

**2009 Stroudsburg Winter Swim Classic - 1/3/2009****Stroudsburg High School  
Results****Event 1 Women 200 Yard Medley Relay**

<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1 Archbishop Wood High School 1) Fitzgerald, Alexandra B 32.60 35.61 27.06	A 2) Davis, Alyse A 26.62	2:01.00 3) Cochrane, Grace E	2:01.89 4) Kerins, Bridget K	32
2 East Stroudsburg South 1) Shaw, Amanda 33.24 33.79 31.23	A 2) Anger, Lacey 26.23	2:04.00 3) Menio, Sarah	2:04.49 4) Yang, Lena	26
3 Stroudsburg High School 1) Rose, Jessica 33.00 34.04 30.74	A 2) Dunigan, Alex 26.93	2:01.74 3) Banks, Avanti	2:04.71 4) Kuchinkas, Shelby	24
4 Pocono Mt. West 1) Refolo, Melissa 33.47 32.16 30.79	A 2) Jordan, Liz 28.37	2:03.19 3) Merritt, Amber	2:04.79 4) Keppol, Amber	22
5 Crestwood High School 1) Grzech, Breanna 30.15 35.96 30.30	A 2) Blass, Brittany 28.59	2:04.42 3) Brown, Lindsay	2:05.00 4) Abramcheck, Annie	20
6 Kittatinny Regional High School 1) Quinn, Savannah 34.27 33.93 29.47	A 2) Welles, Michelle 28.68	1:57.73 3) Jacinto, Amanda	2:06.35 4) Tooker, Emily	18
7 Jefferson Township High School 1) Good, Courtney 32.05 35.00 30.45	A 2) Buglino, Carly 28.86	2:00.89 3) Freeman, Kristina	2:06.36 4) Jackson, Rita	14
8 Tunkhannock High School 1) Hoskins, Eileen 34.79 37.31 31.25	A 2) Womer, Tori 26.59	2:11.76 3) Halloran, Stephani	2:09.94 4) Dymond, Stephanie	10
9 Little Flower High School 1) Foley, Jen 33.29 36.47 32.30	A 2) Holmes, Lindsey 28.69	2:08.00 3) Thomas, Emily	2:10.75 4) Jusino, Myah	8
10 High Point Regional High School 1) Tracy, Michelle 34.34 37.61 31.66	A 2) Winfield, Kara 28.84	2:06.10 3) Dispenziere, Ashley	2:12.45 4) Martin, Madyson	6
11 Archbishop Wood High School 1) Cook, MariKate A 33.94 36.49 34.78	B 2) McGrath, Bridget A 29.31	2:14.00 3) Colbridge, Jacqueline G	2:14.52 4) Gannon, Colleen	4
12 Stroudsburg High School 1) Sine, Emily 35.67 37.38 32.68	B 2) Keaney, Quinn 30.80	2:11.38 3) Blum, Heather	2:16.53 4) Ongkeo, Ashley	2
13 High Point Regional High School 1) Porraspita, Amanda 35.64 37.85 35.11	B 2) Mutch, Amy 28.20	2:14.81 3) VanGlahn, Megan	2:16.80 4) Walton, Emily	
14 East Stroudsburg South 1) Finn, Rosie 33.73 40.15 33.55	B 2) Bower, Kelsey 31.59	2:12.09 3) Echeverry, Valaria	2:19.02 4) Johnson, Aleda	
15 Kittatinny Regional High School 1) Engels, Grace 34.79 39.71 34.33	B 2) Tracey, Jill 32.62	NT 3) Freund, Christine	2:21.45 4) Morlock, Breezy	
16 Little Flower High School 1) Sheehan, Samantha 38.87 43.54 31.28	B 2) Martinez, Stephanie 28.02	2:13.00 3) Oxley, Megan	2:21.71 4) Denofa, Monica	
17 East Stroudsburg North 1) Pilato, Chelsea 35.56 40.02 38.52	A 2) Cruz, Priscilla 30.14	2:25.04 3) Haese, Amanda	2:24.24 4) Rosser, Giselle	

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<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
18 Stroudsburg High School	C	2:17.92	2:24.73	
1) Luna, Nicole	2) Juschitsch, Jaimie	3) Butz, Emily	4) Rios, Leanne	
37.92 36.54 36.07	34.20			
19 Kittatinny Regional High School	C	NT	2:34.28	
1) Grablutz, Jenna	2) Kandel, Katherine L	3) Salcone, Sarah	4) Lipiec, Carolyn	
42.99 41.95 35.33	34.01			
20 Crestwood High School	B	2:34.56	2:36.40	
1) Papa, Kristina	2) Bruell, Audrey	3) Rosser, Katie	4) Roberts, Kailey	
39.89 43.94 37.96	34.61			
21 Pocono Mt. West	B	2:41.54	2:40.25	
1) Niewiarowska, Ali	2) Morton, Kelsie	3) Argot, Rebecca	4) Dimitriou, Alexandra	
47.84 40.98 31.27	40.16			
22 Crestwood High School	C	2:36.77	2:51.53	
1) Roberts, Sarah	2) Metzger, Lindsay	3) Inciti, Chelsea	4) Lee, Amanda	
44.38 47.78 44.61	34.76			
--- Archbishop Wood High School	D	2:26.00	X2:40.79	
1) Walsh, Danielle M	2) Karensky, Karley E	3) Harney, Caitlin A	4) Santospago, JulieAnne	
48.91 39.94 38.80	33.14			
--- Archbishop Wood High School	C	2:21.00	DQ	
1) Harney, Madeline M	2) Knott, Kathryn G	3) Martino, Olivia A	4) Hutson, Emily	
38.57 37.31 34.46	30.37			

**Event 3 Women 200 Yard Freestyle**

<b>Name</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1 Kane, Taylor B	Archbishop Wood High School	2:00.31	2:00.20	16
27.96 30.16 31.02	31.06			
2 Menio, Sarah	East Stroudsburg South	2:09.12	2:08.17	13
29.81 32.21 33.18	32.97			
3 Smith, Emily K	Archbishop Wood High School	2:13.19	2:12.87	12
29.91 33.10 34.44	35.42			
4 Kuchinkas, Shelby	Stroudsburg High School	2:11.95	2:13.44	11
28.93 32.35 35.26	36.90			
5 Refolo, Melissa	Pocono Mt. West	2:13.19	2:15.42	10
30.93 33.83 35.23	35.43			
6 Basgil, Megan S	Archbishop Wood High School	2:25.14	2:16.47	9
31.07 34.28 35.91	35.21			
7 Brunngraber, Erica	High Point Regional High School	2:13.59	2:18.02	7
31.08 34.40 36.46	36.08			
8 Randall, Bethany	Stroudsburg High School	2:20.82	2:20.92	5
31.28 36.10 38.11	35.43			
9 Kearns, Julie	East Stroudsburg South	2:25.67	2:21.30	4
31.83 36.21 37.62	35.64			
10 Hoskins, Eileen	Tunkhannock High School	2:23.44	2:22.45	3
32.34 36.01 37.76	36.34			
11 Halner, Kristina M	Archbishop Wood High School	2:35.00	2:22.68	2
32.76 32.77 37.90	39.25			
12 Ilch, Erin	Stroudsburg High School	2:21.88	2:22.86	1
31.91 36.50 37.78	36.67			
13 Pilato, Chelsea	East Stroudsburg North	2:23.09	2:24.29	
33.02 36.57 37.55	37.15			
14 McCurdy, Megan	Little Flower High School	2:27.38	2:25.43	
33.73 36.39 38.34	36.97			

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Results****(Event 3 Women 200 Yard Freestyle)**

<b>Name</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
15 Kozlowski, Erica 33.66 37.68 39.17 36.05	Kittatinny Regional High School	2:26.33	2:26.56	
16 Johnson, Danielle 33.17 37.13 38.45 38.13	Kittatinny Regional High School	2:24.87	2:26.88	
17 Gress, Anna 32.17 36.95 39.06 39.74	East Stroudsburg South	2:26.43	2:27.92	
18 English, Brittany 32.13 36.55 39.92 39.72	High Point Regional High School	2:27.56	2:28.32	
19 Kent, Kristen 32.49 37.24 40.38 38.75	High Point Regional High School	2:25.89	2:28.86	
20 Zarzecki, Nicole 33.92 37.24 39.95 38.42	Jefferson Township High School-NJ	2:26.96	2:29.53	
21 Suitch, Mollie 32.92 37.46 39.96 39.30	Crestwood High School	2:19.05	2:29.64	
22 Brunngraber, Kara 33.54 37.13 39.34 39.95	High Point Regional High School	2:30.28	2:29.96	
23 McLaughlin, Corinne 33.41 37.82 40.74 39.34	Jefferson Township High School-NJ	2:26.96	2:31.31	
24 Palmer, Morgan 33.58 38.17 40.40 39.44	Tunkhannock High School	2:42.00	2:31.59	
25 Holmes, Judy 34.41 39.28 40.55 40.17	Little Flower High School	2:40.07	2:34.41	
26 Luna, Nicole 36.25 40.55 41.75 38.10	Stroudsburg High School	2:48.44	2:36.65	
27 Moffet, Megan 32.48 38.32 43.94 43.14	Little Flower High School	NT	2:37.88	
28 Morlock, Breezy 34.77 40.55 42.51 40.48	Kittatinny Regional High School	2:35.31	2:38.31	
29 Cruz, Priscilla 34.74 40.95 42.89 40.53	East Stroudsburg North	2:43.21	2:39.11	
30 Hall, Patricia 34.57 40.00 42.46 42.86	Little Flower High School	2:38.91	2:39.89	
31 Carey, Brittney 37.23 41.53 43.44 42.08	East Stroudsburg North	2:41.60	2:44.28	
32 Miro, Marisa 37.78 43.12 47.28 54.66	East Stroudsburg North	3:00.00	3:02.84	
--- Currenti, Katelyn 47.71 54.41 56.55 21.82	Jefferson Township High School-NJ	3:26.26	DQ	

**Event 5 Women 200 Yard IM**

<b>Name</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1 Solt, Victoria 29.41 34.41 40.45 30.20	Palmerton High School	2:13.29	2:14.47	16
2 Cochrane, Grace E 29.80 34.66 41.23 31.59	Archbishop Wood High School	2:22.00	2:17.28	13
3 Womer, Tori 33.89 37.87 44.92 34.46	Tunkhannock High School	2:34.90	2:31.14	12
4 Rose, Jessica 33.37 36.48 45.65 35.66	Stroudsburg High School	2:29.25	2:31.16	11
5 Thomas, Emily 32.42 39.24 45.14 34.61	Little Flower High School	2:33.17	2:31.41	10
6 Dunigan, Alex 33.08 40.27 43.22 35.36	Stroudsburg High School	2:27.95	2:31.93	9

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Results****(Event 5 Women 200 Yard IM)**

<b>Name</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
7 Welles, Michelle 31.85 39.28 44.89 36.19	Kittatinny Regional High Schoo	2:31.05	2:32.21	7
8 Davis, Alyse A 32.46 41.58 44.93 35.76	Archbishop Wood High School	2:35.00	2:34.73	5
9 Brown, Lindsay 32.61 39.42 48.21 34.58	Crestwood High School	2:34.00	2:34.82	4
10 Halloran, Stephani 33.54 39.01 46.78 35.65	Tunkhannock High School	2:32.56	2:34.98	3
11 Seraut, Lauren 34.96 40.46 44.25 35.89	East Stroudsburg North	2:34.67	2:35.56	2
12 Ritter, Samantha 34.73 40.49 45.76 35.16	High Point Regional High Schoo	2:32.51	2:36.14	1
13 Cook, MariKate A 35.35 38.21 47.43 36.18	Archbishop Wood High School	2:36.00	2:37.17	
14 Foley, Jen 33.03 38.80 50.78 36.23	Little Flower High School	2:40.07	2:38.84	
15 Cotter, Eliza 33.25 39.07 50.10 37.79	High Point Regional High Schoo	2:31.21	2:40.21	
16 Tracy, Michelle 35.86 41.55 47.41 38.62	High Point Regional High Schoo	2:38.74	2:43.44	
17 Nugent, Danielle 37.73 44.15 46.65 37.05	Kittatinny Regional High Schoo	2:45.28	2:45.58	
18 Quinn, Savannah 35.66 42.30 53.12 37.25	Kittatinny Regional High Schoo	2:45.45	2:48.33	
19 Keaney, Quinn 40.36 45.74 43.53 40.09	Stroudsburg High School	2:49.55	2:49.72	
20 Finn, Rosie 35.85 41.07 55.38 37.96	East Stroudsburg South	2:52.67	2:50.26	
21 Freeman, Kristina 33.43 41.72 52.46 42.99	Jefferson Township High School-NJ	2:44.23	2:50.60	
22 Harney, Madeline M 35.58 44.43 55.50 40.77	Archbishop Wood High School	2:55.94	2:56.28	
23 Rincavage, Katie 41.52 46.70 50.75 40.79	Tunkhannock High School	3:00.71	2:59.76	
24 Butz, Emily 37.93 47.44 54.03 40.77	Stroudsburg High School	3:06.50	3:00.17	
25 Haese, Amanda 39.81 45.78 56.56 42.82	East Stroudsburg North	2:59.81	3:04.97	
26 Kandel, Katherine L 41.56 49.24 56.87 41.98	Kittatinny Regional High Schoo	3:05.72	3:09.65	
27 Leyland, Emily 43.01 48.08 56.86 43.81	Little Flower High School	3:04.11	3:11.76	

**Event 7 Women 50 Yard Freestyle**

<b>Name</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1 Jordan, Liz	Pocono Mt. West	26.60	25.06	16
2 Yang, Lena	East Stroudsburg South	26.23	26.25	13
3 Grzech, Breanna	Crestwood High School	26.14	26.58	12
4 Kerins, Bridget K	Archbishop Wood High School	27.50	27.05	11
5 Banks, Avanti	Stroudsburg High School	26.46	27.17	10
6 Dymond, Stephanie	Tunkhannock High School	26.99	27.36	9
7 Good, Courtney	Jefferson Township High School-NJ	27.15	27.41	7

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<b>Name</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
8 Martin, Madyson	High Point Regional High School	27.76	27.67	5
9 Mendez, Michelle	Stroudsburg High School	28.42	27.81	4
10 Walton, Emily	High Point Regional High School	29.23	28.51	3
11 Tooker, Emily	Kittatinny Regional High School	27.77	28.70	2
12 Denofa, Monica	Little Flower High School	28.78	28.84	1
13 Keppol, Amber	Pocono Mt. West	28.42	29.10	
14 Riutort, Angelique	East Stroudsburg South	28.86	29.20	
15 Rosser, Giselle	East Stroudsburg North	29.99	29.46	
16 Deegan, Barbara B	Archbishop Wood High School	29.50	29.53	
17 Jackson, Rita	Jefferson Township High School-NJ	28.99	29.62	
18 Gannon, Colleen	Archbishop Wood High School	29.50	29.63	
19 Ruzicka, Emily A	Archbishop Wood High School	29.56	29.73	
20 Engels, Grace	Kittatinny Regional High School	29.96	29.93	
21 Paredes, Veronica	East Stroudsburg North	29.65	30.07	
22 Kanaley, Kelly	Stroudsburg High School	29.31	30.08	
23 Horn, Christine	Little Flower High School	29.99	30.13	
24 English, Brittany	High Point Regional High School	30.60	30.28	
25 Jusino, Myah	Little Flower High School	30.01	31.07	
26 Rivera, Enecia	East Stroudsburg South	30.79	31.38	
27 Sine, Emily	Stroudsburg High School	30.49	31.82	
28 Scheffler, Brooke	Tunkhannock High School	32.19	32.27	
29 Dispenziere, Ashley	High Point Regional High School	31.00	32.28	
30 Rosser, Katie	Crestwood High School	31.73	32.88	
31 Gaeta, Samantha	East Stroudsburg North	30.45	33.28	
32 Mowry, Jessica	Tunkhannock High School	33.20	33.38	
33 Lee, Amanda	Crestwood High School	36.01	35.15	
34 Phillips, Courtney	Little Flower High School	37.50	35.18	
35 Goetz, Amanda	East Stroudsburg North	32.00	35.29	
36 Niewiarowska, Ali	Pocono Mt. West	38.55	38.22	
37 Galfo, Marissa	Jefferson Township High School-NJ	NT	38.57	
38 Woo, Elizabeth	Jefferson Township High School-NJ	37.02	49.83	
39 Polynice, Carolyn	Tunkhannock High School	NT	50.91	
--- Coffin, Hannah	Crestwood High School	37.67	X34.45	
--- Papa, Kristina	Crestwood High School	33.83	X35.23	
--- Inciti, Chelsea	Crestwood High School	36.50	X36.00	

**Event 11 Women 100 Yard Butterfly**

<b>Name</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1 Cochrane, Grace E 28.48 32.52	Archbishop Wood High School	1:02.00	1:01.00	16
2 Solt, Victoria 29.07 32.36	Palmerton High School	1:01.73	1:01.43	13
3 Kerins, Bridget K 30.33 36.80	Archbishop Wood High School	1:05.00	1:07.13	12
4 Oxley, Megan 31.76 35.78	Little Flower High School	1:07.15	1:07.54	11
5 Ubhaus, Jackie 31.64 37.02	Jefferson Township High School-NJ	NT	1:08.66	10
6 Thomas, Emily 32.07 36.98	Little Flower High School	1:07.10	1:09.05	9

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<b>Name</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
7 Ritter, Samantha 32.61 36.56	High Point Regional High Schoo	1:08.75	1:09.17	7
8 Banks, Avanti 32.55 38.11	Stroudsburg High School	1:09.76	1:10.66	5
9 Foley, Jen 32.52 38.66	Little Flower High School	1:08.50	1:11.18	4
10 Merritt, Amber 33.63 38.31	Pocono Mt. West	1:09.94	1:11.94	3
11 Freeman, Kristina 33.36 39.24	Jefferson Township High School-NJ	1:11.29	1:12.60	2
12 Argot, Rebecca 32.87 39.91	Pocono Mt. West	1:13.10	1:12.78	1
13 Dispenziere, Ashley 33.40 39.55	High Point Regional High Schoo	1:14.31	1:12.95	
14 Freund, Christine 33.84 39.52	Kittatinny Regional High Schoo	1:14.31	1:13.36	
15 Randall, Bethany 33.92 40.85	Stroudsburg High School	1:14.68	1:14.77	
16 Abramcheck, Annie 35.11 40.80	Crestwood High School	1:11.95	1:15.91	
17 Rodriguez, Gina 35.88 42.68	East Stroudsburg North	1:17.35	1:18.56	
18 Calascibetta, Melissa 35.06 44.38	Kittatinny Regional High Schoo	1:20.06	1:19.44	
19 Echeverry, Valaria 35.58 45.35	East Stroudsburg South	1:23.68	1:20.93	
20 Butz, Emily 39.01 42.77	Stroudsburg High School	1:17.61	1:21.78	
21 Greer, Ashley 37.44 45.11	High Point Regional High Schoo	1:24.61	1:22.55	
22 Colbridge, Jacqueline G 36.68 46.68	Archbishop Wood High School	1:26.84	1:23.36	
23 Keithline, Jackie 38.28 47.83	Tunkhannock High School	1:27.91	1:26.11	
24 Haese, Amanda 40.66 45.77	East Stroudsburg North	1:27.60	1:26.43	
25 VanGlahn, Megan 38.57 48.98	High Point Regional High Schoo	NT	1:27.55	
26 Martell, Mel 38.72 48.88	Stroudsburg High School	1:24.51	1:27.60	
27 Cruz, Priscilla 40.57 47.51	East Stroudsburg North	1:38.97	1:28.08	
28 Harney, Caitlin A 41.65 49.14	Archbishop Wood High School	1:24.56	1:30.79	
29 Miro, Marisa 42.94 55.06	East Stroudsburg North	1:36.34	1:38.00	
--- Riutort, Angelique 39.97 45.94	East Stroudsburg South	1:27.70	DQ	

**Event 13 Women 100 Yard Freestyle**

<b>Name</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1 Solt, Victoria 26.80 28.44	Palmerton High School	54.10	55.24	16

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<b>Name</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
2 Blass, Brittany 27.44 29.58	Crestwood High School	56.88	57.02	13
3 Smith, Emily K 28.60 30.99	Archbishop Wood High School	59.69	59.59	12
4 Cotter, Eliza 29.23 30.71	High Point Regional High Schoo	1:00.11	59.94	11
5 Shaw, Amanda 29.43 31.41	East Stroudsburg South	1:01.34	1:00.84	10
6 Womer, Tori 29.89 31.64	Tunkhannock High School	1:01.00	1:01.53	9
7 Brown, Lindsay 29.19 32.54	Crestwood High School	59.93	1:01.73	7
8 Mendez, Michelle 29.41 32.68	Stroudsburg High School	1:02.60	1:02.09	5
9 Fitzgerald, Alexandra B 29.80 32.87	Archbishop Wood High School	1:02.00	1:02.67	4
10 Buglino, Carly 30.16 32.65	Jefferson Township High School-NJ	1:01.23	1:02.81	3
11 Gress, Anna 30.87 33.56	East Stroudsburg South	1:03.67	1:04.43	2
12 Walton, Emily 30.50 33.99	High Point Regional High Schoo	1:05.47	1:04.49	1
13 Denofa, Monica 31.17 34.00	Little Flower High School	1:06.00	1:05.17	
14 Brunngraber, Erica 29.83 35.47	High Point Regional High School	59.96	1:05.30	
15 Keppol, Amber 31.46 33.91	Pocono Mt. West	1:07.27	1:05.37	
16 Kent, Kristen 31.36 34.27	High Point Regional High School	1:06.42	1:05.63	
17 Kozlowski, Erica 31.57 34.30	Kittatinny Regional High School	1:05.58	1:05.87	
18 Jacinto, Arianna 30.56 35.35	Kittatinny Regional High School	1:05.97	1:05.91	
19 Johnson, Danielle 31.80 34.43	Kittatinny Regional High School	1:04.58	1:06.23	
20 Gannon, Colleen 31.33 35.19	Archbishop Wood High School	1:03.00	1:06.52	
21 Henn, Sarah 31.63 34.99	Tunkhannock High School	1:05.13	1:06.62	
22 Ruzicka, Emily A 31.33 35.33	Archbishop Wood High School	1:05.00	1:06.66	
23 Kanaley, Kelly 32.74 34.77	Stroudsburg High School	1:07.27	1:07.51	
24 Rosser, Giselle 32.40 35.17	East Stroudsburg North	1:10.84	1:07.57	
25 Jackson, Rita 32.29 35.33	Jefferson Township High School-NJ	1:04.51	1:07.62	
26 Blum, Heather 32.53 35.23	Stroudsburg High School	1:11.49	1:07.76	
27 Paredes, Veronica 32.53 35.25	East Stroudsburg North	1:08.17	1:07.78	

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<b>Name</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
28 McLaughlin, Corinne 32.64 36.13	Jefferson Township High School-NJ	1:10.50	1:08.77	
29 Suitch, Mollie 33.05 36.30	Crestwood High School	1:03.03	1:09.35	
30 Johnson, Aleda 33.13 37.11	East Stroudsburg South	NT	1:10.24	
31 Morton, Kelsie 32.60 38.33	Pocono Mt. West	1:13.72	1:10.93	
32 Gerek, Alex 33.91 37.07	Tunkhannock High School	1:10.30	1:10.98	
33 Jusino, Myah 33.45 37.70	Little Flower High School	1:08.00	1:11.15	
34 Scheffler, Brooke 33.50 37.84	Tunkhannock High School	1:12.20	1:11.34	
35 Ongkeo, Ashley 33.84 38.90	Stroudsburg High School	1:11.64	1:12.74	
36 Carey, Brittney 35.76 38.82	East Stroudsburg North	1:12.64	1:14.58	
37 Roberts, Kailey 36.87 40.12	Crestwood High School	1:22.00	1:16.99	
38 Horn, Jessica 44.42 37.18	Little Flower High School	NT	1:21.60	
39 Coffin, Hannah 37.89 44.21	Crestwood High School	NT	1:22.10	
40 Campbell, Megan 37.76 46.19	Little Flower High School	1:15.57	1:23.95	
41 Burke, Chloe 39.82 45.71	East Stroudsburg North	1:35.89	1:25.53	
42 Niewiarowska, Ali 39.56 47.80	Pocono Mt. West	NT	1:27.36	
43 Roberts, Sarah 42.69 44.80	Crestwood High School	1:25.00	1:27.49	
44 Urban, Kristen 42.83 49.49	Jefferson Township High School-NJ	1:34.27	1:32.32	
45 Dimitriou, Alexandra 42.66 49.93	Pocono Mt. West	1:30.68	1:32.59	
--- Papa, Kristina 36.46 42.20	Crestwood High School	1:22.80	X1:18.66	

**Event 15 Women 500 Yard Freestyle**

<b>Name</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1 Kane, Taylor B 28.96 31.57 32.41 32.19 32.56 32.62 32.27 32.43 32.56 31.08	Archbishop Wood High School	5:15.00	5:18.65	16
2 Menio, Sarah 30.29 32.58 33.10 33.74 33.58 33.71 33.58 33.87 33.93 33.13	East Stroudsburg South	5:38.67	5:31.51	13
3 Buglino, Lindsey 29.90 33.46 34.18 34.89 35.23 35.29 35.86 36.01 35.45 35.19	Jefferson Township High School-NJ	5:33.61	5:45.46	12
4 Kuchinskas, Shelby 30.85 33.59 35.64 35.59 36.07 36.78 37.30 37.27 37.78 35.89	Stroudsburg High School	6:00.13	5:56.76	11



**2009 Stroudsburg Winter Swim Classic - 1/3/2009****Stroudsburg High School  
Results****(Event 15 Women 500 Yard Freestyle)**

<b>Name</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
5 Dymond, Stephanie	Tunkhannock High School	6:09.00	6:02.33	10
30.81 34.64 36.40 37.79 38.14 37.94 37.82 36.88				
37.36 34.55				
6 Basgil, Megan S	Archbishop Wood High School	6:15.00	6:04.69	9
31.85 34.93 36.53 36.85 37.35 37.65 37.97 38.44				
37.50 35.62				
7 Ilch, Erin	Stroudsburg High School	6:20.11	6:16.31	7
32.83 36.23 37.85 38.42 37.82 38.76 39.29 39.48				
39.26 36.37				
8 Kearns, Julie	East Stroudsburg South	6:23.45	6:20.41	5
32.79 37.38 38.95 38.16 40.20 40.09 38.91 39.47				
38.44 36.02				
9 Frazier, Kristen	East Stroudsburg North	6:27.80	6:22.48	4
33.34 36.78 38.86 39.38 39.66 40.17 39.86 39.59				
38.31 36.53				
10 Freund, Christine	Kittatinny Regional High School	6:41.06	6:37.02	3
34.34 38.91 40.76 41.31 40.92 41.31 40.84 40.65				
39.75 38.23				
11 Kozlowski, Erica	Kittatinny Regional High School	6:34.55	6:37.27	2
35.11 39.33 41.22 41.02 40.30 41.12 41.26 40.48				
40.39 37.04				
12 Zarzecki, Nicole	Jefferson Township High School-NJ	6:46.41	6:38.17	1
34.15 39.57 40.86 41.11 41.38 40.86 41.02 40.84				
40.36 38.02				
13 McCurdy, Megan	Little Flower High School	6:34.87	6:38.55	
35.05 38.82 40.26 40.97 40.84 40.38 40.93 41.47				
40.65 39.18				
14 Brunngraber, Kara	High Point Regional High School	6:52.26	6:50.06	
34.76 38.65 40.48 41.43 42.21 41.98 42.42 43.48				
43.15 41.50				
15 Hall, Patricia	Little Flower High School	6:59.47	7:27.57	
35.05 40.53 44.08 45.91 47.21 46.75 48.10 47.66				
47.42 44.86				

**Event 17 Women 200 Yard Freestyle Relay**

<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1 Archbishop Wood High School	A	1:50.00	1:48.66	32
1) Davis, Alyse A	2) Smith, Emily K	3) Fitzgerald, Alexandra B	4) Kane, Taylor B	
27.96 26.97 27.39 26.34				
2 Crestwood High School	A	1:52.95	1:49.04	26
1) Grzech, Breanna	2) Blass, Brittany	3) Brown, Lindsay	4) Abramcheck, Annie	
27.05 28.57 27.72 25.70				
3 High Point Regional High School	A	1:50.30	1:52.54	24
1) Brunngraber, Erica	2) Ritter, Samantha	3) Cotter, Eliza	4) Martin, Madysen	
27.97 28.94 28.69 26.94				
4 East Stroudsburg South	A	1:56.89	1:55.33	22
1) Anger, Lacey	2) Echeverry, Valaria	3) Kearns, Julie	4) Gress, Anna	
28.46 30.15 28.44 28.28				
5 Pocono Mt. West	A	1:52.59	1:55.50	20
1) Refolo, Melissa	2) Merritt, Amber	3) Keppol, Amber	4) Argot, Rebecca	
29.08 28.63 29.00 28.79				
6 East Stroudsburg North	A	2:05.98	1:56.13	18
1) Seraut, Lauren	2) Rosser, Giselle	3) Rodriguez, Gina	4) Frazier, Kristen	
29.42 29.69 29.05 27.97				

**2009 Stroudsburg Winter Swim Classic - 1/3/2009****Stroudsburg High School  
Results****(Event 17 Women 200 Yard Freestyle Relay)**

<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
7 Stroudsburg High School	A	1:59.18	1:56.97	14
1) Mendez, Michelle	2) Randall, Bethany	3) Ilch, Erin	4) Kanaley, Kelly	
27.85 29.39 30.18	29.55			
8 Archbishop Wood High School	B	1:58.00	1:57.03	10
1) Gannon, Colleen	2) Ruzicka, Emily A	3) Whelan, Jennifer L	4) McGrath, Bridget A	
30.37 29.00 29.01	28.65			
9 Archbishop Wood High School	C	2:01.00	1:59.83	8
1) Knott, Kathryn G	2) Basgil, Megan S	3) Halner, Kristina M	4) Deegan, Barbara B	
29.69 30.17 30.48	29.49			
10 Kittatinny Regional High School	A	1:53.53	2:00.56	6
1) Tooker, Emily	2) Quinn, Savannah	3) Johnson, Danielle	4) Kozlowski, Erica	
29.78 30.06 30.54	30.18			
11 Jefferson Township High School	A	1:49.16	2:00.93	4
1) Buglino, Carly	2) Zarzecki, Nicole	3) McLaughlin, Corinne	4) Freeman, Kristina	
28.82 31.76 31.64	28.71			
12 Tunkhannock High School	A	1:59.02	2:02.15	2
1) Hoskins, Eileen	2) Henn, Sarah	3) Gerek, Alex	4) Palmer, Morgan	
30.48 28.77 31.53	31.37			
13 High Point Regional High School	B	1:59.84	2:02.82	
1) Porraspita, Amanda	2) Mutch, Amy	3) Kent, Kristen	4) Walton, Emily	
30.40 31.91 31.54	28.97			
14 Kittatinny Regional High School	B	NT	2:04.10	
1) Calascibetta, Melissa	2) Nugent, Gabrielle	3) Engels, Ashley	4) Nugent, Danielle	
30.93 30.62 32.61	29.94			
15 Stroudsburg High School	B	2:05.70	2:06.21	
1) Sine, Emily	2) Blum, Heather	3) Juschitsch, Jaimie	4) Martell, Mel	
31.80 31.35 31.12	31.94			
16 High Point Regional High School	C	2:03.18	2:09.65	
1) Genetelli, Katie	2) Dispenziere, Ashley	3) VanGlahn, Megan	4) Brunngraber, Kara	
31.31 32.51 33.04	32.79			
17 Little Flower High School	A	2:02.00	2:09.80	
1) Campbell, Megan	2) Gayoush, Lindsey	3) Moffet, Megan	4) Horn, Christine	
36.89 32.00 30.21	30.70			
18 Little Flower High School	B	NT	2:13.93	
1) Lees, Katie	2) Powrozvik, Emily	3) Horn, Jessica	4) Defrancisco, Gina	
33.77 31.72 32.05	36.39			
19 Stroudsburg High School	C	2:20.19	2:16.07	
1) King, Lacey	2) Martell, Brenda	3) Rios, Leanne	4) Streck, Mariah	
32.93 36.67 33.89	32.58			
20 East Stroudsburg South	B	2:02.54	2:17.01	
1) Kearns, Alison	2) Rivera, Enecia	3) Joffe, Kaitlyn	4) Rashkova, Milena	
32.64 38.48 35.06	30.83			
21 Crestwood High School	B	2:09.60	2:17.62	
1) Coffin, Hannah	2) Bruell, Audrey	3) Rosser, Katie	4) Roberts, Kailey	
35.05 36.75 31.53	34.29			
22 Crestwood High School	C	2:27.70	2:29.18	
1) Roberts, Sarah	2) Metzger, Lindsay	3) Inciti, Chelsea	4) Lee, Amanda	
42.05 35.51 36.50	35.12			
23 Pocono Mt. West	B	2:30.80	2:31.93	
1) Morton, Kelsie	2) Niewiarowska, Ali		4) Dimitriou, Alexandra	
32.14 37.35 43.75	38.69			
24 Kittatinny Regional High School	C	NT	2:33.41	
1) Grablutz, Jenna	2) Maio, Jessica	3) Opitz, Erin	4) Gargin, Alexis	
35.31 39.86 36.29	41.95			

**2009 Stroudsburg Winter Swim Classic - 1/3/2009****Stroudsburg High School  
Results****(Event 17 Women 200 Yard Freestyle Relay)**

<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
25 Jefferson Township High School	B	NT	2:37.20	
1) Woo, Elizabeth	2) Currenti, Katelyn	3) Urban, Kristen	4) Galfo, Marissa	
41.95 38.09 42.19 34.97				
--- Archbishop Wood High School	D	2:10.00	X2:05.89	
1) Hutson, Emily	2) Karensky, Karley E	3) Martino, Olivia A	4) Colbridge, Jacqueline G	
31.21 34.02 30.57 30.09				

**Event 19 Women 100 Yard Backstroke**

<b>Name</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1 Grzech, Breanna 31.91 33.52	Crestwood High School	1:03.75	1:05.43	16
2 Blass, Brittany 32.58 33.62	Crestwood High School	1:04.60	1:06.20	13
3 Good, Courtney 33.69 36.14	Jefferson Township High School-NJ	1:09.23	1:09.83	12
4 Shaw, Amanda 34.28 36.55	East Stroudsburg South	1.11	1:10.83	11
5 Rose, Jessica 33.49 37.46	Stroudsburg High School	1:09.75	1:10.95	10
6 Fitzgerald, Alexandra B 34.11 36.91	Archbishop Wood High School	1:10.68	1:11.02	9
7 Oxley, Megan 35.02 36.02	Little Flower High School	1:12.97	1:11.04	7
8 Foley, Jen 34.79 37.30	Little Flower High School	1:12.54	1:12.09	5
9 Frazier, Kristen 35.74 36.36	East Stroudsburg North	1:14.13	1:12.10	4
10 Abramcheck, Annie 34.94 37.57	Crestwood High School	1:09.06	1:12.51	3
11 Finn, Rosie 35.14 37.59	East Stroudsburg South	1:13.45	1:12.73	2
12 Cook, MariKate A 35.64 37.59	Archbishop Wood High School	1:15.34	1:13.23	1
13 Engels, Grace 35.82 37.47	Kittatinny Regional High School	1:14.40	1:13.29	
14 Quinn, Savannah 36.00 37.95	Kittatinny Regional High School	1:12.79	1:13.95	
15 Tracy, Michelle 35.50 38.73	High Point Regional High School	1:12.59	1:14.23	
16 Porraspita, Amanda 36.64 39.13	High Point Regional High School	1:15.35	1:15.77	
17 Seraut, Lauren 37.61 38.36	East Stroudsburg North	1:12.98	1:15.97	
18 Hoskins, Eileen 36.88 39.18	Tunkhannock High School	1:13.40	1:16.06	
19 Refolo, Melissa 37.08 39.63	Pocono Mt. West	1:12.56	1:16.71	
20 Pilato, Chelsea 37.39 40.21	East Stroudsburg North	1:16.20	1:17.60	
21 Blum, Heather 37.66 39.95	Stroudsburg High School	1:18.64	1:17.61	
22 Sine, Emily 38.19 39.76	Stroudsburg High School	1:17.97	1:17.95	

**2009 Stroudsburg Winter Swim Classic - 1/3/2009****Stroudsburg High School  
Results****(Event 19 Women 100 Yard Backstroke)**

<b>Name</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
23 Harney, Madeline M 37.87 40.21	Archbishop Wood High School	1:21.34	1:18.08	
24 Palmer, Morgan 38.48 40.13	Tunkhannock High School	1:26.30	1:18.61	
25 Jacinto, Arianna 37.08 41.62	Kittatinny Regional High Schoo	1:21.81	1:18.70	
26 Luna, Nicole 39.46 40.65	Stroudsburg High School	1:20.22	1:20.11	
27 Genetelli, Katie 38.80 41.48	High Point Regional High Schoo	1:20.49	1:20.28	
28 Gerek, Alex 40.12 42.66	Tunkhannock High School	1:22.51	1:22.78	
29 Sheehan, Samantha 40.63 43.53	Little Flower High School	1:27.87	1:24.16	
30 VanGlahn, Megan 41.59 45.31	High Point Regional High Schoo	NT	1:26.90	
31 Nugent, Gabrielle 42.52 44.57	Kittatinny Regional High Schoo	1:27.08	1:27.09	
32 Echeverry, Valaria 42.98 47.29	East Stroudsburg South	1:18.78	1:30.27	
33 Harney, Caitlin A 46.01 46.73	Archbishop Wood High School	1:29.00	1:32.74	
34 Roberts, Sarah 45.31 47.95	Crestwood High School	1:38.35	1:33.26	
35 Gleason, Alyse 1:19.30 27.58	Little Flower High School	1:23.04	1:46.88	
36 Galvin, Elizabeth 49.58 1:04.44	Jefferson Township High School-NJ	1:20.85	1:54.02	
37 Woo, Elizabeth 1:35.45 21.12	Jefferson Township High School-NJ	NT	1:56.57	
38 Lopez, Ashley 58.22 1:13.41	East Stroudsburg North	1:45.99	2:11.63	
--- Metzger, Lindsay 44.74 51.39	Crestwood High School	1:52.00	X1:36.13	

**Event 21 Women 100 Yard Breaststroke**

<b>Name</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1 Ubhaus, Jackie 34.67 39.15	Jefferson Township High School-NJ	1:12.94	1:13.82	16
2 Dunigan, Alex 34.76 40.05	Stroudsburg High School	1:15.84	1:14.81	13
3 Buglino, Lindsey 34.98 40.26	Jefferson Township High School-NJ	NT	1:15.24	12
4 Yang, Lena 35.59 40.33	East Stroudsburg South	1:18.75	1:15.92	11
5 Welles, Michelle 35.57 40.73	Kittatinny Regional High Schoo	1:15.27	1:16.30	10
6 Anger, Lacey 35.30 41.33	East Stroudsburg South	1:17.43	1:16.63	9
7 Buglino, Carly 36.36 41.14	Jefferson Township High School-NJ	1:17.35	1:17.50	7
8 Davis, Alyse A 37.09 42.37	Archbishop Wood High School	1:17.00	1:19.46	5

**2009 Stroudsburg Winter Swim Classic - 1/3/2009****Stroudsburg High School  
Results****(Event 21 Women 100 Yard Breaststroke)**

<b>Name</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
9 Mutch, Amy 38.61 41.99	High Point Regional High Schoo	1:21.91	1:20.60	4
10 Holmes, Lindsey 38.74 42.21	Little Flower High School	1:20.75	1:20.95	3
11 Henn, Sarah 38.08 43.26	Tunkhannock High School	1:24.20	1:21.34	2
12 Winfield, Kara 38.54 43.28	High Point Regional High Schoo	1:18.46	1:21.82	1
13 Martin, Madyson 37.39 44.46	High Point Regional High Schoo	1:20.11	1:21.85	
14 Keaney, Quinn 38.70 43.81	Stroudsburg High School	1:20.60	1:22.51	
15 Juschitsch, Jaimie 39.48 43.08	Stroudsburg High School	1:22.97	1:22.56	
16 McGrath, Bridget A 37.81 44.90	Archbishop Wood High School	1:23.22	1:22.71	
17 Tracey, Jill 40.84 42.73	Kittatinny Regional High Schoo	1:22.45	1:23.57	
18 Martino, Olivia A 39.61 44.42	Archbishop Wood High School	1:22.78	1:24.03	
19 Johnson, Aleda 39.40 44.96	East Stroudsburg South	1:26.21	1:24.36	
20 Rodriguez, Gina 40.14 44.49	East Stroudsburg North	1:22.55	1:24.63	
21 Nugent, Danielle 40.73 44.14	Kittatinny Regional High Schoo	1:24.21	1:24.87	
22 Streck, Mariah 40.26 46.12	Stroudsburg High School	1:26.70	1:26.38	
23 Mowry, Jessica 41.30 45.68	Tunkhannock High School	1:29.30	1:26.98	
24 Merritt, Amber 41.38 46.34	Pocono Mt. West	1:22.87	1:27.72	
25 Argot, Rebecca 42.63 45.61	Pocono Mt. West	1:28.04	1:28.24	
26 Whelan, Jennifer L 41.54 47.60	Archbishop Wood High School	1:28.93	1:29.14	
27 Kravitz, Courtney 42.03 48.40	Little Flower High School	1:31.65	1:30.43	
28 Rincavage, Katie 43.66 47.62	Tunkhannock High School	1:36.00	1:31.28	
29 Moffet, Megan 43.77 48.97	Little Flower High School	1:31.47	1:32.74	
30 Roberts, Kailey 42.95 50.00	Crestwood High School	1:38.22	1:32.95	
31 Greer, Ashley 43.86 49.19	High Point Regional High Schoo	1:31.23	1:33.05	
32 Rosser, Katie 44.83 48.45	Crestwood High School	1:34.37	1:33.28	
33 Martinez, Stephanie 43.98 51.81	Little Flower High School	1:38.76	1:35.79	
34 Inciti, Chelsea 46.70 50.63	Crestwood High School	1:37.40	1:37.33	

## 2009 Stroudsburg Winter Swim Classic - 1/3/2009

Stroudsburg High School  
Results**(Event 21 Women 100 Yard Breaststroke)**

Name	School	Seed Time	Finals Time	Points
35 Bruell, Audrey 44.83 54.19	Crestwood High School	1:36.56	1:39.02	
36 Goetz, Amanda 49.50 58.24	East Stroudsburg North	1:50.45	1:47.74	
37 Urban, Kristen 52.93 1:01.80	Jefferson Township High School-NJ	NT	1:54.73	

**Event 23 Women 400 Yard Freestyle Relay**

Team	Relay	Seed Time	Finals Time	Points
1 Archbishop Wood High School 1) Kane, Taylor B 28.73 58.97 28.20	A 2) Smith, Emily K 59.85 27.59 59.98	3:52.00 3) Kerins, Bridget K 26.83 57.13	3:55.93 4) Cochrane, Grace E	32
2 East Stroudsburg South 1) Menio, Sarah 29.59 1:00.14 30.44	A 2) Yang, Lena 1:03.91 28.68 1:01.39	4:05.43 3) Shaw, Amanda 28.04 59.53	4:04.97 4) Gress, Anna	26
3 Stroudsburg High School 1) Banks, Avanti 29.40 1:03.77 29.94	A 2) Dunigan, Alex 1:03.34 28.07 1:01.26	4:01.21 3) Rose, Jessica 28.15 1:00.86	4:09.23 4) Kuchinskas, Shelby	24
4 Jefferson Township High School 1) Good, Courtney 29.36 1:02.50 28.75	A 2) Ubhaus, Jackie 1:01.74 31.91 1:07.59	4:04.04 3) Jackson, Rita 27.76 59.00	4:10.83 4) Buglino, Lindsey	22
5 Tunkhannock High School 1) Dymond, Stephanie 30.32 1:02.84 31.38	A 2) Womer, Tori 1:06.11 29.63 1:02.16	4:23.82 3) Henn, Sarah 29.51 1:02.17	4:13.28 4) Halloran, Stephani	20
6 High Point Regional High School 1) Brunngraber, Erica 30.07 1:03.71 30.67	A 2) Cotter, Eliza 1:09.20 29.34 1:04.94	4:06.56 3) Tracy, Michelle 29.99 1:02.26	4:20.11 4) Ritter, Samantha	18
7 Stroudsburg High School 1) Mendez, Michelle 29.53 1:02.74 30.71	B 2) Randall, Bethany 1:04.87 30.92 1:04.82	4:16.82 3) Ilch, Erin 32.44 1:08.27	4:20.70 4) Kanaley, Kelly	14
8 Kittatinny Regional High School 1) Welles, Michelle 31.16 1:05.87 30.22	A 2) Jacinto, Arianna 1:05.33 31.41 1:07.65	4:11.70 3) Nugent, Danielle 30.03 1:04.61	4:23.46 4) Johnson, Danielle	10
9 East Stroudsburg North 1) Frazier, Kristen 31.02 1:04.79 32.38	A 2) Pilato, Chelsea 1:07.69 32.26 1:06.03	4:23.89 3) Rodriguez, Gina 31.15 1:05.64	4:24.15 4) Seraut, Lauren	8
10 Little Flower High School 1) Thomas, Emily 30.71 1:04.66 30.39	A 2) Denofa, Monica 1:04.55 33.26 1:10.80	4:21.00 3) Hall, Patricia 32.01 1:09.10	4:29.11 4) Holmes, Judy	6
11 Archbishop Wood High School 1) Halner, Kristina M 33.64 1:10.22 29.64	C 2) McGrath, Bridget A 1:03.88 34.21 1:11.08	4:40.00 3) Martino, Olivia A 31.93 1:08.06	4:33.24 4) Deegan, Barbara B	4
12 High Point Regional High School 1) Kent, Kristen 32.64 1:08.83 31.77	B 2) Porraspita, Amanda 1:08.37 34.12 1:12.65	4:24.28 3) Winfield, Kara 31.76 1:06.05	4:35.90 4) English, Brittany	2
13 Little Flower High School 1) Horn, Christine 31.95 1:05.67 32.79	B 2) Oxley, Megan 1:11.05 36.51 1:14.32	4:41.00 3) Horn, Jessica 33.66 1:10.68	4:41.72 4) Leyland, Emily	
14 East Stroudsburg South 31.20 1:05.10 33.93	B 1:12.21 35.68 1:17.89	4:30.17 3) Rivera, Enecia 34.02 1:13.27	4:48.47 4) Kearns, Alison	
15 Kittatinny Regional High School 1) Morlock, Breezy 34.79 1:12.59 33.70	B 2) Calascibetta, Melissa 1:11.75 36.09 1:17.15	NT 3) Engels, Ashley 33.37 1:10.91	4:52.40 4) Freund, Christine	

**2009 Stroudsburg Winter Swim Classic - 1/3/2009****Stroudsburg High School****Results****(Event 23 Women 400 Yard Freestyle Relay)**

<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
16 High Point Regional High Sch	C	4:34.21	4:55.14	
1) VanGlahn, Megan	2) Brunngraber, Kara	3) Genetelli, Katie		
34.90 1:14.32 33.38	1:10.66 35.11 1:14.07	36.33 1:16.09		
17 Little Flower High School	C	5:05.00	5:10.16	
1) Campbell, Megan	2) Gayoush, Lindsey	3) Martinez, Stephanie	4) Sheehan, Samantha	
37.87 1:19.51 34.02	1:17.06 35.11 1:14.44	37.24 1:19.15		
18 Kittatinny Regional High Sch	C	NT	5:13.55	
1) Opitz, Erin	2) Gargin, Alexis	3) Salcone, Sarah	4) Miller, Julia	
37.87 1:20.86 39.67	1:25.86 33.04 1:09.52	35.14 1:17.31		
19 Stroudsburg High School	C	NT	5:19.88	
1) King, Lacey	2) Martell, Brenda	3) Rios, Leanne	4) Streck, Mariah	
36.52 1:19.09 40.28	1:25.55 36.04 1:15.70	37.08 1:19.54		
--- Archbishop Wood High Scho	D	4:50.00	X4:59.94	
1) Harney, Caitlin A	2) Santospago, JulieAnne	3) Walsh, Danielle M	4) Karensky, Karley E	
36.38 1:15.43 36.14	1:15.28 34.07 1:16.02	32.85 1:13.21		
--- Archbishop Wood High Scho	B	4:25.00	DQ	
1) Cook, MariKate A	2) Ruzicka, Emily A	3) Harney, Madeline M	4) Whelan, Jennifer L	
32.06 1:07.19 31.07	1:06.98 31.26 1:06.44	31.75 1:10.16		

**Women - Team Rankings - Through Event 23**

1. Archbishop Wood High School	274	2. Stroudsburg High School	180
3. East Stroudsburg South	167	4. Jefferson Township High School	122
5. Crestwood High School	114	6. High Point Regional High School	90
7. Tunkhannock High School	80	8. Pocono Mt. West	72
9. Little Flower High School	64	10. Kittatinny Regional High School	58
11. Palmerton High School	45	12. East Stroudsburg North	36