

## 2009-2010 UW-La Crosse Women's Swimming Results (FINAL)

Date	Opponent	W/L	Score	Location
<b>Oct. 31</b>	<b>Wayde Mulhern Alumni Meet</b>	<b>No Team Scores</b>	<b>-----</b>	<b>La Crosse, Wis.</b>
Nov. 7	at Northfield Invitational	No Team Scores	-----	Northfield, Minn.
<b>Nov. 21</b>	<b>UW-Oshkosh*</b>	<b>W</b>	<b>152-84</b>	<b>La Crosse, Wis.</b>
Dec. 4-5	at UW-River Falls Invitational	No Team Scores	-----	Minneapolis, Minn.
Dec. 12	at UW-Eau Claire*	W	123.5-118.0	Eau Claire, Wis.
Jan. 12	vs. Bowdoin College (Maine)	W	61-36	Ft. Lauderdale, Fla.
Jan. 22-23	at UW-Stevens Point Invitational	4th/10 teams	430 pts.	Stevens Point, Wis.
Jan. 30	at UW-Stevens Point*	L	124-119	Stevens Point, Wis.
<b>Feb. 6</b>	<b>UW-Whitewater*</b>	<b>W</b>	<b>132-56</b>	<b>La Crosse, Wis.</b>
Feb. 11-13	at WIAC Championships	2nd/6 teams	792 pts.	Minneapolis, Minn.
<b>Feb. 19</b>	<b>Last Chance Meet</b>	<b>No Team Scores</b>	<b>-----</b>	<b>La Crosse, Wis.</b>
Mar. 17-20	at NCAA III Championships	7th/52 teams	130.0 pts.	Minneapolis, Minn.

Dual Record: 4-1

WIAC Dual Record: 3-1

\* WIAC Dual

Home meets in **bold**

## 2009-2010 UW-La Crosse Women's Swimming Individual Results (FINAL)

*Times listed represent fastest time of Prelim or Final of respective meet, or final results if available prelim times not available*

Italics = School Record; % = UW-L Pool Record; **Bold** = Team Season-Best

	Alumni Meet	Northfield Invite	UWO Dual	UWRF Invite	UWEC Dual	UWSP Invite	UWSP Dual	UWW Dual	WIAC Champ.	Last Chance Meet	NCAA Champ.
<b>50 Freestyle</b>											
Sarah Albertson	27.90	---	---	27.85	---	---	---	27.47	---	---	---
Jennifer Bryson	26.25	---	---	---	---	---	---	---	---	---	---
Eva Clemens	---	---	---	---	---	---	25.64	---	---	---	---
Abby Diehl	25.75	---	---	---	---	---	---	---	---	---	---
Megan Herrick	28.37	---	---	---	---	---	---	27.60	---	---	---
Chelsea Hoff	---	24.11	---	23.88	24:15	24.15	23.94	---	<b>23.13</b>	---	23.26
Kelsie Hopfensperger	---	27.70	---	---	---	---	---	---	---	---	---
Lauren Kaiser	---	26.35	---	26.58	---	---	---	---	---	---	---
Kasey Madden	26.04	25.94	25.66	25.61	---	---	---	---	---	---	---
Amanda May	30.34	---	---	---	---	---	---	---	---	---	---
Katharine Mickschl	---	---	---	---	---	DQ	---	---	---	---	---
Hannah Mueller	25.05	26.36	26.44	25.23	25.83	26.13	26.55	---	25.14	---	---
Brianna Peyer	---	---	25.75	25.59	25.53	25.53	25.63	---	24.47	---	---
Laura Reifenberg	---	---	---	26.44	---	---	---	26.24	---	---	---
Colleen Tierney	25.32	---	---	---	---	---	---	---	---	---	---
<b>100 Freestyle</b>											
Eva Clemens	---	---	---	---	---	---	56.78	55.63	---	---	---
Abby Diehl	---	55.16	---	55.30	---	55.69	55.47	---	54.02	---	---
Katelyn Hartung	---	54.47	54.08	54.24	---	54.72	---	---	52.38	---	52.26
Chelsea Hoff	---	53.16	---	52.40	53.79	52.85	52.69	---	---	<b>50.98</b>	51.00
Anna Holbrook	1:03.93	---	---	---	---	---	---	---	---	---	---
Kelsie Hopfensperger	1:00.91	1:00.43	---	59.11	---	---	---	---	---	---	---
Lauren Kaiser	57.34	---	---	56.73	56.41	---	56.72	55.72	---	---	---
Anna Kaye	1:00.50	1:00.48	---	---	---	---	---	---	---	---	---
Kasey Madden	---	57.47	---	55.69	---	---	---	---	---	---	---
Amanda May	1:06.13	---	---	---	---	---	---	---	---	---	---
Katharine Mickschl	---	---	---	---	---	---	56.03	---	---	---	---
Hannah Mueller	---	58.15	---	57.11	---	58.22	58.15	---	55.80	---	---
Nathali Niedorowski	1:04.47	---	---	---	---	---	---	---	---	---	---
Emily Ordway	---	---	---	---	---	---	---	1:01.78	---	---	---
Brianna Peyer	---	---	---	56.98	56.36	54.71	---	---	53.94	---	---
Rebecca Prueitt	1:00.58	---	---	---	---	---	---	---	---	---	---
Laura Reifenberg	58.91	---	---	58.32	---	---	---	---	---	---	---
Mariah Schisler	---	58.14	---	---	---	59.10	---	---	---	---	---
<b>200 Freestyle</b>											
Abby Diehl	---	2:01.53	---	1:58.75	1:58.77	2:02.32	1:59.70	---	---	---	---
Katelyn Hartung	---	1:59.85	---	1:58.81	1:57.62	2:00.04	1:56.84	---	---	---	---
Chelsea Hoff	---	---	1:57.47	---	---	---	---	---	---	---	---
Kelsie Hopfensperger	2:10.46	2:08.13	---	2:07.93	---	---	2:13.04	2:07.90	---	---	---
Rachel Howard	---	---	2:06.92	2:07.04	---	2:07.25	---	---	---	---	---
Anna Kaye	2:11.13	---	---	2:08.48	---	2:09.25	---	---	---	---	---
Katharine Mickschl	2:10.90	2:14.33	2:10.53	---	2:09.43	2:07.52	---	2:04.56	---	---	---

	Alumni Meet	Northfield Invite	UWO Dual	UWRF Invite	UWEC Dual	UWSP Invite	UWSP Dual	UWW Dual	WIAC Champ.	Last Chance Meet	NCAA Champ.
<b><u>200 Freestyle</u></b>											
Elizabeth Misener	---	---	---	---	---	---	2:09.70	---	---	---	---
Emily Ordway	2:12.80	2:11.84	---	---	---	---	---	---	---	---	---
Laura Reifenberg	2:09.78	---	---	2:08.50	---	---	---	---	---	---	---
Mariah Schisler	2:10.89	2:08.43	---	2:09.20	---	2:08.72	---	2:07.94	---	---	---
Katelyn Hartung	---	---	---	---	---	---	---	---	<b>1:53.03</b>	---	1:54.25
Abby Diehl	---	---	---	---	---	---	---	---	1:56.57	1:57.46	---
Rachel Howard	---	---	---	---	---	---	---	---	2:01.75	---	---
Anna Kaye	---	---	---	---	---	---	---	---	2:04.06	---	---
Chelsea Hoff	---	---	---	---	---	---	---	---	---	1:56.98	---
<b><u>500 Freestyle</u></b>											
Abby Diehl	---	5:26.14	---	5:25.48	5:23.11	5:25.56	---	---	5:17.32	---	---
Ashlee Gordon	6:17.28	---	---	---	---	---	---	---	---	---	---
Katelyn Hartung	---	5:27.22	---	5:23.25	5:24.36	5:23.72	5:21.13	---	<b>5:12.99</b>	---	---
Chelsea Hoff	5:25.11	---	---	---	---	---	---	---	---	---	---
Kelsie Hopfensperger	---	---	---	5:45.87	---	---	---	---	---	---	---
Rachel Howard	---	---	---	5:41.47	5:36.50	5:31.56	5:37.41	---	5:32.62	---	---
Anna Kaye	---	5:48.92	---	5:44.91	---	5:37.85	5:39.43	---	5:31.93	---	---
Katharine Mickschl	6:05.38	6:00.81	---	---	---	5:45.16	---	---	---	---	---
Emily Ordway	5:50.66	5:45.35	5:51.95	---	---	---	---	---	---	---	---
Mariah Schisler	5:57.66	5:58.24	---	5:56.46	---	5:49.54	---	---	---	---	---
Emily Schweitz	6:10.34	---	---	---	---	---	---	---	---	---	---
<b><u>1,000 Freestyle</u></b>											
Jennifer Bryson	---	---	---	---	11:21.53	---	11:23.99	---	---	---	---
Katelyn Hartung	---	---	<b>11:03.83</b>	---	---	---	---	---	---	---	---
Rachel Howard	---	---	---	---	11:26.81	---	11:30.51	---	---	---	---
Anna Kaye	---	---	11:57.08	---	---	---	11:36.14	---	---	---	---
Emily Ordway	---	---	11:40.77	---	11:47.00	---	---	---	---	---	---
Katharine Mickschl	---	---	---	---	---	---	12:03.50	---	---	---	---
<b><u>1,650 Freestyle</u></b>											
Danielle Ellingson	---	19:27.80	---	---	---	---	---	---	---	---	---
Rachel Howard	---	---	---	19:24.35	---	19:22.53	---	---	19:03.90	---	---
Anna Kaye	---	---	---	20:05.31	---	19:25.25	---	---	19:09.35	---	---
Katharine Mickschl	---	---	---	---	---	20:50.76	---	---	---	---	---
Mariah Schisler	---	---	---	20:34.20	---	---	---	---	---	---	---
Kelsey Thinger	---	20:57.90	---	---	---	---	---	---	---	---	---
Jennifer Bryson	---	---	---	---	---	---	---	---	<b>18:45.57</b>	---	---
<b><u>200 I.M.</u></b>											
Shannon Carlin	---	2:24.59	---	---	2:22.97	2:24.27	2:24.78	---	2:21.97	---	---
Danielle Ellingson	---	---	2:16.08	2:14.45	2:16.01	2:13.04	2:14.50	---	<b>2:09.60</b>	---	2:10.90
Brittany Erb	2:25.09	2:22.31	---	2:21.51	---	2:22.30	2:21.87	---	2:19.37	---	---
Katelyn Hartung	2:17.71	---	---	---	---	---	---	---	---	---	---
Caryn Herrick	2:28.04	---	2:27.11	---	---	---	---	---	---	---	---
Dayna Johnson	2:22.47	---	---	2:18.67	2:19.81	2:18.96	2:17.45	---	2:11.28	---	---
Sarah Kisiolek	2:26.04	---	---	2:22.84	---	---	---	---	2:17.21	---	---
Elizabeth Misener	---	---	---	---	---	2:21.51	---	---	2:13.51	---	---
Carissa Paasch	---	---	2:26.50	---	---	---	---	2:26.49	---	---	---
Rebecca Prueitt	2:30.30	---	---	---	---	---	---	2:26.48	---	---	---
Emily Schweitz	---	2:30.88	---	2:27.82	---	2:26.93	---	---	---	---	---
Colleen Tierney	2:29.74	---	---	---	---	---	---	2:21.70	---	---	---
Nicole Waner	2:34.54	2:33.45	---	---	---	---	---	---	---	---	---
<b><u>400 I.M.</u></b>											
Jennifer Bryson	---	5:05.36	---	5:00.61	---	4:59.94	---	---	4:48.45	---	---
Danielle Ellingson	---	---	---	4:48.01	---	4:46.32	---	---	<b>4:34.87</b>	---	---
Dayna Johnson	---	4:59.21	---	4:58.21	---	---	---	---	---	---	---
Sarah Kisiolek	---	5:11.59	---	5:03.50	---	5:07.68	---	---	4:52.81	---	---
Carissa Paasch	---	5:13.99	---	---	---	5:17.35	---	---	---	---	---

	Alumni Meet	Northfield Invite	UWO Dual	UWRF Invite	UWEC Dual	UWSP Invite	UWSP Dual	UWW Dual	WIAC Champ.	Last Chance Meet	NCAA Champ.
<b>100 Back</b>											
Jennifer Bryson	---	1:04.10	---	1:03.07	---	1:03.12	---	---	---	1:00.70	---
Danielle Ellingson	1:04.42	1:04.76	---	---	---	---	---	---	---	---	---
Megan Herrick	1:11.62	---	---	---	---	---	---	---	---	---	---
Chelsea Hoff	---	58.38	---	59.77	---	58.69	---	---	<b>55.56</b>	---	<b>55.56</b>
Lauren Kaiser	1:11.67	1:07.43	---	1:10.68	---	---	---	---	---	---	---
Elizabeth Misener	---	---	---	---	---	1:04.82	---	---	1:00.69	---	---
Hannah Mueller	1:12.68	---	---	---	---	---	---	---	---	---	---
Brianna Peyer	1:09.43	---	---	---	---	---	---	---	---	---	---
Taylor Smith	1:07.70	1:07.94	---	1:06.34	---	1:05.45	---	---	1:05.50	---	---
Colleen Tierney	---	1:07.04	---	1:05.73	---	1:03.79	---	---	1:01.45	---	---
Nicole Waner	1:08.43	1:08.13	---	---	---	---	---	---	---	---	---

<b>200 Back</b>											
Jennifer Bryson	---	2:24.60	2:20.60	2:20.85	2:19.47	2:17.70	2:17.50	---	2:10.08	---	---
Danielle Ellingson	---	---	2:17.00	---	2:17.17	---	2:15.94	---	---	---	---
Lauren Kaiser	---	2:38.47	---	---	---	---	---	---	---	---	---
Elizabeth Misener	---	---	---	---	---	2:20.38	2:18.45	---	2:11.11	---	---
Colleen Tierney	---	2:25.65	---	2:21.83	2:22.69	---	2:18.19	---	2:15.49	---	---
Nicole Waner	---	2:31.73	---	---	---	---	---	---	---	---	---
Chelsea Hoff	---	---	---	---	---	---	---	---	<b>2:04.70</b>	---	---

<b>100 Breast</b>											
Shannon Carlin	1:15.59	1:15.56	---	1:12.42	---	1:14.60	---	---	1:11.35	---	---
Danielle Ellingson	---	---	---	---	---	---	---	---	---	1:06.34	<b>1:06.10</b>
Brittany Erb	1:12.53	1:11.16	---	1:10.50	---	1:11.22	---	---	1:09.75	---	---
Katelyn Hartung	1:15.84	---	---	---	---	---	---	---	---	---	---
Caryn Herick	1:18.57	---	---	---	---	---	---	---	---	---	---
Dayna Johnson	1:11.95	---	---	---	---	---	---	---	---	---	---
Nathali Niedorowski	1:29.44	---	---	---	---	---	---	---	---	---	---
Carissa Paasch	1:13.18	1:13.79	---	1:12.42	---	1:17.30	---	---	---	---	---
Brianna Peyer	---	---	---	1:09.93	---	1:10.65	---	---	1:07.30	---	1:07.78
Emily Schweitz	---	1:15.56	---	1:14.17	---	1:13.43	---	---	1:08.80	---	---

<b>200 Breast</b>											
Shannon Carlin	---	2:44.27	---	---	---	---	2:41.39	---	2:34.34	---	---
Danielle Ellingson	---	---	---	2:32.95	---	2:29.44	---	---	<b>2:22.62</b>	---	2:24.90
Brittany Erb	---	2:40.14	2:40.42	2:38.24	2:38.32	2:37.22	2:37.77	---	2:37.22	---	---
Dayna Johnson	---	2:34.66	---	---	2:34.27	---	2:33.34	---	---	---	---
Carissa Paasch	---	2:43.07	---	2:35.92	2:35.71	---	---	---	---	---	---
Emily Schweitz	---	2:47.76	---	2:42.68	---	2:39.19	2:39.28	---	2:31.50	---	---

<b>100 Butterfly</b>											
Sarah Albertson	1:07.93	---	---	1:07.79	---	---	---	---	---	---	---
Shannon Carlin	1:07.79	---	---	---	---	---	---	1:05.82	---	---	---
Abby Diehl	1:04.13	---	---	---	---	---	---	---	---	---	---
Danielle Ellingson	---	1:03.65	---	---	---	---	---	---	---	---	---
Ashlee Gordon	1:07.76	---	---	---	---	---	---	1:06.40	---	---	---
Caryn Herrick	---	---	---	---	---	---	---	1:05.68	---	---	---
Anna Holbrook	1:10.78	---	---	---	---	---	---	---	---	---	---
Dayna Johnson	---	---	---	---	---	1:02.26	---	---	<b>58.39</b>	---	1:00.22
Sarah Kisiolek	1:06.50	1:07.14	---	---	---	---	---	---	---	---	---
Kasey Madden	---	1:03.16	---	1:01.56	---	---	---	---	---	---	---
Hannah Mueller	---	1:09.51	---	1:07.92	---	1:09.33	---	---	1:03.75	---	---
Carissa Paasch	1:06.88	---	---	---	---	---	---	---	---	---	---
Emily Schweitz	1:08.20	---	---	---	---	---	---	---	1:04.17	---	---
Taylor Smith	1:01.93	1:01.44	---	1:00.42	---	1:01.77	---	---	58.83	59.16	---
Colleen Tierney	---	1:07.39	---	1:04.42	---	1:02.75	---	---	1:00.33	---	---

<b>200 Butterfly</b>											
Sarah Albertson	---	---	2:31.67	---	---	---	---	---	---	---	---
Dayna Johnson	---	2:18.79	---	2:18.96	2:17.47	2:17.25	2:16.01	---	<b>2:10.96</b>	2:12.33	---
Sarah Kisiolek	---	2:31.03	2:32.35	---	---	2:27.00	2:27.28	---	2:24.73	---	---
Kasey Madden	---	---	---	---	2:29.21	---	---	---	---	---	---
Taylor Smith	---	2:24.74	---	2:23.93	2:22.11	2:18.24	2:19.20	---	2:14.24	---	---
Colleen Tierney	---	---	---	---	---	2:23.94	---	---	---	---	---
Emily Schweitz	---	---	---	---	---	---	2:29.32	---	---	---	---

	<u>Alumni Meet</u>	<u>Northfield Invite</u>	<u>UWO Dual</u>	<u>UWRF Invite</u>	<u>UWEC Dual</u>	<u>UWSP Invite</u>	<u>UWSP Dual</u>	<u>UWW Dual</u>	<u>WIAC Champ.</u>	<u>Last Chance Meet</u>	<u>NCAA Champ.</u>
<b><u>1-Meter Diving</u></b>											
Shannon Doyle	---	400.15	214.50	397.40	222.85	375.85	222.15	210.35	384.75	---	---
Alyssa Hartung	---	---	---	274.45	---	---	146.10	---	---	---	---
Samantha Koch	---	386.05	211.25	351.00	236.35	351.60	224.80	225.85	369.55	---	---
Rachel LaValley	---	<b>413.35</b>	254.10	405.15	240.35	382.25	222.05	242.60	393.50	---	385.00
Sarah Swanson	---	---	---	---	---	287.25	181.55	---	---	---	---
Megan Wheeler	---	306.75	---	315.00	---	---	---	---	---	---	---

<b><u>3-Meter Diving</u></b>											
Shannon Doyle	---	428.25	261.30	425.65	241.40	395.85	222.85	251.10	383.15	---	---
Rachel LaValley	---	419.10	236.00	398.70	267.45	398.50	238.80	235.85	403.40	---	<b>448.10</b>
Samantha Koch	---	345.75	236.15	405.25	255.15	311.40	206.55	200.80	373.80	---	---
Sarah Swanson	---	---	---	198.45	---	---	157.95	168.15	---	---	---
Megan Wheeler	---	295.20	---	292.70	---	---	---	---	---	---	---
Alyssa Hartung	---	---	---	---	---	---	141.55	150.45	---	---	---

### Relays

#### 200-yard Medley Relay

	<u>Time</u>	<u>Date</u>
1. UW-L "A"	1:45.71	2-12-10
2. Hoff, Peyer, Smith, Hartung	1:46.28	3-17-10
3. Hoff, Peyer, Smith, Hartung	1:48.15	2-6-10

#### 400-yard Medley Relay

1. Hoff, Peyer, Smith, Diehl	3:53.88	2-11-10
2. UW-L "A"	4:03.72	1-22-10
3. Hoff, Peyer, Ellingson, Diehl	4:04.20	12-4-09

#### 200-yard Freestyle Relay

1. Hoff, Peyer, Diehl, Hartung	1:34.59	2-11-10
2. Hoff, Peyer, Diehl, Hartung	1:34.80	3-18-10
3. UW-L "A"	1:37.48	1-22-10

#### 400-yard Freestyle Relay

1. Hoff, Ellingson, Diehl, Hartung	3:28.18	2-11-10
2. Hoff, Ellingson, Diehl, Hartung	3:29.04	3-20-10
3. Carlin, Erb, Mueller, Schweitz	3:37.32	2-11-10

#### 800-yard Freestyle Relay

1. UW-L "A"	7:45.73	2-12-10
2. Hoff, Ellingson, Diehl, Hartung	7:49.65	3-20-10
3. Diehl, Ellingson, Bryson, Hartung	8:01.25	12-12-09