

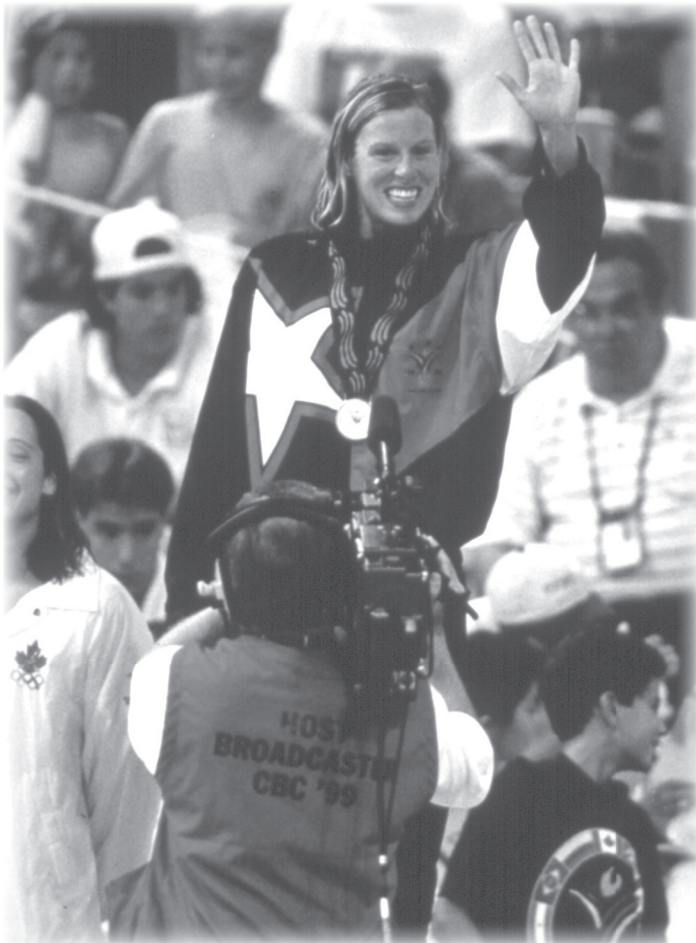
Women's McDonald's Swim Stadium Records

Olympic Pool Short Course (Yards)

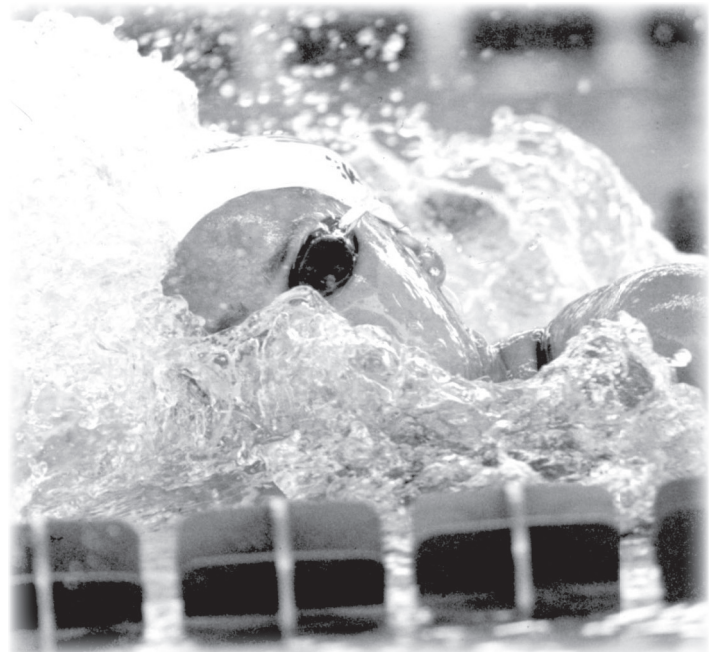
50 Free	22:97	Keiko Price (UCLA) vs. USC, 2/13/99
100 Free	49.38	Lacey Boutwell (Stanford) vs. USC, 2/2/02
200 Free	1:47.87	Lindsay Benko '99 vs. Arizona, 11/13/98
500 Free	4:45.85	Lindsay Benko '99 at USC Inv., 10/31/98
1000 Free	9:42.80	Carol Peterson '86 vs. Stanford, 1/20/84
1650 Free	16:19.47	Karin LaBerge '85 vs. Stanford, 1/24/86
100 Back	54.61	Helen Silver (California) vs. USC, 1/27/06
	54.61	Brooke Bishop (Stanford) vs. USC, 1/28/06
200 Back	1:57.20	Beth Botsford (Arizona) vs. USC, 11/22/02
100 Breast	59.96	Rebecca Soni '09 vs. California, 1/27/06
200 Breast	2:10.13	Rebecca Soni '09 vs. California, 1/27/06
100 Fly	53.82	Lacey Boutwell (Stanford) vs. USC, 2/2/02
200 Fly	1:54.55	Natalie Coughlin (California) vs. USC, 2/1/02
200 IM	1:57.64	Natalie Coughlin (California) vs. USC, 2/1/02
400 IM	4:10.90	Kristine Quance '97 vs. ASU, Florida, 11/16/96
400 Free R.	3:21.49	California (Babicz, Reilly, Andrews, E. Silver) vs. USC, 1/27/06
800 Free R.	7:23.68	Stanford (Foschi, Hyman, Ripple, Smith) at USC Invitational, 10/31/98
400 Med. R.	3:40.98	USC (Meyer, MacGregor, Campbell, Benko) vs. Arizona, 11/13/98

Olympic Pool Long Course (Meters)

50 Free	25:04	Dara Torres (Stanford), at Janet Evand Invitational, 7/15/00
100 Free	54.27	Jenny Thompson (Stanford) at Janet Evans Invitational, 7/14/00
200 Free	1:58.02	Claudia Poll (Costa Rica) at Janet Evans Invitational, 7/15/00
400 Free	4:06.73	Janet Evans (FAST) at USS Nationals, 8/2/89
800 Free	8:22.11	Janet Evans (FAST) at USS Nationals, 8/4/89
1500 Free	16:13.64	Hayley Peirsol (NOVA) at Janet Evans Inv., 7/17/05
100 Back	1:00.18	Natalie Coughlin (California) at Janet Evans Inv., 7/21/02
200 Back	2:12.32	Tomoko Hagiwara (Japan) at Janet Evans Inv., 7/4/97
100 Breast	1:06.95	Penny Heyns (University of Calgary) at Janet Evans Invitational, 7/18/99
200 Breast	2:24.51	Penny Heyns (University of Calgary) at Janet Evans Invitational, 7/17/99
100 Fly	58.48	Jenny Thompson (Stanford) at Janet Evans Invitational, 7/16/00
200 Fly	2:06.90	Mary T. Meagher (USA) at Olympic Finals, 8/4/84
200 IM	2:12.64	Tracy Caulkins (USA) at Olympic Finals, 8/3/84
400 IM	4:39.24	Tracy Caulkins (USA) at Olympic Finals, 7/29/84
400 Free R.	3:43.43	USA (Johnson, Steinseifer, Torres, Hogshead) at Olympic Finals, 7/31/84
400 Med. R.	4:08.34	USA (Andrews, Caulkins, Meagher, Hogshead) at Olympic Finals, 8/3/84
800 Free. R.	8:19.92	Pacific Dolphins (Brambley, Limpert, Ebert, Deglau) at Janet Evans Invitational, 7/17/99



USC All-American Karen Campbell shares USC's pool record for the 400y medley relay.



Former USC assistant coach Janet Evans still holds two pool records.

Women of Troy Team Records

Short Course Yards

50-Yard Freestyle
Karen Campbell (1999 NCAA Championships) 22.52

100-Yard Freestyle
Rhi Jeffrey (2004 Texas Invitational) 49.23

200-Yard Freestyle
Sue Habernigg (1984) 1:45.73

500-Yard Freestyle
Kalyin Keller (2004 Pac-10s) 4:37.76

1000-Yard Freestyle
Kalyin Keller (2004 Pac-10s) * 9:34.72

1650-Yard Freestyle
Kalyin Keller (2004 Pac-10s) 15:48.99

100-Yard Backstroke
Hope Gittings (1997 NCAA Championships) 54.00
..... (relay leadoff)

200-Yard Backstroke
Lindsay Benko (1997 NCAA Championships) 1:54.42

100-Yard Breaststroke
Rebecca Soni (vs. California, 2/3/06) 59.96

200-Yard Breaststroke
Rebecca Soni (Texas Invitational, 12/3/05) 2:08.54

100-Yard Butterfly
Jana Krohn (2003 NCAA Championships) 52.43

200-Yard Butterfly
Kaitlin Sandeno (2004 Pac-10s) 1:52.63

200-Yard Individual Medley
Kristine Quance (1997 NCAAs) 1:56.85

400-Yard Individual Medley
Kaitlin Sandeno (2004 Pac-10s) 4:05.74

200-Yard Freestyle Relay
1:31.54 2002 NCAAs
Jennifer Parmenter, Kirsten Rich,
Michala Kwasny, Kristin MacGregor

400-Yard Freestyle Relay
3:18.76 2002 NCAAs
Jennifer Parmenter, Kristin MacGregor,
Michala Kwasny, Joanna Fargus

800-Yard Freestyle Relay
7:09.14 2004 Pac-10s
Kaylin Keller, Kaitlin Sandeno, Cait Connealy,
Joanna Fargus

200-Yard Medley Relay
1:39.97 at UCLA (2/11/06)
Halyley McGregory, Rebecca Soni, Kristen Lahey,
Missy McIntyre

400-Yard Medley Relay
3:36.53 1999 NCAAs
Lindsay Benko, Kristin MacGregor, Karen Campbell, Paige
Francis

*First 1000 yards of 1650 race.

Long Course Meters

50-Meter Freestyle
Karen Campbell (1999 U.S. Spring Ntl.) 26.15

100-Meter Freestyle
Lindsay Benko (1999 U.S. Spring Ntl.) 56.64

200-Meter Freestyle
Kaitlin Sandeno (2004 U.S. Olympic Trials) 1:59.55

400-Meter Freestyle
Kaitlin Sandeno (2004 U.S. Olympic Trials) 4:08.07

800-Meter Freestyle
Kalyin Keller (2004 U.S. Olympic Trials) 8:26.33

1500-Meter Freestyle
Heather Ballard (2003 U.S. Spring Ntl.) 16:55.73

100-Meter Backstroke
Hope Gittings (1996 USOT) 1:03.42

200-Meter Backstroke
Lindsay Benko (1996 USOT) 2:13.83

100-Meter Breaststroke
Kristine Quance (1996) 1:09.60

200-Meter Breaststroke
Kristine Quance (1996 USOT) 2:28.35

100-Meter Butterfly
Karen Campbell (1999 U.S. Spring Ntl.) 59.94

200-Meter Butterfly
Kaitlin Sandeno (2004 U.S. Olympic Trials) 2:09.94

200-Meter Individual Medley
Kristine Quance (1996 USOT) 2:13.76

400-Meter Individual Medley
Kaitlin Sandeno (2004 U.S. Olympic Trials) 4:40.39

400-Meter Free Relay
3:50.48 1996 Stanford duel meet
Allison Bock, Lindsay Benko, Lonna Stacey,
Ayako Nakano

800-Meter Free Relay
8:14.56 2003 U.S. Spring Nationals
Joy Galloway, Michala Kwasny, Margie Pedder, Kaitlin
Sandeno

400-Meter Medley Relay
4:14.30 1999 U.S. Spring Nationals
Lindsay Benko, Kristin MacGregor,
Karen Campbell, Alexis Lyon

Note: Long course records apply only to events in which swimmers represented USC.

Short Course Meters

50-Meter Freestyle
Kaitlin Sandeno (2004 NCAA Championships) 25.70

100-Meter Freestyle
Kaitlin Sandeno (2004 at Arizona State) 56.05

200-Meter Freestyle
Kaitlin Sandeno (2004 vs. California) 1:57.39

400-Meter Freestyle
Kalyin Keller (2004 NCAA Championships) 4:02.21

800-Meter Freestyle
Kalyin Keller (2004 NCAA Championships) 8:25.86 **

1500-Meter Freestyle
Kalyin Keller (2004 NCAA Championships) 15:49.14 *

100-Meter Backstroke
Kaitlin Sandeno (2004 vs. Texas) 1:00.64

200-Meter Backstroke
Joanna Fargus (2004 NCAA Championships) 2:09.97

100-Meter Breaststroke
Kristin MacGregor (2000 NCAA Championships) 1:07.99

200-Meter Breaststroke
Kristine Quance (1993 U.S. Open) 2:25.84

100-Meter Butterfly
Jana Krohn (2004 NCAA Championships) 59.45

200-Meter Butterfly
Kaitlin Sandeno (2004 NCAA Championships) 2:06.07

200-Meter Individual Medley
Kaitlin Sandeno (2004 NCAA Championships) 2:08.11

400-Meter Individual Medley
Kaitlin Sandeno (2004 NCAA Championships) . 4:30.44 *

400-Meter Freestyle Relay
3:46.14 2004 NCAA Championships
Joanna Fargus, Jana Krohn, Cait Connealy,
Kaitlin Sandeno

800-Meter Freestyle Relay
7:58.20 2004 NCAA Championships
Kaitlin Sandeno, Cait Connealy, Kalyin Keller,
Joanna Fargus

400-Meter Medley Relay
4:06.80 2000 NCAA Championships
Paige Francis, Kristin MacGregor, Michala Kwasny,
Jennifer Parmenter

Note: Short course records apply only to events in which swimmers represented USC.

* American Record

** First 800 meters of 1500 race

Women of Troy Olympians – 9 Golds

2004 – ATHENS

Lindsay Benko .. 200 Free, 800 Free Relay (G)
 Blythe Hartley (Canada) .. 10-Meter Diving (B)
 3-Meter Synchro
 3-Meter
 Rhi Jeffrey 800 Free Relay (G)
 Kalyn Keller..... 400 Free, 800 Free
 Kaitlin Sandeno 800 Free Relay (G)
 400 IM (S), 400 Free (B), 200 Fly

2000 – SYDNEY

Lindsay Benko 800 Free Relay (G)
 200 Free
 200 Back
 Kim Black 800 Free Relay (G)
 Natalya Chikina Platform
 Joanna Fergus 200 Back
 Blythe Hartley 3-Meter Diving
 3-Meter Synchro
 Dorte Lindner 3-Meter Diving (B)
 Synchronized Springboard

1996 – ATLANTA

Janet Evans 400 Free
 800 Free
 Kristine Quance 200 IM
 100 Breast
 400 Medley Relay (G)



World record holder Lindsay Benko won Olympic gold medals in 2000 and 2004.

María Elena Romero (Mexico).....
 3-Meter Diving

1992 – BARCELONA

Ayako Nakano (Japan) 50 Free
 100 Free
 Eri Kimura (Japan) 200 IM
 400 IM
 María Elena Romero (Mexico)
 3-Meter Diving

1988 – SEOUL

Mojca Cater (Canada) 200 Fly
 Sylvia Hume (New Zealand) 200 Back
 Annmarie Munk 100 Breast
 200 Breast

1984 – LOS ANGELES

Anne Ottenbrite (Canada) 100 Breast (S)
 200 Breast (G)
 400 Medley Relay (B)
 Lisa Wen (Taiwan) 800 Free
 Cynthia Woodhead 200 Free (S)
 Wendy Wyland Platform Diving (B)

1980 – MOSCOW

Michelle Ford (Australia) 200 Fly (S)
 400 IM (B)
 800 Free (G)
 Nancy Garapick (Canada) 200 Free
 400 IM
 Karin LaBerge 800 Free
 Mimi Numano (Japan) 100 Free
 Debbie Rudd (Great Britain) 100 Breast
 200 Breast
 Cynthia Woodhead 100 Free
 (U.S. boycotted) 200 Free
 400 Free
 800 Free
 400 Medley Relay
 400 Free Relay

1976 – MONTREAL

Robin Corsiglia (Canada) 100 Breast
 200 Breast
 400 Medley Relay (B)
 Michelle Ford (Australia) 200 Fly
 200 Free
 Anette Fredricksson (Sweden) 100 Breast
 200 breast
 400 Medley Relay
 Nancy Garapick (Canada) 100 Back (B)
 200 Back (B)
 400 Medley Relay (B)
 Jeannie Haney Neville 400 IM
 Debbie Rudd (Great Britain) 100 Breast
 200 Breast
 400 Medley Relay
 Laura Siering
 400 Medley Relay Silver
 100 Breast
 Tauna Vandeweghe 100 Back
 Miriam Smith 200 Back

1972 – MUNICH

Silke Pielen (West Germany) 100 Back
 400 Medley Relay (B)
 Keena Rothhammer Weisbly 200 Free (B)
 400 Free
 800 Free (G)
 Dana Shrader Butler 100 Fly

1968 – MEXICO CITY

Sue Jones 100 Breast
 400 Medley Relay

1964 – TOKYO

Sharon Finneran Rittenhouse 400 IM (S)
 Jeanne Hallock 100 Free

1960 – ROME

Carolyn House Helmuth 400 Free



Cynthia Woodhead won silver in the 200m free at the 1984 Olympics.



Kristine Quance swam in three events in the 1996 Olympics, winning gold on the 4x100m medley relay.

Paula Jean Meyers Pope Platform (S)
 Springboard (S)

1956 – MELBOURNE

Paula Jean Meyers Pope Platform (B)
 Marley Lynn Shriver 400 Free

1952 – HELSINKI

Paula Jean Meyers Pope Platform (S)

1948 – LONDON

Muriel Mellon 100 Back

1936 – BERLIN

Iris Cummings Critchell 200 Breast
 Edith Motridge-Polster 100 Back
 Velma Dunn Ploessel Tower (S)

(G) Gold, (S) Silver, (B) Bronze

USC in International Competition

World Championships – 4 Gold Medals

2005 — Montreal, Canada

Kaitlin Sandeno '04	400 IM.....	3rd
	800 Free Relay.....	1st

2003 — Barcelona, Spain

Lindsay Benko '99	200 Free	4th
	400 Free	6th
	400 Free Relay.....	1st
	800 Free Relay.....	1st
	400 Medley Relay.....	2nd
Blythe Hartley '05	1-Meter.....	3rd
	3-Meter.....	5th
	Platform.....	12th

2001 — Fukuoka, Japan

Joanna Fergus '05	200 Back.....	3rd
Blythe Hartley '05	1-Meter.....	1st
Kaitlin Sandeno '04	200 Fly.....	3rd
	800 Free	3rd
	400 IM.....	5th
	1500 Free	6th

1998 — Perth, Australia

Lindsay Benko '99	200 Free	8th
	800 Free Relay.....	2nd
Kristine Quance '97	200 & 400 IM, 200 Fly, 100 Br.	

1994 — Rome, Italy

Janet Evans '95	800 Free	1st
Kristine Quance '97	400 Medley Relay.....	2nd
	400 IM.....	3rd

World University Games – 7 Medals

2005 — Izmir, Turkey

Rebecca Soni '09	50 Breast.....	7th
	100 Breast.....	2nd
	200 Breast.....	2nd

2001 — Beijing, China

Nicci Fusaro '04		
Jana Krohn '04		
Corrie Murphy '01		
Jennifer Parmenter '03		

1999 — Mallorca, Spain

Corrie Murphy '01		1 Bronze
-------------------	--	----------

1997 — Italy

Kim Black, '00		1 Silver
Karen Campbell, '99		
Paige Francis, '00		1 Bronze
Jean Ellis Todisco '98		1 Bronze

British Commonwealth Games – 1 Gold Medal

2002 — Manchester, England

Joanna Fergus '05	200 Back	2nd
	800 Free Relay.....	1st
Blythe Hartley '05	1-Meter.....	2nd
	3-Meter.....	4th
	Platform.....	3rd
Margie Pedder '05	200 Fly.....	3rd

Pan Pacific Games – 14 Gold Medals

2002 — Yokohama, Japan

Lindsay Benko '99		2 Golds, 3 Silvers
-------------------	--	--------------------

1999 — Sydney, Australia

Lindsay Benko '99		2 Golds,
		2 Silvers, 1 Bronze

1997 — Fukuoka, Japan

Lindsay Benko '99		1 Gold
Kristine Quance '97		2 Golds, 1 Silver

1995 — Atlanta, Georgia

Kristine Quance '97		
---------------------	--	--

Pan Am Games – 2 Gold Medals

1999 — Winnipeg, Canada

Karen Campbell '99		2 Golds
--------------------	--	---------

European Championships

1999 — Istanbul, Turkey

Asa Sandlund '03	400 Free, 800 Free	
------------------	--------------------	--



Kaitlin Sandeno competed in four events at the 2001 World Championships, winning bronze medals in the 200m fly and the 800m free.

Women of Troy All-Americans (227)

NCAA/AIAW Champions in bold

(Some years incomplete due to lack of records)

2005

Cait Connealy..... 800 F.R.
 Joanna Fargus 800 F.R.
 Emily Goetsch 800 F.R.
 Kalyn Keller..... 800 F.R.
Blythe Hartley 1-Meter, **3-Meter**, Platform
 Marisa Kozak..... 200 Fly

2004

Cait Connealy..... 800 F.R.
 Joanna Fargus 800 F.R.
Kalyn Keller 400 Free, **1500 Free**
 Jana Krohn 100 Fly
 Margie Pedder 1500 Free, 800 F.R.
Kaitlin Sandeno **200 IM**, **400 IM**,
 200 Fly, 800 F.R.

2003

Nicci Fusaro 3-Meter
 Blythe Hartley 1-Meter, 3-Meter, Platform
 Jana Krohn 100 Fly, 200 Fly, 400 M.R., 800 F.R.
 Michala Kwasny 200 Fly, 200 IM,
 400 F.R., 800 F.R.
 Kammy Miller..... 400 M.R.
 Margie Pedder 1650 Free, 800 F.R.
 Kaitlin Sandeno 500 Free, 400 IM, 1650 Free,
 400 M.R., 800 F.R.

2002

Joanna Fargus 100 Back, 200 Back,
 400 F.R., 800 F.R.
 Nicci Fusaro 1-Meter, 3-Meter, Platform
Blythe Hartley **1-Meter**, 3-Meter, **Platform**
 Jana Krohn 100 Fly
 Michala Kwasny 200 Fly, 400 IM, 400 F.R.
 Kristin MacGregor..... 100 Breast, 400 F.R., 800 F.R.
 Jennifer Parmenter..... 400 F.R., 800 F.R.
 Kaitlin Sandeno 400 IM, 200 Fly, 800 F.R.

2001

Kellie Brennan..... 1-Meter, 3-Meter
 Nicci Fusaro 3-Meter
 Jana Krohn 100 Fly, 200 Fly, 200 M.R., 400 M.R.
 Michala Kwasny .. 200 IM, 400 IM, 200 Fly, 400 M.R.
 Kristin MacGregor..... 200 IM, 200 M.R., 400 M.R.
 Katie Meyer 200 Back, 200 M.R., 400 M.R.
 Corrie Murphy 400 IM
 Jennifer Parmenter..... 200 M.R.
 Asa Sandlund..... 1650 Free

2000

Kellie Brennan..... 1-Meter, 3-Meter
 Paige Francis..... 400 M.R.
 Michala Kwasny 200 IM, 400 M.R.
 Kristin MacGregor..... 200 IM, 100 Breast, 400 M.R.
 Corrie Murphy 200 Back, 400 IM, 400 M.R.
 Jennifer Parmenter..... 400 M.R.
 Asa Sandlund..... 1500 Free

1999

Lindsay Benko 200 Free, **500 Free**,
 200 Back, 200 M.R., 400 M.R.
 Karen Campbell..... 50 Free, 100 Fly, 200 Fly,
 200 M.R., 400 M.R., 200 F.R.
 Carolyn Conrad..... 200 F.R.
 Paige Francis..... 400 M.R., 200 F.R.
 Kristin MacGregor.... 100 Breast, 200 M.R., 400 M.R.
 Nora Zhong..... 200 M.R., 200 F.R.

1998

Lindsay Benko 200 Free, 500 Free,
 200 Back, 400 M.R.
 Alexis Binder 1650 Free)
 Kim Black 500 Free, 400 M.R.)
 Karen Campbell..... 100 Fly, 200 Fly, 400 M.R.)
 Natalya Chikina 1-Meter, Platform)
 Dörte Lindner 1-Meter, 3-Meter)
 Corrie Murphy 200 Back, 400 IM)
 Jean Ellis Todisco..... 400 IM, 400 M.R.)
 Brittany White..... 400 IM)

1997 – NATIONAL CHAMPIONS

Lindsay Benko 200 Free, **500 Free**,
 **200 Back**, 400 M.R., 400 F.R., 800 F.R.)
 Karen Campbell..... 100 Fly, 200 Fly, 200 M.R.,
 400 M.R., 400 F.R.)

Natalya Chikina Platform)
 Paige Francis..... 400 M.R., 400 F.R., 800 F.R.)
 Hope Gittings 100 Back, 200 Back, 200 M.R.,
 400 M.R.)
 Dörte Lindner 1-Meter, 3-Meter)
 Sarah Maggio 400 IM, 800 F.R.)
Kristine Quance 200 IM, **400 IM**,
 **200 Breast**, 200 M.R., 400 M.R.,
 400 F.R., 800 F.R.)
 Jean Ellis Todisco..... 200 Fly)

1996

Lindsay Benko 200 Free, **500 Free**,
 **200 Back**, 200 F.R., 400 F.R., 800 F.R.)
 Allison Bock..... 100 Free, 200 M.R., 400 M.R.,
 200 F.R., 400 F.R.)
 Hope Gittings 100 Back, 200 M.R., 400 M.R.)



USC celebrates its first NCAA team title in 1997. Pictured left to right: Allyson Giampietro, Karen Campbell, Kristine Quance, Hope Gittings and Emily Ayers.

Women of Troy All-Americans (227)



Karen Campbell was an eight-time All-American in two years at USC (1997 and 1998).



Joanna Fargus, a 2005 co-captain, was a six-time career All-American at USC.

Sarah Maggio 400 IM, 800 F.R.)
 Ayako Nakano 200 F.R., 800 F.R.)
Kristine Quance **200 IM, 400 IM,**
 **200 Breast,** 200 M.R., 400 F.R., 800 F.R.
 Maria Elena Romero 3-Meter
 Lonna Stacey 200 M.R., 200 F.R., 400 F.R.
 Jean Ellis Todisco 200 Fly, 400 M.R.

1995
 Hope Gittings 200 Back, 400 M.R.
 Kristine Quance 200 IM, 400 IM, 200 Breast,
 400 M.R., 400 F.R.
 Emily Short 400 M.R., 200 F.R.
 Lonna Stacey 200 F.R., 400 F.R.
 Jennifer Stephen 200 Free, 400 M.R.,
 200 F.R., 400 F.R.
 Ulrike Reinholdt 200 F.R., 400 F.R.
 Jean Ellis Todisco 200 Fly

1994
 Heather Ballard 1650 Free
 Hope Gittings 200 M.R., 400 M.R.,
 Eri Kimura 400 IM
Ayako Nakano 100 Free, 200 M.R.,
 400 M.R., **300 F.R.**
 Heather Ray 200 M.R., 400 M.R.,
Ulrike Reinholdt **300 F.R.**
Kristine Quance **100 Breast, 200 IM,**
 **400 IM,** 200 M.R., 400 M.R., **300 F.R.**
Jennifer Stephen 200 Free, **300 F.R.**

1993
 Jenn Hutchison 500 Free
 Petrina Lessard 800 F.R.
 Ayako Nakano 200 Free, 800 F.R.
 Ulrike Reinholdt 800 F.R.
 Jennifer Stephen 800 F.R.

Leslie Seward 200 M.R., 400 F.R.
 Tara Shriner 200 Breast, 400 M.R.
 Sheri White 200 M.R.

1990
 Elin Bartell 400 F.R., 800 F.R.
 Lisa Dorman .. 200 M.R., 400 M.R., 400 F.R., 800 F.R.
 Anna Hansen 400 F.R., 800 F.R.
 Anette Moller 800 F.R.
 Terri O'Loughlin 100 Fly, 200 IM,
 200 M.R., 400 M.R.
 Leslie Seward 400 F.R.
 Tara Shriner 200 Breast, 200 M.R., 400 M.R.
 Sheri White 100 Back, 200 M.R., 400 M.R.

1989
 Lisa Dorman .. 200 M.R., 400 M.R., 200 F.R., 50 Free
 Kathy Hettche 200 F.R.)
 Robin Leckonby 200 M.R., 400 M.R.
 Terri O'Loughlin 200 M.R., 400 M.R.,
 200 F.R., 100 Fly
 Leslie Seward 200 Breast, 200 M.R.,
 400 M.R., 200 F.R.

1988
 Leslie Daland
 Terri O'Loughlin 100 Fly

1987
 Annis Andersson 200 M.R., 400 M.R., 200 F.R.
 Leslie Daland 1650 Free, 800 F.R., 500 Free
 Kara Devlin 200 Fly
 Lisa Dorman ... 50 Free, 200 M.R., 400 M.R., 200 F.R.
 Suze Fila 800 F.R.
 Kathy Hettche 800 F.R., 400 IM, 1650 Free
 Terry O'Loughlin 100 Fly, 200 M.R., 400 M.R.
 Carol Peterson 1650 Free
 Heather Strang 200 M.R., 400 M.R., 200 F.R.
 Nancy Weiglin 200 F.R.
 Cynthia Woodhead 800 F.R.



From left, USC's 1994 NCAA title-winning 800y free relay team: Ayako Nakano, Ulrike Reinholdt, Jennifer Stephen and Kristine Quance.

Women of Troy All-Americans (227)

1986

Annis Andersson..... 200 M.R.
 Vera Barker..... 200 IM
 Suze Fila..... 200 M.R.)
 Karin Gould..... 800 F.R.
 Karin LaBerge 500 Free, 1650 Free, 800 F.R.
 Heather Strang..... 200 M.R.
 Lisa Wen..... 800 F.R.
 Cynthia Woodhead800 F.R., 200 M.R.

1985

Annis Andersson..... 100 Fly, 200 Fly,
 200 M.R., 200 F.R., 400 F.R.
 Suze Fila.....200 M.R., 200 F.R.
 Karin Gould...200 Free, 400 M.R., 400 F.R., 800 F.R.
Sue Habernigg ...50 Free, 100 Free, **200 Free**,
 400 M.R., 200 F.R., 400 F.R., 800 F.R.
 Karin LaBerge 500 Free, 1650 Free
 Shannon Orutt 100 Breast, 400 M.R.
 Anne Ottenbrite 100 Breast, 100 Breast, 200 M.R.
 Carol Peterson 800 F.R.
 Heather Strang..... 100 Back, 100 Free,
 200 M.R., 400 M.R., 400 F.R., 800 F.R.
 Nancy Weiglin..... 200 F.R.

1984

Kelley Cox
 Robin Fiene
 Suze Fila
 Michelle Ford
 Karin Gould
 Sue Habernigg
 Jennifer Johnston
 Karin LaBerge
 Carol Peterson
 Cynthia Woodhead

1983

Laura Campuzano..... 500 Free, 1650 Free
 Kelley Cox 50 Back, 200 M.R.
 Robin Fiene.....200 M.R., 800 F.R.
 Michelle Ford..... 500 Free, 200 Fly,
 1650 Free, 800 F.R.
 Anette Frederickson 50 Breast, 200 M.R.
 Karin Gould..... 800 F.R.
Sue Habernigg 100 Fly, 100 Free,
 **200 Free**, 800 F.R.
 Jacqueline Komrij..... 50 Breast, 200 M.R.
 Karin LaBerge 1650 Free
 Maura Walsh 200 Fly
 Mayumi Yokoyama 200 Fly

1982

Kelley Cox50 Back, 50 Fly, 100 Back
 Robin Fiene..... 100 Free
 Michelle Ford.....50 Breast, 500 Free, 400 IM
 Anette Frederickson50 Breast, 100 Breast
 Sue Habernigg ...50 Fly, 100 Fly, 100 Free, 200 Free)
 Kristy Henderson
 Tracy Spalding
 Maura Walsh200 Fly, 400 IM
 Mayumi Yokoyama 200 Fly, 200 IM, 400 IM
 400 M.R.
 800 F.R.
 400 F.R.

1981 (AIAW)

Anette Frederickson .50 Breast, 100 Breast,200 Breast
 Tracy Spalding..... 200 Free, 500 Free
 Maura Walsh 500 Free
 Teri McKeever
 Kim Stedman

1980 (AIAW)

Margaret Brown 200 Back, 400 M.R.
 Lisa Dahl 200 F.R.
Anette Frederickson **50 Breast**,
 100 Breast, 200 Breast, 200 M.R.
Nancy Garapick .**200 Free, 200 IM**, 400 IM,
 200 Fly, 200 Back, 400 M.R., 800 F.R.
 Sue Hinderaker50 Free, 50 Fly, 200 F.R.,
 400 F.R., 200 M.R.
 Karen Johansen.....200 F.R., 200 M.R.
 400 F.R., 400 M.R., 800 F.R.
 Teri McKeever 50 Fly, 100 Fly, 200 Fly
 200 F.R., 400 F.R., 800 F.R.
 Debbie Rudd.....50 Breast, 100 Breast,
 200 Breast, 400 M.R.)
 Miriam Smith (200 M.R.)
Maura Walsh200 Free, **500 Free**,
 400 IM, 400 F.R. 800 F.R.

1979 (AIAW)

Margaret Brown 100 Back, 200 Back,
 200 M.R., 400 M.R.
 Sue Gove 200 F.R., 200 M.R.
Sue Hinderaker **50 Free**, 100 Free,
 50 Fly, 100 Fly, 200 F.R., 400 M.R.
Debbie Rudd50 Breast, 100 Breast,
 **200 Breast**, 200 M.R., 400 M.R.
 Val Seyfert.....200 F.R., 200 M.R.
 Karen Reeser.....200 F.R., 400 M.R.

1978 (AIAW)

Laurie Edwards..... 200 F.R., 400 F.R.
 Sue Gove 200 F.R., 400 F.R.
 Lisa Hilger 50 Back, 100 Back,
 200 Back, 400 M.R.
Sue Hinderaker **50 Free**, 100 Free,
 100 IM, 200 M.R., 400 M.R.,
 200 F.R., 400 F.R.
Debbie Rudd 50 Breast, 100 Breast,
 **200 Breast**, 200 M.R., 400 M.R.
 Lauri Siering..... 100 Breast, 200 Breast
 Val Seyfert.....200 M.R., 400 M.R.,
 200 F.R., 400 F.R.
 Miriam Smith 100 Back, 200 Back, 200 M.R.
 400 F.R.
 400 M.R.

1977 (AIAW)

Laurie Edwards **200 F.R.**
Sue Gove 50 Back, 100 Back,
 200 Back, **200 F.R.**
 Kim Peters
Cindy Schilling **200 F.R.**
Val Syfert **200 F.R.**
Miriam Smith **100 Back**

1976

Laurie Edwards200 F.R., **400 F.R.**
Heather Greenwood 200 Free, 500 Free,
 200 F.R., **400 F.R.**
Kim Peters 200 Free, **500 Free**,
 200 F.R., **400 F.R.**
Cindy Schilling 100 Free, 50 Fly, 100 Fly,
 200 F.R., **400 F.R.**

1975

Linda Stimpson **50 Back, 100 Back**
 Teresa McDonald50 Breast, 200 M.R.



Debbie Rudd was a 14-time All-American and won two AIAW national titles.



Sue Hinderaker won a pair of 50y free AIAW titles and was an 18-time All-American.

Women of Troy Pac-10 and WCAA Titles (105)

Pacific-10 Conference (1986-2005)

(Some years incomplete due to lack of records)

2005 (4)

Blythe Hartley 1-Meter, 3-Meter
 Joanna Fargus 200 Back
 Kalyn Keller..... 1650y Free

2004 (4)

Kalyn Keller..... 500 Free, 1650y Free
 Kaitlin Sandeno 400 IM, 200 Fly

2003 (9)

Blythe Hartley 1-Meter, 3-Meter, Platform
 Michala Kwasny 200 IM, 200 Fly
 Kaitlin Sandeno 500 Free, 400 IM, 1650 Free
 800 F.R..... Krohn, Pedder, Kwasny, Sandeno

2002 (4)

Nicci Fusaro 3-Meter, Platform
 Blythe Hartley 1-Meter
 Michala Kwasny 400 IM

2001 (3)

Kellie Brennan 1-Meter, 3-Meter Springboard
 Michala Kwasny 400 IM

2000 (1)

Kellie Brennan 1-Meter Springboard

1999 (4)

Lindsay Benko 200 free, 500 free, 200 back
 Kellie Brennan 1-meter

1998 (2)

Dorte Lindner 1-meter, 3-meter

1997 (7)

Lindsay Benko 200 free
 Natalya Chikina 3-meter
 Hope Gittings 200 back
 Kristine Quance 200 breast, 200 IM, 400 IM
 Jean Ellis Todisco 200 fly

1996 (3)

Lindsay Benko 200 back, 500 free
 Maria Elena Romero 1-meter

1995 (1)

Jean Ellis Todisco 200 fly

1994 (4)

Ayaka Nakano 200 free
 Heather Ballard 1650 free
 Kristine Quance 100 breast, 200 breast

1987 (1)

Leslie Daland 1650 free

Western Collegiate Athletic Association

1985 (6) — WCAA Champions

Sue Habernigg 50 free, 100 free,
 200 free, 100 fly)
 800 F.R. Peterson, Wen, Gould, Habernigg
 400 M.R.

1984 (8)

Kelly Cox 100 back
 Sue Habernigg 100 Free
 Karin LaBerge 1650 Free
 Cynthia Woodhead 200 Free, 200 IM, 400 IM
 400 F.R.
 800 F.R.

1983 (6)

Sue Habernigg 50 Free, 100 Free,
 50 Fly, 100 Fly
 Michelle Ford 200 fly
 Jacqueline Komrij 100 IM

1982 (13) — WCAA Champions

Michelle Ford 500 Free, 1650 Free, 200 Fly
 Anette Fredricksson 50 Breast, 100 Breast
 Sue Habernigg 200 Free, 50 Fly, 100 Fly
 Mayumi Yokoyama 200 IM, 400 IM
 400 M.R. Cox, Fredricksson, Habernigg, Ford
 400 F.R. Spalding, Yokoyama, Walsh, Fiene
 800 F.R. Spalding, Walsh, Habernigg, Ford

1981 (5)

Anette Fredricksson 50 Breast, 100 Breast
 Sue Hinderaker 50 Free
 Tracy Spalding 200 Free
 Kim Stedman

1980 (18) — WCAA Champions

Sue Hinderaker 50 Free, 100 Free, 50 Fly
 Maura Walsh 500 Free, 1650 Free
 Anette Fredricksson 50 Breast, 100 Breast,
 200 Breast, 100 IM
 Nancy Garapick 200 IM, 400 IM,
 200 Back, 200 Free
 200 M.R.
 400 M.R.
 200 F.R.
 400 F.R.
 800 F.R.

1979 (2) — WCAA Champions

Sue Hinderaker 50 Free
 Debbie Rudd 200 Breast



Kellie Brennan won four career Pac-10 diving titles.



Hope Gittings, a co-captain on USC's NCAA title team in 1997, won the Pac-10 200 back championship that same year.

Women of Troy National Champions (36)

- 1975**
Linda Stimpson..... 50, 100 Backstroke
- 1976**
Kim Peters..... 500 Freestyle
400 Free Relay..... Kim Peters, Heather Greenwood,
..... Laurie Edwards, Cindy Schilling
- 1977**
Miriam Smith..... 100 Backstroke
200 Free Relay..... Cindy Schilling, Val Seyfert,
..... Susan Gove, Laurie Edwards
- 1978**
Sue Hinderaker..... 50 Freestyle
Debbie Rudd..... 200 Breaststroke
- 1979**
Sue Hinderaker..... 50 Breaststroke
Debbie Rudd..... 200 Breaststroke
- 1980**
Annette Fredrickson..... 50 Breaststroke
Nancy Garapick..... 200 Freestyle, 200 IM
Maura Walsh..... 500 Freestyle
- 1983**
Sue Habernigg..... 200 Freestyle
- 1985**
Sue Habernigg..... 200 Freestyle
- 1994**
Kristine Quance..... 200 IM, 400 IM, 200 Breaststroke
800 Free Relay..... Ayako Nakano, Kristine Quance,
..... Ulrike Reinholdt, Jennifer Stephen
- 1996**
Lindsay Benko..... 500 Freestyle, 200 Backstroke
Kristine Quance..... 200 IM, 400 IM, 200 Breaststroke
- 1997**
Lindsay Benko..... 500 Freestyle, 200 Backstroke
Kristine Quance..... 400 IM, 200 Breaststroke
- 1999**
Lindsay Benko..... 500 Freestyle
- 2002**
Blythe Hartley..... 1-Meter, Platform
- 2004**
Kalyn Keller..... 1500 Freestyle
Kaitlin Sandeno..... 400 IM, 200 Butterfly
- 2005**
Blythe Hartley..... 3-Meter



Kaitlin Sandeno won two NCAA titles in 2004 and missed a third by less than a second.



Kalyn Keller won her first career NCAA title with a win in the mile in 2004.



Lindsay Benko's five career NCAA titles is the second most ever in USC women's swimming history.

Women of Troy Year-by-Year

YEAR	RECORD	CONF.	NCAAS	HEAD COACH	YEAR	RECORD	CONF.	NCAAS	HEAD COACH
1977	3-1	2	6	Pokey Richardson	1992	7-3	3	16	Darrell Fick
1978	7-2	—	4	Pokey Richardson	1993	7-5	4	13	Darrell Fick
1979	3-1	1	6	Don LaMont	1994	8-1	3	6	Mark Schubert
1980	6-1	1	3	Don LaMont	1995	8-1	3	7	Mark Schubert
1981	5-4	2	8	Don LaMont	1996	9-1	3	4	Mark Schubert
1982	9-2	1	5	Don LaMont	1997	9-1	2	1	Mark Schubert
1983	10-1	2	4	Don LaMont	1998	8-1	2	5	Mark Schubert
1984	7-3	2	4	Don LaMont	1999	6-2	2	6	Mark Schubert
1985	9-1	1	6	Don LaMont	2000	5-3	5	7	Mark Schubert
1986	9-3	4	20	Don LaMont	2001	4-3	3	6	Mark Schubert
1987	9-4	2	8	Don LaMont	2002	5-4	2	4	Mark Schubert
1988	6-6	4	25	Don LaMont	2003	5-3	3	3	Mark Schubert
1989	9-5	4	25	Darrell Fick	2004	3-5	6	9	Mark Schubert
1990	9-6	5	6	Darrell Fick	2005	1-5-1	5	10	Mark Schubert
1991	9-3	6	9	Darrell Fick					

All-Time Record vs. Opponents

TEAM	USC	OPPONENT	PCT.	TEAM	USC	OPPONENT	PCT.
Arizona	17	9	.654	Nevada-Las Vegas	1	0	1.000
Arizona State	18	7	*.712	New Mexico State	1	0	1.000
Auburn	0	1	.000	Ohio State	1	0	1.000
California	12	13	.480	Pacific	3	0	1.000
Cal State Bakersfield	1	0	1.000	Pepperdine	9	0	1.000
Cal State Northridge	7	0	1.000	Pomona-Pitzer	4	0	1.000
Claremont	3	0	1.000	San Diego	4	0	1.000
Colorado State	6	0	1.000	San Diego State	9	0	1.000
Florida	1	0	1.000	Stanford	2	25	.074
Fresno State	3	0	1.000	Texas	2	5	.286
Hawai'i	2	0	1.000	Texas A&M	3	0	1.000
Houston	1	0	1.000	UC Irvine	11	0	1.000
Long Beach State	15	1	.938	UCLA	15	13	.536
Michigan	2	0	1.000	UC San Diego	1	0	1.000
Mission Viejo	3	0	1.000	UC Santa Barbara	25	1	.962
Nebraska	1	1	.500				
Nevada	1	0	1.000				

* includes a tie in 2005



USC cheers after earning third place overall at the 2003 NCAA Championships.