

## Centennial Conference Individual Women's Swimming Champions 1994-2007

### 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  
2007-Sarah Cotcamp, Swarthmore, 24.71  
Kathy Gerhart, Washington, 24.71

### 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  
2007-Stacey Foltz, Dickinson, 53.44

### 200 Freestyle

1994-Jessica Derstine, Ursinus, 1:58.91  
1995-Darlene 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  
2007-Jenna Walters, F&M, 1:55.46

### 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  
2007-Jenna Walters, F&M, 5:06.95

### 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  
2007-Jenna Walters, F&M, 17:38.80

### 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  
2007-Brittany McCabe, F&M, 59.34

### 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  
2007-Brittany McCabe, F&M, 2:09.88

### 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  
2007-Cali Nelson, Gettysburg, 1:09.40

### 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 Wetzal, 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  
2007-Cali Nelson, Gettysburg, 2:26.74

### 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  
2007-Anne Miller, Swarthmore, 58.21

### 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  
2007-Anne Miller, Swarthmore, 2:06.79

### 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  
2007-Kelly Landman, F&M, 2:12.55

### 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  
2007-Kelly Landman, F&M, 4:39.79

**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  
2007-Franklin & Marshall, 1:38.17

**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  
2007-Franklin & Marshall, 3:36.58

**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  
2007-Franklin & Marshall, 7:54.74

**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  
2007-Swarthmore, 1:51.51

**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  
2007-Swarthmore, 4:01.97