

The Appalachian Conference Championships - 2/20/2009 to 2/21/2009

Results - Finals Day 1

#3 Women 200 Yard IM

Conference: 2:17.21 2008 Kelsey Perrine

Name	Age	Team	Finals Time
A - Final			
1 Perrine, Kelsey	22	ASB-KY	2:14.48
	29.61	34.56	39.76 30.55
2 Whittington, Emily	18	NDC	2:14.78
	29.52	33.92	40.31 31.03
3 Martin, Larissa	19	ASB-KY	2:15.57
	29.05	35.26	40.09 31.17
4 Melinsky, Kimberly G	18	MARS-WV	2:18.80
	30.06	34.33	41.05 33.36
5 Ellard, Britin	22	BC-KY-KY	2:19.94
	30.33	37.10	40.14 32.37
6 Butler, Brittany		MHC	2:20.67
	30.52	36.59	41.11 32.45
7 Fitzgerald, Shannan	21	NDC	2:22.00
	30.45	36.52	42.31 32.72
8 Golding, Tiffany		MHC	2:22.10
	29.50	36.43	42.93 33.24
B - Final			
9 Morris, Gillian	18	NDC	2:22.79
	31.76	37.23	40.66 33.14
10 Ferreira, Julia L	18	BU-GA	2:23.07
	32.12	37.19	41.34 32.42
11 O'Connor, Kelly E	21	NDC	2:25.30
	32.78	37.46	41.76 33.30
12 Brasche, Katie		MHC	2:25.35
	31.49	38.10	42.19 33.57
13 Peterson, Mary	19	ASB-KY	2:27.37
	32.89	36.68	44.22 33.58
14 Bier, Grace E	18	KING	2:28.83
	33.30	38.91	42.35 34.27
15 Cox, Amy	19	KING	2:29.20
	31.97	37.47	44.42 35.34
16 Licari, Victoria	18	MILL	2:42.40
	36.79	44.35	42.78 38.48

#4 Men 200 Yard IM

Conference: 2:02.21 2008 Carson Fackler

Name	Age	Team	Finals Time
A - Final			
1 Lipka, Chris	19	ASB-KY	2:02.53
	26.21	31.49	37.12 27.71
2 Faig, Travis	18	UC-KY	2:02.67
	26.53	31.79	35.74 28.61
3 Howard, Stephen	20	KING	2:04.97
	26.65	30.56	37.78 29.98
4 Toro, Jared		MHC	2:05.37
	26.68	34.05	36.77 27.87
5 Losekamp, Alex	20	ASB-KY	2:07.51
	27.75	33.94	35.88 29.94
6 Lutz, Jacob	19	NDC	2:07.77
	27.99	31.41	38.88 29.49
7 Bechthold, Brett	19	ASB-KY	2:07.96
	26.94	32.52	37.66 30.84

--- Smith, Ed		MHC	DQ
	25.25	30.99	33.21 27.77
B - Final			
9 Viscardi, Michael	19	UC-KY	2:13.22
	29.17	35.37	36.66 32.02
10 Back, Jeremiah	20	UC-KY	2:14.85
	30.00	35.24	40.97 28.64
11 Paler, Adam	19	NDC	2:17.48
	29.53	36.49	39.61 31.85
12 Jones, Daniel	18	MILL	2:23.40
	29.69	37.70	41.96 34.05
13 Burns, Brendan		WWC	2:41.56
	32.85	40.42	48.14 40.15

#5 Women 500 Yard Free

Conference: 5:33.73 2008 Sarah Anderson

Name	Age	Team	Finals Time
A - Final			
1 Amstutz, Hannah	18	ASB-KY	5:16.66
	28.66	31.27	31.99 32.47
	32.57	31.86	31.89 32.29
	32.35	31.31	
2 Lukens, Chelsea L	19	MARS-WV	5:24.48
	28.80	31.42	31.99 32.38
	32.61	32.80	33.27 33.75
	34.11	33.35	
3 Rieger, Laurysa	19	NDC	5:24.95
	29.04	32.25	33.07 33.04
	33.13	33.74	33.22 33.12
	33.13	31.21	
4 Katz, Kirsten	19	ASB-KY	5:25.34
	29.35	32.28	32.78 32.99
	33.16	33.33	33.29 33.07
	32.87	32.22	
5 Keyes, Lindsay	20	ASB-KY	5:26.18
	30.01	32.19	33.18 33.20
	33.27	33.34	33.41 33.15
	32.80	31.63	
6 Fittro, Molly	19	UC-KY	5:29.50
	29.36	32.24	32.93 32.85
	33.37	33.40	33.49 34.51
	34.02	33.33	
7 Holt, Nikki		MHC	5:34.47
	30.74	32.91	33.69 33.92
	33.91	33.88	34.08 34.06
	34.17	33.11	
8 Marion, Amy	19	ASB-KY	5:36.80
	29.82	32.88	33.83 34.54
	34.72	34.93	34.28 34.25
	34.12	33.43	
B - Final			
9 Messmer, Mollie	20	UC-KY	5:29.25
	29.98	32.23	33.13 33.45
	33.72	33.46	33.63 33.56
	33.22	32.87	

10 Alfano, Danielle	20	KING	5:39.99
	29.95	33.38	34.38 34.57
	34.54	34.68	34.78 35.05
	34.77	33.89	
11 Fell, Sarah C	19	BU-GA	5:41.46
	31.97	34.71	35.69 35.24
	34.35	34.29	33.87 34.03
	34.13	33.18	
12 Perkins, Emily E	21	NDC	5:42.22
	31.55	33.96	34.35 34.98
	34.76	35.22	35.21 34.92
	34.00	33.27	
13 Phillips, Lorna	22	ASB-KY	5:43.79
	30.29	32.50	33.48 34.72
	34.96	35.34	35.95 36.38
	36.05	34.12	
14 Buenano, Maria F	21	NDC	5:48.23
	31.17	33.53	34.12 34.66
	35.18	36.33	36.42 36.96
	35.06	34.80	
15 Lopez, Arielle	18	NDC	5:49.10
	31.95	35.08	35.64 36.08
	35.85	35.38	35.51 35.54
	34.97	33.10	
16 McKinnon, Brenna	20	ASB-KY	5:51.00
	30.38	33.50	34.74 35.04
	35.12	35.22	35.68 36.99
	37.66	36.67	
C - Final			
17 Amey, Alyssa	21	ASB-KY	5:59.15
	32.24	34.84	35.99 36.61
	36.59	37.04	36.85 37.07
	36.93	34.99	
18 Laughlin, Kelly V	20	NDC	7:04.30
	36.69	41.49	42.04 43.04
	43.14	43.72	44.21 43.70
	43.94	42.33	
19 Hopple, Ashley	18	NDC	7:14.19
	35.39	42.27	43.28 43.55
	44.36	45.40	46.09 45.80
	44.05	44.00	

#6 Men 500 Yard Free

Conference: 4:53.01 2008 Matt Hood

Name	Age	Team	Finals Time
A - Final			
1 Hood, Matt	19	ASB-KY	4:49.78
	24.59	27.32	28.86 29.01
	29.83	29.75	30.38 30.75
	30.48	28.81	
2 Maloney, PJ		MHC	4:55.33
	25.22	27.66	29.55 30.20
	30.13	30.73	30.83 30.02
	30.44	30.55	

The Appalachian Conference Championships - 2/20/2009 to 2/21/2009

Results - Finals Day 1

A - Final ... (#6 Men 500 Yard Free)					#7 Women 100 Yard Breast					#8 Men 100 Yard Breast				
					Conference: 1:13.00 2008 Abigail Sterneman					Conference: 59.70 2008 Ed Smith				
					Name	Age	Team	Finals Time						
					Name					Age	Team	Finals Time		
3	Oyer, Malachi	19	ASB-KY	4:59.03	A - Final					A - Final				
	25.82	28.68	29.60	29.71	1	Sterneman, Abigail	20	ASB-KY	1:07.79	1	Smith, Ed		MHC	58.96
	30.47	30.87	30.84	31.13		32.42	35.37				27.71	31.25		
	31.18	30.73			2	Hardy, Alex	18	BU-GA	1:13.26	2	Sallee, William	20	ASB-KY	1:01.62
4	McEachran, Colin	20	UC-KY	5:00.19		34.22	39.04				28.97	32.65		
	26.74	28.79	29.20	29.65	3	Kaminski, Katie	20	ASB-KY	1:13.44	3	Viscardi, Michael	19	UC-KY	1:01.98
	30.48	30.88	30.96	31.31		34.34	39.10				29.42	32.56		
	31.65	30.53			4	Ferreira, Julia L	18	BU-GA	1:13.59	4	Haney, Judd	19	MILL	1:02.65
5	Lewis, Brady	18	ASB-KY	5:03.31		35.09	38.50				28.56	34.09		
	26.53	29.29	30.64	31.22	5	Licari, Victoria	18	MILL	1:14.23	5	Bland, Johnathan		WWC	1:03.38
	31.15	31.15	31.64	31.46		35.01	39.22				29.57	33.81		
	31.06	29.17			6	Morris, Gillian	18	NDC	1:14.24	6	Losekamp, Alex	20	ASB-KY	1:04.41
6	Tuttle, Chris	19	NDC	5:05.10		34.99	39.25				30.01	34.40		
	26.80	29.73	30.75	31.03	7	O'Connor, Kelly E	21	NDC	1:15.21	7	Hixenbaugh, Austin	19	ASB-KY	1:05.74
	30.81	31.20	31.65	31.78		35.91	39.30				30.58	35.16		
	30.93	30.42			8	Mason, Joelle	19	ASB-KY	1:16.18	8	Fry, Chris	20	MILL	1:06.32
7	Viens, Brian		MHC	5:08.42	B - Final					B - Final				
	27.13	30.16	31.07	30.97	9	Fridd, Sam		MHC	1:16.64	9	Perkins, Matt	18	NDC	1:04.82
	31.34	32.13	31.83	31.94		36.20	40.44				30.43	34.39		
	31.62	30.23			10	Bier, Grace E	18	KING	1:16.67	10	Saylor, Alan T	20	UC-KY	1:06.21
8	Canada, Andrew	21	ASB-KY	5:14.46		36.60	40.07				30.98	35.23		
	26.79	29.47	30.44	31.52	11	Begley, Kaylyn	18	NDC	1:18.00	11	Pope, Daniel	20	KING	1:06.48
	32.22	33.13	33.12	33.18		36.89	41.11				30.43	36.05		
	32.78	31.81			12	Cox, Amy	19	KING	1:18.13	12	Sundar, Jesse	20	ASB-KY	1:06.93
B - Final						36.74	41.39				30.71	36.22		
9	Savicki, Anthony	20	UC-KY	5:14.51	13	Walsh, Jackie	20	NDC	1:20.04	13	Gould, Ben		WWC	1:09.01
	26.64	29.23	30.92	31.73		36.17	43.87				32.51	36.50		
	32.34	32.67	32.82	33.22	14	Lawless, Kara	19	ASB-KY	1:21.14	14	Umpleby, Tim		ASB-KY	1:09.17
	33.11	31.83				38.44	42.70				32.85	36.32		
10	Kidd, Daniel	19	KING	5:30.51	15	Gonzalez, Dena	24	UC-KY	1:21.45	15	Paler, Adam	19	NDC	1:09.51
	28.46	31.87	32.57	32.59		37.69	43.76				32.94	36.57		
	33.83	34.39	34.20	34.82	---	Schrup, Katie		WWC	DQ	16	Lavoy, Zach		MHC	1:11.30
	34.40	33.38				40.40	44.94				32.78	38.52		
11	Crouse, Jordan	19	ASB-KY	5:46.79	C - Final					C - Final				
	29.41	32.38	34.36	34.65	17	Laughlin, Kelly V	20	NDC	1:29.37	17	Counts, Marek	21	BC-KY-KY	1:15.51
	35.25	36.11	36.25	36.72		42.72	46.65				36.03	39.48		
	36.97	34.69			18	Pana, Eliana	19	BC-KY-KY	1:33.09	18	McGraw, Noah	20	BC-KY-KY	1:17.29
12	Jones, Daniel	18	MILL	5:51.02		43.67	49.42				36.11	41.18		
	30.38	34.43	35.46	35.99	19	Hopple, Ashley	18	NDC	1:33.57	19	Gold, Tal		WWC	1:17.96
	37.13	36.91	36.21	35.78		44.84	48.73				35.75	42.21		
	35.15	33.58			20	Ujeneza, Mafubo	22	BU-GA	1:35.46	20	Lewis, Adam A	21	BC-KY-KY	1:19.94
13	Annas, Paul		MHC	5:57.92		44.76	50.70				37.11	42.83		
	30.58	35.28	36.57	36.95	21	Thrasher, Cortni	18	UC-KY	1:35.71	#9 Women 200 Yard Back				
	36.87	36.86	36.54	36.56		45.46	50.25			Conference: 2:16.57 2008 Kelsey Perrine				
	36.92	34.79			22	Freeman, Kate		WWC	1:37.64	Name				
14	Chambers, Damien	20	MILL	6:16.22		46.92	50.72			Age				
	30.52	36.16	37.31	37.60	23	Slade, Annalyn	19	BC-KY-KY	1:45.50	Team				
	38.62	38.33	39.31	40.18		51.65	53.85			Finals Time				
	39.93	38.26			A - Final					A - Final				
15	Hobbs, Bradley	23	UC-KY	6:33.68	1	Whittington, Emily	18	NDC	2:12.76	1	Whittington, Emily	18	NDC	2:12.76
	31.11	36.91	39.64	41.03		31.13	33.18	34.20	34.25		31.13	33.18	34.20	34.25
	41.59	42.32	41.69	41.44	2	Thomas, Rebekah		MHC	2:14.73	2	Thomas, Rebekah		MHC	2:14.73
	41.06	36.89				32.64	34.01	34.08	34.00		32.64	34.01	34.08	34.00

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Results - Finals Day 1

A - Final ... (#9 Women 200 Yard Back)

3	Alsop, Karli	21	MARS-WV	2:16.52
		31.58	33.94	35.52
				35.48
4	Perrine, Kelsey	22	ASB-KY	2:17.26
		32.63	35.01	35.18
				34.44
5	Keyes, Lindsay	20	ASB-KY	2:19.20
		33.50	34.93	35.62
				35.15
6	Peterson, Mary	19	ASB-KY	2:22.11
		33.57	35.58	36.71
				36.25
7	Perkins, Emily E	21	NDC	2:22.99
		33.90	36.42	36.71
				35.96
8	Kimura, Lucianne	22	BU-GA	2:23.04
		33.49	36.41	37.24
				35.90

B - Final

9	Ellard, Tierah	18	BC-KY-KY	2:19.22
		33.97	35.19	34.91
				35.15
10	Witherspoon, Lindsey	19	KING	2:24.56
		34.16	36.95	37.53
				35.92
11	Kirk, Kristina	20	UC-KY	2:24.73
		33.62	36.09	37.47
				37.55
12	Jordan, Krissy		MHC	2:26.15
		34.08	37.04	37.62
				37.41
13	Brockwell, Lara		MHC	2:27.01
		34.30	37.22	37.96
				37.53
14	Pion, Stephanie	20	NDC	2:27.95
		34.22	36.83	38.50
				38.40
15	Brown, Taylor S	19	MARS-WV	2:29.81
		36.29	37.77	38.16
				37.59
16	Leckie, Anna	21	ASB-KY	2:30.65
		34.10	37.45	39.69
				39.41

C - Final

17	Burnham, Annie	18	ASB-KY	2:34.74
		36.79	38.47	39.88
				39.60
18	Kirby, Kaylee E	20	BC-KY-KY	2:36.47
		35.44	39.10	41.11
				40.82

#10 Men 200 Yard Back

Conference: 1:59.19 2008 Carson Fackler

Name	Age	Team	Finals Time	
A - Final				
1	Fackler, Carson	MHC	1:57.36	
		28.36	29.33	
			29.58	
			30.09	
2	Faig, Travis	18	UC-KY	2:01.93
		29.49	30.83	
			31.53	
			30.08	
3	Pigford, Aaron	19	MILL	2:02.53
		27.44	30.08	
			32.09	
			32.92	
4	Howard, Stephen	20	KING	2:05.16
		28.57	31.47	
			32.39	
			32.73	
5	Bechthold, Brett	19	ASB-KY	2:05.87
		29.57	31.44	
			32.28	
			32.58	
6	Lipka, Chris	19	ASB-KY	2:06.06
		29.34	32.03	
			32.62	
			32.07	
7	Mashburn, Sam		MHC	2:07.57
		30.97	32.20	
			32.45	
			31.95	
8	Harrieff, Brendan	21	ASB-KY	2:08.25
		29.61	32.19	
			33.56	
			32.89	

B - Final

9	Chambers, Damien	20	MILL	2:38.49
10	Hobbs, Bradley	23	UC-KY	2:49.75
		38.01	1:28.10	43.64

#11 Women 100 Yard Free

Conference: 55.31 2008 Allison Hubach

Name	Age	Team	Finals Time	
A - Final				
1	Hubach, Allison	19	ASB-KY	53.62
		25.76	27.86	
2	Palo, Lena		MHC	54.44
		26.28	28.16	
3	Worsham, Ellen	18	ASB-KY	56.75
		27.33	29.42	
4	Hullander, Marcy	20	KING	57.08
		27.72	29.36	
5	Robinson, Meghan R	20	MARS-WV	57.57
		27.64	29.93	
6	Melinsky, Kimberly G	18	MARS-WV	57.76
		27.45	30.31	
7	Miller, Caley A	19	NDC	57.77
		27.70	30.07	
8	Alfano, Danielle	20	KING	57.93
		28.02	29.91	

B - Final

9	Katz, Kirsten	19	ASB-KY	57.07
		27.59	29.48	
10	Varga, Ashley		MHC	57.43
		27.44	29.99	
11	Golding, Tiffany		MHC	57.65
		27.60	30.05	
12	Malbone, Angelina	18	NDC	57.66
		27.25	30.41	
13	Bridgford, Julia	19	NDC	57.85
		28.04	29.81	
14	Fillinger, Meghan E	18	MARS-WV	58.40
		27.36	31.04	
15	Holtus, Jenni	21	ASB-KY	59.06
		28.26	30.80	
16	Landry, Rachel	19	MILL	1:00.10
		28.92	31.18	

C - Final

17	Begley, Kaylyn	18	NDC	59.42
		28.30	31.12	
18	Mason, Joelle	19	ASB-KY	1:01.82
		29.55	32.27	
19	Brown, Taylor S	19	MARS-WV	1:04.25
		31.16	33.09	
20	Hinkle, Lincey	19	ASB-KY	1:08.33
		32.44	35.89	
21	Hopple, Ashley	18	NDC	1:17.86
		35.90	41.96	

#12 Men 100 Yard Free

Conference: 48.99 2008 Matt Hood

Name	Age	Team	Finals Time	
A - Final				
1	Oliver, Wayne W	19	KING	47.55
		22.26	25.29	
2	Hood, Matt	19	ASB-KY	47.64
		23.07	24.57	
3	Wilkes, Mike		MHC	48.46
		23.20	25.26	
4	McRae, Patrick	19	NDC	50.13
		23.73	26.40	
5	Perkins, Matt	18	NDC	50.47
		24.25	26.22	
6	Cavanaugh, Eron	19	MILL	50.52
		23.93	26.59	
7	Lawless, Blake		ASB-KY	50.64
		23.70	26.94	
8	Duran, Taylor	20	MILL	51.49
		24.17	27.32	
B - Final				
9	Arnold, Yonatan		MHC	50.23
		24.19	26.04	
10	Barnett, Andrew	21	ASB-KY	51.75
		24.91	26.84	
11	Moore, David		MHC	52.19
		24.41	27.78	
*12	Bland, Johnathan		WWC	52.73
		24.62	28.11	
*12	Bain, Nathan	20	KING	52.73
		25.34	27.39	
14	Warfield, Daniel	18	MILL	53.83
		25.68	28.15	
15	Counts, Marek	21	BC-KY-KY	55.29
		27.01	28.28	
16	Gould, Ben		WWC	55.41
		26.45	28.96	
C - Final				
17	Richardson, Lamar L	19	BC-KY-KY	55.22
		26.32	28.90	
18	Hummel, Kenny		WWC	55.41
		26.24	29.17	
19	Burns, Brendan		WWC	56.56
		26.51	30.05	
20	Bordenave, Keven		WWC	57.78
		27.55	30.23	
21	McGraw, Noah	20	BC-KY-KY	57.99
		28.03	29.96	
22	Easterday, Brian	19	BC-KY-KY	58.65
		28.24	30.41	
23	Lewis, Adam A	21	BC-KY-KY	1:04.96
		30.49	34.47	

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#13 Women 200 Yard Fly

Conference: 2:17.49 2008 Maria Buenano

Name	Age	Team	Finals Time
A - Final			
1 Petersen, Tamsin	19	UC-KY	2:13.35
	29.55	33.42	34.51 35.87
2 Martin, Larissa	19	ASB-KY	2:14.16
	30.65	33.97	34.22 35.32
3 Lukens, Chelsea L	19	MARS-WV	2:17.35
	30.48	33.95	35.82 37.10
4 Buenano, Maria F	21	NDC	2:18.01
	30.39	34.28	36.53 36.81
5 Fitzgerald, Shannan	21	NDC	2:18.02
	30.35	34.98	36.50 36.19
6 Morris, Whitney	21	KING	2:26.19
	32.32	36.58	37.81 39.48
7 Holt, Nikki		MHC	2:29.30
	32.73	37.33	39.04 40.20
8 Hubbard, Amelia		WWC	2:31.68
	32.31	37.96	40.86 40.55
B - Final			
9 Chocarro, Ana		MHC	2:26.44
	31.74	36.69	37.96 40.05
10 Santurri, Alexandra	18	NDC	2:27.52
	32.00	36.93	39.91 38.68
11 Ward, Lauren	19	KING	2:30.28
	31.73	36.20	39.53 42.82
12 Fell, Sarah C	19	BU-GA	2:33.92
	34.71	39.55	39.98 39.68
13 Kubisiak, Darcee	20	MILL	2:36.40
	34.03	39.45	41.26 41.66
14 Esswein, Maria	18	UC-KY	2:40.37
	34.61	40.14	42.28 43.34
15 Pfoff, Lindsey	20	ASB-KY	2:46.05
	36.49	43.03	44.65 41.88

#14 Men 200 Yard Fly

Conference: 2:03.77 2008 Bradley Hunter

Name	Age	Team	Finals Time
A - Final			
1 Maloney, PJ		MHC	2:02.19
	25.81	30.06	32.99 33.33
2 Bertholo Jr., Roberto	20	UC-KY	2:07.43
	28.49	32.45	33.35 33.14
3 Hoffman, Luke		MHC	2:08.98
	27.29	31.86	34.12 35.71
4 Back, Jeremiah	20	UC-KY	2:09.87
	29.03	33.24	33.47 34.13
5 Lewis, Brady	18	ASB-KY	2:10.29
	28.14	33.13	34.70 34.32
6 Reidy, Shawn	18	NDC	2:11.16
	27.45	33.07	34.64 36.00
7 Spoon, Shawn	18	UC-KY	2:13.85
	28.31	33.14	35.86 36.54
8 Tuttle, Chris	19	NDC	2:14.75
	28.49	33.57	35.92 36.77

B - Final

9 Mashburn, Sam		MHC	2:16.23
	31.31	33.90	35.30 35.72
10 Rodriquez, Frank		MHC	2:21.74
	32.54	35.10	36.87 37.23
11 Smith, Karl	21	UC-KY	2:24.66
	28.65	36.99	40.75 38.27
12 Umpleby, Tim		ASB-KY	2:37.21
	33.95	40.15	43.87 39.24
13 Crouse, Jordan	19	ASB-KY	2:47.11
	35.99	43.15	43.17 44.80
14 Annas, Paul		MHC	2:55.75
	34.63	44.03	46.49 50.60

#19 Women 400 Yard Medley Relay

Conference: 4:18.43 2008 Asbury College

Team	Relay	Finals Time
1 ASB-KY	A	4:06.82
	Perrine, Kelsey 22	Sterneman, Abigail 20
	Martin, Larissa 19	Hubach, Allison 19
	31.01	1:04.13 31.56 1:08.04
	28.23	1:00.31 25.90 54.34
2 NDC	A	4:16.90
	30.38	1:02.80 33.95 1:13.43
	29.00	1:02.91 16.20 57.76
3 MARS-WV	A	4:18.84
	30.86	1:03.80 33.95 1:13.90
	29.53	1:04.42 26.44 56.72
4 MHC	A	4:20.27
	Thomas, Rebekah	Brasche, Katie
	Holt, Nikki	Palo, Lena
	32.79	1:05.83 35.10 1:14.99
	29.21	1:03.37 27.30 56.08
5 UC-KY	A	4:28.53
	Kirk, Kristina 20	Messmer, Mollie 20
	Petersen, Tamsin 19	Esswein, Maria 18
	32.41	1:08.09 35.49 1:16.66
	29.85	1:03.85 27.85 59.93
6 BU-GA	A	4:29.00
	Kimura, Lucianne 22	Hardy, Alex 18
	Fell, Sarah C 19	Ferreira, Julia L 18
	32.58	1:06.52 33.41 1:12.34
	33.61	1:12.19 27.63 57.95
7 KING	A	4:29.14
	Witherspoon, Lindsey 19	Bier, Grace E 18
	Hullander, Marcy 20	Alfano, Danielle 20
	33.72	1:09.41 37.04 1:18.22
	29.10	1:03.16 27.80 58.35
8 MILL	A	4:33.93
	Grant, Gretchen 18	Licari, Victoria 18
	Kubisiak, Darcee 20	Landry, Rachel 19
	33.79	1:09.97 34.52 1:21.17
	24.96	1:02.21 28.60 1:00.58
9 BC-KY-KY	A	4:42.35
	Kirby, Kaylee E 20	Ellard, Britin 22
	Ellard, Clarin 20	Ellard, Tierah 18
	37.39	1:18.93 34.29 1:13.49
	32.37	1:13.28 26.59 56.65

10 WWC	A	5:00.48
	37.40	1:16.82 40.48 1:27.89
	30.30	1:06.81 33.26 1:08.96
--- NDC	B	X4:26.92
	32.97	1:08.34 34.32 1:13.37
	30.79	1:06.89 27.75 58.32

#20 Men 400 Yard Medley Relay

Conference: 3:44.80 2008 Mars Hill College

Team	Relay	Finals Time
1 MHC	A	3:37.92
	Fackler, Carson	Smith, Ed
	Maloney, PJ	Wilkes, Mike
	26.86	55.02 28.39 1:00.66
	25.33	54.67 21.93 47.57
2 ASB-KY	A	3:42.13
	Lipka, Chris 19	Losekamp, Alex 20
	Sallee, William 20	Hood, Matt 19
	27.89	57.02 29.18 1:03.04
	24.63	53.93 22.69 48.14
3 UC-KY	A	3:44.67
	Faig, Travis 18	Viscardi, Michael 19
	Bertholo Jr., Roberto 20	Back, Jeremiah 20
	28.18	56.71 28.95 1:02.02
	25.63	55.46 24.29 50.48
4 NDC	A	3:48.67
	27.38	57.25 30.12 1:05.55
	25.22	55.57 23.29 50.30
5 KING	A	3:53.07
	Howard, Stephen 20	Pope, Daniel 20
	Oliver, Wayne W 19	Bain, Nathan 20
	27.89	57.45 29.84 1:06.61
	25.29	56.01 25.66 53.00
6 MILL	A	3:53.86
	Pigford, Aaron 19	Fry, Chris 20
	Warfield, Daniel 18	Cavanaugh, Eron 19
	28.32	58.34 30.01 1:05.02
	27.11	1:00.72 23.15 49.78
7 WWC	A	4:06.63
	31.34	1:05.34 29.07 1:03.47
	28.24	1:03.14 25.57 54.68

Women - Team Rankings - Through Event 20

1. Asbury College	384
2. Notre Dame College	295
3. Mars Hill College	225
4. Marshall Univeristy	186
5. King College	150
6. Union College	139
7. Brenau University Golden Tiger	137
8. Berea College	96
9. Milligan College	82
10. Warren Wilson College Owls	61

Men - Team Rankings - Through Event 20

1. Asbury College	374
2. Mars Hill College	295

The Appalachian Conference Championships - 2/20/2009 to 2/21/2009

Results - Finals Day 1

3. Union College	250
4. Notre Dame College	178
5. Milligan College	173
6. King College	152.5
7. Warren Wilson College Owls	99.5
8. Berea College	26