

San Diego Mesa College  
Women's Swimming and Diving Records

50 Freestyle

1.	23.81	Amber Drake	1992
2.	24.59	Samantha Peters	2003
3.	24.81	Talyssa D'Avila	2009
4.	24.97	Larabeth Schellenberg	2002
5.	25.03	Nicole Macarthur	2009
6.	25.26	Michelle Rustin	2000
7.	25.29	Christa Mispagel	2002
8.	25.30	Danielle Pollard	2000
9.	25.32	Julie Wells	2009
10.	25.36	Jeanette Islas	2007

100 Freestyle

1.	52.32	Amber Drake	1992
2.	52.75	Dana Davidson	1982
3.	53.28	Murphy Wimer	2009
4.	54.18	Samantha Peters	2003
5.	54.32	Julie Wells	2009
6.	54.90	Danielle Pollard	2000
7.	54.92	Nicole Macarthur	2009
8.	55.27	Larabeth Schellenberg	2002
9.	55.48	Susie Martin	1983
10.	55.52	Penny Upchurch	1982

200 Freestyle

1.	1:53.38	Murphy Wimer	2009
2.	1:54.80	Dana Davidson	1982
3.	1:56.87	Amber Drake	1991
4.	1:57.80	Penny Upchurch	1982
5.	1:59.45	Maria Umnuss	1985
6.	2:00.22	Kristin Bjornstad	1990
7.	2:00.66	Kathy Keays	2002
8.	2:01.05	Autumn Poulin	1999
9.	2:01.29	Larabeth Schellenberg	2002
10.	2:01.30	Julie Wells	2009

500 Freestyle

1.	5:00.92	Murphy Wimer	2009
2.	5:13.44	Kristin Bjornstad	1991
3.	5:18.56	Alyssa Higdon	1990
4.	5:18.98	Maria Umnuss	1986
5.	5:19.18	Dana Davidson	1982
6.	5:20.24	Brooke MacDonald	1993
7.	5:22.74	Kathy Keays	2001
8.	5:22.83	Amber Drake	1992
9.	5:25.72	Julie Wells	2009
10.	5:27.37	Jennifer Helton	1992

1000 Freestyle

1.	<b>10:34.75</b>	<b>Murphy Wimer</b>	<b>2010</b>
2.	10:55.19	Dana Davidson	1982
3.	11:01.43	Kristin Bjornstad	1991
4.	11:04.75	Annie Flynn	2006
5.	11:07.16	Maria Umnuss	1985
6.	11:26.94	Brooke MacDonald	1993
7.	11:28.77	Jennifer Helton	1992
8.	11:33.34	Kammi Hern	1986
9.	11:34.98	Kaitlin Hamlin	2002
10.	11:38.68	Brigetta Flydar	1986

1650 Freestyle

1.	<b>17:34.64</b>	<b>Murphy Wimer</b>	<b>2010</b>
2.	18:35.02	Annie Flynn	2006
3.	19:16.89	Kaitlin Hamlin	2002
4.	19:21.78	Bretaye Gaw	2002
5.	<b>19:47.32</b>	<b>Alisha Ritchie</b>	<b>2010</b>
6.	20:07.25	Delma Mora	2001
7.	20:19.00	Kathy Keays	2001
8.	20:25.48	Julie Snyder	2001
9.	20:41.09	Anna Underwood	2001
10.	20:41.48	Cody Brammer	2003

### 50 Backstroke

1.	27.67	Samantha Peters	2004
2.	28.70	Laura King	1984
3.	<b>28.78</b>	<b>Talyssa D'Avila</b>	<b>2010</b>
4.	28.82	Dena Dickens	1994
5.	29.29	Jana Shenefield	2003
6.	29.42	Penny Upchurch	1982
7.	29.63	Julie Snyder	2001
8.	<b>29.88</b>	<b>Murphy Wimer</b>	<b>2010</b>
9.	30.29	Danielle Adams	2001
10.	30.42	Mirna Devisevic	2000

### 50 Breaststroke

1.	31.44	Ashley Pennoyer	2005
2.	31.51	Lauren Braswell	2009
3.	31.97	Julie Wells	2009
4.	32.14	Emily Pool	2007
5.	32.19	Haley Frasca	2004
6.	32.32	Jessica Smith	2004
7.	32.44	Dustin Matthew	1992
8.	32.58	Whitney Porter	2009
9.	32.75	Maria Umnuss	1986
10.	32.73	Michelle Rustin	2001

### 50 Butterfly

1.	26.27	Amber Drake	1992
2.	26.89	Dana Davidson	1982
3.	27.02	Larabeth Schellenberg	2002
4.	27.04	Maria Umnuss	1986
5.	<b>27.29</b>	<b>MaryKate Foster</b>	<b>2010</b>
6.	27.59	Jana Shenefield	2003
7.	27.6	Laura King	1983
8.	27.73	Julie Wells	2009
9.	<b>27.80</b>	<b>Alicia Harding</b>	<b>2010</b>
10.	27.90	Christine Hrusecky	2005

### 100 Backstroke

1.	59.02	Samantha Peters	2004
2.	<b>1:00.02</b>	<b>Murphy Wimer</b>	<b>2010</b>
3.	1:01.40	Jana Shenefield	2003
4.	1:01.64	Dena Dickens	1994
5.	1:02.27	Penny Upchurch	1982
6.	1:02.76	Laura King	1983
7.	1:02.96	Julie Snyder	2001
8.	1:03.36	Talyssa D'Avila	2009
9.	1:03.91	Shirley Boyd	1992
10.	1:04.90	Kathy Hultberg	1982

### 100 Breaststroke

1.	1:06.75	Julie Wells	2009
2.	1:09.23	Haley Frasca	2004
3.	1:09.32	Lauren Braswell	2009
4.	1:09.34	Emily Pool	2007
5.	1:09.51	Ashley Pennoyer	2005
6.	1:09.73	Dustin Matthew	1992
7.	1:10.14	Maria Umnuss	1986
8.	1:10.35	Whitney Porter	2009
9.	1:10.50	Mina Desiderio	1993
10.	1:11.45	Murphy Wimer	2009

### 100 Butterfly

1.	56.32	Murphy Wimer	2009
2.	57.67	Dana Davidson	1982
3.	58.1	Maria Umnuss	1986
4.	59.67	Amber Drake	1992
5.	1:00.01	Laura King	1983
6.	1:00.36	Larabeth Schellenberg	2002
7.	1:01.26	Debbie Veborg	1989
8.	<b>1:01.33</b>	<b>MaryKate Foster</b>	<b>2010</b>
9.	1:02.17	Christine Hrusecky	2005
10.	1:02.45	Annie Flynn	2006

### 100 Individual Medley

1.	59.27	Julie Wells	2009
2.	1:01.36	Murphy Wimer	2009
3.	1:00.95	Dana Davidson	1981
4.	1:03.52	Laura King	1983
5.	1:03.57	Jana Shenefield	2003
6.	1:03.57	Amber Drake	1992
7.	1:04.19	Maria Umnuss	1986
8.	1:04.34	Penny Upchurch	1982
9.	1:04.40	Ashley Pennoyer	2005
10.	1:04.92	Mina Desiderio	1993

### 200 Individual Medley

1.	2:03.56	Murphy Wimer	2009
2.	2:07.89	Julie Wells	2009
3.	2:10.60	Maria Umnuss	1986
4.	2:12.19	Dana Davidson	1981
5.	2:16.73	Dustin Matthew	1992
6.	2:17.95	Kristin Bjornstad	1991
7.	2:18.16	Melanie Venter	2000
8.	2:18.29	Penny Upchurch	1982
9.	2:19.28	Shirley Boyd	1992
10.	2:19.35	Debbie Veborg	1989

### 200 Medley Relay

1.	1:51.98	D'Avila, Braswell, Wimer, Macarthur	2009
2.	<b>1:52.37</b>	<b>D'Avila, Wells, Foster, Feilen</b>	<b>2010</b>
3.	1:52.98	D'Avila, Braswell, Foster, Macarthur	2009
4.	1:54.02	Snyder, Rustin, Brady, Mispagel	2001
5.	1:55.01	Gadzia, Pool, Mitchell, Islas	2007
6.	1:55.02	Peters, Smith, Neveaux, Rampone	2004
7.	1:55.16	Shenefield, Frazer, Schellenberg, Mispagel	2002
8.	1:55.44	Peters, Smith, Shenefield, McCartney	2003
9.	<b>1:56.35</b>	<b>D'Avila, Ritchie, Harding, Feilen</b>	<b>2010</b>
10.	1:56.39	Goerres, Romano, King, Martin	1983

### 400 Medley Relay

1.	<b>4:03.08</b>	<b>Wimer, Wells, Foster, Macarthur</b>	<b>2010</b>
2.	4:03.98	D'Avila, Braswell, Wimer, Wells	2009
3.	4:08.81	Boyd, Matthew, Drake, Helton	1992
4.	4:14.31	Gadzia, Pool, Mitchell, Islas	2007
5.	4:14.73	Upchurch, Hultberg, Davidson, Martin	1982
6.	4:14.97	Goerres, Romano, King, Martin	1983
7.	4:16.12	Peters, Frasca, Neveaux, Rampone	2004
8.	4:18.45	Shenefield, Frazer, Keays, Mispagel	2002
9.	4:18.72	Shenefield, Frazer, Neveaux, Peters	2003
10.	4:19.33	Pearce, Matthew, Bjornstad, Drake	1991

### 200 Free Relay

1.	1:40.12	Macarthur, D'Avila, Foster, Wells	2009
2.	<b>1:41.42</b>	<b>Wells, Macarthur, Foster, Feilen</b>	<b>2010</b>
3.	<b>1:41.53</b>	<b>D'Avila, Macarthur, Foster, Feilen</b>	<b>2010</b>
4.	1:41.70	Upchurch, Davidson, Martin, Dimond	1982
5.	1:41.82	Rustin, Brady, D. Milam, Mispagel	2001
6.	1:42.01	Schellenberg, McCartney, Adams, Mispagel	2002
7.	1:42.01	Brady, Adams, D. Milam, Mispagel	2001
8.	1:42.30	Rustin, Devisevic, Reese, Pollard	2000
9.	1:43.46	Peters, Frasca, Neveaux, Rampone	2004
10.	1:43.71	Peters, Shenefield, McCartney, Neveaux	2003

### 400 Free Relay

1.	3:38.22	Wimer, Macarthur, Foster, Wells	2009
2.	<b>3:38.91</b>	<b>Wimer, Macarthur, Feilen, Wells</b>	<b>2010</b>
3.	3:39.48	Upchurch, Martin, Dimond, Davidson	1982
4.	3:44.39	Rustin, Adams, D. Milam, Mispagel	2001
5.	3:45.03	Keays, Rustin, D. Milam, Mispagel	2001
6.	3:45.64	Bjornstad, Grieser, Helton, Drake	1991
7.	3:45.73	Keays, Adams, Schellenberg, Mispagel	2002
8.	3:46.26	Rustin, Devisevic, Venter, Pollard	2000
9.	3:47.36	Davidson, Dimond, Upchurch, Berkstresser	1982
10.	3:47.71	Keays, McCartney, Adams, Mispagel	2002

### 800 Free Relay

1.	<b>7:56.19</b>	<b>Wimer, Wells, Foster, Macarthur</b>	<b>2010</b>
2.	8:00.93	Wimer, Braswell, Macarthur, Wells	2009
3.	8:16.22	Rustin, Adams, Keays, Mora	2001
4.	8:21.21	Schellenberg, Keays, Adams, Hamlin	2002
5.	8:25.46	Adams, Rustin, Keays, K. Milam	2001
6.	8:31.27	Rustin, Devisevic, K. Milam, Venter	2000
7.	8:34.99	Keays, Schellenberg, Mispagel, Adams	2002
8.	8:37.39	Keays, Rustin, Adams, Snyder	2001
9.	8:41.87	Frasca, Brittain, Rampone, Neveaux	2004
10.	8:48.56	Flynn, Abdennabi, Smith, Patonai	2006

San Diego Mesa College  
Women's Top Ten Diving Records

1 Meter Diving (11 Dives)

1.	381.50	Windy Kraynik	1994
2.	332.20	Lori Heilman	1990
3.	303.40	Karen Long	1979
4.	294.10	Jennifer Gonzalez	2004
5.	293.90	Robin Barker	1979
6.	281.65	Kristi Meissner	1993
7.	279.20	Denise Carney	1991
8.	279.05	Julie Spahn	1986
9.	276.15	Susan McGlothlin	1983
10.	270.95	Brandie Erbe	1988

3 METER DIVING (11 Dives)

1.	437.50	Windy Kraynik	1994
2.	346.35	Jennifer Gonzalez	2004
3.	324.70	Lori Heilman	1990
4.	322.45	Patti Matteucci	1993
5.	309.40	Karen Long	1979
6.	304.85	Bri Velasquez	2003
7.	282.40	Robin Barker	1979
8.	281.60	Nicole Schlimmer	1995
9.	281.25	Kristi Meissner	1993
10.	270.00	Kym Milburn	1983

1 METER DIVING (6 Dives)

1.	<b>185.05</b>	<b>Katie Gibson</b>	<b>2010</b>
2.	<b>180.75</b>	<b>Jessica James</b>	<b>2010</b>
3.	153.70	Megan Looney	2009
4.	145.95	Melissa Lowe	2009
5.	104.5	Elisa Aquilar	2009

3 METER DIVING (6 Dives)

1.	182.85	Megan Looney	2009
2.	<b>169.4</b>	<b>Jessica James</b>	<b>2010</b>
3.	<b>162.9</b>	<b>Katie Gibson</b>	<b>2010</b>

4.	125.12	Melissa Lowe	2009
5.	109.1	Elisa Aquilar	2009

San Diego Mesa College  
Women's Swimming and Diving Awards

MOST VALUABLE

1981	Dana Davidson
1982	Dana Davidson
1983	Laura King
1984	Laura King
1985	Maria Umnuss
1986	Maria Umnuss
1987	Robin Nicholson
1988	Kammi Hern
1989	Debbie Veborg
1990	Kristin Bjornstad
1991	Amber Drake
1992	Amber Drake
1993	Brooke MacDonald
1994	Windy Kraynik
1995	Dena Dickens
1996	Liz Couch
1997	Jamie Maddock
1998	Autumn Poulin
1999	Autumn Poulin
2000	Melanie Venter
2001	Kathy Keays
2002	Larabeth Schellenberg
2003	Samantha Peters/Jana Shenefield
2004	Samantha Peters/Jennifer Gonzalez
2005	Ashley Pennoyer
2006	Annie Flynn
2007	Jeanette Islas/Emily Pool
2008	Sasha Beltran/Whitney Porter
2009	Murphy Wimer
2010	Murphy Wimer

MOST IMPROVED

1981	
1982	Leah Esquibel
1983	Mary Romano
1984	Shawnie Zerr
1985	Daisy Sundstrom
1986	Paulette Ferriter
1987	Elizabeth Addison
1988	Melissa Lawrence
1989	Fran Adams
1990	Jennifer Pearce
1991	Kerry Grieser
1992	Dustin Matthew
1993	Momi Rapozo
1994	Dena Dickens
1995	Amy Horn
1996	Allison Wedell
1997	Amy Lebo
1998	Cindy Gegax
1999	Kat Reese
2000	Diana Galvan
2001	Leeanne Broms
2002	Bretaye Gaw
2003	Sara Lebo
2004	Bina Kviatkovsky
2005	Jessica Backen
2006	Jeanette Islas
2007	Leah Mitchell
2008	Branigan Pike
2009	Carrie Christianson
2010	Adriana Herrera