

NORTHERN ATHLETIC CONFERENCE GIRLS SWIMMING
Section 10 - Records

200 Medley Relay	1:59.77	2007	St. Lawrence Abbey Thompson, Anna Brothers, Emily Lynch, Jocelyn Lavigne
200 Freestyle	1:57.85	1996	Jessica Jock - Salmon River
200 Individual Medley	2:11.30	1996	Jessica Jock - Salmon River
50 Freestyle	24.39	1995	Jessica Jock - Salmon River
100 Butterfly	59.00	1996	Jessica Jock - Salmon River
100 Freestyle	54.39	1996	Jessica Jock - Salmon River
500 Freestyle	5:24.35	1995	Jessica Jock - Salmon River
200 Freestyle Relay	1:46.34	2002	Potsdam Becky McCluskey, Nicole Scott, Christa Sherburne, Robyn Stone
100 Backstroke	59.96	1996	Jessica Jock - Salmon River
100 Breaststroke	1:12.70	2001	Katie Penderghest - St. Lawrence
400 Freestyle Relay	3:55.55	2003	Potsdam Katie Leuthauser, Nicole Scott, Christa Sherburne, Robyn Stone