



# 2010-11 PENN STATE WOMEN'S SWIMMING & DIVING

## TOP 10 TIMES BY EVENTS

### 50 FREESTYLE

**NCAA A: 21.93, B: 23.02**

Paige Whitmire	22.52 (R)	3/17/11	NCAA Champ.
Sam Palser	22.74	2/17/11	Big Ten Champ.
Katie Pulos	23.01	2/17/11	Big Ten Champ.
Erin Thomas	23.25	2/17/11	Big Ten Champ.
Kristen Rodman	23.44 (R)	12/3/10	Georgia Invite
Hailey Campbell	23.48	12/3/10	Georgia Invite
Rachel Butler	23.53	2/17/11	Big Ten Champ.
Monika Mialka	23.60	2/17/11	Big Ten Champ.
Becky Yokosh	24.04	2/17/11	Big Ten Champ.
Mackenzie Powers	24.08	12/3/10	Georgia Invite

### 100 FREESTYLE

**NCAA A: 47.84, B: 50.23**

Sam Palser	49.03	2/19/11	Big Ten Champ.
Paige Whitmire	49.85	2/19/11	Big Ten Champ.
Erin Thomas	49.91	2/19/11	Big Ten Champ.
Katie Pulos	50.44	2/19/11	Big Ten Champ.
Kristen Rodman	50.92	2/19/11	Big Ten Champ.
Amy Modglin	52.26	1/22/11	St. Bonaventure
Kaeley Boyle	52.37 (R)	12/5/10	Georgia Invite
Chelsea Weedman	52.52 (R)	11/19/10	UVA/Indiana
Hailey Campbell	52.75	12/5/10	Georgia Invite
Mackenzie Powers	53.12 (R)	12/5/10	Georgia Invite

### 200 FREESTYLE

**NCAA A: 1:44.02, B: 1:49.22**

Monika Mialka	1:48.35	2/18/11	Big Ten Champ.
Erin Thomas	1:48.43	2/18/11	Big Ten Champ.
Katie Pulos	1:49.28	2/18/11	Big Ten Champ.
Amy Modglin	1:49.69	1/29/11	at Michigan
Chelsea Weedman	1:51.58	10/23/10	V. Tech
Hailey Campbell	1:52.32	1/15/11	at Maryland
Kristen Rodman	1:52.33 (R)	12/4/10	Georgia Invite
Kaeley Boyle	1:52.56	12/4/10	Georgia Invite
Alex Young	1:52.66	1/22/11	St. Bonaventure
Diana Greco	1:53.08	12/4/10	Georgia Invite

### 500 FREESTYLE

**NCAA A: 4:38.46, B: 4:52.41**

Amy Modglin	4:46.36	3/17/11	NCAA Champ.
Diana Greco	4:47.65	12/3/10	Georgia Invite
Claire Singley	4:49.18	2/17/11	Big Ten Champ.
Alex Young	4:55.58	12/3/10	Georgia Invite
Rose Snyder	4:58.76	2/17/11	Big Ten Champ.
Chelsea Weedman	5:00.37	1/15/11	at Maryland
Erika Rodman	5:01.22	2/12/11	Ohio State Invite
Leah Davis	5:01.30	2/12/11	Ohio State Invite
Emily Wolfarth	5:01.41	2/12/11	Ohio State Invite
Monika Mialka	5:05.61	1/22/11	St. Bonaventure

### 1000 FREESTYLE

**(NO NCAA STANDARD)**

Diana Greco	10:10.44	11/20/10	UVA/Indiana
Chelsea Weedman	10:12.41	11/20/10	UVA/Indiana
Claire Singley	10:17.22	11/20/10	UVA/Indiana
Erika Rodman	10:27.09	2/12/11	Ohio State Invite
Alexa Hetzel	10:29.17	1/22/11	St. Bonaventure
Gabi Shishkoff	10:32.54	10/23/10	V. Tech
Emily Wolfarth	10:40.75	2/12/11	Ohio State Invite
Rose Snyder	10:41.48	11/20/10	UVA/Indiana

*(R) denotes the time was accomplished during a relay event*

### 1650 FREESTYLE

**NCAA A: 15:53.38, B: 16:41.04**

Diana Greco	16:29.32	2/19/11	Big Ten Champ.
Claire Singley	16:43.25	12/5/10	Georgia Invite
Amy Modglin	16:53.81	1/14/11	at Maryland
Erika Rodman	17:18.22	2/12/11	Ohio State Invite
Rose Snyder	17:36.39	12/5/10	Georgia Invite
Emily Wolfarth	17:37.24	2/12/11	Ohio State Invite

### 100 BACKSTROKE

**NCAA A: 52.55, B: 55.17**

Paige Whitmire	53.85	2/18/11	Big Ten Champ.
Hailey Campbell	53.87	2/27/11	Last Chance
Sam Palser	54.82	12/4/10	Georgia Invite
Mackenzie Powers	55.04	2/18/11	Big Ten Champ.
Amy Modglin	55.05 (R)	12/4/10	Georgia Invite
Kristen Rodman	55.71 (R)	12/4/10	Georgia Invite
Becky Yokosh	55.72	2/18/11	Big Ten Champ.
Monika Mialka	56.00	12/4/10	Georgia Invite
Lauren Smart	56.19	2/18/11	Big Ten Champ.
Brynja Winnan	57.00	2/18/11	Big Ten Champ.

### 200 BACKSTROKE

**NCAA A: 1:53.37, B: 1:59.24**

Amy Modglin	1:53.66	3/19/11	NCAA Champ.
Monika Mialka	1:57.47	2/19/11	Big Ten Champ.
Hailey Campbell	1:58.22	2/19/11	Big Ten Champ.
Lauren Smart	1:58.46	2/19/11	Big Ten Champ.
Becky Yokosh	2:00.14	12/5/10	Georgia Invite
Kaeley Boyle	2:01.07	12/5/10	Georgia Invite
Brynja Winnan	2:03.45	2/19/11	Big Ten Champ.
Gabi Shishkoff	2:03.87	12/5/10	Georgia Invite
Chelsea Howard	2:11.76	1/29/11	at Michigan

### 100 BREASTSTROKE

**NCAA A: 59.99, B: 1:02.98**

Merritt Krawczyk	1:00.56	3/18/11	NCAA Champ.
Rachel Butler	1:01.53	2/18/11	Big Ten Champ.
Alexa Hetzel	1:03.81	12/4/10	Georgia Invite
Chelsea Weedman	1:04.28	1/22/11	St. Bonaventure
Amy Lewis	1:04.45	2/18/11	Big Ten Champ.
Sarah Somers	1:05.22	2/18/11	Big Ten Champ.
Leah Davis	1:06.49	2/12/11	Ohio State Invite
Amy Modglin	1:08.33	1/22/11	St. Bonaventure
Diana Greco	1:10.93	1/22/11	St. Bonaventure

### 200 BREASTSTROKE

**NCAA A: 2:09.72, B: 2:16.20**

Merritt Krawczyk	2:14.26	3/19/11	NCAA Champ.
Rachel Butler	2:15.25	2/19/11	Big Ten Champ.
Alexa Hetzel	2:15.92	12/5/10	Georgia Invite
Chelsea Weedman	2:16.21	1/29/11	at Michigan
Amy Lewis	2:19.33	2/19/11	Big Ten Champ.
Sarah Somers	2:20.25	2/19/11	Big Ten Champ.
Leah Davis	2:24.66	12/5/10	Georgia Invite

### 100 BUTTERFLY

**NCAA A: 52.02, B: 54.62**

Mackenzie Powers	52.72	2/18/11	Big Ten Champ.
Alex Young	53.98	2/18/11	Big Ten Champ.
Lauren Smart	54.92	2/18/11	Big Ten Champ.
Chelsea Weedman	55.44	1/22/11	St. Bonaventure
Merritt Krawczyk	56.95	1/22/11	St. Bonaventure
Samantha Jarmul	57.26	2/18/11	Big Ten Champ.
Chelsea Howard	57.43	12/4/10	Georgia Invite
Brynja Winnan	57.67	2/18/11	Big Ten Champ.
Paige Whitmire	57.98	1/22/11	St. Bonaventure
Ann Ragan Kearns	58.00	2/12/11	Ohio State Invite



# 2010-11 PENN STATE WOMEN'S SWIMMING & DIVING

## TOP 10 TIMES BY EVENTS

### 200 BUTTERFLY

**NCAA A: 1:54.95, B: 2:00.69**

Alex Young	1:57.19	2/19/11	Big Ten Champ.
Chelsea Weedman	1:57.55	2/19/11	Big Ten Champ.
Mackenzie Powers	1:59.65	2/19/11	Big Ten Champ.
Gabi Shishkoff	2:01.60	12/5/10	Georgia Invite
Samantha Jarmul	2:04.52	2/19/11	Big Ten Champ.
Ann Ragan Kearns	2:08.15	10/23/10	V. Tech
Chelsea Howard	2:09.67	12/5/10	Georgia Invite
Rose Snyder	2:12.52	10/23/10	V. Tech

### 800 FREESTYLE RELAY

**NCAA A: 7:02.07, B: 7:23.17**

Modglin, Mialka	7:12.74	2/16/11	Big Ten Champ.
Thomas, Weedman			
Modglin, Weedman	7:20.76	3/18/11	NCAA Champ.
Thomas, Young			
Modglin, Mialka	7:21.38	12/4/10	Georgia Invite
Thomas, Weedman			
Rodman, Singley	7:31.89	12/4/10	Georgia Invite
Boyle, Snyder			

### 200 INDIVIDUAL MEDLEY

**NCAA A: 1:56.13, B: 2:01.93**

Merritt Krawczyk	1:58.05	3/17/11	NCAA Champ.
Chelsea Weedman	1:58.40	2/17/11	Big Ten Champ.
Amy Modglin	2:02.86	11/19/10	UVA/Indiana
Gabi Shishkoff	2:03.34	2/17/11	Big Ten Champ.
Diana Greco	2:07.48	1/22/11	St. Bonaventure
Lauren Smart	2:08.30	1/22/11	St. Bonaventure
Claire Singley	2:08.46	1/15/11	at Maryland
Amy Lewis	2:08.80	2/17/11	Big Ten Champ.
Alexa Hetzel	2:09.35	1/22/11	St. Bonaventure
Sarah Somers	2:09.48	2/17/11	Big Ten Champ.

### 200 MEDLEY RELAY

**NCAA A: 1:37.81, B: 1:42.70**

Campbell Krawczyk	1:38.59	2/16/11	Big Ten Champ.
Powers, Whitmire			
Whitmire, Krawczyk	1:39.62	3/18/11	NCAA Champ.
Powers, Palser			
Campbell, Krawczyk	1:42.01	12/4/10	Georgia Invite
Young, Thomas			
Campbell, Krawczyk	1:42.17	1/29/11	at Michigan
Powers, Whitmire			
Campbell, Butler	1:42.88	10/23/10	V. Tech
Powers, Whitmire			

### 400 INDIVIDUAL MEDLEY

**NCAA A: 4:07.33, B: 4:19.69**

Chelsea Weedman	4:11.34	3/18/11	NCAA Champ.
Amy Modglin	4:13.82	2/18/11	Big Ten Champ.
Claire Singley	4:18.76	2/18/11	Big Ten Champ.
Gabi Shishkoff	4:21.20	1/14/11	at Maryland
Diana Greco	4:23.10	12/4/10	Georgia Invite
Alexa Hetzel	4:26.61	2/18/11	Big Ten Champ.
Leah Davis	4:39.25	12/4/10	Georgia Invite

### 400 MEDLEY RELAY

**NCAA A: 3:32.56, B: 3:43.18**

Whitmire, Krawczyk	3:36.16	2/18/11	Big Ten Champ.
Powers, Palser			
Modglin, Krawczyk	3:42.05	12/3/10	Georgia Invite
Young, Whitmire			
Whitmire, Krawczyk	3:44.27	1/15/11	at Maryland
Powers, Palser			
Modglin, Butler	3:45.26	11/19/10	UVA/Indiana
Powers, Palser			
Yokosh, Weedman	3:46.37	12/3/10	Georgia Invite
Smart, Thomas			

### 200 FREESTYLE RELAY

**NCAA A: 1:28.35, B: 1:32.76**

Palser, Whitmire	1:29.64	2/17/11	Big Ten Champ.
Thomas, Pulos			
Whitmire, Palser	1:29.97	3/17/11	NCAA Champ.
Thomas, Pulos			
Whitmire, Palser	1:30.79	2/27/11	Last Chance
Thomas, Pulos			
Whitmire, Palser	1:30.98	12/3/10	Georgia Invite
Thomas, Campbell			
Whitmire, Campbell	1:33.30	11/19/10	UVA/Indiana
Pulos, Palser			

### 1-METER DIVE

Megan Marco	272.33	1/22/11	St. Bonaventure
Ilana Zeises	260.40	1/29/11	at Michigan
Katie O'Connell	254.75	1/29/11	at Michigan
Meg Alderman	232.57	10/23/10	V. Tech
Megan Springsteen	211.75	1/14/11	at Maryland

### 3-METER DIVE

Megan Marco	260.85	1/22/11	St. Bonaventure
Ilana Zeises	257.55	2/18/11	Big Ten Champ.
Katie O'Connell	244.20	1/29/11	at Michigan
Megan Springsteen	236.27	10/23/10	V. Tech
Meg Alderman	227.92	10/16/10	at W. Va.

### 400 FREESTYLE RELAY

**NCAA A: 3:14.93, B: 3:24.67**

Palser, Pulos	3:17.44	2/19/11	Big Ten Champ.
Thomas, Whitmire			
Palser, Whitmire	3:18.83	3/19/11	NCAA Champ.
Pulos, Thomas			
Thomas, Palser	3:20.19	12/5/10	Georgia Invite
Whitmire, Mialka			
Palser, Pulos	3:22.63	1/29/11	at Michigan
Thomas, Whitmire			
Pulos, Rodman	3:22.71	12/5/10	Georgia Invite
Young, Campbell			



# 2010-11 PENN STATE WOMEN'S SWIMMING & DIVING

## INDIVIDUAL RESULTS

### MEG ALDERMAN

#### 1-Meter Dive

232.57	4th	10/23/10	V. Tech
216.00	9th	1/2/11	at Indianapolis
209.62	4th	10/16/10	at W. Va.
209.60	10th	11/19/10	UVA/Indiana

#### 3-Meter Dive

227.92	1st	10/16/10	at W. Va.
224.05	8th	11/19/10	UVA/Indiana
215.47	6th	10/23/10	V. Tech

### LAUREN BARNES

#### 50-Freestyle

24.76	4th	2/12/11	Ohio State Invite
25.03	----	1/22/11	St. Bonaventure
25.84	10th	1/4/11	vs. UNC

#### 100-Freestyle

54.26	4th	1/22/11	St. Bonaventure
55.41	----	10/23/10	V. Tech
53.52	Prelims	2/12/11	Ohio State Invite
53.81	5th	2/12/11	Ohio State Invite
55.93	9th	1/4/11	vs. UNC

#### 200-Freestyle

1:59.80	----	10/23/10	V. Tech
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#### 100-Butterfly

1:00.35	3rd	2/12/11	Ohio State Invite
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#### 200-Freestyle Relay

1:36.51	----	1/22/11	St. Bonaventure
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### KAELEY BOYLE

#### 200-Freestyle

1:52.56	37th	12/3/10	Georgia Invite
1:53.06	----	10/23/10	V. Tech
1:54.36	12th	11/20/10	UVA/Indiana
1:54.78	5th	10/16/10	at W. Va.
1:57.59	8th	1/4/11	vs. UNC

#### 500-Freestyle

5:07.57	12th	11/19/10	UVA/Indiana
5:11.07	38th	12/3/10	Georgia Invite
5:20.07	8th	1/4/11	vs. UNC

#### 200-Backstroke

2:01.07	21st	12/5/10	Georgia Invite
2:07.05	----	10/23/10	V. Tech
2:07.69	5th	10/16/10	at W. Va.

#### 200-Freestyle Relay

1:39.57	12th	12/3/10	Georgia Invite
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#### 400-Freestyle Relay

3:28.82	3rd	10/23/10	V. Tech
3:28.97	14th	12/5/10	Georgia Invite
3:30.73	8th	11/19/10	UVA/Indiana
3:48.90	5th	1/4/11	vs. UNC

#### 800-Freestyle Relay

7:31.89	12th	12/4/10	Georgia Invite
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#### 200-Medley Relay

1:52.50	8th	1/4/11	vs. UNC
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#### 400-Medley Relay

3:58.72	4th	10/16/10	at W. Va.
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### HEATHER BRADY

#### 50-Freestyle

25.01	5th	2/12/11	Ohio State Invite
25.10	3rd	1/22/11	St. Bonaventure
25.43	----	10/23/10	V. Tech
26.18	12th	1/4/11	vs. UNC

#### 100-Freestyle

53.67	4th	2/12/11	Ohio State Invite
54.37	----	1/22/11	St. Bonaventure
55.39	----	10/23/10	V. Tech

57.03	10th	1/4/11	vs. UNC
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#### 200-Freestyle Relay

1:37.02	----	1/22/11	St. Bonaventure
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#### 200-Medley Relay

1:52.50	8th	1/4/11	vs. UNC
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### RACHEL BUTLER

#### 50-Freestyle

23.53	34th	2/17/11	Big Ten Champ
23.98	36th	12/3/10	Georgia Invite
24.19	----	1/22/11	St. Bonaventure
24.29	7th	1/29/11	at Michigan

#### 100-Freestyle

54.01	3rd	1/22/11	St. Bonaventure
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#### 100-Breaststroke

1:01.53	Prelims	2/18/11	Big Ten Champ
1:01.80	12th	2/18/11	Big Ten Champ
1:03.03	9th	12/4/10	Georgia Invite
1:03.56	1st	10/23/10	V. Tech
1:04.23	2nd	1/14/11	at Maryland
1:04.23	3rd	11/19/10	UVA/Indiana
1:06.42	4th	1/4/11	vs. UNC

#### 200-Breaststroke

2:15.28	14th	2/19/11	Big Ten Champ
2:19.27	4th	1/29/11	at Michigan
2:20.44	3rd	1/15/11	at Maryland
2:20.50	17th	12/5/10	Georgia Invite
2:22.59	2nd	10/16/10	at W. Va.
2:22.79	4th	10/23/10	V. Tech
2:23.52	10th	11/19/10	UVA/Indiana
2:25.71	5th	1/4/11	vs. UNC

#### 200-Freestyle Relay

1:36.29	17th	1/14/11	at Maryland
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#### 400-Freestyle Relay

3:28.97	14th	12/5/10	Georgia Invite
3:29.73	3rd	1/15/11	at Maryland
3:30.73	8th	11/20/10	UVA/Indiana
3:33.95	3rd	1/4/11	vs. UNC

#### 200-Medley Relay

1:42.88	1st	10/23/10	V. Tech
1:43.21	2nd	11/20/10	UVA/Indiana
1:44.35	3rd	1/14/11	at Maryland
1:45.09	4th	1/29/11	at Michigan
1:45.10	2nd	1/22/11	St. Bonaventure
1:45.19	2nd	1/4/11	vs. UNC

#### 400-Medley Relay

3:45.23	2nd	11/19/10	UVA/Indiana
3:50.00	3rd	1/15/11	at Maryland
3:51.65	2nd	10/16/10	at W. Va.

### HAILEY CAMPBELL

#### 50-Freestyle

23.48	Prelims	12/3/10	Georgia Invite
23.59	22nd	12/3/10	Georgia Invite
23.70	44th	2/17/11	Big Ten Champ
24.19	----	1/22/11	St. Bonaventure

#### 100-Freestyle

52.75	1st	10/16/10	at W. Va.
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#### 200-Freestyle

1:52.06	4th	1/15/11	at Maryland
1:54.43	2nd	10/16/10	at W. Va.

#### 500-Freestyle

5:05.98	2nd	1/22/11	St. Bonaventure
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#### 100-Backstroke

53.87	Prelims	2/27/11	Last Chance
53.91	6th	2/18/11	Big Ten Champ
54.72	2nd	2/27/11	Last Chance
54.99	Prelims	12/4/10	Georgia Invite

55.32	13th	12/4/10	Georgia Invite
56.22	1st	10/23/10	V. Tech
56.68	3rd	1/14/11	at Maryland
57.27	8th	11/20/10	UVA/Indiana

#### 200-Backstroke

1:58.22	15th	2/19/11	Big Ten Champ
1:59.76	14th	12/5/10	Georgia Invite
2:02.33	3rd	1/15/11	at Maryland
2:02.53	3rd	1/29/11	at Michigan
2:04.45	11th	11/19/10	UVA/Indiana
2:05.11	2nd	10/23/10	V. Tech

#### 200-Freestyle Relay

1:30.98	3rd	12/3/10	Georgia Invite
1:36.29	4th	1/14/11	at Maryland
1:36.51	----	1/22/11	St. Bonaventure

#### 400-Freestyle Relay

3:22.71	7th	12/5/10	Georgia Invite
3:26.18	5th	11/20/10	UVA/Indiana
3:26.82	1st	10/23/10	V. Tech
3:27.68	4th	1/29/11	at Michigan
3:29.73	3rd	1/15/11	at Maryland

#### 800-Freestyle Relay

7:32.88	13th	12/4/10	Georgia Invite
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#### 200-Medley Relay

1:38.59	4th	2/16/11	Big Ten Champ
1:42.01	7th	12/4/10	Georgia Invite
1:42.17	1st	1/29/11	at Michigan
1:42.76	2nd	11/20/10	UVA/Indiana
1:42.88	1st	10/23/10	V. Tech
1:44.23	2nd	1/14/11	at Maryland

#### 400-Medley Relay

3:47.51	4th	11/19/10	UVA/Indiana
3:48.14	1st	10/16/10	at W. Va.

### LEAH DAVIS

#### 200-Freestyle

1:54.00	1st	2/12/11	Ohio State Invite
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#### 500-Freestyle

5:01.30	2nd	2/12/11	Ohio State Invite
5:05.67	35th	12/3/10	Georgia Invite
5:13.89	3rd	1/22/11	St. Bonaventure
5:14.77	----	10/23/10	V. Tech

#### 100-Breaststroke

1:06.49	Prelims	2/12/11	Ohio State Invite
1:06.88	22nd	12/4/10	Georgia Invite
1:06.91	2nd	2/12/11	Ohio State Invite
1:10.40	----	1/22/11	St. Bonaventure
1:12.30	9th	1/4/11	vs. UNC

#### 200-Breaststroke

2:23.13	2nd	2/12/11	Ohio State Invite
2:24.66	20th	12/4/10	Georgia Invite
2:36.74	9th	1/4/11	vs. UNC

#### 200-IM

2:15.60	----	10/23/10	V. Tech
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#### 400-IM

4:39.25	30th	12/4/10	Georgia Invite
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#### 200-Medley Relay

1:45.23	13th	12/4/10	Georgia Invite
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### DIANA GRECO

#### 200-Freestyle

1:53.08	38th	12/4/10	Georgia Invite
1:53.67	6th	1/15/11	at Maryland

#### 500-Freestyle

4:47.65	Prelims	12/3/10	Georgia Invite
4:50.30	8th	12/3/10	Georgia Invite
4:50.64	21st	2/17/11	Big Ten Champ
4:53.82	5th	11/19/10	UVA/Indiana



# 2010-11 PENN STATE WOMEN'S SWIMMING & DIVING

## INDIVIDUAL RESULTS

4:58.15	2nd	1/15/11	at Maryland
5:00.64	3rd	1/29/11	at Michigan
5:01.55	3rd	1/4/11	vs. UNC
5:04.94	3rd	10/16/10	at W. Va.
5:05.65	6th	10/23/10	V. Tech
<b>1000-Freestyle</b>			
10:10.44	7th	11/20/10	UVA/Indiana
10:10.98	2nd	1/29/11	at Michigan
10:14.86	3rd	1/4/11	vs. UNC
10:15.37	2nd	10/16/10	at W. Va.
10:16.17	3rd	10/23/10	V. Tech
<b>1650-Freestyle</b>			
16:29.32	10th	2/19/11	Big Ten Champ
16:41.15	1st	1/14/11	at Maryland
<b>100-Breaststroke</b>			
1:10.93	---	1/22/11	St. Bonaventure
<b>200-IM</b>			
2:07.48	1st	1/22/11	St. Bonaventure
<b>400-IM</b>			
4:23.10	18th	12/4/10	Georgia Invite
4:24.48	30th	2/17/11	Big Ten Champ
4:29.67	11th	11/20/10	UVA/Indiana
<b>400-Freestyle Relay</b>			
3:38.92	5th	10/23/10	V. Tech

### ALEXA HETZEL

<b>1000-Freestyle</b>			
10:29.17	1st	1/22/11	St. Bonaventure
10:39.93	6th	1/29/11	at Michigan
<b>100-Breaststroke</b>			
1:03.81	17th	12/4/10	Georgia Invite
1:04.41	29th	2/18/11	Big Ten Champ
1:06.91	---	10/23/10	V. Tech
1:07.26	7th	1/14/11	at Maryland
1:07.78	11th	11/19/10	UVA/Indiana
1:09.43	7th	1/4/11	vs. UNC
<b>200-Breaststroke</b>			
2:15.92	Prelims	12/5/10	Georgia Invite
2:16.36	19th	2/19/11	Big Ten Champ
2:17.06	8th	12/5/10	Georgia Invite
2:20.49	3rd	10/23/10	V. Tech
2:21.64	7th	1/29/11	at Michigan
2:22.79	9th	11/20/10	UVA/Indiana
2:23.81	3rd	10/16/10	at W. Va.
2:27.46	6th	1/4/11	vs. UNC
<b>200-IM</b>			
2:09.21	38th	12/3/10	Georgia Invite
2:12.16	13th	1/15/11	at Maryland
2:12.38	---	1/22/11	St. Bonaventure
2:12.73	---	10/23/10	V. Tech
<b>400-IM</b>			
4:26.61	33rd	2/17/11	Big Ten Champ
4:35.40	28th	12/4/10	Georgia Invite
4:36.53	6th	10/16/10	at W. Va.
4:41.80	12th	11/20/10	UVA/Indiana
<b>200-Medley Relay</b>			
1:52.50	8th	1/4/11	vs. UNC

### CHELSEA HOWARD

<b>50-Freestyle</b>			
25.30	55th	12/3/10	Georgia Invite
25.59	4th	10/16/10	at W. Va.
<b>100-Backstroke</b>			
58.50	39th	2/17/11	Big Ten Champ
58.90	38th	12/4/10	Georgia Invite
59.92	---	1/22/11	St. Bonaventure
1:01.26	8th	1/4/11	vs. UNC
<b>200-Backstroke</b>			

2:11.76	---	1/29/11	at Michigan
<b>100-Butterfly</b>			
57.43	30th	12/4/10	Georgia Invite
57.97	48th	2/17/11	Big Ten Champ
58.62	8th	1/14/11	at Maryland
58.90	---	10/23/10	V. Tech
59.34	5th	1/4/11	vs. UNC
1:00.12	11th	11/20/10	UVA/Indiana
<b>200-Butterfly</b>			
2:09.67	25th	12/5/10	Georgia Invite
2:10.92	49th	2/18/11	Big Ten Champ
2:12.13	11th	1/15/11	at Maryland
2:12.97	---	10/23/10	V. Tech
2:15.61	---	11/19/10	UVA/Indiana
<b>200-Freestyle Relay</b>			
1:39.57	12th	12/3/10	Georgia Invite
<b>400-Freestyle Relay</b>			
3:40.85	4th	10/16/10	at W. Va.
<b>200-Medley Relay</b>			
1:43.98	1st	1/22/11	St. Bonaventure
1:47.29	4th	10/23/10	V. Tech
1:48.74	8th	11/20/10	UVA/Indiana
1:49.60	5th	1/29/11	at Michigan
<b>400-Medley Relay</b>			
3:49.20	14th	12/3/10	Georgia Invite
3:58.72	4th	10/16/10	at W. Va.

### ANN RAGAN KEARNS

<b>200-Freestyle</b>			
1:55.83	---	1/22/11	St. Bonaventure
1:56.52	3rd	2/12/11	Ohio State Invite
<b>500-Freestyle</b>			
5:09.59	Prelims	2/12/11	Ohio State Invite
<b>100-Butterfly</b>			
58.00	Prelims	2/12/11	Ohio State Invite
58.22	2nd	2/12/11	Ohio State Invite
1:00.13	---	1/22/11	St. Bonaventure
1:00.24	---	10/23/10	V. Tech
1:01.84	13th	1/4/11	vs. UNC
<b>200-Butterfly</b>			
2:08.15	---	10/23/10	V. Tech
2:08.83	Prelims	2/12/11	Ohio State Invite
2:08.88	6th	1/4/11	vs. UNC
2:09.11	1st	2/12/11	Ohio State Invite
2:09.57	5th	10/16/10	at W. Va.
<b>200-IM</b>			
2:07.92	4th	10/23/10	V. Tech

### MERRITT KRAWCZYK

<b>200-Freestyle</b>			
1:53.97	---	1/22/11	St. Bonaventure
<b>100-Breaststroke</b>			
1:00.56	Prelims	3/18/11	NCAA Champ.
1:00.86	6th	2/18/11	Big Ten Champ
1:00.94	14th	3/18/11	NCAA Champ.
1:01.81	1st	1/14/11	at Maryland
1:01.91	4th	12/4/10	Georgia Invite
1:04.22	2nd	10/23/10	V. Tech
1:04.37	4th	11/19/10	UVA/Indiana
1:06.24	3rd	1/4/11	vs. UNC
<b>200-Breaststroke</b>			
2:14.26	46th	3/19/11	NCAA Champ.
2:14.88	1st	1/29/11	at Michigan
2:14.93	4th	12/5/10	Georgia Invite
2:15.43	Prelims	2/19/11	Big Ten Champ
2:16.82	1st	1/15/11	at Maryland
2:17.24	15th	2/19/11	Big Ten Champ
2:17.26	2nd	11/20/10	UVA/Indiana

2:19.04	1st	10/23/10	V. Tech
2:19.74	1st	10/16/10	at W. Va.
2:21.52	3rd	1/4/11	vs. UNC
<b>100-Butterfly</b>			
56.95	2nd	1/22/11	St. Bonaventure
<b>200-IM</b>			
1:58.05	Prelims	3/17/11	NCAA Champ.
1:58.24	13th	3/17/11	NCAA Champ.
1:58.43	Prelims	2/17/11	Big Ten Champ
1:59.56	6th	2/17/11	Big Ten Champ
2:00.76	Prelims	12/3/10	Georgia Invite
2:00.85	5th	12/3/10	Georgia Invite
2:02.58	2nd	1/29/11	at Michigan
2:04.04	7th	11/19/10	UVA/Indiana
2:04.49	2nd	1/15/11	at Maryland
2:07.92	4th	10/23/10	V. Tech
2:10.39	6th	1/4/11	vs. UNC
<b>400-Freestyle Relay</b>			
3:30.21	16th	12/5/10	Georgia Invite
<b>200-Medley Relay</b>			
1:38.59	4th	2/16/11	Big Ten Champ
1:39.62	17th	3/18/11	NCAA Champ.
1:42.01	7th	12/4/10	Georgia Invite
1:42.17	1st	1/29/11	at Michigan
1:43.98	1st	1/22/11	St. Bonaventure
1:44.23	2nd	1/14/11	at Maryland
1:44.27	2nd	11/20/10	UVA/Indiana
1:44.56	2nd	10/23/10	V. Tech
1:46.47	4th	1/4/11	vs. UNC
<b>400-Medley Relay</b>			
3:36.16	4th	2/17/11	Big Ten Champ
3:42.05	7th	12/3/10	Georgia Invite
3:44.27	1st	1/15/11	at Maryland
3:47.51	4th	11/19/10	UVA/Indiana
3:48.14	1st	10/16/10	at W. Va.
<b>AMY LEWIS</b>			
<b>100-Breaststroke</b>			
1:04.45	30th	2/18/11	Big Ten Champ
1:05.35	21st	12/4/10	Georgia Invite
1:07.12	4th	10/23/10	V. Tech
1:07.34	10th	11/19/10	UVA/Indiana
1:07.47	---	1/22/11	St. Bonaventure
1:09.70	8th	1/4/11	vs. UNC
<b>200-Breaststroke</b>			
2:19.33	27th	2/19/11	Big Ten Champ
2:20.58	Prelims	12/5/10	Georgia Invite
2:20.87	16th	12/5/10	Georgia Invite
2:24.48	11th	11/20/10	UVA/Indiana
2:24.91	---	1/29/11	at Michigan
2:25.62	---	10/23/10	V. Tech
2:26.93	6th	10/16/10	at W. Va.
2:31.86	8th	1/4/11	vs. UNC
<b>200-IM</b>			
2:08.80	48th	2/17/11	Big Ten Champ
2:11.77	---	1/22/11	St. Bonaventure
2:12.57	41st	12/3/10	Georgia Invite
2:15.06	---	10/23/10	V. Tech
2:16.23	11th	1/4/11	vs. UNC
<b>200-Medley Relay</b>			
1:44.77	11th	12/4/10	Georgia Invite
1:47.29	4th	10/23/10	V. Tech
1:48.74	8th	11/19/10	UVA/Indiana
1:49.60	5th	1/29/11	at Michigan
1:49.78	6th	1/4/11	vs. UNC
<b>400-Medley Relay</b>			
3:49.20	14th	12/3/10	Georgia Invite
3:58.72	4th	10/16/10	at W. Va.



# 2010-11 PENN STATE WOMEN'S SWIMMING & DIVING

## INDIVIDUAL RESULTS

### MEGAN MARCO

<b>1-Meter Dive</b>			
272.33	1st	1/22/11	St. Bonaventure
266.10	2nd	10/23/10	V. Tech
265.35	4th	11/19/10	UVA/Indiana
260.40	4th	1/29/11	at Michigan
250.40	5th	1/2/11	at Indianapolis
237.30	1st	10/16/10	at W. Va.
235.95	11th	12/4/10	Georgia Invite
235.80	3rd	1/14/11	at Maryland
225.50	32nd	2/17/11	Big Ten Champ
<b>3-Meter Dive</b>			
260.85	----	1/22/11	St. Bonaventure
252.14	3rd	1/29/11	at Michigan
241.42	4th	10/23/10	V. Tech
234.50	5th	11/19/10	UVA/Indiana
222.10	11th	12/3/10	Georgia Invite
215.80	9th	1/15/11	at Maryland
213.83	6th	1/2/11	at Indianapolis
211.40	40th	2/18/11	Big Ten Champ
208.05	3rd	10/16/10	at W. Va.

### AMY MODGLIN

<b>100-Freestyle</b>			
52.26	1st	1/22/11	St. Bonaventure
<b>200-Freestyle</b>			
1:49.69	1st	1/29/11	at Michigan
1:49.71	1st	10/23/10	V. Tech
1:50.36	1st	1/15/11	at Maryland
1:50.70	2nd	1/4/11	vs. UNC
<b>500-Freestyle</b>			
4:46.36	45th	3/17/11	NCAA Champ.
4:47.38	Prelims	2/18/11	Big Ten Champ
4:48.29	Prelims	12/3/10	Georgia Invite
4:49.04	14th	12/3/10	Georgia Invite
4:49.71	15th	2/18/11	Big Ten Champ
4:54.80	2nd	10/23/10	V. Tech
<b>1650-Freestyle</b>			
16:53.81	3rd	1/14/11	at Maryland
<b>100-Backstroke</b>			
55.21	12th	12/4/10	Georgia Invite
56.03	2nd	11/20/10	UVA/Indiana
<b>200-Backstroke</b>			
1:53.66	Prelims	3/19/11	NCAA Champ.
1:54.02	Prelims	2/18/11	Big Ten Champ
1:54.19	3rd	2/18/11	Big Ten Champ
1:55.05	16th	3/19/11	NCAA Champ.
1:55.15	Prelims	12/5/10	Georgia Invite
1:55.93	5th	12/5/10	Georgia Invite
1:56.11	1st	11/19/10	UVA/Indiana
1:57.38	1st	1/15/11	at Maryland
1:57.71	1st	1/29/11	at Michigan
1:58.56	1st	1/4/11	vs. UNC
1:58.62	1st	10/16/10	at W. Va.
1:58.82	1st	10/23/10	V. Tech
<b>100-Breaststroke</b>			
1:08.33	----	1/22/11	St. Bonaventure
<b>200-IM</b>			
2:02.39	5th	11/19/10	UVA/Indiana
2:03.60	1st	10/23/10	V. Tech
2:04.62	3rd	1/29/11	at Michigan
2:06.26	1st	1/4/11	vs. UNC
<b>400-IM</b>			
4:13.82	Prelims	2/17/11	Big Ten Champ
4:15.97	33rd	3/18/11	NCAA Champ.
4:16.54	6th	2/17/11	Big Ten Champ
4:17.42	11th	12/4/10	Georgia Invite
4:18.39	2nd	11/20/10	UVA/Indiana

4:19.40	1st	1/15/11	at Maryland
4:22.02	1st	10/16/10	at W. Va.
<b>400-Freestyle Relay</b>			
3:28.97	14th	12/5/10	Georgia Invite
3:30.73	8th	11/20/10	UVA/Indiana
<b>800-Freestyle Relay</b>			
7:12.74	6th	2/16/11	Big Ten Champ
7:20.76	17th	3/18/11	NCAA Champ.
7:21.38	8th	12/4/10	Georgia Invite
<b>400-Medley Relay</b>			
3:42.05	7th	12/3/10	Georgia Invite
3:45.23	2nd	11/19/10	UVA/Indiana
3:48.14	1st	10/16/10	at W. Va.

### KATIE O'CONNELL

<b>1-Meter Dive</b>			
254.75	6th	1/29/11	at Michigan
238.60	6th	11/19/10	UVA/Indiana
237.53	2nd	1/22/11	St. Bonaventure
232.12	2nd	10/16/10	at W. Va.
221.55	6th	1/14/11	at Maryland
221.17	6th	10/23/10	V. Tech
219.20	7th	1/2/11	at Indianapolis
<b>3-Meter Dive</b>			
244.20	7th	1/29/11	at Michigan
242.85	3rd	1/2/11	at Indianapolis
241.58	----	1/22/11	St. Bonaventure
239.90	4th	1/15/11	at Maryland
236.77	----	10/23/10	V. Tech
228.15	7th	11/19/10	UVA/Indiana
208.05	3rd	10/16/10	at W. Va.

### SAM PALSER

<b>50-Freestyle</b>			
22.74	40th	3/17/11	NCAA Champ.
22.74	8th	2/17/11	Big Ten Champ
23.12	11th	12/3/10	Georgia Invite
23.34	2nd	1/15/11	at Maryland
23.47	4th	11/20/10	UVA/Indiana
23.51	4th	1/29/11	at Michigan
23.76	2nd	10/23/10	V. Tech
<b>100-Freestyle</b>			
49.03	9th	2/19/11	Big Ten Champ
49.15	29th	3/19/11	NCAA Champ.
49.42	Prelims	12/5/10	Georgia Invite
49.74	6th	12/5/10	Georgia Invite
50.34	2nd	1/14/11	at Maryland
50.75	2nd	1/29/11	at Michigan
50.75	3rd	11/19/10	UVA/Indiana
52.84	6th	10/23/10	V. Tech
52.92	3rd	1/4/11	vs. UNC
<b>100-Backstroke</b>			
54.82	Prelims	12/4/10	Georgia Invite
55.04	10th	12/4/10	Georgia Invite
55.41	Prelims	2/18/11	Big Ten Champ
55.46	53rd	3/18/11	NCAA Champ.
55.74	15th	2/18/11	Big Ten Champ
57.88	1st	1/22/11	St. Bonaventure
58.02	2nd	1/4/11	vs. UNC
<b>200-Freestyle Relay</b>			
1:29.64	2nd	2/17/11	Big Ten Champ
1:29.97	Prelims	3/17/11	NCAA Champ.
1:30.76	16th	3/17/11	NCAA Champ.
1:30.79	Prelims	2/27/11	Last Chance
1:30.98	3rd	12/3/10	Georgia Invite
1:31.04	1st	2/27/11	Last Chance
1:33.30	2nd	11/19/10	UVA/Indiana
1:34.06	2nd	1/14/11	at Maryland

1:36.51	----	1/22/11	St. Bonaventure
<b>400-Freestyle Relay</b>			
3:17.44	4th	2/19/11	Big Ten Champ
3:18.83	17th	3/19/11	NCAA Champ.
3:20.19	4th	12/5/10	Georgia Invite
3:22.63	1st	1/29/11	at Michigan
3:23.54	2nd	11/20/10	UVA/Indiana
3:23.66	1st	1/15/11	at Maryland
3:26.82	1st	10/23/10	V. Tech
3:29.60	1st	1/4/11	vs. UNC
<b>800-Freestyle Relay</b>			
7:32.88	13th	12/4/10	Georgia Invite
<b>200-Medley Relay</b>			
1:39.62	17th	3/18/11	NCAA Champ.
1:43.21	2nd	11/20/10	UVA/Indiana
1:43.98	1st	1/22/11	St. Bonaventure
1:44.35	3rd	1/14/11	at Maryland
1:44.56	2nd	10/23/10	V. Tech
1:45.19	2nd	1/4/11	vs. UNC
<b>400-Medley Relay</b>			
3:36.16	4th	2/18/11	Big Ten Champ
3:44.27	1st	1/15/11	at Maryland
3:45.23	2nd	11/19/10	UVA/Indiana

### MACKENZIE POWERS

<b>50-Freestyle</b>			
24.08	38th	12/3/10	Georgia Invite
<b>100-Backstroke</b>			
55.04	Prelims	2/19/11	Big Ten Champ
55.36	14th	2/19/11	Big Ten Champ
55.94	20th	12/4/10	Georgia Invite
56.33	2nd	10/23/10	V. Tech
56.53	55th	3/18/11	NCAA Champ.
59.93	6th	1/4/11	vs. UNC
<b>100-Butterfly</b>			
52.72	2nd	2/18/11	Big Ten Champ
53.83	38th	3/18/11	NCAA Champ.
54.09	3rd	12/4/10	Georgia Invite
55.92	2nd	10/23/10	V. Tech
56.36	5th	1/14/11	at Maryland
56.60	6th	11/20/10	UVA/Indiana
58.38	4th	1/4/11	vs. UNC
<b>200-Butterfly</b>			
1:59.65	14th	2/19/11	Big Ten Champ
2:01.04	12th	12/5/10	Georgia Invite
2:01.20	42nd	3/19/11	NCAA Champ.
2:03.90	5th	1/29/11	at Michigan
2:05.89	6th	1/15/11	at Maryland
2:06.71	10th	11/19/10	UVA/Indiana
<b>200-IM</b>			
2:09.35	3rd	1/22/11	St. Bonaventure
2:12.31	8th	1/4/11	vs. UNC
<b>200-Freestyle Relay</b>			
1:34.65	4th	11/19/10	UVA/Indiana
1:36.29	4th	1/14/11	at Maryland
1:36.29	9th	12/3/10	Georgia Invite
1:37.07	----	1/22/11	St. Bonaventure
<b>400-Freestyle Relay</b>			
3:30.21	16th	12/5/10	Georgia Invite
3:34.77	5th	1/29/11	at Michigan
3:38.92	5th	10/23/10	V. Tech
<b>200-Medley Relay</b>			
1:38.59	4th	2/16/11	Big Ten Champ
1:42.17	1st	1/29/11	at Michigan
1:42.88	1st	10/23/10	V. Tech
1:43.21	2nd	11/20/10	UVA/Indiana
1:44.35	3rd	1/14/11	at Maryland
1:45.19	2nd	1/4/11	vs. UNC



# 2010-11 PENN STATE WOMEN'S SWIMMING & DIVING

## INDIVIDUAL RESULTS

1:46.13 3rd 1/22/11 St. Bonaventure  
**400-Medley Relay**  
 3:36.16 4th 2/17/11 Big Ten Champ  
 3:44.27 1st 1/15/11 at Maryland  
 3:45.23 2nd 11/19/10 UVA/Indiana

### KATIE PULOS

#### 50-Freestyle

23.01 Prelims 2/17/11 Big Ten Champ  
 23.12 15th 2/17/11 Big Ten Champ  
 23.30 14th 12/3/10 Georgia Invite  
 23.48 61st 3/17/11 NCAA Champ.  
 23.93 10th 11/20/10 UVA/Indiana  
 24.02 6th 1/15/11 at Maryland  
 24.29 5th 10/23/10 V. Tech  
 24.31 2nd 10/16/10 at W. Va.  
 24.66 4th 1/4/11 vs. UNC

#### 100-Freestyle

50.44 21st 2/19/11 Big Ten Champ  
 50.95 Prelims 2/27/11 Last Chance  
 51.19 23rd 12/5/10 Georgia Invite  
 51.29 3rd 1/14/11 at Maryland  
 51.84 ---- 11/19/10 UVA/Indiana  
 52.02 5th 1/29/11 at Michigan  
 53.66 5th 1/4/11 vs. UNC

#### 200-Freestyle

1:49.28 25th 2/18/11 Big Ten Champ  
 1:51.36 Prelims 12/4/10 Georgia Invite  
 1:51.61 1st 1/22/11 St. Bonaventure  
 1:52.00 4th 1/29/11 at Michigan  
 1:53.32 10th 11/20/10 UVA/Indiana  
 1:53.92 24th 12/4/10 Georgia Invite

#### 200-Freestyle Relay

1:29.64 2nd 2/16/11 Big Ten Champ  
 1:29.97 Prelims 3/17/11 NCAA Champ.  
 1:30.76 16th 3/17/11 NCAA Champ.  
 1:30.79 Prelims 2/27/11 Last Chance  
 1:31.04 1st 2/27/11 Last Chance  
 1:33.30 2nd 11/19/10 UVA/Indiana  
 1:34.06 2nd 1/14/11 at Maryland  
 1:37.07 ---- 1/22/11 St. Bonaventure

#### 400-Freestyle Relay

3:17.44 4th 2/19/11 Big Ten Champ  
 3:18.83 17th 3/19/11 NCAA Champ.  
 3:22.63 1st 1/29/11 at Michigan  
 3:22.71 7th 12/5/10 Georgia Invite  
 3:23.54 2nd 11/20/10 UVA/Indiana  
 3:23.66 1st 1/15/11 at Maryland  
 3:28.82 3rd 10/23/10 V. Tech  
 3:29.48 1st 10/16/10 at W. Va.  
 3:29.60 1st 1/4/11 vs. UNC

#### 800-Freestyle Relay

7:32.88 13th 12/4/10 Georgia Invite

#### 200-Medley Relay

1:39.62 17th 3/18/11 NCAA Champ.  
 1:44.23 2nd 1/14/11 at Maryland  
 1:44.77 11th 12/4/10 Georgia Invite  
 1:46.13 3rd 1/22/11 St. Bonaventure  
 1:46.67 4th 1/4/11 vs. UNC  
 1:47.29 4th 10/23/10 V. Tech

#### 400-Medley Relay

3:49.20 14th 12/3/10 Georgia Invite  
 3:50.00 3rd 1/15/11 at Maryland  
 3:51.65 2nd 10/16/10 at W. Va.

### ERIKA RODMAN

#### 100-Freestyle

55.22 Prelims 2/12/11 Ohio State Invite

56.42 9th 2/12/11 Ohio State Invite

#### 200-Freestyle

1:59.03 Prelims 2/12/11 Ohio State Invite  
 1:59.19 6th 2/12/11 Ohio State Invite

#### 500-Freestyle

5:01.22 1st 2/12/11 Ohio State Invite  
 5:11.90 ---- 1/22/11 St. Bonaventure  
 5:23.09 ---- 10/23/10 V. Tech  
 5:37.24 11th 1/4/11 vs. UNC

#### 1000-Freestyle

10:35.85 2nd 1/22/11 St. Bonaventure  
 10:49.91 ---- 10/23/10 V. Tech  
 11:10.31 6th 1/4/11 vs. UNC

#### 1650-Freestyle

17:18.22 1st 2/12/11 Ohio State Invite

### KRISTEN RODMAN

#### 50-Freestyle

23.45 29th 2/17/11 Big Ten Champ  
 23.53 Prelims 12/3/10 Georgia Invite  
 23.78 24th 12/3/10 Georgia Invite  
 23.93 10th 11/20/10 UVA/Indiana  
 24.25 10th 1/15/11 at Maryland  
 24.32 8th 1/29/11 at Michigan  
 24.63 3rd 10/16/10 at W. Va.  
 25.08 7th 1/4/11 vs. UNC

#### 100-Freestyle

50.92 30th 2/19/11 Big Ten Champ  
 51.48 28th 12/5/10 Georgia Invite  
 51.90 11th 11/19/10 UVA/Indiana  
 51.92 5th 1/14/11 at Maryland  
 53.35 ---- 10/23/10 V. Tech  
 53.67 6th 1/4/11 vs. UNC  
 53.82 4th 10/16/10 at W. Va.

#### 200-Freestyle

1:54.18 ---- 1/22/11 St. Bonaventure

#### 100-Backstroke

56.07 Prelims 2/18/11 Big Ten Champ  
 56.21 24th 12/4/10 Georgia Invite  
 56.47 19th 2/18/11 Big Ten Champ  
 56.85 4th 1/14/11 at Maryland  
 58.51 ---- 10/23/10 V. Tech

#### 200-Freestyle

1:34.65 4th 11/19/10 UVA/Indiana

#### 200-Freestyle Relay

1:34.06 2nd 1/14/11 at Maryland  
 1:36.51 ---- 1/22/11 St. Bonaventure

#### 400-Freestyle Relay

3:22.71 7th 12/5/10 Georgia Invite  
 3:26.18 5th 11/20/10 UVA/Indiana  
 3:27.68 4th 1/29/11 at Michigan  
 3:28.82 3rd 10/23/10 V. Tech  
 3:29.48 1st 10/16/10 at W. Va.  
 3:29.73 3rd 1/15/11 at Maryland  
 3:33.95 3rd 1/4/11 vs. UNC

#### 800-Freestyle Relay

7:31.89 12th 12/4/10 Georgia Invite

#### 200-Medley Relay

1:45.09 4th 1/29/11 at Michigan  
 1:45.23 13th 12/4/10 Georgia Invite  
 1:46.13 3rd 1/22/11 St. Bonaventure  
 1:48.74 8th 11/20/10 UVA/Indiana  
 1:49.78 6th 1/4/11 vs. UNC

#### 400-Medley Relay

3:49.20 14th 12/3/10 Georgia Invite  
 3:50.00 3rd 1/15/11 at Maryland

### GABI SHISHKOFF

#### 500-Freestyle

5:10.54 ---- 10/23/10 V. Tech

#### 1000-Freestyle

10:32.54 6th 10/23/10 V. Tech

#### 100-Backstroke

1:00.26 ---- 1/22/11 St. Bonaventure

#### 200-Backstroke

2:03.87 29th 12/5/10 Georgia Invite  
 2:06.42 3rd 1/4/11 vs. UNC

#### 200-Butterfly

2:01.60 17th 12/5/10 Georgia Invite  
 2:02.12 25th 2/19/11 Big Ten Champ  
 2:04.69 4th 1/15/11 at Maryland  
 2:06.78 5th 1/4/11 vs. UNC  
 2:07.20 11th 11/19/10 UVA/Indiana  
 2:08.27 7th 1/29/11 at Michigan  
 2:09.00 4th 10/16/10 at W. Va.  
 2:09.98 6th 10/23/10 V. Tech

#### 200-IM

2:03.34 24th 2/17/11 Big Ten Champ  
 2:04.41 23rd 12/3/10 Georgia Invite  
 2:08.96 7th 1/29/11 at Michigan  
 2:09.15 12th 11/19/10 UVA/Indiana  
 2:09.20 4th 1/4/11 vs. UNC  
 2:09.73 ---- 10/23/10 V. Tech

#### 400-IM

4:21.20 2nd 1/14/11 at Maryland  
 4:21.71 Prelims 12/4/10 Georgia Invite  
 4:22.94 15th 12/4/10 Georgia Invite  
 4:23.86 28th 2/18/11 Big Ten Champ  
 4:27.97 10th 11/20/10 UVA/Indiana  
 4:29.07 4th 10/16/10 at W. Va.

### CLAIRE SINGLEY

#### 200-Freestyle

1:53.14 40th 12/4/10 Georgia Invite  
 1:54.95 ---- 1/22/11 St. Bonaventure

#### 500-Freestyle

4:49.18 18th 2/17/11 Big Ten Champ  
 4:52.41 20th 12/3/10 Georgia Invite  
 5:01.49 4th 1/29/11 at Michigan  
 5:01.64 5th 1/15/11 at Maryland  
 5:01.71 11th 11/19/10 UVA/Indiana  
 5:02.01 4th 10/23/10 V. Tech  
 5:05.32 4th 10/16/10 at W. Va.

#### 1000-Freestyle

10:17.22 10th 11/20/10 UVA/Indiana  
 10:18.08 5th 10/23/10 V. Tech  
 10:21.75 4th 1/29/11 at Michigan  
 10:22.64 3rd 10/16/10 at W. Va.

#### 1650-Freestyle

16:43.25 9th 12/5/10 Georgia Invite  
 16:47.29 19th 2/19/11 Big Ten Champ  
 17:09.70 6th 1/14/11 at Maryland

#### 100-Backstroke

1:00.19 ---- 1/22/11 St. Bonaventure

#### 200-IM

2:08.46 5th 1/15/11 at Maryland

#### 400-IM

4:18.76 16th 2/18/11 Big Ten Champ  
 4:21.12 20th 12/4/10 Georgia Invite  
 4:29.93 9th 1/14/11 at Maryland  
 4:34.38 ---- 11/20/10 UVA/Indiana

#### 400-Freestyle Relay

3:34.77 5th 1/29/11 at Michigan



# 2010-11 PENN STATE WOMEN'S SWIMMING & DIVING

## INDIVIDUAL RESULTS

3:40.85 4th 10/16/10 at W. Va.  
**800-Freestyle Relay**  
 7:31.89 12th 12/4/10 Georgia Invite

### LAUREN SMART

**50-Freestyle**  
 24.66 47th 12/3/10 Georgia Invite

**100-Freestyle**  
 53.46 ---- 1/22/11 St. Bonaventure

**100-Backstroke**

56.19 Prelims 2/18/11 Big Ten Champ

56.53 20th 2/18/11 Big Ten Champ

56.69 28th 12/4/10 Georgia Invite

57.92 4th 10/23/10 V. Tech

58.77 ---- 11/20/10 UVA/Indiana

1:01.47 9th 1/4/11 vs. UNC

**200-Backstroke**

1:58.46 Prelims 2/19/11 Big Ten Champ

1:59.62 20th 2/19/11 Big Ten Champ

1:59.83 Prelims 12/5/10 Georgia Invite

1:59.93 16th 12/5/10 Georgia Invite

2:02.63 4th 1/15/11 at Maryland

2:03.92 5th 1/29/11 at Michigan

2:05.11 2nd 10/23/10 V. Tech

2:05.28 2nd 10/16/10 at W. Va.

2:06.30 ---- 11/19/10 UVA/Indiana

2:07.78 8th 1/4/11 vs. UNC

**100-Butterfly**

55.41 21st 2/17/11 Big Ten Champ

55.77 Prelims 12/4/10 Georgia Invite

55.89 13th 12/4/10 Georgia Invite

56.98 7th 1/14/11 at Maryland

57.66 5th 10/23/10 V. Tech

57.88 9th 11/20/10 UVA/Indiana

1:00.41 9th 1/4/11 vs. UNC

**200-IM**

2:08.30 2nd 1/22/11 St. Bonaventure

**200-Medley Relay**

1:44.56 2nd 10/23/10 V. Tech

1:44.77 11th 12/4/10 Georgia Invite

1:45.10 2nd 1/22/11 St. Bonaventure

1:48.74 8th 11/20/10 UVA/Indiana

1:49.60 5th 1/29/11 at Michigan

1:49.78 6th 1/4/11 vs. UNC

**400-Medley Relay**

3:46.37 11th 12/3/10 Georgia Invite

**200-Freestyle Relay**

1:36.29 9th 12/3/10 Georgia Invite

**400-Freestyle Relay**

3:27.68 4th 1/29/11 at Michigan

3:29.73 3rd 1/15/11 at Maryland

3:30.21 16th 12/5/10 Georgia Invite

3:33.22 2nd 10/16/10 at W. Va.

### ROSE SNYDER

**100-Freestyle**

53.28 72nd 2/19/11 Big Ten Champ

53.91 ---- 1/22/11 St. Bonaventure

**200-Freestyle**

1:53.56 67th 2/18/11 Big Ten Champ

1:54.96 3rd 1/22/11 St. Bonaventure

1:56.43 ---- 10/23/10 V. Tech

1:56.96 49th 12/4/10 Georgia Invite

1:57.16 8th 10/16/10 at W. Va.

1:57.25 ---- 11/20/10 UVA/Indiana

1:59.77 9th 1/4/11 vs. UNC

**500-Freestyle**

4:58.76 39th 2/17/11 Big Ten Champ

5:06.32 ---- 11/19/10 UVA/Indiana

5:06.69 36th 12/3/10 Georgia Invite

5:09.67 8th 1/29/11 at Michigan

5:13.95 7th 10/16/10 at W. Va.

5:22.31 9th 1/4/11 vs. UNC

**1000-Freestyle**

10:41.48 12th 11/20/10 UVA/Indiana

**1650-Freestyle**

17:36.39 19th 12/5/10 Georgia Invite

**200-Butterfly**

2:12.52 ---- 10/23/10 V. Tech

2:12.64 26th 12/5/10 Georgia Invite

**200-Freestyle Relay**

1:39.57 12th 12/3/10 Georgia Invite

**400-Freestyle Relay**

3:34.77 5th 1/29/11 at Michigan

3:38.92 5th 10/23/10 V. Tech

3:40.85 4th 10/16/10 at W. Va.

3:48.90 5th 1/4/11 vs. UNC

**800-Freestyle Relay**

7:31.89 12th 12/4/10 Georgia Invite

**200-Medley Relay**

1:49.60 5th 1/29/11 at Michigan

### SARAH SOMERS

**100-Breaststroke**

1:05.21 34th 2/18/11 Big Ten Champ

1:07.54 10th 1/14/11 at Maryland

1:07.72 ---- 1/22/11 St. Bonaventure

1:09.19 6th 1/4/11 vs. UNC

1:09.42 ---- 10/23/10 V. Tech

**200-Breaststroke**

2:20.25 33rd 2/19/11 Big Ten Champ

2:26.28 10th 1/15/11 at Maryland

2:28.57 ---- 10/23/10 V. Tech

2:28.81 7th 1/4/11 vs. UNC

**200-IM**

2:09.48 53rd 2/17/11 Big Ten Champ

2:14.83 ---- 1/22/11 St. Bonaventure

**200-Medley Relay**

1:46.13 3rd 1/22/11 St. Bonaventure

### MEGAN SPRINGSTEEN

**1-Meter Dive**

211.75 11th 1/14/11 at Maryland

192.53 6th 1/22/11 St. Bonaventure

183.52 ---- 10/23/10 V. Tech

177.00 8th 1/29/11 at Michigan

158.75 14th 1/2/11 at Indianapolis

**3-Meter Dive**

211.07 8th 1/29/11 at Michigan

203.03 ---- 1/22/11 St. Bonaventure

201.70 10th 1/15/11 at Maryland

200.47 ---- 10/23/10 V. Tech

195.53 8th 1/2/11 at Indianapolis

### ERIN THOMAS

**50-Freestyle**

23.25 Prelims 2/17/11 Big Ten Champ

23.32 21st 2/17/11 Big Ten Champ

23.39 15th 12/3/10 Georgia Invite

24.00 1st 1/22/11 St. Bonaventure

24.14 ---- 11/20/10 UVA/Indiana

24.74 5th 1/4/11 vs. UNC

**100-Freestyle**

49.91 Prelims 2/19/11 Big Ten Champ

50.41 59th 3/19/11 NCAA Champ.

50.41 15th 2/19/11 Big Ten Champ

50.90 20th 12/5/10 Georgia Invite

51.49 8th 11/19/10 UVA/Indiana

51.51 4th 1/14/11 at Maryland

52.00 4th 1/29/11 at Michigan

52.02 1st 10/23/10 V. Tech

52.93 3rd 10/16/10 at W. Va.

53.88 7th 1/4/11 vs. UNC

**200-Freestyle**

1:48.43 Prelims 2/18/11 Big Ten Champ

1:48.53 19th 2/18/11 Big Ten Champ

1:49.13 57th 3/18/11 NCAA Champ.

1:49.98 15th 12/4/10 Georgia Invite

1:51.49 3rd 10/23/10 V. Tech

1:52.06 3rd 1/15/11 at Maryland

1:53.11 7th 1/29/11 at Michigan

1:53.90 11th 11/20/10 UVA/Indiana

1:54.47 4th 10/16/10 at W. Va.

1:55.97 6th 1/4/11 vs. UNC

**100-Backstroke**

58.56 2nd 1/22/11 St. Bonaventure

**200-Freestyle Relay**

1:29.64 2nd 2/17/11 Big Ten Champ

1:29.97 Prelims 3/17/11 NCAA Champ.

1:30.76 16th 3/17/11 NCAA Champ.

1:30.79 Prelims 2/27/11 Last Chance

1:30.98 3rd 12/3/10 Georgia Invite

1:31.04 1st 2/27/11 Last Chance

1:34.65 4th 11/19/10 UVA/Indiana

1:36.29 4th 1/14/11 at Maryland

1:37.07 ---- 1/22/11 St. Bonaventure

**400-Freestyle Relay**

3:17.44 4th 2/19/11 Big Ten Champ

3:18.83 17th 3/19/11 NCAA Champ.

3:20.19 4th 12/5/10 Georgia Invite

3:22.63 1st 1/29/11 at Michigan

3:23.54 2nd 11/20/10 UVA/Indiana

3:26.82 1st 10/23/10 V. Tech

3:23.66 1st 1/15/11 at Maryland

3:29.48 1st 10/16/10 at W. Va.

3:29.60 1st 1/4/11 vs. UNC

**800-Freestyle Relay**

7:12.74 6th 2/16/11 Big Ten Champ

7:20.76 17th 3/18/11 NCAA Champ.

7:21.38 8th 12/4/10 Georgia Invite

**200-Medley Relay**

1:42.01 7th 12/4/10 Georgia Invite

**400-Medley Relay**

3:46.37 11th 12/3/10 Georgia Invite

3:47.51 4th 11/19/10 UVA/Indiana

### CHELSEA WEEDMAN

**200-Freestyle**

1:51.58 4th 10/23/10 V. Tech

1:52.25 36th 12/4/10 Georgia Invite

1:52.82 8th 11/20/10 UVA/Indiana

**500-Freestyle**

5:00.37 3rd 1/15/11 at Maryland

5:05.18 5th 1/4/11 vs. UNC

**1000-Freestyle**

10:12.41 8th 11/20/10 UVA/Indiana

**100-Breaststroke**

1:04.28 ---- 1/22/11 St. Bonaventure

**200-Breaststroke**

2:16.21 2nd 1/29/11 at Michigan

**100-Butterfly**

55.44 1st 1/22/11 St. Bonaventure

**200-Butterfly**

1:57.55 3rd 2/19/11 Big Ten Champ



# 2010-11 PENN STATE WOMEN'S SWIMMING & DIVING

## INDIVIDUAL RESULTS

1:57.64 24th 3/19/11 NCAA Champ.  
 1:58.97 4th 12/5/10 Georgia Invite  
 2:00.28 1st 1/29/11 at Michigan  
 2:00.96 4th 11/19/10 UVA/Indiana  
 2:01.43 3rd 10/23/10 V. Tech  
 2:03.13 1st 1/4/11 vs. UNC  
 2:03.16 3rd 10/16/10 at W. Va.

### 200-IM

1:58.40 Prelims 2/17/11 Big Ten Champ  
 1:58.63 18th 3/17/11 NCAA Champ.  
 1:59.76 3rd 12/3/10 Georgia Invite  
 2:00.25 8th 2/17/11 Big Ten Champ  
 2:01.33 1st 1/29/11 at Michigan  
 2:01.75 2nd 11/20/10 UVA/Indiana  
 2:03.53 1st 1/15/11 at Maryland  
 2:06.35 2nd 1/4/11 vs. UNC  
 2:06.93 2nd 10/23/10 V. Tech

### 400-IM

4:11.34 21st 3/18/11 NCAA Champ.  
 4:12.81 4th 2/18/11 Big Ten Champ  
 4:15.92 10th 12/4/10 Georgia Invite  
 4:22.50 3rd 1/14/11 at Maryland  
 4:26.38 3rd 10/16/10 at W. Va.

### 200-Freestyle Relay

1:36.29 9th 12/3/10 Georgia Invite

### 400-Freestyle Relay

3:28.97 14th 12/5/10 Georgia Invite  
 3:30.73 8th 11/20/10 UVA/Indiana  
 3:33.22 2nd 10/16/10 at W. Va.

### 800-Freestyle Relay

7:12.74 6th 2/16/11 Big Ten Champ  
 7:20.76 17th 3/18/11 NCAA Champ.  
 7:21.38 8th 12/4/10 Georgia Invite

### 400-Medley Relay

3:46.37 11th 12/3/10 Georgia Invite

### PAIGE WHITMIRE

#### 50-Freestyle

22.57 5th 2/17/11 Big Ten Champ  
 22.74 40th 3/17/11 NCAA Champ.  
 22.75 Prelims 12/3/10 Georgia Invite  
 22.99 6th 12/3/10 Georgia Invite  
 23.26 3rd 1/29/11 at Michigan  
 23.34 2nd 11/19/10 UVA/Indiana  
 23.61 1st 10/23/10 V. Tech  
 23.65 4th 1/15/11 at Maryland  
 23.70 1st 10/16/10 at W. Va.  
 23.82 2nd 1/4/11 vs. UNC

#### 100-Freestyle

49.85 11th 2/19/11 Big Ten Champ  
 50.24 Prelims 12/5/10 Georgia Invite  
 50.72 14th 12/5/10 Georgia Invite  
 50.83 62nd 3/19/11 NCAA Champ.  
 51.72 10th 11/19/10 UVA/Indiana  
 52.40 1st 1/4/11 vs. UNC  
 52.44 4th 10/23/10 V. Tech  
 52.84 2nd 10/16/10 at W. Va.

#### 100-Backstroke

53.85 5th 2/18/11 Big Ten Champ  
 54.23 Prelims 12/4/10 Georgia Invite  
 54.45 7th 12/4/10 Georgia Invite  
 54.49 45th 3/18/11 NCAA Champ.  
 55.43 1st 1/14/11 at Maryland

#### 100-Butterfly

57.98 3rd 1/22/11 St. Bonaventure

#### 200-Freestyle Relay

1:29.64 2nd 2/17/11 Big Ten Champ  
 1:29.97 Prelims 3/17/11 NCAA Champ.

1:30.76 16th 3/17/11 NCAA Champ.  
 1:30.79 Prelims 2/27/11 Last Chance  
 1:30.98 3rd 12/3/10 Georgia Invite  
 1:31.04 1st 2/27/11 Last Chance  
 1:33.30 2nd 11/19/10 UVA/Indiana  
 1:34.06 2nd 1/14/11 at Maryland  
 1:37.02 ---- 1/22/11 St. Bonaventure

### 400-Freestyle Relay

3:17.44 4th 2/19/11 Big Ten Champ  
 3:18.83 17th 3/19/11 NCAA Champ.  
 3:20.19 4th 12/5/10 Georgia Invite  
 3:22.63 1st 1/29/11 at Michigan  
 3:23.54 2nd 11/20/10 UVA/Indiana  
 3:23.66 1st 1/15/11 at Maryland  
 3:26.82 1st 10/23/10 V. Tech  
 3:29.48 1st 10/16/10 at W. Va.  
 3:29.60 1st 1/4/11 vs. UNC

### 200-Medley Relay

1:38.59 4th 2/16/11 Big Ten Champ  
 1:39.62 17th 3/18/11 NCAA Champ.  
 1:42.17 1st 1/29/11 at Michigan  
 1:42.88 1st 10/23/10 V. Tech  
 1:44.27 3rd 11/20/10 UVA/Indiana  
 1:44.35 3rd 1/14/11 at Maryland  
 1:45.10 2nd 1/22/11 St. Bonaventure  
 1:45.19 2nd 1/4/11 vs. UNC

### 400-Medley Relay

3:36.16 4th 2/18/11 Big Ten Champ  
 3:42.05 7th 12/3/10 Georgia Invite  
 3:44.27 1st 1/15/11 at Maryland

### BRYNJA WINNAN

#### 100-Backstroke

57.00 28th 2/18/11 Big Ten Champ  
 57.55 34th 12/4/10 Georgia Invite  
 57.67 42nd 2/17/11 Big Ten Champ  
 58.39 ---- 10/23/10 V. Tech  
 1:02.28 10th 1/4/11 vs. UNC

#### 200-Backstroke

2:03.45 37th 2/19/11 Big Ten Champ  
 2:04.77 34th 12/5/10 Georgia Invite

#### 100-Butterfly

57.69 33rd 12/4/10 Georgia Invite  
 57.87 ---- 1/22/11 St. Bonaventure  
 58.39 ---- 10/23/10 V. Tech  
 1:01.25 12th 1/4/11 vs. UNC

#### 200-Butterfly

2:13.54 27th 12/5/10 Georgia Invite

#### 200-Freestyle Relay

1:37.07 ---- 1/22/11 St. Bonaventure  
 1:39.57 12th 12/3/10 Georgia Invite

#### 400-Freestyle Relay

3:40.85 4th 10/16/10 at W. Va.

#### 200-Medley Relay

1:45.23 13th 12/4/10 Georgia Invite  
 1:52.50 8th 1/4/11 vs. UNC

#### 400-Medley Relay

3:58.72 4th 10/16/10 at W. Va.

### EMILY WOLFARTH

#### 100-Freestyle

53.58 Prelims 2/12/11 Ohio State Invite  
 54.20 7th 2/12/11 Ohio State Invite

#### 200-Freestyle

1:55.79 Prelims 2/12/11 Ohio State Invite  
 1:56.99 5th 2/12/11 Ohio State Invite  
 1:57.65 ---- 10/23/10 V. Tech

#### 500-Freestyle

5:01.41 3rd 2/12/11 Ohio State Invite  
 5:13.55 ---- 1/22/11 St. Bonaventure  
 5:20.96 8th 10/16/10 at W. Va.  
 5:27.14 10th 1/4/11 vs. UNC

#### 1000-Freestyle

10:43.03 5th 10/16/10 at W. Va.  
 10:43.65 ---- 10/23/10 V. Tech  
 10:44.26 3rd 1/22/11 St. Bonaventure  
 11:05.04 5th 1/4/11 vs. UNC

#### 1650-Freestyle

17:37.24 2nd 2/12/11 Ohio State Invite

#### 400-Freestyle Relay

3:38.92 5th 10/23/10 V. Tech  
 3:48.90 5th 1/4/11 vs. UNC

### BECKY YOKOSH

#### 50-Freestyle

24.04 56th 2/17/11 Big Ten Champ  
 24.07 37th 12/3/10 Georgia Invite  
 24.85 ---- 1/22/11 St. Bonaventure

#### 100-Backstroke

55.72 Prelims 2/18/11 Big Ten Champ  
 55.87 19th 12/4/10 Georgia Invite  
 56.17 17th 2/18/11 Big Ten Champ  
 56.98 5th 1/14/11 at Maryland  
 57.71 10th 11/20/10 UVA/Indiana  
 57.92 ---- 10/23/10 V. Tech  
 59.89 5th 1/4/11 vs. UNC

#### 200-Backstroke

2:00.14 17th 12/5/10 Georgia Invite  
 2:01.17 29th 2/19/11 Big Ten Champ  
 2:03.13 8th 11/19/10 UVA/Indiana  
 2:03.35 4th 1/29/11 at Michigan  
 2:04.70 7th 1/15/11 at Maryland  
 2:06.30 3rd 10/16/10 at W. Va.  
 2:06.77 4th 1/4/11 vs. UNC  
 2:07.48 ---- 10/23/10 V. Tech

#### 200-Freestyle Relay

1:36.29 9th 12/3/10 Georgia Invite

#### 400-Freestyle Relay

3:30.21 16th 12/5/10 Georgia Invite  
 3:33.22 2nd 10/16/10 at W. Va.  
 3:34.77 5th 1/29/11 at Michigan  
 3:48.90 5th 1/4/11 vs. UNC

#### 200-Medley Relay

1:43.98 1st 1/22/11 St. Bonaventure  
 1:44.27 3rd 11/20/10 UVA/Indiana  
 1:44.77 11th 12/4/10 Georgia Invite  
 1:45.09 4th 1/29/11 at Michigan  
 1:46.47 4th 1/4/11 vs. UNC  
 1:47.29 4th 10/23/10 V. Tech

#### 400-Medley Relay

3:46.37 11th 12/3/10 Georgia Invite  
 3:50.00 3rd 1/15/11 at Maryland  
 3:51.65 2nd 10/16/10 at W. Va.

### ALEXANDRA YOUNG

#### 200-Freestyle

1:52.66 2nd 1/22/11 St. Bonaventure

#### 500-Freestyle

4:55.58 22nd 12/3/10 Georgia Invite  
 4:56.70 36th 2/17/11 Big Ten Champ  
 5:00.26 10th 11/19/10 UVA/Indiana  
 5:02.79 6th 1/15/11 at Maryland  
 5:06.49 7th 1/29/11 at Michigan

#### 100-Butterfly

53.98 11th 2/18/11 Big Ten Champ  
 54.68 Prelims 12/4/10 Georgia Invite



# 2010-11 PENN STATE WOMEN'S SWIMMING & DIVING

## INDIVIDUAL RESULTS

54.92	5th	12/4/10	Georgia Invite
55.26	53rd	3/18/11	NCAA Champ.
55.41	2nd	11/20/10	UVA/Indiana
55.92	1st	10/23/10	V. Tech
56.74	6th	1/14/11	at Maryland
57.84	3rd	1/4/11	vs. UNC

### **200-Butterfly**

1:57.19	2nd	2/19/11	Big Ten Champ
1:57.38	1st	12/5/10	Georgia Invite
1:58.54	35th	3/19/11	NCAA Champ.
2:00.59	3rd	1/29/11	at Michigan
2:00.88	1st	10/23/10	V. Tech
2:01.16	1st	10/16/10	at W. Va.
2:01.27	5th	11/19/10	UVA/Indiana
2:01.75	1st	1/15/11	at Maryland
2:03.17	2nd	1/4/11	vs. UNC

### **200-Freestyle Relay**

1:37.02	----	1/22/11	St. Bonaventure
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### **400-Freestyle Relay**

3:22.71	7th	12/5/10	Georgia Invite
3:26.18	5th	11/20/10	UVA/Indiana
3:28.82	3rd	10/23/10	V. Tech
3:33.22	2nd	10/16/10	at W. Va.
3:33.95	3rd	1/4/11	vs. UNC

### **800-Freestyle Relay**

7:20.76	17th	3/18/11	NCAA Champ.
7:32.88	13th	12/4/10	Georgia Invite

### **200-Medley Relay**

1:42.01	7th	12/4/10	Georgia Invite
1:44.23	2nd	1/14/11	at Maryland
1:44.27	3rd	11/20/10	UVA/Indiana
1:44.56	2nd	10/23/10	V. Tech
1:45.09	4th	1/29/11	at Michigan
1:45.10	2nd	1/22/11	St. Bonaventure
1:46.47	4th	1/4/11	vs. UNC

### **400-Medley Relay**

3:42.05	7th	12/3/10	Georgia Invite
3:47.51	4th	11/19/10	UVA/Indiana
3:48.14	1st	10/16/10	at W. Va.

## **ILANA ZEISES**

### **1-Meter Dive**

260.10	5th	1/29/11	at Michigan
236.25	3rd	1/22/11	St. Bonaventure
231.60	6th	1/2/11	at Indianapolis
227.25	3rd	10/16/10	at W. Va.
227.15	8th	11/19/10	UVA/Indiana
216.70	37th	2/17/11	Big Ten Champ
213.75	7th	10/23/10	V. Tech
212.00	10th	1/14/11	at Maryland
205.95	14th	12/4/10	Georgia Invite

### **3-Meter Dive**

257.55	27th	2/18/11	Big Ten Champ
250.73	----	1/22/11	St. Bonaventure
249.65	4th	1/29/11	at Michigan
244.95	2nd	1/2/11	at Indianapolis
223.35	8th	1/15/11	at Maryland
218.30	Prelims	12/3/10	Georgia Invite
218.10	5th	10/23/10	V. Tech
208.42	2nd	10/16/10	at W. Va.
207.45	14th	12/3/10	Georgia Invite
201.80	11th	11/19/10	UVA/Indiana