

2024 MAAC WOMEN'S SWIMMING & DIVING CHAMPIONSHIPS

WHAT IT TOOK TO SCORE

	FINALS	PRELIMS	PRELIMS	RETURN '25	# OF IU		
	#1 TIME	8th TIME	16th TIME	To Top 16	IN T16 in 24		
						#1 Iona Time	#2 Iona Time
W 50 FR	23.43	23.83	24.42	03	1	1. Isabella Nicholson - 23.76	2. Megan Josephs - 24.31
W 100 FR	50.35	52.27	52.92	10	2	1. Isabella Nicholson - 51.31	2. Megan Josephs - 52.77
W 200 FR	1:50.08	1:54.59	1:55.70	10	2	1. Megan Josephs - 1:52.97	2. Isabella Nicholson - 1:54.58
W 500 FR	4:55.56	5:08.10	5:10.89	09	2	1. Anabel Huffstutler-5:05.35	2. Tristan Urso --5:08.31
W 1650 FR	17:04.14	17:43.97	18:03.97	13	4	1. Anabel Huffstutler-17:28.95	2. Tristan Urso - 17:34.97
W 100 BK	54.92	57.40	59.17	12	0	1. Molly Finn - 1:00.42	2. Ela Goucher - 1:02.44
W 200 BK	1:59.06	2:04.97	2:09.48	14	0	1. Julia Hulse - 2:08.99	2. Molly Finn - 2:11.00
W 100 BR	1:01.45	1:05.14	1:06.35	14	0	1. Brennyn Veit - 1:06.46	2. Megan Josephs - 1:06.49
W 200 BR	2:15.56	2:23.00	2:27.27	13	1	1. Brennyn Veit- 2:24.82	2. Meeya Yan - 2:32.20
W 100 FL	56.57	57.45	58.96	04	2	1. Ashley Benkert - 56.18	2. Erin McKinney - 58.02
W 200 FL	2:03.86	2:08.28	2:10.85	13	1	1. Ashley Benkert - 2:07.32	2. Erin McKinney - 2:11.22
W 200 IM	2:02.24	2:08.14	2:10.69	11	2	1. Brennyn Veit - 2:09.29	2. Ashley Benkert - 2:09.89
W 400 IM	4:24.99	4:32.89	4:42.55	11	3	1. Tristan Urso - 4:32.73	2. Anabel Huffstutler - 4:35.65
1 - Meter	273.80	197.70	117.45	9	1	1. Emma Todd - 188.30	
3 - Meter	264.85	176.25	141.40	14	1	1. Emma Todd - 145.90	
200-FRLY	1:33.94	<--1st				Iona - 6th - 1:35.63	Average- 23.90
400-FRLY	3:25.88	<--1st				Iona - 6th - 3:30.16	Average- 52.54
800-FRLY	7:29.57	<--1st				Iona - 3rd - 7:37.75	Average- 154.43
200-MRLY	1:41.70	<--1st				Iona - 8th - 1:47.99	
400-MRLY	3:46.25	<--1st				Iona -7th - 3:54.54	
Top - 8	Shows what it took to get into the Final Heat for the Night Session.						
Top - 16	Shows what it took to get into the Consolation Heat for the Night Session.						
# of IC	Indicates the number of returning Iona Swimmers who score in that specific event.						
1650	Timed Finals						



IONA COLLEGE WOMENS SWIMMING & DIVING RECORDS					
AS OF 03/24/2024					
EVENT	NAME	CLASS	TIME	YEAR	SITE
50-YARD FREESTYLE	ALYSSA CHAIN	20	23.45	2020	BUFFALO/MAAC
100-YARD FREESTYLE	KATE FLYNN	21	51.23	2021	IONA MAAC INVITE
200-YARD FREESTYLE	ISABELLA NICHOLSON	23	1:51.39	2023	LOYOLA INVITE
500-YARD FREESTYLE	MARIA DIBELLA	19	5:02.17	2017	BUFFALO/MAAC
1000-YARD FREESTYLE	MARIA DIBELLA	19	10:22.75	2017	BUFFALO/MAAC
1650-YARD FREESTYLE	TRISTAN URSO	23	17:23.50	2022	BUFFALO/MAAC
100-YARD BACKSTROKE	VICTORIA NOVINSKIY	26	56.23	2023	BUFFALO/MAAC
200-YARD BACKSTROKE	VICTORIA NOVINSKIY	26	2:01.45	2023	BUFFALO/MAAC
100-YARD BREASTSTROKE	JAMIE MANSER	12	1:01.51	2012	BUFFALO/MAAC
200-YARD BREASTSTROKE	JULIA MOSER	23	2:19.26	2022	BUFFALO MAAC
100-YARD BUTTERFLY	ASHLEY BENKERT	25	55.35	2022	BUFFALO/MAAC
200-YARD BUTTERFLY	VICTORIA NOVINSKIY	26	2:03.40	2023	INDIANA/NIC MEET
100-YARD IND. MEDLEY	JULIA MOSER	23	59.05	2023	INDIANA/NIC MEET
200-YARD IND. MEDLEY	VICTORIA NOVINSKIY	26	2:04.81	2023	BUFFALO/MAAC
400-YARD IND. MEDLEY	ISABELLE PABON	21	4:28.41	2020	BUFFALO/MAAC
200-YARD MEDLEY RELAY			1:42.50	2023	BUFFALO/MAAC
	1. VICTORIA NOVINSKIY	26	26.22		
	2. JULIA MOSER	23	27.64		
	3. ASHLEY BENKERT	25	24.82		
	4. MEGAN JOSEPHS	24	23.82		
400-YARD MEDLEY RELAY			3:45.91	2022	BUFFALO/MAAC
	1. LUIZA DA SILVEIRA	23	57.62		
	2. JULIA MOSER	23	1:03.10		
	3. ASHLEY BENKERT	25	54.45		
	4. ISABELLA NICHOLSON	23	50.74		
200-YARD FREE RELAY			1:34.95	2023	BUFFALO/MAAC
	1. ISABELLA NICHOLSON	23	23.88		
	2. MEGAN JOSEPHS	24	24.04		
	3. ASHLEY BENKERT	25	23.66		
	4. JULIA MOSER	23	23.37		
400-YARD FREE RELAY			3:28.42	2020	BUFFALO/MAAC
	1. KATHERINE LEE	22	52.45		
	2. WILLOW LOPEZ-SILVERS	21	52.61		
	3. ALYSSA CHAIN	20	51.95		
	4. KATE FLYNN	21	51.41		
800-YARD FREE RELAY			7:37.75	2024	GENEVA/MAAC
	1. MEGAN JOSPEHS	24	1:53.80		
	2. BRENNYN VEIT	26	1:57.04		
	3. KATE KENNEDY	27	1:54.15		
	4. ISABELLA NICHOLSON	24	1:52.76		
1-M DIVE DUAL MEET	BRIANA GONGLOFF	14	235.05	2009	IONA/SETON HALL
3-M DIVE DUAL MEET	PAIGE BINYON	'97	251.20	1994	IONA/HOLY CROSS
1-M DIVE CHAMPIONSHIP	PAIGE BINYON	'97	377.65	1994	IONA/MAAC
3-M DIVE CHAMPIONSHIP	MASHA RUBIN	'98	366.70	1997	MARIST/MAAC

Iona College Men's & Women's Swimming

Coach: Nick Cavaturo (914-633-2323)

Individual Top Times

Times since: 01-Sep-23

IONA UNIVERSITY [IONA-MR] Coach: Nick Cavaturo

Number of Top Times: All Show Yards Only

	Time	P/F/S	Name	Age/Yr		
Women 50 Free						
1	23.74 Y	P	Isabella Nicholson	GS	2/14/2024	2024 MAAC Champs
2	24.23 Y	P	Megan Josephs	SR	2/14/2024	2024 MAAC Champs
3	24.66 Y	P	Ela Goucher	FR	2/14/2024	2024 MAAC Champs
4	24.67 Y L	F	Erin McKinney	SO	10/28/2023	Providence at Iona
5	24.71 Y	P	Ashley Benkert	JR	12/1/2023	ECAC Winter Champs
6	24.96 Y	F	Morgan Yuengling	FR	10/28/2023	Providence at Iona
7	25.07 Y	P	Lily Devaney	SR	2/14/2024	2024 MAAC Champs
8	25.25 Y	P	Molly Finn	JR	2/14/2024	2024 MAAC Champs
9	25.61 Y	P	Ivonne Gomez	FR	2/14/2024	2024 MAAC Champs
10	25.67 Y L	F	Elisa Vaher	SO	10/28/2023	Providence at Iona
11	26.01 Y	P	Julia Hulse	FR	2/14/2024	2024 MAAC Champs
12	26.40 Y	F	Hannah Forbes	JR	11/18/2023	Suit it Up
13	x26.51 Y	F	Meeya Yan	SO	10/28/2023	Providence at Iona
14	x26.59 Y L	F	Kate Kennedy	FR	1/27/2024	Manhattan at Iona
15	x27.28 Y	P	Kylie McCue	SO	12/1/2023	ECAC Winter Champs
Women 100 Free						
1	51.31 Y	F	Isabella Nicholson	GS	2/14/2024	2024 MAAC Champs
2	52.19 Y	F	Megan Josephs	SR	10/28/2023	Providence at Iona
3	x53.71 Y	F	Erin McKinney	SO	10/28/2023	Providence at Iona
4	54.04 Y	P	Ela Goucher	FR	2/14/2024	2024 MAAC Champs
5	54.50 Y	P	Kate Kennedy	FR	12/1/2023	ECAC Winter Champs
6	54.77 Y	P	Morgan Yuengling	FR	12/1/2023	ECAC Winter Champs
7	54.89 Y	F	Elisa Vaher	SO	10/28/2023	Providence at Iona
8	55.07 Y	F	Ashley Benkert	JR	1/27/2024	Manhattan at Iona
9	55.73 Y	P	Lily Devaney	SR	12/1/2023	ECAC Winter Champs
10	55.75 Y	P	Hannah Forbes	JR	12/1/2023	ECAC Winter Champs
11	56.38 Y	P	Kylie McCue	SO	2/14/2024	2024 MAAC Champs
12	x56.77 Y	F	Ivonne Gomez	FR	10/28/2023	Providence at Iona
13	x57.62 Y	P	Julia Hulse	FR	12/1/2023	ECAC Winter Champs
14	57.78 Y L	F	Anabel Huffstutler	FR	10/6/2023	Siena & NJIT at Iona
15	x58.96 Y	F	Katherine Sarnes	SO	10/6/2023	Siena & NJIT at Iona
16	59.17 Y	F	Molly Finn	JR	10/14/2023	Iona-Sacred Heart-Wagner
Women 200 Free						
1	1:52.97 Y	P	Megan Josephs	SR	2/14/2024	2024 MAAC Champs
2	1:54.37 Y	F	Isabella Nicholson	GS	10/28/2023	Providence at Iona
3	1:56.00 Y	P	Kate Kennedy	FR	2/14/2024	2024 MAAC Champs
4	x1:57.40 Y	F	Anabel Huffstutler	FR	10/28/2023	Providence at Iona
5	1:57.63 Y	P	Ela Goucher	FR	12/1/2023	ECAC Winter Champs
6	1:58.05 Y	P	Kylie McCue	SO	2/14/2024	2024 MAAC Champs
7	1:58.11 Y	F	Elisa Vaher	SO	10/28/2023	Providence at Iona
8	1:58.62 Y	F	Ashley Benkert	JR	3/14/2024	CSCAA National Invitational Ch
9	1:59.14 Y	P	Hannah Forbes	JR	12/1/2023	ECAC Winter Champs
10	2:00.03 Y	F	Brennyn Veit	SO	1/27/2024	Manhattan at Iona
11	2:00.83 Y	P	Morgan Yuengling	FR	12/1/2023	ECAC Winter Champs
12	2:02.71 Y	F	Molly Finn	JR	10/14/2023	Iona-Sacred Heart-Wagner
13	2:04.36 Y	F	Katherine Sarnes	SO	10/6/2023	Siena & NJIT at Iona
14	x2:06.65 Y	F	Julia Hulse	FR	10/7/2023	Holy Cross at Iona
Women 500 Free						
1	5:05.38 Y	F	Anabel Huffstutler	FR	2/14/2024	2024 MAAC Champs
2	5:07.79 Y	F	Kate Kennedy	FR	2/14/2024	2024 MAAC Champs
3	5:08.31 Y	P	Tristan Urso	GS	2/14/2024	2024 MAAC Champs
4	5:15.20 Y	P	Kylie McCue	SO	2/14/2024	2024 MAAC Champs
5	5:17.74 Y	P	Hannah Forbes	JR	12/1/2023	ECAC Winter Champs

Iona College Men's & Women's Swimming
Coach: Nick Cavataro (914-633-2323)

Individual Top Times

Times since: 01-Sep-23
Number of Top Times: All Show Yards Only

	Time	P/F/S	Name	Age/Yr		
6	5:18.99 Y	P	Elisa Vaher	SO	12/1/2023	ECAC Winter Champs
7	5:21.52 Y	P	Katherine Sarnes	SO	2/14/2024	2024 MAAC Champs
Women 1000 Free						
1	10:32.30 Y	F	Tristan Urso	GS	10/28/2023	Providence at Iona
2	10:38.19 Y	F	Anabel Huffstutler	FR	2/14/2024	2024 MAAC Champs
3	10:43.63 Y	F	Kate Kennedy	FR	2/14/2024	2024 MAAC Champs
4	10:51.36 Y	F	Katherine Sarnes	SO	2/14/2024	2024 MAAC Champs
5	11:00.42 Y	F	Elisa Vaher	SO	1/27/2024	Manhattan at Iona
6	11:02.42 Y	F	Hannah Forbes	JR	12/1/2023	ECAC Winter Champs
7	11:16.18 Y	F	Kylie McCue	SO	1/27/2024	Manhattan at Iona
Women 1650 Free						
1	17:28.35 Y	F	Anabel Huffstutler	FR	2/14/2024	2024 MAAC Champs
2	17:34.97 Y	F	Tristan Urso	GS	2/14/2024	2024 MAAC Champs
3	17:46.77 Y	F	Kate Kennedy	FR	2/14/2024	2024 MAAC Champs
4	18:00.96 Y	F	Katherine Sarnes	SO	2/14/2024	2024 MAAC Champs
5	18:14.73 Y	F	Hannah Forbes	JR	12/1/2023	ECAC Winter Champs
6	18:16.98 Y	F	Elisa Vaher	SO	2/14/2024	2024 MAAC Champs
Women 50 Back						
1	28.10 Y L	F	Molly Finn	JR	2/14/2024	2024 MAAC Champs
2	28.77 Y L	F	Ela Goucher	FR	12/1/2023	ECAC Winter Champs
3	29.08 Y L	F	Julia Hulse	FR	10/28/2023	Providence at Iona
Women 100 Back						
1	1:00.42 Y	P	Molly Finn	JR	2/14/2024	2024 MAAC Champs
2	1:02.44 Y	P	Ela Goucher	FR	12/1/2023	ECAC Winter Champs
3	1:02.68 Y	P	Julia Hulse	FR	2/14/2024	2024 MAAC Champs
Women 200 Back						
1	2:08.99 Y	P	Julia Hulse	FR	2/14/2024	2024 MAAC Champs
2	2:11.00 Y	P	Molly Finn	JR	2/14/2024	2024 MAAC Champs
3	2:13.51 Y	F	Isabella Nicholson	GS	1/27/2024	Manhattan at Iona
4	2:15.68 Y	F	Anabel Huffstutler	FR	1/27/2024	Manhattan at Iona
5	2:25.04 Y	F	Ela Goucher	FR	10/20/2023	Iona at LIU
Women 50 Breast						
1	31.20 Y	F	Isabella Nicholson	GS	11/18/2023	Suit it Up
2	31.71 Y	F	Anabel Huffstutler	FR	11/18/2023	Suit it Up
3	34.20 Y	F	Morgan Yuengling	FR	11/18/2023	Suit it Up
4	36.41 Y	F	Meeya Yan	SO	11/18/2023	Suit it Up
Women 100 Breast						
1	1:06.46 Y	F	Brennyn Veit	SO	10/28/2023	Providence at Iona
2	1:06.93 Y	F	Megan Josephs	SR	10/28/2023	Providence at Iona
3	1:07.93 Y	P	Anabel Huffstutler	FR	12/1/2023	ECAC Winter Champs
4	1:08.90 Y	P	Isabella Nicholson	GS	12/1/2023	ECAC Winter Champs
5	1:09.27 Y	F	Meeya Yan	SO	10/28/2023	Providence at Iona
6	1:12.54 Y	P	Morgan Yuengling	FR	12/1/2023	ECAC Winter Champs
Women 200 Breast						
1	2:23.91 Y	F	Brennyn Veit	SO	10/28/2023	Providence at Iona
2	2:29.00 Y	F	Tristan Urso	GS	12/1/2023	ECAC Winter Champs
3	2:29.12 Y	P	Megan Josephs	SR	12/1/2023	ECAC Winter Champs
4	2:33.54 Y	F	Meeya Yan	SO	10/28/2023	Providence at Iona
5	2:33.85 Y	F	Anabel Huffstutler	FR	10/20/2023	Iona at LIU
6	2:43.58 Y	F	Katherine Sarnes	SO	1/27/2024	Manhattan at Iona
Women 50 Fly						
1	27.46 Y	F	Lily Devaney	SR	11/18/2023	Suit it Up
2	27.77 Y	F	Ivonne Gomez	FR	11/18/2023	Suit it Up

Iona College Men's & Women's Swimming
Coach: Nick Cavataro (914-633-2323)

Individual Top Times

Times since: 01-Sep-23
Number of Top Times: All Show Yards Only

	Time	P/F/S	Name	Age/Yr		
3	29.52 Y	F	Katherine Sarnes	SO	11/18/2023	Suit it Up
4	29.64 Y	F	Tristan Urso	GS	11/18/2023	Suit it Up
Women 100 Fly						
1	56.09 Y	P	Ashley Benkert	JR	3/14/2024	CSCAA National Invitational Ch
2	58.02 Y	F	Erin McKinney	SO	2/14/2024	2024 MAAC Champs
3	59.82 Y	F	Lily Devaney	SR	10/28/2023	Providence at Iona
4	1:00.52 Y	P	Ivonne Gomez	FR	2/14/2024	2024 MAAC Champs
5	1:01.27 Y	P	Elisa Vaher	SO	2/14/2024	2024 MAAC Champs
Women 200 Fly						
1	2:07.32 Y	F	Ashley Benkert	JR	2/14/2024	2024 MAAC Champs
2	2:11.22 Y	P	Erin McKinney	SO	2/14/2024	2024 MAAC Champs
3	2:15.08 Y	F	Ivonne Gomez	FR	10/28/2023	Providence at Iona
4	2:16.07 Y	F	Lily Devaney	SR	10/28/2023	Providence at Iona
5	2:16.17 Y	F	Tristan Urso	GS	1/27/2024	Manhattan at Iona
Women 100 IM						
1	x1:03.14 Y	F	Ashley Benkert	JR	1/27/2024	Manhattan at Iona
2	x1:03.15 Y	F	Brennyn Veit	SO	1/27/2024	Manhattan at Iona
3	x1:04.85 Y	F	Anabel Huffstutler	FR	1/27/2024	Manhattan at Iona
Women 200 IM						
1	2:09.29 Y	F	Brennyn Veit	SO	2/14/2024	2024 MAAC Champs
2	2:09.89 Y	F	Ashley Benkert	JR	2/14/2024	2024 MAAC Champs
3	2:12.54 Y	F	Tristan Urso	GS	10/28/2023	Providence at Iona
4	2:14.58 Y	F	Anabel Huffstutler	FR	10/14/2023	Iona-Sacred Heart-Wagner
5	x2:15.55 Y	F	Katherine Sarnes	SO	10/28/2023	Providence at Iona
6	2:18.81 Y	F	Isabella Nicholson	GS	10/6/2023	Siena & NJIT at Iona
7	2:28.07 Y	P	Meeya Yan	SO	12/1/2023	ECAC Winter Champs
8	2:31.09 Y	F	Julia Hulse	FR	10/14/2023	Iona-Sacred Heart-Wagner
Women 400 IM						
1	4:32.73 Y	P	Tristan Urso	GS	2/14/2024	2024 MAAC Champs
2	4:35.65 Y	F	Anabel Huffstutler	FR	2/14/2024	2024 MAAC Champs
3	4:36.43 Y	P	Brennyn Veit	SO	2/14/2024	2024 MAAC Champs
4	4:43.49 Y	F	Katherine Sarnes	SO	12/1/2023	ECAC Winter Champs
Women 1 Meter 6 Dives						
1	228.98	F	Emma Todd	FR	1/27/2024	Manhattan at Iona
Women 3 Meter 6 Dives						
1	169.28	F	Emma Todd	FR	1/27/2024	Manhattan at Iona

Iona College Men's & Women's Swimming
Coach: Nick Cavataro (914-633-2323)

Individual Top Times - Relay Legs Only

Times since: 01-Sep-23
IONA UNIVERSITY [IONA-MR] Coach: Nick Cavataro
Number of Top Times: All Show Yards Only

	Time	P/F/S	Name	Age/Yr		
Women 50 Free						
1	23.62 Y N	F	Isabella Nicholson	GS	12/1/2023	ECAC Winter Champs
2	23.78 Y N	F	Megan Josephs	SR	12/1/2023	ECAC Winter Champs
3	23.94 Y N	F	Ashley Benkert	JR	2/14/2024	2024 MAAC Champs
4	23.96 Y N	F	Ela Goucher	FR	2/14/2024	2024 MAAC Champs
5	24.30 Y N	F	Erin McKinney	SO	12/1/2023	ECAC Winter Champs
6	24.38 Y N	F	Morgan Yuengling	FR	12/1/2023	ECAC Winter Champs
7	24.59 Y N	F	Ivonne Gomez	FR	12/1/2023	ECAC Winter Champs
8	24.89 Y N	F	Lily Devaney	SR	10/28/2023	Providence at Iona
9	25.13 Y N	F	Hannah Forbes	JR	10/28/2023	Providence at Iona
10	25.25 Y N	F	Kate Kennedy	FR	10/28/2023	Providence at Iona
11	25.73 Y N	F	Molly Finn	JR	1/27/2024	Manhattan at Iona
12	25.76 Y N	F	Anabel Huffstutler	FR	11/3/2023	Monmouth vs. Iona 2023
13	25.96 Y N	F	Elisa Vaher	SO	11/3/2023	Monmouth vs. Iona 2023
14	27.04 Y N	F	Julia Hulse	FR	10/6/2023	Siena & NJIT at Iona
15	27.23 Y N	F	Tristan Urso	GS	1/27/2024	Manhattan at Iona
Women 100 Free						
1	51.42 Y N	F	Isabella Nicholson	GS	2/14/2024	2024 MAAC Champs
2	51.62 Y N	F	Megan Josephs	SR	12/1/2023	ECAC Winter Champs
3	52.76 Y N	F	Ashley Benkert	JR	2/14/2024	2024 MAAC Champs
4	53.24 Y N	F	Ela Goucher	FR	12/1/2023	ECAC Winter Champs
5	54.24 Y N	F	Elisa Vaher	SO	10/14/2023	Iona-Sacred Heart-Wagner
6	54.26 Y N	F	Morgan Yuengling	FR	12/1/2023	ECAC Winter Champs
7	55.17 Y N	F	Kate Kennedy	FR	12/1/2023	ECAC Winter Champs
8	55.60 Y N	F	Hannah Forbes	JR	12/1/2023	ECAC Winter Champs
9	55.79 Y N	F	Anabel Huffstutler	FR	10/14/2023	Iona-Sacred Heart-Wagner
10	56.59 Y N	F	Ivonne Gomez	FR	10/14/2023	Iona-Sacred Heart-Wagner
11	56.66 Y N	F	Lily Devaney	SR	10/6/2023	Siena & NJIT at Iona
12	57.00 Y N	F	Erin McKinney	SO	10/6/2023	Siena & NJIT at Iona
13	57.60 Y N	F	Molly Finn	JR	10/20/2023	Iona at LIU
14	58.47 Y N	F	Julia Hulse	FR	10/20/2023	Iona at LIU
Women 200 Free						
1	1:52.76 Y N	F	Isabella Nicholson	GS	2/14/2024	2024 MAAC Champs
2	1:54.15 Y N	F	Kate Kennedy	FR	2/14/2024	2024 MAAC Champs
3	1:57.04 Y N	F	Brennyn Veit	SO	2/14/2024	2024 MAAC Champs
4	1:58.12 Y N	F	Anabel Huffstutler	FR	12/1/2023	ECAC Winter Champs
5	1:59.11 Y N	F	Ela Goucher	FR	12/1/2023	ECAC Winter Champs
6	2:01.35 Y N	F	Hannah Forbes	JR	12/1/2023	ECAC Winter Champs
7	2:01.71 Y N	F	Morgan Yuengling	FR	12/1/2023	ECAC Winter Champs
Women 50 Breast						
1	20.24 Y N	F	Megan Josephs	SR	10/7/2023	Holy Cross at Iona
2	30.65 Y N	F	Isabella Nicholson	GS	11/3/2023	Monmouth vs. Iona 2023
3	30.87 Y N	F	Meeya Yan	SO	10/28/2023	Providence at Iona
4	31.41 Y N	F	Brennyn Veit	SO	12/1/2023	ECAC Winter Champs
5	32.83 Y N	F	Lily Devaney	SR	1/27/2024	Manhattan at Iona
Women 100 Breast						
1	1:06.65 Y N	F	Brennyn Veit	SO	2/14/2024	2024 MAAC Champs
2	1:09.48 Y N	F	Meeya Yan	SO	12/1/2023	ECAC Winter Champs
Women 50 Fly						
1	25.41 Y N	F	Ashley Benkert	JR	10/28/2023	Providence at Iona
2	26.71 Y N	F	Erin McKinney	SO	10/28/2023	Providence at Iona
3	27.43 Y N	F	Lily Devaney	SR	11/3/2023	Monmouth vs. Iona 2023
4	27.77 Y N	F	Ivonne Gomez	FR	11/3/2023	Monmouth vs. Iona 2023

Iona College Men's & Women's Swimming

Coach: Nick Cavataro (914-633-2323)

Individual Top Times - Relay Legs Only

Times since: 01-Sep-23

Number of Top Times: All Show Yards Only

	Time	P/F/S	Name	Age/Yr		
5	28.13 Y N	F	Brennyn Veit	SO	1/27/2024	Manhattan at Iona
Women 100 Fly						
1	55.85 Y N	F	Ashley Benkert	JR	2/14/2024	2024 MAAC Champs
2	1:00.14 Y N	F	Lily Devaney	SR	12/1/2023	ECAC Winter Champs

IONA ALL TIME TOP 12 PERFORMANCES

[illegible]

	NAME	EVENT	RESULT	YEAR		NAME	EVENT	RESULT	YEAR	
1	JAMIE MANSER	100-BRST	101.51	2012		1	JULIA MOSER	100-IM	59.05	2023
2	JULIA MOSER	100-BRST	102.40	2023		2	KATHERINE LEE	100-IM	59.42	2022
3	JACKIE FOUNTAINE	100-BRST	104.27	2005		3	MEGAN JOSEPHS	100-IM	100.32	2022
4	KERI-ANNE DODENHOFF	100-BRST	104.85	2013		4	VICTORIA NOVINSKIY	100-IM	100.66	2023
5	VERONICA SOWINSKI	100-BRST	105.81	2020		5	ISABELLA NICHOLSON	100-IM	100.87	2022
6	KATE DIRAIMO	100-BRST	106.08	2020		6	KATE FLYNN	100-IM	101.34	2021
7	BRENNYN VEIT	100-BRST	106.46	2023		7	ELIZABETH KACZMAREK	100-IM	101.70	2015
8	SARAH WALKER	100-BRST	106.63	2011		8	MARYELLEN MANGIONE	100-IM	102.05	2015
9	ISABELLA NICHOLSON	100-BRST	106.79	2023		9	GRACE CURRY	100-IM	102.44	2022
10	MEGAN JOSEPHS	100-BRST	106.93	2023		10	SAMANTHA WHITNEY	100-IM	102.68	2022
11	KATIE NEVIN	100-BRST	106.95	2013		11	JESSICA SCHMIDT	100-IM	102.90	2018
12	MARY ELLEN MANGIONE	100-BRST	107.16	2013		11	REBECCA SEMBRANO	100-IM	103.03	2022
1	JULIA MOSER	200-BRST	219.26	2022		1	VICTORIA NOVINSKIY	200-IM	204.81	2023
2	JACKIE FOUNTAINE	200-BRST	220.22	2005		2	MARY ELLEN MANGIONE	200-IM	206.16	2016
3	JAMIE MANSER	200-BRST	221.28	2011		3	ELIZABETH KACZMAREK	200-IM	206.76	2018
4	MARY ELLEN MANGIONE	200-BRST	221.33	2016		4	ISABELLA NICHOLSON	200-IM	207.42	2022
5	KATE DIRAIMO	200-BRST	222.97	2020		5	JAMIE MANSER	200-IM	208.07	2012
6	BRENNYN VEIT	200-BRST	223.91	2023		6	ISABELLE PABON	200-IM	208.66	2022
7	VERONICA SOWINSKI	200-BRST	224.06	2020		7	JESSICA SCHMIDT	200-IM	208.84	2018
8	MEGAN JOSEPHS	200-BRST	225.07	2023		8	BRENNYN VEIT	200-IM	209.29	2024
9	AMANDA AGOSTINO	200-BRST	225.28	2018		9	KERBY LEWIS	200-IM	209.65	2008
10	KENDALL PAOLICELLI	200-BRST	225.40	2020		10	KENDALL PAOLICELLI	200-IM	209.69	2020
11	ELIZABETH KACZMAREK	200-BRST	225.75	2018		11	ASHLEY BENKERT	200-IM	209.89	2024
12	LAURA KOCH	200-BRST	225.77	1997		12	LUIZA DASILVEIRA	200-IM	210.00	2023
1	ASHLEY BENKERT	100-FLY	55.35	2022		1	ISABELLE PABON	400-IM	428.41	2020
2	ALYSSA CHAIN	100-FLY	55.52	2018		2	MARY ELLEN MANGIONE	400-IM	429.66	2015
3	KATE FLYNN	100-FLY	56.55	2021		3	ELIZABETH KACZMAREK	400-IM	430.87	2016
4	KATHERINE LEE	100-FLY	56.96	2022		4	AIMEE BRYERS	400-IM	432.11	2003
5	VICTORIA NOVINSKIY	100-FLY	57.37	2023		5	TRISTAN URSO	400-IM	432.73	2024
6	ERIN MCKINNEY	100-FLY	58.02	2024		6	TAYLOR SPILLMAN	400-IM	434.67	2023
7	AMANDA CODY	100-FLY	58.15	2009		7	ANABEL HUFFSTUTLER	400-IM	435.65	2024
8	THERESA HARVEY	100-FLY	58.34	2011		8	BRENNYN VEIT	400-IM	436.43	2024
9	MARIA LOPEZ	100-FLY	58.56	2014		9	KENDALL PAOLICELLI	400-IM	436.85	2020
10	ALEXANDRA DIBASE	100-FLY	58.75	2018		10	BRENNYN VEIT	400-IM	437.55	2023
11	VICTORIA PONZO	100-FLY	58.76	2013		11	JESSICA SCHMIDT	400-IM	438.55	2017
12	JULIA MOSER	100-FLY	59.09	2021		12	MARIA SKEIVYS	400-IM	439.17	2012
1	VICTORIA NOVINSKIY	200-FLY	203.40	2023						
2	ISABELLE PABON	200-FLY	206.12	2020						
3	ASHLEY BENKERT	200-FLY	206.38	2022						
4	TAYLOR SPILLMAN	200-FLY	207.72	2020						
5	ADRIENNE BILELLO	200-FLY	208.77	2018						
6	SYDNEY RUSCHMEIER	200-FLY	208.92	2022						
7	VICTORIA PONZO	200-FLY	209.17	2013						
8	ALEXANDRA DIBASE	200-FLY	209.22	2018						
9	SAMANTHA CODY	200-FLY	209.91	2011						
10	KAYLIN MCMAHON	200-FLY	210.90	2018						
11	ALEXANDRIA BAY	200-FLY	211.03	2020						
12	LAURA KOCH	200-FLY	211.17	1997						

IONA ALL TIME TOP 12 RELAY PERFORMANCE SPLIT TIMES									
	2001-TO-DATE						2001-TO-DATE		
	ELECTRONIC						ELECTRONIC		
	RELAY SPLITS						RELAY SPLITS		
1	ALYSSA CHAIN	50 FR RLY	23.11	2020		1	JULIA MOSER	50 BR RLY	27.64 2023
2	KATHERINE LEE	50 FR RLY	23.22	2022		2	JAMIE MANSER	50 BR RLY	28.59 2011
3	JULIA MOSER	50 FR RLY	23.37	2023		3	KERI-ANNE DODENHOFF	50 BR RLY	28.60 2013
4	KATE FLYNN	50 FR RLY	23.41	2021		4	JACKIE FOUNTAINE	50 BR RLY	28.75 2005
5	AMANDA CODY	50 FR RLY	23.48	2009		5	KATIE NEVIN	50 BR RLY	29.58 2017
6	ISABELLA NICHOLSON	50 FR RLY	23.50	2023		6	ISABELLA NICHOLSON	50 BR RLY	29.87 2023
7	THERESA HARVEY	50 FR RLY	23.54	2010		7	MARY ELLEN MANGIONE	50 BR RLY	30.00 2016
8	ASHLEY BENKERT	50 FR RLY	23.66	2023		8	VERONICA SOWINSKI	50 BR RLY	30.31 2018
8	SIMONE STURUPP	50 FR RLY	23.67	2019		9	KATE DIRAIMO	50 BR RLY	30.33 2018
10	MACKENZIE MONE	50 FR RLY	23.70	2011		9	MEGHAN JOSEPHS	50 BR RLY	30.47 2021
11	MEGAN JOSEPHS	50 FR RLY	23.78	2023		11	BRENNYN VEIT	50 BR RLY	30.65 2023
12	KATIE NEVIN	50 FR RLY	23.89	2017		12	MEEYA YAN	50 BR RLY	30.87 2024
	1997-TO-DATE						2001-TO-DATE		
	ELECTRONIC						ELECTRONIC		
	SPLITS 100-FREE						RELAY SPLITS		
1	ISABELLA NICHOLSON	100-FREE	50.74	2022		1	JAMIE MANSER	100-BR RLY	101.29 2012
2	KATHERINE LEE	100-FREE	51.01	2022		2	JULIA MOSER	100-BR RLY	102.59 2023
3	THERESA HARVEY	100-FREE	51.33	2011		2	KERI-ANNE DODENHOFF	100-BR RLY	104.88 2013
4	KATE FLYNN	100-FREE	51.41	2020		4	MARY ELLEN MANGIONE	100-BR RLY	104.88 2015
5	AMANDA CODY	100-FREE	51.59	2009		5	JACKIE FOUNTAINE	100-BR RLY	105.28 2005
6	MEGAN JOSEPHS	100-FREE	51.62	2023		6	VERONICA SOWINSKI	100-BR RLY	105.98 2019
7	NATALIE BOWMAN	100-FREE	51.85	2016		6	KATE DIRAIMO	100-BR RLY	106.25 2021
8	WILLOW LOPEZ SILVERS	100-FREE	51.92	2018		8	BRENNYN VEIT	100-BR RLY	106.46 2023
9	ALY CHAIN	100-FREE	51.95	2020		9	MEGAN JOSEPHS	100-BR RLY	106.80 2021
10	MACKENZIE MONE	100-FREE	52.15	2012		10	ASHLEY CAVE	100-BR RLY	107.15 2018
10	KERRI-ANN DODENHOFF	100-FREE	52.15	2013		11	AMANDA AGOSTINO	100-BR RLY	107.22 2019
12	JAMIE MANSER	100-FREE	52.42	2012		12	KERBY LEWIS	100-BR RLY	107.45 2008
	1997-T0-DATE						2001-TO-DATE		
	ELECTRONIC						ELECTRONIC		
	SPLITS 200-FREE						RELAY SPLITS		
1	ISABELLA NICHOLSON	200-FREE	151.61	2023		1	ASHLEY BENKERT	50-FLY RLY	24.45 2022
2	WILLOW LOPEZ SILVERS	200-FREE	152.54	2020		2	ALYSSA CHAIN	50-FLY RLY	25.19 2018
3	THERESA HARVEY	200-FREE	152.84	2013		3	KATHERINE LEE	50-FLY RLY	25.63 2019
3	MACKENZIE MONE	200-FREE	153.46	2010		4	ISABELLA NICHOLSON	50-FLY RLY	25.75 2022
5	NATALIE BOWMAN	200-FREE	153.46	2015		5	KATHERINE LEE	50-FLY RLY	25.79 2022
6	VICTORIA NOVINSKIY	200- FREE	153.48	2023		6	MARIA LOPEZ	50-FLY RLY	25.87 2014
7	KATE KENNEDY	200-FREE	154.15	2024		7	SOPHIA HYOKYVAARA	50-FLY RLY	25.93 2014
8	ELIZABETH KACZMAREK	200-FREE	154.40	2018		8	KATE FLYNN	50-FLY RLY	25.96 2021
9	JESSICA SCHMIDT	200-FREE	154.49	2018		9	SIMONE STURUPP	50-FLY RLY	26.02 2019
10	MEGHAN PATTISON	200-FREE	155.01	2022		9	AMANDA CODY	50-FLY RLY	26.30 2009
11	KATHERINE LEE	200-FREE	155.04	2020		11	ALEXANDRA DIBASE	50-FLY RLY	26.50 2017
12	KAYLIN MCMAHON	200-FREE	155.09	2018		12	ERIN MCKINNEY	50-FLY RLY	26.53 2023
	2001-TO-DATE						2001-TO-DATE		
	ELECTRONIC						ELECTRONIC		
	RELAY SPLITS						RELAY SPLITS		
1	VICTORIA NOVINSKIY	50 BK RLY	26.22	2023		1	ASHLEY BENKERT	100-FLY	54.45 2022
2	GRACE CURRY	50 BK RLY	26.87	2022		2	KATE FLYNN	100-FLY	55.72 2021
3	MARIA DIBELLA	50 BK RLY	27.37	2018		3	ALYSSA CHAIN	100-FLY	56.28 2020
4	MARIA SKEIYVS	50 BK RLY	27.38	2014		4	MARIA LOPEZ	100-FLY	57.83 2014
5	REBECCA SEMBRANO	50 BK RLY	27.61	2021		5	THERESA HARVEY	100-FLY	57.87 2012
6	LUIZA DASILVEIRA	50 BK RLY	27.70	2023		6	BRIGITTE DOUGHTY	100-FLY	58.07 2013
7	LEIGH MUSSELMAN	50 BK RLY	27.85	2015		7	AMANDA CODY	100-FLY	58.15 2009
8	GRACE MARTINEZ	50 BK RLY	27.90	2000		8	SIMONE STURRUP	100-FLY	58.17 2018
9	MOLLY FINN	50 BK RLY	28.10	2024		9	ALEXANDRA DIBASE	100-FLY	58.19 2016
10	KAYLIN MCMAHON	50 BK RLY	28.34	2018		10	ISABELLE PABON	100-FLY	58.46 2019
11	MEGHAN PATTISON	50 BK RLY	28.34	2021		11	SYDNEY RUSCHMEIER	100-FLY	58.55 2019
12	RILEY BARON	50 BK RLY	28.43	2019		12	SAMANTHA CODY	100-FLY	58.86 2011

		1+3M DUAL AND CHAMPIONSHIP TOP 12 SCORES							
	MEN					WOMEN			
1	KIERAN SMYTH	1-M DUAL	276.10	2001	1	BRIANA GONGLOFF	1-M DUAL	235.05	2009
2	KARL SCHWAB	1-M DUAL	266.40	1989	2	CHLOE KOPRUCKI	1-M DUAL	233.70	2005
3	DYLAN RICCIO	1-M DUAL	248.02	2022	3	EMMA TODD	1-M DUAL	228.98	2024
4	CHARLES BLASCHINSKI	1-M DUAL	237.83	2015	4	PAIGE BINYON	1-M DUAL	224.30	1997
5	CHRIS CAFICI	1-M DUAL	221.25	2005	5	MASHA RUBIN	1-M DUAL	200.02	1997
6	JARED CARLISI	1-M DUAL	209.63	2005	6	ALICIA RAFFLE	1-M DUAL	199.51	2015
7	ANTHONY ROUSSEAU	1-M DUAL	207.23	2005	7	BRITTNEY LIDDY	1-M DUAL	198.75	2015
8	ERIC CRUZ	1-M DUAL	200.30	2017	8	ASHLEY KILEY	1-M DUAL	196.05	2004
9	CRAIG FINELLI	1-M DUAL	195.07	1997	9	NIMI KOHLI	1-M DUAL	192.45	2018
10	MARTY ALLEN	1-M DUAL	191.55	2004	10	KRISTEN PAGANO	1-M DUAL	189.38	2002
11	JAMES COONEY	1-M DUAL	186.90	2012	11	MELANIE DILASCIO	1-M DUAL	183.25	2012
12	JON RIDDLE	1-M DUAL	157.95	2009	12	JAMIE COLBURN	1-M DUAL	179.62	2010
1	ROB PARINELLI	1-M CHAMP	467.15	1985	1	PAIGE BINYON	1-M CHAMP	339.25	1994
2	KARL SCHWAB	1-M CHAMP	385.70	1987	2	CHRISTINE TILLOTSTON	1-M CHAMP	244.50	1994
3	CRAIG FINNELLI	1-M CHAMP	292.65	1999	3	BRIANA GONGLOFF	1-M CHAMP	235.05	2010
4	GREG WILKINSON	1-M CHAMP	287.50	1995	4	CHLOE KOPRUCKI	1-M CHAMP	204.75	2005
5	ROB KELLY	1-M CHAMP	285.00	1986	5	NOREEN KEATING	1-M CHAMP	191.70	1993
6	FRANK SANSONE	1-M CHAMP	241.15	1993	6	EMMA TODD	1-M CHAMP	188.30	2024
7	KIERAN SMYTH	1-M CHAMP	223.35	2001	7	MELANIE DILASCIO	1-M CHAMP	183.25	2011
8	ANTHONY ROUSSEAU	1-M CHAMP	201.70	2005	8	ALICIA RAFFLE	1-M CHAMP	176.30	2014
9	JORGE BAEZ	1-M CHAMP	187.35	1998	9	ASHLEY KILEY	1-M CHAMP	168.70	2006
10	JAMES COONEY	1-M CHAMP	186.90	2012	10	NIMI KOHLI	1-M CHAMP	153.55	2018
11	JARED CARLISI	1-M CHAMP	182.90	2004	11	JAMIE COLBURN	1-M CHAMP	151.35	2011
12	CHRIS CAFICI	1-M CHAMP	181.95	2005	12	LAUREN PAPA	1-M CHAMP	129.75	2008
1	KARL SCHWAB	3-M DUAL	291.20	1988	1	PAIGE BINYON	3-M DUAL	251.20	1997
2	DYLAN RICCIO	3-M DUAL	278.93	2024	2	BRIANA GONGLOFF	3-M DUAL	235.05	2009
3	KIERAN SMITH	3-M DUAL	243.30	2001	3	CHLOE KOPRUCKI	3-M DUAL	211.70	2005
4	CHARLES BLASCHINSKI	3-M DUAL	226.95	2015	4	MELANIE DILASCIO	3-M DUAL	192.30	2011
5	FRANK SANSONE	3-M DUAL	217.35	1993	5	KRISTEN PAGANO	3-M DUAL	190.88	2002
6	ANTHONY ROUSSEAU	3-M DUAL	214.73	2005	6	MASHA RUBIN	3-M DUAL	190.42	1997
7	CHRIS CAFICI	3-M DUAL	211.88	2005	7	ASHLEY KILEY	3-M DUAL	188.77	2004
8	JARED CARLISI	3-M DUAL	204.60	2004	8	NIMI KOHLI	3-M DUAL	182.50	2017
9	CRAIG FINELLI	3-M DUAL	188.17	1997	9	BRITTNEY LIDDY	3-M DUAL	177.60	2015
10	JAMES COONEY	3-M DUAL	179.25	2012	10	EMMA TODD	3-M DUAL	169.28	2024
11	MARTY ALLEN	3-M DUAL	165.23	2004	11	ALICIA RAFFLE	3-M DUAL	165.75	2012
12	ERIC CRUZ	3-M DUAL	163.95	2018	12	JAMIE COLBURN	3-M DUAL	151.35	2010
1	ROB PARRINELLI	3-M CHAMP	502.95	1985	1	PAIGE BINYON	3-M CHAMP	377.65	1993
2	KARL SCHWAB	3-M CHAMP	426.75	1987	2	MASHA RUBIN	3-M CHAMP	366.70	1998
3	KIERAN SMITH	3-M CHAMP	318.85	2001	3	CHLOE KOPRUCKI	3-M CHAMP	312.50	2005
4	GREG WILKINSON	3-M CHAMP	318.35	1995	4	BRIANA GONGLOFF	3-M CHAMP	235.05	2010
5	ANTHONY ROUSSEAU	3-M CHAMP	315.80	2005	5	ASHLEY KILEY	3-M CHAMP	222.75	2006
6	JARED CARLISI	3-M CHAMP	308.95	2004	6	ALICIA RAFFLE	3-M CHAMP	173.50	2014
7	ROB KELLY	3-M CHAMP	296.00	1986	7	NIMI KOHLI	3-M CHAMP	155.90	2018
8	CHRIS CAFICI	3-M CHAMP	293.80	2005	8	JAMIE COLBURN	3-M CHAMP	151.70	2011
9	CRAIG FINELLI	3-M CHAMP	274.00	1999	9	EMMA TODD	3-M CHAMP	145.90	2024
10	MARTY ALLEN	3-M CHAMP	242.85	2004	10	LAUREN PAPA	3-M CHAMP	129.75	2008
11	FRANK SANSONE	3-M CHAMP	217.35	1994	11	MELANIE DILASCIO	3-M CHAMP	117.06	2013
12	JASON SIMPSON	3-M CHAMP	210.80	2005	12	OPEN	3-M CHAMP	OPEN	OPEN
	NOTE: THESE RECORDS DATE FROM 1987. IF ANY OTHER RESULTS ARE AVAILABLE, NOTIFY THE HEAD COACH								