE	HBT	03/17/05
44	Denali	Knapp	27.55	SN	DAV	01/01/92
44	Shirley	Wang	27.55	NT	COPS	03/09/06
46	Annie	Zhu	27.56	MR	LGAC	03/16/07
47	Roxane	Akradi	27.58	MN	DAT	01/01/98
47	Anne-marie	Botek	27.58	MD	NBAC	10/14/00
47	Kierston	Farley-Sepe	27.58	IL	MAVS	01/22/11
50	Sarah	Dalton Chambliss	27.59	SE	UN	04/06/11
51	Laura	Bull	27.61	MA	DST	01/01/98
52	Emily	Bos	27.62	MI	WMS	03/11/05
53	Jenna	Staiti	27.63	GA	UN	03/10/11
54	Bridget	Bowman	27.64	SE	UN	01/01/83
54	Chelsea	Bailey	27.64	PN	KING	03/18/05
54	Taylor	Stalnaker	27.64	MR	MWSC	04/01/10
57	Stephanie	Rosenthal	27.67	CA	MVN	01/01/86
57	Brielle	White	27.67	MA	SAKA	01/01/96
59	Jessie	Hammes	27.68	IN	CSC	03/19/04
59	Courtney	Mykkanen	27.68	CA	NOVA	01/09/11
61	Emily	Eastin	27.70	CA	NOVA	02/04/11
62	Ariana	Saghafi	27.71	PC	CROW	04/08/10
63	Lauren	Church	27.72	MR	YMID	12/08/06
63	Madison	White	27.72	PC	CROW	11/03/07
65	Ally	Howe	27.73	PC	PASA	12/04/08
65	Catherine	Johnson	27.73	PV	RMSC	12/09/10
67	Courtney	Bartholomew	27.74	MI	WMS	01/26/07
68	Annie	Kyriakidis	27.75	SE	NAC	03/10/11
68	Sara	Metzsch	27.75	OR	HEAT	03/18/11
70	Kaylin	Bing	27.76	OR	RYST	03/17/06
70	Brina	Kari	27.76	MN	HAST	03/12/10
70	Jordan	Wheeler	27.76	GU	ESA	03/10/11
70	Emma	Seiberlich	27.76	MA	PAY	03/31/11
74	Hillary	Krug	27.78	IL	UN	01/01/88
75	Lauren	Solernou	27.79	CT	CDOG	03/31/05
75	Yasmine	Ware	27.79	HI	SKA	12/18/09
77	Danielle	Yoon	27.80	GU	DADS	11/30/07
78	Meredith	Booker	27.81	CA	TSM	01/01/89
78	Nicole	Beck	27.81	CA	BUEN	01/01/93
80	Anna	Sullivan	27.82	NI	FAST	01/08/11
81	Lauren	Stinnett	27.84	PV	SOLO	01/01/93
81	Megan	Romano	27.84	FL	SPA	11/14/03
83	Karen	Turner	27.85	OR	LOSC	01/13/07
83	Zhada	Fields	27.85	OH	GTAC	03/12/10
83	Meghan	Small	27.85	MA	YY	03/12/11
86	Anne	Steele	27.86	GU	KATY	03/09/06
86	Lauren	Heller	27.86	LE	CFYN	11/19/10
88	Rachel	Grove	27.87	MR	UN	01/01/97
88	Mary	Ashby	27.87	PC	OAPB	03/26/10
88	Erika	Giuse	27.87	SE	NAC	02/24/11
91	Paige	Crimmin	27.88	NE	CBS	01/01/97
91	Jenna	Brick	27.88	VA	BASS	03/29/01
93	Natalie	Dowzicky	27.90	MA	GAAC	03/12/09
93	Elizabeth	Rivenbark	27.90	NM	VAST	02/26/11
95	Linnea	Mack	27.91	PC	OAQ	07/26/08
95	Ali	Galyer	27.91	SC	YSSC	03/10/11
97	Karly	Brooks	27.92	AD	SCHE	08/02/00
97	Nicole	Wex	27.92	WI	LAKE	08/02/00
97	Sherrill	Thompson	27.92	ST	GOLD	03/27/04
97	Brittany	Dudzinski	27.92	AM	USCS	03/29/07

100 Backstroke

1	Janet	Hu	55.68	PV	CUBU	12/04/08
1	Kathleen	Baker	55.68	NC	STAR	02/18/10
3	Ella	Eastin	55.88	CA	NOVA	01/29/10
4	Elizabeth	Pelton	55.97	CT	WYW	04/04/06
5	Beata	Nelson	56.15	WI	YDC	03/03/11
6	Beth	Botsford	56.23	MD	NBAC	01/02/94
7	Kylie	Stewart	56.24	GA	LINS	12/12/08
8	Katie	Riefenstahl	56.51	MA	DSC	04/07/03
9	Ellan	Dufour	56.59	US	UN	12/03/10
10	Lauren	Stinnett	56.61	PV	GMU	01/01/93
11	Ryan	Smith	56.64	MA	LAC	03/10/01
12	Cindy	Tran	56.73	CA	GWSC	12/16/04
13	Missy	Franklin	57.21	CO	STAR	03/18/08
13	Taylor	Garcia	57.21	MI	UN	12/10/09
15	Grace	Carlson	57.25	OR	LOSC	02/22/08
16	Clara	Smiddy	57.31	FG	BGS	11/20/08
17	Diana	Mac Manus	57.32	SI	BFST	02/12/99
18	Madeleine	Stanton	57.46	GU	BTA	03/09/00
19	Ellen	Lobb	57.49	GU	CFSC	01/01/05
19	Ali	Galyer	57.49	SC	YSSC	04/05/11
21	Emily	Cornell	57.59	MA	BCY	04/05/11
22	Tricia	Weaner	57.62	MA	WSY	04/04/02
23	Nicole	Beck	57.66	CA	UCLA	01/01/93
24	Chloe	Isleta	57.70	PC	RAC	03/31/11
25	Cara	Teague	57.73	GU	DADS	02/26/99
26	Jennifer	Coffey	57.74	MI	JAWS	01/01/92
27	Elizabeth	Beisel	57.82	NE	MAG	03/22/05
27	Felicia	Lee	57.82	NJ	MYM	04/05/05
29	Megan	Moroney	57.84	FG	SAS	03/11/10
30	Bridget	Bowman	57.94	FL	SWIM	01/01/83
30	Caroline	McElhannon	57.94	GA	ABSC	01/01/05
32	Lacey	Locke	57.99	IN	CSC	02/15/08
33	Kaylee	Witkiewicz	58.21	OH	CLPR	03/12/10
34	Emily	Slabe	58.26	OH	CFY	04/06/09
35	Annie	Boone	58.30	PV	CUBU	03/10/11
36	Laura	Bull	58.32			03/19/98
36	Makenzie	Miller	58.32	MD	RAC	03/06/09
38	Rachel	Bootsma	58.33	MN	AQJT	12/09/06
38	Bre	Thorne	58.33	MN	AQJT	03/11/11
40	Allison	Day	58.34	IN	CGAC	01/01/06
41	Jenny	Parmenter	58.38	CA	CANY	01/01/94
41	Mary	Ashby	58.38	PC	OAPB	03/26/10
43	Annie	Gosselin	58.40	IL	ACAD	11/12/10
44	Courtney	Mykkanen	58.42	CA	NOVA	01/08/11
44	Haley	Hynes	58.42	MV	KCB	03/11/11
46	Abby	Kochevar	58.45	CO	STAR	03/04/11
47	Abigail	Iler	58.47	MD	NAAC	04/01/99
48	Jenny	Forster	58.51	OH	WTRC	01/05/01
48	Gabby	Vieira	58.51	OZ	GATR	07/26/10
50	Kyoko	Yokouchi	58.52	CA	NOVA	01/01/95
51	Heidi	Katter	58.55	MN	AQJT	03/12/10
52	Lauren	Driscoll	58.57	FG	FLA	11/16/06
53	Erika	Giuse	58.60	SE	NAC	02/26/11
54	Sarah	Peterson	58.63	SE	NAC	12/14/00
55	Stephanie	Rosenthal	58.65	CA	MVN	01/01/86
55	Tara	Thomas	58.65	CA	SCAL	03/13/02
57	Victoria	Edwards	58.68	ST	TXLA	03/10/11
58	Erika	Brown	58.71	MV	WAS	03/11/11
58	Jamie	Kolar	58.71	IL	WILD	03/11/11
60	Corey	Berg	58.73	MR	MSC	01/01/97
60	Sarah	Denninghoff	58.73	SE	HBT	03/17/05
62	Sonia	Wang	58.74	CA	TCC	11/13/09
63	Shirley	Wang	58.75	NT	COPS	03/09/06
64	Megan	Kingsley	58.79	SC	MBR	02/13/09
64	Kacey	Oberlander	58.79	MA	YY	01/08/11
66	Chris	Keller	58.81	IL	UN	01/01/94
67	Jessica	Short	58.83	WI	OZ	03/04/10
68	Shelly	Ripple Johnston	58.86	LA	CRAW	01/01/93
69	Megan	Romano	58.87	FL	SPA	11/14/03
69	Hannah	Caron	58.87	NC	DUKE	03/11/04
71	Madison	White	58.88	PC	CROW	11/16/07
72	Sydney	Sell	58.92	KY	SUSS	03/19/10
73	Paige	Crimmin	58.98	NE	SSA	01/01/97
74	Bridgette	Alexander	59.02	WI	J-HK	03/05/09
75	Lea	Gwennap	59.05	PV	FISH	03/31/11
76	Emma	Seiberlich	59.06	MA	PAY	03/31/11
77	Beth	Barr	59.09	SE	UN	01/01/85
78	Kalli	Quinn	59.10	US	UN	01/01/81
79	Courtney	Kalisz	59.11	MD	NBAC	01/17/03
80	Kenzie	Shingler	59.13	SE	GPAC	01/01/95
80	Annie	Zhu	59.13	MR	LGAC	03/16/07
82	Rory	McCloskey	59.14	CA	UN	01/01/92
83	Lauren	Church	59.16	MR	YMID	12/08/06
83	Ingrid	Shu	59.16	NJ	LHY	03/18/11
85	Roxane	Akradi	59.17	MN	DAT	01/01/99
85	Kasey	Carpenter	59.17	OH	CM	01/05/01
85	Lilian	Zhu	59.17	IA	UN	02/27/09
88	Carly	Smith	59.19	NC	NCAC	03/11/04
88	Lily	Tang	59.19	GA	LINS	03/08/07
88	Zhada	Fields	59.19	OH	GTAC	03/12/10
91	Yuuka	Kikuchi	59.20	CA	NOVA	01/01/98
92	Brielle	White	59.21	MA	SAKA	01/01/96
93	Allie	Szekely	59.22	MA	CBST	01/21/11
93	Sara	Metzsch	59.22	OR	HEAT	03/18/11
95	Amanda	Sims	59.25	PC	SRN	02/27/02
96	Ella	Johnson	59.27	PN	UN	03/27/09
97	Nicole	Wex	59.30	WI	LAKE	08/02/00
97	Jessie	Hammes	59.30	IN	CSC	03/19/04
97	Stephanie	Rhodes	59.30	SR	TAC	03/23/07
100	Erica	Meissner	59.32	NE	ABF	03/08/01

200 Backstroke

1	Kylie	Stewart	01:59.49	GA	LINS	03/05/09
2	Janet	Hu	01:59.69	PV	CUBU	12/04/08
3	Missy	Franklin	02:00.58	CO	STAR	03/18/08
4	Elizabeth	Beisel	02:01.44	NE	MAG	03/10/05
5	Kathleen	Baker	02:01.48	NC	STAR	11/13/09
6	Courtney	Kalisz	02:01.73	MD	NBAC	03/20/03
7	Madison	White	02:02.18	PC	CROW	11/02/07
8	Ellan	Dufour	02:02.92	US	UN	12/03/10
9	Ryan	Smith	02:03.06	MA	LAC	03/15/01
10	Madeleine	Stanton	02:03.19	GU	BTA	08/02/00
11	Jenny	Forster	02:03.38	OH	WTRC	03/15/01
12	Chloe	Isleta	02:03.48	PC	RAC	01/29/11
13	Felicia	Lee	02:03.49	NJ	MYM	04/05/05
14	Kacey	Oberlander	02:04.30	MA	YY	01/08/11
15	Allie	Day	02:04.32	IN	CGAC	03/10/06
16	Lacey	Locke	02:04.42	IN	CSC	01/25/08
17	Megan	Moroney	02:04.56	FG	SAS	03/04/10
18	Beata	Nelson	02:04.82	WI	YDC	03/03/11
19	Megan	Kingsley	02:04.96	SC	MBR	02/13/09
20	Ali	Galyer	02:05.08	SC	YSSC	04/05/11
21	Lauren	Driscoll	02:05.12	FG	FLA	09/15/06
22	Allie	Szekely	02:05.23	MA	CBST	01/21/11
23	Courtney	Mykkanen	02:05.38	CA	NOVA	03/31/11
24	Emily	Meilus	02:05.39	PV	FISH	03/31/11
25	Emily	Slabe	02:05.43	OH	CFY	03/13/09
26	Corey	Berg	02:05.62	MR	MSC	03/18/97
27	Elizabeth	Pelton	02:05.64	CT	WYW	03/16/06
28	Allison	Kelly	02:05.82			04/14/98
29	Justine	Ress	02:05.89	CT	SNCO	12/02/05
30	Natalie	Beale	02:05.94	MD	BAAC	02/08/07
31	Lea	Gwennap	02:06.04	PV	FISH	04/06/11
32	Megan	Byrnes	02:06.07	PV	CUBU	03/17/11
33	Ally	Loper	02:06.10	AZ	SAC	01/13/06
34	Ella	Eastin	02:06.15	CA	NOVA	02/15/10
35	Cierra	Runge	02:06.27	MA	TD	02/14/09
36	Taylor	Garcia	02:06.30	MI	UN	01/29/10
37	Karen	Wang	02:06.45	PC	PLS	03/31/05
38	Morgan	Ginnis	02:06.47	PN	MMSC	12/12/08
39	Victoria	Edwards	02:06.67	ST	TXLA	03/10/11
40	Bre	Thorne	02:06.71	MN	AQJT	03/11/11
41	Abigail	Iler	02:06.72	MD	NAAC	02/06/99
42	Carly	Sweeney	02:06.73	GA	TWS	02/16/07
43	Becca	Mann	02:06.87	IL	ACAD	09/25/10
44	Megan	Romano	02:06.93	FL	SPA	11/14/03
45	Ingrid	Shu	02:06.97	NJ	LHY	02/25/11
46	Mary	Pelton	02:07.02	MD	NBAC	03/25/10
47	Michelle	Liu	02:07.04	PC	DACA	03/15/01
48	Lauren	Harrington	02:07.13	SE	MTS	01/28/05
49	Annika	Games	02:07.16	CA	UN	02/15/03
50	Emma	Seiberlich	02:07.20	MA	PAY	03/10/11
51	Hannah	Lips	02:07.30	SC	YSSC	04/06/09
52	Sonia	Wang	02:07.38	CA	TCC	11/13/09
52	Sarah	Slepian	02:07.38	NJ	SDSC	04/01/10
54	Emily	Cornell	02:07.43	MA	BCY	04/05/11
55	Stephanie	Fisher	02:07.49	WI	LAKE	03/01/02
55	Amy	Modglin	02:07.49	FL	SWIM	11/14/03
57	Devin	Madsen	02:07.56	PC	CROW	11/02/07
58	Chloe	Sutton	02:07.58	SE	HBT	01/07/05
58	Lilian	Zhu	02:07.58	IA	UN	02/27/09
60	Kasey	Carpenter	02:07.62	OH	CM	01/05/01
61	Emily	Erard	02:07.69	VA	NOVA	03/18/10
62	Kelly	Demarrais	02:07.74	NJ	SHY	04/09/01
63	Kirstie	Chen	02:07.77	CA	CERR	03/03/05
64	Nilasha	Ghosh	02:07.83	PV	RMSC	12/14/01
64	Julia	Kucherich	02:07.83	MD	NBAC	03/18/04
66	Catherine	Wu	02:07.93	GU	PEAK	03/11/10
67	Annie	Gillig	02:07.97	SC	YSSC	03/15/07
68	Kayla	Churman	02:08.00	AM	ANSC	04/01/10
69	Lori	Halvorson	02:08.10	OK	TACT	08/02/00
70	Courtney	Harnish	02:08.16	MA	YY	03/10/11
71	Annika	Kollevoll	02:08.18	PV	CUBU	04/02/09
72	Sammi	Wilts	02:08.22	BD	BAT	03/12/09
73	Maddie	Edwards	02:08.24	BD	WETT	03/06/08
74	Danielle	Romain	02:08.25	NJ	NJW	03/30/06
75	Jessica	Short	02:08.27	WI	OZ	02/26/10
76	Kaitlyn	Jones	02:08.32	MA	DST	03/15/07
77	Cali	Raukar	02:08.33	PC	MP	12/17/10
78	Shirley	Wang	02:08.35	NT	COPS	03/09/06
79	Ally	Howe	02:08.36	PC	PASA	04/03/08
80	Annie	Zhu	02:08.41	MR	LGAC	03/16/07
81	Hannah	Martin	02:08.45	GA	GOLD	02/16/07
81	Sierra	Schmidt	02:08.45	MA	GAAC	03/10/11
83	Gabby	DeLoof	02:08.48	MI	PA	03/06/09
84	Hannah	Caron	02:08.52	NC	DUKE	03/11/04
85	Veronica	Feltrin	02:08.61	NJ	SAC	03/27/03
86	Natilee	Ruiz	02:08.65	IE	TCCC	03/07/07
86	Sara	Metzsch	02:08.65	OR	HEAT	03/18/11
88	Grace	Wold	02:08.68	PN	KING	03/14/08
89	Sarah	Denninghoff	02:08.70	SE	HBT	01/07/05
89	Maureen	McCotter	02:08.70	MA	JW	03/31/05
91	Sarah	Cruzan	02:08.74	OR	THSC	03/18/05
91	Tori	Simenec	02:08.74	OR	BRSC	03/18/05
93	Courtney	Bartholomew	02:08.75	MI	WMS	03/15/07
94	Danielle	Lee	02:08.76	AZ	SAC	01/12/07
95	Shanny	Lin	02:08.78	BD	WETT	03/12/09
96	Lauren	Pfohl	02:08.79	GA	SA	03/20/03
97	Annie	Gosselin	02:08.80	IL	ACAD	02/26/10
98	Katherine	Weeks	02:08.83	GA	LINS	03/05/09
99	Stephanie	Wei	02:08.88	PC	SCSC	12/05/03
100	Jamie	Kolar	02:08.90	IL	WILD	03/03/11

50 Breaststroke

1	Olivia	Anderson	29.23	MN	AQJT	03/12/10
2	Felicia	Castaneda	29.25	SI	HSA	01/02/99
3	Sam	Senczyszyn	29.47	WI	OZ	11/20/09
4	Annie	Zhu	29.55	MR	LGAC	03/16/07
5	Leah	Pronschinske	29.66	WI	ECY	11/16/07
6	Jody	Hillock	29.78	SN	FRAC	01/01/95
7	Kaylin	Burchell	29.99	KY	COLA	01/13/06
8	Annie	Babicz	30.07	US	UN	01/01/98
9	Annie	Kyriakidis	30.14	SE	NAC	02/24/11
10	Carly	Geehr	30.15	CA	NOVA	01/01/97
11	Heidi	Poppe	30.17	PC	SRN	01/17/09
11	Ronni	Borders	30.17	SE	AUB	03/10/11
13	Olivia	McNeely	30.20	MN	FOXJ	02/16/07
14	Jilen	Siroky	30.24	IN	IA	01/01/95
14	Brie	Balsbough	30.24	OR	LOSC	02/15/09
16	Laura M	Davis	30.25	PC	TERA	01/01/97
17	Abby	Duncan	30.33	MN	TST	03/10/06
18	Sarah	Haase	30.36	PV	RMSC	03/01/07
19	Ashley	Evans	30.38	NJ	BAC	11/11/00
20	Tera	Bradham	30.39	ST	TXLA	03/09/06
21	Caitlin	Leverenz	30.42	AZ	GOLD	02/13/04
22	KC	Moss	30.43	CT	WYW	03/29/07
23	Suzanne	Dolan	30.44	PV	MACH	03/31/11
24	Lindsey	McKnight	30.46	FG	CSSC	03/15/07
25	Katie	Hoff	30.47	VA	TPHN	03/14/02
25	Kathleen	Baker	30.47	NC	STAR	02/18/10
27	Sarah	Nowell	30.53	NC	RSA	02/01/01
28	Abby	Smallwood	30.56	MS	UN	01/01/98
29	Rebecca	Rainer	30.59	VA	NOVA	03/30/06
30	Suzy	Nicoletti	30.61	PC	SCSC	01/01/92
30	Karissa	Kruszewski	30.61	CA	AZOT	01/11/03
32	Helen	Teegan	30.64	PN	KING	03/18/11
33	Michelle	Garland	30.66	IL	CATS	03/17/06
34	Halle	Morris	30.70	PC	SAM	03/31/11
35	Emilee	Jennings	30.71	PN	KING	03/22/02
36	Emma	Carpenter	30.73	MA	JW	03/30/06
37	Lesley	Meade	30.74	OH	CM	01/01/96
37	Katie	Yevak	30.74	MV	KCB	01/01/96
39	Lindsey	Norberg	30.76	NI	ITAC	04/01/04
40	Heather	Hayes	30.77	IN	SSC	03/14/08
41	Ingrid	Shu	30.78	NJ	LHY	03/18/11
42	Kaisa	Greenberg	30.79	NJ	EEX	01/01/93
42	Heidi	Katter	30.79	MN	AQJT	03/12/10
44	Gabrielle	Rose	30.81	SE	UN	01/01/90
45	Lauren	Poli	30.82	PN	BC	03/18/05
45	Annie	Nunes	30.82	MA	TD	12/07/07
47	Meagan	Clark	30.84	NC	UN	01/01/97
48	Mary	Wilk	30.85	NE	CAST	01/01/90
49	Kennedy	Lohman	30.90	KY	LAK	12/03/10
50	Lola	Woodworth	30.91	PV	YORK	01/01/97
51	Ellyn	Baumgardner	30.92	IL	CATS	12/12/03
52	Kristine	Polley	30.93	GA	RAYS	02/13/04
52	Andrea	Kropp	30.93	CA	PASA	03/08/06
52	Olivia	Chan	30.93	MR	LIE	03/29/07
55	Lauren	Norberg	30.94	NI	ITAC	02/26/04
56	Katy	Houston	30.95	PC	RENO	08/02/00
56	Molly	Coonce	30.95	IN	NSC	11/03/06
58	Jacquee	Clabeaux	30.96	PV	YORK	03/17/11
59	Kerry	Kraemer	30.98	MN	BDOG	03/08/02
59	Lauren	Stoeckle	30.98	CO	MACS	03/03/06
61	Megan	Garrett	31.00	PC	UN	01/01/95
61	Jennifer	Lichtblau	31.00	PV	SOLO	01/01/97
63	Priscilla	Humberstone	31.01	GA	SA	01/01/95
63	Liane	Bianco	31.01	MA	WSY	01/01/97
63	Leah	Avilla	31.01	PC	SRVL	01/01/98
63	Brenda	Cha	31.01	OR	LOSC	02/26/09
67	Sonia	Lin	31.03	ME	LRSC	03/31/11
68	Ashley	Danner	31.05	PV	VSC	03/27/03
69	Samara	Gelb	31.06	MD	RAC	03/07/03
70	Annie	Currin	31.07	OH	CM	03/10/06
71	Ericka	Korb	31.08	AZ	UN	01/01/93
71	Jessica	Wagner	31.08	IN	FWA	01/01/94
71	Alisa	Finn	31.08	IL	NTSC	03/19/04
71	Jordan	Surhoff	31.08	MD	NBAC	12/07/07
71	Madeleine	Eden	31.08	MN	FOXJ	03/07/08
71	Lauren	Stigler	31.08	WI	SWAT	02/25/11
77	Brooke	Hanley	31.09	CT	SHKS	01/01/84
77	Kristen	Caverly	31.09	CA	NOVA	01/01/97
77	Melissa	Phan	31.09	SC	YSSC	03/12/09
80	Erin	Sieper	31.10	CA	STOP	01/01/97
80	Chelsea	Allard	31.10	PC	WCAB	03/14/02
82	Jen	Lucius	31.11	AD	ALBS	04/01/10
82	Jasmine	Perez	31.11	CA	SAND	02/18/11
84	Michelle	Hanson	31.12	GA	SA	01/01/99
84	Stephanie	Ferrell	31.12	NJ	MYM	12/10/04
84	Emily	Schwabe	31.12	WI	WEST	03/04/05
84	Mary	Pelton	31.12	MD	NBAC	03/04/10
88	Kari	Wray	31.14	AK	AST	03/21/09
89	Jordan	Sanders	31.15	MN	NHCP	01/01/91
89	Morganne	McKennan	31.15	PC	ALMA	03/31/11
91	Maddie	Edwards	31.16	BD	WETT	02/01/08
92	Anita	Nall	31.17	MA	HESY	01/01/89
92	Caroline	Bruce	31.17	MV	WSC	01/01/99
92	Alicia	Quick	31.17	SI	HSA	01/01/99
92	Alyson	Woody	31.17	GA	RAYS	08/02/00
92	Kelly	Flynn	31.17	GU	TWST	03/06/03
92	Prudence	Rooker	31.17	OR	THSC	03/27/09
98	Julie	Kurtz	31.18	PN	SSCD	01/01/95
98	Mikelle	Masciantonio	31.18	MA	ATAC	03/18/04
100	Kathy	Kooser	31.20	CC	UN	01/01/74

100 Breaststroke

1	Olivia	Anderson	01:02.86	MN	AQJT	03/12/10
2	Annie	Zhu	01:03.54	MR	LGAC	11/11/06
3	Jody	Hillock	01:03.56	US	UN	01/02/95
4	Annie	Babicz	01:03.87	US	UN	01/01/98
5	Sam	Senczyszyn	01:04.32	WI	OZ	11/20/09
6	Carly	Geehr	01:04.36	CA	NOVA	01/01/97
7	Kaylin	Burchell	01:04.46	KY	UN	01/31/06
8	Karissa	Kruszewski	01:04.49	CA	AZOT	12/06/02
9	Alisa	Finn	01:04.50	IL	NTSC	03/05/04
10	Olivia	McNeely	01:04.52	MN	FOXJ	02/16/07
11	Laura M	Davis	01:04.54	PC	TERA	01/01/97
12	Ella	Eastin	01:04.70	CA	NOVA	01/29/10
13	Leah	Pronschinske	01:04.75	WI	ECY	11/09/07
14	Caitlin	Leverenz	01:04.78	AZ	GOLD	02/13/04
15	Annie	Kyriakidis	01:04.92	SE	NAC	02/24/11
16	Kristen	Caverly	01:05.09	CA	NOVA	03/18/97
17	Heidi	Poppe	01:05.21	PC	SRN	03/20/09
18	Erika	Frykberg	01:05.23	IA	CIA	01/01/91
19	Mandy	Larence	01:05.27	ST	UT	01/01/96
20	Gabrielle	Rose	01:05.38	CA	UN	01/01/90
21	Kristine	Polley	01:05.44	GA	RAYS	12/12/03
22	Jordan	Sanders	01:05.53	MN	MGC	01/01/91
23	Ashley	Evans	01:05.54	NJ	BAC	11/11/00
24	Allie	Szekely	01:05.71	MA	CBST	01/21/11
25	Jilen	Siroky	01:05.74	IN	IA	01/01/95
26	Keri	Sink	01:05.76	IL	ELY	03/05/04
27	Stephanie	Yoshimura	01:05.80	MA	PCAC	01/01/99
28	Tera	Bradham	01:05.95	ST	TXLA	03/09/06
29	Stephanie	Ferrell	01:05.96	NJ	MYM	04/05/05
30	Kim	Williams	01:06.00	PN	IST	03/19/10
31	Morganne	McKennan	01:06.02	PC	ALMA	03/31/11
32	Felicia	Castaneda	01:06.03	SI	HSA	02/15/99
33	Alexis	Lyon	01:06.04	PC	MSJA	01/01/93
34	Sarah	Haase	01:06.16	PV	RMSC	12/07/06
35	Caroline	Bruce	01:06.17	MV	WSC	03/04/99
35	Kelly	Flynn	01:06.17	GU	TWST	03/06/03
37	Alison	Fealey	01:06.29	OH	CM	01/01/91
38	Lesley	Meade	01:06.34	OH	CM	01/01/96
39	Katie	Hoff	01:06.35	VA	TPHN	04/04/02
40	Spindrift	Beck	01:06.37	NT	DM	03/06/03
41	Kim	Rhodenbaugh	01:06.38	OH	CM	01/01/79
41	Halle	Morris	01:06.38	PC	SAM	03/31/11
43	Kennedy	Lohman	01:06.39	KY	UN	02/08/11
44	Samantha	Block	01:06.40	NJ	SAC	03/10/00
44	Lindsey	Norberg	01:06.40	NI	ITAC	04/01/04
46	Anita	Nall	01:06.42	US	UN	01/01/89
47	Olivia	Chan	01:06.44	MR	UN	11/16/07
48	Kaela	Humphries	01:06.48	MN	FOXJ	01/01/96
48	Katie	Yevak	01:06.48	MV	EAC	01/01/96
48	Heather	Hayes	01:06.48	IN	SSC	03/14/08
51	Priscilla	Humberstone	01:06.49	GA	SA	01/01/95
52	Jeana	Fuccillo	01:06.50	OZ	SHST	03/18/97
52	Madeleine	Eden	01:06.50	MN	FOXJ	03/07/08
54	Rebecca	Soni	01:06.52	NJ	XCEL	03/10/00
54	Samara	Gelb	01:06.52	MD	RAC	03/27/03
56	Meredith	Green	01:06.53	NC	NCAC	01/01/96
56	Jordan	Smith	01:06.53	FL	PA	03/10/05
58	Abby	Duncan	01:06.59	MN	TST	03/10/06
59	Amanda	Masters	01:06.60	OZ	PKWY	03/21/03
59	Melissa	Lang	01:06.60	NJ	MEY	12/12/03
59	Kathleen	Baker	01:06.60	NC	STAR	02/18/10
62	Meagan	Clark	01:06.61	MA	WSY	01/01/97
63	Aubrie	Smallwood	01:06.62	US	UN	04/02/98
64	Kerri	McIlvain	01:06.64	MA	GAAC	03/09/00
64	Katy	Houston	01:06.64	PC	RENO	03/30/00
66	Kerry	Kraemer	01:06.66	MN	BDOG	03/08/02
66	Sydney	Pickrem	01:06.66	FL	CAT	02/18/10
68	KC	Moss	01:06.67	CT	WYW	03/29/07
69	Liane	Bianco	01:06.69	VA	VTAC	01/01/97
70	Jodi	Navta	01:06.71	NJ	NJW	01/01/88
71	Kelly	Jones	01:06.72	OH	KEY	01/01/96
71	Pauline	Kaminski	01:06.72	IL	HWSA	03/13/09
73	Kaisa	Greenberg	01:06.73	NJ	EEX	01/01/93
74	Molly	Coonce	01:06.74	IN	NSC	03/09/07
75	Alicia	Quick	01:06.76	SI	HSA	01/01/99
76	Amanda	Chan	01:06.77	IL	WEST	01/01/92
77	Emily	Pisula	01:06.80	IL	FAST	01/01/95
77	Jennifer	Lichtblau	01:06.80	PV	SOLO	01/01/97
79	Stephanie	Zunich	01:06.83	US	UN	01/01/82
80	Ashley	Woodworth	01:06.84	PV	YORK	01/01/97
80	Emily	Schwabe	01:06.84	WI	WEST	03/04/05
82	Jenna	Street	01:06.85	SE	BASA	01/01/95
82	Ellie	Bradley	01:06.85	OR	TTSC	03/22/02
84	Julie	Kurtz	01:06.86	PN	SSCD	01/01/95
84	Andrea	Kropp	01:06.86	CA	PASA	12/15/05
86	Lindsey	Meeks	01:06.87	SN	FAC	01/01/94
87	Madeline	Maher	01:06.89	MA	SPIR	03/09/06
88	Ronni	Borders	01:06.90	SE	AUB	03/10/11
89	Nicki	Ciavarella	01:06.91	MR	COND	03/11/10
90	Breanna	Folk	01:06.92	MA	DSC	01/30/04
91	Jennifer	Vanker	01:06.94	MI	BBA	01/01/93
92	Keri	Coy	01:06.95	LA	GWSS	01/01/90
93	Kammy	Miller	01:06.97	MI	PA	01/01/97
93	Maddie	Edwards	01:06.97	BD	WETT	03/06/08
95	Emily	Campbell	01:06.99	SD	ASC	02/18/05
95	Maija	Roses	01:06.99	NC	DUKE	12/12/08
97	Jordan	Surhoff	01:07.00	MD	NBAC	12/07/07
98	Ingrid	Shu	01:07.01	NJ	LHY	03/18/11
99	Heidi	Katter	01:07.03	MN	AQJT	03/12/10
100	Jamie	Robinson	01:07.05	CO	GSC	01/01/95

200 Breaststroke

1	Annie	Zhu	02:16.16	MR	LGAC	03/08/07
2	Alisa	Finn	02:17.18	IL	NTSC	03/05/04
3	Caitlin	Leverenz	02:18.04	AZ	GOLD	02/13/04
4	Kristine	Polley	02:18.69	GA	RAYS	12/12/03
5	Stephanie	Yoshimura	02:19.54	US	UN	12/18/98
6	Kaylin	Burchell	02:20.23	KY	COLA	12/09/05
7	Karissa	Kruszewski	02:20.51	CA	AZOT	02/15/03
8	Kerri	McIlvain	02:20.66	MA	GAAC	03/21/00
9	Samara	Gelb	02:20.69	MD	RAC	03/20/03
10	Morganne	McKennan	02:20.74	PC	ALMA	03/31/11
11	Halle	Morris	02:20.89	PC	SAM	03/31/11
12	Katie	Burke	02:21.26			02/18/99
13	Stephanie	Ferrell	02:21.37	NJ	MYM	02/18/05
14	Allie	Szekely	02:21.46	MA	CBST	01/21/11
15	Rebecca	Rainer	02:21.49	VA	NOVA	03/30/06
16	Annie	Kyriakidis	02:21.67	SE	NAC	03/10/11
17	Samantha	Block	02:22.04	NJ	SAC	03/10/00
18	Christine	Olson	02:22.35	AZ	SDA	12/04/03
19	Destiny	Nelson	02:22.52	NT	FA	03/04/10
20	Kylee	Talwar	02:22.75	PV	CUBU	04/01/04
21	Olivia	Chan	02:22.85	MR	LIE	03/29/07
21	Olivia	Anderson	02:22.85	MN	AQJT	03/16/10
23	Sydney	Pickrem	02:22.91	FL	CAT	01/15/10
24	Kelly	Flynn	02:22.94	GU	TWST	03/06/03
25	Melinda	Hochard	02:22.95	NE	GMSC	12/11/98
26	Louise	Makowski	02:22.98	MA	DST	04/01/04
27	Laura	Sogar	02:23.05	NE	RAMS	03/04/04
28	Heidi	Poppe	02:23.15	PC	SRN	12/05/08
29	Madeleine	Eden	02:23.30	MN	FOXJ	03/18/08
30	Andrea	Kropp	02:23.31	CA	PASA	12/15/05
31	Tera	Bradham	02:23.40	ST	TXLA	02/03/06
32	Jessica	Schmitt	02:23.48	SI	NCA	12/18/03
33	Kirstie	Chen	02:23.64	CA	CERR	01/14/05
34	Kathleen	Baker	02:23.71	NC	STAR	01/15/10
35	Ingrid	Shu	02:23.76	NJ	LHY	02/25/11
36	Madeline	Maher	02:23.78	MA	SPIR	03/09/06
37	Jeana	Fuccillo	02:23.85	OZ	SHST	12/18/97
38	Angela	Lee	02:24.07	CA	AZOT	03/22/05
39	Sydney	Tan	02:24.09	ST	NTRO	03/12/09
40	Sarah	Haase	02:24.13	PV	RMSC	12/07/06
41	Danielle	Milligan	02:24.18	AZ	SAC	02/27/02
41	Olivia	McNeely	02:24.18	MN	FOXJ	02/08/07
43	Kennedy	Lohman	02:24.22	KY	LAK	02/18/11
44	Katie	Kime	02:24.40	CA	ROSE	01/18/02
44	Melissa	Lang	02:24.40	NJ	MEY	04/05/04
44	Nicki	Ciavarella	02:24.40	MR	COND	02/26/10
47	Maija	Roses	02:24.51	NC	DUKE	12/05/08
48	Alexandra	Ellis	02:24.56	SI	BFST	02/16/01
49	Katie	Olsen	02:24.60	AZ	SDA	11/18/05
49	Katherine	Olsen	02:24.60	AZ	SDA	01/01/06
51	Briana	Borgolini	02:24.61	AD	SCHE	03/10/05
51	Kate	Woolbright	02:24.61	FL	GSC	03/17/05
53	Spindrift	Beck	02:24.66	NT	DM	10/25/03
54	Emily	Schwabe	02:24.70	WI	WEST	03/04/05
55	Emma	Blackwood	02:24.74	SE	NAC	01/31/09
56	Blair	Carnes	02:24.90	VA	NOVA	12/07/07
57	Rebecca	Soni	02:24.98	NJ	XCEL	08/02/00
58	Valerie	Wang	02:25.01	PC	DACA	03/26/10
59	KC	Moss	02:25.10	CT	WYW	03/29/07
60	Eva	Chen	02:25.24	PC	DACA	02/18/06
60	Maddy	Loniewski	02:25.24	MI	NS	03/12/10
62	Lindsey	Miller	02:25.26	PC	PASA	03/26/10
63	Amanda	Masters	02:25.49	OZ	PKWY	03/06/03
64	Sarah	Howard	02:25.51	FL	WIN	03/13/03
65	Ana	Castellanos	02:25.55	NE	ABF	02/19/09
66	Sarah	Liang	02:25.59	PC	OSC	12/16/05
67	Jorie	Caneta	02:25.62	CC	RTA	04/02/09
68	Meghan	Boland	02:25.76	CA	SAND	10/13/07
69	Jordan	Smith	02:25.78	FL	PA	03/17/05
70	Alyson	Woody	02:25.81	GA	RAYS	08/02/00
71	Rachel	Looker	02:25.99	AR	SPA	11/21/03
72	Hannah	Mattar	02:26.04	MI	OLY	03/09/07
72	Isabella	Green	02:26.04	CA	SAND	12/18/09
74	Lindsey	Norberg	02:26.05	NI	ITAC	06/09/04
74	Kim	Williams	02:26.05	PN	IST	03/10/10
76	Julie	Wells	02:26.07	GA	RAYS	03/14/02
77	Jamie	Kwan	02:26.15	GU	FCST	03/10/05
78	Sarah	Furgatch	02:26.22	CA	AZOT	11/13/04
79	Grace	Tarka	02:26.25	MD	NBAC	03/17/05
80	Mallory	McGowan	02:26.27	SN	UN	07/16/04
81	Paige	Bradley	02:26.28	PC	TERA	04/01/04
82	Tiffany	Dotson	02:26.40	MA	UN	08/02/00
82	Micah	Lawrence	02:26.40	ST	GOLD	03/06/03
82	Sam	Senczyszyn	02:26.40	WI	WAM	02/27/09
85	Katherine	Weeks	02:26.41	GA	LINS	02/27/09
86	Liz	Smith	02:26.43	OZ	PKWY	11/30/01
86	Danae	Petrakis	02:26.43	PC	FOG	12/03/04
86	Lauren	James	02:26.43	MD	MAC	03/26/09
89	Jessica	Stacy	02:26.49	PC	TERA	12/07/01
90	Katie	Hoff	02:26.50	VA	PSDN	12/14/01
91	Mary	Chapman	02:26.53	NE	UVAC	02/19/04
92	Makayla	Sargent	02:26.56	NI	TTSC	03/31/11
93	Linda	Zhang	02:26.58	MI	PCC	03/11/11
94	Tina	Papadopoulos	02:26.60	FL	FSLA	03/01/07
95	Erika	Wendel	02:26.62	MA	JW	03/13/03
96	Lindsey	McKnight	02:26.65	FG	CSSC	03/08/07
96	Chelsea	Britt	02:26.65	FG	FLA	10/19/07
98	Maria	Volodkevich	02:26.75	PN	IST	03/14/08
99	Sami	Stelpflug	02:26.79	MI	KAW	03/06/09
100	Danielle	LeClair	02:26.82	VA	NOVA	01/01/00

50 Butterfly

1	Ally	Hajda	13.86	FL	BSS	10/22/10
2	Ella	Eastin	24.87	CA	NOVA	01/29/10
3	Janet	Hu	25.10	PV	CUBU	12/04/08
4	Dana	Vollmer	25.50	NT	FAST	08/02/00
5	Claire	Greene	25.62	PV	MACH	10/15/10
6	Beata	Nelson	25.65	WI	YDC	03/18/11
7	Grace	Carlson	25.67	OR	LOSC	03/14/08
8	Beth	Botsford	25.69	AZ	FORD	01/01/94
9	Tara	Thomas	25.78	CA	SCAL	03/13/02
10	Rachel	Jackson	25.79	OH	NAAC	03/14/08
11	Elaine	Breeden	25.82	KY	WA	11/09/01
12	Maddie	Murphy	25.83	PC	CROW	03/31/11
13	Amanda	Sims	25.88	PC	SRN	12/07/01
14	Chelsea	Britt	25.90	FG	FLA	10/19/07
15	Lauren	Harrington	25.92	SE	MTS	03/17/05
16	Kathleen	Baker	25.96	NC	STAR	02/18/10
17	Bre	Thorne	25.97	MN	AQJT	03/11/11
18	Michelle	Griglione	26.01	FL	CSA	01/01/82
18	Grace	Cornelius	26.01	MR	NYAC	01/01/84
20	Jamie	Landrio	26.04	ST	TXLA	01/01/92
21	Laura M	Davis	26.06	PC	TERA	01/01/97
21	Julia	Sanders	26.06	OR	CRST	03/14/08
23	Lia	Neal	26.12	MR	AGUA	03/16/07
24	Margaret	Hoelzer	26.15	CA	UN	01/01/96
25	Whitney	Phelps	26.17	US	UN	01/01/93
25	Kierston	Farley-Sepe	26.17	IL	UN	11/19/10
27	Annie	Kyriakidis	26.18	SE	NAC	02/24/11
28	Samantha	Woodward	26.19	OK	CSC	11/14/03
28	Cindy	Tran	26.19	CA	GWSC	03/10/04
28	Jada	Pearson	26.19	PN	ESC	12/10/10
31	Christy	Grcevich	26.20	IN	MAC	03/11/01
31	Caroline	McElhany	26.20	GU	AQUA	12/03/04
33	Megan	Moroney	26.22	FG	SAS	03/11/10
34	Katie	Riefenstahl	26.23	MA	DSC	04/07/03
35	Lauren	Case	26.25	GA	GOLD	03/10/11
36	Madison	Wright	26.26	MI	KAW	03/06/09
37	Felicia	Lee	26.27	NJ	MYM	04/05/05
38	Hannah	Caron	26.28	NC	DUKE	03/11/04
39	Christine	Smith	26.29	PV	UN	01/01/82
40	Nicole	Beck	26.30	CA	BUEN	01/01/93
40	Maddie	Zimmerman	26.30	MA	PAY	04/06/09
42	Kim	Killman	26.32	PC	UN	01/01/82
43	Heidi	Katter	26.33	MN	AQJT	03/12/10
44	Rebecca	Harper	26.34	VA	NOVA	01/01/96
44	Cara	Norris	26.34	OH	CAC	03/13/09
46	Sherrill	Thompson	26.35	ST	GOLD	03/04/04
46	Ariana	Saghafi	26.35	PC	CROW	04/08/10
48	Whitney	Hedgepeth	26.36	VA	UN	01/01/84
48	Alexis	Oakland	26.36	SN	CCA	01/01/93
48	Anne	Steele	26.36	GU	KATY	03/09/06
51	Dorie	Green	26.37	PC	SCSC	01/01/81
51	Georgia	Dacruz	26.37	VA	TIDE	03/10/11
53	Lacey	Locke	26.38	IN	CSC	02/15/08
54	Darby	Chang	26.40	VA	UN	01/01/89
55	Gretchen	Coombs	26.41	PC	UN	01/01/79
56	Dana	Christ	26.43	MI	BBA	03/01/02
56	Toni	Paruso	26.43	GA	GCAT	03/11/04
56	Darby	Wayner	26.43	GA	GCAT	03/11/10
59	Stephanie	Schwab	26.44	MA	JW	01/01/84
59	Stacy	Congdon	26.44	FL	HIGH	03/01/01
59	Brenda	Cha	26.44	OR	LOSC	03/27/09
59	Sonia	Wang	26.44	CA	TCC	10/16/09
63	Chelsea	Nagata	26.45	HI	MAUI	01/01/99
64	Madison	Varisco	26.46	GU	FCST	12/12/08
64	Tyla	Martin	26.46	FG	UN	03/11/10
66	Katie	Kinnear	26.49	PN	IST	03/23/07
67	Addi	Koelle	26.50	CT	TAC	04/01/04
67	Kaylin	Bing	26.50	OR	RYST	03/17/06
69	Stephanie	Jones	26.51	VA	TIDE	08/02/00
70	Andrea	Georoff	26.52	OH	KCST	01/01/96
70	Beth	Kiczula	26.52	MN	RWSC	08/02/00
70	Brittany	Usinger	26.52	PC	CROW	12/04/09
73	Haley	Lips	26.53	SC	YSSC	01/12/07
74	Dara	Torres	26.54	US	UN	01/01/80
74	Diana	Mac Manus	26.54	SI	BFST	01/01/99
74	Erica	Meissner	26.54	NE	ABF	03/08/01
74	Linnea	Mack	26.54	PC	OAQ	10/25/08
74	Taylor	Garcia	26.54	MI	UN	11/14/09
74	Reilly	Lanigan	26.54	IL	SCT	03/11/11
80	Gina	Nicotera	26.55	MA	SSC	11/11/00
80	Kelsey	Floyd	26.55	KY	WA	03/19/04
82	Chris	Keller	26.56	IL	UN	01/01/94
82	Kalyn	Keller	26.56	AZ	UN	01/01/98
82	Melissa	Phan	26.56	SC	YSSC	03/11/10
82	Victoria	Edwards	26.56	ST	TXLA	03/10/11
86	Susan	Williams	26.57	PV	UN	01/01/79
86	Lesley	Meade	26.57	OH	CM	01/01/96
86	Casey	Papp	26.57	IN	CCST	01/26/07
89	Jess	Guro	26.58	MA	ATAC	03/18/04
89	Danielle	Yoon	26.58	GU	DADS	11/30/07
91	Jenna	Lennertz	26.59	WI	SWAT	03/07/03
91	Kelsey	Ochsner	26.59	WY	GST	03/27/09
93	Madeline	Wrolson	26.60	GA	SA	11/21/08
93	Rach	Politi	26.60	OH	OSSC	03/12/10
95	Kat	McIntosh	26.61	MD	MSC	03/08/02
96	Lieselle	Trinidad	26.62	MR	UN	01/01/91
97	Lauren	Stinnett	26.63	PV	SOLO	01/01/93
97	Connor	Brown	26.63	NE	MVP	01/01/97
97	Margo	McCawley	26.63	SE	MTAC	08/02/00
97	Claire	Brandt	26.63	NT	ATAC	03/08/07

100 Butterfly

1	Ella	Eastin	55.51	CA	NOVA	01/29/10
2	Whitney	Phelps	55.68	US	UN	01/02/93
3	Amanda	Sims	55.95	PC	SRN	02/27/02
4	Dana	Vollmer	56.15	NT	FAST	03/21/00
4	Madison	Wright	56.15	MI	KAW	12/10/09
6	Felicia	Lee	56.16	NJ	MYM	04/05/05
7	Darby	Chang	56.21	US	UN	01/01/89
8	Megan	Moroney	56.24	FG	SAS	03/11/10
9	Beth	Botsford	56.40	AZ	FORD	01/01/94
10	Janet	Hu	56.42	PV	CUBU	12/04/08
11	Lindsey	King	56.49	OR	THSC	08/02/00
12	Kalyn	Keller	56.59	AZ	PHX	03/05/98
13	Rachel	Moore	56.61	NE	ANA	04/02/07
14	Brittany	Usinger	56.66	PC	CROW	04/08/10
15	Whitney	Hedgepeth	56.67	ST	TXLA	01/01/84
16	Margaret	Hoelzer	56.83	CA	UN	01/01/96
17	Grace	Cornelius	56.95	MR	NYAC	01/01/85
18	Lauren	Case	56.98	GA	GOLD	03/10/11
19	Dorie	Green	57.05	US	UN	01/01/81
20	Chelsea	Britt	57.13	FG	UN	10/19/07
21	Sherrill	Thompson	57.30	ST	GOLD	03/27/04
21	Sonia	Wang	57.30	CA	TCC	12/10/09
23	Tyla	Martin	57.32	FG	UN	04/06/10
24	Lauren	Stinnett	57.33	PV	GMU	01/01/93
25	Lia	Neal	57.34	MR	AGUA	12/06/07
26	Tara	Thomas	57.38	CA	SCAL	02/15/02
27	Kathleen	Baker	57.45	NC	STAR	02/18/10
28	Christina	Pikla	57.47	ST	AAAA	02/26/99
29	Ariana	Saghafi	57.51	PC	CROW	04/08/10
30	Jordan	King	57.54	OR	THSC	03/21/03
31	Bre	Thorne	57.64	MN	AQJT	03/11/11
32	Megan	Kingsley	57.65	SC	MBR	02/13/09
32	Annie	Kyriakidis	57.65	SE	NAC	03/10/11
32	Beata	Nelson	57.65	WI	YDC	03/18/11
35	Julia	Sanders	57.66	OR	CRST	03/14/08
36	Kathy	Isackson	57.71	US	UN	01/01/82
37	Maddie	Murphy	57.78	PC	CROW	03/31/11
38	Jill	Vance	57.84	NJ	SAC	01/01/94
39	Kristen	Hastrup	57.85	CC	CLOV	03/05/99
39	Devon	Callaghan	57.85	KY	LAK	02/28/02
41	Margo	Diamond	57.87	MR	UN	01/01/91
42	Katie	Hoff	57.89	VA	TPHN	03/14/02
43	Charlotte	Pierce	57.93	AR	FSTR	01/01/94
44	Katie	Riefenstahl	57.97	MA	DSC	03/20/03
45	Melinda	Rehm	57.99	MD	NBAC	01/01/93
46	Allison	Mahlstedt	58.00	GU	DADS	02/26/99
46	Grace	Lee	58.00	CA	DWNY	01/12/01
46	Grace	Carlson	58.00	OR	LOSC	03/14/08
46	Meaghan	Raab	58.00	MA	HAC	03/17/09
50	Anne	Steele	58.01	GU	KATY	03/09/06
51	Nicole	Beck	58.03	CA	BUEN	01/01/93
52	Samantha	Woodward	58.04	OK	CSC	11/21/03
52	Lauren	Harrington	58.04	SE	MTS	12/10/04
52	Brenda	Cha	58.04	OR	LOSC	02/26/09
55	Tara	Pierce	58.06	GA	ABSC	01/01/89
56	Sylvia	Bereknyei	58.08	PC	WCAB	01/01/94
57	Laura	Bull	58.09			03/19/98
57	Kierston	Farley-Sepe	58.09	IL	MAVS	01/22/11
59	Suzy	Anderson	58.10	OH	CM	01/01/79
60	Heidi	Katter	58.12	MN	AQJT	03/12/10
61	Kylie	Stewart	58.13	GA	LINS	02/14/09
62	Lisa	Rakoski	58.15	IL	JETS	01/01/82
63	Nancy	McCrea	58.18	GU	UN	01/01/79
63	Haley	Lips	58.18	SC	YSSC	12/01/06
63	Rach	Politi	58.18	OH	OSSC	03/12/10
63	Ingrid	Shu	58.18	NJ	LHY	03/18/11
67	Georgia	Dacruz	58.23	VA	TIDE	03/10/11
68	Karissa	Kruszewski	58.26	CA	AZOT	12/06/02
69	Gretchen	Coombs	58.27	PC	UN	01/01/79
69	Shanna	Demichelle	58.27	PC	TERA	01/01/96
71	Elaine	Schwartz	58.28	MA	SPIR	01/01/94
72	Christy	Grcevich	58.29	IN	MAC	03/02/01
73	Emily	Caras	58.30	ME	CMA	03/30/00
73	Delaney	Walz	58.30	MA	GPAC	04/06/11
75	Caitlin	Leverenz	58.32	AZ	GOLD	12/04/03
76	Rachel	Jackson	58.33	OH	NAAC	03/14/08
76	Shanny	Lin	58.33	BD	WETT	03/12/09
78	Laura M	Davis	58.35	PC	TERA	04/03/97
79	Tina	Silbersack	58.36	OH	UN	01/01/86
79	Spence	Atkins	58.36	FL	SYS	02/18/10
81	Jenny	Parmenter	58.38	CA	CANY	01/01/94
81	Monica	Dubon	58.38	GU	ALAC	01/01/95
81	Lea	Gwennap	58.38	PV	FISH	04/06/11
84	Darcy	Ordemann	58.39	PC	UN	01/01/85
85	Talor	Wales	58.40	OH	AB	01/01/89
85	Angelle	Simon	58.40	LA	BTAC	01/01/94
87	Tori	Simenec	58.42	OR	BRSC	02/24/05
87	Jasmine	Mau	58.42	HI	KSC	10/25/08
87	Morgan	Bullock	58.42	MI	WMS	03/18/11
90	Leticia	Lelli	58.43	AZ	SAC	12/01/06
91	Hannah	Caron	58.45	NC	DUKE	02/19/04
92	Elaine	Breeden	58.46	KY	WA	03/23/01
93	Kirsten	Groome	58.47	SE	CMSA	03/20/03
93	Hilvy	Cheung	58.47	PC	MSJA	04/03/08
95	Kendyl	Stewart	58.48	SI	NCA	03/29/07
96	Kennedy	Higdon	58.53	SE	BLST	12/10/04
97	Mary	Petry	58.54	PV	UN	01/01/86
97	Jessica	Nixon	58.54	NI	UN	01/01/88
99	Caroline	McElhany	58.58	GU	AQUA	12/03/04
100	Hannah	Kukurugya	58.61	IN	CPSC	03/18/11

200 Butterfly

1	Madison	Wright	02:00.00	MI	KAW	12/10/09
2	Rachel	Waller	02:00.12	US	UN	11/16/07
3	Sonia	Wang	02:01.97	CA	TCC	12/10/09
4	Kalyn	Keller	02:02.97	AZ	PHX	03/05/98
5	Courtney	Kalisz	02:03.29	MD	NBAC	03/20/03
6	Rachel	Moore	02:03.75	NE	ANA	04/02/07
7	Lauren	Case	02:04.38	GA	GOLD	03/10/11
8	Janet	Hu	02:05.30	PV	CUBU	11/22/08
9	Brittany	Usinger	02:05.40	PC	CROW	03/26/10
10	Chelsea	Britt	02:05.41	FG	FLA	10/06/07
11	Merrill	Wilson	02:05.44	FL	BSAC	10/17/08
12	Megan	Kingsley	02:05.62	SC	MBR	02/13/09
13	Ella	Eastin	02:05.75	CA	NOVA	02/15/10
14	Ariana	Saghafi	02:06.11	PC	CROW	01/29/11
15	Shanny	Lin	02:06.12	BD	WETT	03/12/09
16	Amanda	Sims	02:06.27	PC	SRN	02/27/02
17	Sherrill	Thompson	02:06.36	ST	GOLD	03/04/04
18	Ally	Howe	02:06.39	PC	PASA	12/04/08
19	Kristen	Hastrup	02:06.42	CC	CLOV	03/05/99
20	Becca	Mann	02:06.50	IL	ACAD	11/12/10
21	Delaney	Walz	02:06.65	MA	GPAC	04/06/11
22	Hannah	Caron	02:06.99	NC	DUKE	03/11/04
23	Chelsea	Franklin	02:07.00	FL	GCST	03/13/03
24	Grace	Lee	02:07.19	CA	DWNY	01/12/01
25	Elizabeth	Beisel	02:07.20	NE	MAG	03/10/05
26	Kylie	Stewart	02:07.25	GA	LINS	02/14/09
27	Jordan	King	02:07.36	OR	THSC	03/21/03
28	Kirsten	Groome	02:07.55	SE	CMSA	03/13/03
29	Megan	Moroney	02:07.57	FG	SAS	03/04/10
30	Christine	Anderson	02:07.58	SE	SCAC	03/15/02
31	Ann	Miller	02:07.61	MD	CAA	03/14/02
32	Hilvy	Cheung	02:07.63	PC	MSJA	04/03/08
33	Taylor	Katz	02:07.64	FL	CAT	03/01/07
34	Meaghan	Raab	02:07.68	MA	HAC	03/17/09
35	Rachel	Snyder	02:07.83	CO	BLDR	03/30/06
36	Sierra	Schmidt	02:08.05	MA	GAAC	03/10/11
37	Sharli	Brady	02:08.32	OH	CLPR	12/05/08
38	Kate	Dwelley	02:08.34	PC	TERA	12/07/01
39	Caitlin	Mehaffey	02:08.62	NC	UN	03/15/07
40	Lauren	Driscoll	02:08.68	FG	FLA	09/30/06
41	Isla	Hutchinson-Maddox	02:08.70	MR	AGUA	03/14/08
42	Noelle	Tarazona	02:08.86	CA	TCC	12/15/05
43	Emily	Caras	02:08.93	ME	CMA	08/02/00
44	Katie	Hoff	02:08.96	VA	TPHN	02/08/02
44	Natalie	Beale	02:08.96	MD	BAAC	01/13/07
46	Alicia	Finnigan	02:08.97	GU	FCST	12/10/10
47	Haley	Lips	02:09.16	SC	YSSC	12/01/06
48	Helen	Grossman	02:09.22	NJ	CJAC	03/25/10
49	Hannah	Lips	02:09.26	SC	YSSC	02/13/09
50	Kathleen	McCarroll	02:09.41	OR	THSC	03/14/08
51	Katie	May	02:09.46	OZ	EDWY	04/05/11
52	Jamie	Martinez	02:09.51	PC	DACA	01/27/01
53	Bre	Thorne	02:09.56	MN	AQJT	03/11/11
54	Tanya	Krisman	02:09.57	CA	MESA	11/09/02
55	Astrid	Swensen	02:09.59	NE	YNS	04/07/10
56	Ali	Horn	02:09.67	VA	GATR	03/16/06
57	Kynzie	Huonker	02:09.72	WI	BAC	03/10/11
58	Christina	Domanowski	02:09.75	PN	MMSC	03/18/11
59	Victoria	Edwards	02:09.83	ST	TXLA	03/10/11
60	Mackenna	Briggs	02:09.85	PN	IST	03/19/10
61	Chloe	Isleta	02:09.86	PC	RAC	01/22/11
62	Caitlin	Leverenz	02:09.94	AZ	GOLD	12/04/03
63	Sarah	Looney	02:10.04	GA	SA	03/14/02
63	Remedy	Rule	02:10.04	VA	SMAC	04/02/09
65	Nora	Considine	02:10.10	MD	RAC	03/02/06
66	Anna	Gleyzer	02:10.18	GA	LINS	01/12/01
66	Olivia	Chan	02:10.18	MR	LIE	11/23/07
68	Devon	Callaghan	02:10.19	KY	LAK	02/28/02
69	Kellyn	Kuhlke	02:10.26	NT	COPS	10/05/01
70	Nuffy	Swanson	02:10.33	GU	CATS	03/06/03
71	Ana	Rodriguez	02:10.39	FG	UN	08/26/06
72	Kathleen	Ledecky	02:10.48	PV	CUBU	12/03/09
73	Ana	Anaya	02:10.50	FG	MACM	02/17/06
74	Connie	Hsu	02:10.54	IL	WHTN	03/02/07
75	Nancy	Hu	02:10.59	FL	SYS	03/19/10
76	Rachel	Kessler	02:10.60	MR	BAD	06/08/07
77	Genevieve	Miller	02:10.73	NC	TYDE	03/14/08
78	Cammile	Adams	02:10.79	GU	TWST	03/04/04
79	Jordan	Hancock	02:10.83	GU	FCST	03/08/07
80	Eva	Lehtonen	02:10.91	MI	BBD	03/12/04
81	Bebe	Thompson	02:10.95	MR	EAST	03/31/11
82	Rachael	Wahl	02:10.98	CA	UN	08/02/00
83	Kaitlin	Taylor	02:11.00	FL	HIGH	02/28/04
84	Raquel	Raybon	02:11.01	FL	SYS	12/03/04
85	Kailey	Morris	02:11.03	AD	ALBS	10/21/00
86	Bailey	Hall	02:11.07	VA	NOVA	03/13/08
87	Michelle	Kim	02:11.09	NJ	RY	03/20/09
88	Madeleine	Crum	02:11.15	NT	ATAC	03/07/02
89	Taylor	Lakey	02:11.17	OR	THSC	12/02/05
90	Leah	Gingrich	02:11.24	MA	WSY	01/24/03
91	Priscilla	Modrov	02:11.26	MR	TS	11/11/00
92	Aurelia	O'Keefe	02:11.29	AM	LHRY	04/04/06
92	Nicole	Fye	02:11.29	GA	AAAA	03/10/11
94	Isabella	Rongione	02:11.34	PV	FISH	03/17/11
95	Breanna	Tran	02:11.48	CA	OCW	02/14/09
96	Megan	Purdy	02:11.49	CA	BCH	12/14/07
97	Hayes	Hyde	02:11.51	PC	WV	02/14/03
98	Alyssa	Cook	02:11.56	PN	KING	03/19/10
99	Camryne	Morris	02:11.58	MD	NBAC	10/06/07
100	Erica	Belcher	02:11.60	NE	MAG	02/23/06

100 Individual Medley

1	Kathleen	Baker	57.62	NC	STAR	02/18/10
2	Ella	Eastin	57.76	CA	NOVA	01/09/10
3	Darby	Chang	58.18	US	UN	01/01/89
4	Annie	Zhu	58.44	MR	LGAC	03/16/07
5	Beata	Nelson	58.65	WI	YDC	03/18/11
6	Elizabeth	Pelton	58.74	CT	WYW	03/09/06
7	Annie	Kyriakidis	58.79	SE	NAC	02/24/11
8	Chloe	Isleta	58.89	PC	RAC	03/31/11
9	Katie	Riefenstahl	58.92	MA	DSC	04/04/02
10	Gretchen	Jaques	59.00	CA	BREA	03/08/06
11	Laura M	Davis	59.03	PC	TERA	01/01/97
12	Missy	Franklin	59.11	CO	STAR	02/29/08
13	Emily	Mastin	59.13	AZ	FORD	01/01/93
14	Megan	Moroney	59.27	FG	SAS	03/11/10
15	Clara	Smiddy	59.35	FG	BGS	11/20/08
16	Lesley	Meade	59.39	OH	CM	01/01/96
17	Karissa	Kruszewski	59.40	CA	AZOT	03/12/03
18	Felicia	Lee	59.45	NJ	MYM	03/18/05
19	Carly	Geehr	59.48	CA	NOVA	01/01/97
19	Grace	Carlson	59.48	OR	LOSC	03/14/08
21	Allie	Szekely	59.53	MA	CBST	01/21/11
22	Whitney	Hedgepeth	59.60	ST	TXLA	01/01/84
23	Ingrid	Shu	59.62	NJ	LHY	02/25/11
24	Mary	Pelton	59.63	MD	NBAC	03/04/10
25	Tera	Bradham	59.64	ST	TXLA	03/09/06
26	Jenny	Forster	59.69	OH	WTRC	01/05/01
27	Beth	Botsford	59.70	AZ	FORD	01/01/93
28	Laura	Bull	59.71	MA	DST	01/01/98
29	Jenny	Parmenter	59.72	PV	UN	01/01/94
30	Chelsea	Britt	59.73	FG	FLA	10/19/07
30	Megan	Kingsley	59.73	SC	MBR	02/13/09
32	Lia	Neal	59.79	MR	AGUA	12/06/07
33	Tori	Simenec	59.80	OR	BRSC	02/24/05
34	Artemis	Daphnis	59.83	PC	CUDA	01/01/96
35	Madeleine	Stanton	59.84	GU	BTA	08/02/00
36	Lea	Gwennap	59.86	PV	FISH	04/06/11
37	Tricia	Weaner	59.87	MA	WSY	03/14/02
38	Janet	Hu	01:00.00	PV	CUBU	11/07/08
38	Maija	Roses	01:00.00	NC	DUKE	12/12/08
40	Emily	Pisula	01:00.04	IL	FAST	01/01/95
40	Karly	Brooks	01:00.04	AD	SCHE	08/02/00
40	Stephanie	Payne	01:00.04	MV	WSC	02/14/03
43	Heidi	Katter	01:00.06	MN	AQJT	03/12/10
44	Jennifer	Vanker	01:00.11	MI	BBA	01/01/92
45	Carolyn	Bucher	01:00.14	VA	UN	01/01/93
46	Alisa	Finn	01:00.16	IL	NTSC	03/19/04
47	Katie	Hoff	01:00.17	VA	TPHN	03/14/02
47	Cindy	Tran	01:00.17	CA	GWSC	03/09/05
47	Kendyl	Stewart	01:00.17	SI	NCA	03/29/07
50	Jilen	Siroky	01:00.18	NC	MAC	01/01/95
51	Reni	Moshos	01:00.19	PV	CUBU	03/17/11
52	Amanda	Weir	01:00.23	GA	SA	01/01/99
53	Abigail	Iler	01:00.24	MD	NBAC	01/01/99
54	Ariana	Saghafi	01:00.25	PC	CROW	04/08/10
55	Diana	Mac Manus	01:00.26	ST	UT	01/01/99
56	Brenda	Cha	01:00.29	OR	LOSC	02/26/09
57	Darby	Wayner	01:00.30	GA	GCAT	03/11/10
58	Sarah	Bateman	01:00.35	FL	CSA	03/06/03
59	Meredith	Booker	01:00.36	CA	TSM	01/01/89
60	Ashley	Evans	01:00.37	NJ	BAC	03/16/01
60	Ariana	Kukors	01:00.37	PN	KING	03/22/02
60	Kim	Williams	01:00.37	PN	IST	03/19/10
63	Hannah	Caron	01:00.43	NC	DUKE	03/11/04
64	Natalie	LaRochelle	01:00.44	PC	NAPA	08/02/00
65	Sarah	Peterson	01:00.47	SE	NAC	12/14/00
66	Breanna	Folk	01:00.54	MA	DSC	12/12/03
66	Kaylin	Bing	01:00.54	OR	RYST	03/17/06
68	Michelle	Griglione	01:00.55	FL	CSA	01/01/82
68	Lauren	Heller	01:00.55	LE	CFYN	12/17/10
70	Stephanie	Rosenthal	01:00.57	CA	MVN	01/01/86
71	Jody	Hillock	01:00.58	SN	WOOD	01/01/95
72	Roxane	Akradi	01:00.63	MN	DAT	01/01/99
72	Karen	Turner	01:00.63	OR	LOSC	01/13/07
74	Bre	Thorne	01:00.64	MN	AQJT	03/11/11
75	Natilee	Ruiz	01:00.66	IE	TCCC	03/23/07
75	Prudence	Rooker	01:00.66	OR	THSC	03/27/09
77	Chelsea	Hastings	01:00.67	FL	BSS	01/01/97
77	Courtney	Knight	01:00.67	SE	UN	01/01/98
77	Maddie	Edwards	01:00.67	BD	WETT	03/06/08
80	Tara	Thomas	01:00.68	CA	SCAL	03/13/02
81	Andrea	Kropp	01:00.70	CA	PASA	03/08/06
81	Heidi	Poppe	01:00.70	PC	SRN	03/20/09
83	Jerrica	Li	01:00.73	NE	MTSC	02/24/11
84	Kelly	Nelson	01:00.75	MA	SSC	08/02/00
85	Jennifer	Basel	01:00.76	PV	AST	08/02/00
86	Connie	Brown	01:00.78	NE	MVP	01/01/98
86	Leona	Jennings	01:00.78	PN	KING	03/21/03
86	Kirstie	Chen	01:00.78	CA	CERR	01/22/05
89	Cara	Norris	01:00.80	OH	CAC	03/13/09
90	Leah	Pronschinske	01:00.81	WI	ECY	11/16/07
90	Valerie	Yoshimura	01:00.81	MA	SSC	04/01/10
92	Summer	Sanders	01:00.82	PC	UN	01/01/85
92	Madeline	Maher	01:00.82	MA	SPIR	03/30/06
92	Hannah	Boyd	01:00.82	IL	RED	03/12/10
95	Aunya	Nance	01:00.89	SC	UN	01/01/98
96	Katrina	Konopka	01:00.90	SC	YSSC	03/11/10
97	Tyla	Martin	01:00.91	FG	UN	03/11/10
98	Laura	Harris	01:00.93	MD	NBAC	03/17/05
98	Natalie	Dowzicky	01:00.93	MA	GAAC	03/12/09
100	Bridget	Bowman	01:00.94	IL	JETS	01/01/83

200 Individual Medley

1	Clara	Smiddy	02:03.50	FG	UN	11/14/08
2	Missy	Franklin	02:03.81	CO	STAR	03/18/08
3	Ella	Eastin	02:03.84	CA	NOVA	01/29/10
4	Carly	Geehr	02:04.99	CA	ROSE	03/18/97
5	Kylie	Stewart	02:05.35	GA	LINS	02/27/09
6	Kaylin	Burchell	02:05.76	KY	UN	02/17/06
7	Jenny	Forster	02:06.00	OH	WTRC	03/23/01
8	Jenny	Parmenter	02:06.03	PV	UN	01/01/94
9	Emily	Mastin	02:06.10	AZ	FORD	01/01/93
10	Annie	Zhu	02:06.11	MR	LGAC	03/08/07
11	Kathleen	Baker	02:06.17	NC	STAR	12/10/09
12	Chloe	Isleta	02:06.28	PC	RAC	03/31/11
13	Felicia	Lee	02:06.45	NJ	MYM	04/05/05
14	Katie	Hoff	02:06.73	VA	TPHN	03/14/02
15	Laura M	Davis	02:06.79	PC	TERA	04/03/97
16	Kristina	Dewitt	02:06.83	GU	HEAT	02/26/99
17	Shelly	Ripple Johnston	02:07.11	LA	CRAW	01/01/93
18	Bridget	Bowman	02:07.12	FL	SWIM	01/01/83
18	Ali	Galyer	02:07.12	SC	YSSC	03/10/11
20	Katie	Brown	02:07.18	FL	SPA	02/21/02
21	Maya	Dirado	02:07.26	PC	SRN	03/30/06
22	Jody	Hillock	02:07.32	SN	WOOD	01/01/95
23	Janet	Hu	02:07.34	PV	CUBU	10/17/08
24	Elizabeth	Beisel	02:07.38	NE	MAG	03/22/05
25	Katie	Riefenstahl	02:07.46	MA	DSC	03/20/03
26	Elaine	Schwartz	02:07.74	MA	SJAC	01/01/94
27	Katherine	Weeks	02:07.77	GA	LINS	03/27/09
28	Allie	Szekely	02:07.86	MA	CBST	01/21/11
29	Ellan	Dufour	02:07.87	US	UN	12/03/10
30	Hannah	Caron	02:08.00	NC	DUKE	03/11/04
31	Ingrid	Shu	02:08.01	NJ	LHY	04/05/11
32	Abigail	Iler	02:08.06	MD	NAAC	04/01/99
33	Sonia	Wang	02:08.17	CA	TCC	12/10/09
34	Jordan	Smith	02:08.19	FL	PA	09/16/05
34	Karen	Turner	02:08.19	OR	LOSC	03/17/06
36	Stephanie	Rosenthal	02:08.20	CA	MVN	01/01/86
37	Artemis	Daphnis	02:08.24	PC	SRVL	01/01/96
38	Tracy	Caulkins	02:08.27	SE	NAC	01/01/76
39	Laura	Bull	02:08.30			03/19/98
40	Hannah	Lips	02:08.42	SC	YSSC	04/06/09
41	Mandy	Larence	02:08.46	ST	UT	01/01/96
42	Nicole	Beck	02:08.50	CA	BUEN	01/01/93
43	Beth	Botsford	02:08.58	MD	NBAC	01/01/94
44	Hannah	Lillo	02:08.59	FL	FSLA	12/05/08
45	Courtney	Kalisz	02:08.71	MD	NBAC	03/07/03
46	Devon	Callaghan	02:08.77	KY	LAK	02/28/02
46	Kirsten	Groome	02:08.77	SE	CMSA	03/20/03
48	Darby	Chang	02:08.78	VA	UN	01/01/89
49	Becca	Mann	02:08.79	IL	ACAD	10/15/10
50	Caitlin	Leverenz	02:08.80	AZ	GOLD	02/13/04
50	Kim	Williams	02:08.80	PN	IST	03/19/10
52	Katie	Welch	02:08.82	SC	SSC	01/01/83
52	Courtney	Knight	02:08.82			12/05/97
54	Karissa	Kruszewski	02:08.84	CA	AZOT	10/19/02
55	Kyoko	Yokouchi	02:08.89	CA	NOVA	01/01/95
55	Kalyn	Keller	02:08.89	AZ	UN	01/01/98
57	Heidi	Katter	02:08.96	MN	AQJT	03/12/10
58	Courtney	Weaver	02:08.98	MI	FLY	02/06/09
59	Annie	Kyriakidis	02:09.00	SE	NAC	03/10/11
60	Chelsea	Britt	02:09.02	FG	FLA	10/06/07
61	Kristen	Caverly	02:09.04	CA	NOVA	01/01/97
62	Beata	Nelson	02:09.09	WI	YDC	03/18/11
63	Megan	Moroney	02:09.10	FG	SAS	11/19/09
64	Karly	Brooks	02:09.31	AD	SCHE	03/30/00
64	Madison	Wright	02:09.31	MI	KAW	01/22/10
64	Ariana	Saghafi	02:09.31	PC	CROW	04/08/10
67	Dagny	Knutson	02:09.32	ND	UN	11/12/04
68	Lauren	Driscoll	02:09.34	FG	FLA	11/16/06
69	Trina	Jackson	02:09.35	FG	MBAY	01/01/90
70	Alisa	Finn	02:09.37	IL	NTSC	03/11/04
71	Jennifer	Vanker	02:09.39	MI	BBA	01/01/93
71	Maija	Roses	02:09.39	NC	DUKE	12/05/08
73	Chelsea	Hastings	02:09.41	FL	BSS	01/01/97
73	Jordan	King	02:09.41	OR	THSC	03/21/03
75	Elaine	Breeden	02:09.45	KY	WA	11/09/01
76	Allie	Day	02:09.46	IN	CGAC	03/17/06
77	Breanna	Folk	02:09.47	MA	DSC	01/30/04
77	Sydney	Pickrem	02:09.47	FL	CAT	02/18/10
79	Lacey	Locke	02:09.50	IN	CSC	02/15/08
80	Jilen	Siroky	02:09.52	NC	MAC	01/01/95
80	Valerie	Yoshimura	02:09.52	MA	SSC	04/01/10
82	Leeann	Chang	02:09.56	PV	RMSC	01/01/99
83	Stephanie	Payne	02:09.59	MV	WSC	12/13/02
84	Bebe	Thompson	02:09.62	MR	EAST	03/31/11
85	Caroline	McElhany	02:09.63	GU	AQUA	12/03/04
86	Tera	Bradham	02:09.64	ST	TXLA	03/09/06
86	Tyla	Martin	02:09.64	FG	UN	03/11/10
88	Kristen	Nunnelly	02:09.65	IN	CGAC	03/16/07
89	Katie	Kime	02:09.68	CA	ROSE	03/13/02
90	Madeleine	Stanton	02:09.71	GU	BTA	08/02/00
91	Brianna	Alexander	02:09.74	MN	UN	11/18/10
92	Rachel	Handshu	02:09.75	MD	RAC	01/01/93
92	Kate	Dwelley	02:09.75	PC	TERA	12/07/01
94	Bre	Thorne	02:09.76	MN	AQJT	02/11/11
95	Madeline	Maher	02:09.79	MA	SPIR	03/30/06
96	Tina	Papadopoulos	02:09.82	FL	FSLA	03/01/07
97	Sarah	Hovis	02:09.85	VA	PSDN	01/01/91
98	Laura	Harris	02:09.88	MD	NBAC	03/17/05
99	Teresa	Mauck	02:09.91	MV	KCB	01/01/89

400 Individual Medley

1	Jenny	Forster	04:20.04	OH	WTRC	03/15/01
2	Courtney	Kalisz	04:23.42	MD	NBAC	03/07/03
3	Carly	Geehr	04:23.55	CA	ROSE	03/19/97
4	Kathleen	Baker	04:23.64	NC	STAR	01/28/10
5	Becca	Mann	04:24.02	IL	ACAD	11/12/10
6	Elizabeth	Beisel	04:24.52	NE	MAG	03/10/05
7	Kylie	Stewart	04:24.98	GA	LINS	02/27/09
8	Missy	Franklin	04:26.13	CO	STAR	03/18/08
9	Kalyn	Keller	04:26.29	AZ	PHX	03/05/98
10	Ella	Eastin	04:27.32	CA	NOVA	02/15/10
11	Chloe	Isleta	04:27.62	PC	RAC	12/03/10
12	Annie	Zhu	04:27.77	MR	LGAC	03/08/07
13	Kirsten	Groome	04:27.79	SE	CMSA	03/13/03
14	Chelsea	Britt	04:28.63	FG	FLA	10/06/07
15	Kathleen	Ledecky	04:29.27	PV	CUBU	03/11/10
16	Kate	Dwelley	04:29.43	PC	TERA	12/07/01
17	Jessica	Rodriquez	04:29.52	CO	MACS	03/12/03
18	Maya	Dirado	04:30.07	PC	SRN	03/30/06
19	Sonia	Wang	04:30.16	CA	TCC	10/24/09
20	London	Schumacher	04:30.67	NC	SMAC	03/17/09
21	Megan	Kingsley	04:30.69	SC	MBR	02/13/09
22	Madison	Wright	04:30.71	MI	KAW	02/12/10
23	Summer	Finke	04:30.86	FL	SPA	01/16/09
24	Andrea	Kropp	04:30.98	CA	PASA	02/18/06
24	Janet	Hu	04:30.98	PV	CUBU	11/22/08
26	Kim	Williams	04:31.42	PN	IST	03/19/10
27	Ali	Galyer	04:31.61	SC	YSSC	03/10/11
28	Annie	Kyriakidis	04:31.91	SE	NAC	03/10/11
29	Jordan	Smith	04:31.99	FL	PA	09/16/05
30	Lea	Gwennap	04:32.00	PV	FISH	04/06/11
31	Breanna	Folk	04:32.21	MA	DSC	01/30/04
32	Julie Ann	Galloway	04:32.30	GU	CFSC	03/11/99
33	Kristen	Caverly	04:32.68	CA	NOVA	02/20/97
34	Ingrid	Shu	04:32.98	NJ	LHY	04/05/11
35	Ariana	Saghafi	04:33.02	PC	CROW	11/12/10
36	Felicia	Lee	04:33.10	NJ	MYM	03/18/05
37	Celina	Li	04:33.14	AZ	UN	04/03/08
38	Lauren	Driscoll	04:33.18	FG	FLA	09/30/06
39	Kaylin	Burchell	04:33.49	KY	COLA	11/18/05
40	Courtney	Mykkanen	04:33.50	CA	NOVA	03/31/11
41	Sierra	Schmidt	04:33.68	MA	GAAC	03/10/11
42	Stephanie	Payne	04:33.72	MV	WSC	03/06/03
43	Jamie	Martinez	04:33.98	PC	DACA	01/27/01
44	Alisa	Finn	04:34.17	IL	NTSC	03/11/04
45	Willa	Wang	04:34.19	MI	CW	11/30/07
46	Alison	Lanier	04:34.27	CC	CLOV	03/08/02
47	Melissa	Phan	04:34.28	SC	YSSC	03/11/10
48	Katherine	Weeks	04:34.32	GA	LINS	03/05/09
49	Kirstie	Chen	04:34.44	CA	CERR	03/03/05
50	Hannah	Lillo	04:34.52	FL	FSLA	12/05/08
50	Rachael	Bradford-Feldman	04:34.52	NE	GMA	02/25/10
52	Hannah	Caron	04:34.74	NC	DUKE	03/11/04
53	Danielle	LeClair	04:34.75	VA	NOVA	01/01/00
54	Laura	Harris	04:34.82	MD	NBAC	03/17/05
55	Katie	Hoff	04:35.00	VA	PSDN	12/14/01
56	Madeline	Maher	04:35.21	MA	SPIR	03/09/06
57	Danielle	Milligan	04:35.27	AZ	SAC	02/27/02
58	Stephanie	Ferrell	04:35.30	NJ	MYM	03/18/05
59	Delaney	Walz	04:35.32	MA	GPAC	04/06/11
60	Kara	Kopcso	04:35.35	LA	BLAS	03/13/08
61	Courtney	Weaver	04:35.61	MI	FLY	01/23/09
62	Alyssa	Cook	04:35.67	PN	KING	01/21/10
63	Meghan	Boland	04:35.74	CA	SAND	01/18/08
64	Annie	Gosselin	04:35.79	IL	ACAD	11/12/10
65	Nora	Considine	04:35.91	MD	RAC	03/16/06
66	Darby	Wayner	04:35.99	GA	GCAT	03/11/10
67	Bebe	Thompson	04:36.02	MR	EAST	03/03/11
68	Karissa	Kruszewski	04:36.03	CA	AZOT	01/17/03
69	Angela	Duckworth	04:36.12	AZ	SAC	03/12/03
70	Julia	Smit	04:36.15	MR	TVSC	12/15/00
70	Aly	Davis	04:36.15	PN	KING	03/23/07
72	Teresa	Crippen	04:36.34	MA	GAAC	02/23/03
73	Ariana	Kukors	04:36.52	PN	KING	01/31/02
74	Allie	Szekely	04:36.58	MA	CBST	11/06/10
75	Caitlin	Leverenz	04:36.66	AZ	GOLD	02/13/04
76	Meredith	King	04:36.73	KY	LAK	12/12/03
77	Sarah	Cruzan	04:36.74	OR	THSC	03/18/05
78	Kathryn	Painter	04:36.83	AM	NAC	01/22/10
79	Amy	Modglin	04:36.84	FL	SWIM	11/14/03
80	Annie	Gillig	04:36.89	SC	YSSC	03/15/07
81	Merrill	Wilson	04:36.92	FL	BSAC	10/17/08
82	Jessica	Schmitt	04:37.00	SI	NCA	12/18/03
83	Hannah	Lips	04:37.20	SC	YSSC	03/12/09
84	Lauren	Case	04:37.36	GA	GOLD	03/10/11
85	Steff	Jurusik	04:37.40	MS	SWAT	03/20/03
85	Noelle	Tarazona	04:37.40	CA	TCC	12/15/05
87	Makayla	Sargent	04:37.45	NI	TTSC	03/17/11
88	Margaret	Fish	04:37.49	OH	CM	01/03/03
89	Chloe	Sutton	04:37.50	SE	UN	12/02/04
90	Rose	Smiddy	04:37.54	FG	AKS	03/11/11
91	Maija	Roses	04:37.60	NC	DUKE	01/29/09
92	Whitney	Lopus	04:37.64	AZ	SDA	03/20/03
93	Maddie	Edwards	04:37.70	BD	WETT	01/19/08
94	Erica	Belcher	04:37.91	NE	MAG	03/09/06
95	Sami	Stelpflug	04:38.00	MI	KAW	03/06/09
96	Olivia	Chan	04:38.01	MR	LIE	10/19/07
97	Tina	Papadopoulos	04:38.07	FL	CSA	12/02/05
98	Allie	Brown	04:38.10	MD	NBAC	03/18/04
99	Ally	Howe	04:38.16	PC	PASA	04/03/08
100	Angela	Lee	04:38.21	CA	AZOT	04/01/05

13-14 GIRLS SCY ALL TIME TOP 100

50 Freestyle

1	Dara	Torres	22.44	US	UN	01/02/82
2	Missy	Franklin	22.49	CO	STAR	03/10/10
3	Sarah	Stribling	22.61	NC	BAD	10/23/10
4	Lia	Neal	22.62	MR	AGUA	12/03/09
5	Simone	Manuel	22.75	GU	FCST	03/15/11
6	Jenny	Thompson	22.83	NE	SSA	01/01/87
7	Dana	Vollmer	22.86	NT	FAST	12/13/01
8	Amanda	Weir	22.88	GA	SA	03/09/00
9	Lacey	Boutwell	22.90	IN	CIA	02/14/98
10	Julie	Smith	22.95	NC	RSA	02/23/04
11	Kristen	Vredeveld	22.97	SE	UN	02/12/10
11	Ally	Howe	22.97	PC	PASA	12/02/10
13	Maddy	Schaefer	22.99	PC	UN	05/16/08
14	Emilee	Jennings	23.02	PN	KING	03/19/04
15	Grace	Cornelius	23.04	MR	NYAC	01/01/87
16	Lauren	Rhodes	23.09	NC	MAC	03/10/11
17	Mimi	Schneider	23.11	IL	ACAD	03/11/11
18	Keiko	Price	23.15	PC	UN	01/01/93
18	Marissa	Berg	23.15	WI	GCGG	03/03/11
20	Natilee	Ruiz	23.16	IE	TCCC	12/11/08
21	Stephanie	Hall	23.17			03/22/02
22	Kiah	Beehler	23.18	PN	IST	01/01/02
22	Karen	Turner	23.18	OR	LOSC	12/11/08
24	Jennifer	Riggs	23.20	MN	FAST	01/01/96
25	Elizabeth	Pelton	23.21	MD	NBAC	12/07/07
25	Samantha	Guttmacher	23.21	AZ	UN	11/04/10
27	Rachel	Bootsma	23.24	MN	AQJT	12/04/08
27	Faith	Johnson	23.24	NC	STAR	03/12/09
29	Caroline	Barnett	23.25	NT	DM	12/13/01
29	Tara	Thomas	23.25	CA	UN	05/12/04
29	Samantha	Woodward	23.25	OK	CSC	11/18/05
29	Kait	Flederbach	23.25	IN	CIA	03/10/06
29	Claire	Brandt	23.25	NT	DM	12/18/08
34	Amywren	Miller	23.26	NJ	PAA	07/14/04
34	Lauren	Perdue	23.26	NC	GSC	03/03/06
34	Grace	Carlson	23.26	OR	LOSC	02/26/09
37	Lindsey	McKnight	23.27	FG	CSSC	12/04/08
38	Neka	Mabry	23.28	GA	ABSC	01/01/97
38	Suzanne	Almeida-Richardson	23.28	IL	RED	01/01/99
40	Jennifer	Vanker	23.29	AZ	FORD	01/01/95
41	Ashley	Tappin	23.30	LA	BOLT	01/01/89
41	Rhi	Jeffrey	23.30	FG	AQUA	03/21/00
41	Janet	Hu	23.30	PV	CUBU	03/11/10
44	Megan	Romano	23.31	FL	SPA	03/10/05
45	Emily	Lloyd	23.32	MD	SPY	03/01/07
45	Kaylin	Bing	23.32	OR	RYST	02/21/08
47	Katina	Maistrellis	23.33	NE	BGSC	01/01/94
47	Sarah	Sargent	23.33	SE	XCEL	03/13/03
49	Courtney	Cashion	23.34	CA	NOVA	12/17/99
49	Christy	Grcevich	23.34	IN	USC	01/18/02
49	Meaghan	Raab	23.34	MA	UN	03/16/11
52	Linnea	Mack	23.35	PC	OAQ	04/08/10
53	Quinn	Carrozza	23.36	ST	TXLA	03/03/11
53	Lindsey	Engel	23.36	CA	NOVA	03/03/11
55	Richelle	Depold	23.37	AD	COLO	01/01/89
56	Shannon	Rauth	23.40	MA	UMLY	04/07/10
56	Kaitlin	Kitchens	23.40	GA	UN	02/11/11
58	Carmen	Cowart	23.41	FL	UN	01/01/82
58	Katie	Riefenstahl	23.41	MA	DSC	12/12/03
58	Taylor	Schick	23.41	GA	DYNA	02/27/09
61	Christina	Swindle	23.42	FG	HURR	11/19/98
61	Katie	Hoff	23.42	MD	NBAC	03/18/04
63	Paige	Northcutt	23.43	FG	FLST	01/01/82
63	Lindsey	Farella	23.43	IL	PPD	01/01/94
63	Mandy	Blevins	23.43	NT	FAST	02/22/02
66	Heather	Strang	23.44	US	UN	01/01/81
67	Maritza	Correia	23.45	FL	UN	01/01/96
67	Emile	Ewing	23.45	KY	PAC	02/22/02
69	Lindsey	Kelly	23.46	IL	LFSC	11/16/01
70	Carrie	Steinseifer	23.47	PC	UN	01/01/83
70	Candace	Blackman	23.47	NT	DM	12/14/00
70	Natalie	Labonge	23.47	NC	GSA	03/12/09
73	Teresa	Long	23.48	NC	YOTA	10/14/05
74	Danielle	Strader	23.49	WI	MAC	01/01/89
74	Kimberly	Robinson	23.49	WV	UN	01/01/91
74	Cierra	Runge	23.49	MA	DST	12/09/10
74	Brooke	Bauer	23.49	KY	LAK	03/15/11
78	Margo	Geer	23.50	OH	SPY	03/09/07
79	Madison	Kennedy	23.51	CT	OAK	03/14/02
79	Alexa	Merz	23.51	CA	PALY	05/09/02
79	Traycie	Swartz	23.51	AZ	SDA	03/07/07
79	Julia	Ama	23.51	PC	UN	05/15/09
79	Caroline	McTaggart	23.51	PV	ASA	03/17/11
79	Danielle	Nack	23.51	MN	MAN	03/17/11
85	Kelley	Currin	23.52	PV	CUBU	01/01/84
86	Stephani	Fenelon	23.53	US	UN	12/04/04
86	Samantha	Tucker	23.53	ST	TXLA	03/09/06
86	Haley	Krakoski	23.53	AZ	UN	11/03/06
86	Katherine	Huff	23.53	GA	ASL	03/17/09
90	Mary	Petry	23.54	PV	UN	01/01/87
91	Kaitlyn	Brady	23.55	MA	TD	03/21/00
91	Kaitlyn	Albertoli	23.55	CA	MVN	02/10/11
93	Lonna	Stacey	23.56	CA	UN	01/01/91
93	Diana	Mac Manus	23.56	CA	NOVA	03/02/00
93	Kristen	Shickora	23.56	MA	UN	03/18/05
93	Gretchen	Jaques	23.56	CA	BREA	02/01/08
97	Jessica	Lewis	23.57	MA	PAAC	03/10/01
97	Ann	Fittin	23.57	NJ	PAA	12/12/03
99	Jennifer	Coffey	23.58	MI	RAYS	01/01/94
99	Betsy	Webb	23.58	IL	NTSC	11/13/04

100 Freestyle

1	Missy	Franklin	47.94	CO	STAR	03/10/10
2	Lia	Neal	49.06	MR	AGUA	12/03/09
3	Simone	Manuel	49.08	GU	UN	03/17/11
4	Lindsey	McKnight	49.31	FG	UN	11/13/08
5	Meaghan	Raab	49.32	MA	UN	03/16/11
6	Lindsey	Engel	49.37	CA	UN	05/12/11
7	Amanda	Weir	49.53	GA	SA	01/12/01
8	Elizabeth	Pelton	49.56	MD	NBAC	03/01/08
9	Grace	Cornelius	49.65	MR	NYAC	01/01/87
10	Stephanie	Elkins	49.66	US	UN	01/01/78
11	Cathy	Ritch	49.82	US	UN	01/01/85
12	Megan	Romano	49.86	FL	SPA	10/01/05
13	Mary	Beck	49.95	ST	TXLA	03/09/06
14	Dara	Torres	49.96	FG	CSSC	01/01/82
14	Caroline	McTaggart	49.96	PV	ASA	03/17/11
16	Colleen	Eckhardt	49.99	US	UN	01/01/90
17	Tara	Thomas	50.05	CA	NOVA	12/18/03
18	Kristen	Vredeveld	50.08	SE	UN	02/12/10
19	Jenny	Thompson	50.10	NE	SSA	01/01/87
19	Julie	Smith	50.10	NC	RSA	02/23/04
21	Quinn	Carrozza	50.14	ST	TXLA	03/05/11
22	Maddy	Schaefer	50.18	PC	UN	05/16/08
23	Ashley	Tappin-Doussan	50.24	LA	WAVE	01/01/89
24	Heather	Strang	50.25	US	UN	01/01/81
24	Paige	Northcutt	50.25	US	UN	01/01/82
24	Grace	Carlson	50.25	OR	LOSC	02/25/10
27	Faith	Johnson	50.28	NC	STAR	03/12/09
28	Courtney	Cashion	50.29	CA	NOVA	08/02/00
28	Emilee	Jennings	50.29	PN	KING	03/19/04
30	Dana	Vollmer	50.31	NT	FAST	12/13/01
30	Katie	Riefenstahl	50.31	MA	UN	03/18/05
32	Rhi	Jeffrey	50.36	FG	AQUA	11/17/00
33	Alexandra	Meyers	50.39	WI	SSTY	03/03/11
34	Natilee	Ruiz	50.41	IE	TCCC	12/11/08
34	Mimi	Schneider	50.41	IL	ACAD	03/15/11
36	Samantha	Tucker	50.43	ST	TXLA	03/09/06
36	Lauren	Rhodes	50.43	NC	MAC	03/10/11
38	Natalie	Beale	50.47	MD	NBAC	12/07/07
39	Katie	Hoff	50.49	MD	NBAC	12/12/03
40	Jennifer	Vanker	50.51	MI	UN	01/01/94
41	Kaylin	Bing	50.53	OR	RYST	02/21/08
41	Jasmine	Tosky	50.53	PC	PASA	12/18/08
41	Katherine	Huff	50.53	GA	ASL	03/19/09
44	Mary	Birdsell	50.54	PC	UN	01/01/79
44	Katie	Seleskie	50.54	MN	HAST	01/01/98
46	Lindsey	Farella	50.55	IL	PPD	01/01/93
46	Kaitlin	Kitchens	50.55	GA	UN	02/11/11
48	Lori	Armbruster	50.56	OH	CM	01/01/79
49	Michelle	Griglione	50.58	PV	UN	01/01/84
50	Nicole	Haislett	50.60	FL	SPA	01/01/88
50	Courtney	Hart	50.60	GA	UN	01/01/92
52	Karen	Burgess	50.64	VA	VACS	01/01/85
52	Lauren	Perdue	50.64	NC	GSC	03/16/06
52	Traycie	Swartz	50.64	AZ	UN	11/03/06
55	Kelley	Currin	50.66	PV	CUBU	01/01/84
55	Julia	Ama	50.66	PC	UN	05/15/09
57	Keiko	Price	50.69	HI	AAA	01/01/93
58	Lacey	Boutwell	50.70	IN	CIA	02/07/98
59	Susan	Habernigg	50.72	OR	UN	01/01/78
59	Sippy	Woodhead	50.72	PC	UN	01/01/79
61	Emily	Lloyd	50.73	MD	SPY	04/02/07
62	Jennifer	Riggs	50.76	MN	TWIN	01/01/96
63	Lindsay	Gassner	50.77	CA	UN	01/01/92
63	Cierra	Runge	50.77	MA	DST	01/22/10
65	Amber	Cratsenberg	50.78	PN	VAST	03/11/09
66	Carrie	Steinseifer	50.79	PC	UN	01/01/83
67	Natalie	Pike	50.80	FG	PCS	03/21/00
68	Michelle	Turek	50.81	FL	UN	02/17/11
69	Linnea	Mack	50.86	PC	OAQ	03/04/10
70	Chelsea	Chenault	50.87	PC	TERA	12/18/08
71	Mandy	Blevins	50.89	NT	FAST	02/09/02
72	Jane	Worden	50.90	PC	UN	01/01/78
73	Megan	Lydzinski	50.91	NJ	XCEL	03/14/08
74	Emily	Mastin	50.92	AZ	RIO	01/01/94
75	Allison	Wagner	50.95	FL	FAST	01/01/92
75	Whitney	Ellis	50.95	FL	BSS	01/01/99
77	Stacey	Stanfield	50.96	FL	UN	11/15/08
77	Madeline	Hoch	50.96	MA	WSY	04/08/10
79	Suzanne	Almeida-Richardson	50.97	IL	UN	03/06/98
80	Richelle	Fox	50.98	AD	COLO	01/01/89
81	Missy	Allert	50.99	NT	COPS	01/01/86
82	Buffy	Krieger	51.00	FG	FLST	01/01/83
83	Kait	Flederbach	51.02	IN	CIA	03/10/06
83	Claire	Brandt	51.02	NT	DM	03/05/09
85	Jeanne	Gibbons	51.03	MA	GAAC	01/01/86
86	Rachel	Ridgeway	51.04	IL	LFSC	01/26/01
86	Ally	Howe	51.04	PC	PASA	04/08/10
88	Natalie	Coughlin	51.08	PC	TERA	01/01/97
88	Karen	Turner	51.08	OR	LOSC	03/14/08
90	Jessica	Hayes	51.09	CA	NOVA	01/01/98
90	Connie	Brown	51.09	NE	MVP	02/19/99
92	Mary	Petry	51.11	PV	UN	01/01/88
92	Taylor	Schick	51.11	GA	DYNA	07/11/09
92	Corrigan	McIlmail	51.11	PV	UN	03/17/11
95	Kaitlyn	Albertoli	51.14	CA	MVN	02/10/11
96	Sarah	Sargent	51.15	SE	XCEL	02/21/03
97	Brenda	Cha	51.16	OR	LOSC	03/18/11
97	Prudence	Rooker	51.16	OR	THSC	03/18/11
99	Codie	Hansen	51.17	NT	DM	03/02/01
99	Haley	Krakoski	51.17	AZ	UN	11/03/06

200 Freestyle

1	Missy	Franklin	01:44.55	CO	STAR	03/10/10
2	Stephanie	Elkins	01:45.91	US	UN	01/01/90
3	Meaghan	Raab	01:46.16	MA	UN	03/16/11
4	Quinn	Carrozza	01:46.21	ST	TXLA	03/03/11
5	Lauren	Driscoll	01:46.27	FG	UN	11/14/08
6	Sippy	Woodhead	01:46.40	US	UN	01/01/78
7	Elizabeth	Pelton	01:46.56	MD	NBAC	02/28/08
8	Natalie	Coughlin	01:47.12	PC	CAL	01/01/97
9	Katie	Hoff	01:47.13	MD	NBAC	03/18/04
10	Simone	Manuel	01:47.33	GU	FCST	03/15/11
11	Ashley	Tappin-Doussan	01:47.64	LA	WAVE	01/01/89
12	Grace	Cornelius	01:47.77	MR	NYAC	01/01/87
13	Chelsea	Chenault	01:47.81	PC	TERA	02/25/09
14	Cathy	Ritch	01:47.85	US	UN	01/01/85
15	Michelle	Turek	01:47.90	FL	UN	02/17/11
16	Alexandra	Meyers	01:47.98	WI	SSTY	03/03/11
17	Janie	Wagstaff	01:48.09	FL	UF	01/01/89
18	Mary	Beck	01:48.22	ST	TXLA	03/09/06
19	Megan	Romano	01:48.25	FL	SPA	03/10/05
20	Kylie	Stewart	01:48.39	GA	DYNA	12/09/10
21	Tiffany	Cohen	01:48.45	US	UN	01/01/81
22	Catherine	Breed	01:48.46	PC	PLS	03/14/08
22	Lindsey	Engel	01:48.46	CA	UN	05/04/11
24	Lindsey	McKnight	01:48.50	FG	CSSC	12/04/08
25	Madeline	Hoch	01:48.62	MA	WSY	04/07/10
26	Kathleen	Ledecky	01:48.64	PV	CUBU	12/09/10
27	Colleen	Eckhardt	01:48.65	US	UN	01/01/90
28	Corinne	Showalter	01:48.75	FL	SYS	03/10/05
29	Corinn	Schmieg	01:48.77	MN	WSC	01/08/11
30	Bonnie	Brandon	01:48.81	CO	MACS	12/11/08
31	Katie	Riefenstahl	01:48.84	MA	UN	03/18/05
32	Rachel	Ridgeway	01:48.96	IL	LFSC	01/26/01
33	Chelsea	Nauta	01:48.99	FL	TBAY	03/06/03
34	Elizabeth	Beisel	01:49.06	NE	ABF	03/09/07
35	Lori	Armbruster	01:49.10	US	UN	01/01/79
36	Leah	Smith	01:49.12	AM	UN	03/17/10
37	Lia	Neal	01:49.14	MR	AGUA	03/12/09
38	Bridget	Bowman	01:49.18	FL	SWIM	01/01/85
39	Amanda	Weir	01:49.20	GA	SA	03/09/00
40	Rebecca	Gilman	01:49.21	CA	UN	01/01/94
40	Corrigan	McIlmail	01:49.21	PV	RMSC	03/15/11
42	Stephanie	Peacock	01:49.23	FL	SWIM	02/22/07
42	Cierra	Runge	01:49.23	MA	DST	01/22/10
44	Caroline	Killian	01:49.25	SI	BFST	01/01/95
44	Emily	Kelly	01:49.25	MR	LIAC	02/22/07
46	Lauren	Stinnett	01:49.28	PV	CUBU	01/01/95
47	Pam	Minthorn	01:49.29	PV	CUBU	01/01/87
48	Nikki	White	01:49.30	ST	TXLA	03/03/05
49	Gillian	Ryan	01:49.32	MA	PAAC	03/25/10
49	Lauren	Rhodes	01:49.32	NC	MAC	03/10/11
51	Carly	Geehr	01:49.33	CA	UN	01/01/99
51	Carly	Geehr	01:49.33	CA	ROSE	02/25/99
53	Jane	Worden	01:49.34	US	UN	01/01/78
54	Chelsea	Franklin	01:49.40	FL	GCST	03/10/05
55	Trina	Radke	01:49.45	MA	GAAC	01/01/85
55	Natalie	Beale	01:49.45	MD	NBAC	12/12/08
55	Brittany	Friese	01:49.45	MR	UN	11/20/09
58	Kim	Brown	01:49.48	CA	MVN	01/01/85
58	Samantha	Tucker	01:49.48	ST	TXLA	03/02/06
60	Michelle	Griglione	01:49.50	MV	UN	01/01/84
60	Mattea	Perrotta	01:49.50	CA	TORR	04/05/05
62	Lauren	Thies	01:49.51	OR	MAC	01/01/94
62	Natilee	Ruiz	01:49.51	IE	TCCC	03/11/09
64	Amanda	Legrow	01:49.53	NT	COPS	01/01/91
65	Emilee	Jennings	01:49.56	PN	KING	03/19/04
65	Cece	Williams	01:49.56	FL	ATAC	12/09/10
67	Ella	Eastin	01:49.62	CA	NOVA	03/03/11
68	Ariana	Kukors	01:49.63	PN	KING	03/04/04
69	Lindsay	Benko	01:49.65	IN	ELKY	01/01/91
70	Rachel	Zilinskas	01:49.66	AM	FCKW	03/26/09
71	Whitney	Lopus	01:49.67	AZ	SDA	03/09/05
72	Leeann	Gathings	01:49.68	NC	MAC	01/01/93
72	Andie	Taylor	01:49.68	PN	IST	01/19/06
72	Taylor	Katz	01:49.68	FL	UN	02/26/09
75	Kaitlin	Jones	01:49.70	VA	QSTS	12/11/08
76	Michele	Richardson	01:49.75	FG	HURR	01/01/83
77	Leah	Gingrich	01:49.77	MA	UN	01/08/05
78	Codie	Hansen	01:49.80	NT	DM	02/02/01
79	Remedy	Rule	01:49.82	VA	SMAC	04/05/11
80	Brianna	Loecher	01:49.84	CO	NJ	12/19/97
81	Jennifer	Vanker	01:49.87	MI	UN	01/01/94
82	Stacie	Dorman	01:49.88	PC	UN	01/01/89
82	Monica	Dornick	01:49.88	SI	UN	05/14/08
84	Whitney	Myers	01:49.89	OH	MAKO	03/16/99
85	Kate	Hardt	01:49.92	PC	RENO	02/25/99
86	Mary	Petry	01:49.97	PV	UN	01/01/88
86	Sherrill	Thompson	01:49.97	ST	UN	02/25/06
88	Alex	Forrester	01:50.00	MR	BAD	02/16/06
89	Annie	Zhu	01:50.01	MR	AGUA	02/19/09
90	Dee	Brown	01:50.03	OZ	PKWY	01/01/92
91	Paige	Northcutt	01:50.05	FG	FLST	01/01/82
91	Jana	Krohn	01:50.05	AZ	UN	01/01/97
91	Jasmine	Tosky	01:50.05	PC	PASA	12/18/08
94	Aliya	Sola	01:50.10	PV	DCPR	01/18/10
95	Tracy	Pennea	01:50.12	US	UN	01/01/79
95	Sarah	Peterson	01:50.12	SE	NAC	02/21/03
95	Sada	Stewart	01:50.12	MA	YY	12/04/08
98	Ashley	Whitney	01:50.14	SE	NAC	01/01/94
99	Connie	Brown	01:50.15	NE	MVP	03/04/99
100	Jessica	Foschi	01:50.16	MR	LIAC	01/01/94

500 Freestyle

1	Sippy	Woodhead	04:39.94	US	UN	01/01/78
2	Missy	Franklin	04:42.00	CO	STAR	03/10/10
3	Tiffany	Cohen	04:42.08	US	UN	01/01/81
4	Michele	Richardson	04:42.14	US	UN	01/01/84
5	Jenna	Johnson	04:43.37	US	UN	01/01/97
6	Alice	Browne	04:43.64	US	UN	01/01/77
7	Kim	Brown	04:43.80	US	UN	01/01/85
8	Mary	Beck	04:44.57	ST	TXLA	02/10/06
9	Stephanie	Elkins	04:44.63	US	UN	01/01/78
10	Florence	Barker	04:44.73	US	UN	01/01/81
11	Bonnie	Brandon	04:44.78	CO	MACS	12/11/08
12	Kathleen	Ledecky	04:45.63	PV	CUBU	03/15/11
13	Chelsea	Chenault	04:45.72	PC	TERA	12/18/08
14	Jessica	Foschi	04:45.78	MR	NYAC	01/01/95
15	Stephanie	Cota	04:45.80	SN	SMST	03/26/02
16	Corinne	Showalter	04:45.95	FL	SYS	04/05/05
17	Kalyn	Keller	04:46.27	MI	CW	01/01/99
18	Emily	Kelly	04:46.41	MR	LIAC	03/20/07
19	Stephanie	Peacock	04:46.47	FL	SWIM	02/22/07
20	Janet	Evans	04:46.51	CA	TROJ	01/01/86
20	Carly	Geehr	04:46.51	CA	ROSE	05/14/99
22	Danielle	Valley	04:46.86	FL	SYS	04/07/10
23	Leslie	Daland	04:46.95	US	UN	01/01/84
24	Katie	Hoff	04:46.98	MD	NBAC	03/18/04
25	Lauren	Stinnett	04:47.18	PV	GMU	01/01/95
26	Jamie	Tannhauser	04:47.31	PN	SAC	12/03/98
27	Chloe	Sutton	04:47.33	SN	CCA	01/12/07
28	Gillian	Ryan	04:47.35	MA	PAAC	01/22/10
29	Marybeth	Linzmeier	04:47.44	CC	UN	01/01/78
30	Kate	Ziegler	04:47.78	PV	FISH	02/19/03
31	Annie	Zhu	04:47.86	MR	AGUA	02/19/09
32	Julia	Stowers	04:47.95	SE	PACK	01/01/97
33	Becca	Mann	04:48.00	FL	UN	02/24/11
34	Anna	Strohl	04:48.13	LE	LESD	02/19/99
35	Remedy	Rule	04:48.23	VA	SMAC	04/05/11
36	Catherine	Breed	04:48.24	PC	PLS	03/14/08
37	Cathy	Ritch	04:48.38	CT	SHKS	01/01/85
37	Megan	Romano	04:48.38	FL	SPA	12/09/05
39	Trina	Jackson	04:48.41	FG	MBAY	01/01/90
40	Bridget	Bowman	04:48.44	IL	JETS	01/01/84
40	Andrea	Lehner	04:48.44	NI	STAR	03/13/03
42	Chelsea	Franklin	04:48.51	FL	GCST	03/22/05
43	Katie	Gordon	04:48.53	FL	YTAT	04/14/98
44	Maureen	Haslach	04:48.57	OR	PST	01/01/85
45	Connie	Brown	04:48.67	NE	MVP	03/16/99
46	Natalie	Coughlin	04:48.72	PC	TERA	01/01/72
47	Karen	Burgess	04:48.81	VA	VACS	01/01/86
48	Ashley	Evans	04:48.88	AZ	PHX	01/12/07
49	Melissa	Deary	04:48.92	FL	BSS	01/01/97
50	Adrienne	Binder	04:48.93	CA	SBSC	03/09/00
51	Madeline	Hoch	04:48.95	MA	WSY	04/07/10
52	Whitney	Hedgepeth	04:49.19	VA	VACS	01/01/86
53	Camryne	Morris	04:49.25	MD	NBAC	03/05/09
54	Sonya	Nimtz	04:49.31	PC	BEAR	01/01/87
55	Leah	Smith	04:49.42	AM	JCCS	12/10/09
56	Siena	Devenuto	04:49.52	FG	PCS	03/15/07
57	Jill	Shirley	04:49.55	PC	UN	01/01/74
58	Brooke	Bennett-Tassone	04:49.57	FL	BSAC	01/01/95
59	Nikki	White	04:49.75	ST	TXLA	03/03/05
60	Kate	Hardt	04:49.78	PC	RENO	02/25/99
61	Jamie	Johnson	04:49.83	FL	FAST	01/01/92
62	Lauren	Thies	04:50.02	OR	MAC	01/01/94
62	Diana	Munz	04:50.02	LE	LESD	01/01/97
64	Jackie	Lobdell	04:50.05	PN	TSC	01/01/97
65	Shelly	Bieck	04:50.15	MV	KCB	01/01/78
65	Julie	Martin	04:50.15	CA	CYP	01/01/84
67	Leah	Stevens	04:50.17	KY	LAK	03/15/11
68	Maya	Dirado	04:50.20	PC	SRN	11/29/07
69	Jennifer	Bigham	04:50.30	CA	RST	01/15/99
70	Amy	Modglin	04:50.32	FL	SWIM	12/09/05
71	Trina	Radke	04:50.36	MA	GAAC	01/01/85
72	Linda	Irish	04:50.38	FG	UN	01/01/79
73	Erika	Hansen	04:50.49	MA	GAAC	01/01/85
73	Kelsey	Ditto	04:50.49	ST	TXLA	03/04/04
75	Katie	Gardocki	04:50.51	CT	BEAR	03/21/06
76	Jenny	Forster	04:50.57	OH	WTRC	02/20/03
77	Jasmine	Tosky	04:50.59	PC	PASA	12/18/08
78	Amy	Ballidis	04:50.63	CA	MVN	01/01/83
79	Cassie	Connell	04:50.64	MA	SQST	03/12/98
80	Ellen	Grigg	04:50.66	NC	NSS	03/11/04
80	Cammile	Adams	04:50.66	GU	CFSC	03/02/06
82	Alex	Forrester	04:50.69	MR	BAD	02/16/06
83	Leslie	Swinley	04:50.73	PV	CUBU	03/07/02
84	Summer	Finke	04:50.75	FL	SPA	02/17/11
85	Pam	Minthorn	04:50.77	PV	CUBU	01/01/87
86	Samantha	Shellem	04:50.91	CA	TCC	01/13/06
87	Haley	Lips	04:50.94	SC	YSSC	04/01/08
88	Lori	Walker	04:50.95	GU	TWST	01/01/88
89	Dana	Neubacher	04:51.02	FG	MBAY	01/01/87
90	Kelly	McPherson	04:51.03	MD	NBAC	01/01/93
90	Leah	Gingrich	04:51.03	MA	WSY	04/05/04
92	Elizabeth	Beisel	04:51.06	NE	ABF	02/01/07
93	Mirjana	Bosevska	04:51.09	FL	YTAT	01/01/96
94	Michelle	Turek	04:51.11	FL	UN	02/17/11
95	Sabrina	Sagehorn	04:51.12	PC	UN	01/01/80
96	Bambi	Burgess	04:51.24	FL	SYS	01/01/88
96	Taylor	Katz	04:51.24	FL	UN	02/26/09
96	Willa	Wang	04:51.24	MD	NBAC	03/05/09
99	Jane	Imagane	04:51.29	CA	RMDA	01/14/00
100	Caroline	Burns	04:51.32	GA	DYNA	03/18/97

1000 Freestyle

1	Michele	Richardson	09:33.39	US	UN	01/02/84
2	Tiffany	Cohen	09:39.17	US	UN	01/01/81
3	Florence	Barker	09:39.76	US	UN	01/01/81
4	Kim	Brown	09:42.16	US	UN	01/01/85
5	Jessica	Foschi	09:43.35	MR	NYAC	01/01/95
6	Kathleen	Ledecky	09:44.08	PV	CUBU	03/15/11
7	Pamela	Joneja	09:44.74	US	UN	01/01/87
8	Emily	Kelly	09:45.83	MR	LIAC	03/20/07
9	Ginny	Johnson	09:46.29	GU	TAMU	01/01/96
10	Trina	Radke	09:46.31	US	UN	01/01/85
11	Stephanie	Cota	09:46.49	SN	SMST	03/26/02
12	Whitney	Hedgepeth	09:46.58	ST	TXLA	01/01/86
13	Kalyn	Keller	09:46.68	MI	CW	01/01/99
14	Lauren	Stinnett	09:47.03	PV	GMU	01/01/95
15	Becca	Mann	09:47.32	FL	UN	02/24/11
16	Corinne	Showalter	09:47.33	FL	SYS	03/10/05
17	Bonnie	Brandon	09:47.46	CO	MACS	12/11/08
18	Paula	Steddick	09:48.18	US	UN	01/01/85
19	Leslie	Daland	09:48.53	US	UN	01/01/84
20	Janet	Evans	09:48.57	CA	TROJ	01/01/86
21	Chloe	Sutton	09:48.61	PV	FISH	03/09/06
22	Diana	Munz	09:48.63	US	UN	01/01/97
23	Andrea	Lehner	09:48.84	NI	STAR	03/13/03
24	Alyssa	Kiel	09:48.90	LE	LESD	03/01/02
25	Danielle	Valley	09:49.02	FL	SYS	04/07/10
26	Chelsea	Franklin	09:49.96	FL	GCST	03/10/05
27	Adrienne	Binder	09:50.25	CA	SBSC	01/14/00
28	Taylor	O'Brien	09:50.87	MA	PAAC	12/12/08
29	Brooke	Bennett-Tassone	09:50.89	FL	BSAC	01/01/95
30	Kim	Kelly	09:51.41	MR	BAD	03/08/01
31	Willa	Wang	09:51.59	MD	NBAC	12/11/09
32	Meredith	Green	09:51.60	NC	NCAC	03/05/98
33	Kate	Ziegler	09:51.88	PV	FISH	11/15/02
34	Erica	Rose	09:52.01	LE	LESD	01/01/97
35	Stephanie	Martinez	09:52.16	FL	SWIM	02/21/08
36	Gillian	Ryan	09:52.45	MA	PAAC	03/25/10
37	Summer	Finke	09:52.64	FL	SPA	02/17/11
38	Katie	Gardocki	09:52.84	CT	BEAR	03/21/06
39	Cammile	Adams	09:53.10	GU	CFSC	03/02/06
40	Julie	Kole	09:53.14	MA	GAAC	01/01/88
41	Julianne	Brossman	09:53.35	NJ	UN	01/01/83
42	Kate	Hardt	09:53.40	PC	RENO	02/25/99
43	Michelle	Butcher	09:53.63	SI	HSA	01/01/86
44	Camryne	Morris	09:53.91	MD	NBAC	03/05/09
45	Natalie	Coughlin	09:54.06	PC	TERA	01/01/97
46	Jessica	Cotton	09:54.10	PC	TIGR	01/27/01
47	Erika	Hansen	09:54.40	MA	GAAC	01/01/85
48	Julia	Stowers	09:54.62	SE	PACK	01/01/97
49	Stephanie	Peacock	09:54.73	FL	SWIM	02/22/07
50	Jane	Skillman	09:54.82	MA	GAAC	01/01/88
51	Julie	Bjerknes	09:54.92	CA	CYP	01/01/84
52	Ashley	Evans	09:55.00	AZ	PHX	01/12/07
53	April	Walker	09:55.04	AZ	UN	01/01/87
54	Jamie	Johnson	09:55.17	FL	FAST	01/01/92
55	Bridget	Bowman	09:55.20	IL	JETS	01/01/84
56	Elizabeth	Beisel	09:55.27	NE	ABF	02/01/07
57	Mitzi	Braswell	09:55.46	FG	MBAY	01/01/87
58	Monica	Drake	09:55.47	IL	BNY	01/14/05
59	Michelle	Likos	09:55.67	SE	HSA	01/01/83
60	Jasmine	Tosky	09:55.82	PC	PASA	02/14/09
61	Leah	Smith	09:55.99	AM	JCCS	03/11/10
62	Leeann	Gathings	09:56.00	NC	MAC	01/01/92
63	Amber	McDermott	09:56.11	PN	SBAY	12/07/07
64	Jackie	Lobdell	09:56.14	PN	TSC	03/19/97
65	Kathleen	Morrissey	09:56.29	MR	BGNW	03/21/00
66	Cha-cha	Bugatti	09:56.30	FL	SYS	02/21/08
67	Siena	Devenuto	09:56.51	FG	PCS	03/08/07
68	Dana	Neubacher	09:56.65	FG	MBAY	01/01/87
69	Megan	Riddle	09:56.67	MD	NBAC	01/01/96
69	Catherine	Breed	09:56.67	PC	PLS	03/14/08
71	Jamie	Tannhauser	09:56.69	PN	SAC	12/03/98
72	Leah	Gingrich	09:56.70	MA	WSY	04/05/04
73	Katie	Egan	09:56.80	NJ	NJW	01/01/93
74	Maritza	Correia	09:56.94	FL	UN	01/01/96
75	Artemis	Daphnis	09:56.97			03/13/98
76	Leslie	Swinley	09:56.99	PV	CUBU	12/13/01
77	Kerri	Hale	09:57.24	CO	MACS	01/01/91
77	Rachael	Burke	09:57.24	PV	RMSC	03/28/98
79	Shelly	Klaus	09:57.25	LE	LESD	01/01/98
80	Alexis	Larsen	09:57.28	CA	CLSS	01/01/91
81	Elizabeth	Broadley	09:57.38	FL	CSA	03/16/06
82	Sonya	Nimtz	09:57.42	PC	BEAR	01/01/87
83	Courtney	Kalisz	09:57.55	MD	NBAC	12/17/04
84	Kelsey	Ditto	09:57.59	ST	UN	10/25/03
85	Caroline	Burns	09:57.65	GA	DYNA	03/18/97
86	Susan	Gilliam	09:57.76	FL	BSS	03/21/00
87	Kate	Woolbright	09:57.86	FL	FSLA	03/20/07
88	Lauren	Hine	09:57.94	MD	NBAC	03/05/09
89	Sommers	Creed	09:58.01	GA	SA	02/29/08
90	Tina	Papadopoulos	09:58.02	FL	FSLA	02/19/09
91	Meghan	Sackett	09:58.03	MD	NBAC	03/15/01
92	Marybeth	Francis	09:58.09	SI	UN	02/27/03
93	Rebecca	Gilman	09:58.10	CA	BUEN	01/01/93
94	Jane	Imagane	09:58.34	CA	RMDA	03/02/00
95	Caitlin	Hamilton	09:58.48	IL	BNY	01/14/05
96	Deborah	Babashoff	09:58.50	CA	MVN	01/01/85
97	Jaclyn	Puschak	09:58.54	AZ	AFOX	01/17/03
98	Lyndsey	Smith	09:58.56	MD	GTAC	11/08/02
99	Ellen	Grigg	09:58.57	NC	NSS	03/11/04
100	Katie	Gordon	09:58.67	FL	UN	12/05/97

1650 Freestyle

1	Tiffany	Cohen	15:54.86	US	UN	01/01/81
2	Sippy	Woodhead	15:55.15	US	UN	01/01/78
3	Alice	Browne	16:03.97	US	UN	01/01/77
4	Marybeth	Linzmeier	16:07.01	US	UN	01/01/78
5	Kathleen	Ledecky	16:07.33	PV	CUBU	03/15/11
6	Kim	Brown	16:08.30	US	UN	01/01/85
7	Bonnie	Brandon	16:11.62	CO	MACS	12/11/08
8	Michele	Richardson	16:11.84	US	UN	01/02/84
9	Janet	Evans	16:12.73	CA	TROJ	01/01/86
10	Florence	Barker	16:12.89	US	UN	01/01/81
11	Becca	Mann	16:17.69	FL	UN	02/24/11
12	Monica	Drake	16:19.24	IL	BNY	01/14/05
13	Laura	Campuzano	16:19.99	FG	CST	01/01/79
14	Erika	Hansen	16:20.90	US	UN	01/01/84
15	Melissa	Deary	16:21.42	FL	BSS	01/01/97
16	Stephanie	Cota	16:21.57	SN	SMST	03/26/02
17	Jessica	Foschi	16:21.75	MR	NYAC	01/01/95
18	Julie	Kole	16:22.48	PC	STAN	01/01/88
19	Danielle	Valley	16:22.88	FL	SYS	04/07/10
20	Chelsea	Franklin	16:23.09	FL	GCST	03/10/05
21	Kim	Kelly	16:23.13	MR	BAD	02/16/01
22	Diana	Munz	16:23.14	US	UN	01/01/97
23	Andrea	Lehner	16:23.35	NI	STAR	03/13/03
24	Chloe	Sutton	16:23.46	PV	FISH	12/08/05
25	Whitney	Hedgepeth	16:23.76	ST	TXLA	01/01/86
26	Leslie	Daland	16:23.90	US	UN	01/01/83
27	Jamie	Johnson	16:24.98	FL	SWIM	01/01/92
28	Franchele	Klaus	16:25.16	LE	LESD	01/01/98
29	Pam	Minthorn	16:25.82	PV	CUBU	01/01/87
30	Camryne	Morris	16:26.71	MD	NBAC	03/26/09
31	Kalyn	Keller	16:26.73	AZ	PHX	02/12/99
32	Summer	Finke	16:27.05	FL	SPA	03/15/11
33	Susan	Gilliam	16:27.33	FL	BSS	03/21/00
34	Corinne	Showalter	16:28.02	FL	SYS	04/05/05
35	Leah	Stevens	16:28.16	KY	LAK	03/15/11
36	Meredith	Green	16:28.55	NC	NCAC	01/01/98
37	Kate	Ziegler	16:28.58	PV	FISH	11/08/02
38	Katie	Egan	16:28.59	NJ	NJW	01/01/93
38	Kelly	McPherson	16:28.59	MD	NBAC	01/01/93
40	Erica	Rose	16:28.65	LE	LESD	01/01/97
41	Rachel	Zilinskas	16:28.83	AM	FCKW	12/12/08
42	Kelsey	Ditto	16:29.27	ST	UN	10/25/03
43	Carly	Geehr	16:29.41	CA	UN	01/01/99
44	Michelle	Butcher	16:29.62	SI	HSA	01/01/86
45	Ginna	Johnson	16:30.49	VA	UN	01/01/96
46	Lauren	Stinnett	16:30.83	PV	CUBU	01/01/95
47	Julia	Stowers	16:31.00	SE	PACK	01/01/97
48	Stephanie	Martinez	16:31.18	FL	SWIM	02/21/08
49	Mirjana	Bosevska	16:31.39	FL	YTAT	01/01/96
50	Jill	Shirley	16:31.45	PC	UN	01/01/74
51	Paula	Steddick	16:31.61	IN	MM	01/01/85
52	Taylor	O'Brien	16:32.05	MA	PAAC	12/12/08
53	Shelly	Bieck	16:32.15	MV	KCB	01/01/77
54	Katie	Gordon	16:32.39	FL	YTAT	01/01/98
55	Julie	Bjerknes	16:32.68	CA	CYP	01/01/84
56	Katie	Gordon	16:32.79	FL	UN	12/05/97
57	Jennifer	Bigham	16:32.82	CA	RST	01/15/99
58	Bridget	Bowman	16:32.86	IL	JETS	01/01/84
59	Amber	McDermott	16:32.90	PN	SBAY	12/14/07
60	Alyssa	Kiel	16:32.98	LE	LESD	11/16/01
61	Karen	DiBlasio	16:33.31	OH	UN	01/01/77
62	Stephanie	Carr	16:33.60	FL	BSS	03/21/00
63	Morgan	Hentzen	16:33.95	CA	RMDA	01/14/00
64	Leslie	Swinley	16:34.17	PV	CUBU	12/13/01
65	Lynette	Gernaat	16:34.30	FL	UN	01/01/79
66	Jane	Imagane	16:34.59	CA	RMDA	03/02/00
67	Sonya	Nimtz	16:34.71	PC	BEAR	01/01/87
68	Caitlin	Hamilton	16:35.20	IL	BNY	01/14/05
69	Caroline	Burns	16:35.43	GA	DYNA	01/01/97
70	Annie	Zhu	16:35.74	MR	AGUA	03/12/09
71	Kelly Ann	Baird	16:35.80	NC	TYDE	12/01/06
72	Emily	Kelly	16:35.86	MR	LIAC	02/22/07
73	Christy	Campbell	16:35.93	SE	NAC	01/01/86
74	Anna	Strohl	16:35.94	LE	LESD	01/01/98
75	Cheryl	Gillett	16:36.18	AZ	AFOX	01/01/79
76	Cay	Andres	16:36.25	NJ	UN	01/01/78
76	Megan	Riddle	16:36.25	MD	NBAC	01/01/96
78	Kerri	Hale	16:36.29	CO	MACS	01/01/91
79	Suzanne	Black	16:36.40	NC	UN	01/01/92
80	Amanda	Richey	16:36.60	CO	BLDR	03/10/11
81	Cammile	Adams	16:37.00	GU	CFSC	03/02/06
82	Cathy	Slingsby	16:37.05	US	UN	01/01/78
83	Kirsten	Smith	16:37.09	NC	MOR	12/10/04
84	Elizabeth	Beisel	16:37.19	NE	ABF	12/14/06
85	Nicole	Vernon	16:37.72	MA	DST	12/06/07
86	Alicia	Mathieu	16:37.73	CT	SNCO	03/21/06
87	Ellen	Grigg	16:37.81	NC	NSS	03/04/04
88	Adrienne	Binder	16:37.95	CA	SBSC	03/16/99
89	Jean	Lee	16:38.30	FL	UN	01/01/96
90	Aleksa	Akerfelds	16:38.37	MR	YMID	03/22/04
91	Stacy	Shupe	16:38.43	CA	UN	01/01/81
92	Natalie	Coughlin	16:38.44	PC	TERA	04/03/97
93	Dawn	Hunter	16:38.53	AZ	UN	01/01/79
94	Colleen	McReynolds	16:38.81	FL	BSS	03/11/04
95	Rachael	Burke	16:39.12	PV	RMSC	03/28/98
96	Meghan	Sackett	16:39.14	MD	NBAC	03/15/01
97	Dana	Neubacher	16:39.54	FG	MBAY	01/01/87
98	Bambi	Burgess	16:39.64	FL	SYS	01/01/88
99	Rebecca	Gilman	16:39.73	CA	BUEN	01/01/94
100	Zan	Johnson	16:39.81	AZ	AFOX	01/01/81

100 Backstroke

1	Missy	Franklin	53.16	CO	UN	02/12/10
2	Elizabeth	Pelton	53.36	MD	NBAC	02/28/08
3	Lindsey	Engel	53.64	CA	UN	05/12/11
4	Rachel	Bootsma	53.71	MN	AQJT	12/04/08
5	**Kylie**	**Stewart**	**53.74**	**GA**	**DYNA**	12/09/10
6	Grace	Carlson	53.86	OR	LOSC	03/10/10
7	Jeana	Fuccillo	53.98	OZ	RSCA	02/05/99
8	Katie	Miller	54.01	AM	SVSC	12/19/09
9	Annie	Gillig	54.37	SC	YSSC	04/06/09
10	Lauren	Driscoll	54.45	FG	UN	11/14/08
11	Simone	Manuel	54.50	GU	FCST	03/15/11
12	Mary	Beck	54.54	ST	TXLA	03/02/06
13	Ella	Eastin	54.58	CA	NOVA	03/03/11
14	Lacey	Locke	54.60	IN	UN	02/12/10
15	Kathleen	Baker	54.63	NC	STAR	12/09/10
16	Beth	Botsford	54.78	MD	NBAC	01/02/96
16	Emily	Slabe	54.78	OH	CY	02/19/11
18	Tricia	Weaner	54.92	MA	WSY	03/20/03
19	Felicia	Lee	54.93	MD	NBAC	03/01/07
19	Hannah	Magnuson	54.93	KY	UN	02/24/11
21	Diana	Mac Manus	54.99	CA	NOVA	03/02/00
22	Heidi	Vanderwel	55.01	PN	WEST	03/19/10
23	Bonnie	Brandon	55.03	CO	MACS	12/11/08
24	Linnea	Mack	55.05	PC	UN	05/21/10
25	Ally	Howe	55.13	PC	PASA	12/02/10
26	Karen	Turner	55.20	OR	LOSC	12/11/08
27	Janet	Hu	55.22	PV	CUBU	12/02/10
28	Natalie	Coughlin	55.24	PC	TERA	05/23/97
29	Nicole	Beck	55.26	CA	UCLA	01/01/95
30	Lauren	English	55.31	NJ	MYM	04/05/04
31	Jennifer	Coffey	55.35	MI	JAWS	01/01/94
32	Kendyl	Stewart	55.37	SI	UN	05/20/09
33	Remedy	Rule	55.39	VA	SMAC	03/12/11
34	Keegan	Walkley	55.42	NT	TCU	01/01/94
35	Rachel	Moore	55.44	NE	ANA	04/06/09
36	Teresa	Crippen	55.50	MA	GAAC	03/10/05
37	Taylor	Garcia	55.53	MI	MLA	12/09/10
38	Madison	White	55.58	PC	CROW	04/02/09
39	Skye	Elbert	55.61	AZ	SDA	11/01/02
40	Chandler	Soapes	55.65	FL	UN	11/14/08
40	Mickayla	Hinkle	55.65	MN	SCSC	02/11/11
42	Lauren	Rogers	55.69	PC	TERA	03/26/02
43	Natilee	Ruiz	55.70	IE	UN	11/13/08
44	Beth	Barr	55.73	US	UN	01/01/86
45	Erin	Reisinger	55.76	GA	RAYS	03/08/07
45	Rowan	Hauber	55.76	OR	LOSC	03/09/11
47	Rachel	Zilinskas	55.77	AM	FCKW	03/12/09
47	Kristen	Vredeveld	55.77	SE	BAY	03/20/10
49	Megan	Romano	55.78	FL	SPA	03/10/05
50	Hayley	McGregory	55.83	GU	HSC	12/14/00
50	Danielle	Galyer	55.83	SC	YSSC	04/07/10
52	Henriette	Stenkvist	55.84	NC	RSA	01/29/09
53	Kaylin	Bing	55.90	OR	UN	02/14/08
54	Denali	Knapp	55.91	SN	DAV	01/01/93
55	Katie	Kinnear	55.94	PN	IST	03/27/09
56	Sarah	Selland	55.95	OR	SSS	01/15/11
57	Arden	Pitman	55.97	SE	UN	02/08/08
58	Lauren	Stinnett	55.99	PV	SOLO	01/01/94
59	Hannah	Moore	56.00	NC	RSA	02/17/11
60	Caitlyn	Forman	56.03	OH	CLPR	03/15/08
60	Marissa	French	56.03	OH	ABLY	03/15/08
60	Courtney	Bartholomew	56.03	MI	WMS	12/04/08
63	Carly	Smith	56.04	NC	NCAC	03/09/06
64	Andrea	VanderMey	56.07	MI	UN	11/20/09
65	Lauren	Smart	56.08	NC	TEAM	04/01/04
66	Amelia	Wolfgramm	56.11	UT	UN	02/04/11
67	Emily	Bos	56.13	MI	UN	11/17/06
68	Chris	Keller	56.14	IL	UN	01/01/96
69	Cara	Chuang	56.16	PV	RMSC	12/07/06
70	Kristen	Shickora	56.19	MA	UN	03/18/05
71	Erica	Meissner	56.20	NE	MAG	04/07/03
72	Jenna	Brick	56.21	VA	RAYS	03/20/03
72	Marissa	Neel	56.21	PC	UN	05/14/09
74	Connie	Brown	56.23	NE	MVP	11/21/99
74	Margo	Geer	56.23	OH	SPY	03/09/07
74	Cierra	Runge	56.23	MA	DST	12/09/10
74	Asia	Seidt	56.23	KY	UN	03/19/11
78	Presley	Bard	56.24	PC	TERA	01/30/03
79	Katherine	Huff	56.25	GA	UN	02/12/09
80	Courtney	Kalisz	56.26	MD	NBAC	03/17/05
81	Katelyn	Holmquist	56.27	WI	FAST	03/04/10
81	Bridgette	Alexander	56.27	WI	J-HK	03/15/11
83	Kathleen	Hersey	56.28	GA	SA	12/10/04
84	Elizabeth	Beisel	56.30	NE	ABF	02/01/07
85	Ashley	Chandler	56.31	GA	SA	01/01/94
86	Brooke	Bishop	56.32	PC	SCRA	05/11/01
87	Kaitlyn	Jones	56.33	MA	UN	02/25/09
88	Shelly	Ripple Johnston	56.37	LA	CRAW	01/01/95
88	Melissa	Marik	56.37	IL	NAPV	03/21/03
90	Gabby	DeLoof	56.38	MI	UN	11/19/10
91	Jamie	Reid	56.39	PN	PAC	01/01/98
91	Carly	Sweeney	56.39	GA	TWS	12/04/08
93	Alyssa	Resch	56.40	CA	UN	01/01/93
94	Stephanie	Rosenthal	56.41	FG	MBAY	01/01/88
95	Sarah	Reynolds	56.42	SE	MYB	04/06/09
96	Tami	Ransom	56.43	OH	CM	01/01/97
96	Molly	Houlton	56.43	AZ	FORD	04/07/03
96	Emily	Andelson	56.43	CA	UN	05/09/06
99	Sabrina	Benson	56.45	NC	YOTA	04/01/08
99	Hanni	Leach	56.45	MT	MAC	03/18/11

200 Backstroke

1	Missy	Franklin	01:51.07	CO	STAR	03/10/10
2	Kylie	Stewart	01:55.05	GA	DYNA	12/09/10
3	Annie	Gillig	01:55.45	SC	YSSC	04/06/09
4	Bonnie	Brandon	01:55.87	CO	MACS	12/11/08
5	Elizabeth	Pelton	01:56.01	MD	NBAC	10/26/08
6	Mary	Beck	01:56.34	ST	TXLA	03/09/06
7	Quinn	Carrozza	01:56.41	ST	TXLA	03/03/11
8	Elizabeth	Beisel	01:56.52	NE	ABF	03/08/07
9	Courtney	Kalisz	01:56.75	MD	NBAC	03/17/05
10	Teresa	Crippen	01:56.89	MA	GAAC	03/10/05
11	Madison	White	01:57.06	PC	CROW	02/25/09
12	Beth	Botsford	01:57.36	MD	NBAC	01/02/96
12	Henriette	Stenkvist	01:57.36	NC	RSA	01/16/09
14	Ella	Eastin	01:57.71	CA	NOVA	03/03/11
15	Heidi	Vanderwel	01:57.99	PN	WEST	03/19/10
16	Felicia	Lee	01:58.07	MD	NBAC	03/01/07
17	Tricia	Weaner	01:58.13	MA	WSY	04/05/04
18	Molly	Houlton	01:58.35	AZ	FORD	04/07/03
19	Megan	Romano	01:58.57	FL	SPA	03/10/05
20	Diana	Mac Manus	01:58.75	CA	NOVA	03/08/01
21	Lauren	Rogers	01:58.83	PC	TERA	03/26/02
22	Grace	Carlson	01:58.84	OR	LOSC	02/25/10
23	Kaitlyn	Jones	01:58.87	MA	DST	03/05/09
24	Jenny	Parmenter	01:58.88	PV	UN	01/01/95
24	Rachel	Zilinskas	01:58.88	AM	FCKW	03/12/09
26	Simone	Manuel	01:58.95	GU	FCST	03/15/11
27	Natalie	Beale	01:59.03	MD	NBAC	12/12/08
28	Kathleen	Baker	01:59.07	NC	STAR	12/09/10
29	Erica	Meissner	01:59.11	NE	MAG	04/07/03
30	Remedy	Rule	01:59.14	VA	SMAC	04/05/11
31	Janet	Hu	01:59.22	PV	CUBU	03/16/10
32	Lindsey	Engel	01:59.23	CA	NOVA	12/17/10
33	Hannah	Moore	01:59.26	NC	RSA	02/17/11
34	Lauren	Stinnett	01:59.39	PV	GMU	01/01/94
35	Natalie	Coughlin	01:59.43	PC	TERA	04/03/97
36	Nicole	Beck	01:59.49	CA	UCLA	01/01/94
37	Allie	Day	01:59.59	IN	CGAC	03/16/07
38	Emily	Slabe	01:59.60	OH	CY	04/05/11
39	Karen	Turner	01:59.61	OR	LOSC	01/09/09
40	Ally	Howe	01:59.64	PC	PASA	12/02/10
41	Lexie	Malazdrewicz	01:59.71	CO	EVER	03/10/10
42	Lacey	Locke	01:59.75	IN	CSC	02/28/10
43	Carly	Smith	01:59.82	NC	NCAC	03/09/06
44	Natilee	Ruiz	01:59.87	IE	TCCC	03/11/09
45	Lauren	English	01:59.94	NJ	MYM	04/05/04
46	Sonia	Wang	01:59.96	CA	TCC	02/10/11
47	Lauren	Driscoll	01:59.99	FG	FLA	02/28/08
48	Beth	Barr	02:00.05	SE	GPAC	01/01/86
49	Caitlyn	Forman	02:00.17	OH	CLPR	12/05/08
50	Rowan	Hauber	02:00.20	OR	LOSC	02/24/11
51	Cameron	McHugh	02:00.23	GU	KATY	12/09/10
52	Hannah	Magnuson	02:00.24	KY	TS	03/03/11
53	Lauren	Smart	02:00.25	NC	TEAM	04/01/04
53	Erin	Reisinger	02:00.25	GA	RAYS	03/08/07
55	Hayley	McGregory	02:00.28	GU	HSC	10/14/00
56	Bridgette	Alexander	02:00.29	WI	J-HK	03/15/11
57	Tami	Ransom	02:00.32	OH	CM	01/01/97
58	Sarah	Tucker	02:00.41	KY	LAK	01/01/97
59	Kacey	Oberlander	02:00.45	MA	YY	04/05/11
60	Katie	Hoff	02:00.46	MD	NBAC	12/12/03
61	Erin	Mulshenock	02:00.47			03/24/98
62	Jamie	Reid	02:00.49	PN	PAC	01/01/98
63	Meghan	Leddy	02:00.53	NJ	EEX	12/10/04
64	Julia	Smit	02:00.54	MR	TVSC	12/13/02
65	Sabrina	Benson	02:00.57	NC	YOTA	04/01/08
66	Andie	Taylor	02:00.61	PN	IST	12/01/05
67	Kyra	Jones	02:00.65	GU	KATY	03/08/07
68	Amy	Modglin	02:00.67	FL	SWIM	02/18/06
69	Hannah	Lips	02:00.68	SC	YSSC	04/05/11
70	Kali	Edsall	02:00.76	VA	CCA	03/15/11
71	Sydney	Pickrem	02:00.79	FL	CAT	02/24/11
72	Corey	Berg	02:00.80	MR	MSC	02/25/99
73	Katie	Anton	02:00.81	IA	CRAA	02/29/08
74	Shauna	Barnard	02:00.84	CA	NGSV	03/18/97
75	Ellen	Lobb	02:00.85	GU	AQUA	12/08/06
76	Maggie	Paulsen	02:00.96	SN	WOOD	01/01/92
77	Sara	Fallico	02:01.01	AK	NLSC	01/01/92
77	Sierra	Kuhn	02:01.01	WI	VAC	03/05/09
79	Lacey	Boutwell	02:01.02	IN	CIA	03/24/98
80	Chelsea	Hastings	02:01.03	FL	BSS	12/04/98
80	Danielle	Galyer	02:01.03	SC	YSSC	04/07/10
82	Jeri	Moss	02:01.08	CA	NOVA	03/24/98
82	Madi	Bridges	02:01.08	NM	DUKE	03/17/09
84	Justine	Ress	02:01.13	CT	SNCO	11/29/07
84	Eleanore	Hong	02:01.13	OH	KCST	03/12/10
86	Maya	Dirado	02:01.17	PC	SRN	11/02/07
87	Jessica	Hayes	02:01.19	CA	NOVA	02/26/98
87	Kristin	Ainsworth	02:01.19	PN	KING	12/17/09
89	Christina	Leander	02:01.21	MA	SSC	03/17/09
90	Caitlin	Iversen	02:01.23	CO	GTS	03/12/03
91	Karly	Brooks	02:01.25	AD	SCHE	03/15/02
91	Maggie	D'Innocenzo	02:01.25	NE	MAG	12/10/09
93	Katie	Flewelling	02:01.32	NJ	EEX	01/01/97
94	Traci	Bollinger	02:01.35	OZ	SCSC	01/01/93
95	Amanda	Hall	02:01.37	NE	BGSC	01/01/91
95	Chris	Keller	02:01.37	IL	UN	01/01/96
97	Ariana	Kukors	02:01.38	PN	KING	03/04/04
97	Cierra	Runge	02:01.38	MA	DST	01/22/10
99	Rachel	Bootsma	02:01.39	MN	AQJT	12/04/08
100	Libby	Kinkead	02:01.42	MA	UN	01/01/79

100 Breaststroke

1	Megan	Jendrick	01:01.24	PN	PAC	12/12/98
2	Caroline	Bruce	01:01.63	MV	WSC	01/13/01
3	Annie	Zhu	01:01.72	MR	AGUA	12/04/08
4	Lindsey	McKnight	01:01.73	FG	UN	11/13/08
5	Amanda	Beard	01:01.79	CA	BRUN	01/01/96
6	Caitlin	Leverenz	01:02.19	AZ	EDAC	02/17/06
7	Emily	Cameron	01:02.24	MA	LAC	03/26/09
8	Katie	Hoff	01:02.26	MD	NBAC	12/12/03
9	Lindsey	Norberg	01:02.34	NI	ITAC	03/21/06
10	Whitney	Hall	01:02.35	NT	LAC	02/14/03
11	Sarah	Haase	01:02.51	PV	UN	02/18/09
12	Tess	Sommer	01:02.57	AZ	NEP	12/15/07
13	Anita	Nall	01:02.70	AZ	UN	01/01/91
14	Prudence	Rooker	01:02.74	OR	THSC	03/18/11
15	Erica	Liu	01:02.81	PC	DACA	01/27/01
16	Christine	Olson	01:02.82	AZ	UN	11/04/05
17	Emily	Short	01:02.84	US	UN	01/01/90
18	Casey	Keiber	01:02.85	MA	NLAC	01/01/92
19	Caroline	Weigand	01:02.91	IN	UN	02/11/11
20	Katie	Olsen	01:02.92	AZ	UN	11/02/07
21	Leah	Pronschinske	01:02.94	WI	UN	11/14/09
22	Melissa	Bates	01:03.00	CA	SCAL	01/12/07
23	Annie	Mantey	01:03.02	MR	MSC	02/19/98
23	Kaylin	Burchell	01:03.02	KY	COLA	11/29/07
25	Kelly	Jones	01:03.04	OH	OHST	01/01/97
26	Tracy	Caulkins	01:03.08	US	UN	01/01/77
27	Allison	Wagner	01:03.10	PC	CAL	01/01/92
27	Carly	Geehr	01:03.10	CA	NOVA	01/01/98
29	Maija	Roses	01:03.15	NC	DUKE	12/09/10
30	Annie	Babicz	01:03.17	PC	CAL	01/01/99
30	Sam	Senczyszyn	01:03.17	WI	OZ	11/12/10
32	Colleen	Callahan	01:03.21	MA	SEA	03/25/10
33	Andrea	Kropp	01:03.23	CA	PASA	05/13/08
34	Annie	Lazor	01:03.25	MI	BBA	03/12/09
35	Stephanie	O'Toole	01:03.26	AM	FCKW	03/26/09
36	Julie	Stupp	01:03.31	OZ	RSCA	12/14/00
36	Kate	Criter	01:03.31	WI	UN	11/15/08
38	Kristin	Macgregor	01:03.33	IL	CPD	01/01/94
39	Katie	Hathaway	01:03.34	NC	NSS	01/01/94
40	Stephanie	Gabert	01:03.36	CA	UN	05/12/04
41	Olivia	Ross	01:03.38	VA	PSDN	12/04/08
41	Emily	Kopas	01:03.38	FG	UN	11/11/10
43	Jessamyn	Miller	01:03.39	CA	LCAB	01/01/94
44	Kristen	Caverly	01:03.43	CA	UN	01/01/99
45	Ashley	Evans	01:03.45	NJ	BAC	03/13/03
46	Genevieve	Patterson	01:03.48	OR	THSC	03/15/01
46	Genevieve	Bradford	01:03.48	CA	NOVA	03/05/09
48	Laura	Sogar	01:03.49	NE	RAMS	12/08/05
49	Felicia	Castaneda	01:03.50	OR	MHA	03/15/01
50	Sarah	McCall	01:03.51	SE	PACK	12/14/00
51	Denise	Merk	01:03.54	OR	UN	01/01/95
52	Andee	Cottrell	01:03.55	OH	GCST	03/12/10
53	Alison	Fealey	01:03.58	OH	CM	01/01/93
54	Christy	Helm	01:03.60	PC	SJA	01/01/86
55	Heidi	Katter	01:03.63	MN	AQJT	03/15/11
56	Kristine	Polley	01:03.70	GA	RAYS	03/09/06
57	Alexi	Spann	01:03.71	ST	CCS	10/05/01
57	Gwen	Blythe	01:03.71	NT	UN	02/25/05
59	Samantha	Heath	01:03.72	PC	UN	02/27/02
60	Erika	Frykberg	01:03.73	FL	BSS	01/01/93
60	Lindsey	Ertter	01:03.73	PV	TCSD	03/18/97
62	Ashley	Wanland	01:03.74	IL	PAC	03/04/05
63	Megan	Kleine	01:03.75	KY	UN	01/01/89
64	Olivia	Chan	01:03.81	MR	LIE	03/12/09
65	Kim	Williams	01:03.82	PN	IST	03/18/11
66	Shannon	Orcutt	01:03.83	CA	MVN	01/01/81
66	Jessica	Schmitt	01:03.83	SI	NCA	01/13/06
68	Ashley	Roby	01:03.85	GA	DYNA	01/01/95
69	Jeana	Fuccillo	01:03.86	OZ	RSCA	12/18/98
69	Haley	Spencer	01:03.86	OZ	RSCA	02/24/06
71	Sydney	Pickrem	01:03.87	FL	CAT	02/24/11
72	Jessie	Bailis	01:03.90	MW	MAC	02/24/01
72	Alisa	Finn	01:03.90	IL	NTSC	11/19/05
74	Madison	Burns	01:03.91	MA	PAAC	12/12/08
75	Katie	Edwards	01:03.92	SN	AH	12/01/05
76	Gretchen	Jaques	01:03.93	CA	BREA	02/01/08
76	Heidi	Poppe	01:03.93	PC	CROW	03/18/11
78	Lauren	Norberg	01:03.94	NI	ITAC	03/21/06
79	Ashley	Danner	01:03.96	PV	UN	02/11/05
80	Kristen	Woodring	01:03.97	MA	LAC	01/01/97
80	Willie	Woo	01:03.97	US	UN	02/21/02
80	Mackenzie	Green	01:03.97	OR	BRSC	11/04/05
83	Michela	Osborn	01:03.98	NC	NCAC	03/13/02
83	Jennifer	Basel	01:03.98	PV	AST	03/14/02
83	Ashley	Specht	01:03.98	OH	UN	02/17/06
86	Mary Ellen	Blanchard	01:03.99	GA	DYNA	01/01/88
86	Leah	Monroe	01:03.99	PC	TERA	05/22/98
88	Alison	Clemens	01:04.00	MR	AGUA	03/13/03
88	Pauline	Kaminski	01:04.00	IL	ACAD	03/11/11
90	Jamie	Marks	01:04.01	MA	SEA	03/20/03
91	Katy	Houston	01:04.02	PC	RENO	02/15/02
92	Jackie	Heeney	01:04.03	US	UN	01/01/79
92	Jenna	Street	01:04.03	FL	BSS	03/18/97
92	KC	Moss	01:04.03	CT	WYW	04/06/09
95	Olivia	Anderson	01:04.05	MN	UN	11/18/10
96	Kim	Rhodenbaugh	01:04.06	OH	CM	01/01/81
96	Erin	Calderl	01:04.06	CA	UN	01/01/98
98	Missy	Franklin	01:04.07	CO	STAR	01/15/10
99	Jennifer	Vanker	01:04.11	MI	BBA	01/01/93
100	Allison	Smith	01:04.13	MS	UN	01/01/90

200 Breaststroke

1	Katie	Hoff	02:12.08	MD	NBAC	12/12/03
2	Anita	Richesson	02:12.54	US	UN	01/01/91
3	Amanda	Beard	02:12.61	CA	BRUN	01/01/96
4	Annie	Zhu	02:12.79	MR	AGUA	02/19/09
5	Caitlin	Leverenz	02:13.51	AZ	EDAC	02/17/06
6	Jessica	Schmitt	02:13.74	SI	NCA	01/13/06
7	Christine	Olson	02:14.18	AZ	SDA	03/09/05
8	Caroline	Bruce	02:14.29	MV	WSC	03/01/01
9	Laura	Sogar	02:14.77	NE	RAMS	03/09/06
10	Carly	Geehr	02:14.91	CA	NOVA	01/01/98
11	Jordyn	Green	02:14.93	PC	RENO	03/03/05
12	Ashley	Wanland	02:15.00	IL	PAC	03/04/05
13	Alexi	Spann	02:15.04	ST	CCS	03/08/01
14	Ariana	Kukors	02:15.06	PN	KING	03/04/04
15	Andrea	Kropp	02:15.09	CA	PASA	01/18/08
16	Emily	Cameron	02:15.13	MA	LAC	03/26/09
17	Kaylin	Burchell	02:15.23	KY	COLA	12/07/07
18	Whitney	Hall	02:15.27	NT	LAC	02/20/03
19	Alisa	Finn	02:15.33	IL	NTSC	12/16/04
20	Stephanie	Gabert	02:15.42	CA	AZOT	03/10/04
21	Kristine	Julian	02:15.61	CA	ROSE	01/01/90
21	Laura M	Davis	02:15.61	PC	TERA	03/05/99
23	Annie	Babicz	02:15.79	US	UN	01/01/99
24	Kristen	Caverly	02:15.82	CA	NOVA	02/25/99
25	Shannon	Orcutt	02:15.86	LE	LSSC	01/01/81
26	Stephanie	O'Toole	02:15.90	AM	FCKW	03/26/09
27	Kristine	Polley	02:15.91	GA	RAYS	03/09/06
28	Katie	Hathaway	02:15.98	NC	NSS	01/01/94
29	Emily	Kopas	02:16.02	FG	SOFL	12/02/10
30	Samantha	Heath	02:16.04	PC	SRVL	11/17/01
31	Kelly	Jones	02:16.05	OH	KEY	01/01/97
32	Denise	Merk	02:16.16	OR	UN	01/01/94
32	Julie	Stupp	02:16.16	OZ	RSCA	02/02/01
34	Sydney	Pickrem	02:16.18	FL	CAT	02/24/11
35	Romy	Landeck	02:16.28	GU	FCST	03/17/09
36	Genevieve	Bradford	02:16.29	CA	NOVA	02/05/09
37	Amy	Shaw	02:16.31	CA	MVN	01/01/86
37	Erin	Calder	02:16.31	CA	RMDA	01/01/98
39	Leah	Monroe	02:16.33	PC	TERA	05/24/98
40	Polly	Winde	02:16.35	MA	UN	01/01/79
40	Jamie	Marks	02:16.35	MA	SEA	03/20/03
42	Jenna	Street	02:16.36	SE	UN	01/01/97
43	Erica	Liu	02:16.42	PC	DACA	01/27/01
44	Shannon	Cullen	02:16.46	CA	RST	01/01/95
45	Tracy	Caulkins	02:16.47	SE	NAC	01/01/78
45	Courtney	Hoblick	02:16.47	CA	RMDA	01/01/92
47	Hailey	Degolia	02:16.53	PC	TERA	02/27/02
48	Megan	Jendrick	02:16.55	PN	PAC	11/08/97
49	Ashley	Roby	02:16.57	GA	DYNA	01/01/95
50	Jilen	Siroky	02:16.62	NC	MAC	01/01/96
51	Allie	Szekely	02:16.65	MA	CBST	03/10/11
52	KC	Moss	02:16.68	CT	WYW	04/06/09
53	Katy	Houston	02:16.70	PC	RENO	11/29/01
53	Alison	Lusk	02:16.70	SE	BAY	12/01/06
53	Addisynn	Bursch	02:16.70	IE	CAST	01/21/10
56	Caroline	Reeves	02:16.73	SE	NAC	12/01/06
57	Lindsey	Ertter	02:16.78	PV	TCSD	03/18/97
58	Emily	Escobedo	02:16.79	MR	COND	12/09/10
59	Jessamyn	Miller	02:16.92	CA	LCAB	01/01/94
60	Sydney	Pickrem	02:17.04	FL	CAT	02/17/11
61	Maija	Roses	02:17.06	NC	DUKE	12/09/10
62	Jeana	Fuccillo	02:17.08	OZ	RSCA	12/18/98
62	Melissa	Lang	02:17.08	NJ	SAC	12/16/05
64	Kristin	Macgregor	02:17.11	IL	CPD	01/01/94
65	Emily	Short	02:17.16	AZ	UN	01/01/90
65	Jenny	Parmenter	02:17.16	CA	CANY	01/01/96
65	Leeann	Chang	02:17.16	PV	RMSC	03/15/01
68	Spindrift	Beck	02:17.18	NT	DM	03/03/05
69	Jenna	Street	02:17.22	SE	UN	01/01/96
69	Samara	Gelb	02:17.22	MD	RAC	02/11/05
69	Rebecca	Rainer	02:17.22	VA	NOVA	03/18/08
72	Gretchen	Jaques	02:17.25	CA	BREA	02/01/08
73	Emma	Reaney	02:17.29	MV	LA	03/01/07
74	Riley	Scott	02:17.30	PC	MP	03/15/11
75	Lauren	Duerk	02:17.37	OH	UN	12/04/98
76	Erica	Dittmer	02:17.41	GU	PACK	03/09/06
77	Tricia	Rye	02:17.44	OH	CM	01/01/97
78	Kerri	McIlvain	02:17.48	MA	GAAC	03/15/01
79	Sarah	McCall	02:17.49	SE	PACK	03/15/01
79	Alexandra	Ellis	02:17.49	SI	BFST	02/27/03
79	Lexi	Piranian	02:17.49	IL	NAPV	03/17/06
79	Melissa	Bates	02:17.49	CA	SCAL	11/04/06
83	Jackie	Heeney	02:17.51	US	UN	01/01/79
84	Candice	Burgan	02:17.54	SE	PACK	12/03/04
85	Aubrie	Smallwood	02:17.60	CA	LLF	03/21/00
86	Kasey	Harris	02:17.64	PC	UN	01/01/93
86	Kelsey	Kafka	02:17.64	SI	NCA	01/15/10
88	Haley	Spencer	02:17.75	OZ	RSCA	02/24/06
88	Briana	Borgolini	02:17.75	AD	SCHE	12/14/06
90	Ashley	Wagner	02:17.77	OH	CM	01/01/95
90	Olivia	Chan	02:17.77	MR	LIE	03/12/09
92	Brittany	Sacco	02:17.79	NT	COPS	02/02/01
93	Mary Ellen	Blanchard	02:17.81	GA	DYNA	01/01/88
94	Ashley	Daly	02:17.82	GA	DYNA	03/04/99
94	Blair	Carnes	02:17.82	VA	NOVA	03/17/09
96	Allison	Wagner	02:17.86	FL	FAST	01/01/92
97	Kelly	Peloquin	02:17.87	MD	NBAC	01/17/03
98	Genevieve	Patterson	02:17.88	OR	THSC	03/15/01
99	Alison	Fealey	02:17.90	OH	CM	01/01/93
99	Katie	Olsen	02:17.90	AZ	SDA	03/07/07

100 Butterfly

1	Felicia	Lee	53.44	MD	NBAC	03/02/06
1	Kendyl	Stewart	53.44	SI	UN	05/20/09
3	Dana	Vollmer	53.53	NT	FAST	03/07/02
4	Elaine	Breeden	53.70	KY	WA	10/17/03
5	Grace	Cornelius	53.99	MR	NYAC	01/01/87
6	Whitney	Hedgepeth	54.00	ST	TXLA	01/01/85
7	Meaghan	Raab	54.03	MA	HAC	03/24/11
8	Amanda	Sims	54.09	PC	SRN	02/27/03
9	Haley	Lips	54.17	SC	YSSC	12/11/08
10	Samantha	Woodward	54.20	OK	CSC	03/03/05
11	Tara	Thomas	54.26	CA	NOVA	12/18/03
12	Misty	Hyman	54.36	AZ	PHX	01/01/94
13	Andrea	Axtell	54.38	ST	CCS	03/08/01
14	Chelsea	Britt	54.40	FG	UN	11/14/08
15	Kaylin	Bing	54.52	OR	UN	02/14/08
16	Janet	Hu	54.54	PV	CUBU	12/02/10
17	Sonia	Wang	54.56	CA	TCC	02/10/11
18	Nancy	Hogshead-Makar				
			54.57	US	UN	01/01/77
19	Ally	Howe	54.67	PC	PASA	04/08/10
20	Rachel	Bootsma	54.72	MN	AQJT	12/04/08
21	Katie	Kinnear	54.73	PN	UN	11/13/08
22	Maddie	Martin	54.85	OH	UN	02/24/10
23	Ella	Eastin	54.87	CA	NOVA	12/17/10
23	Madison	Wright	54.87	MI	KAW	03/18/11
25	Elizabeth	Pelton	54.88	MD	NBAC	02/28/08
26	Laura M	Davis	54.91	PC	TERA	12/18/98
27	Melanie	Kozlina	54.93	AM	SVSC	01/01/81
28	Mary	Meagher	54.95	US	UN	01/01/79
29	Marissa	Neel	54.98	PC	UN	05/14/09
30	Dorie	Green	54.99	US	UN	01/01/83
31	Mimi	Schneider	55.00	IL	ACAD	03/11/11
32	Clara	Ho	55.05	PC	MSJA	01/01/95
33	Jana	Krohn	55.07	CA	USC	01/01/97
34	Jasmine	Tosky	55.09	PC	PASA	12/18/08
35	Natalie	Beale	55.14	MD	NBAC	02/28/08
36	McCall	Dorr	55.20	SR	BY	01/01/96
37	Mary	Mohler	55.25	IL	ACAD	03/13/98
38	Karen	Turner	55.28	OR	LOSC	03/14/08
39	Olivia	Barker	55.31	CA	SAND	12/18/09
40	Chelsea	Ye	55.33	OK	CSC	03/05/09
41	Janel	Jorgensen	55.34	CT	UN	01/01/86
42	Courtney	Weaver	55.35	MI	FLY	12/09/10
43	Missy	Franklin	55.36	CO	STAR	03/05/10
43	Emily	Jiang	55.36	CA	UN	05/11/11
45	Rachel	Moore	55.37	NE	ANA	04/06/09
46	Anna	Demonte	55.38	MI	CW	03/17/09
46	Kara	Kopcso	55.38	LA	BLAS	03/11/10
48	Renee	Gamboa	55.40	WI	MFSC	01/01/92
49	Simone	Manuel	55.41	GU	FCST	03/15/11
50	Lia	Neal	55.45	MR	AGUA	03/28/08
51	Mary	Birdsell	55.46	CA	UN	01/01/79
52	Yeng Lan	Beller	55.47	PV	CUBU	03/06/03
52	Maggie	Gruber	55.47	AM	UN	03/17/10
54	Amanda	Weir	55.48	GA	SA	03/08/01
55	Julia	Sanders	55.50	OR	CRST	03/10/10
56	Hannah	Caron	55.51	NC	DUKE	03/02/06
57	Suzy	Anderson	55.52	US	UN	01/01/80
57	Connie	Brown	55.52	NE	MVP	11/21/99
59	Brooke	Bishop	55.54	PC	SCRA	05/11/01
60	Alex	Forrester	55.56	MR	BAD	03/09/06
61	LaDonnis	Loury	55.57	MW	UN	01/01/87
61	Jess	Guro	55.57	MA	ATAC	03/21/06
63	Katie	Hoff	55.58	MD	NBAC	11/07/03
64	Dagny	Knutson	55.60	ND	MSC	11/10/06
64	Emma	Goral	55.60	WI	LAKE	03/18/08
66	Rachel	Ridgeway	55.61	IL	LFSC	01/26/01
66	Lily	Moldenhauer	55.61	ST	AAAA	03/09/06
68	Linnea	Mack	55.62	PC	OAQ	04/02/09
69	Elsa	Welshofer	55.64	NC	MAC	03/10/11
70	Michelle	Griglione	55.65	PV	UN	01/01/84
70	Leticia	Lelli	55.65	AZ	UN	10/31/08
70	Megan	Kingsley	55.65	SC	MBR	03/15/11
73	Merrill	Wilson	55.69	FL	BSAC	02/18/10
73	Zoya	Wahlstrom	55.69	MN	FOXJ	03/18/10
75	Brittany	Usinger	55.71	PC	CROW	03/31/11
76	Katie	Nolan	55.73	MA	UN	03/17/06
77	Remedy	Rule	55.74	VA	SMAC	03/10/11
78	Stacy	Potter	55.76	GA	DYNA	01/01/88
79	Nikki	Larson	55.78	MN	UN	11/20/08
80	Molly	Freedman	55.80	PV	CUBU	01/01/96
81	Dana	Christ	55.82	MI	BBA	04/07/03
81	Darcy	Fishback	55.82	OH	UN	02/17/06
81	Caroline	Buscaglia	55.82	VA	QSTS	03/16/10
81	Isabel	Reis	55.82	NE	EST	03/03/11
85	Kim	Killman	55.83	PC	UN	01/01/84
85	Courtney	Kalisz	55.83	MD	NBAC	03/17/05
87	Lauren	Stinnett	55.84	PV	UN	01/01/95
87	Jordan	King	55.84	OR	UN	02/18/05
89	Lauren	Harrington	55.85	SE	MTS	12/01/06
89	Olivia	Scott	55.85	IL	ACAD	03/20/07
91	Kelsey	Ochsner	55.86	WY	GST	11/12/10
92	Morgan	Karetnick	55.88	MR	BGNW	02/19/09
93	Annie	Mantey	55.89	MR	MSC	03/16/99
94	Danielle	Strader	55.90	WI	MAC	01/01/89
94	Lindsey	Engel	55.90	CA	NOVA	03/03/11
96	Michelle	Antone	55.91	LA	UN	01/01/82
96	Kathy	Isackson	55.91	FL	SPA	01/01/83
98	Kaitlin	Kitchens	55.92	GA	DYNA	03/18/11
99	Lisa	Buese	55.93	KY	UN	01/01/78
99	Jennifer	Rapp	55.93	PV	UN	01/01/78

200 Butterfly

1	Mary	Meagher	01:56.58	US	UN	01/01/79
2	Felicia	Lee	01:56.77	MD	NBAC	03/01/07
3	Katie	Hoff	01:57.25	MD	NBAC	03/18/04
4	Alice	Browne	01:57.83	US	UN	01/01/77
5	Courtney	Kalisz	01:58.12	MD	NBAC	03/17/05
6	Nancy	Hogshead-Makar				
			01:58.22	US	UN	01/01/77
7	Sonia	Wang	01:58.91	CA	TCC	02/10/11
8	Tracy	Caulkins	01:59.01	US	UN	01/01/78
9	Kalyn	Keller	01:59.08	MI	CW	01/01/99
10	Madison	Wright	01:59.19	MI	KAW	12/17/10
11	Remedy	Rule	01:59.26	VA	SMAC	04/05/11
12	Merrill	Wilson	01:59.57	FL	BSAC	12/10/09
13	Whitney	Phelps	01:59.63	US	UN	01/01/95
14	Molly	Freedman	01:59.66	NC	NCAC	01/01/96
14	Amanda	Sims	01:59.66	PC	SRN	02/27/03
16	Dana	Vollmer	01:59.78	NT	FAST	03/07/02
16	Janet	Hu	01:59.78	PV	CUBU	12/02/10
18	Chelsea	Britt	01:59.91	FG	FLA	12/11/08
19	Mary	Petry	01:59.93	US	UN	01/01/88
20	Megan	Kingsley	01:59.94	SC	MBR	03/15/11
21	Jasmine	Tosky	01:59.96	PC	PASA	02/25/09
22	Whitney	Hedgepeth	02:00.03	ST	TXLA	01/01/85
22	Cammile	Adams	02:00.03	GU	CFSC	03/02/06
24	Andrea	Axtell	02:00.05	ST	CCS	03/08/01
25	Yeng Lan	Beller	02:00.07	PV	CUBU	04/07/03
26	Lizzy	Shaw	02:00.22	OR	VSC	01/01/03
26	Elizabeth	Shaw	02:00.22	VA	NOVA	04/07/03
28	Haley	Lips	02:00.24	SC	YSSC	12/11/08
29	Emily	Slabe	02:00.69	OH	CY	04/05/11
30	Meaghan	Raab	02:00.73	MA	HAC	03/24/11
31	Jordan	King	02:00.82	OR	THSC	03/09/05
32	Elaine	Breeden	02:00.88	KY	WA	12/13/02
32	Taylor	Pehrson	02:00.88	MN	SDVL	01/08/10
34	Stephanie	Elkins	02:00.89	US	UN	01/01/78
34	Courtney	Weaver	02:00.89	MI	FLY	12/02/10
36	Erika	Hansen	02:00.96	US	UN	01/01/84
37	Talor	Wales	02:01.00	CA	TYR	01/01/90
38	Lauren	Lubus	02:01.05	OZ	RSCA	03/24/98
38	Olivia	Barker	02:01.05	CA	SAND	12/18/09
40	McCall	Dorr	02:01.08	SR	BY	01/01/96
41	Connie	Brown	02:01.09	NE	MVP	03/16/99
42	Camryne	Morris	02:01.10	MD	NBAC	12/12/08
43	Hannah	Caron	02:01.12	NC	DUKE	03/16/06
44	Rachel	Moore	02:01.25	NE	ANA	04/06/09
45	Maya	Dirado	02:01.27	PC	SRN	02/28/07
46	Samantha	Woodward	02:01.28	OK	CSC	11/18/05
47	Jeana	Fuccillo	02:01.33	OZ	RSCA	03/16/99
48	Stephanie	Cota	02:01.34	SN	SMST	03/26/02
49	Grace	Cornelius	02:01.35	MA	SSC	01/01/87
50	Marissa	Neel	02:01.37	PC	TERA	05/17/09
51	Jennifer	Rapp	02:01.38	PV	UN	01/01/78
52	Charlotte	Pierce	02:01.39	AR	FSTR	01/01/96
52	Karissa	Kruszewski	02:01.39	CA	AZOT	03/22/05
54	Vanessa	Duenas	02:01.40			03/21/00
55	Jamie	Martinez	02:01.41	PC	DACA	01/30/03
56	Chelsea	Franklin	02:01.43	FL	GCST	03/10/05
57	Misty	Hyman	02:01.49	AZ	AFOX	01/01/94
58	Stephanie	Hooper	02:01.50	CA	UN	01/01/77
59	Becca	Mann	02:01.52	FL	CAT	04/06/11
60	Laura M	Davis	02:01.57	PC	TERA	12/18/98
61	Mirjana	Bosevska	02:01.58	FL	YTAT	01/01/96
61	Margaret	Hoelzer	02:01.58	SE	SCS	01/01/97
63	Katie	Kinnear	02:01.59	PN	IST	03/11/09
64	Ashley	Knapik	02:01.62	MD	NBAC	03/07/03
64	Bailey	Nero	02:01.62	CO	FAST	03/09/11
66	Alex	Forrester	02:01.63	MR	BAD	03/09/06
67	Sippy	Woodhead	02:01.64	CA	UN	01/01/78
67	Lauren	Stinnett	02:01.64	PV	UN	01/01/95
69	Willa	Wang	02:01.65	MD	NBAC	12/12/08
70	Shanna	Demichelle	02:01.70	PC	TERA	04/03/97
71	Natalie	Coughlin	02:01.75	PC	TERA	04/03/97
72	Nuffy	Swanson	02:01.77	GU	CATS	12/03/04
73	Emily	Parillo	02:01.78	NE	GMSC	12/17/09
74	Caitlin	Leverenz	02:01.81	AZ	EDAC	12/01/05
75	Leslie	Marmorale	02:01.83	MR	UN	01/01/83
76	Hilvy	Cheung	02:01.88	PC	MSJA	03/16/10
77	Ella	Eastin	02:01.90	CA	NOVA	01/14/11
78	Noelle	Tarazona	02:01.95	CA	TCC	01/18/08
79	Andie	Taylor	02:02.05	PN	IST	12/01/05
80	Jennifer	Martin	02:02.07	FG	MBAY	01/01/87
80	Melinda	Rehm	02:02.07	MD	NBAC	01/01/95
80	Isla	Hutchinson-Maddox				
			02:02.07	MR	AGUA	12/03/09
83	Caroline	Mitchell	02:02.10	NC	MOR	03/12/09
84	Stephanie	Tucker	02:02.21	KY	LAK	01/01/96
85	Jamie	Johnson	02:02.22	FL	FAST	01/01/92
86	Kristen	Hastrup	02:02.24	CC	CLOV	03/10/00
87	Nina	Rossi	02:02.26	NJ	WW	03/21/03
88	Rachel	Ridgeway	02:02.27	IL	LFSC	01/26/01
88	Megan	Brown	02:02.27	NE	GMSC	03/03/11
90	Bridget	Bowman	02:02.29	IL	JETS	01/01/85
91	Emma	Nunn	02:02.34	VA	NOVA	03/18/08
92	Simone	Morowitz	02:02.36	OZ	SCSC	01/01/84
93	Melody	Barker	02:02.39	US	UN	01/01/79
93	Michelle	Antone	02:02.39	PC	UN	01/01/82
95	Natalie	Cohee	02:02.40	ST	TXLA	03/05/98
96	Paige	Halley	02:02.41	OH	DR	01/01/81
97	Trina	Radke	02:02.43	MA	GAAC	01/01/85
98	Victoria	Vogt	02:02.51	FG	PCSC	01/01/86
99	Jenni	Domanowski	02:02.53	PN	MMSC	03/27/09
99	Emma	Spilman	02:02.53	FL	WFLA	02/17/11

200 Individual Medley

1	Missy	Franklin	01:57.70	CO	STAR	03/10/10
2	Katie	Hoff	01:57.76	MD	NBAC	03/18/04
3	Ellen	Bloom	01:59.63	MN	EDI	03/16/10
4	Elizabeth	Pelton	01:59.82	MD	NBAC	02/28/08
5	Natalie	Coughlin	01:59.83	PC	TERA	05/23/97
6	Mary	Beck	01:59.92	ST	TXLA	03/09/06
7	Tracy	Caulkins	02:00.27	US	UN	01/01/78
8	Ella	Eastin	02:00.41	CA	NOVA	03/03/11
9	Meaghan	Raab	02:00.44	MA	HAC	03/24/11
10	Lindsey	McKnight	02:00.65	FG	CSSC	12/04/08
11	Jenny	Forster	02:00.79	OH	WTRC	12/13/02
12	Emily	Mastin	02:00.93	AZ	FORD	01/01/95
13	Erika	Frykberg	02:01.04	IA	CIA	01/01/93
14	Ariana	Kukors	02:01.05	PN	KING	03/19/04
15	Grace	Carlson	02:01.21	OR	LOSC	03/19/10
16	Laura M	Davis	02:01.23	PC	TERA	12/18/98
17	Shelly	Ripple Johnston				
			02:01.26	LA	CRAW	01/01/95
18	Maya	Dirado	02:01.35	PC	SRN	11/29/07
19	Felicia	Lee	02:01.51	MD	NBAC	12/15/06
20	Elizabeth	Beisel	02:01.53	NE	ABF	03/08/07
21	Jenny	Parmenter	02:01.62	PV	UN	01/01/96
22	Annie	Zhu	02:01.64	MR	LGAC	11/10/07
23	Sarah	Hoop	02:01.67	SE	MSA	02/21/09
24	Jasmine	Tosky	02:01.92	PC	PASA	02/25/09
25	Andrea	Kropp	02:02.09	CA	PASA	05/06/08
26	Ally	Howe	02:02.12	PC	PASA	12/02/10
27	Julie	Smith	02:02.31	NC	RSA	03/22/04
27	Hannah	Lips	02:02.31	SC	YSSC	04/05/11
29	Carly	Geehr	02:02.35	CA	ROSE	05/14/99
30	Courtney	Kalisz	02:02.38	MD	NBAC	12/17/04
31	Kristine	Julian	02:02.44	CA	ROSE	01/01/90
32	Stephanie	Rosenthal	02:02.46	US	UN	01/01/88
33	Karen	Turner	02:02.49	OR	LOSC	03/14/08
34	Emma	Reaney	02:02.54	MV	LA	03/01/07
35	Allison	Wagner	02:02.55	FL	FAST	01/01/92
36	Molly	Houlton	02:02.57	AZ	FORD	04/07/03
37	Kasey	Harris	02:02.60	PC	TERA	01/01/94
38	Sonia	Wang	02:02.71	CA	TCC	12/17/10
39	Jessica	Schmitt	02:02.79	SI	NCA	01/13/06
40	Caroline	Bruce	02:02.80	MV	WSC	01/13/01
41	Chelsea	Hastings	02:02.82	FL	BSS	11/19/98
42	Michelle	Griglione	02:02.86	PV	UN	01/01/84
43	Jodi	Navta	02:02.99	NJ	PAA	01/01/90
44	Emily	Cameron	02:03.03	MA	LAC	03/17/09
45	Stephanie	Tucker	02:03.05	KY	LAK	01/01/97
46	Chelsea	Chenault	02:03.18	PC	TERA	04/02/09
47	Katy	Houston	02:03.21	PC	RENO	03/15/02
48	Caitlin	Leverenz	02:03.22	AZ	EDAC	02/17/06
49	Anna	Demonte	02:03.23	MI	UN	11/21/08
50	Dagny	Knutson	02:03.24	ND	MSC	11/10/06
50	Kaylin	Burchell	02:03.24	KY	UN	02/08/08
52	Janet	Hu	02:03.29	PV	CUBU	12/02/10
53	Maija	Roses	02:03.31	NC	DUKE	12/09/10
54	Lacey	Boutwell	02:03.32	IN	CIA	03/06/98
55	Mary Ellen	Blanchard	02:03.33	GA	DYNA	01/01/88
56	Natalie	Cohee	02:03.36	ST	TXLA	02/27/98
56	Kelly	Nelson	02:03.36	MA	SSC	03/08/02
58	Alisa	Hornbuckle	02:03.39	FL	UN	01/01/92
58	Bonnie	Brandon	02:03.39	CO	MACS	12/11/08
60	Kristen	Caverly	02:03.40	CA	AZOT	01/01/99
61	Carmen	Retrum	02:03.42	IN	DON	01/01/00
62	Sydney	Pickrem	02:03.44	FL	CAT	02/24/11
63	Julia	Smit	02:03.47	MR	TVSC	11/22/02
63	Carley	Beaudreau	02:03.47	CO	FAST	03/12/03
65	Hannah	Caron	02:03.48	NC	DUKE	03/02/06
66	Jennifer	Vanker	02:03.49	MI	BBA	01/01/93
67	Gabrielle	Rose	02:03.54	SE	UN	01/01/92
68	Courtney	Weaver	02:03.55	MI	FLY	04/07/10
69	Elaine	Schwartz	02:03.56	NJ	PAA	01/01/96
69	Jessica	Rodriquez	02:03.56	CO	UN	02/11/05
69	Tori	Simenec	02:03.56	OR	BRSC	03/20/07
72	Celina	Li	02:03.57	PC	UN	12/03/09
73	Chelsea	Britt	02:03.58	FG	FLA	12/11/08
74	Elaine	Breeden	02:03.60	KY	WA	03/13/03
75	Kaitlyn	Jones	02:03.64	MA	UN	02/25/09
76	Christine	Olson	02:03.67	AZ	UN	11/04/05
77	Lori	Armbruster	02:03.71	OH	CM	01/01/79
78	Monica	Nielebeck	02:03.72	PC	UN	01/01/82
79	Addisynn	Bursch	02:03.73	IE	CAST	01/21/10
80	Melanie	Margalis	02:03.74	FL	UN	10/06/06
81	Emile	Ewing	02:03.75	KY	PAC	01/12/02
81	Andie	Taylor	02:03.75	PN	IST	01/19/06
83	Tami	Ransom	02:03.76	OH	CM	01/01/97
84	Katie	Riefenstahl	02:03.80	MA	DSC	12/12/03
85	Megan	Kingsley	02:03.82	SC	MBR	03/16/10
86	Nancy	Hogshead-Makar				
			02:03.85	FL	FAST	01/01/77
87	Artemis	Daphnis	02:03.88			02/05/98
88	Alison	Fealey	02:03.90	OH	CM	01/01/93
89	Shannon	Cullen	02:03.91	CA	RST	01/01/95
90	Natilee	Ruiz	02:03.92	IE	TCCC	12/11/08
91	Mandy	Larence	02:03.96	SE	NAC	03/18/97
92	Kirsten	Smith	02:03.97	NC	MOR	12/10/04
93	Sami	Stelpflug	02:03.98	MI	UN	11/19/10
94	Erin	Mulshenock	02:04.01			03/12/98
94	Rachel	Zilinskas	02:04.01	AM	FCKW	03/12/09
96	Emilee	Jennings	02:04.02	PN	KING	03/19/04
97	Jeana	Fuccillo	02:04.03	OZ	RSCA	03/04/99
98	Tori	Richmond	02:04.04	FG	MCA	03/22/05
99	Alisa	Schuknecht	02:04.06	OR	BEND	12/04/97
100	Hillary	Krug	02:04.09	FG	PCSC	01/01/90

400 Individual Medley

1	Katie	Hoff	04:08.44	MD	NBAC	03/18/04
2	Ella	Eastin	04:11.61	CA	NOVA	03/03/11
3	Jessica	Schmitt	04:12.31	SI	NCA	01/13/06
4	Molly	Houlton	04:12.43	AZ	FORD	04/07/03
5	Missy	Franklin	04:12.83	CO	STAR	03/11/09
6	Mary	Beck	04:13.22	ST	TXLA	03/09/06
7	Annie	Zhu	04:13.28	MR	UN	11/08/08
8	Natalie	Coughlin	04:14.08	PC	CAL	01/01/97
9	Maya	Dirado	04:14.47	PC	SRN	11/29/07
10	Ariana	Kukors	04:14.94	PN	KING	01/29/04
11	Jenny	Parmenter	04:15.22	PV	UN	01/01/96
12	Felicia	Lee	04:16.04	MD	NBAC	12/15/06
13	Allison	Wagner	04:16.07	PC	CAL	01/01/92
14	Caitlin	Leverenz	04:16.19	AZ	EDAC	02/17/06
15	Meaghan	Raab	04:16.55	MA	HAC	03/24/11
16	Shelly	Ripple Johnston				
			04:16.58	LA	CRAW	01/01/95
17	Courtney	Kalisz	04:16.71	MD	NBAC	12/17/04
18	Tracy	Caulkins	04:16.76	US	UN	01/01/78
19	Anna	Demonte	04:16.83	MI	CW	03/17/09
20	Jenny	Forster	04:16.94	OH	WTRC	03/14/03
21	Rachel	Zilinskas	04:17.07	AM	FCKW	12/12/08
22	Elizabeth	Beisel	04:17.30	NE	ABF	03/08/07
23	Willa	Wang	04:17.32	MD	NBAC	12/11/09
24	Chelsea	Chenault	04:17.40	PC	TERA	04/02/09
25	Lauren	Silva	04:17.47	PV	CUBU	01/01/94
26	Kristine	Julian	04:17.57	CA	ROSE	01/01/90
27	Jasmine	Tosky	04:17.70	PC	PASA	02/25/09
28	Jessica	Foschi	04:17.82	MR	NYAC	01/01/95
29	Andie	Taylor	04:18.18	PN	IST	03/08/06
30	Kirsten	Smith	04:18.19	NC	MOR	12/10/04
31	Kaitlyn	Jones	04:18.32	MA	DST	03/20/09
32	Becca	Mann	04:18.52	FL	UN	02/24/11
33	Kalyn	Keller	04:18.72	AZ	UN	01/01/99
34	Laura M	Davis	04:19.02	PC	TERA	12/18/98
35	Emma	Reaney	04:19.13	MV	LA	03/20/07
35	Sydney	Pickrem	04:19.13	FL	CAT	02/24/11
37	Janet	Hu	04:19.24	PV	CUBU	12/03/09
38	Madeline	Hoch	04:19.30	MA	WSY	04/07/10
39	Sarah	Tucker	04:19.35	KY	LAK	01/01/97
40	Artemis	Daphnis	04:19.44			02/05/98
41	Shannon	Cullen	04:19.51	CA	RST	01/01/95
42	Michelle	Griggs	04:19.53	PV	UN	01/01/84
42	Danielle	Valley	04:19.53	FL	SYS	04/07/10
44	Carly	Geehr	04:19.66	CA	ROSE	01/01/98
45	Rebecca	Rainer	04:19.67	VA	NOVA	03/18/08
46	Sonia	Wang	04:19.71	CA	TCC	12/17/10
47	Kate	Dwelley	04:19.83	PC	TERA	02/27/03
48	Whitney	Hedgepeth	04:19.88	VA	VACS	01/01/85
49	Lauren	Piper	04:20.05	FL	SYS	02/22/07
50	Meredith	Green	04:20.39	NC	NCAC	03/18/97
51	Hannah	Caron	04:20.54	NC	DUKE	03/02/06
52	Emily	Cameron	04:20.58	MA	LAC	03/26/09
53	Yeng Lan	Beller	04:20.67	PV	CUBU	02/27/03
54	Megan	Kingsley	04:20.78	SC	MBR	03/16/10
55	Bridget	Bowman	04:20.81	IL	JETS	01/01/85
56	Courtney	Weaver	04:20.83	MI	FLY	12/09/10
57	Amy	Modglin	04:20.93	FL	SWIM	03/10/05
58	Elaine	Schwartz	04:20.98	NJ	PAA	01/01/96
59	Cammile	Adams	04:20.99	GU	UN	12/02/05
60	Kristen	Caverly	04:21.02	CA	NOVA	02/25/99
61	Kathleen	Hersey	04:21.12	GA	SA	12/10/04
62	Andrea	Lehner	04:21.15	NI	STAR	03/13/03
63	Celina	Li	04:21.19	PC	PLS	12/18/09
64	Amy	Ballidis	04:21.34	CA	MVN	01/01/83
65	Julia	Smit	04:21.35	MR	TVSC	12/13/02
65	Caroline	McElhany	04:21.35	GU	AQUA	12/08/06
67	Jeana	Fuccillo	04:21.37	OZ	RSCA	12/10/99
68	Janet	Evans	04:21.38	CA	TROJ	01/01/86
69	Kim	Williams	04:21.52	PN	IST	03/09/11
70	Teresa	Crippen	04:21.63	MA	GAAC	03/10/05
71	Kathleen	Ledecky	04:21.69	PV	CUBU	12/09/10
72	Candice	Burgan	04:21.75	SE	PACK	03/04/04
73	Summer	Halwas-Morgan				
			04:21.77	IE	SAS	04/02/02
74	Nancy	Hogshead-Makar				
			04:21.80	FL	FAST	01/01/77
74	Stephanie	O'Toole	04:21.80	AM	FCKW	03/26/09
76	Adrienne	Binder	04:21.89	CA	SBSC	03/09/00
77	Caroline	Bruce	04:21.95	MV	WSC	03/01/01
78	Katie	Gordon	04:22.00	FL	UN	12/05/97
79	Kirstie	Chen	04:22.06	CA	RMDA	02/22/07
80	Polly	Winde	04:22.11	MA	UN	01/01/79
80	Natalie	Cohee	04:22.11	ST	TXLA	03/05/98
80	Noelle	Tarazona	04:22.11	CA	TCC	11/10/07
83	Elizabeth	Pelton	04:22.13	MD	NBAC	11/07/08
84	Keegan	Walkley	04:22.14	GA	SA	01/01/94
84	Nicole	Vernon	04:22.14	MA	DST	12/06/07
86	Molly	Freedman	04:22.17	PV	CUBU	01/01/96
87	Corinne	Showalter	04:22.21	FL	SYS	03/10/05
87	Haley	Rowley	04:22.21	CO	BLDR	12/09/10
89	Julia	Kucherich	04:22.24	MD	NBAC	12/15/06
90	Trina	Jackson	04:22.30	FL	BSS	01/01/92
91	Kirsten	Groome	04:22.34	SE	UN	03/03/05
91	Maggie	D'Innocenzo	04:22.34	NE	MAG	12/10/09
93	Susanne	Breeback	04:22.39	MD	NBAC	01/01/92
94	Erica	Rose	04:22.44	LE	LESD	01/01/97
94	Andi	Staub	04:22.44	MD	NBAC	12/15/06
94	Leah	Stevens	04:22.44	KY	LAK	01/15/11
97	Julie Ann	Galloway	04:22.48	GU	CFSC	03/02/01
98	Jaime	Lewis	04:22.49	GU	TWST	01/01/97
99	Abby	Miller	04:22.54	CA	RMDA	01/18/02
99	Amber	McDermott	04:22.54	PN	SBAY	12/14/07

15-16 GIRLS SCY ALL TIME TOP 100

50 Freestyle

1	Kristen	Vredeveld	22.17	SE	UN	03/15/11
2	Maddy	Schaefer	22.24	PC	UN	05/21/10
3	Missy	Franklin	22.25	CO	STAR	12/02/10
4	Amanda	Weir	22.39	GA	SA	03/06/03
5	Margo	Geer	22.40	OH	UN	02/20/09
6	Faith	Johnson	22.44	NC	STAR	03/18/11
7	Cortnee	Adams	22.46	WI	SSTY	04/08/97
8	Caroline	Wills	22.50			02/28/02
8	Samantha	Woodward	22.50	OK	CSC	11/29/07
10	Stephanie	Napier	22.52	SE	UN	02/25/05
11	Lia	Neal	22.56	MR	AGUA	11/12/10
12	Dara	Torres	22.60	FG	CSSC	01/01/83
13	Christina	Swindle	22.62	FG	MS	11/18/00
13	Emily	Bos	22.62	MI	UN	11/21/08
15	Jenny	Thompson	22.66	MR	NYAC	01/01/89
16	Dana	Vollmer	22.67	NT	FAST	12/18/03
17	Olivia	Smoliga	22.69	IL	GTAC	12/02/10
18	Emily	Lloyd	22.70	MD	SPY	04/06/09
19	Kara Lynn	Joyce	22.73	NI	UN	10/16/01
19	Hannah	Bowen	22.73	MN	UN	11/20/08
21	Lindsey	McKnight	22.74	FG	CSSC	12/10/09
22	Brooke	Bishop	22.75	PC	SCRA	04/07/03
22	Sarah	Bateman	22.75	FL	PA	10/21/06
24	Tara	Thomas	22.77	CA	NOVA	12/15/05
25	Jasmine	Tosky	22.78	PC	PASA	05/17/09
25	Taylor	Schick	22.78	GA	SA	03/03/11
27	Michele	King	22.80	MD	UN	03/18/05
27	Gretchen	Jaques	22.80	CA	UN	05/15/09
29	Emily	Cameron	22.83	MA	LAC	03/24/11
30	Anne-marie	Botek	22.84	MD	EST	12/10/04
30	Betsy	Webb	22.84	IL	NTSC	11/17/06
32	Kaylin	Bing	22.85	OR	RYST	12/03/09
33	Chelsea	Bailey	22.87	PN	KING	03/11/09
34	Richelle	Fox	22.88	US	UN	01/01/90
35	Gracie	Finnegan	22.89	OH	UN	02/21/09
35	Kathryn	Murphy	22.89	PC	UN	05/14/09
37	Katie	Hoff	22.91	MD	NBAC	03/02/06
38	Julie	Cooper	22.92	US	UN	01/01/87
38	Kelsi	Hall	22.92	IN	YSC	02/09/07
38	Madeline	Locus	22.92	GU	FCST	03/16/10
41	Meghan	Peart	22.93	MA	GAAC	02/25/00
41	Lauren	Perdue	22.93	NC	GSC	03/25/07
43	Aimee	Schmitt	22.94	US	UN	01/01/84
43	Emily	Dominski	22.94	IL	NTSC	12/16/04
45	Kelly	Bennett	22.98	WY	GST	10/29/98
45	Rachael	Acker	22.98	PC	PASA	12/09/10
47	Nicole	Haislett	22.99	US	UN	01/01/90
47	Lauren	Harrington	22.99	SE	MTS	11/29/07
47	Kaitlin	Frehling	22.99	FL	SPA	12/04/08
47	Megan	Lydzinski	22.99	NJ	XCEL	03/20/09
51	Lisa	Boyce	23.00	IL	UN	12/03/10
52	Rhi	Jeffrey	23.01	FG	AQUA	11/16/01
52	Liv	Jensen	23.01	PC	PASA	02/28/07
52	Arden	Pitman	23.01	SE	BAY	12/11/08
55	Sarah	Sargent	23.02	SE	XCEL	12/05/03
56	Ashley	Chandler	23.03	GA	SA	01/01/96
56	Cait	Connealy	23.03	AZ	AFOX	11/02/01
56	Kasey	Carlson	23.03	PC	TERA	11/29/07
59	Lacey	Nymeyer	23.04	AZ	FORD	11/02/01
60	Emma	Darlington	23.05	AZ	UN	11/04/05
60	Megan	Romano	23.05	FL	SPA	11/29/07
60	Haley	Krakoski	23.05	AZ	PHX	03/22/09
63	Jenna	Johnson	23.07	US	UN	01/01/84
63	Rachel	Bootsma	23.07	MN	AQJT	12/03/09
63	Ally	Howe	23.07	PC	PASA	03/03/11
66	Allison	Bock	23.08	CA	USC	01/01/89
66	Andrea	Georoff	23.08	GA	ABSC	01/01/99
66	Lacey	Boutwell	23.08	IN	CIA	03/05/00
66	Kimberly	Vandenberg	23.08	PC	OAPB	08/02/00
66	Elizabeth	Kemp	23.08	PV	CUBU	12/09/04
66	Cynthia	Fascella	23.08	CA	GWSC	05/06/08
72	Carolyn	Fittin	23.09	NJ	PAA	03/15/09
73	Erin	Reisinger	23.10	GA	UN	02/12/09
74	Jennifer	Vanker	23.11	US	UN	01/01/97
74	Marijah	Hollingshed	23.11	CA	HDA	11/17/01
74	Emilee	Jennings	23.11	PN	KING	12/02/04
74	Christopher	Dellinger	23.11	WY	SCST	03/25/06
74	Natasha	Moodie	23.11	FG	CST	03/15/07
74	Kathryn	Eckhart	23.11	GU	UN	02/27/09
74	Deborah	Roth	23.11	PC	NBA	03/17/09
74	Tiffany	Oliver	23.11	FG	CST	03/26/09
74	Julia	Ama	23.11	PC	UN	05/20/11
83	Cassidy	Maxwell	23.12	SE	AU	01/01/98
84	Jessica	Lewis	23.13	MA	PAAC	03/14/03
84	Katherine	Raatz	23.13	AZ	UN	10/28/05
84	Genevieve	Konicke	23.13	NT	UN	02/01/07
84	Skylar	Smith	23.13	GU	AQUA	12/11/08
88	Katie	Robinson	23.14	IN	UN	03/15/01
88	Bethany	Adams	23.14	MD	GTAC	12/07/07
90	Lonna	Stacey	23.15	CA	UN	01/01/92
90	Kelsey	Morrissy	23.15			03/08/02
90	Lindsey	Kelly	23.15	IL	PAC	11/21/03
90	Shara	Stafford	23.15	MV	TSA	12/15/05
94	Neka	Mabry	23.16	AR	LRAC	12/18/98
94	Abigail	Speers	23.16	PV	MACH	03/15/11
96	Amber	Green	23.18	OZ	SALU	11/17/06
97	Ann	Worthington	23.19	US	UN	01/01/83
97	Grace	Cornelius	23.19	MA	SSC	01/01/89
97	Jillian	Siefers	23.19	LE	UN	01/01/96
97	Shannon	Rauth	23.19	MA	UMLY	04/05/11

100 Freestyle

1	Dagny	Knutson	47.80	ND	MSC	12/04/08
2	Lia	Neal	48.13	MR	AGUA	12/02/10
3	Kristen	Vredeveld	48.32	SE	UN	03/15/11
4	Missy	Franklin	48.38	CO	STAR	12/02/10
5	Amanda	Weir	48.52	GA	SA	03/06/03
6	Katie	Hoff	48.55	MD	NBAC	03/02/06
7	Maddy	Schaefer	48.61	PC	UN	05/21/10
8	Rhi	Jeffrey	48.73	FG	AQUA	11/23/02
9	Jasmine	Tosky	48.98	PC	UN	05/15/09
10	Margo	Geer	48.99	OH	UN	02/20/09
11	Emily	Lloyd	49.02	MD	SPY	04/06/09
12	Tracy	Caulkins	49.03	US	UN	01/01/79
13	Dana	Vollmer	49.07	NT	FAST	12/18/03
14	Lindsey	McKnight	49.11	FG	CSSC	03/26/09
15	Faith	Johnson	49.13	NC	STAR	03/04/11
16	Tara	Thomas	49.31	CA	NOVA	03/02/06
17	Christina	Swindle	49.33	FG	MS	11/18/00
18	Nicole	Haislett	49.34	US	UN	01/01/90
19	Sarah	Denninghoff	49.38	AZ	FORD	03/05/09
20	Kimberly	Vandenberg	49.41	PC	OAPB	05/19/00
21	Leah	Tourtellotte	49.42	CA	CSSC	12/13/01
22	Courtney	Cashion	49.45	AZ	FORD	01/01/02
22	Emily	Cameron	49.45	MA	UN	03/16/11
24	Caroline	Wills	49.46			02/28/02
25	Mary	Beck	49.49	ST	TXLA	01/19/08
26	Traycie	Swartz	49.50	AZ	UN	11/02/07
27	Michele	King	49.54	MD	UN	03/18/05
27	Chelsea	Bailey	49.54	PN	KING	03/11/09
29	Laura	Bensh	49.58	US	UN	01/01/87
29	Emily	Bos	49.58	MI	WMS	12/04/08
31	Haley	Krakoski	49.64	AZ	UN	11/07/08
32	Jenny	Thompson	49.67	MR	NYAC	01/01/89
32	Gracie	Finnegan	49.67	OH	UN	02/21/09
34	Taylor	Schick	49.68	GA	SA	03/03/11
35	Cait	Connealy	49.69	AZ	AFOX	03/26/02
36	Samantha	Woodward	49.70	OK	CSC	11/29/07
37	Heather	Strang	49.72	US	UN	01/01/82
37	Emily	Mastin	49.72	AZ	FORD	01/01/96
37	Elizabeth	Pelton	49.72	MD	NBAC	12/14/08
40	Carrie	Steinseifer	49.76	US	UN	01/01/84
40	Megan	Romano	49.76	FL	UN	10/07/06
42	Kendyl	Stewart	49.77	SI	UN	05/18/11
43	Hannah	Bowen	49.78	MN	UN	11/20/08
43	Madeline	Locus	49.78	GU	FCST	03/16/10
45	Brooke	Bishop	49.80	PC	SCRA	04/07/03
46	Gretchen	Jaques	49.81	CA	UN	05/15/09
47	Karlee	Bispo	49.84	PC	PA	05/11/06
48	Bethany	Adams	49.85	MD	GTAC	02/09/08
48	Lauren	Perdue	49.85	NC	GSC	02/29/08
50	Dara	Torres	49.86	FG	CSSC	01/01/84
50	Jenny	Deist	49.86	OZ	EDWY	03/06/10
52	Codie	Hansen	49.88	NT	DM	02/22/02
53	Lacey	Boutwell	49.89	IN	CIA	08/02/00
53	Kasey	Carlson	49.89	PC	UN	05/22/08
55	Kelly	McNichols	49.90	IL	MAVS	11/19/04
56	Aja	Van Hout	49.94	WI	UN	11/14/09
57	Elizabeth	Kemp	49.95	PV	CUBU	12/09/04
57	Olivia	Scott	49.95	IL	ACAD	02/13/09
59	Indira	Allick	49.98	CA	TROJ	01/01/90
59	Carolyn	Fittin	49.98	NJ	PAA	03/12/09
61	Maya	Dirado	49.99	PC	UN	05/14/09
61	Kaylin	Bing	49.99	OR	RYST	03/10/10
63	Lisa	Dorman	50.00	PC	TVA	01/01/85
64	Paige	Northcutt	50.01	US	UN	01/01/83
65	Cindy	Tran	50.03	CA	WCS	12/11/08
66	Beth	D'Arcy	50.06	US	UN	01/01/81
67	Samantha	Tucker	50.07	ST	TXLA	02/17/07
68	Maritza	Correia	50.08	NC	NCST	01/01/99
69	Kaitlin	Frehling	50.09	FL	SPA	03/20/09
70	Grace	Cornelius	50.10	MR	NYAC	01/01/89
70	Emily	Andelson	50.10	CA	PSP	02/01/08
72	Morgan	Scroggy	50.11	OR	THSC	03/09/05
72	Janet	Hu	50.11	PV	UN	03/17/11
74	Jordan	Wallace	50.12	AM	TPIT	12/15/00
74	Kathryn	Murphy	50.12	PC	UN	05/14/09
74	Kelly	Naze	50.12	CO	STAR	03/10/10
77	Julia	Anderson	50.13	NT	FAST	03/03/11
78	Jennifer	Vanker	50.14	AZ	FORD	01/01/97
78	Tori	Simenec	50.14	OR	BRSC	03/11/09
78	Lisa	Boyce	50.14	IL	UN	12/03/10
78	Rachael	Acker	50.14	PC	PASA	12/09/10
82	Christel	Simms	50.15	HI	HSC	02/23/07
82	Caroline	Kenney	50.15	GA	UN	02/12/09
84	Rachel	Bootsma	50.16	MN	AQJT	03/17/09
84	Lauren	Driscoll	50.16	FG	FLA	11/11/10
86	Hee-jin	Chang	50.17	NE	MBM	03/07/02
87	Chelsea	Chenault	50.19	PC	TERA	12/17/10
88	Stephanie	Napier	50.20	SE	UN	02/25/05
88	Morgan	Callahan	50.20	US	UN	02/20/08
90	Allison	Bock	50.21	CA	USC	01/01/89
90	Hayley	McGregory	50.21	GU	UN	12/19/02
90	Jessica	Lewis	50.21	MA	PAAC	03/14/03
93	Andi	Murez	50.22	CA	TSM	01/16/09
94	Cathy	Ritch	50.23	US	UN	01/01/87
94	Jennifer	Riggs	50.23	PC	CAL	01/01/98
96	Candace	Blackman	50.24	NT	DM	02/23/01
97	Ashley	Chandler	50.25	GA	SA	01/01/96
97	Chelsea	Nauta	50.25	FL	UN	11/05/04
97	Rachel	Moore	50.25	NE	CRIM	12/11/10
97	Cora	McKenzie	50.25	SE	CTA	02/24/11

200 Freestyle

1	Dagny	Knutson	01:42.81	ND	UN	11/14/08
2	Missy	Franklin	01:43.70	CO	STAR	11/12/10
3	Sippy	Woodhead	01:44.10	US	UN	01/02/79
4	Jasmine	Tosky	01:44.11	PC	UN	05/21/10
5	Katie	Hoff	01:44.32	MD	NBAC	03/02/06
6	Chelsea	Chenault	01:44.98	PC	TERA	12/17/10
7	Elizabeth	Pelton	01:45.14	MD	NBAC	03/04/10
8	Dana	Vollmer	01:45.37	NT	FAST	12/18/03
8	Lauren	Driscoll	01:45.37	FG	FLA	11/11/10
10	Tracy	Caulkins	01:45.38	US	UN	01/01/79
11	Rhi	Jeffrey	01:45.49	FG	AQUA	11/23/02
12	Kristen	Vredeveld	01:45.63	SE	UN	03/15/11
13	Natalie	Coughlin	01:45.69	PC	TERA	12/18/97
14	Julia	Anderson	01:45.83	NT	FAST	03/03/11
15	Lia	Neal	01:45.99	MR	AGUA	12/02/10
16	Whitney	Hedgepeth	01:46.05	ST	TXLA	01/01/87
16	Elizabeth	Beisel	01:46.05	NE	ABF	12/18/08
18	Lindsey	McKnight	01:46.18	FG	CSSC	12/10/09
19	Mary	Beck	01:46.22	ST	TXLA	02/15/08
20	Allison	Brown	01:46.50	PC	PLS	12/17/10
21	Kate	Ziegler	01:46.54	PV	FISH	03/17/05
22	Gillian	Ryan	01:46.61	MA	PAAC	03/24/11
23	Blake	Hayter	01:46.62	SI	UN	05/17/05
24	Amber	McDermott	01:46.68	PN	SBAY	03/11/09
25	Megan	Romano	01:46.70	FL	UN	11/02/07
26	Tiffany	Cohen	01:46.72	US	UN	01/01/83
27	Jenny	Thompson	01:46.74	MR	NYAC	01/01/89
28	Tori	Simenec	01:46.81	OR	BRSC	12/11/08
29	Leah	Smith	01:46.84	AM	UN	03/16/11
30	Sarah	Denninghoff	01:46.90	AZ	FORD	03/05/09
31	Codie	Hansen	01:46.93	NT	DM	02/22/02
32	Haley	Lips	01:47.03	SC	YSSC	04/09/10
33	Hayley	McGregory	01:47.05	GU	UN	12/19/02
34	Caroline	Kenney	01:47.10	GA	UN	02/12/09
35	Rachel	Moore	01:47.11	NE	CRIM	12/16/10
36	Maya	Dirado	01:47.13	PC	SRN	01/17/09
37	Sarah	Henry	01:47.23	NC	RSA	12/05/08
37	Sara	Giberson	01:47.23	MR	AGUA	03/12/09
39	Pamela	Joneja	01:47.24	US	UN	01/01/89
39	Morgan	Scroggy	01:47.24	OR	THSC	03/09/05
39	Catherine	Breed	01:47.24	PC	PLS	12/18/09
42	Samantha	Tucker	01:47.25	ST	TXLA	02/08/08
43	Kelly	McNichols	01:47.26	IL	MAVS	11/19/04
44	Kelsey	Ditto	01:47.31	ST	TXLA	03/02/06
45	Paige	Northcutt	01:47.34	US	UN	01/01/83
45	Corinne	Showalter	01:47.34	FL	UN	11/03/06
47	Faith	Johnson	01:47.38	NC	STAR	03/03/11
48	Kim	Brown	01:47.42	CA	MVN	01/01/85
48	Katie	Riefenstahl	01:47.42	MA	UN	02/23/07
50	Jessica	Rodriquez	01:47.43	ST	TXLA	02/22/07
51	Stephanie	Peacock	01:47.47	FL	SWIM	02/26/09
52	Heather	Strang	01:47.48	US	UN	01/01/82
53	Camryne	Morris	01:47.51	MD	NBAC	03/03/11
53	Taylor	Schick	01:47.51	GA	SA	03/03/11
55	Allison	Schmitt	01:47.54	MI	UN	11/17/06
56	Cathy	Ritch	01:47.55	US	UN	01/01/87
57	Grace	Cornelius	01:47.58	MR	NYAC	01/01/89
58	Melissa	Deary	01:47.59	FL	BSS	11/19/98
59	Nicole	Stafford	01:47.60	GA	UN	02/11/11
60	Andie	Taylor	01:47.61	PN	KING	12/14/07
61	Amanda	Weir	01:47.63	GA	SA	03/06/03
62	Beth	D'Arcy	01:47.65	US	UN	01/01/81
62	Allison	Arnold	01:47.65	NT	UN	02/27/09
64	Cait	Connealy	01:47.67	AZ	AFOX	03/26/02
65	Haley	Krakoski	01:47.68	AZ	PHX	03/19/09
66	Rebecca	Gilman	01:47.70	CA	BUEN	01/01/95
67	Chloe	Sutton	01:47.72	CA	MVN	01/16/09
68	Felicia	Lee	01:47.73	MD	NBAC	03/26/09
69	Elizabeth	Kemp	01:47.75	PV	CUBU	12/09/04
70	Caitlin	Reynolds	01:47.78	GA	DYNA	03/04/04
70	Melanie	Margalis	01:47.78	FL	UN	10/11/08
72	Liz	Koselka	01:47.79	MI	UN	11/17/06
73	Laura	Bensh	01:47.81	US	UN	01/01/87
73	Stephanie	Eisenring	01:47.81	FG	UN	11/01/07
75	Kat	Simonovic	01:47.83	AZ	SDA	03/03/11
76	Kiera	Janzen	01:47.86	MN	UN	11/20/08
77	Kate	Dwelley	01:47.87	PC	TERA	03/03/05
78	Bonnie	Brandon	01:47.88	CO	MACS	03/11/09
79	Karlee	Bispo	01:47.90	PC	PA	05/11/06
79	Emily	Kelly	01:47.90	MR	UN	11/16/07
81	Jessica	Heim	01:47.94	SI	UN	05/19/09
82	Jordan	Mattern	01:47.95	CO	STAR	03/11/09
83	Maddy	Schaefer	01:47.97	PC	PASA	03/04/10
84	Leah	Gingrich	01:47.99	MA	WSY	03/17/06
84	Nikki	White	01:47.99	ST	TXLA	02/22/07
86	Taylor	Roy	01:48.03	GA	SA	03/04/10
87	Whitney	Spence	01:48.05	SI	UN	05/18/04
88	Jessi	Perruquet	01:48.10	MA	BAY	04/14/98
88	Caitlin	Geary	01:48.10	FL	BSS	03/09/06
90	Becca	Jones	01:48.11	VA	TIDE	03/18/08
90	Samantha	Shellem	01:48.11	CA	RMDA	12/04/08
92	Jamie	Bohunicky	01:48.12	FL	UN	11/03/06
92	Monica	Dornick	01:48.12	SI	UN	05/20/09
94	Krissy	Forelli	01:48.13	PN	TSC	12/12/03
94	Ashley	Evans	01:48.13	AZ	UN	11/02/07
96	Lacey	Boutwell	01:48.14	IN	CIA	03/05/00
97	Chelsea	Nauta	01:48.16	FL	UN	11/05/04
97	Allison	Titley	01:48.16	VA	NOVA	03/17/09
99	Emily	Lloyd	01:48.18	MD	SPY	04/06/09
99	Madeline	Locus	01:48.18	GU	FCST	03/16/10

500 Freestyle

1	Katie	Hoff	04:34.21	MD	NBAC	03/02/06
2	Dagny	Knutson	04:34.78	ND	UN	11/14/08
3	Tracy	Caulkins	04:36.25	US	UN	01/01/79
4	Kate	Ziegler	04:36.51	PV	FISH	03/17/05
5	Janet	Evans	04:37.30	CA	TROJ	01/01/89
6	Tiffany	Cohen	04:37.84	US	UN	01/01/83
7	Bonnie	Brandon	04:38.69	CO	MACS	12/02/10
8	Amber	McDermott	04:38.89	PN	SBAY	12/11/08
9	Lauren	Driscoll	04:39.17	FG	FLA	11/11/10
10	Leah	Smith	04:39.96	AM	UN	03/16/11
11	Chelsea	Chenault	04:40.03	PC	TERA	12/17/10
12	Janelle	Atkinson	04:40.10	FL	UN	01/01/99
13	Kim	Brown	04:40.40	US	UN	01/01/85
14	Elizabeth	Beisel	04:40.42	NE	ABF	12/18/08
15	Jane	Skillman	04:40.75	PC	STAN	01/01/90
16	Whitney	Hedgepeth	04:41.03	ST	TXLA	01/01/87
17	Pamela	Joneja	04:41.14	US	UN	01/01/89
18	Katy	Campbell	04:41.47	CA	PASA	12/09/10
19	Sippy	Woodhead	04:41.59	US	UN	01/01/81
20	Chloe	Sutton	04:41.69	CA	MVN	01/16/09
21	Corinne	Showalter	04:41.91	FL	SYS	04/02/07
22	Jessica	Foschi	04:41.98	MR	NYAC	01/01/97
23	Julianne	Brossman	04:42.09	US	UN	01/01/85
24	Alyssa	Kiel	04:42.15	LE	LESD	02/19/04
25	Alyssa	Anderson	04:42.20	SN	UN	05/10/07
26	Emily	Brennan	04:42.41	MT	UN	02/28/09
27	Ashley	Evans	04:42.61	AZ	UN	11/02/07
28	Camryne	Morris	04:42.70	MD	NBAC	03/03/11
29	Debbie	Babashoff	04:42.74	US	UN	01/01/86
30	Kelsey	Ditto	04:42.77	ST	TXLA	03/02/06
31	Nikki	White	04:42.85	ST	TXLA	02/22/07
32	Stacy	Shupe	04:43.41	US	UN	01/01/83
33	Gillian	Ryan	04:43.48	MA	PAAC	03/24/11
34	Taylor	Katz	04:43.64	FL	SYS	04/05/11
35	Blake	Hayter	04:43.75	SI	UN	05/17/05
36	Maya	Dirado	04:43.87	PC	SRN	12/03/09
37	Danielle	Valley	04:43.91	FL	SYS	04/05/11
38	Cristina	Teuscher	04:43.95	MR	BAD	01/01/95
39	Jasmine	Tosky	04:43.96	PC	UN	05/15/09
40	Kaitlin	Sandeno	04:43.99	CA	NGG	01/01/99
41	Katie	Gardocki	04:44.03	CT	BEAR	11/29/07
42	Adrienne	Binder	04:44.04	CA	SBSC	03/08/01
43	Rachel	Naurath	04:44.09	VA	NOVA	03/17/09
44	Haley	Lips	04:44.14	SC	YSSC	04/07/10
45	Hali	Flickinger	04:44.19	MA	YY	04/07/10
46	Julie	Kole	04:44.21	PC	STAN	01/01/89
47	Siena	Devenuto	04:44.29	FG	UN	11/14/08
48	Lisa	Gillespie	04:44.55	US	UN	01/01/85
49	Haley	Anderson	04:44.69	SN	UN	05/08/08
50	Willa	Wang	04:44.74	MD	NBAC	03/03/11
51	Kalyn	Keller	04:44.78	AZ	SDA	01/12/01
51	Mary	Beck	04:44.78	ST	TXLA	02/02/07
53	Laura	Campuzano	04:44.82	CA	UN	01/01/81
54	Catherine	Breed	04:44.90	PC	UN	05/14/09
55	Nikki	Chang	04:45.11	CA	UN	03/15/11
56	Rachel	Zilinskas	04:45.17	AM	UN	03/17/10
57	Cheryl	Gillett	04:45.19	US	UN	01/01/81
58	Stephanie	Peacock	04:45.22	FL	UN	11/01/07
59	Allison	Arnold	04:45.28	NT	DM	12/04/08
60	Leah	Gingrich	04:45.29	MA	WSY	03/17/06
61	Molly	Dubrasky	04:45.36	FL	UN	11/15/08
62	Elizabeth	Hill	04:45.38	GA	DYNA	08/31/02
63	Hayley	Peirsol	04:45.41	MI	CW	01/01/02
64	Erika	Hansen	04:45.48	US	UN	01/01/86
65	Stephanie	Carr	04:45.49	FL	BSS	03/06/03
66	Diana	Munz	04:45.54	US	UN	01/01/99
67	Meghan	Sackett	04:45.67	MD	NBAC	01/18/02
68	Brooke	Bennett-Tassone	04:45.71	FL	BSAC	01/01/96
69	Andie	Taylor	04:45.86	PN	KING	12/14/07
70	Cammile	Adams	04:45.88	GU	CFSC	11/29/07
71	Natalie	Coughlin	04:45.90	PC	TERA	12/18/97
72	Tami	Bruce	04:46.01	US	UN	01/01/83
73	Jessica	Rodriquez	04:46.03	ST	TXLA	01/13/07
74	Sara	Giberson	04:46.05	MR	AGUA	03/12/09
75	Carmen	Retrum	04:46.08	IN	DON	02/08/02
76	Monica	Drake	04:46.24	IL	BNY	04/20/07
77	Samantha	Shellem	04:46.35	CA	RMDA	12/04/08
78	Artemis	Daphnis	04:46.38			08/02/00
79	Cheryl	Simmons	04:46.40	US	UN	01/01/86
80	Christine	Smith	04:46.44	MA	UN	01/01/86
81	Trina	Radke	04:46.45	US	UN	01/01/86
82	Michele	Richardson	04:46.56	US	UN	01/01/85
83	Erin	Foster	04:46.57	GU	TWST	02/13/09
84	Sheri	Smith	04:46.59	CA	UN	01/01/86
85	Jenny	Parmenter	04:46.60	CA	ROSE	01/01/97
86	Jordan	Mattern	04:46.61	CO	STAR	03/11/09
87	Kate	Dwelley	04:46.64	PC	TERA	03/04/04
87	Melanie	Klaren	04:46.64	CA	AZOT	12/11/08
89	Taylor	Nanfria	04:46.68	PC	UN	05/20/10
90	Nicole	Vernon	04:46.81	MA	DST	12/10/09
91	Lisa	Hadfield	04:46.84	CA	CYP	01/01/87
92	Allison	Brown	04:46.86	PC	PLS	12/17/10
93	Elizabeth	Durot	04:46.87	GA	DYNA	01/17/03
94	Jamie	Cail	04:46.90	FL	BSS	01/01/97
95	Sarah	Anderson	04:46.94	CA	UN	01/01/88
96	Rhi	Jeffrey	04:47.06	FG	AQUA	03/13/03
97	Rebecca	Gilman	04:47.07	CA	UN	01/01/95
98	Kim	Kelly	04:47.09	MR	BAD	03/13/03
99	Florence	Baker	04:47.10	CA	MVN	01/01/83
100	Silken	Jones	04:47.13	CA	NGSV	12/04/08

1000 Freestyle

1	Kate	Ziegler	09:25.51 PV	FISH	03/17/05
2	Katie	Hoff	09:27.56 MD	NBAC	03/02/06
3	Jane	Skillman	09:30.35 US	UN	01/02/90
4	Tiffany	Cohen	09:30.65 US	UN	01/01/83
5	Kim	Brown	09:31.71 US	UN	01/01/85
6	Janet	Evans	09:32.59 CA	TROJ	01/01/87
7	Chloe	Sutton	09:33.11 CA	MVN	12/18/08
8	Michele	Richardson	09:35.50 US	UN	01/01/85
9	Elizabeth	Beisel	09:36.57 NE	ABF	12/18/08
10	Camryne	Morris	09:36.66 MD	NBAC	03/03/11
11	Adrienne	Binder	09:36.77 SE	AU	01/01/02
12	Stacy	Shupe	09:37.22 US	UN	01/01/83
13	Jessica	Foschi	09:37.33 MR	NYAC	01/01/97
14	Kristen	Brennan	09:38.26 IL	SCST	02/13/98
15	Julianne	Brossman	09:38.93 US	UN	01/01/85
16	Corinne	Showalter	09:39.09 FL	SYS	04/02/07
17	Debbie	Babashoff	09:40.22 US	UN	01/01/86
18	Kaitlin	Sandeno	09:40.23 CA	NGSV	03/01/00
19	Pam	Minthorn	09:40.48 US	UN	01/01/89
20	Julie	Kole	09:40.56 PC	STAN	01/01/89
21	Kristin	Connors	09:41.34 NC	RSA	12/03/10
22	Kelsey	Ditto	09:41.89 ST	TXLA	12/16/05
23	Bonnie	Brandon	09:42.30 CO	MACS	11/13/09
24	Florence	Barker	09:42.58 US	UN	01/01/83
25	Tami	Bruce	09:42.68 US	UN	01/01/83
26	Willa	Wang	09:42.91 MD	NBAC	03/03/11
27	Stephanie	Carr	09:42.96 FL	BSS	03/06/03
28	Danielle	Valley	09:43.01 FL	SYS	04/05/11
29	Whitney	Hedgepeth	09:43.11 ST	TXLA	01/01/87
30	Rachel	Zilinskas	09:43.26 AM	FCKW	03/25/10
31	Rachael	Burke	09:43.69 PV	CUBU	03/09/00
32	Meghan	Sackett	09:44.45 MD	NBAC	01/18/02
33	Julie	Bjerknes	09:44.58 US	UN	01/01/86
34	Andie	Taylor	09:44.65 PN	KING	12/14/07
35	Kim	Kelly	09:44.71 MR	BAD	01/31/03
36	Lauren	Campbell	09:44.81 SC	MBR	12/03/10
37	Lisa	Hadfield	09:44.85 CA	CYP	01/01/87
38	Elizabeth	Hill	09:44.95 GA	DYNA	02/28/02
39	Alyssa	Kiel	09:45.14 LE	LESD	03/20/03
40	Janelle	Atkinson	09:45.29 FL	BSS	03/11/99
41	Sheri	Smith	09:45.36 US	UN	01/01/86
42	Jenny	Parmenter	09:45.41 CA	ROSE	02/20/97
43	Kirsten	Groome	09:45.45 MA	GAAC	12/09/05
44	Kalyn	Keller	09:45.69 AZ	SDA	03/08/01
45	Chelsea	Chenault	09:45.79 PC	UN	04/08/10
46	Trina	Radke	09:45.84 US	UN	01/01/86
46	Alyssa	Anderson	09:45.84 SN	SMST	02/28/07
48	Alicia	Aemisegger	09:45.86 MA	GAAC	01/23/04
49	Rebecca	Gilman	09:46.02 CA	BUEN	01/01/96
49	Meredith	Green	09:46.02 NC	NCAC	02/03/00
51	Nikki	Chang	09:46.30 CA	UN	03/15/11
52	Gillian	Ryan	09:46.55 MA	PAAC	12/10/10
53	Emily	Kelly	09:46.63 MR	LIAC	02/21/08
54	Megan	Rankin	09:46.64 CA	AZOT	03/16/10
55	Leslie	Swinley	09:46.65 PV	CUBU	03/13/03
56	Jessica	Wolf	09:46.73 WI	WEST	03/15/11
57	Cha-cha	Bugatti	09:46.77 FL	SYS	04/06/09
58	Lori	Walker	09:47.02 GU	TWST	01/01/90
59	Laura	Campuzano	09:47.29 US	UN	01/01/81
60	Taylor	O'Brien	09:47.32 MA	PAAC	12/11/09
61	Hali	Flickinger	09:47.35 MA	YY	04/05/11
62	Mary	Gaffney	09:47.41 NJ	UN	01/01/83
63	Molly	Magill	09:47.52 US	UN	01/01/87
64	Lisa	Gillespie	09:47.62 US	UN	01/01/85
65	Lisa	Sexton	09:47.71 US	UN	01/01/90
66	Cathy	Oshann	09:48.08 US	UN	01/01/85
66	Eva	Fabian	09:48.08 NE	GMSC	12/17/09
66	Leah	Smith	09:48.08 AM	JCCS	12/17/10
69	Amber	McDermott	09:48.17 PN	SBAY	12/20/08
70	Margot	Brooks	09:48.25 LE	LESD	03/20/03
71	Susan	Andra	09:48.27 US	UN	01/01/82
72	Sarah	Daly	09:48.29 MR	LIAC	03/07/02
73	Jocelyn	Thomas	09:48.33 CA	MVN	01/01/81
74	Lauren	Stinnett	09:48.43 PV	CUBU	01/01/97
75	Joanna	Thomas	09:48.49 MA	GPAC	12/08/06
75	Catherine	Breed	09:48.49 PC	PLS	12/18/09
77	Erin	Meyer	09:48.59 GA	DYNA	01/01/90
77	Katy	Campbell	09:48.59 CA	PASA	12/17/10
79	Hayley	Peirsol	09:48.68 CA	NOVA	02/27/02
80	Cherri	Merryman	09:48.76 GA	SA	01/01/87
81	Sara	Sun	09:48.79 CA	PASA	03/09/06
82	Taylor	Katz	09:48.96 FL	SYS	02/24/11
83	Leah	Gingrich	09:49.04 MA	WSY	12/08/06
84	Cheryl	Gillett	09:49.12 AZ	AFOX	01/01/81
85	Hannah	Stahmer	09:49.13 NC	RSA	12/03/10
86	Sharon	Eggert	09:49.21 US	UN	01/01/85
87	Erika	Hansen	09:49.36 MA	GAAC	01/01/85
87	Ashley	Evans	09:49.36 AZ	PHX	03/07/07
89	Kelly Ann	Baird	09:49.37 NC	TYDE	04/01/08
90	Ashley	Neidigh	09:49.54 FL	BSS	02/24/11
91	Sarah	Henry	09:49.56 NC	RSA	12/05/08
92	Dania	Marinshaw	09:49.57 NC	DUKE	03/05/09
93	Alicia	Mathieu	09:49.70 CT	SNCO	12/11/08
94	Jennifer	Linder	09:49.84 IA	DMSF	01/01/86
95	Sarah	Anderson	09:50.08 CA	RAA	01/01/87
96	Caroline	Burckle	09:50.30 KY	LAK	03/13/03
97	Bridget	Bowman	09:50.50 IL	JETS	01/01/86
98	Katherine	Creighton	09:50.51 OH	CM	01/01/86
99	Kathy	Hettche	09:50.57 MA	GAAC	01/01/85
100	Kari	Lydersen	09:50.71 SI	BFST	01/01/92

1650 Freestyle

1	Kate	Ziegler	15:40.89 PV	FISH	03/17/05
2	Tiffany	Cohen	15:46.54 US	UN	01/01/83
3	Adrienne	Binder	15:48.00 CA	SBSC	02/27/02
4	Janet	Evans	15:56.53 CA	TROJ	01/01/87
5	Chloe	Sutton	15:56.97 CA	MVN	01/16/09
6	Jane	Skillman	15:59.35 PC	STAN	01/01/90
7	Ashley	Evans	16:01.28 AZ	PHX	11/29/07
8	Kim	Brown	16:02.41 US	UN	01/01/85
9	Stacy	Shupe	16:02.48 US	UN	01/01/83
10	Amber	McDermott	16:02.79 PN	SBAY	12/11/08
11	Kalyn	Keller	16:04.37 AZ	SDA	03/07/02
12	Kelsey	Ditto	16:05.39 ST	TXLA	03/02/06
13	Stephanie	Carr	16:06.37 FL	BSS	03/06/03
14	Julie	Kole	16:06.60 PC	STAN	01/01/89
15	Emily	Kelly	16:07.43 MR	LIAC	03/18/08
16	Rachel	Naurath	16:07.53 VA	NOVA	03/17/09
17	Corinne	Showalter	16:08.13 FL	SYS	04/02/07
18	Rachel	Zilinskas	16:08.83 AM	FCKW	03/25/10
19	Kristen	Brennan	16:10.17 IL	SCST	02/13/98
20	Danielle	Valley	16:10.19 FL	SYS	04/05/11
21	Florence	Barker	16:10.72 US	UN	01/01/83
22	Alyssa	Kiel	16:11.14 LE	LESD	11/21/03
23	Julie	Bjerknes	16:11.27 US	UN	01/01/86
24	Susan	Andra	16:11.39 US	UN	01/01/82
25	Erika	Hansen	16:11.48 US	UN	01/01/86
26	Bonnie	Brandon	16:11.75 CO	MACS	12/10/09
27	Kirsten	Groome	16:12.07 MA	GAAC	12/09/05
28	Taylor	O'Brien	16:12.21 MA	PAAC	03/25/10
29	Rebecca	Gilman	16:12.92 CA	BUEN	01/01/96
30	Jessica	Foschi	16:13.59 MR	NYAC	01/01/97
31	Jessica	Wolf	16:14.04 WI	WEST	03/15/11
32	Kim	Kelly	16:14.21 MR	BAD	03/13/03
33	Jennifer	Linder	16:15.06 US	UN	01/01/86
34	Hayley	Peirsol	16:15.19 CA	NOVA	12/13/01
35	Eva	Fabian	16:15.86 NE	GMSC	12/10/09
36	Nikki	White	16:16.67 ST	TXLA	01/13/07
37	Michele	Richardson	16:17.08 US	UN	01/01/85
38	Leah	Gingrich	16:17.34 MA	WSY	04/04/06
39	Alicia	Mathieu	16:17.36 CT	SNCO	12/11/08
40	Debbie	Babashoff	16:17.50 US	UN	01/01/85
41	Catherine	Breed	16:17.91 PC	PLS	12/04/08
42	Tami	Bruce	16:17.99 US	UN	01/01/83
43	Haley	Anderson	16:18.20 SN	SMST	11/29/07
44	Siena	Devenuto	16:18.27 FG	PCS	12/04/08
45	Katy	Campbell	16:18.30 CA	PASA	12/09/10
46	Lisa	Hadfield	16:18.73 CA	CYP	01/01/87
47	Whitney	Hedgepeth	16:18.86 ST	TXLA	01/01/88
48	Leslie	Swinley	16:19.08 PV	CUBU	12/12/02
49	Laura	Campuzano	16:19.24 FG	CST	01/01/81
50	Camryne	Morris	16:19.30 MD	NBAC	12/10/10
51	Jamie	Cail	16:19.37 FL	BSS	03/06/97
52	Gail	Johnson	16:19.66 FL	UN	01/01/97
53	Nicole	O'Donnell	16:20.56 NC	MAC	03/04/04
54	Lisa	Gillespie	16:21.25 US	UN	01/01/85
55	Melissa	Deary	16:21.31 FL	BSS	11/23/97
56	Gillian	Ryan	16:21.43 MA	PAAC	12/10/10
57	Sara	Sun	16:21.73 CA	PASA	12/16/04
58	Caitlin	Geary	16:22.15 FL	BSS	03/09/06
59	Jocelyn	Thomas	16:22.21 CA	MVN	01/01/81
60	Erin	Reilly	16:22.51 SN	SMST	03/26/02
61	Willa	Wang	16:22.52 MD	NBAC	03/03/11
62	Lori	Walker	16:22.70 GU	TWST	01/01/89
63	Janelle	Atkinson	16:22.84 FL	BSS	02/19/99
64	Bridget	Bowman	16:23.24 FL	SWIM	01/01/86
65	Cristina	Teuscher	16:23.43 MR	BAD	01/01/95
66	Ashley	Neidigh	16:23.76 FL	BSS	02/24/11
67	Cammile	Adams	16:24.24 GU	CFSC	02/22/07
68	Natalie	Coughlin	16:24.32 PC	TERA	02/26/98
69	Aja	Van Hout	16:24.36 WI	BAC	12/04/08
70	Sarah	Daly	16:24.46 MR	LIAC	03/07/02
71	Amy	Walker	16:24.79 US	UN	01/01/89
71	Macie	Garrett	16:24.79 SE	NAC	03/06/03
73	Lori	Strong	16:25.02 US	UN	01/01/81
74	Julie	Hardt	16:25.20 PC	RENO	02/26/98
75	Blake	Hayter	16:25.22 SI	NCA	03/22/05
76	Pam	Minthorn	16:25.27 US	UN	01/01/88
77	Caitlin	Hamilton	16:25.45 IL	BNY	10/14/05
78	Courtney	Otto	16:25.46 NI	STAR	03/16/10
79	Taylor	Nanfria	16:25.59 PC	CROW	12/10/09
80	Taylor	Sostarecz	16:25.62 MA	PAAC	03/18/08
81	Taylor	O'Brien	16:25.66 MA	PAAC	12/11/09
82	Alyssa	Anderson	16:25.75 SN	SMST	02/28/07
83	Meghan	Sackett	16:25.88 MD	NBAC	12/13/02
84	Lisa	Jacob	16:26.11 CA	MVN	01/01/90
85	Nikki	Chang	16:26.43 CA	UN	03/15/11
86	Nicole	Vernon	16:26.51 MA	DST	12/10/09
87	Monica	Drake	16:26.61 IL	UN	11/17/06
88	Micah	Martindale	16:26.70 LA	COSS	12/15/05
89	Nicole	Bernard	16:26.71 PN	SAC	02/28/97
90	Missy	Connolly	16:26.77 FG	PCSC	01/01/87
91	Molly	Magill	16:26.97 FG	MBAY	01/01/87
92	Allison	Arnold	16:26.99 NT	DM	03/05/09
93	Leslie	Daland	16:27.03 CA	UN	01/01/85
94	Taylor	Katz	16:27.23 FL	SYS	12/17/10
95	Cara	Lane	16:27.55 NC	MAC	01/01/96
96	Allison	Brown	16:27.65 PC	PLS	12/17/10
97	Katie	Nelson	16:27.76 CA	TORR	04/02/02
98	Joni	Keith	16:28.19 AZ	AFOX	03/22/05
99	Whitney	Hentzen	16:28.29 CA	RMDA	01/17/03
100	Jamie	Marion	16:28.43 GA	DYNA	01/01/90

100 Backstroke

1	Rachel	Bootsma	51.53	MN	UN	11/18/10
2	Elizabeth	Pelton	52.06	MD	NBAC	03/04/10
3	Courtney	Bartholomew	52.22	MI	UN	12/10/09
4	Missy	Franklin	52.30	CO	UN	02/11/11
5	Olivia	Smoliga	52.44	IL	GTAC	12/02/10
6	Cindy	Tran	52.52	CA	WCS	01/16/09
7	Natalie	Coughlin	52.55	PC	TERA	12/18/98
8	Elizabeth	Beisel	52.98	NE	ABF	12/18/08
9	Mary	Beck	53.03	ST	UN	02/22/08
10	Ally	Howe	53.31	PC	UN	05/20/11
11	Deborah	Roth	53.33	PC	UN	05/14/09
12	Emily	Bos	53.34	MI	WMS	12/04/08
13	Mary	Hanson	53.48	CC	UN	05/19/09
14	Erin	Reisinger	53.71	GA	UN	02/12/09
15	Kendall	Crawford	53.73	SC	YSSC	04/08/11
16	Madison	White	53.74	PC	UN	05/19/11
17	Hayley	McGregory	53.83	GU	UN	12/19/02
18	Kate	McNeilis	53.85	OH	WAC	12/04/08
19	Sabrina	Benson	53.86	NC	YOTA	04/10/10
20	Arden	Pitman	53.89	SE	UN	02/13/09
21	Annemarie	Thayer	53.95	PN	UN	11/13/08
22	Kim	Holden	53.98	MR	UN	11/21/08
22	Jillian	Vitarius	53.98	GU	UN	02/26/10
24	Ariana	Kukors	54.02	PN	KING	12/09/05
25	Lauren	Smart	54.10	NC	TEAM	04/07/05
25	Lisa	Boyce	54.10	IL	UN	12/03/10
27	Chelsea	Bailey	54.13	PN	KING	03/11/09
28	Henriette	Stenkvist	54.14	NC	RSA	03/04/10
29	Caitlyn	Forman	54.15	OH	UN	02/12/10
30	Karen	Turner	54.16	OR	LOSC	12/10/09
31	Beth	Botsford	54.17			02/28/97
32	Sarah	Reynolds	54.23	SE	MYB	04/05/11
33	Rachel	Moore	54.25	NE	CRIM	12/09/10
34	Lauren	Rogers	54.26	PC	TERA	02/07/04
34	Lacey	Locke	54.26	IN	UN	02/11/11
36	Maddy	Schaefer	54.28	PC	PASA	03/04/10
37	Heidi	Vanderwel	54.35	PN	UN	03/09/11
38	Janie	Wagstaff	54.37	FL	UF	01/01/91
38	Madi	Bridges	54.37	NM	VAST	03/16/10
40	Lauren	English	54.40	NJ	CAT	03/09/06
41	Megan	Romano	54.41	FL	UN	11/02/07
42	Taylor	Schick	54.42	GA	SA	03/03/11
43	Catherine	Galletti	54.44	FL	TPA	03/03/11
44	Sidney	Cooke	54.45	PC	UN	05/19/11
45	Brooke	Bishop	54.50	PC	SCRA	04/07/03
45	Jess	Guro	54.50	MA	ATAC	01/19/08
47	Kristen	Vredeveld	54.52	SE	UN	03/15/11
48	Sarah	Denninghoff	54.54	AZ	UN	10/31/08
49	Nicole	Parmenter	54.55	SI	UN	05/19/09
50	Shelly	Ripple Johnston				
			54.58	LA	CRAW	01/01/97
51	Kaitlyn	Jones	54.60	MA	DST	12/09/10
52	Lauren	Solernou	54.61	CT	CDOG	04/06/09
52	Marie	Georger	54.61	AM	UN	03/17/10
52	Kendyl	Stewart	54.61	SI	UN	05/18/11
55	Kristen	Shickora	54.62	MA	ATAC	01/12/07
56	Carly	Smith	54.64	NC	NCAC	03/08/07
56	Annie	Gillig	54.64	SC	YSSC	04/07/10
58	Megan	Wheeler	54.65	IE	YAC	03/22/04
58	Bonnie	Brandon	54.65	CO	MACS	11/12/10
60	Leona	Jennings	54.74	PN	KING	03/07/07
61	Felicia	Lee	54.75	MD	NBAC	01/18/09
62	Jenna	Bickel	54.76	AD	DELM	03/24/11
63	Karen	Wang	54.77	PC	UN	05/22/08
63	Janet	Hu	54.77	PV	CUBU	12/09/10
63	Christina	Leander	54.77	MA	UN	03/16/11
66	Diana	Mac Manus	54.79	CA	NOVA	02/27/02
67	Jasmine	Tosky	54.83	PC	PASA	03/04/10
67	Madison	Hahn	54.83	VA	ODAC	03/15/11
69	Lauren	Driscoll	54.88	FG	FLA	12/11/08
70	Krissie	Brandenburg	54.91	OH	CLPR	03/17/09
70	Ashlee	Linn	54.91	FL	SYS	04/06/09
72	Margo	Geer	54.92	OH	SPY	12/04/08
73	Lauren	Gettel	54.98	NT	COPS	03/02/01
74	Traycie	Swartz	54.99	AZ	UN	11/07/08
75	Danielle	Bradley	55.00	BD	DSSC	03/11/99
76	Misty	Hyman	55.02	AZ	PHX	01/01/96
77	Shirley	Wang	55.03	NT	COPS	12/11/08
78	Melanie	Klaren	55.07	CA	AZOT	05/06/08
79	Marshi	Smith	55.08	PV	PM	03/28/01
79	Tricia	Weaner	55.08	MA	WSY	03/15/06
81	Tasija	Karosas	55.09	FG	SAS	12/09/10
82	Katherine	Huff	55.10	GA	ASL	03/03/11
83	Aubrey	Peacock	55.11	FL	UN	11/01/07
84	Cara	Chuang	55.14	PV	RMSC	12/11/08
85	Sam	Wicks	55.15	AK	NLSC	03/09/11
86	Katie	Kinnear	55.17	PN	IST	03/09/11
87	Kim	Bercen	55.19	ST	TXLA	02/25/00
88	Julia	Smit	55.20	MR	TVSC	12/10/04
89	Grace	Carlson	55.21	OR	LOSC	03/09/11
90	Carlotta	Fiordoro	55.22	FG	FLA	12/11/08
90	Marissa	Neel	55.22	PC	UN	05/20/10
90	Clara	Smiddy	55.22	FG	AKS	03/15/11
93	Olivia	Scott	55.23	IL	ACAD	03/17/09
94	Leticia	Lelli	55.24	AZ	SDA	12/09/10
95	Anne	Mahoney	55.25	US	UN	01/01/87
95	Emily	Dicus	55.25	MV	TSA	03/05/09
95	Chelsea	Britt	55.25	FG	FLA	11/11/10
98	Nicole	Mackey	55.26	CA	AZOT	03/08/01
98	Kimberlee	John-Williams	55.26	SE	UN	02/11/11
100	Ashley	Jones	55.28	IL	JETS	04/05/05

200 Backstroke

1	Elizabeth	Pelton	01:50.72 MD	NBAC	03/04/10
2	Elizabeth	Beisel	01:52.31 NE	ABF	12/18/08
3	Courtney	Bartholomew	01:53.16 MI	MLA	12/09/10
4	Missy	Franklin	01:53.17 CO	STAR	11/12/10
5	Natalie	Coughlin	01:53.45 PC	TERA	12/18/98
6	Mary	Beck	01:53.81 ST	TXLA	02/15/08
7	Bonnie	Brandon	01:53.82 CO	MACS	12/02/10
8	Caitlyn	Forman	01:54.45 OH	CLPR	12/02/10
9	Marci	Vrooman	01:54.48 KY	LAK	12/17/98
10	Katie	Hoff	01:54.92 MD	NBAC	12/09/05
11	Henriette	Stenkvist	01:54.98 NC	RSA	12/09/10
12	Madison	White	01:55.03 PC	CROW	12/18/09
13	Maya	Dirado	01:55.11 PC	SRN	12/03/09
14	Sarah	Denninghoff	01:55.15 AZ	FORD	03/05/09
15	Hayley	McGregory	01:55.74 GU	UN	12/19/02
16	Jasmine	Tosky	01:55.88 PC	PASA	03/03/11
17	Cindy	Tran	01:55.97 CA	WCS	03/17/09
18	Ariana	Kukors	01:56.01 PN	KING	03/02/06
19	Janie	Wagstaff	01:56.14 FL	UF	01/01/90
20	Deborah	Roth	01:56.16 PC	NBA	03/17/09
21	Caroline	Kenney	01:56.23 GA	SA	03/05/09
22	Annie	Gillig	01:56.32 SC	YSSC	04/07/10
23	Amber	McDermott	01:56.33 PN	SBAY	12/11/08
24	Jillian	Vitarius	01:56.52 GU	BTA	03/16/10
25	Caitlin	Iversen	01:56.53 CO	GTS	03/09/05
26	Annemarie	Thayer	01:56.54 PN	SBAY	12/11/08
27	Lauren	Driscoll	01:56.59 FG	FLA	12/11/08
28	Julia	Smit	01:56.62 MR	TVSC	12/10/04
29	Ally	Howe	01:56.66 PC	PASA	03/03/11
29	Madi	Bridges	01:56.66 NM	VAST	03/15/11
31	Kim	Holden	01:56.76 MR	BGNW	12/12/08
32	Olivia	Smoliga	01:56.81 IL	GTAC	12/02/10
33	Beth	Botsford	01:56.95 AZ	FORD	01/01/98
34	Erica	Meissner	01:57.00 NE	MAG	03/04/04
34	Amy	Modglin	01:57.00 FL	SWIM	02/22/07
36	Sara	Giberson	01:57.10 MR	AGUA	03/12/09
37	Erin	Reisinger	01:57.14 GA	RAYS	03/17/09
37	Kaitlyn	Jones	01:57.14 MA	DST	12/09/10
39	Arden	Pitman	01:57.22 SE	BAY	07/24/08
40	Diana	Mac Manus	01:57.31 CA	NOVA	02/27/02
41	Kendall	Crawford	01:57.48 SC	YSSC	04/05/11
42	Hali	Flickinger	01:57.64 MA	YY	01/08/11
42	Lacey	Locke	01:57.64 IN	CSC	02/13/11
44	Maggie	D'Innocenzo	01:57.65 NE	CRIM	03/15/11
44	Charlotte	Meyer	01:57.65 PV	RMSC	03/15/11
46	Carly	Smith	01:57.70 NC	NCAC	03/08/07
47	Sarah	Reynolds	01:57.77 SE	MYB	04/05/11
48	Hannah	Martin	01:57.85 NC	GSA	03/05/09
49	Sierra	Kuhn	01:57.86 WI	VAC	03/15/11
50	Kelsey	Hojan Clark	01:57.91 WI	EBSC	12/03/09
51	Felicia	Lee	01:57.92 MD	NBAC	12/07/07
51	Liz	Braun	01:57.92 GA	LINS	12/12/08
51	Sada	Stewart	01:57.92 MA	YY	12/09/10
54	Janet	Hu	01:57.97 PV	CUBU	03/15/11
55	Jenny	Parmenter	01:58.01 CA	ROSE	02/20/97
56	Jess	Guro	01:58.02 MA	ATAC	03/20/08
56	Shirley	Wang	01:58.02 NT	COPS	03/05/09
58	Erin	Forster	01:58.06 OH	WTRC	12/13/02
59	Anna	Mayfield	01:58.12 ST	AAAA	03/03/11
60	Elisabeth	Worrell	01:58.14 VA	NOVA	03/17/09
61	Rachel	Joseph	01:58.16 AZ	FORD	01/01/94
61	Corey	Berg	01:58.16 MR	MSC	08/02/00
63	Olivia	Scott	01:58.18 IL	ACAD	03/17/09
64	Mackenzie	Stein	01:58.19 CO	TOPS	03/10/10
65	Natalie	Beale	01:58.21 MD	NBAC	12/10/10
66	Sidney	Cooke	01:58.23 PC	CROW	12/09/10
67	Andrea	Axtell	01:58.27 ST	CSC	12/19/02
67	Melanie	Klaren	01:58.27 CA	AZOT	12/11/08
69	Ashley	Jones	01:58.35 IL	JETS	04/05/05
69	Andie	Taylor	01:58.35 PN	KING	12/14/07
71	Yeng Lan	Beller	01:58.43 PV	CUBU	03/22/04
72	Kendyl	Stewart	01:58.47 SI	NCA	12/17/10
73	Lauren	English	01:58.51 NJ	CAT	03/09/06
74	Nicole	Beck	01:58.52 CA	UCLA	01/01/96
74	Lauren	Rogers	01:58.52 PC	TERA	01/30/03
74	Madison	Hahn	01:58.52 VA	ODAC	03/15/11
77	Kallie	Golden	01:58.54 VA	PSDN	12/04/08
78	Suzanne	Toledo	01:58.56 PC	STAN	01/01/93
79	Kim	Scarborough	01:58.64 CA	UCLA	01/01/99
80	Jennifer	Hommert	01:58.65 NM	UN	01/01/94
81	Tricia	Weaner	01:58.66 MA	WSY	04/04/06
82	Anne	Mahoney	01:58.68 US	UN	01/01/87
82	Anna	Demonte	01:58.68 MI	CW	03/18/11
84	Justine	Ress	01:58.70 CT	SNCO	12/11/08
85	Clara	Smiddy	01:58.72 FG	AKS	03/15/11
86	Karen	Wang	01:58.79 PC	PLS	11/29/07
86	Samantha	Pearson	01:58.79 CA	TRA	01/18/08
88	Jenna	Bickel	01:58.89 AD	DELM	03/24/11
89	Margaret	Kelly	01:58.91 MI	AASC	02/04/05
90	Shelly	Ripple Johnston			
			01:58.92 LA	CRAW	01/01/97
91	Melissa	Marik	01:58.93 IL	NAPV	03/10/05
92	Lauren	Smart	01:58.98 NC	TEAM	04/07/05
93	Nicole	Vernon	01:58.99 MA	DST	03/05/09
94	Katie	Anton	01:59.04 IA	CRAA	03/12/09
94	Cameron	McHugh	01:59.04 GU	KATY	03/03/11
96	Heidi	Vanderwel	01:59.05 PN	UN	03/09/11
97	Leah	Gingrich	01:59.06 MA	WSY	01/06/07
98	Danielle	Galyer	01:59.09 SC	YSSC	04/05/11
99	Taylor	Schick	01:59.16 GA	SA	03/03/11
100	Erica	Belcher	01:59.17 NE	MAG	03/17/09

100 Breaststroke

1	Megan	Jendrick	59.80	PN	PAC	03/17/00
2	Kasey	Carlson	59.94	PC	UN	05/22/08
3	Sarah	Haase	01:00.44	PV	UN	02/23/11
4	Erica	Liu	01:00.48	PC	DACA	01/31/02
5	Mary Ellen	Blanchard	01:00.66	US	UN	01/01/89
5	Spindrift	Beck	01:00.66	NT	UN	11/16/07
7	Katie	Olsen	01:00.68	AZ	UN	11/06/09
8	Kristen	Woodring	01:00.74	MA	LAC	02/26/99
9	Rebecca	Rainer	01:00.82	VA	NOVA	03/16/10
10	Caroline	Bruce	01:00.83	MV	WSC	12/19/02
11	Caitlin	Leverenz	01:00.84	AZ	EDAC	11/29/07
11	Allison	Gargalikis	01:00.84	PC	UN	05/20/10
13	Abby	Duncan	01:01.06	MN	AQJT	03/16/10
14	Tori	DeSilvia	01:01.09	US	UN	01/01/90
15	Jasmine	Tosky	01:01.21	PC	PASA	03/03/11
16	Emily	Russart	01:01.23	WI	GYST	02/28/08
16	Andrea	Kropp	01:01.23	CA	UN	05/12/10
18	Megan	Molnar	01:01.26	SE	AUB	03/04/10
19	Genevieve	Patterson	01:01.27	OR	THSC	03/06/03
20	Kelly	Naze	01:01.30	CO	STAR	03/10/10
21	Kaylin	Burchell	01:01.41	KY	COLA	03/05/09
22	Leah	Pronschinske	01:01.43	WI	ECY	04/07/10
23	Laura	Sogar	01:01.46	NE	UN	02/23/08
24	Sarah	Liang	01:01.50	PC	UN	05/15/09
25	Lindsey	McKnight	01:01.53	FG	CSSC	03/26/09
26	Ashley	Danner	01:01.54	PV	SDS	12/14/06
27	Melissa	Bates	01:01.60	CA	SCAL	05/06/08
28	Emily	Cameron	01:01.63	MA	LAC	03/25/10
29	Kristen	Caverly	01:01.67	CA	UN	03/08/01
30	Maggie	Burton	01:01.69	CA	UN	05/11/11
31	Alia	Atkinson	01:01.72	FG	CST	03/17/05
32	Jordan	Danny	01:01.73	CA	CANY	04/29/08
33	Haley	Spencer	01:01.76	OZ	RSCA	03/20/07
34	Staciana	Winfield	01:01.77	CA	TROJ	01/01/98
34	Katy	Houston	01:01.77	PC	RENO	02/14/03
36	Gretchen	Jaques	01:01.79	CA	BREA	12/10/09
37	Annie	Lazor	01:01.84	MI	BBA	03/16/10
38	Chelsea	Grabarz	01:01.85	OH	SFF	11/15/02
39	Maija	Roses	01:01.86	NC	UN	03/03/11
40	Jenny	Hau	01:01.88	US	UN	01/01/86
41	Erin	Sieper	01:01.89	CA	STOP	03/08/01
42	Molly	Hannis	01:01.92	PC	SRN	02/25/09
43	Romy	Landeck	01:01.93	GU	FCST	03/15/11
44	Kerry	Kraemer	01:01.94	MN	UN	11/21/05
45	Annie	Babicz	01:01.98	FL	SYS	11/17/01
46	Colleen	Haase	01:02.04	PV	RMSC	12/08/05
47	Michelle	McKeehan	01:02.07	IN	UN	02/10/06
47	Ellyn	Baumgardner	01:02.07	PV	CUBU	03/20/07
47	Samantha	Pochowski	01:02.07	WI	SWAT	11/13/10
50	Anita	Nall	01:02.09	US	UN	01/01/93
51	Amanda	Beard	01:02.10	AZ	FORD	01/01/97
52	Kristen	Murslack	01:02.12	AM	UN	03/16/11
53	Melissa	Klein	01:02.19	GA	DYNA	01/12/01
54	Annie	Zhu	01:02.20	MR	AGUA	12/02/10
55	Laura M	Davis	01:02.21	PC	TERA	08/02/00
55	Melanie	Roberts	01:02.21	NC	RSA	03/21/06
57	Ashley	Roby	01:02.23	GA	ABSC	01/01/97
57	Tara	Kirk	01:02.23	PN	MAKI	03/04/99
57	Katie	Hoff	01:02.23	MD	NBAC	01/14/05
57	Madisyn	Cox	01:02.23	WT	LSC	03/03/11
61	Corrie	Clark	01:02.25	MA	UMLY	04/06/99
61	Paige	Bradley	01:02.25	PC	UN	05/22/08
61	Tori	Bagan	01:02.25	IN	UN	02/13/09
64	Angie	Chokran	01:02.27	IL	SCST	12/11/08
65	Nikki	Daniels	01:02.29	MV	UN	05/22/09
66	Alisa	Vereshchagin	01:02.31	LE	UN	02/23/06
66	Lindsay	Rogers	01:02.31	IN	SSC	03/02/06
68	Beata	Kaszuba	01:02.33	CA	MVN	01/01/89
68	Gwen	Blythe	01:02.33	NT	UN	02/17/07
70	Kelly	Jones	01:02.35	US	UN	02/27/98
70	Sarah	Henry	01:02.35	NC	RSA	12/05/08
72	Bethany	Adams	01:02.36	MD	GTAC	02/09/08
73	Missy	McIntyre	01:02.39	PN	TSC	11/14/03
74	Christine	Olson	01:02.42	AZ	UN	11/02/07
75	Lindsey	Norberg	01:02.43	NI	ITAC	11/17/06
75	Caroline	Reeves	01:02.43	SE	NAC	02/23/07
75	Colleen	Callahan	01:02.43	MA	SEA	03/24/11
78	Erika	McCormick	01:02.44	IN	UN	02/03/11
79	Kaitlyn	Orstein	01:02.45	AM	PTSC	01/01/02
80	Jessica	Hardy	01:02.47	CA	UN	05/14/03
80	Madison	Burns	01:02.47	MA	PAAC	03/24/11
82	Micah	Lawrence	01:02.48	ST	GOLD	02/16/07
83	Kim	Rhodenbaugh	01:02.49	US	UN	01/01/82
83	Alison	Lusk	01:02.49	SE	UN	02/08/08
83	Emma	Schoettmer	01:02.49	IN	UN	02/12/10
86	Jessica	Wagner	01:02.50	IL	WEST	03/24/98
87	Alexi	Spann	01:02.51	ST	CCS	02/20/03
87	Torrey	Bussey	01:02.51	NC	RSA	03/20/09
89	Ashley	Evans	01:02.52	NJ	BAC	03/10/05
90	Emma	Reaney	01:02.57	MV	LA	03/05/09
91	Blair	Carnes	01:02.58	VA	NOVA	03/15/11
92	Ashley	Specht	01:02.59	OH	GCST	11/29/07
93	Lindsey	Ertter	01:02.60	PV	TCSD	12/17/98
93	Leah	Avilla	01:02.60	PC	SRVL	01/27/01
93	Elizabeth	Tinnon	01:02.60	KY	LAK	03/26/02
93	Katharine	Ross	01:02.60	IA	CIA	02/25/11
97	Emily	Fogle	01:02.61	IL	UN	11/15/08
98	Felicia	Castaneda	01:02.62	OR	MHA	03/12/03
98	Ellie	Freeman	01:02.62	CO	TOPS	03/09/06
98	Annie	Nunes	01:02.62	MA	UN	02/23/11

200 Breaststroke

1	Caitlin	Leverenz	02:08.11	AZ	EDAC	01/12/07
2	Mary Ellen	Blanchard	02:09.06	US	UN	01/02/89
3	Amy	Geis	02:10.34	NT	DM	02/01/02
4	Amanda	Lorenz	02:10.45	SI	ESC	12/13/01
5	Spindrift	Beck	02:10.51	NT	DM	02/22/07
6	Jasmine	Tosky	02:10.56	PC	PASA	03/03/11
7	Blair	Carnes	02:10.99	VA	NOVA	03/15/11
8	Caroline	Bruce	02:11.14	MV	WSC	12/19/02
9	Anita	Nall	02:11.48	US	UN	01/01/93
10	Rebecca	Rainer	02:11.54	VA	NOVA	03/16/10
11	Annie	Zhu	02:11.59	MR	AGUA	12/02/10
12	Abby	Duncan	02:11.65	MN	AQJT	03/16/10
13	Megan	Jendrick	02:11.67	PN	PAC	12/10/99
14	Amy	Shaw	02:11.84	US	UN	01/01/87
15	Andrea	Kropp	02:11.94	CA	RTLR	01/15/10
16	Sarah	Haase	02:12.08	PV	RMSC	03/15/11
17	Jessica	Schmitt	02:12.16	SI	NCA	03/02/06
18	Romy	Landeck	02:12.35	GU	FCST	12/09/10
19	Jenna	Street	02:12.53	FL	BSS	11/23/97
20	KC	Moss	02:12.55	CT	WYW	12/02/10
21	Katie	Hoff	02:12.63	MD	NBAC	12/17/04
22	Melissa	Klein	02:12.67	GA	DYNA	01/12/01
23	Genevieve	Patterson	02:12.71	OR	THSC	03/06/03
24	Molly	Platts	02:12.76	NT	ATAC	02/01/02
25	Stephanie	O'Toole	02:12.77	MD	NBAC	01/15/11
26	Colleen	Haase	02:12.81	PV	RMSC	12/08/05
27	Alexi	Spann	02:12.83	ST	CCS	03/07/02
28	Liz	Smith	02:12.90	OZ	PKWY	03/22/05
29	Kelly	Naze	02:13.10	CO	STAR	03/10/10
30	Leah	Pronschinske	02:13.15	WI	ECY	04/07/10
31	Micah	Lawrence	02:13.16	ST	GOLD	02/22/07
32	Maija	Roses	02:13.19	NC	UN	03/03/11
33	Sarah	Henry	02:13.22	NC	RSA	03/20/07
34	Kristen	Caverly	02:13.30	CA	NOVA	12/17/99
34	Gretchen	Jaques	02:13.30	CA	BREA	12/10/09
36	Jenny	Hau	02:13.34	US	UN	01/01/86
37	Laura M	Davis	02:13.41	PC	TERA	01/27/01
38	Erica	Liu	02:13.51	PC	DACA	01/31/02
39	Abby	Fisher	02:13.55	NJ	LHY	04/05/11
40	Beata	Kaszuba	02:13.58	AZ	UN	01/01/89
41	Melanie	Roberts	02:13.60	NC	RSA	03/21/06
42	Kristine	Quance	02:13.64	US	UN	01/01/92
42	Leah	Avilla	02:13.64	PC	SRVL	01/27/01
44	Katy	Houston	02:13.69	PC	RENO	12/05/02
45	Melissa	Bates	02:13.80	CA	OCW	01/16/09
46	Tori	DeSilvia	02:13.83	US	UN	01/01/90
47	Laura	Sogar	02:13.87	NE	ABF	02/01/07
48	Rachel	Gustin Piersma	02:13.95	OH	AB	01/01/92
48	Emily	Cameron	02:13.95	MA	LAC	03/25/10
50	Kasey	Carlson	02:14.01	PC	TERA	02/28/07
51	Stephanie	Gabert	02:14.03	CA	AZOT	01/14/05
52	Ashley	Roby	02:14.06	GA	ABSC	01/01/97
53	Yi-ting	Siow	02:14.07	FL	BSS	12/06/02
54	Ashley	Danner	02:14.08	PV	SDS	11/17/06
55	Haley	Spencer	02:14.09	OZ	RSCA	03/20/07
55	Taylor	Zafir	02:14.09	IL	WHTN	03/20/07
57	Michelle	McKeehan	02:14.10	IN	CGAC	03/10/06
58	Kim	Rhodenbaugh	02:14.17	US	UN	01/01/82
59	Torrey	Bussey	02:14.18	NC	RSA	03/05/09
60	Allysa	Vavra	02:14.20	MA	ATAC	01/27/06
61	Elizabeth	Beisel	02:14.21	NE	ABF	03/05/09
62	Annie	Lazor	02:14.22	MI	BBA	03/16/10
63	Dorsey	Walker	02:14.30	SE	UN	01/01/87
63	Samantha	Heath	02:14.30	PC	PLS	02/27/03
65	Michele	Schroder	02:14.38	OH	CM	01/01/93
66	Susan	Lipscomb	02:14.43	FG	UN	01/01/86
66	Natalie	Coughlin	02:14.43	PC	TERA	12/18/98
68	Staciana	Winfield	02:14.44	CA	NOVA	02/26/98
69	Rebecca	Soni	02:14.47	NJ	SAC	12/12/03
69	Emma	Schoettmer	02:14.47	IN	CGAC	03/12/10
71	Amy	Cavanagh	02:14.49	NJ	RY	01/01/89
72	Erin	Sieper	02:14.55	CA	STOP	03/08/01
73	Susan	Rapp	02:14.59	US	UN	01/01/82
74	Leah	Monroe	02:14.63	PC	TERA	12/18/98
75	Christine	Olson	02:14.68	AZ	SDA	11/29/07
76	Courtney	Stanchock	02:14.76	MA	BAY	04/11/00
76	Aubrie	Smallwood	02:14.76	CA	LLF	03/08/01
78	Laura	Johnson	02:14.78	SE	MYB	11/29/07
79	Kristine	Polley	02:14.79	GA	RAYS	11/29/07
80	Katie	Willis	02:14.80	PN	KING	03/15/01
81	Kelly	Jones	02:14.83	US	UN	04/06/99
82	Kerry	Kraemer	02:14.86	MN	BDOG	03/16/06
83	Hailey	Degolia	02:14.88	PC	TERA	02/27/03
84	Madisyn	Cox	02:14.89	WT	LSC	03/03/11
85	Alison	Lusk	02:14.91	SE	BAY	03/18/08
86	Erica	Jude	02:14.95	CO	FST	01/01/87
86	Kaylin	Burchell	02:14.95	KY	COLA	12/10/09
88	Amanda	Beard	02:14.99	CA	NOVA	01/01/97
89	Polly	Winde	02:15.07	US	UN	01/01/81
90	Maggie	Bowen	02:15.08	MS	UN	01/01/97
91	Chrissy	Miller	02:15.12	MA	UMLY	01/01/92
92	Mackenzie	Luick	02:15.15	OR	THSC	11/29/07
93	Jordyn	Green	02:15.17	PC	RENO	12/01/05
94	Katie	Rhodes	02:15.19	SE	HSA	01/01/89
95	Jilen	Siroky	02:15.34	NC	MAC	01/01/97
96	Megan	Molnar	02:15.38	SE	AUB	03/05/09
97	Jessica	Rodriquez	02:15.49	ST	TXLA	01/13/07
98	Ashley	Evans	02:15.54	NJ	BAC	03/10/05
98	Ashley	Wanland	02:15.54	IL	PAC	02/10/06
100	Becky	Bruch	02:15.55	IL	LFSC	01/01/89

100 Butterfly

1	Kendyl	Stewart	52.43	SI	UN	05/19/10
2	Katie	Hoff	52.61	MD	NBAC	03/17/05
3	Samantha	Woodward	52.70	OK	CSC	11/29/07
4	Rachel	Bootsma	52.73	MN	UN	11/18/10
5	Jasmine	Tosky	52.77	PC	UN	05/21/10
6	Natalie	Coughlin	52.91	PC	TERA	12/18/98
7	Dana	Kirk	52.92	PN	MAKI	12/08/00
8	Felicia	Lee	52.97	MD	NBAC	01/17/09
9	Mary	Meagher	53.00	US	UN	01/01/81
10	Kathleen	Hersey	53.07	GA	SA	12/08/06
11	Katie	Kinnear	53.09	PN	IST	12/03/09
12	Dana	Vollmer	53.10	NT	FAST	12/18/03
13	Elaine	Breeden	53.17	KY	WA	03/18/05
14	Ally	Howe	53.19	PC	PASA	03/03/11
15	Kelly	Naze	53.24	CO	STAR	03/10/10
16	Amanda	Sims	53.26	PC	UN	05/20/05
17	Haley	Lips	53.28	SC	YSSC	04/06/09
18	Rachel	Moore	53.32	NE	CRIM	12/09/10
19	Maddie	Martin	53.34	OH	UN	02/23/11
20	Tara	Thomas	53.36	CA	NOVA	03/02/06
21	Katie	Klamer	53.40	MN	MINN	01/01/98
22	Katie	Nolan	53.42	MA	UN	03/12/08
23	Melanie	Zauder	53.47	US	UN	02/25/98
24	Misty	Hyman	53.49	AZ	PHX	01/01/96
24	Olivia	Scott	53.49	IL	ACAD	03/17/09
26	Jenna	Johnson	53.55	CA	MAX	01/01/84
27	Melanie	Buddemeyer	53.60	US	UN	01/01/82
27	Marissa	Neel	53.60	PC	UN	05/20/10
29	Morgan	Scroggy	53.61	OR	THSC	01/14/05
30	Celina	Li	53.69	PC	UN	05/19/11
31	Laura M	Davis	53.70	PC	TERA	01/27/01
31	Elizabeth	Pelton	53.70	MD	NBAC	03/05/09
33	Cari	Blalock	53.79	NC	WOW	03/05/09
34	Chelsea	Britt	53.83	FG	FLA	11/11/10
35	Darcy	Fishback	53.85	OH	UN	02/21/08
36	Janel	Jorgensen	53.87	US	UN	01/01/87
36	Rachel	Frederickson	53.87	MN	UN	11/21/05
36	Natalie	Hinds	53.87	WT	UN	02/26/10
39	Andrea	Axtell	53.88	ST	CCS	03/07/02
40	Tori	Simenec	53.95	OR	BRSC	12/11/08
41	Angela	Algee	53.97	FL	HIGH	03/15/11
42	Cindy	Tran	54.03	CA	WCS	12/11/08
42	Olivia	Barker	54.03	CA	SAND	12/09/10
44	Dana	Grindall	54.09	CT	SNCO	03/24/11
45	Lauren	Harrington	54.11	SE	UN	02/08/08
45	Jess	Guro	54.11	MA	ATAC	03/20/08
47	Haley	Sims	54.17	IL	EXPR	03/16/10
48	Julie	Gorman	54.18	MA	UN	01/01/86
48	Leticia	Lelli	54.18	AZ	SDA	12/09/10
50	Jenny	Thompson	54.19	NE	SSA	01/01/89
50	Maya	Dirado	54.19	PC	UN	05/14/09
52	Grace	Cornelius	54.24	MR	NYAC	01/01/89
53	Mary	Griffith	54.27	SN	UN	05/13/10
54	Cait	Connealy	54.28	AZ	AFOX	03/26/02
54	Katherine	Raatz	54.28	AZ	UN	10/28/05
56	Whitney	Hedgepeth	54.29	ST	TXLA	01/01/86
57	Michelle	Griglione	54.30	FL	CSA	01/01/86
57	Karen	Turner	54.30	OR	LOSC	12/10/09
59	Hilvy	Cheung	54.33	PC	UN	05/19/11
60	Dana	Christ	54.34	MI	UN	11/18/05
61	Nilasha	Ghosh	54.35	PC	UN	05/13/05
62	Janet	Hu	54.36	PV	CUBU	03/15/11
63	Morgan	Karetnick	54.37	MR	BGNW	12/10/10
64	Sada	Stewart	54.38	MA	YY	04/06/09
65	Kim	Holden	54.40	MR	UN	11/21/08
66	Nicole	Stafford	54.41	GA	UN	02/11/11
67	Taylor	Strachan	54.44	NE	GMSC	12/16/10
68	Casey	Clark	54.45	GU	UN	02/26/10
69	Erin	Reisinger	54.46	GA	RAYS	12/04/08
70	Lindsey	Marchand	54.47	PN	KING	03/07/07
70	Dagny	Knutson	54.47	ND	MSC	04/02/07
70	Kaitlin	Frehling	54.47	FL	UN	11/15/08
73	Alex	Forrester	54.49	MR	BAD	03/08/07
74	Lia	Neal	54.50	MR	AGUA	12/02/10
75	Emily	Goetsch	54.51	MD	NBAC	03/14/02
75	Chelsea	Howard	54.51	NC	DUKE	12/11/08
75	Maddy	Schaefer	54.51	PC	PASA	03/04/10
78	Ana	Anaya	54.52	FG	UN	11/13/09
79	Elan	Ghazal	54.54	US	UN	01/01/01
79	Emily	Dicus	54.54	MV	TSA	03/05/09
81	Kristen	Kilroy	54.56	OR	THSC	03/15/01
82	Sabrina	Benson	54.58	NC	YOTA	04/06/09
83	Brooke	Bishop	54.61	PC	SCRA	04/07/03
83	Christina	Bechtel	54.61	SE	UN	02/13/09
83	Megan	Fonteno	54.61	FL	BSS	12/10/09
86	Sierra	Kuhn	54.62	WI	VAC	03/03/11
87	Maggie	Gruber	54.63	AM	PRA	03/03/11
87	Erin	McElfresh	54.63	NI	LCAT	03/17/11
89	Kaitlin	Sandeno	54.65	CA	NGSV	01/14/00
90	Emma	Goral	54.66	WI	LAKE	02/06/09
91	Laura	Bensh	54.67	US	UN	01/01/87
92	Anne-marie	Botek	54.68	MD	EST	12/10/04
93	Mary	Mohler	54.69	IL	ACAD	01/26/01
93	Ali	Horn	54.69	VA	UN	02/26/09
95	Margaret	Kelly	54.72	MI	UN	11/19/04
95	Christina	Ray	54.72	PC	TERA	12/17/10
97	Hannah	Caron	54.74	NC	RSA	03/18/08
98	Candace	Blackman	54.75	NT	DM	02/28/02
99	Nikki	Larson	54.76	MN	EDI	03/15/11
100	Dani	Barbiea	54.77	OH	UN	02/21/09

200 Butterfly

1	Mary	Meagher	01:52.99	US	UN	01/01/81
2	Jasmine	Tosky	01:54.63	PC	PASA	03/03/11
3	Katie	Hoff	01:54.94	MD	NBAC	12/17/04
4	Kathleen	Hersey	01:55.86	GA	SA	12/08/06
5	Pam	Minthorn	01:56.01	US	UN	01/01/89
6	Felicia	Lee	01:56.10	MD	NBAC	03/05/09
7	Natalie	Coughlin	01:56.26	PC	TERA	12/18/98
8	Cammile	Adams	01:56.68	GU	CFSC	11/29/07
9	Hali	Flickinger	01:56.70	MA	YY	04/05/11
10	Michelle	Griglione	01:56.86	FL	CSA	01/01/86
11	Erika	Hansen	01:57.02	US	UN	01/01/86
12	Kelley	Currin	01:57.07	US	UN	01/01/86
13	Rachel	Naurath	01:57.08	VA	NOVA	03/17/09
14	Noelle	Tarazona	01:57.09	CA	TCC	01/16/09
15	Misty	Hyman	01:57.47	US	UN	01/01/96
16	Kaitlin	Sandeno	01:57.53	CA	NGSV	03/01/00
17	Allison	Titley	01:57.58	VA	NOVA	03/17/09
18	Haley	Lips	01:57.61	SC	YSSC	12/09/10
18	Rachel	Moore	01:57.61	NE	CRIM	12/16/10
20	Tori	Simenec	01:57.64	OR	BRSC	03/11/09
21	Andrea	Axtell	01:57.68	ST	CCS	03/06/03
22	Mary	Beck	01:57.73	ST	TXLA	01/19/08
23	Emma	Nunn	01:57.81	VA	NOVA	03/16/10
24	Summer	Sanders	01:57.88	US	UN	01/01/89
25	Patty	Smeaton	01:57.89	US	UN	01/01/81
26	Molly	Freedman	01:57.97	PV	CUBU	03/12/98
27	Mackenzie	Stein	01:57.99	CO	TOPS	03/10/10
28	Whitney	Lopus	01:58.09	AZ	SDA	03/07/07
29	Maya	Dirado	01:58.17	PC	SRN	02/25/09
30	Kendyl	Stewart	01:58.18	SI	NCA	12/17/10
31	Andie	Taylor	01:58.21	PN	KING	12/14/07
31	Ali	Horn	01:58.21	VA	GATR	03/17/09
33	Yumi	So	01:58.23	CA	PASA	11/29/07
34	Elizabeth	Shaw	01:58.25	VA	NOVA	03/22/04
35	Claire	Dickmann	01:58.27	OH	CLPR	03/20/07
36	Lauren	Stinnett	01:58.38	PV	GMU	01/01/97
36	Kaia	Simmons	01:58.38	NE	CRIM	03/13/08
38	Elizabeth	Beisel	01:58.48	NE	ABF	03/05/09
38	Elizabeth	Pepper	01:58.48	PV	RMSC	03/16/10
40	Monica	Nielebeck	01:58.51	US	UN	01/01/83
41	Rachel	Bootsma	01:58.53	MN	AQJT	03/16/10
42	Jenny	Forster	01:58.55	OH	WTRC	12/10/04
43	Tanya	Krisman	01:58.57	CA	CCAQ	03/09/06
43	Summer	Stephens	01:58.57	KY	LAK	03/05/09
45	Marissa	Neel	01:58.60	PC	TERA	12/18/09
46	Terrianne	McGuirk	01:58.63	US	UN	01/01/82
46	Samantha	Woodward	01:58.63	OK	CSC	11/29/07
48	Janel	Jorgensen	01:58.65	US	UN	01/01/88
49	Alison	Haulsee	01:58.70	VA	NOVA	03/17/09
50	Caitlin	Leverenz	01:58.73	AZ	EDAC	01/18/08
50	Tanja	Kylliainen	01:58.73	MD	LBA	03/26/09
52	Chelsea	Chenault	01:58.74	PC	TERA	12/17/10
53	Olivia	Barker	01:58.78	CA	SAND	12/17/10
54	Patricia	Forrester	01:58.81	GA	GCAT	12/09/10
55	Sarah	Nockengost	01:58.86	VA	HOKI	01/01/07
56	Gabi	Shishkoff	01:58.88	NC	MOR	03/05/09
57	Elizabeth	Hill	01:58.89	GA	DYNA	02/28/02
58	Laura M	Davis	01:58.91	PC	TERA	01/27/01
59	Kimberly	Vandenberg	01:58.94	PC	OAPB	03/21/00
60	Ariana	Kukors	01:58.95	PN	KING	03/02/06
61	Amanda	Sims	01:58.96	PC	SRN	03/03/05
61	Courtney	Otto	01:58.96	NI	STAR	03/26/09
63	Jamie	Martinez	01:58.98	PC	DACA	03/05/04
64	Dana	Kirk	01:59.00	PN	MAKI	12/08/00
65	Alex	Forrester	01:59.01	MR	BAD	03/08/07
66	Celina	Li	01:59.05	PC	PLS	03/31/11
67	Courtney	Kalisz	01:59.06	MD	NBAC	03/01/07
68	Ana	Anaya	01:59.09	FG	MACM	03/26/09
69	Maggie	D'Innocenzo	01:59.16	NE	CRIM	03/15/11
70	Elaine	Breeden	01:59.17	KY	WA	03/10/05
71	Emily	Christy	01:59.19	MA	BYNS	12/10/04
72	Abby	Chin	01:59.21	OH	UASC	12/04/08
73	Whitney	Hedgepeth	01:59.23	ST	TXLA	01/01/86
73	Rebecca	Rainer	01:59.23	VA	NOVA	03/16/10
75	Kayla	Iverson	01:59.24	VA	QSTS	03/16/10
76	Tanya	Williams	01:59.26	US	UN	01/01/87
77	Sylvia	Bereknyei	01:59.30	PC	WCAB	01/01/96
78	Julie	Gorman	01:59.32	MD	UN	01/01/86
79	Amber	Hovey	01:59.36	PC	DACA	03/05/04
80	Connie	Hsu	01:59.37	IL	WHTN	03/15/11
81	Mary	Mohler	01:59.38	IL	ACAD	01/26/01
82	Ally	Howe	01:59.39	PC	PASA	03/03/11
83	Charlotte	Ruby	01:59.40	PC	SCSC	02/18/11
84	Rachel	Snyder	01:59.43	CO	NJ	03/11/09
85	Lauren	Harrington	01:59.44	SE	MTS	02/26/09
86	Patty	Harper	01:59.46	US	UN	01/01/81
87	Anna	Walker	01:59.48	IA	UN	01/01/85
87	Hilvy	Cheung	01:59.48	PC	MSJA	12/17/10
89	Catherine	Breed	01:59.51	PC	PLS	12/18/09
89	Angela	Algee	01:59.51	FL	HIGH	02/24/11
91	Emma	Goral	01:59.56	WI	LAKE	12/11/08
92	Katie	Miller	01:59.58	LE	FAST	03/10/11
93	Cari	Blalock	01:59.59	NC	WOW	03/05/09
94	Mandy	Vincent	01:59.60	PV	CUBU	03/17/09
94	Camryne	Morris	01:59.60	MD	NBAC	03/04/10
96	Amberle	Biedermann	01:59.62	CO	FLFN	03/15/01
97	Kristen	Hastrup	01:59.71	CC	CLOV	01/18/02
97	Chelsea	Britt	01:59.71	FG	FLA	12/09/10
99	Kim	Enright	01:59.84	FL	WFLA	01/01/95
100	Danielle	Leclair	01:59.85	VA	NOVA	04/07/03

200 Individual Medley

1	Dagny	Knutson	01:54.03	ND	MSC	12/04/08
2	Elizabeth	Pelton	01:54.47	MD	NBAC	03/04/10
3	Jasmine	Tosky	01:54.80	PC	PASA	03/03/11
4	Missy	Franklin	01:55.32	CO	STAR	12/02/10
5	Katie	Hoff	01:55.91	MD	NBAC	12/09/05
6	Mary	Beck	01:56.45	ST	TXLA	02/08/08
7	Maya	Dirado	01:57.08	PC	UN	05/14/09
8	Elizabeth	Beisel	01:57.37	NE	ABF	12/18/08
9	Ariana	Kukors	01:57.46	PN	KING	03/02/06
10	Emily	Cameron	01:57.74	MA	UN	03/16/11
11	Tracy	Caulkins	01:57.86	US	UN	01/01/79
12	Felicia	Lee	01:57.92	MD	NBAC	12/12/08
13	Mary Ellen	Blanchard	01:58.03	PC	STAN	01/01/90
13	Caitlin	Leverenz	01:58.03	AZ	EDAC	11/29/07
13	Lindsey	McKnight	01:58.03	FG	CSSC	12/10/09
16	Natalie	Coughlin	01:58.48	PC	TERA	01/15/99
17	Annie	Zhu	01:58.49	MR	AGUA	12/02/10
18	Amber	McDermott	01:58.77	PN	SBAY	12/11/08
19	Jessica	Rodriquez	01:58.97	ST	TXLA	02/22/07
20	Spindrift	Beck	01:58.99	NT	UN	11/16/07
21	Kaitlyn	Jones	01:59.03	MA	UN	02/23/11
22	Julia	Smit	01:59.11	MR	UN	11/19/04
23	Melanie	Margalis	01:59.15	FL	UN	11/13/08
24	Jenny	Forster	01:59.21	OH	UN	02/24/05
25	Laura M	Davis	01:59.32	PC	TERA	01/27/01
26	Celina	Li	01:59.37	PC	UN	05/19/11
27	Karen	Turner	01:59.54	OR	LOSC	12/10/09
28	Emily	Mastin	01:59.82	AZ	FORD	01/01/96
29	Jenny	Parmenter	01:59.88	CA	ROSE	02/20/97
30	Sarah	Haase	01:59.91	PV	RMSC	03/15/11
31	Alison	Fealey	01:59.96	MR	NYAC	01/01/95
32	Maggie	Bowen	01:59.96	SE	AUB	01/01/97
33	Michelle	Griglione	01:59.98	FL	CSA	01/01/86
34	Danielle	Gong	02:00.02	PC	UN	05/18/07
35	Aja	Van Hout	02:00.06	WI	UN	11/14/09
36	Allison	Brown	02:00.11	PC	PLS	12/17/10
37	Kelly	Naze	02:00.13	CO	STAR	12/10/09
38	Sara	Giberson	02:00.18	MR	AGUA	03/12/09
39	Kaitlin	Sandeno	02:00.19	CA	NGG	01/01/99
40	Kathleen	Hersey	02:00.21	GA	SA	02/07/07
41	Annemarie	Thayer	02:00.23	PN	SBAY	12/11/08
42	Ally	Howe	02:00.24	PC	UN	05/20/11
43	Hali	Flickinger	02:00.32	MA	YY	04/05/11
44	Taylor	Schick	02:00.38	GA	SA	03/03/11
45	Madisyn	Cox	02:00.39	WT	UN	02/18/11
46	Andrea	Kropp	02:00.43	CA	UN	05/12/10
47	Madison	Burns	02:00.48	MA	UN	03/16/11
48	Bella	Reinhofer	02:00.49	IL	EST	07/08/09
49	Sarah	Liang	02:00.51	PC	UN	05/15/09
50	Sarah	Henry	02:00.54	NC	RSA	12/05/08
51	Torrey	Bussey	02:00.55	NC	RSA	03/05/09
52	Summer	Sanders	02:00.57	US	UN	01/01/89
53	Caroline	Bruce	02:00.58	MV	WSC	12/19/02
54	Bonnie	Brandon	02:00.60	CO	MACS	12/02/10
55	Katie	Miller	02:00.62	LE	UN	02/23/11
56	Jeana	Fuccillo	02:00.65	OZ	RSCA	03/02/00
57	Lacey	Locke	02:00.71	IN	UN	02/11/11
58	Janet	Evans	02:00.72	CA	TROJ	01/01/89
58	Anna	Demonte	02:00.72	MI	UN	11/20/09
60	Lauren	Driscoll	02:00.74	FG	UN	10/10/09
61	Allison	Wagner	02:00.75	PC	CAL	01/01/94
62	Cassidy	Maxwell	02:00.77	SE	AU	01/01/98
63	Michelle	McKeehan	02:00.81	IN	CGAC	02/11/05
64	Katy	Arris-Wilson	02:00.86	VA	TIDE	01/01/87
65	Meghan	Hawthorne	02:00.93	CA	RTLR	05/06/08
66	Jessica	Schmitt	02:00.94	SI	UN	05/16/07
67	Kirstie	Chen	02:00.95	CA	RMDA	12/04/08
68	Sada	Stewart	02:00.99	MA	YY	12/09/10
69	Ashley	Jones	02:01.00	IL	JETS	04/05/04
70	Jenna	Street	02:01.02	FL	BSS	11/22/97
71	Tami	Ransom	02:01.07	OH	CM	02/20/99
72	Kirsten	Smith	02:01.08	VA	CGBD	01/01/06
72	Kirsten	Smith	02:01.08	NC	UN	02/10/06
74	Ashley	Roby	02:01.10	GA	ABSC	01/01/97
74	Faith	Martin	02:01.10	CT	CCAT	03/12/09
76	Janel	Jorgensen	02:01.12	US	UN	01/01/88
77	Sophie	Weber	02:01.15	SN	UN	05/12/11
78	Lindsay	Voyles	02:01.27	ST	CCS	02/22/02
78	Annie	Gillig	02:01.27	SC	YSSC	04/07/10
80	Noelle	Tarazona	02:01.32	CA	UN	05/15/09
81	Rachel	Zilinskas	02:01.38	AM	UN	03/17/10
82	Melissa	Bates	02:01.39	CA	UN	05/13/09
83	Kaitlin	Pawlowicz	02:01.41	PV	UN	02/04/10
84	Monica	Nielebeck	02:01.42	US	UN	01/01/83
84	Melanie	Roberts	02:01.42	NC	RSA	03/21/06
86	Melissa	Klein	02:01.44	GA	DYNA	03/08/01
87	Tori	Simenec	02:01.45	OR	BRSC	12/11/08
88	Laurence	Delisle	02:01.46	PC	DACA	03/09/07
89	Allysa	Vavra	02:01.50	MA	UN	02/25/06
89	Kimberly	Pavlin	02:01.50	ST	UN	02/27/09
91	Alicia	Grima	02:01.51	PC	PASA	12/02/10
92	Haley	Durmer	02:01.52	GA	UN	02/11/11
93	Whitney	Hedgepeth	02:01.55	ST	TXLA	01/01/88
93	Nicole	Mackey	02:01.55	CA	AZOT	01/27/01
93	Teresa	Crippen	02:01.55	MA	UN	02/23/07
96	Nicole	Haislett	02:01.56	US	UN	01/01/90
97	Kristen	Caverly	02:01.57	CA	UN	01/27/01
98	Amanda	Lorenz	02:01.60	SI	ESC	12/13/01
99	Marie	Georger	02:01.64	AM	UN	03/17/10
100	Willa	Wang	02:01.66	MD	NBAC	03/03/11

400 Individual Medley

1	Dagny	Knutson	04:00.62	ND	MSC	12/04/08
2	Katie	Hoff	04:03.46	MD	NBAC	12/09/05
3	Elizabeth	Beisel	04:04.59	NE	ABF	12/18/08
4	Jasmine	Tosky	04:04.65	PC	PASA	03/03/11
5	Maya	Dirado	04:06.48	PC	SRN	12/03/09
6	Ariana	Kukors	04:07.24	PN	KING	01/19/06
7	Missy	Franklin	04:08.06	CO	STAR	11/12/10
8	Tracy	Caulkins	04:08.09	US	UN	01/01/79
9	Caitlin	Leverenz	04:08.61	AZ	EDAC	11/29/07
10	Natalie	Coughlin	04:08.89	PC	TERA	01/15/99
11	Hali	Flickinger	04:09.30	MA	YY	04/05/11
12	Amber	McDermott	04:09.33	PN	SBAY	03/11/09
13	Jessica	Rodriquez	04:09.81	ST	TXLA	02/22/07
14	Rebecca	Rainer	04:10.21	VA	NOVA	03/16/10
15	Jessica	Schmitt	04:11.32	SI	NCA	02/22/07
16	Mackenzie	Stein	04:11.57	CO	TOPS	03/10/10
17	Summer	Sanders	04:12.00	US	UN	01/01/89
18	Kirstie	Chen	04:12.21	CA	RMDA	12/04/08
19	Bonnie	Brandon	04:12.31	CO	MACS	12/02/10
20	Janet	Evans	04:12.32	CA	TROJ	01/01/87
21	Nicole	Vernon	04:12.76	MA	DST	12/10/09
22	Mary Ellen	Blanchard	04:12.84	US	UN	01/01/90
23	Andie	Taylor	04:12.87	PN	KING	12/14/07
24	Katie	Miller	04:12.88	LE	FAST	12/02/10
25	Michelle	Griglione	04:12.95	FL	CSA	01/01/86
26	Felicia	Lee	04:13.09	MD	NBAC	12/12/08
27	Willa	Wang	04:13.11	MD	NBAC	03/25/10
28	Kyoko	Yokouchi	04:13.20	CA	NOVA	12/18/98
29	Celina	Li	04:13.28	PC	PLS	05/22/11
30	Gabi	Shishkoff	04:13.29	NC	MOR	03/05/09
31	Kathleen	Hersey	04:13.33	GA	SA	12/08/06
32	Emily	Cameron	04:13.34	MA	LAC	03/25/10
33	Jenny	Parmenter	04:13.50	PV	UN	01/01/97
34	Kaitlin	Sandeno	04:13.51	CA	NGSV	03/01/00
35	Kaitlyn	Jones	04:13.75	MA	DST	12/10/09
36	Kelly	Naze	04:13.77	CO	STAR	12/10/09
37	Allison	Brown	04:13.88	PC	PLS	12/17/10
38	Kristen	Caverly	04:13.89	CA	UN	01/27/01
39	Noelle	Tarazona	04:13.92	CA	TCC	12/18/08
40	Garland	O'Keeffe	04:13.93	IA	IOWA	01/01/87
41	Melissa	Klein	04:14.31	GA	DYNA	03/08/01
42	Annie	Zhu	04:14.50	MR	AGUA	12/02/10
43	Ali	Horn	04:14.51	VA	GATR	12/12/08
44	Ashley	Jones	04:14.61	IL	JETS	04/05/04
44	Meghan	Hawthorne	04:14.61	CA	RTLR	01/16/09
46	Sarah	Henry	04:14.69	NC	RSA	03/20/07
47	Courtney	Otto	04:14.75	NI	STAR	03/16/10
48	Sara	Giberson	04:14.82	MR	AGUA	03/12/09
49	Madison	Burns	04:14.83	MA	PAAC	12/10/10
50	Allysa	Vavra	04:14.86	MA	ATAC	03/21/06
51	Erika	Hansen	04:15.19	US	UN	01/01/85
52	Laura M	Davis	04:15.24	PC	TERA	01/27/01
53	Maggie	D'Innocenzo	04:15.26	NE	CRIM	03/15/11
54	Jessie	Carr	04:15.37	MA	GAAC	03/12/98
55	Sam	Harding	04:15.39	NM	WILD	03/09/11
56	Leah	Gingrich	04:15.45	MA	WSY	04/04/06
57	Adrienne	Binder	04:15.63	CA	SBSC	02/27/02
58	Cari	Blalock	04:15.68	NC	WOW	03/05/09
59	Jenny	Forster	04:15.71	OH	WTRC	01/17/04
60	Lauren	Driscoll	04:15.73	FG	FLA	03/04/10
61	Katie	Yevak	04:15.76	US	UN	01/01/99
61	Katie	Idbeis	04:15.76	MV	KCB	03/04/99
63	Courtney	Kalisz	04:15.79	MD	NBAC	03/02/06
64	Kate	Dwelley	04:15.80	PC	TERA	12/16/05
65	Kristine	Quance	04:15.86	US	UN	01/01/91
66	Alyssa	Anderson	04:15.89	SN	SMST	02/28/07
67	Taylor	Nanfria	04:15.92	PC	CROW	12/18/09
68	Charlotte	Meyer	04:15.96	PV	RMSC	03/15/11
69	Annie	Gillig	04:15.99	SC	YSSC	04/05/11
70	Rachel	Naurath	04:16.00	VA	NOVA	03/17/09
71	Leah	Tourtellotte	04:16.03	CA	CSSC	12/13/01
71	Danielle	Gong	04:16.03	PC	DACA	03/09/07
73	Caitlin	Iversen	04:16.14	CO	GTS	03/09/05
74	Romy	Landeck	04:16.15	GU	FCST	03/15/11
75	Haley	Lips	04:16.19	SC	YSSC	04/06/09
76	Spindrift	Beck	04:16.24	NT	DM	12/14/06
77	Julia	Smit	04:16.31	MR	TVSC	12/12/03
78	Melanie	Margalis	04:16.39	FL	SPA	02/28/08
79	Jessica	Foschi	04:16.53	MR	NYAC	01/01/97
79	Kirsten	Smith	04:16.53	NC	MOR	02/16/06
81	Aja	Van Hout	04:16.66	WI	BAC	12/04/08
82	Alyssa	Kiel	04:16.72	LE	LESD	11/21/03
83	Tami	Ransom	04:16.79	OH	CM	03/11/99
84	Channon	MacEachern	04:16.84	US	UN	01/01/83
85	Brooke	Winkler	04:16.85	PC	DACA	01/01/99
86	Nicole	Mackey	04:16.88	CA	AZOT	03/02/00
87	Megan	Fox	04:16.89	MI	OLY	12/11/08
88	Sippy	Woodhead	04:16.92	US	UN	01/01/81
89	Elizabeth	Hill	04:16.94	GA	DYNA	02/28/02
90	Janie	Wagstaff	04:16.97	FL	UF	01/01/91
91	Megan	Rankin	04:17.06	CA	AZOT	12/17/10
92	Ava	Ohlgren	04:17.07	MI	BAC	01/21/05
93	Kirsten	Groome	04:17.10	MA	GAAC	12/09/05
94	Katy	Arris-Wilson	04:17.13	VA	TIDE	01/01/87
95	Lauren	Piper	04:17.19	FL	SPA	02/26/09
96	Shelly	Ripple Johnston	04:17.22	LA	BTAC	02/20/97
97	Whitney	Krosse	04:17.23	FL	UF	01/01/95
98	Elizabeth	Shaw	04:17.42	VA	NOVA	03/11/05
99	Kristin	Lozeau	04:17.45	NE	GMSC	01/01/96
100	Camryne	Morris	04:17.47	MD	NBAC	03/04/10

17-18 GIRLS SCY ALL TIME TOP 100

50 Freestyle

1	Liv	Jensen	21.94	PC	UN	02/25/09
2	Kara Lynn	Joyce	22.04	MI	CW	11/22/02
3	Beckie	Thompson	22.09	US	UN	02/18/09
4	Amanda	Weir	22.11	GA	SA	03/04/04
5	Maddy	Schaefer	22.12	PC	PASA	12/02/10
6	Samantha	Woodward	22.16	PC	UN	03/19/09
6	Margo	Geer	22.16	OH	UN	12/02/10
8	Lauren	Perdue	22.26	US	UN	03/18/10
9	Christina	Swindle	22.30	FG	MS	11/22/02
10	Karlee	Bispo	22.32	PC	UN	12/04/08
11	Chris	Rojas	22.34	US	UN	11/20/10
12	Amywren	Miller	22.39	US	UN	02/20/08
13	Sarah	Bateman	22.42	FL	UN	02/18/09
14	Jenna	Yonkers	22.46	US	UN	01/01/86
15	Kara	Denby	22.48	SE	AU	02/11/05
16	Emma	Darlington	22.49	US	UN	02/27/08
16	Kait	Flederbach	22.49	IN	UN	12/02/10
18	Sloane	Pitman	22.53	SE	UN	02/13/09
18	Andi	Murez	22.53	US	UN	02/24/10
20	Kasey	Carlson	22.56	PC	TERA	02/25/09
21	Anne-marie	Botek	22.58	US	UN	02/02/07
22	Stephanie	Napier	22.61	SE	UN	02/24/06
22	Tiffany	Oliver	22.61	FL	UN	02/16/11
24	Betsy	Webb	22.62	PC	UN	03/19/09
25	Nicole	Haislett	22.64	US	UN	01/01/91
25	Rhi	Jeffrey	22.64	CA	UN	03/03/05
27	Felicia	Lee	22.65	MD	UN	11/18/10
28	Christy	Watkins	22.66	US	UN	02/17/00
28	Alex	Forrester	22.66	NE	UN	03/18/10
30	Dara	Torres	22.69	FG	CSSC	01/01/85
31	Dana	Vollmer	22.70	NT	FAST	12/16/04
31	Melanie	Schlanger	22.70	HI	HAWA	02/23/05
31	Rachel	Dixon	22.70	US	UN	02/23/11
34	Brooke	Bishop	22.71	PC	UN	03/17/05
34	Madison	Kennedy	22.71	CT	UN	03/16/06
34	Kathryn	Murphy	22.71	PC	UN	02/12/11
34	Madeline	Locus	22.71	GU	FCST	03/15/11
38	Dagny	Knutson	22.72	ND	ASK	03/19/10
38	Emily	Lloyd	22.72	US	UN	02/16/11
40	Jennifer	Bradford	22.73	OH	GCST	02/26/04
40	Emily	Bos	22.73	SE	UN	02/16/11
40	Gracie	Finnegan	22.73	US	UN	03/17/11
43	Andrea	Georoff	22.74	US	UN	02/20/03
43	Lisa	Nathanson	22.74	MV	UN	02/25/09
45	Kelly	Bennett	22.75	WY	UN	10/30/00
45	Courtney	Cashion	22.75	CA	UN	05/12/04
45	Christie	Raleigh	22.75	US	UN	02/15/06
48	Cortnee	Adams	22.76	WI	UN	02/16/00
48	Julia	Smit	22.76	MR	UN	11/30/06
50	Kaitlin	Frehling	22.77	FL	UN	02/16/11
51	Allison	Wimer	22.78	US	UN	01/01/97
51	Rachael	Acker	22.78	PC	UN	05/20/11
53	Liesl	Pimentel	22.79	AZ	DTAC	01/01/95
53	Maria	Sommer	22.79	GU	UN	02/27/08
55	Tara	Thomas	22.80	PC	UN	03/20/08
55	Bethany	Adams	22.80	MD	GTAC	03/26/09
55	Kaylin	Bing	22.80	OR	RYST	03/15/11
58	Kayla	Andrews	22.81	US	UN	02/14/07
58	Emily	Dominski	22.81	IL	UN	11/16/07
60	Amy	Van Dyken	22.82	CO	UN	01/01/92
60	Sara	Platzer	22.82	PN	WAKO	02/22/01
60	Megan	Romano	22.82	FL	UN	12/04/09
63	Jill	Sterkel	22.83	ST	UN	01/01/80
63	Nicole	deMan	22.83	US	UN	01/01/93
63	Megan	Waters	22.83	PV	UN	12/05/08
63	Olivia	Scott	22.83	SE	UN	02/16/11
63	Natalie	Hinds	22.83	WT	COM	03/03/11
68	Michele	King	22.84	US	UN	02/02/07
68	Lauren	Harrington	22.84	SE	MTS	12/09/10
68	Lisa	Boyce	22.84	US	UN	02/24/11
71	Adrienne	Mattos	22.85	PC	DACA	03/19/98
72	Abigail	Alton	22.86	SE	UN	02/18/09
73	Mason	Walsh	22.87	US	UN	02/19/04
74	Jeannie	Cunningham	22.88	US	UN	01/01/86
74	Lauren	English	22.88	NJ	UN	11/30/07
74	Kelsi	Hall	22.88	US	UN	01/24/09
74	Traycie	Swartz	22.88	US	UN	02/23/11
78	Melissa	Marik	22.89	SE	AU	03/08/07
79	Lauren	Funk	22.90	US	UN	02/24/10
80	Natasha	Moodie	22.91	MI	UN	12/05/08
81	Katie	Radloff	22.92	US	UN	02/14/07
81	Alexa	Mehesan	22.92	IA	UN	11/03/07
81	Leona	Jennings	22.92	PN	UN	11/13/08
81	Becca	Jones	22.92	VA	TIDE	12/04/08
85	Aleesha	Miller	22.93	AZ	UN	11/03/06
85	Kristen	Shickora	22.93	MA	UN	12/05/08
87	Jordan	Wallace	22.94	AM	TPIT	03/14/02
87	Alia	Atkinson	22.94	GU	TAMU	02/14/07
87	Shara	Stafford	22.94	MV	TSA	03/20/07
87	Cynthia	Fascella	22.94	CA	UN	05/13/09
87	Dani	Barbiea	22.94	OH	UN	02/23/11
92	Becky	Davis	22.95	US	UN	03/15/01
93	Haley	Krakoski	22.96	AZ	PHX	12/10/09
94	Nicole	Landisch	22.97	WI	LAKE	03/20/07
94	Kate	Dwelley	22.97	PC	UN	05/17/07
94	Amanda	Paulson	22.97	MN	UN	11/18/10
94	Gretchen	Jaques	22.97	CA	BREA	12/09/10
98	Leigh Ann	Fetter	22.99	US	UN	01/01/87
98	Emily	Silver	22.99	CA	UN	11/14/03
98	Emma	Drysdale	22.99	PC	UN	05/15/09

100 Freestyle

1	Karlee	Bispo	47.96	PC	UN	12/04/08
2	Amanda	Weir	48.06	GA	SA	03/04/04
3	Amber	Nelson	48.14	CC	BSC	03/03/11
4	Dagny	Knutson	48.15	ND	UN	11/13/09
5	Maddy	Schaefer	48.24	PC	PASA	12/02/10
6	Liv	Jensen	48.26	PC	UN	03/19/09
6	Margo	Geer	48.26	OH	UN	12/02/10
8	Allison	Schmitt	48.36	US	UN	03/21/09
9	Samantha	Woodward	48.42	PC	UN	03/19/09
10	Nicole	Bacher	48.45	US	UN	01/01/91
10	Nicole	Haislett	48.45	US	UN	01/01/91
12	Katie	Einspanier	48.52	US	UN	03/02/01
12	Elizabeth	Pelton	48.52	MD	NBAC	03/05/11
14	Samantha	Tucker	48.53	ST	UN	02/27/09
14	Andi	Murez	48.53	US	UN	02/24/10
16	Christina	Swindle	48.57	FG	MS	03/06/03
17	Kris	Naleszkiewicz	48.58			12/17/98
18	Kara Lynn	Joyce	48.59	MI	CW	11/22/02
18	Sarah	Denninghoff	48.59	AZ	UN	12/02/10
20	Lauren	Perdue	48.61	US	UN	03/18/10
21	Madeline	Locus	48.74	GU	FCST	03/15/11
22	Jill	Sterkel	48.76	ST	UN	01/01/80
23	Katie	Hoff	48.82	MD	NBAC	12/09/07
24	Catherine	Fox	48.86	MV	UN	01/01/96
25	Beckie	Thompson	48.89	US	UN	02/18/09
25	Betsy	Webb	48.89	PC	UN	03/19/09
27	Dara	Torres	48.91	FG	CSSC	01/01/85
28	Kara	Denby	48.94	SE	AU	02/11/05
29	Felicia	Lee	48.99	MD	UN	11/20/10
29	Rachel	Bootsma	48.99	MN	UN	03/15/11
31	Maritza	Correia	49.00	FL	BSAC	12/01/00
32	Lily	Moldenhauer	49.01	ST	AAAA	03/05/09
33	Kayla	Andrews	49.02	US	UN	02/14/07
34	Tracy	Caulkins	49.03	US	UN	01/01/79
34	Katie	Riefenstahl	49.03	MA	UN	12/04/08
34	Rachael	Acker	49.03	PC	UN	05/20/11
37	Becca	Jones	49.06	VA	TIDE	12/04/08
38	Jasmine	Tosky	49.07	PC	PASA	05/22/11
39	Natalie	Coughlin	49.09	PC	TERA	03/10/00
39	Melanie	Schlanger	49.09	HI	HAWA	02/23/05
41	Amywren	Miller	49.10	US	UN	02/20/08
42	Caroline	Burckle	49.15	FL	UF	02/11/05
43	Michele	King	49.19	US	UN	03/10/07
43	Gracie	Finnegan	49.19	US	UN	03/17/11
45	Megan	Romano	49.20	FL	UN	10/11/08
46	Lacey	Boutwell	49.22	US	UN	03/21/02
47	Stefanie	Williams	49.23	MA	GAAC	04/14/98
47	Melanie	Margalis	49.23	FL	UN	12/05/10
49	Jamie	Bohunicky	49.24	FL	UN	11/13/08
50	Rhi	Jeffrey	49.25	CA	UN	03/03/05
51	Courtney	Cashion	49.26	CA	UN	05/12/04
51	Tiffany	Oliver	49.26	FG	UN	11/23/10
53	Olivia	Scott	49.31	SE	UN	02/16/11
54	Madison	Kennedy	49.33	CT	UN	02/15/06
54	Tara	Thomas	49.33	CA	NOVA	11/29/07
56	Kate	Dwelley	49.34	PC	UN	11/29/07
56	Megan	Meyer	49.34	US	UN	02/21/08
58	Julia	Wilkinson	49.35	GU	TAMU	03/16/06
58	Emma	Darlington	49.35	US	UN	03/20/08
60	Sara	Platzer	49.36	PN	WAKO	02/22/01
60	Lindsey	Smith	49.36	MI	UN	02/18/04
62	Danielle	Siverling	49.37	MA	UN	03/16/11
63	Sippy	Woodhead	49.39	US	UN	01/01/79
64	Katherine	Raatz	49.41	CA	GWSC	03/20/07
65	Dana	Vollmer	49.43	NT	FAST	12/16/04
66	Lindsey	Farella	49.45	AZ	FORD	03/19/98
66	Kasey	Carlson	49.45	PC	UN	05/14/09
66	Emily	Dicus	49.45	MV	UN	05/19/11
69	Sarah	Tolar	49.49	US	UN	03/18/99
70	Emily	Lloyd	49.50	US	UN	02/16/11
71	Jenny	Thompson	49.51	NE	SSA	01/01/90
72	Emily	Kukors	49.52	PN	KING	03/12/03
73	Margaret	Kelly	49.53	MI	MICH	03/10/07
74	Margaux	Farrell	49.54	IN	UN	02/18/09
75	Katie	Radloff	49.55	VA	UN	11/16/06
76	Nikki	Barczak	49.56	MI	UN	12/09/10
77	Cortnee	Adams	49.57	WI	UN	02/16/00
77	Kelly	Flynn	49.57	PN	UN	02/25/09
77	Traycie	Swartz	49.57	US	UN	02/23/11
80	Taylor	Baughman	49.58	IN	UN	12/01/05
81	Mary	Beck	49.59	ST	UN	11/21/08
81	Aja	Van Hout	49.59	WI	BAC	03/15/11
83	Caitlin	Geary	49.60	SE	UN	02/20/08
84	Shara	Stafford	49.61	MV	TSA	03/18/08
84	Bonnie	Brandon	49.61	CO	UN	02/11/11
86	Ariana	Kukors	49.62	PN	UN	12/14/07
87	Morgan	Scroggy	49.63	OR	THSC	03/07/07
88	Cassidy	Maxwell	49.65	SE	AU	01/01/99
89	Nancy	Wheeler	49.67	SC	GAME	01/01/87
89	Andrea	Georoff	49.67	US	UN	02/20/03
89	Abigail	Alton	49.67	SE	UN	02/18/09
92	Julia	Smit	49.68	MR	TVSC	03/09/06
93	Lisa	Boyce	49.69	US	UN	02/24/11
93	Catherine	Breed	49.69	PC	UN	05/19/11
95	Brooke	Bishop	49.70	PC	PASA	01/01/05
95	Rachel	Naurath	49.70	VA	NOVA	03/16/10
97	Christie	Raleigh	49.71	FL	FSU	03/16/06
97	Alex	Forrester	49.71	NE	UN	02/27/10
99	Kelly	McNichols	49.72	IL	MAVS	11/19/05
99	Kait	Flederbach	49.72	IN	UN	12/02/10

200 Freestyle

1	Dagny	Knutson	01:42.61	ND	ASK	12/03/09
2	Allison	Schmitt	01:42.90	US	UN	02/18/09
3	Katie	Hoff	01:43.10	MD	NBAC	12/07/07
4	Stephen	Maher	01:43.40	NE	OSS	03/06/97
5	Lindsay	Gendron	01:43.75	US	UN	03/17/11
6	Karlee	Bispo	01:43.84	PC	UN	12/04/08
7	Lauren	Perdue	01:43.86	US	UN	02/17/10
8	Jasmine	Tosky	01:44.20	PC	UN	05/20/11
9	Samantha	Tucker	01:44.54	ST	TXLA	12/04/08
10	Catherine	Breed	01:44.61	PC	UN	05/19/11
11	Caroline	Burckle	01:44.64	FL	UF	02/11/05
12	Liv	Jensen	01:44.81	PC	UN	03/19/09
13	Caitlin	Geary	01:44.85	SE	AU	11/29/07
14	Elizabeth	Pelton	01:44.89	MD	NBAC	03/03/11
15	Nicole	Bacher	01:45.05	US	UN	01/01/91
15	Nicole	Haislett	01:45.05	US	UN	01/01/91
17	Sarah	Tolar	01:45.14	AZ	PHX	01/01/99
18	Mary	Mohler	01:45.32	US	UN	02/21/03
19	Becca	Jones	01:45.44	VA	TIDE	03/05/09
20	Sippy	Woodhead	01:45.46	US	UN	01/01/82
20	Andie	Taylor	01:45.46	PN	KING	03/10/10
22	Maritza	Correia	01:45.48	FL	BSAC	02/16/00
23	Kate	Ziegler	01:45.49	PV	UN	02/24/06
24	Andi	Murez	01:45.51	US	UN	02/24/10
25	Rachel	Naurath	01:45.56	US	UN	02/16/11
26	Amanda	Weir	01:45.58	GA	SA	03/04/04
27	Nikki	White	01:45.61	IN	UN	02/18/09
27	Melanie	Margalis	01:45.61	FL	UN	12/04/10
29	Sarah	Denninghoff	01:45.63	AZ	UN	12/02/10
30	Dana	Vollmer	01:45.64	NT	UN	02/25/05
31	Natalie	Coughlin	01:45.65	PC	TERA	12/01/00
32	Mary	Wayte	01:45.68	US	UN	01/01/84
33	Sarah	Henry	01:45.76	NC	RSA	01/29/09
34	Margo	Geer	01:45.78	OH	UN	12/02/10
35	Kate	Dwelley	01:45.96	PC	UN	05/17/07
35	Madeline	Locus	01:45.96	GU	FCST	03/15/11
37	Megan	Romano	01:46.06	FL	UN	11/15/08
38	Tracy	Caulkins	01:46.14	US	UN	01/01/80
38	Julia	Smit	01:46.14	MR	TVSC	03/09/06
40	Alyssa	Anderson	01:46.17	SN	UN	12/04/08
41	Teresa	Crippen	01:46.18	FL	UN	03/19/09
42	Felicia	Lee	01:46.22	MD	NBAC	03/04/10
43	Chelsea	Nauta	01:46.26	FL	TBAY	03/02/06
44	Whitney	Lopus	01:46.28	AZ	UN	12/06/08
45	Lindsey	Smith	01:46.32	MI	UN	02/18/04
45	Elizabeth	Hill	01:46.32	GA	UN	02/20/04
45	Melanie	Klaren	01:46.32	CA	UN	05/11/11
48	Stefanie	Williams	01:46.33	MA	GAAC	04/14/98
49	Kara Lynn	Joyce	01:46.34	MI	CW	11/22/02
50	Stephanie	Peacock	01:46.35	US	UN	02/16/11
51	Emily	Kukors	01:46.40	PN	KING	03/12/03
52	Margaux	Farrell	01:46.41	IN	UN	02/18/09
53	Jill	Sterkel	01:46.43	ST	UN	01/01/80
54	Kathleen	Hersey	01:46.44	ST	UN	01/23/09
55	Morgan	Scroggy	01:46.46	OR	THSC	03/02/06
56	Stephanie	Eisenring	01:46.52	FG	UN	11/14/08
56	Brittany	Strumbel	01:46.52	IN	UN	02/18/09
58	Stephanie	Johnson	01:46.53	MW	LSA	01/01/98
58	Shandra	Johnson	01:46.53	MW	UNL	02/19/98
58	Lily	Moldenhauer	01:46.53	ST	AAAA	12/10/09
58	Chloe	Sutton	01:46.53	CA	MVN	12/17/09
62	Jamie	Bohunicky	01:46.55	FL	UN	11/03/07
62	Haley	Anderson	01:46.55	CA	UN	03/18/10
64	Whitney	Hedgepeth	01:46.56	ST	TXLA	01/01/89
65	Maddy	Schaefer	01:46.58	PC	PASA	12/02/10
66	Katie	Riefenstahl	01:46.60	MA	UN	02/22/08
67	Marybeth	Linzmeier	01:46.62	US	UN	01/01/81
68	Danielle	Siverling	01:46.63	MA	UN	03/16/11
69	Janelle	Atkinson	01:46.72	FL	UF	03/15/01
70	Whitney	Spence	01:46.76	SI	UN	05/17/05
71	Sara	Shand	01:46.77	UT	PCS	01/01/82
72	Sachiko	Yamada	01:46.78	CA	MVN	03/08/01
73	Jenny	Thompson	01:46.82	NE	SSA	01/01/90
73	Ellen	Grigg	01:46.82	NC	UN	03/20/08
75	Bonnie	Brandon	01:46.83	CO	MACS	03/09/11
75	Haley	Lips	01:46.83	SC	YSSC	04/07/11
77	Kelly	Ryan	01:46.88	IN	UN	02/16/11
78	Candace	Blackman	01:46.90	NT	UN	11/19/04
79	Stephanie	Elkins	01:46.91	US	UN	01/01/79
79	Tori	Simenec	01:46.91	OR	BRSC	12/02/10
81	Kim	Linehan	01:46.92	US	UN	01/01/79
82	Codie	Hansen	01:46.95	NT	DM	03/03/05
83	Amber	McDermott	01:46.98	GA	UN	03/03/11
84	Julianne	Brossman	01:46.99	US	UN	01/01/85
85	Kelsey	Ditto	01:47.01	GA	UN	03/01/08
85	Shannon	Vreeland	01:47.01	MV	KCB	03/05/09
85	Rachel	Naurath	01:47.01	VA	NOVA	03/16/10
88	Anna	Miller	01:47.03	US	UN	02/11/05
89	Cindy	Bradford	01:47.05	CO	PARK	01/01/87
90	Cait	Connealy	01:47.06	AZ	AFOX	11/08/02
90	Shelby	Fortin	01:47.06	US	UN	02/24/11
92	Kelly	Flynn	01:47.08	PN	UN	02/25/09
93	Rhiannon	Sheets	01:47.09	IN	UN	02/11/11
94	Erica	Malagon	01:47.10	GA	UN	12/05/08
95	Misty	Hyman	01:47.11	AZ	AFOX	03/06/97
96	Kris	Naleszkiewicz	01:47.13			12/17/98
96	Courtney	Monsees	01:47.13	PC	UN	11/30/07
98	Jessica	Heim	01:47.15	US	UN	02/23/11
99	Kelly	McNichols	01:47.17	IL	MAVS	11/19/05
100	Alex	Frasier	01:47.18	US	UN	03/17/11

500 Freestyle

1	Katie	Hoff	04:30.47	MD	NBAC	12/07/07
2	Dagny	Knutson	04:31.18	ND	ASK	12/03/09
3	Kate	Ziegler	04:33.35	PV	UN	02/24/06
4	Janet	Evans	04:34.39	CA	TROJ	01/01/90
5	Allison	Schmitt	04:35.17	US	UN	03/19/09
6	Tracy	Caulkins	04:36.25	US	UN	01/01/79
7	Nikki	White	04:36.61	IN	UN	11/21/08
8	Chloe	Sutton	04:36.76	CA	MVN	01/15/10
9	Stephanie	Peacock	04:36.86	US	UN	02/16/11
10	Elizabeth	Beisel	04:37.74	FL	UN	02/16/11
11	Kalyn	Keller	04:37.76	CA	USC	02/25/04
12	Alyssa	Anderson	04:37.87	SN	UN	03/19/09
13	Tiffany	Cohen	04:37.90	US	UN	01/01/85
14	Janelle	Atkinson	04:37.91	FL	UN	01/01/00
15	Caroline	Burckle	04:38.32	FL	UF	02/11/05
16	Rachel	Naurath	04:38.48	US	UN	03/17/11
17	Sippy	Woodhead	04:38.93	US	UN	01/01/79
18	Lindsay	Gendron	04:38.97	US	UN	02/16/11
19	Madeleine	Courtney-brooks				
			04:39.00	OH	GCST	02/20/98
20	Sachiko	Yamada	04:39.07	CA	MVN	03/08/01
21	Kaitlin	Sandeno	04:39.09	CA	NGSV	03/08/01
22	Ashley	Steenvoorden	04:39.85	US	UN	02/18/09
23	Kelsey	Ditto	04:40.02	GA	UN	03/20/08
24	Amber	McDermott	04:40.04	PN	CSC	03/10/10
25	Marybeth	Linzmeier	04:40.18	US	UN	01/01/82
25	Julianne	Brossman	04:40.18	US	UN	01/01/85
27	Kim	Linehan	04:40.44	US	UN	01/01/80
28	Sarah	Henry	04:40.63	NC	RSA	01/29/09
29	Haley	Anderson	04:40.70	CA	UN	02/24/10
30	Stephanie	Elkins	04:40.71	US	UN	01/01/79
31	Mary	Wayte	04:40.77	US	UN	01/01/84
32	Linda	Irish	04:40.91	US	UN	01/01/80
33	Elizabeth	Hill	04:40.93	GA	UN	02/20/04
34	Maritza	Correia	04:41.02	FL	BSAC	02/16/00
35	Emily	Milak	04:41.08	AZ	SAC	11/30/01
35	Emily	Mason	04:41.08	VA	CGBD	01/01/02
37	Catherine	Breed	04:41.18	PC	UN	05/19/11
38	Tami	Bruce	04:41.63	US	UN	01/01/85
39	Rachael	Burnett	04:41.65	US	UN	02/17/10
40	Kim	Brown	04:41.77	US	UN	01/01/88
41	Elizabeth	Durot	04:41.78	US	UN	02/23/05
42	Lisa	Meyers	04:41.81	CA	MVN	01/01/87
43	Ellen	Grigg	04:41.82	NC	UN	03/20/08
44	Abbie	Fish	04:41.96	KY	UN	12/05/08
45	Keegan	Walkley	04:42.04	US	UN	03/19/98
46	Blake	Hayter	04:42.05	PC	UN	03/08/07
47	Sarah	Tolar	04:42.19	AZ	PHX	01/01/99
48	Lauren	Driscoll	04:42.21	FG	FLA	12/09/10
49	Katie	Gardocki	04:42.36	SE	AU	02/17/10
50	Jennifer	Hooker	04:42.42	SE	AUB	01/01/78
50	Cammile	Adams	04:42.42	GU	MAC	12/11/08
52	Sherri	Hanna	04:42.44	US	UN	01/01/81
53	Carly	Piper	04:42.46	US	UN	03/21/02
54	Whitney	Lopus	04:42.47	AZ	UN	12/05/08
55	Sara	Shand	04:42.56	UT	PCS	01/01/82
56	Melanie	Margalis	04:42.62	FL	UN	11/13/09
57	Susan	Gilliam	04:42.63	MI	UN	02/18/04
58	Maggie	Bird	04:42.64	SE	AU	03/08/07
58	Brittany	Strumbel	04:42.64	IN	UN	03/19/09
60	Adrienne	Binder	04:42.75	SE	AU	01/01/02
60	Anna	Miller	04:42.75	GA	UN	03/17/05
62	Leah	Gingrich	04:42.77	MA	UN	12/04/08
62	Andie	Taylor	04:42.77	PN	KING	03/10/10
64	Maureen	McLaine	04:42.83	GU	UN	03/18/10
65	Aleksa	Akerfelds	04:42.91	US	UN	02/20/08
66	Katy	Campbell	04:43.04	CA	UN	05/11/11
67	Alyssa	Kiel	04:43.17	LE	UN	02/24/05
68	Stacy	Shupe	04:43.21	US	UN	01/01/84
69	Shelby	Fortin	04:43.27	US	UN	02/24/11
70	Erin	Reilly	04:43.28	US	UN	02/25/04
71	Kathleen	Hersey	04:43.30	ST	UN	02/07/09
72	Michele	Richardson	04:43.42	US	UN	01/01/88
73	Shandra	Johnson	04:43.48	MW	UNL	02/19/98
73	Sara	McLarty	04:43.48	FL	DBS	02/18/02
73	Kelsey	Leneave	04:43.48	GU	TWST	03/04/10
76	Tristin	Baxter	04:43.49	US	UN	02/23/11
77	Andrea	Hayes	04:43.50	US	UN	01/01/87
78	Maddy	Crippen	04:43.53	MA	GAAC	03/18/99
79	Meredith	Green	04:43.55	FL	UN	02/18/02
80	Alicia	Aemisegger	04:43.60	MA	GAAC	02/24/06
81	Shelley	Harper	04:43.61	PC	UN	02/25/09
82	Wendy	Trott	04:43.68	GA	ABSC	01/10/09
83	Kelly	Harrigan	04:43.69	CT	CAT	02/20/03
84	Carol	Peterson	04:43.80	CA	HDA	01/01/84
85	Samantha	Tucker	04:43.87	ST	TXLA	12/11/08
86	Katie	Kastes	04:43.93	US	UN	02/20/08
86	Lindsay	Vrooman	04:43.93	AM	UN	03/17/10
88	Kathy	Hettche	04:44.15	US	UN	01/01/86
89	Monica	Drake	04:44.19	IL	BNY	03/06/08
90	Corinne	Showalter	04:44.20	FL	UN	11/03/07
91	Whitney	Sprague	04:44.25	MR	UN	11/17/05
92	Whitney	Spence	04:44.34	SI	UN	05/17/05
93	Sarah	Anderson	04:44.38	US	UN	01/01/92
94	Katura	Harvey	04:44.42	US	UN	02/20/08
95	Misty	Hyman	04:44.43	AZ	AFOX	03/06/97
96	Barb	Lindquist	04:44.47	SR	IFC	01/01/87
97	Gabby	Maddalena	04:44.53	US	UN	02/08/07
98	Ashley	Whitney	04:44.54	US	UN	11/22/97
99	Caitlin	Geary	04:44.69	SE	AU	11/29/07
100	Emily	Kelly	04:44.73	US	UN	02/16/11

1000 Freestyle

1	Katie	Hoff	09:10.77	MD	NBAC	12/07/07
2	Kate	Ziegler	09:21.57	PV	FISH	12/07/06
3	Janet	Evans	09:25.49	CA	TROJ	01/01/89
4	Chloe	Sutton	09:26.58	CA	MVN	12/17/09
5	Tiffany	Cohen	09:28.32	US	UN	01/01/85
6	Adrienne	Binder	09:30.14	CA	SBSC	02/27/03
7	Sippy	Woodhead	09:32.55	US	UN	01/01/81
8	Bonnie	Brandon	09:34.55	CO	MACS	03/09/11
9	Kalyn	Keller	09:34.72	CA	USC	02/25/04
10	Kaitlin	Sandeno	09:35.89	CA	NGSV	03/08/01
11	Julianne	Brossman	09:35.96	US	UN	01/01/85
12	Sherri	Hanna	09:36.10	US	UN	01/01/81
13	Rachel	Naurath	09:36.53	VA	NOVA	03/16/10
14	Kim	Brown	09:36.55	US	UN	01/01/87
15	Sarah	Henry	09:38.30	NC	RSA	03/05/09
16	Alyssa	Kiel	09:38.54	LE	LESD	03/17/05
17	Wendy	Trott	09:38.80	GA	ABSC	01/10/09
18	Alison	Haulsee	09:39.30	VA	NOVA	03/15/11
19	Deborah	Babashoff	09:39.43	US	UN	01/01/87
20	Stephanie	Carr	09:39.67	FL	BSS	11/04/03
21	Sachiko	Yamada	09:40.04	CA	MVN	03/08/01
22	Amber	McDermott	09:40.10	PN	CSC	03/10/10
23	Alicia	Mathieu	09:41.09	CT	SNCO	03/12/09
24	Corinne	Showalter	09:41.24	FL	SYS	04/06/09
25	Kelsey	Hojan Clark	09:41.30	WI	EBSC	03/15/11
26	Stacy	Shupe	09:41.34	US	UN	01/01/84
27	Nancy	Nemet	09:41.55	US	UN	01/01/82
28	Colleen	Gordon	09:41.97	GU	SPA	03/02/06
29	Michele	Richardson	09:42.02	US	UN	01/01/87
30	Kelsey	Leneave	09:42.34	GU	TWST	03/15/11
31	Rachael	Burke	09:42.39	PV	CUBU	03/28/01
32	Marybeth	Dorst	09:42.69	US	UN	01/01/82
33	Kathy	Hettche	09:42.70	US	UN	01/01/86
34	Karin	LaBerge	09:42.73	US	UN	01/01/82
35	Carol	Peterson	09:42.80	CA	BCH	01/01/84
36	Kirsten	Groome	09:43.09	GU	FCST	11/14/08
37	Andie	Taylor	09:43.38	PN	KING	03/11/09
38	Magda	Dyszkiewicz	09:43.56	NC	MAC	03/02/00
39	Laura	Campuzano	09:43.60	FG	CST	01/01/82
40	Hayley	Peirsol	09:43.89	CA	NOVA	02/27/03
41	Hanne	Borgersen	09:44.13	MD	MAC	03/15/11
42	Diane	Williams	09:44.38	US	UN	01/01/85
43	Haley	Anderson	09:44.46	CA	USC	12/18/09
44	Kelly Ann	Baird	09:44.59	NC	TYDE	04/07/10
45	Alyssa	Anderson	09:44.65	SN	UN	11/14/08
46	Stephanie	Mason	09:44.75	FG	PCS	01/01/85
47	Jessica	Tucker-mohl	09:44.84	NE	SSA	01/01/96
48	Katie	Nelson	09:44.85	CA	UN	02/25/04
49	Mayumi	Yokoyama	09:45.02	US	UN	01/01/81
50	Shelby	Fortin	09:45.17	US	UN	02/24/11
51	Keegan	Walkley	09:45.27	GA	SA	03/18/97
52	Alexandra	Clarke	09:45.28	AZ	AFOX	03/21/06
53	Lisa	Gillespie	09:45.33	US	UN	01/01/86
54	Tristin	Baxter	09:45.51	CC	CLOV	12/18/09
55	Sarah	Daly	09:45.62	MR	LIAC	03/13/03
56	Lindsay	Gendron	09:45.71	US	UN	01/08/11
57	Cara	Lane	09:45.73	MI	GLSC	01/01/99
58	Kelsey	Ditto	09:45.75	ST	TXLA	03/08/07
59	Natalie	Coughlin	09:46.04	PC	TERA	03/02/00
60	Kate	Woolbright	09:46.05	FL	UN	03/15/11
61	Morgan	Hentzen	09:46.38	CA	RMDA	01/17/03
62	Pernille	Nimb	09:46.44	US	UN	01/01/85
62	Kristen	Frost	09:46.44	CT	SNCO	03/22/05
64	Katie	Gardocki	09:46.66	SE	UN	01/22/10
65	Trish	Sabo	09:46.72	UT	HAT	01/01/84
65	Heather	Gibbons	09:46.72	IN	RR	01/01/90
67	Ashley	Steenvoorden	09:46.74	MN	UOFM	11/14/08
68	Kelsey	Cummings	09:46.75	CA	WCS	03/15/11
69	Molly	Magill	09:46.86	US	UN	01/01/89
70	Maureen	McCotter	09:47.11	MA	JW	03/16/10
71	Alaina	Brown	09:47.21	VA	NOVA	03/16/10
72	Diane	Ursin	09:47.43	US	UN	01/01/81
73	Jamie	Cail	09:47.44	CA	MVN	01/15/99
74	Jenny	Johnston	09:47.53	SN	TCA	01/01/82
75	Polly	Winde	09:47.56	US	UN	01/01/82
76	Aleksa	Akerfelds	09:47.64	US	UN	01/26/08
77	Leah	Gingrich	09:47.67	MA	UN	10/18/08
78	Chelsea	Haser	09:47.72	MD	GTAC	03/10/05
79	Jenny	Holtzen	09:47.89	AR	HAWG	03/15/11
80	Virginia	Diederich	09:48.04	US	UN	01/01/82
81	Meredith	Green	09:48.18	NC	NCAC	03/08/01
82	Elizabeth	Beisel	09:48.23	NE	ABF	11/07/09
83	Linda	Irish	09:48.34	US	UN	01/01/82
84	Lauren	Costella	09:48.53	PC	CARS	11/29/01
85	Amanda	Smith	09:48.63	OH	RAYS	03/20/07
86	Micah	Martindale	09:48.68	LA	COSS	02/22/07
87	Janelle	Atkinson	09:48.83	FL	BSS	11/21/99
88	Ashley	Evans	09:48.88	AZ	PHX	03/19/09
89	Sheri	Smith	09:48.99	US	UN	01/01/87
90	Gabby	Maddalena	09:49.00	US	UN	02/08/07
91	Maddy	Crippen	09:49.05	MA	GAAC	03/12/98
92	Caroline	Burns	09:49.08	GA	DYNA	01/14/00
93	Aja	Van Hout	09:49.22	WI	BAC	03/16/10
94	Elizabeth	Hill	09:49.24	GA	DYNA	03/13/03
95	Peggy	Rothenbach	09:49.26	US	UN	01/01/86
96	Julie	Kole	09:49.36	PC	STAN	01/01/90
97	Katie	Welch	09:49.43	US	UN	01/01/87
98	Julie	Hardt	09:49.45	PC	RENO	02/04/99
99	Courtney	Otto	09:49.47	NI	STAR	03/15/11
100	Brooke	Bennett-Tassone				
			09:49.50	FL	BSAC	01/01/99

1650 Freestyle

1	Katie	Hoff	15:24.35	MD	NBAC	02/28/08
2	Kate	Ziegler	15:37.17	PV	FISH	12/07/06
3	Janet	Evans	15:39.14	CA	TROJ	01/01/90
4	Adrienne	Binder	15:42.44	CA	SBSC	02/27/03
5	Chloe	Sutton	15:42.95	CA	MVN	11/12/10
6	Kalyn	Keller	15:48.99	CA	USC	02/25/04
7	Kim	Linehan	15:49.10	US	UN	01/01/79
8	Kaitlin	Sandeno	15:49.27	CA	NGSV	03/08/01
9	Jennifer	Hooker	15:51.46	SE	AUB	01/01/79
10	Marybeth	Linzmeier	15:53.29	US	UN	01/01/79
11	Tiffany	Cohen	15:53.85	US	UN	01/01/85
12	Wendy	Trott	15:55.29	US	UN	12/05/08
13	Ashley	Steenvoorden	15:55.78	US	UN	02/18/09
14	Sherri	Hanna	15:58.52	US	UN	01/01/81
15	Alyssa	Anderson	15:58.73	SN	SMST	11/29/07
16	Kelsey	Ditto	15:59.01	GA	UN	03/20/08
17	Nancy	Nemet	15:59.44	US	UN	01/01/82
18	Haley	Anderson	15:59.99	CA	UN	03/18/10
19	Aleksa	Akerfelds	16:00.11	US	UN	02/20/08
20	Sachiko	Yamada	16:00.83	CA	MVN	03/08/01
21	Tracy	Caulkins	16:01.04	US	UN	01/01/80
22	Lindsay	Gendron	16:01.77	US	UN	03/17/11
23	Bonnie	Brandon	16:02.80	CO	MACS	03/09/11
24	Nikki	White	16:02.98	IN	UN	03/19/09
25	Deborah	Babashoff	16:03.57	US	UN	01/01/87
26	Kim	Kelly	16:04.33	MR	BAD	02/18/04
27	Janelle	Atkinson	16:04.42	FL	UF	02/22/01
28	Sarah	Henry	16:04.89	NC	RSA	01/16/09
29	Leah	Gingrich	16:04.96	MA	WSY	04/02/07
30	Katie	Nelson	16:07.15	CA	UN	02/25/04
31	Maureen	McLaine	16:07.41	GU	UN	03/18/10
32	Karin	LaBerge	16:07.81	US	UN	01/01/82
33	Stacy	Shupe	16:07.85	US	UN	01/01/84
34	Sippy	Woodhead	16:07.98	US	UN	01/01/79
35	Melissa	Herndon	16:08.00	US	UN	01/01/86
36	Kim	Brown	16:08.08	US	UN	01/01/87
36	Michele	Richardson	16:08.08	US	UN	01/01/87
38	Kirsten	Groome	16:08.24	GU	FCST	11/14/08
39	Emily	Hanson	16:08.69	MI	MICH	03/08/07
40	Amber	McDermott	16:08.80	GA	UN	03/03/11
41	Meredith	Green	16:08.96	FL	UN	03/21/02
42	Rachel	Naurath	16:09.17	US	UN	03/17/11
43	Maritza	Correia	16:09.83	FL	BSAC	02/16/00
44	Eva	Lehtonen	16:10.37	MI	OLY	03/17/09
45	Alicia	Mathieu	16:10.41	FL	UN	12/03/10
46	Ashley	Twichell	16:10.78	NI	UN	02/20/08
47	Kelsey	Leneave	16:10.79	GU	TWST	03/04/10
48	Katie	Gardocki	16:10.86	SE	UN	03/18/10
49	Laura	Campuzano	16:11.39	FG	CST	01/01/82
50	Ellen	Stonebraker	16:11.42	US	UN	03/19/98
51	Cammile	Adams	16:11.49	GU	MAC	12/11/08
52	Linda	Irish	16:12.04	US	UN	01/01/80
53	Diana	Munz	16:12.05	US	UN	01/01/00
53	Diana	DePetro	16:12.05	LE	LESD	08/02/00
55	Franny	McLarty	16:12.20	ST	TXLA	01/01/02
55	Sara	McLarty	16:12.20	FL	DBS	02/18/02
57	Julianne	Brossman	16:12.30	US	UN	01/01/85
58	Stephanie	Elkins	16:12.60	US	UN	01/01/79
59	Lauren	Costella	16:12.73	PC	CARS	01/17/03
60	Katie	Welch	16:12.76	US	UN	01/01/87
61	Trish	Sabo	16:12.80	UT	HAT	01/01/84
62	Elizabeth	Durot	16:12.97	US	UN	02/23/05
63	Loren	Brandon	16:12.99	US	UN	02/28/10
64	Stephanie	Carr	16:13.41	FL	BSS	03/18/04
64	Caitlin	Geary	16:13.41	SE	AU	11/29/07
66	Katelyn	Martin	16:13.56	US	UN	02/18/09
67	Barb	Lindquist	16:13.82	SR	IFC	01/01/87
68	Nicole	O'Donnell	16:13.88	NC	UN	11/17/05
69	Hayley	Peirsol	16:13.94	SE	AU	02/25/04
70	Susan	Gilliam	16:14.35	MI	UN	02/18/04
71	Tristin	Baxter	16:14.39	CC	UN	11/18/10
72	Gabby	Maddalena	16:15.13	US	UN	02/08/07
73	Blake	Hayter	16:15.43	PC	UN	03/08/07
74	Anna Cate	Miller	16:15.97	GA	SA	01/01/05
74	Anna	Miller	16:15.97	GA	UN	03/17/05
76	Kathy	Hettche	16:16.47	US	UN	01/01/86
77	Margy	Cramer	16:16.98	MA	UN	02/18/04
78	Alexis	Binder	16:17.35	US	UN	03/19/98
79	Virginia	Diederich	16:17.72	US	UN	01/01/82
80	Linda	Thompson	16:17.81	AZ	UN	01/01/79
81	Maggie	Bird	16:18.03	SE	AU	03/08/07
82	Brooke	Bennett-Tassone				
			16:18.39	FL	BSAC	01/01/99
83	Shelly	Bieck	16:18.53	US	UN	01/01/79
84	Heather	Gibbons	16:18.68	NJ	CJAC	01/01/89
85	Whitney	Sprague	16:18.71	MR	UN	11/17/05
86	Hayley	Edwards	16:18.88	MA	UN	02/26/10
87	Amy	Lindblom	16:19.05	CT	WYW	01/01/96
87	Cara	Lane	16:19.05	NC	MAC	01/01/99
89	Carol	Peterson	16:19.45	CA	HDA	01/01/84
90	Diane	Griebel	16:19.61	US	UN	01/01/78
91	Alexandra	Clarke	16:19.67	US	UN	02/15/07
92	Hannah	Whitehead	16:19.74	US	UN	02/18/09
93	Julie	Hardt	16:20.33	PC	RENO	08/02/00
93	Madison	Parker	16:20.33	FL	UN	12/05/08
95	Nicole	Menzel	16:20.34	AR	UN	02/16/11
96	Jamie	Johnson	16:20.37	FL	BSS	01/01/95
97	Julie	de Fabrique	16:20.71	PC	SCSC	01/01/96
98	Molly	Magill	16:20.84	US	UN	01/01/89
99	Nicole	Menzel	16:21.00	AR	UN	11/19/10
100	Micah	Martindale	16:21.08	LA	COSS	12/14/06

100 Backstroke

1	Rachel	Bootsma	50.76	MN	UN	03/15/11
2	Cindy	Tran	51.22	CA	UN	02/23/11
3	Natalie	Coughlin	51.23	PC	TERA	03/15/01
4	Deborah	Roth	51.51	PC	UN	03/17/11
5	Elizabeth	Pelton	51.70	MD	NBAC	03/03/11
6	Sarah	Denninghoff	51.89	US	UN	03/17/11
7	Jess	Guro	52.35	MA	ATAC	03/20/09
8	Elizabeth	Beisel	52.54	FL	UN	02/18/11
9	Carly	Smith	52.56	US	UN	03/18/10
10	Kristen	Shickora	52.66	MA	UN	12/05/08
11	Lucianna	Genova	52.69	US	UN	02/26/98
12	Lauren	Solernou	52.75	US	UN	02/16/11
13	Emily	Bos	52.79	SE	UN	02/16/11
14	Jessica	Cruzat	52.80	CA	SCAL	12/18/98
15	Betsy	Webb	52.88	US	UN	02/14/09
16	Lily	Moldenhauer	52.89	ST	UN	02/11/10
17	Breann	Fuller	52.95	US	UN	02/25/09
17	Katie	Riefenstahl	52.95	ST	UN	03/19/09
19	Shana	Lim	53.00	US	UN	02/23/11
20	Shelly	Ripple Johnston	53.05	US	UN	03/18/99
21	Lauren	Smart	53.13	US	UN	12/04/08
22	Lily	Ramirez	53.18	FL	UN	03/19/09
23	Taylor	Wohrley	53.21	IN	UN	02/17/10
24	Melanie	Klaren	53.23	CA	UN	05/11/11
25	Felicia	Lee	53.30	MD	NBAC	01/15/10
26	Stef	Wells	53.31	AZ	FORD	03/05/09
27	Kathleen	Hersey	53.37	GA	UN	12/04/08
28	Ana	Agy	53.41	UT	UN	03/08/07
29	Bonnie	Brandon	53.42	CO	MACS	03/09/11
30	Jillian	Vitarius	53.43	GU	BTA	03/15/11
31	Mary	Beck	53.44	ST	UN	03/19/09
32	Stephanie	Au	53.45	PC	UN	03/17/11
33	Meredith	Cavalier	53.46	PV	UN	02/17/10
34	Catherine	Fox	53.48	MV	UN	01/01/96
35	Jennifer	Connolly	53.53	IN	UN	02/08/08
35	Maddy	Schaefer	53.53	PC	PASA	12/02/10
37	Melissa	Marik	53.56	SE	AU	03/08/07
38	Ellen	Williamson	53.57	OH	CLPR	03/15/11
39	Kelly	Ryan	53.60	IN	UN	02/26/11
40	Ariana	Kukors	53.63	PN	UN	02/27/08
41	Leona	Jennings	53.66	PN	UN	11/13/08
42	Kirsty	Coventry	53.67	SE	AU	03/21/02
43	Janie	Wagstaff	53.68	FL	UF	01/01/92
44	Hayley	McGregory	53.72	ST	CCS	03/06/03
45	Lauren	Rogers	53.74	PC	TERA	03/03/05
46	Katie	Arnold	53.75	PC	UN	02/25/04
46	Maya	Dirado	53.75	PC	UN	11/18/10
46	Tess	Behrens	53.75	US	UN	02/16/11
49	Sabrina	Benson	53.77	NC	YOTA	04/08/11
50	Beth	Botsford	53.80			12/04/99
50	Margo	McCawley	53.80	US	UN	01/16/04
52	Aubrey	Peacock	53.82	FL	BSS	11/14/09
52	Annemarie	Thayer	53.82	PN	UN	11/12/10
54	Traycie	Swartz	53.85	US	UN	02/24/11
55	Lauren	Gettel	53.86	US	UN	03/20/03
56	Kim	Holden	53.88	MR	UN	02/17/10
57	Hannah	Whitehead	53.89	US	UN	02/20/09
57	Arden	Pitman	53.89	SE	UN	02/11/11
57	Krissie	Brandenburg	53.89	US	UN	02/16/11
57	Kate	McNeilis	53.89	US	UN	02/16/11
61	Christy	Watkins	53.92	US	UN	02/17/00
62	Sarah	Peterson	53.95	FL	UF	03/08/07
63	Colleen	Fotsch	53.96	PC	UN	05/16/08
64	Heather	Denman	53.99	PV	UN	02/25/09
64	Erin	Reisinger	53.99	GA	UN	02/10/10
66	Margo	Geer	54.04	OH	SPY	04/07/10
67	Megan	Fischer-Colbrie	54.05	PC	PASA	12/11/08
67	Alana	Pazevic	54.05	PN	SSC	03/16/10
69	Megan	Meyer	54.09	US	UN	02/21/08
70	Caitlin	Andrew	54.10	US	UN	02/23/05
71	Megan	Romano	54.12	FL	UN	11/15/08
72	Chris	Keller	54.13	US	UN	03/18/99
72	Taylor	Spivey	54.13	CA	TORR	01/01/01
72	Sarah	List	54.13	US	UN	02/18/09
75	Julia	Smit	54.14	MR	UN	11/30/06
76	Amy	Wagner	54.16	US	UN	03/21/02
76	Teresa	Crippen	54.16	MA	UN	02/22/08
76	Olivia	Scott	54.16	IL	ACAD	03/20/10
79	Laurence	Delisle	54.17	PC	UN	03/18/10
79	Kimberly	Pavlin	54.17	GU	UN	02/23/11
81	Jacque	Fessel	54.19	US	UN	03/20/03
81	Diana	Mac Manus	54.19	CA	UN	05/14/03
81	Erika	Stewart	54.19	US	UN	02/18/09
81	Lisa	Boyce	54.19	US	UN	02/24/11
85	Yumi	So	54.21	CA	UN	05/15/09
85	Brienne	Ryan	54.21	US	UN	02/17/10
87	Andrea	Reigel	54.23	US	UN	02/24/10
88	Presley	Bard	54.24	IN	IU	02/08/07
88	Lili	Shiota	54.24	CA	USC	12/03/09
90	Helen	Silver	54.25	PC	UN	03/20/03
91	Lindsey	Marchand	54.28	PN	KING	03/11/09
92	Jacie	Beagle	54.29	SD	RCR	03/10/11
93	Hannah	Ross	54.30	SR	TAC	12/04/08
94	Brooke	Bishop	54.37	PC	UN	03/17/05
95	Lauren	English	54.39	NJ	UN	03/03/07
95	Sarah	Bateman	54.39	FL	UN	11/03/07
97	Amber	McDermott	54.43	PN	CSC	12/16/10
98	Alex	Hooper	54.44	ST	UN	12/02/10
98	Natalie	Hinds	54.44	WT	COM	03/03/11
100	Julia	Wilkinson	54.46	GU	TAMU	02/22/06

200 Backstroke

1	Elizabeth	Pelton	01:49.16	MD	NBAC	03/03/11
2	Natalie	Coughlin	01:51.02	PC	TERA	03/15/01
3	Elizabeth	Beisel	01:51.55	FL	UN	02/16/11
4	Teresa	Crippen	01:51.59	FL	UN	03/19/09
5	Katie	Hoff	01:51.98	MD	NBAC	12/07/07
6	Maya	Dirado	01:52.04	PC	UN	11/18/10
7	Lucianna	Genova	01:52.25	US	UN	02/26/98
8	Deborah	Roth	01:52.96	PC	UN	03/17/11
9	Misty	Hyman	01:53.12	AZ	AFOX	03/19/98
10	Carly	Smith	01:53.14	US	UN	02/17/10
11	Keegan	Walkley	01:53.22	US	UN	03/19/98
12	Katie	Riefenstahl	01:53.29	ST	UN	03/19/09
13	Stephanie	Au	01:53.33	PC	UN	03/17/11
14	Kathleen	Hersey	01:53.37	GA	UN	12/04/08
15	Sarah	Denninghoff	01:53.67	AZ	UN	12/02/10
16	Julia	Smit	01:53.95	MR	UN	11/30/06
17	Jillian	Vitarius	01:54.04	GU	BTA	03/15/11
18	Bonnie	Brandon	01:54.08	CO	MACS	03/09/11
19	Mary	Beck	01:54.36	ST	UN	02/25/09
20	Kirsty	Coventry	01:54.37	SE	AU	03/21/02
21	Beth	Botsford	01:54.45			02/24/00
22	Margaret	Hoelzer	01:54.54	SE	MBST	03/21/02
23	Emily	Bos	01:54.74	SE	UN	12/03/10
24	Lauren	Solernou	01:54.90	US	UN	02/16/11
25	Taylor	Wohrley	01:55.01	IN	UN	03/18/10
25	Felicia	Lee	01:55.01	US	UN	02/23/11
27	Caitlin	Iversen	01:55.07	US	UN	03/08/07
28	Presley	Bard	01:55.12	IN	IU	03/08/07
29	Cindy	Tran	01:55.13	CA	UN	02/23/11
30	Kristen	Shickora	01:55.37	US	UN	02/18/09
31	Kirsten	Milberg	01:55.45	CO	TOPS	03/11/09
32	Laurence	Delisle	01:55.48	PC	UN	02/24/10
33	Janie	Wagstaff	01:55.49	FL	UF	01/01/92
34	Carmen	Retrum	01:55.54	FL	UF	02/25/04
35	Dominique	Bouchard	01:55.55	US	UN	12/04/09
35	Tess	Behrens	01:55.55	US	UN	02/16/11
37	Dagny	Knutson	01:55.56	ND	ASK	03/10/10
38	Lauren	Rogers	01:55.58	PC	TERA	03/03/05
39	Kimberly	Pavlin	01:55.68	GU	UN	02/23/11
40	Jess	Guro	01:55.74	MA	ATAC	12/11/08
40	Ellen	Williamson	01:55.74	OH	CLPR	03/15/11
42	Kim	Holden	01:55.79	MR	UN	02/17/10
43	Kelsey	Floyd	01:55.92	SE	UN	02/17/10
44	Caroline	Kenney	01:55.93	US	UN	02/16/11
45	Anna	Senko	01:55.94	US	UN	02/23/11
46	Ariana	Kukors	01:55.96	PN	KING	03/07/07
47	Melissa	Marik	01:55.98	SE	AU	03/08/07
48	Kelly	Ryan	01:56.00	IN	UN	02/16/11
49	Kelly	Harrigan	01:56.02	CT	CAT	02/20/03
50	Lauren	Gettel	01:56.08	US	UN	03/20/03
51	Annemarie	Thayer	01:56.14	PN	CSC	03/09/11
52	Margo	McCawley	01:56.23	SE	MTAC	03/03/05
53	Hayley	McGregory	01:56.24	ST	TXLA	03/04/04
54	Kate	McNeilis	01:56.26	US	UN	02/16/11
55	Megan	Romano	01:56.30	FL	SPA	02/28/08
56	Erika	Stewart	01:56.32	US	UN	02/18/09
57	Ashlee	Linn	01:56.40	FL	SYS	04/05/11
58	Katie	Arnold	01:56.44	PC	UN	02/25/04
59	Amy	Modglin	01:56.52	FL	SWIM	03/17/09
60	Andrea	Axtell	01:56.54	ST	TXLA	03/03/05
61	Rebecca	Brooks	01:56.56	US	UN	02/17/10
62	Jana	Mangimelli	01:56.57	GA	SA	12/04/08
63	Karen	Wang	01:56.62	PC	PLS	12/18/09
64	Erica	Meissner	01:56.65	SE	AU	11/29/07
65	Maureen	Ratliff	01:56.66	FL	UN	03/21/02
66	Amanda	Carner	01:56.72	VA	CGBD	03/15/11
67	Breann	Fuller	01:56.74	US	UN	02/25/09
68	Gisela	Morales	01:56.78	SE	AU	03/16/06
69	Stef	Wells	01:56.85	AZ	FORD	03/05/09
69	Megan	Fischer-Colbrie	01:56.85	US	UN	02/24/10
71	Jessica	Hayes	01:56.86	US	UN	03/21/02
71	Lindsay	Seemann	01:56.86	US	UN	12/02/10
73	Kerry	O'Hanlon	01:56.92	PC	STAN	01/01/92
74	Aubrey	Peacock	01:56.94	FL	BSS	12/11/08
74	Liz	Braun	01:56.94	AR	UN	02/16/11
76	Melanie	McClure	01:56.97	ST	UN	02/23/11
77	Elisabeth	Worrell	01:56.98	VA	NOVA	03/16/10
78	Amber	McDermott	01:57.01	GA	UN	03/03/11
79	Tracy	Caulkins	01:57.02	US	UN	01/01/81
79	Hannah	Whitehead	01:57.02	US	UN	03/01/09
81	Riley	Flanagan	01:57.03	US	UN	02/16/11
81	Leticia	Lelli	01:57.03	AZ	SDA	03/03/11
83	Julia	Wilkinson	01:57.07	GU	TAMU	02/22/06
83	Ginny	Glover	01:57.07	US	UN	02/18/09
85	Candice	Smith	01:57.09	US	UN	02/25/09
86	Justine	Ress	01:57.12	CT	CDOG	12/02/10
87	Ashley	Jones	01:57.17	IN	IU	02/08/07
88	Taylor	Spivey	01:57.20	CA	CPSU	01/01/01
88	Rachel	Stearns	01:57.20	US	UN	02/23/11
88	Catherine	Breed	01:57.20	PC	PLS	03/31/11
91	Mattie	Kukors	01:57.23	US	UN	02/17/10
92	Stephanie	Wei	01:57.25	PC	SCSC	12/04/08
93	Darby	Chang	01:57.27	VA	UN	01/01/95
94	Krissie	Brandenburg	01:57.32	KY	UN	11/19/10
95	Anya	Carman	01:57.34	FL	BSS	03/06/03
96	Kelsey	Gaid	01:57.37	GA	LINS	03/27/09
96	Sara	Giberson	01:57.37	US	UN	02/23/11
98	Melanie	Klaren	01:57.40	CA	UN	01/15/10
99	Erin	Volcan	01:57.43	CA	NOVA	02/27/02
100	Tricia	Weaner	01:57.46	SE	UN	03/20/08

100 Breaststroke

1	Breeja	Larson	58.51	GU	UN	03/17/11
2	Kasey	Carlson	58.75	PC	UN	05/14/09
3	Tara	Kirk	59.18	PN	UN	03/15/01
4	Jessica	Hardy	59.20	CA	UN	05/10/05
5	Ashley	Wanland	59.29	US	UN	02/18/09
6	Caroline	Bruce	59.55	MV	UN	03/17/05
7	Kristen	Woodring	59.77	US	UN	02/15/01
8	Ashley	Danner	59.78	US	UN	02/25/09
9	Katie	Olsen	59.81	AZ	SDA	12/09/10
10	Megan	Jendrick	59.89	PN	PAC	12/08/00
11	Abby	Duncan	01:00.01	MN	AQJT	03/15/11
12	Gretchen	Jaques	01:00.03	CA	UN	05/14/10
13	Rebecca	Soni	01:00.07	CA	USC	03/16/06
14	Michelle	McKeehan	01:00.12	IN	UN	02/08/08
15	Molly	Hannis	01:00.19	PC	UN	05/14/09
16	Micah	Lawrence	01:00.28	SE	UN	02/18/09
17	Alia	Atkinson	01:00.29	GU	TAMU	02/14/07
18	Breanna	Folk	01:00.30	SE	TENN	02/17/10
19	Staciana	Winfield	01:00.31	US	UN	02/24/00
20	Haley	Spencer	01:00.43	OZ	UN	02/20/09
21	Liliana	Alvarez	01:00.47	PC	UN	02/23/11
22	Laura	Sogar	01:00.51	ST	UN	03/18/10
23	Paige	Bradley	01:00.56	PC	UN	05/14/09
24	Emily	McClellan	01:00.61	US	UN	02/23/11
25	Lindsey	Marchand	01:00.63	PN	KING	12/04/08
26	Elizabeth	Tinnon	01:00.66	ST	UT	02/25/04
27	Annie	Chandler	01:00.72	ST	UN	02/25/05
28	Bronwyn	Pasloski	01:00.81	IN	UN	02/16/11
29	Katie	Edwards	01:00.83	SN	AH	12/11/08
30	Ariana	Kukors	01:00.87	PN	UN	12/14/07
31	Kristin	Macgregor	01:00.91	CA	USC	01/01/97
31	Lindsay	Rogers	01:00.91	IN	UN	02/08/08
33	Ashley	Roby	01:01.00	GA	ABSC	03/18/99
34	Christine	Olson	01:01.02	AZ	PHX	12/04/08
35	Melanie	Roberts	01:01.03	SE	UN	03/20/08
36	Melissa	Bates	01:01.06	US	UN	02/27/11
37	Colleen	Haase	01:01.07	PV	UN	11/30/07
38	Skylar	Smith	01:01.09	GU	FCST	03/15/11
39	Tracy	Caulkins	01:01.13	US	UN	01/01/81
40	Heidi	Schmidt	01:01.16	PC	DACA	11/20/01
41	Allison	Gargalikis	01:01.17	PC	UN	05/19/11
42	Sophia	Yamauchi	01:01.18	CA	UN	02/23/11
43	Jordan	Danny	01:01.19	CA	CANY	12/11/08
44	Melissa	Klein	01:01.20	GA	DYNA	02/28/02
44	Alisa	Finn	01:01.20	IL	WILD	03/17/09
46	Angie	Haven	01:01.21	CA	MAX	01/16/09
47	Liz	Smith	01:01.24	OZ	UN	02/16/07
48	Tori	Bagan	01:01.27	IN	UN	02/11/11
49	Torrey	Bussey	01:01.31	US	UN	02/16/11
49	Christine	Wixted	01:01.31	CO	UN	02/16/11
51	Kerry	Kraemer	01:01.32	US	UN	02/16/08
52	Kristy	Kowal	01:01.33	US	UN	02/19/97
52	Spindrift	Beck	01:01.33	NT	UN	02/22/08
52	Caroline	Reeves	01:01.33	SE	NAC	02/26/09
55	Missy	McIntyre	01:01.38	US	UN	02/22/06
56	Lauren	Norberg	01:01.41	NI	ITAC	03/12/09
56	Angie	Chokran	01:01.41	US	UN	02/16/11
58	Rebecca	Rainer	01:01.43	VA	NOVA	03/15/11
59	Leah	Avilla	01:01.45	ST	UT	02/25/04
60	Kara	Denby	01:01.49	SE	AU	03/17/05
61	Jordyn	Green	01:01.51	PC	UN	02/25/09
61	Ellyn	Baumgardner	01:01.51	PV	CUBU	03/17/09
63	Merritt	Krawczyk	01:01.53	US	UN	02/17/10
64	Buffy	Nelson	01:01.55	US	UN	01/01/93
64	Amanda	Beard	01:01.55	US	UN	02/24/00
66	Caitlin	Leverenz	01:01.56	PC	CALI	12/03/09
66	Briana	Borgolini	01:01.56	US	UN	02/24/11
68	Emily	Russart	01:01.59	WI	GYST	03/05/09
69	Sara	Nicponski	01:01.61	UT	EAT	03/07/07
70	Kaylin	Burchell	01:01.65	KY	UN	02/24/11
71	Samantha	Maxwell	01:01.68	US	UN	02/20/08
72	Laura M	Davis	01:01.69	PC	TERA	03/14/02
73	Samara	Gelb	01:01.70	SE	UN	02/28/09
74	Alexandra	Ellis	01:01.72	US	UN	03/08/07
75	Melanie	Margalis	01:01.73	FL	UN	10/25/10
76	Erica	Liu	01:01.74	PC	DACA	03/05/04
76	Casey	Mims	01:01.74	CA	UN	05/12/10
78	Rachel	Canty	01:01.75	PV	CUBU	03/15/11
79	Alicia	Jensen	01:01.78	MN	FOXJ	03/22/04
80	Kristine	Quance	01:01.79	US	UN	01/01/93
81	Catherine	Wagner	01:01.80	ST	UN	02/23/11
82	Brynn	Marecki	01:01.81	US	UN	02/25/09
83	Jessica	Schmitt	01:01.85	SI	UN	05/20/09
84	Jamie	Lindsay	01:01.87	US	UN	03/19/98
84	Lyndsey	Smith	01:01.87	US	UN	02/08/07
86	Ashley	Specht	01:01.89	OH	UN	02/25/09
87	Kate	Slonaker	01:01.90	US	UN	02/18/99
88	Katelyn	Weddle	01:01.91	AZ	HEAT	03/19/09
89	Jessica	Embick	01:01.93	US	UN	03/16/06
89	Dana	Hatic	01:01.93	FG	UN	02/18/09
91	Shannon	O'Malley	01:01.94	GA	RAYS	03/03/11
92	Jennifer	Wilson	01:01.96	PV	UN	02/18/09
92	Katie	Rechsteiner	01:01.96	US	UN	02/16/11
94	Laura	Templin	01:01.98	IN	CGAC	02/12/00
95	Kammy	Miller	01:02.00	US	UN	02/27/03
95	Ashley	Vance	01:02.00	SE	BAY	03/16/10
97	Devon	Callaghan	01:02.04	KY	UN	11/16/07
98	Annie	Babicz	01:02.05	PC	UN	02/25/04
99	Courtney	Stanchock	01:02.07	MA	BAY	02/20/02
99	Lauren	Stauder	01:02.07	US	UN	02/16/11

200 Breaststroke

1	Breeja	Larson	02:06.18	GU	UN	03/17/11
2	Rebecca	Soni	02:08.16	CA	USC	02/22/06
3	Haley	Spencer	02:08.48	MN	UN	02/17/10
4	Tara	Kirk	02:08.54	US	UN	02/22/01
5	Caroline	Bruce	02:08.67	MV	UN	03/17/05
6	Micah	Lawrence	02:08.99	SE	UN	03/19/09
7	Kasey	Carlson	02:09.66	PC	TERA	02/25/09
8	Hiroko	Nagasaki	02:09.76	US	UN	01/01/87
9	Ariana	Kukors	02:09.78	PN	UN	03/20/08
10	Kristine	Julian	02:09.88	CA	ROSE	01/01/94
11	Rebecca	Rainer	02:09.99	VA	NOVA	03/15/11
12	Christine	Olson	02:10.02	AZ	PHX	12/04/08
13	Katie	Olsen	02:10.03	AZ	SDA	12/09/10
14	Ashley	Danner	02:10.06	PV	GMU	12/04/08
15	Melissa	Klein	02:10.29	GA	DYNA	02/28/02
16	Laura	Sogar	02:10.31	ST	UN	02/24/10
17	Amanda	Beard	02:10.41	US	UN	02/24/00
18	Caitlin	Leverenz	02:10.51	PC	UN	02/24/10
19	Maura	Wilson	02:10.61	NE	YNS	11/20/09
20	Liz	Smith	02:10.68	OZ	PKWY	03/20/07
21	Megan	Jendrick	02:10.75	PN	PAC	12/08/00
21	Abby	Duncan	02:10.75	MN	AQJT	12/09/10
23	Sarah	Henry	02:10.79	NC	RSA	03/05/09
24	Alisa	Finn	02:10.86	IL	WILD	03/17/09
25	Alia	Atkinson	02:10.87	FG	UN	11/29/07
26	Laura	Moriarty	02:11.12	US	UN	02/18/09
27	Jordan	Danny	02:11.18	CA	CANY	01/16/09
28	Katie	Edwards	02:11.22	SN	AH	12/11/08
29	Jordyn	Green	02:11.30	PC	UN	02/25/09
30	Staciana	Winfield	02:11.34	US	UN	02/24/00
31	Tracy	Caulkins	02:11.46	US	UN	01/01/80
32	Andrea	Kropp	02:11.62	CA	UN	12/03/10
33	Ashley	Roby	02:11.63	GA	ABSC	03/18/99
34	Maddy	Crippen	02:11.66	MA	GAAC	03/18/99
35	Torrey	Bussey	02:11.72	US	UN	03/17/11
36	Erica	Liu	02:11.87	PC	DACA	03/05/04
37	Gisselle	Kohoyda	02:11.95	US	UN	11/19/10
38	Angie	Chokran	02:11.96	US	UN	02/16/11
39	Jessica	Hardy	02:12.02	CA	NOVA	01/14/05
40	Liliana	Alvarez	02:12.04	PC	UN	02/23/11
41	Emily	McClellan	02:12.06	US	UN	02/23/11
42	Corrie	Clark	02:12.16	US	UN	02/15/01
43	Colleen	Haase	02:12.18	PV	UN	11/30/07
44	Casey	Mims	02:12.24	CA	AZOT	12/17/10
45	Christine	Wixted	02:12.27	CO	UN	02/16/11
45	Sophia	Yamauchi	02:12.27	CA	UN	02/23/11
47	Lindsey	Marchand	02:12.34	PN	KING	12/04/08
48	Kristy	Kowal	02:12.35	US	UN	02/19/97
49	Julia	Treible	02:12.37	GA	SA	03/05/09
50	Susan	Lipscomb	02:12.39	US	UN	01/01/87
51	Sarah	Chandler	02:12.41	ST	AAAA	08/02/00
52	Amy	Wheatley	02:12.47	SE	MYB	04/02/02
53	Alexandra	Ellis	02:12.48	US	UN	02/14/07
54	Kerry	Kraemer	02:12.50	US	UN	03/20/08
55	Katie	Hedman	02:12.51	US	UN	01/01/91
55	Bronwyn	Pasloski	02:12.51	IN	UN	03/17/11
57	Elizabeth	Tinnon	02:12.61	ST	UT	02/25/04
58	Alexi	Spann	02:12.72	ST	TXLA	12/16/04
59	Jamie	Lindsay	02:12.74	US	UN	03/19/98
59	Yi-ting	Siow	02:12.74	FL	BSS	01/03/03
61	Samantha	Maxwell	02:12.76	US	UN	02/20/08
62	Spindrift	Beck	02:12.78	NT	DM	11/29/07
63	Angie	Haven	02:12.79	CA	MAX	01/16/09
64	Justine	Mueller	02:12.81	MI	MICH	02/16/05
65	Melanie	Roberts	02:12.83	SE	UN	03/20/08
66	Susan	Rapp	02:12.84	US	UN	01/01/84
67	Rachael	Schaffer	02:12.88	US	UN	02/16/11
68	Julia	Smit	02:12.90	MR	TVSC	03/09/06
69	Kristen	Caverly	02:12.96	US	UN	03/20/03
70	Julie	Stupp	02:12.97	SE	AU	02/11/05
71	Alicia	Jensen	02:13.01	MN	FOXJ	03/22/04
72	Kristen	Woodring	02:13.03	US	UN	03/15/01
72	Molly	Hannis	02:13.03	SE	UN	03/03/11
74	Laura M	Davis	02:13.07	PC	TERA	03/26/02
74	Kammy	Miller	02:13.07	US	UN	02/27/03
76	Kelly	McNichols	02:13.12	IL	MAVS	11/18/05
76	Catherine	Wagner	02:13.12	ST	UN	02/23/11
78	Tricia	Rye	02:13.19	SC	UN	02/22/01
79	Meghan	Earley	02:13.29	US	UN	01/29/10
80	Alicia	Aemisegger	02:13.40	MA	GAAC	03/09/06
81	Katie	Johnson	02:13.43	CO	NJ	03/11/09
82	Breanna	Folk	02:13.45	SE	TENN	02/17/10
83	Buffy	Nelson	02:13.47	US	UN	01/01/93
83	Shannon	Cullen	02:13.47	CA	RST	01/15/99
85	Chelsea	Miller	02:13.64	US	UN	02/23/11
86	Paige	Bradley	02:13.66	PC	CROW	02/25/09
87	Denise	Merk	02:13.71	FL	FAST	02/18/98
88	Shannon	O'Malley	02:13.72	GA	RAYS	03/03/11
89	Melissa	Bates	02:13.80	US	UN	02/23/11
90	Jackie	Pangilinan	02:13.90	MR	YMID	03/22/04
91	Erin	Sieper	02:13.91	CA	STOP	02/27/02
92	Katie	Hathaway	02:13.93	NC	MAC	03/05/98
93	Rachel	Gustin Piersma	02:13.95	OH	AB	01/01/92
94	Lysi	Halkides	02:13.97	FL	UN	02/25/10
95	Des	Frega	02:13.98	FL	GSC	02/16/00
96	Sarah	Agee	02:13.99	WI	UN	01/01/98
97	Jessica	Schmitt	02:14.02	SI	NCA	01/16/09
98	Katie	Rechsteiner	02:14.03	US	UN	02/16/11
99	Leslie	Lunsmann	02:14.04	GU	CFSC	02/28/02
100	Leah	Pierce	02:14.07	MV	CSC	12/15/05

100 Butterfly

1	Natalie	Coughlin	51.18	PC	TERA	03/15/01
2	Misty	Hyman	51.34	AZ	AFOX	03/19/98
3	Kathleen	Hersey	51.40	GA	UN	12/04/08
4	Elaine	Breeden	51.44	PC	STAN	02/14/07
5	Jasmine	Tosky	51.92	PC	UN	05/20/11
6	Mary	Mohler	51.93	IL	ACAD	03/20/03
7	Olivia	Scott	52.29	SE	UN	03/17/11
8	Lindsey	Marchand	52.30	PN	KING	12/04/08
9	Alex	Forrester	52.35	NE	UN	03/18/10
10	Whitney	Lopus	52.41	US	UN	03/19/09
11	Samantha	Woodward	52.45	PC	UN	02/25/09
12	Ana	Agy	52.46	UT	UN	03/08/07
13	Chris	Rojas	52.49	US	UN	11/20/10
14	Caitlin	Andrew	52.64	US	UN	02/23/05
14	Rachel	Bootsma	52.64	MN	UN	03/15/11
16	Cindy	Tran	52.68	CA	UN	02/23/11
17	Dana	Vollmer	52.70	NT	UN	02/25/05
18	Yumi	So	52.71	CA	PASA	02/25/09
18	Felicia	Lee	52.71	MD	NBAC	01/15/10
20	Amanda	Sims	52.74	PC	SRN	11/29/07
21	Margaret	Hoelzer	52.76	SE	MBST	03/21/02
22	Margaret	Kelly	52.78	MI	MICH	03/08/07
23	Lily	Moldenhauer	52.83	ST	UN	02/27/09
24	Katie	Nolan	52.93	US	UN	02/17/10
25	Dana	Kirk	52.94	US	UN	03/20/03
26	Natalie	Hinds	52.96	WT	UN	02/18/11
27	Ashley	Leidigh	53.08	MV	UN	11/18/05
28	Tara	Thomas	53.09	PC	UN	03/20/08
29	Mary	Meagher	53.22	US	UN	01/01/82
29	Caitlin	Dauw	53.22	MI	UN	02/18/09
31	Ursi	Dailey	53.23	PC	UN	02/25/09
32	Kelsey	Floyd	53.28	SE	TENN	02/17/10
33	Anne-marie	Botek	53.36	MD	EST	03/17/05
34	Darcy	Fishback	53.38	OH	UN	02/25/09
35	Tori	Simenec	53.43	OR	BRSC	12/02/10
36	Jenna	Johnson	53.45	CA	MAX	01/01/85
37	Amberle	Biedermann	53.47	MA	PSU	02/19/03
38	Chelsea	Nagata	53.54	US	UN	02/23/05
38	Logan	Todhunter	53.54	NI	UN	03/18/09
38	Jenni	Roberts	53.54	US	UN	02/16/11
41	Jess	Guro	53.57	MA	ATAC	03/20/09
42	Hannah	Caron	53.58	NC	UN	12/05/08
42	Katelyne	Herrington	53.58	PC	UN	11/18/10
44	Katie	Hoff	53.61	MD	NBAC	11/10/06
45	Kaitlin	Sandeno	53.62	CA	NGSV	03/08/01
46	Catherine	Fox	53.64	MV	UN	01/01/96
46	Alisa	Finn	53.64	IL	WILD	03/17/09
46	Ellen	Lobb	53.64	GU	UN	12/02/10
46	Lauren	Harrington	53.64	SE	UN	02/11/11
50	Kate	Dwelley	53.66	PC	UN	11/29/07
51	Janel	Jorgensen	53.67	US	UN	01/01/89
52	Heather	Denman	53.70	PV	UN	02/25/09
52	Andie	Taylor	53.70	PN	KING	12/17/09
52	Becca	Weiland	53.70	WI	SPDY	03/03/11
55	Caroline	Kuczynski	53.71	US	UN	02/24/10
56	Christie	Raleigh	53.72	FL	FSU	03/16/06
57	Dana	Christ	53.75	MI	UN	11/29/07
58	Jill	Sterkel	53.76	ST	UN	01/01/79
58	Genevieve	Konicke	53.76	NT	UN	12/04/08
60	Jenny	Thompson	53.77	NE	SSA	01/01/90
60	Cari	Blalock	53.77	US	UN	02/16/11
62	Lacey	Boutwell	53.82	US	UN	02/02/02
62	Leslie	Lunsmann	53.82	SE	AU	03/20/03
62	Tanya	Krisman	53.82	SI	UN	10/24/08
62	Carly	Smith	53.82	US	UN	02/17/10
66	Jacki	Lin	53.83	US	UN	01/01/92
66	Andrea	Ward	53.83	US	UN	02/23/11
68	Shannon	Draves	53.87	US	UN	02/17/10
69	Whitney	Myers	53.89	OH	MAKO	02/20/03
69	Jenna	Lennertz	53.89	US	UN	02/18/09
71	Jennifer	Connolly	53.91	IN	UN	02/08/08
71	Casey	Clark	53.91	GU	UN	02/18/11
73	Emily	Goetsch	53.92	MD	NBAC	01/17/03
74	Ellen	Williamson	53.96	OH	CLPR	12/02/10
75	Erin	Vogt	53.98			12/04/98
75	Raine	Thompson	53.98	US	UN	02/18/09
77	Laura M	Davis	54.01	PC	TERA	03/26/02
78	Kimberly	Vandenberg	54.02	PC	OAPB	02/27/02
78	Sarah	Henry	54.02	NC	RSA	01/29/09
80	Kelsey	Winters	54.03	SE	UN	02/07/09
81	Candace	Weiman	54.04	PC	PLS	02/27/02
81	Gilles	Renard	54.04	IN	LAA	10/27/07
83	Susan	Rapp	54.05	US	UN	01/01/84
84	Corrie	Clark	54.06	US	UN	03/15/01
85	Rachel	O'Brien	54.07	PC	UN	05/14/09
85	Brooke	Watson	54.07	SE	UN	02/26/10
87	Kristen	Lahey	54.08	CA	USC	02/22/06
88	Mackenzie	Powers	54.09	IL	ACAD	03/16/10
89	Diane	Johannigman	54.11	US	UN	01/01/78
89	Alison	McLeod	54.11	ST	CCS	12/19/02
91	Gigi	Koenig	54.12	VA	BASS	11/20/03
91	Kim	Holden	54.12	MR	UN	02/17/10
93	Colleen	Fotsch	54.13	PC	UN	05/16/08
94	Melanie	Buddemeyer	54.16	US	UN	01/01/85
94	Yasi	Jahanshahi	54.16	CA	UN	12/04/08
96	Lisa	Buese	54.17	US	UN	01/01/79
96	Whitney	Hedgepeth	54.17	ST	TXLA	01/01/89
96	Summer	Sanders	54.17	US	UN	01/01/90
99	Tanica	Jamison	54.20	PC	UN	02/17/00
99	Lindsey	Marck	54.20	NC	UN	03/17/05

200 Butterfly

1	Elaine	Breeden	01:52.99 PC	STAN	02/14/07
2	Kathleen	Hersey	01:53.28 GA	SA	11/29/07
3	Mary	Meagher	01:53.37 US	UN	01/01/82
4	Mary	Mohler	01:53.51 IL	ACAD	03/20/03
5	Katie	Hoff	01:54.53 MD	NBAC	12/07/07
6	Jasmine	Tosky	01:54.63 PC	PASA	05/22/11
7	Alyssa	Anderson	01:54.68 SN	UN	03/19/09
8	Natalie	Coughlin	01:55.20 PC	TERA	03/10/00
9	Alex	Forrester	01:55.32 NE	UN	03/18/10
10	Andie	Taylor	01:55.43 PN	KING	12/03/09
11	Whitney	Lopus	01:55.52 US	UN	02/25/09
12	Katie	Kastes	01:55.66 AR	UN	03/20/08
13	Misty	Hyman	01:55.68 US	UN	01/01/97
14	Tanya	Krisman	01:55.72 SI	NCA	11/29/07
15	Nancy	Hogshead-Makar			
			01:55.74 US	UN	01/01/78
16	Alex	Forrester	01:55.78 NE	UN	02/25/10
17	Rachel	Naurath	01:55.88 US	UN	02/16/11
18	Summer	Sanders	01:55.91 US	UN	01/01/90
18	Emily	Milak	01:55.91 AZ	SAC	11/30/01
18	Emily	Mason	01:55.91 VA	CGBD	01/01/02
21	Rachel	Bootsma	01:55.95 MN	UN	03/15/11
22	Tanja	Kylliainen	01:56.01 MD	LBA	12/09/10
23	Dana	Kirk	01:56.02 US	UN	02/27/03
24	Yumi	So	01:56.04 CA	UN	03/18/10
25	Margaret	Doolittle	01:56.05 SN	STAS	12/01/05
26	Amanda	Sims	01:56.18 PC	UN	02/16/08
26	Felicia	Lee	01:56.18 MD	NBAC	01/15/10
28	Leah	Gingrich	01:56.22 MA	UN	12/04/08
29	Cammile	Adams	01:56.51 GU	CSC	03/04/10
30	Teresa	Crippen	01:56.53 FL	UN	03/19/09
31	Adrienne	Bicek	01:56.58 US	UN	02/17/10
32	Emma	Nunn	01:56.65 VA	NOVA	03/15/11
33	Allison	Schmitt	01:56.67 US	UN	02/28/09
34	Margaret	Hoelzer	01:56.74 SE	MBST	03/21/02
35	Elizabeth	Beisel	01:56.86 NE	ABF	03/04/10
36	Alison	Haulsee	01:56.89 VA	NOVA	03/15/11
37	Lyndsay	De Paul	01:56.90 CA	UN	11/15/07
38	Kaitlin	Sandeno	01:56.92 CA	NGSV	03/08/01
38	Lindsey	Marchand	01:56.92 PN	KING	03/11/09
40	Emily	Kukors	01:57.02 PN	KING	03/04/04
41	Elizabeth	Hill	01:57.18 GA	DYNA	03/13/03
42	Noelle	Tarazona	01:57.19 CA	TCC	12/02/10
43	Cari	Blalock	01:57.30 US	UN	02/16/11
44	Abbie	Fish	01:57.33 KY	UN	12/05/08
45	Sarah	Henry	01:57.35 NC	RSA	01/29/09
46	Elizabeth	Shaw	01:57.47 VA	NOVA	03/21/06
47	Caitlin	Dauw	01:57.53 MI	UN	02/18/09
48	Chelsea	Weedman	01:57.55 MA	UN	02/16/11
49	Caitlin	Leverenz	01:57.57 PC	UN	11/19/09
50	Logan	Todhunter	01:57.71 NI	UN	03/18/09
51	Elizabeth	Durot	01:57.76 GA	DYNA	01/16/04
52	Whitney	Myers	01:57.81 OH	MAKO	02/25/03
53	Kara	McGrath	01:57.84 CO	CCST	01/01/83
54	Nuffy	Swanson	01:57.86 US	UN	02/27/09
55	Lauren	Stinnett	01:57.89 PV	GMU	01/01/98
56	Ashley	Carusone	01:57.91 FL	NCFY	04/14/03
57	Danielle	Leclair	01:57.92 VA	NOVA	03/22/05
58	Emily	Goetsch	01:57.93 MD	NBAC	01/17/03
58	Courtney	Kalisz	01:57.93 MD	NBAC	12/07/07
60	Rebecca	Wolfe	01:57.94 US	UN	02/15/01
60	Lily	Moldenhauer	01:57.94 ST	UN	11/20/09
62	Kelsey	Floyd	01:58.01 SE	TENN	02/17/10
63	Karinne	Caulkins	01:58.03 US	UN	01/01/79
64	Kate	Mills	01:58.04 NE	UN	03/20/08
64	Yasi	Jahanshahi	01:58.04 CA	UN	12/04/08
66	Susan	Rapp	01:58.05 US	UN	01/01/84
67	Amberle	Biedermann	01:58.08 MA	PSU	02/19/03
68	Erin	Reilly	01:58.11 US	UN	02/25/04
68	Jana	Mangimelli	01:58.11 GA	SA	03/05/09
70	Samantha	Woodward	01:58.12 OK	CSC	12/13/07
71	Molly	Freedman	01:58.15 PV	CUBU	03/09/00
72	Shelly	Ripple Johnston			
			01:58.16 US	UN	03/18/99
72	Dagny	Knutson	01:58.16 ND	UN	03/05/09
74	Hayes	Hyde	01:58.20 PC	UN	02/26/09
75	Tori	Simenec	01:58.21 OR	BRSC	03/10/10
76	Kristen	Hastrup	01:58.22 SE	UN	03/17/05
77	Laura M	Davis	01:58.25 PC	TERA	03/26/02
78	Patty	Harper	01:58.26 US	UN	01/01/83
79	Rebecca	Rainer	01:58.29 VA	NOVA	03/15/11
80	Shannon	Draves	01:58.30 US	UN	02/17/10
81	Leah	Reinhardt	01:58.33 KY	LAK	03/18/08
82	Ariana	Kukors	01:58.35 PN	UN	12/14/07
83	Ava	Ohlgren	01:58.36 MI	BAC	03/16/06
84	Stephanie	Elkins	01:58.41 US	UN	01/01/79
85	Megan	Fox	01:58.43 MI	OLY	03/16/10
86	Kimberly	Vandenberg	01:58.46 PC	OAPB	12/05/02
87	Shelley	Harper	01:58.48 PC	UN	02/25/09
88	Jamie	Bohunicky	01:58.49 FL	GSC	02/26/09
89	Kendal	Hasek	01:58.52 SN	PARA	07/17/10
90	Chris	Rojas	01:58.56 US	UN	11/20/10
91	Elizabeth	Pepper	01:58.58 PV	RMSC	03/15/11
92	Megan	Fischer-Colbrie			
			01:58.59 PC	PASA	12/11/08
92	Rachel	Heaney	01:58.59 US	UN	02/23/11
94	Michelle	Griglione	01:58.62 PV	UN	01/01/88
95	Ashley	Evans	01:58.69 AZ	PHX	03/19/09
96	Jana	Krohn	01:58.72 AZ	AFOX	08/02/00
97	Trina	Radke	01:58.73 US	UN	01/01/89
98	Eva	Lehtonen	01:58.75 MI	OLY	03/17/09
99	Maddy	Crippen	01:58.77 MA	GAAC	02/25/99
99	Rheanna	Vaughn	01:58.77 MD	UN	02/17/11

200 Individual Medley

1	Katie	Hoff	01:53.77 MD	NBAC	12/07/07
2	Dagny	Knutson	01:53.82 ND	UN	11/13/09
3	Maya	Dirado	01:54.66 PC	UN	03/17/11
4	Ariana	Kukors	01:55.26 PN	UN	03/20/08
5	Kathleen	Hersey	01:56.04 GA	SA	11/29/07
6	Michelle	McKeehan	01:56.87 IN	UN	02/08/08
6	Elizabeth	Beisel	01:56.87 NE	UN	02/14/10
8	Elaine	Breeden	01:56.92 PC	STAN	02/14/07
9	Summer	Sanders	01:57.02 US	UN	01/01/91
9	Summer	Schlopy	01:57.02 US	UN	01/01/91
11	Melanie	Margalis	01:57.07 FL	UN	11/13/09
12	Tracy	Caulkins	01:57.11 US	UN	01/01/81
13	Caitlin	Leverenz	01:57.37 PC	UN	02/24/10
14	Sarah	Henry	01:57.43 NC	RSA	01/29/09
15	Margaret	Kelly	01:57.56 MI	MICH	03/08/07
16	Karlee	Bispo	01:57.58 PC	UN	12/04/08
17	Caroline	Bruce	01:57.66 MV	UN	03/17/05
18	Justine	Mueller	01:57.78 MI	MICH	02/16/05
19	Nicole	Rento	01:57.82 VA	CGBD	03/16/10
20	Rachael	Schaffer	01:57.89 US	UN	02/16/11
21	Gretchen	Jaques	01:57.91 CA	UN	05/14/10
22	Julia	Smit	01:57.94 MR	UN	11/30/06
23	Natalie	Coughlin	01:58.13 PC	TERA	02/22/01
24	Jana	Mangimelli	01:58.15 GA	UN	02/12/09
24	Felicia	Lee	01:58.15 MD	NBAC	12/11/09
26	Rachel	Bootsma	01:58.16 MN	UN	03/15/11
27	Lindsey	Marchand	01:58.21 PN	KING	12/04/08
28	Torrey	Bussey	01:58.23 US	UN	02/16/11
29	Emily	Mastin	01:58.27		03/18/99
30	Chelsea	Weedman	01:58.40 MA	UN	02/16/11
31	Maggie	Bowen	01:58.44 SE	AUB	01/01/98
32	Alicia	Aemisegger	01:58.55 MA	GAAC	02/24/06
33	Kimberly	Pavlin	01:58.61 GU	UN	02/23/11
34	Mary	Beck	01:58.74 ST	UN	11/20/09
34	Meghan	Hawthorne	01:58.74 CA	RTLR	05/12/10
36	Tami	Ransom	01:58.76 OH	CM	01/05/01
37	Cari	Blalock	01:58.79 US	UN	02/16/11
38	Liz	Smith	01:58.81 OZ	PKWY	03/20/07
39	Susanna	White	01:58.90 VA	LY	04/05/11
40	Ashley	Danner	01:58.92 US	UN	03/19/09
41	Andie	Taylor	01:58.98 PN	KING	12/03/09
42	Breanna	Folk	01:59.00 SE	TENN	02/17/10
43	Caitlin	Iversen	01:59.09 US	UN	03/08/07
44	Jenny	Forster	01:59.18 US	UN	03/08/07
44	Hannah	Caron	01:59.18 US	UN	02/25/09
46	Jaime	Lewis	01:59.22 FL	UN	02/22/01
47	Ava	Ohlgren	01:59.23 MI	UN	11/18/05
47	Laurence	Delisle	01:59.23 PC	UN	02/24/10
49	Laura M	Davis	01:59.25 PC	TERA	03/26/02
50	Mary	Mohler	01:59.30 IL	ACAD	03/20/03
51	Tanja	Kylliainen	01:59.34 MD	LBA	12/09/10
52	Michala	Kwasny	01:59.37 CA	TROJ	12/01/99
52	Kirsty	Coventry	01:59.37 SE	AU	03/21/02
52	Christine	Wixted	01:59.37 CO	UN	02/16/11
55	Spindrift	Beck	01:59.42 NT	DM	11/29/07
56	Megan	Tomes	01:59.46 OH	ABLY	02/20/03
57	Joan	Pennington	01:59.48 US	UN	01/01/78
57	Shelly	Ripple Johnston			
			01:59.48 US	UN	03/18/99
59	Kristen	Caverly	01:59.50 US	UN	03/20/03
60	Ellen	Williamson	01:59.51 OH	UN	02/24/11
61	Kristine	Quance	01:59.53 US	UN	01/01/93
62	Sippy	Woodhead	01:59.61 US	UN	01/01/82
63	Mattie	Kukors	01:59.71 US	UN	02/17/10
64	Julia	Wilkinson	01:59.72 GU	TAMU	02/22/06
64	Anna	Senko	01:59.72 US	UN	02/23/11
66	Melanie	Roberts	01:59.73 SE	UN	03/20/08
67	Leslie	Lunsmann	01:59.75 SE	AU	03/20/03
68	Laura	Sogar	01:59.77 ST	UN	03/18/10
69	Alisa	Finn	01:59.88 US	UN	02/24/10
70	Melissa	Bates	01:59.90 PC	CALI	12/02/10
71	Jessica	Sabotin	01:59.91 FL	UN	02/18/09
72	Erika	Stewart	01:59.95 US	UN	02/18/09
73	Janet	Evans	01:59.96 CA	TROJ	01/01/90
73	Danielle	Gong	01:59.96 PC	UN	05/16/08
75	Nicole	Vernon	01:59.99 MA	UN	02/23/11
76	Ashley	Roby	02:00.02 GA	ABSC	03/18/99
77	Breanna	McCann	02:00.04 LE	UN	02/25/09
78	Mali	Kobelja	02:00.07 US	UN	02/23/11
79	Kirsten	Smith	02:00.08 NC	MOR	03/08/07
80	Trish	Regan	02:00.09 IN	UN	02/12/10
81	Tanica	Jamison	02:00.10 PC	UN	02/17/00
81	Yi-ting	Siow	02:00.10 FL	BSS	03/18/04
83	Leah	Gingrich	02:00.12 MA	UN	03/02/07
83	Samara	Gelb	02:00.12 SE	UN	02/28/09
83	Aja	Van Hout	02:00.12 WI	BAC	12/02/10
86	Courtney	Monsees	02:00.14 PC	UN	11/30/07
87	Jessica	Schmitt	02:00.16 SI	UN	05/20/09
88	Jessica	Rodriquez	02:00.18 ST	TXLA	11/29/07
89	Amanda	Beard	02:00.20 CA	NOVA	12/04/99
90	Brittany	Todd	02:00.23 NC	TYDE	04/14/03
91	Sophia	Yamauchi	02:00.24 CA	UN	02/23/11
92	Corinne	Showalter	02:00.26 FL	SYS	04/06/09
92	Alicia	Grima	02:00.26 PC	UN	05/20/11
94	Rhonda	Rape	02:00.28 US	UN	01/01/82
94	Shelby	Webber	02:00.28 CA	UN	05/11/11
96	Rebecca	Brooks	02:00.31 US	UN	02/17/10
97	Rebecca	Soni	02:00.33 CA	USC	03/16/06
98	Tricia	Harm	02:00.34 US	UN	12/14/01
98	Nilasha	Ghosh	02:00.34 PC	STAN	02/14/07
98	Merritt	Krawczyk	02:00.34 US	UN	02/17/10

400 Individual Medley

1	Katie	Hoff	04:00.66 MD	NBAC	12/07/07
2	Elizabeth	Beisel	04:00.83 FL	UN	02/16/11
3	Maya	Dirado	04:01.02 PC	UN	03/17/11
4	Kathleen	Hersey	04:03.88 GA	UN	12/04/08
5	Megan	Ryther	04:04.30 ST	AAAA	03/11/99
6	Tracy	Caulkins	04:04.63 US	UN	01/01/81
7	Ariana	Kukors	04:04.68 PN	UN	12/14/07
8	Teresa	Crippen	04:05.00 FL	UN	03/19/09
9	Caitlin	Leverenz	04:06.61 PC	UN	02/24/10
10	Sarah	Henry	04:06.66 NC	UN	11/19/10
11	Maddy	Crippen	04:06.76 MA	GAAC	03/18/99
12	Julia	Smit	04:07.28 MR	UN	11/30/06
13	Keegan	Walkley	04:07.53 US	UN	03/19/98
14	Alicia	Aemisegger	04:07.85 MA	GAAC	03/09/06
15	Janet	Evans	04:08.53 CA	TROJ	01/01/89
16	Dagny	Knutson	04:08.61 ND	ASK	03/10/10
17	Melanie	Margalis	04:09.10 FL	UN	12/03/10
18	Rachael	Schaffer	04:09.33 US	UN	02/16/11
19	Kaitlin	Sandeno	04:09.54 CA	NGSV	03/08/01
20	Natalie	Coughlin	04:09.65 PC	TERA	03/02/00
21	Tanja	Kylliainen	04:09.66 MD	LBA	12/09/10
22	Andie	Taylor	04:09.78 PN	KING	03/10/10
23	Summer	Sanders	04:09.79 US	UN	01/01/90
24	Jana	Mangimelli	04:10.27 GA	SA	03/05/09
25	Caroline	Bruce	04:10.31 US	UN	02/23/05
26	Kristen	Caverly	04:10.64 US	UN	03/20/03
27	Alyssa	Anderson	04:10.75 SN	UN	12/04/08
28	Felicia	Lee	04:10.79 MD	NBAC	12/11/09
29	Amber	McDermott	04:10.81 GA	UN	03/03/11
30	Lauren	Driscoll	04:11.08 FG	FLA	12/09/10
31	Melissa	Hain	04:11.11 GU	TAMU	02/14/07
32	Chelsea	Weedman	04:11.34 MA	UN	03/17/11
33	Jaime	Lewis	04:11.36 FL	UN	03/15/01
34	Rebecca	Rainer	04:11.39 VA	NOVA	03/15/11
35	Laura	Moriarty	04:11.60 US	UN	02/18/09
36	Justine	Mueller	04:12.09 MI	UN	03/17/05
36	Jessica	Rodriquez	04:12.09 ST	TXLA	11/29/07
38	Taylor	Nanfria	04:12.10 PC	CROW	12/09/10
39	Carmen	Retrum	04:12.23 FL	UF	02/25/04
40	Caitlin	Iversen	04:12.30 US	UN	03/08/07
41	Courtney	Kalisz	04:12.37 MD	NBAC	02/28/08
42	Maggie	Bowen	04:12.41 SE	AUB	01/01/98
43	Cari	Blalock	04:12.46 US	UN	02/16/11
44	Kirstie	Chen	04:12.52 CA	UN	11/18/10
45	Kate	Dwelley	04:12.60 PC	TERA	02/28/07
46	Angelina	Ballatore	04:12.61 FL	UN	12/05/08
47	Shannon	Cullen	04:12.75 CA	RST	01/15/99
48	Corinne	Showalter	04:12.76 FL	SYS	04/06/09
49	Kristen	Steenvoorden	04:12.85 US	UN	03/01/09
50	Meghan	Hawthorne	04:12.90 CA	USC	12/02/10
51	Joan	Pennington	04:12.91 US	UN	01/01/78
52	Sara	McLarty	04:12.95 FL	DBS	03/15/01
53	Adrienne	Binder	04:12.97 SE	AU	02/25/04
54	Leah	Gingrich	04:13.00 MA	WSY	04/01/08
55	Aleksa	Akerfelds	04:13.12 US	UN	02/20/08
56	Polly	Winde	04:13.16 US	UN	01/01/82
56	Katie	Kastes	04:13.16 US	UN	02/20/08
58	Danielle	Gong	04:13.26 PN	UN	02/25/09
59	Laura	Sogar	04:13.30 ST	UN	02/24/10
60	Ashley	Carusone	04:13.35 FL	NCFY	04/14/03
61	Mattie	Kukors	04:13.36 US	UN	02/17/10
62	Julie	Stupp	04:13.43 SE	AU	02/11/05
63	Laura M	Davis	04:13.44 PC	TERA	03/26/02
64	Nicole	Vernon	04:13.45 MA	DST	12/09/10
65	Jenny	Forster	04:13.51 US	UN	03/08/07
65	Kaitlin	Pawlowicz	04:13.51 PV	CUBU	12/09/10
67	Katie	Gardocki	04:13.68 SE	UN	03/18/10
68	Amy	Baly	04:13.69 VA	UN	03/15/01
69	Kirsten	Smith	04:13.72 NC	MOR	11/29/07
70	Amy	Shaw	04:13.77 US	UN	01/01/90
71	Artemis	Daphnis	04:13.79 PC	UN	03/21/02
71	Mackenzie	Stein	04:13.79 CO	TOPS	03/09/11
73	Amanda	Carner	04:13.82 VA	CGBD	03/15/11
74	Cammile	Adams	04:13.84 GU	MAC	12/11/08
75	Michelle	Griglione	04:13.87 FL	CSA	01/01/88
76	Annemarie	Thayer	04:13.90 PN	UN	12/03/09
77	Lauren	Duerk	04:14.00 SE	AUB	03/20/03
78	Brittany	Todd	04:14.14 NC	TYDE	04/14/03
79	Kristine	Quance	04:14.18 US	UN	01/01/93
80	Lyndsay	De Paul	04:14.25 CA	UN	02/21/07
81	Michala	Kwasny	04:14.31 CA	NOVA	01/01/00
82	Jessica	Sabotin	04:14.32 FL	UN	02/18/09
83	Patty	Gavin	04:14.34 US	UN	01/01/82
84	Erin	Vogt	04:14.52		12/04/98
85	Melissa	Klein	04:14.58 GA	DYNA	02/28/02
86	Jenny	Parmenter	04:14.64 CA	TROJ	02/24/00
87	Lauren	Thies	04:14.65 US	UN	03/19/98
88	Nancy	Hogshead-Makar	04:14.70 US	UN	01/01/78
89	Brittany	White	04:14.76 MD	NBAC	01/01/97
90	Aja	Van Hout	04:14.86 WI	BAC	12/02/10
91	Katie	Yevak	04:14.91 US	UN	01/01/01
91	Katie	Idbeis	04:14.91 MV	KCB	03/01/01
91	Danielle	Leclair	04:14.91 VA	NOVA	03/22/05
91	Rachael	Burnett	04:14.91 US	UN	02/17/10
95	Natalie	Griffith	04:14.95 VA	CGBD	01/01/99
96	Laura	McLean	04:14.96 US	UN	01/01/86
97	Ashley	Swart	04:15.01 HI	KSC	03/20/03
97	Anna	Neumeister	04:15.01 GA	GOLD	03/03/11
99	Adrienne	Bicek	04:15.06 IL	EXPR	03/05/09
100	Megan	Fox	04:15.07 MI	OLY	03/16/10

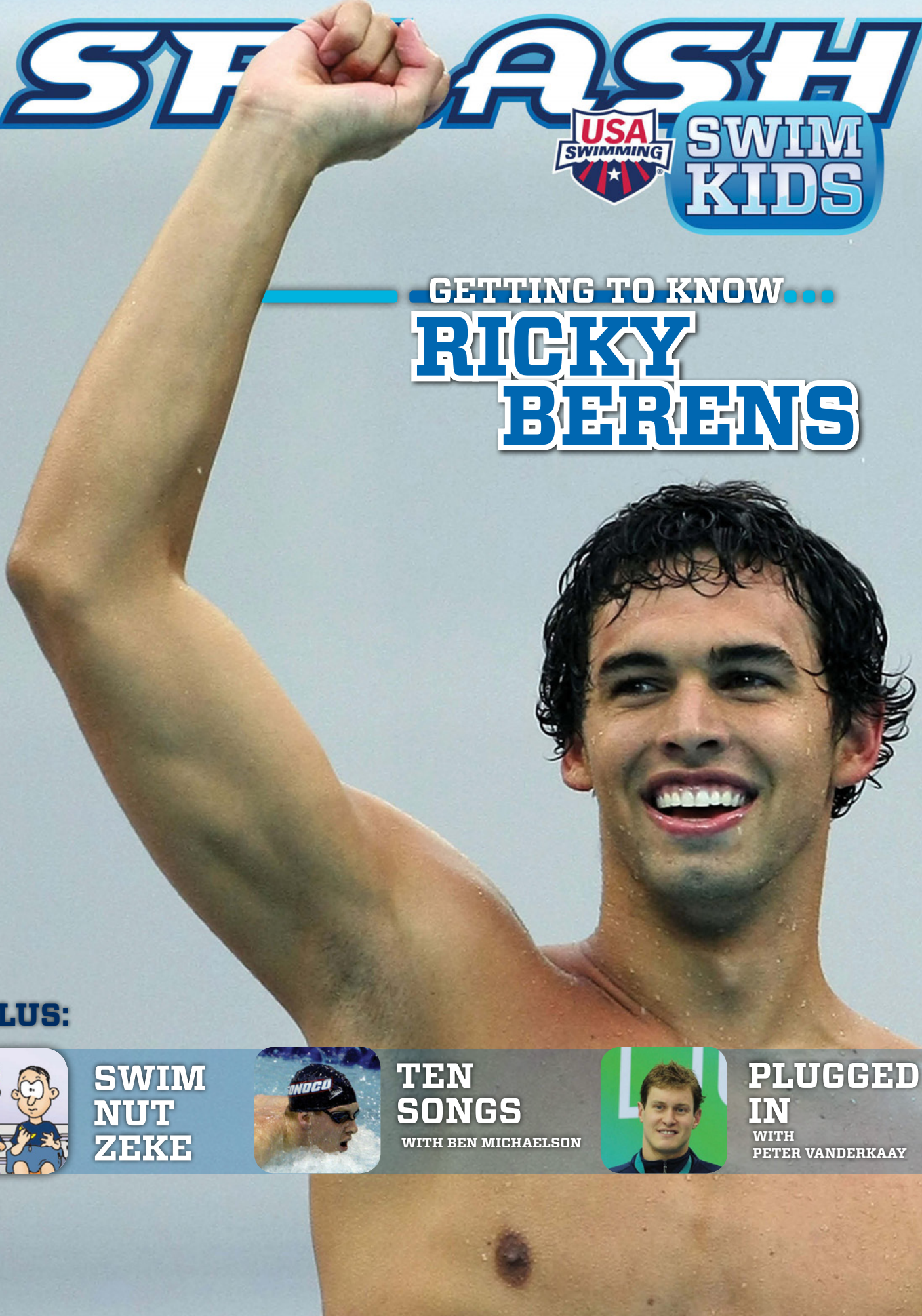
SPLASH

USA SWIMMING

SWIM KIDS

GETTING TO KNOW...

RICKY BERENS



PLUS:

SWIM NUT ZEKE

TEN SONGS

WITH BEN MICHAELSON

PLUGGED IN

WITH PETER VANDERKAAY

*birdays

Happy Birthday to these Olympians and members of the 2011 World Championships Team! • Click on an athlete's name to see their full bio!

MAY 7 – Open water specialist **CHRISTINE JENNINGS**, a member of the U.S National Team, turns 24.

MAY 10 – Backstroker **MISSY FRANKLIN**, a member of the U.S. National Team, turns 16.

MAY 11 – Breaststroker **SCOTT SPANN**, an Olympian and U.S. National Teamer, turns 23.

MAY 16 – Breaststroker **KATY FREEMAN**, a member of the U.S. National Team, turns 24.

JUNE 1 – IMer **ARIANA KUKORS**, a world record-holder and member of the U.S. National Team, turns 22.

JUNE 3 Two-time Olympian and U.S. National Teamer **KATIE HOFF** turns 22.

JUNE 7 Freestyler **ALLISON SCHMITT**, an Olympian and U.S. National Teamer, turns 21.

JUNE 8 Breaststroker **MARK GANGLOFF**, a two-time Olympian and member of the U.S. National Team, turns 29.

JUNE 27 Distance swimmer **KATE ZIEGLER**, an Olympian and member of the U.S. National Team, turns 23.

JUNE 30 – 14-time Olympic gold medalist and 17-time world champion **MICHAEL PHELPS** turns 26.

SWIMKIDSTIP

WHAT ARE YOU REALLY DOING AT PRACTICE?

Champions like Cal swimmer **AMANDA SIMS** says you have to make the most of every swimming opportunity. "I practice to perform," she says. Every day at practice, Sims and her teammates do some kind of set where they race. When they get to a meet, racing becomes very natural.

JONATHAN FERREY/GETTY IMAGES

by Garret Schaller

WORDSEARCH

M	I	C	H	A	E	L	E	K
S	P	H	E	Z	A	Z	L	L
K	L	H	M	A	E	P	E	N
A	N	O	E	E	M	H	N	A
Z	A	E	S	L	E	Z	O	D
E	P	R	S	R	P	N	S	N
L	A	H	O	N	I	S	A	E
B	R	E	D	N	A	E	J	R
B	R	E	N	D	A	H	P	B

Find the FIRST NAMES of the four relay swimmers in the final of the world record-setting 400m medley relay at the 2008 Olympics in Beijing.

Don't forget to look forward and back, up and down, and diagonally forward and back!

MICHAEL PHELPS
JASON LEZAK
AARON PEIRSOL
BRENDAN HANSEN

When this NATIONAL TEAMER was a SWIM KID

1 Her nickname as a toddler was "Moo," because her responses to "What does a cow say, a dog say, a cat say, were all the same -- "Moo."

She once served 13 aces in a row as a player on her 6th grade CYO volleyball team.

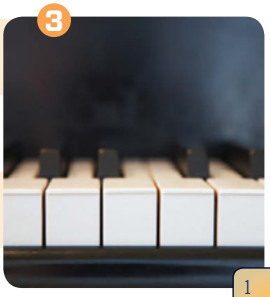
She was DQed in her first IM when she was 9 for swimming the strokes out of order. She started with freestyle and built a big,early lead.

2 Once, at age 10, this hungry swimmer ate 32 pancakes and two sandwiches at brunch.

When she was 12, her fortune on her Bazooka Joe comic read, "You will be a fine swimmer and may make the Olympic Team." She still has the comic!

3 She took piano lessons from 2nd grade to 10th grade.

DO YOU KNOW WHO THIS IS?



CROSSWORD

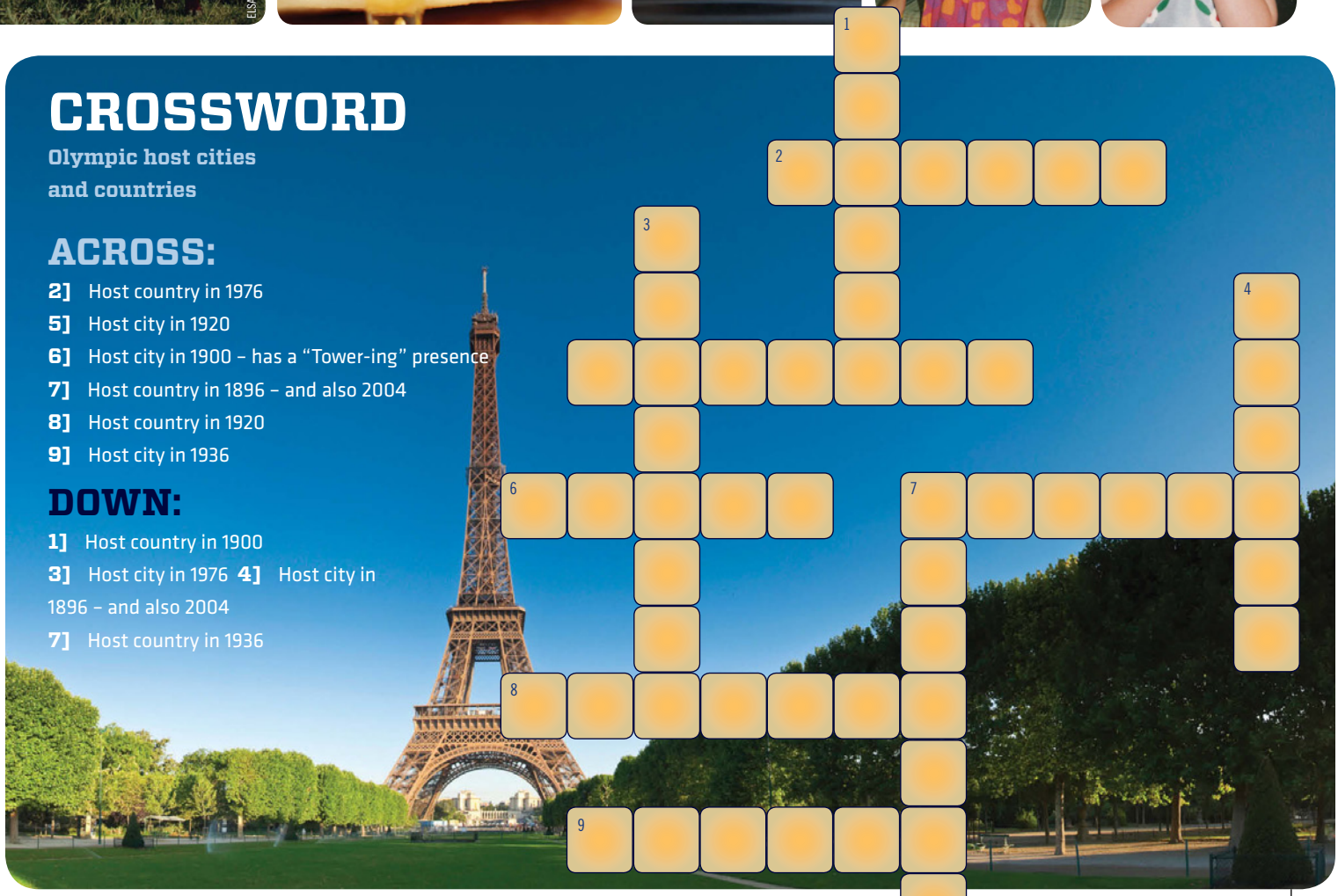
Olympic host cities and countries

ACROSS:

2] Host country in 1976
5] Host city in 1920
6] Host city in 1900 – has a "Tower-ing" presence
7] Host country in 1896 – and also 2004
8] Host country in 1920
9] Host city in 1936

DOWN:

1] Host country in 1900
3] Host city in 1976 **4]** Host city in 1896 – and also 2004
7] Host country in 1936

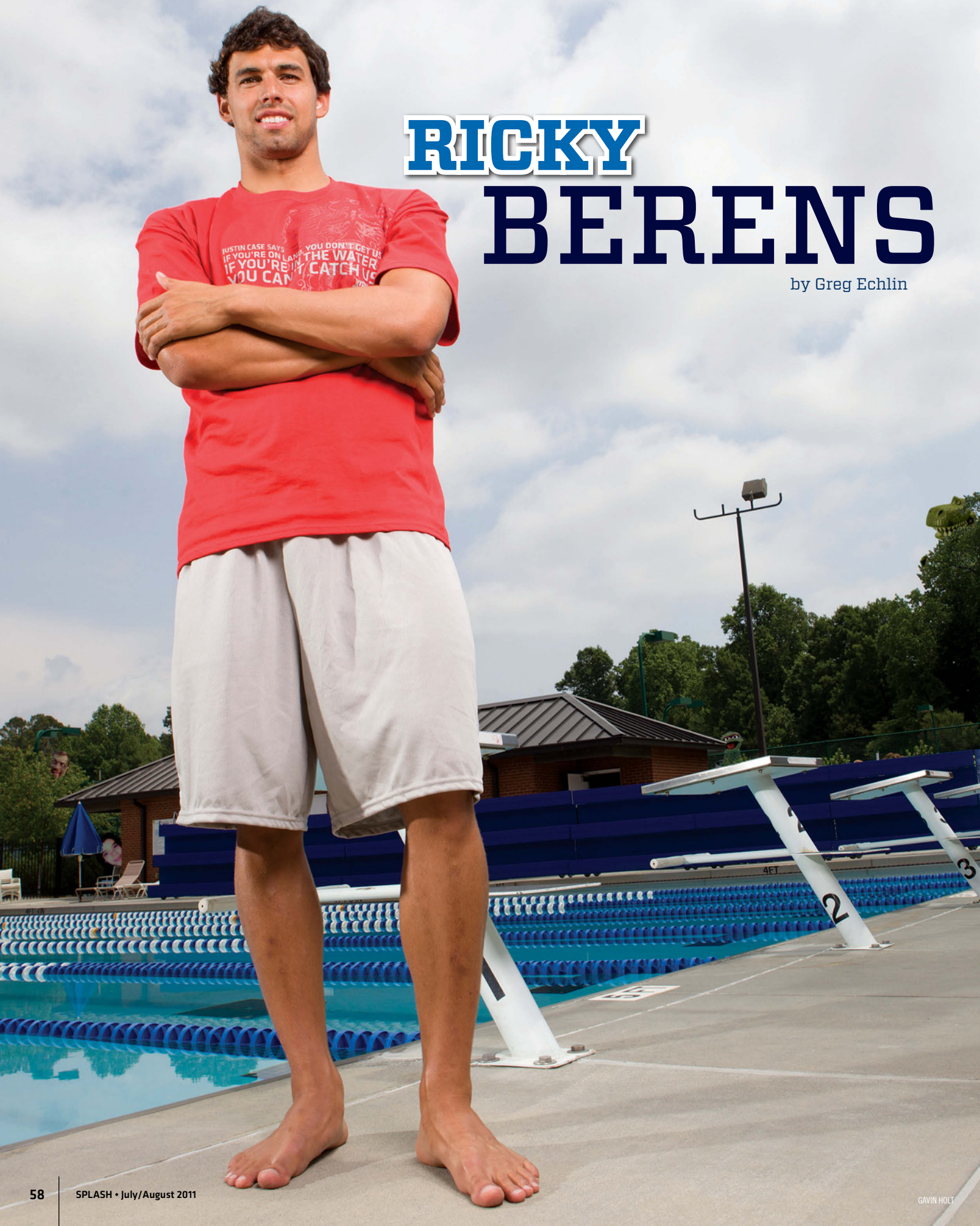


Answers:
ACROSS || 2 – Canada || 5- Antwerp || 6- Paris || 7-Greece || 8-Belgium || 9-Berlin
DOWN || 1-France || 3-Montreal || 4-Athens || 7-Germany

This SWIM KID is ... Allison Schmitt

RICKY BERENS

by Greg Echlin



GAVIN HOLT

BIRTHDAY: April 21
HEIGHT: 6 feet, 2 inches
CLUB: Trojan Swim Club
COACH FOR 2011: Dave Salo
FROM: Charlotte, N.C.
LIKES:
Casually wearing cowboy boots, eating barbeque
FAVORITE COWBOY BOOT MATERIAL:
Ostrich and crocodile skin
BARBEQUE PREFERENCES:
Big beef ribs smothered in sauce and dry some rub
BARBEQUE JOINT IN AUSTIN HE MISSES MOST:
Rudy's and County Line
FAVORITE ADOPTED L.A. TEAM:
Lakers (ONLY if they win the championship)

Biographical information:
From Charlotte to Los Angeles with a stop in Austin, Texas, while competing at the University of Texas, Ricky Berens has spread the different stages of his swimming career from coast to coast. After receiving his degree in finance at UT last December and helping the Longhorns capture the 2010 NCAA swimming championship, Berens has settled in on the West Coast. There, he's closer to Olympic gold medalist Rebecca Soni, whom he's dating. His father, John, is an accountant. His mother, Leslie, played collegiate volleyball at Miami (Ohio) and has coached summer swimming for the last 20 years.

Accomplishments:
At the 2008 Olympic Games, Berens was part of the gold medal team with Michael Phelps, Ryan Lochte and Peter Vanderkaay in the 800m free relay. In addition to his gold at 2009 Worlds in the 400m free relay, he was also part of the winning team in the 800m free relay. He competed in a number of events in this year's Grand Prix Series and qualified for this summer's World Championships in the 800m free relay.

HOW WOULD YOU DESCRIBE YOUR ADJUSTMENT TO THE LIFESTYLE IN L.A.?
It's completely different from Austin. I was going for a change. I got the biggest change I could in more aspects than one. Swimming, training – much different. Lifestyle, environment – it's a lot different in L.A. I have to plan accordingly for transportation (laughs). In Austin you could get to a place in five minutes. In L.A. you give yourself 30 minutes to get about five miles. But it's a very exciting time. It's very fun and I'm excited for about the next year that I'll be training for London.

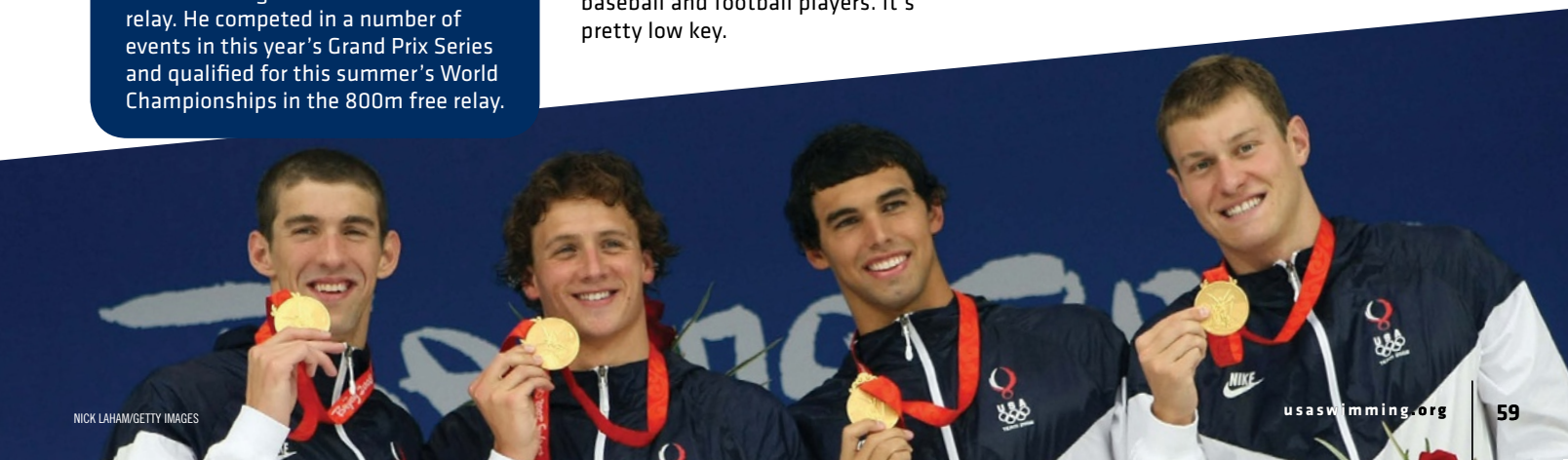
YOU'RE OBVIOUSLY CLOSER TO REBECCA (SONI). HOW MUCH DID THAT ENTER INTO YOUR DECISION?
Maybe a little, but relationship aside, it's kind of what we were talking about. She and I both talked about how I wasn't moving out there for her. Not to be mean – it's definitely nice having her there and actually having a real relationship with her vs. text messaging, phone calls and seeing each other once a month. The reason I went out there was purely for swimming and purely for a change. Mentally I needed to mix things up and get a better mindset going into these Olympic Trials. She knew that. I knew that. My family knew that. That was the most important thing.

YOU'RE AN OLYMPIC GOLD MEDALIST. SHE'S AN OLYMPIC GOLD MEDALIST. BECAUSE OF THAT, YOU'RE THRUST INTO THE PUBLIC EYE. WHAT IS YOUR COMFORT LEVEL WITH PART OF YOUR PRIVATE LIFE IN THE PUBLIC EYE?
Luckily (pauses to laugh), swimming, I think, comes around every four years. Maybe once the trials come around you'll hear stuff here and there about it, but nothing paparazzi like all the baseball and football players. It's pretty low key.

SO WE WON'T SEE YOU AT A LAKERS GAME WITH HER FEEDING YOU POPCORN?
Exactly. Like A. Rod (Alex Rodriguez) and Cameron Diaz? If only I could get Lakers seats where you could see us on TV.

HAVE YOU ADJUSTED FROM HAVING BARBEQUE IN AUSTIN TO SUSHI IN L.A.?
Actually, my nutrition has changed a little bit. I've definitely eaten a lot of fast food in the past, and that's something I've been trying to change over the last year or so. Rebecca's a big nutrition person, so she's helping with that. Going to the grocery store actually saves me a lot of money while living out there. It's a better way, a healthier way. More veggies, more fruits. I'm not a veggie person, but I'm getting there. I'm adjusting slowly. Baby steps.

SINCE YOU GRADUATED LAST DECEMBER, WHAT HAS LIFE BEEN LIKE AS A PROFESSIONAL SWIMMER AS OPPOSED TO BEING IN A STRUCTURED SITUATION LIKE AT UT?
It's a hard adjustment actually. I really didn't know what to expect. I'm still going through it because I did have my routine over at Texas. I had all my places. I had where I worked out. I worked out with the team. We had our weight room. Now I'm a little more on my own. I'm trying to figure out some of the stuff I need to do, what I need to do for myself. Not being a part of that team aspect, the University of Texas team, it's different trying to find motivation for yourself to keep swimming.



NICK LAHAM/GETTY IMAGES

ED MOSES

by Bob Schaller

NADINE RUPP/GETTY IMAGES

Are you still working on a comeback, and why?
Yes. I am still training in hopes of a great performance at 2012 Trials. There is no greater honor than to represent your country at the highest level. I realize I have an opportunity to do this, and it may never come to me again

Who was a teammate that had a profound effect on you and why?
Jarrod Marrs had a major effect on my life in 2001. He committed to moving to Virginia and training beside me to become the best he could. I had no one at the time to train with, and that year, I became a whole new swimmer on another level

What are you doing now outside of swimming?
Outside of swimming, I am running an entertainment company called MoJo. I am hacking the golf ball around since swimming is my focus, and I am waking up with a smile everyday

Age:
1996: 16
2011: 30

Hometown:
1996: Burke, Va.
2011: Manhattan Beach, Calif.

Where you swam/swim:
1996: Lake Braddock High School
2011: Trojan Swim Club

Favorite set:
1996: Picking up range golf balls, listening to my walkman
2011: 20 x 50s breast on 1:00, 1 fast, 1 ez; 2 fast 1 ez; 3 fast 1 ez , etc.

Favorite swimming memory:
1996: 360 under the leg dunk in water basketball
2011: 30,000 yards in 14 hours

Favorite non-swimming sport:
1996: Golf
2011: Golf

Best female and male swimmers in your mind:
1996: Matt Biondi and Janet Evans
2011: Ryan Lochte and Rebecca Soni

Goals/future aspirations:
1996: Chase girls and graduate high school
2011: To put myself in a position to change peoples lives whenever I want

Favorite song/band/group:
1996: Fugees
2011: 50 Cent

Favorite food:
1996: Pizza
2011: Pizza

Food you couldn't/can't stand:
1996: Vegetables
2011: Tuna

Favorite movies:
1996: *The Rock*
2011: *Without Limits*

Favorite TV shows:
1996: "Fresh Price of Bel Air"
2011: "Modern Family"

Favorite superhero:
1996: Wolverine
2011: Mark Cuban

Chocolate, strawberry or Vanilla:
1996: Vanilla
2011: Vanilla

Favorite car:
1996: Lambo
2011: GT Bentley

Favorite sports team:
1996: Chicago Bulls
2011: Orlando Magic

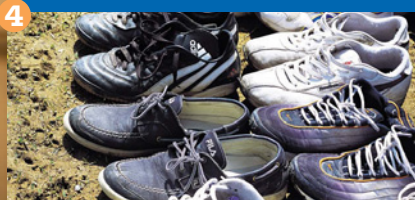
Best thing about being 16:
Driver's license

Best thing about being 30:
30 is the new 20!

WITH PETER VANDERKAAY

STEPHEN DUNN/GETTY IMAGES

GARY GERSHOFF/GETTY IMAGES



PHONE

Type of cell phone:
Blackberry

Always on, or when is it turned off?
Always on.

How many text messages a day do you send?
15

How many text messages a day do you receive?
15

Favorite ringtone?
Vibrate only!

Best Emoticon:
What's that?

MUSIC

Your system:
Bose headphones

Favorite artist:
Right now, toss up between Wilco and The White Stripes

An artist or group you like that we wouldn't guess?
Prince

Best wind-down/relaxing music?
The Cure

Best movie soundtrack ever?
Dazed and Confused

Favorite artist to sing along to?
Anything Motown!

3 Musical talent:
Piano

MOVIES

Last DVD bought (how many stars out of five do you rate it):
Blood Diamond, 4 stars.

Last movie you saw in theater:
True Grit

Most memorable movie line:
"I hope he doesn't get Munsoned out here in the middle of nowhere." *Kingpin*

Favorite actor:
Jeff Bridges

1 Fave Actress:
Natalie Portman

2 Movie role you'd love to play:
Detective

TELEVISION

Regular watcher of what show:
"60 Minutes"

A show about your life would be titled what?
"Swim Practice"

Where would this show take place – be set?
Probably at the pool

Who would play you?
James Franco

INTERNET

Web site you visit most often:
iGoogle

Number of times a day you check email:
Two

4 Item you are most likely to buy online:
Shoes

GAMING

Favorite video game:
Mario Kart on N64

First video game system you ever played on?
Atari

First video game you played, and how good were you at it?
Ninja Turtles, I was an expert

SWIM NUT ZEKE
HOW LONG DO YOU HAVE BEFORE YOUR NEXT RACE?
HALF HOUR.
FORTY MINUTES.
THEN WE HAVE TIME TO PLAY AGAIN!
OY.
I DUNNO IF I CAN TAKE IT ANYMORE.
OH TOUGHEN UP. IT'S FUN.
FUN? TONGUE TORTURE IS FUN?
LET'S DO IT. I BET I CAN TAKE BOTH OF YOU DAINTY FLOWERS THIS TIME.
THEN LET THE GAMES BEGIN! PREPARE TO TAKE YOUR LEMONS!
REMEMBER YOU HAVE TO EAT THE WHOLE THING WITHOUT MAKING A FACE.
READY... SET... BITE!
CRUNCH CRUNCH CRUNCH
EYUNNG GHHNG GUHHNG
I CAN'T SEE ANYTHING. WHO WON?
I THINK MY FACE CAVED IN.
WHOSE IDEA WAS THIS STUPID GAME?

STREETER LECKA/GETTY IMAGES

WITH NATIONAL TEAMER

BEN MICHAELSON

former National Team member

U.S. SGT.

Tom Sawyer, by Rush: I really dig the musicianship of a band like Rush, and how a three-piece band can make such a huge sound.

Wagon Wheel, by Old Crow Medicine Show: It's just stuck in my head. I heard it on the jukebox the other night. It's a catchy song.

Rope, by Foo Fighters: I like the Foo Fighters because they are the last real rock-and-roll band in the world today. I love all their music. I have been a fan since day one. I can't wait for them to come out on tour.

1 Paradise City, by Guns and Roses: I like it because it's a feel-good song, but also it pumps you up. It's a song that my father, brother and I relate to together. It's kind of like our song. Every time it comes on, I think of my brother and my father. I roll my windows down and blast it. It has some family meaning for the Michaelson men.

2 Whole Lotta Love, by Led Zeppelin: I think this is one of the filthiest guitar licks ever written.

Free Bird, by Leonard Skynyrd: It's epic. It's an awesome song. The lyrics are great. It's the original concert sing-along song, with a long guitar solo at the end. Whenever you have a seven- to eight-minute guitar solo, it's a good song.

For Whom the Bell Tolls, by Metallica: I saw them in 2004 in concert, and they were good. When I was in college, I was in a little cover band, and that was one of the songs we played. So that reminds me of being in the band.

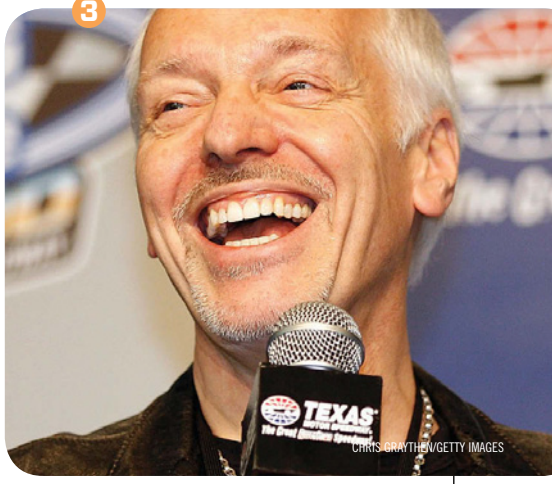
Back in Black, by AC/DC: I like it because they took four chords and blues lick and made it into one of the most awesome rock-and-roll songs ever, yet part of its wonder is that it is a simple song.

Fly like and Eagle, by the Steve Miller Band: I don't know what it is about Steve Miller Band, but it is one of those super tight bands that I haven't had the luxury of seeing, but they still tour every summer and play county fairs and festivals. I totally want to see them. This is just a great song. Good music.

3 Do You Feel Like We Do, by Pete Frampton: Frampton: I like it because I actually did see Peter Frampton in Honolulu in November last year with my brother when I was on leave right after we got back from Iraq. They closed out the show with a 37-minute version of the song. Some people think long guitar solos are pretentious, but I think they are awesome.

MARK THOMPSON/GETTY IMAGES

MARK THOMPSON/GETTY IMAGES



CHRIS GRAYTHEN/GETTY IMAGES

MICHAEL PHELPS

BY ANNIE REED

Editors Note:
Michigan middle school student ***Annie Reed*** *may have a budding career in journalism. Earlier this year, she interviewed superstar rapper Eminem for her school newspaper. At the Eric Namesnik Michigan Grand Prix in April, she had the opportunity to speak to Michael Phelps. Here is part of her interview.*

There was excitement in the air as I entered Canham Natatorium April 10 for the Eric Namesnik Michigan Grand Prix. The atmosphere was filled with the strong feeling of competition. Everywhere I looked, left and right, there were countless Olympians and major global competitors.

A big reason for all the buzz around me was 14-time Olympic gold medalist Michael Phelps. I had a chance to sit down and interview him.

Michael started swimming at the age of 7 and took to it right away, and about 14 years ago, Bob Bowman, Michael's personal coach, came along. This was when things started to get rolling for Michael.

Michael told me some of the things he thought made him as successful as he is today.

"When I first started swimming with Bob, one of the biggest things he helped me do was learn how to set goals, and that was like a big starting point for me. It was just having something that you wanted to achieve and something you think you can achieve, but that's hard enough to get you out of bed and motivated every day. As I started to achieve my goals, I learned you can do anything."

Phelps had his own way of looking at things that kept him fired up and ready to do his best.

"I look at everything like a piece to a puzzle. Every four years, at the Olympics, is the time when I can complete my puzzle. I think every little piece that is added is a step in the right direction."

Trash talk, something that is almost completely inevitable at the big swim meets, eventually gets around. Swimmers like Alain Bernard and Milorad Cavic usually send some tough talk Michael's way.

"Everyone's entitled to their own opinion. I love trash talk, I welcome it. The only thing it does is fire me up. There's nothing I can do. I just get in the water and swim and let that do the talking." Phelps said with a pretty big grin on his face.

When are these guys going to learn not to poke the bear?

The press has many times called Michael Phelps a rival of someone. He told me what he thinks about it.

"Some people think of others as rivals, and I don't. I think there is a hatred involved when people talk about rivals. I can't say I hate any of the people I swim against. We're competitors and bring out the best in each other when you get in there and race. That's what makes competition fun, and it's one of the things I love about racing. I don't like the word rivals."

Everyone has their fair share of struggles. Even Michael Phelps has to overcome challenges. There are the physical challenges that many athletes face, but Michael told me mental challenges can be just as hard to overcome.

"I went through a funk where I wasn't doing my best – didn't do a best time in three years – and that's where I think your goals come into play. Those are things that you keep coming back to in the pool, even if it is hard. It's the worst feeling ever. I think getting over a hump is more mental than physical. Mental toughness has to come in. There are always things that are going to stand in your way. It all comes down to a matter of thinking you can do something. If you think you can't do something, you might as well not even try."

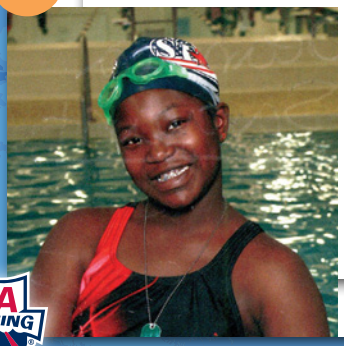
Sadly, our time together was eventually going to have to come to an end. So for my final question I just asked Michael for a good piece of advice he could give to someone.

"The biggest thing is to never give up. If you want something bad enough, then give it everything it's going to take to get there and the sacrifices. If you're willing to sacrifice, don't give up on it. Everything is possible. Having positivity always in the back of my head, 'I can do it, I can do it', helped me do what I did in 2008. Remember everything always happens for a reason."

DEANDRA SARGEANT

AGE: 11
TEAM: Solon Stars Swim Club
ROLE MODEL: Mom, dad, coaches, Dana Vollmer and Jesus Christ
FAVORITE STROKE: All
FAVORITE EVENT: 50 free, 50 back
FAVORITE SWIMMER: Katie Hoff, Dana Vollmer
FUTURE GOAL: Olympic swimmer
HOBBIES: Swimming, running, laughing
FAMOUS PERSON YOU'D LIKE TO MEET: Lady Gaga, Katie Hoff, Dana Vollmer
FAVORITE BOOK: *Beastly*
FAVORITE MOVIE: *Soul Surfer*
WHEN I GROW UP I WANT TO BE: An Olympic swimmer
IF I COULD CHANGE ONE THING IT WOULD BE: For us to have world peace!

CENTRAL



ARKANSAS • NORTH DAKOTA • SOUTH DAKOTA • NEBRASKA • ILLINOIS • INDIANA • KANSAS • OHIO • OKLAHOMA • WISCONSIN • MICHIGAN • MINNESOTA MISSOURI • IOWA

COLEMAN KRAMER

AGE: 10
TEAM: Portland Aquatic Club (PAC)
ROLE MODEL: Julian Smith (Senior PAC swimmer)
FAVORITE STROKE: All
FAVORITE EVENTS: 50 fly, 50 back, 50 breast, 50 free, 100 IM
FAVORITE SWIMMER: Michael Phelps
FUTURE GOAL: Win regionals in every stroke
HOBBIES: Swimming, football, fishing, hanging out with my friends and family
FAMOUS PERSON YOU'D LIKE TO MEET: Bear Grylls, Michael Phelps
FAVORITE BOOK: *My Side of the Mountain*
FAVORITE MOVIE: *E.T.*
WHEN I GROW UP I WANT TO BE: An Olympic swimmer
IF I COULD CHANGE ONE THING IT WOULD BE: World peace.

WESTERN

COLORADO • WASHINGTON • OREGON • CALIFORNIA • ALASKA • HAWAII • NEVADA • IDAHO • MONTANA • WYOMING • UTAH ARIZONA • NEW MEXICO

W C

USA SWIMMING AMERICA'S SWIM TEAM

S E

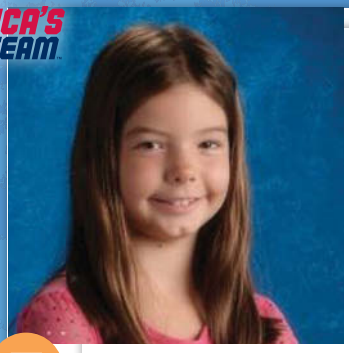
ALABAMA • FLORIDA • GEORGIA • KENTUCKY • LOUISIANA • MISSISSIPPI • TENNESSEE • TEXAS • WEST VIRGINIA • NORTH CAROLINA • SOUTH CAROLINA

SOUTHERN

MIA SINKIEWICZ

AGE: 8
TEAM: Bluefish Swim Club
ROLE MODEL: Elizabeth Beisel (Bluefish teammate/U.S. Olympian '08)
FAVORITE STROKES: Breast and free
FAVORITE EVENTS: 50 breast, 25 free
FAVORITE SWIMMER: Michael Phelps
FUTURE GOAL: To make the U.S. Olympic Team
HOBBIES: Playing with my friends and two dogs
FAMOUS PERSON I WOULD LIKE TO MEET: Michael Phelps
FAVORITE BOOK: *No Dogs Allowed*
FAVORITE MOVIE: *Santa Buddies*
WHEN I GROW UP I WANT TO BE: A veterinarian
IF I COULD CHANGE ONE THING IT WOULD BE: Prevent oil spills forever.

EASTERN



CONNECTICUT • DELAWARE • MAINE • MARYLAND •MASSACHUSETTS • NEW HAMPSHIRE • NEW JERSEY • NEW YORK • PENNSYLVANIA • RHODE ISLAND • VERMONT • VIRGINIA

Wanna see your profile in Swim Kids? Answer all of the questions posed to these four athletes, send your picture, the completed questionnaire along with your city/state/zone to: America's Swim Team Athletes, USA Swimming, 1 Olympic Plaza, Colorado Springs, CO 80909 or email splash@usaswimming.org.

Tomorrow begins today.

We're defined by what we pass on to the next generation. That's why ConocoPhillips is pleased to support USA Swimming in its mission to promote the sport of swimming. We are especially proud to support the USA Swimming Foundation's Make a Splash initiative, created to help children learn how to swim while educating their parents on the importance of water safety. By teaching our kids how to swim, we're helping pass on what matters ... to the ones who matter most.

ConocoPhillips

www.conocophillips.com

© ConocoPhillips Company. 2009. All rights reserved.