

**Mary Ahlin** Four-time National Champion Mary Ahlin, a native of Minneapolis and 1966 graduate of Roseville Area High School, is the most decorated diver in the history of SCSU athletics. She completed her career at SCSU (1997-2001) as a four-time NCAA Division II National Champion and eight-time All-American. She won the one and three-meter NCAA Division II individual diving national championships in 1998 and 1999. She qualified for nationals on both boards in each of her four seasons. She won four straight North Central Conference titles on the three-meter diving board and was a two-time champion on the one-meter board. She was a three-time NCC Female Diver of the Year and a two-time NCAA Division II Diver of the year. She holds school and NCC records on the one and three-meter boards.

### **Ahlin's National Titles**

1998 NCAA Division II National Champion (1-meter)  
1998 NCAA Division II National Champion (3-meter)  
1999 NCAA Division II National Champion (1-meter)  
1999 NCAA Division II National Champion (3-meter)

### **Ahlin's Conference Titles**

1998 North Central Conference Champion (3-meter)  
1999 North Central Conference Champion (1-meter)  
1999 North Central Conference Champion (3-meter)  
2000 North Central Conference Champion (1-meter)  
2000 North Central Conference Champion (3-meter)  
2001 North Central Conference Champion (3-meter)

### **Ahlin's Accolades**

Eight-time NCAA Division II All-American  
Two-time NCAA Division II Diver of the Year  
Three-time NCC Female Diver of the Year  
Holds four SCSU diving records  
Holds NCC three-meter record  
Sports Illustrated Faces in the Crowd, April 6, 1998  
2001 St. Cloud State Female Senior Athlete of the Year

