2012-2013 Valparaiso Women's Swimming
Top Performances (as of Dec. 1)

50 Freestyle

Name	Date	Time
Ciara Lightner	Nov. 30	25.50
Erin McBride	Nov. 30	26.07
Lauren Knop	Nov. 17	26.31
Nicole Michalowski	Nov. 30	27.38
Justine Barnes	Nov. 9	28.25
Anne Rowley	Sept. 30	28.60
Michaeline Spencer	Nov. 10	29.79
Laura Fowler	Nov. 17	30.66
Megan Mariani	Nov. 9	30.85

100 Freestyle

Name	Date	Time
Ciara Lightner	Dec. 1	55.08
Lauren Knop	Dec. 1	56.01
Erin McBride	Dec. 1	56.01
Katie Meunier	Dec. 1	59.49
Nicole Michalowski	Dec. 1	59.64
Alizabeth Taubert	Nov. 10	1:00.26
Anne Rowley	Dec. 1	1:02.15
Katrina Peters	Nov. 9	1:02.34

200 Freestyle

Name	Date	Time
Andrea Bretl	Nov. 30	1:56.82
Alizabeth Taubert	Nov. 30	2:01.61
Erin McBride	Nov. 30	2:04.74
Katie Meunier	Nov. 30	2:08.72
Nicole Michalowski	Nov. 30	2:09.80
Justine Barnes	Nov. 17	2:11.97
Anne Rowley	Nov. 30	2:13.89
Katrina Peters	Nov. 17	2:14.10
Jendel Bosselman	Sept. 30	2:15.20
Michaeline Spencer	Nov. 17	2:18.69
Laura Fowler	Nov. 17	2:18.78
Megan Mariani	Nov. 17	2:21.01

500 Freestyle

Name	Date	Time
Flavia Segatto	Dec. 1	5:07.22
Andrea Bretl	Dec. 1	5:13.57
Alizabeth Taubert	Dec. 1	5:25.93
Alex Caruthers	Dec. 1	5:28.32
Justine Barnes	Dec. 1	5:36.65
Laura Fowler	Dec. 1	5:46.13
Megan Mariani	Dec. 1	5:49.38
Katie Meunier	Dec. 1	5:54.90
Katrina Peters	Dec. 1	5:57.27

1000 Freestyle

Name	Date	Time
Flavia Segatto	Nov. 9	10:56.22
Andrea Bretl	Sept. 30	11:12.96
Alex Caruthers	Nov. 9	11:37.47
Justine Barnes	Nov. 9	12:05.94
Megan Mariani	Nov. 10	12:25.55

1650 Freestyle

Name	Date	Time
*Flavia Segatto	Nov. 29	17:23.68
Andrea Bretl	Nov. 29	17:57.33

100 Butterfly

Name	Date	Time
Justine Barnes	Dec. 1	1:00.20
Lauren Knop	Dec. 1	1:00.29
Flavia Segatto	Nov. 9	1:03.03
Laura Fowler	Dec. 1	1:06.35
Alex Caruthers	Nov. 9	1:09.69

200 Butterfly

Name	Date	Time
Flavia Segatto	Nov. 30	2:08.55
Justine Barnes	Nov. 30	2:16.67
Laura Fowler	Nov. 30	2:27.61

100 Backstroke

Name	Date	Time
Ciara Lightner	Nov. 30	1:00.70
Lauren Knop	Nov. 30	1:02.28
Anne Rowley	Nov. 30	1:09.76
Nicole Michalowski	Nov. 9	1:16.12

200 Backstroke

Name	Date	Time
Flavia Segatto	Sept. 30	2:15.73

100 Breaststroke

Name	Date	Time
Makenna Cannon	Nov. 30	1:09.64
Alex Caruthers	Nov. 30	1:11.43
Katrina Peters	Nov. 30	1:13.95
Jendel Bosselman	Nov. 30	1:15.50

200 Breaststroke

Name	Date	Time
Makenna Cannon	Dec. 1	2:31.66
Katrina Peters	Dec. 1	2:35.91
Jendel Bosselman	Dec. 1	2:41.07

200 Individual Medley

Name	Date	Time
Flavia Segatto	Nov. 9	2:19.00
Makenna Cannon	Dec. 1	2:24.04
Alizabeth Taubert	Nov. 17	2:24.57
Jendel Bosselman	Dec. 1	2:30.67

400 Individual Medley

Name	Date	Time
Flavia Segatto	Sept. 30	4:48.57
Alizabeth Taubert	Nov. 30	4:56.84

200 Freestyle Relay

Name	Date	Time
Lightner, Bretl, McBride, Knop	Nov. 30	1:41.88
Lightner, McBride, Knop, Bretl	Nov. 17	1:44.54
Bretl, Knop, McBride, Lightner	Nov. 9	1:44.55
Taubert, Meunier, Caruthers, Barnes	Nov. 30	1:46.07
Michalowski, Rowley, Spencer, Fowler	Nov. 9	1:59.85

400 Freestyle Relay

Name	Date	Time
Bretl, Lightner, Knop, McBride	Dec. 1	3:41.99
Lightner, Bretl, Segatto, McBride	Sept. 30	3:47.31
Bretl, Knop, McBride, Lightner	Nov. 10	3:50.60
Segatto,Taubert, Cannon, Caruthers	Dec. 1	3:55.18
Barnes, Taubert, Schick, Cannon	Sept. 30	4:03.00
Caruthers, Meunier, Fowler, Mariani	Nov. 10	4:23.63

800 Freestyle Relay

Name	Date	Time
Segatto, Bretl, Taubert, Cannon	Nov. 29	7:52.49
Segatto, Bretl, Taubert, Cannon	Nov. 16	8:08.22
Knop, McBride, Caruthers, Barnes	Nov. 29	8:15.36

200 Medley Relay

Name	Date	Time
Lightner, Cannon, Knop, McBride	Dec. 1	1:52.46
Lightner, Cannon, Knop, McBride	Nov. 9	1:56.76
Lightner, Cannon, Barnes, McBride	Nov. 17	1:56.98
Rowley, Peters, Barnes, Michalowski	Dec. 1	2:01.17
Taubert, Peters, Fowler, Meunier	Nov. 9	2:09.30

400 Medley Relay

Name	Date	Time
Lightner, Cannon, Segato, Bretl	Nov. 30	4:05.90
Lightner, Cannon, Barnes, Taubert	Sept. 30	4:17.91
Rowley, Peters, Barnes, Taubert	Nov. 30	4:22.30
Lightner, Cannon, Barnes, McBride	Nov. 10	4:26.29
McBride, Peters, Fowler, Schick	Sept. 30	4:33.12
Michalowski, Peters, Bosselman, Spencer	Nov. 10	4:54.56

*** - indicates school record**
(L) – indicates lead-off leg