



George Washington University
Women's Swimming
All-Time Top Ten

50 Free

1	Paola Leor	23.24	2010-2011
2	Morgan Zebley	24.00	2011-2012
3	Kristen Robertson	24.08	1996-1997
4	Robin Bolstad	24.09	1998-1999
5	Brandyn Roark	24.19	1998-1999
6	Christina Boland	24.43	2002-2003
7	L. Myers/ Sl. Saunders	24.48	06-07; 11-12
8	Ashley Orchard	24.49	2002-2003
9	Sydney Saunders	24.51	2011-2012
10	Kristen Janeczek	24.55	1998-1999

100 Free

1	Paola Leor	50.34	2009-2010
2	Bambi Bowman	52.46	1994-1995
3	Kristen Janeczek	52.55	1998-1999
4	Christina Boland	52.58	2002-2003
5	Sydney Saunders	52.89	2010-2011
6	M. Moss/ Sl. Saunders	52.95	99-00; 11-12
7	Morgan Zebley	53.12	2011-2012
8	Robin Bolstad	53.25	1998-1999
9	Rachel Smith	53.31	1999-2000
10	Brandyn Roark	53.40	1998-1999

200 Free

1	Bambi Bowman	1:19.14	1994-1995
2	Megan Mitchell	1:50.44	1994-1995
3	Paola Leor	1:51.51	2010-2011
4	Kristen Janeczek	1:52.56	1998-1999
5	Kristen Fagley	1:52.93	2002-2003
6	Christina Boland	1:53.07	2002-2003
7	Jennifer Skinner	1:54.05	1999-2000
8	Maggie Moss	1:54.33	2005-2006
9	Caroline Myers	1:54.34	2010-2011
10	Debbie Stone	1:54.89	1984-1985

500 Free

1	Bambi Bowman	4:48.24	1994-1995
2	Megan Mitchell	4:52.37	1992-1993
3	Caroline Myers	4:53.80	2010-2011
4	Kristen Fagley	4:55.27	2003-2004
5	Alicia Freitag	4:59.98	1992-1993
6	Jennifer Skinner	5:00.29	1999-2000
7	Debbie Stone	5:01.26	1984-1985
8	Crystal Freeman	5:01.36	2000-2001
9	Megan Look	5:03.87	2004-2005
10	Christina Boland	5:04.54	2004-2005

1650 Free

1	Bambi Bowman	16:32.08	1994-1995
2	Meghan Mitchell	16:35.59	1992-1993
3	Caroline Myers	16:43.66	2010-2011
4	Jennifer Skinner	17:04.68	1999-2000
5	Crystal Freeman	17:09.11	2000-2001
6	Alicia Freitag	17:20.06	1992-1993
7	Kristina Martin	17:28.27	2010-2011
8	Megan Look	17:32.91	2004-2005
9	Debbie Ginzl	17:37.87	1996-1997
10	Stephanie Huff	17:38.58	2000-2001

100 Back

1	Maggie Moss	57.01	2004-2005
2	Lindsay Moore	57.21	2010-2011
3	Isabel Tawney	57.40	2008-2009
4	Stephanie Ballou	57.48	1993-1994
5	Suzanne Grega	57.61	1998-1999
6	Ruth Dubyel	57.93	2000-2001
7	Kristen Robertson	58.54	1996-1997
8	Morgan Zebley	58.66	2011-2012
9	Kristen Janeczek	59.07	1997-1998
10	Monica Pampell	59.14	2003-2004

200 Back

1	Maggie Moss	2:02.35	2003-2004
2	Kristen Fagley	2:05.06	2003-2004
3	Stephanie Huff	2:05.37	2000-2001
4	Stephanie Ballou	2:05.81	1994-1995
5	Laura Clemens	2:06.15	2001-2002
6	Monica Pampell	2:06.17	2005-2006
7	Kristin Yauch	2:06.28	1992-1993
8	Lindsay Moore	2:06.33	2010-2011
9	Rachel Smith	2:06.37	1997-1998
10	Kristen Janeczek	2:07.15	1996-1997

<u>100 Breast</u>			
1	Ariana Berdini	1:04.85	2008-2009
2	Nell Friar	1:04.94	2000-2001
3	Kristen Rasmuson	1:05.06	2001-2002
4	Tuba Guvelioglu	1:05.10	1993-1994
5	Robin Bolstad	1:05.27	1998-1999
6	Lauren Fuchs	1:05.50	2008-2009
7	Katrina Timlin	1:05.83	2007-2008
8	Connie Shelton	1:06.30	1997-1998
9	Janica Lee	1:06.35	2011-2012
10	Jennifer Cohn	1:06.61	2009-2010

<u>200 Breast</u>			
1	Tuba Guvelioglu	2:20.45	1992-1993
2	Nell Friar	2:20.83	2000-2001
3	Ariana Berdini	2:21.68	2007-2008
4	Lauren Fuchs	2:21.97	2007-2008
5	Kristen Rasmuson	2:22.59	2004-2005
6	Jocelyn Finch	2:22.70	2001-2002
7	Janica Lee	2:22.90	2011-2012
8	Connie Shelton	2:22.93	1994-1995
9	Rachel Johnston	2:23.57	2010-2011
10	Jessi Stensland	2:24.19	1996-1997

<u>100 Butterfly</u>			
1	Paola Leor	55.02	2010-2011
2	Morgan Zebley	55.41	2011-2012
3	Ruth Dubyel	56.14	2002-2003
4	Stephanie Ballou	57.48	1993-1994
5	Sarah Beggs	57.50	2008-2009
6	Suzanne Grega	57.61	1998-1999
7	Dena Hoffman	57.74	1998-1999
8	Jess Miga	57.93	2008-2009
9	Bianca Valencia	58.00	2011-2012
10	Shannon Ma	58.60	1999-2000

<u>200 Fly</u>			
1	Ruth Dubyel	2:05.31	2002-2003
2	Stephanie Ballou	2:05.81	1993-1994
3	Erin Sheumaker	2:06.98	1995-1996
4	Dena Hoffman	2:07.92	1998-1999
5	Laura Messier	2:08.47	1984-1985
6	Noelle Miesfeld	2:08.70	2008-2009
7	Bianca Valencia	2:08.84	2011-2012
8	Jill Ursini	2:09.79	2000-2001
9	Laura Najjar	2:10.86	1999-2000
10	Morgan Zebley	2:11.18	2011-2012

<u>200 IM</u>			
1	Paola Leor	2:04.66	2009-2010

2	Maggie Moss	2:05.99	2004-2005
3	Jocelyn Finch	2:06.47	2001-2002
4	Connie Shelton	2:08.28	1998-1998
5	Caroline Myers	2:08.67	2010-2011
6	Sarah Griffin	2:08.99	1995-1996
7	Janica Lee	2:09.04	2011-2012
8	Tuba Guvelioglu	2:09.51	1993-1994
9	Emily Kane	2:09.62	2010-2011
10	Remy Neville	2:09.85	2011-2012

<u>400 IM</u>			
1	Caroline Myers	4:28.85	2010-2011
2	Jocelyn Finch	4:30.04	2001-2002
3	Connie Shelton	4:30.47	1995-1996
4	Sarah Griffin	4:32.81	1996-1997
5	Caitlin Hyde	4:33.20	2002-2003
6	Dena Hoffman	4:34.33	1997-1998
7	Remy Neville	4:35.95	2011-2012
8	Laura Clemens	4:36.19	2000-2001
9	Crystal Freeman	4:36.24	2003-2004
10	Laura Fuchs	4:38.61	2005-2006



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