

# 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	52.05	SMU Invitational (11-19-22)
200 Free	1:50.55#	SMU Invitational (11-18-22)
500 Free	5:16.84	vs. San Diego (12-19-22)
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	1:01.93	SMU Invitational (11-18-22)
200 Breast	2:14.76	SMU Invitational (11-19-22)
200 IM	2:02.61	SMU Invitational (11-17-22)
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	2020 Mountain West Championships
200 Free	1:50.49	SMU Invitational (11-18-22)
500 Free	4:50.74	SMU Invitational (11-17-22)
100 Fly	54.30	Phill Hansel Invitational (11-19-21)
200 Fly	1:59.77	SMU Invitational (11-19-22)
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	54.59	SMU Invitational (11-17-22)
200 Fly	1:59.77	SMU Invitational (11-19-22)
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	1:48.21	SMU Invitational (11-17-22)
500 Free	4:50.75	Phill Hansel Invitational (11-18-21)
1000 Free	10:34.11	GCU Quad Meet (10-22-21)
100 Fly	56.32	Mountain West Championships (2-19-21)
200 Fly	1:59.13	SMU Invitational (11-19-22)
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	1:48.21	SMU Invitational (11-17-22)
500 Free	4:53.79	SMU Invitational (10-21-22)
1000 Free	10:34.11	GCU Quad Meet (10-22-21)
100 Fly	56.53	vs. Pepperdine (1-13-23)
200 Fly	1:59.13	SMU Invitational (11-19-22)
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	22.83	SMU Invitational (11-17-22)
100 Free	50.10	SMU Invitational (11-19-22)
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)
100 Fly	58.50	USD Pentathlon (9-9-22)
100 Breast	1:10.50	USD Pentathlon (9-9-22)
200 Back	1:58.32	vs. San Diego (12-19-22)
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	4:26.01	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	1:58.32	vs. San Diego (12-19-22)
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	53.71	Mountain West Championships (2-21-20)
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	54.02	SMU Invitational (11-18-22)
200 Fly	2:03.69	SMU Invitational (11-19-22)

### 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	17:25.07	SMU Invitational (11-19-22)
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	4:52.21	SMU Invitational (11-17-22)
1000 Free	10:14.72	vs. San Diego (12-19-22)
1650 Free	17:25.07	SMU Invitational (11-19-22)
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)

# San Diego State Swimming & Diving

## 2022-23 Season and Career Bests

100 Breast	1:01.33	SMU Invitational (11-18-22)
200 Breast	2:12.15	Mountain West Championships (2-22-20)
200 IM	1:59.11	Mountain West Championships (2-17-22)
400 IM	4:13.24	SMU Invitational (11-18-22)

### 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	2:12.39	SMU Invitational (11-19-22)
200 IM	1:59.22	SMU Invitational (11-17-22)
400 IM	4:13.24	SMU Invitational (11-18-22)

### **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	53.68	Mountain West Championships (2-18-22)
200 Fly	2:08.76	vs. Cal Poly (12-20-21)
100 Back	52.90	SMU Invitational (11-18-22)
200 Back	1:54.91	SMU Invitational (11-19-22)
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	53.90	SMU Invitational (11-17-22)
100 Back	52.90	SMU Invitational (11-18-22)
200 Back	1:54.91	SMU Invitational (11-19-22)
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	22.58	SMU Invitational (11-17-22)
100 Free	49.10	SMU Invitational (11-18-22)
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	22.58	SMU Invitational (11-17-22)
100 Free	49.10	SMU Invitational (11-18-22)
100 Back	1:02.65	USD Pentathlon (9-9-22)
100 Breast	1:01.21	SMU Invitational (11-18-22)
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	50.86	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	2:01.86	Mountain West Championships (2-17-22)

### 2022-23 Season Best Times

50 Free	24.38#	vs. Utah Tech (11-5-22)
100 Free	50.86	SMU Invitational (11-19-22)
100 Fly	57.26	Chick-Fil-A Invitational (10-7-22)
100 Back	54.58	SMU Invitational (11-18-22)

# San Diego State Swimming & Diving

## 2022-23 Season and Career Bests

100 Breast 1:06.25 vs. San Diego (1-27-23)  
 200 IM 2:02.34 SMU Invitational (11-17-22)

### Abby Storm

#### 2022-23 Season Best Times

50 Free 24.22 SMU Invitational (11-17-22)  
 100 Free 54.32 GCU Quad Meet (10-21-22)  
 100 Fly 57.46 SMU Invitational (11-17-22)  
 200 Fly 2:20.72 vs. Pepperdine (1-13-22)  
 100 Back 54.28 SMU Invitational (11-18-22)  
 200 Back 1:58.82 SMU Invitational (11-19-22)  
 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 54.07# Phill Hansel Invitational (11-18-21)  
 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 56.59 SMU Invitational (11-17-22)  
 100 Back 54.90 SMU Invitational (11-18-22)  
 200 Back 1:58.95 SMU Invitational (11-19-22)  
 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 23.02 SMU Invitational (11-17-22)  
 100 Free 50.22 SMU Invitational (11-19-22)  
 200 Free 1:52.35 SMU Invitational (11-18-22)  
 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 22.98 SMU Invitational (11-17-22)  
 100 Free 50.91 SMU Invitational (11-19-22)  
 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 1:01.49 SMU Invitational (11-18-22)  
 200 Breast 2:11.84 SMU Invitational (11-19-22)  
 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)

# - relay leadoff  
 Red - career best  
 Green - B-cut

# San Diego State Swimming & Diving

## 2022-23 Season and Career Bests

### 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	234.95	Mountain West Championships (2-19-22)

##### 2022-23 Season Best Scores

1-meter	265.00	Lumberjack Invitational (2-4-23)
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	226.10	CBU Invitational (12-16-22)

#### **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	306.75	Lumberjack Invitational (2-4-23)
3-meter	329.95	Lumberjack Invitational (2-3-23)
Platform	248.10	Lumberjack Invitational (2-5-23)

#### **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	294.86	Lumberjack Invitational (2-6-22)

##### 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	250.25	Lumberjack Invitational (2-5-23)

#### **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	271.35	vs. San Diego (1-27-23)
3-meter	287.70	Lumberjack Invitational (2-3-23)
Platform	219.55	CBU Invitational (12-16-22)

#### **Olivia Zamudio**

##### Career Best Scores

1-meter	242.40	Mountain West Championships (2-17-22)
3-meter	246.75	Mountain West Championships (2-17-22)
Platform	225.45	Lumberjack Invitational (2-6-22)

##### 2022-23 Season Best Scores

1-meter	245.25	Lumberjack Invitational (2-4-23)
3-meter	246.23	CBU Invitational (12-17-22)
Platform	197.75	Bruin Diving Invitational (1-14-23)

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