

Dover Area High School
"Committed to Excellence"

Relay Top Times

Times since: 13-Nov-06

Dover Area High School [DAHS] Coach: Richard Janosky

Number of Top Times: 50 Show Yards Only

Time	P/F/S	Relay			
Girls Senior 200 Free Relay					
1	1:40.25 Y	F	A Relay	3/2/2012	District 3 AAA Championships 2012
			Rachel C. Spaulding (JR) Summer A. Dacheux (JR)	Mia R. Becker (JR) Bree A. Link (SR)	Nicole R. Smith (JR) Shea L. Beierschmitt (JR) Aniella F. Janosky (SR) Allie Aspey (SO)
2	1:40.44 Y	F	A Relay	3/4/2011	District 3 AAA Championships 2011
			Courtney Dacheux (AL)	Mia R. Becker (JR)	Nicole R. Smith (JR) Aniella F. Janosky (SR)
2	1:40.44 Y	F	A Relay	3/4/2011	District 3 AAA Championships 2011
			Courtney Dacheux (AL)	Mia R. Becker (JR)	Nicole R. Smith (JR) Aniella F. Janosky (SR)
4	1:41.90 Y	F	A Relay	1/17/2013	York Suburban 2013
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)	Nicole R. Smith (JR) Aniella F. Janosky (SR)
5	1:42.38 Y	F	B Relay	2/9/2012	York Suburban 2012
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)	Nicole R. Smith (JR) Aniella F. Janosky (SR)
6	1:43.36 Y	F	A Relay	2/17/2012	YAIAA Championships 2012
			Mia R. Becker (JR) Aniella F. Janosky (SR)	Summer A. Dacheux (JR) Rachel C. Spaulding (JR)	Bree A. Link (SR) Shea L. Beierschmitt (JR) Nicole R. Smith (JR) Morgan Staub (SO)
7	1:43.48 Y	F	A Relay	2/15/2013	YAIAA Championships 2013
			Rachel C. Spaulding (JR) Aniella F. Janosky (SR)	Morgan Staub (SO) Summer A. Dacheux (JR)	Shea L. Beierschmitt (JR) Nicole R. Smith (JR) Mia R. Becker (JR) Emily Spaulding (FR)
8*	1:43.61 Y	F	A Relay	12/21/2012	Spring Grove 2013
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)	Nicole R. Smith (JR) Aniella F. Janosky (SR)
8*	1:43.61 Y	F	A Relay	12/13/2012	Dallastown 2013
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)	Nicole R. Smith (JR) Aniella F. Janosky (SR)
10	1:44.01 Y	F	A Relay	1/24/2013	West York 2013
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)	Nicole R. Smith (JR) Aniella F. Janosky (SR)
11	1:44.12 Y	F	A Relay	2/2/2012	New Oxford 2012
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)	Nicole R. Smith (JR) Aniella F. Janosky (SR)
12	1:44.42 Y	F	A Relay	1/3/2013	South Western 2013
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)	Nicole R. Smith (JR) Aniella F. Janosky (SR)
13	1:44.53 Y	F	A Relay	1/31/2013	Susquehannock 2013
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)	Nicole R. Smith (JR) Aniella F. Janosky (SR)
14	1:44.65 Y	F	A Relay	1/13/2011	West York 2011
			Rachel C. Spaulding (JR)	Courtney Dacheux (AL)	Nicole R. Smith (JR) Aniella F. Janosky (SR)
15	1:44.66 Y	F	A Relay	12/17/2012	Cedar Cliff 2013
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)	Nicole R. Smith (JR) Aniella F. Janosky (SR)
16	1:44.67 Y	F	A Relay	1/20/2011	Susquehannock 2011
			Rachel C. Spaulding (JR)	Courtney Dacheux (AL)	Nicole R. Smith (JR) Aniella F. Janosky (SR)
17	1:44.75 Y	F	A Relay	2/3/2011	New Oxford 2011
			Rachel C. Spaulding (JR)	Courtney Dacheux (AL)	Nicole R. Smith (JR) Aniella F. Janosky (SR)
18	1:44.91 Y	F	A Relay	2/10/2011	York Suburban 2011
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)	Nicole R. Smith (JR) Aniella F. Janosky (SR)
19	1:45.02 Y	F	A Relay	2/18/2011	YAIAA Championships 2011
			Rachel C. Spaulding (JR) Aniella F. Janosky (SR)	Amber Yeager (AL) Courtney Dacheux (AL)	Summer A. Dacheux (JR) Nicole R. Smith (JR) Mia R. Becker (JR) Shea L. Beierschmitt (JR)
20	1:45.37 Y	F	A Relay	2/7/2013	Northeastern 2013
			Rachel C. Spaulding (JR)	Shea L. Beierschmitt (JR)	Mia R. Becker (JR) Nicole R. Smith (JR)
21*	1:45.49 Y	F	A Relay	12/22/2011	William Penn 2012
			Aniella F. Janosky (SR)	Mia R. Becker (JR)	Summer A. Dacheux (JR) Rachel C. Spaulding (JR)
21*	1:45.49 Y	F	A Relay	2/15/2010	Northeastern 2010
			Christina Janosky (SR)	Christy Cashman (SR)	Courtney Dacheux (AL) Aniella F. Janosky (SR)
23*	1:45.53 Y	F	A Relay	12/7/2012	2012 Eagle Invitational
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)	Nicole R. Smith (JR) Aniella F. Janosky (SR)

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Number of Top Times: 50 Show Yards Only

Time	P/F/S	Relay			
23*	1:45.53 Y	F	A Relay	12/28/2010	2010 Big Spring Invitational
	Nicole R. Smith (JR)		Rachel C. Spaulding (JR)		Courtney Dacheux (AL) Aniella F. Janosky (SR)
25	1:45.78 Y	F	A Relay	12/23/2010	William Penn 2011
	Nicole R. Smith (JR)		Rachel C. Spaulding (JR)		Courtney Dacheux (AL) Aniella F. Janosky (SR)
26	1:45.81 Y	F	A Relay	1/10/2013	New Oxford 2013
	Rachel C. Spaulding (JR)		Mia R. Becker (JR)		Nicole R. Smith (JR) Summer A. Dacheux (JR)
27*	1:45.92 Y	F	A Relay	1/29/2011	South Western Relays 2011
	Nicole R. Smith (JR)		Rachel C. Spaulding (JR)		Summer A. Dacheux (JR) Aniella F. Janosky (SR)
27*	1:45.92 Y	F	A Relay	1/5/2013	Arctic Swim Classic 2013
	Rachel C. Spaulding (JR)		Shea L. Beierschmitt (JR)		Summer A. Dacheux (JR) Mia R. Becker (JR)
29	1:45.96 Y	F	A Relay	12/17/2009	South Western 2010
	Christina Janosky (SR)		Bree A. Link (SR)		Courtney Dacheux (AL) Aniella F. Janosky (SR)
30*	1:46.28 Y	F	A Relay	2/27/2009	District 3 AA Championships 2009
	Christina Janosky (SR)		Courtney Dacheux (AL)		Michelle Stern (SR) Christy Cashman (SR)
30*	1:46.28 Y	F	A Relay	1/19/2012	Susquehannock 2012
	Morgan Staub (SO)		Mia R. Becker (JR)		Rachel C. Spaulding (JR) Aniella F. Janosky (SR)
32	1:46.33 Y	F	A Relay	2/13/2009	YAIAA Championships 2009
	Christina Janosky (SR)		Courtney Dacheux (AL)		Michelle Stern (SR) Christy Cashman (SR)
	Sarah Evans (AL)		Devon Gorman (AL)		Monica Rubritz (SR) Katie E. Diehl (AL)
33	1:46.72 Y	F	A Relay	1/28/2010	Susquehannock 2010
	Aniella F. Janosky (SR)		Courtney Dacheux (AL)		Christy Cashman (SR) Christina Janosky (SR)
34	1:46.76 Y	F	A Relay	1/5/2012	Central York 2012
	Summer A. Dacheux (JR)		Bree A. Link (SR)		Mia R. Becker (JR) Nicole R. Smith (JR)
35	1:46.82 Y	F	A Relay	12/11/2008	South Western 2009
	Courtney Dacheux (AL)		Sarah Evans (AL)		Michelle Stern (SR) Christina Janosky (SR)
36	1:46.90 Y	F	A Relay	2/5/2009	Northeastern 2009
	Christina Janosky (SR)		Courtney Dacheux (AL)		Michelle Stern (SR) Christy Cashman (SR)
37	1:47.23 Y	F	B Relay	1/26/2008	Southwestern Relays 2008
	Christy Cashman (SR)		Michelle Stern (SR)		Courtney Dacheux (AL) Christina Janosky (SR)
38	1:47.24 Y	F	A Relay	1/4/2007	New Oxford 2007
	Devon Gorman (AL)		Christina Janosky (SR)		Sarah Evans (AL) Haley Miller (AL)
39	1:47.28 Y	F	A Relay	12/16/2010	Red Lion 2011
	Courtney Dacheux (AL)		Rachel C. Spaulding (JR)		Summer A. Dacheux (JR) Aniella F. Janosky (SR)
40	1:47.55 Y	F	A Relay	1/3/2008	New Oxford 2008
	Christina Janosky (SR)		Courtney Dacheux (AL)		Devon Gorman (AL) Haley Miller (AL)
41	1:47.58 Y	F	A Relay	1/26/2012	Northeastern 2012
	Rachel C. Spaulding (JR)		Bree A. Link (SR)		Summer A. Dacheux (JR) Aniella F. Janosky (SR)
42	1:47.59 Y	F	A Relay	2/19/2010	YAIAA Championships 2010
	Amber Yeager (AL)		Lindsay B. Miller (JR)		Bree A. Link (SR) Christy Cashman (SR)
	Aniella F. Janosky (SR)		Paige C. Neidig (JR)		Abbie Greenfield (SR) Bari Boyd (SR)
43*	1:47.85 Y	F	A Relay	1/21/2010	York Suburban 2010
	Amber Yeager (AL)		Bree A. Link (SR)		Christy Cashman (SR) Aniella F. Janosky (SR)
43*	1:47.85 Y	F	A Relay	12/27/2012	2012 Big Spring Invitational
	Rachel C. Spaulding (JR)		Shea L. Beierschmitt (JR)		Summer A. Dacheux (JR) Mia R. Becker (JR)
43*	1:47.85 Y	F	A Relay	1/15/2009	York Suburban 2009
	Christy Cashman (SR)		Sarah Evans (AL)		Michelle Stern (SR) Christina Janosky (SR)
43*	1:47.85 Y	F	A Relay	1/7/2012	Arctic Swim Classic 2012
	Rachel C. Spaulding (JR)		Bree A. Link (SR)		Summer A. Dacheux (JR) Mia R. Becker (JR)
47	1:48.30 Y	F	A Relay	1/2/2007	Northern 2007
	Devon Gorman (AL)		Amy Smyser (AL)		Sarah Evans (AL) Haley Miller (AL)
48	1:48.34 Y	F	A Relay	12/15/2011	Red Lion 2012
	Mia R. Becker (JR)		Bree A. Link (SR)		Shea L. Beierschmitt (JR) Nicole R. Smith (JR)

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	Time	P/F/S	Relay				
49	1:48.42 Y	F	A Relay		1/12/2012	West York 2012	
			Nicole R. Smith (JR)	Bree A. Link (SR)		Summer A. Dacheux (JR)	Mia R. Becker (JR)
50	1:48.90 Y	F	A Relay		1/27/2011	Northeastern 2011	
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)		Summer A. Dacheux (JR)	Amber Yeager (AL)
Girls Senior 200 Back Relay							
1	1:56.97 Y	F	A Relay		1/26/2013	South Western Relays 2013	
			Shea L. Beierschmitt (JR)	Aniella F. Janosky (SR)		Nicole R. Smith (JR)	Summer A. Dacheux (JR)
2	1:58.46 Y	F	A Relay		1/26/2008	Southwestern Relays 2008	
			Christina Janosky (SR)	Courtney Dacheux (AL)		Christy Cashman (SR)	Haley Miller (AL)
3	2:01.77 Y	F	A Relay		1/27/2007	Southwestern Relays 2007	
			Christina Janosky (SR)	Melissa Rubritz (SO)		Christy Cashman (SR)	Haley Miller (AL)
4	2:14.90 Y	F	B Relay		1/27/2007	Southwestern Relays 2007	
			Kaila Folk (AL)	Monica Rubritz (SR)		Sam Neidig (JR)	Becky Woods (AL)
5	2:20.69 Y	F	A Relay		1/30/2010	South Western Relays 2010	
			Rachel Thomas (SO)	Katie E. Diehl (AL)		Abbie Greenfield (SR)	Kaci Sudano (SR)
6	2:20.87 Y	F	A Relay		1/29/2011	South Western Relays 2011	
			Katie E. Diehl (AL)	Caitlin N. Mendel (JR)		Lindsay B. Miller (JR)	Sarah E. Spaulding (AL)
7	2:21.62 Y	F	B Relay		1/26/2013	South Western Relays 2013	
			Claudia Bollinger (SO)	Caitlin N. Mendel (JR)		Jessica Lindsay (SO)	Bari Boyd (SR)
8	2:33.30 Y	F	B Relay		1/29/2011	South Western Relays 2011	
			Ashley M. Barley (SR)	Bari Boyd (SR)		Mary Schultz (AL)	Paige E. Sheridan (FR)
9	2:37.65 Y	F	B Relay		1/30/2010	South Western Relays 2010	
			Sarah E. Spaulding (AL)	Courtney Henley (SR)		Tara Brown (JR)	Bari Boyd (SR)
Girls Senior 200 Breast Relay							
1	2:19.03 Y	F	A Relay		1/29/2011	South Western Relays 2011	
			Courtney Dacheux (AL)	Aniella F. Janosky (SR)		Bree A. Link (SR)	Rachel C. Spaulding (JR)
2	2:20.63 Y	F	A Relay		1/26/2013	South Western Relays 2013	
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)		Allie Aspey (SO)	Bree A. Link (SR)
3	2:22.17 Y	F	C Relay		1/26/2008	Southwestern Relays 2008	
			Devon Gorman (AL)	Michelle Stern (SR)		Courtney Dacheux (AL)	Sarah Evans (AL)
4	2:23.75 Y	F	A Relay		1/26/2008	Southwestern Relays 2008	
			Devon Gorman (AL)	Michelle Stern (SR)		Christina Janosky (SR)	Sarah Evans (AL)
5	2:35.32 Y	F	A Relay		1/30/2010	South Western Relays 2010	
			Kaci Sudano (SR)	Katie E. Diehl (AL)		Abbie Greenfield (SR)	Paige C. Neidig (JR)
6	2:35.93 Y	F	E Relay		1/27/2007	Southwestern Relays 2007	
			Michelle Stern (SR)	Abbie Greenfield (SR)		Kaci Sudano (SR)	Becky Woods (AL)
7	2:45.70 Y	F	B Relay		1/29/2011	South Western Relays 2011	
			Ashley M. Barley (SR)	Katie E. Diehl (AL)		Lindsay B. Miller (JR)	Sarah E. Spaulding (AL)
8	2:52.68 Y	F	B Relay		1/26/2013	South Western Relays 2013	
			Caitlin N. Mendel (JR)	Ashley M. Barley (SR)		Claudia Bollinger (SO)	Kyra Shoemaker (FR)
9	3:12.24 Y	F	B Relay		1/30/2010	South Western Relays 2010	
			Hannah Huss (SO)	Courtney Henley (SR)		Tara Brown (JR)	Ashley M. Barley (SR)
Girls Senior 200 Fly Relay							
1	1:54.11 Y	F	A Relay		1/26/2013	South Western Relays 2013	
			Nicole R. Smith (JR)	Shea L. Beierschmitt (JR)		Summer A. Dacheux (JR)	Aniella F. Janosky (SR)
2	1:55.85 Y	F	B Relay		1/26/2008	Southwestern Relays 2008	
			Christy Cashman (SR)	Devon Gorman (AL)		Megan Garner (AL)	Haley Miller (AL)

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Times since: 13-Nov-06

Dover Area High School [DAHS] Coach: Richard Janosky

Number of Top Times: 50 Show Yards Only

Time	P/F/S	Relay				
16	1:56.45 Y	F	A Relay		2/1/2007	York Suburban 2007
			Christina Janosky (SR)	Sarah Evans (AL)		Haley Miller (AL)
						Devon Gorman (AL)
17	1:56.58 Y	F	A Relay		2/16/2007	YAIAA Championships 2007
			Christina Janosky (SR)	Sarah Evans (AL)		Haley Miller (AL)
			Melissa Rubritz (SO)	Amy Smyser (AL)		Christy Cashman (SR)
						Devon Gorman (AL)
						Kaila Folk (AL)
18	1:56.59 Y	F	A Relay		1/19/2010	Dallastown 2010
			Christina Janosky (SR)	Bree A. Link (SR)		Aniella F. Janosky (SR)
						Courtney Dacheux (AL)
19	1:56.75 Y	F	A Relay		1/5/2012	Central York 2012
			Summer A. Dacheux (JR)	Bree A. Link (SR)		Aniella F. Janosky (SR)
						Rachel C. Spaulding (JR)
20	1:56.80 Y	F	A Relay		2/13/2009	YAIAA Championships 2009
			Christina Janosky (SR)	Sarah Evans (AL)		Christy Cashman (SR)
			Courtney Dacheux (AL)	Devon Gorman (AL)		Monica Rubritz (SR)
						Michelle Stern (SR)
						Abbie Greenfield (SR)
21	1:56.85 Y	F	A Relay		1/17/2013	York Suburban 2013
			Summer A. Dacheux (JR)	Bree A. Link (SR)		Shea L. Beierschmitt (JR)
						Mia R. Becker (JR)
22	1:56.90 Y	F	A Relay		2/19/2010	YAIAA Championships 2010
			Christina Janosky (SR)	Bree A. Link (SR)		Aniella F. Janosky (SR)
			Christy Cashman (SR)	Amber Yeager (AL)		Kaci Sudano (SR)
						Courtney Dacheux (AL)
						Lindsay B. Miller (JR)
23	1:56.91 Y	F	A Relay		11/30/2007	2007 Eagle Invitational
			Christina Janosky (SR)	Sarah Evans (AL)		Haley Miller (AL)
						Christy Cashman (SR)
24*	1:56.99 Y	F	A Relay		12/5/2008	2008 Eagle Invitational
			Christina Janosky (SR)	Sarah Evans (AL)		Christy Cashman (SR)
						Courtney Dacheux (AL)
24*	1:56.99 Y	F	A Relay		1/31/2013	Susquehannock 2013
			Summer A. Dacheux (JR)	Bree A. Link (SR)		Aniella F. Janosky (SR)
						Nicole R. Smith (JR)
26	1:57.06 Y	F	A Relay		2/7/2008	Dallastown 2008
			Christina Janosky (SR)	Sarah Evans (AL)		Haley Miller (AL)
						Courtney Dacheux (AL)
27	1:57.20 Y	F	B Relay		12/15/2009	Northern 2010
			Christina Janosky (SR)	Bree A. Link (SR)		Aniella F. Janosky (SR)
						Courtney Dacheux (AL)
28	1:57.25 Y	F	A Relay		1/14/2010	West York 2010
			Christina Janosky (SR)	Bree A. Link (SR)		Aniella F. Janosky (SR)
						Christy Cashman (SR)
29	1:57.33 Y	F	A Relay		12/6/2007	Northeastern 2008
			Christina Janosky (SR)	Sarah Evans (AL)		Haley Miller (AL)
						Devon Gorman (AL)
30	1:57.34 Y	F	A Relay		1/10/2008	Central York 2008
			Christina Janosky (SR)	Sarah Evans (AL)		Christy Cashman (SR)
						Haley Miller (AL)
31	1:57.47 Y	F	A Relay		12/15/2011	Red Lion 2012
			Summer A. Dacheux (JR)	Bree A. Link (SR)		Aniella F. Janosky (SR)
						Rachel C. Spaulding (JR)
32	1:57.55 Y	F	A Relay		2/2/2012	New Oxford 2012
			Summer A. Dacheux (JR)	Bree A. Link (SR)		Aniella F. Janosky (SR)
						Nicole R. Smith (JR)
33	1:57.59 Y	F	B Relay		1/2/2008	Northern 2008
			Christina Janosky (SR)	Sarah Evans (AL)		Haley Miller (AL)
						Devon Gorman (AL)
34	1:57.63 Y	F	A Relay		12/21/2006	Spring Grove 2007
			Christina Janosky (SR)	Sarah Evans (AL)		Haley Miller (AL)
						Devon Gorman (AL)
35*	1:57.65 Y	F	A Relay		12/11/2009	2009 Eagle Invitational
			Christina Janosky (SR)	Bree A. Link (SR)		Aniella F. Janosky (SR)
						Courtney Dacheux (AL)
35*	1:57.65 Y	F	A Relay		1/31/2008	York Suburban 2008
			Christina Janosky (SR)	Sarah Evans (AL)		Haley Miller (AL)
						Courtney Dacheux (AL)
37	1:57.79 Y	F	A Relay		1/24/2008	Susquehannock 2008
			Christina Janosky (SR)	Sarah Evans (AL)		Haley Miller (AL)
						Christy Cashman (SR)
38*	1:57.86 Y	F	A Relay		12/9/2008	Northern 2009
			Christina Janosky (SR)	Sarah Evans (AL)		Christy Cashman (SR)
						Courtney Dacheux (AL)
38*	1:57.86 Y	F	A Relay		12/9/2011	2011 Eagle Invitational
			Summer A. Dacheux (JR)	Bree A. Link (SR)		Aniella F. Janosky (SR)
						Rachel C. Spaulding (JR)

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40	1:57.93 Y	F	A Relay		12/28/2011	2011 Big Spring Invitational
			Nicole R. Smith (JR)	Bree A. Link (SR)		Aniella F. Janosky (SR)
41	1:58.07 Y	F	A Relay		12/18/2008	Spring Grove 2009
			Christina Janosky (SR)	Sarah Evans (AL)		Christy Cashman (SR)
42	1:58.10 Y	F	A Relay		1/21/2010	York Suburban 2010
			Christina Janosky (SR)	Bree A. Link (SR)		Christy Cashman (SR)
43*	1:58.12 Y	F	A Relay		1/12/2012	West York 2012
			Summer A. Dacheux (JR)	Bree A. Link (SR)		Aniella F. Janosky (SR)
43*	1:58.12 Y	F	A Relay		1/8/2011	Arctic Swim Classic 2011
			Nicole R. Smith (JR)	Bree A. Link (SR)		Aniella F. Janosky (SR)
45	1:58.16 Y	F	A Relay		1/19/2012	Susquehannock 2012
			Summer A. Dacheux (JR)	Bree A. Link (SR)		Aniella F. Janosky (SR)
46	1:58.24 Y	F	A Relay		1/7/2012	Arctic Swim Classic 2012
			Nicole R. Smith (JR)	Bree A. Link (SR)		Summer A. Dacheux (JR)
47	1:58.29 Y	F	A Relay		12/28/2006	2006 Big Spring Invitational
			Christina Janosky (SR)	Sarah Evans (AL)		Haley Miller (AL)
48	1:58.32 Y	F	A Relay		12/13/2012	Dallastown 2013
			Caitlin N. Mendel (JR)	Allie Aspey (SO)		Kyra Shoemaker (FR)
49	1:58.36 Y	F	A Relay		12/28/2010	2010 Big Spring Invitational
			Nicole R. Smith (JR)	Bree A. Link (SR)		Aniella F. Janosky (SR)
50	1:58.39 Y	F	A Relay		12/8/2007	Clearfield - Bellefonte 2008
			Christina Janosky (SR)	Sarah Evans (AL)		Haley Miller (AL)

Girls Senior 400 Free Relay

1	3:36.08 Y	P	A Relay		3/13/2013	AAA Girls State Championships 2013
			Rachel C. Spaulding (JR)	Summer A. Dacheux (JR)		Nicole R. Smith (JR)
2	3:36.40 Y	F	A Relay		2/15/2013	YAIAA Championships 2013
			Rachel C. Spaulding (JR)	Summer A. Dacheux (JR)		Nicole R. Smith (JR)
			Morgan Staub (SO)	Shea L. Beierschmitt (JR)		Mia R. Becker (JR)
3	3:37.96 Y	F	A Relay		2/18/2011	YAIAA Championships 2011
			Rachel C. Spaulding (JR)	Courtney Dacheux (AL)		Nicole R. Smith (JR)
			Mia R. Becker (JR)	Summer A. Dacheux (JR)		Amber Yeager (AL)
4	3:38.34 Y	F	A Relay		3/4/2011	District 3 AAA Championships 2011
			Rachel C. Spaulding (JR)	Courtney Dacheux (AL)		Nicole R. Smith (JR)
4	3:38.34 Y	F	A Relay		3/4/2011	District 3 AAA Championships 2011
			Rachel C. Spaulding (JR)	Courtney Dacheux (AL)		Nicole R. Smith (JR)
6	3:38.62 Y	F	A Relay		3/2/2012	District 3 AAA Championships 2012
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)		Nicole R. Smith (JR)
			Summer A. Dacheux (JR)	Shea L. Beierschmitt (JR)		Morgan Staub (SO)
7	3:40.30 Y	F	A Relay		2/17/2012	YAIAA Championships 2012
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)		Nicole R. Smith (JR)
			Summer A. Dacheux (JR)	Bree A. Link (SR)		Shea L. Beierschmitt (JR)
8	3:40.44 Y	F	A Relay		3/18/2011	AAA State Championships 2011
			Aniella F. Janosky (SR)	Nicole R. Smith (JR)		Courtney Dacheux (AL)
9	3:41.31 Y	F	A Relay		1/17/2013	York Suburban 2013
			Rachel C. Spaulding (JR)	Summer A. Dacheux (JR)		Nicole R. Smith (JR)
10	3:42.42 Y	F	A Relay		3/14/2008	AA State Championships 2008
			Christina Janosky (SR)	Christy Cashman (SR)		Courtney Dacheux (AL)
11	3:43.40 Y	F	A Relay		3/19/2010	AA State Championships 2010
			Christina Janosky (SR)	Christy Cashman (SR)		Courtney Dacheux (AL)
12	3:43.67 Y	F	A Relay		1/26/2013	South Western Relays 2013
			Rachel C. Spaulding (JR)	Summer A. Dacheux (JR)		Nicole R. Smith (JR)

Dover Area High School
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Relay Top Times

Times since: 13-Nov-06

Dover Area High School [DAHS] Coach: Richard Janosky

Number of Top Times: 50 Show Yards Only

Time	P/F/S	Relay				
13	3:44.32 Y	F	A Relay		12/21/2012	Spring Grove 2013
			Rachel C. Spaulding (JR)	Summer A. Dacheux (JR)		Nicole R. Smith (JR)
14	3:44.42 Y	F	A Relay		1/31/2013	Susquehannock 2013
			Rachel C. Spaulding (JR)	Summer A. Dacheux (JR)		Nicole R. Smith (JR)
15	3:45.08 Y	F	A Relay		1/5/2013	Arctic Swim Classic 2013
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)		Nicole R. Smith (JR)
16	3:45.22 Y	F	A Relay		2/19/2010	YAIAA Championships 2010
			Christina Janosky (SR)	Christy Cashman (SR)		Courtney Dacheux (AL)
			Bree A. Link (SR)	Amber Yeager (AL)		Lindsay B. Miller (JR)
17	3:45.87 Y	F	A Relay		12/13/2012	Dallastown 2013
			Rachel C. Spaulding (JR)	Summer A. Dacheux (JR)		Nicole R. Smith (JR)
18	3:46.32 Y	F	A Relay		1/24/2013	West York 2013
			Rachel C. Spaulding (JR)	Summer A. Dacheux (JR)		Nicole R. Smith (JR)
19	3:46.44 Y	F	A Relay		1/13/2011	West York 2011
			Rachel C. Spaulding (JR)	Courtney Dacheux (AL)		Nicole R. Smith (JR)
20	3:47.06 Y	F	A Relay		1/20/2011	Susquehannock 2011
			Rachel C. Spaulding (JR)	Courtney Dacheux (AL)		Nicole R. Smith (JR)
21	3:47.11 Y	F	A Relay		2/27/2009	District 3 AA Championships 2009
			Christina Janosky (SR)	Courtney Dacheux (AL)		Christy Cashman (SR)
22	3:47.83 Y	F	A Relay		2/7/2013	Northeastern 2013
			Rachel C. Spaulding (JR)	Summer A. Dacheux (JR)		Nicole R. Smith (JR)
23	3:48.11 Y	F	A Relay		2/7/2008	Dallastown 2008
			Christina Janosky (SR)	Christy Cashman (SR)		Courtney Dacheux (AL)
24	3:48.24 Y	F	A Relay		12/28/2011	2011 Big Spring Invitational
			Rachel C. Spaulding (JR)	Summer A. Dacheux (JR)		Nicole R. Smith (JR)
25	3:48.26 Y	F	A Relay		12/7/2012	2012 Eagle Invitational
			Rachel C. Spaulding (JR)	Summer A. Dacheux (JR)		Nicole R. Smith (JR)
26	3:48.48 Y	F	A Relay		1/3/2013	South Western 2013
			Rachel C. Spaulding (JR)	Summer A. Dacheux (JR)		Nicole R. Smith (JR)
27	3:48.53 Y	F	A Relay		1/31/2008	York Suburban 2008
			Christina Janosky (SR)	Christy Cashman (SR)		Courtney Dacheux (AL)
28	3:48.91 Y	F	A Relay		12/15/2011	Red Lion 2012
			Rachel C. Spaulding (JR)	Summer A. Dacheux (JR)		Nicole R. Smith (JR)
29	3:48.93 Y	F	A Relay		1/7/2012	Arctic Swim Classic 2012
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)		Nicole R. Smith (JR)
30	3:48.94 Y	F	A Relay		1/27/2011	Northeastern 2011
			Rachel C. Spaulding (JR)	Courtney Dacheux (AL)		Nicole R. Smith (JR)
31	3:49.08 Y	F	A Relay		12/27/2012	2012 Big Spring Invitational
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)		Nicole R. Smith (JR)
32	3:49.26 Y	F	A Relay		1/5/2012	Central York 2012
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)		Nicole R. Smith (JR)
33	3:49.68 Y	F	A Relay		2/10/2011	York Suburban 2011
			Rachel C. Spaulding (JR)	Courtney Dacheux (AL)		Nicole R. Smith (JR)
34	3:49.71 Y	F	A Relay		12/17/2012	Cedar Cliff 2013
			Rachel C. Spaulding (JR)	Summer A. Dacheux (JR)		Nicole R. Smith (JR)
35	3:49.90 Y	F	B Relay		2/9/2012	York Suburban 2012
			Summer A. Dacheux (JR)	Mia R. Becker (JR)		Morgan Staub (SO)
36	3:50.00 Y	F	A Relay		2/15/2008	YAIAA Championships 2008
			Christina Janosky (SR)	Christy Cashman (SR)		Courtney Dacheux (AL)
			Megan Garner (AL)	Michelle Stern (SR)		Kaila Folk (AL)
37	3:51.14 Y	F	A Relay		2/3/2011	New Oxford 2011
			Rachel C. Spaulding (JR)	Courtney Dacheux (AL)		Nicole R. Smith (JR)

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Relay Top Times

Times since: 13-Nov-06

Dover Area High School [DAHS] Coach: Richard Janosky

Number of Top Times: 50 Show Yards Only

Time	P/F/S	Relay			
38	3:51.31 Y	F	B Relay	2/15/2013	YAIAA Championships 2013
			Morgan Staub (SO)	Bree A. Link (SR)	Shea L. Beierschmitt (JR)
			Claudia Bollinger (SO)	Emily Spaulding (FR)	Caitlin N. Mendel (JR)
					Mia R. Becker (JR)
39*	3:51.66 Y	F	A Relay	1/7/2010	Spring Grove 2010
			Christina Janosky (SR)	Christy Cashman (SR)	Courtney Dacheux (AL)
					Aniella F. Janosky (SR)
39*	3:51.66 Y	F	A Relay	12/10/2010	2010 Eagle Invitational
			Rachel C. Spaulding (JR)	Nicole R. Smith (JR)	Courtney Dacheux (AL)
					Aniella F. Janosky (SR)
41	3:51.70 Y	F	A Relay	12/20/2007	Spring Grove 2008
			Christina Janosky (SR)	Megan Garner (AL)	Devon Gorman (AL)
					Haley Miller (AL)
42	3:51.85 Y	F	A Relay	1/6/2011	Central York 2011
			Rachel C. Spaulding (JR)	Courtney Dacheux (AL)	Nicole R. Smith (JR)
					Aniella F. Janosky (SR)
43	3:51.92 Y	F	A Relay	1/12/2012	West York 2012
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)	Nicole R. Smith (JR)
					Aniella F. Janosky (SR)
44	3:51.99 Y	F	A Relay	1/10/2013	New Oxford 2013
			Rachel C. Spaulding (JR)	Summer A. Dacheux (JR)	Nicole R. Smith (JR)
					Mia R. Becker (JR)
45	3:52.17 Y	F	A Relay	2/16/2007	YAIAA Championships 2007
			Devon Gorman (AL)	Megan Garner (AL)	Christina Janosky (SR)
			Kaila Folk (AL)	Catherine Lane (AL)	Amy Smyser (AL)
					Haley Miller (AL)
					Christy Cashman (SR)
46	3:52.36 Y	F	A Relay	1/8/2011	Arctic Swim Classic 2011
			Nicole R. Smith (JR)	Rachel C. Spaulding (JR)	Courtney Dacheux (AL)
					Aniella F. Janosky (SR)
47	3:52.38 Y	F	A Relay	12/23/2010	William Penn 2011
			Rachel C. Spaulding (JR)	Courtney Dacheux (AL)	Nicole R. Smith (JR)
					Aniella F. Janosky (SR)
48	3:52.66 Y	F	A Relay	12/21/2006	Spring Grove 2007
			Christina Janosky (SR)	Megan Garner (AL)	Devon Gorman (AL)
					Haley Miller (AL)
49	3:52.91 Y	F	A Relay	12/9/2011	2011 Eagle Invitational
			Rachel C. Spaulding (JR)	Mia R. Becker (JR)	Summer A. Dacheux (JR)
					Aniella F. Janosky (SR)
50	3:52.95 Y	F	A Relay	2/2/2012	New Oxford 2012
			Mia R. Becker (JR)	Bree A. Link (SR)	Summer A. Dacheux (JR)
					Rachel C. Spaulding (JR)

Girls Senior 400 Medley Relay

1	4:17.08 Y	F	A Relay	1/27/2007	Southwestern Relays 2007
			Christina Janosky (SR)	Sarah Evans (AL)	Haley Miller (AL)
					Devon Gorman (AL)
2	4:18.27 Y	F	A Relay	1/26/2008	Southwestern Relays 2008
			Christina Janosky (SR)	Sarah Evans (AL)	Haley Miller (AL)
					Megan Garner (AL)
3	4:18.38 Y	F	A Relay	1/30/2010	South Western Relays 2010
			Christina Janosky (SR)	Bree A. Link (SR)	Aniella F. Janosky (SR)
					Courtney Dacheux (AL)
4	4:22.00 Y	F	A Relay	1/26/2013	South Western Relays 2013
			Summer A. Dacheux (JR)	Bree A. Link (SR)	Shea L. Beierschmitt (JR)
					Mia R. Becker (JR)
5	4:23.50 Y	F	A Relay	1/26/2013	South Western Relays 2013
			Rachel C. Spaulding (JR)	Bree A. Link (SR)	Nicole R. Smith (JR)
					Aniella F. Janosky (SR)
6	4:24.28 Y	F	A Relay	1/29/2011	South Western Relays 2011
			Amber Yeager (AL)	Bree A. Link (SR)	Summer A. Dacheux (JR)
					Courtney Dacheux (AL)
7	4:26.11 Y	F	A Relay	1/29/2011	South Western Relays 2011
			Bree A. Link (SR)	Courtney Dacheux (AL)	Nicole R. Smith (JR)
					Aniella F. Janosky (SR)
8	4:28.61 Y	F	A Relay	1/30/2010	South Western Relays 2010
			Christina Janosky (SR)	Courtney Dacheux (AL)	Bree A. Link (SR)
					Aniella F. Janosky (SR)
9	4:29.87 Y	F	B Relay	1/27/2007	Southwestern Relays 2007
			Lisa Wedsberg (AL)	Sarah Evans (AL)	Devon Gorman (AL)
					Haley Miller (AL)
10	4:33.77 Y	F	A Relay	1/26/2008	Southwestern Relays 2008
			Christy Cashman (SR)	Sarah Evans (AL)	Courtney Dacheux (AL)
					Devon Gorman (AL)
11	4:37.07 Y	F	B Relay	1/26/2008	Southwestern Relays 2008
			Michelle Stern (SR)	Megan Garner (AL)	Sarah Evans (AL)
					Devon Gorman (AL)

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Relay Top Times

Times since: 13-Nov-06

Dover Area High School [DAHS] Coach: Richard Janosky

Number of Top Times: 50 Show Yards Only

Time	P/F/S	Relay
Girls Senior 500 Free Relay		
1	4:53.80 Y F	A Relay
	Shea L. Beierschmitt (JR) Bree A. Link (SR)	Mia R. Becker (JR) Rachel C. Spaulding (JR) Morgan Staub (SO)
2	4:56.14 Y F	A Relay
	Amber Yeager (AL) Shea L. Beierschmitt (JR)	Mia R. Becker (JR) Nicole R. Smith (JR) Courtney Dacheux (AL)
3	5:03.48 Y F	A Relay
	Amber Yeager (AL) Lindsay B. Miller (JR)	Courtney Dacheux (AL) Christina Janosky (SR) Christy Cashman (SR)
4	5:21.88 Y F	A Relay
	Lisa Wedsberg (AL) Sam Neidig (JR)	Hope Williams (JR) Michelle Stern (SR) Megan Garner (AL)
5	5:39.87 Y F	A Relay
	Sarah Shaffer (JR) Hope Williams (JR)	Kaila Folk (AL) Sam Neidig (JR) Crystal Smith (AL)