

# 2010-11 SAN JOSE STATE BEST MARKS

## 50 Freestyle

Marisa DeWames	23.12	WAC Championship	2/24
Kiley Foster	23.17+	WAC Championship	2/24
Erika Harvey	23.60+	WAC Championship	2/24
Elana Faria	23.96	WAC Championship	2/24
Ashlyn Acosta	24.38+	Arena Invite	11/18
Brittney Boyd	24.38+	WAC Championship	2/24
Danielle Smyth	24.73+	WAC Championship	2/24
Julie Wynn	24.51+	WAC Championship	2/24
Rudie Guerrero	25.42+	Arena Invite	11/18
Taylor Stoddard	25.60	Cal State East Bay	1/14
Amy Friedhoff	25.74+	George Haines Invite	10/15
Julia Koch	26.11+	George Haines Invite	10/15
Caitlin Lipton	27.38+	George Haines Invite	10/15
Christina Bergis	27.79	Cal State East Bay	1/14

## 100 Freestyle

Marisa DeWames	49.64&!	Arena Invite	11/20
Kiley Foster	50.38+	WAC Championship	2/26
Elana Faria	51.19+	WAC Championship	2/26
Erika Harvey	51.27+	WAC Championship	2/26
Julia Koch	51.82+	WAC Championship	2/26
Julie Wynn	52.55+	WAC Championship	2/26
Taylor Stoddard	52.70+	Arena Invite	11/20
Heather Denman	53.30	Cal State Bakersfield	1/28
Brittney Boyd	53.42+	WAC Championship	2/26
Danielle Smyth	53.55+	WAC Championship	2/26
Ashlyn Acosta	53.66+	Arena Invite	11/20
Karly Brown	53.85+	Arena Invite	11/20
Elana Faria	53.98	Fresno State	2/5
Kristin Yamaguchi	54.04+	Arena Invite	11/20
Ashley Krisman	56.24	Stanford	10/1
Caitlin Lipton	58.86	Stanford	10/1
Christina Bergis	59.43	Cal State East Bay	1/14

## 200 Freestyle

Marisa DeWames	1:49.46!	WAC Championship	2/25
Amy Friedhoff	1:49.95	WAC Championship	2/25
Julia Koch	1:50.37+	WAC Championship	2/25
Erika Harvey	1:50.58	WAC Championship	2/25
Kiley Foster	1:50.69+	WAC Championship	2/25
Taylor Stoddard	1:53.31+	Arena Invite	11/19
Brittney Boyd	1:53.96+	WAC Championship	2/25
Julia Craddock	1:54.35	Cal State East Bay	1/14
Elana Faria	1:54.85+	Arena Invite	11/19
Ashley Krisman	1:55.30+	WAC Championship	2/25
Julie Wynn	1:55.75+	WAC Championship	2/25
Megan Mills	1:56.12+	WAC Championship	2/25
Heather Denman	1:56.73	Cal State Bakersfield	1/28
Karly Brown	1:58.80+	Arena Invite	11/19
Caitlin Lipton	1:59.05+	Arena Invite	11/19
Danielle Smyth	2:00.41+	Arena Invite	11/19
Alisa Argend	2:01.92	Cal State Bakersfield	1/28

## 500 Freestyle

Julia Koch	4:50.89&!+	WAC Championship	2/24
Amy Friedhoff	4:52.59	WAC Championship	2/24
Megan Mills	5:05.03	WAC Championship	2/24
Julia Craddock	5:05.42	George Haines Invite	10/15
Taylor Stoddard	5:05.47	Arena Invite	11/18
Ashley Krisman	5:09.48	Arena Invite	11/18
Heather Denman	5:09.87	George Haines Invite	10/15
Caitlin Lipton	5:10.26	Arena Invite	11/18
Karly Brown	5:22.30	George Haines Invite	10/15
Danielle Smyth	5:29.29	George Haines Invite	10/15

## 1000 Freestyle

Amy Friedhoff	10:22.45	UC Davis	11/6
Megan Mills	10:39.08	Cal State Bakersfield	1/28
Caitlin Lipton	10:41.37	Cal State East Bay	1/14
Ashley Krisman	10:43.04	UC Davis	11/6
Heather Denman	11:01.54	Cal State East Bay	1/14
Taylor Stoddard	11:01.93	UC Santa Cruz/CSEB	10/8

## 1650 Freestyle

Amy Friedhoff	17:10.20	WAC Championship	2/26
Megan Mills	17:25.24	WAC Championship	2/26
Caitlin Lipton	17:32.78	Arena Invite	11/20
Ashley Krisman	17:37.14	WAC Championship	2/26

## 50 Backstroke

Rudie Guerrero	25..94*	WAC Championship	2/23
Heather Denman	26.42+	George Haines Invite	10/15
Kristin Yamaguchi	27.94+	George Haines Invite	10/15
Briana Swinney	28.57+	George Haines Invite	10/15
Ashlyn Acosta	29.42+	George Haines Invite	10/15
Erika Harvey	29.54+	George Haines Invite	10/15
Caitlin Macky	29.56	Cal State East Bay	1/14
Amy Friedhoff	29.67+	George Haines Invite	10/15
Brittney Boyd	30.06	Cal State East Bay	1/14
Julie Wynn	30.31+	George Haines Invite	10/15
Caitlin Lipton	34.17+	George Haines Invite	10/15

## 100 Backstroke

Heather Denman	54.94&	Arena Invite	11/19
Rudie Guerrero	56.06+	Arena Invite	11/19
Briana Swinney	56.67+	WAC Championship	2/25
Kristin Yamaguchi	58:32+	Arena Invite	11/19
Amy Friedhoff	1:01.49	George Haines Invite	10/16
Brittney Boyd	1:01.86+	Arena Invite	11/19
Ashlyn Acosta	1:02.91	Stanford	10/1
Ashley Krisman	1:03.47	George Haines Invite	10/16
Julie Wynn	1:03.73	George Haines Invite	10/16
Karly Brown	1:04.62	George Haines Invite	10/16
Erika Harvey	1:05.14	George Haines Invite	10/16
Danielle Smyth	1:05.49	George Haines Invite	10/16

# 2010-11 SAN JOSE STATE BEST MARKS

## 200 Backstroke

Heather Denman	2:03.70	George Haines Invite	10/15
Briana Swinney	2:03.72	WAC Championship	2/26
Rudie Guerrero	2:05.89	UC Davis	11/6
Amy Friedhoff	2:06.71+	George Haines Invite	10/15
Kristin Yamaguchi	2:08.03+	Arena Invite	11/20
Julia Craddock	2:11.60	George Haines Invite	10/15
Julie Wynn	2:18.97	George Haines Invite	10/15
Brittney Boyd	2:19.95	George Haines Invite	10/15

## 50 Breaststroke

Darcie Anderson	29.68!	George Haines Invite	10/15
Caitlin Macky	31.27	CSU Bakersfield	1/8
Christina Bergis	32.46	CSU Bakersfield	1/8
Karly Brown	32.51	Cal State East Bay	1/14
Marisa DeWames	33.42	Cal State East Bay	1/14
Julie Wynn	36.79	George Haines Invite	10/15

## 100 Breaststroke

Darcie Anderson	1:02.52&	Arena Invite	11/19
Karly Brown	1:04.91+	WAC Championship	2/25
Caitlin Macky	1:05.08	WAC Championship	2/25
Christina Bergis	1:08.07+	WAC Championship	2/25
Ashlyn Acosta	1:08.70	Cal State East Bay	1/14
Heather Denman	1:10.03	Cal State East Bay	1/14

## 200 Breaststroke

Darcie Anderson	2:16.06&!	Arena Invite	11/20
Caitlin Macky	2:19.32	WAC Championship	2/26
Karly Brown	2:21.86	WAC Championship	2/26
Christina Bergis	2:25.10+	WAC Championship	2/26

## 50 Butterfly

Heather Denman	25.80+!	George Haines Invite	10/15
Julia Craddock	26.44	George Haines Invite	10/15
Ashlyn Acosta	26.79	CSU Bakersfield	1/8
Rudie Guerrero	26.92	Cal State East Bay	1/14
Caitlin Macky	27.13	CSU Bakersfield	1/8
Marisa DeWames	28.01	Cal State East Bay	1/14
Danielle Smyth	28.20+	George Haines Invite	10/15
Karly Brown	28.30+	George Haines Invite	10/15
Megan Mills	28.83+	George Haines Invite	10/15
Ashley Krisman	28.86+	George Haines Invite	10/15
Taylor Stoddard	30.34+	George Haines Invite	10/15
Christina Bergis	30.60+	George Haines Invite	10/15

## 100 Butterfly

Heather Denman	54.73	Arena Invite	11/19
Ashlyn Acosta	56.08+	WAC Championship	2/25
Rudie Guerrero	56.78+	WAC Championship	2/25
Julia Craddock	57.40	George Haines Invite	10/15
Caitlin Macky	58.84+	Arena Invite	11/19
Danielle Smyth	59.51+	Arena Invite	11/19
Darcie Anderson	59.82	UC Santa Cruz/CSEB	10/8
Marisa DeWames	59.97	George Haines Invite	10/15
Karly Brown	1:00.32+	Arena Invite	11/19
Megan Mills	1:07.04	Cal State East Bay	1/14

## 200 Butterfly

Heather Denman	2:02.76+	Arena Invite	11/20
Julia Craddock	2:01.42	WAC Championship	2/26
Ashlyn Acosta	2:05.49+	WAC Championship	2/26
Rudie Guerrero	2:10.49+	Arena Invite	11/20
Karly Brown	2:14.95+	Arena Invite	11/20

## 100 Individual Medley

Heather Denman	59.01+!	George Haines Invite	10/15
Julia Craddock	1:00.06+	George Haines Invite	10/15
Darcie Anderson	1:00.46+	George Haines Invite	10/15
Rudie Guerrero	1:00.79+	George Haines Invite	10/15
Marisa DeWames	1:02.21+	George Haines Invite	10/15
Caitlin Macky	1:02.56+	George Haines Invite	10/15
Karly Brown	1:02.91+	George Haines Invite	10/15
Amy Friedhoff	1:03.56+	George Haines Invite	10/15
Ashley Krisman	1:03.85+	George Haines Invite	10/15
Christina Bergis	1:05.16+	George Haines Invite	10/15

## 200 Individual Medley

Heather Denman	2:01.94!+	WAC Championship	2/24
Julia Craddock	2:03.77+	WAC Championship	2/24
Darcie Anderson	2:05.23	Arena Invite	11/18
Karly Brown	2:07.43	WAC Championship	2/24
Caitlin Macky	2:08.66+	Arena Invite	11/18
Amy Friedhoff	2:11.37	George Haines Invite	10/16
Rudie Guerrero	2:14.17	UC Santa Cruz/CSEB	10/8
Ashley Krisman	2:14.55	George Haines Invite	10/16
Christina Bergis	2:15.68+	Arena Invite	11/18
Megan Mills	2:15.99	George Haines Invite	10/16

## 400 Individual Medley

Julia Craddock	4:22.73!	WAC Championship	2/25
Darcie Anderson	4:39.96	CSU Bakersfield	1/8
Karly Brown	4:49.10	CSU Bakersfield	1/8
Heather Denman	4:49.85	Cal State East Bay	1/14

## 1 Meter Diving (6 Dives)

Jessica Holden	290.70!#	UC Santa Cruz/CSEB	10/8
Amy Kilby	266.17#	Cal State Bakersfield	1/28

## 3 Meter Diving (6 Dives)

Jessica Holden	292.27!#	Cal State Bakersfield	1/28
Amy Kilby	281.10#	Cal State Bakersfield	1/28

## Platform Diving (6 Dives)

Amy Kilby	171.15	WAC Championship	2/26
Jessica Holden	170.10	WAC Championship	2/26

## 100 Freestyle Relay

Faria, DeWames, Foster, Harvey	44.16!	George Haines Invite	10/15
Anderson, Wynn, Acosta, Guerrero	45.01	George Haines Invite	10/15
Krisman, Yamaguchi, Lipton, Koch	47.43	George Haines Invite	10/15

# 2010-11 SAN JOSE STATE BEST MARKS

## 200 Freestyle Relay

DeWames, Denman, Harvey, Foster	1:32.40&!	WAC Championship	2/24
Anderson, Faria, Wynn, Acosta	1:36.17	Arena Invite	11/18
DeWames, Harvey, Anderson, Foster	1:36.43	George Haines Invite	10/16
DeWames, Foster, Harvey, Wynn	1:37.00	Fresno State	2/5
DeWames, Anderson, Acosta, Foster	1:37.25	Stanford	10/1
DeWames, Faria, Foster, Harvey	1:38.20	CSU Bakersfield	1/8
Acosta, Smyth, Wynn, Faria	1:39.19	George Haines Invite	10/16
Guerrero, Foster, Swinney, Friedhoff	1:39.82	Cal State East Bay	1/14
Brown, Faria, Smyth, Wynn	1:40.09	Stanford	10/1
Wynn, Koch, Foster, Anderson	1:40.30	Cal State Bakersfield	1/28
Wynn, Acosta, Boyd, Smyth	1:40.44	CSU Bakersfield	1/8
Acosta, DeWames, Koch, Stoddard	1:41.12	Cal State East Bay	1/14
Boyd, Macky, Faria, Acosta	1:41.39	Cal State Bakersfield	1/28
Faria, Acosta, Boyd, Smyth	1:41.49	Fresno State	2/5
Smyth, Stoddard, Harvey, Craddock	1:41.65	Cal State Bakersfield	1/28
Guerrero, Koch, Krisman, Macky	1:41.79	Fresno State	2/5
Guerrero, Stoddard, Harvey, Boyd	1:41.90	Stanford	10/1
Anderson, Stoddard, Friedhoff, Brown	1:41.95	Fresno State	2/5
Koch, Friedhoff, Stoddard, Yamaguchi	1:42.59	CSU Bakersfield	1/8
Macky, Harvey, Boyd, Mills	1:44.76	Cal State East Bay	1/14

## 400 Freestyle Relay

DeWames, Denman, Faria, Foster	3:22.29&!	WAC Championship	2/26
Harvey, DeWames, Faria, Foster	3:26.43	Arena Invite	11/20
DeWames, Denman, Harvey, Foster	3:26.75	UC Davis	11/6
Craddock, Foster, Smyth, Faria	3:35.70	UC Santa Cruz/CSEB	10/8
Faria, Wynn, Smyth, Acosta	3:36.25	UC Davis	11/6
Anderson, Friedhoff, Macky, Wynn	3:38.93	UC Santa Cruz/CSEB	10/8
Stoddard, Brown, Koch, Boyd	3:40.87	UC Davis	11/6

## 800 Freestyle Relay

DeWames, Koch, Foster, Friedhoff	7:19.51!&	WAC Championship	2/23
Friedhoff, DeWames, Harvey, Koch	7:28.37	Arena Invite	11/19

## 100 Medley Relay

Denman, Anderson, Craddock, Foster	48.00!	George Haines Invite	10/15
Guerrero, Macky, Acosta, DeWames	49.73	George Haines Invite	10/15
Swinney, Bergis, Brown, Harvey	52.04	George Haines Invite	10/15

## 200 Medley Relay

Guerrero, Anderson, Craddock, Denman	1:42.04&	WAC Championship	2/23
Guerrero, Anderson, Denman, Foster	1:43.20	Arena Invite	11/19
Denman, Anderson, Guerrero, Foster	1:44.76	Stanford	10/1
Denman, Anderson, Guerrero, Harvey	1:44.97	UC Davis	11/6
Denman, Anderson, Craddock, Foster	1:45.92	Cal State Bakersfield	1/28
Swinney, Macky, Guerrero, Wynn	1:49.20	Fresno State	2/5
Yamaguchi, Macky, Acosta, Faria	1:49.67	UC Davis	11/6
Yamaguchi, Macky, Craddock, Harvey	1:49.78	George Haines Invite	10/16
Swinney, Macky, Acosta, Harvey	1:50.74	Cal State Bakersfield	1/8
Guerrero, Macky, Acosta, Harvey	1:50.80	Cal State Bakersfield	1/28
Swinney, Acosta, Brown, Craddock	1:51.57	UC Santa Cruz/CSEB	10/8
Brown, Bergis, Craddock, Acosta	1:52.93	Stanford	10/1
Swinney, Brown, DeWames, Guerrero	1:53.12	Cal State East Bay	1/14
Swinney, Brown, Smyth, Faria	1:53.50	Cal State Bakersfield	1/28
Boyd, Bergis, Acosta, Brown	1:53.97	Fresno State	2/5
Boyd, Bergis, Macky, Koch	1:57.45	Cal State East Bay	1/14
Harvey, Denman, Anderson, Mills	1:58.07	Cal State East Bay	1/14

## 400 Medley Relay

Guerrero, Anderson, Denman, DeWames	3:43.00&	Arena Invitational	11/18
Swinney, Anderson, Craddock, DeWames	3:46.88	WAC Championship	2/25
Swinney, Macky, Craddock, Foster	3:51.78	Arena Invite	11/18

# 2010-11 SAN JOSE STATE BEST MARKS

! - School Record      + - Prelim      \* - Relay/Split  
 # - NCAA Diving Zone E Qualifier  
 @ - NCAA 'A' Cut (Automatic Qualifier)  
 & - NCAA 'B' Cut (Consideration Qualifier)

## Invitational Meet Individual Wins

### Dual Meet Individual Wins

Darcie Anderson	200 Breast (2:18.98)	Stanford, 10/1
Heather Denman	100 Fly (56.75)	Stanford, 10/1
Julia Craddock	200 IM (2:08.72)	Stanford, 10/1
Megan Mills	1000 Free (10:40.97)	UCSC/CSEB, 10/8
Amy Friedhoff	200 Free (1:53.63)	UCSC/CSEB, 10/8
Heather Denman	100 Back (1:00.65)	UCSC/CSEB, 10/8
Darcie Anderson	100 Breast (1:05.43)	UCSC/CSEB, 10/8
Julia Craddock	200 Fly (2:06.87)	UCSC/CSEB, 10/8
Marisa DeWames	50 Free (24.47)	UCSC/CSEB, 10/8
Jessica Holden	1-meter (290.7)	UCSC/CSEB, 10/8
Kiley Foster	100 Free (53.13)	UCSC/CSEB, 10/8
Amy Friedhoff	200 Back (2:10.32)	UCSC/CSEB, 10/8
Caitlin Macky	200 Breast (2:27.18)	UCSC/CSEB, 10/8
Julia Koch	500 Free (5:11.46)	UCSC/CSEB, 10/8
Amy Friedhoff	1000 Free (10:22.45)	UC Davis, 11/6
Rudie Guerrero	100 Back (56.65)	UC Davis, 11/6
Heather Denman	200 Fly (2:04.45)	UC Davis, 11/6
Jessica Holden	1-meter (248.25)	UC Davis, 11/6
Heather Denman	200 Back (2:04.44)	UC Davis, 11/6
Rudie Guerrero	100 Fly (57.32)	UC Davis, 11/6
Amy Kilby	3-meter (241.35)	UC Davis, 11/6
Amy Friedhoff	1000 Free (10:31.07)	CSUB, 1/8/11
Julia Koch	200 Free (1:53.90)	CSUB, 1/8/11
Rudie Guerrero	50 Back (27.26)	CSUB, 1/8/11
Darcie Anderson	50 Breast (30.09)	CSUB, 1/8/11
Julia Craddock	100 Fly (57.68)	CSUB, 1/8/11
Erika Harvey	50 Free (24.59)	CSUB, 1/8/11
Marisa DeWames	100 Free (51.55)	CSUB, 1/8/11
Rudie Guerrero	100 Back (58.94)	CSUB, 1/8/11
Darcie Anderson	100 Breast (1:05.53)	CSUB, 1/8/11
Julia Craddock	50 Fly (26.73)	CSUB, 1/8/11
Amy Friedhoff	1000 Fly (10:32.50)	CSUEB, 1/14/11
Julia Craddock	200 Free (1:54.35)	CSUEB, 1/14/11
Rudie Guerrero	50 Back (27.89)	CSUEB, 1/14/11
Karly Brown	50 Breast (32.51)	CSUEB, 1/14/11
Ashlyn Acosta	100 Fly (58.24)	CSUEB, 1/14/11
Kiley Foster	50 Free (23.79)	CSUEB, 1/14/11
Taylor Stoddard	100 Free (54.61)	CSUEB, 1/14/11
Kristin Yamaguchi	100 Back (1:00.47)	CSUEB, 1/14/11
Ashlyn Acosta	100 Breast (1:08.70)	CSUEB, 1/14/11
Rudie Guerrero	50 Fly (26.92)	CSUEB, 1/14/11
Megan Mills	1000 Fly (10:39.08)	CSUB, 1/28/11
Julia Koch	200 Free (1:53.34)	CSUB, 1/28/11
Rudie Guerrero	100 Back (58.75)	CSUB, 1/28/11
Darcie Anderson	100 Breast (1:04.99)	CSUB, 1/28/11
Julia Craddock	200 Fly (2:03.59)	CSUB, 1/28/11
Kiley Foster	50 Free (23.85)	CSUB, 1/28/11
Heather Denman	100 Free (53.30)	CSUB, 1/28/11
Rudie Guerrero	200 Back (2:08.71)	CSUB, 1/28/11

Darcie Anderson	200 Breast (2:22.83)	CSUB, 1/28/11
Julia Koch	500 Free (4:59.59)	CSUB, 1/28/11
Jessica Holden	1-meter (279.60)	CSUB, 1/28/11
Amy Friedhoff	1000 Free (10:30.78)	Fresno State, 2/5/11
Julia Koch	200 Free (1:53.21)	Fresno State, 2/5/11
Rudie Guerrero	100 Back (58.22)	Fresno State, 2/5/11
Darcie Anderson	100 Breast (1:05.29)	Fresno State, 2/5/11
Julia Craddock	200 Fly (2:03.96)	Fresno State, 2/5/11
Marisa DeWames	100 Free (51.79)	Fresno State, 2/5/11
Heather Denman	200 Back (2:06.13)	Fresno State, 2/5/11
Darcie Anderson	200 Breast (2:20.54)	Fresno State, 2/5/11
Julia Koch	500 Free (5:01.66)	Fresno State, 2/5/11
Rudie Guerrero	100 Fly (58.76)	Fresno State, 2/5/11
Amy Kilby	3-meter (260.25)	Fresno State, 2/5/11
Caitlin Macky	200 IM (2:12.16)	Fresno State, 2/5/11

## Invitational Meet Relay Wins

### Dual Meet Relay Wins

200 Free (DeWames, Anderson, Acosta, Foster)	1:37.25	Stanford, 10/1/10
200 Medley (Swinney, Acosta, Brown, Craddock)	1:51.57	UCSC/CSEB, 10/8/10
400 Free (DeWames, Denman, Harvey, Foster)	3:26.75	UC Davis, 11/6/10
200 Medley (Guerrero, Anderson, Craddock, Foster)	1:47.57	CSUB, 1/8/11
200 Medley (Swinney, Brown, DeWames, Guerrero)	1:53.12	CSUEB, 1/14/11
200 Medley (Denman, Anderson, Craddock, Foster)	1:45.92	CSUB, 1/28/11
200 Free (DeWames, Foster, Harvey, Wynn)	1:37.00	Fresno State, 2/5/11
200 Medley (Denman, Anderson, Craddock, Foster)	1:46.67	Fresno State, 2/5/11

# 2010-11 SAN JOSE STATE BEST MARKS

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## 2010-11 Results (Dual Meet: 8-1/Home: 2-0/Away: 4-1/Neutral: 2-0/WAC: 2-0)

<u>Date</u>	<u>Opponent</u>	<u>H/A/N</u>	<u>W/L</u>	<u>Score</u>	<u>Record</u>
10/01/10	Stanford	A	L	100-187	0-1
10/08/10	UC Santa Cruz	A	W	176-91	1-1
10/08/10	Cal State East Bay	N	W	182-67	2-1
10/15-16/10	George Haines Invitational	(Stanford, Calif.)	3rd out of 4	162 pts.	
10/16/10	*Nevada	N	W	99-68	3-1
11/06/10	UC Davis	A	W	156-144	4-1
11/18-20	Arena Invitational	(Long Beach, Calif.)	8th out of 20	416 pts.	
1/08/11	Cal State Bakersfield	A	W	182-92	5-1
1/09/11	USD Relay Meet	A	2nd out of 4	138 pts	
1/14/11	Cal State East Bay	A	W	164-76	6-1
1/28/11	CAL STATE BAKERSFIELD	H	W	173-105	7-1
2/05/11	FRESNO STATE	H	W	197-100	8-1
2/23-26	WAC Championship	N	4th of 8	499 pts.	-

\* - WAC Opponent

NTS - No Team Scoring

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