

2008-09 WOMEN'S SWIMMING & DIVING

GOLDEN BEAR FACTS

Location	Berkeley, Calif.
Enrollment	34,953
Founded	1868
Nickname.....	Golden Bears
Colors	Blue and Gold
Conference	Pacific-10
Pool	Spieker Aquatics Complex
Pool Dimensions.....	50 meters by 25 yards
Chancellor	Dr. Robert Birgeneau
Director of Athletics.....	Sandy Barbour
Athletics Web Site	CalBears.com

SWIMMING & DIVING

Head Coach.....	Teri McKeever (USC '83)
Year at Cal.....	17th
Career Record at Cal.....	137-45 (16)
Career Record (overall)	191-67 (20)
Assistant Coach.....	Kristen Lewis-Cunnane (2nd year)
Swimming Office Phone	510-642-9450
Swimming Office Fax.....	510-643-5344
Diving Coach	Tom Davidson (3rd year)
Diving Office Phone.....	510-643-DIVE
2007-08 Dual-Meet Record	5-2
2007-08 Pac-10 Finish	3rd
2007-08 NCAA Finish	5th
Swimming Letterwinners returning/lost.....	19/4
Swimming All-Americans returning/lost	8/2
Newcomers.....	6 (plus 2 divers)

MEDIA RELATIONS OFFICE

349 Haas Pavilion
 Berkeley, CA 94720-4422
 Phone 510-642-5363 |

Fax: 510-643-7778
 Deputy Athletic Director/SWA Teresa Kuehn Gould |

Assistant Media Relations Director
 (Women's Swimming & Diving) Chris DeConna |

Direct Phone: 510-643-4724
 Email: deconna@berkeley.edu



Chris DeConna



CALIFORNIA GOLDEN BEARS USAGE GUIDELINES

When referring to University of California intercollegiate athletic teams, please use California or Golden Bears on first reference. Cal or Bears may be used on second reference. Terms such as UC Berkeley, Cal-Berkeley, Berkeley and California-Berkeley (or other similar variations) are incorrect and should not be used in connection with Cal Athletics.



TABLE OF CONTENTS

Cal's Olympic Experience.....	IFC
Swimming & Diving Roster	2
Spieker Aquatics Complex.....	3
2008-09 Outlook	4-6
Coaching & Support Staff	7-10
Golden Bear Profiles	11-16
Cal Legend: Natalie Coughlin	17
Prominent Golden Bear Alumnae	18
2007-08 Cal Results	19-21
Cal Records & History	22-31
The University & Bay Area.....	32-33
The Cal Experience	34-35
Academic Achievement	36
Cal All-Americans	IBC

INTERVIEWS/ PRESS INFORMATION

A pre-meet press release and set of results will be made available to members of the media covering home Cal swimming & diving meets. These will also be available online at CalBears.com. All athlete and coach interviews, either in person or by telephone, must be coordinated through Chris DeConna with a minimum of one-day's notice. Please call 510-643-4724 for more information.

CREDITS

The 2008-09 edition of the **California Women's Swimming & Diving Media Guide** was edited by the Cal Media Relations Department. Layout and graphics by John Dunbar, Publications Director, and Evan Kerr, Publications Assistant. Photos by Michael Pimentel, Kelley Cox, Michael J. Burns, Natalie Coughlin, Kristen Lewis-Cunnane, John Dunbar, Evan Kerr, Nick Lammers, Bill Collins, Stu Corliss, Peter H. Bick and Harrison Stubbs, among others.

CAL WOMEN'S SWIMMING & DIVING ROSTERS

2008-09 CALIFORNIA SWIMMING ROSTER

Name	Events	Yr.	Ht.	Exp.	Hometown (Last School)
Lauren Boyle	Freestyle	Jr.	6-0	2V	Auckland, New Zealand (ACG Senior College of New Zealand)
Kirstyn Colonias	Freestyle	Fr.	5-6	HS	Danville, Calif. (San Ramon Valley HS)
Erica Dagg	Backstroke	So.	6-0	1V	New Orleans, La. (Isidore Newman HS)
Ursula Dailey	Back/Fly	Fr.	5-9	HS	Albany, Calif. (Albany HS)
Alexandra Ellis	Breaststroke	Jr.	5-7	2V	San Diego, Calif. (Westview HS)
Courtney Eronemo	IM/Fly	Jr.	5-7	2V	Kent, Wash. (Kentwood HS)
Shelley Harper	Freestyle	Fr.	5-6	HS	Walnut Creek, Calif. (Las Lomas HS)
Blake Hayter	Freestyle	Jr.	5-7	2V	San Diego, Calif. (Cathedral Catholic HS)
Kelsey Hoff	IM	So.	5-6	1V	Sacramento, Calif. (Horizon HS)
Sara Isakovic	Freestyle	Fr.	5-7	HS	Bled, Slovenia (Bezigrad HS)
Liv Jensen	Freestyle	Fr.	6-3	HS	Palo Alto, Calif. (Palo Alto HS)
Madison Kennedy	Freestyle	Sr.	6-0	1V	Avon, Conn. (Avon HS/Rutgers)
Natalie La Rochelle	IM	Sr.	5-9	3V	Napa, Calif. (Vintage HS)
Amanda Larson	Freestyle	Jr.	6-0	2V	Davis, Calif. (Davis HS)
Ellie Monobe	Breaststroke	So.	5-6	1V	Fremont, Calif. (Mission San Jose HS)
Mattea Perrotta	Freestyle	Fr.	5-7	HS	El Segundo, Calif. (El Segundo HS)
Lauren Rogers	Back/IM	Sr.	5-7	3V	Concord, Calif. (Carondelet)
Amanda Sims	Fly/Back	So.	5-8	1V	Santa Rosa, Calif. (Montgomery HS)
Sara Sun	Freestyle	So.	5-6	1V	La Crescenta, Calif. (Crescenta Valley HS)
Tara Thomas	Free/Fly	So.	5-9	1V	Tustin, Calif. (Arnold O. Beckman HS)
Emily Verdin	Back/IM	Sr.	5-10	3V	Alexandria, Va. (Thomas Jefferson HS)
Dana Vollmer	Free/Fly	Sr.	6-0	2V	Granbury, Texas. (Florida)
Heather White	Back/IM	Jr.	5-6	2V	Oakland, Calif. (Miramonte HS)
Hannah Wilson	Fly/Free	So.	5-6	1V	Hong Kong, China (Island School)

COACHING STAFF

HEAD COACH

Teri McKeever (17th year)

ASSISTANT COACH

Kristen Lewis-Cunnane (2nd year)

DIVING COACH

Tom Davidson (3rd year)

PRONUNCIATION GUIDE

Courtney Eronemo... Eh-ron-eh-mow
 Tara Thomas.....TAR-uh
 Kirstyn Colonias... Kuh-lone-EE-us
 Sara Isakovic..... EE-suh-coe-vich
 Liv JensenLeaf Yen-sen
 Ellie Monobe..... Muh-KNOW-bee

2008-09 CALIFORNIA DIVING ROSTER

Name	Yr.	Ht.	Exp.	Hometown (Last School)
Alissa Barker	Fr.	5-6	HS	Sydney, Australia (Pymble Ladies College)
Molly Hayes	Fr.	5-6	HS	Los Gatos, Calif. (Los Gatos HS)
Laura Sanford	So.	5-5	1V	San Diego, Calif. (Torrey Pines HS)



2008-09 WOMEN'S DIVING

(left to right): Molly Hayes, Laura Sanford and Alissa Barker.

SPIEKER AQUATICS COMPLEX

THE HOME OF CHAMPIONS



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

Completed in the fall of 1982, the one 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

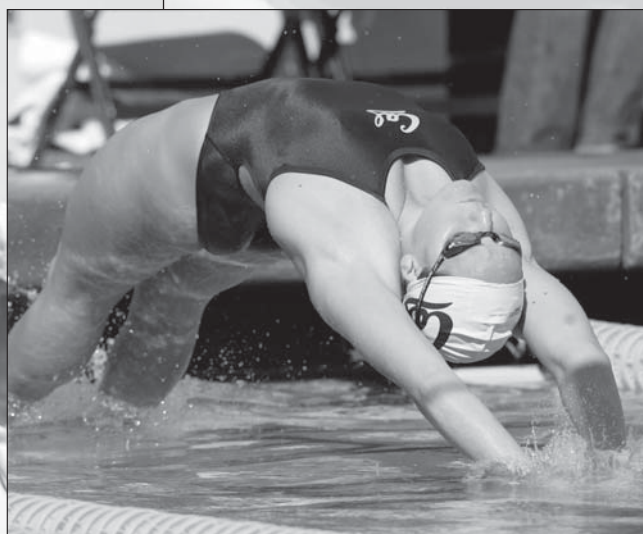
50 Freestyle	22.41	Brooke Bishop (Stanford)	2007
100 Freestyle	48.65	Natalie Coughlin	2003
200 Freestyle	1:45.91	Julia Smith (Stanford)	2007
500 Freestyle	4:44.61	Natalie Coughlin	2002
1000 Freestyle	9:45.16	Elizabeth Durot (Stanford)	2007
1650 Freestyle	16:25.31	Andrea Hayes (Texas)	1990
100 Backstroke	52.22	Natalie Coughlin	2003
200 Backstroke	1:56.20	Julia Smith (Stanford)	2007
100 Breaststroke	59.51	Tara Kirk (Stanford)	2001
200 Breaststroke	2:11.01	Tara Kirk (Stanford)	2003
100 Butterfly	51.70	Elaine Breeden (Stanford)	2007
200 Butterfly	1:53.26	Elaine Breeden (Stanford)	2007
200 IM	1:57.54	Natalie Coughlin	2002
400 IM	4:15.28	Katie Yevek (Georgia)	2001
200 Medley Relay	1:38.36	Tsai, Hardy, Vollmer , E. Silver	2007
400 Medley Relay	3:39.86	H. Silver, Stitts, Coughlin, Becks	2003
200 Free Relay	1:32.39	Hardy, Reilly, Andrews, E. Silver	2006
400 Free Relay	3:18.33	Boyle , Andrews, Babicz, Vollmer	2007
800 Free Relay	7:23.95	Cooper, Dutcher, Hayes, Arris (Texas)	1990

Bold denotes current Cal athlete

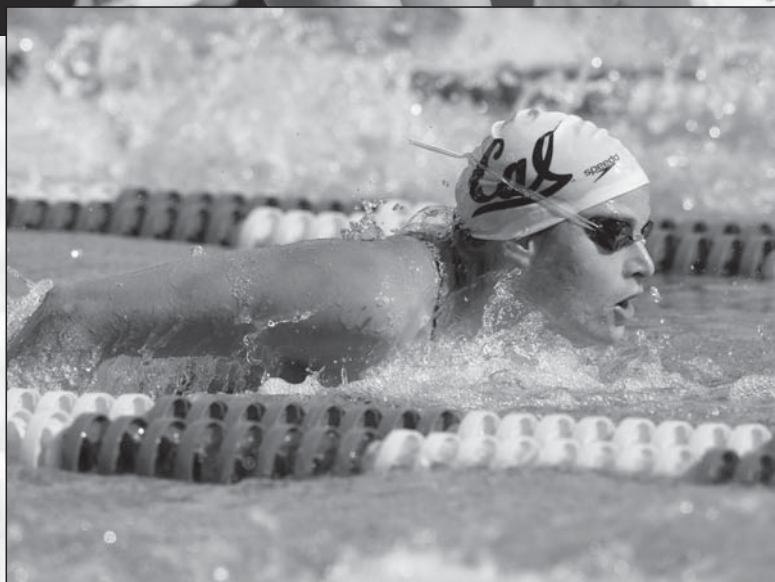


Spieker Aquatics Complex has played host to some of the world's best swimmers, including Olympic and Cal swimmer Haley Cope.

GOLDEN BEAR SWIMMING & DIVING



Clockwise, from top left: Dana Vollmer, Lauren Rogers, Madison Kennedy and Sara Isakovic.



CALIFORNIA WOMEN'S SWIMMING: ACHIEVING PERSONAL EXCELLENCE

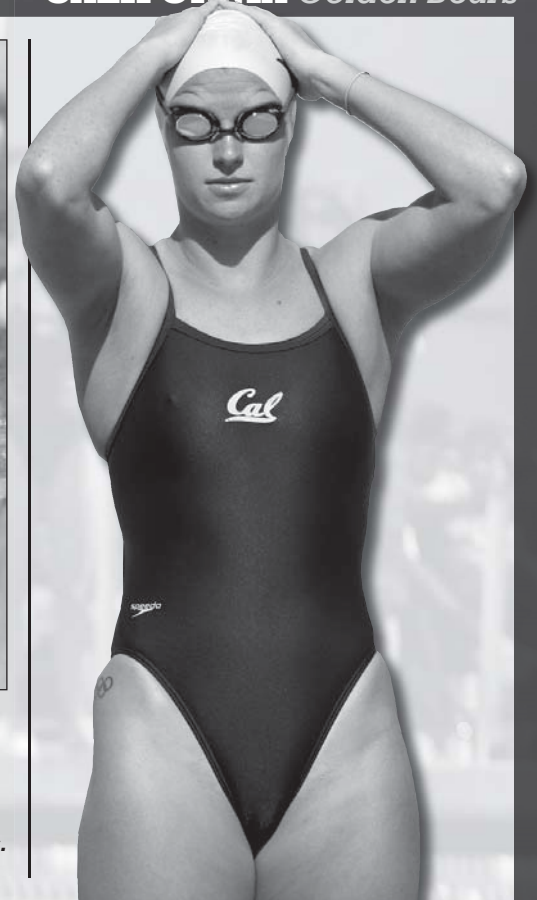
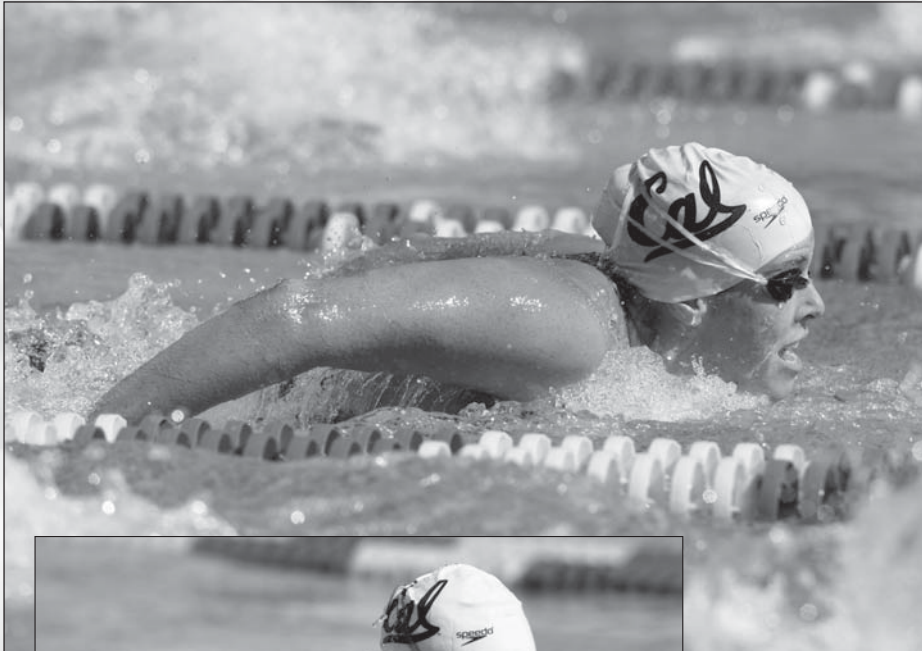
For California women's swimming head coach Teri McKeever, the ability to inspire her teams to maintain a competitive edge is a challenging endeavor each and every season. With team dynamics, as well as the entire sport of swimming, continually changing, McKeever strives to find new and innovative ways for her nationally prominent Golden Bear program to engage in achieving personal excellence.

Now in her 17th season in Berkeley, McKeever has directed Cal to 12 consecutive top-10 finishes, including a fifth-place standing last year. Over the summer, she served as an assistant coach for the U.S. team at the Beijing Olympics, and she has returned to campus reenergized to guide this season's squad to another highly record-breaking campaign.

"It's the first thing that we talk about in the recruiting process — which is what the expectations of this program are," explained McKeever. "And what we talk about is personal excellence, which means the ability to bring your 'A' game in the classroom, when you train and when you race. Ultimately, I'm responsible for creating and managing that environment, but, at the same time

the girls really have to buy into that. At this level, you're an athlete 24-7. It's a lifestyle and you're committing to a lifestyle at Cal to see how good you can be athletically and put yourself in a position of achieving all of your goals."

McKeever has demonstrated the ability to devise unique training schedules that balance the concept of personal engagement



Clockwise, from above: Amanda Sims, Hannah Wilson, Lauren Boyle and Alexandra Ellis.

with the needs and priority of the different personalities on the roster.

"I talk a lot about having an ebb and flow throughout the season," said McKeever. "Sometimes you have to back off that edge and sometimes you have to step it up. I think if you're going to train hard and be competitive, then you need moments of disengagement to refuel and recharge—and those moments are just as important as the moments of high performance. We have a training schedule for them to disengage from the athletic intensity and put them into other places like giving the athletes a day off in the middle of the week. It allows them to have ownership on how they want their day to look. And when we resume training, it allows them to bring that 'A' game."

Having attracted and developed some of the best talent in the country, McKeever has an expectation for each of her swimmers to devote themselves to a level of commitment that, although demanding, will lead to great rewards. The results clearly speak for themselves, as she has developed champions at virtually every level – from the Pac-10 and NCAA championships to U.S. nationals and the Olympic Games.

"What I like about sports is the performance part of the training – meaning the



anticipation of the performance, not just training to train," explained McKeever. "When you have people performing at a level, whether it's an Olympic medalist or someone reaching a personal best – being better than your best is what's really rewarding. It's about trying new things and doing something different. That's how I think you grow and get out of that comfort zone and make adjustments. My job is to constantly look at the components of the program and figure out what's working and what needs tweaking."

One of the ways that McKeever keeps

her team fresh is through a rigorous and distinctive training method that includes nontraditional ways of preparing athletes for competition.

"We have a unique situation with our aquatics program engaged in strength and conditioning," said McKeever. "We've incorporated kick boxing, we're doing spin classes and we're even doing different dry-land body awareness activities that are movement oriented. It's about constantly shifting and evaluating. I think that is how you keep people engaged, by providing variety. We are always evaluating after every meet, so it's a

Emily Verdin



Blake Hayter

very process-oriented experience."

Given the highly competitive environment in swimming, McKeever knows that she must remain on the cutting edge to keep her program at the forefront of the sport, in addition to teaching proper techniques and methods.

"I told the team, what you thought was fast, isn't fast," said McKeever. "You have to look at what people are doing differently. A lot more people are looking at ways to bring elements of pilates, yoga and weights and bringing those into the water. Some of the things we've done is committing to ocean training. You have to make the water work for you. If you look at the great swimmers, they have a great relationship with the water, and the ones that are in a combative relationship with the water don't swim as fast."

McKeever has proven that she can be an outstanding

motivator and instructor. And she is constantly looking for new ways to improve. At this past summer's Olympics, for example, McKeever used the experience to bring new ideas back to Berkeley and she exhibits a renewed vigor for the 2008-09 season.

"I was able to absorb the experience more," noted McKeever. "It's like anything in life, the more times you do something, the more comfortable you get and the more you can get out of it. I just felt it was a very powerful learning experience for me personally. Being in that environment with the best coaches and swimmers, that's where the learner in me comes out. I like to observe, watch and evaluate and ask questions. I was able to do that this time, where the first time I was an assistant, I didn't know what to expect."

"I had a better understanding of how I can be more effective in that environment, which in turn helps the environment at Cal."

2009 DIVISION I WOMEN'S QUALIFYING STANDARDS

25-YARD COURSE

Event	A	B
50 Freestyle.....	21.93	22.80
100 Freestyle.....	47.84	49.75
200 Freestyle.....	1:44.02	1:48.18
500 Freestyle.....	4:38.46	4:49.59
1650 Freestyle.....	15:53.38	16:31.51
100 Butterfly.....	52.02	54.10
200 Butterfly.....	1:54.95	1:59.54
100 Backstroke.....	53.01	55.13
200 Backstroke.....	1:53.37	1:57.90
100 Breaststroke.....	59.99	1:02.38
200 Breaststroke.....	2:10.32	2:15.53
200 IM.....	1:56.13	2:00.77
400 IM.....	4:07.33	4:17.22
200 Freestyle Relay.....	1:28.35	1:31.88
400 Freestyle Relay.....	3:14.93	3:22.72
800 Freestyle Relay.....	7:02.07	7:18.95
200 Medley Relay.....	1:37.81	1:41.72
400 Medley Relay.....	3:32.56	3:41.06



Natalie La Rochelle

CALIFORNIA HEAD COACH



TERI McKEEVER
17th Year at California

Regarded as one of the best swimming mentors in the United States, Teri McKeever begins her 17th year as head coach of the University of California's women's swimming program.

McKeever has taken the Cal program to new heights and is often regarded in the coaching circle as the sport's influential innovator, because of her unique training methods. Under McKeever's tutelage, the Golden Bears have produced five Pac-10 Swimmers of the Year, including three-time winner Natalie Coughlin and 12 consecutive top-10 NCAA finishes, including a program-best third-place finish in 2007. She has amassed an impressive 137-45 dual meet record in her tenure with Cal.

In 2007, Cal claimed five national titles, set three then-American Records at the

"(Teri) McKeever also is known as a coach who turns previously unnoticed swimmers into major talents, and talented-but-burned-out swimmers into Olympians and world champions. Current and former pupils include Olympians Dana Vollmer, Haley Cope, Staciana Stitts—and Natalie Coughlin, who credits McKeever with resurrecting Coughlin's swimming career and helping her to win five medals, including two Golds, at the 2004 Athens Olympics

Tall, lean, and tanned, 45-year-old Teri McKeever strides the pool deck imperiously, ash-blond curls tucked into a faded Cal baseball cap, stopwatch cords dangling from the pockets of her blue sweatpants. One hand clutches the first of her three breakfast Diet Pepsis. ("It's like coffee," she says. "Just cold.") It's a fairly typical 6 a.m. practice at Spieker Aquatics Complex, except there's no fog, so the rising sun is lighting up the church across the street and the top of the eight-story Unit 3 dorms. Fifteen swim-capped heads lining the shaded north edge of the pool are turned in the direction of the coach as the swimmers rest between sets.

This is McKeever's laboratory, where dance class meets praxis. Here "Teri's ways" come to life in a blend of specific commands to move body part A to spot B, with other general orders to "take care of the water" and "wait for the water" and "breathe more life into your body."

— Excerpt from "Water Dance" by Eric Simons, October 2007 issue of *California Magazine*

NCAA Championships and boasted 10 All-Americans. Last season, the Bears set school and Pac-10 records in the 200, 400 and 800-yard freestyle relays. Under the guidance of McKeever, Dana Vollmer set Cal dual meet records in the 100 and 200-yard butterfly events, while Lauren Boyle set a school record in the 1000 and 1650-yard freestyles. Additionally, Madison Kennedy, a newcomer to the program, flourished under McKeever and broke the school record in the 50-yard freestyle.

McKeever also enjoyed a second stint as an assistant coach for the U.S. Olympic team in the 2008 Summer Olympics in Beijing in August. Six of McKeever's pupils competed at the Summer Games and three

came away with a total of eight medals, including the greatest women's swimmer in Cal history—Natalie Coughlin—with six, and Emily Silver and incoming freshman Sara Isakovic of Slovenia each with one.

Records and Cal success aside, what makes McKeever so widely renowned is her impact on the international scene. She was the first woman coach on the U.S. Olympic Swimming team and the first woman to be named head coach of the national team at a major international meet (the 2006 Pan Pacific meet in British



Courtesy of Oakland Tribune

McKEEVER AS A HEAD COACH

California women's swimming (1993-present)

2008:..... 5-2	2000:..... 8-2
2007:..... 10-1	1999:..... 11-3
2006:..... 11-0	1998:..... 12-2
2005:..... 9-2	1997:..... 13-4
2004:..... 9-0	1996:..... 9-5
2003:..... 8-3	1995:..... 7-7
2002:..... 7-2	1994:..... 6-6
2001:..... 6-3	1993:..... 6-3

Fresno State men's swimming (1990-1992)

1992:..... 8-4	1990:..... 4-7
1991:..... 7-7	

Fresno State women's swimming (1987-1992)

1992:..... 12-3	1989:..... 11-6
1991:..... 15-2	1988:..... 3-8
1990:..... 13-3	



McKEEVER'S INFLUENCE AT CALIFORNIA BY THE NUMBERS

- Years as Cal Head Coach 17
- Wins 137
- Losses 45
- Olympians Coached 18
- NCAA Individual Titles 16
- NCAA Relay Titles 6
- NCAA Top-10 Team Finishes 12
- All-Americans 55
- Years on USA Coaching Staff 8
- NCAA Swimmer of the Year 1
- Pac-10 Swimmers of the Year 5

McKEEVER IS RECOGNIZED BY HER PEERS

- First woman to be named a U.S. swimming head coach (2006 Pan Pacific Championships)
- First woman to be named to a U.S. Olympic swimming staff (2004).
- Served a second stint with the Olympic coaching staff in 2008
- Assistant women's coach for US national team at FINA World Championships (2003, 2005, 2007)
- ASCA Coach of the Year (2002)
- Pac-10 Coach of the Year (1999 and 2002)
- George Haines Coach of the Meet at U.S. National Championships (2002)
- Assistant US coach at Pan Pacific Games (2002)
- Assistant U.S. coach at Goodwill Games (2001)
- Earned National Collegiate and Scholastic Swimming Trophy (2002)

McKEEVER PRODUCES CHAMPIONSHIP RESULTS

- Cal has finished in the top 10 nationally for the past 12 years
- The Bears have produced winning records in 14 of her 16 seasons at Cal (never had a losing season)
- Cal has finished undefeated in dual meets for two of the past five years
- 16 different individuals have combined to claim 16 individual titles and six relay championships



Teri McKeever's innovative coaching style and international experience has led to 16 NCAA individual champions, six NCAA relay winners and 55 NCAA All-Americans. With McKeever, Natalie Coughlin has won 11 Olympic medals and was named three times each NCAA Swimmer of the Year and Pac-10 Swimmer of the Year.

Columbia). She also served as an assistant coach for the U.S. team during World Championship competition in 2003, 2005 and 2007. Other international coaching duties included assistant roles with the 2001 Goodwill Games and the 2002 Pan Pacific Championships.

In addition to those historical milestones, McKeever is above all proud to have trained the best of the best on the international scene. McKeever has helped guide Cal alumna Natalie Coughlin to 11 Olympic medals, including three gold, alum Haley Cope to a silver medal and the entire U.S. swimming team to 28 medals, including 12 gold. 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 400-meter medley relay at the 2000 Sydney Olympics.

Prior to making her mark on Cal women's swimming, McKeever had strong ties to the Pac-10 Conference, both as an athlete and

as a coach. A former USC All-American herself, she competed in the NCAA Championship meet all four years while at USC and helped 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. She worked as an assistant coach at USC from 1984-87, helping develop several All-Americans.

The Southern California product 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 (she is the oldest), all with varied athletic backgrounds. Sisters Kristi and Kelli Gannon were members of the U.S. National Field Hockey team.

McKeever found greater happiness away from the pool when she married Jerry Romani in the spring of 2007.



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

ASSISTANT COACHES



**KRISTEN
LEWIS-CUNNANE**
Assistant Coach
2nd Year at California

After serving as a Graduate Assistant coach and administrative assistant for two years, Kristen Lewis Cunnane -- was hired as the assistant coach for the California women's swimming program in May of 2007. Lewis was a former UCLA All-American who earned a master's degree from the UC Berkeley Graduate School of Education in the spring of 2006. She also served as Cal's camp director in the summer of 2007 and 2008.

Lewis, who graduated from Campolindo High School in nearby Moraga, Calif., was a Bruins letterwinner from 2000-04 and was an All-American from 2002-04. A team captain as a senior, Lewis ranked third-fastest in the 200-yard butterfly (1:56.77) and fifth-fastest in the 100-yard butterfly (53.41) in UCLA's all-time top eight lists entering the 2006-07 season. During her career at UCLA, she served on the team mentor council and was named Most Improved Bruin for three of her four years. She also received the Bruin Braun award for her strength and passion in the weight room.



Kristen Lewis-Cunnane was team captain for UCLA in 2003-04.



Also an Academic All-American, Lewis majored in history and was an NCAA postgraduate scholar. A 2005 graduate of UCLA, Lewis was an undergraduate assistant coach for her alma mater in the 2004-05 season.

Lewis ended her swimming career at the 2004 U.S. Olympic Trials in Long Beach, Calif., where she was a semifinalist in the 100 and 200-meter butterflies.

In the summer of 2007, Lewis was married to her high school sweetheart, Scott Cunnane.



TOM DAVIDSON
Diving Coach
3rd Year at California

Tom Davidson returns for his third year of service as Cal's diving coach, after joining the Golden Bear aquatics program in the summer of 2006. Prior to Cal he was the diving coach at Illinois State.

Davidson will have an extremely young diving corps this season, including a pair of standout recruits from Australia and near by Los Gatos.

While at Illinois State Davidson guided Emily Hirt to her first ever NCAA Zone diving championship. Hirt placed in the top 40 regionally with a score of 204.05 on the three-meter board, but did not advance to the final round.

Davidson also adds club coaching experience to his resume. He guided the Redbird Diving club team (2005-06) and served as an assistant at Twin City Diving (2003-04) and at J.P. Divers (2001-04).

Davidson also worked as a head diving coach at the prep level, at North St. Paul High School in North St. Paul, Minn., (2004), Fairfield College Preparatory School in Fairfield, Conn., (2002-03) and Sacred Heart Academy in Hamden, Conn., (2002).

Davidson was a three-time All-American at Indiana, including being a four-time Big Ten conference champion during his time in Bloomington, Ind. In 2001 he took third place on the one-meter springboard. He also won titles at the 2002 U.S. Senior National Championships, 2001 U.S. Indoor National Championships and 2001 U.S. Outdoor National Championships.

At the international level, Davidson competed in the 2001 World University Games and the 2001 Goodwill Games.

Davidson graduated from Indiana's Kelley School of Business with a bachelors degree in management and a minor in history. He is currently pursuing his masters in management from Illinois State.



SUPPORT STAFF



NICK FOLKER

**Strength &
Conditioning Coach
5th Season at California**

Nick Folker is in his fifth season as Cal's strength and conditioning coach.

A graduate from the University of Hawaii (business degree), Folker brings unique strength and conditioning experience after swimming under and working with the Rainbows' head coach Sam Freas.

Folker, from Pietermaritzburg, South Africa, competed for South Africa's national team in several world-class events, such as the 2000 Olympic Games, 1999 World University Games, 2001 World Championships and 2001 Goodwill Games (World All-Star Team).

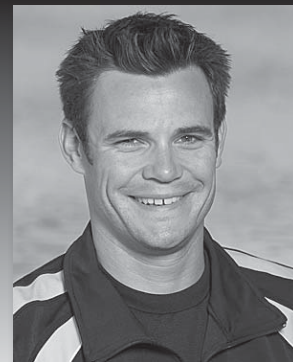
With the Golden Bears, Folker's duties include overseeing the team's weight and dryland programs.



Nick Folker



David Walden



DAVID WALDEN

**Athletic Trainer
4th Season at California**

David Walden is in his fourth year of working with the California women's swimming and diving team. His duties include coordinating medical care for the Golden Bears.

A 2003 graduate of UCLA, who earned a bachelor's degree in history, Walden completed his graduate coursework to obtain a master's degree in kinesiology and sports psychology at Cal State East Bay.

Walden, whose first year with Teri McKeever's program was 2004-05, has coached men's and women's swimming at the high school and club levels.



2008-09 GOLDEN BEAR PROFILES

LAUREN BOYLE

Junior • Freestyle • Auckland, New Zealand

2008 OLYMPICS

- Qualified for the 2008 Beijing Summer Games in the 4x200m freestyle relay for her native New Zealand.



CAL SUCCESS

- 2008 All-American (1650-yard free, 800-yard free relay, 500-yard free).
- Broke the school record in the 1650-yard free with a fifth-place finish and personal-best 16:01.80 at the 2008 NCAA Championships (she first broke the record at the 2008 Pac-10 Championships with a 16:03.51 – a record that stood for 20 years).
- Set a program record (and personal best) in the 1000-yard free with a time of 9:42.14 at Stanford (2/16/08).
- Set a program dual meet record in the 1650 with a time of 16:33.40 at UCLA (2/2/08)
- 2007-08 Pac-10 All-Academic (second team).

INTERNATIONAL SUCCESS

- Represented New Zealand at the 2007 and 2005 World Swimming Championships ... also competed in the 2006 Commonwealth Games, earning a bronze in a medley relay and the 2006 Pan Pacific Championships.

ACADEMICS

- Undergraduate business administration major

WHY I CHOSE CAL

"Cal has a unique way of combining world class swimming and world class academics that other schools could not compete with."

BEST CAL TIMES (IN YARDS)

1000 free9:42.14 (2008 at Stanford)
1650 free 16:01.80 (2008 NAAs)
500 free 4:41.08 (2008 NAAs)
200 free 1:46.56 (2008 NAAs)

ERICA DAGG

Sophomore • Backstroke/Freestyle • New Orleans, LA

CAL SUCCESS

- Saw action at the 2008 Pac-10 Championships, registering personal-bests in many events, including the 50-yard free (23.71), 100-yard free (50.97) and 200-yard free (1:49.36) ... also swam a time of 56.26 in the 100-yard back at the Pac-10s.



ACADEMICS

- Wants to major in integrative biology and has aspirations to become a physical therapist.

WHY I CHOSE CAL

"All of the other schools had one amazing aspect. Cal had all of these things and more. The team aspect, the superior academics, the amazing coaches -- it had it all."

BEST CAL TIMES (IN YARDS)

50 free23.71 (2008 Pac-10s)
100 free50.97 (2008 Pac-10s)
200 free 1:49.36 (2008 Pac-10s)
100 back56.26 (2008 Pac-10s)

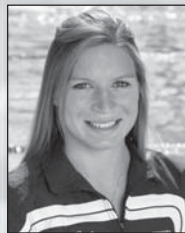
ALEXANDRA ELLIS

Junior • Breaststroke • San Diego, CA

2008 U.S.

OLYMPIC TRIALS

- Competed in the 100 breast and 200 breast.



CAL SUCCESS

- 2008 All-American (400-yard medley relay)
- Was on the 400-yard medley relay quartet that garnered a fifth-place finish at the 2008 NCAA Championships with a time of 3:34.05.
- Ranks fourth all-time on Cal's performance charts in the 100-yard breast (1:01.72) and fifth all-time in the 200-yard breast (2:12.48).
- 2007-08 Pac-10 All-Academic honoree.
- 2007 All-American (200-yard breast).

INTERNATIONAL SUCCESS

- Participated in the 2007 World University Games in Thailand.

PERSONAL

- Grandfather, aunt and uncle all attended Cal.
- American Studies major

WHY I CHOSE CAL

"I chose to go to Berkeley because of the team, the campus and the wonderful tour given by the coaches."

BEST CAL TIMES (IN YARDS)

100 breast 1:01.72 (2007 NAAs)
200 breast 2:12.48 (2007 NAAs)

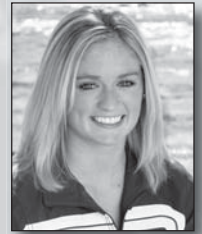


COURTNEY ERONEMO

Junior • IM/Butterfly • Kent, WA

2008 U.S. OLYMPIC TRIALS

- Competed in the 200 IM and 400 IM.



CAL SUCCESS

- 2008 season was cut short due to shoulder injury
- Reached a personal best in the 200 IM (via course conversion) with a 2:01.58 at the 2007 Short Course Nationals in Atlanta.
- Posted a personal best and NCAA "B" provisional time of 2:00.45 in the 200 fly at the 2007 Short Course Nationals in Atlanta.
- Participated in the 2007 NCAA Championships in the 200 IM, 400 IM and 200 fly.

ACADEMICS

- American Studies major

WHY I CHOSE CAL

"I chose to go to Cal because while I was there on my recruiting trip I felt at home. Teri is creating a program that is fun, positive and successful. Along with the amazing swimming program, the school fits in perfectly."

BEST CAL TIMES (IN YARDS)

200 IM 2:01.58 (2007 SC Nationals)
– course conversion
400 IM 4:16.45 (2007 Pac-10s)
200 fly 2:00.45 (2007 SC Nationals)
100 free ...53.33 (10/28/07 vs. Washington St.)

BLAKE HAYTER

Junior • Freestyle • San Diego, CA

2008 U.S.

OLYMPIC TRIALS

- Competed in the 400, 200 and 800 free events.



CAL SUCCESS

- Battled a back injury throughout the entire 2008 campaign
- Saw action at the 2008 Pac-10 Championships and swam NCAA "B" cut times of 4:48.28 in the 500-yard free and 16:40.61 in the 1650-yard free.
- 2007-08 Pac-10 All-Academic honoree.
- 2007 All-American – a national champion and former American record holder in the 800-yard free relay (7:00.89) ... also earned All-America honors in the 500 and 1650-yard free events.

ACADEMICS

- American Studies major

WHY I CHOSE CAL

"I decided to come to Cal because the coaches and the rest of the girls on the team seemed like they would be the perfect match for me. I couldn't be happier with my decision."

BEST CAL TIMES (IN YARDS)

500 free	4:42.05 (2007 NCAAAs)
1000 free	9:48.47 (2007 NCAAAs)
1650 free	16:15.43 (2007 NCAAAs)

KELSEY HOFF

Sophomore • Individual Medley • Sacramento, CA

CAL SUCCESS

- Competed at the 2008 Pac-10 Championships and recorded a 2:04.85 the 200 IM and a personal best in the 400 IM (4:19.60).
- Posted the fourth-fastest mark of the season and scored points in the 200 back with a 2:01.58 at the 2008 Pac-10 Championships.
- Recorded a time of 57.28 in the 100 back at Stanford (2/16/08).



ACADEMICS

- Is considering a possible venture with the Peace Corps after college
- Undeclared major

WHY I CHOSE CAL

"I chose Cal because I felt at home on my recruiting trip. I knew right away that I wanted to be a part of the awesome program Teri has continued to build. Plus, Cal is one of the few places where you challenge yourself not only in the water, but in the classroom as well."

BEST TIMES AT CAL (IN YARDS)

200 IM.....	2:04.85 (2008 Pac-10s)
400 IM.....	4:19.60 (2008 Pac-10s)
100 back.....	57.28 (2/16/08 at Stanford)
200 back.....	2:01.58 (2008 Pac-10s)
200 fly.....	2:02.57 (2008 Pac-10s)

MADISON KENNEDY

Senior • Freestyle • Avon, CT (Rutgers)

2008 U.S.

OLYMPIC TRIALS

- Placed ninth in the semi-finals of the 50-meter free (25.39) and 13th in the semifinals of the 100-meter free (55.28) – both personal bests (on a meter course); also had a personal mark in the 200-meter free (2:01.53).



CAL SUCCESS

- 2008 All-American (50-yard free; 200-yard free relay; 400-yard free relay; 800-yard free relay; 200-yard medley relay; 400-yard medley relay).
- Broke the school record (and set a personal best) in the 50 free with a time of 21.87 set in the preliminaries of the 2008 NCAA Championships.
- Was in the foursome posted a school-record and second-place finish in the 200 free relay (1:27.52) at the 2008 NCAA Championships.
- Was on the foursome that set a new meet record in the 400 free relay (3:13.22) at the 2008 Pac-10 Championships.
- Owens the third-best 100-yard free mark (48.33) on Cal's all-time performance list.

PRIOR TO CAL (RUTGERS)

- In 2005-06, had one of the most notable seasons by a Rutgers swimmer, finishing 15th in the 100 free at the NCAAAs (49.43) and earning All-America honorable mentions in five events as a freshman (200, 400, and 800 free relays, 50 and 100 free).
- Set a Rutgers record in the 50 free (22.56) and was on the 400 free relay that won the Big East championship with a time of 3:20.48.

INTERNATIONAL SUCCESS

- Secured a spot on the 2009 World University Games roster in the 50m free with a time of 25.22 ... also qualified via the 100 free with a time of 55.44.

PERSONAL

- Hopes to train marine mammals and do research at coastal laboratories.
- Interdisciplinary studies major

WHY I CHOSE CAL

"I transferred to California from Rutgers University as a junior. California is the best team in the country, with the best coaching staff. Each member of the team is motivated toward one goal and does so with determination and heart. To swim for Cal is to become part of something bigger than you."

BEST TIMES AT CAL (IN YARDS)

50 free	21.87 (2008 NCAAAs)
100 free	48.33 (2008 Pac-10s)
200 free	1:46.17 (2008 Pac-10s)
100 back	55.00 (2008 Pac-10s)

NATALIE

LaROCHELLE

Senior • Individual Medley • Napa, CA

2008 U.S.

OLYMPIC TRIALS

- Competed in her second consecutive U.S. Olympic Trials in Omaha, Neb., in the 200 IM (also competed in 2004)



CAL SUCCESS

- Recorded a personal best and NCAA "B" provisional time of 4:19.23 in the 400 IM at the 2008 Pac-10 Championships
- Swam a personal best 2:02.77 in the 200 back at the 2008 Pac-10 Championships
- Posted lifetime best and NCAA "B" provisional time of 2:02.83 in the 200 IM at the Stanford dual meet (2/16/08)
- Is a member of Bear SAAC (Cal Student-Athlete Advisory Committee) and also earned Pac-10 All-Academic honors in 2007.

PERSONAL

- Father played football at Army
- Molecular cell biology major

WHY I CHOSE CAL

"Cal has a combination of athletic and academic excellence that is unrivaled at other schools, and the character of the coaches and girls on the team made it an easy decision to come here."

BEST CAL TIMES (IN YARDS)

400 IM.....	4:19.23 (2008 Pac-10s)
200 IM.....	2:02.83 (2/16/08 at Stanford)
200 back.....	2:02.77 (2008 Pac-10s)

AMANDA LARSON

Junior • Freestyle • Davis, CA

CAL SUCCESS

- Swam a lifetime best and NCAA "B" cut of 23.09 in the 50 free at the 2008 Pac-10 Championships.
- Posted a season-best and NCAA "B" provisional time of 50.31 in the 100 free at the 2008 conference championship.
- Recorded a personal best and NCAA "B" provisional time of 1:48.36 in the 200 free at the 2008 Pac-10 Championships.



ACADEMICS

- Integrative biology major

WHY I CHOSE CAL

"It was simple. Out of all the schools I was considering, I felt like I fit in best at Cal. The team is great, the coaches are great, and the atmosphere here is amazing. I wanted to become part of it."

BEST CAL TIMES (IN YARDS)

50 free	23.09 (2008 Pac-10s)
100 free	50.27 (2007 vs. Stanford)
200 free	1:48.36 (2008 Pac-10s)
100 fly	55.18 (2007 Hoosierland)

ELLIE MONOBE

Sophomore • Breaststroke • Fremont, CA

CAL SUCCESS

- Posted the tenth-best 100 breaststroke time on Cal's all-time performance list with 1:03.70 at the 2008 Pac-10 Championships.
- Notched the third-fastest 200 breaststroke time of the season (and personal best) 2:17.11 at the 2008 Pac-10 Championships.
- Clocks a 2:04.50 in the 200 IM at the 2008 Pac-10 Championships.



PERSONAL

- Wants to major in integrative biology and has aspirations of becoming a physical therapist or a swimming coach.
- Undeclared major

WHY I CHOSE CAL

"I love living in California, and because of the academic and athletic superiority."

BEST CAL TIMES (IN YARDS)

100 breast..... 1:03.70 (2008 Pac-10s)
200 breast..... 2:17.11 (2008 Pac-10s)
200 IM..... 2:04.50 (2008 Pac-10s)

LAUREN ROGERS

Senior • Backstroke/Freestyle • Concord, CA

2008 U.S. OLYMPIC TRIALS

- Placed fourth in the finals of the 100-meter back (1:00.78) and reached a personal best (for a meter course) in the 200 back (2:14.12); also swam in the 50 free.



CAL SUCCESS

- 2009 team captain
- 2008 All-American (100-yard backstroke; 200-yard backstroke; 200-yard medley relay; 400-yard medley relay).
- Back-to-back Pac-10 Champion in the 100 back (2007 and 2008)
- 2008 Pac-10 200 back champion.
- Recorded a lifetime best 1:55.12 in the 200 back at the 2008 NCAA Championships.
- Swam in her first ever championship final at the 2008 NAAs and finished fourth in the 100 back with a time of 52.24.
- Swam a lifetime best 51.80 (first place time) in the 100 back at the 2008 Pac-10 Championships
- Set a personal best 22.60 (seventh best all-time at Cal) in the 50 free at the 2008 Pac-10 Championships.
- Earned All-American status in 2006 (200-yard back) and 2007 (100-yard back; 200-yard medley relay; 400-yard medley relay).

- A two-time Pac-10 All-Academic selection (2007 and 2008)
- School record holder in the 200 and 400 medley relays.

NATIONAL/INTERNATIONAL SUCCESS

- Secured a spot on the 2009 World University Games roster in the 50 and 100 back (also was a member of the 2005 WUGs).
- Won a gold medal in the 50 backstroke at the Victorian State Championships (in Australia) in January of 2008
- 2004 U.S. Olympic Trials: placed fifth in the 100 back (1:02.38)

ACADEMICS

- History of art major

WHY I CHOSE CAL

"I chose Cal because I loved the team atmosphere, unity that I felt here. The team is like my family away from home, and I feel so lucky to have each of them care about me the way I care about them."

BEST CAL TIMES (IN YARDS)

100 back..... 51.80 (2008 Pac-10s)
200 back..... 1:55.12 (2008 NAAs)
50 free..... 22.60 (2008 Pac-10s)
100 free..... 50.54 (2008 Pac-10s)

AMANDA SIMS

Sophomore • Butterfly/Backstroke • Santa Rosa, CA

2008 U.S. OLYMPIC TRIALS

- Placed 12th in the semifinals of the 200 fly with a time of 2:11.05; also competed in the 100 fly.



CAL SUCCESS

- 2008 All-American (100-yard fly)
- Posted a 52.74 in the 100 fly (at the Short Course Nationals), and the second-fastest mark of the season (also a personal best) in the 200 fly at 1:56.18 at the Stanford dual meet (2/16/08).
- Her marks in the 100 and 200 fly both rank sixth respectively on Cal's all-time performance charts.

NATIONAL SUCCESS

- Selected to USA Swimming's 2009 World University Games roster in the 100 fly with a time of personal mark of 59.50 (will also compete in the 50 fly).

PERSONAL

- Father, Paul, swam at Berkeley and was a member of the 1979 NCAA championships.
- Undeclared major

WHY I CHOSE CAL

"I chose Cal because of its academic prestige

and reputation, as well as the unique team environment Berkeley provides."

BEST CAL TIMES (IN YARDS)

100 fly..... 52.74 (2007 SC Nationals)
200 fly..... 1:56.18 (2/16/08 at Stanford)
100 back..... 57.10 (2008 Pac-10s)

SARA SUN

Sophomore • Freestyle • La Crescenta, CA

2008 U.S. OLYMPIC TRIALS

- Competed in the 800 free with the Pasadena Swim Association



CAL SUCCESS

- Saw action and scored points at the 2008 Pac-10 Championships, registering personal bests in the 500 free (4:53.13) and the 1650 free (16:43.33) events.
- Recorded a 10:07.61 in the 1000 free at USC on Feb. 1.

PERSONAL

- Intends to major in molecular cell biology and one day become a pediatrician.

WHY I CHOSE CAL

"Aside from the excellence in academics and athletics, the devotion and pride of the Cal women's swim team was so apparent that it was contagious. The individual character of everyone attending this school and the bonds created through them made me feel at home—the bright smiles and assurance that I felt that I would succeed. The culture and diversity of this school that I wouldn't find anywhere else in the world made Cal for me."

BEST CAL TIMES (IN YARDS)

500 free..... 4:53.13 (2008 Pac-10s)
1000 free..... 10:07.61 (2/1/08 at USC)
1650 free..... 16:43.33 (2008 Pac-10s)

TARA THOMAS

Sophomore • Freestyle/Butterfly • Tustin, CA

2008 U.S. OLYMPIC TRIALS

- Competed in the 50 free, 100 fly and 100 back.



CAL SUCCESS

- 2008 All-American (100-yard fly).
- Swam a lifetime best 53.09 in the 'B' final of the 100 fly at the 2008 NCAA Championships to earn All-America honors.
- Swam a personal best 22.80 in the 50 free at the 2008 NCAA Championships.
- Clocks an NCAA "A" provisional time of 49.33 in the 100 free at the 2007 Short Course Nationals in Atlanta.
- Her personal mark in the 100 fly (53.09) ranks ninth on Cal's all-time performance chart.

ACADEMICS

- Undeclared major

WHY I CHOSE CAL

"I chose California because of its unique balance of excellence in athletics and academics. I feel that I will be able to reach my highest potential at Cal in both of these aspects."

BEST CAL TIMES (IN YARDS)

100 fly	53.09 (2008 NCAAAs)
200 fly	2:02.01 (2007 TYR Invite)
50 free	22.80 (2008 NCAAAs)
100 free	49.33 (2007 SC Nationals)

EMILY VERDIN

Senior • Backstroke/IM • Alexandria, VA

2008 U.S.

OLYMPIC TRIALS

- Competed in the 100 and 200 back events.

CAL SUCCESS

Redshirted the 2005-06 season after having surgery

- 2009 team captain
- Clocked the second-fastest 200 back mark of the 2007-08 season at 1:58.77 at the Short Course Nationals in Atlanta.
- Her personal marks in the 100 and 200 back both rank tenth respectively on Cal's all-time performance charts.
- Earned a 2005 honorable mention All-American nod in the 200 back (1:58.02).
- Two-time Pac-10 All-Academic selection (2007 and 2008) and a member of Bear SAAC (Cal Student-Athlete Advisory Committee).

PERSONAL

- Sister, Erica, played lacrosse for Cal (2003-06)
- Cell and developmental biology major

WHY I CHOSE CAL

"No other place could offer me a higher-caliber swim program and academic program than Cal. I also came to Cal for the team because the girls and coaching staff are all committed to one another, and to being the best."

BEST CAL TIMES (IN YARDS)

100 back	55.13 (2005 NCAAAs)
200 back	1:57.25 (2005 NCAAAs)
200 IM	2:02.69 (2008 Pac-10s)

DANA VOLLMER

Senior • Freestyle/Butterfly • Granbury, TX

2008 U.S. OLYMPIC TRIALS

- Placed fifth in the final of the 100-meter fly (58.64); ninth in the semifinals of the 100-meter free (54.84); and seventh in the final of the 200-meter free (1:58.67).

CAL SUCCESS

- 2007 NCAA Champion in the 100 fly (50.69) ... finished second in the 100 fly at the

2008 NCAA Championships.

- Former American record holder in the 400 and 800 free relays as well as the 400 medley relay (2007).
- Back-to-back Pac-10 Champion in the 100 fly (2007 and 2008).
- All-American in 2007 (100-yard fly; 200-yard fly; 50-yard free; 400-yard free relay; 800-yard free relay; 200-yard medley relay; 400-yard medley relay).
- All-American in 2008 (100-yard fly; 200-yard free relay; 400-yard free relay; 800-yard free relay; 200-yard medley relay; 400-yard medley relay).
- Broke Mary T. Meagher's 1986 Cal dual meet record in the 200 fly with a time of 1:53.96 at Stanford on Feb. 16, 2008
- Also broke Natalie Coughlin's 2003 Cal dual meet record in the 100 fly with a time of 51.79 at Stanford on Feb. 16, 2008.
- Set a new personal best in the 200 fly (1:52.37) at the 2008 Pac-10 Championships.
- Swam a personal best 48.65 in the 100 free at Stanford (2/16/08)
- Ranks in the top 10 in six events on Cal's all-time performance charts: 50 free (4th), 100 free (4th), 200 free (2nd), 500 free (9th), 100 fly (2nd) and 200 fly (2nd).
- 2007 and 2008 Pac-10 Academic All-Conference selection.
- A nominee for the 2006-07 Honda Award for Women's Swimming and Diving.

FLORIDA SUCCESS

- Earned All-American honors in the 200 free relay, 400 free relay, 800 free relay, 200 medley relay in 2006
- Nabbed seven All-SEC honors in seven events the 50 free, 100 free, 100 fly, 200 free relay, 400 free relay, 200 medley relay, 800 free relay.

NATIONAL/INTERNATIONAL SUCCESS

- Won Olympic gold in 2004 as part of the 800-free relay that set a world record.
- Won a gold medal and set a new world record at the 2007 FINA World Championships as part of the 4x200 relay, earned a silver medal as part of the 4x100 medley relay, and earned another silver as part of the 4x100 free relay ... also earned a fifth-place finish in the 200 free.
- Earned gold as part of U.S. 800-meter free relay; fifth in 200 free (1:59.76) at the 2006 Pan Pacific Championships.
- Earned first-place in the 200 free at the Olympic trials for the 2004 Games.
- 2003 Pan American Games: earned gold in the 200-meter free; also part of the foursome that holds the PanAm Games record in the 4x200-meter free relay.
- 2001 Goodwill Games: youngest U.S. competitor at age 13.
- 2000 U.S. Olympic Trials: youngest competitor at age 12.



ACADEMICS

- Anthropology major

WHY I CHOSE CAL

"I chose Cal because of the passion and love displayed by the coach and every athlete in our sport. This team drives each other to perfection in a manner that creates a positive team atmosphere to make us all become better individuals."

BEST CAL TIMES (IN YARDS)

50 free	22.05 (2007 Pac-10s)
100 free	48.65 (2/16/08 at Stanford)
200 free	1:43.95 (2007 Pac-10s)
100 fly	50.69 (2007 NCAAAs)
200 fly	1:52.37 (2008 Pac-10s)

HEATHER WHITE

Junior • IM/Back • Oakland, CA

2008 U.S.

OLYMPIC TRIALS

- Competed in the 200 and 400 IM, and the 100 and 200 back.

CAL SUCCESS

- Recorded a personal best 4:14.70 (and the team's second fastest time of the season) in the 400 IM at the 2008 Pac-10 Championships.
- Swam a personal best 2:01.65 at the 2008 Pac-10 Championships in the 200 IM
- Her personal mark in the 400 IM (4:14.70) ranks fifth on Cal's all-time performance charts
- Was a 2007 NCAA qualifier in the 200 and 400 IM events as well as the 200 back.

PERSONAL

- Father, Art, attended Cal
- American Studies major

WHY I CHOSE CAL

"I chose to go to Berkeley because I realized what an amazing opportunity it was to swim under such a great coaching staff, and to be able to swim alongside such a wonderful group of girls."

BEST CAL TIMES (IN YARDS)

200 IM	2:01.65 (2008 Pac-10s)
400 IM	4:14.70 (2008 Pac-10s)
200 back	1:58.99 (2007 Pac-10s)

HANNAH WILSON

Sophomore • Butterfly/Freestyle • Hong Kong, China

2008 OLYMPICS

- Competed in the 2008 Summer Games in Beijing in the 100 fly and 100 free events ... swam a new Hong Kong record (placed 30th overall) with a 59.35 in the 100m fly heats and recorded a new Hong Kong record in the 100 free with a time of 55.32.



CAL SUCCESS

- 2008 All-American (100-yard fly; 200-yard free relay; 400-yard free relay)
- Swam a lifetime best 52.85 in the 100 fly at the 2008 NCAA Championships final to earn All-America honors.
- Was on the NCAA runner-up 200 free relay quartet (1:27.52, a new school record) at the 2008 NCAA Championships.
- Was the third leg of a foursome that set a Cal dual meet record with a 1:32.22 in the 200 free relay (first place finish) at UCLA (2/2/08).
- Was on the foursome that set a new Pac-10 meet record 3:13.22 in the 400 free relay at the 2008 Pac-10 Championships.
- Also on the quartet that established a new Cal dual meet record in the 400 free relay with a time of 3:16.54 at the Stanford dual meet (2/16/08).
- Clocked personal bests in the 100 free (48.84) and the 50 free (22.57) at the 2008 Pac-10 Championships.
- Her personal marks in the 50 free (22.57) and 100 free (48.84) rank sixth and eighth respectively on Cal's all-time performance charts.



INTERNATIONAL SUCCESS

- In addition to the 2008 Beijing Games, also represented Hong Kong at the 2004 Olympics in Athens.
- Holds Hong Kong records for the 100 free (55.32); 50 free (26.03) and the 100 fly; 59.35.
- Competed in the 2005 and 2007 World Championships (Montreal and Melbourne, respectively); also competed in the 2006 Pan-Pacific Championships.

ACADEMICS

- Undeclared major

WHY I CHOSE CAL

"I chose California because the team was amazing, and felt that I would fit in. I thought Teri would be an amazing coach for me and I thought it was the only place where I could get better at swimming and achieve academic success."

BEST CAL TIMES (IN YARDS)

50 free	22.57 (2008 Pac-10s)
100 free	48.84 (2008 Pac-10s)
200 free	1:48.37 (2/16/08 at Stanford)
100 fly	52.85 (2008 NAAs)
200 fly	1:59.78 (2007 Hoosierland)



NEWCOMER PROFILES

KIRSTYN COLONIAS

Freshman • Freestyle • Danville, CA

HIGH SCHOOL/CLUB SUCCESS

- Owns school (San Ramon Valley H.S.) records in the 100 breast and 200 medley relay.
- Participated at the 2008 Olympic trials in the 100 and 200 meter breaststroke in Omaha, Neb.



PERSONAL

- Intends to major in communications at Cal.
- Lists writing, skiing and traveling as her favorite hobbies.
- Her mother, Karen Colonias, played college basketball and softball at Sacramento State.

WHY I CHOSE CAL

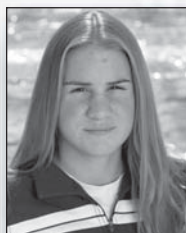
"I chose California because I feel like I fit in well with the team and for the many academic opportunities that are open for me at such a prestigious university."

URSULA DAILEY

Freshman • Back/Fly • Albany, CA

HIGH SCHOOL/CLUB SUCCESS

- Placed second in the 100 fly at North Coast Sections Championship her senior year.
- Participated at the 2008 Olympic trials and garnered a 56th place finish in the 100 fly.



PERSONAL

- Intends to major in English at Cal.
- Lists Ryan Lochte as her favorite athlete.

WHY I CHOSE CAL

"The reason I chose Cal was because it is such an amazing school with so much to offer both academically and athletically. It's been my dream school since I was young, and I've wanted to swim for Cal since I started swimming seriously."

SHELLEY HARPER

Freshman • Freestyle • Walnut Creek, CA

HIGH SCHOOL/CLUB SUCCESS

- Participated at the 2008 Olympic trials in the 400 IM and 800 free in Omaha, Neb.
- Holds the 200 and 500 free school records at Las Lomas High School.
- Holds the 200 medley relay and 400 free relay NCS (North Coast Section) records.

- Las Lomas won the NCS Championship her senior year (she placed second in both the 500 and 200 free events).
- Three-time high school MVP.
- Played water polo as well and ranks No. 1 all-time in several categories, including goals, steals and assists.



PERSONAL

- Has been playing the clarinet since the fourth grade.
- Earned the Las Lomas Undergraduate Award in Mathematics (2006).
- Her father, Dean Harper, was a pro triathlete and still competes in Ironman races today.

WHY I CHOSE CAL

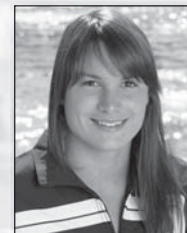
"I chose Cal because I was looking for the perfect balance between swimming and academics. After visiting Cal I knew I had found that balance and I bonded perfectly with the girls and coaches."

SARA ISAKOVIC

Freshman • Freestyle • Ljubljana, Slovenia

2008 OLYMPICS

- Took home a silver medal in the 200 free, finishing in 1:54.97, just 0.15 seconds behind winner Frederica Pellegrini of Italy, who set a world record with a time of 1:54.82. The previous world mark was 1:55.52.



INTERNATIONAL SUCCESS

- A finalist in the 200 fly at the World Championships in Melbourne (2007) and a finalist in the 200 free at the 2005 World Championships in Montreal. Additionally in Montreal, she was the first Slovenian woman to reach the finals of the 200 free.
- Won the 2008 European Champion title in the 200m free, and set a new national record at the time of 1:57:52.
- A two-time European Junior Champion in 2004 in the 100 and 200 free events; still holds the European Junior record in the 200 free (1:59.80).
- Represented Slovenia in Athens in 2004.

PERSONAL

- Intends to major in communications at Cal.
- Lists Rafael Nadal as her favorite athlete.

WHY I CHOSE CAL

"Berkeley is not only famous in Europe, but all over the world. I am attending the best public"

university in the world. Having an education was my first priority, and it is an honor and a privilege to be able to attend Cal and swim with one of the best coaches in the world."

LIV JENSEN

Freshman • Freestyle • Palo Alto, CA

HIGH SCHOOL/CLUB SUCCESS

- Participated at the 2008 Olympic trials in the 50 and 100 free in Omaha, Neb.
- An All-American in the 50, 100 and 200 free, as well as the 200 and 400 free relay events her senior year
- Ranked No. 1 nationally in the 50 free for the 2008 season.
- 2008 Palo Alto High School Athlete of the Year.
- CCS Section champion and record-holder in 50 and 100 free.
- Won the 400 medley relay at 2005 summer nationals with her club team, Palo Alto Stanford Aquatics.
- Helped lead her team to a CCS title in 2005 (freshman year).



PERSONAL

- 2008 National Merit Scholar in high school.
- Lists sculpting and baking as her hobbies.

WHY I CHOSE CAL

"After days of tallying all of the statistics of the various schools I was considering, I finally just went with my gut instinct. I couldn't picture myself anywhere else but Cal."

MATTEA PERROTTA

Freshman • Free/Fly • El Segundo, CA

HIGH SCHOOL/CLUB SUCCESS

- League champion in the 50 free her senior year (also finished second in the 100 fly).
- Won the CIF championship in the 100 free her junior year (also claimed the league title in the 200 free and 100 fly her junior year).
- Claimed league titles in the 200 free and 100 fly as a sophomore.
- Collected a CIF title in the 200 free her freshman year.



PERSONAL

- Was on the honor roll all four years.
- A reflections Art Contest Winner.
- The president for Art Club and Green Club.

WHY I CHOSE CAL

"I choose California because of all the great opportunities it offers, between the successful athletics and academics. I felt like Cal was a perfect fit for me!"

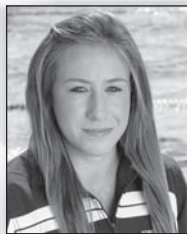
DIVER PROFILES

ALISSA BARKER

Freshman • Sydney, Australia

HIGH SCHOOL SUCCESS

- NSW Diver of the Year Girls Elite Junior A ... Australia School Diving Championships (first place on spring-board and platform) ... Australian Elite Junior Diving Championships (fourth on the platform) ... NSW Elite Junior Championships (second on the Platform and third in the 3m and 1m boards).
- Won multiple school diving meets including IGSSA, CIS and All School State Championships her senior year.
- Earned many individual accolades including, NSW CIS Outstanding Sporting Achievement (2004-2007); Diver of the Year Girls Elite Junior A (2007, 2006); School Sport Australia Sportsmanship Award; Diving Captain for the NSW Team at the All Schools Nationals in Hobart.



PERSONAL

- Listed several high school activities and accolades, including: school monitress, class captain, Global Young Leaders Conference, recipient of the Duke of Edinburgh Award, Preparatory School Support Program, Senior First Aid and Australian Red Cross.

WHY I CHOSE CAL

"Cal is a truly great university, offering me the best of both worlds - I'm able to pursue my academic studies at one of the world's leading university's and pursue my athletic goals with great support from Cal sports."

MOLLY HAYES

Freshman • Los Gatos, CA

HIGH SCHOOL SUCCESS

- A three-time league champion diver at Los Gatos High School.
- Set high school one-meter diving record her junior season.



PERSONAL

- Was a Principal Scholar 2004-2008.
- Undeclared major at Cal.

WHY I CHOSE CAL

"I chose Cal because of the outstanding environment where I will have the opportunity to excel in both academics and diving."

LAURA SANFORD

Sophomore • San Diego, CA

CAL SUCCESS

- Competed in all of Cal's dual meets on the diving board, recording a personal best 266.40 on the 3-meter board against Arizona State (1/26/08)
- Also tallied a personal best 253.42 on the 1-meter board against ASU



PERSONAL

- Brother, David, was a varsity swimmer at Harvard
- Undeclared major

WHY I CHOSE CAL

"I chose Cal for its inviting atmosphere and ability to provide the top resources in both athletics and academics."



CAL LEGEND: NATALIE COUGHLIN

THE MOST DECORATED FEMALE SWIMMER OF ALL-TIME

JUST THE FACTS ...

Coughlin became the first American female in any sport to capture six medals in a single Olympiad at the 2008 Summer Games in Beijing ... became the first woman to repeat as the 100-meter backstroke champion since its inception to the Summer Games in 1924 ... has 11 career Olympic medals – one shy of the U.S. Swimming record (for a woman) held by Jenny Thompson and Dara Torres ... is tied former Cal men's swimmer Matt Biondi with the most Olympic medals by any Cal athlete (11) ... at the 2004 Games in Athens, was the third American woman to win five Olympic medals at one meet, including two gold in the 100-meter backstroke and as a member of the world record-setting 4x200-meter freestyle relay ... first woman to swim the 100 back in less than one minute, and became the first woman to swim the 100 back in under 59 seconds (58.97) at the 2008 U.S. Olympic Time Trials in Omaha, Neb. ... broke her own 5-year-old world record in the 100 back at the 2007 World Championships ... named the 2002 USA Swimming Swimmer of the Year ... three-time NCAA Swimmer of the Year ... three-time Sullivan Award finalist (nation's top amateur athlete) ... first person since Tracy Caulkins (1978) to win five U.S. National titles at one meet (August 2002) ... broke the American record in the 200m IM at the 2008 Janet Evans Invitational (since broken at U.S. Olympic Time Trials).

WORLD CHAMPIONSHIP SUCCESS

(WR = World Record, AR = American Record)

Former WR holder in 100m back (prelim), set at 2008 Olympic Trials ... former WR holder in 800m free relay, set at 2007 World Championships ... holds WR in 100m IM (SCM), set at 2002 US FINA World Cup NY ... holds WR in 100m back (SCM), set at 2002 US FINA World Cup NY ... holds AR in 200m IM, set at 2008 CA Janet Evans Inv ... holds AR in 100m free, set at 2008 PC XLI Santa Clara International ... holds AR in 100m back (prelim), set at 2008 Missouri Grand Prix ... former AR holder in 200m free, set at 2007 World Championships ... holds AR in 100m fly, set at 2007 World Championships ... holds AR in 200y free, set at 2007 Long Beach Grand Prix ... former AR holder in 200m back, set at 2002 US Phillips 66 Nationals ... holds AR in 100y free, set at 2002 Women's NCAA champs ... holds AR in 200y back, set at 2002 Women's NCAA champs ... holds AR in 100y fly, set at 2002 Women's NCAA championships ... holds AR in 100y back, set at 2002 Women's NCAA champs ... holds USO in 200m IM, set at 2008 CA Janet Evans Inv ... holds USO in 100m back (prelim), set at 2008 Missouri Grand Prix ... holds USO in 200y free, set at 2007 Long Beach Grand Prix.

OLYMPIC SUCCESS

2008: Became the first female American in any sport to win six medals in a single Olympiad, and tied former Cal men's swimmer Matt Biondi with the most Olympic medals by any Cal athlete (11) ... became the first woman to repeat as the 100-meter backstroke champion since its inception to the Summer Games in 1924 ... broke her own 100-meter backstroke American record in the first leg of the 4x100-meter medley relay ... took home one gold, two silver and three bronze medals.

2004: Only the third American woman to win five Olympic medals in a single Olympiad -- Gold 100m backstroke; 800m freestyle relay (WR); Silver, 400m freestyle relay; 400m medley relay; Bronze, 100m freestyle.

PAN PACIFIC SUCCESS

2006: Gold, 100m freestyle and all three relays; Silver, 50m freestyle & 100m backstroke.

2002: Gold, 100m freestyle (AR); 100m backstroke; 100m butterfly; Gold, 800m freestyle relay; Silver, 400m freestyle relay; 400m medley relay.

HIGHLIGHTS OF CAL SUCCESS

- Won 12 NCAA titles - the second-most career titles for a women's swimmer in NCAA history
- Went undefeated in dual meets over four years, going 61-0
- Holds six NCAA records
- Honored as a three-time NCAA Swimmer of the Year (2001, 2002, 2003) and three-time Pac-10 Swimmer of the Year (2001, 2002, 2003)
- 2004 *Sports Illustrated on Campus*' Female Athlete of the Year

MEDAL COUNT (All-Time)

OLYMPIC GAMES

(11 medals -- 3 gold, 4 silver, 4 bronze)

200m individual medley: 3rd (2008)
4 x 200m freestyle relay: 3rd (2008)
4 x 100m freestyle relay: 2nd (2008)
100m freestyle: 3rd (2008)
100m backstroke: 1st (2008)
4 x 100m medley relay: 2nd (2008)
100m freestyle: 3rd (2004)
100m backstroke: 1st (2004)
4x100m freestyle relay: 2nd (2004)
4x200m freestyle relay: 1st (2004)
4x100m medley relay: 2nd (2004)

WORLD CHAMPIONSHIPS

(16 medals -- 5 gold, 6 silver, 4 bronze)

100m freestyle : 2nd (2005)
50m backstroke: 3rd (2001)
100m backstroke: 1st (2001, 2007), 3rd (2005)
100m butterfly: 3rd (2007)
4x100m freestyle relay: 1st (2003), 2nd (2007), 3rd (2005)
4x200m freestyle relay: 1st (2001, 2005, 2007)
4x100m medley relay: 2nd (2001, 2003, 2005, 2007)

PAN PACIFIC CHAMPIONSHIPS

(11 medals -- 8 gold, 3 silver)

100m freestyle: 1st (2002, 2006)
100m backstroke: 1st (2002), 2nd (2006)
100m butterfly: 1st (2002)
4x100m freestyle relay: 1st (2006), 2nd (2002)
4x200m freestyle relay: 1st (2002, 2006)
4x100m medley relay: 1st (2006), 2nd (2002)



PROMINENT GOLDEN BEAR ALUMNAE

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 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. She had her 20-year school record in the 1650 free broken in 2008 by Lauren Boyle at the Pac-10 Championships.



MARY T. MEAGHER

Olympic gold medalist 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 as 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.). 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.

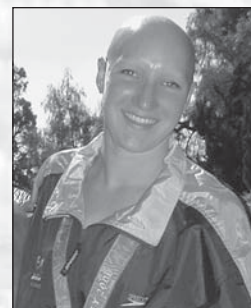


record in the 50m back (27.25) as a lead-off on the Bears 200m medley relay. Cope placed second in the nation in the 100m back (59.17) and sixth in the 100m butterfly (59.70) as well. She was a member of the Pac-10 champion 200-yard free relay (Pac-10 meet record 1:30.98), 400 medley relay (Pac-10 meet record 3:35.71) and 200 medley relay (Pac-10 meet record 1:39.27). 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.

Cope won a silver medal in the 2004 Olympics for the 400-meter medley relay, competing in the preliminaries of the event. In the spring of 2003, Cope won her third U.S. national title, taking the 100m back in a best time.

STACIANA STITTS

Stitts was a breaststroke swimmer who won the gold medal in the 100m breaststroke at the 1999 Pan American Games in Winnipeg, Manitoba. She was also a member of the USA national



team at the 1998 Goodwill Games in New York, placing second in the 100m breast and was on the gold medal winning 400 medley relay (breaststroke leg). Stitts became only the second woman swimmer at Cal to earn a gold medal in the Olympic Games, swimming in the prelims for the United States' 400m medley relay team at the 2000 Summer Olympics. She qualified for the Sydney Olympics after placing second in the 100m breaststroke (1:07.79) at the Olympic Trials in Indianapolis. In 2004, she graduated from Berkeley with a BA degree. From 2005-2006, Stitts was an assistant coach at the College of Charleston, before being named as an assistant coach in June of '06 at USC. She's been a motivational speaker at the National Alopecia Areata Foundation's Teens Conference Camp and has been a spokesperson for the Children's Alopecia Project.

MARYLYN CHIANG

Marylyn Chiang, the 1999 Pac-10 Conference Swimmer of the Year, ended a spectacular career 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.

In all, Chiang is a member of the Bears all-time performance list in five events, second in 100 back, third in 100 fly, fourth in 200 back, eighth 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

2007-08 RESULTS

2007-08 FINAL SEASON RESULTS

(5-2 OVERALL, 4-2 PAC-10, 3-1 HOME, 2-1 ROAD)

Date	Opponent	W-L	Score	Record
10/5	Pacific	W	163-90	1-0
10/20	TYR Invitational		1st, 808.50 points	1-0
11/2	Washington*	W	155-107	2-0 (1-0)
11/15-17	Hoosierland Invitational	N/A	N/A	2-0
11/29-12/1	USA Short Course National Championships	N/A	N/A	2-0
1/25	Arizona*	L	170.5-129.5	2-1 (1-1)
1/26	Arizona State*	W	158-129	3-1 (2-1)
2/1	at USC*	W	202-98	4-1 (3-1)
2/2	at UCLA*	W	170-130	5-1 (4-1)
2/16	at Stanford*	L	177-123	5-2 (4-2)

* Pac-10 opponent

Bold denotes home meet at Spieker Aquatics Complex

2008 PACIFIC-10 CONFERENCE CHAMPIONSHIPS

FEB. 27-MAR. 1
BELMONT PLAZA
OLYMPIC POOL
LONG BEACH, CA

FINAL TEAM STANDINGS

Team	Points
1. Arizona	1501
2. Stanford	1472
3. California	1262
4. UCLA	938
5. USC	779
6. Arizona State	727.5
7. Washington	623
8. Oregon State	377
9. Washington State	337.5

Event..... Prelim..... Final

50-YARD FREESTYLE

1. Lara Jackson, Ariz.	22.39	22.04
3. Madison Kennedy, Cal.....	22.41	22.25
5. Dana Vollmer, Cal.....	22.64	22.48
11. Hannah Wilson, Cal.....	22.96	22.57
13. Tara Thomas, Cal	22.91	22.88
17. Lauren Rogers, Cal	23.04	22.60
21. Amanda Larson, Cal	23.09	23.20

100-YARD FREESTYLE

1. Lacey Nymeyer, Ariz.....	48.94	48.20
2. Madison Kennedy, Cal.....	49.23	48.33
4. Emily Silver, Cal.....	48.60	48.46
5. Hannah Wilson, Cal.....	49.19	48.64
13. Tara Thomas, Cal	49.91	49.76
18. Amanda Larson, Cal	50.33	50.31

200-YARD FREESTYLE

1. Kate Dwelley, Stan	1:46.69	1:45.09
3. Madison Kennedy, Cal...	1:48.03	1:46.17

6. Lauren Boyle, Cal.....	1:48.09	1:47.89
14. Amanda Larson, Cal....	1:48.91	1:48.36
16. Erica Dagg, Cal	1:49.36	1:50.22

500-YARD FREESTYLE

1. Kim Jasmer, UW.....	4:44.27	4:41.51
4. Lauren Boyle, Cal	4:45.55	4:45.37
10. Blake Hayter, Cal.....	4:48.87	4:48.28
20. Sara Sun, Cal	4:56.12	4:53.13

1650-YARD FREESTYLE

1. Lauren Boyle, Cal.....	16:03.51
12. Blake Hayter, Cal.....	16:40.61
14. Sara Sun, Cal	16:43.33
23. Jenna Wesley, Cal.....	17:15.01

100-YARD BACKSTROKE

1. Lauren Rogers, Cal	52.83	51.80
14. Erica Dagg, Cal	56.26	56.43
15. Emily Verdin, Cal	56.27	56.45

200-YARD BACKSTROKE

1. Lauren Rogers, Cal	1:56.33	1:55.53
12. Emily Verdin, Cal	2:00.38	1:59.82
16. Kelsey Hoff, Cal.....	2:01.58	2:02.22
17. Heather White, Cal	2:02.23	2:00.33
20. N. LaRochelle, Cal.....	2:02.77	2:02.79

100-YARD BREASTSTROKE

1. Rebecca Soni, USC.....	1:00.50	59.98
15. Alexandra Ellis, Cal.....	1:03.21	1:03.56
16. Ellie Monobe, Cal	1:03.70	1:04.63

200-YARD BREASTSTROKE

1. Rebecca Soni, Cal.....	2:10.52	2:06.11
10. Alexandra Ellis, Cal.....	2:15.59	2:15.83
18. Ellie Monobe, Cal	2:18.78	2:17.11

100-YARD BUTTERFLY

1. Dana Vollmer, Cal.....	51.87	51.25
4. Emily Silver, Cal.....	52.73	52.91
5. Hannah Wilson, Cal.....	53.34	53.05
7. Amanda Sims, Cal	53.30	53.15

12. Tara Thomas, Cal	54.28	53.78
21. Elise Etem, Cal.....	55.59	54.97

200-YARD BUTTERFLY

1. Elaine Breeden, Stan.....	1:55.14	1:52.27
2. Dana Vollmer, Cal.....	1:54.62	1:52.37
4. Amanda Sims, Cal.....	1:58.61	1:57.25
6. Rachel Ridgeway, Cal....	1:56.95	1:58.53
21. Kelsey Hoff, Cal.....	2:02.57	2:03.40

200-YARD INDIV. MEDLEY

4. Emily Silver, Cal.....	1:58.21	1:57.65
5. Rachel Ridgeway, Cal....	1:58.70	1:58.06
12. Heather White, Cal	2:01.72	2:01.65
23. Emily Verdin, Cal	2:02.69	2:03.85

400-YARD INDIV. MEDLEY

5. Rachel Ridgeway, Cal....	4:11.96	4:12.62
8. Heather White, Cal	4:14.70	4:19.83
11. N. LaRochelle, Cal.....	4:20.95	4:19.23
14. Kelsey Hoff, Cal.....	4:21.18	4:19.60

200-YARD FREE RELAY

1. Arizona.....	1:28.60
(Darlington, Jackson, Baughman, Nymeyer)	
2. California	1:28.70
(Silver, Kennedy, Wilson, Vollmer)	

400-FREESTYLE RELAY

1. California	3:13.22
(Kennedy, Wilson, Silver, Vollmer)	

800-YARD FREE RELAY

1. California	7:04.13
(Vollmer, Boyle, Kennedy, Silver)	

200-YARD MEDLEY RELAY

1. Arizona.....	1:36.57
(DeGolia, Chandler, Jackson, Turner)	
3. California	1:38.70
(Rogers, Ellis, Wilson, Thomas)	

400-YARD MEDLEY RELAY

1. Arizona.....	3:33.76
(DeGolia, Chandler, Agy, Nymeyer)	
3. California	3:35.64
(Rogers, Silver, Vollmer, Kennedy)	

FEB. 28-MAR. 1
KING COUNTY AQUATICS
CENTER
FEDERAL WAY, WA

ONE-METER DIVING

1. Sarah Ohr, Stan.....	302.05
2. Meg Hostage, Stan.....	289.25
3. Christine Petrilli, USC	271.85

PLATFORM DIVING

1. Carly Smith, Ariz.	284.20
2. Shana Karp, Stan.	264.80
3. Christine Petrilli, USC	259.50

THREE-METER DIVING

1. Meg Hostage, Stan.....	300.90
2. Erin Hobbs, ASU.....	296.30
3. Carmen Stellar, Stan.	295.30

2008 NCAA CHAMPIONSHIPS

MAR. 20-MAR. 22
McCORKLE AQUATIC
PAVILION
OHIO STATE, COLUMBUS, OH

FINAL TEAM STANDINGS (Top 10 Schools)

Team	Points
1. Arizona	484
2. Auburn	348
3. Stanford	343
4. Texas A&M	315
5. California	291
6. Florida	277.5
7. Georgia	198
8. Tennessee	179.5
9. Michigan	130
10. Indiana	128

50-YARD FREESTYLE

1. Lara Jackson, Ariz. 21.98 21.69
2. Michele King, Tenn. 22.23 21.86
3. Anne Marie Ray, UCSB 22.15 22.00
4. Madison Kennedy, Cal. 21.87 22.05

100-YARD FREESTYLE

1. Lacey Nymeyer, Ariz. 48.09 47.50
2. Julia Wilkinson, TAMU 48.19 47.56
3. Christine Magnuson, Tenn. 48.28 48.15
4. Kara Denby, Auburn 47.92 48.20
5. Emily Silver, Cal. 48.50 48.21

200-YARD FREESTYLE

1. Caroline Burckle, Fla. 1:44.12 ... 1:43.10
2. Lacey Nymeyer, Ariz. 1:44.49 ... 1:43.33
3. Julia Wilkinson, TAMU ... 1:44.86 ... 1:43.64

500-YARD FREESTYLE

1. Caroline Burckle, Fla. 4:35.79 ... 4:33.60
2. Maggie Bird, Auburn 4:41.95 ... 4:39.51
3. Kristen Heiss, TAMU 4:40.42 ... 4:40.03
10. Lauren Boyle, Cal. 4:42.73 ... 4:41.10

1650-YARD FREESTYLE

1. Emily Brunemann, Mich. 15:51.29 ... 15:53.69
2. Whitney Sprague, UNC .. 15:51.02 ... 15:57.77
3. Kelsey Ditto, Georgia ... 16:07.81 ... 15:59.01
4. Maggie Bird, Auburn 15:58.27 ... 15:59.81
5. Lauren Boyle, Cal. 16:03.51 ... 16:01.80

100-YARD BACKSTROKE

1. Gemma Spofforth, Fla. 51.96 51.78
2. Hailey Degolia, Ariz. 52.02 51.89
3. Kateryna Zubkovba, Ind. 53.32 52.02
4. Lauren Rogers, Cal. 52.52 52.24

200-YARD BACKSTROKE

1. Gemma Spofforth, Fla. ... 1:53.51 ... 1:50.70
2. Kateryna Zubkovba, Ind. 1:54.43 ... 1:53.17
3. Kristen Heiss, TAMU 1:53.37 ... 1:53.52
11. Lauren Rogers, Cal. 1:55.12 ... 1:55.42

100-YARD BREASTSTROKE

1. Rebecca Soni, USC 58.54 | 59.91 || 2. Annie Chandler, Ariz. | 1:00.46 | ... 1:00.23 |
| 3. Elizabeth Smith, Stan. ... | 1:00.91 | ... 1:00.29 |

200-YARD BREASTSTROKE

1. Rebecca Soni, USC 2:07.53 | ... 2:06.32 || 2. Elizabeth Smith, Stan. ... | 2:08.80 | ... 2:08.73 |
| 3. Alia Atkinson, TAMU | 2:10.05 | ... 2:09.48 |

100-YARD BUTTERFLY

1. Christine Magnuson, Tenn. 50.99 50.70
2. Dana Vollmer, Cal. 51.33 51.32
10. Hannah Wilson, Cal. 52.85 53.02
11. Emily Silver, Cal. 53.06 53.06
12. Tara Thomas, Cal. 53.31 53.09
15. Amanda Sims, Cal. 53.24 53.49

200-YARD BUTTERFLY

1. Saori Haruguchi, OSU ... 1:53.91 ... 1:52.39
2. Elaine Breeden, Stan. 1:54.14 ... 1:53.27
3. Ava Ohlgren, Auburn 1:55.70 ... 1:54.64
4. Elizabeth Shaw, Virginia 1:55.34 ... 1:54.98
5. Dana Vollmer, Cal. 1:55.39 ... 1:55.48
11. Rachel Ridgeway, Cal. .. 1:56.56 ... 1:56.39

200-YARD INDIV. MEDLEY

1. Ava Ohlgren, Auburn 1:55.25 ... 1:53.94
2. Ariana Kukors, Wash. 1:56.02 ... 1:55.26
3. Emily Kukors, Auburn 1:56.78 ... 1:55.28
12. Emily Silver, Cal. 1:58.16 ... 1:57.98

400-YARD INDIV. MEDLEY

1. Julia Smit, Stanford 4:06.75 ... 4:02.41
2. Ava Ohlgren, Auburn 4:08.95 ... 4:04.07
3. Ariana Kukors, Wash. 4:06.99 ... 4:04.82

2008 CALIFORNIA ALL-AMERICANS

Rachel Ridgeway: 200 fly, 11th, 1:56.39

Emily Silver: 100 free, 5th, 48.21; 100 fly, 11th, 53.06 (HM); 200 free relay, 2nd, 1:57.98 (HM); 200 free relay, 2nd, 3:13.03; 800 free relay, 3rd, 7:01.09; 200 medley relay, 4th, 1:38.07

Lauren Boyle: 1650 free, 5th, 16:01.80; 500 free, 10th, 4:41.10 (HM); 800 free relay, 3rd, 7:01.09

Alexandra Ellis: 400 medley relay, 5th, 3:34.05

Madison Kennedy: 50 free, 4th, 22:05; 200 free relay, 2nd, 1:27.52; 400 free relay, 2nd, 3:13.03; 800 free relay, 3rd, 7:01.09; 200 medley relay, 4th, 1:38.07; 400 medley relay, 5th, 3:34.05

Lauren Rogers: 100 back, 4th, 52.24; 200 back, 11th, 1:55.42 (HM); 200 medley relay, 4th, 1:38.07; 400 medley relay, 5th, 3:34.05

Amanda Sims: 100 fly, 15th, 53.49 (HM)

Tara Thomas: 100 fly, 12th, 53.09 (HM)

Dana Vollmer: 100 fly, 2nd, 51.32; 200 fly, 5th, 1:55.48; 200 free relay, 2nd, 1:27.52; 400 free relay, 2nd, 3:13.03; 800 free relay, 3rd, 7:01.09; 200 medley relay, 4th, 1:38.07; 400 medley relay, 5th, 3:34.05

Hannah Wilson: 100 fly, 10th, 53.02 (HM); 200 free relay, 2nd, 1:27.52; 400 free relay, 2nd, 3:13.03

HM – Honorable Mention

Bold indicates returning swimmer

200-YARD FREE RELAY

1. Arizona 1:28.21 | ... 1:26.90 || (Jackson, Nymeyer, Turner, Baughmann) | | |
| 2. California | 1:28.05 | 1:27.52* |
| (Kennedy, Wilson, Silver, Vollmer) | | |

400-YARD FREE RELAY

1. Arizona 3:16.56 | ... 3:11.34 || (Nymeyer, Turner, Jackson, Baughmann) | | |
| 2. California | 3:14.55 | ... 3:13.03 |
| (Kennedy, Wilson, Silver, Vollmer) | | |

800-YARD FREE RELAY

1. Arizona 7:06.40 | ... 6:58.69 || (Schluntz, Nymeyer, Vorster, Baughmann) | | |
| 3. California | 7:04.13 | ... 7:01.09 |
| (Vollmer, Boyle, Kennedy, Silver) | | |

200-YARD MEDLEY RELAY

1. Arizona 1:37.62 | ... 1:35.29 || (Degolia, Chandler, Jackson, Turner) | | |
| 4. California | 1:38.74 | ... 1:38.07 |
| (Rogers, Silver, Vollmer, Kennedy) | | |

400-YARD MEDLEY RELAY

1. Arizona 3:32.89 | ... 3:29.06 || (Degolia, Chandler, Agy, Nymeyer) | | |
| 5. California | 3:34.61 | ... 3:34.05 |
| (Rogers, Ellis, Vollmer, Kennedy) | | |



2007-08 BEST TIMES & DIVES

SWIMMING

50 Free..... A: 22.62..... B: 23.29

A Kennedy	21.87	3/20/08	NCAAs
A Vollmer	22.48	2/27/08	Pac-10s
A Wilson	22.57	2/27/08	Pac-10s
A Rogers	22.60	2/27/08	Pac-10s
B Silver	22.74	11/15/07	Hoosierland
B Thomas	22.80	3/20/08	NCAAs
B Larson	23.09	2/27/08	Pac-10s
Dagg	23.71	2/27/08	Pac-10s
Boyle	23.83	11/15/07	Hoosierland
Sims	23.72	2/27/08	Pac-10s
Etem	23.99	2/27/08	Pac-10s
Stravers	24.19	2/28/08	Pac-10s

100 Free..... A: 49.42..... B: 50.90

A Kennedy	48.33	2/27/08	Pac-10s
A Silver	48.46	2/27/08	Pac-10s
A Vollmer	48.65	2/16/08	at Stanford
(1st leg of 400 FR)			
A Wilson	48.84	2/27/08	Pac-10s
A Thomas	49.33	11/29/07	SCNCs
B Boyle	50.28	11/29/07	SCNCs
B Larson	50.31	2/27/08	Pac-10s
B Rogers	50.54	2/27/08	Pac-10s
(1st leg of 400 FR)			
Dagg	50.97	2/27/08	Pac-10s

200 Free..... A: 1:47.09..... B: 1:50.30

A Vollmer	1:45.47	2/27/08	Pac-10s
(1st leg of 800 FR)			
A Kennedy	1:46.17	2/27/08	Pac-10s
A Boyle	1:46.56	3/20/08	NCAAs
A Silver	1:47.09	2/16/08	at Stanford
B Larson	1:47.86	2/27/08	Pac-10s
(1st leg of 800 FR)			
B Wilson	1:48.37	2/16/08	at Stanford
B Dagg	1:49.36	2/27/08	Pac-10s
B Ridgeway	1:49.93	2/27/08	Pac-10s
Sun	1:50.69	2/27/08	Pac-10s

500 Free..... A: 4:45.46..... B: 4:54.02

A Boyle	4:41.10	3/20/08	NCAAs
B Ridgeway	4:48.07	11/15/07	Hoosierland
B Hayter	4:48.28	2/27/08	Pac-10s
B Sun	4:53.13	2/27/08	Pac-10s
Kennedy	4:57.92	11/15/07	Hoosierland

1000 Free

A Boyle	9:42.14	2/16/08	at Stanford
B Sun	10:07.61	2/1/08	at USC
Wesley	10:14.01	2/16/08	at Stanford

1650 Free.. A: 16:23.54..... B: 16:53.04

A Boyle	16:01.80	3/20/08	NCAAs
B Hayter	16:40.61	2/27/08	Pac-10s
B Sun	16:43.33	2/27/08	Pac-10s
Wesley	17:15.01	2/27/08	Pac-10s

100 Fly..... A: 53.75..... B 55.36

A Vollmer	51.25	2/27/08	Pac-10s
A Silver	52.73	2/27/08	Pac-10s
A Sims	52.74	11/29/07	SCNCs
A Wilson	52.85	3/20/08	NCAAs
A Thomas	53.09	3/20/08	NCAAs
B Etem	54.97	2/27/08	Pac-10s
B Larson	55.18	11/15/07	Hoosierland
B Ridgeway	55.36	11/29/07	SCNCs



Hannah Wilson

200 Fly..... A: 1:58.99..... B: 2:02.55

A Vollmer	1:52.37	2/27/08	Pac-10s
A Sims	1:56.18	2/16/08	at Stanford
A Ridgeway	1:56.35	2/16/08	at Stanford
B Wilson	1:59.78	11/15/07	Hoosierland
B Eronemo	2:00.45	11/29/07	SCNCs
B Thomas	2:02.01	10/19/07	Pacific TYR
Hoff	2:02.57	2/27/08	Pac-10s
Etem	2:05.12	2/16/08	at Stanford

100 Breast .. A: 1:01.70..... B: 1:03.55

B Ellis	1:02.90	2/16/08	at Stanford
B Monobe	1:03.70	2/27/08	Pac-10s
LaRochelle	1:04.66	2/16/08	at Stanford
White	1:05.12	2/16/08	at Stanford

200 Breast .. A: 2:13.65..... B: 2:17.65

B Ellis	2:15.59	2/27/08	Pac-10s
B White	2:16.75	2/16/08	at Stanford
B Monobe	2:17.11	2/27/08	Pac-10s
LaRochelle	2:21.22	2/16/08	at Stanford

100 Back..... A: 54.38..... B: 56:01

A Rogers	51.80	2/27/08	Pac-10s
B Kennedy	55.00	2/27/08	Pac-10s
Dagg	56.26	2/27/08	Pac-10s
Verdin	56.27	2/27/08	Pac-10s
Hoff	57.28	2/16/08	at Stanford
Dagg	57.35	2/1/08	at USC

200 Back..... A: 1:57.32..... B: 2:00.83

A Rogers	1:55.12	3/20/08	NCAAs
A Verdin	1:58.77	11/29/07	SCNCs
B White	2:00.33	2/27/08	Pac-10s
Hoff	2:01.58	2/27/08	Pac-10s

200 IM..... A: 2:00.52..... B: 2:04.13

A Silver	1:57.65	2/27/08	Pac-10s
A Ridgeway	1:58.06	2/27/08	Pac-10s
A Vollmer	1:58.89	2/27/08	Pac-10s
B White	2:01.65	2/27/08	Pac-10s
B Verdin	2:02.69	2/27/08	Pac-10s
Ellis	2:04.22	2/27/09	Pac-10s
Monobe	2:04.50	2/27/08	Pac-10s
Hoff	2:04.85	2/27/08	Pac-10s
Wilson	2:05.22	11/15/07	Hoosierland
Thomas	2:05.46	11/15/07	Hoosierland

400 IM..... A: 4:15.63..... B: 4:23.29

A Ridgeway	4:11.96	2/27/08	Pac-10s
A White	4:14.70	2/27/08	Pac-10s
B LaRochelle	4:19.23	2/27/08	Pac-10s

B Hoff	4:19.60	2/27/08	Pac-10s
B Eronemo	4:23.28	2/27/08	Pac-10s
Sun	4:33.83	2/2/08	at UCLA
Monobe	4:34.59	11/15/07	Hoosierland

200 Free RelayA: 1:31.01..... B: 1:33.74

A Total	1:27.52	3/20/08	NCAAs
Kennedy	22.08		
Wilson	22.19		
Silver	21.56		
Vollmer	21.69		

400 Free RelayA: 3:18.95..... B: 3:24.91

A Total	3:13.22	2/27/08	Pac-10s
Kennedy	48.83		
Wilson	48.33		
Silver	48.43		
Vollmer	47.63		

800 Free RelayA: 7:10.49..... B: 7:24.40

A Total	7:01.09	3/20/08	NCAAs
Vollmer	1:44.90		
Boyle	1:45.82		
Kennedy	1:45.53		
Silver	1:44.84		

200 Medley RelayA: 1:39.49..... B: 1:42.47

A Total	1:38.07	3/20/08	NCAAs
Rogers	24.66		
Silver	28.31		
Vollmer	23.08		
Kennedy	22.02		

400 Medley RelayA: 3:38.02..... B: 3:44.56

A Total	3:34.05	3/20/08	NCAAs
Rogers	52.35		
Ellis	1:02.64		
Vollmer	51.11		
Kennedy	47.95		



Lauren Rogers

DIVING ONE METER

Laura Sanford	253.42
---------------	--------

THREE METER

Stephanie Whalen	286.90
------------------	--------

PLATFORM

Laura Sanford	255.00
---------------	--------

RECORDS AT A GLANCE

50-YARD FREESTYLE

NCAA Record: 21.63, Kara Lynn Joyce (Georgia), 2006
 Pac-10: 22.01, Natalie Coughlin, 2003/Catherine Fox (Stanford), 1997
California: 21.87, Madison Kennedy, 2008
 Cal Dual Meet: 22.43, Emily Silver, 2007
 Spieker Aquatics Complex: 22.41, Brooke Bishop (Stanford), 2007
 2009 NCAA Qualifying Mark: 21.93

100-YARD FREESTYLE

NCAA Record: 47.00, Natalie Coughlin, 2003
 Pac-10: 47.00, Natalie Coughlin, 2003
 California: 47.00, Natalie Coughlin, 2003
 Cal Dual Meet: 48.06, Natalie Coughlin, 2003
 Spieker Aquatics Complex: 48.65, Natalie Coughlin, 2003
 2009 NCAA Qualifying Mark: 47.84

200-YARD FREESTYLE

NCAA Record: 1:42.65, Natalie Coughlin, 2002
 Pac-10: 1:42.65, Natalie Coughlin, 2002
 California: 1:42.65, Natalie Coughlin, 2002
 Cal Dual Meet: 1:46.93, Natalie Coughlin, 2001
 Spieker Aquatics Complex: 1:45.91, Elizabeth Durot (Stanford), 2007
 2009 NCAA Qualifying Mark: 1:44.02

500-YARD FREESTYLE

NCAA Record: 4:33.60, Caroline Burckle (Florida), 2008
 Pac-10: 4:34.39, Janet Evans (Stanford), 1990
 California: 4:37.62, Natalie Coughlin, 2003
 Cal Dual Meet: 4:42.71, Ashley Chandler, 2006
 Spieker Aquatics Complex: 4:44.61, Natalie Coughlin, 2002
 2009 NCAA Qualifying Mark: 4:38.46



Madison Kennedy

1650-YARD FREESTYLE

NCAA Record: 15:39.14, Janet Evans (Stanford), 1990
 Pac-10: 15:39.14, Janet Evans (Stanford), 1990
California: 16:01.80, Lauren Boyle, 2008
Cal Dual Meet: 16:33.40, Lauren Boyle, 2008
 Spieker Aquatics Complex: 16:25.31, Andrew Hayes (Texas), 1990
 2009 NCAA Qualifying Mark: 15:53.38

100-YARD 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 Aquatics Complex: 52.22, Natalie Coughlin, 2003
 2009 NCAA Qualifying Mark: 53.01

200-YARD 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 Aquatics Complex: 1:56.20, Julia Smith (Stanford), 2007
 2009 NCAA Qualifying Mark: 1:53.37

100-YARD BREASTSTROKE

NCAA Record: 58.41, Tara Kirk (Stanford), 2003
 Pac-10: 58.41, Tara Kirk (Stanford), 2003
 California: 59.43, Jessica Hardy, 2007
 Cal Dual Meet: 1:00.21, Jessica Hardy, 2006
 Spieker Aquatics Complex: 59.51, Tara Kirk (Stanford), 2001
 2009 NCAA Qualifying Mark: 59.99

200-YARD BREASTSTROKE

NCAA Record: 2:06.11, Rebecca Soni (USC), 2008
 Pac-10: 2:06.11, Rebecca Soni (USC), 2008
 California: 2:11.34, Staciana Stitts, 2000
 Cal Dual Meet: 2:11.98, Staciana Stitts, 2002
 Spieker Aquatics Complex: 2:11.01, Tara Kirk (Stanford), 2003
 2009 NCAA Qualifying Mark: 2:10.32

100-YARD BUTTERFLY

NCAA Record: 50.01, Natalie Coughlin, 2002
 Pac-10: 50.01, Natalie Coughlin, 2002
 California: 50.01, Natalie Coughlin, 2002
Cal Dual Meet: 51.79, Dana Vollmer, 2008
 Spieker Aquatics Complex: 51.70, Elaine Breeden (Stanford), 2007
 2009 NCAA Qualifying Mark: 52.02

200-YARD BUTTERFLY

NCAA Record: 1:51.91, Natalie Coughlin, 2002
 Pac-10: 1:51.91, Natalie Coughlin, 2002
 California: 1:51.91, Natalie Coughlin, 2002
Cal Dual Meet: 1:53.96, Dana Vollmer, 2008
 Spieker Aquatics Complex: 1:53.26, Elaine Breeden (Stanford), 2007
 2009 NCAA Qualifying Mark: 1:54.95



Marylyn Chiang was the 1999 Pac-10 Swimmer of the Year.

200-YARD INDIVIDUAL MEDLEY

NCAA Record: 1:53.91, Maggie Bowen (Auburn), 2002
 Pac-10: 1:54.88, Whitney Myers (Arizona), 2006
 California: 1:54.95, Natalie Coughlin, 2004
 Cal Dual Meet: 1:57.54, Natalie Coughlin, 2002
 Spieker Aquatics Complex: 1:57.54, Natalie Coughlin, 2002
 2009 NCAA Qualifying Mark: 1:56.13

400-YARD 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 Aquatics Complex: 4:15.28, Katie Yevek (Georgia), 2001
 2009 NCAA Qualifying Mark: 4:07.33

200-YARD MEDLEY RELAY

NCAA Record: 1:35.29, Arizona (Degolia, Chandler, Jackson, Turner), 2008
 Pac-10: 1:36.57, Arizona (Degolia, Chandler, Jackson, Turner), 2008
 California: 1:36.60, (**Rogers**, Hardy, **Vollmer**, E. Silver), 2007
 Cal Dual Meet: 1:38.36 (Tsai, Hardy, **Vollmer**, E. Silver), 2007
 Spieker Aquatics Complex: 1:38.36 (Tsai, Hardy, **Vollmer**, E. Silver), 2007
 2009 NCAA Qualifying Mark: 1:37.81

400-YARD MEDLEY RELAY

NCAA Record: 3:29.06, Arizona (Degolia, Chandler, Agy, Nymeyer), 2008
 Pac-10: 3:31.70, Arizona (Grisdal, Sieper, Myers, Nymeyer), 2006
 California: 3:30.18 (**Rogers**, Hardy, **Vollmer**, E. Silver), 2007
 Cal Dual Meet: 3:39.86 (H. Silver, Stitts, Coughlin, Becks), 2003
 Spieker Aquatics Complex: 3:39.86, (H. Silver, Stitts, Coughlin, Becks), 2003
 2009 NCAA Qualifying Mark: 3:32.56

200-YARD FREESTYLE RELAY

NCAA Record: 1:26.90, Arizona (Jackson, Nymeyer, Turner, Baughman), 2008
 Pac-10: 1:27.98, Arizona (Cashion, Grisdal, Turner, Nymeyer), 2006
 California: 1:27.52, (**Kennedy**, **Wilson**, E. Silver, **Vollmer**), 2008
 Cal Dual Meet: 1:32.22 (**Volmer**, **Kennedy**, **Wilson**, E. Silver), 2008
 Spieker Aquatics Complex: 1:32.39, Hardy, Reilly, Andrews, E. Silver, 2006
 2009 NCAA Qualifying Mark: 1:28.35

400-YARD FREESTYLE RELAY

NCAA Record: 3:11.34, Arizona (Nymeyer, Turner, Jackson, Baughman), 2008
 Pac-10: 3:13.22, (**Kennedy**, **Wilson**, E. Silver, **Vollmer**), 2008
 California: 3:12.13, (E. Silver, Reilly, Hardy, **Vollmer**), 2007
 Cal Dual Meet: 3:16.54, (**Vollmer**, Boyle, Rogers, **Wilson**), 2008
 Spieker Aquatics Complex: 3:18.33, **Boyle**, Andrews, Babicz, **Vollmer**, 2007
 2009 NCAA Qualifying Mark: 3:14.93

800-YARD FREESTYLE RELAY

NCAA Record: 6:57.28, Auburn (Ohlgren, Geary, Marik, Kukors), 2008
 Pac-10: 7:04.13, (**Vollmer**, Boyle, **Kennedy**, E. Silver), 2008
 California: 7:00.89, (**Vollmer**, E. Silver, **Hayter**, Reilly), 2007
 Cal Dual Meet: 7:32.70 (Kolbisen, Omphroy, Minpraphal, Overton), 1997
 Spieker Aquatics Complex: 7:23.95, Cooper, Dutcher, Hayes, Arris (Texas), 1990
 2009 NCAA Qualifying Mark: 7:02.07

***Bold** denotes current Cal athlete*



Amy Ng and Natalie Griffith celebrate after Cal's 2004 win over Stanford, 151-149. The Bears finished the season undefeated.

CAL'S ALL-TIME TOP 10

50-YARD FREESTYLE

Madison Kennedy	21.87	2008
Emily Silver	21.99	2007
Natalie Coughlin	22.01	2003
Dana Vollmer	22.05	2007
Haley Cope	22.32	2001
Hannah Wilson	22.57	2008
Lauren Rogers	22.60	2008
Adrienne Mattos	22.76	1998
Tara Thomas	22.80	2008
Jessica Hardy	22.92	2007

100-YARD FREESTYLE

Natalie Coughlin	47.00	2003
Emily Silver	47.45	2007
Madison Kennedy	48.33	2008
Dana Vollmer	48.65	2008
Hannah Wilson	48.84	2008
Jessica Hardy	49.12	2007
Erin Reilly	49.21	2006
Haley Cope	49.27	2001
Tara Thomas	49.33	2008
Joscelin Yeo	49.54	2000

200-YARD FREESTYLE

Natalie Coughlin	1:42.65	2002
Dana Vollmer	1:43.95	2007
Emily Silver	1:44.37	2007
Erin Reilly	1:44.63	2006
Sarah Anderson	1:45.83	1991
Ashley Chandler	1:45.97	2006
Madison Kennedy	1:46.17	2008
Lauren Medina	1:46.28	2005
Conny Van Bentum	1:46.35	1986
Mary T. Meagher	1:46.56	1987
Lauren Boyle	1:46.56	2008

500-YARD FREESTYLE

Natalie Coughlin	4:37.62	2003
Lauren Boyle	4:41.10	2008
Lisa Meyers	4:41.12	1987
Sarah Anderson	4:41.51	1991
Erin Reilly	4:41.51	2006
Ashley Chandler	4:41.52	2006
Cheryl Kriegsmann	4:41.87	1987
Blake Hayter	4:42.05	2007
Dana Vollmer	4:45.37	2007
Heather Reagan	4:45.63	1990

1000-YARD FREESTYLE

Lauren Boyle	9:42.14	2008
Ashley Chandler	9:45.32	2006
Sarah Anderson	9:46.08	1991
Blake Hayter	9:48.47	2007
Cheryl Kriegsmann	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

1650-YARD FREESTYLE

Lauren Boyle	16:01.80	2008
Sarah Anderson	16:10.33	1988
Ashley Chandler	16:13.64	2004
Cheryl Kriegsmann	16:14.50	1987
Blake Hayter	16:15.43	2007
Lisa Meyers	16:20.23	1988
Katie Welch	16:22.77	1990
Lisa Murray	16:24.60	1999
Erin Reilly	16:25.95	2005
Ashley Whitney	16:26.81	2002

100-YARD BACKSTROKE

Natalie Coughlin	49.97	2002
Lauren Rogers	51.80	2008
Marylyn Chiang	52.36	1999
Haley Cope	53.06	2001
Helen Silver	53.35	2006
Sherry Tsai	53.93	2007
Alice Henriques	54.18	2002
Lara Pease	54.50	2006
Madison Kennedy	55.00	2008
Emily Verdin	55.13	2005

200-YARD BACKSTROKE

Natalie Coughlin	1:49.52	2002
Helen Silver	1:53.01	2006
Lauren Rogers	1:55.12	2008
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
Lauren Andrews	1:57.22	2007
Emily Verdin	1:57.25	2005

100-YARD BREASTSTROKE

Jessica Hardy	59.43	2007
Staciana Stitts	1:00.30	2003
Annie Babicz	1:01.02	2006
Alexandra Ellis	1:01.72	2007
Hiroko Nagasaki	1:01.98	1988
Hanna Jaltner	1:02.52	1998
Genevieve Patterson	1:02.54	2005
Erin Calder	1:02.84	2004
Elli Overton	1:02.95	2000
Ellie Monobe	1:03.70	2008

200-YARD BREASTSTROKE

Staciana Stitts	2:11.34	2000
Hiroko Nagasaki	2:11.65	1988
Ellie Overton	2:12.16	2000
Jessica Hardy	2:12.22	2006
Alexandra Ellis	2:12.48	2007
Annie Babicz	2:13.51	2006
Marcelle Miller	2:14.64	2004
Joscelin Yeo	2:14.97	1999
Genevieve Patterson	2:16.70	2006
Amy Clark	2:16.72	1987

100-YARD BUTTERFLY

Natalie Coughlin	50.01	2002
Dana Vollmer	50.69	2007
Marylyn Chiang	52.40	1999
Mary T. Meagher	52.42	1987
Emily Silver	52.73	2008
Amanda Sims	52.74	2007
Joscelin Yeo	52.83	1999
Hannah Wilson	52.85	2008
Tara Thomas	53.09	2008
Haley Cope	53.28	1999

200-YARD BUTTERFLY

Natalie Coughlin	1:51.91	2002
Dana Vollmer	1:52.37	2008
Mary T. Meagher	1:54.52	1986
Erin Reilly	1:54.98	2007
Rachel Ridgeway	1:55.87	2007
Amanda Sims	1:56.18	2008
Joscelin Yeo	1:57.27	1999
Elli Overton	1:57.64	1998
Trina Radke	1:58.08	1991
Wael Minpraphal	1:58.57	1998

200-YARD INDIVIDUAL MEDLEY

Natalie Coughlin	1:54.96	2004
Joscelin Yeo	1:57.14	2000
Elli Overton	1:57.37	2000
Emily Silver	1:57.65	2008
Marylyn Chiang	1:57.83	1999
Rachel Ridgeway	1:58.06	2008
Dana Vollmer	1:58.89	2008
Sherry Tsai	1:59.63	2007
Helen Silver	1:59.93	2005
Jessica Hardy	1:59.98	2007

400-YARD INDIVIDUAL MEDLEY

Elli Overton	4:11.52	2000
Natalie Coughlin	4:11.76	2003
Rachel Ridgeway	4:11.96	2008
Wael Minpraphal	4:13.78	1999
Heather White	4:14.70	2008
Kyoko Yokouchi	4:14.93	2002
Carol Felton	4:15.02	1990
Natalie Griffith	4:15.54	2004
Courtney Eronemo	4:16.45	2007
Larissa Herold	4:16.83	1994

200-YARD MEDLEY RELAY

Lauren Rogers (24.90), Jessica Hardy (27.00), Dana Vollmer (22.92), Emily Silver (21.78)	1:36.60	2007
--	---------	------

400-YARD MEDLEY RELAY

Lauren Rogers, Jessica Hardy, Dana Vollmer, Emily Silver	3:30.18	2007
--	---------	------

200-YARD FREE RELAY

Madison Kennedy (22.08), Hannah Wilson (22.19), Emily Silver (21.56), Dana Vollmer (21.69)	1:27.52	2008
--	---------	------

400-YARD FREE RELAY

Emily Silver (48.24), Erin Reilly (48.72), Jessica Hardy (48.05), Dana Vollmer (47.12)	3:12.13	2007
--	---------	------

800-YARD FREE RELAY

Dana Vollmer (1:44.18), Emily Silver (1:44.98), Blake Hayter (1:48.07), Erin Reilly (1:43.66)	7:00.89	
---	---------	--

ONE-METER DIVING

Melissa Graviss	288.13	1990
Sam Young	278.55	2008
Laura Sanford	253.42	2008
Katelyn Prorok	253.42	2006
Tara Capsuto	248.03	2006
Stephanie Whalen	247.15	2007
Drew Mulvey	237.37	2006
Aimee O'Rourke	233.00	2008
Amanda Schneider	230.85	2004
Alyson Borawski	226.50	2003

THREE-METER DIVING

Sam Young	306.83	2007
Stephanie Whalen	286.90	2008
Drew Mulvey	268.49	2006
Laura Sanford	267.52	2008
Katelyn Prorok	261.67	2005
Tara Capsuto	246.52	2006
Lila Korpell	240.90	2004
Alyson Borawski	236.40	2003
Kristen Duffel	226.10	2007
Aimee O'Rourke	220.15	2008

PLATFORM

Laura Sanford	255.00	2008
Sam Young	227.00	2008
Aimee O'Rourke	195.00	2008
Stephanie Whalen	190.00	2008
Tara Capsuto	165.35	2005

Bold denotes current Cal athlete

GOLDEN BEAR HONORS

OLYMPICS

Lauren Boyle, New Zealand 2008
 Hui-Chien Chang, Taiwan 1988
 Kim Chen, Taiwan 1988
 Haley Cope, United States 2004
 Natalie Coughlin, United States 2004, 2008
 Sara Isakovic, Slovenia 2008
 Hanna Jaltner, Sweden, 1996
 Helen Jameson, Great Britain 1980
 Lene Jenssen, Norway 1976 1980
 Agneta Martensson, Sweden 1980, 1984
 Teri McKeever (assistant coach), United States 2004, 2008
 Mary T. Meagher, United States 1980, 1984, 1988
 Waen Minpraphal, Thailand 1992, 1996, 2000
 Hiroko Nagasaki, Japan 1984, 1988
 Elli Overton, Australia 1992, 1996, 2000
 Trina Radke, United States 1988
 Emily Silver, United States 2008
 Anna Simcic, New Zealand 1992, 1996
 Staciana Stitts, United States 2000
 Akiko Thomson, Philippines 1988, 1992, 1996
 Sherry Tsai, Hong Kong 2000, 2004, 2008
 Conny van Bentum, The Netherlands 1980, 1984, 1988
 Dana Vollmer, United States 2004
 Ashley Whitney, United States 1996
 Hannah Wilson, Hong Kong 2008
 Joscelin Yeo, Republic of Singapore 1992, 1996

WORLD UNIVERSITY GAMES

Michelle Branchaud, United States 1987
 Ashley Chandler, United States 2005

Sheila Conway, United States 1991
 Helen Jameson, Great Britain 1983
 Cheryl Kriegsman, United States 1987
 Mary T. Meagher, United States 1985
 Lauren Medina, United States 2005
 Lisa Meyers, United States 1987
 Elli Overton, Australia 1997
 Erin Reilly, United States 2007
 Emily Silver, United States 2007
 Sherry Tsai, Hong Kong 2005
 Cindy Tuttle, United States 1981
 Conny van Bentum, 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, Joscelin Yeo)
 200-meter free relay
 (Anya Kolbisen, Haley Cope, Nicole Omphroy, Joscelin 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)
 2006 Jessica Hardy, 100 breast
 Helen Silver, 200 back
 2007 Dana Vollmer, 100 fly
 Jessica Hardy, 100 breast
 400-free relay (Emily Silver, Erin Reilly, Jessica Hardy, Dana Vollmer)
 400-medley relay (Lauren Rogers, Jessica Hardy, Dana Vollmer, Emily Silver)
 800-free relay (Dana Vollmer, Emily Silver, Blake Hayter, Erin Reilly)

COSIDA 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
 Anya Kolbisen 1997
 Cheryl Kriegsman 1989
 Kristin Kuhlman 1987, 1988, 1989, 1990
 Marcelle Miller, 2003, 2004
 Lorenza Munoz 1990
 Elli Overton 1998
 Heather Reagan 1991
 Erin Reilly 2006
 Staciana Stitts 2002
 Lisa Summers 1991, 1992, 1993
 Conny van Bentum 1985, 1986
 Cindy Tuttle 1985
 Katie Welch 1992



Dana Vollmer

**PAC-10
ALL-ACADEMIC TEAM**

Katie Aldworth, 1999
Keiko Amano, 2003, 2004, 2005
Sarah Anderson, 1991
Annie Babicz, 2006, 2007
Katy Banks, 2006
Danielle Becks, 2002, 2004
Katie Bell, 1994
Tessa Berman, 2007
Alyson Borawski, 2003
Lauren Boyle, 2008
Jenni Brelsford, 1999, 2000
Micha Burden, 2004
Alice Cantwell, 1994
Tara Capsuto, 2005, 2006
Marylyn Chiang, 1999
Haley Cope, 1999, 2000, 2001
Jessica Cotton, 2006, 2007
Natalie Coughlin, 2002, 2003, 2004
Pippa Downes, 1991, 1992
Alexandra Ellis, 2008
Christina Flynn, 2001, 2002, 2003
Amy Gosling, 1992
Melissa Graviss, 1991, 1992
Natalie Griffith, 2002, 2003, 2004
Michelle Harper, 2003
Blake Hayter, 2008
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
Any Kolbisen, 1999, 2000
Lila Korpell, 2005
Natalie LaRochelle, 2007
Dena Lofthus, 2000
Katie Lowes, 1999, 2000
Gina Merlone, 2005
Marcelle Miller, 2003, 2004, 2005
Waen Minpraphal, 2000
Katherine Mitchell, 2002
Lisa Morelli, 2003
Lorenza Munoz, 1991
Cheryl Murphy, 1997
Sonya Nimitz, 1992, 1993
Nicole Omphroy, 1999, 2000
Catherine O'Neal, 2006
Elli Overton, 1998, 2000
Emma Palsson, 2003, 2004, 2005
Sian Parry, 2000
Trina Radke, 1991, 1993
Heather Reagan, 1992
Katie Reding, 1997, 1998
Erin Reilly, 2005, 2006, 2007
Lauren Rogers, 2007, 2008
Kelly Sanders, 2005
Jacqui Schoppe, 2000
Emily Schum, 2001
Anna Simcic, 1995
Amy Simpson, 1999, 2000
Nadia Staubit, 2006, 2007

Staciana Stitts, 2001, 2002, 2003
Kelly Stravers, 2006, 2007, 2008
Lisa Summers, 1991, 1992, 1993
Kate Tiedeman, 2005
Amy Vastine, 1997
Emily Verdin, 2007, 2008
Dana Vollmer, 2008
Alicia Walker, 1991
Katie Welch, 1991, 1992
Jamie Westoby, 2001
Kyoko Yokouchi, 2002



Emily Silver

**TEAM AWARDS
MVP**

Larissa Herold, 1993
Larissa Herold, 1994
Anna Simcic, 1995
Marylyn Chiang, 1996
Marylyn Chiang, 1997
Elli Overton, 1998
Marylyn Chiang, 1999
Joscelin Yeo, 2000
Natalie Coughlin, 2001
Natalie Coughlin, 2002
Natalie Coughlin, 2003
Natalie Coughlin, 2004
Emily Silver, 2005
Erin Reilly, 2006
Dana Vollmer, 2007
Dana Vollmer & Emily Silver, 2008

MOST IMPROVED

Kristina Burow, 1993
Akiko Thomson, 1994
Katie Reding, Erin Jesfjeld, 1995
Kristin Imwalle, 1996
Any Kolbisen, 1997
Haley Cope, 1998
Lisa Murray, 1999
Stephanie Hermann, 2000
Michelle Harper, 2001
Danielle Becks, 2002
Kate Tiedeman, 2003
Erin Calder, 2004
Annie Babicz, 2005
Rachel Ridgeway, 2006
Lauren Rogers, 2007
Lauren Boyle, 2008

**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
Gina Merlone, 2005
Erin Reilly, 2006
Erin Reilly, 2007
Emily Verdin, 2008

**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
Emma Palsson & Sherry Tsai, 2005
Emily Silver & Ashley Chandler, 2006
Erin Reilly & Sherry Tsai, 2007
Rachel Ridgeway & Emily Verdin, 2008

COACHES' AWARD

Elli Overton, 2000
Haley Cope, 2001
Kyoko Yokouchi, 2002
Helen Silver, 2003
Micha Burden & Ashley Chandler, 2004
Lauren Medina, 2005
Helen Silver, 2006
Emily Verdin, 2007
Natalie LaRochelle, 2008

MOST OUTSTANDING DIVER

Lila Korpell, 2005
Katelyn Prorok, 2006
Samantha Young, 2007
Laura Sanford, 2008

**COACHES' AWARD
(DIVING)**

Tara Capsuto, 2005
Tara Capsuto, 2006
Samantha Young, 2007
Laura Sanford, 2008

NATIONAL TEAM FINISHES

Teri McKeever



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
2004-05	8th	NCAA	3rd Pac-10	9-2	Teri McKeever
2005-06	4th	NCAA	5th Pac-10	11-0	Teri McKeever
2006-07	3rd	NCAA	3rd Pac-10	10-1	Teri McKeever
2007-08	5th	NCAA	3rd Pac-10	5-2	Teri McKeever
30 years			Five titles	226-88-1	

CAL RESULTS FROM LAST 12 NCAA CHAMPIONSHIPS

1997

(9th place - 148.0 points)

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

1998

(8th place - 237.0 points)

Elli Overton: 200 fly, 2nd, 1:57.73; 200 IM, 2nd, 1:58.38; 400 IM, 6th, 4:15.60; 800 free relay, 6th, 7:14.15
 Marylyn Chiang: 100 back, 3rd, 53.59; 200 IM, 4th, 1:58.95; 200 back, 7th, 1:58.59; 800 free relay, 6th, 7:14.15; 400 free relay, 6th, 3:18.98; 400 medley relay, 5th, 3:38.83; 200 medley relay, 5th, 1:40.91
 Waen Minpraphal: 200 fly, 6th, 1:59.14; 100 fly, 12th, 54.54; 400 medley relay, 5th, 3:38.83; 200 medley relay, 5th, 1:40.91
 Hanna Jaltner: 100 breast, 12th, 1:02.52; 400

medley relay, 5th, 3:38.83; 200 medley relay, 5th, 1:40.91
 Haley Cope: 100 back, 16th, 55.82; 200 free relay, 10th, 1:30.96; 400 free relay, 6th, 3:18.98
 Adrienne Mattos: 50 free, 16th, 22.97; 200 free relay, 10th, 1:30.96
 Anya Kolbisen: 200 free relay, 10th, 1:30.96; 800 free relay, 6th, 7:14.15; 400 free relay, 6th, 3:18.98; 400 medley relay, 5th, 3:38.83
 Nicole Omphroy: 200 free relay, 10th, 1:30.96; 800 free relay, 6th, 7:14.15; 400 free relay, 6th, 3:18.98; 200 medley relay, 5th, 1:40.91

1999

(5th place - 315.0 points)

Marylyn Chiang: 100 back, 1st, 52.36; 200 IM, 2nd, 1:57.83; 100 fly, 3rd, 52.40; 200 free relay, 5th, 1:30.69; 200 free relay, 5th, 1:30.69; 200 medley relay, 3rd, 1:39.76; 400 free relay, 2nd, 3:16.56
 Joscelin Yeo: 200 IM, 5th, 1:58.99; 100 fly, 5th, 52.83; 200 fly, 5th, 1:59.04; 200 free relay, 5th, 1:30.69; 800 free relay, 4th, 7:14.33; 200 medley relay, 3rd, 1:39.76; 400 free relay, 2nd, 3:16.56
 Haley Cope: 100 fly, 6th, 53.28; 100 back, 10th, 54.20; 200 back, 1:58.80; 200 medley relay, 3rd, 1:39.76; 400 free relay, 2nd, 3:16.56
 Waen Minpraphal: 400 IM, 7th, 4:17.19; 200 fly, 11th, 1:58.58
 Lisa Murray: 1650 free, 9th, 16:25.84; 800 free relay, 4th, 7:14.33
 Anya Kolbisen: 100 free, 11th, 49.85; 200 free, 16th, 1:51.76; 200 free relay, 5th, 1:30.69; 200 free relay, 5th, 1:30.69; 800 free relay, 4th,

7:14.33; 400 free relay, 2nd, 3:16.56
 Nicole Omphroy: 100 free, 13th, 50.02; 200 free relay, 5th, 1:30.69; 800 free relay, 4th, 7:14.33
 Alice Henriques: 200 back, 15th, 2:00.05
 Adrienne Mattos: 200 free relay, 5th, 1:30.69; 200 medley relay, 3rd, 1:39.76
 Hanna Jaltner: 200 free relay, 5th, 1:30.69

2000

(4th place - 311.5 points)*

Staciana Stitts: 100 breast, 2nd, 1:06.79; 2nd, 200 breast, 3rd, 2:25.02; 400 medley relay, 3rd, 3:58.62; 200 medley relay, 1st, 1:49.23
 Haley Cope: 100 back, 2nd, 59.17; 100 fly, 6th, 59.70; 400 free relay, 4th, 3:39.88; 400 medley relay, 3rd, 3:58.62; 200 free relay, 1st, 1:40.18; 200 medley relay, 1st, 1:49.23
 Elli Overton: 200 IM, 2nd, 2:10.74; 200 breast, 5th, 2:27.88; 400 IM, 6th, 4:40.88; 800 free relay, 10th, 8:08.97
 Joscelin Yeo: 100 fly, 3rd, 58.82; 200 IM, 5th, 2:13.09; 200 fly, 7th, 2:12.45; 400 free relay, 4th, 3:39.88; 400 medley relay, 3rd, 3:58.62; 200 free relay, 1st, 1:40.18; 200 medley relay, 1st, 1:49.23
 Alice Henriques: 200 back, 13th, 2:12.21
 Waen Minpraphal: 100 fly, 14th, 1:01.61; 200 medley relay, 1st, 1:49.23
 Anya Kolbisen: 800 free relay, 10th, 8:08.97; 400 free relay, 4th, 3:39.88; 200 free relay, 1st, 1:40.18
 Nicole Omphroy: 800 free relay, 10th, 8:08.97; 400 free relay, 4th, 3:39.88; 400 medley relay, 3rd, 3:58.62; 200 free relay, 1st, 1:40.18
 Lisa Murray: 800 free relay, 10th, 8:08.97

2001

(7th place - 248 points)

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

2002

(8th place - 245 points)

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

2003

(8th place - 215 points)

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

2004

(6th place - 235.5 points)*

Annie Babicz: 100 breast, 15th, 1:09.12; 200 medley relay, 14th, 1:53.42; 400 medley relay, 7th, 4:02.49
 Ashley Chandler: 200 free, 4th, 1:57.99; 400 free, 4th, 4:05.89; 800 free relay, 1st, 7:50.94
 Natalie Coughlin: 100 fly, 1st, 56.88; 100 back, 1st, 57.51; 200 back, 3rd, 2:06.54; 400 medley relay, 7th, 4:02.49; 200 free relay, 7th, 1:41.36; 400 free relay, 3rd, 3:40.31; 800 free relay, 1st, 7:50.94
 Natalie Griffith: 200 IM, 13th, 2:13.80
 Lauren Medina: 200 free, 11th, 1:58.81; 400 free relay, 3rd, 3:40.31; 800 free relay, 1st, 7:50.94
 Erin Reilly: 200 fly, 12th, 2:11.98, 12th; 1600 free, 14th, 16:12.96; 800 free relay, 1st, 7:50.94
 Helen Silver: 100 back, 11th, 1:00.85; 200 medley relay, 14th, 1:53.42; 400 medley relay, 7th, 4:02.49
 Danielle Becks: 200 medley relay, 14th, 1:53.42; 400 medley relay, 7th, 4:02.49; 200 free relay, 7th, 1:41.36; 400 free relay, 3rd, 3:40.31
 Keiko Amano: 200 free relay, 7th, 1:41.36
 Emma Palsson: 200 medley relay, 14th, 1:53.42; 200 free relay, 7th, 1:41.36
 Micha Burden: 400 free relay, 3rd, 3:40.31

2005

(8th place - 149 points)

Emily Silver: 100 free, 4th, 48.73; 400 medley relay, 8th, 3:40.70; 800 free relay, 5th, 7:07.87; 400 free relay, 6th, 3:18.48; 200 free relay, 9th, 1:31.17
 Lauren Medina: 200 free, 5th, 1:46.28; 800 free relay, 5th, 7:07.87; 400 free relay, 6th, 3:18.48
 Erin Reilly: 200 free, 12th, 1:46.61; 1650 free, 19th, 16:25.95; 800 free relay, 5th, 7:07.87
 Helen Silver: 200 back, 9th, 1:55.88; 400 medley relay, 8th, 3:40.70; 200 free relay, 9th, 1:31.17
 Emily Verdin: 200 back, 15th, 1:58.02
 Annie Babicz: 100 breast, 16th, 1:02.37; 400 medley relay, 8th, 3:40.70
 Ashley Chandler: 500 free, 9th, 4:43.33; 800 free relay, 5th, 7:07.87
 Leann Toomey: 400 medley relay, 8th, 3:40.70
 Sherry Tasi: 400 free relay, 6th, 3:18.48; 200 free relay, 9th, 1:31.17
 Lauren Andrews: 400 free relay, 6th, 3:18.48; 200 free relay, 9th, 1:31.17

2006

(4th place - 291 points)

Emily Silver: 50 free, 22:39, 6th; 100 free, 48.47, 3rd; 400 medley relay, 3rd, 3:34.10; 200 medley relay, 4th, 1:39.09; 800 free relay, 4th, 7:07.38; 400 free relay, 6th, 3:17.49
 Erin Reilly: 100 free, 13th, 49.40; 200 free, 2nd, 1:44.63; 500 free, 3rd, 4:41.84; 400 medley relay, 3rd, 3:34.10; 800 free relay, 4th, 7:07.38; 400 free relay, 6th, 3:17.49
 Ashley Chandler: 200 free, 8th, 1:47.39; 500 free, 8th, 4:48.97; 800 free relay, 4th, 7:07.38
 Helen Silver: 100 back, 9th, 53.35; 200 back, 1st, 1:53.01; 200 IM, 15th, 2:00.66; 400 medley relay, 3rd, 3:34.10
 Lauren Rogers: 200 back, 9th, 1:56.74; 800 free relay, 4th, 7:07.38
 Jessica Hardy: 100 breast, 1st, 1:00.02; 400 medley relay, 3rd, 3:34.10; 200 medley relay, 4th, 1:39.09
 Annie Babicz: 100 breast, 11th, 1:01.72
 Lauren Andrews: 400 free relay, 6th, 3:17.49

Rachel Ridgeway: 200 fly, 8th, 1:59.79; 200 IM, 12th, 2:00.37; 400 IM, 14th, 4:18.26
 Sherry Tasi: 200 medley relay, 4th, 1:39.09; 400 free relay, 6th, 3:17.49
 Leann Toomey: 200 medley relay, 4th, 1:39.09

2007

(3rd place - 372.5 points)

Dana Vollmer: 100 fly, 1st, 50.69; 200 fly, 3rd, 1:54.30; 1st, 9th, 50 free; 400 free relay, 1st, 3:12.13; 800 free relay, 1st, 7:00.89; 200 medley relay, 2nd, 1:36.60; 400 medley relay, 1st, 3:30.18
 Jessica Hardy: 100 breast, 1st, 59.43; 100 free, 14th, 49.12; 400 free relay, 1st, 3:12.13; 800 free relay, 1st, 7:00.89; 200 medley relay, 2nd, 1:36.60; 400 medley relay, 1st, 3:30.18; 200 free relay, 11th, 1:30.34
 Emily Silver: 100 free, 47.45, 3rd; 50 free, 21.99, 4th; 200 free, 1:45.04, 10th; 400-free relay, 3:12.13, 1st; 800 free relay, 7:00.89, 1st; 200 medley relay, 1:36.60, 2nd; 400 medley relay, 3:30.18, 1st
 Lauren Rogers: 100 back, 9th, 53.59; 200 medley relay, 2nd, 1:36.60; 400 medley relay, 1st, 3:30.18
 Erin Reilly: 200 free, 3rd, 1:44.66; 200 fly, 4th, 1:54.98; 500 free, 9th, 4:41.92; 400 free relay, 1st, 3:12.13; 800 free relay, 1st, 7:00.89; 200 free relay, 11th, 1:30.34
 Blake Hayter: 500 free, 6th, 4:42.41; 1,650 free, 11th, 16:15.43; 800 free relay, 1st, 7:00.89
 Sherry Tasi: 100 back, 11th, 53.93; 200 free, 10th, 1:45.04
 Rachel Ridgeway: 400 IM, 4:16.27, 8th; 200 fly, 8th, 1:57.97
 Annie Babicz: 100 breast, 16th, 1:02.29; 200 free relay, 11th, 1:30.34
 Alexandra Ellis: 200 breast, 13th, 2:12.89
 Lauren Boyle: 1650 free, 19th, 16:24.11

2008

(5th place - 291 points)

Rachel Ridgeway: 200 fly, 11th, 1:56.39
 Emily Silver: 100 free, 5th, 48.21; 100 fly, 11th, 53.06; 200 IM, 12th, 1:57.98; 200 free relay, 2nd, 1:27.52; 400 free relay, 2nd, 3:13.03; 800 free relay, 3rd, 7:01.09; 200 medley relay, 4th, 1:38.07
 Lauren Boyle: 1650 free, 5th, 16:01.80; 500 free, 10th, 4:41.10; 800 free relay, 3rd, 7:01.09
 Alexandra Ellis: 400 medley relay, 5th, 3:34.05
 Madison Kennedy: 50 free, 4th, 22:05; 200 free relay, 2nd, 1:27.52; 400 free relay, 2nd, 3:13.03; 800 free relay, 3rd, 7:01.09; 200 medley relay, 4th, 1:38.07; 400 medley relay, 5th, 3:34.05
 Lauren Rogers: 100 back, 4th, 52.24; 200 back, 11th, 1:55.42; 200 medley relay, 4th, 1:38.07; 400 medley relay, 5th, 3:34.05
 Amanda Sims: 100 fly, 15th, 53.49
 Tara Thomas: 100 fly, 12th, 53.09
 Dana Vollmer: 100 fly, 2nd, 51.32; 200 fly, 5th, 1:55.48; 200 free relay, 2nd, 1:27.52; 400 free relay, 2nd, 3:13.03; 800 free relay, 3rd, 7:01.09; 200 medley relay, 4th, 1:38.07; 400 medley relay, 5th, 3:34.05
 Hannah Wilson: 100 fly, 10th, 53.02; 200 free relay, 2nd, 1:27.52; 400 free relay, 2nd, 3:13.03

Bold denotes current Cal athlete

Events in yards unless otherwise noted (2001, 2004 in meters)

CALIFORNIA ALL-TIME ALL-AMERICANS

Keiko Amano, 2004
 Sarah Anderson, 1988-91
 Lauren Andrews, 2005-06
 Annie Babicz, 2004-07
 Danielle Becks, 2001-04
 Katie Bell, 1992
 Leslie Bell, 1981-82
 Cheryl Anne Bingham, 2003
 Michelle Bird, 1985
Lauren Boyle, 2007-08
 Michelle Branchaud, 1985-88
 Micha Burden, 2002, 2004
 Kyrsten Burr, 1986-87
 Alice Cantwell, 1992
 Ashley Chandler, 2004-06
 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
Alexandra Ellis, 2007-08
 Carol Felton, 1988-91
 Mitsi Fukushima, 1986-88
 Kathleen Graham, 1982
 Melissa Graviss, 1991
 Natalie Griffith, 2001, 03

Leslie Grimley, 1981
 Amity Hall, 1994
 Jessica Hardy, 2006-07
 Brooke Hanley, 1990
 Michelle Harper, 2001-03
Blake Hayter, 2007
 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 Jenssen, 1981
Madison Kennedy, 2008
 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, 2004-05
 Wendi Meyer, 1981
 Lisa Meyers, 1987-89
 Waen Minpraphal, 1997-00
 Lorenza Munoz, 1990-91
 Joyce Murphy, 1991-92
 Lisa Murray, 1999-00



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

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, 2004-07
 Tricia Renner, 1982
 Rachel Ridgeway, 2006-08
 Whitney Rockwell, 2003
Lauren Rogers, 2006-08
 Sharon Scott, 1990-92

Emily Silver, 2005-08
 Helen Silver, 2003-06
 Anna Simcic, 1994-95
Amanda Sims, 2008
 Julie Smith, 1991
 Sandy Spelman, 1982
 Staciana Stitts, 2000-03
 Lisa Summers, 1990-93
Tara Thomas, 2008
 Akiko Thomson, 1994, 1996
 Amy Tidball, 1988-91
 Leann Toomey, 2005-06
 Sherry Tsai, 2005-07
 Cindy Tuttle, 1982-85
 Conny van Bentum, 1985-86
 Emily Verdin, 2005
Dana Vollmer, 2007-08
 Alicia Walker, 1988-91
 Amy Walker, 1993
 Ann Walker, 1988
 Katie Welch, 1989-90, 92
 Ashley Whitney, 2002
Hannah Wilson, 2008
 Kristin Winn, 1989
 Lynn Wittstock, 1982, 84
 Joscelin Yeo, 1999-00
 Kyoko Yokouchi, 2001-02

Bold denotes current Cal athlete
Listing includes athletes from 1976-77 through 2005-06

SERIES RECORDS

Opponent	Series	Last Mtg.	Winner	Score	Opponent	1-0	12/13/86	Cal	63-33
Arizona	16-9	1/25/08	Ariz.	129.5-170.5	Oregon State	7-0	11/18/05	Cal	167-91
Arizona State	16-10-1	1/26/08	Cal	158-129	Pacific	25-2	10/5/07	Cal	163-90
Auburn	1-0	10/20/98	Cal	184-78	Penn State	0-1	11/4/95	PSU	182-165
BYU	4-0	11/20/98	Cal	162-134	Pepperdine	1-0	11/8/98	Cal	180.5-117.5
British Columbia	1-0	10/2/04	Cal	128-17	Rice	2-0	11/17/02	Cal	146-105
Brown	1-0	1/18/84	Cal	76-64	Sacramento St.	3-0	2/1/79	Cal	88-43
CS Hayward	4-0	12/9/78	Cal	81-60	San Diego	4-0	1/7/98	Cal	105-76
CS Northridge	1-0	11/9/91	Cal	93-20	SF State	4-0	1/27/79	Cal	108-38
Calgary	2-0	1/8/82	Cal	61-33	San Jose St.	24-1	10/27/06	Cal	204-84
Cal Poly	1-0	12/18/86	Cal	126-58	Santa Clara	1-0	11/17/76	Cal	118-20
Chico State	2-0	1/29/77	Cal	86-59	South Carolina	1-0	11/4/00	Cal	135-122
Clemson	1-0	11/2/02	Cal	171-107	Southern Illinois	0-1	1/14/83	SIU	92-57
Colorado State	2-0	1/11/85	Cal	forfeit	Stanford	4-31	2/16/08	Stan	123-177
Fresno State	21-1	11/15/03	Cal	166-100	Tennessee	0-1	10/20/94	UT	178-122
Florida State	1-0	10/22/04	Cal	147-126	Texas	2-6	10/16/99	Cal	198-102
Georgia	0-3	11/1/02	UGA	163-129	Texas A&M	1-0	11/15/97	Cal	177-121
Harvard	1-0	12/15/94	Cal	163-135	UC Davis	13-1	11/12/94	Cal	177-112
Humboldt State	2-0	11/16/74	Cal	95-69	UC Irvine	2-0	12/17/86	Cal	99-14
Idaho	1-0	10/8/05	Cal	170-84	UCLA	17-10	2/2/08	Cal	170-130
Illinois	1-0	11/4/95	Cal	237.5-102.5	UC San Diego	2-0	1/8/93	Cal	85-42
Long Beach St.	2-0	1/12/84	Cal	110-29	UCSB	7-1	11/17/06	Cal	142-95
Michigan	3-1	10/27/05	Cal	167-128	UNLV	2-0	1/10/99	Cal	181-117
Minnesota	1-0	10/13/06	Cal	188.5-108.5	USC	18-11	2/1/08	Cal	202-98
Nevada	7-2	11/19/99	Cal	168.5-127.5	Villanova	1-0	1/13/96	Cal	195-67
Northwestern	1-0	10/12/06	Cal	191-102	Washington	4-1	11/2/08	Cal	155-107
Notre Dame	1-0	10/28/05	Cal	156.5-141.5	Washington St.	8-0	10/28/06	Cal	158-102

CALIFORNIA ALL-TIME ROSTER

Katie Aldworth 1996-99
Shannon Alexander 1981
Joan Allen 1983
Lynn Almlí 1993-94
Jan Altman 1977
Keiko Amano 2002-2005
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
Lauren Andrews 2005-07
Regina Arnold 1981-82
Lisa Arrighi 1978-80
Annie Babicz 2004-07
Carol Badger 1979
Sylvia Bailey 1978
Christine Balbo 1988
Katy Banks 2005-06
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
Tessa Berman 2007
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

Lauren Boyle 2007-
Alyson Brawski 2002-04
Jeannette Bramhall 1978, 80
Michelle Branchaud 1985-88
Jenni Brelsford 1997-00
Twila Bridgewaters 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 2002-2005
Alice Campbell 1980
Jill Campbell 1989-92
Kristin Cancellia 1995
Kathi Candelaria 1982
Alice Cantwell 1991-94
Tara Capsuto 2004-06
Linda Marie Carney 1984
Brandy Carson 1995, 99
Anitra Cassas 1988-89
Ashley Chandler 2003-06
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

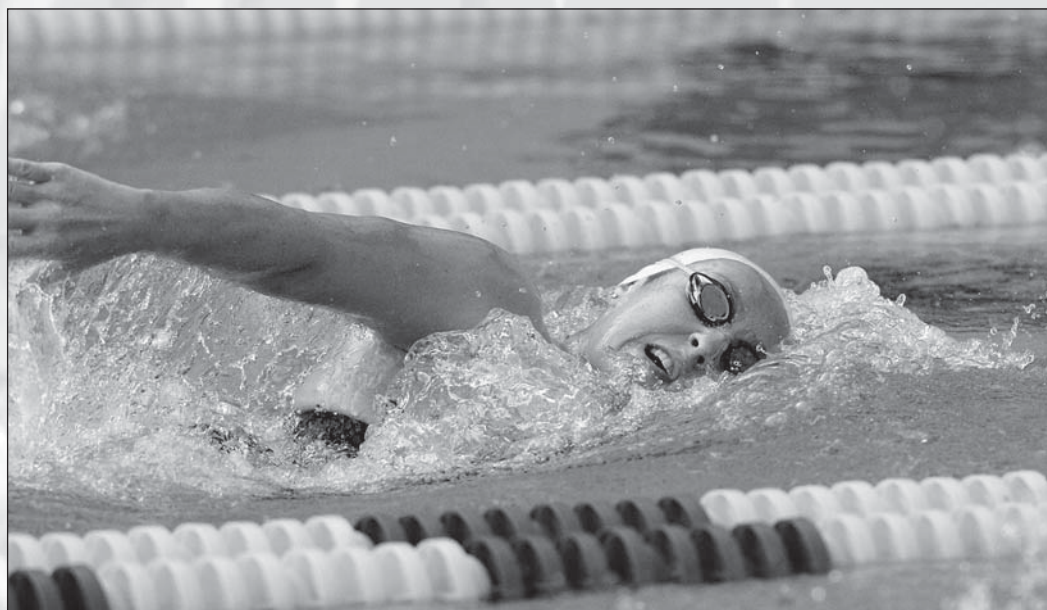
Logan Conway 1985
Sheila Conway 1992-95
Haley Cope 1998-01
Mary Copeland 1974
Jessica Cotton 2005-07
Natalie Coughlin 2001-04
Maria Crean 1980
Lisa Criswell 1979
Kelly Croft 1987-88
Cathy Cunha 1977
Erica Dagg 2008-
Pamela Davis 1982
Ramey Dent 1982-85
Talli Dent 1983-84
Michelle dePfyffer 1984
Margo 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
Kristen Duffel 2007-08
Kiersten Dunbar 1986-87
Courtney Duncan 1998
Suzanne Edgar 1979
Alexandra Ellis 2007-
Laura Ellison 1992-94
Charlene Emmrich 1979
Courtney Eronemo 2007-
Elise Etem 2008-
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

Jessica Hardy 2006-07
Michelle Harper 2000-03
Kasey Harris 1999
Pat Harwell 1978
Chelsea Hastings 2001
Janet Hauer 1987-90
Blake Hayter 2007-
Samantha Heath 2006
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
Kelsey Hoff 2008-
Margie Hollister 1996-98
Cindy Howard-Gibbon 1977
Hilary Hubbard 1988-89
Michelle Huggins 1978
Anne Ilgen 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 Jesfeld 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
Jayne Kanishak 1994-95
Diane Kawakami 1979
Lorraine Kelleher 1975-78
Sarah Kendig 1984-87
Madison Kennedy 2008-
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
Anyia Kolbisen 1997-00
Flora Kong 2003-04
Lila Korpell 2004-05
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
Natalie La Rochelle 2006-
Amanda Larson 2007-
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



Conny van Bentum (right), who won medals for the Netherlands in the 1980, 1984 and 1988 Olympics, last swam for California in 1986. Here, she poses with fellow Cal swimming legend Mary T. Meagher.

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 2002-2005
 Gina Merlone 2003-05
 Kim Merritt 1991
 Kirsten Metzger 1993
 Wendy Meyer 1981-82
 Lisa Meyers 1987-90
 Elizabeth Michiels 1995
 Cori Miller 1996
 Marcelle Miller 2002-2005
 Margaret Miller 1974
 Marianne Milliken 1984
 Waen Minpraphal 1997-00
 Katherine Mitchell 2001-02
 Adrienne Modafferi 1988
 Jennifer Mohle 1985
Ellie Monobe 2008-
 Leah Monroe 2002-03
 Lisa Morelli 2002-2005
 Deborah Morris 1975
 Vicky Morter 1974-75
 Drew Mulvey 2006
 Lorenza Munoz 1990-92
 Cheryl Murphy 1996-99
 Joyce Murphy 1991-94
 Lisa Murray 1999-00
 Hiroko Nagasaki 1988
 Amy Ng 2002-2005
 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
 Catherine O'Neal 2004-06
 Megan O'Scannlain 1990-92
 Cindy Ostberg 1982
 Karen Ouellette 1979
 Elli Overton 1997-00
 Rebecca Owings 1981-82
 Emma Palsson 2002-2005
 Alison Pappe 1981
 Michelle Pappe 1981
 Barbara Padovan 1974
 Sian Parry 1999-00
 Donna Passanisi 1983
 Jane Patocchi 1976-77
 Genevieve Patterson 2005-06
 Kathy Payne 1975
 Jill Pearson 1985-86
 Lara Pease 2006
 Mary Pender 1992-94
 Lisa Pereira 1985-88



Ashley Chandler was an NCAA champion at Cal in 2004 and was a champion at the World University Games for USA Swimming in 2005.

Lisa Pezzani 1990-91
 Kara Piantidosi 1992-94
 Susanne Piszkin 1986-87
 Emily Platt 1974
 Dale Polowski 1979
 Jenifer Porter 1983
 Holly Powell 1992-93
 Elizabeth Prescott 1981
 Katelyn Prorok 2006
 Joanne Rackham 1977
 Trina Radke 1990-91, 93
 Madeline Radkey 1974
 Jenna Rais 2002-04
 Heather Reagan 1989-92
 Katie Reding 1995-98
 Michelle Reed 1991-94
 Chiara Reese-Hilborn 2006
 Liz Rehrmann 1997-98
 Erin Reilly 2004-07
 Tricia Renner 1982-84
 Michelle Reysa 1991-93
 Rachel Ridgeway 2005-08
 Jennifer Riggs 2000
 Erin Roberts 1974-75
 Susan Robinson 1979
 Cathy Rocke 1977
 Whitney Rockwell 2003
Lauren Rogers 2006-
 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
 Kelly Sanders 2005
 Patricia Sauer 1974-75
 Nancy Schwabe 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
 Emily Silver 2005-08
 Helen Silver 2003-06
 Anna Simcic 1994-95
 Amy Simpson 1997-00
Amanda Sims 2008-
 Karen Sisk 1974-75
 Lynne Sisk 1974-75
 Kristen Sissener 2001-02
 Kelly Sitts 2005
 Michelle Smart 1974
 Julie Smith 1991-94
 Lauren Smith 2003-04
 Lisa Smith 1980-82
 Loretta Soffe 1985-86
 Sandy Spelman 1982-84
 Theresa Spicer 1978-79
 Susan Steimle 1978
 Paula Sharzer 1974-76
 Nadia Staubitz 2004-07
 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
 Kelly Stravers 2005-08
 Lisa Summers 1990-93
Sara Sun 2008-
 Shelley Sweeney 1989
 Jill Symon 1981
 Cathy Szalay 1981-82, 1984
 Emmely Tanaka 2000-01
Tara Thomas 2008-
 Akiko Thomson 1993-96
 Laurie Thor 1977
 Amy Tidball 1988-91
 Kate Tiedeman 2003-06
 Jill Tirpack 1981-82
 Leann Toomey 2005-07
 Myra Troske 1982

Sherry Tsai 2005-07
 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
Emily Verdin 2005, 2007-
 Melanie vonHartitzsch 1996
Dana Vollmer 2007-
 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
 Jenna Wesley 2007-08
 Sara West 1993
 Jamie Westoby 2000-01
 Stephanie Whalen 2007-08
 Wendy Whelan 1994-97
Heather White 2007-
 Lisa White 2000
 Ashley Whitney 2002
Hannah Wilson 2008-
 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
 Samantha Young 2007-08
 Becky Zepp 1982-83

Bold denotes current Cal athlete

SIMPLY THE BEST

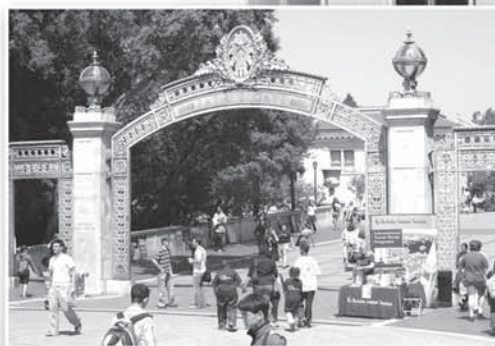
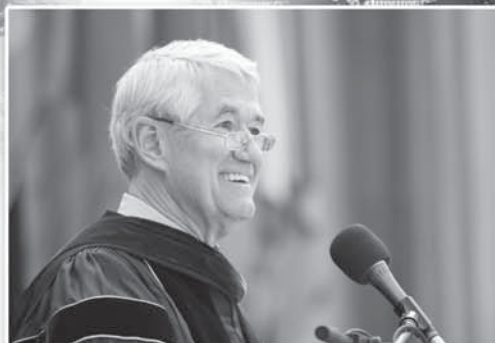
There is no other way to aptly describe America's top public university. There is no other way to describe one of the elite academic settings in the world – especially one that also includes one of America's most successful athletic departments.

The University of California blends the best of all worlds. Overlooking the scenic San Francisco Bay and ranked as the nation's top public university by the *U.S. News and World Report*, the flagship campus of the state of California also features an athletic program that annually finishes among the leaders in the Directors' Cup standings, which rates the overall success of America's athletic departments.

Cal attracts what many believe to be the finest applicant pool in the United States. The university features a diverse student-body population. The University of California offers 300 degree programs, and 35 of the school's 36 graduate programs are ranked among America's top 10. Cal's 35 programs among the top 10 is No. 1 among all universities in the country, as is its 32 "distinguished" programs, as rated by the National Research Council.

The library is ranked third in the country, as judged by the Association of Research Libraries with 10 million volumes in 32 campus libraries.

The faculty features seven Nobel Laureates, 130 members of the National Academy of Sciences, 28 MacArthur Fellows, 76 Fulbright Scholars, four Pulitzer Prize winners and more Guggenheim Fellows (357) than any other university in America.



Nobel Laureate George Smoot



AMERICA'S NO. 1 PUBLIC UNIVERSITY BY THE NUMBERS

1 Universities With Highest Number of Top 10 Graduate Programs

1. CALIFORNIA
2. Stanford
3. Harvard
4. Princeton
5. MIT

1 Universities With The Highest Number of "Distinguished Programs"

- | | |
|---------------------|----|
| 1. CALIFORNIA | 32 |
| 2. Stanford | 28 |
| 3. Harvard | 25 |
| 4. Princeton | 24 |
| 5. MIT | 20 |

1 In the 2004 survey conducted by The Association of Research Libraries, **California's** library was ranked No. 1 among public schools and third overall, behind only Harvard and Yale.

TOP PUBLIC UNIVERSITIES

1. CALIFORNIA
2. Virginia
3. UCLA
4. Michigan
5. North Carolina

Source: U.S. News and World Report

20 Nobel Laureates
20 current and former faculty members

15-1 Student-to-Faculty Ratio

351 Degree Programs

3000

Service

The University of California is the only school in the country to have produced more than 3,000 volunteers since the inception of the Peace Corps in 1961.

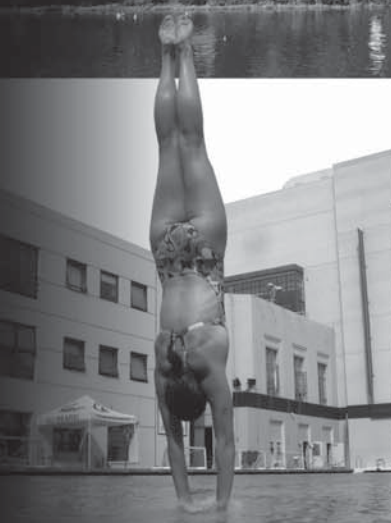


**THE CAL
EXPERIENCE**

CALIFORNIA GOLDEN BEARS



SAN FRANCISCO

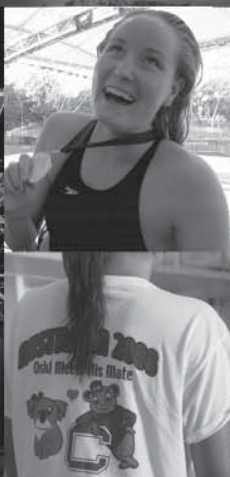


MORE FUN





SYDNEY, AUSTRALIA



NAPA VALLEY



ACADEMIC ACHIEVEMENT

CALIFORNIA GOLDEN BEARS

One of the real success stories for the University of California is the development and growth of a comprehensive academic support program for its student-athletes - the Athletic Study Center.

In 1984, campus officials and Athletic Department administrators decided that a greater emphasis needed to be placed on helping Cal student-athletes with their academic pursuits. The Athletic Study Center was thus born and charged with developing an academic support program geared to the needs of NCAA Division I student-athletes. It was a significant development for an academically oriented institution such as Cal to recognize the special needs required for a modern student-athlete's success both as an athletic competitor on the field of play and in the classroom.



ATHLETIC STUDY CENTER STAFF

PROGRAM FOR STUDENT-ATHLETES

The Athletic Study Center, which is housed within the Division of Undergraduate Education, is the tutorial and academic support program for the nearly 1,000 student-athletes at Cal. Centrally located in the Cesar Chavez Student Center, the program provides a spa-

cious and comfortable arboretum for quiet study, separate classrooms for individual and group tutorials, and a computer lab for word processing and required course work.

Geared around the understanding of the amount of time student-athletes must de-

vote to practice, training, physical therapy and team travel, the program creates an environment where students can cultivate good study habits, receive individual or group tutoring and obtain counseling from academic advisors.

TUTORIAL PROGRAM

The Tutorial Program promotes and enhances students' academic skills and progress by providing individual tutoring, group workshops, study groups, credit courses and intensive special programs. The Athletic Study Center has between 50-60 tutors on staff per semester to guarantee that students receive the best possible support. Tutorial sessions are also offered at night enabling student-athletes to receive help after practices when they have more time to devote to studying.

ADVISING PROGRAM

The Advising Program offers a broad range of services to meet the unique needs of student-athletes, including assistance in understanding and complying with University, college and NCAA requirements, developing time management skills and resolving personal issues unique to student-athletes.

During the freshman year, advisors typically try to help student-athletes make a successful academic transition from high school, while during the sophomore year, they assist student-athletes in making decisions on appropriate majors and fields of study. For the final two years, advisors take more of an exiting approach, ensuring that proper academic progress is being made towards graduation while referring juniors and seniors to areas on campus that can help with career planning.

SPECIAL PROGRAMS

In addition, the Athletic Study Center offers a Summer Bridge adjunct program designed to help ease the transition from high school to college. The primary components for the program include writing and math workshops, an advising workshop, study skills seminars and an evening tutorial program.

Another special program offered is Peer Advising. Peer advisors provide academic and campus life guidance for new intercollegiate student-athletes. They are selected from junior and senior student-athletes who assist in developing programs to further address the needs of student-athletes.