



Home of the Huskies

St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Swimming & Diving Update

Contact: Aaron Swenson @ 320-308-2141 or swaa0301@stcloudstate.edu



2011-12 Schedule & Results



Date	Meet	Time/Result
Sept. 24	Intersquad Meet	
Sept. 30	Intersquad Meet	
Oct. 1	Intersquad Meet	
Oct. 8	Alumni Meet	
Oct. 14	USD/UND	SCSU 154, UND 145 SCSU 162, USD 135
Oct. 15	USD/UND Men only-Swimming/Men & Women Diving)	162-135
Oct. 21	Northern Michigan (WOMEN ONLY)	SCSU 182.50, NMU 117.50
Oct. 22	MSU Moorhead (WOMEN ONLY)	SCSU 213, MSUM 87
Oct. 28	UW-Stevens Point / UW-Eau Claire (Diving Only) / UW-Eau Claire, Wis., 6:00 p.m.	
Oct. 29	UW-Stevens Point / UW-Eau Claire ! (Swimming only) / Eau Claire, Wis., 1:00 p.m.	
Nov. 5	Gustavus Adolphus	TBA
Nov. 12	South Dakota State (MEN ONLY) UW-LaCrosse (Men & Women)	2:00 p.m.
Nov. 18-19	UW-Green Bay	TBA
Dec. 2-3	UW-River Falls Invitational	TBA
Dec. 2-3	SCSU Diving Invitational	TBA
Dec. 29-Jan. 8	Training Trip (Tentative)	TBA
Jan. 14	MSU, Mankato	TBA
Jan. 20	St. John's/St. Ben's Dual	6:00 p.m.
Jan. 21	All Saints Invitational	1:00 p.m.
Feb. 3-4	Minnesota Challenge	TBA
Feb. 16-19	Conference Championships	TBA
March 7-10	NCAA DII Championships	TBA

Home Events in Bold

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 2011 is Aaron Swenson. You can contact him via email at swaa0301@stcloudstate.edu

HUSKY HOME PAGE:
www.StCloudState.edu/Athletics

2011-12 SCSU SWIMMING & DIVING NEWS Release No. 1: October 26, 2011

THIS WEEK IN THE POOL: The St. Cloud State University men's and women's swimming & diving team will be on the road this week as the divers kick off the weekend at 6 p.m., Friday, October 28 in Eau Claire, Wis. SCSU swimmers will then compete at 1 p.m. in Eau Claire, as both the divers and swimmers will be taking on the University of Wisconsin-Stevens Point and the University of Wisconsin-Eau Claire.

ON THE WOMEN'S SIDE: The SCSU women's swimming and diving team opened the 2011-12 season with a pair of dual wins over Northern Michigan University and Minnesota State University Moorhead on Friday and Saturday, Oct. 21-22.

The Huskies downed Northern Michigan 182.50 to 117.50 and MSU Moorhead 213.00 to 87.00. On Friday the Huskies captured five wins. Senior **Kirsten Koetter** (Melrose) was a double winner winning the 50 free in 24.67 and the 100 free in 54.23. Junior **Dayna Nellis** (Green Bay, Wis.) carried the Huskies with a win in the 1650 freestyle. She swam the race in 18:12.57. Sophomore **Jasmine Lee** (Green Bay, Wis.) won the 200 backstroke in 2:09.45. The Huskies took the top four spots in the one-meter diving event, as senior **Allison Tracy** (Minot, N.D.) posted a 242.45 to win the event.

Saturday, St. Cloud State won the 200 medley relay with a time of 1:50.86. Lee, freshman **Abby Rasmussen**, Koetter, and junior **Ali Domeier** swam the relay. Nellis won the 1000 free in 11:02.02 to gain the distance sweep on the weekend. Jasmine won the 50 back and 100 back to sweep the backstroke events. She swam the 50 in 28.95 and the 100 in 1:00.93. Senior **Amber Alexander** (Minot, N.D.) won the 50 breast in 31.19 and the 100 breast in 1:07.88. Koetter was a winner again as she swam 24.88 in the 50 free for first place and posted a time of 26.23 in the 50 butterfly for the win. Tracy won the three-meter diving event and swept both boards as she scored 231.65.

ON THE MEN'S SIDE: The SCSU men's swimming and diving team opened the 2011-12 season with a pair of dual wins over the University of South Dakota and the University of North Dakota in Vermillion Saturday, Oct. 14. The Huskies defeated North Dakota 154 to 145 and South Dakota 162 to 135.

First year swimmer **Alex Bryson** (Appleton, Wis.) and sophomore **Napoleon Howell** (St. Augustine, Trinidad) were double winners for the Huskies. Bryson won the 800 freestyle in 9:52.18 and the 400 free in 4:16.04. Howell swam 1:05.45 to win the 100 breast and won the 200 breaststroke in 2:25.26. Junior diver **Chris White** (Rochester) won the 3-meter board with a score of 307.60, breaking the USD pool record. Two relays won their respective races. The 200 medley relay of sophomore **Bob Simson**, (St. Cloud), Howell, sophomore **Joe Burns** (Minot, N.D.) and junior **Jake Hausauer** (Minnetonka) won in a time of 1:47.20. Freshman **Jake Stoll** (Gilbert, Ariz.), junior **Jake Larson** (Brainerd), freshman **Dylan Hovan** (Bemidji) and Hausauer won the 400 free relay in 3:36.56.

The Huskies and North Dakota were tied going into the final event, the 400 free relay. The Huskies trailed in the relay until the last 12 meters when Hausauer made up two seconds, caught the UND swimmer and won the race at the wall. St. Cloud State's 'B' 400 free relay also beat the UND 'B' relay by one tenth of a second.



Hegle

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 last season.

THIS WEEK'S MATCHUP

UW-Stevens Point / UW-Eau Claire
Ualo Alto Natatorium - Eau Claire, Wis.

Divers: Friday, October 28, 2011
Swimmers: Saturday October 29, 2011





2011-12 Swimming & Diving Roster

Women - Name	Yr.	Event	Hometown
Amber Alexander	Sr.	Breast	Minot, N.D.
Caitlyn Beecher	FY	Distance	Madison, Wis.
Chelsey Bethke	FY	Diving	Sauk Rapids, Minn.
Meghan Carmichael	So.	Fly	Stoughton, Wis.
Elaine Casap	FY	Breast	Mesa, Ariz.
Kellyn Craig	FY	IM	Denver, Colo.
Stephanie Crandall	Jr.	Fly	Woodbury, Minn.
Brianna Dietz	Jr.	Free	Grafton, Wis.
Ali Domeier	Jr.	Free	St. Cloud, Minn.
Melissa Funke	Jr.	IM	Overland Park, Kan.
Diana Gehrman	Sr.	Distance	St. Charles, Ill.
Katie Hines	Jr.	Back	Clive, Iowa
Kirsten Koetter	Sr.	Fly	Melrose, Minn.
Mirna Kojic	FY	Free	Grand Forks, N.D.
Chandler Keating	FY	Free	Glen Carbon, Ill.
Jasmine Lee	So.	Back	Green Bay, Wis.
Emily McIntire	FY	Diving	Sartell, Minn.
Tori Martinez	Jr.	Back	Phoenix, Ariz.
Lindsey Mikrut	So.	Fly	Genoa City, Wis.
Nikki Miller	FY	Free	Johnstown, Penn.
Kelly Morford	FY	Back	St. Cloud, Minn.
Naomi Muckler	Sr.	Distance	Eagan, Minn.
Dayna Nellis	Jr.	Distance	Green Bay, Wis.
Kelsey Noah	Sr.	Distance	Charles City, Iowa
Caitlin Pardi	Sr.	Back	Muskego, Wis.
Aimee Peterson	So.	Free	Winona, Minn.
Makenzie Pillsbury	Jr.	Breast	St. Cloud, Minn.
Tori Raihle	FY	Diving	Spring Lake Park, Minn.
Abby Rasmussen	FY	Breast	Sauk Rapids, Minn.
Jenn Rothe	So.	Distance	Oshkosh, Wis.
Marissa Smith	So.	Back	Lakeville, Minn.
Allison Tracy	Sr.	Diving	Minot, N.D.
Erin Walter	Sr.	Distance	Lakewood, Colo.
Mary Woodson	So.	Diving	Hartland, Wis.
Men - Name	Yr.	Event	Hometown
William Anzion	Sr.	Distance	Mendota Heights, Minn.
Adam Boone	FY	Free	Hilton Head, N.C.
Shane Broermann	Jr.	Free	Sauk Centre, Minn.
Alex Bryson	FY	Distance	Appleton, Wis.
Joe Burns	So.	Fly	Minot, N.D.
Caleb Cohoon	So.	Breast	Buffalo, Wyo.
Chris Dickey	So.	Free	Lakeville, Minn.
Nathan Engfer	Jr.	Fly	Buffalo, Minn.
Ethan Fisher	FY	Distance	Lawrence, Kan.
Ryan Goggans	Jr.	Distance	Appleton, Wis.
Joel Gregory	Sr.	Free	Richmond, Minn.
Jake Hausauer	Jr.	Free	Minnetonka, Minn.
Murphy Hebbard	So.	Breast	New Lennox, Ill.
Zac Henderson	Sr.	Fly	Lawrence, Kan.
Paul Hoffmann	Sr.	Back	Mexico City, Mexico
Napoleon Howell	So.	Breast	St. Augustine, Trinidad
Dylan Hoven	FY	Free	Bemidji, Minn.
Alex Jaholkowski	Sr.	Breast	Papillion, Neb.
Jake Koetter	FY	Free	Melrose, Minn.
Mike Larch	Jr.	Breast	Monticello, Minn.
Jake Larson	Jr.	Free	Brainerd, Minn.
Tyler Magalis	FY	Diving	Farmington, Minn.
Mike Miller	So.	Fly	Acworth, Ga.
Brandon Molnar	So.	Fly	Farmington, Minn.
Landon Ostlie	FY	Back	Jamestown, N.D.
Robert Pagan	So.	Fly	Newark, Del.
Mitchell Pruss	Sr.	Fly	Norfolk, Neb.
Aaron Rooney	FY	Diving	Alexandria, Minn.
Robb Rotramel	Sr.	Free	Ramsey, Minn.
Bob Simson	So.	Back	St. Cloud, Minn.
Rob Stafford	Jr.	Free	Durango, Colo.
Jake Stoll	FY	Free	Gilbert, Ariz.
Joe Tulenko	FY	Breast	Longmont, Colo.
Chris Tung	FY	Back	Reno, Nev.
Luke Weber	Jr.	Diving	Mankato, Minn.
Chris White	Jr.	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
1000 Freestyle	Dayna Nellis	10:35.75	Feb. 16, 2011
1650 Freestyle	Dayna Nellis	17:38.57	Dec. 4, 2010
50 Butterfly	Kirsten Koetter	:26.45	Nov. 6, 2010
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
200 Individual Medley	Jasmine Lee	2:06.88	Feb. 17, 2011
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
3-Meter Diving (60)	Cassi Mrozek	259.85	Oct. 30, 2010
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
200 Breaststroke	Napoleon Howell	2:07.75	Feb. 19, 2011
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
200 Medley Relay	Simson, Howell, Burns, Hausauer	1:32.94	Feb. 19, 2011
400 Medley Relay	Green, Buhr, Rotramel, Cordry	3:25.84	Mar. 12, 2009
1M Diving (50/1v)	Nate Jimerson	325.85	Nov. 1, 2008
1M Diving (60)	Luke Weber	312.30	Sept. 24, 2010
1M Diving (11)	Nate Jimerson	561.05	Jan. 23, 2009
3M Diving (50/1v)	Jeremy Frye	331.90	Feb./1999
3M Diving (60)	Luke Weber	309.90	Oct. 23, 2010
3M Diving (11)	Ryan Bucher	573.50	Feb./1998

Records set this season are in bold

Huskies Best of 2011-12 as of 10/26/11 (*NCAA Qualifying Scores)

Men

50 Free:24.49 (Dylan Hoven), 10/15/11
100 Free:54.26 (Jake Hausauer), 10/15/11
200 Free:2:02.07 (Jake Stoll), 10/15/11
400 free:4:16.04 (Alex Bryson), 10/15/11
500 Free:
1,000 Free:
1,650 Free:
50 Fly:
100 Fly:1:01.18 (Joe Burns), 10/15/11
200 Fly:2:18.54 (Ryan Goggans), 10/15/11
50 Breast:
100 Breast:1:05.45 (Napoleon Howell), 10/15/11
200 Breast:2:25.26 (Napoleon Howell), 10/15/11
50 Back:
100 Back:1:00.60 (Bob Simson), 10/15/11
200 Back:2:16.42 (Chris Tung), 10/15/11
200 IM:2:16.41 (Alex Bryson), 10/15/11
400 IM:
200 Free Relay:
400 Free Relay:3:36.56 (Stoll, Larson, Hoven, Hausauer), 10/15/11
800 Free Relay:
200 Medley Relay:1:47.20 (Simson, Howell, Burns, Hausauer), 10/15/11
400 Medley Relay:
1-M Dive (60):267.40 (Chris White) 10/15/11
1-M Dive (11):
3-M Dive (60):307.60 (Chris White), 10/15/11*
3-M Dive (11):

Women

50 Free:24.67 (Kirsten Koetter), 10/21/11
100 Free:54.23 (Kirsten Koetter), 10/21/11
200 Free:2:01.48 (Kelsey Noah), 10/21/11
500 Free:5:25.72 (Kelsey Noah), 10/21/11
1,000 Free:11:02.02 (Dayna Nellis), 10/22/11
1,650 Free:18:12.57 (Dayna Nellis), 10/21/11
50 Fly:26.23 (Kirsten Koetter), 10/22/11
100 Fly:1:01.37 (Meghan Carmichael), 10/22/11
200 Fly:2:15.04 (Dayna Nellis), 10/21/11
50 Breast:31.19 (Amber Alexander), 10/22/11
100 Breast:1:07.68 (Amber Alexander), 10/21/11
200 Breast:2:27.81 (Kelly Craig), 10/21/11
50 Back:28.95 (Jasmine Lee), 10/22/11
100 Back:1:00.93 (Jasmine Lee), 10/22/11
200 Back:2:09.45 (Jasmine Lee), 10/21/11
200 IM:2:15.11 (Jasmine Lee), 10/22/11
400 IM:4:45.06 (Kelly Craig), 10/21/11
200 Free Relay:1:41.66 (Crandall, Domeier, Alexander, Kojic), 10/22/11
400 Free Relay:3:42.74 (Koetter, Kojic, Beecher, Noah), 10/21/11
800 Free Relay:
200 Medley Relay:1:50.86 (Lee, Rasmussen, Koetter, Domeier), 10/22/11
400 Medley Relay:4:02.94 (Lee, Alexander, Mikrut, Domeier), 10/21/11
1-M Dive (60):251.10 (Tori Rainhle), 10/22/11
1-M Dive (11):
3-M Dive (60):243.90 (Ali Tracy), 10/21/11
3-M Dive (11):





Women's Individual Season Bests 2011-12 (A)= A-Cut / (B)= B-Cut / (*)=NCAA Qualifiers

SCSU Swimmers

Amber Alexander

50 free:25.91, 10/21/11
100 free:57.51, 10/21/11
50 breast.....:31.19, 10/22/11
100 breast.....:1:07.68, 10/22/11

Caitlyn Beecher

100 free:58.53, 10/22/11
1000 free:11:31.31, 10/22/11
400 IM.....:4:57.03, 10/21/11
200 back.....:2:17.15, 10/21/11

Megan Carmichael

100 fly:1:01.37, 10/22/11
200 fly:2:16.92, 10/21/11
200 IM.....:2:19.94, 10/22/11
400 IM.....:4:53.89, 10/21/11

Elaine Casap

50 breast.....:34.75, 10/22/11
100 breast.....:1:15.42, 10/22/11
200 breast.....:2:44.25, 10/21/11
50 free:28.68, 10/21/11

Kellyn Craig

200 free:2:02.90, 10/22/11
100 breast.....:1:08.69, 10/22/11
200 breast.....:2:27.81, 10/21/11
200 IM.....:2:16.62, 10/22/11
400 IM.....:4:45.06, 10/21/11

Stephanie Crandall

50 free:25.45, 10/22/11
100 free:55.52, 10/21/11
200 free:2:03.04, 10/21/11
100 back.....:1:01.69, 10/22/11

Brianna Dietz

Ali Domeier

50 free:26.04, 10/21/11
100 free:55.79, 10/21, 10/21/11
200 free:2:10.70, 10/22/11

Melissa Funke

200 free:2:12.62, 10/22/11
100 breast.....:1:12.75, 10/22/11
200 breast.....:2:34.32, 10/21/11
200 IM.....:2:20.50, 10/22/11
400 IM.....:4:58.27, 10/21/11

Diana Gehrman

Katie Hines

200 free:2:11.98, 10/21/11
500 free:5:53.81, 10/22/11
200 back.....:2:20.96, 10/21/11

Kirsten Koetter

50 free:24.67, 10/21/11
100 free:54.23, 10/21/11
50 fly.....:26.23, 10/22/11

Mirna Kojic

50 free:25.78, 10/21/11
100 free:57.38, 10/22/11
200 free:2:02.43, 10/22/11
50 fly.....:28.94, 10/22/11

Chandler Keating

200 free:2:08.19, 10/22/11
50 breast.....:34.06, 10/22/11
100 breast.....:1:14.57, 10/22/11
200 breast.....:2:38.04, 10/21/11

Jasmine Lee

50 back.....:28.95, 10/22/11
100 back.....:1:00.93, 10/22/11
200 back.....:2:09.45, 10/21/11
200 IM.....:2:15.11, 10/22/11

Tori Martinez

100 back.....:1:05.52, 10/22/11
200 back.....:2:19.13, 10/21/11
200 free:2:10.64, 10/22/11

Lindsey Mikrut

50 free:26.35, 10/21/11
50 fly:28.60, 10/22/11
100 fly:1:01.43, 10/22/11
200 fly:2:18.76, 10/21/11

Nicky Miller

500 free:5:41.94, 10/21/11

Kelly Morford

50 back.....:31.23, 10/22/11
100 back.....:1:06.61, 10/22/11
200 back.....:2:23.70, 10/21/11

Naomi Muckler

50 free:27.39, 10/22/11
500 free:5:34.31, 10/22/11
1000 free:11:23.06, 10/22/11
1650 free:18:59.63, 10/21/11

Dayna Nellis

1000 free:11:02.02, 10/22/11
1650 free:18:12.57, 10/21/11
100 fly:1:02.98, 10/22/11
200 fly:2:15.04, 10/21/11

Kelsey Noah

200 free:2:01.48, 10/21/11
500 free:5:25.72, 10/21/11

Caitlin Pardi

50 back.....:30.57, 10/22/11
200 back.....:2:24.11, 10/21/11

Aimee Peterson

50 free:27.35, 10/21/11
100 free:1:01.87, 10/22/11

Makenzie Pillsbury

50 fly:28.93, 10/22/11
100 fly:1:07.07, 10/22/11
200 fly:2:34.18, 10/21/11
200 breast.....:2:39.00, 10/21/11

Abby Rasmussen

50 breast.....:31.83, 10/22/11
100 breast.....:1:09.09, 10/22/11
200 breast.....:2:35.60, 10/21/11
50 free:28.21, 10/21/11

Jenn Rothe

200 free:2:06.78, 10/21/11
500 free:5:35.95, 10/21/11
1000 free:11:29.33, 10/22/11

Marissa Smith

50 back.....:32.34, 10/22/11
100 back.....:1:08.94, 10/22/11
50 free:28.24, 10/22/11
100 free:59.84, 10/21/11

Erin Walter

200 free:2:07.29, 10/21/11
500 free:5:41.25, 10/22/11
200 back.....:2:25.01, 10/21/11

SCSU DIVERS

Chelsey Bethke

1-meter (60).....:232.50, 10/21/11
3-meter (60).....:217.40, 10/22/11
1-meter (11).....
3-meter (11).....

Emily McIntire

1-meter (60).....:197.80, 10/21/11
3-meter (60).....:204.20, 10/22/11
1-meter (11).....
3-meter (11).....

Tori Raihle

1-meter (60).....:251.10, 10/22/11
3-meter (60).....:232.95, 10/21/11
1-meter (11).....
3-meter (11).....

Ali Tracy

1-meter (60).....:242.45, 10/21/11
3-meter (60).....:243.90, 10/21/11
1-meter (11).....
3-meter (11).....

Mary Woodson

1-meter (60).....:221.55, 10/21/11
3-meter (60).....:204.25, 10/21/11
1-meter (11).....
3-meter (11).....



Men's Individual Season Bests 2011-12 (A)= A-Cut / (B)= B-Cut / (*)=NCAA Qualifiers

SCSU Swimmers

Will Anzion

100 free:59.27, 10/15/11
200 free:2:09.56, 10/15/11

Adam Boone

200 free:2:03.83, 10/15/11
400 free:4:22.32, 10/15/11
200 IM.....:2:22.67, 10/15/11

Shane Broermann

100 free:59.08, 10/15/11

Alex Bryson

400 free:4:16.04, 10/15/11
800 free:8:53.18, 10/15/11
200 IM.....:2:16.41, 10/15/11

Joe Burns

50 free:24.90, 10/15/11
100 fly.....:1:01.18, 10/15/11

Caleb Cohoon

200 free:2:10.38, 10/15/11

Chris Dickey

Nathan Engfer

Ethan Fisher

400 free:4:25.18, 10/15/11
800 free:9:12.64, 10/15/11

Ryan Goggans

200 fly:2:18.54, 10/15/11
400 free:4:23.90, 10/15/11

Joel Gregory

100 fly:1:01.93, 10/15/11
200 free:2:02.64, 10/15/11

Jake Hausauer

50 free:24.78, 10/15/11
100 free:54.26, 10/15/11

Murphy Hebbard

100 fly:1:01.48, 10/15/11
200 fly:2:21.12, 10/15/11

Zac Henderson

Paul Hoffman

Napoleon Howell

100 breast.....:1:05.45, 10/15/11
200 breast.....:2:25.26, 10/15/11

Dylan Hoven

50 free:24.49, 10/15/11

Alex Jaholkowski

100 free

Jake Koetter

Mike Larch

100 breast.....:1:09.95, 10/15/11
200 breast.....:2:36.02, 10/15/11

Jake Larson

100 free:55.28, 10/15/11
200 free:2:03.87, 10/15/11

Mike Miller

Brandon Molnar

100 free:58.00, 10/15/11

Landon Ostlie

100 back.....:1:05.97, 10/15/11
200 back.....:2:22.98, 10/15/11

Robert Pagan

200 fly:2:31.71, 10/15/11

Mitch Pruss

100 fly:1:02.75, 10/15/11
200 fly:2:20.42, 10/15/11
200 IM.....:2:24.06, 10/15/11

Robb Rotramel

50 free:25.46, 10/15/11
100 free:55.48, 10/15/11

Bob Simson

100 back:1:00.60, 10/15/11
200 back.....:2:17.93, 10/15/11
200 IM.....:2:17.93, 10/15/11

Rob Stafford

100 back:1:05.89, 10/15/11
200 back:2:21.58, 10/15/11

Jake Stoll

100 free:54.72, 10/15/11
200 free:2:02.07, 10/15/11

Joe Tulenko

100 breast.....:1:1.85, 10/15/11
200 breast.....:2:38.59, 10/15/11

Chris Tung

100 back:1:02.71, 10/15/11
200 back:2:16.42, 10/15/11

SCSU DIVERS

Tyler Magalis

1 meter (6o):226.00, 10/15/11
3 meter (6o):205.95, 10/15/11
1 meter (11)
3 meter (11)

Aaron Rooney

1 meter (6o):231.55, 10/15/11
3 meter (6o):215.40, 10/15/11
1 meter (11)
3 meter (11)

Luke Weber

1 meter (6o):242.45, 10/15/11
3 meter (6o):272.95, 10/15/11
1 meter (11)
3 meter (11)

Chris White

1 meter (6o):267.40, 10/15/11
3 meter (6o):307.60, 10/15/11*
1 meter (11)
3 meter (11)



Women's Team Top-10* Marks 2011-12 / (A)= A-Cut / (B)= B-Cut / (*)=NCAA Qualifiers

50 Freestyle
:24.67.....Kirsten Koetter, 10/21/11
:24.88.....Kirsten Koetter, 10/22/11
:25.45.....Steph Crandall, 10/22/11
:25.78.....Mirna Kojic, 10/21/11
:25.91.....Amber Alexander, 10/21/11
:26.04.....Ali Domeier, 10/21/11
:26.35.....Lindsey Mikrut, 10/21/11
:27.35.....Aimee Peterson, 10/21/11
:27.39.....Naomi Muckler, 10/22/11
:27.61.....Aimee Peterson, 10/22/11

100 Freestyle
:54.23.....Kirsten Koetter, 10/21/11
:54.72.....Kirsten Koetter, 10/22/11
:55.52.....Steph Crandall, 10/21/11
:55.79.....Ali Domeier, 10/21/11
:56.75.....Ali Domeier, 10/22/11
:57.38.....Mirna Kojic, 10/22/11
:57.51.....Amber Alexander, 10/21/11
:58.83.....Cati Beecher, 10/22/11
:59.84.....Marissa Smith, 10/21/11
1:01.87.....Aimee Peterson, 10/22/11

200 Freestyle
2:01.48.....Kelsey Noah, 10/21/11
2:02.43.....Mirna Kojic, 10/22/11
2:02.90.....Kelly Craig, 10/22/11
2:03.04.....Steph Crandall, 10/21/11
2:03.47.....Kelsey Noah, 10/22/11
2:06.78.....Jenn Rothe, 10/21/11
2:07.29.....Erin Walter, 10/21/11
2:07.78.....Erin Walter, 10/22/11
2:08.19.....Chandler Keating, 10/22/11
2:08.74.....Chandler Keating, 10/21/11

500 Freestyle
5:25.72.....Kelsey Noah, 10/21/11
5:30.32.....Kelsey Noah, 10/22/11
5:34.31.....Naomi Muckler, 10/22/11
5:35.95.....Jenn Rothe, 10/21/11
5:41.25.....Erin Walter, 10/22/11
5:41.57.....Jenn Rothe, 10/22/11
5:41.94.....Nikki Miller, 10/21/11
5:42.26.....Nikki Miller, 10/22/11
5:53.81.....Katie Hines, 10/22/11

1000 Freestyle
11:02.02.....Dayna Nellis, 10/22/11
11:23.06.....Naomi Muckler, 10/22/11
11:29.33.....Jenn Rothe, 10/22/11
11:31.31.....Cati Beecher, 10/22/11

1650 Freestyle
18:12.57.....Dayna Nellis, 10/21/11
18:59.63.....Naomi Muckler, 10/21/11

50 Butterfly
:26.23.....Kirsten Koetter, 10/22/11
:28.60.....Lindsey Mikrut, 10/22/11
:28.93.....Makenzie Pillsbury, 10/22/11
:28.94.....Mirna Kojic, 10/22/11

100 Butterfly
1:01.37.....Meghan Carmichael, 10/22/11
1:01.43.....Lindsey Mikrut, 10/22/11
1:02.98.....Dayna Nellis, 10/22/11
1:07.07.....Makenzie Pillsbury, 10/22/11

200 Butterfly
2:15.04.....Dayna Nellis, 10/21/11
2:16.92.....Meghan Carmichael, 10/21/11
2:18.76.....Lindsey Mikrut, 10/21/11
2:34.18.....Makenzie Pillsbury, 10/21/11

50 Breaststroke
:31.19.....Amber Alexander, 10/22/11
:31.83.....Abby Rasmussen, 10/22/11
:34.06.....Chandler Keating, 10/22/11
:34.75.....Elaine Casap, 10/22/11

100 Breaststroke
1:07.68.....Amber Alexander, 10/22/11
1:08.69.....Kellyn Craig, 10/22/11
1:09.09.....Abby Rasmussen, 10/22/11
1:12.75.....Melissa Funke, 10/22/11
1:14.57.....Chandler Keating, 10/22/11
1:15.42.....Elaine Casap, 10/22/11

200 Breaststroke
2:27.81.....Kellyn Craig, 10/21/11
2:34.32.....Melissa Funke, 10/21/11
2:35.60.....Abby Rasmussen, 10/21/11
2:38.04.....Chandler Keating, 10/21/11
2:39.00.....Makenzie Pillsbury, 10/21/11
2:44.25.....Elaine Casap, 10/21/11

50 Backstroke
:28.95.....Jasmine Lee, 10/22/11
:30.57.....Caitlin Pardi, 10/22/11
:31.23.....Kelly Morford, 10/22/11
:32.34.....Marissa Smith, 10/22/11

100 Backstroke
1:00.93.....Jasmine Lee, 10/22/11
1:01.69.....Steph Crandall, 10/22/11
1:05.52.....Tori Martinez, 10/22/11
1:06.61.....Kelly Morford, 10/22/11
1:08.94.....Mariss Smith, 10/22/11

200 Backstroke
2:09.45.....Jasmine Lee, 10/21/11
2:17.15.....Cati Beecher, 10/21/11
2:19.13.....Tori Martinez, 10/21/11
2:24.11.....Caitlin Pardi, 10/21/11
2:20.96.....Katie Hines, 10/21/11
2:23.70.....Kelly Morford, 10/21/11
2:25.01.....Erin Walter, 10/21/11

200 IM
2:15.11.....Jasmine Lee, 10/22/11
2:16.62.....Kellyn Craig, 10/22/11
2:19.94.....Meghan Carmichael, 10/22/11
2:20.50.....Melissa Funke, 10/22/11

400 IM
4:45.06.....Kellyn Craig, 10/21/11
4:53.89.....Meghan Carmichael, 10/21/11
4:57.03.....Cati Beecher, 10/21/11
4:58.27.....Melissa Funke, 10/21/11

1-Meter Diving (60)
251.10.....Tori Raihle, 10/22/11
242.45.....Alli Tracy, 10/21/11
232.95.....Tori Raihle, 10/15/11
232.50.....Chelsey Bethke, 10/21/11
224.90.....Alli Tracy, 10/22/11
221.55.....Tori Raihle, 10/21/11
221.50.....Tori Raihle, 10/21/11
220.70.....Chelsey Bethke, 10/22/11
211.75.....Chelsey Bethke, 10/15/11
209.55.....Mary Woodson, 10/22/11

1-Meter Diving (11)

3-Meter Diving (60)
243.90.....Alli Tracy, 10/21/11
232.95.....Tori Raihle, 10/21/11
231.65.....Alli Tracy, 10/22/11
229.85.....Tori Raihle, 10/22/11
217.40.....Chelsey Bethke, 10/22/11
208.60.....Tori Raihle, 10/15/11
204.25.....Mary Woodson, 10/21/11
204.20.....Emily McIntire, 10/22/11
202.25.....Mary Woodson, 10/22/11
202.00.....Chelsey Bethke, 10/21/11

3-Meter Diving (11)

200 Freestyle Relay
1:41.66.....Steph Crandall, Ali Domeier, Amber Alexander, Mirna Kojic, 10/22/11
1:46.31.....Cati Beecher, Kelsey Noah, Dayna Nellis, Meghan Carmichael, 10/22/11
1:49.69.....Aimee Peterson, Naomi Muckler, Jenn Rothe, Kelly Morford, 10/22/11
1:53.03.....Katie Hines, Erin Walter, Nikki Miller, Tori Martinez, 10/22/11

400 Freestyle Relay
3:42.74.....Kirsten Koetter, Mirna Kojic, Cati Beecher, Kelsey Noah, 10/21/11
3:52.59.....Dayna Nellis, Jenn Rothe, Jasmine Lee, Tori Martinez, 10/21/11
3:58.76.....Naomi Muckler, Aimee Peterson, Nicki Miller, Marissa Smith, 10/21/11

800 Freestyle Relay

200 Medley Relay
1:50.86.....Jasmine Lee, Abby Rasmussen, Kirsten Koetter, Ali Domeier, 10/22/11
1:51.93.....Steph Crandall, Amber Alexander, Meghan Carmichael, Lindsey Mikrut, 10/22/11
2:00.58.....Caitlin Pardi, Elaine Casap, Makenzie Pillsbury, Aimee Peterson, 10/22/11
2:04.09.....Kelly Morford, Chandler Keating, Katie Hines, Nikki Miller, 10/22/11

400 Medley Relay
4:02.94.....Jasmine Lee, Amber Alexander, Lindsey Mikrut, Ali Domeier, 10/21/11
4:05.93.....Steph Crandall, Abby Rasmussen, Meghan Carmichael, Mirna Kojic, 10/21/11
4:21.01.....Caitlin Pardi, Chandler Keating, Makenzie Pillsbury, Erin Walter, 10/21/11
4:31.44.....Kelly Morford, Elaine Casap, Diana Gehrman, Marissa Smith, 10/21/11



Men's Team Top-10* Marks 2011-12 / (A)= A-Cut / (B)= B-Cut / (*)=NCAA Qualifiers

50 Freestyle
:24.49.....Dylan Hoven, 10/15/11
:24.78..... Jake Hausauer, 10/15/11
:24.90..... Joe Burns, 10/15/11
:25.46..... Robb Rotramel, 10/15/11

100 Freestyle
:54.26..... Jake Hausauer, 10/15/11
:54.72..... Jake Stoll, 10/15/11
:55.28..... Jake Larson, 10/15/11
:55.48..... Rob Rotramel, 10/15/11
:58.00..... Brandon Molnar, 10/15/11
:59.08..... Shane Broermann, 10/15/11
:59.27..... Will Anzion, 10/15/11

200 Freestyle
2:02.07..... Jake Stoll, 10/15/11
2:02.64..... Joel Gregory, 10/15/11
2:03.83..... Adam Boone, 10/15/11
2:03.87..... Jake Larson, 10/15/11
2:09.56..... Will Anzion, 10/15/11
2:10.38..... Caleb Cohoon, 10/15/11

400 Freestyle
4:16.04..... Alex Bryson, 10/15/11
4:22.32..... Adam Boone, 10/15/11
4:23.90..... Ryan Goggans, 10/15/11
4:25.18..... Ethan Fisher, 10/15/11

500 Freestyle

800 Freestyle
8:53.18..... Alex Bryson, 10/15/11
9:12.64..... Ethan Fisher, 10/15/11

1000 Freestyle

1650 Freestyle

50 Butterfly

100 Butterfly

1:01.18..... Joe Burns, 10/15/11
1:01.48..... Murphy Hebbard, 10/15/11
1:01.93..... Joel Gregory, , 10/15/11
1:02.75..... Mitch Pruss, 10/15/11

200 Butterfly

2:18.54..... Ryan Goggans, 10/15/11
2:20.42..... Mitch Pruss, 10/15/11
2:21.12..... Murphy Hebbard, 10/15/11
2:31.71..... Rob Pagan, 10/15/11

50 Breaststroke

100 Breaststroke

1:05.45..... Napoleon Howell, 10/15/11
1:09.95..... Mike Larch, 10/15/11
1:11.85..... Joe Tulenko, 10/15/11

200 Breaststroke

2:25.26..... Napleon Howell, 10/15/11
2:36.02..... Mike Larch, 10/15/11
2:38.59..... Joe Tulenko, 10/15/11

50 Backstroke

100 Backstroke
1:00.60..... Bob Simson, 10/15/11
1:02.71..... Chris Tung, 10/15/11
1:05.89..... Robert Stafford, 10/15/11
1:05.97..... Landon Ostlie, 10/15/11

200 Backstroke
2:16.42..... Chris Tung, 10/15/11
2:17.93..... Bob Simson, 10/15/11
2:21.58..... Robert Stafford, 10/15/11
2:22.98..... Landon Ostlie, 10/15/11

200 IM
2:16.41..... Alex Bryson, 10/15/11
2:17.93..... Bob Simson, 10/15/11
2:22.67..... Adam Boone, 10/15/11
2:24.06..... Mitch Pruss, 10/15/11

400 IM

1-Meter Diving (6o)
267.40..... Chris White, 10/15/11
242.45..... Luke Weber, 10/15/11
231.55..... Aaron Rooney, 10/15/11
226.00..... Tyler Magalis, 10/15/11

1-Meter Diving (11)

3-Meter Diving (6o)
307.60..... Chris White, 10/15/11*
272.95..... Luke Weber, 10/15/11
215.40..... Aaron Rooney, 10/15/11
205.95..... Tyler Magalis, 10/15/11

3-Meter Diving (11)

200 Freestyle Relay

400 Freestyle Relay

3:36.56..... Jake Stoll, Jake Larson, Dylan Hoven, Jake Hausauer, 10/15/11
3:41.97..... Joe Burns, Joel Gregory, Ryan Goggans, Robb Rotramel, 10/15/11
3:51.11..... Caleb Cohoon, Landon Ostlie, Rob Pagan, Brandon Molnar, 10/15/11
3:59.81..... Shane Broermann, Zach Henderson, Ethan Fisher, Will Anzion, 10/15/11

800 Freestyle Relay

200 Medley Relay

1:47.20..... Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer, 10/15/11
1:52.76..... Chris Tung, Mike Larch, Jake Stoll, Dylan Hoven, 10/15/11
1:55.82..... Robert Stafford, Joe Tulenko, Murphy Hebbard, Brandon Molnar, 10/15/11
1:59.89..... Zach Henderson, Caleb Cohoon, Rob Pagan, Shane Broermann, 10/15/11

400 Medley Relay



2010-11 Women Winners

Amber Alexander - 10/22/11: 50 breast, 100 breast;
Kirsten Koetter - 10/21/11: 50 free, 100 free; 10/22/11: 50 free, 50 fly;
Jasmine Lee - 10/21/11: 200 back; 10/22/11: 50 back, 100 back;
Dayna Nellis - 10/21/11: 1,650 free;
Tori Raihle - 10/22/11: 1 meter dive;
Ali Tracy - 10/21/11: 1 meter dive; 10/22/11: 3 meter dive;
200 Medley Relay - 10/22/11: Jasmine Lee, Abby Rasmussen, Kirsten Koetter, Ali Domeier

2010-11 Men's Winners

Alex Bryson - 10/15/11: 800 Free, 400 free;
Napoleon Howell - 10/15/11: 100 breast, 200 breast;
Chris White - 10/15/11: 3M (60) dive;
200 Medley Relay - 10/15/11: Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer;
400 Free Relay - 10/15/11: Jake Stoll, Jake Larson, Dylan Hoven, Jake Hausauer;

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 (11th Season)
Hegle's Phone 320-308-4266
Hegle's Email..... jmhegle@stcloudstate.edu
Assistant Coaches..... Tracy Torgerson (Diving),
Graduate assistants: Anthony Buhr, Sarah Burnell



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



Assisting in 2010-11

Head Coach - Jeff Hegle



Coach Hegle

Jeff Hegle embarks upon his 11th 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 2011-12.

In his ten seasons with SCSU Hegle has led the Huskies to numerous NCAA Division II Championship meets, consistently finishing among the best in the country.

St. Cloud State University wrapped up action at the 2011 NCAA Division II Swimming & Diving Championships on Saturday, March 12, with the men's team finishing 17th in the country (79 points) and the women's squad placing 25th with 27 tallies.

St. Cloud State sent two swimmers and five divers to the NCAA's on March 9-12. Junior All-American Kirsten Koetter (Melrose) returned to the NCAA's, swimming in the 50 free, 100 free and 100 fly. Sophomore Shalon Rothstein (Albany) headed 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) represented the women's divers. All three of St. Cloud State's male divers in sophomore Chris White (Rochester), sophomore Luke Weber (Mankato) and first year Malachi Bennet (Casper, Wyo.) qualified for

nationals as well.

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 on Feb. 16-19. St. Cloud State defended both the men's and women's team championships at the Midwestern Championships 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.

Hegle also helped coach four St. Cloud State individuals to prestigious conference awards. Those individuals included Jasmine Lee, who garnered Female Rookie of the Year honors, Bob Simson tabbed the Male Rookie of the Year accolades. St. Cloud State's Ryan Goggans gained the Top Male Newcomer of the Year nod and sophomore diver Luke Weber tallied the Male Diver of the Year status.

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 in 2009-10 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. The season before in 2007-08, 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 the previous season's (2007-08) 20th place finish. Their 158 total points rank second best 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 the 2007-08 15th place team.

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.

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.

Seven seasons ago at the North Central Conference Championship meet (2004-05) 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.

Tracy Torgerson begins her fourth season as the Huskies diving coach in 2011-12. This past season in 2010-11, Coach Torgerson helped coach three male divers in Luke Weber, Chris White and rookie Malachi Bennett to the 2011 NCAA Championships, as well as female divers Allison Tracy and Cassi Mrozek.



Tracy Torgerson

Torgerson's expertise enabled SCSU's sophomore diver Luke Weber (Mankato) to return to his native town to sweep both the one-meter and three-meter boards at the 2011 Midwestern Collegiate Championships on Friday and Saturday, Feb. 18-19, in the Minnesota State pool. For his efforts, Weber was named the MCC's Male Diver of the Year for the second consecutive season.

The three male divers also brought home six All-American trophies from the 2011 NCAA's in San Antonio, Tex., while the pair of women tabbed All-American Honorable Mention honors on the one-meter board. For her efforts during the 2009-10 season, Torgerson 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.

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



Sarah Burnell Graduate Assistant Coach



Anthony Buhr Graduate Assistant Coach



Records

Men

Pool Records

Chris White - 3- meter board (307.60), USD pool record

Meet Records

School Records

Women

Pool Records

Meet Records

School Records

National Qualifiers

Men

National Qualifiers

B-Cut Qualifiers

Women

National Qualifiers

B-Cut Qualifiers