

CLARK UNIVERSITY SWIMMING & DIVING

Women's All-Time Performances

Top Five of All-Time

Current Team Members in Bold

*Established in 2007-08

50 Yard Freestyle		100 Yard Freestyle		200 Yard Freestyle	
24.89	Mindy Craig '98	54.29	Mindy Craig '98	2:00.44	Mindy Craig '98
25.60	Rachel Lebow '98	54.86	Jaime Armstrong '03	2:01.12	Kris Henson '88
25.66	Jaime Armstrong '03	55.43	Betty Jean Grazulis '83	2:01.62	Justine Skinner '98
25.80	Carrie Dudley '93	56.20	Carrie Dudley '93	2:03.11	Jaime Armstrong '03
26.05	Lindsey Stone '09	56.38	Dana Akerfelds '10	2:03.45	Ildiko Polyak '03
		56.38	Rachel Lebow '98	2:03.46	Liz Rosen '11
500 Yard Freestyle		1000 Yard Freestyle		1650 Yard Freestyle	
5:17.29	Maggie Crowell '82	10:58.79	Jocelyn Maynard '95	18:06.09	Maggie Crowell '82
5:21.42	Dana Akerfelds '10	11:01.94	Liz Rosen '11	18:16.59	Jocelyn Maynard '95
5:22.04	Britney Wigley '11	11:04.63	Maggie Crowell '82	18:18.22	Liz Rosen '11
5:23.12	Jocelyn Maynard '95	11:13.25	Britney Wigley '11	18:33.24	Joanna Belkin '91
5:26.34	Liz Rosen '11	11:16.42	Justine Skinner '98	18:44.58	Dena Deforge '98
50 Yard Backstroke		100 Yard Backstroke		200 Yard Backstroke	
29.35	Dana Akerfelds '10	1:02.23	Jaime Armstrong '03	2:13.72	Dana Akerfelds '10
29.37	Jaime Armstrong '03	1:02.24	Dana Akerfelds '10	2:14.52	Triss Naevdal '99
29.40	Sarah Barabani '99	1:02.63	Sarah Barabani '99	2:18.81	Beth Zinkand '92
29.79	Betty Jean Grazulis '83	1:04.10	Jessica Cullen '09	2:20.12	Betty Jean Grazulis '83
30.45	Corri Stewart '10	1:04.72	Betty Jean Grazulis '83	2:20.17	Mindy Craig '98
30.45	Carrie Dudley '93				
50 Yard Breaststroke		100 Yard Breaststroke		200 Yard Breaststroke	
32.70	Rachel Lebow '98	1:10.04	Katie Calabrese '02	2:31.02	Katie Calabrese '02
32.74	Cathy Desrosiers '82	1:11.23	Cathy Desrosiers '82	2:31.77	Cathy Desrosiers '82
32.97	Katie Calabrese '02	1:13.25	Jeanne Murray '88	2:37.08	Jeanne Murray '88
33.82	Meghan Cycyk '01	1:13.25	Meghan Cycyk '01	2:40.28	Sheila Winterbottom '92
33.88	Jeanne Murray '88	1:13.37	Rachel Lebow '98	2:40.37	Jocelyn Maynard '95
50 Yard Butterfly		100 Yard Butterfly		200 Yard Butterfly	
27.87	Jaime Armstrong '03	59.43	Jaime Armstrong '03	2:17.94	Jocelyn Maynard '95
28.01	Cathy Desrosiers '82	1:01.20	Cathy Desrosiers '82	2:18.28	Laura Milroy '89
28.45	Mindy Craig '98	1:01.63	Mindy Craig '98	2:18.31	Charlene Wilk '97
28.51	Margot Aherns '91	1:01.65	Charlene Wilk '97	2:18.49	Kayleigh Lagasse '09
28.61	Charlene Wilk '97	1:02.20	Margot Aherns '91	2:23.97	Triss Naevdal '99
100 Yard Individual Medley		200 Yard Individual Medley		400 Yard Individual Medley	
1:03.88	Sarah Barabani '99	2:16.52	Joanna Belkin '92	4:47.89	Jocelyn Maynard '95
1:04.91	Rachel Lebow '98	2:18.52	Sarah Barabani '99	4:53.64	Triss Naevdal '99
1:04.95	Triss Naevdal '99	2:18.71	Jaime Armstrong '03	4:54.65	Joanna Belkin '92
1:05.98	Betty Jean Grazulis '83	2:19.95	Jeanne Murray '88	4:56.72	Jeanne Murray '88
1:07.15	Lynne Sorenson '86	2:22.65	Triss Naevdal '99	4:58.63	Cathy Desrosiers '82
		2:22.95	Liz Rosen '11*	4:58.66	Liz Rosen '11*

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1-Meter Diving (6)		1-Meter Diving (10)		1-Meter Diving (11)	
279.55	Beth Ferraro '88	334.68	Laura O'Tell '03	410.45	Beth Ferraro '88
239.85	Meghan Farmer '98	297.20	Mary Adams '05	325.50	Deneen Cloutier '87
231.60	Laura O'Tell '03	274.60	Meghan Farmer '98	325.35	Jess Baker '09
215.85	Mary Adams '05	259.25	Hilary Ohmart '06	302.80	Lauren Gesner '09
185.65	Hilary Ohmart '06	219.05	Allie Whalen '07	292.85	Danielle Brook '82
3-Meter Diving (6)		3-Meter Diving (11)			
244.30	Deneen Cloutier '87	414.65	Beth Ferraro '88		
232.85	Laura O'Tell '03	376.20	Laura O'Tell '03		
217.15	Jess Baker '09*	317.10	Jess Baker '09		
211.31	Meghan Farmer '98	315.20	Meghan Farmer '98		
209.25	Mary Adams '05	279.55	Lauren Gesner '09		
200 Yard Medley Relay					
1:56.14	Sarah Barabani '99, Rachel Lebow '98, Charlene Wilk '97, Mindy Craig '98				1997
1:56.63	D. Puishys '83, M. Hatem '85, Betty Jean Graziulis '83, Lynne Sorenson '87				1983
1:58.49	Dana Akerfelds '10, Jess Moise '08, Alicia Roman '10, Lindsey Stone '09				2007
1:58.89	Betty Jean Graziulis '83, Cathy Desrosiers '82, K. Alexandrowicz '83, D. Puishys '83				1980
1:59.47	L. Maurico '00, Kristyn Paradis '99, Charlene Wilk '97, Sarah Barabani '99				1997
400 Yard Medley Relay					
4:15.95	Ildiko Polyak '03, Katie Calabrese '02, Jaime Armstrong '03, Lynne Burns '03				2002
4:17.88	Jess Cullen '09, Dominique Wilkins '08, Kayleigh Lagasse '09, Lindsey Stone '09				2006
4:18.51	K. Alexandrowicz '83, Cathy Desrosiers '82, Betty Jean Graziulis '83, Maggie Crowell '82				1980
4:22.90	Sara Barabani '99, Kristyn Paradis '99, Charlene Wilk '97, Mindy Craig '98				1997
4:23.93	Jess Cullen '09, Jess Moise '08, Kayleigh Lagasse '09, Lindsey Stone '09				2007
200 Yard Freestyle Relay					
1:43.77	Mindy Craig '98, Sarah Barabani '99, Justine Skinner '98, Rachel Lebow '98				1996
1:44.56	D. Puishys '83, Lynne Sorenson '83, P. Gallant '86, Betty Jean Graziulis '83				1983
1:44.95	Mindy Craig '98, Justine Skinner '98, Sarah Barabani '99, Triss Naevdal '99				1997
1:45.33	Lindsey Stone '09, Dana Akerfelds '10, Corri Stewart '10, Laura Banulski '10				2007
1:45.72	Carrie Dudley '95, Karen MacDonald '93, Joanna Belkin '92, Beth Zinkand '92				1995
400 Yard Freestyle Relay					
3:47.60	Justine Skinner '98, Sarah Barabani '99, Rachel Lebow '98, Mindy Craig '98				1996
3:48.72	Beth Zinkand '92, Joanna Belkin '92, Karen MacDonald '93, Carrie Dudley '93				1991
3:48.84	Justine Skinner '98, Mindy Craig '98, Tammy Jones '95, Rachel Lebow '98				1995
3:49.82	Mindy Craig '98, Justine Skinner '98, Triss Naevdal '99, Sarah Barabani '99				1997
3:52.41	Ildiko Polyak '03, Jordanna Herman '03, Lynne Burns '03, Jaime Armstrong '03				2002
800 Yard Freestyle Relay					
8:11.09	Triss Naevdal '99, Dena Deforge '98, Justine Skinner '98, Mindy Craig '98				1996
8:19.40	Rachel Lebow '98, Tammy Jones '95, Jocelyn Maynard '95, Justine Skinner '98				1995
8:20.20	Beth Zinkand '92, Joanna Belkin '92, Elizabeth Carrington '90, Karen MacDonald '93				1990
8:20.27	Justine Skinner '98, Triss Naevdal '99, Sarah Barabani '99, Dena Deforge '98				1998
8:22.90	Justine Skinner '98, Rachel Lebow '98, Sarah Barabani '99, Dena Deforge '98				1997