

Walnut Creek Aquabears All-Time Top Ten Times

13 & 14 Girls - Long Course Meters (updated through June 14, 2009)

50 meter Freestyle

1	DORMAN, LISA	26.84	1982
2	BEREKNYEI, SYLVIA	26.86	1995
3	SHEETZ, STEPHANIE	27.26	1984
4	HOLMAN, AMANDA N	27.63	2003
5	MITCHELL, KATHERINE	27.67	1996
6	KROCHKA, JAYMEE L	27.84	2006
7	LIETZ, HEIDI	27.98	1995
8	PADILLA, REBEKAH M	28.11	2006
9	CORTESE, KASEY	28.15	1986
10	LEONARD, KELSEY D	28.29	2009

1500 meter Freestyle

1	MCGOWAN, CHRISTINA A	18:03.63	2002
2	JOLLY, LYNN	18:10.23	1980
3	HARPER, SHELLEY A	18:21.03	2004
4	BRUNGARD, CAMI	18:23.66	1980
5	YOSHIWARA, CAROLE S	18:39.04	2003
6	YODER, SHAILA A	18:51.15	2005
7	HARPER, KIRSTEN A	19:14.40	2002
8	LIANG, JOANN	19:14.84	2006
9	DIAZ, ISABELLA X	19:20.63	2007
10	O'BRIEN, RACHEL N	19:30.46	2004

100 meter Butterfly

1	BEREKNYEI, SYLVIA	1:02.13	1995
2	AHMANN, CHRISTINE	1:04.89	1984
3	NASCIMENTO, AMANDA	1:05.03	1997
4	LIETZ, HEIDI	1:05.56	1995
5	TSAI, VIVIAN	1:06.50	1990
6	WEBSTER, ANNE	1:06.58	1982
7	HOLMAN, AMANDA N	1:07.17	2004
8	LEONARD, KELSEY D	1:07.19	2009
9	O'BRIEN, RACHEL N	1:07.47	2005
10	KROCHKA, JAYMEE L	1:07.52	2006

100 meter Freestyle

1	BEREKNYEI, SYLVIA	57.98	1995
2	MITCHELL, KATHERINE	59.46	1996
3	DORMAN, LISA	1:00.04	1982
4	KROCHKA, JAYMEE L	1:00.26	2006
5	SHEETZ, STEPHANIE	1:00.58	1985
6	HOLMAN, AMANDA N	1:00.85	2004
7	LEONARD, KELSEY D	1:01.15	2009
8	LIETZ, HEIDI	1:01.21	1994
9	PADILLA, REBEKAH M	1:01.67	2007
10	ODDEN, KELLI	1:01.83	1986

100 meter Backstroke

1	HENDRICKS, HEIDI	1:07.50	1994
2	PLUMMER, EMILY	1:08.82	1991
3	LIANG, JOANN	1:09.54	2006
4	BEREKNYEI, SYLVIA	1:09.66	1995
5	ALONSO, LAURA	1:10.24	1986
6	KNAPP, LINDSAY	1:10.38	1996
7	PADILLA, REBEKAH M	1:11.68	2006
8	WYKA, CAROLINE	1:11.80	1990
9	MOONEY, KELLY L	1:12.12	2002
10	O'BRIEN, RACHEL N	1:12.34	2005

200 meter Butterfly

1	NASCIMENTO, AMANDA	2:21.97	1997
2	LIETZ, HEIDI	2:24.11	1995
3	O'BRIEN, RACHEL N	2:27.13	2005
4	LINKE, SANDRA	2:27.92	1982
5	HARPER, SHELLEY A	2:28.47	2004
6	MCGOWAN, CHRISTINA A	2:28.59	2002
7	TSAI, VIVIAN	2:28.64	1990
8	LAWRENCE, CARI	2:28.91	1981
9	HAACK, DANIELLE	2:29.03	1994
10	MILLER, MICHELLE G	2:31.10	2003

200 meter Freestyle

1	BEREKNYEI, SYLVIA	2:05.08	1995
2	MITCHELL, KATHERINE	2:08.46	1996
3	BARRY, ALISON	2:10.55	1996
4	LIETZ, HEIDI	2:11.41	1995
5	MCGOWAN, CHRISTINA A	2:11.71	2002
6	O'BRIEN, RACHEL N	2:12.42	2004
7	LEWIS, KELSEY L	2:13.64	2004
8	YOSHIWARA, CAROLE S	2:14.03	2003
9	LEONARD, KELSEY D	2:14.12	2009
10	LIANG, JOANN	2:14.73	2006

200 meter Backstroke

1	HENDRICKS, HEIDI	2:22.81	1984
2	KNAPP, LAURA	2:27.75	1991
3	LIANG, JOANN	2:28.62	2006
4	O'BRIEN, RACHEL N	2:32.08	2004
5	PLUMMER, EMILY	2:32.50	1991
6	CONLEY, MARGARET	2:33.07	1989
7	WYKA, CAROLINE	2:33.13	1991
8	MOONEY, KELLY L	2:36.36	2001
9	ROGERS, REBECCA	2:38.73	1999
10	MCGOWAN, CHRISTINA A	2:38.96	2001

200 meter Individual Medley

1	MITCHELL, KATHERINE	2:22.25	1996
2	LEWIS, KELSEY L	2:23.93	2004
3	BEREKNYEI, SYLVIA	2:29.23	1994
4	WEIGAND, ELAINE	2:29.70	1986
5	O'BRIEN, RACHEL N	2:30.38	2004
6	HARPER, SHELLEY A	2:30.45	2004
7	LIETZ, HEIDI	2:31.56	1995
8	CONLEY, MARGARET	2:33.90	1990
9	TSAI, VIVIAN	2:34.01	1990
10	KNAPP, LINDSAY	2:34.11	1996

400 meter Freestyle

1	MITCHELL, KATHERINE	4:33.35	1996
2	MCGOWAN, CHRISTINA A	4:34.29	2002
3	O'BRIEN, RACHEL N	4:34.81	2005
4	HARPER, SHELLEY A	4:36.76	2004
5	JOLLY, LYNN	4:37.00	1980
6	BEREKNYEI, SYLVIA	4:37.76	1995
7	YOSHIWARA, CAROLE S	4:41.16	2003
8	LEWIS, KELSEY L	4:43.60	2003
9	BARRY, ALISON	4:43.88	1996
10	CONLEY, MARGARET	4:44.02	1990

100 meter Breaststroke

1	WEIGAND, ELAINE	1:14.98	1986
2	BEREKNYEI, SYLVIA	1:15.71	1994
3	MIDDLETON, ANNE	1:17.22	1983
4	ALLARD, CHELSEA N	1:17.93	2004
5	YODER, SHAILA A	1:17.95	2004
6	HARPER, KIRSTEN A	1:18.20	2001
7	LEWIS, KELSEY L	1:18.63	2003
8	CONLEY, MARGARET	1:19.41	1989
9	TSAI, VIVIAN	1:19.55	1989
10	MIDDLETON, CATHERINE	1:19.95	1985

400 meter Individual Medley

1	LEWIS, KELSEY L	5:07.46	2004
2	O'BRIEN, RACHEL N	5:12.55	2004
3	HARPER, SHELLEY A	5:13.35	2004
4	CONLEY, MARGARET	5:17.89	1990
5	BEREKNYEI, SYLVIA	5:20.01	1994
6	PRIDEAUX, JULIE	5:21.15	1982
7	WEIGAND, ELAINE	5:21.52	1983
8	MCGOWAN, CHRISTINA A	5:23.39	2001
9	KNAPP, LINDSAY	5:26.76	1996
10	BENTON, TRACI	5:29.14	1993

800 meter Freestyle

1	MCGOWAN, CHRISTINA A	9:23.67	2002
2	HARPER, SHELLEY A	9:33.39	2004
3	JOLLY, LYNN	9:38.47	1980
4	O'BRIEN, RACHEL N	9:41.11	2005
5	BRUNGARD, CAMI	9:42.07	1980
6	YOSHIWARA, CAROLE S	9:44.11	2003
7	LIANG, JOANN	9:46.98	2005
8	CONLEY, MARGARET	9:48.14	1990
9	LEWIS, KELSEY L	9:50.73	2003
10	YODER, SHAILA A	9:57.28	2005

200 meter Breaststroke

1	WIEGAND, ELAINE	2:42.18	1986
2	LEWIS, KELSEY L	2:43.57	2003
3	HARPER, SHELLEY A	2:45.54	2004
4	YODER, SHAILA A	2:45.92	2005
5	LAMBERT, BETHANNE	2:47.19	1981
6	HARPER, KIRSTEN A	2:47.47	2001
7	ALLARD, CHELSEA N	2:48.53	2004
8	MIDDLETON, ANNE	2:50.64	1983
9	SMITH, APRIL F	2:51.15	2003
10	DOOLITTLE, TORI	2:52.57	1988