

NEBRASKA'S ALL-TIME TOP FIVE

50-yard Freestyle

Therese Alshammar.....	22.58	1999
Beth Karaica.....	22.85	2001
Melanie Dodd.....	22.88	1993
Helene Muller.....	22.92	1998
Ariel Weech.....	23.05	2011

100-yard Freestyle

Therese Alshammar.....	48.76	1999
Helene Muller.....	49.45	1998
Melanie Dodd.....	49.60	1993
Beth Karaica.....	49.84	2001
Ariel Weech.....	50.16	2012

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
Bailey Pons.....	4:49.05	2011

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
Bailey Pons.....	16:34.75	2012

100-yard Backstroke

Therese Alshammar.....	54.77	1998
Ellan Dufour.....	55.08	2011
Jane Glazebrook.....	55.63	1995
Lindsey Highstrom.....	55.67	2000
Sara Kate Havens.....	55.70	1997

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
Kaitlin Arntz.....	1:00.99	2010
Terrie Miller.....	1:01.69	1997
Elvira Fischer.....	1:01.83	2001

200-yard Breaststroke

Penny Heyns.....	2:08.90	1996
Julia Russell.....	2:10.25	1997
Kaitlin Arntz.....	2:12.01	2010
Lenka Manhalova.....	2:12.18	1997
Elvira Fischer.....	2:12.46	2001

100-yard Butterfly

Mariah Hutchinson.....	54.16	2009
Shannon Guy.....	54.23	2012
Kelsey Grushecky.....	54.32	2009



Five-time Olympian Therese Alshammar holds the Nebraska all-time record in both the 50- and 100-yard freestyle. She made her first Olympic appearance for Sweden in 1996 and her most recent Olympic swim at London in 2012.

Meredith Matthies.....	54.44	2011
Carmen Cosgrove.....	54.58	2001

200-yard Butterfly

Rebecca Wolfe.....	1:57.94	2001
Destiny Lauren.....	1:59.02	1995
Mariah Hutchinson.....	1:59.27	2009
Kelsey Grushecky.....	1:59.36	2009
Blaine Hoppenrath.....	2:00.12	2009

200-yard Individual Medley

Julia Russell.....	1:59.13	1997
Kaitlin Arntz.....	2:00.39	2010
Anna Windsor.....	2:01.30	1998
Lenka Manhalova.....	2:01.95	1997
Laura Simon.....	2:02.45	1997

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
Andrews, Bray Toler, Stroud.....	1:32.44	2009
Muller, Johnson, Sedlacek, Highstrom.....	1:32.55	2000

400-yard Freestyle Relay

Muller, Karaica, Windsor, Alshammar.....	3:18.46	1998
Muller, S. Johnson, Sedlacek, Alshammar.....	3:19.05	1999
Hutchinson, Andrews, Toler, Stroud.....	3:20.13	2009
Windsor, Karaica, Sedlacek, Muller.....	3:20.19	1997
Martin, Halberstadt, Grushecky, Weech.....	3:22.20	2010

800-yard Freestyle Relay

Windsor, Muller, Alshammar, S. Johnson.....	7:10.89	1998
Johnson, Muller, Pine, Highstrom.....	7:12.20	2000
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

200-yard Medley Relay

Dufour, Guy, Grushecky, Weech.....	1:41.08	2011
Alshammar, Miller, Karaica, Muller.....	1:41.21	1998
Danburg, Russell, Karaica, Muller.....	1:41.49	1997
Bray, Dean, Hutchinson, Andrews.....	1:41.55	2009
Havens, Karaica, Russell, Muller.....	1:41.72	1997

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
Bray, Arntz, Grushecky, Andrews.....	3:42.40	2009
Dufour, Guy, Grushecky, Weech.....	3:42.43	2011

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 & DIVING RECORDS

Event	Nebraska	Devaney Center	Big Ten	Big Ten Meet	NCAA	American	U.S. Open
50-yard Freestyle	22.58 Therese Alshammar 1999	22.17 Tammy Thomas Kansas, 1983	22.04 Rebecca Thompson Wisconsin, 2012	22.04 Rebecca Thompson Wisconsin, 2012	21.27 Lara Jackson Arizona, 2009	21.27 Lara Jackson Arizona, 2009	21.27 Lara Jackson Arizona, 2009
100-yard Freestyle	48.76 Therese Alshammar 1999	48.40 Tammy Thomas Kansas, 1983	48.08 Stacy Busack Minnesota, 2009	48.08 Stacy Busack Minnesota, 2009	46.81r Arianna Vanderpool Auburn, 2011	46.84 Natalie Coughlin California, 2011	46.61r Arianna Vanderpool Cal Aquatics, 2011
200-yard Freestyle	1:46.53 Shandra Johnson 1998	1:46.35 Sue Habernigg USC, 1983	1:43.93 Brittany Strumbel Indiana, 2011	1:43.93 Brittany Strumbel Indiana, 2011	1:41.21 Megan Romano Georgia, 2012	1:41.21 Megan Romano Georgia, 2012	1:41.21 Megan Romano Georgia, 2012
500-yard Freestyle	4:43.48 Shandra Johnson 1998	4:39.95 Marybeth Linzmeir Stanford, 1983	4:36.48 Ashley Steenvoorden Minnesota, 2011	4:37.38 Nikki White Indiana, 2009	4:32.71p Allison Schmitt Georgia, 2011	4:30.47 Katie Hoff North Baltimore, 2007	4:30.47 Katie Hoff North Baltimore, 2007
1,650-yard Freestyle	16:14.36 Lauren Bailey 2006	16:03.76 Marybeth Linzmeir Stanford, 1983	15:51.29 Emily Brunemann Michigan, 2008	15:51.29 Emily Brunemann Michigan, 2008	15:38.79 Stephanie Peacock North Carolina, 2012	15:24.35 Katie Hoff North Baltimore, 2008	15:24.35 Katie Hoff North Baltimore, 2008
100-yard Backstroke	54.77 Therese Alshammar 1998	55.49 Lia Oberstar SMU, 1996	51.08 Kate Zubkova Indiana, 2009	51.52 Kate Fesenko Indiana, 2009	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	1:51.32 Kate Fesenko Indiana, 2010	1:49.92 Kate Fesenko Indiana, 2010	1:48.34 Gemma Spofforth Florida, 2009	1:49.16 Elizabeth Pelton North Baltimore, 2011	1:48.34 Gemma Spofforth Florida, 2009
100-yard Breaststroke	1:00.18 Penny Heyns 1996	1:01.64 Penny Heyns Nebraska, 1996	58.08 Jillian Tyler Minnesota, 2011	58.08 Jillian Tyler Minnesota, 2011	57.71 Breeja Larson Texas A&M, 2012	57.71 Breeja Larson Texas A&M, 2012	57.71 Breeja Larson Texas A&M, 2012
200-yard Breaststroke	2:08.90 Penny Heyns 1996	2:13.35 Jeanne Childs Hawaii, 1983	2:06.01 Jillian Tyler Minnesota, 2011	2:07.11 Jillian Tyler Minnesota, 2011	2:04.75 Rebecca Soni USC, 2009	2:04.75 Rebecca Soni USC, 2009	2:04.75 Rebecca Soni USC, 2009
100-yard Butterfly	54.16 Mariah Hutchinson 2009	53.54 Jill Sterkel Texas, 1983	51.85 Caroline Rodriguez Michigan, 2009	52.25 Mackenzie Powers Penn State, 2012	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	1:54.85 Kate Fesenko Indiana, 2010	1:54.85 Kate Fesenko Indiana, 2010	1:49.92 Elaine Breeden Stanford, 2009	1:49.92 Elaine Breeden Stanford, 2009	1:49.92 Elaine Breeden Stanford, 2009
200-yard IM	1:59.13 Julia Russell 1997	2:00.34 Tracy Caulkins Florida, 1983	1:55.41 Margaret Kelly Indiana, 2009	1:55.44 Allysa Vavra Indiana, 2012	1:51.77 Caitlin Leverenz California, 2012	1:51.77 Caitlin Leverenz California, 2012	1:51.77 Caitlin Leverenz California, 2012
400-yard IM	4:12.83 Emma Johnson 1999	4:15.24 Tracy Caulkins Florida, 1983	4:01.41 Alyssa Vavra Indiana, 2012	4:01.41 Alyssa Vavra Indiana, 2012	3:56.54 Katinka Hosszu USC, 2012	3:57.89 Caitlin Leverenz California, 2012	3:56.54 Katinka Hosszu USC, 2012
200-yard Freestyle Relay	1:31.06 Muller, Karaica, Windsor, Alshammar 1998	1:31.66 Stanford 1983	1:28.46 Wisconsin 2012	1:28.46 Wisconsin 2012	1:26.20 Arizona 2009	1:26.20 Arizona 2009	1:26.20 Arizona 2009
400-yard Freestyle Relay	3:18.46 Muller, Karaica, Windsor, Alshammar 1998	3:24.34 Texas 1983	3:14.53 Minnesota 2009	3:15.06 Minnesota 2011	3:09.88 California 2009	3:10.77 Stanford 2012	3:09.88 California 2009
800-yard Freestyle Relay	7:10.89 Windsor, Muller, Alshammar, Johnson 1998	7:16.50 Stanford 1983	7:00.82 Indiana 2012	7:00.82 Indiana 2012	6:52.69 California 2009	6:53.58 Georgia 2011	6:52.69 California 2009
200-yard Medley Relay	1:41.08 Dufour, Guy, Grushecky, Weech 2011	1:43.03 Stanford 1983	1:35.71 Wisconsin 2011	1:36.29 Wisconsin 2009	1:34.24 California 2013	1:34.24 California 2013	1:34.24 California 2013
400-yard Medley Relay	3:40.65 Glazebrook, Heyns, Lauren, Dodd 1995	3:43.00 Florida 1983	3:31.26 Indiana 2009	3:31.26 Indiana 2009	3:28.10 California 2012	3:28.31 Arizona 2009	3:28.10 California 2012
One-Meter Diving	464.75 Amy Aarsen 1988	398.05 Amy Aarsen, Nebraska Katy Ketoff, Iowa 1990	375.70 (6 Dives) Christina Loukas Indiana, 2008	370.30 (6 Dives) Kelci Bryant Minnesota, 2011			
Three-Meter Diving	562.85 Amy Aarsen 1991	531.20 Jenny Lingamfelter SMU, 1991	437.75 (6 Dives) Christina Loukas Indiana, 2009	421.70 (6 Dives) Kelci Bryant Minnesota, 2011			Key <i>r - relay leadoff split</i> <i>p - time in prelims</i>



ALL-TIME LETTERWINNERS

Aarsen, Amy	1988-89-90-91	Dykes, Nancy	1976	Keown, Kellie L.	1982	Rhodenbaugh, Courtney	2010
Agee, Cindy	1977-78-79-80	Eckstrom, JoDea L.	1978-79-80	Kerns, Carrie L.	1992-93	Ridgeway, Lydia	2010
Ahl, Karla	1995-96	Ely, Pam E.	1985-86-87-88	Killin, Sandra	1991	Rieke, Elizabeth	2000-01
Allen, Missy J.	1991-92-93	Enoch, Ann	1997-98-99-00	Kincade, Virginia	1976	Ricketts, Emily	1983-84-85-86
Allington, Missy	1986	Ericksen, Heather	1991-92-93-94	King, Alex	2003-04-05-06	Riegel, Julie	1991-92-93-94
Alshammar, Therese	1998-99	Erickson, Danielle	2003-04	Klein, Kristina N.	1992-93-94-95	Rinne, Ann M.	1978-79-80
Ambrosich, Jordyn	2010	Falck, Kathy	1976	Korinek, Christy	1980,81	Rowe, Taradee	1996-97
Andrews, Jess	2008-09-10	Fischer, Elvira	2000-01	Koss, Haley	2005	Russell, Julia	1994-95-96-97
Apker, Jean	1980	Fitzpatrick, Abby	2005-06	Kruse, Audrey	2008	Rye, Mary Beth	2012
Armijo, Rachael	2002	Flannigan, Morgan	2011-12	Kurzdorfer, Conley	1981	Saad, Yasmin	2002
Arntz, Kaitlin	2007-08-09-10	Fonfara, Elizabeth	1997	Lammel, Julie	1983-84-85-86	Sabo, Nikolina	2012
Arntzen, Kellye	1978	Forsberg, Christy L.	1985	Land, Rebekah	2012	Sandeberg, Katrina	2003
Ashley, Samantha	1996-97-98-99	Fortino, Jeni	2000-01-02-03	Landgreen, Laura	2002-03	Savage, Katie	1991-93
Atoe, Jehan	2010	Fox, Kelly	1989-90	Langemeier, Karla K.	1983	Schlatter, Rachel	2003-04-05-06
Auer, Barbara	2001	Freathy, Mary	1980	Larka, Karin	2000-01	Schmidt, Cheryl	1977-78-79
Austin, Eila	1976-77	Frederick, Chris P.	1990-91-92-93	Larson, Kelsey	2010-11-12	Schmidt, D'Arcy	2009-10-11-12
Backhaus, Cary L.	1978-79	Froiland, Kathryn	1996	Lashley, Debora	1982	Schmerbach, Michele	2000-01
Bailey, Lauren	2004-05-06-07	Frymire, Jana	1978	Lauren, Destiny (Mikaela)	1995-96-98-99	Schnack, Casey	2004-05-06-07
Baker, Lana	2003-04-05-06	Garcia, Jenell	1988-89-90-91	Lawrie, Dianne	1978	Schriner, Christine	2001
Balogh, Bobbi	2009-10-11-12	Giehl, Julie	2008-09-10-11	Lawson, Wendy	1991	Schubert, Tami	1988
Barker, Allison	1988-89	Gilmore, Shauna	1983-85-86-87	Lehman, Patti	1978	Sebesta, Linda	1983-84-85-86
Barker, Melody	1982	Glazebrook, Jane	1993-94-95-96	Leigh, Maureen	1978	Sedlacek, Stacey	1997-98-99-00
Barragan, Kathy	1989-90	Gmeiner, Chris	1988-89-90-91	Leslie, Mailene	2009-10-11-12	Seidel, Riley	2009-10-11-12
Bauernfeind, Jenny	1989-90	Goble, Gail	1978	Lewis, Sue	1977-78	Seymour, Lauren	2001
Becker, Emily	2003-04-05	Goebel, Beth	1976	Liston, Shawn	1986,87	Shacklett, Suzy	1997
Berger, Carol	1980	Goodman, Adrienne	2005-06-07-08	Lobdell, Jackie	2001	Shea, Caroline	2009-10-11-12
Bernth, Tamara	1999-2000	Goodridge, Janet	1981	Long, Terri A.	1987-88-89-90	Sides, Allison J.	1992-93-94
Bickel, Eileen	1979	Gordon, Kristen	2002	Lucero, Wendy	1982-83	Siemert, Lynn	2005-06-07-08
Biggs, Ann K.	1981-82-83-85	Gotchel, Ingrid	1997-98-99-00	Luellen, Katherine J.	1994-95	Simon, Laura	1997-98-99
Birmingham, Sherri	1985-86-87-88	Grammar, Ashleigh	2011-12	Lundy, Catherine A.	1982-84-85	Sloth, Heidi	1982-83
Bodner, Marcian	1991-92-93-94	Grimmer, Julie M.	1992-93-94-95	Lunn, Laura	2003	Smith, Beth	1991
Bodzke, Amanda	1997	Grover, Betsy	2005	Maack, Marian C.	1979	Snell, Jana	1992
Bolinske, Bailey	2009-10	Grushecky, Kelsey	2008-09-10-11	Magee, Lise	1976	Sougey, Debora	1978
Bonge, Jennifer	1996	Guy, Shannon	2011-12	Manhalova, Lenka	1997-98	Souppa, Kirstin	2001
Bowden, Katie	2005-07	Hain, Anne	1981	Margetic, Anja	1993-94-95-96	Spark, Amanda	2002
Bowser, Charlene	1991-92-93-94	Hall, Carol	1980	Marinkovich, Andie	1980	Spencer, Ruth	1976
Braddock, Lynne	1988-89-90-91	Hampel, Cindy L.	1985-86	Markgraaff, Lezelle	1993-94-95	Spindler, Laura	1979-80-81-82
Brandenburg, Trisha	1997	Harmon (Creek), Kailey	11-12	Markota, Nicole T.	1996-97	Stahlnecker, Ann	1981
Bray, C.J.	2007-08-09	Harnly, Jennifer J.	1992-93-94-95	Marshall, Kenna	1985	Stanek, Penny J.	1985-86
Brinkman, Anne	1976	Harris, Heidi L.	1977-78-79	Martin, Hayley	2010-11-12	Stansbury, Danielle	2004-05-06-07
Brochner, Michelle	1983-84	Havens, Sara Kate	1997	Maruk, Leane	1990-91-92-93	Stenger, Candace	2002-03
Brock, Janna	1999-2000	Haws, Kris	1991-92-93	Matheny, Mindy	1988-89-90-91	Stewart, Rhonda F.	1988
Broker, Sarah	2007-08	Hayman, Lois	1976-77-78	Matheu, Angie	2003-04	Stratton, Kristin	2001
Broyhill, Kristin	2002	Hayward, Sherri M.	1980-81-82-83	Matthies, Meredith	2008-09-10-11	Strecker, Kristin	2011-12
Brudvik, Elisabeth	1982	Heaton, Marcia	1982-84	Mauck, Teresa	1996-97	Stroud, Jenna	2006-07-08-09
Buchholz, Heidi	1991-92	Hecker, Heidi	1984-85-86-87	May, Julie	1985-86-87-88	Sue, Jackie	1993-94
Buoy, Amie	2003-04-05-06	Hegge, Shellie	1994-95	McCauley, Julie	2004	Sullivan, Rene	1979-80-81
Burbach, Emily	2008-09	Hehn, Keri	2000-01	McClain, Rachell	2008-09-10-11	Sullivan, Tamara L.	1982-83-84-85
Burley, Shannon	1976	Heisler, Cathy	1983-84	McDonald, Molly	1998-99-00	Suppes, Marie	1981-82
Butcher, Michelle	1990-91-92-93	Herman, Amy	2010-11-12	Meier, Jan	1987	Thompson, Marla J.	1979-80-81-82
Butler, Jenny	1987-88-89	Heyns, Penny	1993-94-95-96	Melrose, Jenny	1991-92	Tidball, Ann E.	1991-92-93-94
Campos, Elsa	1996	Highstrom, Lindsey	2000-01	Meyer, Jane	1982	Theilen, Paige	2012
Carew, Erin	1995-96-97-98	Hill, Laurel	1989-90-91-92	Michaud, Payton	2011-12	Thoms, Cami	2002
Cashman, Susan	1984-85	Hoffman, Katie	1997-98	Miller, Terrie	1997-98-99	Tobin, Kristina A.T.	1987-88-89
Cassidy, Coleen	1978-79	Holderman, Esmie	2003-04-05-06	Milliman, Sally	1980	Toler, Jenny	2006-07-08-09
Christensen, Kelly	1991-92-93-94	Hollander, Ellen	1976-77-78-79	Millis, Dani	2007	Toomey, Shannon	2010
Christensen, Molly	2001	Hoppenrath, Blaine	2008-09-10-11	Moninger, Ann	1979-80-81	Torres, Diana	2002-03-05
Clark, Becki	1987-88-89-90	Hunsicker, Beth	1997-98-99-00	Morrison, Cathy	1978-79-80-81	Troy, Christine	1997-98-99-00
Clark, Catherine	2002	Hunter-Beckinsall, Amanda	1995-96-97-98	Morris, Natalie	2012	Vahle, Kristin	2002
Clark, Erica	1995-96-97	Hurley, Erin D.	1985-86-87-88	Moss, Elizabeth	2000-01	Vandriel, Libby	1990
Clark, Mackenzie	2003-04-05-06	Hutchinson, Mariah	2007-08-09-10	Mugge, Sarah	2002	Vendl, Lori M.	1988-89
Clements, Sarah	1996	Ida, Kelsey	2007-08-09-10	Muller, Helene	1997-98-99-2000	Walker, Kaitlan	2010-11-12
Clennan, Stephanie	1984-85-87-88	Ingles, Bailey	2004-05-06-07	Neuenfeldt, Gretchen E.	1990	Walker, Susan	2000-01-02-03
Cloud, Mariesa	2008	Jakob, Melanie	1977-78-79-80	Neuenfeldt, Kristen L.	1988-89-90-91	Wandling, Diana	1989
Coffman, Renee	1985-86	Jenkins, Ciara	2012	Nilsson, Anna	1996-97-98-99	Ward, Wendy	1982-83-84-85
Cosgrove, Carmen	2001	Jensen, Courtney	1997-98-99-00	Park, Heather D.	1994-95-96	Watland, Anne C.	1977-78-79
Crawford, Emilee	2004-05-06-07	Johnson, Brooke	2000	Pearman, Lori	2010-11-12	Weech, Ariel	2010-11-12
Criss, Colleen	2007-08-09-10	Johnson, Becky	2003-04-05-06	Pederson, Jennifer	1986-87-88-89	Weinberg, Sara	2010-11-12
Criss, Karen	2009-10	Johnson, Carole	1987-88-89-90	Peffer, Sarah	2000-01	Wells, Kristi A.	1976-77-78-79
Criss, Michelle	2004-05-06-07	Johnson, Emma	1999-00	Pennfather, Lee	1987-88	Wetzel, Annette	1980
Crooks, Cathy	1992-93-94-95	Johnson, Melissa	1985	Perri, Jennifer	1987-88	Wheeler, Kate	2004-05-06-07
Crosby, Michaela	1976-77-78	Johnson, Shandra	1998-99-00	Petersen, Courtney	2003	White, Kristy	1987
Culbertson, Alyssa	2001	Jones, Juli	1993-94-95-96	Petersen, Kristin	2002	Wilborn, Laura	1989,90
Custer, Tammy	1989-90-91-92	Jolly, Courtney	2006-07-08-09	Peterson, Ashley	2002	Wilbourn, Deanna	1988
Danburg, Janet	1995-96-97-98	Jowsey, Sara	1997-98-99-00	Peterson, Deborah	1976-77	Wilcox, Victoria	1982
Davis, Katie	2010-11-12	Kafka, Sheena	2003	Pike, Lori L.	1982	Wilkins, BriAnna	1994-95-96-97
Dean, Hailey	2007-08-09-10	Kalman, Michelle	1984	Pine, Sasha	1997-98-99-2000	Windsor, Anna	1997-98
Delue, Diana	1976	Kane, Kathy	1980	Pons, Bailey	2011-12	Wirtner, Melanie	1990-91
Den Hartog, Bobi	1981	Kappenman, Lorie	1986-87-88	Pool, Carrie	1994-95-96	Wockenfuss, Erica	1983
Den Otter, Tami	1993-94	Karaica, Beth	1997-98-99-01	Porter, Stacia L.	1980-81-82-83	Wolfe, Rebecca	2001
Desormey, Claire	2008-09-10-11	Karty, Cheryl A.	1992-93	Powers, Dana	1984-85-86-87	Woody, Lorie G.	1993
DiBaise, Patty	1982	Kavalec, Brandie	2008-09-10-11	Pratt, Laura	1987	Wright, Shannon M.	1996-97-98-99
Ditch, Mary	1976	Keathley, Mallory	2004	Premo, Michelle	1981	Yemm, Christina	2006-07-08-09
Dodd, Melanie	1993-94-95-96	Keester, Pam	1978	Prey, Sharill	1983-84-85-86	Ziegelmann, Sarah	2007-08-09-10
Doering, Natalie A.	1979	Kelling, Amy	1995-96	Ramsey, Alyson	2010-11-12	Ziemann, Megan	2011-12
Drummond, Jerilyn	2001-02	Kelly, Kenya S.	1984-85-86	Ramus, Lisa R.	1987	Zins, Amanda	1998-99
Dufour, Ellan	2010-11-12	Kennedy, Ann	1980	Reiter, Ashley	2010-11-12	Zorn, Trischa	1984-85-86-87
Dulgar, Kate	2003-04-05-06	Kennedy, Margaret	1980	Ressler, Kaci	2005-06-07		
Dunn, Kelly	1980	Kennedy, Peg	1980	Reyes, Sarah-Erin	1995		

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).



Janet Danburg was a two-time All-American at Nebraska in 1996 and 1997.

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).

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 Ericksen (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); Lezelle 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).

NEBRASKA'S ALL-AMERICANS



Lauren Bailey captured All-America honors for Nebraska in the 1,650-yard freestyle at the 2006 NCAA Championships.

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, 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 Alshammar (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 Alshammar (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).

CONFERENCE RESULTS & CHAMPIONS

1975

Team Champion: Kansas, 412 points
 NU Finish: Fifth, 180 points
 NU Individual Champion: Ginny Kincade (One-meter Diving, 5:59.60; Three-meter Diving, 6:50.20)

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, 3:67.20)

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, 3:76.10; Three-meter Diving, 4:24.00)

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, 4:49.95)

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, 3:87.80); 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, 4:40.15; Three-meter Diving, 4:56.45); 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, 4:41.25); 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, 4:62.8); 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, 4:54.35; Three-meter Diving, 5:15.0)

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, 5:62.85); 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 Riegal (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, 4:50.10); 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, 4:34.70); Penny Heyns (100 Breaststroke, 1:03.64); Cheryl Kartye (Three-meter Diving, 4:95.10)

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, 4:22.00); 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, 5:36.50); 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

2009

Team Champion: Texas, 893
 NU Finish: Sixth, 298 points
 NU Individual Champions: None

2010

Team Champion: Texas A&M, 1,002
 NU Finish: Sixth, 261 points
 NU Individual Champions: None

2011

Team Champion: Texas, 948
 NU Finish: Fifth, 350 points
 NU Individual Champions: None

2012

Team Champion: Minnesota, 680.5
 NU Finish: 11th, 82
 NU Individual Champions: None



ACADEMIC ALL-CONFERENCE SELECTIONS

1997 (Big 12)

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 Fr. 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 Sr. 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 Armino 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

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 & Criticism
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

2009

First Team

Jess Andrews So. Undeclared
Kaitlin Arntz Jr. Advertising
Emily Burbach So. Animal Science
Julie Giehl So. Finance
Kelsey Grushecky So. Biological Sciences
Kelsey Ida Jr. Philosophy,
International Studies, Political Science
Courtney Jolly Sr. Animal Science
Meredith Matthies So. Business Administration
Jenna Stroud Sr. Communication Studies
Jenny Toler Sr. Art History & Criticism
Christina Yemm Sr. Marketing

Second Team

C.J. Bray Sr. Nutritional Science & Dietetics
Colleen Criss Jr. Speech-Language Pathology

2010

First Team

Kaitlin Arntz Sr. Advertising
Bobbi Balogh So. Biological Systems Engineering
Bailey Bolinske So. Civil Engineering
Hailey Dean Sr. Psychology
Julie Giehl Jr. Finance/Management
Kelsey Grushecky Jr. Biological Sciences
Kelsey Ida Sr. History, International Studies,
Philosophy
Mailene Leslie So. Business Administration
Meredith Matthies Jr. Business Administration
Sarah Ziegelmann Sr. Management

Second Team

Jess Andrews Jr. Nutritional Science
Claire Desormey Jr. Art
Brandie Kavalec Jr. Communication Studies
Mariah Hutchinson Sr. Broadcasting
Riley Seidel So. Marketing

2011

First Team

Bobbi Balogh Jr. Biological Systems Engineering
Julie Giehl Sr. Finance/Accounting
Kelsey Grushecky Sr. Biological Sciences
Amy Herman So. Nutrition, Exercise & Health
Science
Kelsey Larson So. Biochemistry
Hayley Martin So. Natural Resources
& Environmental Economics
Meredith Matthies Sr. Management
Ashley Reiter So. Biological Sciences/Spanish
Sara Weinberg So. Nutrition, Exercise & Health
Sciences

Second Team

Claire Desormey Sr. Art
Blaine Hoppenrath Sr. Industrial Engineering
Mailene Leslie Jr. Business Administration
Rachell McClain Sr. Communication Studies
Alyson Ramsey So. Psychology
Caroline Shea Jr. Forensic Science
Ariel Weech So. Biological Sciences

2012 (Big Ten)

Bobbi Balogh Sr. Biological Systems Engineering
Morgan Flannigan So. Biological Sciences
Ashleigh Grammar So. Biological Sciences
Shannon Guy So. Psychology
Kailey Harmon So. Nutrition, Exercise & Health Science
Amy Herman Jr. Dietetics/Nutrition, Exercise
& Health Sciences
Kelsey Larson Jr. Biochemistry
Mailene Leslie Sr. Business Administration
Payton Michaud So. Forensic Science
Bailey Pons So. English/Geology
Alyson Ramsey Jr. Psychology
Ashley Reiter Jr. Biological Sciences/Spanish
Riley Seidel Sr. Marketing
Caroline Shea Sr. Forensic Science
Kristin Strecker So. Biochemistry
Sara Weinberg Jr. Dietetics/Nutrition, Exercise &
Health Sciences
Megan Ziemann So. Interior Design

ALL-TIME RESULTS & RECORDS

YEAR-BY-YEAR RESULTS

Year	Won	Lost	Conf.	Coach
1975-76	7	0	2nd (Big Eight)	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 (Big 12)	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
2008-09	3	4	6th	Pablo Morales
2009-10	4	4	6th	Pablo Morales
2010-11	6	4	5th	Pablo Morales
2011-12	3	2	11th (Big Ten)	Pablo Morales
Totals	229	120		

NEBRASKA HEAD COACHES

Name	Years	Won	Lost	Pct.
Pat Sullivan	1975-76	7	0	1.000
Ray Huppert	1976-92	116	56	.674
Cal Bentz	1992-00	44	22	.667
Paul Nelsen	2000-01	7	4	.636
Pablo Morales	2001-Present	55	37	.598



The home of the Huskers, the Devaney Natatorium opened in 1976. It is named after Nebraska Hall of Fame Coach and Athletic Director Bob Devaney.

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*	1-4
Illinois State	1-0
Indiana	1-0
Iowa	6-4
Iowa State*	31-4
Kansas	11-23
Lamar	2-0
Louisiana State	0-3
Louisville	1-1
Manitoba	1-0
Michigan	0-3
Michigan State	1-0
Minnesota	5-11
Missouri	19-12
Missouri State	4-0
Nebraska-Kearney	1-0
Nebraska-Omaha*	15-0
Nevada	5-1
New Mexico	1-1
Northern Iowa*	4-0
Northern Colorado	1-0
North Carolina State	0-1
North Dakota*	1-0
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*	4-0
South Dakota State*	8-0
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	12-1

* indicates 2012-13 opponents



HUSKER OLYMPIANS



Therese Alshammar (Sweden) 1996, 2000, 2004, 2008, 2012

The only five-time Olympic swimmer in school history, 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 breaststroker 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

A three-time Olympian, 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. She also competed at the 2000 Sydney Olympics.



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.

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.

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
- + Former 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 Eight 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

"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.



Olympic gold medalist Penny Heyns became the first Husker to win an NCAA Championship in 1996.

