

NEBRASKA'S ALL-TIME TOP FIVE

50-yard Freestyle

Therese Alshammar.....	22.58	1999
Beth Karaica.....	22.85	1998,2001
Melanie Dodd.....	22.88	1993
Helene Muller.....	22.92	1998
Stacey Sedlacek.....	23.18	2000

100-yard Freestyle

Therese Alshammar.....	48.76	1999
Helene Muller.....	49.45	1998
Melanie Dodd.....	49.60	1993
Beth Karaica.....	49.84	2001
Anna Windsor.....	50.19	1998

200-yard Freestyle

Shandra Johnson.....	1:46.53	1998
Helene Muller.....	1:46.97	2000
Anna Windsor.....	1:47.58	1998
Melanie Dodd.....	1:47.85	1995
Shauna Gilmore.....	1:49.14	1987
Kate Wheeler.....	1:49.14	2006

500-yard Freestyle

Shandra Johnson.....	4:43.48	1998
Lauren Bailey.....	4:46.96	2006
Jackie Lobdell.....	4:47.06	2001
Kate Wheeler.....	4:47.49	2006
Heather Park.....	4:50.30	1996

1,650-yard Freestyle

Lauren Bailey.....	16:14.36	2007
Michelle Butcher.....	16:25.99	1990
Jackie Lobdell.....	16:32.96	2001
Kate Wheeler.....	16:33.18	2006
BriAnna Wilkins.....	16:39.75	1994

100-yard Backstroke

Therese Alshammar.....	54.77	1998
Jane Glazebrook.....	55.63	1995
Lindsey Highstrom.....	55.67	2000
Sara Kate Havens.....	55.70	1997
Shandra Johnson.....	55.93	1998

200-yard Backstroke

Jane Glazebrook.....	1:57.99	1995
Shandra Johnson.....	1:58.00	1999
Christine Troy.....	1:58.92	1998
Emma Johnson.....	1:59.71	1999
Janet Danburg.....	1:59.90	1997

100-yard Breaststroke

Penny Heyns.....	1:00.18	1996
Julia Russell.....	1:00.67	1997
Terrie Miller.....	1:01.69	1997
Elvira Fischer.....	1:01.83	2001
Keri Hehn.....	1:03.14	2001

200-yard Breaststroke

Penny Heyns.....	2:08.90	1996
Julia Russell.....	2:10.25	1997
Lenka Manhalova.....	2:12.18	1997
Elvira Fischer.....	2:12.46	2001
Janna Brock.....	2:13.69	1999

100-yard Butterfly

Carmen Cosgrove.....	54.58	2001
Dana Powers.....	54.87	1987
Jenell Garcia.....	54.94	1991
Karin Larka.....	55.22	2000
Julia Russell.....	55.29	1997

200-yard Butterfly

Rebecca Wolfe.....	1:57.94	2001
Destiny Lauren.....	1:59.02	1995
Sara Jowsey.....	2:01.09	1998
Carmen Cosgrove.....	2:01.09	2001
Jenell Garcia.....	2:01.72	1990

200-yard Individual Medley

Julia Russell.....	1:59.13	1997
Anna Windsor.....	2:01.30	1998
Lenka Manhalova.....	2:01.95	1997
Laura Simon.....	2:02.45	1997
Emma Johnson.....	2:03.07	1999

400-yard Individual Medley

Emma Johnson.....	4:12.83	1999
Sasha Pine.....	4:16.68	1999
Lauren Bailey.....	4:17.57	2004
Laura Simon.....	4:19.15	1997
Cathy Crooks.....	4:20.20	1995

200-yard Freestyle Relay

Muller, Karaica, Windsor, Alshammar.....	1:31.06	1998
Muller, Russell, Karaica, Windsor.....	1:31.60	1997
Karaica, Sedlacek, Muller, Alshammar.....	1:31.68	1998
Braddock, Gmeiner, Frederick, Matheny.....	1:33.01	1991
Dodd, Frederick, Ericksen, Heyns.....	1:33.06	1993

400-yard Freestyle Relay

Muller, Karaica, Windsor, Alshammar.....	3:18.46	1998
Muller, S. Johnson, Sedlacek, Alshammar.....	3:19.05	1999
Windsor, Karaica, Sedlacek, Muller.....	3:20.19	1997
Luellen, Wilkins, Dodd, Ericksen.....	3:23.53	1994
Russell, Hunter-Beckinsall, Wright, Dodd.....	3:23.73	1996

800-yard Freestyle Relay

Windsor, Muller, Alshammar, S. Johnson.....	7:10.89	1998
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Muller, S. Johnson, Sedlacek, Alshammar.....	7:15.00	1999
Walker, Muller, Sedlacek, S. Johnson.....	7:18.57	2000
Muller, Wilkins, Wright, Windsor.....	7:19.28	1997
Park, Lauren, Dodd, Wilkins.....	7:21.19	1996

200-yard Medley Relay

Alshammar, Miller, Karaica, Muller.....	1:41.21	1998
Danburg, Russell, Karaica, Muller.....	1:41.49	1997
Glazebrook, Heyns, Russell, Dodd.....	1:42.14	1995
S. Johnson, Muller, Karaica, Alshammar.....	1:42.28	1999
Highstrom, Fischer, Cosgrove, Karaica.....	1:42.39	2001

400-yard Medley Relay

Glazebrook, Heyns, Lauren, Dodd.....	3:40.65	1995
Danburg, Russell, Jowsey, Karaica.....	3:42.06	1997
Danburg, Heyns, Russell, Dodd.....	3:42.35	1996
Glazebrook, Heyns, Russell, Dodd.....	3:43.34	1994
Johnson, Larka, Fischer, Muller.....	3:43.45	2000

One-meter Diving

Amy Aarsen.....	464.75	1988
Julie May.....	454.35	1989
Wendy Lucero.....	449.94	1983
Heidi Hecker.....	440.15	1985
Jennifer Harnly.....	434.70	1993

Three-meter Diving

Amy Aarsen.....	562.85	1991
Julie Grimmer.....	536.50	1995
T.D. Rowe.....	523.25	1996
Julie May.....	515.00	1989
Amie Buoy.....	500.45	2004



SWIMMING AND DIVING RECORDS

Event	Nebraska	Devaney Center	Big 12	Big 12 Meet	NCAA	American	U.S. Open
50-yard Freestyle	22.58 Therese Alshammar 1999	22.17 Tammy Thomas Kansas, 1983	21.99 Colleen Lanne' Texas, 2001	22.00 Colleen Lanne' Texas, 2001	21.63 Kara Lynn Joyce Georgia, 2006	21.46 Natalie Coughlin Cal Aquatics (Club), 2007	21.46 Natalie Coughlin Cal Aquatics (Club), 2007
100-yard Freestyle	48.76 Therese Alshammar 1999	48.40 Tammy Thomas Kansas, 1983	47.88 Colleen Lanne' Texas, 2001	47.88 Colleen Lanne' Texas, 2001	47.00 Natalie Coughlin California, 2003	46.85 Natalie Coughlin Cal Aquatics (Club), 2007	46.85 Natalie Coughlin Cal Aquatics (Club), 2007
200-yard Freestyle	1:46.53 Shandra Johnson 1998	1:46.35 Sue Habernigg USC, 1983	1:44.93 Colleen Lanne' Texas, 2001	1:44.93 Colleen Lanne' Texas, 2001	1:42.65 Natalie Coughlin California, 2002	1:41.66 Natalie Coughlin Cal Aquatics (Club), 2007	1:41.66 Natalie Coughlin Cal Aquatics (Club), 2007
500-yard Freestyle	4:43.48 Shandra Johnson 1998	4:39.95 Marybeth Linzmeir Stanford, 1983	4:43.48 Shandra Johnson Nebraska, 1998	4:43.48 Shandra Johnson Nebraska, 1998	4:33.60 Caroline Burckle Florida, 2008	4:30.47 Katie Hoff N. Baltimore (club), 2007	4:30.47 Katie Hoff N. Baltimore (club), 2007
1,650-yard Freestyle	16:14.36 Lauren Bailey 2006	16:03.76 Marybeth Linzmeir Stanford, 1983	16:04.54 Rachel Harris Texas, 2001	16:04.54 Rachel Harris Texas, 2001	15:39.14 Janet Evans Stanford, 1990	15:24.35 Katie Hoff N. Baltimore (club), 2008	15:24.35 Katie Hoff N. Baltimore (club), 2008
100-yard Backstroke	54.77 Therese Alshammar 1998	55.49 Lia Oberstar SMU, 1996	53.46 Sarah Wanezek Texas, 2003	53.46 Sarah Wanezek Texas, 2003	49.97 Natalie Coughlin California, 2002	49.97 Natalie Coughlin California, 2002	49.97 Natalie Coughlin California, 2002
200-yard Backstroke	1:57.99 Jane Glazebrook 1995	1:57.45 Janie Wagstaff K.C. Blazers (Club), 1991	1:53.49 Kristen Heiss Texas A&M, 2007	1:55.03 Elizabeth Wycliffe Texas, 2005	1:49.52 Natalie Coughlin California, 2002	1:49.52 Natalie Coughlin California, 2002	1:49.52 Natalie Coughlin California, 2002
100-yard Breaststroke	1:00.18 Penny Heyns 1996	1:01.64 Penny Heyns Nebraska, 1996	59.96 Elizabeth Tinnon Texas, 2006	1:00.14 Elizabeth Tinnon Texas, 2005	58.41 Tara Kirk Stanford, 2003	57.77 Tara Kirk Palo Alto (club), 2006	57.77 Tara Kirk Palo Alto (club), 2006
200-yard Breaststroke	2:08.90 Penny Heyns 1996	2:13.35 Jeanne Childs Hawaii, 1983	2:10.25 Julia Russell Nebraska, 1997	2:10.25 Julia Russell Nebraska, 1997	2:06.11 Rebecca Soni USC, 2008	2:05.73 Tara Kirk Palo Alto (club), 2006	2:05.73 Tara Kirk Palo Alto (club), 2006
100-yard Butterfly	54.58 Carmen Cosgrove 2001	53.54 Jill Sterkel Texas, 1983	52.39 Sarah Wanezek Texas, 2003	52.88 Sarah Wanezek Texas, 2005	50.01 Natalie Coughlin California, 2002	50.01 Natalie Coughlin California, 2002	50.01 Natalie Coughlin California, 2002
200-yard Butterfly	1:57.94 Rebecca Wolfe 2001	1:56.71 Mary T. Meagher California, 1983	1:57.26 Katie Robinson Texas, 2007	1:57.26 Katie Robinson Texas, 2007	1:51.91 Natalie Coughlin California, 2002	1:51.91 Natalie Coughlin California, 2002	1:51.91 Natalie Coughlin California, 2002
200-yard IM	1:59.13 Julia Russell 1997	2:00.34 Tracy Caulkins Florida, 1983	1:57.20 Jenni Stratton Texas A&M, 2007	1:58.07 Christine Marshall Texas A&M, 2007	1:53.91 Maggie Bowen Auburn, 2002	1:53.77 Katie Hoff N. Baltimore (club), 2007	1:53.77 Katie Hoff N. Baltimore (club), 2007
400-yard IM	4:12.83 Emma Johnson 1999	4:15.24 Tracy Caulkins Florida, 1983	4:12.68 Emma Johnson Nebraska, 1999	4:13.92 Alisa Schuknecht Texas, 2002	4:02.28 Summer Sanders Stanford, 1992	4:00.66 Katie Hoff N. Baltimore (club), 2007	4:00.66 Katie Hoff N. Baltimore (club), 2007
200-yard Freestyle Relay	1:31.06 Muller, Karaica, Windsor, Alshammar 1998	1:31.66 Stanford 1983	1:28.89 Texas 2001	1:29.87 Texas 1998	1:26.90 Arizona 2008	1:26.90 Arizona 2008	1:26.90 Arizona 2008
400-yard Freestyle Relay	3:18.46 Muller, Karaica, Windsor, Alshammar 1998	3:24.34 Texas 1983	3:14.52 Texas 2001	3:15.29 Texas 2001	3:11.34 Arizona 2008	3:11.34 Arizona 2008	3:11.34 Arizona 2008
800-yard Freestyle Relay	7:10.89 Windsor, Muller, Alshammar, Johnson 1998	7:16.50 Stanford 1983	7:05.89 Texas A&M 2006	7:05.89 Texas A&M 2006	6:57.28 Auburn 2008	6:57.28 Auburn 2008	6:57.28 Auburn 2008
200-yard Medley Relay	1:41.21 Alshammar, Miller, Karaica, Muller 1998	1:43.03 Stanford 1983	1:38.38 Texas 2001	1:38.38 Texas 2001	1:35.29 Arizona 2008	1:35.29 Arizona 2008	1:35.29 Arizona 2008
400-yard Medley Relay	3:40.65 Glazebrook, Heyns, Lauren, Dodd 1995	3:43.00 Florida 1983	3:35.62 Texas 2005	3:36.12 Texas A&M 2005	3:29.06 Arizona 2008	3:29.06 Arizona 2008	3:29.06 Arizona 2008
One-Meter Diving	464.75 Amy Aarsen 1988	398.05 Amy Aarsen, Nebraska Katy Ketoff, Iowa 1990	504.80 Vera Llyina Texas, 1998	504.80 Vera Llyina Texas, 1998			
Three-Meter Diving	562.85 Amy Aarsen 1991	531.20 Jenny Lingamfelter SMU, 1991	621.10 Vera Llyina Texas, 1997	621.10 Vera Llyina Texas, 1997			

NEBRASKA'S ALL-TIME LETTERWINNERS

Aarsen, Amy	1988,89,90,91	Dulgar, Kate	2003,04,05,06	Kelly, Kenya S.	1984,85,86	Prey, Sharill	1983,84,85,86
Agee, Cindy	1977,78,79,80	Dykes, Nancy	1976	Kennedy, Ann	1980	Ramus, Lisa R.	1987
Ahl, Karla	1995,96	Eckstrom, JoDea L.	1978,79,80	Kennedy, Margaret	1980	Ressler, Kaci	2005,06,07
Allen, Missy J.	1991,92,93	Ely, Pam E.	1985,86,87,88	Kennedy, Peg	1980	Reyes, Sarah-Erin	1995
Allington, Missy	1986	Enoch, Ann	1997,98,99,2000	Keown, Kellie L.	1982	Rieke, Elizabeth	2000,01
Alshammer, Therese	1998,99	Ericksen, Heather	1991,92,93,94	Kerns, Carrie L.	1992,93	Ricketts, Emily	1983,84,85,86
Andrews, Jess	2008	Erickson, Danielle	2003,04	Killin, Sandra	1981	Riegal, Julie	1991,92,93,94
Apker, Jean	1980	Falck, Kathy	1976	Kincade, Virginia	1976	Rinne, Ann M.	1978,79,80
Armijo, Rachael	2002	Fischer, Elvira	2000,01	King, Alex	2003,04,05,06	Rowe, Taradee	1996,97
Arntz, Kaitlin	2007,08	Fitzpatrick, Abby	2005,06	Klein, Kristina N.	1992,93,94,95	Russell, Julia	1994,95,96,97
Arntzen, Kellye	1978	Fonfara, Elizabeth	1997	Korinek, Christy	1980,81	Saad, Yasmin	2002
Ashley, Samantha	1996,97,98,99	Forsberg, Christy L.	1985	Koss, Haley	2005	Sandeberg, Katrina	2003
Auer, Barbara	2001	Fortino, Jeni	2000,01,02,03	Kruse, Audrey	2008	Savage, Katie	1991,93
Austin, Eila	1976,77	Fox, Kelly	1989,90	Kurzdorfer, Conley	1981	Schlatter, Rachel	2003,04,05,06
Backhaus, Cary L.	1978,79	Freathy, Mary	1980	Lammel, Julie	1983,84,85,86	Schmidt, Cheryl	1977,78,79
Bailey, Lauren	2004,05,06,07	Frederick, Chris P.	1990,91,92,93	Landgreen, Laura	2002,03	Schmerbach, Michele	2000,01
Baker, Lana	2003,04,05,06	Froiland, Kathryn	1996	Langemeier, Karla K.	1983	Schnack, Casey	2004,05,06,07
Barker, Allison	1988,89	Frymire, Jana	1978	Larka, Karin	2000,01	Schriner, Christine	2001
Barker, Melody	1982	Garcia, Jenell	1988,89,90,91	Lashley, Debora	1982	Schubert, Tami	1988
Barragan, Kathy	1989,90	Giehl, Julie	2008	Lauren, Destiny (Mikaela)	1995,96,98,99	Sebesta, Linda	1983,84,85,86
Bauernfeind, Jenny	1989,90	Gilmore, Shauna	1983,85,86,87	Lawrie, Dianne	1978	Sedlacek, Stacey	1997,98,99,2000
Becker, Emily	2003,04,05	Glazebrook, Jane	1993,94,95,96	Lawson, Wendy	1991	Seymour, Lauren	2001
Berger, Carol	1980	Gmeiner, Chris	1988,89,90,91	Lehman, Patti	1978	Shacklett, Suzy	1997
Bernth, Tamara	1999, 2000	Goble, Gail	1978	Leigh, Maureen	1978	Sides, Allison J.	1992,93,94
Bickel, Eileen	1979	Goebel, Beth	1976	Lewis, Sue	1977,78	Siemert, Lynn	2005,06,07,08
Biggs, Ann K.	1981,82,83,85	Goodman, Adrienne	2005,06,07,08	Liston, Shawn	1986,87	Simon, Laura	1997,98,99
Birmingham, Sherri	1985,86,87,88	Goodridge, Janet	1981	Lobdell, Jackie	2001	Sloth, Heidi	1982,83
Bodner, Marcicann	1991,92,93,94	Gordon, Kristen	2002	Long, Terri A.	1987,88,89,90	Smith, Beth	1991
Bodzek, Amanda	1997	Gotchel, Ingrid	1997,98,99,2000	Lucero, Wendy	1982,83	Snell, Jana	1992
Bonge, Jennifer	1996	Grimmer, Julie M.	1992,93,94,95	Luellen, Katherine J.	1994,95	Sougey, Debora	1978
Bowden, Katie	2005,07	Grover, Betsy	2005	Lundy, Catherine A.	1982,84,85	Souppa, Kirstin	2001
Bowser, Charlene	1991,92,93,94	Grushecky, Kelsey	2008	Lunn, Laura	2003	Spark, Amanda	2002
Braddock, Lynne	1988,89,90,91	Hain, Anne	1981	Maaack, Marian C.	1979	Spencer, Ruth	1976
Brandenburg, Trisha	1997	Hall, Carol	1980	Magee, Lise	1976	Spindler, Laura	1979,80,81,82
Bray, C.J.	2007,08	Hampel, Cindy L.	1985,86	Manhalova, Lenka	1997,98	Stahnecker, Ann	1981
Brinkman, Anne	1976	Harnly, Jennifer J.	1992,93,94,95	Margetic, Anja	1993,94,95,96	Stanek, Penny J.	1985,86
Brochner, Michelle	1983,84	Harris, Heidi L.	1977,78,79	Marinkovich, Andie	1980	Stansbury, Danielle	2004,05,06,07
Brock, Janna	1999,2000	Havens, Sara Kate	1997	Markgraaff, Lezelle	1993,94,95	Stenger, Candace	2002,03
Broker, Sarah	2007,08	Haws, Kris	1991,92,93	Markota, Nicole T.	1996,97	Stewart, Rhonda F.	1988
Broyhill, Kristin	2002	Hayman, Lois	1976,77,78	Marshall, Kenna	1985	Stratton, Kristin	2001
Brudvik, Elisabeth	1982	Hayward, Sherri M.	1980,81,82,83	Maruk, Leane	1990,91,92,93	Stroud, Jenna	2006,07,08
Buchholz, Heidi	1991,92	Heaton, Marcia	1982,84	Matheny, Mindy	1988,89,90,91	Sue, Jackie	1993,94
Buoy, Amie	2003,04,05,06	Hecker, Heidi	1984,85,86,87	Matheu, Angie	2003,04	Sullivan, Rene	1979,80,81
Burbach, Emily	2008	Hegge, Shellie	1994,95	Matthies, Meredith	2008	Sullivan, Tamara L.	1982,83,84,85
Burley, Shannon	1976	Hehn, Keri	2000,01	Mauck, Teresa	1996,97	Suppes, Marie	1981,82
Butcher, Michelle	1990,91,92,93	Heisler, Cathy	1983,84	May, Julie	1985,86,87,88	Thompson, Marla J.	1979,80,81,82
Butler, Jenny	1987,88,89	Heyns, Penny	1993,94,95,96	McCauley, Julie	2004	Tidball, Ann E.	1991,92,93,94
Campos, Elsa	1996	Highstrom, Lindsey	2000,01	McClain, Rachell	2008	Thoms, Cami	2002
Carew, Erin	1995,96,97,98	Hill, Laurel	1989,90,91,92	McDonald, Molly	1998,99,2000	Tobin, Kristina A.T.	1987,88,89
Cashman, Susan	1984,85	Hoffman, Katie	1997,98	Meier, Jan	1987	Toler, Jenny	2006,07,08
Cassidy, Coleen	1978,79	Holderman, Esmie	2003,04,05,06	Melrose, Jenny	1991,92	Torres, Diana	2002,03,05
Christensen, Kelly	1991,92,93,94	Hollander, Ellen	1976,77,78,79	Meyer, Jane	1982	Troy, Christine	1997,98,99,2000
Christensen, Molly	2001	Hoppenrath, Blaine	2008	Miller, Terrie	1997,98,99	Vahle, Kristin	2002
Clark, Becki	1987,88,89,90	Hunsicker, Beth	1997,98,99,2000	Milliman, Sally	1980	Vandriel, Libby	1990
Clark, Catherine	2002	Hunter-Beckinsall, Amanda	1995,96,97,98	Millis, Dani	2007	Vendl, Lori M.	1988,89
Clark, Erica	1995,96,97	Hurley, Erin D.	1985,86,87,88	Moninger, Ann	1979,80,81	Walker, Susan	2000,01,02,03
Clark, Mackenzie	2003,04,05,06	Hutchinson, Mariah	2007,08	Morrison, Cathy	1978,79,80,81	Wandling, Diana	1989
Clements, Sarah	1996	Ida, Kelsey	2007,08	Moss, Elizabeth	2000,01	Ward, Wendy	1982,83,84,85
Clennan, Stephanie	1984,85,87,88	Ingles, Bailey	2004,05,06,07	Mugge, Sarah	2002	Watland, Anne C.	1977,78,79
Cloud, Mariesa	2008	Jakob, Melanie	1977,78,79,80	Muller, Helene	1997,98,99,2000	Wells, Kristi A.	1976,77,78,79
Coffman, Renee	1985,86	Jensen, Courtney	1997,98,99,2000	Neuenfeldt, Gretchen E.	1990	Wetzel, Annette	1980
Cosgrove, Carmen	2001	Johnson, Brooke	2000	Neuenfeldt, Kristen L.	1988,89,90,91	Wheeler, Kate	2004,05,06,07
Crawford, Emilee	2004,05,06,07	Johnson, Becky	2003,04,05,06	Nilsson, Anna	1996,97,98,99	White, Kristy	1987
Criss, Colleen	2007,08	Johnson, Carole	1987,88,89,90	Park, Heather D.	1994,95,96	Wilbourn, Laura	1989,90
Criss, Michelle	2004,05,06,07	Johnson, Emma	1999,2000	Pearman, Lori	1978	Wilbourn, Deanna	1988
Crooks, Cathy	1992,93,94,95	Johnson, Melissa	1985	Pederson, Jennifer	1986,87,88,89	Wilcox, Victoria	1982
Crosby, Michaela	1976,77,78	Johnson, Shandra	1998,99,2000	Peffer, Sarah	2000,01	Wilkins, BriAnna	1994,95,96,97
Culbertson, Alyssa	2001	Jones, Juli	1993,94,95,96	Pennefather, Lee	1987,88	Windsor, Anna	1997,98
Custer, Tammy	1989,90,91,92	Jolly, Courtney	2006,07,08	Perrri, Jennifer	1987,88	Wirtner, Melanie	1990,91
Danburg, Janet	1995,96,97,98	Jowsey, Sara	1997,98,99,2000	Petersen, Courtney	2003	Wockenfuss, Erica	1983
Dean, Hailey	2007,08	Kafka, Sheena	2003	Petersen, Kristin	2002	Wolfe, Rebecca	2001
Delue, Diana	1976	Kalman, Michelle	1984	Peterson, Ashley	2002	Woody, Lorie G.	1993
Den Hartog, Bobi	1981	Kane, Kathy	1980	Peterson, Deborah	1976,77	Wright, Shannon M.	1996,97,98,99
Den Otter, Tami	1993,94	Kappenman, Lorie	1986,87,88	Pike, Lori L.	1982	Yemm, Christina	2006,07,08
Desormey, Claire	2008	Karaica, Beth	1997,98,99,01	Pine, Sasha	1997,98,99,2000	Ziegelmann, Sarah	2007,08
DiBaise, Patty	1982	Karty, Cheryl A.	1992,93	Pool, Carrie	1994,95,96	Zins, Amanda	1998,99
Ditch, Mary	1976	Kavalec, Brandie	2008	Porter, Stacia L.	1980,81,82,83	Zorn, Trischa	1984,85,86,87
Dodd, Melanie	1993,94,95,96	Keathley, Mallory	2004	Powers, Dana	1984,85,86,87		
Doering, Natalie A.	1979	Keester, Pam	1978	Pratt, Laura	1987		
Drummond, Jerilyn	2001,02	Kelling, Amy	1995,96	Premo, Michelle	1981		

NEBRASKA'S ALL-AMERICANS

1979-80

NU All-Americans (Results): Sherri Hayward (200 Backstroke, 12th, 2:05.55).

1980-81

NU All-Americans (Results): Sherri Hayward (200 Backstroke, 14th, 2:05.84).

1981-82

NU All-Americans (Results): Sherri Hayward (200 Backstroke, sixth, 2:02.95; 100 Backstroke, 15th, 58.83).

1984-85

NCAA Finish: 9th

NU All-Americans (Results): Shauna Gilmore (200 Free Relay, third, 1:33.84; 400 Free Relay, third, 3:24.44; 800 Free Relay, 11th, 7:28.11); Cindy Hampel (200 Free Relay, third, 1:33.84; 200 Medley Relay, 15th, 1:46.31); Erin Hurley (200 Breaststroke, fifth, 2:17.90; 100 Breaststroke, 12th, 1:04.71; 400 Medley Relay, 13th, 3:51.42; 200 Medley Relay, 15th, 1:46.31); Kenya Kelly (800 Free Relay, 11th, 7:28.11; 200 Medley Relay, 15th, 1:46.31); Dana Powers (200 Free Relay, third, 1:33.84; 400 Free Relay, third, 3:24.44; 50 Freestyle, 10th, 23.54; 100 Butterfly, 13th, 55.57; 400 Medley Relay, 13th, 3:51.42); Emily Ricketts (400 Free Relay, third, 3:24.44; 800 Free Relay, 11th, 7:28.11; 200 Freestyle, 12th, 1:49.91; 400 Medley Relay, 13th, 3:51.42); Linda Sebesta (200 Free Relay, third, 1:33.84; 400 Free Relay, third, 3:24.44; 800 Free Relay, 11th, 7:28.11); Penny Stanek (400 Medley Relay, 13th, 3:51.42; 200 Medley Relay, 15th, 1:46.31).

1985-86

NCAA Finish: 30th

NU All-Americans (Results): Shauna Gilmore (200 Free Relay, ninth, 1:34.52); Cindy Hampel (200 Free Relay, ninth, 1:34.52); Erin Hurley (200 Breaststroke, 15th, 2:21.42); Lorie Kappenman (200 Free Relay, ninth, 1:34.52); Dana Powers (200 Free Relay, ninth, 1:34.52).

1986-87

NCAA Finish: 19th

NU All-Americans (Results): Shauna Gilmore (200 Medley Relay, seventh, 1:44.65; 200 Free Relay, 15th, 1:35.65; 200 Freestyle, 16th, 1:49.81; 400 Medley Relay, 16th, 3:51.25); Heidi Hecker (Three-meter Diving, 11th, 435.30); Erin Hurley (200 Medley Relay, seventh, 1:44.65; 200 Breaststroke, 14th, 2:20.43; 400 Medley Relay, 16th, 3:51.25); Carole Johnson (200 Medley Relay, seventh, 1:44.65; 200 Free Relay, 15th, 1:35.65; 400 Medley Relay, 16th, 3:51.25); Lorie Kappenman (200 Free Relay, 15th, 1:35.65); Dana Powers (200 Medley Relay, seventh, 1:44.65; 100 Butterfly, 10th, 55.16; 200 Free Relay, 15th, 1:35.65; 400 Medley Relay, 16th, 3:51.25).

1987-88

NCAA Finish: 39th

NU All-Americans (Results): Amy Aarsen (10-meter Platform Diving, 14th, 290.50); Allison Barker (200 Medley Relay, 14th, 1:45.45); Erin Hurley (200 Medley Relay, 14th, 1:45.45); Carole Johnson (200 Medley Relay, 14th, 1:45.45); Mindy Matheny (200 Medley Relay, 14th, 1:45.45).



Janet Danburg
1996, 1997 ALL-AMERICAN

1988-89

NCAA Finish: 29th

NU All-Americans (Results): Julie May (One-meter Diving, fifth, 461.95); Jenell Garcia (400 Medley Relay, 16th, 3:53.30); Carole Johnson (400 Medley Relay, 16th, 3:53.30); Mindy Matheny (400 Medley Relay, 16th, 3:53.30); Kristen Neuenfeldt (400 Medley Relay, 16th, 3:53.30).

1989-90

NCAA Finish: 39th

NU All-Americans (Results): Amy Aarsen (10-meter Platform Diving, 14th, 281.10); Jenell Garcia (100 Butterfly, 14th, 55.76).

1990-91

NCAA Finish: 28th

NU All-Americans (Results): Amy Aarsen (Three-meter Diving, eighth, 459.75); Lynne Braddock (200 Free Relay, 16th, NA); Christine Frederick (200 Free Relay, 16th, NA); Jenell Garcia (100 Butterfly, 15th, 55.79); Chris Gmeiner (200 Free Relay, 16th, NA); Mindy Matheny (200 Free Relay, 16th, NA); Melanie Wirtner (200 Butterfly, 15th, 2:02.83).

1991-92

NCAA Finish: 31st

NU All-Americans (Results): Michelle Butcher (1,650 Freestyle, sixth, 16:32.67).

1992-93

NCAA Finish: 20th

NU All-Americans (Results): Melanie Dodd (100 Freestyle, fifth, 49.60; 200 Medley Relay, 10th, 1:44.28; 200 Freestyle, 11th, 1:49.34; 50 Freestyle, 13th, 23.41; 400 Medley Relay, 13th, 3:49.15); Christine Frederick (200 Medley Relay, 10th, 1:44.28; 400 Medley Relay, 13th, 3:49.15); Jane Glazebrook (200 Medley Relay, 10th, 1:44.28; 400 Medley Relay, 13th, 1:44.28); Penny Heyns (200 Medley Relay, 10th, 1:44.28; 400 Medley Relay, 13th, 1:44.28).

1993-94

NCAA Finish: 16th

NU All-Americans (Results): Marci Bodner (800 Free Relay, 13th, 7:23.75); Heather Erickson (200 Medley Relay, 10th, 1:43.84; 400 Medley Relay, 13th, 3:45.59; 200 Free Relay, 16th, 1:35.22); Jane Glazebrook (200 Medley Relay, 10th, 1:43.84; 400 Medley Relay, 13th, 3:45.59); Penny Heyns (100 Breaststroke, second, 1:01.43; 200 Breaststroke, sixth, 2:14.35; 200 Medley Relay, 10th, 1:43.84; 400 Medley Relay, 13th, 3:45.59; 200 Free Relay, 1:35.22); Katie Luellen (200 Free Relay, 16th, 1:35.22); Lestelle Markgraaff (800 Free Relay, 13th, 7:23.75); Heather Park (800 Free Relay, 13th, 7:23.75); Julia Russell (100 Breaststroke, eighth, 1:03.59; 200 Breaststroke, 12th, 2:15.22; 400 Medley Relay, 13th, 3:45.59; 200 Free Relay, 16th, 1:35.22); BriAnna Wilkins (800 Free Relay, 13th, 7:23.75).

1994-95

NCAA Finish: 9th

NU All-Americans (Results): Erin Carew (200 Free Relay, 17th, 1:34.29; 400 Free Relay, 18th, 3:27.63); Cathy Crooks (800 Free Relay, 11th, 7:24.18; 400 Individual Medley, 14th, 4:21.33; 400 Free Relay, 18th, 3:27.63); Melanie Dodd (400 Medley Relay, second, 3:40.86; 200 Medley Relay, fourth, 1:42.14; 200 Freestyle, fifth, 1:47.85; 100 Freestyle, ninth, 50.03; 800 Free Relay, 11th, 7:24.18; 200 Free Relay, 17th, 1:34.29); Jane Glazebrook (400 Medley Relay, second, 3:40.86; 200 Medley Relay, fourth, 1:42.14; 200 Backstroke, fourth, 1:58.07); Penny Heyns (100 Breaststroke, second, 1:00.41; 400 Medley Relay, second, 3:40.86; 200 Breaststroke, third, 2:11.38; 200 Medley Relay, fourth, 1:42.14); Destiny Lauren (400 Medley Relay, second, 3:40.86; 200 Butterfly, fourth, 1:59.20; 200 Free Relay, 17th, 1:34.29); Heather Park (800 Free Relay, 11th, 7:24.18); Julia Russell (200 Medley Relay, fourth, 1:42.14; 200 Breaststroke, 10th, 2:14.72); BriAnna Wilkins (800 Free Relay, 11th, 7:24.18).

1995-96

NCAA Finish: 10th

NU All-Americans (Results): Erin Carew (400 Free Relay, 12th, 3:25.38; 200 Free Relay, 14th, 1:34.83); Janet Danburg (400 Medley Relay, fifth, 3:42.35; 200 Medley Relay, sixth, 1:42.66); Melanie Dodd (400 Medley Relay, fifth, 3:42.35; 200 Medley Relay, sixth, 1:42.66; 400 Free Relay, 12th, 3:25.38; 200 Free Relay, 14th, 1:34.83); Penny Heyns (100 Breaststroke, first, 1:00.27; 200 Breaststroke, second, 2:09.71; 400 Medley Relay, fifth, 3:42.35; 200 Medley Relay, sixth, 1:42.66); Mandy Hunter-Beckinsall (400 Free Relay, 12th, 3:25.38; 200 Free Relay, 14th, 1:34.83); Destiny Lauren (200 Butterfly, ninth, 2:00.40; 800 Free Relay, 15th, 7:28.66; 100 Butterfly, 16th, 56.50); Heather Park (800 Free Relay, 15th, 7:28.66); Julia Russell (100 Breaststroke, third, 1:01.45; 200 Breaststroke, third, 2:12.12; 200 Individual Medley, fifth, 2:01.51; 400 Medley Relay, fifth, 3:42.35; 200 Medley Relay, sixth, 1:42.66; 400 Free Relay, 12th, 3:25.38; 200 Free Relay, 14th, 1:34.83); BriAnna Wilkins (800 Free Relay, 15th, 7:28.66); Shannon Wright (200 Free Relay, 14th, 1:34.83).

1996-97

NCAA Finish: 8th

NU All-Americans (Results): Janet Danburg (400 Medley Relay, 11th, 3:43.54); Sara Kate Havens (200 Medley Relay, ninth, 1:41.72); Sara Jowsey (400 Medley Relay, 11th, 3:43.54); Beth Karaica (200 Free Relay,



Lauren Bailey
2005-06 ALL-AMERICAN

sixth, 1:31.94; 400 Free Relay, sixth, 3:21.47; 200 Medley Relay, ninth, 1:41.72; 400 Medley Relay, 11th, 3:43.54); Lenka Manhalova (200 Breaststroke, fifth, 2:12.18); Terrie Miller (100 Breaststroke, eighth, 1:02.15); Helene Muller (200 Free Relay, sixth, 1:31.94; 400 Free Relay, sixth, 3:21.47; 800 Free Relay, 10th, 7:21.44; 200 Medley Relay, ninth, 1:41.72); Julia Russell (100 Breaststroke, fourth, 1:01.22; 200 Breaststroke, second, 2:10.32; 200 Free Relay, sixth, 1:31.94; 200 Individual Medley, tie-10th, 2:00.33; 200 Medley Relay, ninth, 1:41.72); Stacey Sedlacek (400 Free Relay, sixth, 3:21.47); Laura Simon (400 Individual Medley, 16th, 4:21.01); BriAnna Wilkins (800 Free Relay, 10th, 7:21.44); Anna Windsor (200 Freestyle, seventh, 1:48.16; 200 Free Relay, sixth, 1:31.94; 400 Free Relay, sixth, 3:21.47; 200 Individual Medley, 15th, 2:02.74; 800 Free Relay, 10th, 7:21.44); Shannon Wright (800 Free Relay, 10th, 7:21.44).

1997-98

NCAA Finish: 11th

NU All-Americans (Results): Therese Alshammer (800 Free Relay, second, 7:10.89; 400 Free Relay, seventh, 3:19.33; 200 Free Relay, ninth, 1:31.17; 50 Freestyle, tie-ninth, 22.83; 200 Medley Relay, 11th, 1:41.90; 100 Backstroke, 15th, 55.63; 100 Freestyle, 16th, 50.20); Shandra Johnson (800 Free Relay, second, 7:10.89); Beth Karaica (400 Free Relay, seventh, 3:19.33; 200 Free Relay, ninth, 1:31.17; 200 Medley Relay, 11th, 1:41.90); Destiny Lauren (200 Butterfly, 11th, 1:59.93); Lenka Manhalova (200 Breaststroke, 12th, 2:14.76); Terrie Miller (200 Medley Relay, 11th, 1:41.90); Helene Muller (800 Free Relay, second, 7:10.89; 400 Free Relay, seventh, 3:19.33; 200 Freestyle Relay, ninth, 1:31.17; 200 Freestyle, 11th, 1:47.70; 200 Medley Relay, 11th, 1:41.90); Anna Windsor (800 Free Relay, second, 7:10.89; 400 Free Relay, seventh, 3:19.33; 200 Freestyle, eighth, 1:48.19; 200 Free Relay, ninth, 1:31.17; 200 Individual Medley, 16th, 2:02.27).

1998-99

NCAA Finish: 12th

NU All-Americans (Results): Therese Alshammer (100 Freestyle, fourth, 48.76; 50 Freestyle, tie-fourth, 22.60; 800 Free Relay, sixth, 7:15.00; 200 Free Relay, ninth, 1:31.89; 400 Free Relay, ninth, 3:19.05; 200 Medley Relay, 13th, 1:42.28; Shandra Johnson (200 Backstroke, seventh, 1:58.53; 200 Freestyle, 14th, 1:48.36; 800 Free Relay, sixth, 7:15.00; 400 Free Relay, ninth, 3:19.05; 200 Medley Relay, 13th, 1:42.28); Emma Johnson (400 Individual Medley, 11th, 4:18.67; 800 Free Relay, sixth, 7:15.00); Beth Karaica (200 Free Relay, ninth, 1:31.89; 200 Medley Relay, 13th, 1:42.28); Destiny Lauren (200 Butterfly, sixth, 1:59.41); Terrie Miller (200 Medley Relay, 13th, 1:42.28); Helene Muller (800 Free Relay, sixth, 7:15.00; 200 Free Relay, ninth, 1:31.89; 400 Free Relay, ninth, 3:19.05); Stacey Sedlacek (200 Free Relay, ninth, 1:31.89; 400 Free Relay, ninth, 3:19.05).

1999-00

NCAA Finish: 20th

NU All-Americans (Results): Shandra Johnson (400 Freestyle, 11th, 4:09.88; 200 Freestyle, 13th, 2:00.02; 800 Free Relay, 14th, 8:14.00); Helene Muller (200 Freestyle, third, 1:57.88; 100 Freestyle, fifth, 55.06; 800 Free Relay, 14th, 8:14.00); Sasha Pine (800 Free Relay, 14th, 8:14.00); Lindsey Highstrom (800 Free Relay, 14th, 8:14.00); Elvira Fischer (200 Breaststroke, 10th, 2:28.56).

2000-01

NCAA Finish: 23rd

NU All-Americans (Results): Elvira Fischer (200 Breaststroke, fifth, 2:11.27; 100 Breaststroke, eighth, 1:02.04); Rebecca Wolfe (200 Butterfly, seventh, 1:59.78); Carmen Cosgrove (100 Butterfly, 16th, 55.33).

2005-06

NCAA Finish: 36th

NU All-Americans (Results): Lauren Bailey (1,650-Freestyle, ninth, 16:16.06).

NEBRASKA'S CONFERENCE CHAMPIONS

1975

Team Champion: Kansas, 412 points
 NU Finish: Fifth, 180 points
 NU Individual Champion: Ginny Kincade (One-meter Diving, 593.60; Three-meter Diving, 650.20).

1976

Team Champion: Kansas, 489 points
 NU Finish: Second, 419 points
 NU Individual Champions: Ellen Hollander (50 Breaststroke, 33.48; 100 Breaststroke, 1:12.90; 200 Breaststroke, 1:12.90; 100 IM, 1:05.12); Kristi Wells (Three-meter Diving, 367.20).

1977

Team Champion: Kansas, 739.5 points
 NU Finish: Second, 573.5 points
 NU Individual Champions: Ellen Hollander (50 Breaststroke, 32.99; 100 Breaststroke, 1:11.97; 200 Breaststroke, 2:34.17); Melanie Jakob (200 Butterfly, 2:12.56; 200 IM, 2:13.95); Anne Watland (500 Freestyle, 5:08.88; 1,650 Freestyle, 17:34.80); Kristi Wells (One-meter Diving, 376.10; Three-meter Diving, 424.00).

1978

Team Champion: Kansas, 604.5 points
 NU Finish: Third, 487.5 points
 NU Individual Champion: JoDea Eckstrom (100 IM, 1:02.30)

1979

Team Champion: Kansas, 918 points
 NU Finish: Third, 665 points
 NU Individual Champions: None

1980

Team Champion: Kansas, 905.5 points
 NU Finish: Third, 663 points
 NU Individual Champion: Sherri Hayward (200 Backstroke, 2:04.79).

1981

Team Champion: Kansas, 749 points
 NU Finish: Fifth, 265 points
 NU Individual Champion: Sherri Hayward (100 Backstroke, 59.76; 200 Backstroke, 2:06.09).

1982

Team Champion: Kansas, 745 points
 NU Finish: Second, 459 points
 NU Individual Champion: Sherri Hayward (200 Backstroke, 2:05.25).

1983

Team Champion: Kansas, 823 points
 NU Finish: Second, 427 points
 NU Individual Champions: Sherri Hayward (200 Backstroke, 2:05.18); Cathy Heisler (200 Breaststroke, 2:25.68); Wendy Lucero (One-meter Diving, 449.95).

1984

Team Champion: Kansas, 645 points
 NU Finish: Second, 542.5 points
 NU Individual Champions: Susan Cashman (500 Freestyle, 4:55.83; 400 IM, 4:55.83); Marcia Heaton (One-meter Diving, 387.80); Dana Powers (50 Freestyle, 23.70); Emily Ricketts (200 Freestyle, 1:50.81).

1985

Team Champion: Nebraska, 682 points
 NU Individual Champions: Heidi Hecker (One-meter Diving, 440.15; Three-meter Diving, 456.45); Erin Hurley (200 Breaststroke, 2:17.87); Dana Powers (50 Freestyle, 23.32; 100 Butterfly, 55.10); Emily Ricketts (200 Freestyle, 1:50.81; 500 Freestyle, 4:51.35); Penny Stanek (100 Backstroke, 58.34).

1986

Team Champion: Nebraska, 666.5 points
 NU Individual Champions: Shauna Gilmore (200 Freestyle, 1:50.73); Erin Hurley (200 Breaststroke, 2:24.86); Dana Powers (100 Butterfly, 56.59; 100 Breaststroke, 1:06.23); Emily Ricketts (100 Freestyle, 51.54).

1987

Team Champion: Nebraska, 689 points
 NU Individual Champions: Shauna Gilmore (100 Freestyle,

51.44; 200 Freestyle, 1:49.85); Erin Hurley (200 Breaststroke, 2:21.07); Carole Johnson (100 Backstroke, 58.13; 200 Backstroke, 2:06.20); Julie May (One-meter Diving, 441.25); Lee Pennefather (500 Freestyle, 5:00.15; 200 Butterfly, 2:04.28); Dana Powers (100 Butterfly, 55.10; 100 Breaststroke, 1:05.10).

1988

Team Champion: Kansas, 715.5 points
 NU Finish: Second, 584 points
 NU Individual Champions: Stephanie Clennan (Three-meter Diving, 462.8); Carole Johnson (100 Backstroke, 58.39); Terry Long (200 Breaststroke, 2:23.05); Mindy Matheny (50 Freestyle, 23.66).

1989

Team Champion: Kansas, 703 points
 NU Finish: Second, 626 points
 NU Individual Champions: Lynne Braddock (50 Freestyle, 23.69); Jenell Garcia (200 Butterfly, 2:02.41); Carole Johnson (100 Backstroke, 58.13; 200 Backstroke, 2:06.16); Julie May (One-meter Diving, 454.35; Three-meter Diving, 515.0).

1990

Team Champion: Nebraska, 654.5 points
 NU Individual Champions: Michelle Butcher (50 Freestyle, 23.65; 500 Freestyle, 4:51.11; 1650 Freestyle, 16:25.99; 400 IM, 4:24.92); Janelle Garcia (100 Butterfly, 55.76); Carole Johnson (100 Backstroke, 59.21); Leane Maruk (100 Breaststroke, 1:05.58); Kris Neuenfeldt (200 Freestyle, 1:51.33); Melanie Wirtner (200 IM, 2:05.17).

1991

Team Champion: Nebraska, 671.5 points
 NU Individual Champions: Amy Aarsen (Three-meter Diving, 562.85); Michelle Butcher (500 Freestyle, 4:52.86; 1,650 Freestyle, 16:38.72; 400 IM, 4:24.04); Jenell Garcia (200 Butterfly, 2:01.94); Mindy Matheny (100 Freestyle, 51.89); Julie Riegel (200 Backstroke, 2:05.40); Melanie Wirtner (100 Butterfly, 55.52).

1992

Team Champion: Kansas, 741 points
 NU Finish: Second, 586 points
 NU Individual Champions: Heidi Buchholz (Three-meter Diving, 450.10); Michelle Butcher (500 Freestyle, 4:50.58; 1,650 Freestyle, 16:40.03; 400 IM, 4:26.13); Kris Haws (200 Backstroke, 2:04.01).

1993

Team Champion: Kansas, 685 points
 NU Finish: Second, 679.5 points
 NU Individual Champions: Melanie Dodd (50 Freestyle, 22.88; 100 Freestyle, 50.04; 200 Freestyle, 1:49.14); Jane Glazebrook (100 Backstroke, 56.82; 200 Backstroke, 1:59.70); Jennifer Harnly (One-meter Diving, 434.70); Penny Heyns (100 Breaststroke, 1:03.64); Cheryl Kartye (Three-meter Diving, 495.10).

1994

Team Champion: Nebraska, 662 points
 NU Individual Champions: Melanie Dodd (100 Freestyle, 50.19); Jane Glazebrook (100 Backstroke, 56.16; 200 Backstroke, 1:58.19); Marci Bodner (200 Butterfly, 2:03.13); Jennifer Harnly (One-meter Diving, 422.00); Penny Heyns (100 Breaststroke, 1:01.88; 200 Breaststroke, 2:13.93); BriAnna Wilkins (1650 Freestyle, 16:39.75).

1995

Team Champion: Nebraska, 636 points
 NU Individual Champions: Melanie Dodd (100 Freestyle, 50.13; 200 Freestyle, 1:49.48); Jane Glazebrook (100 Backstroke, 56.12; 200 Backstroke, 1:58.19); Julie Grimmer (Three-meter Diving, 536.50); Penny Heyns (100 Breaststroke, 1:01.57; 200 Breaststroke, 2:13.71); Destiny Lauren (200 Butterfly, 2:00.67); BriAnna Wilkins (1,650 Freestyle, 16:56.27).

1996

Team Champion: Nebraska, 663 points
 NU Individual Champions: Janet Danburg (100 Backstroke, 57.13; 200 Backstroke, 2:03.60); Melanie Dodd (100 Freestyle, 50.25); Penny Heyns (100 Breaststroke, 1:00.18; 200 Breaststroke, 2:08.90); Destiny Lauren (100 Butterfly, 55.51; 200 Butterfly, 2:01.01; 400 IM, 4:20.51); Heather Park (500

Freestyle, 4:50.30; 1,650 Freestyle, 16:49.56); Julia Russell (200 IM, 2:00.77).

1997

Team Champion: Nebraska, 927 points
 NU Individual Champions: Helene Muller (50 Freestyle, 22.98; 100 Freestyle, 50.02); Julia Russell (100 Breaststroke, 1:00.83; 200 Breaststroke, 2:10.25; 200 IM, 1:59.13); Laura Simon (400 IM, 4:19.15); Anna Windsor (200 Freestyle, 1:48.49).

1998

Team Champion: Nebraska, 868 points
 NU Individual Champions: Shandra Johnson (200 Freestyle, 1:46.53; 500 Freestyle, 4:43.48; 200 Backstroke, 1:58.35); Destiny Lauren (200 Butterfly, 2:00.69); Lenka Manhalova (200 Breaststroke, 2:14.22).

1999

Team Champion: Texas, 881.5
 NU Finish: Second, 851.5 points
 NU Individual Champions: Therese Alshammar (100 Freestyle, 49.46); Shandra Johnson (200 Freestyle, 1:48.08; 500 Freestyle, 4:50.31; 200 Backstroke, 1:58.70); Janna Brock (200 Breaststroke, 2:15.09); Destiny Lauren (200 Butterfly, 1:59.28).

2000

Team Champion: Texas, 914.5
 NU Finish: Third, 634 points
 NU Individual Champions: Shandra Johnson (500 Freestyle, 4:47.35; 200 Backstroke 1:59.05); Elvira Fischer (100 Breaststroke 1:03.19; 200 Breaststroke, 2:13.71).

2001

Team Champion: Texas, 997.50
 NU Finish: Third, 565 points
 NU Individual Champions: Elvira Fischer (200 Breaststroke, 2:12.91); Rebecca Wolfe (200 Butterfly, 1:57.94).

2002

Team Champion: Texas, 1,055.50
 NU Finish: Sixth, 186 points
 NU Individual Champions: None.

2003

Team Champion: Texas
 NU Finish: Sixth, 316.50
 NU Individual Champions: None.

2004

Team Champion: Texas, 964
 NU Finish: Fourth, 420 points
 NU Individual Champion: Lauren Bailey (400 IM, 4:17.57).

2005

Team Champion: Texas, 965
 NU Finish: Third, 461 points
 NU Individual Champions: None

2006

Team Champion: Texas, 942.5
 NU Finish: Fifth, 386.5 points
 NU Individual Champions: Lauren Bailey (1,650-Freestyle, 16:20.05)

2007

Team Champion: Texas A&M, 931
 NU Finish: Fifth, 350.5 points
 NU Individual Champions: Lauren Bailey (1,650-Freestyle, 16:14.36)

2008

Team Champion: Texas A&M, 967
 NU Finish: Sixth, 343 points
 NU Individual Champions: None

NEBRASKA'S ACADEMIC ALL-BIG 12 SELECTIONS

1997
First Team
 Samantha Ashley So Biology
 Erin Carew Jr Education
 Ingrid Gotchel Fr Mechanical Engineering
 Courtney Jensen Fr Education
 Anna Nilsson So Art
 Suzy Shacklett Fr Business Administration
 Laura Simon Fr Industrial Engineering
 Christine Troy Fr Undeclared
 Brianna Wilkins Sr Education
 Shannon Wright So Business Administration

Honorable Mention
 Erica Clark Jr Marketing
 Beth Hunsicker Jr Marketing
 Teresa Mauck So Education
 Julia Russell Sr Advertising
 Stacey Sedlacek Fr Biology
 Sasha Van Hamburg Fr Marketing

1998
First Team
 Therese Alshammar Fr Advertising
 Samantha Ashley Jr Psychology
 Erin Carew Sr Education
 Ann Enoch So Communication Studies
 Katie Hoffman So Pre-Physical Therapy
 Amanda Beckinsall Jr Psychology
 Courtney Jensen So Elementary Education
 Molly McDonald Fr Undeclared
 Suzy Shacklett So Business Administration
 Laura Simon So Industrial Engineering
 Christine Troy So Undeclared
 Sasha Van Hamburg So Marketing
 Anna Windsor So Biology
 Amanda Zins Fr Undeclared

Honorable Mention
 Erica Clark Sr Marketing
 Ingrid Gotchel So Meteorology
 Anna Nilsson Jr Art
 Shannon Wright Jr Economics

1999
First Team
 Therese Alshammar So Advertising
 Samantha Ashley Sr Psychology
 Tami Bernth Fr Pre-Medicine
 Janna Brock Fr Education
 Ann Enoch Jr Family Science
 Ingrid Gotchel Jr Meteorology
 Beth Hunsicker Jr Design
 Courtney Jensen Jr Elementary Education
 Emma Johnson Fr Undeclared
 Destiny Lauren Sr News-Editorial
 Molly McDonald So Undeclared
 Anna Nilsson Sr Art
 Stacey Sedlacek Jr Fisheries and Wildlife
 Laura Simon Jr Industrial Engineering
 Christine Troy Sr Psychology
 Sasha Pine Jr Advertising
 Shannon Wright Sr Finance
 Amanda Zins So Business Administration

Second Team
 Helene Muller Jr Biology

2000
First Team
 Ingrid Gotchel Sr Meteorology
 Courtney Jensen Sr Elementary Education
 Molly McDonald Jr Pre-Physical Therapy
 Sasha Pine Sr Advertising
 Stacey Sedlacek Sr Fisheries and Wildlife
 Christine Troy Sr Psychology

Second Team
 Tami Bernth So Pre-Medicine
 Beth Hunsicker Sr Design
 Helene Muller Sr Biology
 Ingrid Gotchel Sr Meteorology

2001
First Team
 Keri Hehn So Undeclared
 Lindsey Highstrom So Pre-Medicine
 Beth Karaica Sr Communication Studies
 Karin Larka So General Studies

Liz Rieke So Biology
 Michele Schmerbauch So Speech Pathology
 Susan Walker So Communication Studies

Second Team
 Shandra Johnson Sr Family Science

2002
First Team
 Rachael Armijo So Elementary Education
 Kristin Broyhill So International Business
 Jerilyn Drummond So Undeclared
 Laura Landgreen So Elementary Education
 Sarah Mugge So Biology
 Kristin Petersen So Family Science
 Amanda Spark So Elementary Education
 Kristin Vahle Jr Nursing
 Susan Walker Jr Communication Studies

Second Team
 Ashley Peterson Jr Advertising
 Yasmin Saad Sr Broadcasting

2003
First Team
 Jeni Fortino Sr Criminal Justice
 Laura Landgreen Jr Elementary Education
 Susan Walker Sr Communication Studies

2004
First Team
 Emily Becker So Veterinary Science
 Amie Buoy So International Business
 Kate Dulgar So Elementary Education
 Esmie Holderman So Biological Sciences
 Becky Johnson So Undeclared
 Alex King So Chemical Engineering
 Rachel Schlatter So Undeclared

Second Team
 Mackenzie Clark So Undeclared

2005
First Team
 Emily Becker Jr Veterinary Science
 Amie Buoy Jr International Studies
 Emilee Crawford So Middle Grades Education
 Abby Fitzpatrick So Criminal Justice/Pre-Law
 Esmie Holderman Jr Biological Sciences
 Bailey Ingles So Elementary Education
 Becky Johnson Jr Elementary Education
 Alex King Jr Chemical Engineering
 Rachel Schlatter Jr Advertising
 Casey Schnack So Psychology

Second Team
 Lauren Bailey So Undeclared
 Kate Dulgar Jr Elementary Education
 Danielle Stansbury So Elementary Education
 Kate Wheeler So Physics

2006
First Team
 Lauren Bailey Jr Family & Consumer Science
 Amie Buoy Sr International Studies
 Emilee Crawford Jr Advertising
 Kate Dulgar Sr Elementary Education
 Abby Fitzpatrick Jr Criminal Justice
 Bailey Ingles Jr Elementary Education
 Becky Johnson Sr Elementary Education
 Courtney Jolly RFr Undeclared
 Alex King Sr Chemical Engineering
 Kaci Ressler So Political Science
 Rachel Schlatter Sr Advertising
 Casey Schnack Jr Psychology
 Danielle Stansbury Jr Elementary Education
 Kate Wheeler Jr Physics

Second Team
 Mackenzie Clark Sr Advertising
 Esmie Holderman Sr Biological Sciences

2007
First Team
 Lauren Bailey Sr Family & Consumer Science
 Katie Bowden Sr Criminal Justice
 Emilee Crawford Sr Communication Studies
 Bailey Ingles Sr Elementary Education
 Courtney Jolly So Animal Science
 Dani Millis Jr Marketing
 Kaci Ressler Jr Political Science
 Casey Schnack Sr Psychology
 Danielle Stansbury Sr Elementary Education
 Jenny Toler So Art History & Criticism
 Christina Yemm So Nutrition, Exercise & Health Science

Second Team
 Kate Wheeler Sr Physics

2008
First Team
 Kaitlin Arntz So Advertising
 C.J. Bray Jr Nutritional Science & Dietetics
 Sarah Broker So Pre-Nursing
 Kelsey Ida So Philosophy, International Studies, Political Science
 Courtney Jolly Jr Animal Science
 Jenny Toler Jr Art History
 Christina Yemm Jr Nutritional Science & Dietetics
 Sarah Ziegelmann So Undeclared

Second Team
 Colleen Criss So Undeclared
 Mariah Hutchinson So Undeclared
 Jenna Stroud Jr Communication Studies



NEBRASKA'S ALL-TIME RESULTS

YEAR-BY-YEAR RESULTS

Year	Won	Lost	Conf.	Coach
1975-76	7	0	2nd	Pat Sullivan
1976-77	5	2	2nd	Ray Huppert
1977-78	5	1	3rd	Ray Huppert
1978-79	5	2	3rd	Ray Huppert
1979-80	6	6	3rd	Ray Huppert
1980-81	3	9	5th	Ray Huppert
1981-82	6	5	2nd	Ray Huppert
1982-83	8	3	2nd	Ray Huppert
1983-84	10	4	2nd	Ray Huppert
1984-85	8	2	1st	Ray Huppert
1985-86	10	2	1st	Ray Huppert
1986-87	11	2	1st	Ray Huppert
1987-88	7	2	2nd	Ray Huppert
1988-89	6	7	2nd	Ray Huppert
1989-90	11	3	1st	Ray Huppert
1990-91	7	3	1st	Ray Huppert
1991-92	8	3	2nd	Ray Huppert
1992-93	6	2	2nd	Cal Bentz
1993-94	7	1	1st	Cal Bentz
1994-95	4	3	1st	Cal Bentz
1995-96	5	3	1st	Cal Bentz
1996-97	6	2	1st	Cal Bentz
1997-98	7	0	1st	Cal Bentz
1998-99	7	3	2nd	Cal Bentz
1999-00	2	8	3rd	Cal Bentz
2000-01	7	4	3rd	Paul Nelsen
2001-02	0	3	6th	Pablo Morales
2002-03	3	8	6th	Pablo Morales
2003-04	7	2	4th	Pablo Morales
2004-05	8	1	3rd	Pablo Morales
2005-06	7	2	5th	Pablo Morales
2006-07	7	6	5th	Pablo Morales
2007-08	7	2	6th	Pablo Morales
Totals	213	106		

NEBRASKA HEAD COACHES

Name	Years	Won	Lost	Pct.
Pat Sullivan	1975-1976	7	0	1.000
Ray Huppert	1976-1992	116	56	.674
Cal Bentz	1992-2000	44	22	.667
Paul Nelsen	2000-2001	7	4	.636
Pablo Morales	2001-Current	39	24	.619



DEVANEY NATATORIUM

ALL-TIME DUAL MEET RECORDS

Team	W-L
Air Force	1-0
Alabama	0-1
Arizona	0-2
Arizona State	1-1
Arkansas	6-4
Auburn	0-1
Brigham Young	4-1
California-Santa Barbara	1-0
Colorado	2-0
Colorado State	12-6
Florida Atlantic	4-1
Florida State	0-3
Fresno State	1-0
Georgia	0-1
Georgia Southern	1-0
Hawaii	1-0
Illinois	1-0
Illinois State	1-0
Indiana	1-0
Iowa*	6-3
Iowa State*	27-4
Kansas*	11-19
Lamar	2-0
Louisiana State	0-3
Louisville	1-1
Manitoba	1-0
Michigan	0-3
Michigan State	1-0
Minnesota	5-11
Missouri*	19-9
Missouri State	4-0
Nebraska-Kearney	1-0
Nebraska-Omaha*	11-0
Nevada	4-1
New Mexico	1-1
Northern Iowa	4-0
Northern Colorado	1-0
North Carolina State	0-1
Northern Arizona	0-1
Northwestern	1-1
Pennsylvania	1-1
Purdue	1-1
Oklahoma	4-3
Oklahoma State	1-0
St. Cloud State	1-0
School of the Ozarks	1-0
Simon Frazier	1-0
South Dakota	2-0
South Dakota State*	4-0
Southern California	0-1
Southern Illinois	9-3
Southern Methodist	1-4
Texas	0-2
Texas A&M	3-3
Truman State	2-1
Tulane	1-0
UCLA	0-1
UNLV	0-1
Utah	5-0
Valparaiso	1-0
Villanova	1-0
Virginia Tech	1-0
Wisconsin	0-1
Wyoming	11-1

* indicates 2008-09 opponents

HUSKER OLYMPIANS



THERESE ALSHAMMAR (SWEDEN)
1996, 2000, 2004, 2008

A four-time Olympian, Therese Alshammar lettered for the Huskers in 1998 and 1999. Considered one of the top female freestyle sprinters in the world, Alshammar set two records at the 2000 European Short Course Championships. Alshammar took home three medals from the Sydney Olympics, a pair of silvers and a bronze.



ANJA MARGETIC (BOSNIA)
1992

Anja Margetic was a member of the Bosnian team for the 1992 Olympics in Barcelona. Margetic finished 27th in the 200-meter butterfly and 44th in the 100-meter butterfly. Margetic earned All-America honors at Nebraska in 1994 as a member of the 400-yard medley relay that notched a 13th-place finish at the NCAA Championships.



ELVIRA FISCHER (AUSTRIA)
1996, 2000

A two-time Olympian, Fischer was a three-time All-American while at Nebraska. Fischer's top finish at the 1996 Olympics was 23rd in the 200-meter breaststroke (2:33.87). In the Sydney Olympics in 2000, Fischer's top performance was in the 100-meter breaststroke, where she touched the wall in 1:11.58, placing 24th overall, and winning her heat.



TERRIE MILLER (NORWAY)
1996

A standout breastroker from 1997 to 1999, Terrie Miller earned All-America honors in each of her three seasons competing for Nebraska. As a freshman, she placed eighth in the 100-yard breaststroke at the NCAA Championships. She earned All-America honors competing on NU's medley relays in both 1998 and 1999. At the 1996 Olympics in Atlanta, she placed 20th in the 100-meter breaststroke.



PENNY HEYNS (SOUTH AFRICA)
1992, 1996, 2000

The only three-time Olympian in school history, Penny Heyns became the most successful Olympian for South Africa and Nebraska at the same time. A Husker senior in 1996, Heyns' successful year culminated with two Olympic gold medals. For more on Heyns, please see page 64.



HELENE MULLER (SOUTH AFRICA)
1996, 2000

Former Husker All-American Helene Muller swam for her native South Africa during the 1996 and 2000 Olympic Games. Muller lettered from 1997 to 2000, garnering All-America honors for the Huskers 13 times, including a bronze medal in the 200-meter freestyle at the 2000 NCAA Championships.



EMMA JOHNSON (AUSTRALIA)
1996

Emma Johnson competed for the Huskers during the 1998-99 season, earning All-America honors in the 400-yard IM at the 1999 NCAA Championships. She established the current NU record in the 400-yard IM, at the 1998 Texas Invitational. Johnson finished fifth in the 400-meter IM at the 1996 Olympics, while also earning a bronze medal swimming on the Aussie's third-place 800-meter freestyle relay team.



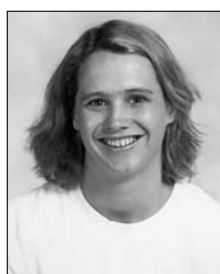
JULIA RUSSELL (SOUTH AFRICA)
1996

Julia Russell swam to a 12th-place finish in the 200-meter breaststroke in Atlanta in a career-best time of 2:30.38, while also finishing 17th in the 100-meter breaststroke and 26th in the 200-meter IM. In 1997, the 18-time All-American was the NCAA runner-up in the 200-yard breaststroke and the Big 12 Swimmer of the Year. She won three events at the 1997 Big 12 Championships and finished as NU's most prolific scorer at the NCAA Championships with 108 points.



WENDY LUCERO (UNITED STATES)
1988

Wendy Lucero competed for Nebraska from 1981 to 1983. Lucero's freshman season was highlighted by a runner-up finish in three-meter diving and a fourth-place finish on the one meter at the 1982 Big Eight Championships. Later that season, Lucero placed eighth at U.S. Nationals. A native of Denver, Colo., Lucero competed for the United States at the 1988 Olympics.



ANNA WINDSOR (AUSTRALIA)
1996, 2000

Freestyle and individual medley standout Anna Windsor competed for NU during the 1997 and 1998 seasons. A two-time NCAA finalist in the 200-yard freestyle, Windsor placed seventh in the event in 1997. She also swam on NU's second-place 800-yard freestyle relay at the 1998 NCAA Championships. A nine-time All-American, Windsor represented Australia at the 1996 Olympics in Atlanta. She swam on the Aussie's eighth-place 400-meter freestyle relay.



LENKA MANHALOVA (CZECH REPUBLIC)
1992, 1996

Lenka Manhalova finished 11th in the 200-meter breaststroke and 29th in the 100-meter breaststroke at the 1996 Olympic Games in Atlanta. A Czech National Team member, Manhalova was a two-time All-American at Nebraska, including a fifth-place 200-yard breaststroke finish at the 1997 NCAA Championships. Manhalova was also the 1998 Big 12 200-yard breaststroke champion.

NEBRASKA'S GOLDEN PENNY



PENNY HEYNS

- Amanzimtoti, South Africa*
- Olympic Gold Medalist
- Olympic Bronze Medalist
- World Record Holder

It's not every day you run across a golden penny.

But for South Africans and Nebraskans alike, there was one shining bright at the 1996 Olympic Games in Atlanta.

Penny Heyns, a former University of Nebraska standout, earned two gold medals and became the first female in Olympic history to sweep the breaststroke events.

Heyns' whirlwind year of success began on the collegiate level. In Husker suit and cap at the 1996 Big Eight Championships in mid-February, Heyns set a then-NCAA and U.S. Open record in the 200-yard breaststroke (2:08.90), as well as an NU record in the 100-yard event (1:00.18) to help Nebraska win its third consecutive conference crown.

After setting the records, Heyns was forced to travel home for the South African Olympic Trials, which were inconveniently scheduled between the two most important collegiate meets, the conference and national championships.

Nevertheless, it proved to be a trip Heyns would never forget.

During the preliminary heat of the 100-meter breaststroke at the trials, Heyns set a world record with a time of 1:07.46.

The time broke the record held by Australia's Samantha Riley, who had set a mark of 1:07.69 in September, 1994.

Just days after her return from South Africa, Heyns became the first Husker to win a national championship at the NCAA Championships in Ann Arbor, Mich.

Heyns dominated the 100-yard breaststroke with a pool-record 1:00.27 and also earned a silver medal in the 200-yard breaststroke with a 2:09.71 performance.

Heyns then entered the Olympics as the frontrunner in the 100-meter breaststroke event. She proved she had earned that title in the preliminaries, as she blew away the competition and shattered her own world record in a clocking of 1:07.02 in the process.

In the finals, Heyns got off to a quick start, but didn't dominate as she had in the prelims. America's Amanda Beard began her trademark kick at the 50-meter mark and almost caught Heyns at the wall. Heyns held on to finish in 1:07.72 and edged Beard (1:08.09), to claim gold for the first time.

Two days later, Heyns proved she wasn't finished.

After setting an Olympic record of 2:26.63 in the preliminaries of the 200-meter breaststroke, Heyns was timed at 2:25.41 in the finals and again beat out Beard (2:25.75) for the gold. Beard entered the Olympics ranked No. 1 in the 200, but couldn't catch up with the quick pace Heyns set from the start.

"That was one of the hardest races I ever swam," Heyns said following the race. "I'm just glad I had the guts to hang in there."

At a press conference in Lincoln, Neb., the week following her gold medal performances, Heyns admitted she was surprised about the win in the 200.

"In some ways, I sit back, and I really can't believe it," Heyns said. "The 200 (win) was totally unexpected. I don't think it has sunk in yet."

An extremely successful career at Nebraska fine-tuned Heyns for Olympic success. A 15-time All-American and 14-time conference champion for the Huskers, Heyns left Nebraska as the most decorated swimmer in the program's history. Heyns' accomplishments at Nebraska and on the international level will always be recognized.

Heyns has continually showed her appreciation for the University of Nebraska and its athletic department.

HEYNS' CAREER HIGHLIGHTS

- Two-Time Olympic gold medalist; Three-Time medalist
- First Woman in Olympic history to sweep the breaststroke events
- First athlete to win a gold medal for South Africa since 1952
- Olympic record holder, 100 & 200-meter breaststroke
- 1996 Swimming World World Swimmer of the Year
- 1996 Big Eight Female Athlete of the Year
- 10-time First-Team NCAA All-American
- Five-Time Honorable-Mention NCAA All-American
- First Husker swimmer to win a national championship (100-yard breaststroke, 1:00.27, 1996)
- 14-time Big Eight Conference champion
- Three-time Pan Pacific champion
- 1995 Big 8 Female Athlete of the Year

HEYNS' WORLD RECORDS

- 50-meter breaststroke (long course): 30.83
- 100-meter breaststroke (long course): 1:06.52
- 200-meter breaststroke (long course): 2:23.64
- 100-meter breaststroke (short course): 1:05.57

Following her double gold medal performance, Heyns didn't waste any time in thanking the Nebraska Swimming and Diving Program and its support staff for the role they played in her Olympic success.

"There is no way I would even be swimming today if I didn't come to Nebraska," Heyns said. "Nebraska has done so much for me that I could never express it. It's not just swimming, it's a family to me -- the whole coaching staff and all my friends."

For the next four years Heyns continued to define excellence in the sport of swimming on a world-class level by producing one of the greatest performances in the history of the sport.

At the 1999 Pan Pacific Championships, Heyns established three world records. Winning gold in both the 100- and 200-meter breaststrokes, Heyns touched the wall in 1:06.52 and 2:23.64, respectively, both world bests. In addition, she swam an exhibition 50-meter breaststroke, posting another world record with a time of 30.83.

Heyns took home her third medal at the 2000 Sydney Olympics by earning a bronze medal in the 100-meter breaststroke in a time of 1:07.55.

As Heyns begins another chapter in her storybook career, you can bet that this golden Penny will continue to shine well into the 21st century.



Olympic gold medalist Penny Heyns became the first Husker to win a national championship in 1996.