



STANFORD

WOMEN'S SWIMMING & DIVING

2016 NCAA Championships • Atlanta • March 16-19



NEWS & NOTES

NCAA Team History

The Cardinal seeks its 36th straight top-eight finish (every year the NCAA has sponsored a championship meet), and 12th top-five showing in the last 13 years. Stanford has won the NCAA title eight times, the most of any team in the nation. The Cardinal last raised a championship banner in 1998. Under head coach Greg Meehan, Stanford has finished eighth (2013), second (2014) and third (2015) at the national championship meet.

Last Year

At the 2015 NCAA Championships in Greensboro, N.C., Stanford had 11 All-Americans combine for 35 All-America honors, three individual national championships and two relay titles en route to a third-place finish behind Cal and Georgia. Seven of those 11 return to the NCAA meet this year in Lia Neal, Janet Hu, Ally Howe, Lindsey Engel, Sarah Haase, Nicole Stafford and Lilly Hinrichs.

Regular Season Recap

Stanford (7-0, 7-0 Pac-12) finished undefeated and ranked No. 1 in the final regular season poll. The Cardinal also finished unbeaten in 2014 and finished as the NCAA runner-up. This year, Stanford won five of its seven dual meets by at least 40 points, including a 172-128 victory over rival and third-ranked Cal on Senior Day on Feb. 13.

Pac-12 Championships

Two American/NCAA relay records highlighted the meet as the Cardinal won 13 events, but finished second for the third straight year. The 200 and 400-yard medley relay teams set records, while Ella Eastin won three individual events and Gracia Leydon-Mahoney claimed two diving events (3-meter and platform).

No. 1 STANFORD CARDINAL (7-0, 7-0 Pac-12)

Head Coach: Greg Meehan (Fourth season • Rider '01)

Assistant Coach: Tracy Duchac (Fourth season • Purdue '06)

Diving Coach: Patrick Jeffrey (Fourth season • Ohio State '88)

Name	Event	Ht.	Yr.	Major
Julia Ama	Free/Fly	5-10	Sr.	Mechanical Engineering
Julia Anderson	Free	5-8	Sr.	Classics
Bridget Boushka	Free/Fly	5-5	Jr.	Mgmt. Science and Engineering
Brickelle Bro	Free	5-9	Fr.	Undeclared
Allison Brown	Free/IM	5-7	Sr.	Biology
Alex Clay	Diving	5-4	Sr.	Human Biology
Ella Eastin	IM/Breast	5-9	Fr.	Undeclared
Lindsey Engel	Fly/Free	5-7	So.	Mechanical Engineering
Sammy Gallagher	Diving	5-4	So.	Undeclared
Sarah Haase	Breast/IM	6-0	Sr.	Human Biology
Tara Halsted	Fly/IM/Back	5-8	Jr.	Art Practice
Lilly Hinrichs	Diving	5-11	Sr.	Engineering
Ally Howe	Back/IM	5-9	So.	Undeclared
Janet Hu	Free/Fly/Back	5-9	So.	Computer Science
Gracia Leydon-Mahoney	Diving	5-7	So.	Undeclared
Simone Manuel	Free	5-11	So.	Undeclared
Kelly Markle	Diving	5-2	Sr.	Human Biology
Alexandra Meyers	Free	5-9	So.	Undeclared
KC Moss	Breast/IM	6-1	Sr.	Political Science
Lia Neal	Free	5-10	Jr.	Science, Technology & Society
Heidi Poppe	Breast	5-11	So.	Mechanical Engineering
Jaynie Pulte	Fly/Free	5-8	Sr.	Science, Technology & Society
Nicole Stafford	Free/Fly	5-6	Jr.	Mechanical Engineering
Leah Stevens	Free/Breast/IM	5-7	Fr.	Undeclared
Kim Williams	IM/Breast	5-9	Fr.	Undeclared

Schedule

Sept. 25 at Washington State (142-119), W
Oct. 16..... vs. Utah (177-112), W

Texas A&M Invitational

Nov. 19Texas A&M invitational (NTS)
Nov. 20Texas A&M invitational (NTS)
Nov. 21Texas A&M invitational (NTS)

AT&T Winter Nationals

Dec. 3AT&T Winter Nationals (NTS)
Dec. 4AT&T Winter Nationals (NTS)
Dec. 5AT&T Winter Nationals (NTS)

Jan. 22..... vs. Arizona State (176-63), W
Jan. 23..... vs. #7 Arizona (181-114), W
Jan. 29.....at #19 UCLA (189-118), W
Jan. 30.....at #7 USC (152-148), W
Feb. 13..... vs. #3 Cal (172-128), W

Pac-12 Conference Swimming Championships (Federal Way, Wash.)

March 2-5 Pac-12 Swimming Championships (2nd/9)
**NCAA Zone Diving Championships
(Flagstaff, Ariz.)**

March 7-9 NCAA Zone Diving Championships
**NCAA Championships
(Atlanta, Ga.)**

March 17-19 NCAA Championships



Hometown (High School)

Palo Alto, Calif. (Henry M. Gunn)
Fort Worth, Texas (R.L. Paschal)
Austin, Texas (St. Michael's Catholic Academy)
Castle Pines, Colo. (Rock Canyon)
Danville, Calif. (San Ramon Valley)
Powell, Ohio (Olentangy Liberty)
Irvine, Calif. (Crean Lutheran)
Trabuco Canyon, Calif. (Crean Lutheran)
Margarita, Calif. (Tesoro)
Rockville, Md. (Our Lady of Good Counsel)
Davis, Calif. (Davis Senior)
Lincoln, Neb. (Lincoln Southeast)
Portola Valley, Calif. (Sacred Heart Preparatory)
Vienna, Va. (Oakton)
Newton, Mass. (Newton North)
Sugar Land, Texas (Fort Bend Austin)
The Woodlands, Texas (The Woodlands)
Fox Point, Wis. (University School of Milwaukee)
Wilton, Conn. (Wilton)
Brooklyn, N.Y. (Convent of Sacred Heart)
Danville, Calif. (San Ramon Valley)
Troy, Mich. (Marian)
Atlanta, Ga. (The Westminster Schools)
Louisville, Ky. (Sacred Heart Academy)
Bellevue, Wash. (Bellevue)



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STANFORD SCHEDULE BY DAY

Event	Swimmers	National Titles	Best 2015 Finish	School Record
Wednesday				
800 Free Relay	TBD	8 (Last: 1999)	2nd (6:54.68)	6:54.68 (2015, Neal, Carlson, Manuel, Stafford)
Thursday				
200 Free Relay	TBD	7 (Last: 2014)	2nd (1:26.52)	1:26.23 (2014, Schaefer, Neal, Lee, Olsen)
500 Free	Stevens	7 (Last: Jessica Foschi, 2001)	20th, Brown (4:41.30)	Janet Evans, 4:34.49, 1990
200 IM	Eastin, Howe, Williams	8 (Last: DiRado, 2014)	17th, Haase (1:57.05)	Julia Smit, 1:52.31, 2010
50 Free	Neal	9 (Last: Manuel, 2015)	1st, Manuel (21.32)	Simone Manuel, 21.32, 2015
1-Meter Diving	Clay, Leydon-Mahoney	1 (Cassidy Krug, 2007)	2nd, Cook (340.20)	Cassidy Krug, 361.55
400 Medley Relay	TBD	11 (Last: 2014 & 2015)	1st (3:26.41)	3:26.25 (2016, Howe, Haase, Hu, Neal)
Friday				
400 IM	Eastin, Williams, Stevens	7 (Last: DiRado, 2014)	35th, Brown (4:12.96)	Maya DiRado, 3:58.12, 2014
100 Fly	Hu, Engel	10 (Last: Felicia Lee, 2014)	11th, Hu (52.01)	Elaine Breeden, 50.87, 2009
200 Free	Neal, Stafford	2 (Last: Marybeth Linzmeier, 1984)	2nd, Manuel (1:41.45)	Simone Manuel, 1:41.15, 2015
100 Breast	Haase	7 (Last: Sarah Haase, 2015)	1st, Haase (58.32)	Sarah Haase, 58.02, 2016
100 Back	Howe, Hu	6 (Last: Catherine Fox, 1998)	7th, Howe (51.69)	Ally Howe, 50.71, 2016
3-Meter Diving	Clay, Hinrichs, Leydon-Mahoney	3 (Last: Cassidy Krug, 2007)	3rd, Cook (393.25)	Cassidy Krug, 420.90
200 Medley Relay	TBD	12 (Last: 2014)	9th (1:35.10)	(Howe, Haase, Hu, Neal) 1:34.15, 2016
Saturday				
200 Back	Hu, Howe	2 (Last: Misty Hyman, 1998)	37th, Howe (1:54.84)	Janet Hu, 1:50.48, 2016
100 Free	Neal, Stafford	8 (Last: Simone Manuel, 2015)	1st, Manuel (46.09)	Simone Manuel, 46.09, 2015
200 Breast	Haase, Williams	7 (Last: Caroline Bruce, 2005)	3rd, Olsen (2:07.06)	Katie Olsen, 2:05.88, 2014
200 Fly	Eastin, Engel	10 (Last: Elaine Breeden, 2010)	15th, Engel (1:55.90)	Elaine Breeden, 1:49.92, 2009
Platform	Hinrichs, Leydon-Mahoney	4 (Last: Erin Sones, 2001)	13th, Hinrichs (287.25)	
400 Free Relay	TBD	11 (Last: 2014 & 2015)	1st, (3:08.54)	(Neal, Hu, Engel, Manuel) 3:08.54, 2015

Year-By-Year History

Season	Head Coach	Duals	Conf.	NCAA	Season	Head Coach	Duals	Conf.	NCAA	Season	Head Coach	Duals	Conf.	NCAA
1974-75	Jim Gaughran	11-2	--	8th (AIAW)	1988-89	Richard Quick	6-0	1st	1st	2005-06	Lea Maurer	13-2	3rd	5th
1975-76	Jim Gaughran	--	--	2nd (AIAW)	1989-90	Richard Quick	8-0	1st	2nd	2006-07	Lea Maurer	10-0	2nd	4th
1976-77	Jim Gaughran	6-0	--	2nd (AIAW)	1990-91	Richard Quick	10-0	1st	2nd	2007-08	Lea Maurer	6-1	2nd	3rd
1977-78	Jim Gaughran	7-1	--	3rd (AIAW)	1991-92	Richard Quick	5-0	1st	1st	2008-09	Lea Maurer	11-0	3rd	4th
1978-79	Jim Gaughran	9-1	--	3rd (AIAW)	1992-93	Richard Quick	8-0	1st	1st	2009-10	Lea Maurer	9-0	1st	2nd
					1993-94	Richard Quick	6-0	1st	1st	2010-11	Lea Maurer	8-1	1st	4th
1979-80	Claudia Kolb Thomas	7-1	--	1st (AIAW)	1994-95	Richard Quick	8-0	1st	1st	2011-12	Lea Maurer	8-1	2nd	4th
					1995-96	Richard Quick	6-1	1st	1st					
1980-81	Holger Deitz	11-1	--	2nd	1996-97	Richard Quick	10-0	1st	2nd	2012-13	Greg Meehan	7-2	1st	8th
					1997-98	Richard Quick	7-0	1st	1st	2013-14	Greg Meehan	10-0	2nd	2nd
1981-82	George Haines	11-1	--	2nd	1998-99	Richard Quick	9-2	1st	2nd	2014-15	Greg Meehan	7-2	2nd	3rd
1982-83	George Haines	10-1	--	1st	1999-00	Richard Quick	6-1	2nd	3rd	2015-16	Greg Meehan	7-0	2nd	
1983-84	George Haines	10-0	--	2nd	2000-01	Richard Quick	6-1	4th	2nd					
1984-85	George Haines	5-1	--	3rd	2001-02	Richard Quick	8-0	1st	3rd					
1985-86	George Haines	7-0	--	3rd	2002-03	Richard Quick	8-2	2nd	6th					
1986-87	George Haines	8-1	1st	2nd	2003-04	Richard Quick	5-2	1st	5th					
1987-88	George Haines	6-1	1st	3rd	2004-05	Richard Quick	7-1	1st	5th					

Overall: 327-30 (.916)
Under Meehan: 31-4 (.886)
19 conference titles
8 NCAA titles, 1 AIAW title





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STANFORD SWIMMERS



Julia Ama • Senior
Palo Alto, Calif.
Mechanical Engineering
• 2014 Pac-12 All-Academic honorable mention



Ella Eastin • Freshman
Irvine, Calif.
Undeclared
Events: 200 IM, 400 IM, 200 FLY
• Youngest women's swimmer of all-time to break four-

minutes in the 400 individual medley (3:59.30 at Pac-12 Championships) and just the seventh to ever do so
• Pac-12 Swimmer of the Month (February)
• Won four Pac-12 titles, including three individual victories: 200 IM (1:52.77), 400 IM (3:59.30), 200 fly (1:52.01), 400 free relay (3:11.44).

• Broke Missy Franklin's 200-yard IM HS record



Lindsey Engel • Sophomore
Trabuco Canyon, Calif.
Undeclared
Events: 100 FLY, 200 FLY
• Three-time All-American
• 2015: 100 Fly (12th), 200 Fly (15th), 400 Free Relay (1st)

• 2015 Scholar All-America first team



Sarah Haase • Senior
Rockville, Md.
Human Biology
Events: 100/200 BREAST
• 2015 Nat'l Champ (100 breast)
• Five-time All-American
• 100 Breast - 2013 (14th),

2014 (10th), 2015 (1st)
• 200 Medley Relay - 2013 (7th), 2015 (9th)
• 400 Medley Relay - 2013 (4th)
• Holds school record in 100 breast (58.02)
• Four-time Pac-12 champion



Ally Howe • Sophomore
Portola Valley, Calif.
Undeclared
Events: 200IM, 100/200 BACK
• Four-time All-American
• 100 Backstroke - 2015 (7th)
• 200 Free Relay - 2015 (2nd)

• 200 Medley Relay - 2015 (9th)
• 400 Medley Relay - 2015 (1st)
• Won four 2016 Pac-12 titles, including school record in the 100 back (50.71)



Janet Hu • Sophomore
Vienna, Va.
Computer Science
Events: 100 FLY, 100/200 BACK
• Five-time All-American
• 100 Fly - 2015 (11th)
• 200 Free Relay - 2015 (2nd)

• 400 Free Relay - 2015 (1st)
• 200 Medley Relay - 2015 (9th)
• 400 Medley Relay - 2015 (1st)
• Won two 2016 Pac-12 titles as member of 200 medley relay (1:34.15) and 400 medley relay (3:26.25)



Lia Neal • Junior
Brooklyn, N.Y.
Science, Technology & Society
Events: 50/100/200 FREE
• 13-time All-American
• Four-time National Champ
• 400 Medley Relay - 2014

• 400 Free Relay - 2014, 2015
• 200 Free Relay - 2014
• Five-time Pac-12 champion, including two individual titles in 2016
• Won a bronze medal at the 2012 London Olympics with the 400-meter free relay team



Nicole Stafford • Junior
Atlanta, Ga.
Mechanical Engineering
Events: 100 FREE, 200 FREE
• Three-time All-American
• 200 Medley Relay - 2014 (1st)
• 800 Free Relay - 2014 (3rd),

2015 (2nd)
• 2014 Pac-12 champ (200 medley relay)



Leah Stevens • Freshman
Louisville, Ky. • Undeclared
Events: 500 FREE, 400 IM
• Won the 500 free (4:55.55) at No. 19 UCLA
• Won the 1,000 free (10:00.00) vs. No. 7 Arizona



Kim Williams • Freshman
Bellevue, Wash. • Undeclared
Events: 200 BREAST, 200/400IM
• 2014-15 USA Swimming National Junior Team
• Swept the IM events at the 2014 US Junior National

Championships

STANFORD DIVERS



Alex Clay • Sr. • Powell, Ohio
Human Biology
Events: 1-Meter, 3-Meter
• 2015 Pac-12 champion (3M)
• Two-time Pac-12 all-academic second team
• 2015 Scholar All-America

honorable mention

• Runner-up at 2016 Pac-12's in all 3 events



Lilly Hinrichs • Senior
Lincoln, Neb. • Engineering
Events: Platform, 3-Meter
• 2015 All-America (Platform) Finished (13th)
• 2014 Pac-12 All-Academic honorable mention



Gracia Leydon-Mahoney
Sophomore • Newton, Mass.
Undeclared
Events: 1M, 3M, Platform
• 2016 Pac-12 champion on 1-meter (379.55) and 3-meter (341.40)

• 2013-14 National Team
• Competing w/stress fracture

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TOP TIMES

50 Free • NCAA A: 21.90 • NCAA B: 22.99

1	21.88	Neal, Lia	JR	02/25/2016
2	22.02	Hu, Janet	SO	11/19/2015
3	22.71	Engel, Lindsey	SO	11/19/2015
4	22.76	Ama, Julia	SR	11/19/2015
5	22.89	Pulte, Jaynie	SR	02/25/2016

100 Free • NCAA A: 47.85 • NCAA B: 49.99

1	46.97	Neal, Lia	JR	02/27/2016
2	47.94	Hu, Janet	SO	02/27/2016
3	49.08	Ama, Julia	SR	02/27/2016
4	49.32	Eastin, Ella	FR	11/21/2015
5	49.33	Stafford, Nicole	JR	02/27/2016

200 Free • NCAA A: 1:43.90 • NCAA B: 1:47.99

1	1:42.50	Neal, Lia	JR	02/26/2016
2	1:44.51	Eastin, Ella	FR	11/20/2015
3	1:45.22	Stafford, Nicole	JR	02/26/2016
4	1:47.02	Ama, Julia	SR	02/26/2016
5	1:47.74	Anderson, Julia	SR	02/26/2016

500 Free • NCAA A: 4:36.45 • NCAA B: 4:47.79

1	4:43.12	Brown, Allison	SR	02/25/2016
2	4:43.94	Stevens, Leah	FR	02/25/2016
3	4:46.89	Eastin, Ella	FR	02/13/2016
4	4:55.63	Anderson, Julia	SR	11/19/2015
5	4:57.29	Stafford, Nicole	JR	01/29/2016

1,650 Free • NCAA A: 15:56.18 • NCAA B: 16:30.59

1	16:16.37	Stevens, Leah	FR	02/27/2016
2	16:32.60	Brown, Allison	SR	02/27/2016
3	19:56.87	Bro, Brickelle	FR	02/27/2016

100 Back • NCAA A: 51.63 • NCAA B: 55.09

1	50.71	Howe, Ally	SO	02/26/2016
2	51.14	Hu, Janet	SO	02/26/2016
3	53.03	Engel, Lindsey	SO	11/20/2015
4	53.15	Eastin, Ella	FR	11/19/2015
5	55.47	Carlson, Grace	JR	11/19/2015

200 Back • NCAA A: 1:52.52 • NCAA B: 1:59.19

1	1:50.48	Hu, Janet	SO	02/27/2016
2	1:51.47	Howe, Ally	SO	02/27/2016
3	1:58.49 (c)	Halsted, Tara	JR	11/21/2015
4	1:59.66	Engel, Lindsey	SO	01/29/2016
5	2:05.30	Boushka, Bridget	JR	02/27/2016

200 FREE RELAY • STANFORD RECORD: 1:26.23

1:27.92	Hu, Neal, Howe, Engel	2/25/2016
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100 Breast • NCAA A: 59.12 • NCAA B: 1:02.49

1	58.02	Haase, Sarah	SR	02/26/2016
2	1:02.17	Poppe, Heidi	SO	02/26/2016
3	1:02.31	Williams, Kim	FR	02/26/2016
4	1:02.68	Moss, KC	SR	02/26/2016
5	1:03.60	Eastin, Ella	FR	10/16/2015

200 Breast • NCAA A: 2:07.70 • NCAA B: 2:15.99

1	2:07.64	Haase, Sarah	SR	11/21/2015
2	2:12.08	Williams, Kim	FR	02/27/2016
3	2:12.95	Moss, KC	SR	02/27/2016
4	2:14.72	Eastin, Ella	FR	01/29/2016
5	2:14.98	Poppe, Heidi	SO	02/27/2016

100 Fly • NCAA A: 51.70 • NCAA B: 54.49

1	51.27	Hu, Janet	SO	02/26/2016
2	52.00	Engel, Lindsey	SO	11/20/2015
3	53.73	Pulte, Jaynie	SR	02/26/2016
3	53.73	Howe, Ally	SO	11/20/2015
5	54.93	Stafford, Nicole	JR	01/30/2016

200 Fly • NCAA A: 1:54.45 • NCAA B: 1:59.59

1	1:51.96	Eastin, Ella	FR	02/27/2016
2	1:55.58	Engel, Lindsey	SO	02/27/2016
3	1:59.02	Howe, Ally	SO	01/29/2016
4	1:59.06	Halsted, Tara	JR	11/21/2015
5	2:01.09	Williams, Kim	FR	10/16/2015

200 IM • NCAA A: 1:55.35 • NCAA B: 2:01.59

1	1:52.77	Eastin, Ella	FR	02/25/2016
2	1:56.28	Howe, Ally	SO	02/25/2016
3	1:57.74	Haase, Sarah	SR	02/25/2016
4	1:58.11	Williams, Kim	FR	02/25/2016
5	2:00.34	Carlson, Grace	JR	11/19/2015

400 IM • NCAA A: 4:05.37 • NCAA B: 4:19.39

1	3:59.30	Eastin, Ella	FR	02/26/2016
2	4:10.22	Williams, Kim	FR	02/26/2016
3	4:10.25	Stevens, Leah	FR	02/26/2016
4	4:16.29	Halsted, Tara	JR	02/26/2016
5	4:20.62	Brown, Allison	SR	02/26/2016

200 MEDLEY RELAY • STANFORD RECORD: 1:34.15

1:34.15	Howe, Haase, Hu, Neal	2/24/2016
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400 MEDLEY RELAY • STANFORD RECORD: 3:36.25

3:26.25	Howe, Haase, Hu, Neal	2/26/2016
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400 FREE RELAY • STANFORD RECORD: 3:08.54

3:11.44	Hu, Howe, Eastin, Neal	2/27/2016
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STANFORD RECORDS

50 Free

Simone Manuel • 2015	21.32
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100 Free

Simone Manuel • 2015	46.09
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200 Free

Simone Manuel • 2015	1:41.15
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500 Free

Janet Evans • 1990	4:34.49
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1,650 Free

Janet Evans • 1990	15:39.14
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100 Back

Ally Howe • 2016	50.71
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200 Back

Janet Hu • 2016	1:50.48
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100 Breast

Sarah Haase • 2016	58.02
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200 Breast

Tara Kirk • 2014	2:05.88
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100 Fly

Elaine Breedon • 2009	50.87
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200 Fly

Elaine Breedon • 2009	1:49.92
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200 IM

Julia Smit • 2010	1:52.31
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400 IM

Maya DiRado • 2014	3:58.12
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