

# GIRLS SWIMMING & DIVING

## TEAM CHAMPIONS

### 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  
5/19/12 Torrey Pines Richard Contreras 194.5 Carlsbad Amanda Phillippe 174  
5/2013 Torrey Pines Richard Contreras 263 Carlsbad Amanda Phillippe 181  
5/2014 Torrey Pines Richard Contreras 214 Westview Amy Alexander 179  
5/23/15 Torrey Pines Richard Contreras 361 Carlsbad Amanda Phillippe 235  
5/14/16 Torrey Pines Richard Contreras 476 Carlsbad Jim Barton 370  
5/13/17 Torrey Pines Richard Contreras 474 Carlsbad Jim Barton 351

### 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  
5/19/12 Cathedral Catholic Tom Owen 268 Mt. Carmel Daniel Peck 214  
5/13 Cathedral Catholic Tom Owen 232 Mt. Carmel Dan Peck 162  
5/2014 Mt. Carmel Dan Peck 204 Cathedral Catholic Tom Owen 203  
5/23/15 Mt. Carmel Dan Peck 341 Cathedral Catholic Tom Owen 303  
5/14/16 Mt. Carmel Dan Peck 301 Cathedral Catholic Tom Owen 285  
5/13/17 Cathedral Catholic Tom Owen 336 Mt. Carmel Dan Peck 329

#### 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.

### 200 Yard Medley Relay Mark

1973 Grossmont	2:04.4
1974 Grossmont	2:00.1
1975 Grossmont	2:00.0
1976 Helix	1:57.5
1977 Torrey Pines	1:55.48
1978 Torrey Pines	1:58.19
1979 Vista	1:58.26
1980 La Jolla	1:57.36
1981 Grossmont	1:59.42
1983 Mt. Carmel	1:56.88
1984 Mt. Carmel	1:57.92
1985 Mt. Carmel	1:55.71
1986 University City	1:56.03
1987 Mt. Carmel	1:56.03
1988 RB Vista	1:56.08
1989 RB Vista	1:53.46
1990 Poway	1:55.47
1991 Poway	1:53.46
1992 Poway	1:53.33
1993 Poway	1:52.43
1994 Rancho Bernardo	1:54.43
1995 Rancho Bernardo	1:51.05
1996 USDHS	1:52.55
1997 USDHS	1:51.32
1998 Div I — Torrey Pines	1:51.63
Div II — USDHS	1:53.80
1999 Div I — Torrey Pines	1:50.35
Div II — Patrick Henry	1:57.47
2000 Div I — Torrey Pines	1:52.07
Div II — Santana	1:55.20
2001 Div I — Torrey Pines	1:49.93
Div II — La Jolla	1:56.28
2002 Div I — Mt. Carmel	1:51.45
Div II — Grossmont	1:55.44
2003 Div I — Carlsbad	1:49.56
Div II — USDHS	1:54.20
2004 Div I — Mt. Carmel	1:48.35
Div II — USDHS	1:52.71
2005 Div I — Torrey Pines	1:50.04
Div II — Mt. Carmel	1:52.76
2006 Div I — Torrey Pines	1:48.10
Div II — Mt. Carmel	1:50.76
2007 Div I — Torrey Pines	1:46.97
Div II — Cathedral	1:51.53
2008 Div I — Carlsbad	1:50.06
Div II — Bishop's	1:50.94
2009 Div I — Torrey Pines	1:46.72
Div II — Cathedral	1:50.50
2010 Div I — LC Canyon	1:50.99
Div II — Cathedral	1:49.34
2011 Div I — Torrey Pines	1:46.31
Div II — Cathedral	1:50.54
2012 Div I — Torrey Pines	1:49.20
Div II — Cathedral	1:50.19
2013 Div I — Torrey Pines	1:45.52
Div II — Canyon Crest Academy	1:48.49
2014 Div I — Westview	1:48.02
Div II — Mt. Carmel	1:49.85
2015 Div I — Westview	1:52.41
Div II — La Costa Canyon	1:49.42

2016 Div I — Torrey Pines	1:47.28
Div II — Westview	1:49.61
2017 Div I — Torrey Pines	1:46.01
Div II — Mt. Carmel	1:48.28
<b>200 Yard Freestyle Relay Mark</b>	
1991 Poway	1:43.88
1992 Torrey Pines	1:42.99
1993 Poway	1:40.57
1994 Mt. Carmel	1:40.48
1995 R. Bernardo	1:41.47
1996 Mt. Carmel	1:39.77
1997 USDHS	1:40.55
1998 Div I — Torrey Pines	1:42.04
Div II — Escondido	1:43.01
1999 Div I — Torrey Pines	1:41.32
Div II — Patrick Henry	1:43.02
2000 Div I — Torrey Pines	1:41.10
Div II — Patrick Henry	1:44.11
2001 Div I — Torrey Pines	1:40.07
Div II — Coronado	1:42.13
2002 Div I — Torrey Pines	1:40.66
Div II — USDHS	1:41.82
2003 Div I — R. Bernardo	1:38.96
Div II — USDHS	1:42.06
2004 Div I — R. Bernardo	1:40.35
Div II — Valley Center	1:42.35
2005 Div I — R. Bernardo	1:40.42
Div II — Mt. Carmel	1:39.09
2006 Div I — Carlsbad	1:39.62
Div II — La Jolla	1:40.40
2007 Div I — Eastlake	1:40.02
Div II — Mt. Carmel	1:39.53
2008 Div I — Eastlake	1:39.09
Div II — Ramona	1:40.82
2009 Div I — Eastlake	1:36.77
Div II — Mt. Carmel	1:41.42
2010 Div I — Torrey Pines	1:40.07
Div II — Ramona	1:39.48
2011 Div I — Torrey Pines	1:37.27
Div II — Mt. Carmel	1:38.96
2012 Div I — La Costa Canyon	1:40.01
Div II — Mt. Carmel	1:39.35
2013 Div I — Torrey Pines	1:39.42
Div II — Canyon Crest	1:38.00
2014 Div I — Torrey Pines	1:38.76
Div II — Cathedral Catholic	1:38.20
2015 Div I — Fallbrook	1:39.33
Div II — Cathedral Catholic	1:37.47
2016 Div I — Torrey Pines	1:39.04
Div II — Cathedral Catholic	1:38.01
2017 Div I — Torrey Pines	1:38.22
Div II — Classical Academy	1:38.68
<b>400 Yard Freestyle Relay Mark</b>	
1973 Poway	3:59.8
1974 Event not held	
1975 Event not held	
1976 San Pasqual	3:48.4
1977 San Pasqual	3:42.78
1978 San Pasqual	3:45.70
1979 La Jolla	3:43.45
1980 Coronado	3:44.75
1981 Valhalla	3:43.60
1983 Poway	3:46.53
1984 Mt. Carmel	3:34.36
1985 Hilltop	3:44.33
1986 Mt. Carmel	3:38.65
1987 University City	3:45.49
1988 Patrick Henry	3:44.40
1989 RB Vista	3:43.11

1990 USDHS	3:39.34
1991 USDHS	3:37.40
1992 R. Bernardo	3:34.42
1993 San Dieguito	3:39.90
1994 Torrey Pines	3:37.84
1995 R. Bernardo	3:39.11
1996 Mt. Carmel	3:36.49
1997 R. Bernardo	3:36.95
1998 Div I — R. Bernardo	3:38.49
Div II — Escondido	3:41.72
1999 Div I — Torrey Pines	3:38.76
Div II — USDHS	3:46.57
2000 Div I — Torrey Pines	3:37.46
Div II — La Jolla	3:44.36
2001 Div I — Mt. Carmel	3:38.74
Div II — USDHS	3:44.58
2002 Div I — Torrey Pines	3:38.25
Div II — USDHS	3:43.17
2003 Div I — R. Bernardo	3:30.51
Div II — USDHS	3:40.53
2004 Div I — Mt. Carmel	3:33.02
Div II — USDHS	3:39.07
2005 Div I — R. Bernardo	3:34.29
Div II — Mt. Carmel	3:30.54
2006 Div I — Torrey Pines	3:33.09
Div II — Mt. Carmel	3:32.92
2007 Div I — Torrey Pines	3:30.29
Div II — Mt. Carmel	3:34.74
2008 Div I — Eastlake	3:31.37
Div II — Bishop's	3:37.12
2009 Div I — Eastlake	3:29.65
Div II — La Jolla	3:34.73
2010 Div I — LC Canyon	3:32.17
Div II — Cathedral	3:33.50
2011 Div I — Torrey Pines	3:31.60
Div II — Cathedral	3:34.63
2012 Div I — Torrey Pines	3:33.67
Div II — Cathedral	3:35.23
2013 Div I — Torrey Pines	3:33.65
Div II — Cathedral Catholic	3:34.26
2014 Div I — La Costa Canyon	3:34.15
Div II — Cathedral Catholic	3:33.36
2015 Div I — Torrey Pines	3:37.15
Div II — Cathedral Catholic	3:33.42
2016 Div I — Carlsbad	3:32.75
Div II — Cathedral Catholic	3:33.52
2017 Div I — Torrey Pines	3:30.93
Div II — Cathedral Catholic	3:30.43

## INDIVIDUAL RECORDS

### 200 Yard Freestyle Mark

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 McKeeever, 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
2010 Div I — Andrea Voight, Eastlake	1:51.38
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
2012 Div I — Valerie Hull, Westview	1:48.82
Div II — Ros Kackman, Cathedral	1:50.88
2013 Div I — Valerie Hull, Westview	1:48.80
Div II — Sarah Nowaski, West Hills	1:49.92
2014 Div I — Valerie Hull, Westview	1:48.14
Div II — Sarah Nowaski, West Hills	1:50.91
2015 Div I — Lindsay Ladman, San Marcos	1:52.25
Div II — Sarah Nowaski, West Hills	1:49.91
2016 Div I — Lindsay Turner, Carlsbad	1:51.11
Div II — Rachel Rhee, La Costa Canyon	1:48.12
2017 Div I — Lindsay Turner, Carlsbad	1:49.68
Div II — Rachel Rhee, La Costa Canyon	1:49.02

### **200 Yard Individual Medley Mark**

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 Team 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
2010 Div I — Chi Pham, Westview	2:05.45
Div II — Chelsea Weedman, Cathedral	2:02.45
2011 Div I — Kelsey Kafka, Torrey Pines	2:05.14
Div II — Heren Alanis, La Jolla	2:03.63
2012 Div I — Allison DePeralta, Torrey Pines	2:05.14
Div II — Gina Lucas, Ramona	2:07.07
2013 Div I — Kelsey Kafka, Torrey Pines	2:04.08
Div II — Georgia Reilly, Mt. Carmel	2:06.80
2014 Div I — Amanda Sumrow, Patrick Henry	2:05.57
Div II — Georgia Reilly, Mt. Carmel	2:07.75
2015 Div I — Amanda Sumrow, Patrick Henry	2:04.06
Div II — Taylor Lynch, Christian	2:06.06
2016 Div I — Isabela Boese, Torrey Pines	2:06.62
Div II — Taylor Lynch, Christian	2:05.28
2017 Div I — Anna Brooker, Carlsbad	2:03.55
Div II — Tegan Preston, La Costa Canyon	2:03.52

### 50 Yard Freestyle Mark

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
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
2010 Div I — Mikkell-Ane Stipe, LC Canyon	23.63
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
2012 Div I — Justine Panian, Mission Hills	23.34
Div II — Makayla Markey, Valley Center	23.30
2013 Div I — Crystal Lore, Torrey Pines	24.00
Div II — Makayla Markey, Valley Center	23.62
2014 Div I — Crystal Lore, Torrey Pines	24.14
Div II — Mary Roberts, Cathedral Catholic	23.94
2015 Div I — Pina Simone, Torrey Pines	24.29
Div II — Mary Roberts, Cathedral Catholic	23.91
2016 Div I — Pina Simone, Torrey Pines	24.36
Div II — Rachel Rhee, La Costa Canyon	23.44
2017 Div I — Kira Crage, Torrey Pines	23.60
Div II — Rachel Rhee, La Costa Canyon	23.19

### **Diving Mark**

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 Vldic, 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 Vavona, Valley Center	348.80

2001 Div I — Lauren Formicola, RB Vista	438.00
Div II — Cherie Vavona, 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 Francois, Rancho Bernardo	228.00
Div II — Samantha Wilson, El Capitan	216.75
2010 Div I — Haley Francois, Rancho Bernardo	261.35
Div II — Sam Wilson, El Capitan	227.15
2011 Div I — Haley Francois, Rancho Bernardo	252.40
Div II — Hannah Tomp	247.45
2012 Div I — Ali Gill, Poway	246.05
Div II — Taylor Pamplin, Escondido Charter	262.15
2013 Div I — Carly Doi, Rancho Bernardo	269.05
Div II — Taylor Pamplin, Escondido Charter	251.25
2014 Div I — Carly Doi, Rancho Bernardo	261.75
Div II — Taylor Pamplin, Escondido Charter	303.35
2015 Div I — Carly Doi, Rancho Bernardo	288.40
Div II — Taylor Pamplin, Escondido Charter	317.20
2016 Div I — Jackie Im, Torrey Pines	295.80
Div II — Isabelle Shane, Valhalla	271.40
2017 Div I — Jaye Patrick, Canyon Crest	237.35
Div II — Isabelle Shane, Valhalla	255.30

### 100 Yard Butterfly Mark

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 — ElgamaI, 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
2010 Div I — Kendyl Stewart, LC Canyon	52.43
Div II — Nicole Parmenter, San Marcos	55.91
2011 Div I — Justine Panian, Mission Hills	56.33
Div II — Ros Kackman, Cathedral	57.00
2012 Div I — Justine Panian, Mission Hills	55.62
Div II — Ros Kackman, Cathedral	56.78
2013 Div I — Alyssa Cable, Rancho Bernardo	56.22
Div II — Ros Kackman, Cathedral	56.20
2014 Div I — Jordan Payne, El Camino	56.00
Div II — Cora McClelland, Cathedral	55.84
2015 Div I — Jordan Payne, El Camino	55.95
Div II — Cora McClelland, Cathedral Catholic	55.53
2016 Div I — Leah Coffin, Torrey Pines	55.30
Div II — Cora McClelland, Cathedral Catholic	56.50
2017 Div I — Leah Coffin, Torrey Pines	54.56
Div II — Juliana Fox, Mt. Carmel	56.43

### 100 Yard Freestyle Mark

1974 S. Hill, Mission Bay	55.0
1975 Event not held	
1976 Stacy Smith, Helix	54.2
1977 Kathy Mench, Patrick Henry	53.38
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
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
2010	Div I — Mikkell-Ane Stipe, LC Canyon	51.48
	Div II — Andrea Basaraba, Bishop's	52.21
2011	Div I — Kendyl Stewart, LC Canyon	49.77
	Div II — Haley Ferrer, OLP	51.67
2012	Div I — Valerie Hull, Westview	50.18
	Div II — Makayla Markey, Valley Center	50.79
2013	Div I — Valerie Hull, Westview	51.04
	Div II — Makayla Markey, Valley Center	51.25
2014	Div I — Valerie Hull, Westview	49.69
	Div II — Mary Roberts, Cathedral	52.69
2015	Div I — Pina Simone, Torrey Pines	52.85
	Div II — Allison Liu, Canyon Crest	51.69
2016	Div I — Julianna Natale, San Diego	52.82
	Div II — Jessica Pentlarge, Cathedral Catholic	50.90
2017	Div I — Kira Crage, Torrey Pines	50.90
	Div II — Jessica Pentlarge, Cathedral Catholic	50.12

#### 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 Spitsler, Rancho Bernardo	4:55.06
Div II — Heren Alanis, La Jolla	4:53.89
2012 Div I — Riley Spitsler, Rancho Bernardo	4:54.12
Div II — Molly Barry, Cathedral	4:56.85
2013 Div I — Ariel Jordan, Torrey Pines	4:57:66
Div II — Sarah Nowaski, West Hills	4:53.94
2014 Div I — Lindsay Ladman, San Marcos	5:01:68
Div II — Sarah Nowaski, West Hills	4:57.77
2015 Div I — Lindsay Ladman, San Marcos	4:59.36
Div II — Sarah Nowaski, West Hills	4:53.80
2016 Div I — Lindsay Turner, Carlsbad	4:57.23
Div II — Sarah Nowaski, West Hills	4:50.10
2017 Div I — Kalie Novosediak, Carlsbad	4:52.69
Div II — Danielle Nowaski, West Hills	4:53.39

### 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 Kreuzjans, 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 Luibel, Valhalla	58.38
2012	Div I — Katie Anderson, Rancho Bernardo	57.75
	Div II — Sara Lenhoff, Santana	56.14
2013	Div I — McKenna Garfein, Torrey Pines	56.49
	Div II — Georgia Reilly, Mt. Carmel	55.97
2014	Div I — Julie Parsons, Otay Ranch	58.45
	Div II — Georgia Reilly, Mt. Carmel	57.20
2015	Div I — Jordan Payne, El Camino	56.43
	Div II — Georgia Reilly, Mt. Carmel	56.75
2016	Div I — Jordan Payne, El Camino	55.98
	Div II — Micah Toetter, Mt. Carmel	56.85
2017	Div I — Leah Coffin, Torrey Pines	56.92
	Div II — Jessica Pentlarge, Cathedral Catholic	56.01

### 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, LJCD	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
2012 Div I — Sherri McIntee, Carlsbad	1:04.55
Div II — Katie Kolchalko, Cathedral	1:07.83
2013 Div I — Kelsey Kafka, Torrey Pines	1:02.26
Div II — Gina Lucas, Ramona	1:06.87
2014 Div I — Sherri McIntee, Carlsbad	1:03.76
Div II — Taylor Lynch, Christian	1:07.22
2015 Div I — An Nguyen, Westview	1:05.12
Div II — Taylor Lynch, Christian	1:05.30
2016 Div I — Isabela Boese, Torrey Pines	1:05.19
Div II — Tegan Preston, La Costa Canyon	1:04.96
2017 Div I — Amelia Cho, Torrey Pines	1:04.25
Div II — Tegan Preston, La Costa Canyon	1:03.29

## **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  
 2012 — Justine Panian, Mission Hills  
 2013 — Makayla Markey, Valley Center  
 2014 — Valerie Hull, Westview  
 2015 — Sarah Nowaski, West Hills  
 2016 — Jackie Im, Torrey Pines  
 2017 — Jessica Pentlarge, Cathedral Catholic