

MCAL Championships - Girls									
Top Ten All-Time Individual Event Swimmers									
(as of 2023)									
200 FREESTYLE				200 INDIVIDUAL MEDLEY					
1	Raukar, C	MCAT	1:48.78	2014	1	Morris, H	TERR	2:06.08	2016
2	McCarthy, E	REDW	1:51.36	2014	2	Tarantino, H	MCAT	2:07.10	2023
3	Roth, D	REDW	1:52.54	2009	3	Livingston, M	REDW	2:07.10	2011
4	Becks, D	SMHS	1:52.78	1998	4	Jasko, N	TERR	2:07.46	2019
5	Lo, A	SFRD	1:53.53	2008	5	Sears, M	REDW	2:07.59	2015
6	Baca, K	TAMA	1:53.88	2012	6	Greenberg, O	REDW	2:07.95	2019
7	Salmi, A	BRAN	1:53.89	2014	7	Hanley, B	SRAF	2:08.33	1989
8	Wortzman, Z	TAMA	1:54.42	2018	8	Campbell, M	SMHS	2:08.38	2013
9	Livingston, M	REDW	1:54.52	2008	9	Roberts, M	BRAN	2:08.64	2019
10	DalPorto, S	MCAT	1:54.66	2013	10	Cochrane, S	SMHS	2:08.89	2009
50 FREESTYLE				100 BUTTERFLY					
1	Murphy, K	MCAT	23.03	2009	1	Ayan-Eaton, J	REDW	54.67	2019
2	Becks, D	SMHS	23.6	2000	2	Dahlke, M	TAMA	55.81	2015
3	Watrous, C	REDW	23.78	2022	3	Dresel, A	MCAT	56.02	2014
4	Berkenfeld, C	SRAF	23.81	2018	4	Parsons, K	REDW	56.19	2009
5	Slater, L	REDW	23.85	2009	5	Campbell, M	SMHS	56.49	2013
6	Raukar, C	MCAT	23.91	2013	6	Solomon, M	REDW	56.51	2023
7	Ayan-Eaton, J	REDW	23.94	2019	7	Chong, N	TERR	56.92	2022
8	Kreuzberger, K	MCAT	24.04	2011	8	DalPorto, S	MCAT	57.18	2015
9	Chong, N	TERR	24.05	2022	9	Williams, A	SMHS	57.46	2009
10	Thomason, A	MCAT	24.08	2012	10	Duncan, E	REDW	57.62	2015
100 FREESTYLE				500 FREESTYLE					
1	Becks, D	SMHS	50.79	2000	1	Baca, Kim	TAMA	5:02.01	2012
2	Raukar, C	MCAT	50.84	2014	2	Parker, E	SMHS	5:02.22	2002
3	Murphy, K	MCAT	50.9	2009	3	Roth, D	REDW	5:02.75	2007
4	McIntyre, K	NOVA	51.09	2022	4	Sears, M	REDW	5:04.74	2016
5	Watrous, C	REDW	51.41	2022	5	Dalton, L	SMHS	5:04.90	1994
6	Dahlke, M	TAMA	51.77	2016	6	McCarthy, E	REDW	5:05.47	2015
7	Berkenfeld, C	SRAF	51.9	2018	7	Livingston, M	REDW	5:05.61	2009
8	Birchenough, C	REDW	52.04	2017	8	Lo, A	SFRD	5:07.20	2008
9	Slater, L	REDW	52.12	2009	9	French, M	SMHS	5:08.02	2022
10	Kreuzberger, K	MCAT	52.18	2012	10	Carrade, L	TERR	5:10.53	2014
100 BACKSTROKE				100 BREASTSTROKE					
1	RAUKAR, C	MCAT	54.98	2013	1	Morris, H	TERR	1:02.96	2017
2	Dresel, A	MCAT	55.52	2014	2	Winkler, B	TAMA	1:03.27	2012
3	Roth, D	REDW	55.88	2010	3	Alvarez, L	SFRD	1:03.46	2010
4	Lo, K	SFRD	57.35	2009	4	Solomon, M	REDW	1:03.85	2023
5	McIntyre, K	NOVA	57.39	2022	5	Alvarez, J	SFRD	1:03.88	2010
6	Tarantino, H	MCAT	57.4	2023	6	Jasko, N	TERR	1:04.46	2018
7	Salmi, A	BRAN	57.77	2014	7	Livingston, M	REDW	1:04.75	2011
8	Everage, A	TAMA	57.97	2023	8	Yamagata, T	NOVA	1:04.91	2009
9	Berkenfeld, C	SRAF	58.67	2017	9	Birchenough, C	REDW	1:05.00	2018
10	Greenberg, O	REDW	58.73	2018	10	Alvarez, E	SFRD	1:05.41	2005