

Centennial Conference Individual Women's Swimming Champions 1994-2004

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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