



# ST. CLOUD STATE UNIVERSITY

## Athletic Media Relations - Swim & Dive

Home of the Huskies  
www.StCloudState.edu/athletics

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### 2004-05 SCHEDULE/RESULTS

Date	Opponent .....	Result
Oct 9	Alumni Meet	Noon
Oct 16	at Midwestern Co-Ed Relays 1st	
Oct 21-22	Intersquad Meet (Black vs Red) 3:00 pm @ Halenbeck	
Oct 29	at Northern Michigan (W) W, 174-69	
Oct 30	at Northern Michigan (W) W, 161-78	
Nov 6	SCSU Invitational W-1st; M-2nd	
Nov 13	at UWSP Dual Away (W) W, 161-139 (M) L, 109-191	
Nov 19-21	at Minnesota Challenge	
Dec 3-4	at Carthage College Invitational	
Dec 4	Husky Diving Invitational 11:00 am @ Halenbeck	
Dec 10	South Dakota State 6:00 pm @ Halenbeck	
TBA	Hawaii Training Trip Oahu, Hawaii	
Jan 22	at University of South Dakota	
Jan 28	at CSB/SJU Dual ....	
Feb 4-5	at Minnesota Challenge	
Feb 16-19	NCC Championships at Grand Forks, ND	
Mar 9-12	NCAA Div II Championship at Orlando, FL .....	

All home meets held in Halenbeck Hall Aquatic Center. Admission is free to all home meets!

**TEAM CAPTAINS:** The men's team captains in 2004-05 are juniors Ryan Anderson (Ramsey) and Russ Daniels (Mexico, NY). The women's captains are senior Christina Green (Eau Claire, WI), juniors Danielle Breunig (Madison, WI), Kate McGrath (Alexandria), and Alise Emil (Andover). The diving team captain is junior Sara Steffen (Farmington).



## 2004 SCSU SWIMMING & DIVING NEWS

Release Date: November 16, 2004



**SCSU SWIMMING & DIVING AT MINNESOTA INVITATIONAL:** The St. Cloud State men's and women's swimming and diving teams will compete at the University of Minnesota Invitational Friday through Sunday, November 19-21. The competition will be held at the University Aquatic Center on the Minneapolis campus and begins at 12 noon on Friday and 10:00 a.m. on Saturday and Sunday.

**LAST WEEK:** St. Cloud State junior Jackie Vieau (Delano) swam to two first place finishes in the 500 free and the 200 IM (2:14.65), and a second place in the 200 free (1:59.59) to help the Huskies to a 161-139 dual meet win over the University of Wisconsin-Stevens Point last Saturday afternoon. The men's team fell to the Pointers 191-109. Junior Danielle Breunig also had two firsts in the 200 free (1:59.02) and the 100 free (54.62). She was joined in the winners circle with junior Tennyson Anseth (Lincoln, NE) who won the 1000 free in 10:56.70, first year Catilin Digney (Madison, WI) who won the 200 fly (2:13.85), first year Melissa Eggelston, a winner in the 200 breast (2:30.69), and junior Alise Emil (Andover) in the 100 fly (58.82). Emil's time in the 100 fly met a "B" cut in the national qualifying standards. SCSU swept the women's diving events as junior Sara Steffen (Farmington) won the three meter diving with a score of 250.80 and finished second on the three-meter board. Sophomore Kendra Willis (Neenah, WI) won the three-meter board and junior Sarah Nielsen (Mundelien, IL) placed second on the three-meter board and third on the one-meter. The women also won the 400 free relay.

On the men's side, first year Sean Fitzgerald (Marshalltown, IA) won both the 100 back (57.05) and 200 back (2:06.68). First year Isaiah Fuller (Faribault) won the 1000 free in 10:26.47 and junior Russ Daniels (Mexico, NY) won the 500 free in 4:56.43. First year diver Ross Eiden (Rosemount) swept the diving events, winning the one-meter board with a score of 230.70 and the three-meter board (258.85).

**"B" CUTS:** Danielle Breunig - 100 free; Alisa Emil - 100 fly, 58.82.

**NEXT UP:** The SCSU men and women will compete at the Carthage College Invitational in Kenosha, Wisc., on Dec. 3-4.

**SCSU HEAD COACH:** Jeff Hegle (St. Cloud State, 1993) is in his fourth season as the head men's and women's swimming and diving coach. In his three seasons with the Huskies he has led both the women's team to top 20 finishes at the NCAA Championships. In 2004, the SCSU women placed 11th at the NCAAs, 13th in 2003, and 16th in 2002. The men finished 21st at the 2004 NCAAs. Under his tutelage the men's team has placed third at the North Central Conference Championships in each of the last three seasons. In 2004, Hegle was voted the NCC Men's Swimming Coach of the Year. Hegle swam for the Huskies in the early 90s and was a team captain. This season he is assisted by Anthony Harris and Steve Mohs. SCSU's diving coach is Nate Brisley.

(more)

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[www.StCloudState.edu/athletics](http://www.StCloudState.edu/athletics)



**NCC HONOR ROLL:**

- Nov. 9** - Swimmer Caitlin Digney;  
 Divers Ross Eiden & Sara Steffen  
**Nov. 2** - Swimmer Jackie Vieau  
 Diver Kendra Willis

**2004-05 Men's & Women's Swimming and Diving Rosters**

**Women's**

Name	Yr.	Event	Hometown
Channing Anseth	FY	Free	Lincoln, NE
Tennyson Anseth	Jr	Distance Free	Lincoln, NE
Anisha Battah	FY	Free	Lake Elmo, MN
Danielle Breunig	Jr.	Free	Madison, WI
Whitney Buchholz	FY	Diving	Bismarck, ND
Caitlin Digney	FY	Distance	Madison, WI
Maureen Durheim	Jr.	Back	Maplewood, MN
Melissa Eggleston	FY	Breast	Ankeny, IA
Alise Emil	Jr.	Fly	Andover, MN
Kim Fish	FY	Free	Big Lake, MN
Jennifer Foster	So.	Breast	Ottumwa, IA
Sandra Frimerman	So.	Distance	Eden Prairie, MN
Christina Green	Sr.	Breast	Eau Claire, WI
Erin Lannon	FY	Free	Prior Lake, MN
Kate McGrath	Jr.	Back	Alexandria, MN
Jessica Metkowski	Sr.	Fly	Darwin, MN
Danielle Monton	So.	Back	Montreal, Quebec
Sarah Nielsen	Jr.	Diving	Mundelien, IL
Kristin Otterson	Jr.	Back	Monticello, MN
Lisa Pearson	FY	Sprint	Zimmerman, MN
Brenda Peters	So.	Spring	Faribault, MN
Kelly Rothstein	Jr.	Distance	Grand Rapids, MN
Laura Seidenkranz	FY	Distance	Shoreview, MN
Krista Stearly	So.	Fly	Blaine, MN
Sara Steffen	Jr.	Diving	Farmington, MN
Jackie Vieau	Jr.	Free	Delano, MN
Kendra Willis	So.	Diving	Neenah, WI

**Men's**

Name	Yr.	Event	Hometown
Logan Albert	Jr.	Distance	Madison, WI
Ryan Anderson	Jr.	Free	Ramsey, MN
Jason Calvert	FY	Fly	Bosque Farms, NM
Jeffery Dahl	So.	Free	Pleasant Prairie, WI
Russ Daniels	Jr.	Sprint	Mexico, NY
Ross Eiden	FY	Diving	Rosemount, MN
Alan Einck	So.	Fly	Champaign, IL
Sean Fitzgerald	FY	Back	Marshalltown, IA
Isaiah Fuller	FY	Distance	Faribault, MN
Ben Gill	Jr.	IM	La Crosse, WI
T.J. Kotby	FY	Back	Laramie, WY
John Lawless	Sr.	Back	Loretto, MN
Doug McGrath	FY	Free	Alexandria, MN
Alex Olp	FY	Fly	Oregon, WI
Ray Nelson	So.	Breast	Willmar, MN
Chris Pape	FY	Diving	Bismarck, ND
Nate Saur	FY	Spring	Fargo, ND
Joe Sharp	So.	Diving	Granite Falls, MN
Grant Smith	FY	Free	Anoka, MN
Matt Sullivan	Jr.	Back	Crystal Lake, IL
Lance Thompson	So.	Breast, I.M.	Bismarck, ND
Scott Wolf	So.	Fly	Maple Plain, MN

**The SCSU RECORDBOOK**

(Records set in 2003-04 are bold faced)

**SCSU Women's Records**

Event	Name	Time	
50 Freestyle	Heather Miller	:23.55	- 2000
100 Freestyle	Heather Miller	:51.65	- 2000
200 Freestyle	<b>Danielle Breunig</b>	1:55.26	2/04
500 Freestyle	Lisa Peasley	5:09.29	2/92
1000 Freestyle	Tennyson Anseth	10:43.71	2/02
1650 Freestyle	Becky Birnell	17:48.88	2/89
100 Backstroke	<b>Brenda Peters</b>	1:00.01	2/04
200 Backstroke	Kori Pearson	2:10.78	2/94
100 Breaststroke	Tesia Zuba	1:04.08	3/01
200 Breaststroke	Tesia Zuba	2:17.34	3/01
100 Butterfly	Alise Emil	:58.62	2002-03
200 Butterfly	Beth Lococo	2:13.56	2000
200 IM	Tesia Zuba	2:07.50	2/2002
400 IM	Tesia Zuba	4:30.15	3/2002
200 Free Relay	<b>Peters, Vieau, Emil, Breunig</b>	1:36.67	2/20/04
200 Medley Relay	<b>Peters, Vieau, Emil, Breunig</b>	1:48.88	3/12/04
400 Free Relay	<b>Peters, Vieau, Emil, Breunig</b>	3:31.27	3/13/04
400 Medley Relay	Pearson, Raetz, Bechel, Boothby	3:58.24	2/1994
800 Free Relay	Zuba, Emil, Vieau, Breunig	7:46.57	2003
1M Diving (6)	Mary Ahlin	316.25	2/99
1M Diving (10)	Mary Ahlin	468.50	1/99
1M Diving (11)	Sarah Loquai	425.20	2/96
3M Diving (6)	Mary Ahlin	294.65	2/98
3M Diving (11)	Mary Ahlin	562.95	1/99

**SCSU Men's Records**

Event	Name	Time	
50 Freestyle	Tim Leedahl	:20.86	1986
100 Freestyle	Pete Travis	:46.50	1991
200 Freestyle	Dave Schwantes	1:42.72	2/95
500 Freestyle	Sean Gonia	4:39.98	2/01
1000 Freestyle	Chad Uher	9:50.58	2/97
1650 Freestyle	Mark Muenchow	16:27.28	1979
100 Butterfly	Cam Olk	:49.74	1988
200 Butterfly	Cam Olk	1:53.14	1988
100 Backstroke	Mike Wencil	:50.90	2/00
200 Backstroke	Mike Wencil	1:54.06	3/00
100 Breaststroke	Mark Tollefson	:57.53	1985
200 Breaststroke	Mark Tollefson	2:07.98	1985
200 IM	Cam Olk	1:52.01	1988
400 IM	Sean Gonia	4:14.21	2/02
200 Free Relay	<b>Daniels, Eberle, Kern, Rotramel</b>	1:23.46	3/1/04 400
Free Relay	<b>Rotramel, Daniels, Kern, Eberle,</b>	3:05.79	3/13/04
800 Free Relay	<b>Eberle, Daniels, Kern, Rotramel</b>	7:00.12	3/12/04
200 Medley Relay	<b>Eberle, Gill, Kern, Rotramel</b>	1:35.17	2/04
400 Medley Relay	Nylander, Olk, Pelligrino, Quick	3:33.18	1988
1M Diving (6)	Jeremy Frye	302.00	1998
1M Diving (11)	Jeremy Frye	544.95	1/99
3M Diving (6)	Jeremy Frye	331.90	2/99
3M Diving (11)	Ryan Bucher	573.50	2/98