

NORTHERN ATHLETIC CONFERENCE GIRLS SWIMMING

TOP 12 TIMES

Updated and including meets through 10/26/2007
Maintained by Andy Devins, Potsdam CS

200 Yard Medley Relay

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NAC Record - 1:59.77 St. Lawrence [Thompson, A. Brothers, Lynch, Lavigne] 2007

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1	1:59.77	St. Lawrence 'A'		10/26/2007
		1) Thompson, Abbey	2) Brothers, Anna	
		3) Lynch, Emily	4) Lavigne, Jocelyn	
2	2:04.41	Malone 'A'		10/19/2007
		1) Matthews, Kate	2) Haynes, Julie	
		3) Johnson, Alyson	4) Brand, Natalie	
3	2:10.76	Canton 'A'		10/12/2007
		1) Hodge, Marilee	2) McGovern, Kaeley	
		3) Rexford, Alisha	4) Gerlach, Kayla	
4	2:12.34	Massena 'A'		09/25/2007
		1) Gupta, Nikita	2) Ward, Memoli	
		3) Czajkowski, Aubrey	4) Haggett, Lindsey	
5	2:13.46	Potsdam 'A'		10/16/2007
		1) Jandreau, Chelsea	2) Chambers, Allyssa	
		3) Stone, Amanda	4) Kilgore, Courtney	

200 Yard Freestyle

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NAC Record - 1:57.85 Jessica Jock, Salmon River 1996

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1	2:07.76	Haynes, Julie	12	Malone	09/25/2007
2	2:10.16	Lynch, Emily	12	St. Lawrence	09/14/2007
3	2:13.32	Barr, Kelli	11	Ogdensburg	10/12/2007
4	2:15.19	Dufresne, Nicole	12	St. Lawrence	10/12/2007
5	2:16.01	Rimmer, Kelsey	11	Potsdam	10/12/2007
6	2:19.67	Hodge, Marilee	12	Canton	10/26/2007
7	2:19.79	Matthews, Kate	12	Malone	09/14/2007
8	2:19.99	Gerlach, Kayla	11	Canton	09/25/2007
9	2:22.30	Snider, Amy	11	St. Lawrence	10/12/2007
10	2:22.56	Hammond, Kendra	12	Canton	10/12/2007
11	2:22.61	Evans, Jenna	9	St. Lawrence	10/23/2007
12	2:22.92	Stone, Laura	11	Malone	10/19/2007

200 Yard Individual Medley

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NAC Record - 2:11.30 Jessica Jock, Salmon River 1996

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1	2:21.57	Haynes, Julie	12	Malone	10/19/2007
2	2:26.39	Lynch, Emily	12	St. Lawrence	10/19/2007
3	2:31.59	Barr, Kylie	11	Ogdensburg	10/12/2007
4	2:32.00	Norton, Emilie	11	St. Lawrence	10/26/2007
5	2:35.67	Hawn, Anne	12	Edwards-Knox	10/09/2007
6	2:35.94	Rexford, Alisha	12	Canton	10/16/2007
7	2:36.14	Matthews, Kate	12	Malone	09/25/2007
8	2:38.26	Pike, Ashley	9	St. Lawrence	10/23/2007
9	2:39.11	Thompson, Abbey	12	St. Lawrence	10/02/2007
10	2:39.78	Stone, Laura	11	Malone	10/26/2007
11	2:39.94	Evans, Jenna	9	St. Lawrence	09/18/2007
12	2:40.88	Davis, Serenity	11	Potsdam	10/16/2007

50 Yard Freestyle

NAC Record - 24.39 Jessica Jock, Salmon River 1995

1	24.98	Haynes, Julie	12	Malone	10/16/2007
2	25.94	Matthews, Kate	12	Malone	09/28/2007
3	27.08	Lynch, Emily	12	St. Lawrence	10/12/2007
4	27.25	Czajkowski, Aubrey	10	Massena	10/23/2007
5	27.81	LaFave, Sara	12	Ogdensburg	10/23/2007
6	27.82	Gerlach, Kayla	11	Canton	10/12/2007
7	27.89	Brothers, Anna	9	St. Lawrence	09/18/2007
8	28.19	Lavigne, Jocelyn	11	St. Lawrence	09/20/2007
9	28.21	Smith, Michelle	11	Gouverneur	10/09/2007
9	28.21	Stone, Amanda	12	Potsdam	09/18/2007
11	28.31	Haggett, Lindsey	11	Massena	10/12/2007
12	28.43	Rimmer, Kelsey	11	Potsdam	09/28/2007

100 Yard Butterfly

NAC Record - 59.00 Jessica Jock, Salmon River 1996

1	1:05.01	Lynch, Emily	12	St. Lawrence	10/26/2007
2	1:10.96	Rexford, Alisha	12	Canton	10/12/2007
3	1:11.29	Johnson, Alyson	12	Malone	10/23/2007
4	1:12.50	Barr, Kelli	11	Ogdensburg	10/02/2007
5	1:13.23	Barr, Kylie	11	Ogdensburg	10/02/2007
6	1:13.57	Roll, Sarah	8	Potsdam	10/23/2007
7	1:13.79	Pike, Ashley	9	St. Lawrence	10/19/2007
8	1:13.86	LaFave, Sara	12	Ogdensburg	10/18/2007
9	1:15.22	Stone, Laura	11	Malone	10/26/2007
10	1:15.31	Norton, Emilie	11	St. Lawrence	09/22/2007
11	1:15.62	Hawn, Anne	12	Edwards-Knox	10/02/2007
12	1:15.85	Davis, Serenity	11	Potsdam	10/16/2007

100 Yard Freestyle

NAC Record - 54.39 Jessica Jock, Salmon River 1996

1	55.64	Haynes, Julie	12	Malone	10/26/2007
2	1:00.33	Lynch, Emily	12	St. Lawrence	09/20/2007
3	1:01.05	Rimmer, Kelsey	11	Potsdam	10/05/2007
4	1:01.33	Brothers, Anna	9	St. Lawrence	09/14/2007
5	1:01.42	Czajkowski, Aubrey	10	Massena	10/09/2007
6	1:01.82	Gerlach, Kayla	11	Canton	10/12/2007
7	1:02.77	Lavigne, Jocelyn	11	St. Lawrence	10/12/2007
8	1:02.91	Brand, Natalie	9	Malone	09/20/2007
9	1:03:05	Evans, Jenna	9	St. Lawrence	10/26/2007
10	1:03.35	Stone, Amanda	12	Potsdam	10/16/2007
11	1:03.43	Woods, Amanda	11	Ogdensburg	10/18/2007
12	1:03.55	Barr, Kelli	11	Ogdensburg	09/20/2007

500 Yard Freestyle

NAC Record - 5:24.35 Jessica Jock, Salmon River 1995

1	6:01.53	Lynch, Emily	12	St. Lawrence	09/25/2007
2	6:01.72	Dufresne, Nicole	12	St. Lawrence	10/26/2007
3	6:07.05	Rimmer, Kelsey	11	Potsdam	10/12/2007
4	6:09.03	Evans, Jenna	9	St. Lawrence	09/20/2007
5	6:09.86	Barr, Kelli	11	Ogdensburg	10/12/2007
6	6:11.28	Matthews, Kate	12	Malone	09/18/2007
7	6:17.56	White, Stephanie	11	St. Lawrence	10/23/2007
8	6:23.22	Thompson, Abbey	12	St. Lawrence	10/09/2007
9	6:29.00	Hammond, Kendra	12	Canton	10/18/2007
10	6:29.18	Hodge, Marilee	12	Canton	10/18/2007
11	6:29.41	Davis, Serenity	11	Potsdam	10/02/2007
12	6:29.65	Morris, Marlee	12	Potsdam	10/16/2007

200 Yard Freestyle Relay

NAC Record - 1:46.34 Potsdam [McCluskey, Scott, Sherburne, Stone] 2002

1	1:51.39	Malone 'A'			09/25/2007
		1) Haynes, Julie		2) Matthews, Kate	
		3) Johnson, Alyson		4) Brand, Natalie	
2	1:52.28	St. Lawrence 'A'			09/18/2007
		1) White, Stephanie		2) Brothers, Anna	
		3) Lavigne, Jocelyn		4) Lynch, Emily	
3	1:55.17	Ogdensburg 'A'			10/23/2007
		1) Barr, Kylie		2) Woods, Amanda	
		3) LaFave, Sara		4) Barr, Kelli	
4	1:55.78	Potsdam 'A'			10/16/2007
		1) Kilgore, Courtney		2) Roll, Sarah	
		3) Davis, Serenity		4) Rimmer, Kelsey	
5	1:57.31	Canton 'A'			09/20/2007
		1) Gerlach, Kayla		2) Hodge, Hailey	
		3) Hodge, Marilee		4) McGovern, Kaeley	

100 Yard Backstroke

NAC Record - 59.96 Jessica, Jock, Salmon River 1996

1	1:06.15	Matthews, Kate	12	Malone	10/26/2007
2	1:09.21	Thompson, Abbey	12	St. Lawrence	10/26/2007
3	1:10.18	Hodge, Marilee	12	Canton	09/25/2007
4	1:10.25	Lynch, Emily	12	St. Lawrence	10/09/2007
5	1:12.83	Hodge, Hailey	10	Canton	09/14/2007
6	1:13.41	Rexford, Alisha	12	Canton	09/25/2007
7	1:13.78	White, Stephanie	11	St. Lawrence	10/12/2007
8	1:13.82	Garrabrant, Brooke	12	Ogdensburg	10/18/2007
9	1:15.23	Johnson, Alyson	12	Malone	10/04/2007
10	1:15.35	Adams, Lauren	12	Salmon River	10/16/2007
11	1:15.58	Evans, Jenna	9	St. Lawrence	10/02/2007
12	1:16.48	Delormier, Sierra	9	Salmon River	10/19/2007

100 Yard Breaststroke

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NAC Record - 1:12.70 Katie Penderghest, St. Lawrence 2001

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1	1:14.00	Brothers, Anna	9	St. Lawrence	10/26/2007
2	1:17.64	Haynes, Julie	12	Malone	09/11/2007
3	1:17.79	Norton, Emilie	11	St. Lawrence	10/26/2007
4	1:21.34	Ward, Memoli	12	Massena	09/25/2007
5	1:21.62	Hawn, Anne	12	Edwards-Knox	09/25/2007
6	1:21.82	Barr, Kylie	11	Ogdensburg	10/18/2007
7	1:21.86	Smith, Michelle	11	Gouverneur	10/22/2007
8	1:22.06	Coryer, Molly	11	Ogdensburg	09/28/2007
9	1:22.35	Goolden, Caitlin	11	Canton	10/26/2007
10	1:22.38	Chambers, Allyssa	9	Potsdam	10/26/2007
11	1:22.56	Brand, Natalie	9	Malone	09/28/2007
12	1:23.94	McCuin, Molly	9	St. Lawrence	10/09/2007

400 Freestyle Relay

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NAC Record - 3:55.55 Potsdam [Leuthauser, Scott, Sherburne, Stone] 2003

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1	4:08.01	Malone 'A'			10/26/2007
		1) Brand, Natalie		2) Johnson, Alyson	
		3) Matthews, Kate		4) Haynes, Julie	
2	4:10.61	St. Lawrence 'A'			10/12/2007
		1) Dufresne, Nicole		2) Delisle, Chantal	
		3) Brothers, Anna		4) Lynch, Emily	
3	4:14.60	Canton 'A'			09/14/2007
		1) Hodge, Marilee		2) Rexford, Alisha	
		3) Gerlach, Kayla		4) Hodge, Hailey	
4	4:15.47	Ogdensburg 'A'			09/14/2007
		1) Barr, Kelli		2) Garrabrant, Brooke	
		3) Woods, Amanda		4) Barr, Kylie	
5	4:18.22	Potsdam 'A'			10/16/2007
		1) Morris, Marlee		2) Stone, Amanda	
		3) Davis, Serenity		4) Rimmer, Kelsey	