

San Diego State Swimming & Diving

2023-24 Season and Collegiate Career Bests

SWIMMERS

Emily Allen

Collegiate Career Best Times

50 Free	23.78	SMU Invitational (11-17-22)
100 Free	51.51	Mountain West Championships (2-18-23)
200 Free	1:50.55#	SMU Invitational (11-18-22)
500 Free	5:05.03†	Mountain West Championships (2-15-23)
1000 Free	11:01.44	vs. UIW, CSUEB (1-5-23)
100 Fly	1:05.48	USD Pentathlon (9-9-22)
100 Back	1:07.86	USD Pentathlon (9-9-22)
100 Breast	1:21.95	USD Pentathlon (9-9-22)
1650 Free	17:32.88	Art Adamson Invitational (11-17-23)

2023-24 Season Best Times

50 Free	24.90	at Pepperdine (10-5-23)
100 Free	52.52#	Art Adamson Invitational (11-16-23)
500 Free	5:19.24	Fresno State Invitational (10-6-23)
100 Fly	1:07.65	USD Pentathlon (9-15-23)
100 Back	1:11.25	USD Pentathlon (9-15-23)
100 Breast	1:27.77	USD Pentathlon (9-15-23)
1000 Free	11:21.80	at Cal Poly (9-29-23)
1650 Free	17:32.88	Art Adamson Invitational (11-17-23)

Moa Bergdahl

Collegiate Career Best Times

50 Free	24.44#	at Pepperdine (10-5-23)
100 Free	53.78	USD Pentathlon (10-7-22)
100 Fly	1:04.09	vs. Pepperdine (1-13-23)
100 Back	1:01.70	USD Pentathlon (9-9-22)
200 Back	2:13.48	vs. UIW, CSUEB (1-5-23)
100 Breast	1:00.78	Art Adamson Invitational (11-15-23)
200 Breast	2:12.96	Mountain West Championships (2-18-23)
200 IM	2:01.95	MW Championships (2-16-23)
400 IM	4:37.47	GCU Quad Meet (10-22-22)

2023-24 Season Best Times

50 Free	24.44#	at Pepperdine (10-5-23)
100 Free	54.47	USD Pentathlon (9-15-23)
100 Fly	1:07.15	USD Pentathlon (9-15-23)
100 Back	1:03.61	USD Pentathlon (9-15-23)
100 Breast	1:00.78	Art Adamson Invitational (11-16-23)
200 Breast	2:13.30	Art Adamson Invitational (11-17-23)
200 IM	2:02.37	Art Adamson Invitational (11-15-23)

Liberty Edwards

Collegiate Career Best Times

50 Free	26.42	SMU Invitational (11-17-22)
100 Free	55.40	USD Pentathlon (9-9-22)
100 Fly	1:10.10	USD Pentathlon (9-9-22)
100 Back	1:08.60	USD Pentathlon (9-9-22)
100 Breast	1:05.46	Art Adamson Invitational (11-15-23)
200 Breast	2:24.77	Art Adamson Invitational (11-17-23)
200 IM	2:12.47	SMU Invitational (11-17-22)

2023-24 Season Best Times

50 Free	27.82	USD Pentathlon (9-15-23)
100 Free	1:00.27#	Fresno State Invitational (10-7-23)
100 Fly	1:12.99	USD Pentathlon (9-15-23)
100 Back	1:11.67	USD Pentathlon (9-15-23)
100 Breast	1:05.46	Art Adamson Invitational (11-15-23)
200 Breast	2:24.77	Art Adamson Invitational (11-17-23)
200 IM	2:23.15	Fresno State Invitational (10-6-23)

Raya Embury-Brown

2023-24 Season Best Times

100 Free	58.53	USD Pentathlon (9-15-23)
500 Free	5:31.80	USD Pentathlon (9-15-23)
1650 Free	17:37.84	Art Adamson Invitational (11-17-23)
100 Back	1:10.89	USD Pentathlon (9-15-23)

Trine Forss

2023-24 Season Best Times

50 Free	24.45	Fresno State Invitational (10-6-23)
100 Free	55.78	USD Pentathlon (9-15-23)
100 Fly	56.64	Art Adamson Invitational (11-16-23)
100 Back	54.93#	Art Adamson Invitational (11-16-23)
200 Back	2:01.93	Art Adamson Invitational (11-17-23)
100 Breast	1:19.48	USD Pentathlon (9-15-23)

Rachel Hubka

2023-24 Season Best Times

50 Free	23.06#	Art Adamson Invitational (11-15-23)
100 Free	52.40#	Art Adamson Invitational (11-17-23)
100 Fly	58.02†	Art Adamson Invitational (11-17-23)
100 Back	1:05.06	USD Pentathlon (9-15-23)
100 Breast	1:14.65	USD Pentathlon (9-15-23)

San Diego State Swimming & Diving

2023-24 Season and Collegiate Career Bests

Wilma Johansson

Collegiate Career Best Times

50 Free	25.04#	GCU Quad Meet (10-22-22)
100 Free	53.02	vs. Pepperdine (1-13-23)
200 Free	1:47.26	MW Championships (2-17-23)
500 Free	4:46.13	MW Championships (2-16-23)
1000 Free	10:34.11	GCU Quad Meet (10-22-21)
100 Fly	56.32	Mountain West Championships (2-19-21)
200 Fly	1:57.17*	MW Championships (2-18-23)
100 Back	1:01.66	USD Pentathlon (9-17-21)
200 Back	2:11.08	LMU Invitational (10-23-21)
100 Breast	1:10.67	USD Pentathlon (9-9-22)
200 IM	2:01.71	Phill Hansel Invitational (11-18-21)
400 IM	4:20.64	Mountain West Championships (2-18-22)

2023-24 Season Best Times

100 Free	53.27#	Fresno State Invitational (10-7-23)
200 Free	1:48.76	Art Adamson Invitational (11-16-23)
500 Free	5:05.54	Fresno State Invitational (10-6-23)
100 Fly	1:00.07	USD Pentathlon (9-15-23)
200 Fly	1:59.98	Art Adamson Invitational (11-17-23)
100 Back	1:03.76	USD Pentathlon (9-15-23)
100 Breast	1:11.23	USD Pentathlon (9-15-23)

Mai McKenna

Collegiate Career Best Times

50 Free	24.13t	MW Championships (2-15-23)
100 Free	53.71	USD Pentathlon (9-15-23)
100 Back	53.92	vs. San Diego (12-19-22)
200 Back	1:56.09	MW Championships (2-18-23)
100 Breast	1:09.12	USD Pentathlon (9-15-23)
200 Breast	2:20.72	vs. Utah Tech (11-5-22)
100 Fly	57.32	Fresno State Invitational (10-6-23)
200 Fly	1:58.75	Art Adamson Invitational (11-17-23)
200 IM	2:00.30	vs. San Diego (12-19-22)
400 IM	4:26.01	Phill Hansel Invitational (11-19-21)

2023-24 Season Best Times

100 Free	53.71	USD Pentathlon (9-15-23)
100 Back	59.82	USD Pentathlon (9-15-23)
200 Back	2:09.72	at Cal Poly (9-29-23)
100 Breast	1:09.12	USD Pentathlon (9-15-23)
100 Fly	57.32	Fresno State Invitational (10-6-23)
200 Fly	1:58.75	Art Adamson Invitational (11-17-23)
200 IM	2:00.36	Art Adamson Invitational (11-15-23)
400 IM	4:37.16	USD Pentathlon (9-15-23)

Paige Mitchell

Collegiate Career Best Times

50 Free	25.56#	vs. San Diego (12-19-22)
100 Free	54.39#	Fresno State Invitational (10-7-23)
200 Free	1:50.78	Mountain West Championships (2-19-21)
500 Free	4:50.96	Fresno State Invitational (12-4-20)
1000 Free	10:14.72	vs. San Diego (12-19-22)
1650 Free	16:58.13	Mountain West Championships (2-18-23)
100 Fly	59.94	USD Pentathlon (9-9-22)
200 Fly	2:04.38	Fresno State Invitational (12-5-20)
100 Back	1:01.34	USD Pentathlon (9-15-23)
200 Back	2:08.96	at Cal Poly (9-29-23)
100 Breast	1:19.83	USD Pentathlon (9-17-21)

2023-24 Best Times

50 Free	25.65#	at Pepperdine (10-5-23)
100 Free	54.39#	Fresno State Invitational (10-7-23)
200 Free	1:52.44	Art Adamson Invitational (11-16-23)
500 Free	5:06.19	Fresno State Invitational (10-6-23)
1000 Free	10:41.68	at Cal Poly (9-29-23)
1650 Free	17:16.22	Art Adamson Invitational (11-17-23)
100 Fly	1:00.59	USD Pentathlon (9-15-23)
100 Back	1:01.34	USD Pentathlon (9-15-23)
200 Back	2:08.96	at Cal Poly (9-29-23)
100 Breast	1:19.96	USD Pentathlon (9-15-23)

Reka Nyiradi

2023-24 Season Best Times

100 Free	51.86	USD Pentathlon (9-15-23)
200 Free	1:50.52	at Cal Poly (9-29-23)
100 Fly	58.06	USD Pentathlon (9-15-23)
200 Fly	2:02.48	Art Adamson Invitational (11-17-23)
100 Back	1:00.66	USD Pentathlon (9-15-23)
200 Back	1:59.58	Art Adamson Invitational (11-17-23)
100 Breast	1:12.26	USD Pentathlon (9-15-23)
200 IM	2:03.10	Art Adamson Invitational (11-15-23)
400 IM	4:28.37	Fresno State Invitational (10-6-23)

Alex Roberts

Collegiate Career Best Times

50 Free	26.10	USD Pentathlon (9-17-21)
100 Free	54.70	USD Pentathlon (9-9-22)
100 Fly	53.29	Mountain West Championships (2-17-23)
200 Fly	2:08.76	vs. Cal Poly (12-20-21)
100 Back	52.49#	Mountain West Championships (2-16-23)
200 Back	1:52.89*	Mountain West Championships (2-18-23)

San Diego State Swimming & Diving

2023-24 Season and Collegiate Career Bests

100 Breast	1:07.73	LMU Invitational (10-22-21)
200 IM	2:01.39	SMU Invitational (11-17-22)
400 IM	4:33.89	Mountain West Championships (2-19-21)

2023-24 Season Best Times

100 Fly	54.93	Art Adamson Invitational (11-16-23)
100 Back	53.73	Art Adamson Invitational (11-16-23)
200 Back	1:53.45	Art Adamson Invitational (11-17-23)
100 Breast	1:11.57	USD Pentathlon (9-15-23)
200 IM	2:07.88	Fresno State Invitational (10-6-23)

Alyssa Schiller

Collegiate Career Best Times

50 Free	23.17	at Pepperdine (10-5-23)
100 Free	50.86	Art Adamson Invitational (11-17-23)
200 Free	1:55.58	Fresno State Invitational (10-6-23)
500 Free	5:27.93	at Cal Poly (9-29-23)
1000 Free	11:28.50	vs. UIW, CSUEB (1-5-23)
1650 Free	19:12.40	Fresno State Invitational (10-7-23)
100 Fly	1:07.60	USD Pentathlon (9-9-22)
100 Back	1:03.55	USD Pentathlon (9-9-22)
100 Breast	1:15.81	USD Pentathlon (9-9-22)

2023-24 Season Best Times

50 Free	23.17	at Pepperdine (10-5-23)
100 Free	50.86	Art Adamson Invitational (11-17-23)
200 Free	1:55.58	Fresno State Invitational (10-6-23)
500 Free	5:27.93	at Cal Poly (9-29-23)
1650 Free	19:12.40	Fresno State Invitational (10-7-23)
100 Fly	1:11.52	USD Pentathlon (9-15-23)
100 Back	1:08.14	USD Pentathlon (9-15-23)
100 Breast	1:18.35	USD Pentathlon (9-15-23)

Charlotte Sevin

2023-24 Season Best Times

50 Free	26.33	USD Pentathlon (9-15-23)
100 Free	57.80	USD Pentathlon (9-15-23)
100 Back	1:02.61	USD Pentathlon (9-15-23)
100 Breast	1:09.00	USD Pentathlon (9-15-23)
100 Fly	56.55	Art Adamson Invitational (11-16-23)
200 Fly	2:07.99	Fresno State Invitational (10-7-23)
200 IM	2:14.12	Fresno State Invitational (10-6-23)

Meredith Smithbaker

Collegiate Career Best Times

50 Free	22.24	Art Adamson Invitational (11-15-23)
---------	-------	-------------------------------------

100 Free	48.84	Mountain West Championships (2-18-23)
200 Free	1:51.10#	Phill Hansel Invitational (11-19-21)
100 Back	1:02.65	USD Pentathlon (9-9-22)
100 Breast	1:00.40	Mountain West Championships (2-18-22)
200 Breast	2:23.83	vs. Utah Tech (11-5-22)
100 Fly	56.90	Chick-Fil-A Invitational (10-8-21)
200 IM	2:03.00	Phill Hansel Invitational (11-18-21)

2023-24 Season Best Times

50 Free	22.24	Art Adamson Invitational (11-15-23)
100 Free	49.48	Art Adamson Invitational (11-17-23)
100 Back	1:03.92	USD Pentathlon (9-15-23)
100 Breast	1:01.17	Art Adamson Invitational (11-16-23)
200 Breast	2:29.87	Fresno State Invitational (10-6-23)

Evonne Stehr

Collegiate Career Best Times

50 Free	23.54	Mizzou Invitational (11-20-19)
100 Free	50.63	SMU Invitational (11-19-22)
100 Fly	57.26	Chick-Fil-A Invitational (10-7-22)
100 Back	53.94	Mountain West Championships (2-18-22)
200 Back	1:58.24	Mountain West Championships (2-22-20)
100 Breast	1:03.47	Phill Hansel Invitational (11-19-21)
200 IM	2:01.03	Mountain West Championships (2-16-23)

2023-24 Season Best Times

50 Free	23.65#	Art Adamson Invitational (11-15-23)
100 Free	51.30	Art Adamson Invitational (11-15-23)
100 Fly	1:02.73	USD Pentathlon (9-15-23)
100 Back	55.55	Art Adamson Invitational (11-16-23)
100 Breast	1:09.39	USD Pentathlon (9-15-23)
200 IM	2:10.03	Fresno State Invitational (10-6-23)

Abby Storm

Collegiate Career Best Times

50 Free	24.00	Mountain West Championships (2-16-23)
100 Free	51.75#	Art Adamson Invitational (11-17-23)
100 Fly	57.06	Mountain West Championships (2-17-23)
200 Fly	2:20.72	vs. Pepperdine (1-13-22)
100 Back	53.95	Mountain West Championships (2-17-23)
200 Back	1:55.96	Mountain West Championships (2-18-23)
100 Breast	1:17.81	USD Pentathlon (9-9-22)
200 IM	2:18.02	Chick-Fil-A Invitational (10-7-22)

2022-23 Season Best Times

50 Free	24.17#	Art Adamson Invitational (11-15-23)
---------	--------	-------------------------------------

San Diego State Swimming & Diving

2023-24 Season and Collegiate Career Bests

100 Free	51.75#	Art Adamson Invitational (11-17-23)
100 Fly	1:00.68	Fresno State Invitational (10-6-23)
200 Fly	2:24.20	Fresno State Invitational (10-7-23)
100 Back	54.36	Art Adamson Invitational (11-16-23)
200 Back	1:56.82	Art Adamson Invitational (11-17-23)
100 Breast	1:18.57	USD Pentathlon (9-15-23)

Riley Tapley

Collegiate Career Best Times

50 Free	24.61	GCU Quad Meet (10-22-22)
100 Free	53.62	USD Pentathlon (9-9-22)
100 Back	53.71	Mountain West Championships (2-17-23)
200 Back	1:56.10	Phill Hansel Invitational (11-20-21)
100 Breast	1:09.54	USD Pentathlon (9-9-22)
100 Fly	54.19	Phill Hansel Invitational (11-19-21)
200 Fly	2:04.92	Mizzou Invitational (11-19-19)
200 IM	2:02.56	Phill Hansel Invitational (11-18-21)
400 IM	4:28.91	Mizzou Invitational (11-19-19)

2023-24 Season Best Times

50 Free	25.07#	at Pepperdine (10-5-23)
100 Fly	55.82	Art Adamson Invitational (11-16-23)
100 Back	54.88#	Art Adamson Invitational (11-15-23)
200 Back	1:58.48	Art Adamson Invitational (11-17-23)
100 Breast	1:11.88	USD Pentathlon (9-15-23)
200 IM	2:07.63	Fresno State Invitational (10-6-23)

Emily Tenczar

Collegiate Career Best Times

50 Free	24.20	SMU Invitational (11-17-22)
100 Free	53.10#	SMU Invitational (11-19-22)
200 Free	2:00.85	GCU Quad Meet (10-22-22)
100 Back	58.80	SMU Invitational (11-18-22)
200 Back	2:15.23	Fresno State Invitational (10-7-23)
100 Fly	55.12	Art Adamson Invitational (11-16-23)
200 Fly	2:01.98	Art Adamson Invitational (11-17-23)
100 Breast	1:20.06	USD Pentathlon (9-9-22)

2023-24 Season Best Times

50 Free	26.44	USD Pentathlon (9-15-23)
100 Free	58.03	USD Pentathlon (9-15-23)
100 Back	59.92	Fresno State Invitational (10-6-23)
200 Back	2:15.23	Fresno State Invitational (10-7-23)
100 Fly	55.12	Art Adamson Invitational (11-16-23)
200 Fly	2:01.98	Art Adamson Invitational (11-17-23)
100 Breast	1:21.87	USD Pentathlon (9-15-23)

Avery Turney

SDSU Collegiate Best Times

50 Free	22.99	Mountain West Championships (2-16-23)
100 Free	50.06	Mountain West Championships (2-18-23)
200 Free	1:49.46	Mountain West Championships (2-17-23)
500 Free	5:32.28	vs. Utah Tech (11-5-22)
100 Fly	1:01.50	USD Pentathlon (9-9-22)
100 Back	59.20	USD Pentathlon (9-9-22)
100 Breast	1:12.92	USD Pentathlon (9-9-22)

2023-24 Season Best Times

50 Free	23.54	Fresno State Invitational (10-6-23)
100 Free	50.37	Art Adamson Invitational (11-17-23)
200 Free	1:51.23	Art Adamson Invitational (11-16-23)
100 Back	1:03.45	USD Pentathlon (9-15-23)
100 Breast	1:14.58	USD Pentathlon (9-15-23)

Lyndsey Wehr

SDSU Collegiate Best Times

50 Free	22.63#	Mountain West Championships (2-17-23)
100 Free	49.86	Mountain West Championships (2-18-23)
200 Free	1:53.62	SMU Invitational (11-18-22)
100 Back	1:02.24	USD Pentathlon (9-9-22)
100 Breast	1:11.72	USD Pentathlon (9-9-22)
100 Fly	1:07.20	USD Pentathlon (9-9-22)

Summer West

2023-24 Season Best Times

100 Free	56.28	USD Pentathlon (9-15-23)
200 Free	1:54.64	Fresno State Invitational (10-6-23)
500 Free	5:20.91	USD Pentathlon (9-15-23)
1000 Free	10:34.00	at Cal Poly (9-29-23)
1650 Free	17:18.98	Art Adamson Invitational (11-17-23)
100 Fly	1:02.98	USD Pentathlon (9-15-23)
100 Back	1:04.04	USD Pentathlon (9-15-23)
100 Breast	1:10.92	USD Pentathlon (9-15-23)
200 Breast	2:27.81	at Cal Poly (9-29-23)
200 IM	2:12.13	at Cal Poly (9-29-23)

Christiana Williams

SDSU Collegiate Best Times

50 Free	26.48	USD Pentathlon (9-9-22)
100 Free	53.37#	SMU Invitational (11-19-22)
100 Back	1:02.56	vs. UIW, CSUEB (1-5-23)
200 Back	2:16.83	vs. Pepperdine (1-13-23)
100 Breast	1:00.23	Mountain West Championships (2-18-23)

San Diego State Swimming & Diving

2023-24 Season and Collegiate Career Bests

200 Breast	2:08.23 ^{t*}	Mountain West Championships (2-15-23)
100 Fly	1:11.78	USD Pentathlon (9-9-22)
200 IM	2:03.31	SMU Invitational (11-17-22)
400 IM	4:38.28	GCU Quad Meet (10-22-22)

2023-24 Season Best Times

50 Free	26.78	USD Pentathlon (9-15-23)
100 Free	56.80	USD Pentathlon (9-15-23)
100 Back	1:04.58	USD Pentathlon (9-15-23)
100 Breast	1:00.82	Art Adamson Invitational (11-16-23)
200 Breast	2:12.36	Art Adamson Invitational (11-17-23)
200 IM	2:07.97	Fresno State Invitational (10-6-23)

* - program record
 # - relay leadoff
 t - time trials
 Red - career best
 Green - B-cut

DIVERS

Jules Harrison

Collegiate Career Best Scores

1-meter	265.50	Mountain West Championships (2-16-22)
3-meter	301.05	Mountain West Championships (2-17-22)
Platform	235.05	Lumberjack Invitational (2-6-22)

2023-24 Season Best Scores

1-meter	250.50	Riverside Diving Invitational (12-1-23)
3-meter	288.30	Riverside Diving Invitational (12-2-23)
Platform	226.40	Riverside Diving Invitational (12-2-23)

Taylor Konopacke

Collegiate Career Best Scores

1-meter	232.10	Riverside Diving Invitational (12-1-23)
3-meter	276.15	Riverside Diving Invitational (12-2-23)
Platform	231.40	Riverside Diving Invitational (12-2-23)

2023-24 Season Best Scores

1-meter	232.10	Riverside Diving Invitational (12-1-23)
3-meter	276.15	Riverside Diving Invitational (12-2-23)
Platform	231.40	Riverside Diving Invitational (12-2-23)

Valentina Lopez Arevalo

Collegiate Career Best Scores

1-meter	309.20	Mountain West Championships (2-16-22)
3-meter	346.80	Mountain West Championships (2-17-22)
Platform	350.15*	Mountain West Championships (2-18-23)

2023-24 Season Best Scores

1-meter	297.90	Riverside Diving Invitational (12-2-23)
3-Meter	312.80	Fresno State Invitational (10-6-23)
Platform	299.95	Riverside Diving Invitational (12-2-23)

Jessica Schroeder

2023-24 Season Best Scores

1-meter	229.58	at Cal Poly (9-29-23)
3-meter	251.03	at Cal Poly (9-29-23)
Platform	168.85	Art Adamson Invitational (11-17-23)

Alina Skrocki

2023-24 Season Best Scores

1-meter	264.05	Riverside Diving Invitational (12-1-23)
3-meter	291.95	Riverside Diving Invitational (12-2-23)
Platform	228.65	Riverside Diving Invitational (12-2-23)

Summer Westmoreland

Collegiate Career Best Scores

1-meter	300.85	Mountain West Championships (2-16-22)
3-meter	287.70	Lumberjack Invitational (2-3-23)
Platform	226.73	Lumberjack Invitational (2-6-22)

2023-24 Season Best Scores

1-meter	263.03	at Pepperdine (10-5-23)
3-meter	266.40	Cal Poly Double Dual (9-30-23)
Platform	188.95	Riverside Diving Invitational (12-2-23)

Olivia Zamudio

Collegiate Career Best Scores

1-meter	253.05	Riverside Diving Invitational (12-1-23)
3-meter	265.75	Riverside Diving Invitational (12-2-23)
Platform	225.45	Lumberjack Invitational (2-6-22)

2023-24 Season Best Scores

1-meter	253.05	Riverside Diving Invitational (12-1-23)
3-meter	265.75	Riverside Diving Invitational (12-2-23)
Platform	216.05	Riverside Diving Invitational (12-2-23)

* - program record Red - career best Green - Zone E Qualifier