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 Phillipe 174
5/19/12 Torrey Pines Richard Contreras 194.5 Carlsbad Amanda Phillipe 174
5/2013 Torrey Pines Richard Contreras 263 Carlsbad Amanda Phillipe 181
5/2014 Torrey Pines Richard Contreras 214 Westview Amy Alexander 179
5/23/15 Torrey Pines Richard Contreras 361 Carlsbad Amanda Phillipe 235
5/14/16 Torrey Pines Richard Contreras 476 Carlsbad 370
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 Peck162
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
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

200 Yard Freestyle Relay Mark

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

400 Yard Freestyle Relay Mark

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

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 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
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

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

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 Dulgar, Torrey Pines	24.66
	Div II — Danielle Steadman, Pt. Loma	24.23
2000	Div I — Katee Dulgar, 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 — Mikkel-ane Stipe, Cathedral	24.12
2009	Div I — Katie Tomkinson, Carlsbad	23.73
	Div II — Haley Ferrer, OLP	24.30
2010	Div I — Mikkel-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

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 Vladic, 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

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 — 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

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

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 — Mikkel-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

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 Spitser, Rancho Bernardo	4:55.06
	Div II — Heren Alanis, La Jolla	4:53.89
2012	Div I — Riley Spitser, 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

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 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

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

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