

# Swimming Records & Awards

## Men's Freshman School Records (in yards)

EVENT	TIME	NAME	DATE	SITE
50 Freestyle	21.51	Kevin Yalicki '92	2/8/89	Pittsburgh
100 Freestyle	46.89	Paul Nathe '96	2/26/93	Pittsburgh
200 Freestyle	1:40.50	Jed Michnowicz '99	3/1/96	Gloucester
500 Freestyle	4:29.60	Jed Michnowicz '99	2/24/96	Pittsburgh
1000 Freestyle	9:45.36	Horace Bowden '89	2/22/86	Pittsburgh
1650 Freestyle	16:04.21	Jed Michnowicz '99	12/3/95	Connecticut
100 Backstroke	52.92	Jed Michnowicz '99	12/2/95	Connecticut
200 Backstroke	1:54.13	Jed Michnowicz '99	2/25/96	Pittsburgh
100 Breaststroke	58.81	John Sievers '94	2/9/91	Pittsburgh
200 Breaststroke	2:08.95	Kurt Yates '98	2/26/95	Pittsburgh
100 Butterfly	51.56	Mike Shaw '96	2/19/93	Connecticut
200 Butterfly	1:53.76	Steven Brown '98	2/26/95	Pittsburgh
200 IM	1:58.60	Chris Holt '94	2/8/91	Pittsburgh
400 IM	4:11.31	Horace Bowden '89	2/21/86	Pittsburgh

## Men's School Records (in yards)

EVENT	TIME	NAME	DATE	SITE
50 Freestyle	21.16	Mark Tartaglione '96	2/23/96	Pittsburgh
100 Freestyle	45.98	Jed Michnowicz '99	2/21/98	Pittsburgh
200 Freestyle	1:40.50	Jed Michnowicz '99	3/1/96	Gloucester
500 Freestyle	4:29.11	Jed Michnowicz '99	2/24/96	Pittsburgh
1000 Freestyle	9:32.56	Jed Michnowicz '99	12/4/98	Rhode Island
1650 Freestyle	16:04.21	Jed Michnowicz '99	12/3/95	Connecticut
100 Backstroke	52.92	Jed Michnowicz '99	12/2/95	Connecticut
200 Backstroke	1:54.13	Jed Michnowicz '99	2/22/97	Rutgers
100 Breaststroke	57.84	Kurt Yates '98	2/20/98	Pittsburgh
200 Breaststroke	2:05.31	Kurt Yates '98	2/21/98	Pittsburgh
100 Butterfly	51.20	Steven Brown '98	3/1/96	Gloucester
200 Butterfly	1:53.21	Steven Brown '98	12/3/95	Connecticut
200 IM	1:54.13	Steven Brown '98	2/29/96	Gloucester
400 IM	4:06.53	Chris Holt '94	2/14/92	Bowdoin
200 Medley Relay	1:35.11	Sean Connell '99	2/18/98	Pittsburgh
		Kurt Yates '98		
		Steven Brown '98		
		Jed Michnowicz '99		
400 Medley Relay	3:27.02	Sean Connell '99	2/19/98	Pittsburgh
		Kurt Yates '98		
		Steven Brown '98		
		Jed Michnowicz '99		
200 Free Relay	1:24.98	Jed Michnowicz '99	2/24/96	Pittsburgh
		Mark Tartaglione '96		
		Sean Walker '99		
		Paul Nathe '96		
400 Free Relay	3:05.86	Jed Michnowicz '99	2/25/96	Pittsburgh
		Mark Tartaglione '96		
		Steven Brown '95		
		Paul Nathe '96		
800 Free Relay	6:54.14	Paul Nathe '96	12/2/95	Connecticut
		Steven Brown '98		
		Mike Ahearn '97		
		Jed Michnowicz '99		
<b>One-Meter Diving</b>				
11 Dives	484.15	Pat Sears '88	1/30/88	
5 Required	186.65	Pat Sears '88	1/30/88	
6 Optional	298.73	Kevin Sears '93	2/1/92	
<b>Three-Meter Diving</b>				
11 Dives	473.25	Kevin Sears '93	12/5/92	
6 Dives	272.05	Kevin Sears '93	1/30/93	

## Men's All-Time Leading Scorers

Jed Michnowicz	1999	1029.75	Pat Sears	1988	298.00
Gaylord Garraway	1991	599.00	Josh Donahue	1998	291.75
Steve Brown	1998	579.00	Chris Maloney	1993	291.00
Michael Frenza	2001	536.25	Michael Ruggiero	1990	271.75
Horace Bowden	1989	492.00	Jay Holbrook	1989	261.00
Kevin Yalicki	1992	469.50	Eric Huber	1992	255.00
Paul Nathe	1996	430.75	Paul Soligon	1989	254.50
Sean Connell	1999	412.25	Mark Tartaglione	1996	253.50
Kevin Reeder	2000	409.75	Jeff Longo	1995	253.25
Chris Holt	1994	409.00	Kevin Kosiorek	1999	249.75
Kurt Yates	1998	388.50	Kevin Sears	1993	237.00
Michael Ahearn	1996	331.50	Matthew Donahue	2001	233.50

## HORACE BOWDEN AWARD

Named for Horace Bowden '89, this award honors the men's Most Valuable Student-Athlete in dual and championship meet competition, as voted by the team members and coaching staff.

1994	Paul Nathe '96
1995	Paul Nathe '96
1996	Jed Michnowicz '99
1997	Jed Michnowicz '99
1998	Jed Michnowicz '99
1999	Jed Michnowicz '99
2000	Michael Frenza '01
2001	Michael Frenza '01
2002	Patrick Kavanagh '04
2003	Tom Darrow '03 & Patrick Kavanagh '04
2004	Patrick Kavanagh '04
2005	Frank LaMonaca '06
2006	Frank LaMonaca '06
2007	Tim Reilly '10
2008	Mathew Card '10

## MOST IMPROVED MALE ATHLETE

As voted by team members and the coaching staff, this award honors the athlete who has improved the most in his specialty events.

1994	Mark Tartaglione '96
1995	Josh Bischoff '95
1996	Josh Donahue '98
1997	Kevin Kosiorek '99
1998	Kurt Yates '98
1999	Mike Maloney '02
2000	Keith Chobot '02
2001	Michael Bien '03
2002	Bryan Flynn '04
2003	Jon Pitts '06
2004	Nick Taylor '06
2005	Tom McLoughlin '07
2006	David Kerley '08
2007	Nick Trilla '09
2008	Dave Wilson '10

## THE DAVID HARDY COACH'S AWARD

Named for David Hardy '89, this award honors the male and female student-athletes who exhibit those qualities which David brought to the Providence Swimming and Diving teams: loyalty, dedication, good sportsmanship and outstanding effort, both academically and athletically.

1994	Heidi Paskowski '94 and Eric Mohr '96
1995	Colleen Doyle '97 and Joel Kline '95
1996	Michelle McWeeney '96 and Mike Ahearn '97
1997	Stacy Sweetser '97 and Stephan Joe '97
1998	Shannon Najjar '98 and Sean Connell '99
1999	Karen Cardwell '00 and Sean Connell '99
2000	Allison Buckley '02 and Gregory Whitney '00
2001	Maggie Singler '01 and Thomas Darrow '03
2002	Nicole Mancini '02 and Keith Chobot '02
2003	Lyndsay Taylor '04 and Brian Dorgan '05
2004	Lyndsay Taylor '04 and Bryan Flynn '04
2005	Katy Bednar '05 and Nick Taylor '06
2006	Christine Bonagura '09 and Seth Brockman '06
2007	Annie Nemeth '07 and Tom McLoughlin '07
2008	Danielle Matook '08 and Ryan Clark '09

# Swimming Records & Awards

## MOST IMPROVED FEMALE ATHLETE

As voted by team members and coaching staff, this award honors the student-athlete who has improved the most in her specialty events.

1994.....	Michelle McWeeney '96
1995.....	Molly O'Connor '98
1996.....	Stacy Sweetser '97
1997.....	Leah McLean '98
1998.....	Melissa Kennedy '00
1999.....	Meghan Robinson '00
2000.....	Lauren DeGray '02
2001.....	Bridget McKenna '04
2002.....	Bridget McKenna '04
2003.....	Jill Fortier '06
2004.....	Caitlin Ferrarini '07
2005.....	Abby Long '06
2006.....	Jessica McCarthy '08
2007.....	Emily Corcoran '07
2008.....	Patricia Osmolak '10

## CINDI LUCIANI AWARD

Named for Cindi Luciani '91, this award honors the women's Most Valuable Student-Athlete in dual and championship meet competition, as voted by team members and coaching staff.

1994.....	Allyson Dunleavy '95
1995.....	Kierstin Newell '98
1996.....	Colleen Doyle '97
1997.....	Kierstin Newell '97
1998.....	Carla Clemente '99
1999.....	Lori Cosman '01
2000.....	Lori Cosman '01
2001.....	Lori Cosman '01
2002.....	Lee Barnum '02
2003.....	Bridget McKenna '04
2004.....	Bridget McKenna '04
2005.....	Annie Nemeth '07
2006.....	Katelyn Flynn '07
2007.....	Katelyn Flynn '07
2008.....	Blair Flynn '09

## THE SEARS DIVING AWARD

Named for Patrick Sears '88 and Kevin Sears '93 this award honors the diver who, selected by the coaching staff, makes an outstanding contribution to the sport of diving at Providence College.

1994.....	Dan Corgan '96
1995.....	Kelly Mankin '96
1996.....	April Amoroso '98
1997.....	Leah McLean '98
1998.....	April Amoroso '98
1999.....	Adam Letrouneau '99
2000.....	Andrea Liporace '00
2001.....	Amanda Pymm '03
2002.....	Jamie Modon-Cohen '05
2003.....	Jamie Modon-Cohen '05
2004.....	Jamie Modon-Cohen '05
2005.....	Jamie Modon-Cohen '05
2006.....	Kellie Ryan '08
2007.....	Kellie Ryan '08
2008.....	Jordan Emerick '11

## The John O'Neill Award

This award honors the Most Valuable female and male freshmen athletes in dual and championship meet competition, as voted by the team members and coaching staff.

2008.....	Alexis Fatigati '11 and Jordan Emerick '11
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## All-Time BIG EAST Women's Champions

Allyson Dunleavy '95.....	1992 - 200 Fly, 400 IM
Michele Tamburo '95.....	1992 - 100 Fly 1993 - 200 Back
Cindi Luciani '90.....	1988 - 200 Back 1989 - 200 Back, 400 IM 1990 - 200 Back, 200 IM 400 IM
Cathy Ritch '92.....	1990 - 100 Back, 200 Free
Karen Crossman '91.....	1988 - 100 Back

## Freshman School Records (in yards)

EVENT	TIME	NAME	DATE	SITE
50 Freestyle	24.36	Kierstin Newell '98	2/22/95	Pittsburgh
100 Freestyle	51.96	Kierstin Newell '98	2/24/95	Pittsburgh
200 Freestyle	1:51.90	Kierstin Newell '98	2/23/95	Pittsburgh
500 Freestyle	5:01.68	Michele Debari '95	2/20/92	Pittsburgh
1000 Freestyle	10:44.28	Julee Stearns '94	1/18/91	Massachusetts
1650 Freestyle	17:53.10	Colleen McGarry '96	2/14/93	Rhode Island
100 Backstroke	58.20	Michele Tamburo '95	2/21/92	Pittsburgh
200 Backstroke	2:06.55	Michele Debari '95	2/23/92	Pittsburgh
100 Breaststroke	1:06.93	Rita Bopp '94	2/9/91	Pittsburgh
200 Breaststroke	2:26.50	Ann Bentz '96	2/14/93	Rhode Island
100 Butterfly	58.14	Michele Tamburo '95	2/21/92	Pittsburgh
200 Butterfly	2:04.05	Allyson Dunleavy '95	2/22/92	Pittsburgh
200 IM	2:08.00	Allyson Dunleavy '95	2/21/92	Pittsburgh
400 IM	4:28.90	Allyson Dunleavy '95	2/22/92	Pittsburgh

## Women's School Records (in yards)

EVENT	TIME	NAME	DATE	SITE
50 Freestyle	24.30	Kierstin Newell '98	2/23/96	Pittsburgh
100 Freestyle	51.96	Kierstin Newell '98	2/24/95	Pittsburgh
200 Freestyle	1:51.28	Cathy Ritch '92	2/10/90	Pittsburgh
500 Freestyle	4:58.10	Michele Debari '95	2/12/93	Rhode Island
1000 Freestyle	10:31.96	Michele Debari '95	1/11/92	Williams
1500 Freestyle	18:22.25	Courtney Larcom '11	1/26/08	Providence
1650 Freestyle	17:53.10	Colleen McGarry '96	2/14/93	Rhode Island
100 Backstroke	57.18	Michele Tamburo '95	2/12/93	Rhode Island
200 Backstroke	2:02.02	Michele Tamburo '95	2/28/93	Pittsburgh
100 Breaststroke	1:06.61	Stacy Sweetser '97	2/24/96	Pittsburgh
200 Breaststroke	2:23.94	Annie Nemeth	2/27/05	Pittsburgh
100 Butterfly	57.95	Michele Tamburo '95	2/13/93	Rhode Island
200 Butterfly	2:04.05	Allyson Dunleavy '95	2/22/92	Pittsburgh
200 IM	2:06.91	Cindi Luciani '92	2/9/90	Pittsburgh
400 IM	4:26.98	Allyson Dunleavy '95	2/27/93	Pittsburgh
200 Medley Relay	1:49.25	Michele Tamburo '95	2/27/93	Pittsburgh
		Rita Bopp '94		
		Allyson Dunleavy '95		
		Jessica Lee '96		
400 Medley Relay	3:54.69	Michele Tamburo '95	2/26/93	Pittsburgh
		Rita Bopp '94		
		Allyson Dunleavy '95		
		Jennifer Porter '94		
200 Free Relay	1:37.31	Michele Debari '95	2/26/93	Pittsburgh
		Jessica Lee '96		
		Jennifer Porter '94		
		Michele Tamburo '95		
400 Free Relay	3:31.55	Michele Debari '95	2/14/93	Rhode Island
		Jennifer Porter '94		
		Nancy Harkins '96		
		Michele Tamburo '95		
800 Free Relay	7:42.78	Michele Debari '95	2/13/93	Rhode Island
		Jennifer Porter '94		
		Nancy Harkins '96		
		Allyson Dunleavy '95		
<b>One-Meter Diving</b>				
10 Dives	438.38	Sue Kilgallen '92	2/1/92	Providence
5 Required	164.63	Sue Kilgallen '92	2/1/92	Providence
5 Optional	273.75	Sue Kilgallen '92	2/1/92	Providence
<b>Three-Meter Diving</b>				
11 Dives	417.14	Sue Kilgallen '92	2/8/91	Rhode Island
6 Dives	243.60	Sue Kilgallen '92	1/28/89	Syracuse

## Women's All-Time Leading Scorers

Lori Cosman '01	686.00	Stacy Sweetser '97	329.00
Cindi Luciani '90	682.00	Ann Marie Stephan '92	311.50
Colleen Doyle '97	639.25	Beth Shaughnessy '90	311.00
Carla Clemente '99	591.50	Kara Gormley '92	294.50
Karen Crossman '91	569.25	Michelle McWeeney '96	293.00
Sue Kilgallen '92	505.00	Guerin Anglim '99	291.00
Kierstin Newell '98	465.50	Denise Connolly '90	289.75
Michelle Debari '95	422.75	Michele Tamburo '95	275.00
Allyson Dunleavy '95	374.00	Rita Bopp '94	261.75
Kate Bradley '90	338.25	Jen Porter '94	236.25
Megan Anderson '92	337.50	Michelle Hackmar '99	221.00
Karen Cardwell '00	337.25		
Shannon Najjar '98	333.50		