



2017 PACIFIC COAST ATHLETIC CONFERENCE WOMEN'S SWIMMING & DIVING

Conference Championships: 4-20 through 4-22 at Palomar (Diving 4/15 & 4/16 at El Camino College)

Scoring

San Diego Mesa 931
Palomar 615
Grossmont 445
Southwestern 248

(Dual champion, San Diego Mesa)

Awards

Swimmers of the Year – Emma Thomas, Palomar; Anna Stahlak, San Diego Mesa; and Michelle Jacob, Palomar

Diver of the Year – Elizabeth Sanchez, San Diego Mesa

Coach of the Year – Jim Fegan, San Diego Mesa

Event Winners

3-meter diving – 1. Elizabeth Sanchez, San Diego Mesa, 182.15 pts.
1-meter diving – 1. Elizabeth Sanchez, San Diego Mesa, 155.15 pts.
200-yard freestyle relay – 1. San Diego Mesa, 1:39.56
500-yard freestyle – 1. Anna Stahlak, San Diego Mesa, 5:14.72
200-yard individual medley – 1. Samantha Schmidt, San Diego Mesa, 2:15.67
50-yard freestyle – 1. Elizabeth Rozow, Southwestern, 24.75
400-yard medley relay – 1. San Diego Mesa, 4:26.64
200-yard medley relay – 1. Palomar, 1:53.01
400-yard individual medley – 1. Michelle Jacob, Palomar, 4:41.99
100-yard butterfly – 1. Emma Thomas, Palomar, 58.03
200-yard freestyle – 1. Anna Stahlak, San Diego Mesa, 1:54.10
100-yard breaststroke – 1. Michelle Jacob, Palomar, 1:09.68
100-yard backstroke – 1. Elizabeth Rozow, Southwestern, 1:00.74
800-yard freestyle relay – 1. San Diego Mesa, 7:57.23
1650-yard freestyle – 1. Samantha Schmidt, San Diego Mesa, 18:15.84
200-yard backstroke – 1. Emma Thomas, Palomar, 2:10.49
100-yard freestyle – 1. Anna Stahlak, San Diego Mesa, 52.81
200-yard breaststroke – 1. Michelle Jacob, Palomar, 2:29.09
200-yard butterfly – 1. Emma Thomas, Palomar, 2:06.58
400-yard freestyle relay – 1. San Diego Mesa, 3:38.07