

**SCSC SENIOR GROUPS TOP FIVE TIMES ---- LONG COURSE  
METERS  
(as of August 15, 2010)**

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**WOMEN:**

**50 FREE**

1) Courtney Monsees	26.71
2) Siri Kristiansen	27.41
3) Lauren Opatrny	27.67
4) Helen Tang	28.24
5) Grace Hamilton	28.25

**100 FREE**

1) Courtney Monsees	57.56
2) Stephanie Wei	59.48
3) Siri Kristiansen	59.49
4) Charlotte Ruby	59.84
5) Helen Tang	1:00.20

**200 FREE**

1) Courtney Monsees	2:05.96
2) Charlotte Ruby	2:06.99
3) Stephanie Wei	2:07.04
4) Sarah Shimomura	2:08.34
5) Helen Tang	2:08.56

**400 FREE**

1) Charlotte Ruby	4:26.07
2) Courtney Monsees	4:27.35
3) Stephanie Wei	4:32.11
4) Sarah Shimomura	4:34.18
5) Abby Blake	4:34.45

**800 FREE**

1) Charlotte Ruby	9:09.37
2) Stephanie Wei	9:26.41
3) Haley Oosterhouse	9:27.48
4) Abby Blake	9:29.18
5) Sarah Shimomura	9:34.79

**1500 FREE**

1) Abby Blake	17:59.72
2) Sarah Shimomura	18:35.02
3)	
4)	
5)	

**100 BACK**

1) Courtney Monsees	1:06.54
2) Lauren Opatrny	1:06.86
3) Stephanie Wei	1:07.27
4) Haley Smith	1:08.02
5) Katie Siegel	1:09.55

**200 BACK**

1) Courtney Monsees	2:21.89
2) Stephanie Wei	2:24.42
3) Lauren Opatrny	2:25.03
4) Haley Smith	2:26.59
5) Helen Tang	2:28.82

**100 BREAST**

1) Siri Kristiansen	1:10.78
2) Courtney Monsees	1:16.31
3) Morgan Lee	1:16.95
4) Annalee Akin	1:17.27
5) Lauren Opatrny	1:18.89

**200 BREAST**

1) Siri Kristiansen	2:35.38
2) Natalie Garland	2:43.35
3) Morgan Lee	2:45.54
4) Annalee Akin	2:47.05
5) Lauren Opatrny	2:50.46

**100 FLY**

1) Charlotte Ruby	1:03.11
2) Courtney Monsees	1:04.90
3) Ritty Zhai	1:05.49
4) Helen Tang	1:06.38
5) Maddie Takaki	1:06.57

**200 FLY**

1) Charlotte Ruby	2:17.89
2) Maddie Takaki	2:22.41
3) Ritty Zhai	2:22.96
4) Emily Tomkins	2:28.13
5) Helen Tang	2:30.56

**200 IM**

1) Courtney Monsees	2:18.93
2) Lauren Opatrny	2:23.27
3) Stephanie Wei	2:27.35
4) Charlotte Ruby	2:28.86
5) Haley Smith	2:29.81

**400 IM**

1) Charlotte Ruby	5:07.11
2) Lauren Opatrny	5:09.74
3) Abby Blake	5:15.52
4) Haley Smith	5:22.37
5) Lindsay Oosterhouse	5:22.71

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**MEN:****50 FREE**

1) Danny Wall	23.80
2) Ian Burns	24.37
3) Daniel Tan	24.60
4) Mike London	24.77
5) Sam Shimomura	24.95

**100 FREE**

1) Daniel Tan	52.72
2) Sam Shimomura	52.79
3) Ian Burns	52.84
4) Mike London	53.33
5) Ryan Hinshaw	54.07

**200 FREE**

1) Sam Shimomura	1:53.89
2) Ryan Hinshaw	1:54.47
3) Jackson Partin	1:54.68
4) Michael Nunan	1:55.56
5) Kevin Owens	1:56.53

**400 FREE**

1) Ryan Hinshaw	3:58.29
2) Jackson Partin	3:58.75
3) Sam Shimomura	4:01.68
4) Kevin Owens	4:04.00
5) Michael Nunan	4:06.29

**800 FREE**

1) Jackson Partin	8:12.16
2) Ryan Hinshaw	8:18.10
3) Kevin Owens	8:20.10
4) Sam Shimomura	8:21.83
5) Jeff Peters	8:37.68

**1500 FREE**

1) Jackson Partin	15:46.73
2) Ryan Hinshaw	15:49.17
3) Kevin Owens	15:57.99
4) Sam Shimomura	16:11.65
5) Jeff Peters	16:48.99

**100 BACK**

1) Stephen Shilling	59.22
2) Matt Webster	1:00.03
3) Ian Burns	1:01.81
4) Eric Owens	1:02.48
Chris Scheaffer	1:02.48

**200 BACK**

1) Stephen Shilling	2:09.26
2) Matt Webster	2:10.43
3) Ian Burns	2:14.70
4) Sean Fronzcak	2:16.26
5) Eric Owens	2:17.38

**100 BREAST**

1) Yota Ito	1:08.29
2) Ryan Hinshaw	1:08.91
3) Eric Owens	1:09.83
4) Jeff Peters	1:10.00
5) Sean Fronzcak	1:10.89

**200 BREAST**

1) Yota Ito	2:27.04
2) Jeff Peters	2:30.67
3) Timothy Kou	2:36.49
4) Eric Owens	2:38.85
5) Gideon Hou	2:40.62

**100 FLY**

1) Chris Scheaffer	55.82
2) Ian Burns	58.51
3) Brandon Shilling	58.68
4) Ryan Hinshaw	58.81
5) Sam Shimomura	1:00.11

**200 IM**

1) Daniel Tan	2:11.46
2) Stephen Shilling	2:11.84
3) Ian Burns	2:12.15
4) Eric Owens	2:15.53
5) Sam Shimomura	2:15.60

**200 FLY**

1) Ryan Hinshaw	2:04.53
2) Chris Scheaffer	2:05.10
3) Jackson Partin	2:08.63
4) Sam Shimomura	2:14.96
5) Michael Nunan	2:15.88

**400 IM**

1) Ryan Hinshaw	4:39.23
2) Jeff Peters	4:44.99
3) Matt Webster	4:52.54
4) Chris Scheaffer	4:55.57
5) Christian Bedell	4:56.22