

SAL GIRLS 2009-2010

Relay Top Times

Number of Top Times: 25 Convert To: Yards Print: Yards

Time	P/F/S	Relay				
Girls 8&U 100 Free Relay						
1	1:05.67 Y	F	A Relay	NPAC	12/5/2009	NPAC vs HHAA GIRLS
		Diana G. James (8)		Claudia P. Thamm (8)		Parker A. Schulz (8) Maureen T. Boland Bintner (8)
2	1:08.78 Y	F	A Relay	UDAC	12/12/2009	PWAC at UDACgirls
		Lia W. Wilmoth (8)		Sizzy Lawton (8)		Kelly C. Regan (8) Bryn McLaughlin (8)
3	1:09.15 Y	F	A Relay	LMAC	1/9/2010	LMAC GIRLS v HHAA
		Becca Ritchie (8)		Grace Myers (8)		Catherine Reed (8) Audrey Orange (8)
4	1:09.23 Y	F	A Relay	NAAC	1/9/2010	NAAC vs SWAC
		Naomi Spektor (8)		Victoria Patota (8)		April M. Kupsky (7) Abigail Amdor (8)
5	1:09.30 Y	F	A Relay	WCAC	12/5/2009	Girls WCAC v UDAC
		Emma Boratto (8)		Erica Brocato (8)		Anna Sawyer (8) Carly Zlotnikoff (8)
6	1:10.43 Y	F	A Relay	HHAA	12/5/2009	NPAC vs HHAA GIRLS
		Claire Jepson (8)		Mary Kate Scully (7)		Arielle Hammer (8) Sheila Fisher (7)
7	1:10.82 Y	F	A Relay	LMSD	1/9/2010	LMSD at UDAC girls
		Natalie Minniti (8)		Sammy Boyes (8)		Laura G. Davis (7) Maddie McSorley (8)
8	1:11.79 Y	F	A Relay	RAC	12/12/2009	RAC at PVAC Girls
		Lindsey Barnes (8)		Cameron Kelly (8)		Melissa Massimino (8) Brooksey Perrin-Hee (8)
9	1:13.18 Y	F	A Relay	CBAC	11/14/2009	CBAC vs. HHAA
		Sayde Shiroff (8)		Hailey Goodyear (8)		Hannah Matthews (8) Kiernan Hutchinson (8)
10	1:13.37 Y	F	A Relay	PVAC	1/9/2010	CBAC at PVAC
		Maddie Cooper (8)		Aubrey Souders (7)		Colleen O'Brien (8) Rachel Schorer (8)
11	1:13.38 Y	F	A Relay	SWAC	11/21/2009	NP @ SWAC
		Julia Goroshko (8)		Gail Hutchings (8)		Madi Tomaselli (8) Sydney Waskey (8)
12	1:14.22 Y	F	A Relay	PR	12/5/2009	Pennridge @ SWAC
		Holly Harbeck (8)		Ella Mae Gross (6)		Reese Trauger (8) Paige Franklin (8)
13	1:14.38 Y	F	A Relay	Soud	1/9/2010	Soud @ MAC 1 09 10 Girls
		Kristie Scott (8)		Lily Hunt (8)		Lael Flores (8) Clara Burrell (8)
14	1:15.13 Y	F	A Relay	SAC	1/9/2010	SAC vs CR girls 09Jan2010
		Maddie Burns (7)		Caitlin Iadonisi (8)		Sophia Whitney (8) Emily Cooney (8)
15	1:15.90 Y	F	A Relay	CR	1/9/2010	SAC vs CR girls 09Jan2010
		Kaitlyn V. Eastburn (8)		Emily E. O'Donnell (8)		Victoria E. Gordon (8) Gillian Q. Drotar (8)
16	1:16.02 Y	F	A Relay	PENN	12/5/2009	PENN at CR Girls
		Madeline Doucette (8)		Lexi Naskiewicz (8)		Rebekah Leonard (8) Geneve Lauby (8)
17	1:16.03 Y	F	A Relay	MAC	1/9/2010	Soud @ MAC 1 09 10 Girls
		Erica Zebrowski (8)		Katie E. Egerter (8)		Juliana Keenan (8) Taylor Angelillis (8)
18	1:16.76 Y	F	A Relay	DCAA	11/7/2009	DCAA vs. WCAC
		Riley Allen (7)		Caroline O'Hagan (8)		Kaeleigh Serianni (8) Gwendolyn Roode (8)
19	1:18.14 Y	F	A Relay	UMAC	1/9/2010	Pennridge at UMAC Girls
		Emma Rokosky (8)		Mollie Bonner (8)		Caroline Elken (7) Alexandra Conroy (8)
20	1:20.17 Y	F	A Relay	CAC	12/12/2009	CACvsCR12122009
		Abbi Goldsman (7)		Mary Lynskey (8)		Molly Ross (8) Becca Rudnitsky (8)
21	1:31.95 Y	F	A Relay	PWAC	1/9/2010	CAC @ PWAC girls 01-09-10
		Phoebe Leposki (8)		Mia Ruggiero (6)		Allison Helferty (8) Sarah Thomas (8)
22	1:48.39 Y	F	A Relay	CORE	12/5/2009	LMSD vs CORE - Girls
		Kathleen McGillen (8)		Sophia Dupoldt (7)		Maria Ivanova (7) Jenna Kaufman (8)
Girls 8&U 100 Medley Relay						
1	1:14.10 Y	F	A Relay	NPAC	11/7/2009	NPAC Soud Double Dual Meet
		Katelyn E. Harkrader (8)		Claudia P. Thamm (8)		Maureen T. Boland Bintner (8) Parker A. Schulz (8)
2	1:16.33 Y	F	A Relay	UDAC	1/9/2010	LMSD at UDAC girls
		Bryn McLaughlin (8)		Lia W. Wilmoth (8)		Sizzy Lawton (8) Lauren E. Grove (8)
3	1:16.79 Y	F	A Relay	NAAC	1/9/2010	NAAC vs SWAC
		Michelle Lebed (8)		Abigail Amdor (8)		Naomi Spektor (8) April M. Kupsky (7)
4	1:20.27 Y	F	A Relay	PR	11/14/2009	NPAC vs Pennridge GIRLS
		Reese Trauger (8)		Caroline Grebos (8)		Holly Harbeck (8) Paige Franklin (8)

SAL GIRLS 2009-2010

Relay Top Times

Number of Top Times: 25 Convert To: Yards Print: Yards

Time	P/F/S	Relay				
5	1:20.38 Y	F	A Relay	WCAC	1/9/2010	Girls WCAC v PENN
				Carly Zlotnikoff (8)		Anna Sawyer (8)
6	1:20.96 Y	F	A Relay	LMSD	12/12/2009	LMSD vs PENN - Girls
				Laura G. Davis (7)		Natalie Minniti (8)
7	1:21.37 Y	F	A Relay	RAC	1/9/2010	RAC vs. NPAC Girls
				Cameron Kelly (8)		Lucy C. Wydeven (7)
8	1:21.69 Y	F	A Relay	CBAC	1/9/2010	CBAC at PVAC
				Stephanie Curtis (8)		Sayde Shiroff (8)
9	1:22.25 Y	F	A Relay	LMAC	11/21/2009	LMAC Girls vs NAAC
				Megan Phillips (8)		Catherine Reed (8)
10	1:22.35 Y	F	A Relay	PENN	12/12/2009	LMSD vs PENN - Girls
				Madeline Doucette (8)		Rebekah Leonard (8)
11	1:22.76 Y	F	A Relay	CR	1/9/2010	SAC vs CR girls 09Jan2010
				Kaitlyn V. Eastburn (8)		Gillian Q. Drotar (8)
12	1:24.02 Y	F	A Relay	HHAA	1/9/2010	LMAC GIRLS v HHAA
				Claire Jepson (8)		Sheila Fisher (7)
13	1:24.65 Y	F	A Relay	MAC	1/9/2010	SOUND @ MAC 1 09 10 Girls
				Juliana Keenan (8)		Taylor Angelillis (8)
14	1:25.90 Y	F	A Relay	SAC	11/14/2009	SAC vs WCAC Girls 14Nov2009
				Charlotte Henry (7)		Emily Cooney (8)
15	1:26.50 Y	F	A Relay	SOUND	1/9/2010	SOUND @ MAC 1 09 10 Girls
				Lily Hunt (8)		Jenna Hunsicker (8)
16	1:27.53 Y	F	A Relay	SWAC	11/21/2009	NP @ SWAC
				Madi Tomaselli (8)		Julia Goroshko (8)
17	1:28.18 Y	F	A Relay	PVAC	11/7/2009	UMAC at PVAC girls
				Colleen O'Brien (8)		Rachel Schorer (8)
18	1:28.20 Y	F	A Relay	UMAC	1/9/2010	Penridge at UMAC Girls
				Emma Rokosky (8)		Madalyn Harvey (8)
19	1:28.77 Y	F	A Relay	DCAA	12/12/2009	DCAA vs. SAC
				Kaeleigh Seriani (8)		Cara Hughes (8)
20	1:31.31 Y	F	A Relay	PWAC	1/9/2010	CAC @ PWAC girls 01-09-10
				Emily Schwartz (8)		Mia Abruzzo (6)
21	1:34.78 Y	F	A Relay	CAC	1/9/2010	CAC @ PWAC girls 01-09-10
				Mary Lynskey (8)		Becca Rudnitsky (8)
22	2:10.57 Y	F	A Relay	CORE	12/5/2009	LMSD vs CORE - Girls
				Kathleen McGillen (8)		Jenna Kaufman (8)

Girls 9-10 200 Free Relay

1	2:01.21 Y	F	A Relay	SAC	1/9/2010	SAC vs CR girls 09Jan2010
				Kathleen Fitzpatrick (10)		Gabrielle Williams (10)
2	2:04.49 Y	F	A Relay	RAC	12/12/2009	RAC at PVAC Girls
				Sasha Smolyansky (10)		Kellie McIntyre (10)
3	2:06.17 Y	F	A Relay	UDAC	1/9/2010	LMSD at UDAC girls
				Shannon K. Reape (10)		Jennifer DeGroat (9)
4	2:06.31 Y	F	A Relay	NAAC	12/5/2009	RACvNorristown Girls
				Tara A. Kupsky (9)		Anna Price (9)
5	2:06.50 Y	F	A Relay	CBAC	1/9/2010	CBAC at PVAC
				Meaghan Shewbrooks (10)		Amanda Antonacci (10)
6	2:06.70 Y	F	A Relay	HHAA	12/12/2009	HHAAvsSWACgirls
				Marlena Murray (10)		Sophie Stasio (10)
7	2:09.29 Y	F	A Relay	PVAC	1/9/2010	CBAC at PVAC
				Emily R. Hodges (10)		Maddie Rogers (10)
8	2:09.75 Y	F	A Relay	NPAC	1/9/2010	RAC vs. NPAC Girls
				Alison I. McLaughlin (10)		Megan E. Zartman (9)
9	2:12.66 Y	F	A Relay	MAC	1/9/2010	SOUND @ MAC 1 09 10 Girls
				Emily P. Shea (10)		Aubrey Hazlett (10)

SAL GIRLS 2009-2010

Relay Top Times

Number of Top Times: 25 Convert To: Yards Print: Yards

Time	P/F/S	Relay				
10	2:14.39 Y	F	A Relay	LMSD	1/9/2010	LMSD at UDAC girls
			Jen Davis (10)	Danielle C. Shead (9)		Kaelyn M. Dougherty (9)
11	2:18.84 Y	F	A Relay	LMAC	11/7/2009	LMAC Girls vs RAC
			Annabelle Lint (10)	Michelle Mariette (10)		Grace McKeon (10)
12	2:19.79 Y	F	A Relay	PWAC	1/9/2010	CAC @ PWAC girls 01-09-10
			Gianna Gross (9)	Jenna Weikel (10)		Caroline Slagle (10)
13	2:20.33 Y	F	A Relay	PENN	11/21/2009	112109girlsCOREvsPENN
			Maura H. Donnelly (10)	Christie Nemceff (10)		Anna Downs (10)
14	2:20.41 Y	F	A Relay	WCAC	12/5/2009	Girls WCAC v UDAC
			Kelly Wild (10)	Audrey Trullinger (9)		Riley Gobora (9)
15	x 2:24.18 Y	F	A Relay	SWAC	12/5/2009	Pennridge @ SWAC
			Nicole E. McDermott (9)	Lauren McGee (9)		Allyson Fitts (10)
16	2:26.44 Y	F	A Relay	DCAA	11/21/2009	DCAA at CR Girls
			Grace Mackel (10)	Gabriella Kovacs (10)		Emma Serianni (10)
17	2:27.81 Y	F	A Relay	SOUND	1/9/2010	SOUND @ MAC 1 09 10 Girls
			Christina Eng (10)	Michaela Hershey (9)		Brooke Bussom (10)
18	2:29.54 Y	F	A Relay	UMAC	1/9/2010	Pennridge at UMAC Girls
			Allison Shuster (10)	Erika Dever (10)		Megan Hall (10)
19	2:30.41 Y	F	A Relay	CR	12/5/2009	PENN at CR Girls
			Leah A. Barrett (10)	Emma N. Walterick (9)		Kate Fahey (10)
20	2:32.63 Y	F	A Relay	CAC	11/21/2009	CAC vs LMSD Girls 112109
			Kirsten Brasch (10)	Aubrey McDonough (9)		Mary Mansfield (9)
21	2:35.24 Y	F	A Relay	PR	1/9/2010	Pennridge at UMAC Girls
			Claire Beno (10)	Samantha Vargo (10)		Eve Hockman (10)
22	3:09.66 Y	F	A Relay	CORE	1/9/2010	DCAA vs. CORE
			Madison Buday (10)	Elizabeth Vitello (9)		Melissa McKinley (10)

Girls 9-10 200 Medley Relay

1*	x 2:15.64 Y	F	D Relay	RAC	1/9/2010	RAC vs. NPAC Girls
			Sarah C. Bender (9)	Kiley McCue (9)		Sonoma Mondoneda (9)
1*	x 2:15.64 Y	F	E Relay	NPAC	1/9/2010	RAC vs. NPAC Girls
			Julia S. McKernan (9)	McKenna L. Sartori (10)		Alexandra M. Weed (10)
3	2:19.63 Y	F	A Relay	PVAC	12/12/2009	RAC at PVAC Girls
			Lauren R. Bonsall (10)	Emily R. Hodges (10)		Gabrielle D'Arcangelo (10)
4	2:21.43 Y	F	A Relay	CBAC	1/9/2010	CBAC at PVAC
			Amanda Antonacci (10)	Victoria A. Lange (10)		Stephanie Szekely (10)
5	2:23.46 Y	F	A Relay	NAAC	1/9/2010	NAAC vs SWAC
			Katie Schaefer (10)	Anna Price (9)		Claire Jablonski (10)
6	2:23.59 Y	F	A Relay	HHAA	12/12/2009	HHAAvsSWACgirls
			Sophie Stasio (10)	Katie Moore (10)		Marlena Murray (10)
7	2:25.56 Y	F	A Relay	MAC	11/21/2009	Girls PVAC @ MAC
			Aubrey Hazlett (10)	Emily J. Sykes (10)		Emily P. Shea (10)
8	2:25.68 Y	F	A Relay	LMSD	1/9/2010	LMSD at UDAC girls
			Danielle C. Shead (9)	Annie O'Dare (9)		Jen Davis (10)
9	2:25.69 Y	F	A Relay	LMAC	12/5/2009	LMAC @ PVAC GIRLS 05DEC2009
			Michelle Mariette (10)	Cassandra Reed (10)		Annabelle Lint (10)
10	2:27.25 Y	F	A Relay	UDAC	12/5/2009	Girls WCAC v UDAC
			Shannon K. Reape (10)	Mollie Senior (10)		Jenna Johns (10)
11	2:27.50 Y	F	A Relay	SAC	11/7/2009	Springfield @ PWAC Girls
			Alyssa LoRusso (10)	Samantha Bauer (10)		Carly Munger (10)
12	2:28.91 Y	F	A Relay	PENN	1/9/2010	Girls WCAC v PENN
			Anna Downs (10)	Christie Nemceff (10)		Maura H. Donnelly (10)
13	2:33.94 Y	F	A Relay	WCAC	12/5/2009	Girls WCAC v UDAC
			Kelly Wild (10)	Lilly Bolen (10)		Toni McFarland (10)
14	2:35.58 Y	F	A Relay	PWAC	12/12/2009	PWAC at UDACgirls
			Alena DiSanto (9)	Caroline Slagle (10)		Gianna Gross (9)

SAL GIRLS 2009-2010

Relay Top Times

Number of Top Times: 25 Convert To: Yards Print: Yards

Time	P/F/S	Relay				
15	2:37.74 Y	F	A Relay	SOUD	1/9/2010	SOUD @ MAC 1 09 10 Girls
				Christina Eng (10)		Michaela Hershey (9)
16	2:38.39 Y	F	A Relay	DCAA	12/12/2009	DCAA vs. SAC
				Grace Mackel (10)		Emma Turner (9)
17	2:40.99 Y	F	A Relay	CR	12/5/2009	PENN at CR Girls
				Kate Fahey (10)		Emma N. Walterick (9)
18	2:41.93 Y	F	A Relay	SWAC	11/14/2009	SWAC VS SOUD 09
				Jenna R. Fox (10)		Grace A. Riemenschneider (10)
19	2:42.66 Y	F	A Relay	UMAC	1/9/2010	Pennridge at UMAC Girls
				Allyson Fitts (10)		Sarah Harlan (10)
20	2:53.63 Y	F	A Relay	CAC	1/9/2010	CAC @ PWAC girls 01-09-10
				Rachel Winfield (10)		Kirsten Brasch (10)
21	2:57.46 Y	F	A Relay	PR	1/9/2010	Pennridge at UMAC Girls
				Aubrey McDonough (9)		Felice Masel (9)
22	3:36.00 Y	F	A Relay	CORE	11/21/2009	112109girlsCOREvsPENN
				Samantha Vargo (10)		Anna Beno (9)
				Sara J. Schlesinger (9)		Elizabeth Vitello (9)
						Kadreyra Simeon (9)
						Claire Beno (10)
						Nicole E. McDermott (9)
						Zoie Octaviano (10)
						Mary Mansfield (9)
						Melissa McKinley (10)

Girls 11-12 200 Free Relay

1	1:25.44 Y	F	B Relay	PWAC	11/21/2009	Girsl WCAC v PWAC
				Emily Dinda (11)		Maddie Nicol (12)
2	1:50.64 Y	F	A Relay	UDAC	1/9/2010	LMSD at UDAC girls
				Casey O'Neill (12)		Stephanie Eble (12)
3	1:51.67 Y	F	A Relay	NPAC	11/21/2009	NP @ SWAC
				Sarah A. Morris (12)		Olivia S. Distefano (12)
4	1:52.18 Y	F	A Relay	SWAC	11/21/2009	NP @ SWAC
				Marissa R. Formica (12)		Heather G. McDermott (11)
5	1:54.98 Y	F	A Relay	CBAC	1/9/2010	CBAC at PVAC
				Shanna N. Colyar (12)		Emily A. Messina (12)
6	1:56.10 Y	F	A Relay	RAC	12/5/2009	RACvNorristown Girls
				Amy Barrett (12)		Tara A. Ryan (11)
7	1:56.25 Y	F	A Relay	NAAC	1/9/2010	NAAC vs SWAC
				Taylor Randolph (11)		Paige V. Kupsky (11)
8	1:56.68 Y	F	A Relay	LMSD	11/21/2009	CAC vs LMSD Girls 112109
				Kara Ozimkiewicz (12)		Keara C. Cole (12)
9	1:57.66 Y	F	A Relay	PVAC	12/5/2009	LMAC @ PVAC GIRLS 05DEC2009
				Mariana Bernal (12)		Alyssa Sheldon (11)
10	1:58.88 Y	F	A Relay	MAC	1/9/2010	SOUD @ MAC 1 09 10 Girls
				Jennifer L. Rees (11)		Jennifer A. Tyson (12)
11	1:59.53 Y	F	A Relay	CAC	1/9/2010	CAC @ PWAC girls 01-09-10
				Kendal Brasch (12)		Barbara Schmele (11)
12	2:00.59 Y	F	A Relay	CR	11/21/2009	DCAA at CR Girls
				Sydney E. McNamee (12)		Lindsay Robinson (11)
13	2:00.92 Y	F	A Relay	DCAA	1/9/2010	DCAA vs. CORE
				Emma O'Neill (11)		Maddie Nitroy (11)
14	2:01.04 Y	F	A Relay	HHA	12/12/2009	HHA vs SWAC girls
				Perie Sumner (12)		Madi Burns (12)
15	2:01.12 Y	F	A Relay	LMAC	12/5/2009	LMAC @ PVAC GIRLS 05DEC2009
				Annie Gormley (11)		Divya Arya (12)
16	2:01.22 Y	F	A Relay	PENN	11/7/2009	110709girlsCACvsPENN
				Helen Gallagher (12)		Meredith Pastor (12)
17	2:02.60 Y	F	A Relay	SAC	1/9/2010	SAC vs CR girls 09Jan2010
				Katie Quigg (11)		Lexi Prochniak (11)
18	2:03.65 Y	F	A Relay	SOUD	11/7/2009	NPAC SOUD Double Dual Meet
				carly capra (12)		Ariana Crossgrove (12)
19	2:03.96 Y	F	A Relay	PR	1/9/2010	Pennridge at UMAC Girls
				Meghan Griffin (11)		Hannah Zurmuhl (11)
						Brittany Weiss (11)

SAL GIRLS 2009-2010

Relay Top Times

Number of Top Times: 25 Convert To: Yards Print: Yards

Time	P/F/S	Relay				
20	2:05.49 Y	F	A Relay	UMAC	1/9/2010	Pennridge at UMAC Girls
			Erin Sweeney (12)	Eunice Ardamoy (11)		Kate Bailey (11) Kate Wisniewski (12)
21	2:06.20 Y	F	A Relay	WCAC	11/14/2009	SAC vs WCAC Girls 14Nov2009
			Lotte Black (11)	Keara Monaghan (11)		Jaclyn Benedict (11) Amanda Zlotnikoff (11)
22	2:11.62 Y	F	A Relay	CORE	12/12/2009	WCAC v CORE
			Jessica Wiley (11)	Elizabeth Miller (12)		Rebecca Rodriguez (12) Alexandra Yurko (11)
Girls 11-12 200 Medley Relay						
1	2:02.39 Y	F	A Relay	UDAC	1/9/2010	LMSD at UDAC girls
			Stephanie Eble (12)	Madison Visco (12)		Casey O'Neill (12) Elizabeth A. Cowhey (12)
2	2:04.49 Y	F	A Relay	NPAC	1/9/2010	RAC vs. NPAC Girls
			Sarah A. Morris (12)	Caroline S. Miller (12)		Anna T. Haggerty (12) Shannon E. McKernan (12)
3	2:05.38 Y	F	A Relay	CBAC	12/12/2009	CBAC vs. NPAC
			Allie E. Szekely (11)	Hannah K. Blaser (11)		Shanna N. Colyar (12) Emily A. Messina (12)
4	2:06.60 Y	F	A Relay	PVAC	12/12/2009	RAC at PVAC Girls
			Megan Gray (12)	RickiLee Hodges (12)		Ashley N. Dowiak (12) Alyssa Sheldon (11)
5	2:07.12 Y	F	A Relay	SWAC	12/12/2009	HHAAsvsSWACgirls
			Caitlin V. Connor (12)	Samantha L. Mrozinski (12)		Heather G. McDermott (11) Aimee C. Lorenzon (12)
6	2:09.23 Y	F	A Relay	LMSD	11/14/2009	LMSD at CR Girls
			Jenny DiPietro (12)	Alana M. Peng (12)		Kara Ozimkiewicz (12) Ally McHugh (12)
7	2:09.32 Y	F	A Relay	NAAC	12/5/2009	RACvNorristown Girls
			Juliet Mellon (12)	Taylor Randolph (11)		Grace Ronca (12) Paige V. Kupsy (11)
8	2:09.52 Y	F	A Relay	RAC	1/9/2010	RAC vs. NPAC Girls
			Hannah R. Anderson (11)	Claire Solomon (11)		Tara A. Ryan (11) Amy Barrett (12)
9	2:12.07 Y	F	A Relay	PENN	12/12/2009	LMSD vs PENN - Girls
			Meredith Pastor (12)	Molly McGurrin (12)		Deanna Shuster (11) Amber Shockley (12)
10	2:12.46 Y	F	A Relay	DCAA	11/21/2009	DCAA at CR Girls
			Kelly Natter (11)	Aoife Garvey (12)		Shayne S. Cerebe (11) Maddie Nitroy (11)
11	2:12.70 Y	F	A Relay	CR	11/21/2009	DCAA at CR Girls
			Lindsay Robinson (11)	Samantha L. Grogan (11)		Alexandra R. Kothe (12) Colleen M. Lawlor (12)
12	2:12.96 Y	F	A Relay	HHAA	12/5/2009	NPAC vs HHAA GIRLS
			Collette Strong (11)	Mary Kate Curley (12)		Perie Sumner (12) Emily Carpenter (12)
13	2:13.42 Y	F	A Relay	MAC	1/9/2010	SOUND @ MAC 1 09 10 Girls
			Kristen Wang (12)	Sarah A. Byrne (12)		Jennifer A. Tyson (12) Noel N. Mark (12)
14	2:13.86 Y	F	A Relay	CAC	1/9/2010	CAC @ PWAC girls 01-09-10
			Karlie Brasch (12)	Barbara Schmele (11)		Shannon Battis (12) Kendal Brasch (12)
15	2:15.11 Y	F	A Relay	SOUND	11/7/2009	NPAC SOUND Double Dual Meet
			Ariana Crossgrove (12)	Sarah Hershey (12)		carly capra (12) olivia boline (12)
16	2:15.13 Y	F	A Relay	PWAC	1/9/2010	CAC @ PWAC girls 01-09-10
			Emily McMullen (11)	Angelina DiSanto (11)		Barbara Ullman (11) Georgia Kelly (12)
17	2:15.95 Y	F	A Relay	PR	12/12/2009	Soud vs PR girls
			Hannah Zurmuhl (11)	Ally Bashaar (12)		Meghan Griffin (11) Brittany Weiss (11)
18	2:17.32 Y	F	A Relay	SAC	11/21/2009	SAC vs UDAC Girls 21Nov2009
			Meg Chandler (11)	Katie Quigg (11)		Elizabeth Leibfreid (11) Lexi Prochniak (11)
19	2:21.17 Y	F	A Relay	WCAC	11/21/2009	Girsl WCAC v PWAC
			Amanda Zlotnikoff (11)	Julia Salvadore (12)		Jaclyn Benedict (11) Keara Monaghan (11)
20	2:25.34 Y	F	A Relay	UMAC	1/9/2010	Pennridge at UMAC Girls
			Eunice Ardamoy (11)	Bethany Dever (12)		Kate Wisniewski (12) Erin Sweeney (12)
21	2:29.38 Y	F	A Relay	CORE	12/12/2009	WCAC v CORE
			Jessica Wiley (11)	Elizabeth Miller (12)		Rebecca Rodriguez (12) Alexandra Yurko (11)
22	2:29.40 Y	F	A Relay	LMAC	1/9/2010	LMAC GIRLS v HHAA
			Divya Arya (12)	Annie Gormley (11)		Ally Drames (11) Sara Curran (12)

Girls 13-14 200 Free Relay

1	1:46.31 Y	F	A Relay	PVAC	11/7/2009	UMAC at PVAC girls
			Meagan Dollard (13)	Allie Bonsall (13)		Maggie Bryner (14) Natalie Dowzicky (13)

SAL GIRLS 2009-2010

Relay Top Times

Number of Top Times: 25 Convert To: Yards Print: Yards

Time	P/F/S	Relay				
2	1:47.04 Y	F	A Relay	RAC	1/9/2010	RAC vs. NPAC Girls
			Christine M. Loughery (14)	Emma Nicosia (14)		Jena R. Mainardi (14)
3	1:47.91 Y	F	A Relay	LMSD	12/5/2009	LMSD vs CORE - Girls
			Christina A. Formica (13)	Shea F. McKinstry (13)		Katie Conallen (14)
4	1:48.27 Y	F	A Relay	NPAC	1/9/2010	RAC vs. NPAC Girls
			Tara C. Rogers (14)	Alyssa M. Tate (14)		Becca E. Hoch (14)
5	1:49.51 Y	F	A Relay	SOUND	1/9/2010	SOUND @ MAC 1 09 10 Girls
			April Kichline (13)	Alyssa Santangelo (14)		Michelle Goodwin (13)
6	1:50.60 Y	F	A Relay	NAAC	1/9/2010	NAAC vs SWAC
			Katie Loughlin (13)	Brianna Harrity (14)		Stefanie Barkofski (13)
7	1:52.04 Y	F	A Relay	UDAC	11/21/2009	SAC vs UDAC Girls 21Nov2009
			Emily Houser (14)	Mieke Scherpbier (15)		Emeline Leyens (14)
8*	1:52.10 Y	F	A Relay	CBAC	1/9/2010	CBAC at PVAC
			Nicole M. Guss (14)	Christina M. Maragakes (14)		Nicole Krzeminski (13)
8*	1:52.10 Y	F	A Relay	SWAC	1/9/2010	NAAC vs SWAC
			Cali B. Corbett (13)	Sydney Mrozinski (14)		Mackenzie E. Ogle (13)
10	1:52.46 Y	F	A Relay	MAC	12/12/2009	LMAC @ MAC
			Nicole A. Young (14)	Emily Reilly (14)		Rikki Y. Li (14)
11	1:52.87 Y	F	A Relay	DCAA	12/12/2009	DCAA vs. SAC
			Alyssa Leatherman (13)	Olivia Harris (13)		Julia A. Rodriguez (13)
12	1:53.60 Y	F	A Relay	LMAC	12/12/2009	LMAC @ MAC
			Devon Shaw (13)	Emily Wolfe (12)		Maddie McComb (14)
13	1:53.84 Y	F	A Relay	SAC	12/12/2009	DCAA vs. SAC
			Michaela Fallon (13)	Abby Uehling (13)		Rachel Munger (13)
14	1:54.47 Y	F	A Relay	HHAA	1/9/2010	LMAC GIRLS v HHAA
			Meghan Pellecchia (14)	Haley Sannem (13)		Victoria Jepson (14)
15	1:54.66 Y	F	A Relay	WCAC	1/9/2010	Girls WCAC v PENN
			Rose Seabrook (14)	Jennifer A. Lehman (14)		Lindsay Andersen (14)
16	1:55.96 Y	F	A Relay	PR	11/7/2009	Pennridge vs HatboroHorsham
			Julia Nadovich (14)	Rachel Pugnetti (14)		Kylee Smith (14)
17	1:56.22 Y	F	A Relay	PENN	12/12/2009	LMSD vs PENN - Girls
			Lizzie WALTON (14)	Bridget Perdoch (13)		Stephanie G. Radzinski (14)
18	1:57.37 Y	F	A Relay	CR	12/5/2009	PENN at CR Girls
			Lauren E. Barrett (13)	Olivia M. Peterson (13)		Gabby Kim (13)
19	2:00.81 Y	F	A Relay	PWAC	12/5/2009	DCAA @ PWAC Girls
			Brin Lamason (13)	Kathryn Garvey (14)		Carolyn Pontari (13)
20	2:01.18 Y	F	A Relay	CORE	11/7/2009	CR vs Core Double Dual 110709
			Carly Wallick (14)	Danielle Robinson (14)		Olivia Matinas (13)
21	x 2:01.67 Y	F	A Relay	CAC	11/14/2009	CAC vs CORE 111409
			Brianna Doherty (13)	Liz Schmele (14)		Sarah Alps (14)
22	2:03.68 Y	F	A Relay	UMAC	12/5/2009	MAC at UMAC Girls
			Sahian Rodriguez (14)	Paige Dunlap (14)		Elizabeth Hollinger (13)

Girls 13-14 200 Medley Relay

1	1:58.64 Y	F	A Relay	LMSD	1/9/2010	LMSD at UDAC girls
			Katie Conallen (14)	Shannon C. Harrington (14)		Christina A. Formica (13)
2	1:59.17 Y	F	A Relay	PVAC	1/9/2010	CBAC at PVAC
			Meagan Dollard (13)	Allie Bonsall (13)		Naomi S. Moono (13)
3	2:00.04 Y	F	A Relay	NPAC	1/9/2010	RAC vs. NPAC Girls
			Tara C. Rogers (14)	Julie L. Krout (14)		Brittney B. Patterson (14)
4	2:00.77 Y	F	A Relay	SOUND	12/5/2009	CBAC vs SOUND
			Alyssa Santangelo (14)	Rebekah Hershey (14)		Erica A. Witoslawski (14)
5	2:01.73 Y	F	A Relay	RAC	1/9/2010	RAC vs. NPAC Girls
			Tatyana Smolyansky (13)	Caroline M. Barker (13)		Grace E. Wydeven (14)
6	2:02.39 Y	F	A Relay	SWAC	11/7/2009	CBAC @ SWAC 09
			Amber N. Saint Clair (13)	Mackenzie E. Ogle (13)		Molly E. Riemenschneider (13)

SAL GIRLS 2009-2010

Relay Top Times

Number of Top Times: 25 Convert To: Yards Print: Yards

Time	P/F/S	Relay				
7	2:02.69 Y	F	A Relay	UDAC	11/7/2009	LMSD vs UDAC - Girls
			Emily Houser (14)	Emeline Leyens (14)		Mieke Scherpbier (15)
8	2:03.54 Y	F	A Relay	CBAC	1/9/2010	CBAC at PVAC
			Kelley R. Gavel (14)	Christina M. Maragakes (14)		Nicole M. Guss (14)
9	2:05.10 Y	F	A Relay	NAAC	1/9/2010	NAAC vs SWAC
			Stefanie Barkofski (13)	Nicole A. Martorella (13)		Hayli Randolph (13)
10	2:05.31 Y	F	A Relay	MAC	1/9/2010	SOUND @ MAC 1 09 10 Girls
			Sarah Furtek (13)	Nicole A. Young (14)		Becca Sykes (13)
11	2:05.49 Y	F	A Relay	SAC	12/12/2009	DCAA vs. SAC
			Julianne Marble (13)	Abby Uehling (13)		Devyn Ford (13)
12	2:06.31 Y	F	A Relay	DCAA	12/12/2009	DCAA vs. SAC
			Julia A. Rodriguez (13)	Allison Sloan (12)		Shayne S. Cerebe (11)
13	2:06.83 Y	F	A Relay	LMAC	1/9/2010	LMAC GIRLS v HHAA
			Nadia Klinecicz (14)	Maddie McComb (14)		Devon Kelly (14)
14	2:07.94 Y	F	A Relay	WCAC	12/5/2009	Girls WCAC v UDAC
			Alexandria McClure (14)	Jessica Zettlemyer (13)		Lindsay Andersen (14)
15	2:08.22 Y	F	A Relay	HHAA	1/9/2010	LMAC GIRLS v HHAA
			Meghan Pellecchia (14)	Alexandra Giorno (13)		Victoria Jepson (14)
16	2:08.48 Y	F	A Relay	PENN	11/14/2009	111409girlsPWACvsPENN
			Alexis Agree (13)	Bridget Perdoch (13)		Acacia Raffle (13)
17	2:09.03 Y	F	A Relay	CR	12/5/2009	PENN at CR Girls
			Olivia M. Peterson (13)	Megan S. Obarowski (14)		Nicolette L. Kothe (14)
18	2:09.11 Y	F	A Relay	PR	12/12/2009	Soud vs PR girls
			Chelsea Weiss (14)	Julia Nadovich (14)		Kylee Smith (14)
19	2:12.52 Y	F	A Relay	CAC	11/7/2009	110709girlsCACvsPENN
			Deanna Battis (14)	Liz Schmele (14)		Bj Clune (14)
20	2:14.81 Y	F	A Relay	PWAC	12/5/2009	DCAA @ PWAC Girls
			Sabrina Koenig (13)	Carolyn Pontari (13)		Shannon Christiansen (13)
21	2:17.28 Y	F	A Relay	CORE	11/7/2009	CR vs Core Double Dual 110709
			Olivia Matinas (13)	Danielle Robinson (14)		Joycelyn Yurko (13)
22	2:17.42 Y	F	A Relay	UMAC	12/5/2009	MAC at UMAC Girls
			Genevieve Lamina (14)	Elizabeth Hollinger (13)		Maddalana Ghanayem (14)
						Sahian Rodriguez (14)
Girls 15&O 200 Free Relay						
1	1:43.28 Y	F	A Relay	RAC	12/12/2009	RAC at PVAC Girls
			Meghan Doyle (15)	Mollie Walsh (17)		Courtney H. Chenet (17)
2	1:44.02 Y	F	A Relay	NPAC	1/9/2010	RAC vs. NPAC Girls
			Jan E. Ikeda (16)	Katie P. O'Connell (15)		Casey M. O'Neill (17)
3	1:45.36 Y	F	A Relay	LMSD	11/7/2009	LMSD vs UDAC - Girls
			Dana L. Cinque (15)	Miranda R. Rafferty (15)		Grace E. Cochrane (16)
4	1:46.77 Y	F	B Relay	SOUND	12/5/2009	CBAC vs SOUND
			Chloe Thomas (16)	Mariele Kusch (17)		Hannah Cross (17)
5	1:46.85 Y	F	A Relay	PVAC	12/12/2009	RAC at PVAC Girls
			Carly SIERACKI (16)	Ashley J. Dix (15)		Dana Wieber (17)
6*	1:47.62 Y	F	A Relay	WCAC	12/5/2009	Girls WCAC v UDAC
			Lori Jefferson (17)	Carrie Johnson (15)		Rachel Bohr (15)
6*	1:47.62 Y	F	A Relay	UDAC	12/5/2009	Girls WCAC v UDAC
			Caroline Rudkin (16)	Kimberly F. Ashmead (16)		Amanda Feather (16)
8	1:48.15 Y	F	A Relay	SAC	11/21/2009	SAC vs UDAC Girls 21Nov2009
			Gen Pedley (17)	Kira Fallon (17)		Kara Vogelbacker (17)
9	1:48.66 Y	F	A Relay	CBAC	12/12/2009	CBAC vs. NPAC
			Sarah E. Richards (15)	Kathryn Viola (16)		Andie E. Blaser (15)
10	1:49.59 Y	F	A Relay	MAC	11/14/2009	RACvMethacton Girls
			Michelle A. Konkoly (17)	Caelan R. McCann (15)		Erika L. Rodman (17)
11	1:49.79 Y	F	A Relay	PWAC	12/12/2009	PWAC at UDACgirls
			Michelle Kudach (16)	Lindsey Nicole Moyer (15)		Charlotte Cornog (16)
						Jessie Lehrbaum (17)

SAL GIRLS 2009-2010

Relay Top Times

Number of Top Times: 25 Convert To: Yards Print: Yards

Time	P/F/S	Relay				
12	1:50.52 Y	F	A Relay	SWAC	11/21/2009	NP @ SWAC
			Melissa H. Ross (16)	Rachel L. Riemenschneider (15)		Jennifer R. Strohmeier (15)
13	1:50.65 Y	F	A Relay	PR	12/12/2009	Soud vs PR girls
			Alexis Detweiler (16)	Shelby Shaffer (15)		Gabi Rinaldi (16)
14	1:51.62 Y	F	A Relay	CR	1/9/2010	SAC vs CR girls 09Jan2010
			Nicolette L. Kothe (14)	Nicole Rauchut (17)		Jane E. Gringolts (15)
15	1:51.92 Y	F	A Relay	HHAA	12/12/2009	HHAAsvSWACgirls
			Lauren Engelhardt (17)	Rachel Engelhardt (15)		Alyssa Guminski (17)
16	1:52.33 Y	F	A Relay	CAC	11/21/2009	CAC vs LMSD Girls 112109
			Staci Schaffling (15)	Samantha Cooper (15)		Nicole Rudnitsky (16)
17	1:53.91 Y	F	A Relay	NAAC	12/5/2009	RACvNorristown Girls
			Jennifer Barkofski (17)	Kim Bauer (17)		Meghan Royer (17)
18	1:54.86 Y	F	A Relay	UMAC	11/7/2009	UMAC at PVAC girls
			Megan Wisniewski (15)	Elissa Salamy (15)		Chelsea McCoubrie (16)
19	1:54.95 Y	F	A Relay	CORE	12/5/2009	LMSD vs CORE - Girls
			Shaunna Rosenlieb (16)	Samantha Kaleck (17)		Savannah Kelly (15)
20	1:56.28 Y	F	A Relay	LMAC	12/12/2009	LMAC @ MAC
			Meghan Wolfe (17)	Laura Keehn (17)		Lauren Henry (15)
21	1:56.43 Y	F	A Relay	DCAA	12/12/2009	DCAA vs. SAC
			Emily Gilmore (16)	Allison McCallister (15)		Stacey Kindelan (17)
22	2:02.61 Y	F	A Relay	PENN	11/14/2009	111409girlsPWACvsPENN
			Meg Gilbert (15)	Jane Kriss (17)		Rachel Jones (15)

Girls 15&O 200 Medley Relay

1	1:53.13 Y	F	A Relay	LMSD	11/21/2009	CAC vs LMSD Girls 112109
			Jen Brennan (17)	Danielle M. Kouch (17)		Tori Gillespie (17)
2	1:54.09 Y	F	A Relay	NPAC	1/9/2010	RAC vs. NPAC Girls
			Samantha L. Deana (17)	Blaire M. Kinsey (17)		Jan E. Ikeda (16)
3	1:54.12 Y	F	A Relay	RAC	12/12/2009	RAC at PVAC Girls
			Mollie Walsh (17)	Chelsea Wysong (16)		Courtney H. Chenet (17)
4	1:55.89 Y	F	B Relay	SLOUD	12/5/2009	CBAC vs SLOUD
			Mariel Kush (17)	Jessica Gidzinski (16)		Chloe Thomas (16)
5	1:59.88 Y	F	A Relay	SWAC	11/21/2009	NP @ SWAC
			Ali E. Roth (17)	Elizabeth A. Muller (17)		Rachel L. Riemenschneider (15)
6	2:00.61 Y	F	A Relay	PVAC	11/21/2009	Girls PVAC @ MAC
			Meagan Dollard (13)	Natalie Dowzicky (13)		Katie Vining (17)
7	2:00.69 Y	F	A Relay	MAC	11/21/2009	Girls PVAC @ MAC
			Taylor Mateja (15)	Erika L. Rodman (17)		Caelan R. McCann (15)
8	2:01.26 Y	F	A Relay	CBAC	12/12/2009	CBAC vs. NPAC
			Mackenzie Hubing (16)	Katherine W. Dempster (16)		Andie E. Blaser (15)
9	2:01.50 Y	F	A Relay	WCAC	12/12/2009	WCAC v CORE
			Elizabeth A. McKenna (15)	Suzy Lawlor (17)		Carrie Johnson (15)
10	2:01.57 Y	F	A Relay	PWAC	12/12/2009	PWAC at UDACgirls
			Jessie Lehrbaum (17)	Charlotte Cornog (16)		Michelle Kudach (16)
11	2:01.58 Y	F	A Relay	SAC	11/21/2009	SAC vs UDAC Girls 21Nov2009
			Brigid Clark (16)	Monica DeStefano (18)		Alexia Tomlinson (17)
12	2:02.90 Y	F	A Relay	UDAC	12/5/2009	Girls WCAC v UDAC
			Caroline Rudkin (16)	Rachel Henninger (17)		Carolyn N. Meier (15)
13	2:02.96 Y	F	A Relay	CR	1/9/2010	SAC vs CR girls 09Jan2010
			Sarah Rowland (17)	Nicole Rauchut (17)		Jane E. Gringolts (15)
14	2:03.21 Y	F	A Relay	CAC	11/21/2009	CAC vs LMSD Girls 112109
			Nicole Rudnitsky (16)	Melanie Busch (16)		Staci Schaffling (15)
15	2:04.32 Y	F	A Relay	HHAA	12/12/2009	HHAAsvSWACgirls
			Samantha Evangelista (15)	Lauren Engelhardt (17)		Carey Johnson (15)
16	2:04.65 Y	F	A Relay	PR	11/14/2009	NPAC vs Pennridge GIRLS
			Shelby Shaffer (15)	Alicia Detweiler (18)		Alexis Detweiler (16)

