



ESU Swimming School Records

ESU School Records (as of Mar. 4, 2025)

FREESTYLE

50	23.49	Vera Renshof	2024
100	51.03	Vera Renshof	2024
200	1:51.23	Vera Renshof	2025
500	5:05.10	Anique Hazebroek	2025
1000	10:27.96	Allison Schafer	2014
1650	17:26.99	Anique Hazebroek	2025

BACKSTROKE

50	27.42	Colleen Dwyer	2018 (1st leg of 200 medley relay)
100	58.68	Ashleigh Podhayny	2015
200	2:06.52	Ashleigh Podhayny	2015

BREASTSTROKE

50	30.52	Sami Vavra	2013
100	1:06.09	Sami Vavra	2013
200	2:24.59	Sophie Coy	2013

BUTTERFLY

50	25.82	Karen Linck	1977
100	58.05	Allison Cardow	2018
200	2:10.77	Allison Cardow	2018

INDIVIDUAL MEDLEY

100	1:00.54	Ashleigh Podhayny	2016
200	2:08.38	Ashleigh Podhayny	2015
400	4:35.18	Ashleigh Podhayny	2015

FREESTYLE RELAY

200	1:37.49	Annie Fagan, Colleen Dwyer, Olivia Lukshides, Briana Hall	2018
400	3:31.42	Brianna Wasem, Anna Stauffer, Anique Hazebroek, Vera Renshof	2025
800	7:41.96	Brianna Wasem, Anna Stauffer, Anique Hazebroek, Vera Renshof	2025

MEDLEY RELAY

200	1:47.95	Ava Palochik, Kennedy Leveto, Avery Fohring, Vera Renshof	2025
400	3:57.16	Sami Vavra, Sophie Coy, Kimberly Lawson, Karoline Vavra	2013

Note: Years listed reflect spring semester (record may have been set in fall semester).



Koehler Fieldhouse Pool Records

Koehler Fieldhouse Pool Records (as of Feb. 13, 2025)

FREESTYLE

50	24.27	Foley (Lehigh)	2022
100	52.40	Esposito (CW Post)	2008
200	1:52.96	Esposito (CW Post)	2008
500	5:04.92	Garriock (LIU Post)	2013
1000	10:43.55	Schafer (ESU)	2012
1650	17:56.58	Swensen (LIU Post)	2018

BACKSTROKE

50	27.28	Beierschmitt (Bloomsburg)	2023
100	57.53	Bendfeldt (LIU Post)	2018
200	2:04.57	Fuller (LIU Post)	2018

BREASTSTROKE

50	30.60	K. Zimmerman (ESU)	2018
100	1:06.88	Rehrig (Lock Haven)	2011
200	2:23.22	Rademacher (LIU Post)	2014

BUTTERFLY

50	26.30	Linck (ESU)	1976
100	56.27	Hardy (Lehigh)	2022
200	2:05.97	Steven (Lehigh)	2022

INDIVIDUAL MEDLEY

100	1:00.54	Podhayny (ESU)	2016
200	2:08.82	Rademacher (LIU Post)	2014
400	4:42.71	Schafer (ESU)	2012

FREESTYLE RELAY

200	1:37.57	CW Post (Russo, Hedberg, Laird, Hew)	2012
400	3:37.81	LIU Post (Bendfeldt, Kwok, Jones, Brazier)	2016
800	7:42.77	ESU (Wasem, Stauffer, Hazebroek, Renshof)	2025

MEDLEY RELAY

200	1:47.95	LIU Post (Jones, Rademacher, Kwok, Brazier)	2015
400	4:01.82	LIU Post (Jones, Kvarnemar, Kwok, Brazier)	2016