

Relay Top Times

Lock Haven University [HAVEN]

Number of Top Times: All Show Yards Only

Time P/F/S Relay

Women 200 Free Relay

1	1:39.77	Y	P	A RELAY	2/22/2007	2007 PSAC Championships
				Gerda Smirnova (SR)	Kelly Grieneisen (JR)	Mary Ewanich (FR)
2	1:40.65	Y	F	A RELAY	2/22/2007	2007 PSAC Championships
				Gerda Smirnova (SR)	Kelly Grieneisen (JR)	Mary Ewanich (FR)
3	1:41.75	Y	F	A RELAY	12/1/2006	Ashland University Invite
				Diane Sujansky (SR)	Kelly Grieneisen (JR)	Mary Ewanich (FR)
4	1:42.54	Y	F	A RELAY	1/26/2007	Haven v. IUP (w/ Bloom M)
				Gerda Smirnova (SR)	Mary Ewanich (FR)	Kelly Grieneisen (JR)
5	1:44.23	Y	F	A RELAY	1/27/2007	Haven v. Millersville
				Gerda Smirnova (SR)	Kelly Grieneisen (JR)	Kristen Caburis (SR)
6	1:45.96	Y	F	A RELAY	10/20/2006	CU Fall Classic
				Diane Sujansky (SR)	Kelly Grieneisen (JR)	Gerda Smirnova (SR)
7	1:46.03	Y	F	A RELAY	10/28/2006	E. Stroudsburg @ Haven
				Gerda Smirnova (SR)	Kelly Grieneisen (JR)	Diane Sujansky (SR)
8	1:48.17	Y	F	A RELAY	11/17/2006	Golden Bear Invitational 2006
				Gerda Smirnova (SR)	Becca Rhoades (SR)	Amanda Palmer (FR)
9	1:51.18	Y	F	A RELAY	11/4/2006	Haven @ Mansfield
				Mary Ewanich (FR)	Katie Grieneisen (SR)	Becca Rhoades (SR)
10	1:52.34	Y	F	B RELAY	1/26/2007	Haven v. IUP (w/ Bloom M)
				Amanda Palmer (FR)	Britnie Spaunhorst (SO)	Becca Rhoades (SR)
11	1:52.39	Y	F	A RELAY	10/13/2006	Crimson v. White / Alumni Meet
				Diane Sujansky (SR)	Kristen Caburis (SR)	Kelly Grieneisen (JR)
12	1:54.22	Y	F	B RELAY	10/28/2006	E. Stroudsburg @ Haven
				Ashley Lightcap (FR)	Kristen Caburis (SR)	Katie Grieneisen (SR)
13	1:55.07	Y	F	C RELAY	12/1/2006	Ashland University Invite
				Shannon Samanka (SO)	Shannon Wilbur (FR)	
14	1:55.11	Y	F	B RELAY	11/17/2006	Golden Bear Invitational 2006
				Mary Ewanich (FR)	Shannon Wilbur (FR)	Katie Grieneisen (SR)
15	1:55.15	Y	F	B RELAY	1/27/2007	Haven v. Millersville
				Britnie Spaunhorst (SO)	Becca Sior (FR)	Becky Fontaine (FR)
16	1:55.20	Y	F	B RELAY	12/1/2006	Ashland University Invite
				Diane Sujansky (SR)	Shannon Wilbur (FR)	Becca Sior (FR)
17	1:55.33	Y	F	B RELAY	10/13/2006	Crimson v. White / Alumni Meet
				Becca Rhoades (SR)	Shannon Samanka (SO)	Amanda Palmer (FR)
18	1:56.10	Y	F	B RELAY	12/1/2006	Ashland University Invite
				Amanda Palmer (FR)	Kristen Caburis (SR)	Katie Grieneisen (SR)
19	1:56.60	Y	F	A RELAY	12/1/2006	Ashland University Invite
				Gerda Smirnova (SR)	Katie Grieneisen (SR)	Ashley Lightcap (FR)
20	1:57.33	Y	F	C RELAY	10/28/2006	E. Stroudsburg @ Haven
				Britnie Spaunhorst (SO)	Shannon Wilbur (FR)	Becky Fontaine (FR)
21	1:57.61	Y	F	B RELAY	11/4/2006	Haven @ Mansfield
				Amanda Palmer (FR)	Shannon Wilbur (FR)	
22 X	1:57.89	Y	F	C RELAY	11/4/2006	Haven @ Mansfield
				Kelly Grieneisen (JR)	Becca Sior (FR)	Becky Fontaine (FR)
23	1:58.20	Y	F	C RELAY	1/26/2007	Haven v. IUP (w/ Bloom M)
				Katie Grieneisen (SR)	Becky Fontaine (FR)	Shannon Wilbur (FR)
24	2:00.53	Y	F	C RELAY	10/20/2006	CU Fall Classic
				Becca Sior (FR)	Britnie Spaunhorst (SO)	

Women 400 Free Relay

1	3:38.34	Y	F	A RELAY	2/22/2007	2007 PSAC Championships
				Gerda Smirnova (SR)	Kelly Grieneisen (JR)	Mary Ewanich (FR)
2	3:38.64	Y	P	A RELAY	2/22/2007	2007 PSAC Championships
				Gerda Smirnova (SR)	Kelly Grieneisen (JR)	Mary Ewanich (FR)
3	3:45.08	Y	F	A RELAY	12/1/2006	Ashland University Invite
				Gerda Smirnova (SR)	Kelly Grieneisen (JR)	Becca Rhoades (SR)
4	3:47.86	Y	F	A RELAY	1/20/2007	Haven @ CAL w/ SRU
				Gerda Smirnova (SR)	Mary Ewanich (FR)	Kristen Caburis (SR)
5 X	3:53.25	Y	F	A RELAY	12/9/2006	Juniata @ Haven
				Mary Ewanich (FR)	Becca Rhoades (SR)	Kristen Caburis (SR)
6	3:54.44	Y	F	A RELAY	1/10/2007	Haven @ UNF w/ UNC
				Gerda Smirnova (SR)	Kelly Grieneisen (JR)	Becca Rhoades (SR)

Relay Top Times

Lock Haven University [HAVEN]

Number of Top Times: All Show Yards Only

Time	P/F/S	Relay			
7 3:57.90 Y	F	A RELAY	Gerda Smirnova (SR)	Kelly Grieneisen (JR)	11/17/2006 Golden Bear Invitational 2006
8 4:02.46 Y	F	B RELAY	Mary Ewanich (FR)	Amanda Palmer (FR)	Ashley Lightcap (FR) Becca Rhoades (SR)
9 4:05.32 Y	F	A RELAY	Gerda Smirnova (SR)	Kristen Caburis (SR)	12/1/2006 Ashland University Invite
10 4:06.47 Y	F	C RELAY	Kristen Caburis (SR)		Ashley Lightcap (FR) Katie Grieneisen (SR)
11 X 4:06.96 Y	F	B RELAY	Katie Grieneisen (SR)	Shannon Wilbur (FR)	12/1/2006 Ashland University Invite
12 4:07.31 Y	F	B RELAY	Diane Sujansky (SR)	Mary Ewanich (FR)	Amanda Palmer (FR) Shannon Wilbur (FR)
13 4:12.18 Y	F	B RELAY	Mary Ewanich (FR)	Amanda Palmer (FR)	12/1/2006 Ashland University Invite
14 4:14.72 Y	F	B RELAY	Ashley Lightcap (FR)	Shannon Samanka (SO)	Shannon Samanka (SO) Shannon Wilbur (FR)
15 4:15.36 Y	F	A RELAY	Kelly Grieneisen (JR)	Katie Grieneisen (SR)	12/9/2006 Juniata @ Haven
16 4:17.60 Y	F	C RELAY	Kelly Grieneisen (JR)	Ashley Lightcap (FR)	Shannon Samanka (SO) Amanda Palmer (FR)
17 4:20.07 Y	F	B RELAY	Kristen Caburis (SR)	Katie Grieneisen (SR)	12/1/2006 Ashland University Invite
18 4:26.54 Y	F	B RELAY	Shannon Samanka (SO)		Shannon Samanka (SO)
Women 800 Free Relay					11/17/2006 Golden Bear Invitational 2006
1 8:06.54 Y	F	A RELAY	Diane Sujansky (SR)	Kelly Grieneisen (JR)	Katie Grieneisen (SR) Shannon Wilbur (FR)
2 8:30.57 Y	F	A RELAY	Kelly Grieneisen (JR)	Becca Rhoades (SR)	1/20/2007 Haven @ CAL w/ SRU
3 8:44.83 Y	F	A RELAY	Becca Rhoades (SR)	Kelly Grieneisen (JR)	Britnie Spaunhorst (SO) Becca Sior (FR)
4 8:47.40 Y	F	B RELAY	Amanda Palmer (FR)	Ashley Lightcap (FR)	10/25/2006 Lock Haven v. Limestone
5 9:12.64 Y	F	C RELAY		Shannon Wilbur (FR)	Ashley Lightcap (FR) Becca Rhoades (SR)
6 9:24.62 Y	F	B RELAY		Ashley Lightcap (FR)	12/1/2006 Ashland University Invite
					Becca Sior (FR) Becky Fountaine (FR)
					1/10/2007 Haven @ UNF w/ UNC
					Becky Fountaine (FR) Becca Sior (FR)
					10/25/2006 Lock Haven v. Limestone
					Becca Sior (FR) Shannon Wilbur (FR)
					2/22/2007 2007 PSAC Championships
					Becca Rhoades (SR) Mary Ewanich (FR)
					12/1/2006 Ashland University Invite
					Diane Sujansky (SR) Katie Grieneisen (SR)
					11/17/2006 Golden Bear Invitational 2006
					Katie Grieneisen (SR) Amanda Palmer (FR)
					12/1/2006 Ashland University Invite
					Shannon Samanka (SO) Mary Ewanich (FR)
					12/1/2006 Ashland University Invite
					Becca Sior (FR) Becky Fountaine (FR)
					11/17/2006 Golden Bear Invitational 2006
					Shannon Wilbur (FR) Shannon Samanka (SO)
Women 200 Medley Relay					
1 1:53.97 Y	P	A RELAY	Mary Ewanich (FR)	Diane Sujansky (SR)	2/22/2007 2007 PSAC Championships
2 1:56.51 Y	F	A RELAY	Mary Ewanich (FR)	Diane Sujansky (SR)	Gerda Smirnova (SR) Kelly Grieneisen (JR)
3 1:57.62 Y	F	A RELAY	Mary Ewanich (FR)	Diane Sujansky (SR)	12/1/2006 Ashland University Invite
4 1:59.17 Y	F	A RELAY	Mary Ewanich (FR)	Diane Sujansky (SR)	Gerda Smirnova (SR) Kelly Grieneisen (JR)
5 1:59.52 Y	F	A RELAY	Gerda Smirnova (SR)	Diane Sujansky (SR)	1/26/2007 Haven v. IUP (w/ Bloom M)
6 1:59.74 Y	F	A RELAY	Gerda Smirnova (SR)	Diane Sujansky (SR)	Ashley Lightcap (FR) Gerda Smirnova (SR)
7 2:00.52 Y	F	A RELAY	Mary Ewanich (FR)	Amanda Palmer (FR)	1/20/2007 Haven @ CAL w/ SRU
8 2:04.85 Y	F	A RELAY	Becca Rhoades (SR)	Gerda Smirnova (SR)	Ashley Lightcap (FR) Gerda Smirnova (SR)
9 2:05.36 Y	F	A RELAY	Mary Ewanich (FR)	Amanda Palmer (FR)	10/20/2006 CU Fall Classic
10 2:05.39 Y	F	B RELAY	Becca Sior (FR)	Britnie Spaunhorst (SO)	Ashley Lightcap (FR) Kelly Grieneisen (JR)
11 2:06.55 Y	F	A RELAY	Mary Ewanich (FR)	Amanda Palmer (FR)	11/4/2006 Haven @ Mansfield
12 2:07.40 Y	F	B RELAY	Britnie Spaunhorst (SO)	Amanda Palmer (FR)	Ashley Lightcap (FR) Kelly Grieneisen (JR)
					2/22/2007 2007 PSAC Championships
					Ashley Lightcap (FR) Katie Grieneisen (SR)
					10/13/2006 Crimson v. White / Alumni Meet
					Katie Grieneisen (SR) Mary Ewanich (FR)
					11/17/2006 Golden Bear Invitational 2006
					Ashley Lightcap (FR) Gerda Smirnova (SR)
					10/13/2006 Crimson v. White / Alumni Meet
					Ashley Lightcap (FR) Becky Fountaine (FR)
					10/28/2006 E. Stroudsburg @ Haven
					Kristen Caburis (SR) Shannon Samanka (SO)
					1/20/2007 Haven @ CAL w/ SRU
					Kristen Caburis (SR) Shannon Wilbur (FR)

Relay Top Times

Lock Haven University [HAVEN]

Number of Top Times: All Show Yards Only

	Time	P/F/S	Relay			
13	2:08.14 Y	F	B RELAY		10/20/2006	CU Fall Classic
			Mary Ewanich (FR)	Amanda Palmer (FR)		Kristen Caburis (SR) Shannon Samanka (SO)
14	2:08.16 Y	F	B RELAY		1/26/2007	Haven v. IUP (w/ Bloom M)
			Becca Sior (FR)	Shannon Samanka (SO)		Britnie Spaunhorst (SO) Shannon Wilbur (FR)
15	2:11.20 Y	F	C RELAY		12/1/2006	Ashland University Invite
			Becca Sior (FR)	Becky Fountaine (FR)		Kristen Caburis (SR) Ashley Lightcap (FR)
16	2:13.33 Y	F	B RELAY		11/17/2006	Golden Bear Invitational 2006
			Becca Rhoades (SR)	Britnie Spaunhorst (SO)		Shannon Samanka (SO)
Women 400 Medley Relay						
1	4:13.94 Y	F	A RELAY		2/22/2007	2007 PSAC Championships
			Mary Ewanich (FR)	Gerda Smirnova (SR)		Ashley Lightcap (FR) Kelly Grieneisen (JR)
2	4:15.37 Y	F	A RELAY		12/1/2006	Ashland University Invite
			Gerda Smirnova (SR)	Diane Sujansky (SR)		Ashley Lightcap (FR) Kelly Grieneisen (JR)
3	4:16.40 Y	F	A RELAY		12/9/2006	Juniata @ Haven
			Mary Ewanich (FR)	Diane Sujansky (SR)		Kristen Caburis (SR) Gerda Smirnova (SR)
4	4:17.07 Y	F	A RELAY		1/27/2007	Haven v. Millersville
			Mary Ewanich (FR)	Diane Sujansky (SR)		Ashley Lightcap (FR) Kristen Caburis (SR)
5	4:22.86 Y	F	A RELAY		11/17/2006	Golden Bear Invitational 2006
			Mary Ewanich (FR)	Gerda Smirnova (SR)		Ashley Lightcap (FR) Kelly Grieneisen (JR)
6	4:24.14 Y	P	A RELAY		2/22/2007	2007 PSAC Championships
			Mary Ewanich (FR)	Amanda Palmer (FR)		Ashley Lightcap (FR) Katie Grieneisen (SR)
7	4:29.36 Y	F	B RELAY		12/1/2006	Ashland University Invite
			Mary Ewanich (FR)	Amanda Palmer (FR)		Kristen Caburis (SR) Becca Rhoades (SR)
8	4:35.07 Y	F	A RELAY		12/1/2006	Ashland University Invite
			Mary Ewanich (FR)	Amanda Palmer (FR)		Ashley Lightcap (FR) Becca Rhoades (SR)
9	4:36.19 Y	F	A RELAY		1/10/2007	Haven @ UNF w/ UNC
			Mary Ewanich (FR)	Amanda Palmer (FR)		Ashley Lightcap (FR) Kristen Caburis (SR)
10	4:46.21 Y	F	B RELAY		11/17/2006	Golden Bear Invitational 2006
			Britnie Spaunhorst (SO)	Katie Grieneisen (SR)		Shannon Samanka (SO)
11	4:46.41 Y	F	B RELAY		12/9/2006	Juniata @ Haven
			Becca Sior (FR)	Becky Fountaine (FR)		Shannon Wilbur (FR)
12	4:46.93 Y	F	A RELAY		10/25/2006	Lock Haven v. Limestone
			Mary Ewanich (FR)	Britnie Spaunhorst (SO)		Kristen Caburis (SR)
13	4:50.11 Y	F	B RELAY		1/27/2007	Haven v. Millersville
			Becca Sior (FR)	Becky Fountaine (FR)		Shannon Samanka (SO) Shannon Wilbur (FR)
14	4:50.89 Y	F	B RELAY		1/10/2007	Haven @ UNF w/ UNC
			Britnie Spaunhorst (SO)	Becky Fountaine (FR)		Shannon Samanka (SO) Becca Sior (FR)
15	4:52.89 Y	F	C RELAY		12/1/2006	Ashland University Invite
			Becca Sior (FR)	Becky Fountaine (FR)		Shannon Samanka (SO)