



WEEKLY SWIMMING REPORT

Week 7 – For meets through 12/13/09

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

SWIMMER OF THE WEEK

Kristen McMaster • St. Joseph's College
 Sophomore • Brooklyn, NY (Fontbonne Hall)

Kristen McMaster has been selected as this week's HVWAC Swimmer of the Week. McMaster placed in all three of her individual events against sibling campus St. Joseph's College – Long Island. She took first place in the 100 Free (1:06.98) and missed out on a second win by 0.24 seconds in the 50 Free (29.44), setting season best times in both events.

ROOKIE OF THE WEEK

Lucy Madden Lunsford • Sarah Lawrence College
 First Year • Los Angeles, CA (J. Marshall HS)

Lucy Madden Lunsford has been selected as HVWAC Swimming Rookie of the Week. Lunsford helped Sarah Lawrence earn a split with Fairleigh Dickinson and York taking on the backstroke responsibilities, which she will focus on for next semester. She earned second place honors in the 100 Back and took third place in the 50 Back against York and helped pace both relay squads.

HONOR ROLL

Abby Hellauer • Sarah Lawrence College
 Sophomore • Shelton, CT (Shelton HS)

Hellauer has consistently placed all season, and continued to do so, while stepping up to swim the middle distance events, taking first place in the 200 Free in the win over York.

Recent Results	This Week's Meets
12/08 Sarah Lawrence at Brooklyn (postponed)	
12/10 Sarah Lawrence 39, Fairleigh Dickinson 82 Sarah Lawrence 85, York 37	
12/11 St. Joseph's at St. Joseph's – LI	



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TOP CONFERENCE TIMES

Event	Date	School	Swimmer	Time
200 Medley Relay	11/17/09	SLC	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	12/10/09	SLC	Sara Leatherbarrow	1:04.49
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	Emily Gosselin	28.96
100 Back	11/17/09	SLC	Sara Leatherbarrow	1:14.98
100 IM	12/10/09	SLC	Rachel Schneider	1:10.81
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	R. Schneider/E. Gosselin H. Sabet/S. Leatherbarrow	1:55.72

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	---
Week 4 (11/16-11/22)	Olga Miedzybrodzka New Rochelle	Alexandria Artis New Rochelle	Abby Udden Sarah Lawrence
Week 5 (11/23-11/29)	<i>No teams in action</i>		
Week 6 (11/30-12/6)	Sara Leatherbarrow Sarah Lawrence	Emily Gosselin Sarah Lawrence	Olga Miedzybrodzka New Rochelle
Week 7 (12/7-12/13)	Kristen McMaster St. Joseph's	Lucy Madden Lunsford Sarah Lawrence	Abby Hellauer Sarah Lawrence