1981: Won first Jr Nationals attended

- 1982: Got second place in first Sr Nationals attended, Rookie of the Meet
- 1983: Graduated Mercersburg Academy, Attended UNC-Chapel Hill, Full Athletic Scholarship
- 1984: Won International Meet, January, Austin Texas
- 1984: Third place NCAAs, Won Spring Nationals
- 1984: Won Olympic Trials, Silver Medal 100m Backstroke, Gold Medal, Medley Relay Alternate
- 1985: Red shirt year, Transfer to Texas, Travel with US National Team, Australia, Germany, Monaco, Japan
- 1986: Won 100, 200 back and Team Championship at NCAA's;
- 1986: World Record 200m backstroke, won 100 and 200 backstroke and 200 free at World Champ Trials
- 1986: World Champion 200 back, second 100 back
- 1986: USOC Women's Swimming Sportswoman of the Year
- 1987: NCAA Champion 100, 200 back, 200IM, Team Champions,
- 1987: James E Sullivan, Amateur Athlete of the Year Finalist
- 1987: Honda Broderick Award Winner, Swimming
- 1988:NCAA Champion 100, 200 Back, Team Champion
- 1988: Academic All American and NCAA Postgraduate Scholarship Winner
- 1988: Graduate University of Texas, BS in Education
- 1988: Won Olympic Trials 100m backstroke, 4th place Seoule Olympics Silver medal, Relay alternate
- 1993: US National Team Women's Double Scull, Compete in Lucerne Switzerland.
- 1994: US Women's Double Scull Team to the World Championships
- 1997: Successful Summit Mt. Kilimanjaro, Tanzania Africa
- 1998: Inducted International Swimming Hall of Fame, Honor Swimmer
- 1999: Golf Handicap at 9
- 2002: Inducted in Inaugural Class of Texas Athletics Womens Athletics Hall of Honor
- ????: Mercersburg Academy Class of 1932 Award winner
- 2023: Mercersburg Academy Distinguished Achievement Award Winner