

# GIRLS SWIMMING & DIVING

## TEAM CHAMPIONS

Date	Winner	Coach	Score	Runner-up	Coach	Score
11/17/73	Grossmont	Jane Lambert	188	Poway	Linda Scott	Unknown
11/16/74	Grossmont	Jane Lambert	372	Poway	Linda Scott	193.5
11/23/75	Grossmont	Jane Lambert	227	San Pasqual	Nancy Howard	187.5
11/20/76	San Pasqual	Nancy Howard	204.5	Helix	Betsy Muller	156
11/19/77	Torrey Pines	Roberta Cowperthwaithe	172	San Pasqual	Nancy Howard	169
11/18/78	Torrey Pines	Jeff Pease	163	Valhalla	Mimi Test	150
11/24/79	Coronado	Bev Hinkle	150	La Jolla	Marilee Owen	130
11/22/80	Mt. Carmel	Steve Eisler	205	Valhalla	Mimi Test	132
11/21/81	Valhalla	Mimi Test	210	Mt. Carmel	Steve Eisler	206
5/28/83*	Mt. Carmel	Steve Eisler	195	Valhalla	Mimi Test	135
5/26/84	Mt. Carmel	Steve Eisler	216	Point Loma	Bob Neithold	122
5/18/85	Mt. Carmel	Steve Eisler	161	Poway	William Scandalis	153
5/24/86	Mt. Carmel	Steve Eisler	163	Valhalla	Robin MacDonald	135
5/23/87	Poway	Dennis Moore	110	Mt. Carmel	Steve Eisler	108
5/21/88	RB Vista	Jim Malone	112	University City	Jeff Milton	101
5/20/89	Poway	Dennis Moore	274.5	RB Vista	Steve Blackman	141
5/19/90	Poway	Dennis Moore	254	RB Vista	R. Bruce	199
5/18/91	Poway	Dennis Moore	299	San Dieguito	Michael Beckmann	244
5/26/92	Rancho Bernardo	Jeff Ukrainetz	313	San Dieguito	Michael Beckmann	301
5/22/93	Rancho Bernardo	Jeff Ukrainetz	269	San Dieguito	Michael Beckmann	246
5/21/94	Rancho Bernardo	Jeff Ukrainetz	264	Torrey Pines	Greg Lutz	255.5
5/20/95	Rancho Bernardo	Jeff Ukrainetz	328	Mt. Carmel	Dan Rhinehart	241
5/18/96	Mt. Carmel	Eric Lindroth	238	Poway	Greg Ormsby	235
1997	Rancho Bernardo	Jeff Ukrainetz	261	co-champions USDHS	Don DeAngelo	261

\*The Women's Swimming and Diving season changed from fall to spring in 1982.

### DIVISION I

Date	Winner	Coach	Score	Runner-up	Coach	Score
5/19/98	Torrey Pines	Joe Benjamin	234	Poway	Greg Ormsby	178
5/22/99	Torrey Pines	Joe Benjamin	284	Carlsbad	Karl Walker	165
5/20/00	Torrey Pines	Joe Benjamin	270	Poway	Dan Crane	173
5/19/01	Torrey Pines	Joe Benjamin	253	Mt. Carmel	John Flowers	173
5/18/02	Torrey Pines	Joe Benjamin	217	La Costa Canyon	Bob Hoff	180
5/24/03	Rancho Bernardo	Tim Oelgoetz	266	Carlsbad	Karl Walker	193
5/22/04	Rancho Bernardo	Tim Oelgoetz	268	Mt. Carmel	Daniel Peck	206
5/21/05	Torrey Pines	Richard Contreras	283	Rancho Bernardo	Tim Oelgoetz	194
5/20/06	Torrey Pines	Richard Contreras	312	Carlsbad	Karl Walker	196
5/19/07	Torrey Pines	Richard Contreras	323	Carlsbad	Karl Walker	153
5/17/08	Rancho Bernardo	Tim Oelgoetz	204	Carlsbad	Amanda Phillippe	203
5/23/09	Carlsbad	Amanada Phillippe	218	Rancho Bernardo	Tim Oelgoetz	184

### DIVISION II

Date	Winner	Coach	Score	Runner-up	Coach	Score
5/19/98	Escondido	Gary Sadnick	195	USDHS	Don DeAngelo	183
5/22/99	Patrick Henry	Niki Simpson	167	La Jolla	William Scandalis	160.5
5/20/00	Santana	Sherri White	177	Coronado	Randall Burgess	139
5/19/01	USDHS	Don DeAngelo	236	Coronado	Randall Burgess	179
5/18/02	USDHS	Don DeAngelo	193	Grossmont	Doug Selby	160
5/24/03	USDHS	Don DeAngelo	223	Coronado	Randall Burgess	147
5/22/04	USDHS	Don DeAngelo	224	Valley Center	John McGlynn	171
5/21/05	Mt. Carmel	Daniel Peck	257	La Jolla	Tom Atwell	164
5/20/06	Cathedral Catholic	Don DeAngelo	185.5	Mt. Carmel	Daniel Peck	183
5/19/07	La Jolla	Tom Atwell	216	Mt. Carmel	Daniel Peck	200.5
5/17/08	Cathedral Catholic	Don DeAngelo	187	Ramona	Stacy Dusseault	168
5/23/09	Cathedral Catholic	Tom Owen	204	Mt. Carmel	Daniel Peck	174

# GIRLS SWIMMING & DIVING

## INDIVIDUAL EVENT CHAMPIONS

200 Yard Medley Relay		Mark	200 Yard Freestyle Relay		Mark	400 Yard Freestyle Relay		Mark
1973	Grossmont	2:04.4	1991	Poway	1:43.88	1973	Poway	3:59.8
1974	Grossmont	2:00.1	1992	Torrey Pines	1:42.99	1974	Event not held	
1975	Grossmont	2:00.0	1993	Poway	1:40.57	1975	Event not held	
1976	Helix	1:57.5	1994	Mt. Carmel	1:40.48	1976	San Pasqual	3:48.4
1977	Torrey Pines	1:55.48	1995	R. Bernardo	1:41.47	1977	San Pasqual	3:42.78
1978	Torrey Pines	1:58.19	1996	Mt. Carmel	1:39.77	1978	San Pasqual	3:45.70
1979	Vista	1:58.26	1997	USDHS	1:40.55	1979	La Jolla	3:43.45
1980	La Jolla	1:57.36	1998	Div I — Torrey Pines	1:42.04	1980	Coronado	3:44.75
1981	Grossmont	1:59.42		Div II — Escondido	1:43.01	1981	Valhalla	3:43.60
1983	Mt. Carmel	1:56.88	1999	Div I — Torrey Pines	1:41.32	1983	Poway	3:46.53
1984	Mt. Carmel	1:57.92		Div II — Patrick Henry	1:43.02	1984	Mt. Carmel	3:34.36
1985	Mt. Carmel	1:55.71	2000	Div I — Torrey Pines	1:41.10	1985	Hilltop	3:44.33
1986	University City	1:56.03		Div II — Patrick Henry	1:44.11	1986	Mt. Carmel	3:38.65
1987	Mt. Carmel	1:56.03	2001	Div I — Torrey Pines	1:40.07	1987	University City	3:45.49
1988	RB Vista	1:56.08		Div II — Coronado	1:42.13	1988	Patrick Henry	3:44.40
1989	RB Vista	1:53.46	2002	Div I — Torrey Pines	1:40.66	1989	RB Vista	3:43.11
1990	Poway	1:55.47		Div II — USDHS	1:41.82	1990	USDHS	3:39.34
1991	Poway	1:53.46	2003	Div I — R. Bernardo	1:38.96	1991	USDHS	3:37.40
1992	Poway	1:53.33		Div II — USDHS	1:42.06	1992	R. Bernardo	3:34.42
1993	Poway	1:52.43	2004	Div I — R. Bernardo	1:40.35	1993	San Dieguito	3:39.90
1994	Rancho Bernardo	1:54.43		Div II — Valley Center	1:42.35	1994	Torrey Pines	3:37.84
1995	Rancho Bernardo	1:51.05	2005	Div I — R. Bernardo	1:40.42	1995	R. Bernardo	3:39.11
1996	USDHS	1:52.55		Div II — Mt. Carmel	1:39.09	1996	Mt. Carmel	3:36.49
1997	USDHS	1:51.32	2006	Div I — Carlsbad	1:39.62	1997	R. Bernardo	3:36.95
1998	Div I — Torrey Pines	1:51.63		Div II — La Jolla	1:40.40	1998	Div I — R. Bernardo	3:38.49
	Div II — USDHS	1:53.80	2007	Div I — Eastlake	1:40.02		Div II — Escondido	3:41.72
1999	Div I — Torrey Pines	1:50.35		Div II — Mt. Carmel	1:39.53	1999	Div I — Torrey Pines	3:38.76
	Div II — Patrick Henry	1:57.47	2008	Div I — Eastlake	1:39.09		Div II — USDHS	3:46.57
2000	Div I — Torrey Pines	1:52.07		Div II — Ramona	1:40.82	2000	Div I — Torrey Pines	3:37.46
	Div II — Santana	1:55.20	2009	Div I — Eastlake	1:36.77		Div II — La Jolla	3:44.36
2001	Div I — Torrey Pines	1:49.93		Div II — Mt. Carmel	1:41.42	2001	Div I — Mt. Carmel	3:38.74
	Div II — La Jolla	1:56.28					Div II — USDHS	3:44.58
2002	Div I — Mt. Carmel	1:51.45				2002	Div I — Torrey Pines	3:38.25
	Div II — Grossmont	1:55.44					Div II — USDHS	3:43.17
2003	Div I — Carlsbad	1:49.56				2003	Div I — R. Bernardo	3:30.51
	Div II — USDHS	1:54.20					Div II — USDHS	3:40.53
2004	Div I — Mt. Carmel	1:48.35				2004	Div I — Mt. Carmel	3:33.02
	Div II — USDHS	1:52.71					Div II — USDHS	3:39.07
2005	Div I — Torrey Pines	1:50.04				2005	Div I — R. Bernardo	3:34.29
	Div II — Mt. Carmel	1:52.76					Div II — Mt. Carmel	3:30.54
2006	Div I — Torrey Pines	1:48.10				2006	Div I — Torrey Pines	3:33.09
	Div II — Mt. Carmel	1:50.76					Div II — Mt. Carmel	3:32.92
2007	Div I — Torrey Pines	1:46.97				2007	Div I — Torrey Pines	3:30.29
	Div II — Cathedral	1:51.53					Div II — Mt. Carmel	3:34.74
2008	Div I — Carlsbad	1:50.06				2008	Div I — Eastlake	3:31.37
	Div II — Bishop's	1:50.94					Div II — Bishop's	3:37.12
2009	Div I — Torrey Pines	1:46.72				2009	Div I — Eastlake	3:29.65
	Div II — Cathedral	1:50.50					Div II — La Jolla	3:34.73

## GIRLS SWIMMING & DIVING

### 200 Yard Freestyle

	<b>Mark</b>
1973 B. Belanger, Mt. Miguel	2:07.2
1974 S. Hill, Mission Bay	1:58.9
1975 Stacy Smith, Helix	2:00.5
1976 Kathy Hart, Helix	1:58.6
1977 Teri McKeever, San Pasqual	1:53.89
1978 Jocelyn Thomas, Valhalla	1:55.68
1979 Leslie Mendez, Point Loma	1:53.94
1980 Jocelyn Thomas, Valhalla	1:54.26
1981 Jocelyn Thomas, Valhalla	1:55.14
1983 Carolyn Worth, Serra	1:53.75
1984 Marilyn Peck, Point Loma	1:55.02
1985 Marilyn Peck, Point Loma	1:52.88
1986 Marilyn Peck, Point Loma	1:51.68
1987 Marilyn Peck, Point Loma	1:50.60
1988 Pam Capin, Fallbrook	1:53.54
1989 Alison Terry, USDHS	1:49.62
1990 Kari Lyderson, San Dieguito	1:51.50
1991 Kari Lyderson, San Dieguito	1:51.45
1992 Laurie Kline, Rancho Bernardo	1:50.42
1993 Jenna Tukey, Torrey Pines	1:55.14
1994 Laurie Kline, Rancho Bernardo	1:49.96
1995 Caroline Kilian, Vista	1:49.25
1996 Vanessa Hammond, La Jolla	1:53.34
1997 Vanessa Hammond, La Jolla	1:52.49
1998 Div I — Jenay Karlson, Torrey Pines	1:51.78
Div II — Kathleen Keays, OLP	1:57.78
1999 Div I — Jenay Carlson, Torrey Pines	1:51.52
Div II — Amrah Brunt, Santana	1:58.06
2000 Div I — Valerie Tukey, Torrey Pines	1:51.24
Div II — Emily Murad, University City	1:56.34
2001 Div I — Valerie Tukey, Torrey Pines	1:51.60
Div II — Brittany Allen, USDHS	1:53.58
2002 Div I — Valerie Tukey, Torrey Pines	1:51.16
Div II — Brittany Allen, USDHS	1:52.16
2003 Div I — Valerie Tukey, Torrey Pines	1:48.55
Div II — Blake Hayter, USDHS	1:51.26
2004 Div I — Whitney Spence, Mt. Carmel	1:48.05
Div II — Blake Hayter, USDHS	1:50.07
2005 Div I — Linda Hermann, Torrey Pines	1:52.99
Div II — Blake Hayter, USDHS	1:46.62
2006 Div I — Linda Hermann, Torrey Pines	1:51.78
Div II — Whitney Spence, Mt. Carmel	1:47.81
2007 Div I — Linda Hermann, Torrey Pines	1:50.01
Div II — Gloria Benefield, La Jolla	1:50.81
2008 Div I — Monica Dornick, Carlsbad	1:49.88
Div II — Jessica Heim, Horizon	1:50.51
2009 Div I — Monica Durnick, Carlsbad	1:48.12
Div II — Jessica Heim, Horizon	1:47.94

### 200 Yard Individual Medley

	<b>Mark</b>
1976 Teri McKeever, San Pasqual	2:15.2
1977 Laura Purdy, La Jolla	2:10.99
1978 Leslie Maurer, Torrey Pines	2:14.63
1979 Kay Lundy, La Jolla	2:09.24
1980 Kay Lundy, La Jolla	2:10.16
1981 Kay Lundy, La Jolla	2:08.64
1983 Wendy Hoffman, Granite Hills	2:11.88
1984 Wendy Hoffman, Granite Hills	2:11.06
1985 Tami Bruce, Hilltop	2:06.02
1986 Karla Kish, Mt. Carmel	2:09.45
1987 Alison Maxwell, University City	2:08.68
1988 Michelle Butcher, Granite Hills	2:07.02
1989 Michelle Butcher, Granite Hills	2:07.55
1990 Alison Terry, USDHS	2:05.71
1991 Ericka Keithly, USDHS	2:10.45
1992 Jennie McMinn, Poway	2:08.64
1993 Laurie Kline, Rancho Bernardo	2:05.65
1994 Marineke Vandevort, Torrey Pines	2:09.07
1995 Monica Shannahan, Rancho Bernardo	2:04.90
1996 Anastasia Graf, San Dieguito	2:08.48

1997 Monica Shannahan, La Jolla	2:05.09
1998 Div I — Monica Shannahan, R. Bernardo	2:04.09
Div II — Amanda Powers, Mission Bay	2:10.53
1999 Div I — Staci Stitts, Carlsbad	2:05.63
Div II — Amanda Powers, Mission Bay	2:11.42
2000 Div I — Alice Orr, Torrey Pines	2:06.55
Div II — Alex Ricks, USDHS	2:12.37
2001 Div I — Becky Kreutzjans, Poway	2:05.21
Div II — Lise Vollmond-Carstens, Bishop's	2:12.21
2002 Div I — Becky Kreutzjans, Poway	2:05.55
Div II — Catherine Gordon, Bishop's	2:09.72
2003 Div I — Becky Kreutzjans, Poway	2:02.35
Div II — Susan Bell, La Jolla	2:10.51
2004 Div I — Jenna Wesley, R. Bernardo	2:07.10
Div II — Caitlin Macky, West Hills	2:07.61
2005 Div I — Kirsten Fontana, Patrick Henry	2:04.91
Div II — Erin Yamamoto, Mt. Carmel	2:05.43
2006 Div I — Jessica Schmitt, Torrey Pines	2:01.86
Div II — Hailey Dean, Christian	2:06.80
2007 Div I — Jessica Schmitt, Torrey Pines	2:00.94
Div II — Allie Knight, La Jolla	2:04.58
2008 Div I — Bianca Casciari, Poway	2:04.50
Div II — Chelsea Weedman, Cathedral	2:04.00
2009 Div I — Jessica Schmitt, Torrey Pines	2:00.16
Div II — Chelsea Weedman, Cathedral	2:02.51

### 50 Yard Freestyle

	<b>Mark</b>
1973 A. Gibson, La Jolla	26.9
1974 Townsend, Grossmont	26.3
1975 S. Hill, Mission Bay	25.2
1976 Stacy Smith, Helix	25.2
1977 Stacy Smith, Helix	24.894
1978 Stacy Smith, Helix	24.75
1979 Martha Kitch, Grossmont	25.09
1980 Martha Kitch, Grossmont	24.99
1981 Martha Kitch, Grossmont	24.95
1983 Cathy Ackerman, Poway	24.74
1984 Amy Robbins, Mt. Carmel	25.48
1985 Deborah Daniels, Poway	25.61
1986 Heather Merten, Mt. Carmel	24.40
1987 Heather Merten, Mt. Carmel	24.17
1988 Alison Terry, USDHS	24.09
1989 Anne Serina, Torrey Pines	24.55
1990 Leah Schrader, USDHS	25.06
1991 Alison Terry, USDHS	23.86
1992 Michelle Collins, San Dieguito	23.80
1993 Michelle Collins, San Dieguito	23.85
1994 Jeanna Willi, Monte Vista	23.95
1995 Jeanna Willi, Monte Vista	24.64
1996 Jeanna Willi, Monte Vista	23.95
1997 Danielle Steadman, USDHS	24.55
1998 Div I — Danielle Steadman, USDHS	24.43
Div II — Iela Dorsey, Escondido	24.34
1999 Div I — Katee Dular, Torrey Pines	24.66
Div II — Danielle Steadman, Pt. Loma	24.23
2000 Div I — Katee Dular, Torrey Pines	24.51
Div II — Jamie Fullen, Patrick Henry	25.41
2001 Div I — Kirsten Rasmuson, Mt. Carmel	24.16
Div II — Katelyn Butler, Valley Center	24.90
2002 Div I — Hannah McClurg, R. Bernardo	24.41
Div II — Katelyn Butler, Valley Center	24.43
2003 Div I — Hannah McClurg, R. Bernardo	23.75
Div II — Katelyn Butler, Valley Center	24.51
2004 Div I — Hannah McClurg, R. Bernardo	24.05
Div II — Katelyn Butler, Valley Center	24.13
2005 Div I — Forel Davies, Carlsbad	23.91
Div II — Hayley Ettelson, Mt. Carmel	24.42
2006 Div I — Forel Davies, Carlsbad	24.67
Div II — Hayley Ettelson, Mt. Carmel	24.35
2007 Div I — Jacquie Kimmel, Eastlake	23.91
Div II — Hayley Ettelson, Mt. Carmel	23.96

## GIRLS SWIMMING & DIVING

2008	Div I — Jacquie Kimmel, Eastlake	23.90
	Div II — Mikkell-ane Stipe, Cathedral	24.12
2009	Div I — Katie Tomkinson, Carlsbad	23.73
	Div II — Haley Ferrer, OLP	24.30

		<b>Mark</b>
1976	Lisa Simmonds, Helix	302.00
1977	Gamin Marugg, Grossmont	315.55
1978	Molly Barnum, Coronado	298.51
1979	Molly Barnum, Coronado	303.10
1980	Molly Barnum, Coronado	323.60
1981	Nina Fodor, Mt. Carmel	348.40
1983	Nina Fodor, Mt. Carmel	352.05
1984	Nina Fodor, Mt. Carmel	424.70
1985	Eileen Maul, Santana	318.65
1986	Eileen Maul, Santana	406.35
1987	Eileen Maul, Santana	436.95
1988	Kristen Walls, Monte Vista	428.40
1989	Kristen Walls, Monte Vista	450.85
1990	Julianne Bauer, Bonita Vista	434.50
1991	Juli Walls, Grossmont	416.15
1992	Windy Kraynick, Crawford	442.95
1993	Rose Huelskamp, USDHS	417.75
1994	Rose Huelskamp, USDHS	435.95
1995	Tori Denlinger, Granite Hills	411.20
1996	Tori Denlinger, Granite Hills	439.40
1997	Sara Vlastic, Rancho Bernardo	414.55
1998	Div I — Kim Hammerly, Poway	410.55
	Div II — Kali Ducas, San Dieguito	450.10
1999	Div I — Kim Hammerly, Poway	380.80
	Div II — Kali Ducas, San Dieguito	405.35
2000	Div I — Lauren Formicola, RB Vista	429.85
	Div II — Cherie Favona, Valley Center	348.80
2001	Div I — Lauren Formicola, RB Vista	438.00
	Div II — Cherie Favona, Valley Center	350.85
2002	Div I — Elyse Penner, Poway	431.60
	Div II — Natalie Carier, La Jolla	353.20
2003	Div I — Kate McArdle, LC Canyon	381.40
	Div II — Krysta Chaldekas, Coronado	357.35
2004	Div I — Penner, Poway	413.95
	Div II — Lauren Dunn, Valley Center	417.25
2005	Div I — Meghan Proehl, Rancho Bernardo	401.95
	Div II — Lisa Carbone, Mt. Carmel	355.45
2006	Div I — Laura Sanford, Torrey Pines	409.55
	Div II — Dunn, Escondido Christian	389.95
2007	Div I — Laura Sanford, Torrey Pines	226.25
	Div II — Tessa Barclay, OLP	173.90
2008	Div I — Haley Francis, Rancho Bernardo	221.85
	Div II — Allison Rogers, Mt. Carmel	159.20
2009	Div I — Haley Franco, Rancho Bernardo	228.00
	Div II — Samantha Wilson, El Capitan	216.75

		<b>Mark</b>
1973	Kovac, USDHS	1:04.3
1974	T.Wold, Mission Bay	58.8
1975	E. Judson, Grossmont	1:02.0
1976	Teri McKeever, San Pasqual	58.3
1977	Teri McKeever, San Pasqual	57.87
1978	Leslie Mendez, Point Loma	57.52
1979	Leslie Mendez, Point Loma	58.71
1980	Pam Haaland, Vista	59.31
1981	Carolyn Worth, Serra	1:00.54
1983	Carolyn Worth, Serra	58.58
1984	Diana Palma, Patrick Henry	59.86
1985	Hilary Higdon, Coronado	58.14
1986	Diana Palma, Patrick Henry	58.42
1987	Alison Maxwell, University City	59.43
1988	Carolyn Tart, Granite Hills	58.29
1989	Karen Muter, Poway	58.29
1990	Alison Terry, USDHS	57.24
1991	Michelle Collins, San Dieguito	58.67

1992	Michelle Collins, San Dieguito	56.80
1993	Michelle Collins, San Dieguito	56.43
1994	Michelle Collins, San Dieguito	56.57
1995	Stephanie Herman, Torrey Pines	56.41
1996	Jeanna Willi, Monte Vista	58.06
1997	Monica Shannahan, Rancho Bernardo	56.77
1998	Div I — Monica Shannahan, R. Bernardo	56.54
	Div II — Colleen Baydo, USDHS	59.60
1999	Div I — Daphna Shafir, Mt. Carmel	57.60
	Div II — Amrah Brunt, Santana	59.09
2000	Div I — Daphna Shafir, Mt. Carmel	57.58
	Div II — Amrah Brunt, Santana	58.54
2001	Div I — Lisa Morelli, Torrey Pines	56.31
	Div II — Lauren Brinkman, Santana	59.54
2002	Div I — Stacy Blondin, Carlsbad	57.19
	Div II — Kim Murphy, Clairemont	59.88
2003	Div I — Stacy Blondin, Carlsbad	56.00
	Div II — Rachel Murphy, Clairemont	59.23
2004	Div I — Tiffany Brown, R. Bernardo	51.80
	Div II — Elgamal, Bishop's	58.56
2005	Div I — Bianca Casciari, Poway	56.59
	Div II — Erin Yamamoto, Mt. Carmel	55.51
2006	Div I — Bianca Casciari, Poway	56.00
	Div II — Rachel Heim, Horizon	56.41
2007	Div I — Bianca Casciari, Poway	55.42
	Div II — Gloria Benefield, La Jolla	56.05
2008	Div I — Bianca Casciari, Poway	56.90
	Div II — Nicole Parmenter, San Marcos	55.57
2009	Div I — Kendyl Stewart, La Costa Canyon	53.44
	Div II — Nicole Parmenter, San Marcos	55.21

		<b>Mark</b>
1974	S. Hill, Mission Bay	55.0
1975	Event not held	
1976	Stacy Smith, Helix	54.2
1977	Kathy Mench, Patrick Henry	53.382
1978	Stacy Smith, Helix	53.36
1979	Kelly Tower, Coronado	54.72
1980	Dee Dee Tower, Coronado	54.45
1981	Lisa Asperin, USDHS	53.73
1983	Amy Robbins, Mt. Carmel	54.97
1984	Marilyn Peck, Point Loma	53.54
1985	Marilyn Peck, Point Loma	53.58
1986	Heather Merten, Mt. Carmel	52.93
1987	Heather Merten, Mt. Carmel	52.19
1988	Heather Merten, Mt. Carmel	53.46
1989	Alison Terry, USDHS	50.56
1990	Lea Schraeder, USDHS	53.99
1991	Lea Schraeder, USDHS	53.59
1992	Laurie Kline, Rancho Bernardo	52.43
1993	Lea Schraeder, USDHS	52.62
1994	Heidi Turney, San Pasqual	53.06
1995	Caroline Kilian, Vista	51.58
1996	Lena Darnell, Monte Vista	52.85
1997	Vanessa Hammond, La Jolla	52.33
1998	Div I — Danielle Steadman, Point Loma	53.92
	Div II — Ilea Dorsey, Escondido	53.40
1999	Div I — Jessica Brower, Torrey Pines	54.08
	Div II — Danielle Steadman, Pt. Loma	52.59
2000	Div I — Becky Kreutzjans, Poway	53.04
	Div II — Keelen Chatfield, OLP	53.58
2001	Div I — Valerie Tukey, Torrey Pines	52.42
	Div II — Katie Hansen, Coronado	59.54
2002	Div I — Valerie Tukey, Torrey Pines	53.16
	Div II — Katelyn Butler, Valley Center	53.05
2003	Div I — Valerie Tukey, Torrey Pines	51.07
	Div II — Katie Hansen, Coronado	52.96
2004	Div I — Erin Yamamoto, Mt. Carmel	56.46
	Div II — Blake Hayter, USDHS	51.74
2005	Div I — Jenna Wesley, R. Bernardo	51.63
	Div II — Hayley Ettelson, Mt. Carmel	53.39

## GIRLS SWIMMING & DIVING

2006	Div I — Jenna Wesley, R. Bernardo	51.73
	Div II — Hayley Ettelson, Mt. Carmel	52.70
2007	Div I — Linda Hermann, Torrey Pines	51.89
	Div II — Hayley Ettelson, Mt. Carmel	51.34
2008	Div I — Chandra Lukes, San Pasqual	51.92
	Div II — Haley Ferrer, OLP	53.42
2009	Div I — Katie Tomkinson, Carlsbad	50.83
	Div II — Haren Alanis, La Jolla	51.91

### 500 Yard Freestyle

	Mark	
1976	Caroline Hart, Helix	5:12.1
1977	Laura Purdy, La Jolla	5:05.853
1978	Leslie Mendez, Point Loma	5:00.70
1979	Kay Lundy, La Jolla	5:01.86
1980	Jocelyn Thomas, Valhalla	4:59.14
1981	Kay Lundy, La Jolla	4:55.96
1983	Mary Qualls, Fallbrook	5:08.21
1984	Susan Ortwein, Point Loma	5:09.08
1985	Alyssa Higdon, Coronado	4:59.60
1986	Michelle Butcher, Granite Hills	4:56.00
1987	Marilyn Peck, Point Loma	4:54.33
1988	Michelle Butcher, Granite Hills	4:49.64
1989	Michelle Butcher, Granite Hills	4:51.23
1990	Kari Lyderson, San Dieguito	4:54.17
1991	Kari Lyderson, San Dieguito	4:51.93
1992	Kari Lyderson, San Dieguito	4:54.54
1993	Laurie Kline, Rancho Bernardo	4:49.61
1994	Laurie Kline, Rancho Bernardo	4:49.97
1995	Courtney Lischke, La Jolla	4:50.42
1996	Caroline Kilian, Vista	4:57.62
1997	Laurie Dolgas, Rancho Bernardo	4:57.76
1998	Div I — Jenay Karlson, Torrey Pines	4:54.81
	Div II — Kathleen Keays, OLP	5:14.43
1999	Div I — Jenay Carlson, Torrey Pines	4:53.38
	Div II — Amanda Powers, Mission Bay	5:11.95
2000	Div I — Valerie Tukey, Torrey Pines	4:59.72
	Div II — Emily Murad, University City	5:05.37
2001	Div I — Becky Kreutzjans, Poway	4:52.63
	Div II — Brittany Allen, USDHS	4:58.82
2002	Div I — Becky Kreutzjans, Poway	4:54.63
	Div II — Katelyn Butler, Valley Center	4:53.05
2003	Div I — Becky Kreutzjans, Poway	4:47.27
	Div II — Blake Hayter, USDHS	4:50.39
2004	Div I — Whitney Spence, Mt. Carmel	4:47.21
	Div II — Brittany Allen, USDHS	4:52.53
2005	Div I — Murphy Wimer, Torrey Pines	5:00.58
	Div II — Blake Hayter, USDHS	4:43.75
2006	Div I — Alexandra Hilber, Scripps Ranch	4:58.95
	Div II — Blake Hayter, Cathedral Catholic	4:44.43
2007	Div I — Jessica Schmitt, Torrey Pines	4:51.71
	Div II — Dani Spence, Mt. Carmel	4:57.06
2008	Div I — Monica Dornick, Carlsbad	4:57.02
	Div II — Jessica Heim, Horizon	4:55.61
2009	Div I — Kelsey Hall, West Hills	4:48.88
	Div II — Jessica Heim, Horizon	4:52.17

### 100 Yard Backstroke

	Mark	
1973	B. Belanger, Mt. Miguel	1:07.8
1974	B. Belanger, Mt. Miguel	1:05.1
1975	Candy Erck, San Pasqual	1:05.4
1976	Janine Walker, Poway	1:05.4
1977	Leslie Maurer, Torrey Pines	1:00.12
1978	Leslie Maurer, Torrey Pines	1:00.65
1979	Laura Purdy, La Jolla	1:01.60
1980	Fiona Curnow, Mt. Carmel	1:02.87
1981	Fiona Curnow, Mt. Carmel	1:02.92
1983	Wendy Hoffman, Granite Hills	1:00.40
1984	Wendy Hoffman, Granite Hills	1:00.23
1985	Tami Bruce, Hilltop	59.75
1986	Karla Kish, Mt. Carmel	59.75
1987	Karla Kish, Mt. Carmel	1:00.75

1988	Alison Terry, USDHS	58.55
1989	Beth Engstrom, Poway	1:01.58
1990	Nikki Peterson, Christian	1:00.78
1991	Alison Terry, USDHS	57.48
1993	Susan Eisele, USDHS	58.23
1994	Susan Eisele, USDHS	58.04
1995	Susan Eisele, USDHS	57.98
1996	Anastasia Graf, San Dieguito	58.15
1997	Anastasia Graf, La Costa Canyon	59.83
1998	Div I — Erin Corn, Poway	59.58
	Div II — Kellen Chatfield, OLP	1:01.16
1999	Div I — Corinne Harris, Fallbrook	59.46
	Div II — Kellen Chatfield, OLP	1:00.51
2000	Div I — Becky Kreutzjans, Poway	58.33
	Div II — Kourtney Schrodt, Escondido	1:00.48
2001	Div I — Lisa Morelli, Torrey Pines	56.95
	Div II — Kristina Berge, Clairemont	1:00.51
2002	Div I — Ashley Vrieze, LC Canyon	57.40
	Div II — Susan Bell, La Jolla	1:01.03
2003	Div I — Tiffany Brown, R. Bernardo	58.48
	Div II — Amanda Weinbrecht, Uni. City	58.44
2004	Div I — Tiffany Brown, R. Bernardo	59.26
	Div II — Amanda Weinbrecht, Uni. City	57.25
2005	Div I — Kirsten Fontana, Patrick Henry	56.40
	Div II — Amanda Weinbrecht, University City	57.05
2006	Div I — Kirsten Fontana, Patrick Henry	56.38
	Div II — Rachel Heim, Horizon	58.18
2007	Div I — Anna Pold, Torrey Pines	56.53
	Div II — Rachel Heim, Horizon	57.81
2008	Div I — Jacquie Kimmel, Eastlake	57.59
	Div II — Nicole Parmenter, San Marcos	55.12
2009	Div I — Kendyl Stewart, La Costa Canyon	55.37
	Div II — Nicole Parmenter, San Marcos	54.55

### 100 Yard Breaststroke

	Mark	
1973	B. Cheney, Oceanside	1:16.2
1974	Erin O'Beirne, Coronado	1:10.6
1975	Kathy Hotz, Mission Bay	1:11.6
1976	Caroline Hart, Helix	1:10.8
1977	Caroline Hart, Helix	1:09.35
1978	Kelly Tower, Coronado	1:12.23
1979	Martha Kitch, Grossmont	1:08.43
1980	Martha Kitch, Grossmont	1:06.14
1981	Martha Kitch, Grossmont	1:06.01
1983	Karen Dobias, Mt. Carmel	1:11.13
1984	Lisa Clark, Point Loma	1:08.03
1985	Lisa Clark, Point Loma	1:08.70
1986	Sara Saltzstein, Valhalla	1:08.37
1987	Sara Saltzstein, Valhalla	1:08.511
1988	Jennifer Ross, RB Vista	1:07.51
1989	Jennifer Ross, RB Vista	1:06.94
1990	Jennifer Ross, RB Vista	1:06.38
1991	Jennifer Ross, RB Vista	1:07.65
1992	Kendall Lane, Poway	1:07.56
1993	Katy Nye, Ramona	1:06.93
1994	Tatjana Divjak, Poway	1:07.34
1995	Monica Shannahan, Rancho Bernardo	1:04.99
1996	Staci Stitts, Carlsbad	1:06.48
1997	Staci Stitts, Carlsbad	1:04.42
1998	Div I — Staci Stitts, Carlsbad	1:01.77
	Div II — Amanda Mullenix, USDHS	1:06.69
1999	Div I — Staci Stitts, Carlsbad	1:02.37
	Div II — Brittany Trimmerger, LJC	1:07.47
2000	Div I — Alice Orr, Torrey Pines	1:03.55
	Div II — Stephanie Hammand, La Jolla	1:07.29
2001	Div I — Kirsten Rasmuson, Mt. Carmel	1:04.08
	Div II — Catherine Gordon, Bishop's	1:08.39
2002	Div I — Nicoll Julien, Torrey Pines	1:05.68
	Div II — Catherine Gordon, Bishop's	1:04.52
2003	Div I — Kelly Blondin, Carlsbad	1:05.91
	Div II — Hailey Dean, Christian	1:07.06

## GIRLS SWIMMING & DIVING

2004	Div I — Dani Kimmel, Eastlake	1:06.21
	Div II — Caitlin Macky, West Hills	1:05.90
2005	Div I — Dani Kimmel, Eastlake	1:04.58
	Div II — Alexandra Ellis, Westview	1:03.46
2006	Div I — Jessica Schmitt, Torrey Pines	1:03.32
	Div II — Hailey Dean, Christian	1:05.43
2007	Div I — Christine Johnson, Granite Hills	1:07.22
	Div II — Chelsea Weedman, Cathedral	1:05.65
2008	Div I — Danielle Ortizharo, Rancho Bernardo	1:06.73
	Div II — Chelsea Weedman, Cathedral	1:03.72
2009	Div I — Jessica Stewart, Torrey Pines	1:01.85
	Div II — Chelsea Weedman, Cathedral	1:04.23

### CIFSDS COACHES AND HALL OF CHAMPIONS/MEDIA ATHLETE OF THE YEAR

1976	— Teri McKeever, San Pasqual, and Kathy Hart, Helix
1977	— Teri McKeever, San Pasqual
1978	— Leslie Mendez, Point Loma
1979	— Kay Lundy, La Jolla, and Leslie Mendez, Point Loma
1980	— Molly Barnum, Coronado and Martha Kitch, Grossmont
1981	— Kay Lundy, La Jolla
1982	— Season changes to spring
1983	— Carolyn Worth, Serra
1984	— Nina Fodor, Mt. Carmel and Wendy Hoffman, Granite Hills
1985	— Tami Bruce, Hilltop
1986	— Heather Merten, Mt. Carmel
1987	— Marilyn Peck, Point Loma
1988	— Michelle Butcher, Granite Hills
1989	— Alison Terry, USDHS and Jennifer Ross, RB Vista
1990	— Alison Terry, USDHS
1991	— Alison Terry, USDHS
1992	— Michelle Collins, San Dieguito
1993	— Michelle Collins, San Dieguito
1994	— Laurie Kline, R. Bernardo
1995	— Susan Eisele, USDHS
1996	— Jeanna Willi, Monte Vista
1997	— Vanessa Hammond, La Jolla
1998	— Monica Shannahan, R. Bernardo
1999	— Jenay Carlson, Torrey Pines
2000	— Alice Orr, Torrey Pines
2001	— Lisa Morelli, Torrey Pines
2002	— None
2003	— None
2004	— None
2005	— Blake Hayter, USDHS
2006	— Jessica Schmitt, Torrey Pines
2007	— Hayley Ettelson, Mt. Carmel
2008	— Nicole Parmenter, San Marcos
2009	— Jessica Schmidt, Torrey Pines

### SECTION RECORDS

<b>Year</b>	<b>Event</b>	<b>Name, School</b>	<b>Mark</b>
2009	200 Yd. Medley Relay	Torrey Pines (Allison DePeralta, Jessica Schmitt, Allison Paris, Kelsey Loy)	1:46.72
2005	200 Yd. Freestyle	Blake Hayter, USDHS	1:46.62
2007	200 Yd. Individual Medley	Jessica Schmitt, Torrey Pines	2:00.16
2009	50 Yd. Freestyle	Jacque Kimmel, Eastlake	23.68
1989	1 Meter Diving	Kristen Walls, Monte Vista	450.85
2007	100 Yd. Butterfly	Kendyl Stewart, La Costa Canyon	53.44
2009	100 Yd. Freestyle	Alison Terry, USDHS	50.56
2005	500 Yd. Freestyle	Blake Hayter, USDHS	4:43.75
2009	200 Yd. Freestyle Relay	Eastlake (Andrea Voight, Justine Maher, Taylor Stoddard, Jacque Kimmel)	1:36.77
2009	100 Yd. Backstroke	Nicole Parmenter, San Marcos	54.55
1998	100 Yd. Breaststroke	Staci Stitts, Carlsbad	1:01.77
2009	400 Yd. Freestyle Relay	Eastlake (Andrea Voight, Justine Maher, Taylor Stoddard, Jacque Kimmel)	3:29.65