



CAL WOMEN'S SWIMMING & DIVING

SCHEDULE

Overall: 7-2 • Pac-12: 6-1

DATE	OPPONENT (TV)	TIME/RESULT
Sept. 21	at Queen of the Pool*	NTS
Oct. 5-6	at Chick-fil-A Invite^	1st
OCT. 10	UTAH	W, 184.5-111.5
Nov. 3	at Washington State	W, 158-95
NOV. 10	TEXAS%	L, 137-163
Nov. 29-1	at Georgia Fall Invite	3rd
DEC. 19	SAN JOSE STATE	W, 163-63
Jan. 18-20	at Bruin Diving Invitational+	NTS
Jan. 25	at Arizona State	W, 190-110
Jan. 26	at Arizona	W, 179-118
FEB. 1	USC	W, 170-129
FEB. 2	UCLA	W, 167-130
FEB. 16	STANFORD (PAC-12)	L, 107-192
Feb. 27-2	at Pac-12 Champs (Pac-12)=	2nd
Mar. 3	at Pac-12 Last Chance	NTS
Mar. 11-13	at NCAA Zone E Champs!	NTS
Mar. 20-23	at NCAA Championships#	All Day

All times listed PT and subject to change
 Home meets (**bold**) at Spieker Aquatics Complex
 % at Legends Aquatic Center
 Pac-12 - televised by Pac-12 Network

* at San Luis Obispo, Calif. ^ at Fresno, Calif.
 ! at Flagstaff, Ariz. + at Los Angeles, Calif.
 = at Federal Way, Wash. # at Austin, Texas

FAST FACTS

COACHING STAFF

Head Coach	Teri McKeever (27th season)
Assistant Coach	Sarah Dunleavy (2nd season)
Diving Coach	Derek Starks (3rd season)

UNIVERSITY OF CALIFORNIA

Name	California or Cal
Location	Berkeley, Calif.
Nickname	Golden Bears
Chancellor	Carol T. Christ
Director of Athletics	Jim Knowlton
Facilities	Spieker Aquatics Complex Legends Aquatic Center

TEAM INFORMATION

2018 NCAA Finish	2nd
2018 Pac-12 Finish	2nd
All-time NCAA Team Championships	4
	2009, 2011, 2012, 2015
All-time NCAA Individual/Relay Champions	70
All-time NCAA Swimmers of the Year	8
All-time Pac-12 Team Championships	4
	2009, 2012, 2014, 2015
All-time Pac-12 Individual/Relay Champions	140
All-time Pac-12 Swimmers of the Year	11
All-time Olympians	38
All-time Olympic Medals	48

SOCIAL MEDIA

Twitter	@CalWswim
Instagram	/calwswim
Facebook	/CalWomensSwimmingandDiving

CALIFORNIA at NCAA CHAMPIONSHIPS



Date: Wednesday-Saturday, March 20-23
Time: Prelims: 7 a.m. PT / Finals: 3 p.m. PT
Location: Austin, Texas
Site: Lee & Joe Jamail Texas Swimming Center



BROADCAST
 ESPNU (Fri-Sat)



LIVE STREAM
 ESPN3.com (Wed-Thu)
 texassports.com (prelims)



LIVE RESULTS
 ncaa.com
 Meet Mobile app

BEAR NECESSITIES

• CAL HEADS TO NCAA CHAMPIONSHIPS ON A ROLL

With a squad of 14 swimmers and divers, Cal travels to the NCAA Championships in Austin, Texas, this week fresh off an impressive performance at the Pac-12 Championships, where the Golden Bears captured nine of 18 swimming events. The national meet runs Wednesday through Saturday, with prelims starting at 7 a.m. PT and finals at 3 p.m. PT.

Cal owns the top seed at NAAs in four of the five relays - 200, 400 and 800 free relay and 400 medley relay - while junior Abbey Weitzel leads the country in the 100 free after setting a Cal and Pac-12 meet record of 46.35 in the event at the conference championships. Overall, the Bears swept all five relays and produced individual wins by Weitzel (50, 100, 200 free) and Amy Bilquist (100 back) at the Pac-12 meet.

Cal has finished as the national runner-up the past two years and is on a run of 10 consecutive years among the top 3. Included in that stretch are four NCAA team titles - 2009, 2011, 2012 and 2015.

• NCAA CHAMPIONSHIPS COVERAGE

Fans have the ability to follow the NCAA Championships on several different platforms throughout the meet. Finals sessions on Wednesday and Thursday will be streamed on ESPN3.com, while Friday and Saturday finals will air live on ESPNU. All sessions not part of ESPN's broadcasts will be streamed live on the NCAA Championships microsite at texassports.com.

• 10 IN A ROW AMONG NCAA TOP 3

Cal has finished among the top three at the NCAA Championships 10 years in a row - the longest current streak in the country. Included in the run are four national titles, coming in 2009, 2011, 2012 and 2015. The Bears were also second in 2013, 2017 and 2018, and third in 2010, 2014 and 2016.

• NCAA CHAMPIONSHIP EXPERIENCE

Of the 14 Golden Bears traveling to Austin, Cal returns six swimmers who scored individually at the NCAA Championships last season - Amy Bilquist, Sarah Darcel, Katie McLaughlin, Maddie Murphy, Robin Neumann and Abbey Weitzel. Together, they combined for swims in eight A finals and five B finals, in addition to helping all five relays finish among the top 3. Newcomers to NAAs for the Bears are all freshmen - Cassidy Bayer, Isabel Ivey, Ema Rajic and Alicia Wilson.

• ADDING UP THE TITLES

Not only have the Golden Bears captured four team national titles in 26 prior seasons under head coach Teri McKeever, but Cal has also secured 56 event wins at the NCAA Championships during her tenure - 38 individual races and 18 relays. At total of 33 of those victories have come since 2011 with the Bears claiming at least five national crowns in 2011, 2012, 2015 and 2017.

• CAL TOPS IN RELAYS

Following its performance at the Pac-12 Championships, Cal enters the NCAA meet leading the country in four relays and ranking sixth nationally in the other (200 medley relay). The Bears swept all five relays at the Pac-12 Championships a few weeks ago, and concluded the meet with an NCAA record in the 400 free relay when the foursome of Robin Neumann, Katie

McLaughlin, Amy Bilquist and Abbey Weitzel touched the wall in 3:07.41. The final three legs were all sub-46.6 splits, with Bilquist's 46.30 leading the way.

• WEITZEIL: PAC-12 SWIMMER OF THE MEET

Junior Abbey Weitzel, who won three individual events and helped four relays to victory, was named the Pac-12 Swimmer of the Meet earlier this month. After anchoring the 200 medley relay to a come-from-behind win over Stanford with 20.57 split, she set the Cal and Pac-12 record in the 50 free with a time of 21.16, which stands just shy of her American record of 21.12 from 2016. Weitzel later earned the victory in the 200 free with a PR 1:41.97 and broke the Cal and Pac-12 meet record in the 100 free when she finished in 46.35. Her other relay wins came in the 400 medley relay and the 200 and 400 free relays.

• 22 SWIMS AMONG NCAA'S TOP 16

Cal enters this week's meet with 22 swims - 17 individuals and five relays - that rank among the top 16 in the country according to the pre-NCAA meet psych sheet. Abbey Weitzel (50, 100, 200 free), Amy Bilquist (50, 100 free; 100 back) and Katie McLaughlin (200 free; 100, 200 fly) each appear in three events. Weitzel leads the country in the 100 free, while the Bears own the fastest time in the nation in four of the five relays.

- 50 free - Abbey Weitzel (2nd, 21.16), Amy Bilquist (6th, 21.64)
- 100 free - Abbey Weitzel (1st, 46.35), Amy Bilquist (5th, 47.01), Robin Neumann (9th, 47.78)
- 200 free - Abbey Weitzel (3rd, 1:41.97), Katie McLaughlin (6th, 1:43.04), Robin Neumann

(1:43.25)

- 100 back - Amy Bilquist (2nd, 50.46), Keaton Blovad (11th, 51.34)
- 200 back - Keaton Blovad (10th, 1:51.73)
- 100 fly - Katie McLaughlin (4th, 50.67), Isabel Ivey (8th, 51.15)
- 200 fly - Katie McLaughlin (12th, 1:54.63)
- 200 IM - Isabel Ivey (10th, 1:54.31), Sarah Darcel (12th, 1:54.91)
- 400 IM - Sarah Darcel (10th, 4:05.55)
- 200 free relay - Weitzel, Murphy, McLaughlin, Bilquist (1st, 1:26.00)
- 400 free relay - Neumann, McLaughlin, Bilquist, Weitzel (1st, 3:07.41)
- 800 free relay - Ivey, Neumann, McLaughlin, Bilquist (1st, 6:50.63)
- 200 medley relay - Ivey, Rajic, Murphy, Weitzel (6th, 1:35.21)
- 400 medley relay - Bilquist, Rajic, McLaughlin, Weitzel (1st, 3:36.41)

• 10-YEAR ANNIVERSARY OF 1ST NCAA TITLE

Ten years ago this week, Cal captured its first NCAA women's swimming & diving championship in College Station, Texas. The Bears edged runner-up Georgia, 411.5-400.5, in the team standings. Dana Vollmer was named Swimmer of the Meet, and Cal won three individual and two relay titles. As a result, Teri McKeever became the first woman head coach credited with an NCAA swimming & diving crown. Since that fateful day, Cal has gone on to earn three more team championships - in 2011, 2012 and 2015.

• ACADEMIC HONORS ROLL IN FOR BEARS

With a 3.43 GPA for the fall semester, Cal was named a CSCAA Scholar All-America team for the 18th consecutive semester - every time the coaching association has presented the award. The announcement comes off the heels of a fall release that

showed the Bears with a 100% Graduation Success Rate, according to the most recent NCAA data. The women's swimming & diving team also claimed the athletic department's Newmark Award for having the highest GPA among all 30 Golden Bear programs with a 3.429 GPA for the 2017-18 academic year.

• WEITZEIL SETS CAL POOL, DUAL-MEET RECORDS IN 50 AND 100 FREE

Abbey Weitzel sprinted to a time of 21.92 in the 50 free vs. USC Feb. 1 to set the Spieker Aquatics Complex record as well as lower her own Cal dual-meet mark in the event. Weitzel's time broke the pool record of 21.97 by Simone Manual of Stanford in 2017. Last year, Weitzel established the Cal dual-meet record by swimming 22.04 at Stanford, and she matched the time earlier this season vs. Texas. Then against Stanford on Feb. 16, Weitzel covered the 100 free in 48.06, which tied Natalie Coughlin's 2003 school dual-meet record and lowered the pool mark of 48.17 set by Manual two years ago.

• KATIE MCLAUGHLIN TABBED PAC-12 SWIMMER OF THE WEEK FOR JAN. 21-27

Senior Katie McLaughlin was named Pac-12 Swimmer of the Week after leading Cal to a pair of dual-meet wins at Arizona State and Arizona Jan. 25-26. Over the two days of swimming, she won five different individual events - the 200 fly and 500 free at ASU, and the 100 and 200 free, and 100 fly at Arizona - all by more than a full second. She also helped the Bears to three relay victories. Her splits on the 200 medley relay at Arizona State (23.42 fly) and 400 free relay at Arizona (48.86) were both the fastest of all swimmers.

• ABBEY WEITZEIL NAMED PAC-12 SWIMMER OF THE MONTH FOR NOVEMBER

After posting then-NCAA-leading times in the 50 (21.46) and 100 free (46.49), including a then-school record in the 100, at the Georgia Fall Invitational, junior Abbey Weitzel was named the Pac-12 Swimmer of the Month for November. In addition, she tied her own Cal dual-meet record in the 50 free (22.04, since broken) and won the 100 free in a meet with Texas on Nov. 10, and set a pool record in the 100 free (49.42) in a dual at Washington State Nov. 3.

• 2019 PAC-12 MEET RECAP

Cal won nine of 18 swimming races en route to a runner-up team finish at the 2019 Pac-12 Championships. Abbey Weitzel earned three individual wins in the 50, 100 and 200 free, while Amy Bilquist claimed the 100 back. The Bears also swept all five relays (a feat later duplicated by the Cal men), capped by an NCAA-record 3:07.41 in

ROSTER

Name	Events	Yr.	Ht.	Hometown/Last School
Cassidy Bayer	Fly/Free	Fr	5-5	Alexandria, Va./West Potomac HS
Amy Bilquist	Free/Back	Sr	6-2	Carmel, Ind./Carmel HS
Keaton Blovad	Back/IM	Jr	5-7	Lake Oswego, Ore./Lakeridge HS
Sarah Darcel	IM	So	5-6	Grande Cache, Alberta/Claremont Secondary
Ali Harrison	Breast	So	5-7	Ventura, Calif./Ventura HS
Isabel Ivey	Free/Fly/Back	Fr	5-6	Gainesville, Fla./Buchholtz HS
Sophie Krivokapic-Zhou	Back/Fly	So	6-0	Santa Clara, Calif./Santa Clara HS
Phoebe LaMay	Diving	Sr	5-6	Houston, Texas/Stratford HS
Katie McLaughlin	Fly/Free	Sr	5-10	Dana Point, Calif./Santa Margarita Catholic HS
Maddie Murphy	Free/Fly	Jr	5-6	Orinda, Calif./Carondelet HS
Robin Neumann	Free	So	5-8	Amsterdam, The Netherlands/Caland Lyceum
Ema Rajic	Breast/IM	Fr	5-11	Urbana, Ill./University Laboratory HS
Abbey Weitzel	Free	Jr	5-10	Saugus, Calif./Saugus HS
Alicia Wilson	Back/IM	Fr	5-7	Guildford, Surrey, UK/Charterhouse School

Coaching Staff

Head coach: Teri McKeever (27th year, USC '83)
 Assistant Coach: Sarah Dunleavy (2nd year, Purdue '12)
 Diving coach: Derek Starks (3rd year, Miami (FL) '07)
 Strength & Conditioning Coach: Joel Smith
 Athletic Trainer: Ann Caslin
 Academic Advisor: Chris Grace

Pronunciation Guide

Cassidy Bayer BUYER
 Keaton Blovad BLOW-vad
 Sophie Krivokapic-Zhou kri-vo-KAP-ick Zoh
 Ema Rajic Rye-tch
 Abbey Weitzel WHITE-zeI
 Alicia Wilson Ah-LISS-ee-ah

the 400 free relay. In both the 100 and 200 free, the Bears swept the top three podium spots.

• TERI MCKEEVER INTO CAL HALL OF FAME

Head coach Teri McKeever, now in her 27th season at Cal, was enshrined into the Cal Athletic Hall of Fame at an Oct. 26 ceremony. The 2012 U.S. Olympic head coach, she has guided the Bears to four NCAA team championships and four Pac-12 team titles, among many other honors. She is the 12th member of Cal's women's swimming & diving program to be inducted, joining Sarah Anderson, Marylyn Chiang, Haley Cope, Natalie Coughlin, Ann Curtis Cuneo, Margee MacFarland Curran, Barbara Stark Jordan, Mary T. Meagher, Staciana Stitts, Conny Van Bentum and Lynn Wittstock.

• GOLDEN BEAR TRIO ON WORLD CHAMPIONSHIPS TEAM

Three Golden Bears will be on the U.S. team for the 2019 World Championships in South Korea - Katie McLaughlin, Abbey Weitzeil and Kathleen Baker. McLaughlin, who will swim the 100-meter fly, returns to Worlds for the first time since 2015 when she earned gold in the 800 free relay. Weitzeil will be competing in her third World Championships, which included a bronze medal in the 400 free relay in 2015, and will swim the 50 free and on the 400 free relay. Baker is one of three swimmers on the roster to qualify in four events - 50, 100 and 200 back and 200 IM - and she will likely be on the medley relay. She earned three medals at the 2017 world meet - gold (400 medley relay), silver (100 back) and bronze (200 back).

• COUGHLIN JOINS PAC-12 HALL OF HONOR

Former Cal swimmer Natalie Coughlin was inducted into the Pac-12 Hall of Honor at the Pac-12 Men's Basketball Tournament last weekend in Las Vegas, Nev. Coughlin, who starred for the Golden Bears from 2001-04, was an 11-time NCAA individual champion, winning the 100 back and 100 fly four times and the 200 back three times. A three-time NCAA Swimmer of the Year and Pac-10 Swimmer of the Year (2001-03), she was named the Pac-12 Swimmer of the Century in 2016. The three-time Olympian won 12 Olympic medals and 20 World Championships medals during her career.

WE ARE CALIFORNIA

When referring to University of California intercollegiate athletic teams, please use California or Golden Bears on first reference. Cal or Bears may be used on second reference. Terms such as Cal-Berkeley, Berkeley and California-Berkeley (or other similar variations) are incorrect and should not be used in connection with Cal Athletics.

NCAA RESULTS UNDER COACH TERI MCKEEVER

Year	NCAA Finish	Year	NCAA Finish
1992-93	15th	2005-06	4th
1993-94	21st	2006-07	3rd
1994-95	28th	2007-08	5th
1995-96	17th	2008-09	1st
1996-97	9th	2009-10	3rd
1997-98	8th	2010-11	1st
1998-99	5th	2011-12	1st
1999-00	4th	2012-13	2nd
2000-01	7th	2013-14	3rd
2001-02	8th	2014-15	1st
2002-03	8th	2015-16	3rd
2003-04	6th	2016-17	2nd
2004-05	8th	2018-19	2nd

CAL'S 2018 NCAA RESULTS

50 free - 4. **Abbey Weitzeil** 21.67; 9. Amy Bilquist 21.88; 10. Maddie Murphy 22.07
 100 free - 3. **Abbey Weitzeil** 46.74; 8. Amy Bilquist 47.82; 15. Robin Neumann 48.40; 31. Maddie Murphy 48.79
 200 free - 5. Robin Neumann 1:43.54; 8. Katie McLaughlin 1:44.32
 500 free - 24. Robin Neumann 4:40.98
 100 fly - 4. Noemie Thomas 50.92; 6. **Katie McLaughlin** 51.20; 20. Maddie Murphy 52.31
 200 fly - 4. **Katie McLaughlin** 1:52.64; 10. Noemie Thomas 1:54.17; 29. Sarah Darcel 1:56.89
 100 back - 3. Kathleen Baker 50.18; 10. Amy Bilquist 51.51; 19. Keaton Blovad 52.36
 200 back - 1. Kathleen Baker 1:47.30; 31. Keaton Blovad 1:54.42
 100 breast - 24. **Ali Harrison** 1:00.22
 200 breast - 26. **Ali Harrison** 2:10.21
 200 IM - 2. Kathleen Baker 1:51.25; 16. Sarah Darcel 1:56.15; 35. Keaton Blovad 1:58.04
 400 IM - 8. **Sarah Darcel** 4:04.44
 1m diving - 42. **Phoebe LaMay** 251.10
 200 free relay - 2. **Murphy, Bilquist, McLaughlin, Weitzeil** 1:25.50
 400 free relay - 2. **Bilquist, Weitzeil, Baker, McLaughlin** 3:08.05
 800 free relay - 3. **Neumann, Baker, McLaughlin, Bilquist** 6:50.83
 200 medley relay - 2. Baker, **Weitzeil**, Thomas, **Bilquist** 1:33.85
 400 medley relay - 3. Baker, **Harrison**, Thomas, **Weitzeil** 3:26.86

CAL'S RECENT NCAA CHAMPIONS

2009 - Dana Vollmer, 100 free, 200 free; Amanda Sims, 100 fly; 400 free relay (Hannah Wilson, Liv Jensen, Erica Dagg, Dana Vollmer) 800 free relay (Sara Isakovic, Hannah Wilson, Liv Jensen, Dana Vollmer)
 2010 - Liv Jensen, 50 free
 2011 - Amanda Sims, 100 fly; Cindy Tran, 100 back; 200 free relay (Hannah Wilson, Colleen Fotsch, Erica Dagg, Liv Jensen); 200 medley relay (Cindy Tran, Caitlin Leverenz, Colleen Fotsch, Liv Jensen); 400 medley relay (Cindy Tran, Caitlin Leverenz, Amanda Sims, Liv Jensen)
 2012 - Liv Jensen, 50 free; Sara Isakovic, 100 fly; Caitlin Leverenz, 200 breast, 200 IM; Cindy Tran, 100 back; 200 medley relay (Cindy Tran, Caitlin Leverenz, Colleen Fotsch, Liv Jensen); 400 medley relay (Cindy Tran, Caitlin Leverenz, Sara Isakovic, Katherine Raatz)
 2013 - Rachel Bootsma, 100 back; Caitlin Leverenz, 200 IM; Elizabeth Pelton, 200 back
 2014 - Missy Franklin, 200 free; 800 free relay (Rachael Acker, Caroline Piehl, Elizabeth Pelton, Missy Franklin)
 2015 - Rachel Bootsma, 100 back; Missy Franklin, 200 free, 200 back, 200 IM; 200 free relay (Kaylin Bing, Missy Franklin, Rachel Bootsma, Farida Osman); 800 free relay (Cierra Runge, Camille Cheng, Elizabeth Pelton, Missy Franklin); 200 medley relay (Rachel Bootsma, Marina Garcia, Noemie Thomas, Farida Osman)
 2016 - Rachel Bootsma, 100 back; 200 free relay (Farida Osman, Kristen Vredevelde, Valerie Hull, **Amy Bilquist**)
 2017 - Kathleen Baker, 100 back, 200 back, 200 IM; Farida Osman 100 fly; 200 free relay (**Abbey Weitzeil, Maddie Murphy, Amy Bilquist**, Farida Osman); 200 medley relay (Kathleen Baker, **Abbey Weitzeil**, Noemie Thomas, Farida Osman)
 2018 - Kathleen Baker, 200 back

Note: returning Golden Bears in bold

UPDATED PROFILES

Cassidy Bayer – Fly/Free, Freshman, Alexandria, Va.

- Top 2018-19 times: 200 free - 1:48.18; 500 free - 4:45.31; 200 fly - 1:55.90
- Placed 7th in the 200 fly at the 2019 Pac-12 meet (1:56.12)
- Her top time of the year in the 200 fly came in the Pac-12 prelims
- Finished 3rd in the 200m fly and fourth in the 100m fly at the 2016 Olympic Trials
- Runner-up in the 200m fly at the 2015 National Championships
- Has overcome three meniscus tears prior to her freshman year
- Undeclared major

Amy Bilquist – Free/Back, Senior, Carmel, Ind.

- Top 2018-19 Times: 50 free - 21.64; 100 free - 47.01; 100 back - 50.46
- Ranks among Cal's all-time top 10 in four events - 50 free (4th, 21.64), 100 free (4th, 47.01), 100 back (5th, 50.46) and 200 back (5th, 1:49.90)
- Also a member of three school-record relays - 200 free relay, 400 free relay and 200 medley relay
- Her NCAA seedings based on the psych sheet are: 6th in the 50 free, 2nd in the 100 back and 5th in the 100 free
- Captured the 100 back in a PR 50.46 at the 2019 Pac-12 meet, while also finishing second in the 50 free and 100 free. In addition, was a member of four winning relays
- The 2016 Pac-12 champion in the 200 back as a freshman
- At the 2018 NCAA meet, placed 9th in the 50 free, 10th in the 100 back and 8th in the 100 free, and part of three runner-up relays (200 MR, 200 FR, 400 FR), as well as the third-place 800 FR
- Member of Cal's 2017 NCAA title team in the 200 free relay and scored individually in both the 100 back (9th) and 200 back (14th)
- Had a strong NCAA meet as a freshman in 2016, placing fourth in the 100 back and fifth in the 200 back, while swimming anchor on Cal's winning 200 free relay
- A three-time CSCAA Scholar All-American and two-time first-team Pac-12 All-Academic selection
- Media Studies major

Keaton Blovad – Back/IM, Junior, Lake Oswego, Ore.

- Top 2018-19 times: 100 back - 51.34; 200 back - 1:51.73; 200 IM - 1:55.62
- Ranks eighth all-time at Cal in the 100 back (51.34) and sixth in the 200 back (1:51.73) with both times from the 2019 Pac-12 meet. Also rates ninth in the 200 IM (1:55.62) from 2018
- Looking to score for the first time at NCAAs and enters the meet seeded 11th in the 100 back, 12th in the 200 back and 18th in the 200 IM per the NCAA psych sheet
- Improved in all three events from her freshman to sophomore years at NCAAs - 100 back (36th -> 19th), 200 back (41st -> 31st) and 200 IM (55th -> 35th)
- Reached the A final in three events at the 2019 Pac-12 Championships - 100 back (3rd), 200 back (5th) and 200 IM (5th)
- A CSCAA Scholar All-American last year
- Political Science major



Sarah Darcel – IM, Sophomore, Grande Cache, Alberta

- Top 2018-19 times: 200 fly - 1:55.55; 200 IM - 1:54.91; 400 IM - 4:05.55
- Ranks seventh in school history in the 200 IM (1:54.50) and second in the 400 IM (4:03.00), with both time coming in 2018
- Had three top 5 finishes at the 2019 Pac-12 Championships - 200 IM (3rd), 400 IM (3rd) and 200 fly (5th)
- At last year's NCAA meet, scored in both the 200 IM (16th, 1:56.15) and 400 IM (8th, 4:04.44), while she was 29th in the 200 fly (1:56.89)
- Represented Canada at the 2017 World University Games in Taipei, placing fourth in the 400m IM, fifth in the 200m IM and reaching the semifinals of the 200m breast and 200m fly
- A 2018 CSCAA Scholar All-American
- Undeclared major

Ali Harrison – Breast, Sophomore, Ventura, Calif.

- Top 2018-19 times: 100 breast - 59.79; 200 breast - 2:12.71
- Rates among Cal's all-time top 10 in the 100 breast (3rd, 59.52) and 200 breast (4th, 2:10.21), with both times from 2018. Also a member of Cal's school-record 400 medley relay from last year
- Posted season bests at the 2019 Pac-12 Championships, taking 10th in the 100 breast and 16th in the 200 breast
- At the 2018 Pac-12 meet, placed fifth in the 100 breast and sixth in the 200 breast
- Helped Cal's 400 medley relay place third at the 2018 NCAA meet, and also finished 24th in the 100 breast (1:00.22) and 26th in the 200 breast (2:10.21)
- A 2018 CSCAA Scholar All-American
- Undeclared major

Isabel Ivey - Free/Fly/IM, Freshman, Gainesville, Fla.

- Top 2018-19 times: 200 free - 1:44.75; 100 back (53.07), 100 fly - 51.15; 200 IM - 1:54.31
- Joined the Bears as a mid-year enrollee in January
- A member of Cal's all-time top 10 in the 100 fly (7th, 51.15) and 200 IM (6th, 1:54.31)
- Reached the A final in three individual events at the 2019 Pac-12 meet - 2nd in 200 IM (1:54.31), 3rd in 100 fly (51.15) and 8th in the 200 free (1:46.03). Also led off Cal's winning 200 medley and 800 free relays
- According to the psych sheet, enters the NCAA meet seeded 10th in the 200 IM, 8th in the 100 fly and 44th in the 100 back
- Considered the No. 1 recruit in the country by SwimSwam when she signed with the Bears in November
- Undeclared major

Sophie Krivokapic-Zhou - Back, Sophomore, Santa Clara, Calif.

- Top 2018-19 times: 100 back - 52.51; 200 back - 1:55.05
- Coming off a strong Pac-12 Championships where she set PRs in the 100 back (6th, 52.51) and 200 back (9th, 1:55.05)
- Also finished sixth in the 100 back at the 2018 Pac-12 meet
- A CSCAA Scholar All-American as a freshman
- Undeclared major

Phoebe LaMay – Diving, Senior, Houston, Texas

- Returns to the NCAA Championships for the fourth time
- Holds the Cal record on 3-meter (335.80, 2017) and is second all-time at the school on 1-meter (317.63, 2017)
- Qualified for NCAAs by taking 7th on 1-meter at the NCAA Zone E meet. Also placed 11th on 3-meter
- At the 2019 Pac-12 meet, was 6th on 1-meter and 10th on 3-meter
- Best career finishes at NCAAs are 19th on 1-meter (2017) and 39th on 3-meter (2017)
- A CSCAA Scholar All-American
- Media Studies major

Katie McLaughlin – Fly/Free, Junior, Dana Point, Calif.

- Top 2018-19 times: 100 free (48.07), 200 free (1:43.04), 100 fly (50.67), 200 fly (1:54.63)
- Ranks among Cal's all-time leaders in the 200 free (10th, 1:43.04), 500 free (3rd, 4:36.04), 100 fly (T5th, 50.67) and 200 fly (2nd, 1:52.37). Also a member of Cal's school-record 200 and 400 free relays
- Based on the psych sheet, enters the NCAA meet seeded 4th in the 100 fly, 6th in the 200 free and 12th in the 200 fly
- Had a strong 2019 Pac-12 meet with runner-up finishes in the 100 fly and 200 free, both in PR times. Also swam a leg on four winning relays, including a 46.55 split on the 400 free relay that broke the NCAA record
- At the 2018 NCAA Championships, took 6th in the 100 fly (51.20), 8th in the 200 free (1:44.32) and 4th in the 200 fly (1:52.64). Also anchored Cal's 400 free relay to a runner-up finish and was a member of the third-place 800 free relay and second-place 200 free relay
- The 2017 NCAA runner-up in the 200 fly with her time of 1:52.37 ranking No. 2 in school history. Also placed ninth in the 200 free.
- Will represent the United States at the World Championships this summer
- Earned three medals at the 2017 World University Games
- A two-time Pac-12 All-Academic choice
- American Studies major

Maddie Murphy – Free/Fly, Junior, Orinda, Calif.

- Top 2018-19 times: 50 free - 22.08; 100 free - 49.03; 100 fly - 52.39
- The fifth-ranked 50 freestyler in school history with a best of 21.76, while she is tied for seventh at Cal in the 100 fly (51.15) with both times from her freshman year in 2017. Also led off Cal's school-record 200 free relay last year
- Took 5th in the 50 free at the 2019 Pac-12 meet (22.08), while she was 9th in the 100 fly (52.39) and 13th in the 100 free (49.03). Also helped Cal's 200 medley relay and 200 free relay to conference titles
- Last year, placed 10th in the 50 free (22.07), 20th in the 100 fly (52.31) and 31st in the 100 free (48.79) at the NCAA Championships. Also a member of Cal's runner-up 200 free relay
- As a freshman in 2017, placed sixth in the 50 free (21.76) and 10th in the 100 fly (51.15) while helping Cal's 200 free relay to the national title
- A Pac-12 All-Academic selection last year
- American Studies major

Robin Neumann – Free, Sophomore, Amsterdam, the Netherlands

- Top 2018-19 times: 100 free - 47.78; 200 free - 1:43.25; 500 free - 4:39.34
- Ranks among Cal's all-time top 10 in the 100 free (T9th) and 200 free (10th) based on her PR times from this year
- Seeded 14th in the 200 free and 9th in the 100 free per the NCAA psych sheet
- Posted a pair of third-place finishes in the 100 free and 200 free at the 2019 Pac-12 meet, helping Cal to a podium sweep in both events. Also was a member of the winning 400 and 800 free relays
- Scored in two individual events at the 2018 NCAA meet, taking 5th in the 200 free (1:43.54) and 15th in the 100 free (48.80), in addition to leading off Cal's 3rd-place 800 free relay
- A CSCAA Scholar All-American last year
- A 2016 Olympian for the Netherlands, competing in the 200m free (26th) and on the 800m free relay (13th)
- Undeclared major

Ena Rajic – Breast, Freshman, Urbana, Ill.

- Top 2018-19 times: 100 breast - 59.68; 200 breast - 2:10.47
- Ranks 4th all-time at Cal in the 100 breast and 5th in the 200 breast based off her PR times from the 2019 Pac-12 Championships
- Won the B final in both events at the conference meet. Also swam the breaststroke leg on Cal's winning 200 and 400 medley relays
- Her top 200 breast time is a nearly 4-second drop from her PR entering her freshman year at Cal.
- Undeclared major

Abbey Weitzel – Free, Junior, Saugus, Calif.

- Top 2018-19 times: 50 free - 21.16; 100 free - 46.35; 200 free - 1:41.97
- Has set school records this year in the 50 free and 100 free - both from the Pac-12 Championships - and her top 200 free time ranks her No. 3 in school history
- Named the Pac-12 Swimmer of the Meet after posting three individual wins and helping four relays to victory at the 2019 championships
- Enters the NCAA meet seeded 1st in the 100 free, 2nd 50 free and 3rd in the 200 free
- At the 2019 Pac-12 Championships, broke the Pac-12 record in the 50 free with her winning time of 21.16, while her 100 free time of 46.25 lowered the Pac-12 meet record. Also won the 200 free in a PR 1:41.97
- Helped four relays to Pac-12 titles, swimming anchor on the 200 and 400 medley relays and the 400 free relay
- Named Pac-12 Swimmer of the Month for November after posting then-NCAA-leading times in the 50 and 100 free at the Georgia Fall Invitational
- At the 2018 NCAA meet, finished 4th in the 50 free (21.67) and 3rd in the 100 free (46.74), while helping four relays to top 4 results - 200 free relay (2nd), 400 medley relay (3rd), 200 medley relay (2nd) and 400 free relay (2nd)
- As a freshman at the 2017 NCAA meet, finished 5th in the 50 free, 8th in the 100 free and was a part of the winning 200 free relay and 200 medley relay
- A 2016 U.S. Olympian, winning medals on the 400m free relay and 400m medley relay
- Also on the U.S. team at the 2015 and 2017 World Championships and will represent the U.S. again at the 2019 meet this summer
- Public Health major

Alicia Wilson – Back/IM, Freshman, Guildford, Surrey, UK

- Top 2018-19 times: 100 back - 53.23; 200 back - 1:54.96; 200 IM - 1:55.77
- Set her PR time in the 200 IM at the Georgia Fall Invitational, and her backstroke bests at the Pac-12 Championships
- At the 2019 Pac-12 meet, placed 10th in the 200 IM (1:56.52), 17th in the 100 back (53.23) and 8th in the 200 back (1:55.11, PR 1:54.96 in prelims)
- Undeclared major





March 2, 2019

2018-19 California Season-Best List

Name Season Best.....Date Site Cal PR

50-yard Freestyle (Cal Record: 21.16, Abbey Weitzeil, 2019)

- 1. Abbey Weitzeil !*21.16....2/28...at Pac-12 Champs.. 21.16
+*21.92....2/1.....vs. USC..... 21.16
- 2. Amy Bilquist..... *21.64....2/28...at Pac-12 Champs.. 21.64
- 3. Maddie Murphy ^22.08....2/28...at Pac-12 Champs.. 21.76
- 4. Katie McLaughlin..... ^22.71....10/10...vs. Utah 22.71
- 5. Elise Garcia ^22.75....2/28...at Pac-12 Champs.. 22.75
- 6. Aislinn Light ^22.99....11/29...at Georgia Invite..... 22.99
- 7. Alicia Wilson 23.29....2/16...vs. Stanford..... 23.29
- 8. Robin Neumann 23.74....11/10...vs. Texas 23.37
- 9. Ali Harrison 23.78....11/29...at Georgia Invite..... 23.78
- 10. Keaton Blovad..... 23.82....10/10...vs. Utah 23.58

100-yard Freestyle (Cal Record: 46.35, Abbey Weitzeil, 2019)

- 1. Abbey Weitzeil !*46.35....3/2....at Pac-12 Champs.. 46.35
- 2. Amy Bilquist..... *47.01....3/2....at Pac-12 Champs.. 47.01
- 3. Robin Neumann ^47.78....3/2....at Pac-12 Champs.. 47.78
- 4. Katie McLaughlin..... ^48.07....12/1...at Georgia Invite..... 48.07
- 5. Isabel Ivey ^48.22....2/27...at Pac-12 Champs.. 48.22
- 6. Keaton Blovad..... ^48.79....12/1...at Georgia Invite..... 48.79
- 7. Maddie Murphy ^49.03....3/2....at Pac-12 Champs.. 48.22
- 8. Elise Garcia 49.88....12/1...at Georgia Invite..... 49.88
- 9. Ema Rajic 50.18....12/1...at Georgia Invite..... 50.18
- 10. Aislinn Light..... 50.56....12/1...at Georgia Invite..... 50.13

200-yard Freestyle (Cal Record: 1:39.10, Missy Franklin, 2015)

- 1. Abbey Weitzeil *1:41.97....3/1....at Pac-12 Champs.. 1:41.97
- 2. Katie McLaughlin..... *1:43.04....3/1....at Pac-12 Champs.. 1:43.04
- 3. Robin Neumann ^1:43.25....3/1....at Pac-12 Champs.. 1:43.25
- 4. Isabel Ivey ^1:44.75....2/27...at Pac-12 Champs.. 1:44.75
- 5. Jenna Campbell ^1:46.90....11/30...at Georgia Invite..... 1:46.90
- 6. Alicia Wilson 1:47.20....2/27...at Pac-12 Champs.. 1:47.20
- 7. Cassidy Bayer 1:48.18....3/1....at Pac-12 Champs.. 1:48.18
- 8. Sarah Darcel 1:49.50....10/10...vs. Utah 1:49.50
- 9. Elise Garcia 1:50.12....11/10...vs. Texas 1:50.12
- 10. Keaton Blovad..... 1:51.81....11/3...at Washington St. .. 1:46.05

500-yard Freestyle (Cal Record: 4:31.90, Cierra Runge, 2015)

- 1. Robin Neumann ^4:39.34....2/28...at Pac-12 Champs.. 4:39.34
- 2. Cassidy Bayer ^4:45.31....2/28...at Pac-12 Champs.. 4:45.31
- 3. Jenna Campbell ^4:47.18....2/28...at Pac-12 Champs.. 4:47.18
- 4. Katie McLaughlin..... 4:47.54....2/2....vs. UCLA 4:36.04
- 5. Elizabeth Bailey..... 4:54.33....11/29...at Georgia Invite..... 4:54.33
- 6. Abbey Weitzeil 4:54.66....10/10...vs. Utah 4:53.54
- 7. Sarah Darcel..... 4:59.14....10/5...at Chick-fil A Invite.. 4:59.14
- 8. Dannie Dilsaver..... 5:04.50....10/5...at Chick-fil A Invite.. 5:02.19
- 9. Courtney Mykkanen..... 5:05.20....10/5...at Chick-fil A Invite.. 4:49.37
- 10. S. Krivokapic-Zhou..... 5:15.31....10/5...at Chick-fil A Invite.. 5:08.15

1000-yard Freestyle (Cal Record: 9:26.80, Cierra Runge, 2015)

- 1. Robin Neumann 10:03.58....10/10...vs. Utah 10:03.58
- 2. Jenna Campbell 10:13.43....11/10...vs. Texas 10:13.43
- 3. Cassidy Bayer 10:14.01....11/3...at Washington St. .. 10:14.01
- 4. Dannie Dilsaver..... 10:26.85....10/10...vs. Utah 10:22.55
- 5. Elizabeth Bailey 10:27.47....2/1....vs. USC..... 10:27.47

1650-yard Freestyle (Cal Record: 15:40.17, Cierra Runge, 2015)

NA

Name Season Best.....Date Site Cal PR

100-yard Backstroke (Cal Record: 49.80, Kathleen Baker, 2017)

- 1. Amy Bilquist..... *50.46....3/1....at Pac-12 Champs.. 50.46
- 2. Keaton Blovad..... ^51.34....3/1....at Pac-12 Champs.. 51.34
- 3. Sophie Krivokapic-Zhou. ^52.51....3/1....at Pac-12 Champs.. 52.51
- 4. Isabel Ivey ^53.07....2/2....vs. UCLA 53.07
- 5. Alicia Wilson ^53.23....3/1....at Pac-12 Champs.. 53.23
- 6. Courtney Mykkanen..... ^53.50....3/1....at Pac-12 Champs.. 53.50
- 7. Aislinn Light 54.01....11/30...at Georgia Invite..... 53.59
- 8. Abbey Weitzeil 54.91....11/3...at Washington St. .. 54.91
- 9. Robin Neumann 56.31....10/5...at Chick-fil A Invite.. 56.31
- 10. Elizabeth Bailey..... 58.03....10/5...at Chick-fil A Invite.. 58.03

200-yard Backstroke (Cal Record: 1:47.30, Kathleen Baker, 2018)

- 1. Keaton Blovad..... ^1:51.73....3/2....at Pac-12 Champs.. 1:51.73
- 2. Amy Bilquist..... ^1:54.84....2/1....vs. USC..... 1:49.90
- 3. Alicia Wilson ^1:54.96....3/2....at Pac-12 Champs.. 1:54.96
- 4. S. Krivokapic-Zhou..... ^1:55.05....3/2....at Pac-12 Champs.. 1:55.05
- 5. Courtney Mykkanen... ^1:55.20....12/1...at Georgia Invite..... 1:54.36
- 6. Aislinn Light ^1:56.88....12/1...at Georgia Invite..... 1:56.27
- 7. Sarah Darcel 1:57.67....12/1...at Georgia Invite..... 1:57.67
- 8. Robin Neumann 2:00.82....2/2....vs. UCLA 1:58.86
- 9. Elizabeth Bailey..... 2:02.95....12/1...at Georgia Invite..... 2:02.95

100-yard Breaststroke (Cal Record: 59.20, Caitlin Leverenz, 2012)

- 1. Ema Rajic ^59.68....3/1....at Pac-12 Champs.. 59.68
- 2. Ali Harrison ^59.79....3/1....at Pac-12 Champs.. 59.52
- 3. Abbey Weitzeil ^1:00.43....11/30...at Georgia Invite..... 1:00.43
- 4. Alexa Buckley..... ^1:01.43....3/1....at Pac-12 Champs.. 1:01.43
- 5. Dannie Dilsaver..... 1:01.71....3/1....at Pac-12 Champs.. 1:01.71
- 6. Natalie Tuck 1:03.13....3/1....at Pac-12 Champs.. 1:03.13
- 7. Alexa Skorus-Neely..... 1:04.37....3/1....at Pac-12 Champs.. 1:04.37
- 8. Alicia Wilson 1:05.64....2/2....vs. UCLA 1:50.64
- 9. Keaton Blovad..... 1:05.90....9/21...at Queen of Pool 1:05.64

200-yard Breaststroke (Cal Record: 2:04.76, Caitlin Leverenz, 2012)

- 1. Ema Rajic ^2:10.47....3/2....at Pac-12 Champs.. 2:10.47
- 2. Ali Harrison ^2:12.71....3/2....at Pac-12 Champs.. 2:10.21
- 3. Alexa Buckley..... ^2:13.20....12/1...at Georgia Invite..... 2:13.20
- 4. Sarah Darcel..... ^2:14.98....2/16...vs. Stanford..... 2:14.91
- 5. Dannie Dilsaver..... 2:15.00....3/2....at Pac-12 Champs.. 2:14.02
- 6. Natalie Tuck 2:18.05....12/1...at Georgia Invite..... 2:18.05
- 7. Alexa Skorus-Neely..... 2:19.51....12/1...at Georgia Invite..... 2:18.63
- 8. Alicia Wilson 2:20.31....10/6...at Chick-fil-A Invite.. 2:20.31
- 9. Katie McLaughlin..... 2:23.48....2/2....vs. UCLA 2:23.48
- 10. Keaton Blovad..... 2:25.52....10/6...at Chick-fil-A Invite.. 2:25.52

100-yard Butterfly (Cal Record: 50.01, Natalie Coughlin, 2002)

- 1. Katie McLaughlin..... *50.67....3/1....at Pac-12 Champs.. 50.67
- 2. Isabel Ivey ^51.15....3/1....at Pac-12 Champs.. 51.15
- 3. Maddie Murphy ^52.39....3/1....at Pac-12 Champs.. 51.15
- 4. Elise Garcia ^53.26....3/1....at Pac-12 Champs.. 53.26
- 5. Sophie Krivokapic-Zhou. ^53.69....3/1....at Pac-12 Champs.. 53.69
- 6. Elizabeth Bailey..... 54.01....2/27...at Pac-12 Champs.. 54.01
- 7. Ali Harrison 54.27....11/30...at Georgia Invite..... 53.32
- 8. Ema Rajic 54.46....11/30...at Georgia Invite..... 54.46
- 9. Abbey Weitzeil 54.76....2/2....vs. UCLA 53.16
- 10. Sarah Darcel..... 54.98....2/2....vs. UCLA 54.95

* NCAA A Standard ! Cal School Record
 ^ NCAA B Standard # Cal Pool Record
 = NCAA Zone Qualifying Standard % American Record
 + Cal Dual-Meet Record

Name Season Best.....Date Site Cal PR

200-yard Butterfly (Cal Record: 1:51.91, Natalie)

1. Katie McLaughlin..... ^1:54.63....12/1...at Georgia Invite..... 1:52.37
2. Sarah Darcel..... ^1:55.55....3/2.....at Pac-12 Champs.. 1:55.26
3. Cassidy Bayer ^1:55.90....3/2.....at Pac-12 Champs.. 1:55.90
4. Elixabeth Bailey..... ^1:58.92....3/2.....at Pac-12 Champs.. 1:58.92
5. Jenna Campbell 1:59.26....3/2.....at Pac-12 Champs.. 1:59.26
6. S. Krivokapic-Zhou..... 2:00.81....12/1...at Georgia Invite..... 1:58.96
7. Elise Garcia 2:03.86....10/6...at Chick-fil A Invite.. 2:03.86
8. Keaton Blovad..... 2:04.38....2/2.....vs. UCLA 2:04.38
9. Ali Harrison..... 2:06.12....1/26...at Arizona 2:03.93
10. Dannie Dilsaver..... 2:08.87....10/6...at Chick-fil A Invite.. 2:08.87

200-yard Individual Medley (Cal Record: 1:51.25, Kathleen Baker, 2018)

1. Isabel Ivey *1:54.31....2/28...at Pac-12 Champs.. 1:54.31
2. Sarah Darcel..... ^1:54.91....2/28...at Pac-12 Champs.. 1:54.50
3. Keaton Blovad..... ^1:55.62....2/28...at Pac-12 Champs.. 1:55.62
4. Alicia Wilson ^1:55.77....11/29...at Georgia Invite..... 1:55.77
5. Ema Rajic ^1:58.57....2/28...at Pac-12 Champs.. 1:58.57
6. Dannie Dilsaver..... 2:00.09....2/28...at Pac-12 Champs.. 1:58.59
7. Abbey Weitzel 2:00.86....10/5...at Chick-fil A Invite.. 2:00.86
8. Courtney Mykkanen..... 2:01.41....11/29...at Georgia Invite..... 2:00.70
9. Natalie Tuck..... 2:01.82....2/28...at Pac-12 Champs.. 2:01.82
10. Amy Bilquist..... 2:02.25....2/2.....vs. UCLA 2:02.25

400-yard Individual Medley (Cal Record: 3:57.89, Caitlin Leverenz, 2012)

1. Sarah Darcel..... ^4:05.55....3/1.....at Pac-12 Champs.. 4:03.00
2. Dannie Dilsaver..... ^4:15.64....3/1.....at Pac-12 Champs.. 4:12.46
3. Courtney Mykkanen..... 4:18.29....11/30...at Georgia Invite..... 4:15.86
4. Elizabeth Bailey..... 4:19.03....3/1.....at Pac-12 Champs.. 4:19.03
5. Katie McLaughlin..... 4:20.03....11/3...at Washington St. .. 4:20.03
6. Natalie Tuck..... 4:23.89....11/30...at Georgia Invite..... 4:23.85
7. Alicia Wilson 4:24.01....11/3...at Washington St. .. 4:24.01

1-meter Diving (Cal Record: 319.58, Briana Thai, 2019)

1. Briana Thai !=319.58....1/25...at Arizona State 319.58
2. Phoebe LaMay =314.25....11/10...vs. Texas 317.63
3. Alexa Cacao..... 265.73....11/10...vs. Texas 274.95
4. Kathleen Navas..... 258.60....11/10...vs. Texas 258.60
5. Jackie Im 255.68....11/10...vs. Texas 276.53

3-meter Diving (Cal Record: 335.80, Phoebe LaMay, 2017)

1. Briana Thai =312.38....10/10...vs. Utah 312.50
2. Kathleen Navas..... =295.73....2/1.....vs. USC..... 295.73
3. Phoebe LaMay =293.03....2/16...vs. Stanford..... 335.80
4. Alexa Cacao..... =269.55....11/10...vs. Texas 269.85
5. Jackie Im 263.93....11/10...vs. Texas 270.90

Platform Diving (Cal Record: 330.35, Kahley Rowell, 2014)

1. Briana Thai =226.20....12/1...at Georgia Invite..... 256.60
2. Alexa Cacao..... 214.85....12/19...at Bruin Invite 218.55
3. Kathleen Navas..... 205.65....12/1...at Georgia Invite..... 239.60
4. Jackie Im 172.50....12/1...at Georgia Invite..... 195.60

Name Season Best.....Date Site

200-yard Free Relay (Cal Record: 1:25.50, 2018)

1. Weitzel (21.47), Murphy (21.61), McLaughlin (21.62), Bilquist (21.30)
*1:26.00....2/28...at Pac-12 Champs
2. Garcia (23.47), McLaughlin (22.45), Murphy (22.44), Weitzel (21.89)
1:30.25....11/10...vs. Texas
3. Ivey (23.17), McLaughlin (22.53), Bilquist (22.38), Weitzel (22.18)
1:30.26....1/25...at Arizona State
4. Murphy (23.04), McLaughlin (22.81), Neumann (23.26), Weitzel (21.29)
1:30.40....2/2.....vs. UCLA
5. Harrison (23.78), Light (22.40), Garcia (22.69), Krivokapic-Zhou (23.08)
1:31.95....11/29...at Georgia Invite

400-yard Free Relay (Cal Record: 3:07.41, 2019)

1. Neumann (48.17), McLaughlin (46.55), Bilquist (46.30), Weitzel (46.39)
!3:07.41....3/2.....at Pac-12 Champs
2. Blovad (48.79), Neumann (48.26), McLaughlin (47.43), Weitzel (46.66)
*3:11.14....12/1...at Georgia Invite
3. Neumann (50.76), Murphy (49.92), Bilquist (48.58), Weitzel (47.85)
3:17.11....2/1.....vs. USC
4. Rajic (50.18), Murphy (49.80), Garcia (50.06), Light (49.44)
3:19.48....12/1...at Georgia Invite
5. Weitzel (48.89), Wilson (51.22), Bilquist (49.38), Garcia (51.13)
3:20.62....1/26...at Arizona

800-yard Free Relay (Cal Record: 6:50.18, 2015)

1. Ivey (1:44.75), Neumann (1:43.04), McLaughlin (1:41.25),
Bilquist (1:41.59) *6:50.63...2/27...at Pac-12 Champs
2. Weitzel (1:44.61), Neumann (1:43.96), Darcel (1:46.89),
McLaughlin (1:43.79). *6:59.25...11/30...at Georgia Invite
3. Wilson (1:47.20), Darcel (1:44.27), Campbell (1:46.62),
K-Zhou (1:49.95) 7:08.04....2/27...at Pac-12 Champs
4. Wilson, Weitzel, Darcel (1:49.94), Neumann (1:50.07)
7:19.70...10/5...at Chick-fil-A Invite
5. Mykkanen, Bayer, Blovad (1:52.32), Campbell (1:52.13)
7:34.91....10/5...at Chick-fil-A Invite

200-yard Medley Relay (Cal Record: 1:33.85, 2018)

1. Ivey (25.05), Rajic (26.88), Murphy (22.71), Weitzel (20.57)
*1:35.21....2/27...at Pac-12 Champs
2. Blovad (24.16), Rajic (27.55), McLaughlin (22.94), Weitzel (21.00)
*1:35.65....11/30...at Georgia Invite
3. Bilquist (24.81), Rajic (28.13), Murphy (23.35), Weitzel (21.07)
^1:37.51....2/16...vs. Stanford
4. Blovad (24.13), Harrison (27.60), Garcia (23.79), Light (22.83)
1:38.35....2/27...at Pac-12 Champs
5. Bilquist (25.20), Rajic (28.48), McLaughlin (23.39), Weitzel (21.35)
1:38.42....2/1.....vs. USC

400-yard Medley Relay (Cal Record: 3:25.50, 2018)

1. Bilquist (50.64), Rajic (59.53), McLaughlin (50.14), Weitzel (46.10)
*3:26.41....3/1.....at Pac-12 Champs
2. Blovad (52.08), Rajic (1:00.42), McLaughlin (50.87), Weitzel (46.50)
*3:29.87....11/29...at Georgia Invite
3. Wilson (54.08), Harrison (1:01.85), Bayer (54.28), Neumann (48.01)
3:38.22....11/29...at Georgia Invite
4. Light (56.57), Rajic (1:03.66), McLaughlin (54.02), Weitzel (50.11)
3:44.36....10/6...at Chick-fil-A Invite
5. Blovad (56.16), Buckley (1:06.33), Garcia (54.40), Murphy (51.41)
3:48.30....10/6...at Chick-fil-A Invite

* NCAA A Standard

! Cal School Record

^ NCAA B Standard

Cal Pool Record

= NCAA Zone Qualifying Standard

+ Cal Dual-Meet Record



March 2, 2019

California All-Time Top 10 List

50-Yard Freestyle

1. Abbey Weitzel.....	21.16.....	2019
2. Farida Osman.....	21.32.....	2016
3. Liv Jensen.....	21.48.....	2012
4. Amy Bilquist.....	21.64.....	2019
5. Maddie Murphy.....	21.76.....	2017
6. Madison Kennedy.....	21.87.....	2008
7. Emily Silver.....	21.99.....	2007
8. Natalie Coughlin.....	22.01.....	2003
9. Kaylin Bing.....	22.05.....	2014
10. Dana Vollmer.....	22.05.....	2007

100-Yard Freestyle

1. Abbey Weitzel.....	46.35.....	2019
2. Missy Franklin.....	46.66.....	2015
3. Natalie Coughlin.....	47.00.....	2003
4. Amy Bilquist.....	47.01.....	2019
5. Farida Osman.....	47.07.....	2017
6. Dana Vollmer.....	47.17.....	2009
7. Liv Jensen.....	47.42.....	2012
8. Emily Silver.....	47.45.....	2007
9. Elizabeth Pelton.....	47.78.....	2013
9. Robin Neumann.....	47.78.....	2019

200-Yard Freestyle

1. Missy Franklin.....	1:39.10.....	2015
2. Dana Vollmer.....	1:41.53.....	2009
3. Abbey Weitzel.....	1:41.97.....	2019
4. Elizabeth Pelton.....	1:42.13.....	2013
5. Natalie Coughlin.....	1:42.65.....	2002
6. Kathleen Baker.....	1:42.66.....	2017
7. Cierra Runge.....	1:42.73.....	2015
8. Camille Cheng.....	1:42.82.....	2015
9. Sara Isakovic.....	1:43.00.....	2009
10. Katie McLaughlin.....	1:43.04.....	2019

500-Yard Freestyle

1. Cierra Runge.....	4:31.90.....	2015
2. Missy Franklin.....	4:32.66.....	2014
3. Katie McLaughlin.....	4:36.04.....	2017
4. Sara Isakovic.....	4:36.79.....	2009
5. Lauren Boyle.....	4:37.18.....	2010
6. Shelley Harper.....	4:37.58.....	2012
7. Natalie Coughlin.....	4:37.62.....	2003
8. Catherine Breed.....	4:38.05.....	2012
9. Melanie Klaren.....	4:39.25.....	2014
10. Robin Neumann.....	4:39.34.....	2019

1000-Yard Freestyle

1. Cierra Runge.....	9:26.80.....	2015
2. Chenoa Devine.....	9:40.26.....	2017
3. Lauren Boyle.....	9:42.14.....	2008
4. Ashley Chandler.....	9:45.32.....	2006
5. Sarah Anderson.....	9:46.08.....	1991
6. Catherine Breed.....	9:46.64.....	2012
7. Missy Franklin.....	9:47.44.....	2014
8. Blake Hayter.....	9:48.47.....	2007
9. Cheryl Kriegsmann.....	9:50.60.....	1987
10. Katie Welch.....	9:52.20.....	1990

1650-Yard Freestyle

1. Cierra Runge.....	15:40.17.....	2015
2. Lauren Boyle.....	15:56.93.....	2009
3. Chenoa Devine.....	16:04.34.....	2017
4. Catherine Breed.....	16:10.13.....	2012
5. Sarah Anderson.....	16:10.33.....	1988
6. Ashley Chandler.....	16:13.64.....	2004
7. Cheryl Kriegsmann.....	16:14.50.....	1987
8. Blake Hayter.....	16:15.43.....	2007
9. Lisa Meyers.....	16:20.23.....	1988
10. Katie Welch.....	16:22.77.....	1990

100-Yard Backstroke

1. Kathleen Baker.....	49.80.....	2017
2. Natalie Coughlin.....	49.97.....	2002
3. Rachel Bootsma.....	50.03.....	2015
4. Cindy Tran.....	50.31.....	2012
5. Amy Bilquist.....	50.46.....	2019
6. Elizabeth Pelton.....	51.26.....	2013
7. Melanie Klaren.....	51.31.....	2015
8. Keaton Blovad.....	51.34.....	2019
9. Deborah Roth.....	51.51.....	2011
10. Missy Franklin.....	51.59.....	2014

200-Yard Backstroke

1. Kathleen Baker.....	1:47.30.....	2018
2. Elizabeth Pelton.....	1:47.84.....	2013
3. Missy Franklin.....	1:47.91.....	2015
4. Natalie Coughlin.....	1:49.52.....	2002
5. Amy Bilquist.....	1:49.90.....	2016
6. Keaton Blovad.....	1:51.73.....	2019
7. Melanie Klaren.....	1:51.83.....	2015
8. Deborah Roth.....	1:52.96.....	2011
9. Helen Silver.....	1:53.01.....	2006
10. Cindy Tran.....	1:53.24.....	2013

100-Yard Breaststroke

1. Caitlin Leverenz.....	59.20.....	2012
2. Jessica Hardy.....	59.43.....	2007
3. Ali Harrison.....	59.52.....	2018
4. Ema Rajic.....	59.68.....	2019
5. Marina Garcia.....	59.86.....	2017
6. Staciana Stitts.....	1:00.30.....	2003
7. Yvette Kong.....	1:00.34.....	2012
8. Alexandra Ellis.....	1:00.36.....	2009
9. Maija Roses.....	1:00.42.....	2018
10. Abbey Weitzel.....	1:00.43.....	2019

200-Yard Breaststroke

1. Caitlin Leverenz.....	2:04.76.....	2012
2. Marina Garcia.....	2:08.42.....	2017
3. Alexandra Ellis.....	2:09.38.....	2010
4. Ali Harrison.....	2:10.21.....	2018
5. Ema Rajic.....	2:10.47.....	2019
6. Celina Li.....	2:10.83.....	2014
7. Maija Roses.....	2:10.86.....	2018
8. Staciana Stitts.....	2:11.34.....	2000
9. Hiroko Nagasaki.....	2:11.65.....	1988
10. Ellie Overton.....	2:12.16.....	2000

100-Yard Butterfly

1. Natalie Coughlin.....	50.01.....	2002
2. Farida Osman.....	50.05.....	2017
3. Noemie Thomas.....	50.44.....	2017
4. Amanda Sims.....	50.49.....	2011
5. Katie McLaughlin.....	50.67.....	2019
5. Dana Vollmer.....	50.69.....	2007
7. Maddie Murphy.....	51.15.....	2017
7. Isabel Ivey.....	51.15.....	2019
9. Hannah Wilson.....	51.24.....	2009
10. Rachel Bootsma.....	51.40.....	2016

200-Yard Butterfly

1. Natalie Coughlin.....	1:51.91.....	2002
2. Katie McLaughlin.....	1:52.37.....	2017
2. Dana Vollmer.....	1:52.37.....	2008
4. Amanda Sims.....	1:53.17.....	2011
5. Kelly Naze.....	1:53.46.....	2016
6. Noemie Thomas.....	1:53.77.....	2017
7. Caitlin Leverenz.....	1:53.78.....	2012
8. Sara Isakovic.....	1:53.99.....	2010
9. Mary T. Meagher.....	1:54.52.....	1986
10. Jasmine Mau.....	1:54.85.....	2015

200-Yard Individual Medley

1. Kathleen Baker.....	1:51.25.....	2018
2. Caitlin Leverenz.....	1:51.77.....	2012
3. Missy Franklin.....	1:52.11.....	2015
4. Elizabeth Pelton.....	1:52.80.....	2015
5. Celina Li.....	1:53.85.....	2014
6. Isabel Ivey.....	1:54.31.....	2019
7. Sarah Darcel.....	1:54.50.....	2018
8. Natalie Coughlin.....	1:54.95.....	2004
9. Keaton Blivad.....	1:55.62.....	2018
10. Kelly Naze.....	1:55.75.....	2016

400-Yard Individual Medley

1. Caitlin Leverenz.....	3:57.89.....	2012
2. Sarah Darcel.....	4:03.00.....	2018
2. Celina Li.....	4:05.13.....	2015
3. Kelly Naze.....	4:06.56.....	2016
5. Shelley Harper.....	4:07.49.....	2012
6. Heather White.....	4:09.84.....	2010
7. Elizabeth Pelton.....	4:09.89.....	2013
8. Lauren Driscoll.....	4:11.27.....	2013
9. Elli Overton.....	4:11.52.....	2000
10. Katie Kastes.....	4:11.56.....	2011

1-Meter Diving

1. Briana Thai.....	319.58.....	2019
2. Phoebe LaMay.....	317.63.....	2017
3. Anne Kastler.....	297.90.....	2014
4. Kelsey Heiken.....	289.28.....	2011
5. Melissa Graviss.....	288.13.....	1990
6. Molly Hayes.....	287.70.....	2012
7. Hayden Tavoda.....	282.53.....	2017
8. Sam Young.....	278.55.....	2008
9. Jackie Im.....	276.53.....	2018
10. Alexa Cacao.....	274.95.....	2018

3-Meter Diving

1. Phoebe LaMay.....	335.80.....	2017
2. Anne Kastler.....	334.15.....	2014
3. Kelsey Heiken.....	322.35.....	2011
4. Hayden Tavoda.....	314.55.....	2017
5. Briana Thai.....	312.50.....	2018
6. Molly Hayes.....	307.85.....	2012
7. Kahley Rowell.....	307.20.....	2013
8. Sam Young.....	306.83.....	2007
9. Eleanor Smart.....	298.20.....	2015
10. Kathleen Navas.....	295.73.....	2019

Platform Diving

1. Kahley Rowell.....	330.35.....	2014
2. Sara-Lina Boushakra.....	258.50.....	2016
3. Briana Thai.....	256.60.....	2018
4. Laura Sanford.....	255.00.....	2008
5. Eleanor Smart.....	249.75.....	2015
6. Phoebe LaMay.....	241.60.....	2017
7. Kathleen Navas.....	239.60.....	2018
8. Anne Kastler.....	234.80.....	2014
9. Sam Young.....	227.00.....	2008
10. Alissa Barker.....	221.55.....	2012

200-Yard Free Relay

1. Maddie Murphy (21.94), Amy Bilquist (21.08), Katie McLaughlin (21.47), Abbey Weitzeil (21.01)	1:25.50	2018
2. Abbey Weitzeil (21.59), Maddie Murphy (21.83), Amy Bilquist (21.26), Farida Osman (20.91)	1:25.59	2017
3. Abbey Weitzeil (21.83), Amy Bilquist (21.87), Valerie Hull (21.43), Farida Osman (21.18)	1:26.31	2017
4. Kaylin Bing (22.36), Missy Franklin (21.28), Rachel Bootsma (21.60), Farida Osman (21.17).....	1:26.41	2015
5. Liv Jensen (22.09), Hannah Wilson (21.70), Madison Kennedy (21.54), Dana Vollmer (21.15).....	1:26.48	2009
6. Farida Osman (21.61), Amy Bilquist (21.68), Valerie Hull (21.63), Kristen Vredeveld (21.75)	1:26.67	2017
7. Kaylin Bing (22.08), Cindy Tran (21.65), Missy Franklin (21.50), Farida Osman (21.44).....	1:26.67	2014
8. Farida Osman (21.78), Kristen Vredeveld (21.70), Rachel Bootsma (21.83), Amy Bilquist (21.46).....	1:26.77	2016
9. Abbey Weitzeil (21.54), Maddie Murphy (21.78), Valerie Hull (21.94), Katie McLaughlin (21.67).....	1:26.93	2018
10. Maddie Murphy (22.35), Amy Bilquist (21.67), Valerie Hull (21.78), Abbey Weitzeil (21.30).....	1:27.10	2018

400-Yard Free Relay

1. Robin Neumann (48.17), Katie McLaughlin (46.55), Amy Bilquist (46.30), Abbey Weitzeil (46.39)	3:07.41	2019
2. Amy Bilquist (47.59), Abbey Weitzeil (46.37), Kathleen Baker (47.21), Katie McLaughlin (46.88)	3:08.05	2018
3. Amy Bilquist (47.55), Kathleen Baker (47.72), Abbey Weitzeil (46.93), Farida Osman (46.88)	3:09.08	2017
4. Missy Franklin (46.66), Rachel Bootsma (47.39), Camille Cheng (48.21), Farida Osman (47.50).....	3:09.76	2015
5. Hannah Wilson (47.91), Liv Jensen (47.53), Erica Dagg (47.98), Dana Vollmer (46.46)	3:09.88	2009
6. Kristen Vredeveld (48.38), Amy Bilquist (47.1.3), Kathleen Baker (47.55), Farida Osman (47.09)	3:10.15	2017
7. Amy Bilquist (47.94), Katie McLaughlin (47.91), Valerie Hull (48.47), Abbey Weitzeil (46.63)	3:10.95	2018
8. Dana Vollmer (47.38), Erica Dagg (48.53), Madison Kennedy (47.59), Hannah Wilson (47.55).....	3:11.05	2009
9. Keaton Bloavd (48.79), Robin Neumann (48.26), Katie McLaughlin (47.43), Abbey Weitzeil (46.66)	3:11.14	2019
10. Missy Franklin (47.63), Camille Cheng (48.15), Elizabeth Pelton (47.60), Farida Osman (47.77)	3:11.15	2015

800-Yard Free Relay

1. Cierra Runge (1:42.73), Elizabeth Pelton (1:43.29), Caroline Piehl (1:43.48), Missy Franklin (1:40.68)	6:50.18	2015
2. Isabel Ivey (1:44.75), Robin Neumann (1:43.04), Katie McLaughlin (1:41.25), Amy Bilquist (1:41.59).....	6:50.63	2019
3. Robin Neumann (1:43.78), Kathleen Baker (1:42.78), Katie McLaughlin (1:41.64), Amy Bilquist (1:42.63).....	6:50.83	2018
4. Cierra Runge (1:44.56), Camille Cheng (1:43.69), Elizabeth Pelton (1:42.69), Missy Franklin (1:40.05).....	6:50.99	2015
5. Kathleen Baker (1:42.66), Kristen Vredeveld (1:43.97), Amy Bilquist (1:42.08), Katie McLaughlin (1:42.71)	6:51.42	2017
6. Sara Isakovic (1:43.15), Hannah Wilson (1:44.15), Liv Jensen (1:43.64), Dana Vollmer (1:41.75)	6:52.69	2009
7. Kathleen Baker (1:43.17), Katie McLaughlin (1:42.82), Abbey Weitzeil (1:43.84), Amy Bilquist (1:43.54)	6:53.37	2017
8. Missy Franklin (1:42.89), Rachael Acker (1:43.96), Caroline Piehl (1:43.19), Elizabeth Pelton (1:43.53).....	6:53.57	2014
9. Rachael Acker (1:45.46), Caroline Piehl (1:43.82), Elizabeth Pelton (1:45.58), Missy Franklin (1:40.08).....	6:54.94	2014
10. Kathleen Baker (1:43.99), Elizabeth Pelton (1:44.07), Rachel Bootsma (1:44.23), Amy Bilquist (1:42.89).....	6:55.18	2016

200-Yard Medley Relay

1. Kathleen Baker (23.56), Abbey Weitzeil (26.68), Noemie Thomas (22.66), Amy Bilquist (20.95).....	1:33.85	2018
2. Kathleen Baker (23.62), Abbey Weitzeil (26.67), Noemie Thomas (22.70), Farida Osman (21.11)	1:34.10	2017
3. Cindy Tran (23.44), Caitlin Leverenz (26.63), Colleen Fotsch (22.97), Liv Jensen (21.20).....	1:34.24	2012
4. Amy Bilquist (23.81), Abbey Weitzeil (27.00), Noemie Thomas (22.52), Farida Osman (21.09).....	1:34.42	2017
5. Amy Bilquist (24.14), Abbey Weitzeil (26.62), Noemie Thomas (22.45), Katie McLaughlin (21.63)	1:35.04	2018
6. Rachel Bootsma (23.36), Marina Garcia (27.95), Noemie Thomas (22.68), Farida Osman (21.12)	1:35.11	2016
7. Isabel Ivey (25.05), Ema Rajic (26.88), Maddie Murphy (22.71), Abbey Weitzeil (20.57)	1:35.21	2019
8. Rachel Bootsma (23.40), Caitlin Leverenz (26.97), Cindy Tran (23.15), Kaylin Bing (22.01)	1:35.53	2013
9. Keaton Blovad (24.16), Ema Rajic (27.55), Katie McLaughlin (22.94), Abbey Weitzeil (21.00)	1:35.65	2019
10. Amy Bilquist (23.95), Abbey Weitzeil (27.58), Noemie Thomas (22.56), Valerie Hull (21.84).....	1:35.93	2017

400-Yard Medley Relay

1. Kathleen Baker (50.21), Ali Harrison (59.06), Noemie Thomas (50.20), Abbey Weitzeil (46.00).....	3:25.50	2018
2. Amy Bilquist (50.64), Ema Rajic (59.53), Katie McLaughlin (50.14), Abbey Weitzeil (46.10)	3:26.41	2019
3. Rachel Bootsma (50.84), Marina Garcia (59.28), Farida Osman (51.07), Missy Franklin (45.98)	3:27.17	2015
4. Kathleen Baker (50.41), Marina Garcia (59.48), Noemie Thomas (50.10), Farida Osman (47.39).....	3:27.38	2017
5. Kathleen Baker (50.81), Marina Garcia (59.53), Noemie Thomas (51.22), Abbey Weitzeil (46.41)	3:27.97	2017
6. Cindy Tran (50.94), Caitlin Leverenz (57.71), Sara Isakovic (51.21), Katherine Raatz (48.24).....	3:28.10	2012
7. Cindy Tran (51.38), Caitlin Leverenz (58.02), Sara Isakovic (51.47), Liv Jensen (47.39).....	3:28.26	2012
8. Amy Bilquist (50.85), Marina Garcia (1:00.40), Noemie Thomas (50.25), Abbey Weitzeil (46.83).....	3:28.33	2017
9. Cindy Tran (51.59), Caitlin Leverenz (59.04), Amanda Sims (50.91), Liv Jensen (46.99).....	3:28.53	2011
10. Cindy Tran (51.28), Celina Li (59.68), Rachel Bootsma (51.76), Missy Franklin (46.51)	3:29.23	2014