



CAL LEGEND: NATALIE COUGHLIN

NATALIE COUGHLIN - THE MOST DECORATED FEMALE SWIMMER OF ALL-TIME

JUST THE FACTS ...

Natalie Coughlin was just the third American woman to win five Olympic medals in a single Olympiad (at the 2004 Games in Athens), including a pair of Gold medals. She was also a member of the world record-setting 4x200m freestyle relay in those Games. At the 2007 World Championships, Coughlin broke her own five-year-old world record in the 100m backstroke with a time of 59.44. She is a 2002 USA Swimming Swimmer of the Year and a three-time NCAA Swimmer of the Year. As a three-time Sullivan Award finalist (nation's top amateur athlete), Coughlin is the first person since Tracy Caulkins (1978) to win five U.S. National titles at one meet (August 2002). She currently owns 22 international medals (10 gold), five individual world records, 16 individual American records and 13 U.S. National titles.

WORLD CHAMPIONSHIP SUCCESS

(WR = World Record, AR = American Record)

2007: Gold, 100m backstroke (WR); 800m freestyle relay (WR); Silver, 400m freestyle relay (AR); 400m medley relay; Bronze, 100m butterfly (AR); 4x100m freestyle relay (AR)

2005: Gold, 800m freestyle relay; Silver, 100m freestyle; 400m medley relay; Bronze, 100m backstroke; 400m freestyle relay

2003: Gold, 400m freestyle relay; Silver, 400m medley relay

2001: Gold, 100m backstroke; 800m freestyle relay (AR); Silver, 400m medley relay; Bronze, 50m backstroke

OLYMPIC SUCCESS

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 16 American, six NCAA and five current world 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)



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 still holds the school record for the 1,650-yard (16:10.33 in 1988)-the only freestyle category 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.). 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.



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.

In all, Chiang is a member of the Bears all-time Top 10 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 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.

2006-07 RESULTS

2006-07 FINAL SEASON RESULTS

(10-1 OVERALL, 5-1 PAC-10, 5-1 HOME, 5-0 ROAD)

Date	Opponent	W-L	Score	Record
10/12	at Northwestern	W	191-102	1-0
10/13	at Minnesota	W	188.5-108.5	2-0
10/27	San Jose State	W	204-84	3-0
10/28	Washington State*	W	158-102	4-0 (1-0)
11/3	Pacific	W	162-83	5-0 (2-0)
11/17	at UC Santa Barbara	W	142-95	6-0 (1-0)
12/1-3	at Georgia Invitational	2nd, 996 points	6-0 (1-0)	
1/12	at Arizona State*	W	194-99	7-0 (2-0)
1/13	at Arizona*	W	159-142	8-0 (3-0)
1/19	USC*	W	181-99	9-0 (4-0)
1/20	UCLA*	W	165-96	10-0 (5-0)
2/3	Stanford*	L	153-147	10-1 (5-1)

*Pac-10 opponent

Bold denotes home meet at Spieker Aquatics Complex

2007 PACIFIC-10 CONFERENCE CHAMPIONSHIPS

FEB. 14-17, 2007
BELMONT PLAZA
OLYMPIC POOL
LONG BEACH, CALIF.

FINAL TEAM STANDINGS

Team	Points
1. Arizona	1481.5
2. Stanford	1410
3. California	1355
4. UCLA	1024.5
5. USC	826
6. Arizona State	544
7. Oregon State	471
8. Washington	411
9. Washington State	378

Event Prelim Final

50-YARD FREESTYLE

1t. Dana Vollmer, Cal	22.57	22.05^
1t. Jackson, Ariz.	22.61	22.05^
5. Emily Silver, Cal	22.66	22.32
20. Lauren Rogers, Cal	23.32	23.25
23. Amanda Larson, Cal	23.51	23.37

100-YARD FREESTYLE

1. Emily Silver, Cal	48.80	48.16
4. Jessica Hardy, Cal	49.21	49.26
17. Amanda Larson, Cal	51.14	50.29

200-YARD FREESTYLE

1. Emily Silver, Cal	1:46.12	1:44.37
2. Erin Reilly, Cal	1:46.18	1:44.93
11. Lauren Andrews, Cal	1:49.14	1:48.87
13. Blake Hayter, Cal	1:49.94	1:49.53
16. Lauren Boyle, Cal	1:49.05	1:49.73

500-YARD FREESTYLE

1. Durot, Stan.	4:47.19	4:41.47
5. Blake Hayter, Cal	4:46.29	4:45.87

8. Erin Reilly, Cal	4:45.49	4:49.10
11. Lauren Boyle, Cal	4:50.57	4:48.14
18. Lauren Andrews, Cal	4:54.27	4:51.31

1650-YARD FREESTYLE

1. Nelson, UCLA	-	16:09.08
6. Blake Hayter, Cal	-	16:23.38
8. Lauren Boyle, Cal	-	16:33.35
19. Jenna Wesley, Cal	-	17:02.94

100-YARD BACKSTROKE

1. Lauren Rogers, Cal	53.99	53.48
9. Sherry Tsai, Cal	54.76	53.97
20. Emily Verdin, Cal	56.64	56.15

200-YARD BACKSTROKE

1. Smit, Stan.	1:57.01	1:54.88
3. Lauren Andrews, Cal	1:58.95	1:57.22
7. Heather White, Cal	1:58.99	1:59.62
10. Sherry Tsai, Cal	1:59.65	1:58.08
11. Lauren Rogers, Cal	1:59.91	1:58.70
18. Emily Verdin, Cal	2:03.12	2:00.65

100-YARD BREASTSTROKE

1. Jessica Hardy, Cal	1:00.08	59.56
8. Annie Babicz, Cal	1:02.44	1:02.20
9. Alexandra Ellis, Cal	1:02.89	1:02.15

200-YARD BREASTSTROKE

1. Bruce, Stan.	2:12.03	2:09.32
4. Alexandra Ellis, Cal	2:13.65	2:12.48
16. Annie Babicz, Cal	2:18.87	2:17.68

100-YARD BUTTERFLY

1. Dana Vollmer, Cal	52.11	50.80^
10. Leann Toomey, Cal	54.67	54.46
14. Annie Babicz, Cal	54.98	55.01

200-YARD BUTTERFLY

1. Breeden, Stan.	1:55.58	1:52.99
2. Dana Vollmer, Cal	1:57.51	1:54.02
3. Erin Reilly, Cal	1:56.80	1:55.50
4. Rachel Ridgeway, Cal	1:57.19	1:55.87
15. Leann Toomey, Cal	2:03.15	2:03.23
17. Courtney Eronemo, Cal	2:04.47	2:00.93

200-YARD INDIVIDUAL MEDLEY

1. Smit, Stan.	1:58.42	1:55.38
5. Sherry Tsai, Cal	2:01.09	1:59.63
7. Courtney Eronemo, Cal	2:01.73	2:01.73
8. Rachel Ridgeway, Cal	2:01.63	2:02.13
14. Heather White, Cal	2:02.12	2:02.90
17. Jessica Hardy, Cal	2:03.47	1:59.98
19. Alexandra Ellis, Cal	2:04.70	2:03.65

400-YARD INDIVIDUAL MEDLEY

1. Smit, Stan.	4:11.92	4:04.02^
3. Rachel Ridgeway, Cal	4:15.82	4:13.12
7. Courtney Eronemo, Cal	4:18.38	4:16.45
8. Heather White, Cal	4:18.15	4:16.47
21. Natalie LaRoche, Cal	4:26.49	4:25.21

200-YARD FREE RELAY

1. Arizona A	1:28.71^
(Jackson, Nymeyer, Turner, Kelly)	
3. California A	1:29.49*
(Hardy, Silver, Reilly, Vollmer)	

400-FREE RELAY

1. California A	3:13.60^
(Reilly, Silver, Hardy, Vollmer)	

800-YARD FREE RELAY

1. California A	7:05.59^
(Vollmer, Boyle, Ridgeway, Reilly)	

200-YARD MEDLEY RELAY

1. Stanford A	1:37.71^
(O'Donnell-McCarthy, Bruce, Breeden, Bishop)	
2. California A	1:39.16
(Tsai, Hardy, Reilly, Silver)	

400-YARD MEDLEY RELAY

1. California A	3:32.95^
(Rogers, Hardy, Vollmer, Silver)	

* School record

! Pac-10 Record

^ Pac-10 Meet record

FEB. 9-11, 2007
KING COUNTY
AQUATICS CENTER
FEDERAL WAY, WASH.

ONE-METER DIVING

1. Krug, Stan	293.45
5. Samantha Young, Cal	261.85
16. Stephanie Whalen, Cal	219.15
23. Kristen Duffel, Cal	155.20

PLATFORM DIVING

1. Livingston, Texas	357.85
6. Samantha Young, Cal	222.65
14. Stephanie Whalen, Cal	170.80

THREE-METER DIVING

1. Krug, Stan.	420.90
11. Stephanie Whalen, Cal	235.25
16. Samantha Young, Cal	224.65
23. Kristen Duffel, Cal	161.05

2007 NCAA CHAMPIONSHIPS

**MARCH 8-10, 2007
MINNESOTA
AQUATICS CENTER
MINNEAPOLIS, MINN.**

FINAL TEAM STANDINGS

(Top 10 Schools)

Team	Points
1. Auburn	535
2. Arizona	477
3. California	372.5
4. Stanford	333
5. Georgia	290
6. Texas	220
7. Florida	203
8. Texas A&M	198
9. Michigan	191
10. Tennessee	127

Event Prelim Final

50-YARD FREESTYLE

1. Joyce, Ga.	21.79	21.71p
4. Emily Silver, Cal	22.16	21.99*
9. Dana Vollmer, Cal	22.42	22.09

100-YARD FREESTYLE

1. Joyce, Ga.	47.75	47.24p
3. Emily Silver, Cal	47.94	47.45
14. Jessica Hardy, Cal	49.12	49.12

200-YARD FREESTYLE

1. Nymeyer, Ariz.	1:45.43	1:43.49
3. Erin Reilly, Cal	1:44.40	1:44.66
10. Emily Silver, Cal	1:47.00	1:45.04

500-YARD FREESTYLE

1. Binder, Aub.	4:40.94	4:36.96
6. Blake Hayter, Cal	4:42.05	4:42.41
9. Erin Reilly, Cal	4:43.44	4:41.92

1650-YARD FREESTYLE

1. Peirsol, Aub.	-	15:45.92p
11. Blake Hayter, Cal	-	16:15.43
19. Lauren Boyle, Cal	-	16:24.11

100-YARD BACKSTROKE

1. Goh, Aub.	53.09	51.97p
9. Lauren Rogers, Cal	53.71	53.59
11t. Sherry Tsai, Cal	53.82	53.93

200-YARD BACKSTROKE

1. Spofforth, Fla.	1:54.42	1:52.96p
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100-YARD BREASTSTROKE

1. Jessica Hardy, Cal	1:00.19	59.43*
16. Annie Babicz, Cal	1:01.71	1:02.29

200-YARD BREASTSTROKE

1. Soni, USC	2:10.25	2:08.32p
13. Alexandra Ellis, Cal	2:12.68	2:12.89

100-YARD BUTTERFLY

1. Dana Vollmer, Cal	51.33	50.69p
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200-YARD BUTTERFLY

1. Breeden, Stan.	1:54.24	1:53.02m
3. Dana Vollmer, Cal	1:55.19	1:54.30
4. Erin Reilly, Cal	1:55.83	1:54.98
8. Rachel Ridgeway, Cal	1:56.44	1:57.97

200-YARD INDIVIDUAL MEDLEY

1. Myers, Ariz.	1:57.25	1:54.89p
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400-YARD INDIVIDUAL MEDLEY

1. Ohlgren, Aug.	4:08.36	4:04.08p
8. Rachel Ridgeway, Cal	4:12.82	4:16.27

200-YARD FREESTYLE RELAY

1. Arizona	1:29.16	1:27.23^%nmp
11. California	1:30.11	1:30.34

(Hardy, Tsai, Babicz, Reilly)

400-YARD FREESTYLE RELAY

1. California	3:14.95	3:12.13^%nmp
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(Silver, Reilly, Hardy, Vollmer)

800-YARD FREESTYLE RELAY

1. California	-	7:00.89^%mp
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(Vollmer, Silver, Hayter, Reilly)

200-YARD MEDLEY RELAY

1. Arizona	1:37.57	1:36.09^%nmp
(Degolia, Chandler, Jackson, Kelly)		
2. California	1:37.98	1:36.60*

(Rogers, Hardy, Vollmer, Silver)

400-YARD MEDLEY RELAY

1. California	3:32.47	3:30.18^%p
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(Rogers, Hardy, Vollmer, Silver)

* Cal school record

^ American record

% U.S. Open record

n NCAA record

m NCAA meet record

p Minnesota Aquatics Center pool record

2007 CALIFORNIA ALL-AMERICANS

Dana Vollmer: 100 fly, 50.69, 200 fly, 1:54.30, 3rd; 1st; 50 freestyle, 9th HM; 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

Jessica Hardy: 100 breast, 59.43, 1st; 100 free, 49.12, 14th, HM; 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; 200-free relay, 1:30.34, 11th, HM

Emily Silver: 100 free, 47.45, 3rd; 50 free, 21.99, 4th; 200 free, 1:45.04, 10th, HM; 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, 53.59, 9th, HM; 200-medley relay, 1:36.60, 2nd; 400-medley relay, 3:30.18, 1st

Erin Reilly: 200 free, 1:44.66, 3rd; 200 fly, 1:54.98, 4th; 500 free, 4:41.92, 9th, HM; 400-free relay, 3:12.13, 1st; 800-free relay, 7:00.89, 1st; 200-free relay, 1:30.34, 11th, HM

Blake Hayter: 500 free, 4:42.41, 6th; 1,650 free, 16:15.43, 11th, HM; 800-free relay, 7:00.89, 1st

Sherry Tsai: 100 back, 53.93, 11th, HM; 200 free, 1:45.04, 10th, HM

Rachel Ridgeway: 400 Individual Medley, 4:16.27, 8th; 200 fly 1:57.97, 8th

Annie Babicz: 100 breast, 1:02.29, 16th, HM; 200-free relay, 1:30.34, 11th, HM

Alexandra Ellis: 200 breast, 2:12.89, 13th, HM

HM = Honorable Mention

Bold indicates returning swimmer

2007 NCAA ZONE E DIVING REGIONAL

OKLAHOMA CITY COMMUNITY COLLEGE

MARCH 1-3, 2007

OKLAHOMA CITY, OKLA.

ONE-METER DIVING

1. Krug, Stan.	617.60
14. Samantha Young, Cal	483.60

THREE-METER DIVING

1. Krug, Stan.	
19. Samantha Young, Cal	249.20

PLATFORM DIVING

1. Schoefield, UCLA	524.45
6. Samantha Young, Cal	424.25

2006-07 BEST TIMES & DIVES

SWIMMING

50 Free	A: 22.75	B: 23.43
A Silver	21.99	3/8 NCAAs
A Vollmer	22.05	2/15 PAC 10s
B Hardy	22.92	2/15 PAC 10s
B Rogers	23.25	2/15 PAC 10s
B Larson	23.35	2/3 STAN
B Reilly	23.42	2/3 STAN
Babicz	23.67	12/1 GA Inv.
Tsai	23.67	1/20 UCLA
Toomey	23.84	2/15 PAC 10s
Stravers	23.95	2/3 STAN
Andrews	24.19	10/13 Minn
Ellis	24.87	10/13 Minn
Wesley	24.91	10/12 NW
White	25.82	10/27 SJSU
Staubitz	26.02	10/28 WSU

100 Free	A: 49.49	B: 50.97
A Silver	47.45	3/10 NCAAs
A Hardy	49.12	3/10 NCAAs
A Vollmer	49.23	12/3 GA Inv.
B Reilly	49.51	2/17 PAC 10s
B Rogers	50.12	2/3 STAN
B Boyle	50.15	2/3 STAN
B Larson	50.27	2/3 STAN
Tsai	51.27	1/13 UA
Andrews	51.50	12/3 GA Inv.
Stravers	51.64	2/17 PAC 10s
Babicz	51.65	12/3 GA Inv.
Ridgeway	52.03	12/3 GA Inv.
Hayter	52.42	2/17 PAC 10s
Wesley	52.88	12/3 GA Inv.
Boyle	52.99	1/12 ASU
Eronemo	53.33	10/28 WSU
Rogers	54.01	10/28 WSU
Verdin	55.46	10/28 WSU
Cotton	56.49	1/19 USC

200 Free	A: 1:47.09	B: 1:50.30
A Vollmer	1:43.95	2/14 PAC 10s
A Silver	1:44.37	2/16 PAC 10s
A Reilly	1:44.66	3/9 NCAAs
A Boyle	1:47.08	2/3 STAN
B Ridgeway	1:47.93	12/2 GA Inv.
B Andrews	1:48.87	2/17 PAC 10s
B Hayter	1:49.28	12/2 GA Inv.
B Larson	1:50.02	12/2 GA Inv.
Hardy	1:52.33	10/27 SJSU
Tsai	1:52.82	10/28 WSU
Wesley	1:52.88	12/2 GA Inv.
LaRochelle	1:54.27	10/27 SJSU
Babicz	1:54.29	10/27 SJSU
Cotton	1:56.52	2/3 STAN

500 Free	A: 4:45.46	B: 4:54.02
A Reilly	4:41.92	3/8 NCAAs
A Hayter	4:42.05	3/8 NCAAs
A Boyle	4:43.24	2/3 STAN
A Vollmer	4:45.37	2/15 PAC 10s
B Andrews	4:51.31	2/15 PAC 10s
B Ridgeway	4:53.86	2/15 PAC 10s
Wesley	4:55.93	12/1 GA Inv.
Eronemo	4:59.06	1/20 UCLA
Silver	4:59.21	11/17 UCSB
Larson	5:02.12	12/1 GA Inv.
Tsai	5:02.71	10/27 SJSU
Rogers	5:03.13	10/27 SJSU
Cotton	5:07.95	12/1 GA Inv.
Babicz	5:13.56	10/28 WSU
Staubitz	5:18.85	11/17 UCSB

1000 Free

Hayter	9:48.47	3/10 NCAAs
Boyle	9:55.21	3/10 NCAAs
Wesley	10:08.18	1/20 USC
Reilly	10:09.74	10/12 NW
Andrews	10:15.16	11/17 UCSB
Silver	10:16.37	10/27 SJSU
Vollmer	10:22.36	1/12 ASU
Ellis	10:24.16	10/27 SJSU
Cotton	10:25.39	11/3 UOP
Rogers	10:30.62	10/28 WSU
LaRochelle	10:41.42	10/12 NW

1650 Free

A Hayter	16:15.43	3/10 NCAAs
B Boyle	16:24.11	3/10 NCAAs
Wesley	17:02.94	2/17 PAC 10s
Cotton	17:44.26	12/3 GA Inv.

100 Fly

A Vollmer	50.69	3/9 NCAAs
B Ridgeway	54.07	12/2 GA Inv.
B Toomey	54.25	3/9 NCAAs
B Hardy	54.81	12/2 GA Inv.
B Babicz	54.98	2/16 PAC 10s
B Tsai	55.24	2/16 PAC 10s
Reilly	55.63	1/19 USC
Silver	55.69	1/20 UCLA
Verdin	56.84	2/16 PAC 10s
Eronemo	57.22	10/28 WSU
Staubitz	57.29	2/3 STAN
LaRochelle	58.60	1/20 UCLA
Larson	59.30	10/28 WSU
Rogers	59.87	11/17 UCSB
Stravers	1:00.67	10/13 Minn
Wesley	1:00.94	10/28 WSU

200 Fly

A Vollmer	1:54.02 ...	2/17 PAC 10s
A Reilly	1:54.98	3/10 NCAAs
A Ridgeway	1:55.87 ...	2/17 PAC 10s
B Eronemo	2:00.93 ...	2/17 PAC 10s
Toomey	2:03.15	2/17 PAC 10s
Babicz	2:04.25	10/28 WSU
Ellis	2:05.40	10/28 WSU
LaRochelle	2:06.48	11/3 UOP
Hayter	2:07.86	10/27 SJSU
Cotton	2:09.81	10/28 WSU
Staubitz	2:14.22	10/12 NW

100 Breast.....

A Hardy	59.43	3/9 NCAAs
A Babicz	1:01.15	2/3 STAN
B Ellis	1:01.72	3/9 NCAAs
Tsai	1:06.84	10/27 SJSU
White	1:07.14	10/13 Minn
LaRochelle	1:08.04	11/17 UCSB
Cotton	1:08.43	10/27 SJSU
Eronemo	1:08.55	1/12 ASU
Hayter	1:08.84	10/28 WSU
Verdin	1:09.70	10/27 SJSU
Stravers	1:13.02	11/17 UCSB

200 Breast.....

A Ellis	2:12.48	2/17 PAC 10s
B Hardy	2:14.48	10/13 Minn
B Babicz	2:15.88	2/3 STAN
B White	2:17.08	2/3 STAN
LaRochelle	2:21.69	11/3 UOP
Cotton	2:25.10	12/3 GA Inv.
Eronemo	2:27.58	1/19 USC

Swimming in yards

200 IM.....

A Tsai	1:59.63	2/15 PAC 10s
A Ridgeway	1:59.93	3/8 NCAAs
A Hardy	1:59.98	2/15 PAC 10s
A Silver	2:00.17	2/15 PAC 10s
B Eronemo	2:01.73	2/15 PAC 10s
B White	2:01.79	3/8 NCAAs
B Ellis	2:03.46	3/8 NCAAs
Babicz	2:04.14	2/15 PAC 10s
Verdin	2:04.72	2/15 PAC 10s
LaRochelle	2:07.45	12/1 GA Inv.
Staubitz	2:08.41	2/15 PAC 10s
Reilly	2:08.61	10/27 SJSU
Cotton	2:10.82	10/27 SJSU

400 IM.....

A Ridgeway	4:12.82	3/9 NCAAs
B Eronemo	4:16.45	216 PAC 10s
B White	4:16.47	2/16 PAC 10s
Ellis	4:24.2	10/28 WSU
LaRochelle	4:25.21 ...	2/16 PAC 10s
Tsai	4:29.08	0/28 WSU
Cotton	4:29.53	12/2 GA Inv.
Verdin	4:36.24	1/12 ASU

200 Free Relay ...

A Total	1:29.49	2/15 PAC 10s
Hardy	22.92	
Silver	22.27	
Reilly	22.66	
Vollmer	21.64	

400 Free Relay ...

A Total	4:12.13	3/10 NCAAs
Silver	48.24	
Reilly	48.72	
Hardy	48.05	
Vollmer	47.12	

800 Free Relay ...

A Total	7:00.89	3/9 NCAAs
Vollmer	1:44.18	
Silver	1:44.98	
Hayter	1:48.07	
Reilly	1:43.66	

200 Medley Relay A:

A Total	1:36.60	3/9 NCAAs
Rogers	24.90	
Hardy	27.00	
Vollmer	22.92	
Silver	21.78	

400 Medley Relay A:

A Total	3:32.95	3/8 NCAAs
Rogers	53.40	
Hardy	59.00	
Vollmer	50.09	
Silver	47.59	

DIVING

ONE METER

Samantha Young	282.37
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THREE METER

Samantha Young	306.83
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PLATFORM

Samantha Young	219.95
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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: 21.99, Emily Silver, 2007
Cal Dual Meet: 22.43, Emily Silver, 2007
Spieker Aquatics Complex: 22.43, Emily Silver, 2007
2008 NCAA Qualifying Mark: 22.62

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
2008 NCAA Qualifying Mark: 49.42

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, Julia Smith (Stan), 2007
2008 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
2008 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
2008 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
2008 NCAA Qualifying Mark: 54.38

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: 1:56.20, Julia Smith (Stan), 2007
2008 NCAA Qualifying Mark: 1:57.32



Emily Silver set a Cal record in the 50-yard freestyle with a time of 21.99 in 2007.

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: 59.80, Jessica Hardy, 2007
Spieker Aquatics Complex: 59.51, Tara Kirk (Stanford), 2001
2008 NCAA Qualifying Mark: 1:01.85

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
2008 NCAA Qualifying Mark: 2:14.19

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: 51.70, Elaine Breeden (Stan), 2007
2008 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: 1:53.26 Elaine Breeden (Stan), 2007
2008 NCAA Qualifying Mark: 1:58.99



Marylyn Chiang, the 1999 Pac-10 Swimmer of the Year, won 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
2008 NCAA Qualifying Mark: 2:00.34

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
2008 NCAA Qualifying Mark: 4:15.63

200-YARD MEDLEY RELAY

NCAA Record: 1:36.07, Arizona (Degolia, Chandler, Jackson, Kelly), 2007
Pac-10: 1:37.77, Stanford (Ripple, Leatherwood, Hyman, Rose), 1999
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)
2008 NCAA Qualifying Mark: 1:39.49

400-YARD MEDLEY RELAY

NCAA Record: 3:30.18, California (**Rogers**, Hardy, **Vollmer**, **E. Silver**), 2007
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 (Silver, Stitts, Coughlin, Becks), 2003
Spieker Aquatics Complex: 3:39.86, (H. Silver, Stitts, Coughlin, Becks), 2003
2008 NCAA Qualifying Mark: 3:38.02

200-YARD FREESTYLE RELAY

NCAA Record: 1:27.23, Arizona (Jackson, Nymeyer, Turner, Kelly), 2007
Pac-10: 1:27.98, Arizona (Cashion, Grisdal, Turner, Nymeyer), 2006
California: 1:29.49, (Hardy, **E. Silver**, Reilly, **Vollmer**), 2007
Cal Dual Meet: 1:33.04 (Kolbisen, Cope, Omphroy, Yeo), 2000
Spieker Aquatics Complex: 1:32.39, Hardy, Reilly, Andrews, **E. Silver**, 2006
2008 NCAA Qualifying Mark: 1:31.01

400-YARD FREESTYLE RELAY

NCAA Record: 3:12.15, California (**E. Silver**, Reilly, Hardy, **Vollmer**), 2007
Pac-10: 3:15.69, Stanford (Edwards, Loveless, Jorgensen, Thompson), 1993
California: 3:12.15, (**E. Silver**, Reilly, Hardy, **Vollmer**), 2007
Cal Dual Meet: 3:18.33 (**Boyle**, Andrews, Babicz, **Vollmer**) 2007
Spieker Aquatics Complex: 3:18.33, **Boyle**, Andrews, Babicz, **Vollmer**
2008 NCAA Qualifying Mark: 3:18.39

800-YARD FREESTYLE RELAY

NCAA Record: 7:00.25, Florida (Farrell, Burckle, Uhle, Retrum), 2005
Pac-10: 7:02.80, Arizona (Mason, Myers, Hays, Nymeyer), 2005
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
2008 NCAA Qualifying Mark: 7:10.49

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

Emily Silver **21.99** .. 2007
 Natalie Coughlin 22.01 .. 2003
Dana Vollmer **22.05** .. 2007
 Haley Cope 22.32 .. 2001
 Adrienne Mattos 22.76 .. 1998
 Jessica Hardy 22.92 .. 2007
 Anya Kolbisen 23.01 .. 1999
 Michelle Harper 23.03 .. 2003
 Danielle Becks 23.04 .. 2002
 Nicole Omphroy 23.04 .. 1999

100-YARD FREESTYLE

Natalie Coughlin 47.00 .. 2003
Emily Silver **47.45** .. 2007
 Jessica Hardy 49.12 .. 2007
 Erin Reilly 49.21 .. 2006
Dana Vollmer **49.23** .. 2007
 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

200-YARD FREESTYLE

Natalie Coughlin 1:42.65 .. 2003
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
 Lauren Medina 1:46.28 .. 2005
 Conny Van Bentum 1:46.35 .. 1986
 Mary T. Meagher 1:46.56 .. 1987
Lauren Boyle ... **1:47.08** .. 2007

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
Blake Hayter **4:42.05** .. 2007
Lauren Boyle ... **4:43.24** .. 2007
Dana Vollmer ... **4:45.37** .. 2007
 Heather Reagan 4:45.63 .. 1990

1000-YARD FREESTYLE

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
Lauren Boyle ... **9:55.21** .. 2007
 Natalie Coughlin 9:55.25 .. 2003

1650-YARD FREESTYLE

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
Lauren Boyle . **16:24.11** .. 2007
 Erin Reilly 16:25.95 .. 2005
 Ashley Whitney 16:26.81 .. 2002

100-YARD BACKSTROKE

Natalie Coughlin 49.97 .. 2002
 Marylyn Chiang 52.36 .. 1999
 Haley Cope 53.06 .. 2001
 Helen Silver 53.35 .. 2006
Lauren Rogers ... **53.40** .. 2007
 Sherry Tsai 53.93 .. 2007
 Alice Henriques 54.18 .. 2002
 Lara Pease 54.50 .. 2006
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 Simic 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
 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
 Megan Doberneck 1:03.75 .. 1988

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
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
 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
Rachel Ridgeway **54.07** .. 2006

200-YARD BUTTERFLY

Natalie Coughlin 1:51.91 .. 2003
Dana Vollmer ... **1:54.02** .. 2007
 Mary T. Meagher 1:54.52 .. 1986
 Erin Reilly 1:54.98 .. 2007
Rachel Ridgeway **1:55.87** .. 2007
 Joscelin Yeo 1:57.27 .. 1999
 Elli Overton 1:57.64 .. 1998
 Trina Radke 1:58.08 .. 1991
 Waen Minpraphal 1:58.57 .. 1998
 Natalie Griffith 1:59.92 .. 2004

200-YARD INDIVIDUAL MEDLEY

Natalie Coughlin 1:54.96 .. 2004
 Joscelin Yeo 1:57.14 .. 2000
 Elli Overton 1:57.37 .. 2000
 Marylyn Chiang 1:57.83 .. 1999
 Sherry Tsai 1:59.63 .. 2007
 Helen Silver 1:59.93 .. 2005
Rachel Ridgeway **1:59.93** .. 2007
 Jessica Hardy 1:59.98 .. 2007
 Natalie Griffith 2:00.07 .. 2004
Emily Silver **2:00.17** .. 2007

400-YARD INDIVIDUAL MEDLEY

Elli Overton 4:11.52 .. 2000
 Natalie Coughlin 4:11.76 .. 2003
Rachel Ridgeway **4:12.82** .. 2007
 Waen Minpraphal 4:13.78 .. 1999
 Kyoko Yokouchi 4:14.93 .. 2002
 Carol Felton 4:15.02 .. 1990
 Natalie Griffith 4:15.54 .. 2004
Courtney Eronemo . **4:16.45** .. 2007
Heather White . **4:16.47** .. 2007
 Larissa Herold 4:16.83 .. 1994

200-YARD MEDLEY RELAY

Lauren Rogers, Jessica Hardy, Dana Vollmer, Emily Silver **1:36.60**, 2007

400-YARD MEDLEY RELAY

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

200-YARD FREE RELAY

Jessica Hardy, **Emily Silver**, Erin Reilly, **Dana Vollmer** **1:29.49**, 2007

400-YARD FREE RELAY

Emily Silver, Erin Reilly, Jessica Hardy, **Dana Vollmer** **3:12.13**, 2007

800 FREESTYLE RELAY

Dana Vollmer, Emily Silver, Blake Hayter, Erin Reilly **3:12.13**, 2007

ONE-METER DIVING-DUAL

Melissa Graviss 288.13 .. 1990
Samantha Young **282.37** .. 2007
 Jill Campbell 275.35 .. 1989
 Alyson Belcher 271.875 .. 1986
 Melissa Turk 269.40 .. 1992

ONE-METER DIVING-CHAMPIONSHIP

Samantha Young **483.60** .. 2007
 Melissa Graviss 432.60 .. 1992
 Pia Wong 425.855 .. 1985
 Alyson Belcher 420.40 .. 1986
 Melissa Graviss 419.65 .. 1989

3-METER DIVING-DUAL

Melissa Graviss 432.60 .. 1992
Samantha Young **306.83** .. 2007
 Alyson Belcher 305.25 .. 1986
 Jill Campbell 293.55 .. 1989
 Pia Wong 283.50 .. 1986

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 418.46 .. 1985

PLATFORM DIVING-CHAMPIONSHIP

Samantha Young **424.25** .. 2007
 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
 Joscelin Yeo, Republic of Singapore 1992, 1996

PAN PACIFIC CHAMPIONSHIPS (2006)

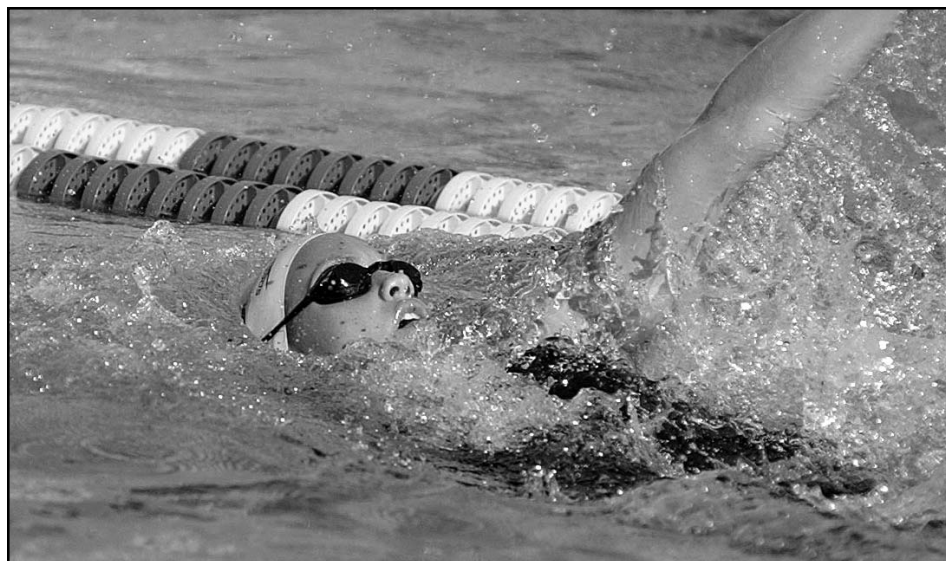
Teri McKeever, USA Head Coach
 Natalie Coughlin, United States
 Jessica Hardy, United States
Dana Vollmer, United States
 Sherry Tsai, Hong Kong

WORLD UNIVERSITY GAMES

Michelle Branchaud, United States 1987
 Ashley Chandler, United States 2005
 Sheila Conway, United States 1991
 Helen Jameson, Great Britain 1983
 Cheryl 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, The Netherlands 1985

NCAA SWIMMER OF THE YEAR

2001 Natalie Coughlin
 2002 Natalie Coughlin
 2003 Natalie Coughlin



Helen Silver

PAC-10 SWIMMER 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 medley relay
 (Haley Cope, Staciana Stitts, Waen Minpraphal, Joscelin Yeo)
 200 free relay
 (Any 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 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

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
 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
 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
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 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, 2007
Lauren Rogers, 2007
 Kelly Sanders, 2005
 Jacqui Schoppe, 2000
 Emily Schum, 2001
 Anna Simcic, 1995
 Amy Simpson, 1999, 2000
 Nadia Staubitz, 2006, 2007
 Staciana Stitts, 2001, 2002, 2003
Kelly Stravers, 2006, 2007
 Lisa Summers, 1991, 1992, 1993
 Kate Tiedeman, 2005
 Amy Vastine, 1997
Emily Verdin, 2007



Sherry Tsai

Alicia Walker, 1991
 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
Dana Vollmer, 2007

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
Lauren Rogers, 2007

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

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

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

MOST OUTSTANDING DIVER

Lila Korpell, 2005
 Katelyn Prorok, 2006
Samantha Young, 2007

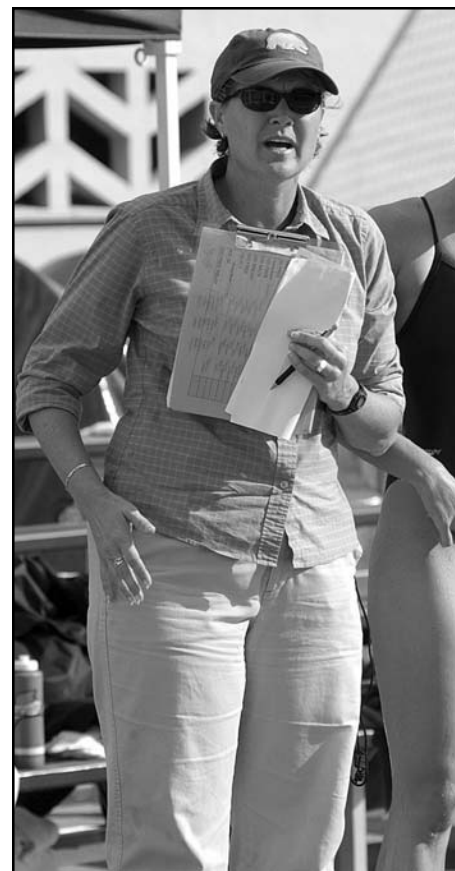
COACHES' AWARD (DIVING)

Tara Capsuto, 2005
 Tara Capsuto, 2006
Samantha Young, 2007

***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
2006-07	3rd	NCAA 3rd Pac-10	10-1	Teri McKeever
29 years		Five titles	221-86-1	



Teri McKeever

CAL RESULTS FROM LAST 11 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
 Joscelyn Yeo: 200 IM - 1:58.99, 5th; 100 fly - 52.83, 5th; 200 fly - 1:59.04, 5th
 Haley Cope: 100 fly - 53.28, 6th; 100 back - 54.20, 10th; 200 back - 1:58.80
 Waen Minpraphal: 400 IM - 4:17.19, 7th; 200 fly - 1:58.58, 11th
 Lisa Murray: 1650 free - 16:25.84, 9th
 Anya Kolbisen: 100 free - 49.85, 11th; 200 free - 1:51.76, 16th
 Nicole Omphroy: 100 free - 50.02, 13th
 Alice Henriques: 200 back - 2:00.05, 15th
 Chiang/Cope/Kolbisen/Yeo: 400 free relay - 3:16.56, 2nd

Cope/Yeo/Chiang/Mattos: 200 medley relay - 1:39.76, 3rd
 Yeo/Murray/Kolbisen/Omphroy: 800 free relay - 7:14.33, 4th
 Chiang/Jaltner/Yeo/Kolbisen: 400 medley relay - 3:37.48, 4th
 Kolbisen/Chiang/Mattos/Omphroy: 200 free relay - 1:30.69, 5th

2000

(4th place - 311.5 points)

Staciana Stitts: 100-meter breast - 1:06.79, 2nd; 200-meter breast - 2:25.02, 3rd
 Haley Cope: 100-meter back - 59.17, 2nd; 100-meter fly - 59.70, 6th
 Elli Overton: 200-meter IM - 2:10.74, 2nd; 200-meter breast - 2:27.88, 5th; 400-meter IM - 4:40.88, 6th
 Joscelyn Yeo: 100-meter fly - 58.82, 3rd; 200-meter IM - 2:13.09, 5th; 200-meter fly - 2:12.45, 7th
 Alice Henriques: 200-meter back - 2:12.21, 13th
 Waen Minpraphal: 100-meter fly - 1:01.61, 14th
 Cope/Stitts/Minpraphal/Yeo: 200-meter medley relay - 1:49.23, 1st
 Kolbisen/Cope/Omphroy/Yeo: 200-meter free relay - 1:40.18, 1st

Cope/Stitts/Yeo/Omphroy: 400-meter medley relay - 3:58.62, 3rd
Kolbisen/Cope/Omphroy/Yeo: 400-meter free relay - 3:39.88, 4th
Kolbisen/Omphroy/Murray/Overton: 800-meter free relay - 8:08.97, 10th

2001

(7th place - 248 points)

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

2002

(8th place - 245 points)

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



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

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

2006

(4th place - 291 points)

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

2007

(3rd place - 372.5 points)

Dana Vollmer: 100 butterfly, 50.69, 200 fly, 1:54.30, 3rd; 1st; 50 freestyle, 9th; 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
Jessica Hardy: 100 breaststroke, 59.43, 1st; 100 free, 49.12, 14th; 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; 200-free relay, 1:30.34, 11th
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 backstroke, 53.59, 9th; 200-medley relay, 1:36.60, 2nd; 400-medley relay, 3:30.18, 1st
Erin Reilly: 200 free, 1:44.66, 3rd; 200 fly, 1:54.98, 4th; 500 free, 4:41.92, 9th; 400-free relay, 3:12.13, 1st; 800-free relay, 7:00.89, 1st; 200-free relay, 1:30.34, 11th
Blake Hayter: 500 free, 4:42.41, 6th; 1,650 free, 16:15.43, 11th; 800-free relay, 7:00.89, 1st
Sherry Tsai: 100 backstroke, 53.93, 11th; 200 free, 1:45.04, 10th
Rachel Ridgeway: 400 Individual Medley, 4:16.27, 8th; 200 fly 1:57.97, 8th
Annie Babicz: 100 breaststroke, 1:02.29, 16th. HM; 200-free relay, 1:30.34, 11th
Alexandra Ellis: 200 breaststroke, 2:12.89, 13th
Lauren Boyle: 1,650 free, 19th

*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*, 2007
 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*
Alexandra Ellis, 2007
 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, 2007
 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
 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 Palsson, 2004

Lisa Pereira, 1985-88
 Trina Radke, 1990-91, 93
 Heather Reagan, 1990-92
 Erin Reilly, 2004-07
 Tricia Renner, 1982
Rachel Ridgeway, 2006-07
 Whitney Rockwell, 2003
Lauren Rogers, 2006-07
 Sharon Scott, 1990-92
Emily Silver, 2005-07
 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, 2005-07
 Cindy Tuttle, 1982-85
 Conny van Bentum, 1985-86
 Emily Verdin, 2005
Dana Vollmer, 2007
 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 2006-07



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	Opponent	Series	Last Mtg.	Winner	Score
Arizona	16-8	1/13/07	Cal	159-142	Oregon State	7-0	11/18/05	Cal	167-91
Arizona St.	15-10-1	1/12/07	Cal	194-99	Pacific	24-2	11/3/06	Cal	162-83
Auburn	1-0	10/20/98	Cal	184-78	Penn State	0-1	11/4/95	PSU	182-165
Brigham Young	4-0	11/20/98	Cal	162-134	Pepperdine	1-0	11/8/98	Cal	180.5-117.5
Boston College	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 St.	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 SLO	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	4-30	2/3/07	Stan	147-153
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	16-10	1/20/07	Cal	165-96
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	Mich.	167-128	UNLV	2-0	1/10/99	Cal	181-117
Minnesota	1-0	10/13/06	Cal	188.5-108.5	USC	17-11	1/19/07	Cal	181-99
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	3-1	10/1/04	Cal	141-116
Notre Dame	1-0	10/28/05	ND	156.5-141.5	Washington St.	8-0	10/28/06	Cal	158-102
Ohio State	1-0	12/13/86	Cal	63-33					

2007-08 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 2002-05
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 2002-05
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 2005-07
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
Kristen Duffel 2007-
Kiersten Dunbar 1986-87
Courtney Duncan 1998
Suzanne Edgar 1979
Alexandra Ellis 2007-
Laura Ellison 1992-94
Charlene Emmrich 1979
Courtney Eronemo 2007-
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
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 Jesfjeld 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
Anyia Kolbisen 1997-00
Flora Kong 2003-04
Lila Korpell 2004-05
Eileen Kramer 1974
Brigit Kress 1979-81
Cheryl Kriegsman 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



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.

Edwina Lerner 1989-90
 Kathy Liniecki 1983
 Sandra Linke 1987
 Dena Lofthus 1997-00
 Kathy Long 1988-89
 Leslie Lonnberg 1982-85
 Katie Lowes 1997-00
 Alexis Ludwig 1988
 Deborah Lyle 1974-75
 Laurel Lynch 1986-87
 Margee MacFarland 1980-83
 Cory Mackie 1982
 Agneta Martenssen 1982-85
 Wendy Martin 1995-96
 Karen Martinez 1981
 Lisa Martinovich 1974-75
 Adrienne Mattos 1998-99, 01
 Katherine McAdoo 2001
 Jamie McClellan 1981-82
 Elizabeth McDowell 1990-94
 Johnene McKim 1990-91
 Mary T. Meagher 1983, 85-87
 Lauren Medina 2002-05
 Gina Merlone 2003-05
 Kim Merriitt 1991
 Kirsten Metzger 1993
 Wendy Meyer 1981-82
 Lisa Meyers 1987-90
 Elizabeth Michiels 1995
 Cori Miller 1996
 Marcelle Miller 2002-05
 Margaret Miller 1974
 Marianne Milliken 1984
 Waen Minphal 1997-00
 Katherine Mitchell 2001-02
 Adrienne Modafferi 1988
 Jennifer Mohle 1985
 Leah Monroe 2002-03
 Lisa Morelli 2002-05
 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



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

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
 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-
 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 2004-07
 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-
 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 2005-07
 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-
 Sara West 1993
 Jamie Westoby 2000-01
Stephanie Whalen 2007-
 Wendy Whelan 1994-97
Heather White 2007-
 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
Samantha Young 2007-
 Becky Zepp 1982-83

Bold denotes current Cal athlete