

SWIMMING

TEAM CHAMPIONS

<u>YEAR</u>	<u>VARSITY</u>	<u>JUNIOR VARSITY</u>
2003	Archbishop Mitty	Archbishop Mitty
2004	Archbishop Mitty	Archbishop Mitty
2005	Valley Christian & Saint Ignatius	Saint Ignatius
2006	Archbishop Mitty	St. Ignatius & Mitty
2007	Saint Ignatius	Saint Ignatius

INDIVIDUAL AND TEAM RECORDS

VARSITY

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
200 MEDLEY RELAY		Archbishop Mitty	1:48.82	2007
	Stephanie Wei, Dory Isaacs, Jamie Cisar, Sara Collins			
200 FREESTYLE	Stephanie Wei	Archbishop Mitty	1:53.95	2007
200 IND. MEDLEY	Laurence Delisle	Archbishop Mitty	2:04.60	2007
50 FREESTYLE	Olivia Smith	Saint Francis	24.35	2007
100 BUTTERFLY	Michelle Liu	Archbishop Mitty	56.32	2005
100 FREESTYLE	Michelle Liu	Archbishop Mitty	52.45	2004
500 FREESTYLE	Danielle Gong	Presentation	4:58.37	2006
200 FREE RELAY		Archbishop Mitty	1:38.35	2006
	Michelle Liu, Laurence Delisle, Jamie Cisar, Dory Isaacs			
100 BACKSTROKE	Stephanie Wei	Archbishop Mitty	56.92	2007
100 BREASTSTROKE	Erica Liu	Archbishop Mitty	1:03.21	2004
400 FREE RELAY		Archbishop Mitty	3:32.29	2004
	Erica Liu, Michelle Liu, Dory Isaacs, Shannon Simonds			
DIVING	Michelle Morikawa	Saint Francis	479.35	2004

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INDIVIDUAL AND TEAM RECORDS

JUNIOR VARSITY

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
200 MEDLEY RELAY		Saint Ignatius	1:59.34	2006
	Cassandra Gallagher, Nicole O'Dea, Jinna Pang, Mia Neagle			
200 FREESTYLE	K K Clark	Sacred Heart Prep	2:02.19	2006
100 IND. MEDLEY	Darcie Campbell	Saint Ignatius	1:04.98	2003
50 FREESTYLE	M J Mordell	Sacred Heart Prep	25.81	2006
50 BUTTERFLY	Jinna Pang	Saint Ignatius	29.35	2006
100 FREESTYLE	K K Clark	Sacred Heart Prep	56.28	2006
500 FREESTYLE	Chelsea Dinis	Saint Francis	5:32.41	2007
200 FREE RELAY		Saint Ignatius	1:46.25	2005
	Sasza Lohrey, Michelle Herrerias, Kelly Conley, Raquel Dayao			
100 BACKSTROKE	Jessica Garcia	Archbishop Mitty	1:03.92	2004
100 BREASTSTROKE	Mandy Korpusik	Presentation	1:10.77	2006
400 FREE RELAY		Saint Ignatius	3:56.41	2005
	Loretta Roddy, Michelle Herrerias, Sasza Lohrey, Raquel Dayao			
DIVING	Caty Chung	Saint Francis	179.30	2006