

TOP CAL STARS

HALL OF FAMERS

SARAH ANDERSON

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



MARY T. MEAGHER

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



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

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

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

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

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

MARYLYN CHIANG

Marylyn Chiang, the 1999 Pacific-10 Conference Swimmer of the Year, 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.

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

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

HALEY COPE

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



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

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

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

2005-06 RESULTS

2005-06 FINAL SEASON RESULTS

(11-0 OVERALL, 7-0 PAC-10, 4-0 HOME, 7-0 ROAD)

Date	Opponent	W-L	Score	Record
Oct. 7	at Washington State*	W	168-94	1-0 (1-0)
Oct. 8	at Idaho	W	170-84	2-0 (1-0)
Oct. 27	at Michigan	W	167-128	3-0 (1-0)
Oct. 28	at Notre Dame	W	156.5-141.5	4-0 (1-0)
Nov. 11	Pacific	W	155-99	5-0 (1-0)
Nov. 18	Oregon State*	W	167-91	6-0 (2-0)
Dec. 2-4	at Georgia Invitational	-	2nd, 905 points	-
Jan. 20	Arizona State*	W	167-90	7-0 (3-0)
Jan. 21	Arizona*	W	178-122	8-0 (4-0)
Jan. 27	at USC*	W	157-143	9-0 (5-0)
Jan. 28	at UCLA*	W	154.5-145.5	10-0 (6-0)
Feb. 11	at Stanford*	W	169-131	11-0 (7-0)

2006 PACIFIC-10 CONFERENCE CHAMPIONSHIPS

FEB. 22-25, 2006
BELMONT PLAZA
OLYMPIC POOL,
LONG BEACH, CALIF.

FINAL TEAM STANDINGS

1. Arizona 1325.5 points
2. UCLA 1246.5
3. Stanford 1227
4. USC 1162.5
5. **CALIFORNIA** **1082.5**
6. Arizona State 670.5
7. Oregon State 483.5
8. Washington 414
9. Washington State 399

Event Prelims Final

50-YARD FREESTYLE

1. Bishop, Stan 22.93 22.62
2. Emily Silver, Cal 23.05 22.65
18. Annie Babicz, Cal ... 23.55 23.48

100-YARD FREESTYLE

1. Cashion, Ariz 48.93 48.59
2. Emily Silver, Cal 49.22 48.79
6. Erin Reilly, Cal 50.37 49.52
8. Ashley Chandler, Cal 50.05 50.26

200-YARD FREESTYLE

1. Erin Reilly, Cal 1:45.95 1:45.70
2. Ashley Chandler, Cal 1:46.69 1:46.14
4. Emily Silver, Cal ... 1:47.41 1:47.19
19. Lauren Andrews, Cal 1:50.28 1:49.36

500-YARD FREESTYLE

1. Keller, USC 4:46.48 4:41.89
2. Erin Reilly, Cal 4:47.24 4:42.31
3. Ashley Chandler, Cal 4:44.73 4:45.43

1650-YARD FREESTYLE

1. Nelson, UCLA 16.18.00
23. Jessica Cotton, Cal .. 17:34.06

100-YARD BACKSTROKE

1. Gresdal, Ariz 53.68 53.05
5. Helen Silver, Cal 53.84 53.85
7. Lauren Rogers, Cal . 54.58 54.27
8. Lara Pease, Cal 54.50 54.56
20. Sherry Tsai, Cal 57.04 57.35

200-YARD BACKSTROKE

1. Helen Silver, Cal ... 1:55.54 1:55.12
5. Lauren Rogers, Cal 1:59.10 1:57.86
6. Lauren Andrews, Cal 1:58.20 1:58.00
11. Lara Pease, Cal . 2:01.13 1:59.91

100-YARD BREASTSTROKE

1. Soni, USC 1:01.09 1:00.10
2. Jessica Hardy, Cal 1:01.95 1:00.15
3. Annie Babicz, Cal .. 1:01.87 1:01.17
10. Genevieve Patterson, Cal 1:03.13 1:02.73

200-YARD BREASTSTROKE

1. Soni, USC 2:11.68 2:08.16
5. Annie Babicz, Cal .. 2:16.43 2:14.50
9. Jessica Hardy, Cal 2:18.22 2:15.23
19. Genevieve Patterson, Cal 2:18.31 2:16.70

100-YARD BUTTERFLY

1. Kirk, Stan 53.42 52.29
4. Leann Toomey, Cal . 53.71 53.85

200-YARD BUTTERFLY

1. Kirk, Stan 1:58.72 1:56.64
5. Rachel Ridgeway, Cal ... 1:59.64 2:00.31
10. Leann Toomey, Cal .. 2:01.66 2:00.99

200-YARD INDIVIDUAL MEDLEY

1. Caverly, Stan 2:00.13 1:58.54
7. Jessica Hardy, Cal 2:02.21 2:02.04
8. Helen Silver, Cal ... 2:01.93 2:02.62

9. Rachel Ridgeway, Cal ... 2:02.94 2:01.42
18. Lauren Rogers, Cal 2:06.10 2:03.85
19. Genevieve Patterson, Cal 2:05.57 2:04.13

400-YARD INDIVIDUAL MEDLEY

1. Myers, Ariz 4:16.26 4:14.18
2. Rachel Ridgeway, Cal .. 4:19.19 4:16.34
10. Jessica Cotton, Cal 4:30.05 4:23.28
19. Natalie LaRochelle, Cal 4:34.44 4:27.16

200-YARD FREE RELAY

1. Arizona 'A' 1:30.22
(Cashion, Gresdal, Turner, Nymeyer)
3. California 'A' 1:31.83
(Reilly, Babicz, H. Silver, E. Silver)

400-YARD FREE RELAY

1. Arizona 'A' 3:16.60
(Cashion, Gresdal, Baughman, Nymeyer)
2. California 'A' 3:18.01
(Reilly, Chandler, Andrews, E. Silver)

800-YARD FREE RELAY

1. California 'A' 7:08.31
(Chandler, Andrews, Rogers, Reilly)

200-YARD MEDLEY RELAY

1. Arizona 'A' 1:39.60
(Smith, Sieper, Jackson, Turner)
2. California 'A' 1:39.98
(H. Silver, Hardy, Babicz, E. Silver)

400-YARD MEDLEY RELAY

1. USC
'A' 3:36.29
(MgGregory, Soni, Goetsch, Jeffrey)
2. California
'A' 3:36.36
(H. Silver, Hardy, Reilly, E. Silver)

FEB. 22-25, 2006
KING COUNTY
AQUATICS CENTER,
FEDERAL WAY, WASH.

ONE-METER DIVING

1. Hartley, USC 358.45
16. Katelyn Prorok, Cal 222.05
21. Tara Capsuto, Cal 196.90

THREE-METER DIVING

1. Hartley, USC 387.75
14. Tara Capsuto, Cal 253.20
18. Katelyn Prorok, Cal 232.20

PLATFORM DIVING

1. Tiffany Manning, Ariz 296.85
18. Tara Capsuto, Cal 178.50
20. Katelyn Prorok, Cal 156.40

2006 NCAA CHAMPIONSHIPS

MARCH 16-18, 2006
RAMSEY CENTER
NATATORIUM,
ATHENS, GA.

FINAL TEAM STANDINGS

1. Auburn 518.5 points
2. Georgia 515.5
3. Arizona 415
- 4. CALIFORNIA 291**
5. Stanford 209
6. USC 193
7. Southern Methodist 161.5
8. Texas 151
9. Wisconsin 146
10. Florida 135

Event Prelims Final

50-YARD FREESTYLE

1. K. Joyce, UGA 21.73 21.63
6. Emily Silver, Cal 22.44 22:39

100-YARD FREESTYLE

1. K. Joyce, UGA 48.31 47.41
3. Emily Silver, Cal 48.48 48.47
13. Erin Reilly, Cal 49.22 49.40

200-YARD FREESTYLE

1. K. Joyce, UGA 1:44.72 1:43.96
2. Erin Reilly, Cal 1:45.00 1:44.63
8. Ashley Chandler, Cal 1:46.49 1:47.39

500-YARD FREESTYLE

1. L. Conway, UGA 4:42.27 4:40.01
3. Erin Reilly, Cal 4:41.51 4:41.84
8. Ashley Chandler, Cal 4:41.52 4:48.97

1650-YARD FREESTYLE

1. H. Peirsol, Aub 15:49.48

100-YARD BACKSTROKE

1. R. Goh, Aub 53.07 52.35
9. Helen Silver, Cal 53.69 53.35

200-YARD BACKSTROKE

1. Helen Silver, Cal ... 1:54.25 1:53.01
(pool record)
9. Lauren Rogers, Cal 1:57.23 1:56.74

100-YARD BREASTSTROKE

1. Jessica Hardy, Cal .. 59.54 1:00.02
11. Annie Babicz, Cal 1:01.48 1:01.72

200-YARD BREASTSTROKE

1. R. Soni, USC 2:11.86 2:09.37

100-YARD BUTTERFLY

1. M. DeScenza, UGA ... 52.07 51.56

200-YARD BUTTERFLY

1. M. Descenza, UGA 1:55.35 1:53.78
8. Rachel Ridgeway, Cal .. 1:56.94 1:59.79

200-YARD INDIV. MEDLEY

1. W. Myers, Ariz 1:57.19 1:54.88
12. Rachel Ridgeway, Cal 2:00.08 2:00.37
15. Helen Silver, Cal . 2:00.67 2:00.66

400-YARD INDIV. MEDLEY

1. W. Myers, Ariz 4:13.29 4:06.32
14. Rachel Ridgeway, Cal 4:15.80 4:18.26

200-YARD FREE RELAY

1. Arizona 1:28.87 1:27.98
(Cashion, Gresdal, Turner, Nymeyer)

400-YARD FREE RELAY

1. Arizona 3:17.20 3:12.77
(Cashion, Gresdal, Myers, Nymeyer)
6. California 3:18.96 3:17.49
(Tsai, Reilly, Andrews, E. Silver)

800-YARD FREE RELAY

1. Georgia 7:03.75
(Decenza, Cole, Maust, Joyce)
4. California 7:07.38
(Chandler, E. Silver, Rogers, Reilly)

200-YARD MEDLEY RELAY

1. Georgia 1:39.25 1:37.24
Harm; Poewe; Decenza; Joyce
4. California 1:39.47 1:39.09
(Tsai, Hardy, Toomey, Silver, E.)

400-YARD MEDLEY RELAY

1. Arizona 3:35.71 3:31.70
(Gresdal; Sieper, Myers, Nymeyer)
3. California 3:36.43 3:34.10
(H. Silver, Hardy, Reilly, E. Silver)

ONE-METER DIVING

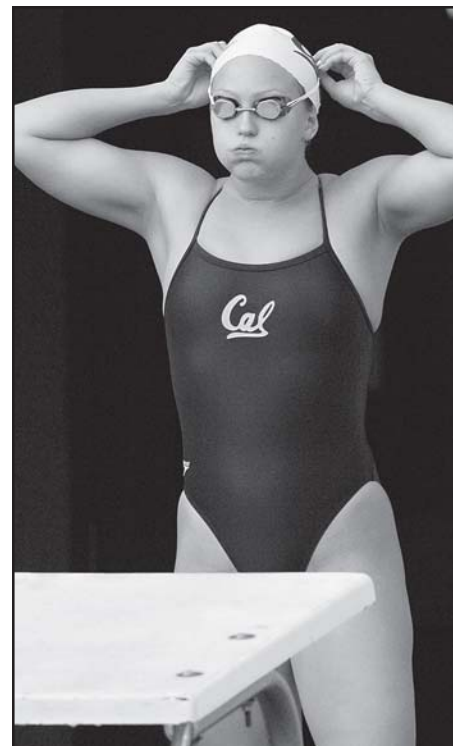
1. Hartley, USC 325.35 353.50

THREE-METER DIVING

1. Hartley, USC 372.70 373.15

PLATFORM DIVING

1. Ignacio, Kentucky ... 291.30 335.30



Rachel Ridgeway

2006 NCAA ZONE E DIVING REGIONAL

MARCH 9-11, 2006
OKLAHOMA CITY CC,
OKLAHOMA CITY, OKLA.

ONE-METER DIVING

- Tara Capsuto, Cal 192.15

THREE-METER DIVING

- Tara Capsuto 165.35

PLATFORM DIVING

- Tara Capsuto, Cal 159.80

2006 CALIFORNIA ALL-AMERICANS

Emily Silver: 50 yard freestyle, 22:39, 6th; 100 free, 48.47, 3rd

Erin Reilly: 100 free, 49.40, 13th; 200 free, 1:44.63, 2nd; 500 free, 4:41.84, 3rd

Ashley Chandler: 200 free, 1:47.39, 8th; 500 free, 4:48.97, 8th

Helen Silver: 100 back, 53.35, 9th; 200 back, 1st, 1:53.01; 200 IM, 2:00.66, 15th.

Lauren Rogers: 200 back, 1:56.74, 9th

Jessica Hardy: 100 breast, 1:00.02, 1st

Annie Babicz: 100 breast, 1:01.72, 11th

Rachel Ridgeway: 200 butterfly, 1:59.79, 8th; 200 IM, 2:00.37, 12th; 400 IM, 4:18.26, 14th

Tsai, Reilly, Andrews, E. Silver: 400 free relay, 3:17.49, 6th

Chandler, E. Silver, Rogers, Reilly: 800 free relay, 7:07.38, 4th

Tsai, Hardy, Toomey, E. Silver: 200 medley relay, 1:39.09, 4th

H. Silver, Hardy, Reilly, E. Silver: 400 medley relay, 3:34.10, 3rd

2005-06 BEST TIMES & DIVES

SWIMMING

50 FREE

A: 22.88 B: 23.56

A E. Silver	22.39	3/16 NCAA
B Reilly	23.06	2/23 Pac10
B Babicz	23.48	2/23 Pac10
B Hardy	23.56	12/2 G Inv.
Andrews	23.70	2/23 Pac10
Tsai	23.82	1/27 USC

100 FREE

A: 49.49 B: 50.97

A E. Silver	48.47	3/18 NCAA
A Reilly	49.21	2/25 Pac10
B Tsai	49.88	12/4 G Inv.
B Chandler	50.05	2/25 Pac10
B Hardy	50.63	12/4 G Inv.
B Andrews	50.79	2/11 Stan.

200 FREE

A: 1:47.09 B: 1:50.30

A Reilly	1:44.63	3/17 NCAA
A Chandler	1:45.97	2/22 Pac10
B E. Silver	1:47.41	2/24 Pac10
B Andrews	1:48.82	2/11 Stan.
B Ridgeway	1:50.30	2/22 Pac10
Tsai	1:50.37	1/27 USC

500 FREE

A: 4:45.46 B: 4:54.02

A Reilly	4:41.51	3/16 NCAA
A Chandler	4:41.52	3/16 NCAA
B Ridgeway	4:51.01	12/2 G Inv.
Cotton	4:58.02	12/2 G Inv.
E. Silver	5:03.91	10/28 ND
Staubitz	5:04.49	12/2 G Inv.

1000 FREE

Chandler	9:45.32	2/11 Stan.
Reilly	10:05.45	11/11 UOP
Ridgeway	10:14.93	1/27 USC
Cotton	10:21.54	2/11 Stan.
La Rochelle	10:25.78	1/20 ASU
E. Silver	10:29.58	10/7 WSU

1650 FREE

A: 16:23.54 B: 16:53.04

Cotton	17:33.68	12/4 G Inv.
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100 FLY

A: 53.75 B: 55.36

A Toomey	53.71	2/24 Pac10
B Reilly	54.52	12/3 G Inv.
B Ridgeway	54.88	12/3 G Inv.
B Babicz	55.05	12/3 G Inv.
B Tsai	55.06	12/3 G Inv.
Staubitz	57.34	2/24 Pac10

200 FLY

A: 1:58.11 B: 2:01.65

A Ridgeway	1:56.94	3/18 NCAA
B Reilly	2:00.56	1/27 USC
B Toomey	2:00.99	2/25 Pac10
Babicz	2:02.06	11/11 UOP

Chandler	2:04.18	12/4 G Inv.
Staubitz	2:07.90	1/28 UCLA

100 BACK

A: 54.47 B: 56.10

A H Silver	53.35	3/17 NCAA
A Rogers	54.27	2/24 Pac10
B Pease	54.50	2/24 Pac10
B Tsai	54.78	12/3 G Inv.
Andrews	56.73	1/20 ASU
Staubitz	57.67	12/3 G Inv.

200 BACK

A: 1:58.24 B: 2:01.78

A H Silver	1:53.01	3/18 NCAA
A Rogers	1:56.74	3/18 NCAA
A Andrews	1:58.00	2/25 Pac10
B Tsai	1:59.05	12/3 G Inv.
B Pease	1:59.91	2/25 Pac10
La Rochelle	2:05.45	12/3 G Inv.

100 BREAST

A: 1:01.70 B: 1:03.86

A Hardy	59.51	12/3 G Inv.
A Babicz	1:01.02	2/11 Stan.
B Patterson	1:02.73	2/24 Pac10
O'Neal	1:04.94	2/11 Stan.
Heath	1:06.25	2/24 Pac10
Cotton	1:10.60	10/9 UI

200 BREAST

A: 2:13.65 B: 2:18.27

A Hardy	2:12.22	1/27 USC
A Babicz	2:13.51	2/11 Stan.
B Patterson	2:16.70	2/25 Pac10
O'Neal	2:20.34	2/25 Pac10
Heath	2:22.22	2/25 Pac10
Cotton	2:23.46	11/11 UOP

200 IM

A: 2:00.52 B: 2:04.29

A Ridgeway	2:00.08	3/16 NCAA
B H Silver	2:00.66	3/16 NCAA
B E Silver	2:01.23	2/23 Pac10
B Hardy	2:02.04	2/23 Pac10
B Tsai	2:03.48	12/2 G Inv.
B Rogers	2:03.85	2/23 Pac10

400 IM

A: 4:15.63 B: 4:23.60

B Ridgeway	4:15.80	3/17 NCAA
B Tsai	4:22.51	11/18 OSU
B Cotton	4:23.28	2/24 Pac10
La Rochelle	4:27.16	2/24 Pac10
E Silver	4:28.54	11/18 OSU
Patterson	4:29.03	12/3 G Inv.

200 FREE RELAY

A: 1:31.01 B: 1:33.74

B Total	1:31.59	12/2 G Inv.
Hardy	23.60	
Babicz	22.78	
H Silver	22.90	
E Silver	22.31	

Swimming in yards

400 FREE RELAY

A: 3:18.95 B: 3:24.91

A Total	3:17.44	12/4 G Inv.
Hardy	50.63	
Reilly	49.09	
Andrews	49.46	
E Silver	48.26	

800 FREE RELAY

A: 7:11.65 B: 7:24.59

A Total	7:07.38	3/17 NCAA
Chandler	1:47.38	
E Silver	1:46.84	
Rogers	1:47.89	
Reilly	1:45.27	

200 MEDLEY RELAY

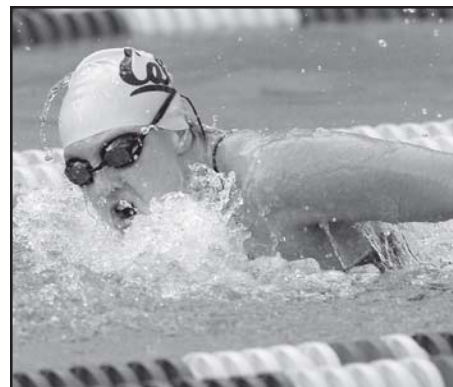
A: 1:39.75 B: 1:42.89

A Total	1:39.09	3/16 NCAA
Tsai	25.56	
Hardy	27.43	
Toomey	24.03	
E Silver	22.07	

400 MEDLEY RELAY

A: 3:38.32 B: 3:44.86

A Total	3:34.10	3/16 NCAA
H Silver	53.97	
Hardy	58.77	
Reilly	52.75	
E Silver	48.61	



Leann Toomey

DIVING

ONE METER

Prorok	253.42
Capsuto	248.03
Mulvey	237.07

THREE METER

Mulvey	268.49
Capsuto	253.20

PLATFORM

Capsuto	178.50
Prorok	156.40

Bold denotes current Cal athlete

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: 22.01, Natalie Coughlin, 2003
Cal Dual Meet: 22.68, **Emily Silver**, 2006
Spieker Aquatics Complex: 22.68, **Emily Silver**, 2006
2007 NCAA Qualifying Mark: 22.75

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
2007 NCAA Qualifying Mark: 49.49

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: 1:46.96, Stephanie Williams (Georgia), 2001
2007 NCAA Qualifying Mark: 1:47.09

500-YARD FREESTYLE

NCAA Record: 4:34.39, Janet Evans (Stanford), 1990
Pac-10: 4:34.39, Janet Evans (Stanford), 1990
California: 4:37.62, Natalie Coughlin, 2003
Cal Dual Meet: 4:42.71, Ashley Chandler, 2006
Spieker Aquatics Complex: 4:41.61, Natalie Coughlin, 2002
2007 NCAA Qualifying Mark: 4:45.46

1650-YARD FREESTYLE

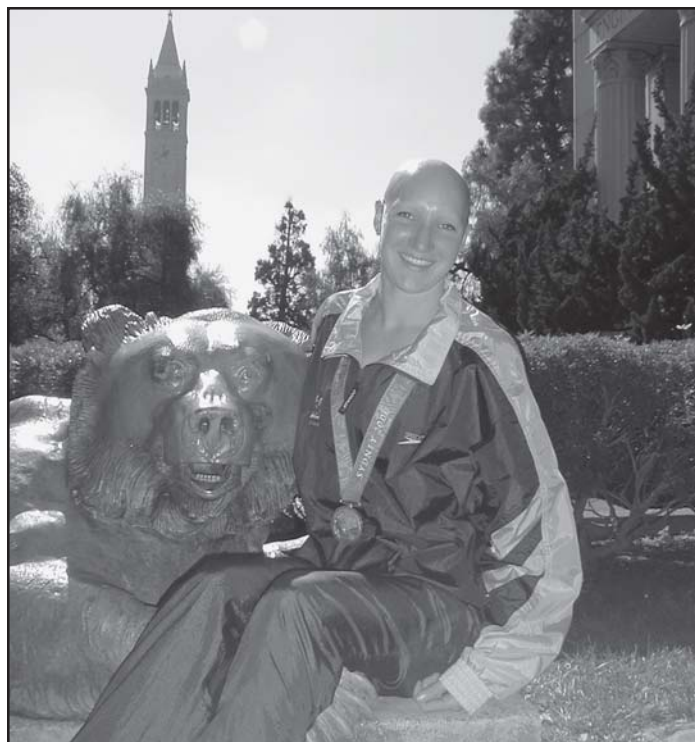
NCAA Record: 15:39.14, Janet Evans (Stanford), 1990
Pac-10: 15:39.14, Janet Evans (Stanford), 1990
California: 16:10.33, Sarah Anderson, 1988
Cal Dual Meet: 16:36.91, Cheryl Kriegsmann, 1987
Spieker Aquatics Complex: 16:25.31, Andrew Hayes (Texas), 1990
2007 NCAA Qualifying Mark: 16:23.54

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
2007 NCAA Qualifying Mark: 54.47

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: 1:57.03, Natalie Coughlin, 2001
Spieker Aquatics Complex: 1:57.02, Natalie Coughlin, 2002
2007 NCAA Qualifying Mark: 2:13.65



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

100-YARD BREASTSTROKE

NCAA Record: 58.41, Tara Kirk (Stanford), 2003
Pac-10: 58.41, Tara Kirk (Stanford), 2003
California: 59.51, **Jessica Hardy**, 2006
Cal Dual Meet: 1:00.21, **Jessica Hardy**, 2006
Spieker Aquatics Complex: 59.51, Tara Kirk (Stanford), 2001
2007 NCAA Qualifying Mark: 1:01.70

200-YARD BREASTSTROKE

NCAA Record: 2:07.36, Tara Kirk (Stanford), 2004
Pac-10: 2:07.13, Tara Kirk (Stanford), 2004
California: 2:11.34, Staciana Stitts, 2000
Cal Dual Meet: 2:11.98, Staciana Stitts, 2002
Spieker Aquatics Complex: 2:11.01, Tara Kirk (Stanford), 2003
2007 NCAA Qualifying Mark: 2:13.65

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: 51.88, Natalie Coughlin, 2003
Spieker Aquatics Complex: 51.88, Natalie Coughlin, 2002
2007 NCAA Qualifying Mark: 53:75

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, 2003
Cal Dual Meet: 1:56.71, Mary T. Meagher, 1986
Spieker Aquatics Complex: 1:55.03, Natalie Coughlin, 2003
2007 NCAA Qualifying Mark: 1:58.99



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

200-YARD INDIVIDUAL MEDLEY

NCAA Record: 1:53.91, Maggie Bowen (Auburn), 2002
Pac-10: 1:54.95, Natalie Coughlin, 2004
California: 1:54.95, Natalie Coughlin, 2004
Cal Dual Meet: 1:57.54, Natalie Coughlin, 2002
Spieker Aquatics Complex: 1:57.54, Natalie Coughlin, 2002
2007 NCAA Qualifying Mark: 2:00.52

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
2007 NCAA Qualifying Mark: 4:15.63

200-YARD MEDLEY RELAY

NCAA Record: 1:36.69, Auburn (Anderson, Swander, Hoelzer, Short), 2003
Pac-10: 1:37.77, Stanford (Ripple, Leatherwood, Hyman, Rose), 1999
California: 1:37.88, (Coughlin, Stitts, Becks, Henriques), 2002
Cal Dual Meet: 1:41.50 (Coughlin, Stitts, Griffith, Harper), 2003
Spieker Aquatics Complex: 1:41.08, Tsai, Hardy, Babicz, E. Silver, 2006
2007 NCAA Qualifying Mark: 1:39.49

400-YARD MEDLEY RELAY

NCAA Record: 3:31.45, Auburn (Coventry, Bowen, Hoelzer, Short), 2003
Pac-10: 3:31.74, Stanford (Wagner, T. Kirk, Ripple, Boutwell), 2002
California: 3:32.55 (Coughlin, Stitts, Henriques, Becks), 2002
Cal Dual Meet: 3:39.86 (Silver, Stitts, Coughlin, Becks), 2003
Spieker Aquatics Complex: 3:39.86, (H. Silver, Stitts, Coughlin, Becks), 2003
2007 NCAA Qualifying Mark: 3:38.02

200-YARD FREESTYLE RELAY

NCAA Record: 1:27.98, Arizona (Cashion, Gresdal, Turner, Kelly), 2006
Pac-10: 1:29.16, Arizona (Hosack, Kolbisen, Knapp, Farella), 1998
California: 1:30.03, (Coughlin, Stitts, Griffith, Harper), 2003
Cal Dual Meet: 1:33.04 (Kolbisen, Cope, Omphroy, Yeo), 2000
Spieker Aquatics Complex: 1:32.39, Hardy, Reilly, Andrews, E. Silver, 2006
2007 NCAA Qualifying Mark: 1:31.01

400-YARD FREESTYLE RELAY

NCAA Record: 3:12.77, Arizona (Cashion, Gresdal, Myers, Nymeyer), 2006
Pac-10: 3:15.69, Stanford (Edwards, Loveless, Jorgensen, Thompson), 1993
California: 3:16.21, (Coughlin, Becks, Bingaman, Harper), 2003
Cal Dual Meet: 3:19.75 (Kolbisen, Yeo, Omphroy, Chang), 1999
Spieker Aquatics Complex: 3:19.75, Kolbison, Yeo, Omphroy, Chang, 1999
2007 NCAA Qualifying Mark: 3:18.95

800-YARD FREESTYLE RELAY

NCAA Record: 7:00.25, Florida (Farrell, Burckle, Uhle, Retrum), 2005
Pac-10: 7:04.06, Stanford (Kraemer, Loveless, Jorgensen, Thompson), 1992
California: 7:07.38, (Chandler, E. Silver, Rogers, Reilly), 2006
Cal Dual Meet: 7:32.70 (Kolbisen, Omphroy, Minpraphal, Overton), 1997
Spieker Aquatics Complex: 7:23.95, Cooper, Dutcher, Hayes, Arris (Texas), 1990
2007 NCAA Qualifying Mark: 7:10.49

Bold denotes current Cal athlete



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

CAL'S ALL-TIME TOP 10

50-YARD
FREESTYLE

Natalie Coughlin 22.01 .. 2003
 Haley Cope 22.32 .. 2001
Emily Silver 22.39 .. 2006
 Adrienne Mattos 22.76 .. 1998
 Anya Kolbisen 23.01 .. 1999
 Michelle Harper 23.03 .. 2003
 Danielle Becks 23.04 .. 2002
 Nicole Omphroy 23.04 .. 1999
Erin Reilly 23.06 .. 2006
 Whitney Rockwell .. 23.10 .. 2003

100-YARD
FREESTYLE

Natalie Coughlin 47.00 .. 2003
Emily Silver 48.47 .. 2006
Erin Reilly 49.21 .. 2006
 Haley Cope 49.27 .. 2001
 Joscelin Yeo 49.54 .. 2000
 Marylyn Chiang 49.58 .. 1998
 Conny van Bentum 49.63 .. 1986
 Nicole Omphroy 49.81 .. 1999
 Anya Kolbisen 49.82 .. 1999
 Lauren Medina 49.84 .. 2005

200-YARD
FREESTYLE

Natalie Coughlin . 1:42.65 .. 2003
Erin Reilly 1:44.63 .. 2006
 Sarah Anderson 1:45.83 .. 1991
 Ashley Chandler 1:45.97 .. 2006
 Lauren Medina ... 1:46.28 .. 2005
 Conny van Bentum 1:46.35 .. 1986
 Mary T. Meagher 1:46.56 .. 1987
Emily Silver 1:46.71 .. 2005
 Lisa Meyers 1:47.20 .. 1987
 Danielle Becks 1:47.22 .. 2002

500-YARD
FREESTYLE

Natalie Coughlin . 4:37.62 .. 2003
 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
 Heather Reagan . 4:45.63 .. 1990
 Lisa Summers 4:46.37 .. 1990
 Lauren Medina ... 4:46.52 .. 2005
 Ashley Whitney .. 4:46.77 .. 2002

1000-YARD
FREESTYLE

Ashley Chandler 9:45.32 .. 2006
 Sarah Anderson 9:46.08 .. 1991
 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
 Kate Tiedeman ... 9:56.01 .. 2004
 Sonya Nimtz 9:57.23 .. 1993

1650-YARD
FREESTYLE

Sarah Anderson 16:10.33 .. 1988
 Ashley Chandler 16:13.64 .. 2004
 C. Kriegsmann 16:14.50 .. 1987
 Lisa Meyers 16:20.23 .. 1988
 Katie Welch 16:22.77 .. 1990
 Lisa Murray 16:24.60 .. 1999
Erin Reilly 16:25.95 .. 2005
 Ashley Whitney 16:26.81 .. 2002
 Kate Tiedeman . 16:27.32 .. 2004
 Kristin Imwalle .. 16:31.82 .. 1996

100-YARD
BACKSTROKE

Natalie Coughlin 49.97 .. 2002
 Marylyn Chiang 52.36 .. 1999
 Haley Cope 53.06 .. 2001
 Helen Silver 53.35 .. 2006
 Alice Henriques 54.18 .. 2002
Lauren Rogers 54.27 .. 2006
 Lara Pease 54.50 .. 2006
Sherry Tsai 54.75 .. 2005
Emily Verdin 55.13 .. 2005
 Akiko Thomson 55.27 .. 1994

200-YARD
BACKSTROKE

Natalie Coughlin . 1:49.52 .. 2002
 Helen Silver 1:53.01 .. 2006
 Anna Simcic 1:56.24 .. 1995
 Marylyn Chiang .. 1:56.30 .. 1997
 Alice Henriques . 1:56.32 .. 2002
Lauren Rogers 1:56.74 .. 2006
 Kyoko Yokouchi . 1:57.14 .. 2002
 Larissa Herold ... 1:57.20 .. 1993
Emily Verdin 1:57.25 .. 2005
Lauren Andrews 1:58.00 .. 2006

100-YARD
BREASTSTROKE

Jessica Hardy 59.51 .. 2005
 Staciana Stitts 1:00.30 .. 2003
Annie Babicz 1:01.02 .. 2006
 Hiroko Nagasaki . 1:01.98 .. 1988
 Hanna Jaltner 1:02.52 .. 1998
 G. Patterson 1:02.54 .. 2005
 Erin Calder 1:02.84 .. 2004
 Elli Overton 1:02.95 .. 2000
 Megan Doberneck 1:03.75 .. 1988
 Cindy Tuttle 1:03.76 .. 1985

200-YARD
BREASTSTROKE

Staciana Stitts 2:11.34 .. 2000
 Hiroko Nagasaki . 2:11.65 .. 1988
 Elli Overton 2:12.16 .. 2000
Jessica Hardy .. 2:12.22 .. 2006
Annie Babicz 2:13.51 .. 2006
 Marcelle Miller 2:14.64 .. 2004
 Joscelin Yeo 2:14.97 .. 1999
 G. Patterson 2:16.70 .. 2006
 Amy Clark 2:16.72 .. 1987
 Cindy Tuttle 2:16.98 .. 1985

100-YARD
BUTTERFLY

Natalie Coughlin 50.01 .. 2002
 Marylyn Chiang 52.40 .. 1999
 Mary T. Meagher 52.42 .. 1987
 Joscelin Yeo 52.83 .. 1999
 Haley Cope 53.28 .. 1999
Leann Toomey 53.71 .. 2006
 Conny van Bentum 54.01 .. 1986
 Michelle Branchaud 54.06 .. 1987
 Amy Simpson 54.37 .. 2005
 Waen Minpraphal ... 54.37 .. 2000

200-YARD
BUTTERFLY

Natalie Coughlin . 1:51.91 .. 2003
 Mary T. Meagher 1:54.52 .. 1986
Rachel Ridgeway .. 1:56.94 .. 2006
 Joscelin Yeo 1:57.27 .. 1999
 Elli Overton 1:57.64 .. 1998
 Trina Radke 1:58.08 .. 1991
Erin Reilly 1:58.11 .. 2004
 Waen Minpraphal 1:58.57 .. 1998
 Natalie Griffith 1:59.92 .. 2004
 S. Hermann 2:00.66 .. 2000

200-YARD
INDIVIDUAL MEDLEY

Natalie Coughlin . 1:54.95 .. 2004
 Joscelin Yeo 1:57.14 .. 2000
 Elli Overton 1:57.37 .. 2000
 Marylyn Chiang .. 1:57.83 .. 1999
 Helen Silver 1:59.93 .. 2005
 Natalie Griffith 2:00.07 .. 2004
Rachel Ridgeway .. 2:00.08 .. 2006
 Waen Minpraphal 2:00.35 .. 1998
 Staciana Stitts 2:00.42 .. 2000
 Lisa Summers 2:00.56 .. 1992

400-YARD
INDIVIDUAL MEDLEY

Elli Overton 4:11.52 .. 2000
 Natalie Coughlin . 4:11.76 .. 2003
 Waen Minpraphal 4:13.78 .. 1999
 Kyoko Yokouchi . 4:14.93 .. 2002
 Carol Felton 4:15.02 .. 1990
 Natalie Griffith 4:15.54 .. 2004
Rachel Ridgeway .. 4:15.80 .. 2006
 Larissa Herold 4:16.83 .. 1994
 Lisa Meyers 4:18.12 .. 1987
 Amy Ng 4:18.18 .. 2002

200-YARD
MEDLEY RELAY

Natalie Coughlin, Staciana Stitts,
 Alice Henriques, Danielle Becks
 1:37.88, 2002

400-YARD
MEDLEY RELAY

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

200-YARD FREE
RELAY

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

400-YARD FREE
RELAY

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

800 FREESTYLE
RELAY

Ashley Chandler, **Emily Silver**,
Lauren Rogers, Erin Reilly,
 7:07.38, 2006

ONE-METER
DIVING-DUAL

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

ONE-METER
DIVING-
CHAMPIONSHIP

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

3-METER DIVING-
DUAL

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

3-METER DIVING-
CHAMPIONSHIP

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

PLATFORM
DIVING-
CHAMPIONSHIP

Jill Campbell 360.30 .. 1990
 Bobbi Hamilton 274.15 .. 1997

Bold denotes current Cal
 athlete

GOLDEN BEAR HONORS

OLYMPICS

Hui-Chien Chang, Taiwan 1988
 Kim Chen, Taiwan 1988
 Haley Cope, United States 2004
 Natalie Coughlin, United States 2004
 Hanna Jaltner, Sweden, 1996
 Helen Jameson, Great Britain 1980
 Lene Jenssen, Norway 1976 1980
 Agneta Martensson, Sweden 1980, 1984
**Teri McKeever (assistant coach),
 United States 2004**
 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
 Anna Simcic, New Zealand 1992, 1996
 Staciana Stitts, United States 2000
 Akiko Thomson, Philippines 1988,
 1992, 1996
Sherry Tsai, Hong Kong 2000, 2004
 Conny van Bentum, The Netherlands
 1980, 1984, 1988
Dana Vollmer, United States 2004
 Ashley Whitney, United States 1996
 Joscelyn Yeo, Republic of Singapore
 1992, 1996

PAN PACIFIC CHAMPIONSHIPS (2006)

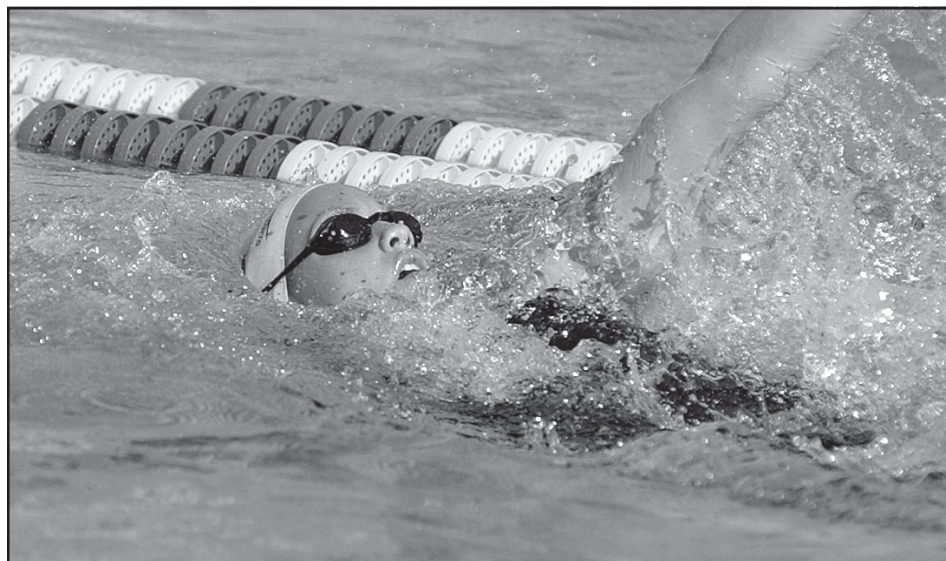
Teri McKeever, USA Head Coach
 Natalie Coughlin, United States
Jessica Hardy, United States
Dana Vollmer, United States
Sherry Tsai, Hong Kong

WORLD UNIVERSITY GAMES

Michelle Branchaud, United States 1987
 Ashley Chandler, United States 2005
 Sheila Conway, United States 1991
 Helen Jameson, Great Britain 1983
 Cheryl Kriegsmann, United States 1987
 Mary T. Meagher, United States 1985
 Lauren Medina, United States 2005
 Lisa Meyers, United States 1987
 Elli Overton, Australia 1997
Sherry Tsai, Hong Kong 2005
 Cindy Tuttle, United States 1981
 Conny van Bentum, The Netherlands
 1985

NCAA SWIMMER OF THE YEAR

2001 Natalie Coughlin
 2002 Natalie Coughlin
 2003 Natalie Coughlin



Helen Silver

PAC-10 SWIMMERS OF THE YEAR

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

NCAA CHAMPIONS

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

800-meter free relay (Natalie
 Coughlin, **Erin Reilly**,
 Ashley Chandler, Lauren
 Medina)

2006 **Jessica Hardy**, 100 Breast
 Helen Silver, 200 Back

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

PAC-10 ALL-ACADEMIC TEAM

Katie Aldworth, 1999
 Keiko Amano, 2003, 2004, 2005
 Sarah Anderson, 1991
Annie Babicz, 2006
 Katy Banks, 2006
 Danielle Becks, 2002, 2004
 Katie Bell, 1994
 Alyson Borawski, 2003
 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
 Natalie Coughlin, 2002, 2003, 2004
 Pippa Downes, 1991, 1992
 Christina Flynn, 2001, 2002, 2003
 Amy Gosling, 1992
 Melissa Graviss, 1991, 1992
 Natalie Griffith, 2002, 2003, 2004
 Michelle Harper, 2003
 Alice Henriques, 2000, 2002
 Stephanie Hermann, 1999, 2000
 Larissa Herold, 1995, 1996
 Kristin Imwalle, 1997, 1999
 Hanna Jaltner, 1999, 2000
 Carrie Johnson, 1996
 Giana Johnson, 1997
 Liah Kim, 2001
 Anya Kolbisen, 1999, 2000
 Lila Korpell, 2005
 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 Nimtz, 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
 Kelly Sanders, 2005
 Jacqui Schoppe, 2000
 Emily Schum, 2001
 Anna Simcic, 1995
 Amy Simpson, 1999, 2000
Nadia Staubit, 2006
 Staciana Stitts, 2001, 2002, 2003
Kelly Stravers, 2006
 Lisa Summers, 1991, 1992, 1993
 Kate Tiedeman, 2005
 Amy Vastine, 1997
 Alicia Walker, 1991



Sherry Tsai

Katie Welch, 1991, 1992
 Jamie Westoby, 2001
 Kyoko Yokouchi, 2002

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

MOST IMPROVED

Kristina Burow, 1993
 Akiko Thomson, 1994
 Katie Reding & Erin Jesfeld, 1995
 Kristin Imwalle, 1996
 Anya 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

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

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

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

MOST OUTSTANDING DIVER

Lila Korpell, 2005
 Katelyn Prorok, 2006

COACHES' AWARD (DIVING)

Tara Capsuto, 2005
 Tara Capsuto, 2006

Bold denotes current Cal athlete

NATIONAL TEAM FINISHES

Year	Nat'l Finish	Conference Finish	Dual Record	Coach
1978-79	23rd	AIAW 2nd Nor-Cal	6-2	Karen Moe Thornton
1979-80	10th	AIAW 2nd Nor-Cal	5-4	Karen Moe Thornton
1980-81	10th	AIAW 1st Nor-Cal	6-4	Karen Moe Thornton
1981-82	4th	AIAW 2nd Nor-Cal	5-3	Karen Moe Thornton
1982-83	12th	NCAA 1st Nor-Pac	5-6	Karen Moe Thornton
1983-84	12th	NCAA 1st Nor-Pac	5-5	Karen Moe Thornton
1984-85	4th	NCAA 1st Nor-Pac	7-3	Karen Moe Thornton
1985-86	4th	NCAA 1st Nor-Pac	7-2	Karen Moe Thornton
1986-87	4th	NCAA 5th Pac-10	8-2-1	Karen Moe Thornton
1987-88	4th	NCAA 2nd Pac-10	8-2	Karen Moe Thornton
1988-89	5th	NCAA 2nd Pac-10	6-3	Karen Moe Thornton
1989-90	4th	NCAA 2nd Pac-10	7-3	Karen Moe Thornton
1990-91	4th	NCAA 2nd Pac-10	8-1	Karen Moe Thornton
1991-92	11th	NCAA 4th Pac-10	6-3	Karen Moe Thornton
1992-93	15th	NCAA 3rd Pac-10	6-3	Teri McKeever
1993-94	21st	NCAA 5th Pac-10	6-6	Teri McKeever
1994-95	28th	NCAA 6th Pac-10	7-7	Teri McKeever
1995-96	17th	NCAA 5th Pac-10	9-5	Teri McKeever
1996-97	9th	NCAA 4th Pac-10	13-4	Teri McKeever
1997-98	8th	NCAA 4th Pac-10	12-2	Teri McKeever
1998-99	5th	NCAA 3rd Pac-10	11-3	Teri McKeever
1999-00	4th	NCAA 3rd Pac-10	8-2	Teri McKeever
2000-01	7th	NCAA 5th Pac-10	6-3	Teri McKeever
2001-02	8th	NCAA 4th Pac-10	7-2	Teri McKeever
2002-03	8th	NCAA 5th Pac-10	8-3	Teri McKeever
2003-04	6th	NCAA 4th Pac-10	9-0	Teri McKeever
2004-05	8th	NCAA 3rd Pac-10	9-2	Teri McKeever
2005-06	4th	NCAA 5th Pac-10	11-0	Teri McKeever

28 years

Five titles

211-85-1

KAREN MOE HUMPHREYS

Karen Moe Humphreys (Thornton) led the Bears from 1978-92, producing an 83-40-1 (.673) dual meet record and establishing California as one of the nation's top



swimming programs. Under her leadership, the Bears won five conference titles and placed fifth or better in the NCAA Championship eight times.

CAL RESULTS FROM LAST 10 NCAA CHAMPIONSHIPS

1997

(9th place – 148.0 points)

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

1998

(8th place – 237.0 points)

Elli Overton: 200 fly - 1:57.73, 2nd; 200 IM - 1:58.38, 2nd; 400 IM - 4:15.60, 6th
Marylyn Chiang: 100 back - 53.59, 3rd; 200 IM - 1:58.95, 4th; 200 back - 1:58.59, 7th
Waen Minpraphal: 200 fly - 1:59.14, 6th; 100 fly - 54.54, 12th

Hanna Jaltner: 100 breast - 1:02.52, 12th
Haley Cope: 100 back - 55.82, 16th
Adrienne Mattos: 50 free - 22.97, 16th
Chiang/Jaltner/Minpraphal/Omphroy: 200 medley relay - 1:40.91, 5th
Chiang/Jaltner/Minpraphal/Kolbisen: 400 medley relay - 3:38.83, 5th
Chiang/Cope/Kolbisen/Omphroy: 400 free relay - 3:18.98, 6th
Overton/Chiang/Omphroy/Kolbisen: 800 free relay - 7:14.15, 6th
Mattos/Cope/Kolbisen/Omphroy: 200 free relay - 1:30.96, 10th

1999

(5th place – 315.0 points)

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

Nicole Omphroy: 100 free - 50.02, 13th
Alice Henriques: 200 back - 2:00.05, 15th
Chiang/Cope/Kolbisen/Yeo: 400 free relay - 3:16.56, 2nd
Cope/Yeo/Chiang/Mattos: 200 medley relay - 1:39.76, 3rd
Yeo/Murray/Kolbisen/Omphroy: 800 free relay - 7:14.33, 4th
Chiang/Jaltner/Yeo/Kolbisen: 400 medley relay - 3:37.48, 4th
Kolbisen/Chiang/Mattos/Omphroy: 200 free relay - 1:30.69, 5th

2000

(4th place – 311.5 points)

Staciana Stitts: 100-meter breast - 1:06.79, 2nd; 200-meter breast - 2:25.02, 3rd
Haley Cope: 100-meter back - 59.17, 2nd; 100-meter fly - 59.70, 6th
Elli Overton: 200-meter IM - 2:10.74, 2nd; 200-meter breast - 2:27.88, 5th; 400-meter IM - 4:40.88, 6th
Joscelin Yeo: 100-meter fly - 58.82, 3rd; 200-meter IM - 2:13.09, 5th; 200-meter fly - 2:12.45, 7th

Alice Henriques: 200-meter back - 2:12.21, 13th
 Waen Minpraphal: 100-meter fly - 1:01.61, 14th
 Cope/Stitts/Minpraphal/Yeo: 200-meter medley relay - 1:49.23, 1st
 Kolbisen/Cope/Omphroy/Yeo: 200-meter free relay - 1:40.18, 1st
 Cope/Stitts/Yeo/Omphroy: 400-meter medley relay - 3:58.62, 3rd
 Kolbisen/Cope/Omphroy/Yeo: 400-meter free relay - 3:39.88, 4th
 Kolbisen/Omphroy/Murray/Overtton: 800-meter free relay - 8:08.97, 10th

2001

(7th place – 248 points)

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

2002

(8th place – 245 points)

Natalie Coughlin: 100 fly - 50.01, 1st; 100 back - 49.97, 1st; 200 back - 1:49.52, 1st
 Alice Henriques: 200 back - 1:56.32, 6th; 100 back - 54.84, 13th
 Staciana Stitts: 100 breast - 1:00.40, 4th
 Kyoko Yokouchi: 400 IM - 4:16.32, 14th

Coughlin/Becks/Harper/Stitts: 200 free relay - 1:30.13, 4th
 Harper/Coughlin/Becks/Stitts: 400 free relay - 3:17.52, 5th
 Becks/Whitney/Medina/Burden: 800 free relay - 7:16.08, 9th
 Coughlin/Stitts/Henriques/Becks: 200 medley relay - 1:37.88, 2nd
 Coughlin/Stitts/Henriques/Becks: 400 medley relay - 3:32.55, 2nd

2003

(8th place – 215 points)

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

2004

(6th place - 235.5 points)

Annie Babicz: 100-meter Breast - 1:09.12, 15th
 Ashley Chandler: 200-meter Free - 1:57.99, 4th; 400 Free - 4:05.89, 4th
 Natalie Coughlin: 100-meter Fly - 56.88, 1st; 100 Back - 57.51, 1st; 200 Back - 2:06.54, 3rd
 Natalie Griffith: 200-meter IM - 2:13.80, 13th
 Lauren Medina: 200-meter Free - 1:58.81, 11th
 Erin Reilly: 200-meter Fly - 2:11.98, 12th; 1500 Free - 16:12.96, 14th
 Helen Silver: 100-meter Back - 1:00.85, 11th

Coughlin, **Reilly**, Chandler, Medina: 800-meter free relay - 7:50.94, 1st
 Coughlin, Becks, Burden, Medina: 400-meter free relay - 3:40.31, 3rd
 Coughlin, Becks, Amano, Palsson: 200-meter free relay - 1:41.36, 7th
 Silver, **Babicz**, Coughlin, Becks: 400-meter medley relay - 4:02.49, 7th
 Silver, **Babicz**, Palsson, Becks: 200-meter medley relay - 1:53.42, 14th

2005

(8th place – 149 points)

Emily Silver: 100 Freestyle - :48.73, 4th
 Lauren Medina: 200 Freestyle - 1:46.28, 5th
Erin Reilly: 200 Freestyle - 1:46.61, 12th; 1650 Freestyle - 16:25.95, 19th
 Helen Silver: 200 Backstroke - 1:55.88, 9th
Emily Verdin: 200 Backstroke - 1:58.02, 15th
Annie Babicz: 100 Breaststroke - 1:02.37, 16th
 Ashley Chandler: 500 Freestyle – 4:43.33, 9th
E. Silver, Tsai, Andrews, H. Silver: 200 Free Relay - 1:31.17, 9th
 Medina, **Tsai**, Andrews, **E. Silver**: 400 Free Relay - 3:18.48, 6th
E. Silver, Chandler, **Reilly**, Medina: 800 Free Relay - 7:07.87, 5th
 H. Silver, **Toomey, Babicz, E. Silver**: 400 Medley Relay 3:40.70, 8th

2006

(4th place – 291 points)

Emily Silver: 50 freestyle, 22:39, 6th; 100 free, 48.47, 3rd
Erin Reilly: 100 free, 49.40, 13th; 200 free, 1:44.63, 2nd; 500 free, 4:41.84, 3rd
 Ashley Chandler: 200 free, 1:47.39, 8th; 500 free, 4:48.97, 8th
 Helen Silver: 100 back, 53.35, 9th; 200 back, 1st, 1:53.01; 200 IM, 2:00.66, 15th.
Lauren Rogers: 200 back, 1:56.74, 9th
Jessica Hardy: 100 breast, 1:00.02, 1st
Annie Babicz: 100 breast, 1:01.72, 11th
Rachel Ridgeway: 200 butterfly, 1:59.79, 8th; 200 IM, 2:00.37, 12th; 400 IM, 4:18.26, 14th
Tsai, Reilly, Andrews, E. Silver: 400 free relay, 3:17.49, 6th
 Chandler, **E. Silver, Rogers, Reilly**: 800 free relay, 7:07.38, 4th
Tsai, Hardy, Toomey, E. Silver: 200 medley relay, 1:39.09, 4th
 H. Silver, **Hardy, Reilly, E. Silver**: 400 medley relay, 3:34.10, 3rd



Jessica Hardy (left) on the medal stand after winning a silver medal in the 50-meter breaststroke at the 2005 World Championships in Montreal.

***Bold** denotes current Cal athlete
 Events in yards unless otherwise noted*

CALIFORNIA ALL-TIME ALL-AMERICANS

Keiko Amano 2004
 Sarah Anderson 1988-91
Lauren Andrews 2005-06
Annie Babicz 2004-05, 2006*
 Danielle Becks 2001-04
 Katie Bell 1992*
 Leslie Bell 1981-82
 Cheryl Anne Bingaman 2003
 Michelle Bird 1985
 Michelle Branchaud 1985-88
 Micha Burden 2002*, 2004
 Kyrsten Burr 1986-87
 Alice Cantwell 1992*
 Ashley Chandler 2004-06
 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*
 Carol Felton 1988-91
 Mitsi Fukushima 1986-88
 Kathleen Graham 1982
 Melissa Graviss 1991
 Natalie Griffith 2001*, 2003
 Leslie Grimley 1981
 Amity Hall 1994*
Jessica Hardy 2006
 Brooke Hanley 1990

Michelle Harper 2001-03
 Alice Henriques 1999-01*, 02
 Betsy Henry 1981
 Larissa Herold 1993-94, 96*
 Kristin Imwalle 1996*
 Hanna Jaltner 1998-99
 Helen Jameson 1984-86
 JoAnna Jensen 1991
 Lene Jenssen 1981
 Anya Kolbisen 1997-00
 Brigit Kress 1981
 Cheryl Kriegsmann 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, 2005
 Wendi Meyer 1981
 Lisa Meyers 1987-89
 Waen Minpraphal 1997-00
 Lorenza Munoz 1990-91*
 Joyce Murphy 1991-92
 Lisa Murray 1999-00
 Hiroko Nagasaki 1988
 Sonya Nimtz 1992-93
 Nicole Omphroy 1997-00
 Elli Overton 1997-98, 00
 Emma Palssson 2004
 Lisa Pereira 1985-88
 Trina Radke 1990-91, 93

Heather Reagan 1990-92
Erin Reilly 2004-06
 Tricia Renner 1982
Rachel Ridgeway 2006
 Whitney Rockwell, 2003
Lauren Rogers 2006
 Sharon Scott 1990-92
Emily Silver 2005-06
 Helen Silver 2003-06
 Anna Simcic 1994-95
 Julie Smith 1991
 Sandy Spelman 1982
 Staciana Stitts 2000-03
 Lisa Summers 1990-93
 Akiko Thomson 1994*, 96*

Amy Tidball 1988-91
Leann Toomey 2005
Sherry Tsai 2005-06
 Cindy Tuttle 1982-85
 Conny van Bentum 1985-86
Emily Verdin 2005
 Alicia Walker 1988-91
 Amy Walker 1993
 Ann Walker 1988
 Katie Welch 1989-90, 92
 Ashley Whitney 2002*
 Lynn Wittstock 1982, 84
 Kristin Winn 1989
 Joscelin Yeo 1999-00
 Kyoko Yokouchi 2001-02*

Bold denotes current Cal athlete

* denotes honorable mention All-American.

Listing includes athletes from 1976-77 through 2005-06



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

SERIES RECORDS

Opponent	Series	Last Mtg.	Winner	Score
Arizona	15-8	1/21/06	Cal	178-122
Arizona State	14-10-1	1/20/06	Cal	167-90
Auburn	1-0	10/20/98	Cal	184-78
Brigham Young	4-0	11/20/98	Cal	162-134
British Columbia	1-0	10/2/04	Cal	128-17
Brown	1-0	1/18/84	Cal	76-64
CS Hayward	4-0	12/9/78	Cal	81-60
CS Northridge	1-0	11/9/91	Cal	93-20
Calgary	2-0	1/8/82	Cal	61-33
Cal Poly SLO	1-0	12/18/86	Cal	126-58
Chico State	2-0	1/29/77	Cal	86-59
Clemson	1-0	11/2/02	Cal	171-107
Colorado State	2-0	1/11/85	Cal	forfeit
Fresno State	21-1	11/15/03	Cal	166-100
Florida State	1-0	10/22/04	Cal	147-126
Georgia	0-3	11/1/02	UGA	163-129
Harvard	1-0	12/15/94	Cal	163-135
Humboldt State	2-0	11/16/74	Cal	95-69
Idaho	1-0	10/8/05	Cal	170-84
Illinois	1-0	11/4/95	Cal	237.5-102.5
Long Beach State	2-0	1/12/84	Cal	110-29
Michigan	3-1	10/27/05	Mich.	167-128
Nevada	7-2	11/19/99	Cal	168.5-127.5
Notre Dame	1-0	10/28/05	ND	156.5-141.5
Ohio State	1-0	12/13/86	Cal	63-33
Oregon State	7-0	11/18/05	Cal	167-91

Pacific	23-2	11/11/05	Cal	155-99
Penn State	0-1	11/4/95	PSU	182-165
Pepperdine	1-0	11/8/98	Cal	180.5-117.5
Rice	2-0	11/17/02	Cal	146-105
Sacramento State	3-0	2/1/79	Cal	88-43
San Diego State	4-0	1/7/98	Cal	105-76
San Francisco State	4-0	1/27/79	Cal	108-38
San Jose State	23-1	11/12/04	Cal	162-108
Santa Clara	1-0	11/17/76	Cal	118-20
South Carolina	1-0	11/4/00	Cal	135-122
Southern Illinois	0-1	1/14/83	SIU	92-57
Stanford	4-29	2/11/06	Cal	169-131
Tennessee	0-1	10/20/94	UT	178-122
Texas	2-6	10/16/99	Cal	198-102
Texas A&M	1-0	11/15/97	Cal	177-121
UC Davis	13-1	11/12/94	Cal	177-112
UC Irvine	2-0	12/17/86	Cal	99-14
UCLA	15-10	1/28/06	Cal	154.5-145.5
UC San Diego	2-0	1/8/93	Cal	85-42
UC Santa Barbara	6-1	1/5/96	Cal	136.5-67.5
UNLV	2-0	1/10/99	Cal	181-117
USC	16-11	1/27/06	Cal	157-143
Villanova	1-0	1/13/96	Cal	195-67
Washington	3-1	10/1/04	Cal	141-116
Washington State	7-0	10/07/05	Cal	168-94

2006-07 opponents in **bold**

ALL-TIME CALIFORNIA ROSTER

Katie Aldworth 1996-99
 Shannon Alexander 1981
 Joan Allen 1983
 Lynn Almi 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-
 Regina Arnold 1981-82
 Lisa Arrighi 1978-80
Annie Babicz 2004-
 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
 Caroline Bethke 1983-86
 Mary Lee Bent 1974-76
 Cheryl Anne Bingaman 2003-04
 Karen Bird 1982
 Michelle Bird 1985-86
 Jenny Bissell 1991-92

Elizabeth Black 1974-76
 Alyson Brawski 2002-04
 Jeannette Bramhall 1978, 80
 Michelle Branchaud 1985-88
 Jenni Brelsford 1997-00
 Twila 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 Cancilla 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-
 Natalie Coughlin 2001-04
 Maria Crean 1980
 Lisa Criswell 1979
 Kelly Croft 1987-88
 Cathy Cunha 1977
 Pamela Davis 1982
 Ramey Dent 1982-85
 Talli Dent 1983-84
 Michelle dePfyffer 1984
 Margo Diamond 1997
 Marjorie Diegart 1987-88
 Megan Doberneck 1987-90
 Pippa Downes 1989-92
 Jennie Doyle 1991-92
 Julia Dragolovich 1976
 Krissy Drew 1986-89
 Mary Pat Douglass 1984
 Kiersten Dunbar 1986-87
 Courtney Duncan 1998
 Suzanne Edgar 1979
 Laura Ellison 1992-94
 Charlene Emmrich 1979
 Laura Falvey 1979
 Carol Felton 1988-91
 Cissy Fenton 1982-83
 Connie Fenton 1975
 Andi Finlay 1999, 01
 Christina Flynn 2000-03
 Darragh Flynn 1977
 Anne Forster 1984-86
 Kip Freytag 1985
 Missy Frost 1987
 Lisa Fuller 1978
 Mitsi Fukushima 1985-88
 Christine Galbavy 2002
 Laura Gallagher 1983
 Jan Garfinkle 1977
 Ann Garland 1980-81
 Janice Gillies 1977-80
 Christina Giovan 1997-99
 Olga Gishizky 1974
 Roxanne Goddard 1975
 Amy Gosling 1991-92
 Louise Gouin 1988-89
 Susan Gravenkemper 1984-85
 Melissa Graviss 1989-92
 Karie Gray 1995
 Candy Green 1977
 Dayna Green 1985
 Kathleen Graham 1981-83
 Laura Griffin 1978
 Natalie Griffith 2001-04
 Leslie Grimley 1981-83
 Nancy Guerrero 1978
 Janet Gulbransen 1976-77
 Amity Hall 1991-94
 Lisa Hall 1978
 Bobbi Hamilton 1997
 Brooke Hanley 1990
 Jeanne Hanson 1980
 Rita Happe 1976-77
Jessica Hardy 2006-
 Michelle Harper 2000-03

Kasey Harris 1999
 Pat Harwell 1978
 Chelsea Hastings 2001
 Janet Hauer 1987-90
 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
 Margie Hollister 1996-98
 Cindy Howard-Gibbon 1977
 Hilary Hubbard 1988-89
 Michelle Huggins 1978
 Anne Illgen 1994-95
 Kristin Imwalle 1996-99
 Elizabeth Jake 1974-75
 Hanna Jaltner 1998-00
 Helen Jameson 1984-86
 Andrea Jani 1995-96
 Jan Jensen 1979
 JoAnna Jensen 1991
 Lene Jenssen 1981
 Erin 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
 Susan Kigawa 1981
 Liah Kim 2000-01
 Diane King 1978
 Kristen Kircher 1974
 Terri Kirschbaum 1978-79
 Jennifer Klemme 2002
 Ann Knipstein 1988
 Kristi Knoblauch 1977
 Anya Kolbisen 1997-00
 Flora Kong 2003-04
 Lila Korpell 2004-05
 Eileen Kramer 1974
 Brigit Kress 1979-81
 Cheryl Kriegsman 1986-89
 Debbie Kuehn 1977-78
 Kristin Kuhlman 1987-90
 Kristen Kurher 1975
 Lydia Lambert 1983-84
Natalie La Rochelle 2006-
 Sherri Laudenslager 1981-84
 Lindsay Leaver 2000-01
 Jackie LeBreck 1985-86
 Beth Lee 1979
 Pam Lee 1977
 Beth Lemon 1987-89
 Edwina Lerner 1989-90
 Kathy Liniecki 1983
 Sandra Linke 1987
 Dena Lofthus 1997-00
 Kathy Long 1988-89
 Leslie Lonnberg 1982-85
 Katie Lowes 1997-00



Cornelia "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.

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
 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 Nimitz 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
 Lisa Pezzani 1990-91
 Kara Piantidosi 1992-94
 Susanne Piszkin 1986-87
 Emily Platt 1974
 Dale Polowski 1979
 Jenifer Porter 1983



Senior Annie Babicz

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-
 Tricia Renner 1982-84
 Michelle Reysa 1991-93
Rachel Ridgeway 2005-
 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-
 Helen Silver 2003-06
 Anna Simcic 1994-95
 Amy Simpson 1997-00
 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-
 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-
 Lisa Summers 1990-93
 Shelley Sweeney 1989
 Jill Symon 1981
 Cathy Szalay 1981-82, 1984
 Emmely Tanaka 2000-01
 Akiko Thomson 1993-96
 Laurie Thor 1977
 Amy Tidball 1988-91
 Kate Tiedeman 2003-06
 Jill Tirpack 1981-82
Leann Toomey 2005-

Myra Troske 1982
Sherry Tsai 2005-
 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
 Alicia Walker 1988-91
 Amy Walker 1993
 Ann Walker 1988-91
 Diane Wallace 1976
 Sharon Wallahan 1979
 Juli Walls 1992-93
 Michelle Weise 1984
 Katie Welch 1989-92
 Sara West 1993
 Jamie Westoby 2000-01
 Wendy Whelan 1994-97
 Lisa White 2000
 Ashley Whitney 2002
 Carol Wittstock 1976-77
 Lynn Wittstock 1981-84
 Diana Williams 1975-77
 Kristin Winn 1989-92
 Jo Wollschlaeger 1988
 Pia Wong 1985-86
 Niki Woodard 1995
 Karen Wyatt 1978
 Joscelin Yeo 1999-00
 Kyoko Yokouchi 2001
 Mellanie Yotsuya 1986
 Courtney Young 1993
 Becky Zepp 1982-83

Bold denotes current Cal athlete

The UNIVERSITY of CALIFORNIA

SIMPLY THE BEST

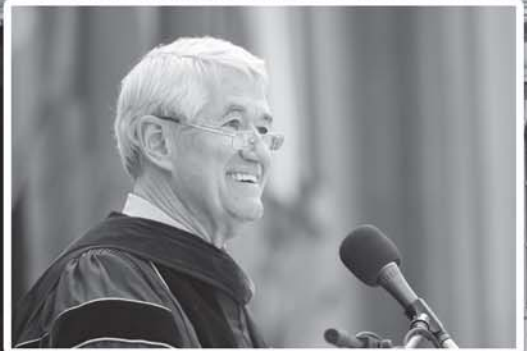
There is no other way to aptly describe America's top public university. There is no other way to describe one of the elite academic settings in the world – especially one that also includes one of America's most successful athletic departments.

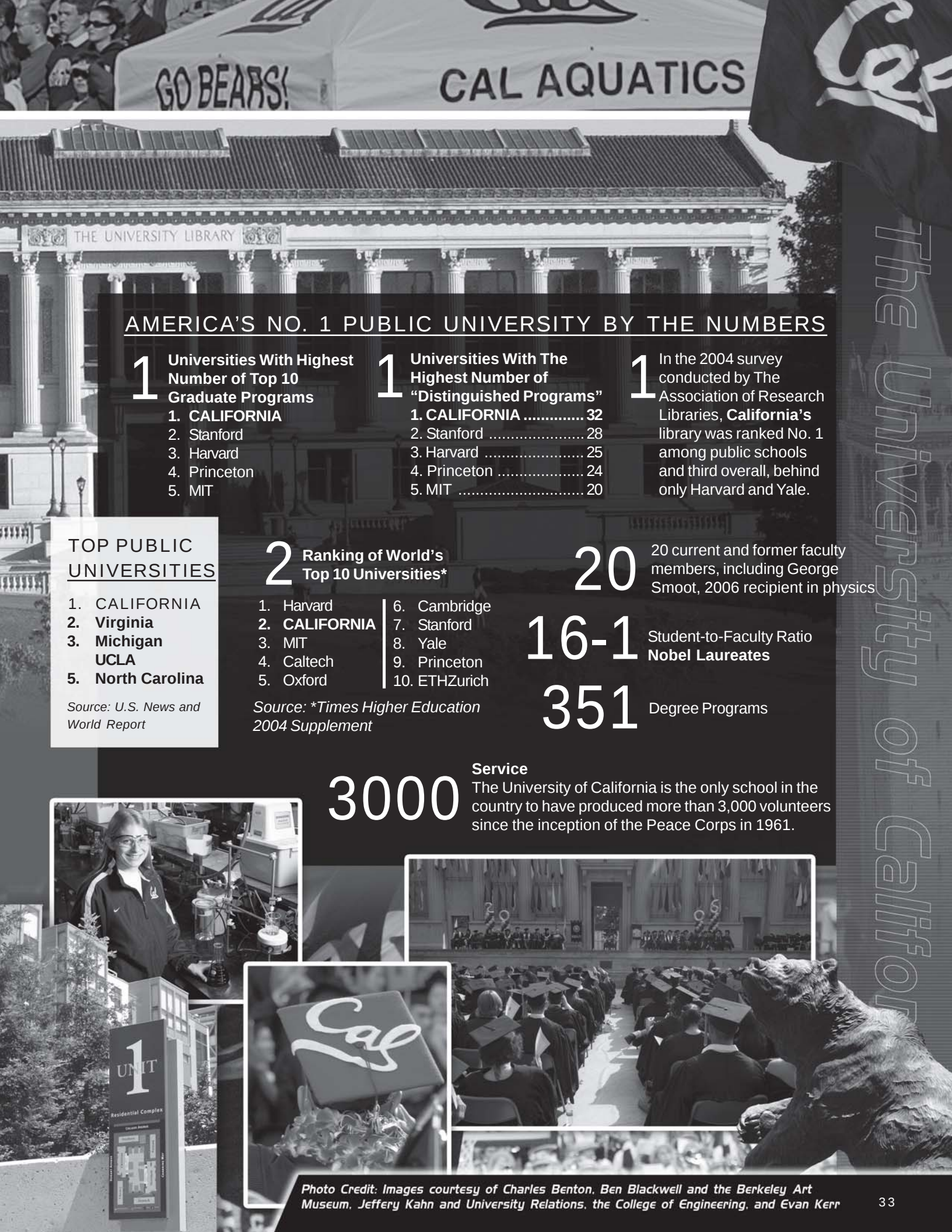
The University of California blends the best of all worlds. Overlooking the scenic San Francisco Bay and ranked as the nation's top public university by the *U.S. News and World Report*, the flagship campus of the state of California also features an athletic program that annually finishes among the 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 Association of Research Libraries with 9 million volumes in 18 campus libraries.

The faculty features seven Nobel Laureates, 128 members of the National Academy of Sciences, 16 MacArthur Fellows, 83 Fulbright Scholars, three Pulitzer Prize winners and more Guggenheim Fellows (139) than any other university in America.





The University of California

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. Michigan
- UCLA
5. North Carolina

Source: U.S. News and World Report

2 Ranking of World's Top 10 Universities*

- | | |
|---------------|----------------|
| 1. Harvard | 6. Cambridge |
| 2. CALIFORNIA | 7. Stanford |
| 3. MIT | 8. Yale |
| 4. Caltech | 9. Princeton |
| 5. Oxford | 10. ETH Zurich |

Source: *Times Higher Education 2004 Supplement

20

20 current and former faculty members, including George Smoot, 2006 recipient in physics

16-1

Student-to-Faculty Ratio
Nobel Laureates

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.



Photo Credit: Images courtesy of Charles Benton, Ben Blackwell and the Berkeley Art Museum, Jeffery Kahn and University Relations, the College of Engineering, and Evan Kerr

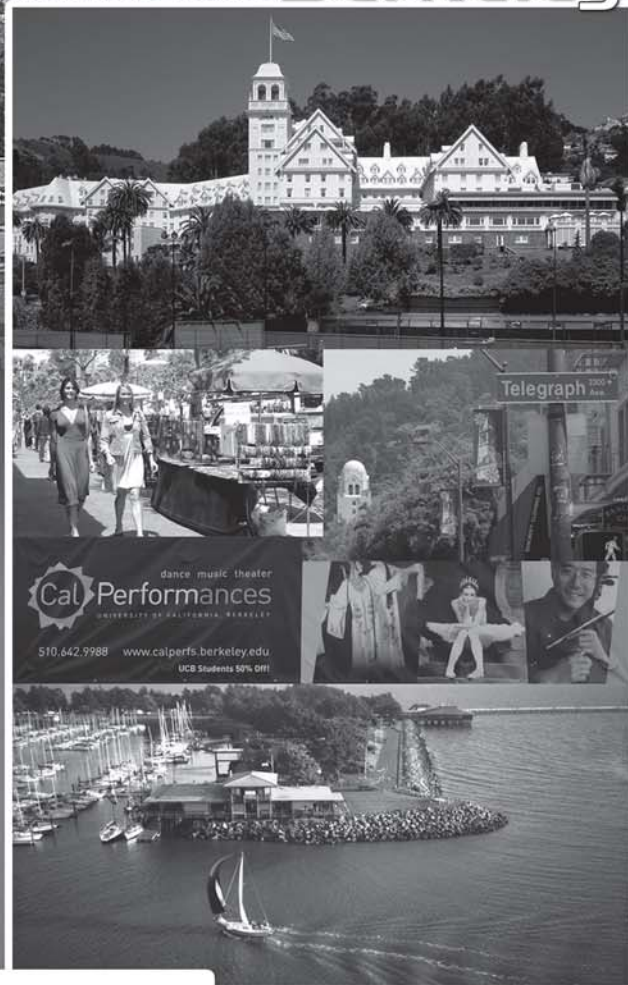
The BAY AREA and BEYOND

The San Francisco Bay Area is a major metropolitan area of approximately six million people and one of the most scenic regions in the United States. The Bay Area includes the major cities of San Francisco and Oakland, as well as Berkeley, home of the world-renowned University of California. Just south is the city of San Jose and the Silicon Valley, home to many of the world's high-tech companies. The Bay Area also lies within easy driving distance of the high Sierra resorts of Lake Tahoe and Yosemite, the Monterey/Carmel peninsula, the world famous Napa wine country, and the spectacular Mendocino Coast.

Everyone knows "The City" - San Francisco - from countless photographs, movies and television shows that capture its magic. It is a city built on a series of more than 40 hills, offering panoramic views of every kind. The hub of a nine-county complex and the financial and insurance capital of the world, San Francisco has a resident population of about 800,000. San Francisco is situated on a 46.6 square-mile peninsula bounded on the west by the Pacific Ocean, on the north by the Golden Gate strait, and from north to east by the San Francisco Bay. The City has been named the world's top city twice by readers of *Conde Nast Traveller* and the top U.S. city eight times since 1988.

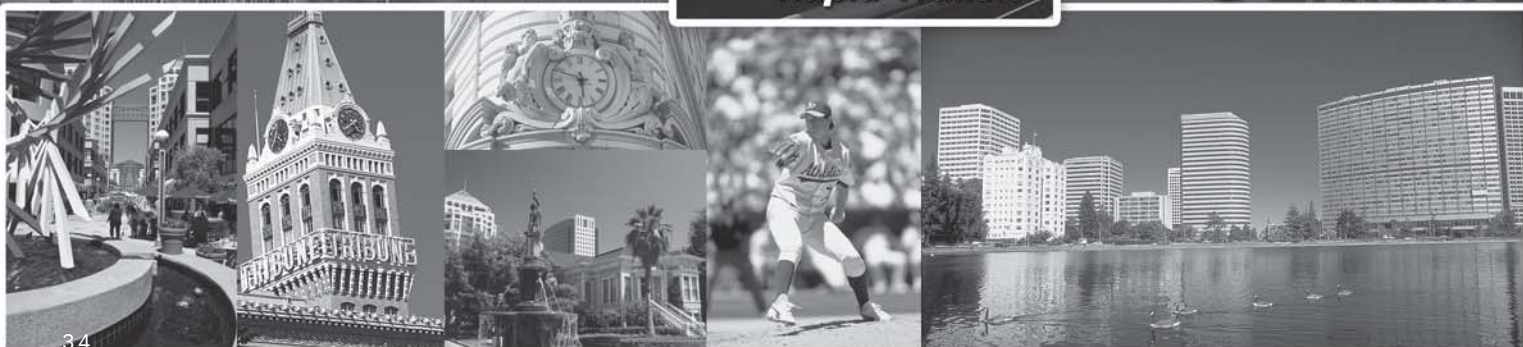
The San Francisco Bay is spanned by two landmarks, the Golden Gate and San Francisco-Oakland Bay bridges, and graced by four islands: Alcatraz, Angel, Yerba Buena and Treasure. The area is easily navigated by car, BART (Bay Area Rapid Transit), bus or ferry, making it easily accessible to all.

Berkeley



Bay Area Rapid Transit

Oakland



GO BEARS!

CAL AQUATICS

San Francisco



Golden Gate Bridge

TOP U.S. CITIES

1. San Francisco, CA
2. Santa Fe, NM
3. Charleston, SC
4. New York, NY
5. Chicago, IL
6. Honolulu, HI
7. New Orleans, LA
8. Carmel, CA
9. Savannah, GA
10. Boston, MA

Source: Conde Nast Traveller magazine, 2005 Readers' Choice Awards

Located across the Bay Bridge from San Francisco, Oakland is a city of 400,000, jam-packed with exciting attractions, stimulating arts, and an ideal climate. Oakland's charm exceeds its man-made wonders, as its tumbling hills, vast forests, hiking and riding trails, beautiful lakes and numerous parks provide a natural escape for those who prefer nature over an urban environment.

Berkeley, just a 12-mile drive from San Francisco, is situated on 18.8 square miles with a population of 103,000 people. A study in contrasts, Berkeley is a small town with a big-city character. With its world-renowned university, global population and rich diversity of cultural arts, Berkeley reflects and affects the rest of the country.

Sports fans can see it all in the Bay Area - professional football (San Francisco 49ers, Oakland Raiders), professional basketball (Golden State Warriors), professional baseball (San Francisco Giants, Oakland Athletics), professional hockey (San Jose Sharks), and outstanding collegiate competition.

Sources: S.F. Convention and Visitors Bureaus, Oakland Convention & Visitors Authority, Berkeley Convention and Visitors Bureau, and the California Trade and Commerce Agency.

California Beaches



Lake Tahoe



Yosemite National Park

Photo Credits: Images courtesy of Charles Benton, UC College of Engineering, The Claremont Resort & Spa, Barry Muniz, Michael Zagaris and the Oakland Visitors Bureau, Dan Williams, Jeff Engerbretson, Nathan Kendall, Johan Steiner, and Evan Kerr

ACADEMIC ACHIEVEMENT

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.

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 spacious 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 devote 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.



The Athletic Study Center staff (from left): Christine Lane, Keiko Price, Courtney Dolder, Derek Van Rheenen, Melanie Moonsamy, Joe Morello, Lucas Moosman, Richard DeShong and Laura Neustedter. At left, academic advisors meet one-on-one with student-athletes.