

# NORTHERN ATHLETIC CONFERENCE GIRLS SWIMMING

## —SEASON'S BEST TIMES—

End of Regular Season • Maintained by ANDY DEVINS, NAC Swimming

### 200 Yard Medley Relay

1	2:06.80	Potsdam 'A'			09/11/09
		1) French, Sabrina		2) Chambers, Allyssa	
		3) Roll, Sarah		4) Bartlett, Michaela	
2	2:08.80	Massena 'A'			09/11/09
		1) Gabri, Mary-Claire		2) Wells, Britney	
		3) Czajkowski, Aubrey		4) Orlando, Nicole	
3	2:09.87	St. Lawrence 'A'			10/02/09
		1) Padgett, Cheyenne		2) McCuin, Molly	
		3) Pike, Ashley		4) Brothers, Anna	
4	2:11.42	Salmon River 'A'			09/18/09
		1) Delormier, Sierra		2) Jock, Kaylee	
		3) Mainville, Korinn		4) Francis, Erica	
5	2:13.64	Canton 'A'			10/30/09
		1) Phelps, Bailey		2) Bailey, Julia	
		3) Parker, Izzy		4) Tulloch, Anna	

### 200 Yard Freestyle

1	2:16.43	Roll, Sarah	11	Potsdam	10/20/09
2	2:16.53	Delormier, Sierra	11	Salmon River	10/23/09
3	2:17.33	Clifford, Alyssa	9	Canton	10/30/09
4	2:18.57	Barr, Alex	10	Ogdensburg	10/16/09
5	2:20.00	Brand, Natalie	11	Malone	09/29/09
6	2:20.28	French, Sabrina	10	Potsdam	09/22/09
7	2:21.05	Drummond, Lindsay	11	Ogdensburg	09/15/09
8	2:22.02	Evans, Jenna	11	St. Lawrence	09/25/09
9	2:23.83	Dempsey, Liz	8	Potsdam	10/13/09
10	2:24.40	Spillane, McKenzie	10	Malone	10/23/09

### 200 Yard Individual Medley

1	2:36.48	Smith, Emily	11	Malone	10/23/09
2	2:36.60	Bartlett, Michaela	8	Potsdam	09/25/09
3	2:37.36	Brothers, Anna	11	St. Lawrence	09/11/09
4	2:38.87	Orlando, Nicole	10	Massena	10/30/09
5	2:39.00	Pike, Ashley	11	St. Lawrence	10/30/09
6	2:40.60	Kemp, Emily	11	Potsdam	10/27/09
7	2:40.76	Bresett, Kori	10	Ogdensburg	10/30/09
8	2:41.01	Sylvester, Macy	9	Malone	10/30/09
9	2:41.83	McCuin, Molly	12	St. Lawrence	09/25/09
10	2:42.26	Phelps, Bailey	11	Canton	10/30/09

### 50 Yard Freestyle

1	26.56	Dempsey, Liz	8	Potsdam	09/25/09
2	27.40	Czajkowski, Aubrey	12	Massena	09/11/09
3	27.45	Brothers, Anna	11	St. Lawrence	10/02/09
4	27.66	Francis, Erica	11	Salmon River	09/29/09
5	27.79	Orlando, Nicole	10	Massena	09/22/09
6	28.17	Smith, Emily	11	Malone	10/02/09
7	28.34	Ritchie, Kara	12	Gouverneur	10/30/09
8	28.46	Clifford, Alyssa	9	Canton	10/27/09
9	28.48	Delormier, Sierra	11	Salmon River	10/27/09
10	28.50	Brand, Natalie	11	Malone	09/15/09

**100 Yard Butterfly**

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1	1:09.13	Roll, Sarah	10	Potsdam	10/15/09
2	1:11.85	Kemp, Emily	9	Malone	10/15/09
3	1:11.93	Dempsey, Liz	8	Potsdam	09/29/09
4	1:12.20	Brothers, Anna	11	St. Lawrence	10/27/09
5	1:12.37	Bresett, Kori	10	Ogdensburg	10/13/09
6	1:13.75	Delormier, Sierra	11	Salmon River	10/16/09
7	1:15.93	Pike, Ashley	11	St. Lawrence	10/02/09
8	1:16.05	Sylvester, Macy	9	Malone	09/18/09
9	1:18.15	Gabri, Mary-Claire	11	Massena	10/02/09
10	1:18.58	Phelps, Bailey	11	Canton	10/09/09

**100 Yard Freestyle**

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1	58.76	Dempsey, Liz	8	Potsdam	10/15/09
2	59.39	Brothers, Anna	11	St. Lawrence	10/15/09
3	1:00.48	Bartlett, Michaela	8	Potsdam	09/25/09
4	1:01.16	Brand, Natalie	11	Malone	09/18/09
5	1:02.29	Czajkowski, Aubrey	12	Massena	10/21/09
6	1:02.94	Smith, Emily	11	Malone	09/15/09
7	1:03.16	Clifford, Alyssa	9	Canton	10/30/09
8	1:03.37	Orlando, Nicole	10	Massena	09/08/09
9	1:03.49	Drummond, Lindsay	11	Ogdensburg	10/16/09
10	1:03.92	Francis, Erica	11	Salmon River	10/30/09

**500 Yard Freestyle**

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1	6:02.15	Bartlett, Michaela	8	Potsdam	10/23/09
2	6:17.51	Evans, Jenna	11	St. Lawrence	10/15/09
3	6:21.90	Roll, Sarah	10	Potsdam	09/11/09
4	6:24.24	Barr, Alex	10	Ogdensburg	10/27/09
5	6:25.04	Delormier, Sierra	11	Salmon River	09/18/09
6	6:25.58	Drummond, Lindsay	11	Ogdensburg	10/23/09
7	6:31.10	Clemmer, Kelly	9	Canton	10/30/09
8	6:31.37	Czajkowski, Aubrey	12	Massena	10/23/09
9	6:32.76	Brand, Natalie	11	Malone	09/22/09
10	6:33.21	McAdoo, Taylor	12	Canton	10/30/09

**200 Yard Freestyle Relay**

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1	1:53.60	Potsdam 'A'			09/22/09
		1) French, Sabrina		2) Roll, Sarah	
		3) Dempsey, Liz		4) Bartlett, Michaela	
2	1:55.44	Malone 'A'			09/18/09
		1) Brand, Natalie		2) Haynes, Lynne	
		3) Sylvester, Macy		4) Smith, Emily	
3	1:56.20	Massena 'A'			09/18/09
		1) Orlando, Nicole		2) Mauch, Margaret	
		3) Bronchetti, Kati		4) Czajkowski, Aubrey	
4	1:57.59	St. Lawrence 'A'			10/02/09
		1) Pike, Ashley		2) McCuin, Molly	
		3) Evans, Jenna		4) Brothers, Anna	
5	1:58.07	Ogdensburg 'A'			10/30/09
		1) Bresett, Kori		3) Tayler, Brittany	
		3) Ward, Maddie		4) Drummond, Lindsay	

**100 Yard Backstroke**

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1	1:10.20	Delormier, Sierra	11	Salmon River	10/23/09
2	1:11.62	Phelps, Bailey	11	Canton	10/13/09
3	1:11.74	Hodge, Hailey	12	Canton	09/11/09
4	1:11.82	French, Sabrina	10	Potsdam	09/25/09
5	1:12.04	Gabri, Mary-Claire	11	Massena	09/11/09
6	1:12.38	Padgett, Cheyenne	9	St. Lawrence	10/09/09
7	1:14.25	Evans, Jenna	11	St. Lawrence	10/13/09
8	1:14.34	Brand, Natalie	11	Malone	10/07/09
9	1:17.00	Brothers, Anna	11	St. Lawrence	09/18/09
10	1:17.09	Cutway, Chelsea	12	Edwards-Knox	10/30/09

**100 Yard Breaststroke**

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1	1:16.46	Brothers, Anna	11	St. Lawrence	10/15/09
2	1:18.61	Chambers, Allyssa	11	Potsdam	10/15/09
3	1:20.48	Bailey, Julia	9	Canton	10/30/09
4	1:20.53	Bronchetti, Kati	10	Massena	10/30/09
5	1:20.88	Bartlett, Michaela	8	Potsdam	10/13/09
6	1:22.15	Wells, Britney	10	Massena	09/11/09
7	1:22.88	Drummond, Lindsay	11	Ogdensburg	10/13/09
8	1:23.16	McCuin, Molly	12	St. Lawrence	09/25/09
9	1:23.98	Sylvester, Macy	9	Malone	10/30/09
10	1:24.13	Beecher, Chelsea	12	Canton	10/30/09

**400 Yard Freestyle Relay**

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1	4:13.63	Potsdam 'A'			10/27/09
		1) Roll, Sarah		3) Kilgore, Courtney	
		3) French, Sabrina		4) Bartlett, Michaela	
2	4:23.04	Malone 'A'			09/18/09
		1) Kemp, Emily		2) Haynes, Lynne	
		3) Sylvester, Macy		4) Smith, Emily	
3	4:23.09	Canton 'A'			10/27/09
		1) Clifford, Alyssa		2) Phelps, Bailey	
		3) Peria, Shelley		4) Hodge, Hailey	
4	4:24.23	Ogdensburg 'A'			10/30/09
		1) Barr, Alex		2) Tayler, Brittany	
		3) Bresett, Kori		4) Drummond, Lindsay	
5	4:26.20	Massena 'A'			09/22/09
		1) Mauch, Margaret		2) Marlowe, Melissa	
		3) Orlando, Nicole		4) Burns, Dante	