

# Varsity Foothill League Champions

1983 - 2016

| Name                 | Event & Year                                                                                                                                    |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| Tim Allison          | 200 FR '97                                                                                                                                      |
| Naphong Aneksirikul  | 200 FR '12, '14                                                                                                                                 |
| Konrad Antoniuk      | 500 Freestyle '07 - 200 MR '10 - 400 FR '10                                                                                                     |
| Asia Antoniuk        | 200 MR '11, '12 - Butterfly '11 - 400 FR '11, '13 - 200 FR '13                                                                                  |
| Nicole Antoniuk      | 200 MR '10, '11, '12 - 500 Freestyle '10, '11 - 200 IM '11 - 400 FR '11                                                                         |
| Samantha Asencio     | 200 MR '10 - 200 Freestyle '08 - 200 FR '08, '09, '10, '11 - 400 FR '08, '09, '11                                                               |
| Chris Asplin         | 400 FR '84, '85, '86                                                                                                                            |
| David Baker          | 200 MR '89, '90 - 200 Freestyle '90                                                                                                             |
| Austin Barreiro      | 50 Freestyle '15 - 200 FR '14 - 400 FR '13, '14, '15                                                                                            |
| Nicolette Barreiro   | 200 MR '10, '11, '12 - 200 FR '09, '10, '11 - 400 FR '12                                                                                        |
| Curren Bates         | 200 FR '08                                                                                                                                      |
| Wilson Bellows       | 200 MR '10, '11                                                                                                                                 |
| Goran Bistic         | 200 MR '03, '04, '05 - 200 FR '03 - Backstroke '03, '04, '05 - Butterfly '03<br>400 FR '04, '05                                                 |
| Igor Bistic          | Backstroke '99, '01, '02 - 200 MR '00, '01, '02 - 400 FR '02                                                                                    |
| Mike Blair           | 400 FR '87, '88, '89 - Butterfly '88, '89, '90 - 200 MR '89                                                                                     |
| Stu Blair            | 200 MR '87, '88 - Butterfly '87                                                                                                                 |
| Thane Blinman        | 200 MR '83, '84, '85 - Breaststroke '83, '84, '85                                                                                               |
| Anna Blomster        | 400 FR '86 - 200 IM '86 - Butterfly '86                                                                                                         |
| Jim Blowers          | 200 MR '85, '86, '87                                                                                                                            |
| Shelly Blowers       | 400 FR '88 - 200 MR '89, '90 - Butterfly '88, '89, '90                                                                                          |
| Tina Brickel         | 200 MR '91                                                                                                                                      |
| Ryan Brimer          | 400 FR '15                                                                                                                                      |
| Robyn Burton         | 200 MR '90, '91, '92, '93 - 200 FR '91, '92 - 400 FR '93 - Butterfly '92<br>200 Freestyle '92, '93 - Backstroke '93                             |
| Yvette Castaneda     | 200 FR '13                                                                                                                                      |
| Christine Castellano | Backstroke '98 - 200 IM '99 - Breaststroke '99, '01 - 200 MR '99, '00, '01 - 400 FR '99                                                         |
| Katie Castellano     | 200 FR '04, '05                                                                                                                                 |
| Blair Cannon         | 400 FR '86, '87, '88, '89 - 200 Freestyle '87 - 500 Freestyle '86, '87                                                                          |
| Suelyn Cathcart      | 200 MR '88                                                                                                                                      |
| Clair Chambers       | 400 FR '84, '85 - 200 FR '83 - 200 Freestyle '84                                                                                                |
| Hayley Calams        | 50 Freestyle '04 - 200 FR '04, '05 - 400 FR '05                                                                                                 |
| Cassie Cayson        | 200 FR '02                                                                                                                                      |
| Jen Jen Chen         | 200 FR '98                                                                                                                                      |
| Sue Clemmer          | 400 FR '85                                                                                                                                      |
| Chris Cogswell       | 400 FR '10, '12 - 200 MR '12 - Backstroke '12                                                                                                   |
| Cole Cogswell        | 200 FR '12, '14 - 50 Freestyle '12, '14 - 100 Freestyle '15 - Backstroke '15 - 400 FR '12, '14, '15                                             |
| Susie Cook           | 400 FR '89 - Backstroke '90                                                                                                                     |
| Brittany Connery     | 200 FR '01, '02 - 400 FR '01 - 50 Freestyle '01                                                                                                 |
| Shannon Coskran      | 200 MR '99, '00, '01, '02 - 400 FR '99, '00, '01, '02 - Backstroke '99, '00, '02<br>Butterfly '99, '02 - 500 Freestyle '01                      |
| Jim Cubbage          | 100 Freestyle '83 - 400 FR '83                                                                                                                  |
| Cris Cusac           | 200 FR '03                                                                                                                                      |
| David Deloria        | 200 FR '00, '01, '02 - 400 FR '00, '01, '02 - 200 IM '00, '01 - 100 Freestyle '02<br>Breaststroke '01 - 200 Freestyle '02                       |
| Andrea Dortch        | 400 FR '83, '84, '85                                                                                                                            |
| Kelly Dos Santos     | 400 FR '89                                                                                                                                      |
| Tony Dos Santos      | 200 MR '83                                                                                                                                      |
| Jordan Danny         | 400 FR '07, '08, '09 - 200 IM '06, '07, '08, '09 - Breaststroke '06, '07, '08, '09<br>200 MR '08, '09                                           |
| Heather Douglas      | 400 FR '89 - Backstroke '87                                                                                                                     |
| Erin Eriksson        | 400 FR '94, '95, '96                                                                                                                            |
| Anthony Ervin        | 400 FR '96, '97, '98, '99 - 200 FR '97 - Backstroke '96 - 200 MR '96, '98, '99<br>100 Freestyle '96, '97, '98, '99 - 50 Freestyle '97, '98, '99 |
| Andrew Evans         | 200 MR '03, '04, '05 - 200 FR '03, '05 - 50 Freestyle '03                                                                                       |

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| Brent Ford             | 200 MR '84, '85 - 400 FR '83, '85 - Backstroke '83, '84, '85                                |
| Tood Ford              | 400 FR '88, '89 - 100 Freestyle '88, '89 - 200 Freestyle '88, '89                           |
| J.D. Frank             | 200 MR '90, '91, '92 - 200 FR '92 - Backstroke '90, '91, '92 - 100 Freestyle '90, '92       |
| Elizabeth Frick        | Breaststroke '98 - Butterfly '98                                                            |
| Matt Gannon            | 200 MR '03, '04 - 400 FR '03, '04, '05 - 200 FR '05 - 200 IM '05                            |
| Gary Garon             | Breaststroke '99                                                                            |
| Lindsay Gassner        | 200 MR '91, '92 - 50 Freestyle '92 - 100 Freestyle '91, '92 - Butterfly '91                 |
|                        | 200 FR '91, '92                                                                             |
| Anne Glenn             | 200 FR '98 - 200 MR '99, '00, '01 - 200 FR '99 - Butterfly '01                              |
| Hayley Good            | 200 MR '08, '09 - 100 Freestyle '08, '10, '11 - 200 FR '08, '09, '10, '11 - 400 FR '10, '11 |
| Lynn Gospoderak        | 200 MR '85, '86, '87 - Breaststroke '86, '87                                                |
| Rick Granger           | 200 MR '88, '89                                                                             |
| Chelsea Griffiths      | 200 MR '09 - 100 Freestyle '09 - Backstroke '09 - 400 FR '09                                |
| Sean Gucciardi         | 200 MR '05 - 400 FR '05 - Butterfly '05                                                     |
| <b>Brooke Helgeson</b> | <b>400 FR '15, '16</b>                                                                      |
| Alena Henrich          | 200 MR '97 - 400 FR '95 - 500 Freestyle '95 - 200 IM '97                                    |
| Maggie Hanson          | 400 FR '07, '09, '10 - 200 MR '08, '09, '10 - 200 FR '08 - 200 Freestyle '09 - 200 IM '10   |
| <b>Gracie Hill</b>     | <b>400 FR '16</b>                                                                           |
| Luke Hilmo             | 200 MR '02 - 200 FR '00, '01, '02                                                           |
| Daniel Hofstedt        | 200 Freestyle '06 - 500 Freestyle '06 - 200 FR '05 - 400 FR '05                             |
| Jeff Hoskinson         | 200 MR '90, '91, '92 - 200 FR '92 - Breaststroke '90 - 200 IM '91, '92 - 500 Freestyle '92  |
| Julie Hutak            | 400 FR '95 - 100 Freestyle '95                                                              |
| Janetta Iwanicki       | 200 FR '98                                                                                  |
| Brian Jacobs           | 200 FR '96, '97                                                                             |
| Joey Johnson           | 200 MR '85 - Backstroke '83, '85                                                            |
| Matt Johnson           | 200 MR '13 - 400 FR '11, '12, '13, '14 - 200 IM '12 - 500 Freestyle '12, '13, '14           |
|                        | 200 Freestyle '13, '14                                                                      |
| Mitch Johnson          | 200 MR '09, '11, '12 - 400 FR '10, '11, '12                                                 |
| Hayley Jones           | 200 FR '95, '96 - 400 FR '95, '96 - 100 Freestyle '98 - 200 Freestyle '98                   |
| Sean Kakumu            | 200 MR '01, '02 - Breaststroke '02                                                          |
| Dana Klaus             | 200 MR '92 - 200 FR '92 - Backstroke '91                                                    |
| Jade Klawer            | 400 FR '99 - 200 Freestyle '99, '00 - 500 Freestyle '99, '00, '02                           |
| Kent Klawer            | 200 MR '03 - 500 Freestyle '01, '02, '03, '04 - 200 IM '02, '03, '04 - 200 FR '02           |
|                        | 400 FR '02, '03, '04                                                                        |
| Christian Knepeck      | 200 MR '98 - 400 FR '98 - 500 Freestyle '98 - 200 IM '98                                    |
| Gina Knox              | 200 FR '99 - 400 FR '99, '00, '01, '02                                                      |
| Tammy Kohl             | 200 MR '87                                                                                  |
| Kris Korth             | Breaststroke '12                                                                            |
| Nick Korth             | 200 FR '08 - Breaststroke '08, '09 - 400 FR '08 - 200 MR '09                                |
| Rachel Krager          | 400 FR '05, '07, '08 - Butterfly '05, '06 - 500 Freestyle '05, '06, '07, '08 - 200 MR '08   |
| Donna Kroeger          | 400 FR '84, '85, '86                                                                        |
| Liz Kroeger            | 200 MR '88                                                                                  |
| Jason Leaf             | 400 FR '00, '01                                                                             |
| Mike Leathers          | 200 MR '83                                                                                  |
| Carey Lefler           | 200 MR '88, '89 - Breaststroke '88                                                          |
| Tiffany Leigh          | 200 MR '86, '89 - Backstroke '86                                                            |
| Jason Leggitt          | 200 MR '87, '88 - Breaststroke '87, '88 - 200 IM '87                                        |
| Michael Linn           | 200 MR '99, '00, '01, '02 - 400 FR '00 - 200 FR '01, '02 - Butterfly '00, '01, '02          |
|                        | 50 Freestyle '02                                                                            |
| Jeffrey Linn           | 400 FR '04 - 200 MR '04, '05 - 200 FR '05                                                   |
| KC Linn                | 200 FR '07 - 200 MR '08 - 400 FR '08                                                        |
| Quincy Liu             | 200 MR '12, '13                                                                             |
| Christine Lusk         | 200 MR '13                                                                                  |
| Shannon McCarthy       | 200 MR '02 - 400 FR '02 - 200 FR '04 - Backstroke '01, '03 - 500 Freestyle '03, '04         |
| Daniel McGowan         | 200 MR '11                                                                                  |
| Devon Meister          | 200 FR '00 - 200 Freestyle '01                                                              |
| Grant Miladin          | 200 MR '10                                                                                  |
| Craig Miller           | 400 FR '84, '85, '86 - 200 Freestyle '85, '86                                               |
| Lisa Miller            | 200 MR '83, '84                                                                             |
| Greg Mitchell          | 400 FR '84, '85                                                                             |
| Jeff Mitchell          | 400 FR '84, '87 - 50 Freestyle '87 - 100 Freestyle '87                                      |
| Lauren Miyako          | 400 FR '96, 200 FR '98                                                                      |
| Kevin Moore            | 200 FR '12, '14 - 200 MR '13 - 400 FR '13, '14                                              |
| Nina Morrison          | 200 FR '10, '13 - 400 FR '10                                                                |
| Eric Morse             | 200 MR '83                                                                                  |
| Heather Mutz           | 500 Freestyle '94                                                                           |
| Brian Murphy           | 200 MR '91                                                                                  |

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| Kim Nakamaru               | 200 FR '99, '01, '02 - 100 Freestyle '99, '01 - 200 Freestyle '01 - 400 FR '99, '00, '01, '02   |
| Alex Ngan                  | 200 MR '09, '10, '11 - 50 Freestyle '10, '11 - Backstroke '10 - 100 Freestyle '11               |
|                            | 400 FR '10, '11                                                                                 |
| Diane Novak                | 200 MR '85, '86 - 400 FR '86                                                                    |
| Danielle Odiorne           | 200 FR '93, '94, '96 - 400 FR '93, '94 - 200 MR '96 - 50 Freestyle '96 - 100 Freestyle '96      |
|                            | 200 Freestyle '94                                                                               |
| Monica Oleksyn             | 200 MR '94, '95, '96, '97 - 200 FR '94, '95, '96 - Breaststroke '94, '95, '96, '97              |
|                            | Butterfly '94                                                                                   |
| Jim Orr                    | 200 MR '87 - Backstroke '86, '87                                                                |
| Mike Orr                   | 200 MR '88                                                                                      |
| Matt Ortega                | 400 FR '03 - 200 FR '03 - 200 Freestyle '03                                                     |
| <b>Adam Osowski</b>        | <b>400 FR '15 - 200 Freestyle '16, 500 Freestyle '16</b>                                        |
| Emma Osowski               | 400 FR '12, '14                                                                                 |
| Grant Ottoviano            | 200 MR '96                                                                                      |
| Ryan Parmenter             | 400 FR '96, '97, '98, '99 - 200 FR '97, '98 - 200 MR '96, '99 - 200 Freestyle '96, '98          |
|                            | 200 IM '97, '99 - 500 Freestyle '97 - Butterfly '98, '99                                        |
| Beth Ann Perdisatt         | 400 FR '88, '89 - 500 Freestyle '89                                                             |
| David Plasterer            | 400 FR '86, '87, '88, '89                                                                       |
| James Plasterer            | 400 FR '83, '85 - 200 MR '84 - 500 Freestyle '85 - 200 Freestyle '84                            |
| Jane Pratt                 | 400 FR '84                                                                                      |
| Alexis Petterson           | 200 FR '99 - 200 MR '99, '00, '01, '02 - 50 Freestyle '00, '02 - 100 Freestyle '00              |
|                            | 400 FR '00                                                                                      |
| Eric Pritchett             | 400 FR '98, '99, '00 - 200 FR '98, '00 - 200 Freestyle '99 - 200 MR '00                         |
|                            | 500 Freestyle '99, '00                                                                          |
| Lauren Prella              | 200 MR '93, '96 - 400 FR '93                                                                    |
| Mik Ranslem                | 200 MR '13 - 200 IM '12, '13 - Butterfly '12, '14, '15 - 400 FR '12, '13, '14, '15              |
| Eric Reifman               | 400 FR '96, '97, '99                                                                            |
| Molly Rogers               | 200 FR '05 - 400 FR '05                                                                         |
| Andre Salles-Cunha         | 200 MR '91, '92 - 200 FR '92 - Breaststroke '91, '92                                            |
| Tamara Santoyo             | 200 MR '13 - 50 Freestyle '13, '14, '15 - 100 Freestyle '13, '15 - 400 FR '13, '14, '15         |
| Rachael Sausser            | 200 FR '93                                                                                      |
| T.J. Schramm               | 200 FR '07                                                                                      |
| <b>Alyssa Schultz</b>      | <b>500 Freestyle '13, '14, '15, '16 - 200 Freestyle '14, '16 - 400 FR '14, '15, '16</b>         |
| Megan Schultz              | 400 FR '10, '12, '13 - 200 MR '11, '12, '13 - Backstroke '11                                    |
| Lesleen Schwartz           | 400 FR '86, '88 - 200 MR '87 - Butterfly '87 - 50 Freestyle '88                                 |
| Griffin Scott              | 400 FR '11, '13 - 200 MR '12, '13 - 200 FR '12 - Butterfly '13                                  |
| Amy Sexton                 | 200 MR '92, '94, '94, '95 - 200 FR '92 - 400 FR '94 - Backstroke '92, '94                       |
| Heather Sexton             | Breaststroke '92                                                                                |
| Kevin Sinderman            | 200 MR '85                                                                                      |
| <b>Stephanie Skarshaug</b> | <b>400 FR '16</b>                                                                               |
| Drew Skelly                | 400 FR '83 - 200 MR '84 - 50 Freestyle '83, '84                                                 |
| Becky Skyler               | 200 MR '94, '95, '96, '97 - 200 FR '94, '95 - 400 FR '96 - 50 Freestyle '94, '95, '97           |
|                            | 200 IM '96 - 100 Freestyle '94 - Butterfly '95, '96, '97                                        |
| Andrew Skvarna             | 200 MR '08, '09 - 50 Freestyle '08, '09 - 100 Freestyle '08 - 400 FR '08                        |
| Brent Stevenson            | 200 FR '07, '08 - 200 MR '08                                                                    |
| Rachael Stoffel            | 400 FR '07, '08 - 200 FR '08, '09                                                               |
| Sandy Tapp                 | 200 MR '84, '86 - 50 Freestyle '85, '86 - 100 Freestyle '85, '86                                |
| Victoria Tenney            | 200 FR '04, '05 - 400 FR '05                                                                    |
| Jon Terwilliger            | 400 FR '96, '97, '98, '99 - 200 FR '96                                                          |
| Kyle Terwilliger           | 400 FR '02                                                                                      |
| Jennifer Tsakaumakis       | 200 FR '99                                                                                      |
| Kelly Valentine            | 400 FR '93, '94 - 200 FR '93, '96 - 100 Freestyle '93                                           |
| Tim Van Name               | 400 FR '08                                                                                      |
| Cory van Vliet             | 200 FR '03                                                                                      |
| Sheila Wadell              | 200 MR '87, '88 - Backstroke '90                                                                |
| Bryana Waage               | 200 FR '11, '13                                                                                 |
| Erin Walsh                 | 200 MR '93, '94, '95 - 200 FR '93, '94, '95 - Breaststroke '93                                  |
| Chris Weber                | 200 FR '07, '08 - 200 IM '07, '08 - Breaststroke '07 - 200 MR '08                               |
| Sheila Weston              | 200 MR '83, '84, '85                                                                            |
| Evy Wild                   | 400 FR '88 - 200 FR '91 - 200 MR '89, '90, '91 - Backstroke '88, '89 - 100 Freestyle '90        |
|                            | 200 Freestyle '91 - 50 Freestyle '89, '90, '91                                                  |
| Jason Wild                 | 200 MR '89 - Backstroke '88, '89                                                                |
| Erik Wissig                | 200 MR '92 - 200 FR '92 - 50 Freestyle '90, '92 - Butterfly '92                                 |
| Adam Wright                | 200 MR '96 - 200 FR '96                                                                         |
| Nick Yancey                | 200 MR '98, '01 - 200 FR '98, '99, '01 - 400 FR '00, '01 - 50 Freestyle '01 - 100 Freestyle '01 |
| Debbie Yasukochi           | 200 MR '84 - 400 FR '85, '86 - Butterfly '85 - Backstroke '84 - 200 IM '85                      |
| John Yohanna               | 200 FR '96                                                                                      |
| Sara Yohanna               | 200 MR '02                                                                                      |