



— SWIMMING & DIVING —

Women's Top Five

200 I.M.

1. C. Trivino	2009	2:05.21
2. C. McStay	2009	2:07.24
3. N. Skoda	2005	2:11.22
4. L. Davey	2005	2:11.28
5. M. White	2007	2:11.71

400 I.M.

1. C. McStay	2009	4:31.27
2. C. Trivino	2009	4:32.31
3. N. Skoda	2005	4:36.49
4. B. Hawkins	2000	4:37.59
5. L. Davey	2005	4:38.89

100 Backstroke

1. C. Trivino	2009	:56.95
2. M. Henkels	2009	:57.17
3. C. Cassidy	2009	:58.10
4. M. Barry	2009	:59.10
5. C. McStay	2009	:59.24

200 Backstroke

1. C. Trivino	2009	2:03.09
2. M. Henkels	2009	2:04.30
3. C. Mcstay	2009	2:05.58
4. T. Kamuaff	2009	2:06.04
5. G. Sabens	2009	2:09.43

100 Butterfly

1. C. Cassidy	2008	:56.87
2. S. Mion	2009	:58.21
3. L. Mari	2009	:59.43
4. E. Crane	2009	:59.49
5. M. Meyer	2006	:59.97

200 Butterfly

1. S. Mion	2009	2:09.14
2. E. Crane	2008	2:10.01
3. M. Dumm	2009	2:10.77
4. M. McCotter	2009	2:10.94
5. L. Davey	2005	2:11.06

100 Breaststroke

1. K. Krzazcek	2009	1:05.21
2. S. Lentz	2002	1:07.47
3. K. Solack	2008	1:07.76
4. N. Skoda	2003	1:07.94
5. K. Breuninger	2001	1:08.10

200 Breaststroke

1. C. Trivino	2009	2:22.43
2. K. Krzazcek	2009	2:23.27
3. N. Skoda	2003	2:26.50
4. K. Breuninger	2002	2:26.87
5. K. Solack	2008	2:27.48

50 Freestyle

1. C. Cassidy	2009	:23.91
2. L. Mari	2009	24.04
3. M. Royer	2008	24.12
4. M. Henkels	2009	:24.40
5. H. Langenberg	1993	:24.63

100 Freestyle

1. C. Cassidy	2009	:52.48
2. L. Mari	2009	:52.80
3. E Benton	2009	:52.88
4. M. Royer	2008	:53.59
5. J. Adams	2006	:53.64

200 Freestyle

1. E. Benton	2009	1:53.87
2. T. Kamauff	2008	1:54.97
3. S. Birkenmeier	2009	1:56.81
4. C. Cassidy	2008	1:57.26
5. K. Hurley	2009	1:57.32

500 Freestyle

1. M. Shovlin	2009	5:02.39
2. T. Kamauff	2009	5:02.42
3. B. Hawkins	1999	5:07.49
4. M. Hadley	2007	5:10.34
5. K. Hurley	2009	5:11.73

1000 Freestyle

1. M. Shovlin	2009	10:18.09
2. T. Kamauff	2009	10:20.78
3. M. Hadley	2006	10:41.05
4. C. Winkler	2008	10:43.37
5. Cl. Ostrom	2007	10:46.68

1650 Freestyle

1. M. Shovlin	2009	17:10.42
2. B. Hawkins	1999	17:31.77
3. M. Hadley	2007	17:45.12
4. M. McCotter	2009	17:55.38
5. Cl. Ostrom	2007	18:01.20



Women's Top Five

Relays

400 Medley			
1. Trivino, Krzazcek, Cassidy, Mari	2009	3:51.89	
2. Henkels, Krzazcek, Cassidy, Mari	2009	3:54.93	
3. White, Krzazcek, Cassidy, Kamauff	2008	3:57.61	
4. White, Krzazcek, Cassidy, Royer	2008	3:59.12	
5. Brace, Skoda, Ryan, Adams	2006	4:02.80	

400 Freestyle			
1. Cassidy, Benton, Mari, Kamauff	2009	3:29.31	
2. Cassidy, Royer, Benton, Kamauff	2008	3:33.33	
3. Cassidy, Birkenmeier, Benton, Kamauff	2009	3:34.94	
4. Cassidy, Benton, Kamauff, Mari	2009	3:35.37	
5. Cassidy, Benton, White, Kamauff	2008	3:36.22	

200 Medley			
1. Henkels, Krzazcek, Cassidy, Mari	2009	1:45.04	
2. Trivino, Krzazcek, Cassidy, Mari	2009	1:47.23	
3. Sabens, Krzazcek, Cassidy, Royer	2008	1:47.88	
4. White, Krzazcek, Cassidy, Royer	2008	1:49.78	
5. White, Krzazcek, Crane, Royer	2008	1:50.57	

200 Freestyle			
1. Royer, Cassidy, Henkels, Mari	2009	1:35.81	
2. Royer, Benton, Cassidy, Kamauff	2008	1:36.74	
3. Cassidy, Henkels, Benton, Mari	2009	1:38.15	
4. Cassidy, Henkels, Benton, Mari	2009	1:38.25	
5. Krzazcek, White, Royer, Cassidy	2008	1:38.72	

800 Freestyle			
1. Birkenmeier, Shovlin, Benton, Kamauff	2009	7:42.00	
2. Kamauff, Henkels, Shovlin, Benton	2009	7:43.16	
3. Cassidy, Benton, Hadley, Kamauff	2008	7:49.25	
4. Zohorsky, Benton, Kamauff, Hadley	2007	7:52.17	
5. Cassidy, Trivino, Benton, Kamauff	2009	7:54.38	

Diving

1 Meter (6 Dives)			
1. M. Sterback	2006	255.23	
2. L. Lenhoff	1985	250.55	
3. K. Griffin	1997	229.20	
4. E. Ferry	2006	206.40	
5. S. Fisher	1996	201.50	

1 Meter (11 Dives)			
1. L. Lenhoff	1985	433.70	
2. D. Sanchez	1989	360.55	
3. A. Bands	1984	350.80	
4. K. Griffin	1997	342.00	
5. M. Fitzurka	1987	329.30	

3 Meter (6 Dives)			
1. L. Lenhoff	1985	294.20	
2. Sterback	2006	259.00	
3. K. Griffin	1996	235.28	
4. C. Rooney	2009	2:23.85	
5. L. Bach	1986	214.80	

3 Meter (11 Dives)			
1. M. Sterback	2006	418.50	
2. L. Lenhoff	1987	395.00	
3. K. Griffin	1997	381.00	
4. M. Perkins	1997	378.33	
5. S.O'Donnell	2001	359.55	