

Appalachian Conference Swimming & Diving Records (Updated 7/22/09)

Women 200 Free Relay	1:40.00	2009	Asbury College
Men 200 Free Relay	1:28.34	2009	Mars Hill College
Women 200 IM	2:14.48	2009	Kelsey Perrine - Asbury College
Men 200 IM	2:02.21	2008	Carson Fackler - Mars Hill
Women 500 Free	5:16.66	2009	Hannah Amstutz - Asbury College
Men 500 Free	4:49.78	2009	Matt Hood - Asbury College
Women 100 Breast	1:07.79	2009	Abigail Sterneman - Asbury College
Men 100 Breast	58.96	2009	Ed Smith - Mars Hill
Women 200 Back	2:12.76	2009	Emily Whittington - Notre Dame
Men 200 Back	1:57.36	2009	Carson Fackler - Mars Hill
Women 100 Free	53.62	2009	Allison Hubach - Asbury College
Men 100 Free	47.43	2009	Matt Hood - Asbury College
Women 200 Fly	2:13.35	2009	Tamsin Peterson - Union College
Men 200 Fly	2:02.19	2009	PJ Maloney - Mars Hill
Women 800 Free Relay	8:08.49	2009	Asbury College
Men 800 Free Relay	7:12.60	2009	Asbury College
Women 1 mtr Diving	376.95	2008	Ashley Poore - Asbury College
Men 3 mtr Diving	243.42	2009	Nick Gotschall - Notre Dame
Women 400 Medley Relay	4:06.82	2009	Asbury College
Men 400 Medley Relay	3:37.92	2009	Mars Hill College
Women 200 Medley Relay	1:54.71	2009	Asbury College
Men 200 Medley Relay	1:39.67	2009	Mars Hill College
Women 400 IM	4:42.33	2009	Lauryssa Rieger - Notre Dame
Men 400 IM	4:18.71	2009	Carson Fackler - Mars Hill
Women 50 Free	24.56	2009	Allison Hubach - Asbury College
Men 50 Free	21.78	2009	Wayne Oliver - King College
Women 100 Back	1:02.80	2009	Lauryssa Rieger - Notre Dame
Men 100 Back	54.45	2009	Carson Fackler - Mars Hill
Women 200 Free	1:58.87	2009	Molly Fitro - Union College
Men 200 Free	1:45.51	2009	Matt Hood - Asbury College
Women 200 Breast	2:26.72	2009	Abigail Sterneman - Asbury College
Men 200 Breast	2:10.43	2009	Ed Smith - Mars Hill
Women 100 Fly	1:01.50	2007	Khayriyyah El-Amin - Brenau Univ.
Men 100 Fly	53.59	2009	Wayne Oliver - King College
Women 1650 Free	18:36.46	2009	Lena Palo - Mars Hill
Men 1650 Free	17:14.32	2009	Malachi Oyer - Asbury College
Women 3 mtr Diving	140.70	2009	Abby Cohen - Berea College
Men 1 mtr Diving	248.25	2009	Nick Gotschall - Notre Dame
Women 400 Free Relay	3:43.18	2009	Asbury College
Men 400 Free Relay	3:13.00	2009	Mars Hill College