



# Women's Swimming & Diving Records

THE RECORD BOOK

## 50 FREESTYLE

Time	Name	Year
24.98	Jessica Frank	2005
25.37	Anita Isch	2005
25.58	Erin O'Connor	2006
25.84	Juliana Van Winkle	1998
25.93	Asako Fujioka	2002

## 100 BACKSTROKE

Time	Name	Year
1:01.05	Jessica Frank	2005
1:01.75	Stephanie Hance	2008
1:02.65	Asako Fujioka	2002
1:03.61	Jamie Myers	2002
1:03.93	Alison Hasbargen	2005

## 100 BREASTSTROKE

Time	Name	Year
1:08.64	Erin O'Connor	2003
1:12.96	Elizabeth Farquhar	2001
1:13.45	Juliana Van Winkle	1998
1:14.87	Rebecca Merow	2000
1:15.65	Jessica Frank	2002

## 100 BUTTERFLY

Time	Name	Year
1:02.51	Elaine Kratz	2005
1:02.70	Erin O'Connor	2004
1:03.87	Asako Fujioka	2002
1:04.06	Stephanie Hance	2009
1:06.28	Deb Aleksa	2009

## 100 FREESTYLE

Time	Name	Year
54.85	Jessica Frank	2005
55.19	Anita Isch	2005
55.20	Asako Fujioka	2002
56.00	Erin O'Connor	2004
56.71	Juliana Van Winkle	1998

## 200 BACKSTROKE

Time	Name	Year
2:11.96	Asako Fujioka	2002
2:15.30	Stephanie Hance	2009
2:17.61	Chrissy Guidi	2003
2:18.04	Jessica Frank	2002
2:19.68	Jamie Myers	2002

## 200 BREASTSTROKE

Time	Name	Year
2:29.81	Erin O'Connor	2006
2:40.70	Elizabeth Farquhar	2001
2:41.98	Deb Aleksa	2007
2:50.43	Juliana Van Winkle	1999
2:51.12	Emily Meyer	2008

## 200 BUTTERFLY

Time	Name	Year
2:27.49	Stephanie Hance	2008
2:29.77	Chrissy Guidi	2005
2:38.39	Alison Hasbargen	2005

## 200 FREESTYLE

Time	Name	Year
1:57.74	Asako Fujioka	2002
2:00.98	Jessica Frank	2004
2:01.15	Anita Isch	2005
2:02.04	Katie Trella	2009
2:06.76	Juliana Van Winkle	2000

## 200 INDIV. MEDLEY

Time	Name	Year
2:18.59	Asako Fujioka	2002
2:19.40	Jessica Frank	2002
2:24.29	Deb Aleksa	2007
2:27.38	Heather Wiest	2008
2:28.20	Chrissy Guidi	2003

## 400 INDIV. MEDLEY

Time	Name	Year
4:54.05	Deb Aleksa	2009
5:09.65	Heather Wiest	2008
5:19.93	Chrissy Guidi	2005

## 500 FREESTYLE

Time	Name	Year
5:17.47	Jessica Frank	2002
5:18.43	Asako Fujioka	2002
5:21.78	Katie Trella	2009
5:24.69	Deb Aleksa	2009
5:30.22	Jamie Myers	2003

## 1,000 FREESTYLE

Time	Name	Year
11:07.28	Katie Trella	2009
11:07.45	Jessica Frank	2002
11:09.61	Deb Aleksa	2009
11:45.50	Caitlin Kohli	2009
12:01.77	Rebecca Merow	1999

## 1,650 FREESTYLE

Time	Name	Year
18:27.35	Katie Trella	2008
18:31.40	Deb Aleksa	2009
18:36.59	Jessica Frank	2002
19:29.98	Caitlin Kohli	2009

## ONE-METER DIVING (11)

Time	Name	Year
291.15	Sam Danesis	2009
290.35	Robyn Heald	1998
247.00	Emily Timperman	2005

## ONE-METER DIVING (6)

Score	Name	Year
212.25	Emily Timperman	2005
187.40	Arden Santoso	2006
186.70	Katy Zawadski	2006

## THREE-METER DIVING

Score	Name	Year
260.40	Robyn Heald	1998

## 200 FREESTYLE RELAY

Time	Name	Year
1:41.58	O'Connor, Hasbargen Isch, Frank	2005
1:43.38	O'Connor, Kratz Guidi, Isch	2006
1:43.62	Fujioka, Hasbargen Myers, Frank	2002

## 200 MEDLEY RELAY

Time	Name	Year
1:51.51	Frank, O'Connor Kratz, Isch	2005
1:53.33	Guidi, O'Connor Kratz, Isch	2006
1:55.90	Hasbargen, O'Connor Kratz, Frank	2004

## 400 FREESTYLE RELAY

Time	Name	Year
3:44.49	O'Connor, Hasbargen Isch, Frank	2005
3:45.85	Frank, Hasbargen Myers, Fujioka	2002
3:49.62	Trella, Weist Hance, Isch	2008

## 400 MEDLEY RELAY

Time	Name	Year
4:07.49	Frank, O'Connor Kratz, Isch	2005
4:15.44	Guidi, O'Connor Kratz, Isch	2006
4:18.08	Frank, O'Connor Hasbargen, Isch	2005

## 800 FREESTYLE RELAY

Time	Name	Year
8:16.44	Frank, Hasbargen Myers, Fujioka	2002
8:25.91	Trella, Kohli Weist, Isch	2008
8:33.52	Kohli, Aleksa Wiest, Trella	2009

# Men's Swimming & Diving Records



## 50 FREESTYLE

Time	Name	Year
20.50	Sean Valentine	1999
21.13	Matt Smith	2002
21.65	Nick Lee	2007
21.65	Adam Effinger	2006
21.85	Tom Meyer	2001

## 100 BACKSTROKE

Time	Name	Year
52.62	David Breiding	2002
53.75	Nick Lee	2008
55.07	Ben Sollman	2009
55.50	Aaron Knox	2006
55.58	Matt Smith	2002

## 100 BREASTSTROKE

Time	Name	Year
56.20	Matt Smith	2003
56.69	Sean Valentine	1999
59.20	Klynt Gerde	2004
1:01.11	Clayton Shotwell	2009
1:01.72	Kevin McPeak	1996

## 100 BUTTERFLY

Time	Name	Year
50.19	Adam Effinger	2006
52.44	Sean Valentine	1998
52.62	Jacob Sorensen	2008
53.78	Andy Carr	2000
54.16	Landry Carbo	2008

## 100 FREESTYLE

Time	Name	Year
45.84	Sean Valentine	1999
46.90	Matt Smith	2002
47.49	Nick Lee	2008
47.88	Brian Yount	2009
48.09	Tom Meyer	2001

## 200 BACKSTROKE

Time	Name	Year
1:53.55	David Breiding	2003
2:00.61	Brian Yount	2009
2:01.13	Ben Sollman	2009
2:01.51	Daniel Lee	2009
2:01.58	Ryan Mackos	2002

## 200 BREASTSTROKE

Time	Name	Year
2:04.73	Matt Smith	2002
2:11.85	Klynt Gerde	2004
2:16.21	Clayton Shotwell	2008
2:17.37	Brent Nelson	2004
2:18.08	Todd Smaka	1996

## 200 BUTTERFLY

Time	Name	Year
1:53.03	Adam Effinger	2006
1:53.50	Jacob Sorensen	2008
2:03.17	Ryan Mackos	2003
2:03.58	Cliff Breiding	2001
2:03.68	Landry Carbo	2009

## 200 FREESTYLE

Time	Name	Year
1:44.02	Matt Smith	2002
1:44.49	Steven Vande Lune	2009
1:45.39	Ryan Mackos	2004
1:45.43	Jacob Sorensen	2008
1:46.48	Brian Yount	2009

## 200 INDIV. MEDLEY

Time	Name	Year
1:56.35	Jacob Sorensen	2008
1:57.27	David Breiding	2002
1:59.22	Adam Effinger	2006
1:59.51	Matt Smith	2000
1:59.88	Sean Valentine	1999

## 400 INDIV. MEDLEY

Time	Name	Year
4:14.10	David Breiding	2001
4:14.86	Jacob Sorensen	2008
4:22.31	Craig Kedrowski	2003
4:26.16	Aaron Lindsey	1995
4:27.11	Andrew Ulrey	2009

## 500 FREESTYLE

Time	Name	Year
4:43.92	Steven Vande Lune	2009
4:49.58	Ryan Mackos	2004
4:54.62	Andrew Ulrey	2009
4:56.44	Jacob Sorensen	2006
4:59.18	Craig Kedrowski	2003

## 1,000 FREESTYLE

Time	Name	Year
10:08.73	Steven Vande Lune	2009
10:25.27	Craig Kedrowski	2003
10:31.07	Brian Yount	2008
10:36.50	Andrew Ulrey	2009
10:38.88	Jacob Sorensen	2008

## 1,650 FREESTYLE

Time	Name	Year
16:54.65	Steven Vande Lune	2009
17:23.49	Ryan Mackos	2004
17:24.62	Jacob Sorensen	2005
17:27.92	Craig Kedrowski	2003
17:32.20	Cliff Breiding	2001

## ONE-METER DIVING

Score	Name	Year
409.00	Michael Gerdov	2009
381.25	Mark Parzych	2009
355.40	Matt Melton	2008
342.75	Isaac Nolan	2007

## THREE-METER DIVING

Score	Name	Year
440.85	Michael Gerdov	2009
356.05	Matt Melton	2008
305.40	Eric Fenelon	2006
266.10	Isaac Nolan	2007

## 200 FREESTYLE RELAY

Time	Name	Year
1:25.89	Valentine, Feller Jackson, Smith	1999
1:26.28	Lee, Vande Lune Yount, Effinger	2008
1:27.41	Knox, Lee Freve, Effinger	2006

## 200 MEDLEY RELAY

Time	Name	Year
1:37.32	Lee, Shotwell Effinger, Sorensen	2008
1:37.89	D. Breiding, Smith Mackos, Isom	2003
1:38.27	D. Breiding, Smith Mullen, Mackos	2002

## 400 FREESTYLE RELAY

Time	Name	Year
3:09.96	Lee, Vande Lune Effinger, Sorensen	2008
3:13.51	Smith, Wallace Mackos, D. Breiding	2002
3:13.87	Yount, Sollman McCurry, Vande Lune	2009

## 400 MEDLEY RELAY

Time	Name	Year
3:33.45	D. Breiding, Smith Mackos, Wallace	2002
3:36.55	D. Breiding, Gerde Mackos, Wallace	2004
3:37.62	Yount, Shotwell Sorensen, Vande Lune	2008

## 800 FREESTYLE RELAY

Time	Name	Year
7:03.69	Sorensen, Yount Effinger, Vande Lune	2008
7:06.87	Effinger, Lee Sorensen, Vande Lune	2006



# Honors and Awards

THE RECORD BOOK

## NATIONAL CHAMPION

Name	Event	Year	Time
Matt Smith	100 Breaststroke	2003	56.20

## ALL-AMERICANS

Name	Event	Year	Place
Matt Smith	100 Breaststroke	2003	1st
Sean Valentine	50 Freestyle	1999	4th
Matt Smith	200 Breaststroke	2003	5th
Sean Valentine	100 Breaststroke	1999	6th
Matt Smith	100 Breaststroke	2002	6th
Matt Smith	200 Breaststroke	2002	7th

## ACADEMIC ALL-AMERICAN

Name	Event	Year	Place
Matt Smith	Breaststroke	2002	3rd Team

## ALL-CONFERENCE

Name	Event	Year	Place
Rob Danforth	50 Freestyle	1994	1st
Sean Valentine	50 Freestyle	1997	1st
Sean Valentine	100 Breaststroke	1999	1st
Matt Smith	100 Breaststroke	1999	2nd
Matt Smith	200 Breaststroke	1999	2nd
Sean Valentine	50 Freestyle	1999	2nd
Men's Relay	200 Freestyle	1999	3rd
Men's Relay	400 Medley	1999	3rd
Matt Smith	100 Breaststroke	2000	1st
Matt Smith	200 Breaststroke	2000	2nd
Andy Carr	100 Butterfly	2000	3rd
Men's Relay	200 Medley	2000	3rd
Men's Relay	400 Medley	2000	3rd
David Breiding	400 Indiv. Medley	2001	2nd
David Breiding	200 Backstroke	2001	3rd
Men's Relay	400 Freestyle	2001	3rd
Men's Relay	800 Freestyle	2001	3rd
Matt Smith	50 Freestyle	2002	1st
Matt Smith	100 Breaststroke	2002	1st
Matt Smith	200 Breaststroke	2002	1st
David Breiding	100 Backstroke	2002	2nd
David Breiding	200 Backstroke	2002	2nd
David Breiding	200 Indiv. Medley	2002	2nd
Asako Fujioka	200 Freestyle	2002	2nd
Men's Relay	400 Freestyle	2002	2nd
Men's Relay	800 Freestyle	2002	2nd
Ryan Mackos	500 Freestyle	2002	3rd
Asako Fujioka	500 Freestyle	2002	3rd
Men's Relay	200 Medley	2002	3rd
Men's Relay	400 Medley	2002	3rd
Women's Relay	800 Freestyle	2002	3rd
Matt Smith	50 Freestyle	2003	1st
Matt Smith	100 Breaststroke	2003	1st
Matt Smith	200 Breaststroke	2003	1st
Men's Relay	200 Indiv. Medley	2003	1st
David Breiding	100 Backstroke	2003	3rd
David Breiding	200 Backstroke	2003	3rd
David Breiding	200 Indiv. Medley	2003	3rd
Men's Relay	800 Freestyle	2003	3rd
David Breiding	100 Backstroke	2004	2nd
Klynt Gerde	100 Breaststroke	2004	2nd
Klynt Gerde	200 Breaststroke	2004	2nd
Ryan Mackos	500 Freestyle	2004	2nd
Men's Relay	200 Medley	2004	2nd

Name	Event	Year	Place
Men's Relay	800 Freestyle	2004	2nd
David Breiding	200 Backstroke	2004	3rd
Ryan Mackos	200 Freestyle	2004	3rd
Erin O'Connor	200 Freestyle	2004	3rd
Men's Relay	200 Freestyle	2004	3rd
Men's Relay	400 Medley	2004	3rd
Adam Effinger	200 Butterfly	2005	2nd
Jes Frank	100 Backstroke	2005	2nd
Women's Relay	200 Medley	2005	2nd
Adam Effinger	100 Butterfly	2005	3rd
Men's Relay	800 Freestyle	2005	3rd
Women's Relay	400 Freestyle	2005	3rd
Adam Effinger	100 Butterfly	2006	1st
Adam Effinger	200 Butterfly	2006	1st
Steven Vande Lune	1650 Freestyle	2006	1st
Steven Vande Lune	200 Freestyle	2006	2nd
Steven Vande Lune	500 Freestyle	2006	2nd
Men's Relay	800 Freestyle	2006	2nd
Erin O'Connor	200 Breaststroke	2006	2nd
Erin O'Connor	100 Breaststroke	2006	3rd
Women's Relay	200 Medley	2006	3rd
Jacob Sorensen	200 Butterfly	2006	3rd
Adam Effinger	200 Butterfly	2007	2nd
Mark Parzych	One Meter Diving	2007	2nd
Matt Melton	Three Meter Diving	2007	2nd
Isaac Nolan	One Meter Diving	2007	3rd
Isaac Nolan	Three Meter Diving	2007	3rd
Michael Gerdov	Three Meter Diving	2008	1st
Jacob Sorensen	200 Butterfly	2008	1st
Adam Effinger	100 Butterfly	2008	2nd
Michael Gerdov	One Meter Diving	2008	2nd
Nick Lee	100 Backstroke	2008	2nd
Matt Melton	Three Meter Diving	2008	2nd
Jacob Sorensen	200 Individual Medley	2008	2nd
Steven Vande Lune	500 Freestyle	2008	2nd
Men's Relay	800 Freestyle	2008	2nd
Michael Gerdov	One Meter Diving	2009	1st
Michael Gerdov	Three Meter Diving	2009	1st
Mark Parzych	One Meter Diving	2009	2nd

## CONFERENCE COACH OF THE YEAR

2002 - Melissa Thompson  
2008 - Michael Caruso

## CONF. SWIMMER OF THE YEAR

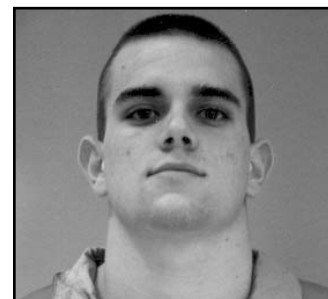
2002 - Matt Smith

## NATIONAL SWIMMER OF THE WEEK

2005 - Adam Effinger



Matt Smith



Sean Valentine