

San Diego State Swimming & Diving

2023-24 Season and Collegiate Career Bests

SWIMMERS

Emily Allen

Collegiate Career Best Times

50 Free	23.78	SMU Invitational (11-17-22)
100 Free	51.51	Mountain West Championships (2-18-23)
200 Free	1:50.55#	SMU Invitational (11-18-22)
500 Free	5:05.03†	Mountain West Championships (2-15-23)
1000 Free	10:32.73	vs. San Diego (1-26-24)
100 Fly	1:05.48	USD Pentathlon (9-9-22)
100 Back	1:07.86	USD Pentathlon (9-9-22)
100 Breast	1:21.95	USD Pentathlon (9-9-22)
1650 Free	17:32.88	Art Adamson Invitational (11-17-23)

2023-24 Season Best Times

50 Free	24.55	vs. Pepperdine, LMU (1-19-24)
100 Free	52.52#	Art Adamson Invitational (11-16-23)
200 Free	1:57.10	vs. Air Force (12-19-23)
500 Free	5:05.23	Alaska Fairbanks Pentathlon (1-9-24)
100 Fly	1:07.65	at USD Pentathlon (9-15-23)
100 Back	1:11.25	at USD Pentathlon (9-15-23)
100 Breast	1:27.77	at USD Pentathlon (9-15-23)
1000 Free	10:32.73	vs. San Diego (1-26-24)
1650 Free	17:32.88	Art Adamson Invitational (11-17-23)

Moa Bergdahl

Collegiate Career Best Times

50 Free	24.44#	at Pepperdine (10-5-23)
100 Free	53.55	Alaska Fairbanks Pentathlon (1-9-23)
100 Fly	1:04.09	vs. Pepperdine (1-13-23)
100 Back	1:00.10	vs. Pepperdine, LMU (1-19-24)
200 Back	2:13.48	vs. UIW, CSU East Bay (1-5-23)
100 Breast	59.97	Mountain West Championships (2-23-24)
200 Breast	2:10.73	Mountain West Championships (2-24-24)
200 IM	2:00.17	Mountain West Championships (2-22-24)
400 IM	4:37.47	GCU Quad Meet (10-22-22)

2023-24 Season Best Times

50 Free	24.44#	at Pepperdine (10-5-23)
100 Free	53.55	Alaska Fairbanks Pentathlon (1-9-23)
100 Fly	1:07.15	at USD Pentathlon (9-15-23)
100 Back	1:00.10	vs. Pepperdine, LMU (1-19-24)
100 Breast	59.97	Mountain West Championships (2-23-24)
200 Breast	2:10.73	Mountain West Championships (2-24-24)
200 IM	2:00.17	Mountain West Championships (2-22-24)

Liberty Edwards

Collegiate Career Best Times

50 Free	26.42	SMU Invitational (11-17-22)
100 Free	55.40	USD Pentathlon (9-9-22)
100 Fly	1:10.10	USD Pentathlon (9-9-22)
100 Back	1:08.60	USD Pentathlon (9-9-22)
100 Breast	1:05.46	Art Adamson Invitational (11-15-23)
200 Breast	2:24.77	Art Adamson Invitational (11-17-23)
200 IM	2:12.47	SMU Invitational (11-17-22)

2023-24 Season Best Times

50 Free	27.82	at USD Pentathlon (9-15-23)
100 Free	1:00.27#	Fresno State Invitational (10-7-23)
100 Fly	1:11.33	Alaska Fairbanks Pentathlon (1-9-24)
100 Back	1:11.67	USD Pentathlon (9-15-23)
100 Breast	1:05.46	Art Adamson Invitational (11-15-23)
200 Breast	2:24.77	Art Adamson Invitational (11-17-23)
200 IM	2:23.15	Fresno State Invitational (10-6-23)

Raya Embury-Brown

2023-24 Season Best Times

100 Free	58.53	at USD Pentathlon (9-15-23)
200 Free	2:06.00	vs. Pepperdine, LMU (1-19-24)
500 Free	5:11.25	Alaska Fairbanks Pentathlon (1-9-24)
1000 Free	10:35.83	vs. San Diego (1-26-24)
1650 Free	17:37.84	Art Adamson Invitational (11-17-23)
100 Back	1:10.89	at USD Pentathlon (9-15-23)

Trine Forss

2023-24 Season Best Times

50 Back	26.36#	Art Adamson Invitational (11-16-23)
50 Free	24.45	Fresno State Invitational (10-6-23)
100 Free	55.78	at USD Pentathlon (9-15-23)
100 Fly	56.64	Art Adamson Invitational (11-16-23)
100 Back	54.93#	Art Adamson Invitational (11-16-23)
200 Back	2:01.93	Art Adamson Invitational (11-17-23)
100 Breast	1:19.48	at USD Pentathlon (9-15-23)

Rachel Hubka

2023-24 Season Best Times

50 Free	22.74	Mountain West Championships (2-22-24)
100 Free	50.50p	Mountain West Championships (2-24-24)
100 Fly	56.20	Mountain West Championships (2-23-24)
100 Back	1:05.06	at USD Pentathlon (9-15-23)
100 Breast	1:14.65	at USD Pentathlon (9-15-23)

San Diego State Swimming & Diving

2023-24 Season and Collegiate Career Bests

Wilma Johansson

Collegiate Career Best Times

50 Free	25.04#	GCU Quad Meet (10-22-22)
100 Free	51.10	vs. San Diego (1-26-24)
200 Free	1:47.26	Mountain West Championships (2-17-23)
500 Free	4:46.13	Mountain West Championships (2-16-23)
1000 Free	10:34.11	GCU Quad Meet (10-22-21)
100 Fly	56.32	Mountain West Championships (2-19-21)
200 Fly	1:57.17*	MW Championships (2-18-23)
100 Back	1:01.66	USD Pentathlon (9-17-21)
200 Back	2:11.08	LMU Invitational (10-23-21)
100 Breast	1:10.67	USD Pentathlon (9-9-22)
200 IM	2:01.71	Phill Hansel Invitational (11-18-21)
400 IM	4:20.64	Mountain West Championships (2-18-22)

2023-24 Season Best Times

100 Free	51.10	vs. San Diego (1-26-24)
200 Free	1:47.79	Mountain West Championships (2-23-24)
500 Free	4:52.00p	Mountain West Championships (2-22-24)
100 Fly	1:00.07	at USD Pentathlon (9-15-23)
200 Fly	1:57.85	Mountain West Championships (2-24-24)
100 Back	1:03.76	at USD Pentathlon (9-15-23)
100 Breast	1:11.23	at USD Pentathlon (9-15-23)

Mai McKenna

Collegiate Career Best Times

50 Free	23.26	vs. San Diego (1-26-24)
100 Free	53.71	at USD Pentathlon (9-15-23)
100 Back	53.92	vs. San Diego (12-19-22)
200 Back	1:56.09	Mountain West Championships (2-18-23)
100 Breast	1:05.65	vs. CSU East Bay, CUI (1-5-24)
200 Breast	2:20.72	vs. Utah Tech (11-5-22)
100 Fly	53.53	vs. San Diego (1-26-24)
200 Fly	1:58.75	Art Adamson Invitational (11-17-23)
200 IM	1:59.97	Mountain West Championships (2-22-24)
400 IM	4:18.13t	vs. San Diego (1-26-24)

2023-24 Season Best Times

50 Free	23.26	vs. San Diego (1-26-24)
100 Free	53.71	at USD Pentathlon (9-15-23)
100 Back	58.68	Alaska Fairbanks Pentathlon (1-9-24)
200 Back	2:09.72	at Cal Poly (9-29-23)
100 Breast	1:05.65	vs. CSU East Bay, CUI (1-5-24)
100 Fly	53.53	vs. San Diego (1-26-24)
200 Fly	1:58.75	Art Adamson Invitational (11-17-23)
200 IM	1:59.97	Mountain West Championships (2-22-24)
400 IM	4:18.13t	vs. San Diego (1-26-24)

Paige Mitchell

Collegiate Career Best Times

50 Free	25.56#	vs. San Diego (12-19-22)
100 Free	54.39#	Fresno State Invitational (10-7-23)
200 Free	1:50.78	Mountain West Championships (2-19-21)
500 Free	4:50.96	Fresno State Invitational (12-4-20)
1000 Free	10:14.72	vs. San Diego (12-19-22)
1650 Free	16:58.13	Mountain West Championships (2-18-23)
100 Fly	59.94	USD Pentathlon (9-9-22)
200 Fly	2:04.38	Fresno State Invitational (12-5-20)
100 Back	1:01.34	at USD Pentathlon (9-15-23)
200 Back	2:02.52p	Mountain West Championships (2-24-24)
100 Breast	1:19.83	USD Pentathlon (9-17-21)

2023-24 Best Times

50 Free	25.65#	at Pepperdine (10-5-23)
100 Free	54.39#	Fresno State Invitational (10-7-23)
200 Free	1:52.44	Art Adamson Invitational (11-16-23)
500 Free	4:56.79p	Mountain West Championships (2-22-24)
1000 Free	10:35.22	vs. Air Force (12-19-23)
1650 Free	16:59.17	Mountain West Championships (2-23-24)
100 Fly	1:00.59	at USD Pentathlon (9-15-23)
100 Back	1:01.34	at USD Pentathlon (9-15-23)
200 Back	2:02.52p	Mountain West Championships (2-24-24)
100 Breast	1:19.96	at USD Pentathlon (9-15-23)

Reka Nyiradi

2023-24 Season Best Times

100 Free	51.47	vs. Air Force (12-19-23)
200 Free	1:47.76	Mountain West Championships (2-23-24)
100 Fly	55.81	vs. Air Force (12-19-23)
200 Fly	1:59.19p	Mountain West Championships (2-24-24)
100 Back	59.07	Alaska Fairbanks Pentathlon (1-9-24)
200 Back	1:56.52p	Mountain West Championships (2-24-24)
100 Breast	1:12.26	at USD Pentathlon (9-15-23)
200 IM	2:03.10	Art Adamson Invitational (11-15-23)
400 IM	4:24.22t	vs. San Diego (1-26-24)

Alex Roberts

Collegiate Career Best Times

50 Free	24.53	vs. San Diego (1-26-24)
100 Free	54.70	USD Pentathlon (9-9-22)
100 Fly	52.96	Mountain West Championships (2-23-24)
200 Fly	2:08.76	vs. Cal Poly (12-20-21)
100 Back	51.95	Mountain West Championships (2-23-24)
200 Back	1:52.89*	Mountain West Championships (2-18-23)

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100 Breast	1:07.73	LMU Invitational (10-22-21)
200 IM	2:01.39	SMU Invitational (11-17-22)
400 IM	4:33.89	Mountain West Championships (2-19-21)

2023-24 Season Best Times

50 Free	24.53	vs. San Diego (1-26-24)
100 Fly	52.96	Mountain West Championships (2-23-24)
100 Back	51.95	Mountain West Championships (2-23-24)
200 Back	1:52.92	Mountain West Championships (2-24-24)
100 Breast	1:09.46	vs. CSU East Bay, CUI (1-5-24)
200 IM	2:03.70	vs. San Diego (1-26-24)

Alyssa Schiller

Collegiate Career Best Times

50 Free	22.79	Mountain West Championships (2-22-24)
100 Free	49.73	Mountain West Championships (2-24-24)
200 Free	1:51.15p	Mountain West Championships (2-23-24)
500 Free	5:27.93	at Cal Poly (9-29-23)
1000 Free	11:28.50	vs. UIW, CSUEB (1-5-23)
1650 Free	19:12.40	Fresno State Invitational (10-7-23)
100 Fly	1:07.60	USD Pentathlon (9-9-22)
100 Back	1:03.55	USD Pentathlon (9-9-22)
100 Breast	1:15.81	USD Pentathlon (9-9-22)

2023-24 Season Best Times

50 Free	22.79	Mountain West Championships (2-22-24)
100 Free	49.73	Mountain West Championships (2-24-24)
200 Free	1:51.15p	Mountain West Championships (2-23-24)
500 Free	5:27.93	at Cal Poly (9-29-23)
1650 Free	19:12.40	Fresno State Invitational (10-7-23)
100 Fly	1:04.48	Alaska Fairbanks Pentathlon (1-9-24)
100 Back	1:08.14	at USD Pentathlon (9-15-23)
100 Breast	1:18.35	at USD Pentathlon (9-15-23)

Charlotte Sevin

2023-24 Season Best Times

50 Free	26.05	Alaska Fairbanks Pentathlon (1-9-24)
100 Free	57.80	at USD Pentathlon (9-15-23)
100 Back	55.86t	Mountain West Championships (2-22-24)
200 Back	2:12.24	SDSU Quad Meet (1-8-24)
100 Breast	1:09.00	at USD Pentathlon (9-15-23)
100 Fly	56.26t	Mountain West Championships (2-23-24)
200 Fly	2:03.43p	Mountain West Championships (2-23-24)
200 IM	2:14.12	Fresno State Invitational (10-6-23)

Meredith Smithbaker

Collegiate Career Best Times

50 Free	22.24	Mountain West Championships (2-22-24)
100 Free	48.54	Mountain West Championships (2-24-24)
200 Free	1:51.10#	Phill Hansel Invitational (11-19-21)
100 Back	1:02.65	USD Pentathlon (9-9-22)
100 Breast	1:00.40	Mountain West Championships (2-18-22)
200 Breast	2:23.38	vs. CSU East Bay, CUI (1-5-24)
100 Fly	56.90	Chick-Fil-A Invitational (10-8-21)
200 IM	2:03.00	Phill Hansel Invitational (11-18-21)

2023-24 Season Best Times

50 Free	22.24	Mountain West Championships (2-22-24)
100 Free	48.54	Mountain West Championships (2-23-24)
100 Back	1:02.72	Alaska Fairbanks Pentathlon (1-9-24)
100 Breast	1:01.06p	Mountain West Championships (2-23-24)
200 Breast	2:23.38	vs. CSU East Bay, CUI (1-5-24)

Evonne Stehr

Collegiate Career Best Times

50 Free	23.54	Mizzou Invitational (11-20-19)
100 Free	50.17	Mountain West Championships (2-24-24)
100 Fly	57.26	Chick-Fil-A Invitational (10-7-22)
100 Back	53.94	Mountain West Championships (2-18-22)
200 Back	1:58.24	Mountain West Championships (2-22-20)
100 Breast	1:03.47	Phill Hansel Invitational (11-19-21)
200 IM	2:01.03	Mountain West Championships (2-16-23)

2023-24 Season Best Times

50 Free	23.65#	Art Adamson Invitational (11-15-23)
100 Free	50.17	Mountain West Championships (2-24-24)
100 Fly	1:00.12	Alaska Fairbanks Pentathlon (1-9-24)
100 Back	54.06	Mountain West Championships (2-23-24)
100 Breast	1:08.02	Alaska Fairbanks Pentathlon (1-9-24)
200 IM	2:01.20p	Mountain West Championships (2-22-24)

Abby Storm

Collegiate Career Best Times

50 Free	24.00	Mountain West Championships (2-16-23)
100 Free	51.75#	Art Adamson Invitational (11-17-23)
100 Fly	57.06	Mountain West Championships (2-17-23)
200 Fly	2:20.72	vs. Pepperdine (1-13-22)
100 Back	53.42p	Mountain West Championships (2-23-24)
200 Back	1:55.96	Mountain West Championships (2-18-23)
100 Breast	1:17.81	USD Pentathlon (9-9-22)
200 IM	2:18.02	Chick-Fil-A Invitational (10-7-22)

San Diego State Swimming & Diving

2023-24 Season and Collegiate Career Bests

2023-24 Season Best Times

50 Free	24.17#	Art Adamson Invitational (11-15-23)
100 Free	51.75#	Art Adamson Invitational (11-17-23)
100 Fly	1:00.68	vs. Air Force (12-19-23)
200 Fly	2:24.20	Fresno State Invitational (10-7-23)
100 Back	53.42p	Mountain West Championships (2-23-24)
200 Back	1:56.19p	Mountain West Championships (2-23-24)
100 Breast	1:18.57	at USD Pentathlon (9-15-23)

Riley Tapley

Collegiate Career Best Times

50 Free	24.61	GCU Quad Meet (10-22-22)
100 Free	53.62	USD Pentathlon (9-9-22)
100 Back	53.71	Mountain West Championships (2-17-23)
200 Back	1:56.10	Phill Hansel Invitational (11-20-21)
100 Breast	1:09.54	USD Pentathlon (9-9-22)
100 Fly	54.19	Phill Hansel Invitational (11-19-21)
200 Fly	2:04.92	Mizzou Invitational (11-19-19)
200 IM	2:02.56	Phill Hansel Invitational (11-18-21)
400 IM	4:28.91	Mizzou Invitational (11-19-19)

2023-24 Season Best Times

50 Free	25.07#	at Pepperdine (10-5-23)
100 Free	53.88	Alaska Fairbanks Pentathlon (1-9-24)
100 Fly	55.16	vs. San Diego (1-26-24)
100 Back	54.42	vs. San Diego (1-26-24)
200 Back	1:58.48	Art Adamson Invitational (11-17-23)
100 Breast	1:11.88	at USD Pentathlon (9-15-23)
200 IM	2:07.63	Fresno State Invitational (10-6-23)

Emily Tenczar

Collegiate Career Best Times

50 Free	24.20	SMU Invitational (11-17-22)
100 Free	53.10#	SMU Invitational (11-19-22)
200 Free	2:00.85	GCU Quad Meet (10-22-22)
100 Back	57.28p	Mountain West Championships (2-23-24)
200 Back	2:15.13	vs. CSU East Bay, CUI (1-5-24)
100 Fly	55.12	Art Adamson Invitational (11-16-23)
200 Fly	2:00.14p	Mountain West Championships (2-24-24)
100 Breast	1:20.06	USD Pentathlon (9-9-22)

2023-24 Season Best Times

50 Free	25.76	Alaska Fairbanks Pentathlon (1-9-24)
100 Free	56.25	Alaska Fairbanks Pentathlon (1-9-24)
100 Back	57.28p	Mountain West Championships (2-23-24)
200 Back	2:15.13	vs. CSU East Bay, CUI (1-5-24)

100 Fly	55.12	Art Adamson Invitational (11-16-23)
200 Fly	2:00.14p	Mountain West Championships (2-24-24)
100 Breast	1:21.87	at USD Pentathlon (9-15-23)

Avery Turney

SDSU Collegiate Best Times

50 Free	22.99	Mountain West Championships (2-16-23)
100 Free	50.06	Mountain West Championships (2-18-23)
200 Free	1:49.43	Mountain West Championships (2-23-24)
500 Free	5:32.28	vs. Utah Tech (11-5-22)
100 Fly	1:01.50	USD Pentathlon (9-9-22)
100 Back	59.20	USD Pentathlon (9-9-22)
100 Breast	1:11.85	Alaska Fairbanks Pentathlon (1-9-24)

2023-24 Season Best Times

50 Free	23.09	Mountain West Championships (2-22-24)
100 Free	50.07	Mountain West Championships (2-24-24)
200 Free	1:49.43	Mountain West Championships (2-23-24)
100 Back	1:00.63	Alaska Fairbanks Pentathlon (1-9-24)
100 Breast	1:11.85	Alaska Fairbanks Pentathlon (1-9-24)
100 Fly	1:04.29	Alaska Fairbanks Pentathlon (1-9-24)

Lyndsey Wehr

SDSU Collegiate Best Times

50 Free	22.63#	Mountain West Championships (2-17-23)
100 Free	49.86	Mountain West Championships (2-18-23)
200 Free	1:53.62	SMU Invitational (11-18-22)
100 Back	1:02.24	USD Pentathlon (9-9-22)
100 Breast	1:11.72	USD Pentathlon (9-9-22)
100 Fly	1:07.20	USD Pentathlon (9-9-22)

Summer West

2023-24 Season Best Times

100 Free	56.28	USD Pentathlon (9-15-23)
200 Free	1:54.64	Fresno State Invitational (10-6-23)
500 Free	4:55.98	Mountain West Championships (2-22-24)
1000 Free	10:30.87	vs. Air Force (12-19-23)
1650 Free	17:07.53	Mountain West Championships (2-24-24)
100 Fly	1:02.98	USD Pentathlon (9-15-23)
100 Back	1:04.04	USD Pentathlon (9-15-23)
100 Breast	1:10.92	USD Pentathlon (9-15-23)
200 Breast	2:27.81	at Cal Poly (9-29-23))
200 IM	2:12.13	at Cal Poly (9-29-23)
400 IM	4:26.55	Mountain West Championships (2-23-24)

Christiana Williams

SDSU Collegiate Best Times

50 Free	25.45	Alaska Fairbanks Pentathlon (1-9-24)
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100 Free	53.37#	SMU Invitational (11-19-22)
100 Back	1:00.47	vs. CSU East Bay, CUI (1-5-24)
200 Back	2:16.83	vs. Pepperdine (1-13-23)
100 Breast	59.91	vs. San Diego (1-26-24)
200 Breast	2:08.23†*	Mountain West Championships (2-15-23)
100 Fly	1:01.86	Alaska Fairbanks Pentathlon (1-9-24)
200 IM	2:01.89p	Mountain West Championships (2-21-24)
400 IM	4:38.28	GCU Quad Meet (10-22-22)

2023-24 Season Best Times

50 Free	25.45	Alaska Fairbanks Pentathlon (1-9-24)
100 Free	56.27	Alaska Fairbanks Pentathlon (1-9-24)
100 Back	1:00.47	vs. CSU East Bay, CUI (1-5-24)
100 Breast	59.91	vs. San Diego (1-26-24)
200 Breast	2:09.19	Mountain West Championships (2-24-24)
100 Fly	1:01.86	Alaska Fairbanks Pentathlon (1-9-24)
200 IM	2:01.89p	Mountain West Championships (2-21-24)

* - Program record; # - Relay leadoff; † - Time trials; p - Preliminaries
 Red - Career best; Green - NCAA "B" cut time

DIVERS

Jules Harrison

Collegiate Career Best Scores

1-meter	265.50	Mountain West Championships (2-16-22)
3-meter	301.05	Mountain West Championships (2-17-22)
Platform	243.25	Mountain West Championships (2-24-24)

2023-24 Season Best Scores

1-meter	250.50	Riverside Diving Invitational (12-1-23)
3-meter	288.90	Mountain West Championships (2-22-24)
Platform	243.25	Mountain West Championships (2-24-24)

Taylor Konopacke

Collegiate Career Best Scores

1-meter	232.10	Riverside Diving Invitational (12-1-23)
3-meter	276.15	Riverside Diving Invitational (12-2-23)
Platform	249.00	Mountain West Championships (2-24-24)

2023-24 Season Best Scores

1-meter	232.10	Riverside Diving Invitational (12-1-23)
3-meter	276.15	Riverside Diving Invitational (12-2-23)
Platform	249.00	Mountain West Championships (2-24-24)

Valentina Lopez Arevalo

Collegiate Career Best Scores

1-meter	328.70	Mountain West Championships (2-21-24)
3-meter	374.20	Mountain West Championships (2-22-24)
Platform	350.15*	Mountain West Championships (2-18-23)

2023-24 Season Best Scores

1-meter	328.70	Mountain West Championships (2-21-24)
3-meter	374.20	Mountain West Championships (2-22-24)
Platform	340.70	Mountain West Championships (2-24-24)

Jessica Schroeder

2023-24 Season Best Scores

1-meter	243.15	Mountain West Championships (2-21-24)
3-meter	288.40	Mountain West Championships (2-22-24)
Platform	222.90	Lumberjack Invitational (2-10-24)

Alina Skrocki

2023-24 Season Best Scores

1-meter	272.70	Lumberjack Invitational (2-8-24)
3-meter	291.95	Riverside Diving Invitational (12-2-23)
Platform	238.75	Lumberjack Invitational (2-10-24)

Summer Westmoreland

Collegiate Career Best Scores

1-meter	300.85	Mountain West Championships (2-16-22)
3-meter	296.25	Mountain West Championships (2-22-24)
Platform	251.80	Mountain West Championships (2-24-24)

2023-24 Season Best Scores

1-meter	296.50	Mountain West Championships (2-21-24)
3-meter	296.25	Mountain West Championships (2-22-24)
Platform	251.80	Mountain West Championships (2-24-24)

Olivia Zamudio

Collegiate Career Best Scores

1-meter	253.05	Riverside Diving Invitational (12-1-23)
3-meter	270.45	vs. San Diego (1-26-24)
Platform	225.45	Lumberjack Invitational (2-6-22)

2023-24 Season Best Scores

1-meter	253.05	Riverside Diving Invitational (12-1-23)
3-meter	270.45	vs. San Diego (1-26-24)
Platform	216.05	Riverside Diving Invitational (12-2-23)

* - Program record; Red - Career best; Green - Zone E Qualifier

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