

Orinda Aquatics 2009 Collegiate Recap

Orinda Aquatics was well represented all over the country in college swimming this year and the swimming was outstanding. Most swimmers produced lifetime best times this year and were well represented in their conference swim meets. Thirteen swimmers were members of Conference Championship teams, three have already been elected as team captains for next season, five competed at the NCAA championships; Lauren Beaudreau (DI), Lindsay Sharp (DI), Heather White (DI), Chelsea Pfol (III) and Jon Behnke (DIII).

Beaudreau established herself as one of Richmond's best ever, setting several team and A-10 records and was named the Atlantic-10 Most Outstanding Performer. Lindsay Sharp was a member of two NCAA finalist relays and Heather White's Golden Bears won the National Championship.

Highlight – denotes lifetime best time

Senior Class

Lauren Beaudreau – Richmond Spiders, Atlantic-10 Conference – Conference Champions

200 Breast 2:11.43 1st place; NCAA DI “B” cut – makes NCAA Champs

100 Breast 1:02.19 1st place; NCAA DI “B” cut – makes NCAA Champs

200 IM 2:00.11 1st place; NCAA DI “B” cut – makes NCAA Champs – **1:58.10 @ NCAA (21st) lifetime best**

400 IM 4:11.56 NCAA DI “B” cut – makes NCAA Champs – **4:10.53 @ NCAA (17th) lifetime best**

Jon Behnke – Denison University – North Coast Athletic Conference – Conference Champions

50 Free 20.96 4th place; NCAA DIII “B” cut; 20.26 relay split – makes NCAA Champs

100 Back 50.71 4th place; NCAA DIII “B” cut – makes NCAA Champs – **50.50 @ NCAA (15th) lifetime best**

100 Free 46.33 7th place; NCAA DIII “B” cut – makes NCAA Champs

Marisa Chang – University of Washington – Pac-10

200 Fly 2:01.90 21st place

100 Fly 54.91; 24.89 50 fly relay split

50 Free 23.84

Jason Kawasaki – Princeton Tigers – Ivy League (EISL) – Conference Champions

400 IM 4:09.64

200 IM 1:55.64

100 Breast 58.68

200 Breast 2:09.65

Scott Lathrope – Stanford University – Pac-10 – Conference Champions

200 IM 1:47.77; 200m IM 2:05.43; NCAA DI “B” cut

400 IM 3:49.76; 400m IM 4:25.81; NCAA DI “B” cut

200 Fly 1:48.08; 200m Fly 2:03.84

Lindsey Sharp – University of Washington – Pac-10

50 Free 22.84 15th place

200 Free 1:47.70 13th place; NCAA DI “B” cut – makes NCAA Champs

100 Free 49.61 18th place; NCAA DI “B” cut – makes NCAA Champs

Anchors 10th place 200 MR (22.33 split) & 12th place 400 MR (49.05 split) @ NCAA's

Joe Unruh – US Naval Academy – Patriot League – Conference Champions

50 Free 20.73 10th place

100 Free 45.87 14th place

100 Fly 51.11 16th place

Junior Class

Megan Lynn – Carleton College – Minnesota Intercollegiate Athletic Conference – Conference Champions

400 IM 5:14.09

Elected team captain for 2009-10 season

James McLaughlin – US Military Academy (Army) – Patriot League

100 Breast 55.20 1st place; 24.72 50 Breast relay split, 54.52 100 Breast relay split

200 Breast 2:02.04 1st place

200 IM 1:52.83 10th place

Andrew Schneider – University of Southern California – Pac-10

50 Free 20.56

100 Free 44.70

100 Back 52.40

Niki Schrakamp – University of California, Santa Barbara – Big West Conference – Conference Champions

200 Fly 2:08.57

100 Fly 58.43

Eric Tang – Columbia – Ivy League (EISL)

200 IM 1:53.15

100 Breast 56.20 13th place

200 Breast-2:02.71 15th place

Katie Ure – University of California, Santa Barbara – Big West Conference – Conference Champions

100 Fly 54.46 2nd place; 23.88 50 Fly relay split

200 Back 2:00.63 3rd place

200 IM 2:05.50 7th place

Heather White – University of California, Berkeley – Pac-10 – 1st ever Conference Championship

NCAA DI Champions

400 IM 4:13.41 8th place NCAA DI “B” cut – makes NCAA Champs – **4:12.12 @ NCAA (24th) lifetime best**

200 IM 2:00.46 12th place NCAA DI “B” cut – makes NCAA Champs – **1:58.43 @ NCAA (24th) lifetime best**

200 Back 2:00.06 22nd place

200 Free relay split 1:48.49

Sophomore Class

Shanna Hoversten – Claremont McKenna – SCIAC – Conference Champions

50 Free 26.62

100 Free 1:04.72

100 Fly 58.83

Maddie Kennedy – Ithica University – New York State/Empire 8 – Conference Champions

200 Free 1:57.01 9th place

100 Free 54.24 11th place

50 Free 25.33 14th place

Kelsey Lewis - University of California, Santa Barbara – Big West Conference – Conference Champions

400 IM 4:23.08 3rd place

200 IM 2:04.68 6th place

200 Fly 2:02.45 5th place

Dustin Luchini – University of California, Irvine – Big West Conference

100 Breast 56.41 5th place

200 Breast 2:02.94 9th place

200 IM 1:53.75 14th place

Elected team captain for 2009-10 season

Chelsea Pfohl – New York University – University Athletic Association

100 Fly 56.46 1st place; NCAA DIII “B” cut – makes NCAA Champs – **56.93 @ NCAA (16th)**

100 Back 58.34 1st place; NCAA DIII “A” cut – makes NCAA Champs – **58.05 @ NCAA (22nd)**

100 Free 52.98 4th place; NCAA DIII “B” cut – makes NCAA Champs

Freshman Class

Nate Erickson – Air Force Academy – Mountain West Conference

100 Back 52.69

200 IM 1:57.00

Jack McMahon – University of New Orleans – Sunbelt Conference

100 Back 51.99 23rd place

200 Back 1:52.79 20th place

200 IM 1:54.15

Elected team captain for 2009-10 season

Chris Peterson – University of California, Santa Barbara – Big West Conference – Conference Champions

50 Free 20.12; 19.75 relay split

100 Free 45.34

200 Free 1:45.01

Molly Sharp – University of Hawaii – Western Athletic Conference

50 Free 25.51

100 Free 55.97

100 Back 1:04.06

Haley Strausser – Brown – Ivy League (EISL)

100 Fly 59.06; 58.72 relay split

200 Fly 2:11.61

Shane Tutass – Columbia – Ivy League (EISL)

500 Free 4:45.70

100 Fly 51.84

200 Fly 1:50.32

Emily Vance – James Madison – Colonial Athletic Association

100 Free 54.32

200 Free 1:54.12

500 Free 5:08.03

Brian O’Hara – Diablo Valley College – Big 8

50 Free 22.40 17th place; first sectional cut

100 Breast 1:04.32 12th place

200 Breast 2:23.12 11th place

100 Free lead-off relay split 49.83

Scott Peirce – Diablo Valley College – Big 8; advances to State Meet

100 Back 53.53 5th place

200 Free 1:45.26 8th place

200 Back 1:58.99 9th place

Roger Ward – Diablo Valley College – Big 8; advances to State Meet

200 IM 1:54.61 2nd place

400 IM 4:13.78 3rd place

200 Free relay split 1:43.35

100 Breast relay split 58.95

