

# Walnut Creek Aquabears All-Time Top Ten Times

17 & 18 Girls - Short Course Yards (updated through December 12, 2009)

## 50 yard Freestyle

1	deMAN, NICOLE	22.83	1983
2	DELAY, SARA E	23.11	2009
3	BEREKNYEI, SYLVIA	23.43	1998
4	FULLER, MARCIE	23.51	1986
5	WILKINSON, BRENNIA	23.83	1999
6	BIERWITH, KIMBERLY N	23.94	2006
7	MITCHELL, KATHERINE	23.95	1999
8	RANDALL, MARYELLA K	23.96	2009
9	SHEA, KELLY	24.07	
10	BLOMBERG, MARY	24.08	
	HOLMAN, AMANDA N	24.08	2007
	KROCHKA, JAYMEE L	24.08	2009

## 100 yard Freestyle

1	BEREKNYEI, SYLVIA	49.95	1998
2	WESTESON, PIA	50.56	1990
3	DELAY, SARA E	50.69	2009
4	LINKE, SARA	50.99	1982
5	LYON, ALEXIS	51.58	1997
	BAUER, COURTNEY G	51.58	2006
7	HARPER, SHELLEY A	51.78	2007
8	BLOMBERG, MARY	52.01	
	MITCHELL, KATHERINE	52.01	1999
10	FULLER, MARCIE	52.10	1986
	YODER, SHAILA A	52.10	2009

## 200 yard Freestyle

1	LINKE, SARA	1:46.77	1982
2	BEREKNYEI, SYLVIA	1:47.49	1998
3	DELAY, SARA E	1:49.34	2009
4	HARPER, SHELLEY A	1:49.72	2008
5	LYON, ALEXIS	1:50.56	1997
6	ROGERS, REBECCA C	1:51.18	2003
7	LIETZ, HEIDI	1:51.81	1998
8	MITCHELL, KATHERINE	1:52.18	1999
9	BAUER, COURTNEY G	1:52.68	2006
10	ARDELL, ANN	1:53.49	1982

## 500 yard Freestyle

1	LINKE, SARA	4:42.56	1982
2	HARPER, SHELLEY A	4:47.97	2008
3	DELAY, SARA E	4:54.28	2009
4	ROGERS, REBECCA C	5:00.54	2003
5	HECK, KIRSTEN	5:01.44	1994
6	McGOWAN, CHRISTINA A	5:01.68	2005
7	HANCOCK, JULIE	5:02.41	1984
8	WEIGAND, ELAINE	5:03.85	1989
9	RILEY, TAYLOR C	5:04.17	2009
10	HARPER, KIRSTEN A	5:06.74	2005

## 1000 yard Freestyle

1	LINKE, SARA	9:57.48	1982
2	HARPER, SHELLEY A	10:14.32	2008
3	DELAY, SARA E	10:18.59	2009
4	HECK, KIRSTEN	10:20.99	1994
5	McGOWAN, CHRISTINA A	10:22.56	2005
6	HANCOCK, JULIE	10:23.06	
7	YODER, SHAILA A	10:31.52	2008
8	LIANG, JOANN	10:31.74	2009
9	HARPER, KIRSTEN A	10:34.10	2005
10	RILEY, TAYLOR C	10:37.71	2009

## 1650 yard Freestyle

1	LINKE, SARA	16:45.71	1982
2	HARPER, SHELLEY A	17:02.44	2007
3	HECK, KIRSTEN	17:25.89	
4	DELAY, SARA E	17:29.60	2008
5	McGOWAN, CHRISTINA A	17:32.72	2004
6	HARPER, KIRSTEN A	17:40.53	2005
7	LIANG, JOANN	17:45.24	2009
8	RILEY, TAYLOR C	17:49.06	2009
9	ALLEN, JOAN	17:51.31	1982
10	SALADIN, SUSIE	17:58.70	1984

## 100 yard Backstroke

1	POWERS, ALEXA D	56.55	2009
2	PLUMMER, EMILY	56.80	1994
3	THOMAS, CHRISSY L	57.10	2009
4	BEREKNYEI, SYLVIA	57.12	1998
5	LIANG, JOANN	57.33	2009
6	HENDRICKS, HEIDI	57.52	
7	LIU, KATHRYN	58.77	1993
8	CROOKS, CATHI	59.35	1991
9	SHEA, KELLY	59.35	
10	LEWIS, ELLEN	59.49	

## 200 yard Backstroke

1	HENDRICKS, HEIDI	2:01.33	
2	POWERS, ALEXA D	2:03.77	2009
3	PLUMMER, EMILY	2:04.20	1994
4	LIU, KATHRYN	2:04.55	1993
5	LEWIS, ELLEN	2:06.62	
6	LIANG, JOANN	2:07.05	2009
7	POWELL, PENNY	2:08.10	
8	McGOWAN, CHRISTINA A	2:09.09	2004
9	ALLEN, JOAN	2:09.10	1982
10	THOMAS, CHRISSY L	2:09.25	2009

## 100 yard Breaststroke

1	YODER, SHAILA A	1:03.33	2009
2	FREEMAN, KATLIN N	1:03.69	2005
3	CURRAN, HANNAH M	1:05.00	2009
4	COLES, ZOE L	1:05.20	2009
5	deMAN, NICOLE	1:05.47	1992
6	RENNER, TRICIA	1:05.70	
7	FOWLES, LESLIE	1:05.95	2000
8	POWERS, ALEXA D	1:06.19	2008
9	BEREKNYEI, SYLVIA	1:06.39	1998
10	DAVIS, KARI ANN	1:07.00	1993

## 200 yard Breaststroke

1	FREEMAN, KATLIN N	2:18.26	2005
2	BEREKNYEI, SYLVIA	2:19.38	1998
3	YODER, SHAILA A	2:20.06	2008
4	LINKE, SARA	2:20.28	1982
5	HARPER, SHELLEY A	2:22.23	2008
6	RENNER, TRICIA	2:22.72	
7	FOWLES, LESLIE	2:23.06	2000
8	WEIGAND, ELAINE	2:23.39	1989
9	PRIDEAUX, JULIE	2:23.51	1985
10	COLES, ZOE L	2:23.62	2009

## 100 yard Butterfly

1	WESTESON, PIA	55.66	1990
2	ARDELL, ANN	56.42	1982
3	BISCHOFF, HEIDI	56.56	1985
4	POWERS, ALEXA D	56.68	2009
5	LINKE, SARA	56.77	1982
6	PLUMMER, EMILY	56.78	
7	LUNSFORD, LISA	57.22	1982
8	BLOMBERG, MARY	57.39	
9	SHEA, KELLY	57.49	
10	GREEN, DORIE	57.63	1986

## 200 yard Butterfly

1	LINKE, SARA	1:58.87	1982
2	HARPER, SHELLEY A	2:04.41	2008
3	LUNSFORD, LISA	2:04.86	1982
4	CASTILLO, BIANCA	2:05.40	1985
5	MEANY, DEBBIE	2:06.31	1986
6	ARDELL, ANN	2:06.61	1982
7	ADAMS, KAREN	2:06.68	1990
8	NASCIMENTO, AMANDA	2:07.07	2002
9	PRIDEAUX, JEANNIE	2:08.42	1983
10	MCGOWAN, CHRISTINA A	2:09.03	2005

## 200 yard Individual Medley

1	THOMAS, CHRISSY L	2:03.23	2009
2	HARPER, SHELLEY A	2:03.37	2008
3	POWERS, ALEXA D	2:04.42	2009
4	LINKE, SARA	2:07.34	1982
5	RENNER, TRICIA	2:07.54	1981
6	LIETZ, HEIDI	2:07.59	1998
7	MOONEY, KELLY L	2:08.41	2004
8	PRIDEAUX, JULIE	2:08.46	1985
9	ARDELL, ANN	2:08.60	
10	HORN, KRISTIN	2:09.08	1994

## 400 yard Individual Medley

1	LINKE, SARA	4:23.82	1982
2	HARPER, SHELLEY A	4:24.32	2008
3	PRIDEAUX, JULIE	4:29.10	1985
4	RENNER, TRICIA	4:31.15	
5	WECHT, EMILY	4:33.13	
6	HORN, KRISTIN	4:34.28	1994
7	WEIGAND, ELAINE	4:34.40	1988
8	PETRIDES, JOY	4:34.43	1982
9	MOONEY, KELLY L	4:34.45	2004
10	LUNSFORD, LISA	4:34.58	1982