



Home of the Huskies

# St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Swimming & Diving Update

Contact: Celest Stang @ 320-308-2141 or [crstang@stcloudstate.edu](mailto:crstang@stcloudstate.edu)



## 2010-11 Schedule & Results



Date	Meet	Time/Result
Sept. 24	Intersquad Meet	7:00 p.m.
Sept. 25	Intersquad Meet	12:00 p.m.
Oct. 2	Alumni Meet	4:00 p.m.
Oct. 15	MSU Moorhead (Women Only)	6:00 p.m.
Oct. 16	MSU Moorhead (Women Only)	SC: 204.5 MSUM: 89.5
Oct. 23	Minnesota State	SC-W: 165, MSU 78 SC-M: 141, MSU 70
Oct. 30	UW-Stevens Pt. SC-W: 195.50, UW-SP 103.5 UW-Eau Claire SC-W: 191, UW-EC 108 UW-Stevens Point UW-SP 164, SC-M: 126 UW-Eau Claire SC-M: 218, UW-EC 75	
Nov. 5	Gustavus Adolphus!	SC: 1st
Nov. 6	Gustavus Adolphusd	SC-W: 209-91 SC-M: 186-114
Nov. 12	UW-Green Bay	UW-GB W: 146-92 UW-GB M: 153-85
Nov. 13	UW-Green Bay	UW-GB W: 164-77 UW-GB M: 159-82
Dec. 3-4	UW-River Falls Invite	No Team Scores
Dec. 28-Jan. 8	SCSU Training Trip	Oahu, Hawaii
Jan. 21	St. John's / St. Ben's	SC-W: 208-86 SC-M: 186-112
Jan. 22	All Saints Invite	SC-W: 815.5 (1st) SC-M: 702 (1st)
Feb. 4-5	Minnesota Challenge	No Team Scores
Feb. 16-19	Midwestern Championships	SC-W: 1263.5 (1st) SC-M: 784 (1st)
March 9-12	NCAA DII Championships	San Antonio, Tex.

### ! Diving Only

For Results of each Meet go to: <http://www.stcloudstate.edu/athletics/sports/swimming/schedule.asp> / All home meets are in bold and will be held at Halenbeck Hall Aquatic Center. Admission is FREE for all home meets.

### NEED INFO?

For information about SCSU Swimming and Diving please contact the St. Cloud State Athletic Media Relations Office at 320-308-2141. The Swimming Diving Contact at SCSU for 2010-11 is Celest Stang and graduate assistant Aaron Swenson. You can contact both via email at [crstang@stcloudstate.edu](mailto:crstang@stcloudstate.edu) and [swaa0301@stcloudstate.edu](mailto:swaa0301@stcloudstate.edu) respectfully.

### HUSKY HOME PAGE:

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

## 2010-11 SCSU SWIMMING & DIVING NEWS Release No. 10: March 7, 2011

**NCAA DIVISION II CHAMPIONSHIPS:** The St. Cloud State University men's and women's swimming & diving team will head to the 2011 NCAA Division II Championships on Wednesday, March 9th until Saturday, March 12th in San Antonio, Texas.

Junior All-American **Kirsten Koetter** (Melrose) will return to the NCAA's, swimming in the 50 free, 100 free and 100 fly. Sophomore **Shalon Rothstein** (Albany) will head to nationals competing in the 200 IM, 100 breast and 200 breast to help Koetter represent the women's swimmers. Junior **Allison Tracy** (Minot, N.D.) and senior **Cassi Mrozek** (Inver Grove Heights) will be representing the women's divers.

All three of St. Cloud State's male divers in sophomore **Chris White** (Rochester), sophomore **Luke Weber** (Mankato) and freshman **Malachi Bennet** (Casper, Wyo.) all qualified for nationals and will be joining the women in San Antonio.

**A BRIGHT FUTURE AHEAD: Jasmine Lee** (Green Bay, Wis.) garnered Female Rookie of the Year honors at the Championships, while **Bob Simson** (St. Cloud) tabbed the Male Rookie of the Year accolades. Sophomore transfer **Ryan Goggans** (Appleton, Wis.) was awarded the Top Male Newcomer of the Year award.

**BREAKING RECORDS:** The Huskies have set seven new school records so far in 2010-11 and four of the records were posted at the Midwestern Championships in Omaha. Sophomore **Dayna Nellis** (Green Bay, Wis.) started the event with a school record time of 10:35.75 in the 1000 free on Feb. 16. Lee kept things going for the women with a school record race in the 200 IM with a time of 2:06.88 the next day. Then on the final day of the event freshman **Napoleon Howell** (St. Augustine, Trinidad) set a new record in the 200 breast with a time of 2:07.75.

The men's squad set the final school record at the championships with a B-Cut time of 1:32.94 in the 200 medley relay during a time trial. Simson, Howell, freshman **Joe Burns** (Minot, N.D.) and sophomore **Jake Hausauer** (Minnetonka) set the new mark that was last set in March of 2009.

**RAISING THE BAR:** St. Cloud State had 17 women swimmers and divers set new personal bests in 44 events during the Midwestern Championships. Eleven of the 17 athletes set new marks in three events. On the men's side, there were 34 new marks set in swimming events. Seven men set a new mark in three events over the course of the event.

Not only did SCSU set 78 new personal bests, but set 23 team season-bests during the four day event. There were 13 new top times on the women's side and 10 on the men's side.

**REPEATING HISTORY IN OMAHA:** St. Cloud State defended both the men's and women's team championships at the Midwestern Championships nearly a month ago after winning the event in 2010 for the first time in school history.

The Huskies swept the event with scores of 1263.5 (women) and 784 (men) in this season's competition at the UNO HYPER Swimming Pool in Omaha, Neb. The Huskies tabbed 18 wins at the 2011 Midwestern Collegiate Championships, 14 of which were individual top finishes.

**WE'RE TALKING A THREE-PEAT:** Head coach Jeff Hegle was named both the Men's and Women's Swimming Coach of the Year by his peers for the third straight season after the Huskies dominant performance in Omaha.

## FINAL EVENT FOR 2010-11

**2011 NCAA Division II Championships**  
Palo Alto Natatorium - San Antonio Texas

**Wednesday, March 9th - Saturday, March 12th**  
**10:30 a.m. March 9: First Event - Prelims**  
**6:00 p.m. March 12: Final Event**

<http://www.ncaa.com/championships/swimming-men/d2>





**2010-11 Swimming & Diving Roster**

Women - Name	Yr.	Event	Hometown
Amber Alexander	Jr.	Breast	Minot, N.D.
Elizabeth Barbee	Sr.	Free	Hartland, Wis.
Chloe Bartuska	FY	Free	Madison, Wis.
Meghan Carmichael	FY	Fly	Stoughton, Wis.
Heather Crandall	So.	Distance	Woodbury, Minn.
Stephanie Crandall	So.	Fly	Woodbury, Minn.
Brianna Dietz	So.	Free	Grafton, Wis.
Ali Domeier	So.	Free	St. Cloud, Minn.
Myranda Erickstad	FY	Free	Sauk Rapids, Minn.
Courtney Fleming	FY	Diving	Austin, Minn.
Melissa Funke	So.	IM	Overland Park, Kan.
Diana Gehrman	Jr.	Distance	St. Charles, Ill.
April Greene	Sr.	Free	Sun Prairie, Wis.
Katie Hines	So.	Back	Clive, Iowa
Kirsten Koetter	Jr.	Fly	Melrose, Minn.
Jasmine Lee	FY	Back	Green Bay, Wis.
Tori Martinez	So.	Back	Phoenix, Ariz.
Lindsey Mikrut	FY	Fly	Genoa City, Wis.
Cassi Mrozek	Sr.	Diving	Inver Grove Heights, Minn.
Naomi Muckler	Jr.	Distance	Eagan, Minn.
Dayna Nellis	So.	Distance	Green Bay, Wis.
Becky Newgren	Jr.	Free	Lakeville, Minn.
Kelsey Noah	Jr.	Distance	Charles City, Iowa
Caitlin Pardi	Jr.	Back	Muskego, Wis.
Hannah Peters	So.	Diving	Cold Spring, Minn.
Aimee Peterson	FY	Free	Winona, Minn.
Makenzie Pillsbury	So.	Breast	St. Cloud, Minn.
Jenn Rothe	FY	Distance	Oshkosh, Wis.
Shalon Rothstein	So.	Breast	Albany, Minn.
Marissa Smith	FY	Back	Lakeville, Minn.
Allison Tracy	Jr.	Diving	Minot, N.D.
Jordan VanEgeren	Jr.	Breast	Green Bay, Wis.
Erin Walter	Jr.	Distance	Lakewood, Colo.
Mary Woodson	FY	Diving	Hartland, Wis.
Men - Name	Yr.	Event	Hometown
William Anzion	Jr.	Distance	Mendota Heights, Minn.
Tucker Asper	So.	Distance	Bemidji, Minn.
Malachi Bennet	FY	Diving	Casper, Wyo.
Joe Burns	FY	Fly	Minot, N.D.
Shane Broermann	So.	Free	Sauk Centre, Minn.
Caleb Cohoon	FY	Breast	Buffalo, Wyo.
Nathan Engfer	So.	Fly	Buffalo, Minn.
Andrew Fuller	Jr.	Free	Faribault, Minn.
Ryan Goggans	So.	Distance	Appleton, Wis.
Joel Gregory	Jr.	Free	Richmond, Minn.
Aaron Hauck	FY	Distance	Champlin, Minn.
Landon Hartwig	So.	Back	Boone, Iowa
Jake Hausauer	So.	Free	Minnetonka, Minn.
Zac Henderson	Jr.	Fly	Lawrence, Kan.
Paul Hoffmann	Jr.	Back	Mexico City, Mexico
Napoleon Howell	FY	Breast	St. Augustine, Trinidad
Murphy Hebbard	FY	Breast	New Lenox, Ill.
Alex Jaholkowski	Jr.	Breast	Papillion, Neb.
Mike Larch	So.	Breast	Monticello, Minn.
Jake Larson	So.	Free	Brainerd, Minn.
Aaron Meyer	FY	Free	Cokato, Minn.
Mike Miller	FY	Fly	Acworth, Ga.
Brandon Molnar	FY	Fly	Farmington, Minn.
Justin Nelson	Sr.	Back	Richfield, Minn.
Robert Pagan	FY	Fly	Newark, Del.
Joe Palmersten	Sr.	Breast	St. Cloud, Minn.
Mitchell Pruss	Jr.	Fly	Norfolk, Neb.
John Rosier	Sr.	Free	Biwabik, Minn.
Robb Rotramel	Jr.	Free	Ramsey, Minn.
Bob Simson	FY	Back	St. Cloud, Minn.
Joe Spann	Sr.	Fly	North Pole, AK
Rob Stafford	So.	Free	Durango, Colo.
Luke Weber	So.	Diving	Mankato, Minn.
Chris White	So.	Diving	Rochester, Minn.

**SCSU Record Book**

SCSU Women's Records			
Event	Name	Time	Year
50 Freestyle	Kirsten Koetter	:23.40	Feb. 19, 2009
	-Northern Sun Championships		
100 Freestyle	Alisha Blaydes	:50.99	2009 NCAA's
200 Freestyle	Alisha Blaydes	1:53.51	Feb. 20, 2009
	-Northern Sun Championships		
500 Freestyle	Kelsey Noah	5:08.03	Dec. 5, 2009
<b>1000 Freestyle</b>	<b>Dayna Nellis</b>	<b>10:35.75</b>	<b>Feb. 16, 2011</b>
<b>1650 Freestyle</b>	<b>Dayna Nellis</b>	<b>17:38.57</b>	<b>Dec. 4, 2010</b>
<b>50 Butterfly</b>	<b>Kirsten Koetter</b>	<b>:26.45</b>	<b>Nov. 6, 2010</b>
100 Butterfly	Alise Emil	:56.26	2005 NCAA's
200 Butterfly	Dayna Nellis	2:07.22	Feb. 10, 2010
50 Backstroke	Cathy Haen	:28.20	Oct. 18, 2008
100 Backstroke	Cathy Haen	57.02	Feb. 20, 2009
	-Northern Sun Championships		
200 Backstroke	Cathy Haen	2:04.40	Feb. 21, 2009
	-Northern Sun Championships		
50 Breaststroke	Amber Alexander	:30.84	Nov. 1, 2008,
100 Breaststroke	Tesia Zuba	1:04.08	Mar 2001
200 Breaststroke	Tesia Zuba	2:17.34	Mar 2001
<b>200 Individual Medley</b>	<b>Jasmine Lee</b>	<b>2:06.88</b>	<b>Feb. 17, 2011</b>
400 Individual Medley	Tesia Zuba	4:30.15	Mar 2002
200 Freestyle Relay	Kirsten Koetter, April Greene, Kelly Vieau and Alisha Blaydes	1:34.18	2009 NCAA's
400 Freestyle Relay	Kirsten Koetter, Elizabeth Lopez, Kelly Vieau and Alisha Blaydes	3:28.32	2009 NCAA's
800 Freestyle Relay	Danielle Breunig, Sarah Burnell, Elizabeth Lopez, Jackie Vieau	7:44.36	Feb 2006
200 Medley Relay	Cathy Haen, Amber Alexander, Alisha Blaydes, Kirsten Koetter	1:44.16	2009 NCAA's
400 Medley Relay	Cathy Haen, Katie Brueggemann, Alison Weske, Alisha Blaydes	3:49.82	2009 NCAA's
1-Meter Diving (501v)	Mary Ahlin	316.25	Feb 1999
1-Meter Diving (60)	Kelsey Berkeland	253.80	Feb. 6 2008
1-Meter Diving (10c)	Mary Ahlin	468.50	Jan 1999
1-Meter Diving (11c)	Kelsey Berkeland	469.30	Jan. 23, 2009
3-Meter Diving (501v)	Mary Ahlin	294.65	Feb 1998
<b>3-Meter Diving (60)</b>	<b>Cassi Mrozek</b>	<b>259.85</b>	<b>Oct. 30, 2010</b>
3-Meter Diving (11c)	Mary Ahlin	562.95	Jan 1999
SCSU Men's Records			
Event	Name	Time	Date
50 Freestyle	Anthony Buhr	:20.22	Mar. 11, 2009
100 Freestyle	Anthony Buhr	:45.58	Mar. 14, 2009
200 Freestyle	Kyle Cordry	1:41.61	Mar. 13, 2008
500 Freestyle	Sean Gonia	4:39.98	Feb. 2001
1000 Freestyle	Chad Uher	9:50.58	Feb. 1997
1650 Freestyle	Mark Muenchow	16:27.28	1979
50 Butterfly	Alex Olp	:25.15	Nov. 1, 2008
100 Butterfly	Cam Olk	:49.74	1988
200 Butterfly	Cam Olk	1:53.14	1988
50 Backstroke	Brian Jacobs	:25.88	Nov. 1, 2008
100 Backstroke	Mike Wencil	:50.90	Feb., 2000
200 Backstroke	Matt Verway	1:50.33	Feb. 24, 2008
50 Breaststroke	Anthony Buhr	:27.32	Nov. 1, 2008
100 Breaststroke	Anthony Buhr	:56.46	Mar. 13, 2009
<b>200 Breaststroke</b>	<b>Napoleon Howell</b>	<b>2:07.75</b>	<b>Feb. 19, 2011</b>
200 IM	Cam Olk	1:52.01	1988
400 IM	Matt Verway	4:06.80	Dec., 2006
200 Free Relay	Buhr, Dickison, Green, Rotramel	1:22.03	Mar. 12, 2009
400 Free Relay	Buhr, Rotramel, Dickison, Green	3:03.86	Mar. 14, 2009
800 Free Relay	Cordry, Dickison, Rotramel, Green	6:53.23	Mar. 13, 2009
<b>200 Medley Relay</b>	<b>Simson, Howell, Burns, Hausauer</b>	<b>1:32.94</b>	<b>Feb. 19, 2011</b>
400 Medley Relay	Green, Buhr, Rotramel, Cordry	3:25.84	Mar. 12, 2009
1M Diving (50/1v)	Nate Jimerson	325.85	Nov. 1, 2008
<b>1M Diving (60)</b>	<b>Luke Weber</b>	<b>312.30</b>	<b>Sept. 24, 2010</b>
1M Diving (11)	Nate Jimerson	561.05	Jan. 23, 2009
3M Diving (50/1v)	Jeremy Frye	331.90	Feb./1999
<b>3M Diving (60)</b>	<b>Luke Weber</b>	<b>309.90</b>	<b>Oct. 23, 2010</b>
3M Diving (11)	Ryan Bucher	573.50	Feb./1998

\*\*Records set this season are in bold\*\*

## Huskies Best of 2010-11 as of 03/01/11 (\*NCAA Qualifying Scores)

Men		Women	
50 Free:	21.50 (Joe Burns), 2/17/11	50 Free:	23.44 (Kristen Koetter), 2/17/11 (B)
100 Free:	46.70 (Rob Rotramel), 1/24/10 (B)	100 Free:	52.73 (Ali Domeier), 12/4/10 (B)
200 Free:	1:44.78 (Ryan Goggans), 12/3/10	200 Free:	1:57.06 (Kelsey Noah), 12/3/10
500 Free:	4:44.79 (Ryan Goggans), 12/3/10	500 Free:	5:08.89 (Kelsey Noah), 2/17/11 (B)
1,000 Free:	10:03.40 (Ryan Goggans), 2/16/11	1,000 Free:	10:35.75 (Dayna Nellis), 2/16/11 (B)
1,650 Free:	16:52.95 (Ryan Goggans), 12/4/10	1,650 Free:	17:38.57 (Dayna Nellis), 12/4/10 (B)
50 Fly:	24.71 (Joe Burns), 9/25/10	50 Fly:	26.45 (Kristen Koetter), 11/6/10
100 Fly:	52.51 (Joe Burns), 12/4/10	100 Fly:	56.78 (Kristen Koetter), 2/18/11 (B)
200 Fly:	1:56.95 (Joe Sparr), 2/19/11	200 Fly:	2:07.25 (Dayna Nellis), 2/19/11 (B)
50 Breast:	27.34 (Napoleon Howell), 9/24/10	50 Breast:	30.93 (Amber Alexander), 1/21/11
100 Breast:	57.70 (Napoleon Howell), 2/5/11 (B)	100 Breast:	1:05.17 (Shalon Rothstein), 2/18/11 (B)
200 Breast:	2:07.75 (Napoleon Howell), 2/19/11	200 Breast:	2:20.37 (Shalon Rothstein), 2/19/11 (B)
50 Back:	26.19 (Bob Simson), 11/6/10	50 Back:	28.48 (Jasmine Lee), 10/16/10
100 Back:	51.80 (Bob Simson), 2/18/11 (B)	100 Back:	58.11 (Jasmine Lee), 2/18/11 (B)
200 Back:	1:54.84 (Bob Simson), 2/19/11 (B)	200 Back:	2:06.35 (Jasmine Lee), 2/19/11
200 IM:	1:56.71 (Bob Simson), 2/17/11 (B)	200 IM:	2:06.88 (Jasmine Lee), 2/17/11 (B)
400 IM:	4:18.69 (Mitch Pruss), 2/18/11	400 IM:	4:38.79 (Melissa Funke), 12/4/10 (B)
200 Free Relay:	1:25.06 (Burns, Fuller, Rotramel, Hausauer), 12/3/10	200 Free Relay:	1:36.27 (Koetter, S. Crandall, Greene, Domeier), 2/17/11
400 Free Relay:	3:07.30 (Hausauer, Goggans, Gregory, Rotramel), 2/19/11	400 Free Relay:	3:30.29 (Koetter, Domeier, Crandall, Greene), 2/19/11
800 Free Relay:	7:17.81 (Larson, Goggans, Gregory, Miller), 12/3/10	800 Free Relay:	7:49.15 (Crandall, Nellis, Dietz, Noah), 2/18/11
200 Medley Relay:	1:32.94 (Simson, Howell, Burns, Hausauer), 12/4/10	200 Medley Relay:	1:47.14 (Lee, Alexander, Koetter, Domeier), 12/4/10 (B)
400 Medley Relay:	3:26.82 (Simson, Howell, Burns, Hausauer), 2/19/11	400 Medley Relay:	3:52.37 (Lee, Rothstien, Mikrut, Koetter), 2/17/11 (B)
1-M Dive (60):	334.95 (Luke Weber), 1/22/11*	1-M Dive (60):	254.15 (Cassi Mrozek), 11/5/10
1-M Dive (11):	507.30 (Luke Weber), 12/4/10*	1-M Dive (11):	428.25 (Allison Tracy), 12/4/10
3-M Dive (60):	326.10 (Malachi Bennett), 1/22/11*	3-M Dive (60):	259.85 (Cassi Mrozek), 10/30/10
3-M Dive (11):	562.75 (Chris White), 1/21/11*	3-M Dive (11):	441.20 (Allison Tracy), 12/4/10





**Women's Individual Season Bests 2010-11 (A)= A-Cut / (B)= B-Cut / (\*)=NCAA Qualifiers**

**Amber Alexander**

50 free .....:24.84, 2/17/11  
 50 breast.....:30.93, 1/21/11  
 100 breast..... 1:05.89, 2/18/11 (B)  
 200 breast.....:2:28.73, 2/19/11  
 200 IM.....:2:26.14, 11/6/10

**Liz Barbee**

50 free .....:25.38, 2/4/11  
 100 free .....:55.39, 12/4/10  
 200 free .....:2:02.46, 12/4/10  
 50 breast.....:35.44, 9/24/10  
 100 breast.....:1:15.19, 9/24/10  
 50 fly.....:30.07, 10/16/10

**Chloe Bartuska**

100 free .....:56.78, 9/25/10  
 200 free .....:2:02.13, 10/16/10  
 500 free .....:5:30.51, 10/15/10

**Megan Carmichael**

100 back.....:1:05.69, 11/6/10  
 50 fly.....:28.12, 11/6/10  
 100 fly.....:1:00.70, 10/16/10  
 200 fly.....:2:11.96, 2/19/11  
 200 IM.....:2:18.75, 2/17/11  
 400 IM.....:4:50.17, 12/4/10

**Heather Crandall (Medical RS)**

**Stephanie Crandall**

50 free .....:24.91, 12/4/10  
 100 free .....:55.96, 1/21/11  
 200 free .....:2:01.02, 10/30/10  
 100 back.....:58.84, 2/18/11 (B)  
 50 fly.....:27.56 (2x) last, 10/16/10  
 100 fly.....:58.31, 2/7/11(B)  
 200 fly.....:2:13.65, 2/19/11

**Brianna Dietz**

50 fly.....:28.87, 9/25/10  
 100 fly.....:1:01.34, 12/4/10  
 200 fly.....:2:11.26, 2/19/11  
 200 free .....:1:57.64, 2/18/11  
 500 free .....:5:12.43, 2/17/11  
 200 IM.....:2:23.09, 9/25/10  
 400 IM.....:5:02.95, 10/15/10

**Ali Domeier**

50 free .....:24.52, 2/17/11  
 100 free .....:52.73, 12/4/10(B)  
 200 free .....:2:02.71, 2/18/11

**Myranda Erickstad**

50 free .....:25.97, 2/4/11  
 100 free .....:56.35, 2/5/11  
 200 free .....:2:01.20, 2/5/11  
 50 fly.....:29.86, 9/25/10  
 100 fly.....:1:04.67, 12/4/10  
 50 back.....:31.52, 10/16/10  
 100 back.....:1:07.74, 1/22/11

**Melissa Funke**

50 breast.....:32.59, 10/16/10  
 100 breast..... 1:07.62, 12/4/10 (B)  
 200 breast..... 2:25.66, 12/4/10 (B)  
 50 back.....:30.72, 11/6/10  
 100 back.....:2:06.28, 1/21/11  
 200 back.....:2:20.14, 1/22/11  
 200 IM.....:2:12.36, 12/4/10  
 400 IM.....:4:38.79, 12/4/10 (B)

**Diana Gehrman**

100 free .....:59.37, 12/4/10  
 200 free .....:2:04.39, 9/24/10  
 500 free .....:5:20.48, 2/4/11  
 1000 free .....:10:45.03, 2/5/11  
 1650 free .....:18:15.14, 2/5/11  
 200 IM.....:2:31.20, 9/25/10

**April Greene**

50 free .....:24.81, 2/17/11  
 100 free .....:53.64, 2/19/11  
 200 free .....:2:02.41, 12/4/10  
 50 back.....:28.92, 1/21/11  
 100 back.....:1:00.07, 2/18/11

**Katie Hines**

50 back.....:31.00, 10/16/10  
 100 back.....:1:02.12, 2/18/11  
 200 back.....:2:13.62, 12/4/10  
 200 IM.....:2:17.96, 2/17/11

**Kirsten Koetter**

50 free .....:23.66, 2/17/11 (B)  
 100 free .....:53.14, 12/4/10 (B)  
 50 fly.....:26.45, 11/6/10  
 100 fly.....:56.78, 2/18/11

**Jasmine Lee**

50 fly.....:27.63, 9/25/10  
 100 fly.....:59.16, 11/6/10  
 100 back.....:58.11, 2/18/11(B)  
 200 back.....:2:06.35, 2/19/11 (B)  
 200 IM.....:2:06.88, 2/17/11 (B)  
 400 IM.....:4:42.00, 11/12/10

**Tori Martinez**

50 free .....:28.16, 2/17/11  
 200 free .....:2:02.29, 12/4/10  
 50 back.....:29.89, 1/21/11  
 100 back.....:59.65, 2/18/11  
 200 back.....:2:07.08, 2/19/11 (B)

**Lindsey Mikrut**

50 free .....:26.41, 10/15/10  
 50 fly.....:28.18, 11/6/10  
 100 fly.....:58.06, 12/4/10(B)  
 200 fly.....:2:10.25, 12/4/10(B)  
 200 IM.....:2:12.42, 12/4/10

**Naomi Muckler**

50 fly.....:33.33, 9/25/10  
 100 free .....:59.24, 11/13/10  
 200 free .....:2:04.40, 1/21/11  
 500 free .....:5:21.45, 2/17/11  
 1000 free .....:11:06.29, 2/16/11  
 1650 free .....:18:40.59, 2/19/11

**Dayna Nellis**

50 fly.....:28.30, 10/16/10  
 100 fly.....:58.75, 2/17/11 (B)  
 200 fly.....:2:07.25, 2/19/11(B)  
 200 free .....:2:03.89, 11/12/10  
 500 free .....:5:20.57, 10/23/10  
 1000 free .....:10:35.75, 2/16/11(B)  
 1650 free .....:18:20.31, 9/15/10(B)

**Becky Newgren**

50 free .....:25.30, 12/4/10  
 100 free .....:56.65, 2/5/11  
 50 back.....:31.28, 11/6/10  
 100 back.....:1:07.08, 2/5/11  
 200 back.....:2:30.42, 10/15/10

**Kelsey Noah**

200 free .....:1:57.07, 12/4/10  
 500 free .....:5:08.89, 2/17/11 (B)  
 1000 free .....:10:38.02, 2/16/11 (B)  
 1650 free .....:17:44.85, 2/19/11(B)

**Caitlin Pardi**

50 free .....:27.23, 1/21/11  
 50 back.....:29.84, 1/21/11  
 100 back.....:58.56, 2/5/11 (B)  
 200 back.....:2:11.91, 2/5/11

**Aimee Peterson**

50 free .....:25.56, 12/4/10  
 100 free .....:57.72, 2/5/11  
 50 back.....:32.15, 11/6/10  
 100 back.....:1:11.34, 11/6/10

**Makenzie Pillsbury**

100 free .....:58.02, 1/21/11  
 50 breast.....:33.81, 11/6/10  
 100 breast..... 1:06.45, 2/18/11 (B)  
 200 breast.....:2:25.33, 2/19/11 (B)  
 200 IM.....:2:14.47, 12/4/10  
 400 IM.....:4:47.43, 2/18/11

**Jenn Rothe**

50 free .....:28.02, 11/6/10  
 100 free .....:59.45, 1/21/11  
 200 free .....:2:04.54, 2/5/11  
 500 free .....:5:28.58, 12/4/10  
 1000 free .....:11:18.08, 11/6/10  
 1650 free .....:19:09.59, 10/15/10

**Shalon Rothstein**

50 free .....:26.60, 10/23/10  
 100 free .....:59.94, 9/25/10  
 500 free .....:5:40.02, 9/25/10  
 1000 free .....:11:22.64, 9/24/10  
 50 breast.....:31.53, 10/16/10  
 100 breast..... 1:05.17, 2/18/11 (B)  
 200 breast.....:2:20.37, 2/19/11 (B)  
 200 IM.....:2:11.45, 2/17/11 (B)

**Marissa Smith**

50 back.....:31.98, 9/25/10  
 100 back.....:1:03.73, 2/5/11  
 200 back.....:2:19.01, 2/5/11  
 50 free .....:27.75, 10/23/10  
 100 free .....:1:00.00, 11/6/10  
 200 free .....:2:02.66, 2/5/11  
 200 IM.....:2:19.37, 2/4/11

**Erin Walter**

200 free .....:1:59.45, 2/5/11  
 500 free .....:5:31.26, 1/22/11  
 1000 free .....:11:44.56, 9/24/10  
 100 back.....:1:05.19, 11/6/10  
 200 back.....:2:16.44, 2/5/11

**SCSU DIVERS**

**Courtney Fleming**

1-meter (6o).....:212.55, 1/22/11  
 3-meter (6o).....:204.65, 1/22/11  
 1-meter (11).....:356.15, 1/21/11  
 3-meter (11).....:359.65, 1/21/11

**Cassi Mrozek**

1-meter (6o).....:254.15, 11/6/10  
 3-meter (6o).....:259.85, 10/30/10  
 1-meter (11).....:423.35, 12/4/10 (B)  
 3-meter (11).....:392.20, 2/18/11

**Hannah Peters**

1-meter (6o).....:218.35, 10/16/10  
 3-meter (6o).....:240.25, 11/6/10  
 1-meter (11).....:372.10, 12/4/10  
 3-meter (11).....:387.50, 1/21/11

**Allison Tracy**

1-meter (6o).....:428.25, 12/4/10  
 3-meter (6o).....:251.75, 10/23/10  
 1-meter (11).....:428.25, 12/4/10 (B)  
 3-meter (11).....:441.20, 12/4/10 (B)

**Mary Woodson**

1-meter (6o).....:217.45, 1/22/11  
 3-meter (6o).....:235.95, 1/22/11  
 1-meter (11).....:382.80, 12/4/10  
 3-meter (11).....:407.85, 1/21/11



Men's Individual Season Bests 2010-11 (A)= A-Cut / (B)= B-Cut / (\*)=NCAA Qualifiers

Will Anzion

200 free .....1:53.06, 12/4/10
500 free .....5:00.09, 2/17/11
1000 free .....10:21.35, 2/16/11
1650 free .....17:42.05, 2/19/11

Tucker Asper

500 free .....5:30.23, 9/25/10
1000 free .....11:13.70, 9/24/10
200 back .....2:21.19, 9/25/10

Joe Burns

50 free .....:21.50, 2/17/11
50 fly .....:24.10, 1/21/11
100 fly .....:52.51, 12/4/10
200 IM .....:2:09.56, 9/25/10
100 back .....:54.88, 2/18/11

Shane Broermann

50 free .....:23.28, 2/4/11
100 free .....:51.66, 2/5/11
200 free .....1:56.86, 10/23/10
200 breast .....:2:44.77, 9/25/10
50 fly .....:26.48, 11/6/10
100 fly .....:55.51, 1/21/11

Caleb Cohoon

50 free .....:22.62, 12/4/10
100 free .....:48.56, 12/4/10
200 free .....1:50.56, 12/4/10
500 free .....5:24.03, 1/21/11
100 breast .....:1:06.70, 10/30/10
200 IM .....:2:04.45, 2/4/11
200 back .....:2:05.82, 2/5/11

Nathan Engfer

50 free .....:22.22, 2/4/11
50 fly .....:24.68, 1/21/11
100 fly .....:52.83, 2/5/11
200 fly .....:2:05.98, 2/5/11
100 back .....:57.06, 2/5/11

Andrew Fuller

50 free .....:22.17, 12/4/10
100 free .....:49.00, 2/5/11
200 free .....1:50.06, 12/4/10
50 fly .....:26.69, 11/6/10
100 back .....:59.02, 2/5/11

Ryan Goggans

50 free .....:23.07, 11/6/10
100 free .....:49.12, 11/12/10 (relay)
200 free .....:1:44.78, 12/4/10
500 free .....:4:44.79, 12/4/10
1000 free .....10:03.40, 2/16/11
1650 free .....17:28.33, 11/12/10
100 fly .....:55.41, 1/22/11

Joel Gregory

50 free .....:22.49, 12/4/10
100 free .....:47.88, 2/19/11
200 free .....1:45.35, 2/18/11
500 free .....:4:47.59, 2/17/11
50 fly .....:25.06, 11/6/10
100 fly .....:56.06, 1/22/11
200 fly .....:2:12.63, 9/24/10

Aaron Hauck

100 free .....:51.14, 2/5/11
200 free .....1:52.96, 12/4/10
500 free .....5:22.28, 1/22/11
1000 free .....11:42.78, 9/24/10
50 breast .....:31.91, 11/6/10
100 breast .....:1:10.23, 11/6/10
200 IM .....:2:04.18, 2/4/11
100 back .....:1:00.66, 2/5/11

Landon Hartwig

50 back .....:25.90, 9/25/10
100 back .....:54.46, 9/24/10
200 back .....:2:01.74, 9/25/10

Jake Hausauer

50 free .....:21.51, 12/4/10
100 free .....:46.94, 12/4/10
50 back .....:26.46, 1/21/11
100 breast .....:1:00.87, 2/18/11

Murphy Hebbard

50 breast .....:29.83, 9/24/10
100 breast .....:1:00.44, 12/4/10
200 breast .....:2:13.75, 2/19/11
200 IM .....:2:00.34, 12/4/10
400 IM .....:4:22.24, 12/4/10
100 fly .....:52.96, 12/4/10

Zac Henderson

50 free .....:23.18, 2/4/11
200 free .....:1:57.77, 10/23/10
500 free .....5:09.11, 2/4/11
1000 free .....11:06.96, 1/21/11
200 fly .....:2:16.95, 9/24/10
50 back .....:27.98, 11/6/10
100 back .....:58.24, 2/5/11
200 back .....:2:09.03, 2/5/11

Paul Hoffman

100 fly .....:57.32, 2/5/11
100 back .....:56.96, 12/4/10
200 back .....:2:03.24, 12/4/10
200 IM .....:2:06.49, 2/4/11
400 IM .....:4:32.94, 12/4/10

Napoleon Howell

50 free .....:22.96, 10/23/10
50 breast .....:26.46, 1/21/11
100 breast .....:57.70, 2/5/11
200 breast .....:2:07.75, 2/19/11 (B)

Alex Jaholkowski

100 free .....:49.21, 12/4/10
50 fly .....:24.68, 11/6/10
100 fly .....:54.42, 12/4/10
100 breast .....:1:01.44, 12/4/10
200 breast .....:2:17.45, 2/5/11
200 IM .....:2:06.54, 1/21/11

Mike Larch

50 free .....:24.21, 2/17/11
50 breast .....:28.61, 1/21/11
100 breast .....:58.38, 2/18/11
200 breast .....:2:12.17, 2/19/11
50 fly .....:25.77, 1/21/11

Jake Larson

50 free .....:23.06, 11/13/10 (relay)
100 free .....:47.84, 2/19/11
200 free .....:1:45.29, 2/18/11
500 free .....:4:54.37, 12/4/10

Aaron Meyer

50 free .....:24.21, 2/4/11
100 free .....:52.33, 2/5/11
100 fly .....:1:15.62, 9/25/10

Mike Miller

100 free .....:51.61, 11/13/10
200 free .....:1:49.23, 12/4/10
500 free .....:4:51.65, 12/4/10
1000 free .....:10:48.44, 11/6/10
200 fly .....:2:03.21, 2/19/11

Brandon Molnar

50 free .....:22.60, 12/4/10
100 free .....:49.45, 2/5/11
500 free .....:5:04.84, 2/4/11
50 back .....:29.26, 9/25/10
100 back .....:1:04.83, 9/24/10
50 fly .....:25.42, 1/21/11
100 fly .....:56.89, 12/4/10

Justin Nelson

50 back .....:26.55, 11/6/10
100 back .....:54.18, 12/4/10
200 back .....:2:07.71, 12/4/10

Robert Pagan

100 free .....:50.09, 12/4/10
200 free .....:1:49.11, 2/5/11
500 free .....:4:58.00, 2/4/11
50 fly .....:26.12, 1/21/11
100 fly .....:56.05, 12/4/10
200 fly .....:2:01.43, 12/4/10
200 IM .....:2:16.34, 9/25/10

Joel Palmersten

500 free .....:5:04.20, 10/23/10
1000 free .....:10:09.75, 2/16/11
50 breast .....:28.67, 1/21/11
100 breast .....:59.46, 12/4/10
200 breast .....:2:14.23, 12/4/10
200 IM .....:2:00.85, 2/17/11

Mitch Pruss

200 free .....:1:54.60, 1/21/11
50 breast .....:31.09, 9/24/10
100 breast .....:1:07.68, 11/13/10
200 IM .....:2:00.16, 2/17/11
400 IM .....:4:18.69, 2/18/11
50 fly .....:25.58, 11/6/10
100 fly .....:54.56, 12/4/10
200 fly .....:1:57.90, 2/19/11

John Rosier

100 free .....:49.46, 12/4/10
200 free .....:1:47.96, 2/18/11
500 free .....:5:01.73, 12/4/10
1000 free .....:10:29.89, 2/16/11
200 IM .....:2:03.85, 2/17/11

Robb Rotramel

50 free .....:21.72, 12/4/10
100 free .....:46.70, 12/4/10
200 free .....:1:45.53, 2/18/11

Bob Simson

200 free .....:1:54.76, 10/23/10
50 back .....:26.05, 1/21/11
100 back .....:51.88, 2/18/11 (B)
200 back .....:1:54.84, 2/19/11
200 IM .....:1:56.71, 2/17/11
400 IM .....:4:39.00, 11/12/10

Joe Spann

100 free .....:49.88, 12/4/10
200 free .....:1:51.84, 10/13/10
500 free .....:4:50.19, 2/17/11
50 fly .....:25.73, 9/25/10
100 fly .....:53.36, 2/17/11
200 fly .....:1:56.95, 2/19/11
200 IM .....:2:12.14, 11/6/10

Rob Stafford

200 free .....:1:49.31, 2/18/11
50 back .....:28.58, 9/25/10
100 back .....:55.95, 12/4/10
200 back .....:1:59.99, 12/4/10

SCSU DIVERS

Malachi Bennett

1 meter (6o) .....:304.35, 1/22/11\*
3 meter (6o) .....:326.10, 1/22/11\*
1 meter (11) .....:480.40, 12/4/10
3 meter (11) .....:485.05, 1/21/11

Luke Weber

50 breast .....:39.16, 9/24/10
1 meter (6o) .....:334.95, 1/22/11\*
3 meter (6o) .....:312.40, 1/22/11\*
1 meter (11) .....:507.30, 12/4/10\*
3 meter (11) .....:559.25, 12/4/10

Chris White

1 meter (6o) .....:317.10, 1/22/11\*
3 meter (6o) .....:307.10, 2/5/11\*
1 meter (11) .....:506.45, 1/21/11\*
3 meter (11) .....:562.75, 1/21/11\*



Women's Team Top-10\* Marks 2010-11 / (A)= A-Cut / (B)= B-Cut / (\*)=NCAA Qualifiers

50 Freestyle
23.44 Kirsten Koetter, 2/17/11 (B)
23.66 Kirsten Koetter, 2/17/11 (B)
24.00 Kirsten Koetter, 12/3/10 (B)
24.18 Kirsten Koetter, 12/3/10 (B)
24.40 Kirsten Koetter, 1/21/11 (B)
24.48 Kirsten Koetter, 11/12/10 (B)
24.52 Ali Domeier, 2/17/11
24.59 Kirsten Koetter, 11/13/10
24.60 Kirsten Koetter, 10/16/10
24.64 Kirsten Koetter, 9/15/10

100 Freestyle
52.73 Ali Domeier, 12/4/10 (B)
53.12 Ali Domeier, 12/4/10 (B)
53.14 Kirsten Koetter, 12/4/10 (B)
53.63 April Greene, 1/9/11
53.67 Kirsten Koetter, 1/22/11
53.87 April Greene, 2/19/11
53.99 Kirsten Koetter, 1/21/11
54.04 Kirsten Koetter, 12/3/10
54.10 Ali Domeier, 10/23/10
54.21 Ali Domeier, 2/19/11

200 Freestyle
1:57.06 Kelsey Noah, 12/3/10
1:57.07 Steph Crandall, 12/3/10
1:57.41 Kelsey Noah, 12/3/10
1:57.46 Steph Crandall, 2/18/11
1:57.64 Brianna Dietz, 2/18/11
1:57.79 Steph Crandall, 2/18/11
1:58.00 Steph Crandall, 12/3/10
1:59.00 Brianna Dietz, 12/3/10
1:59.45 Erin Walter, 2/5/11
2:00.87 Kelsey Noah, 9/15/10

500 Freestyle
5:08.89 Kelsey Noah, 2/17/11 (B)
5:11.13 Kelsey Noah, 12/3/10 (B)
5:11.71 Kelsey Noah, 2/17/11 (B)
5:11.83 Kelsey Noah, 12/3/10 (B)
5:12.43 Brianna Dietz, 2/17/11
5:14.47 Brianna Dietz, 2/17/11
5:17.42 Brianna Dietz, 12/3/10
5:18.35 Brianna Dietz, 12/3/10
5:20.48 Diana Gehrman, 2/4/11
5:20.57 Dayna Nellis, 10/23/10
5:21.26 Dayna Nellis, 11/6/10

1000 Freestyle
10:35.75 Dayna Nellis, 2/16/11 (B)
10:38.02 Kelsey Noah, 2/16/11 (B)
10:45.03 Diana Gehrman, 2/5/11 (B)
10:54.16 Dayna Nellis, 11/12/10
10:58.09 Dayna Nellis, 1/21/11
10:58.52 Dayna Nellis, 10/23/10
10:59.09 Dayna Nellis, 10/16/10
11:00.56 Dayna Nellis, 11/6/10
11:02.58 Diana Gehrman, 1/21/11
11:02.90 Kelsey Noah, 11/6/10

1650 Freestyle
17:38.57 Dayna Nellis, 12/4/10 (B)
17:41.26 Dayna Nellis, 2/19/11 (B)
17:44.85 Kelsey Noah, 1/9/11 (B)
17:59.88 Kelsey Noah, 12/4/10 (B)
18:15.14 Diana Gehrman, 2/5/11
18:20.31 Dayna Nellis, 9/15/10
18:24.18 Dayna Nellis, 11/13/10
18:30.54 Kelsey Noah, 11/13/10

200 Freestyle Relay
1:36.27 Kirsten Koetter, Steph Crandall, April Greene, Ali Domeier, 2/17/11
1:36.94 Kirsten Koetter, Steph Crandall, April Greene, Ali Domeier, 2/17/11
1:37.04 Kirsten Koetter, Steph Crandall, April Greene, Ali Domeier, 2/4/11
1:37.18 Kirsten Koetter, Steph Crandall, April Greene, Ali Domeier, 12/3/10
1:37.24 Kirsten Koetter, Steph Crandall, April Greene, Ali Domeier, 12/3/10
1:38.17 Kirsten Koetter, April Greene, Steph Crandall, Ali Domeier, 11/13/10
1:41.82 Kirsten Koetter, Ali Domeier, Lindsey Mikrut, Steph Crandall, 1/21/11
1:42.42 Becky Negren, Amber Alexander, Shalon Rothstein, Liz Barbee, 12/3/10
1:42.74 Ali Domeier, April Greene, Liz Barbee, Lindsey Mikrut, 9/25/10
1:43.21 Myranda Erickstad, Amber Alexander, Liz Barbee, Shalon Rothstein, 12/3/10

400 Freestyle Relay
3:30.29 Kirsten Koetter, Ali Domeier, Steph Crandall, April Greene, 2/19/11 (B)
3:32.76 April Greene, Lindsey Mikrut, Steph Crandall, Kelsey Noah, 12/4/10
3:38.45 April Greene, Lindsey Mikrut, Steph Crandall, Kelsey Noah, 12/4/10
3:38.58 Kirsten Koetter, Ali Domeier, April Greene, Steph Crandall, 10/30/10
3:39.76 Ali Domeier, April Greene, Kirsten Koetter, Lindsey Mikrut, 10/23/10
3:41.28 Ali Domeier, April Greene, Kirsten Koetter, Kelsey Noah, 11/6/10
3:41.96 Kirsten Koetter, Ali Domeier, April Greene, Lindsey Mikrut, 1/22/11
3:45.31 April Greene, Ali Domeier, Jasmine Lee, Chloe Bartuska, 10/15/10
3:45.34 Myranda Erickstad, Brianna Dietz, Dayna Nellis, Meghan Carmichael, 12/4/10
3:46.26 Becky Newgren, Liz Barbee, Miranda Erickstad, Diana Gehrman, 2/5/11

800 Freestyle Relay
7:49.15 Steph Crandall, Dayna Nellis, Brianna Dietz, Kelsey Noah, 2/18/11
8:13.28 Kelsey Noah, Lindsey Mikrut, Steph Crandall, Dayna Nellis, 11/13/10
8:15.64 Miranda Erickstad, Aimee Peterson, Erin Walter, Marissa Smith, 2/5/11

18:40.59 Naomi Muckler, 2/19/11
18:41.99 Naomi Muckler, 12/4/10
19:02.63 Naomi Muckler, 11/13/10
19:08.27 Jenn Rothe, 12/4/10

50 Butterfly
26.45 Kirsten Koetter, 11/6/10
27.18 Kirsten Koetter, 1/21/11
27.56 Steph Crandall, 9/25/10
27.56 Steph Crandall, 10/16/10
27.63 Jasmine Lee, 9/25/10
27.74 Steph Crandall, 11/6/10
27.74 Steph Crandall, 1/21/11
28.12 Megan Carmichael, 11/6/10
28.18 Lindsey Mikrut, 11/6/10
28.23 Meghan Carmichael, 9/25/10

100 Butterfly
56.78 Kirsten Koetter, 2/18/11 (B)
57.50 Kirsten Koetter, 2/18/11 (B)
58.06 Lindsey Mikrut, 12/4/10 (B)
58.28 Lindsey Mikrut, 12/4/10 (B)
58.31 Steph Crandall, 2/17/11 (B)
58.49 Steph Crandall, 12/4/10 (B)
58.68 Lindsey Mikrut, 2/18/11 (B)
58.75 Dayna Nellis, 2/17/11 (B)
59.01 Lindsey Mikrut, 2/18/11 (B)
59.11 Kirsten Koetter, 12/4/10

200 Butterfly
2:07.25 Dayna Nellis, 2/19/11 (B)
2:07.44 Dayna Nellis, 12/3/10 (B)
2:07.86 Dayna Nellis, 12/3/10 (B)
2:08.68 Dayna Nellis, 2/19/11 (B)
2:10.25 Lindsey Mikrut, 12/3/10 (B)
2:11.26 Brianna Dietz, 2/19/11
2:11.66 Brianna Dietz, 2/19/11
2:11.96 Meghan Carmichael, 2/19/11
2:12.14 Lindsey Mikrut, 2/19/11
2:12.62 Lindsey Mikrut, 2/19/11

50 Breaststroke
30.93 Amber Alexander, 1/21/11
31.12 Amber Alexander, 10/16/10
31.53 Shalon Rothstein, 10/16/10
31.80 Amber Alexander, 9/24/10
31.87 Amber Alexander, 11/6/10
32.00 Shalon Rothstein, 1/21/11
32.39 Shalon Rothstein, 11/6/10
32.50 Shalon Rothstein, 9/24/10
32.59 Melissa Funke, 10/16/10
33.81 Makenzie Pillsbury, 11/6/10

100 Breaststroke
1:05.17 Shalon Rothstein, 2/18/11 (B)
1:05.52 Shalon Rothstein, 2/18/11 (B)
1:05.55 Shalon Rothstein, 12/3/10 (B)
1:05.74 Shalon Rothstein, 12/3/10 (B)
1:05.89 Amber Alexander, 2/18/11 (B)
1:06.09 Amber Alexander, 12/3/10 (B)
1:06.13 Amber Alexander, 12/3/10 (B)
1:06.29 Amber Alexander, 2/18/11 (B)
1:06.45 Makenzie Pillsbury, 2/18/11 (B)
1:07.30 Melissa Funke, 12/3/10 (B)

200 Breaststroke
2:20.37 Shalon Rothstein, 2/19/11 (B)
2:20.83 Shalon Rothstein, 2/19/11 (B)
2:22.42 Shalon Rothstein, 12/4/10 (B)
2:23.63 Shalon Rothstein, 12/4/10 (B)

2:25.33 Makenzie Pillsbury, 2/19/11 (B)
2:25.66 Melissa Funke, 12/4/10 (B)
2:26.19 Melissa Funke, 12/4/10 (B)
2:26.62 Melissa Funke, 2/19/11
2:27.42 Melissa Funke, 2/19/11
2:28.73 Amber Alexander, 2/19/11

50 Backstroke
28.48 Lee Jasmine, 10/16/10
28.92 April Greene, 1/21/11
29.57 April Greene, 9/25/10
29.62 April Greene, 10/16/10
29.84 Caitlin Pardi, 1/21/11
29.89 Tori Martinez, 1/21/11
29.93 April Greene, 11/6/10
30.15 Caitlin Pardi, 11/6/10
30.72 Melissa Funke, 11/6/10
31.00 Katie Hines, 10/16/10

100 Backstroke
58.11 Jasmine Lee, 2/18/11 (B)
58.56 Caitlin Pardi, 2/5/11 (B)
58.84 Steph Crandall, 2/18/11 (B)
58.77 Jasmine Lee, 12/4/10 (B)
59.01 Steph Crandall, 2/18/11 (B)
59.21 Caitlin Pardi, 2/18/11 (B)
59.65 Tori Martinez, 2/18/11 (B)
59.66 Jasmine Lee, 11/13/10
59.68 Tori Martinez, 12/4/10
59.80 Jasmine Lee, 10/23/10

200 Backstroke
2:06.35 Jasmine Lee, 1/19/11 (B)
2:07.08 Tori Martinez, 2/19/11 (B)
2:08.86 Jasmine Lee, 2/19/11 (B)
2:09.00 Jasmine Lee, 12/3/10
2:09.10 Jasmine Lee, 11/12/10
2:09.24 Tori Martinez, 12/3/10
2:09.59 Tori Martinez, 12/3/10
2:09.97 Tori Martinez, 2/19/11
2:10.64 Jasmine Lee, 1/22/11
2:10.78 Jasmine Lee, 12/3/10

200 IM
2:06.88 Jasmine Lee, 2/17/11 (B)
2:10.06 Jasmine Lee, 12/3/10 (B)
2:10.82 Jasmine Lee, 12/3/10 (B)
2:11.08 Jasmine Lee, 10/23/10 (B)
2:11.31 Jasmine Lee, 2/17/11 (B)
2:11.40 Jasmine Lee, 11/13/10 (B)
5:11.45 Shalon Rothstein, 2/17/11 (B)
2:12.36 Melissa Funke, 12/3/10
2:12.42 Lindsey Mikrut, 12/3/10
2:12.64 Jasmine Lee, 11/6/10

400 IM
4:38.79 Melissa Funke, 12/4/10 (B)
4:42.00 Jasmine Lee, 11/12/10
4:42.68 Melissa Funke, 12/4/10
4:44.61 Makenzie Funke, 2/18/11
4:47.43 Makenzie Funke, 2/18/11
4:50.17 Meghan Carmichael, 12/4/10
4:50.32 Melissa Funke, 11/12/10
4:51.07 Meghan Carmichael, 12/4/10
4:52.62 Meghan Carmichael, 10/15/10
4:52.62 Meghan Carmichael, 2/18/11

1-Meter Diving (60)
247.20 Cassi Mrozek, 10/23/10
243.65 Cassi Mrozek, 2/5/11
244.75 Cassi Mrozek, 10/15/10
241.05 Cassi Mrozek, 10/16/10
238.60 Allison Tracy, 10/23/10
235.35 Allison Tracy, 2/5/11
232.30 Cassi Mrozek, 9/24/10
230.78 Cassi Mrozek, 11/13/10
229.55 Cassi Mrozek, 10/30/10
228.55 Allison Tracy, 10/15/10

1-Meter Diving (11)
423.35 Allison Tracy, 12/4/10 \*
423.35 Cassi Mrozek, 12/4/10 \*
411.60 Allison Tracy, 1/21/11 \*
382.80 Mary Woodson, 12/4/10
372.10 Hannah Peters, 12/4/10
361.75 Hannah Peters, 1/21/11
360.60 Mary Woodson, 1/21/11
356.15 Courtney Flemming, 1/21/11
353.05 Courtney Flemming, 12/4/10

3-Meter Diving (60)
259.85 Cassi Mrozek, 10/30/10
254.15 Cassi Mrozek, 11/6/10
251.75 Ali Tracy, 10/23/10
246.60 Cassi Mrozek, 10/23/10
240.25 Hannah Peters, 11/6/10
237.85 Cassi Mrozek, 10/15/10
235.95 Mary Woodson, 1/22/11
235.80 Hannah Peters, 1/22/11
234.80 Ali Tracy, 10/30/10
233.60 Cassi Mrozek, 2/5/11

3-Meter Diving (11)
441.20 Allison Tracy, 12/4/10 \*
428.55 Allison Tracy, 1/21/11 \*
420.35 Allison Tracy, 2/19/11 \*
407.85 Mary Woodson, 1/21/11
406.70 Allison Tracy, 2/18/11
384.35 Hannah Peters, 2/19/11
392.20 Cassi Mrozek, 2/19/11
387.50 Hannah Peters, 1/21/11
386.35 Hannah Peters, 12/4/10
385.05 Mary Woodson, 12/4/10

200 Medley Relay
1:46.43 Jasmine Lee, Amber Alexander, Lindsey Mikrut, Kirsten Koetter, 2/18/11 (B)
1:47.14 Jasmine Lee, Amber Alexander, Kirsten Koetter, Ali Domeier, 12/4/10 (B)
1:47.23 Jasmine Lee, Amber Alexander, Lindsey Mikrut, Kirsten Koetter, 2/18/11 (B)
1:47.82 Jasmine Lee, Amber Alexander, Kirsten Koetter, Ali Domeier, 12/4/10
1:48.78 Tori Martinez, Shalon Rothstein, Lindsey Mikrut, Liz Barbee, 12/4/10
1:48.97 Jasmine Lee, Amber Alexander, Kirsten Koetter, Ali Domeier, 11/13/10
1:50.11 Jasmine Lee, Amber Alexander, Steph Crandall, Ali Domeier, 10/23/10
1:50.64 Jasmine Lee, Amber Alexander, Lindsey Mikrut, Ali Domeier, 1/21/11
1:51.03 Jasmine Lee, Amber Alexander, Steph Crandall, Kirsten Koetter, 11/6/10
1:51.08 Jasmine Lee, Amber Alexander, Steph Crandall, Kirsten Koetter, 10/16/10
1:51.14 Tori Martinez, Shalon Rothstein, Lindsey Mikrut, Liz Barbee, 12/4/10

400 Medley Relay
3:52.37 Jasmine Lee, Shalon Rothstein, Lindsey Mikrut, Ali Domeier, 2/17/11 (B)
3:57.40 Jasmine Lee, Shalon Rothstein, Lindsey Mikrut, Ali Domeier, 2/17/11
3:59.24 Jasmine Lee, Amber Alexander, Lindsey Mikrut, April Greene, 12/3/10
3:59.53 Jasmine Lee, Amber Alexander, Kirsten Koetter, Ali Domeier, 11/12/10
4:03.97 Jasmine Lee, Amber Alexander, Steph Crandall, Kirsten Koetter, 10/15/10
4:03.31 Jasmine Lee, Amber Alexander, Lindsey Mikrut, Ali Domeier, 1/22/11
4:05.25 Jasmine Lee, Amber Alexander, Lindsey Mikrut, April Greene, 10/30/10
4:05.77 Tori Martinez, Shalon Rothstein, Steph Crandall, April Greene, 1/22/11
4:07.06 Katie Hines, Shalon Rothstein, Meghan Carmichael, Liz Barbee, 12/3/10
4:11.63 Caitlin Pardi, Liz Barbee, Myranda Erickstad, Diana Gehrman, 2/4/11



Men's Team Top-10\* Marks 2010-11 / (A)= A-Cut / (B)= B-Cut / (\*)=NCAA Qualifiers

50 Freestyle

Table with 2 columns: Time and Name. Entries include Joe Burns, Jake Hausauer, Robb Rotramel, and Nathan Engfer.

100 Freestyle

Table with 2 columns: Time and Name. Entries include Robb Rotramel, Jake Hausauer, and Robb Rotramel.

200 Freestyle

Table with 2 columns: Time and Name. Entries include Ryan Goggans, Jake Larson, and Robb Rotramel.

500 Freestyle

Table with 2 columns: Time and Name. Entries include Ryan Goggans, Michael Miller, and Joe Spann.

1000 Freestyle

Table with 2 columns: Time and Name. Entries include Ryan Goggans, Joe Palmersten, and Will Anzion.

1650 Freestyle

Table with 2 columns: Time and Name. Entries include Ryan Goggans, Joe Palmersten, and Zach Henderson.

200 Freestyle Relay

Table with 2 columns: Time and Name. Entries include Joe Burns, Andrew Fuller, Robb Rotramel, and Jake Hausauer.

400 Freestyle Relay

Table with 2 columns: Time and Name. Entries include Jake Hausauer, Ryan Goggans, and Robb Rotramel.

800 Freestyle Relay

Table with 2 columns: Time and Name. Entries include Ryan Goggans, Jake Larson, and Robb Rotramel.

50 Butterfly

Table with 2 columns: Time and Name. Entries include Joe Burns, Alex Jaholkowski, and Nathan Engfer.

100 Butterfly

Table with 2 columns: Time and Name. Entries include Joe Burns, Nathan Engfer, and Robb Rotramel.

200 Butterfly

Table with 2 columns: Time and Name. Entries include Joe Spann, Mitch Pruss, and Rob Pagan.

50 Breaststroke

Table with 2 columns: Time and Name. Entries include Napoleon Howell, Mike Larch, and Joe Palmersten.

100 Breaststroke

Table with 2 columns: Time and Name. Entries include Napoleon Howell, Mike Larch, and Joe Palmersten.

200 Breaststroke

Table with 2 columns: Time and Name. Entries include Napoleon Howell, Mike Larch, and Robb Rotramel.

50 Backstroke

Table with 2 columns: Time and Name. Entries include Bob Simson, Justin Nelson, and Paul Hoffman.

100 Backstroke

Table with 2 columns: Time and Name. Entries include Bob Simson, Justin Nelson, and Landon Hartwig.

200 Backstroke

Table with 2 columns: Time and Name. Entries include Bob Simson, Rob Stafford, and Paul Hoffman.

200 IM

Table with 2 columns: Time and Name. Entries include Bob Simson, Mitch Pruss, and Joe Palmersten.

400 IM

Table with 2 columns: Time and Name. Entries include Mitch Pruss, Murphy Hebbard, and Paul Hoffman.

200 Medley Relay

Table with 2 columns: Time and Name. Entries include Bob Simson, Napoleon Howell, Joe Burns, and Jake Hausauer.

400 Medley Relay

Table with 2 columns: Time and Name. Entries include Bob Simson, Napoleon Howell, Joe Burns, and Robb Rotramel.

1-Meter Diving (6o)

Table with 2 columns: Time and Name. Entries include Luke Weber, Chris White, and Luke Weber.

1-Meter Diving (11)

Table with 2 columns: Time and Name. Entries include Luke Weber, Chris White, and Luke Weber.

3-Meter Diving (6o)

Table with 2 columns: Time and Name. Entries include Malachi Bennett, Luke Weber, and Chris White.

3-Meter Diving (11)

Table with 2 columns: Time and Name. Entries include Chris White, Luke Weber, and Luke Weber.



2010-11 Women Winners

Amber Alexander - 10/15/10: 400 MR; 10/16/10: 200 MR, 50 breast, 100 breast; 10/23/10: 200 MR, 100 breast; 10/30/10: 100 breast; 11/6/10: 50 breast, 100 breast; 1/21/11: 50 breast, 100 breast; 1/22/11: 100 breast;
Chloe Bartuska - 10/15/10: 400 FR; 10/16/10: 200 free; 1/21/11: 200 free;
Steph Crandall - 10/15/10: 400 MR; 10/16/10: 200 MR, 100 fly, 50 fly; 10/23/10: 200 MR;
Brianna Dietz: 1/21/11: 500 free;
Ali Domeier - 10/15/10: 100 free, 400 FR; 10/16/10: 100 free; 10/23/10: 200 MR, 100 free, 400 MR;
Melissa Funke - 10/15/10: 200 breast; 10/30/10: 200 breast; 12/4/10: 400 IM;
April Greene - 10/15/10: 400 FR; 10/23/10: 400 MR; 11/6/10: 50 free; 1/21/11: 50 back;
Kirsten Koetter - 10/15/10: 400 MR, 50 free; 10/16/10: 200 MR, 50 free; 10/23/10: 50 free, 400 MR; 11/6/10: 50 free, 50 fly; 11/12/10: 50 free; 11/13/10: 50 free; 12/3/10: 50 free; 1/21/11: 50 free, 100 free, 50 fly; 1/22/11: 100 free, 50 free, 100 fly; 2/17/11: 50 free; 2/18/11: 100 fly;
Jasmine Lee - 10/15/10: 400 MR, 200 back, 400 FR; 10/16/10: 200 MR, 50 back, 100 back; 10/23/10: 200 IM, 200 MR, 100 back; 10/30/10: 100 back, 200 IM; 11/6/10: 100 fly, 100 back, 200 IM; 11/12/10: 200 back; 11/13/10: 100 back, 12/3/10: 200 IM, 200 back; 12/4/10: 100 back; 1/21/11: 100 back; 1/22/11: 100 back, 200 back, 200 IM; 2/18/11: 100 back; 2/19/11: 200 back;
Tori Martinez - 10/30/10: 200 back;
Lindsey Mikrut - 10/23/10: 400 MR; 10/30/10: 100 fly; 1/21/11: 100 fly;
Cassie Mrozek - 10/15/10: 1-M, 3-M; 10/16/10: 1-M, 3-M; 10/23/10: 1-M; 10/30/10: 1-M, 3-M; 11/6/10: 1-M;
Dayna Nellis - 10/15/10: 1650 free, 200 fly; 10/16/10: 1000 free; 10/23/10: 1000 free, 500 free; 11/6/10: 1000 freestyle, 500 free; 12/3/10: 200 fly, 1650 free; 1/21/11: 1000 free; 1/22/11: 200 fly; 2/16/11: 1000 freestyle; 2/19/11: 1650 free;
Kelsey Noah - 10/15/10: 200 free, 500 free; 10/16/10: 500 free; 12/3/10: 500 free; 2/17/11: 500 free;
Hannah Peters - 11/6/10: 3-M;
Shalon Rothstein - 12/3/10: 100 breast; 12/4/10: 200 breast; 2/19/11: 200 breast;
Alli Tracy - 10/23/10: 3-M; 12/4/10: 1-M, 3-M; 1/21/11: 1-M, 3-M;
Mary Woodson: 1/22/11: 3-M;

2010-11 Men's Winners

Will Anzion - 1/21/11: 1000 free;
Joe Burns - 10/23/10: 200 MR; 11/6/10: 100 fly, 50 fly; 11/13/10: 200 MR; 1/21/11: 100 fly, 50 fly; 2/17/11: 50 free;
Caleb Cohoon - 11/6/10: 100 free;
Ryan Goggans - 10/23/10: 500 free; 10/30/10: 500 free; 11/6/10: 200 free; 1/21/11: 500 free
Jake Hausauer - 10/23/10: 200 MR; 11/13/10: 200 MR, 50 free
Napoleon Howell - 10/23/10: 200 MR, 100 breast; 10/30/10: 100 breast, 200 breast; 11/6/10: 50 breast, 100 breast; 11/12/10: 200 breast; 11/13/10: 200 MR, 1/21/11: 50 breast; 1/21/11: 100 breast; 1/22/11: 100 breast, 200 breast; 2/19/11: 200 breast;
Joe Palmersten - 10/23/10: 1000 free; 10/30/10: 1000 free;
Rob Rotramel - 10/23/10: 50 free;
Joe Palmersten - 10/23/10: 1000 free;
Joe Spann - 10/30/10: 200 fly;
Bob Simson - 10/23/10: 200 MR; 10/30/10: 100 back; 11/13/10: 200 MR, 100 back; 2/18/11: 100 back; 2/19/11: 200 back;
Luke Weber - 10/23/10: 1-M, 3-M; 12/4/10: 1-M, 3-M; 2/18/11: 3-M;
Chris White - 10/30/10: 1-M; 11/6/10: 1-M; 1/21/11: 1-M, 3-M; 1/22/11: 1-M;
Malachi Bennett - 10/30/10: 3-M; 1/22/11: 3-M;

St. Cloud State 1st Place Finishes at 2011 Midwestern Collegiate Championships

- Dayna Nellis – 1000 free, 10:35.75
Kelsey Noah – 500 free, 5:08.89
Kirsten Koetter – 50 free, :23.44
Jasmine Lee – 200 IM, 2:06.88
Luke Weber – 3-Meter, 526.45 points
Kirsten Koetter – 100 fly, :56.78
Jasmine Lee – 100 back, :58.11
Bob Simson – 100 back, :51.80
Luke Weber – 1-Meter, 495.25 points
Dayna Nellis – 1650 free, 17:41.26
Jasmine Lee – 200 back, 2:06.35
Bob Simson – 200 back, 1:54.84
Shalon Rothstein – 200 breast, 2:20.83
Napoleon Howell – 200 breast, 2:07.75
Women's 200 free relay, 1:36.27 - Kirsten Koetter, Steph Crandall, April Greene, Ali Domeier
Women's 400 free relay, 3:52.37 - Jasmine Lee, Shalon Rothstein, Lindsey Mikrut, Kirsten Koetter
Men's 200 free relay, 1:25.42 - Joe Burns, Ryan Goggans, Robb Rotramel, Jake Hausauer
Women's 200 medley relay, 1:46.43 - Jasmine Lee, Amber Alexander, Lindsey Mikrut, Kirsten Koetter



2011 Men's and Women's Midwestern Collegiate Champions

St. Cloud State University Quick Facts

Location: ..... St. Cloud, Minn.
Founded: ..... 1869
Enrollment: ..... 18,319
President: ..... Dr. Earl H. Potter III
Director of Athletics ..... Dr. Morris Kurtz
National Affiliation ..... NCAA Division II
Nickname ..... Huskies
Colors ..... Cardinal and Black
Pool ..... Halenbeck Aquatic Center
First Year of Swimming & Diving at SCSU ..... 1965
Head Coach ..... Jeff Hegle (10th Season)
Hegle's Phone ..... 320-308-4266
Hegle's Email ..... jmhegle@stcloudstate.edu
Assistant Coaches ..... Tracy Torgerson (Diving),
Graduate assistants: Rich Smith, Anthony Buhr



Winners in 2010-11

**2011 Midwestern Collegiate Championship - NCAA Qualifiers**

**NCAA MEN'S NATIONAL QUALIFIERS:**

Luke Weber - 1-meter diving  
 Luke Weber - 3-meter diving  
 Chris White - 1-meter diving  
 Chris White - 3-meter diving  
 Malachi Bennett - 1-meter diving  
 Malachi Bennett - 3-meter diving

**NCAA WOMEN'S NATIONAL QUALIFIERS:**

Kirsten Koetter - 50 Free  
 Kirsten Koetter - 100 Free  
 Kirsten Koetter - 100 Fly  
 Shalon Rothstein - 200 IM  
 Shalon Rothstein - 100 Breast  
 Shalon Rothstein - 200 Breast

**2011 Midwestern Collegiate Championships**

**School Records Set**

2/16/11 – Dayna Nellis, 1000 Free, 10:35.75  
 2/17/11 – Jasmine Lee, 200 IM, 2:06.88  
 2/19/11 – Napoleon Howell, 200 Breast, 2:07.75  
 2/19/11 – Mens's 200 medley relay, 1:32.95 (Time Trial)

**B-Cuts at the Midwestern Championships**

2/16/11 – Dayna Nellis, 1000 Free, 10:35.75 - \*New School Record  
 2/16/11 – Kelsey Noah, 1000 Free, 10:38.02  
 2/17/11 – Kelsey Noah, 500 Free, 5:08.89  
 2/17/11 – Kirsten Koetter, 50 Free, :23.44  
 2/17/11 – Jasmine Lee, 200 IM, 2:06.88 - \*New School Record  
 2/17/11 – Bob Simson, 200 IM, 1:56.71  
 2/17/11 – Shalon Rothstein, 200 IM, 2:11.45  
 2/17/11 – W's 400 Medley Relay, 3:52.37  
 2/17/11 – Steph Crandall, 100 fly, :58.31 (Time Trial)  
 2/17/11 – Dayna Nellis, 100 fly, : 58.75 (Time Trial)  
 2/18/11 – Luke Weber, 3-meter, 526.45 (11 Championship)  
 2/18/11 – Malachi Bennett, 3-meter, 480.40 (11 Championship)  
 2/18/11 – Chris White, 3-meter, 480.10 (11 Championship)  
 2/18/11 – W's 200 Medley Relay, 1:46.43  
 2/18/11 – Kirsten Koetter, 100 fly, :56.78  
 2/18/11 – Lindsey Mikrut, 100 fly, :58.68  
 2/18/11 – Shalon Rothstein, 100 breast, 1:05.52  
 2/18/11 – Amber Alexander, 100 breast, 1:05.89  
 2/18/11 – Makenzie Pillsbury, 100 breast, 1:06.45  
 2/18/11 – Jasmine Lee, 100 back, :58.11  
 2/18/11 – Steph Crandall, 100 back, :58.84  
 2/18/11 – Bob Simson, 100 back, :51.80  
 2/18/11 – Caitlin Pardi, 100 back, :59.21 (Time Trial)  
 2/19/11 – Tori Martinez, 200 back, 2:07.08 (Prelims)  
 2/19/11 – Jasmine Lee, 200 back, 2:08.86 (Prelims)

**2011 Midwestern Collegiate Championship Award Winners**

**Jeff Hegle**  
 Men's Head Swim Coach of the Year

**Ryan Goggans**  
 Top Male Newcomer of the Year

**Jasmine Lee**  
 Female Rookie of the Year

**Bob Simson**  
 Male Rookie of the Year



Coach Hegle



Bob Simson



Jasmine Lee



Ryan Goggans

2/19/11 – Jake Hausauer, 100 free, :47.13 (Prelims)  
 2/19/11 – Robb Rotramel, 100 free, :47.67 (Prelims)  
 2/19/11 – Shalon Rothstein, 200 breast, 2:20.37 (Prelims)  
 2/19/11 – Makenzie Pillsbury, 200 breast, 2:25.33 (Prelims)  
 2/19/11 – Dayna Nellis, 200 fly, 2:07.25 (Prelims)  
 2/19/11 – Napoleon Howell, 100 breast, :57.87 (Prelims – Time Trial)  
 2/19/11 – Luke Weber, 1-meter, 495.25 (11 Championship)  
 2/19/11 – Malachi Bennett, 1-meter, 473 (11 Championship)  
 2/19/11 – Chris White, 1-meter, 464.9 (11 Championship)  
 2/19/11 – Allison Tracy, 3-meter, 420.35 (11 Championship)  
 2/19/11 – Dayna Nellis, 1650 free, 17:41.26  
 2/19/11 – Kelsey Noah, 1650 free, 17:44.85  
 2/19/11 – Jasmine Lee, 200 back, 2:06.35  
 2/19/11 – Shalon Rothstein, 200 breast, 2:20.83  
 2/19/11 – Napoleon Howell, 200 breast, 2:07.75 - \*New School Record  
 2/19/11 – Dayna Nellis, 200 fly, 2:08.68  
 2/19/11 – W's 400 free relay, 3:30.29  
 2/19/11 – M's 200 medley relay, 1:32.95 (Time Trial) - \*New School Record

**WOMEN'S TEAM RESULTS**

1. St. Cloud State University	1263.5
2. University of Nebraska-Omaha	1159
3. Minnesota State	1008.5
4. University of Colorado-Boulder	391
5. Morningside College	274
6. College Of Saint Mary	255

**MEN'S TEAM RESULTS**

1. St. Cloud State University	784
2. Minnesota State	742
3. University of Colorado-Boulder	374
4. Morningside College	126



## Head Coach - Jeff Hegle



Coach Hegle

Jeff Hegle is back for his tenth season on the deck as the head swimming and diving coach for the men's and women's programs at St. Cloud State University in 2010-11.

The 2009-10 St. Cloud State University men's and women's swimming and diving squads completed the season with six All-American honors. The women placed 13th at the 2010 NCAA Division II Championships, while the men finished in 19th place under the helm of ninth-year head coach Jeff Hegle.

St. Cloud State also broke three school records in 2009-10. Sophomore distance swimmer Kelsey Noah (Charles City, Iowa) inked her name in the record books. The Charles City, Iowa, native now holds records at SCSU in the 500 free (5:08.03) and the 1650 free (17:45.48). Noah broke both marks on Dec. 5, 2009 at the UW-River Falls Invite. The third Husky record to be broken this season was the women's 200 fly. Dayna Nellis, a first year distance swimmer from Green Bay, Wis., touched the wall in 2:07.50 on Feb. 20, 2010, at the Midwestern Collegiate Championships in Omaha, Neb. Another highlight of the season was the fact that the Huskies broke nine pool records throughout the course of the 2009-10 stint.

Last but not least, the Huskies had a standout week at the 2010 Midwestern Collegiate Championships held in Omaha, Neb., from Feb. 17-20. The St. Cloud State University men's and women's swimming and diving squads made history, sweeping the 2010 Midwestern Collegiate Championships with scores of 1219.5 (women) and 720 (men) on Saturday, Feb. 20, at the UNO HYPER Swimming Pool for the first time in school history. The Huskies also tabbed 19 total wins over the course of the four days and brought home four individual awards. St. Cloud State's head coach Jeff Hegle was named the Male Swimming Coach of the Year, diving coach Tracy Torgerson was named both the Men's and Women's Diving Coach of the Year, rookie diver Luke Weber was named the Male Diver of the Year and Cassi Mrozek garnered the Female Diver of the Year accolades.

For his efforts in 2008-09, Coach Hegle was named the 2009 Northern Sun Women's Coach of the Year and the Men's Co-Coach of the Year after leading the Huskies to a clean sweep of the men's and women's Northern Sun Championships for the first time in school history in 2009.

Coach Hegle, along with then first year diving coach Tracy Torgerson, helped coach SCSU's senior diver Nate Jimerson to his third national title in 2009. The 2009 NCAA Division II Male Diver of the Year garnered the national championship at the NCAA's on the one-meter in 2009. Jimerson's national championship marked just the eighth national championship in St. Cloud State swimming and diving history. Last season, Jimerson tabbed national championships on both the one and three-meter boards, along with the 2008 National Diver of the Year accolades. He leaves St. Cloud State as an eight-time All-American, four-time conference Diver of the Year, two-time National Diver of the Year and three-time National Champion.

The Huskies sent a school record 20 athletes to the NCAA Championships in 2008-09, and had one of their best showings as a result. The SCSU women finished in the top-10 for just the second time in school history, placing eighth, and were 12 spots better than last year's 20th place finish. Their 158 total points are also the second best mark in school history, settling behind the 2000 team that finished fifth with 259 points. The Husky men had their best showing this decade, finishing in 14th with 102.5 points. The 14th place tally is tied with the 1999 team for the second best finish in school history, behind only the ninth place 1981 team. However, the 102.5 points is the highest total in team history, breaking the record of 98 set by last year's 15th place team. In his nine seasons with SCSU Hegle has led the Huskies to numerous NCAA Division II Championship meets, consistently finishing among the best in the country. Two seasons ago, the Husky women earned a 20th place finish after earning 50 points at the 2008 NCAA Division II Championships. SCSU's men's team placed 15th at the Championships with 98 points.

Coach Hegle, along with former diving coach Nate Brisley, helped coach SCSU's junior diver Nate Jimerson to national titles in both the one-meter and three-meter boards in 2008. Jimerson tallied a 520.75 score on the one-meter and two nights later completed the Championship sweep with a 546.15 on the three-meter. Jimerson's three-meter score was only 10 points shy of the national meet record of 556.40 set in 1994. To add to his list of accolades, Jimerson was also named the 2008 NCAA Division II Male Diver of the Year at the conclusion of the NCAA Championship Meet.

In the final North Central Conference Championship meet in 2008, the Husky men gave their best effort, but met up with a very strong North Dakota team that was able to hold off the Huskies and claim the NCC Title. The SCSU men finished in second place for the second year in a row behind UND. The SCSU women's also posted the same finish as last season when they took fourth in the team competition.

Coach Hegle also led three Husky individuals to NCC Championships in 2007-08, and for the second year in a row, Nate Jimerson was named the NCC Diver of the Year. Academically, the Huskies posted a league best 23 student-athletes on the NCC Commissioners Academic Honor Roll.

During the 2006-07 season the women's team finished 19th at the championship meet while the men fell just outside the top twenty at 21st. The best finish for the Husky women came in 2004 when they finished 11th at the NCAA meet. Coach Hegle also guided them to 12th place finishes in 2005 and 2006 as well as a 13th place finish in 2003 and a 16th in 2002. The men had their best finish in 2006 when they finished 19th, and also recorded 21st place finishes at both the 2004 and 2005 NCAA's.

Five seasons ago at the North Central Conference Championship meet the SCSU men finished in second place for the second straight season, while the women finished in fourth place after finishing third in 2006. The University of North Dakota swept the meet taking home top honors for both the men and the women.

Hegle is a familiar name to SCSU athletics, as he was a graduate assistant coach to the swimming and diving program for two seasons (1993-95) and is a former Husky swimmer. Hegle captained the SCSU men's swimming and diving team during the 1991-92 season. He received an undergraduate degree in social studies and secondary education in 1993. He earned a master's degree in special education at SCSU.

At St. Cloud State, Hegle was an Admissions Ambassador for three years and a University Award of Excellence in Leadership nominee.

From 1997 until his appointment at SCSU, Hegle had been the girls' swim coach at Monticello High School. He joined the Monticello program in 1995 as the assistant swim coach for boys and girls. He has also coached the Monticello Swim Club.

Along with his duties as head swimming and diving coach, Hegle also works in the SCSU Compliance Office and with the Student Athlete Advisory Committee.

Hegle, a native of Melrose, Minn., is married to former SCSU volleyball standout Christin Broich. Together they have three daughters, Caitlin, Tessa, and Molly.

## Assisting in 2010-11

Tracy Torgerson is back for her third season as the Huskies diving coach in 2010-11. For her efforts this past season in 2009-10, she was named the 2010 Midwestern Collegiate Championships Male & Female Diving Coach of the Year after leading rookie diver Luke Weber and junior Cassi Mrozek to conference championships and Male Diver of the Year and Female Diver of the Year honors.



Tracy Torgerson

Torgerson was also named the 2009 National Male Diving Coach of the Year after helping coach SCSU's senior diver Nate Jimerson to his third national title in just her first year on the SCSU coaching staff.

Torgerson also tabbed the 2009 Northern Sun Diving Coach of the Year accolades after guiding both Nate Jimerson and senior women's diver Kelsey Berkeland to Male and Female Diver of the Year honors and a clean sweep of the Northern Sun diving titles on both boards, respectively.

Torgerson comes to SCSU from the Sauk Rapids-Rice school district where she has been the head diving coach for the past six years and has taught special education for the past two years. At Sauk Rapids-Rice she was Section 3A boy's diving coach of the year four times in 2003, '04, '06, and '07 and had a five year run as Section 3A girls diving coach of the year from 2003-07.

Torgerson is also a Level II gymnastics coach for the Special Olympics of Minnesota, a post she has held since February of 2007. She has been a personal trainer, and was an assistant diving coach and swimming and diving instructor at the University of Minnesota.

Torgerson is a 2002 product of the University of Minnesota where she graduated with degrees in both Kinesiology and Spanish as well as a minor in coaching. She then went on to St. Cloud State University where she received her Graduate Licensure in Special Education in 2006.

At Minnesota, Torgerson was a four year member of the swimming and diving team from 1997 to 2001 and was a member of the Golden Gophers 1999 and 2000 Big Ten Championship squads. In 2000 she was the Big Ten silver medalist in three-meter diving and became an All-American in one-meter diving. The 2001 team captain still holds the University of Minnesota record for one-meter diving. In 1999 and 2000 Torgerson was also a member of the Minnesota track and field team.

St. Cloud native and Tech High School Graduate, Torgerson and her husband Jeremy reside in Sauk Rapids with their daughter Lilly and son Jack.



Rich Smith  
Graduate Assistant  
Coach



Anthony Buhr  
Graduate Assistant  
Coach



**Records**

**Men**

**Pool Records**

**Meet Records**

**School Records**

Luke Weber - (1-Meter Diving (6 optional), 312.30, 9/23/10)

Luke Weber - (3-Meter Diving (6 optional), 309.90, 10/23/10)

**Women**

**Pool Records**

Shalon Rothstein - ( 200 breast, 2:21.57, 2/19/11, Neb. Omaha HYPER Swimming Pool

**Meet Records**

**School Records**

Dayna Nellis - (1650 free, 17:38.57, 12/4/10)

Kirsten Koetter - (50 fly, :26.45, 11/6/10)

Cassi Mrozek - (3-meter / 6 optional, 259.85, 10/30/10)

**Men**

**National Qualifiers**

Malachi Bennet - (1-Meter (6o), 304.35); (1-Meter (11), 454.55), (3-Meter (6o), 326.10), (3-Meter (11) 485.05)  
Luke Weber - (1-Meter (6o), 334.95), (1-Meter (11), 507.30), (3-Meter (6o), 312.14), (3-Meter (11), 559.25)  
Chris White - (1-Meter (6o), 317.10); (1-Meter (11), 506.45), (3-Meter (6o), 307.10), (3-Meter (11) 562.75)

**B-Cut Qualifiers**

Napoleon Howell – 100 breast (:57.70) / 200 breast (2:07.75)  
Bob Simson – 100 back (:51.80) / 200 IM (1:56.71)  
Jake Hausauer – 100 free (:46.94)  
Robb Rotramel – 100 free (:46.70)  
Mike Larch – 100 breast (:58.38)  
200 medley relay – Simson, Howell, Burns, Hausauer (1:32.94)

**National Qualifiers**

**Women**

**National Qualifiers**

Allison Tracy - (3-Meter Dive (11 Champ), 441.20, 12/4/10; 1-Meter Dive (11 Champ), 428.24, 12/4/10)  
Cassi Mrozek - (1-Meter Dive (11 Champ), 423.35, 12/4/10)

**B-Cut Qualifiers**

Kelsey Noah – 500 free (5:08.89) / 1650 free (17:44.85)  
Kirsten Koetter – 50 free (:23.44) / 100 free (:53.14) / 100 Fly (:56.78)  
Shalon Rothstein – 100 breast (1:05.17) / 200 breast (2:20.37) / 200 IM (5:11.45)  
Amber Alexander – 100 breast (1:05.89)

Melissa Funke - 100 breast (1:07.30) / 400 IM (4:38.79) / 200 breast (2:25.66)  
Dayna Nellis – 100 fly (:58.75) / 200 fly (2:07.25) / 1000 free (10:39.22) / 1650 free (17:38.57)  
Lindsey Mikrut – 200 fly (2:10.25) / 100 fly (:58.06)  
Steph Crandall – 100 fly (:58.31) / 100 back (:58.84)  
Jasmine Lee – 200 IM (2:06.88) / 100 back (:58.11) / 200 back (2:06.35)  
Ali Domeier – 100 free (:52.73)  
Stephanie Crandall - 100 fly (:58.49)  
Caitlin Pardi - 100 back (:58.56)  
Diana Gehrman - 1000 free (10:45.03)  
Mackenzie Pillsbury - 100 breast (1:06.45) / 200 breast (2:25.33)  
Tori Martinez - 200 back (2:07.08)  
200 Medley Relay – J. Lee, A. Alexander, K. Koetter, A. Domeier (1:47.14) / J. Lee, Alexander, Mikrut, Koetter (1:46.43) & (1:47.23)  
400 freestyle relay - Koetter, Domeier, Crandall, Greene (3:30.29)  
400 medley relay - Lee, Rothstein, Mikrut, Domeier (3:52.37)