

Vallejo Aquatic Club

Pool Records – Long Course – GIRLS
Through June 27-29, 2003 PC Zone 3 Summer Championships @ Vallejo, CA

8 & U	50 Free	38.90	25-Jun-00	Jill Jones	TERA
	100 Free	1:27.92	24-Jun-00	Jill Jones	TERA
	50 Back	46.65	24-Jun-00	Jill Jones	TERA
	50 Breast	51.34	25-Jun-00	Carly Buck	PET
	50 Fly	48.68	24-Jun-00	Jill Jones	TERA
10 & U	50 Free	30.68	25-Jun-00	Sally Bellinger	MP
	100 Free	1:05.83	1-Apr-95	Laura Davis (TERA)	
	200 Free	2:22.97	1-Apr-95	Laura Davis	TERA-PC
	400 Free	10:00.00	1-Jan-00		
	50 Back	34.86	1-Apr-95	Laura Davis (TERA)	
	100 Back	1:14.94	1-Apr-95	Laura Davis (TERA)	
	50 Breast	38.53	1-Apr-95	Laura Davis (TERA)	
	100 Breast	1:21.49	1-Apr-95	Laura Davis (TERA)	
	50 Fly	33.13	1-Apr-95	Laura Davis (TERA)	
	100 Fly	1:15.30	1-Apr-95	Laura Davis (TERA)	
	200 IM	2:36.37	1-Apr-95	Laura Davis (TERA)	
	200 Free Relay	2:21.82	9-Jul-00	MARIN PIRATES	BELLINGER, GAYMAN, DANIEL-LO
	200 Medley Relay	2:41.54	8-Jul-00	MARIN PIRATES	BELLINGER, GAYMAN, DANIEL-LO
	11-12	50 Free	29.15	25-Jun-99	N. LaRochelle
100 Free		1:02.53	25-Jun-99	N. La Rochelle	NAPA-PC
200 Free		2:13.53	25-Jun-99	N. LaRochelle	NAPA-PC
400 Free		4:42.35	1-Jul-95	MIR - PC Natalie Coughlin	
800 Free		20:00.00	1-Jan-00		
1500 Free		30:00.00	1-Jan-00		
50 Back		34.28	8-Jul-00	Presley Bard	NAPA
100 Back		1:12.38	1-May-97	Kate Tiedeman (SMAC)	
200 Back		2:39.73	8-Jul-00	Presley Bard	NAPA
50 Breast		37.51	1-May-97	Fran Tenconi (TERA)	
100 Breast		1:21.87	1-May-97	Fran Tenconi (TERA)	
200 Breast		3:00.73	24-Jun-00	Kirsten Harper	WCAB
50 Fly		31.46	9-Jul-00	Amanda Sims	SRN
100 Fly		1:08.75	8-Jul-00	Amanda Sims	SRN
200 Fly		5:00.00	1-Jan-00		

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	200 IM	2:36.13	25-Jun-99	N. LaRochelle	NAPA-PC
	400 IM	10:00.00	1-Jan-00		
	200 Free Relay	2:00.19	9-Jul-00	SANTA ROSA NEPTUNES	L CAREY, N MALLINGER, K NEL
	200 Medley Relay	2:16.10	8-Jul-00	SANTA ROSA NEPTUNES	K NELSON, N MALLINGER, A SI
13-14	50 Free	28.69	25-Jun-99	Jessica Huang	KYSC-PC
	100 Free	1:01.15	1-May-97	Laura Davis (TERA)	
	200 Free	2:12.89	25-Jun-99	Jessica Huang	KYSC-PC
	400 Free	4:38.51	10-Apr-99	Kate Hardt	CARS-SN
	800 Free	9:42.00	24-Jun-00	Rebecca Rogers	WCAB
	1500 Free	18:47.29	7-Jul-00	Amanda Price	NAPA
	100 Back	1:10.68	25-Jun-99	Jessica Huang	KYSC-PC
	200 Back	2:30.09	1-May-97	Teresa McRann (SRN)	
	100 Breast	1:16.71	1-May-97	Laura Davis (TERA)	
	200 Breast	2:43.04	1-May-97	Laura Davis (TERA)	
	100 Fly	1:07.83	1-May-97	Laura Davis (TERA)	
	200 Fly	2:28.09	1-May-95	Kasey Harris (TERA)	
	200 IM	2:27.29	1-May-97	Laura Davis (TERA)	
	400 IM	5:26.06	11-Apr-99	Lauren Costella	CARS-SN
	400 Free Relay	4:21.38	9-Jul-00	SANTA ROSA NEPTUNES	M WUNSCHHEL, L BRECHT, J SIM
	200 Medley Relay	2:16.52	8-Jul-00	NAPA VALLEY SWIM TEAM	V KLINE, E SIMENSTAD, C JO
15-16	50 Free	28.13	25-Jun-99	Josefa Carlin	KYSC-PC
	100 Free	1:01.21	25-Jun-99	Josefa Carlin	KYSC-PC
	200 Free	2:12.78	9-Jul-00	Robyn Miller	NAPA
	400 Free	4:38.62	8-Jul-00	Jessica Huang	KYSC
	800 Free	9:42.86	9-Jul-00	Robyn Miller	NAPA
	1500 Free	18:25.48	7-Jul-00	Robyn Miller	NAPA
	100 Back	1:10.98	8-Jul-00	Ashley Vrieze	HCA
	200 Back	2:27.65	25-Jun-99	Christina Duncan	NAPA-PC
	100 Breast	1:20.70	8-Jul-00	Heather Szmidt	NAPA
	200 Breast	2:48.30	1-May-97	Cassia Burris (UNAT)	
	100 Fly	1:04.81	9-Jul-00	Vanessa Voss	SRN
	200 Fly	2:26.50	8-Jul-00	Vanessa Voss	SRN
	200 IM	2:30.74	8-Jul-00	Jessica Huang	KYSC
	400 IM	5:24.00	1-Jul-97	Heidi Lietz (WCAB)	

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15 & O	400 Free Relay	4:16.14	9-Jul-00	NAPA VALLEY SWIM TEAM	C BIENATI, H SZMIDT, C DUN
	200 Medley Relay	2:09.74	8-Jul-00	NAPA VALLEY SWIM TEAM	C BIENATI, H SZMIDT, C DUN
17-18	50 Free	28.56	1-Jul-95	Natalie Senter(WILL)	
	100 Free	1:01.64	25-Jun-99	Erin Thomas	SON-PC
	200 Free	2:12.80	9-Jul-00	Hannah Ryan	SON
	400 Free	4:36.45	25-Jun-99	Erin Thomas	SON-PC
	800 Free	9:38.38	9-Jul-00	Hannah Ryan	SON
	1500 Free	18:32.01	7-Jul-00	Arwyn Becker	SRN
	100 Back	1:12.18	25-Jun-99	Erin Thomas	SON-PC
	200 Back	2:33.38	9-Jul-00	Christina Bienati	NAPA
	100 Breast	1:20.52	25-Jun-99	Jennifer Graham	RPSC-PC
	200 Breast	2:58.59	9-Jul-00	Valerie Schapero	SON
	100 Fly	1:07.71	25-Jun-99	Mary Thomas	SON-PC
	200 Fly	2:30.80	25-Jun-99	Mary Thomas	SON-PC
	200 IM	2:30.39	25-Jun-99	Mary Thomas	SON-PC
	400 IM	5:32.11	1-Jul-97	Marti Hall (WCAB)	
19 & O	100 Free	1:12.48	8-Jul-00	Sarah Groskopf	SON
	200 Free	2:34.23	9-Jul-00	Sarah Groskopf	SON
	400 Free	5:35.83	8-Jul-00	Sarah Groskopf	SON
	200 Back	3:00.84	9-Jul-00	Sarah Groskopf	SON