

Centennial Conference

Individual Men's Swimming Champions 1994-2006

50 Freestyle

1994-Matt McKenna, Gettysburg, 21.98
1995-Todd Peters, Gettysburg, 21.67
1996-Angel Prado, Washington, 21.28
1997-Angel Prado, Washington, 20.92
1998-Todd Peters, Gettysburg, 21.30
1999-Scott Smizik, Washington, 21.25
2000-Ryan Staszak, Washington, 21.53
2001-Ryan Staszak, Washington, 21.37
2002-Matt Muehe, F&M, 21.36
2003-Matt Muehe, F&M, 21.12
2004-Justin Fanslau, Gettysburg, 21.41
2005-JJ Czaplicki, F&M, 21.03
2006-JJ Czaplicki, F&M, 21.00

100 Freestyle

1994-Chris Guyer, Gettysburg, 48.67
1995-Todd Peters, Gettysburg, 47.97
1996-Angel Prado, Washington, 46.76
1997-Angel Prado, Washington, 46.56
1998-Todd Peters, Gettysburg, 46.90
1999-Rich Carroll, Gettysburg, 47.30
2000-Jason Bruns, F&M, 41.44
2001-Ryan Staszak, Washington, 47.60
2002-Dave Walters, Gettysburg, 47.43
2003-Justin Fanslau, Gettysburg, 47.21
2004-Justin Fanslau, Gettysburg, 47.26
2005-Justin Fanslau, Gettysburg, 47.09
2006-not contested

200 Freestyle

1994-Chris Guyer, Gettysburg, 1:46.21
1995-Joe Carver, Gettysburg, 1:44.30
1996-Angel Prado, Washington, 1:44.26
1997-Todd Peters, Gettysburg, 1:45.18
1998-Todd Peters, Gettysburg, 1:43.36
1999-Rich Carroll, Gettysburg, 1:46.29
2000-Stephen Michaels, F&M, 1:44.00
2001-Dave Walters, Gettysburg, 1:43.71
2002-Mark Woodall, F&M, 1:43.16
2003-Dave Walters, Gettysburg, 1:43.33
2004-Mark Woodall, F&M, 1:42.38
2005-Justin Fanslau, Gettysburg, 1:44.46
2006-Everett Kimball, Dickinson, 1:43.72

500 Freestyle

1994-Joe Carver, Gettysburg, 4:44.63
1995-Joe Carver, Gettysburg, 4:45.13
1996-Pete Casares, Gettysburg, 4:45.75
1997-Stephen Michaels, F&M, 4:44.62
1998-Stephen Michaels, F&M, 4:42.80
1999-Stephen Michaels, F&M, 4:42.52
2000-Stephen Michaels, F&M, 4:41.50
2001-Sean O'Connor, Gettysburg, 4:45.44
2002-Mark Woodall, F&M, 4:41.26
2003-Sean O'Connor, Gettysburg, 4:39.67
2004-Dan Straszynski, F&M, 4:43.95
2005-Derek Nowak, F&M, 4:39.87
2006-Derek Nowak, F&M, 4:38.08

1650 Freestyle

1994-Joe Carver, Gettysburg, 16:48.83
1995-Joe Carver, Gettysburg, 16:30.94
1996-Joe Carver, Gettysburg, 16:50.09
1997-Stephen Miller, F&M, 16:24.13
1998-Stephen Miller, F&M, 16:24.32
1999-Stephen Miller, F&M, 16:25.95
2000-Stephen Miller, F&M, 16:27.66
2001-Jafer Perez, F&M, 16:38.04
2002-Sean O'Connor, Gettysburg, 16:34.19
2003-Sean O'Connor, Gettysburg, 16:16.95
2004-Dan Straszynski, F&M, 16:34.79
2005-Derek Nowak, F&M, 16:02.45

2006-not contested

100 Butterfly

1994-Michael Bieda, Gettysburg, 52.79
1995-Justin Herring, Swarthmore, 52.78
1996-Pete Casares, Gettysburg, 51.52
1997-Angel Prado, Washington, 50.95
1998-Pete Casares, Gettysburg, 50.96
1999-Stephen Michaels, F&M, 51.88
2000-Jason Bruns, F&M, 51.50
2001-David Whitehead, Swarthmore, 52.80
2002-David Whitehead, Swarthmore, 52.10
2003-David Whitehead, Swarthmore, 52.13
2004-Kane Kunst, F&M, 52.28
2005-Valerie Perfanov, F&M, 52.22
2006-Val Perfanov, F&M, 51.45

200 Butterfly

1994-Michael Bieda, Gettysburg, 1:58.51
1995-Justin Herring, Swarthmore, 1:55.94
1996-Pete Casares, Gettysburg, 1:55.18
1997-Brandon Walsh, Swarthmore, 1:53.46
1998-Stephen Michaels, F&M, 1:53.72
1999-Stephen Michaels, F&M, 1:53.89
2000-Stephen Michaels, F&M, 1:54.20
2001-Stu Weiss, F&M, 1:56.86
2002-David Whitehead, Swarthmore, 1:55.58
2003-Kane Kunst, F&M, 1:56.31
2004-Kane Kunst, F&M, 1:57.72
2005-Valerie Perfanov, F&M, 1:55.55
2006-not contested

200 Individual Medley

1994-Chris Guyer, Gettysburg, 1:58.90
1995-Peter Fuller, W. Maryland, 1:59.77
1996-Gavin Quinn, Gettysburg, 1:58.00
1997-Gavin Quinn, Gettysburg, 1:59.01
1998-Angel Prado, Washington, 1:54.19
1999-Stephen Miller, F&M, 1:57.12
2000-Stephen Miller, F&M, 1:56.46
2001-John Evans, Washington, 1:56.33
2002-Mike Dudley, Swarthmore, 1:56.28
2003-Mike Dudley, Swarthmore, 1:54.19
2004-Dan Pickett, McDaniel, 1:57.36
2005-Ryan McAnelly, Gettysburg, 1:56.81
2006-Phil Rehders, F&M, 1:58.07

400 Individual Medley

1994-Jugo Stevcic, Gettysburg, 4:22.16
1995-Jugo Stevcic, Gettysburg, 4:21.77
1996-Brian Schwenk, Gettysburg, 4:15.22
1997-Stephen Miller, F&M, 4:09.48
1998-Stephen Miller, F&M, 4:07.25
1999-Stephen Miller, F&M, 4:07.61
2000-Stephen Miller, F&M, 4:08.61
2001-John Evans, Washington, 4:07.12
2002-John Lillis, Swarthmore, 4:11.49
2003-John Lillis, Swarthmore, 4:12.65
2004-Dan Pickett, McDaniel, 4:16.12
2005-Ryan McAnelly, Gettysburg, 4:14.98
2006-Derek Nowak, F&M, 4:12.91

100 Backstroke

1994-Matt McKenna, Gettysburg, 53.84
1995-Matt McKenna, Gettysburg, 53.05
1996-Andy Robbins, Swarthmore, 52.87
1997-Andy Robbins, Swarthmore, 53.45
1998-Jason Croft, F&M, 53.38
1999-Jamey Gallagher, Gettysburg, 55.38
2000-Stephen Pasquale, F&M, 53.92
2001-Stephen Pasquale, F&M, 52.96
2002-Stephen Pasquale, F&M, 53.32
2003-Stephen Pasquale, F&M, 53.43

2004-Kane Kunst, F&M, 53.39
2005-Kane Kunst, F&M, 54.44
2006-Phil Rehders, F&M, 53.75

200 Backstroke

1994-Matt McKenna, Gettysburg, 1:57.74
1995-Matt McKenna, Gettysburg, 1:55.96
1996-Andy Robbins, Swarthmore, 1:54.97
1997-Andy Robbins, Swarthmore, 1:55.41
1998-Andy Robbins, Swarthmore, 1:55.89
1999-Mike Robinson, Gettysburg, 1:59.87
2000-Dave Luse, F&M, 2:00.35
2001-Mark Woodall, F&M, 1:53.92
2002-Mark Woodall, F&M, 1:55.25
2003-Mark Woodall, F&M, 1:54.07
2004-Mark Woodall, F&M, 1:53.29
2005-Michael Smith, Gettysburg, 1:56.50
2006-not contested

100 Breaststroke

1994-Kendrew Witt, Swarthmore, 59.68
1995-Kendrew Witt, Swarthmore, 59.69
1996-Kendrew Witt, Swarthmore, 58.79
1997-Peter Fuller, Western Maryland, 59.47
1998-Fred Gerson, Swarthmore, 58.56
1999-Ted Sherer, Swarthmore, 59.16
2000-Ted Sherer, Swarthmore, 58.58
2001-Ted Sherer, Swarthmore, 59.52
2002-Mike Dudley, Swarthmore, 59.52
2003-Mike Dudley, Swarthmore, 58.44
2004-Andrew Koczo, Swarthmore, 1:00.26
2005-Andrew Koczo, Swarthmore, 1:00.02
2006-Chris Reed, McDaniel, 59.60

200 Breaststroke

1994-Kendrew Witt, Swarthmore, 2:12.15
1995-Kendrew Witt, Swarthmore, 2:10.55
1996-Kendrew Witt, Swarthmore, 2:10.33
1997-Davide Miksa, F&M, 2:10.23
1998-Fred Gerson, Swarthmore, 2:09.42
1999-Ted Sherer, Swarthmore, 2:09.07
2000-Ted Sherer, Swarthmore, 2:09.47
2001-John Evans, Washington, 2:05.53
2002-John Evans, Washington, 2:08.76
2003-Mike Dudley, Swarthmore, 2:07.35
2004-John Evans, Washington, 2:07.86
2005-Tim Falkner, F&M, 2:10.97
2006-not contested

200 Freestyle Relay

1994-Gettysburg, 1:29.17
1995-Gettysburg, 1:27.24
1996-Gettysburg, 1:26.79
1997-Washington, 1:26.87
1998-Gettysburg, 1:24.58
1999-Gettysburg, 1:25.42
2000-Washington, 1:26.47
2001-Gettysburg, 1:27.28
2002-Franklin & Marshall, 1:26.28
2003-Franklin & Marshall, 1:24.70
2004-Franklin & Marshall, 1:25.64
2005-Franklin & Marshall, 1:25.74
2006-Franklin & Marshall, 1:24.17

400 Freestyle Relay

1994-Gettysburg, 3:13.67
1995-Washington, 3:14.30
1996-Gettysburg, 3:13.03
1997-Gettysburg, 3:11.68
1998-Gettysburg, 3:06.72
1999-Gettysburg, 3:10.38
2000-Franklin & Marshall, 3:09.38
2001-Gettysburg, 3:11.58
2002-Franklin & Marshall, 3:10.77
2003-Gettysburg, 3:09.40
2004-Franklin & Marshall, 3:09.93
2005-Gettysburg, 3:10.46
2006-not contested

800 Freestyle Relay

1994-Gettysburg, 7:09.96
1995-Gettysburg, 7:03.13
1996-Gettysburg, 7:05.45
1997-Swarthmore, 7:08.57
1998-Swarthmore, 7:07.15
1999-Franklin & Marshall, 7:13.21
2000-Franklin & Marshall, 7:01.33
2001-Gettysburg, 7:04.90
2002-Franklin & Marshall, 7:03.90
2003-Gettysburg, 7:01.40
2004-Franklin & Marshall, 7:03.33
2005-Franklin & Marshall, 7:05.04
2006-Franklin & Marshall, 7:10.98

200 Medley Relay

1994-Gettysburg, 1:38.96
1995-Washington, 1:38.43
1996-Swarthmore, 1:37.34
1997-Franklin & Marshall, 1:37.61
1998-Washington, 1:36.59
1999-Gettysburg, 1:37.91
2000-Franklin & Marshall, 1:38.26
2001-Swarthmore, 1:38.24
2002-Gettysburg, 1:38.73
2003-Franklin & Marshall, 1:38.12
2004-Gettysburg, 1:38.37
2005-Franklin & Marshall, 1:36.43
2006-Franklin & Marshall, 1:36.31

400 Medley Relay

1994-Gettysburg, 3:34.26
1995-Gettysburg, 3:33.62
1996-Swarthmore, 3:32.24
1997-Swarthmore, 3:33.53
1998-Washington, 3:31.80
1999-Franklin & Marshall, 3:35.82
2000-Franklin & Marshall, 3:34.70
2001-Swarthmore, 3:32.48
2002-Gettysburg, 3:35.70
2003-Franklin & Marshall, 3:33.20
2004-Franklin & Marshall, 3:32.68
2005-Franklin & Marshall, 3:31.69
2006-Franklin & Marshall, 3:31.23

Centennial Conference

Individual Women's Swimming Champions 1994-2006

50 Freestyle

1994-Jessica Derstine, Ursinus, 24.62
1995-Alison Relyea, Gettysburg, 25.16
1996-Megan Lewis, Gettysburg, 24.18
1997-Megan Lewis, Gettysburg, 24.56
1998-Karin Olmstead, Gettysburg, 24.42
1999-Megan Lewis, Gettysburg, 24.74
2000-Karin Olmstead, Gettysburg, 24.79
2001-Heather Gallagher, Gettysburg, 24.62
2002-Heather Gallagher, Gettysburg, 24.50
2003-Heather Gallagher, Gettysburg, 24.39
2004-Margaret Klag, Washington, 24.66
2005-Lisa Hertz, F&M, 24.75
2006-Lisa Hertz, F&M, 24.83

100 Freestyle

1994-Jessica Derstine, Ursinus, 54.00
1995-Becca Faber, Gettysburg, 54.75
1996-Megan Lewis, Gettysburg, 53.31
1997-Megan Lewis, Gettysburg, 53.17
1998-Karin Olmstead, Gettysburg, 54.39
1999-Claire Arbour, Swarthmore, 53.91
2000-Karin Olmstead, Gettysburg, 53.84
2001-Heather Gallagher, Gettysburg, 53.37
2002-Heather Gallagher, Gettysburg, 53.33
2003-Heather Gallagher, Gettysburg, 53.44
2004-Jenna Walters, F&M, 53.50
2005-Jenna Walters, F&M, 53.09
2006-not contested

200 Freestyle

1994-Jessica Derstine, Ursinus, 1:58.91
1995-Darienne Drissel, Gettysburg, 1:58.73
1996-Megan Lewis, Gettysburg, 1:57.07
1997-Claire Arbour, Swarthmore, 1:55.37
1998-Karin Olmstead, Gettysburg, 1:58.71
1999-Claire Arbour, Swarthmore, 1:57.02
2000-Pamela Vasquez, Washington, 1:57.37
2001-Stacy Sines, Washington, 1:54.89
2002-Stacy Sines, Washington, 1:54.24
2003-Stacy Sines, Washington, 1:55.46
2004-Jenna Walters, F&M, 1:55.05
2005-Jenna Walters, F&M, 1:53.62
2006-Jenna Walters, F&M, 1:52.57

500 Freestyle

1994-Alison Hubbard, Gettysburg, 5:15.94
1995-Buffy Burke, W. Maryland, 5:15.01
1996-Carmen Trombini, F&M, 5:13.73
1997-Claire Arbour, Swarthmore, 5:13.08
1998-Carmen Trombini, F&M, 5:10.58
1999-Amy Auerbach, Swarthmore, 5:15.41
2000-Pamela Vasquez, Washington, 5:10.92
2001-Pamela Vasquez, Washington, 5:04.06
2002-Stacy Sines, Washington, 5:05.10
2003-Pamela Vasquez, Washington, 5:02.89
2004-Jenna Walters, F&M, 5:03.40
2005-Jenna Walters, F&M, 4:59.84
2006-Jenna Walters, F&M, 4:59.30

1650 Freestyle

1994-Alison Hubbard, Gettysburg, 17:52.30
1995-Manon Romash, Gettysburg, 18:05.99
1996-Liz Hallworth, Swarthmore, 18:17.47
1997-Danielle Sullivan, Washington, 18:06.27
1998-Danielle Sullivan, Washington, 17:52.72
1999-Tanya Sherrell, Dickinson, 18:02.49
2000-Pamela Vasquez, Washington, 18:04.09
2001-Pamela Vasquez, Washington, 17:34.18
2002-Melanie Pulley, W. Maryland, 17:39.97
2003-Pamela Vasquez, Washington, 17:36.94
2004-Melanie Pulley, McDaniel, 17:46.71
2005-Kelly Landman, F&M, 17:50.53

2006-not contested

100 Backstroke

1994-Kim Unsworth, Dickinson, 1:00.97
1995-Alison Relyea, Gettysburg, 59.64
1996-Kim Unsworth, Dickinson, 58.85
1997-Liz Burzio, Gettysburg, 1:00.12
1998-Liz Burzio, Gettysburg, 1:02.89
1999-Amy Auerbach, Swarthmore, 1:02.32
2000-Julia Girman, Gettysburg, 1:01.43
2001-Krystle Satrum, F&M, 59.89
2002-Krystle Satrum, F&M, 58.39
2003-Krystle Satrum, F&M, 57.14
2004-Krystle Satrum, F&M, 57.57
2005-Emily McGlashon, Gettysburg, 1:01.15
2006-Brittany McCabe, F&M, 59.08

200 Backstroke

1994-Kim Unsworth, Dickinson, 2:12.60
1995-Karen Alexander, W. Maryland, 2:10.93
1996-Kim Unsworth, Dickinson, 2:09.36
1997-Kris Robertson, Swarthmore, 2:09.32
1998-Kris Robertson, Swarthmore, 2:11.54
1999-Kyle Geissler, Washington, 2:13.12
2000-Liz Janelle, Gettysburg, 2:12.99
2001-Krystle Satrum, F&M, 2:05.53
2002-Krystle Satrum, F&M, 2:03.36
2003-Krystle Satrum, F&M, 2:03.92
2004-Krystle Satrum, F&M, 2:02.18
2005-Katy Cronin, Gettysburg, 2:08.90
2006-not contested

100 Breaststroke

1994-Skye Fulkerson, Swarthmore, 1:08.17
1995-Skye Fulkerson, Swarthmore, 1:07.97
1996-Skye Fulkerson, Swarthmore, 1:06.29
1997-Meredith Bathgate, Washington, 1:08.91
1998-Missy West, Gettysburg, 1:08.35
1999-Melissa Amir-Arjomand, Swarthmore, 1:07.51
2000-Natalie Briones, Swarthmore, 1:06.78
2001-Natalie Briones, Swarthmore, 1:08.92
2002-Natalie Briones, Swarthmore, 1:07.90
2003-Liz Janelle, Gettysburg, 1:07.30
2004-Margaret Klag, Washington, 1:05.82
2005-Cassie Allen, McDaniel, 1:07.50
2006-Elizabeth Kraljic, F&M, 1:07.53

200 Breaststroke

1994-Jodi Woods, F&M, 2:26.87
1995-Carmen Trombini, F&M, 2:25.08
1996-Carmen Trombini, F&M, 2:24.55
1997-Carmen Trombini, F&M, 2:26.74
1998-Missy West, Gettysburg, 2:27.77
1999-Laura Atlee, F&M, 2:28.60
2000-Missy West, Gettysburg, 2:27.48
2001-Kristen Wetzel, Dickinson, 2:27.36
2002-Liz Janelle, Gettysburg, 2:24.79
2003-Elizabeth Kraljic, F&M, 2:24.96
2004-Margaret Klag, Washington, 2:24.05
2005-Elizabeth Kraljic, F&M, 2:24.95
2006-not contested

100 Butterfly

1994-Jen Derstine, Ursinus, 59.99
1995-Kelly Harrison, Gettysburg, 1:00.66
1996-Cathy Polinsky, Swarthmore, 59.26
1997-Kelly Brennan, Gettysburg, 58.21
1998-Kelly Brennan, Gettysburg, 58.43
1999-Kelly Brennan, Gettysburg, 58.66
2000-Jillian Coleman, Washington, 59.13
2001-Aliki Bonarou, Swarthmore, 59.67
2002-Julie Meirs, Washington, 1:00.30
2003-Heather Gallagher, Gettysburg, 59.02

2004-Allison Simons, Washington, 58.29
2005-Allison Simons, Washington, 58.87
2006-Brittany McCabe, F&M, 59.12

200 Butterfly

1994-Deb Christman, F&M, 2:13.56
1995-Kelly Harrison, Gettysburg, 2:14.41
1996-Jill Belding, Swarthmore, 2:12.29
1997-Kelly Brennan, Gettysburg, 2:08.38
1998-Kelly Brennan, Gettysburg, 2:08.68
1999-Kelly Brennan, Gettysburg, 2:09.73
2000-Jillian Coleman, Washington, 2:10.75
2001-Liz Janelle, Gettysburg, 2:11.61
2002-Stacy Claxton, Bryn Mawr, 2:11.61
2003-Roxy Hernandez, Gettysburg, 2:10.37
2004-Allison Simons, Washington, 2:07.00
2005-Allison Simons, Washington, 2:07.51
2006-not contested

200 Individual Medley

1994-Jodi Woods, F&M, 2:10.82
1995-Carmen Trombini, F&M, 2:10.45
1996-Kelly Harrison, Gettysburg, 2:13.81
1997-Carmen Trombini, F&M, 2:10.19
1998-Carmen Trombini, F&M, 2:12.67
1999-Aliki Bonarou, Swarthmore, 2:11.99
2000-Liz Janelle, Gettysburg, 2:11.74
2001-Liz Janelle, Gettysburg, 2:11.61
2002-Liz Janelle, Gettysburg, 2:10.16
2003-Liz Janelle, Gettysburg, 2:10.24
2004-Allison Simons, Washington, 2:10.24
2005-Allison Simons, Washington, 2:11.17
2006-Kelly Landman, F&M, 2:11.05

400 Individual Medley

1994-Jodi Woods, F&M, 4:40.45
1995-Carmen Trombini, F&M, 4:39.89
1996-Carmen Trombini, F&M, 4:37.43
1997-Carmen Trombini, F&M, 4:36.35
1998-Carmen Trombini, F&M, 4:42.34
1999-Aliki Bonarou, Swarthmore, 4:39.22
2000-Aliki Bonarou, Swarthmore, 4:42.73
2001-Liz Janelle, Gettysburg, 4:44.53
2002-Liz Janelle, Gettysburg, 4:36.19
2003-Roxy Hernandez, Gettysburg, 4:39.39
2004-Kelly Landman, F&M, 4:37.62
2005-Kelly Landman, F&M, 4:35.48
2006-Kelly Landman, F&M, 4:37.62

200 Freestyle Relay

1994-Ursinus, 1:41.79
1995-Gettysburg, 1:41.14
1996-Gettysburg, 1:39.27
1997-Gettysburg, 1:40.45
1998-Gettysburg, 1:39.86
1999-Gettysburg, 1:39.95
2000-Gettysburg, 1:39.09
2001-Gettysburg, 1:41.38
2002-Swarthmore, 1:39.16
2003-Swarthmore, 1:39.77
2004-Dickinson, 1:40.25
2005-Swarthmore, 1:40.20
2006-Franklin & Marshall, 1:37.82

400 Freestyle Relay

1994-Ursinus, 3:41.34
1995-Gettysburg, 3:42.61
1996-Gettysburg, 3:39.66
1997-Gettysburg, 3:37.84
1998-Gettysburg, 3:40.19
1999-Gettysburg, 3:41.88
2000-Gettysburg, 3:39.59
2001-Washington, 3:38.80
2002-Swarthmore, 3:37.68
2003-Franklin & Marshall, 3:38.64
2004-Franklin & Marshall, 3:37.33
2005-Franklin & Marshall, 3:37.11
2006-not contested

800 Freestyle Relay

1994-Gettysburg, 8:01.15
1995-Gettysburg, 8:02.76
1996-Gettysburg, 8:02.77
1997-Swarthmore, 7:58.71
1998-Gettysburg, 8:13.83
1999-Swarthmore, 8:08.19
2000-Swarthmore, 7:57.92
2001-Washington, 7:55.64
2002-Swarthmore, 7:55.78
2003-Franklin & Marshall, 7:56.48
2004-Franklin & Marshall, 7:52.63
2005-Franklin & Marshall, 7:51.84
2006-Franklin & Marshall, 7:54.30

200 Medley Relay

1994-Ursinus, 1:53.94
1995-Swarthmore, 1:53.49
1996-Swarthmore, 1:51.03
1997-Gettysburg, 1:52.27
1998-Gettysburg, 1:52.01
1999-Gettysburg, 1:51.68
2000-Gettysburg, 1:50.63
2001-Gettysburg, 1:53.10
2002-Gettysburg, 1:51.34
2003-Franklin & Marshall, 1:50.44
2004-Franklin & Marshall, 1:50.50
2005-Franklin & Marshall, 1:50.17
2006-Franklin & Marshall, 1:50.02

400 Medley Relay

1994-Ursinus, 4:06.80
1995-Gettysburg, 4:09.61
1996-Swarthmore, 4:04.66
1997-Gettysburg, 4:03.11
1998-Gettysburg, 4:02.81
1999-Gettysburg, 4:03.19
2000-Swarthmore, 4:02.58
2001-Swarthmore, 4:04.48
2002-Washington, 4:02.20
2003-Franklin & Marshall, 3:59.57
2004-Franklin & Marshall, 3:59.02
2005-Franklin & Marshall, 4:00.65
2006-Franklin & Marshall, 4:00.06