

2016-17 TRITON WOMEN'S BEST MARKS

50 Freestyle

Natalie Tang	23.55	&	Lancer Last Ditch Invite	2/18
Angie Phetbenjakul	23.59	&	PCSC Championships	2/9
Haley Murphy	23.81	&@	PCSC Championships	2/10
Sarah Yao	23.91	&	PCSC Championships	2/9
Jaimie Bryan	23.94	&+	PCSC Championships	2/9
Jayna Wittenbrink	24.32		PCSC Championships	2/9
Amanda Rios	24.49	+	PCSC Championships	2/9
Julia Toronczak	24.61	+	A3 Performance Invitational	11/17
Elee Wong	24.85	+	A3 Performance Invitational	11/17
Emily Lambert	24.87	+	A3 Performance Invitational	11/17
Alayna Gocke	24.95	+	A3 Performance Invitational	11/17
Anissa Barroso	25.05	+	A3 Performance Invitational	11/17
Lily Maxfield	25.56	+	A3 Performance Invitational	11/17

100 Freestyle

Natalie Tang	51.09	&+	PCSC Championships	2/11
Haley Murphy	51.19	&+*	NCAA Championships	3/11
Jayna Wittenbrink	52.35	+	PCSC Championships	2/11
Alayna Gocke	52.40		PCSC Championships	2/11
Sarah Yao	52.44	@	PCSC Championships	2/8
Angie Phetbenjakul	52.54	+	PCSC Championships	2/11
Brooke Miles	52.56	+	A3 Performance Invitational	11/19
Reagan Eickert	53.10	+	A3 Performance Invitational	11/19
Julia Toronczak	53.54	+	PCSC Championships	2/11
Alex Rodman	53.68	+	A3 Performance Invitational	11/19
Anissa Barroso	53.70	+	PCSC Championships	2/11
Haley Hamza	53.77	+	PCSC Championships	2/11
Amanda Rios	53.86	+	PCSC Championships	2/11
Stephanie Sin	54.72		UCSD Invitational	1/2
Casey Brotherton	54.84		UCSD Invitational	1/2
Sierra Gage	55.89	+	PCSC Championships	2/11
Kaitlyn Ritchey	56.08		UCSD Invitational	1/2
Sophie Reynolds	56.09	+	A3 Performance Invitational	11/19
Emily Lambert	57.28		UCSD Invitational	1/2
Tori Kaleta	58.03	*	San Diego State/Vanderbilt	10/14
Reilly Boyt	1:22.56	+	PCSC Championships	2/11

200 Freestyle

Haley Murphy	1:51.43	&*	NCAA Championships	3/10
Alayna Gocke	1:51.86	&	PCSC Championships	2/10
Natalie Tang	1:52.19	&+	NCAA Championships	3/9
Reagan Eickert	1:52.25	&	A3 Performance Invitational	11/18
Julia Toronczak	1:52.48	&	A3 Performance Invitational	11/18
Stephanie Sin	1:54.77	+	PCSC Championships	2/10
Casey Brotherton	1:54.98	+	A3 Performance Invitational	11/18
Anissa Barroso	1:55.29		Claremont-Mudd-Scripps	10/29
Haley Hamza	1:55.30	+	PCSC Championships	2/10
Sarah Yao	1:56.05	+	PCSC Championships	2/10
Amanda Rios	1:56.61	@	PCSC Championships	2/8
Tori Kaleta	1:57.22	+	A3 Performance Invitational	11/18
Kaitlyn Ritchey	1:57.72	+	PCSC Championships	2/10
Sierra Gage	1:58.25	+	PCSC Championships	2/10
Holly Fosmire	2:01.05		San Diego State/Vanderbilt	10/14

500 Freestyle

Reagan Eickert	4:57.37	&+	A3 Performance Invitational	11/17
Alex Rodman	5:00.69	&	PCSC Championships	2/9
Casey Brotherton	5:00.86	&	PCSC Championships	2/9
Haley Murphy	5:01.56	&+	A3 Performance Invitational	11/17
Kaitlyn Ritchey	5:02.10	&	PCSC Championships	2/9
Haley Hamza	5:02.51	&	PCSC Championships	2/9

Alayna Gocke	5:03.73	&	University of San Diego	1/28
Stephanie Sin	5:07.40	+	PCSC Championships	2/9
Sierra Gage	5:09.61	+	PCSC Championships	2/9

1000 Freestyle

Haley Hamza	10:07.07	&	PCSC Championships	2/8
Reagan Eickert	10:10.31	&	NCAA Championships	3/8
Casey Brotherton	10:20.40	&	San Diego State/Vanderbilt	10/14
Kaitlyn Ritchey	10:23.31	&	NCAA Championships	3/8
Sierra Gage	10:29.79	&	PCSC Championships	2/8
Stephanie Sin	10:34.77		PCSC Championships	2/8

1650 Freestyle

Reagan Eickert	17:05.23	&	NCAA Championships	3/11
Kaitlyn Ritchey	17:12.60	&	PCSC Championships	2/11
Haley Hamza	17:22.05	&	PCSC Championships	2/11
Casey Brotherton	17:22.65	&	A3 Performance Invitational	11/19
Stephanie Sin	17:37.15	&	PCSC Championships	2/11

50 Backstroke

Alex Rodman	26.44	*	PCSC Championships	2/8
Natalie Tang	26.55	*	PCSC Championships	2/8
Julia Toronczak	27.98	*	Claremont-Mudd-Scripps	10/29
Anissa Barroso	28.17	*	CSU Bakersfield/LMU	1/7
Sophie Reynolds	28.70	*	UC Santa Barbara	11/5

100 Backstroke

Julia Toronczak	56.12	&*	PCSC Championships	2/10
Alex Rodman	56.72	&	PCSC Championships	2/10
Natalie Tang	56.97	+	PCSC Championships	2/10
Elee Wong	57.90	+	A3 Performance Invitational	11/18
Sophie Reynolds	59.37	+	PCSC Championships	2/9
Emily Lambert	1:00.74	+	A3 Performance Invitational	11/18
Holly Fosmire	1:01.30		California Baptist	1/21
Lindsey Miller	1:01.33		Claremont-Mudd-Scripps	10/29
Haley Hamza	1:01.42	+	A3 Performance Invitational	11/18
Reilly Boyt	1:31.53	+	PCSC Championships	2/10

200 Backstroke

Julia Toronczak	1:59.02	&@	PCSC Championships	2/8
Alex Rodman	2:00.42	&+	PCSC Championships	2/11
Elee Wong	2:05.78		A3 Performance Invitational	11/19
Lindsey Miller	2:09.01		Claremont-Mudd-Scripps	10/29
Holly Fosmire	2:09.76	@	PCSC Championships	2/8
Sophie Reynolds	2:11.01	+	A3 Performance Invitational	11/19
Stephanie Sin	2:11.37	*	UCSD Invitational	1/2
Haley Hamza	2:21.42		CSU Bakersfield/LMU	1/7

100 Breaststroke

Jaimie Bryan	1:01.90	&+	NCAA Championships	3/10
Angie Phetbenjakul	1:01.95	&+	A3 Performance Invitational	11/18
Lily Maxfield	1:04.05	&+	NCAA Championships	3/10
Tori Kaleta	1:05.09	+	A3 Performance Invitational	11/18
Haley Murphy	1:07.09	+	A3 Performance Invitational	11/18
Lindsey Miller	1:08.79	+	A3 Performance Invitational	11/18
Morgan King	1:12.53		UCSD Invitational	1/2
Reilly Boyt	1:44.19	+	PCSC Championships	2/10

200 Breaststroke

Jaimie Bryan	2:14.35	&	NCAA Championships	3/11
Angie Phetbenjakul	2:15.89	&	PCSC Championships	2/11
Lily Maxfield	2:16.37	&	A3 Performance Invitational	11/19

Tori Kaleta	2:23.08	A3 Performance Invitational	11/19
Morgan King	2:28.67 @	PCSC Championships	2/8

100 Butterfly

Brooke Miles	55.69 &	A3 Performance Invitational	11/18
Jayna Wittenbrink	55.80 &	PCSC Championships	2/10
Emily Lambert	56.30 &	PCSC Championships	2/10
Sophie Reynolds	56.82 @	PCSC Championships	2/10
Elee Wong	56.89 +	PCSC Championships	2/10
Amanda Sumrow	56.92 +	A3 Performance Invitational	11/18
Natalie Tang	57.96	University of San Diego	1/28
Amanda Rios	57.96 +	PCSC Championships	2/10
Anissa Barroso	59.90	UC Santa Barbara	11/5

200 Butterfly

Amanda Sumrow	2:01.23 &	A3 Performance Invitational	11/19
Emily Lambert	2:05.87	A3 Performance Invitational	11/19
Jayna Wittenbrink	2:06.01 +	PCSC Championships	2/11
Brooke Miles	2:07.61	San Diego State/Vanderbilt	10/14
Sophie Reynolds	2:08.06 @	PCSC Championships	2/8
Anissa Barroso	2:10.35 +	A3 Performance Invitational	11/19
Elee Wong	2:10.64 +	A3 Performance Invitational	11/19
Morgan King	2:14.42 +	A3 Performance Invitational	11/19

100 Individual Medley

Brooke Miles	57.81	PCSC Championships	2/11
Anissa Barroso	59.81 +	PCSC Championships	2/11
Holly Fosmire	1:02.10	PCSC Championships	2/11

200 Individual Medley

Amanda Sumrow	2:03.68 &	A3 Performance Invitational	11/17
Brooke Miles	2:05.55 &	PCSC Championships	2/9
Lily Maxfield	2:06.65	PCSC Championships	2/9
Anissa Barroso	2:07.41 +	PCSC Championships	2/9
Lindsey Miller	2:07.77 +	A3 Performance Invitational	11/17
Tori Kaleta	2:09.64 +	A3 Performance Invitational	11/17
Holly Fosmire	2:12.00 +	PCSC Championships	2/9
Morgan King	2:12.71 +	PCSC Championships	2/9
Sophie Reynolds	2:13.40 +	A3 Performance Invitational	11/17
Reilly Boyt	3:16.50 +	PCSC Championships	2/9

400 Individual Medley

Amanda Sumrow	4:27.64 &	A3 Performance Invitational	11/18
Lindsey Miller	4:29.82 &+	A3 Performance Invitational	11/18
Anissa Barroso	4:32.79	California Baptist	1/21
Morgan King	4:35.07	PCSC Championships	2/10
Holly Fosmire	4:36.73 +	PCSC Championships	2/10
Stephanie Sin	4:50.67	UC Santa Barbara	11/5

1 Meter Diving (6 Dives)

Brooke Abrantes	273.07 #	University of San Diego	1/28
Tiffany Wong	262.70 #	Lancer Dive Invite	11/19
Patty Sullivan	249.50	Lancer Dive Invite	11/19
Delaine Carlin	238.35	Lancer Dive Invite	11/19

1 Meter Diving (11 Dives)

Brooke Abrantes	441.30 #	Lancer Dive Invite	11/19
Tiffany Wong	433.60 #	Lancer Dive Invite	11/19
Delaine Carlin	397.41 #	Lancer Dive Invite	11/19
Patty Sullivan	372.90	Lancer Dive Invite	11/19

3 Meter Diving (6 Dives)

Brooke Abrantes	280.60 #	Lancer Dive Invite	11/19
Tiffany Wong	254.63	CSU Bakersfield	1/7
Patty Sullivan	254.00	Lancer Dive Invite	11/19
Delaine Carlin	248.72	Claremont-Mudd-Scripps	10/29

3 Meter Diving (11 Dives)

Brooke Abrantes	466.95 #	Lancer Dive Invite	11/19
Patty Sullivan	431.51 #	Lancer Dive Invite	11/19
Tiffany Wong	422.30 #	Lancer Dive Invite	11/19
Delaine Carlin	408.20	Lancer Dive Invite	11/19

200 Freestyle Relay

Phetbenjakul, Tang, Yao, Murphy	1:33.74 &	PCSC Championships	2/9
Tang, Phetbenjakul, Bryan, Murphy	1:34.13 &	A3 Performance Invitational	11/17
Phetbenjakul, Tang, Yao, Murphy	1:34.15 &+	NCAA Championships	3/9
Murphy, Phetbenjakul, Yao, Tang	1:34.43 &	NCAA Championships	3/9
Tang, Yao, Phetbenjakul, Murphy	1:35.72 &	California Baptist	1/21

400 Freestyle Relay

Murphy, Phetbenjakul, Yao, Tang	3:26.10 &	PCSC Championships	2/11
Murphy, Wittenbrink, Yao, Tang	3:26.38 &+	NCAA Championships	3/11
Murphy, Wittenbrink, Yao, Tang	3:27.51 &	NCAA Championships	3/11
Murphy, Phetbenjakul, Eickert, Tang	3:28.12 &	A3 Performance Invitational	11/19
Tang, Phetbenjakul, Yao, Toronczak	3:29.86 &	CSU Bakersfield/LMU	1/7

800 Freestyle Relay

Murphy, Eickert, Toronczak, Tang	7:25.67 &	NCAA Championships	3/10
Gocke, Murphy, Eickert, Tang	7:28.84 &	PCSC Championships	2/8
Tang, Eickert, Toronczak, Murphy	7:45.48	A3 Performance Invitational	11/18
Gocke, Hamza, Brotherton, Sin	7:38.07	A3 Performance Invitational	11/18

200 Medley Relay

Tang, Phetbenjakul, Wittenbrink, Murphy	1:42.65 &	PCSC Championships	2/8
Rodman, Bryan, E. Wong, Yao	1:43.76 &	PCSC Championships	2/8
Tang, Phetbenjakul, Wittenbrink, Murphy	1:43.77 &	NCAA Championships	3/8
Tang, Phetbenjakul, Miles, Murphy	1:44.03 &	A3 Performance Invitational	11/18
Tang, Phetbenjakul, Wittenbrink, Murphy	1:44.06 &+	NCAA Championships	3/8

400 Medley Relay

Toronczak, Phetbenjakul, Wittenbrink, Yao	3:45.15 &	PCSC Championships	2/9
Rodman, Phetbenjakul, Wittenbrink, Murphy	3:45.91 &	NCAA Championships	3/9
Toronczak, Phetbenjakul, Wittenbrink, Murphy	3:46.96 &+	NCAA Championships	3/9
Toronczak, Phetbenjakul, Sumrow, Tang	3:48.14 &	A3 Performance Invitational	11/17
Toronczak, Phetbenjakul, Wittenbrink, Tang	3:52.69	California Baptist	1/21

! - School Record
 # - NCAA A Cut (Automatic Qualifier)
 & - NCAA B Cut (Consideration Qualifier)
 * - Relay/Split + - Prelim @ - Time Trial/Swim-Off

Dual Meet Individual Wins

Casey Brotherton	1000 Free (10:20.40)	VU (10/14)
Julia Toronczak	100 Back (57.74)	SDSU (10/14)
Julia Toronczak	100 Back (57.74)	VU (10/14)
Amanda Sumrow	200 Fly (2:02.99)	SDSU (10/14)
Amanda Sumrow	200 Fly (2:02.99)	VU (10/14)
Julia Toronczak	200 Back (2:03.30)	SDSU (10/14)
Julia Toronczak	200 Back (2:03.30)	VU (10/14)
Jaimie Bryan	200 Breast (2:21.44-T)	SDSU (10/14)
Casey Brotherton	500 Free (5:03.40)	VU (10/14)
Amanda Sumrow	100 Fly (57.03)	SDSU (10/14)
Casey Brotherton	1000 Free (10:30.07)	CMS (10/29)
Julia Toronczak	200 Free (1:53.32)	CMS (10/29)
Natalie Tang	100 Back (58.12)	CMS (10/29)
Angie Phetbenjakul	100 Breast (1:04.49)	CMS (10/29)
Amanda Sumrow	200 Fly (2:05.63)	CMS (10/29)
Natalie Tang	50 Free (24.38)	CMS (10/29)
Brooke Abrantes	1 Meter (213.20)	CMS (10/29)
Sarah Yao	100 Free (53.15)	CMS (10/29)
Julia Toronczak	200 Back (2:01.51)	CMS (10/29)
Lily Maxfield	200 Breast (2:19.96)	CMS (10/29)
Casey Brotherton	500 Free (5:01.60)	CMS (10/29)
Brooke Miles	100 Fly (57.86) %	CMS (10/29)
Brooke Abrantes	3 Meter (271.07)	CMS (10/29)
Brooke Miles	200 IM (2:09.20) %	CMS (10/29)
Casey Brotherton	500 Free (5:02.15)	UCSB (11/5)
Kaitlyn Ritchey	800 Free (9:44.72) ~	CSUEB (12/16)
Julia Toronczak	100 Back (1:08.93) ~	CSUEB (12/16)
Amanda Sumrow	200 Fly (2:31.85) ~	CSUEB (12/16)
Julia Toronczak	200 Back (2:23.68) ~	CSUEB (12/16)
Lily Maxfield	200 Breast (2:48.12) ~	CSUEB (12/16)
Casey Brotherton	400 Free (4:42.27) ~	CSUEB (12/16)
Jayna Wittenbrink	100 Fly (1:06.61) ~	CSUEB (12/16)
Casey Brotherton	1000 Free (10:26.01)	CSUB (1/7)
Casey Brotherton	1000 Free (10:26.01)	LMU (1/7)
Alayna Gocke	200 Free (1:54.13)	LMU (1/7)
Julia Toronczak	100 Back (58.51)	CSUB (1/7)
Julia Toronczak	100 Back (58.51)	LMU (1/7)
Angie Phetbenjakul	100 Breast (1:04.32)	CSUB (1/7)
Angie Phetbenjakul	100 Breast (1:04.32)	LMU (1/7)
Amanda Sumrow	200 Fly (2:07.08)	CSUB (1/7)
Amanda Sumrow	200 Fly (2:07.08)	LMU (1/7)
Angie Phetbenjakul	50 Free (24.19)	CSUB (1/7)
Angie Phetbenjakul	50 Free (24.19)	LMU (1/7)
Natalie Tang	100 Free (52.73)	LMU (1/7)
Julia Toronczak	200 Back (2:05.02)	CSUB (1/7)
Julia Toronczak	200 Back (2:05.02)	LMU (1/7)
Jaimie Bryan	200 Breast (2:19.27)	CSUB (1/7)
Jaimie Bryan	200 Breast (2:19.27)	LMU (1/7)
Alayna Gocke	500 Free (5:04.13)	CSUB (1/7)
Alayna Gocke	500 Free (5:04.13)	LMU (1/7)
Anissa Barroso	200 IM (2:11.12)	LMU (1/7)
Alayna Gocke	200 Free (1:53.27)	CBU (1/21)
Julia Toronczak	100 Back (57.56)	CBU (1/21)
Jaimie Bryan	100 Breast (1:04.08)	CBU (1/21)
Emily Lambert	200 Fly (2:07.57)	CBU (1/21)
Angie Phetbenjakul	50 Free (24.20)	CBU (1/21)
Natalie Tang	100 Free (52.58)	CBU (1/21)
Julia Toronczak	200 Back (2:02.70)	CBU (1/21)
Jaimie Bryan	200 Breast (2:16.65)	CBU (1/21)

Anissa Barroso	400 IM (4:32.79)	CBU (1/21)
Casey Brotherton	1000 Free (10:29.51)	USD (1/28)
Alayna Gocke	200 Free (1:52.74)	USD (1/28)
Julia Toronczak	100 Back (57.79)	USD (1/28)
Jaimie Bryan	100 Breast (1:04.16)	USD (1/28)
Natalie Tang	50 Free (24.18)	USD (1/28)
Brooke Abrantes	3 Meter (280.57)	USD (1/28)
Natalie Tang	100 Free (52.41)	USD (1/28)
Julia Toronczak	200 Back (2:01.38)	USD (1/28)
Jaimie Bryan	200 Breast (2:17.01)	USD (1/28)
Alayna Gocke	500 Free (5:03.73)	USD (1/28)
Brooke Abrantes	1 Meter (273.07)	USD (1/28)
Anissa Barroso	200 IM (2:09.11)	USD (1/28)

Dual Meet Relay Wins

200 Medley (Tang, Phetbenjakul, Wong, Murphy),	1:45.66	CMS (10/29)
400 Free (Tang, Rios, Yao, Gocke),	3:34.25 %	CMS (10/29)
200 Free (Tang, Yao, Phetbenjakul, Murphy),	1:35.79	UCSB (11/5)
400 Medley (Toronczak, Phetbenjakul, Sumrow, Tang),	4:36.08 ~	CSUEB (12/16)
200 Free (Tang, Phetbenjakul, Yao, Murphy),	1:50.06 %~	CSUEB (12/16)
200 Medley (Tang, Phetbenjakul, Yao, Toronczak),	1:48.23	LMU (1/7)
400 Free (Tang, Phetbenjakul, Yao, Toronczak),	3:29.86	CSUB (1/7)
400 Free (Tang, Phetbenjakul, Yao, Toronczak),	3:29.86	LMU (1/7)
400 Medley (Toronczak, Phetbenjakul, Wittenbrink, Tang),	3:52.69	CBU (1/21)
200 Free (Tang, Yao, Phetbenjakul, Murphy),	1:35.72	CBU (1/21)
200 Medley (Tang, Phetbenjakul, Wittenbrink, Murphy),	1:47.00	USD (1/28)
400 Free (Toronczak, Phetbenjakul, Rios, Yao),	3:33.99	USD (1/28)
% - Exhibitioned	~ - LCM	

Invitational Meet Individual Wins

Jaimie Bryan	200 Breast (2:14.61)	A3 (11/19)
Angie Phetbenjakul	100 Breast (1:04.66)	UCSD (1/2)
Julia Toronczak	200 Back (2:01.70)	Rice/SDSU/SJSU (1/3)

Championship Meet Individual Wins

Alayna Gocke	200 Free (1:51.86)	PCSC (2/10)
Jaimie Bryan	100 Breast (1:02.72)	PCSC (2/10)
Julia Toronczak	200 Back (1:59.84)	PCSC (2/11)

Championship Meet Relay Wins

800 Free (Gocke, Murphy, Eickert, Tang),	7:28.84	PCSC (2/8)
200 Free (Phetbenjakul, Tang, Yao, Murphy),	1:33.74	PCSC (2/9)
400 Free (Murphy, Phetbenjakul, Yao, Tang),	3:26.10	PCSC (2/11)

Pool Records

Jaimie Bryan	200 Breast (2:16.65) - Canyonview	CBU (1/21)
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2016-17 Women's Results (Dual Meet: 7-2/Home: 4-0/Away: 1-2/Neutral: 2-0)

<u>Date</u>	<u>Opponent</u>	<u>H/A/N</u>	<u>W/L</u>	<u>Score</u>	<u>Record</u>
10/14	Vanderbilt	N	W	151-143	1-0
10/14	San Diego State	A	L	137.5-156.5	1-1
10/29	Claremont-Mudd-Scripps	H	W	200-92	2-1
11/5	UC Santa Barbara	A	L	106-148	2-2
11/17-19	A3 Performance Invitational	(Monterey Park)	6th/11	575.5 Pts.	
11/19	Lancer Dive Invite	A	NTS		
12/16	#18 Cal State East Bay	H	W	148-109	3-2
1/2	UCSD Invite (AFA/BSU/UIW/SDSU/SJSU)	H	4th/6	230 Pts.	
1/3	Rice/SDSU/SJSU	H	4th/4	526 Pts.	
1/7	CSU Bakersfield	A	W	165-134	4-2
1/7	Loyola Marymount	N	W	234-57	5-2
1/21	#13 California Baptist	H	W	200-100	6-2
1/28	University of San Diego	H	W	197-96	7-2
2/8-11	PCSC Championships	(Monterey Park)	1st/12	1601 Pts.	
3/8-11	NCAA Championships	(Birmingham, Ala.)	16th/40	91 Pts.	
