

2006 SCC Girls Swimming All-Conference

200 Yard Med Relay

Cheshire (Macaela Quatermouse, Kimberly Jerome, Danielle Forrest, Malone Smith)
Amity (Margaux Farrell, Marielle Sanchez, Melissa Fillmore, Sarah Rooney)

200 Yd freestyle

Margaux Farrell (Amity); Hollis Capuano (Sacred Heart Academy); Elizabeth Cohan (Hand)

200 Yd IM

Sarah Froehlich (Hamden); Danielle Forrest (Cheshire); Michaela Morr (Cheshire)

50 yd freestyle

Malone Smith (Cheshire); Allison Wells (Shelton); Courtney Schissler (Branford)

100 yd butterfly

Nicole Peruso (Branford); Megan McGorry (West Haven); Elizabeth Cohan (Hand)

100 Freestyle

Margaux Farrell (Amity); Hollis Capuano (Sacred Heart Academy); Alex Czaplicki (North Haven); Danielle Forrest (Cheshire)

500 Yd freestyle

Sarah Froehlich (Hamden); Kimberly Jerome (Cheshire); Katherine Loftus (Hand)

200 Yard Freestyle Relay

Cheshire (Michaela Morr, Alyssa Reinhard, Christina Metcalf, Malone Smith)
Hand (Elizabeth Cohan, Laura Zdon, Katherine Loftus, Sandy Kinne)

100 Yd Backstroke

Alex Czaplicki (North Haven); Allison Kreho (Shelton); Mairin McKinlay (Cheshire)

100 Breaststroke

Kimberly Jerome (Cheshire); Hannah Grimes (Hamden); Meghan Reynolds (Branford)

400 Yd Freestyle Relay

Hand (Elizabeth Cohan, Katherine Loftus, Laura Zdon, Summer Pacelli)
Cheshire (Jessica Metcalf, Danielle Forrest, Alyssa Reinhard, Michaela Morr)

Diving

Jillian Westergard (North Haven), Amanda Burden (Amity); Ashley Driscoll (Mercy)

2005 SCC GIRLS SWIMMING All-Conference

200 Freestyle: Kristen Frost (Hand); Lia Sgambato (Cheshire); Christina Metcalf (Cheshire)

50 Freestyle: Margaux Farrell (Amity); Elizabeth Cohan (Hand); Sam O'Donnell (Cheshire)

100 Butterfly: Lindsay Sherman (Amity); Eryn Crane (Amity); Alex Czaplicki (North Haven)

500 Freestyle: Kristen Frost (Hand); Melanie Rodriguez-Lapman (Cheshire); Sarah Froehlich (Hamden)

100 Breaststroke: Alyssa Reinhard (Cheshire); Kelly Murphy (Cheshire); Hannah Grimes (Hamden)

200 IM: Alyssa Reinhard (Cheshire); Sarah Froehlich (Hamden); Melanie Rodriguez-Lapman (Cheshire)

Diving: Jillian Westergard (North Haven); Samantha Baylor (Sacred Heart); Amanda Burden (Amity)

100 Freestyle: Christina Metcalf (Cheshire); Hollis Capuano (Sacred Heart); Elizabeth Cohan (Hand)

100 Backstroke: Margaux Farrell (Amity); Lia Sgambato (Cheshire); Hollis Capuano (Sacred Heart)

200 Medley Relay:

Cheshire (Lia Sgambato, Alyssa Reinhard, Danielle Forrest, Melanie Rodriguez-Lapman)

Hamden (Lauren Meyer, Hannah Grimes, Sarah Froelich, Maria Altieri)

200 Freestyle Relay:

Hand (Sandy Kinne, Elizabeth Cohan, Summer Pacelli, Kristen Frost)

Cheshire (Malone Smith, Alyssa Reinhard, Sam O'Donnell, Christina Metcalf)

400 Freestyle Relay:

Hand (Katherine Loftis, Elizabeth Cohan, Summer Pacelli, Kristen Frost)

Cheshire (Sam O'Donnell, Danielle Forrest, Lia Sgambato, Christina Metcalf)

SCC 2004 GIRLS SWIMMING

All-Conference (top 3 times)

200 Yard M.R.

1. Cheshire 1:49.12 (Lia Sgambato, Allyssa Reinhard, Aidan McKinlay, Sam O'Donnell)
2. Amity 1:54.54 (Erin McLaughlin, Caitlin Welch-Rubin, Eryn Crane, Courtney Anderson)

200 Free

- | | | | |
|----|--------------------------|----------|---------|
| 1. | Kristen Frost | Hand | 1:49.19 |
| 2. | Christina Metcalf | Cheshire | 1:54.22 |
| 3. | Melanie Rodriguez Lapman | Cheshire | 1:56.15 |

200 IM

- | | | | |
|----|----------------|-------------|---------|
| 1. | Lia Sgambato | Cheshire | 2:07.71 |
| 2. | Aidan McKinlay | Cheshire | 2:09.45 |
| 3. | Alex Czaplicki | North Haven | 2:10.99 |

50 Free

- | | | | |
|----|-----------------|----------|-------|
| 1. | Kasey Kesses | Amity | 24.53 |
| 2. | Jen Liu | Cheshire | 24.83 |
| 3. | Erin McLaughlin | Amity | 24.86 |
| | Elizabeth Cohan | Hand | 24.86 |

Diving

- | | | |
|----|-------------------|----------|
| 1. | Shannon Burke | Shelton |
| 2. | Kyla McGlynn | Branford |
| 3. | Stephanie Gargano | Branford |

100 Fly

- | | | | |
|----|------------------|----------|-------|
| 1. | Aidan McKinlay | Cheshire | 56.80 |
| 2. | Lindsay Sherman | Amity | 58.99 |
| 3. | Danielle Forrest | Cheshire | 59.19 |

100 Free

- | | | | |
|----|-------------------|----------|-------|
| 1. | Christina Metcalf | Cheshire | 52.84 |
| 2. | Jen Liu | Cheshire | 53.33 |
| 3. | Kasey Kesses | Amity | 53.41 |

500 Free

- | | | | |
|----|-----------------|----------|---------|
| 1. | Kristen Frost | Hand | 4:50.93 |
| 2. | Ashley Ukleja | SHA | 5:05.56 |
| 3. | Alyssa Reinhard | Cheshire | 5:07.02 |

200 Yard Free Relay

1. Cheshire - 1:37.84 (Jen Liu, Sam O'Donnell, Christina Metcalf, Aidan McKinlay)
2. Hand - 1:40.82 (Amy Papantonio, Sarah Kinne, Elizabeth Cohan, Kristen Frost)

100 Back

1.	Erin McLaughlin	Amity	58.16
2.	Lia Sgambato	Cheshire	58.82
3.	Danielle Forrest	Cheshire	1:01.25

100 Breast

1.	Colleen Delaney	NH	1:07.12
2.	Alyssa Reinhard	Cheshire	1:07.56
3.	Kelly Murphy	Cheshire	1:07.86

400 Yard Free Relay

Cheshire - 3:33.85(Jen Liu, Lia Sgambato, Christina Metcalf, Danielle Forrest)
Hand - 3:35.66(Elizabeth Cohan, Sarah Kinne, Katherine Loftus, Kristen Frost)

All-Division (please note there are only 3 divisions in girls swimming)**ALL HOUSATONIC****200 M.R.**

Cheshire-1:49.12(Lia Sgambato, Alyssa Reinhard, Aidan McKinlay, Sam O'Donnell)
Amity 1:54.54-(Erin McLaughlin, Caitlin Welch-Rubin, Eryn Crane, Courtney Anderson)

200 Free

1.	Christina Metcalf	Cheshire	1:54.22
2.	Melanie Rodriguez Lapman	Cheshire	1:56.15
3.	Lindsay Sherman	Amity	1:57.09

200 IM

1.	Lia Sgambato	Cheshire	2:07.71
2.	Aidan McKinlay	Cheshire	2:09.45
3.	Kelly Murphy	Cheshire	2:13.30

50 Free

1.	Kasey Kesses	Amity	24.53
2.	Jen Liu	Cheshire	24.83
3.	Erin Mclaughlin	Amity	24.86

Diving

1.	Shannon Burke	Shelton	
2.	Megan Rock	Cheshire	
3.	Blaire Sullivan	Amity	

100 Fly

1.	Aidan McKinlay	Cheshire	56.80
2.	Lindsay Sherman	Amity	58.99
3.	Danielle Forrest	Cheshire	59.19

100 Free

1.	Christina Metcalf	Cheshire	52.84
2.	Jen Liu	Cheshire	53.33
3.	Kasey Kesses	Amity	53.61

500 Free

1.	Alyssa Reinhard	Cheshire	5:07.02
2.	Melanie Rodriguez Lapman	Cheshire	5:10.80
3.	Kristen Thuerk	Cheshire	5:18.23

200 Yard Free Relay

- Cheshire - 1:37.84(Jen Liu, Sam O'Donnell, Christina Metcalf, Aidan McKinlay)
- Amity- 1:40.89(Margaux Farrell, Courtney Anderson, Kasey Kesses, Lindsay Sherman)

100 Back

1.	Erin McLaughlin	Amity	58.16
2.	Lia Sgambato	Cheshire	58.82
3.	Danielle Forrest	Cheshire	1:01.25

100 Breast

1.	Alyssa Reinhard	Cheshire	1:07.56
2.	Kelly Murphy	Cheshire	1:07.86
3.	Mikki Morr	Cheshire	1:09.81

400 Yard Free Relay

- Cheshire - 3:33.85 (Jen Liu, Lia Sgambato, Christina Metcalf, Danielle Forrest)
- Amity - 3:38.95 (Lindsay Sherman, Lindsey Ciancola, Erin McLaughlin, Kasey Kesses)

ALL-QUINNIPIAC**200 Medley Relay**

- Hamden Jayme Delancy, Hannah Grimes, Maria Altieri, Lauren Meyer 1:57.66
- SHA Alexandria Ukleja, Lauren Curtis, Lynn Vollero, Ashley Ukleja 1:58.19

200 Freestyle

- Ashley Ukleja 1:56.93 SHA
- Sarah Froehlich 1:57.56 Hamden
- Alexandria Ukleja 1:58.82 SHA

200 IM

- Maria Altieri 2:17.17 Hamden
- Marilyn Purvis 2:19.51 Mercy
- Lauren Curtis 2:20.72 SHA

50 Free

- Arriana Turcio 26.06 SHA
- Lauren Meyer 26.20 Hamden
- Karen Klucznec 26.47 Mercy

Diving

- Emily Zilm 221.00 pts Hamden
- Samantha Baylor 202.10 pts SHA
- Betsy Duffy 190.65 pts Mercy

100 Fly

- Megan McGorry 1:01.11 West Haven
- Lynn Vollero 1:02.90 SHA
- Maria Altieri 1:03.18 Hamden

100 Free

- Megan McGorry 55.57 West Haven
- Lauren Meyer 56.74 Hamden
- Jayme Delancey 57.00 Hamden

500 Free

1. Ashley Ukleja 5:05.06 SHA
2. Sarah Froehlich 5:10.28 Hamden
3. Alexandria Ukleja 5:10.28 SHA

200 Freestyle Relay

1. Hamden Maria Altieri, Melanie Murray, Lauren Meyer, Sarah Froehlich 1:44.25
2. SHA Elissa Vitagliano, Chrissy Marchitto, Lauren Curtis, Arriana Turcio 1:46.80

100 Back

1. Marilyn Purvis 1:02.90 Mercy
2. Jayme Delancey 1:04.00 Hamden
3. Samantha Silter 1:08.94 Mercy

100 Breast

1. Hannah Grimes 1:12.73 Hamden
2. Lauren Curtis 1:13.19 SHA
3. Arriana Turcio 1:15.17 SHA

400 Freestyle Relay

1. Hamden Jayme Delancey, Sarah Froehlich, Melanie Murray, Claire Bogart 3:50.49
2. SHA Alexandria Ukleja, Lynn Vollero, Arriana Turcio, Ashley Ukleja 3:56.70

All-Hammonasset

200 Medley Relay

- | | | |
|---------|----------|---|
| 1:54.98 | Hand | Laura Zdon, Summer Pacelli, Katherine Loftus, Amy Papantino |
| 1:56.07 | Branford | Libby Chapman, Alex DiPalma, Becky Buchek, Eliza Perkins |

200 Freestyle

- | | | |
|---------|------------------|----------|
| 1:49.19 | Kristen Frost | Hand |
| 1:59.89 | Michele Ferguson | Branford |
| 1:59.99 | Sarah Kinne | Hand |

200 Individual Medley

- | | | |
|---------|------------------|-------------|
| 2:10.99 | Alex Czaplicki | North Haven |
| 2:13.08 | Summer Pacelli | Hand |
| 2:15.18 | Katherine Loftus | Hand |

50 Freestyle

- | | | |
|-------|-----------------|----------|
| 25.06 | Whitney Herzog | Branford |
| 24.86 | Elizabeth Cohan | Hand |
| 25.83 | Amy Papantonio | Hand |

Diving

347.4	Stephanie Gargano	Branford
339.0	Kyla McGlynn	Branford
321.0	Maxine Dube-Fredericks	Hand

100 Fly

59.30	Alex Czaplicki	North Haven
59.81	Alex DiPalma	Branford
1:02.65	Becky Buchek	Branford

100 Freestyle

54.14	Elizabeth Cohan	Hand
56.13	Whitney Herzog	Branford
56.29	Laura Zdon	Hand

500 Freestyle

4:50.93	Kristen Frost	Hand
5:17.15	Michele Ferguson	Branford
5:15.16	Sarah Kinne	Hand

200 Freestyle Relay

1:40.82	Hand	Amy Papantino, Sarah Kinne, Elizabeth Cohan, Kristen Frost
1:43.73	Branford	Whitney Herzog, Becky Buchek, Eliza Perkins, Michele Ferguson

100 Backstroke

1:03.46	Carole Lupi	Branford
1:03.63	Laura Zdon	Hand
1:04.49	Libby Chapman	Branford

100 Breaststroke

1:07.12	Colleen Delaney	North Haven
1:08.77	Summer Pacelli	Hand
1:09.45	Alex DiPalma	Branford

400 Freestyle Relay

3:35.66	Hand	Sarah Kinne, Elizabeth Cohan, Katherine Loftus, Kristen Frost
3:48.55	Branford	Jenna Lupi, Meghan Fay, Whitney Herzog, Michele Ferguson