



WOMEN'S
SEASON REVIEW
2010

San Diego Mesa College Women's Swimming and Diving 2010

Team Highlights

Waterman Pentathlon – 1st place
Waterman Festival – 4th place, 473 pts.
Mt. SAC Invitational – 3rd place, 420.66 pts.
Chaffey Invitational – 5th place, 557 pts.
Pasadena Invitational – T9th place, 155 pts. First day only
Pacific Coast Conference Dual Meet Champions, 4-0 record
Pacific Coast Conference Championships -1st place, 885 pts.
California State Championships - 4th place, 271 pts.

Individual Highlights

3 Pacific Coast Conference Athlete of the Week recipients
4 School Records
8 Conference Champions
PCAC Diver of the Year
PCAC Co-Swimmer of the Year
16 All Time Top Ten Times
15 All-Conference Award recipients
32 All-America Awards

Swimming & Diving Roster 2010

	Name	Year	High School
1	Catalina Barraza	2	Pt Loma
2	Carrie Christianson	R	Mira Mesa
3	Lisa Chung	R	Dana Hills
4	Talyssa D'Avila	2	Pt. Loma
5	Stefani Feilen	1	Steele Canyon
6	MaryKate Foster	2	University City
7	Sheri Gallegos-Lewis	R	Helix
8	Alicia Harding	2	Aliso Niguel
9	Adriana Herrera	1	San Diego
10	Arianna Lopez	R	Rancho Bernardo
11	Nicole Macarthur	2	Scripps Ranch
12	Melanie McElroy	R	Morse
13	Victoria McCloud	R	Sunrise
14	Ali McNeil	1	San Diego
15	Branigan Pike	R	Marcos de Niza, AZ.
16	Alisha Ritchie	2	Pleasant Valley
17	Maddy Schneider	R	Camarillo
18	Jackie Snyder	1	La Canada
19	Emily Torres	2	Aliso Niguel
20	Julie Wells	2	Harrison, GA
21	Murphy Wimer	2	Torrey Pines
22	Madeline Wolfe	2	Scripps Ranch

Divers

1	Katie Gibson	1	West Hills
2	Jessica James	1	Del Campo
3	Sarah Weise	R	St. Paul Central

POST-SEASON AWARDS

Pacific Coast Conference Athlete-of-the-Week

Murphy Wimer
Julie Wells
Katie Gibson
Jessica James, (Honorable Mention)

All-Conference Awards

Catalina Barraza	Talyssa D'Avila	Stefani Feilen	MaryKate Foster
Katie Gibson	Alicia Harding	Adriana Herrera	Jessica James
Nicole Macarthur	Ali McNeil	Alisha Ritchie	Emily Torres
Julie Wells	Murphy Wimer	Madeline Wolfe	

Conference Champion (* PCAC Record)

Talyssa D'Avila – 100 Backstroke, 200 Medley Relay, 400 Free Relay
Stefani Feilen – 50 Free, 200 Medley Relay, 200 Free Relay, 400 Free Relay
MaryKate Foster – 50 Fly*, 100 Fly, 200 Free Relay, 200 & 400 Med. Relay, 800 Free Relay*
Katie Gibson – 1-meter diving*
Jessica James – 3-meter diving
Nicole Macarthur – 200 Free, 400 Med. Relay, 200, 400, 800 Free Relay*
Julie Wells – 200 Medley Relay, 400 Medley Relay, 200, 800 Free Relay*,
Murphy Wimer – 500 Free, 200 IM*, 1650 Free*, 400 Med. Relay, 400, 800 Free Relay*

Co-PCAC Swimmer of the Year

Murphy Wimer

PCAC Diver of the Year

Katie Gibson

All-America Awards

Talyssa D'Avila	Stefani Feilen	MaryKate Foster	
Katie Gibson	Alicia Harding	Jessica James	
Nicole Macarthur	Alisha Ritchie	Julie Wells	Murphy Wimer

State Champion

Murphy Wimer – 200 IM

Mesa Team Awards

Team Captains:	Julie Wells, Murphy Wimer
Most Valuable:	Murphy Wimer
Most Improved:	Adriana Herrera
Coaches Award:	Julie Wells

San Diego Mesa Swimming 2010

Top 5

50 Free		
1	Julie Wells	25.34
2	Talyssa D'Avila	25.44
3	Stefani Feilen	25.53#
4	Nicole Macarthur	25.58
5	MaryKate Foster	25.59

100 Free		
1	Murphy Wimer	54.25
2	Julie Wells	55.67
3	Stefani Feilen	55.79
4	Nicole Macarthur	55.89
5	Talyssa D'Avila	58.35

200 Free			
1	Murphy Wimer	1:55.13	
2	Julie Wells	2:01.48	1:57.46r
3	Nicole Macarthur	2:02.30#	1:59.29r
4	MaryKate Foster	2:04.31r	
5	Stefani Feilen	2:08.18	

500 Free		
1	Murphy Wimer	5:01.34#
2	Alisha Ritchie	5:45.28
3	Catalina Barraza	5:50.56
4	Madeline Wolfe	5:57.33
5		

1000 Free		
1	Murphy Wimer	10:34.75 *
2	Alisha Ritchie	12:03.38
3	Madeline Wolfe	12:51.79
4	Emily Torres	14:42.58

1650 Free		
1	Murphy Wimer	17:34.64# *
2	Alisha Ritchie	19:47.32
3	Madeline Wolfe	20:57.13
4		

50 Back		
1	Talyssa D'Avila	28.64
2	Murphy Wimer	29.88
3	Julie Wells	31.62
4	Ali McNeil	32.86
5	Adriana Herrera	33.06

100 Back		
1	Murphy Wimer	1:00.02
2	Talyssa D'Avila	1:03.77 #
3	Adriana Herrera	1:11.67
4	Ali McNeil	1:11.75
5	Stefani Feilen	1:17.14

200 Back		
1	Ali McNeil	2:51.67
2	Emily Torres	2:55.20
3	Adriana Herrera	2:55.47

200 Breast		
1	Alisha Ritchie	2:49.09
2	Catalina Barraza	2:58.58
3		

50 Breast		
1	Julie Wells	32.66
2	Murphy Wimer	33.93
3	Alisha Ritchie	34.14
4	Catalina Barraza	34.53
5	Emily Torres	36.49

100 Breast		
1	Julie Wells	1:07.17
2	Catalina Barraza	1:15.67
3	Alisha Ritchie	1:18.03
4	Emily Torres	1:21.07
5	Madeline Wolfe	1:29.72

* school record

Conference Champion

\$ State Champion

San Diego Mesa Swimming 2010

Top 5

	50 Fly	
1	Marykate Foster	27.29#
2	Alicia Harding	27.8
3	Murphy Wimer	28.08
4	Julie Wells	28.46
5	Stefani Felein	30.38

	100 Fly	
1	Murphy Wimer	1:00.70
2	Marykate Foster	1:01.33 #
3	Alicia Harding	1:04.48
4	Julie Wells	1:03.99
5		

	100 IM	
1	Julie Wells	59.99
2	Murphy Wimer	1:02.77
3	Alicia Harding	1:10.40
4	Alisha Ritchie	1:10.58
5	Talyssa D'Avila	1:10.97

	200 IM	
1	Murphy Wimer	2:04.41 #&\$
2	Julie Wells	2:08.31
3	Ali McNeil	2:39.31
4	Catalina Barraza	2:41.13
5	Adriana Herrera	2:47.63

Relays

	200 Medley Relay	
	Talyssa D'Avila	28.95
	Julie Wells	31.01
	MaryKate Foster	27.43
	Stefani Feilen	24.99
		1:52.37 #

	200 Free Relay	
	Julie Wells	25.34
	Nicole Macarthur	25.42
	Marykate Foster	25.45
	Stefani Feilen	25.21
		1:42.42 #

	400 Medley Relay	
	Murphy Wimer	1:00.02
	Julie Wells	1:06.93
	MaryKate Foster	01:02.1
	Nicole Macarthur	54.05
		4:03.08*#

	400 Free Relay	
	Murphy Wimer	54.29
	Nicole Macarthur	55.99
	Stefani Feilen	56.01
	Julie Wells	53.02
		3:38.91 #

	1 Meter Diving (6 Dives)	
	Katie Gibson	185.05 *#
	Jessica James	180.75

	800 Free Relay	
	Murphy Wimer	1:55.13
	Julie Wells	1:57.46
	MaryKate Foster	2:04.31
	Nicole Macarthur	1:59.29
		7:56.19 *#

	3 Meter Diving (6 Dives)	
	Jessica James	169.40 #
	Katie Gibson	162.9

* school record

Conference Champion

\$ State Champion

San Diego Mesa College
Swimming and Diving
Records

Women

Men

Name	Time	Event	Time	Name
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Freestyle

Amber Drake #*	23.81	50	21.38	Alex Leslie
Amber Drake #*	52.32	100	46.58	Mark Soho
Murphy Wimer	1:53.38	200	1:41.13	Rob McCoy
Murphy Wimer*	5:00.92	500	4:37.00	Rob McCoy
Murphy Wimer*	17:34.64	1650	16:07.70	Charles Pike*

Backstroke

Samantha Peters*	27.67	50		
Samantha Peters*	59.02	100	51.81	Alex Krimm*
		200	1:54.67	Alex Krimm*

Breaststroke

Ashley Pennoyer	31.44	50		
Julie Wells	1:06.75	100	58.97	Brett Nystal
		200	2:10.72	Francisco Heredia

Butterfly

Amber Drake*	26.27	50		
Murphy Wimer*	56.34	100	50.91	Chris Quiroz
		200	1:56.22	Chris Quiroz

Individual Medley

Julie Wells	59.27	100		
Murphy Wimer*	2:03.56	200	1:56.33	Marco Osorio
		400	4:19.31	Beau Barnum

Medley Relay

D'Avila, Braswell	1:51.98	200	1:35.84	Osorio, Long
Wimer, Macarthur				Quiroz, Neville
Wimer, Wells	4:03.08	400	3:32.88	Osorio, Long
Foster, Macarthur				Quiroz, Neville

Free Relay

D'Avila, Macarthur	1:40.12	200	1:25.84	Neville, Quiroz
Foster, Wells				Sensenbaugh, Hinze
Wimer, Macarthur	3:38.22	400	3:07.49	Davies, Zeller,
Foster, Wells				Gargiulo, Krimm
Wimer, Wells	7:56.19	800	7:04.05	Leslie, Grady
Foster, Macarthur				Barnum, McCoy

Diving

Windy Kraynik*	381.5	1-Meter (11 Dives)	430.3	Shawn Colton*
Windy Kraynik*	437.5	3-Meter (11 Dives)	450	Brad Miller*
Katie Gibson	185.05	1-Meter (6 Dives)	273.55	Quan Brown
Megan Looney	182.85	3-Meter (6 Dives)	307.55	Quan Brown

*State Champion
National Record