

2012-13 TRITON WOMEN'S BEST MARKS

50 Freestyle

Olivia Fountain	23.32	&+	Arena Invitational	11/15
Katherine Tse	23.60	&	PCSC Championships	2/14
Colleen Daley	23.70	&	PCSC Championships	2/14
Sierra Robbins	23.75	&+	Arena Invitational	11/15
Amber Tan	23.76	&+	Arena Invitational	11/15
Anji Shakya	23.92	&+	Arena Invitational	11/15
Jaclyn Amog	24.11	&+	Arena Invitational	11/15
Sandy Hon	24.31	&+	Arena Invitational	11/15
Sarah Olson	24.45	+	Arena Invitational	11/15
Eva Chen	24.84	*	Arena Invitational	11/15
Summer Bennett	24.85		PCSC Championships	2/14
Mercedes O'Brien	25.07	+	Arena Invitational	11/15
L.Oosterhouse	25.12	+	PCSC Championships	2/14
H. Oosterhouse	25.39	+	Arena Invitational	11/15
Erika Rodman	26.53		Claremont-Mudd-Scripps	10/27

100 Freestyle

Anji Shakya	50.82	&*	Arena Invitational	11/17
Olivia Fountain	51.19	&	Arena Invitational	11/17
Sierra Robbins	51.88	&*	Arena Invitational	11/17
Katherine Tse	51.91	&+	Arena Invitational	11/17
Amber Tan	52.06	&+	Arena Invitational	11/17
Colleen Daley	52.29	&	PCSC Championships	2/16
Jaclyn Amog	52.93		PCSC Championships	2/16
Naomi Thomas	53.26	*	PCSC Championships	2/16
Beth Dong	53.33		Cal Baptist	1/19
Sandy Hon	53.59	+	Arena Invitational	11/17
Summer Bennett	54.00	+	PCSC Championships	2/16
Sarah Olson	54.28	+	Arena Invitational	11/17
Dari Watkins	54.62	*	CSU Bakersfield/LMU	1/12
Haley Oosterhouse	55.11	*	Claremont-Mudd-Scripps	10/27
L. Oosterhouse	55.16	+	PCSC Championships	2/16
Eva Chen	55.37		Cal Baptist	1/19
Katie McBride	57.98	+	Arena Invitational	11/17

200 Freestyle

Anji Shakya	1:48.24	!#	PCSC Championships	2/15
Sierra Robbins	1:53.10	&*	Arena Invitational	11/16
Naomi Thomas	1:53.91	&*	Arena Invitational	11/16
Beth Dong	1:53.94	&	Cal Baptist	1/19
Erika Rodman	1:54.30	&+	Arena Invitational	11/16
Dari Watkins	1:54.47	&+	Arena Invitational	11/16
Amber Tan	1:54.86	&+	Arena Invitational	11/16
Summer Bennett	1:55.54	&+	Arena Invitational	11/16
H. Oosterhouse	1:58.63		Claremont-Mudd-Scripps	10/27
Colleen Daley	1:58.87	+	Arena Invitational	11/16
Emily Adamczyk	1:59.31		Claremont-Mudd-Scripps	10/27
L. Oosterhouse	1:59.69	+	Arena Invitational	11/16
Casey Adams	2:01.26		Cal Baptist	1/19
Katie McBride	2:02.03	+	Arena Invitational	11/16

500 Freestyle

Anji Shakya	4:48.19	!#	PCSC Championships	2/14
Beth Dong	4:56.06	&	Arena Invitational	11/15
Erika Rodman	4:58.75	&	Arena Invitational	11/15
Dari Watkins	5:05.11	&+	Arena Invitational	11/15

Megan Lee	5:09.09	&+	PCSC Championships	2/14
Katie McBride	5:16.03		University of San Diego	2/2
H. Oosterhouse	5:19.56	+	Arena Invitational	11/15

1000 Freestyle

Beth Dong	10:17.01	&*	Arena Invitational	11/17
Erika Rodman	10:20.25	&*	Arena Invitational	11/17
Megan Lee	10:43.81	*	Arena Invitational	11/17
Katie McBride	10:45.17		Cal Poly	1/26

1650 Freestyle

Beth Dong	16:57.77	&	Arena Invitational	11/17
Erika Rodman	17:07.85	&	Arena Invitational	11/17
Megan Lee	17:41.05	&	PCSC Championships	2/16

50 Backstroke

Sandy Hon	26.70	*	Arena Invitational	11/16
L. Oosterhouse	27.22	*	Arena Invitational	11/16
Anji Shakya	27.31	*	University of San Diego	2/2
Beth Dong	27.34	*	Cal Poly	1/26
Amber Tan	27.47	*	San Jose State	1/6
Sarah Olson	29.76	*	Claremont-Mudd-Scripps	10/27
Rosa Bebi	30.67	*	Claremont-Mudd-Scripps	10/27

100 Backstroke

Olivia Fountain	56.31	&+	Arena Invitational	11/16
Anji Shakya	56.53	&*	Arena Invitational	11/15
Sandy Hon	57.52	&*	Arena Invitational	11/15
Sierra Robbins	58.81	+	Arena Invitational	11/16
L. Oosterhouse	59.46	+	Arena Invitational	11/16
Sarah Olson	1:03.62		UC Santa Barbara	11/2

200 Backstroke

Beth Dong	2:01.20	&+	Arena Invitational	11/17
Anji Shakya	2:01.35	&	PCSC Championships	2/16
Sandy Hon	2:08.22	+	PCSC Championships	2/16
L. Oosterhouse	2:09.69	+	PCSC Championships	2/16

100 Breaststroke

Eva Chen	1:05.90	&	PCSC Championships	2/15
Jaclyn Amog	1:05.94	&+	Arena Invitational	11/16
Rosa Bebi	1:06.52	+	PCSC Championships	2/15
Mercedes O'Brien	1:06.74		PCSC Championships	2/15
Naomi Thomas	1:06.84	+	Arena Invitational	11/16
Casey Adams	1:08.12	+	Arena Invitational	11/16

200 Breaststroke

Rosa Bebi	2:20.04	&	PCSC Championships	2/16
Emily Adamczyk	2:20.47	&	Claremont-Mudd-Scripps	10/27
Casey Adams	2:20.48	&	PCSC Championships	2/16
Eva Chen	2:20.92	&	PCSC Championships	2/16
Mercedes O'Brien	2:29.61	+	Arena Invitational	11/17
Megan Lee	2:31.82		Cal Baptist	1/19

100 Butterfly

Olivia Fountain	54.95	!#+	Arena Invitational	11/16
Naomi Thomas	55.82	&+	Arena Invitational	11/16
Jaclyn Amog	56.38	&	PCSC Championships	2/15
Amber Tan	57.02	&	PCSC Championships	2/15
Dari Watkins	58.09		PCSC Championships	2/15
Summer Bennett	59.23	+	Arena Invitational	11/16
Eva Chen	1:02.04		Cal Baptist	1/19

200 Butterfly

Naomi Thomas	2:01.53	#	PCSC Championships	2/16
Beth Dong	2:03.06	&+	Arena Invitational	11/17
Dari Watkins	2:04.23	&	PCSC Championships	2/16
Megan Lee	2:08.88	+	PCSC Championships	2/16

200 Individual Medley

Beth Dong	2:06.29	&+	PCSC Championships	2/14
Naomi Thomas	2:07.19	&+	Arena Invitational	11/15
Eva Chen	2:07.41	&	PCSC Championships	2/14
Rosa Bebi	2:08.41	&	PCSC Championships	2/14
Dari Watkins	2:08.74	+	Arena Invitational	11/15
Casey Adams	2:08.81		PCSC Championships	2/14
Megan Lee	2:09.04	+	PCSC Championships	2/14
Sandy Hon	2:09.13	+	PCSC Championships	2/14
Emily Adamczyk	2:09.33		Claremont-Mudd-Scripps	10/27
Summer Bennett	2:10.98	+	Arena Invitational	11/15

400 Individual Medley

Beth Dong	4:18.01	!#	Arena Invitational	11/16
Casey Adams	4:28.26	&	PCSC Championships	2/15
Rosa Bebi	4:30.65	&+	PCSC Championships	2/15
Eva Chen	4:32.64	+	PCSC Championships	2/15
Megan Lee	4:35.12	+	PCSC Championships	2/15
Naomi Thomas	4:36.73		Grand Canyon/East Bay	1/5

1 Meter Diving (6 Dives)

Allyson Cohen	219.00		UC Santa Barbara	11/2
Mishka Hulka	210.40		UC Santa Barbara	11/2
Natalie Mouzooni	208.35		CSU Bakersfield	1/12

3 Meter Diving (6 Dives)

Mishka Hulka	244.50		Claremont-Mudd-Scripps	10/27
Allyson Cohen	219.30		Claremont-Mudd-Scripps	10/27
Natalie Mouzooni	211.80		CSU Bakersfield	1/12

200 Freestyle Relay

Fountain, Tse, Daley, Robbins	1:33.65	&	PCSC Championships	2/14
Fountain, Robbins, Tse, Tan	1:33.76	&	Arena Invitational	11/15
Hon, Amog, Tan, Shakya	1:35.40	&	PCSC Championships	2/14
Fountain, Tan, Shakya, Robbins	1:35.95	&	Cal Poly	1/26
Shakya, Daley, Tan, Fountain	1:36.87	&	Cal Baptist	1/19

400 Freestyle Relay

Shakya, Fountain, Tse, Tan	3:24.52	#	Arena Invitational	11/17
Robbins, Tse, Tan, Daley	3:27.79	&	PCSC Championships	2/16
Tse, Daley, Shakya, Tan	3:28.69	&	University of San Diego	2/2
Robbins, Amog, Olson, Daley	3:31.54	&	Arena Invitational	11/17
Thomas, Hon, Bennett, Dong	3:31.91	&	Arena Invitational	11/17

800 Freestyle Relay

Robbins, Dong, Watkins, Shakya	7:26.45	#	PCSC Championships	2/13
Robbins, Dong, Watkins, Shakya	7:28.23	#	Arena Invitational	11/16
Bennett, Thomas, Rodman, Lee	7:43.42	&	PCSC Championships	2/13
Thomas, Rodman, Olson, Bennett	7:45.59	&	Arena Invitational	11/16
Thomas, Shakya, Watkins, Dong	7:47.88	&	Incarinate Word	1/11

200 Medley Relay

Hon, Amog, Fountain, Tan	1:44.41	&	Arena Invitational	11/16
Hon, O'Brien, Amog, Tan	1:44.60	&	PCSC Championships	2/13
Hon, Adamczyk, Fountain, Tan	1:46.13	&	Claremont-Mudd-Scripps	10/27
Shakya, O'Brien, Amog, Tan	1:46.22	&	University of San Diego	2/2
L. Oosterhouse, Chen, Fountain, Daley	1:46.40	&	PCSC Championships	2/13

400 Medley Relay

Hon, Chen, Dong, Shakya	3:49.07	&	PCSC Championships	2/15
Hon, Bebi, Thomas, Robbins	3:51.98	&	Arena Invitational	11/15
Shakya, Chen, Watkins, Tse	3:53.47	&	Arena Invitational	11/15
Hon, Amog, Dong, Tse	3:55.90	&	Cal Baptist	1/19
Shakya, Bebi, Dong, Tse	3:56.22	&	Incarinate Word	1/11

! - School Record

- NCAA A Cut (Automatic Qualifier)

& - NCAA B Cut (Consideration Qualifier)

* - Relay/Split + - Prelim

Dual Meet Individual Wins

Erika Rodman	1000 Free (10:32.33)	CMS (10/27)
Dari Watkins	200 Free (1:56.00)	CMS (10/27)
Anji Shakya	100 Back (58.38)	CMS (10/27)
Rosa Bebi	100 Breast (1:08.12)	CMS (10/27)
Naomi Thomas	200 Fly (2:04.49)	CMS (10/27)
Amber Tan	50 Free (24.22)	CMS (10/27)

Natalie Mouzooni	1 Meter (194.03)	CMS (10/27)	Natalie Mouzooni	3 Meter (211.80)	CSUB (1/12)
Katherine Tse	100 Free (53.47)	CMS (10/27)	Beth Dong	200 IM (2:08.09)	CSUB (1/12)
Anji Shakya	200 Back (2:07.03)	CMS (10/27)	Beth Dong	200 IM (2:08.09)	LMU (1/12)
Emily Adamczyk	200 Breast (2:20.47)	CMS (10/27)	Erika Rodman	1000 Free (10:31.58)	CBU (1/19)
Anji Shakya	500 Free (5:05.09)	CMS (10/27)	Anji Shakya	100 Back (58.09)	CBU (1/19)
Naomi Thomas	100 Fly (56.89)	CMS (10/27)	Rosa Bebi	100 Breast (1:08.12)	CBU (1/19)
Emily Adamczyk	200 IM (2:09.33)	CMS (10/27)	Naomi Thomas	200 Fly (2:05.75)	CBU (1/19)
Anji Shakya	200 Free (1:51.96)	UCSB (11/2)	Amber Tan	50 Free (24.12)	CBU (1/19)
Allyson Cohen	1 Meter (219.00)	UCSB (11/2)	Natalie Mouzooni	1 Meter (199.12)	CBU (1/19)
Sierra Robbins	100 Free (52.62)	UCSB (11/2)	Anji Shakya	200 Back (2:06.68)	CBU (1/19)
Erika Rodman	1000 Free (10:38.88)	CSUEB (1/5)	Rosa Bebi	200 Breast (2:26.18)	CBU (1/19)
Anji Shakya	200 Free (1:53.10)	GCU (1/5)	Erika Rodman	500 Free (5:06.40)	CBU (1/19)
Anji Shakya	200 Free (1:53.10)	CSUEB (1/5)	Jaclyn Amog	100 Fly (57.52)	CBU (1/19)
Amber Tan	50 Free (24.42)	GCU (1/5)	Megan Lee	400 IM (4:39.73)%	CBU (1/19)
Amber Tan	50 Free (24.42)	CSUEB (1/5)	Erika Rodman	1000 Free (10:29.38)	CP (1/26)
Beth Dong	400 IM (4:26.96)	GCU (1/5)	Anji Shakya	200 Free (1:51.63)	CP (1/26)
Beth Dong	400 IM (4:26.96)	CSUEB (1/5)	Amber Tan	50 Free (24.17)	CP (1/26)
Naomi Thomas	200 Fly (2:05.97)	GCU (1/5)	Anji Shakya	500 Free (4:59.70)	CP (1/26)
Naomi Thomas	200 Fly (2:05.97)	CSUEB (1/5)	Anji Shakya	200 Free (1:52.24)	USD (2/2)
Katherine Tse	100 Free (53.01)	GCU (1/5)	Olivia Fountain	100 Back (58.49)	USD (2/2)
Katherine Tse	100 Free (53.01)	CSUEB (1/5)	Naomi Thomas	200 Fly (2:03.11)	USD (2/2)
Beth Dong	200 Back (2:06.37)	GCU (1/5)	Anji Shakya	200 Back (2:05.82)	USD (2/2)
Beth Dong	200 Back (2:06.37)	CSUEB (1/5)	Naomi Thomas	100 Fly (56.79)	USD (2/2)
Anji Shakya	500 Free (5:02.40)	GCU (1/5)	Beth Dong	200 IM (2:07.06)	USD (2/2)
Anji Shakya	500 Free (5:02.40)	CSUEB (1/5)			
Rosa Bebi	200 Breast (2:25.77)%	GCU (1/5)			
Rosa Bebi	200 Breast (2:25.77)%	CSUEB (1/5)			
Anji Shakya	200 Back (2:05.41)	SJSU (1/6)	Dual Meet Relay Wins		
Beth Dong	500 Free (5:03.00)	SJSU (1/6)	200 Medley (Hon, Adamczyk, Fountain, Tan), 1:46.13	CMS (10/27)	
Beth Dong	200 IM (2:07.28)	SJSU (1/6)	400 Free (Shakya, Thomas, Tan, Robbins), 3:34.36	CMS (10/27)	
Erika Rodman	1650 Free (17:29.02)	UIW (1/11)	400 Medley (Shakya, Thomas, Dong, Tse), 3:56.22	GCU (1/5)	
Anji Shakya	200 Free (1:55.09)	UIW (1/11)	400 Medley (Shakya, Thomas, Dong, Tse), 3:56.22	CSUEB (1/5)	
Sandy Hon	100 Back (1:00.84)	UIW (1/11)	400 Free (Tse, Robbins, Tan, Daley), 3:33.81%	CSUEB (1/5)	
Rosa Bebi	100 Breast (1:07.71)	UIW (1/11)	200 Free (Tan, Robbins, Shakya, Daley), 1:37.28\$	SJSU (1/6)	
Naomi Thomas	200 Fly (2:08.62)	UIW (1/11)	400 Medley (Shakya, Bebi, Dong, Tse), 3:56.22	UIW (1/11)	
Beth Dong	200 Back (2:07.58)	UIW (1/11)	800 Free (Thomas, Shakya, Watkins, Dong), 7:47.88%	UIW (1/11)	
Rosa Bebi	200 Breast (2:25.91)	UIW (1/11)	200 Medley (Hon, O'Brien, Fountain, Tse), 1:48.30	CSUB (1/12)	
Anji Shakya	500 Free (5:04.05)	UIW (1/11)	400 Free (Shakya, Fountain, Tse, Dong), 3:31.96	CSUB (1/12)	
Jaclyn Amog	100 Fly (58.88)	UIW (1/11)	400 Free (Shakya, Fountain, Tse, Dong), 3:31.96	MST (1/12)	
Beth Dong	400 IM (4:31.62)%	UIW (1/11)	400 Medley (Hon, Amog, Dong, Tse), 3:55.90	CBU (1/19)	
Beth Dong	1000 Free (10:18.93)	CSUB (1/12)	200 Free (Shakya, Daley, Tan, Fountain), 1:36.87%	CBU (1/19)	
Beth Dong	1000 Free (10:18.93)	LMU (1/12)	200 Free (Fountain, Tan, Shakya, Robbins), 1:35.95	CP (1/26)	
Anji Shakya	200 Free (1:52.45)	CSUB (1/12)	200 Medley (Shakya, O'Brien, Amog, Tan), 1:46.22	USD (2/2)	
Anji Shakya	200 Free (1:52.45)	LMU (1/12)	400 Free (Tse, Daley, Shakya, Tan), 3:28.69	USD (2/2)	
Sandy Hon	100 Back (58.75)	CSUB (1/12)			
Sandy Hon	100 Back (58.75)	LMU (1/12)	% - Exhibited	\$ - Opponent Exhibited	
Jaclyn Amog	100 Breast (1:08.37)	CSUB (1/12)			
Beth Dong	200 Fly (2:05.13)	CSUB (1/12)	Championship Meet Individual Wins		
Beth Dong	200 Fly (2:05.13)	LMU (1/12)	Anji Shakya	500 Free (4:48.19)	PCSC (2/14)
Olivia Fountain	50 Free (24.32)	CSUB (1/12)	Olivia Fountain	50 Free (23.51)	PCSC (2/14)
Natalie Mouzooni	1 Meter (208.35)	CSUB (1/12)	Anji Shakya	200 Free (1:48.24)	PCSC (2/15)
Katherine Tse	100 Free (52.93)	CSUB (1/12)	Erika Rodman	1650 Free (17:10.69)	PCSC (2/16)
Katherine Tse	100 Free (52.93)	LMU (1/12)	Anji Shakya	200 Back (2:01.35)	PCSC (2/16)
Anji Shakya	200 Free (2:06.83)	CSUB (1/12)	Naomi Thomas	200 Fly (2:01.53)	PCSC (2/16)
Anji Shakya	200 Free (2:06.83)	LMU (1/12)			
Rosa Bebi	200 Breast (2:26.56)	CSUB (1/12)	Championship Meet Relay Wins		
Anji Shakya	500 Free (5:04.32)	CSUB (1/12)	800 Free (Robbins, Dong, Watkins, Shakya), 7:26.45	PCSC (2/13)	
Anji Shakya	500 Free (5:04.32)	LMU (1/12)	200 Free (Fountain, Tse, Daley, Robbins), 1:33.65	PCSC (2/14)	
Jaclyn Amog	100 Fly (57.78)	CSUB (1/12)			
Jaclyn Amog	100 Fly (57.78)	LMU (1/12)			

School Records

Beth Dong	400 IM (4:18.01)	Arena Invitational (11/16)
Olivia Fountain	100 Fly (54.95)	Arena Invitational (11/16)
Anji Shakya	500 Free (4:48.19)	PCSC (2/14)
Anji Shakya	200 Free (1:48.24)	PCSC (2/15)

Conference Records

Anji Shakya	500 Free (4:48.19)	PCSC (2/14)
Anji Shakya	200 Free (1:48.24)	PCSC (2/15)

Canyonview Pool Records

Beth Dong	400 IM (4:26.96)	GCU/CSUEB (1/5)
Anji Shakya	500 Free (5:02.40)	GCU/CSUEB (1/5)
Erika Rodman	1650 Free (17:29.02)	UIW (1/11)
800 Free Relay (Thomas, Shakya, Watkins, Dong),	7:47.88	UIW (1/11)
Beth Dong	1000 Free (10:18.93)	CSUB/LMU (1/12)

2012-13 Women's Results (Dual Meet: 8-3/Home: 8-1/Away: 0-2)

Date	Opponent	H/A/N	W/L	Score	Record
10/27	Claremont-Mudd-Scripps	H	W	238-61	1-0
11/2	UC Santa Barbara	A	L	122-178	1-1
11/15-17	Arena Invitational	(Long Beach)	9th of 13	348 Pts.	
1/5	Cal State East Bay	H	W	132-67	2-1
1/5	#6 Grand Canyon	H	W	114-85	3-1
1/6	San Jose State	H	L	109-183	3-2
1/11	#4 Incarnate Word	H	W	144-106	4-2
1/12	CSU Bakersfield	H	W	210.5-81.5	5-2
1/12	Loyola Marymount	H	W	181.5-105.5	6-2
1/19	Cal Baptist	H	W	183-103	7-2
1/26	Cal Poly	A	L	115-185	7-3
2/2	University of San Diego	H	W	156.5-143.5	8-3
2/13-16	PCSC Championships	(La Mirada)	1st of 13	1364.5 Pts.	
3/6-9	NCAA Championships	(Birmingham, Ala.)		All Day	