

**Valparaiso High School
Women's Swimming and Diving**

Meet Results

**LaPorte Dual Meet 2010-2011 23-Nov-10 SC Meters
Converted Times Used For Calculating Improvement**

Time	F/P/S	Relay		Place	Points	Improv
Event # 2 VR Female 200 Medley Relay						
2:12.27S	F	A Relay	Valparaiso High School	VALPO IN	1	8
			Riley C. Carter (JR)	Basia Niziolek (11)	Allie M. Lamberson (JR)	
		33.70	1:13.25	1:43.86	2:12.27	
		(33.70)	(39.55)	(30.61)	(28.41)	
2:26.73S	F	B Relay	Valparaiso High School	VALPO IN	3	2
			Allison A. Drever	Lauren S. Lafferty (JR)	Ryan E. Thomas (JR)	
		37.11	1:19.17	1:55.20	2:26.73	
		(37.11)	(42.06)	(36.03)	(31.53)	
2:41.24S	F	C Relay	Valparaiso High School	VALPO IN	5	---
			Gabby Healy (JR)	Liz Schlichting (FR)	Brianna Konrad (SO)	
		42.77	1:28.77	2:07.01	2:41.24	
		(42.77)	(46.00)	(38.24)	(34.23)	
Event # 3 JV Female 200 Free						
2:41.81S		F	Lichtenberger, Katie	VALPO-IN	1	6 1.17
		36.78	1:18.73	2:01.03	2:41.81	
		(36.78)	(41.95)	(42.30)	(40.78)	
DQ		F	Delgado, Vanessa	VALPO-IN	---	---
Event # 4 VR Female 200 Free						
2:21.77S		F	Steffus, Kaitlyn A.	VALPO-IN	2	4 -0.77
		31.83	1:07.40	1:44.16	2:21.77	
		(31.83)	(35.57)	(36.76)	(37.61)	
2:26.82S		F	Lamberson, Allie M.	VALPO-IN	3	3 2.94
		32.30	1:07.86	1:45.63	2:26.82	
		(32.30)	(35.56)	(37.77)	(41.19)	
2:29.40S		F	Carter, Riley C.	VALPO-IN	4	2 -3.56
		33.69	1:11.41	1:50.34	2:29.40	
		(33.69)	(37.72)	(38.93)	(39.06)	
Event # 5 JV Female 200 IM						
3:02.13S		F	Drever, Allison A.	VALPO-IN	1	6 0.77
		41.65	1:31.60	2:21.72	3:02.13	
		(41.65)	(49.95)	(50.12)	(40.41)	
3:29.10S		F	Healy, Gabby	VALPO-IN	3	3 -14.30
		51.50	1:46.87	2:43.25	3:29.10	
		(51.50)	(55.37)	(56.38)	(45.85)	
3:37.71S		F	Bluhm, Lexi	VALPO-IN	5	1 ---
		52.94	1:50.11	2:48.88	3:37.71	
		(52.94)	(57.17)	(58.77)	(48.83)	

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Event # 6 VR Female 200 IM						
2:41.82S		F Radosevich, Danielle L.	VALPO-IN	1	6	---
	33.54	1:13.91 2:05.76 2:41.82				
	(33.54)	(40.37) (51.85) (36.06)				
2:47.79S		F Perry, Sydney E.	VALPO-IN	2	4	-8.96
	36.60	1:19.25 2:10.08 2:47.79				
	(36.60)	(42.65) (50.83) (37.71)				
2:59.38S		F Lafferty, Lauren S.	VALPO-IN	5	1	1.07
	38.25	1:26.92 2:21.24 2:59.38				
	(38.25)	(48.67) (54.32) (38.14)				
Event # 7 JV Female 50 Free						
33.60S		F Konrad, Brianna	VALPO-IN	1	6	-3.81
39.74S		F Turner, Courtney	VALPO-IN	2	4	-2.53
40.45S		F Lichtenberger, Natalie	VALPO-IN	3	3	4.39
41.90S		F Airey, Claudia S.	VALPO-IN	5	1	-1.11
Event # 8 VR Female 50 Free						
28.29S		F Niziolek, Basia	VALPO-IN	1	6	0.01
30.76S		F Johnson, Justine T.	VALPO-IN	2	4	-1.06
32.28S		F Thomas, Ryan E.	VALPO-IN	3	3	-0.39
Event # 9 JV Female 1 Meter 6 Dives						
158.95		F Kracich, Jacquelyn M.	VALPO-IN	1	6	-8.45
Event # 10 VR Female 1 Meter 6 Dives						
210.75		F Nolan, Jeanne	VALPO-IN	1	6	-11.70
199.00		F El-Naggar, Khalela	VALPO-IN	2	4	-25.70
173.25		F Sorensen, Amanda	VALPO-IN	3	3	-26.65
Event # 12 VR Female 100 Fly						
1:09.83S		F Niziolek, Basia	VALPO-IN	2	4	0.22
	32.81	1:09.83				
	(32.81)	(37.02)				
1:11.03S		F Steffus, Kaitlyn A.	VALPO-IN	3	3	0.69
	32.87	1:11.03				
	(32.87)	(38.16)				
1:29.47S		F Schlichting, Liz	VALPO-IN	5	1	5.30
	39.37	1:29.47				
	(39.37)	(50.10)				

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Event # 13 JV Female 100 Free						
1:13.96S		F Konrad, Brianna	VALPO-IN	1	6	-6.34
	36.45	1:13.96				
	(36.45)	(37.51)				
1:21.22S		F Schlichting, Liz	VALPO-IN	3	3	-1.82
	38.50	1:21.22				
	(38.50)	(42.72)				
1:21.74S		F Reach, Mindi	VALPO-IN	4	2	-3.57
	39.31	1:21.74				
	(39.31)	(42.43)				
Event # 14 VR Female 100 Free						
1:03.92S		F Lamberson, Allie M.	VALPO-IN	1	6	1.08
	29.82	1:03.92				
	(29.82)	(34.10)				
1:12.69S		F Thomas, Ryan E.	VALPO-IN	3	3	-0.65
	34.68	1:12.69				
	(34.68)	(38.01)				
1:15.10S		F Cain, Marisa L.	VALPO-IN	5	1	2.97
	36.03	1:15.10				
	(36.03)	(39.07)				
Event # 15 JV Female 400 Free						
5:37.66S		F Delgado, Vanessa	VALPO-IN	1	6	-6.87
	36.69	1:17.59 2:00.38 2:43.52				
	(36.69)	(40.90) (42.79) (43.14)				
	3:27.46	4:12.04 4:56.20 5:37.66				
	(43.94)	(44.58) (44.16) (41.46)				
5:45.98S		F Lichtenberger, Katie	VALPO-IN	2	4	5.50
	37.84	1:19.31 2:03.10 2:47.30				
	(37.84)	(41.47) (43.79) (44.20)				
	3:32.14	4:16.80 5:02.38 5:45.98				
	(44.84)	(44.66) (45.58) (43.60)				

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Event # 16 VR Female 400 Free						
4:55.58S		F Johnson, Justine T.	VALPO-IN	1	6	-1.42
	33.48	1:10.94 1:48.45 2:26.11				
	(33.48)	(37.46) (37.51) (37.66)				
	3:04.11	3:41.99 4:19.08 4:55.58				
	(38.00)	(37.88) (37.09) (36.50)				
5:08.30S		F Perry, Sydney E.	VALPO-IN	3	3	-4.74
	35.27	1:13.34 1:52.22 2:31.39				
	(35.27)	(38.07) (38.88) (39.17)				
	3:10.67	3:50.39 4:29.52 5:08.30				
	(39.28)	(39.72) (39.13) (38.78)				
5:25.27S		F Lafferty, Lauren S.	VALPO-IN	4	2	-5.51
	36.95	1:18.16 1:59.59 2:42.13				
	(36.95)	(41.21) (41.43) (42.54)				
	3:24.20	4:05.28 4:46.67 5:25.27				
	(42.07)	(41.08) (41.39) (38.60)				
Event # 17 JV Female 200 Free Relay						
2:31.85S	F	A Relay Valparaiso High School	VALPO IN	1	8	
	Courtney Turner	Claudia S. Airey (FR)	Amanda Sorensen (SO)	Jeanne Nolan (SR)		
	40.65	1:24.62 1:56.70 2:31.85				
	(40.65)	(43.97) (32.08) (35.15)				
Event # 18 VR Female 200 Free Relay						
2:05.57S	F	A Relay Valparaiso High School	VALPO IN	1	8	
	Kaitlyn A. Steffus (SO)	Ryan E. Thomas (JR)	Sydney E. Perry (SO)	Justine T. Johnson (JR)		
	31.14	1:03.46 1:35.01 2:05.57				
	(31.14)	(32.32) (31.55) (30.56)				
2:12.84S	F	B Relay Valparaiso High School	VALPO IN	2	4	
	Riley C. Carter (JR)	Liz Schlichting (FR)	Lauren S. Lafferty (JR)	Allison A. Drever		
	32.34	1:08.20 1:41.15 2:12.84				
	(32.34)	(35.86) (32.95) (31.69)				
2:32.60S	F	C Relay Valparaiso High School	VALPO IN	5	---	
	Katie Lichtenberger (SR)	Natalie Lichtenberger (FR)	Mindi Reach (SO)	Lexi Bluhm (SO)		
	35.02	1:15.59 1:52.62 2:32.60				
	(35.02)	(40.57) (37.03) (39.98)				
Event # 19 JV Female 100 Back						
1:56.45S		F Lichtenberger, Natalie	VALPO-IN	2	4	1.65
	55.57	1:56.45				
	(55.57)	(1:00.88)				
2:00.25S		F Turner, Courtney	VALPO-IN	3	3	-11.52
	58.55	2:00.25				
	(58.55)	(1:01.70)				

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Event # 20 VR Female 100 Back						
1:12.86S		F Radosevich, Danielle L.	VALPO-IN	1	6	3.72
	34.21	1:12.86				
	(34.21)	(38.65)				
1:22.84S		F Cain, Marisa L.	VALPO-IN	3	3	2.21
	39.57	1:22.84				
	(39.57)	(43.27)				
1:36.92S		F Reach, Mindi	VALPO-IN	6	---	0.52
	47.30	1:36.92				
	(47.30)	(49.62)				
Event # 21 JV Female 100 Breast						
1:42.58S		F Bluhm, Lexi	VALPO-IN	1	6	0.13
	49.55	1:42.58				
	(49.55)	(53.03)				
2:11.17S		F Airey, Claudia S.	VALPO-IN	3	3	-5.66
	1:01.98	2:11.17				
	(1:01.98)	(1:09.19)				
Event # 22 VR Female 100 Breast						
1:27.02S		F Carter, Riley C.	VALPO-IN	1	6	-1.15
	40.57	1:27.02				
	(40.57)	(46.45)				
1:32.97S		F Drever, Allison A.	VALPO-IN	2	4	0.16
	44.86	1:32.97				
	(44.86)	(48.11)				
1:44.17S		F Healy, Gabby	VALPO-IN	6	---	2.84
	48.51	1:44.17				
	(48.51)	(55.66)				
Event # 23 JV Female 400 Free Relay						
6:11.42S	F	A Relay	Valparaiso High School	VALPO IN	1	8
	Lexi Bluhm (SO)		Claudia S. Airey (FR)	Courtney Turner	Natalie Lichtenberger (FR)	
	43.67	1:31.69	2:17.58	3:09.18		
	(43.67)	(1:31.69)	(45.89)	(1:37.49)		
	3:51.72	4:39.69	5:23.68	6:11.42		
	(42.54)	(1:30.51)	(43.99)	(1:31.73)		

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Time	F/P/S	Relay			Place	Points	Improv
Event # 24 VR Female 400 Free Relay							
4:23.03S	F	A Relay	Valparaiso High School	VALPO IN	1	8	
			Justine T. Johnson (JR)	Danielle L. Radosevich (JR)			Allie M. Lamberson (JR)
		30.67	1:05.42	1:37.36	2:12.17		
		(30.67)	(1:05.42)	(31.94)	(1:06.75)		
		2:42.53	3:17.45	3:47.77	4:23.03		
		(30.36)	(1:05.28)	(30.32)	(1:05.58)		
4:47.34S	F	B Relay	Valparaiso High School	VALPO IN	3	2	
			Brianna Konrad (SO)	Marisa L. Cain (SO)			Kaitlyn A. Steffus (SO)
		33.57	1:10.52	1:45.49	2:24.54		
		(33.57)	(1:10.52)	(34.97)	(1:14.02)		
		3:00.38	3:39.59	4:11.20	4:47.34		
		(35.84)	(1:15.05)	(31.61)	(1:07.75)		
5:23.66S	F	C Relay	Valparaiso High School	VALPO IN	5	---	
			Mindi Reach (SO)	Gabby Healy (JR)			Vanessa Delgado (FR)
		37.37	1:17.09	1:58.10	2:43.77		
		(37.37)	(1:17.09)	(41.01)	(1:26.68)		
		3:22.49	4:06.88	4:43.10	5:23.66		
		(38.72)	(1:23.11)	(36.22)	(1:16.78)		
Event #1004 Female 100 Free							
1:07.40S		F	Steffus, Kaitlyn A.	VALPO-IN	---	---	0.36
1:11.41S		F	Carter, Riley C.	VALPO-IN	---	---	-0.50
Event #1015 Female 100 Free							
1:17.59S		F	Delgado, Vanessa	VALPO-IN	---	---	-0.83
Event #1016 Female 100 Free							
1:18.16S		F	Lafferty, Lauren S.	VALPO-IN	---	---	2.25
Event #2015 Female 200 Free							
2:43.52S		F	Delgado, Vanessa	VALPO-IN	---	---	1.56
Event #2016 Female 200 Free							
2:42.13S		F	Lafferty, Lauren S.	VALPO-IN	---	---	-0.03
Event #505 Female 50 Fly							
41.65S		F	Drever, Allison A.	VALPO-IN	---	---	-4.43
51.50S		F	Healy, Gabby	VALPO-IN	---	---	-0.35
52.94S		F	Bluhm, Lexi	VALPO-IN	---	---	1.52
Event #506 Female 50 Fly							
33.54S		F	Radosevich, Danielle L.	VALPO-IN	---	---	---
36.60S		F	Perry, Sydney E.	VALPO-IN	---	---	-1.01
38.25S		F	Lafferty, Lauren S.	VALPO-IN	---	---	0.61

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Event #512 Female 50 Fly						
32.81S	F	Niziolek, Basia	VALPO-IN	---	---	-0.86
32.87S	F	Steffus, Kaitlyn A.	VALPO-IN	---	---	-0.75
39.37S	F	Schlichting, Liz	VALPO-IN	---	---	-0.84
Event #513 Female 50 Free						
38.50S	F	Schlichting, Liz	VALPO-IN	---	---	-0.15
39.31S	F	Reach, Mindi	VALPO-IN	---	---	-0.11
Event #514 Female 50 Free						
29.82S	F	Lamberson, Allie M.	VALPO-IN	---	---	1.59
Event #516 Female 50 Free						
36.95S	F	Lafferty, Lauren S.	VALPO-IN	---	---	1.62
Event #519 Female 50 Back						
55.57S	F	Lichtenberger, Natalie	VALPO-IN	---	---	0.81
Event #520 Female 50 Back						
47.30S	F	Reach, Mindi	VALPO-IN	---	---	0.51
Event #521 Female 50 Breast						
49.55S	F	Bluhm, Lexi	VALPO-IN	---	---	-1.03
1:01.98S	F	Airey, Claudia S.	VALPO-IN	---	---	-3.92
Event #522 Female 50 Breast						
40.57S	F	Carter, Riley C.	VALPO-IN	---	---	-0.92
44.86S	F	Drever, Allison A.	VALPO-IN	---	---	1.27
48.51S	F	Healy, Gabby	VALPO-IN	---	---	-0.16