

2004-05 TRUMAN WOMEN'S SWIMMING BEST TIMES LIST

Codes

A - A-Cut B - B-Cut P - Pool Record Conf.- Conference Record

50 Freestyle (NCAA A-cut: 24.19, School Record- 23.33)

Whitney Jensen	23.82		NCAA Championships
Emily Pufall	24.02		NCAA Championships
Laura Harp	24.57		NCAA Championships
Diana Betsworth	24.64	B	Notre Dame Invitational
Catherine Sonnichsen	24.65	B	NSISC
Christina Blose	24.80	B	NSISC
Emily Greenwood	24.83	B	NSISC
Sarah Dance	24.90	B	NSISC
Lija Kaleps-Clark	24.92		UNI/USD
Molly Polette	25.02		Notre Dame Invitational
Angela Jones	25.02		NSISC
Sue Ellen Thoma	25.18		Notre Dame Invitational
Cassie Roudebush	25.46		NSISC
Lauren Hohnstein	25.86		University of Iowa
Emily Chadwick	26.31		UNI/USD
Kathleen Moyer	26.56		Bulldog Invitational
Karen Goolsby	27.24		University of Iowa

100 Freestyle (NCAA A-cut: 52.59, School Record- 50.81)

Sarah Dance	51.10		NCAA Championships
Diana Betsworth	51.22		NCAA Championships
Emily Pufall	51.98		NCAA Championships
Whitney Jensen	52.33		NCAA Championships
Molly Polette	52.82		NCAA Championships
Lija Kalep-Clark	53.22	B	Washington Dual
Christina Blose	53.85	B	NSISC
Catherine Sonnichsen	53.95	B	NSISC
Sue Ellen Thoma	54.46		Mizzou/USD
Katie Funk	55.05		Notre Dame Invitational
Brittany Anderson	55.06		UNI/USD
Lauren Hohnstein	55.26		NSISC
Emily Greenwood	55.30		UNI/USD
Cassie Roudebush	55.53		Notre Dame Invitational
Angela Jones	55.77		Drury Dual
Aimee Gregor	56.17		Bulldog Invitational
Kathleen Moyer	56.36		Mizzou/USD
Gina Fettig	56.38		UNI/USD
Kristin Halet	56.92		Drury Dual
Emily Chadwick	57.02		Bulldog Invitational
Stephanie Robinson	58.83		Bulldog Invitational
Megan Losee	1:02.65		Mizzou/USD

200 Freestyle (NCAA A-cut: 1:54.59, School Record- 1:48.75)

Diana Betsworth	1:49.35		NCAA Championships
Molly Polette	1:51.17		NCAA Championships
Sarah Dance	1:50.40		NCAA Championships
Emily Pufall	1:53.89	A	UNI/USD
Whitney Jensen	1:54.43		NCAA Championships
Katie Funk	1:55.85	B	Notre Dame Invitational
Sue Ellen Thoma	1:56.01	B	Notre Dame Invitational
Aimee Gregor	1:56.13	B	Notre Dame Invitational
Lauren Hohnstein	1:56.23	B	Notre Dame Invitational
Whitney Wodstrchill	1:56.45	B	UNI/USD
Kathleen Moyer	1:57.16	B	Notre Dame Invitational
Whitney Jensen	1:54.43		NCAA Championships
Katie Funk	1:58.41		UNI/USD
Lija Kaleps-Clark	1:58.53		NSISC
Stephanie Robinson	1:58.88		Notre Dame Invitational
Cassie Roudebush	2:00.10		Notre Dame Invitational
Lindsay McReynolds	2:00.78		Washington Dual
Kristin Halet	2:01.13		Drury Dual
Catherine Sonnichsen	2:02.42		Drury Dual
Gina Fettig	2:02.79		Drury Dual
Angela Jones	2:04.29		Bulldog Invitational
Meghan Vaughn	2:11.63		Bulldog Invitational

500 Freestyle (NCAA A-cut: 5:04.19, School Record- 4:52.72)

Diana Betsworth	4:52.83		NCAA Championships
Katie Funk	5:02.48		NCAA Championships
Molly Polette	5:04.16		NCAA Championships
Lindsay McReynolds	5:06.92	B	University of Iowa
Kathleen Moyer	5:07.54	B	Notre Dame Invitational
Lija Kaleps-Clark	5:08.44	B	UNI/USD
Lauren Hohnstein	5:09.49	B	NSISC
Whitney Wodstrchill	5:10.07	B	UNI/USD
Aimee Gregor	5:10.49	B	NSISC
Lindsay Vaughn	5:14.57		Notre Dame Invitational
Stephanie Robinson	5:12.81		NSISC
Emily Pufall	5:16.64		Notre Dame Invitational
Sue Ellen Thoma	5:15.55		NSISC
Kristin Halet	5:22.40		Bulldog Invitational
Brittany Anderson	5:22.74		Bulldog Invitational
Sarah Dance	5:23.73		Bulldog Invitational
Lindsay Vaughan	5:27.05		UNI/USD
Cassie Roudebush	5:37.57		Bulldog Invitational
Meghan Vaughn	5:35.03		NSISC

1,000 Freestyle (NCAA B-cut: 10:54.22, School Record-9:55.47)

Diana Betsworth	10:06.82		NCAA Championships
Lindsay McReynolds	10:22.75	B	University of Iowa
Katie Funk	10:27.89	B	Mizzou/USD
Stephanie Robinson	10:35.82	B	Washington Dual
Molly Polette	10:32.06	B	Drury Dual
Lindsay Vaughan	10:51.12	B	Drury Dual
Aimee Gregor	10:52.10	B	University of Kansas
Kathleen Moyer	10:53.62	B	Western Illinois

1,650 Freestyle (NCAA A-cut: 17:35.19, School Record- 16:43.51)

Diana Betsworth	17:22.55	A	UNI/USD
Lindsay McReynolds	17:26.64	A	Bulldog Invitational
Katie Funk	17:29.57	A	NSISC
Stephanie Robinson	17:36.32	B	Notre Dame Invitational
Molly Polette	17:45.81	B	Notre Dame Invitational
Aimee Gregor	17:55.24	B	Notre Dame Invitational
Kathleen Moyer	18:08.08		NSISC

100 Butterfly (NCAA A-cut: 57.49, School Record- 56.49)

Laura Harp	57.10		NCAA Championships
Christina Blose	57.76	B	NSISC
Brittany Anderson	57.78		NCAA Championships
Sarah Dance	58.67	B	NSISC
Katie Welsh	1:00.10		Notre Dame Invitational
Lija Kaleps-Clark	1:00.75		Bulldog Invitational
Catherine Sonnichsen	1:00.91		NSISC
Whitney Jensen	1:00.94		Notre Dame Invitational
Michaela Osborn	1:01.33		Bulldog Invitational
Megan Losee	1:01.66		NSISC
Lindsay Vaughan	1:02.07		UNI/USD
Gina Fettig	1:03.34		Western Illinois
Emily Chadwick	1:04.45		Bulldog Invitational
Karen Goolsby	1:05.81		Bulldog Invitational

200 Butterfly (NCAA A-cut: 2:08.09, School Record- 2:05.15)

Lindsay McReynolds	2:07.79	A	University of Iowa
Laura Harp	2:09.41	B	University of Kansas
Katie Welsh	2:12.48		NSISC
Whitney Wodstrchill	2:13.62		Notre Dame Invitational
Gina Fettig	2:15.99		NSISC
Lindsay Vaughan	2:16.13		NSISC
Meghan Vaughn	2:18.24		Notre Dame Invitational
Brittany Anderson	2:24.59		Bulldog Invitational

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100 Backstroke (NCAA A-cut: 58.79, School Record- 56.62)

Whitney Wodstrchill	57.37		NCAA Championships
Lija Kaleps-Clark	58.22	A	Notre Dame Invitational
Emily Greenwood	58.40		NCAA Championships
Sarah Dance	59.19	B	NSISC
Katie Welsh	59.37		NCAA Championships
Emily Chadwick	59.54	B	Notre Dame Invitational
Laura Harp	1:01.45		Bulldog Invitational
Christina Blose	1:02.09		Notre Dame Invitational
Katie Funk	1:05.13		UNI/USD
Angela Jones	1:05.28		Bulldog Invitational
Molly Polette	1:05.34		UNI/USD

200 Backstroke (NCAA A-cut: 2:06.89, School Record- 2:00.49)

Whitney Wodstrchill	2:01.78		NCAA Championships
Lija Kaleps-Clark	2:02.17		NCAA Championships
Emily Greenwood	2:05.07		NCAA Championships
Emily Chadwick	2:09.39	B	NSISC
Sarah Dance	2:13.44		Bulldog Invitational
Katie Welsh	2:15.12		Bulldog Invitational

100 Breaststroke (NCAA A-cut: 1:05.99, School Record- 1:02.69)

Michaela Osborn	1:03.09		NCAA Championships
Brigit Brunzman	1:05.90	A	NSISC
Brittany Anderson	1:06.76		NCAA Championships
Lindsay Vaughn	1:07.71	B	Notre Dame Invitational
Karen Goolsby	1:09.20		Notre Dame Invitational
Laura Harp	1:09.87		UNI/USD
Megan Losee	1:09.98		Notre Dame Invitational
Sarah Dance	1:11.96		UNI/USD
Lauren Hohnstein	1:12.33		Washington Dual
Cassie Roudebush	1:18.00		Bulldog Invitational

200 Breaststroke (NCAA A-cut: 2:23.49, School Record- 2:16.69)

Michaela Osborn	2:16.74		NCAA Championships
Lindsay Vaughan	2:21.67	A	Notre Dame Invitational
Brittany Anderson	2:21.96		NCAA Championships
Brigit Brunzman	2:23.95	B	NSISC
Lija Kaleps-Clark	2:26.44	B	Bulldog Invitational
Karen Goolsby	2:33.04		Drury Dual
Megan Losee	2:33.37		Drury Dual
Lindsay McReynolds	2:35.70		Bulldog Invitational
Lauren Hohnstein	2:37.75		Drury Dual

200 Individual Medley (NCAA A-cut: 2:08.59, School Record- 2:02.98)

Sarah Dance	2:05.15		NCAA Championships
Michaela Osborn	2:06.60		NCAA Championships
Lija Kaleps-Clark	2:06.84	A	University of Iowa
Laura Harp	2:09.57		NCAA Championships
Whitney Wodstrchill	2:10.30	B	Notre Dame Invitational
Brittany Anderson	2:10.62	B	Notre Dame Invitational
Molly Polette	2:14.14		Bulldog Invitational
Gina Fettig	2:14.99		NSISC
Lindsay Vaughn	2:15.35		Bulldog Invitational
Lauren Hohnstein	2:15.82		Notre Dame Invitational
Katie Welsh	2:15.93		Notre Dame Invitational
Brigit Brunzman	2:16.00		NSISC
Emily Chadwick	2:16.66		NSISC
Megan Losee	2:16.94		NSISC
Karen Goolsby	2:21.35		NSISC

400 Individual Medley (NCAA A-cut: 4:34.29, School Record- 4:20.67)

Sarah Dance	4:27.48		NCAA Championships
Lija Kalep-Clark	4:27.71	A, P	Washington Dual
Whitney Wodstrchill	4:32.02		NCAA Championships
Molly Polette	4:33.21	A	NSISC
Katie Welsh	4:33.57	A	NSISC
Diana Betsworth	4:36.18	B	Bulldog Invitational
Lindsay Vaughn	4:38.27	B	Notre Dame Invitational
Katie Funk	4:39.10		NCAA Championships
Lindsay McReynolds	4:40.75	B	Bulldog Invitational
Aimee Gregor	4:44.68		UNI/USD
Gina Fettig	4:50.25		NSISC
Kristin Halet	4:54.10		Bulldog Invitational
Meghan Vaughn	4:54.78		NSISC
Lauren Hohnstein	4:57.33		Bulldog Invitational
Karen Goolsby	5:08.72		Western Illinois

200 Freestyle Relay (NCAA A-cut: 1:37.09, School Record- 1:33.82)

Truman	1:34.25		NCAA Championships
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400 Freestyle Relay (NCAA A-cut: 3:33.09, School Record- 3:22.82)

Truman	3:24.44		NCAA Championships
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800 Freestyle Relay (NCAA A-cut: 7:43.69, School Record- 7:23.60)

Truman	7:24.73		NCAA Championships
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200 Medley Relay (NCAA A-cut: 1:48.29, School Record- 1:43.73)

Truman	1:45.02		NCAA Championships
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400 Medley Relay (NCAA A-cut: 3:56.79, School Record- 3:47.50)

Truman	3:48.76		NCAA Championships
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