

2011-2012 Valparaiso Women's Swimming Top Performances (as of Feb. 24)

50 Freestyle

Name	Date	Time
Lauren Knop	Feb. 22	25.13 (L)
Brittany Bencur	Dec. 2	26.61
Justine Barnes	Feb. 23	26.69
Natalie Jarrett	Jan. 20	26.75 (L)
Ali Taubert	Jan. 28	26.80
Nicole Michalowski	Feb. 23	26.94
Andrea Bretl	Feb. 4	27.14
Alex Caruthers	Jan. 20	27.42
Makenna Cannon	Dec. 10	28.82 (L)
Katie Meunier	Nov. 12	29.12
Laura Fowler	Jan. 28	29.29
Stephanie Steiner	Oct. 2	29.91
Katrina Peters	Jan. 20	30.12
Megan Mariani	Oct. 15	30.83

100 Freestyle

Name	Date	Time
Lauren Knop	Dec. 3	55.44
Ali Taubert	Dec. 3	56.86
Natalie Jarrett	Dec. 3	57.02 (L)
Brittany Bencur	Dec. 3	57.93
Flavia Segatto	Oct. 14	57.98 (L)
Alex Caruthers	Nov. 12	59.18 (L)
Andrea Bretl	Jan. 28	59.29
Justine Barnes	Oct. 15	59.77
Katie Meunier	Dec. 3	1:01.10
Nicole Michalowski	Jan. 20	1:01.46
Katie Meunier	Jan. 28	1:03.18
Laura Fowlre	Feb. 4	1:03.65
Katrina Peters	Nov. 5	1:03.88
Megan Mariani	Oct. 2	1:11.00

200 Freestyle

Name	Date	Time
* Flavia Segatto	Dec. 1	1:54.89 (L)
Andrea Bretl	Feb. 24	2:00.52
Ali Taubert	Feb. 24	2:01.95
Alex Caruthers	Feb. 24	2:03.82
Justine Barnes	Dec. 1	2:06.41
Makenna Cannon	Nov. 5	2:09.82
Nicole Michalowski	Feb. 24	2:09.98
Katie Meunier	Feb. 24	2:11.02
Laura Fowler	Feb. 24	2:12.43
Katrina Peters	Nov. 12	2:16.04
Megan Mariani	Feb. 24	2:18.85

500 Freestyle

Name	Date	Time
* Flavia Segatto	Feb. 23	5:04.79
Andrea Bretl	Feb. 23	5:20.58
Ali Taubert	Dec. 3	5:23.10
Alex Caruthers	Feb. 23	5:28.04
Justine Barnes	Feb. 23	5:40.21
Laura Fowler	Feb. 23	5:49.91
Katie Meunier	Feb. 23	5:53.07
Katrina Peters	Dec. 3	5:58.02
Megan Mariani	Feb. 23	6:05.06

1000 Freestyle

Name	Date	Time
* Flavia Segatto	Feb. 22	10:33.87
Andrea Bretl	Feb. 22	10:57.62
Ali Taubert	Feb. 22	11:05.64
Alex Caruthers	Feb. 22	11:16.88
Megan Mariani	Feb. 22	12:04.77
Katie Meunier	Jan. 28	12:42.92
Katrina Peters	Jan. 20	12:48.17

1650 Freestyle

Name	Date	Time
* Flavia Segatto	Dec. 1	17:24.74
Andrea Bretl	Dec. 1	18:33.11
Alex Caruthers	Dec. 1	19:00.15
Megan Mariani	Dec. 1	21:11.04

100 Butterfly

Name	Date	Time
Justine Barnes	Dec. 3	1:00.80
Lauren Knop	Feb. 24	1:00.87
Flavia Segatto	Jan. 28	1:02.06
Brittany Bencur	Dec. 3	1:05.84
Alex Caruthers	Dec. 10	1:08.02
Laura Fowler	Oct. 15	1:09.63
Makenna Cannon	Nov. 5	1:10.83
Katrina Peters	Dec. 10	1:17.75
Megan Mariani	Nov. 5	1:22.13

200 Butterfly

Name	Date	Time
* Flavia Segatto	Dec. 2	2:07.64
Justine Barnes	Dec. 2	2:20.13
Laura Fowler	Oct. 2	2:33.36

100 Backstroke

Name	Date	Time
Lauren Knop	Feb. 23	1:01.32 (L)
Natalie Jarrett	Jan. 20	1:02.38
Flavia Segatto	Feb. 4	1:04.61 (L)
Stephanie Steiner	Feb. 24	1:06.02
Brittany Bencur	Dec. 2	1:09.00 (L)
Nicole Michalowski	Nov. 5	1:13.81
Katie Meunier	Nov. 5	1:16.41
Megan Mariani	Dec. 10	1:17.61

200 Backstroke

Name	Date	Time
Natalie Jarrett	Dec. 3	2:09.77
Flavia Segatto	Dec. 10	2:15.78
Lauren Knop	Oct. 2	2:20.91
Andrea Bretl	Dec. 10	2:33.66
Megan Mariani	Nov. 12	2:40.72

100 Breaststroke

Name	Date	Time
Natalie Jarrett	Feb. 24	1:07.02
Makenna Cannon	Feb. 24	1:08.41
Katrina Peters	Feb. 24	1:13.19
Katrina Peters	Dec. 2	1:14.06
Alex Caruthers	Jan. 22	1:14.68

200 Breaststroke

Name	Date	Time
Natalie Jarrett	Dec. 10	2:29.08
Makenna Cannon	Dec. 3	2:34.68
Alex Caruthers	Dec. 3	2:35.33
Katrina Peters	Dec. 3	2:37.86

200 Individual Medley

Name	Date	Time
Natalie Jarrett	Dec. 3	2:12.37
Makenna Cannon	Feb. 23	2:17.90
Flavia Segatto	Dec. 10	2:19.01
Ali Taubert	Feb. 4	2:23.28
Justine Barnes	Nov. 12	2:29.31

400 Individual Medley

Name	Date	Time
Flavia Segatto	Dec. 2	4:42.14
Natalie Jarrett	Jan. 28	4:53.81

200 Freestyle Relay

Name	Date	Time
Knop, Barnes, Caruthers, Taubert	Feb. 22	1:42.33
Taubert, Bencur, Knop, Jarrett	Nov. 18	1:46.24
Knop, Bencur, Segatto, Taubert	Oct. 14	1:46.77
Knop, Taubert, Bretl, Barnes	Jan. 28	1:46.86
Knop, Bencur, Taubert, Jarrett	Dec. 10	1:47.02
Jarrett, Knop, Taubert, Bretl	Jan. 20	1:47.22
Knop, Barnes, Bretl, Taubert	Oct. 15	1:49.08
Bretl, Barnes, Cannon, Michalowski	Nov. 18	1:50.71
Barnes, Cannon, Mariani, Michalowski	Oct. 14	1:55.27
Cannon, Michalowski, Peters, Mariani	Dec. 10	2:00.48
Barnes, Cannon, Meunier, Michalowski	Jan. 20	2:01.11
Michalowski, Fowler, Mariani, Meunier	Oct. 15	2:01.18
Meunier, Mariani, Fowler, Peters	Jan. 28	2:02.13

400 Freestyle Relay

Name	Date	Time
Jarrett, Knop, Segatto, Taubert	Dec. 3	3:44.63
Taubert, Segatto, Knop, Jarrett	Nov. 19	3:52.23
Bencur, Barnes, Caruthers, Bretl	Dec. 3	3:52.63
Knop, Segatto, Bretl, Caruthers	Feb. 4	3:52.63
Segatto, Taubert, Knop, Bretl	Oct. 2	3:55.00
Taubert, Bencur, Segatto, Bretl	Nov. 5	3:55.07
Segatto, Taubert, Bretl, Knop	Oct. 14	3:55.39
Knop, Taubert, Segatto, Bretl	Jan. 22	3:55.51
Taubert, Bretl, Bencur, Barnes	Nov. 12	4:00.66
Barnes, Bretl, Cannon, Michalowski	Nov. 19	4:04.93
Barnes, Michalowski, Caruthers, Menier	Nov. 5	4:05.35
Barnes, Cannon, Caruthers, Michalowski	Oct. 14	4:05.45
Caruthers, Barnes, Meunier, Mariani	Jan. 22	4:14.27
Michalowski, Mariani, Meunier, Peters	Nov. 12	4:20.95
Peters, Meunier, Michalowski, Mariani	Feb. 4	4:25.44

800 Freestyle Relay

Name	Date	Time
Segatto, Taubert, Jarrett, Bretl	Feb. 24	7:59.40
Segatto, Caruthers, Bretl, Taubert	Dec. 1	8:03.54
Segatto, Taubert, Cannon, Bretl	Oct. 14	8:25.27
Taubert, Caruthers, Bretl, Segatto	Nov. 19	8:28.28
Barnes, Cannon, Peters, Michalowski	Dec. 1	8:41.41
Caruthers, Peters, Mariani, Meunier	Oct. 14	9:19.17
Meunier, Peters, Michalowski, Mariani	Nov. 19	9:25.74

200 Medley Relay

Name	Date	Time
Knop, Jarrett, Segatto, Taubert	Feb. 22	1:52.52
Knop, Jarrett, Segatto, Bencur	Dec. 3	1:53.73
Jarrett, Cannon, Knop, Bretl	Jan. 22	1:58.06
Knop, Cannon, Barnes, Jarrett	Oct. 15	2:00.14
Taubert, Cannon, Barnes, Michalowski	Dec. 3	2:01.12
Knop, Cannon, Bencur, Caruthers	Oct. 14	2:01.79
Michalowski, Cannon, Barnes, Meunier	Nov. 19	2:03.40
Michalowski, Peters, Barnes, Fowler	Jan. 28	2:06.31
Bencur, Cannon, Barnes, Michalowski	Dec. 10	2:07.26
Segatto, Peters, Bencur, Michalowski	Oct. 15	2:07.61
Michalowski, Peters, Taubert, Fowler	Jan. 22	2:10.12
Michalowski, Peters, Fowler, Meunier	Oct. 14	2:13.59

400 Medley Relay

Name	Date	Time
Knop, Jarrett, Segatto, Taubert	Feb. 23	4:04.33
Segatto, Jarrett, Knop, Taubert	Feb. 4	4:13.27
Knop, Jarrett, Segatto, Cannon	Nov. 12	4:17.53
Knop, Jarrett, Bencur, Taubert	Nov. 5	4:17.63
Knop, Jarrett, Barnes, Bretl	Oct. 14	4:17.64
Bencur, Cannon, Barnes, Bretl	Dec. 2	4:20.35
Jarrett, Cannon, Barnes, Knop	Oct. 2	4:20.37
Bencur, Cannon, Barnes, Bretl	Nov. 18	4:26.28
Steiner, Peters, Barnes, Michalowski	Feb. 4	4:33.26
Steiner, Peters, Fowler, Michalowski	Oct. 14	4:44.18
Steiner, Peters, Fowler, Bencur	Oct. 2	4:44.60

*** - indicates school record**

(L) – indicates lead-off leg