

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	55:31	Kristi Heydaneck (UCLA) vs. USC, 2/13/93
200 Back	1:57.20	Beth Botsford (Arizona) vs. USC, 11/22/02
100 Breast	1:00.19	Tara Kirk (Stanford) vs. USC, 2/2/02
200 Breast	2:12.68	Agnes Kovacs (Arizona State) vs. USC, 11/23/02
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.	3:22.91	Stanford (Cropper, Smith, Rose, Gassner) vs. USC, 1/31/98
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



Kristin MacGregor helped set the USC pool record in the 400 M.R.



Karen LaBerge's pool record in the 1650y free dates back to 1986.

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	16:14.12	Julie Kole (Foxcatcher) at USS Nationals, 7/31/89
100 Back	1:00.18	Natalie Coughlin (California) at Janet Evand Invitational, 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



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 NCAAAs)	22.52
100-Yard Freestyle	
Jennifer Parmenter (2002 NCAAAs)	49.61
200-Yard Freestyle	
Sue Habernigg (1984)	1:45.73
500-Yard Freestyle	
Kaitlin Sandeno (2003 NCAAAs)	4:39.31
1000-Yard Freestyle	
Kaitlin Sandeno (2003 Pac-10s)	* 9:37.83
1650-Yard Freestyle	
Kaitlin Sandeno (2003 NCAAAs)	15:54.41
100-Yard Backstroke	
Hope Gittings (1997 NCAAAs)	54.00
..... (relay leadoff)	
200-Yard Backstroke	
Lindsay Benko (1997 NCAAAs)	1:54.42
100-Yard Breaststroke	
Kristin MacGregor (1999 NCAAAs)	1:00.66
200-Yard Breaststroke	
Kristine Quance (1996 NCAAAs)	2:09.57
100-Yard Butterfly	
Jana Krohn (2003 NCAAAs)	52.43
200-Yard Butterfly	
Michala Kwasny (2001 NCAAAs)	1:55.08
200-Yard Individual Medley	
Kristine Quance (1997 NCAAAs)	1:56.85
400-Yard Individual Medley	
Kristine Quance (1997 NCAAAs)	4:06.54
200-Yard Freestyle Relay	
1:31.54	2002 NCAAAs
Jennifer Parmenter, Kirsten Rich, Michala Kwasny, Kristin MacGregor	
400-Yard Freestyle Relay	
3:18.76	2002 NCAAAs
Jennifer Parmenter, Kristin MacGregor, Michala Kwasny, Joanna Fargus	
800-Yard Freestyle Relay	
7:09.80	2003 NCAAAs
Kaitlin Sandeno, Margie Pedder, Jana Krohn, Michala Kwasny	
200-Yard Medley Relay	
1:40.56	2002 NCAAAs
Joanna Fargus, Kristin MacGregor, Jana Krohn, Jennifer Parmenter	
400-Yard Medley Relay	
3:36.53	1999 NCAAAs
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	
Lindsay Benko (1999 U.S. Spring Ntl.)	1:59.72
400-Meter Freestyle	
Lindsay Benko (1999 U.S. Spring Ntl.)	4:11.05
800-Meter Freestyle	
Lindsay Benko (1997 U.S. Open)	8:47.74
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 (2003 U.S. Spring Ntl.)	2:10.02
200-Meter Individual Medley	
Kristine Quance (1996 USOT)	2:13.76
400-Meter Individual Medley	
Kaitlin Sandeno (2003 Duel in the Pool)	4:41.89
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	
Paige Francis (2000 NCAAAs)	25.77
100-Meter Freestyle	
Kristin MacGregor (2000 NCAAAs)	56.85
200-Meter Freestyle	
Lindsay Benko (1998 U.S. Open)	2:00.71
400-Meter Freestyle	
Lindsay Benko (1998 U.S. Open)	4:08.73
800-Meter Freestyle	
Alexis Binder (1998 U.S. Open)	8:37.47
1500-Meter Freestyle	
Asa Sandlund (2000 NCAAAs)	16:14.77
100-Meter Backstroke	
Kaitlin Sandeno (2004)	1:00.64
200-Meter Backstroke	
Paige Francis (2000 NCAAAs)	2:11.62
100-Meter Breaststroke	
Kristin MacGregor (2000 NCAAAs)	1:07.99
200-Meter Breaststroke	
Kristine Quance (1993 U.S. Open)	2:25.84
100-Meter Butterfly	
Nora Zhong (1998 U.S. Open)	1:00.60
200-Meter Butterfly	
Michala Kwasny (2000)	2:10.92
200-Meter Individual Medley	
Kristine Quance (1996 U.S. Open)	2:12.19
400-Meter Individual Medley	
Kristine Quance (1996 U.S. Open)	4:37.14
400-Meter Freestyle Relay	
3:46.50	2000 NCAAAs
Jennifer Parmenter, Kristin MacGregor, Corrie Murphy, Paige Francis	
800-Meter Freestyle Relay	
8:10.43	2000 NCAAAs
Paige Francis, Jennifer Parmenter, Michala Kwasny, Corrie Murphy	
400-Meter Medley Relay	
4:06.80	2000 NCAAAs
Paige Francis, Kristin MacGregor, Michala Kwasny, Jennifer Parmenter	

Women of Troy Olympians – 6 Golds

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)
 Maria Elena Romero (Mexico)
 3-Meter Diving

1992 — BARCELONA

Ayako Nakano (Japan) 50 Free
 100 Free
 Eri Kimura (Japan) 200 IM
 400 IM
 Maria 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 Helmath 400 Free
 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



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.

USC in International Competition

World Championships – 4 Gold Medals

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 Fargus '05	200 Back	3rd
Blythe Hartley '05	1-Meter	1st
Kaitlin Sandeno '05	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 – 4 Medals

2001 — Beijing, China

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

1999 — Mallorca, Spain

Corrie Murphy '01		1 Bronze
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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 Fargus '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 – 7 Gold Medals

2002 — Yokohama, Japan

Lindsay Benko '99		2 Golds, 3 Silvers
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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		
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Pan Am Games – 2 Gold Medals

1999 — Winnipeg, Canada

Karen Campbell '99		2 Golds
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European Championships

1999 — Istanbul, Turkey

Asa Sandlund '03		400 Free, 800 Free
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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 (215)

NCAA/AIAW Champions in bold

(Some years incomplete due to lack of records)

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., 2000 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)
 Dórté Lindner (1-Meter, 3-Meter)
 Corrie Murphy (200 Back, 400 IM)
 Jean Ellis Todisco (400 IM, 400 M.R.)
 Brittany White (400 IM)



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

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.)
 Dórté 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.)
 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.)

Women of Troy All-Americans (215)



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

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.)
 Ulirike 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., **800 F.R.**)
 Heather Ray.....(200 M.R., 400 M.R.,
Ulrike Reinholdt (**800 F.R.**)
Kristine Quance (**100 Breast, 200 IM,**
 **400 IM, 200 M.R., 400 M.R., 800 F.R.**)
Jennifer Stephen(200 Free, **800 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.)

1992

Jenn Hutchison (200 Fly)

1991

Elin Bartell (400 F.R.)
 Lisa Dorman (200 M.R., 400 M.R., 400 F.R.)
 Anna Hansen(400 M.R., 400 F.R.)
 Monica Koyama.....(200 M.R.)
 Heather Ray(400 M.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.)

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 Woodhead(800 F.R., 200 M.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 (215)

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 Oructt 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 Cox(50 Back, 50 Fly, 100 Back)
Robin Fiene.....(100 Free)
Michelle Ford.....(50 Breast, 500 Free, 400 IM)
Anette Frederickson(50 Breast, 100 Breast)
Sue Habernigg... (50 Fly, 100 Fly, 100 Free, 200 Free)
Kristy Henderson
Tracy Spalding
Maura Walsh(200 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 Hinderaker(50 Free, 50 Fly, 200 F.R.,
..... 400 F.R., 200 M.R.)
Karen Johannsen.....(200 F.R., 200 M.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 Walsh(200 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 Rudd(50 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 Edwards(200 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 McDonald(50 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 (97)

Pacific-10 Conference (1986-2003)

(Some years incomplete due to lack of records)

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)
 Karen 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.

Women of Troy National Champions (32)

1975 Linda Stimpson.....	50, 100 back	1983 Sue Habernigg.....	200 free
1976 Kim Peters.....	500 free	1985 Sue Habernigg	200 free
400 free relay	Kim Peters, Heather Greenwood, Laurie Edwards, Cindy Schilling	1994 Kristine Quance	200 IM, 400 IM, 200 breast
1977 Miriam Smith	100 back	800 free relay	Ayako Nakano, Kristine Quance, Ulrike Reinholdt, Jennifer Stephen
200 free relay	Cindy Schilling, Val Seyfert, Susan Gove, Laurie Edwards	1996 Lindsay Benko	500 free, 200 back
1978 Sue Hinderaker	50 free	Kristine Quance	200 IM, 400 IM, 200 breast
Debbie Rudd.....	200 breast	1997 Lindsay Benko	500 free, 200 back
1979 Sue Hinderaker	50 breast	Kristine Quance	400 IM, 200 breast
Debbie Rudd.....	200 breast	1999 Lindsay Benko	500 free
1980 Annette Fredrickson	50 breast	2002 Blythe Hartley.....	1-Meter, Platform
Nancy Garapick	200 free, 200 IM		
Maura Walsh	500 free		



Blythe Hartley was named the 2002 NCAA Women's Diver of the Year after winning the 1-meter and platform at the NCAA Championships.



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

All-Time Record vs. Opponents

TEAM	USC	OPPONENT	PCT.	TEAM	USC	OPPONENT	PCT.
Arizona	17	7	.708	Nevada	1	0	1.000
Arizona State	17	7	.708	Nevada-Las Vegas	1	0	1.000
California	12	11	.522	Ohio State	1	0	1.000
Cal State Northridge	7	0	1.000	Pacific	3	0	1.000
Claremont	3	0	1.000	Pepperdine	9	0	1.000
Colorado State	6	0	1.000	Pomona-Pitzer	4	0	1.000
Florida	1	0	1.000	San Diego	4	0	1.000
Fresno State	3	0	1.000	San Diego State	9	0	1.000
Hawai'i	2	0	1.000	Stanford	2	23	.080
Houston	1	0	1.000	Texas	1	4	.200
Long Beach State	15	1	.938	Texas A&M	3	0	1.000
Michigan	2	0	1.000	UC Irvine	11	0	1.000
Mission Viejo	3	0	1.000	UCLA	15	11	.577
Nebraska	1	1	.500	UC San Diego	1	0	1.000
New Mexico State	1	0	1.000	UC Santa Barbara	24	1	.960



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