



# 2009-10 Virginia Tech Swimming & Diving

## H<sub>2</sub>Okie Men's Season Top Times

Event	Time/Result	Date		
<b>50 Freestyle</b>			<b>200 Butterfly</b>	
Karl Botha	20.16 (P) 'B'	2/25	Gregory Mahon	1:45.32 'B' 2/27
Stephen Hawkins	20.58 (P)	2/25	Blake Trabuchi-Downey	1:46.78 (P) 'B' 2/27
Richard Ulatowski	20.62 (P)	2/25	Matt Baumler	1:47.54 (P) 'B' 2/27
<b>100 Freestyle</b>			<b>200 Individual Medley</b>	
Karl Botha	44.57 (L/S)	2/27	Gregory Mahon	1:47.40* 'B' 2/25
Andrew Rogers	45.03	2/6	Tom Sheranek	1:49.79 'P' 2/25
Gregory Morgan	45.14 (P)	2/27	Daniel Flynn	1:50.70 2/28
<b>200 Freestyle</b>			<b>400 Individual Medley</b>	
Gregory Morgan	1:39.13	2/26	Tom Sheranek	3:53.88 'B' 2/26
Bryan Uncur	1:39.80 (P)	2/26	Alex Lutterbein	3:53.92 'B' 2/28
Chip Hughes	1:40.22 (P)	2/26	Philip LaRosa	3:57.15 2/26
<b>500 Freestyle</b>			<b>200 Medley Relay</b>	
Blake Trabuchi-Downey	4:25.49 'B'	2/25	Hawkins, Huss, Mahon, Ulatowski	1:27.67 'B' 2/24
Bryan Uncur	4:28.16 'B'	2/25	Hawkins, Huss, Mahon, Ulatowski	1:30.96 11/20
Philip LaRosa	4:30.59	2/25	Higgins, Huss, Mahon, Ulatowski	1:31.18^ 10/31
<b>1000 Freestyle</b>			<b>400 Medley Relay</b>	
Blake Trabuchi-Downey	9:19.91 (S)	2/27	Higgins, Huss, Mahon, Ulatowski	3:13.65 'B' 2/26
Philip LaRosa	9:26.23	2/27	Higgins, Huss, Mahon, Ulatowski	3:19.98^ 1/23
Griffin Lutterbein	9:26.83	2/6	Higgins, Huss, Botha, Hawkins	3:21.02 11/19
<b>1650 Freestyle</b>			<b>200 Freestyle Relay</b>	
Blake Trabuchi-Downey	15:24.35 "B"	2/27	Botha, Hawkins, Ulatowski, Hughes	1:21.12 'B' 2/25
Philip LaRosa	15:36.28	2/27	Francis, Ulatowski, Botha, Hawkins	1:23.05 11/19
Griffin Lutterbein	15:37.52	2/6	Rogers, Wilcox, Carr, Skipper	1:23.55 11/7
<b>100 Backstroke</b>			<b>400 Freestyle Relay</b>	
Charlie Higgins	47.13 (P) 'B'	3/7	Botha, Hughes, Ulatowski, Morgan	2:59.09 'B' 2/27
Stephen Hawkins	48.79 (P) 'B'	2/26	Morgan, Hughes, Ulatowski, Uncur	3:04.03^ 1/23
Ryne Francis	49.55	2/26	Morgan, Hughes, Rogers, Ulatowski	3:04.16 11/21
<b>200 Backstroke</b>			<b>800 Freestyle Relay</b>	
Charlie Higgins	1:43.72* (P) 'B'	3/28	Morgan, Hughes, Trabuchi-Downey, Uncur	6:35.35 'B' 2/24
Tom Sheranek	1:44.97 (P) 'B'	2/27	Morgan, Uncur, Hallock, Hughes	6:48.26 11/20
Ryne Francis	1:47.09 (P)	2/27	Baumler, Trabuchi-Downey, Mahon, LaRosa	6:52.56 11/20
<b>100 Breaststroke</b>			<b>1-Meter Event</b>	
Jonathan Huss	54.32 (P) 'B'	2/26	Mikey McDonald	394.28^# 10/31
Scott Harkins	55.66 (P)	2/26	Logan Shinholser	349.73 1/16
Nevin Cook	55.77	2/28	Daniel Martin	332.17 10/31
<b>200 Breaststroke</b>			<b>3-Meter Event</b>	
Jonathan Huss	2:00.66	2/27	Mikey McDonald	427.65^ 10/31
Scott Harkins	2:01.42 (P)	2/27	Logan Shinholser	390.60 1/16
Nevin Cook	2:01.85	2/28	Daniel Martin	363.30 10/21
<b>100 Butterfly</b>			<b>Platform Event</b>	
Greg Mahon	47.33 'B'	2/26	Logan Shinholser	410.55* 2/20
Charlie Higgins	47.96 (P)	2/26	Mikey McDonald	326.20 2/20
Karl Botha	48.23 (P)	2/26	Daniel Martin	315.40 2/20

\* Denotes School Record  
^ Denotes First-Place Finish  
# Denotes Pool Record

P - denotes preliminary competition L/S- denotes leadoff split  
B- denotes NCAA "B" cut



# 2009-10 Virginia Tech Swimming & Diving

## H<sub>2</sub>Okie Women's Season Top Times

Event	Time/Result	Date	Event	Time/Result	Date
<b>50 Freestyle</b>			<b>200 Butterfly</b>		
Katarina Filova	22.91 'B'	3/18	Erika Hajnal	1:59.18^ 'B'	11/21
Emily Ferguson	23.14 (P)	2/18	Meaghan Holloway	2:02.20	2/20
Kaleigh Gomes	23.38 (P)	11/19, 2/18	Abby Barney	2:02.49 (P)	2/20
<b>100 Freestyle</b>			<b>200 Individual Medley</b>		
Katarina Filova	49.15 (L/S) 'B'	2/17	Jace Howanitz	2:02.22 (P)	2/18
Emily Ferguson	50.02 'B'	2/20	Keri Sink	2:03.14	2/18
Kelly deMarrais	50.24	11/21	Paige Ayres	2:05.37	2/6
<b>200 Freestyle</b>			<b>400 Individual Medley</b>		
Katarina Filova	1:45.25* 'B'	3/19	Erika Hajnal	4:09.33* 'B'	3/19
Kelly deMarrais	1:47.80 'B'	2/19	Laura Simon	4:20.05 (P)	2/19
Lauren Ritter	1:48.18 'B'	3/19	Jace Howanitz	4:22.78	2/19
<b>500 Freestyle</b>			<b>200 Medley Relay</b>		
Erika Hajnal	4:40.03^* 'B'	2/18	Drechsel, Earl, Barney, Ferguson	1:42.59 'B'	2/17
Lauren Ritter	4:43.83 (P) 'B'	2/18	Drechsel, Losinger, Barney, Ferguson	1:44.71	10/31
Kelly deMarrais	4:45.98 'B'	2/18	Drechsel, Losinger, Holloway, Ferguson	1:44.98	11/20
<b>1000 Freestyle</b>			<b>400 Medley Relay</b>		
Erika Hajnal	9:44.47 (S)	2/20	Drechsel, Losinger, Holloway, Filova	3:41.65 'B'	2/19
Lauren Ritter	9:55.00 (S)	2/20	Shapiro, Earl, Barney, Gomes	3:50.19	11/19
Laura Simon	10:01.71 (S)	2/20	Shapiro, Earl, Holloway, Gomes	3:50.20^	1/23
<b>1650 Freestyle</b>			<b>200 Freestyle Relay</b>		
Erika Hajnal	16:01.99^ 'B'	2/20	Filova, Ferguson, Barney, deMarrais	1:32.83	2/18
Lauren Ritter	16:23.30 'B'	2/20	Ferguson, Gomes, Barney, Drechsel	1:34.26	11/19
Laura Simon	16:37.49 'B'	2/20	Filova, Barney, Drechsel, Ferguson	1:35.12^	1/30
<b>100 Backstroke</b>			<b>400 Freestyle Relay</b>		
Steffi Drechsel	55.22 'B'	2/19	Filova, deMarrais, Drechsel, Ferguson	3:17.97 'B'	2/17
Sara Shapiro	55.51 (P) 'B'	2/19	deMarrais, Filova, Drechsel, Ferguson	3:23.98^ 'B'	1/23
Sarah Ameen	55.94	2/6	Drechsel, Howanitz, deMarrais, Ferguson	3:25.39^	10/31
<b>200 Backstroke</b>			<b>800 Freestyle Relay</b>		
Lauren Haley	2:00.47^	2/6	Filova, deMarrais, Hajnal, Ritter	7:06.93* 'B'	2/17
Sara Shapiro	2:00.50 (P)	2/20	Filova, deMarrais, Hajnal, Ritter	7:10.38 'B'	3/19
Kelly deMarrais	2:00.94	11/21	deMarrais, Ritter, Hajnal, Howanitz	7:21.52^ 'B'	11/20
<b>100 Breaststroke</b>			<b>1-Meter Event</b>		
Sarah Losinger	1:03.06 (P)	2/19	Sarah Milton	283.27^	1/30
Jessica Earl	1:03.20	2/19	Sara Mokhtari	280.05	10/21
Keri Sink	1:03.31	2/19	Cara Murnan	279.90^	1/16
<b>200 Breaststroke</b>			<b>3-Meter Event</b>		
Jessica Earl	2:14.75 'B'	2/20	Sarah Milton	337.80^*	1/30
Keri Sink	2:15.91 'B'	2/20	Cara Murnan	324.97	1/30
Sarah Losinger	2:16.61 'B'	2/20	Natalie West	322.50^	10/21
<b>100 Butterfly</b>			<b>Platform Event</b>		
Meaghan Holloway	55.14	2/19	Sara Mokhtari	252.90*	11/21
Abby Barney	55.38 (P)	2/19	Cara Murnan	221.60	3/14
Kaleigh Gomes	57.09 (P)	11/20	Sarah Milton	220.25	3/14

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L/S or S- denotes leadoff split/split