

## National YMCA Long Course Swimming & Diving Championships

### Women's 50 Meter Freestyle

National Record: 25.74 Emily Lloyd Anne Arundel, MD YMCA

2009---University of Maryland College Park, MD

<u>Year:</u>	<u>Name:</u>	<u>Association:</u>	<u>Time:</u>
1986	Jennifer Hesp	Central Br. Dayton, OH	27.75*
1987	Anne Kiddoo	McKinley, IL	27.78
1988	Holly Kleiderlein	Upper Main Line Berwyn, PA	27.38*
1989	Missy Gorbrecht	West Shore Br. Harrisburg, PA	27.38*
1990	Beth Zeman	Waynesboro, VA	27.53
1991	Tammie Spatz	Saginaw, MI	27.19*
1992	Libby Schmidt	M.E. Lyons Br. Cincinnati, OH	27.62
1993	Jennifer Crisman	S.E. Br Grand Rapids, MI	27.52
1994	Beth Karaica	(#5839) Scottdale Br. Pittsburg, PA	27.22
1995	Beth Karaica	(#5839) East Sub. Br. Pittsburg, PA	27.32
1996	Cortnee Adams	Appleton, WI	27.00*
1997	Christine Williams	Hamilton Area, NJ	27.15
1998	Andrea Georoff	So, Community Br. Dayton, OH	27.25
1999	Carolyn McHugh	Gamble-Nippert Br, Cincinnati, OH	27.22
2000	Claire Wooddall-Gainey	Central Br. Roanoke, VA	27.15
2001	Claire Wooddall-Gainey	Central Br. Roanoke, VA	26.76*
2002	Claire Wooddall-Gainey	Central Br. Roanoke, VA	26.49*
2003	Noelle Martin	Ann Arundel, MD	25.74*
2004	Alexa Mrez	Palisades-Malibu, CA	26.80
2005	Noelle Martin	Winston-Salem, NC	26.88
2006	Emily Lloyd	Anne Arundel, MD	26.87*
2007	Emily Lloyd	Anne Arundel, MD	26.69*
2008	Emily Lloyd	Anne Arundel, MD	26.25*
2009	Emily Lloyd	Anne Arundel, MD	25.74*
2010	Emily Lloyd	Anne Arundel, MD	25.82

### Women's 100 Meter Freestyle

National Record: 56.79 Emily Lloyd Anne Arundel, MD YMCA

2009---University of Maryland College Park, MD

<u>Year:</u>	<u>Name:</u>	<u>Association:</u>	<u>Time:</u>
1986	Jennifer Hesp	Central Br, Dayton, OH	1:00.48*
1987	Anne Kiddoo	McKinley, IL	1:00.42*
1988	Stacy Staver	Reading, PA	59.80*
1989	Maribeth Schorn	Reading, PA	1:00.26
1990	Jamie Allshouse	Rochester, MI	1:00.14
1991	Wendy Hensen	Spartanburg, SC	58.92*
1992	Wendy Hensen	Spartanburg, SC	59.54
1993	Wendy Hensen	Spartanburg, SC	59.60
1994	Wendy Hensen	Spartanburg, SC	58.41*
1995	Megan Zerhusen	Frankfort, KY	58.54
1996	Kirsten Adams	Spartanburg, SC	59.04
1997	Megan Zerhusen	Frankfort, KY	58.71

**(\*) Indicates those individuals who have broken the existing National YMCA Record.**

## **Women's 100 Meter Freestyle Continued:**

**National Record: 56.79 Emily Lloyd Anne Arundel, MD YMCA**

<b><u>Year:</u></b>	<b><u>Name:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1998	Andrea Georoff	So. Community Br. Dayton, OH	58.74
1999	Lori Schwanhausser	Wilton, Ct	58.93
2000	Ruth Nichols	Chapel Hill, NC	59.18
2001	Claire Wooddall-Gainey	Central Br. Roanoke, VA	57.87*
2002	Claire Wooddall-Gainey	Central Br. Roanoke, VA	57.86*
2003	Lindsey Smith	Plymouth Br. Detroit, MI	57.97
2004	Alexa Merz	Palisades-Malibu, CA	59.00
2005	Noelle Martin	Winston-Salem, NC	58.27
2006	Hollis Capuano	Cheshire, CT	58.96
2007	Emily Lloyd	Anne Arundel, MD	57.51*
2008	Emily Lloyd	Anne Arundel, MD	57.07*
2009	Emily Lloyd	Anne Arundel, MD	56.79*
2010	Emily Lloyd	Anne Arundel, MD	57.46

## **Women's 200 Meter Freestyle**

**National Record: 2:03.90 Lindsey Smith Plymouth Br. YMCA Detroit, MI**

**2003---University of Maryland College Park, MD**

<b><u>Year:</u></b>	<b><u>Name:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1986	Jennifer Hesp	Central Br. Dayton, OH	2:11.88*
1987	Mary Ackermann	Rock Island, IL	2:11.31*
1988	Stacy Staver	Reading, PA	2:08.78*
1989	Rachel Coats	Oak Park, IL	2:09.74
1990	Angel Muncaster	Charlottesville, VA	2:11.66
1991	Julie Millis	Daytona Beach, FL	2:07.70*
1992	Wendy Hensen	Spartanburg, SC	2:06.87*
1993	Wendy Hensen	Spartanburg, SC	2:07.63
1994	Wendy Hensen	Spartanburg, SC	2:05.98*
1995	Wendy Hensen	Spartanburg, SC	2:05.66*
1996	Kristen Adams	Spartanburg, SC	2:06.29
1997	Kristen Adams	Spartanburg, SC	2:07.07
1998	Emily Ballenger	Spartanburg, SC	2:07.37
1999	Emily Ballenger	Spartanburg, Sc	2:06.33
2000	Jamie Spradlin	Central Br. Roanoke, VA	2:07.67
2001	Anna Miller	Spartanburg, Sc	2:06.56
2002	Anna Miller	Spartanburg, Sc	2:06.32
2003	Lindsey Smith	Plymouth Br. Detroit, MI	2:03.90*
2004	Emily Lanteigne	N.W. Dupage Glen Ellen, IL	2:05.74
2005	Carly Mathas	South Community Br Dayton, OH	2:06.83
2006	Sarah Krone	Blue Ash Br. Cincinnati, OH	2:08.39
2007	Melissa Helock	Fanwood-Scotch Plains, NJ	2:08.24
2008	Haley Lipps	Middle Tyger Br, Spartanburg, SC	2:05.30
2009	Shelby Fortin	Wilton, CT	2:04.61
2010	Shelby Fortin	Wilton, CT	2:04.74

**(\*) Indicates those individuals who have broken the existing National YMCA Record.**

## Women's 400 Meter Freestyle

**National Record: 4:19.91 Caroline Smith Winston-Salem, NC YMCA  
2007---University of Maryland College Park, MD**

<u>Year:</u>	<u>Name:</u>	<u>Association:</u>	<u>Time:</u>
1986	Bobbie Jo Runyon	Collier Co. Br. Naples, FL	4:35.76*
1987	Laurie Jacobson	Las Vegas, NV	4:27.81*
1988	Leanne Shelly	Reading, PA	4:33.06
1989	Nicky Gicia	N.W. Dupage Br. Glen Ellen, IL	4:31.29
1990	Amy Dunleavy	Wilton, CT	4:33.13
1991	Wendy Hensen	Spartanburg, SC	4:30.28
1992	Wendy Hensen	Spartanburg, SC	4:27.14*
1993	Suzanne Black	Winston-Salem, NC	4:26.51*
1994	Wendy Hensen	Spartanburg, SC	4:25.49*
1995	Wendy Hensen	Spartanburg, SC	4:23.76*
1996	Suzanne Black	Winston Salem, NC	4:21.04*
<b>1997</b>	<b>(No Information!)</b>		
1998	Emily Ballenger	Spartanburg, SC	4:22.58
1999	Emily Ballenger	Spartanburg, SC	4:21.31
2000	Jamie Spradlin	Central Br. Roanoke, VA	4:25.29
2001	Ashley Carusone	North Central, FL	4:24.04
2002	Emily Christy	Boyertown, PA	4:23.91
2003	Lindsey Smith	Plymouth Br. Detroit, MI	4:24.21
2004	Emily Brunemann	M.E. Lyons Br Cincinnati, OH	4:20.60*
2005	Sarah Broadley	Central Metro Orlando, FL	4:22.84
2006	Sarah Broadley	Central Metro Orlando, FL	4:25.99
2007	Caroline Smith	Winston-Salem, NC	4:19.91*
2008	Kelly Ann Baird	Winston-Salem, NC	4:22.31
2009	Laura Simon	Middle Tyger Br, Spartanburg SC	4:20.13
2010	Shelby Fortin	Wilton, CT	4:19.65*

## Women's 800 Meters Freestyle

**National Record: 8:55.46 Laura Simon Middle Tyger Br. YMCA Spartanburg, SC  
2009---University of Maryland College Park, MD**

<u>Year:</u>	<u>Name:</u>	<u>Association:</u>	<u>Time:</u>
1986	Bobbie Jo Runyon	Collier Co. Br. Naples, FL	9:22.99*
1987	Laurie Jacobson	Las Vegas, NV	9:06.44*
<b><u>From 1988 thru 2001 this event was dropped as an event. It was reinstated in 2002.</u></b>			
2002	Ashley Carusone	West Shore Br. Harrisburg, PA	9:02.15*
2003	Aurora Lee	Hamden/New Haven, CT	9:07.79
2004	Leah Gringrich	West Shore Br. Harrisburg, PA	8:56.48*
2005	Sarah Broadley	Central Metro Orlando, FL	9:02.98
2006	Sarah Broadley	Central Metro Orlando, FL	9:02.92
2007	Caroline Smith	Winston-Salem, NC	8:59.53
2008	Laura Simon	Middle Tyger Br. Spartanburg, SC	8:59.00
2009	Laura Simon	Middle Tyger Br. Spartanburg, SC	8:55.46*
2010	Carly Manchel	West Shore Br Harrisburg, PA	9:08.39

**(\*) Indicates those individuals who have broken the existing National YMCA Record.**

## Women's 1500 Meter Freestyle

National Record: 16:59.47 Laura Simon Middle Tyger Br. YMCA Spartanburg, SC  
2009---University of Maryland College Park, MD

<u>Year:</u>	<u>Name:</u>	<u>Association:</u>	<u>Time:</u>
1986	Jennifer Dahl	Blue Ash Br, Cincinnati, OH	18:21.32*
1987	Laurie Jacobson	Las Vegas, NV	17:36.78*
1988	Kathy Siwek	Blue Ash Br. Cincinnati, OH	17:58.96
1989	Jennifer Hess	Reading, PA	17:56.43
1990	Amy Dunleavey	Wilton, CT	17:52.70
1991	Julie Millis	Daytona Beach, FL	17:14.87*
1992	Noel Webster	Countryside Lebanon, OH	17:48.54
1993	Suzanne Black	Winston-Salem, NC	17:08.91*
1994	Shelly Eaton	M.E. Lyons Br. Cincinnati, OH	17:39.49
1995	Abby Wakeham	M.E. Lyons Br, Cincinnati, OH	17:37.29
1996	Suzanne Black	Winston-Salem, NC	17:04.67*
1997	Emily Ballenger	Spartanburg, SC	17:31.33
1998	Emily Ballenger	Spartanburg, SC	17:13.37
1999	Emily Ballenger	Spartanburg, SC	17:02.80*
2000	Kimberly Cober	Winston-Salem, NC	17:21.78
2001	Katie Ball	M.E. Lyons Br. Cincinnati, OH	17:31.45
2002	Emily Christy	Boyertown, PA	17:07.81
2003	Emily Lanteigne	N.W. Dupage Glen Ellen, IL	17:22.54
2004	Leah Gingrich	West Shore Br. Harrisburg, PA	17:06.67
2005	Sarah Broadley	Central Metro Orlando, FL	17:26.60
2006	Stephanie Roop	Upper Main Line Berwyn, PA	17:19.45
2007	Caroline Smith	Boyertown, PA	17:04.35
2008	Kelly Ann Baird	Winston-Salem, NC	17:13.25
2009	Laura Simon	Middle Tyger Br. Spartanburg, SC	16:59.47*
2010	Breann McDowell	Countryside Lebanon, OH	17:13.79

## Women's 50 Meter Backstroke

National Record: 29.32 Lauren English Montclair, NJ YMCA  
2004---University of Maryland College Park, MD

<u>Year:</u>	<u>Name:</u>	<u>Association:</u>	<u>Time:</u>
1987	Tanya Philbeck	Spartanburg, SC	31.25*
1988	Stefanie Fichthorn	Reading, PA	32.20
1989	Regan Rickert	Reading, PA	32.29
1990	Stephanie Fichtorn	Reading, PA	31.38
1991	Jennifer Crisman	SE Br. Grand Rapids, MI	31.12*
1992	Jennifer Crisman	SE. Br. Grand Rapids, MI	30.46*
1993	Jennifer Crisman	SE. Br. Grand Rapids, MI	30.34*
1994	Jennifer Crisman	SE. Br. Grand Rapids, MI	30.24*
1995	Molly Busch	South Br. Toledo, OH	31.61
1996	Kelly Hecking	Montclair, NJ	30.96
<b>1997</b>	<b>(No Information!)</b>		
1998	Katie Bruzda	Regional Br. PA (?)	30.81

**(\*) Indicates those individuals who have broken the existing National YMCA Record.**

**Women's 50 Meter Backstroke Continued:**  
**National Record: 29.32 Lauren English Montclair, NJ YMCA**

<b><u>Year:</u></b>	<b><u>Name:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1999	Lisa Dolansky	Montclair, NJ	30.84
2000	Jacque Fessel	Gamble-Nippert Br. Cincinnati, OH	31.00
2001	Jacque Fessel	Gamble-Nippert Br. Cincinnati, OH	31.09
2002	Megan Eickman	Spartanburg, SC	30.36
2003	Megan Ekkman	Middle Tyger Br. Spartanburg, SC	29.55*
2004	Lauren English	Montclair, NJ	29.32*
2005	Ashley Jones	Joliet, IL	30.42
2006	Lauren Solernou	Cheshire, CT	30.13
2007	Lauren Solernou	Cheshire, CT	30.69
2008	Lauren Solernou	Cheshire, CT	30.04
2009	Lauren Solernou	Cheshire, Ct	29.33
2010	Emily Slabe	Countryside Lebanon, OH	30.13

**Women's 100 Meter Backstroke**  
**National Record: 1:02.73 Tricia Weaner Wes Shore Br. YMCA Harrisburg, PA**  
**2004---University of Maryland College Park, MD**

<b><u>Year:</u></b>	<b><u>Name:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1986	Sidney Brinson	Collier Co. Br. Naples, FL	1:08.93*
1987	Tanya Philbeck	Spartanburg, SC	1:06.14*
1988	Melissa Dalrymple	Cecil County, MD	1:07.46
1989	Sara Goggin	Oak Park, IL	1:07.19
1990	Laura Brown	Cass County, IN	1:07.45
1991	Beth Jackson	Blue Ash Br. Cincinnati, OH	1:04.72*
1992	Beth Jackson	Blue Ash BR. Cincinnati, OH	1:05.42
1993	Jennifer Crisman	SE. Br. Grand Rapids, MI	1:05.53
1994	Jennifer Crisman	SE. Br. Grand Rapids, MI	1:04.47*
1995	Tashy Bohm	Somerset Hills, NJ	1:06.96
1996	Kelly Hecking	Montclair, NJ	1:06.19
1997	Sara Johnson	Birmingham Br. Detroit, MI	1:07.15
1998	Lisa Dloansky	Montclair, NJ	1:05.30
1999	Katie Bruzda	Regional Fam. Mt. Pleasant, PA	1:05.85
2000	Jacque Fessel	Gamble-Nippert Br. Cincinnati, OH	1:06.20
2001	Jacque Fessel	Gamble-Nippert Br. Cincinnati, OH	1:05.84
2002	Sarah Schaffer	Anne Arundel, MD	1:05.90
2003	Tricia Weaner	West Shore Br. Harrisburg, PA	1:03.55*
2004	Tricia Weaner	West Shore Br. Harrisburg, PA	1:02.73*
2005	Ashley Jones	Joliet, IL	1:04.16
2006	Alex Suppan	Greater Burlington, VT	1:05.07
2007	Sarah Galvin	B.R. Ryall Glen Ellen, IL	1:05.69
2008	Lauren Solernou	Cheshire, CT	1:04.00
2009	Lauren Solernou	Cheshire, CT	1:03.12
2010	Danielle Galyer	Middle Tyger Br. Spartanburg, SC	1:04.07

**(\* ) Indicates those individuals who have broken the existing National YMCA Record.**

## Women's 200 Meter Backstroke

National Record: 2:15.38 Tricia Weaner West Shore Br. YMCA Harrisburg, PA  
2004---University of Maryland College Park, MD

<u>Year:</u>	<u>Name:</u>	<u>Association:</u>	<u>Time:</u>
1986	Sidney Brinson	Collier Co. Br. Naples, FL	2:28.31*
1987	Tanya Philbeck	Spartanburg, SC	2:22.86*
1988	Melissa Dalrymple	Cecil County, MD	2:26.04
1989	Sara Goggin	Oak Park, IL	2:24.90
1990	Sara Goggin	Oak Park, IL	2:25.05
1991	Beth Jackson	Blue Ash Br. Cincinnati, OH	2:21.34*
1992	Beth Jackson	Blue Ash Br. Cincinnati, OH	2:20.05*
1993	Jennifer Crisman	SE Br. Grand Rapids, MI	2:25.39
1994	Jennifer Crisman	SE Br. Grand Rapids, MI	2:22.47
1995	Tashy Bohm	Somerset Hills, NJ	2:24.01
1996	Kelly Hecking	Montclair, NJ	2:21.17
1997	Amy Mickschl	Schroeder Br. Milwaukee, WI	2:22.96
1998	Katie Bruzda	Regional Fam. Mt. Pleasant, PA	2:21.71
1999	Katie Bruzda	Regional Fam. Mt. Pleasant, PA	2:21.34
2000	Brennan Moore	Tyger Br. Spartanburg, SC	2:24.65
2001	Brennan Moore	Tyger Br. Spartanburg, SC	2:21.98
2002	Jessica Barnes	Brandywine, PA	2:21.20
2003	Tricia Weaner	West Shore Br. Harrisburg, PA	2:16.09*
2004	Tricia Weaner	West Shore Br. Harrisburg, PA	2:15.38*
2005	Ashley Jones	Joliet, IL	2:16.42
2006	Kelly deMarrais	Somerset Valley, NJ	2:20.01
2007	Alexandrea VanOost	Taylor Br. Elgin, IL	2:21.63
2008	Sarah Galvin	B.R. Ryall Glen Ellen, IL	2:19.61
2009	Lauren Solernou	Cheshire, CT	2:16.39
2010	Justine Ress	Cheshire, CT	2:18.34

## Women's 50 Meter Breaststroke

National Record: 33.03 Lauren Brick Rappahannock, VA YMCA  
2003---University of Maryland College Park, MD

<u>Year:</u>	<u>Name:</u>	<u>Association:</u>	<u>Time:</u>
1987	Holly McClain	Fairfield Br. Hamilton, OH	36.64*
1988	Amy Bethem	Reading, PA	36.20
1989	Lee Ann Lousier	Racine, WI	35.58*
1990	Karen Todd	Naperville, IL	34.65*
1991	Karen Todd	Naperville, IL	34.73
1992	Julie Graham	Countryside Lebanon, OH	34.78
1993	Erin Warner	(#5023) Kettering Br. Dayton, OH	34.33*
1994	Alexia Kostopoulos	Beverly Regional, MA	35.05

(\*) Indicates those individuals who have broken the existing National YMCA Record.

**Women's 50 Meter Breaststroke Continued:**  
**National Record: 33.03 Lauren Brick Rappahannock, VA YMCA**

<b><u>Year:</u></b>	<b><u>Name:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1995	Sarah Keyes	M.E. Lyons Br. Cincinnati, OH	34.31*
1996	Wendy Whitcomb	Cheshire, CT	34.93
1997	Kelly Jones	(#5023)So. Com. Br. Dayton, OH	35.20
1998	Kelly Jones	So. Com. Br. Dayton, OH	33.99*
1999	Jelena Kristic	Flushing Br. NY, NY	33.93
2000	Wendy Whitcomb	Cheshire, MA	34.33
2001	Kelly Morris	Metuchen-Edison, NJ	34.17
2002	Jessica Botzum	Capital Area, NC	34.16
2003	Lauren Brick	Rappahannock, VA	33.03*
2004	Jessica Botzum	Triangle Raleigh, NC	34.04
2005	Laura Gorinski	Greensburg, SC	33.96
2006	Marianne Flynn	West Shore Br. Harrisburg, PA	33.65
2007	Lindsey Graessle	Countryside Lebanon, OH	33.95
2008	Laura Gorinski	Greensburg, PA	33.98
2009	Kim Jerome	Cheshire, CT	33.44
2010	Emily Weir	Wilton, CT	32.97*

**Women's 100 Meter Breaststroke**  
**National Record: 1:11.89 K.C. Moss Wilton, CT YMCA**  
**2009---University of Maryland College Park, MD**

<b><u>Year:</u></b>	<b><u>Name:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1986	Paula Galey	Collier Co. Br. Naples, FL	1:22.09*
1987	Holly McClain	Fairfield Br. Hamilton, OH	1:19.62*
1988	Cammie Puidokas	Rochester, MI	1:18.89*
1989	Christy Wicke	Rochester, MI	1:17.25*
1990	Karen Todd	Naperville, IL	1:16.07*
1991	Kristen Sanders	Spartanburg, SC	1:14.45*
1992	Samantha White	Daytona Beach, FL	1:15.82
1993	Mindi Falk	Rochester, MI	1:14.24*
1994	Courtney Whitson	Grand Rapids, MI	1:16.08
1995	Kelly Jones	(#5023)South Com. Br. Dayton, OH	1:15.04
1996	Kelly Jones	South Com. Br. Dayton, OH	1:12.32*
<b>1997</b>	<b>(No Information!)</b>		
1998	Barb Mulshine	M.E. Lyons Br. Cincinnati, OH	1:14.00
1999	Virginia Pate	Winston-Salem, NC	1:14.16
2000	Jelena Kristic	Flushing Br. NY, NY	1:14.98
2001	Mandy Huff	Central Br. Roanoke, VA	1:14.39
2002	Mandy Huff	Central Br. Roanoke, VA	1:14.07
2003	Annie Babicz	Sarasota, FL	1:13.72
2004	Lindsey Graessle	Countryside Lebanon, OH	1:13.86
2005	Lindsey Graessle	Countryside Lebanon, OH	1:13.51
2006	Keri Sink	Elgin, IL	1:13.37

**(\*) Indicates those individuals who have broken the existing National YMCA Record.**

**Women's 100 Meter Breaststroke Continued:**  
**National Record: 1:11.89 K.C. Moss Wilton, CT YMCA**

<b><u>Year:</u></b>	<b><u>Name:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
2007	Lindsey Graessle	Countryside Lebanon, OH	1:12.71
2008	Stephanie Conklin	Blue Ash Br. Cincinnati, OH	1:12.64
2009	K.C. Moss	Wilton, CT	1:11.89*
2010	Emily Weir	Wilton, CT	1:12.09

**Women's 200 Meter Breaststroke**  
**National Record: 2:30.74 K.C. Moss Wilton, CT YMCA**  
**2009---University of Maryland College Park, MD**

<b><u>Year:</u></b>	<b><u>Name:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1986	Paula Gailey	Collier Co. Br. Naples, FL	2:56.26*
1987	Holly McClain	Fairfield Br. Hamilton, OH	2:51.86*
1988	Cythia Janssen	Gamble Nippert Br. Cincinnati, OH	2:51.65*
1989	Cynthia Janssen	Gamble Nippert Br. Cincinnati, OH	2:49.88*
1990	Karen Todd	Naperville, IL	2:45.70*
1991	Kristen Sanders	Spartanburg, SC	2:42.41* <b>P</b>
1992	Michelle Brym	Mount Vernon, OH	2:45.39
1993	Michelle Brym	Mount Vernon, OH	2:41.96*
1994	Courtney Whitson	Grand Rapids, MI	2:45.43
1995	Michelle Brym	Mansfield, OH	2:43.48
1996	Kelly Jones	So. Community Br. Dayton, OH	2:37.44*
1997	Kelly Jones	So. Community Br. Dayton, OH	2:39.51
1998	Kelly Jones	So. Community Br. Dayton, OH	2:41.31
1999	Virginia Pate	Winston-Salem, NC	2:40.92
2000	Tricia Rye	M.E. Lyons Br. Cincinnati, OH	2:43.33
2001	Alexandra Foster	Hamilton Area, NJ	2:40.16
2002	Ann Cipoletti	Huntington, WV	2:39.63
2003	Jessica Connors	Schroeder Br. Milwaukee, WI	2:41.23
2004	Jessica Botzum	Triangle Raleigh, NC	2:34.61*
2005	Shayna Longacre	Boyertown, PA	2:39.53
2006	Stephanie Conklin	Blue Ash Br. Cincinnati, OH	2:37.49
2007	Stephanie Conklin	Blue Ash Br. Cincinnati, OH	2:38.31
2008	Stephanie Conklin	Blue Ash Br. Cincinnati, OH	2:36.68
2009	K.C. Moss	Wilton, CT	2:30.74*
2010	Emily Weir	Wilton, CT	2:36.73

**Women's 50 Meter Butterfly**  
**National Record: 27.27 Becca Weiland Stevens Point, WI YMCA**  
**2009---University of Maryland College Park, MD**

<b><u>Year:</u></b>	<b><u>Name:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1987	Gabrielle Lorenc	South Bend, IN	30.57*
1988	Kim Fritsch	Gamble Nippert Br. Cincinnati, OH	29.64*

**(\*). Indicates those individuals who have broken the existing National YMCA Record.**



## Women's 50 Meter Butterfly

National Record: 27.27 Becca Weiland Stevens Point, WI YMCA

<u>Year:</u>	<u>Name:</u>	<u>Association:</u>	<u>Time:</u>
1989	Sarah Smith	Oak Park, IL	30:00
1990	Christy Wickes	Rochester Br. Detroit, MI	28.92*
1991	Amy Fritsch	Gamble-Nippert Br. Cincinnati, OH	29.15
1992	Amy Fritsch	Gamble-Nippert Br. Cincinnati, OH	28.95
1993	Beth Karaica	East Sub. Br. Pittsburg, PA	29.49
1994	Beth Goodwin	Hartford Co. MD	28.24*
1995	Beth Karaica	Scottsdale, PA	29.44
1996	Beth Goodwin	Harford Co. MD	28.39
1997	Beth Goodwin	Harford Co. MD	28.48
1998	Andrea Georoff	So. Community Br. Dayton, OH	28.80
1999	Lindsey Highstrom	Schroeder Br. Milwaukee, WI	29.15
2000	Clair Wooddall-Gainey	Central Br. Roanoke, VA	29.49
2001	Carolyn McHugh	Gamble-Nippert Br. Cincinnati, OH	28.97
2002	Clair Wooddall-Gainey	Central Br. Roanoke, VA	28.35
2003	Jessica Stephens	Bloomington, PA	28.55
2004	Aidan McKinlay	Cheshire, CT	29.10
2005	Hannah Brinks	Rappahannock, VA	28.35
2006	Stephanie Shupe	Upper Main Line Berwyn, PA	28.61
2007	MasKenzie Powers	Kishwaukee, IL	28.75
2008	Heather Savage	Canandaigua, NY	28.56
2009	Becca Weiland	Stevens Point. WI	27.27*
2010	Emily Lloyd	Anne Arundel, MD	28.02

## Women's 100 Meter Butterfly

National Record: 1:00.49 Leah Gingrich West Shore Br. YMCA Harrisburg, PA

2008---University of Maryland College Park, MD

<u>Year:</u>	<u>Name:</u>	<u>Association:</u>	<u>Time:</u>
1986	Joyce Nordeman	Blue Ash Br. Cincinnati, OH	1:07.58*
1987	Tanya Philbeck	Spartanburg, SC	1:04.91*
1988	Stacey Staver	Reading, PA	1:05.41
1989	Kim Fritsch	Gamble Nippert Br. Cincinnati, OH	1:04.52*
1990	Laura Brown	Cass Co. IN	1:06.43
1991	Amy Fritsch	Gamble-Nippert Br. Cincinnati, OH	1:03.32*
1992	Amy Fritsch	Gamble-Nippert Br. Cincinnati, OH	1:03.96
1993	Caroline Deighan	Birmingham Br. Detroit, MI	1:04.46
1994	Talor Bendel	M.E. Lyons Br. Cincinnati, OH	1:04.46
1995	Clair Madonia	Flushing Br. NY, NY	1:05.44
1996	Beth Goodwin	Harford Co., MD	1:04.80
1997	Beth Goodwin	Harford Co., MD	1:04.07
1998	Andrea Georoff	So. Community Br. Dayton, OH	1:03.86
1999	Lindsey Highstrom	Schroeder Br. Milwaukee, WI	1:04.06

(\*) Indicates those individuals who have broken the existing National YMCA Record.

## **Women's 100 Meter Butterfly Continued:**

**National Record: 1:00.49 Leah Gingrich West Shore Br. YMCA Harrisburg, PA**

<b><u>Year:</u></b>	<b><u>Name:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
2000	Meredith Holman	Middle Tyger Spartanburg, SC	1:04.60
2001	Liz Schoborg	Gamble-Nippert Br. Cincinnati, OH	1:03.45
2002	Liz Schoborg	Gamble-Nippert br. Cincinnati, OH	1:04.35
2003	Jessica Stephens	Bloomington, PA	1:03.59
2004	Tricia Weaner	West Shore Br. Harrisburg, PA	1:03.22
2005	Lee Felicia	Montclair, NJ	1:02.48*
2006	Emily Christy	Boyertown, PA	1:03.32
2007	Haley Lipps	Middle Tyger Br. Spartanburg, SC	1:02.37*
2008	Leah Gingrich	West Shore Br. Harrisburg, PA	1:00.49*
2009	Haley Lipps	Middle Tyger Br. Spartanburg, SC	1:00.63
2010	Kendall Farnham	Anne Arundel, MD	1:03.22

## **Women's 200 Meter Butterfly**

**National Record: 2:09.96 Leah Gingrich West Shore Br. YMCA Harrisburg, PA**

**2008---University of Maryland College Park, MD**

<b><u>Year:</u></b>	<b><u>Name:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1986	Joyce Nordeman	Blue Ash Br. Cincinnati, OH	2:29.15*
1987	Karen Kuether	Spartanburg, SC	2:23.97*
1988	Kim Fritsch	Gamble Nippert Br. Cincinnati OH	2:24.55
1989	Kim Fritsch	Gamble Nippert Br. Cincinnati, OH	2:22.10*
1990	Jennifer Hess	Reading PA	2:23.92
1991	Jean Todisco	Cape Ann, MA	2:16.53*
1992	Kate Wendt	Oak Park Br. Chicago, IL	2:20.96
1993	Patricia Cuti	Huntington, NY	2:22.54
1994	Traci Cuti	Huntington, NY	2:20.61
1995	Leah Ross	M.E. Lyons Br. Cincinnati, OH	2:23.30
1996	Sarah Cos	Anne Arundel, MD	2:24.77
1997	Emily Tomes	M.E. Lyons Br Cincinnati, OH	2:23.17
1998	Catherine Parks	Winston-Salem, NC	2:20.03
1999	Meredith Holman	Spartanburg, SC	2:23.01
2000	Meredith Holman	Tyger Br. Spartanburg, SC	2:20.59
2001	Ashley Carusone	North Central Gainesville, FL	2:18.76
2002	Ashley Carusone	North Central Gainesville, FL	2:16.42*
2003	Aidan McKinlay	Cheshire, CT	2:18.52
2004	Emily Christy	Boyertown, PA	2:16.39
2005	Emily Christy	Boyertown, PA	2:15.81*
2006	Nina Rossi	Hamilton, NJ	2:16.69
2007	Julianna Prim	Winston-Salem, NC	2:17.41
2008	Leah Gingrich	West Shore Br. Harrisburg, PA	2:09.96*
2009	Addie Carnes	Middle Tyger Br. Spartanburg, SC	2:20.28
2010	Kendall Farnham	Anne Arundel, MD	2:21.97

**(\* ) Indicates those individuals who have broken the existing National YMCA Record.**

**Women's 200 Meter Individual Medley**  
**National Record: 2:18.89 Ashley Jones Joliet, IL YMCA**  
**2004---University of Maryland College Park, MD**

<b><u>Year:</u></b>	<b><u>Name:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1986	Sidney Brinson	Collier Co. Br. Naples, FL	2:32.38*
1987	Tia Rains	Naperville, IL	2:31.08*
1988	Melissa Dalrymple	Cecil County, MD	2:27.82*
1989	Laurie Herman	Waukesha, WI	2:28.13
1990	Laura Brown	Cass County, IN	2:25.13*
1991	Amy Fritsch	Gamble-Nippert Br. Cincinnati, OH	2:25.05* (P)
1992	Amy Fritsch	Gamble-Nippert Br. Cincinnati, OH	2:24.17*
1993	Samatha Brusher	Gamble-Nippert Br. Cincinnati, OH	2:27.54
1994	Jessica Kieras	Ann Arbor, MI	2:23.70*
1995	Anna Carollo	Schroeder Milwaukee, WI	2:27.85
1996	Jessica Kieras	Ann Arbor, MI	2:25.31
<b>1997</b>	<b><u>(No Information!)</u></b>		
1998	Alezia Skoda	Somerset Hills, NJ	2:24.58
1999	Virginia Pate	Winston-Salem, NC	2:22.06
2000	Jennifer Koch	Gamble Nippert Br. Cincinnati, OH	2:23.47
2001	Brittany Johnson	West Forsyth Br. Winston-Salem, NC	2:20.39*
2002	Ashley Carusone	North Central, FL	2:19.98
2003	Katie Stratton	N.W. Dupage Glen Ellen, IL	2:22.26
2004	Ashley Jones	Joliet, IL	2:18.89*
2005	Ashley Jones	Joliet, IL	2:22.16
2006	Nina Rossi	Hamilton, NJ	2:21.03
2007	Katya Bachrouche	Farmington Br. Detroit, MI	2:27.41
2008	Leah Gingrich	West Shore Br. Harrisburg, PA	2:16.33
2009	Addie Carnes	Middle-Tyger Br. Spartanburg, SC	2:21.85
2010	Caroline Fore	Middle-Tyger Br. Spartanburg, SC	2:21.97

**Women's 400 Meter Individual Medley**  
**National Record: 4:53.41 Ashley Jones Joliet, IL YMCA**  
**2004---University of Maryland College Park, MD**

<b><u>Year:</u></b>	<b><u>Name:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1986	Julie Dahl	Blue Ash Br. Cincinnati, OH	5:42.80*
1987	Laurie Jacobson	Las Vegas, NV	5:15.19*
1988	Leanne Shelly	Reading, PA	5:21.63
1989	Jan Stubin	Charlottesville, NC	5:15.43
1990	Aimee Reid	North Br. Hamden, NJ	5:12.07*
1991	Sarah Maggio	N.W. Dupage, Glen Ellen, IL	5:05.39*
1992	Kate Wendt	Oak Park Br, Chicago, IL	5:07.19
1993	Suzanne Black	Winston-Salem, NC	5:08.89
1994	Jessica Kieras	Ann Arbor, MI	5:06.59
<b>1995</b>	<b>Michelle Byrm</b>	<b>Mansfield, OH</b>	<b>(No Time)</b>

**(\*) Indicates those individuals who have broken the existing National YMCA Record.**

**Women's 400 Meter Individual Medley Continued:**  
**National Record: 4:53.41 Ashley Jones Joliet, IL YMCA**

<b><u>Year:</u></b>	<b><u>Name:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1996	Casey Nichloson	Ann Arbor, MI	5:04.62*
1997	Shannon Funk	Marietta, OH	5:10.79
1998	Emily Ballenger	Spartanburg, SC	5:05.57
1999	Virginia Pate	Central Br. Winston-Salem, NC	5:00.73*
2000	Jennifer Koch	Gamble-Nippert Br, Cincinnati, OH	5:04.75
2001	Ashley Carusone	North Central Gainesville, FL	4:57.06*
2002	Ashley Carusone	North Central Gainesville, FL	4:54.95
2003	Katie Stratton	N.W. Dupage Glen Ellen, IL	5:02.79
2004	Ashley Jones	Joliet, IL	4:53.41*
2005	Katya Bachrouche	Farmington Br. Detroit, MI	5:01.47
2006	Nina Rossi	Hamilton, NJ	5:02.59
2007	Katya Bachrouche	Farmington Br. Detroit, MI	4:59.34
2008	Laura Simon	Middle-Tyger Br, Spartanburg, SC	4:58.12
2009	Laura Simon	Middle-Tyger Br. Spartanburg, SC	4:54.10
2010	Caroline Fore	Middle-Tyger Br. Spartanburg, SC	5:05.22

**Women's 200 Meter Freestyle Relay**

**National Record: 1:48.29 Ann Arundel, MD YMCA**

**Kendell Farnham, Caroline Burns, Sarah Lloyd, Emily Lloyd**  
**2009---University of Maryland College Park, MD**

<b><u>Year:</u></b>	<b><u>Name:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1986	Julie Dahl Amy Aukerman Joyce Nordeman Jennifer Dahl	Blue Ash Br. Cincinnati, OH	1:54.02*
1987	Molly Lockhart Laura Wilborn Lesley Meneley, Anne Kiddoo	McKinley, IL	1:54.88
1988	Sandie Stringfellow, Susanne Pfaltzgraff Sara Borst, Holly Kleiderlein.	Upper Main Line Berwyn, PA	1:53.75*
1989	Angela Zanotti, Tracy Kely, Ursula Walter, Jodie Kley.	Rochester Br, Detroit, MI	1:52.29*
1990	Angela Zanotti, Jennifer Gibson Christy Wicke, Jamie Allshouse.	Rochester Br. Detroit, MI	1:52.99
1991	Barbara Burgess, Erica Quan Shannon Goff, Ashley Roe.	Roanoke, VA	1:52.12*
1992	Stephanie Wong, Beth Jackson, Elizabeth Neal, Nicole Earhart.	Blue Ash Br. Cincinnati, OH	1:51.67*
1993	Jennifer Crisman, Katie Varda, Stacy Ketcham, Amy Fritsch.	S. E. Br. Grand Rapids, MI	1:51.35*
1994	Amy Fritsch, Courtney Whitson, : Katherine Varda, Jennifer Crisman.	S.E. BR. Grand Rapids, MI	1:50.83*
1995	Wendy Henson, Jane Chapman, Dori Glenn, Kristen Adams.	Spartanburg, SC	1:50.91
1996	Jane Chapman, Amanda Bourgois, Dori Glenn, Kristen Adams.	Spartanburg, SC	1:51.10

**(\*) Indicates those individuals who have broken the existing National YMCA Record.**

**Women's 200 Meter Freestyle Relay Continued:**  
**National Record: 1:48.29 Ann Arundel, MD YMCA**  
**Kendell Farnham, Caroline Burns, Sarah Lloyd, Emily Lloyd**

<b><u>Year:</u></b>	<b><u>Names:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1997	Catlin Anderson, Virginia Soderberg, Ruth Nichols, Danley Stone.	Central Br. Raleigh, NC	1:50.39*
1998	Andrea Georoff, Kelly Jones, Susan Woessner, Sarah Fiden.	South Community Br. Dayton, OH	1:50.32
1999	Kerry Kennedy, Nicole Sparks, Emily Moffat, Lori Schwanhausser.	Wilton, CT	1:50.74
2000	Bernetta McGuire, Lacy Richardson, Jamie Spradlin, Clair Woodall-Gainey.	Spartanburg, SC	1:50.80
2001	Erin Tudor, Clair Woodall-Gainey, Mandy Huff, Bernetta, McGuire.	Spartanburg, SC	1:49.31*
2002	Erin Tudor, Mary Ann McCauley, Mandy Huff, Clair Wood-Gainey.	Spartanburg, SC	1:49.39
2003	Leigh Cole, Margret Kelly, Jennifer Merte, Hannah Smith.	Plymouth Br. Detroit, MI	1:48.91*
2004	Sarah Bateman, Alli Miller, Sarah Smith, Naomi Nickson,	Aquatic Center, Orlando, FL	1:49.28
2005	Lisa Shelps, Kylie Francis, Shannon Draves, Alex Allen.	Boyertown, PA	1:50.49
2006	Kylie Francis, Angela Maloney, Shannon Draves, Alex Allen.	Boyertown, PA	1:50.19
2007	Addie Carnes, Elizabeth Moore, Morgan Klinzing, Haley Lips.	Middle Tyger Br. Spartanburg, SC	1:49.74
2008	Lauren Schmittle, Stephanie Kinsey Alie Zelenky, Leah Gingrich.	West Shore Br. Harrisburg, PA	1:48.36*
2009	Kendell Farnham, Caroline Burns, Sarah Lloyd, Emily Lloyd.	Ann Arundel, MD	1:48.29*
2010	Becca Weiland, Racheal Weiland Janna Check, Natalie Nuewirth.	Stevens Point Area, WI	1:49.57

**Women's 400 Meter Freestyle Relay**  
**National Record: 3:55.40 Middle Tyger Br. YMCA Spartanburg, SC**  
**Addie Carnes, Haley Lips, Sarah Beth Drake, Laura Simon**  
**2009---University of Maryland College Park, MD**

<b><u>Year:</u></b>	<b><u>Names:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1986	Jennifer Dahl Kelly Godby Joyce Nordeman, Julie Dahl	Blue Ash Br. Cincinnati, OH	4:10.37*
1987	Lesley Meneley Molly Lockhart Laura Wilborn, Anne Kiddoo,	McKinley, IL	4:11.30
1988	Tiffany Staver, Stacy Staver, Debbie Christman, Stephanie Fichtorn.	Reading, PA	4:07.93*
1989	Sarah Smith, Joyce Gajda, Kate Masur, Rachel Coats.	Oak Park, IL	4:05.40*

**(\*) Indicates those individuals who have broken the existing National YMCA Record.**

**Women's 400 Meter Freestyle Relay Continued:**  
**National Record: 3:55.40 Middle Tyger Br. YMCA Spartanburg, SC**  
**Addie Carnes, Haley Lips, Sarah Beth Drake, Laura Simon**

<b><u>Year:</u></b>	<b><u>Name:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1990	Jamie Allshouse, Joyce Gajoa, Kate Wendt, Rachel Coats.	Oak Park Br. Chicago, IL	4:06.73
1991	Barbara Burgess, Shannon Goff, Erica Quam, Ashley Roe.	Central Br. Roanoke, VA	4:04.69*
1992	Nicole Earhart, Elizabeth Neal, Stephanie Wong, Beth Jackson.	Blue Ash Br. Cincinnati, OH	4:02.53*
1993	Jennifer Crisman, Katie Varda, Stacy Ketchum, Amy Fritsch.	SE. Br. Grand Rapids, MI	4:05.13
1994	Jill Schumacher, Emily Guibord, Kathy Lowery, Kate Ivers.	Gamble-Nippert Br. Cincinnati, OH	4:00.25*
1995	Abby Wakeham, Kate Eckman, Sarah Keyes, Shelley Eaton.	M.E. Lyons Br. Cincinnati, OH	4:02.60
1996	Jane Chapman, Amanda Bourgeois Emily Ball, Kristen Adams.	Spartanburg, SC	4:04.14
1997	Jane Chapman, Emily Ballenger, Kristen Adams, Amanda Bourgeois.	Spartanburg, SC	4:02.91
1998	Sara Petric, Kinsey Eschenburg, Heather Kelley, Emily Stapleton.	Schroeder Br. Milwaukee, WI	4:04.72
1999	Shannon Hartney, Alison Porteus, Lauren Taft, Lori Schwanhausser.	Wilton, CT	4:01.02
2000	Clair Wooddall-Gainey, Lacy Richardson, Bernetta McGuire, Jamie Spradlin.	Central Br. Roanoke, VA	4:01.19
2001	Betsy Brockman, Ellen Magee, Katie Ball, Megan Tomes.	M.E. Lyons Br. Cincinnati, OH	3:58.73*
2002	Betsy Brockman, Ellen Magee, Margy Magee, Katie Ball.	M.E. Lyons Br. Cincinnati, OH	4:00.46
2003	Leigh Cole, Jennifer Merte, Hannah Smith, Lindsey Smith.	Plymouth Br. Detroit, MI	3:59.70
2004	Alli Miller, Megan Matherly Sarah Adams, Naomi Nickson.	Aquatic Br. Orlando, FL	4:00.35
2005	Lisa Shelps, Emily Christy, Shannon Draves, Alex Allen.	Boyertown, PA	4:00.37
2006	Anna Munger, Stephanie Roop, Megan Harvey, Stephanie Shupe.	Upper Main Line Berwyn, PA	4:01.30
2007	Molly Williamson, Haley Lips , Elizabeth Moore, Addie Carne.	Middle Tyger Br. Spartanburg, SC	3:58.86
2008	Lauren Schmittle, Stephanie Kinsey, Claire Loht, Leah Gingrich.	West Shore Br. Harrisburg, PA	3:55.59*
2009	Addie Carne, Haley Lips. Sarah Beth Drake, Laura Simon.	Middle Tyger Br. Spartanburg, SC	3:55.40*
2010	Sara Beth Drake, Katrina Konopka Morgan Brooks, Keelin McNamara.	Middle-Tyger Br. Spartanburg, SC	3:58.32

**(\*) Indicates those individuals who have broken the existing National YMCA Record.**

**Women's 800 Meter Freestyle Relay**  
**National Record: 8:28.90 Middle Tyger YMCA Spartanburg, SC**  
**Addie Carne, Haley Lips, Morgan Brooks, Laura Simon.**  
**2009---University of Maryland College Park, MD**

<b><u>Year:</u></b>	<b><u>Name:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1986	Jennifer Dahl, Kelly Godby, Joyce Nordeman, J Dahl.	Blue Ash Br. Cincinnati, OH	9:08.74*
1987	Karen Kuether Leigh Aluerson Bridgette Reeves, Tanya Philbeck.	Spartanburg, SC	9:06.44*
1988	Stephanie Fichthorn, Stacy Staver, Leanne Shelly, Bebbie Christman.	Reading, PA	8:53.69*
1989	Kate Masur, Sarah Smith, Rachel Coats, Joyce Gajda.	Oak Park, IL	8:53.68*
1990	Kate Wendt, Kathy Morganstern, Rachel Coats, Sarah Smith.	Oak Park Br. Chicago, IL	8:55.31
1991	Sarah Borowski, Beth McGuire, Kristen Sanders, Wendy Hensen.	Spartanburg, SC	8:49.17*
1992	Stephanie Christie, Julie Durkin, Emily Hardy, Debbie Kyle.	Clermont County, OH	8:53.60
1993	Eileen Cassin, Debbie Kyle, Stephanie Christie, Erin Shelly	M.E. Lyons Br. Cincinnati, OH	8:53.13
1994	Shelly Eaton, Krissy Hoffman, Carrie Register, Talor Bendel.	M.E. Lyons Br. Cincy, OH	8:47.18*
1995	Abby Wakeham, Kate Eckman, Sarah Keyes, Shelley Eaton.	M.E. Lyons Br. Cincy, OH	8:38.61*
1996	Jane Chapman, Amanda Bourgeois, Emily Ballenger, Kirsten Adams.	Spartanburg, SC	8:42.47
1997	Kristen Adams, Jane Chapman, Emily Ballenger, Amanda Bourgeois.	Spartanburg, SC	8:43.59
1998	Jane Chapman, Amanda Bourgeois, Megan Hughes, Emily Ballenger.	Spartanburg, Sc	8:43.84
1999	Kaki Dudley, Kathryn Miller Lori Schwanhausser, Emily Moffat.	Wilton, CT	8:40.72
2000	Kaki Dudley, Lori Schwanhausser, Kerry Kennedy, Emily Moffat.	Wilton, CT	8:45.49
2001	Brittany Johnson, Niki Deering, Alexis Underwood, Noelle Martin.	Winston-Salem, NC	8:41.81
2002	Betsy Brockman, Ellen Magee, Ellie Miller, Margy Keefe.	M.E. Lyons Br. Cincy, OH	8:38.28*
2003	Jennifer Mertz, Kristyne Cole, Margaret Kelly, Lindsey Smith.	Plymouth Br. Detroit, MI	8:38.87
2004	Julie Carusone, Carlyn Sander, Natie Smith, Stacy Huber.	North Central Gainesville, FL	8:41.65
2005	Katie Stratton, Emily Lanteigne Susan Strong, Amy Forsberg.	N.W. Dupage Glen Ellen, IL	8:41.71

**(\*) Indicates those individuals who have broken the existing National YMCA Record.**

**Women's 800 Meter Freestyle Relay Continued:**  
**National Record: 8:28.90 Middle Tyger YMCA Spartanburg, SC**  
**Addie Carne, Haley Lips, Morgan Brooks, Laura Simon.**

<b><u>Year:</u></b>	<b><u>Name:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
2006	Liz Greenway, Laura Simon, Haley Lips, Addie Carne.	Middle Tyger Spartanburg, SC	8:40.30
2007	Liz Greenway, Laura Simon, Haley Lips, Addie Carne.	Middle Tyger Spartanburg, SC	8:35.84*
2008	Leah Gringrich, Lauren Schmittle, Emily Weaner, Claire Loht	West Shore Br Harrisburg, PA	8:29.28*
2009	Addie Carne, Haley Lips, Morgan Brooks, Laura Simon.	Middle Tyger Spartanburg, SC	8:28.90*
2010	Madeline Hock, Carly Munchel, Claire Loth, Caroline Finkbeiner.	West Shore Br Harrisburg, PA	8:38.94

**Women's 200 Meter Medley Relay**  
**National Record: 1:59.45 Ann Arundel, MD YMCA**  
**Caroline Burns, Kelsey Rouse, Sarah Lloyd, Emily Lloyd**  
**2009---University of Maryland College Park, MD**

<b><u>Year:</u></b>	<b><u>Names:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1987	Molly Lockhart Leslie Loyet Lesley Meneley Anne Kiddoo	McKinley, IL	2:10.65*
1988	Susanne Pfaltzgraff, Sara Borst, Susan Torell, Holly Kleiderlein.	Upper Main Line Berwyn. PA	2:06.83*
1989	Clarey Gelmine, Angela Zanotti, Christy Wicke, Jodie Kley.	Rochester Br, Detroit, MI	2:06.06*
1990	Clarey Gelmine, Tanya Bidoczka, Angela Zanotti, Jamie Allshouse.	Rochester, MI	2:06.51
1991	Shannon Goff, Sandra Ungerer Barbara Burgess, Ashley Roe	Roanoke, VA	2:06.23
1992	Jennifer Crisman, Katie Varda, Sara Burggraaf, Mary Wendell.	SE. Br. Grand Rapids, MI	2:04.92*
1993	Jennifer Crisman, Amy Fritsch, Courtney Whitson, Katie Varda.	SE. Br. Grand Rapids, MI	2:03.25*
1994	Jennifer Crisman, Amy Fritsch, Courtney Whitson, Katherine Varda.	SE. Br Grand Rapids, MI	2:02.63*
1995	Meghan Hennessy, Marissa Korber Kati Gardner, Beth Karaica.	#5839 Scottdale, PA #5839 East Sub. Br. Pittsburgh, PA	2:04.34
1996	Sarah Baucy, Marybeth Petters, Caitlin Anderson, Dantley Stone.	Raleigh, NC	2:04.10
<b>1997</b>	<b><u>(No Information!)</u></b>		
1998	Sarah Fiden, Kelly Jones, Andrea Georoff, Susan Woessner.	So. Community Br. Dayton, OH	2:02.76
1999	Liz Schoborg, Katie Hunter, Sarah Jones, Carolyn McHugh.	Gamble-Nippert Br. Cincinnati, OH	2:03.77
2000	Jacque Fessel Kim Hunter Liz Schoborg Carolyn McHugh	Gamble Nippert Br. Cincinnati, OH	2:02.19*

**(\*) Indicates those individuals who have broken the existing National YMCA Record.**



**Women's 200 Meter Medley Relay Continued:**  
**National Record: 1:59.45 Ann Arundel, MD YMCA**  
**Caroline Burns, Kelsey Rouse, Sarah Lloyd, Emily Lloyd**

<b><u>Year:</u></b>	<b><u>Names:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
2001	JacqueFessel, Liz Schoborg Kim Hunter, Carolyn McHugh	Gamble-Nippert Br. Cincinnati, OH	2:01.96*
2002	Bonnie Sutton, Mandy Huff, Claire Woodall-Gainey, Erin Tudor.	Central Br. Roanoke, VA	2:02.19
2003	Megan Ekkman, Vida Jemec Megan Pulskamp, Heather Higgins	Middle-Tyger Br. Spartanburg, SC	2:02.03
2004	Lauren English, Courtney Fuhro Brie Von Rosendahl, Natasha Moodie	Montclair, NJ	2:01.96
2005	Melissa King, Lindsey Graessle Katie Brotherton, Aly Schmidt	Countryside Lebanon, OH	2:02.31
2006	Katie Valentine, Shayna Longacre Emily Christy, Alex Allen.	Boyertown, PA	2:01.17*
2007	Megan Bender, Brynn Marecki Katya Bachrouche, Laura Timson	Farmington Br. Detroit, MI	2:01.63
2008	Lauren Solernou, Kim Jerome, Hollis Capuano, M.ikki Morr.	Cheshire, CT	1:59.83*
2009	Caroline Burns, Kelsey Rouse Sarah Lloyd, Emily Lloyd.	Anne Arundel, MD	1:59.45*
2010	Shelby Fortin, Emily Weir, Alyssa LaFrenierre, Katy Luchansky.	Wilton, CT	2:00.41

**Women's 400 Meter Medley Relay**  
**National Record: 4:18.78 Middle Tyger YMCA Spartanburg, SC**  
**Kendell Crawford, Caroline Fore, Haley Lips. Addie Carne**  
**2009 University of Maryland College Park, MD**

<b><u>Year:</u></b>	<b><u>Names:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1986	Joan Murray Paula Gailey Bobbi Runyon, Sidney Brinson.	Collier Co. Br. Naples, FL	4:44.05*
1987	Tanya Philbeck Bridgette Reeves Karen Kuether, Leigh Aluerson.	Spartanburg, SC	4:41.69*
1988	Stephanie Fichthorn, Bebbie Christman, Amy Bethem, Stacy Staver.	Reading, PA	4:38.25*
1989	Michell McCarthy, Kim Fritsch, Cynthia Janssen, Amy Fritsch.	Gamble Nippert Br. Cincinnati, OH	4:33.27*
1990	Clarey Gelmine, Angela Zanotti, Tanya Bidczka, Jamie Allshouse.	Rochester Br. Detroit, MI	4:33.40
1991	Wendy Hansen, Beth Maguire Kristin Sanders, Sarah Borowski.	Spartanburg, Sc	4:33.40
1992	Jennifer Crisman, Katie Varda, Sara Burggraaf, Mary Wendell.	SE. Br. Grand Rapids, MI	4:34.34
1993	Jacqui McRae, Kristen Olson, Mandi Falk, Kelli Lutz.	Rochester Br. Detroit, MI	4:30.65*

**(\*) Indicates those individuals who have broken the existing National YMCA Record.**

**Women's 400 Meter Medley Relay Continued:**  
**National Record: 4:18.78 Middle Tyger YMCA Spartanburg, SC**  
**Kendell Crawford, Caroline Fore, Haley Lips, Addie Carne**

<b><u>Year:</u></b>	<b><u>Names:</u></b>	<b><u>Association:</u></b>	<b><u>Time:</u></b>
1994	Stephanie Merkey, Jennifer Crisman, Courtney Whitson, Amy Fritsch.	Grand Rapids, MI	4:25.59*
1995	Emily Bresser, Leah Ross Sarah Keyes, Shelley Eaton	M.E. Lyons Cincinnati, OH	4:31.42
1996	Baker Stocks, Jenni Leiser, Caitlin Anderson, Danley Stone.	Raleigh, NC	4:32.02
1997	Virginia Soderberg, Sarah Baicy, Caitlin Anderson, Danley Stone.	Raleigh, NC	4:30.87
1998	Shannon Miller, Jenni Bean, Katie Nicholson, Maureen Szweda.	NW. DuPage Glen Ellen, IL	4:31.58
1999	Shannon Hartley, Alison Porteus, Lauren Taft, Lori Schwanhausser.	Wilton, CT	4:30.07
2000	Jacque Fessel, Jennifer Koch, Liz Schoborg, Carolyn McHugh.	Gamble-Nippert Br. Cincinnati, OH	4:29.58
2001	Jacque Fessel, Katie Hunter Liz Schoborg, Carolyn McHugh.	Gamble-Nippert Br. Cincinnati, OH	4:26.89
2002	Bonnie Sutton, Mandy Huff, Clair Wooddall-Gainey, Erin Tudor.	Central Br, Roanoke, VA	4:29.13
2003	Lauren English, Brie VonRosendahl, Laura Fabiand, Kaitlin O'Brien.	Montclair, NJ	4:27.15
2004	Traci Weaner, Ali Zelenky, Allison Luttermoser, Leah Gingrich.	West Shore Br. Harrisburg, PA	4:25.26*
2005	Lisa Shelps, Shayna Longacre, Emily Christie, Alex Allen.	Boyertown, PA	4:26.58
2006	Katie Valentine, Emily Christy, Shayna Longacre, Alex Allen.	Boyertown, PA	4:24.11*
2007	Megan Bender, Brynn Marecki, Katya Bachrouche, Laura Timson.	Farmington Br. Detroit, MI	4:24.22
2008	Stephanie Kinsey, Leah Gingrich, Alie Relenky Clair Loht.	West Shore Br. Harrisburg, PA	4:22.96*
2009	Kendell Crawford, Caroline Fore, Haley Lips, Addie Carne.	Middle Tyger Br. Spartanburg, SC	4:18.78*
2010	Shelby Fortin, Emily Weir, Jazzi Cooper, Katy Luchansky.	Wilton, CT	4:24.14

**(\* Indicates those individuals who have broken the existing National YMCA Record.**

### Women's 1 Meter Diving

**National Record: 379.25 Points Linde Hiteman Powel Crosley Br. Cincinnati, OH  
1989 --- Cleveland State University Natatorium Cleveland, OH**

<u>Year:</u>	<u>Names:</u>	<u>Association:</u>	<u>Points:</u>
1986	Marcia Sharpe	Powel Crosley Br. Cincinnati, OH	260.10*
1987	Kim Wilkins	Elkhart, IN	332.40*
1988	Amy Schmidt	Greater Erie, PA	349.60*
1989	Linde Hiteman	Powel Crosley Br. Cincinnati, OH	379.25*
1990	Linde Hiteman	Powel Crosley Br. Cincinnati, OH	346.45
1991	<b><u>No information regarding this event beyond this year!</u></b>		

### Women's 3 Meter Diving

**National Record: 362.75 Points Linde Hiteman Powel Crosley Br. Cincinnati, OH  
1989 Cleveland State University Cleveland, OH**

<u>Year:</u>	<u>Names:</u>	<u>Association:</u>	<u>Points:</u>
1986	Maria Sharpe	Powel Crosley Br. Cincinnati, OH	301.75*
1987	Marci Friedman	Powel Crosley Br. Cincinnati, OH	335.80*
1988	Amy Schmidt	Greater Erie, PA	341.05*
1989	Linde Hiteman	Powel Crosley Br. Cincinnati, OH	362.75*
1990	Linde Hiteman	Powel Crosley Br. Cincinnati, OH	346.95
1991	<b><u>No information regarding this event beyond this year!</u></b>		

**(\*) Indicates those individuals who have broken the existing National YMCA Record.**