

USC Women's Swimming and Diving NCAA Championships Notes

2011-2012 USC Quick Facts

LOCATION: Los Angeles, CA
FOUNDED: 1880
ENROLLMENT: 37,000 (17,500 undergraduate)
PRESIDENT: C.L. Max Nikias
COLORS: Cardinal and Gold
NICKNAME: Trojans/Women of Troy
CONFERENCE: Pacific-10
ATHLETIC DIRECTOR: Pat Haden
2010-2011 MEN'S RECORD: 6-3 / 7th at NAAs
2010-2011 PAC-10 RECORD: 1-3 / 3rd at Pac-10s
2010-2011 WOMEN'S RECORD: 9-2 / 3rd at NAAs
2010-2011 PAC-10 RECORD: 4-2 / 3rd at Pac-10s
HEAD COACH: Dave Salo (sixth year)
ASSISTANT COACH: Jeremy Kipp (fifth year)
ASSISTANT COACH: Catherine Vogt (fourth year)
ASSISTANT COACH: Kevin Clements (second year)
GRADUATE ASSISTANT COACH: Ous Melloul (third year)
DIRECTOR OF SWIM OPERATIONS: Paul Davidson (sixth year)
VOLUNTEER ASSISTANT COACH: Rebecca Soni (third year)
HEAD DIVING COACH: Hongping Li (12th year)
ADMINISTRATIVE ASSISTANT: Vanessa Massey
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2011-2012 Results (6-2, 5-2)

DATE	OPPONENT	Result
10/21	at Washington State.....	W, 120-74
10/22	at Washington State.....	W, 107-84
11/11	at Arizona	W, 156-144
11/12	at Arizona State	W, 198-99
12/1-3	at Texas Invitational	3rd
1/18-19	Wisconsin	W, 176-119
1/27	California	L, 162-138
1/28	Stanford	L, 160.5-139.5
2/11	at UCLA	W, 170-130
2/22-25	Women's Pac-10 Championships	3rd

Home meets in bold at USC McDonald's Swim Stadium.
Pac-10 Championships in Federal Way, Wash.



2012 NCAA CHAMPIONSHIPS ROSTER

NAME	YEAR	EVENTS	HEIGHT	HOMETOWN (COLLEGE/HS)
Haley Anderson	Junior	500 Free, 1650 Free, 400 IM	5-10	Granite Bay, Calif. (Granite Bay)
Kasey Carlson	Sophomore	50 Free, 100 Breast, 200 Breast	6-1	Walnut Creek, Calif. (Las Lomas)
Stina Gardell	Sophomore	200y IM, 400y IM, 200 Breast	5-8	Spillersboda, Norrtälje, Sweden (Lommar Skolan)
Meghan Hawthorne	Sophomore	200y IM, 400y IM, 200 Breast	5-6	Granada Hills, Calif. (Chaminade)
Katinka Hosszu	Senior	200 Fly, 200 IM, 400 IM	5-7	Bafa, Hungary (Ill. Bela Gimnazium)
Victoria Ishimatsu	Senior	1-M, 3-M, Platform	5-5	Seal Beach, CA (Halstrom)
Tanya Krisman	Senior	200 IM, 400 IM, 200 Fly	5-8	Wildomar, CA (Lake Elsinore)
Lynette Lim	Sophomore	200 Free, 500 Free	5-5	Rancho Mirage, CA (Palm Springs)
Lindsay Parrish	Junior	100 Fly	5-8	Santa Barbara, Calif. (Santa Barbara)
Jessica Schmitt	Junior	200 Breast, 200 IM, 400 IM	5-8	San Diego, Calif. (Torrey Pines)
Christel Simms	Junior	50 Free, 100 Free, 100 Back	5-7	Honolulu, Hawaii (Punahou)
Amanda Smith	Senior	200 Free, 500y Free, 200 Fly	5-9	Cincinnati, Ohio (Indiana/Indian Hill)
Yumi So	Junior	100 Fly, 200 Fly, 100 Back	5-7	Crescenta Valley, Calif. (Crescenta Valley)

NCAA SWIMMING AND DIVING CHAMPIONSHIP NOTES

No. 7 USC, under sixth-year head coach Dave Salo, is one of only eight schools to have won an NCAA swimming and diving team title (1997). The Trojans have also finished third twice, fourth four times and fifth twice among 23 top 10 finishes in 30 appearances since the first NCAA Championships in 1982 (including in 16 of the past 18 years). Troy owns 47 combined individual All-American and NCAA titles (including one relay). Among those, 33 are NCAA titles, seventh most in the country ... USC has 257 All-American honors in program history and at least one All-American each season since 1975 (when USC's women's records begin) ... Senior **Katinka Hosszu** leads a veteran team to the 2012 NCAA Championships as 12 of the 13 women USC is taking to Auburn have NCAA Championships appearance. Eight of the 13 have scored individually and eight have earned All-American honors ... Hosszu is set to defend her three 2011 NCAA titles in the 200y and 400y IM and the 200y fly. She is the top seed in the 200y IM and 200y fly and the third in the 400y IM. She is coming off of a three-title performance at the 2012 Pac-12s (200y IM, 200y free, 200y fly) and is a career 13-time All-American ... Junior **Haley Anderson** is taking aim at USC's first-ever NCAA title in the 1650y free (though Kalyn Keller won the in 2004 when it was raced in short course meters as a 1500). Anderson enters the meet with the nation's top time in the 1650y free but will battle, among others, three-time defending champion Wendy Trott of Georgia, who is looking to become the NCAA's first four-time winner in the event. Anderson, who just won her third straight conference title in the 1650y free and her second in a row in the 500y free, is the fourth-seed in the 500y free and is also looking to score again in the 400y IM ... Senior **Victoria Ishimatsu** is a career three-time All-

American coming off her fourth straight Pac-12 3-meter title, third in a row on 1-meter and a personal-best 2nd on platform. Though she scored individually as a junior at the NAAs, she did not make a finals appearance and is looking to bounce back as an All-American in her final year ... Sophomore **Stina Gardell** is coming off of three top 4 finishes at the Pac-12s and seems primed to make at least one NCAA final appearance. She is the sixth seed in the 400y IM and eighth in the 200y IM after racing in the consolation finals of each event last year ... Sophomore **Kasey Carlson** enters the meet as the second seed in the 100y breast, sixth in the 200y breast and 10th in the 100y free. She was third in the 100y breast at the Pac-12s and looking to build on her pair of final appearances at the NAAs as a freshman ... Senior **Tanya Krisman** finished second at the Pac-12s in the 200y fly, a career-best conference effort she hopes will lead to her first NCAA All-American honor. She is the fifth seed in the 200y fly (where she reached the consolation final the past two years) and 15th in the 200y IM ... Junior **Yumi So** has scored individually in the 100y and 200y fly and will swim both again as well as the 100y back ... Junior **Jessica Schmitt** scored last year in the 200y breast and looks to repeat there and make a dent in the 200y and 400y IM ... Senior **Amanda Smith** will race in the 200y fly (seeded 16th) and the 200y and 500y free ... Sophomore **Meghan Hawthorne**, in her second NCAA appearance, is seeded 11th in the 400 IM and 13th in the 200y IM and also will race in the 200y breast as she looks to score for the first time ... Junior **Christel Simms** will race in the 50y and 100y free and the 100y back, sophomore Lynette Lim makes her NCAA debut in the 200y and 500y free and junior **Lindsay Parrish** returns to the NAAs and will race in the 100y fly.



USC Women's Swimming and Diving NCAA Championships Notes

USC AT THE 2012 PAC-12 CHAMPIONSHIPS

Senior Katinka Hosszu upped her career conference title total to seven after winning the 200y IM, 200y free and 200y fly at the 2012 Pac-12 Championships, leading USC to its third straight third-place finish. Hosszu broke her own school records in the 200y IM and 200y free (swimming the latter for the first time in the postseason) ... Haley Anderson won the 1650y free for the third time in a row and the 500y free for the second time in a row, setting school records in both events. Her time in the 1650y free (15:41.52) neared Janet Evans' NCAA record. Anderson was also fifth in the 400y IM ... Senior Victoria Ishimatsu became the first conference female diver to win an event four years in a row when she claimed the 3-meter springboard. That followed her third straight title in the 500y free and came before her career-best second on platform as she earned Female Diver of the Meet honors for the third year in a row ... Sophomore Stina Gardell posted a trio of top 4 finishes, taking second in the 200y breast, third in the 400y IM and fourth in the 200y IM ... Sophomore Meghan Hawthorne also had a huge meet with three final appearances, finishing fourth in the 400y IM, fifth in the 200y IM and seventh in the 200y breast ... Junior Yumi was a two-finalist, taking sixth in the 100y fly and eighth in the 200y fly ... Juniors Jessica Schmitt and Jordan Danny each reached the finals of both the 100y and 200y breast (Danny's first post-season final appearances) while sophomore Lynette Lim had a pair of top 8 finishes, taking sixth in the 1650y free and eighth in the 500y free.

RECORDS

Senior Katinka Hosszu has broken three of her school records this year. She has three times dispatched of her mark in the 200y free, finally settling on 1:43.15 during her Pac-12 title swim. She twice lowered her 200y IM mark, the second time to 1:52.37 in another Pac-12 win. She also swam a 3:58.86 in the 400y IM at the Texas Invitational in December, less than a second off the NCAA record. Sophomore Kasey Carlson eclipsed the school mark in the 50y free with a 22.10. Carlson also came close to Rebecca Soni's record in the 100y breast (58.10) with a 58.46. Junior Haley Anderson lowered her own record in the 1650y free with a 15:41.52, also good for a Pac-12 meet record, and erased Kalyn Keller's school record in the 500y free (4:37.76) with her 4:36.52, also a Pac-12 meet record.

FAST TIMES

Hosszu currently holds the nation's top times in the 200y IM and 200y fly, is third in the 400y IM and second in the 200y free, with 'A' cuts in all four. Sophomore Kasey Carlson holds 'A' cuts in the 100y and 200y breast, holding the nation's second-fastest time in the former and the sixth-fastest in the latter. Junior Haley Anderson is first in the 1650y free and fourth in the 500y free with 'A' cuts in both. Gardell is sixth and eighth, respectively, in the 400y and 200y IM, also with 'A' cuts in both. Senior Tanya Krisman is sixth in the 200y fly with an 'A' cut.

TROJANS IN THE 2011 POSTSEASON

USC's third-place finish at the 2011 NAAs was led by Katinka Hosszu, who became just the second Trojan ever to win three NCAA titles in one season and the first to win the 200y fly en route to five All-American honors. In addition to her NCAA crowns, she also anchored USC's second-place 400y medley relay and led off its eighth-place 800y free relay. Hosszu was the only swimmer to win three titles at this year's NAAs and her time in the 400y IM (3:59.75) was an NCAA Championships record. Hosszu was also a three-time 2011 Pac-10 champ in the 200y and 400y IM and the 200y fly, which helped her earn the 2011 Pac-10 Swimmer of the Year honor. USC's departed seniors Lyndsay DePaul and Presley Bard went out with a bang, earning five and four All-American honors, respectively. DePaul was a three-time NCAA finalist (100y and 200y fly, 200y IM) while Bard did it twice (100y and 200y back). Junior Haley Anderson was a three-time All-American last year (500y and 1650y free, 800y free relay) while sophomore Kasey Carlson debuted at the NAAs last year as a four-time All-American (50y free, 100y breast, 200y and 400y medley relay). Senior Amanda Smith and sophomore Stina Gardell earned their All-American honor as part of

USC's 800y free relay while junior Christel Simms did so in the 200y medley relay ... At the 2011 Pac-10s, USC won a combined eight titles en route to a third-place finish. Winners included the aforementioned Hosszu, Victoria Ishimatsu, who repeated as 1- and 3-meter springboard champion for the third time, Anderson (repeated as 1650y free champ, won first 500y free) and DePaul (100y fly).

SALO NAMED TO 2012 U.S. OLYMPIC SWIM STAFF

USC sixth-year swimming coach Dave Salo was selected as a 2012 U.S. Olympic women's swim team assistant coach in September. Salo will team with the women's head coach Teri McKeever, a former USC All-American who is now the head coach at Cal. Next year's Olympic Games will mark Salo's third time on the U.S. Olympic coaching staff. Salo served as a women's assistant coach in 2000 and a men's assistant coach in 2004. In 2008, Salo was a part of Tunisia's Olympic coaching staff and helped guide Trojan Ous Mellouli to a gold medal in the 1500m free.

SALO RECEIVES 5-YEAR EXTENSION

Dave Salo, whose women's and men's teams finished third and seventh, respectively, at the 2011 NCAA Championships and featured a combined 16 All-Americans, signed a five-year contract extension with the Trojans, USC Athletic Director Pat Haden announced in July. "I am proud of the improvements we have made and quite eager to continue progressing in this direction," Salo said. "The vote of confidence from Pat Haden and (senior associate athletic director) Donna Heinel on the job that we are doing is greatly appreciated. It's great to be a Trojan!" Salo, in his sixth year at the helm of both prestigious programs, is one of the most highly regarded swim coaches in the world who was inducted into the American Swimming Coaches Association Hall of Fame in September of 2010.

2011-12 CAPTAINS

Seniors Katinka Hosszu, Amanda Smith and Victoria Ishimatsu and senior Jack Ostler and junior Alex Lendrum were named captains for the 2011-12 USC swimming and diving teams, elected by their teammates. Hosszu was a three-time NCAA champion in 2011 while Smith earned All-American honors. Ishimatsu is a career-three-time All-American diver. Lendrum was a 2011 NCAA consolation finalist and 2011 Pac-10 finalist and joined Ostler on the 2011 Pac-10 All-Academic first team (the second time in a row for Ostler).



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HALEY ANDERSON

Free/IM • 5-10 • Junior
Granite Bay HS
Granite Bay, CA

THIS SEASON: Haley Anderson, a 2012 junior, is one of the top distance freestylers in the country and a national team member, both in distance and open water ... At the 2012 Pac-12 Championships, Anderson won her third consecutive conference title in the 1650y free (15:41.52) and her second in a row in the 500y free (4:36.52). Both times were school and Pac-12 meet records. Anderson became the first woman in the conference to win three straight in the 1650y free since 2000-02 and the first to repeat as 500y free champ since 2000-01. She also reached the final of the 400y IM, taking fifth (4:10.72). Anderson's time in the mile was less than three seconds from Janet Evans' NCAA record (15:39.14). ... She now has five Pac-12 titles in her career and holds USC records in the 500y, 1000y and 1650y free and the 800y free relay as well as a USC pool record in the 500y free ... She enters the NAAs as the top seed in the 1650y free and fourth in the 500y free.

2011: Anderson was a three-time All-American as a 2011 sophomore, finishing third in the 1650y free (15:48.63, school record), sixth in the 500y free (4:38.99) and helping USC's 800y free relay to eighth (she swam the second leg). Anderson qualified for her first NCAA 500y free final with a personal best 4:37.92 in prelims. Equally impressive was nabbing a consolation final appearance in the 400y IM. She swam a personal best 4:09.29 in prelims, earning a second swim in her first postseason race in the event. She went 4:12.69 in the consolation final (16th overall) ... At the 2011 Pac-10 Championships, she won a pair of titles, claiming her first in the 500y free (4:38.78) and repeating as champion in the 1650y free (15:55.88). She was also ninth in the 200y free (1:45.94) ... At the 2011 World University Games in July in Shenzhen, China, Anderson won gold in the 1500m free (16:21.72), edging second-place Melania Schmid of Spain (16:21.79) at the wall. She also won silver in the 800m free (8:27.11) ... At the U.S. Open Water Nationals in June, she took fourth in the 10K ... She earned 2011 Pac-10 All-Academic honors with a 3.00 GPA.

2010: Anderson was a two-time All-American as a 2010 freshman, finishing fourth in the 1650y free (personal best 15:59.99) and swimming the third leg of USC's seventh-place 800y free relay. She was also a consolation finalist in the 500y free (12th, 4:40.78) and was 24th in the 200y free (1:46.55) ... At the 2010 Pac-10 Championships, Anderson won the 1650y free in a then-personal-best 16:02.53, becoming Troy's first champion in the event since 2005. She swam the third leg in USC's Pac-10-title winning and school-record setting 800y free relay (swimming the leg against her older sister Alyssa of Arizona). She was second in the 500y free (4:40.70, personal best) and 30th in the 200y free (1:50.82) ... Anderson set the USC pool record in the 500y free in the win over Cal in 4:45.15 ... After the season, she represented the U.S. at the Pan Pacific Games, finishing fourth in the 1500m free and eighth in the 800m free. Those efforts came after she competed at the 2010 World Open Water Championships. Though a newcomer to the open water style, she finished fourth in the 25K in Roberval, Canada. Anderson earned her spot onto the U.S. Open Water team after finishing sixth in the 10K at the 2010 U.S. Open Water Nationals in her first open water competition.

HIGH SCHOOL: After graduating from Granite Bay (Calif.) High, she qualified for the 2009 World Championships by finishing second in the 800m free at the 2009 U.S. World Championships Trials. She was also 14th in the 400m free at the Trials and competed in the 400m IM and the 200m fly ... At the 2009 Worlds, Anderson finished one spot out of qualifying for the final, taking ninth in the 1500m free (16:20.62). She was also 28th in the 800m free (8:45.91) ... At the 2009 Junior Pan Pacs, she was first in the 800m and 1500m free ... At the 2008 Olympic Trials she was 17th

in the 400m IM, 20th in the 400m free, 25th in the 800m free and also competed in the 200m fly ... She was first in the 800m free at the 2008 Speedo Junior Nationals.

CLUB/COACH: Sierra Marlins Swim Team/Jeff Pearson.

PERSONAL: She was born Nov. 20, 1991 and is a communication and journalism major ... Her mother Colette swam at Hawaii and older sister Alyssa swims at Arizona.

ANDERSON'S PERSONAL RECORDS:

200-yard free	1:45.94	500-yard free	4:35.52
1000-yard free	9:31.58	1650-yard free	15:41.52
400-yard IM	4:09.29		

KASEY CARLSON

Free/Breast • 6-1 • Sophomore
Walnut Creek, CA
Las Lomas H.S.

THIS SEASON: Sophomore Kasey Carlson, a 2011 All-American and a 2009-10 U.S. national team member, returns as one of the Trojans' top swimmers ... At the 2012 Pac-12 Championships, she reached the final of the 100y breast for the second year in a row, taking third in 1:00.09. She was also 12th in the 50y free (22.77) and 14th in the 200y breast (2:15.70) ... Carlson had a huge meet at the Texas Invitational in December. She set a personal best in winning the 100y breast in 58.46, approaching Rebecca Soni's school record of 58.10 (the NCAA record is 58.06). She also broke her own record in the 50y free in 22.10 ... In addition to her school record in the 50, she owns parts of four relay records.

2011: Carlson was a four-time All-American as a 2011 freshman, taking fourth in the 100y breast (59.29) and fifth in the 50y free (22.13, PR) at the 2011 NCAA Championships, the latter time a USC record. She also helped Troy to second in the 400y medley relay and third in the 200y medley relay, also in school record times. Carlson scored individually in a third event, taking 14th in the 100y free (48.59) and helped Troy earn points in the 200y and 400y free relay ... Carlson was a two-time finalist at the 2011 Pac-10 Championships, finishing second in the 100y breast (59.12) and fifth in the 50y free (22.39). Her breaststroke time made her the second-fastest Trojan ever in the 100y breast behind record-setter Rebecca Soni. She was also 12th in the 100y free (49.75) and helped USC to second-place finishes in both medley relays ... At the 2010 Short Course Nationals, she helped USC to titles in the 200y free and 400y medley relays.

HIGH SCHOOL: Carlson prepped at Las Lomas High in Walnut Creek, Calif., where she was the Contra Costa Times 2008-2009 Athlete of the Year and the 2008-2010 Swimmer of the Year ... She had huge success in high school, reaching the medal stand at the 2009 FINA World Championships with a third-place swim in the 100m breast, not to mention a sixth-place finish in the 50m breast ... She earned her spot on the 2009 U.S. team after finishing second in the 100m breast at the 2009 National Championships ... Carlson, a member of the U.S. Junior National team from 2006-08, was third in the 50m free and first in the 400m medley relay at the 2009 Junior Pac Pacific Championships, placed first in the 100m breast at the 2008 Junior Nationals and was first in the 50m breast at the 2008 World Youth Games ... She is the national high school record holder in the 100y breast and the NAG record holder in the 100m breast (1:05.75).

CLUB/COACH: Walnut Creek Aquabears/Mike Heaney.

PERSONAL: Carlson was born Nov. 26, 1991.

CARLSON'S PERSONAL RECORDS:

50-yard free	22.10	100-yard free	48.48
200-yard free	1:47.95	100-yard breast	58.46
200-yard breast	2:08.40	100-yard fly	56.93
50-meter free	25.98	100-meter free	56.76
200-meter free	2:04.99	50-meter breast	30.34
100-meter breast	1:05.75	200-meter breast	2:31.40



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STINA GARDELL

IM/Breast • 5-8 • Sophomore
Vallingby, Sweden
Lommar Skolan

THIS SEASON: Stina Gardell, a 2012 sophomore, is a top-flight medley swimmer who is also strong in the breast. From Sweden, she has a wealth of international experience and has had a excellent season in her first full year with the Trojans ... She had a strong 2012 Pac-12 Championships, posting three top 4 finishes. Gardell finished second in both the 200y breast (2:09.48) and the 200y IM (1:56.00), notching season-best times in both and an NCAA 'A' cut in the latter. She was also fourth in the 400y IM (4:04.65) in another 'A' cut.

2011: Gardell, who joined the Trojans in the spring semester last year as a freshman, earned All-America honors at the 2011 NCAAAs as part of USC's eighth-place 800y free relay. She scored individually by winning the consolation final of the 200y IM (1:56.78) and with a 12th in the 400y IM (4:07.38). She also tied for 19th in the 200y breast (2:011.55) ... After joining the Trojans in the spring semester and catching up in training, Gardell had a stellar February. In Troy's final dual meet of the season against UCLA, the freshman helped USC beat the Bruins with a dominating win in the 400y IM that saw her go 4:03.89 for an NCAA 'A' cut and a USC pool record (a time that made her second-fastest ever at USC in the event) ... At the 2011 Pac-10 Championships, Gardell was a three-time finalist. She was fifth in the 400y IM (4:09.19), tied for fifth in the 200y IM (1:57.85) and was eighth in the 200y breast (2:12.74) ... She competed at the 2010 Short Course World Championships in December, taking 10th in the 200m IM and 11th in the 400m IM ... At the 2011 World Championships (LC) over the summer, she was 16th in the 400m IM (4:44.53), 19th in the 200m IM (2:15.45) and swam on Sweden's 800m free relay.

HIGH SCHOOL: Gardell, who prepped at Lommar Skolan, is a Swedish national record holder and champion in the 200m and 400m IM who competed in the 2009 World Championships in the 200m (17th) and 400m IM (18th) ... She also raced at the 2010 European Championships in the 200m IM (ninth), 400m IM (11th) and 400m free (24th).

CLUB/COACH: Sparvagen/Peter and Martina Aaronsson.

PERSONAL: She was born March 28, 1990.

GARDELL'S PERSONAL RECORDS:

200-yard IM	1:56.00	400-yard IM	4:03.89
100-yard breast	1:02.86	200-yard breast	2:09.48
200-meter IM LC	2:13.57	200-meter IM SC	2:08.99
400-meter IM LC	4:42.37	400-meter IM SC	4:32.34

MEGHAN HAWTHORNE

Free/IM/Back • 5-6 • Sophomore
Granada Hills, CA
Chaminade H.S.

THIS SEASON: Meghan Hawthorne, a 2012 sophomore, is a talented all-around swimmer who has shown big improvement this year and looks to build on her NCAA Championships debut as a freshman ... She was a three time finalist at the 2012 Pac-12 Championships, highlighted by a fourth-place in the 400y IM (4:08.12). She was also fifth in the 200y IM (1:57.50) and seventh in the 200y breast (2:14.48). Both IM times were PRs, as was her prelim effort in the 200y breast (2:13.01) ... She enters the NCAAAs seeded among the top 13 in both the 200y and 400y IM.

2011: Hawthorne raced in two events at the 2011 NCAA Championships as a freshman, taking 39th in the 200y IM (2:00.72) and 43rd in the 200y back (1:58.24) ... At the 2011 Pac-10 Championships, Hawthorne was a two-time finalist, taking sixth in the 400y IM (4:10.76) and eighth in the 200y IM (1:59.65). She was also 17th in the 200y back (1:57.73, PR) ... She set a PR in the 400y IM in USC's win over UCLA (4:10.39).

HIGH SCHOOL: Hawthorne graduated from Chaminade High in West Hills, Calif., where she was the 2008 and 2010 L.A. Daily News Swimmer of the Year ... She was a three-time CIF Southern Section champion in the 200y IM (2008-2010) and also won titles in the 100y fly (2010) and 500y free (2008). Her 2010 200y IM title in 1:58.74 broke the CIF-SS D1 record ... A four-year MVP for Chaminade and the 2010 Female Athlete of the Year, she was a 2009 U.S. Army Reserve National Scholar Athlete as a junior, a four-year prep All-American and a three-time scholastic All-American ... She competed at the 2008 Olympic Trials, was a member of the U.S. National Youth Team for 2009-2010 and competed at the 2010 Junior Pan Pacs ... She was a finalist at the 2009 (20th) and 2010 (12th) U.S. Nationals in the 400m IM.

CLUB/COACH: Rattler Swim Club/Kevin Blum.

PERSONAL: She was born Feb. 11, 1992 ... She is majoring in human performance.

HAWTHORNE'S PERSONAL RECORDS:

200-yard IM	1:57.50	200-meter IM	2:16.13
400-yard IM	4:08.12	400-meter IM	4:45.91
200-yard breast	2:13.01	200-meter breast	2:34.39
200-yard free	1:49.67	200-meter free	2:02.69
200-yard back	1:57.73	200-meter back	2:17.43
100-yard fly	53.48	500-yard free	4:49.46
100-yard back	54.81	100-yard free	57.76



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KATINKA HOSSZU

IM/Free • 5-7 • Senior

Bafa, Hungary

III. Bela Gimnazium HS

THIS SEASON: Olympian, World Championship gold medalist, three-time NCAA title winner and 13-time All-American Katinka Hosszu, a 2012 senior co-captain from Hungary, is one of the most versatile swimmers in the NCAA and a threat to win any race she's in ... Hosszu is looking to defend all three titles from her fantastic 2011 season. She is top-seeded in the 200y IM and 200y fly and is the third seed in the 400y IM ... At the 2012 Pac-12 Championships, she upped her career total of conference titles to seven with wins in the 200y IM (1:52.37), 200y free (1:43.15) and the 200y fly (1:52.26). Her times in the 200y IM and 200y free lowered her school records. Her efforts in the 200y free marked the first time she has raced in the event in the postseason as she took a rare break from the 400y IM ... She was named CollegeSwimming.com's Swimmer of the Week for her superlative performance at the Texas Invitational in Austin Dec. 1-3. She broke her own school records in the 200y IM (1:52.71, since broken), 400y IM (3:58.86) and 200y free (1:44.01, since broken) and missed by 0.01 from tying her record in the 200y fly (1:51.03). All were NCAA 'A' cuts ... She owns USC records in the 200y/scm IM, 200y/scm fly, 400y IM, 200y free and in three relays ... Weeks before her senior year started, she competed at the 2011 World Championships, where she finished sixth in the 200m IM (2:11.24), 15th in the 400m IM (4:42.96), 19th in the 200m fly (2:10.06) and was on Hungary's 800m free relay.

2011: Hosszu had one of the finest seasons in school history as a 2011 junior, winning three NCAA and Pac-10 titles en route to earning the Honda Sports Award for swimming as the nation's top women's swimmer ... She won NCAA titles in the 200y IM (1:53.39), 400y IM (3:59.75) and the 200y fly (1:51.69) and was a slam dunk as NCAA Swimmer of the Meet ... Just the second Trojan woman to win three NCAA titles in one year (Kristine Quance did it in 1994 and 1996), she became just the second woman to go under four minutes during her 400y IM title swim while her winning time in the 200y IM was also a school record. Hosszu, Troy's first-ever 200y fly winner, also earned All-American honors as part of USC's second-place 400y medley relay and eighth-place 800y free relay ... A three-time Pac-10 winner in the same events as a the NCAA's (she was named Pac-10 Swimmer of the Meet), Hosszu's season was so strong that she was nominated for ESPN's ESPY Awards for Best Female College Athlete. Her Pac-10 wins in the 200y IM (1:53.53), 400y IM (4:00.04) and the 200y fly (1:51.85) made her the first Trojan to win three Pac-10 titles in the same year since Kaitlin Sandeno and Blythe Hartley did it in 2003 ... She was a three-time champion at the 2010 U.S. Short Course Nationals in the 200y and 400y IM and the 200y fly and helped USC to relay wins in the 400y medley and 800y free. That effort was good enough to earn Counsilman-Hunsaker National Collegiate Division I Swimmer-of-the-Week honors ... At the 2010 Short Course World Championships, she was fourth in both the 200m fly (2:04.56) and the 200m IM (2:06.88).

2010: Hosszu was a four-time All-American as a 2010 sophomore, finishing second at the NCAA Championships in the 200y fly (1:52.52) and third in the 400y IM (4:03.65) ... Her time in the 200y fly broke Sandeno's school record. Hosszu anchored USC's sixth-place 400y medley relay and led off USC's seventh-place 800y free relay. She also won the consolation final of the 500y free (4:38.94) ... At the 2010 Pac-10 Championships, she won her first Pac-10 crown, claiming the 200y fly in 1:52.71 (USC's first win in the race since 2004). Hosszu also anchored USC's Pac-10 title-winning and school-record setting 800y free relay. Additionally, she was second in the 200y IM in a then-school-record 1:55.49 and second in the 400y IM (4:04.86), giving her six top 3 finishes in as many events in two years at the Pac-10s ... She was named the 2009 Hungarian Female Athlete of the Year

in December ... She posted four top 3 performances at the 2009 U.S. Short Course National Championships in December, including a title in the 200y fly. Her other top three marks came in the 200y and 400y IM and the 500y free ... She won two gold medals at the 2010 European Championships in front of hometown fans in Budapest, Hungary. She won titles in the 200m fly and the 200m IM and claimed a silver in the 400m IM. She also won gold as part of Hungary's 4x200m relay team.

2009: Hosszu became an immediate force for the Trojans and one of the top swimmers in the Pac-10 and the NCAA's as a 2009 freshman ... At the 2009 NCAA Championships, she was a three-time finalist and a four-time All-American after finishing eighth in the 500y free (4:40.20) second in the 400y IM (4:01.49, USC record) and third in the 200y fly (1:53.45) while helping USC to third in the 400y medley relay (prelim time of 3:30.59 was a school record) ... At the 2009 Pac-10 Championships, she posted three top 3 finishes, was part of one relay title and set two individual records and two relay records ... She was second in the 400y IM (4:03.60, a then-school record) and was third in both the 500y free (4:39.34) and the 200y fly (1:54.01). She also led off USC's record-setting 800y free relay (7:07.59), her first 200 yards (1:45.22) of the race eclipsing a 25-year-old school record ... Swimming the fly leg, she helped USC's 400y medley relay capture a Pac-10 Championship in a then-school-record 3:31.75 ... Competing for Hungary at the 2009 World Championships, Hosszu won a gold medal in the 400m IM (4:30.31) and earned bronze medals in the 200m IM (2:07.46) and the 200m fly (2:04.28). Both times in the IM were the third-fastest in history. Hosszu also swam the anchor leg of Hungary's 4x200m free relay in the final, which finished sixth ... Hosszu was named Hungary's 2009 Female Athlete of the Year.

HIGH SCHOOL: A nine-year Hungarian National team member, Hosszu raced in two events at the 2008 Olympics, taking 12th in the 400m IM and 17th in the 200m IM. She was also a 2004 Olympian, finishing 31st in the 200m free ... She was a silver medalist in the 400m IM (4:37.43) at the 2008 European Championships and took sixth in the 200m IM (2:15.23) ... At the 2007 European Short Course World Championships, she was fourth in the 200m IM (2:09.99) and fifth in the 400m IM (4:32.10) ... At the 2007 FINA World Championships, she was 11th in the 400m IM (4:46.19) and 12th in the 200m IM (2:16.12) ... At the 2006 European Short Course World Championships, she was fourth in the 400m IM (4:33.65) and sixth in the 200m IM (2:12.77) ... At the 2006 European World Championships, she was ninth in the 200m IM (2:16.07) ... At the 2005 European Short Course World Championships, she was fifth in the 400m IM (4:37.06) and eighth in the 200m IM (2:17.10) ... At the 2004 European Short Course World Championships, she was bronze medalist in the 400m IM (4:35.41) and was sixth in the 2:14.34.

CLUB: Bafai SVSC.

PERSONAL: She was born on May 3, 1989 ... She is a psychology major.

HOSSZU'S PERSONAL RECORDS:

200-yard free	1:43.15	400-yard IM	3:58.86
200-meter IM	2:07.46	400-meter IM	4:30.31
200-yard IM	1:52.37	200-yard fly	1:51.02



USC Women's Swimming and Diving NCAA Championships Notes

VICTORIA ISHIMATSU

Diver • 5-5 • Senior
Seal Beach, CA
Halstrom High

THIS SEASON: Victoria Ishimatsu, a 2012 senior co-captain, is a three-time All-American, a seven-time conference champion and a three-time Pac-10 Women's Diver of the Year whose scoring contributions in dual meets and in the postseason is as reliable as anyone on the team ... She qualified for her fourth trip to the NCAA Championships by winning the 1-meter springboard (626.80) at the 2012 Zone E Championships. She was also second on 3-meter and platform ... She was named Pac-12 Diver of the Meet for the third year in a row at the 2012 Championships after claiming her fourth straight title on 3-meter (386.80) -- becoming the first Pac-12 woman to win four in a row on the same board -- and her third consecutive crown on 1-meter (337.05). She also posted a career-best second on platform (282.45). She was named Pac-12 Women's Diver of the Month for November and February, giving her a record seven monthly honors for her career.

2011: Ishimatsu became the first Pac-10 woman to earn Pac-10 Diver of the Year honors three years in a row as a 2011 junior. She was a two-time individual point-scorer at the 2011 NCAA Championships, taking ninth on 1-meter (336.50) and 13th on platform (295.85). She was forced to withdraw from the 3-meter competition after striking her foot during a dive, but was able to come back the next day and score in the platform event ... Ishimatsu qualified for the NCAA Championships after sweeping the springboard events at the Zone E Championships, where she scored 643.30 on 1-meter and 631.95 on 3-meter ... For the second year in a row, Ishimatsu was named Pac-10 Female Diver of the Meet at the 2011 Pac-10 Championships after repeating as champion on both springboards. She won the 1-meter title with 366.75 points and 3-meter with 357.95. She also reached the finals on platform, taking fourth (265.60) ... Earlier in the semester, Ishimatsu qualified on all three boards for the first time on the national level at the 2011 U.S. Diving Winter Nationals. She finished fifth on 1-meter springboard, reached the semifinals of 3-meter and competed in the quarterfinals of platform (her first nationals competition on platform).

2010: Ishimatsu, as a 2010 sophomore, had a fantastic season, capping it off with a pair of All-American performances at the NCAA Championships and her second consecutive Pac-10 Women's Diver of the Year award. She first finished fifth on 1-meter springboard (329.15) for the second year in a row and then earned her first All-American honor on 3-meter with a fourth-place finish (357.15), becoming USC's first two-time All-American diver since 2006. She also scored on platform, taking 10th (270.40) ... At the 2010 Pac-10 Championships, Ishimatsu won her first title on 1-meter (332.80) and won the 3-meter (381.15) for the second year in a row. She was fifth on platform (258.20) and earned Pac-10 Diver of the Meet honors ... At the 2010 Zone E Championships, she won both springboards as well ... She was a two-time Pac-10 Women's Diver of the month for November and February ... After the season, Ishimatsu teamed with teammate Ariel Rittenhouse to win the bronze medal in women's synchronized 3-meter Tuesday in the final stage of the FINA/Li-Ning Diving World Series meet in Veracruz, Mexico.

2009: As a 2009 freshman, Ishimatsu earned Pac-10 Women's Diver of the Year and Newcomer of the Year honors after she earned All-American

honors on the 1-meter springboard at the NCAA Championships, finishing fifth (304.45). She also scored points on platform with a 12th-place mark (260.95) and was 25th on 3-meter (272.25) ... At the Pac-10 Championships, Ishimatsu won a Pac-10 title on 3-meter (327.70) -- taking the lead on her final dive. She was also second on 1-meter (313.90) and seventh on platform (223.00). USC's most consistent diver all season, she carried that over to the 2009 Zone E Championships, where she qualified for the NCAA Championships on the first day with a third on 3-meter (583.05). She then took second on 1-meter (572.10) and was third on platform (456.95) ... During the summer competition, she was fourth on 3-meter synchro at the 2009 FINA Canada Cup.

2008: Ishimatsu took a year off before entering college to prepare for the 2008 U.S. Olympic Trials and trained at the U.S. Diving National Training Center ... At the Trials, she was sixth on 3-meter, qualifying for the U.S. Diving Olympic Selection Camp. She was up for consideration for the second U.S. slot on 3-meter for the Olympics, but was not selected ... At the 2008 U.S. Senior Nationals, she won the 1-meter springboard and was eighth on 3-meter ... She also won the 1- and 3-meter springboard at the 2008 USA Junior Nationals.

HIGH SCHOOL: Ishimatsu graduated from Halstrom High in Oceanside, Calif., in 2007. She won the 1-meter title and was second on 3-meter at the 2007 Junior Pan Am Games and won the 1- and 3-meter titles at the 2007 U.S. Junior Nationals. She was also second on 1-meter and eighth on 3-meter at the 2007 U.S. Senior Nationals ... At the 2006 Junior World Championships, she was 13th on 1-meter. At the 2006 J.O. Summer Nationals, she was second on 1-meter and fourth on 3-meter ... At the 2005 J.O. Summer Nationals, she was third on 1-meter and 3-meter ... Competed at the 2004 Junior World Championships, taking sixth on 1-meter and 3-meter. Also in 2004, won the J.O. Summer National 3-meter and was second on 1-meter. She was CIF diving champion while attending Los Alamitos High as a 2004 freshman and was an All-American in 2004 and 2005.

CLUB: Pacific Diving Academy / Trojan Dive Club / National Training Center.

PERSONAL: She was born April 10, 1989 ... Her major is human performance... Younger sister Haley competed in the 2008 Olympics on 10-meter platform and synchro.

USC Women's Swimming and Diving NCAA Championships Notes

TANYA KRISMAN

Fly/Breast • 5-8 • Senior
Wildomar, CA
Torrey Pines HS

THIS SEASON: A top-flight butterfly who has made big strides as a breastroker, 2012 senior Tanya Krisman is making her fourth straight trip to the NCAA Championships. A two-time NCAA point-scorer, she is aiming for her first All-American honor ... Krisman is coming off her best conference effort, taking a career-conference-best second in the 200y fly (1:54.78) and sixth in the 400y IM (4:11.78) at the 2012 Pac-12 Championships. She was also ninth in the 200y IM (1:57.77). Krisman's two final appearances doubled her career total entering the meet ... She enters the NAAs as the fifth seed in the 200y fly and 15th in the 200y IM.

2011: As a 2011 junior, Krisman reached the consolation final of the 200y fly, taking 13th in 1:56.89. She was also 34th in the 100y fly (53.70) and 45th in the 200y IM (2:01.48) ... At the 2011 Pac-10 Championships, she won the consolation final in the 200y fly (1:57.69) and was 24th in the 200y breast (2:20.83).

2010: At the 2010 NCAA Championships, Krisman scored her first NCAA points with a 11th-place finish in the 200y fly (1:55.62). She was also 29th in the 100y fly (53.71) and 40th in the 200y IM (2:00.44) ... At the 2010 Pac-10 Championships, Krisman made her finals debut in the 200y fly, taking seventh in 1:56.97. She was also 13th in the 200y IM (1:59.83) and 14th in the 100y fly (53.56) ... She was a Pac-10 All-Academic honorable mention selection.

2009: As a 2009 freshman, Krisman was a key member of USC's dual-meet and post-season efforts, her season culminating at the NCAA Championships. She just missed earning a second swim in the 200y fly, finishing 18th (1:56.28) while she was 33rd in the 100y fly (53.17). She helped USC's 200y medley relay set a school record (1:38.33) en route to a consolation final appearance ... Krisman's 2009 Pac-10 Championships were highlighted by an 11th in the 200y fly (1:57.70). She was also 18th in the 100y fly (52.96) and 28th in the 200y IM (2:02.21) ... At the 2009 U.S. World Championship Trials, she was fifth in the 'C' final of the 200m fly (2:13.91) and was 38th in the 100m fly (1:01.48).

HIGH SCHOOL: Krisman graduated from Torrey Pines High in La Jolla, Calif., after attending Elsinore High the previous three years. She spent her senior year attending school in La Jolla to be closer to her club team, North Coast Aquatics ... At the 2008 U.S. Olympic Trials, Krisman was a finalist in the 200m fly, finishing fifth (2:09.47) ... A 2006 Junior National Team member, she was the Californian's 2007 Girls Swimmer of the Year ... She won the 200m fly at the 2006 American Short Course Championships and was a finalist in the event at the 2007 U.S. Summer Nationals. At the 2007 American Short Course Championships, she was fourth in the 200m fly ... was 2007 HSI Swimmer of the Year (based in Inland Empire Southern California) and was a three-time CIF champion in the 100y fly.

CLUB: North Coast Aquatics

PERSONAL: She was born on Dec. 28, 1989 ... Her major is human performance... She tore cartilage in both rotator cuffs when she was 11.

KRISMAN'S PERSONAL RECORDS:

200-yard fly	1:51	200-meter fly	2:08.20
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LYNETTE LIM

Free • 5-5 • Sophomore
Palm Springs, CA
Palm Springs H.S.

THIS SEASON: Lynette Lim, a 2012 sophomore, is a talented distance freestyler with international experience who has provided dual-meet punch and post-season scoring. Showing improvement from her freshman year, Lim posted her first two top 8 finishes at the Pac-12. She was sixth in the 1650y free (16:32.49) and eighth in the 500y free (4:47.32) and won the consolation final of the 200y free for ninth (1:46.05).

2011: Lim was a three-time 'B' finalist at the 2011 Pac-10 Championships as a freshman, taking 13th in both the 200y (1:48.00) and 500y free (4:46.69) and 14th in the 1650y free (16:47.49).

HIGH SCHOOL: Lim was a four-time prep All-American and two-time prep MVP at Palm Springs (Calif.) High, where she was a five-time CIF champion and the Riverside Press-Enterprise (2008) and Desert Sun Swimmer of the Year (2008, 2009) and ranked second academically in her class of 500 ... Swam in three events for Singapore at the 2008 Olympics (200m, 400m and 800m free). She was 30th in the 400m and 800m free and 36th in the 200m. Her 800m time in Beijing of 8:45.56 set a then-Singapore national record. She also represented Singapore at the 2007 and 2009 World Championships in the 400m, 800 and 1500m free and the 200m fly and at the 2007 FINA World Championships in the 200m fly and 400m free. At the 2009 Asian Youth Games, she won the 400m free. At the 2009 Southeast Asian Games, Lim won the 800m free (8:35:41) and won silver in the 400m free (4:11), setting personal bests in both. The 800m free time set a Southeast Asian Games record ... She has set 44 Singapore national records and has 19 USA Swimming National Top 16 awards ... Was a 2009 and 2009 USA Swimming Scholastic All-American and earned various academic honors, including 2008 and 2009 AP Scholar with Distinction.

CLUB: Palm Springs Piranhas/Tim Hill.

PERSONAL: She was born on April 25, 1992 ... She is majoring in human performance... Lim's older sister Elaine is a senior teammate at USC.

LIM'S PERSONAL RECORDS:

100-yard free	50.62	200-yard free	1:46.05
500-yard free	4:45.29	1000-yard free	9:56.48
1650-yard free	16:29.93	100-yard fly	56.70
200-yard fly	2:01.05	400-yard IM	4:23.65



USC Women's Swimming and Diving NCAA Championships Notes

LINDSAY PARRISH

Fly/Free • 5-4 • Junior
Santa Barbara, CA
Santa Barbara HS

THIS SEASON: Lindsay Parrish, a 2012 junior, is a solid sprint freestyler and butterflyer who continues to improve and looks build on her debut last year at the NCAA Championships ... One of USC's top sprinters, she swims on USC's 200y free relay ... At the 2012 Pac-12 Championships, Parrish was 22nd in the 50y free (23.13. PR), 23rd in the 100y fly (55.27) and 28th in the 100y free (51.00).

2011: Parrish made her NCAA debut as a 2011 sophomore, racing in the prelim of the 200y free relay, which finished 10th to earn a second swim ... At the 2011 Pac-10 Championships, Parrish was 23rd in the 50y free (23.21), 24th in the 100y free (51.27) and tied for 19th in the 100y fly (55.00) ... At the 2010 Short Course Nationals in December, she helped USC win a title in the 200y free relay (setting a school record). Her top time in the 50y free (23.21) was a PR and made her the third-fastest Trojan in the event last year.

2010: Parrish competed in three events at the 2010 Pac-10 Championships, taking 17th in the 50y free (23.24), 21st in the 100y free (50.95) and 31st in the 100y fly (55.96). Both freestyle times were personal bests.

HIGH SCHOOL: Parrish graduated from Santa Barbara (Calif.) High along with fellow USC sophomore Lolo Blair ... A four-year prep All-American, she was a 2008 and 2009 CIF-SS finalist in the 50y free and 100y fly (second in the 100y fly as a junior, third in the 50y free as a senior) ... She served as team captain of both the swim and water polo teams ... In water polo, she was a sprinter for year three years, earning All-CIF second team honors as a junior ... She is a member of the National Honor Society and the California Scholarship Federation.

CLUB/COACH: Santa Barbara Swim Club/John Dusseliere.

PERSONAL: She was born on Feb. 9, 1991 ... She is majoring in business. ... Comes from an athletic family. Her father played water polo at UCSB while her mother played soccer there. Brothers Kyle (Santa Clara) and Curtis (UC San Diego) and sister Katie (Indiana) all played collegiate water polo.

PARRISH'S PERSONAL RECORDS:

50-yard free	23.13	100-yard free	50.81
200-yard free	1:52.0	100-yard fly	54.61
100-meter fly	1:04.35		

JESSICA SCHMITT

Breast/IM/Fly • 5-8 • Junior
San Diego, CA
Torrey Pines HS

THIS SEASON: Jessica Schmitt, a 2012 junior who was an All-American as a freshman, is USC's top returner in the 200y breast and is also strong in the 200y and 400y IM and 100y breast. She became an NCAA point scorer for the first time as a 2011 sophomore and looks to repeat in 2012 ... At the 2012 Pac-12s, Schmitt was a two-time finalist for the third year in row. She finished a career-best third in the 200y breast (2:10.57) in her second consecutive final in the event. She also made her second trip to the 100y breast final, finishing seventh (1:01.52) and was 10th in the 400y IM (4:11.67).

2011: Schmitt, as a 2011 sophomore, scored for the first time at the NCAA Championships with a 12th in the 200y breast. She was also 19th in the 400y IM (4:10.86, PR) and 23rd in the 200y IM (1:59.10) ... At the 2011 Pac-10 Championships, she was a two-time finalist, finishing sixth in the 200y breast (2:11.11) and seventh in the 400y IM (4:11.08). She was also 13th in the 200y IM (2:00.10) ... In USC's win over UCLA, she clocked Troy's top time in the 200y breast on the year, an NCAA 'A' 2:09.11. Her 1:01.03 in the 100y breast, also against UCLA, was second best ... She earned 2011 Pac-10 All-Academic honorable mention honors.

2010: Schmitt earned All-American honors as a 2010 freshman by helping USC to sixth place in the 400y medley relay (breaststroke leg) at the NCAA Championships. She was also 23rd in the 200y breast (2:12.48) and 37th in the 400y IM (4:16.03) ... At the 2010 Pac-10 Championships, Schmitt was a two-time finalist, taking seventh in the 400y IM (4:14.52) and eighth in the 100y breast (1:02.15) on the same day. She was also 11th in the 200y breast (2:13.95).

HIGH SCHOOL: Schmitt, who graduated from Torrey Pines in San Diego, Calif., competed at the 2009 U.S. World Championship Trials, where she reached the 'B' final of the 200m breast, finishing second in 2:30.04. She reached the 'C' final in the 200m and 400m IM and also raced in the 100m breast and the 200m fly ... At the 2009 CIF-SD Division I Championships, Schmitt, a four-year prep All-American, posted wins in the 200y IM and 100y breaststroke ... She was a 2008 U.S. Olympic Trials semifinalist in the 200m breast and also swam the 100m breast ... She also competed at the 2004 U.S. Olympic Trials as a 13-year old ... Was a member of the 2006 National Junior Team and competed at the 2007 Japan Grand Prix.

CLUB/COACH: North Coast Aquatics/Jeff Pease.

PERSONAL: Schmitt was born on Feb. 6, 1991 ... She is majoring in international relations (global business).

SCHMITT'S PERSONAL RECORDS:

200-yard IM	1:59.04	400-yard IM	4:10.86
100-yard breast	1:01.03	200-yard breast	2:09.01
500-yard free	4:45.81	200-yard fly	1:59.20
100-yard free	51.32	400-meter IM	4:46.0
200-meter breast	2:27.0		

USC Women's Swimming and Diving NCAA Championships Notes

CHRISTEL SIMMS

Free/Fly/Back • 5-7 • Junior
Honolulu, Hawaii
Punahou HS

THIS SEASON: Christel Simms, a 2012 junior, is an excellent freestyler and backstroker with national and international experience who looks to build on her All-American debut as a sophomore last year ... At the 2012 Pac-12 Championships, she was 17th in the 100y back (53.76), 19th in the 100y free (49.89) and 20th in the 100y fly (54.08).

2011: Simms earned her first All-American honor as a 2011 sophomore, helping USC to third in the 200y medley relay with the anchor leg swim. She also helped USC to 11th in the 200y free relay. Individually, she tied for 39th in the 100y free (49.52), was 44th in the 100y back (54.38) and was 46th in the 200y back (1:59.19) ... She competed in three events at the 2011 Pac-10 Championships, finishing 14th in the 100y back (54.43), 28th in the 200y back (2:00.35) and 32nd in the 50y free (23.72) ... At the 2010 Short Course Nationals in December, Simms helped USC to a title in the 400y medley relay ... Set PRs on the year in the 100y free (49.52), 100y back (53.36) and 200y back (1:57.97) ... She earned 2011 Pac-10 All-Academic honorable mention honors.

2010: Simms, as a 2010 freshman, raced twice individually at the NCAA Championships, finishing 29th in the 100y back (53.96, personal best) and 55th in the 100y free (50.40). She was also on USC's 200y free relay that got DQ'd in prelims ... A key swimmer all year, Simms had a strong 2010 Pac-10 Championships, reaching the final of the 100y back, taking seventh (54.17). Her prelim 54.02 was a then-personal best. She also won the consolation final of the 100y free in 49.81 (another personal best) and was 14th in the 50y free (23.20).

HIGH SCHOOL: Simms was a four-year prep All-American at Punahou High in Honolulu, where she broke more than 50 Hawaii state age group records and won 16 state individual and relay titles ... She was her school's three-time Sportswoman of the Year honoree and was selected to the 2009 Honolulu Advertiser Hall of Honor ... She has double citizenship between the U.S. and the Philippines and represented the Philippines at the 2008 Olympics, finishing 41st in the 100m free and 47th in the 50m free. She was only the seventh woman to represent the Philippines in the Olympics. She also competed at the 2008 Short Course World Championships ... Was a member of the 2007 U.S. National Junior Swim Team and competed at the Junior Pan Pacs ... She is the Hawaii High School Athletic Association record holder in the 100y and 200y free and the 100y back.

CLUB/COACH: Hawaii Swim Club/Scott Sherwood.

PERSONAL: Simms was born Sept 29, 1990 and is majoring in human performance.

SIMMS' PERSONAL RECORDS:

50-yard free	22.95	100-yard free	49.52
200-yard free	1:49.25	100-yard fly	54.02
100-yard back	53.36	200-yard back	1:57.97
50-meter free	26.31	100-meter free	56.67
100-meter back	1:04.66	100-meter fly	1:03.09

AMANDA SMITH

Free/Fly • 5-9 • Senior
Cincinnati, OH
Indiana / Indian Hill H.S.

THIS SEASON: Amanda Smith, a senior co-captain who earned All-America honors last year in her first year at USC, is a versatile freestyler who can be plugged into the lineup in a variety of spots and she can also compete in the fly ... She reached her first Pac-12 Conference final in the 500y free in 2012, taking seventh (4:45.66) and she was 12th in the 200y fly (1:57.59) and 13th in the 200y free (1:47.50).

2011: Smith earned All-American honors as a 2011 USC junior, helping USC to eighth in the 800y free relay. She raced in three individual events, taking 27th in the 500y free (4:42.93), 29th in the 200y free (1:46.64) and 30th in the 200y fly (1:58.03). ... At the 2011 Pac-10 Championships, Smith just missed qualifying for two finals, finishing ninth in prelims of the 200y and 500y free. She won the consolation final of the 500y free (4:43.39) and took 12th in the 200y free (1:47.51). She was also 13th in the 200y fly (1:59.07).

INDIANA: Smith swam for Indiana as a 2008 freshman and 2009 sophomore, where she was a two-time All-American honorable mention in the 500y free (2008-09) and earned another in the 800y free relay (2009). A 2009 Academic All-American, she was second at the 2009 Big Ten Championships in the 1650y free and fourth in the 500y free. At the 2008 Big Tens, she was second in the 500y free and fifth in the 200y free. She was a 2008 Olympic Trials qualifier in the 200m IM, 200m fly (20th), 400m free and 800m free.

HIGH SCHOOL: Smith was a two-year team captain and a nine-time prep All-American at Indian Hills High in the 100y, 200y and 500y free, 100y and 200y free relay ... She led Indian Hill to state runner-up finishes in 2004, 2005 and 2006 ... She was the state champion in the 100y fly (2007) and the 500y free (2006) and the runner-up in the 200y free as a junior in 2006 ... She was state runner-up in both events as a sophomore and finished second in the 200y free and third in the 500y free in the state as a freshman ... She was the state meet and state record holder in the 100 fly ... Was the three-time Cincinnati Hills League Swimmer of the Year and a six-time Junior National qualifier and a two-time Senior National qualifier ... She was fourth in the 800m free at the 2007 USA Junior.

CLUB/COACH: Mason Manta Rays/Ken Heis.

PERSONAL: Smith was born Sept. 29, 1988 and is majoring in human performance. Her father was a letterman swimmer (1970-71) at Indiana and her grandfather lettered at Indiana in football (1938-40) ... She is a two-year member (2010-2012) of Trojan Athletic Senate (and was on the Executive Board as a senior) ... She was a 2011-12 member of USC Athlete Mentor Program and the USC Overnight Committee on Academic and Athlete Affairs (one of only two student-athletes members).

SMITH'S PERSONAL RECORDS:

200-yard free	1:46.54	200-yard fly	1:56.28
500-yard free	4:40	1650-yard free	15:00

USC Women's Swimming and Diving NCAA Championships Notes

YUMI SO

Fly • 5-7 • Junior
Crescenta Valley, CA
Crescenta Valley HS

THIS SEASON: Yumi So, a 2012 junior, has had back-to-back strong campaigns as a butterflyer for the Trojans. She has been an NCAA point scorer and Pac-10 finalist and has continued to improve ... At the 2012 Pac-12s, she became a two-time conference finalist for the first time, taking sixth in the 100y fly (52.70) and eighth in the 200y fly (1:57.52). She also won the consolation final in the 100y back (52.65).

2011: So, as a 2011 sophomore, scored at the NCAA Championships for the second year in a row, claiming 13th in the 100y fly (52.90). She was also 20th in the 200y fly (1:57.54) and tied for 31st in the 100y back (53.87) ... At the 2011 Pac-10 Championships, So was ninth in the 100y back (53.59) and 11th in both the 100y fly (53.18) and the 200y fly (1:58.08) ... So set PRs this season in the 50y (23.99) and 100y free (51.00), the 100y (53.59) and 200y back (1:58.85) and the 200y IM (2:01.18).

2010: So competed in three races at the 2010 NCAA Championships as a freshman, reaching the consolation final of the 200y fly, where she was 13th (1:56.04, personal best). She almost made the consols of the 100y fly, taking 19th (53.22). She was also 49th in the 200y IM (2:01.24) and competed on the 200y free relay that got DQ'd ... At the 2010 Pac-10 Championships, she reached the final of the 200y fly, taking eighth in 1:56.99. She was also 12th in the 100y fly (53.14) and 13th in the 100y back (54.39) ... At the 2009 California-Speedo Winter Sectionals, she was third in the 200y fly.

HIGH SCHOOL: So was a 10-time prep All-American at Crescenta Valley (Calif.) High, where she was named the National 18 & Under champion in the 200m fly last year and also broke the 17-18 Girls 100m and 200m Fly SCS records. The 200m fly mark was previously held by former Trojan Olympian Kaitlin Sandeno (2001) while the 100m fly mark was held by Olympian Jenna Johnson (1985). So broke the 100y mark twice, the last at 52.71 ... She was a 2008 USA Swimming Short Course National Championships finalist, placing third in the 200m fly (1:56.63) and fifth in the 100m fly (53.05) ... So competed at the 2008 U.S. Olympic Trials in the 100m and 200m fly ... At the 2009 U.S. World Championships Trials, she was sixth in the 'B' final of the 200m fly and tied for fifth in the 'C' final in the 100m fly ... She was third in the 200m fly at the 2009 U.S. Open ... So won three CIF Southern Section Division I titles in the 100y fly (2007-09) and two in the 100y back (2008-09).

CLUB/COACH: Swim Pasadena/Terry Stoddard.

PERSONAL: So was born on March 27, 1991 ... She is majoring in human performance... So played the violin in her high school orchestra.

SO'S PERSONAL RECORDS:

50-yard free	23.99	100-yard free	51.00
200-yard free	1:50.55	100-yard back	53.22
200-yard back	1:58.85	100-yard fly	52.67
200-yard fly	1:56.04	200-yard IM	2:00.57
400-yard IM	4:19.52	100-meter free	59.53
200-meter free	2:03.83	100-meter fly	1:00.37
200-meter fly	2:10.72		

USC Women's Swimming and Diving NCAA Championships Notes

2011-2012 Pacific-12 Conference Results

TEAM SCORE

	DAY 1-2	DAY 3	FINAL
1. California	426.5	961.5	1389.5
2. Stanford	462	868	1341.5
3. USC	390	819	1225
4. Arizona	385	782	1171
5. UCLA	341.5	682.5	1087.5
6. Arizona State	298	556	790.5
7. Utah	233	351	485
8. Oregon State	142.5	230.5	326.5
9. Washington State	134.5	187.5	239.5

200-YARD MEDLEY RELAY (PRELIM / FINAL)

5. So, Carlson, Hosszu, Simms	1:37.77
Exh. Blair, Schmitt, Krisman, Shumway	1:42.75

800-YARD FREESTYLE RELAY

3. Hosszu, Anderson, Smith, Lim	7:01.76
Exh. Gardell, Hawthorne, Shumway, Blair	7:16.34

500-YARD FREESTYLE

1. Haley Anderson	4:39.61 / 4:36.52 #
7. Amanda Smith	4:44.49 / 4:45.66
8. Lynette Lim	4:46.06 / 4:47.42
24. Lolo Blair	4:55.02 / 4:54.34
Exh. Kate Shumway	4:52.78
Exh. Chelsea Wild	5:01.82
Exh. Elaine Lim	5:14.77

200-YARD IM

1. Katinka Hosszu	1:54.88 / 1:52.37 #
4. Stina Gardell	1:57.26 / 1:56.00
5. Meghan Hawthorne	1:58.56 / 1:57.50
9. Tanya Krisman	1:59.65 / 1:57.77
21. Jordan Danny	2:00.92 / 2:01.78
25. Ania Kowalczyk	2:09.43
45. Ella Kidron	2:13.89
Exh. Jessica Schmitt	1:59.44

50-YARD FREESTYLE

12. Kasey Carlson	22.81 / 22.77
22. Lindsay Parrish	23.14 / 23.13
39. Kate Shumway	23.79
50. Rebecca Heyliger	24.24
57. Sarah Webb	25.35
58. Elaine Lim	25.74
59. Kate Davey	26.92
Exh. Christel Simms	23.18
Exh. Amanda Smith	24.03
Exh. Yumi So	24.34
Exh. Lolo Blair	24.45
Exh. Ella Kidron	24.82

1-METER DIVING

1. Victoria Ishimatsu	323.20 / 337.05
22. Jessica Warren	191.70 / 191.70

200-YARD FREESTYLE RELAY

6. Carlson, Simms, So, Parrish	1:31.51
Exh. Gardell, Smith, Shumway, Blair	1:33.87

400-YARD IM

3. Stina Gardell	4:07.39 / 4:04.65
4. Meghan Hawthorne	4:09.80 / 4:08.12
5. Haley Anderson	4:09.44 / 4:10.72
6. Tanya Krisman	4:12.40 / 4:11.78
10. Jessica Schmitt	4:13.38 / 4:11.67
24. Chelsea Wild	4:26.77 / 4:29.53

100-YARD BUTTERFLY

6. Yumi So	52.58 / 52.70
20. Christel Simms	54.28 / 54.08
23. Lindsay Parrish	54.84 / 55.27
37. Kate Davey	59.28
38. Rebecca Heyliger	1:00.10
39. Sarah Webb	1:00.30

200-YARD FREESTYLE

1. Katinka Hosszu	1:43.74 / 1:43.15 #
9. Lynette Lim	1:47.01 / 1:46.05
13. Amanda Smith	1:48.31 / 1:47.50
24. Kate Shumway	1:49.88 / 1:49.96
43. Elaine Lim	1:56.56
Exh. Kate Davey	1:58.52

100-YARD BREASTSTROKE

3. Kasey Carlson	1:00.70 / 1:00.09
7. Jessica Schmitt	1:01.58 / 1:01.52
8. Jordan Danny	1:01.77 / 1:01.68
14. Ella Kidron	1:03.01 / 1:02.77
18. Ania Kowalczyk	1:03.86 / 1:02.85

100-YARD BACKSTROKE

9. Yumi So	53.31 / 52.65
17. Christel Simms	54.21 / 53.76
27. Lolo Blair	55.51
Exh. Sarah Webb	1:01.11

3-METER DIVING

1. Victoria Ishimatsu	339.05 / 386.80
19. Jessica Warren	213.50 / 213.50

400-YARD MEDLEY RELAY

4. So, Carlson, Krisman, Hosszu	3:34.24
Exh. Blair, Schmitt, Parrish, Simms	3:39.53

1650-YARD FREESTYLE

1. Haley Anderson	15:41.52
6. Lynette Lim	16:32.49
15. Chelsea Wild	17:02.76

200-YARD BACKSTROKE

22. Lolo Blair	1:59.61 / 2:00.00
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100-YARD FREESTYLE

19. Christel Simms	50.03 / 49.89
28. Lindsay Parrish	50.81 / 51.00
31. Kate Shumway	51.26
49. Rebecca Heyliger	53.65
51. Sarah Webb	54.16
52. Elaine Kim	54.65
Exh. Lynette Lim	50.60

200-YARD BREASTSTROKE

2. Stina Gardell	2:11.29 / 2:09.48
3. Jessica Schmitt	2:12.19 / 2:10.57
5. Jordan Danny	2:12.37 / 2:11.39
7. Meghan Hawthorne	2:13.01 / 2:14.48
11. Ania Kowalczyk	2:15.87 / 2:14.80
14. Kasey Carlson	2:14.25 / 2:15.70
24. Ella Kidron	2:16.41 / 2:18.56

200-YARD BUTTERFLY

1. Katinka Hosszu	1:54.14 / 1:52.26
2. Tanya Krisman	1:55.70 / 1:54.78
8. Yumi So	1:57.70 / 1:57.52
12. Amanda Smith	1:58.65 / 1:57.59
30. Chelsea Wild	2:05.16
34. Kate Davey	2:09.37

PLATFORM DIVING

2. Victoria Ishimatsu	247.60 / 282.45
7. Jessica Warren	212.60 / 204.00

400-YARD FREESTYLE RELAY

6. Hosszu, Simms, Lim, Carlson	3:19.51
Exh. Gardell, Parrish, Shumway, Schmitt	3:22.71
Exh. So, Webb, Heyliger, Lim	3:32.04

USC Record

* Opening 200 split was USC record 1:43.015

USC Women's Swimming and Diving NCAA Championships Notes

2011-2012 Women of Troy Top Performances – Short Course Yards

50 Free (21.93 / 22.99)

USC Record: Kasey Carlson (2011)	22.10
Kasey Carlson (TI).....	22.10*
Christel Simms (TI).....	22.95*
Kate Shumway (TI).....	23.05
Lindsay Parrish (P).....	23.13
Yumi So (C).....	24.10

100 Free (47.84 / 50.19)

USC Record: Presley Bard (2010)	48.31
Kasey Carlson (LA).....	^ 49.00*
Christel Simms (TI).....	49.75*
Katinka Hosszu (P).....	^ 49.83*
Stina Gardell (P).....	^ 50.52
Lynette Lim (P).....	50.60

200 Free (1:44.02 / 1:48.29)

USC Record: Katinka Hosszu (2012)	1:43.15
Katinka Hosszu (P).....	1:43.15**
Lynette Lim (P).....	1:46.05*
Stina Gardell (TI).....	^ 1:46.57*
Amanda Smith (LA).....	1:47.00*
Haley Anderson (TI).....	1:47.25*

500 Free (4:38.46 / 4:47.79)

USC Record: Haley Anderson (2012)	4:36.52
Haley Anderson (P).....	4:36.52**
Amanda Smith (TI).....	4:42.64*
Lynette Lim (TI).....	4:45.22*
Lolo Blair (TI).....	4:52.29
Katinka Hosszu (WSU).....	4:52.70

1000 Free

USC Record: Haley Anderson (2012)	9:31.58
Haley Anderson (P).....	9:31.58
Lynette Lim (P).....	9:57.30
Chelsea Wild (P).....	10:15.12
Amanda Smith (WSU).....	10:20.78
Andrea Basaraba (WSU).....	10:34.82

1650 Free (15:53.38 / 16:30.59)

USC Record: Haley Anderson (2012)	15:41.52
Haley Anderson (P).....	15:41.52**
Lynette Lim (P).....	16:32.49
Chelsea Wild (P).....	17:02.76

200 IM (1:56.13 / 2:01.79)

USC Record: Katinka Hosszu (2012)	1:52.37
Katinka Hosszu (P).....	1:52.37**
Stina Gardell (P).....	1:56.00**
Meghan Hawthorne (P).....	1:57.50*
Tanya Krisman (P).....	1:57.77*
Jessica Schmitt (P).....	1:59.44*

400 IM (4:05.65 / 4:19.69)

USC Record: Katinka Hosszu (2011)	3:58.86
Katinka Hosszu (TI).....	3:58.86**
Stina Gardell (P).....	4:04.65**
Meghan Hawthorne (P).....	4:08.12*
Haley Anderson (P).....	4:09.44*
Tanya Krisman (TI).....	4:11.10*

100 Fly (52.02 / 54.62)

USC Record: Lyndsay DePaul (2011)	51.34
Yumi So (P).....	52.58*
Katinka Hosszu (TI).....	52.83*
Tanya Krisman (TI).....	52.83*
Stina Gardell (TI).....	52.86*
Meghan Hawthorne (TI).....	53.48*

200 Fly (1:54.95 / 2:00.69)

USC Record: Katinka Hosszu (2011)	1:51.02
Katinka Hosszu (TI).....	1:51.03**
Tanya Krisman (P).....	1:54.78**
Amanda Smith (TI).....	1:56.28*
Yumi So (TI).....	1:57.65*
Meghan Hawthorne (WS).....	1:59.03*1

100 Breast (59.65 / 1:02.98)

USC Record: Rebecca Soni (2009)	58.10
Kasey Carlson (TI).....	58.46**
Jessica Schmitt (P).....	1:01.52*
Jordan Danny (P).....	1:01.77*
Ania Kowalczyk (TI).....	1:02.09*
Tanya Krisman (TI).....	1:02.41*

200 Breast (2:09.25 / 2:16.20)

USC Record: Rebecca Soni (2009)	2:04.75
Kasey Carlson (TI).....	2:08.40**
Stina Gardell (P).....	2:09.48*
Jessica Schmitt (WS).....	2:09.90*
Jordan Danny (P).....	2:11.39*
Meghan Hawthorne (P).....	2:13.01*

100 Back (52.55 / 55.17)

USC Record: Presley Bard (2011)	51.62
Yumi So (P).....	52.65*
Christel Simms (TI).....	^ 53.55*
Lolo Blair (P).....	^ 55.39
Meghan Hawthorne (TI).....	^ 55.45
Katinka Hosszu (WI).....	56.51

200 Back (1:53.37 / 1:59.24)

USC Record: Presley Bard (2010)	1:51.80
Katinka Hosszu (LA).....	1:55.13*
Meghan Hawthorne (TI).....	1:58.01*
Stina Gardell (TI).....	1:59.15*
Lolo Blair (LA).....	1:59.32
Andrea Basaraba (TI).....	1:59.59

200 Free Relay (1:28.35 / 1:32.76)

USC Record: Presley Bard, Kasey Carlson, Lindsay Parrish, Lyndsay DePaul (2011)	1:29.33
Carlson, Simms, Parrish, Smith (TI).....	1:29.75*
Carlson, Simms, So, Parrish (P).....	1:31.51*
Carlson, Simms, Shumway, Parrish (WI).....	1:33.34
Gardell, Smith, Shumway, Blair (P).....	1:33.87
Carlson, Hosszu, Parrish, So (ASU).....	1:33.90

400 Free Relay (3:14.93 / 3:24.67)

USC Record: Presley Bard, Lyndsay DePaul, Katinka Hosszu, Kasey Carlson (2011)	3:15.39
Carlson, Simms, Smith, Hosszu (TI).....	3:16.24*
Hosszu, Simms, Lim, Carlson (P).....	3:19.51*
Carlson, Simms, Smith, Hosszu (AZ).....	3:22.44*
Gardell, Parrish, Shumway, Schmitt (P).....	3:22.71*
Simms, Carlson, Anderson, Smith (C).....	3:23.00*

800 Free Relay (7:02.07 / 7:23.17)

USC Record: Presley Bard, Lyndsay DePaul, Haley Anderson, Katinka Hosszu (2010)	6:59.48
Hosszu, Anderson, Smith, L. Lim (P).....	7:01.76**
Hosszu, Smith, L. Lim, Anderson (TI).....	7:03.85*
Gardell, Hawthorne, Shumway, Blair (P).....	7:16.34*
Gardell, Hawthorne, Shumway, Blair (TI).....	7:16.87*
Amderson, Hosszu, L. Lim, Smith (WI).....	7:20.23*

200 Medley Relay (1:36.68 / 1:42.70)

USC Record: Presley Bard, Kasey Carlson, Lyndsay DePaul, Christel Simms (2011)	1:36.06
Simms, Carlson, So, Shumway (TI).....	1:37.69*
So, Carlson, Hosszu, Simms (P).....	1:37.77*
So, Carlson, Hosszu, Simms (LA).....	1:38.64*
So, Carlson, Hosszu, Simms (S).....	1:40.14*
So, Carlson, Hosszu, Simms (C).....	1:40.28*

400 Medley Relay (3:32.56 / 3:43.18)

USC Record: Bard, Carlson, DePaul, Hosszu (2011)	3:29.82
Simms, Carlson, So, Hosszu (TI).....	3:31.92**
So, Carlson, Krisman, Hosszu (P).....	3:34.24*
Hawthorne, Danny, Krisman, Shumway (TI).....	3:38.93*
Blair, Schmitt, Parrish, Simms (P).....	3:39.53*
Simms, Carlson, Krisman, Hosszu (WI).....	3:43.05*

1-Meter (265 for 6-dive total with standard DD)

Victoria Ishimatsu (S).....	338.85
Celia Pinczower (ASU).....	237.23
Jessie Warren (C).....	242.93

3-Meter (280 for 6-dive total with standard DD)

Victoria Ishimatsu (P).....	386.80
Celia Pinczower (AZ).....	280.20
Jessie Warren (S).....	243.68

Platform (225 for 5-dive total with standard DD)

Victoria Ishimatsu (P).....	282.45
Jessie Warren (P).....	212.60

Event Key

at Washington State.....	WSU
Trojan Diving Invitational.....	TDI
at Arizona.....	AZ
at a Arizona State.....	ASU
Texas Invitational.....	TI
Winter Sectionals.....	WS
Wisconsin.....	WI
California.....	C
Stanford.....	S
UCLA.....	LA
Pac-12 Championships.....	P

** NCAA A Cut

* NCAA B Cut

^ Relay leadoff



Women of Troy Team Records

Short Course Yards

50-Yard Freestyle

Kasey Carlson (2011 Texas Invitational) 22.10

100-Yard Freestyle

Presley Bard (2010 Pac-10 Championships) 48.31

200-Yard Freestyle

Katinka Hosszu (2012 Pac-12 Championships) 1:43.15

500-Yard Freestyle

Haley Anderson (2012 Pac-10 Championships) ... 4:36.52

1000-Yard Freestyle

Haley Anderson (2012 Pac-12 Championships) * 9:31.58

1650-Yard Freestyle

Haley Anderson (2012 Pac-12 Championships) . 15:41.52

100-Yard Backstroke

Presley Bard (2011 NCAA Championships) 51.62

200-Yard Backstroke

Presley Bard (2010 Pac-10 Championships) 1:51.80

100-Yard Breaststroke

Rebecca Soni (2009 Pac-10 Championships) ** 58.10

200-Yard Breaststroke

Rebecca Soni (2009 Pac-10 Championships) *** 2:04.75

100-Yard Butterfly

Lyndsay DePaul (2011 Pac-10 Championships) 51.34

200-Yard Butterfly

Katinka Hosszu (2010 Short Course Nationals) 1:51.02

200-Yard Individual Medley

Katinka Hosszu (2012 Pac-12 Championships) 1:52.37

400-Yard Individual Medley

Katinka Hosszu (2011 Texas Invitational) 3:58.86

200-Yard Freestyle Relay

1:29.33 2011 NCAA Championships
Presley Bard, Kasey Carlson, Lindsay Parrish,
Lyndsay DePaul

400-Yard Freestyle Relay

3:15.39 2010 Short Course Nationals
Presley Bard, Lyndsay DePaul, Katinka Hosszu,
Kasey Carlson

800-Yard Freestyle Relay

6:59.48 2010 Pac-10 Championships
Presley Bard, Lyndsay DePaul, Haley Anderson,
Katinka Hosszu

200-Yard Medley Relay

1:36.06 2011 NCAA Championships
Presley Bard, Kasey Carlson, Lyndsay DePaul,
Christel Simms

400-Yard Medley Relay

3:29.82 2011 NCAA Championships
Presley Bard, Kasey Carlson, Lyndsay DePaul,
Katinka Hosszu

* First 1000 yards of 1650 race.

** NCAA record

*** American and NCAA record

Long Course Meters

50-Meter Freestyle

Rhi Jeffrey (2006 U.S. Spring Nationals) 25.47

100-Meter Freestyle

Rhi Jeffrey (2006 U.S. Spring Nationals) 55.68

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

Kalyn Keller (2004 U.S. Olympic Trials) 8:26.33

1500-Meter Freestyle

Asa Sandlund (2003 U.S. Spring Nationals) 16:55.73

100-Meter Backstroke

Haley McGregory (1996 U.S. Spring Nationals) ... 1:03.36

200-Meter Backstroke

Lindsay Benko (1996 U.S. Olympic Trials) 2:13.83

100-Meter Breaststroke

Rebecca Soni (2007 Husky Invite) 1:07.29

200-Meter Breaststroke

Rebecca Soni (2007 Duel in the Pool) 2:24.70

100-Meter Butterfly

Karen Campbell (1999 U.S. Spring Nationals) 59.94

200-Meter Butterfly

Kaitlin Sandeno (2004 U.S. Olympic Trials) 2:09.94

200-Meter Individual Medley

Kristine Quance (1996 U.S. Olympic Trials) 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 dual 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

Kalyn Keller (2004 NCAA Championships) 4:02.21

800-Meter Freestyle

Kalyn Keller (2004 NCAA Championships) 8:25.86 **

1500-Meter Freestyle

Kalyn 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

Rebecca Soni (2006 Short Course Worlds) 2:24.06

100-Meter Butterfly

Jana Krohn (2004 NCAA Championships) 59.45

200-Meter Butterfly

Katinka Hosszu (2010 Short Course Worlds) 2:04.56

200-Meter Individual Medley

Katinka Hosszu (2010 Short Course Worlds) 2:06.88

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, Kalyn 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