

NCS SWIMMING & DIVING RECORDS

GIRLS

EVENT	NAME	TIME	YEAR
200 yd Medley Relay	Carondelet High School (Madison White, Allison Gargalakis, Christina Ray, Chelsea Chenault)	1:40.73	2011
200 yd Freestyle	Catherine Breed, Amador Valley H.S.	1:44.61	2011
200 yd IM	Maya DiRado, Maria Carrillo H.S.	1:56.17	2010
50 yd Freestyle	Kasey Carlson, Las Lomas H.S.	22.61	2009
1 Meter Diving	Christina Conn, Antioch H.S.	471.20	1993
100 yd Butterfly	Amanda Sims, Montgomery H.S.	53.26	2005
100 yd Freestyle	Kim Vandenberg, Campolindo H.S.	49.41	2000
500 yd Freestyle	Catherine Breed, Amador Valley H.S.	4:41.18	2011
200 yd Freestyle Relay	Redwood High School (Laura Slater, Kristina Parsons, Deborah Roth, Devon DeMont)	1:34.94	2009
100 yd Backstroke	Natalie Coughlin, Carondelet H.S.	52.86	1999
100 yd Breaststroke	Kasey Carlson, Las Lomas H.S.	58.75	2009
400 yd Freestyle Relay	Carondelet H.S. (Natalie Amberg, Nicole Palmer, Madison White, Chelsea Chenault)	3:26.47	2011

BOYS

EVENT	NAME	TIME	YEAR
200 yd Medley Relay	Miramonte H.S. (Robbie Fluegge, Charlie Wiser, Nick Deaver, Aleck Ryner)	1:34.16	2011
200 yd Freestyle	Nick Silverthorn, Granada H.S.	1:37.83	2011
200 yd IM	Steven Stumph, Campolindo H.S.	1:49.46	2011
50 yd Freestyle	Ben Wildman-Tobriner, Lick Wilmerding HS	20.35	2003
1 Meter Diving	Kristian Ipsen, De La Salle H.S.	708.60	2011
100 yd Butterfly	Max Horrell, Analy H.S.	48.38	2009
100 yd Freestyle	Aaron Wayne, Deer Valley H.S.	44.27	2009
500 yd Freestyle	John Dorr, Las Lomas H.S.	4:25.98	2001
200 yd Freestyle Relay	Campolindo H.S. (Jeffrey Strausser, Sven Campbell, Nick Zolintakis, Robert Ashby)	1:23.35	2011
100 yd Backstroke	Sven Campbell, Campolindo H.S.	49.73	2011
100 yd Breaststroke	Charlie Wiser, Miramonte H.S.	55.27	2011
400 yd Freestyle Relay	Campolindo H.S. (Jeffrey Strausser, Robert Ashby, Tor Jensen, Sven Campbell)	3:03.97	2011