



**MOUNTAIN
EAST**

WOMEN'S SWIMMING

RECORD BOOK

GMAC/MEC TEAM CHAMPIONSHIP RESULTS**2018****Feb. 14-17****C.T. Branin Natatorium • Malone University
Canton, Ohio****Team Results**

1.	Findlay	1973
2.	Hillsdale	1323
3.	Malone	953.5
4.	Fairmont State*	820.5
5.	W.Va. Wesleyan	820
6.	Davis & Elkins	584
7.	Alderson Broaddus	340
8.	Ursuline	240
9.	Urbana	210
10.	Notre Dame	184

2019**Feb. 13-16****C.T. Branin Natatorium • Malone University
Canton, Ohio****Team Results**

1.	Findlay	1935.5
2.	Hillsdale	1572.5
3.	Malone	882
4.	Davis & Elkins	686.5
5.	W.Va. Wesleyan*	664.5
6.	Fairmont State	521
7.	Notre Dame	426
8.	Urbana	220
9.	Alderson Broaddus	188
10.	Tiffin	181
11.	Ursuline	161

2020**Feb. 12-15****C.T. Branin Natatorium • Malone University
Canton, Ohio****Team Results**

1.	Hillsdale	1691
2.	Findlay	1583.5
3.	Malone	836
4.	UNC Pembroke*	715
5.	Fairmont State	648
6.	W.Va. Wesleyan	534
7.	Notre Dame	501
8.	Davis & Elkins	410
9.	Tiffin	332
10.	Frostburg State	244.5
11.	Urbana	181
12.	Ursuline	150
13.	Alderson Broaddus	106

* Denotes MEC champion

2021**March 30-April 2****C.T. Branin Natatorium • Malone University
Canton, Ohio****Team Results**

1.	Hillsdale	1690.5
2.	Findlay	1464
3.	UNC Pembroke*	964
4.	Malone	721.5
5.	Notre Dame	590
6.	W.Va. Wesleyan	532
7.	Frostburg State	466
8.	Davis & Elkins	463
9.	Fairmont State	459
10.	Ursuline	177

* Denotes MEC champion

GMAC/MEC INDIVIDUAL CHAMPIONS

50 Free

2018.....	Amanda Steigal (Findlay).....	23.77
2019.....	Amanda Steigal (Findlay).....	23.72
2020.....	Mariel Mencia Martinez (UNC Pembroke).....	23.98
2021.....	Mariel Mencia Martinez (UNC Pembroke).....	23.80

100 Free

2018.....	Amanda Stiegal (Findlay).....	51.21
2019.....	Denise Quentin (Malone).....	51.28
2020.....	Denise Quentin (Malone).....	51.70
2021.....	Mariel Mencia Martinez (UNC Pembroke).....	51.26

200 Free

2018.....	Courtney Deem (Fairmont State).....	1:51.15
2019.....	Amanda Stiegal (Findlay).....	1:53.94
2020.....	Courtney Deem (Fairmont State).....	1:53.29
2021.....	Gillian Manning (UNC Pembroke).....	1:52.22

500 Free

2018.....	Courtney Deem (Fairmont State).....	5:03.53
2019.....	Courtney Deem (Fairmont State).....	5:05.85
2020.....	Leah Tunney (Hillsdale).....	5:02.34
2021.....	Gillian Manning (UNC Pembroke).....	5:00.27

1000 Free

2018.....	Courtney Deem (Fairmont State).....	10:29.64
2019.....	Courtney Deem (Fairmont State).....	10:35.24
2020.....	Nathalia Silva (UNC Pembroke).....	10:17.88
2021.....	Nathalia Silva (UNC Pembroke).....	10:48.70

1650 Free

2018.....	Sydney Zimdars (Findlay).....	17:34.56
2019.....	Sydney Zimdars (Findlay).....	17:46.45
2020.....	Nathalia Silva (UNC Pembroke).....	17:21.27
2021.....	Zsofi Bevardi (Fairmont State).....	17:26.31

100 Back

2018.....	Kathryn Samuelson (Findlay).....	56.25
2019.....	Chris McFarland (Findlay).....	56.23
2020.....	Chris McFarland (Findlay).....	55.74
2021.....	Caroline Holmes (Hillsdale).....	57.46

200 Back

2018.....	Emma Barnes (Findlay).....	2:01.79
2019.....	Katherine Heeres (Hillsdale).....	2:03.35
2020.....	Katherine Heeres (Hillsdale).....	2:04.03
2021.....	Caroline Holmes (Hillsdale).....	2:05.08

100 Breast

2018.....	Marlena Dudek (Fairmont State).....	1:02.75
2019.....	Anika Ellingson (Hillsdale).....	1:02.83
2020.....	Hanna Cederholm (Findlay).....	1:01.97
2021.....	Maria Argyropoulou (Findlay).....	1:04.52

200 Breast

2018.....	Marlena Dudek (Fairmont State).....	2:16.91
2019.....	Hanna Cederholm (Findlay).....	2:18.87
2020.....	Hanna Cederholm (Findlay).....	2:17.77
2021.....	Maria Argyropoulou (Findlay).....	2:21.03

100 Fly

2018.....	Hanna Cederholm (Findlay).....	56.10
2019.....	Katy Kouvaris (Findlay).....	56.07
2020.....	Hanna Cederholm (Findlay).....	56.17
2021.....	Denise Quentin (Malone).....	56.00

200 Fly

2018.....	Katy Kouvaris (Findlay).....	2:05.59
2019.....	Katy Kouvaris (Findlay).....	2:05.55
2020.....	Katy Kouvaris (Findlay).....	2:07.82
2021.....	Gillian Manning (UNC Pembroke).....	2:05.16

200 IM

2018.....	Hanna Cederholm (Findlay).....	2:04.48
2019.....	Hanna Cederholm (Findlay).....	2:05.33
2020.....	Hanna Cederholm (Findlay).....	2:04.16
2021.....	Cecilia Guadalupi (Hillsdale).....	2:06.67

400 IM

2018.....	Emma Barnes (Findlay).....	4:28.47
2019.....	Kaila Butterworth (Malone).....	4:37.01
2020.....	Danielle Snell (Hillsdale).....	4:37.57
2021.....	Cecilia Guadalupi (Hillsdale).....	4:33.94

200 Free Relay

2018.....	Findlay (Steigal, Cederholm, Snell, Blanchard).....	1:34.16
2019.....	Findlay (Steigal, McFarland, Cederholm, Polewski).....	1:35.02
2020.....	Findlay (McFarland, Coleman, Kouvaris, Cederholm).....	1:35.40
2021.....	Hillsdale (Taylor, Guadalupi, Rao, Heeres).....	1:35.65

400 Free Relay

2018.....	Findlay (Stiegal, Blanchard, Dasher, Barnes).....	3:28.42
2019.....	Findlay (Stiegal, Dasher, Kouvaris, Wile).....	3:32.18
2020.....	Malone (Quentin, Reynolds, Knoch, Williams).....	3:29.46
2021.....	UNC Pembroke (Mencia Martinez, Miller, Rodriguez Matos, Manning).....	3:32.58

800 Free Relay

2018.....	Findlay (Stiegal, Kouvaris, Miles, Barnes).....	7:41.09
2019.....	Malone (Quentin, Reynolds, Butterworth, Bruce).....	7:49.19
2020.....	Hillsdale (Heeres, Tunney, Breay, Snell).....	7:43.72
2021.....	UNC Pembroke (Silva, Seplak, Mencia Martinez, Manning) ...	7:39.95

200 Medley Relay

2018.....	Findlay (Samuelson, Cederholm, Kouvaris, Blanchard) ..	1:44.17
2019.....	Findlay (McFarland, Cederholm, Kouvaris, Stiegal).....	1:43.25
2020.....	Findlay (Zess, Coleman, Klopp, Poling).....	1:44.70
2021.....	Findlay (Klopp, Coleman, Fedele, Poling).....	1:45.25

400 Medley Relay

2018.....	Findlay (Samuelson, Cederholm, Kouvaris, Stiegal)....	3:47.66
2019.....	Hillsdale (Heeres, Ellingson, Voisin, De Tar).....	3:51.53
2020.....	Findlay (Zess, Cederholm, Kouvaris, McFarland).....	3:48.85
2021.....	Findlay (Klopp, Argyropoulou, Fedele, Miles).....	3:51.89

1 MTR Diving

2018.....	Hannah May (Findlay).....	401.90
2019.....	Diamond Boyer (Tiffin).....	287.60
2020.....	Leah Vander Roest (Findlay).....	261.30
2021.....	Lydia Brengelman (Malone).....	285.90

3 MTR Diving

2018.....	Alicia Solis (Findlay).....	376.35
2019.....		
2020.....	Lydia Deprey (Tiffin).....	219.30
2021.....	Leah Vander Roest (Findlay).....	286.50

MEC CHAMPIONS

2018	Fairmont State
2019	W.Va. Wesleyan
2020	UNC Pembroke
2021	UNC Pembroke

GMAC/MEC CHAMPIONS

2018	Findlay
2019	Findlay
2020	Hillsdale
2021	Hillsdale

GMAC/MEC SWIMMER OF THE MEET

2018	Courtney Deem (Fairmont State)
2019	Courtney Deem (Fairmont State)
2020	Hanna Cederholm (Findlay)
2021	Gillian Manning (UNC Pembroke)

GMAC/MEC FRESHMAN OF THE MEET

2019	Christina McFarland (Findlay)
2020	Leah Tunney (Hillsdale)
2021	Cecilia Guadalupi (Hillsdale)

GMAC/MEC COACH OF THE MEET

2018	Andrew Makepeace (Findlay)
2019	Kurt Kirner (Hillsdale)
2020	Kurt Kirner (Hillsdale)
2021	Kurt Kirner (Hillsdale)

ALL-TIME ALL-MEC

2018

50 Freestyle

First Team Francine Meyer (FAIR)
 Second Team Camilla Brizzi (WVWC)
 Honorable Mention Sabrina Buhagiar (FAIR)

100 Yard Freestyle

First Team Courtney Deem (FAIR)
 Second Team Francine Meyer (FAIR)
 Honorable Mention Camilla Brizzi (WVWC)

200 Freestyle

First Team Courtney Deem (FAIR)
 Second Team Kay Lange (WVWC)
 Honorable Mention Brionna Costanzo (NDC)

500 Freestyle

First Team Courtney Deem (FAIR)
 Second Team Kay Lange (WVWC)
 Honorable Mention Theresa Burgess (WVWC)

1,000 Freestyle

First Team Courtney Deem (FAIR)
 Second Team Samantha Segrest (WVWC)
 Honorable Mention Ashton Cole (WVWC)

1,650 Freestyle

First Team Becka Crandall (FAIR)
 Second Team Samantha Segrest (WVWC)
 Honorable Mention Theresa Burgess (WVWC)

100 Backstroke

First Team Francine Meyer (FAIR)
 Second Team Brionna Costanzo (NDC)
 Honorable Mention Amanda Cameron (NDC)

200 Backstroke

First Team Ashton Cole (WVWC)
 Second Team Sarah Noll (WVWC)
 Honorable Mention Kylee Savage (WVWC)

100 Breaststroke

First Team Marlena Dudek (FAIR)
 Second Team Emily Gersper (FAIR)
 Honorable Mention Sabrina Buhagiar (FAIR)

200 Breaststroke

First Team Marlena Dudek (FAIR)
 Second Team Kay Lange (WVWC)
 Honorable Mention Emily Gersper (FAIR)

100 Butterfly

First Team Francine Meyer (FAIR)
 Second Team Alayna Thompson (WVWC)
 Honorable Mention Emily Kroll (WVWC)

200 Yard Butterfly

First Team Samantha Segrest (WVWC)
 Second Team Ryann Katz (WVWC)
 Honorable Mention Lexi Rowe (FAIR)

200 IM

First Team Marlena Dudek (FAIR)
 Second Team Alyssa Serrano (WVWC)
 Honorable Mention Theresa Burgess (WVWC)

400 IM

First Team Marlena Dudek (FAIR)
 Second Team Samantha Segrest (WVWC)
 Honorable Mention Alyssa Serrano (WVWC)

200 Free Relay

First Team West Virginia Wesleyan (Lange, Serrano, Puigvert, Brizzi)
 Second Team Fairmont State (Beekler, Crandall, Rowe, Gersper)
 Honorable Mention Urbana (Foster, Miller, Fisher, Lindon)

400 Free Relay

First Team Fairmont State (Meyer, Buhagiar, Dudek, Deem)
 Second Team West Virginia Wesleyan (Brizzi, Puigvert, Serrano, Lange)
 Honorable Mention Urbana (Miller, Fisher, Foster, Lindon)

800 Free Relay

First Team Fairmont State (Dudek, Meyer, Buhagiar, Deem)
 Second Team West Virginia Wesleyan (Lange, Burgess, Savage, Segrest)

200 Medley Relay

First Team West Virginia Wesleyan (Matti, Serrano, Thompson, Brizzi)
 Second Team Fairmont State (Beekler, Gersper, Crandall, Buhagiar)
 Honorable Mention Urbana (Fisher, Foster, Miller, Lindon)

400 Medley Relay

First Team Fairmont State (Meyer, Dudek, Deem, Buhagiar)
 Second Team West Virginia Wesleyan (Noll, Lange, Thompson, Brizzi)
 Honorable Mention Urbana (Fisher, Foster, Miller, Lindon)

Swimmer of the Year: Marlena Dudek (Fairmont State)

Freshman of the Year: Courtney Deem (Fairmont State)

Coach of the Year: Pat Snively (Fairmont State)

2019

50 Freestyle

First Team Rylee Jackson (WVWC)
 Second Team Anna Puigvert (WVWC)
 Honorable Mention Emily Gersper (FAIR)

100 Yard Freestyle

First Team Rylee Jackson (WVWC)
 Second Team Mikaela Clemson (NDC)
 Honorable Mention Anna Puigvert (WVWC)

200 Freestyle

First Team Courtney Deem (FAIR)
 Second Team Morgan Choffin (WVWC)
 Honorable Mention Mikaela Clemson (NDC)

500 Freestyle

First Team Courtney Deem (FAIR)
 Second Team Morgan Choffin (WVWC)
 Honorable Mention Becka Crandall (FAIR)

1,000 Freestyle

First Team Courtney Deem (FAIR)
 Second Team Kay Lange (WVWC)
 Honorable Mention Morgan Choffin (WVWC)

1,650 Freestyle

First Team Courtney Deem (FAIR)
 Second Team Kailyn Fleeman (NDC)
 Honorable Mention Becka Crandall (FAIR)

100 Backstroke

First Team Rylee Jackson (WVWC)
 Second Team Brionna Costanzo (NDC)
 Honorable Mention Sarah Noll (WVWC)

200 Backstroke

First Team Ashton Cole (WVWC)
 Second Team Amanda Cameron (NDC)
 Honorable Mention Sarah Noll (WVWC)

100 Breaststroke

First Team Emily Gersper (FAIR)
 Second Team Jaybreonna Foster (UU)
 Honorable Mention Alyssa Serrano (WVWC)

200 Breaststroke

First Team Emily Gersper (FAIR)
 Second Team Maddy Beekler (FAIR)
 Honorable Mention Kay Lange (WVWC)

100 Butterfly

First Team Maddy Beekler (FAIR)
 Second Team Kailyn Fleeman (NDC)
 Third Team Emily Kroll (WVWC)

200 Yard Butterfly

First Team Kailyn Fleeman (NDC)
 Second Team Monique Dias (FAIR)
 Honorable Mention Ryan Katz (WVWC)

200 IM

First Team Monique Dias (FAIR)
 Second Team Morgan Choffin (WVWC)
 Honorable Mention Hannah Cook (WVWC)

400 IM

First Team Monique Dias (FAIR)
 Second Team Alyssa Serrano (WVWC)
 Honorable Mention Jaybreonna Foster (UU)

200 Free Relay

First Team West Virginia Wesleyan (Jackson, Choffin, Kroll, Puigvert)
 Second Team Notre Dame (Clemson, Cameron, Parkman, Costanzo)
 Honorable Mention Fairmont State (Burns, Stumpf, Wright, Crandall)

400 Free Relay

First Team West Virginia Wesleyan (Noll, Lange, Kroll, Jackson)
 Second Team Urbana (Fisher, Foster, Miller, Lindon)
 Honorable Mention Notre Dame (Cameron, Petro, Gasaway, Watson)

800 Free Relay

First Team West Virginia Wesleyan (Puigvert, Lange, Jackson, Choffin)
 Second Team Fairmont State (Gersper, Dias, Crandall, Deem)
 Honorable Mention Notre Dame (Costanzo, Parkman, Fleeman, Clemson)

200 Medley Relay

First Team Fairmont State (Beekler, Gersper, Dias, Deem)
 Second Team West Virginia Wesleyan (Noll, Serrano, Kroll, Puigvert)
 Honorable Mention Urbana (Fisher, Foster, Miller, Lindon)

400 Medley Relay

First Team West Virginia Wesleyan (Puigvert, Kroll, Choffin, Jackson)
 Second Team Fairmont State (Gersper, Crandall, Beekler, Deem)
 Honorable Mention Notre Dame (Clemson, Cameron, Fleeman, Costanzo)

Swimmer of the Year: Courtney Deem (Fairmont State)

Freshman of the Year: Rylee Jackson (W.Va. Wesleyan)

Coach of the Year: April Gitzen (W.Va. Wesleyan)

2020

50 Freestyle

First Team Mariel Mencia Martinez (UNCP)
 Second Team Brionna Costanzo (NDC)
 Honorable Mention Emily Gersper (FAIR)

100 Yard Freestyle

First Team Mariel Mencia Martinez (UNCP)
 Second Team Courtney Deem (FAIR)
 Honorable Mention Alexis Torosian (NDC)

200 Freestyle

First Team Courtney Deem (FAIR)
 Second Team Nathalia Silva (UNCP)
 Honorable Mention Alexis Torosian (NDC)

500 Freestyle

First Team Zsofi Bevardi (FAIR)
 Second Team Nathalia Silva (UNCP)
 Honorable Mention Hannah Berlin (NDC)

1,000 Freestyle

First Team Nathalia Silva (UNCP)
 Second Team Zsofi Bevardi (FAIR)
 Honorable Mention Courtney Deem (FAIR)

1,650 Freestyle

First Team Nathalia Silva (UNCP)
 Second Team Zsofi Bevardi (FAIR)
 Honorable Mention Hannah Berlin (NDC)

100 Backstroke

First Team Amanda Schlor (WVWC)
 Second Team Brionna Costanzo (NDC)
 Honorable Mention Hannah Cook (WVWC)

200 Backstroke

First Team Amanda Schlor (WVWC)
 Second Team Jamie Boulier (DE)
 Honorable Mention Hannah Cook (WVWC)

100 Breaststroke

First Team Emily Gersper (FAIR)
 Second Team Ketyln Rodriguez Matos (UNCP)
 Honorable Mention Sarah Morden (UNCP)

200 Breaststroke

First Team Emily Gersper (FAIR)
 Second Team Ketyln Rodriguez Matos (UNCP)
 Honorable Mention Kay Lange (WVWC)

100 Butterfly

First Team Mariel Mencia Martinez (UNCP)
 Second Team Gigi Fusco (WVWC)
 Honorable Mention Barbie Bernal (DE)

200 Yard Butterfly

First Team Alexis Torosian (NDC)
 Second Team Ketyln Rodriguez Matos (UNCP)
 Honorable Mention Monique Dias (FAIR)

200 IM

First Team Emily Gersper (FAIR)
 Second Team Monique Dias (FAIR)
 Honorable Mention Amanda Schlor (WVWC)

400 IM

First Team Ketlyn Rodriguez Matos (UNCP)
 Second Team Zsofi Bevardi (FAIR)
 Honorable Mention Monique Dias (FAIR)

200 Free Relay

First Team Fairmont State (Bevardi, Castan, Gersper, Deem)
 Second Team UNC Pembroke (Mencia Martinez, Wise, Bateman, Silva)
 Honorable Mention Notre Dame (Dobrzanski, Ming, Torosian, Costanzo)

400 Free Relay

First Team UNC Pembroke (Silva, Morden, Rodriguez Matos, Mencia Martinez)
 Second Team Notre Dame (Dobrzanski, Costanzo, Ming, Torosian)
 Honorable Mention Fairmont State (Bevardi, Castan, Dias, Deem)

800 Free Relay

First Team UNC Pembroke (Mencia Martinez, Silva, Hunter, Rodriguez Matos)
 Second Team Notre Dame (Dobrzanski, Parkman, Costanzo, Torosian)
 Honorable Mention West Virginia Wesleyan (Choffin, Fusco, Archer, Lange)

200 Medley Relay

First Team UNC Pembroke (Knight, Morden, Bateman, Mencia Martinez)
 Second Team Fairmont State (Dias, Gersper, Castan, Bevardi)
 Honorable Mention Notre Dame (Cosanzao, Parkman, Torosian, Dobrzanski)

400 Medley Relay

First Team Fairmont State (Deem, Gersper, Davis, Castan)
 Second Team West Virginia Wesleyan (Schlor, Lange, Fusco, Choffin)
 Honorable Mention UNC Pembroke (Knight, Rodriguez Matos, Bateman, Hunter)

Swimmer of the Year: Nathalia Silva (UNC Pembroke)

Freshman of the Year: Nathalia Silva (UNC Pembroke)

Coach of the Year: Oscar Roverato (UNC Pembroke)

2021

50 Freestyle

First Team Mariel Mencia Martinez (UNCP)
 Second Team Megan Schueller (DE)
 Honorable Mention Ketlyn Rodriguez Matos (UNCP)

100 Yard Freestyle

First Team Mariel Mencia Martinez (UNCP)
 Second Team Hannah Parkman (NDC)
 Honorable Mention Francesca Crevoiserat (FROST)

200 Freestyle

First Team Gillian Manning (UNCP)
 Second Team Nathalia Silva (UNCP)
 Honorable Mention Dru Mills (DE)

500 Freestyle

First Team Gillian Manning (UNCP)
 Second Team Nathalia Silva (UNCP)
 Honorable Mention Hannah Berlin (NDC)

1,000 Freestyle

First Team Nathalia Silva (UNCP)
 Second Team Zsofi Bevardi (FAIR)
 Honorable Mention Hannah Berlin (NDC)

1,650 Freestyle

First Team Zsofi Bevardi (FAIR)
 Second Team Nathalia Silva (UNCP)
 Honorable Mention Hannah Berlin (NDC)

100 Backstroke

First Team Gillian Manning (UNCP)
 Second Team Emily Thomas (NDC)
 Honorable Mention Alexis Antol (FAIR)

200 Backstroke

First Team Emily Thomas (NDC)
 Second Team Alexis Antol (FAIR)
 Honorable Mention Paige Seplak (UNCP)

100 Breaststroke

First Team Ketlyn Rodriguez Matos (UNCP)
 Second Team Sarah Morden (UNCP)
 Honorable Mention Jaybreona Foster

200 Breaststroke

First Team Kay Lange (WVWC)
 Second Team Jaybreona Foster (NDC)
 Honorable Mention Sarah Morden (UNCP)

100 Butterfly

First Team Mariel Mencia Martinez (UNCP)
 Second Team Caterina Coughlin (UNCP)
 Third Team Liz Perry (FROST)

200 Yard Butterfly

First Team Gillian Manning (UNCP)
 Second Team Caterina Coughlin (UNCP)
 Honorable Mention Alexis Torosian (NDC)

200 IM

First Team Anna Miller (UNCP)
 Second Team Dru Mills (DE)
 Honorable Mention Jaybreona Foster (NDC)

400 IM

First Team Zsofi Bevardi (FAIR)
 Second Team Anna Miller (UNCP)
 Honorable Mention Natalia Sarmiento (UNCP)

200 Free Relay

First Team UNC Pembroke (Mencia Martinez, Manning, Silva, Bateman)
 Second Team Frostburg State (Crevoiserat, Mastandrea, Morris, Perry)
 Honorable Mention Notre Dame (Berlin, Dobrzanski, Torosian, Parkman)

400 Free Relay

First Team UNC Pembroke (Mencia Martinez, Miller, Rodriguez Matos, Manning)
 Second Team Frostburg State (Crevoiserat, Mastandrea, Morris, Perry)
 Honorable Mention Notre Dame (Berlin, Dobrzanski, Thomas, Torosian)

800 Free Relay

First Team UNC Pembroke (Silva, Seplak, Mencia Martinez, Manning)
 Second Team Notre Dame (Dobrzanski, Berlin, Torosian, Parkman)
 Honorable Mention W.Va. Wesleyan (Choffin, Archer, Dalle, Lange)

200 Medley Relay

First Team UNC Pembroke (Knight, Morden, Coughlin Rodriguez Matos)
 Second Team Frostburg State (Cicen, Kobasiar, Morris, Crevoiserat)
 Honorable Mention Davis & Elkins (Haford, Fuller, Bernal, Schueller)

400 Medley Relay

First Team UNC Pembroke (Seplak, Morden, Coughlin, Mencia Martinez)
 Second Team Notre Dame (Thomas, Foster, Parkman, Dobrzanski)
 Honorable Mention W.Va. Wesleyan (Schlor, Lange, Dalle, Choffin)

Swimmer of the Year: Gillian Manning (UNC Pembroke)

Freshman of the Year: Anna Miller (UNC Pembroke)

Coach of the Year: Oscar Roverato (UNC Pembroke)

MEC ANNUAL AWARDS**Swimmer of the Year**

2018..... Marlena Dudek (Fairmont State)
2019..... Courtney Deem (Fairmont State)
2020..... Nathalia Silva (UNC Pembroke)
2021..... Gillian Manning (UNC Pembroke)

Freshman of the Year

2018..... Courtney Deem (Fairmont State)
2019..... Rylee Jackson (W.Va. Wesleyan)
2020..... Nathalia Silva (UNC Pembroke)
2021..... Anna Miller (UNC Pembroke)

Coach of the Year

2018..... Pat Snively (Fairmont State)
2019..... April Gitzen (W.Va. Wesleyan)
2020..... Oscar Roverato (UNC Pembroke)
2021..... Oscar Roverato (UNC Pembroke)

WEEKLY AWARDS**2017-18**

Nov. 22 Courtney Deem (Fairmont State)
Dec. 5 Marlena Dudek (Fairmont State)
Feb. 6 Marlena Dudek (Fairmont State)

2018-19

Oct. 17 Emily Gersper (FSU)
Oct. 31 Rylee Jackson (WVWC)
Nov. 6 Morgan Choffin (WVWC)
Nov. 13 Emily Gersper (FSU)
Nov. 27 Rylee Jackson (WVWC)
Dec. 5 Courtney Deem (FSU)
Jan. 23 Monique Dias (FSU)
Jan. 30 Emily Kroll (WVWC)

2019-20

Oct. 9 Ketlyn Rodriguez Matos (UNCP)
Oct. 23 Jaybreona Foster (UU)/Zsofi Bevardi (FAIR)
Oct. 30 Gianna DeCello (UU)
Nov. 6 Zsofi Bevardi (FAIR)
Nov. 13 Emily Gersper (FAIR)
Nov. 20 Gianna DeCello (UU)
Nov. 26 Zsofi Bevardi (FAIR)
Dec. 11 Jaime Boulier (DE)
Jan. 15 Mia Ellison (DE)
Jan. 22 Jaybreona Foster (UU)
Jan. 29 Courtney Deem (FAIR)
Feb. 5 Hannah Berlin (NDC)/Emily Gersper (FAIR)

2020-21

Feb 1 Gillian Manning (UNCP)
Feb. 8 Courtney Deem (FAIR)
Feb. 15 Kay Lange (WVWC)
Feb. 22 Zsofi Bevardi (FAIR)
March 8..... Hannah Berlin (NDC)
March 15.... Alienor Dalle (WVWC)
March 22.... Gillian Manning (UNCP)

NCAA CHAMPIONSHIP QUALIFIERS/ALL-AMERICANS

2018

Event	Swimmer (School)	Finish (Time)
100 Breast	Marlena Dudek (Fairmont State)	21st (1:03.23)
200 Breast	Marlena Dudek (Fairmont State)	5th (2:14.54)*

2021

Event	Swimmer (School)	Finish (Time)
100 Fly	Gillian Manning (UNC Pembroke)	18th (56.38)
200 Fly	Gillian Manning (UNC Pembroke)	20th (2:06.84)
200 Free	Gillian Manning (UNC Pembroke)	27th (1:51.70)
500 Free	Gillian Manning (UNC Pembroke)	17th (4:59.59)

* Denotes All-American

ALL-TIME TOP PERFORMANCES*

* Per athlete/per year

50 Free

1	23.33	Stiegel, Amanda	SR	Findlay	B	02/23/2019
2	23.56	Stiegel, Amanda	JR	Findlay	B	02/15/2018
	23.56	Mencia, Mariel	SO	UNC- Pembroke	B	04/01/2021
4	23.62	Polewski, Kendra	FR	Findlay	B	11/30/2018
	23.62	Quentin, Denise	JR	Malone	B	12/06/2019
6	23.81	Taylor, Marie	SO	Hillsdale	B	03/31/2021
7	23.82	McFarland, Chris	FR	Findlay	B	11/30/2018
8	23.85	Quentin, Denise	SR	Malone	B	03/31/2021
9	23.88	Quentin, Denise	SO	Malone	B	02/23/2019
10	23.98	Mencia Martinez, Mariel	FR	UNC- Pembroke	B	02/12/2020

1650 Free

1	17:21.27	Silva, Nathalia	FR	UNC- Pembroke	B	02/15/2020
2	17:21.33	Silva, Nathalia	SO	UNC- Pembroke	B	02/26/2021
3	17:21.34	Bevardi, Zsofi	FR	Fairmont	B	11/24/2019
4	17:24.94	Zimdars, Sydney	SO	Findlay	B	02/24/2018
5	17:26.27	Bevardi, Zsofi	SO	Fairmont	NS	02/20/2021
6	17:34.24	Tunney, Leah	FR	Hillsdale	NS	11/22/2019
7	17:39.84	Pyhel, Madison	FR	Hillsdale	NS	11/22/2019
8	17:43.07	Snell (Lebleu), Danielle	SO	Hillsdale	NS	11/30/2017
9	17:46.45	Zimdars, Sydney	JR	Findlay	NS	02/16/2019
10	17:47.05	Clark, Sarah	FR	Hillsdale	NS	11/22/2019

100 Free

1	50.88	Stiegel, Amanda	SR	Findlay	B	03/16/2019
2	51.02	Quentin, Denise	SO	Malone	B	02/23/2019
3	51.21	Stiegel, Amanda	JR	Findlay	B	02/17/2018
4	51.22	Quentin, Denise	JR	Malone	B	11/23/2019
5	51.65	Quentin, Denise	SR	Malone	B	02/19/2021
6	51.79	Mencia, Mariel	SO	UNC- Pembroke	B	02/26/2021
7	51.96	McFarland, Chris	FR	Findlay	B	03/16/2019
8	52.10	Blanchard, Lauren	SO	Findlay	B	12/02/2017
9	52.34	Deem, Courtney	FR	Fairmont	NS	02/17/2018
10	52.39	McFarland, Chris	SO	Findlay	NS	02/15/2020

100 Backstroke

1	55.36	Samuelson, Kathryn	SO	Findlay	B	03/15/2018
2	55.47	McFarland, Chris	FR	Findlay	B	03/14/2019
3	55.74	McFarland, Chris	SO	Findlay	B	02/14/2020
4	57.00	Heeres, Katherine	SO	Hillsdale	NS	02/15/2019
5	57.19	Zess, Payton	JR	Findlay	NS	02/14/2020
6	57.32	Zess, Payton	SO	Findlay	NS	02/15/2019
7	57.46	Holmes, Caroline	FR	Hillsdale	NS	04/01/2021
8	57.66	Tunney, Leah	SO	Hillsdale	NS	03/31/2021
9	57.82	Heeres, Katherine	JR	Hillsdale	NS	02/14/2020
10	57.89	Tunney, Leah	FR	Hillsdale	NS	02/13/2020

200 Free

1	1:50.51	Manning, Gillian	SR	UNC- Pembroke	B	02/27/2021
2	1:51.15	Deem, Courtney	FR	Fairmont	B	02/15/2018
3	1:51.16	Stiegel, Amanda	JR	Findlay	B	02/15/2018
4	1:52.36	Polewski, Kendra	FR	Findlay	B	10/19/2018
5	1:52.83	Quentin, Denise	SO	Malone	B	02/15/2019
6	1:53.01	Barnes, Emma	SR	Findlay	B	11/30/2017
	1:53.01	Deem, Courtney	SO	Fairmont	B	02/14/2019
8	1:53.29	Heeres, Katherine	SO	Hillsdale	B	02/14/2019
	1:53.29	Deem, Courtney	JR	Fairmont	B	02/13/2020
10	1:53.71	Heeres, Katherine	JR	Hillsdale	NS	02/13/2020

200 Backstroke

1	2:01.79	Barnes, Emma	SR	Findlay	B	02/17/2018
2	2:03.35	Heeres, Katherine	SO	Hillsdale	NS	02/16/2019
3	2:04.03	Heeres, Katherine	JR	Hillsdale	NS	02/15/2020
4	2:04.40	Polewski, Kendra	FR	Findlay	NS	02/23/2019
5	2:04.67	Holmes, Caroline	FR	Hillsdale	NS	03/07/2021
6	2:04.74	Heeres, Katherine	FR	Hillsdale	NS	02/17/2018
7	2:05.14	Tunney, Leah	FR	Hillsdale	NS	11/23/2019
8	2:06.16	Miles, Sarah	FR	Findlay	NS	02/17/2018
9	2:06.60	Zess, Payton	SO	Findlay	NS	02/16/2019
10	2:06.61	Miles, Sarah	JR	Findlay	NS	02/15/2020

500 Free

1	4:56.07	Manning, Gillian	SR	UNC- Pembroke	B	02/26/2021
2	5:02.34	Tunney, Leah	FR	Hillsdale	B	02/14/2020
3	5:02.58	Polewski, Kendra	FR	Findlay	B	12/01/2018
4	5:03.53	Deem, Courtney	FR	Fairmont	B	02/16/2018
5	5:03.95	Silva, Nathalia	FR	UNC- Pembroke	B	02/14/2020
6	5:04.64	Tunney, Leah	SO	Hillsdale	B	03/31/2021
7	5:04.86	Irwin, Megan	FR	Findlay	B	12/07/2019
8	5:05.00	Bevardi, Zsofi	FR	Fairmont	B	02/14/2020
9	5:05.85	Deem, Courtney	SO	Fairmont	NS	02/15/2019
10	5:05.92	Silva, Nathalia	SO	UNC- Pembroke	NS	03/31/2021

100 Breaststroke

1	1:01.97	Cederholm, Hanna	SR	Findlay	B	02/14/2020
2	1:02.32	Ellingson, Anika	SR	Hillsdale	B	03/15/2019
3	1:02.49	Ellingson, Anika	JR	Hillsdale	B	12/01/2017
4	1:02.75	Dudek, Marlana	SR	Fairmont	B	02/16/2018
5	1:02.87	Cederholm, Hanna	JR	Findlay	B	03/15/2019
6	1:03.03	Cederholm, Hanna	SO	Findlay	B	02/24/2018
7	1:04.12	Snell, Julia	JR	Findlay	B	02/23/2019
8	1:04.16	Snell, Julia	SO	Findlay	B	02/16/2018
9	1:04.52	Argyropoulou, Maria	FR	Findlay	NS	04/01/2021
10	1:05.04	Guadalupi, Cecilia	FR	Hillsdale	NS	04/01/2021

1000 Free

1	10:17.88	Silva, Nathalia	FR	UNC- Pembroke	B	02/12/2020
2	10:17.98	Tunney, Leah	FR	Hillsdale	B	02/12/2020
3	10:22.48	Silva, Nathalia	SO	UNC- Pembroke	B	02/27/2021
4	10:26.10	Bevardi, Zsofi	FR	Fairmont	NS	02/12/2020
5	10:29.64	Deem, Courtney	FR	Fairmont	NS	02/14/2018
6	10:32.13	Pyhel, Madison	FR	Hillsdale	NS	02/12/2020
7	10:34.01	Zimdars, Sydney	SO	Findlay	NS	02/14/2018
8	10:35.24	Deem, Courtney	SO	Fairmont	NS	02/13/2019
9	10:37.39	Tunney, Leah	SO	Hillsdale	NS	03/30/2021
10	10:38.03	Zimdars, Sydney	JR	Findlay	NS	02/13/2019

200 Breaststroke

1	2:14.54	Dudek, Marlana	SR	Fairmont	B	03/17/2018
2	2:17.11	Cederholm, Hanna	SR	Findlay	B	12/07/2019
3	2:17.56	Cederholm, Hanna	SO	Findlay	B	03/17/2018
4	2:18.37	Cederholm, Hanna	JR	Findlay	B	12/01/2018
5	2:18.39	Snell, Julia	SO	Findlay	B	02/24/2018
6	2:18.44	Ellingson, Anika	JR	Hillsdale	B	03/17/2018
7	2:18.73	Snell, Julia	JR	Findlay	B	02/23/2019
8	2:19.24	Ellingson, Anika	SR	Hillsdale	B	03/16/2019
9	2:22.54	Gersper, Emily	SR	Fairmont	NS	02/15/2020
10	2:25.92	Poling, Rachel	FR	Findlay	NS	02/15/2020

ALL-TIME TOP PERFORMANCES*

* Per athlete/per year

100 Butterfly

1	55.73	Kouvaris, Katherine	SR	Findlay	B	02/13/2020
2	55.83	Kouvaris, Katherine	JR	Findlay	B	02/16/2019
3	56.00	Quentin, Denise	SR	Malone	B	04/01/2021
4	56.03	Manning, Gillian	SR	UNC- Pembroke	B	01/15/2021
5	56.10	Cederholm, Hanna	SO	Findlay	B	02/15/2018
6	56.15	McFarland, Chris	FR	Findlay	NS	02/14/2019
7	56.17	Cederholm, Hanna	SR	Findlay	NS	02/13/2020
8	56.31	Quentin, Denise	JR	Malone	NS	11/24/2019
9	56.59	Dasher, Jenna	SR	Findlay	NS	02/14/2019
10	56.77	Quentin, Denise	SO	Malone	NS	11/30/2018

200 Butterfly

1	2:03.22	Manning, Gillian	SR	UNC- Pembroke	B	02/26/2021
2	2:04.88	Gorton, Catie	FR	Tiffin	B	02/16/2018
3	2:05.55	Kouvaris, Katherine	JR	Findlay	NS	02/15/2019
4	2:05.59	Kouvaris, Katherine	SO	Findlay	NS	02/16/2018
5	2:05.81	Voisin, Catherine	JR	Hillsdale	NS	02/23/2019
6	2:06.18	Voisin, Catherine	SR	Hillsdale	NS	12/06/2019
7	2:07.82	Kouvaris, Katherine	SR	Findlay	NS	02/14/2020
8	2:08.09	Houghton, Grace	JR	Hillsdale	NS	02/16/2018
9	2:08.15	Kvitchenko, Anastasiia	SR	Tiffin	NS	02/16/2018
10	2:08.54	Voisin, Catherine	SO	Hillsdale	NS	12/01/2017

200 Individual Medley

1	2:04.16	Cederholm, Hanna	SR	Findlay	B	02/12/2020
2	2:04.48	Cederholm, Hanna	SO	Findlay	B	02/14/2018
3	2:05.13	Cederholm, Hanna	JR	Findlay	B	03/13/2019
4	2:06.46	Quentin, Denise	SO	Malone	NS	02/13/2019
5	2:06.63	Barnes, Emma	SR	Findlay	NS	02/14/2018
6	2:06.67	Guadalupi, Cecilia	FR	Hillsdale	NS	03/31/2021
7	2:06.76	Dudek, Marlana	SR	Fairmont	NS	02/14/2018
8	2:07.92	Quentin, Denise	JR	Malone	NS	11/23/2019
9	2:08.53	Klopp, Ashton	JR	Findlay	NS	02/12/2020
10	2:08.54	Butterworth, Kaila	SO	Malone	NS	02/13/2019

400 Individual Medley

1	4:28.47	Barnes, Emma	SR	Findlay	B	02/15/2018
2	4:30.47	Dudek, Marlana	SR	Fairmont	B	02/15/2018
3	4:33.94	Guadalupi, Cecilia	FR	Hillsdale	NS	04/01/2021
4	4:36.22	Wilkens, Hannah	FR	Hillsdale	NS	11/19/2017
5	4:37.01	Butterworth, Kaila	SO	Malone	NS	02/14/2019
6	4:37.24	Snell (Lebleu), Danielle	JR	Hillsdale	NS	02/14/2019
7	4:37.57	Snell (Lebleu), Danielle	SR	Hillsdale	NS	02/13/2020
8	4:38.05	Butterworth, Kaila	FR	Malone	NS	02/15/2018
9	4:41.27	Heeres, Katherine	JR	Hillsdale	NS	11/24/2019
10	4:41.75	Matti, Allie	SR	Hillsdale	NS	02/13/2020

200 Free Relay

1	1:34.16	Findlay (Stiegel, Cederholm, Snell, Blanchard)	02/15/2018
2	1:35.02	Findlay (McFarland, Cederholm, Polewski, Stiegel)	11/30/2018
3	1:35.33	Findlay (Kouvaris, McFarland, Coleman, Cederholm)	12/06/2019
4	1:35.65	Hillsdale (Taylor, Guadalupi, Rao, Heeres)	4/1/2021
4	1:35.67	Malone (Quentin, Reynolds, Knoch, Williams)	02/13/2020
5	1:36.33	Hillsdale (Taylor, Addis, Rao, Heeres)	02/13/2020

400 Free Relay

1	3:28.42	Findlay (Stiegel, Blanchard, Dasher, Barnes)	02/17/2018
2	3:29.46	Malone (Quentin, Reynolds, Knoch, Williams)	02/15/2020
3	3:31.38	Hillsdale (Taylor, Voisin, Tunney, Heeres)	02/15/2020
4	3:32.09	Findlay (McFarland, Kouvaris, Klopp, A., Cederholm)	12/01/2018
5	3:32.24	Fairmont (Meyer, Buhagiar, Dudek, Deem)	02/17/2018

800 Free Relay

1	7:39.26	Findlay (Barnes, Stiegel, Snell, Klopp, A.)	11/30/2017
2	7:41.71	Hillsdale (Heeres, Tunney, Guadalupi, Holmes)	03/30/2021
3	7:43.72	Hillsdale (Heeres, Tunney, Breay, LeBleu)	02/14/2020
4	7:43.74	Findlay (McFarland, Stiegel, Christensen, Polewski)	11/29/2018
5	7:45.17	Findlay (Langle, Irwin, Fedele, Miles)	03/30/2021

200 Medley Relay

1	1:42.73	Findlay (McFarland, Coleman, Kouvaris, Cederholm)	03/11/2020
2	1:42.78	Findlay (McFarland, Cederholm, Kouvaris, Stiegel)	03/13/2019
3	1:44.17	Findlay (Sameulson, Cederholm, Kouvaris, Blanchard)	02/14/2018
4	1:45.25	Findlay (Klopp, Coleman, Fedele, Poling)	03/30/2021
5	1:46.27	Hillsdale (Holmes, Boyle, Rao, Taylor)	03/30/2021

400 Medley Relay

1	3:44.73	Findlay (McFarland, Cederholm, Kouvaris, Stiegel)	03/14/2019
2	3:45.76	Findlay (Samuelson, Cederholm, Kouvaris, Stiegel)	03/15/2018
3	3:48.85	Findlay (Zess, Cederholm, Kouvaris, McFarland)	02/13/2020
4	3:51.53	Hillsdale (Heeres, Ellingson, Voisin, De Tar)	02/14/2019
5	3:51.89	Findlay (Klopp, Argyropoulou, Fedele, Miles)	03/31/2021