



2009-2010

Swimming & Diving

ASC Contact: Michael Gallagher
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- Asbury College - Berea College - Berry College - Brenau University - King College -
- Mars Hill College - Milligan College - Notre Dame College - Union College -
- Urbana University - Ursuline College - Warren Wilson College - Wheeling Jesuit University -

Appalachian Swimming & Diving Conference Men's and Women's Swimming/Diver of the Week

— 11/30/2009 - 12/06/2009 —

Louis Paschal Glavinos Jr (Union College)

Paschal participated in the Asbury College Invitational where he won all of his three individual events (100-yd Butterfly 54.46, 100-yd Backstroke 53.61, and 200-yd backstroke 1:57.88) Paschal was also part of all five relay teams, posting outstanding splits in each relay he . During the meet he helped to reset four pool records (100/200-yd Backstroke, 200-yd Freestyle and both the 200/400-yd Medley Relays).

Katy Sorrells (Mars Hill College)

Sorrells is a freshman from Canton, NC. She participated in the SCAD Invitational on December 4th-5th. Sorrells competed the 400-yd Individual Medley (4:48.76), 100-yd Butterfly (1:00.65) and 200-yd Butterfly (2:13.99). Sorrells achieved top-eight performances in each of her individual events.

ASC Swimmer/Diver of the Week

Oct. 10th: David Johnson (Union College)
Molly Fittro (Union College)
Oct. 17th: Matt Hood (Asbury College)
Allie Hubach (Asbury College)
Oct. 24th: Wayne Oliver (King College)
Emily Martin (Wheeling Jesuit University)
Oct. 31st: Pat Chadowski (Wheeling Jesuit University)
Tierah Ellard (Berea College)
Nov. 7th: Greg Pristov (Notre Dame College)
Kelly O'Connor (Notre Dame College)
Nov. 14th: Matt Logan (Wheeling Jesuit University)
Emily Whittington (Notre Dame College)
Nov. 22st: Ed Smith (Mars Hill College)
Emily Martin (Wheeling Jesuit University)
Dec. 6th: Louis Paschal Glavinos Jr. (Union College)
Katy Sorrells (Mars Hill College)

2009 ASC Championship Results

Men's Results

1. Asbury College
2. Mars Hill College
3. Union College
4. Notre Dame College
5. Milligan College
6. King College
7. Warren Wilson College
8. Berea College

Women's Results

1. Asbury College
2. Notre Dame College
3. Mars Hill College
4. Marshall University
5. Union College
6. King College
7. Brenau University
8. Berea College
9. Milligan College
10. Warren Wilson College

Combined Results

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|-----------------------|------------------------|--------------------------|
| 1. Asbury College | 5. King College | 8. Berea College |
| 2. Mars Hill College | 6. Milligan College | 9. Warren Wilson College |
| 3. Notre Dame College | 7. Marshall University | 10. Brenau University |
| 4. Union College | | |