



Eric (Tokos) Lampman

Year of Induction: **2010**

Year of Graduation: **1999**

The Johnson City girls' swimming program was truly a powerhouse in the 1990's. The Lady Wildcat swimmers amassed numerous championships, and from 1993-1999, the team was anchored by Erin Tokos, JCHS Class of 1999. The former Ms. Tokos earned 9 varsity letters during her time on the swimming and volleyball teams.

From 1993 to 1999, Erin was a participant in every sprint, middle distance, and long distance swim event. She began her career as a member of a 200 free relay team that finished 2nd in Section IV in both 1993 and 1994. She would go on to qualify for the state meet in the 100 fly as a freshman in 1995. An impressive listing of accomplishments in the pool included:

- 8-time Section IV champion (400 free relay-1994; 100 fly, 200 free relay, 400 free relay-1996; 400 free relay- 1997; 200 medley relay, 50 free, 400 free relay-1998)
- 8-time Section IV runner-up
- 11-time Qualifier for the New York State Swimming Championships
- 3-time All-Conference Performer
- 3-time All-Division Performer
- Graduated as the school record holder in the 50 free, 100 free, 100 butterfly, 100 backstroke, 200 free, 200 medley relay, 200 free relay, 400 free relay

Erin's teams won 60 of the 68 meets they competed in over her six year varsity career. She was a member of 5 STAC championship teams, 2 Section IV championship teams, and in her senior season the 1998 Lady Wildcat Swim Team was recognized as New York State Champions.

Ms. Tokos would go on to swim for two years at Binghamton University where she was on a school record setting 800 freestyle relay team and she was a member of back-to-back Metro Championship teams in 2000 and 2001.

The Johnson City Athletic Hall of Fame is proud to welcome the centerpiece of the Wildcats girls' swim juggernaut of the 1990's, Erin (Tokos) Lampman, JCHS Class of 1999.