

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
5/22/10	Torrey Pines	Richard Contreras	260	La Costa Canyon	Mickey Murad	192
5/21/11	Torrey Pines	Richard Contreras	295	Carlsbad	Amanda Phillippe	174

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
5/22/10	Cathedral Catholic	Tom Owen	239	Valhalla	Page Small	135
5/21/11	Cathedral Catholic	Tom Owen	207	Valhalla	Page Small	195

GIRLS SWIMMING & DIVING

INDIVIDUAL EVENT CHAMPIONS

200 Yard Medley Relay			200 Yard Freestyle Relay			400 Yard Freestyle Relay		
		Mark			Mark			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	2010	Div I — Torrey Pines	1:40.07		Div II — USDHS	3:44.58
2002	Div I — Mt. Carmel	1:51.45		Div II — Ramona	1:39.48	2002	Div I — Torrey Pines	3:38.25
	Div II — Grossmont	1:55.44	2011	Div I — Torrey Pines	1:37.27		Div II — USDHS	3:43.17
2003	Div I — Carlsbad	1:49.56		Div II — Mt. Carmel	1:38.96	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
2010	Div I — LC Canyon	1:50.99				2010	Div I — LC Canyon	3:32.17
	Div II — Cathedral	1:49.34					Div II — Cathedral	3:33.50
2011	Div I — Torrey Pines	1:46.31				2011	Div I — Torrey Pines	3:31.60
	Div II — Cathedral	1:50.54					Div II — Cathedral	3:34.63

GIRLS SWIMMING & DIVING

200 Yard Freestyle		Mark	200 Yard Individual Medley		Mark
1973	B. Belanger, Mt. Miguel	2:07.2	1976	Teri McKeever, San Pasqual	2:15.2
1974	S. Hill, Mission Bay	1:58.9	1977	Laura Purdy, La Jolla	2:10.99
1975	Stacy Smith, Helix	2:00.5	1978	Leslie Maurer, Torrey Pines	2:14.63
1976	Kathy Hart, Helix	1:58.6	1979	Kay Lundy, La Jolla	2:09.24
1977	Teri McKeever, San Pasqual	1:53.89	1980	Kay Lundy, La Jolla	2:10.16
1978	Jocelyn Thomas, Valhalla	1:55.68	1981	Kay Lundy, La Jolla	2:08.64
1979	Leslie Mendez, Point Loma	1:53.94	1983	Wendy Hoffman, Granite Hills	2:11.88
1980	Jocelyn Thomas, Valhalla	1:54.26	1984	Wendy Hoffman, Granite Hills	2:11.06
1981	Jocelyn Thomas, Valhalla	1:55.14	1985	Tami Bruce, Hilltop	2:06.02
1983	Carolyn Worth, Serra	1:53.75	1986	Karla Kish, Mt. Carmel	2:09.45
1984	Marilyn Peck, Point Loma	1:55.02	1987	Alison Maxwell, University City	2:08.68
1985	Marilyn Peck, Point Loma	1:52.88	1988	Michelle Butcher, Granite Hills	2:07.02
1986	Marilyn Peck, Point Loma	1:51.68	1989	Michelle Butcher, Granite Hills	2:07.55
1987	Marilyn Peck, Point Loma	1:50.60	1990	Alison Terry, USDHS	2:05.71
1988	Pam Capin, Fallbrook	1:53.54	1991	Erica Keithly, USDHS	2:10.45
1989	Alison Terry, USDHS	1:49.62	1992	Jennie McMinn, Poway	2:08.64
1990	Kari Lyderson, San Dieguito	1:51.50	1993	Laurie Kline, Rancho Bernardo	2:05.65
1991	Kari Lyderson, San Dieguito	1:51.45	1994	Marineke Vandevort, Torrey Pines	2:09.07
1992	Laurie Kline, Rancho Bernardo	1:50.42	1995	Monica Shannahan, Rancho Bernardo	2:04.90
1993	Jenna Tukey, Torrey Pines	1:55.14	1996	Anastasia Graf, San Dieguito	2:08.48
1994	Laurie Kline, Rancho Bernardo	1:49.96	1997	Monica Shannahan, La Jolla	2:05.09
1995	Caroline Kilian, Vista	1:49.25	1998	Div I — Monica Shannahan, R. Bernardo	2:04.09
1996	Vanessa Hammond, La Jolla	1:53.34		Div II — Amanda Powers, Mission Bay	2:10.53
1997	Vanessa Hammond, La Jolla	1:52.49	1999	Div I — Staci Stitts, Carlsbad	2:05.63
1998	Div I — Jenay Karlson, Torrey Pines	1:51.78		Div II — Amanda Powers, Mission Bay	2:11.42
	Div II — Kathleen Keays, OLP	1:57.78	2000	Div I — Alice Orr, Torrey Pines	2:06.55
1999	Div I — Jenay Carlson, Torrey Pines	1:51.52		Div II — Alex Ricks, USDHS	2:12.37
	Div II — Amrah Brunt, Santana	1:58.06	2001	Div I — Becky Kreutzjans, Poway	2:05.21
2000	Div I — Valerie Tukey, Torrey Pines	1:51.24		Div II — Lise Vollmond-Carstens, Bishop's	2:12.21
	Div II — Emily Murad, University City	1:56.34	2002	Div I — Becky Kreutzjans, Poway	2:05.55
2001	Div I — Valerie Tukey, Torrey Pines	1:51.60		Div II — Catherine Gordon, Bishop's	2:09.72
	Div II — Brittany Allen, USDHS	1:53.58	2003	Div I — Becky Kreutzjans, Poway	2:02.35
2002	Div I — Valerie Tukey, Torrey Pines	1:51.16		Div II — Susan Bell, La Jolla	2:10.51
	Div II — Brittany Allen, USDHS	1:52.16	2004	Div I — Jenna Wesley, R. Bernardo	2:07.10
2003	Div I — Valerie Tukey, Torrey Pines	1:48.55		Div II — Caitlin Macky, West Hills	2:07.61
	Div II — Blake Hayter, USDHS	1:51.26	2005	Div I — Kirsten Fontana, Patrick Henry	2:04.91
2004	Div I — Whitney Spence, Mt. Carmel	1:48.05		Div II — Erin Yamamoto, Mt. Carmel	2:05.43
	Div II — Blake Hayter, USDHS	1:50.07	2006	Div I — Jessica Schmitt, Torrey Pines	2:01.86
2005	Div I — Linda Hermann, Torrey Pines	1:52.99		Div II — Hailey Dean, Christian	2:06.80
	Div II — Blake Hayter, USDHS	1:46.62	2007	Div I — Jessica Schmitt, Torrey Pines	2:00.94
2006	Div I — Linda Hermann, Torrey Pines	1:51.78		Div II — Allie Knight, La Jolla	2:04.58
	Div II — Whitney Spence, Mt. Carmel	1:47.81	2008	Div I — Bianca Casciari, Poway	2:04.50
2007	Div I — Linda Hermann, Torrey Pines	1:50.01		Div II — Chelsea Weedman, Cathedral	2:04.00
	Div II — Gloria Benefield, La Jolla	1:50.81	2009	Div I — Jessica Schmitt, Torrey Pines	2:00.16
2008	Div I — Monica Dornick, Carlsbad	1:49.88		Div II — Chelsea Weedman, Cathedral	2:02.51
	Div II — Jessica Heim, Horizon	1:50.51	2010	Div I — Chi Pham, Westview	2:05.45
2009	Div I — Monica Durnick, Carlsbad	1:48.12		Div II — Chelsea Weedman, Cathedral	2:02.45
	Div II — Jessica Heim, Horizon	1:47.94	2011	Div I — Kelsey Kafka, Torrey Pines	2:05.14
2010	Div I — Andrea Voight, Eastlake	1:51.38		Div II — Heren Alanis, La Jolla	2:03.63
	Div II — Jessica Heim, Horizon	1:48.75			
2011	Div I — Monica Dornick, Carlsbad	1:49.29			
	Div II — Roslyn Kackman, Cathedral	1:51.92			

GIRLS SWIMMING & DIVING

50 Yard Freestyle		Mark	Diving		Mark
1973	A. Gibson, La Jolla	26.9	1976	Lisa Simmonds, Helix	302.00
1974	Townsend, Grossmont	26.3	1977	Gamin Marugg, Grossmont	315.55
1975	S. Hill, Mission Bay	25.2	1978	Molly Barnum, Coronado	298.51
1976	Stacy Smith, Helix	25.2	1979	Molly Barnum, Coronado	303.10
1977	Stacy Smith, Helix	24.894	1980	Molly Barnum, Coronado	323.60
1978	Stacy Smith, Helix	24.75	1981	Nina Fodor, Mt. Carmel	348.40
1979	Martha Kitch, Grossmont	25.09	1983	Nina Fodor, Mt. Carmel	352.05
1980	Martha Kitch, Grossmont	24.99	1984	Nina Fodor, Mt. Carmel	424.70
1981	Martha Kitch, Grossmont	24.95	1985	Eileen Maul, Santana	318.65
1983	Cathy Ackerman, Poway	24.74	1986	Eileen Maul, Santana	406.35
1984	Amy Robbins, Mt. Carmel	25.48	1987	Eileen Maul, Santana	436.95
1985	Deborah Daniels, Poway	25.61	1988	Kristen Walls, Monte Vista	428.40
1986	Heather Merten, Mt. Carmel	24.40	1989	Kristen Walls, Monte Vista	450.85
1987	Heather Merten, Mt. Carmel	24.17	1990	Julianne Bauer, Bonita Vista	434.50
1988	Alison Terry, USDHS	24.09	1991	Juli Walls, Grossmont	416.15
1989	Anne Serina, Torrey Pines	24.55	1992	Windy Kraynick, Crawford	442.95
1990	Leah Schrader, USDHS	25.06	1993	Rose Huelskamp, USDHS	417.75
1991	Alison Terry, USDHS	23.86	1994	Rose Huelskamp, USDHS	435.95
1992	Michelle Collins, San Dieguito	23.80	1995	Tori Denlinger, Granite Hills	411.20
1993	Michelle Collins, San Dieguito	23.85	1996	Tori Denlinger, Granite Hills	439.40
1994	Jeanna Willi, Monte Vista	23.95	1997	Sara Vladoic, Rancho Bernardo	414.55
1995	Jeanna Willi, Monte Vista	24.64	1998	Div I — Kim Hammerly, Poway	410.55
1996	Jeanna Willi, Monte Vista	23.95		Div II — Kali Ducas, San Dieguito	450.10
1997	Danielle Steadman, USDHS	24.55	1999	Div I — Kim Hammerly, Poway	380.80
1998	Div I — Danielle Steadman, USDHS	24.43		Div II — Kali Ducas, San Dieguito	405.35
	Div II — Iela Dorsey, Escondido	24.34	2000	Div I — Lauren Formicola, RB Vista	429.85
1999	Div I — Katee Dulgar, Torrey Pines	24.66		Div II — Cherie Vavona, Valley Center	348.80
	Div II — Danielle Steadman, Pt. Loma	24.23	2001	Div I — Lauren Formicola, RB Vista	438.00
2000	Div I — Katee Dulgar, Torrey Pines	24.51		Div II — Cherie Vavona, Valley Center	350.85
	Div II — Jamie Fullen, Patrick Henry	25.41	2002	Div I — Elyse Penner, Poway	431.60
2001	Div I — Kirsten Rasmuson, Mt. Carmel	24.16		Div II — Natalie Carier, La Jolla	353.20
	Div II — Katelyn Butler, Valley Center	24.90	2003	Div I — Kate McArdle, LC Canyon	381.40
2002	Div I — Hannah McClurg, R. Bernardo	24.41		Div II — Krysta Chaldeckas, Coronado	357.35
	Div II — Katelyn Butler, Valley Center	24.43	2004	Div I — Penner, Poway	413.95
2003	Div I — Hannah McClurg, R. Bernardo	23.75		Div II — Lauren Dunn, Valley Center	417.25
	Div II — Katelyn Butler, Valley Center	24.51	2005	Div I — Meghan Proehl, Rancho Bernardo	401.95
2004	Div I — Hannah McClurg, R. Bernardo	24.05		Div II — Lisa Carbone, Mt. Carmel	355.45
	Div II — Katelyn Butler, Valley Center	24.13	2006	Div I — Laura Sanford, Torrey Pines	409.55
2005	Div I — Forel Davies, Carlsbad	23.91		Div II — Dunn, Escondido Christian	389.95
	Div II — Hayley Ettelson, Mt. Carmel	24.42	2007	Div I — Laura Sanford, Torrey Pines	226.25
2006	Div I — Forel Davies, Carlsbad	24.67		Div II — Tessa Barclay, OLP	173.90
	Div II — Hayley Ettelson, Mt. Carmel	24.35	2008	Div I — Haley Francis, Rancho Bernardo	221.85
2007	Div I — Jacquie Kimmel, Eastlake	23.91		Div II — Allison Rogers, Mt. Carmel	159.20
	Div II — Hayley Ettelson, Mt. Carmel	23.96	2009	Div I — Haley Francois, Rancho Bernardo	228.00
2008	Div I — Jacquie Kimmel, Eastlake	23.90		Div II — Samantha Wilson, El Capitan	216.75
	Div II — Mikkell-ane Stipe, Cathedral	24.12	2010	Div I — Haley Francois, Rancho Bernardo	261.35
2009	Div I — Katie Tomkinson, Carlsbad	23.73		Div II — Sam Wilson, El Capitan	227.15
	Div II — Haley Ferrer, OLP	24.30	2011	Div I — Haley Francois, Rancho Bernardo	252.40
2010	Div I — Mikkell-Ane Stipe, LC Canyon	23.63		Div II — Hannah Tomp	247.45
	Div II — Annabel Tomes, Canyon Crest	24.37			
2011	Div I — Chandra Lukes, San Pasqual	23.21			
	Div II — Annabel Tomes, Canyon Crest	23.67			

GIRLS SWIMMING & DIVING

100 Yard Butterfly		Mark	100 Yard Freestyle		Mark
1973	Kovac, USDHS	1:04.3	1974	S. Hill, Mission Bay	55.0
1974	T.Wold, Mission Bay	58.8	1975	Event not held	
1975	E. Judson, Grossmont	1:02.0	1976	Stacy Smith, Helix	54.2
1976	Teri McKeever, San Pasqual	58.3	1977	Kathy Mench, Patrick Henry	53.382
1977	Teri McKeever, San Pasqual	57.87	1978	Stacy Smith, Helix	53.36
1978	Leslie Mendez, Point Loma	57.52	1979	Kelly Tower, Coronado	54.72
1979	Leslie Mendez, Point Loma	58.71	1980	Dee Dee Tower, Coronado	54.45
1980	Pam Haaland, Vista	59.31	1981	Lisa Asperin, USDHS	53.73
1981	Carolyn Worth, Serra	1:00.54	1983	Amy Robbins, Mt. Carmel	54.97
1983	Carolyn Worth, Serra	58.58	1984	Marilyn Peck, Point Loma	53.54
1984	Diana Palma, Patrick Henry	59.86	1985	Marilyn Peck, Point Loma	53.58
1985	Hilary Higdon, Coronado	58.14	1986	Heather Merten, Mt. Carmel	52.93
1986	Diana Palma, Patrick Henry	58.42	1987	Heather Merten, Mt. Carmel	52.19
1987	Alison Maxwell, University City	59.43	1988	Heather Merten, Mt. Carmel	53.46
1988	Carolyn Tart, Granite Hills	58.29	1989	Alison Terry, USDHS	50.56
1989	Karen Muter, Poway	58.29	1990	Lea Schraeder, USDHS	53.99
1990	Alison Terry, USDHS	57.24	1991	Lea Schraeder, USDHS	53.59
1991	Michelle Collins, San Dieguito	58.67	1992	Laurie Kline, Rancho Bernardo	52.43
1992	Michelle Collins, San Dieguito	56.80	1993	Lea Schraeder, USDHS	52.62
1993	Michelle Collins, San Dieguito	56.43	1994	Heidi Turney, San Pasqual	53.06
1994	Michelle Collins, San Dieguito	56.57	1995	Caroline Kilian, Vista	51.58
1995	Stephanie Herman, Torrey Pines	56.41	1996	Lena Darnell, Monte Vista	52.85
1996	Jeanna Willi, Monte Vista	58.06	1997	Vanessa Hammond, La Jolla	52.33
1997	Monica Shannahan, Rancho Bernardo	56.77	1998	Div I — Danielle Steadman, Point Loma	53.92
1998	Div I — Monica Shannahan, R. Bernardo	56.54		Div II — Ilea Dorsey, Escondido	53.40
	Div II — Colleen Baydo, USDHS	59.60	1999	Div I — Jessica Brower, Torrey Pines	54.08
1999	Div I — Daphna Shafir, Mt. Carmel	57.60		Div II — Danielle Steadman, Pt. Loma	52.59
	Div II — Amrah Brunt, Santana	59.09	2000	Div I — Becky Kreutzjans, Poway	53.04
2000	Div I — Daphna Shafir, Mt. Carmel	57.58		Div II — Keelen Chatfield, OLP	53.58
	Div II — Amrah Brunt, Santana	58.54	2001	Div I — Valerie Tukey, Torrey Pines	52.42
2001	Div I — Lisa Morelli, Torrey Pines	56.31		Div II — Katie Hansen, Coronado	59.54
	Div II — Lauren Brinkman, Santana	59.54	2002	Div I — Valerie Tukey, Torrey Pines	53.16
2002	Div I — Stacy Blondin, Carlsbad	57.19		Div II — Katelyn Butler, Valley Center	53.05
	Div II — Kim Murphy, Clairemont	59.88	2003	Div I — Valerie Tukey, Torrey Pines	51.07
2003	Div I — Stacy Blondin, Carlsbad	56.00		Div II — Katie Hansen, Coronado	52.96
	Div II — Rachel Murphy, Clairemont	59.23	2004	Div I — Erin Yamamoto, Mt. Carmel	56.46
2004	Div I — Tiffany Brown, R. Bernardo	51.80		Div II — Blake Hayter, USDHS	51.74
	Div II — Elgamal, Bishop's	58.56	2005	Div I — Jenna Wesley, R. Bernardo	51.63
2005	Div I — Bianca Casciari, Poway	56.59		Div II — Hayley Ettelson, Mt. Carmel	53.39
	Div II — Erin Yamamoto, Mt. Carmel	55.51	2006	Div I — Jenna Wesley, R. Bernardo	51.73
2006	Div I — Bianca Casciari, Poway	56.00		Div II — Hayley Ettelson, Mt. Carmel	52.70
	Div II — Rachel Heim, Horizon	56.41	2007	Div I — Linda Hermann, Torrey Pines	51.89
2007	Div I — Bianca Casciari, Poway	55.42		Div II — Hayley Ettelson, Mt. Carmel	51.34
	Div II — Gloria Benefield, La Jolla	56.05	2008	Div I — Chandra Lukes, San Pasqual	51.92
2008	Div I — Bianca Casciari, Poway	56.90		Div II — Haley Ferrer, OLP	53.42
	Div II — Nicole Parmenter, San Marcos	55.57	2009	Div I — Katie Tomkinson, Carlsbad	50.83
2009	Div I — Kendyl Stewart, La Costa Canyon	53.44		Div II — Haren Alanis, La Jolla	51.91
	Div II — Nicole Parmenter, San Marcos	55.21	2010	Div I — Mikkel-Ane Stipe, LC Canyon	51.48
2010	Div I — Kendyl Stewart, LC Canyon	52.43		Div II — Andrea Basaraba, Bishop's	52.21
	Div II — Nicole Parmenter, San Marcos	55.91	2011	Div I — Kendyl Stewart, LC Canyon	49.77
2011	Div I — Justine Panian, Mission Hills	56.33		Div II — Haley Ferrer, OLP	51.67
	Div II — Roslyn Kackman, Cathedral	57.00			

GIRLS SWIMMING & DIVING

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
2010	Div I — Monica Dornick, Carlsbad	4:57.12
	Div II — Jessica Heim, Horizon	4:52.88
2011	Div I — Riley Spitzer, Rancho Bernardo	4:55.06
	Div II — Heren Alanis, La Jolla	4:53.89

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
2010	Div I — Kendyl Stewart, LC Canyon	54.89
	Div II — Nicole Parmenter, San Marcos	55.91
2011	Div I — Kendyl Stewart, LC Canyon	54.61
	Div II — Sarah Lucas, Valhalla	58.38

GIRLS SWIMMING & DIVING

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 Tatijana 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 Trimberger, 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
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
2010 Div I -- Kelsey Kafka, Torrey Pines	1:04.02
Div II -- Chelsea Weedman, Cathedral	1:04.42
2011 Div I -- Kelsey Kafka, Torrey Pines	1:03.27
Div II -- Rosa Beni, Helix	1:05.72

GIRLS SWIMMING & DIVING

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
 2010 — Kendyl Stewart, La Costa Canyon
 2011 — Kendyl Stewart, La Costa Canyon

SECTION RECORDS

Year	Event	Name, School	Mark
2011	200 Yd. Medley Relay	Torrey Pines (Allison DeParalta, Kelsey Kafka, Allison Paris, Anique Hermann)	1:46.31
2005	200 Yd. Freestyle	Blake Hayter, USDHS	1:46.62
2007	200 Yd. Individual Medley	Jessica Schmitt, Torrey Pines	2:00.16
2011	50 Yd. Freestyle	Chandra Lukes, San Pasqual	23.21
1989	1 Meter Diving	Kristen Walls, Monte Vista	450.85
2010	100 Yd. Butterfly	Kendyl Stewart, La Costa Canyon	52.43
2011	100 Yd. Freestyle	Kendyl Stewart, La Costa Canyon	49.77
2005	500 Yd. Freestyle	Blake Hayter, USDHS	4:43.75
2009	200 Yd. Freestyle Relay	Eastlake (Andrea Voight, Justine Maher, Taylor Stoddard, Jacquie 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, Jacquie Kimmel)	3:29.65