

San Diego State Swimming & Diving

2022-23 Season and Career Bests

SWIMMERS

Emily Allen

2022-23 Season 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	5:08.93	Mountain West Championships (2-16-23)
1000 Free	11:01.44	vs. UIW, CSUEB (1-5-23)
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	17:49.96	SMU Invitational (11-19-22)

Moa Bergdahl

2022-23 Season Best Times

50 Free	24.51	Chick-Fil-A Invite (10-7-22)
100 Free	53.78	USD Pentathlon (10-7-22)
100 Fly	1:04.09	vs. Pepperdine (1-13-23)
100 Back	1:01.70	USD Pentathlon (9-9-22)
200 Back	2:13.48	vs. UIW, CSUEB (1-5-23)
100 Breast	1:00.79	Mountain West Championships (2-17-23)
200 Breast	2:12.96	Mountain West Championships (2-18-23)
200 IM	2:01.95	MW Championships (2-16-23)
400 IM	4:37.47	GCU Quad Meet (10-22-22)

Liberty Edwards

2022-23 Season 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	1:05.63	vs. San Diego (1-27-23)
200 Breast	2:25.95	vs. San Diego (1-27-23)
200 IM	2:12.47	SMU Invitational (11-17-22)

Emily Gebhardt

Career Best Times

50 Free	24.50	vs. Cal Poly (12-20-21)
100 Free	51.36	Mountain West Championships (2-22-20)
200 Free	1:50.49	SMU Invitational (11-18-22)
500 Free	4:50.74	SMU Invitational (11-17-22)
100 Fly	53.51	Mountain West Championships (2-17-23)
200 Fly	1:59.34	MW Championships (2-18-23)
100 Back	1:05.09	USD Pentathlon (9-9-22)
100 Breast	1:11.24	USD Pentathlon (9-17-21)

2022-23 Season Best Times

50 Free	24.91	GCU Quad Meet (10-22-22)
100 Free	54.46	Utah Tech (11-5-22)
200 Free	1:50.49	SMU Invitational (11-18-22)
500 Free	4:50.74	SMU Invitational (11-17-22)
100 Fly	53.51	MW Championships (2-17-23)
200 Fly	1:59.34	MW Championships (2-18-23)
100 Back	1:05.09	USD Pentathlon (9-9-22)
100 Breast	1:11.31	USD Pentathlon (9-9-22)

Wilma Johansson

Career Best Times

50 Free	25.04#	GCU Quad Meet (10-22-22)
100 Free	53.02	vs. Pepperdine (1-13-23)
200 Free	1:47.26	MW Championships (2-17-23)
500 Free	4:46.13	MW 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)

2022-23 Season Best Times

50 Free	25.04#	GCU Quad Meet (10-22-22)
100 Free	53.02	vs. Pepperdine (1-13-23)
200 Free	1:47.26	MW Championships (2-17-23)
500 Free	4:46.13	MW Championships (2-16-23)
1000 Free	10:34.11	GCU Quad Meet (10-22-21)
100 Fly	56.53	vs. Pepperdine (1-13-23)
200 Fly	1:57.17*	Mountain West Championships (2-18-23)
100 Back	1:03.25	USD Pentathlon (9-9-22)
100 Breast	1:10.67	USD Pentathlon (9-9-22)

Jeannette King

2022-23 Season Best Times

50 Free	22.63	MW Championships (2-16-23)
100 Free	49.41	MW Championships (2-18-23)
100 Fly	58.61	Chick-Fil-A Invite (10-7-22)
100 Back	54.63	SMU Invitational (11-19-22)
100 Breast	1:17.90	USD Pentathlon (9-9-22)

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Mai McKenna

Career Best Times

100 Free	57.58	USD Pentathlon (9-9-22)
100 Back	53.92	vs. San Diego (12-19-22)
200 Back	1:56.09	MW Championships (2-18-23)
100 Breast	1:10.50	USD Pentathlon (9-9-22)
200 Breast	2:20.72	vs. Utah Tech (11-5-22)
100 Fly	58.50	USD Pentathlon (9-9-22)
200 Fly	2:12.73	vs. UIW, CSUEB (1-5-23)
200 IM	2:00.30	vs. San Diego (12-19-22)
400 IM	4:26.01	Phill Hansel Invitational (11-19-21)

2022-23 Season Best Times

100 Free	57.58	USD Pentathlon (9-9-22)
100 Fly	58.50	USD Pentathlon (9-9-22)
100 Back	53.92	vs. San Diego (12-19-22)
200 Back	1:56.09	MW Championships (2-18-23)
100 Breast	1:10.50	USD Pentathlon (9-9-22)
200 Breast	2:20.72	vs. Utah Tech (11-5-22)
200 Fly	2:12.73	vs. UIW, CSUEB (1-5-23)
200 IM	2:00.30	vs. San Diego (12-19-22)
400 IM	4:29.44	Chick-Fil-A Invite (10-7-22)

Jessie McMurray

Career Best Times

50 Free	24.32	Mountain West Championships (2-17-22)
100 Free	57.31	USD Pentathlon (9-9-22)
100 Back	1:10.20	USD Pentathlon (9-9-22)
100 Breast	1:03.47	SMU Invitational (11-18-22)
200 Breast	2:20.80	Phill Hansel Invitational (11-20-21)
100 Fly	58.89	Mountain West Championships (2-21-21)
200 IM	2:12.31	SMU Invitational (11-17-22)

2022-23 Season Best Times

50 Free	24.93	SMU Invitational (11-17-22)
100 Free	57.31	USD Pentathlon (9-9-22)
100 Back	1:10.20	USD Pentathlon (9-9-22)
100 Breast	1:03.47	SMU Invitational (11-18-22)
200 Breast	2:23.47	SMU Invitational (11-18-22)
100 Fly	1:00.09	USD Pentathlon (9-9-22)
200 IM	2:12.31	SMU Invitational (11-17-22)

Lizzie Menzmer

Career Best Times

50 Free	22.34#	Mountain West Championships (2-21-20)
100 Free	50.26#	Mizzou Invitational (11-17-18)
200 Free	1:50.95#	Mizzou Invitational (11-16-18)

500 Free	5:25.07	vs. Air Force, Cal Poly (12-19-18)
100 Back	1:02.61	Chick-Fil-A Invitational (10-8-21)
100 Fly	53.62	Mountain West Championships (2-17-23)
200 Fly	2:02.24	Mountain West Championships (2-19-22)

2022-23 Best Times

50 Free	22.97#	SMU Invitational (11-7-22)
100 Free	53.73	USD Pentathlon (9-9-22)
100 Back	1:06.81	USD Pentathlon (9-9-22)
100 Breast	1:12.16	USD Pentathlon (9-9-22)
100 Fly	53.62	Mountain West Championships (2-17-23)
200 Fly	2:03.51	Mountain West Championships (2-18-23)

Paige Mitchell

Career Best Times

50 Free	25.56#	vs. San Diego (12-19-22)
100 Free	54.68	USD Pentathlon (9-9-22)
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	1:02.02	USD Pentathlon (9-17-21)
100 Breast	1:19.83	USD Pentathlon (9-17-21)

2022-23 Best Times

50 Free	25.56#	vs. San Diego (12-19-22)
100 Free	54.68	USD Pentathlon (9-9-22)
200 Free	1:51.71	SMU Invitational (11-18-22)
500 Free	4:52.07	Mountain West Championships (2-16-23)
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)
100 Back	1:03.14	USD Pentathlon (9-9-22)
200 Back	2:14.30	vs. Utah Tech (11-5-22)
100 Breast	1:21.83	USD Pentathlon (9-9-22)

Kristina Murphy

Career Best Times

50 Free	23.97#	LMU Invitational (10-23-21)
100 Free	52.24	USD Pentathlon (9-9-22)
200 Free	1:51.95	Pepperdine (11-30-18)
100 Fly	57.47	vs. UIW, CSUEB (1-5-23)
100 Back	59.07	LMU Invitational (10-22-21)
100 Breast	1:01.33	SMU Invitational (11-18-22)
200 Breast	2:09.28	Mountain West Championships (2-18-23)

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200 IM 1:57.69 Mountain West Championships (2-16-23)
 400 IM 4:11.87 Mountain West Championships (2-17-23)

2022-23 Season Best Times

50 Free 25.88 USD Pentathlon (9-9-22)
 100 Free 52.24 USD Pentathlon (9-9-22)
 200 Free 1:52.97 vs. San Diego (12-19-22)
 100 Fly 57.47 vs. UIW, CSUEB (1-5-23)
 100 Back 59.78 USD Pentathlon (09-09-22)
 100 Breast 1:01.33 SMU Invitational (11-18-22)
 200 Breast 2:09.28 Mountain West Championships (2-18-23)
 200 IM 1:57.69 Mountain West Championships (2-16-23)
 400 IM 4:11.87 Mountain West Championships (2-17-23)

Cassie Phillips

SDSU Career Best Times

50 Free 23.21 Phill Hansel Invitational (11-18-21)
 100 Free 51.10 Mountain West Championships (2-19-22)
 100 Fly 53.17 Mountain West Championships (2-18-22)
 200 Fly 2:05.46 vs. San Diego (1-28-22)
 100 Back 59.53 Chick-Fil-A Invitational (10-8-21)
 100 Breast 1:11.05 USD Pentathlon (9-17-21)

Alex Roberts

Career Best Times

50 Free 26.10 USD Pentathlon (9-17-21)
 100 Free 54.70 USD Pentathlon (9-9-22)
 100 Fly 53.29 Mountain West Championships (2-17-23)
 200 Fly 2:08.76 vs. Cal Poly (12-20-21)
 100 Back 52.49# Mountain West Championships (2-16-23)
 200 Back 1:52.89* Mountain West Championships (2-18-23)
 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)

2022-23 Best Times

50 Free 26.81 USD Pentathlon (9-9-22)
 100 Free 54.70 USD Pentathlon (9-9-22)
 100 Fly 53.29 Mountain West Championships (2-17-23)
 100 Back 52.49# Mountain West Championships (2-16-23)
 200 Back 1:52.89 Mountain West Championships (2-18-23)
 100 Breast 1:08.57 USD Pentathlon (9-9-22)
 200 IM 2:01.39 SMU Invitational (11-17-22)

Alyssa Schiller

2022-23 Season Best Times

50 Free 23.77 SMU Invitational (11-17-22)

100 Free 50.88 SMU Invitational (11-19-22)
 200 Free 1:55.83 SMU Invitational (11-18-22)
 500 Free 5:28.46 vs. San Diego (12-19-22)
 1000 Free 11:28.50 vs. UIW, CSUEB (1-5-23)
 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)

Meredith Smithbaker

Career Best Times

50 Free 22.47 Mountain West Championships (2-16-23)
 100 Free 48.84 Mountain West Championships (2-18-23)
 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 2:23.83 vs. Utah Tech (11-5-22)
 100 Fly 56.90 Chick-Fil-A Invitational (10-8-21)
 200 IM 2:03.00 Phill Hansel Invitational (11-18-21)

2022-23 Season Best Times

50 Free 22.47 Mountain West Championships (2-16-23)
 100 Free 48.84 Mountain West Championships (2-18-23)
 100 Back 1:02.65 USD Pentathlon (9-9-22)
 100 Breast 1:00.41 Mountain West Championships (2-17-23)
 200 Breast 2:23.83 vs. Utah Tech (11-5-22)
 100 Fly 58.23 USD Pentathlon (9-9-22)

Evonne Stehr

Career Best Times

50 Free 23.54 Mizzou Invitational (11-20-19)
 100 Free 50.63 SMU Invitational (11-19-22)
 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)

2022-23 Season Best Times

50 Free 24.38# vs. Utah Tech (11-5-22)
 100 Free 50.63 Mountain West Championships (2-18-23)
 100 Fly 57.26 Chick-Fil-A Invitational (10-7-22)
 100 Back 54.36 Mountain West Championships (2-17-23)
 100 Breast 1:06.25 vs. San Diego (1-27-23)
 200 IM 2:01.03 Mountain West Championships (2-16-23)

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Abby Storm

2022-23 Season Best Times

50 Free	24.00	Mountain West Championships (2-16-23)
100 Free	54.32	GCU Quad Meet (10-21-22)
100 Fly	57.06	Mountain West Championships (2-17-23)
200 Fly	2:20.72	vs. Pepperdine (1-13-22)
100 Back	53.95	Mountain West Championships (2-17-23)
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)

Riley Tapley

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)

2022-23 Season Best Times

50 Free	24.61	GCU Quad Meet (10-22-22)
100 Free	53.62	USD Pentathlon (9-9-22)
100 Fly	55.04	Mountain West Championships (2-17-23)
100 Back	53.71	Mountain West Championships (2-17-23)
200 Back	1:58.10	Mountain West Championships (2-18-23)
100 Breast	1:09.54	USD Pentathlon (9-9-22)
200 IM	2:04.66	SMU Invitational (11-17-22)

Emily Tenczar

2022-23 Season 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	58.80	SMU Invitational (11-18-22)
100 Fly	55.72	SMU Invitational (11-17-22)
200 Fly	2:04.00	SMU Invitational (11-19-22)
100 Breast	1:20.06	USD Pentathlon (9-9-22)

Avery Turney

2022-23 Season Best Times

50 Free	22.99	Mountain West Championships (2-16-23)
100 Free	50.06	Mountain West Championships (2-18-23)
200 Free	1:49.46	Mountain West Championships (2-17-23)

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	1:12.92	USD Pentathlon (9-9-22)

Lyndsey Wehr

2022-23 Season 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)

Christiana Williams

2022-23 Season Best Times

50 Free	26.48	USD Pentathlon (9-9-22)
100 Free	53.37#	SMU Invitational (11-19-22)
100 Back	1:02.56	vs. UIW, CSUEB (1-5-23)
200 Back	2:16.83	vs. Pepperdine (1-13-23)
100 Breast	1:00.23	Mountain West Championships (2-18-23)
200 Breast	2:08.23†*	Mountain West Championships (2-15-23)
100 Fly	1:11.78	USD Pentathlon (9-9-22)
200 IM	2:03.31	SMU Invitational (11-17-22)
400 IM	4:38.28	GCU Quad Meet (10-22-22)

* - program record

- relay leadoff

† - time trials

Red - career best

Green - B-cut

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DIVERS

Emma Duggan

Career Best Scores

1-meter	286.80	vs. San Diego (1-28-22)
3-meter	310.15	Lumberjack Invitational (2-3-23)
Platform	235.50	CBU Invitational (12-16-22)

2022-23 Season Best Scores

1-meter	265.60	Mountain West Championships (2-15-23)
3-meter	310.15	Lumberjack Invitational (2-3-23)
Platform	235.50	CBU Invitational (12-16-22)

Jules Harrison

Career Best Scores

1-meter	265.50	Mountain West Championships (2-16-22)
3-meter	301.05	Mountain West Championships (2-17-22)
Platform	235.05	Lumberjack Invitational (2-6-22)

2022-23 Season Best Scores

1-meter	225.00	GCU Quad Meet (10-22-22)
3-meter	236.78	GCU Quad Meet (10-21-22)
Platform	230.75	CBU Invitational (12-16-22)

Taylor Konopacke

2022-23 Season Best Scores

1-meter	230.63	at Pepperdine (10-6-22)
3-meter	243.08	vs. San Diego (1-27-23)
Platform	227.05	Mountain West Championships (2-18-23)

Ximena Lechuga Gonzalez

Career Best Scores

1-meter	332.10*	Mountain West Championships (2-16-22)
3-meter	383.03*	vs. San Diego (1-24-20)
Platform	305.10	Mountain West Championships (2-19-22)

2022-23 Season Best Scores

1-meter	328.80	Mountain West Championships (2-15-23)
3-meter	338.95	Mountain West Championships (2-16-23)
Platform	270.25	Mountain West Championships (2-18-23)

Valentina Lopez Arevalo

Career Best Scores

1-meter	309.20	Mountain West Championships (2-16-22)
3-meter	346.80	Mountain West Championships (2-17-22)
Platform	350.15*	Mountain West Championships (2-18-23)

2022-23 Season Best Scores

1-meter	298.35	vs. San Diego (1-27-23)
3-Meter	307.90	Lumberjack Invitational (2-3-23)
Platform	350.15*	Mountain West Championships (2-18-23)

Summer Westmoreland

Career Best Scores

1-meter	300.85	Mountain West Championships (2-16-22)
3-meter	287.70	Lumberjack Invitational (2-3-23)
Platform	226.73	Lumberjack Invitational (2-6-22)

2022-23 Season Best Scores

1-meter	294.45	Mountain West Championships (2-15-23)
3-meter	287.70	Lumberjack Invitational (2-3-23)
Platform	219.55	CBU Invitational (12-16-22)

Olivia Zamudio

Career Best Scores

1-meter	245.25	Lumberjack Invitational (2-4-23)
3-meter	255.00	vs. San Diego (1-27-23)
Platform	225.45	Lumberjack Invitational (2-6-22)

2022-23 Season Best Scores

1-meter	245.25	Lumberjack Invitational (2-4-23)
3-meter	255.00	vs. San Diego (1-27-23)
Platform	197.75	Bruin Diving Invitational (1-14-23)

* - program record *Red* - career best *Green* - Zone E Qualifier