

## mvc championship meet - 2/18/2012

## Results

## #1 Girls 200 Yard Medley Relay

Meet Record: 1:55.99\* 2011 SHS

A Slater, A Banks, A Dunigan, A Burns

Team	Relay	Finals Time
1 PME	A	2:01.08
	Dwyer, Meghan	Parrish, Janay
	Palaski, Margaux	Palaski, Abigail
2 SHS-US	A	2:07.05
	Mraz, Shana	Konz, Kimmie
	Slater, Alana	Mesko, Marissa
3 PMW	A	2:12.97
	Teajman, Laleta	Opromollo, Brianna
	Barney, Elizabeth	Hejnowicz, Amanda
4 ESN	A	2:15.24
	Huck, Lea	Williams, Chelsea
	Marsh, Jackie	Jelly, Alexis
5 ESS	A	2:16.35
	Geiger, Macy	Marquez, Mercedes
	Echeverry, Valeria	Gress, Colette

## #2 Boys 200 Yard Medley Relay

Meet Record: 1:44.73\* 2010 PME

M Pankiewicz, K Baran, K Bron, Ben Dutka-Long

Team	Relay	Finals Time
1 SHS-US	A	1:49.77
	Cawley, Matt	Lynch, James
	Rios, Ramon	Gerner, Austin
2 PMW	A	1:51.11
	Gallagher, Alexander	Williams, Shalir
	Cruz, Colin	Pifer, Robert
3 ESN	A	1:56.74
	Pellington, Connor	Rosser, Mike
	Montante, Ant	Slipe, Eric
4 PME	A	1:59.83
	Nixon, Nathaniel	Gray, Kyle
	Pankiewicz, Konrad	McClellan, Zachary
5 ESS	A	2:01.08
	Bank, Peter	West, Rodney
	Keskinev, Alex	Sitterson, Jacob

## #3 Girls 200 Yard Free

Meet Record: 2:02.16\* 2010 Lena Yang

Districts: 2:12.85!

Name	Team	Finals Time
1 Joyce, Emily	SHS-US	2:01.70*
2 Liguori, Elissa	ESS	2:15.13
3 Mraz, Shana	SHS-US	2:17.85
4 Rispin, Jacklyn	PME	2:25.77
5 Geake, Gwen	PMW	2:26.45
6 Blum, Heather	SHS-US	2:27.00
7 Butler, Jasmine	ESN	2:28.66
8 Johnson, Kayla	ESS	2:30.10
9 Klopfenstein, Sara	PME	2:31.07
10 Raffa, Megan	ESN	2:33.96
11 Mailloux, Debra	PME	2:34.67
12 Hacia, Katarzyna	ESS	2:35.81
13 Pollack, Stephanie	ESS	2:38.22
14 Niewiorawska, Ali	PMW	2:42.00

15 Milewska, Adrianna	PMW	2:42.39
16 Brower, Maggie	ESN	2:57.23

## #4 Boys 200 Yard Free

Meet Record: 1:53.38\* 2009 Matt Cawley

Districts: 2:03.24!

Name	Team	Finals Time
1 Bartlett, Sean	ESS	1:59.91!
2 Williams, Tristan	ESN	2:00.73!
3 Wotring, Kevin	PME	2:01.77!
4 Pankiewicz, Konrad	PME	2:02.43!
5 Gerner, Ben	SHS-US	2:03.26
6 Lynch, James	SHS-US	2:06.71
7 Schaefer, Louis	PMW	2:07.83
8 Nixon, Nathaniel	PME	2:10.80
9 Slipe, Eric	ESN	2:12.78
10 Kimball, Riley	SHS-US	2:13.61
11 Montoya, Al	ESN	2:14.39
12 West, Rodney	ESS	2:20.49
13 Heller, Justin	PMW	2:21.00
14 Schaefer, Mike	PMW	2:21.76
15 Rosser, Mike	ESN	2:22.78
16 Haberle, Matt	ESS	2:24.38
17 Gerling, Kirk	PMW	2:29.44
18 Nam, Jason	PME	2:39.73

## #5 Girls 200 Yard IM

Meet Record: 2:17.21\* 2009 Emily Clark

Districts: 2:32.44!

Name	Team	Finals Time
1 Burns, Alex	SHS-US	2:17.22!
2 Palaski, Margaux	PME	2:24.33!
3 Konz, Kimmie	SHS-US	2:31.97!
4 Nicolescu, Rachael	PME	2:45.55
5 Brower, Carly	ESN	2:45.71
6 Leinhauser, Claire	SHS-US	2:49.40
7 Harris, Shoshi	ESN	2:51.07
8 Hejnowicz, Amanda	PMW	2:52.85
9 Allivato, Brittny	PMW	2:58.71
10 Titus, Alyssa	ESN	3:02.09
11 Italiano, Megan	ESS	3:02.97
12 Rosado, Emily	PMW	3:25.72
13 Culp, Megan	PME	3:26.69
14 Paredes, Shaina	PME	4:01.10

## #6 Boys 200 Yard IM

Meet Record: 2:03.98\* 2010 Matt Cawley

Districts: 2:19.02!

Name	Team	Finals Time
1 Velez, Sam	ESN	2:14.01!
2 Frantz, Elias	SHS-US	2:17.28!
3 Paredes, Sebastian	ESN	2:17.39!
4 Rios, Ramon	SHS-US	2:18.35!
5 Pifer, Robert	PMW	2:19.00!
6 Hughes, Chris	SHS-US	2:26.38
7 Williams, Shalir	PMW	2:29.01
8 Lilley, Duncan	PME	2:30.21
9 Marrufo, Diego	ESN	2:30.69

10 Keskinev, Alex	ESS	2:31.08
11 Walsh, James	PME	2:38.33
12 Smickley, Brock	PME	2:46.82
13 Bamberger, John	PMW	2:57.93
14 Perez, Mervin	ESN	3:01.32
--- Widuto, Nick	PMW	DQ
--- Polidura, Nicholas	PME	DQ

## #7 Girls 50 Yard Free

Meet Record: 24.78\* 2011 Lena Yang

Districts: 27.08!

Name	Team	Finals Time
1 Yang, Lena	ESS	24.34*
2 Opromollo, Brianna	PMW	26.82!
3 Mesko, Marissa	SHS-US	27.02!
4 Gress, Colette	ESS	28.52
5 Jelly, Alexis	ESN	28.90
6 Williams, Jackie	SHS-US	29.01
7 Followay, Ally	ESS	29.25
8 Fortier, Lindsay	PME	29.58
9 Miro, Marisa	ESN	29.71
10 Antonowich, Maddie	SHS-US	29.79
11 Shin, Charlene	PME	30.59
12 Madison, Erin	PME	31.46
13 Vazquez, Melynna	ESN	31.60
*14 Vasquez, Melyssa	ESN	31.70
*14 Parisi, Nicki	PMW	31.70
16 Wurst, Ashley	ESS	31.91
17 Tirado, Ashley	PMW	33.17
18 Foglio, Julia	PMW	35.16

## #8 Boys 50 Yard Free

Meet Record: 21.98\* 2005 BJ Conklyn

Districts: 24.32!

Name	Team	Finals Time
1 Helbers, Josh	ESS	23.45!
2 Montante, Ant	ESN	23.94!
3 Galleta, Angelo	ESN	23.98!
4 Bank, Peter	ESS	24.38
5 Gerner, Austin	SHS-US	25.15
6 McClellan, Zachary	PME	25.28
7 Vernon, Josh	PMW	25.49
8 Mirabel, Devon	ESN	25.55
9 Parsley, Kashief	ESS	25.59
10 Nyitray, Ryan	PMW	25.90
11 Counterman, Alex	SHS-US	25.97
12 Moran, Justin	PMW	26.55
13 Ellerbee, Davon	PME	27.08
14 Gulmy, Paul	ESN	27.35
15 Fair, George	PME	27.40
16 Gerling, Kirk	PMW	29.77
17 Grunfelder, David	SHS-US	30.02
18 Tyson, D'Quan	ESS	32.64

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## Results

## #9 Girls 100 Yard Fly

Meet Record: 1:00.78\* 2011 Lena Yang

Districts: 1:09.35!

Name	Team	Finals Time
1 Palaski, Margaux	PME	1:03.00!
2 Slater, Alana	SHS-US	1:07.03!
3 Barney, Elizabeth	PMW	1:10.07
4 Opromollo, Brianna	PMW	1:10.12
5 Dwyer, Meghan	PME	1:14.56
6 Blum, Heather	SHS-US	1:14.62
7 Echeverry, Valeria	ESS	1:17.79
8 Marsh, Jackie	ESN	1:22.70
9 Hernandez, Karen	ESN	1:29.52
10 Tirado, Ashley	PMW	1:37.32
11 Thomas, Kylie	PME	1:37.41

## #10 Boys 100 Yard Fly

Meet Record: 53.34\* 2011 Kamahl Brown

Districts: 1:02.53!

Name	Team	Finals Time
1 Montante, Ant	ESN	57.99!
2 Cruz, Colin	PMW	59.19!
3 Thompson, Parker	ESS	1:01.11!
4 Rios, Ramon	SHS-US	1:01.15!
5 Velez, Sam	ESN	1:01.67!
6 Hughes, Chris	SHS-US	1:04.38
7 Gray, Kyle	PME	1:06.50
8 Pifer, Robert	PMW	1:07.71
9 Lilley, Duncan	PME	1:08.00
10 Law, Malcolm	ESN	1:09.40
11 Smickley, Brock	PME	1:13.45
12 Wisbauer, Brian	SHS-US	1:15.33
13 Widuto, Nick	PMW	1:21.13

## #11 Girls 200 Yard Free Relay

Meet Record: 1:45.29\* 2011 SHS

A Slater, A Banks, A Dunigan, A Burns

Team	Relay	Finals Time
1 SHS-US	A	1:47.80
Mesko, Marissa	Leinhauser, Claire	
Joyce, Emily	Burns, Alex	
2 ESS	A	1:49.74
Polloway, Ally	Gress, Colette	
Liguori, Elissa	Yang, Lena	
3 PME	A	2:00.01
Fortier, Lindsay	Rispin, Jacklyn	
Madison, Erin	Dwyer, Meghan	
4 ESN	A	2:01.97
Brower, Carly	Vasquez, Melyssa	
Miro, Marisa	Jelly, Alexis	
5 PMW	A	2:02.64
Allivato, Brittney	Milewska, Adrianna	
Parisi, Nicki	Hejnowicz, Amanda	

## #12 Boys 200 Yard Free Relay

Meet Record: 1:33.12\* 2009 ESN

D Woods, L Montante, S Vazquez, Z Brower

Team	Relay	Finals Time
1 ESN	A	1:37.09
Galleta, Angelo	Paredes, Sebastian	
Velez, Sam	Williams, Tristan	
2 ESS	A	1:38.42
Bank, Peter	Bartlett, Sean	
Thompson, Parker	Helbers, Josh	
3 SHS-US	A	1:40.11
Lynch, James	Rios, Ramon	
Gerner, Austin	Cawley, Matt	
4 PME	A	1:42.57
McClellan, Zachary	Ellerbee, Davon	
Gray, Kyle	Wotring, Kevin	
5 PMW	A	1:43.90
Nyitray, Ryan	Heller, Justin	
Moran, Justin	Williams, Shalir	

## #13 Girls 100 Yard Free

Meet Record: 53.69\* 2009 Liz Jordan

Districts: 59.95!

Name	Team	Finals Time
1 Yang, Lena	ESS	53.89!
2 Burns, Alex	SHS-US	56.08!
3 Barney, Elizabeth	PMW	59.37!
4 Mesko, Marissa	SHS-US	59.71!
5 Liguori, Elissa	ESS	1:02.40
6 Echeverry, Valeria	ESS	1:04.51
7 Rispin, Jacklyn	PME	1:05.72
8 Miro, Marisa	ESN	1:06.52
9 Teajman, Laleta	PMW	1:06.65
10 Jelly, Alexis	ESN	1:07.05
11 Hejnowicz, Amanda	PMW	1:08.17
12 Raffa, Megan	ESN	1:08.64
13 Fortier, Lindsay	PME	1:09.47
14 Madison, Erin	PME	1:10.23
15 Vasquez, Melyssa	ESN	1:12.16
16 TomWing, Natori	ESS	1:15.30
17 Walsh, Jule	PME	1:15.53

## #14 Boys 100 Yard Free

Meet Record: 50.65\* 2010 Ben Dutka-Long

Districts: 53.99!

Name	Team	Finals Time
1 Cruz, Colin	PMW	53.20!
2 Paredes, Sebastian	ESN	53.24!
3 Wotring, Kevin	PME	53.99!
4 Gallagher, Alexander	PMW	54.67
5 Williams, Tristan	ESN	54.89
6 Counterman, Alex	SHS-US	55.68
7 Keskiniev, Alex	ESS	56.02
8 Gerner, Austin	SHS-US	56.34
9 Galleta, Angelo	ESN	57.46
10 Williams, Josh	SHS-US	59.05
11 Montoya, Al	ESN	1:00.11
12 Sitterson, Jacob	ESS	1:00.24

13 Ellerbee, Davon	PME	1:03.37
14 Williams, Shaq	ESS	1:04.61
15 Bamberger, John	PMW	1:04.62
16 Johnson, Anthony	PMW	1:05.22
17 Maysonet, Justin	PME	1:05.94
18 House, Russell	PME	1:12.31

## #15 Girls 500 Yard Free

Meet Record: 5:30.58\* 2010 Emily Clark

Districts: 6:03.35!

Name	Team	Finals Time
1 Joyce, Emily	SHS-US	5:25.92*
2 Palaski, Abigail	PME	5:58.37!
3 Parrish, Janay	PME	5:58.95!
4 Courtright, Haden	SHS-US	6:27.93
5 Brower, Carly	ESN	6:29.79
6 Johnson, Kayla	ESS	6:33.69
7 Pollaro, Victoria	SHS-US	6:43.85
8 Geake, Gwen	PMW	6:45.27
9 Klopfenstein, Sara	PME	6:53.59
10 Huck, Lea	ESN	6:55.36
11 Pollack, Stephanie	ESS	6:55.80
12 Williams, Chelsea	ESN	7:01.71
13 Parisi, Nicki	PMW	7:08.97
14 Hacia, Katarzyna	ESS	7:11.71
15 Gallagher, Nicole	PMW	7:29.28
16 Mendez, Vinelys	PMW	7:47.31
17 Brower, Maggie	ESN	7:48.90
18 Arguello, Alysa	PME	7:50.33

## #16 Boys 500 Yard Free

Meet Record: 5:08.01\* 2010 Matt Cawley

Districts: 5:35.43!

Name	Team	Finals Time
1 Pankiewicz, Konrad	PME	5:31.56!
2 Gerner, Ben	SHS-US	5:32.05!
3 Pellington, Connor	ESN	5:35.05!
4 Bartlett, Sean	ESS	5:36.41
5 Schaefer, Louis	PMW	5:49.59
6 Lynch, James	SHS-US	5:49.92
7 Benzinger, Chris	ESS	6:06.78
8 Marrufo, Diego	ESN	6:07.04
9 Helbers, Matt	ESS	6:12.40
10 Cricklair, Nathan	SHS-US	6:23.73
11 Gonzalez, Bryan	ESN	6:29.34
12 Schaefer, Mike	PMW	6:34.25
13 Racano, Chris	PME	6:47.47
14 Wisbauer, Brian	SHS-US	6:51.45
15 Haberle, Matt	ESS	7:08.15
--- McKeown, Kyle	PME	DQ

## #17 Girls 100 Yard Back

Meet Record: 1:06.23\* 2005 Lauren Hosko

Districts: 1:08.17!

Name	Team	Finals Time
1 Slater, Alana	SHS-US	1:07.44!
2 Dwyer, Meghan	PME	1:08.30
3 Riutort, Liana	ESS	1:13.69

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## Results

## #17 Girls 100 Yard Back

4	Teajman, Laleta	PMW	1:13.70
5	Courtright, Haden	SHS-US	1:14.86
6	Palaski, Abigail	PME	1:14.90
7	Huck, Lea	ESN	1:15.41
8	Mraz, Shana	SHS-US	1:15.51
9	Polloway, Ally	ESS	1:16.32
10	Geiger, Macy	ESS	1:22.63
11	Walsh, Jule	PME	1:23.03
12	Butler, Jasmine	ESN	1:24.06
13	Milewska, Adrianna	PMW	1:24.45
14	Vazquez, Melynna	ESN	1:27.22
15	Arguello, Alysa	PME	1:29.18
16	Rosado, Emily	PMW	1:32.37
---	Mendez, Vinelys	PMW	DQ

## #18 Boys 100 Yard Back

Meet Record: 57.73\* 2011 Matt Cawley

Districts: 1:04.74!

Name	Team	Finals Time
1	Cawley, Matt	SHS-US 57.14*
2	Helbers, Josh	ESS 1:00.42!
3	Gallagher, Alexander	PMW 1:01.71!
4	Frantz, Elias	SHS-US 1:05.54
5	Bank, Peter	ESS 1:06.64
6	Williams, Josh	SHS-US 1:06.71
7	Nixon, Nathaniel	PME 1:07.30
8	Walsh, James	PME 1:07.88
9	Vernon, Josh	PMW 1:10.07
10	Hammerburg, Justin	ESN 1:12.93
11	Chalifa, Dan	ESN 1:14.81
12	Fair, George	PME 1:15.59
13	Law, Malcolm	ESN 1:19.34
14	Gulmy, Paul	ESN 1:19.86
15	Rivera, Eliezer	ESS 1:20.18
---	Heller, Justin	PMW DQ

## #19 Girls 100 Yard Breast

Meet Record: 1:06.76\* 2009 Liz Jordan

Districts: 1:16.76!

Name	Team	Finals Time
1	Parrish, Janay	PME 1:14.00!
2	Konz, Kimmie	SHS-US 1:18.59
3	Nicolescu, Rachael	PME 1:22.92
4	Leinhauser, Claire	SHS-US 1:25.40
5	Marquez, Mercedes	ESS 1:26.01
6	Williams, Chelsea	ESN 1:26.58
7	Adair, Gen	PMW 1:29.51
8	Shin, Charlene	PME 1:30.11
9	Harris, Shoshi	ESN 1:30.88
10	Allivato, Brittney	PMW 1:31.25
11	McGrath, Tori	ESN 1:32.43
12	Pollaro, Victoria	SHS-US 1:33.58
13	Martinez, Mariette	ESS 1:35.49
14	Titus, Alyssa	ESN 1:36.72
---	Niewiorawska, Ali	PMW DQ

## #20 Boys 100 Yard Breast

Meet Record: 1:00.47\* 2006 Ian Walsh

Districts: 1:11.99!

Name	Team	Finals Time
1	Cawley, Matt	SHS-US 1:05.50!
*2	Williams, Shalir	PMW 1:09.46!
*2	Thompson, Parker	ESS 1:09.46!
4	Pellington, Connor	ESN 1:10.83!
5	Moran, Justin	PMW 1:14.36
6	Rosser, Mike	ESN 1:14.47
7	Slipe, Eric	ESN 1:14.90
8	West, Rodney	ESS 1:18.00
9	Kimball, Riley	SHS-US 1:18.28
10	Sapienza, Nicholas	PME 1:19.21
11	Gray, Kyle	PME 1:20.27
12	Smith, Mason	ESN 1:22.24
13	Johnson, Anthony	PMW 1:25.03
14	Benzinger, Chris	ESS 1:25.50
15	Racano, Chris	PME 1:25.54
16	Cricklair, Nathan	SHS-US 1:27.99
17	House, Russell	PME 1:32.99

## #21 Girls 400 Yard Free Relay

Meet Record: 3:55.95\* 2009 ESS

J Kearns, A Shaw, S Menio, L Yang

Team	Relay	Finals Time
1	SHS-US	A 3:59.95
	Slater, Alana	Konz, Kimmie
	Joyce, Emily	Burns, Alex
2	PME	A 4:08.13
	Palaski, Abigail	Rispin, Jacklyn
	Palaski, Margaux	Parrish, Janay
3	ESS	A 4:09.77
	Gress, Colette	Polloway, Ally
	Liguori, Elissa	Yang, Lena
4	PMW	A 4:11.14
	Teajman, Laleta	Opromollo, Brianna
	Geake, Gwen	Barney, Elizabeth
5	ESN	A 4:43.43
	Miro, Marisa	Vasquez, Melyssa
	Butler, Jasmine	Brower, Carly

## #22 Boys 400 Yard Free Relay

Meet Record: 3:28.09\* 2009 ESN

D Woods, S Vazquez, D Gambino, Z Brower

Team	Relay	Finals Time
1	ESN	A 3:33.85
	Velez, Sam	Paredes, Sebastian
	Montante, Ant	Williams, Tristan
2	ESS	A 3:38.14
	Bartlett, Sean	Keskinev, Alex
	Thompson, Parker	Helbers, Josh
3	PMW	A 3:41.64
	Cruz, Colin	Pifer, Robert
	Vernon, Josh	Gallagher, Alexander
4	SHS-US	A 3:46.66
	Frantz, Elias	Hughes, Chris
	Gerner, Ben	Counterman, Alex

5	PME	A 3:47.24
	McClellan, Zachary	Pankiewicz, Konrad
	Nixon, Nathaniel	Wotring, Kevin

## Scores - Women

## Women - Team Rankings - Through Event 22

1.	Stroudsburg High School	108
2.	Pocono Mountain East Swimming	78
3.	East Stroudsburg South	54
4.	Pocono Mt West	39
5.	East Stroudsburg North	23

## Scores - Men

## Men - Team Rankings - Through Event 22

1.	East Stroudsburg North	85
2.	Stroudsburg High School	71
3.	East Stroudsburg South	59.5
4.	Pocono Mt West	51.5
5.	Pocono Mountain East Swimming	35