



**Kenmore East High School
Girls Swimming & Diving**

**Team Record
Book**

November 2018 Update

NFL A CHAMPIONSHIP FINAL RESULTS

Event	TIME	PLACE	YEAR
200 Medley Relay			
C.Schmitz,Mediak,Perusich,Szaflarski	2:08.55	7 th	2003
A.Falk, L.Schmitz, C.Schmitz, M.Greenfield	2:10.31	8 th	2004
Coniglio,Giaraffa,Korta,Szaflarski	2:09.67	6 th	2005
Szaflarski, Giaraffa,Korta, DeGuehery	2:03.44	5 th	2006
deGuehery,Giaraffa,Korta, Coniglio	2:04.61	8 th	2007
deGuehery,Giaraffa,Coniglio,Nagelhout	2:03.18	6 th	2008
Zuchlewski, Rogers, Schmitz, Kremblas	2:20.73	8 th	2009
Zuchlewski, Padovano, Rogers, Nagelhout	2:13.90	7 th	2010
Bertino, Padovano, Rogers, Wilkinson	2:17.02	7 th	2011
Bertino, McGee, Kahler, Wilkinson	2:12.65	6 th	2012
McGee, Kahler, Brucato, Bertino	2:11.39	6 th	2013
Sandekian, Kahler, Brucato, Bertino	2:08.81	5 th	2014
Brooks, Kahler, Brucato, Deluca	2:12.83	5 th	2015
DeLuca, Czamara, Kahler, Boettcher	2:13.93	7 th	2016
DeLuca, Lesinski, Scoma, Taylor	2:06.20	7 th	2017
Mech, Reed, Boettcher, Ettinger	2:28.36	7 th	2018
200 Freestyle			
Nicole Szaflarski	2:14.97	8 th	2003
Christine Hazelet	2:38.75	11 th	2009
Payton Taylor	2:13.27	7 th	2018
200 Individual Medley			
Katie Perusich	2:22.22	3 rd	2003
Nicole Szaflarski	2:28.35	8 th	2004
Szaflarski	2:27.18	8 th	2005
Szaflarski	2:27.97	6 th	2006
Alexandra McGee	2:41.69	12 th	2012
Alexandra McGee	2:34.05	9 th	2013
Haley Brucato	2:36.02	10 th	2014
Natalie Lesinski	2:42.26	9 th	2018
50 Freestyle			
Julia DeGuehery	27.19	8 th	2005
Julia DeGuehery	26.02	3 rd	2006
Chelsea Giaraffa	27.31	10 th	2008
Sasha Nagelhout	27.33	11 th	2009
Alyssa Rogers	28.23	9 th	2011

50 Freestyle continued			
Emily Kahler	27.69	9 th	2012
Isabelle Bertino	27.37	10 th	2014
Emily Kahler	27.52	11 th	2014
Alexandra McGee	27.51	6 th	2015
Emily Kahler	27.21	5 th	2016
Adriana Scoma	27.37	4 th	2017
Arieana Boettcher	29.49	12 th	2017
Arieana Boettcher	30.42	12 th	2018
Diving			
Morgan DiMaria	228.40	7 th	2014
Morgan DiMaria	271.50	12 th	2015
100 Butterfly			
Katie Perusich	1:05.78	4 th	2003
Carolyn Schmitz	1:12.57	11 th	2003
C.Schmitz	1:12.10	10 th	2004
Allison Korta	1:11.63	9 th	2006
Julia DeGuehery	1:10.45	12 th	2008
Haley Brucato	1:10.77	9 th	2014
Haley Brucato	1:05.59	3 rd	2015
Adriana Scoma	1:05.18	3 rd	2017
Alexis DeLuca	1:10.43	8 th	2017
Alice Budzich	1:11.46	7 th	2018
100 Freestyle			
J.DeGuehery	58.63	6 th	2006
J. DeGuehery	57.89	7 th	2007
Sasha Nagelhout	1:00.79	12 th	2009
Alexandra McGee	1:00.89	8 th	2015
Payton Taylor	1:02.38	9 th	2017
Payton Taylor	:59.06	5 th	2018
500 Freestyle			
Tessie Greenfield	5:53.60	7 th	2003
Alyssa Rogers	6:07.81	9 th	2011
Alexis DeLuca	6:17.24	9 th	2014
Alexis DeLuca	5:53.51	8 th	2017

200 Freestyle Relay			
M.Greenfield,Andolsek,Wakelam,Mediak	1:55.33	8 th	2003
DeGuehery,Kilminster,Giaraffa,M.Greenfield	1:57.40	8 th	2005
Giaraffa, Coniglio, Falk, DeGuehery	1:52.22	6 th	2006
Giraffa, Anthony, Coniglio, DeGuehery	1:51.87	8 th	2007
DeGuehery,Nagelhout,Giaraffa,Coniglio	1:48.41	8 th /DQ	2008
Zuchlewski, Schmitz, Kremblas, Nagelhout	2:00.11	8 th	2009
Nagelhout, Schmitz, Hazelet, Rogers	1:57.38	8 th	2010
Rogers, Wilkinson, Bertino, A. Schmitz	1:58.69	7 th	2011
Brucato, Wilkinson, Bertino, McGee	1:55.78	8 th	2012
DeLuca, D.Munyon, M.Munyon, Brooks	2:02.41	8 th	2013
Sandekian, DiMaria, Brooks, DeLuca	1:59.70	8 th	2014
Brooks, Czamara, Tribo, Sandekian	2:01.23	8 th /DQ	2015
Kahler, DeLuca, Mech, Boettcher	1:59.71	6 th	2016
Boettcher, Mech, Mitchell, Reed	2:03.29	8 th	2017
Taylor, Lesinski, Buzich, Boettcher	1:59.98	8 th	2018
100 Backstroke			
Carolyn Schmitz	1:14.42	10 th	2003
Angela Falk	1:13.22	11 th	2004
Szaflarski	1:07.31	3 rd	2004
Szaflarski	1:06.53	3 rd	2005
Mandy Coniglio	1:11.36	10 th	2005
Szaflarski	1:06.16	2 nd	2006
Julia deGuehery	1:06.12	3 rd	2007
Julia deGuehery	1:09.33	2 nd	2008
Haley Brucato	1:15.05	12 th	2012
Alexandra McGee	1:10.34	10 th	2013
Isabelle Bertino	1:06.83	4 th	2014
Alexis Sandekian	1:14.06	12 th	2014
Emily Kahler	1:06.64	5 th	2015
Alexis Sandekian	1:11.05	11 th	2015
Emily Kahler	1:09.47	7 th	2016
100 Breaststroke			
Laura Fleischman	1:21.03	12 th	2003
Laura Schmitz	1:21.18	9 th	2004
Laura Schmitz	1:18.59	4 th	2005
Chelsea Giaraffa	1:20.25	9 th	2005
Chelsea Giaraffa	1:15.60	4 th	2006
Laura Schmitz	1:17.50	10 th	2006

100 Breaststroke continued			
Chelsea Giaraffa	1:14.01	7 th	2008
Alexandra McGee	1:24.60	10 th	2012
Haley Brucato	1:17.22	7 th	2015
Taylor Payton	1:26.72	11 th	2017
Alice Budzich	1:24.37	9 th	2018
Natalie Lesinski	1:24.73	10 th	2018
400 Freestyle Relay			
Szaflarski, T.Greenfield, M.Greenfield, Perusich	4:05.70	6 th	2003
Andolsek,C.Schmitz, M.Greenfield, Szaflarski	4:13.53	7 th	2004
Coniglio, DeGuehery, M.Greenfield, Szaflarski	4:11.84	8 th	2005
A. Falk, Kilminster, Coniglio, Szaflarski	4:12.87	7 th	2006
Anthony, Kilminster, Korta, Watt	4:19.81	8 th	2007
Kilminster, Laufer, Zuchlewski, Sprague	4:23.57	8 th	2008
Nagelhout, Hazelet, Kremblas, Rogers	4:19.22	7 th	2009
Sokan, Kremblas, Wilkinson, Zuchlewski	4:53.75	8 th	2010
Brucato, Wilkinson, Bertino, A. Schmitz	4:43.15	8 th	2011
Brucato, Wilkinson, Bertino, Kahler	4:21.33	7 th	2012
Bertino, Brucato, McGee, Kahler	4:18.03	6 th	2013
Kahler, Deluca, Bertino, Brucato	4:13.09	6 th	2014
Kahler, Sandekian, Deluca, Brucato	4:19.00	7 th	2015
Mech, Czamara, Tribo, Colwell	4:50.64	8 th	2016
DeLuca, Lesinski, Taylor, Scoma	4:18.29	7 th	2017
Taylor, Lesinski, Budzich, Boettcher	4:26.62	7 th	2018

Class B CHAMPIONSHIP Meet

200 Medley Relay	TIME	PLACE	YEAR
Taylor, Lesinski, DeLuca, Scoma	2:06.28	9 th	2017
Taylor, Lesinski, Budzich, Ettinger	2:16.19	13th	2018
Mech, Reed, Makula, Mitchell	2:26.52	16th	2018
200 Freestyle			
Payton Taylor	2:16.71	18 th	2017
200 Individual Medley			
Alice Budzich	2:37.03	23rd	2018
Natalie Lesinski	2:48.11	35th	2018
50 Freestyle			
100 Butterfly			
Adriana Scoma	1:06.69	11 th	2017
Alexis DeLuca	1:12.80	18 th	2017
Alice Budzich	1:14.42	25th	2018
100 Freestyle			
Taylor Payton	:59.87	15th	2018
500 Freestyle			
Alexis DeLuca	6:02.11	18 th	2017
Payton Taylor	6:14.08	21st	2017
200 Freestyle Relay			
Boettcher, Mitchell, Mech, Reed	2:02.77	13 th	2017
Mech, Reed, Ettinger, Mitchell	1:59.49	12th	2018
100 Backstroke			
Payton Taylor	1:12.54	24 th	2017
100 Breast Stroke			
Adriana Scoma	1:13.62	6 th	2017
Natalie Lesinski	1:21.26	19 th	2017
Natalie Lesinski	1:24.74	24th	2018
400 Freestyle Relay			
Taylor, Boettcher, DeLuca, Scoma	4:13.75	11 th	2017
Taylor, Mitchell, Lesinski, Budzich	4:29.07	12th	2018

Class Meet Results			
16 th Place			2013
14 th Place			2014
10 th Place			2015
12 th Place			2016
12 th Place			2017
13 th Place			2018

SECTION VI CHAMPIONSHIP Meet

200 Medley Relay	TIME	PLACE	YEAR
C.Schmitz, Mediak, Perusich,Szaflarski	2:07.91	26th	2003
A.Falk, L.Schmitz, C.Schmitz,Greenfield	2:10.97	35th	2004
Coniglio, L.Schmitz, Korta,Szaflarski	2:10.13	29th	2005
Szaflarski, Giaraffa,Korta, DeGuehery	2:05.28	19th	2006
deGuehery, Giaraffa, Korta,Coniglio	2:08.33	25th	2007
De Guehery, Giaraffa, Coniglio,Nagelhout	2:00.73	17 th	2008
Zuchlewski, Padovano, Rogers, Nagelhout	2:14.75	34 th	2010
Bertino, Padovano, Rogers, Wilkinson	2:12.00	32 nd	2011
Bertino, McGee, Kahler, Wilkinson	2:12.58	32 nd	2012
McGee, Kahler, Brucato, Bertino	2:12.21	32 nd	2013
Sandekian, Kahler, Brucato, Bertino	2:10.15	31 st	2014
Kahler, McGee, Brucato, Sandekian	2:03.87	24th	2015
Deluca, Czamara, Kahler, Boettcher	2:12.77	35 th	2016
200 Freestyle			
Julia DeGuehery	2:06.14	13 ^{th*}	2008
Amanda Coniglio	2:14.34		2008
200 Individual Medley			
Katie Perusich	2:22.86	13 ^{th*}	2003
Nicole Szaflarski	2:30.61	25 th	2004
Szaflarski	2:26.31	16 ^{th*}	2005
Szaflarski	2:30.90	35 th	2006
Alexandra McGee	2:27.91	28 th	2015

50 Freestyle			
Jessica Mediak	27.27	52 nd	2003
Julia DeGuehery	26.39	16 ^{th*}	2005
J. DeGuehery	26.11	14 ^{th*}	2006
Chelsea Giaraffa	27.45	46	2008
Sasha Nagelhout	27.47	46	2009
Emily Kahler	27.78	44	2012
Emily Kahler	27.89	45	2013
Emily Kahler	27.52	49	2015
Emily Kahler	26.31	26 th	2016
100 Butterfly			
Katie Perusich	1:05.12	12 ^{th*}	2003
Allison Korta	1:11.28	41 st	2006
Amanda Coniglio	1:12.02	45 th	2006
Allison Korta	1:10.69	35 th	2007
Amanda Coniglio	1:08.94	33 rd	2008
Haley Brucato	1:10.94	44 th	2014
Haley Brucato	1:07.03	32 nd	2015
100 Freestyle			
Nicole Szaflarski	59.93	27 th	2003
Julia DeGuehery	57.73	14 ^{th*}	2006
Julia deGuehery	1:00.29	48 th	2007
500 Freestyle			
Tessie Greenfield	5:45.31	15 ^{th*}	2003
Allison Korta	6:01.46	41 st	2006
Allison Korta	6:02.41	44 th	2007
200 Freestyle Relay			
Andolsek, C.Schmitz, M.Greenfield, Szaflarski	1:54.69	35 th	2004
Coniglio, Greenfield, DeGuehery, Szaflarski	1:52.47	26 th	2005
Giaraffa, Szaflarski, Coniglio,DeGuehery	1:49.37	20 th	2006
deGuehery, Anthony, Giaraffa,Coniglio	1:50.53	23 rd	2007
DeGuehery,Nagelhout,Giaraffa,Coniglio	1:50.67	26 th	2008
Kremblas, Hazelet, A. Schmitz, Nagelhout	1:57.04	37 th	2009
Nagelhout, Schmitz, Hazelet, Rogers	1:54.95	32 nd	2010
Brucato, Wilkinson, McGee, Bertino	1:58.00	FS	2012
Kahler, Brooks, DeLuca, McGee	1:54.58	28 th	2013
Kahler, Brooks, DeLuca, Sandekian	1:55.45	30 th	2014
Brooks, Czamara, Deluca, Sandekian	2:00.78	36 th	2015
Kahler, Colette, DeLuca, Boettcher	1:54.80	30 th	2016

100 Backstroke			
Nicole Szaflarski	1:10.20	23 rd	2004
Nicole Szaflarski	1:06.23	16 ^{th*}	2005
Amanda Coniglio	1:11.35	50 th	2005
Nicole Szaflarski	1:07.50	15 ^{th*}	2006
Julia deGuehery	1:06.58	19 th	2007
Julia deGuehery	1:04.18	13 ^{th*}	2008
Isabelle Bertino	1:07.82	38 th	2014
Alexandra McGee	1:06.27	21 st	2015
Emily Kahler	1:09.55	42 nd	2015
Emily Kahler	1:06.00	27 th	2016
100 Breast Stroke			
Jessica Mediak	1:16.66	26 th	2003
Laura Schmitz	1:17.38	30 th	2005
Laura Schmitz	1:18.74	38 th	2006
Chelsea Giaraffa	1:15.23	21 st	2006
Chelsea Giaraffa	1:16.34	27 th	2007
Chelsea Giaraffa	1:13.46	13 ^{th*}	2008
Haley Brucato	1:17.93	43 rd	2015
Adriana Scoma	1:14.19	23 rd	2017
400 Freestyle Relay			
Szaflarski, Mediak, T.Greenfield, Perusich	4:00.24	17 ^{th*}	2003
Anthony,Kilminster,Korta,Watt	4:21.45	39 th	2007
Laufer, Kilminster, Nagelhout, Sprague	4:18.47	37 th	2008
Rogers, Hazelet, Kremblas, Nagelhout	4:18..68	34 th	2009
Naghelout, Hazelet, Zuchlewski, Rogers	4:16.26	DQ	2010
Brucato, Wilkinson, Bertino, Kahler	4:25.35	36 th	2012
Bertino, Brucato, McGee, Kahler	4:18.68	34 th	2013
Bertino, DeLuca, Brucato, Kahler	4:16.82	FS	2014
Kahler, Sandekian, McGee, Brucato	4:09.96	24 th	2015

Kenmore East Lady Bulldogs
Best Times, 2003- Present

EVENT	NAME	TIME	YEAR
200 MEDLEY RELAY	DeGuehery, Giaraffa, Coniglio, Nagelhout	2:00.61	2008
200 FREE	Julia DeGuehery	2:06.14	2008
200 IM	Katie Perusich	2:22.22	2003
50 FREE	Julia DeGuehery	25.94	2006
Diving- 6	Morgan DiMaria	161.02	2015
Diving- 11	Morgan DiMaria	261.50	2016
100 FLY	Adriana Scoma	1:05.19	2017
100 FREE	Katie Perusich	56.51	2003
500 FREE	Tessie Greenfield	5:45.31	2003
200 FREE RELAY	DeGuehery, Nagelhout, Giaraffa, Coniglio	1:48.41	2008
100 BACK	Julia DeGuehery	1:04.18	2008
100 BREAST	Adriana Scoma	1:13.62	2017
400 FREE RELAY	Szaflarski, Greenfield, Mediak, Perusich	4:00.24	2003

Kenmore East Girls Swimming & Diving

Coaches Archive:

Year	Record	Head Coach	Assistant Coach
1974-75		Ms. Waller	
1976-77		David Lindeman	
1978-1987		Robert Maxwell	A. Lane (1978-79, '81) Dwight Bird (1980) ? Harris (1982) Judith Elliott (1983-87)
1988		? Ossman	John Kontos
1989, 1990		Robert Maxwell	Judith Elliott ('89) Tim Dowdall ('90)
1991		Amy Osbourne	Sean Collins
1992		Gail Mundt	
1993-1999		Traci Heuer-Marinello-Cummings	Kim Eaton (1993,94, 95) Kristy Donn (1996, 1997) Heather Ratka (1998, 99, 2000)
2000-2003		John DeCarolis	Heather Ratka, 2000,2001 Kelly Ticco-Idzik, 2002, 2003
2004-2008		Kelly Idzik	Kellie Howells, 2004-2007 Nathan Bourke, 2008
2009	2-12	Nathan Bourke	Kristin Pucser
2010	3-12		Kristin Pucser
2011	3-12		Kelly Idzik
2012	2-12		Anna Caci & Jonathan Larson
2013	3-12		Anna Caci & Jonathan Larson
2014	1-13		Anna Caci & Jonathan Larson
2015	3-12		Anna Caci & Justin Kozlowski
2016	2-13		Haley Rice & Nicholas Sereday
2017	1-13		Anna Caci & Nicholas Sereday
2018	2-13	Anna Caci & Matthew Butler	