

SEATTLEU[®]

S W I M M I N G

WOMEN'S RECORD BOOK

50 FREESTYLE

1. Paige Treff	02/22/18	23.07
2. Mia David	02/27/25	23.41
3. Sammy Mosier	02/27/25	23.55
4. Amanda Miller	02/27/25	23.60
5. Blaise Wittenauer-Lee	02/23/17	23.60
6. Allison Plamondon	02/2/19	23.68
7. Elizabeth Hanohano	02/10/10	23.84
8. Jennifer Wong	02/22/18	23.87
9. Aubrey Cheng	02/27/25	24.05
10. Rachael Rodriguez	02/26/15	24.06

100 FREESTYLE

1. Paige Treff	02/24/18	50.69
2. Blaise Wittenauer-Lee	02/25/17	50.81
3. Mia David	03/1/25	51.24
4. Elizabeth Hanohano	02/13/10	51.38
5. Sammy Mosier	02/25/23	51.45
6. Amanda Miller	11/24/24	51.50
7. Maggie Robben	02/25/23	51.64
8. Julia Gorman	03/2/19	51.69
9. Kristin Hoffman	02/28/15	51.72
10. Allison Plamondon	03/2/19	51.91

200 FREESTYLE

1. Blaise Wittenauer-Lee	02/22/17	1:48.75
2. Maggie Robben	02/24/23	1:49.84
3. Hayley Cobb	02/10/10	1:50.50
4. Kristin Hoffman	02/27/15	1:50.52
5. Elizabeth Hanohano	02/10/10	1:50.68
6. Julia Gorman	03/1/19	1:52.60
7. Jayna Van Stone	02/26/20	1:52.72
8. Lydia Genson	02/24/22	1:52.74
9. Amanda Miller	02/26/25	1:53.66
10. Emily Gough	02/22/17	1:53.77

500 FREESTYLE

1. Madi Lydig	02/23/17	4:54.87
2. Hayley Cobb	02/24/11	4:58.21
3. Cassie Koester	02/24/22	5:03.23
4. Bethany Gehrke	02/27/14	5:03.48
5. Emily Gough	2/28/19	5:04.49
6. Emilia Culberson	2/23/23	5:04.77
7. Emma Foster	02/28/14	5:04.90
8. Blaise Wittenauer-Lee	12/5/14	5:05.49
9. Jayna Van Stone	02/27/20	5:05.89
10. Marina Pomar-Enders	02/24/11	5:06.10

1000 FREESTYLE

1. Madi Lydig	03/11/15	10:21.61
2. Bethany Gehrke	02/28/15	10:21.86
3. Michaela Day	02/25/23	10:27.65
4. Emma Foster	01/30/16	10:27.73
5. Marina Pomar-Enders	02/13/11	10:29.82
6. Cassie Koester	11/13/20	10:34.54
7. Megan Ackerman	12/5/02	10:36.47
8. Manna Nelson	02/20/21	10:36.91
9. Lila McGeachy	10/4/25	10:38.80
10. Casey Hoffma	02/18/12	10:40.33

1650 FREESTYLE

1. Bethany Gehrke	02/28/15	17:10.75
2. Michaela Day	02/26/22	17:19.91
3. Marina Pomar-Enders	02/13/10	17:20.86
4. Emma Foster	03/1/14	17:22.01
5. Cassie Koester	02/26/22	17:22.55
6. Manna Nelson	02/26/22	17:32.38
7. Lila McGeachy	10/4/25	17:35.18
8. Madi Lydig	12/4/16	17:37.80
9. Megan Ackerman	03/2/02	17:38.57
10. Casey Hoffman	02/18/12	17:45.16

100 BACKSTROKE

1. Lydia Genson	03/1/25	55.47
2. Madi Lydig	02/24/17	56.91
3. Francesca Reale	03/14/08	57.15
4. Katie Rottman	02/24/17	57.32
5. Celeste Salopek	12/2/16	57.56
6. Jennifer Wong	2/23/18	57.75
7. Kaitlyn Overstreet	02/24/17	57.86
8. Rachel Leighter	02/10/10	57.96
9. Carlee Bock	02/27/15	57.98
10. Kaya Lathangue	02/28/25	58.10

200 BACKSTROKE

1. Madi Lydig	02/25/17	1:58.82
2. Lydia Genson	03/1/25	2:00.72
3. Alexa Hooper	02/1/20	2:02.96
4. Rachel Leighter	02/13/10	2:03.23
5. Kaya Lathangue	03/1/25	2:04.77
6. Jayna Van Stone	02/29/20	2:04.77
7. Carlee Bock	03/1/14	2:05.40
8. Katie Rottman	02/27/16	2:05.60
9. Hanna Basler	02/26/11	2:05.87
10. Danika Himes	10/19/19	2:05.89

100 BREASTSTROKE

1. Blaise Wittenauer-Lee	02/24/17	1:00.52
2. Kevlyn Richards	03/1/13	1:01.95
3. Alexis Morehouse	02/25/11	1:01.99
4. Sarah Cook	02/24/23	1:02.54
5. Danika Himes	12/7/19	1:04.09
6. Annika Perry	12/3/16	1:04.74
7. Kalie Bul	02/25/22	1:05.33
8. Delaney Johns	02/28/25	1:05.50
9. Makenna Frederiksen	02/28/25	1:05.93
10. Tessa Oliver	02/25/22	1:06.00

200 BREASTSTROKE

1. Blaise Wittenauer-Lee	02/25/17	2:09.85
2. Sarah Cook	02/25/23	2:14.99
3. Alexis Morehouse	02/26/11	2:15.19
4. Kevlyn Richards	03/2/13	2:17.02
5. Danika Himes	02/29/20	2:17.89
6. Maggie Robben	02/25/23	2:20.49
7. Annika Perry	02/27/16	2:21.58
8. Marion Gallagher	02/21/04	2:22.33
9. Delaney Johns	03/1/25	2:22.36
10. Kalie Bul	02/26/22	2:23.01

100 BUTTERFLY

1. Paige Treff	02/23/18	55.14
2. Bryn Lasher	12/7/19	55.44
3. Amanda Miller	02/28/25	55.73
4. Sammy Mosier	02/28/25	55.82
5. Sarah Cook	12/3/22	56.27
6. Kaitlyn Overstreet	12/3/16	56.37
7. Jane Liggett	02/28/14	56.38
8. Briley Boggs	02/25/11	56.40
9. Lindsey Gall	02/10/06	56.68
10. Maddie Rapp	03/1/19	56.94

200 BUTTERFLY

1. Bryn Lasher	02/24/18	2:03.94
2. Kaitlyn Overstreet	02/27/16	2:04.09
3. Emily Gough	02/25/17	2:04.54
4. Jane Liggett	03/1/14	2:05.05
5. Anna Vahna	02/11/06	2:05.27
6. Megan Kelley	02/26/11	2:05.65
7. Maddie Rapp	12/4/16	2:05.98
8. Connie Rae Shobaken	02/26/11	2:06.93
9. Shelby Remillard	02/13/10	2:06.98
10. Sammy Mosier	11/24/24	2:07.88

100 INDIVIDUAL MEDLEY

1. Sarah Cook	02/28/24	57.60
2. Sammy Mosier	01/10/23	58.26
3. Blaise Wittenauer-Lee	11/19/16	58.60
4. Samantha Cazares	10/4/25	59.42
5. Makenna Frederiksen	02/26/25	59.63
6. Danika Himes	11/23/19	59.85
7. Maggie Robben	12/19/23	1:00.11
8. Aubrey Cheng	02/26/25	1:00.17
9. Mia David	11/24/24	1:00.44
10. Clara Husaby	02/26/25	1:00.73

200 INDIVIDUAL MEDLEY

1. Blaise Wittenauer-Lee	02/23/17	1:59.95
2. Sarah Cook	02/23/23	2:02.97
3. Maggie Robben	02/23/23	2:03.62
4. Alexis Morehouse	02/16/12	2:04.97
5. Hayley Cobb	02/10/10	2:05.39
6. Danika Himes	02/27/20	2:05.69
7. Annika Perry	02/23/17	2:06.55
8. Kevlyn Richards	02/16/12	2:07.80
9. Tessa Oliver	02/27/20	2:08.26
10. Karla Ruff	02/28/13	2:08.84

400 INDIVIDUAL MEDLEY

1. Blaise Wittenauer-Lee	12/06/15	4:20.06
2. Bethany Gehrke	02/17/12	4:26.16
3. Sarah Cook	11/9/24	4:26.67
4. Kate Sabourin	02/24/17	4:28.84
5. Tessa Oliver	02/28/20	4:28.88
6. Michaela Day	02/25/22	4:31.58
7. Hayley Cobb	02/20/09	4:31.60
8. Emily Bakewell	12/02/17	4:32.00
9. Isabella Guadamos	02/28/20	4:33.30
10. Alexis Morehouse	01/28/11	4:34.02

200 FREESTYLE RELAY

1. Mosier, David, Miller, Cheng	02/27/25	1:33.29
2. Treff, Plamondon, Wong, Thompson	02/22/18	1:33.73
3. Wittenauer-Lee, Dickman, Piner, Treff	02/23/17	1:34.76
4. Mosier, Guadamos, Robben, Cheng	02/23/23	1:35.00
5. Mosier, David, Miller, Cheng	02/29/24	1:35.18
6. Plamondon, Van Stone, Chan, Lasher	02/28/20	1:35.26
7. Wittenauer-Lee, Treff, Hartman, Bayless	02/25/16	1:35.36
8. Bock, Rodriguez, Hoffman, Treff	02/26/15	1:35.50
9. Richards, Doi, Bayless, Randolph	02/28/13	1:36.07
10. Mosier, David, Miller, Cheng	12/17/23	1:36.16

400 FREESTYLE RELAY

1. Miller, Cheng, David, Mosier	03/1/25	3:25.60
2. Wittenauer-Lee, Treff, Van Stone, Hoffman	02/25/17	3:26.85
3. Gorman, Van Stone, Carr, Plamondon	03/2/19	3:27.37
4. Wittenauer-Lee, Rodriguez, Pinger, Hoffman	02/28/15	3:27.48
5. Plamondon, Mosier, Genson, Robben	02/26/22	3:28.01
6. Gorman, Plamondon, Dixon, Van Stone	02/29/20	3:28.02
7. Miller, Mosier, David, Robben	03/2/24	3:28.25
8. Treff, Van Stone, Gorman, Thompson	02/24/18	3:29.06
9. Mosier, David, Miller, Cheng	01/10/25	3:29.53
10. Mosier, David, Miller, Robben	12/19/23	3:29.60

200 MEDLEY RELAY

1. Genson, Cook, Mosier, David	02/26/25	1:42.72
2. Genson, Cook, Mosier, David	01/10/25	1:43.87
3. Genson, Cook, Guadamos, Mosier	02/22/23	1:43.90
4. Bock, Wittenauer-Lee, Liggett, Treff	02/25/17	1:44.10
5. Genson, Cook, Mosier, David	11/23/24	1:44.11
6. Genson, Cook, Mosier, David	02/28/24	1:44.45
7. Overstreet, Perry, Liggett, Treff	02/24/17	1:44.71
8. Plamondon, Dan. Himes, Lasher, Dixon	02/26/20	1:44.58
9. Genson, Dan. Himes, Mosier, Plamondon	02/23/22	1:45.43
10. Wong, Thompson, Lasher, Treff	02/21/17	1:45.48

800 FREESTYLE RELAY

1. Wittenauer-Lee, Hoffma, Pinger, Lydig	02/25/15	7:25.20
2. Wittenauer-Lee, Hoffman Lydig, Van Stone	02/22/17	7:27.30
3. Miller, Lathangue, Cook, Genson	02/26/25	7:31.66
4. Wittenauer-Lee, Lydig, Pinger, Gough	02/24/16	7:32.15
5. Robben, Genson, Culberson, Koester	02/22/23	7:33.45
6. Robben, Miller, Genson, Lathangue	02/28/24	7:34.85
7. Genson, Robben, Culberson, Koester	02/23/22	7:35.44
8. Wittenauer-Lee, Hoffman, Van Stone, Salopek	12/3/16	7:35.62
9. Lydig, Van Stone, Gorman, Gough	02/21/18	7:35.98
10. Gorman, Van Stone, Carr, Gough	02/21/19	7:37.18

400 MEDLEY RELAY

1. Lydig, Wittenauer-Lee, Treff, Hoffman	02/24/17	3:44.35
2. Genson, Cook, Miller, Mosier	02/28/25	3:45.87
3. Genson, Cook, Mosier, Miller	03/2/24	3:46.83
4. Rottman, Wittenauer-Lee, Liggett, Treff	02/26/16	3:48.12
5. Genson, Cook, Mosier, David	11/22/24	3:48.61
6. Salopek, Wittenauer-Lee, Overstreet, Van Stone	12/2/16	3:48.76
7. Bock, Wittenauer-Lee, Liggett, Hoffman	02/27/15	3:48.80
8. Nguyen, Morehouse, Boggs, Henan	02/24/11	3:50.06
9. Genson, Cook, Guadamos, Mosier	12/2/22	3:50.11
10. Leighter, Morehouse, Boggs, Hanohano-Hong	02/10/10	3:50.27