



WEEKLY SWIMMING REPORT

Week 3 – For meets through 11/15/09

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Standings	Overall	HVWAC	Pct.	GB	Streak	Home	Away	Neutral
1. Sarah Lawrence	3-0	2-0	1.000	---	W3	3-0	0-0	0-0
2. St. Joseph's	1-1	1-1	0.500	1.0	L1	0-0	1-1	0-0
3. New Rochelle	1-4	0-2	0.000	2.0	L3	1-3	0-1	0-0

CO-SWIMMERS OF THE WEEK

Olga Miedzybrodzka • College of New Rochelle
 Senior • Dobbs Ferry, NY (Dobbs Ferry NY)

Olga Miedzybrodzka has been selected as this week's HVWAC Co-Swimmer of the Week. Facing Mount Saint Vincent, Miedzybrodzka captured individual victories in all three events she swam. Already holding the conference best times this season in both butterfly events and she lowered her time in the 50 fly (33.26). She also posted a personal best time in the 500 free (6:32.63)

Sara Leatherbarrow • Sarah Lawrence College
 Senior • Philadelphia, PA (Friends Select School)

Sara Leatherbarrow has been selected as this week's HVWAC Co-Swimmer of the Week. The senior posted two individual victories against St. Joseph's in the 50 Back (34.61), a conference best this season, and the 100 Back (1:16.12). She also was on the 200 Free relay team that posted the first sub 2:00 time this season.

ROOKIE OF THE WEEK

Nicolle Velez • St. Joseph's College
 Freshman • Queens, NY (Archbishop Molloy)

Nicolle Velez has been selected as this week's HVWAC Swimming Rookie of the Week. In the conference dual against Sarah Lawrence, the freshman placed in both individual events she swam, taking first in the 50 fly (38.69) and third in the 100 fly (1:35.38).

Recent Results	This Week's Meets
11/09 New Rochelle 105, Mount Saint Vincent 148	11/16 New Rochelle at York & Old Westbury
11/14 Sarah Lawrence 132, St. Joseph's 112	11/17 Sarah Lawrence at Purchase
	11/18 New Rochelle at John Jay
	11/19 St. Joseph's at Staten Island
	11/20 New Rochelle vs. Mount Saint Vincent
	11/21 Sarah Lawrence vs. St. Elizabeth
	<i>Conference meets in italic</i>



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TOP CONFERENCE TIMES

Event	Date	School	Swimmer	Time
200 Medley Relay	11/7/09	SLC	Sarah Lawrence S. Leatherbarrow/C. Griffin/ R. Schneider/E. Gosselin	2:11.76
500 Free	11/7/09	SLC	Catie Griffin	6:24.19
200 IM	11/14/09	SLC	Rachel Schneider	2:38.79
100 Free	11/7/09	SLC	Rachel Schneider	1:05.52
50 Back	11/14/09	SLC	Sara Leatherbarrow	34.61
50 Breaststroke	11/7/09	SLC	Catie Griffin	36.83
100 Fly	11/6/09	CNR	Olga Miedzybrodzka	1:16.98
50 Free	11/14/09	SLC	Rachel Schneider	28.97
100 Back	11/14/09	SLC	Sara Leatherbarrow	1:16.12
100 IM	11/7/09	SLC	Rachel Schneider	1:14.87
200 Free	11/7/09	SLC	A. Hellauer	2:36.96
50 Fly	11/9/09	CNR	Olga Miedzybrodzka	33.26
100 Breaststroke	11/1/09	SLC	Catherine Griffin	1:18.93
200 Freestyle Relay	11/14/09	SLC	Sarah Lawrence H. Sabet/S. Leatherbarrow R. Schneider/E. Gosselin	1:59.75

New conference best times set this week highlighted in yellow.

WEEKLY ACCOLADES LIST

	Player of the Week	Rookie of the Week	Honor Roll
Week 1 (10/26-11/1)	Emma Forrester Sarah Lawrence	Jamie Colburn New Rochelle	Mattie Hagerty Sarah Lawrence
Week 2 (11/2-11/8)	Rachel Schneider Sarah Lawrence	Jamie Colburn New Rochelle	Kristen McMaster St. Joseph's
Week 3 (11/9-11/15)	Olga Miedzybrodzka New Rochelle Sara Leatherbarrow Sarah Lawrence	Nicolle Velez St. Joseph's	---