

Appalachian Conference Women's Top Times (1/26/10)

Women 50 Free

1	24.73	Hubach, Allie J	JR	ASB	12/4/2009	Asbury College Swimming Invitational
2	25.14	Martin, Emily	FR	WJU	1/15/2010	WVWC vs. WJU
3	25.26	Sterneman, Abigail C	SR	ASB	11/21/2009	AsburyMilligan
4	25.34	Hamilton, Casey	FR	WJU	10/24/2009	Wheeling Jusuit v Saint Vincent
5	25.70	Worsham, Ellen C	SO	ASB	1/15/2010	Colonel Classic 2010
6	x25.79	Amstutz, Hannah E	SO	ASB	12/4/2009	Asbury College Swimming Invitational
7	25.80	O'Connor, Kelly E	SR	NDC	11/6/2009	NDC vs. JCU
8	25.81	Palo, Lena	SO	MHC	12/3/2009	2009 SCAD College Invitational
9	25.83	Fittro, Molly K	SO	UC	12/4/2009	Asbury College Swimming Invitational
10	26.21	Galesic, Ana	FR	BU	11/14/2009	Emory Fall Invitational 2009

Women 100 Free

1	54.37	Palo, Lena	SO	MHC	11/21/2009	Wingate University Fall Frenzy Invite
2	54.47	Hubach, Allie J	JR	ASB	1/23/2010	Asbury College
3	55.39	Hamilton, Casey	FR	WJU	11/19/2009	Crimson Hawk Invite
4	55.55	Ray, Ranay C	FR	ASB	1/15/2010	Colonel Classic 2010
5	56.01	Fittro, Molly K	SO	UC	10/17/2009	Asbury Bellarmine Union
6	56.31	Worsham, Ellen C	SO	ASB	12/4/2009	Asbury College Swimming Invitational
7	56.83	Morrison, Mairi	FR	BU	11/6/2009	9th Annual Sewanee Invitational
8	56.89	Sterneman, Abigail C	SR	ASB	1/22/2010	Asbury College Berea College
9	57.58	Petersen, Tamsin L	SO	UC	12/4/2009	Asbury College Swimming Invitational
10	57.65	Galesic, Ana	FR	BU	11/6/2009	9th Annual Sewanee Invitational
10	57.65	Varga, Ashley	JR	MHC	12/3/2009	2009 SCAD College Invitational

Women 200 Free

1	1:18.11	Rust, Kristen M	FR	ASB	1/15/2010	Colonel Classic 2010
2	1:57.45	Martin, Emily	FR	WJU	11/19/2009	Crimson Hawk Invite
3	1:59.52	Hubach, Allie J	JR	ASB	10/17/2009	Asbury Bellermine Union
4	1:59.56	Fittro, Molly K	SO	UC	10/17/2009	Asbury Bellarmine Union
5	2:00.51	Amstutz, Hannah E	SO	ASB	12/4/2009	Asbury College Swimming Invitational
6	2:00.67	Palo, Lena	SO	MHC	12/3/2009	2009 SCAD College Invitational
7	2:01.26	Ray, Ranay C	FR	ASB	1/23/2010	Asbury College
8	2:01.47	Dickerson, Kelly		BERRY	11/21/2009	Brenau University Invitational
9	2:01.63	Whittington, Emily	SO	NDC	11/10/2009	City College Meet
10	2:01.94	Steve, Jessica	SO	WJU	11/19/2009	John A. Pidgeon Memorial Meet

Women 500 Free

1	5:09.85	Martin, Emily	FR	WJU	11/19/2009	John A. Pidgeon Memorial Meet
2	5:20.49	Fittro, Molly K	SO	UC	12/4/2009	Asbury College Swimming Invitational
3	5:26.74	Amstutz, Hannah E	SO	ASB	10/17/2009	Asbury Bellermine Union

4	5:28.48	Palo, Lena	SO	MHC	11/21/2009	Wingate University Fall Frenzy Invite
5	5:29.30	Dickerson, Kelly		BERRY	11/14/2009	Emory Fall Invitational 2009
6	5:29.44	Steve, Jessica	SO	WJU	11/19/2009	Crimson Hawk Invite
7	5:30.97	Donihe, Michele	FR	KING	11/14/2009	Cumberland King Milligan
8	5:32.37	Whittington, Emily	SO	NDC	1/16/2010	WWV vs. Wilimington vs. NDC
9	5:35.93	Hamilton, Casey	FR	WJU	11/19/2009	John A. Pidgeon Memorial Meet
10	5:36.08	Rieger, Laurysa M	JR	NDC	12/4/2009	Carroll Classic 09

Women 1000 Free

1	11:18.23	Amstutz, Hannah E	SO	ASB	10/17/2009	Asbury Bellermine Union
2	11:23.58	Donihe, Michele	FR	KING	10/29/2009	Mars Hill
3	11:24.04	Keyes, Lindsay K	JR	ASB	10/17/2009	Asbury Bellermine Union
4	11:27.99	Messmer, Mollie G	SR	UC	10/10/2009	Union College vs Univ. of the Cumberlands
5	x11:28.18	Fittro, Molly K	SO	UC	10/31/2009	Berea vs Union vs Bellarmine
6	11:28.21	Guisseppi, Chelsea	SO	WJU	1/15/2010	WVWC vs. WJU
7	11:30.48	Whittington, Emily	SO	NDC	10/28/2009	NDC vs. Hiram
8	11:35.89	Steve, Jessica	SO	WJU	11/14/2009	WJU vs Urbana and Malone
9	11:39.36	Rieger, Laurysa M	JR	NDC	1/16/2010	WWV vs. Wilimington vs. NDC
10	11:42.29	Marion, Amy N	SO	ASB	1/23/2010	Asbury College

Women 1650 Free

1	18:13.11	Martin, Emily	FR	WJU	11/19/2009	John A. Pidgeon Memorial Meet
2	18:32.41	Fittro, Molly K	SO	UC	12/4/2009	Asbury College Swimming Invitational
3	18:59.05	Donihe, Michele	FR	KING	11/6/2009	9th Annual Sewanee Invitational
4	18:59.82	Amstutz, Hannah E	SO	ASB	12/4/2009	Asbury College Swimming Invitational
5	19:05.09	Messmer, Mollie G	SR	UC	12/4/2009	Asbury College Swimming Invitational
6	19:15.25	Guisseppi, Chelsea	SO	WJU	11/19/2009	Crimson Hawk Invite
7	19:16.58	Steve, Jessica	SO	WJU	11/19/2009	Crimson Hawk Invite
8	19:19.44	Keyes, Lindsay K	JR	ASB	1/15/2010	Colonel Classic 2010
9	19:22.93	Rieger, Laurysa M	JR	NDC	11/14/2009	WVWC vs. Notre Dame College
10	19:37.32	Marion, Amy N	SO	ASB	1/15/2010	Colonel Classic 2010

Women 50 Back

1	29.36	Ray, Ranay C	FR	ASB	12/4/2009	Asbury College Swimming Invitational
2	x29.50	Kimura, Lucianne	SO	BU	11/6/2009	9th Annual Sewanee Invitational
3	29.59	Thomas, Rebekah	SO	MHC	10/31/2009	MHC-WWC-LenoirDouble Dual
4	29.81	Whittington, Emily	SO	NDC	11/6/2009	NDC vs. JCU
5	29.82	Rieger, Laurysa M	JR	NDC	11/10/2009	City College Meet
6	29.86	Copeland, Kelsey	FR	KING	12/5/2009	WWC 12-5-09
7	29.90	Blau, Stephanie	FR	WJU	11/13/2009	WJU vs Frostburg
8	30.10	Palo, Lena	SO	MHC	10/10/2009	Marshall vs. Milligan
9	30.13	Galesic, Ana	FR	BU	11/6/2009	9th Annual Sewanee Invitational
10	30.22	Dierig, Whitley R	FR	UC	12/4/2009	Asbury College Swimming Invitational

Women 100 Back

1	1:01.99	Ray, Ranay C	FR	ASB	12/4/2009	Asbury College Swimming Invitational
2	1:02.77	Kimura, Lucianne	SO	BU	11/6/2009	9th Annual Sewanee Invitational
2	1:02.77	Whittington, Emily	SO	NDC	1/16/2010	WWV vs. Wilimington vs. NDC
4	1:03.19	Thomas, Rebekah	SO	MHC	10/31/2009	MHC-WWC-LenoirDouble Dual
5	1:03.53	Palo, Lena	SO	MHC	1/23/2010	MHC-King
6	1:04.13	Blau, Stephanie	FR	WJU	11/13/2009	WJU vs Frostburg
7	1:04.38	Vaughan, Emily	FR	KING	1/15/2010	Colonel Classic 2010
8	1:04.68	Perkins, Emily E	SR	NDC	11/6/2009	NDC vs. JCU
9	1:04.73	Guisseppi, Chelsea	SO	WJU	11/19/2009	Crimson Hawk Invite
10	1:04.76	Schmidt, Miranda	FR	MHC	11/21/2009	Wingate University Fall Frenzy Invite

Women 200 Back

1	2:14.29	Whittington, Emily	SO	NDC	1/16/2010	WWV vs. Wilimington vs. NDC
2	2:15.46	Ray, Ranay C	FR	ASB	11/21/2009	AsburyMilligan
3	2:15.48	Palo, Lena	SO	MHC	11/21/2009	Wingate University Fall Frenzy Invite
4	2:17.43	Thomas, Rebekah	SO	MHC	11/21/2009	Wingate University Fall Frenzy Invite
5	2:17.44	Blau, Stephanie	FR	WJU	11/19/2009	John A. Pidgeon Memorial Meet
6	2:17.97	Guisseppi, Chelsea	SO	WJU	11/19/2009	Crimson Hawk Invite
7	2:18.61	Perkins, Emily E	SR	NDC	12/4/2009	Carroll Classic 09
8	2:18.72	Donihe, Michele	FR	KING	11/21/2009	Brenau University Invitational
9	2:19.21	Kimura, Lucianne	SO	BU	11/14/2009	Emory Fall Invitational 2009
10	2:20.33	Vaughan, Emily	FR	KING	1/15/2010	Colonel Classic 2010

Women 100 Breast

1	1:08.55	Sterneman, Abigail C	SR	ASB	11/21/2009	AsburyMilligan
2	1:11.35	Bey, Shelby	FR	WJU	10/24/2009	Wheeling Jusuit v Saint Vincent
3	1:11.54	Meadows, Larissa J	FR	ASB	1/15/2010	Colonel Classic 2010
4	1:11.68	Sorrells, Katy	FR	MHC	12/3/2009	2009 SCAD College Invitational
5	1:11.80	Whittington, Emily	SO	NDC	11/21/2009	Notre Dame vs. Univ of Pittsburgh at Bradford
6	1:12.06	O'Connor, Kelly E	SR	NDC	11/10/2009	City College Meet
7	x1:12.62	Martin, Larissa E	SO	ASB	1/22/2010	Asbury College Berea College
8	1:12.66	McCormick, Kasey L	FR	UC	11/20/2009	Union College vs Transylvania University
9	1:12.97	Hill, April N	FR	ASB	1/15/2010	Colonel Classic 2010
10	1:13.09	Gangloff, Cindy		NDC	1/23/2010	Oberlin Invite

Women 200 Breast

1	2:27.71	Sterneman, Abigail C	SR	ASB	1/23/2010	Asbury College
2	2:36.06	Meadows, Larissa J	FR	ASB	11/21/2009	AsburyMilligan
3	2:36.63	McCormick, Kasey L	FR	UC	12/4/2009	Asbury College Swimming Invitational
4	2:37.96	Bey, Shelby	FR	WJU	10/24/2009	Wheeling Jusuit v Saint Vincent
5	2:38.42	Sorrells, Katy	FR	MHC	10/17/2009	MHC-Catawba

	6	2:39.46	Blau, Stephanie	FR	WJU	10/17/2009	BWC vs WJU
	7	2:39.97	Bartlett, Megan	FR	MHC	12/3/2009	2009 SCAD College Invitational
	8	2:40.27	O'Connor, Kelly E	SR	NDC	12/4/2009	Carroll Classic 09
	9	2:40.92	Hill, April N	FR	ASB	1/15/2010	Colonel Classic 2010
Women	10	2:41.19	Kaminski, Katie	JR	ASB	12/4/2009	Asbury College Swimming Invitational
Women 100 Fly							
	1	59.51	Martin, Emily	FR	WJU	11/19/2009	John A. Pidgeon Memorial Meet
	2	1:00.65	Sorrells, Katy	FR	MHC	12/3/2009	2009 SCAD College Invitational
	3	1:01.07	Martin, Larissa E	SO	ASB	11/21/2009	AsburyMilligan
	4	1:02.65	Kimura, Lucianne	SO	BU	10/24/2009	Brenau Vs. Converse
	5	1:02.86	Rieger, Laurysa M	JR	NDC	11/10/2009	City College Meet
	6	1:03.15	Buenano, Maria F	SR	NDC	11/14/2009	WVWC vs. Notre Dame College
	7	1:03.43	Petersen, Tamsin L	SO	UC	11/20/2009	Union College vs Transylvania University
	8	1:03.52	Hubach, Allie J	JR	ASB	12/4/2009	Asbury College Swimming Invitational
	9	1:03.79	Holt, Nikki	SO	MHC	11/21/2009	Wingate University Fall Frenzy Invite
Women	10	x1:03.91	Ray, Ranay C	FR	ASB	10/17/2009	Asbury Bellermine Union
Women 200 Fly							
	1	2:12.40	Martin, Emily	FR	WJU	11/19/2009	Crimson Hawk Invite
	2	2:13.99	Sorrells, Katy	FR	MHC	12/3/2009	2009 SCAD College Invitational
	3	2:15.07	Martin, Larissa E	SO	ASB	11/21/2009	AsburyMilligan
	4	2:19.83	Dickerson, Kelly		BERRY	11/21/2009	Brenau University Invitational
	5	2:20.38	Buenano, Maria F	SR	NDC	1/16/2010	WWV vs. Wilimington vs. NDC
	6	2:20.95	Petersen, Tamsin L	SO	UC	10/17/2009	Asbury Bellarmine Union
	7	2:21.18	Fitzgerald, Shannan L	SR	NDC	12/4/2009	Carroll Classic 09
	8	2:21.76	Steve, Jessica	SO	WJU	11/19/2009	John A. Pidgeon Memorial Meet
	9	2:25.70	Kimura, Lucianne	SO	BU	11/6/2009	9th Annual Sewanee Invitational
Women	10	2:25.78	Rieger, Laurysa M	JR	NDC	11/21/2009	Notre Dame vs. Univ of Pittsburgh at Bradford
Women 200 IM							
	1	2:15.71	Whittington, Emily	SO	NDC	11/14/2009	WVWC vs. Notre Dame College
	2	2:16.45	Martin, Larissa E	SO	ASB	11/21/2009	AsburyMilligan
	3	2:18.35	Sorrells, Katy	FR	MHC	11/21/2009	Wingate University Fall Frenzy Invite
	4	2:18.74	Ray, Ranay C	FR	ASB	1/22/2010	Asbury College Berea College
	5	2:19.32	Petersen, Tamsin L	SO	UC	12/4/2009	Asbury College Swimming Invitational
	6	2:19.47	Blau, Stephanie	FR	WJU	11/19/2009	John A. Pidgeon Memorial Meet
	7	2:19.87	Rieger, Laurysa M	JR	NDC	11/6/2009	NDC vs. JCU
	8	2:21.39	Donihe, Michele	FR	KING	11/6/2009	9th Annual Sewanee Invitational
	9	2:21.70	Amstutz, Hannah E	SO	ASB	1/22/2010	Asbury College Berea College
Women	10	2:21.85	Perkins, Emily E	SR	NDC	12/4/2009	Carroll Classic 09
Women 400 IM							

1	4:48.76	Sorrells, Katy	FR	MHC	12/3/2009	2009 SCAD College Invitational
2	x4:51.34	Whittington, Emily	SO	NDC	11/21/2009	Notre Dame vs. Univ of Pittsburgh at Bradford
3	4:52.07	Ray, Ranay C	FR	ASB	12/4/2009	Asbury College Swimming Invitational
4	4:55.19	Rieger, Laurysa M	JR	NDC	11/10/2009	City College Meet
5	4:55.80	Blau, Stephanie	FR	WJU	11/19/2009	Crimson Hawk Invite
6	4:56.63	Martin, Larissa E	SO	ASB	10/17/2009	Asbury Bellarmine Union
7	4:59.90	Donihe, Michele	FR	KING	11/21/2009	Brenau University Invitational
8	5:00.63	Bartlett, Megan	FR	MHC	12/3/2009	2009 SCAD College Invitational
9	5:02.59	Petersen, Tamsin L	SO	UC	10/17/2009	Asbury Bellarmine Union
10	5:03.21	Guisseppi, Chelsea	SO	WJU	1/15/2010	WVWC vs. WJU
Women 1 Meter 6 Dives						
1	100.00	Cohen, Abby	SR	BC-KY	1/22/2010	Asbury College Berea College