

MONMOUTH COLLEGE

WOMEN'S SWIMMING RECORD BOOK

TEAM HISTORY

Monmouth first sponsored men's swimming as an intercollegiate sport in the winter of the 1927-28 academic year. The initial Midwest Collegiate Athletic Conference men's swimming championship meet was held in 1936, and women's swimming was added to the conference program in 1979. Monmouth fielded a men's team from 1927 to the late 1970s and officially dropped the sport after the 1981-82 season. Prior to 2004, Monmouth had never fielded a women's team, but women were allowed to compete on the men's team. Swimming became an official women's sport in 2004-05.

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[revised February, 2009]

WOMEN'S SWIMMING & DIVING COACHES

| NAME | YEAR |
|--------------------|---------|
| Keith Crawford | 2004-08 |
| Dave Yez (interim) | 2008-09 |

MIDWEST CONFERENCE WOMEN'S CHAMPIONSHIP MEET RESULTS

| YEAR | DUAL RECORD | CONF PLACE – PTS. | COACH |
|---------|-------------|-----------------------|----------------|
| 2004-05 | 4-8 | 8 th - 122 | Keith Crawford |
| 2005-06 | 3-8 | 8 th – 244 | Keith Crawford |
| 2006-07 | 1-5 | 4 th – 410 | Keith Crawford |
| 2007-08 | 2-5 | 5 th – 370 | Keith Crawford |
| 2008-09 | 8-1 | 5 th – 508 | Dave Yez |

MIDWEST CONFERENCE WOMEN'S SWIMMING TEAM CHAMPIONS

| | | | | | |
|------|-------------|------|-------------|------|----------|
| 1979 | Grinnell | 1989 | Lake Forest | 2000 | Grinnell |
| 1980 | Grinnell | 1990 | Lake Forest | 2001 | Grinnell |
| 1981 | Grinnell | 1991 | Lake Forest | 2002 | Grinnell |
| 1982 | Grinnell | 1992 | Grinnell | 2003 | Grinnell |
| 1983 | Grinnell | 1993 | Grinnell | 2004 | Grinnell |
| 1984 | Lake Forest | 1994 | Grinnell | 2005 | Grinnell |
| 1985 | Coe | 1995 | Lake Forest | 2006 | Grinnell |
| 1986 | Coe | 1996 | Lake Forest | 2007 | Grinnell |
| 1987 | Lake Forest | 1997 | Lake Forest | 2008 | Grinnell |
| 1988 | Grinnell | 1998 | Lake Forest | 2008 | Grinnell |
| | | 1999 | Grinnell | | |

MIDWEST CONFERENCE CHAMPIONSHIPS

CONFERENCE CHAMPIONS BY YEAR

Monmouth individual event champions are listed chronologically by year and number of titles won in each year. Event, athlete name, winning performance and meet site are also listed. Relays are counted as one championship title. Midwest Conference championship meet records are denoted by asterisk (*).

| Year | Event | Athlete | Performance | Host |
|-------------|------------------|----------------|--------------------|-------------|
| 2008 (2) | 400 IM | Anne Lane | 4:48.61 | Lawrence |
| | 200 Butterfly | Anne Lane | 2:14.90 | Lawrence |
| 2009 (1) | 200 Breaststroke | Krysta Sparks | 2:28.32 | Grinnell |

CONFERENCE CHAMPIONS BY EVENT

Monmouth individual event champions are listed by event and number of titles won in each event. Year, athlete name and winning performance are also listed. Midwest Conference championship meet records are denoted by asterisk (*).

50 Freestyle

year name time

100 Freestyle

year name time

200 Freestyle

year name time

500 Freestyle

year name time

1000 Freestyle

year name time

1650 Freestyle

year name time

100 Butterfly

year name time

200 Butterfly

2008 Anne Lane/2:14.90

100 Backstroke

year name time

200 Backstroke

year name time

100 Breaststroke

year name time

200 Breaststroke

2009 Krysta Sparks/2:28.32

200 Individual Medley

year name time

400 Individual Medley

2008 Anne Lane/4:48.61

200 Freestyle Relay

year name time

400 Freestyle Relay

year name time

800 Freestyle Relay

year name time

200 Medley Relay

year name time

400 Medley Relay

year name time

INDIVIDUAL/TEAM MEET RECORDS

Individual Records

MOST INDIVIDUAL CONFERENCE TITLES - SINGLE SEASON

2 – Anne Lane, 2008 (400 IM, 200 Butterfly)

MOST INDIVIDUAL CONFERENCE TITLES - CAREER

2 – Anne Lane, (2008 – 400 IM, 200 Butterfly)

MOST INDIVIDUAL CONFERENCE TITLES - SAME EVENT

1 – Krysta Sparks (200 Breaststroke – 2009)

1 – Anne Lane (400 IM – 2008)

1 – Anne Lane (200 Butterfly – 2008)

Team Records

HIGHEST CONFERENCE MEET PLACE

4th - 2007

HIGHEST CONFERENCE MEET POINT TOTAL

508 – 2009, Grinnell

410 – 2007, Grinnell

MOST INDIVIDUAL/RELAY EVENT TITLES - SINGLE SEASON

2 – 2008 (at Lawrence)

**NCAA DIVISION III NATIONAL CHAMPIONSHIPS
TEAM RESULTS**

| Year | Place | Points | Host |
|-------------|--------------|---------------|-------------|
|-------------|--------------|---------------|-------------|

NCAA DIVISION III NATIONAL CHAMPIONSHIPS

NATIONAL QUALIFIERS BY YEAR

Monmouth individual national qualifiers are listed chronologically by year and number of qualifiers. Provisional qualifiers not competing at NCAA Meet are denoted by an asterisk (*).

| Year | Athlete | Event |
|-------------|----------------|--------------|
|-------------|----------------|--------------|

NATIONAL QUALIFIERS BY EVENT

| 50 Freestyle | year | name |
|---------------------|-------------|-------------|
|---------------------|-------------|-------------|

100 Freestyle

year name

200 Freestyle

year name

500 Freestyle

year name

1000 Freestyle

year name

1650 Freestyle

year name

100 Butterfly

year name

200 Butterfly

year name

100 Backstroke

year name

200 Backstroke

year name

100 Breaststroke

year name

200 Breaststroke

year name

200 Individual Medley

year name

400 Individual Medley

year name

200 Freestyle Relay

year name

400 Freestyle Relay

year name

800 Freestyle Relay

year name

200 Medley Relay

year name

400 Medley Relay

year name

NCAA ALL-AMERICANS

| Year | Athlete | Event | Place |
|-------------|----------------|--------------|--------------|
|-------------|----------------|--------------|--------------|

INDIVIDUAL/TEAM MEET RECORDS

National Qualifier Records

MOST INDIVIDUAL NATIONAL QUALIFICATIONS - SINGLE SEASON

No. name, year (events)

MOST INDIVIDUAL NATIONAL QUALIFICATIONS - CAREER

No. name, year (events)

MOST INDIVIDUAL NATIONAL QUALIFICATIONS - SAME EVENT

No. – name, event (years)

MOST TEAM NATIONAL QUALIFIERS - SINGLE SEASON

No. – year, host

MOST TEAM NATIONAL QUALIFIERS IN SAME EVENT - SINGLE SEASON

no. – event, year (names)

All-American Records

HIGHEST INDIVIDUAL NATIONAL MEET PLACE

Place – name, year (event)

MOST INDIVIDUAL ALL-AMERICAN AWARDS - SINGLE SEASON

no. – name, year (events)

MOST INDIVIDUAL ALL-AMERICAN AWARDS - CAREER

no. – name, year (events)

MOST INDIVIDUAL ALL-AMERICAN AWARDS - SAME EVENT

no. – name, year (events)

MOST TEAM ALL-AMERICAN AWARDS - SINGLE SEASON

No. – year, host (events)

Team Records

HIGHEST TEAM NATIONAL MEET PLACE

place – year, host (points)

HIGHEST TEAM NATIONAL MEET POINT TOTAL

points – year, host (place)

ALL-TIME TOP TEN PERFORMANCES and ALL-TIME TOP TEN INDIVIDUALS (By Event)

The following lists include the top ten all-time Monmouth performances and top ten Monmouth individuals in each event. The performance lists include all regular-season and post-season competition and may include the same athlete more than once. Only an athlete's best career performance may be ranked on the top ten individual list. The performance list shows the year and site of the performance; the individual list shows only the season in which the performance was recorded.

| | |
|---|---|
| <p>50 FREESTYLE</p> <p>Performance:</p> <ol style="list-style-type: none"> 1) 25.83 Rachel Holm, 2009 (Conf-Grinnell) 2) 26.32 Sarah Christensen, 2006 (Conf-Lawrence) 3) 26.33 Anne Lane, 2007 (Monmouth) 4) 26.41 Sarah Christensen, 2006 (Conf-Lawrence) 5) 26.42 Sarah Christensen, 2006 (Conf-Lawrence) 6) 26.50 Rachel Holm, 2008 (Monmouth) 7) 26:57 Jenny Lewis, 2006 26.57 Colleen Zumpf, 2009 (Conf-Grinnell) 8) 26.58 Sarah Christensen, 2007 (Conf-Grinnell) 9) 26.68 Sarah Christensen, 2007 (Monmouth) 10) 26.72 Sarah Christensen, 2005 (DePauw) | <p>Individual:</p> <ol style="list-style-type: none"> 1) 25.83 Rachel Holm, 2009 (Conf-Grinnell) 2) 26.32 Sarah Christensen, 2006 (Conf-Lawrence) 3) 26.33 Anne Lane, 2007 (Monmouth) 4) 26:57 Jenny Lewis, 2006 26.57 Colleen Zumpf, 2009 (Conf-Grinnell) 6) 26.80 Stephanie Chun, 2005 (DePauw) 7) 26.81 Shana Smith, 2005 (Monmouth) 8) 26.89 Jamie Schingoethe, 2009 (Conf-Grinnell) 9) 26.93 Lynn Lanier, 2005 (Monmouth) 10) 27.00 Laura Miller, 2007 (Conf-Grinnell) |
| <p>100 FREESTYLE</p> <p>Performance:</p> <ol style="list-style-type: none"> 1) 56.71 Lynn Lanier, 2005 (Conf – Grinnell) 2) 56.93 Lynn Lanier, 2005 (Conf – Grinnell) 3) 57.32 Anne Lane, 2007 (Grinnell) 4) 57.35 Jenny Lewis, 2005 (IWU) 5) 57.36 Rachel Holm, 2008 (DePauw) 6) 57.45 Anne Lane, 2007 (Grinnell) 7) 57.95 Lynn Lanier, 2005 (Monmouth) 8) 58.09 Jenny Lewis, 2005 (DePauw) 9) 58.25 Anne Lane, 2008 (Lindenwood) 10) 58.43 Jamie Schingoethe, 2009 (Conf-Grinnell) | <p>Individual:</p> <ol style="list-style-type: none"> 1) 56.71 Lynn Lanier, 2005 (Conf – Grinnell) 2) 57.32 Anne Lane, 2007 (Grinnell) 3) 57.35 Jenny Lewis, 2005 (IWU) 4) 57.36 Rachel Holm, 2008 (DePauw) 5) 58.43 Jamie Schingoethe, 2009 (Conf-Grinnell) 6) 58.64 Sarah Christensen, 2007 (Grinnell) 7) 58.85 Colleen Zumpf, 2008 (DePauw) 8) 59.10 Rachel Buckham, 2009 (Lincoln) 9) 59.15 Kendra Kuehl, 2009 (Monmouth) 10) 59.55 Stephanie Chun, 2005 (Lawrence) |
| <p>200 FREESTYLE</p> <p>Performance:</p> <ol style="list-style-type: none"> 1) 2:02.27 Anne Lane, 2007 (Monmouth) 2) 2:03.38 Anne Lane, 2007 (Monmouth) 3) 2:03.98 Jenny Lewis, 2005 (DePauw) 4) 2:04.27 Anne Lane, 2008 (Augustana) 5) 2:04.48 Anne Lane, 2007 (Monmouth) 6) 2:04.99 Anne Lane, 2007 (Monmouth) 7) 2:05.17 Jenny Lewis, 2005 (IWU) | <p>Individual:</p> <ol style="list-style-type: none"> 1) 2:02.27 Anne Lane, 2007 (Monmouth) 2) 2:03.98 Jenny Lewis, 2005 (DePauw) 3) 2:06.04 Jamie Schingoethe, 2009 (Conf-Grinnell) 4) 2:06.23 Lynn Lanier, 2005 (Rose-Hulman) 5) 2:07.45 Rachel Buckham, 2009 (Lincoln) 6) 2:07.76 Heather Plum, 2007 (Conf- |

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|---|--|
| 8) 2:05.42 Anne Lane, 2007 (DePauw) | Grinnell) |
| 9) 2:05.54 Anne Lane, 2007 (Monmouth) | 7) 2:08.21 Rachel Holm, 2008 (Monmouth) |
| 10) 2:05.89 Jenny Lewis, 2005 (Monmouth) | 8) 2:11.12 Shana Smith, 2005 (Conf - Grinnell) |
| | 9) 2:11.89 Megan Wentzlaff, 2006 (Monmouth) |
| | 10) 2:13.07 Lauren Nelson, 2009 (Conf-Grinnell) |
| 500 FREESTYLE | |
| Performance: | Individual: |
| 1) 5:27.59 Anne Lane, 2007 (Conf-Grinnell) | 1) 5:27.59 Anne Lane, 2007 (Conf-Grinnell) |
| 2) 5:28.12 Anne Lane, 2007 (Grinnell) | 2) 5:33.30 Rachel Buckham, 2009 (Conf-Grinnell) |
| 3) 5:29.02 Anne Lane, 2007 (Conf-Grinnell) | 3) 5:33.85 Heather Plum, 2007 (DePauw) |
| 4) 5:31.28 Anne Lane, 2007 (Grinnell) | 4) 5:33.96 Lynn Lanier, 2005 (Conf - Grinnell) |
| 5) 5:33.30 Rachel Buckham, 2009 (Conf-Grinnell) | 5) 5:43.06 Megan Wentzlaff, 2005 (Conf - Grinnell) |
| 6) 5:33.85 Heather Plum, 2007 (DePauw) | 6) 5:46.11 Kendra Kuehl, 2009 (Lincoln) |
| 7) 5:33.96 Lynn Lanier, 2005 (Conf - Grinnell) | 7) 5:47.20 Becca Busse, 2006 (Conf-Lawrence) |
| 8) 5:34.05 Lynn Lanier, 2005 (Conf - Grinnell) | 8) 5:47.43 Jenny Lewis, 2006 (Ft. Lauderdale) |
| 9) 5:34.49 Anne Lane, 2007 (IWU) | 9) 5:56.07 Meaghan Gritzenbach, 2008 (Conf-Lawrence) |
| 10) 5:36.94 Lynn Lanier, 2004 (DePauw) | 10) 5:57.69 Lauren Nelson, 2007 (DePauw) |
| 1000 FREESTYLE | |
| Performance: | Individual: |
| 1) 11:32.51 Annie Lane, 2007 (Grinnell) | 1) 11:32.51 Annie Lane, 2007 (Grinnell) |
| 2) 11:38.37 Megan Wentzlaff, 2005 (Conf - Grinnell) | 2) 11:38.37 Megan Wentzlaff, 2005 (Conf-Grinnell) |
| 3) 11:42.09 Heather Plum, 2007 (DePauw) | 3) 11:42.09 Heather Plum, 2007 (DePauw) |
| 4) 11:42.57 Heather Plum, 2007 (Conf-Grinnell) | 4) 11:48.86 Rachel Buckham, 2009 (Monmouth) |
| 5) 11:44.54 Heather Plum, 2007 (Monmouth) | 5) 12:00.97 Stephanie Chun, 2004 (Univ. of Chicago) |
| 6) 11:45.18 Heather Plum, 2007 (Monmouth) | 6) 12:04.13 Becca Busse, 2006 (Monmouth) |
| 7) 11:48.86 Rachel Buckham, 2009 (Monmouth) | 7) 12:21.50 Lauren Nelson, 2009 (Monmouth) |
| 8) 11:50.69 Heather Plum, 2008 (Principia) | 8) 12:25.17 Cassandra Quast, 2005 (Monmouth) |
| 9) 11:53.12 Megan Wentzlaff, 2005 (Monmouth) | 9) 12:27.13 Meaghan Gritzenbach, 2008 (Chicago) |
| 10) 11:53.74 Heather Plum, 2006 (Carroll) | 10) 12:52.49 Jessica Demink, 2005 (Monmouth) |
| 1650 FREESTYLE | |
| Performance: | Individual: |
| 1) 19:07.19 Anne Lane, 2007 (Grinnell) | 1) 19:07.19 Anne Lane, 2007 (Grinnell) |
| 2) 19:22.03 Megan Wentzlaff, 2005 (Conf - Grinnell) | 2) 19:22.03 Megan Wentzlaff, 2005 (Conf - Grinnell) |
| 3) 19:23.59 Heather Plum, 2007 (DePauw) | 3) 19:23.59 Heather Plum, 2007 (DePauw) |
| 4) 19:29.84 Heather Plum, 2007 (Conf-Grinnell) | 4) 20:31.86 Becca Busse, 2006 (Conf-Lawrence) |
| 5) 19:35.35 Heather Plum, 2006 (DePauw) | 5) 20:33.98 Meaghan Gritzenbach, 2008 (Chicago) |
| 6) 19:47.49 Megan Wentzlaff, 2007 (Conf-Grinnell) | 6) 20:36.96 Rachel Buckham, 2008 (DePauw) |
| 7) 19:49.67 Heather Plum, 2007 (Monmouth) | |

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| 8) 19:51.05 Heather Plum, 2008 (Conf-Lawrence) | 7) 20:52.30 Cassandra Quast, 2005 (Conf - Grinnell) |
| 9) 19:55.33 Heather Plum, 2006 (Monmouth) | 8) 21:08.30 Lauren Nelson, 2008 (Monmouth) |
| 10) 20:01.28 Megan Wentzlaff, 2004 (DePauw) | 9) 21:37.1 Jessica DeMink, 2005 (Conf-Grinnell) |
| 100 BUTTERFLY Performance: 1) 1:01.19 Rachel Holm, 2009 (Conf-Grinnell) 2) 1:01.65 Anne Lane, 2007 (Conf-Grinnell) 3) 1:01.66 Anne Lane, 2006 (DePauw) 4) 1:01.87 Anne Lane, 2007 (Conf-Grinnell) 5) 1:01.98 Anne Lane, 2007 (DePauw) 6) 1:02.16 Anne Lane, 2006 (DePauw) 7) 1:02.35 Anne Lane, 2007 (DePauw) 8) 1:02.47 Anne Lane, 2006 (Millikin) 9) 1:02.59 Anne Lane, 2006 (Monmouth) 10) 1:03.03 Rachel Holm, 2009 (Monmouth) | Individual: 1) 1:01.19 Rachel Holm, 2009 (Conf-Grinnell) 2) 1:01.65 Anne Lane, 2007 (Conf-Grinnell) 3) 1:04.69 Stephanie Chun, 2005 (DePauw) 4) 1:05.49 Sarah Sauer, 2005 (DePauw) 5) 1:06.11 Krysta Sparks, 2008 (Monmouth) 6) 1:06.90 Megan Wentzlaff, 2005 (Conf-Grinnell) 7) 1:09.73 Jamie Schingoethe, 2008 (Monmouth) 8) 1:12.09 Angela Lullo, 2004 (DePauw) 9) 1:12.54 Jenny Lewis, 2005 (Lawrence) 10) 1:12.65 Meaghan Gritzenbach, 2007 (Conf-Grinnell) |
| 200 BUTTERFLY Performance: 1) 2:14.90 Anne Lane, 2008 (Conf-Lawrence) 2) 2:14.94 Rachel Holm, 2009 (Conf-Grinnell) 3) 2:17.20 Anne Lane, 2006 (DePauw) 4) 2:17.23 Anne Lane, 2008 (Chicago) 5) 2:17.56 Anne Lane, 2006 (DePauw) 6) 2:17.69 Anne Lane, 2007 (DePauw) 7) 2:18.46 Anne Lane, 2007 (Conf-Grinnell) 8) 2:18.52 Anne Lane, 2008 (Conf-Lawrence) 9) 2:19.02 Rachel Holm, 2009 (Monmouth) 10) 2:19.10 Anne Lane, 2006 (Monmouth) | Individual: 1) 2:14.90 Anne Lane, 2008 (Conf-Lawrence) 2) 2:14.94 Rachel Holm, 2009 (Conf-Grinnell) 3) 2:31.67 Stephanie Chun, 2004 (Univ. of Chicago) 4) 2:32.87 Megan Wentzlaff, 2004 (DePauw) 5) 2:44.87 Meaghan Gritzenbach, 2007 (Monmouth) 6) 2:45.68 Sally Thomas, 2008 (Coe) |
| 50 BACKSTROKE Performance: 1) 30.72 Jenny Lewis, 2005 (DePauw) 2) 30.78 Anne Lane, 2006 (Monmouth) 3) 30.83 Anne Lane, 2006 (Millikin) 4) 30.86 Laura Miller, 2007 (Conf-Grinnell) 5) 30.89 Jenny Lewis, 2005 (Lawrence) 6) 30.92 Jenny Lewis, 2005 (Monmouth) 7) 30.93 Anne Lane, 2007 (Monmouth) 8) 31.17 Shana Smith, 2005 (Monmouth) 9) 31.27 Anne Lane, 2006 (Illinois Wes.) 10) 31.41 Anne Lane, 2007 (Monmouth) | Individual: 1) 30.72 Jenny Lewis, 2005 (DePauw) 2) 30.78 Anne Lane, 2006 (Monmouth) 3) 30.86 Laura Miller, 2007 (Conf-Grinnell) 4) 31.17 Shana Smith, 2005 (Monmouth) 5) 32.61 Lynn Lanier, 2004 (Illinois Wes.) 6) 33.26 Jessica Houser, 2007 (Monmouth) 7) 33.89 Erin Jole, 2006 (Conf-Lawrence) 8) 34.12 Jessica DeMink, 2004 (DePauw) 9) 35.50 Becca Busse, 2005 (Illinois Wes.) 10) 35.77 Lauren Nelson, 2008 (Chicago) |
| 100 BACKSTROKE Performance: 1) 1:03.01 Jenny Lewis, 2005 (DePauw) 2) 1:03.95 Jenny Lewis, 2005 (DePauw) 3) 1:04.12 Rachel Buckham, 2009 (Conf-Grinnell) 4) 1:04.33 Jenny Lewis, 2005 (Monmouth) | Individual: 1) 1:03.01 Jenny Lewis, 2005 (DePauw) 2) 1:04.12 Rachel Buckham, 2009 (Conf-Grinnell) 3) 1:05.13 Anne Lane, 2006 (Millikin) 4) 1:06.28 Shana Smith, 2005 (Conf - |

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| 5) 1:04.80 Jenny Lewis, 2005 (IWU) 6) 1:04.89 Jenny Lewis, 2005 (Lawrence, DePauw) 7) 1:05.13 Anne Lane, 2006 (Millikin) 8) 1:05.38 Rachel Buckham, 2008 (DePauw) 9) 1:05.44 Rachel Buckham, 2008 (DePauw) 10) 1:05.73 Jenny Lewis, 2005 (Monmouth) | Grinnell) 5) 1:06.40 Kendra Kuehl, 2009 (Conf-Grinnell) 6) 1:07.93 Laura Miller, 2007 (Conf-Grinnell) 7) 1:09.14 Lynn Lanier, 2005 (Monmouth) 8) 1:10.49 Jessica Lindley, 2009 (Conf-Grinnell) 9) 1:11.01 Megan Wentzlaff, 2004 (IWU) 10) 1:11.50 Jessica Houser, 2008 (Conf-Lawrence) |
| 200 BACKSTROKE Performance: 1) 2:16.97 Rachel Buckham, 2009 (Conf-Grinnell) 2) 2:17.16 Jenny Lewis, 2005 (DePauw) 3) 2:17.32 Jenny Lewis, 2005 (DePauw) 4) 2:19.29 Jenny Lewis, 2005 (Lawrence) 5) 2:19.83 Rachel Buckham, 2009 (Monmouth) 6) 2:21.34 Anne Lane, 2007 (Monmouth) 7) 2:21.40 Shana Smith, 2005 (Conf-Grinnell) 8) 2:21.73 Jenny Lewis, 2005 (Monmouth) 9) 2:21.93 Kendra Kuehl, 2009 (Conf-Grinnell) 10) 2:22.95 Shana Smith, 2005 (Conf-Grinnell) | Individual: 1) 2:16.97 Rachel Buckham, 2009 (Conf-Grinnell) 2) 2:17.16 Jenny Lewis, 2005 (DePauw) 3) 2:21.34 Anne Lane, 2007 (Monmouth) 4) 2:21.40 Shana Smith, 2005 (Conf-Grinnell) 5) 2:21.93 Kendra Kuehl, 2009 (Conf-Grinnell) 6) 2:33.90 Lauren Nelson, 2008 (Lindenwood) 7) 2:34.95 Erin Jole, 2006 (Conf-Lawrence) 8) 2:42.39 Angie Lullo, 2004 (Univ. of Chicago) 9) 2:43.18 Sally Thomas, 2007 (DePauw) 10) 2:43.76 Jessica Houser, 2008 (Coe) |
| 100 BREASTSTROKE Performance: 1) 1:08.37 Krysta Sparks, 2009 (Conf-Grinnell) 2) 1:09.89 Krysta Sparks, 2008 (DePauw) 3) 1:10.03 Krysta Sparks, 2009 (Monmouth) 4) 1:10.56 Krysta Sparks, 2008 (DePauw) 5) 1:10.94 Krysta Sparks, 2008 (Monmouth) 6) 1:11.18 Krysta Sparks, 2008 (Millikin) 7) 1:11.46 Krysta Sparks, 2009 (Monmouth) 8) 1:11.51 Sarah Christensen, 2007 (Conf-Grinnell) 9) 1:11.73 Krysta Sparks, 2009 (Lincoln) 10) 1:12.06 Sarah Christensen, 2006 (Conf-Lawrence) | Individual: 1) 1:08.37 Krysta Sparks, 2009 (Conf-Grinnell) 2) 1:11.51 Sarah Christensen, 2007 (Conf-Grinnell) 3) 1:11.09 Colleen Zumpf, 2009 (Conf-Grinnell) 4) 1:14.85 Jamie Schingoethe, 2008 (Monmouth) 5) 1:15.64 Lynn Lanier, 2005 (Monmouth) 6) 1:17.50 Megan Wentzlaff, 2007 (Monmouth) 7) 1:17.84 Stephanie Chun, 2004 (Grinnell) 8) 1:18.06 Jessica DeMink, 2007 (Conf-Grinnell) 9) 1:19.44 Erin Jole, 2005 (Conf-Grinnell) 10) 1:20.86 Anne Lane, 2008 (Augustana) |
| 200 BREASTSTROKE Performance: 1) 2:28.32 Krysta Sparks, 2009 (Conf-Grinnell) 2) 2:32.45 Krysta Sparks, 2008 (DePauw) 3) 2:32.67 Krysta Sparks, 2009 (Monmouth) 4) 2:34.19 Krysta Sparks, 2008 (Monmouth) 5) 2:34.71 Krysta Sparks, 2008 (DePauw) 6) 2:38.27 Krysta Sparks, 2009 (Rose-Hulman) 7) 2:39.21 Colleen Zumpf, 2009 (Conf- | Individual: 1) 2:28.32 Krysta Sparks, 2009 (Conf-Grinnell) 2) 2:39.21 Colleen Zumpf, 2009 (Conf-Grinnell) 3) 2:43.04 Sarah Christensen, 2007 (Conf-Grinnell) 4) 2:43.21 Stephanie Chun, 2004 (Univ. of Chicago) |

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| <p style="text-align: center;">Grinnell)</p> 8) 2:40.63 Colleen Zumpf, 2008 (DePauw) 9) 2:41.00 Krysta Sparks, 2009 (Monmouth) 10) 2:42.33 Colleen Zumpf, 2008 (DePauw) | 5) 2:45.37 Lynn Lanier, 2005 (Monmouth) 6) 2:45.86 Megan Wentzlaff, 2005 (Monmouth) 7) 2:48.80 Jessica DeMink, 2007 (Conf-Grinnell) 8) 2:54.07 Erin Jole, 2005 (Conf-Grinnell) 9) 3:08.23 Maggie Julcher, 2007 (Monmouth) 10) 3:11.49 Ashley Freeman, 2004 (Grinnell) |
| <p>100 INDIVIDUAL MEDLEY</p> <p>Performance:</p> 1) 1:10.65 Megan Wentzlaff, 2005 (Monmouth) 2) 1:14.30 Erin Jole, 2005 (Monmouth) 3) 1:26.10 Inna Lonchyna, 2005 (Monmouth) | <p>Individual:</p> 1) 1:10.65 Megan Wentzlaff, 2005 (Monmouth) 2) 1:14.30 Erin Jole, 2005 (Monmouth) 3) 1:26.10 Inna Lonchyna, 2005 (Monmouth) |
| <p>200 INDIVIDUAL MEDLEY</p> <p>Performance:</p> 1) 2:16.35 Krysta Sparks, 2009 (Conf-Grinnell) 2) 2:17.36 Anne Lane, 2008 (Conf-Lawrence) 3) 2:17.75 Krysta Sparks, 2008 (DePauw) 4) 2:17.90 Krysta Sparks, 2008 (DePauw) 5) 2:18.35 Krysta Sparks, 2009 (Lincoln) 6) 2:18.40 Anne Lane, 2007 (DePauw) 7) 2:18.76 Anne Lane, 2008 (Conf-Lawrence) 8) 2:19.15 Anne Lane, 2007 (DePauw) 9) 2:19.49 Anne Lane, 2006 (Monmouth) 10) 2:19.93 Anne Lane, 2006 (Illinois Wesleyan) | <p>Individual:</p> 1) 2:16.35 Krysta Sparks, 2009 (Conf-Grinnell) 2) 2:17.36 Anne Lane, 2008 (Conf-Lawrence) 3) 2:20.39 Megan Wentzlaff, 2005 (Conf - Grinnell) 4) 2:22.71 Jenny Lewis, 2005 (Monmouth) 5) 2:22.87 Kendra Kuehl, 2009 (Conf-Grinnell) 6) 2:26.35 Rachel Holm, 2008 (Monmouth) 7) 2:32.66 Stephanie Chun, 2005 (Augustana) 8) 2:32.85 Jessica DeMink, 2007 (Conf-Grinnell) 9) 2:33.68 Shana Smith, 2004 (Grinnell) 10) 2:37.70 Erin Jole, 2006 (Conf-Lawrence) |
| <p>400 INDIVIDUAL MEDLEY</p> <p>Performance:</p> 1) 4:48.61 Anne Lane, 2008 (Conf-Lawrence) 2) 4:52.32 Anne Lane, 2006 (DePauw) 3) 4:52.78 Anne Lane, 2006 (Carroll) 4) 4:53.04 Anne Lane, 2008 (Chicago) 5) 4:54.28 Anne Lane, 2008 (Conf-Lawrence) 6) 4:55.96 Anne Lane, 2006 (DePauw) 7) 4:56.20 Anne Lane, 2007 (Grinnell) 8) 4:56.55 Anne Lane, 2007 (Monmouth) 9) 4:58.32 Anne Lane, 2007 (Grinnell) 10) 4:59.88 Megan Wentzlaff, 2005 (Conf - Grinnell) | <p>Individual:</p> 1) 4:48.61 Anne Lane, 2008 (Conf-Lawrence) 2) 4:59.88 Megan Wentzlaff, 2005 (Conf - Grinnell) 3) 5:04.29 Krysta Sparks, 2008 (Monmouth) 4) 5:10.53 Jenny Lewis, 2005 (Lawrence) 5) 5:18.23 Kendra Kuehl, 2009 (Monmouth) |

ALL-TIME TOP TEN RELAY PERFORMANCES

200 Freestyle Relay

- 1) **1:44.77 Rachel Holm, Jamie Schingoethe, Rachel Buckham, Colleen Zumpf (2009 – Conf-Grinnell)**
- 2) 1:45.39 Laura Miller, Sarah Christensen, Megan Wentzlaff, Anne Lane (2007 – Conf-Grinnell)
- 3) 1:46.76 Ashley Freeman, Megan Wentzlaff, Shana Smith, Lynn Lanier (2005 – Conf - Grinnell)
- 4) 1:46.97 Shana Smith, Megan Wentzlaff, Angie Lullo, Lynn Lanier (2005 – Conf - Grinnell)
- 5) 1:47.43 Jenny Lewis, Sarah Sauer, Stephanie Chun, Sarah Christensen (2005 – Lawrence)
- 6) 1:47.56 Jenny Lewis, Sarah Sauer, Stephanie Chun, Sarah Christensen (2005 – DePauw)
- 7) 1:48.37 Jessica Lindley, Kendra Kuehl, Colleen Zumpf, Rachel Buckham (2009 – Conf-Grinnell)
- 8) 1:48.82 Rachel Buckham, Rachel Holm, Lauren Nelson, Jamie Schingoethe (2009 – Monmouth)
- 9) 1:48.94 Rachel Holm, Colleen Zumpf, Lauren Nelson, Jamie Schingoethe (2008 – DePauw)
- 10) 1:49.64 Heather Plum, Sarah Christensen, Megan Wentzlaff, Anne Lane (2006 – DePauw)
- 1:49.64 Lauren Kelley, Megan Wentzlaff, Heather Plum, Anne Lane (2007 – DePauw)

400 Freestyle Relay

- 1) **3:51.82 Rachel Holm, Colleen Zumpf, Rachel Buckham, Kendra Kuehl (2009 – Conf-Grinnell)**
- 2) 3:55.35 Laura Miller, Sarah Christensen, Heather Plum, Anne Lane (2007 – Conf-Grinnell)
- 3) 3:55.54 Jenny Lewis, Sarah Sauer, Stephanie Chun, Sarah Christensen (2005 – DePauw)
- 4) 3:56.92 Rachel Holm, Rachel Buckham, Colleen Zumpf, Jamie Schingoethe (2008 – DePauw)
- 5) 3:57.53 Lynn Lanier, Megan Wentzlaff, Shana Smith, Ashley Freeman (2005 – Conf - Grinnell)
- 6) 3:58.58 Shana Smith, Megan Wentzlaff, Lynn Lanier, Ashley Freeman (2005 – Conf - Grinnell)
- 7) 3:59.40 Shana Smith, Megan Wentzlaff, Angie Lullo, Lynn Lanier (2004 – DePauw)
- 8) 4:00.88 Anne Lane, Sarah Christensen, Megan Wentzlaff, Heather Plum (2006 – DePauw)
- 9) 4:02.16 Rachel Holm, Kendra Kuehl, Colleen Zumpf, Krysta Sparks (2009 – Rose-Hulman)

- 10) 4:02.86 Jessica Lindley, Lauren Nelson, Jamie Schingoethe, Kendra Kuehl (2009 – Conf-Grinnell)

800 Freestyle Relay

- 1) **8:33.56 Kendra Kuehl, Rachel Buckham, Jamie Schingoethe, Krysta Sparks (2009 – Conf-Grinnell)**
- 2) 8:45.38 Anne Lane, Lauren Kelley, Megan Wentzlaff, Heather Plum (2007 – DePauw)
- 3) 8:46.16 Lauren Nelson, Megan Wentzlaff, Heather Plum, Anne Lane (2008 – Conf-Lawrence)
- 4) 8:50.36 Shana Smith, Megan Wentzlaff, Cassandra Quast, Lynn Lanier (2005 – Conf - Grinnell)
- 5) 8:51.94 Lauren Nelson, Jamie Schingoethe, Rachel Buckham, Colleen Zumpf (2008 – DePauw)
- 6) 8:53.83 Anne Lane, Heather Plum, Megan Wentzlaff, Sarah Christensen (2007 – Grinnell)
- 7) 9:00.77 Shana Smith, Megan Wentzlaff, Angie Lullo, Lynn Lanier (2004 – DePauw)
- 8) 9:09.78 Heather Plum, Megan Wentzlaff, Jessica DeMink, Meaghan Gritznebach (2007 – Conf-Grinnell)
- 9) 9:15.97 Anne Lane, Heather Plum, Megan Wentzlaff, Lauren Nelson (2008 – Chicago)
- 10) 9:35.85 Lauren Nelson, Meaghan Gritzenbach, Jessica DeMink, Danielle Schaller (2007 – DePauw)

200 Medley Relay

- 1) **1:55.25 Rachel Buckham, Krysta Sparks, Rachel Holm, Colleen Zumpf (2009 – Conf-Grinnell)**
- 2) 1:57.17 Laura Miller, Sarah Christensen, Anne Lane, Megan Wentzlaff (2007 – Conf-Grinnell)
- 3) 1:58.53 Jenny Lewis, Sarah Christensen, Sarah Sauer, Stephanie Chun (2005 – DePauw)
- 4) 1:58.80 Kendra Kuehl, Krysta Sparks, Rachel Holm, Colleen Zumpf (2008 – DePauw)
- 5) 1:59.05 Jenny Lewis, Sarah Christensen, Sarah Sauer, Stephanie Chun (2005 – Monmouth)
- 6) 1:59.57 Kendra Kuehl, Krysta Sparks, Rachel Holm, Jamie Schingoethe (2008 – Monmouth)
- 7) 2:00.50 Rachel Buckham, Colleen Zumpf, Krysta Sparks, Rachel Holm (2009 – Lincoln)
- 8) 2:00.72 Jenny Lewis, Sarah Christensen, Sarah Sauer, Stephanie Chun (2005 – Lawrence)
- 9) 2:00.98 Anne Lane, Sarah Christensen, Megan Wentzlaff, Heather Plum (2006 – Millikin)

10) 2:01.05 Lauren Nelson, Krysta Sparks, Rachel Holm, Jamie Schingoethe (2008 – Millikin)

400 Medley Relay

- 1) **4:13.06 Rachel Buckham, Krysta Sparks, Rachel Holm, Colleen Zumpf (2009 – Conf-Grinnell)**
- 2) 4:20.19 Laura Miller, Sarah Christensen, Anne Lane, Megan Wentzlaff (2007 – Conf-Grinnell)
- 3) 4:23.05 Rachel Buckham, Krysta Sparks, Rachel Holm, Jamie Schingoethe (2008 – DePauw)
- 4) 4:24.85 Jenny Lewis, Sarah Christensen, Sarah Sauer, Stephanie Chun (2005 – Monmouth)
- 5) 4:25.65 Jenny Lewis, Sarah Christensen, Sarah Suaer, Stephanie Chun (2005 – DePauw)
- 6) 4:27.98 Anne Lane, Sarah Christensen, Megan Wentzlaff, Heather Plum (2006 – DePauw)
- 7) 4:31.43 Shana Smith, Erin Jole, Megan Wentzlaff, Lynn Lanier (2005 – Conf - Grinnell)
- 8) 4:33.41 Shana Smith, Erin Jole, Megan Wentzlaff, Lynn Lanier (2005 – Conf-Grinnell)
- 9) 4:35.29 Laura Miller, Sarah Christensen, Anne Lane, Megan Wentzlaff (2007 – Grinnell)
- 10) 4:36.46 Kendra Kuehl, Colleen Zumpf, Krysta Sparks, Rachel Holm (2009 – Monmouth)

ALL-TIME TOP TEN DIVING PERFORMANCES

11-Dive

- 1) **339.20 Kayce DeRoo, 2008 (Conf-Lawrence, 1-meter, 11 dive)**
- 2) 319.10 Kayce DeRoo, 2008 (IWU, 1-meter, 11 dive)
- 3) 311.80 Kayce DeRoo, 2008 (Chicago, 1-meter, 11 dive)
- 4) 207.95 Kayce DeRoo, 2008 (Lindenwood, 1-meter, 11 dive)

6-Dive

- 1) 171.30 Kayce DeRoo, 2007 (IWU)
- 2) 151.05 Nichol Hofmeister, 2004 (Univ. of Chicago)
- 3) 135.70 Lindsey Masscho, 2009 (Lincoln, 1-meter, 6-dive)
- 4) 131.25 Danielle Kita, 2008 (Lake Forest, 1-meter, 6-dive)
- 5) 129.20 Danielle Kita, 2009 (Lincoln, 1-meter, 6-dive)
- 6) 126.30 Danielle Kita, 2009 (Rose-Hulman, 1-meter, 6-dive)
- 7) 112.60 Nina Hart, 2007 (IWU)
- 8) 94.40 Nina Hart, 2007 (WIU)
- 9) 87.35 Lindsey Masscho, 2009 (Rose-Hulman, 1-meter, 6-dive)

PEPPER NATATORIUM POOL RECORDS

| <u>EVENT</u> | <u>MARK</u> | <u>ATHELTE/SCHOOL</u> | <u>DATE</u> |
|-------------------------|-------------|-----------------------------|---------------|
| 50 Freestyle | 25.93 | Jenny Bailey/Principia | Jan. 6, 2007 |
| 100 Freestyle | 56.53 | Jenny Bailey/Principia | Jan. 6, 2007 |
| 200 Freestyle | 2:02.27 | Anne Lane/Monmouth | Jan. 26, 2007 |
| 500 Freestyle | 5:14.83 | Lauren Lehenbauer/Vincennes | Nov. 15, 2008 |
| 1000 Freestyle | 11:01.02 | Megan Lonergan/Augustana | Nov. 21, 2008 |
| 1650 Freestyle | 18:33.53 | Lauren Lehenbauer/Loras | Nov. 11, 2006 |
| 100 Butterfly | 1:02.59 | Anne Lane/Monmouth | Nov. 11, 2006 |
| 200 Butterfly | 2:15.48 | Lauren Lehenbauer/Loras | Nov. 15, 2008 |
| 100 Backstroke | 1:02.16 | Ramsey Vens/Augustana | Nov. 4, 2005 |
| 200 Backstroke | 2:17.72 | Ramsey Vens/Augustana | Jan.19, 2007 |
| 100 Breaststroke | 1:10.03 | Krysta Sparks/Monmouth | Jan. 31, 2009 |
| 200 Breaststroke | 2:32.67 | Krysta Sparks/Monmouth | Jan. 31, 2009 |
| 200 Ind. Medley | 2:19.49 | Anne Lane/Monmouth | Nov. 11, 2006 |
| 400 Ind. Medley | 4:43.07 | Lauren Lehenbauer/Loras | Nov. 15, 2008 |

ALL-TIME TOP TEN RELAY PERFORMANCES

| <u>EVENT</u> | <u>MARK</u> | <u>SCHOOL</u> | <u>DATE</u> |
|------------------------------|-------------|---------------|---------------|
| 200 Freestyle Relay | 1:46.85 | Loras | Nov. 15, 2008 |
| 200 Medley Relay | 1:55.62 | Augustana | Nov. 4, 2005 |
| 300 Ind. Medley Relay | | | |

300 Backstroke Relay

400 Medley Relay 4:24.46 Rose-Hulman Oct. 29, 2005

400 Freestyle Relay 3:59.00 University of Chicago Oct. 29, 2005

500 Freestyle Relay

600 Freestyle Relay

800 Freestyle Relay 9:39.94 Knox Jan. 21, 2005