

FINAL 2009-10 SPARTAN BEST MARKS

50 Freestyle

Meghan McCurley	23.52	Toshiba Classic+	11/19
Kiley Foster	23.66	WAC Championship+	2/25
Marisa DeWames	23.68	WAC Championship*	2/25
Daphne Yeung	24.18	Toshiba Classic+	11/19
Elana Faria	24.36	Toshiba Classic*	11/19
Heather Denman	24.47	Cal State Bakersfield, UC Santa Cruz*	1/30
Julie Wynn	24.88	WAC Championship+	2/25
Taylor Stoddard	24.94	Toshiba Classic+	11/19
Danielle Smyth	25.28	WAC Championship+	2/25
Caitlin Lipton	25.39	Toshiba Classic+	11/19
Ashley Ladd	25.52	Toshiba Classic+	11/19
Rudie Guerrero	25.75	Toshiba Classic+	11/19
Julia Koch	26.13	Cal State East Bay	1/9
Kirsten Trammell	26.51	Cal State East Bay*	1/9
Kristin Yamaguchi	26.60	Cal State Bakersfield, UC Santa Cruz*	1/30
Megan Lomazzi	26.77	Toshiba Classic+	11/19
Megan Mills	27.19	Cal State East Bay*	1/9

100 Freestyle

Kiley Foster	51.09	WAC Championship+	2/27
Marisa DeWames	51.38	WAC Championship*	2/27
Meghan McCurley	51.41	Toshiba Classic+	11/21
Kristin Yamaguchi	52.60	WAC Championship+	2/27
Elana Faria	52.67	Toshiba Classic+	11/21
Erin Garcia	52.69	Toshiba Classic+	11/21
Julia Koch	52.99	Toshiba Classic+	11/21
Daphne Yeung	53.08	WAC Championship+	2/27
Taylor Stoddard	53.31	Toshiba Classic+	11/21
Julie Wynn	53.50	WAC Championship+	2/27
Ashley Krisman	53.84	Toshiba Classic+	11/21
Caitlin Lipton	54.08	Toshiba Classic+	11/21
Ashley Ladd	54.76	Toshiba Classic+	11/21
Julia Craddock	54.79	WAC Shootout*	10/10
Danielle Smyth	54.84	WAC Championship+	2/27
Megan Mills	55.44	Toshiba Classic+	11/21
Kirsten Trammell	56.39	Cal State Bakersfield*	1/2
Rudie Guerrero	56.53	Cal State East Bay	1/9
Megan Lomazzi	1:00.92	Pacific	1/23

200 Freestyle

Marisa DeWames	1:51.05	WAC Championship*	2/24
Kiley Foster	1:51.47	WAC Championship	2/26
Julia Koch	1:52.81	WAC Championship	2/26
Kristin Yamaguchi	1:54.10	WAC Championship+	2/26
Elana Faria	1:54.95	WAC Championship+	2/26
Taylor Stoddard	1:55.04	Toshiba Classic+	11/20
Julie Wynn	1:55.49	WAC Championship+	2/26
Megan Mills	1:55.85	WAC Championship+	2/26
Ashley Krisman	1:55.96	WAC Championship+	2/26
Caitlin Lipton	1:55.99	Toshiba Classic+	11/20
Erin Garcia	1:57.06	WAC Shootout	10/9
Danielle Smyth	1:58.62	WAC Championship+	2/26

500 Freestyle

Julia Koch	4:58.11	Toshiba Classic+	11/19
Julia Craddock	5:03.27	WAC Championship	2/25
Taylor Stoddard	5:06.27	WAC Championship+	2/25
Megan Mills	5:07.19	WAC Championship+	2/25
Caitlin Lipton	5:08.09	Toshiba Classic+	11/19
Heather Denman	5:08.66	Cal State East Bay	1/9
Ashley Krisman	5:11.51	WAC Championship+	2/25
Caitlin Macky	5:15.57	Cal State Bakersfield	1/2

1000 Freestyle

Julia Craddock	10:25.82	UC Davis, Pacific	1/17
Heather Denman	10:32.46	Cal State East Bay	1/9
Caitlin Lipton	10:36.78	WAC Shootout	10/10
Megan Mills	10:40.05	UC Davis, Pacific	1/17
Ashley Krisman	10:53.63	Fresno State	2/6

1650 Freestyle

Megan Mills	17:41.55	WAC Championship	2/27
-------------	----------	------------------	------

50 Backstroke

Heather Denman	25.35	WAC Championship!	2/24
Kristin Yamaguchi	27.81	Toshiba Classic*	11/20
Meghan McCurley	29.07	Cal State East Bay*	1/9
Julia Craddock	29.54	Stanford*	10/2

100 Backstroke

Heather Denman	54.06	Toshiba Classic&	11/20
Rudie Guerrero	57.83	Toshiba Classic+	11/20
Kristin Yamaguchi	57.85	WAC Championship	2/26
Meghan McCurley	58.82	WAC Championship+	2/26
Hannah Tringham	1:02.79	Cal State Bakersfield, UC Santa Cruz	1/30
Elana Faria	1:05.22	Cal State Bakersfield, UC Santa Cruz	1/30
Kirsten Trammell	1:05.55	Cal State East Bay	1/9
Julie Wynn	1:07.04	Cal State East Bay	1/9

200 Backstroke

Heather Denman	1:58.54	Toshiba Classic!	11/21
Rudie Guerrero	2:07.13	Toshiba Classic+	11/21
Julia Craddock	2:07.67	Toshiba Classic+	11/21
Kristin Yamaguchi	2:10.07	UC Davis, Pacific	1/17

100 Breaststroke

Kirsten Trammell	1:03.16	WAC Championship	2/26
Caitlin Macky	1:03.91	Toshiba Classic+	11/20
Erin Garcia	1:06.39	Toshiba Classic+	11/20
Daphne Yeung	1:08.81	WAC Championship+	2/26
Megan Lomazzi	1:11.63	WAC Championship+	2/26
Julia Craddock	1:12.49	Cal State East Bay	1/9

200 Breaststroke

Kirsten Trammell	2:17.44	WAC Championship	2/27
Caitlin Macky	2:18.53	Toshiba Classic	11/21
Erin Garcia	2:29.63	Pacific	1/23
Julia Craddock	2:33.16	Cal State Bakersfield	1/2
Megan Lomazzi	2:43.34	WAC Championship+	2/27

100 Butterfly

Heather Denman	54.63	Toshiba Classic+	11/20
Rudie Guerrero	57.39	WAC Championship+	2/26
Hannah Tringham	58.16	Toshiba Classic+	11/20
Erin Garcia	58.20	Toshiba Classic+	11/20
Caitlin Macky	58.38	Toshiba Classic+	11/20
Meghan McCurley	1:00.18	Cal State East Bay	1/9
Kirsten Trammell	1:00.38	Cal State Bakersfield	1/2
Ashley Ladd	1:02.86	Toshiba Classic+	11/20
Marisa DeWames	1:04.32	Stanford	10/2

200 Butterfly

Hannah Tringham	2:03.54	Toshiba Classic	11/21
Heather Denman	2:03.89	WAC Shootout	10/10
Julia Craddock	2:04.21	Toshiba Classic	11/21
Rudie Guerrero	2:10.43	Toshiba Classic+	11/21
Kirsten Trammell	2:10.55	Pacific	1/23

100 Individual Medley

Heather Denman	1:00.53	USD Relay Invitational*	1/3
----------------	---------	-------------------------	-----

200 Individual Medley

Kirsten Trammell	2:03.09	WAC Championship!	2/25
Caitlin Macky	2:04.95	WAC Championship+	2/25
Julia Craddock	2:06.63	Toshiba Classic+	11/19
Kristin Yamaguchi	2:07.24	WAC Championship	2/25
Erin Garcia	2:08.47	Toshiba Classic+	11/19
Heather Denman	2:08.79	Cal State Bakersfield	1/2
Hannah Tringham	2:09.55	Toshiba Classic+	11/19
Ashley Ladd	2:17.86	Toshiba Classic+	11/19
Meghan McCurley	2:19.98	Cal State Bakersfield	1/2

400 Individual Medley

Julia Craddock	4:26.55	WAC Championship!	2/26
Kirsten Trammell	4:29.61	Toshiba Classic+	11/20
Hannah Tringham	4:30.44	Toshiba Classic	11/20
Caitlin Macky	4:41.71	Cal State Bakersfield, UC Santa Cruz	1/30
Kristin Yamaguchi	4:45.78	Cal State Bakersfield, UC Santa Cruz	1/30

1 Meter Diving (6 Dives)

Amy Kilby	286.05	USD Invitational#!	1/3
Jessica Holden	238.13	Stanford	10/2
Alise Blackwell	165.70	WAC Shootout	10/10

3 Meter Diving (6 Dives)

Amy Kilby	268.05	UC Davis, Pacific	1/17
Jessica Holden	249.15	Stanford	10/2

Platform Diving (5 Dives)

Amy Kilby	212.55	NCAA Zone E Diving Meet!	3/13
-----------	--------	--------------------------	------

FINAL 2009-10 SPARTAN BEST MARKS

Platform Diving (10 Dives)

Amy Kilby	420.65	NCAA Zone E Diving Meet!	3/13
! - School Record		# - NCAA Diving Zone E Qualifier	
@ - NCAA 'A' Cut (Automatic Qualifier)		& - NCAA 'B' Cut (Consideration Qualifier)	
+ - Prelim		* - Relay/Split	

200 Freestyle Relay

DeWames, McCurley, Denman, Foster	1:33.19	WAC Championship!	2/25
Yeung, McCurley, DeWames, Foster	1:34.10	Toshiba Classic	11/19
Yeung, DeWames, McCurley, Foster	1:36.69	WAC Shootout	10/9
DeWames, Garcia, McCurley, Foster	1:36.85	UC Davis, Pacific	1/17
Faria, Stoddard, Wynn, Garcia	1:37.08	Toshiba Classic	11/19
McCurley, Foster, DeWames, Yeung	1:37.58	Fresno State	2/6
Foster, McCurley, DeWames, Denman	1:38.16	USD Relay Invitational	1/3
DeWames, Foster, Faria, Wynn	1:38.55	Cal State Bakersfield, UC Santa Cruz	1/30
McCurley, Yeung, Foster, DeWames	1:38.55	Stanford	10/2
Denman, Yeung, Smyth, McCurley	1:38.64	Cal State Bakersfield, UC Santa Cruz	1/30
Yeung, Faria, Guerrero, Wynn	1:39.31	UC Davis, Pacific	1/17
Denman, Faria, Garcia, Macky	1:39.56	Cal State East Bay	1/9
DeWames, Foster, Guerrero, Koch	1:40.12	Cal State East Bay	1/9
Faria, Wynn, Ladd, Garcia	1:40.44	WAC Shootout	10/9
Trammell, McCurley, Yeung, Wynn	1:40.55	Cal State East Bay	1/9
San Jose State 'B'	1:40.95	USD Relay Invitational	1/3
Lipton, Stoddard, Smyth, Krisman	1:41.52	WAC Shootout	10/9
Wynn, Stoddard, Smyth, Faria	1:41.61	Stanford	10/2
Wynn, Smyth, Stoddard, Koch	1:42.01	Fresno State	2/6
Guerrero, Faria, Mills, Craddock	1:42.50	Fresno State	2/6
Lipton, Mills, Koch, Guerrero	1:43.69	Stanford	10/2
San Jose State 'C'	1:44.34	USD Relay Invitational	1/3
Yamaguchi, Koch, Mills, Guerrero	1:45.11	Cal State Bakersfield, UC Santa Cruz	1/30
Mills, Smyth, Stoddard, Krisman	1:47.07	Cal State East Bay	1/9

400 Freestyle Relay

DeWames, McCurley, Denman, Foster	3:23.35	WAC Championship!&	2/27
McCurley, Denman, DeWames, Foster	3:25.31	Toshiba Classic	11/21
Faria, Garcia, Koch, Yamaguchi	3:32.12	Toshiba Classic	11/21
Yeung, DeWames, McCurley, Foster	3:32.58	WAC Shootout	10/10
DeWames, Garcia, McCurley, Foster	3:34.39	Pacific	1/23
McCurley, Foster, DeWames, Macky	3:35.33	USD Relay Invitational	1/3
Craddock, Ladd, Faria, Wynn	3:38.12	WAC Shootout	10/10
Trammell, Macky, DeWames, Wynn	3:39.00	Cal State Bakersfield	1/2
Yeung, Faria, Guerrero, Koch	3:39.95	Pacific	1/23
San Jose State 'B'	3:41.99	USD Relay Invitational	1/3
Craddock, Mills, Faria, Foster	3:43.96	Cal State Bakersfield	1/2
San Jose State 'C'	3:45.65	USD Relay Invitational	1/3
San Jose State 'D'	3:48.85	USD Relay Invitational	1/3

800 Freestyle Relay

DeWames, Koch, Stoddard, Yamaguchi	7:31.59	WAC Championship!	2/24
San Jose State 'A'	7:54.31	USD Relay Invitational	1/3
San Jose State 'B'	8:01.93	USD Relay Invitational	1/3

200 Medley Relay

Denman, Trammell, Macky, McCurley	1:42.76	WAC Championship	2/24
Denman, Macky, Guerrero, McCurley	1:43.37	Toshiba Classic	11/20
Denman, Trammell, Garcia, McCurley	1:45.90	UC Davis, Pacific	1/17
Yamaguchi, Trammell, Craddock, Foster	1:47.16	Toshiba Classic	11/20
Denman, Macky, Guerrero, McCurley	1:47.46	WAC Shootout	10/9
Denman, Trammell, Macky, Foster	1:48.53	Fresno State	2/6
Yamaguchi, Macky, Guerrero, Foster	1:49.05	UC Davis, Pacific	1/17
Denman, Trammell, Guerrero, McCurley	1:49.85	Stanford	10/2
Yamaguchi, Trammell, Tringham, Faria	1:50.55	WAC Shootout	10/9
Yamaguchi, Trammell, Garcia, Faria	1:50.64	Cal State East Bay	1/9
McCurley, Macky, Guerrero, Foster	1:51.51	Cal State East Bay	1/9
Yamaguchi, Garcia, Guerrero, Faria	1:52.19	Fresno State	2/6
Yamaguchi, Macky, DeWames, Yeung	1:52.33	Stanford	10/2
McCurley, Trammell, Guerrero, Ladd	1:52.54	Cal State Bakersfield	1/2
Craddock, Garcia, Tringham, Foster	1:54.68	Stanford	10/2
Yamaguchi, Lomazzi, Denman, Garcia	1:54.99	Cal State Bakersfield	1/2

400 Medley Relay

Denman, Macky, Guerrero, McCurley	3:46.54	Toshiba Classic	11/19
Denman, Trammell, Guerrero, DeWames	3:48.23	WAC Championship	2/26
Yamaguchi, Trammell, Craddock, Foster	3:52.84	Toshiba Classic	11/19
Denman, Macky, Guerrero, McCurley	3:55.00	Pacific	1/23
Denman, Macky, Guerrero, McCurley	3:55.58	WAC Shootout	10/10
Guerrero, Trammell, Denman, McCurley	3:56.92	USD Relay Invitational	1/3
Yamaguchi, Garcia, Trammell, Foster	3:59.10	Pacific	1/23
Guerrero, Macky, Trammell, Yamaguchi	4:00.03	Cal State Bakersfield, UC Santa Cruz	1/30
Yamaguchi, Trammell, Tringham, Wynn	4:02.14	WAC Shootout	10/10
San Jose State 'B'	4:06.34	USD Relay Invitational	1/3

3x100 Butterfly Relay

San Jose State 'A'	2:56.46	USD Relay Invitational	1/3
San Jose State 'B'	3:02.28	USD Relay Invitational	1/3

3x100 Backstroke Relay

San Jose State 'A'	2:57.19	USD Relay Invitational	1/3
San Jose State 'B'	3:07.82	USD Relay Invitational	1/3

3x100 Breaststroke Relay

Garcia, Macky, Trammell	3:20.98	USD Relay Invitational	1/3
San Jose State 'B'	3:41.28	USD Relay Invitational	1/3

FINAL 2009-10 SPARTAN BEST MARKS

500 (50-100-150-200) Freestyle Relay

McCurley, Foster, Denman, DeWames	4:37.42	USD Relay Invitational	1/3
San Jose State 'B'	4:41.65	USD Relay Invitational	1/3
San Jose State 'C'	4:53.57	USD Relay Invitational	1/3

3x500 Freestyle Relay

San Jose State 'A'	15:59.96	USD Relay Invitational	1/3
San Jose State 'B'	17:25.08	USD Relay Invitational	1/3

400 Individual Medley Relay

Denman, Macky, Craddock, Trammell	4:04.11	USD Relay Invitational	1/3
San Jose State 'B'	4:09.33	USD Relay Invitational	1/3
San Jose State 'C'	4:28.19	USD Relay Invitational	1/3

Championship Meet Individual Wins

Kirsten Trammell	200 IM (2:03.09)	WAC Championship (2/25)
------------------	------------------	-------------------------

Invitational Meet Individual Wins

Amy Kilby	One-Meter Diving (280.65)	USD Invitational (1/3)
Amy Kilby	One-Meter Diving (286.05)	USD Invitational (1/3)

Dual Meet Individual Wins

Caitlin Macky	200 Breast (2:26.84)	Stanford (10/2)*
Caitlin Lipton	500 Free (5:15.91)	Stanford (10/2)*
Rudie Guerrero	100 Fly (58.63)	Stanford (10/2)*
Caitlin Lipton	1000 Free (10:38.55)	Fresno State (10/9)
Caitlin Lipton	1000 Free (10:38.55)	Nevada (10/9)
Marisa DeWames	200 Free (1:55.04)	Fresno State (10/9)
Marisa DeWames	200 Free (1:55.04)	Nevada (10/9)
Meghan McCurley	50 Free (24.32)	Fresno State (10/9)
Meghan McCurley	50 Free (24.32)	Nevada (10/9)
Julia Craddock	200 IM (2:08.40)	Fresno State (10/9)
Julia Craddock	200 IM (2:08.40)	Nevada (10/9)
Jessica Holden	One-Meter Diving (228.55)	Boise State (10/9)
Jessica Holden	One-Meter Diving (228.55)	Fresno State (10/9)
Jessica Holden	One-Meter Diving (228.55)	Nevada (10/9)
Heather Denman	100 Fly (57.14)	Boise State (10/9)
Heather Denman	100 Fly (57.14)	Fresno State (10/9)
Marisa DeWames	100 Free (52.87)	Fresno State (10/9)
Marisa DeWames	100 Free (52.87)	Nevada (10/9)
Heather Denman	100 Back (57.60)	Boise State (10/9)
Heather Denman	100 Back (57.60)	Fresno State (10/9)
Heather Denman	100 Back (57.60)	Nevada (10/9)
Julia Craddock	500 Free (5:09.88)	Fresno State (10/9)
Julia Craddock	500 Free (5:09.88)	Nevada (10/9)
Amy Kilby	Three-Meter Diving (232.90)	Boise State (10/9)
Amy Kilby	Three-Meter Diving (232.90)	Fresno State (10/9)
Caitlin Lipton	1000 Free (10:36.78)	UC Davis (10/10)
Marissa DeWames	200 Free (1:55.78)	New Mexico State (10/10)
Julia Craddock	400 IM (4:34.58)	UC Davis (10/10)
Julia Craddock	400 IM (4:34.58)	Hawaii (10/10)
Julia Craddock	400 IM (4:34.58)	New Mexico State (10/10)
Amy Kilby	One-Meter Diving (225.45)	UC Davis (10/10)
Heather Denman	200 Fly (2:03.89)	UC Davis (10/10)
Heather Denman	200 Fly (2:03.89)	Hawaii (10/10)
Heather Denman	200 Fly (2:03.89)	New Mexico State (10/10)
Marisa DeWames	100 Free (52.98)	UC Davis (10/10)
Marisa DeWames	100 Free (52.98)	Hawaii (10/10)
Heather Denman	200 Back (2:05.02)	UC Davis (10/10)
Heather Denman	200 Back (2:05.02)	Hawaii (10/10)
Heather Denman	200 Back (2:05.02)	New Mexico State (10/10)
Amy Kilby	Three-Meter Diving (258.50)	UC Davis (10/10)
Amy Kilby	Three-Meter Diving (258.50)	New Mexico State (10/10)
Kirsten Trammell	200 Breast (2:25.62)	UC Davis (10/10)
Megan Mills	1000 Free (10:54.43)	Cal State Bakersfield (1/2)
Julia Koch	200 Free (1:59.62)	Cal State Bakersfield (1/2)
Rudie Guerrero	100 Back (1:00.41)	Cal State Bakersfield (1/2)
Kirsten Trammell	100 Breast (1:06.28)	Cal State Bakersfield (1/2)
Heather Denman	200 Fly (2:06.86)	Cal State Bakersfield (1/2)
Kiley Foster	100 Free (53.41)	Cal State Bakersfield (1/2)
Caitlin Macky	500 Free (5:15.57)	Cal State Bakersfield (1/2)
Heather Denman	200 IM (2:08.79)	Cal State Bakersfield (1/2)
Julia Craddock	1000 Free (10:30.90)	Cal State East Bay (1/9)
Megan Mills	200 Free (1:59.83)	Cal State East Bay (1/9)

Kiley Foster	50 Free (24.82)	Cal State East Bay (1/9)
Kristin Yamaguchi	200 IM (2:13.85)	Cal State East Bay (1/9)
Erin Garcia	100 Fly (59.71)	Cal State East Bay (1/9)
Marisa DeWames	100 Free (53.82)	Cal State East Bay (1/9)
Kristin Yamaguchi	100 Back (1:02.10)	Cal State East Bay (1/9)
Heather Denman	500 Free (5:08.66)	Cal State East Bay (1/9)
Julia Craddock	100 Breast (1:12.49)	Cal State East Bay (1/9)
Julia Craddock	1000 Free (10:25.82)	UC Davis (1/17)
Julia Craddock	1000 Free (10:25.82)	Pacific (1/17)
Marisa DeWames	200 Free (1:54.57)	UC Davis (1/17)
Marisa DeWames	200 Free (1:54.57)	Pacific (1/17)
Heather Denman	100 Back (55.23)	UC Davis (1/17)
Heather Denman	100 Back (55.23)	Pacific (1/17)
Caitlin Macky	100 Breast (1:05.66)	UC Davis (1/17)
Caitlin Macky	100 Breast (1:05.66)	Pacific (1/17)
Hannah Tringham	200 Fly (2:05.76)	UC Davis (1/17)
Hannah Tringham	200 Fly (2:05.76)	Pacific (1/17)
Meghan McCurley	50 Free (24.17)	UC Davis (1/17)
Meghan McCurley	50 Free (24.17)	Pacific (1/17)
Amy Kilby	One-Meter Diving (254.78)	UC Davis (1/17)
Amy Kilby	One-Meter Diving (254.78)	Pacific (1/17)
Meghan McCurley	100 Free (52.39)	Pacific (1/17)
Heather Denman	200 Back (2:00.00)	UC Davis (1/17)
Heather Denman	200 Back (2:00.00)	Pacific (1/17)
Kirsten Trammell	200 Breast (2:23.39)	UC Davis (1/17)
Kirsten Trammell	200 Breast (2:23.39)	Pacific (1/17)
Julia Craddock	500 Free (5:08.51)	Pacific (1/17)
Heather Denman	100 Fly (55.75)	UC Davis (1/17)
Heather Denman	100 Fly (55.75)	Pacific (1/17)
Amy Kilby	Three-Meter Diving (268.05)	UC Davis (1/17)
Amy Kilby	Three-Meter Diving (268.05)	Pacific (1/17)
Caitlin Macky	200 IM (2:11.08)	UC Davis (1/17)
Marisa DeWames	200 Free (1:53.83)	Pacific (1/23)
Heather Denman	100 Back (56.46)	Pacific (1/23)
Meghan McCurley	50 Free (24.32)	Pacific (1/23)
Marisa DeWames	100 Free (53.30)	Pacific (1/23)
Heather Denman	200 Back (2:02.76)	Pacific (1/23)
Heather Denman	100 Fly (56.21)	Pacific (1/23)
Megan Mills	1000 Free (10:43.32)	Cal State Bakersfield (1/30)
Megan Mills	1000 Free (10:43.32)	UC Santa Cruz (1/30)
Kristin Yamaguchi	200 Free (1:57.65)	Cal State Bakersfield (1/30)
Kristin Yamaguchi	200 Free (1:57.65)	UC Santa Cruz (1/30)
Heather Denman	100 Back (57.55)	Cal State Bakersfield (1/30)
Heather Denman	100 Back (57.55)	UC Santa Cruz (1/30)
Heather Denman	200 Fly (2:06.68)	Cal State Bakersfield (1/30)
Heather Denman	200 Fly (2:06.68)	UC Santa Cruz (1/30)
Meghan McCurley	50 Free (23.95)	Cal State Bakersfield (1/30)
Meghan McCurley	50 Free (23.95)	UC Santa Cruz (1/30)
Marisa DeWames	100 Free (52.08)	Cal State Bakersfield (1/30)
Marisa DeWames	100 Free (52.08)	UC Santa Cruz (1/30)
Kirsten Trammell	200 Breast (2:23.11)	Cal State Bakersfield (1/30)
Kirsten Trammell	200 Breast (2:23.11)	UC Santa Cruz (1/30)
Heather Denman	100 Fly (56.66)	Cal State Bakersfield (1/30)
Heather Denman	100 Fly (56.66)	UC Santa Cruz (1/30)
Julia Craddock	400 IM (4:31.67)	Cal State Bakersfield (1/30)
Julia Craddock	400 IM (4:31.67)	UC Santa Cruz (1/30)
Megan Mills	1000 Free (10:48.50)	Fresno State (2/6)
Rudie Guerrero	100 Back (59.42)	Fresno State (2/6)
Heather Denman	200 Fly (2:05.38)	Fresno State (2/6)
Meghan McCurley	100 Free (52.66)	Fresno State (2/6)
Caitlin Macky	200 Breast (2:23.48)	Fresno State (2/6)
Julia Craddock	500 Free (5:09.65)	Fresno State (2/6)
Heather Denman	100 Fly (56.84)	Fresno State (2/6)
Caitlin Macky	200 IM (2:10.73)	Fresno State (2/6)

Championship Meet Relay Wins

200 Free (DeWames, McCurley, Denman, Foster), 1:33.19	WAC Championship (2/25)
---	-------------------------

Invitational Meet Relay Wins

3x100 Breast (Garcia, Macky, Trammell), 3:20.98	USD Relay Invitational (1/3)
500 Free (McCurley, Foster, Denman, DeWames), 4:37.42	USD Relay Invitational (1/3)
400 Medley (Guerrero, Trammell, Denman, McCurley), 3:56.92	USD Relay Invitational (1/3)
200 Free (Foster, McCurley, DeWames, Denman), 1:38.16	USD Relay Invitational (1/3)
400 IM (Denman, Macky, Craddock, Trammell), 4:04.11	USD Relay Invitational (1/3)
400 Free (McCurley, Foster, DeWames, Macky), 3:35.33	USD Relay Invitational (1/3)

FINAL 2009-10 SPARTAN BEST MARKS

Dual Meet Relay Wins

200 Free (McCurley, Yeung, Foster, DeWames), 1:38.55	Stanford (10/2)
200 Medley (Denman, Macky, Guerrero, McCurley), 1:47.46	Fresno State (10/9)
200 Medley (Denman, Macky, Guerrero, McCurley), 1:47.46	Nevada (10/9)
200 Free (Yeung, DeWames, McCurley, Foster), 1:36.69	Boise State (10/9)
200 Free (Yeung, DeWames, McCurley, Foster), 1:36.69	Fresno State (10/9)
200 Free (Yeung, DeWames, McCurley, Foster), 1:36.69	Nevada (10/9)
400 Medley (Denman, Macky, Guerrero, McCurley), 3:55.58	UC Davis (10/10)
400 Medley (Denman, Macky, Guerrero, McCurley), 3:55.58	Hawai'i (10/10)
400 Free (Yeung, DeWames, McCurley, Foster), 3:32.58	UC Davis (10/10)
400 Free (Yeung, DeWames, McCurley, Foster), 3:32.58	Hawai'i (10/10)
400 Free (Yeung, DeWames, McCurley, Foster), 3:32.58	New Mexico State (10/10)
200 Medley (McCurley, Trammell, Guerrero, Ladd), 1:52.54	Cal State Bakersfield (1/2)
400 Free (Trammell, Macky, DeWames, Wynn), 3:39.00	Cal State Bakersfield (1/2)
200 Medley (Yamaguchi, Trammell, Garcia, Faria), 1:50.64	Cal State East Bay (1/9)
200 Free (Denman, Faria, Garcia, Macky), 1:39.56	Cal State East Bay (1/9)
200 Medley (Denman, Trammell, Garcia, McCurley), 1:45.90	UC Davis (1/17)
200 Medley (Denman, Trammell, Garcia, McCurley), 1:45.90	Pacific (1/17)
200 Free (DeWames, Garcia, McCurley, Foster), 1:36.85	UC Davis (1/17)
200 Free (DeWames, Garcia, McCurley, Foster), 1:36.85	Pacific (1/17)
400 Medley (Denman, Macky, Guerrero, McCurley), 3:55.00	Pacific (1/23)
400 Free (DeWames, Garcia, McCurley, Foster), 3:34.39	Pacific (1/23)
400 Medley (Guerrero, Macky, Trammell, Yamaguchi), 4:00.03	Cal State Bakersfield (1/30)
400 Medley (Guerrero, Macky, Trammell, Yamaguchi), 4:00.03	UC Santa Cruz (1/30)
200 Free (DeWames, Foster, Faria, Wynn), 1:38.55	Cal State Bakersfield (1/30)
200 Free (DeWames, Foster, Faria, Wynn), 1:38.55	UC Santa Cruz (1/30)
200 Medley (Denman, Trammell, Macky, Foster), 1:48.53	Fresno State (2/6)
200 Free (McCurley, Foster, DeWames, Yeung), 1:37.58	Fresno State (2/6)

* - Stanford exhibitioned some late events

Final 2009-10 Results (Dual Meet: 12-3/Home: 7-2/Away: 4-1/Neutral: 1-0/WAC: 4-2)

Date	Opponent	H/A/N	W/L	Score	Record
10/2	Stanford	A	L	103-183	0-1
10/9	Nevada*	H	W	162-80	1-1
10/9	Fresno State*	H	W	176-66	2-1
10/9	Boise State*	H	L	112-130	2-2
10/10	UC Davis*	H	W	162-67	3-2
10/10	New Mexico State*	H	W	118-117	4-2
10/10	Hawai'i*	H	L	107-134	4-3
11/19-21	Toshiba Classic	(Long Beach, Calif.)	6th of 25	452 Points	
11/20-22	Arizona Wildcat Diving Invitational	A	NTS		
1/2	Cal State Bakersfield	A	W	160-135	5-3
1/3	University of San Diego Relay Invitational	A	1st of 3	206 Points	
1/9	Cal State East Bay	H	W	129-57	6-3
1/17	UC Davis	H	W	195-103	7-3
1/17	Pacific	H	W	208-71	8-3
1/23	Pacific	A	W	148-113	9-3
1/30	Cal State Bakersfield	A	W	172-113	10-3
1/30	UC Santa Cruz	N	W	191-115	11-3
2/6	Fresno State	A	W	172-122	12-3
2/24-27	WAC Championship	(San Antonio, Texas)	3rd of 9	487 Points	
3/11-13	NCAA Zone E Diving Meet	(Austin, Texas)	NTS		

* - 2009 Western Athletic Conference Shootout in San Jose, Calif.

NTS - No Team Scoring

2010 WAC CHAMPIONSHIP RECAP

All-WAC Honors (30)

First Team All-WAC (12)

Amy Kilby (3rd, Platform Diving)
Kirsten Trammell (1st, 200 IM)
Kiley Foster (3rd, 50 Free)
Marisa DeWames (1st, 200 Free Relay)
Meghan McCurley (1st, 200 Free Relay)
Heather Denman (1st, 200 Free Relay)
Kiley Foster (1st, 200 Free Relay)
Heather Denman (2nd, 100 Fly)
Kirsten Trammell (3rd, 100 Breast)
Heather Denman (2nd, 100 Back)
Heather Denman (2nd, 200 Back)
Kirsten Trammell (3rd, 200 Breast)

Second-Team All-WAC (18)

Heather Denman (2nd, 200 Medley Relay)
Kirsten Trammell (2nd, 200 Medley Relay)
Caitlin Macky (2nd, 200 Medley Relay)
Meghan McCurley (2nd, 200 Medley Relay)
Caitlin Macky (7th, 200 IM)
Marisa DeWames (4th, 50 Free)
Meghan McCurley (5th, 50 Free)
Julia Craddock (5th, 400 IM)
Marisa DeWames (5th, 200 Free)
Caitlin Macky (5th, 100 Breast)
Kiley Foster (5th, 100 Free)
Meghan McCurley (8th, 100 Free)
Caitlin Macky (5th, 200 Breast)
Hannah Tringham (5th, 200 Fly)
Marisa DeWames (2nd, 400 Free Relay)
Meghan McCurley (2nd, 400 Free Relay)
Heather Denman (2nd, 400 Free Relay)
Kiley Foster (2nd, 400 Free Relay)

Medals (20)

Gold (5)

Kirsten Trammell (1st, 200 IM)
Marisa DeWames (1st, 200 Free Relay)
Meghan McCurley (1st, 200 Free Relay)
Heather Denman (1st, 200 Free Relay)
Kiley Foster (1st, 200 Free Relay)

Silver (11)

Heather Denman (2nd, 200 Medley Relay)
Kirsten Trammell (2nd, 200 Medley Relay)
Caitlin Macky (2nd, 200 Medley Relay)
Meghan McCurley (2nd, 200 Medley Relay)
Heather Denman (2nd, 100 Fly)
Heather Denman (2nd, 100 Back)
Heather Denman (2nd, 200 Back)
Marisa DeWames (2nd, 400 Free Relay)
Meghan McCurley (2nd, 400 Free Relay)
Heather Denman (2nd, 400 Free Relay)
Kiley Foster (2nd, 400 Free Relay)

Bronze (4)

Amy Kilby (3rd, Platform Diving)
Kiley Foster (3rd, 50 Free)
Kirsten Trammell (3rd, 100 Breast)
Kirsten Trammell (3rd, 200 Breast)

NCAA 'B' Cuts (4)

-Heather Denman, 54.31, 100 Backstroke (2/26, Prelims)
-Heather Denman, 54.85, 100 Backstroke (2/26, Finals)
-Heather Denman, 1:58.72, 200 Backstroke (2/27, Finals)
-400 Freestyle Relay, 3:23.35 (2/27)
(Marisa DeWames, Meghan McCurley, Heather Denman, Kiley Foster)

Individual Points

Kirsten Trammell, 52 (+64 Relay)
Heather Denman, 51 (+138 Relay)
Caitlin Macky, 40 (+34 Relay)
Kiley Foster, 36 (+74 Relay)
Marisa DeWames, 32 (+132 Relay)
Meghan McCurley, 27 (+108 Relay)
Julia Craddock, 23
Hannah Tringham, 20
Amy Kilby, 19
Julia Koch, 9 (+28 Relay)
Kristin Yamaguchi, 8 (+28 Relay)
Rudie Guerrero, 2 (+30 Relay)
Megan Mills, 2
Taylor Stoddard, 0 (+28 Relay)

Event-By-Event Points

50 Freestyle: 45
200 Freestyle Relay: 40
200 Individual Medley: 34
200 Medley Relay: 34
400 Freestyle Relay: 34
100 Breaststroke: 30
200 Breaststroke: 30
400 Medley Relay: 30
100 Freestyle: 28
800 Freestyle Relay: 28
100 Backstroke: 26
200 Freestyle: 24
200 Butterfly: 21
400 Individual Medley: 20
100 Butterfly: 18
200 Backstroke: 17
Platform Diving: 16
500 Freestyle: 7
Three-Meter Diving: 3
1650 Freestyle: 2

Swimming Points: 468 (Relay: 166)
Diving Points: 19

School Records (7)

Heather Denman, 50 Backstroke, 25.35, 2/24

800 Freestyle Relay, 7:31.59, 2/24

(Marisa DeWames, Julia Koch, Taylor Stoddard, Kristin Yamaguchi)

Amy Kilby, Platform Diving, 205.50, 2/24

Kirsten Trammell, 200 IM, 2:03.09

200 Freestyle Relay, 1:33.19, 2/25

(Marisa DeWames, Meghan McCurley, Heather Denman, Kiley Foster)

Julia Craddock, 400 IM, 4:26.55, 2/26

400 Freestyle Relay, 3:23.35, 2/27

(Marisa DeWames, Meghan McCurley, Heather Denman, Kiley Foster)

Josh Davis Natatorium Pool Records (1)

200 Freestyle Relay, 1:33.19, 2/25

(Marisa DeWames, Meghan McCurley, Heather Denman, Kiley Foster)

NCAA Zone E Diving Meet School Records (3)

Amy Kilby, Platform Diving (5 Dives), 208.10, 3/13, Prelims

Amy Kilby, Platform Diving (5 Dives), 212.55, 3/13, Finals

Amy Kilby, Platform Diving (10 Dives), 420.65, 3/13