

## Appalachian Conference Swimming & Diving Records (Updated 2/25/210)

Women 200 Free Relay	1:38.99	2010	Asbury College
Men 200 Free Relay	1:26.46	2010	Mars Hill College
Women 200 IM	2:12.57	2010	Larissa Martin - Asbury College
Men 200 IM	1:56.42	2010	Ed Smith - Mars Hill
Women 500 Free	5:05.19	2010	Emily Martin - Wheeling Jesuit
Men 500 Free	4:46.13	2010	Matt Hood - Asbury College
Women 100 Breast	1:07.02	2010	Abigail Sterneman - Asbury College
Men 100 Breast	58.46	2010	Ed Smith - Mars Hill
Women 200 Back	2:12.04	2010	Emily Whittington - Notre Dame & Lucianne Kimura - Brenau
Men 200 Back	1:56.08	2010	Trevor Ehrenheim - Asbury College
Women 100 Free	53.62	2009	Allison Hubach - Asbury College
Men 100 Free	47.43	2009	Matt Hood - Asbury College
Women 200 Fly	2:07.13	2010	Emily Martin - Wheeling Jesuit
Men 200 Fly	1:59.49	2010	Sergio Bracamontes - Wheeling Jesuit
Women 800 Free Relay	7:58.02	2010	Asbury College
Men 800 Free Relay	7:09.32	2010	Asbury College
Women 400 Medley Relay	3:59.84	2010	Asbury College
Men 400 Medley Relay	3:36.83	2010	Wheeling Jesuit
Women 200 Medley Relay	1:50.49	2010	Asbury College
Men 200 Medley Relay	1:38.93	2010	Union College
Women 400 IM	4:42.33	2009	Lauryssa Rieger - Notre Dame
Men 400 IM	4:13.25	2010	Matt Logan - Wheeling Jesuit
Women 50 Free	24.50	2010	Allison Hubach - Asbury College
Men 50 Free	21.64	2010	Mike Wilkes - Mars Hill College
Women 100 Back	1:01.25	2010	Ranay Ray - Asbury College
Men 100 Back	53.86	2010	Aaron Pigford - Milligan
Women 200 Free	1:54.04	2010	Emily Martin - Wheeling Jesuit
Men 200 Free	1:43.92	2010	Matt Hood - Asbury College
Women 200 Breast	2:25.37	2010	Abigail Sterneman - Asbury College
Men 200 Breast	2:09.34	2010	Ed Smith - Mars Hill
Women 100 Fly	59.47	2010	Larissa Martin - Asbury College
Men 100 Fly	52.02	2010	Greg Pristov - Notre Dame
Women 1650 Free	18:07.79	2010	Molly Fittro - Union College
Men 1650 Free	17:11.87	2010	Jake Lucas - Wheeling Jesuit
Women 400 Free Relay	3:36.36	2010	Asbury College
Men 400 Free Relay	3:11.53	2010	Mars Hill College
Women 1 mtr Diving 11 dives	376.95	2008	Ashley Poore - Asbury College
Men 11 mtr Diving 11 dives	243.42	2009	Nick Gotschall - Notre Dame
Women 3 mtr Diving 11 dives	140.70	2009	Abby Cohen - Berea College
Men 1 mtr Diving 11 dives	378.22	2010	Justin Pulling - Notre Dame