

2006 ST. IGNATIUS WOMEN'S SWIMMING TOP TIMES

50 Freestyle (26.19)

24.54*	JC Sheppard (CCS)
25.06*	Darice Campbell (CCS)
25.20*	Sasza Lohrey (CCS)
25.28*	MacKenzie Campbell (SF)
25.48*	Ruthie Dimagmaliw (WCAL)
26.06*	Lyndsie Dellaria (DLS)
26.07*	Kelly Conley (DLS)
26.46	Lauren Padilla (NDB)
26.87	Tessa Peirona (City)
27.07	Michelle Herrerias (VC)
27.12	Micaela Shorroch (DLS)
27.30	Mia Neagle (WCAL)
27.50	Raquel Dayao (DLS)
27.86	Jinna Pang (NDB)
28.00	Jenna Lind (Car)
28.10	Gina Castagnola (VC/NDB)
28.22	Maddie Summa (WCAL)
28.51	Jenny Arimoto (VC)
28.78	Maxie Groh (WCAL)
28.80	Zea Moscone (WCAL)
29.01	Nicole O'Dea (SHC)
29.02	Carly Jaquier (NDB)
29.14	Annamarie Hansen (SF)
29.23	Susannah Groh (WCAL)
29.29	Allison Rogers (VC)
29.56	Kristina Kirchgessner (SF)
29.96	Kat Huang (WCAL)
30.60	Erin Mahoney (DLS)

100 Freestyle (57.19)

53.91*	MacKenzie Campbell (CCS)
54.58*	Mallory Ryan (CCS)
55.25*	Sasza Lohrey (WCAL)
56.18*	Lauren Padilla (DLS)
56.52*	Lyndsie Dellaria (DLS)
56.77*	Kelly Conley (PALY)
56.95*	JC Sheppard (SHC/DLS)
57.05*	Ruthie Dimagmaliw (PALY)
57.58	Lauren Quan (NDB)
58.29	Lorretta Roddy (WCAL)
59.38	Michelle Herrerias (WCAL)
59.78	Raquel Dayao (DLS)
1:00.31	Gina Castagnola (WCAL)
1:01.04	Jenna Lind (VC)
1:01.35	Mia Neagle (WCAL)
1:01.36	Jenny Arimoto (WCAL)
1:01.69	Maddie Summa (WCAL)
1:02.63	Kristina Kirchgessner (DLS)
1:02.84	Nicole O'Dea (CAR)
1:02.95	Zea Moscone (DLS)
1:03.71	Annamarie Hansen (WCAL)
1:04.06	Jinna Pang (SF)
1:04.59	Emily Schwartz (CAR)
1:05.42	Thea Trindle (DLS)
1:08.01	Susannah Groh (DLS)
1:08.04	Kat Huang (DLS)
1:08.42	Erin Mahoney (DLS)

200 Freestyle (2:05.29)

1:57.54*	Mallory Ryan (WCAL)
2:03.13*	Lyndsie Dellaria (DLS)
2:03.97*	Ruthie Dimagmaliw (PRES)
2:04.69*	Lauren Quan (DLS)
2:05.73	Loretta Roddy (WCAL)
2:08.92	Gina Castagnola (WCAL)
2:08.93	Kelly Conley (DLS)
2:12.67	Kristina Kirchgessner (WCAL)
2:12.94	Jenny Arimoto (WCAL)
2:15.99	Cassandra Gallagher (NDB)
2:18.77	Carly Jaquier (SHC)
2:20.16	Thea Trindle (WCAL)
2:26.98	Annamarie Hansen (PRES)
2:27.48	Zea Moscone (SHP)
2:33.48	Erin Mahoney (CAR)

500 Freestyle (5:36.59)

5:08.62*+	Mallory Ryan (CCS)
5:32.20*	Loretta Roddy (WCAL)
5:38.31	Kandis Canonica (NDB)
5:38.64	Ruthie Dimagmaliw (NDB)
5:43.08	Gina Castagnola (WCAL)
5:44.96	Lauren Quan (SHP)
5:45.02	Kristina Kirchgessner (WCAL)
5:58.22	Micaela Shorroch (VC)
6:00.31	Kelsey Morris (Car)
6:06.03	Cassandra Gallagher (WCAL)
6:08.43	Thea Trindle (WCAL)
6:13.66	Carly Jaquier (SHP)
6:30.32	Jinna Pang (NDB)
7:01.07	Erin Mahoney (CAR)

50 Butterfly

29.35	Jinna Pang (WCAL)
29.60	Emily Schwartz (WCAL)
30.41	Zea Moscone (WCAL)
30.84	Carly Jaquier (DLS)
31.34	Gina Castagnola (CAR)
34.99	Erin Mahoney (SF)

100 Butterfly (1:04.19)

58.28*+	JC Sheppard (CCS)
1:01.05*	Ruthie Dimagmaliw (DLS)
1:01.88*	MacKenzie Campbell (NDB)
1:04.04*	Mallory Ryan (Car)
1:05.72	Tessa Peirona (City)
1:06.44	Kandis Canonica (SHC)
1:06.64	Micaela Shorroch (WCAL)
1:06.80	Lauren Padilla (SHP)
1:07.59	Raquel Dayao (PRES)
1:11.17	Kelsey Morris (NDB)

100 Individual Medley

1:07.24	Jinna Pang (WCAL)
1:08.37	Carly Jaquier (WCAL)
1:08.53	Nicole O'Dea (WCAL)
1:08.70	Cassandra Gallagher (SHP)
1:09.58	Emily Schwartz (SF)
1:11.27	Jenny Arimoto (DLS)
1:11.91	Clare Landefeld (WCAL)

100 Backstroke (1:06.09)

59.71*+	Ruthie Dimagmaliw (CCS)
1:02.69*	MacKenzie Campbell (SHP)
1:03.23*	Kandis Canonica (CCS)
1:03.47*	Cassandra Gallagher (CCS)
1:03.72*	Micaela Shorroch (CCS)
1:04.72*	Sasza Lohrey (DLS)
1:04.81*	Darcie Campbell (NDB)
1:05.16*	Tessa Peirona (Car)
1:07.25	Michelle Herrerias (WCAL)
1:07.39	Emily Schwartz (WCAL)
1:07.73	Rachel Rogers (City)
1:09.70	Allison Rogers (CAR)
1:10.13	Jenna Lind (DLS)
1:11.29	Clare Landefeld (DLS)
1:12.01	Jinna Pang (SHP)
1:17.70	Maddie Summa (PRES)
1:19.62	Erin Mahoney (DLS)

100 Breaststroke (1:13.59)

1:10.05*	Lauren Padilla (WCAL)
1:10.61*	Darcie Campbell (PALY)
1:11.12*	Nicole O'Dea (WCAL)
1:12.14*	Lauren Quan (VC)
1:15.57	JC Sheppard (DLS)
1:16.05	Carly Jaquier (WCAL)
1:16.15	Kandis Canonica (NDB)
1:17.77	Maxie Groh (WCAL)
1:19.06	Raquel Dayao (WCAL)
1:20.74	Mia Neagle (DLS)
1:22.25	Clare Landefeld (VC)
1:24.13	Susanna Groh (WCAL)
1:29.40	Kat Huang (WCAL)

200 Individual Medley (2:21.99)

2:11.12*+	Ruthie Dimagmaliw (CCS)
2:15.96*	Lauren Padilla (CCS)
2:16.39*	Mallory Ryan (NDB)
2:16.72*	Lauren Quan (CCS)
2:18.35*	Kandis Canonica (CCS)
2:21.80*	Darcie Campbell (NDB)
2:28.84	Kelsey Morris (WCAL)

2006 ST. IGNATIUS WOMEN'S SWIMMING TOP RELAY TIMES

200 Freestyle Relay (1.40.50 AAC)

1:39.87\$ **CCS Finals**
(D.Campbell, Sheppard, Lohrey, M.Campbell)
1:39.88\$ **CCS Trials**
(D.Campbell, Sheppard, Lohrey, M.Campbell)
1:41.00 **WCAL Championships**
(D.Campbell, Sheppard, Lohrey, M.Campbell)
1:42.14 DLS 'A'
(Sheppard, Lohrey, Dellaria, Ryan)
1:42.33 SF 'A'
(D.Campbell, Sheppard, Ryan, M.Campbell)

Junior Varsity

1:47.76 **Neagle, Castagnole, Herrerias, Conley**
1:48.93 Herrerias, Castagnola, Neagle, Conely (SF)
1:48.95 Herrerias, Neagle, Castagnola, Conley (PRES)
1:49.14 Conley, Pang, Neagle, Herrerias (DLS)

200 Individual Medley Relay (1.50.08 AAA)

1:50.06+& **CCS Trials**
(Dimagmaliw, Padilla, Sheppard, M.Campbell)
1:50.62+\$ **CCS Finals**
(Dimagmaliw, Padilla, Sheppard, M.Campbell)
1:51.14\$ **WCAL Championships**
(Dimagmaliw, Padilla, Sheppard, M.Campbell)
1:52.44 NDB 'A'
(Dimagmaliw, Padilla, Sheppard, M.Campbell)
1:52.67 NCS/CCS Challenge
(Dimagmaliw, Padilla, Sheppard, M.Campbell)

Junior Varsity

1:59.34 **Gallagher, O'Dea, Pang, Neagle (WCAL)**
2:01.40 Gallagher, O'Dea, Pang, Conley (SHC)
2:01.42 Gallagher, O'Dea, Castagnola, Conley (VC)

400 Freestyle Relay (3.38.84 AAC)

3:40.46 **CCS Trials**
(Ryan, Lohrey, Padilla, M.Campbell)
3:40.79 **CCS Finals**
(Ryan, Lohrey, Padilla, M.Campbell)
3:44.88 **WCAL Championships**
(Ryan, Dimagmaliw, Lohrey, Padilla)
3:46.08 SF 'A'
(Sheppard, Ryan, Padilla, M.Campbell)
3:47.03 PRES 'A'
(Sheppard, Ryan, Lohrey, Padilla)

Junior Varsity

3:57.34 Herrerias, Gallagher, Castagnola, Conley (SF)
3:57.37 **Herrerias, Gallagher, Castagnola, Conley (WCAL)**
3:58.90 Castagnola, Herrerias, Gallagher, Conley (PRES)
4:03.69 Castagnola, Herrerias, gallagher, Conley (VC)

2006 ST. IGNATIUS WOMEN'S SWIMMING TOP RELAY SPLITS

50 Free		100 Free		50 Back	
24.39	MacKenzie Campbell (CCS)	53.76	MacKenzie Campbell (CCS)	27.79	Ruthie Dimagmaliw (CCS)
24.74	JC Sheppard (CCS)	54.58	Mallory Ryan (CCS)	29.43	Cassandra Gallagher (SF)
24.99	Sasza Lohrey (CCS)	55.49	Lauren Padilla (CCS)	30.07	Kandis Canonica (PRES)
25.06	Darice Campbell (CCS)	55.71	Sasza Lohrey (WCAL)	30.09	Sasza Lohrey (DLS)
25.48	Ruthie Dimagmaliw (WCAL)	56.58	Lauren Quan (PALY)	30.52	Micaela Shorrock (WCAL)
25.52	Mallory Ryan (DLS)	56.77	Kelly Conely (PALY)	31.57	Zea Moscone (WCAL)
25.66	Lyndsie Dellaria (DLS)	56.85	JC Sheppard (PALY)	31.89	Emily Schwartz (SF)
25.92	Kelly Conley (WCAL)	56.96	Ruthie Dimagmaliw (Car)	32.23	Allison Rogers (VC)
26.42	Lauren Quan (MITTY)	57.81	Lorretta Roddy (PALY)	34.03	Clare Landefeld (PRES)
26.49	Raquel Dayao (DLS)	58.12	Kandis Canonica (PALY)	37.80	Erin Mahoney (SHC)
26.50	Micaela Shorrock (PALY)	58.31	Darice Campbell (City)		
26.75	Lorretta Roddy (NDB)	58.90	Lyndsie Dellaria (City)	50 Breast	
26.79	Mia Neagle (WCAL)	59.43	Cassandra Gallagher (PRES/SF)	31.18	Lauren Padilla (CCS)
26.87	Tessa Peirona (City)	59.64	Raquel Dayao (PRES)	32.80	Nicole O'Dea (WCAL)
26.87	Lauren Padilla (DLS)	59.90	Michelle Herrerias (WCAL)	32.81	Darcie Campbell (SF)
27.01	Michelle Herrerias (WCAL)	59.92	Gina Castagnola (PRES)	33.22	Lauren Quan (SF)
27.53	Gina Castagnola (WCAL)	1:00.09	Tessa Peirona (Car)	34.70	Maxie Groh (WCAL)
27.86	Jinna Pang (NDB)	1:00.36	Jenny Arimoto (PRES)	35.25	Carly Jaquier (SF)
27.92	Carly Jaquier (MITTY)	1:00.38	Micaela Shorrock (Car)	37.14	Mia Neagle (CAR)
28.00	Jenna Lind (VC)	1:01.09	Jenna Kind (Car)	37.16	Kelsey Morris (VC)
28.09	Jenny Arimoto (PRES)	1:01.91	Kristina Kirchgessner (WCAL)	37.64	Claire Landefeld (CAR)
28.34	Nicole O'Dea (NDB)	1:02.12	Emily Schwartz (WCAL)	39.52	Susanna Groh (VC)
28.37	Maddie Summa (WCAL)	1:02.48	Maddie Summa (WCAL)	40.95	Kat Huang (WCAL)
28.62	Maxie Groh (SHCP)	1:02.91	Mia Neagle (PRES)		
28.72	Emily Schwartz (SF)	1:03.67	Zea Moscone (SF)	50 Fly	
28.77	Kelsey Morris (SF)	1:03.96	Kelsey Morris (SHCP)	26.12	JC Sheppard (CCS)
28.92	Allison Rogers (VC)	1:04.06	Jinna Pang (SF)	28.28	Mallory Ryan (NDB)
29.00	Zea Moscone (SF)	1:05.45	Clare Landefeld (SF)	28.52	Lauren Padilla (PRES)
29.09	Kristina Kirchgessner (PRES)	1:05.68	Thea Trindle (CAR)	28.55	Tessa Peirona (City)
29.14	Annmarie Hansen (SF)	1:05.78	Annmarie Hansen (VC)	29.64	Jinna Pang (VC)
29.78	Annmarie Hansen (SF)	1:05.82	Carly Jaquier (VC)	29.64	Kandis Canonica (PALY)
30.06	Thea Trindle (VC)	1:07.55	Maxie Groh (Car)	29.88	Raquel Dayao (VC)
30.14	Susannah Groh (CAR)	1:08.43	Susannah Groh (CAR)	30.90	Carly Jaquier (VC)
30.20	Clare Landefeld (CAR)	1:09.57	Kat Huang (SHCP)	30.92	Gina Castagnola (CAR)
30.38	Kat Huang (PRES)			31.00	Kelsey Morris (Car)
30.83	Erin Mahoney (VC)			31.36	Zea Moscone (SF)
30.84	Susannah Groh (PRES)			34.99	Erin Mahoney (PRES)
				35.58	Susanna Groh (NDB)
				36.80	Thea Trindle (SF)

Meet Index

City	City Invitational	2/25/06
CAR	Carondelet at SI	3/1/06
VC	Valley Christian at SI	3/9/06
SHP	SI at Sacred Heart Prep	3/16/06
SHC	Sacred Heart Cath at SI	3/22/06
SF	SI at St. Francis	3/30/06
DLS	De La Salle Invitational	4/1/06
PRES	Presentation at SI	4/6/06
MITTY	SI at Mitty	4/11/06
PALY	NCS/CCS Challenge	4/22/06
NDB	Notre Dame Belmont at SI	4/28/06
WCAL	WCAL Championships	5/6/06

Key Index

*	CCS Qualifying Time
r	Leadoff Relay Split
+	SI School Record
#	SI Pool Record
\$	All-American Consideration
&	All-American Automatic