

2008-09 VMI Women's Swimming & Diving Top Times

50-Yard Freestyle

Records: **VMI Varsity- 26.79; VMI Rat- 26.79; CCSA- 23.04**

1. Chelsea Nugent	26.79	2/19 at CCSA Championships
2. Chelsea Nugent	27.14	11/1 vs. Radford
3. Chelsea Nugent	27.37	10/11 at James Madison
4. Chelsea Nugent	27.42	10/25 at Gardner-Webb
5. Veronica Lentsch	28.10	2/19 at CCSA Championships

50-Meter Freestyle

1. Chelsea Nugent	30.62	1/24 at Mount St. Mary's Invite
2. Veronica Lentsch	32.48	1/24 at Mount St. Mary's Invite

100-Yard Freestyle

Records: **VMI Varsity- 57.94; VMI Rat- 57.94; CCSA- 49.96**

1. Chelsea Nugent	58.56	2/21 at CCSA Championships
2. Chelsea Nugent	1:00.81	10/11 at James Madison
3. Chelsea Nugent	1:01.20	10/25 at Gardner-Webb
4. Veronica Lentsch	1:04.35	2/21 at CCSA Championships
5. Stephanie Ortiz	1:07.07	2/21 at CCSA Championships

100-Meter Freestyle

1. Stephanie Ortiz	1:17.55	1/24 at Mount St. Mary's Invite
2. Lizanne Carlos	1:19.59	1/24 at Mount St. Mary's Invite

200-Yard Freestyle

Records: **VMI Varsity- 2:06.05; VMI Rat- 2:06.05; CCSA- 1:47.52**

1. Chelsea Nugent		11/15 vs. NJIT & Mt. St. Mary's
2. Lizanne Carlos	2:37.37	2/20 at CCSA Championships

200-Meter Freestyle

1. Lizanne Carlos	3:04.16	1/24 at Mount St. Mary's Invite
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500-Yard Freestyle

Records: **VMI Varsity- 5:43.27; VMI Rat- 5:43.27; CCSA- 4:48.78**

1. Chelsea Nugent	6:01.19	11/7 at Thomas Murphy Inv'l.
2. Lizanne Carlos	8:07.59	11/15 vs. NJIT & Mt. St. Mary's

1000-Yard Freestyle

Records: **VMI Varsity- 12:03.26; VMI Rat- 12:33.31; CCSA- 10:17.74**

1.

1650-Yard Freestyle

Records: **VMI Varsity- 19:59.43; VMI Rat- 20:22.05; CCSA- 16:56.58**

1.

200-Yard Individual Medley

Records: **VMI Varsity- 2:27.80; VMI Rat- 2:27.80; CCSA- 2:02.69**

1. Chelsea Nugent	2:54.28	11/15 vs. NJIT & Mt. St. Mary's
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400-Yard Individual Medley

Records: **VMI Varsity- 5:19.62; CCSA- 4:18.73**

1.

50-Yard Backstroke

1. Lizanne Carlos	39.22	11/15 vs. NJIT & Mt. St. Mary's
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100-Yard Backstroke

Records: **VMI Varsity- 1:09.71; VMI Rat- 1:13.65; CCSA- 54.95**

1. Chelsea Nugent	1:09.71	11/8 at Thomas Murphy Inv'l.
2. Chelsea Nugent	1:09.92	11/1 vs. Radford

200-Yard Backstroke

Records: **VMI Varsity- 2:28.75; CCSA- 2:00.69**

1. Chelsea Nugent	2:31.59	11/8 at Thomas Murphy Inv'l.
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50-Yard Breaststroke

1. Stephanie Ortiz	40.86	11/15 vs. NJIT & Mt. St. Mary's
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100-Yard Breaststroke

Records: **VMI Varsity- 1:19.25; VMI Rat- 1:19.25; CCSA- 1:03.60**

1.

200-Yard Breaststroke

Records: **VMI Varsity- 2:50.95; VMI Rat- 2:50.95; CCSA- 2:19.74**

1.

50-Yard Butterfly

1. Chelsea Nugent	29.03	11/15 vs. NJIT & Mt. St. Mary's
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100-Yard Butterfly

Records: **VMI Varsity- 1:04.10; VMI Rat- 1:04.10; CCSA- 54.62**

1. Chelsea Nugent	1:04.50	2/20 at CCSA Championships
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200-Yard Butterfly

Records: **VMI Varsity- 2:24.96; VMI Rat- 2:24.96; CCSA- 2:01.12**

1.

200-Yard Freestyle Relay

Records: **VMI Varsity- 1:56.45; CCSA- 1:34.06**

1. Nugent, Ortiz, Allard, Lentsch	1:56.45	2/19 at CCSA Championships
2. Nugent, Carlos, Ortiz, Lentsch	1:57.89	11/15 vs. NJIT & Mt. St. Mary's
3. Carlos, Ortiz, Lentsch, Nugent	1:59.14	11/8 at Thomas Murphy Inv'l.
4. Carlos, Ortiz, Lentsch, Nugent	2:00.01	11/1 vs. Radford
5. Nugent, Ortiz, Carlos, Lentsch	2:01.92	10/25 at Gardner-Webb

400-Yard Freestyle Relay

Records: **VMI Varsity- 4:16.20; CCSA- 3:28.52**

1. Nugent, Ortiz, Carlos, Lentsch	4:16.20	2/21 at CCSA Championships
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400-Meter Freestyle Relay

1. Nugent, Carlos, Ortiz, Lentsch	5:05.22	1/24 at Mount St. Mary's Invite
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800-Yard Freestyle Relay

Records: **VMI Varsity- 9:47.12; CCSA- 7:21.26**

1. Nugent, Ortiz, Lentsch, Carlos	9:47.12	2/20 at CCSA Championships
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200-Yard Medley Relay

Records: **VMI Varsity- 2:16.97; CCSA- 1:44.06**

1. Carlos, Ortiz, Nugent, Lentsch	2:16.97	2/20 at CCSA Championships
2. Carlos, Ortiz, Nugent, Lentsch	2:21.75	11/8 at Thomas Murphy Inv'l.

400-Yard Medley Relay

Records: **VMI Varsity- 5:03.23; CCSA- 3:47.32**

1.

1-Meter Diving

Records: **VMI Varsity- 137.93; VMI Rat- 129.90; CCSA- 308.95**

1. Briana Allard	137.93	11/8 at Thomas Murphy Inv'l.
2. Briana Allard	132.10	11/15 vs. NJIT & Mt. St. Mary's
3. Briana Allard	127.00	2/19 at CCSA Championships
4. Veronica Lentsch	111.20	11/15 vs. NJIT & Mt. St. Mary's
5. Briana Allard	103.85	11/1 vs. Radford

3-Meter Diving

Records: **VMI Varsity- 139.60; CCSA- 366.55**

1. Briana Allard	139.60	11/15 vs. NJIT & Mt. St. Mary's
2. Briana Allard	127.85	11/1 vs. Radford
3. Briana Allard	123.60	11/8 at Thomas Murphy Inv'l.
4. Briana Allard	112.05	2/21 at CCSA Championships

*Note- Only One Time Per Meet Listed (Only Better of Prelims & Finals Included)

Italic- VMI Varsity Record

Bold- VMI Freshman Record