

2004-05 WOMEN'S SWIMMING

GOLDEN BEAR FACTS

Location	Berkeley, CA
Enrollment	32,000
Founded	1868
Nickname	Golden Bears
Colors	Blue and Gold
Conference	Pacific-10
Pool	Spieker Aquatics Complex (2,000)
Pool Dimensions	50 meters by 25 yards
Chancellor	Dr. Robert Birgeneau
Athletic Director	Steve Gladstone
Athletics Website	www.calbears.com

SWIMMING OFFICE

Head Coach	Teri McKeever (USC '83)
Year at Cal	13th (102-40, .718)
Career Record	17th (156-62, .716)
Assistant Coach	Whitney Hite (Texas '97)
Olympic Sports Operations	Josh Flushman
Swimming Office Phone	510-642-9450
Swimming Office Fax	510-643-5344
Diving Coach	Ron Kontura (Ohio University, '91)
Diving Office Phone	510-643-DIVE
2002-03 Overall Record	9-0
2002-03 Pac-10 Finish	Fourth
2002-03 NCAA Finish	Sixth
Letterwinners returning/Lost	17/4
All-Americans returning/Lost	7/3

MEDIA RELATIONS OFFICE

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MEDIA CREDENTIALS

Please direct all requests/questions for media credentials to Hannah Gordon. Requests should be made in writing by sports editors/directors on appropriate letterhead at least one week prior to the meet. Please fax (510-643-7778) or email the requests (hgordon@berkeley.edu).

INTERVIEWS/PRESS INFORMATION

A pre-meet press release and complete set of results will be made available to members of the media covering Cal home swimming meets. These will also be available online at www.calbears.com. All athlete and coach interviews, either in person or by telephone, must be coordinated through Hannah Gordon with a minimum of one day notice. Please call 510-642-5363 for more information.



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Junior Helen Silver

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CREDITS

The 2004-05 edition of the California Women's Swimming and Diving Media Guide was written and edited by Hannah Gordon, Media Relations Assistant. Layout and graphics by John Dunbar, Publications Director and Evan Kerr, Publications Assistant. Photos by John Dunbar, Evan Kerr, Nick Lammers, Bill Collins, Stu Corliss, Peter H. Bick, and Karen Moe Humphreys, among others.

2004-05 SEASON OUTLOOK

COMMITTED TO EXCELLENCE

A CAL TEAM FULL OF POTENTIAL AND DRIVE

With a sixth place finish at the NCAA Championships in 2003-04, Cal proved once again that it is a national powerhouse as it recorded its eighth consecutive Top 10 finish. This year, those aspirations are no different as Cal welcomes in a new crop of talent, at the same time that it is led by several returning All-Americans from last year's team.

"What is exciting is that last year we had fifteen people at the (NCAA) meet, our most ever, and this year the overall depth of the team is as good as it has ever been. Now that depth and potential needs to be realized," head coach **Teri McKeever** said.

McKeever knows all about realizing potential, fresh from her summer serving as an assistant coach on the U.S. Olympic team. McKeever not only made history as the first woman ever named to a U.S. Olympic swim team coaching staff, but also saw her pupil, Natalie Coughlin, make history, winning five medals to tie for most Olympic medals won by an American woman at any one Olympic Games.

The top notch staff is rounded out by assistant coach **Whitney Hite** who returns for his second year after helping the Bears to their highest NCAA finish since 1999-2000 and new head diving coach **Ron Kontura**. Kontura, who comes to Cal from the Nadadores Diving Club in Mission Viejo, Calif., is bringing new energy to Cal's diving program since being named head diving coach on August 10, 2004.

Cal will miss gold medalist **Natalie Coughlin**, a three-time NCAA Swimmer of the Year and three-time Pac-10 Swimmer of the Year and three

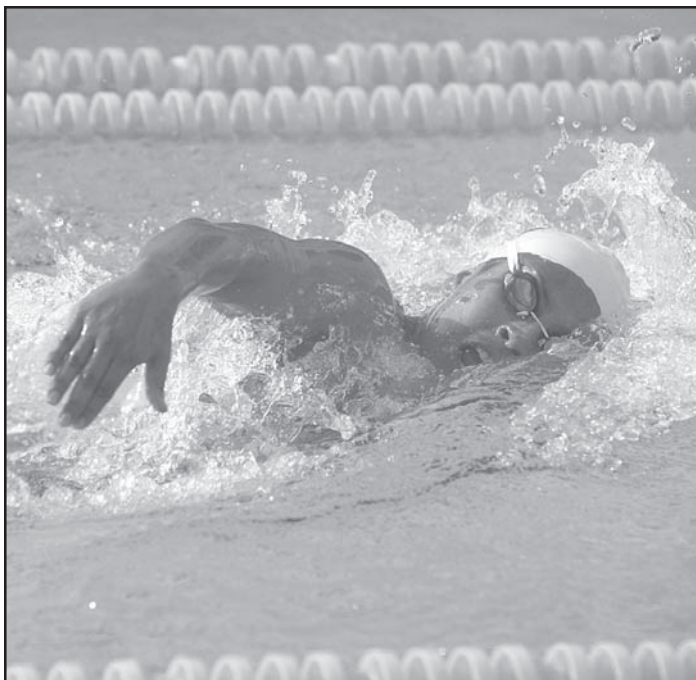
other All-Americans from last year's squad: **Natalie Griffith**, **Danielle Becks**, and **Micha Burden**. However, Cal returns seven 2004 All-Americans: sophomores **Annie Babicz** and **Erin Reilly**, juniors **Ashley Chandler** and **Helen Silver**, seniors **Keiko Amano**, **Lauren Medina**, and **Emma Palsson**. Further, the Bears return three of the four members of the national championship 800-meter free relay squad in Reilly, Chandler, and Medina.

"We are coming off a great season with a lot of close victories and a lot of magical, memorable moments and I think that we have to really be mindful of not waiting for another great year to happen but to go out and make good things happen," McKeever said.

Medina brings not only her national championship experience from the relay team, but also her experience winning the U.S. Summer National title in 200-meter freestyle in August and making the semi-finals in the same event at the U.S. Olympic Trials in July. Palsson, a team captain along with senior **Amy Ng**, will provide leadership after earning All-American honors on two relays at her first NCAA Championships. Fellow senior Amano also earned All-American honors at her first NCAA Championships. Chandler, a junior, returns after a breakout season in which she finished fourth in two individual events at NCAA Championships (200m free, 400m free) and earned a national title on the 800-meter free relay team. Silver had a solid junior season; the backstroke earned All-American honors for the second-consecutive time. Reilly and Babicz had impressive debut seasons. Reilly was a part of the national champion 800-meter free relay team and earned honorable mention All-American honors individually in 200-meter butterfly and 1500-meter freestyle while Babicz aided the seventh place 400 meter medley relay team and earned honorable mention honors in the 100-meter breast and on the 200-meter medley relay team.

Further, Cal welcomes a freshman class budding with talent, including one Olympian, **Sherry Tsai**, and four swimmers who competed at this summer's U.S. Olympic Trials: **Jessica Cotton**, **Genevieve Patterson**, **Leann Toomey**, and **Emily Silver**.

The following is an event-by-event look at the 2003-04 California Golden Bears.



Senior Lauren Medina was the 200 meter freestyle champion at Summer Nationals in 2004.



Junior Ashley Chandler set school records as a sophomore last season.

FREESTYLE

In the sprint freestyle events, Cal returns seniors **Keiko Amano**, **Lauren Medina**, and **Emma Palsson**, while freshman **Emily Silver** will be expected to make an immediate impact and freshman **Kelly Sitts** will provide depth. In the middle distances, Medina returns along with the core of the national champion 800-meter freestyle team in sophomore **Erin Reilly** and junior **Ashley Chandler**. In the 200-yard and 500-yard events, freshman **Rachel Ridgeway** can also contribute. In the distance freestyle, junior **Kate Tiedeman** will return while newcomer **Jessica Cotton** will be expected to step up.

Medina returns after an outstanding junior campaign in which she helped set an NCAA record in 800-meter freestyle relay (1:58.55 split) at NCAA Championships and aided the third-place 400 free relay team while placing 11th in the 200-meter freestyle. Further, she helped set a school record in the 800-yard freestyle relay at Pac-10 Championships (1:46.02 split) and individually scored points for the Bears at Pac-10 Championships in three freestyle events.

Palsson earned All-American honors on the seventh place 200-meter freestyle relay squad at NCAA Championships (25.66 split) and was an honorable mention All-American on the 14th place 200-meter medley relay team (27.47 fly split) at her first NCAA Championships.

Amano earned first-team All-American honors as a member of the Bears 200-meter free-relay squad that finished seventh at NCAA Championships in 2004 and scored points for the Bears at Pac-10 Championships on the 200-yard free-relay team.

Reilly had an eye-catching debut season, inking her name in five events on the Cal All-Time Top Ten (four freestyle events) and helping the 800 free relay team to a school record, a Pac-10 championship, and a national championship.

Chandler, another member of the national championships 800 relay, had something of a breakout season herself as she set a new school record at NCAA Championships, seizing fourth in the 400-meter free (4:05.89) and finished fourth at NCAA Championships in the 200 meter free (1:57.99). At the Pac-10 Championships, she scored for the team in three individual freestyle events.

Tiedeman has been a solid distance freestyler for the Bears, qualifying for NCAA Championships and scoring points at Pac-10 Championships in both her freshman and sophomore seasons.

BREASTSTROKE

In the breaststroke, one of Cal's strongest areas, the Bears return NCAA point-scorer **Annie Babicz**, only a sophomore, and NCAA qualifiers **Marcelle Miller** and **Erin Calder**, both seniors. Freshman **Genevieve Patterson** is a newcomer who could make an immediate impact and the breaststroke will be one of the Bears stronger areas with sophomores **Gina Merlone**, who returns from a redshirt season, and **Catherine O'Neal** also competing.

Babicz made her freshman season memorable earning All-American honors both individually, finishing 15th in the 100 meter breast (1:09.12), and as a relay team member on both the 7th place 400 meter medley relay team and the 14th place 200 meter medley relay team. She also contributed at the conference meet, claiming fifth in the 100 yard breast (1:02.14), third on Cal's All-Time list.

Miller qualified for NCAA Championships in 200-meter breaststroke and scored points at Pac-10 Championships with a sixth place finish in the 200-yard (2:14.64) and twelfth place mark in the 100-yard breast. She ranks fourth on the Cal All-Time Top Ten in that event (2:14.64).

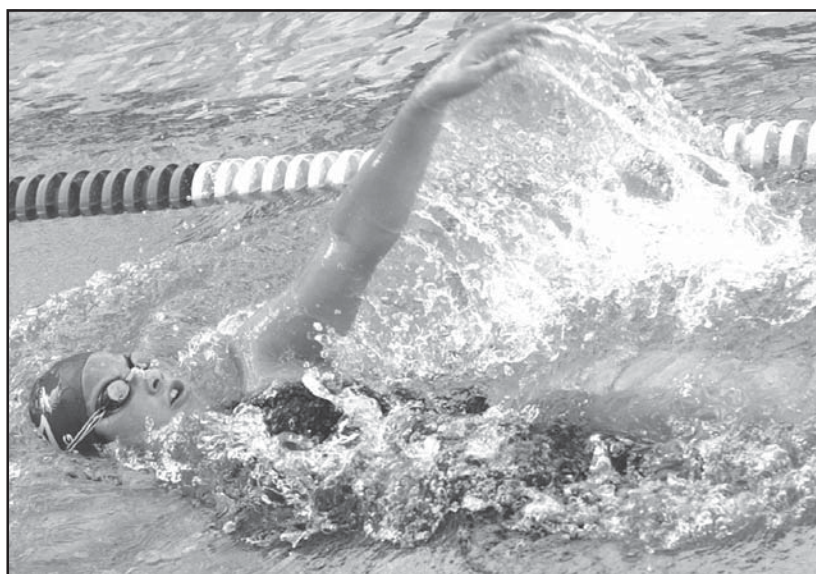
Calder ranks fifth all-time on the Cal Top Ten in the 100 breast (1:02.84) and made her first trip to the NCAA Championships this past season. The senior scored points for the Bears in both the 100 and 200-yard breast at Pac-10 Championships.

BACKSTROKE

The Bears have a great training group in the backstroke with junior **Helen Silver** joined by incoming sophomore transfers **Sherry Tsai** and **Lauren Andrews**. The backstroke is also an area with a lot of flexibility for the Bears with seniors **Amy Ng** and **Lisa Morelli**, sophomore **Nadia Staubit**, and redshirt freshman **Kelly Sanders** able to provide assistance. Sanders returns from a redshirt year following surgery she had prior to entering Cal.

Silver has the most NCAA experience having been an All-American as both a freshman and sophomore. Last season, she finished 11th in the 100-meter backstroke (1:00.85) at nationals and was a qualifier in the 200-meter backstroke. She also participated on the seventh-place 400-meter medley relay team (1:01.37 split) and 14th place 200-meter medley relay at NCAA Championships (28.88 split).

Tsai is a two-time Olympian, having represented Hong Kong at both the 2000 Sydney Games and the 2004 Athens Games. She comes to Cal from Orange Coast College, a junior college, in Costa Mesa, Calif. Andrews was an NCAA qualifier last year at Cal State Northridge where she spent her freshman season.



Senior Amy Ng is a team captain and top IM'er for the Golden Bears.

BUTTERFLY

Sophomore **Erin Reilly**, an NCAA finalist in the 200 fly as a freshman, returns to lead a group that includes sophomore **Annie Babicz**, senior **Emma Palsson**, and incoming freshman **Leann Toomey**. Senior **Lisa Morelli** and freshmen **Kelly Stravers** and **Rachel Ridgeway** will provide depth in the butterfly.

Reilly ranks sixth on the All-Time Top Ten at Cal in the 200 fly and earned honorable mention All-American honors in the event, finishing 12th (2:11.98). She also scored points at Pac-10 Championships in the 200-yard fly (1:58.11, 7th).

Babicz, also an outstanding breastroker, finished eighth in the 100 yard fly (55.25) at the Pac-10 Championships. Another multi-stroker, Palsson finished 17th at Pac-10 Championships in 100 fly (55.88). Toomey, a newcomer from Washington State, who boasts a lifetime best of 1:01 in the 100-meter fly competed at 2004 U.S. Olympic Trials in that event.



Sophomore Erin Reilly earned All-American honors as a freshman last year.

INDIVIDUAL MEDLEY

In the individual medley, seniors **Amy Ng** and **Kate Tiedeman**, who had the two fastest times on the team last year in the 400 IM, return. Freshman Jessica Cotton could contribute immediately in the 400 IM as well. Ng will anchor the 200 IM group with help from junior **Helen Silver**, sophomore **Annie Babicz**, and freshman **Emily Verdin**.

Ng is a team captain who competed at U.S. Olympic Trials in the 200-meter IM (2:23.43, 51st). As a junior last season, she qualified for NCAA Championships in the 200-meter IM and 400-meter IM. She also scored points at Pac-10 Championships, finishing 15th in the 400-yard IM (4:25.46) and 21st in the 200-yard backstroke (2:05.45).

RELAYS

Relays have been a strength for the Bears with Cal winning a national title in the 800-meter freestyle relay last year. The Bears also won two relay titles at Pac-10 Championships in 2004, setting a Pac-10 record in the 800-yard freestyle relay and winning the 400-yard freestyle. Although the team graduates **Natalie Coughlin** and **Danielle Becks**, both of whom swam four relays at NCAA Championships all four of their years, their absence creates new opportunities for the young Bears who will compete for their relay spots.

Cal returns the core of its national champion 800 freestyle relay team in **Lauren Medina**, **Erin Reilly**, and **Ashley Chandler**. Half of the 200 freestyle relay team comes back, as well, with seniors **Emma Palsson** and **Keiko Amano** providing veteran leadership. However, the 400 freestyle relay team will be a place for greater competition with only Medina returning. One can expect keen competition as well for the final slot in the 800-freestyle relay team and the two empty spaces on the 400-freestyle relay squad. The medley relays will be an open race, although Chandler could potentially contribute in more relay events this year and newcomer **Emily Silver** is expected to make an impact as a freshman.

DIVING

The 2004-05 season is one of transition for the Golden Bear Women's Diving Team. First year head diving coach Ron Kontura brings a new attitude to the program. Sophomore **Lila Korpell** returns as a sophomore after leading the team as a freshman last year. She will be joined by returning senior **Tara Capsuto**, who has shown a tremendous amount of progress after changing sports from gymnastics to diving. Capsuto knows what it takes to get to the top as she was a National Champion on the balance beam in 1998.

New to the team this year is 2004 Olympic Diving trial qualifier, **Katy Banks**. Katy qualified for the USA Olympic Trials on the Platform, but had to miss competing at the trials due to back surgery. Banks is on track to add some depth and leadership to this 2004-05 squad.



This year's class gets ready to dive into uncharted waters with new coach Ron Kontura.

CALIFORNIA HEAD COACH



TERI MCKEEVER

13th Year at California

Teri McKeever enters her 13th year as head coach of the University of California women's swimming program after making history this past summer as the first woman ever to be named a coach of a U.S. Olympic swimming team. As an assistant coach of the U.S. swim team in Athens,

McKeever helped guide Cal alum Natalie Coughlin to five medals, including two gold, alum Haley Cope to a silver medal, and the entire U.S. swimming team to 28 medals, including 12 gold.

Under her direction, Cal women's swimming program has become one of the most elite in the nation. In her 12th year at the helm of the Cal women's swimming program, McKeever led the 2003-04 Golden Bears to a sixth-place national finish and a 9-0 dual meet season. Her teams have finished in the Top 10 nationally for the last eight years in a row. McKeever has amassed an impressive 102-40 dual meet record (.718) and 10 out of the 12 years she has coached in Berkeley, the Bears have encompassed winning seasons.

Prior to the Olympics, McKeever gained international experience serving as an assistant women's coach of the U.S. National Team at the 2003 FINA World Championships in July of 2003 and at the 2003 U.S. vs. Australia 'Duel in the Pool' in April of that year. Her ability to motivate her teams into reaching high goals was shown at both those meets as the U.S. soundly defeated Australia 196-74, and the U.S. women took home 12 gold medals at the world championships. McKeever's pupil Natalie Coughlin led the U.S. 400-meter free and medley relays to gold and silver medals at the championship meet.

Under McKeever's tutelage, eleven different national champions have emerged, while 39 different swimmers have earned All-America honors, and 43 different swimmers have inked their names on Cal's all-time Top 10 list. Among the most prominent swimmers to blossom under McKeever's guidance are the last five Pac-10 Swimmers of the Year-Coughlin (2001-03) and former Bear standouts, Haley Cope (2000) and Marylyn Chiang (1999).



Teri McKeever was an All-American at USC, helping the Trojans to four consecutive NCAA Top 10 finishes.

McKeever also coached Staciana Stitts, who became the first Cal woman swimmer to earn an Olympic gold medal since Mary T. Meagher in 1984, when Stitts was a member of the U.S.' gold medal winning 400m medley relay at the 2000 Sydney Olympics.

While swimming for McKeever at Cal, Chiang won a national title in the 100 back, becoming the first Cal swimmer to win an NCAA title since 1988. In 2000, Cope lead off Cal's 200m medley relay and 200m free relay that won national titles. Cope set a short course world record for her 50m back

leg of the medley relay. In August of 2002, McKeever coached Cope and Coughlin to victories at the U.S. National Championships, where Coughlin became the first swimmer to win five national titles since 1978. McKeever also saw the team win the 400 medley relay, breaking the national club record. Coughlin-the 2001, 2002 and 2003 NCAA Swimmer of the Year- finished her career at Cal under McKeever's tutelage, with 11 individual NCAA titles before going on to win five Olympic medals this past summer.

McKeever's great coaching capability has been well noted by her peers as the ASCA (American Swimming Coaches Association) awarded her the 2002 Coach of the Year honor. She also won her second Pac-10 Coach of the Year award (2002 and 1999), and earned the George Haines Coach of the Meet Award at the U.S. National Championships in the summer of 2002. She served as an assistant U.S. coach at the 2002 Pan Pacific Games in Yokohama, Japan and at the 2001 Goodwill Games in Brisbane, Australia.

In May 2002, McKeever was awarded the National Collegiate and Scholastic Swimming Trophy for her outstanding contributions to swimming as a competitive sport and healthful recreational activity. Along with Cal's accomplishments in the pool, the Bears consistently have one of the highest team GPA's in the nation. She has coached 11 different Academic All-Americans and numerous Pac-10 All-Academic selections.

"For someone that comes to swim here, their Cal experience is to be part of a team and an extended family that is going to support and encourage them," McKeever said. "We are looking for athletes who are striving for a balance between excellence in the classroom and excellence in the pool."

McKeever, 42, came to Cal after spending five years at Fresno State where she also developed an outstanding program. She spent two seasons in charge of the women's program (1987-89) before assuming the dual role of men's and women's head coach from 1990-92.

In 1992, she was named the Big West Conference Women's Coach of the Year after leading the women's team to a 12-3 dual meet record and finishing fourth in the conference championships.

McKeever has strong ties to the Pac-10 Conference, both as an athlete and as a coach. She worked as an assistant coach at USC from 1984-87, helping develop several All-Americans. McKeever is a former USC All-America herself, competing in the NCAA Championship meet all four years while at USC and helping the Trojans to four consecutive NCAA Top-10 finishes. She earned All-America honors in both 1980 and '81. As a senior in 1983, McKeever was named USC's Outstanding Student-Athlete.

McKeever graduated from USC in 1983 with a B.S. in education with two teaching credentials (multiple subject, secondary life science) and also earned a Masters degree in athletic administration in 1987. McKeever's father, Mike, was an All-American lineman for the Trojans' football team in 1959. McKeever comes from a family of 10 children, all with varied athletic backgrounds. Sisters Kristi and Kelli Gannon are both members of the U.S. National Field Hockey Team.

McKeever resides in Berkeley.



Courtesy of Oakland Tribune

MCKEEVER'S CAL DUAL MEET RECORD

1993	6-3
1994	6-6
1995	7-7
1996	9-5
1997	13-4
1998	12-2
1999	11-3
2000	8-2
2001	6-3
2002	7-2
2003	8-3
2004	9-0
Total	102-40 (.718)

ASSISTANT COACHES



WHITNEY HITE

Assistant Coach • 2nd year at California

Whitney Hite was named the new assistant coach for the University of California's women's swimming program on May 28, 2003. In his first season with the Golden Bears in 2003-04, Cal posted an undefeated dual meet record and beat Stanford for the first time since 1978. Cal placed

sixth at NCAA Championships, winning the 800 free relay.

The Denver native came to Berkeley after serving as an assistant coach with the University of Georgia's swimming staff for five years. With the Bulldogs, he helped Georgia's women's team to three straight national championships, 1999-2001. In 2002 and 2003, the Georgia women posted consecutive runner-up finishes.

Hite also helped coach Georgia's men's swimming team, a squad that posted Top 15 national finishes in each season under his guidance.

While Hite was an assistant at Georgia, the Bulldogs' dominated the Southeastern Conference. Georgia swimmers Robert Margalis and Mary DeScenza were named SEC Swimmer and SEC Freshman of the Year, respectively. In 2003, Hite also helped coach one of the greatest swimmers in Georgia's history in sprint freestyler Maritza Correia. With 11 national titles (five individual and six relays) to her credit, Correia holds more NCAA hardware than any other swimmer in Lady Bulldog history.

A four-year member of the men's swimming team at the University of Texas, Hite swam sprint freestyle for the Longhorns and graduated with a B.S. in sports management from Texas in the spring of 1997. He earned his master's degree in education from Georgia in 2001.

JOSH FLUSHMAN



Olympic Sports Operations



RON KONTURA

Head Diving Coach • 1st Year at California

Kontura was hired August 10, 2004, to take Cal's diving program to the world-class level. Kontura brings a decade of elite club and collegiate experience to Berkeley. Kontura was both the diving coach and director of business operations of Nadadores Diving in Mission Viejo, Calif., from

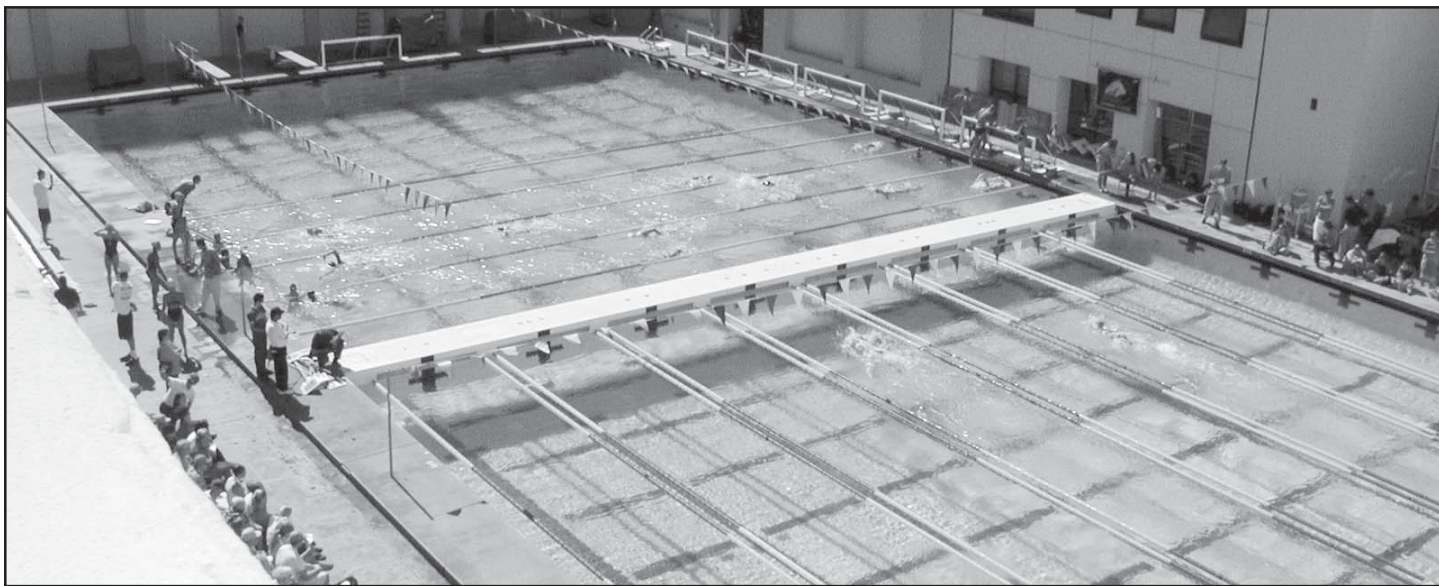
2002-2003. Kontura coached the Nadadores to the 2003 West National title and produced individual Junior Olympics national champions and high school All-Americans. In addition to his experience as the director of business operations for the club, Kontura has experience in private industry in real estate development and marketing.

"I am excited about the opportunity to be a part of the Golden Bear Family. I am looking forward to working with Nort Thornton and Teri McKeever, and competing with them at the national level," Kontura said.

Prior to going into private business, Kontura was the head diving coach at Illinois State University from 1996 to 2000. At Illinois State, Kontura's emphasis on academics kept the team GPA above 3.4 in all four of his seasons and produced ISU's first Academic All-American in Aquatics. At the same time, Kontura found time to coach and direct a club team, the Redbird Diving Club, which developed four national Junior Olympic qualifiers.

Kontura was an assistant diving coach at the University of Michigan where he helped mentor two All-Americans on Michigan's 1995-96 Big Ten Championship team. That same swimming and diving team placed third at NCAA Championships. Kontura gained his first head coaching experience as the head diving coach at Allegheny College in Meadville, Penn., where he coached four NCAA Division III All-Americans from 1994-1995.

Kontura earned his Master's in Business Administration from Illinois State University in 1999 and his Bachelor's in Business Administration from Ohio University in 1991.



2004-05 GOLDEN BEAR PROFILES

KEIKO AMANO

2004 All-American – 200m Free Relay (7th)



CALIFORNIA: A senior freestyler... **JUNIOR IN 2003-04:** Earned first-team All-American honors as a member of the Bears 200-meter free-relay squad that finished seventh at NCAA Championships... scored points for the Bears at Pac-10 Championships on the 200-yard free-relay team... Pac-10 All-Academic second-team honors in 2004... **SOPHOMORE IN 2002-03:** Scored points for the Bears in the 100 free at the Pac-10 Championships... **FRESHMAN IN 2001-02:** Scored points for the

Bears in the freestyle events at the Pac-10 Championships... **HIGH SCHOOL:** A 2001 graduate of Villanova Prep... was a two-time team MVP in swimming... also played two years of water polo... was her school's valedictorian... **PERSONAL:** Majoring in bioengineering... parents are Takahiko and Sumiko Amano of Camarillo, CA... born 4/18/83 in Takarazuka, Japan.

BEST CAL TIMES

50 free 23.78 2004 Pac-10 Championships
100 free 51.12 2004 Pac-10 Championships
100 fly 56.82 2004 Pac-10 Championships

LAUREN ANDREWS



CALIFORNIA: A sophomore transfer backstroker/freestyler... **FRESHMAN AT CSUN IN 2003-04:** Swam at Cal-State Northridge in Northridge, CA where she was an NCAA qualifier in the 200 back... set CSUN records in the 100 back, 200 back, and 200 free... named team MVP... bests include 1:59.26 in the 200 back, 100 back – 56.2, 50 free – 23.66, and 100 free – 51.67. **HIGH SCHOOL:** A 2003 graduate of Foothill High School in Redding, CA... set records in every event at her high school... on

her club team, the Redding Swim Team, set records in the 100 back, 200 back and 100 fly... won Scholar-Athlete Award at her high school... **PERSONAL:** Public Health major... went on a mission trip to Fiji... parents are Marie and Thomas Andrews of Redding, CA... born 11/23/84 in Glendale Heights, IL.

ANNE BABICZ

*2004 All-American – 400m Medley Relay (7th)
2004 Honorable Mention All-American – 100 Breast (15th),
200 Medley Relay (14th)
Cal All-Time Top 10 – 100 Breast (3rd), 200 Breast (6th)*



CALIFORNIA: A sophomore breaststroker/butterflyer who competed at the U.S. Olympic Trials this summer (100m breaststroke – 1:13.43, 37th)... **FRESHMAN IN 2003-04:** Earned honorable mention All-America honors at NCAA Championships, finishing 15th in the 100 meter breast (1:09.12)... also a first-team All-American on 7th place 400 meter medley relay team and the 14th place 200 meter medley relay team... at Pac-10 Championships, finished fifth in the 100 yard breast (1:02.14), third on Cal's all-time list... finished eighth in the 100 yard fly (55.25)... on Cal's second-place 400-yard medley relay team and fourth-place 200-yard medley relay team... **HIGH SCHOOL:** A 2003 graduate of Pine View High School... nationally ranked No. 1 in the 100 breast during her 2001

high school season... member of the 2002 U.S. National Junior team... competed at the 2000 Olympic trials... a four-time Florida state champion in the 100 breast and three-time champion in the 100 fly... set the Florida state record in the 100 breast (1:01.98)... was a four-time team MVP... **PERSONAL:** intended Mass Communications major... parents are Jim and Sue Babicz of Sarasota, FL... has a younger sister, Beth... born 8/18/85 in Schaumburg, IL.

BEST CAL TIMES

100 breast 1:02.05 2004 Pac-10 Championships
200 breaststroke 2:16.54 2004 Pac-10 Championships
100 butterfly 54.95 2004 Pac-10 Championships

ERIN CALDER

Cal All-Time Top 10 – 100 Breast (5th)



CALIFORNIA: A senior breaststroker... **JUNIOR IN 2003-04:** Scored points for the Bears in both the 100-yard and 200-yard breaststroke at Pac-10 Championships, finishing eighth and 15th respectively... qualified for NCAA Championships for the first-time, finishing 31st in the 100-meter breaststroke (1:10.93) and 42nd in the 200-meter breaststroke (2:35.79)... **SOPHOMORE IN 2002-03:** Scored points for the Bears in the 100 breast at the Pac-10 Championships... **FRESHMAN IN 2001-02:** Scored points for the Bears in the breaststroke events at the Pac-10 Championships... posted Cal's third-best time of the season in the 100 breast (1:05.60)... **HIGH SCHOOL:** A 2001 graduate of Ayala High School... was a four-time CIF Division II champion in the 100 breast, never losing a race... was also the school record holder in the 100 breast... as a freshman helped lead her team to third place in the CIF Division II Championship... was a three-time team MVP and earned the Distinguished Athlete Award, selected by the United States Marine Corps... **PERSONAL:** Named team's "Most Improved" at 2004 awards banquet... Majoring in political science... parents are Blaine and Barbara Calder of Chino Hills, CA... father, Blaine, played baseball at Pepperdine... younger brother, Trent, plays water polo at Cal... born 4/21/83 in Fullerton, CA.

BEST CAL TIMES

100 breast 1:02.84 2004 Pac-10 Championships
200 breast 2:18.25 2004 Pac-10 Championships

ASHLEY CHANDLER

*School Record Holder 800 Free Relay
School Record Holder 400m Free
2004 All-American - 800m Free Relay (1st), 200m Free (4th),
400 Free (4th)
Cal All-Time Top 10 - 1000 Free (2nd), 1650 Free (2nd),
200 Free (5th), 500 Free (5th)*



CALIFORNIA: A junior freestyler who competed in the U.S. Olympic Trials this summer (800m free – 8:59.04, 34th; 200m free – 2:05.22, 48th; 400m free – 4:20.28, 34th)... **SOPHOMORE IN 2003-04:** Set a new school record at NCAA Championships, seizing fourth in the 400-meter free (4:05.89)... Finished fourth at NCAA Championships in the 200 meter free (1:57.99)... Member of NCAA champion 800 meter free relay team (1:55.82 – Coughlin, Reilly, Medina)... At Pac-10 Championships, finished

second in the 200 yard free (1:46.93), fifth on Cal's all-time best list... fourth in the 500 yard free (4:45.44), fifth on Cal's all-time list... finished seventh in the 1650 yard freestyle (16:27.10)... swam second leg on Pac-10 champion

and meet and school record-setting 800 yard free relay (7:08.13 – Reilly, Burden, Medina)...**FRESHMAN IN 2002-03:** Qualified for the NCAA Championships as a member of the 800 free relay (third leg) and in the 200, 500 and 1650 free events...scored points for Cal at the Pac-10 Championships as a member of the 800 free relay team that placed seventh...linked her name onto Cal's all-time Top 10 list with the seventh-best time in the 1650 free (16:29.15) and eighth-best time in the 1000 free (9:58.72)...her time in the 1650 free stood as Cal's fastest of the season...had the team's second-fastest time in the 1000 free (9:58.72) and third-fastest times in the 200 (1:49.36) and 500 free (4:49.63)...**HIGH SCHOOL:** A 2002 graduate of Chandler High School...set school records in the 50, 100, 200 and 500 freestyle, 200 individual medley and 100 butterfly events...was the national champion in the 400 free (4:12.06) and Arizona state champion in the 500 free (4:45.16) in 2001...was the Arizona state champion in the 200 free (1:49.08) and 200 IM (2:04.73) in 2000 and 2001...member of the 2001 U.S. national team...competed in the 2001 Goodwill Games, where she earned a silver team medal...**PERSONAL:** American studies major...is interested in working in becoming a pastry chef...parents are Ken and JoAnn Chandler of Chandler, AZ...born 4/12/84 in Tucson, AZ.

BEST CAL TIMES

200 free	1:46.93	2004 Pac-10 Championships
500 free	4:42.12	2004 Pac-10 Championships
1000 free	9:47.78	2003 Princeton Invite
1650 free	16:13.64	2003 Princeton Invite

JESSICA COTTON



CALIFORNIA: A freshman distance freestyler/IMer...**HIGH SCHOOL:** A 2004 graduate of Lincoln High School in Stockton, CA...competed at the U.S. Olympic Trials this past summer, finishing 47th in the 800-meter freestyle (9:10.19)...named Female Athlete of the Year as a senior and her team's MVP all four years...set school record in 500 free...Scholastic All-American as a sophomore...personal bests include: 500 free – 4:51.73, 1000 free – 9:54.10, 1650 free – 16:38.63, 400 IM – 4:21.51...

PERSONAL: Undeclared major...parents are Amy and Dan Cotton of Stockton, CA, both Cal graduates...father, Dan, rowed crew at Cal...older brother, David, rows crew at UCLA...also has two uncles and an aunt who attended Cal...born 10/26/86 in Stockton, CA.

LAUREN MEDINA

*School Record Holder – 800 Free Relay
2004 All-American – 800m Free Relay (1st), 400 free relay (3rd)
2004 Honorable Mention All-American – 200m Free (11th)
2002 All-American Honorable Mention-800 Free Relay (9th)*



CALIFORNIA: The senior freestyler competed at the U.S. Olympic Trials, finishing 16th in the semi-finals of the 200-meter freestyle (2:04.50)...she entered the semi-finals seeded seventh with a 2:01.83 time in the prior round...won U.S. Summer National title in 200-meter freestyle (2:01.89)...**JUNIOR IN 2003-04:** Helped set NCAA record in 800-meter freestyle relay (1:58.55 split) at NCAA Championships...also on third-place 400 free relay team and an Honorable Mention All-American with

an 11th place finish in the 200-meter freestyle...helped set a school record in the 800-yard freestyle relay at Pac-10 Championships (1:46.02 split)...individually scored points for the Bears at Pac-10 Championships in the 100-yard free (6th), 200-yard free (7th), and 500 yard free (13th)...**SOPHOMORE IN 2002-03:** Qualified for the NCAA Championships in the 200 free and as a member of the 800 free relay...scored points for the Bears at the Pac-10 Championships with a seventh-place finish in the 200 free (1:50.94)...also a member of Cal's 800 free relay that placed seventh at the conference meet...

held Cal's second-fastest time of the season in the 200 free (1:49.15)...**FRESHMAN IN 2001-02:** Earned honorable mention All-America honors, helping Cal's 800 free relay team to a ninth-place finish at the NCAA Championships...scored points for the Bears in the freestyle events at the Pac-10 Championships...**HIGH SCHOOL:** A 2001 graduate of St. Lucy's Priory...was a three-time Sierra League team MVP in swimming...in 1999 and 2000, placed second in the 100 and 200 free, and in 2001 was the CIF Division II champ in the 200 IM...helped lead her team to two league titles and holds school records in the 50, 100, 200 and 500 free, the 100 fly and the 100 breast...is a member of school record setting 200 free, 200 medley and 400 free relays as well...**PERSONAL:** An American studies major...parents are Alfred and Sandra Medina of West Covina, CA...born 1/15/83 in Los Angeles, CA.

BEST CAL TIMES

100 freestyle	50.55	2004 Pac-10 Championships
200 freestyle	1:47.54	2004 Pac-10 Championships
500 freestyle	4:50.22	2004 Pac-10 Championships

GINA MERLONE



CALIFORNIA: A sophomore breaststroker...**REDSHIRTED IN 2003-04...FRESHMAN IN 2002-03:** Scored points for the Bears at the Pac-10 Championships in the 100 and 200 breast events...swam the team's fourth-fastest time of the season in the 100 breast (1:05.82)...**HIGH SCHOOL:** A 2002 graduate of the Menlo School...was the MVP all four years...team captain her junior and senior years...team was the Girls' Private School League Champions all four years she competed...

named Girls' Private School League Swimmer of the Year in 2002...swam with the Palo Alto Swim Club, coached by Tony Batis...set high school records in the 100 breast and 200 medley and free relays...holds club records in the 100 breast, 200 breast and several relays...was a varsity water polo player for three years in high school and was team captain as a senior...received numerous awards in high school including, Japanese Department Award, Love of Learning Award, Scholastic All-America honors and was a National Merit Scholar finalist...also was a member of the Senior Honors Society and was her school's Amnesty International president...**PERSONAL:** Religious studies major...winner of team's scholastic award in 2004...a member of the National Society of Collegiate Scholars...Alpha Phi philanthropy chair and Daily Californian columnist and reporter...is a fourth-generation Cal student...parents are Steven and Angela Merlone, both Cal alumni (class of 1976), and grandparents, Felix and Carol Merlone, were class of 1948 graduates...great-grandfather, Hale Luff, was a class of 1924 Cal grad...born 1/5/84 in Stanford, CA.

BEST CAL TIMES

100 breast	1:05.82	2003 Pac-10 Championships
200 breast	2:21.98	2003 Pac-10 Championships

MARCELLE MILLER

Cal All-Time Top 10-200 Breast (4th)



CALIFORNIA: A senior breaststroker...**JUNIOR IN 2003-04:** Qualified for NCAA Championships in 200-meter breaststroke...scored points at Pac-10 Championships with a sixth place finish in the 200-yard breast (2:14.64) and twelfth place mark in the 100-yard breast (1:04.00)...Pac-10 second-team All-Academic as well as Academic All-American...**SOPHOMORE IN 2002-03:** Qualified for the NCAA Championships in the 200 breast...scored points for the Bears in the 200 breast,

placing sixth at the Pac-10 Championships...recorded the Bears' fifth-fastest time ever (2:15.06) in the 200 breast...also posted the squad's second-fastest time in the 100 breast (1:04.21)...a second team Pac-10 All-Academic selection...also earned the team's Academic Award and was Academic All-American...**FRESHMAN IN 2001-02:** Scored points for the Bears in the 200

breast at the Pac-10 Championships...held the team's second-fastest time in the 100 breast (1:05.11) and the third-fastest time in the 200 breast (2:18.70)...**HIGH SCHOOL:** A 2001 graduate of Portsmouth High School...was the 2000 New Hampshire state champion in the 200 free, helping her team to a fourth-place state finish...set school records in the 100 breast and 200 IM...was a high school Scholastic All-American and a member of the National Honor Society...placed first in the 100 breast and fifth in the 200 breast at the 2001 Northeast Sectionals. **PERSONAL:** Majoring in American Studies with a minor in Spanish...parents are Jeffrey Bott and Ginny Miller of Northampton, MA...born 10/12/83 in Northampton, MA.

BEST CAL TIMES

100 breast	1:04.00	2004 Pac-10 Championships
200 breast	2:14.64	2004 Pac-10 Championships

LISA MORELLI



CALIFORNIA: A senior freestyler/backstroke/butterflyer... **JUNIOR IN 2003-04:** Scored points for the Bears at Pac-10 Championships, finishing 13th in the 200-yard backstroke (2:02.11) and 20th in the 100-yard backstroke (58.06)...earned Pac-10 All-Academic Honorable Mention accolades... competed in 2004 Summer Nationals placing second in the 800 free relay...**SOPHOMORE IN 2002-03:** Scored points for the Bears at the Pac-10 Championships, competing in the free, back and fly

events...posted Cal's second-fastest time of the season in the 200 fly (2:01.99), and third-fastest times in the 1650 free (17:03.25) and 100 back (57.44)...earned the team's Golden Bear Award...earned Pac-10 All-Academic honorable mention accolades...**FRESHMAN IN 2001-02:** Scored points for the Bears in the 500 free and 200 fly events at the Pac-10 Championships...swam Cal's second-fastest time in the 1000 free (10:04.26)... also had the team's third-fastest time in the 200 fly (2:02.72)...**HIGH SCHOOL:** A 2001 graduate of Torrey Pines High School...was named the San Diego Union Tribune CIF Swimmer of the Year...was both the Torrey Pines High School and the CIF San Diego County record holder in the 100 fly and the 100 back...also attended high school in Delaware where she was the 1999 and 2000 state champion in the 100 fly...**PERSONAL:** An American studies major with an emphasis in environmental studies and nutrition...parents are Arthur and Kristina Morelli of San Diego, CA...sister, Lauren, swam at Arizona State...born 5/11/83 in Park Ridge, IL.

BEST CAL TIMES

500 free	4:53.35	2002 Pac-10 Championships
1000 free	10:03.57	2003 Stanford Dual Meet
200 fly	2:01.99	2003 Pac-10 Championships
100 back	58.06	2004 Pac-10 Championships
200 back	2:02.11	2004 Pac-10 Championships

AMY NG

Cal All-Time Top 10-400 IM (9th)



CALIFORNIA: A senior backstroke/IMer who competed at U.S. Olympic Trials in the 200-meter IM (2:23.43, 51st)... **JUNIOR IN 2003-04:** Qualified for NCAA Championships in the 200-meter IM and 400-meter IM...scored points at Pac-10 Championships, finishing 15th in the 400-yard IM (4:25.46) and 21st in the 200-yard backstroke (2:05.45)...**SOPHOMORE IN 2002-03:** Qualified for the NCAA Championships in the 200 and 400 IM events...posted a win in the 400 IM consolation final

(4:20.18) and a runner-up finish in the bonus final of the 200 IM (2:04.01) at the Pac-10 Championships...swam Cal's second-fastest time of the season in the 400 IM (4:18.44) and third-fastest time in the 200 back (2:02.44)...**FRESHMAN IN 2001-02:** Placed in the Top 10 in two events at the Pac-10 Championships-200 IM (10th, 2:02.42) and 400 IM (9th, 4:18.18)...held

Cal's second-fastest time in the 400 IM (4:18.18) and fourth-fastest times in the 200 IM (2:02.42) and 200 back (2:00.89)...her time in the 400 IM is good for eighth on Cal's all-time Top 10 list...**HIGH SCHOOL:** A 2001 graduate of California High School...was a three-time team MVP and Scholar Athlete of the Year in 2001...was also a four-time league champ in the 100 back and three-time league champ in the 200 IM, helping lead her team to a league championship and a third place North Coast Section finish in 2001... played four years of varsity water polo, earning first team all-league honors in 1999 and 2000...competed at the 2000 Olympic Trials in the 200 and 400 IM and the 200 back...was a high school Scholastic All-American...**PERSONAL:** Double major in American studies and Sociology...member of Pac-10 SAAC...parents are Gerry and Cheryl Ng of San Ramon, CA...born 9/27/83 in Walnut Creek, CA.

BEST CAL TIMES

100 back	57.91	2002 Arizona Dual Meet
200 back	2:00.89	2002 Pac-10 Championships
200 IM	2:02.42	2002 Pac-10 Championships
400 IM	4:18.18	2002 Pac-10 Championships

CATHERINE O'NEAL



CALIFORNIA: A sophomore breaststroker... **FRESHMAN IN 2003-04:** Finished 24th at Pac-10 Championships in the 100-yard breaststroke (1:06.19)...**HIGH SCHOOL:** A 2003 graduate of Westlake High School...was a three-time high school All-American as a member of her school's 200 medley and free relays...earned All-America consideration in 2001 and 2003 in the 100 breast...a three-time All-State honoree...holds best times of 1:05.97 in the 100 breast and 2:24.25 in the 200

breast...also competed in track and field for two years...**PERSONAL:** Undeclared major...parents are Mike and Sharon O'Neal of Austin, TX...born 3/15/85 in Austin, TX.

BEST CAL TIMES

100 breast	1:06.19	2004 Pac-10 Championships
200 breast	2:25.96	2004 Pac-10 Championships

EMMA PALSSON

2004 All-American - 200 free relay (7th)

2004 Honorable Mention All-American - 200 medley relay (14th)



CALIFORNIA: A senior butterflyer/freestyler... **JUNIOR IN 2003-04:** Earned All-American honors on seventh place 200-meter freestyle relay squad at NCAA Championships (25.66 split)... honorable mention All-American on 14th place 200-meter medley relay team (27.47 split) at her first NCAA Championships...Finished 17th at Pac-10 Championships in 100 fly (55.88)...on fourth-place relay teams for 200-yard medley and 400-yard freestyle at conference meet...winner of team's

Golden Bear Award...**SOPHOMORE IN 2002-03:** Scored points for the Bears at the Pac-10 Championships in the 50 free (23.92) and 100 fly (56.05) events...earned Pac-10 All-Academic honorable mention accolades...**FRESHMAN IN 2001-02:** Placed 11th in the 100 fly (55.80) and scored points for the Bears in the 50 and 100 free events at the Pac-10 Championships... turned in Cal's third-fastest time in the 100 fly, with a 55.80 NCAA consideration time...**HIGH SCHOOL:** A 2001 graduate of Sunds Gymnasiet... was a member of the Swedish junior national team from 1995-98...has bests of 26.20 (short course meters) and 27.00 (long course meters) in the 50m free, 57.20 (scm) and 58.50 (lcm) in the 100m free, 28.20 (scm) and 28.50 (lcm) in the 50m fly and 1:01.98 (scm) and 1:03.40 (lcm) in the 100m fly...**PERSONAL:** Majoring in political economics of industrial societies...parents are Erling and Karin Palsson of Skanor, Sweden...born 2/24/82 in Lund, Sweden.

BEST CAL TIMES

50 free	23.61	2002 Pac-10 Championships
100 free	51.88	2002 Pac-10 Championships
100 fly	55.80	2002 Pac-10 Championships

GENEVIEVE PATTERSON



CALIFORNIA: A freshman breastroker/IMer...
HIGH SCHOOL: A 2004 graduate of Westview High School in Beaverton, OR...competed at the 2004 U.S. Olympic Trials, finishing 26th in the 100-meter breast (1:12.33)...earned high school All-American honors as a freshman in 2000...
PERSONAL: Public Health major...intends to be a nurse...parents are Catherine and Bill Patterson of Portland, OR...father, Bill, swam for Washington...sister, Mary, attends Washington...born 4/12/86 in Seattle, WA.

ERIN REILLY

School Record Holder – 800 Free Relay
2004 All-American – 800m Free Relay (1st)
2004 Honorable Mention All-American – 200m Fly (12th), 1500m Free (14th)
Cal All-Time Top Ten – 500 Free (6th), 1000 Free (6th), 200 Fly (6th), 1650 Free (7th), 200 Free (8th)



CALIFORNIA: A sophomore distance freestyler/butterfly who competed in the U.S. Olympic Trials in the 400m free (4:21.04, 40th), 200m free (2:05.55, 50th) and 100m fly (1:03.24, 52nd) and came in fourth in the 200 free (2:02.29) at Summer Nationals...
FRESHMAN IN 2003-04: On national champion 800-meter free relay team (1:57.99)...earned honorable mention All-American honors individually in 200-meter butterfly (2:11.98, 12th) and 1500-meter freestyle (1500 Free – 16:12.96, 14th)...At Pac-10 Championships, helped set a school record with a win in the 800-yard freestyle relay...also scored points in the 500-yard free (4:43.28, 3rd), 1650-yard free (16:26.16, 6th), 200 fly (1:58.11, 7th)...
HIGH SCHOOL: A 2003 graduate of Rio Americano High School...an 11-time high school All-American in the 200 and 500 free, 100 fly and 200 and 400 free relay events...the Sac-Joaquin section record holder in the 100 fly and 200 free...named the Sacramento Bee's Swimmer of the Year...best times include 4:47 in the 500 free, 9:54 in the 1000 free and 54.8 in the 100 fly...
PERSONAL: Undeclared major...parents are John and Mary Jane Reilly of Sacramento, CA...sister Brenda swam at Notre Dame and uncle Jim played rugby for the Irish...born 5/2/85 in Danbury, CT.

BEST CAL TIMES

200 free	1:47.29	2004 Pac-10 Championships
500 free	4:43.28	2004 Pac-10 Championships
1650 free	16:26.16	2004 Pac-10 Championships
200 fly	1:58.11	2004 Pac-10 Championships

RACHEL RIDGEWAY



CALIFORNIA: A freshman swimmer...
HIGH SCHOOL: A 2004 graduate of Loyola Academy in Wilmette, IL...a high school All-American in nine events...broke 8 high school team records and 27 Lake Forest Swim Club records...2002 Science Fair winner...on 2000 high school water polo national championship team...personal bests include 200 free – 1:48.9, 100 fly 55.6, and 200 fly – 2:01.73...
PERSONAL: Undeclared major...parents are Jean and Michael Ridgeway of Chicago, IL...older brother, Paul, swims for Texas...younger brother, James, and sister, Lydia, also swim...born 3/1/86 in Chicago, IL.

KELLY SANDERS



CALIFORNIA: A redshirt freshman backstroke...
REDSHIRTED IN 2003-04...HIGH SCHOOL: A 2003 graduate of St. Francis High School...a four-time Central Coast Section finalist in the 100 back...helped her team to three league championships (2000-02)...named her high school's Most Outstanding Swimmer in 2002 and 2003...
PERSONAL: Double major in Psychology and Public Health...she intends to go to medical school...parents are Matt and Angela Sanders of Los Altos Hills, CA...born 9/24/85 in Mountain View, CA.

EMILY SILVER



CALIFORNIA: A freshman freestyler...
HIGH SCHOOL: A 2004 graduate of Bainbridge High School in Bainbridge Island, WA...competed at U.S. Olympic Trials in 2004, finishing 15th in the 50-meter free (26.09) and 30th in the 100-meter free (57.28)...won 50 free and 100 free at state championships four years in a row, the first person in Washington to do so...broke five school records...played water polo as well in 2000 and 2003...
PERSONAL: Undeclared major...an amateur photographer...parents are Mary Sue and Bob Silver of Bainbridge Island, WA...has an older brother, Patrick, an older sister Kerry, as well as her older sister, Helen, who is a junior on the Cal swim team...born 10/9/85 in Florida.

HELEN SILVER

2004 All-American – 400 medley relay (7th)
2004 Honorable Mention All-American: 100 Back (11th), 200 medley relay (14th)
2003 All-American-400 Medley Relay (3rd)
Cal All-Time Top 10-100 Back (5th), 200 Back (7th)



CALIFORNIA: A junior backstroke...
SOPHOMORE IN 2003-04: At the NCAA Championships, swam 1:01.37 split on seventh-place 400-meter medley relay team... finished 11th in the 100-meter backstroke (1:00.85) and participated in the 14th place 200-meter medley relay team (28.88 split), to earn All-America honorable mention, while also qualifying for the 200 meter back (23rd)...finished fourth in the 200 yard backstroke (1:58.17) at Pac-10 Championships, as well as sixth in the 100 backstroke (55.19)...400-yard medley relay team took second place (3:38.65) at the conference meet, as well...
FRESHMAN IN 2002-03: Helped the Bears' 400 medley relay to a third-place finish and

season-best time of 3:34.95 at the NCAA Championships... finished third in 100 back consolation final with a personal-best time of 54.25 at the NCAA meet...also qualified in the 200 back at NCAAs...posted a runner-up finish in the 200 back (1:58.08) at the Pac-10 Championships...also scored points for the Bears at the Pac-10 meet as a member of Cal's second-place 400 medley relay team, and with a fifth-place finish in the 100 back (54.85)...is on the Bears' all-time Top 10 list with the fifth-fastest time in the 100 back (54.25) and seventh-fastest time in the 200 back (1:57.81)...was the recipient of the Cal Coaches Award...**HIGH SCHOOL:** A 2002 graduate of Bainbridge High School...was a four-time high school All-American...was a three-time Washington state champion in the 100 backstroke...high school team won the state championship twice...member of 200 medley relay team that won four straight state championships...set school records in the 100 back and 200 individual medley...placed sixth at the 2002 Spring U.S. National Championships in the 200m back and seventh in the 100m back...played on her high school varsity water polo team and earned All-America honors...**PERSONAL:** An art practice major...career goal is to one day own an art gallery...father, Bob, swam at Indiana University and the University of Arizona...uncle, Larry Barbieri, also swam at Indiana and won a bronze medal at the 1984 Olympics in the 200 back...parents are Mary Sue and Bob Silver of Bainbridge Island, WA...has two older siblings, Kerry and Patrick and a younger sister, Emily, who is a freshman on the team...born 3/22/84 in St. Petersburg, FL.

BEST CAL TIMES

100 back	54.25	2003 NCAA Championships
200 back	1:57.37	2003 Princeton Invite
200 IM	2:02.20	2004 Pac-10 Championships

NADIA STAUBITZ



CALIFORNIA: A sophomore backstroke/butterfly...**FRESHMAN IN 2003-04:** Competed at Pac-10 Championships, finishing 18th in 100-yard backstroke (57.89), 19th in the 100-yard butterfly (56.26) and 23rd in the 200-yard backstroke (2:06.58)...her conference meet preliminary time of 57.75 in the 100-yard backstroke was third on the team for the year...**HIGH SCHOOL:** A 2003 graduate of Red Mountain High School...set school records in the 100 back (56.61) and 100 fly (57.46)...earned high school All-America honors in the 100 back and 100 fly in 2002...was the 2002 Arizona state high school champion in the 100 and 200 back...swam the backstroke leg on her high school's state championship 200 medley relay team in 2001... three-time swimming MVP (2000-02)...**PERSONAL:** Undeclared major...parents are Andrew and Laura StaubitZ of Mesa, AZ...born 11/5/84 in Mesa, AZ.

BEST CAL TIMES

100 back	57.75	2004 Pac-10 Championships
100 fly	56.26	2004 Pac-10 Championships
200 back	2:05.26	2003 Princeton Invite



Junior Kate Tiedeman

KELLY STRAVERS



CALIFORNIA: A freshman freestyler/butterfly...**HIGH SCHOOL:** A 2004 graduate of Folsom High School in Folsom, CA...valedictorian of her class...academic All-American and high school All-American...set school record in 50 free...Sierra All-League conference champion...**PERSONAL:** Political science major...parents are Kathleen and Matt Garry of Folsom, CA...born 2/11/86 in Mountain View, CA.

KATE TIEDEMAN

Cal All-Time Top 10 List - 1000 Free (9th), 1650 Free (9th)



CALIFORNIA: A junior distance freestyler/IMer...**SOPHOMORE IN 2003-04:** Finished 17th in the 400 IM at NCAA Championships...28th in the 1500-meter freestyle at NCAA Championships (16:35.05)...scored points at Pac-10 Championships in the 1650 freestyle (16:32.09, 8th), 400 IM (4:18.85, 10th) and 500-yard freestyle (4:50.11, 12th)...**FRESHMAN IN 2002-03:** Was an alternate for the NCAA Championships in the 500 free...scored points for the Bears in the 400 IM (4:22.81) and 1650 free (16:37.38) at the Pac-10 Championships with eighth-place finishes in both events...also posted a victory in the 500 free consolation final at the championship meet with Cal's second-fastest time of the season (4:48.94)...inked her name onto Cal's all-time Top 10 list with the Bears' ninth-fastest time in the 1650 free (16:37.38) and 10th-fastest time in the 500 free (4:48.94)...**HIGH SCHOOL:** A 2002 graduate of Burlingame High School...earned team MVP honors each of her four years...also a two-time club MVP as a member of the Palo Alto Swim Club...set the school and league record in the 500 freestyle (4:59.68)...a USA Swimming Scholastic All-American in 2000, 2001 and 2002...member of the 1999 Western Zone All-Star team...an Advanced Placement scholar with distinction...**PERSONAL:** Environmental Science major...parents are Bill Tiedeman and Patricia Harding...born 6/18/84 in San Francisco, CA.

BEST CAL TIMES

500 free	4:48.04	2003 Princeton Invite
1000 free	9:56.01	2003 Princeton Invite
1650 free	16:27.32	2003 Princeton Invite
400 IM	4:18.85	2004 Pac-10 Championships

LEANN TOOMEY



CALIFORNIA: A freshman freestyler/butterfly...**HIGH SCHOOL:** A 2004 graduate of Holy Name Academy in Seattle, WA...competed at 2004 U.S. Olympic Trials in 100-meter fly (1:04.31, 70th)...competed on junior national team 1999-2000 and national team 2003-04...four-year team MVP...high school All-American as a senior...won two state titles as a senior...set four school records, two Metro records, and won seven Metro titles...**PERSONAL:** Majoring in studio art...interested in animation...parents are Lisa and Robert Toomey of Sammamish, WA...born 9/11/85 in Newton, MA.

SHERRY TSAI



CALIFORNIA: A sophomore backstroker who represented Hong Kong at the 2000 and 2004 Olympics...**AT ORANGE COAST:** Tsai spent the 2002-03 and 2003-04 seasons getting an associate's degree at Orange Coast College in Costa Mesa, CA...**HIGH SCHOOL:** A 2002 graduate of the Diocesan Girls' School in Hong Kong...named Hong Kong's best female swimmer 1996-2002...named Hong Kong's student athlete of the year in 2002...holds numerous Hong Kong records...competed at 1997 and 2003 World Championships...swam in the 1998 and 2002 Asian Games...her personal bests include 50 back – 26.06, 100 back – 54.84, and 200 back – 2:01.73...**PERSONAL:** Undeclared major...counts her best sports moment as bearing the Hong Kong team flag at the 2004 Olympic Games...parents are Elena and Ge Wah Tsai of Hong Kong...born 9/4/83 in Hong Kong.

EMILY VERDIN



CALIFORNIA: A freshman backstroker/IMer...**HIGH SCHOOL:** A 2004 graduate of Thomas Jefferson High School for Science and Technology in Alexandria, VA where she was team MVP...Virginia state champion in the 200 IM (2002-04) and 100 back (2004) ...broke Virginia state records in both those events...named to Washington Post All-Met first-team (2002-04)...national qualifier in the 100 and 200 back...Scholastic All-American and first-team high school All-American in all four strokes and the 200 IM...broke five individual school records...holds personal bests of 56.23 in the 100 back, 2:01.00 in the 200 back, 2:04.16 in the 200 IM, 52.2 in the 100 free, and 1:05.4 in the 100 breast...**PERSONAL:** Undeclared major...a certified scuba diver...parents are Patty and Peter Verdin of Alexandria, VA...member of the Cal lacrosse team... sister, Erica, attends Cal...born 10/25/85 in Cleveland, OH.

DIVERS

KATY BANKS



CALIFORNIA: A freshman diver...qualified for the 2004 USA Olympic Diving Trials on Platform...2003 SPA Diver of the Year who finished 7th at 2003 World Cup Trials and 10th at the 2003 America's Cup on platform...JO National Qualifier in 2001-03...Member of the JO National Champion Mission Viejo Nadadores in 1998-2000...**HIGH SCHOOL:** Graduate of Laguna Hills High School...**PERSONAL:** ...Parents are Richard and Susan Banks, Three sisters, Sandy, Sarah and Carly...Born 3/31/86 in Aurora, Colo.



Freshman diver Lila Korpell

TARA CAPSUTO



CALIFORNIA: A senior diver...**ASA JUNIOR IN 2003-04:** Competed in several meets as a junior...**AS A FRESHMAN IN 2002-03:** Competed on the Golden Bears' women's gymnastics team in 2002-03...**HIGH SCHOOL:** Garnered 11 individual state gymnastics titles...four-time Junior Olympic National Qualifier...National Balance Beam Champion in 1998...seventh place in 1999 and fourth place in 2000...National Honor Society member...**PERSONAL:** Policial Science and I.S.F. double major...part of National Collegiate Honors scoiety...spent 2004 summer doing research for an NGO in Argentina...parents are Patricia Robak and Richard Capsuto...has two brother, Ben and Ian...born 5/22/83 in Mt. Kisco, N.Y.

LILA KORPELL



CALIFORNIA: A sophomore diver...**FRESHMAN IN 2003-04:** Competed in several meets for the Golden Bears with victories against SJSU and USC...**HIGH SCHOOL:** A 2003 graduate of Acalanes High School...named her high school's Most Outstanding Athlete 2001-03...**PERSONAL:** Undeclared major...parents are Herb and Kathy Korpell...born 3/20/85 in Berkeley, Calif.

CAL SWIMMING/DIVING ROSTERS

2004-05 CALIFORNIA WOMEN'S SWIMMING ROSTER

<i>Name</i>	<i>Events</i>	<i>Yr.</i>	<i>Ht.</i>	<i>Ex.</i>	<i>Hometown (Last School)</i>
Keiko Amano	Free	Sr.	5-2	3V	Ventura, CA (Villanova Prep)
Lauren Andrews	Free/Back	So.	5-11	TR	Redding, CA (Cal State Northridge)
Anne Babicz	Breast/Fly/IM	So.	5-9	1V	Sarasota, FL (Pine View HS)
Erin Calder	Breast	Sr.	5-9	3V	Chino Hills, CA (Ayala HS)
Ashley Chandler	Free/Fly	Jr.	5-8	2V	Chandler, AZ (Chandler HS)
Jessica Cotton	Free/IM	Fr.	5-11	HS	Stockton, CA (Lincoln HS)
Lauren Medina	Free	Sr.	5-6	3V	West Covina, CA (St. Lucy's Priory)
Gina Merlone	Breast	RS So.	5-7	1V	Menlo Park, CA (Menlo HS)
Marcelle Miller	Breast/IM	Sr.	5-8	3V	Portsmouth, NH (Portsmouth HS)
Lisa Morelli	Fly/Free/Back	Sr.	5-7	3V	San Diego, CA (Torrey Pines HS)
Amy Ng	IM/Back	Sr.	5-6	3V	San Ramon, CA (California HS)
Catherine O'Neal	Breast	So.	5-5	1V	Austin, TX (Westlake HS)
Emma Palsson	Fly/Free	Sr.	5-8	3V	Skonor, Sweden (Sunds Gymnasiet)
Genevieve Patterson	Breast/IM	Fr.	5-10	HS	Portland, OR (Westview HS)
Erin Reilly	Free/Fly	So.	5-8	1V	Sacramento, CA (Rio Americano HS)
Rachel Ridgeway	Free/Fly	Fr.	5-6	HS	Chicago, IL (Loyola Academy)
Kelly Sanders	Back	So.	5-8	1V	Los Altos Hills, CA (Saint Francis HS)
Emily Silver	Free	Fr.	5-11	HS	Bainbridge Island, WA (Bainbridge HS)
Helen Silver	Back/IM	Jr.	5-11	2V	Bainbridge Island, WA (Bainbridge HS)
Nadia Staubitz	Back/Fly	So.	5-7	1V	Mesa, AZ (Red Mountain HS)
Kelly Stavers	Free/Fly	Fr.	5-11	HS	Folsom, CA (Folsom HS)
Kate Tiedeman	Free/IM	Jr.	5-7	2V	Burlingame, CA (Burlingame HS)
Leann Toomey	Free/Fly	Fr.	5-6	HS	Sammamish, WA (Holy Name Academy)
Sherry Tsai	Back/Free	So.	5-4	TR	Hong Kong, China (Orange Coast College)
Emily Verdin	Back/IM	Fr.	5-10	HS	Alexandria, VA (Thomas Jefferson HS)



Golden Bears at Tiburon Open Water Race



Lake Tahoe team retreat

2004-05 CALIFORNIA WOMEN'S DIVING ROSTER

<i>Name</i>	<i>Events</i>	<i>Yr.</i>	<i>Ht.</i>	<i>Ex.</i>	<i>Hometown (Last School)</i>
Katy Banks	Diving	Fr.	5-0	HS	Aurora, CO (Laguna Hill HS)
Tara Capsuto	Diving	Jr.	5-4	3V	Yorktown, NY (Yorktown HS)
Lila Korpell	Diving	So.	5-1	1V	Lafayette, CA (Acalanes HS)

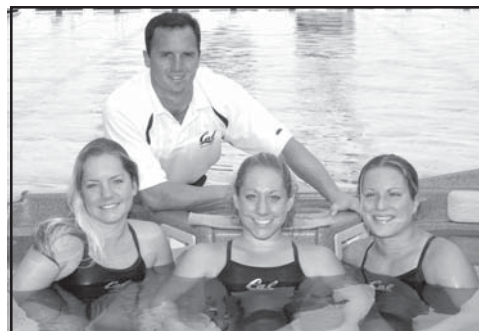
Head Coach: Teri McKeever (13th year)

Assistant Coach: Whitney Hite (2nd year)

Diving Coach: Ron Kontura (1st year)

PRONUNCIATION GUIDE

Keiko Amano K-Co
 Anne Babicz Bab-its
 Gina Merlone Mur-LOAN-E
 Amy Ng ING



Women's diving head coach Ron Kontura with, from left, Katy Banks, Lila Korpell and Tara Capsuto.

2003-04 RESULTS

FINAL SEASON RESULTS

(9-0 OVERALL, 6-0 PAC-10, 5-0 AT HOME, 6-0 ON THE ROAD)

Date	Opponent	W-L	Score	Record
Oct. 10	at Pacific	W	149-111	1-0
Oct. 18	*Washington St.	W	170.5-86.5	2-0
Oct. 31-Nov. 1	at Colleges Cup		non-scoring	
Nov. 14	San Jose State	W	162-125	3-0
Nov. 15	Fresno State	W	166-100	4-0
Dec. 5-7	at Princeton Invite	non-scoring		
Jan. 23	*Arizona	W	152-148	5-0
Jan. 24	*Arizona State	W	185-110	6-0
Jan. 30	*at USC	W	180-80	7-0
Jan. 31	*at UCLA	W	155-145	8-0
Feb. 14	*at Stanford	W	151-149	9-0

*Pac-10 Conference meet

Bold denotes home meet at Spieker Aquatics Complex, Berkeley, CA

2004 PACIFIC-10 CONFERENCE CHAMPIONSHIPS

FEB. 25-28, 2004 • BELMONT PLAZA • LONG BEACH, CA



FINAL TEAM STANDINGS

1. Stanford	1,380.0
2. UCLA	1,329.0
3. Arizona	1,221.5
4. CALIFORNIA	1,117.5
5. Arizona State	863.0
6. USC	806.5
7. Oregon State	405.5
8. Washington	396.0
9. Washington State	278.0

Event..... Prelims Final

50 YARD FREESTYLE

1. L. Boutwell, STAN	22.71	22.60
14. Danielle Becks	23.54	23.51
20. Keiko Amano	23.80	23.78

100 YARD FREESTYLE

1. Natalie Coughlin	49.25	47.87
6. Lauren Medina	50.55	50.57
7. Danielle Becks	50.67	50.70
19. Keiko Amano	51.36	51.12

200 YARD FREESTYLE

1. Florencia Szigeti, ASU	1:47.14	1:46.46
2. Ashley Chandler	1:46.93	1:46.97
7. Lauren Medina	1:47.65	1:48.23

14. Micha Burden	1:50.12	1:49.58
17. Danielle Becks	1:50.65	1:49.38

500 YARD FREESTYLE

1. Kalyn Keller, USC	4:41.53	4:37.76
3. Erin Reilly	4:46.23	4:43.28
4. Ashley Chandler	4:42.12	4:45.44
12. Kate Tiedeman	4:53.27	4:50.11
13. Lauren Medina	4:51.10	4:50.22
19. Micha Burden	4:55.37	4:51.60

1650 YARD FREESTYLE

1. Kalyn Keller, USC	15:48.99
6. Erin Reilly	16:26.16
7. Ashley Chandler	16:27.10
8. Kate Tiedeman	16:32.09

100 YARD BACKSTROKE

1. Natalie Coughlin	54.93	51.91
6. Helen Silver	54.66	55.19
18. Nadia Staubit	57.75	57.89
20. Lisa Morelli	58.16	58.06

200 YARD BACKSTROKE

1. Jessica Hayes, ARIZ	1:59.00	1:56.41
4. Helen Silver	1:59.33	1:59.89
13. Lisa Morelli	2:03.45	2:02.11
21. Amy Ng	2:06.26	2:05.45
23. Nadia Staubit	2:07.28	2:06.58

100 YD BREASTSTROKE

1. Tara Kirk, STAN	1:00.17	59.14
5. Annie Babicz	1:02.05	1:02.14
8. Erin Calder	1:02.84	1:03.53
12. Marcelle Miller	1:04.45	1:04.00
23. Catherine O'Neal	1:07.55	1:06.19

200 YD BREASTSTROKE

1. Tara Kirk, STAN	2:14.43	2:07.13
6. Marcelle Miller	2:14.64	2:17.32

9. Annie Babicz	2:17.37	2:16.54
15. Erin Calder	2:18.60	2:18.25

100 YARD BUTTERFLY

1. Dana Kirk, STAN	52.92	52.30
8. Annie Babicz	54.95	55.25
17. Emma Palsson	56.58	55.88
18. Flora Kong	56.55	56.10
19. Nadia Staubit	56.76	56.26
20. Keiko Amano	56.89	56.82

200 YARD BUTTERFLY

1. Kaitlin Sandeno, USC	1:56.06	1:52.63
7. Erin Reilly	1:58.88	1:58.11
10. Natalie Griffith	2:01.23	1:59.92
20. Jenna Rais	2:04.48	2:03.86
21. Flora Kong	2:05.71	2:04.79

200 YARD INDIV. MEDLEY

1. Natalie Coughlin	1:59.17	1:54.95*
5. Natalie Griffith	2:00.07	2:00.71
11. Helen Silver	2:02.20	2:02.28

400 YARD INDIV. MEDLEY

1. Kaitlin Sandeno, USC	4:10.48	4:05.74
6. Natalie Griffith	4:17.10	4:15.54
10. Kate Tiedeman	4:21.56	4:18.85
15. Amy Ng	4:22.47	4:25.46
19. Jenna Rais	4:24.91	4:22.84

200 YARD FREE RELAY

1. UCLA (Vandenberg, Svahnstom, Thurman, Platzer)	1:31.32
4. California (Coughlin, Becks, Amano, Palsson)	1:31.92

400 YARD FREE RELAY

1. California (Coughlin, Becks, Burden, Medina)	3:18.25
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800 YARD FREE RELAY

1. California (Reilly, Chandler, Burden, Medina) 7:08.13

200 YD MEDLEY RELAY

1. Stanford (Baumgartner, T. Kirk, D. Kirk, Jones) 1:39.17
4. California (Coughlin, Babicz, Palsson, Becks) 1:41.28

400 YD MEDLEY RELAY

1. Stanford (Baumgartner, T. Kirk, D. Kirk, Boutwell) 3:35.93
2. California (Silver, Babicz, Coughlin, Medina) 3:38.65

ONE-METER DIVING

1. Cassidy Krug, STAN 289.65
16. Amanda Schneider 208.30
19. Lila Korpell 196.05
25. Alyson Borawski 152.05

THREE-METER DIVING

1. Trisha Tumlinson, ASU 520.95
21. Lila Korpell 292.95
22. Alyson Borawski 280.65

PLATFORM DIVING

1. Trisha Tumlinson, ASU 433.65
20. Lila Korpell 214.40
21. Amanda Schneider 210.05

2004 NCAA CHAMPIONSHIPS

MARCH 18-20, 2004 • STUDENT REC CENTER NATATORIUM • COLLEGE STATION, TX



FINAL TEAM STANDINGS

1. Auburn 569
2. Georgia 431
3. Arizona 369
4. Florida 253
5. Stanford 237
6. CALIFORNIA 235.5
7. UCLA 195
8. Texas 169
9. USC 160
10. Wisconsin 135

Event Prelims Final

50 METER FREESTYLE

1. K.LynnJoyce,UGA ... 24.21*#@^ 24.24

100 METER FREESTYLE

1. K.LynnJoyce,UGA 54.40 53.15#^

200 METER FREESTYLE

1. MargaretHoelzer,AUB ... 1:58.49 1:56.16#
4. Ashley Chandler 1:58.13 1:57.99
11. Lauren Medina 1:59.09 1:58.81

400 METER FREESTYLE

1. Emily Mason, ARIZ 4:06.56 ... 4:01.58*#
4. Ashley Chandler 4:06.69 4:05.89

1500 METER FREESTYLE

1. Kalyn Keller, USC 15:49.14*#@
14. Erin Reilly 16:12.96
28. Kate Tiedeman 16:35.05
36. Ashley Chandler 16:46.42

100 M BACKSTROKE

1. Natalie Coughlin 59.38 57.51*
13. Helen Silver 1:00.68 1:00.85

200 M BACKSTROKE

1. Kirsty Coventry, AUB 2:07.24 2:03.86*
3. Natalie Coughlin 2:08.12 2:06.54

100 M BREASTSTROKE

1. Tara Kirk, STAN 1:05.44 1:04.79*#@%
15. Annie Babicz 1:09.16 1:09.12

200 M BREASTSTROKE

1. Tara Kirk, STAN 2:23.44 .. 2:20.70*#@^

100 METER BUTTERFLY

1. Natalie Coughlin 57.69 56.88*

200 METER BUTTERFLY

1. M. Descenza, UGA .. 2:08.98 2:06.02#
12. Erin Reilly 2:11.70 2:11.98

200 M INDIV. MEDLEY

1. K. Sandeno, USC 2:10.72 2:08.11#^
13. Natalie Griffith 2:13.80

400 M INDIV. MEDLEY

1. K. Sandeno, USC 4:34.74 . 4:30.44*#@%

200 METER FREE RELAY

1. Georgia (Joyce, Mabry, Kearns, Georoff) 1:38.52 1:37.27*#@%
7. California (Coughlin, Becks, Amano, Palsson) 1:41.03 1:41.36

400 METER FREE RELAY

1. Georgia (Joyce, Mabry, Georoff, Descenza) 3:40.68 3:35.14
3. California (Coughlin, Becks, Burden, Medina) 3:41.06 3:40.31

800 METER FREE RELAY

1. California (Coughlin, Reilly, Chandler, Medina) 7:50.94#^

200 M MEDLEY RELAY

1. Auburn (Anderson, Swander, Hoelzer, Coparropa) 1:50.84 ... 1:49.02#^
14. California (Silver, Babicz, Palsson, Becks) 1:53.74 1:53.42

400 M MEDLEY RELAY

1. Georgia (Mabry, Poewe, Descenza, Joyce) 3:58.41 ... 3:56.48#^
7. California (Silver, Babicz, Coughlin, Becks) 4:01.75 4:02.49

ONE-METER DIVING

1. Allison Brennan, So. Carolina 307.20

THREE-METER DIVING

1. Lane Bassham, Alabama 557.75

PLATFORM DIVING

1. Nicole Pohorenc, Texas 482.20

!Pac-10 Record

#NCAA Record

^U.S. Open Record

*Meet Record

@American Record

%World Record

2004 CALIFORNIA ALL-AMERICANS

Annie Babicz: 100m Breast – 1:09.12, 15th

Ashley Chandler: 200m Free – 1:57.99, 4th; 400 Free – 4:05.89, 4th

Natalie Coughlin: 100m Fly – 56.88, 1st; 100 Back – 57.51, 1st; 200 Back – 2:06.54, 3rd

Natalie Griffith: 200m IM – 2:13.80, 13th

Lauren Medina: 200m Free – 1:58.81, 11th

Erin Reilly: 200m Fly – 2:11.98, 12th; 1500 Free – 16:12.96, 14th

Helen Silver: 100m Back – 1:00.85, 11th

Coughlin, Reilly, Chandler, Medina: 800m free relay - 7:50.94, 1st

Coughlin, Becks, Burden, Medina: 400m free relay - 3:40.31, 3rd

Coughlin, Becks, Amano, Palsson: 200m free relay - 1:41.36, 7th

Silver, Babicz, Coughlin, Becks: 400m medley relay - 4:02.49, 7th

Silver, Babicz, Palsson, Becks: 200m medley relay – 1:53.42, 14th

Bold denotes current Cal athlete

2003-04 BEST TIMES (YARDS)

50 FREESTYLE

Natalie Coughlin	22.37 A
Danielle Becks	23.51 B
Keiko Amano	23.78
Emma Palsson	23.87
Cheryl Anne Bingaman	23.97

100 FREESTYLE

Natalie Coughlin	47.37 A
Lauren Medina	50.55 B
Danielle Becks	50.67 B
Ashley Chandler	50.76 B
Keiko Amano	51.12 B

200 FREESTYLE

Ashley Chandler	1:46.93 A
Erin Reilly	1:47.29 A
Lauren Medina	1:47.54 A
Micha Burden	1:48.66 B
Danielle Becks	1:49.38 B

500 FREESTYLE

Ashley Chandler	4:42.12 A
Erin Reilly	4:43.28 A
Kate Tiedeman	4:48.04 B
Micha Burden	4:50.18 B
Lauren Medina	4:50.22 B

1000 FREESTYLE

Ashley Chandler	9:47.78
Erin Reilly	9:53.75
Kate Tiedeman	9:56.01
Lisa Morelli	10:18.09
Marcelle Miller	10:28.35

1650 FREESTYLE

Ashley Chandler	16:13.64 A
Erin Reilly	16:26.16 B
Kate Tiedeman	16:27.32

100 BACKSTROKE

Natalie Coughlin	51.36 A
Helen Silver	54.66 B
Nadia Staubitz	57.75
Lisa Morelli	58.06
Amy Ng	59.23

200 BACKSTROKE

Natalie Coughlin	1:51.42 A
Helen Silver	1:57.37 B
Lisa Morelli	2:02.11
Amy Ng	2:04.95
Nadia Staubitz	2:05.26

100 BREASTSTROKE

Annie Babicz	1:02.05 B
Erin Calder	1:02.84 B
Marcelle Miller	1:04.00
Natalie Griffith	1:05.57
Catherine O'Neal	1:06.19

200 BREASTSTROKE

Marcelle Miller	2:14.64 B
Annie Babicz	2:16.54 B
Erin Calder	2:18.25 B
Natalie Griffith	2:18.26 B
Amy Ng	2:24.60

100 BUTTERFLY

Natalie Coughlin	54.25 B
Annie Babicz	54.95 B
Erin Reilly	55.01 B
Emma Palsson	55.80
Flora Kong	56.10

200 BUTTERFLY

Erin Reilly	1:58.11 A
Natalie Griffith	1:59.92 B
Flora Kong	2:02.32
Jenna Rais	2:03.86
Kate Tiedeman	2:04.37

200 INDIVIDUAL MEDLEY

Natalie Coughlin	1:54.95 A\$
Natalie Griffith	2:00.07 B
Helen Silver	2:02.20
Jenna Rais	2:04.47
Amy Ng	2:05.29

400 INDIVIDUAL MEDLEY

Natalie Griffith	4:15.54 A
Kate Tiedeman	4:18.85 B
Amy Ng	4:22.47 B
Jenna Rais	4:22.84 B
Ashley Chandler	4:24.87

200 FREESTYLE RELAY

Coughlin, Becks, **Amano**, **Palsson** .. 1:31.68 B

400 FREESTYLE RELAY

Coughlin (48.39), Becks (49.92), Burden (50.10), **Medina** (49.84) 3:18.25A

800 FREESTYLE RELAY

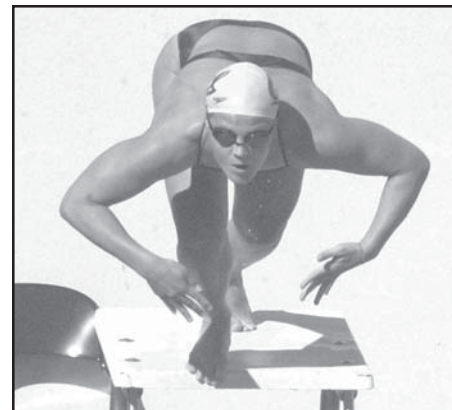
Reilly (1:47.29), **Chandler** (1:46.60), Burden (1:48.22), **Medina** (1:46.02) 7:08.13 A*

200 MEDLEY RELAY

Coughlin (24.47), **Babicz** (28.47), **Palsson** (24.94), Becks (23.40) 1:41.28 B

400 MEDLEY RELAY

Silver (54.95), **Babicz** (1:01.99), Coughlin (51.46), **Medina** (50.25) 3:38.32 B



Senior Emma Palsson, along with senior Amy Ng, serves as co-captain for the 2004-05 Golden Bears.

2005 NCAA QUALIFYING STANDARDS

25-YARD COURSE

Event	A	B
50 Freestyle	22.88	23.56
100 Freestyle	49.78	51.27
200 Freestyle	1:47.61	1:50.83
500 Freestyle	4:45.46	4:54.02
1,650 Freestyle	16:23.54	16:53.04
100 Butterfly	53.75	55.36
200 Butterfly	1:58.11	2:01.65
100 Backstroke	54.47	56.10
200 Backstroke	1:58.24	2:01.78
100 Breaststroke	1:02.00	1:03.86
200 Breaststroke	2:14.25	2:18.27
200 Individual Medley ..	2:00.67	2:04.29
400 Individual Medley ..	4:15.93	4:23.60
200 Freestyle Relay	1:31.01	1:33.74
400 Freestyle Relay	3:18.95	3:24.91
800 Freestyle Relay	7:11.65	7:24.59
200 Medley Relay	1:39.90	1:42.89
400 Medley Relay	3:38.32	3:44.86
1-Meter Diving Points		
Dual	255/265*	
Championship	375	
3-Meter Diving Points		
Dual	270/280*	
Championship	425	
Platform Diving Points		
Dual 260		
9 Dives	365	

*qualifying point total when using six optional dives with standard D.D.

GOLDEN BEAR HONORS

OLYMPICS

Hui-Chien Chang, Taiwan 1988
 Kim Chen, Taiwan 1988
 Haley Cope, United States 2004
 Natalie Coughlin, United States 2004
 Hanna Jaltner, Sweden, 1996
 Helen Jameson, Great Britain 1980
 Lene Jenssen, Norway 1976 1980
 Agneta Martensson, Sweden 1980, 1984
 Mary T. Meagher, United States 1980, 1984, 1988
 Waen Minpraphal, Thailand 1992, 1996, 2000
 Hiroko Nagasaki, Japan 1988
 Elli Overton, Australia 1992, 1996, 2000
 Trina Radke, United States 1988
 Anna Simcic, New Zealand 1992, 1996
 Staciana Stitts, United States 2000
 Akiko Thomson, Philippines 1988, 1992, 1996
 Sherry Tsai, Hong Kong 2000, 2004
 Conny van Bentum, The Netherlands 1980, 1984, 1988
 Ashley Whitney, United States 1996
 Joscelyn Yeo, Republic of Singapore 1992, 1996

WORLD UNIVERSITY GAMES

Michelle Branchaud, United States 1987
 Sheila Conway, United States 1991
 Helen Jameson, Great Britain 1983
 Cheryl Kriegsmann, United States 1987
 Mary T. Meagher, United States 1985
 Lisa Meyers, United States 1987
 Elli Overton, Australia 1997
 Cindy Tuttle, United States 1981
 Conny van Bentum, The Netherlands 1985

NCAA SWIMMER OF THE YEAR

2001 Natalie Coughlin
 2002 Natalie Coughlin
 2003 Natalie Coughlin

PAC-10 SWIMMERS OF THE YEAR

1987 Mary T. Meagher
 1989 Sarah Anderson
 1999 Marylyn Chiang
 2000 Haley Cope
 2001 Natalie Coughlin
 2002 Natalie Coughlin
 2003 Natalie Coughlin

NCAA CHAMPIONS

1983 Mary T. Meagher, 200 fly
 1985 Mary T. Meagher, 100 and 200 fly
 Conny van Bentum, 50 free
 1986 Mary T. Meagher, 200 fly
 Conny van Bentum, 200 free
 1987 Mary T. Meagher, 100 and 200 fly
 1988 Hiroko Nagasaki, 200 breast
 1999 Marylyn Chiang, 100 back
 2000 200-meter medley relay (Haley Cope, Staciana Stitts, Waen Minpraphal, Joscelyn Yeo)
 200-meter free relay (Anyia Kolbisen, Haley Cope, Nicole Omphroy, Joscelyn Yeo)
 2001 Natalie Coughlin, 100 back, 200 back, 100 fly
 2002 Natalie Coughlin, 100 back, 200 back, 100 fly
 2003 Natalie Coughlin, 100 back, 200 back, 100 fly
 2004 Natalie Coughlin, 100 Fly, 100 Back 800-meter free relay (Natalie Coughlin, Erin Reilly, Ashley Chandler, Lauren Medina)

VERIZON ACADEMIC ALL-AMERICAN

2000 Elli Overton
 2003 Natalie Coughlin, 2nd Team

CSCAA ACADEMIC ALL-AMERICAN

Sarah Anderson 1991
 Katie Bell 1992, 1993, 1994
 Alice Cantwell 1994
 Amy Clark 1985, 1986, 1987, 1988
 Natalie Coughlin 2004
 Megan Doberneck 1987, 1988, 1989
 Pippa Downes 1991
 Melissa Graviss 1991
 Alice Henriques 2002
 Larissa Herold 1994, 1995
 Kristin Imwalle 1996, 1997, 1999
 Anyia Kolbisen 1997
 Cheryl Kriegsmann 1989
 Kristin Kuhlman 1987, 1988, 1989, 1990
Marcelle Miller, 2003, 2004
 Lorenza Munoz 1990
 Elli Overton 1998
 Heather Reagan 1991
 Staciana Stitts 2002
 Lisa Summers 1991, 1992, 1993
 Conny van Bentum 1985, 1986
 Cindy Tuttle 1985
 Katie Welch 1992

TEAM AWARDS

MVP

Larissa Herold, 1993
 Larissa Herold, 1994
 Anna Simcic, 1995
 Marylyn Chiang, 1996
 Marylyn Chiang, 1997
 Elli Overton, 1998
 Marylyn Chiang, 1999
 Joscelyn Yeo, 2000
 Natalie Coughlin, 2001
 Natalie Coughlin, 2002
 Natalie Coughlin, 2003
 Natalie Coughlin, 2004

MOST IMPROVED

Kristina Burow, 1993
 Akiko Thomson, 1994
 Katie Reding, Erin Jesfeld, 1995
 Kristin Imwalle, 1996
 Anyia Kolbisen, 1997
 Haley Cope, 1998
 Lisa Murray, 1999
 Stephanie Hermann, 2000
 Michelle Harper, 2001
 Danielle Becks, 2002
Kate Tiedeman, 2003
Erin Calder, 2004

SCHOLASTIC AWARD (highest GPA)

Katie Bell, 1993
 Kristina Burow, 1994
 Megan Chen, 1995
 Carrie Johnson, 1996

Amy Vastine, 1997
 Elli Overton, 1998
 Elli Overton, 1999
 Elli Overton, 2000
 Alice Henriques, 2001
 Alice Henriques, 2002
Marcelle Miller, 2003
Gina Merlone, 2004

GOLDEN BEAR AWARD

(For Dedication, Perseverance and Team Spirit)

Katie Bell, Lisa Summers, 1993
 Katie Bell, 1994
 Sheila Conway, 1995
 Larissa Herold, 1996
 Katie Aldworth, 1997
 Katie Reding, 1998
 Katie Aldworth, 1999
 Staciana Stitts, 2000
 Staciana Stitts, 2001
 Staciana Stitts, 2002
Lisa Morelli, 2003
Emma Palsson, 2004

COACHES' AWARD

Elli Overton, 2000
 Haley Cope, 2001
 Kyoko Yokouchi, 2002
Helen Silver, 2003
Micha Burden & Ashley Chandler, 2004

Bold denotes current Cal athlete

PAC-10 ALL-ACADEMIC TEAM

Katie Aldworth 1999
Keiko Amano 2003, 2004
 Sarah Anderson 1991
 Danielle Becks 2002, 2004
 Katie Bell 1994
 Alyson Borawski 2003
 Jenni Brelsford 1999, 2000
 Micha Burden 2004
 Alice Cantwell 1994
 Marylyn Chiang 1999
 Haley Cope 1999, 2000, 2001
 Natalie Coughlin 2002, 2003, 2004
 Pippa Downes 1991, 1992
 Christina Flynn 2001, 2002, 2003
 Amy Gosling 1992
 Melissa Graviss 1991, 1992
 Natalie Griffith 2002, 2003, 2004
 Michelle Harper 2003
 Alice Henriques 2000, 2002
 Stephanie Hermann 1999, 2000
 Larissa Herold 1995, 1996
 Kristin Imwalle 1997, 1999
 Hanna Jaltner 1999, 2000
 Carrie Johnson 1996
 Giana Johnson 1997

Liah Kim 2001
 Anyia Kolbisen 1999, 2000
 Dena Lofthus 2000
 Katie Lowes 1999, 2000
Marcelle Miller 2003, 2004
 Waen Minpraphal 2000
 Katherine Mitchell 2002
Lisa Morelli 2003
 Lorenza Munoz 1991
 Cheryl Murphy 1997
 Sonya Nimtz 1992, 1993
 Nicole Omphroy 1999, 2000
 Elli Overton 1998, 2000
Emma Palsson 2003, 2004
 Sian Parry 2000
 Trina Radke 1991, 1993
 Heather Reagan 1992
 Katie Reding 1997, 1998
 Jacqui Schoppe 2000
 Emily Schum 2001
 Anna Simcic 1995
 Amy Simpson 1999, 2000
 Staciana Stitts 2001, 2002, 2003
 Lisa Summers 1991, 1992, 1993
 Amy Vastine 1997
 Alicia Walker 1991
 Katie Welch 1991, 1992
 Jamie Westoby 2001
 Kyoko Yokouchi 2002

NATIONAL TEAM FINISHES

Year	Nat'l Finish	Conference Finish	Dual Record	Coach
1978-79	23rd	AIAW	2nd Nor-Cal	6-2 Karen Moe Thornton
1979-80	10th	AIAW	2nd Nor-Cal	5-4 Karen Moe Thornton
1980-81	10th	AIAW	1st Nor-Cal	6-4 Karen Moe Thornton
1981-82	4th	AIAW	2nd Nor-Cal	5-3 Karen Moe Thornton
1982-83	12th	NCAA	1st Nor-Pac	5-6 Karen Moe Thornton
1983-84	12th	NCAA	1st Nor-Pac	5-5 Karen Moe Thornton
1984-85	4th	NCAA	1st Nor-Pac	7-3 Karen Moe Thornton
1985-86	4th	NCAA	1st Nor-Pac	7-2 Karen Moe Thornton
1986-87	4th	NCAA	5th Pac-10	8-2-1 Karen Moe Thornton
1987-88	4th	NCAA	2nd Pac-10	8-2 Karen Moe Thornton
1988-89	5th	NCAA	2nd Pac-10	6-3 Karen Moe Thornton
1989-90	4th	NCAA	2nd Pac-10	7-3 Karen Moe Thornton
1990-91	4th	NCAA	2nd Pac-10	8-1 Karen Moe Thornton
1991-92	11th	NCAA	4th Pac-10	6-3 Karen Moe Thornton
1992-93	15th	NCAA	3rd Pac-10	6-3 Teri McKeever
1993-94	21st	NCAA	5th Pac-10	6-6 Teri McKeever
1994-95	28th	NCAA	6th Pac-10	7-7 Teri McKeever
1995-96	17th	NCAA	5th Pac-10	9-5 Teri McKeever
1996-97	9th	NCAA	4th Pac-10	13-4 Teri McKeever
1997-98	8th	NCAA	4th Pac-10	12-2 Teri McKeever
1998-99	5th	NCAA	3rd Pac-10	11-3 Teri McKeever
1999-00	4th	NCAA	3rd Pac-10	8-2 Teri McKeever
2000-01	7th	NCAA	5th Pac-10	6-3 Teri McKeever
2001-02	8th	NCAA	4th Pac-10	7-2 Teri McKeever
2002-03	8th	NCAA	5th Pac-10	8-3 Teri McKeever
2003-04	6th	NCAA	4th Pac-10	9-0 Teri McKeever

26 years

Five titles

190-83-1 (.693)

KAREN MOE HUMPHREYS

Karen Moe Humphreys (Thornton) led the Bears from 1978-92, producing an 83-40-1 (.673) dual meet record and establishing California as one of the nation's top swimming programs. Under her leadership, the Bears won five conference titles and placed fifth or better in the NCAA Championship eight times.



PAST NCAA RESULTS

1997 (9TH PLACE - 148.0 POINTS)

Marylyn Chiang: 100 back - 53.29, 2nd; 200 back - 1:56.30, 3rd; 200 IM - 1:58.81, 4th
 Waen Minpraphal: 200 fly - 2:00.48, 10th
 Elli Overton: 400 IM - 4:13.06, 4th; 200 IM - 1:59.82, 6th; 200 back - 2:00.20, 14th
 Chiang/Kolbisen/Omphroy/Overton: 800 free relay - 7:27.38, 7th
 Chiang/Overton/Minpraphal/Omphroy: 400 medley relay - 3:43.50, 10th
 Chiang/Kolbisen/Minpraphal/Omphroy: 400 free relay - 3:22.50, 10th
 Chiang/Overton/Minpraphal/Omphroy: 200 medley relay - 1:43.94, 12th

1998 (8TH PLACE - 237.0 POINTS)

Elli Overton: 200 fly - 1:57.73, 2nd; 200 IM - 1:58.38, 2nd; 400 IM - 4:15.60, 6th
 Marylyn Chiang: 100 back - 53.59, 3rd; 200 IM - 1:58.95, 4th; 200 back - 1:58.59, 7th
 Waen Minpraphal: 200 fly - 1:59.14, 6th; 100 fly - 54.54, 12th
 Hanna Jaltner: 100 breast - 1:02.52, 12th
 Haley Cope: 100 back - 55.82, 16th
 Adrienne Mattos: 50 free - 22.97, 16th
 Chiang/Jaltner/Minpraphal/Omphroy: 200 medley relay - 1:40.91, 5th
 Chiang/Jaltner/Minpraphal/Kolbisen: 400 medley relay - 3:38.83, 5th
 Chiang/Cope/Kolbisen/Omphroy: 400 free relay - 3:18.98, 6th
 Overton/Chiang/Omphroy/Kolbisen: 800 free relay - 7:14.15, 6th
 Mattos/Cope/Kolbisen/Omphroy: 200 free relay - 1:30.96, 10th

1999 (5TH PLACE - 315.0 POINTS)

Marylyn Chiang: 100 back - 52.36, 1st; 200 IM - 1:57.83, 2nd; 100 fly - 52.40, 3rd
 Joscelyn Yeo: 200 IM - 1:58.99, 5th; 100 fly - 52.83, 5th; 200 fly - 1:59.04, 5th
 Haley Cope: 100 fly - 53.28, 6th; 100 back - 54.20, 10th; 200 back - 1:58.80
 Waen Minpraphal: 400 IM - 4:17.19, 7th; 200 fly - 1:58.58, 11th
 Lisa Murray: 1650 free - 16:25.84, 9th
 Anya Kolbisen: 100 free - 49.85, 11th; 200 free - 1:51.76, 16th
 Nicole Omphroy: 100 free - 50.02, 13th
 Alice Henriques: 200 back - 2:00.05, 15th
 Chiang/Cope/Kolbisen/Yeo: 400 free relay - 3:16.56, 2nd
 Cope/Yeo/Chiang/Mattos: 200 medley relay - 1:39.76, 3rd
 Yeo/Murray/Kolbisen/Omphroy: 800 free relay - 7:14.33, 4th
 Chiang/Jaltner/Yeo/Kolbisen: 400 medley relay - 3:37.48, 4th
 Kolbisen/Chiang/Mattos/Omphroy: 200 free relay - 1:30.69, 5th

2000 (4TH PLACE - 311.5 POINTS)

Staciana Stitts: 100-meter breast - 1:06.79, 2nd; 200-meter breast - 2:25.02, 3rd
 Haley Cope: 100-meter back - 59.17, 2nd; 100-meter fly - 59.70, 6th

Elli Overton: 200-meter IM - 2:10.74, 2nd; 200-meter breast - 2:27.88, 5th; 400-meter IM - 4:40.88, 6th
 Joscelyn Yeo: 100-meter fly - 58.82, 3rd; 200-meter IM - 2:13.09, 5th; 200-meter fly - 2:12.45, 7th
 Alice Henriques: 200-meter back - 2:12.21, 13th
 Waen Minpraphal: 100-meter fly - 1:01.61, 14th
 Cope/Stitts/Minpraphal/Yeo: 200-meter medley relay - 1:49.23, 1st
 Kolbisen/Cope/Omphroy/Yeo: 200-meter free relay - 1:40.18, 1st
 Cope/Stitts/Yeo/Omphroy: 400-meter medley relay - 3:58.62, 3rd
 Kolbisen/Cope/Omphroy/Yeo: 400-meter free relay - 3:39.88, 4th
 Kolbisen/Omphroy/Murray/Overton: 800-meter free relay - 8:08.97, 10th

2001 (7TH PLACE - 248 POINTS)

Natalie Coughlin: 100 fly - 51.18, 1st; 100 back - 51.23, 1st; 200 back - 1:51.02, 1st
 Haley Cope: 50 free - 22.34, 2nd; 100 back - 53.06, 3rd; 100 free - 49.34, 7th
 Staciana Stitts: 100 breast - 1:02.14, 11th
 Kyoko Yokouchi: 400 IM - 4:19.48, 14th
 Harper/Coughlin/Mattos/Cope: 200 free relay - 1:30.05, 2nd
 Cope/Stitts/Coughlin/Becks: 400 medley relay - 3:34.83, 2nd
 Cope/Stitts/Coughlin/Harper: 200 medley relay - 1:38.44, 2nd
 Becks/Coughlin/Harper/Cope: 400 free relay - 3:19.14, 5th
 Griffith/Becks/Yokouchi/Henriques: 800 free relay - 7:25.49, 14th

2002 (8TH PLACE - 245 POINTS)

Natalie Coughlin: 100 fly - 50.01, 1st; 100 back - 49.97, 1st; 200 back - 1:49.52, 1st
 Alice Henriques: 200 back - 1:56.32, 6th; 100 back - 54.84, 13th
 Staciana Stitts: 100 breast - 1:00.40, 4th
 Kyoko Yokouchi: 400 IM - 4:16.32, 14th
 Coughlin/Becks/Harper/Stitts: 200 free relay - 1:30.13, 4th
 Harper/Coughlin/Becks/Stitts: 400 free relay - 3:17.52, 5th
 Becks/Whitney/Medina/Burden: 800 free relay - 7:16.08, 9th
 Coughlin/Stitts/Henriques/Becks: 200 medley relay - 1:37.88, 2nd
 Coughlin/Stitts/Henriques/Becks: 400 medley relay - 3:32.55, 2nd

2003 (8TH PLACE - 215 POINTS)

Natalie Coughlin: 100 back - 50.92, 1st; 200 back - 1:50.86, 1st; 100 fly - 50.62, 1st
 Helen Silver: 100 back - 54.25, 11th
 Staciana Stitts: 100 breast - 1:00.30, 5th; 200 breast - 2:11.71, 9th
 Coughlin/Becks/Rockwell/Harper: 200 free relay - 1:30.03, 4th
 Coughlin/Becks/Bingaman/Harper: 400 free relay - 3:16.21, 3rd
 Coughlin/Stitts/Griffith/Harper: 200 medley relay - 1:38.65, 3rd
 Silver/Stitts/Coughlin/Becks: 400 medley relay - 3:34.95, 3rd



TOP CAL STARS

HALL OF FAMERS

SARAH ANDERSON

A 21-time All-American and one of the best mid-to-long distance swimmers in Cal history, Sarah Anderson still holds school records for the 1,650-yard (16:10.33 in 1988) and 1,000-yard (9:46.08 in 1991) freestyle events—the only two freestyle categories to withstand the talents of three-time NCAA Swimmer of the Year Natalie Coughlin in school annals. During her tenure at Cal, she placed in the top three at the NCAA meet four times, finishing third in the 1650 in 1988, second in the 200 free in 1991, and third in both the 1650 free and 500 free in '91. Anderson was voted Pac-10 Swimmer of the Year in 1989, when she claimed conference crowns in the 200, 500 and 1650 freestyle races. As a senior, she also earned national and Pac-10 All-Academic honors.



MARY T. MEAGHER

Olympic gold medallist Mary T. Meagher, world record holder and a six-time NCAA champion for California, is a member of both the International Swimming Hall of Fame (inducted May 7, 1993 in Fort Lauderdale, FL) and the Cal Athletic Hall of Fame (inducted January 8, 1992).

Meagher, known at Madame Butterfly during her competitive years, was a member of the 1980, 1984 and 1988 U.S. Olympic teams. At the 1984 Games in Los Angeles, she captured gold medals in the 100-meter butterfly, the 200-meter butterfly and as a member of the 400-meter medley relay team. Her 100 and 200 fly times were both Olympic records.

In 1981, Meagher established world marks in the 200 fly (2:05.96) and the 100 fly (57.93). Her 200 fly time was rated the fifth-greatest single event performance by Sports Illustrated. She owns several of the top times in history in the 200 fly and was the first woman to swim under 2:07.

Meagher enrolled at Cal in the fall of 1982 and won NCAA championships each of her four years with the Golden Bears (She took 1984 off from school to concentrate on the Olympics.). In 1983, Meagher earned her first NCAA title in the 200-yard fly. She later won the 100 and 200 fly in 1985, the 200 fly in 1986, and the 100 and 200 fly in 1987. Meagher, who graduated in December 1987, currently holds the Cal school record in the 200 fly (1:54.52).

Meagher received the Olympia Award and was named the Kentucky Sportswoman of the Year in 1984. She also won the Honda Sports Award for swimming in 1985 and 1987 and was selected the winner of the 1987 Honda Broderick Cup, given annually to the nation's top female collegiate athlete.

Meagher was the 16th woman to be inducted into the Cal Hall of Fame.



MARYLYN CHIANG

Marylyn Chiang, the 1999 Pacific-10 Conference Swimmer of the Year, wrapped up one of the most spectacular careers in California women's swimming history in 1999 when she helped the Golden Bears to a fifth-place national finish at the NCAA Championships in Athens, GA.

Chiang captured the NCAA title in the 100 back, breaking the then-NCAA and U.S. Open record with a time of 52.36 (since topped by Natalie Coughlin's 49.97 in 2002). She became the first Cal women's swimmer to win an NCAA title since Hiroko Nagasaki won the 200 breast in 1988, and was the first Cal Pac-10 Swimmer of the Year since Sarah Anderson in 1989.

Chiang also placed second nationally in the 200 IM with a time of 1:57.83 and placed third in the 100 fly with a time of 52.40. She helped the Bears to a second-place finish in the 400 free relay (lead-off leg) which set a then-school record 3:16.56 as well.

In all, Chiang is a member of the Bears all-time Top 10 list in five events, second in 100 back, second in 100 fly, third in 200 back, fourth in 100 free, fourth in 200 IM. She was also the 1999 Pac-10 Champion in the 200 IM and 100 back, and helped lead the Bears to conference relay titles in the 200 and 400 free relays.



HALEY COPE

Haley Cope was named the 2000 Pacific-10 Conference Swimmer of the Year as a junior after leading Cal to NCAA titles in the 200-meter medley relay (then world-best 1:49.23) and 200m free relay (then U.S. Open record 1:40.18). She also set a short course world record in the 50m back (27.25) as a lead-off on the Bears 200m medley relay. Cope placed second in the nation in the 100m back (59.17) and sixth in the 100m butterfly (59.70) as well. She was a member of the Pac-10 champion 200-yard free relay (Pac-10 meet record 1:30.98), 400 medley relay (Pac-10 meet record 3:35.71) and 200 medley relay (Pac-10 meet record 1:39.27).

Cope concluded her collegiate swimming career in 2001, placing second at the NCAA Championships in the 50 free (22.34), third in the 100 back (53.06) and seventh in the 100 free (49.34). She also helped lead the Bears to national runner-up finishes in the 200 free relay (school record 1:30.05), 200 medley relay (backstroke leg, American record 1:38.44) and the 400 medley relay (backstroke leg, American record 3:34.83). At the 2001 Pac-10 Championships, Cope placed first in both the 50 (Pac-10 record 22.32) and 100 free (49.27) and helped the Bears to the conference title in the 200 free relay.

Most recently Cope won a silver medal in the 2004 Olympics as a member of the 400-meter medley relay, competing in the preliminaries of the event. Cope was joined on that relay squad by former teammate Natalie Coughlin and was coached by her former collegiate coach Teri McKeever, a U.S. assistant coach. Cope qualified for the Olympic team in the 100 backstroke, finishing second to Coughlin at the Trials. Cope finished eighth in the final of the 100-meter backstroke in Athens at 1:01.76.

In the spring of 2003, Cope won her third U.S. national title, taking the 100m back in a best time. A national team member, Cope turned in a runner-up finish in the 100m back at the Mutual of Omaha's U.S. vs. Australia "Duel in the Pool".



NATALIE COUGHLIN

Natalie Coughlin finished her Cal career in March of 2004 with 11 NCAA titles, the second-most career titles for a women's swimmer in NCAA history. Further, Coughlin was undefeated in dual meets over four years, going 61-0. Coughlin holds 17 American, 11 Cal, seven NCAA and six current world records. She has broken 35 individual American records and three American relay records. In 2003-04, she lead Cal to a No. 6 NCAA finish in March while winning her 11th NCAA individual title. Over her collegiate career she was honored as a three-time NCAA Swimmer of the Year and three-time Pac-10 Swimmer of the Year. She was named 2004 Female Collegiate Athlete of the Year by Sports Illustrated On Campus and 2003 Athlete of the Year by the Bay Area Sports Hall of Fame, alongside Cal football player Geoff McArthur and Giants baseball player Barry Bonds. Coughlin was named the 2002 Female World Swimmer of the Year by Swimming World magazine. She was also announced as one of five finalists for the AAU James E. Sullivan Award given to the nation's best amateur athlete for two consecutive seasons. As a two-time winner of the Honda Award for Swimming and Diving, Coughlin joins Mary T. Meagher as Cal swimmers who have won the Honda Sports Award.

At the 2004 Olympics, Coughlin won five Olympic medals, more than any other Cal woman at one Olympics and tying for the most medals ever by a U.S. female athlete in one Games. In total, Coughlin won gold medals in the 100-meter backstroke and the 4x200-meter relay, silver medals in the 4x100-meter freestyle and medley relays and a bronze in the 100-meter freestyle. Other female U.S. athletes who have won a record five medals in one Olympics include swimmers Shirley Babashoff (1976) and Dara Torres (2000), gymnasts Mary Lou Retton (1984) and Shannon Miller (1992) and track and field star Marion Jones (2000). Coughlin was coached in Athens by Cal head coach and U.S. assistant coach Teri McKeever, the first woman ever named to coach a U.S. Olympic swim team.

Coughlin's first medal, a silver, came as part of the U.S. 4x100-meter freestyle relay. She went on to earn the first Olympic gold medal of her career with a win in the 100-meter backstroke. Coughlin, the only woman ever to swim under one minute in the event, took first place Aug. 16 with a time of 1:00.37. On Aug. 18, Coughlin helped the United States claim top honors in the 200-meter freestyle relay in a world-record time of 7:53.42. Coughlin, who swam the lead-off leg, won her second gold medal of the games and her third overall (silver in the 4x100m freestyle relay). Coughlin clocked a time of 54.40 in the final of the 100-meter freestyle to claim the bronze medal for the United States. In the final women's swimming event of the Olympics, on Aug. 21, Coughlin helped the United States to a silver medal in the 4x100-meter medley relay (3:59.12). Her 59.68 lead-off was an Olympic record.

As a senior in 2004, Coughlin broke an NCAA record in the 50-meter free and 100-meter fly and a U.S. Open record in her lead-off split on the 400 free relay team to help Cal upset rival Stanford for the first time in 28 years on Feb. 14. At the Pac-10 Championships, Coughlin won three titles - the 100-yard free, 100-yard back, and 200-yard IM - and broke her own school record and the conference record in the 200-yard IM. At the NCAA Championships, Coughlin won individual titles in the 100-meter butterfly and 100-meter backstroke, events in which she holds the NCAA, American, and world records. She set an NCAA, American, and U.S. open record with her split (52.81) in the 400-meter freestyle relay and an NCAA record in her lead-off on the NCAA champion 800-meter relay squad.

As a junior, Coughlin earned her third straight NCAA Swimmer of the Year and Pac-10 Swimmer of the Year awards. At the national championships, she became the NCAA's first three-time title-winner in the 100-yard butterfly and 100 and 200-yard backstrokes. Coughlin owns the American and NCAA records in each of those events. She also broke the NCAA and Cal school record in the 100-yard freestyle with a time of 47.00, which she set as the lead-off in Cal's 400 free relay. At the 2003 Pac-10 Championships, she broke her own American and NCAA record in the 100 free, swimming a 47.42 time for the victory. Coughlin also posted two other individual wins at the conference championships, setting new Pac-10 meet records in the 50 free (22.05) and 100 fly (51.10). She also swam the second leg on Cal's victorious 200 free relay team (1:31.01), helping the Bears to their fifth-



consecutive 200 free relay conference title. In all, Coughlin broke three world, seven American and three NCAA records during the 2002-03 season. At the Auburn Invitational in December of 2002, Coughlin broke American and NCAA records in the 200 free (1:42.65) and 200 fly (1:51.91)-the oldest American record on the books. In June of 2003, Coughlin was given two ESPY award nominations for Best Female Collegiate Athlete and Best Record-Breaking Performance.

In 2001-02, Coughlin was a three-time USA Swimmer of the Month honoree, culminating in earning the USA Swimming Athlete of the Year award. She also won the ConocoPhillips Performance of the Year award for her world record-breaking swim in the 100-meter back at the U.S. Summer National Championships. Coughlin shattered that record (59.58), becoming the first female to ever post a sub-minute finish. She won five events at the championships and became the first swimmer since 1978 to win five national titles at one meet. She also broke the American record in the 200-meter back (2:08.53), the oldest U.S. mark at nationals. At the 2002 Pan Pacific Championships in Yokohama, Japan, she won six medals and set the American record in the 100m free (53.99), becoming the first U.S. woman and the second female in history to break 54 seconds in the event. Coughlin won four gold medals at the championships, one for each of her individual events, tying Australian Ian Thorpe with the most overall medals.

As a sophomore, Coughlin was named the NCAA Swimmer of the Year for the second consecutive season. Coughlin also repeated as the Pac-10 Swimmer of the Year. At the NCAA Championships, she won national titles in the 100 fly (50.01), and 100 back (49.97) and 200 back (1:49.52). Coughlin set NCAA, American and U.S. Open records in all three events, breaking the NCAA records she had set just the previous year. Coughlin also swam an NCAA, American and U.S. Open best in the 100 free (47.47) in the first leg of the 400 free relay. She helped her teammates to two national runner-up finishes in the 200 and 400 medley relays as well. At the Pac-10 Championships, Coughlin set conference records in the 200 free (1:43.30), and 100 (50.71) and 200 back (1:50.90). She was also a finalist for the Sullivan Award as the nation's top amateur athlete and was one of five nominees for an ESPN ESPY award as Best Female Collegiate Athlete.

As a freshman in 2001, Coughlin was named NCAA Swimmer of the Year, Pac-10 Swimmer of the Year and Pac-10 Newcomer of the Year. It was the first time in Pac-10 history someone has been named both Conference Newcomer of the Year and Swimmer of the Year. Coughlin was also the third consecutive Cal swimmer to earn Pac-10 Swimmer of the Year. Coughlin had what was arguably the greatest freshman campaign of any collegiate swimmer in NCAA history. She won the national title in the 100 fly and the 100 and 200 back, while breaking NCAA records in all three events. Coughlin also helped the Bears to three second-place NCAA finishes in the 200 and 400 medley and 200 free relays. At the Pac-10 Championships she won the 200 back title. Coughlin won U.S. National titles Mar. 27-Apr. 1, 2001 in Austin, TX in both the 100m fly (59.38) and the 100-meter back (1:01.32). Coughlin represented the United States at the 2001 World Championships, July 22-29 in Fukuoka, Japan, winning the world title in the 100-meter back.

Coughlin is the Cal school record holder in the 50, 100, 200 and 500 free, 100 and 200 back, 100 and 200 fly and 200 IM. She is also a member of school record-setting 200 and 400 medley 200 free and 400 free relays.

A 2000 graduate of Carondelet High School in Concord, Calif., Coughlin was the No. 1 high school recruit in the country and competed in the 200-meter IM and 100-meter fly at the 2000 Olympic Trials. The national high school record holder in the 100 back, 100 fly and 200 IM, Coughlin was also the 1998 and 1999 top female point scorer for the Scholastic All-America Team. A U.S. team member at the 1999 Pan Pacific Games, Coughlin also was a member of the 1997 U.S. national junior team. In 1998, Swimming World magazine named her the High School Swimmer of the Year.

A second team Pac-10 All-Academic selection in 2003 and 2004 and a Pac-10 Medal of Honor winner, Coughlin graduated from Cal with a degree in psychology. Coughlin was born Aug. 23, 1982 in Vallejo, CA.

ALL-AMERICANS

Keiko Amano 2004

Sarah Anderson 1988-91
Annie Babicz 2004
 Danielle Becks 2001-04
 Katie Bell 1992*
 Leslie Bell 1981-82
 Cheryl Anne Bingaman 2003
 Michelle Bird 1985
 Michelle Branchaud 1985-88
 Micha Burden 2002*, 2004
 Kyrsten Burr 1986-87
 Alice Cantwell 1992*
Ashley Chandler 2004
 Marylyn Chiang 1996-99
 Amy Clark 1985-88
 Sheila Conway 1993-94*
 Haley Cope 1998-01
 Natalie Coughlin 2001-04
 Ramey Dent 1982
 Talli Dent 1983*
 Megan Doberneck 1988-89
 Pippa Downes 1989*
 Krissy Drew 1987-88
 Kiersten Dunbar 1986*
 Carol Felton 1988-91
 Mitsi Fukushima 1986-88
 Kathleen Graham 1982
 Melissa Graviss 1991
 Natalie Griffith 2001*, 2003
 Leslie Grimley 1981
 Amity Hall 1994*
 Brooke Hanley 1990
 Michelle Harper 2001-03

Alice Henriques 1999-01*, 02
 Betsy Henry 1981
 Larissa Herold 1993-94, 96*
 Kristin Imwalle 1996*
 Hanna Jaltner 1998-99
 Helen Jameson 1984-86
 JoAnna Jensen 1991
 Lene Jessen 1981
 Anya Kolbisen 1997-00
 Brigit Kress 1981
 Cheryl Kriegsman 1986-89
 Kristin Kuhlman 1987-90
 Leslie Lonnberg 1982
 Margee MacFarland 1980-82
 Agneta Martenssen 1982-85
 Adrienne Mattos 1998-99, 01
 Jamie McClellan 1981
 Mary T. Meagher 1983, 85-87
Lauren Medina 2002*, 2004
 Wendi Meyer 1981
 Lisa Meyers 1987-89
 Waen Minpraphal 1997-00
 Lorenza Munoz 1990-91*
 Joyce Murphy 1991-92
 Lisa Murray 1999-00
 Hiroko Nagasaki 1988
 Sonya Nimtz 1992-93
 Nicole Omphroy 1997-00
 Elli Overton 1997-98, 00
Emma Palsson 2004
 Lisa Pereira 1985-88
 Trina Radke 1990-91, 93
 Heather Reagan 1990-92

Erin Reilly 2004

Tricia Renner 1982
 Whitney Rockwell, 2003
 Sharon Scott 1990-92
Helen Silver 2003-04
 Anna Simcic 1994-95
 Julie Smith 1991
 Sandy Spelman 1982
 Staciana Stitts 2000-03
 Lisa Summers 1990-93
 Akiko Thomson 1994*, 96*
 Amy Tidball 1988-91

Cindy Tuttle 1982-85

Conny van Bentum 1985-86
 Alicia Walker 1988-91
 Amy Walker 1993
 Ann Walker 1988
 Katie Welch 1989-90, 92
 Ashley Whitney 2002*
 Lynn Wittstock 1982, 84
 Kristin Winn 1989
 Joscelin Yeo 1999-00
 Kyoko Yokouchi 2001-02*

***Bold** denotes current Cal athlete*

** denotes honorable mention All-American.*

Listing includes athletes from 1976-77 through 2003-04



Mary T. Meagher (1983, 85-87) won NCAA titles in each of her four years swimming for the Golden Bears.

SERIES RECORDS

<i>Opponent</i>	<i>Series</i>	<i>Last Mtg.</i>	<i>Winner</i>	<i>Score</i>
Arizona	14-7	1/23/04	Cal	152-148
Arizona State	12-10-1	1/24/04	Cal	185-110
Auburn	1-0	10/20/98	Cal	184-78
Brigham Young	4-0	11/20/98	Cal	162-134
Brown	1-0	1/18/84	Cal	76-64
CS Hayward	4-0	12/9/78	Cal	81-60
CS Northridge	1-0	11/9/91	Cal	93-20
Calgary	2-0	1/8/82	Cal	61-33
Cal Poly SLO	1-0	12/18/86	Cal	126-58
Chico State	2-0	1/29/77	Cal	86-59
Clemson	1-0	11/2/02	Cal	171-107
Colorado State	2-0	1/11/85	Cal	forfeit
Fresno State	21-1	11/15/03	Cal	166-100
Georgia	0-3	11/1/02	UGA	163-129
Harvard	1-0	12/15/94	Cal	163-135
Humboldt State	2-0	11/16/74	Cal	95-69
Illinois	1-0	11/4/95	Cal	237.5-102.5
Long Beach State	2-0	1/12/84	Cal	110-29
Michigan	2-1	1/12/97	Cal	170-130
Nevada	7-2	11/19/99	Cal	168.5-127.5
Ohio State	1-0	12/13/86	Cal	63-33
Oregon State	5-0	11/15/02	Cal	154-108
Pacific	21-2	10/10/03	Cal	149-111
Penn State	0-1	11/4/95	PSU	182-165

Pepperdine	1-0	11/8/98	Cal	180.5-117.5
Rice	2-0	11/17/02	Cal	146-105
Sacramento State	3-0	2/1/79	Cal	88-43
San Diego State	4-0	1/7/98	Cal	105-76
San Francisco State	4-0	1/27/79	Cal	108-38
San Jose State	22-1	11/14/03	Cal	162-125
Santa Clara	1-0	11/17/76	Cal	118-20
South Carolina	1-0	11/4/00	Cal	135-122
Southern Illinois	0-1	1/14/83	SIU	92-57
Stanford	3-28	2/14/04	Cal	151-149
Tennessee	0-1	10/20/94	UT	178-122
Texas	2-6	10/16/99	Cal	198-102
Texas A&M	1-0	11/15/97	Cal	177-121
UC Davis	13-1	11/12/94	Cal	177-112
UC Irvine	2-0	12/17/86	Cal	99-14
UCLA	13-10	1/31/04	Cal	155-145
UC San Diego	2-0	1/8/93	Cal	85-42
UC Santa Barbara	6-1	1/5/96	Cal	136.5-67.5
UNLV	2-0	1/10/99	Cal	181-117
USC	14-11	1/30/04	Cal	180-80
Villanova	1-0	1/13/96	Cal	195-67
Washington	2-1	10/30/98	Cal	100-22
Washington State	6-0	10/18/03	Cal	170.5-86.5

***Bold** indicates 2004-05 opponent*



50 FREESTYLE

NCAA Record: 21.77, Amy Van Dyken (Colorado State), 1994
Pac-10: 22.01, Natalie Coughlin, 2003/Catherine Fox (Stanford), 1997
California: 22.01, Natalie Coughlin, 2003
Cal Dual Meet: 23.06, Haley Cope, 2001
Spieker Pool: 23.17, Sara Platzer (UCLA), 2001
2005 NCAA Qualifying Mark: 22.88

100 FREESTYLE

NCAA Record: 47.00, Natalie Coughlin, 2003
Pac-10: 47.00, Natalie Coughlin, 2003
California: 47.00, Natalie Coughlin, 2003
Cal Dual Meet: 48.65, Natalie Coughlin, 2003
Spieker Pool: 48.65, Natalie Coughlin, 2003
2005 NCAA Qualifying Mark: 49.78

200 FREESTYLE

NCAA Record: 1:42.65, Natalie Coughlin, 2003
Pac-10: 1:42.65, Natalie Coughlin, 2003
California: 1:42.65, Natalie Coughlin, 2003
Cal Dual Meet: 1:46.93, Natalie Coughlin, 2001
Spieker Pool: 1:46.92, Stephanie Williams (Georgia), 2001
2005 NCAA Qualifying Mark: 1:47.61

500 FREESTYLE

NCAA Record: 4:34.39, Janet Evans (Stanford), 1990
Pac-10: 4:34.39, Janet Evans (Stanford), 1990
California: 4:37.62, Natalie Coughlin, 2003
Cal Dual Meet: 4:44.61, Natalie Coughlin, 2002
Spieker Pool: 4:44.61, Natalie Coughlin, 2002
2005 NCAA Qualifying Mark: 4:45.46

1650 FREESTYLE

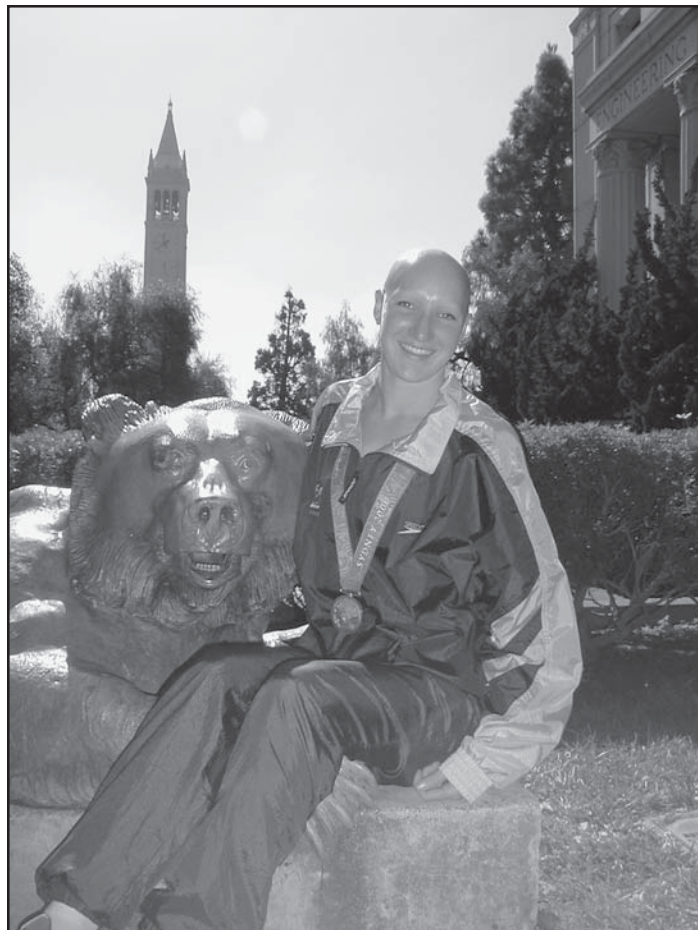
NCAA Record: 15:39.14, Janet Evans (Stanford), 1990
Pac-10: 15:39.14, Janet Evans (Stanford), 1990
California: 16:10.33, Sarah Anderson, 1988
Cal Dual Meet: 16:36.91, Cheryl Kriegsman, 1987
Spieker Pool: 16:25.31, Andrea Hayes (Texas), 1990
2005 NCAA Qualifying Mark: 16:23.54

100 BACKSTROKE

NCAA Record: 49.97, Natalie Coughlin, 2002
Pac-10: 49.97, Natalie Coughlin, 2002
California: 49.97, Natalie Coughlin, 2002
Cal Dual Meet: 52.22, Natalie Coughlin, 2003
Spieker Pool: 52.22, Natalie Coughlin, 2003
2005 NCAA Qualifying Mark: 54.47

200 BACKSTROKE

NCAA Record: 1:49.52, Natalie Coughlin, 2002
Pac-10: 1:49.52, Natalie Coughlin, 2002
California: 1:49.52, Natalie Coughlin, 2002
Cal Dual Meet: 1:57.02, Natalie Coughlin, 2001
Spieker Pool: 1:57.02, Natalie Coughlin, 2001
2005 NCAA Qualifying Mark: 1:58.24



Former Golden Bear Staciana Stitts won a gold medal at the 2000 Sydney Olympics as a member of the United States' 400m medley relay team (breaststroke leg).

100 BREASTSTROKE

NCAA Record: 59.05, Kristy Kowal (Georgia), 1998
Pac-10: 59.71, Beata Kaszuba (Arizona State), 1995
California: 1:00.30, Staciana Stitts, 2000
Cal Dual Meet: 1:00.51, Staciana Stitts, 2002
Spieker Pool: 59.51, Tara Kirk (Stanford), 2001
2005 NCAA Qualifying Mark: 1:02.00

200 BREASTSTROKE

NCAA Record: 2:07.13, Tara Kirk (Stanford), 2004
Pac-10: 2:07.13, Tara Kirk (Stanford), 2004
California: 2:11.34, Staciana Stitts, 2000
Cal Dual Meet: 2:11.90, Staciana Stitts, 2002
Spieker Pool: 2:13.31, Tara Kirk (Stanford), 2001
2005 NCAA Qualifying Mark: 2:14.25

100 BUTTERFLY

NCAA Record: 50.01, Natalie Coughlin, 2002
Pac-10: 50.01, Natalie Coughlin, 2002
California: 50.01, Natalie Coughlin, 2002
Cal Dual Meet: 51.88, Natalie Coughlin, 2003
Spieker Pool: 51.88, Natalie Coughlin, 2003
2005 NCAA Qualifying Mark: 53.75



Marylyn Chiang was the 1999 Pac-10 Swimmer of the Year after winning the NCAA title in the 100 back, breaking the NCAA and U.S. Open record with a time of 52.36.

200 BUTTERFLY

NCAA Record: 1:51.91, Natalie Coughlin, 2003
Pac-10: 1:51.91, Natalie Coughlin, 2003
California: 1:51.91, Natalie Coughlin, 2003
Cal Dual Meet: 1:55.03, Natalie Coughlin, 2003
Spieker Pool: 1:55.03, Natalie Coughlin, 2003
2005 NCAA Qualifying Mark: 1:58.11

200 INDIVIDUAL MEDLEY

NCAA Record: 1:54.95, Natalie Coughlin, 2004
Pac-10: 1:54.95, Natalie Coughlin, 2004
California: 1:54.95, Natalie Coughlin, 2004
Cal Dual Meet: 1:57.54, Natalie Coughlin, 2002
Spieker Pool: 1:57.54, Natalie Coughlin, 2002
2005 NCAA Qualifying Mark: 2:00.67

400 INDIVIDUAL MEDLEY

NCAA Record: 4:02.28, Summer Sanders (Stanford), 1992
Pac-10: 4:02.28, Summer Sanders (Stanford), 1992
California: 4:11.52, Elli Overton, 2000
Cal Dual Meet: 4:16.11, Elli Overton, 2000
Spieker Pool: 4:15.28, Katie Yevek (Georgia) 2001
2005 NCAA Qualifying Mark: 4:15.93

200 MEDLEY RELAY

NCAA Record: 1:37.77, Stanford (Ripple, Leatherwood, Hyman, Rose), 1999
Pac-10: 1:37.77, Stanford (Ripple, Leatherwood, Hyman, Rose), 1999
California: 1:37.88, (Coughlin, Stitts, Henriques, Becks), 2002
Cal Dual Meet: 1:41.50, California (Coughlin, Stitts, Griffith, Harper), 2003
Spieker Pool: 1:41.50, California (Coughlin, Stitts, Griffith, Harper), 2003
2005 NCAA Qualifying Mark: 1:39.90

400 MEDLEY RELAY

NCAA Record: 3:32.43, Stanford (Ripple, Kirk, Hyman, Cropper), 2001
Pac-10: 3:32.43, Stanford (Ripple, Kirk, Hyman, Cropper), 2001
California: 3:32.55 (Coughlin, Stitts, Henriques, Becks), 2002
Cal Dual Meet: 3:39.86 (Silver, Stitts, Coughlin, Becks), 2003
Spieker Pool: 3:39.86, California (Silver, Stitts, Coughlin, Becks), 2003
2005 NCAA Qualifying Mark: 3:38.32

200 FREE RELAY

NCAA Record: 1:28.89, Texas (Lanne, Jamison, Robins, Phenix), 2001
Pac-10: 1:29.16, Arizona (Hosack, Kolbisen, Knapp, Farella), 1998
California: 1:30.03 (Coughlin, Becks, Rockwell, Harper), 2003
Cal Dual Meet: 1:33.04 (Kolbisen, Cope, Omphroy, Yeo), 2000
Spieker Pool: 1:33.04, California (Kolbisen, Cope, Omphroy, Yeo), 2000
2005 NCAA Qualifying Mark: 1:31.01

400 FREE RELAY

NCAA Record: 3:14.52, Texas (Lanne, Jamison, Kitson, Phenix), 2001
Pac-10: 3:15.69, Stanford (Edwards, Loveless, Jorgensen, Thompson), 1993
California: 3:16.21 (Coughlin, Becks, Bingaman, Harper), 2003
Cal Dual Meet: 3:19.75 (Kolbisen, Yeo, Omphroy, Chiang), 1999
Spieker Pool: 3:19.75, California (Kolbisen, Yeo, Omphroy, Chiang), 1999
2005 NCAA Qualifying Mark: 3:18.95

800 FREE RELAY

NCAA Record: 7:04.06, Stanford (Kraemer, Loveless, Jorgensen, Thompson), 1992
Pac-10: 7:04.06, Stanford (Kraemer, Loveless, Jorgensen, Thompson), 1992
California: 7:08.13 (**Reilly, Chandler, Burden, Medina**) 7:08.13
Cal Dual Meet: 7:32.70 (Kolbisen, Omphroy, Minpraphal, Overton), 1997
Spieker Pool: 7:23.95, Texas (Cooper, Dutcher, Hayes, Arris), 1990
2005 NCAA Qualifying Mark: 7:11.65

Bold denotes current Cal athlete



Amy Ng and Natalie Griffith celebrate after the 2004 Stanford meet.

CAL'S ALL-TIME TOP 10

50-YARD FREESTYLE

Natalie Coughlin	22.01	2003
Haley Cope	22.32	2001
Adrienne Mattos	22.76	1998
Anya Kolbisen	23.01	1999
Michelle Harper	23.03	2003
Danielle Becks	23.04	2002
Nicole Omphroy	23.04	1999
Whitney Rockwell	23.10	2003
Conny van Bentum	23.15	1986
Jennifer Riggs	23.20	2000

100-YARD FREESTYLE

Natalie Coughlin	47.00	2003
Haley Cope	49.27	2001
Joscelin Yeo	49.54	2000
Marylyn Chiang	49.58	1998
Conny van Bentum	49.63	1986
Nicole Omphroy	49.81	1999
Anya Kolbisen	49.82	1999
Danielle Becks	49.96	2002
Lisa Summers	50.04	1992
Mary T. Meagher	50.13	1987

200-YARD FREESTYLE

Natalie Coughlin	1:42.65	2003
Sarah Anderson	1:45.83	1991
Conny van Bentum	1:46.35	1986
Mary T. Meagher	1:46.56	1987
Ashley Chandler	1:46.93	2004
Lisa Meyers	1:47.20	1987
Danielle Becks	1:47.22	2002
Erin Reilly	1:47.29	2004
Cheryl Kriegsman	1:47.31	1987
Joscelin Yeo	1:47.35	1999

500-YARD FREESTYLE

Natalie Coughlin	4:37.62	2003
Lisa Meyers	4:41.12	1987
Sarah Anderson	4:41.51	1991
Cheryl Kriegsman	4:41.87	1987
Ashley Chandler	4:42.12	2004
Erin Reilly	4:43.28	2004
Heather Reagan	4:45.63	1990
Lisa Summers	4:46.37	1990
Ashley Whitney	4:46.77	2002
Lisa Murray	4:47.28	1999

1000-YARD FREESTYLE

Sarah Anderson	9:46.08	1991
Ashley Chandler	9:47.78	2004
Cheryl Kriegsman	9:50.60	1987
Katie Welch	9:52.20	1990
Lisa Murray	9:53.16	1999
Erin Reilly	9:53.75	2004
Lisa Meyers	9:54.72	1988
Natalie Coughlin	9:55.25	2003
Kate Tiedeman	9:56.01	2004
Sonya Nimitz	9:57.23	1993



Haley Cope



Lisa Meyers



Sarah Anderson



Natalie Coughlin



Staciana Stitts

Bold denotes current Cal athlete

1650-YARD FREESTYLE

Sarah Anderson	16:10.33	1988
Ashley Chandler	16:13.64	2004
Cheryl Kriegsman	16:14.50	1987
Lisa Meyers	16:20.23	1988
Katie Welch	16:22.77	1990
Lisa Murray	16:24.60	1999
Erin Reilly	16:26.16	2004
Ashley Whitney	16:26.81	2002
Kate Tiedeman	16:27.32	2004
Kristin Imwalle	16:31.82	1996

100-YARD BACKSTROKE

Natalie Coughlin	49.97	2002
Marylyn Chiang	52.36	1999
Haley Cope	53.06	2001
Alice Henriques	54.18	2002
Helen Silver	54.25	2003
Akiko Thomson	55.27	1994
Anna Simcic	55.34	1994
Elli Overton	55.41	1997
Larissa Herold	55.44	1996
Andi Finlay	55.77	1999

200-YARD BACKSTROKE

Natalie Coughlin	1:49.52	2002
Anna Simcic	1:56.24	1995
Marylyn Chiang	1:56.30	1997
Alice Henriques	1:56.32	2002
Kyoko Yokouchi	1:57.14	2002
Larissa Herold	1:57.20	1993
Helen Silver	1:57.37	2004
Akiko Thomson	1:58.53	1994
Haley Cope	1:58.80	1999
Elli Overton	1:59.68	1997

100-YARD BREASTSTROKE

Staciana Stitts	1:00.30	2003
Hiroko Nagasaki	1:01.98	1988
Annie Babicz	1:02.05	2004
Hanna Jaltner	1:02.52	1998
Erin Calder	1:02.84	2004
Elli Overton	1:02.95	2000
Megan Doberneck	1:03.75	1988
Cindy Tuttle	1:03.76	1985
Brooke Hanley	1:03.82	1990
Joscelin Yeo	1:03.84	1999

200-YARD BREASTSTROKE

Staciana Stitts	2:11.34	2000
Hiroko Nagasaki	2:11.65	1988
Elli Overton	2:12.16	2000
Marcelle Miller	2:14.64	2004
Joscelin Yeo	2:14.97	1999
Annie Babicz	2:16.54	2004
Amy Clark	2:16.72	1987

Cindy Tuttle	2:16.98	1985
Rita Mariani	2:17.03	2001
Hanna Jaltner	2:17.66	1999

100-YARD BUTTERFLY

Natalie Coughlin	50.01	2002
Marylyn Chiang	52.40	1999
Mary T. Meagher	52.42	1987
Joscelin Yeo	52.83	1999
Haley Cope	53.28	1999
Conny van Bentum	54.01	1986
Michelle Branchaud	54.06	1987
Amy Simpson	54.11	1999
Waen Minpraphal	54.37	2000
Alicia Walker	54.55	1989

200-YARD BUTTERFLY

Natalie Coughlin	1:51.91	2003
Mary T. Meagher	1:54.52	1986
Joscelin Yeo	1:57.27	1999
Elli Overton	1:57.64	1998
Trina Radke	1:58.08	1991
Erin Reilly	1:58.11	2004
Waen Minpraphal	1:58.57	1998
Natalie Griffith	1:59.92	2004
Stephanie Hermann	2:00.66	2000
Alicia Walker	2:00.82	1989

200-YARD INDIVIDUAL MEDLEY

Natalie Coughlin	1:54.95	2004
Joscelin Yeo	1:57.14	2000
Elli Overton	1:57.37	2000
Marylyn Chiang	1:57.83	1999
Natalie Griffith	2:00.07	2004
Waen Minpraphal	2:00.35	1998
Staciana Stitts	2:00.42	2000
Lisa Summers	2:00.56	1992
Kyoko Yokouchi	2:01.29	2002
Carol Felton	2:01.30	1990

400-YARD INDIVIDUAL MEDLEY

Elli Overton	4:11.52	2000
Natalie Coughlin	4:11.76	2003
Waen Minpraphal	4:13.78	1999
Kyoko Yokouchi	4:14.93	2002
Carol Felton	4:15.02	1990
Natalie Griffith	4:15.54	2004
Larissa Herold	4:16.83	1994
Lisa Meyers	4:18.12	1987
Amy Ng	4:18.18	2002
Katie Welch	4:18.38	1990

200 MEDLEY RELAY

Natalie Coughlin, Staciana Stitts, Alice Henriques, Danielle Becks	1:37.88, 2002
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Mary T. Meagher



Elli Overton



Marylyn Chiang



Melissa Graviss

400 MEDLEY RELAY

Natalie Coughlin, Staciana Stitts, Alice Henriques, Danielle Becks	3:32.55, 2002
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200 FREE RELAY

Natalie Coughlin, Danielle Becks, Whitney Rockwell, Michelle Harper	1:30.03, 2003
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400 FREE RELAY

Natalie Coughlin, Danielle Becks, Cheryl Anne Bingaman, Michelle Harper	3:16.21, 2003
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800 FREESTYLE RELAY

Erin Reilly, Ashley Chandler, Micha Burden, Lauren Medina	7:08.13, 2004
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ONE-METER DIVING- DUAL

Melissa Graviss	288.13	1990
Jill Campbell	275.35	1989
Alyson Belcher	271.875	1986
Melissa Turk	269.40	1992
Elizabeth McDowell	268.85	1990

ONE-METER DIVING- CHAMPIONSHIP

Melissa Graviss	432.60	1992
Pia Wong	425.855	1985
Alyson Belcher	420.40	1986
Melissa Graviss	419.65	1989
Jill Pearson	417.70	1986

3-METER DIVING-DUAL

Melissa Graviss	432.60	1992
Alyson Belcher	305.25	1986
Jill Campbell	293.55	1989
Pia Wong	283.50	1986
Cathy Szalay	277.25	1981

3-METER DIVING- CHAMPIONSHIP

Melissa Graviss	471.65	1991
Cathy Szalay	466.85	1984
Alyson Belcher	431.25	1986
Jill Campbell	420.20	1991
Pia Wong	418.455	1985

PLATFORM DIVING- CHAMPIONSHIP

Jill Campbell	360.30	1990
Bobbi Hamilton	274.15	1997

***Bold** denotes current Cal athlete*

ALL-TIME CALIFORNIA ROSTER

Katie Aldworth 1996-99
Shannon Alexander 1981
Joan Allen 1983
Lynn Almlí 1993-94
Jan Altman 1977
Keiko Amano 2002-
Heather Anderson 1978
Katy Anderson 1993-96
Kim Anderson 1980-82
Marti Anderson 1981-82
Sally Anderson 1974-75
Sarah Anderson 1988-91
Lauren Andrade 1991-92
Regina Arnold 1981-82
Lisa Arrighi 1978-80
Annie Babicz 2004-
Carol Badger 1979
Sylvia Bailey 1978
Christine Balbo 1988
Shauna Barnard 2001
Michele Bassi 1974
Danielle Becks 2001-04
Kristy Begin 2000-01
Alyson Belcher 1986-89
Katie Bell 1991-94
Leslie Bell 1981-82
Beth Benson 1982
Julia Bergman 1982-83
Caroline Bethke 1983-86
Mary Lee Bent 1974-76
Cheryl Anne Bingaman 2003-04
Karen Bird 1982
Michelle Bird 1985-86
Jenny Bissell 1991-92
Elizabeth Black 1974-76
Alyson Brawski 2002-04
Jeannette Bramhall 1978, 80
Michelle Branchaud 1985-88
Jenni Brelsford 1997-00
Twila Bridgewater 1980-81
Helga Brown 1983-86
Liv Brown 1994-95
Micha Burden 2002-04
Kristin Burke 1985
Kristina Burow 1993-96
Kyrsten Burr 1986-87
Loni Burton 1999-00
Michelle Burton 1989-92
Carol Busch 1980-81
Erin Calder 2002-
Alice Campbell 1980
Jill Campbell 1989-92
Kristin Cancilla 1995
Kathi Candelaria 1982
Alice Cantwell 1991-94
Linda Marie Carney 1984
Brandy Carson 1995, 99
Anitra Cassas 1988-89
Ashley Chandler 2003-
Hui-Chen Chang 1989-92
Lisa Chang 1986
Maya Charles 1996-97
Kim Chen 1986-89
Megan Chen 1992-95
Marylyn Chiang 1996-99
Amy Clark 1985-88
Shannon Clark 1985
Liz Clayton 1978
Cheryl Closson 1974
Michele Co 1988
Christine Coates 1976
Logan Conway 1985
Sheila Conway 1992-95
Haley Cope 1998-01
Mary Copeland 1974
Natalie Coughlin 2001-04
Maria Crean 1980

Lisa Criswell 1979
Kelly Croft 1987-88
Cathy Cunha 1977
Pamela Davis 1982
Ramey Dent 1982-85
Talli Dent 1983-84
Michelle dePfyffer 1984
Margo Diamond 1997
Marjorie Diegart 1987-88
Megan Doberneck 1987-90
Pippa Downes 1989-92
Jennie Doyle 1991-92
Julia Dragolovich 1976
Krissy Drew 1986-89
Mary Pat Douglass 1984
Kiersten Dunbar 1986-87
Courtney Duncan 1998
Suzanne Edgar 1979
Laura Ellison 1992-94
Charlene Emmrich 1979
Laura Falvey 1979
Carol Felton 1988-91
Cissy Fenton 1982-83
Connie Fenton 1975
Andi Finlay 1999, 01
Christina Flynn 2000-03
Darragh Flynn 1977
Anne Forster 1984-86
Kip Freytag 1985
Missy Frost 1987
Lisa Fuller 1978
Mitsi Fukushima 1985-88
Christine Galbavy 2002
Laura Gallagher 1983
Jan Garfinkle 1977
Ann Garland 1980-81
Janice Gillies 1977-80
Christina Giovan 1997-99
Olga Gishizky 1974
Roxanne Goddard 1975
Amy Gosling 1991-92
Louise Gouin 1988-89
Susan Gravenkemper 1984-85
Melissa Graviss 1989-92
Karie Gray 1995
Candy Green 1977
Dayna Green 1985
Kathleen Graham 1981-83
Laura Griffin 1978
Natalie Griffith 2001-04
Leslie Grimley 1981-83
Nancy Guerrero 1978
Janet Gulbransen 1976-77
Amity Hall 1991-94
Lisa Hall 1978
Bobbi Hamilton 1997
Brooke Hanley 1990
Jeanne Hanson 1980
Rita Happe 1976-77
Michelle Harper 2000-03
Kasey Harris 1999
Pat Harwell 1978
Chelsea Hastings 2001
Janet Hauer 1987-90
Alice Henriques 1999-02
Betsy Henry 1978-81
Larissa Herold 1993-96
Stephanie Hermann 1997-00
Hilary Higdon 1987
Cynthia Hinshaw 1988-91
Stacy Hicks 1981-82
Amy Hlavaz 1997-00
Margie Hollister 1996-98
Cindy Howard-Gibbon 1977
Hilary Hubbard 1988-89
Michelle Huggins 1978
Anne Illgen 1994-95

Kristin Imwalle 1996-99
Elizabeth Jake 1974-75
Hanna Jaltner 1998-00
Helen Jameson 1984-86
Andrea Jani 1995-96
Jan Jensen 1979
JoAnna Jensen 1991
Lene Jenssen 1981
Erin Jestfeld 1995-98
Steph Jeung 1977-79
Denise Johns 1977
Carrie Johnson 1995-96
Giana Johnson 1996-97
Katherine Judson 1977
Susan Kahn 1976-77
Mary Jane Kaiser 1977
Diane Kawakami 1979
Lorraine Kelleher 1975-78
Sarah Kendig 1984-87
Susan Kigawa 1981
Liah Kim 2000-01
Diane King 1978
Kristen Kircher 1974
Terri Kirschbaum 1978-79
Jennifer Klemme 2002
Ann Knipstein 1988
Kristi Knoblauch 1977
Anya Kolbisen 1997-00
Flora Kong 2003-04
Eileen Kramer 1974
Brigit Kress 1979-81
Cheryl Kriegsmann 1986-89
Debbie Kuehne 1977-78
Kristin Kuhlman 1987-90
Kristen Kurher 1975
Lydia Lambert 1983-84
Sherri Laudenslager 1981-84
Lindsay Leaver 2000-01
Jackie LeBreck 1985-86
Beth Lee 1979
Pam Lee 1977
Beth Lemon 1987-89
Edwina Lerner 1989-90
Kathy Liniecki 1983
Sandra Linke 1987
Dena Lofthus 1997-00
Kathy Long 1988-89
Leslie Lonnberg 1982-85
Katie Lowes 1997-00
Alexis Ludwig 1988
Deborah Lyle 1974-75
Laurel Lynch 1986-87
Margee MacFarland 1980-83
Cory Mackie 1982
Agneta Martenssen 1982-85
Wendy Martin 1995-96
Karen Martinez 1981
Lisa Martinovich 1974-75
Adrienne Mattos 1998-99, 01
Katherine McAdoo 2001
Jamie McClellan 1981-82
Elizabeth McDowell 1990-94
Johnene McKim 1990-91
Mary T. Meagher 1983, 85-87
Lauren Medina 2002-
Gina Merlone 2003-
Kim Merritt 1991
Kirsten Metzger 1993
Wendy Meyer 1981-82
Lisa Meyers 1987-90
Elizabeth Michiels 1995
Cori Miller 1996
Marcelle Miller 2002-
Margaret Miller 1974
Marianne Milliken 1984
Waen Minpraphal 1997-00
Katherine Mitchell 2001-02

Adrienne Modafferi 1988
Jennifer Mohle 1985
Leah Monroe 2002-03
Lisa Morelli 2002-
Deborah Morris 1975
Vicky Morter 1974-75
Lorenza Munoz 1990-92
Cheryl Murphy 1996-99
Joyce Murphy 1991-94
Lisa Murray 1999-00
Hiroko Nagasaki 1988
Amy Ng 2002-
Joyce Ng 1977
Sonya Nimtz 1992-94
Karla Nisley 1974-77
Dolores Nowell 1974
Jenny Nute 1980-81
Carol O'Brien 1975-76
Wendy O'Brien 1997
Nicole Omphroy 1997-00
Megan O'Scannlain 1990-92
Cindy Ostberg 1982
Karen Ouellette 1979
Elli Overton 1997-00
Rebecca Owings 1981-82
Emma Palsson 2002-
Alison Pappe 1981
Michelle Pappe 1981
Barbara Padovan 1974
Sian Parry 1999-00
Donna Passanisi 1983
Jane Patocchi 1976-77
Kathy Payne 1975
Jill Pearson 1985-86
Mary Pender 1992-94
Lisa Pereira 1985-88
Lisa Pezzani 1990-91
Kara Piantidosi 1992-94
Susanne Pizskin 1986-87
Emily Platt 1974
Dale Polowski 1979
Jennifer Porter 1983
Holly Powell 1992-93
Elizabeth Prescott 1981
Joanne Rackham 1977
Trina Radke 1990-91, 93
Madeline Radkey 1974
Jenna Rais 2002-
Heather Reagan 1989-92
Katie Reding 1995-98
Michelle Reed 1991-94
Liz Rehrmann 1997-98
Erin Reilly 2004-
Tricia Renner 1982-84
Michelle Reysa 1991-93
Jennifer Riggs 2000
Erin Roberts 1974-75
Susan Robinson 1979
Cathy Rocke 1977
Whitney Rockwell 2003
Robyn Rolfe 1991
Debbie Ross 1979
Jennifer Ross 1994-95
Jill Rothkopf 1985-88
Helen Salcedo 1994-97
Elizabeth Salmon 1975
Jane Samuels 1988-89
Patricia Sauer 1974-75
Nancy Schabe 1985
Sarah Schafer 1978
Karen Schmid 1980-83
Jacqui Schoppe 1999-00
Emily Schum 1999-01
Julia Scott 1982
Sharon Scott 1990-93
Judy Scovel 1982
Susan Selhorst 1981

Danielle Sermer 2001
Mary Setser 1975
Katherine Sherwood 1974
Carol Shigaki 1974-75
Caitlyn Shreve 2002
Helen Silver 2003-
Anna Simcic 1994-95
Amy Simpson 1997-00
Karen Sisk 1974-75
Lynne Sisk 1974-75
Kristen Sissener 2001-02
Michelle Smart 1974
Julie Smith 1991-94
Lauren Smith 2003-
Lisa Smith 1980-82
Loretta Soffe 1985-86
Sandy Spelman 1982-84
Theresa Spicer 1978-79
Nadia Staubit 2004-
Susan Steimle 1978
Paula Sharzer 1974-76
Nina Stevens 1980
Shelly Stevenson 1984-85
Kate Stewart 1982-84
Margaret Stier 1982
Marbaret Stier 1979-80
Staciana Stitts 2000-03
Dawna Stone 1987-88
Kim Strauch 1985-86
Kris Strauch 1985-86
Lisa Summers 1990-93
Shelley Sweeney 1989
Jill Symon 1981
Cathy Szalay 1981-82, 1984
Emmely Tanaka 2000-01
Akiko Thomson 1993-96
Laurie Thor 1977
Amy Tidball 1988-91
Kate Tiedeman 2003-
Jill Tirpack 1981-82
Myra Troske 1982
Janet Tsujimoto 1976-77, 79-80
Melissa Turk 1990-92
Cindy Tuttle 1982-85
Amanda Urioste 2001-02
Kerri Valadao 1984
Karen Valentine 1980
Conny van Bentum 1985-86
Lisa VandenBerg 1986
Amy Vastine 1996-97
Melanie vonHartitzsch 1996
Alicia Walker 1988-91
Amy Walker 1993
Ann Walker 1988-91
Diane Wallace 1976
Sharon Wallahan 1979
Juli Walls 1992-93
Michelle Weise 1984
Katie Welch 1989-92
Sara West 1993
Jamie Westoby 2000-01
Wendy Whelan 1994-97
Lisa White 2000
Ashley Whitney 2002
Carol Wittstock 1976-77
Lynn Wittstock 1981-84
Diana Williams 1975-77
Kristin Winn 1989-92
Jo Wollschlaeger 1988
Pia Wong 1985-86
Niki Woodard 1995
Karen Wyatt 1978
Joscelin Yeo 1999-00
Kyoko Yokouchi 2001
Mellanie Yotsuya 1986
Courtney Young 1993
Becky Zepp 1982-83
Bold denotes current Cal athlete

SPIEKER AQUATICS COMPLEX

THE HOME OF...



Spieker Aquatics Complex has played host to some of the world's best swimmers, including two-time Olympic finalist and Cal swimmer Anna Simcic (above).

The home of the University of California women's swimming team is the Spieker Aquatics Complex, one of the finest outdoor facilities in the United States.

Completed in the fall of 1982, the \$1 million dollar facility was made possible through the Cal Sports '80s project and was dedicated to the former California water polo

letterman Warren "Ned" Spieker Jr., who provided the major portion of the funding for the project.

The facility replaced the old Harmon pool, which had stood on the same site since the early '30s. Included in the extensive remodeling project was the joining of the two existing tanks into one 50-meter by 25-yard pool of deep water, suitable for national and international

swimming and water polo competition. Also included in the reconstruction was the installation of new piping and filtration systems, lighting modifications and increased spectator seating.

The Spieker Aquatics Complex is located adjacent to Haas Pavilion at the corner of Bancroft and Dana streets on the Berkeley campus.

SPIEKER AQUATICS COMPLEX RECORDS

50 Freestyle	23.17	Sara Platzer (UCLA)	Jan. 27, 2001
100 Freestyle	48.65	Natalie Coughlin (California)	Feb. 1, 2003
200 Freestyle	1:46.92	Stephanie Williams (Georgia)	Oct. 25, 2001
500 Freestyle	4:44.61	Natalie Coughlin (California)	Jan. 26, 2002
1000 Freestyle	9:46.36	Tiffany Cohen (Texas)	Feb. 7, 1988
1650 Freestyle	16:25.31	Andrea Hayes (Texas)	Feb. 4, 1990
100 Backstroke	52.22	Natalie Coughlin (California)	Feb. 1, 2003
200 Backstroke	1:57.02	Natalie Coughlin (California)	Jan. 27, 2001
100 Breaststroke	59.51	Tara Kirk (Stanford)	Feb. 10, 2001
200 Breaststroke	2:11.01	Tara Kirk (Stanford)	Feb. 15, 2003
100 Butterfly	51.88	Natalie Coughlin (California)	Jan. 31, 2003
200 Butterfly	1:55.03	Natalie Coughlin (California)	Feb. 15, 2003
200 Ind. Medley	1:57.54	Natalie Coughlin (California)	Jan. 25, 2002
400 Ind. Medley	4:15.28	Katie Yevek (Georgia)	Oct. 25, 2001
200 Medley Relay	1:41.50	California (Coughlin, Stitts, Griffith, Harper)	Feb. 1, 2003
400 Medley Relay	3:39.86	California (Silver, Stitts, Coughlin, Becks)	Jan. 31, 2003
200 Free Relay	1:33.04	California (Kolbisen, Cope, Omphroy, Yeo)	Jan. 22, 2000
400 Free Relay	3:19.75	California (Kolbisen, Yeo, Omphroy, Chiang)	Feb. 13, 1999
800 Free Relay	7:23.95	Texas (Cooper, Dutcher, Hayes, Arris)	Feb. 4, 1990

Bold denotes returnee

CHAMPIONS



THE UNIVERSITY



The University of California is one of the world's leading academic institutions. The school, known throughout the world as "Cal," is truly a prototype of a contemporary university. It attracts what many consider the finest applicant pool in the country, generates an ethnically and culturally diverse student population on campus, and provides one of the finest learning experiences in the world today.

WORLD-CLASS FACULTY AND STUDENTS

The Berkeley campus is renowned for the size and quality of its libraries and laboratories, the scope of its research and publications, and the distinction of its faculty and students. National rankings consistently place Cal's undergraduate and graduate programs among the very best. The faculty includes eight Nobel Laureates, 124 members of the National Academy of Sciences, 19 MacArthur Fellows, 87 Fulbright Scholars, three Pulitzer Prize winners and more Guggenheim Fellows (141) than any other university in the country.

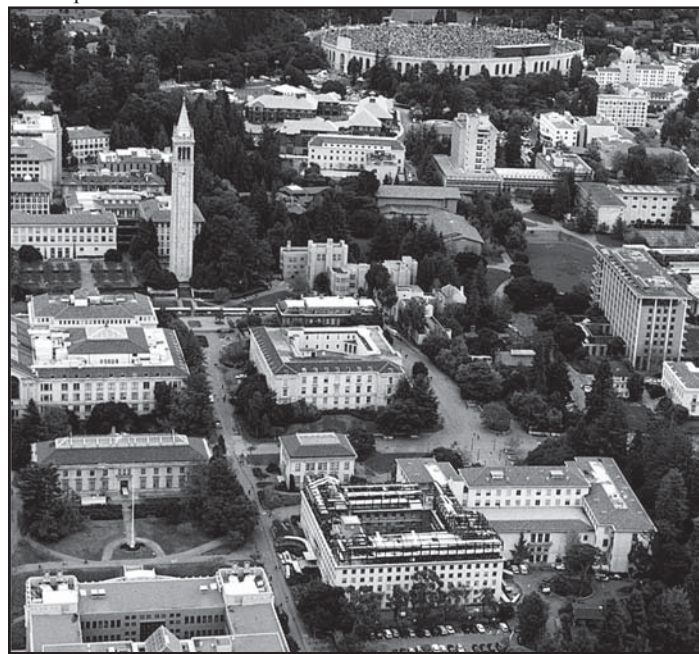
The quality of Cal's diverse and independent student body complements the stature of the faculty. More than 33,000 students annually enroll at Cal. Of these, about 23,000 are undergraduates. Students come to Berkeley from all over California, in addition to every state in the union and more than 2,000 students from 75 countries around the world.

The undergraduate student body can best be characterized by its diversity; there is no one racial or ethnic majority. Students reflect all age groups, and economic, cultural and geographic backgrounds. This dynamic

mix produces the wide range of opinion and perspective essential to a great university.

THE BAY AREA

Overlooking San Francisco Bay, the campus is a lush and tranquil 1,232-acre oasis in an urban setting. The grounds have retained much of the beauty of their rural beginnings. Spacious lawns, hiking and running trails, as well as groves of oak, redwood and eucalyptus blend with the Neo-classical architecture of John Galen Howard. The University is bordered by the wooded rolling hills of Tilden Regional Park and the City of Berkeley, one of America's most lively, culturally diverse and politically adventurous municipalities.



CAL STUDENT POPULATION

Fall 2003

No. of Students	33,076
Undergraduates	23,206
Graduate Students ..	9,870
Gender Distribution	
Male	15,959
Female	17,117

STUDENT COMPOSITION

Fall 2003

A multi-cultural and multi-ethnic campus. No ethnic group forms a majority.

Native American	220
Asian/Asian American ..	11,173
African American	1,233
Hispanic	3,019
Caucasian	11,487
Other	653
International	2,572
No Ethnic Data	2,719

CAL EXCELS IN THE CLASSROOM

- 20 of Cal's 27 teams had a cumulative team GPA of 3.0 or higher during the 2003-04 academic year
- More than 210 student-athletes have cumulative GPAs over 3.25