

Las Lomas High School Swimming & Diving All Time Top Ten Women

50 Freestyle

1.	Amanda Holman	24.20	2004
2.	Katie Long	24.62	1990
3.	Heidi Schwarck	24.64	1997
4.	Lindsey Almeida	24.77	2001
	Tracie Alef	24.77	1988
5.	Leslie Fowles	24.99	1999
6.	Sherrie Aulwes	25.0	1972
7.	Cori Becker	25.02	1999
8.	<u>Iris Finger</u>	<u>25.04</u>	<u>2006</u>
9.	Kristie White	25.13	1983
9.	Jamie Heil	25.13	1996
9.	Allison Holman	25.13	2002

100 Freestyle

1.	McCall Dorr	52.85	1998
2.	Heidi Schwarck	52.89	1997
3.	Rebecca Rogers	52.98	2004
4.	Amanda Holman	53.11	2005
5.	<u>Shelley Harper</u>	<u>53.25</u>	<u>2006</u>
6.	Kristie White	53.37	1985
7.	Lindsay Hart	53.69	2004
8.	Amy Terrill	53.78	2001
9.	Tracie Alef	53.83	1988
10.	Leslie Fowles	54.13	2000

200 Freestyle

1.	Rebecca Rogers	1:51.50	2002
2.	Shelley Harper	1:54.16	2005
3.	Sherrie Aulwes	1:54.4	1975
4.	Kristie White	1:55.46	1985
5.	Christina Wallace	1:55.75	1983
6.	McCall Dorr	1:55.93	1999
7.	Carole Yoshiwara	1:55.94	2005
8.	Amy Terrill	1:56.45	2001
9.	Maggie Stone	1:58.55	2005
10.	Karen Klass	1:59.03	1982

200 Medley Relay

1.	K. McNeely, M. Konstantinova, M. Dorr, B. Kain	1:49.84	1999
2.	L. Hart, K. Harper J. Bradford, A. Holman	1:50.11	2004
3.	L. Hart, Kr. Forbes C. Marana, R. Evans	1:50.97	2003
4.	K. McNeely, M. Konstantinova, M. Dorr, B. Kain	1:51.25	1998
5.	A. Terrill, M. Konstantinova, A. Nascimento, L. Fowles	1:51.26	2000
6.	K. Harper, Kr. Forbes, S. Harper, I. Finger	1:51.37	2005
7.	<u>C. Thomas, S. Yoder S. Harper, I. Finger</u>	<u>1:51.58</u>	<u>2006</u>
8.	L. Hart, L. Harris, L. Almeida, K. Dodds	1:52.47	2001
9.	L. Hart, S. Hanoian, L. Almeida, K. Dodds	1:52.60	2001
10.	L. Hart, K. Harper A. Holman, K. Dodds	1:52.81	2002

500 Freestyle

1.	McCall Dorr	4:56.62	1997
2.	<u>Shelley Harper</u>	<u>4:56.76</u>	<u>2006</u>
3.	Rebecca Rogers	4:59.99	2004
4.	Kirsten Harper	5:03.19	2004
5.	Lindsay Hart	5:05.93	2001
6.	Carole Yoshiwara	5:09.99	2005
7.	Christina Wallace	5:11.25	1983
8.	Lindsay Hart	5:11.36	2001
9.	Sylvie Lee	5:14.04	2005
10.	Sherrie Aulwes	5:14.8	1975

200 Individual Medley

1.	Lindsay Hart	2:06.32	2003
2.	<u>Shelley Harper</u>	<u>2:08.58</u>	<u>2006</u>
3.	Maggie Konstantinova	2:09.53	1999
4.	McCall Dorr	2:09.65	1998
5.	Kirsten Harper	2:10.79	2005
6.	Kelly Williams	2:11.93	2001
7.	Sylvie Lee	2:13.08	2004
8.	Tricia Renner	2:13.72	1980
9.	<u>Shaila Yoder</u>	<u>2:14.20</u>	<u>2006</u>
10.	Sherrie Aulwes	2:15.20	1975

Diving

1.	Julie Pierce	498.55	1985
2.	Mary Perata	498.55	19??
3.	Ashley Vogel	427.45	2001
4.	Adriane Kauffman	332.50	1999
5.	Lindsey Almeida	327.50	1999
6.	Tori Anderson	327.45	2005
7.	Cathy Strain	310.20	1989
8.	Lisa Sherman	303.25	1977
9.	Suzu Woodmansee	294.65	1980
10.	<u>Sarah Pennington</u>	<u>292.30</u>	<u>2006</u>

200 Freestyle Relay

1.	A. Holman, I. Finger A. Smith, L. Breunig	1:39.72	2005
2.	J. Heil, C. Becker, H. Schwarck, M. Dorr	1:39.73	1997
3.	<u>N. Torigino, L. Breunig C. Yoshiwara, I. Finger</u>	<u>1:39.76</u>	<u>2006</u>
4.	L. Fowles, C. Becker, A. Terrill, B. Kain	1:39.84	1999
5.	L. Almeida, R. Rogers, K. Dodds, A. Terrill	1:39.86	2001
6.	J. Bradford, A. Smith, L. Breunig, R. Rogers	1:40.11	2004
7.	L. Fowles, B. Kain, L. Almeida, A. Nascimento	1:40.71	2000
8.	C. Becker, L. Almeida, L. Fowles, B. Kain	1:41.02	1998
9.	B. Becker, K. Dodds R. Rogers, A. Holman	1:41.08	2002
10.	C. Becker, A. Burkett, J. Heil, H. Schwarck	1:41.17	1996

100 Butterfly

1.	McCall Dorr	55.44	1997
2.	Amanda Nascimento	58.69	2000
3.	<u>Shelley Harper</u>	<u>58.86</u>	<u>2006</u>
4.	Jackie Bradford	59.33	2004
5.	Kelly Williams	59.89	2000
6.	Katie Long	1:00.15	1990
7.	Amanda Holman	1:00.42	2004
8.	Ellen Lewis	1:00.6	1978
9.	Allison Holman	1:01.01	2002
10.	Laura Anderson	1:01.38	2003

100 Backstroke

1.	Lindsay Hart	57.54	2003
2.	McCall Dorr	58.30	1999
3.	Tammy Crow	1:00.14	1995
4.	Tori Eisenbeis	1:00.47	1990
5.	Ellen Lewis	1:01.47	1979
6.	Amanda Burkett	1:02.98	1995
7.	Debbie Holcombe	1:03.02	1996
8.	Bonnie Ha	1:03.37	2004
9.	Missy Knight	1:03.42	2003
10.	Kelly McNeely	1:03.55	1999

100 Breaststroke

1.	Maggie Konstantinova	1:03.76	2000
2.	Leslie Fowles	1:06.35	1999
3.	<u>Shaila Yoder</u>	<u>1:06.55</u>	<u>2006</u>
4.	Kirsten Harper	1:06.71	2002
5.	Kristen Forbes	1:07.31	2003
6.	Sylvie Lee	1:07.96	2004
7.	Tricia Renner	1:08.41	1980
8.	Sela Hanoian	1:08.51	2001
9.	Kelly Williams	1:08.92	1998
10.	April Smith	1:08.96	2004

400 Freestyle Relay

1.	R. Rogers, K. Harper, A. Holman, L. Hart	3:33.27	2004
2.	K. Harper, S. Harper, C. Yoshiwara, A. Holman	3:35.89	2005
3.	J. Heil, B. Nelson, H. Schwarck, M. Dorr	3:35.99	1997
4.	L. Fowles, C. Becker, A. Terrill, M. Dorr	3:36.19	1999
5.	K. Williams, L. Hart, A. Terrill, R. Rogers	3:36.74	2001
6.	M. Dorr, C. Becker, M. Konstantinova, A. Terrill	3:38.36	1998
7.	A. Burkett, B. Nelson, J. Heil, H. Schwarck	3:38.96	1996
8.	<u>S. Harper, C. Yoshiwara S. Yoder, L. Breunig</u>	<u>3:39.31</u>	<u>2006</u>
9.	R. Rogers, J. Soza L. Hart, K. Harper	3:39.60	2002
10.	S. Lee, M. Stone L. Hart, R. Rogers	3:39.79	2003