

**HASTINGS AREA SWIM TEAM**  
**BOX 573 HASTINGS MN 55033 (651) 437**

**Individual Top Times**

Hastings Area Swim Team [HAST-MN] Coach: Kim Olson  
 Show Long Course Only

| Time                            | P/F/S      | Event   |
|---------------------------------|------------|---|
| <b>Emily Alitz (18) W</b>       |            |   |
| 29.28 L CH P                    | 50 Free    | 8/3/2006 Minnesota Long Course Championships            |
| 1:04.60 L CH P                  | 100 Free   | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 2:22.05 L A F                   | 200 Free   | 6/20/2009 Eau Claire Invite                             |
| 4:59.12 L A P                   | 400 Free   | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 10:39.31 L B F                  | 800 Free   | 7/28/2006 Winona River City Splash 2006                 |
| 37.23 L F                       | 50 Back    | 6/11/2004 Edina Aquamania 2004                          |
| 1:13.51 L A P                   | 100 Back   | 8/3/2006 Minnesota Long Course Championships            |
| 2:40.52 L A P                   | 200 Back   | 8/3/2006 Minnesota Long Course Championships            |
| 39.60 L F                       | 50 Breast  | 6/11/2004 Edina Aquamania 2004                          |
| 1:21.54 L CH F                  | 100 Breast | 8/6/2008 2008 IN Central MegaZone                       |
| 2:53.74 L CH F                  | 200 Breast | 7/31/2008 2008 MN ROC LC State Championships            |
| 35.28 L F                       | 50 Fly     | 6/11/2004 Edina Aquamania 2004                          |
| 1:13.70 L A F                   | 100 Fly    | 7/28/2006 Winona River City Splash 2006                 |
| 2:49.51 L B F                   | 200 Fly    | 7/28/2006 Winona River City Splash 2006                 |
| 2:35.82 L CH F                  | 200 IM     | 8/6/2008 2008 IN Central MegaZone                       |
| 5:33.54 L CH P                  | 400 IM     | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| <b>Haley Anderson (10) W</b>    |            |   |
| 45.68 L C F                     | 50 Free    | 7/24/2009 2009 MN MAN ABC Finals                        |
| 1:42.39 L C F                   | 100 Free   | 7/24/2009 2009 MN MAN ABC Finals                        |
| 3:34.68 L C F                   | 200 Free   | 7/24/2009 2009 MN MAN ABC Finals                        |
| 54.77 L C F                     | 50 Back    | 6/20/2009 Eau Claire Invite                             |
| 1:58.32 L C F                   | 100 Back   | 7/24/2009 2009 MN MAN ABC Finals                        |
| 57.24 L B F                     | 50 Breast  | 7/24/2009 2009 MN MAN ABC Finals                        |
| 2:07.05 L B F                   | 100 Breast | 6/20/2009 Eau Claire Invite                             |
| 4:10.30 L C F                   | 200 IM     | 7/24/2009 2009 MN MAN ABC Finals                        |
| <b>Lilliana Anderson (10) W</b> |            |   |
| 56.10 L C F                     | 50 Back    | 6/20/2009 Eau Claire Invite                             |
| 1:05.42 L C F                   | 50 Breast  | 6/20/2009 Eau Claire Invite                             |
| 2:16.98 L C F                   | 100 Breast | 7/24/2009 2009 MN MAN ABC Finals                        |
| <b>Noelle Betterley (17) W</b>  |            |   |
| 30.96 L A F                     | 50 Free    | 12/13/2009 BT Noelle LCM                                |
| 1:06.88 L A F                   | 100 Free   | 12/13/2009 BT Noelle LCM                                |
| 2:26.57 L A F                   | 200 Free   | 12/13/2009 BT Noelle LCM                                |
| 5:16.61 L B F                   | 400 Free   | 12/13/2009 BT Noelle LCM                                |
| 10:52.71 L B F                  | 800 Free   | 12/13/2009 BT Noelle LCM                                |
| 2:05:35.14 L F                  | 1500 Free  | 12/13/2009 BT Noelle LCM                                |
| 1:19.34 L B F                   | 100 Back   | 12/13/2009 BT Noelle LCM                                |
| 2:53.98 L B F                   | 200 Back   | 12/13/2009 BT Noelle LCM                                |
| 1:25.61 L A F                   | 100 Breast | 12/13/2009 BT Noelle LCM                                |
| 3:04.62 L A F                   | 200 Breast | 12/13/2009 BT Noelle LCM                                |
| 1:13.50 L A F                   | 100 Fly    | 12/13/2009 BT Noelle LCM                                |
| 2:44.39 L B F                   | 200 Fly    | 12/13/2009 BT Noelle LCM                                |
| 2:44.71 L A F                   | 200 IM     | 12/13/2009 BT Noelle LCM                                |
| 5:44.01 L A F                   | 400 IM     | 12/13/2009 BT Noelle LCM                                |
| <b>Joella Chamberlain (7) W</b> |            |   |
| 54.19 L C F                     | 50 Free    | 7/16/2009 IowaSummer Sizzler Invitational               |
| 2:00.36 L B F                   | 100 Free   | 7/24/2009 2009 MN MAN ABC Finals                        |
| 59.89 L B F                     | 50 Back    | 7/16/2009 IowaSummer Sizzler Invitational               |
| 2:16.53 L F                     | 100 Back   | 6/20/2009 Eau Claire Invite                             |
| 1:00.81 L A F                   | 50 Breast  | 7/24/2009 2009 MN MAN ABC Finals                        |
| 2:26.98 L F                     | 100 Breast | 6/20/2009 Eau Claire Invite                             |
| <b>Luke Chamberlain (9) M</b>   |            |   |
| 37.10 L A F                     | 50 Free    | 7/16/2009 IowaSummer Sizzler Invitational               |

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| Time                            | P/F/S  | Event      |           |   |  |
|---------------------------------|--------|------------|-----------|---|--|
| <b>Luke Chamberlain (9) M</b>   |        |            |           |   |  |
| 1:25.03                         | L B F  | 100 Free   | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 3:09.37                         | L B F  | 200 Free   | 6/20/2009 | Eau Claire Invite                             |  |
| 43.53                           | L CH F | 50 Back    | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 1:44.67                         | L B F  | 100 Back   | 7/10/2008 | IowaSummer Sizzler Invitational 2008          |  |
| 49.80                           | L A F  | 50 Breast  | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 1:51.34                         | L A F  | 100 Breast | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 50.93                           | L C F  | 50 Fly     | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 3:34.81                         | L B F  | 200 IM     | 6/20/2009 | Eau Claire Invite                             |  |
| <b>Erik Christensen (11) M</b>  |        |            |           |   |  |
| 43.00                           | L C F  | 50 Free    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:38.02                         | L C F  | 100 Free   | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 3:30.17                         | L C F  | 200 Free   | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 51.69                           | L C F  | 50 Back    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 2:02.21                         | L F    | 100 Back   | 6/20/2009 | Eau Claire Invite                             |  |
| 1:07.57                         | L F    | 50 Breast  | 6/20/2009 | Eau Claire Invite                             |  |
| 2:08.23                         | L C F  | 100 Breast | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 49.73                           | L C F  | 50 Fly     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| <b>Scott Christensen (11) M</b> |        |            |           |   |  |
| 51.46                           | L F    | 50 Free    | 6/20/2009 | Eau Claire Invite                             |  |
| 2:02.78                         | L F    | 100 Free   | 6/20/2009 | Eau Claire Invite                             |  |
| 59.95                           | L F    | 50 Back    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 2:10.45                         | L F    | 100 Back   | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:00.11                         | L C F  | 50 Breast  | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 2:17.23                         | L F    | 100 Breast | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| <b>Patrick Clark (12) M</b>     |        |            |           |   |  |
| 35.86                           | L B F  | 50 Free    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:22.61                         | L B F  | 100 Free   | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 3:01.41                         | L B F  | 200 Free   | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 45.27                           | L B F  | 50 Back    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:39.67                         | L B F  | 100 Back   | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 50.37                           | L B F  | 50 Breast  | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:48.87                         | L B F  | 100 Breast | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 44.44                           | L C F  | 50 Fly     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| <b>Elizabeth Cole (16) W</b>    |        |            |           |   |  |
| 36.56                           | L B F  | 50 Free    | 6/23/2007 | Fairfax Invite 2007                           |  |
| 1:24.40                         | L C F  | 100 Free   | 6/23/2007 | Fairfax Invite 2007                           |  |
| 2:59.62                         | L C F  | 200 Free   | 7/27/2007 | 2007 MN MAN ABC FINALS                        |  |
| 6:44.04                         | L C F  | 400 Free   | 7/27/2007 | 2007 MN MAN ABC FINALS                        |  |
| 1:01.46                         | L L F  | 50 Back    | 7/31/2003 | MN Long Course STATE                          |  |
| 1:42.12                         | L C F  | 100 Back   | 7/27/2007 | 2007 MN MAN ABC FINALS                        |  |
| 3:32.07                         | L C F  | 200 Back   | 7/27/2007 | 2007 MN MAN ABC FINALS                        |  |
| 2:00.46                         | L F    | 100 Breast | 7/27/2007 | 2007 MN MAN ABC FINALS                        |  |
| 4:03.52                         | L C F  | 200 Breast | 7/27/2007 | 2007 MN MAN ABC FINALS                        |  |
| 1:45.02                         | L F    | 100 Fly    | 7/27/2007 | 2007 MN MAN ABC FINALS                        |  |
| 3:27.92                         | L C F  | 200 IM     | 6/23/2007 | Fairfax Invite 2007                           |  |
| <b>Abigail Eck (10) W</b>       |        |            |           |   |  |
| 50.75                           | L C F  | 50 Free    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:59.89                         | L F    | 100 Free   | 6/20/2009 | Eau Claire Invite                             |  |
| 57.05                           | L C F  | 50 Back    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 2:04.42                         | L C F  | 100 Back   | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 56.84                           | L B F  | 50 Breast  | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 2:03.49                         | L B F  | 100 Breast | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| <b>Maria Everson (10) W</b>     |        |            |           |   |  |
| 46.14                           | L C F  | 50 Free    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |

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| Time                          | P/F/S      | Event   |
|-------------------------------|------------|---|
| <b>Maria Everson (10) W</b>   |            |   |
| 1:46.44 L C F                 | 100 Free   | 6/20/2009 Eau Claire Invite                             |
| 3:51.33 L C F                 | 200 Free   | 7/24/2009 2009 MN MAN ABC Finals                        |
| 56.62 L C F                   | 50 Back    | 7/24/2009 2009 MN MAN ABC Finals                        |
| 1:56.66 L C F                 | 100 Back   | 7/24/2009 2009 MN MAN ABC Finals                        |
| 1:01.71 L C F                 | 50 Breast  | 7/25/2008 2008 MN Mankato ABC Finals                    |
| 2:06.37 L B F                 | 100 Breast | 6/20/2009 Eau Claire Invite                             |
| 57.02 L C F                   | 50 Fly     | 7/24/2009 2009 MN MAN ABC Finals                        |
| <b>Michael Everson (12) M</b> |            |   |
| 35.54 L B F                   | 50 Free    | 6/20/2009 Eau Claire Invite                             |
| 1:21.24 L B F                 | 100 Free   | 7/24/2009 2009 MN MAN ABC Finals                        |
| 3:00.94 L B F                 | 200 Free   | 7/24/2009 2009 MN MAN ABC Finals                        |
| 41.85 L L B F                 | 50 Back    | 7/31/2008 2008 MN ROC LC State Championships            |
| 1:26.92 L L A F               | 100 Back   | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 51.77 L B F                   | 50 Breast  | 6/20/2009 Eau Claire Invite                             |
| 1:53.21 L C F                 | 100 Breast | 7/24/2009 2009 MN MAN ABC Finals                        |
| 47.26 L C F                   | 50 Fly     | 6/28/2008 Fairfax Invite 08                             |
| 1:57.48 L F                   | 100 Fly    | 7/21/2007 Barracuda Aquatics Club 12&U C Finals         |
| 3:22.44 L B F                 | 200 IM     | 7/24/2009 2009 MN MAN ABC Finals                        |
| <b>Thomas Everson (14) M</b>  |            |   |
| 29.11 L A F                   | 50 Free    | 5/29/2009 Jump in to June                               |
| 1:01.94 L CH F                | 100 Free   | 7/16/2009 IowaSummer Sizzler Invitational               |
| 2:12.44 L CH P                | 200 Free   | 7/30/2009 2009 MN Foxj Minnesota Long Course Champions  |
| 4:37.64 L CH P                | 400 Free   | 7/30/2009 2009 MN Foxj Minnesota Long Course Champions  |
| 9:47.08 L CH F                | 800 Free   | 7/30/2009 2009 MN Foxj Minnesota Long Course Champions  |
| 18:32.30 L CH F               | 1500 Free  | 7/16/2009 IowaSummer Sizzler Invitational               |
| 37.73 L F                     | 50 Back    | 7/31/2008 2008 MN ROC LC State Championships            |
| 1:19.90 L B F                 | 100 Back   | 7/10/2008 IowaSummer Sizzler Invitational 2008          |
| 44.42 L F                     | 50 Breast  | 7/10/2008 IowaSummer Sizzler Invitational 2008          |
| 1:32.24 L B F                 | 100 Breast | 7/10/2008 IowaSummer Sizzler Invitational 2008          |
| 3:01.99 L A P                 | 200 Breast | 7/16/2009 IowaSummer Sizzler Invitational               |
| 34.06 L F                     | 50 Fly     | 7/10/2008 IowaSummer Sizzler Invitational 2008          |
| 1:16.42 L B F                 | 100 Fly    | 7/31/2008 2008 MN ROC LC State Championships            |
| 2:31.33 L CH F                | 200 Fly    | 7/30/2009 2009 MN Foxj Minnesota Long Course Champions  |
| 2:32.38 L CH F                | 200 IM     | 7/16/2009 IowaSummer Sizzler Invitational               |
| 5:10.75 L CH P                | 400 IM     | 7/30/2009 2009 MN Foxj Minnesota Long Course Champions  |
| <b>Katie Fasbender (15) W</b> |            |   |
| 39.09 L C F                   | 50 Free    | 7/24/2009 2009 MN MAN ABC Finals                        |
| 1:28.54 L C F                 | 100 Free   | 7/24/2009 2009 MN MAN ABC Finals                        |
| 3:05.14 L C F                 | 200 Free   | 7/24/2009 2009 MN MAN ABC Finals                        |
| 7:09.17 L F                   | 400 Free   | 7/25/2008 2008 MN Mankato ABC Finals                    |
| 49.60 L F                     | 50 Back    | 7/16/2009 IowaSummer Sizzler Invitational               |
| 1:42.95 L P                   | 100 Back   | 7/16/2009 IowaSummer Sizzler Invitational               |
| 3:35.47 L C F                 | 200 Back   | 7/24/2009 2009 MN MAN ABC Finals                        |
| 49.69 L F                     | 50 Breast  | 7/16/2009 IowaSummer Sizzler Invitational               |
| 1:46.10 L C P                 | 100 Breast | 7/16/2009 IowaSummer Sizzler Invitational               |
| 3:41.75 L C F                 | 200 Breast | 7/24/2009 2009 MN MAN ABC Finals                        |
| 50.97 L F                     | 50 Fly     | 7/16/2009 IowaSummer Sizzler Invitational               |
| 3:30.04 L C F                 | 200 IM     | 7/24/2009 2009 MN MAN ABC Finals                        |
| <b>Madison Ficker (8) W</b>   |            |   |
| 50.42 L B F                   | 50 Free    | 7/24/2009 2009 MN MAN ABC Finals                        |
| 1:59.81 L B F                 | 100 Free   | 7/24/2009 2009 MN MAN ABC Finals                        |
| 1:05.56 L C F                 | 50 Back    | 7/24/2009 2009 MN MAN ABC Finals                        |
| 2:22.02 L F                   | 100 Back   | 6/20/2009 Eau Claire Invite                             |
| 1:10.86 L C F                 | 50 Breast  | 6/20/2009 Eau Claire Invite                             |

**HASTINGS AREA SWIM TEAM**  
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**Individual Top Times**

**Show Long Course Only**

| <b>Time</b>                     | <b>P/F/S</b> | <b>Event</b> |           |                                 |  |
|---------------------------------|--------------|--------------|-----------|---------------------------------|--|
| <b>Madison Ficker (8) W</b>     |              |              |           |                                 |  |
| 1:08.81                         | L B F        | 50 Fly       | 7/16/2009 | lowaSummer Sizzler Invitational |  |
| <b>Sara Ficker (11) W</b>       |              |              |           |                                 |  |
| 35.91                           | L B F        | 50 Free      | 7/16/2009 | lowaSummer Sizzler Invitational |  |
| 1:20.26                         | L B F        | 100 Free     | 7/16/2009 | lowaSummer Sizzler Invitational |  |
| 3:02.53                         | L C F        | 200 Free     | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 41.52                           | L B F        | 50 Back      | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 41.52                           | L B F        | 50 Back      | 7/16/2009 | lowaSummer Sizzler Invitational |  |
| 1:45.66                         | L C F        | 100 Back     | 7/16/2009 | lowaSummer Sizzler Invitational |  |
| 48.11                           | L B F        | 50 Breast    | 7/16/2009 | lowaSummer Sizzler Invitational |  |
| 1:45.54                         | L B F        | 100 Breast   | 7/16/2009 | lowaSummer Sizzler Invitational |  |
| 42.34                           | L C F        | 50 Fly       | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 1:51.86                         | L F          | 100 Fly      | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 3:26.14                         | L B F        | 200 IM       | 6/20/2009 | Eau Claire Invite               |  |
| <b>Stephanie Fleming (11) W</b> |              |              |           |                                 |  |
| 43.33                           | L C F        | 50 Free      | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 1:41.47                         | L F          | 100 Free     | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 3:36.81                         | L F          | 200 Free     | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 51.84                           | L C F        | 50 Back      | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 1:50.19                         | L C F        | 100 Back     | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 53.19                           | L C F        | 50 Breast    | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 1:59.36                         | L C F        | 100 Breast   | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 58.18                           | L F          | 50 Fly       | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| <b>Sydney Fleming (7) W</b>     |              |              |           |                                 |  |
| 1:01.15                         | L C F        | 50 Free      | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 59.85                           | L B F        | 50 Back      | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| <b>Callahan Gergen (11) M</b>   |              |              |           |                                 |  |
| 41.30                           | L C F        | 50 Free      | 7/16/2009 | lowaSummer Sizzler Invitational |  |
| 1:34.59                         | L C F        | 100 Free     | 7/16/2009 | lowaSummer Sizzler Invitational |  |
| 3:29.08                         | L C F        | 200 Free     | 7/16/2009 | lowaSummer Sizzler Invitational |  |
| 50.38                           | L C F        | 50 Back      | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 1:47.26                         | L C F        | 100 Back     | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 1:04.53                         | L F          | 50 Breast    | 7/16/2009 | lowaSummer Sizzler Invitational |  |
| 2:15.01                         | L F          | 100 Breast   | 7/16/2009 | lowaSummer Sizzler Invitational |  |
| 59.24                           | L F          | 50 Fly       | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 3:57.91                         | L C F        | 200 IM       | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| <b>Jackson Gergen (9) M</b>     |              |              |           |                                 |  |
| 40.66                           | L B F        | 50 Free      | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 1:38.49                         | L C F        | 100 Free     | 5/29/2009 | Jump in to June                 |  |
| 3:29.81                         | L C F        | 200 Free     | 7/16/2009 | lowaSummer Sizzler Invitational |  |
| 51.89                           | L B F        | 50 Back      | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 1:55.84                         | L C F        | 100 Back     | 7/16/2009 | lowaSummer Sizzler Invitational |  |
| 59.07                           | L C F        | 50 Breast    | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 1:56.94                         | L B F        | 100 Breast   | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 49.42                           | L B F        | 50 Fly       | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 3:51.75                         | L B F        | 200 IM       | 7/16/2009 | lowaSummer Sizzler Invitational |  |
| <b>Natasha Girgen (8) W</b>     |              |              |           |                                 |  |
| 55.63                           | L C F        | 50 Free      | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 1:02.89                         | L B F        | 50 Back      | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| <b>Nicole Girgen (12) W</b>     |              |              |           |                                 |  |
| 37.08                           | L B F        | 50 Free      | 6/20/2009 | Eau Claire Invite               |  |
| 1:25.58                         | L C F        | 100 Free     | 6/20/2009 | Eau Claire Invite               |  |
| 3:04.61                         | L C F        | 200 Free     | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 6:20.12                         | L B F        | 400 Free     | 7/24/2009 | 2009 MN MAN ABC Finals          |  |
| 47.90                           | L C F        | 50 Back      | 6/20/2009 | Eau Claire Invite               |  |

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| Time                              | P/F/S  | Event           |            |   |  |
|-----------------------------------|--------|-----------------|------------|---|--|
| <b>Nicole Girgen (12) W</b>       |        |                 |            |   |  |
| 1:42.18                           | L C F  | 100 Back        | 6/20/2009  | Eau Claire Invite                             |  |
| 51.28                             | L C F  | 50 Breast       | 7/24/2009  | 2009 MN MAN ABC Finals                        |  |
| 1:51.24                           | L C F  | 100 Breast      | 7/24/2009  | 2009 MN MAN ABC Finals                        |  |
| 1:28.40                           | L F    | 50 Fly          | 5/6/2006   | Twin III                                      |  |
| 3:34.85                           | L C F  | 200 IM          | 7/24/2009  | 2009 MN MAN ABC Finals                        |  |
| <b>Abbie Gjelhaug (13) W</b>      |        |                 |            |   |  |
| 30.82                             | L CH P | 50 Free         | 7/30/2009  | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 1:05.48                           | L CH P | 100 Free        | 7/30/2009  | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 2:21.50                           | L CH F | 200 Free        | 7/16/2009  | IowaSummer Sizzler Invitational               |  |
| 4:56.69                           | L CH P | 400 Free        | 7/30/2009  | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 19:30.08                          | L CH F | 1500 Free       | 7/30/2009  | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 39.85                             | L F    | 50 Back         | 7/25/2008  | 2008 MN Mankato ABC Finals                    |  |
| 1:30.39                           | L C F  | 100 Back        | 7/25/2008  | 2008 MN Mankato ABC Finals                    |  |
| 44.44                             | L F    | 50 Breast       | 5/30/2008  | 2008 MN TWIN Jump into June 4                 |  |
| 1:33.49                           | L B F  | 100 Breast      | 7/25/2008  | 2008 MN Mankato ABC Finals                    |  |
| 34.30                             | L T    | 50 Fly          | 7/25/2008  | 2008 MN Mankato ABC Finals                    |  |
| 1:21.09                           | L B F  | 100 Fly         | 7/25/2008  | 2008 MN Mankato ABC Finals                    |  |
| 2:43.75                           | L CH F | 200 Fly         | 7/16/2009  | IowaSummer Sizzler Invitational               |  |
| 2:41.38                           | L CH P | 200 IM          | 7/30/2009  | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 5:46.52                           | L A F  | 400 IM          | 7/16/2009  | IowaSummer Sizzler Invitational               |  |
| <b>Emily Gjelhaug (17) W</b>      |        |                 |            |   |  |
| 30.29                             | L A P  | 50 Free         | 8/2/2007   | 2007 MN Foxj Minnesota Long Course Championsh |  |
| 1:07.31                           | L A F  | 100 Free        | 6/1/2007   | 2007 MN TWIN Jump into June 3                 |  |
| 2:28.47                           | L B F  | 200 Free        | 7/27/2007  | 2007 MN MAN ABC FINALS                        |  |
| 5:12.92                           | L A F  | 400 Free        | 7/6/2007   | 2007 MN STAR Summer Classic A                 |  |
| 35.71                             | L L F  | 50 Back         | 8/2/2007   | 2007 MN Foxj Minnesota Long Course Championsh |  |
| 1:15.49                           | L A P  | 100 Back        | 7/30/2009  | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 2:44.37                           | L A P  | 200 Back        | 7/30/2009  | 2009 MN Foxj Minnesota Long Course Championsh |  |
| x43.72                            | L F    | 50 Breast       | 6/11/2004  | Edina Aquamania 2004                          |  |
| 1:35.25                           | L B F  | 100 Breast      | 7/29/2005  | Winona River City Splash MinMax 2005          |  |
| 3:18.27                           | L B F  | 200 Breast      | 7/29/2005  | Winona River City Splash MinMax 2005          |  |
| 40.24                             | L F    | 50 Fly          | 7/23/2004  | Winona River City Splash A/B-C Finals         |  |
| 1:17.03                           | L B F  | 100 Fly         | 7/24/2009  | 2009 MN MAN ABC Finals                        |  |
| 2:56.73                           | L B F  | 200 Fly         | 6/28/2008  | Fairfax Invite 08                             |  |
| 2:46.36                           | L A P  | 200 IM          | 8/2/2007   | 2007 MN Foxj Minnesota Long Course Championsh |  |
| 6:03.19                           | L B F  | 400 IM          | 7/28/2006  | Winona River City Splash 2006                 |  |
| 104.20                            | L F    | 1 Meter 6 Dives | 10/24/2003 | Woodbury 17th Annual JrH/ MS Invite           |  |
| <b>Kathryn Gjelhaug (8) W</b>     |        |                 |            |   |  |
| 46.27                             | L A F  | 50 Free         | 7/24/2009  | 2009 MN MAN ABC Finals                        |  |
| 1:44.17                           | L A F  | 100 Free        | 7/24/2009  | 2009 MN MAN ABC Finals                        |  |
| 55.88                             | L B F  | 50 Back         | 7/24/2009  | 2009 MN MAN ABC Finals                        |  |
| 2:01.79                           | L F    | 100 Back        | 6/20/2009  | Eau Claire Invite                             |  |
| 56.19                             | L CH F | 50 Breast       | 7/24/2009  | 2009 MN MAN ABC Finals                        |  |
| 2:07.58                           | L F    | 100 Breast      | 7/16/2009  | IowaSummer Sizzler Invitational               |  |
| 52.04                             | L CH F | 50 Fly          | 5/29/2009  | Jump in to June                               |  |
| <b>Christopher Humbert (13) M</b> |        |                 |            |   |  |
| 31.95                             | L B F  | 50 Free         | 7/24/2009  | 2009 MN MAN ABC Finals                        |  |
| 1:08.12                           | L B F  | 100 Free        | 7/24/2009  | 2009 MN MAN ABC Finals                        |  |
| 2:37.72                           | L B F  | 200 Free        | 7/24/2009  | 2009 MN MAN ABC Finals                        |  |
| 2:37.72                           | L B F  | 200 Free        | 7/25/2008  | 2008 MN Mankato ABC Finals                    |  |
| 5:27.43                           | L B F  | 400 Free        | 7/24/2009  | 2009 MN MAN ABC Finals                        |  |
| 41.78                             | L L F  | 50 Back         | 6/28/2008  | Fairfax Invite 08                             |  |
| 1:18.94                           | L B F  | 100 Back        | 7/24/2009  | 2009 MN MAN ABC Finals                        |  |
| 44.80                             | L F    | 50 Breast       | 7/25/2008  | 2008 MN Mankato ABC Finals                    |  |

**HASTINGS AREA SWIM TEAM**  
**BOX 573 HASTINGS MN 55033 (651) 437**

**Individual Top Times**

**Show Long Course Only**

| Time                              | P/F/S   | Event      |           |   |  |
|-----------------------------------|---------|------------|-----------|---|--|
| <b>Christopher Humbert (13) M</b> |         |            |           |   |  |
| 1:37.84                           | L C F   | 100 Breast | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 3:23.53                           | L B F   | 200 Breast | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 40.31                             | L F     | 50 Fly     | 6/28/2008 | Fairfax Invite 08                             |  |
| 1:26.47                           | L C F   | 100 Fly    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 3:00.18                           | L B F   | 200 IM     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| <b>Helen Jensen (11) W</b>        |         |            |           |   |  |
| 32.72                             | L S A F | 50 Free    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:12.84                           | L A F   | 100 Free   | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 2:38.76                           | L A F   | 200 Free   | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 5:32.27                           | L A F   | 400 Free   | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 39.95                             | L B F   | 50 Back    | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:24.21                           | L B F   | 100 Back   | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 43.70                             | L B F   | 50 Breast  | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:32.61                           | L A F   | 100 Breast | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 36.40                             | L A F   | 50 Fly     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:22.70                           | L A F   | 100 Fly    | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 2:50.64                           | L CH F  | 200 IM     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| <b>William Jensen (8) M</b>       |         |            |           |   |  |
| 58.89                             | L C F   | 50 Free    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:04.59                           | L C F   | 50 Back    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:05.94                           | L B F   | 50 Breast  | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| <b>Katelyn Johnson (10) W</b>     |         |            |           |   |  |
| 57.04                             | L F     | 50 Free    | 6/28/2008 | Fairfax Invite 08                             |  |
| 2:12.34                           | L F     | 100 Free   | 6/28/2008 | Fairfax Invite 08                             |  |
| 56.95                             | L C F   | 50 Back    | 6/28/2008 | Fairfax Invite 08                             |  |
| 1:25.43                           | L F     | 50 Fly     | 6/28/2008 | Fairfax Invite 08                             |  |
| <b>Brina Kari (12) W</b>          |         |            |           |   |  |
| 29.85                             | L CH F  | 50 Free    | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 29.85                             | L CH F  | 50 Free    | 8/7/2009  | Central Zone Championships 09                 |  |
| 1:08.27                           | L CH F  | 100 Free   | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 2:31.22                           | L A F   | 200 Free   | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 5:23.64                           | L A F   | 400 Free   | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 33.11                             | L CH F  | 50 Back    | 8/7/2009  | Central Zone Championships 09                 |  |
| 1:12.19                           | L CH F  | 100 Back   | 8/7/2009  | Central Zone Championships 09                 |  |
| 2:43.59                           | L F     | 200 Back   | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 42.83                             | L B F   | 50 Breast  | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:29.19                           | L CH F  | 100 Breast | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 34.04                             | L CH F  | 50 Fly     | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:19.32                           | L A F   | 100 Fly    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 2:48.71                           | L CH F  | 200 IM     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| <b>Breanna Kimmes (12) W</b>      |         |            |           |   |  |
| 36.16                             | L B F   | 50 Free    | 7/25/2008 | 2008 MN Mankato ABC Finals                    |  |
| 1:20.75                           | L B F   | 100 Free   | 7/31/2008 | 2008 MN ROC LC State Championships            |  |
| 2:50.35                           | L B F   | 200 Free   | 6/20/2009 | Eau Claire Invite                             |  |
| 45.45                             | L C F   | 50 Back    | 7/25/2008 | 2008 MN Mankato ABC Finals                    |  |
| 1:31.52                           | L B F   | 100 Back   | 7/31/2008 | 2008 MN ROC LC State Championships            |  |
| 48.64                             | L C F   | 50 Breast  | 6/20/2009 | Eau Claire Invite                             |  |
| 1:44.61                           | L B F   | 100 Breast | 6/20/2009 | Eau Claire Invite                             |  |
| 40.82                             | L B F   | 50 Fly     | 6/20/2009 | Eau Claire Invite                             |  |
| 1:32.90                           | L B F   | 100 Fly    | 6/20/2009 | Eau Claire Invite                             |  |
| 3:09.34                           | L B F   | 200 IM     | 6/20/2009 | Eau Claire Invite                             |  |
| <b>Cassandra Kimmes (16) W</b>    |         |            |           |   |  |
| 30.90                             | L A F   | 50 Free    | 5/29/2009 | Jump in to June                               |  |
| 1:02.96                           | L CH P  | 100 Free   | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |

**HASTINGS AREA SWIM TEAM**  
**BOX 573 HASTINGS MN 55033 (651) 437**

**Individual Top Times**

**Show Long Course Only**

| <b>Time</b>                    | <b>P/F/S</b> | <b>Event</b>  |
|--------------------------------|--------------|---|
| <b>Cassandra Kimmes (16) W</b> |              |   |
| 2:15.03 L L CH F               | 200 Free     | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 4:36.99 L CH F                 | 400 Free     | 8/7/2009 Central Zone Championships 09                  |
| 9:35.86 L CH F                 | 800 Free     | 8/7/2009 Central Zone Championships 09                  |
| 18:19.24 L CH F                | 1500 Free    | 8/7/2009 Central Zone Championships 09                  |
| 44.56 L F                      | 50 Back      | 6/25/2005 Fairfax Invitational                          |
| 1:20.85 L B F                  | 100 Back     | 7/27/2007 2007 MN MAN ABC FINALS                        |
| 2:48.94 L B F                  | 200 Back     | 5/30/2008 2008 MN TWIN Jump into June 4                 |
| 1:29.73 L B F                  | 100 Breast   | 7/25/2008 2008 MN Mankato ABC Finals                    |
| 3:11.64 L B F                  | 200 Breast   | 5/30/2008 2008 MN TWIN Jump into June 4                 |
| 39.01 L F                      | 50 Fly       | 7/29/2005 Winona River City Splash MinMax 2005          |
| 1:16.32 L B F                  | 100 Fly      | 7/25/2008 2008 MN Mankato ABC Finals                    |
| 2:41.07 L CH P                 | 200 Fly      | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 2:42.99 L A P                  | 200 IM       | 7/31/2008 2008 MN ROC LC State Championships            |
| 5:31.92 L CH P                 | 400 IM       | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| <b>Anna Klysen (8) W</b>       |              |   |
| 1:08.83 L F                    | 50 Free      | 6/20/2009 Eau Claire Invite                             |
| 1:16.02 L F                    | 50 Back      | 7/24/2009 2009 MN MAN ABC Finals                        |
| 1:05.05 L B F                  | 50 Breast    | 7/24/2009 2009 MN MAN ABC Finals                        |
| <b>Emily Klysen (10) W</b>     |              |   |
| 37.01 L A F                    | 50 Free      | 7/24/2009 2009 MN MAN ABC Finals                        |
| 1:26.19 L B F                  | 100 Free     | 7/24/2009 2009 MN MAN ABC Finals                        |
| 3:10.79 L B F                  | 200 Free     | 7/16/2009 IowaSummer Sizzler Invitational               |
| 54.83 L C F                    | 50 Back      | 7/25/2008 2008 MN Mankato ABC Finals                    |
| 1:40.97 L B F                  | 100 Back     | 7/24/2009 2009 MN MAN ABC Finals                        |
| 48.05 L CH F                   | 50 Breast    | 7/24/2009 2009 MN MAN ABC Finals                        |
| 1:51.36 L A F                  | 100 Breast   | 7/24/2009 2009 MN MAN ABC Finals                        |
| 46.00 L B F                    | 50 Fly       | 7/24/2009 2009 MN MAN ABC Finals                        |
| 3:27.97 L A F                  | 200 IM       | 7/16/2009 IowaSummer Sizzler Invitational               |
| <b>Abagayle Knapp (11) W</b>   |              |   |
| 43.57 L C F                    | 50 Free      | 7/24/2009 2009 MN MAN ABC Finals                        |
| 1:41.85 L F                    | 100 Free     | 7/24/2009 2009 MN MAN ABC Finals                        |
| 3:38.08 L F                    | 200 Free     | 7/24/2009 2009 MN MAN ABC Finals                        |
| 49.70 L C F                    | 50 Back      | 7/24/2009 2009 MN MAN ABC Finals                        |
| 1:49.59 L C F                  | 100 Back     | 7/24/2009 2009 MN MAN ABC Finals                        |
| 1:01.27 L F                    | 50 Breast    | 6/20/2009 Eau Claire Invite                             |
| 52.31 L F                      | 50 Fly       | 6/20/2009 Eau Claire Invite                             |
| 3:53.11 L C F                  | 200 IM       | 7/24/2009 2009 MN MAN ABC Finals                        |
| <b>Kelly Leonard (10) W</b>    |              |   |
| 35.66 L CH F                   | 50 Free      | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 1:20.73 L CH F                 | 100 Free     | 7/16/2009 IowaSummer Sizzler Invitational               |
| 3:02.13 L A F                  | 200 Free     | 7/16/2009 IowaSummer Sizzler Invitational               |
| 37.79 L CH F                   | 50 Back      | 8/7/2009 Central Zone Championships 09                  |
| 1:22.64 L CH F                 | 100 Back     | 8/7/2009 Central Zone Championships 09                  |
| 54.60 L B F                    | 50 Breast    | 7/24/2009 2009 MN MAN ABC Finals                        |
| 1:57.70 L B F                  | 100 Breast   | 7/24/2009 2009 MN MAN ABC Finals                        |
| 41.35 L CH F                   | 50 Fly       | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 1:33.08 L CH F                 | 100 Fly      | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 3:12.49 L CH F                 | 200 IM       | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| <b>Julia Mach (10) W</b>       |              |   |
| 43.28 L B F                    | 50 Free      | 7/24/2009 2009 MN MAN ABC Finals                        |
| 2:08.60 L F                    | 100 Free     | 7/10/2008 IowaSummer Sizzler Invitational 2008          |
| 53.19 L C F                    | 50 Back      | 7/24/2009 2009 MN MAN ABC Finals                        |
| 1:53.84 L B F                  | 100 Back     | 6/20/2009 Eau Claire Invite                             |
| 58.42 L C F                    | 50 Breast    | 6/20/2009 Eau Claire Invite                             |

**HASTINGS AREA SWIM TEAM**  
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**Individual Top Times**

**Show Long Course Only**

| <b>Time</b>                     | <b>P/F/S</b> | <b>Event</b> |           |   |  |
|---------------------------------|--------------|--------------|-----------|---|--|
| <b>Julia Mach (10) W</b>        |              |              |           |   |  |
| 2:05.80                         | L B F        | 100 Breast   | 6/20/2009 | Eau Claire Invite                             |  |
| 44.80                           | L B F        | 50 Fly       | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:55.62                         | L B F        | 100 Fly      | 6/20/2009 | Eau Claire Invite                             |  |
| <b>Elizabeth Mann (10) W</b>    |              |              |           |   |  |
| 38.80                           | L B F        | 50 Free      | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:28.15                         | L B F        | 100 Free     | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 3:10.61                         | L B F        | 200 Free     | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 41.76                           | L CH F       | 50 Back      | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 1:37.58                         | L A F        | 100 Back     | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 57.18                           | L B F        | 50 Breast    | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 2:01.12                         | L B F        | 100 Breast   | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 45.92                           | L B F        | 50 Fly       | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 3:30.18                         | L B F        | 200 IM       | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| <b>Samantha Matsch (13) W</b>   |              |              |           |   |  |
| 36.55                           | L B F        | 50 Free      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:23.48                         | L C F        | 100 Free     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 3:09.81                         | L C F        | 200 Free     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 43.48                           | L C F        | 50 Back      | 6/20/2009 | Eau Claire Invite                             |  |
| 1:39.03                         | L C F        | 100 Back     | 6/20/2009 | Eau Claire Invite                             |  |
| 52.63                           | L C F        | 50 Breast    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:57.76                         | L C F        | 100 Breast   | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 45.28                           | L C F        | 50 Fly       | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| <b>Victoria Matsch (9) W</b>    |              |              |           |   |  |
| 50.03                           | L C F        | 50 Free      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:57.64                         | L C F        | 100 Free     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 59.78                           | L C F        | 50 Back      | 6/20/2009 | Eau Claire Invite                             |  |
| 2:10.76                         | L C F        | 100 Back     | 6/20/2009 | Eau Claire Invite                             |  |
| 1:09.33                         | L C F        | 50 Breast    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 57.12                           | L C F        | 50 Fly       | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| <b>Shannon McCollough (7) W</b> |              |              |           |   |  |
| 1:09.32                         | L C F        | 50 Back      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| <b>Aaron McCullough (10) M</b>  |              |              |           |   |  |
| 1:38.27                         | L C F        | 100 Free     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 44.38                           | L L A F      | 50 Back      | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 1:40.88                         | L B F        | 100 Back     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 55.73                           | L B F        | 50 Breast    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 2:00.92                         | L C F        | 100 Fly      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| <b>Morgan McCullough (12) W</b> |              |              |           |   |  |
| 36.42                           | L B F        | 50 Free      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:22.12                         | L B F        | 100 Free     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 3:08.41                         | L C F        | 200 Free     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 43.90                           | L B F        | 50 Back      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:36.74                         | L C F        | 100 Back     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 54.16                           | L C F        | 50 Breast    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 2:05.54                         | L C F        | 100 Breast   | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 42.92                           | L C F        | 50 Fly       | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| <b>Rosemary Pechous (12) W</b>  |              |              |           |   |  |
| 35.88                           | L B F        | 50 Free      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:18.70                         | L B F        | 100 Free     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 2:51.25                         | L B F        | 200 Free     | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 46.04                           | L C F        | 50 Back      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:39.61                         | L C F        | 100 Back     | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:00.95                         | L C F        | 50 Breast    | 7/10/2008 | IowaSummer Sizzler Invitational 2008          |  |
| 1:56.27                         | L C F        | 100 Breast   | 7/16/2009 | IowaSummer Sizzler Invitational               |  |

**HASTINGS AREA SWIM TEAM**  
**BOX 573 HASTINGS MN 55033 (651) 437**

**Individual Top Times**

**Show Long Course Only**

| <b>Time</b>                    | <b>P/F/S</b> | <b>Event</b> |           |   |  |
|--------------------------------|--------------|--------------|-----------|---|--|
| <b>Rosemary Pechous (12) W</b> |              |              |           |   |  |
| 40.00                          | L B F        | 50 Fly       | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:32.61                        | L B F        | 100 Fly      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 3:19.67                        | L B F        | 200 IM       | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| <b>Abigail Peterson (8) W</b>  |              |              |           |   |  |
| 1:10.53                        | L F          | 50 Free      | 6/20/2009 | Eau Claire Invite                             |  |
| 1:06.85                        | L C F        | 50 Back      | 6/20/2009 | Eau Claire Invite                             |  |
| 1:24.45                        | L F          | 50 Fly       | 6/20/2009 | Eau Claire Invite                             |  |
| <b>Sarah Radke (8) W</b>       |              |              |           |   |  |
| 49.87                          | L B F        | 50 Free      | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:58.02                        | L B F        | 100 Free     | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:02.14                        | L B F        | 50 Back      | 6/20/2009 | Eau Claire Invite                             |  |
| 2:12.99                        | L F          | 100 Back     | 6/20/2009 | Eau Claire Invite                             |  |
| 1:08.91                        | L B F        | 50 Breast    | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:01.88                        | L B F        | 50 Fly       | 6/20/2009 | Eau Claire Invite                             |  |
| <b>Sydney Radke (8) W</b>      |              |              |           |   |  |
| 51.55                          | L B F        | 50 Free      | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:58.06                        | L B F        | 100 Free     | 6/20/2009 | Eau Claire Invite                             |  |
| 59.72                          | L B F        | 50 Back      | 6/20/2009 | Eau Claire Invite                             |  |
| 2:19.07                        | L F          | 100 Back     | 6/20/2009 | Eau Claire Invite                             |  |
| 1:02.35                        | L B F        | 50 Breast    | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:02.92                        | L B F        | 50 Fly       | 6/20/2009 | Eau Claire Invite                             |  |
| <b>Elijah Reilly (12) M</b>    |              |              |           |   |  |
| 33.53                          | L A F        | 50 Free      | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:11.65                        | L A F        | 100 Free     | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 2:42.34                        | L A F        | 200 Free     | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 5:36.54                        | L A F        | 400 Free     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 43.07                          | L B F        | 50 Back      | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:37.45                        | L B F        | 100 Back     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 50.61                          | L B F        | 50 Breast    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 2:04.12                        | L C F        | 100 Breast   | 7/10/2008 | IowaSummer Sizzler Invitational 2008          |  |
| 35.76                          | L CH F       | 50 Fly       | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:18.03                        | L CH F       | 100 Fly      | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 3:05.53                        | L F          | 200 Fly      | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 3:00.61                        | L A F        | 200 IM       | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| <b>Kathleen Reilly (14) W</b>  |              |              |           |   |  |
| 29.27                          | L CH P       | 50 Free      | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 1:05.32                        | L CH F       | 100 Free     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 2:27.21                        | L A F        | 200 Free     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 5:13.09                        | L A F        | 400 Free     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 38.28                          | L F          | 50 Back      | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:24.13                        | L B F        | 100 Back     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 2:54.32                        | L B F        | 200 Back     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 40.57                          | L F          | 50 Breast    | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:31.05                        | L B F        | 100 Breast   | 5/29/2009 | Jump in to June                               |  |
| 3:20.91                        | L B F        | 200 Breast   | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 34.20                          | L F          | 50 Fly       | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:17.98                        | L B F        | 100 Fly      | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 3:11.71                        | L B F        | 200 Fly      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 2:48.78                        | L A P        | 200 IM       | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 5:53.44                        | L A F        | 400 IM       | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| <b>Leah Roesler (17) W</b>     |              |              |           |   |  |
| 28.34                          | L CH P       | 50 Free      | 7/22/2009 | Speedo 09                                     |  |
| 1:01.37                        | L CH F       | 100 Free     | 8/6/2008  | 2008 IN Central MegaZone                      |  |
| 2:14.18                        | L L CH F     | 200 Free     | 7/22/2009 | Speedo 09                                     |  |

**HASTINGS AREA SWIM TEAM**  
**BOX 573 HASTINGS MN 55033 (651) 437**

**Individual Top Times**

**Show Long Course Only**

| Time                         | P/F/S      | Event   |
|------------------------------|------------|---|
| <b>Leah Roesler (17) W</b>   |            |   |
| 4:46.75 L CH P               | 400 Free   | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 10:52.91 L B F               | 800 Free   | 7/29/2005 Winona River City Splash MinMax 2005          |
| 36.22 L F                    | 50 Back    | 7/16/2009 IowaSummer Sizzler Invitational               |
| 1:16.88 L A F                | 100 Back   | 5/29/2009 Jump in to June                               |
| 2:41.72 L A F                | 200 Back   | 5/30/2008 2008 MN TWIN Jump into June 4                 |
| 54.86 L F                    | 50 Breast  | 7/25/2003 RWSC Best Times LC                            |
| 1:36.03 L B F                | 100 Breast | 7/29/2005 Winona River City Splash MinMax 2005          |
| 3:11.20 L B F                | 200 Breast | 7/25/2008 2008 MN Mankato ABC Finals                    |
| 31.94 L F                    | 50 Fly     | 7/16/2009 IowaSummer Sizzler Invitational               |
| 1:05.52 L CH P               | 100 Fly    | 7/22/2009 Speedo 09                                     |
| 2:26.67 L CH P               | 200 Fly    | 7/22/2009 Speedo 09                                     |
| 2:34.79 L CH F               | 200 IM     | 5/29/2009 Jump in to June                               |
| 5:38.86 L A F                | 400 IM     | 7/6/2007 2007 MN STAR Summer Classic A                  |
| <b>Telma Roesler (10) W</b>  |            |   |
| 39.55 L B F                  | 50 Free    | 7/25/2008 2008 MN Mankato ABC Finals                    |
| 1:24.37 L A F                | 100 Free   | 7/16/2009 IowaSummer Sizzler Invitational               |
| 3:11.93 L B F                | 200 Free   | 6/20/2009 Eau Claire Invite                             |
| 49.59 L B F                  | 50 Back    | 7/25/2008 2008 MN Mankato ABC Finals                    |
| 52.36 L B F                  | 50 Breast  | 6/20/2009 Eau Claire Invite                             |
| 2:01.05 L B F                | 100 Breast | 7/10/2008 IowaSummer Sizzler Invitational 2008          |
| 39.09 L CH F                 | 50 Fly     | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 1:43.46 L B F                | 100 Fly    | 6/20/2009 Eau Claire Invite                             |
| x3:33.01 L B F               | 200 IM     | 5/29/2009 Jump in to June                               |
| <b>Hunter Sassor (15) M</b>  |            |   |
| 30.74 L B F                  | 50 Free    | 6/20/2009 Eau Claire Invite                             |
| 1:06.10 L B F                | 100 Free   | 5/29/2009 Jump in to June                               |
| 2:29.67 L B F                | 200 Free   | 6/28/2008 Fairfax Invite 08                             |
| 5:44.08 L C F                | 400 Free   | 7/25/2008 2008 MN Mankato ABC Finals                    |
| 3:02.60 L C F                | 200 Back   | 7/25/2008 2008 MN Mankato ABC Finals                    |
| 45.42 L F                    | 50 Breast  | 6/23/2007 Fairfax Invite 2007                           |
| 1:30.37 L B F                | 100 Breast | 6/20/2009 Eau Claire Invite                             |
| 3:24.41 L C F                | 200 Breast | 6/28/2008 Fairfax Invite 08                             |
| 1:08.70 L F                  | 50 Fly     | 6/24/2006 Fairfax Invite 2006                           |
| <b>Hayden Schmitt (13) M</b> |            |   |
| 28.53 L CH F                 | 50 Free    | 8/7/2009 Central Zone Championships 09                  |
| 1:02.18 L CH F               | 100 Free   | 8/7/2009 Central Zone Championships 09                  |
| 2:20.89 L A F                | 200 Free   | 8/7/2009 Central Zone Championships 09                  |
| 5:00.09 L A F                | 400 Free   | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 36.12 L F                    | 50 Back    | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 1:18.47 L B F                | 100 Back   | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 43.48 L F                    | 50 Breast  | 7/10/2008 IowaSummer Sizzler Invitational 2008          |
| 1:33.67 L C F                | 100 Breast | 7/16/2009 IowaSummer Sizzler Invitational               |
| 29.86 L F                    | 50 Fly     | 8/7/2009 Central Zone Championships 09                  |
| 1:13.09 L B F                | 100 Fly    | 8/7/2009 Central Zone Championships 09                  |
| 2:37.28 L A F                | 200 IM     | 8/7/2009 Central Zone Championships 09                  |
| <b>Noah Schmitt (14) M</b>   |            |   |
| 36.83 L C F                  | 50 Free    | 7/24/2009 2009 MN MAN ABC Finals                        |
| 1:48.93 L F                  | 100 Back   | 6/20/2009 Eau Claire Invite                             |
| 2:01.77 L F                  | 100 Breast | 6/20/2009 Eau Claire Invite                             |
| 3:55.23 L C F                | 200 Breast | 7/24/2009 2009 MN MAN ABC Finals                        |
| <b>Cole Scully (11) M</b>    |            |   |
| 36.14 L B F                  | 50 Free    | 7/16/2009 IowaSummer Sizzler Invitational               |
| 1:20.46 L B F                | 100 Free   | 7/16/2009 IowaSummer Sizzler Invitational               |
| 2:52.25 L B F                | 200 Free   | 7/16/2009 IowaSummer Sizzler Invitational               |

**HASTINGS AREA SWIM TEAM**  
**BOX 573 HASTINGS MN 55033 (651) 437**

**Individual Top Times**

**Show Long Course Only**

| Time                        | P/F/S  | Event |     |        |   |
|-----------------------------|--------|-------|-----|--------|---|
| <b>Cole Scully (11) M</b>   |        |       |     |        |   |
| 41.78                       | L L B  | F     | 50  | Back   | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 1:30.26                     | L B    | F     | 100 | Back   | 7/16/2009 IowaSummer Sizzler Invitational               |
| 50.33                       | L B    | F     | 50  | Breast | 7/16/2009 IowaSummer Sizzler Invitational               |
| 1:46.65                     | L B    | F     | 100 | Breast | 7/16/2009 IowaSummer Sizzler Invitational               |
| 39.72                       | L B    | F     | 50  | Fly    | 7/16/2009 IowaSummer Sizzler Invitational               |
| 1:31.76                     | L B    | F     | 100 | Fly    | 7/16/2009 IowaSummer Sizzler Invitational               |
| 3:13.94                     | L B    | F     | 200 | IM     | 6/20/2009 Eau Claire Invite                             |
| <b>Abberly Smith (10) W</b> |        |       |     |        |   |
| 36.42                       | L L A  | F     | 50  | Free   | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 1:22.10                     | L A    | F     | 100 | Free   | 7/16/2009 IowaSummer Sizzler Invitational               |
| 3:01.91                     | L A    | F     | 200 | Free   | 7/16/2009 IowaSummer Sizzler Invitational               |
| 41.38                       | L CH   | F     | 50  | Back   | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 1:28.04                     | L CH   | F     | 100 | Back   | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 55.71                       | L B    | F     | 50  | Breast | 7/10/2008 IowaSummer Sizzler Invitational 2008          |
| 1:49.85                     | L A    | F     | 100 | Breast | 7/24/2009 2009 MN MAN ABC Finals                        |
| 41.47                       | L CH   | F     | 50  | Fly    | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 1:35.17                     | L CH   | F     | 100 | Fly    | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 3:12.09                     | L CH   | F     | 200 | IM     | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| <b>Allissa Smith (12) W</b> |        |       |     |        |   |
| 31.13                       | L L CH | F     | 50  | Free   | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 1:08.06                     | L CH   | F     | 100 | Free   | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 2:31.74                     | L A    | F     | 200 | Free   | 7/16/2009 IowaSummer Sizzler Invitational               |
| 5:35.18                     | L B    | F     | 400 | Free   | 7/24/2009 2009 MN MAN ABC Finals                        |
| 36.55                       | L CH   | F     | 50  | Back   | 7/16/2009 IowaSummer Sizzler Invitational               |
| 1:16.79                     | L CH   | F     | 100 | Back   | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 2:53.47                     | L      | F     | 200 | Back   | 7/16/2009 IowaSummer Sizzler Invitational               |
| 41.52                       | L A    | F     | 50  | Breast | 5/29/2009 Jump in to June                               |
| 1:32.07                     | L A    | F     | 100 | Breast | 7/24/2009 2009 MN MAN ABC Finals                        |
| 33.68                       | L CH   | F     | 50  | Fly    | 7/16/2009 IowaSummer Sizzler Invitational               |
| 1:15.42                     | L CH   | F     | 100 | Fly    | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 3:04.80                     | L      | F     | 200 | Fly    | 7/16/2009 IowaSummer Sizzler Invitational               |
| 2:45.69                     | L CH   | F     | 200 | IM     | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| <b>Colby Smith (14) M</b>   |        |       |     |        |   |
| 29.17                       | L A    | F     | 50  | Free   | 5/29/2009 Jump in to June                               |
| 1:02.33                     | L CH   | F     | 100 | Free   | 7/16/2009 IowaSummer Sizzler Invitational               |
| 2:18.55                     | L A    | F     | 200 | Free   | 5/29/2009 Jump in to June                               |
| 4:56.11                     | L A    | F     | 400 | Free   | 7/24/2009 2009 MN MAN ABC Finals                        |
| 10:01.02                    | L CH   | F     | 800 | Free   | 5/29/2009 Jump in to June                               |
| 32.18                       | L L    | F     | 50  | Back   | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 1:08.53                     | L CH   | P     | 100 | Back   | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 2:26.11                     | L CH   | P     | 200 | Back   | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 41.08                       | L      | F     | 50  | Breast | 7/10/2008 IowaSummer Sizzler Invitational 2008          |
| 1:17.92                     | L A    | F     | 100 | Breast | 7/24/2009 2009 MN MAN ABC Finals                        |
| 2:48.17                     | L CH   | P     | 200 | Breast | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 30.97                       | L      | F     | 50  | Fly    | 8/6/2008 2008 IN Central MegaZone                       |
| 1:03.66                     | L CH   | F     | 100 | Fly    | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 2:25.61                     | L CH   | F     | 200 | Fly    | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 2:29.16                     | L CH   | P     | 200 | IM     | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 5:14.06                     | L CH   | P     | 400 | IM     | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| <b>Sean Smith (8) M</b>     |        |       |     |        |   |
| 47.54                       | L B    | F     | 50  | Free   | 7/16/2009 IowaSummer Sizzler Invitational               |
| 1:44.90                     | L A    | F     | 100 | Free   | 7/24/2009 2009 MN MAN ABC Finals                        |
| 55.45                       | L A    | F     | 50  | Back   | 5/29/2009 Jump in to June                               |
| 1:09.81                     | L B    | F     | 50  | Breast | 7/16/2009 IowaSummer Sizzler Invitational               |

**HASTINGS AREA SWIM TEAM**  
**BOX 573 HASTINGS MN 55033 (651) 437**

**Individual Top Times**

**Show Long Course Only**

| <b>Time</b>                     | <b>P/F/S</b> | <b>Event</b> |           |   |  |
|---------------------------------|--------------|--------------|-----------|---|--|
| <b>Sean Smith (8) M</b>         |              |              |           |   |  |
| 1:07.11                         | L B F        | 50 Fly       | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| <b>Stephen Smith (9) M</b>      |              |              |           |   |  |
| 35.00                           | L CH F       | 50 Free      | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 1:15.21                         | L CH F       | 100 Free     | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 3:12.94                         | L B F        | 200 Free     | 6/28/2008 | Fairfax Invite 08                             |  |
| 40.50                           | L CH F       | 50 Back      | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 47.77                           | L CH F       | 50 Breast    | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:43.20                         | L CH F       | 100 Breast   | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 38.82                           | L CH F       | 50 Fly       | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 3:25.58                         | L A F        | 200 IM       | 7/10/2008 | IowaSummer Sizzler Invitational 2008          |  |
| <b>Janna Sorg (16) W</b>        |              |              |           |   |  |
| 30.03                           | L L CH F     | 50 Free      | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 1:07.76                         | L L A F      | 100 Free     | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 2:41.50                         | L B F        | 200 Free     | 6/20/2009 | Eau Claire Invite                             |  |
| 6:06.22                         | L C F        | 400 Free     | 7/27/2007 | 2007 MN MAN ABC FINALS                        |  |
| 55.52                           | L F          | 50 Back      | 5/4/2003  | TWIN 5 Team Meet                              |  |
| 3:20.62                         | L C F        | 200 Back     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:03.78                         | L F          | 50 Breast    | 5/4/2003  | TWIN 5 Team Meet                              |  |
| 1:35.62                         | L B F        | 100 Breast   | 6/20/2009 | Eau Claire Invite                             |  |
| 3:33.30                         | L B F        | 200 Breast   | 6/20/2009 | Eau Claire Invite                             |  |
| 3:21.79                         | L C F        | 200 IM       | 7/27/2007 | 2007 MN MAN ABC FINALS                        |  |
| <b>Jenna Spitzack (11) W</b>    |              |              |           |   |  |
| 40.96                           | L C F        | 50 Free      | 6/20/2009 | Eau Claire Invite                             |  |
| 46.11                           | L C F        | 50 Back      | 5/29/2009 | Jump in to June                               |  |
| 1:44.45                         | L C F        | 100 Back     | 6/20/2009 | Eau Claire Invite                             |  |
| 1:00.32                         | L F          | 50 Breast    | 6/20/2009 | Eau Claire Invite                             |  |
| <b>Cole Tipler (12) M</b>       |              |              |           |   |  |
| 40.55                           | L C F        | 50 Free      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:33.60                         | L C F        | 100 Free     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 47.75                           | L C F        | 50 Back      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:48.57                         | L C F        | 100 Back     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 51.19                           | L B F        | 50 Breast    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 2:00.75                         | L C F        | 100 Breast   | 6/20/2009 | Eau Claire Invite                             |  |
| <b>Brandon Underwood (13) M</b> |              |              |           |   |  |
| 30.12                           | L A F        | 50 Free      | 5/29/2009 | Jump in to June                               |  |
| 1:07.65                         | L B F        | 100 Free     | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 2:22.01                         | L A F        | 200 Free     | 5/29/2009 | Jump in to June                               |  |
| 4:59.53                         | L A F        | 400 Free     | 5/29/2009 | Jump in to June                               |  |
| 10:10.55                        | L A F        | 800 Free     | 5/29/2009 | Jump in to June                               |  |
| 34.47                           | L L F        | 50 Back      | 5/29/2009 | Jump in to June                               |  |
| 1:14.25                         | L A P        | 100 Back     | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 2:45.06                         | L B P        | 200 Back     | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 44.14                           | L F          | 50 Breast    | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:52.57                         | L F          | 100 Breast   | 7/28/2006 | Winona River City Splash 2006                 |  |
| 33.62                           | L F          | 50 Fly       | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:43.04                         | L F          | 100 Fly      | 7/28/2006 | Winona River City Splash 2006                 |  |
| 2:59.23                         | L B F        | 200 IM       | 7/10/2008 | IowaSummer Sizzler Invitational 2008          |  |
| <b>Sofia Van Zee (8) W</b>      |              |              |           |   |  |
| 49.75                           | L B F        | 50 Free      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:50.65                         | L B F        | 100 Free     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 55.03                           | L A F        | 50 Back      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 2:01.76                         | L F          | 100 Back     | 6/20/2009 | Eau Claire Invite                             |  |
| 1:00.89                         | L A F        | 50 Breast    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:05.92                         | L B F        | 50 Fly       | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |

**HASTINGS AREA SWIM TEAM**  
**BOX 573 HASTINGS MN 55033 (651) 437**

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**Individual Top Times**

**Show Long Course Only**

| <b>Time</b>                    | <b>P/F/S</b> | <b>Event</b> |           |   |  |
|--------------------------------|--------------|--------------|-----------|---|--|
| <b>Jack VanZee (11) M</b>      |              |              |           |   |  |
| 36.42 L B                      | F            | 50 Free      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:26.35 L C                    | F            | 100 Free     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 43.69 L B                      | F            | 50 Back      | 5/29/2009 | Jump in to June                               |  |
| 1:36.96 L B                    | F            | 100 Back     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 49.26 L B                      | F            | 50 Breast    | 5/29/2009 | Jump in to June                               |  |
| 1:46.26 L B                    | F            | 100 Breast   | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 46.44 L C                      | F            | 50 Fly       | 6/20/2009 | Eau Claire Invite                             |  |
| 1:51.81 L C                    | F            | 100 Fly      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 3:27.24 L B                    | F            | 200 IM       | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| <b>Masha Wagner (15) W</b>     |              |              |           |   |  |
| 31.65 L A                      | F            | 50 Free      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:12.60 L B                    | F            | 100 Free     | 6/20/2009 | Eau Claire Invite                             |  |
| 2:34.61 L B                    | F            | 200 Free     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 5:48.61 L B                    | F            | 400 Free     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 48.74 L                        | F            | 50 Back      | 6/23/2007 | Fairfax Invite 2007                           |  |
| 1:31.01 L C                    | F            | 100 Back     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 3:23.55 L C                    | F            | 200 Back     | 7/25/2008 | 2008 MN Mankato ABC Finals                    |  |
| 51.77 L                        | F            | 50 Breast    | 6/23/2007 | Fairfax Invite 2007                           |  |
| 1:35.11 L B                    | F            | 100 Breast   | 6/20/2009 | Eau Claire Invite                             |  |
| 3:16.95 L B                    | F            | 200 Breast   | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:31.87 L C                    | F            | 100 Fly      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 3:32.80 L C                    | F            | 200 Fly      | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 3:01.58 L B                    | F            | 200 IM       | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 6:33.20 L B                    | F            | 400 IM       | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| <b>Michelle Wallace (11) W</b> |              |              |           |   |  |
| 34.30 L B                      | F            | 50 Free      | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 1:17.53 L B                    | F            | 100 Free     | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 2:50.10 L B                    | F            | 200 Free     | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 38.35 L A                      | F            | 50 Back      | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 1:23.24 L A                    | F            | 100 Back     | 8/7/2009  | Central Zone Championships 09                 |  |
| 50.36 L C                      | F            | 50 Breast    | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:48.78 L C                    | F            | 100 Breast   | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 41.67 L B                      | F            | 50 Fly       | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |
| 1:42.72 L C                    | F            | 100 Fly      | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 3:12.73 L B                    | F            | 200 IM       | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| <b>Leah Wallace (15) W</b>     |              |              |           |   |  |
| 28.56 L CH                     | F            | 50 Free      | 8/7/2009  | Central Zone Championships 09                 |  |
| 1:02.80 L CH                   | P            | 100 Free     | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 2:20.71 L CH                   | F            | 200 Free     | 8/7/2009  | Central Zone Championships 09                 |  |
| 5:03.94 L A                    | F            | 400 Free     | 7/25/2008 | 2008 MN Mankato ABC Finals                    |  |
| 33.64 L L                      | F            | 50 Back      | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 1:13.51 L L A                  | F            | 100 Back     | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 2:36.29 L CH                   | P            | 200 Back     | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 47.00 L                        | F            | 50 Breast    | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:39.31 L B                    | F            | 100 Breast   | 7/25/2008 | 2008 MN Mankato ABC Finals                    |  |
| 3:36.20 L C                    | F            | 200 Breast   | 7/25/2008 | 2008 MN Mankato ABC Finals                    |  |
| 32.77 L                        | F            | 50 Fly       | 7/16/2009 | IowaSummer Sizzler Invitational               |  |
| 1:05.87 L CH                   | F            | 100 Fly      | 8/7/2009  | Central Zone Championships 09                 |  |
| 2:37.24 L CH                   | P            | 200 Fly      | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 2:47.45 L A                    | F            | 200 IM       | 7/25/2008 | 2008 MN Mankato ABC Finals                    |  |
| 5:52.82 L B                    | F            | 400 IM       | 7/25/2008 | 2008 MN Mankato ABC Finals                    |  |
| <b>Mariah Wallace (13) W</b>   |              |              |           |   |  |
| 32.19 L A                      | F            | 50 Free      | 7/30/2009 | 2009 MN Foxj Minnesota Long Course Championsh |  |
| 1:09.55 L A                    | F            | 100 Free     | 7/24/2009 | 2009 MN MAN ABC Finals                        |  |

**HASTINGS AREA SWIM TEAM**  
**BOX 573 HASTINGS MN 55033 (651) 437**

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**Individual Top Times**

**Show Long Course Only**

| <b>Time</b>                  | <b>P/F/S</b> | <b>Event</b>  |
|------------------------------|--------------|---|
| <b>Mariah Wallace (13) W</b> |              |   |
| 2:38.55 L B F                | 200 Free     | 7/24/2009 2009 MN MAN ABC Finals                        |
| 5:51.80 L B F                | 400 Free     | 7/25/2008 2008 MN Mankato ABC Finals                    |
| 38.16 L F                    | 50 Back      | 5/29/2009 Jump in to June                               |
| 1:22.21 L B F                | 100 Back     | 7/24/2009 2009 MN MAN ABC Finals                        |
| 48.58 L F                    | 50 Breast    | 7/10/2008 IowaSummer Sizzler Invitational 2008          |
| 1:37.88 L B F                | 100 Breast   | 7/16/2009 IowaSummer Sizzler Invitational               |
| 37.11 L F                    | 50 Fly       | 7/24/2009 2009 MN MAN ABC Finals                        |
| 1:26.46 L B F                | 100 Fly      | 7/24/2009 2009 MN MAN ABC Finals                        |
| 2:58.57 L B F                | 200 IM       | 7/24/2009 2009 MN MAN ABC Finals                        |
| <b>Elliot Wilcox (17) M</b>  |              |   |
| 24.20 L CH F                 | 50 Free      | 8/7/2009 Central Zone Championships 09                  |
| 54.45 L CH F                 | 100 Free     | 8/7/2009 Central Zone Championships 09                  |
| 2:02.11 L CH F               | 200 Free     | 8/7/2009 Central Zone Championships 09                  |
| 4:25.71 L CH F               | 400 Free     | 8/7/2009 Central Zone Championships 09                  |
| 9:25.02 L CH F               | 800 Free     | 7/31/2008 2008 MN ROC LC State Championships            |
| 17:49.30 L CH F              | 1500 Free    | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 45.83 L F                    | 50 Back      | 7/12/2002 STAR SUMMER CLASSIC A                         |
| 1:10.68 L B F                | 100 Back     | 5/30/2008 2008 MN TWIN Jump into June 4                 |
| 2:34.42 L B F                | 200 Back     | 7/25/2008 2008 MN Mankato ABC Finals                    |
| 53.05 L F                    | 50 Breast    | 7/26/2002 Winona A/B/C Finals 2002                      |
| 1:20.02 L B F                | 100 Breast   | 7/25/2008 2008 MN Mankato ABC Finals                    |
| 2:54.29 L B F                | 200 Breast   | 7/25/2008 2008 MN Mankato ABC Finals                    |
| 28.31 L F                    | 50 Fly       | 7/16/2009 IowaSummer Sizzler Invitational               |
| 59.69 L CH P                 | 100 Fly      | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 2:27.31 L B F                | 200 Fly      | 8/6/2008 2008 IN Central MegaZone                       |
| 2:24.35 L CH P               | 200 IM       | 7/30/2009 2009 MN Foxj Minnesota Long Course Championsh |
| 5:17.99 L A F                | 400 IM       | 7/25/2008 2008 MN Mankato ABC Finals                    |