

2003-2004 UW-La Crosse Women's Swimming Results (FINAL)

Date	Opponent	W/L	Score	Location
Nov. 1	@ Luther College	W	158.00-82.00	Decorah, Iowa
Nov. 15	Augustana College	W	175.00-46.00	La Crosse, Wis.
	Lawrence University	W	181.00-46.00	La Crosse, Wis.
Nov. 22	WIAC Relays	1st/6 teams	160.00 pts.	La Crosse, Wis.
Nov. 25	@ UW-Eau Claire	W	146.00-97.00	Eau Claire, Wis.
Dec. 5-6	@ Mutual of Omaha Invite	3rd/12 teams	700.00 pts.	Omaha, Neb.
Jan. 17	UW-Oshkosh	W	178.00-64.00	La Crosse, Wis.
Jan. 23-24	@ Get to the Point Invite	1st/9 teams	851.00 pts.	Stevens Point, Wis.
Jan. 30	@ UW-Stevens Point	W	163.00-80.00	Stevens Point, Wis.
Feb. 6	UW-River Falls	W	202.00-34.00	La Crosse, Wis.
Feb. 7	@ UW-Whitewater	W	180.00-60.00	Whitewater, Wis.
Feb. 19-21	@ WIAC Championships	1st/6 teams	964.50 pts.	Oshkosh, Wis.
Mar. 11-13	@ NCAA III Championships	5th/60 teams	215.00 pts.	St. Peters, Mo.
Dual Record: 8-0		WIAC Dual record: 5-0		

2003-2004 UW-La Crosse Women's Swimming Individual Results (FINAL)

Times listed represent fastest time of Prelim or Final of respective meet, or final results if available prelim times not available

Italics = School Record

% = UW-L Pool Record

Bold=Team Season-Best

	Luther Dual	UW-L Trian.	UWEC Dual	UNO Invite	UWO Dual	Point Invite	UWSP Dual	UWRF Dual	UWW Dual	WIAC Champs	NCAAIII Champs
50 Freestyle											
Susan Shelly	27.06	---	---	---	---	---	---	---	---	---	---
Kara Schutts	27.46	27.43	---	27.29	27.60	---	---	27.49	27.00	---	---
Kristen Porter	27.47	---	---	---	---	---	---	---	---	---	---
Anne Melvin	---	24.59	---	24.60	---	25.03	24.77	---	---	24.46	24.56
Heidi Kluesher	---	---	26.56	26.41	26.75	26.55	---	---	26.18	---	---
Lexi Fink	---	---	26.69	---	---	26.35	25.99	---	---	25.17	---
Heather Vogts	---	---	26.74	25.99	26.47	---	26.15	---	26.16	25.76	---
Karrin Lick	---	---	---	25.89	---	---	---	---	---	---	---
Jennie Walby	---	---	---	28.19	---	---	---	26.72	---	---	---
Kelsey Hamann	---	---	---	29.46	---	---	---	---	---	---	---
Shara Geurts	---	---	---	---	---	---	---	25.96	---	---	---
100 Freestyle											
Carlene Empanger	56.30	---	56.31	---	---	---	---	55.76	---	---	---
Heather Vogts	57.64	---	---	---	---	---	---	---	---	---	---
Heidi Kluesher	58.74	58.64	---	58.06	---	58.29	---	56.77	---	---	---
Jessica Karis	1:03.30	---	---	---	---	---	---	---	---	---	---
Karrin Lick	---	56.26	---	57.38	57.25	56.93	---	---	---	---	---
Fallon Toomsen	---	---	55.86	---	---	---	---	---	---	---	---
Shara Geurts	---	---	56.43	---	---	55.78	55.68	---	---	52.81	54.35
Krista Melvin	---	---	---	54.38	---	53.19	53.71	---	53.90	52.43	52.20
Kara Schutts	---	---	---	59.15	59.68	59.39	---	58.61	---	---	---
Lisa Koenig	---	---	---	59.78	---	---	---	---	---	---	---
Jackie Arendt	---	---	---	1:00.31	---	---	---	---	---	---	---
Jennie Walby	---	---	---	1:02.05	58.19	---	---	58.30	59.39	---	---
Lexi Fink	---	---	---	---	---	56.23	56.92	---	---	54.96	---
Nina Gutmanis	---	---	---	---	---	---	---	---	1:01.06	---	---
200 Freestyle											
Heather Vogts	2:03.75	---	---	---	---	---	---	---	---	---	---
Shara Geurts	2:03.87	---	---	---	---	2:00.49	1:59.24	---	---	1:57.75	---
Heidi Kluesher	2:12.43	---	---	2:11.94	---	---	---	---	---	---	---
Krista Melvin	---	1:55.90	---	1:56.22	---	1:58.22	1:55.54	1:54.99	---	1:54.71	1:53.51
Kelly Hackbarth	---	2:00.80	---	---	---	---	---	---	2:01.52	---	---
Elizabeth Miles	---	---	2:00.21	---	---	---	1:59.97	---	---	---	---
Jennie Walby	---	---	2:08.87	2:18.76	---	---	---	---	---	---	---
Karrin Lick	---	---	---	2:02.40	---	2:02.73	---	---	---	2:00.32	---
Jackie Arendt	---	---	---	2:09.49	2:08.49	---	---	---	---	---	---
Sarah Vida	---	---	---	2:15.96	---	---	---	---	---	---	---
Kelsey Hamann	---	---	---	2:19.51	---	---	---	---	---	---	---
Jessica Karis	---	---	---	2:20.37	---	---	---	---	---	---	---
Jenny Trooien	---	---	---	2:20.72	---	---	---	---	---	---	---
Carlene Empanger	---	---	---	---	1:57.51	---	---	---	1:59.72	---	---
Lexi Fink	---	---	---	---	2:02.14	2:02.79	---	2:03.57	---	1:58.47	---
Rebecca Halvorson	---	---	---	---	---	---	---	2:11.45	---	---	---

	Luther Dual	UW-L Trian.	UWEC Dual	UNO Invite	UWO Dual	Point Invite	UWSP Dual	UWRF Dual	UWW Dual	WIAC Champs	NCAAIII Champs
100 Back											
Stephanie Grieger	1:04.18	---	---	---	---	---	---	---	---	---	---
Mary Dickman	1:06.08	---	---	1:04.86	---	1:06.56	---	1:04.62	---	---	---
Nina Gutmanis	1:12.18	---	---	---	1:11.24	---	---	1:09.87	---	---	---
Heather Vogts	---	1:02.84	---	1:03.04	---	---	---	1:03.00	---	1:01.87	---
Brooke Schneider	---	1:03.79	---	---	---	1:05.71	---	---	1:05.96	---	---
Krista Melvin	---	---	---	1:02.42	1:00.32	1:01.28	---	1:00.93	---	1:01.77	DQ
Anne Melvin	---	---	---	1:02.51	---	1:01.92	---	---	1:02.75	1:01.95	---
Lisa Koenig	---	---	---	1:06.35	---	1:06.05	---	---	1:04.56	---	---
Heidi Kluesher	---	---	---	1:06.85	---	1:07.03	---	---	---	---	---
Kara Schutts	---	---	---	1:07.71	---	1:07.63	---	---	---	---	---
Kelly Hackbarth	---	---	---	---	1:04.42	---	---	---	---	---	---
Fallon Toomsen	---	---	---	---	---	---	---	---	---	59.46	1:00.38

200 Back											
Heather Vogts	---	---	2:16.17	2:15.86	---	---	2:17.25	---	---	2:14.80	---
Brooke Schneider	---	---	2:18.20	2:19.92	---	2:19.75	2:17.91	---	---	2:13.30	---
Lisa Koenig	---	---	2:24.86	2:24.29	---	2:23.96	---	---	---	---	---
Stephanie Grieger	---	---	---	2:17.95	---	---	---	---	---	---	---
Mary Dickman	---	---	---	2:24.28	---	2:26.87	---	---	---	---	---
Fallon Toomsen	---	---	---	---	---	2:12.81	2:12.67	---	---	2:07.96	2:07.78
Kelly Hackbarth	---	---	---	---	---	---	---	---	---	2:13.35	---

100 Breast											
Brooke Schneider	1:18.68	---	---	---	---	---	---	---	---	---	---
Jessica Karis	---	1:13.16	---	1:13.67	1:14.04	1:12.43	---	---	---	1:10.88	---
Stacia Schacht	---	1:13.37	---	---	1:13.18	1:12.89	---	---	---	1:11.03	---
Fallon Toomsen	---	---	---	---	1:10.48	---	---	---	---	---	---
Jenny Trooien	---	---	---	1:09.48	1:12.33	---	---	---	1:12.18	1:09.21	---
Stephanie Karis	---	---	---	---	---	1:10.46	---	---	---	1:08.56	1:08.95
Stephanie Grieger	---	---	---	---	---	---	---	---	1:14.43	---	---
Carlene Empanger	---	---	---	---	---	---	---	---	1:15.90	---	---

200 Breast											
Jenny Trooien	---	---	2:33.10	2:32.71	---	2:34.86	---	---	---	2:29.60	---
Fallon Toomsen	---	---	2:33.32	---	---	---	---	---	---	---	---
Stacia Schacht	---	---	2:39.97	---	---	2:37.29	2:37.98	---	---	2:33.76	---
Jessica Karis	---	---	---	2:41.02	---	2:33.40	2:36.63	---	---	2:32.31	---
Stephanie Karis	---	---	---	---	---	2:32.10	2:34.97	---	---	2:28.67	2:30.86

1-Meter Dive											
Sarah Thayer	169.85	244.40	223.40	321.70	208.55	380.70	255.10	281.70 %	247.50	374.60	309.95
Angela Cascio	135.80	168.80	170.55	244.85	193.90	241.35	193.90	227.20	211.15	304.35	---
Kristen Stiteley	94.00	148.00	135.10	214.25	147.90	223.90	150.60	158.05	---	246.00	---
Caitlin Dinegan	---	152.75	---	---	---	---	---	---	---	---	---
Erika Rose	---	151.20	128.55	---	---	---	---	---	---	---	---
Devyne Strand	---	118.55	---	---	---	202.60	---	---	148.30	---	---

3-Meter Dive											
Sarah Thayer	179.45	240.00	232.40	---	242.25	374.10	272.45	293.20 %	224.20	412.85	316.90
Angela Cascio	126.55	127.65	168.65	---	207.80	301.80	207.65	214.90	208.00	335.75	---
Kristen Stiteley	113.85	141.70	126.80	---	---	---	172.50	136.35	143.75	244.15	---
Devyne Strand	---	---	---	---	---	---	---	166.60	---	---	---

Relays**200-yard Medley Relay**

	<u>Time</u>	<u>Date</u>
1. Toomsen, S. Karis, A. Melvin, K. Melvin	1:48.09	3-12-04 (NCAA III Championships)
2. Toomsen, S. Karis, A. Melvin, Fink	1:48.82	2-20-04 (WIAC Championships)
3. Toomsen, A. Melvin, Trooien, Fink	1:51.26	11-22-03 (WIAC Relays)

400-yard Medley Relay

1. Toomsen, S. Karis, A. Melvin, K. Melvin	3:55.14	2-19-04 (WIAC Championships)
2. Toomsen, S. Karis, An. Melvin, K. Melvin	3:55.70	3-11-04 (NCAA III Championships)
3. Toomsen, Trooien, A. Melvin, K. Melvin	4:00.10 %	11-22-03 (WIAC Relays)

200-yard Freestyle Relay

1. A. Melvin, Toomsen, Fink, K. Melvin	1:36.16	3-11-04 (NCAA III Championships)
2. A. Melvin, Toomsen, Fink, K. Melvin	1:38.83	11-22-03 (WIAC Relays)
3. Toomsen, S. Karis, A. Melvin, K. Melvin	1:39.47	1-23-04 (Get to the Point Invite)

400-yard Freestyle Relay

1. Geurts, Toomsen, A. Melvin, K. Melvin	3:29.60	3-13-04 (NCAA III Championships)
2. Geurts, Toomsen, A. Melvin, K. Melvin	3:31.97	2-21-04 (WIAC Championships)
3. A. Melvin, Grieger, Geurts, K. Melvin	3:38.03 %	11-22-03 (WIAC Relays)

800-yard Freestyle Relay

1. Empanger, Geurts, Toomsen, Fink	7:45.79	3-12-04 (NCAA III Championships)
2. K. Melvin, Geurts, Hackbarth, Empanger	7:47.96	2-20-04 (WIAC Championships)
3. Empanger, Hackbarth, Miles, K. Melvin	7:54.56	1-23-04 (Get to the Point Invite)