

# MAC100

Commonwealth • Freedom • Middle Atlantic Conferences



Arcadia  
University



Elizabethtown  
College



Fairleigh Dickinson University-  
College at Florham



Hood College



King's College

2013

## MIDDLE ATLANTIC CONFERENCE SWIMMING CHAMPIONSHIPS



Albright College

2012 Men's Champion

2012 Women's Champion



Lebanon Valley  
College



Lycoming College



Messiah College



Misericordia  
University



Widener University

WYOMING VALLEY  
CATHOLIC YOUTH CENTER (CYC)  
WILKES-BARRE, PA  
FRIDAY, FEB. 8—SUNDAY, FEB. 10



# 2013 SWIMMING CHAMPIONSHIPS

## ORDER OF EVENTS

### Friday, Feb. 8

Preliminaries begin at 12 p.m.  
 Finals begin at 6 p.m. with opening ceremonies  
 200 Free Relay (timed final)  
 500 Free (consolation and final)  
 200 IM (consolation and final)  
 50 Free (consolation and final)  
 400 Medley Relay (timed final)

### Saturday, Feb. 9

Preliminaries begin at 9 a.m.  
 Alumni recognition at 4:45 p.m.  
 Finals begin at 5 p.m. with opening ceremonies  
 200 Medley Relay (timed final)  
 400 IM (consolation and final)  
 100 Butterfly (consolation and final)  
 200 Free (consolation and final)  
 100 Breast (consolation and final)  
 100 Back (consolation and final)  
 800 Free Relay (timed final)

### Sunday, Feb. 10

Preliminaries begin at 10 a.m.  
 Senior recognition at 4:45 p.m.  
 Finals begin at 5 p.m. with opening ceremonies  
 1650 Free (timed final)  
 200 Back (consolation and final)  
 100 Free (consolation and final)  
 200 Breast (consolation and final)  
 200 Butterfly (consolation and final)  
 Rookie of the Year presentation  
 Coach of the Year presentation  
 Eavenson Award presentation  
 400 Free Relay (timed final)  
 Team Championship presentation

The eight fastest women and men, based on seed times, swim the 1650 as finals on Sunday. All other 1650 competitors swim Sunday a half hour after trials. Heats are conducted fastest to slowest, alternating women and men.

## SPECIAL THANKS!

**CYC Staff:** Mark Soprano, Executive Director; Jennifer Knickman, Aquatics Director; Mark Milligan, Meet Director

**Middle Atlantic Conference Swimming Committee:** Jerry Hamaker (Chair—Lycoming), John Stuhltrager (Albright), Nancy Luley (Messiah), Mary Gardner (Lebanon Valley)

**Misericordia University Athletic Training Staff:** Robin Jackson, Jayme Galdieri, Tony Mozeleski

**MAC Operations Committee:** Jenn Noon (Fairleigh Dickinson-Florham), Dave Martin (Misericordia), Laura Gingrich (Alvernia), Janice Luck (Albright), Jack Shafer (Widener), Brad Fields (Eastern)

**Program Editor:** Jim Henry (Fairleigh Dickinson-Florham)

**Officials:** Joe Moran, Susan Ryan, Rick Evans, Megan Maguire, Nina Wozniak

## AWARDS

Medals for all events will be awarded to the top three female and male finishers. The awards presentation for each event will take place during each finals session at the conclusion of the event that follows.

A Middle Atlantic Conference championship plaque will be awarded to the men's and women's team champions.

The **David B. Eavenson Award** is presented annually to the outstanding female and male swimmer.

The Eavenson Award was created in memory of David B. Eavenson Sr., who was the founder of the Central Pennsylvania Chapter of the PIAA Track and Field Officials, and also served as its secretary-treasurer. He founded the officials chapters for football, track and field, and swimming, and in addition, was Director of Athletics at Dickinson College for many years, where he coached men's soccer and women's swimming.

Throughout his employment at Dickinson, Eavenson also served the Middle Atlantic States Collegiate Athletic Conference. He was conference vice-president (1970-72), president (1972-73), secretary-treasurer (1973-76) and executive director from 1976 until his death in 1988 at the age of 74.

## SCORING

### Individual Events

20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

### Relays

40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

## NCAA DIII TIME STANDARDS (25-Yard Course)

| Event            | Men      |          | Women    |          |
|------------------|----------|----------|----------|----------|
|                  | A        | B        | A        | B        |
| 50 Freestyle     | 20.39    | 20.93    | 23.35    | 23.95    |
| 100 Freestyle    | 44.98    | 46.04    | 50.72    | 52.28    |
| 200 Freestyle    | 1:39.33  | 1:41.75  | 1:49.96  | 1:53.90  |
| 500 Freestyle    | 4:29.84  | 4:37.33  | 4:53.44  | 5:03.19  |
| 1,650 Freestyle  | 15:42.52 | 16:16.65 | 16:56.63 | 17:39.80 |
| 100 Butterfly    | 49.34    | 50.59    | 55.62    | 57.73    |
| 200 Butterfly    | 1:50.36  | 1:53.87  | 2:02.93  | 2:08.59  |
| 100 Backstroke   | 49.70    | 51.77    | 55.22    | 58.37    |
| 200 Backstroke   | 1:49.08  | 1:53.27  | 2:01.10  | 2:06.97  |
| 100 Breaststroke | 56.02    | 57.81    | 1:03.45  | 1:06.08  |
| 200 Breaststroke | 2:02.55  | 2:06.71  | 2:18.14  | 2:24.39  |
| 200 IM           | 1:50.61  | 1:54.33  | 2:04.98  | 2:08.63  |
| 400 IM           | 3:57.19  | 4:07.81  | 4:24.52  | 4:36.69  |
| 200 Free Relay   | 1:21.50  | 1:23.51  | 1:33.54  | 1:36.54  |
| 400 Free Relay   | 3:00.73  | 3:05.20  | 3:26.28  | 3:32.70  |
| 800 Free Relay   | 6:41.67  | 6:53.02  | 7:28.66  | 7:44.07  |
| 200 Medley Relay | 1:30.77  | 1:33.24  | 1:43.60  | 1:47.12  |
| 400 Medley Relay | 3:19.73  | 3:25.97  | 3:46.34  | 3:54.80  |

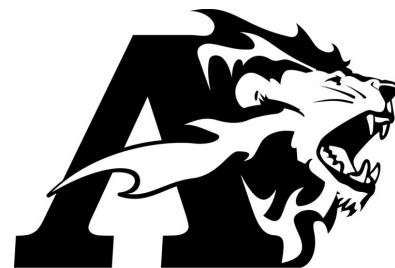
## Albright College Lions

| <u>Men</u>      | <u>Cl.</u> | <u>Events</u>   | <u>Hometown/High School</u>         |
|-----------------|------------|-----------------|-------------------------------------|
| Aiaz Ansari     | Fr.        | Free/Sprint     | Upper Darby, PA / Upper Darby       |
| Alex Bauer      | So.        | Free/Fly        | Pottstown, PA / Owen J. Roberts     |
| Matt Bauer      | Sr.        | IM/Distance     | Pottstown, PA / Owen J. Roberts     |
| Dan Cahill      | Jr.        | Back/Distance   | Matawan, NJ / Red Bank Catholic     |
| Mitch Cain      | Fr.        | Free/Fly        | Moorestown, NJ / Moorestown         |
| Richard Edwards | Jr.        | Free            | Yardley, PA / Pennsbury             |
| Kyle Everson    | So.        | Distance Free   | Ocean City, NJ / Ocean City         |
| Rainer Floeter  | Jr.        | Distance Free   | Wayne, PA / Radnor Senior           |
| Quentin Hicks   | Sr.        | Back            | Allentown, PA / William Allen       |
| Tyler Huizing   | So.        | IM              | Brick, NJ / Brick Township          |
| Adam Kurtz      | Sr.        | Fly/Back        | Hamburg, PA / Hamburg Area          |
| Drew Leahy      | So.        | Fly             | Pottsville, PA / Pottsville Area    |
| Chris Longworth | So.        | Distance Free   | Wallingford, PA / Strath Haven      |
| Mike McBride    | Jr.        | Free/Back       | Eagleville, PA / Methacton          |
| Bobby McNair    | Sr.        | Free/Fly        | Altoona, PA / Hollidaysburg         |
| Josh Park       | So.        | Breast/IM       | Rutherford, NJ / Rutherford         |
| Tim Pierce      | Sr.        | Free/Fly        | Ridley Park, PA / Ridley            |
| Ralph Porrazzo  | Jr.        | Free/Back       | Mohnton, PA / Governor Mifflin      |
| Sam Rosenthal   | Jr.        | Breast/IM       | Doylestown, PA / Central Bucks East |
| Matt Runtas     | Fr.        | Free/Fly        | Williamsport, PA / Loyalsock Twp.   |
| Mike Sloboda    | So.        | Fly/Free        | Summit Hill, PA / Panther Valley    |
| Rick Sutton     | So.        | Distance/Back   | Hatboro, PA / Hatboro-Horsham       |
| Stephen Thomas  | Jr.        | Back/IM         | Warminster, PA / William Tennent    |
| Connor Unger    | Sr.        | Distance/Breast | Hatfield, PA / Lansdale Catholic    |
| Adam Vogel      | So.        | Fly/IM          | Reading, PA / Exeter                |
| Thomas Wicklund | Fr.        | Distance Free   | Shrewsbury, NJ / Christian Brothers |
| Sean Yuschovitz | Fr.        | Mid-Distance    | Scranton, PA / Scranton             |

| <u>Women</u>     | <u>Cl.</u> | <u>Events</u> | <u>Hometown/High School</u>              |
|------------------|------------|---------------|------------------------------------------|
| Lauren Cormier   | So.        | Breast/Free   | Summit Hill, PA / Panther Valley         |
| Gwen Fesmire     | Jr.        | Distance Free | Holland, PA / Council Rock South         |
| Amanda Fisher    | Sr.        | Sprints       | Reading, PA / Reading Senior             |
| Adina Gaughran   | So.        | Free/Fly      | Newton, NJ / Newton                      |
| Danielle Hassard | So.        | Fly           | Glenolden, PA / Cardinal O'Hara          |
| Madison Hauk     | Sr.        | Fly/IM/Breast | Sinking Spring, PA / Wilson              |
| Codi Herr        | Jr.        | Free/Fly      | Silver Spring, PA / Hempfield            |
| Kaitlyn Huizing  | So.        | Back          | Brick, NJ / Brick Township               |
| Tricia Janowiak  | Jr.        | Back/Sprints  | Jim Thorpe, PA / Panther Valley          |
| Kari Keller      | Sr.        | Breast/IM     | Renton, WA / Kentridge                   |
| Jessie Maboné    | So.        | Fly/Free      | Southampton, PA / William Tennent        |
| Erika McEnany    | Jr.        | Fly/IM        | Reading, PA / Reading                    |
| Liz Muller       | So.        | IM/Distance   | Jamison, PA / Central Bucks West         |
| Amanda Osterlind | So.        | Distance Free | Burlington, NJ / Burlington Township     |
| Allie Peters     | Fr.        | Breast/Free   | Point Pleasant, NJ / Point Pleasant Boro |
| Melanie Roy      | So.        | Fly           | Bristol, CT / Bristol Eastern            |
| Gwen Stefan      | So.        | Free          | Lewisburg, PA / Lewisburg                |
| Emily Summers    | Sr.        | Breast        | Hamilton, NJ / Nottingham                |
| Karley Thompson  | So.        | IM            | Harrisburg, PA / Central Dauphin         |
| Emily Weaver     | Sr.        | Distance Free | York, PA / Central York                  |

**Head Coach:** John Stuhltrager

**Assistant Coaches:** Ian Walsh, Aimee Snyder, Zach McElheny



### About Albright

Location..... Reading, Pa.  
 Founded ..... 1856  
 Enrollment ..... 1,660  
 President..... Lex O. McMillan III  
 Co-Director of Athletics .... Rick Ferry  
 ..... Janice Luck  
 Web ..... albrightathletics.com

### Men's Championships

2012  
 2011  
 2005  
 2004  
 2003  
 2000

### Women's Championships

2012  
 2008  
 2007  
 2006  
 2005  
 2003  
 2002  
 2001  
 2000



## Arcadia University Knights

### Men

David Battistelli  
Colin Blanda  
Daniel Duguay  
Alex Ganguzza  
Dillion Grady  
Timothy Graham  
Peter Hamilton  
Oliver McCormick  
Jonah McMasters  
Stewart Wanser

### Cl.

So.  
Jr.  
So.  
So.  
Sr.  
Fr.  
Sr.  
Sr.  
Fr.  
So.

### Hometown/High School

Mays Landing, NJ / Oakcrest  
Glenside, PA  
Stanhope, NJ / Lenape Valley Regional  
Hasbrouck Heights, NJ / Hasbrouck Heights  
Landing, NJ / Roxbury  
Teaneck, NJ / Teaneck  
Blackwood, NJ / Triton  
Doylestown, PA / Central Bucks South  
Fontana, CA / Etiwanda  
Glenside, PA / Mercy Vocational

### About Arcadia

Location..... Glenside, Pa.  
Founded..... 1826  
Enrollment ..... 4,078  
President ..... Carl Oxholm, III  
Director of Athletics ..... Brian Granata  
Web..... athletics.arcadia.edu

### Women

Elizabeth Begley  
Whitney Boeckel  
Charity Brain  
Rebecca Burkhardt  
Stephanie Czarnecki  
Maria D'Abbene  
Arielle Fry  
Samantha Heeren  
Lauren Kerr  
Amanda Maillett  
Lindsay Mills  
Katherine Nagy  
Jenna Neil  
Cathryn Nunnari  
Tara Nuzzo  
Alyssa Peterson  
Kelly Stevenson

### Cl.

So.  
So.  
Fr.  
Fr.  
Fr.  
So.  
Sr.  
So.  
So.  
Sr.  
Jr.  
So.  
Sr.  
Jr.  
So.  
So.

### Hometown/High School

Kendall Park, NJ / South Brunswick  
York, PA / Spring Grove  
Kendall Park, NJ  
Bethel Park, PA / Bethel Park  
Perkasie, PA  
Pottstown, PA / Pope John Paul II  
Telford, PA / Souderton  
Philadelphia, PA / Nazareth Academy  
Springfield, NJ / Jonathan Dayton  
Ste. Marie De Kent / Leominster  
Holmdel, NJ / Holmdel  
Merrimack, NH / Merrimack  
Harrisburg, PA / Central Dauphin East  
Ambler, PA / Gwynedd-Mercy  
Mahwah, NJ / Immaculate Heart Academy  
Amherst, NH / Souhegan  
Peekskill, NY / Peekskill

**Head Coach:** Ryan Weathers

**Assistant Coach:** Kelly Saurman

## Elizabethtown College Blue Jays

### Men

|                       |     |                         |
|-----------------------|-----|-------------------------|
| Frank Capria          | So. | Distance Free/Fly/IM    |
| Jamie Cohen           | So. | Sprint Free/Back/Breast |
| Ryan Hannon           | Sr. | Back                    |
| Matt Jensen           | Fr. | Back/Sprint Free        |
| Conner Land           | Fr. | Free                    |
| Andrew Malik          | Jr. | Distance Free           |
| Shaun Martin          | Sr. | Breast/IM               |
| Chris Nelson          | Sr. | Free                    |
| Michael Rentschler    | Jr. | Sprint Free/Fly         |
| Ryan Supplee          | So. | Breast/IM               |
| Nathaniel VanderWerff | Sr. | Free                    |

### Women

|                    |     |                         |
|--------------------|-----|-------------------------|
| Colleen Barry      | Fr. | Distance Free/Back      |
| Tara Deisher       | So. | Distance Free/Breast/IM |
| Ashley Dispenziere | Fr. | Fly/Free/Back/IM        |
| Rachel Engelhardt  | Fr. | Sprint Free             |
| Elizabeth Finnegan | Fr. | Sprint Free             |
| Joni Fleming       | Fr. | Distance Free/Back      |
| Kelly Frace        | Sr. | Distance Free/Breast    |
| Becki Lane         | So. | Sprint Free             |
| Megan Leary        | Jr. | Free/Back/IM            |
| Megan Leppo        | Jr. | Distance Free           |
| Bonnie Lisk        | Fr. | Back                    |
| Chelsea Lorenz     | Sr. | Sprint Free/Back        |
| Jennifer Malik     | Sr. | Sprint Free/Breast      |
| Gretchen Miller    | Sr. | Fly/Free/IM             |
| Sarah Romagnoli    | Fr. | Distance Free           |
| Hunter Smith       | So. | Back                    |
| Madison Teefy      | Fr. | Breast                  |

**Head Coach:** Mark Wilson

**Assistant Coaches:** Alison Kreider, Slater Waltz

### Hometown/High School

Northborough, MA / St. John's  
Perry Hall, MD / Loyola Blakefield  
Blackwood, NJ / Highland Regional  
Trenton, NJ / Steinert  
Ephrata, PA / Ephrata  
Cherry Hill, NJ / Cherry Hill West  
Chambersburg, PA / Chambersburg  
Kennett Square, PA / Kennett  
Camp Hill, PA / East Pennsboro  
Hatboro, PA / Hatboro-Horsham  
W. Chester, PA / W. Chester Henderson

### Hometown/High School

Eldora, NJ / Middle Township  
Kingsville, MD / Notre Dame Prep  
Wantage, NJ / High Point Regional  
Horsham, PA / Hatboro-Horsham  
Edwardsville, PA / Holy Redeemer  
Murrysville, PA / Franklin Regional  
Nazareth, PA / Nazareth  
Branchburg, NJ / Somerville  
Chestertown, MD / Kent County  
Myerstown, PA / ELCO  
Bridgewater, NJ / Bridgewater-Raritan  
Coal Township, PA / Shamokin Area  
Cherry Hill, NJ / Cherry Hill West  
State College, PA / State College  
Frederick, MD / Liganore  
Forked River, NJ / Lacey Township  
Williamstown, NJ / Lady Mercy Acad.



### About Elizabethtown

Location..... Elizabethtown, Pa.  
Founded ..... 1899  
Enrollment ..... 1,900  
President..... Carl J. Strikwerda  
Director of Athletics.. Nancy Latimore  
Web ..... etownbluejays.com

### Men's Championships

1995  
1970

### Women's Championships

1999  
1998



## Fairleigh Dickinson University - Florham Devils

| <u>Men</u>         | <u>Cl.</u> | <u>Hometown/High School</u>               |
|--------------------|------------|-------------------------------------------|
| Kevin Andrews      | Fr.        | Sayreville, NJ / Sayreville War Memorial  |
| Christian Bustillo | Fr.        | Ridgefield Park, NJ / Ridgefield Park     |
| Matt Cecere        | So.        | Lacey Township, NJ / Lacey Township       |
| Beau Collins       | Jr.        | Martinsville, NJ / Immaculata             |
| Erik Ekstrand      | So.        | Scotch Plains, NJ / Scotch Plains Fanwood |
| Corey Esposito     | Jr.        | Wayne, NJ / Wayne Valley                  |
| Harry Givas        | Jr.        | Manahawkin, NJ / Southern Regional        |
| Jhonathan Gonzalez | Fr.        | North Plainfield, NJ / North Plainfield   |
| Dave Nadler        | Fr.        | Randolph, NJ / Randolph                   |
| David Padilla      | Jr.        | Elizabeth, NJ / Elizabeth                 |
| William Raynes     | Fr.        | Basking Ridge, NJ / Ridge                 |
| David Warren       | So.        | Trenton, NJ / Trenton                     |

### About Fairleigh Dickinson-Florham

Location.....Madison, NJ.  
 Founded..... 1942  
 Enrollment ..... 8,585  
 President .....Sheldon Drucker  
 Director of Athletics ..... Bill Klika  
 Web.....fdudevils.com

| <u>Women</u>       | <u>Cl.</u> | <u>Hometown/High School</u>           |
|--------------------|------------|---------------------------------------|
| Ashley Carpenter   | So.        | Rahway, NJ / Rahway                   |
| Alex Duarte        | Fr.        | Bayville, NJ / Central Regional       |
| Lisette Flores     | Fr.        | West New York, NJ / Memorial          |
| Tamaia Guzman      | Fr.        | Perth Amboy, NJ / Perth Amboy         |
| Mariane Herte      | So.        | West Windsor, NJ / West Windsor       |
| Piper Jones        | So.        | Greenwich, CT / Greenwich             |
| Destiny Perez      | Fr.        | Jersey City, NJ / Dickinson           |
| Steph Petrosino    | Fr.        | Hillsborough, NJ / Hillsborough       |
| Genevieve Pilat    | Sr.        | Stanhope, NJ / Lenape Valley          |
| Bethsaida Ramos    | Fr.        | Jersey City, NJ / Dickinson           |
| Lauren Socienski   | So.        | South Brunswick, NJ / South Brunswick |
| Angela Vaughn      | Fr.        | Freehold, NJ / Freehold Township      |
| Margarita Yarleque | Fr.        | Jersey City, NJ / Dickinson           |

**Head Coach:** Courtney Larcom  
**Assistant Coach:** Giovanni Infante

## Hood College Blazers

| <u>Men</u>              | <u>Cl.</u> | <u>Events</u>  | <u>Hometown/High School</u>                     |
|-------------------------|------------|----------------|-------------------------------------------------|
| Alex Bodine             | So.        | BA, FR         | Frederick, MD / Urbana                          |
| Andrew Bodine           | Sr.        | BR, Fly, IM    | Frederick, MD / Urbana                          |
| Jonathan Bullard-Sisken | Fr.        | FR, BA         | Silver Spring, MD / Montgomery Blair            |
| Jonathan Collier        | So.        | FR, Fly        | Darby, PA / Home Schooled                       |
| Michael Curry           | Fr.        | FR, Fly        | Charlotte, NC / Charlotte Catholic              |
| Connor Eliff            | Jr.        | IM, Fly        | Frederick, MD / Frederick                       |
| Thomas Farrell          | Fr.        | Fly, IM, BR    | Las Vegas, NV / Centennial                      |
| Drake Halpern           | Jr.        | FR, Fly        | Oceanport, NJ / Shore Regional                  |
| Daniel Lee              | Fr.        | FR             | Harker Heights, TX / Harker Heights             |
| Nate Leighton           | Fr.        | FR             | Pittsfield, MA / Taconic                        |
| Lucas Netter            | Sr.        | Distance FR    | Celigny, Switzerland / Int'l Baccalaureate Org. |
| Peter Shepherd          | So.        | Fly, Sprint FR | New Market, MD / Linganore                      |

| <u>Women</u>           | <u>Cl.</u> | <u>Events</u> | <u>Hometown/High School</u>               |
|------------------------|------------|---------------|-------------------------------------------|
| Meghan Blodgett        | Fr.        | FR, IM, Fly   | Mt. Airy, MD / Mount De Sales             |
| Lindsay Cronin         | So.        | Distance FR   | Arlington, VA / Washington & Lee          |
| Brenna Elizondo        | Fr.        | FR            | Littleton, CO / Heritage                  |
| Caitlin Fay            | Fr.        | FR, BA        | Henrico, VA / Mills E. Godwin             |
| Lauren Fogarty         | Fr.        | BR, Fly, IM   | Arnold, MD / Broadneck                    |
| Shannon McHale         | Fr.        | BA            | Hauppauge, NY / Hauppauge                 |
| Daniela Mitteltkamp    | Jr.        | FR, Fly       | Parkville, MD / Catholic                  |
| Katie Rogers           | Fr.        | Fly, IM       | Glastonbury, CT / Glastonbury             |
| Theresa Schwarzwaldner | So.        | FR, BA, IM    | Columbia, MD / Wilde Lake                 |
| Brittany Whitham       | Fr.        | FR, Fly       | Fort Collins, CO / Resurrection Christian |

**Head Coach:** Don Feinberg

**Assistant Coach:** Andy Brabson



## About Hood

Location.....Frederick, Md.  
 Founded .....1893  
 Enrollment.....2,400  
 President..... Ronald Volpe  
 Director of Athletics ..... Gib Romaine  
 Web ..... hoodathletics.com



### About King's

Location ..... Wilkes-Barre, Pa.  
Founded ..... 1946  
Enrollment ..... 2,700  
President ..... John Ryan  
Director of Athletics ..... Cheryl Ish  
Web ..... kingscollegeathletics.com

## King's College Monarchs

| <u>Men</u>           | <u>Cl.</u> | <u>Events</u>   | <u>Hometown/High School</u>               |
|----------------------|------------|-----------------|-------------------------------------------|
| Lucas Crock          | So.        | Free/Breast/Fly | Silver Spring, MD / St. John's            |
| Dane Darnell         | Fr.        | Free            | Woodbury, NJ / St. Joseph's Prep          |
| Matthew Dickson      | So.        | Breast/Free     | Galloway, NJ / Absegami                   |
| Kyle Newton          | So.        | Breast/Free/IM  | Cheshire, CT / Xavier                     |
| Andrew Reimann       | Fr.        | Free            | Morton, PA / Ridley                       |
| Michael Sweeney      | So.        | Free/Breast     | Highland Lakes, NJ / Vernon Township      |
| Matthew Thompson     | Fr.        | Fly/IM          | Ringoes, NJ / Hunterdon Central           |
| Justin Weilert       | Jr.        | Free/Fly/IM     | West Islip, NY / West Islip               |
| Joseph Wescoat       | Jr.        | Breast/Free     | Egg Harbor City, NJ / Absegami            |
| <u>Women</u>         | <u>Cl.</u> | <u>Events</u>   | <u>Hometown/High School</u>               |
| Kimmie Brino         | So.        | Fly/Free        | Ogdensburg, NJ / Wallkill Valley Regional |
| Macawley Brown       | So.        | Free/Fly        | Harding, PA / Wyoming Area                |
| MaryKate Bulger      | Fr.        | Free            | Glen Gardner, NJ / Voorhees               |
| Caroline Fitch       | So.        | Free            | Bethlehem, PA / Liberty                   |
| Shannon Johnson      | So.        | Free/Back/IM    | Bensalem, PA / Nazareth Academy           |
| Rachel Jonas         | Fr.        | Breast/Free     | Philadelphia, PA / St. Hubert's Girls     |
| Patricia Manning     | Jr.        | Breast/IM/Fly   | York, PA / York Suburban                  |
| Erin McLin           | Jr.        | Fly/Back        | Sinking Spring, PA / Wilson               |
| Hailey Moorehead     | Fr.        | Breast/Free/IM  | Waverly, NY / Waverly                     |
| Chrissy O'Loughlin   | So.        | Fly/IM/Free     | Westtown, NY / Minisink Valley            |
| Gabrielle Santangelo | Fr.        | Fly/Free/Back   | Flourtown, PA / Springfield               |
| Caitlin Tracchio     | So.        | Free            | Macungie, PA / Allentown Central Catholic |

**Head Coach:** Matt Easterday

**Assistant Coach:** Matt Labagh, Kasia, Szulborski

### Lebanon Valley College Dutchmen

| <u>Men</u>        | <u>Cl.</u> | <u>Event</u>    | <u>Hometown/High School</u>           |
|-------------------|------------|-----------------|---------------------------------------|
| Mitch Bell        | So.        | Free            | Annville, PA / Palmyra                |
| Elliott Bonds     | Jr.        | Free, Breast    | Palmyra, PA / Palmyra                 |
| Erik Brandt       | Sr.        | Breast          | Lebanon, PA / Cedar Crest             |
| Robert Burkhardt  | Fr.        | Free            | Pottstown, PA / Germantown Academy    |
| Timothy Carroll   | So.        | Free            | Birdsboro, PA / Twin Valley           |
| Joseph Chubb      | Jr.        | Free, Back      | Hershey, PA / Hershey                 |
| David Corvino     | Fr.        | Free            | Bethlehem, PA / Freedom               |
| Bobby Duck J      | r.         | Free            | Brookhaven, PA / Sun Valley           |
| Matt Dwyer        | Jr.        | Free, Back      | Collegeville, PA / Spring Ford        |
| Jonathan Fogleman | So.        | Free            | York, PA / William Penn               |
| Brett Frazier     | So.        | Breast, IM      | Conowingo, MD / Rising Sun            |
| Brandon Gawel     | So.        | Breast          | Newark, DE / Caravel                  |
| Clayton Heebner   | Fr.        | Fly, Free, Back | Mercersburg, PA / James Buchanan      |
| Austen Hellerick  | Jr.        | Free            | Douglassville, PA / Daniel Boone      |
| Ian Jackson       | Fr.        | Distance Free   | Schwenksville, PA / Perkiomen Valley  |
| Brody Lipsett     | So.        | Free            | Pottsville, PA / Minersville          |
| Cody Lloyd        | So.        | Free, Breast    | Lebanon, PA / Cedar Crest             |
| Michael Meck      | So.        | Free            | Lancaster, PA / Lancaster Catholic    |
| Shane Miller      | Sr.        | Free            | Manheim, PA / Manheim Central         |
| Collin Straka     | Jr.        | Free, Breast    | Lebanon, PA / Cedar Crest             |
| Blade Umstead     | Fr.        | Free            | Pennsburg, PA / Upper Perkiomen       |
| Dan Weinell       | So.        | Free            | Jarrettsville, MD / Baltimore Luthern |
| Tyler Wells       | So.        | Free            | Mechanicsburg, PA / East Pennsboro    |

| <u>Women</u>        | <u>Cl.</u> | <u>Event</u>     | <u>Hometown/High School</u>         |
|---------------------|------------|------------------|-------------------------------------|
| Kerri Bailey        | Sr.        | Fly, Back        | Lewes, DE / Cape Henlopen           |
| Julia Blackley      | Sr.        | Distance Free    | Sicklerville, N.J / Timber Creek    |
| Jessica Boyd        | So.        | Free, Back       | Hellam, PA / Eastern York           |
| Noelle Brossman     | Jr.        | Back             | Ephrata, PA / Ephrata               |
| Kalah Burger        | So.        | Breast, Free     | Lititz, PA / Manheim Township       |
| Hannah Cackovic     | Sr.        | Back, Free       | Carlsbad, CA / Carlsbad             |
| Ashlyn Dininni      | Sr.        | Breast, IM       | Annville, PA / Central Dauphin East |
| Allison Dooley      | So.        | Back, Breast     | Lancaster, PA / Manheim Township    |
| Sabrina Fellenbaum  | So.        | Free             | Manheim, PA / Manheim Central       |
| Samantha Fellenbaum | So.        | Free             | Manheim, PA / Manheim Central       |
| Sarah Foery         | So.        | Breast           | York, PA / West York                |
| Mary Gardner        | Sr.        | Free, Breast, IM | Annville, PA / Annville-Cleona      |
| Alicia Hain         | Jr.        | Back, Fly, Free  | Lebanon, PA / Cedar Crest           |
| Robin Holman        | So.        | Free             | Towanda, PA / Towanda Area          |
| Jan Ikeda           | So.        | Free             | Harleysville, PA / North Penn       |
| Kelsey Jackson      | So.        | Free             | Birdsboro, PA / Exeter Township     |
| Alayna Kalinay      | Fr.        | Free, Back       | Dillsburg, PA / Northern Senior     |
| Krysteena Koller    | Jr.        | IM, Breast       | Lebanon, PA / Cedar Crest           |
| Erica Kozlowski     | Jr.        | Free             | Newton, NJ / Kittatinny Regional    |
| Erica Laufer        | So.        | Free             | Fair Lawn, NJ / Fair Lawn           |
| Kendall Mehaffey    | Fr.        | Free             | Vineland, NJ / Vineland             |
| Heidi Metzler       | Sr.        | Breast, Free     | Manheim, PA / Manheim Central       |
| Julia Mongeau       | Jr.        | Breast, IM       | Lancaster, PA / Hempfield           |
| Rebecca O'Loughlin  | Sr.        | Back             | Westtown, NY / Minisink Valley      |
| Gio Ortiz           | Fr.        | Free, Fly        | Manheim, PA / Manheim Central       |
| Jackie Paton        | So.        | Free, Breast     | Milford, CT / Jonathan Law          |
| Emily Pipkin        | Fr.        | Free, Breast     | Hollywood, MD / Leonardtown         |
| Kortney Powlison    | Fr.        | Free             | Mansfield, PA / Mansfield           |
| Anna Reber          | Sr.        | Free             | Annville, PA / Tulpehocken          |
| Kris Roaten         | Sr.        | IM, Breast       | Elizabethtown, PA / Elizabethtown   |
| Charlie Robinson    | Sr.        | Free             | Avis, PA / Jersey Shore             |
| Alyssa Slusser      | Sr.        | Free, Breast     | Berwick, PA / Berwick Area          |
| Krystal Steenwyk    | So.        | Free             | Glen Rock, PA / Susquehannock       |
| Taylor Steinsnyder  | Fr.        | Free             | Lancaster, PA / Manheim Township    |
| Kristen Zartman     | Sr.        | Free             | Hanover, PA / South Western         |



### About Lebanon Valley

Location ..... Annville, Pa.  
 Founded ..... 1866  
 Enrollment ..... 1,632  
 President ..... Lewis Evitts Thayne  
 Director of Athletics ..... Rick Beard  
 Web ..... godutchmen.com

**Head Coach:** Mary Gardner  
**Assistant Coach:** Jim Gardner



## Lycoming College Warriors

### About Lycoming

Location ..... Williamsport, Pa.  
Founded ..... 1812  
Enrollment ..... 1,400  
President ..... James E. Douthat  
Director of Athletics ..... Mike Clark  
Web ..... athletics.Lycoming.edu

### Women's Championships

2010  
1997

| <u>Men</u>             | <u>Cl.</u> | <u>Event</u>  | <u>Hometown/High School</u>                 |
|------------------------|------------|---------------|---------------------------------------------|
| Alex Anderson          | Fr.        | IM            | Webster, NY / Webster Thomas                |
| Dan Apostolu           | Fr.        | Free          | Springfield, PA / Springfield               |
| C.J. Arhontakis        | Jr.        | Sprints       | West Grove, PA / Avon Grove                 |
| Jehiel Boner           | Sr.        | Distance/Fly  | Springville, PA / Elk Lake                  |
| Zack Brower            | Jr.        | Free          | East Stroudsburg, PA / East Stroudsburg N.  |
| D.J. Cunningham        | Fr.        | Distance      | McAdoo, PA / Hazleton Area                  |
| Luke Dohrman           | Jr.        | Sprints/Fly   | Huntingtown, MD / Huntingtown               |
| Trevor Endler          | Fr.        | Breast        | East Brunswick, NJ / East Brunswick         |
| Peter Fields           | Jr.        | IM/Free       | Burke, VA / Robinson                        |
| Andrew Gale            | So.        | Sprints       | Levittown, PA / Pennsbury East              |
| Kyle Garase            | Fr.        | Sprints/Fly   | Finleyville, PA / Ringgold                  |
| T.J. Guminski          | So.        | All-Around    | Ambler, PA / Hatboro-Horsham                |
| Zak Kibler             | Fr.        | Breast        | East Greenville, PA / Upper Perkiomen       |
| Jake Pelinsky          | Jr.        | Breast/Free   | Southwick, MA / Westfield                   |
| Kyle Petchock          | So.        | Free/Fly      | Belle Mead, NJ / Montgomery                 |
| Jack Port              | Jr.        | Distance/Back | Mechanicsburg, PA / Cedar Cliff             |
| Ben Sainvilier         | Jr.        | Free/Fly      | Silver Spring, MD / Heights School          |
| Aaron Slagle           | So.        | Free          | Waynesburg, OH / Sandy Valley               |
| Josh Thomas            | Fr.        | All-Around    | Fort Wayne, IN / Concordia Lutheran         |
| Daniel Woods           | So.        | Distance/Back | East Stroudsburg, PA / East Stroudsburg N.  |
| <u>Women</u>           | <u>Cl.</u> | <u>Event</u>  | <u>Hometown/High School</u>                 |
| Elisa Becker           | Sr.        | Fly/Distance  | Reston, VA / South Lakes                    |
| Hannah Bischoff        | Fr.        | Distance      | Germantown, MD / Northwest                  |
| Brigid Clark           | So.        | Sprints/Back  | Wyndmoor, PA / Springfield                  |
| Caitlin DeAngelo       | Sr.        | Distance/Back | Reading, PA / Muhlenberg                    |
| Lindsay Decker         | Fr.        | Free/Breast   | Shapleigh, ME / Massabesic                  |
| Meredith Ellmore       | Jr.        | Free/Back     | Lothian, MD / Southern                      |
| Jilly Flynn            | Fr.        | Breast/IM     | Murrysville, PA / Franklin Regional         |
| Alexia Follweiler      | So.        | Fly/IM        | Coaldale, PA / Panther Valley               |
| Emily Grusholt         | So.        | Free          | Mechanicsville, MD / Chopticon              |
| Jordyn Hotchkiss       | Fr.        | Free          | Weare, NH / John Stark Regional             |
| Lindsey Hunsicker      | Sr.        | Free/Fly      | Bethlehem, PA / Liberty                     |
| Tenninger Kellenbarger | Fr.        | Free          | Encinitas, CA / LaCosta Canyon              |
| Karlie Klocko          | Fr.        | Free/Distance | Wyoming, PA / Wyoming Area                  |
| Danielle Loiseau       | So.        | Fly/IM        | Lancaster, PA / Hempfield                   |
| Cathrin Manning        | Fr.        | Breast        | York, PA / York Suburban                    |
| Jennie Marosits        | Jr.        | All-Around    | Mt. Lakes, NJ / Mt. Lakes                   |
| Andrea Meldrum         | Fr.        | Free/Breast   | Gunnison, CO / Gunnison                     |
| Kelsey Rawson          | So.        | Fly/Free      | Waldorf, MD / North Point                   |
| BethAnn Schwoyer       | So.        | Back/Free     | Williamsport, PA / Homeschooled             |
| Felicia Sloyer         | Fr.        | Back/Free     | East Greenville, PA / Upper Perkiomen       |
| Hope Weber             | Sr.        | All-Around    | Millersville, PA / Penn Manor               |
| Ewa Wolowicz           | Fr.        | Free          | South Orange, NJ / Academy of St. Elizabeth |

**Head Coach:** Jerry Hammaker

**Assistant Coaches:** Kyle Drake, Jeff Rauff, Chris Mungo

## Messiah College Falcons



| <u>Men</u>        | <u>Cl.</u> | <u>Hometown/High School</u>               |
|-------------------|------------|-------------------------------------------|
| Tim Alarcon       | Sr.        | Garnerville, NY / North Rockland          |
| Brandon Baker     | Sr.        | Rosenhayn, NJ / Christian Liberty Academy |
| Nate Brown        | Jr.        | Ephrata, PA / Ephrata                     |
| Joe Cornelius     | Fr.        | South Plainfield, NJ / South Plainfield   |
| Aaron Eckman      | Fr.        | New Holland, PA / Lancaster Mennonite     |
| Reid Hartzell     | Jr.        | Williamsport, PA / Loyalsock Township     |
| Even Jewell       | Jr.        | Winchester, VA / Home School              |
| Sam Kidd          | So.        | Sinking Spring, PA / Wilson               |
| Zach Krueger      | Jr.        | Glen Rock, PA / Southwestern              |
| Duncan McDermond  | Fr.        | Mechanicsburg, PA / Mechanicsburg Area    |
| Malcolm McDermond | Sr.        | Mechanicsburg, PA / Mechanicsburg Area    |
| Luke Sagaser      | So.        | Centreville, MD / Home School             |
| Zach Schutte      | Jr.        | Lititz, PA / Warwick                      |
| Chuck Seitz       | Fr.        | York Springs, PA / Bermudian Springs      |
| Ryan Shields      | Jr.        | Wyomissing, PA / Wyomissing               |
| Mark Wagner       | Jr.        | Bel Air, MD / Fallston                    |
| David Whiting     | So.        | Lititz, PA / Warwick                      |
| Daniel Wingert    | Jr.        | Lebanon, PA / Home School                 |
| Adam Zech         | Fr.        | York, PA / Central York                   |

| <u>Women</u>       | <u>Cl.</u> | <u>Hometown/High School</u>                      |
|--------------------|------------|--------------------------------------------------|
| Gabrielle Brubaker | Fr.        | Lititz, PA / Warwick                             |
| Jean Cho           | Sr.        | Southampton, NJ / Seneca                         |
| Lauren Clune       | So.        | Burrell, PA / Burrell                            |
| Serena Dixon       | Jr.        | Harrisburg, PA / Central Dauphin                 |
| Cassie Forman      | Jr.        | Westminster, MD / Francis Scott Key              |
| Molly Handley      | Sr.        | Dillsburg, PA / Northern                         |
| Marissa Jones      | So.        | Louisville, OH / Louisville                      |
| Angela Klaczak     | Sr.        | Palmyra, PA / Palmyra                            |
| Carolyn Lewis      | So.        | Landenburg, PA / Avon Grove                      |
| Caitlyn Magaw      | Fr.        | Gambrills, MD / South River                      |
| Anna McArdle       | Fr.        | Orchard Park, NY / Orchard Park                  |
| Renee Ormond       | Fr.        | Fairlawn, OH / Cuyahoga Valley Christian Academy |
| Krista Palmer      | Jr.        | Wrentham, MA / King Philip                       |
| Laure Penwell      | So.        | Clarendon, PA / Warren Area                      |
| Julie Price        | Jr.        | Warren, PA / Warren Area                         |
| Kate Reiter        | So.        | Columbus, OH / Worthington Kilbourne             |
| Katelynn Sagaser   | Sr.        | Centreville, MD / Home School                    |
| Hanna Schaffer     | Jr.        | Mechanicsburg, PA / Mechanicsburg Area           |
| Aimee Stehman      | Fr.        | Mount Joy, PA / Donegal                          |
| Abbie Stonelake    | So.        | Collegeville, PA / Methacton                     |
| Hannah Teklits     | So.        | Quarryville, PA / PA Virtual Charter School      |
| Aimee West         | Sr.        | Coppell, TX / Coppell                            |
| Amanda White       | Jr.        | Keezletown, VA / Spotswood                       |

**Head Coach:** Nancy Luley

**Assistant Coaches:** Jeannie Zappe, Sandy Bush

### About Messiah

Location .....Mechanicsburg, Pa.  
 Founded ..... 1909  
 Enrollment ..... 2,805  
 President .....Kim S. Phipps  
 Director of Athletics .....Jack Cole  
 Web .....gomessiah.com



## About Misericordia

Location ..... Dallas, Pa.  
Founded ..... 1924  
Enrollment ..... 2,830  
President ..... Michael MacDowell  
Director of Athletics ..... Dave Martin  
Web ..... athletics.misericordia.edu

## Women's Championships 2009

## Misericordia University Cougars

| <u>Men</u>          | <u>Cl.</u> | <u>Events</u> | <u>Hometown/High School</u>           |
|---------------------|------------|---------------|---------------------------------------|
| Nick Ametrano       | Sr.        | Breast/IM     | Kingston, PA / Wyoming Valley West    |
| Christopher Brozena | Sr.        | Free          | Larksville, PA / Wyoming Valley West  |
| Matt Cullen         | Fr.        | Free          | Weatherly, PA / Weatherly Area        |
| Matthew Essington   | Jr.        | Free          | Brick, NJ / Brick Twp.                |
| Nicholas Essington  | So.        | Free          | Brick, NJ / Brick Twp.                |
| Christopher Gleason | Fr.        | Free/Back     | Philadelphia, PA / Father Judge       |
| Adam Grzech         | Sr.        | Free/Back     | Mountain Top, PA / Crestwood          |
| Peter Kololathias   | So.        | Free/IM       | North Wales, PA / North Penn          |
| Thomas Machi        | So.        | IM/Back/Fly   | W. Caldwell, NJ / James Caldwell      |
| Pat O'Dell          | Fr.        | IM/Back/Fly   | Beacon Falls, CT / Woodland Regional  |
| Chris Panagacos     | So.        | Fly/Free      | Sinking Spring, PA / Exeter           |
| Vince Paone         | Sr.        | Free/Back     | Jamison, PA / Central Bucks East      |
| Doug Ranson         | Jr.        | Breast/Free   | Ewing, NJ / Notre Dame                |
| Danny Redell        | Fr.        | Free          | Danville, PA / Danville Area          |
| Brad Thomas         | So.        | Free/Fly      | Wappingers Falls, NY / Roy C. Ketcham |
| Dan Zuckerman       | Sr.        | Breast/Free   | Plainville, CT / Plainville           |
| <u>Women</u>        | <u>Cl.</u> | <u>Events</u> | <u>Hometown/High School</u>           |
| Molly Berkly        | Sr.        | Fly/IM        | Madison, CT / Daniel Hand             |
| Danielle Blass      | Fr.        | Fly/Breast/IM | Berwick, PA / Central Columbia        |
| Kerri Ciriello      | Fr.        | Free          | Pompton Lakes, NJ / Pompton Lakes     |
| Jacqueline Cormier  | Fr.        | Free          | Maywood, NJ / Hackensack              |
| Leah Davis          | So.        | Back/IM       | Manahawkin, NJ / Southern Regional    |
| Megan DiPalo        | Jr.        | Free/Back     | Cherry Hill, NJ / Bishop Eustace      |
| Taylor Grenier      | Fr.        | Free/IM       | Willow St., PA / Lampeter-Strasburg   |
| Bree Grzech         | Jr.        | Back/Free     | Mountain Top, PA / Crestwood          |
| Dana Hallam         | So.        | Free/IM       | Schenectady, NY / Schalmont           |
| Beth Karmondy       | Jr.        | Breast/IM     | Colorado Springs, CO / Air Academy    |
| Brittany Luzik      | Jr.        | Fly/Free/IM   | Halifax, PA / Halifax Area            |
| Amanda Stammherr    | So.        | Breast/IM     | Bethlehem, PA / Freedom               |
| Katherine Strahosky | Fr.        | Free          | Carlisle, PA / Carlisle               |
| Alex Taylor         | So.        | Free          | Friendswood, TX / Friendswood         |
| Allison Thomas      | Jr.        | Breast/IM     | Warminster, PA / William Tennant      |
| Aryn Zimmerman      | So.        | Free          | Murrysville, PA / Franklin Regional   |

**Head Coach:** Matt VanDerMeid

**Assistant Coaches:** Christine Rieth

## Widener University Pride

### Men

Vadim Belogorodsky  
Ray Conover  
William Gelgot  
Michael Lawley  
Andy Madore  
Andrew Olchowicky  
Stephen Ranalli

### Cl.

So. Huntingdon Valley, PA / Lower Moreland  
Sr. Egg Harbor, NJ / Egg Harbor Township  
Fr. Lebanon, PA / Cedar Crest  
Jr. Philadelphia, PA / Father Judge  
Fr. State College, PA / State College Area  
So. Philadelphia, PA / Archbishop Ryan  
Fr. Wildwood, NJ / Cape May Tech

### Hometown/High School

### Women

Jennifer Barkofski  
Ashleigh Bothwell  
Lindsay Chimel  
Hayley Conover  
Kaitlin Harnish  
Laura Harris  
Alicia Jenkins  
Kelsey Lake  
Sara Leonelli  
Rachel Lewinson  
Rose Matich  
Kerry McIntyre  
Kori Meighan  
Carli Rapp  
Tara Strus  
Colleen Tighe  
Annie Walker  
Carly Wray

### Cl.

Jr. Norristown, PA / Archbishop Carroll  
So. Bethlehem, PA / Liberty Mechanical  
Fr. Middletown, PA / Bishop McDevitt  
Sr. Egg Harbor, NJ / Egg Harbor Township  
Jr. Havertown, PA / Cardinal O'Hara  
Jr. Phoenix, MD / Dulaney  
Fr. Downingtown, PA / Downingtown West  
Sr. Ijamsville, MD / Urbana  
Jr. Vineland, NJ / Vineland  
Sr. West Windsor, NJ / Plainsboro South  
Fr. Mount Royal, NJ / Padua  
Jr. Wilmington, DE / St. Mark's  
Fr. Holmes, PA / Ridley  
Jr. Reading, PA / Muhlenberg  
Sr. Glenolden, PA / Cardinal O'Hara  
Jr. Linwood, NJ / Mainland  
Fr. New Castle, DE / Cab Calloway School of the Arts  
Jr. Ocean View, NJ / Ocean City

### Hometown/High School



## About Widener

Location ..... Chester, Pa.  
Founded..... 1821  
Enrollment ..... 2,790  
President ..... James T. Harris, III  
Director of Athletics ..... Jack Shafer  
Web..... widenerpride.com

## Men's Championships

2010  
2009  
2008  
2007  
2006  
2002  
2001  
1999  
1998  
1997  
1996  
1994

## Women's Championships

2011  
1994

**Head Coach:** Katy Peterson

**Assistants:** Ben Safran, Jessica Carbin-Sievers



Commonwealth • Freedom • Middle Atlantic Conferences

## ALL-TIME INDIVIDUAL CHAMPIONS

### 50-Yard Freestyle (Women)

|                                     | Time  |
|-------------------------------------|-------|
| 2012 Laura Harris (Widener)         | 24.01 |
| 2011 Laura Harris (Widener)         | 23.93 |
| 2010 Alicia Bryk (Misericordia)     | 24.66 |
| 2009 Abby Kocon (Misericordia)      | 24.75 |
| 2008 Lindsay Riley (Elizabethtown)  | 25.41 |
| 2007 Erin Jagielski (Albright)      | 25.00 |
| 2006 Julie Harahush (Lycoming)      | 24.90 |
| 2005 Kathy Trainor (Juniata)        | 24.66 |
| 2004 Kathy Trainor (Juniata)        | 24.80 |
| 2003 Laura McVey (Widener)          | 25.17 |
| 2002 Jessica Amadore (Lycoming)     | 25.48 |
| 2001 Andrea Rapach (Lycoming)       | 24.92 |
| 2000 Carrie Miller (Albright)       | 24.92 |
| 1999 Lauren Kenworthy (Drew)        | 24.90 |
| 1998 Lauren Kenworthy (Drew)        | 24.97 |
| 1997 Jenna Hoff (Lycoming)          | 25.82 |
| 1996 Christine Lubrano (Scranton)   | 25.84 |
| 1995 Jenn Smith (Lycoming)          | 25.96 |
| 1994 Lisah Hamilton (Widener)       | 25.27 |
| 1993 Jennifer Derstine (Ursinus)    | 24.78 |
| 1992 Jennifer Derstine (Ursinus)    | 24.54 |
| 1991 Jennifer Derstine (Ursinus)    | 24.71 |
| 1990 Darragh Donnelly (F&M)         | 25.54 |
| 1989 Julie Phillips (Elizabethtown) | 25.53 |
| 1988 Heidi Camp (Ursinus)           | 25.42 |
| 1987 Jamie McNeil (Dickinson)       | 25.28 |
| 1986 Jamie McNeil (Dickinson)       | 25.43 |
| 1985 Holly Flood (Johns Hopkins)    | 25.60 |
| 1984 Wendy Somers (F&M)             | 25.16 |
| 1983 Kathy Mahan (Swarthmore)       | 25.58 |
| 1982 Kathy Mahan (Swarthmore)       | 25.44 |
| 1981 Patti Schuman (Gettysburg)     | 25.10 |
| 1980 Eileen Gallagher (Widener)     | 25.77 |
| 1979 Jackie Johnson (Johns Hopkins) | 25.83 |
| 1978 Jean Shaw (Gettysburg)         | 26.49 |
| 1977 Debbie Weiler (Ursinus)        | 24.26 |
| 1976 Donna Bender (Widener)         | 24.88 |
| 1975 Pam Price (Western Maryland)   | 26.81 |

### 50-Yard Freestyle (Men)

|                                        | Time  |
|----------------------------------------|-------|
| 2012 RJ Porrazzo (Albright)            | 21:61 |
| 2011 Greg Vossler (Misericordia)       | 21:00 |
| 2010 Greg Vossler (Misericordia)       | 21:83 |
| 2009 Greg Vossler (Misericordia)       | 21:84 |
| 2008 Pete Fischer (Widener)            | 22:24 |
| 2007 Jeff Fornadley (Susquehanna)      | 21:91 |
| 2006 Steven Hawley (Lycoming)          | 21:56 |
| 2005 Steven Hawley (Lycoming)          | 21:17 |
| 2004 Steven Hawley (Lycoming)          | 21:62 |
| 2003 Nate Decapria (Lycoming)          | 21:57 |
| 2002 Billy Ruth (Albright)             | 21:61 |
| 2001 Matt Printz (Albright)            | 22:21 |
| 2000 Mike MacDonald (Widener)          | 22:27 |
| 1999 Mike Coughlin (Widener)           | 21:93 |
| 1998 Mike Coughlin (Widener)           | 21:56 |
| in trials                              | 21:51 |
| 1997 Douglas Hamsher (Elizabethtown)   | 22:23 |
| 1996 Seth Klinefelter (Lebanon Valley) | 22:51 |
| 1995 Tim Lipski (Juniata)              | 22:44 |
| 1994 Stephen Fowler (Elizabethtown)    | 21:53 |
| 1993 Matt McKenna (Gettysburg)         | 21:92 |
| 1992 Joe Geslao (Widener)              | 21:87 |

|                                     |       |
|-------------------------------------|-------|
| 1991 Rob Newman (Western Maryland)  | 21.49 |
| 1990 Rob Newman (Western Maryland)  | 22.06 |
| 1989 John Ehlman (Western Maryland) | 21.84 |
| 1988 John Ehlman (Western Maryland) | 21.90 |
| 1987 Tyler Bierly (Gettysburg)      | 21.63 |
| 1986 Jerry Killoran (Ursinus)       | 21.93 |
| 1985 Gerry Schultz (F&M)            | 22.16 |
| 1984 Allen Tucci (Dickinson)        | 22.23 |
| 1983 Lawrence Ellis (Dickinson)     | 21.85 |
| 1982 Lawrence Ellis (Dickinson)     | 22.20 |
| 1981 Andy Pruitt (Gettysburg)       | 21.90 |
| 1980 Mark McNealis (King's)         | 21.91 |
| 1979 Mark Kaylor (Gettysburg)       | 21.99 |
| 1978 Dave Erhard (Widener)          | 22.30 |
| 1977 Mark Kaylor (Gettysburg)       | 22.01 |
| 1976 Mark Kaylor (Gettysburg)       | 22.42 |
| 1975 Bob Schwenkler (Johns Hopkins) | 22.30 |
| 1974 Jim Finnerty (Johns Hopkins)   | 22.88 |
| 1973 Bob Schwenkler (Johns Hopkins) | 22.80 |
| 1972 Mark Horning (Johns Hopkins)   | 22.50 |
| 1971 David Zeski (Dickinson)        | 22.80 |
| 1970 David Zeski (Dickinson)        | 23.00 |
| 1969 Jim Gingerich (Elizabethtown)  | 23.10 |
| 1968 John Zucco (PMC)               | 22.90 |
| 1967 John Zucco (PMC)               | 23.20 |
| 1966 Walt Tropp (F&M)               | 22.60 |
| 1965 Phil Metzger (Elizabethtown)   | 23.10 |
| 1964 French Gray (Dickinson)        | 24.00 |

### 100-Yard Freestyle (Women)

|                                     | Time    |
|-------------------------------------|---------|
| 2012 Lake, Kelsey (Widener)         | 52.82   |
| 2011 Laura Harris (Widener)         | 52.28   |
| 2010 Chelsea Mixon (Misericordia)   | 54.79   |
| 2009 Abby Kocon (Misericordia)      | 54.86   |
| 2008 Allison Fies (Albright)        | 55.48   |
| 2007 Erin Jagielski (Albright)      | 54.05   |
| 2006 Erin Jagielski (Albright)      | 53.35   |
| 2005 Kathy Trainor (Juniata)        | 54.20   |
| 2004 Kathy Trainor (Juniata)        | 53.56   |
| 2003 Laura McVey (Widener)          | 55.30   |
| 2002 Jill Hamnett (Scranton)        | 55.60   |
| 2001 Carrie Miller (Albright)       | 53.57   |
| 2000 Carrie Miller (Albright)       | 53.84   |
| 1999 Lauren Kenworthy (Drew)        | 54.40   |
| 1998 Kate Cevenney (Albright)       | 56.00   |
| 1997 Christine Lubrano (Scranton)   | 55.99   |
| 1996 Kelly Hagen (Scranton)         | 56.11   |
| 1995 Kimberly Lotts (Elizabethtown) | 55.88   |
| 1994 Carrie Bassett (Widener)       | 55.93   |
| 1993 Jennifer Derstine (Ursinus)    | 53.62   |
| 1992 Jennifer Derstine (Ursinus)    | 53.80   |
| 1991 Jennifer Derstine (Ursinus)    | 53.48   |
| 1990 Gretchen Lusch (Elizabethtown) | 56.06   |
| 1989 Julie Phillips (Elizabethtown) | 54.65   |
| 1988 Julie Phillips (Elizabethtown) | 55.09   |
| 1987 Julie Phillips (Elizabethtown) | 54.98   |
| 1986 Katie Ruffenach (Gettysburg)   | 54.77   |
| 1985 Holly Flood (Johns Hopkins)    | 55.63   |
| 1984 Denise Zimmerman (Lycoming)    | 56.03   |
| 1983 Jacqueline Weder (Lycoming)    | 55.84   |
| 1982 Patti Schuman (Gettysburg)     | 1:01.16 |
| 1981 Tanya Blakeman (F&M)           | 56.34   |
| 1980 Lynn Janke (Gettysburg)        | 55.95   |

|                                     |       |
|-------------------------------------|-------|
| 1979 Jackie Johnson (Johns Hopkins) | 55.50 |
| 1978 Jackie Johnson (Johns Hopkins) | 56.88 |
| 1977 Debbie Weiler (Ursinus)        | 52.68 |
| 1976 Donna Bender (Widener)         | 56.70 |
| 1975 Pam Price (Western Maryland)   | 59.95 |

### 100-Yard Freestyle (Men) Time

|                                        |       |
|----------------------------------------|-------|
| 2012 Adam Grzech (Misericordia)        | 47.93 |
| 2011 Eric Kramer (Albright)            | 47.15 |
| 2010 Jesse Bregman (Widener)           | 47.72 |
| 2009 Eric Kramer (Albright)            | 47.78 |
| 2008 John Kiely (Widener)              | 48.73 |
| 2007 Jeff Fornadley (Susquehanna)      | 47.66 |
| 2006 Jeff Fornadley (Susquehanna)      | 48.09 |
| 2005 Jon Fonash (Widener)              | 47.78 |
| 2004 Jon Fonash (Widener)              | 47.95 |
| 2003 Casey Moore (Elizabethtown)       | 47.99 |
| 2002 Casey Moore (Elizabethtown)       | 47.36 |
| 2001 Casey Moore (Elizabethtown)       | 47.42 |
| in trials                              | 47.05 |
| 2000 Mike MacDonald (Widener)          | 48.60 |
| 1999 Mike Coughlin (Widener)           | 47.06 |
| 1998 Mike Coughlin (Widener)           | 47.86 |
| 1997 Douglas Hamsher (Elizabethtown)   | 48.85 |
| 1996 Seth Klinefelter (Lebanon Valley) | 48.24 |
| 1995 Harold Spangler (Lebanon Valley)  | 47.98 |
| 1994 John Lynch (Widener)              | 48.96 |
| 1993 Matt Stanek (Dickinson)           | 48.22 |
| 1992 Joe Geslao (Widener)              | 48.24 |
| 1991 Rob Newman (Western Maryland)     | 47.49 |
| 1990 Rob Newman (Western Maryland)     | 47.72 |
| 1989 Glenn Walter (F&M)                | 48.51 |
| 1988 Pete Smith (Ursinus)              | 48.90 |
| 1987 Tyler Bierly (Gettysburg)         | 46.89 |
| 1986 Tyler Bierly (Gettysburg)         | 47.47 |
| 1985 Ian Brooks (Johns Hopkins)        | 48.52 |
| 1984 Kevin Anderson (Johns Hopkins)    | 46.99 |
| 1983 Tom McCurdy (Gettysburg)          | 47.80 |
| 1982 Tom McCurdy (Gettysburg)          | 48.77 |
| 1981 Andy Pruitt (Gettysburg)          | 48.26 |
| 1980 Andy Pruitt (Gettysburg)          | 48.90 |
| 1979 Ken Fishman (Johns Hopkins)       | 48.54 |
| 1978 George Richon (Widener)           | 48.82 |
| 1977 Bob Sieracki (Ursinus)            | 49.00 |
| 1976 Bob Sieracki (Ursinus)            | 50.00 |
| 1975 Jim Finnerty (Johns Hopkins)      | 49.09 |
| 1974 John Patzschke (Johns Hopkins)    | 48.86 |
| 1973 Bob Schwenkler (Johns Hopkins)    | 51.10 |
| 1972 Vince Nigrelli (Johns Hopkins)    | 50.70 |
| 1971 Robert Sahms (Elizabethtown)      | 50.20 |
| 1970 Robert Sahms (Elizabethtown)      | 50.50 |
| 1969 Jim Gingerich (Elizabethtown)     | 51.50 |
| 1968 Jim Gingerich (Elizabethtown)     | 51.50 |
| 1967 John Zucco (PMC-Widener)          | 51.40 |
| 1966 Walt Tropp (F&M)                  | 51.00 |
| 1965 Roger Garrison (F&M)              | 51.90 |

### 200-Yard Freestyle (Women)

|                              | Time    |
|------------------------------|---------|
| 2012 Kelsey Lake (Widener)   | 1:55.53 |
| 2011 Kelsey Lake (Widener)   | 1:57.26 |
| 2010 Allison Fies (Albright) | 1:58.09 |
| 2009 Allison Fies (Albright) | 1:58.37 |
| 2008 Allison Fies (Albright) | 1:58.57 |



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# ALL-TIME INDIVIDUAL CHAMPIONS

|                                     |         |
|-------------------------------------|---------|
| 2007 Erin Jagielski (Albright)      | 1:56.83 |
| 2006 Erin Jagielski (Albright)      | 1:56.81 |
| 2005 Erin Jagielski (Albright)      | 1:57.78 |
| 2004 Erin Jagielski (Albright)      | 1:58.63 |
| 2003 Laura McVey (Widener)          | 1:58.87 |
| 2002 Jayme Smith (Scranton)         | 1:59.80 |
| 2001 Carrie Miller (Albright)       | 1:55.71 |
| 2000 Carrie Miller (Albright)       | 1:55.61 |
| 1999 Lindsay Texter (Elizabethtown) | 2:00.35 |
| 1998 Brooke Knepper (Elizabethtown) | 2:01.98 |
| 1997 Becky Cusick (Scranton)        | 2:01.13 |
| 1996 Carrie Bassett (Widener)       | 2:02.24 |
| 1995 Erin Kenney (Scranton)         | 2:02.55 |
| 1994 Carrie Bassett (Widener)       | 2:01.35 |
| 1993 Dari Drissel (Gettysburg)      | 1:59.40 |
| 1992 Lynne Cassidy (Gettysburg)     | 1:56.59 |
| 1991 Lynne Cassidy (Gettysburg)     | 1:55.16 |
| 1990 Lynne Cassidy (Gettysburg)     | 1:57.51 |
| 1989 Lynne Cassidy (Gettysburg)     | 1:56.81 |
| 1988 Katie Ruffenach (Gettysburg)   | 2:00.18 |
| 1987 Katie Ruffenach (Gettysburg)   | 1:58.93 |
| 1986 Katie Ruffenach (Gettysburg)   | 1:59.74 |
| 1985 Katie Ruffenach (Gettysburg)   | 2:01.00 |
| 1984 Molly Dean (Dickinson)         | 2:00.00 |
| 1983 Eileen Mackson (Lycoming)      | 2:01.85 |
| 1982 Denise Zimmerman (Lycoming)    | 1:58.25 |
| 1981 Denise Zimmerman (Lycoming)    | 2:01.28 |
| 1980 Lynn Janke (Gettysburg)        | 2:02.95 |
| 1979 Lynn Janke (Gettysburg)        | 2:20.46 |
| 1978 Patsy Allen (Johns Hopkins)    | 2:05.62 |
| 1977 Debbie Weiler (Ursinus)        | 1:57.95 |
| 1976 Donna Bender (Widener)         | 2:02.57 |
| 1975 Phyliss Golden (Dickinson)     | 2:15.27 |

## 200-Yard Freestyle (Men)

|                                       |         |
|---------------------------------------|---------|
| 2012 Ricky Sutton (Albright)          | 1:46.93 |
| 2011 Eric Kramer (Albright)           | 1:43.14 |
| 2010 Eric Kramer (Albright)           | 1:44.31 |
| 2009 Eric Kramer (Albright)           | 1:44.38 |
| 2008 Eric Kramer (Albright)           | 1:45.21 |
| 2007 Jeff Fornadley (Susquehanna)     | 1:46.67 |
| 2006 Jeff Fornadley (Susquehanna)     | 1:46.66 |
| 2005 Jon Fonash (Widener)             | 1:45.75 |
| 2004 Jon Fonash (Widener)             | 1:45.64 |
| 2003 Casey Moore (Elizabethtown)      | 1:43.56 |
| 2002 Casey Moore (Elizabethtown)      | 1:42.74 |
| 2001 Casey Moore (Elizabethtown)      | 1:42.20 |
| 2000 Mike MacDonald (Widener)         | 1:50.08 |
| 1999 Mike Coughlin (Widener)          | 1:47.99 |
| 1998 Mike Coughlin (Widener)          | 1:47.36 |
| 1997 Mike Coughlin (Widener)          | 1:49.06 |
| 1996 Mike Coughlin (Widener)          | 1:48.42 |
| 1995 Harold Spangler (Lebanon Valley) | 1:48.26 |
| 1994 Harold Spanger (Lebanon Valley)  | 1:46.74 |
| 1993 Matt Stanek (Dickinson)          | 1:46.34 |
| 1992 Mike Stretanski (Widener)        | 1:47.61 |
| 1991 Rob Newman (Western Maryland)    | 1:44.18 |
| 1990 Rob Newman (Western Maryland)    | 1:47.24 |
| 1989 Tim DiMarco (Scranton)           | 1:47.03 |
| 1988 Tim DiMarco (Scranton)           | 1:47.64 |
| 1987 Tyler Bierly (Gettysburg)        | 1:44.89 |
| 1986 Ian Brooks (Johns Hopkins)       | 1:45.41 |
| 1985 Ian Brooks (Johns Hopkins)       | 1:45.92 |

|                                     |         |
|-------------------------------------|---------|
| 1984 Mike Leonhardt (Johns Hopkins) | 1:44.90 |
| 1983 Mike Leonhardt (Johns Hopkins) | 1:45.50 |
| 1982 Scott Barry (F&M)              | 1:46.13 |
| 1981 Scott Barry (F&M)              | 1:45.17 |
| 1980 Scott Barry (F&M)              | 1:46.37 |
| 1979 Scott Barry (F&M)              | 1:46.17 |
| 1978 Eric Horning (Johns Hopkins)   | 1:47.76 |
| 1977 Bill Smiddy (Johns Hopkins)    | 1:46.44 |
| 1976 Jim Spiering (Johns Hopkins)   | 1:49.38 |
| 1975 Eric Engelmann (Johns Hopkins) | 1:48.61 |
| 1974 John Patzschke (Johns Hopkins) | 1:46.11 |
| 1973 Bob Stoeve (Johns Hopkins)     | 1:50.80 |
| 1972 Tom Stenovec (Johns Hopkins)   | 1:53.40 |
| 1971 Bill Milne (Johns Hopkins)     | 1:48.90 |
| 1970 Mike Keating (F&M)             | 1:54.40 |
| 1969 Mike Keating (F&M)             | 1:54.80 |
| 1968 Mike Keating (F&M)             | 1:53.90 |
| 1967 Kevin Cox (Dickinson)          | 1:57.40 |

## 500-Yard Freestyle (Women)

|                                     |         |
|-------------------------------------|---------|
| 2012 Kelsey Lake (Widener)          | 5:09.98 |
| 2011 Kelsey Lake (Widener)          | 5:18.82 |
| 2010 Lindsey Hunsicker (Lycoming)   | 5:18.44 |
| 2009 Adrienne Peoples (Albright)    | 5:24.43 |
| 2008 Sarah Noonan (Albright)        | 5:26.61 |
| 2007 Erin O'Connor (Scranton)       | 5:16.39 |
| 2006 Erin O'Connor (Scranton)       | 5:16.75 |
| 2005 Rosie Moran (Scranton)         | 5:18.80 |
| 2004 Shandra Keeler (Widener)       | 5:11.44 |
| 2003 Shandra Keeler (Widener)       | 5:14.37 |
| 2002 Jayme Smith (Scranton)         | 5:15.82 |
| 2001 Carrie Miller (Albright)       | 5:11.94 |
| in trials                           | 5:11.30 |
| 2000 Brooke Knepper (Elizabethtown) | 5:24.93 |
| 1999 Lindsay Texter (Elizabethtown) | 5:21.14 |
| 1998 Beth Kapusta (Scranton)        | 5:21.75 |
| 1997 Lauren Kenworthy (Drew)        | 5:12.40 |
| 1996 Beth Kapusta (Scranton)        | 5:25.02 |
| 1995 Erin Kenney (Scranton)         | 5:27.90 |
| 1994 Carolyn Freeberry (Widener)    | 5:23.79 |
| 1993 Deborah Christman (F&M)        | 5:14.34 |
| 1992 Lynne Cassidy (Gettysburg)     | 5:06.98 |
| 1991 Lynne Cassidy (Gettysburg)     | 5:04.37 |
| 1990 Lynne Cassidy (Gettysburg)     | 5:11.55 |
| 1989 Lynne Cassidy (Gettysburg)     | 5:08.98 |
| 1988 Kiki Jacobs (Dickinson)        | 5:18.25 |
| 1987 Kiki Jacobs (Dickinson)        | 5:16.81 |
| 1986 Katie Jenkins (Johns Hopkins)  | 5:23.66 |
| 1985 Molly Dean (Dickinson)         | 5:21.92 |
| 1984 Heather Dick (Johns Hopkins)   | 5:25.92 |
| 1983 Heather Dick (Johns Hopkins)   | 5:21.56 |
| 1982 Tanya Blakeman (F&M)           | 5:11.98 |
| 1981 Monika Bay (Johns Hopkins)     | 5:22.38 |
| 1980 Kitty Callaghan (F&M)          | 5:29.66 |
| 1979 Linda Tremuth (Johns Hopkins)  | 5:41.19 |
| 1978 Patsy Allen (Johns Hopkins)    | 5:36.50 |
| 1977 Patsy Allen (Johns Hopkins)    | 5:23.65 |
| 1976 Julie Fradel (Johns Hopkins)   | 5:48.75 |

## 500-Yard Freestyle (Men)

|                              |         |
|------------------------------|---------|
| 2012 Ricky Sutton (Albright) | 4:41.46 |
| 2011 Eric Kramer (Albright)  | 4:43.50 |
| 2010 Dylan Holford (Messiah) | 4:48.94 |

|                                     |         |
|-------------------------------------|---------|
| 2009 Eric Kramer (Albright)         | 4:47.84 |
| 2008 Eric Kramer (Albright)         | 4:43.13 |
| 2007 Chris Miller (Elizabethtown)   | 4:47.49 |
| 2006 Chris Miller (Widener)         | 4:46.48 |
| 2005 Andy Ikeler (Albright)         | 4:47.54 |
| 2004 Andy Ikeler (Albright)         | 4:46.36 |
| 2003 Matt Stumhofer (Albright)      | 4:48.30 |
| 2002 Casey Moore (Elizabethtown)    | 4:48.41 |
| 2001 Casey Moore (Elizabethtown)    | 4:42.06 |
| 2000 Phil Zimmerman (Lycoming)      | 5:00.98 |
| 1999 Tim Lawlor (Drew)              | 4:56.77 |
| 1998 Tim Lawlor (Drew)              | 4:58.31 |
| 1997 Tim Lawlor (Drew)              | 4:55.13 |
| 1996 Andy Smith (Albright)          | 4:55.62 |
| 1995 Andy Smith (Albright)          | 4:54.92 |
| 1994 Neil Ryan (Lycoming)           | 4:56.41 |
| 1993 David Cola (Washington)        | 4:51.29 |
| 1992 Steve Grubb (Ursinus)          | 4:51.24 |
| 1991 Mike Hutchinson (Gettysburg)   | 4:50.37 |
| 1990 Mike Hutchinson (Gettysburg)   | 4:49.11 |
| 1989 Steve Grubb (Ursinus)          | 4:52.22 |
| 1988 Chris Lebold (Gettysburg)      | 4:58.09 |
| 1987 Eric Meixner (Johns Hopkins)   | 4:43.29 |
| 1986 Eric Meixner (Johns Hopkins)   | 4:43.35 |
| 1985 Mark Postler (Johns Hopkins)   | 4:45.94 |
| 1984 Mike Leonhardt (Johns Hopkins) | 4:46.18 |
| 1983 Mike Leonhardt (Johns Hopkins) | 4:41.92 |
| 1982 Scott Barry (F&M)              | 4:44.56 |
| 1981 Francis Florez (Johns Hopkins) | 4:46.86 |
| 1980 Scott Barry (F&M)              | 4:48.42 |
| 1979 Scott Barry (F&M)              | 4:48.92 |
| 1978 Francis Florez (Johns Hopkins) | 4:45.31 |
| 1977 Tim Collins (Johns Hopkins)    | 4:52.53 |
| 1976 Marc Tohir (Johns Hopkins)     | 4:56.10 |
| 1975 Bob McKinstry (Swarthmore)     | 4:57.15 |
| 1974 John Patzschke (Johns Hopkins) | 4:53.36 |
| 1973 Bill Milne (Johns Hopkins)     | 4:49.40 |
| 1972 Tom Stenovec (Johns Hopkins)   | 5:06.20 |
| 1971 Marc Solomon (Johns Hopkins)   | 5:20.30 |
| 1970 Dan Burrows (Drexel)           | 5:20.20 |
| 1969 Mike Keating (F&M)             | 5:14.00 |
| 1968 Mike Keating (F&M)             | 5:46.40 |
| 1967 Ken Freed (Dickinson)          | 5:40.10 |
| 1966 Pete Eisenberg (Dickinson)     | 5:39.30 |
| 1965 Ken Freed (Dickinson)          | 5:39.30 |

## 1,650-Yard Freestyle (Women)

|                                     |          |
|-------------------------------------|----------|
| 2012 Amanda Osterlind (Albright)    | 18:10.05 |
| 2011 Colleen Tighe (Widener)        | 18:22.26 |
| 2010 Kelly Williams (Albright)      | 18:54.11 |
| 2009 Adrienne Peoples (Albright)    | 18:31.98 |
| 2008 Adrienne Peoples (Albright)    | 18:36.94 |
| 2007 Adrienne Peoples (Albright)    | 18:06.70 |
| 2006 Adrienne Peoples (Albright)    | 18:15.21 |
| 2005 Rosie Moran (Scranton)         | 18:08.57 |
| 2004 Shandra Keeler (Widener)       | 17:58.21 |
| 2003 Shandra Keeler (Widener)       | 18:03.57 |
| 2002 Kristen Best (Scranton)        | 17:58.47 |
| 2001 Kristen Best (Scranton)        | 18:15.86 |
| 2000 Brooke Knepper (Elizabethtown) | 18:32.11 |
| 1999 Brooke Knepper (Elizabethtown) | 18:30.21 |
| 1998 Amanda Scheetz (Elizabethtown) | 18:26.22 |
| 1997 Lauren Kenworthy (Drew)        | 18:06.65 |



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|                                                |          |                                              |         |                                                |         |
|------------------------------------------------|----------|----------------------------------------------|---------|------------------------------------------------|---------|
| 1996 Maryellen Manges (Drew)                   | 18:37.35 | 1995 Irene Mullen (Widener)                  | 2:18.68 | 1970 David Anstine (Elizabethtown)             | 2:12.90 |
| 1995 Erin Kenney (Scranton)                    | 18:58.46 | 1994 Irene Mullen (Widener)                  | 2:18.14 | 1969 Richard Ware (Johns Hopkins)              | 2:11.50 |
| 1994 Carolyn Freeberry (Widener)               | 18:49.30 | 1993 Jodi Woods (F&M)                        | 2:11.20 | 1968 Mike Keating (F&M)                        | 2:11.80 |
| 1993 Alison Hubbard (Gettysburg)               | 18:13.91 | 1992 Jodi Woods (F&M)                        | 2:10.85 | 1967 Phil Metzger (Elizabethtown)              | 2:15.10 |
| 1992 Laura Antonietta (Gettysburg)             | 18:10.77 | 1991 Amy Shelden (Gettysburg)                | 2:14.61 | 1966 Jack Hodgins (Lycoming)                   | 2:15.50 |
| 1991 Lynne Cassidy (Gettysburg)                | 17:48.22 | 1990 Megan Devin (F&M)                       | 2:15.04 | 1965 Jack Hodgins (Lycoming)                   | 2:14.10 |
| 1990 Kasey Carroll (Washington)                | 17:59.92 | 1989 Kiki Jacobs (Dickinson)                 | 2:14.49 | 1964 Walt Manning (Lycoming)                   | 2:18.10 |
| 1989 Lynne Cassidy (Gettysburg)                | 17:53.19 | 1988 Amy Shelden (Gettysburg)                | 2:14.86 |                                                |         |
| 1988 Kiki Jacobs (Dickinson)                   | 18:05.32 | 1987 Kiki Jacobs (Dickinson)                 | 2:16.06 | <b>400-Yard Individual Medley (Women) Time</b> |         |
| 1987 Molly Dean (Dickinson)                    | 18:30.53 | 1986 Jenny Hutchinson (Dickinson)            | 2:16.90 | 2012 Amanda Osterlind (Albright)               | 4:45.94 |
| 1986 Katie Jenkins (Johns Hopkins)             | 18:36.30 | 1985 Jenny Hutchinson (Dickinson)            | 2:17.34 | 2011 Patricia Manning (King's)                 | 4:46.99 |
| 1985 Hope Carter (Gettysburg)                  | 18:47.21 | 1984 Jamie Berrier (Gettysburg)              | 2:18.29 | 2010 Aimee Snyder (Albright)                   | 4:50.75 |
| 1984 Heather Dick (Johns Hopkins)              | 18:06.26 | 1983 Eileen Mackson (Lycoming)               | 2:16.55 | 2009 Gretchen Geiger (Elizabethtown)           | 4:46.63 |
|                                                |          | 1982 Trink Prinz (F&M)                       | 2:16.47 | 2008 Molly Bendzyn (Widener)                   | 4:47.98 |
| <b>1,650-Yard Freestyle (Men)</b>              |          | 1981 Monika Bay (Johns Hopkins)              | 2:17.56 | 2007 Erin O'Connor (Scranton)                  | 4:46.02 |
| 2012 Ricky Sutton (Albright)                   | 16:15.68 | 1980 Monika Bay (Johns Hopkins)              | 2:16.30 | 2006 Erin O'Connor (Scranton)                  | 4:42.56 |
| 2011 Joe Deighan (Albright)                    | 16:38.36 | 1979 Monika Bay (Johns Hopkins)              | 2:16.44 | 2005 Rebecca Fox (Lycoming)                    | 4:47.46 |
| 2010 Eric Kramer (Albright)                    | 16:47.58 | 1978 Monika Bay (Johns Hopkins)              | 2:17.23 | 2004 Shandra Keeler (Widener)                  | 4:44.69 |
| 2009 Joe Deighan (Widener)                     | 16:55.23 | 1977 Maria Mock (Johns Hopkins)              | 2:19.47 | 2003 Nicole Seward (Widener)                   | 4:40.14 |
| 2008 Eric Kramer (Albright)                    | 16:41.58 |                                              |         | 2002 Nicole Seward (Widener)                   | 4:47.33 |
| 2007 Matthew Slomiany (Widener)                | 16:48.68 | <b>200-Yard Individual Medley (Men) Time</b> |         | 2001 Shandra Keeler (Widener)                  | 4:47.41 |
| 2006 Chris Miller (Widener)                    | 16:47.85 | 2012 Adam Vogel (Albright)                   | 1:58.40 | 2000 Alissa Schneider (Juniata)                | 4:50.26 |
| 2005 Andy Ikeler (Albright)                    | 16:46.66 | 2011 Joe Deighan (Albright)                  | 1:55.37 | 1999 Heidi Yoder (Elizabethtown)               | 4:47.41 |
| 2004 Matt Stumhofer (Albright)                 | 16:45.50 | 2010 Chris Sheerer (Albright)                | 1:53.79 | 1998 Nicole Wasson (Lycoming)                  | 4:53.94 |
| 2003 Matt Stumhofer (Albright)                 | 16:43.28 | 2009 Chris Sheerer (Albright)                | 1:55.38 | 1997 Lauren Kenworthy (Drew)                   | 4:36.71 |
| 2002 Matt Stumhofer (Albright)                 | 16:51.97 | 2008 Chris Sheerer (Albright)                | 1:55.59 | 1996 Lauren Kenworthy (Drew)                   | 4:38.85 |
| 2001 Michael Conlon (Widener)                  | 16:47.91 | 2007 Kevin Carson (Widener)                  | 1:58.06 | 1995 Irene Mullen (Widener)                    | 4:53.96 |
| 2000 Phil Zimmerman (Lycoming)                 | 17:34.71 | 2006 Kevin Carson (Widener)                  | 1:56.60 | 1994 Irene Mullen (Widener)                    | 4:53.48 |
| 1999 Paul Contino (Elizabethtown)              | 17:44.11 | 2005 Eric Daney (Albright)                   | 1:57.80 | 1993 Deborah Christman (F&M)                   | 4:40.73 |
| 1998 Casey O'Donnell (Drew)                    | 17:14.07 | 2004 Eric Daney (Albright)                   | 1:57.89 | 1992 Bridget Cauley (Ursinus)                  | 4:47.07 |
| 1997 Tim Lawlor (Drew)                         | 17:00.72 | 2003 Casey Moore (Elizabethtown)             | 1:57.93 | 1991 Deborah Christman (F&M)                   | 4:38.45 |
| 1996 Tim Lawlor (Drew)                         | 17:17.23 | 2002 Adam Fletcher (Albright)                | 2:01.90 | 1990 Megan Devine (F&M)                        | 4:37.28 |
| 1995 Andy Smith (Albright)                     | 17:10.16 | 2001 Dan Carr (Albright)                     | 2:00.83 | 1989 Kiki Jacobs (Dickinson)                   | 4:40.39 |
| 1994 Andy Smith (Albright)                     | 17:14.72 | 2000 Erik Posegay (Albright)                 | 2:04.21 | 1988 Amy Sheldon (Gettysburg)                  | 4:44.44 |
| 1993 Ed Stoner (F&M)                           | 17:06.53 | 1999 Tim Lawlor (Drew)                       | 2:01.72 | 1987 Kiki Jacobs (Dickinson)                   | 4:45.93 |
| 1992 Steve Grubb (Ursinus)                     | 16:51.71 | 1998 Petr Novak (King's)                     | 1:59.74 | 1986 Kiki Jacobs (Dickinson)                   | 4:46.71 |
| 1991 Matt Stretanski (F&M)                     | 16:47.05 | 1997 Mike Gadzinski (Widener)                | 2:01.59 | 1985 Linda Clark (Dickinson)                   | 4:53.60 |
| 1990 Steve Grubb (Ursinus)                     | 16:44.22 | 1996 Andy Smith (Albright)                   | 2:00.99 | 1984 Linda Clark (Dickinson)                   | 4:54.10 |
| 1989 Steve Grubb (Ursinus)                     | 16:54.08 | 1995 Mike Schlotterbeck (E-town)             | 2:02.98 |                                                |         |
| 1988 Chris Lebold (Gettysburg)                 | 17:23.59 | 1994 Mike Schlotterbeck (E-town)             | 2:03.02 | <b>400-Yard Individual Medley (Men) Time</b>   |         |
| 1987 Rob Tempel (Gettysburg)                   | 16:37.07 | 1993 Chris Guyer (Gettysburg)                | 1:59.84 | 2012 Adam Vogel (Albright)                     | 4:14.01 |
| 1986 Eric Meixner (Johns Hopkins)              | 16:32.16 | 1992 Chris Guyer (Gettysburg)                | 1:58.57 | 2011 Chris Sheerer (Albright)                  | 4:10.97 |
| 1985 Mark Postler (Johns Hopkins)              | 16:23.87 | 1991 Chris Guyer (Gettysburg)                | 2:02.67 | 2010 Chris Sheerer (Albright)                  | 4:07.39 |
| 1984 Mike Leonhardt (Johns Hopkins)            | 16:58.99 | 1990 Scott Robinson (Ursinus)                | 2:02.43 | 2009 Matt Slomiany (Widener)                   | 4:15.94 |
|                                                |          | 1989 Scott Robinson (Ursinus)                | 2:01.12 | 2008 Matt Slomiany (Widener)                   | 4:12.96 |
| <b>200-Yard Individual Medley (Women) Time</b> |          | 1988 Tim DiMarco (Scranton)                  | 2:02.07 | 2007 Joseph Veselovsky (Scranton)              | 4:13.02 |
| 2012 Laura Farrar (Widener)                    | 2:09.39  | 1987 Randy James (Swarthmore)                | 2:01.81 | 2006 Eric Daney (Albright)                     | 4:13.22 |
| 2011 Katelynn Sagaser (Messiah)                | 2:12.14  | 1986 Paul Bowman (Johns Hopkins)             | 2:00.83 | 2005 Andy Ikeler (Albright)                    | 4:15.98 |
| 2010 Madison Hauk (Albright)                   | 2:12.61  | 1985 Ben Gill (Gettysburg)                   | 2:01.83 | 2004 Andy Ikeler (Albright)                    | 4:16.44 |
| 2009 Alaina Trent (Misericordia)               | 2:15.48  | 1984 Dan Fritsch (Johns Hopkins)             | 2:00.88 | 2003 Jonathan Kruper (Widener)                 | 4:19.50 |
| 2008 Rachel Cantwell (Albright)                | 2:11.77  | 1983 Kevin Anderson (Johns Hopkins)          | 2:00.70 | 2002 Andy Ikeler (Albright)                    | 4:21.42 |
| 2007 Rachel Cantwell (Albright)                | 2:11.05  | 1982 Bob Britanisky (Johns Hopkins)          | 2:00.06 | 2001 Paul Contino (Elizabethtown)              | 4:22.25 |
| 2006 Rachel Cantwell (Albright)                | 2:12.40  | 1981 Dave Bangs (Johns Hopkins)              | 2:02.42 | 2000 Paul Contino (Elizabethtown)              | 4:24.05 |
| 2005 Rachel Cantwell (Albright)                | 2:10.25  | 1980 Jeff Cuddeback (Gettysburg)             | 2:00.68 | 1999 Tim Lawlor (Drew)                         | 4:21.20 |
| 2004 Rebecca Fox (Lycoming)                    | 2:15.90  | 1979 Bill Smiddy (Johns Hopkins)             | 1:58.62 | 1998 Tim Lawlor (Drew)                         | 4:20.36 |
| 2003 Nicole Seward (Widener)                   | 2:12.15  | 1978 Sam Taylor (Johns Hopkins)              | 2:02.25 | 1997 Tim Lawlor (Drew)                         | 4:23.19 |
| 2002 Courtney Kroh (Albright)                  | 2:14.43  | 1977 Bill Smiddy (Johns Hopkins)             | 1:59.10 | 1996 Andy Smith (Albright)                     | 4:23.15 |
| 2001 Courtney Kroh (Albright)                  | 2:16.11  | 1976 Mike Bay (Johns Hopkins)                | 2:03.17 | 1995 Andy Smith (Albright)                     | 4:22.00 |
| 2000 Courtney Kroh (Albright)                  | 2:14.41  | 1975 Mark Horning (Johns Hopkins)            | 2:01.33 | 1994 Andy Smith (Albright)                     | 4:23.94 |
| 1999 Lauren Kenworthy (Drew)                   | 2:13.07  | 1974 Tom Stenover (Johns Hopkins)            | 2:20.34 | 1993 Jugo Stevcic (Gettysburg)                 | 4:20.61 |
| 1998 Sarah Gazdalski (Scranton)                | 2:15.21  | 1973 Bill Milne (Johns Hopkins)              | 1:58.90 | 1992 Bryan Kundrath (Dickinson)                | 4:22.19 |
| 1997 Jaclyn Zimmerman (Elizabethtown)          | 2:14.90  | 1972 Bill Milne (Johns Hopkins)              | 2:00.70 | 1991 Matt Stretanski (F&M)                     | 4:23.48 |
| 1996 Jaclyn Zimmerman (Elizabethtown)          | 2:15.68  | 1971 Gregg Weir (F&M)                        | 2:05.70 |                                                |         |



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## ALL-TIME INDIVIDUAL CHAMPIONS

|                                      |         |
|--------------------------------------|---------|
| 1990 Scott Robinson (Ursinus)        | 4:20.60 |
| 1989 Tom Chiarlanzio (Gettysburg)    | 4:40.39 |
| 1988 Tom Chiarlanzio (Gettysburg)    | 4:23.43 |
| 1987 Mark Woodard (Western Maryland) | 4:21.68 |
| 1986 Ben Gill (Gettysburg)           | 4:19.10 |
| 1985 Dick Johnson (Johns Hopkins)    | 4:14.34 |
| 1984 Dick Johnson (Johns Hopkins)    | 4:16.88 |

### 100-Yard Butterfly (Women)

|                                     | Time    |
|-------------------------------------|---------|
| 2012 Jan Ikeda (Lebanon Valley)     | 57.25   |
| 2011 Laura Harris (Widener)         | 56.96   |
| 2010 Lindsey Hunsicker (Lycoming)   | 1:00.15 |
| 2009 Tara McAdams (Albright)        | 1:02.27 |
| 2008 Cheyenne Gehman (Albright)     | 1:00.32 |
| 2007 Cheyenne Gehman (Albright)     | 1:00.03 |
| 2006 Cheyenne Gehman (Albright)     | 58.54   |
| 2005 Cheyenne Gehman (Albright)     | 58.25   |
| 2004 Erin Williams (Scranton)       | 59.16   |
| 2003 Mandi Carroll (Albright)       | 59.67   |
| 2002 Jill Hamnett (Scranton)        | 1:00.89 |
| 2001 Sarah Gazdalski (Scranton)     | 1:00.57 |
| 2000 Brooke Heebner (Albright)      | 1:01.35 |
| 1999 Angie Bretz (Albright)         | 1:01.29 |
| 1998 Lauren Kenworthy (Drew)        | 59.71   |
| 1997 Jenna Hoff (Lycoming)          | 1:03.69 |
| 1996 Lauren Kenworthy (Drew)        | 1:00.50 |
| 1995 Christine Lubrano (Scranton)   | 1:03.20 |
| 1994 Christine Lubrano (Scranton)   | 1:02.65 |
| 1993 Jennifer Derstine (Ursinus)    | 59.72   |
| 1992 Jennifer Gareis (F&M)          | 59.09   |
| 1991 Jennifer Gareis (F&M)          | 58.78   |
| 1990 Jennifer Gareis (F&M)          | 59.02   |
| 1989 Megan Devine (F&M)             | 59.88   |
| 1988 Mary McKiernan (Gettysburg)    | 1:02.67 |
| 1987 Megan Devine (F&M)             | 1:02.28 |
| 1986 Diane Curran (West MD)         | 1:01.68 |
| 1985 Karen Stefanko (Johns Hopkins) | 1:02.50 |
| 1984 Molly Dean (Dickinson)         | 1:00.60 |
| 1983 Denise Zimmerman (Lycoming)    | 1:02.11 |
| 1982 Patti Schuman (Gettysburg)     | 1:10.16 |
| 1981 Patti Schuman (Gettysburg)     | 58.89   |
| 1980 Marian Holmes (Gettysburg)     | 1:02.73 |
| 1979 Marian Holmes (Gettysburg)     | 1:01.52 |
| 1978 Marian Holmes (Gettysburg)     | 1:01.99 |
| 1977 Maria Mock (Johns Hopkins)     | 1:00.71 |
| 1976 Maria Mock (Johns Hopkins)     | 1:00.43 |

### 100-Yard Butterfly (Men)

|                               | Time  |
|-------------------------------|-------|
| 2012 Adam Kurtz (Albright)    | 51.89 |
| 2011 Adam Kurtz (Albright)    | 52.06 |
| 2010 Drew Wissler (Messiah)   | 52.18 |
| 2009 Matt O'Neill (Albright)  | 54.44 |
| 2008 Kevin Carson (Widener)   | 51.61 |
| 2007 Kevin Carson (Widener)   | 52.37 |
| 2006 Kevin Carson (Widener)   | 51.86 |
| 2005 Kevin Carson (Widener)   | 51.61 |
| 2004 Adam Fletcher (Albright) | 52.77 |
| 2003 Adam Fletcher (Albright) | 52.42 |
| 2002 Brent Archer (Drew)      | 53.41 |
| 2001 Mark Perri (Widener)     | 53.44 |
| 2000 Mark Perri (Widener)     | 54.92 |
| 1999 Scott Long (Albright)    | 54.71 |
| 1998 Scott Long (Albright)    | 54.32 |

|                                      |         |
|--------------------------------------|---------|
| 1997 Alex Duncan (Drew)              | 53.99   |
| 1996 Alex Duncan (Drew)              | 53.47   |
| 1995 Jeff Bachman (Widener)          | 55.89   |
| 1994 Jim Gaynor (Widener)            | 54.52   |
| 1993 Michael Beide (Gettysburg)      | 52.69   |
| 1992 Adam Browning (Swarthmore)      | 52.53   |
| 1991 Adam Browning (Swarthmore)      | 52.54   |
| 1990 Adam Browning (Swarthmore)      | 54.20   |
| 1989 Adam Browning (Swarthmore)      | 54.15   |
| 1988 Bo Hoppin (Dickinson)           | 54.64   |
| 1987 Adrian Carter (Johns Hopkins)   | 52.72   |
| 1986 Paul Bowman (Johns Hopkins)     | 53.06   |
| 1985 Paul Tremuth (Gettysburg)       | 53.74   |
| 1984 Steve Segreto (Johns Hopkins)   | 52.79   |
| 1983 Harvey Allen (Johns Hopkins)    | 53.43   |
| 1982 Blair Zykan (F&M)               | 53.36   |
| 1981 Doug Morgan (Johns Hopkins)     | 53.36   |
| 1980 Mike Mahan (King's)             | 53.01   |
| 1979 Mike Mahan (King's)             | 53.49   |
| 1978 Brian Kawczynski (King's)       | 53.22   |
| 1977 Clyde Vetter (Dickinson)        | 52.80   |
| 1976 Clyde Vetter (Dickinson)        | 52.42   |
| 1975 Mark Homing (Johns Hopkins)     | 52.66   |
| 1974 Bill Milne (Johns Hopkins)      | 52.51   |
| 1973 Bill Milne (Johns Hopkins)      | 51.90   |
| 1972 Bill Milne (Johns Hopkins)      | 52.00   |
| 1971 Bill Milne (Johns Hopkins)      | 52.80   |
| 1970 Robert Sahms (Elizabethtown)    | 54.00   |
| 1969 Howard Chernick (Johns Hopkins) | 55.10   |
| 1968 Howard Chernick (Johns Hopkins) | 57.00   |
| 1967 Howard Chernick (Johns Hopkins) | 59.60   |
| 1966 Pete Eisenberg (F&M)            | 59.70   |
| 1965 Bill Smulyan (F&M)              | 1:05.50 |
| 1964 Walt Manning (Lycoming)         | 57.50   |

### 200-Yard Butterfly (Women)

|                                   | Time    |
|-----------------------------------|---------|
| 2012 Jan Ikeda (Lebanon Valley)   | 2:10.44 |
| 2011 Madison Hauk (Albright)      | 2:15.33 |
| 2010 Lindsey Hunsicker (Lycoming) | 2:14.76 |
| 2009 Jess Williams (Albright)     | 2:15.02 |
| 2008 Cheyenne Gehman (Albright)   | 2:14.93 |
| 2007 Jess Williams (Albright)     | 2:14.58 |
| 2006 Cheyenne Gehman (Albright)   | 2:12.37 |
| 2005 Cheyenne Gehman (Albright)   | 2:10.18 |
| 2004 Kimberly Conway (Widener)    | 2:12.49 |
| 2003 Nicole Seward (Widener)      | 2:13.62 |
| 2002 Brooke Heebner (Albright)    | 2:16.45 |
| 2001 Brooke Heebner (Albright)    | 2:16.92 |
| 2000 Sarah Gazdalski (Scranton)   | 2:13.15 |
| 1999 Megan Douglass (Albright)    | 2:17.92 |
| 1998 Lauren Kenworthy (Drew)      | 2:13.41 |
| 1997 Niki Wasson (Lycoming)       | 2:21.02 |
| 1996 Lauren Kenworthy (Drew)      | 2:11.20 |
| 1995 Tricia Moats (Widener)       | 2:23.19 |
| 1994 Tricia Moats (Widener)       | 2:24.46 |
| 1993 Deborah Christman (F&M)      | 2:09.77 |
| 1992 Jennifer Gareis (F&M)        | 2:11.28 |
| 1991 Deborah Christman (F&M)      | 2:08.04 |
| 1990 Megan Devine (F&M)           | 2:06.55 |
| 1989 Megan Devine (F&M)           | 2:10.39 |
| 1988 Kiki Jacobs (Dickinson)      | 2:16.47 |
| 1987 Megan Devine (F&M)           | 2:14.27 |
| 1986 Mary McKiernan (Gettysburg)  | 2:16.30 |
| 1985 Molly Dean (Dickinson)       | 2:17.27 |

|                                    |         |
|------------------------------------|---------|
| 1984 Molly Dean (Dickinson)        | 2:13.00 |
| 1983 Ann Aronowitz (Johns Hopkins) | 2:16.86 |
| 1982 Ann Aronowitz (Johns Hopkins) | 2:17.08 |
| 1981 Marian Holmes (Gettysburg)    | 2:14.56 |
| 1980 Monika Bay (Johns Hopkins)    | 2:14.07 |
| 1979 Marian Holmes (Gettysburg)    | 2:15.27 |
| 1978 Marian Holmes (Gettysburg)    | 2:17.78 |
| 1977 Maria Mock (Johns Hopkins)    | 2:13.56 |
| 1976 Maria Mock (Johns Hopkins)    | 2:17.40 |

### 200-Yard Butterfly (Men)

|                                     | Time    |
|-------------------------------------|---------|
| 2012 Adam Kurtz (Albright)          | 1:56.25 |
| 2011 Adam Kurtz (Albright)          | 1:59.76 |
| 2010 Zach McElheny (Albright)       | 1:59.22 |
| 2009 Zach McElheny (Albright)       | 2:01.67 |
| 2008 Kevin Carson (Widener)         | 1:55.34 |
| 2007 Kevin Carson (Widener)         | 1:56.97 |
| 2006 Kevin Carson (Widener)         | 1:55.74 |
| 2005 Kevin Carson (Widener)         | 1:58.18 |
| 2004 Brendan Connors (Scranton)     | 1:59.58 |
| 2003 Daniel Carr (Albright)         | 2:02.62 |
| 2002 Mark Perri (Widener)           | 2:00.01 |
| 2001 Michael Conlon (Widener)       | 1:58.77 |
| 2000 Steve Fischer (Susquehanna)    | 2:01.92 |
| 1999 Mark Perri (Widener)           | 2:04.89 |
| 1998 Casey O'Donnell (Drew)         | 2:04.97 |
| 1997 Alex Duncan (Drew)             | 1:59.63 |
| 1996 Alex Duncan (Drew)             | 2:00.90 |
| 1995 Jeff Bachman (Widener)         | 2:04.22 |
| 1994 Jim Gaynor (Widener)           | 2:02.79 |
| 1993 Peter Keleher (Swarthmore)     | 1:59.10 |
| 1992 Peter Keleher (Swarthmore)     | 1:57.97 |
| 1991 Adam Browning (Swarthmore)     | 1:59.54 |
| 1990 Judd Woytek (Ursinus)          | 2:02.91 |
| 1989 Dave Dauphinais (Widener)      | 2:00.71 |
| 1988 Bo Hoppin (Dickinson)          | 1:57.80 |
| 1987 Mark Postler (Johns Hopkins)   | 1:57.82 |
| 1986 Paul Bowman (Johns Hopkins)    | 1:58.18 |
| 1985 Steve Segreto (Johns Hopkins)  | 1:58.56 |
| 1984 Steve Segreto (Johns Hopkins)  | 1:55.15 |
| 1983 Bruce Cairns (Johns Hopkins)   | 1:57.59 |
| 1982 Don Price (Johns Hopkins)      | 1:58.31 |
| 1981 Doug Morgan (Johns Hopkins)    | 1:57.98 |
| 1980 Mike Mahan (King's)            | 1:59.73 |
| 1979 Frank McGovern (Johns Hopkins) | 1:59.09 |
| 1978 Brian Kawczynski (King's)      | 1:57.58 |
| 1977 Clyde Vetter (Dickinson)       | 2:00.15 |
| 1976 Frank McGovern (Johns Hopkins) | 2:01.50 |
| 1975 Mark Horning (Johns Hopkins)   | 2:00.05 |
| 1974 Bill Milne (Johns Hopkins)     | 1:55.42 |
| 1973 Bob Stoeber (Johns Hopkins)    | 2:04.20 |
| 1972 Bill Milne (Johns Hopkins)     | 1:55.10 |
| 1971 Bill Milne (Johns Hopkins)     | 1:57.50 |

### 100-Yard Backstroke (Women)

|                                 | Time    |
|---------------------------------|---------|
| 2012 Katelynn Sagaser (Messiah) | 58.92   |
| 2011 Katelynn Sagaser (Messiah) | 58.74   |
| 2010 Kelsey Lake (Widener)      | 1:01.75 |
| 2009 Nichole Zoller (Lycoming)  | 1:02.72 |
| 2008 Molly Bendzyn (Widener)    | 1:01.57 |
| 2007 Sammy Kelly (Albright)     | 1:01.06 |
| 2006 Jill Palmiotto (Scranton)  | 1:01.50 |



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# ALL-TIME INDIVIDUAL CHAMPIONS

|                                   |         |
|-----------------------------------|---------|
| 2005 Cindy Barner (Albright)      | 59.92   |
| in trials :                       | 59.47   |
| 2004 Cindy Barner (Albright)      | 1:00.33 |
| 2003 Cindy Barner (Albright)      | 1:01.13 |
| 2002 Cindy Barner (Albright)      | 1:00.25 |
| 2001 Sarah Gazdalski (Scranton)   | 1:00.57 |
| 2000 Sarah Gazdalski (Scranton)   | 1:01.13 |
| 1999 Sarah Gazdalski (Scranton)   | 1:00.10 |
| 1998 Sarah Gazdalski (Scranton)   | 1:01.03 |
| 1997 LeeAnn Nurek (Widener)       | 1:01.50 |
| 1996 LeeAnn Nurek (Widener)       | 1:00.78 |
| 1995 Christine Lubrano (Scranton) | 1:02.22 |
| 1994 Christine Lubrano (Scranton) | 1:03.04 |
| 1993 Allison Relyea (Gettysburg)  | 1:00.38 |
| 1992 Jennifer Derstine (Ursinus)  | 1:00.04 |
| 1991 Jennifer Derstine (Ursinus)  | 1:00.48 |
| 1990 Amy Shelden (Gettysburg)     | 1:02.23 |
| 1989 Amy Shelden (Gettysburg)     | 1:02.26 |
| 1988 Joanne Williams (Gettysburg) | 1:03.79 |
| 1987 Joanne Williams (Gettysburg) | 1:03.68 |
| 1986 Penny Blakeman (F&M)         | 1:02.63 |
| 1985 Wendy Somers (F&M)           | 1:02.90 |
| 1984 Denise Zimmerman (Lycoming)  | 1:02.25 |
| 1983 Penny Blakeman (F&M)         | 1:03.51 |
| 1982 Trink Prinz (F&M)            | 1:01.74 |
| 1981 Denise Zimmerman (Lycoming)  | 1:03.18 |
| 1980 Trink Prinz (F&M)            | 1:02.97 |
| 1979 Trink Prinz (F&M)            | 1:02.19 |
| 1978 Monika Bay (Johns Hopkins)   | 1:04.04 |
| 1977 Kitty Callaghan (F&M)        | 1:04.60 |
| 1976 Amy Early (Ursinus)          | 1:06.13 |
| 1975 Amy Early (Ursinus)          | 1:07.48 |

## 100-Yard Backstroke (Men)

| Time  |                                        |
|-------|----------------------------------------|
| 51.64 | 2012 RJ Porrazzo (Albright)            |
| 52.79 | 2011 Adam Kurtz (Albright)             |
| 53.41 | 2010 Adam Kurtz (Albright)             |
| 52.52 | 2009 Chris Sheerer (Albright)          |
| 52.57 | 2008 Chris Miller (Elizabethtown)      |
| 52.52 | 2007 Chris Miller (Elizabethtown)      |
| 53.41 | 2006 Chris Miller (Widener)            |
| 52.76 | 2005 Steve Hawley (Lycoming)           |
| 54.07 | 2004 Steve Hawley (Lycoming)           |
| 53.53 | 2003 Eric Daney (Albright)             |
| 53.14 | 2002 Brent Archer (Drew)               |
| 52.45 | 2001 Brent Archer (Drew)               |
| 55.07 | 2000 Luke Peterson (Susquehanna)       |
| 54.85 | 1999 Ash Brandan (Widener)             |
| 54.29 | 1998 Petr Novak (King's)               |
| 54.35 | 1997 Seth Klinefelter (Lebanon Valley) |
| 53.29 | 1996 Seth Klinefelter (Lebanon Valley) |
| 53.66 | 1995 Harold Spangler (Lebanon Valley)  |
| 53.39 | 1994 Stephen Fowler (Elizabethtown)    |
| 53.28 | 1993 Matt McKenna (Gettysburg)         |
| 53.44 | 1992 Kevin Maguire (Widener)           |
| 55.85 | 1991 Joe Geslao (Widener)              |
| 55.84 | 1990 Joe Geslao (Widener)              |
| 57.09 | 1989 Joe Geslao (Widener)              |
| 55.73 | 1988 Pete Smith (Ursinus)              |
| 55.66 | 1987 Mark Rhoads (Johns Hopkins)       |
| 56.38 | 1986 Dan Fritsch (Johns Hopkins)       |
| 54.63 | 1985 Dick Johnson (Johns Hopkins)      |
| 54.70 | 1984 Kevin Anderson (Johns Hopkins)    |

|                                    |         |
|------------------------------------|---------|
| 1983 Skip Maselli (Dickinson)      | 54.90   |
| 1982 Bob Moser (Gettysburg)        | 55.27   |
| 1981 Mark McNealis (King's)        | 55.74   |
| 1980 Mark McNealis (King's)        | 55.69   |
| 1979 Jon Klein (Johns Hopkins)     | 55.75   |
| 1978 Mark McNealis (King's)        | 56.99   |
| 1977 John Dierkes (Johns Hopkins)  | 56.65   |
| 1976 John Dierkes (Johns Hopkins)  | 56.27   |
| 1975 John Dierkes (Johns Hopkins)  | 57.16   |
| 1974 Mark Horning (Johns Hopkins)  | 54.45   |
| 1973 Mark Horning (Johns Hopkins)  | 54.50   |
| 1972 Mark Horning (Johns Hopkins)  | 55.20   |
| 1971 Gregg Weir (F&M)              | 57.30   |
| 1970 Don Schaberle (Elizabethtown) | 58.70   |
| 1969 Don Schaberle (Elizabethtown) | 58.80   |
| 1968 Chuck Wells (Lycoming)        | 1:00.60 |
| 1967 John Stehman (F&M)            | 59.30   |
| 1966 French Gray (Dickinson)       | 58.70   |

## 200-Yard Backstroke (Women)

| Time    |                                   |
|---------|-----------------------------------|
| 2:03.30 | 2012 Laura Harris (Widener)       |
| 2:08.97 | 2011 Katelynn Sagaser (Messiah)   |
| 2:14.64 | 2010 Kelsey Lake (Widener)        |
| 2:14.19 | 2009 Milvana Ban (Lycoming)       |
| 2:12.25 | 2008 Molly Bendyn (Widener)       |
| 2:12.65 | 2007 Sammy Kelly (Albright)       |
| 2:12.57 | 2006 Jill Palmiotto (Scranton)    |
| 2:11.48 | 2005 Jill Palmiotto (Scranton)    |
| 2:13.94 | 2004 Jill Palmiotto (Scranton)    |
| 2:14.51 | 2003 Cindy Barner (Albright)      |
| 2:13.72 | 2002 Cindy Barner (Albright)      |
| 2:09.32 | 2001 Sarah Gazdalski (Scranton)   |
| 2:10.88 | 2000 Sarah Gazdalski (Scranton)   |
| 2:08.22 | 1999 Sarah Gazdalski (Scranton)   |
| 2:11.58 | 1998 Sarah Gazdalski (Scranton)   |
| 2:13.93 | 1997 Christine Lubrano (Scranton) |
| 2:15.46 | 1996 Christine Lubrano (Scranton) |
| 2:14.32 | 1995 Christine Lubrano (Scranton) |
| 2:15.86 | 1994 Christine Lubrano (Scranton) |
| 2:12.69 | 1993 Karen Alexander (W. Md.)     |
| 2:07.21 | 1992 Lynne Cassidy (Gettysburg)   |
| 2:14.87 | 1991 Amy Shelden (Gettysburg)     |
| 2:12.92 | 1990 Amy Shelden (Gettysburg)     |
| 2:13.41 | 1989 Amy Shelden (Gettysburg)     |
| 2:11.16 | 1988 Amy Shelden (Gettysburg)     |
| 2:16.85 | 1987 Joanne Williams (Gettysburg) |
| 2:18.06 | 1986 Joanne Williams (Gettysburg) |
| 2:17.01 | 1985 Kathy Sexton (Swarthmore)    |
| 2:16.99 | 1984 Clare Dunkle (Gettysburg)    |
| 2:18.01 | 1983 Denise Zimmerman (Lycoming.) |
| 2:13.61 | 1982 Denise Zimmerman (Lycoming.) |
| 2:16.16 | 1981 Denise Zimmerman (Lycoming.) |
| 2:19.29 | 1980 Monika Bay (Johns Hopkins)   |
| 2:19.29 | 1979 Monika Bay (Johns Hopkins)   |
| 2:15.95 | 1978 Monika Bay (Johns Hopkins)   |
| 2:19.88 | 1977 Kitty Callaghan (F&M)        |
| 2:26.67 | 1976 Amy Early (Ursinus)          |

## 200-Yard Backstroke (Men)

| Time    |                                   |
|---------|-----------------------------------|
| 1:57.45 | 2012 Michael Roth (Widener)       |
| 1:53.63 | 2011 Chris Sheerer (Albright)     |
| 1:52.50 | 2010 Chris Sheerer (Albright)     |
| 1:54.04 | 2009 Chris Sheerer (Albright)     |
|         | 2008 Chris Miller (Elizabethtown) |

|                                     |         |
|-------------------------------------|---------|
| 2007 Chris Miller (Elizabethtown)   | 1:53.78 |
| 2006 Eric Daney (Albright)          | 1:54.34 |
| 2005 Eric Daney (Albright)          | 1:55.34 |
| in trials                           | 1:55.31 |
| 2004 Eric Daney (Albright)          | 1:54.85 |
| 2003 Eric Daney (Albright)          | 1:54.22 |
| 2002 Brent Archer (Drew)            | 1:56.69 |
| 2001 Brent Archer (Drew)            | 1:58.51 |
| 2000 A.J. LeViere (Lycoming)        | 2:01.18 |
| 1999 A.J. LeViere (Lycoming)        | 2:02.49 |
| 1998 Petr Novak (King's)            | 1:57.78 |
| 1997 Petr Novak (King's)            | 1:58.97 |
| 1996 Matt Houseknecht (Lycoming)    | 1:59.22 |
| 1995 Petr Novak (King's)            | 2:00.27 |
| 1994 Stephen Fowler (Elizabethtown) | 1:58.75 |
| 1993 Tom Springer (F&M)             | 1:57.37 |
| 1992 Kevin Maguire (Widener)        | 1:58.18 |
| 1991 Chris Guyer (Gettysburg)       | 2:02.32 |
| 1990 Joe Geslao (Widener)           | 2:04.44 |
| 1989 Joe Geslao (Widener)           | 2:04.75 |
| 1988 Art Kelly (Gettysburg)         | 2:04.13 |
| 1987 Mark Rhoads (Johns Hopkins)    | 2:03.13 |
| 1986 Dan Fritsch (Johns Hopkins)    | 2:02.33 |
| 1985 Dick Johnson (Johns Hopkins)   | 1:57.59 |
| 1984 Bill Vanian (Johns Hopkins)    | 2:01.77 |
| 1983 Dave Bangs (Johns Hopkins)     | 2:01.84 |
| 1982 Dick Johnson (Johns Hopkins)   | 1:59.72 |
| 1981 Dave Bangs (Johns Hopkins)     | 2:01.93 |
| 1980 Bob Shrader (Widener)          | 2:04.24 |
| 1979 Jon Klein (Johns Hopkins)      | 2:02.36 |
| 1978 Jeff Cuddeback (Gettysburg)    | 2:04.29 |
| 1977 Jeff Cuddeback (Gettysburg)    | 2:02.16 |
| 1976 Mike Bay (Johns Hopkins)       | 1:58.39 |
| 1975 John Dierkes (Johns Hopkins)   | 2:06.71 |
| 1974 Mark Horning (Johns Hopkins)   | 2:00.73 |
| 1973 Mark Horning (Johns Hopkins)   | 2:03.70 |
| 1972 Jay Fortner (Johns Hopkins)    | 2:07.10 |
| 1971 Jay Fortner (Johns Hopkins)    | 2:06.00 |
| 1970 Don Schaberle (Elizabethtown)  | 2:11.00 |
| 1969 Don Schaberle (Elizabethtown)  | 2:12.60 |
| 1968 Chuck Wells (Lycoming)         | 2:15.40 |
| 1967 French Gray (Dickinson)        | 2:12.80 |
| 1966 French Gray (Dickinson)        | 2:12.60 |
| 1965 French Gray (Dickinson)        | 2:13.10 |
| 1964 Nick Hoppner (F&M)             | 2:14.50 |

## 100-Yard Breaststroke (Women)

| Time                                  |                                      |
|---------------------------------------|--------------------------------------|
| 1:05.87                               | 2012 Laura Farrar (Widener)          |
| 1:06.13                               | 2011 Stacy Flick (Lycoming)          |
| 1:07.02                               | 2010 Stacy Flick (Lycoming)          |
| 1:07.77                               | 2009 Gretchen Geiger (Elizabethtown) |
| 1:08.15                               | 2008 Rachel Cantwell (Albright)      |
| 1:08.44                               | 2007 Rachel Cantwell (Albright)      |
| 1:07.94                               | 2006 Rachel Cantwell (Albright)      |
| 1:08.08                               | 2005 Rachel Cantwell (Albright)      |
| in trials                             | 1:08.06                              |
| 2004 Kim Allen (Juniata)              | 1:07.44                              |
| 2003 Kim Allen (Juniata)              | 1:08.24                              |
| 2002 Kim Allen (Juniata)              | 1:07.74                              |
| 2001 Kim Allen (Juniata)              | 1:07.41                              |
| 2000 Courtney Kroh (Albright)         | 1:10.20                              |
| 1999 Jaclyn Zimmerman (Elizabethtown) | 1:06.92                              |
| 1998 Jaclyn Zimmerman (Elizabethtown) | 1:06.95                              |
| 1997 Jaclyn Zimmerman (Elizabethtown) | 1:06.58                              |



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# ALL-TIME INDIVIDUAL/ RELAY CHAMPIONS

|                                       |         |
|---------------------------------------|---------|
| 1996 Jaclyn Zimmerman (Elizabethtown) | 1:07.28 |
| 1995 Ruth Sykes (Lycoming)            | 1:10.73 |
| 1994 Erin Kenney (Scranton)           | 1:11.50 |
| 1993 Jodi Woods (F&M)                 | 1:09.73 |
| 1992 Britta Fink (Swarthmore)         | 1:10.88 |
| 1991 Heather Loza (Gettysburg)        | 1:09.08 |
| 1990 Heather Loza (Gettysburg)        | 1:12.03 |
| 1989 Linda Schulz (Gettysburg)        | 1:11.03 |
| 1988 Linda Schulz (Gettysburg)        | 1:11.53 |
| 1987 Chris Adams (Dickinson)          | 1:12.02 |
| 1986 Jamie Berrier (Gettysburg)       | 1:11.74 |
| 1985 Jamie Berrier (Gettysburg)       | 1:12.54 |
| 1984 Ali Harkless (Dickinson)         | 1:12.99 |
| 1983 Denise French (Western Maryland) | 1:11.01 |
| 1982 Denise French (Western Maryland) | 1:10.20 |
| 1981 Denise French (Western Maryland) | 1:10.19 |
| 1980 Denise French (Western Maryland) | 1:10.93 |
| 1979 Carol Rubino (Johns Hopkins)     | 1:12.25 |
| 1978 Carol Rubino (Johns Hopkins)     | 1:11.86 |
| 1977 Donna Bender (Widener)           | 1:12.58 |
| 1976 Donna Bender (Widener)           | 1:13.33 |
| 1975 Carol Golden (Gettysburg)        | 1:18.13 |

## 100-Yard Breaststroke (Men)

| Time    |                                         |
|---------|-----------------------------------------|
| 59.48   | 2012 Doug Ranson (Misericordia)         |
| 56.93   | 2011 Jeff Clark (Misericordia)          |
| 57.28   | 2010 Jeff Clark (Misericordia)          |
| 59.40   | 2009 Jeff Clark (Misericordia)          |
| 1:00.60 | 2008 Steven Goss (Widener)              |
| 1:00.67 | 2007 Derek Wolf (Susquehanna)           |
| 58.54   | 2006 Matthew Snyder (Widener)           |
| 1:00.41 | 2005 Matthew Snyder (Widener)           |
| 1:00.82 | 2004 Adam Fletcher (Albright)           |
| 1:00.09 | 2003 Billy Ruth (Albright)              |
| 1:00.64 | 2002 Billy Ruth (Albright)              |
| 1:01.93 | 2001 Matt Hoke (Widener)                |
| 1:02.22 | 2000 Chad Rutt (Albright)               |
| 1:01.44 | 1999 Tim Fitzgerald (Widener)           |
| 1:01.59 | 1998 Mike Gadzinski (Widener)           |
| 1:01.05 | 1997 Mike Gadzinski (Widener)           |
| 1:01.77 | 1996 Scott Hayes (Elizabethtown)        |
| 1:01.36 | 1995 Mike Schlotterbeck (Elizabethtown) |
| 59.76   | 1994 Mike Schlotterbeck (Elizabethtown) |
| 1:00.97 | 1993 Mike Schlotterbeck (Elizabethtown) |
| 1:00.80 | 1992 Mike Schlotterbeck (Elizabethtown) |
| 1:01.09 | 1991 K. Amir-Arjomand (Swarthmore)      |
| 1:02.56 | 1990 Todd Robinson (Ursinus)            |
| 1:01.10 | 1989 Todd Robinson (Ursinus)            |
| 1:02.37 | 1988 Tom Chiarlanzio (Gettysburg)       |
| 1:01.53 | 1987 Dan Fritsch (Johns Hopkins)        |
| 1:00.96 | 1986 Alan Barry (Johns Hopkins)         |
| 1:01.69 | 1985 Alan Barry (Johns Hopkins)         |
| 1:00.43 | 1984 Alan Barry (Johns Hopkins)         |
| 1:00.87 | 1983 Mark McTammany (F&M)               |
| 1:03.05 | 1982 Alan Barry (Johns Hopkins)         |
| 58.97   | 1981 Jon Blank (Johns Hopkins)          |
| 1:01.92 | 1980 Mike O'Loughlin (West. Maryland)   |
| 59.80   | 1979 Bill Sick (Johns Hopkins)          |
| 1:00.94 | 1978 Dean Buchenauer (Johns Hopkins)    |
| 1:00.09 | 1977 Bill Smiddy (Johns Hopkins)        |
| 1:01.34 | 1976 Bill Sick (Johns Hopkins)          |
| 1:04.53 | 1975 Rick Goodale (Johns Hopkins)       |
| 1:03.14 | 1974 Craig Edwards (Swarthmore)         |

|                                     |         |
|-------------------------------------|---------|
| 1973 David Anstine (Elizabethtown)  | 1:04.10 |
| 1972 David Anstine (Elizabethtown)  | 1:04.50 |
| 1971 Mike O'Donnell (Johns Hopkins) | 1:03.70 |
| 1970 David Anstine (Elizabethtown)  | 1:04.00 |
| 1969 David Zeski (Dickinson)        | 1:04.40 |
| 1968 David Zeski (Dickinson)        | 1:04.10 |
| 1967 William Moyer (Dickinson)      | 1:05.10 |
| 1966 William Moyer (Dickinson)      | 1:04.70 |

## 200-Yard Breaststroke (Women)

| Time    |                                       |
|---------|---------------------------------------|
| 2:23.89 | 2012 Laura Farrar (Widener)           |
| 2:28.89 | 2011 Stacey Flick (Lycoming)          |
| 2:29.53 | 2010 Madison Hauk (Albright)          |
| 2:25.95 | 2009 Gretchen Geiger (Elizabethtown)  |
| 2:26.85 | 2008 Rachel Cantwell (Albright)       |
| 2:26.64 | 2007 Rachel Cantwell (Albright)       |
| 2:27.95 | 2006 Rachel Cantwell (Albright)       |
| 2:27.72 | 2005 Rachel Cantwell (Albright)       |
| 2:25.14 | 2004 Kim Allen (Juniata)              |
| 2:27.61 | 2003 Kim Allen (Juniata)              |
| 2:30.11 | 2002 Courtney Kroh (Albright)         |
| 2:26.97 | 2001 Kim Allen (Juniata)              |
| 2:29.05 | 2000 Courtney Kroh (Albright)         |
| 2:25.32 | 1999 Jaclyn Zimmerman (Elizabethtown) |
| 2:24.38 | 1998 Jaclyn Zimmerman (Elizabethtown) |
| 2:23.43 | 1997 Jaclyn Zimmerman (Elizabethtown) |
| 2:25.38 | 1996 Jaclyn Zimmerman (Elizabethtown) |
| 2:30.54 | 1995 Ruth Sykes (Lycoming)            |
| 2:33.76 | 1994 Irene Mullen (Widener)           |
| 2:27.43 | 1993 Jodi Woods (F&M)                 |
| 2:29.66 | 1992 Britta Fink (Swarthmore)         |
| 2:29.77 | 1991 Britta Fink (Swarthmore)         |
| 2:33.22 | 1990 Linda Medlin (Dickinson)         |
| 2:33.52 | 1989 Linda Medlin (Dickinson)         |
| 2:35.19 | 1988 Gretchen Vandewalle (Swarthmore) |
| 2:34.93 | 1987 Michelle Scott (Johns Hopkins)   |
| 2:36.45 | 1986 Jamie Berrier (Gettysburg)       |
| 2:36.49 | 1985 Jamie Berrier (Gettysburg)       |
| 2:34.50 | 1984 Diane Lecza (Swarthmore)         |
| 2:35.26 | 1983 Denise French (Western Maryland) |
| 2:34.04 | 1982 Denise French (Western Maryland) |
| 2:23.81 | 1981 Sheila Wren (F&M)                |
| 2:33.85 | 1980 Denise French (Western Maryland) |
| 2:35.38 | 1979 Carol Rubino (Johns Hopkins)     |
| 2:35.79 | 1978 Carol Rubino (Johns Hopkins)     |
| 2:23.30 | 1976 Julie Fradel (Johns Hopkins)     |

## 200-Yard Breaststroke (Men)

| Time    |                                 |
|---------|---------------------------------|
| 2:10.43 | 2012 Doug Ranson (Misericordia) |
| 2:05.58 | 2011 Jeff Clark (Misericordia)  |
| 2:07.05 | 2010 Jeff Clark (Misericordia)  |
| 2:11.26 | 2009 Jeff Clark (Misericordia)  |
| 2:13.49 | 2008 Jeff Clark (Misericordia)  |
| 2:14.19 | 2007 Grant Ziegler (Widener)    |
| 2:13.27 | 2006 Matthew Snyder (Widener)   |
| 2:12.40 | 2005 Matthew Snyder (Widener)   |
| 2:13.58 | 2004 Matthew Snyder (Widener)   |
| 2:13.49 | 2003 Matthew Snyder (Widener)   |
| 2:13.98 | 2002 Matt Hoke (Widener)        |
| 2:15.15 | 2001 Matt Hoke (Widener)        |
| 2:14.94 | 2000 Erik Posegay (Albright)    |
| 2:17.22 | 1999 Erik Posegay (Albright)    |
| 2:16.66 | 1998 Mike Gadzinski (Widener)   |

|                                         |         |
|-----------------------------------------|---------|
| 1997 Mike Gadzinski (Widener)           | 2:14.46 |
| 1996 Scott Hayes (Elizabethtown)        | 2:15.84 |
| 1995 Mike Schlotterbeck (Elizabethtown) | 2:12.74 |
| 1994 Mike Schlotterbeck (Elizabethtown) | 2:11.22 |
| in trials                               | 2:10.96 |
| 1993 Mike Schlotterbeck (Elizabethtown) | 2:12.40 |
| 1992 Mike Schlotterbeck (Elizabethtown) | 2:14.28 |
| 1991 K. Amir-Arjomand (Swarthmore)      | 2:14.61 |
| 1990 Scott Robinson (Ursinus)           | 2:13.84 |
| 1989 Todd Robinson (Ursinus)            | 2:11.18 |
| 1988 Scott Robinson (Ursinus)           | 2:16.03 |
| 1987 Tom Chiarlanzio (Gettysburg)       | 2:15.25 |
| 1986 Alan Barry (Johns Hopkins)         | 2:12.11 |
| 1985 Alan Barry (Johns Hopkins)         | 2:13.36 |
| 1984 Alan Barry (Johns Hopkins)         | 2:12.93 |
| 1983 Harvey Allen (Johns Hopkins)       | 2:15.16 |
| 1982 Bob Britanisky (F&M)               | 2:15.23 |
| 1981 Jon Blank (Johns Hopkins)          | 2:11.38 |
| 1980 Mike O'Loughlin (West. Maryland)   | 2:17.79 |
| 1979 Bill Smiddy (Johns Hopkins)        | 2:11.20 |
| 1978 Dean Buchenauer (Johns Hopkins)    | 2:15.34 |
| 1977 Dean Buchenauer (Johns Hopkins)    | 2:15.69 |
| 1976 Bob Stoever (Johns Hopkins)        | 2:16.23 |
| 1975 Rick Goodale (Johns Hopkins)       | 2:19.27 |
| 1974 Bob Stoever (Johns Hopkins)        | 2:16.23 |
| 1973 David Anstine (Elizabethtown)      | 2:22.10 |
| 1972 David Anstine (Elizabethtown)      | 2:23.20 |
| 1971 Mike O'Donnell (Johns Hopkins)     | 2:19.80 |
| 1970 David Anstine (Elizabethtown)      | 2:21.90 |
| 1969 David Zeski (Dickinson)            | 2:25.70 |

## 200-Yard Medley Relay (Women)

| Time    |                    |
|---------|--------------------|
| 1:47.98 | 2012 Widener       |
| 1:50.20 | 2011 Misericordia  |
| 1:51.21 | 2010 Lycoming      |
| 1:52.83 | 2009 Misericordia  |
| 1:52.35 | 2008 Albright      |
| 1:51.68 | 2007 Albright      |
| 1:51.10 | 2006 Albright      |
| 1:49.20 | 2005 Albright      |
| 1:52.71 | 2004 Albright      |
| 1:52.17 | 2003 Albright      |
| 1:52.85 | 2002 Albright      |
| 1:53.30 | 2001 Juniata       |
| 1:54.92 | 2000 Albright      |
| 1:53.37 | 1999 Elizabethtown |
| 1:54.21 | 1998 Elizabethtown |
| 1:53.98 | 1997 Elizabethtown |
| 1:54.49 | 1996 Elizabethtown |
| 1:56.58 | 1995 Widener       |
| 1:56.64 | 1994 Scranton      |
| 1:52.71 | 1993 Gettysburg    |
| 1:51.92 | 1992 Gettysburg    |
| 1:51.91 | 1991 Gettysburg    |
| 1:54.83 | 1990 F&M           |
| 1:58.90 | 1989 Scranton      |
| 1:55.13 | 1988 Gettysburg    |
| 1:55.84 | 1987 Johns Hopkins |
| 1:55.63 | 1986 Gettysburg    |
| 2:02.62 | 1975 Gettysburg    |



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## ALL-TIME RELAY CHAMPIONS

### 200-Yard Medley Relay (Men)

| Year               | Time    |
|--------------------|---------|
| 2012 Misericordia  | 1:35.04 |
| 2011 Misericordia  | 1:33.78 |
| 2010 Misericordia  | 1:35.67 |
| 2009 Albright      | 1:36.08 |
| 2008 Widener       | 1:37.13 |
| 2007 Widener       | 1:37.07 |
| 2006 Widener       | 1:35.62 |
| 2005 Albright      | 1:37.65 |
| in trials          | 1:37.23 |
| 2004 Albright      | 1:37.00 |
| 2003 Widener       | 1:37.87 |
| 2002 Widener       | 1:38.38 |
| 2001 Widener       | 1:39.43 |
| 2000 Widener       | 1:40.40 |
| 1999 Widener       | 1:40.64 |
| 1998 Widener       | 1:40.87 |
| 1997 Elizabethtown | 1:40.00 |
| 1996 Elizabethtown | 1:39.95 |
| 1995 Elizabethtown | 1:41.14 |
| 1994 Elizabethtown | 1:40.11 |
| 1993 Gettysburg    | 1:38.43 |
| 1992 F&M           | 1:38.64 |
| 1991 Gettysburg    | 1:40.82 |
| 1990 F&M           | 1:41.19 |
| 1989 Scranton      | 1:42.14 |
| 1988 Swarthmore    | 1:41.65 |
| 1987 Gettysburg    | 1:38.86 |

### 200-Yard Freestyle Relay (Women)

| Year               | Time    |
|--------------------|---------|
| 2012 Misericordia  | 1:39.42 |
| 2011 Misericordia  | 1:40.18 |
| 2010 Misericordia  | 1:39.83 |
| 2009 Misericordia  | 1:40.16 |
| 2008 Misericordia  | 1:40.95 |
| 2007 Albright      | 1:40.85 |
| 2006 Albright      | 1:39.87 |
| 2005 Albright      | 1:38.20 |
| 2004 Albright      | 1:40.27 |
| 2003 Albright      | 1:40.98 |
| 2002 Albright      | 1:41.63 |
| 2001 Albright      | 1:41.41 |
| 2000 Albright      | 1:42.70 |
| 1999 Elizabethtown | 1:40.92 |
| 1998 Albright      | 1:42.60 |
| 1997 Lycoming      | 1:43.83 |
| 1996 Scranton      | 1:43.32 |
| 1995 Lycoming      | 1:43.55 |
| 1994 Widener       | 1:42.17 |
| 1993 Gettysburg    | 1:41.75 |
| 1992 Gettysburg    | 1:40.70 |
| 1991 Ursinus       | 1:41.38 |
| 1990 F&M           | 1:43.51 |
| 1989 Gettysburg    | 1:43.58 |
| 1988 Gettysburg    | 1:42.83 |
| 1987 Johns Hopkins | 1:43.05 |
| 1986 Gettysburg    | 1:42.86 |
| 1985 Scranton      | 1:49.52 |

### 200-Yard Freestyle Relay (Men)

| Year              | Time    |
|-------------------|---------|
| 2012 Misericordia | 1:25.66 |
| 2011 Misericordia | 1:24.85 |
| 2010 Misericordia | 1:26.04 |

| Year               | Time    |
|--------------------|---------|
| 2009 Misericordia  | 1:27.86 |
| 2008 Widener       | 1:26.61 |
| 2007 Widener       | 1:26.79 |
| 2006 Widener       | 1:26.51 |
| 2005 Widener       | 1:26.84 |
| 2004 Lycoming      | 1:26.42 |
| 2003 Albright      | 1:26.36 |
| 2002 Albright      | 1:27.02 |
| 2001 Widener       | 1:28.95 |
| 2000 Widener       | 1:29.79 |
| 1999 Widener       | 1:27.79 |
| 1998 Widener       | 1:30.47 |
| 1997 Elizabethtown | 1:29.20 |
| 1996 Widener       | 1:30.66 |
| 1995 Lycoming      | 1:30.55 |
| 1994 Widener       | 1:29.13 |
| 1993 Gettysburg    | 1:26.30 |
| 1992 Widener       | 1:26.04 |
| 1991 Widener       | 1:26.52 |
| 1990 Gettysburg    | 1:28.13 |
| 1989 F&M           | 1:28.14 |
| 1988 F&M           | 1:30.67 |
| 1987 Johns Hopkins | 1:29.59 |

### 400-Yard Medley Relay (Women)

| Year                  | Time    |
|-----------------------|---------|
| 2012 Misericordia     | 4:00.84 |
| 2011 Misericordia     | 4:01.34 |
| 2010 Albright         | 4:05.28 |
| 2009 Misericordia     | 4:10.56 |
| 2008 Albright         | 4:05.67 |
| 2007 Albright         | 3:59.57 |
| 2006 Albright         | 4:03.67 |
| 2005 Albright         | 3:57.53 |
| 2004 Albright         | 4:05.01 |
| 2003 Albright         | 4:03.92 |
| 2002 Albright         | 4:06.04 |
| 2001 Juniata          | 4:06.42 |
| 2000 Albright         | 4:07.77 |
| 1999 Elizabethtown    | 4:06.38 |
| 1998 Elizabethtown    | 4:08.61 |
| 1997 Elizabethtown    | 4:10.50 |
| 1996 Elizabethtown    | 4:14.23 |
| 1995 Widener          | 4:15.04 |
| 1994 Scranton         | 4:13.55 |
| 1993 Ursinus          | 4:09.42 |
| 1992 F&M              | 4:09.11 |
| 1991 Gettysburg       | 4:09.49 |
| 1990 Gettysburg       | 4:10.49 |
| 1989 Dickinson        | 4:15.38 |
| 1988 Gettysburg       | 4:16.49 |
| 1987 Dickinson        | 4:16.03 |
| 1986 Gettysburg       | 4:12.13 |
| 1985 Gettysburg       | 4:17.13 |
| 1984 Dickinson        | 4:15.97 |
| 1983 Gettysburg       | 4:15.13 |
| 1982 Western Maryland | 4:15.46 |
| 1981 Gettysburg       | 4:15.27 |
| 1980 Gettysburg       | 4:21.61 |
| 1979 Johns Hopkins    | 4:19.06 |
| 1978 Johns Hopkins    | 4:17.68 |
| 1977 Johns Hopkins    | 4:18.42 |
| 1976 Johns Hopkins    | 4:23.14 |

### 400-Yard Medley Relay (Men)

| Year               | Time    |
|--------------------|---------|
| 2012 Misericordia  | 3:30.28 |
| 2011 Misericordia  | 3:28.03 |
| 2010 Albright      | 3:29.97 |
| 2009 Albright      | 3:34.04 |
| 2008 Widener       | 3:33.65 |
| 2007 Widener       | 3:35.69 |
| 2006 Widener       | 3:30.23 |
| 2005 Widener       | 3:32.66 |
| 2004 Widener       | 3:32.90 |
| 2003 Widener       | 3:34.98 |
| 2002 Widener       | 3:35.95 |
| 2001 Widener       | 3:37.27 |
| 2000 Widener       | 3:43.20 |
| 1999 Widener       | 3:39.73 |
| 1998 Widener       | 3:44.14 |
| 1997 Elizabethtown | 3:38.42 |
| 1996 Elizabethtown | 3:41.82 |
| 1995 Elizabethtown | 3:43.61 |
| 1994 Elizabethtown | 3:41.41 |
| 1993 Gettysburg    | 3:34.43 |
| 1992 F&M           | 3:38.20 |
| 1991 F&M           | 3:41.00 |
| 1990 Swarthmore    | 3:41.73 |
| 1989 Swarthmore    | 3:44.24 |
| 1988 Gettysburg    | 3:43.39 |
| 1987 Johns Hopkins | 3:34.47 |
| 1986 Gettysburg    | 3:40.54 |
| 1985 Johns Hopkins | 3:38.16 |
| 1984 Dickinson     | 3:39.73 |
| 1983 Dickinson     | 3:37.34 |
| 1982 Johns Hopkins | 3:40.04 |
| 1981 Johns Hopkins | 3:39.40 |
| 1980 King's        | 3:42.17 |
| 1979 Johns Hopkins | 3:38.40 |
| 1978 Johns Hopkins | 3:40.13 |
| 1977 Gettysburg    | 3:44.67 |
| 1976 Johns Hopkins | 3:42.81 |
| 1975 Johns Hopkins | 3:41.22 |
| 1974 Johns Hopkins | 3:43.47 |
| 1973 Johns Hopkins | 3:48.90 |
| 1972 Johns Hopkins | 3:45.80 |
| 1971 Johns Hopkins | 3:42.40 |
| 1970 Elizabethtown | 3:46.90 |
| 1969 Johns Hopkins | 3:51.30 |
| 1968 Dickinson     | 3:57.20 |
| 1967 Dickinson     | 3:54.60 |
| 1966 Dickinson     | 3:54.80 |
| 1965 Dickinson     | 3:57.50 |
| 1964 Dickinson     | 3:55.10 |

### 400-Yard Freestyle Relay (Women)

| Year              | Time    |
|-------------------|---------|
| 2012 Widener      | 3:33.42 |
| 2011 Widener      | 3:38.45 |
| 2010 Misericordia | 3:40.70 |
| 2009 Misericordia | 3:42.25 |
| 2008 Albright     | 3:43.71 |
| 2007 Albright     | 3:40.27 |
| 2006 Albright     | 3:40.60 |
| 2005 Albright     | 3:38.30 |
| 2004 Widener      | 3:40.84 |
| 2003 Widener      | 3:40.31 |
| 2002 Albright     | 3:43.89 |



## ALL-TIME RELAY CHAMPIONS/RECORDS

|                                       |             |                                         |             |                    |         |
|---------------------------------------|-------------|-----------------------------------------|-------------|--------------------|---------|
| 2001 Albright                         | 3:40.98     | 1978 Johns Hopkins                      | 3:16.89     | 1997 Widener       | 7:21.61 |
| 2000 Albright                         | 3:43.75     | 1977 Johns Hopkins                      | 3:16.92     | 1996 Drew          | 7:23.82 |
| 1999 Elizabethtown                    | 3:43.21     | 1976 Johns Hopkins                      | 3:20.38     | 1995 Elizabethtown | 7:28.52 |
| 1998 Elizabethtown                    | 3:45.45     | 1975 Johns Hopkins                      | 3:19.34     | 1994 Widener       | 7:32.23 |
| 1997 Elizabethtown                    | 3:45.26     | 1974 Johns Hopkins                      | 3:19.45     | 1993 Gettysburg    | 7:11.12 |
| 1996 Scranton                         | 3:44.89     | 1973 Johns Hopkins                      | 3:27.70     | 1992 Gettysburg    | 7:10.08 |
| 1995 Scranton                         | 3:46.55     | 1972 Johns Hopkins                      | 3:25.70     | 1991 F&M           | 7:06.90 |
| 1994 Scranton                         | 3:46.52     | 1971 Johns Hopkins                      | 3:22.90     | 1990 Gettysburg    | 7:10.02 |
| 1993 Gettysburg                       | 3:41.19     | 1970 Elizabethtown                      | 3:25.70     | 1989 Gettysburg    | 7:13.25 |
| 1992 Gettysburg                       | 3:39.94     | 1969 Johns Hopkins                      | 3:29.50     | 1988 Gettysburg    | 7:22.80 |
| 1991 Gettysburg                       | 3:41.00     | 1968 Dickinson                          | 3:29.60     | 1987 Johns Hopkins | 7:00.07 |
| 1990 F&M                              | 3:42.25     | 1967 Dickinson                          | 3:29.70     | 1986 Johns Hopkins | 7:00.97 |
| 1989 Elizabethtown                    | 3:45.24     | 1966 F&M                                | 3:30.00     | 1985 Johns Hopkins | 7:09.57 |
| 1988 Dickinson                        | 3:43.89     | 1965 Dickinson                          | 3:34.50     | 1984 Johns Hopkins | 7:16.40 |
| 1987 Dickinson                        | 3:44.42     |                                         |             |                    |         |
| 1986 Dickinson                        | 3:42.73     | <b>800-Yard Freestyle Relay (Women)</b> | <b>Time</b> |                    |         |
| 1985 Dickinson                        | 3:44.63     | 2012 Widener                            | 7:49.43     |                    |         |
| 1984 Dickinson                        | 3:47.40     | 2011 Widener                            | 7:58.89     |                    |         |
| 1983 Dickinson                        | 3:49.64     | 2010 Misericordia                       | 8:08.83     |                    |         |
| 1982 Gettysburg                       | 3:44.52     | 2009 Albright                           | 8:08.03     |                    |         |
| 1981 Gettysburg                       | 3:46.29     | 2008 Albright                           | 8:13.46     |                    |         |
| 1980 Johns Hopkins                    | 3:49.57     | 2007 Albright                           | 8:03.17     |                    |         |
| 1979 Gettysburg                       | 3:51.17     | 2006 Albright                           | 8:04.12     |                    |         |
| 1978 Johns Hopkins                    | 3:50.73     | 2005 Albright                           | 8:00.97     |                    |         |
| 1977 Widener                          | 3:50.90     | 2004 Scranton                           | 8:03.35     |                    |         |
| 1976 Widener                          | 3:55.38     | 2003 Scranton                           | 8:02.48     |                    |         |
|                                       |             | 2002 Widener                            | 8:07.06     |                    |         |
| <b>400-Yard Freestyle Relay (Men)</b> | <b>Time</b> | 2001 Albright                           | 7:59.08     |                    |         |
| 2012 Misericordia                     | 3:10.00     | 2000 Albright                           | 8:04.36     |                    |         |
| 2011 Misericordia                     | 3:09.84     | 1999 Elizabethtown                      | 8:02.69     |                    |         |
| 2010 Albright                         | 3:11.13     | 1998 Elizabethtown                      | 8:11.08     |                    |         |
| 2009 Albright                         | 3:11.26     | 1997 Drew                               | 8:13.23     |                    |         |
| 2008 Widener                          | 3:11.68     | 1996 Scranton                           | 8:14.20     |                    |         |
| 2007 Widener                          | 3:12.50     | 1995 Scranton                           | 8:14.25     |                    |         |
| 2006 Widener                          | 3:13.32     | 1994 Scranton                           | 8:11.14     |                    |         |
| 2005 Widener                          | 3:12.05     | 1993 Gettysburg                         | 8:01.99     |                    |         |
| 2004 Albright                         | 3:10.91     | 1992 Gettysburg                         | 8:02.22     |                    |         |
| 2003 Albright                         | 3:11.46     | 1991 Gettysburg                         | 7:54.24     |                    |         |
| 2002 Widener                          | 3:13.82     | 1990 Gettysburg                         | 8:05.04     |                    |         |
| 2001 Widener                          | 3:16.22     | 1989 Gettysburg                         | 8:14.79     |                    |         |
| 2000 Widener                          | 3:18.89     | 1988 Dickinson                          | 8:08.28     |                    |         |
| 1999 Widener                          | 3:17.57     | 1987 Dickinson                          | 8:03.91     |                    |         |
| 1998 Widener                          | 3:19.98     | 1986 Dickinson                          | 8:04.74     |                    |         |
| 1997 Widener                          | 3:14.82     | 1985 Dickinson                          | 8:07.47     |                    |         |
| 1996 Elizabethtown                    | 3:19.87     | 1984 Gettysburg                         | 8:29.68     |                    |         |
| 1995 Lycoming                         | 3:20.59     |                                         |             |                    |         |
| 1994 Widener                          | 3:18.78     | <b>800-Yard Freestyle Relay (Men)</b>   | <b>Time</b> |                    |         |
| 1993 Gettysburg                       | 3:14.08     | 2012 Misericordia                       | 7:06.97     |                    |         |
| 1992 Widener                          | 3:12.52     | 2011 Widener                            | 7:02.88     |                    |         |
| 1991 Widener                          | 3:15.13     | 2010 Widener                            | 7:08.53     |                    |         |
| 1990 Gettysburg                       | 3:14.22     | 2009 Widener                            | 7:08.87     |                    |         |
| 1989 Gettysburg                       | 3:16.91     | 2008 Widener                            | 7:06.09     |                    |         |
| 1988 Gettysburg                       | 3:20.77     | 2007 Widener                            | 7:08.25     |                    |         |
| 1987 Johns Hopkins                    | 3:09.75     | 2006 Widener                            | 7:09.05     |                    |         |
| 1986 Johns Hopkins                    | 3:14.17     | 2005 Widener                            | 7:07.59     |                    |         |
| 1985 Johns Hopkins                    | 3:15.46     | 2004 Albright                           | 7:11.91     |                    |         |
| 1984 Johns Hopkins                    | 3:16.77     | 2003 Widener                            | 7:10.98     |                    |         |
| 1983 Gettysburg                       | 3:11.45     | 2002 Widener                            | 7:12.26     |                    |         |
| 1982 Gettysburg                       | 3:12.60     | 2001 Widener                            | 7:15.70     |                    |         |
| 1981 Johns Hopkins                    | 3:14.23     | 2000 Albright                           | 7:23.96     |                    |         |
| 1980 Johns Hopkins                    | 3:15.28     | 1999 Widener                            | 7:23.02     |                    |         |
| 1979 Gettysburg                       | 3:15.18     | 1998 Widener                            | 7:23.48     |                    |         |



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# CHAMPIONSHIP RECORDS

## Men's Championship Records

### 50-Yard Freestyle

Greg Vossler, Misericordia (2011) 21.00

### 100-Yard Freestyle

Tyler Bierly, Gettysburg (1987) 46.89

### 200-Yard Freestyle

Casey Moore, Elizabethtown (2001) 1:42.20

### 500-Yard Freestyle

Eric Meixner, Johns Hopkins (1987) 4:41.44

### 1,650-Yard Freestyle

Mark Postler, Johns Hopkins (1985) 16:23.87

### 100-Yard Butterfly

Kevin Carson, Widener (2008) 51.61

### 200-Yard Butterfly

Bill Milne, Johns Hopkins (1972) 1:55.10

### 100-Yard Backstroke

Chris Sheerer, Albright (2011) 51.67

### 200-Yard Backstroke

Chris Sheerer, Albright (2010) 1:52.50

### 100-Yard Breaststroke

Jeff Clark, Misericordia (2011) 56.78

### 200-Yard Breaststroke

Jeff Clark, Misericordia (2011) 2:05.58

### 200-Yard Individual Medley

Chris Sheerer, Albright (2010) 1:53.79

### 400-Yard Individual Medley

Joseph Veselovsky, Scranton (2007) 4:13.02

### 200-Yard Freestyle Relay

Misericordia (2011) 1:24.85

### 400-Yard Freestyle Relay

Johns Hopkins (1987) 3:09.75

### 800-Yard Freestyle Relay

Johns Hopkins (1987) 7:00.07

### 200-Yard Medley Relay

Misericordia (2011) 1:33.78

### 400-Yard Medley Relay

Misericordia (2011) 3:28.03

## Women's Championship Records

### 50-Yard Freestyle

Laura Harris, Widener (2011) 21.00

### 100-Yard Freestyle

Laura Harris, Widener (2011) 51.90

### 200-Yard Freestyle

Lynne Cassidy, Gettysburg (1991) 1:55.16

### 500-Yard Freestyle

Lynne Cassidy, Gettysburg (1991) 5:04.37

### 1,650-Yard Freestyle

Lynne Cassidy, Gettysburg (1991) 17:48.22

### 100-Yard Butterfly

Laura Harris, Widener (2011) 56.96

### 200-Yard Butterfly

Megan Devine, F&M (1990) 2:06.55

### 100-Yard Backstroke

Katelyn Sagaser, Messiah (2011) 58.74

### 200-Yard Backstroke

Laura Harris, Widener (2012) 2:04.63

### 100-Yard Breaststroke

Laura Farrar, Widener (2012) 1:05.87

### 200-Yard Breaststroke

Jaclyn Zimmerman, Elizabethtown (1997) 2:23.43

### 200-Yard Individual Medley

Laura Farrar, Widener (2012) 2:09.39

### 400-Yard Individual Medley

Lauren Kenworthy, Drew (1997) 4:36.71

### 200-Yard Freestyle Relay

Albright (2005) 1:38.20

### 400-Yard Freestyle Relay

Widener (2012) 1:47.98

### 800-Yard Freestyle Relay

Widener (2012) 7:49.43

### 200-Yard Medley Relay

Albright (2005) 1:49.20

### 400-Yard Medley Relay

Albright (2005) 3:57.53



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## EAVENSON AWARD WINNERS/ TEAM CHAMPIONS

### DAVID B. EAVENSON AWARD RECIPIENTS

| Men                               | Year |
|-----------------------------------|------|
| Ricky Sutton, Albright            | 2012 |
| Eric Kramer, Albright             | 2011 |
| Adam Kurtz, Albright              | 2011 |
| Chris Sheerer, Albright           | 2010 |
| Chris Sheerer, Albright           | 2009 |
| Eric Kramer, Albright             | 2008 |
| Chris Miller, Elizabethtown       | 2007 |
| Kevin Carson, Widener             | 2006 |
| Andy Ikeler, Albright             | 2005 |
| Andy Ikeler, Albright             | 2004 |
| Casey Moore, Elizabethtown        | 2003 |
| Brent Archer, Drew                | 2002 |
| Casey Moore, Elizabethtown        | 2001 |
| Mike MacDonald, Widener           | 2000 |
| Mike Coughlin, Widener            | 1999 |
| Tim Lawlor, Drew                  | 1999 |
| Mike Coughlin, Widener            | 1998 |
| Petr Novak, King's                | 1998 |
| Mike Gadzinski, Widener           | 1997 |
| Tim Lawlor, Drew                  | 1997 |
| Seth Klinefelter, Lebanon Valley  | 1996 |
| Mike Schlotterbeck, Elizabethtown | 1995 |
| Andy Smith, Albright              | 1995 |
| Mike Schlotterbeck, Elizabethtown | 1994 |
| Matt McKenna, Gettysburg          | 1993 |
| Joe Geslao, Widener               | 1992 |
| Rob Newman, Western Maryland      | 1991 |
| Rob Newman, Western Maryland      | 1990 |

### DAVID B. EAVENSON AWARD RECIPIENTS

| Women                           | Year |
|---------------------------------|------|
| Laura Farrar, Widener           | 2012 |
| Laura Harris, Widener           | 2011 |
| Lindsey Hunsicker, Lycoming     | 2010 |
| Gretchen Geiger, Elizabethtown  | 2009 |
| Rachel Cantwell, Albright       | 2008 |
| Rachel Cantwell, Albright       | 2007 |
| Rachel Cantwell, Albright       | 2006 |
| Rachel Cantwell, Albright       | 2005 |
| Shandra Keeler, Widener         | 2004 |
| Nicole Seward, Widener          | 2003 |
| Cindy Barner, Albright          | 2002 |
| Carrie Miller, Albright         | 2001 |
| Carrie Miller, Albright         | 2000 |
| Sarah Gazdalski, Scranton       | 2000 |
| Lauren Kenworthy, Drew          | 1999 |
| Lauren Kenworthy, Drew          | 1998 |
| Sarah Gazdalski, Scranton       | 1998 |
| Jaclyn Zimmerman, Elizabethtown | 1997 |
| Jaclyn Zimmerman, Elizabethtown | 1996 |
| Erin Kenney, Scranton           | 1995 |
| Christine Lubrano, Scranton     | 1995 |
| Irene Mullen, Widener           | 1994 |
| Christine Lubrano, Scranton     | 1994 |
| Jodi Woods, Franklin & Marshall | 1993 |
| Lynne Cassidy, Gettysburg       | 1992 |
| Jennifer Derstine, Ursinus      | 1992 |
| Lynne Cassidy, Gettysburg       | 1991 |

## TEAM CHAMPIONS

| Year | Men           | Women         | Year | Men           | Women         | Year | Men                 |
|------|---------------|---------------|------|---------------|---------------|------|---------------------|
| 2012 | Albright      | Albright      | 1990 | Gettysburg    | Gettysburg    | 1969 | Johns Hopkins       |
| 2011 | Albright      | Widener       | 1989 | Swarthmore    | Gettysburg    | 1968 | Dickinson           |
| 2010 | Widener       | Lycoming      | 1988 | Gettysburg    | Gettysburg    | 1967 | Dickinson           |
| 2009 | Widener       | Misericordia  | 1987 | Johns Hopkins | Gettysburg    | 1965 | Franklin & Marshall |
| 2008 | Widener       | Albright      | 1986 | Johns Hopkins | Gettysburg    | 1964 | West Chester        |
| 2007 | Widener       | Albright      | 1985 | Johns Hopkins | Gettysburg    | 1963 | Bucknell            |
| 2006 | Widener       | Albright      | 1984 | Johns Hopkins | Dickinson     | 1962 | West Chester        |
| 2005 | Albright      | Albright      | 1983 | Johns Hopkins | Gettysburg    | 1961 | West Chester        |
| 2004 | Albright      | Scranton      | 1982 | Johns Hopkins | Gettysburg    | 1960 | Bucknell            |
| 2003 | Albright      | Albright      | 1981 | Johns Hopkins | Gettysburg    | 1959 | Lehigh              |
| 2002 | Widener       | Albright      | 1980 | Johns Hopkins | Gettysburg    | 1958 | West Chester        |
| 2001 | Widener       | Albright      | 1979 | Johns Hopkins | Gettysburg    | 1957 | La Salle            |
| 2000 | Albright      | Albright      | 1978 | Johns Hopkins | Johns Hopkins | 1956 | Lafayette           |
| 1999 | Widener       | Elizabethtown | 1977 | Johns Hopkins | Johns Hopkins | 1955 | Lafayette           |
| 1998 | Widener       | Elizabethtown | 1976 | Johns Hopkins | Johns Hopkins | 1954 | Delaware            |
| 1997 | Widener       | Lycoming      | 1975 | Johns Hopkins | Ursinus       | 1953 | Lehigh              |
| 1996 | Widener       | Scranton      | 1974 | Johns Hopkins |               | 1952 | Lehigh              |
| 1995 | Elizabethtown | Scranton      | 1973 | Johns Hopkins |               | 1951 | Lehigh              |
| 1994 | Widener       | Widener       | 1972 | Johns Hopkins |               | 1950 | Lehigh              |
| 1993 | Gettysburg    | Gettysburg    | 1971 | Johns Hopkins |               | 1949 | F&M                 |
| 1992 | Gettysburg    | Gettysburg    | 1970 | Elizabethtown |               | 1948 | West Chester        |
| 1991 | Gettysburg    | Gettysburg    |      |               |               |      |                     |



## THE MIDDLE ATLANTIC CONFERENCE

### MAC History

During 2012-13 the Middle Atlantic Conferences celebrate MAC 100 to honor a century of intercollegiate competition as one of the oldest intercollegiate athletics associations in the United States. Founded on December 10, 1912, the MAC has evolved into the only intercollegiate sports umbrella organization in the country that includes the Middle Atlantic, Freedom, and Commonwealth conferences. The first conference competition occurred on May 20, 1913 with a track & field meet at Lafayette College. Since then, 59 institutions have competed in 25 sports and won 33 NCAA team championships. Currently 18 Division III schools, spanning four states, have 6448 student-athletes competing in 23 sports for 36 conference championships. As the MAC enters its second century, the presidents and athletic administrators have positioned the conference into the strongest, most cohesive structure since its founding.

Current members are Albright College, Alvernia University, Arcadia University, Delaware Valley College, DeSales University, Eastern University, Elizabethtown College, Fairleigh Dickinson University College at Florham, Hood College, King's College, Lebanon Valley College, Lycoming College, Manhattanville College, Messiah College, Misericordia University, Stevenson University, Widener University and Wilkes University.

Currently, the Conferences sponsor competition in 11 men's sports: baseball, basketball, cross country, football, golf, indoor track and field, lacrosse, soccer, swimming, tennis, and outdoor track and field. The 12 women's sports are: basketball, cross country, field hockey, golf, indoor track and field, lacrosse, soccer, softball, swimming, tennis, outdoor track and field, and volleyball.

### Code of Conduct

We expect conduct that exemplifies the best traditions of intercollegiate athletics. Coaches and student-athletes abide by the spirit and letter of the sport playing rules and are gracious in both victory and defeat.

Competition is conducted in a nondiscriminatory manner that encourages enthusiastic, positive support of the participants and teams by all spectators. Profanity; sexist, ethnic, or racial comments; or, other intimidating actions will not be tolerated.

Consumption or possession of alcoholic beverages, smoking, and the use of artificial noisemakers is prohibited.

As hosts, we are responsible for providing the visitors with an environment that would meet our expectations if the roles were reversed. This is our home; please treat it as you would your own.

### MAC Staff



|               |                             |                                                      |              |
|---------------|-----------------------------|------------------------------------------------------|--------------|
| Ken Andrews   | Executive Director          | <a href="mailto:andrews@lvc.edu">andrews@lvc.edu</a> | 717-649-1868 |
| Pat Ross      | Director of Media Relations | <a href="mailto:ross@lvc.edu">ross@lvc.edu</a>       | 570-854-1137 |
| Marie Stroman | Coordinator of MAC 100      | <a href="mailto:stroman@lvc.edu">stroman@lvc.edu</a> | 717-645-9786 |



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