Cascade Swim & Dive Times To Know:

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| Event | District time 2024-2025 | State Time2024-2025 | School Record | Name/Year |
| 200 Medley Relay | One team | 1:53.50 | 1:54.03 | R. Lombardo, T. McMaster, M. Watanabe, J. Sturdefant- 1992 |
| 200 Free |  | 1:59.50 | 1:52.88 | Kalena Laurent- 2011 |
| 200 IM |  | 2:13.50 | 2:08.17 | Kalena Laurent- 2013 |
| 50 Free |  | :25.00 | :24.63 | Danielle Booth- 2012 |
| Diving (11 dives) | 11-dive qual. | 315/11.6 | 392.10 | Ashley Albrecht- 2014  |
| 100 Fly |  | :59.60 | :55.99 | Kalena Laurent- 2013 |
| 100 Free |  | :54.50 | 52.56 | Kalena Laurent- 2012 |
| 500 Free |  | 5:21.00 | 5:03.25 | Kalena Laurent- 2013 |
| 200 Free Relay | One team | 1:42.50 | 1:38.29 | N. Carlson, Darcie Booth, Danielle Booth, K. Laurent- 2012 |
| 100 Back |  | 1:00.40 | 1:01.10 | Nikki Hall- 1987 |
| 100 Breast |  | 1:08.30 | 1:06.36 | Danielle Booth- 2013 |
| 400 Free Relay | One team | 3:45.90 | 3:34.96 | N. Carlson, Darcie Booth, Dani Booth, K. Laurent- 2012 |

Notes-

Top \_\*\_\_ swimmer(s), diver(s) and relay(s) from district finals will advance to state, plus anyone who has achieved a state qualifying time AND competed in that event at the District meet. \*These numbers will not be set until the season is in full swing.

Relays for the district and state meet will be determined by a swimmer’s rank on this season’s top time list and eligibility.

Divers MUST qualify at an 11- dive meet in to compete at the district meet. 11-Dive qualifying meets will be scheduled on Saturdays throughout the season.

Coach Smith’s Team Page with good information: <https://www.everettsd.org/Page/17806>

Our season schedule can be found here: <https://www.everettsd.org/Page/20708>