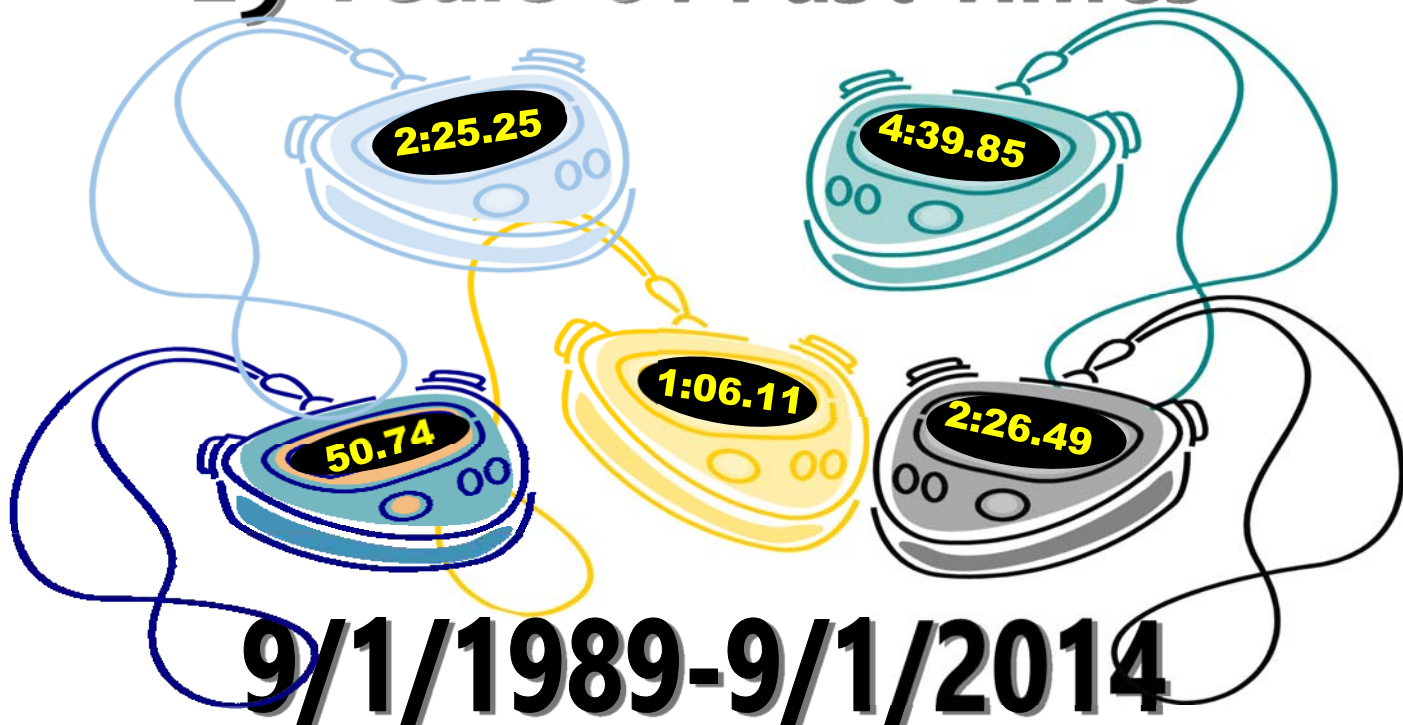




THE TIMES OF OUR LIVES

1989-2014

25 Years Of Fast Times



*Swimmers...Each stopwatch displays a record setting time.
Can you find the swimmers who own these records?*



“2013-2014 TIMES OF OUR LIVES

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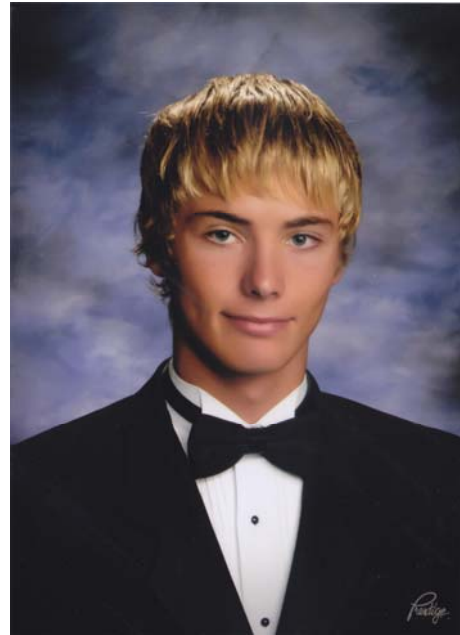
Mission San Jose Aquatics Graduating Class of 2014



Jessica Wu

Member Since 2002

Mission San Jose High School



Emil Graversen

Member Since 2009

Mission San Jose High School



*On your graduation and
commitment. You will always be
part of our MSJA Family*

**"Dreams are renewable. No matter
what our age or condition, there
are still untapped possibilities
within us."**

~ Dr. Dale Turner



Patrick Malapira

Member Since 2009

Washington High School



LANE OF FAME



To be inducted into the MSJA Lane of Fame, swimmer must be a member of MSJA for a minimum of four years and continue to compete the summer following their high school graduation. Inductees are honored each year at our awards banquet.

Graduating Class of 1996

Marc Dela Cruz	1989-2006
Fernando Buchner	1990-1996
Jeff Chen	1989-1994
Adrian Dinis	1989-2002
Bryan Hoffman	1989-1996
Marco Lopez	1989-1994

Graduating Class of 1997

Michelle Conan	1991-2009
Mauricio Buchner	1990-1998
Alison Duran	1989-1998
Marlena Yauch	1990-1998
Jessica Yin	1991-1997

Graduating Class of 1998

Lexi Lyon	1989-1999
Clara Ho	1989-2003
Erin Matteucci	1989-1998
Melanie Venter	1992-1999

Graduating Class of 1999

Nina Suryoutomo	1990-1999
Ryann Cooper	1992-2000
Jessica Ashizawa	1991-2002

Graduating Class of 2000

Chris Coble	1990-2001
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Graduating Class of 2001

Eric Lee	1989-2002
Priscilla Woo	1990-2004
Stephanie Yu	1993-2003
Kevin Doe	1994-2002
Chris Raimondi	1996-2004

Graduating Class of 2002

Jason Suryoutomo	1989-2002
Kimball Yamasaki	1989-2003
Natalia Sanchez	1998-2003

Graduating Class of 2003

Jennifer Woo	1990-2003
Danny Coble	1990-2003
Aram Yoo	1995-2003

Graduating Class of 2004

Tanya Suryoutomo	1990-2005
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Graduating Class of 2004

Tanya Suryoutomo	1990-2005
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Graduating Class of 2005

Michael Rico	1997-2006
Chris Nguyen	2000-2007

Graduating Class of 2006

Rebecca Kwong	1998-2006
Mitra Naima	1999-2006

Graduating Class of 2007

Ellie Monobe	2001-2009
Karin Schleicher	2002-2009

Graduating Class of 2008

Nicholas Raimondi	1996 – 2008
Christine Gee 2	2000 – 2008
Sarah Larson	2001 – 2008
Jessica Leandro	2001 – 2008

Graduating Class of 2009

Edward Huang	2000– 2011
Victoria Pichay	2000 - 2010
Ashley McBride	2005 – 2009
Caroline Isaacs	2005 —2011

Graduating Class of 2010

Carolyn Zhang	2003-2010
Kevin Zhang	2000-2010
Andrew Chan	2004-2010

Graduating Class of 2011

Salena Huang	2000 - Present *
Beatrice Sun	2002 - 2011

Graduating Class of 2012

Jennifer Xu	2007 - 2012
Mary Joy Silmaro	2007 - 2012

Graduating Class of 2013

Hilvy Cheung	2001 - Present
Austine Lee	2002 - Present

2014 Lane of Fame

Jessica Wu	2002 - Present
Emil Graversen	2009 - Present
Patrick Malapira	2009 - Present





2013-2014
NATIONAL AGE GROUP
TOP 10



THE NATION'S FASTEST KIDS

The National Age Group Recognition Program honors our nation's fastest kids. This recognition everywhere in between, program identifies the fastest 10 boys and girls in each single age group, from 11 to 18. Awards are offered in each recognized event. USA Swimming automatically tracks these times.

26 MILLION TIMES AT YOUR FINGERTIPS

Swimmers live and die by seconds, tenths and hundredths of a second. USA Swimming members have access to all their times, automatically recorded, through USA Swimming's times database. Visit [USA Swimming.org](http://USA-Swimming.org) and click on times, then age-group rankings, then National Age Group Top 10 List and find the age you are looking for.

Did you know, you can Create a [My USA Swimming account](#), and you can keep track of your times, improvements and accomplishments. There are more than 26 million times in the USA Swimming database. Watch yourself improve or check out the competition with our database that tracks the times of over 400,000 USA Swimming members across the nation

CONGRATULATIONS TO OUR MSJA SWIMMERS RANKED TOP 10 IN THE USA!!

LYON ZHANG

AGE 14

200 Meter Breaststroke, 2nd place ~ 2:21.46

100 Meter Breaststroke, 3rd place ~ 1:06.11***

200 Meter Individual Medley, 9th place ~2:10.80

200 Yard Breaststroke, 10th place ~ 2:06.07



HILVY CHEUNG

AGE 18

200 Yard Butterfly,

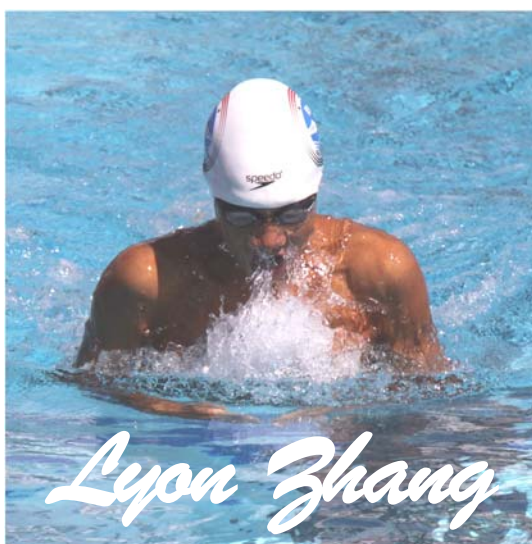
3rd place ~1:56.14



PACIFIC
SWIMMING

MSJA
Swimmers

Single Age Top 10



**MSJA Swimmers Earn 41 Top 10 Rankings,
including 13 Top 3 Rankings in Pacific
Swimming for the 2013-2014 Swim Season**





MSJA SWIMMERS *** SINGLE AGE RANKINGS

*** SHORT COURSE YARDS ***

IN PACIFIC SWIMMING

TIMES ACHIEVED FROM 9/1/2013-8/31/2014

AGE	NAME	EVENT	RANK	TIME
14	Lyon Zhang	100 Yard Breast	1st	58.84
14	Lyon Zhang	200 Yard Breast	1st	2:06.07
14	Lyon Zhang	200 Yard IM	2nd	1:55.92
14	Lyon Zhang	400 Yard IM	4th	4:14.47
14	Lyon Zhang	200 Yard Back	7th	2:00.42
14	Lyon Zhang	200 Yard Fly	7th	2:01.64
14	Jessica He	100 Yard Free	4th	51.91
14	Jessica He	200 Yard Free	6th	1:55.20
14	Jessica He	200 Yard IM	10th	2:10.01
14	Serena Lightstone	100 Yard Free	10th	53.11
15	Serena Lightstone	100 Yard Back	8th	57.25
16	Megan Crook	100 Yard Free	2nd	50.74
16	Megan Crook	50 Yard Free	3rd	23.51
16	Megan Crook	100 Yard Breast	10th	1:04.56
17	Megan Crook	100 Yard Free	8th	51.23
17	Megan Crook	100 Yard Breast	9th	1:04.38
17	Megan Crook	200 Yard Breast	8th	2:21.84
17	Emil Graversen	1650 Yard Free	4th	16:46.45
17	Emil Graversen	500 Yard Free	8th	4:37.87
18	Hilvy Cheung*	200 Yard Fly	1st	1:56.14
18	Hilvy Cheung*	100 Yard Fly	3rd	53.19
18	Hilvy Cheung	200 Yard IM	5th	2:01.75
18	Hilvy Cheung	100 Yard Back	10th	55.36
18	Austine Lee	200 Breast	9th	2:20.81



MSJA SWIMMERS *** SINGLE AGE RANKINGS

**** LONG COURSE METERS ****

IN PACIFIC SWIMMING

TIMES ACHIEVED FROM 9/1/2013-8/31/2014

AGE	NAME	EVENT	RANK	TIME	
13	Suri Yu	100 meter Free	9th	1:01.58	
13	Suri Yu	200 Meter Fly	10th	2:34.30	
14	Lyon Zhang	100 meter Breast	1st	1:06.11	*
14	Lyon Zhang	200 meter Breast	1st	2:21.46	
14	Lyon Zhang	200 meter IM	1st	2:10.80	
14	Lyon Zhang	400 meter IM	2nd	4:39.85	
14	Lyon Zhang	200 meter Back	6th	2:17.88	
14	Lyon Zhang	100 meter Fly	9th	1:00.75	
14	Jessica He	100 meter Free	3rd	59.42	
14	Jessica He	200 meter IM	3rd	2:26.49	
14	Jessica He	200 meter Free	5th	2:09.82	
14	Sophy Peng	100 meter Fly	9th	1:08.07	
15	Serena Lightstone	100 meter Back	8th	1:07.22	
15	Serena Lightstone	200 meter Back	8th	2:25.25	
17	Melissa Jiang	100 meter Back	9th	1:08.89	
17	Megan Crook	50 meter Free	9th	27.43	
17	Megan Crook	100 meter Free	9th	58.58	
17	Megan Crook	100 meter Breast	10th	1:15.15	
17	Emil Graversen	1650 yard Free	4th	16:46.45	

* Pacific Record

"NEW"... PACIFIC SWIMMING REPLACED PRT TIMES WITH TOP 10 SINGLE



Established September 1, 1989



TEAM RECORDS

MSJA TEAM RECORDS: SHORT COURSE YARDS

8-un Girls				8-un Boys		
25 FREE	Trisha Painter	15.53	'93	Joel Silmaro	13.99	'10
50 FREE	Trisha Painter	33.02	'94	Joel Silmaro	30.83	'10
100 FREE	Trisha Painter	1:16.64	'94	Adam Shilling	1:09.90	'93
25 BACK	Anastasiya Demchuk	19.16	'03	Ryan Le	17.64	'10
50 BACK	Christina Buchner	42.30	'92	Joel Silmaro	36.55	'10
25 BREAST	Kayleigh Knight	20.51	'95	Eric Lee	19.31	'92
50 BREAST	Kayleigh Knight	43.04	'95	Adam Shilling	40.40	'93
25 FLY	Jennifer Woo	16.32	'94	Joel Silmaro	14.91	'10
50 FLY	Jennifer Woo	35.87	'94	Joel Silmaro	32.58	'10
100 IM	Nicole Sata	1:26.80	'94	Ryan Le	1:19.01	'10
100 Free Relay	N. Sata, L. Duran, T. Alameda, T. Painter	1:06.72	'93	J. Suryoutomo, E. Lee, A. Shilling, D. Klein	1:04.37	'92
100 Medley Relay	N. Sata T. Alameda, J. Woo, T. Painter T.	1:15.63	'93	J. Suryoutomo. E. Lee, A. Shilling, D. Klein	1:15.11	'92

MSJA TEAM RECORDS: SHORT COURSE YARDS

10-un Girls				10-un Boys		
50 FREE	Serena Lightstone	27.97	'09	Jerome Sun	26.76	'08
100 FREE	Serena Lightstone	1:00.76	'09	Jerome Sun	57.97	'08
200 FREE	Vivy Hua	2:12.72	'08	Jerome Sun	2:05.45	'08
500 FREE	Vivy Hua	5:51.60	'08	Jerome Sun	5:39.87	'08
50 BACK	Clara Ho	32.30	'91	Jerome Sun	30.52	'08
100 BACK	Beatrice Sun	1:11.27	'04	Jerome Sun	1:05.02	'08
50 BREAST	Alexis Lyon	34.00	'90	Lyon Zhang	35.67	'10
100 BREAST	Alexis Lyon	1:13.93	'91	Jerome Sun	1:17.12	'08
50 FLY	Hilvy Cheung	30.22	'06	Michael Choi	28.90	'06
100 FLY	Hilvy Cheung	1:07.37	'06	Michael Choi	1:04.10	'06
100 IM	Vivy Hua	1:09.52	'08	Jerome Sun	1:06.48	'08
200 IM	Vivy Hua	2:31.23	'08	Jerome Sun	2:20.33	'08
200 Free Relay	C. Valle, C. Lopez, C. Ha, V. Hua	1:59.26	'07	J. Sun, J. Vega, S. Lau, T. Choi	1:56.67	'08
200 Medley Relay	A. Sabado, C. Ho, A. Lyon, H. Graves	2:13.37	'91	J. Sun, S. Lau, T. Choi, J. Vega	2:13.73	'08

MSJA TEAM RECORDS: SHORT COURSE YARDS

11-12 Girls

11-12 Boys

50 FREE	Clara Ho	24.91	'93	Eric Lee	22.95	'96
100 FREE	Clara Ho	54.87	'93	Jerome Sun	50.49	'10
200 FREE	Salena Huang	1:56.77	'06	Jerome Sun	1:48.98	'10
500 FREE	Salena Huang	5:12.04	'06	Jerome Sun	4:53.36	'10
1000 FREE	Salena Huang	10:50.68	'06	Jerome Sun	10:06.22	'10
1650 FREE	Salena Huang	18:21.17	'06	Jerome Sun	17:14.42	'10
50 BACK	Clara Ho	28.34	'93	Jerome Sun	27.21	'10
100 BACK	Suri Yu***	1:01.12	'14	Jerome Sun	57.17	'10
200 BACK	Suri Yu	2:14.65	'14	Jerome Sun	2:00.29	'10
50 BREAST	Alexis Lyon	31.38	'93	Jerome Sun	30.54	'10
100 BREAST	Alexis Lyon	1:06.04	'93	Jerome Sun	1:03.89	'10
200 BREAST	Alexis Lyon	2:24.42	'93	Jerome Sun	2:18.89	'10
50 FLY	Clara Ho	26.90	'93	Michael Choi	25.87	'08
100 FLY	Hilvy Cheung	58.47	'08	Jerome Sun	56.32	'10
200 FLY	Hilvy Cheung	2:07.63	'08	Jerome Sun	2:06.30	'10
100 IM	Clara Ho	1:01.81	'93	Jerome Sun	58.42	'10
200 IM	Clara Ho	2:14.03	'93	Jerome Sun	2:01.05	'10
400 IM	Hilvy Cheung	4:52.31	'08	Jerome Sun	4:19.97	'10
200 Free Relay	C. Ho, A. Duran J. Yin, C. Bergman	1:46.10	'92	M. Likens, M. Buchner, J. Lawrence, A. Dinis	1:44.34	'91
400 Free Relay	S. Huang, S. Gee, B. Sun, T. Leandro	3:50.60	'05	E. Choi, M. Choi, E. Chua, J. Zhang	3:52.79	'06
200 Medley Relay	C. Ho, A. Lyon, A. Duran, J. Yin	1:58.93	'92	E. Huang, T. Heard, B. Chen, N. Raimondi	1:57.05	'03
400 Medley Relay	C. Ho, A. Lyon, A. Duran, H. Graves	4:21.29	'93	M. Likens, M. Buchner, T. Delumen, A. Dinis	4:21.30	'91

*** Suri Yu broke Kareasa Wilkins' 100 Back record of 1:01.80, held since 1990.

MSJA TEAM RECORDS: SHORT COURSE YARDS

13-14 Girls

13-14 Boys

50 FREE	Vivy Hua	24.13	'11	Eric Lee	21.77	'98
100 FREE	Jessica He	51.91	'14	Jerome Sun	48.66	'10
200 FREE	Salena Huang	1:52.20	'07	Jerome Sun	1:46.38	'10
500 FREE	Salena Huang	5:00.63	'07	Jerome Sun	4:45.08	'10
1000 FREE	Salena Huang	10:18.55	'07	Mauricio Buchner	10:02.59	'93
1650 FREE	Salena Huang	17:48.09	'07	Emil Gravesen	16:47.90	'11
100 BACK	Heidi Cheung	59.41	'12	Jerome Sun	53.82	'12
200 BACK	Heidi Cheung	2:08.41	'12	Jerome Sun	1:55.64	'10
100 BREAST	Alexis Lyon	1:04.86	'95	Lyon Zhang	58.84	'14
200 BREAST	Alexis Lyon	2:21.89	'95	Lyon Zhang	2:06.07	'14
100 FLY	Clara Ho	55.05	'95	Michael Choi	52.01	'10
200 FLY	Hilvy Cheung	2:01.88	'10	Bob Chen	1:56.83	'05
200 IM	Clara Ho	2:08.76	'95	Jerome Sun	1:55.21	'11
400 IM	Salena Huang	4:38.74	'08	Jerome Sun	4:08.71	'11
200 Free Relay	M. Crook, V. Hua, S. Lightstone, H*Cheung	1:40.86	'12	B. Chen, E. Huang, N. Raimondi, AJ Griffeth,	1:34.15	'05
400 Free Relay	V. Hua, S. Lightstone, M. Crook, H* Cheung	3:39.39	'11	E. Huang, B. Chen, AJ Griffeth, N. Raimondi	3:29.04	'05
800 Free Relay	C. Bergman, J. Yin, A. Lyon, C. Ho	8:14.48	'94	C. Coble, F. Guan, E. Lee, A. Wu	7:47.13	'97
200 Medley Relay	H. Cheung, M. Crook, V. Hua, S. Lightstone	1:53.67	'12	C. Raimondi, K. Doe, J. Yauch, E. Lee	1:45.30	'98
400 Medley Relay	A. Lyon, J. Ashizawa, C. Ho, D. Hoffman	4:10.28	'95	E. Huang, B. Chen, N. Raimondi, AJ Griffeth	3:50.85	'05

MSJA TEAM RECORDS: SHORT COURSE YARDS

Senior Girls				Senior Boys		
50 FREE	Dory Isaacs	23.23	'09	Eric Lee	20.87	'01
100 FREE	Salena Huang	50.61	'12	Sam Haber	46.64	'11
200 FREE	Salena Huang	1:47.80	'13	Bryan Hoffman	1:41.53	'93
500 FREE	Salena Huang	4:51.21	'12	Edward Huang	4:34.25	'10
1000 FREE	Salena Huang	10:12.97	'08	Edward Huang	9:32.90	'10
1650 FREE	Salena Huang	17:01.26	'13	Edward Huang	15:59.34	'10
50 BACK*	Hilvy Cheung	26.64	'12			
100 BACK	Hilvy Cheung	55.36	'14	Chris Raimondi	50.90	'04
200 BACK	Hilvy Cheung	2:05.22	'13	Chris Raimondi	1:50.90	'03
100 BREAST	Dory Isaacs	1:01.23	'09	Kyle Payne	58.09	'06
200 BREAST	Ellie Monobe	2:15.65	'06	Kyle Payne	2:03.13	'06
50 FLY*	Hilvy Cheung	25.31	'12			
100 FLY	Hilvy Cheung	53.19	'14	Chris Coble	50.47	'00
200 FLY	Hilvy Cheung	1:56.14	'14	Chris Coble	1:49.00	'01
200 IM	Hilvy Cheung	2:01.75	'14	Chris Coble	1:51.86	'01
400 IM	Ellie Monobe	4:26.63	'07	Chris Coble	4:02.36	'00
200 Free Relay	A. Lee, J. Xu, M. Crook, V. Hua	1:36.82	'12	A. Tran, E. Aguilar, E. Lee, M. DelaCruz	1:26.42	'00
400 Free Relay	S. Huang, H. Cheung, J. Xu, V. Hua	3:28.25	'10	E. Aguilar, A. Tran, C. Coble, E. Lee	3:10.55	'00
800 Free Relay	S. Huang, H. Cheung, J. Xu, V. Hua	7:36.61	'10	C. Coble, A. Tran, E. Aguilar, C. Raimondi	7:03.78	'00
200 Medley Relay	H. Cheung, J. Xu, A. Lee, V. Cheung	1:45.73	'12	E. Huang, M. Graversen, K. Zhang, E. Choi	1:33.82	'09
400 Medley Relay	H. Cheung, A. Lee, M. Tohmon, J. Xu	3:53.74	'12	C. Raimondi, K. Doe, C. Coble, E. Lee	3:30.68	'00

NEW: 50 YARD EVENTS...AS THEY ARE OFFERED AT NCSA JR NATIONALS





TEAM RECORDS: LONG COURSE METERS

8-UN GIRLS				8-UN BOYS			
50 FREE	Jennifer Woo	39.66	'94	Joel Silmaro	34.30	'10	
100 FREE	Sydney Cordova	1:27.58	'10	Joel Silmaro	1:21.56	'10	
50 BACK	Jennifer Woo	45.94	'94	Joel Silmaro	42.58	'10	
50 BREAST	Kayleigh Knight	50.52	'95	Adam Shilling	46.88	'93	
50 FLY	Jennifer Woo	40.07	'94	Joel Silmaro	35.99	'10	

10-UN GIRLS				10-UN BOYS			
50 FREE	Serena Lightstone	31.15	'09	Jerome Sun	29.84	'08	
100 FREE	Serena Lightstone	1:07.95	'09	Jerome Sun	1:04.34	'08	
200 FREE	Serena Lightstone	2:31.55	'09	Jerome Sun	2:21.77	'08	
400 FREE	Christine Yang	5:29.12	'06	Jerome Sun	4:58.56	'08	
50 BACK	Clara Ho	37.44	'91	Jerome Sun	34.82	'08	
100 BACK	Alexis Lyon	1:20.79	'91	Jerome Sun	1:12.94	'08	
50 BREAST	Alexis Lyon	38.37	'90	Jerome Sun	39.35	'08	
100 BREAST	Alexis Lyon	1:22.23	'91	Jerome Sun	1:24.64	'08	
50 FLY	Serena Lightstone	34.23	'09	Eric Lee	33.01	'94	
100 FLY	Clara Ho	1:17.50	'91	Michael Choi	1:13.53	'06	
200 IM	Alexis Lyon	2:50.80	'91	Jerome Sun	2:38.71	'08	
200 Free Relay	V. Hua, C. Lopez, C. Ha, C. Valle	2:17.00	'07	J. Yauch, A. Shilling, C. Rudy, E. Lee	2:15.41	'94	
200 Medley Relay	A. Duran, J. Valencia, C. Ho, A. Lyon	2:32.07	'90	C. Forgie, M. Lawrence, C. Coble, L. Shilling	2:33.22	'92	

TEAM RECORDS: LONG COURSE METERS

11-12 GIRLS				11-12 BOYS		
50 FREE	Serena Lightstone	28.53	'11	Eric Lee	26.47	'96
100 FREE	Serena Lightstone	1:02.32	'11	Jerome Sun	56.06	'10
200 FREE	Suri Yu	2:14.18	'13	Jerome Sun	2:02.95	'10
400 FREE	Salena Huang	4:47.06	'05	Jerome Sun	4:21.15	'10
800 FREE	Salena Huang	9:57.38	'05	Jerome Sun	9:09.62	'10
1500 Free	Salena Huang	19:22.20	'05	Jerome Sun	17:32.06	'10
50 BACK	Clara Ho	32.87	'93	Jerome Sun	31.38	'09
100 BACK	Kareasa Wilkins	1:12.26	'90	Jerome Sun	1:04.20	'10
200 BACK	Thalia Lightstone	2:41.69	'13	Jerome Sun	2:16.78	'10
50 BREAST	Alexis Lyon	35.91	'92	Jerome Sun	33.45	'10
100 BREAST	Alexis Lyon	1:16.51	'92	Jerome Sun	1:13.53	'10
200 BREAST	Austine Lee	2:59.18	'07	Lyon Zhang	2:41.08	'12
50 FLY	Hilvy Cheung	31.16	'07	Jerome Sun	28.75	'10
100 FLY	Clara Ho	1:07.10	'93	Jerome Sun	1:02.81	'10
200 FLY	Hilvy Cheung	2:30.90	'07	Jerome Sun	2:26.32	'10
200 IM	Clara Ho	2:35.36	'93	Jerome Sun	2:17.64	'10
400 IM	Salena Huang	5:38.72	'05	Jerome Sun	4:53.22	'10
200 Free Relay	C. Ho, C. Bergman, A. Lyon, J. Yin	2:01.13	'92	M. Likens, M. Buchner, T. Delumen, A. Dinis	1:55.37	'91
400 Free Relay	S. Huang, C. Fong, B Sun, T. Leandro	4:22.52	'05	M. Likens, M. Buchner, T. Delumen, A. Dinis	4:17.86	'91
200 Medley Relay	C. Ho, A. Lyon, A. Duran, J. Yin	2:13.98	'92	M. Likens, M. Buchner, T. Delumen, A. Dinis	2:10.93	'91
400 Medley Relay	C. Ho, A. Lyon, A. Duran, J. Yin	4:55.76	'93	M. Likens, M. Buchner, T. Delumen, A. Dinis	4:34.14	'91

TEAM RECORDS: LONG COURSE METERS

13-14 GIRLS				13-14 BOYS		
50 FREE	Clara Ho Vivy Hua	27.56	'94, '11	Eric Lee	24.67	'98
100 FREE	Jessica He	59.42	'14	Jerome Sun	55.07	'12
200 FREE	Salena Huang	2:08.08	'07	Chris Raimondi	2:00.71	'98
400 FREE	Salena Huang	4:30.39	'07	Mauricio Buchner	4:19.09	'94
800 FREE	Salena Huang	9:27.39	'07	Mauricio Buchner	9:04.52	'94
1500 FREE	Salena Huang	17:59.59	'07	Emil Graversen	17:32.28	'11
100 BACK	Serena Lightstone	1:07.91	'13	Jerome Sun	1:03.02	'11
200 BACK	Serena Lightstone	2:29.24	'13	Jerome Sun	2:11.54	'11
100 BREAST	Alexis Lyon	1:15.53	'94	Lyon Zhang	1:06.11	'14
200 BREAST	Alexis Lyon	2:42.43	'95	Lyon Zhang	2:21.46	'14
100 FLY	Clara Ho	1:02.18	'95	Jerome Sun	59.31	'12
200 FLY	Clara Ho	2:17.67	'94	Chris Coble	2:14.36	'97
200 IM	Jessica He	2:26.49	'14	Lyon Zhang	2:10.80	'14
400 IM	Kareasa Wilkins	5:20.30	'90	Lyon Zhang	4:39.50	'14
200 Free Relay	#* J. He, S. Yu, C. Jackson, S. Peng	1:53.95	'14	E. Lee, C. Raimondi, G. Kendall, C. Coble	1:45.84	'97
400 Free Relay	S. Huang, T. Leandro, B. Sun, S. Gee	4:12.63	'07	G. Kendall, E. Lee, C. Raimondi, C. Coble	3:52.33	'97
800 Free Relay	C. Bergman, A. Lyon, C. Ho, J. Yin	9:17.69	'94	C. Raimondi, E. Lee, M. Rudy, C. Coble	8:49.45	'97
200 Medley Relay	C. Bergman, J. Yin, C. Ho, H. Graves	2:09.52	'94	C. Raimondi, K. Doe, J. Yauch, E. Lee	1:58.79	'98
400 Medley Relay	C. Bergman, J. Yin, C. Ho, A. Duran	4:44.43	'94	C. Raimondi, K. Doe, J. Yauch, E. Lee	4:25.29	'98

#* J. He, S. Yu, C. Jackson, & S. Peng set the MSJA Relay record, and EBA Site Record

In our 25th Swim Season, Lyon Zhang broke four team records for 13-14 Boys and earned a Winter National Qualifying time in the 200 Breast and a Summer Junior National Time in the 100 Breast.

TEAM RECORDS: LONG COURSE METERS

SENIOR GIRLS				SENIOR BOYS		
50 FREE	Salena Huang	26.83	'11	Eric Lee	23.98	'00
100 FREE	Salena Huang	57.10	'11	Bryan Hoffman	53.24	'96
200 FREE	Salena Huang	2:05.05	'12	Bryan Hoffman	1:56.25	'96
400 FREE	Salena Huang	4:25.02	'08	Morten Graversen	4:11.65	'09
800 FREE	Salena Huang	9:15.30	'11	Morten Graversen	8:58.22	'10
1500 FREE	Salena Huang	17:59.59	'07	Emil Graversen	17:03.61	'12
50 BACK*	Hilvy Cheung	31.77	'12			
100 BACK	Tanica Jamison	1:05.98	'99	Marc Lehmacher	59.75	'01
200 BACK	Serena Lightstone	2:25.25	'14	Chris Raimondi	2:10.01	'02
100 BREAST	Dory Isaacs	1:13.60	'09	Lyon Zhang	1:06.11	'14
200 BREAST	Ellie Monobe	2:39.89	'08	Lyon Zhang	2:21.46	'14
50 FLY*	Hilvy Cheung	29.30	'12			
100 FLY	Clara Ho	1:01.22	'98	Bryan Hoffman	56.84	'96
200 FLY	Clara Ho	2:16.22	'96	Chris Coble	2:05.37	'00
200 IM	Tanica Jamison	2:22.50	'00	Lyon Zhang	2:10.80	'14
400 IM	Ellie Monobe	5:07.18	'07	Lyon Zhang	4:39.85	'14
200 Free Relay	Crook, M.; Hua, V.; Cheung, Hilvy; Lee, A.	1:50.45	'12	E. Lee, E. Aguilar, A. Tran, C. Coble.	1:40.84	'99
400 Free Relay	K. Schleicher, D. Isaacs, S. Huang, H. Cheung	3:58.16	'09	J. Vaa, K. Blum, E. Vaa, M. Buchner	3:38.93	'00
800 Free Relay	K. Schleicher, D. Isaacs, S. Huang, H. Cheung	8:35.07	'09	C. Raimondi, E. Aguilar, E. Lee, A. Tran	8:05.69	'00
200 Medley Relay	Cheung, Hilvy; Crook, M.; Xu, J.; Hua, V.	2:04.09	'12	C. Raimondi, K. Doe, C. Coble, E. Lee	1:53.95	'99
400 Medley Relay	K. Schleicher, D. Isaacs, H. Cheung, S. Huang	4:26.91	'09	M. Lehmacher, K. Doe, C. Coble, E. Lee	4:04.95	'01

50 meter events were added in 2012, and are now offered at the NCSA Junior National Meet and selected National Meets



Serena Lightstone sets the 200 meter Back record
 Lyon Zhang established senior team records in the 100 & 200 meter Breaststroke and the 100 & 200 meter IM events

"The Association"



Short Course Yards



*25 Years of MSJA Swimmers
with great Character,
and Fast Times*



8 & UNDER GIRLS SHORT COURSE

25 FREE

Painter, Trisha	15.53	10/30/1993
Buchner, Christina	15.83	
Cordova, Sydney	16.19	
Woo, Jennifer	16.20	
Suryoutomo, Nina	16.24	
Lightstone, Serena	16.32	
Woo, Priscilla	16.39	
Fong, Catherine	16.39	
Knight, Kayleigh	16.52	
Pichay, Isabelle	16.54	

25 BREAST

Knight, Kayleigh	20.51	2/25/1995
Woo, Jennifer	20.76	
Eckard, Denise	20.92	
Alameda, Taryn	21.17	
Eckard, Ashley	21.97	
Chin, Jamie	21.97	
Painter, Trisha	22.05	
Sata, Nicole	22.11	
Aronson, Stephanie	22.25	
Doan, Kristine	22.35	

100 IM

Sata, Nicole	1:26.80	2/19/1994
Cordova, Sydney	1:27.76	
Woo, Jennifer	1:28.07	
Painter, Trisha	1:28.99	
Knight, Kayleigh	1:30.26	
Chu, April	1:32.06	
Cheung, Hilvy	1:33.30	
Lightstone, Serena	1:33.72	
Lu, Jessica	1:34.07	
Demchuk, Anastasiya	1:34.15	

50 FREE

Painter, Trisha	33.02	1/22/1994
Hoffman, Danielle	34.68	
Cordova, Sydney	35.17	
Woo, Jennifer	35.18	
Knight, Kayleigh	35.33	
Lightstone, Serena	35.50	
Kung, Clarissa	35.51	
Duran, Lauren	35.93	
Dinis, Chelsea	35.99	
Huang, Salena	36.13	

50 BREAST

Knight, Kayleigh	43.01	3/25/1995
Kung, Clarissa	45.61	
Lin, Sylvia	45.89	
Woo, Jennifer	46.54	
Alameda, Taryn	46.61	
Vermeulen, Ariana	48.00	
Ly, Meghan	48.60	*
Sata, Nicole	48.70	
Aronson, Stephanie	48.84	
Chu, April	49.21	

100 FREE

Painter, Trisha	1:16.64	2/19/1994
Knight, Kayleigh	1:17.52	
Cordova, Sydney	1:18.02	
Woo, Jennifer	1:19.56	
Tse, Katelyn	1:20.89	
Sata, Nicole	1:21.07	
Kung, Clarissa	1:21.30	
Ha, Catherine	1:21.43	
Chu, April	1:21.61	
Hoffman, Danielle	1:21.72	

25 FLY

Woo, Jennifer	16.32	10/28/1994
Woo, Priscilla	17.28	
Lu, Jessica	17.57	
Cordova, Sydney	17.70	
Hua, Vivvy	17.94	
Sata, Nicole	18.03	
Suryoutomo, Nina	18.07	
Painter, Trisha	18.13	
Cheung, Hilvy	18.33	
Lightstone, Serena	18.33	

25 BACK

Demchuk, Anastasiya	19.16	1/25/2003
Sata, Nicole	19.29	
Woo, Jennifer	19.37	
Woo, Priscilla	19.38	
Painter, Trisha	19.39	
Cordova, Sydney	19.64	
Knight, Kayleigh	19.69	
Sata, Jennifer	19.70	
Buchner, Christina	19.70	
Sun, Justine	19.87	

50 FLY

Woo, Jennifer	35.87	10/28/1994
Demchuk, Anastasiya	40.19	
Woo, Priscilla	40.61	
Cheung, Hilvy	40.62	
Ly, Meghan	41.02	*
Suryoutomo, Nina	41.20	
Hoffman, Danielle	41.40	
Sata, Nicole	41.49	
Buchner, Christina	42.38	
Chu, April	42.48	

50 BACK

Buchner, Christina	42.30	3/28/1992
Lu, Jessica	42.36	
Demchuk, Anastasiya	42.79	
Suryoutomo, Tanya	43.01	
Rudy, Margaret	43.10	
Duran, Laura	43.13	
Chu, April	43.18	
Sun, Justine	43.35	
Sata, Nicole	43.45	
Tse, Katelyn	43.50	



*Meghan Ly breaks into MSJA's
ALL TIME TOP 10... 25 years of
wonderful swimmers*



8 & UNDER BOYS SHORT COURSE

25 FREE

Silmaro, Joel	13.99 3/7/2010
Lee, Eric	14.16
Le, Ryan	14.82
Coble, Chris	15.09
Zhang, Lyon	15.17
Shilling, Lars	15.20
Choi, Tomas	15.22
Choi, Michael	15.25
Shilling, Adam	15.30
Pottabathni, Rajiv	15.31

50 FREE

Silmaro, Joel	30.83 3/26/2010
Le, Ryan	31.33
Lee, Eric	31.54
Choi, Tomas	31.79
Zhang, Lyon	32.31
Rudy, Charlie	32.74
Shilling, Lars	32.97
Shilling, Adam	33.07
Pottabathni, Rajiv	33.49
Choi, Michael	33.62

100 FREE

Shilling, Adam	1:09.90 12/03/93
Le, Ryan	1:10.54
Choi, Tomas	1:10.76
Shilling, Lars	1:11.02
Lee, Eric	1:11.04
Joel Silmaro	1:11.07
Choi, Michael	1:13.95
Pottabathni, Rajiv	1:15.50
Coble, Chris	1:16.34
Perez, Andrew	1:16.64

25 BACK

Le, Ryan	17.64 10/10/2010
Sun, Jerome	17.66
Joel Silmaro	17.87
Rudy, Charlie	18.14
Lee, Eric	18.15
Choi, Tomas	18.31
Coble, Chris	18.72
Choi, Michael	18.86
Zhang, Lyon	19.03
Shilling, Lars	19.06

50 BACK

Silmaro, Joel	36.55 3/26/2010
Le, Ryan	37.93
Lee, Eric	39.02
Zhang, Lyon	39.42
Choi, Tomas	39.95
Shilling, Lars	40.17
Choi, Michael	40.32
Rudy, Charlie	40.38
Coble, Chris	40.54
Pottabathni, Rajiv	40.65

25 BREAST

Lee, Eric	19.31 08/02/92
Shilling, Adam	19.40
Perez, Andrew	19.56
Joel Silmaro	19.76
Choi, Michael	19.93
Le, Ryan	20.24
Lawrence, Mark	20.27
Rudy, Charlie	20.58
Coble, Chris	20.76
Choi, Tomas	21.34

50 BREAST

Shilling, Adam	40.40 08/02/92
Perez, Andrew	42.16
Choi, Michael	43.05
Le, Ryan	43.24
Silmaro, Joel	44.55
Rudy, Charlie	44.67
Lee, Eric	44.71
Zhang, Lyon	45.28
Sun, Jerome	45.93
Choi, Thomas	46.61

25 FLY

Silmaro, Joel	14.91 4/24/2010
Lee, Eric	15.84
Le, Ryan	15.99
Zhang, Lyon	16.08
Choi, Tomas	16.17
Choi, Michael	16.32
Rudy, Charlie	16.50
Shilling, Adam	16.50
Pottabathni, Rajiv	17.25
Falk, Nicholas	17.26

50 FLY

Silmaro, Joel	32.58 1/16/2010
Le, Ryan	34.59
Tomas Choi	35.02
Zhang, Lyon	35.21
Choi, Michael	36.61
Rudy, Charlie	38.40
Shilling, Adam	38.49
Lee, Eric	39.17
Coble, Chris	39.90
Pottabathni, Rajiv	41.20

100 IM

Le, Ryan	1:19.01 10/9/2010
Silmaro, Joel	1:19.18
Zhang, Lyon	1:20.58
Lee, Eric	1:21.31
Shilling, Adam	1:21.50
Rudy, Charlie	1:24.20
Choi, Tomas	1:24.26
Choi, Michael	1:25.02
Coble, Chris	1:25.02
Ha, Christopher	1:26.74



9-10 GIRLS SHORT COURSE

50 FREE

Lightstone, Serena	27.97	11/14/2009
Yu, Suri	28.24	
Hua, Vivy	28.36	
Sun, Beatrice	28.52	
Valle, Choki	28.69	
Duran, Alison	28.70	
Cheung, Hilvy	28.77	
Fong, Catherine	28.79	
Ho, Clara	28.91	
Yang, Christine	29.21	

100 BACK

Sun, Beatrice	1:11.27	5/8/2004
Hua, Vivy	1:11.34	
Ho, Clara	1:12.26	
Valle, Choki	1:12.84	
Huang, Salena	1:13.27	
Zhang, Vivian	1:13.51	
Leandro, Taylor	1:13.56	
Yang, Christine	1:14.45	
Knight, Debra	1:14.54	
Pichay, Victoria	1:14.62	

100 I.M.

Hua, Vivy	1:09.52	2/9/2008
Lyon, Alexis	1:10.57	
Yu, Suri	1:10.66	
Valle, Choki	1:10.69	
Ho, Clara	1:11.35	
Yang, Christine	1:12.27	
Pichay, Victoria	2:24.00	
Cheung, Hilvy	1:12.41	
Fong, Catherine	1:12.44	
Gray, Heather	1:12.74	

100 FREE

Lightstone, Serena	1:00.76	10/10/2009
Hua, Vivy	1:01.06	
Valle, Choki	1:01.55	
Yu, Suri	1:01.60	
Cheung, Hilvy	1:01.98	
Duran, Alison	1:02.06	
Fong, Catherine	1:02.57	
Yang, Christine	1:02.57	
Woo, Jennifer	1:02.74	
Ho, Clara		

50 BREAST

Lyon, Alexis	34.00	4/2/1991
Kendall, Ashley	34.74	
Knight, Kayleigh	36.45	
Hua, Vivy	37.04	
Yu, Suri	37.34	
Doan, Kristine	37.56	
Gray, Heather	37.79	
Eldessouky, Dina	37.80	
Ma, Trista	38.05	
Zhang, Vivian	38.49	

200 I.M.

Hua, Vivy	2:31.23	11/17/2009
Valley, Choki	2:32.67	
Yang, Christine	2:34.54	
Yu, Suri	2:35.18	
Gray, Heather	2:35.61	
Lightstone, Serena	2:36.33	
Ho, Clara	2:36.39	
Lyon, Alexis	2:36.39	
Huang, Salena	2:36.49	
Lightstone, Thalia	2:37.01	

200 FREE

Hua, Vivy	2:12.72	2/9/2008
Cheung, Hilvy	2:13.91	
Fong, Catherine	2:14.24	
Pichay, Victoria	2:14.35	
Valle, Choki	2:14.93	
Yu, Suri	2:15.37	
Lightstone, Serena	2:16.26	
Duran, Alison	2:16.55	
Yang, Christine	2:16.72	
Huang, Salena	2:16.85	

100 BREAST

Lyon, Alexis	1:13.93	4/2/1991
Kendall, Ashley	1:18.85	
Hua, Vivy	1:20.39	
Gray, Heather	1:20.64	
Knight, Kayleigh	1:21.10	
Doan, Kristine	1:21.54	
Yang, Christine	1:22.74	
Zhang, Vivian	1:22.75	
Huang, Salena	1:23.05	
Tong, Chloe	1:24.51	



500 FREE

Hua, Vivy	5:51.60	1/12/2008
Lightstone, Thalia	6:09.66	
Cordova, Sydney	6:09.96	
Yang, Christine	6:10.05	
Pichay, Victoria	6:12.95	
Lightstone, Serena	6:13.41	
Yu, Suri	6:16.55	
Cheung, Hilvy	6:16.85	
Gee, Stephanie	6:21.34	
Fong, Catherine	6:21.52	

50 FLY

Cheung, Hilvy	30.22	3/10/2006
Ho, Clara	30.35	
Hua, Vivy	31.05	
Fong, Catherine	31.29	
Duran, Alison	31.45	
Woo, Jennifer	31.56	
Yu, Suri	31.74	
Lightstone, Serena	31.83	
Doan, Kristine	32.07	
Ruff, Alexandra	32.45	

50 BACK

Ho, Clara	32.30	4/2/1991
Sun, Beatrice	32.70	
Hua, Vivy	32.74	
Lightstone, Serena	32.94	
Yu, Suri	33.65	
Valle, Choki	33.94	
Lightstone, Thalia	34.08	
Wu, Charlene	34.14	
Woo, Jennifer	34.15	
Lyon, Alexis	34.26	

100 FLY

Cheung, Hilvy	1:07.37	3/2/2006
Hua, Vivy	1:07.87	
Duran, Alison	1:08.01	
Fong, Catherine	1:08.50	
Ho, Clara	1:10.05	
Yu, Suri	1:11.16	
Woo, Jennifer	1:11.32	
Gray, Heather	1:12.58	
Yang, Christine	1:12.88	
Lightstone, Serena	1:13.85	

9-10 BOYS SHORT COURSE

50 FREE

Sun, Jerome	26.76	4/6/2008
Choi, Michael	26.88	
Lee, Eric	27.28	
Choi, Tomas	27.63	
Coble, Chris	27.88	
Le, Ryan	27.97	
Silmaro, Joel	28.35	
Lawrence, Jeff	28.63	
Zhang, Lyon	28.85	
Shilling, Lars	29.04	

100 BACK

Sun, Jerome	1:05.02	4/26/2008
Choi, Michael	1:07.34	
Coble, Chris	1:08.74	
Le, Ryan	1:08.74	
Lee, Eric	1:09.81	
Shilling, Lars	1:10.97	
Zhang, Lyon	1:12.67	
Rudy, Charlie	1:13.18	
Forgie, Chris	1:13.41	
Choi, Tomas	1:13.53	

100 I.M.

Sun, Jerome	1:06.48	4/5/2008
Le, Ryan	1:06.58	
Choi, Michael	1:07.88	
Zhang, Lyon	1:08.52	
Lee, Eric	1:08.94	
Coble, Chris	1:09.08	
Perez, Andy	2:24.00	
Le, Ryan	1:09.57	
Silmaro, Joel	1:10.98	
Choi, Tomas	1:11.32	

100 FREE

Sun, Jerome	57.97	4/4/2008
Choi, Michael	58.20	
Lee, Eric	59.82	
Choi, Tomas	59.91	
Le, Ryan	1:00.31	
Coble, Chris	1:00.88	
Shilling, Lars	1:01.15	
Yauch, James	1:01.67	
Lawrence, Jeff	1:02.03	
Zhang, Lyon		

50 BREAST

Zhang, Lyon	35.67	9/18/2010
Lawrence, Jeff	35.77	
Perez, Andy	35.85	
Sun, Jerome	35.86	
Lee, Ryan	37.17	
Choi, Michael	37.22	
Jin, Alan	37.48	
Coble, Chris	38.06	
Jew, Richard	38.18	
Choi, Tomas	38.59	

200 I.M.

Sun, Jerome	2:20.33	4/26/2008
Coble, Chris	2:26.04	
Zhang, Lyon	2:26.42	
Choi, Michael	2:28.32	
Le, Ryan	2:30.29	
Lee, Eric	2:31.98	
Choi, Tomas	2:33.17	
Silmaro, Joel	2:33.81	
Shilling, Lars	2:34.97	
Perez, Andy	2:36.53	

200 FREE

Sun, Jerome	2:05.45	4/3/2008
Choi, Michael	2:08.20	
Coble, Chris	2:08.40	
Le, Ryan	2:13.88	
Shilling, Lars	2:14.04	
Silmaro, Joel	2:15.84	
Saluta, Isaiah	2:17.37	
Lee, Eric	2:18.77	
Choi, Tomas	2:19.61	
Yauch, James	2:19.83	

100 BREAST

Sun, Jerome	1:17.12	5/11/2008
Perez, Andy	1:17.38	
Zhang, Lyon	1:17.73	
Le, Ryan	1:19.98	
Shilling, Adam	1:21.03	
Choi, Michael	1:21.99	
Lawrence, Jeff	1:22.14	
Pottabathni, Rajiv	1:23.08	
Jin, Alan	1:24.54	
Wu, Michael	1:24.91	

500 FREE

Sun, Jerome	5:39.87	4/5/2008
Choi, Michael	5:41.48	
Le, Ryan	5:56.14	
Choi, Tomas	5:57.56	
Zhang, Kevin	6:14.64	
Silmaro, Joel	6:16.30	
Sundaresan, Vishnu	6:35.52	
Stephen Tselikov	6:36.46	
Vega, Jordan	6:40.06	
Wu, Michael	6:42.71	

50 FLY

Choi, Michael	28.90	3/30/2006
Silmaro, Joel	29.42	
Le, Ryan	29.67	
Lee, Eric	29.92	
Zhang, Lyon	30.06	
Choi, Tomas	30.73	
Sun, Jerome	31.25	
Pottabathni, Rajiv	31.73	
Coble, Chris	31.87	
Shilling, Lars	31.95	

50 BACK

Sun, Jerome	30.52	4/5/2008
Le, Ryan	31.33	
Choi, Michael	31.95	
Lee, Eric	32.20	
Coble, Chris	32.73	
Zhang, Lyon	33.07	
Yauch, James	33.46	
Choi, Tomas	33.64	
Rudy, Charlie	33.81	
Forgie, Chris	34.19	

100 FLY

Choi, Michael	1:04.10	4/29/2006
Silmaro, Joel	1:05.70	
Le, Ryan	1:06.58	
Zhang, Lyon	1:06.97	
Sun, Jerome	1:07.89	
Choi, Tomas	1:08.88	
Shilling, Lars	1:10.15	
Lee, Eric	1:10.87	
Coble, Chris	1:11.27	
Yauch, James	1:11.55	





11-12 GIRLS SHORT COURSE



50 FREE

Ho, Clara	24.91	3/12/1993
Yu, Suri	25.34 *	
Lightstone, Serena	25.49	
Hua, Vivy	25.80	
Leandro, Taylor	25.88	
Wilkins, Kareasa	25.89	
Lee, Austine	26.13	
Huang, Salena	26.15	
Sun, Beatrice	26.44	
Cheung, Hilvy	26.46	

1650 FREE

Huang, Salena	18:21.17	11/5/2005
Gee, Stephanie	18:55.61	
Cordova, Alexandria	19:25.73	
Leandro, Taylor	19:51.15	
Fong, Catherine	20:14.39	
Chloe Tong	20:26.12	
Sun, Beatrice	20:40.87	
Wing, Briana	21:30.40	
Siew, Jennifer	21:30.71	
Ruff, Alexandra	22:04.53	

100 BREAST

Lyon, Alexis	1:06.04	3/12/1993
Kendall, Ashley	1:09.31	
Lee, Austine	1:10.93	
Lightstone, Serena	1:11.76	
Bergman, Carissa	1:11.83	
Ashizawa, Jessica	1:11.92	
Gray, Heather	1:11.98 *	
Tong, Chloe	1:14.54	
Yin, Jessica	1:14.71	

100 FREE

Ho, Clara	54.87	3/12/1993
Yu, Suri	55.13 *	
Cheung, Hilvy	55.26	
Lightstone, Serena	55.33	
Huang, Salena	55.88	
Hua, Vivy	56.02	
Leandro, Taylor	56.33	
Wilkins, Kareasa	56.74	
Woo, Jennifer	56.84	
Bergman, Carissa	57.38	

50 BACK

Ho, Clara	28.34	4/1/1993
Yu, Suri	29.22 *	
Wilkins, Kareasa	29.48	
Cheung, Hilvy	29.69	
Lightstone, Serena	29.79	
Cheung, Heidi	29.89	
Valle, Choki	30.47	
Pichay, Isabelle	30.61	
Sun, Beatrice	30.62	
Leandro, Taylor	30.70	

200 BREAST

Lyon, Alexis	2:24.42	4/5/1993
Lee, Austine	2:32.22	
Gray, Heather	2:34.28 *	
Lightstone, Serena	2:35.53	
Tong, Chloe	2:37.99	
Cheung, Heidi	2:41.23	
Tohman, Maki	2:43.46	
Hua, Vivy	2:44.44	
Jiang, Melissa	2:45.01	
Yuan, Charlotte	2:47.19	

200 FREE

Huang, Salena	1:56.77	3/3/2006
Yu, Suri	1:58.87 *	
Lightstone, Serena	2:00.55	
Leandro, Taylor	2:03.14	
Gee, Stephanie	2:05.55	
Cheung, Hilvy	2:03.20	
Hua, Vivy	2:03.89	
Ho, Clara	2:04.53	
Sun, Beatrice	2:05.05	
Fong, Catherine	2:05.57	

100 BACK

Yu, Suri	1:01.12	* 1/25/2014
Wilkins, Kareasa	1:01.80	
Ho, Clara	1:02.37	
Lightstone, Serena	1:03.69	
Cheung, Hilvy	1:04.11	
Leandro, Taylor	1:04.75	
Huang, Salena	1:04.87	
Valle, Choki	1:04.97	
Sun, Beatrice	1:05.37	
Lightstone, Thalia	1:05.68 *	

50 FLY

Ho, Clara	26.90	4/1/1993
Cheung, Hilvy	26.98	
Wilkins, Kareasa	28.13	
Yu, Suri	28.16 *	
Woo, Jennifer	28.63	
Pichay, Victoria	28.77	
Valle, Choki	28.80	
Pichay, Isabelle	29.16	
Hua, Vivy	29.25	
Huang, Salena	29.27	

500 FREE

Huang, Salena	5:12.04	3/5/2006
Gee, Stephanie	5:22.75	
Woo, Jennifer	5:32.82	
Wilkins, Kareasa	5:33.27	
Ashizawa, Jessica	5:33.92	
Lightstone, Thalia	5:35.03 *	
Leandro, Taylor	5:35.18	
Fong, Catherine	5:35.50	
Hua, Vivy	5:36.57	
Cheung, Hilvy	5:36.79	

200 BACK

Yu, Suri	2:14.65	* 1/25/2014
Sun, Beatrice	2:19.18	
Lightstone, Thalia	2:19.60 *	
Leandro, Taylor	2:19.91	
Valle, Choki	2:20.62	
Cheung, Heidi	2:21.24	
Lightstone, Serena	2:21.90	
Hua, Vivy	2:22.34	
Huang, Salena	2:24.43	
Chen, Anna	2:24.53	

100 FLY

Cheung, Hilvy	58.47	4/4/2008
Yu, Suri	1:01.39 *	
Huang, Salena	1:02.64	
Wilkins, Kareasa	1:03.33	
Woo, Jennifer	1:03.90	
Valle, Choki	1:04.08	
Pichay, Isabelle	1:04.08	
Pichay, Victoria	1:04.11	
Hua, Vivy	1:04.40	
Ho, Clara	58.74	

1000 FREE

Huang, Selena	10:50.68	12/3/2005
Gee, Stephanie	11:13.00	
Hua, Vivy	11:28.72	
Leandro, Taylor	11:43.80	
Cheung, Hilvy	11:51.88	
Fong, Catherine	11:52.40	
Pichay, Victoria	12:02.28	
Sun, Beatrice	12:04.13	
Yang, Christine	12:30.45	
Matibag, Meghan	12:37.33	

50 BREAST

Lyon, Alexis	31.38	4/1/1993
Kendall, Ashley	32.48	
Lee, Austine	32.94	
Ashizawa, Jessica	34.26	
Tong, Chloe	34.39	
Bergman, Carissa	34.50	
Yin, Jessica	34.55	
Valle, Choki	34.81	
Dimalanta, Karina	35.07	
Lightstone, Serena	35.13	

200 FLY

Cheung, Hilvy	2:07.63	4/6/2008
Ho, Clara	2:13.10	
Yu, Suri	2:15.23 *	
Valle, Choki	2:24.36	
Cordova, Alexandria	2:25.34	
Huang, Salena	2:26.34	
Pichay, Victoria	2:26.73	
Pichay, Isabelle	2:26.83	
Yuan, Charlotte	2:31.87	
Fong, Catherine	2:32.57	

* TIMES SET DURING THE 2013-2014 SEASON

11-12 BOYS SHORT COURSE

50 FREE

Lee, Eric	22.95 7/26/1996
Sun, Jerome	23.26
Choi, Michael	24.40
Huang, Edward	24.70
Buchner, Mauricio	24.85
Dinis, Adrian	25.12
Chen, Bob	25.20
Myers, Grant	25.26
Choi, Eugene	25.28
Ha, Christopher	25.40

1650 FREE

Sun, Jerome	17:14.42 1/30/2010
Choi, Eugene	18:34.92
Coble, Chris	18:40.80
Choi, Michael	18:49.03

*"You can practice perfection, or
you can practice sloppiness.
The way you practice
is the way you compete."*

100 BREAST

Sun, Jerome	1:03.89 3/26/2010
Chen, Bob	1:06.80
Zhang, Lyon	1:06.98
Perez, Andy	1:07.42
Choi, Michael	1:08.94
Wu, Austin	1:09.90
Huang, Edward	1:11.25
Heard, Thomas	1:11.20
Delumen, Tony	1:11.25

100 FREE

Sun, Jerome	50.49 2/20/2010
Choi, Michael	52.13
Huang, Edward	53.01
Buchner, Mauricio	53.15
Lee, Eric	53.51
Chen, Bob	53.53
Myers, Grant	54.00
Ha, Christopher	54.43
Dinis, Adrian	55.35
	55.66

50 BACK

Sun, Jerome	27.21 3/26/2010
Buchner, Mauricio	28.06
Choi, Michael	28.31
Lee, Eric	28.42
Huang, Edward	28.75
Dinis, Adrian	29.12
Myers, Grant	29.33
Chen, Bob	29.39
Choi, Eugene	29.61
Yoo, Aram	29.75

200 BREAST

Sun, Jerome	2:18.89 3/26/2010
Chen, Bob	2:24.28
Zhang, Lyon	2:25.56
Perez, Andy	2:27.06
Wu, Michael	2:29.61
Choi, Michael	2:33.36
Heard, Thomas	2:36.80
Ha, Christopher	2:38.73
Chang, Dillon	2:43.76
Silmaro, Joel	2:44.66 *

200 FREE

Sun, Jerome	1:48.98 2/20/2010
Buchner, Mauricio	1:52.37
Choi, Michael	1:55.10
Chen, Bob	1:55.81
Huang, Edward	1:57.67
Heard, Thomas	1:58.78
Zhang, Lyon	1:59.20
Coble, Chris	2:00.43
Ha, Christopher	2:01.10
Choi, Eugene	2:01.74

100 BACK

Sun, Jerome	57.17 4/8/2010
Buchner, Mauricio	1:00.12
Choi, Michael	1:00.18
Chen, Bob	1:01.08
Huang, Edward	1:01.29
Zhang, Lyon	1:02.31
Dinis, Adrian	1:02.45
Lee, Eric	1:02.75
Choi, Eugene	1:03.70
Le, Ryan	1:04.39 *

50 FLY

Choi, Michael	25.87 4/4/2008
Sun, Jerome	26.23
Lee, Eric	26.52
Choi, Eugene	27.49
Silmaro, Joel	27.69 *
Myers, Grant	27.73
Dinis, Adrian	28.04
Chen, Bob	28.12
Coble, Chris	28.20
Buchner, Mauricio	28.45

500 FREE

Sun, Jerome	4:53.36 4/8/2010
Buchner, Mauricio	5:00.92
Ha, Christopher	5:09.34
Coble, Chris	5:19.29
Huang, Edward	5:20.77
Heard, Thomas	5:21.41
Choi, Michael	5:21.45
Chen, Bob	5:21.91
Choi, Eugene	5:24.02
Perez, Andy	5:28.08

200 BACK

Sun, Jerome	2:00.29 3/4/2010
Zhang, Lyon	2:09.91
Choi, Michael	2:12.19
Choi, Eugene	2:16.70
Chen, Bob	2:19.73
Zhang, Jordan	2:19.88
Huang, Edward	2:20.17
Myers, Grant	2:20.21
Le, Ryan	2:20.85 *
Le, Vincent	2:24.96

100 FLY

Sun, Jerome	56.32 3/26/2010
Choi, Michael	57.08
Zhang, Lyon	1:01.37
Tikhonoff, Pichit	1:01.95
Chen, Bob	1:02.12
Choi, Eugene	1:02.21
Chan, Nicholas	1:03.26
Buchner, Mauricio	1:03.38
Myers, Grant	1:03.92
Dinis, Adrian	1:03.99

1000 FREE

Sun, Jerome	10:06.22 3/4/2010
Coble, Chris	11:12.60
Heard, Thomas	11:23.48
Choi, Michael	11:31.80
Choi, Eugene	11:36.61
Kung, Nicholas	13:28.31

50 BREAST

Sun, Jerome	30.54 2/6/2010
Perez, Andy	31.60
Chen, Bob	31.84
Delumen, Tony	32.06
Wu, Austin	32.35
Choi, Michael	32.40
Zhang, Lyon	32.76
Dinis, Adrian	32.77
Lee, Eric	33.33
Heard, Tomas	33.52

200 FLY

Sun, Jerome	2:06.30 3/26/2010
Choi, Michael	2:06.58
Zhang, Lyon	2:20.35
Choi, Tomas	2:20.79
Choi, Eugene	2:24.49
Zhang, Kevin	2:30.64
Perez, Andy	2:30.85
Lee, Ryan	2:31.51
Lu, Mars	2:33.08
Lin, Maverick	2:35.26



* TIMES SET DURING THE 2013-2014 SEASON

11-12 GIRLS & BOYS

SHORT COURSE IM EVENTS

100 I.M.

Ho, Clara	1:01.81	4/1/1993
Yu, Suri	1:02.65	*
Cheung, Hilvy	1:02.82	
Lightstone, Serena	1:03.61	
Lyon, Alexis	1:04.07	
Wilkins, Kareasa	1:04.14	
Valle, Choki	1:04.84	
Lee, Austine	1:04.85	
Kendall, Ashley	1:05.04	
Woo, Jennifer	1:05.14	



100 I.M.

Sun, Jerome	58.42	2/6/2010
Choi, Michael	59.31	
Chen, Bob	1:00.81	
Huang, Edward	1:00.84	
Dinis, Adrian	1:02.11	
Buchner, Mauricio	1:02.65	
Ha, Christopher	1:02.89	
Lee, Eric	1:03.26	
Zhang, Lyon	1:03.38	
Perez, Andy	1:03.44	

200 I.M.

Ho, Clara	2:14.03	4/1/1993
Cheung, Hilvy	2:14.85	
Huang, Salena	2:16.75	
Yu, Suri	2:17.93	*
Lyon, Alexis	2:18.33	
Wilkins, Kareasa	2:18.75	
Lightstone, Serena	2:18.91	
Valle, Choki	2:20.13	
Lee, Austine	2:20.38	
	2:21.36	*

200 I.M.

Sun, Jerome	2:01.05	4/8/2010
Choi, Michael	2:08.29	
Chen, Bob	2:09.04	
Huang, Edward	2:11.46	
Zhang, Lyon	2:13.02	
Ha, Christopher	2:14.53	
Buchner, Mauricio	2:15.46	
Dinis, Adrian	2:16.85	
Coble, Chris	2:18.88	
Tikhonoff, Pichit	2:19.59	

400 I.M.

Cheung, Hilvy	4:52.31	3/14/2008
Huang, Salena	4:55.18	
Gray, Heather	4:56.87	*
Gee, Stephanie	4:59.56	
Tong, Chloe	5:06.09	
Jiang, Melissa	5:07.85	
Pichay, Victoria	5:08.96	
Leandro, Taylor	5:09.36	
Lightstone, Thalia	5:12.28	*
Ashizawa, Jessica	5:12.72	

400 I.M.

Sun, Jerome	4:19.97	4/8/2010
Zhang, Lyon	4:28.62	
Choi, Michael	4:39.29	
Huang, Edward	4:46.10	
Coble, Chris	4:51.62	
Zhang, Jordan	4:55.04	
Perez, Andy	4:58.62	
Myers, Grant	4:59.48	
Saluta, Isaiah	5:01.80	
Choi, Eugene	5:03.35	



* Suri, Heather & Thalia Break into our all time TOP 10...
25 Years of Fast Swimming

"Champions are generally people who try harder, work harder, fail often,
and bounce back more often than most people. Champions expect to do well,
work hard to do well, and above all, refuse to quit."

13-14 GIRLS SHORT COURSE

50 FREE

Hua, Vivy	24.13	12/16/2011
Lightstone, Serena	24.28	
Crook, Megan	24.30	
Xu, Jennifer	24.53	
Ho, Clara	24.61	
He, Jessica	24.61 *	
Cheung, Hilvy	24.77r	
Wilkins, Kareasa	24.99	
Huang, Salena	25.25	
Suryoutomo, Nina	25.27	

Time followed by an r = Relay lead off time

1650 FREE

Huang, Salena	17:48.09	3/16/2007
Ho, Clara	19:11.47	
Wilkins, Kareasa	19:31.59	
Duran, Alison	19:32.16	
Lyon, Alexis	19:44.06	
Cordova, Alex	19:51.79	
Sabado, Amber	20:08.56	
McDonald, Natalie	20:11.33	
Ashizawa, Jessica	20:11.47	
Hoffman, Danielle	20:24.11	

100 FLY

Ho, Clara	55.05	3/9/1995
Cheung, Hilvy	56.25	
Hua, Vivy	58.26	
Xu, Jennifer	58.82	
Huang, Salena	59.19	
Cheung, Heidi	59.42	
Peng, Sophy	59.71 *	
Crook, Megan	59.95	
Tohmon, Maki	1:00.06 *	
Yu, Suri	1:00.40	

100 FREE

He, Jessica	51.91	5/15/2014
Crook, Megan	52.68r*	
Hua, Vivy	52.69	
Lightstone, Serena	52.79	
Huang, Salena	52.89	
Cheung, Hilvy	53.15r*	
Xu, Jennifer	53.41	
Ho, Clara	53.42	
Wilkins, Kareasa	54.18	
Suryoutomo, Nina	54.39	

100 BACK

*Cheung, Heidi	59.41	5/17/2012
Ho, Clara	59.49	
He, Jessica	59.78 *	
Cheung, Hilvy	59.95	
Lightstone, Serena	1:00.32	
Huang, Salena	1:00.48	
Wilkins, Kareasa	1:00.63	
Suryoutomo, Tanya	1:00.85	
Yu, Suri	1:01.12 *	
Jiang, Melissa	1:01.41	

200 FLY

Cheung, Hilvy	2:01.88	3/18/2010
Ho, Clara	2:03.51	
Woo, Jennifer	2:12.99	
Yu, Suri	2:13.59 *	
Tselikova, Anastassia	2:14.88	
Wilkins, Kareasa	2:16.12	
Fong, Catherine	2:16.17	
Pichay, Victoria	2:19.58	
Duran, Alison	2:20.15	
Yuan, Charlotte	2:20.34	

200 FREE

Huang, Salena	1:52.20	11/30/2007
Lightstone, Serena	1:54.21	
Cheung, Hilvy	1:54.46	
He, Jessica	1:55.20 *	
Crook, Megan	1:55.81	
Wilkins, Kareasa	1:53.00	
Hua, Vivy	1:56.65	
Xu, Jennifer	1:57.04	
Ho, Clara	1:57.65	
Leandro, Taylor	1:58.01	

200 BACK

Cheung, Heidi	2:08.41	1/28/2012
Huang, Salena	2:09.92	
Cheung, Hilvy	2:10.34	
Lightstone, Serena	2:10.49	
Leandro, Taylor	2:11.21	
Suryoutomo, Tanya	2:11.77	
Wilkins, Kareasa	2:12.19	
Crook, Megan	2:13.42	
He, Jessica	2:13.74 *	
Pichay, Victoria	2:13.82	

200 I.M.

Ho, Clara	2:08.76	12/17/1994
Cheung, Hilvy	2:09.33	
Crook, Megan	2:09.78	
He, Jessica	2:10.01 *	
Huang, Salena	2:11.26	
Lyon, Alexis	2:11.47	
Lightstone, Serena	2:11.80	
Monobe, Ellie	2:12.65	
Xu, Jennifer	2:13.57	
Lightstone, Serena	2:13.76	

500 FREE

Huang, Salena	5:00.63	12/6/2007
Gee, Stephanie	5:14.47	
Xu, Jennifer	5:15.64	
Lightstone, Serena	5:15.89	
Tohmon, Maki	5:19.54	
He, Jessica	5:20.02 *	
Hua, Vivy	5:20.66	
Woo, Jennifer	5:22.08	
Leandro, Taylor	5:22.53	
Ashizawa, Jessica	5:22.94	

100 BREAST

Lyon, Alexis	1:04.86	5/27/1995
Lee, Austine	1:06.27	
Kendall, Ashley	1:07.34	
Crook, Megan	1:07.59	
Xu, Jennifer	1:07.63	
Yin, Jessica	1:07.78	
Tong, Chloe	1:08.07	
Monobe, Ellie	1:08.14	
Ashizawa, Jessica	1:08.29	
Lightstone, Serena	1:09.42	

400 I.M.

Huang, Salena	4:38.74	2/28/2008
Cheung, Hilvy	4:38.93	
Ho, Clara	4:39.64	
Lyon, Alexis	4:42.76	
Leandro, Taylor	4:43.31	
Monobe, Ellie	4:43.91	
Ashizawa, Jessica	4:45.96	
He, Jessica	4:46.38 *	
Crook, Megan	4:48.92	
Gee, Stephanie	4:49.26	

1000 FREE

Huang, Selena	10:18.55	12/6/2007
Gee, Stephanie	10:54.01	
Crook, Megan	10:59.57	
Leandro, Taylor	11:04.02	
Ho, Clara	11:07.83	
Duran, Alison	11:21.48	
Lyon, Alexis	11:27.32	
Wilkins, Kareasa	11:28.41	
Ashizawa, Jessica	11:30.55	
Hoffman, Danielle	11:32.58	

200 BREAST

Lyon, Alexis	2:21.89	3/9/1995
Kendall, Ashley	2:24.24	
Monobe, Ellie	2:25.51	
Lee, Austine	2:25.84	
Crook, Megan	2:26.95	
Xu, Jennifer	2:27.22	
Tong, Chloe	2:28.12	
Yu, Jessica	2:29.59	
Lightstone, Serena	2:29.59	
Ashizawa, Jessica	2:29.68	



*Time followed by an R, is a relay lead off

13-14 BOYS SHORT COURSE

50 FREE

Lee, Eric	21.77	5/8/1998
Sun, Jerome	22.70	
Yao, Sean	22.79	
Choi, Michael	22.99	
Huang, Edward	23.17	
Soen, Andrei	23.27	
Chen, Bob	23.46	
Nguyen, Chris	23.48	
Long, Jimmy	23.52	
Foster, Patrick	23.60	

1650 FREE

Graversen, Emil	16:47.90	5/22/2011
Coble, Chris	17:04.01	
Sun, Jerome	17:07.19	
Chon, William	17:50.34	
Buchner, Mauricio	18:13.13	
Glover, Ryan	18:36.43	
Hoffman, Bryan	18:39.36	
Forgie, Chris	18:59.33	
Hanson, Theodore	19:21.18	
Zhang, Kevin	20:27.58	

100 FLY

Choi, Michael	52.01	4/28/2010
Sun, Jerome	52.56	
Chen, Bob	53.39	
Soen, Andrei	54.28	
Yeo, Sean	55.27	*
Zhang, Lyon	55.35	
Yeo, Sean	55.27	
Foster, Patrick	55.68	
Galant, Misha	56.23	
Nguyen, Chris	56.28	

100 FREE

Sun, Jerome	48.66	12/17/2010
Choi, Michael	48.83	
Lee, Eric	49.34	
Huang, Edward	49.71	
Chen, Bob	50.04	
Buchner, Mauricio	50.08	
Soen, Andrei	50.09	
Zhang, Lyon	50.91	*
Yao, Sean	50.92	
Ha, Christopher	51.07	

100 BACK

Sun, Jerome	53.82	3/29/2012
Chen, Bob	55.63	
Choi, Michael	56.18	
Huang, Edward	56.43	
Soen, Andrei	56.45	
Yoo, Aram	56.58	
Raimondi, Chris	56.89	
Buchner, Mauricio	56.92	
Zhang, Lyon	56.63	*
Coble, Chris	57.16	

200 FLY

Chen, Bob	1:56.83	2/18/2005
Choi, Michael	1:58.55	
Sun, Jerome	1:58.79	
Zhang, Lyon	2:01.64	*
Tikhonoff, Jon	2:02.53	
Buchner, Mauricio	2:03.56	
Rico, Michael	2:03.89	
Coble, Chris	2:04.01	
Yeo, Sean	2:05.21	*
Foster, Patrick	2:05.61	

200 FREE

Sun, Jerome	1:46.38	11/13/2010
Raimondi, Chris	1:47.48	
Huang, Edward	1:47.50	
Buchner, Mauricio	1:48.72	
Graversen, Emil	1:53.00	
Choi, Michael	1:49.51	
Soen, Andrei	1:49.64	
Chen, Bob	1:49.94	
Ha, Chris	1:50.15	
Zhang, Lyon	1:50.82	*

200 BACK

Sun, Jerome	1:55.64	12/17/2010
Buchner, Mauricio	1:58.57	
Dinis, Adrian	2:00.11	
Zhang, Lyon	2:00.42	*
Chen, Bob	2:01.02	
Coble, Chris	2:01.93	
Choi, Michael	2:02.23	
Huang, Edward	2:02.59	
Raimondi, Chris	2:03.32	
Yoo, Aram	2:03.69	

200 I.M.

Sun, Jerome	1:55.21	3/31/2011
Zhang, Lyon	1:55.92	*
Chen, Bob	1:56.73	
Coble, Chris	2:01.10	
Choi, Michael	2:01.52	
Dinis, Adrian	2:01.67	
Huang, Edward	2:01.82	
Galant, Misha	2:03.05	
Foster, Patrick	2:03.37	
Raimondi, Chris	2:04.15	

500 FREE

Sun, Jerome	4:45.08	12/17/2010
Raimondi, Chris	4:47.26	
Huang, Edward	4:48.79	
Buchner, Mauricio	4:48.83	
Graversen, Emil	4:50.69	
Coble, Chris	4:56.53	
Rico, Michael	4:58.12	
Zhang, Lyon	4:58.90	*
Hoffman, Bryan	4:58.91	
Ha, Chris	5:00.07	

100 BREAST

Zhang, Lyon	58.84	5/15/2014 *
Sun, Jerome	59.59	
Chen, Bob	1:01.52	
Cui, Kevin	1:02.89	*
Guan, Frank	1:03.18	
Choi, Michael	1:03.30	
Delumen, Tony	1:03.40	
Tikhonoff, Jon	1:04.29	
Eldessouky, Omar	1:04.31	
Huang, Edward	1:04.34	

400 I.M.

Sun, Jerome	4:08.71	3/31/2011
Zhang, Lyon	4:14.47	*
Chen, Bob	4:17.13	
Coble, Chris	4:18.31	
Choi, Michael	4:18.22	
Huang, Edward	4:20.23	
Lau, Stephen	4:21.61	
Raimondi, Chris	4:22.13	
Galant, Misha	4:22.26	
Dinis, Adrian	4:29.08	

1000 FREE

Bucher, Mauricio	10:02.59	12/18/1993
Graversen, Emil	10:09.54	
Coble, Chris	10:10.79	
Sun, Jerome	10:14.34	
Raimondi, Chris	10:31.26	
Galant, Misha	10:35.13	
Chon, William	10:43.32	
Heard, Thomas	10:56.12	
Tikhonoff, Jon	11:25.03	
Choi, Eugene	11:28.24	

200 BREAST

Zhang, Lyon	2:06.07	5/18/2014 *
Sun, Jerome	2:10.60	
Chen, Bob	2:11.17	
Choi, Michael	2:14.63	
Guan, Frank	2:17.02	
Tikhonoff, Jon	2:19.15	
Galant, Misha	2:20.60	
Wu, Austin	2:21.66	
Delumen, Tony	2:20.68	
Ha, Christopher	2:21.68	

"I really do believe that -
That all the events
complement each other,"
Phelps said.
"So working on
all of them makes sense."

SENIOR WOMEN SHORT COURSE

50 FREE

Isaacs, Dory	23.23	2/19/2009
Crook, Megan	23.51	*
Lee, Austine	23.72	*
Jamison, Tanica	23.78	
Suryoutomo, Nina	23.83	
Xu, Jennifer	23.89	
Demeulanaere, Jenisse	23.93	
Arnold, Kristen	23.95	
Hua, Vivv	24.13	
Cheung, Hilvy	24.24	

1650 FREE

Huang, Salena	17:01.26	2/28/2013
Akers, Lisa	18:02.29	
Isaacs, Caroline	18:10.30	
Xu, Jennifer	18:35.67	
Gee, Stephanie	18:49.14	
Ho, Clara	19:11.47	
Kelly, Tracy	19:19.47	
Gurnee, Amanda	19:27.43	
Wilkins, Kareasa	19:31.59	
Duran, Alison	19:32.16	

100 FLY

Cheung, Hilvy	53.19	*	2/19/14
Ho, Clara	54.34		
Jamison, Tanica	55.52		
Tselikova, Stass	55.53		
Monobe, Ellie	56.10		
Tohmon, Maki	57.12		
Morgan, Erin	57.15		
Huang, Salena	57.22		
Crook, Megan	57.25	*	
Lee, Austine	57.47		

100 FREE

Huang, Salena	50.61	2/10/2012
Isaacs, Dory	50.72	
Crook, Megan	50.74	*
Jamison, Tanica	50.91	
Demeulanaere, Jenisse	51.62	
Suryoutomo, Nina	51.75	
He, Jessica	51.91	*
Xu, Jennifer	51.93	
Cheung, Hilvy	51.94	
Lightstone, Serena	52.18	*

100 BACK

Cheung, Hilvy	55.36	*	2/19/14
Lightstone, Serena	57.25	*	
Morgan, Erin	58.28		
Monobe, Ellie	58.41		
Demeulanaere, Jenisse	58.46		
Cheung, Hilvy	58.50		
Lee, Austine	58.59		
Suryoutomo, Nina	58.60		
Jamison, Tanica	58.60		
Ho, Clara	58.64		

200 FLY

Cheung, Hilvy	1:56.14	*	2/19/14
Ho, Clara	2:00.86		
Tselikova, Stass	2:04.59		
Jamison, Tanica	2:08.11		
Morgan, Erin	2:08.52		
Woo, Jennifer	2:10.66		
Huang, Salena	2:13.36		
Petersen, Lisa	2:13.98		
Monobe, Ellie	2:14.24		
Fong, Catherine	2:16.17		

200 FREE

Huang, Salena	1:47.80	2/28/2013
Jamison, Tanica	1:49.32	
Crook, Megan	1:52.07	*
Isaacs, Dory	1:52.11	
Schleicher, Karin	1:52.40	
Morgan, Erin	1:52.95	
Xu, Jennifer	1:53.13	
Tselikova, Anastassia	1:53.43	
Ho, Clara	1:53.70	
Demeulanaere, Jenisse	1:54.17	

200 BACK

Cheung, Hilvy	2:05.22	2/15/2013
Huang, Salena	2:05.29	
Jamison, Tanica	2:05.76	
Suryoutomo, Tanya	2:06.17	
Lightstone, Serena	2:07.16	*
Suryoutomo, Nina	2:07.28	
Cheung, Heidi	2:07.48	
Jiang, Melissa	2:07.98	*
Ho, Clara	2:09.28	
Pichay, Victoria	2:10.99	

200 I.M.

Cheung, Hilvy	2:01.75	*	2/19/14
Isaacs, Dory	2:03.74		
Monobe, Ellie	2:04.50		
Lee, Austine	2:04.97	*	
Jamison, Tanica	2:04.95		
Morgan, Erin	2:05.49		
Schleicher, Karin	2:06.87		
Crook, Megan	2:06.95	*	
Lightstone, Serena	2:07.21	*	
Ashizawa, Jessica	2:08.59		

500 FREE

Huang, Salena	4:50.11	2/28/2013
Schleicher, Karin	5:01.18	
Huynh, Jasmine	5:06.63	
Morgan, Erin	5:06.69	
Jamison, Tanica	5:06.69	
Akers, Lisa	5:07.06	
Huang, Hilvy	5:07.26	
Tselikova, Anastassia	5:07.31	
Andrade, Lauren	5:08.75	
Monobe, Ellie	5:09.37	

100 BREAST

Isaacs, Dory	1:01.23	2/19/2009
Monobe, Ellie	1:03.30	
Lee, Austine	1:04.18	*
Morgan, Erin	1:04.34	
Crook, Megan	1:04.38	*
Lyon, Alexis	1:04.86	
Kendall, Ashley	1:05.40	
Ashizawa, Jessica	1:06.27	
Jamison, Tanica	1:06.44	
Yin, Jessica	1:06.51	

400 I.M.

Monobe, Ellie	4:26.63	3/29/2007
Schleicher, Karin	4:27.13	
Cheung, Hilvy	4:33.33	*
Morgan, Erin	4:34.63	
Huynh, Jasmine	4:35.94	
Ho, Clara	4:37.68	
Huang, Salena	4:38.74	
Xu, Jennifer	4:40.52	
Jiang, Melissa	4:42.01	*
Lyon, Alexis	4:42.76	

1000 FREE

Huang, Selena	10:12.97	4/5/2008
Petersen, Lisa	10:41.27	
Akers, Lisa	10:41.42	
Giles, Danielle	10:46.20	
Gee, Stephanie	10:54.01	
Isaacs, Caroline	10:55.63	
Crook, Megan	10:59.57	
Andrade, Lauren	11:00.29	
Leandro, Taylor	11:04.02	
Ho, Clara	11:07.43	

200 BREAST

Monobe, Ellie	2:15.65	3/21/2006
Lee, Austine	2:18.77	*
Crook, Megan	2:20.49	*
Morgan, Erin	2:21.16	
Lyon, Alexis	2:21.83	
Ashizawa, Jessica	2:22.48	
Isaacs, Dory	2:23.01	
Kendall, Ashley	2:23.12	
Zu, Jennifer	2:24.95	
Tohmon, Maki	2:24.99	



*** TIMES ACHIEVED DURING
OUR
2013-2014 SEASON**

SENIOR MEN SHORT COURSE

50 FREE

Lee, Eric	20.87	3/15/2001
Haber, Sam	21.27	
Hoffman, Bryan	21.41	
Lehmacher, Marc	21.55	
Nguyen, Christopher	21.61	
Rolland, Yoann	21.65	
Payne, Kyle	21.69	
Tremewan, Bret	21.71	
Tran, Arthur	21.76	
Chow, Jonathon	21.77	

1650 FREE

Huang, Edward	15:59.34	2/17/2010
Graversen, Emil	16:11.45	
Coble, Chris	17:04.01	
Sun, Jerome	17:07.19	
Poropat, Michael	17:48.34	
Chon, William	17:50.34	
Delacruz, Marc	18:11.15	
Buchner, Mauricio	18:13.13	
Glover, Ryan	18:17.85	
Hoffman, Bryan	18:39.36	

100 FLY

Coble, Chris	50.47	5/19/2000
Nguyen, Christopher	50.71	
Hoffman, Bryan	50.80	
Choi, Michael	51.85	
Foster, Patrick	52.00	
Chan, Jeremy	52.00	*
Foster, Patrick	52.00	
Dinis, Adrian	52.05	
Haber, Sam	52.16	
Sun, Jerome	52.56	

100 FREE

Haber, Sam	46.64	5/19/2011
Rolland, Yoann	46.67	
Hoffman, Bryan	46.70	
Lee, Eric	46.76	
Lehmacher, Marc	46.85	
Huang, Edward	47.23	
Chow, Jonathon	47.25	
Coble, Chris	47.35	
Tran, Arthur	47.57	
Agular, Eric	47.65	

100 BACK

Raimondi, Chris	50.90	2/13/2004
Dinis, Adrian	51.89	
Coble, Chris	52.32	
Lehmacher, Marc	52.59	
Sun, Jerome	52.98	
Yoo, Aram	52.98	
McCarthy, Patrick	52.99	
Aguilar, Eric	53.11	
Payne, Kyle	53.22	
Choi, Michael	53.22	

200 FLY

Coble, Chris	1:49.00	2/12/2001
Hoffman, Bryan	1:52.70	
Sun, Jerome	1:54.58	
Foster, Patrick	1:54.89	
Chen, Bob	1:55.27	
Choi, Michael	1:56.15	
Nguyen, Christopher	1:56.65	
Rico, Michael	1:58.11	
Graversen, Emil	1:58.89	*
Raimondi, Chris	1:59.10	

200 FREE

Hoffman, Bryan	1:41.53	12/18/1993
Huang, Edward	1:41.80	
Raimondi, Chris	1:42.14	
Rolland, Yohann	1:42.14	
Agular, Eric	1:42.33	
Dinis, Adrian	1:43.00	
Morten Graversen	1:43.20	
Foster, Patrick	1:43.29	
Haber, Sam	1:44.24	
McCarthy, Patrick	1:44.50	

200 BACK

Raimondi, Chris	1:50.90	2/17/2003
Coble, Chris	1:52.58	
Sun, Jerome	1:52.66	
Dinis, Adrian	1:53.90	
Foster, Patrick	1:54.89	
Lehmacher, Marc	1:55.37	
Buchner, Mauricio	1:55.97	
Yoo, Aram	1:56.24	
McCarthy, Patrick	1:57.09	
Graversen, Emil	1:57.54	*

200 I.M.

Coble, Chris	1:51.86	2/12/2001
Raimondi, Chris	1:52.70	
Payne, Kyle	1:55.15	
Dinis, Adrian	1:55.20	
Sun, Jerome	1:55.21	
Foster, Patrick	1:55.31	
Chen, Bob	1:55.40	
Zhang, Lyon	1:55.92	*
Huang, Edward	1:56.23	
Graversen, Morten	1:56.85	

500 FREE

Huang, Edward	4:34.25	2/17/2010
Graversen, Emil	4:37.87	*
Graversen, Morten	4:38.68	
Hoffman, Bryan	4:43.00	
Foster, Patrick	4:44.86	
Sun, Jerome	4:45.08	
Buchner, Mauricio	4:46.80	
Raimondi, Chris	4:47.26	
Fan, Davin	4:47.38	
Agular, Eric	4:47.40	

100 BREAST

Payne, Kyle	58.09	3/2/2006
Vaa, Eric	58.33	
Huang, Edward	58.82	
Zhang, Lyon	58.84	*
Borck, Ian	59.46	
Sun, Jerome	59.59	
Dinis, Adrian	59.65	
Doe, Kevin	59.89	
Graversen, Morten	1:00.05	
Chen, Bob	1:00.17	

400 I.M.

Coble, Chris	4:02.36	3/21/2000
Raimondi, Chris	4:04.70	
Payne, Kyle	4:05.79	
Dinis, Adrian	4:06.54	
Foster, Patrick	4:06.84	
Sun, Jerome	4:08.71	
Chen, Bob	4:09.10	
Huang, Edward	4:11.59	
Graversen, Morten	4:12.19	
Choi, Michael	4:13.68	

1000 FREE

Huang, Edward	9:32.90	2/17/2010
Graversen, Emil	9:46.90	
Graversen, Morten	9:55.81	
Buchner, Mauricio	10:02.59	
Sun, Jerome	10:06.22	
Coble, Chris	10:10.79	
Soen, Andei	10:21.62	
Suryoutomo, Jason	10:28.60	
Poropat, Michael	10:31.06	
Raimondi, Chris	10:31.26	

200 BREAST

Payne, Kyle	2:03.13	3/3/2006
Zhang, Lyon	2:06.07	*
Vaa, Eric	2:08.10	
Doe, Kevin	2:09.56	
Huang, Edward	2:09.77	
Sun, Jerome	2:10.37	
Chen, Bob	2:10.82	
Borck, Ian	2:11.51	
Eldessouky, Omar	2:11.74	
Choi, Michael	2:14.63	



* TIMES ACHIEVED DURING OUR
2013-2014 SEASON



Long Course Meters

*25 Years of MSJA Swimmers
with great Work Ethic,
and Fast Times*



8-UN GIRLS & BOYS LONG COURSE

GIRLS

50 FREE

Woo, Jennifer	39.66	6/25/1994
Sata, Nicole	39.81	
Cordova, Sydney	40.09	
Suryoutomo, Nina	40.89	
Ha, Catherine	41.15	
Chin, Jamie	41.28	
Hoffman, Danielle	41.29	
Duran, Laura	41.51	
Buchner, Christina	41.78	
Knight, Kayleigh	41.84	

100 FREE

Cordova, Sydney	1:27.58	5/28/2010
Sata, Nicole	1:28.77	
Knight, Kayleigh	1:29.86	
Hoffman, Danielle	1:31.21	
Woo, Jennifer	1:31.97	
Duran, Laura	1:32.42	
Suryoutomo, Tanya	1:35.23	
Suryoutomo, Nina	1:35.52	
Ha, Catherine	1:35.81	
Ly, Meghan	1:36.50	*

50 BACK

Woo, Jennifer	45.94	7/16/1994
Cordova, Sydney	46.33	
Suryoutomo, Tanya	46.41	
Buchner, Christina	47.72	
Sata, Nicole	48.54	
Knight, Kayleigh	48.69	
Suryoutomo, Nina	48.85	
Dinis, Chelsea	49.34	
Woo, Priscilla	51.26	
Chin, Jamie	51.99	

50 BREAST

Knight, Kayleigh	50.52	4/28/1995
Lin, Sylvia	52.04	
Alameda, Taryn	52.45	
Sata, Nicole	53.14	
Woo, Jennifer	53.51	
Eckard, Ashley	53.97	
Hoffman, Danielle	54.39	
Eckard, Denise	54.73	
Vermeulen, Ariana	55.62	
Chi, Yodi	55.93	

50 FLY

Woo, Jennifer	40.07	7/22/1994
Sata, Nicole	46.94	
Suryoutomo, Nina	47.38	
Cordova, Sydney	47.52	
Woo, Priscilla	48.06	
Ly, Meghan	48.34	*
Nandawari, Srushi	50.71	
Knight, Kayleigh	51.16	
Hoffman, Danielle	51.87	
Suryoutomo, Tanya	52.13	



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Top times since 1989

BOYS

50 FREE

Silmaro, Joel	34.30	7/15/2010
Lee, Eric	36.13	
Zhang, Lyon	36.49	
Choi, Tomas	36.64	
Shilling, Adam	37.81	
Coble, Chris	38.09	
Sun, Jerome	38.24	
Rudy, Charlie	38.60	
Lawrence, Mark	39.00	
Choi, Michael	39.07	

100 FREE

Silmaro, Joel	1:21.56	5/15/2010
Choi, Tomas	1:21.60	
Shilling, Adam	1:22.20	
Lee, Eric	1:23.67	
Sun, Jerome	1:25.16	
Coble, Chris	1:26.66	
Zhang, Lyon	1:26.97	
Suryoutomo, Jason	1:28.10	
Rudy, Charlie	1:29.32	
Choi, Michael	1:30.42	

50 BACK

Silmaro, Joel	42.58	7/15/2010
Sun, Jerome	43.45	
Lee, Eric	43.68	
Choi, Tomas	45.50	
Choi, Michael	46.01	
Rudy, Charlie	47.18	
Coble, Chris	47.28	
Shilling, Adam	47.32	
Falk, Nicholas	48.65	
Zhang, Lyon	48.73	

50 BREAST

Shilling, Adam	46.88	7/16/1993
Choi, Michael	49.99	
Silmaro, Joel	50.12	
Sun, Jerome	50.45	
Lee, Eric	52.06	
Zhang, Lyon	53.33	
Choi, Tomas	53.36	
Lawrence, Mark	53.61	
Coble, Chris	53.69	
Rudy, Charlie	55.50	

50 FLY

Silmaro, Joel	35.99	7/15/2010
Choi, Tomas	37.51	
Zhang, Lyon	40.30	
Choi, Michael	42.89	
Lee, Eric	43.13	
Sun, Jerome	45.48	
Coble, Chris	46.30	
Rudy, Charlie	46.47	
Shilling, Adam	46.79	
Falk, Nicholas	47.07	

9-10 GIRLS * LONG COURSE

50 FREE

Lightstone, Serena	31.15	7/16/2009
Lyon, Alexis	32.43	
Duran, Alison	32.45	
Leandro, Taylor	32.54	
Ho, Clara	32.80	
Sun, Beatrice	32.89	
Yang, Christine	32.99	
Valle, Choki	32.99	
Woo, Jennifer	33.02	
Yu, Suri	33.53	

100 BACK

Lyon, Alexis	1:20.79	6/1/1991
Lightstone, Serena	1:22.11	
Leandro, Taylor	1:22.53	
Ho, Clara	1:23.60	
Woo, Jennifer	1:23.88	
Sun, Beatrice	1:23.97	
Knight, Debra	1:25.01	
Woo, Priscilla	1:25.81	
Yang, Christine	1:26.39	
Lightstone, Thalia	1:26.45	

200 I.M.

Lyon, Alexis	2:50.80	6/1/1991
Woo, Priscilla	2:53.81	
Yang, Christine	2:56.91	
Woo, Jennifer	2:57.40	
Lightstone, Serena	2:58.52	
Cheung, Heidi	2:59.02	
Ho, Clara	2:59.77	
Doe, Kimberly	3:02.28	
Knight, Debra	3:04.10	
Ha, Catherine	3:05.69	

100 FREE

Lightstone, Serena	1:07.95	7/16/2009
Lyon, Alexis	1:09.98	
Duran, Alison	1:11.77	
Valle, Choki	1:11.94	
Yang, Christine	1:12.39	
Hua, Vivy	1:12.44	
Yu, Suri	1:12.80	
Sun, Beatrice	1:13.68	
Woo, Jennifer	1:13.83	
Fong, Catherine	1:14.05	

50 BREAST

Lyon, Alexis	38.37	4/2/1990
Knight, Kayleigh	41.75	
Ma, Trista	43.58	
Eckard, Denise	43.95	
Yang, Christine	44.05	
Eckard, Ashley	44.81	
Tse, Florence	45.33	
Doan, Kristine	45.76	
Woo, Priscilla	45.78	
Gray, Heather	45.82	

200 FREE

Lightstone, Serena	2:31.55	7/16/2009
Yang, Christine	2:34.78	
Lyon, Alexis	2:34.79	
Duran, Alison	2:35.52	
Woo, Jennifer	2:39.42	
Leandro, Taylor	2:39.82	
Fong, Catherine	2:40.26	
Matibag, Meghan	2:41.21	
Valle, Choki	2:41.36	
Ha, Catherine	2:41.49	

100 BREAST

Lyon, Alexis	1:22.23	7/15/1991
Knight, Kayleigh	1:32.79	
Yang, Christine	1:34.86	
Jiang, Melissa	1:35.43	
Woo, Priscilla	1:36.97	
Tse, Florence	1:36.99	
Ho, Clara	1:37.12	
Eckard, Denise	1:37.42	
Lightstone, Thalia	1:38.52	
Hua, Vivy	1:38.94	

400 FREE

Yang, Christine	5:29.12	7/26/2006
Leandro, Taylor	5:36.73	
Hua, Vivy	5:38.24	
Fong, Catherine	5:40.44	
Yu, Suri	5:41.35	
Ha, Catherine	5:43.42	
Lightstone, Thalia	5:45.24	
Sun, Beatrice	5:48.18	
Pichay, Isabelle	6:00.51	
Cordova, Sydney	6:01.46	

50 FLY

Lightstone, Serena	34.23	7/16/2009
Woo, Jennifer	34.74	
Duran, Alison	35.90	
Hua, Vivy	36.53	
Woo, Priscilla	36.82	
Ruff, Alexandra	36.96	
Ho, Clara	37.18	
Fong, Catherine	37.53	
Lyon, Alexis	37.60	
Pichay, Isabelle	37.71	

50 BACK

Ho, Clara	37.44	6/1/1991
Lightstone, Serena	37.72	
Sun, Beatrice	37.87	
Lyon, Alexis	38.72	
Yu, Suri	38.84	
Woo, Jennifer	38.85	
Woo, Priscilla	40.13	
Knight, Debra	40.18	
Pichay, Isabelle	40.30	
Yang, Christine	40.46	

100 FLY

Ho, Clara	1:17.50	6/1/1991
Duran, Alison	1:17.53	
Woo, Jennifer	1:18.62	
Hua, Vivy	1:23.51	
Pichay, Isabelle	1:23.52	
Woo, Priscilla	1:25.34	
Lightstone, Serena	1:25.81	
Lyon, Alexis	1:26.57	
Fong, Catherine	1:27.53	
Yang, Christine	1:27.99	



**I'd rather
be
swimming.**



9-10 BOYS * LONG COURSE

50 FREE

Sun, Jerome	29.84	6/27/2008
Lee, Eric	30.46	
Choi, Michael	30.62	
Choi, Tomas	30.87	
Coble, Chris	31.15	
Le, Ryan	31.31	
Silmaro, Joel	31.73	
Zhang, Lyon	32.58	
Lawrence, Jeff	32.60	
Choi, Eugene	33.31	

100 BACK

Sun, Jerome	1:12.94	7/10/2008
Lee, Eric	1:16.19	
Coble, Chris	1:17.29	
Le, Ryan	1:18.66	
Choi, Tomas	1:19.72	
Zhang, Lyon	1:20.45	
Choi, Michael	1:20.67	
Forgie, Chris	1:20.88	
McDonald, Zachary	1:23.32	
Silmaro, Joel	1:23.87	

200 I.M.

Sun, Jerome	2:38.71	7/10/2008
Zhang, Lyon	2:41.39	
Coble, Chris	2:44.20	
Le, Ryan	2:46.68	
Choi, Michael	2:46.71	
Choi, Tomas	2:49.79	
Lee, Eric	2:51.83	
Silmaro, Joel	2:52.55	
Shilling, Adam	2:59.72	
Lawrence, Jeff	3:02.51	

100 FREE

Sun, Jerome	1:04.34	7/10/2008
Choi, Michael	1:06.58	
Lee, Eric	1:06.70	
Coble, Chris	1:07.25	
Choi, Tomas	1:07.84	
Le, Ryan	1:08.26	
Lawrence, Jeff	1:10.23	
Silmaro, Joel	1:10.38	
Choi, Eugene	1:12.17	
Zhang, Kevin	1:12.20	

50 BREAST

Sun, Jerome	39.35	7/10/2008
Zhang, Lyon	40.10	
Lawrence, Jeff	40.70	
Perez, Andrew	42.59	
Silmaro, Joel	42.89	
Choi, Michael	43.65	
Coble, Chris	43.85	
Shilling, Adam	44.21	
Jew, Richard	44.43	
Lawrence, Mark	44.72	

200 FREE

Sun, Jerome	2:21.77	7/10/2008
Coble, Chris	2:24.73	
Choi, Michael	2:25.28	
Le, Ryan	2:28.76	
Lee, Eric	2:29.66	
Zhang, Lyon	2:30.29	
Choi, Tomas	2:30.99	
Lawrence, Jeff	2:34.64	
Silmaro, Joel	2:35.70	
Zhang, Kevin	2:36.48	

100 BREAST

Sun, Jerome	1:24.64	7/10/2008
Lawrence, Jeff	1:26.41	
Zhang, Lyon	1:27.39	
Choi, Michael	1:31.29	
Shilling, Adam	1:32.72	
Coble, Chris	1:33.26	
Jin, Alan	1:34.56	
Silmaro, Joel	1:35.70	
Perez, Andrew	1:36.05	
Jew, Richard	1:37.43	

400 FREE

Sun, Jerome	4:58.56	6/6/2008
Choi, Michael	5:10.77	
Le, Ryan	5:15.58	
Choi, Eugene	5:17.92	
Zhang, Kevin	5:35.78	
McDonadl, Zachary	5:36.29	
Zhang, Lyon	5:39.54	
Choi, Tomas	5:49.19	
Sundaresan, V.	5:50.38	
Sundaresan, A.	6:07.93	

50 FLY

Lee, Eric	33.01	8/15/1994
Silmaro, Joel	33.10	
Choi, Michael	33.13	
Le, Ryan	33.29	
Choi, Tomas	33.47	
Zhang, Lyon	33.73	
Sun, Jerome	33.84	
Coble, Chris	34.84	
Choi, Eugene	35.07	
Jew, Richard	35.72	

50 BACK

Sun, Jerome	34.82	4/19/2008
Lee, Eric	35.35	
Coble, Chris	36.33	
Zhang, Lyon	36.45	
Le, Ryan	36.63	
Choi, Michael	37.07	
Choi, Tomas	37.67	
Forgie, Chris	38.52	
Rudy, Charlie	39.05	
Silmaro, Joel	39.19	

100 FLY

Choi, Michael	1:13.53	5/26/2006
Sun, Jerome	1:14.13	
Le, Ryan	1:14.68	
Silmaro, Joel	1:15.08	
Zhang, Lyon	1:16.39	
Choi, Tomas	1:17.01	
Coble, Chris	1:18.23	
Lee, Eric	1:18.34	
Choi, Eugene	1:23.91	
Tikhonoff, Pichit	1:23.92	

MSJA



We work on Skills

We Have FUN

We Swim Fast

11-12 GIRLS * LONG COURSE

50 FREE

Lightstone, Serena	28.53	7/27/2011
Ho, Clara	28.60	
Yu, Suri	28.92	
Hua, Vivy	29.33	
Valle, Choki	29.56	
Leandro, Taylor	29.83	
Alvarado, Jennifer	30.07	
Sun, Beatrice	30.16	
Bowen, Susan	30.21	
Lee, Austine	30.22	

50 BACK

Ho, Clara	32.87	5/1/1993
Lightstone, Serena	33.55	
Pichay, Isabelle	34.69	
Woo, Jennifer	34.73	
Valle, Choki	35.58	
Alvarado, Michelle	35.69	
Sun, Beatrice	35.79	
Yu, Suri	35.97	
Gray, Heather	36.12	
Suryoutomo, Tanya	36.33	

200 BREAST

Lee, Austine	2:59.18	7/19/2007
Tong, Chloe	3:00.23	
Lightstone, Serena	3:01.89	
Jiang, Melissa	3:02.62	
Cheung, Heidi	3:03.75	
Gray, Heather	3:08.47	
Ha, Caitlin	3:12.31	
Yang, Christine	3:13.48	
Yu, Suri	3:13.95	
Ma, Trista	3:14.48	

100 FREE

Lightstone, Serena	1:02.32	7/7/2011
Yu, Suri	1:02.65	
Huang, Salena	1:03.38	
Leandro, Taylor	1:04.24	
Ho, Clara	1:04.33	
Woo, Jennifer	1:04.67	
Hua, Vivy	1:04.79	
Pichay, Victoria	1:05.46	
Alvarado, Jennifer	1:05.50	
Wilkins, Kareasa	1:05.63	

100 BACK

Wilkins, Kareasa	1:12.26	8/2/1990
Yu, Suri	1:14.57	
Ho, Clara	1:15.13	
Lyon, Alexis	1:15.33	
Woo, Jennifer	1:15.81	
Sun, Beatrice	1:15.89	
Cheung, Heidi	1:16.30	
Leandro, Taylor	1:16.39	
Lightstone, Serena	1:16.62	
Valle, Choki	1:16.73	

50 FLY

Cheung, Hilvy	31.16	8/7/2007
Ho, Clara	31.24	
Wilkins, Kareasa	31.67	
Woo, Jennifer	31.85	
Yu, Suri	32.07	
Valle, Choki	32.77	
Lightstone, Serena	32.82	
Pichay, Victoria	33.02	
Pichay, Isabelle	33.21	
Duran, Alison	33.39	

200 FREE

Yu, Suri	2:14.18	8/8/2013
Huang, Salena	2:17.38	
Woo, Jennifer	2:20.41	
Lightstone, Serena	2:20.44	
Leandro, Taylor	2:20.63	
Pichay, Victoria	2:22.27	
Gee, Stephanie	2:22.89	
Alvarado, Jennifer	2:23.87	
Suryoutomo, Tanya	2:24.34	
Wilkins, Kareasa	2:24.83	

200 BACK

Lightstone, Thalia	2:41.69	7/31/2013
Yu, Suri	2:41.77	
Cheung, Heidi	2:42.91	
Sun, Beatrice	2:43.99	
Leandro, Taylor	2:44.43	
Jiang, Melissa	2:44.87	
Pichay, Isabelle	2:45.37	
Gray, Heather	2:47.66	
Valle, Choki	2:48.28	
Pichay, Victoria	2:48.62	

100 FLY

Ho, Clara	1:07.10	5/1/1993
Cheung, Hilvy	1:08.75	
Yu, Suri	1:09.09	
Woo, Jennifer	1:10.01	
Wilkins, Kareasa	1:11.37	
Pichay, Victoria	1:12.23	
Pichay, Isabelle	1:13.84	
Huang, Salena	1:14.23	
Gray, Heather	1:14.78	
Valle, Choki	1:15.13	

400 FREE

Huang, Salena	4:47.06	7/27/2005
Yu, Suri	4:52.18	
Woo, Jennifer	4:54.42	
Leandro, Taylor	4:59.87	
Wilkins, Kareasa	5:00.42	
Gee, Stephanie	5:01.33	
Hoffman, Dani	5:02.03	
Pichay, Victoria	5:04.57	
Ho, Clara	5:05.62	
Tse, Florence	5:06.03	

50 BREAST

Lyon, Alexis	35.91	8/15/1992
Kendall, Ashley	37.81	
Lee, Austine	37.88	
Lightstone, Serena	38.33	
Yin, Jessica	38.71	
Bergman, Carissa	40.02	
Wilkins, Kareasa	40.08	
Silmaro, Kristine	40.16	
Eckard, Denise	40.49	
Ashizawa, Jessica	40.56	

200 FLY

Cheung, Hilvy	2:30.90	8/1/2007
Pichay, Victoria	2:48.35	
Yu, Suri	2:49.42	
Cordova, Alexandria	2:53.06	
Pichay, Isabelle	2:53.40	
Jiang, Melissa	3:00.78	
Lightstone, Serena	3:09.83	
Lightstone, Thalia	3:17.38	
Yuan, Charlotte	3:24.23	
Rico, Monique	3:31.84	

800 FREE

Huang, Salena	9:57.38	7/27/2005
Yu, Suri	10:14.60	
Gee, Stephanie	10:18.83	
Leandro, Taylor	10:24.55	
Hua, Vivy	10:36.39	
Pichay, Victoria	10:38.80	
Fong, Catherine	10:46.39	
Lightstone, Thalia	10:56.59	
Tong, Chloe	11:04.52	
Sun, Beatrice	11:06.99	

100 BREAST

Lyon, Alexis	1:16.51	8/2/1992
Kendall, Ashley	1:21.46	
Lightstone, Serena	1:22.72	
Yin, Jessica	1:22.98	
Lee, Austine	1:24.44	
Bergman, Carissa	1:25.48	
Jiang, Melissa	1:27.63	
Woo, Priscilla	1:27.74	
Tong, Chloe	1:27.97	
Ashizawa, Jessica	1:28.01	

200 I.M.

Ho, Clara	2:35.36	5/1/1993
Woo, Jennifer	2:37.09	
Huang, Salena	2:39.84	
Yu, Suri	2:39.84	
Wilkins, Kareasa	2:40.87	
Lightstone, Serena	2:41.47	
Lyon, Alexis	2:41.70	
Cheung, Heidi	2:42.68	
Jiang, Melissa	2:43.20	
Leandro, Taylor	2:43.85	

1500 FREE

Huang, Salena	19:22.20	7/27/2005
Gee, Stephanie	19:42.47	
Leandro, Taylor	19:42.97	
Fong, Catherine	20:39.16	
Sun, Beatrice	21:08.67	
Lightstone, Thalia	23:40.35	



Desire is the dynamic motivation
behind every worthwhile purpose;
It is the inspiration that keeps the
flame of progress burning.

MSJA

400 I.M.

Huang, Salena	5:38.72	7/27/2005
Gray, Heather	5:49.03	
Leandro, Taylor	5:49.23	
Cheung, Heidi	5:50.44	
Pichay, Victoria	5:52.34	
Cheung, Hilvy	5:54.99	
Tong, Chloe	5:58.37	
Pichay, Isabelle	5:58.90	
Cordova, Alexandria	6:00.75	
Gee, Stephanie	6:00.77	

11-12 BOYS * LONG COURSE

50 FREE

Lee, Eric	26.47	8/7/1996
Sun, Jerome	26.70	
Buchner, Mauricio	27.40	
Choi, Michael	27.57	
Myers, Grant	28.10	
Likens, Matt	28.79	
Choi, Eugene	29.02	
Chen, Bob	29.09	
Huang, Edward	29.26	
Zhang, Lyon	29.45	

100 FREE

Sun, Jerome	56.06	7/15/2010
Buchner, Mauricio	58.45	
Choi, Michael	59.38	
Lee, Eric	59.71	
Myers, Grant	1:02.07	
Choi, Eugene	1:02.92	
Chen, Bob	1:02.95	
Zhang, Lyon	1:03.10	
Dinis, Adrian	1:03.73	
Huang, Edward	1:04.36	

200 FREE

Sun, Jerome	2:02.95	7/15/2010
Buchner, Mauricio	2:06.28	
Choi, Michael	2:12.44	
Zhang, Lyon	2:12.56	
Coble, Chris	2:15.12	
Choi, Eugene	2:16.06	
Myers, Grant	2:18.79	
Dinis, Adrian	2:19.05	
Huang, Edward	2:19.28	
Ha, Christopher	2:20.74	

400 FREE

Sun, Jerome	4:21.15	7/15/2010
Buchner, Mauricio	4:27.33	
Zhang, Lyon	4:40.62	
Coble, Chris	4:41.82	
Choi, Eugene	4:47.06	
Dinis, Adrian	4:51.24	
Heard, Thomas	4:51.86	
Choi, Michael	4:53.42	
Delumen, Tony	4:55.86	
Ha, Christopher	4:57.42	

800 FREE

Sun, Jerome	9:09.62	6/5/2010
Choi, Eugene	10:00.40	
Choi, Michael	10:28.41	
Myers, Grant	10:41.24	
Sundaresan, Vishnu	10:41.99	
Kung, Nicholas	11:02.14	
Zhang, Kevin	11:12.33	

1500 FREE

Sun, Jerome	17:32.06	7/15/2010
Zhang, Lyon	18:59.83	
Choi, Eugene	19:30.54	
Choi, Michael	19:36.84	



50 BACK

Sun, Jerome	31.38	7/29/2009
Buchner, Mauricio	31.72	
Lee, Eric	31.92	
Dinis, Adrian	32.44	
Choi, Michael	32.64	
Lu, Mars	34.03	
Choi, Eugene	34.04	
Chen, Bob	34.17	
Zhang, Lyon	34.41	
Forgie, Chris	34.62	

100 BACK

Sun, Jerome	1:04.20	7/24/2010
Buchner, Mauricio	1:05.78	
Dinis, Adrian	1:08.17	
Choi, Michael	1:10.08	
Lee, Eric	1:11.36	
Zhang, Lyon	1:11.85	
Coble, Chris	1:12.47	
Forgie, Chris	1:12.76	
Myers, Grant	1:13.31	
Choi, Eugene	1:13.34	

200 BACK

Sun, Jerome	2:16.78	7/21/2010
Zhang, Lyon	2:26.30	
Chen, Bob	2:37.05	
Le, Ryan	2:39.08	
Myers, Grant	2:39.43	
Huang, Edward	2:42.72	
Lu, Mars	2:44.70	
Choi, Eugene	2:45.55	
Zhang, Jordan	2:47.26	
Lin, Maverick	2:47.96	

50 BREAST

Sun, Jerome	33.45	5/15/2010
Zhang, Lyon	34.70	
Delumen, Tony	36.22	
Wu, Austin	36.96	
Chen, Bob	37.11	
Choi, Michael	37.74	
Lee, Eric	37.78	
Lawrence, Jeff	38.56	
Perez, Andy	38.58	
Dinis, Adrian	38.60	

100 BREAST

Sun, Jerome	1:13.53	7/15/2010
Zhang, Lyon	1:13.90	
Delumen, Tony	1:18.94	
Choi, Michael	1:21.07	
Chen, Bob	1:21.92	
Perez, Andy	1:21.94	
Dinis, Adrian	1:23.67	
Wu, Austin	1:24.98	
Silmaro, Joel	1:24.70	*
Lawrence, Jeff	1:25.65	

200 BREAST

Zhang, Lyon	2:41.08	8/1/2012
Sun, Jerome	2:45.12	
Chen, Bob	2:57.44	
Choi, Michael	3:03.34	
Wu, Michael	3:15.19	
Kung, Nicholas	3:21.40	
Sundaresan, Vishnu	3:21.90	
Jin, Alan	3:23.08	
Hu, Mark	3:24.68	
Huang, Andrew	3:28.97	

50 FLY

Sun, Jerome	28.75	5/15/2010
Lee, Eric	29.09	
Choi, Michael	29.28	
Buchner, Mauricio	30.99	
Zhang, Lyon	31.15	
Myers, Grant	31.33	
Coble, Chris	31.51	
Choi, Eugene	31.66	
McDonald, Zachary	32.14	
Silmaro, Joel	32.28	

100 FLY

Sun, Jerome	1:02.81	6/25/2010
Choi, Michael	1:04.53	
Zhang, Lyon	1:08.13	
Dinis, Adrian	1:08.91	
Buchner, Mauricio	1:08.92	
Coble, Chris	1:10.32	
Silmaro, Joel	1:10.77	*
Choi, Eugene	1:11.24	
Lee, Eric	1:12.46	
Myers, Grant	1:13.21	

200 FLY

Sun, Jerome	2:26.32	5/15/2010
Choi, Michael	2:32.49	
Zhang, Lyon	2:36.21	
Choi, Thomas	2:47.17	
Choi, Eugene	2:50.12	
Lu, Mars	2:51.61	
Zhang, Kevin	2:59.45	
Kekoa, Zachary	3:17.64	
Myers, Grant	3:20.04	
Hu, Mark	3:23.89	

200 I.M.

Sun, Jerome	2:17.64	7/25/2010
Zhang, Lyon	2:25.75	
Choi, Michael	2:28.48	
Dinis, Adrian	2:28.50	
Buchner, Mauricio	2:33.29	
Chen, Bob	2:34.47	
Coble, Chris	2:34.68	
Huang, Edward	2:35.87	
Ha, Christopher	2:36.91	
Delumen, Tony	2:37.29	

400 I.M.

Sun, Jerome	4:53.22	7/15/2010
Zhang, Lyon	5:06.56	
Choi, Michael	5:19.26	
Huang, Edward	5:39.05	
Chang, Dillon	5:41.82	
Chen, Bob	5:43.97	
Sundaresan, Vishnu	5:46.01	
Choi, Eugene	5:47.99	
Myers, Grant	5:53.29	
Zhang, Kevin	5:55.11	



* Times Achieved During 2013-2014

13-14 GIRLS * LONG COURSE

50 FREE

Hua, Vivy	27.56	7/27/2011
Ho, Clara	27.56	3/15/1994
Crook, Megan	27.62	
Lightstone, Serena	27.84	
He, Jessica	27.92 *	
Suryoutomo, Tanya	28.03	
Wilkins, Kareasa	28.15	
Peng, Sophy	28.20 *	
Xu, Jennifer	28.55	
Leandro, Taylor	28.78	

1500 FREE

Huang, Salena	17:59.59	7/18/2007
Gee, Stephanie	18:52.40	
Wilkins, Kareasa	19:23.47	
Leandro, Taylor	19:45.92	
Lightstone, Serena	20:03.53	
Gee, Christine	20:37.80	
Kelly, Tracy	21:08.94	
Dimalanta, Karina	21:38.63	
McDonald, Natalie	22:17.46	
Pendleton, Sarah	24:28.33	

100 FLY

Ho, Clara	1:02.18	3/15/1995
Cheung, Hilvy	1:03.63	
Huang, Salena	1:06.81	
Xu, Jennifer	1:07.97	
Peng, Sophy	1:08.07 *	
Wilkins, Kareasa	1:09.00	
Hua, Vivy	1:09.41	
Woo, Jennifer	1:09.80	
Jiang, Melissa	1:09.80	
Yu, Suri	1:09.93 *	

100 FREE

He, Jessica	59.42	7/30/2014 *
Lightstone, Serena	59.65	
Crook, Megan	1:00.04	
Huang, Salena	1:00.05	
Ho, Clara	1:00.26	
Hua, Vivy	1:00.73	
Cheung, Hilvy	1:01.31	
Yu, Suri	1:01.58 *	
Wilkins, Kareasa	1:01.63	
Xu, Jennifer	1:02.06	

100 BACK

Lightstone, Serena	1:07.91	8/8/2013
Wilkins, Kareasa	1:09.31	
Suryoutomo, Tanya	1:09.50	
Ho, Clara	1:09.60	
He, Jessica	1:09.76 *	
Cheung, Heidi	1:10.03	
Lightstone, Serena	1:10.23	
Jiang, Melissa	1:11.45	
Yu, Suri	1:11.72 *	
Cheung, Hilvy	1:12.18	

200 FLY

Ho, Clara	2:17.67	8/2/1994
Cheung, Hilvy	2:19.86	
Wilkins, Kareasa	2:30.70	
Woo, Jennifer	2:33.01	
Yu, Suri	2:34.30 *	
Ashizawa, Jessica	2:43.45	
Gray, Heather	2:43.88 *	
Fong, Catherine	2:45.26	
Valle, Choki	2:46.76	
Pichay, Victoria	2:48.25	

200 FREE

Huang, Salena	2:08.08	7/18/2007
He, Jessica	2:09.82 *	
Lightstone, Serena	2:11.75	
Crook, Megan	2:13.42	
Wilkins, Kareasa	2:14.15	
Cheung, Hilvy	2:14.42	
Hua, Vivy	2:15.24	
Xu, Jennifer	2:15.58	
Suryoutomo, Tanya	2:15.83	
Ho, Clara	2:15.88	

200 BACK

Lightstone, Serena	2:29.94	7/31/2013
He, Jessica	2:30.30 *	
Suryoutomo, Tanya	2:31.11	
Jiang, Melissa	2:31.54	
Suryoutomo, Nina	2:33.52	
Wilkins, Kareasa	2:34.37	
Peng, Sophy	2:34.88 *	
Yu, Suri	2:35.18 *	
Leandro, Taylor	2:36.28	
Cheung, Heidi	2:36.31	

200 I.M.

He, Jessica	2:26.49	7/30/2014
Lightstone, Serena	2:27.56	
Ho, Clara	2:29.74	
Wilkins, Kareasa	2:29.75	
Huang, Salena	2:31.13	
Crook, Megan	2:32.11	
Peng, Sophy	2:33.44 *	
Xu, Jennifer	2:34.48	
Lyon, Alexis	2:35.65	
Woo, Jennifer	2:35.95	

400 FREE

Huang, Salena	4:30.39*	8/7/2007
Lightstone, Serena	4:42.52	
Gee, Stephanie	4:45.42	
Wilkins, Kareasa	4:46.49	
Woo, Jennifer	4:49.33	
Leandro, Taylor	4:50.12	
Hua, Vivy	4:50.83	
Xu, Jennifer	4:52.16	
Bergman, Carissa	4:55.31	
Yin, Jessica	4:55.76	

*Altitude adjustment

100 BREAST

Lyon, Alexis	1:15.53	8/3/1994
Yin, Jessica	1:17.90	
Kendall, Ashley	1:18.59	
Crook, Megan	1:19.28	
Ashizawa, Jessica	1:19.40	
Lee, Austine	1:19.49	
Xu, Jennifer	1:19.77	
Monobe, Ellie	1:19.92	
Lightstone, Serena	1:21.56	
Peng, Sophy	1:21.90	

400 I.M.

Wilkins, Kareasa	5:20.30	8/2/1990
Ho, Clara	5:25.29	
Crook, Megan	5:25.46	
Lyon, Alexis	5:27.67	
Peng, Sophy	5:30.15 *	
Gee, Stephanie	5:32.64	
Yin, Jessica	5:33.15	
Woo, Jennifer	5:34.81	
Leandro, Taylor	5:35.36	
Jiang, Melissa	5:35.88	

800 FREE

Huang, Salena	9:27.39	5/26/2007
Gee, Stephanie	9:46.59	
Wilkins, Kareasa	9:47.44	
Leandro, Taylor	10:04.95	
Lightstone, Serena	10:17.01	
Fong, Catherine	10:35.22	
Gee, Christine	10:51.79	
Kelly, Tracy	10:59.40	
Buchner, Christina	11:09.04	
Dimalanta, Karina	11:24.84	

200 BREAST

Lyon, Alexis	2:42.43	5/27/1995
Kendall, Ashley	2:50.00	
Monobe, Ellie	2:50.83	
Crook, Megan	2:51.07	
Yin, Jessica	2:51.93	
Lee, Austine	2:52.15	
Ashizawa, Jessica	2:54.01	
Lightstone, Serena	2:55.55	
Xu, Jennifer	2:56.03	
Wilkins, Kareasa	2:56.04	

* times achieved
during our
2013-2014
Swim Season

MSJA



"The difference between ordinary
and extraordinary is that little extra."

13-14 BOYS * LONG COURSE

50 FREE

Lee, Eric	24.67	8/10/1998
Sun, Jerome	26.10	
Choi, Michael	26.16	
Raimondi, Chris	26.53	
Long, Jimmy	26.55	
Zhang, Lyon	26.57r *	
Huang, Edward	26.73	
Ha, Chris	26.86	
Dinis, Adrian	26.93	
Myers, Grant	27.46 *	

1500 FREE

Graversen, Emil	17:32.28	7/27/2011
Buchner, Mauricio	17:43.99	
Coble, Chris	17:49.43	
Sun, Jerome	17:53.09	
Raimondi, Chris	18:22.42	
Glover, Ryan	18:56.64	
Yauch, James	19:08.56	
Chon, William	19:10.83	
Choi, Eugene	19:14.89	

100 FLY

Sun, Jerome	59.31	7/20/2012
Zhang, Lyon	1:00.75 *	
Choi, Michael	1:01.23	
Coble, Chris	1:01.38	
Buchner, Mauricio	1:03.04	
Chen, Bob	1:03.16	
Soen, Andrei	1:03.40	
Lee, Eric	1:03.65	
Raimondi, Chris	1:03.86	
Galant, Misha	1:03.94	

100 FREE

Sun, Jerome	55.07	7/20/2012
Lee, Eric	55.85	
Choi, Michael	56.38	
Raimondi, Chris	56.62	
Buchner, Mauricio	56.75	
Huang, Edward	56.78	
Galant, Misha	57.38	
Ha, Chris	57.49	
Coble, Chris	57.49	
Zhang, Lyon	58.11 *	

100 BACK

Sun, Jerome	1:03.02	7/27/2011
Raimondi, Chris	1:04.07	
Dinis, Adrian	1:04.40	
Coble, Chris	1:04.79	
Buchner, Mauricio	1:05.05	
Rudy, Charlie	1:06.23	
Lee, Eric	1:06.29	
Zhang, Lyon	1:06.41 *	
Choi, Michael	1:06.42	
Chen, Bob	1:06.62	

200 FLY

Coble, Chris	2:14.36	8/12/1997
Sun, Jerome	2:17.76	
Raimondi, Chris	2:19.22	
Buchner, Mauricio	2:19.50	
Choi, Michael	2:20.63	
Zhang, Lyon	2:24.46 *	
Tikhonoff, Jon	2:25.40	
Yeo, Sean	2:28.63 *	
Fong, Jeffrey	2:31.98	
Galant, Misha	2:32.92	

200 FREE

Raimondi, Chris	2:00.71	8/10/1998
Sun, Jerome	2:02.57	
Buchner, Mauricio	2:02.99	
Huang, Edward	2:03.26	
Galant, Misha	2:04.23	
Choi, Michael	2:05.04	
Ha, Chris	2:05.93	
Coble, Chris	2:06.45	
Zhang, Lyon	2:06.50 *	
Lee, Eric	2:08.65	

200 BACK

Sun, Jerome	2:11.54	7/27/2011
Raimondi, Chris	2:14.90	
Buchner, Mauricio	2:15.24	
Coble, Chris	2:17.88	
Zhang, Lyon	2:17.88 *	
Rudy, Charlie	2:23.05	
Dinis, Adrian	2:23.55	
Huang, Edward	2:24.81	
Yoo, Aram	2:24.94	
Forge, Chris	2:26.74	

200 I.M.

Zhang, Lyon	2:10.80	8/7/2014 *
Sun, Jerome	2:12.53	
Coble, Chris	2:17.22	
Raimondi, Chris	2:19.93	
Choi, Michael	2:20.64	
Huang, Edward	2:20.68	
Galant, Misha	2:21.45	
Chen, Bob	2:21.71	
Dinis, Adrian	2:22.43	
Lau, Stephen	2:24.71	

400 FREE

Buchner, Mauricio	4:19.09	8/4/1994
Sun, Jerome	4:19.22	
Graversen, Emil	4:25.69	
Coble, Chris	4:26.13	
Ha, Chris	4:27.25	
Zhang, Lyon	4:27.86 *	
Huang, Edward	4:28.42	
Galant, Misha	4:29.31	
Raimondi, Chris	4:30.81	
Lau, Stephen	4:31.57	

100 BREAST

Zhang, Lyon	1:06.11	7/30/2014 *
Sun, Jerome	1:10.18	
Doe, Kevin	1:13.31	
Huang, Edward	1:13.84	
Guan, Frank	1:14.15	
Chen, Bob	1:14.62	
Delumen, Tony	1:15.00	
Eldessouky, Omar	1:15.14	
Yeo, Sean	1:15.64 *	
Heard, Thomas	1:16.76	

400 I.M.

Zhang, Lyon	4:39.85	8/7/2014 *
Sun, Jerome	4:47.44	
Coble, Chris	4:52.66	
Raimondi, Chris	4:59.75	
Galant, Misha	5:03.75	
Chen, Bob	5:04.38	
Dinis, Adrian	5:08.73	
Huang, Edward	5:10.04	
Lau, Stephen	5:12.48	
Choi, Michael	5:14.28	

800 FREE

Buchner, Mauricio	9:04.52	8/4/1994
Sun, Jerome	9:09.83	
Graversen, Emil	9:09.87	
Coble, Chris	9:10.68	
Painter, Joshua	9:35.41	
Glover, Ryan	9:44.41	
Yauch, James	9:45.28	
Choi, Eugene	9:48.74	
Chon, William	9:53.75	
Heard, Thomas	9:54.44	

200 BREAST

Zhang, Lyon	2:21.46	7/30/2014 *
Sun, Jerome	2:38.23	
Doe, Kevin	2:38.52	
Guan, Frank	2:39.15	
Chen, Bob	2:41.15	
Delumen, Tony	2:43.76	
Dinis, Adrian	2:44.71	
Eldessouky, Omar	2:44.90	
Guan, Jonathan	2:47.23	
Glover, Ryan	2:47.36	

* Times achieved
during our
2013-2014
Swim Season

MSJA



SENIOR WOMEN * LONG COURSE

50 FREE

Huang, Salena †	26.83	8/8/2011
Crook, Megan	27.15	*
Demeulenaere, Jenisse	27.33	
Suryoutomo, Nina	27.33	
Ho, Clara	27.34	
Isaacs, Dory	27.36	
Lee, Austine	27.45	*
Jamison, Tanica*	27.49	
Hua, Vivy	27.53	
Gurnee, Amanda	27.53	

1500 FREE

Huang, Salena	17:59.59	7/18/2007
Akers, Lisa	18:19.50	
Gee, Stephanie	18:52.40	
Wilkins, Kareasa	19:23.47	
Duncan-Nilli, Kanesa	19:42.30	
Leandro, Taylor	19:45.92	
Lightstone, Serena	20:03.53	
Gee, Christine	20:37.80	
Fong, Catherine	20:39.16	
Sun, Beatrice	21:08.67	

100 FLY

Ho, Clara †	1:01.22	8/12/1998
Cheung, Hilvy	1:02.04	
Jamison, Tanica	1:02.97	
Huang, Salena	1:05.38	
Tselikova, Stass	1:05.63	
Demeulenaere, Jenisse	1:06.24	
Hua, Vivy	1:06.78	
Monobe, Ellie	1:06.88	
Tohmon, Maki	1:06.94	
Morgan, Erin	1:07.15	

100 FREE

Huang, Salena †	57.10	8/9/2011
Crook, Megan	58.51	*
Jamison, Tanica †	58.60	
Ho, Clara	58.96	
Demeulenaere, Jenisse	59.00	
Suryoutomo, Nina	59.02	
Cheung, Hilvy	59.18	
Isaacs, Dory	59.21	
Schleicher, Karin	59.22	
He, Jessica	59.42	*

100 BACK

Jamison, Tanica †	1:05.98	8/6/1999
Lightstone, Serena	1:07.22	*
Cheung, Hilvy	1:07.64	*
Ho, Clara	1:08.01	
Crook, Megan	1:08.28	*
Schleicher, Karin	1:08.40	
Jiang, Melissa	1:08.89	*
Cheung, Heidi	1:09.24	
Huang, Salena	1:09.25	
Suryoutomo, Tanya	1:09.28	

200 FLY

Ho, Clara †	2:16.22	7/18/1996
Cheung, Hilvy	2:17.78	
Tselikova, Stass	2:24.21	
Wilkins, Kareasa	2:30.70	
Woo, Jennifer	2:30.96	
Yu, Suri	2:34.30	*
Yauch, Marlena	2:34.77	
Peterson, Lisa	2:34.94	
Duran, Alison	2:36.63	
Yuan, Charlotte	2:38.46	

200 FREE

Huang, Salena	2:05.05	3/29/2012
Jamison, Tanica	2:06.99	
Schleicher, Karin	2:08.01	
Isaacs, Dory	2:08.48	
He, Jessica	2:09.82	*
Crook, Megan	2:10.15	
Ho, Clara	2:10.41	
Lightstone, Serena	2:11.00	*
Gurnee, Amanda	2:11.81	
Monobe, Ellie	2:12.17	

200 BACK

Lightstone, Serena	2:25.25	7/30/2014 *
Suryoutomo, Tanya	2:27.42	
Cheung, Hilvy	2:27.69	*
Huang, Salena	2:27.86	
Jiang, Melissa	2:28.39	*
Suryoutomo, Nina	2:30.10	
He, Jessica	2:30.30	*
Cheung, Heidi	2:31.23	
Giles, Danielle	2:32.16	
Crook, Megan	2:32.17	*

200 I.M.

Ho, Clara	2:22.50	6/11/2000
Morgan, Erin	2:24.62	
Isaacs, Dory	2:24.65	
Crook, Megan	2:26.52	
Monobe, Ellie	2:26.74	
Lightstone, Serena	2:26.82	
Cheung, Hilvy	2:27.63	
Ho, Clara	2:27.83	
Schleicher, Karin	2:28.36	
Huang, Salena	2:28.47	

400 FREE

Huang, Salena	4:25.02	7/30/2008
Jamison, Tanica	4:32.66	
Akers, Lisa	4:38.54	
Andrade, Lauren	4:39.04	
Schleicher, Karin	4:39.87	
Crook, Megan	4:40.57	*
Giles, Danielle	4:41.12	
Larson, Sarah	4:41.59	
Ashizawa, Jessica	4:41.66	
Huynh, Jasmine	4:41.84	

100 BREAST

Isaacs, Dory	1:13.60	7/22/2009
Lyon, Alexis	1:14.46	
Monobe, Ellie	1:14.63	
Morgan, Erin	1:15.06	
Crook, Megan	1:16.02	*
Xu, Jennifer	1:16.80	
Kendall, Ashley	1:16.83	
Yin, Jessica	1:17.90	
Ashizawa, Jessica	1:18.05	
Lee, Austine	1:18.29	*

400 I.M.

Monobe, Ellie	5:07.18	5/27/2007
Schleicher, Karin	5:13.94	
Duncan-Nilli, Kanesa	5:19.54	
Giles, Danielle	5:19.81	
Wilkins, Kareasa	5:20.30	
Ho, Clara	5:22.27	
Huang, Salena	5:23.28	
Crook, Megan	5:25.46	
Ashizawa, Jessica	5:27.28	
Cheung, Hilvy	5:28.44	

800 FREE

Huang, Salena	9:15.30	12/1/2011
Giles, Danielle	9:37.56	
Akers, Lisa	9:38.88	
Huynh, Jasmine	9:41.62	
Gee, Stephanie	9:46.59	
Wilkins, Kareasa	9:47.44	
Leandro, Taylor	10:04.95	
Gurnee, Amanda	10:08.87	
Dzuber, Nicole	10:16.94	
Lightstone, Serena	10:17.01	*

200 BREAST

Monobe, Ellie	2:39.89	7/10/2008
Lyon, Alexis	2:41.12	
Morgan, Erin	2:44.87	
Lee, Austine	2:46.96	
Crook, Megan	2:47.05	
Xu, Jennifer	2:48.12	
Duncan-Nilli, Kanesa	2:48.34	
Kendall, Ashley	2:49.02	
Ashizawa, Jessica	2:49.39	
Yin, Jessica	2:51.04	

*Times achieved during
our
2013-2014



† Tanica Jamison 2000, 2004, 2008 Olympic Trial Qualifier/Finalist... † Clara Ho... 1996, 2000, 2004 Olympic Trial Qualifier/Finalist
† Salena Huang... 2012 Olympic Trial Qualifier.....WHO WILL BE NEXT IN 2016?

SENIOR MEN * LONG COURSE

50 FREE

Lee, Eric	23.98	8/5/2000
Hoffman, Bryan	24.35	
Haber, Sam	24.45	
Chow, Jonathon	24.59	
Vaa, Jeremy	25.01	
Lehmacher, Marc	25.07	
Blum, Kevin	25.15	
Payne, Kyle	25.21	
Nguyen, Christopher	25.22	
Sun, Jerome	25.51	

1500 FREE

Graversen, Emil	17:03.61	8/1/2012
Sun, Jerome	17:32.06	
Graversen, Emil	17:32.28	
Graversen, Morten	17:32.30	
Buchner, Mauricio	17:43.99	
Coble, Chris	17:49.43	
Poropat, Mike	17:57.61	
Foster, Patrick	17:59.66	
Ashmore, Mike	18:04.61	
Raimondi, Chris	18:22.42	

100 FLY

Hoffman, Bryan	56.84	7/18/1996
Coble, Chris	57.26	
Nguyen, Christopher	58.55	
Sun, Jerome	58.56	
Foster, Patrick	59.35	
Choi, Michael	59.85	
Haber, Sam	59.87	
Chen, Bob	1:00.14	
Dinis, Adrian	1:00.32	
Raimondi, Chris	1:00.39	

100 FREE

Hoffman, Bryan	53.24	7/18/1996
Chow, Jonathon	53.79	
Graversen, Morten	54.33	
Haber, Sam	54.66	
Lee, Eric	54.75	
McCarthy, Patrick	54.78	
Huang, Edward	54.79	
Sun, Jerome	55.07	
Lehmacher, Marc	55.09	
Aguilar, Eric	55.12	

100 BACK

Lehmacher, Marc	59.75	7/26/2001
Sun, Jerome	1:01.43	
Yoo, Aram	1:01.57	
McCarthy, Patrick	1:01.87	
Raimondi, Chris	1:02.15	
Dinis, Adrian	1:02.45	
Foster, Patrick	1:02.52	
Buchner, Mauricio	1:02.98	
Aguilar, Eric	1:03.01	
Nguyen, Christopher	1:03.09	

200 FLY

Coble, Chris	2:05.37	8/5/2000
Hoffman, Bryan	2:06.20	
Foster, Patrick	2:11.99	
Chen, Bob	2:13.81	
Rico, Michael	2:14.11	
Buchner, Mauricio	2:16.41	
Sun, Jerome	2:16.50	
Choi, Michael	2:18.05	
Raimondi, Chris	2:19.22	
Eldessouky, Omar	2:19.27	

200 FREE

Hoffman, Bryan	1:56.25	7/18/1996
Graversen, Morten	1:56.74	
Aguilar, Eric	1:59.43	
Raimondi, Chris	2:00.00	
Huang, Edward	2:00.02	
Vaa, Jeremy	2:00.36	
Coble, Chris	2:00.89	
Sun, Jerome	2:01.69	
Foster, Patrick	2:01.93	
Buchner, Mauricio	2:01.98	

200 BACK

Raimondi, Chris	2:10.01	8/3/2002
Sun, Jerome	2:11.54	
Foster, Patrick	2:12.11	
Lehmacher, Marc	2:12.60	
Buchner, Mauricio	2:12.90	
Yoo, Aram	2:15.72	
Coble, Chris	2:16.17	
Graversen, Emil	2:16.85	*
Dinis, Adrian	2:17.13	
Zhang, Lyon	2:17.88	*

200 I.M.

Zhang, Lyon	2:10.80	8/7/2014 *
Sun, Jerome	2:11.66	
Coble, Chris	2:12.73	
Foster, Patrick	2:13.10	
Payne, Kyle	2:14.68	
Huang, Edward	2:15.66	
McCarthy, Patrick	2:16.21	
Raimondi, Chris	2:16.73	
Dinis, Adrian	2:17.08	
Chen, Bob	2:17.13	

400 FREE

Graversen, Morten	4:11.65	8/5/2009
Huang, Edward	4:13.61	
Hoffman, Bryan	4:15.25	
Foster, Patrick	4:17.03	
Buchner, Mauricio	4:19.09	
Sun, Jerome	4:19.22	
Graversen, Emil	4:19.25	
Raimondi, Chris	4:23.91	
Vaa, Jeremy	4:24.19	
Coble, Chris	4:24.34	

100 BREAST

Zhang, Lyon	1:06.11	7/30/2014 *
Payne, Kyle	1:06.61	#!
Vaa, Eric	1:08.61	
Huang, Edward	1:09.30	
Sun, Jerome	1:09.43	
Borck, Ian	1:09.91	
Doe, Kevin	1:10.03	
Hsia, William	1:10.55	
McCarthy, Patrick	1:10.65	
Law, Michael	1:10.95	

400 I.M.

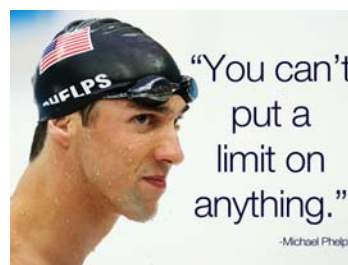
Zhang, Lyon	4:39.85	8/7/2014 *
Coble, Chris	4:44.96	
Foster, Patrick	4:45.97	
Raimondi, Chris	4:47.08	
Sun, Jerome	4:47.44	
Graversen, Morten	4:50.91	
Dinis, Adrian	4:52.86	
Rico, Michael	4:58.75	
Chen, Bob	4:59.02	
Eldessouky, Omar	5:01.47	

800 FREE

Graversen, Morten	8:58.22	7/28/2010
Graversen, Emil	8:59.61	
Buchner, Mauricio	9:04.50	
Sun, Jerome	9:09.62	
Coble, Chris	9:10.68	
Ashmore, Mike	9:17.86	
Poropat, Mike	9:20.84	
Delacruz, Marc	9:23.19	
Glover, Ryan	9:26.81	
Hoffman, Bryan	9:32.92	

200 BREAST

Zhang, Lyon	2:21.46	7/30/2014 *
Payne, Kyle	2:22.55	#!
Doe, Kevin	2:30.94	
Vaa, Eric	2:31.38	
Eldessouky, Omar	2:32.69	
Sun, Jerome	2:33.24	
Borck, Ian	2:33.28	
Graversen, Morten	2:33.62	
Moraine, Kevin	2:34.61	
Guan, Frank	2:36.90	



* Times Established during 2013-2014

#! In his 5th year of swimming, Kyle Payne...was just tenths away from qualifying for the 2004 Olympic Trials in the 200 Breast
WHO WILL BE MSJA'S NEXT OLYMPIC TRIAL QUALIFIER, OR FIRST OLYMPIAN?



MSJA RELAY TEAMS RANKED TOP 10 IN PACIFIC SWIMMING



TEAM

Together Everyone Achieves More

MSJA/EBA 2013-2014

PACIFIC SWIMMING RELAYS

RANKED TOP 10

DIVISION	COURSE	EVENT	TIME	DATE	SWIMMERS	RANK
13-14 Girls	SCY	200 Free	1:42.16	2014	J. He, M. Gong, C. Jackson, S. Peng	6th
13-14 Girls	SCY	400 Free	3:42.07	2014	J. He, M. H. Gray. Jackson, S. Peng	8th
11-12 Boys	SCY	400 Medley	4:44.31	2014	R. Le, E. Tse, J. Silmaro, A. Hoang	9th
13-14 Boys	SCY	200 Free	1:35.29	2014	A. Davis, A. Nguyen, G. Myers, Z. Zhou	8th
13-14 Boys	SCY	400 Free	3:31.86	2014	L. Zhang, S. Balica, G. Myers, M. Lin	10th
13-14 Boys	SCY	200 Medley	1:45.20	2014	A. Zhou, L. Zhang, M. Lin, A. Davis	3rd
11-12 Boys	LCM	200 Free	2:00.06	2014	J. Wu, R. Le, J. Silmaro, A. Hoang	8th
11-12 Boys	LCM	200 Medley	2:15.29	2014	J. Wu, R. Le, J. Silmaro, A. Hoang	9th
13-14 Girls	LCM	400 Free	4:10.95	2014	J. He, L. Gallagher, S. Yu, S. Peng	6th
13-14 Girls	LCM	200 Free	1:53.95	2014	J. He, S. Yu, C. Jackson, S. Peng	6th
13-14 Girls	LCM	400 Medley	4:50.66	2014	M. Gong, S. Peng, J. He, C. Jackson	10th
13-14 Boys	LCM	400 Free	3:57.15	2014	L. Zhang, A. Davis, A. Nguyen, A. Zhou	9th
13-14 Boys	LCM	200 Medley	2:01.83	2014	A. Zhou, L. Zhang, A. Nguyen, A. Davis	10th
13-14 Boys	LCM	200 Free	1:45.54	2014		7th
13-14 Boys	LCM	400 Medley	4:25.25	2014	A. Nguyen, L. Zhang, A. Zhou, A. Davis	8th
17-18 Boys	LCM	200 Medley	1:52.47	2014	M. Lee, C. Sand, B. Sun, Trevor Fung	1st
17-18 Boys	LCM	200 Free	1:37.94	2014	C. Sand, D. Watts, M. Lee, T. Fung	2nd
17-18 Boys	LCM	400 Free	3:44.18	2014	M. Kim, E. Graversen, B. Sun, T. Fung	3rd

WE ARE

AMERICA'S SWIM TEAM

**UNITED BY GOGGLE MARKS
DRY SKIN & WEBBED FEET**

.....

**WE SEE THE SWIMMER IN
THE NEXT LANE AS OUR
BIGGEST COMPETITION
AND OUR
CLOSEST FRIEND**

**WE LEAP FROM THE BLOCKS
LIKE THEY'RE A MILLION DEGREES
BUT WE ARE THE ONES
ON FIRE**

**TO US, EVERY RACE IS
— THE CHAMPIONSHIPS —
THE RACE FOR
BRAGGING RIGHTS**

**WE ARE SEPARATED BY SECONDS
AND BOUND BY FRIENDSHIPS THAT
LAST A LIFETIME**

☆ **WE POSSESS** ☆
**SUPERHUMAN POWERS
SUPERHUMAN LUNGS
SUPERHUMAN STRENGTH**

**IF YOU'RE ON LAND
YOU DON'T GET US
IF YOU'RE IN THE WATER
YOU CAN'T CATCH US!**

**AND WE LOVE THAT
HOURS AFTER THE
WRINKLES SMOOTH OUT,
THE CHLORINE WEARS
OFF, AND THE WATER
DRAINS FROM OUR EARS,
WE ARE STILL**



SWIMMING



Borrowed from USA Swimming...The Swimmer's Creed



**Thank you
for being
part of our
MSJA Family
&
East Bay
Aquatics
Association**



THE TIMES OF OUR LIVES

1989-2014

25 Years Of Fast Times

Year 25: MSJA Becomes

Part of the East Bay Aquatics Association



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