

ILLINOIS STATE SWIMMING & DIVING

2004-2005

BEST LIST

50-yard freestyle

24.02	Pullman	12/3/04
24.17	Monique Witkowski	12/3/04
24.53	Valerie Zaleski	12/3/04
25.30	Brittany Armstrong	12/3/04
25.52	Jena Allie	12/3/04
25.56	Lisa Hanrahan	12/3/04
25.85	Katie Finan	12/3/04
25.97	Casey McKittrick	12/3/04
26.01	Jamie Haseman	11/13/04
26.48	Simone Leger	11/5/04
26.90	Shannon Pappas	2/17/05
27.04	Sarah Mullins	12/3/04
27.68	Kristin DeKeyrel	12/3/04
27.78	Stephanie Strzelecki	10/23/04

100-yard freestyle

53.16	Monique Witkowski	2/19/05
53.60	Kyle Pullman	12/5/04
54.02	Valerie Zaleski	2/19/05
55.19	Christine Steinbach	10/22/04
55.46	Jena Allie	12/5/04
55.57	Lisa Hanrahan	12/5/04
55.69	Jamie Haseman	11/13/04
55.80	Katie Finan	10/22/04
56.96	Casey McKittrick	10/23/04
57.71	Emily Richardson	10/22/04
58.77	Sarah Mullins	12/5/04
58.91	Stephanie Strzelecki	2/19/05
59.27	Shannon Pappas	2/19/05
1:00.30	Kristin DeKeyrel	12/5/04
1:01.61	Breann McCool	11/13/04

200-yard freestyle

1:56.03	Jenny Klicka	12/4/04
1:56.23	Jamie Haseman	12/4/04
1:56.37	Christine Steinbach	2/18/05
1:56.90	Katie Finan	2/18/05
1:58.93	Casey McKittrick	12/4/04

1:59.05	Monique Witkowski	10/23/04
1:59.92	Brittany Armstrong	12/4/04
2:01.33	Emily Richardson	2/17/05
2:02.11	Jena Allie	12/4/04
2:02.64	Lisa Hanrahan	11/13/04
2:04.00	Kyle Pullman	10/23/04
2:04.94	Stephanie Strzelecki	2/18/05
2:08.98	Kristin DeKeyrel	12/04/04
2:14.90	Sarah Mullins	1/14/05

500-yard freestyle

5:06.02	Jenny Klicka	12/3/04
5:07.14	Christine Steinbach	12/3/04
5:11.51	Jamie Haseman	12/3/04
5:12.71	Emily Richardson	2/17/05
5:16.57	Casey McKittrick	12/3/04
5:20.78	Katie Finan	9/24/04
5:23.67	Brittany Armstrong	11/13/04
5:25.76	Monique Witkowski	11/13/04
5:34.04	Stephanie Strzelecki	12/3/04
5:49.36	Kristin DeKeyrel	2/17/05

1000-yard freestyle

10:39.54	Jenny Klicka	10/23/04
10:39.66	Christine Steinbach	12/05/04
10:49.53	Katie Finan	10/23/04
10:52.38	Jamie Haseman	10/22/04
11:05.02	Tracy Deyell	11/13/04
11:06.64	Emily Richardson	1/14/05
11:11.28	Casey McKittrick	11/5/04
11:18.29	Monique Witkowski	11/13/04
11:44.30	Stephanie Strzelecki	11/13/04

1650-yard freestyle

17:43.55	Christine Steinbach	12/5/04
17:45.75	Jenny Klicka	12/5/04
18:01.30	Jamie Haseman	12/5/04
18:10.05	Katie Finan	12/4/05

100-yard breaststroke

1:05.84	Brittany Armstrong	12/4/04
1:08.15	Valerie Zaleski	2/18/05

1:09.44	Tracy Deyell	12/3/04
1:10.15	Stephanie Houk	11/5/04
1:13.23	Jena Allie	12/4/04
1:13.25	Katie Finan	11/13/04
1:13.78	Breann McCool	12/4/04
1:13.85	Sarah Pinto	2/18/05
1:16.66	Lisa Hanrahan	1/14/05

200-yard breaststroke

2:25.85	Tracy Deyell	2/19/05
2:28.25	Brittany Armstrong	12/5/04
2:29.30	Stephanie Houk	12/5/04
2:38.53	Valerie Zaleski	11/13/04
2:39.61	Breann McCool	12/5/04
2:39.94	Sarah Pinto	11/13/04
2:41.98	Jena Allie	10/22/04

100-yard butterfly

58.35	Julie Cocks	12/4/04
58.93	Tracy Deyell	12/4/04
59.63	Lisa Hanrahan	2/18/05
1:00.25	Katie Finan	2/19/05
1:01.92	Sarah Pinto	2/18/05
1:02.54	Kyle Pullman	2/18/05
1:03.21	Jamie Haseman	11/5/04
1:03.57	Emily Steffen	9/24/04
1:03.57	Christine Steinbach	11/13/04
1:03.68	Valerie Zaleski	11/5/04
1:04.12	Brittany Byrd	1/14/05
1:04.63	Shannon Pappas	12/04/04
1:07.58	Kara Bavery	12/5/04

200-yard butterfly

2:08.10	Katie Finan	2/19/05
2:08.32	Tracy Deyell	12/05/04
2:14.88	Julie Cocks	11/13/04
2:15.98	Jamie Haseman	2/19/05
2:18.37	Lisa Hanrahan	1/22/05
2:18.72	Emily Steffen	10/22/04
2:19.51	Christine Steinbach	9/24/04

100-yard backstroke

58.81	Monique Witkowski	2/17/05
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58.90	Julie Cocks	2/18/05
1:01.00	Emily Richardson	2/18/05
1:01.07	Brittany Byrd	2/18/05
1:01.55	Simone Leger	2/18/05
1:03.27	Katie Finan	11/5/04
1:04.63	Casey McKittrick	2/19/05
1:05.12	Kara Bavery	12/3/04
1:05.93	Emily Steffen	2/18/05
1:09.19	Katherine Smith	1:09.19

200- yard backstroke

2:07.61	Julie Cocks	12/5/04
2:09.05	Emily Richardson	2/19/05
2:11.79	Casey McKittrick	2/19/05
2:12.15	Simone Leger	2/19/05
2:13.50	Brittany Byrd	2/19/05
2:16.19	Jenny Klicka	9/24/04
2:19.34	Jena Allie	9/24/04
2:20.59	Kara Bavery	12/5/04

200-yard IM

2:08.61	Katie Finan	2/17/05
2:14.30	Brittany Byrd	2/17/05
2:14.48	Jenny Klicka	11/13/04
2:15.17	Simone Leger	2/17/05
2:15.54	Tracy Deyell	10/23/04
2:16.50	Casey McKittrick	12/3/04
2:17.00	Julie Cocks	11/13/04
2:17.51	Stephanie Houk	12/3/04
2:20.76	Monique Witkowski	9/24/04
2:21.64	Sarah Pinto	12/3/04
2:22.13	Emily Steffen	11/13/04
2:24.83	Breann McCool	2/17/05
2:27.29	Katherine Smith	2/17/05

400-yard IM

4:31.51	Katie Finan	2/18/05
4:34.62	Tracy Deyell	2/18/05
4:46.71	Christine Steinbach	9/24/04
4:49.60	Jenny Klicka	1/8/05
4:57.38	Stephanie Houk	2/18/05
4:58.10	Casey McKittrick	9/24/04
4:58.17	Jamie Haseman	9/24/04
4:58.69	Brittany Byrd	1/22/05
4:59.09	Simone Leger	1/8/05

200-yard freestyle relay

1:36.63 Pullman, Zaleski, Armstrong, Witkowski 2/17/05

400-yard freestyle relay

3:34.07 Pullman, Zaleski, Steinbach, Witkowski 2/19/05

800-yard freestyle relay

7:52.08 Steinbach, Finan, Haseman, Klicka 2/18/05

200-yard medley relay

1:46.02 Witkowski, Armstrong, Cocks, Pullman 2/18/05

400-yard medley relay

3:54.77 Witkowski, Armstrong, Cocks, Pullman 2/17/05

One-meter Diving

265.80	Krystal Featherston	11/13/04
260.10	Terra Whisman	1/14/05
239.16	Emily LaVoie	1/14/05
228.22	Kate Johnson	11/13/04
225.60	Katie Janonis	1/14/05
221.17	Kaitlin Schneider	11/13/04
220.41	Emily Hirt	10/23/04
209.10	Alison Kouba	10/23/04
185.02	Katie Zaumseil	11/13/04

Three-meter Diving

288.61	Krystal Featherston	11/13/04
267.00	Terra Whisman	1/14/05
256.72	Alison Kouba	11/13/04
243.38	Emily LaVoie	11/13/04
231.67	Kate Johnson	11/13/04
230.80	Kaitlin Schneider	11/13/04
212.01	Katie Janonis	11/13/04
204.07	Katie Zaumseil	11/13/04
194.03	Emily Hirt	10/23/04

Three-meter Diving 11 dives

457.85	Krystal Featherston	2/19/05
404.45	Alison Kouba	2/19/05
403.90	Terra Whisman	2/19/05
381.40	Emily LaVoie	2/19/05
359.50	Emily Hirt	2/19/05
349.00	Katie Zaumseil	2/19/05
347.20	Katie Janonis	2/19/05
344.20	Kate Johnson	2/19/05
343.10	Kaitlin Schneider	2/19/05

