

## Individual Top Times

## Lock Haven University [HAVEN]

Number of Top Times: All Show Yards Only

	Time	P/F/S	Name	Age/Yr		
<b>Women 50 Free</b>						
1	24.14 Y	D2-B F	Smirnova, Gerda	SR	2/22/2007	2007 PSAC Championships
2	24.55 Y	D2-B P	Sujansky, Diane	SR	2/22/2007	2007 PSAC Championships
3	26.84 Y	F	Grieneisen, Kelly	JR	1/26/2007	Haven v. IUP (w/ Bloom M)
4	27.09 Y	P	Ewanich, Mary	FR	12/1/2006	Ashland University Invite
5	27.37 Y	P	Caburis, Kristen	SR	12/1/2006	Ashland University Invite
6	27.38 Y L	F	Palmer, Amanda	FR	11/4/2006	Haven @ Mansfield
7	27.62 Y	F	Rhoades, Becca	SR	1/27/2007	Haven v. Millersville
8	28.15 Y	F	Wilbur, Shannon	FR	12/9/2006	Juniata @ Haven
9	28.17 Y L	F	Spaunhorst, Britnie	SO	1/27/2007	Haven v. Millersville
10	28.29 Y	F	Grieneisen, Katie	SR	10/20/2006	CU Fall Classic
11	28.31 Y L	F	Samanka, Shannon	SO	12/1/2006	Ashland University Invite
12	28.79 Y	F	Lightcap, Ashley	FR	10/20/2006	CU Fall Classic
13	29.70 Y	F	Fontaine, Becky	FR	10/25/2006	Lock Haven v. Limestone
14	30.62 Y	F	Sior, Becka	FR	11/4/2006	Haven @ Mansfield
<b>Women 100 Free</b>						
1	53.19 Y L	D2-B P	Smirnova, Gerda	SR	2/22/2007	2007 PSAC Championships
2	55.05 Y L	PSAC F	Sujansky, Diane	SR	12/1/2006	Ashland University Invite
3	55.68 Y	PSAC F	Grieneisen, Kelly	JR	12/1/2006	Ashland University Invite
4	56.06 Y	PSAC F	Ewanich, Mary	FR	1/27/2007	Haven v. Millersville
5	59.68 Y L	F	Caburis, Kristen	SR	12/1/2006	Ashland University Invite
6	x59.71 Y	T	Rhoades, Becca	SR	12/9/2006	Juniata @ Haven
7	59.83 Y	F	Spaunhorst, Britnie	SO	1/26/2007	Haven v. IUP (w/ Bloom M)
8	1:00.82 Y	P	Grieneisen, Katie	SR	11/17/2006	Golden Bear Invitational 2006
9	*1:01.55 Y	P	Wilbur, Shannon	FR	12/1/2006	Ashland University Invite
9	*1:01.55 Y	P	Samanka, Shannon	SO	12/1/2006	Ashland University Invite
11	1:01.74 Y	F	Lightcap, Ashley	FR	11/4/2006	Haven @ Mansfield
12	1:01.91 Y	F	Palmer, Amanda	FR	10/28/2006	E. Stroudsburg @ Haven
13	1:02.45 Y	F	Fontaine, Becky	FR	12/9/2006	Juniata @ Haven
14	x1:05.93 Y	F	Sior, Becka	FR	10/25/2006	Lock Haven v. Limestone
<b>Women 200 Free</b>						
1	1:59.67 Y	PSAC F	Grieneisen, Kelly	JR	12/1/2006	Ashland University Invite
2	2:01.37 Y L	PSAC F	Sujansky, Diane	SR	2/22/2007	2007 PSAC Championships
3	2:03.77 Y	PSAC F	Rhoades, Becca	SR	12/1/2006	Ashland University Invite
4	2:09.71 Y	F	Samanka, Shannon	SO	1/26/2007	Haven v. IUP (w/ Bloom M)
5	2:09.93 Y	F	Lightcap, Ashley	FR	1/27/2007	Haven v. Millersville
6	2:10.07 Y	F	Caburis, Kristen	SR	1/20/2007	Haven @ CAL w/ SRU
7	2:11.54 Y	F	Fontaine, Becky	FR	12/9/2006	Juniata @ Haven
8	2:11.71 Y L	F	Palmer, Amanda	FR	12/1/2006	Ashland University Invite
9	2:15.62 Y	F	Ewanich, Mary	FR	10/20/2006	CU Fall Classic
10	2:20.46 Y	F	Sior, Becka	FR	12/9/2006	Juniata @ Haven
11	2:25.86 Y	F	Wilbur, Shannon	FR	10/20/2006	CU Fall Classic
12	2:32.58 Y	F	Spaunhorst, Britnie	SO	10/20/2006	CU Fall Classic
<b>Women 500 Free</b>						
1	5:28.21 Y	PSAC P	Rhoades, Becca	SR	12/1/2006	Ashland University Invite
2	5:28.77 Y	F	Grieneisen, Kelly	JR	12/1/2006	Ashland University Invite
3	5:38.21 Y	F	Palmer, Amanda	FR	12/1/2006	Ashland University Invite
4	x5:43.33 Y	F	Grieneisen, Katie	SR	12/9/2006	Juniata @ Haven
5	x5:44.49 Y	F	Samanka, Shannon	SO	12/9/2006	Juniata @ Haven
6	6:05.94 Y	P	Fontaine, Becky	FR	12/1/2006	Ashland University Invite
7	6:08.18 Y	P	Sior, Becka	FR	12/1/2006	Ashland University Invite
8	6:44.32 Y	F	Wilbur, Shannon	FR	10/20/2006	CU Fall Classic
<b>Women 1000 Free</b>						
1	11:19.89 Y	F	Grieneisen, Katie	SR	2/22/2007	2007 PSAC Championships
2	11:23.10 Y	F	Rhoades, Becca	SR	12/9/2006	Juniata @ Haven
3	11:47.79 Y	F	Palmer, Amanda	FR	1/27/2007	Haven v. Millersville
4	12:15.57 Y	F	Lightcap, Ashley	FR	10/25/2006	Lock Haven v. Limestone
5	12:29.90 Y	F	Samanka, Shannon	SO	10/25/2006	Lock Haven v. Limestone
6	12:36.64 Y	F	Fontaine, Becky	FR	1/26/2007	Haven v. IUP (w/ Bloom M)
7	13:53.42 Y	F	Wilbur, Shannon	FR	11/4/2006	Haven @ Mansfield
<b>Women 1650 Free</b>						
1	19:01.63 Y	PSAC F	Grieneisen, Katie	SR	12/1/2006	Ashland University Invite
2	19:34.55 Y	F	Rhoades, Becca	SR	12/1/2006	Ashland University Invite
3	19:59.95 Y	F	Samanka, Shannon	SO	1/20/2007	Haven @ CAL w/ SRU
4	21:26.74 Y	F	Fontaine, Becky	FR	11/17/2006	Golden Bear Invitational 2006
<b>Women 50 Back</b>						
1	30.14 Y L	F	Smirnova, Gerda	SR	11/4/2006	Haven @ Mansfield

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2	30.74 Y L	F	Ewanich, Mary	FR	2/22/2007	2007 PSAC Championships
3	34.47 Y L	F	Sior, Becka	FR	1/26/2007	Haven v. IUP (w/ Bloom M)
4	34.51 Y L	F	Spaunhorst, Britnie	SO	1/20/2007	Haven @ CAL w/ SRU
5	34.64 Y L	F	Rhoades, Becca	SR	11/17/2006	Golden Bear Invitational 2006
<b>Women 100 Back</b>						
1	1:02.80 Y L PSAC	F	Smirnova, Gerda	SR	12/1/2006	Ashland University Invite
2	1:04.42 Y	P	Ewanich, Mary	FR	2/22/2007	2007 PSAC Championships
3	1:08.40 Y	F	Grieneisen, Kelly	JR	10/20/2006	CU Fall Classic
4	1:09.44 Y	F	Rhoades, Becca	SR	2/3/2007	ESU Invite 2007
5	1:09.51 Y	F	Sujansky, Diane	SR	10/20/2006	CU Fall Classic
6	1:09.60 Y	F	Spaunhorst, Britnie	SO	12/9/2006	Juniata @ Haven
7	1:10.37 Y	F	Palmer, Amanda	FR	1/27/2007	Haven v. Millersville
8	1:11.58 Y	P	Sior, Becka	FR	12/1/2006	Ashland University Invite
9	1:14.60 Y	F	Grieneisen, Katie	SR	10/20/2006	CU Fall Classic
10	1:15.04 Y	P	Wilbur, Shannon	FR	12/1/2006	Ashland University Invite
11	1:17.22 Y	F	Fontaine, Becky	FR	10/13/2006	Crimson v. White / Alumni Meet
<b>Women 200 Back</b>						
1	2:26.02 Y	F	Ewanich, Mary	FR	1/20/2007	Haven @ CAL w/ SRU
2	2:26.34 Y	F	Grieneisen, Kelly	JR	1/26/2007	Haven v. IUP (w/ Bloom M)
3	2:28.83 Y	F	Sujansky, Diane	SR	10/20/2006	CU Fall Classic
4	2:30.66 Y	F	Spaunhorst, Britnie	SO	1/20/2007	Haven @ CAL w/ SRU
5	2:30.96 Y	F	Palmer, Amanda	FR	1/26/2007	Haven v. IUP (w/ Bloom M)
6	2:31.10 Y	F	Rhoades, Becca	SR	10/20/2006	CU Fall Classic
7	2:35.30 Y	F	Sior, Becka	FR	12/1/2006	Ashland University Invite
8	2:45.10 Y	F	Fontaine, Becky	FR	10/20/2006	CU Fall Classic
9	2:51.91 Y	F	Wilbur, Shannon	FR	10/20/2006	CU Fall Classic
<b>Women 100 Breast</b>						
1	1:07.79 Y PSAC	P	Smirnova, Gerda	SR	12/1/2006	Ashland University Invite
2	1:09.34 Y PSAC	F	Sujansky, Diane	SR	12/1/2006	Ashland University Invite
3	x1:15.40 Y	F	Palmer, Amanda	FR	12/9/2006	Juniata @ Haven
4	x1:17.23 Y	F	Lightcap, Ashley	FR	12/9/2006	Juniata @ Haven
5	1:18.21 Y	F	Grieneisen, Kelly	JR	2/3/2007	ESU Invite 2007
6	1:24.46 Y	F	Fontaine, Becky	FR	1/20/2007	Haven @ CAL w/ SRU
7	1:29.36 Y	F	Wilbur, Shannon	FR	10/13/2006	Crimson v. White / Alumni Meet
<b>Women 200 Breast</b>						
1	2:29.60 Y PSAC	F	Sujansky, Diane	SR	2/22/2007	2007 PSAC Championships
2	2:43.27 Y	F	Smirnova, Gerda	SR	10/20/2006	CU Fall Classic
3	2:43.36 Y	F	Palmer, Amanda	FR	1/27/2007	Haven v. Millersville
4	2:56.60 Y	F	Grieneisen, Katie	SR	1/27/2007	Haven v. Millersville
5	2:59.61 Y	F	Fontaine, Becky	FR	10/28/2006	E. Stroudsburg @ Haven
<b>Women 100 Fly</b>						
1	1:02.60 Y PSAC	F	Smirnova, Gerda	SR	2/3/2007	ESU Invite 2007
2	x1:03.58 Y	T	Lightcap, Ashley	FR	12/9/2006	Juniata @ Haven
3	1:06.24 Y	F	Caburis, Kristen	SR	1/20/2007	Haven @ CAL w/ SRU
4	1:07.63 Y	F	Palmer, Amanda	FR	2/3/2007	ESU Invite 2007
5	1:09.18 Y	F	Grieneisen, Katie	SR	2/3/2007	ESU Invite 2007
6	1:09.53 Y	F	Sujansky, Diane	SR	2/3/2007	ESU Invite 2007
7	1:11.07 Y	F	Samanka, Shannon	SO	10/13/2006	Crimson v. White / Alumni Meet
<b>Women 200 Fly</b>						
1	2:19.15 Y PSAC	P	Palmer, Amanda	FR	12/1/2006	Ashland University Invite
2	2:21.06 Y	F	Lightcap, Ashley	FR	12/1/2006	Ashland University Invite
3	2:31.52 Y	F	Caburis, Kristen	SR	12/1/2006	Ashland University Invite
<b>Women 200 IM</b>						
1	2:14.46 Y PSAC	T	Smirnova, Gerda	SR	2/22/2007	2007 PSAC Championships
2	2:21.28 Y	P	Palmer, Amanda	FR	2/22/2007	2007 PSAC Championships
3	2:24.46 Y	F	Sujansky, Diane	SR	10/20/2006	CU Fall Classic
4	2:24.63 Y	F	Samanka, Shannon	SO	12/9/2006	Juniata @ Haven
5	2:25.32 Y	P	Grieneisen, Katie	SR	12/1/2006	Ashland University Invite
6	2:26.58 Y	F	Spaunhorst, Britnie	SO	12/9/2006	Juniata @ Haven
7	2:28.58 Y	P	Lightcap, Ashley	FR	12/1/2006	Ashland University Invite
8	2:28.80 Y	F	Grieneisen, Kelly	JR	10/20/2006	CU Fall Classic
9	2:33.90 Y	F	Ewanich, Mary	FR	10/20/2006	CU Fall Classic
10	2:39.91 Y	F	Caburis, Kristen	SR	10/20/2006	CU Fall Classic
11	2:45.36 Y	F	Sior, Becka	FR	10/20/2006	CU Fall Classic
<b>Women 400 IM</b>						
1	4:57.75 Y PSAC	P	Palmer, Amanda	FR	2/22/2007	2007 PSAC Championships
2	4:58.35 Y PSAC	F	Grieneisen, Katie	SR	12/1/2006	Ashland University Invite

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3	5:15.18 Y	F	Samanka, Shannon	SO	12/1/2006 Ashland University Invite
4	5:37.33 Y	F	Spaunhorst, Britnie	SO	11/4/2006 Haven @ Mansfield