

## Cedar Valley Barracudas

## Individual Top Times

Cedar Valley Barracudas [CVB-IA] Coach: Al Panec

Show Long Course Only

Time	P/F/S	Event			
<b>Beck, Brittany (13) F</b>					
32.72 L	F	50 Free	8/4/2006	2006 Iowa Swimming Summer State Championships	
1:10.98 L	F	100 Free	6/10/2006	CRAA Summer Long Course Kick-Off	
3:06.18 L	F	200 Free	7/15/2005	Summer Sizzler	
42.57 L	F	50 Back	8/4/2006	2006 Iowa Swimming Summer State Championships	
1:29.16 L	F	100 Back	8/4/2006	2006 Iowa Swimming Summer State Championships	
3:08.42 L	F	200 Back	8/4/2006	2006 Iowa Swimming Summer State Championships	
49.72 L	F	50 Breast	7/15/2005	Summer Sizzler	
2:06.61 L	F	100 Breast	7/30/2004	Iowa State Championship	
37.27 L	F	50 Fly	6/10/2006	CRAA Summer Long Course Kick-Off	
3:10.04 L	F	200 IM	6/10/2006	CRAA Summer Long Course Kick-Off	
<b>Clasby, Montana (12) F</b>					
39.75 L	F	50 Free	7/15/2005	Summer Sizzler	
1:21.59 L	F	100 Free	7/14/2006	Iowa Summer Sizzler 2006	
2:56.39 L	F	200 Free	6/16/2006	DMSF Birdland Invitational	
40.49 L	F	50 Back	8/4/2006	2006 Iowa Swimming Summer State Championships	
1:27.47 L	F	100 Back	8/4/2006	2006 Iowa Swimming Summer State Championships	
2:56.81 L	F	200 Back	8/4/2006	2006 Iowa Swimming Summer State Championships	
43.81 L	F	50 Breast	7/14/2006	Iowa Summer Sizzler 2006	
1:32.03 L	F	100 Breast	6/16/2006	DMSF Birdland Invitational	
3:13.20 L	F	200 Breast	6/16/2006	DMSF Birdland Invitational	
39.93 L	F	50 Fly	8/4/2006	2006 Iowa Swimming Summer State Championships	
1:28.94 L	F	100 Fly	8/4/2006	2006 Iowa Swimming Summer State Championships	
3:02.61 L	F	200 IM	8/4/2006	2006 Iowa Swimming Summer State Championships	
<b>Farley, Brianna (11) F</b>					
34.22 L	F	50 Free	8/4/2006	2006 Iowa Swimming Summer State Championships	
1:15.54 L	F	100 Free	8/4/2006	2006 Iowa Swimming Summer State Championships	
2:40.94 L	F	200 Free	7/14/2006	Iowa Summer Sizzler 2006	
41.07 L	F	50 Back	8/4/2006	2006 Iowa Swimming Summer State Championships	
1:33.50 L	F	100 Back	7/14/2006	Iowa Summer Sizzler 2006	
46.22 L	F	50 Breast	7/9/2005	Stars of Tomorrow	
1:38.82 L	F	100 Breast	8/4/2006	2006 Iowa Swimming Summer State Championships	
3:34.65 L	F	200 Breast	8/4/2006	2006 Iowa Swimming Summer State Championships	
40.99 L	F	50 Fly	7/9/2005	Stars of Tomorrow	
1:42.72 L	F	100 Fly	7/15/2005	Summer Sizzler	
3:08.02 L	F	200 IM	8/4/2006	2006 Iowa Swimming Summer State Championships	
<b>Farley, Luke (10) M</b>					
40.43 L	F	50 Free	8/4/2006	2006 Iowa Swimming Summer State Championships	
1:30.47 L	F	100 Free	8/4/2006	2006 Iowa Swimming Summer State Championships	
3:10.22 L	F	200 Free	8/4/2006	2006 Iowa Swimming Summer State Championships	
44.50 L	F	50 Back	8/4/2006	2006 Iowa Swimming Summer State Championships	
1:32.87 L	F	100 Back	8/4/2006	2006 Iowa Swimming Summer State Championships	
49.24 L	F	50 Breast	8/4/2006	2006 Iowa Swimming Summer State Championships	
1:49.86 L	F	100 Breast	8/4/2006	2006 Iowa Swimming Summer State Championships	
50.76 L	F	50 Fly	7/14/2006	Iowa Summer Sizzler 2006	
1:46.40 L	F	100 Fly	8/4/2006	2006 Iowa Swimming Summer State Championships	
3:28.21 L	F	200 IM	8/4/2006	2006 Iowa Swimming Summer State Championships	
<b>Hall, Anthony (12) M</b>					
43.57 L	F	50 Free	7/17/2004	BLAST Summer Sizzler Invitational	
1:42.80 L	F	100 Free	7/15/2005	Summer Sizzler	
3:42.39 L	F	200 Free	7/17/2004	BLAST Summer Sizzler Invitational	
8:17.33 L	F	400 Free	7/17/2004	BLAST Summer Sizzler Invitational	
53.20 L	F	50 Back	7/15/2005	Summer Sizzler	
45.18 L	F	50 Breast	8/4/2006	2006 Iowa Swimming Summer State Championships	
1:39.33 L	F	100 Breast	8/4/2006	2006 Iowa Swimming Summer State Championships	
3:28.49 L	F	200 Breast	8/4/2006	2006 Iowa Swimming Summer State Championships	
52.95 L	F	50 Fly	7/17/2004	BLAST Summer Sizzler Invitational	
4:03.66 L	F	200 IM	7/15/2005	Summer Sizzler	
<b>Hedeon, Sarah (16) F</b>					
31.70 L	P	50 Free	8/4/2006	2006 Iowa Swimming Summer State Championships	
1:09.85 L	P	100 Free	8/4/2006	2006 Iowa Swimming Summer State Championships	
2:38.99 L	F	200 Free	6/17/2005	DMSF Summer Invitational	
39.31 L	F	50 Back	7/15/2005	Summer Sizzler	
1:26.24 L	F	100 Back	5/7/2005	ICE Spring Melt Down	
3:20.30 L	F	200 Back	7/15/2005	Summer Sizzler	
41.98 L	F	50 Breast	7/15/2005	Summer Sizzler	

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Time	P/F/S	Event		
1:28.51 L	P	100 Breast	8/4/2006	2006 Iowa Swimming Summer State Championships
3:09.08 L	F	200 Breast	8/4/2006	2006 Iowa Swimming Summer State Championships
35.51 L	F	50 Fly	7/15/2005	Summer Sizzler
1:38.54 L	F	100 Fly	7/17/2004	BLAST Summer Sizzler Invitational
2:59.58 L	F	200 IM	5/7/2005	ICE Spring Melt Down
<b>Kamp, Tyler (9) M</b>				
52.72 L	F	50 Breast	8/4/2006	2006 Iowa Swimming Summer State Championships
1:53.67 L	F	100 Breast	8/4/2006	2006 Iowa Swimming Summer State Championships
<b>Knight, Jayce (8) M</b>				
44.38 L	F	50 Free	6/16/2006	DMSF Birdland Invitational
1:39.35 L	F	100 Free	7/14/2006	Iowa Summer Sizzler 2006
3:42.76 L	F	200 Free	7/14/2006	Iowa Summer Sizzler 2006
57.00 L	F	50 Back	8/4/2006	2006 Iowa Swimming Summer State Championships
1:25.53 L	F	50 Breast	7/14/2006	Iowa Summer Sizzler 2006
1:26.09 L	F	50 Fly	7/14/2006	Iowa Summer Sizzler 2006
<b>Knight, Meredith (10) F</b>				
35.02 L	F	50 Free	8/4/2006	2006 Iowa Swimming Summer State Championships
1:20.92 L	F	100 Free	6/16/2006	DMSF Birdland Invitational
3:04.68 L	F	200 Free	7/14/2006	Iowa Summer Sizzler 2006
43.66 L	F	50 Back	7/14/2006	Iowa Summer Sizzler 2006
1:33.86 L	F	100 Back	8/4/2006	2006 Iowa Swimming Summer State Championships
51.16 L	F	50 Breast	6/16/2006	DMSF Birdland Invitational
1:52.34 L	F	100 Breast	6/16/2006	DMSF Birdland Invitational
43.40 L	F	50 Fly	6/16/2006	DMSF Birdland Invitational
1:42.26 L	F	100 Fly	8/4/2006	2006 Iowa Swimming Summer State Championships
3:36.68 L	F	200 IM	8/4/2006	2006 Iowa Swimming Summer State Championships
<b>Panec, Joanie (16) F</b>				
29.64 L	P	50 Free	8/5/2005	ISI State Championship
1:08.47 L	P	100 Free	8/5/2005	ISI State Championship
40.04 L	F	50 Back	8/2/2002	Iowa Swimming Summer State Cha
1:24.69 L	F	100 Back	5/7/2005	ICE Spring Melt Down
2:54.29 L	F	200 Back	8/1/2005	Long Course Best times
47.33 L	F	50 Breast	8/2/2002	Iowa Swimming Summer State Cha
1:44.42 L	F	100 Breast	5/31/2003	A'nW Long Course Kick-off Invi
35.20 L	F	50 Fly	7/13/2002	BLAST SUMMER SIZZLER LCM 2002
1:12.06 L	F	100 Fly	7/15/2005	Summer Sizzler
2:43.82 L	F	200 Fly	7/30/2004	Iowa State Championship
2:52.57 L	F	200 IM	7/30/2004	Iowa State Championship
6:17.39 L	F	400 IM	8/1/2005	Long Course Best times
<b>Plumber, Cole (12) M</b>				
37.47 L	F	50 Free	7/14/2006	Iowa Summer Sizzler 2006
1:19.18 L	F	100 Free	6/16/2006	DMSF Birdland Invitational
2:55.09 L	F	200 Free	6/16/2006	DMSF Birdland Invitational
6:12.87 L	F	400 Free	6/10/2006	CRAA Summer Long Course Kick-Off
43.48 L	F	50 Back	7/8/2006	Stars of Tomorrow
1:32.76 L	F	100 Back	7/14/2006	Iowa Summer Sizzler 2006
3:11.55 L	F	200 Back	7/14/2006	Iowa Summer Sizzler 2006
48.98 L	F	50 Breast	7/8/2006	Stars of Tomorrow
1:45.16 L	F	100 Breast	7/14/2006	Iowa Summer Sizzler 2006
3:48.15 L	F	200 Breast	7/14/2006	Iowa Summer Sizzler 2006
41.24 L	F	50 Fly	7/14/2006	Iowa Summer Sizzler 2006
1:32.98 L	F	100 Fly	7/14/2006	Iowa Summer Sizzler 2006
3:15.40 L	F	200 IM	7/14/2006	Iowa Summer Sizzler 2006
<b>Sell, Catherine (10) F</b>				
36.39 L	F	50 Free	7/14/2006	Iowa Summer Sizzler 2006
1:24.30 L	F	100 Free	8/4/2006	2006 Iowa Swimming Summer State Championships
3:04.22 L	F	200 Free	7/8/2006	Stars of Tomorrow
6:32.06 L	F	400 Free	7/14/2006	Iowa Summer Sizzler 2006
40.89 L	F	50 Back	8/1/2005	Long Course Best times
1:32.31 L	F	100 Back	8/4/2006	2006 Iowa Swimming Summer State Championships
3:23.49 L	F	200 Back	6/10/2006	CRAA Summer Long Course Kick-Off
44.49 L	F	50 Breast	7/14/2006	Iowa Summer Sizzler 2006
1:38.02 L	F	100 Breast	8/4/2006	2006 Iowa Swimming Summer State Championships
3:43.30 L	F	200 Breast	6/10/2006	CRAA Summer Long Course Kick-Off
41.61 L	F	50 Fly	8/4/2006	2006 Iowa Swimming Summer State Championships
1:40.63 L	F	100 Fly	6/10/2006	CRAA Summer Long Course Kick-Off

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<b>Time</b>	<b>P/F/S</b>	<b>Event</b>			
3:15.30 L	F	200 IM	7/14/2006	Iowa Summer Sizzler 2006	
<b>Sell, Karen (8) F</b>					
57.77 L	F	50 Free	7/14/2006	Iowa Summer Sizzler 2006	
2:17.82 L	F	100 Free	7/8/2006	Stars of Tomorrow	
59.22 L	F	50 Back	7/8/2006	Stars of Tomorrow	
1:07.58 L	F	50 Breast	7/14/2006	Iowa Summer Sizzler 2006	
1:12.77 L	F	50 Fly	7/14/2006	Iowa Summer Sizzler 2006	
<b>Thompson, Alanna (9) F</b>					
46.54 L	F	50 Free	7/14/2006	Iowa Summer Sizzler 2006	
1:46.29 L	F	100 Free	6/16/2006	DMSF Birdland Invitational	
3:56.86 L	F	200 Free	7/8/2006	Stars of Tomorrow	
57.98 L	F	50 Back	6/16/2006	DMSF Birdland Invitational	
1:57.21 L	F	100 Back	6/10/2006	CRAA Summer Long Course Kick-Off	
1:11.54 L	F	50 Breast	7/8/2006	Stars of Tomorrow	
2:22.29 L	F	100 Breast	7/14/2006	Iowa Summer Sizzler 2006	
1:00.82 L	F	50 Fly	6/10/2006	CRAA Summer Long Course Kick-Off	
2:23.79 L	F	100 Fly	7/14/2006	Iowa Summer Sizzler 2006	
4:36.81 L	F	200 IM	7/8/2006	Stars of Tomorrow	
<b>Woodward, Alisia (9) F</b>					
44.58 L	F	50 Free	8/4/2006	2006 Iowa Swimming Summer State Championships	
1:47.51 L	F	100 Free	7/14/2006	Iowa Summer Sizzler 2006	
3:58.55 L	F	200 Free	7/14/2006	Iowa Summer Sizzler 2006	
56.21 L	F	50 Back	8/4/2006	2006 Iowa Swimming Summer State Championships	
2:12.38 L	F	100 Back	6/10/2006	CRAA Summer Long Course Kick-Off	
1:02.19 L	F	50 Breast	8/4/2006	2006 Iowa Swimming Summer State Championships	
1:02.28 L	F	50 Fly	7/14/2006	Iowa Summer Sizzler 2006	
4:22.34 L	F	200 IM	7/14/2006	Iowa Summer Sizzler 2006	