

Sprint Medley	100	Split	100	Split	200	Split	400	Split	Place	Location	Date
02:08.8	Abby Howell	15.40	Lauren Butcher	14.50	Jenny Donnersbach	31.40	Heather Bowser	01:07.2	5th	Ontario	4/15/2010
02:10.9	Abby Howell	14.80	Kim Brown	13.70	Jenny Donnersbach	32.20	Haley Rinehart	01:10.3	7th	Colonel Crawford	4/30/2010