



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



2010-11 Season



2010-11 SCSU Schedule

| Date | Meet | Time/Result |
|----------------|-----------------------------|--------------|
| Oct 2-3 | Intersquad Meet | 7:00/2:00 pm |
| 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) | 12:00 p.m. |
| Oct. 23 | Minnesota State | 2:30 p.m. |
| Oct. 30 | UW-Stevens Point | 1 p.m. |
| | UW-Eau Claire | 1 p.m. |
| Nov. 5 | Gustavus Adolphus College! | 6:30 p.m. |
| Nov. 6 | Gustavus Adolphus College | 1:00 p.m. |
| Nov. 12 | UW Green Bay | TBA |
| Nov. 13 | UW Green Bay | TBA |
| Dec. 3 | UW River Falls Invitational | TBA |
| Dec. 4 | UW River Falls Invitational | TBA |
| Dec. 28-Jan. 8 | SCSU Training Trip | TBA |
| Jan. 21 | St. Johns / St. Bens | TBA |
| Jan. 22 | St. Olaf / St. Thomas | 1 p.m. |
| Feb. 4-5 | Minnesota Challenge | TBA |
| Feb. 16-19 | Midwestern Championships | TBA |
| March 9-12 | NCAA DII Championships | TBA |

I 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 tcnelson@stcloudstate.edu and crstang@stcloudstate.edu respectfully.

IMPORTANT NUMBERS:

SCSU Ticket Office: 320-308-2137
SCSU AMR Office: 320-308-2141
Soccer Office: 320-308-2996

HUSKY HOME PAGE:

2010-11 SCSU SWIMMING & DIVING NEWS Release No. 1: October 25, 2010

SCSU HEADING SOUTH FOR THE WEEKEND: The St. Cloud State University men's and women's swimming & diving team will now be on the road this week as they head to St. Peter to take on Gustavus Adolphus College.

The Huskies diving team will compete Friday at 6:30 at the Lund Center on campus, before the swimmers compete at 1 p.m. Saturday afternoon in the same building.

IMPRESSIVE ROAD TRI-DUAL: The Huskies had a solid outing in a three-team meet Saturday afternoon winning three of four duals against the University of Wisconsin Stevens Point and the University of Wisconsin Eau Claire.

The women's team beat the UW-Stevens Point 195.50 to 103.50 and beat up on the UW-Eau Claire 191 to 108, while the men beat UW-Eau Claire 218 to 75 and lost to UW-Stevens Point 126 to 164. Overall, the Huskies won 18 events as freshman Jasmine Lee (Green Bay, Wis.) recorded wins in multiple events as she came out on top in the 100 backstroke with a time of 1:01.41 and then she posted the top time in the 200 IM with a time of 2:12.81.

She also helped junior Amber Alexander (Minot, N.D.), freshman Lindsey Mikrut (Genoa City, Wis.) and senior April Greene (Sun Prairie, Wis.) win the 400 medley relay in 4:05.25. Alexander also won the 100 yard breaststroke with a time of 1:08.89

SETTING THE PACE: The Huskies swimming & diving team combined to set 15 new season highs in numerous events. The men's team set nine season highs including senior Joe Spann (North Pole, AK), sophomore Ryan Goggans (Appleton, Wis.) and freshman Joe Burns (Minot, N.D.), setting two team-bests a piece.

DYNAMIC DIVERS: Senior Cassi Mrozek (Inver Grove Heights) had a solid day on the diving board, winning both the three meter dive with a final score of 259.85 and the one meter dive with a total score of 229.55. Sophomore Chris White (Rochester) took home a win in the one meter dive with a final tally of 282.00, while freshman Malachi Bennet (Casper, Wyo.) won the final event of the day with a 298.60 score in the three meter dive.

THIS WEEK'S MATCHUP



DIVERS: Friday, November 5th - 6:30 p.m.

SWIMMERS: Saturday, November 6th- 1:00 p.m.

Gustavus Adolphus College
St. Peter, Minn.





SCSU Record Book

2010-11 Swimming & Diving Roster

| 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 | Sarah Bumell | 10:36.90 | Feb. 2007 (NCC) |
| 1650 Freestyle | Kelsey Noah | 17:45.48 | Dec. 5, 2009 |
| 50 Butterfly | Alisha Blaydes | :27.03 | Oct. 18, 2008 |
| 100 Butterfly | Alise Emil | :56.26 | 2005 NCAA's |
| 200 Butterfly | Dayna Nellis | 2:07.40 | Feb. 20, 2010 |
| | -Midwestern Collegiate Championships | | |
| 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 | Tesia Zuba | 2:07.50 | Feb 2002 |
| 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) | Kelsey Berkeland | 244.95 | Dec. 6, 2008 |
| 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 | Mark Tollefson | 2:07.98 | 1985 |
| 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 | Green, Buhr, Rotramel, Cordry | 1:32.96 | Mar. 11, 2009 |
| 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) | Nate Jimerson | 301.05 | Nov. 15, 2008 |
| 1M Diving (11) | Nate Jimerson | 561.05 | Jan. 23, 2009 |
| 3M Diving (50/1v) | Jeremy Frye | 331.90 | Feb./1999 |
| 3M Diving (60) | Nate Jimerson | 278.33 | Nov. 15, 2008 |
| 3M Diving (11) | Ryan Bucher | 573.50 | Feb./1998 |

Records set this season are in bold

| 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. |

Huskies Best of 2010-11 as of 10/25/10

| Men | |
|-------------------|-------------------------------------------------------|
| 50 Free: | :22.32 (Joe Burns), 10/30/10 |
| 100 Free: | :49.61 (Rob Rotramel), 10/23/10 |
| 200 Free: | 1:49.42 (Ryan Goggans), 10/30/10 |
| 500 Free: | 5:01.41 (Ryan Goggans), 10/30/10 |
| 1,000 Free: | 10:22.13 (Joe Palmersten), 10/30/10 |
| 1,650 Free: | |
| 50 Fly: | :24.71 (Joe Burns), 9/25/10 |
| 100 Fly: | :53.90 (Joe Burns), 10/30/10 |
| 200 Fly: | 2:04.61 (Joe Spann), 10/30/10 |
| 50 Breast: | :27.34 (Napoleon Howell), 9/24/10 |
| 100 Breast: | :59.88 (Napoleon Howell), 10/30/10 |
| 200 Breast: | 2:14.18 (Napoleon Howell), 10/30/10 |
| 50 Back: | |
| 100 Back: | :54.46 (Landon Hartwig), 9/24/10 |
| 200 Back: | 2:01.74 (Landon Hartwig), 9/25/10 |
| 200 IM: | 2:05.87 (Murphy Hebbard), 10/30/10 |
| 400 IM: | |
| 200 Free Relay: | 1:31.70 (Fuller, Anzion, Goggans, Rotramel), 9/25/10 |
| 400 Free Relay: | 3:18.49 (Goggans, Larson, Rotramel, Miller), 10/23/10 |
| 800 Free Relay: | |
| 200 Medley Relay: | 2:09.44 (Alex Jaholski), 9/25/10 |
| 400 Medley Relay: | |
| 1-M Dive (50/1v): | |
| 1-M Dive (60): | 3:12.30 (Luke Weber), 9/24/10 |
| 1-M Dive (11): | |
| 3-M Dive (50/1v): | |
| 3-M Dive (60): | 3:09.90 (Luke Weber), 10/23/10 |
| 3-M Dive (11): | |

| Women | |
|-------------------|--------------------------------------------------------|
| 50 Free: | :24.60 (Kirsten Koetter), 10/16/10 |
| 100 Free: | :54.10 (Ali Domeier), 10/23/10 |
| 200 Free: | 2:03.20 (Chloe Bartuska), 9/24/10 |
| 500 Free: | 5:20.57 (Dayna Nellis), 10/23/10 |
| 1,000 Free: | 10:58.52 (Dayna Nellis), 10/23/10 |
| 1,650 Free: | 18:20.31 (Dayna Nellis), 10/15/10 |
| 50 Fly: | :27.56 (Steph Crandall), 9/25/10 |
| 100 Fly: | 1:00.08 (Steph Crandall), 10/23/10 |
| 200 Fly: | 2:14.63 (Dayna Nellis), 10/30/10 |
| 50 Breast: | :31.12 (Amber Alexander), 10/16/10 |
| 100 Breast: | 1:08.89 (Amber Alexander), 10/30/10 |
| 200 Breast: | 2:31.18 (Melissa Funke), 10/30/10 |
| 50 Back: | :28.48 (Jasmine Lee), 10/16/10 |
| 100 Back: | :59.80 (Jasmine Lee), 10/23/10 |
| 200 Back: | 2:12.67 (Jasmine Lee), 9/25/10 |
| 200 IM: | 2:11.08 (Jasmine Lee), 10/23/10 (B-Cut) |
| 400 IM: | 4:52.62 (Mehan Carmichael), 10/15/10 |
| 200 Free Relay: | 1:42.74 (Domeier, Greene, Barbee, Mikrut), 9/25/10 |
| 400 Free Relay: | 3:38.58 (Koetter, Domeier, Greene, Crandall), 10/30/10 |
| 800 Free Relay: | |
| 200 Medley Relay: | 1:50.11 (Lee, Alexander, Crandall, Domeier), 10/23/10 |
| 400 Medley Relay: | 4:03.97 (Lee, Alexander, Crandall, Koetter), 10/15/10 |
| 1-M Dive (50/1v): | |
| 1-M Dive (60): | 2:47.20 (Cassi Mrozek), 10/23/10 |
| 1-M Dive (11): | |
| 3-M Dive (50/1v): | |
| 3-M Dive (60): | 2:59.85 (Cassi Mrozek), 10/30/10 |
| 3-M Dive (11): | |





Women's Individual Season Bests 2010-11

Amber Alexander

50 free26.41, 10/23/10
 50 breast.....31.12, 10/16/10
 100 breast.....1:08.89, 10/30/10
 200 breast.....2:42.30, 10/30/10
 200 IM.....2:27.78, 10/16/10

Liz Barbee

50 free26.22, 10/30/10
 100 free57.50, 10/23/10
 200 free2:07.88, 10/15/10
 50 breast.....35.44, 9/24/10
 100 breast.....1:15.19, 9/24/10
 50 fly30.07, 10/16/10

Chloe Bartuska

100 free56.78, 9/25/10
 200 free2:02.13, 10/16/10
 500 free5:30.51, 10/15/10

Megan Carmichael

50 fly28.23, 9/25/10
 100 fly1:00.70, 10/16/10
 200 fly2:17.00, 10/15/10
 200 IM.....2:18.82, 10/23/10
 400 IM.....4:52.62, 10/15/10

Heather Crandall

Stephanie Crandall

50 free25.62, 10/15/10
 200 free2:01.48, 10/30/10
 50 fly27.56 (2x) last, 10/16/10
 100 fly1:00.08, 10/23/10
 200 fly2:17.85, 9/24/10

Brianna Dietz

50 fly28.87, 9/25/10
 100 fly1:03.12, 10/30/10
 200 free2:02.37, 10/30/10
 200 IM.....2:23.09, 9/25/10
 400 IM.....5:02.95, 10/15/10

Ali Domeier

50 free25.14, 9/24/10
 100 free54.10, 10/23/10

Myranda Erickstad

50 free28.22, 9/24/10
 100 free57.50, 10/15/10
 200 free2:06.46, 10/15/10
 50 fly29.86, 9/25/10
 50 back.....31.52, 10/16/10

Melissa Funke

50 breast.....32.59, 10/16/10
 100 breast.....1:10.86, 10/30/10
 200 breast.....2:31.18, 10/30/10
 200 IM.....2:16.57, 10/23/10
 400 IM.....4:54.55, 10/15/10

Diana Gehrman

200 free2:04.39, 9/24/10
 500 free5:30.69, 10/15/10
 200 IM.....2:31.20, 9/25/10

April Greene

50 free25.76, 10/23/10
 100 free56.02, 10/23/10
 50 back.....29.57, 9/25/10
 100 back.....1:06.34, 9/24/10

Katie Hines

50 back.....31.00, 10/16/10
 100 back.....1:06.25, 10/16/10
 200 back.....2:21.69, 10/30/10
 200 IM.....2:26.75, 10/23/10

Kirsten Koetter

50 free24.60, 10/16/10
 100 free54.34, 10/30/10
 100 fly1:00.89, 10/23/10

Jasmine Lee

50 fly27.63, 9/25/10
 100 back.....59.80, 10/23/10
 200 back.....2:12.67, 9/25/10
 200 IM.....2:11.08, 10/23/10 (B)

Tori Martinez

200 free2:03.51, 10/13/10
 50 back.....31.09, 9/25/10
 100 back.....1:02.67, 10/30/10
 200 back.....2:13.82, 10/30/10

Lindsey Mikrut

50 free26.41, 10/15/10
 50 fly28.66, 10/16/10
 100 fly1:00.21, 10/30/10
 200 IM.....2:16.85, 10/23/10

Naomi Muckler

50 fly33.33, 9/25/10
 100 free1:00.05, 10/16/10
 200 free2:09.01, 10/30/10
 500 free5:33.78, 10/23/10
 1000 free11:25.92, 10/23/10
 1650 free19:19.89, 10/15/10

Dayna Nellis

50 fly28.30, 10/16/10
 100 fly1:02.53, 10/16/10
 200 fly2:14.63, 10/30/10
 500 free5:20.57, 10/23/10
 1000 free10:58.52, 10/23/10
 1650 free18:20.31, 9/15/10

Becky Newgren

50 free25.95, 10/15/10
 100 free1:00.02, 9/25/10
 100 back.....1:08.74, 10/23/10
 200 back.....2:30.42, 10/15/10

Kelsey Noah

200 free2:00.87, 10/15/10
 500 free5:25.41, 10/15/10
 1000 free11:09, 10/30/10

Caitlin Pardi

50 free28.10, 10/23/10
 50 back.....31.24, 10/16/10
 100 back.....1:04.81, 10/30/10
 200 back.....2:23.04, 10/30/10

Aimee Peterson

50 free27.25, 10/23/10
 100 free1:00.49, 10/23/10

Makenzie Pillsbury

50 breast.....34.35, 9/24/10
 100 breast.....1:12.54, 10/23/10
 200 breast.....2:39.94, 10/30/10
 200 IM.....2:22.61, 10/23/10

Jenn Rothe

200 free2:09.10, 10/16/10
 500 free5:29.44, 10/30/10
 1000 free11:24.30, 10/23/10
 1650 free19:09.59, 10/15/10

Shalon Rothstein

50 free26.60, 10/23/10
 100 free59.94, 9/25/10
 500 free5:40.02, 9/25/10
 1000 free11:22.64, 9/24/10
 50 breast.....31.53, 10/16/10
 100 breast.....1:10.02, 10/23/10
 200 breast.....2:34.36, 9/25/10

Marissa Smith

50 back.....31.98, 9/25/10
 100 back.....1:07.01, 10/23/10
 200 back.....2:27.99, 10/15/10
 50 free27.75, 10/23/10
 200 free2:08.27, 10/15/10

Jordan VanEgeren

Erin Walter

200 free2:06.17, 10/16/10
 500 free5:35.79, 10/23/10
 1000 free11:44.56, 9/24/10
 100 back.....1:07.93, 10/16/10
 200 back.....2:22.90, 10/15/10

SCSU DIVERS

Courtney Fleming

1-meter (6o).....193.50, 10/16/10
 3-meter (6o).....192.00, 10/16/10

Cassi Mrozek

1-meter (6o).....247.20, 10/23/10
 3-meter (6o).....259.85, 10/30/10

Hannah Peters

1-meter (6o).....218.35, 10/16/10
 3-meter (6o).....206.85, 10/30/10

Allison Tracy

1-meter (6o).....238.60, 10/23/10
 3-meter (6o).....251.75, 10/23/10

Mary Woodson

1-meter (6o).....212.75, 10/30/10
 3-meter (6o).....224.95, 9/25/10



Men's Individual Season Bests 2010-11

Will Anzion

500 free5:14.01, 10/23/10
1000 free10:50.76, 10/23/10

Tucker Asper

500 free5:30.23, 9/25/10
1000 free11:13.70, 9/24/10
200 back2:21.19, 9/25/10

Joe Burns

50 free22.32, 10/30/10
50 fly24.71, 9/25/10
100 fly53.90, 10/30/10
200 IM2:09.56, 9/25/10

Shane Broermann

50 free24.23, 9/24/10
100 free54.71, 9/25/10
200 free1:56.86, 10/23/10
200 breast2:44.77, 9/25/10
100 fly59.26, 10/23/10

Caleb Cohoon

50 free23.30, 10/23/10
100 free51.06, 10/23/10
100 breast1:06.70, 10/30/10

Nathan Engfer

50 free23.40, 9/24/10
50 fly25.29, 9/25/10
100 fly55.30, 10/23/10
200 fly2:10.25, 10/30/10

Andrew Fuller

50 free22.99, 10/30/10
100 free52.29, 9/25/10

Ryan Goggans

200 free1:49.42, 10/30/10
500 free5:01.41, 10/30/10
1000 free10:29.46, 10/23/10

Joel Gregory

100 free49.71, 10/30/10
200 free1:53.61, 10/23/10
50 fly25.37, 9/25/10
100 fly56.32, 9/25/10
200 fly2:12.63, 9/24/10

Aaron Hauck

200 free1:58.57
500 free5:25.69, 10/30/10
1000 free11:42.78, 9/24/10
200 IM2:09.67, 10/23/10

Landon Hartwig

50 back25.90, 9/25/10
100 back54.46, 9/24/10
200 back2:01.74, 9/25/10

Jake Hausauer

50 free22.73, 9/24/10
100 free50.15, 10/30/10

Murphy Hebbard

50 breast29.83, 9/24/10
100 breast1:04.20, 9/24/10
200 breast2:19.55, 10/30/10
200 IM2:05.87, 10/30/10
100 fly55.23, 10/23/10

Zac Henderson

200 free1:57.77, 10/23/10
200 fly2:16.95, 9/24/10
50 back27.37, 9/25/10
100 back1:00.76, 10/23/10

Paul Hoffman

100 fly58.84, 9/25/10
100 back57.92, 10/30/10
200 back2:10.05, 9/25/10
200 IM2:08.73, 10/30/10

Napoleon Howell

50 free22.96, 10/23/10
50 breast27.34, 9/24/10
100 breast59.88, 10/30/10
200 breast2:14.18, 10/30/10

Alex Jaholkowski

50 fly24.74, 9/25/10
100 fly55.88, 10/30/10
100 breast1:03.90, 9/24/10
200 IM2:09.44, 9/25/10

Mike Larch

50 breast28.81, 9/24/10
100 breast1:02.96, 10/23/10
200 breast2:24.56, 9/25/10

Jake Larson

100 free50.49, 10/23/10
200 free1:50.27, 10/23/10
500 free5:14.75, 10/30/10

Aaron Meyer

50 free24.97, 10/23/10
100 free55.33, 9/25/10
100 fly1:15.62, 9/25/10

Mike Miller

200 free1:50.92, 10/13/10
500 free5:04.35, 10/23/10
200 fly2:13.43, 10/30/10

Brandon Molnar

50 free23.06, 10/23/10
100 free51.82, 10/30/10
50 back29.26, 9/25/10
100 back1:04.83, 9/24/10

Justin Nelson

50 back26.98, 9/25/10
100 back58.15, 10/23/10
200 back2:14.98, 9/25/10

Robert Pagan

200 free1:55.19, 10/23/10
100 fly59.29, 10/23/10
200 fly2:11.40, 10/30/10
500 free5:18.72, 9/25/10
200 IM2:16.34, 9/25/10

Joel Palmersten

500 free5:04.20, 10/23/10
1000 free10:22.13, 10/30/10
100 breast1:04.77, 9/24/10
200 breast2:18.66, 10/30/10
200 IM2:07.37, 10/30/10

Mitch Pruss

50 breast31.09, 9/24/10
100 breast1:09.23, 9/24/10
200 IM2:09.79, 10/30/10
100 fly56.17, 10/23/10
200 fly2:08.40, 10/30/10

John Rosier

100 free51.11, 10/30/10
200 free1:52.95, 10/23/10
200 IM2:10.12, 10/30/10

Robb Rotramel

50 free22.62, 10/23/10
100 free49.61, 9/25/10

Bob Simson

200 free1:54.76, 10/23/10
50 back26.15, 9/25/10
100 back56.05, 9/24/10
200 back2:03.81, 9/25/10

Joe Spann

200 free1:51.84, 10/13/10
50 fly25.73, 9/25/10

100 fly55.52, 10/23/10
200 fly2:04.61, 10/30/10

Rob Stafford

200 free1:52.81, 10/13/10
50 back28.58, 9/25/10
100 back58.89, 10/23/10
200 back2:09.30, 9/25/10

SCSU DIVERS

Malachi Bennet

1 meter (6o)278.80, 10/23/10
3 meter (6o)298.60, 10/30/10

Luke Weber

50 breast39.16, 9/24/10
1 meter (6o)312.30, 9/24/10
3 meter (6o)309.90, 10/23/10

Chris White

1 meter (6o)293.20, 10/23/10
3 meter (6o)291.90, 10/23/10



Women's Team Top-10* Marks 2010-11

50 Freestyle
24.60..... Kirsten Koetter, 10/16/10
24.64..... Kirsten Koetter, 9/15/10
24.67..... Kirsten Koetter, 10/30/10
24.75..... Kirsten Koetter, 9/24/10
25.01..... Kirsten Koetter, 10/23/10
25.14..... Ali Domeier, 9/24/10
25.18..... Ali Domeier, 9/15/10
25.26..... Ali Domeier, 10/30/10
25.30..... Ali Domeier, 10/16/10
25.62..... Steph Crandall, 9/15/10

100 Freestyle
54.10..... Ali Domeier, 10/23/10
54.34..... Kirsten Koetter, 10/30/10
54.38..... Ali Domeier, 10/30/10
54.91..... Ali Domeier, 10/16/10
54.99..... Ali Domeier, 10/15/10
55.23..... Kirsten Koetter, 9/25/10
55.51..... Kirsten Koetter, 10/15/10
55.55..... Kirsten Koetter, 10/16/10
55.63..... Ali Domeier, 9/25/10
56.02..... April Greene, 10/23/10

200 Freestyle
2:00.87..... Kelsey Noah, 9/15/10
2:01.40..... Kelsey Noah, 10/23/10
2:01.48..... Steph Crandall, 10/30/10
2:01.90..... Steph Crandall, 10/23/10
2:02.13..... Chloe Bartuska, 10/16/10
2:02.37..... Brianna Dietz, 10/30/10
2:02.50..... Brianna Dietz, 10/23/10
2:02.86..... Chloe Bartuska, 9/15/10
2:03.20..... Chloe Bartuska, 9/24/10
2:03.51..... Tori Martinez, 10/23/10

500 Freestyle
5:20.57..... Dayna Nellis, 10/23/10
5:24.28..... Dayna Nellis, 10/30/10
5:25.41..... Kelsey Noah, 10/15/10
5:25.97..... Kelsey Noah, 10/23/10
5:28.01..... Kelsey Noah, 10/30/10
5:30.50..... Kelsey Noah, 9/25/10
5:30.51..... Chloe Bartuska, 10/15/10
5:30.69..... Diana Gehrman, 10/15/10
5:31.12..... Kelsey Noah, 10/16/10
5:32.55..... Diana Gehrman, 9/25/10

1000 Freestyle
10:58.52..... Dayna Nellis, 10/23/10
10:59.09..... Dayna Nellis, 10/16/10
11:08.63..... Dayna Nellis, 9/24/10
11:04.50..... Dayna Nellis, 10/30/10
11:09.93..... Kelsey Noah, 10/30/10
11:10.07..... Kelsey Noah, 10/16/10
11:15.80..... Kelsey Noah, 9/24/10
11:22.64..... Jenn Rothe, 9/24/10
11:24.30..... Jenn Rothe, 10/23/10
11:39.56..... Naomi Muckler, 10/16/10

1650 Freestyle
18:20.31..... Dayna Nellis, 9/15/10
19:09.59..... Jenn Rothe, 9/15/10
19:19.89..... Naomi Muckler, 9/15/10

50 Butterfly
27.56..... Steph Crandall, 9/25/10
27.56..... Steph Crandall, 10/16/10
27.63..... Jasmine Lee, 9/25/10

200 Freestyle Relay
1:42.74..... Ali Domeier, April Greene, Liz Barbee, Lindsey Mikrut, 9/25/10
1:43.26..... Kirsten Koetter, Steph Crandall, Kelsey Noah, Chloe Bartuska, 9/25/10
1:48.31..... Diana Gehrman, Naomi Muckler, Jenn Rothe, Dayna Nellis, 9/25/10

400 Freestyle Relay
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
3:45.31..... April Greene, Ali Domeier, Jasmine Lee, Chloe Bartuska, 10/15/10
3:48.66..... Brianna Dietz, Myranda Erickstad, Kelsey Noah, Dayna Nellis, 10/23/10
3:48.98..... Brianna Dietz, Diana Gehrman, Kelsey Noah, Lindsey Mikrut, 10/15/10
3:51.34..... Liz Barbee, Kelsey Noah, Myranda Erickstad, Jenn Rothe, 10/30/10
3:57.69..... Katie Hines, Tori Martinez, Marissa Smith, Naomi Muckler, 10/15/10
3:57.94..... Marissa Smith, Diana Gehrman, Erin Walter, Becky Newgren, 10/30/10
3:58.01..... Jenn Rothe, Erin Walter, Diana Gehrman, Becky Newgren, 10/23/10

800 Freestyle Relay

200 Medley Relay
1:50.11..... Jasmine Lee, Amber Alexander, Steph Crandall, Ali Domeier, 10/23/10
1:51.08..... Jasmine Lee, Amber Alexander, Steph Crandall, Kirsten Koetter, 10/16/10
1:53.60..... April Greene, Shalon Rothstein, Lindsey Mikrut, Ali Domeier, 9/24/10
1:54.21..... Tori Martinez, Shalon Rothstein, Meghan Carmichael, Lindsey Mikrut, 10/23/10
1:55.08..... April Greene, Shalon Rothstein, Lindsey Mikrut, Ali Domeier, 10/16/10
1:53.73..... Tori Martinez, Amber Alexander, Meghan Carmichael, Becky Newgren, 9/24/10
1:55.55..... Katie Hines, Makenzie Pillsbury, Melissa Funke, Chloe Bartuska, 9/24/10
1:57.37..... Caitlin Pardi, Melissa Funke, Meghan Carmichael, Liz Barbee, 10/16/10
1:59.53..... Katie Hines, Makenzie Pillsbury, Liz Barbee, Aimee Peterson, 10/23/10
2:05.38..... Caitlin Pardi, Liz Barbee, Marissa Smith, Aimee Peterson, 9/24/10

28.23..... Meghan Carmichael, 9/25/10
28.30..... Dayna Nellis, 10/16/10
28.66..... Lindsey Mikrut, 10/16/10
28.87..... Brianna Dietz, 9/25/10
29.25..... Brianna Dietz, 10/16/10
29.86..... Myranda Erickstad, 9/25/10
30.07..... Liz Barbee, 10/16/10

100 Butterfly
1:00.08..... Steph Crandall, 10/23/10
1:00.14..... Steph Crandall, 10/16/10
1:00.21..... Lindsey Mikrut, 10/30/10
1:00.70..... Meghan Carmichael, 10/16/10
1:00.89..... Kirsten Koetter, 10/23/10
1:01.39..... Lindsey Mikrut, 10/16/10
1:01.41..... Steph Crandall, 9/25/10
1:01.56..... Kirsten Koetter, 9/25/10
1:01.60..... Steph Crandall, 10/30/10
1:02.31..... Meghan Carmichael, 10/23/10

200 Butterfly
2:14.63..... Dayna Nellis, 10/30/10
2:15.12..... Dayna Nellis, 10/15/10
2:16.44..... Dayna Nellis, 9/24/10
2:17.00..... Meghan Carmichael, 10/15/10
2:17.36..... Meghan Carmichael, 10/30/10
2:17.85..... Steph Crandall, 9/24/10
2:18.69..... Steph Crandall, 10/15/10
2:20.04..... Meghan Carmichael, 9/24/10

50 Breaststroke
31.12..... Amber Alexander, 10/16/10
31.53..... Shalon Rothstein, 10/16/10
31.80..... Amber Alexander, 9/24/10
32.50..... Shalon Rothstein, 9/24/10
32.59..... Melissa Funke, 10/16/10
34.35..... Makenzie Pillsbury, 9/24/10
35.44..... Liz Barbee, 9/24/10

100 Breaststroke
1:08.89..... Amber Alexander, 10/30/10
1:09.63..... Amber Alexander, 10/16/10
1:09.86..... Amber Alexander, 10/23/10
1:09.99..... Amber Alexander, 9/24/10
1:10.02..... Shalon Rothstein, 10/23/10
1:10.62..... Shalon Rothstein, 9/24/10
1:10.86..... Melissa Funke, 10/30/10
1:11.12..... Shalon Rothstein, 10/16/10
1:11.14..... Shalon Rothstein, 10/30/10
1:11.25..... Melissa Funke, 10/23/10

200 Breaststroke
2:31.18..... Melissa Funke, 10/30/10
2:34.06..... Melissa Funke, 10/15/10
2:34.36..... Shalon Rothstein, 9/25/10
2:35.20..... Melissa Funke, 9/25/10
2:35.21..... Shalon Rothstein, 10/15/10
2:35.47..... Shalon Rothstein, 10/30/10
2:39.94..... Makenzie Pillsbury, 10/30/10
2:42.30..... Amber Alexander, 10/30/10
2:42.45..... Amber Alexander, 10/15/10
2:43.39..... Makenzie Pillsbury, 9/25/10

50 Backstroke
28.48..... Lee Jasmine, 10/16/10
29.57..... April Greene, 9/25/10
29.62..... April Greene, 10/16/10
31.00..... Katie Hines, 10/16/10
31.09..... Tori Martinez, 9/25/10

31.24..... Caitlin Pardi, 10/16/10
31.65..... Katie Hines, 9/25/10
31.72..... Caitlin Pardi, 9/25/10
31.98..... Marissa Smith, 9/25/10
32.41..... Myranda Erickstad, 9/25/10

100 Backstroke
59.80..... Jasmine Lee, 10/23/10
1:00.71..... Jasmine Lee, 9/24/10
1:01.41..... Jasmine Lee, 10/30/10
1:01.61..... Jasmine Lee, 10/16/10
1:02.67..... Tori Martinez, 10/30/10
1:03.09..... Tori Martinez, 10/23/10
1:04.11..... Tori Martinez, 10/16/10
1:04.26..... Tori Martinez, 9/24/10
1:04.81..... Caitlin Pardi, 10/30/10
1:06.24..... Caitlin Pardi, 10/23/10

200 Backstroke
2:12.67..... Jasmine Lee, 9/25/10
2:13.66..... Jasmine Lee, 10/15/10
2:13.82..... Tori Martinez, 10/30/10
2:14.60..... Tori Martinez, 10/15/10
2:17.55..... Tori Martinez, 9/25/10
2:21.69..... Katie Hines, 10/30/10
2:22.30..... Katie Hines, 9/25/10
2:22.34..... Kate Hines, 10/15/10
2:22.90..... Erin Walter, 10/15/10
2:23.04..... Caitlin Pardi, 10/30/10

200 IM
2:11.08..... Jasmine Lee, 10/23/10(B)
2:12.81..... Jasmine Lee, 10/30/10
2:13.29..... Jasmine Lee, 10/16/10
2:16.19..... Jasmine Lee, 9/25/10
2:16.57..... Melissa Funke, 10/23/10
2:16.84..... Lindsey Mikrut, 10/23/10
2:16.84..... Melissa Funke, 10/30/10
2:17.19..... Lindsey Mikrut, 10/30/10
2:17.49..... Melissa Funke, 10/16/10
2:18.82..... Meghan Carmichael, 10/23/10

400 IM
4:52.62..... Meghan Carmichael, 10/15/10
4:54.55..... Melissa Funke, 10/15/10
5:02.95..... Brianna Dietz, 10/15/10

1-Meter Diving (60)
247.20..... Cassi Mrozek, 10/23/10
244.75..... Cassi Mrozek, 10/15/10
241.05..... Cassi Mrozek, 10/16/10
238.60..... Alli Tracy, 10/23/10
232.30..... Cassi Mrozek, 9/24/10
229.55..... Cassi Mrozek, 10/30/10
228.55..... Alli Tracy, 10/15/10
220.55..... Alli Tracy, 10/16/10
220.50..... Alli Tracy, 10/30/10
218.35..... Hanna Peters, 10/16/10

1-Meter Diving (11)

3-Meter Diving (60)
259.85..... Cassi Mrozek, 10/30/10
251.75..... Alli Tracy, 10/23/10
246.60..... Cassi Mrozek, 10/23/10
237.85..... Cassi Mrozek, 10/15/10
234.80..... Alli Tracy, 10/30/10
231.70..... Alli Tracy, 10/15/10
227.95..... Alli Tracy, 9/25/10

224.95..... Mary Woodson, 9/25/10
223.20..... Mary Woodson, 10/30/10
215.85..... Mary Woodson, 10/23/10

3-Meter Diving (11)

400 Medley Relay
4:03.97..... Jasmine Lee, Amber Alexander, Steph Crandall, Kirsten Koetter, 10/15/10
4:05.25..... Jasmine Lee, Amber Alexander, Lindsey Mikrut, April Greene, 10/30/10
4:09.50..... Tori Martinez, Shalon Rothstein, Lindsey Mikrut, April Greene, 10/15/10
4:12.18..... Tori Martinez, Shalon Rothstein, Meghan Carmichael, Liz Barbee, 10/30/10
4:18.86..... Katie Hines, Makenzie Pillsbury, Brianna Dietz, Myranda Erickstad, 10/30/10



Men's Team Top-10* Marks 2010-11

50 Freestyle

22.32..... Joe Burns, 10/30/10
22.62..... Rob Rotramel, 10/23/10
22.66..... Robb Rotramel, 9/24/10
22.73..... Jake Hausauer, 9/24/10
22.75..... Jake Hausauer, 10/30/10
22.77..... Joe Burns, 10/23/10
22.78..... Robb Rotramel, 10/30/10
22.94..... Jake Hausauer, 10/23/10
22.96..... Napoleon Howell, 10/23/10
22.99..... Andrew Fuller, 10/30/10

100 Freestyle

49.61..... Robb Rotramel, 10/23/10
49.71..... Joel Gregory, 10/30/10
50.15..... Jake Hausauer, 10/30/10
50.22..... Jake Hausauer, 9/25/10
50.24..... Robb Rotramel, 10/30/10
50.49..... Jake Larson, 10/30/10
50.50..... Jake Larson, 9/25/10
50.69..... Jake Hausauer, 10/23/10
50.90..... Joel Gregory, 10/23/10
51.06..... Caleb Cohoon, 10/23/10

200 Freestyle

1:49.42..... Ryan Goggans, 10/30/10
1:50.27..... Jake Larson, 10/23/10
1:50.72..... Jake Larson, 10/30/10
1:50.92..... Michael Miller, 10/23/10
1:51.71..... Ryan Goggans, 9/24/10
1:51.80..... Michael Miller, 10/30/10
1:51.84..... Joe Spann, 10/23/10
1:52.00..... Jake Larson, 9/24/10
1:52.81..... Robb Stafford, 10/23/10
1:52.95..... John Rosier, 10/23/10

500 Freestyle

5:01.41..... Ryan Goggans, 10/30/10
5:03.59..... Ryan Goggans, 10/23/10
5:04.20..... Joe Palmersten, 10/23/10
5:04.35..... Michael Miller, 10/23/10
5:04.74..... Ryan Goggans, 9/25/10
5:12.46..... Michael Miller, 9/25/10
5:12.62..... Michael Miller, 10/30/10
5:14.01..... Will Anzion, 10/23/10
5:14.75..... Jake Larson, 10/30/10
5:18.56..... Will Anzion, 9/25/10
5:18.72..... Rob Pagan, 9/25/10

1000 Freestyle

10:22.13..... Joe Palmersten, 10/30/10
10:25.63..... Joe Pamersten, 10/23/10
10:29.25..... Ryan Goggans, 10/23/10
10:34.86..... Ryan Goggans, 9/24/10
10:48.78..... Joe Palmersten, 9/24/10
10:50.76..... Will Anzion, 10/23/10
10:54.41..... Will Anzion, 10/30/10
11:03.26..... Will Anzion, 9/24/10
11:13.70..... Tucker Asper, 9/24/10
11:42.78..... Aaron Hauck, 9/24/10

1650 Freestyle

50 Butterfly

24.71..... Joe Burns, 9/25/10
24.74..... Alex Jaholkowski, 9/25/10
25.29..... Nathan Engfer, 9/25/10
25.37..... Joel Gregory, 9/25/10
25.73..... Joe Spann, 9/25/10

200 Freestyle Relay

1:31.70..... Andrew Fuller, Will Anzion, Ryan Goggans, Robb Rotramel, 9/25/10
1:32.91..... Jake Larson, Brandon Molnar, John Rosier, Jake Hausauer, 9/25/10
1:36.34..... Shane Broermann, Aaron Hauck, Tucker Asper, Mitchel Pruss, 9/25/10
1:38.01..... Aaron Meyer, Zach Henderson, Michael Miller, Mike Larch, 9/25/10

400 Freestyle Relay

3:18.49..... Ryan Goggans, Jake Larson, Robb Rotramel, Michael Miller, 10/23/10
3:18.68..... Ryan Goggans, Jake Hausauer, Jake Larson, Robb Rotramel, 10/30/10
3:21.78..... Joe Spann, Joe Palmersten, Joel Gregory, John Rosier, 10/23/10
3:22.84..... Joel Gregory, Joe Spann, John Rosier, Anderew Fuller, 10/30/10
3:31.28..... Brandon Molnar, Aaron Hauck, Shane Broermann, Aaron Meyer, 10/30/10

800 Freestyle Relay

200 Medley Relay

1:37.94..... Landon Hartwig, Napoleon Howell, Nathan Engfer, Jake Hausauer, 9/24/10
1:38.92..... Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer, 10/23/10
1:41.24..... Justin Nelson, Mike Larch, Nathan Engfer, Andrew Fuller, 10/23/10
1:41.71..... Bob Simson, Murphy Hebbard, Alex Jaholkowski, Robb Rotramel, 9/24/10
1:42.70..... Rob Stafford, Mike Larch, Joe Burns, Andrew Fuller, 9/24/10
1:44.67..... Paul Hoffman, Murphy Hebbard, Alex Jaholkski, Caleb Cohoon, 10/23/10
1:48.11..... Justin Nelson, Brandon Molnar, Joe Spann, Jake Larson, 9/24/10
1:51.18..... Zach Henderson, Shane Broermann, Rob Pagan, Aaron Meyer, 10/23/10

100 Butterfly

53.90..... Joe Burns, 10/30/10
55.13..... Joe Burns, 10/23/10
55.23..... Murphy Hebbard, 10/23/10
55.30..... Nathan Engfer, 10/23/10
55.45..... Joe Burns, 9/25/10
55.46..... Nathan Engfer, 10/30/10
55.52..... Joe Spann, 10/23/10
55.53..... Joe Spann, 10/30/10
55.88..... Alex Jaholkowski, 10/30/10
56.17..... Mitch Pruss, 10/23/10

200 Butterfly

2:04.61..... Joe Spann, 10/30/10
2:09.21..... Joe Spann, 9/24/10
2:08.40..... Mitch Pruss, 10/30/10
2:10.25..... Nathan Engfer, 10/30/10
2:11.40..... Rob Pagan, 10/30/10
2:12.41..... Rob Pagan, 9/24/10
2:12.63..... Joel Gregory, 9/24/10
2:13.43..... Michael Miller, 10/30/10
2:16.95..... Zach Henderson, 9/24/10

50 Breaststroke

27.34..... Napoleon Howell, 9/24/10
28.81..... Mike Larch, 9/24/10
29.83..... Murphy Hebbard, 9/24/10
31.09..... Mitchell Pruss, 9/24/10
29.16..... Luke Weber, 9/24/10

100 Breaststroke

59.88..... Napoleon Howell, 10/30/10
1:00.02..... Napoleon Howell, 10/23/10
1:00.67..... Napoleon Howell, 9/24/10
1:02.96..... Mike Larch, 10/23/10
1:03.05..... Mike Larch, 9/24/10
1:03.68..... Mike Larch, 10/30/10
1:03.90..... Alex Jaholkowski, 9/24/10
1:04.20..... Murphy Hebbard, 9/24/10
1:04.34..... Alex Jaholkowski, 10/30/10
1:04.52..... Alex Jaholkowski, 10/23/10

200 Breaststroke

2:14.18..... Napoleon Howell, 10/30/10
2:16.74..... Napoleon Howell, 9/25/10
2:18.66..... Joe Palmersten, 10/30/10
2:18.93..... Joe Palmersten, 9/25/10
2:19.55..... Murphy Hebbard, 10/30/10
2:20.50..... Murphy Hebbard, 9/25/10
2:24.56..... Mike Larch, 9/25/10
2:25.59..... Mike Larch, 10/30/10
2:44.77..... Shane Broermann, 9/25/10

50 Backstroke

100 Backstroke

54.46..... Landon Hartwig, 9/24/10
56.05..... Bob Simson, 9/24/10
56.16..... Bob Simson, 10/30/10
56.41..... Bob Simson, 10/23/10
57.92..... Paul Hoffman, 10/30/10
58.15..... Justin Nelson, 10/23/10
58.35..... Paul Hoffman, 10/23/10
58.89..... Paul Hoffman, 9/24/10
58.89..... Rob Rotramel, 10/23/10
59.29..... Rob Stafford, 10/30/10

200 Backstroke

2:07.00..... Bob Simson, 10/30/10
2:01.74..... Landon Hartwig, 9/25/10

2:03.81..... Bob Simson, 9/25/10
2:09.30..... Rob Stafford, 9/25/10
2:09.71..... Rob Stafford, 10/30/10
2:10.05..... Paul Hoffman, 9/25/10
2:14.13..... Zach Henderson, 10/30/10
2:14.98..... Justin Nelson, 9/25/10
2:21.19..... Tucker Asper, 9/25/10

200 IM

2:05.87..... Murphy Hebbard, 10/30/10
2:06.58..... Murphy Hebbard, 10/23/10
2:07.37..... Joe Palmersten, 10/30/10
2:08.73..... Paul Hoffman, 10/30/10
2:09.44..... Alex Jaholski, 9/25/10
2:09.56..... Joe Burns, 9/25/10
2:09.67..... Aaron Hauck, 10/23/10
2:09.73..... Paul Hoffman, 10/23/10
2:09.79..... Mitch Pruss, 10/30/10
2:11.04..... Alex Jaholkowski, 10/23/10

400 IM

1-Meter Diving (6o)

312.30..... Luke Weber, 9/24/10
295.70..... Luke Weber, 10/23/10
293.20..... Chris White, 10/23/10
282.00..... Chris White, 10/30/10
278.80..... Malachi Bennett, 10/23/10
262.85..... Malachi Bennett, 9/24/10
244.25..... Chris White, 9/24/10
241.75..... Malachi Bennett, 10/30/10

1-Meter Diving (11)

3-Meter Diving (6o)

309.90..... Luke Weber, 10/23/10
297.00..... Luke Weber, 9/25/10
291.90..... Chris White, 10/23/10
279.40..... Chris White, 9/25/10
247.00..... Malachi Bennett, 9/25/10
238.85..... Malachi Bennett, 10/23/10

3-Meter Diving (11)

400 Medley Relay

3:38.72..... Bob Simson, Napoleon Howell, Joe Burns, Joel Gregory, 10/30/10
3:48.67..... Paul Hoffman, Mike Larch, Nathan Engfer, Caleb Cohoon, 10/30/10
3:48.87..... Rob Stafford, Alex Jaholkowski, Mitch Pruss, Andrew Fuller, 10/30/10
3:55.06..... Zach Henderson, Murphy Hebbard, Rob Pagan, Brandon Molnar, 10/30/10



2009-10 All-American

Alisha Blaydes

All-American

- 5th, 200 freestyle relay(4) (1:35.12)

Ali Domeier

All-American

- 5th, 200 freestyle relay(2) (1:35.12)

Luke Weber

2x All-American

- 6th, one-meter diving (458.05)

- 4th, three-meter diving (484.90)

Chris White

All-American

- 5th, three-meter diving (479.00)

Kirsten Koetter

All-American

- 5th, 200 freestyle relay(1) (1:35.12)

Shalon Rothstein

All-American

- 8th, 100 breast (104.70)

Allison Tracy

All-American

- 8th, one-meter diving (372.60)

Kelly Vieau

All-American

- 5th, 200 freestyle relay(3) (1:35.12)

8 athletes

9 honors



SCSU's All-American 200 free relay.
(L to R): Alisha Blaydes, Kelly Vieau,
Ali Domeier and Kirsten Koetter.

2009-10 All-American Honorable Mention

Alisha Blaydes

Honorable Mention

- 12th, 400 free relay(4), (3:30.06)

Katie Brueggemann

3x Honorable Mention

- 9th, 400 medley relay(2) (3:50.97)

- 16th, 100 breast (1:05.09)

- 14th, 200 breast (2:22.65)

April Greene

2x Honorable Mention

- 9th, 400 medley relay(4), (3:50.97)

- 12th, 400 free relay(2), (3:30.06)

Cathy Haen

Honorable Mention

- 9th, 400 medley relay(1) (3:50.97)

Kirsten Koetter

2x Honorable Mention

- 9th, 400 medley relay(3), (3:50.97)

- 12th, 400 free relay(1), (3:30.06)

Cassi Mrozek

2x Honorable Mention

- 11th, three-meter diving (339.80)

- 12th, one-meter diving (350.70)

Allison Tracy

Honorable Mention

- 12th, three-meter diving (339.75)

Kelly Vieau

Honorable Mention

- 12th, 400 free relay(3), (3:30.06)

Chris White

Honorable Mention

- 9th, one-meter diving (405.05)

9 athletes

14 honors



Luke Weber - 2x All-American Diver



Shalon Rothstein - All-American Swimmer



Chris White - All-American Diver



Winners in 2010-11

Women:

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;
Chloe Bartuska- 10/15/10: 400 FR; 10/16/10: 200 free;
Steph Crandall - 10/15/10: 400 MR; 10/16/10: 200 MR, 100 fly, 50 fly; 10/23/10: 200 MR;
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
April Greene - 10/15/10: 400 FR; 10/23/10: 400 MR;
Kirsten Koetter - 10/15/10: 400 MR, 50 free; 10/16/10: 200 MR, 50 free; 10/23/10: 50 free, 400 MR;
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
Tori Martinez - 10/30/10: 200 back;
Lindsey Mikrut - 10/23/10: 400 MR; 10/30/10: 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;
Dayna Nellis - 10/15/10: 1650 free, 200 fly; 10/16/10: 1000 free; 10/23/10: 1000 free, 500 free;
Kelsey Noah - 10/15/10: 200 free, 500 free; 10/16/10: 500 free;
Alli Tracy - 10/23/10: 3-M;

Men:

Joe Burns - 10/23/10: 200 MR;
Ryan Goggans - 10/23/10: 500 free; 10/30/10: 500 free;
Jake Hausauer - 10/23/10: 200 MR;
Napoleon Howell - 10/23/10: 200 MR, 100 breast; 10/30/10: 100 breast, 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;
Luke Weber - 10/23/10: 1-M, 3-M;
Chris White - 10/30/10: 1-M;
Malachi Bennett - 10/30/10: 3-M;

St. Cloud State 1st Place Finishes at 2010 Midwestern Collegiate Championships

- Men's 3-Meter – Luke Weber
Women's 50 Free – Kirsten Koetter
Women's 200 Free Relay - Kirsten Koetter, Ali Domeier, Kelly Vieau and Alisha Blaydes
Men's 200 Free Relay - Robb Rotramel, Christian Nasset, Jake Hausauer and Kyle Cordry
Women's 1-Meter - Cassi Mrozek
Women's 200 Medley Relay - Cathy Haen, Amber Alexander, Alisha Blaydes and Kirsten Koetter
Men's 200 Medley Relay - Brian Jacobs, Christian Nasset, Robb Rotramel and Kyle Cordry
Women's 100 Breast - Sharon Rothstein
Men's 100 Breast - Christian Nasset
Women's 100 Back - Cathy Haen
Men's 1-Meter - Chris White
Men's 100 Back - Landon Hartwig
Men's 400 IM - Matt Youngers
Women's 200 Back - Cathy Haen
Women's 200 Breast - Katie Breuggemann
Men's 200 Breast - Matt Girard
Women's 200 Fly - Dayna Nellis
Men's 100 Free - Kyle Cordry
Women's 3-Meter - Cassi Mrozek



SCSU - 2010 Men's Champions



SCSU - 2010 Women's Champions

St. Cloud State University Quick Facts

Location: St. Cloud, Minn.
Founded:1869
Enrollment:16,882
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



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



Non-School Records

Men

Pool Records

Meet Records

School Records

Women

Pool Records

Meet Records

School Records

National Qualifiers

Men

A-Cut Qualifiers

B-Cut Qualifiers

Women

A-Cut Qualifiers

B-Cut Qualifiers - Jasmine Lee (200 IM, 2:11.08, 1023/10)