

### First Team Girls Palomar League - Individual Events

Year	200 Freestyle			200 IM			50 Freestyle			100 Butterfly			100 Freestyle			500 Freestyle			100 Backstroke			100 Breastroke		
	Time	Name	School	Time	Name	School	Time	Name	School	Time	Name	School	Time	Name	School	Time	Name	School	Time	Name	School	Time	Name	School
2010	1:53.04	Monica Dornick	CHS	2:09.22	Katie Anderson	RBHS	24.78	Chloe Nyenhuis	VHS	58.94	Kathryn Bowersox	RBHS	54.17	Chloe Nyenhuis	VHS	5:04.24	Monica Dornick	CHS	58.91	Katie Anderson	RBHS	1:08.24	Heather Exley	VHS
2009	1:52.61	Monica Dornick	CHS	2:09.72	Danielle Ortizhano	RBHS	24.91	Katie Tomkinsor	CHS	57.35	Ali Tomkinson	CHS	53.65	Katie Tomkinsor	CHS	4:59.75	Monica Dornick	CHS	58.09	Katie Anderson	RBHS	1:06.50	Danielle Ortizhano	RBHS
2008	1:58.62	Stephanie Dodd	TPHS	2:12.94	Kelley Sheehan	PHS	25.08	Chi Pham	WVHS	55.68	Bianca Casciara	PHS	54.80	Anique Hermann	TPHS	5:00.34	Bianca Casciari	PHS	1:00.44	Kelley Sheehan	PHS	1:08.67	Danielle Ortizhano	RBHS
2007	1:52.23	Linda Hermann	TPHS	2:02.05	Jessica Schmitt	TPHS	24.29	Haley Ettelson	MCHS	56.51	Bianca Casciara	PHS	52.34	Haley Ettelson	MCHS	5:00.56	Linda Hermann	TPHS	57.45	Anna Pold	TPHS	1:03.36	Jessica Schmitt	TPHS
2006	1:49.28	Whitney Spence	MCHS	2:09.70	Murphy Wimer	TPHS	24.33	Bianca J.Wesley/H.Ettelson	RBHS/MCHS	56.08	Bianca Casciara	PHS	52.04	Jenna Wesley	RBHS	4:45.81	Jessica Schmitt	TPHS	57.52	Anna Pold	TPHS	1:05.84	Bianca Casciari	PHS
2005	1:48.37	Whitney Spence	MCHS	2:05.97	Erin Yamamoto	MCHS	24.32	Jenna Wesley	RBHS	56.53	Erin Yamamoto	MCHS	53.36	Haley Ettelson	MCHS	4:48.53	Whitney Spence	MCHS	59.57	Anna Pold	TPHS	1:03.94	Alexandra Ellis	WVHS
2004	1:54.74	Ali Hartwell	TPHS	2:08.23	Jenna Wesley	RBHS	24.58	Hannah McClurg	RBHS	58.63	Tiffany Brown	RBHS	52.56	Hannah McClurg	RBHS	5:11.23	Jenn Trescott	RBHS	59.87	Tiffany Brown	RBHS	1:06.47	Jenna Wesley	RBHS
2003	1:50.50	Valerie Tukey	TPHS	2:04.30	Becky Kreutzjans	PHS	24.14	Hannah McClurg	RBHS	59.44	Tiffany Brown	RBHS	51.54	Valerie Tukey	TPHS	5:07.72	Jenn Trescott	RBHS	59.83	Tiffany Brown	RBHS	1:10.22	Katie Gallihier	RBHS
2002	1:50.60	Becky Kreutzjans	PHS	2:08.34	Corinne Ellis	MCHS	24.49	Hannah McClurg	RBHS	57.88	Becky Kreutzjans	PHS	53.23	Valerie Tukey	TPHS	5:15.34	Jenn Trescott	RBHS	58.73	Tiffany Brown	RBHS	1:06.42	Nikoll Julien	TPHS
2001	1:52.73	Valerie Tukey	TPHS	2:05.19	Becky Kreutzjans	PHS	24.11	Kirsten Rasmuson	MCHS	1:00.25	Jennifer Conlon	TPHS	52.86	Valerie Tukey	TPHS	4:53.05	Becky Kreutzjans	PHS	58.77	Lisa Morelli	TPHS	1:04.64	Kirsten Rasmuson	MCHS
2000	1:55.70	Eleanor Rollings	RBHS	2:11.40	Kirsten Rasmuson	MCHS	25.73	Daphna Lisa Sarina	SMHS	57.27	Daphna Shafir	MCHS	56.41	Belinda Oberem	RBHS	4:59.03	Becky Kreutzjans	PHS	59.90	Becky Kreutzjans	PHS	1:05.82	Camdia Byma	RBVHS
1999	1:56.14	Eleanor Rollings	RBHS	2:14.27	Elisa Daphna Shafir	MCHS	25.97	Elisa Wallner	SMHS	58.90	Daphna Shafir	MCHS	55.50	Ana Marie Wallner	SMHS	5:12.76	Eleanor Rollings	RBHS	1:02.39	Alexis Killian	VHS	1:05.51	Kirsten Rasmuson	MCHS

### First Team Girls Palomar League - Relays

Year	200 Medley			200 Free			400 Free		
	Time	Name	School	Time	Name	School	Time	Name	School
2010	1:53.01		RBHS	1:41.75		CHS	3:39.41		RBHS
2009	1:49.81		RBHS	1:41.08		RBHS	3:36.52		RBHS
2008	1:53.11		PHS	1:42.28		TPHS	3:41.74		PHS
2007	1:53.42		TPHS	1:38.52		TPHS	3:31.68		TPHS
2006	1:47.55		TPHS	1:39.40		MCHS	3:32.31		TPHS
2005	1:51.25		MCHS	1:40.61		RBHS	3:33.01		MCHS
2004	1:53.93		TPHS	1:42.80		RBHS	3:36.96		RBHS
2003	1:51.90		PHS	1:40.53		RBHS	3:36.26		RBHS
2002	1:54.11		PHS	1:41.33		TPHS	3:40.03		TPHS
2001	1:53.89		MCHS	1:40.72		TPHS	3:39.15		TPHS
2000	1:55.16		MCHS	1:43.61		PHS	3:45.57		PHS
1999	1:54.98		MCHS	1:44.55		SMHS	3:50.67		RBVHS

### Girls Diving

Year	Score	Diving	
		Name	School
2010	425.20	Haley Francois	RBHS
2009	414.70	Haley Francois	RBHS
2008	423.85	Haley Francois	RBHS
2007	447.10	Laura Sanford	TPHS
2006	424.30	Meghan Proehl	RBHS
2005	436.45	Meghan Proehl	RBHS
2004	417.60	Elyse Penner	PHS
2003	344.60	Mellisa Kennedy	RBVHS
2002			
2001			
2000			
1999			