



# WEEKLY SWIMMING REPORT

Week 6 – For meets through 12/6/09

Anthony Macapugay • Sports Information Director  
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Standings	Overall	HVWAC	Pct.	GB	Streak	Home	Away	Neutral
1. Sarah Lawrence	5-2	2-0	1.000	---	L1	5-1	0-1	0-0
2. St. Joseph's	1-1	1-1	0.500	1.0	L1	0-0	1-1	0-0
3. New Rochelle	2-6	0-2	0.000	2.0	L2	1-3	0-3	0-0

## SWIMMER OF THE WEEK

**Catherine Griffin** • Sarah Lawrence College  
*Junior • Houston, TX (St. Thomas Episcopal)*

Catherine Griffin has been selected as this week's HVWAC Swimmer of the Week. Griffin helped the Sarah Lawrence win the HVWAC Invitational in dominating fashion winning all but two events. The junior from Houston, TX captured three gold medals (200 Medley Relay, 50 Breaststroke, 100 Breaststroke) and one silver (200 IM) and has been a solid performer all season. She currently holds the conference best times in three individual events (500 Free, 50 Breaststroke, 100 Breaststroke) and as part of the 200 Medley Relay.

## ROOKIE OF THE WEEK

**Emily Gosselin** • Sarah Lawrence College  
*First Year • Jim Thorpe, PA (MMI Prepatory School)*

Emily Gosselin has been selected as HVWAC Swimming Rookie of the Week. At the HVWAC Invitational, the first year earned two golds and two silvers helping the Gryphons win the 2009 HVWAC Invitational. A dedicated sprinter, Gosselin held off Kristen McMaster to win gold in the 50 Free by 0.68 – one of the closest races of the meet – and was part of the 200 Freestyle Relay that also took gold. A team player, in the Old Westbury/Mount St. Mary double dual earlier in the week, Gosselin swam the middle distance events to help her team.

## HONOR ROLL

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

Miedzybrodzka prevented a Sarah Lawrence sweep of the HVWAC Invitational, capturing gold in the 500 Free (6:27.30) and the 50 Fly (32.56). The senior also took second in the 100 Fly, missing out on gold by .78 seconds.

Recent Results	This Week's Meets
11/30 Sarah Lawrence 50, Old Westbury 20 Sarah Lawrence 48, Mount Saint Mary 74	12/08 Sarah Lawrence at Brooklyn
12/5 Sarah Lawrence 161, St. Joseph's 51, New Rochelle 50 @ HVWAC Invitational	12/10 Sarah Lawrence at Fairleigh and York 12/11 St. Joseph's at St. Joseph's – LI

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## 2009 HVWAC ALL-CONFERENCE TEAM

Jamie Colburn	College of New Rochelle
Catherine Griffin	Sarah Lawrence College
Sara Leatherbarrow	Sarah Lawrence College
Kristen McMaster	St. Joseph's College
Olga Miedzybrodzka	College of New Rochelle
Alison Nunziata	St. Joseph's College
Olivia O'Hara	St. Joseph's College
Hannah Sabet	Sarah Lawrence College
Rachel Schneider	Sarah Lawrence College

## TOP CONFERENCE TIMES

Event	Date	School	Swimmer	Time
200 Medley Relay	11/17/09	SLC	Sarah Lawrence S. Leatherbarrow/C. Griffin/ R. Schneider/H. Sabet	2:09.70
1000 Free	11/18/09	CNR	Jamie Colburn	14:47.82
500 Free	11/7/09	SLC	Catie Griffin	6:24.19
200 IM	11/14/09	SLC	Rachel Schneider	2:38.79
100 Free	12/4/09	SLC	Sara Leatherbarrow	1:05.43
50 Back	11/14/09	SLC	Sara Leatherbarrow	34.61
50 Breaststroke	11/7/09	SLC	Catie Griffin	36.83
100 Fly	11/17/09	SLC	Rachel Schneider	1:11.47
50 Free	11/14/09	SLC	Rachel Schneider	28.97
100 Back	11/17/09	SLC	Sara Leatherbarrow	1:14.98
100 IM	12/4/09	SLC	Rachel Schneider	1:11.16
200 Free	11/18/09	CNR	Olga Miedzybrodzka	2:21.57
50 Fly	11/17/09	SLC	Rachel Schneider	32.23
100 Breaststroke	11/1/09	SLC	Catherine Griffin	1:18.93
200 Freestyle Relay	11/17/09	SLC	Sarah Lawrence R. Schneider/E. Gosselin H. Sabet/S. Leatherbarrow	1:55.72

*New conference best times set this week highlighted in yellow.*

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## WEEKLY ACCOLADES LIST

	Player of the Week	Rookie of the Week	Honor Roll
Week 1 (10/26-11/1)	<b>Emma Forrester</b> Sarah Lawrence	<b>Jamie Colburn</b> New Rochelle	<b>Mattie Hagerty</b> Sarah Lawrence
Week 2 (11/2-11/8)	<b>Rachel Schneider</b> Sarah Lawrence	<b>Jamie Colburn</b> New Rochelle	<b>Kristen McMaster</b> St. Joseph's
Week 3 (11/9-11/15)	<b>Olga Miedzybrodzka</b> New Rochelle  <b>Sara Leatherbarrow</b> Sarah Lawrence	<b>Nicolle Velez</b> St. Joseph's	---
Week 4 (11/16-11/22)	<b>Olga Miedzybrodzka</b> New Rochelle	<b>Alexandria Artis</b> New Rochelle	<b>Abby Udden</b> Sarah Lawrence
Week 5 (11/23-11/29)	<i>No teams in action</i>		
Week 6 (11/30-12/6)	<b>Sara Leatherbarrow</b> Sarah Lawrence	<b>Emily Gosselin</b> Sarah Lawrence	<b>Olga Miedzybrodzka</b> New Rochelle



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## 2009 HVWAC INVITATIONAL MEDALISTS

### Event 1 – 200 Yard Medley Relay

Gold	SLC	S. Leatherbarrow, C. Griffin, R. Schneider, H. Sabet	2:12.11
Silver	SJB	O. O'Hara, E. Fiorella, N. Velez, A. Nunziata	2:27.96
Bronze	CNR	J. Martz, S. Trejos, S. Ubiera, A. Artis	3:03.64

### Event 2 – 500 Yard Freestyle

Gold	CNR	Olga Miedzybrodzka	6:27.30
Silver	SLC	Emma Forrester	6:57.01
Bronze	CNR	Jamie Colburn	7:05.70

### Event 3 – 200 Yard Individual Medley

Gold	SLC	Hannah Sabet	2:40.33
Silver	SLC	Catherine Griffin	2:40.76
Bronze	CNR	Katie Brochu	2:48.04

### Event 4 – 100 Yard Freestyle

Gold	SLC	Sara Leatherbarrow	1:05.43
Silver	SLC	Emily Gosselin	1:05.97
Bronze	SJB	Kristen McMaster	1:07.51

### Event 5 – 50 Yard Backstroke

Gold	SLC	Abby Hellauer	35.83
Silver	CNR	Katie Brochu	36.41
Bronze	CNR	Katy Germain	39.63

### Event 6 – 50 Yard Breaststroke

Gold	SLC	Catherine Griffin	37.32
Silver	SJB	Brianne Reilly	43.00
Bronze	SJB	Elizabeth Fiorella	43.52

### Event 7 – 100 Yard Butterfly

Gold	SLC	Rachel Schneider	1:11.73
Silver	CNR	Olga Miedzybrodzka	1:12.51
Bronze	SLC	Mattie Hagerty	1:29.36

### Event 14 – 200 Yard Freestyle Relay

Gold	SLC	R. Schneider, E. Gosselin, H. Sabet, S. Leatherbarrow	1:58.28
Silver	SJB	K. McMaster, N. Velez, A. Nunziata, O. O'Hara	2:02.10
Bronze	CNR	K. Brochu, J. Colburn, N. Martinez, O. Miedzybrodzka	2:08.07

### Event 8 – 50 Yard Freestyle

Gold	SLC	Emily Gosselin	29.12
Silver	SJB	Kristen McMaster	29.80
Bronze	SLC	Suzie Elliot-Bearce	32.36

### Event 9 – 100 Yard Backstroke

Gold	SLC	Sara Leatherbarrow	1:16.96
Silver	CNR	Katie Brochu	1:17.59
Bronze	SLC	Abby Hellauer	1:20.02

### Event 10 – 100 Yard Individual Medley

Gold	SLC	Rachel Schneider	1:11.16
Silver	SJB	Kristen McMaster	1:24.36
Bronze	SJB	Brianne Reilly	1:29.27

### Event 11 – 200 Yard Freestyle

Gold	SLC	Abby Hellauer	2:32.33
Silver	SLC	Emma Forrester	2:37.40
Bronze	CNR	Jamie Colburn	2:39.54

### Event 12 – 50 Yard Butterfly

Gold	CNR	Olga Miedzybrodzka	32.56
Silver	SLC	Emily Gosselin	36.09
Bronze	SJB	Nicolle Velez	38.49

### Event 13 – 100 Yard Backstroke

Gold	SLC	Catherine Griffin	1:19.27
Silver	SLC	Hannah Sabet	1:20.18
Bronze	SJB	Olivia O'Hara	1:26.68

**HVWAC 2009 - 12/4/2009**  
**Hudson Valley Women's Athletic Conference**  
**Results**

**Event 1 Women 200 Yard Medley Relay**

HVWAC: 2:10.01 12/13/2008 Purchase College - Suny

K Raitz, K Garrett, P Orellana, J Brothers

Team	Relay	Finals Time	
1 SLC	A	2:12.11	11
1) Leatherbarrow, Sara 10	2) Griffin, Catherine 11		
3) Schneider, Rachel 10	4) Sabet, Hannah 12		
34.81 36.84	31.52 28.94		
2 SJB	A	2:27.96	4
1) O'Hara, Olivia 13	2) Fiorella, Elizabeth 12		
3) Velez, Nicolle 13	4) Nunziata, Alison 12		
36.78 43.05	38.30 29.83		
3 CNR	A	3:03.64	2
1) Martz, Jessica 12	2) Trejos, Suzana 11		
3) Ubiera, Stephanie 11	4) Artis, Alexandria 11		
47.92 52.05	17.18 1:06.49		

**Event 2 Women 500 Yard Freestyle**

HVWAC: 6:03.09 12/13/2008 Vivian Charlesworth

Name	Yr	School	Finals Time	
1 Miedzybrodzka, Olga	10	CNR	6:27.30	9
32.23 36.53	38.76 39.90			
39.95 39.97	40.13 40.72			
40.64 38.47				
2 Forrester, Emma	10	SLC	6:57.01	4
35.46 40.17	41.77 42.42			
42.60 43.07	43.34 43.11			
43.25 41.82				
3 Colburn, Jamie	13	CNR	7:05.70	3
34.92 40.80	43.80 44.35			
43.47 44.24	44.02 43.56			
44.25 42.29				
4 Brandli, Liza	12	SLC	7:21.44	2
37.53 42.99	44.99 45.54			
45.27 45.91	45.49 45.19			
44.61 43.92				
5 Muldoon, Catherine	12	SJB	7:37.48	1
36.15 41.92	46.39 47.32			
47.64 47.94	48.22 49.22			
47.58 45.10				
6 Collins, Jackie	10	SJB	7:51.10	
37.90 43.67	47.11 48.22			
49.87 48.75	50.79 49.75			
49.65 45.39				
7 Irons, Cassandra	12	CNR	8:56.76	
44.77	53.35			
55.54 55.66	56.45 55.20			
55.01 55.00				

**Event 3 Women 200 Yard IM**

HVWAC: 2:29.67 12/3/2004 Ling Lee

Name	Yr	School	Finals Time	
1 Sabet, Hannah	12	SLC	2:40.33	9
31.39 40.92	46.97 41.05			
2 Griffin, Catherine	11	SLC	2:40.76	4
36.70 40.93	44.95 38.18			
3 Brochu, Katie	12	CNR	2:48.04	3

**HVWAC 2009 - 12/4/2009**  
**Hudson Valley Women's Athletic Conference**  
**Results**

34.80	42.36	52.55	38.33		
4 O'Hara, Olivia		13 SJB	3:00.14	2	
39.18	45.12	51.10	44.74		
5 Nunziata, Alison		12 SJB	3:01.59	1	
39.24	46.04	54.09	42.22		
6 Hagerty, Mattie		13 SLC	3:02.88		
39.23	49.41	53.81	40.43		
7 Trejos, Suzana		11 CNR	3:51.12		
50.60	1:01.33	1:05.05	54.14		

**Event 4 Women 100 Yard Freestyle**

HVWAC: 58.84 12/8/2003 Ling Lee

Name	Yr	School	Finals Time	
1 Leatherbarrow, Sara	10	SLC	1:05.43	9
30.87	34.56			
2 Gosselein, Emily	13	SLC	1:05.97	4
30.66	35.31			
3 McMaster, Kristen	12	SJB	1:07.51	3
30.94	36.57			
4 Colburn, Jamie	13	CNR	1:13.50	2
33.48	40.02			
5 Brandli, Liza	12	SLC	1:17.92	1
36.96	40.96			
6 Grogan, Tara	13	SJB	1:20.51	
38.68	41.83			
7 Artis, Alexandria	11	CNR	1:22.85	
38.83	44.02			
8 DeFillippo, Jenna	11	SJB	1:23.17	
36.42	46.75			
9 Gillies, Helen	10	CNR	1:39.38	
46.40	52.98			

**Event 5 Women 50 Yard Backstroke**

HVWAC: 32.29 12/7/2007 Michelle Cabahug

Name	Yr	School	Finals Time	
1 Hellauer, Abby	12	SLC	35.83	9
2 Brochu, Katie	12	CNR	36.41	4
3 Germain, Katy	13	CNR	39.63	3
4 Elliot Bearce, Suzie	13	SLC	42.06	2
5 Reilly, Brianne	11	SJB	42.46	1
6 Udden, Abby	11	SLC	42.59	
7 Lintner, Jessica	10	SJB	49.12	
8 Irons, Cassandra	12	CNR	49.27	
9 Triant, Irene	13	SJB	51.54	
--- Payne, DaShana	11	SJB	XDQ	

**Event 6 Women 50 Yard Breaststroke**

HVWAC: 34.24 12/7/2007 Liz Pezzello

Name	Yr	School	Finals Time	
1 Griffin, Catherine	11	SLC	37.32	9
2 Reilly, Brianne	11	SJB	43.00	4
3 Fiorella, Elizabeth	12	SJB	43.52	3
4 Nunziata, Alison	12	SJB	44.17	2
5 Madden Lunsford, Lucy	13	SLC	45.08	1
6 Brandli, Liza	12	SLC	47.51	
7 Trejos, Suzana	11	CNR	50.06	
8 Martz, Jessica	12	CNR	58.98	

**HVWAC 2009 - 12/4/2009**  
**Hudson Valley Women's Athletic Conference**  
**Results**

**Event 7 Women 100 Yard Butterfly**

HVWAC: 1:10.93 12/3/2004 Molly McDonough

Name	Yr	School	Finals Time	
1 Schneider, Rachel	10	SLC	1:11.73	9
32.98	38.75			
2 Miedzybrodzka, Olga	10	CNR	1:12.51	4
33.46	39.05			
3 Hagerty, Mattie	13	SLC	1:29.36	3
41.88	47.48			
4 Forrester, Emma	10	SLC	1:30.30	2
41.48	48.82			
5 Velez, Nicolle	13	SJB	1:34.62	1
40.45	54.17			
6 Ubiera, Stephanie	11	CNR	1:59.43	
51.97	1:07.46			

**Event 8 Women 50 Yard Freestyle**

HVWAC: 27.13 12/2/2005 Lisa Short

Name	Yr	School	Finals Time	
1 Gosselin, Emily	13	SLC	29.12	9
2 McMaster, Kristen	12	SJB	29.80	4
3 Elliot Bearce, Suzie	13	SLC	32.36	3
4 Fiorella, Elizabeth	12	SJB	33.18	2
5 Grogan, Tara	13	SJB	35.57	1
6 Martinez, Natalya	10	CNR	35.60	
7 Artis, Alexandria	11	CNR	36.18	
8 Germain, Katy	13	CNR	37.57	
9 Adams, Alison	12	SLC	40.68	
--- Robinson, Rolanda	10	SJB	X50.22	

**Event 9 Women 100 Yard Backstroke**

HVWAC: 1:09.16 12/2/2005 Hannah Palmer

Name	Yr	School	Finals Time	
1 Leatherbarrow, Sara	10	SLC	1:16.96	9
2 Brochu, Katie	12	CNR	1:17.59	4
38.39	39.20			
3 Hellauer, Abby	12	SLC	1:20.02	3
39.31	40.71			
4 Madden Lunsford, Lucy	13	SLC	1:22.30	2
5 Martz, Jessica	12	CNR	1:44.78	1
49.39	55.39			
6 DeFillippo, Jenna	11	SJB	1:49.10	
1:49.10				
7 Lintner, Jessica	10	SJB	1:54.37	
51.99	1:02.38			
8 Triant, Irene	13	SJB	1:58.96	
56.48	1:02.48			

**Event 10 Women 100 Yard IM**

HVWAC: 1:10.14 12/7/2007 Jessica Brothers

Name	Yr	School	Finals Time	
1 Schneider, Rachel	10	SLC	1:11.16	9
32.93	38.23			
2 McMaster, Kristen	12	SJB	1:24.36	4
41.05	43.31			
3 Reilly, Brianne	11	SJB	1:29.27	3
40.69	48.58			

4 Elliot Bearce, Suzie	13	SLC	1:30.43	2
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**HVWAC 2009 - 12/4/2009**  
**Hudson Valley Women's Athletic Conference**  
**Results**

42.14	48.29				
5	Brown, Jasmine	10	SLC	1:33.52	1
42.58	50.94				
6	Martinez, Natalya	10	CNR	1:41.62	
43.65	57.97				
7	Ubiera, Stephanie	11	CNR	1:50.04	
52.54	57.50				
8	Gillies, Helen	10	CNR	1:59.90	
52.82	1:07.08				

**Event 11 Women 200 Yard Freestyle**

HVWAC: 2:14.45 12/3/2004 Ling Lee

Name	Yr	School	Finals Time	
1 Hellauer, Abby	12	SLC	2:32.33	9
34.93	38.20		39.71	
2 Forrester, Emma	10	SLC	2:37.40	4
35.99	40.71		41.08	
3 Colburn, Jamie	13	CNR	2:39.54	3
35.16	40.56		43.11	
4 Muldoon, Catherine	12	SJB	2:48.20	2
36.76	42.30		44.90	
5 Collins, Jackie	10	SJB	2:50.36	1
36.91	41.76		46.28	
6 Udden, Abby	11	SLC	3:11.37	
			50.18	
7 Irons, Cassandra	12	CNR	3:20.53	
44.92	51.68		51.74	
8 Artis, Alexandria	11	CNR	3:21.59	
47.64	51.41		54.34	
9 Lintner, Jessica	10	SJB	3:47.09	
46.54	53.44		1:04.35	
			1:02.76	

**Event 12 Women 50 Yard Butterfly**

HVWAC: 30.72 12/3/2004 Brianna Hill

Name	Yr	School	Finals Time	
1 Miedzybrodzka, Olga	10	CNR	32.56	9
2 Gosselin, Emily	13	SLC	36.09	4
3 Velez, Nicolle	13	SJB	38.49	3
4 Hagerty, Mattie	13	SLC	40.54	2
5 Martinez, Natalya	10	CNR	45.89	1
6 DeFillippo, Jenna	11	SJB	46.44	
7 Ubiera, Stephanie	11	CNR	52.35	

**Event 13 Women 100 Yard Breaststroke**

HVWAC: 1:14.62 12/13/2008 Kimberely Garrett

Name	Yr	School	Finals Time	
1 Griffin, Catherine	11	SLC	1:19.27	9
37.49	41.78			
2 Sabet, Hannah	12	SLC	1:20.18	4
37.78	42.40			
3 O'Hara, Olivia	13	SJB	1:26.68	3
39.36	47.32			
4 Fiorella, Elizabeth	12	SJB	1:34.77	2
44.49	50.28			
5 Brown, Jasmine	10	SLC	1:42.18	1
48.05	54.13			

**HVWAC 2009 - 12/4/2009**  
**Hudson Valley Women's Athletic Conference**  
**Results**

<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Finals Time</b>
6 Trejos, Suzana	11	CNR	1:55.21
53.69	1:01.52		
7 Martz, Jessica	12	CNR	2:11.58
1:01.47	1:10.11		
8 Gillies, Helen	10	CNR	2:32.42
1:11.17	1:21.25		

**Event 14 Women 200 Yard Freestyle Relay**

HVWAC: 1:53.05 12/8/2003 Sarah Lawrence

T Ahmed, C Gaebe, R Kline, L Lee

<b>Team</b>	<b>Relay</b>	<b>Finals Time</b>
1 SLC	A	1:58.28 11
1) Schneider, Rachel 10	2) Gosselin, Emily 13	
3) Sabet, Hannah 12	4) Leatherbarrow, Sara 10	
28.85 29.82	30.52 29.09	
2 SJB	A	2:02.10 4
1) McMaster, Kristen 12	2) Velez, Nicolle 13	
3) Nunziata, Alison 12	4) O'Hara, Olivia 13	
29.90 29.65	31.15 31.40	
3 CNR	A	2:08.07 2
1) Brochu, Katie 12	2) Colburn, Jamie 13	
3) Martinez, Natalya 10	4) Miedzybrodzka, Olga 10	
29.93 32.50	35.80 29.84	

## Women - Team Rankings - Through Event 14

1. Sarah Lawrence College	161
2. St Joesephs Brooklyn	51
3. College of New Rochelle	50