

2010-2011 LMU Women's Swimming Season Best Performances (updated 11/10/10)

50 Yd. Freestyle

LMU record: A. Scott 23.26 (2010)

Isabella Zhang	24.25	LMU vs. UCLA
Carolyn Pasque	24.35	CalPoly Shootout
Camille Hopp	25.10	LMU vs. UCLA
Sophie Allen	25.12r	CalPoly Shootout
Dempsey Haynosch	25.43	PCSC Pentathlon
Noelani Vargas	25.49	CalPoly Shootout
Katie Rick	25.57	UCD/Seattle
Lauren Saylor	25.86	LMU vs. UCLA

100 Yd Freestyle

LMU record: A. Scott 50.06 (2010)

Isabella Zhang	52.62	UCD/Seattle
Carolyn Pasque	52.97	LMU vs. UCLA
Sophie Allen	55.10	UCD/Seattle
Tammy Choy	55.65	PCSC Pentathlon
Noelani Vargas	55.85	CalPoly Shootout
Katie Rick	56.18	LMU vs. UCLA
Christina Cannata	56.63r	LMU vs. UCLA
Yvonne Le	56.73	PCSC Pentathlon

200 Yd. Freestyle

LMU record A. Scott 1:49.19 (2010)

Carolyn Pasque	1:56.04	UCD/Seattle
Isabella Zhang	1:56.53	UOP/CSUB/SEA
Elizabeth Murray	2:00.08	UOP/CSUB/SEA
Tammy Choy	2:01.01	LMU vs. UCLA
Christina Cannata	2:01.02	LMU vs. UCLA
Marlena Nip	2:01.10	UCD/Seattle
Yvonne Le	2:01.42	CalPoly Shootout
Terry Rinder	2:02.73	CalPoly Shootout

500 Yd. Freestyle

LMU record: R. Plume 4:56.59 (2008)

Elizabeth Murray	5:14.43	CalPoly Shootout
Terry Rinder	5:15.89	UOP/CSUB/SEA
Mary Kate Short	5:17.73	CalPoly Shootout
Angelina Prat	5:19.63	LMU vs. UCLA
Carolyn Pasque	5:23.79	PCSC Pentathlon
Kia Dobie	5:26.19	UCD/Seattle
Isabella Zhang	5:27.04	PCSC Pentathlon
Christina Cannata	5:28.16	LMU vs. UCLA

1000 Yd. Freestyle

LMU record: R. Plume 10:25.16 (2008)

Mary Kate Short	10:49.89	LMU vs. UCLA
Terry Rinder	10:50.31	UOP/CSUB/SEA
Kia Dobie	11:06.03	UOP/CSUB/SEA

1650 Yd. Freestyle

LMU record: R. Plume 17:16.14 (2008)

Mary Kate Short	18:00.29	UCD/Seattle
Terry Rinder	18.12.67	UCD/Seattle

100 Yd. Butterfly

LMU record: T. O'Neill 55.81 (2010)

Elizabeth Murray	59.61	UOP/CSUB/SEA
Yvonne Le	59.72	CalPoly Shootout
Tammy Choy	1:00.07	PCSC Pentathlon
Angelina Prat	1:00.28	PCSC Pentathlon
Rachel Dekar	1:00.54	UCD/Seattle
Katie Carmody	1:00.88	UCD/Seattle
MaryKate Short	1:01.01	PCSC Pentathlon
Isabella Zhang	1:01.08	Malibu Invite

200 Yd. Butterfly

LMU record: T. O'Neill 2:02.80 (2010)

Angelina Prat	2:09.45	CalPoly Shootout
Elizabeth Murray	2:11.14	CalPoly Shootout
Katie Carmody	2:11.70	UCD/Seattle
Mary Kate Short	2:11.83	CalPoly Shootout
Yvonne Le	2:12.39	LMU vs. UCLA
Christina Cannata	2:18.01	Malibu Invite
Kia Dobie	2:19.05	Malibu Invite

100 Yd. Backstroke

LMU record: L. Mathewson 54.94 (2007)

Sophie Allen	59.53	CalPoly Shootout
Tammy Choy	59.97	PCSC Pentathlon
Dempsey Haynosch	1:01.14	LMU vs. UCLA
Noelani Vargas	1:02.43	CalPoly Shootout
Yvonne Le	1:02.90	UCD/Seattle
Kia Dobie	1:03.43	Malibu Invite
Terry Rinder	1:05.42	Malibu Invite
MaryKate Short	1:05.42	PCSC Pentathlon

200 Yd. Backstroke

LMU record: L. Mathewson 2:03.78 (2007)

Tammy Choy	2:08.81	UOP/CSUB/SEA
Sophie Allen	2:09.09	CalPoly Shootout
Noelani Vargas	2:13.75	UOP/CSUB/SEA
Dempsey Haynosch	2:15.03	CalPoly Shootout
Yvonne Le	2:15.56	Malibu Invite
Kia Dobie	2:16.25	UOP/CSUB/SEA
Terry Rinder	2:18.42	Malibu Invite
Christina Cannata	2:19.69	Malibu Invite

100 Yd. Breaststroke

LMU record: C. Hopp 1:04.25 (2010)

Rachel Dekar	1:05.61	LMU vs. UCLA
Camille Hopp	1:09.17	CalPoly Shootout
Katie Rick	1:09.64	CalPoly Shootout
Lindsey Mascheroni	1:09.87	LMU vs. UCLA
Tammy Choy	1:10.04	PCSC Pentathlon
Stephanie Hess	1:10.17	LMU vs. UCLA
Angelina Prat	1:13.00	PCSC Pentathlon
Marlena Nip	1:13.06	UOP/CSUB/SEA

200 Yd. Breaststroke***LMU record: C. Hopp 2:19.55 (2010)***

Rachel Dekar	2:22.60	CalPoly Shootout
Camille Hopp	2:28.09	UOP/CSUB/SEA
Tammy Choy	2:29.20	Malibu Invite
Katie Rick	2:31.86	CalPoly Shootout
Stephanie Hess	2:34.41	Malibu Invite
Lindsey Mascheroni	2:35.07	LMU vs. UCLA
Marlena Nip	2:35.17	LMU vs. UCLA
MaryKate Short	2:37.65	Malibu Invite

200 Yd. Individual Medley***LMU record: T. O'Neill 2:05.15 (2010)***

Tammy Choy	2:10.97	LMU vs. UCLA
Rachel Dekar	2:13.08	UOP/CSUB/SEA
Yvonne Le	2:15.69	LMU vs. UCLA
MaryKate Short	2:16.99	PCSC Pentathlon
Christina Cannata	2:17.46	UOP/CSUB/SEA
Katie Rick	2:17.81	Malibu Invite
Angelina Prat	2:18.75	PCSC Pentathlon
Kia Dobie	2:19.91	Malibu Invite

400 Yd. Individual Medley***LMU record: T. Choy 4:26.14 (2009)***

Tammy Choy	4:36.39	UCD/Seattle
Mary Kate Short	4:46.71	CalPoly Shootout
Yvonne Le	4:47.65	UCD/Seattle
Kia Dobie	4:48.90	CalPoly Shootout
Christina Cannata	4:50.08	CalPoly Shootout
Angelina Prat	4:51.16	UCD/Seattle
Terry Rinder	5:01.32	UCD/Seattle
Michelle Horgan	5:10.77	CalPoly Shootout