



# 2007-08 LMU SWIMMING

FINAL RELEASE

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## 2008 Pacific Collegiate Swimming Conferene Champions

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### 2007-08 SCHEDULE

10/12	PCSC Kick-Off	Riverside, CA
10/13	PCSC Kick-Off	Riverside, CA
10/18	at Seattle University	Win, 122-83
10/20	at Alaska Fairbanks	Win, 127-78
10/21	at Alaska Fairbanks	Win, 117-87
10/27	Malibu Invitational	Malibu, CA
11/03	BW Shootout (USD)	Win, 58-53
11/04	BW Shootout (CSUN)	Win, 61-34
11/15	Speedo Cup	Long Beach, CA
11/16	Speedo Cup	Long Beach, CA
11/17	Speedo Cup	10th of 22 teams
01/05	vs. UC San Diego	Win: 131-128
01/18	vs. Claremont MS	Win: 176-86
01/19	vs. CS Bakersfield	Win: 154-104
01/26	vs. San Diego	Win: 140-122
02/13	PCSC Champ.	Day 1 (120)
02/14	PCSC Champ.	Day 2 (425)
02/15	PCSC Champ.	Day 3 (825)
02/16	PCSC Champ.	PCSC Champs (1212)

### LMU Wins First PCSC Championship in 2008

The Lions finished a perfect 9-0 in dual meets in 2007-08.

#### Briefly

The 2007-08 swimming season proved to be the best in program history, as LMU finished a perfect 9-0 in dual meets on the year, en route to its first Pacific Collegiate Swimming Conferene championship. For her efforts as the Lions' head coach, Bonnie Adair was named PCSC Women's Coach of the Year.

#### Dual Meet Summaries

- LMU opened the dual-meet season at Seattle University on 10/18 with a 122-83 victory. The Lions won eight of the 11 events, including both relays as senior Angela Samuels recorded three first-place finishes.

- The Lions traveled to Fairbanks, Alaska to take on the University of Alaska-Fairbanks in back-to-back dual meets on 10/20 and 10/21. LMU defeated the Nanooks, 127-78, in the first dual meet, winning six of the 11 events. Junior Rebecca Plume had a great day in the water, taking second place in the 1650 Yard Freestyle event in 18:27.18. She went on to capture the top spot in the 500 Yard Freestyle with a time of 5:18.71 and served as the second swimmer in LMU's first-place 200 yard freestyle relay team that touched in 1:42.12.

LMU went on to down Alaska 117-87 in the second dual. Sophomore Megan Sawelson won both the 50 and 100 Yard Freestyle, as the Lions rode their strength in the sprint events throughout the two meets.

- Swam at the Big West Shootout on 11/4. LMU swimmers topped USD and CSUN, beating USD by a narrow margin of 58 to 53 and CSUN by a count of 61 to 34. The Lions won the duals against USD and CSUN on the strength of their relays, winning both the opening 400 Medley Relay in 4:05.59 and the 400 Freestyle Relay at the end in 3:41.54. These victories allowed LMU to make up the 16 diving points lost to USD because LMU does not field a diving squad.

- After finishing 10th of 22 teams at the Speedo Cup, LMU returned to dual-meet play against 2007 PCSC Champion UC San Diego in the home opener on 1/5. The Lions knocked-off perennial powerhouse UCSD, 131-128 in what proved to be the toughest dual-meet competition of the season. Plume led the Lions to the upset with 18 total points on the day, sharing the top spot with Anju Shimura and Jen Sims from UCSD. Plume finished first in the 200 yard freestyle event with a time of 1:57.65 and took home the top spot in the 500 yard freestyle with a time of 5:15.23 to edge Shannon Simonds at 5:15.85.

- Hosted Claremont-Mudd-Scripps on 1/18 and easily defeated the visiting squad, 176-86. Plume set what was an LMU record with a time of 10:38.88 in the 1000 freestyle to help guide the Lions to the victory. Trinity O'Neill, Plume and Alicia Witter each won two events on the day to ensure the win.



## Quick Facts

### The University

Location..... Los Angeles, Calif.  
Founded ..... 1911  
Enrollment ..... 8,300  
Nickname ..... Lions  
Colors ..... Crimson and Navy  
National Affiliation..... NCAA Division I  
Conference..... Pacific Coast Swimming  
President..... Rev. Robert B. Lawton, S.J.  
Athletic Director..... Dr. William Husak

### Swimming Staff

Head Coach..... Bonnie Adair  
Alma Mater .... UCLA '75, Loyola Law '81  
Record at LMU..... 29-21 (5 seasons)  
Overall Record ..... 29-21 (5 seasons)  
Assistant Coach .... Clay Evans (9 seasons)  
Alma Mater ..... UCLA '76  
Assistant Coach Joanne Reiersen (4 seasons)  
Alma Mater ..... Dartmouth '93  
Swimming Office Phone....310-258-4685  
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### Swimming Facts

2007-08 Dual Record.....9-0  
2008 PCSC Finish..... first

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- Hosted Cal State Bakersfield on 1/19 and won the meet by a count of 154-104. The Lions captured first place in eight of the 14 events en route to the victory, led by Samuels and Plume who each contributed 18 individual points (two first-place finishes).

- Downed San Diego, 140-122, at home on 1/26 to complete the undefeated dual-meet season. On senior day, a day on which the Lions honored their nine seniors, in pursuit of perfection, it was fitting that seniors Samuels and Alex Wike led the Lions to victory with 18 individual points apiece. Samuels took home first place in the 100 breaststroke with a time of 1:07.62 and the 100 butterfly in 58.19. Wike claimed her 18 individual points with back-to-back first place finishes in the 50 and 100 freestyle events.

### PCSC Championship Summary

- Day One: LMU found itself in very good position after the first day at the PCSC Championships, sitting in sixth place overall in the standings, but tops amongst teams that did not field a diving squad (eight of 14 total). The Lions (120 total points) trailed only Pepperdine (202), University of Northern Colorado (194), UC San Diego (192), UC Santa Cruz (138) and Cal Baptist (132), each of which earned substantial points in the one-meter diving competition. LMU participated in two of the day's three events, the 200 medley relay and the 800 freestyle relay. LMU performed well in both events, claiming the top-spot in the 200 medley relay for the fourth straight season.

- Day Two: With the diving events in the books, LMU was in prime position to make a bid for its first Conference Title in team history. The Lions positioned themselves in fourth with two full days of racing still to take place. LMU performed well in virtually every event on the day, led by junior Rebecca Plume's and senior Alex Wike's Conference Championship-winning times in the 500 freestyle and 50 freestyle, respectively. Plume's preliminary time of 5:05.53 was a six second drop from her previous best, and just tenths off the school record. In the finals, she blasted another nine seconds off the time to win the event by over two seconds with a 4:56.59, setting a new LMU record. LMU, which dominated the sprint freestyle events throughout the dual-meet season, continued that dominance at the Championships. Wike led the way in the 50 freestyle, winning the race with a personal-best time of 23.89.

- Day Three: The Lions sat just three points out of third place (University of Northern Colorado-828 points), eight points out of second (UC San Diego-833 points) and 32 points out of first (Pepperdine-857 points) at the end of the day. The nearest competition below LMU was UC Santa Cruz at 557 points.

- Day Four: LMU completed a fantastic four-day PCSC Championship run, culminating in the program's first Conference Title. The Lions collected 1212 total points over the course of the Championship, defeating their nearest opponent, Pepperdine, by 46 points. 11 Lion swimmers were named to the PCSC All-Conference team, three to the All-Academic team, and head coach Bonnie Adair was named PCSC Women's Coach of the Year after the meet. Seniors Samuels and Wike, junior Plume, sophomores Alexa Cook, Mallorie Lim, Kristen Lutjen, O'Neill, Sawelson, Melanie Tansuwan and Alicia Witter, and freshman Carolyn Pasque were all named to the prestigious list. The 11 selections were more than double the previous high of five. Wike was also named to the PCSC All-Academic team, an honor bestowed to junior and senior swimmers with a 3.5 GPA or better. Joining Wike on the list were senior Nicole Alvarado and junior Justine Elgas. After taking the Conference crown in the 500 freestyle earlier at the Champion-

ships, Plume finished second on Saturday in the 1650 freestyle. Her time of 17:16.14 broke the previous LMU record for that event set by Julia Hall last season at 18:01.78. Witter became the third Lion to claim an individual Conference Title, winning the 100 freestyle to join Plume (500 freestyle) and Wike (50 freestyle) in the elite club. Witter posted a 52.50 in the preliminaries before shaving nearly a second off the time in the finals at 51.80.

**LMU First-Place Finishes at 2008 PCSC Championships:**

- 200 Medley Relay (Alicia Witter, Angela Samuels, Mallorie Lim, Alex Wike) - 1:45.70
- 500 Freestyle (Rebecca Plume) - 4:56.59
- 50 Freestyle (Alex Wike) - 23.89
- 100 Freestyle (Alicia Witter) - 51.80

**New LMU Program Records Set During PCSC Championships/Over 2007-08 Campaign:**

**PCSC**

- 200 Freestyle (Rebecca Plume) - 1:52.31
- 500 Freestyle (Rebecca Plume) - 4:56.59
- 1000 Freestyle (Rebecca Plume) - 10:25.16\*
- 1650 Freestyle (Rebecca Plume) - 17:16.14
- 200 Freestyle Relay (Alex Wike, Alexa Cook, Carolyn Pasque, Megan Sawelson) - 1:35.76

**Nike Invitational**

- 400 Individual Medley (Trinity O'Neill) - 4:33.29

\*Record was set on the way out to 1650, and broke the record she set earlier in the season by over 15 seconds.

**2007-08 Honors**

<b>Nicole Alvarado</b> .....	Academic All-Pacific Coast Swim Conference
<b>Alexa Cook</b> .....	PCSC All-Conference Team
<b>Justine Elgas</b> .....	Academic All-Pacific Coast Swim Conference
<b>Mallorie Lim</b> .....	PCSC Champion in 200 Medley Relay
.....	PCSC All-Conference Team
<b>Kristen Lutjen</b> .....	PCSC All-Conference Team
<b>Trinity O'Neill</b> .....	PCSC All-Conference Team
<b>Carolyn Pasque</b> .....	Sr. Peg Dolan, R.S.H.M. Service Award
<b>Rebecca Plume</b> .....	PCSC Champion in 500 Freestyle
.....	PCSC All-Conference Team
.....	SAAC Student-Athlete of the Week- Jan. 23
.....	SAAC Student-Athlete of the Week-Feb. 20
<b>Alicia Royal</b> .....	PCSC All-Conference Team
.....	LMU Pride Award Winner
.....	Sr. Raymunde McKay, R.S.H.M. Service Award
<b>Angela Samuels</b> .....	PCSC Champion in 200 Medley Relay
.....	PCSC All-Conference Team
<b>Megan Sawelson</b> .....	PCSC All-Conference Team
<b>Melanie Tansuwan</b> .....	PCSC All-Conference Team
<b>Alex Wike</b> .....	PCSC Champion in 50 Freestyle
.....	PCSC Champion in 200 Medley Relay
.....	PCSC All-Conference Team
.....	Academic All-Pacific Coast Swim Conference
.....	SAAC Student-Athlete of the Week - Jan. 30
<b>Alicia Witter</b> .....	PCSC Champion in 100 Freestyle
.....	PCSC Champion in 200 Medley Relay
.....	PCSC All-Conference Team
<b>National Scholar-Athletes</b> .....	Nicole Alvarado, Margaret Brophy, Maeghan Cobbin, Alexandra Cook, Diana DeCesare, Justine Elgas, Danielle Garcia, Gillian Ghazal, Julia Hall, Aja Kusao, Mallorie Lim, Kristen Lutjen, Elizabeth Magura, Katherine Mistry, Trinity O'Neill, Carolyn Pasque, Rebecca Plume, Alicia Royal, Megan Sawelson, Melanie Tansuwan, Alicia Witter

## Senior Leaders

In the five years preceding August 2004, before any of the current swim team members stepped foot on campus, LMU swimming's record was 2 wins, 60 losses with a 9th place finish of 13 teams in the Pacific Collegiate Swimming Conference. In the ensuing four years, the Lions have had four winning seasons and moved up from 4th to 3rd, to 2nd in the PCSC Championship standings in 06-07. This season the Lions had a perfect year, with an undefeated 9-0 record in dual meet competitions to win the PCSC Championship with 1212 points.

## Lions in Hawai'i

After a hard-fought upset victory over UC San Diego on January 5, LMU swimmers hit a few different pools of water on a training trip in Hawai'i--the Lahaina Aquatic Center in Maui and the Pacific Ocean. LMU took part in a pentathlon-swimming event against the University of Alaska-Fairbanks and Macalester College, a DIII school from Minnesota, posting a strong showing in the five events before claiming the second through ninth spots in the final standings. Kim McKay led the pack of Lions in the pentathlon, finishing second with an overall time of 3:00.42, just 0.06 behind the winner, Mariya Pavlovskaya from the University of Alaska-Fairbanks. The event was composed of the 50 butterfly, 50 backstroke, 50 breaststroke, 50 freestyle and the 100 individual medley. McKay posted times of 27.82 in the butterfly, 29.10 in the backstroke, 34.30 in the breaststroke, 25.84 in the freestyle and 1:03.36 in the IM to claim second place. Mallorie Lim finished third overall with a combined time of 3:01.72, followed by Trinity O'Neill (3:04.17), Kristen Lutjen (3:04.60), Alex Wike (3:04.84), Carolyn Pasque (3:06.84), Angela Samuels (3:07.05) and Melanie Tansuwan (3:07.92) in fourth through ninth, respectively. After Alaska's Sam Zinsli claimed 10th overall, LMU posted four more swimmers in the top-15. Liz Magura (3:08.22), Aja Kusao (3:10.05), Alicia Witter (3:10.12) and Danielle Garcia (3:10.78) finished in those spots, in that order. In all, LMU contributed an incredible 12 of the top-15 swimmers in the pentathlon. After swimming in the friendly confines of a pool, LMU took to the Pacific Ocean to partake in the 2008 Maui Mile, a one-mile open-water swim. Although some LMU swimmers had never swam competitively in the ocean, Megan Sawelson showed no fear en route to claiming the top spot in the race with a time of 14:26.29. Zinsli finished second for Alaska-Fairbanks with a time of 14:29.61 before LMU claimed third place with the arrival of Alicia Witter in 14:45.62. Following a trio of Alaska swimmers in fourth, fifth and sixth places, LMU nabbed the seventh through 19th spots in the race. Christine Gore (14:54.97), Tansuwan (14:55.86), Rebecca Plume (14:57.71) and Wike (14:58.50) rounded out the top-10 for LMU. In all, the Lions claimed six of the top-10 and 11 of the top-15 spots in the open-water mile swim. In the second event in the ocean, LMU competed in the 300 Swim-Run open-water event. Alaska-Fairbanks fared well in the event, claiming the top-three spots, including Kinsey Laine's time of 4:35.83 to take the victory. Pavlovskaya (4:42.50) and Zinsli (4:46.35) followed in second and third, respectively. LMU took home the fourth through 16th positions in the race, led by Gore with a time of 4:47.84. Sawelson (4:48.69), Kristina Fernandez (4:49.00), Plume (4:49.33), O'Neill (4:50.00), Witter (4:50.25) and Magura (4:52.00) filled the rest of the top-10.

## Replenish the Wealth

After claiming the PCSC Championship and saying goodbye to the senior leaders, head coach Bonnie Adair has recruited and signed two High School All-American freshmen swimmers who will take to the water for LMU in 2008-09. Kyla Dahlquist (Highlands Ranch, Colo./Mountain Vista High School) and Tammy Choy (Millbrae, Calif./Mills High School) are expected to have an immediate impact on the team. When asked about the successful signings, Adair said, "I am excited for the opportunity to coach both Tammy and Kyla who are just coming into their prime, yet are already performing close to National level times. They both have the potential to perform at that level during their four years at LMU. More importantly, both girls are exceptional students and share the same core values that we promote here at LMU. They are a perfect fit with the other student athletes in our program who are as excited as I am that Kyla and Tammy will be joining us next year."

## 2007-08 Team Awards

<b>Swimmer of the Year</b> .....	Rebecca Plume
<b>Freshman Swimmer of the Year</b> .....	Carolyn Pasque
<b>Most Inspirational</b> .....	Alicia Witter, Rebecca Plume, Angela Samuels
<b>Hardest Worker</b> .....	Rebecca Plume, Trinity O'Neill, Alicia Witter, Kim McKay
<b>Hardest Worker (Freshman)</b> .....	Katie Carmody
<b>Most Improved</b> .....	Rebecca Plume, Melanie Tansuwan, Megan Sawelson, Kristen Lutjen, Gillian Ghazal
<b>Most Supportive Teammate</b> .....	Maeghan Cobbin, Alexa Cook, Danielle Garcia
<b>Most Team Spirit</b> .....	Melanie Tansuwan, Mallorie Lim, Liz Magura
<b>Best Student</b> .....	Katie Mistry, Carolyn Pasque, Trinity O'Neill, Justine Elgas
<b>Best Sense of Humor</b> .....	Carolyn Pasque, Alex Wike, Christine Gore
<b>Most Talkative</b> .....	Aja Kusao, Alyssa Geraghty
<b>Miss Congeniality</b> .....	Alexa Cook, Julia Hall, Alicia Royal

## Head Coach Bonnie Adair



After becoming the first full-time women's swimming coach at LMU, Bonnie Adair recently completed her fifth season with the Lions and was named 2008 Pacific Collegiate Swimming Conference Coach of the Year.

Adair joined the LMU program in 2002-03 with a 35-year background in swimming.

In her first season as a full-time head coach, Adair added 17 newcomers to the program's roster, which doubled the team's size and jump-started the new era of LMU swimming.

Since her arrival, Adair has turned the LMU program into a contender for the Pacific Collegiate Swimming Conference Championship, culminating in LMU's first title in 2008. The Lions finished third in the conference in 2005 and set 16 of 19 school records in a history-making season. LMU earned its first two conference event titles in 2005, winning both the 200 medley relay (Lauren Mathewson, Morgan Finley, Angela Samuels, Katie Hicks) and the 100 backstroke (Mathewson).

The 2005-06 Lions added four more PCSC titles, winning the 200 medley relay (Mathewson, Sarah Hamilton, Samuels, Hicks), the 100 freestyle (Hicks), the 100 breaststroke (Hamilton) and the 100 backstroke (Mathewson). LMU posted a dual record of 9-5 in that season, marking the second straight winning season under Adair.

Highlighted by 11 new school records and four PCSC event titles, Loyola Marymount finished second of 14 teams in the conference at the 2006-07 PCSC Championship. The team finished 7-5 in dual meets to extend Adair's winning-season streak to three straight. PCSC Championship triple winner Mathewson, along with teammates Morgan Finley, Alex Wike, Trinity O'Neill, and Samuels were selected to the PCSC All-Conference team. Senior Amanda Luciano was named to the PCSC All-Academic team. Mathewson's three event titles came in the 50 freestyle, 100 backstroke, and 200 backstroke, earning her PCSC Swimmer of the Year honors. She was also a member of the 200 medley relay, along with Finley, Samuels and Wike, which shattered the existing meet record by over a second en route to the Lion victory.

In 2008, Adair made it four straight winning seasons, turning in a perfect 9-0 record in dual meets en route to her first PCSC Coach of the Year selection. The perfect record marked the first time in school history that a team had gone undefeated. Adair and the Lions capped the outstanding season with a first-place finish at the PCSC Championships, posting a school-record 11 swimmers on the All-Conference Team. Alex Wike claimed the top-spot in the 50 freestyle, Rebecca Plume won the 500 freestyle and Alicia Witter took home the individual title in the 100 freestyle event.

During her own 13-year swimming career, she set 35 National Age Group records including a 50m freestyle record that stood for 29 years.

Competing in 12 National Championships (her first at age 13) and two Olympic Trials, Adair became a National finalist in the 100 free and 100 fly and a member of a 400-meter medley relay that established four American records.

She attended UCLA as an undergraduate and then Loyola Law School. During law school, Adair was the assistant coach of the UCLA women's swim team and also coached the Team Santa Monica age group team.

In 1979, Adair, along with current LMU assistant Clay Evans, created the Santa Monica Masters Swim Team, which later became SCAQ - now the largest Masters program in the United States with over 900 active members.

In their 30 years coaching together, it is estimated that Adair and Evans have coached or instructed 20,000 Los Angeles-area swimmers.

Between 1985 and 1994, Adair came out of swimming retirement to compete in several Masters National Championships and World Games and set national and world records in the freestyle sprint events and 100 and 200 IMs. She has contributed swimming articles to SWIM Magazine and Fitness Swimmer Magazine and was honored as the United States Masters Coach of the Year in 1997.

From 1996-1999, Adair was the head coach of the men's and women's swimming teams at Santa Monica College, where she earned the Western State Conference Women's Coach of the Year award in 1997. In 1998, her women's team tied for the conference title and placed sixth in the state. Her men's team also earned a sixth place finish.

Adair currently resides in West Los Angeles.

## 2007-08 Top Times

### 50 Free

Name	Time	Meet	Date
Alex Wike	23.89	PCSC Champ.	2/14/08
Alexa Cook	24.22	PCSC Champ.	2/14/08
Carolyn Pasque	24.25	PCSC Champ.	2/14/08
Megan Sawelson	24.35	PCSC Champ.	2/14/08
Aja Kusao	24.95	Nike Cup	11/15/07
Melanie Tansuwan	25.12	Nike Cup	11/15/07
Angela Samuels	25.23	Nike Cup	11/15/07
Liz Magura	25.38	Nike Cup	11/15/07
Sierra Misquez	25.41	Nike Cup	11/15/07
Kristen Hiller	25.43	Nike Cup	11/15/07

### 100 Free

Name	Time	Meet	Date
Alicia Witter	51.80	PCSC Champ.	2/16/08
Alex Wike	52.62	PCSC Champ.	2/16/08
Megan Sawelson	52.68	PCSC Champ.	2/16/08
Carolyn Pasque	52.87	PCSC Champ.	2/16/08
Alexa Cook	53.70	PCSC Champ.	2/16/08
Danielle Garcia	54.12	PCSC Champ.	2/16/08
Liz Magura	54.33	PCSC Champ.	2/16/08
Aja Kusao	54.76	Nike Cup	11/17/07
Rebecca Plume	54.80	LMU vs. CSUB	1/19/08
Julia Hall	55.51	PCSC Champ.	2/16/08

### 200 Free

Name	Time	Meet	Date
Rebecca Plume	1:52.31	PCSC Champ.	2/15/08
Alicia Witter	1:52.62	PCSC Champ.	2/15/08
Megan Sawelson	1:53.87	PCSC Champ.	2/15/08
Carolyn Pasque	1:56.40	PCSC Champ.	2/15/08
Christine Gore	1:56.51*	Nike Cup	11/16/07
Danielle Garcia	1:56.70	PCSC Champ.	2/15/08
Maggie Brophy	1:59.06	Nike Cup	11/15/07
Trinity O'Neil	2:00.25	LMU vs. CSUB	1/19/08
Gillian Ghazel	2:00.94	Shootout	11/3/07
Aja Kusao	2:01.44	Nike Cup	11/15/07

### 500 Free

Name	Time	Meet	Date
Rebecca Plume	4:56.59	PCSC Champ.	2/14/08
Alicia Witter	5:07.71	PCSC Champ.	2/14/08
Danielle Garcia	5:12.82	PCSC Champ.	2/14/08
Christine Gore	5:14.81	PCSC Champ.	2/14/08
Gillian Ghazel	5:18.54	PCSC Champ.	2/14/08
Julia Hall	5:22.36	PCSC Champ.	2/14/08
Kim McKay	5:24.89	LMU vs. CSUB	1/19/08
Trinity O'Neil	5:25.57	UAF	10/20/07
Megan Swaelson	5:25.71	UAF	10/20/07
Alex Wike	5:30.78	Pentathlon	10/13/07

### 1000 Free

Name	Time	Meet	Date
Rebecca Plume	10:38.88	LMU vs. CMS	1/18/07
Trinity O'Neil	10:54.58	Seattle v LMU	10/18/07
Julia Hall	11:04.40	Shootout	11/3/07
Christine Gore	11:10.30	LMU vs. CSUB	1/19/08
Danielle Garcia	11:14.03	Seattle	10/18/07
Kristina Fernandez	11:37.82	LMU vs. CSUB	1/19/08

### 1650 Free

Name	Time	Meet	Date
Rebecca Plume	17:16.14	PCSC Champ.	2/16/08
Julia Hall	18:05.82	PCSC Champ.	2/16/08
Christine Gore	18:19.62	PCSC Champ.	2/16/08
Danielle Garcia	18:57.77	UAF	10/20/07
Kristina Fernandez	19:55.64	PCSC Champ.	2/16/08

### 100 Back

Name	Time	Meet	Date
Kristen Lutjen	1:01.28	PCSC Champ.	2/15/08
Kim McKay	1:01.30	PCSC Champ.	2/15/08
Alicia Witter	1:01.46*	Nike Cup	11/15/07
Alex Wike	1:01.57	PCSC Champ.	2/15/08
Alicia Royal	1:01.57	PCSC Champ.	2/15/08
Mallorie Lim	1:02.57	Nike Cup	11/15/07
Kristen Hiller	1:03.37	Nike Cup	11/15/07
Angela Samuels	1:05.65	Malibu	10/27/07
Trinity O'Neil	1:06.32	Pentathlon	10/13/07
Katie Carmody	1:06.72	Nike Cup	11/15/07

### 200 Back

Name	Time	Meet	Date
Kristen Lutjen	2:10.06	PCSC Champ.	2/16/08
Kim McKay	2:12.73	PCSC Champ.	2/16/08
Alicia Witter	2:14.25	LMU vs. USD	1/26/08
Kristin Hiller	2:19.27	UAF	10/20/07
Alicia Royal	2:21.17	Nike Cup	11/17/07
Katie Carmody	2:26.57	LMU vs. USD	1/26/08
Nicole Alvarado	2:24.54	PCSC Champ.	2/16/08
Christine Gore	2:30.32	LMU vs. CSUB	1/19/08

### 100 Breast

Name	Time	Meet	Date
Angela Samuels	1:07.62	LMU vs. USD	1/26/08
Melanie Tansuwan	1:09.69	Nike Cup	11/15/07
Liz Magura	1:11.15	LMU vs. CSUB	1/18/07
Alyssa Geraghty	1:11.21	Malibu	10/27/07
Carolyn Pasque	1:11.57	Nike Cup	11/15/07
Justine Elgas	1:12.02	PCSC Champ.	2/15/08
Maeghan Cobbin	1:13.53	Nike Cup	11/15/07
Danielle Garcia	1:15.13	Malibu	10/27/07
Trinity O'Neil	1:16.13	Pentathlon	10/13/07

### 200 Breast

Name	Time	Meet	Date
Melanie Tansuwan	2:30.98	LMU vs. CMS	1/18/07
Alyssa Geraghty	2:31.54	LMU vs. CSUB	1/19/08
Justine Elgas	2:34.24	Nike Cup	11/17/07
Angela Samuels	2:33.78	UAF	10/20/07
Liz Magura	2:35.74	UAF	10/20/07
Carolyn Pasque	2:39.29	LMU vs. CSUB	1/19/08
Maeghan Cobbin	2:38.78	LMU vs. CMS	1/18/07

### 100 Fly

Name	Time	Meet	Date
Angela Samuels	58.19	LMU vs. USD	1/26/08
Mallorie Lim	57.92	PCSC Champ.	2/15/08
Melanie Tansuwan	58.60	PCSC Champ.	2/15/08
Sierra Misquez	59.23	Nike Cup	11/15/07
Gillian Ghazel	1:00.29	PCSC Champ.	2/15/08
Alicia Royal	1:00.34	PCSC Champ.	2/15/08
Trinity O'Neil	1:00.35	Seattle	10/18/07
Katie Carmody	1:00.73	PCSC Champ.	2/15/08
Kim McKay	1:00.89	Nike Cup	11/15/07
Katie Mistry	1:00.94	PCSC Champ.	2/13/08

### 200 Fly

Name	Time	Meet	Date
Trinity O'Neil	2:07.25	Nike Cup	11/17/07
Melanie Tansuwan	2:07.58	PCSC Champ.	2/16/08
Angela Samuels	2:11.91	LMU vs. CSUB	1/19/08
Katie Carmody	2:12.72	PCSC Champ.	2/16/08
Kim McKay	2:13.70	LMU vs. USD	1/26/08
Gillian Ghazel	2:13.74	PCSC Champ.	2/16/08
Alicia Royal	2:16.38	PCSC Champ.	2/16/08
Katie Mistry	2:17.01	LMU vs. USD	1/26/08

### 200 IM

Name	Time	Meet	Date
Melanie Tansuwan	2:09.49	PCSC Champ.	2/14/08
Trinity O'Neil	2:11.75	Nike Cup	11/15/07
Liz Magura	2:12.69	PCSC Champ.	2/14/08
Angela Samuels	2:13.33	PCSC Champ.	2/14/08
Kristen Lutjen	2:13.98	PCSC Champ.	2/14/08
Kim McKay	2:15.15	PCSC Champ.	2/14/08
Mallorie Lim	2:17.16	LMU vs. CSUB	1/19/08
Katie Carmody	2:19.29	Nike Cup	11/15/07
Carolyn Pasque	2:19.86	Malibu	10/27/07
Danielle Garcia	2:21.42	Malibu	10/27/07

### 400 IM

Name	Time	Meet	Date
Trinity O'Neil	4:33.29	Nike Cup	11/16/07
Liz Magura	4:43.91	PCSC Champ.	2/15/08
Julia Hall	4:44.53	PCSC Champ.	2/15/08
Angela Samuels	4:44.67	LMU vs. CMS	1/18/07
Kim McKay	4:53.95	Nike Cup	11/16/07
Katie Carmody	5:01.14	LMU vs. CMS	1/18/07
Alyssa Geraghty	5:01.23	PCSC Champ.	2/15/08
Morgan Ridgeway	5:22.32	Malibu	10/27/07

## All-Time Top-10

### 50 Free

1. K. Hicks	23.62
2. L. Mathewson	23.78
3. A. Wike	23.89
4. A. Cook	24.15
5. M. Sawelson	24.37
6. T. Yates	24.47
7. C. Pasque	24.25
8. A. Samuels	24.68
9. A. Luciano	24.80
10. K. Zabor	24.86

### 100 Free

1. K. Hicks	50.98
2. A. Witter	51.80
3. A. Wike	52.50
4. L. Mathewson	52.55
5. M. Sawelson	52.68
6. C. Pasque	52.87
7. L. Magura	53.33
8. M. Brophy	53.38
9. A. Cook	53.51
10. M. Bommarito	53.82

### 200 Free

1. R. Plume	1:52.31
2. A. Witter	1:52.62
3. K. Hicks	1:52.67
4. M. Brophy	1:53.62
5. M. Sawelson	1:53.87
6. D. Garcia	1:55.80
7. L. Magura	1:56.08
8. C. Pasque	1:56.40
9. C. Gore	1:56.51
10. B. Melconian	1:57.26

### 500 Free

1. R. Plume	4:56.59
2. M. Brophy	5:05.53
3. A. Witter	5:07.71
4. K. McKay	5:12.44
5. D. Garcia	5:12.82
6. C. Gore	5:14.80
7. L. Magura	5:15.93
8. J. Hatfield	5:16.53
9. T. O'Neill	5:17.05
10. J. Hall	5:17.51

### 1000 Free

1. R. Plume	10:38.88
2. M. Brophy	10:39.23
3. T. O'Neill	10:42.00
4. J. Hall	10:54.20
5. L. Magura	10:57.17
6. B. Melconian	10:59.93
7. C. Gore	11:00.53
8. K. McKay	11:01.27
9. J. Hatfield	11:06.47
10. M. Ridgeway	11:10.89

### 1650 Free

1. R. Plume	17:16.14
2. J. Hall	18:01.78
3. J. Hatfield	18:10.82
4. C. Gore	18:19.62
5. T. O'Neill	18:26.37
6. M. Ridgeway	18:34.77
7. B. Melconian	18:35.92
8. A. Witter	18:42.58
9. D. Garcia	18:43.30
10. K. Kramer	18:56.81

### 100 Back

1. L. Mathewson	54.94
2. K. Hicks	59.26
3. J. Cruzat	59.86
4. J. Marcus	1:00.29
5. M. Lim	1:00.46
6. A. Witter	1:00.65
7. A. Luciano	1:00.98
8. K. McKay	1:01.08
9. K. Lutjen	1:01.28
10. A. Wike	1:01.57
10. A. Royal	1:01.57

### 200 Back

2005 1. L. Mathewson	2:03.78	2007
2007 2. K. Lutjen	2:10.06	2008
2008 3. J. Cruzat	2:10.26	2003
2007 4. J. Marcus	2:11.04	2000
2008 5. A. Witter	2:11.22	2007
2001 6. A. Austin	2:12.40	2002
2008 7. K. McKay	2:12.73	2008
2005 8. M. Walters	2:13.53	2004
2004 9. B. Diamond	2:14.20	2002
2004 10. A. Royal	2:16.99	2005

### 100 Breast

2006 1. S. Hamilton	1:04.80	2006
2008 2. M. Finley	1:06.06	2007
2008 3. A. Samuels	1:06.76	2007
2006 4. K. Zabor	1:07.30	2002
2008 5. A. Luciano	1:08.45	2004
2008 6. K. Whipple	1:09.14	2004
2007 7. L. Magura	1:09.24	2005
2005 8. A. Geraghty	1:09.47	2007
2007 9. M. Tansuwan	1:09.69	2007
2003 10. J. Elgas	1:09.74	2007

### 200 Breast

2008 1. M. Finley	2:23.50	2007
2008 2. K. Zabor	2:25.65	2004
2006 3. A. Geraghty	2:27.66	2007
2007 4. L. Magura	2:28.17	2005
2008 5. K. Whipple	2:28.58	2003
2006 6. T. O'Neill	2:28.96	2007
2005 7. C. O'Neill	2:29.79	2002
2008 8. S. Hamilton	2:30.14	2007
2007 9. M. Tansuwan	2:30.98	2007
2004 10. M. Dunn	2:31.43	2005

### 100 Butterfly

2008 1. A. Samuels	57.63	2005
2007 2. M. Lim	57.92	2008
2008 3. K. Zabor	57.94	2004
2005 4. M. Tansuwan	58.60	2008
2008 5. S. Misquez	59.23	2007
2006 6. T. O'Neill	59.49	2007
2005 7. K. Hicks	59.69	2007
1998 8. A. Nakamura	1:00.03	1997/98
2007 9. B. Melconian	1:00.09	2004/05
2007 10. M. Bommarito	1:00.11	2001/02

### 200 Fly

2007 1. T. O'Neill	2:05.72	2007
2005 2. M. Tansuwan	2:07.58	2008
2007 3. A. Samuels	2:08.77	2007
2006 4. A. Nakamura	2:10.80	1998
2005 5. J. Cheng	2:11.29	1999
2003 6. B. Melconian	2:11.57	2004
2006 7. K. Carmody	2:12.72	2008
2005 8. K. McKay	2:13.7	2008
2000 9. G. Ghazal	2:13.74	2008
2006 10. M. Walters	2:14.76	2004

### 200 IM

2008 1. K. Zabor	2:08.50	2004
2007 2. T. O'Neill	2:08.71	2006
1998 3. M. Tansuwan	2:09.49	2008
2008 4. L. Magura	2:09.52	2005
2007 5. K. Hicks	2:10.92	2005
2007 6. A. Samuels	2:11.28	2006
2002 7. S. Hamilton	2:11.49	2006
2007 8. M. Finley	2:11.53	2007
2007 9. J. Cheng	2:12.71	1998
2002 10. K. Lutjen	2:13.98	2008

### 400 IM

2007 1. T. O'Neill	4:33.29	2007
2006 2. K. Zabor	4:36.21	2003
2003 3. L. Magura	4:37.43	2005
2000 4. J. Cheng	4:39.55	1998
2007 5. J. Hall	4:40.06	2007
2007 6. A. Samuels	4:44.67	2008
2007 7. M. Finley	4:45.46	2006
2005 8. A. Geraghty	4:47.52	2006
2008 9. M. McCarville	4:48.77	2006
2008 10. K. Wilcox	4:49.29	2002



## SWIMMING ALL-TIME PRIDE

### ALL-TIME RECORDS

EVENT	NAME(S)	TIME	YEAR
50 Freestyle	K. Hicks	23.62	2005
100 Freestyle	K. Hicks	50.98	2006
200 Freestyle	R. Plume	1:52.31	2008
500 Freestyle	R. Plume	4:56.59	2008
1000 Freestyle	R. Plume	10:38.88	2007
1650 Freestyle	R. Plume	17:16.14	2008
100 Backstroke	L. Mathewson	54.94	2007
200 Backstroke	L. Mathewson	2:03.78	2007
100 Breaststroke	S. Hamilton	1:04.80	2006
200 Breaststroke	M. Finely	2:23.50	2007
100 Butterfly	A. Samuels	57.63	2005
200 Butterfly	T. O'Neill	2:05.72	2007
200 IM	K. Zabor	2:08.50	2004
400 IM	T. O'Neill	4:33.29	2007
200 Medley Relay	Mathewson, Finley Samuels, Wike	1:44.24	2007
400 Medley Relay	Mathewson, Hamilton Samuels, Hicks	3:50.45	2006
200 Free Relay	Wike, Cook Pasque, Sawelson	1:35.76	2008
400 Free Relay	Wike, Mathewson Magura, Hicks	3:30.21	2006
800 Free Relay	Magura, Brophy Plume, Witter	7:39.24	2007