



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	6:00 p.m.
Nov. 13	UW Green Bay	2:00 p.m.
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 Celeste 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:

www.StCloudState.edu/athletics

2010-11 SCSU SWIMMING & DIVING NEWS Release No. 5: November 8, 2010

SCSU TRAVEL TO WISCONSIN FOR DUAL MEET: The St. Cloud State University men's and women's swimming & diving team will continue their season on the road this week as they travel to Green Bay, Wis. to take on the University of Wisconsin-Green Bay in a two-day event. The Huskies will first compete Friday evening at 6:00 in the Dorschel Natatorium on campus, before competing at 2 p.m. Saturday afternoon in the same building.

HUSKIES BEAT UP ON THE GUSTIES: SCSU weekend against Gustavus Adolphus College, winning 22 of 32 swimming & diving events. The Husky men beat up on the Gusties 186 to 114, while the women won by an impressive score of 209 to 91 after starting the meet with the diving events Friday and finishing with the swimming events Saturday.

MULTIPLE WINNERS: Junior Amber Alexander (Minot, N.D.), freshman Jasmine Lee (Green Bay, Wis.) and sophomore Dayna Nellis (Green Bay, Wis.) all won multiple events to help the Husky women win by over 100 points Saturday. Lee was the only swimmer to win three events Saturday as she put together wins in the 100-yard backstroke (59.97), the 100-yard butterfly (59.16), and the 200-yard IM (2:12.64).

Alexander won the 50-yard breaststroke in a solid 31.87 seconds and the 100-yard breaststroke in a time of 1:09.24, while Nellis posted the fastest time of the day in the 1000-yard freestyle (11:00.56) and the 500-yard freestyle (5:21.26). On the men's side, freshman Napoleon Howell (St. Augustine, Trinidad) won both the 50-yard breaststroke (27.69) and the 100-yard breaststroke (59.98) while helping win the 200-yard medley relay.

NATIONALLY RANKED: Nellis and Lee are both ranked in the top 10 in the nation in their respected events. Nellis is currently No. 5 in the nation with an 18:20.31 time in the 1,650 free style event. Lee is ranked No. 8 in the 200 IM with a time of 2:11.08. Lee's time is also good for a B-Cut score for Nationals.

THIS WEEKEND'S MATCHUP



University of Wisconsin-Green Bay
Dorschel Natatorium - Green Bay, Wis.

Friday, November 12th - 6:00 p.m.

Saturday, November 13th - 2:00 p.m.





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,	1:34.18	2009 NCAA's
	April Greene, Kelly Vieau and Alisha Blaydes		
400 Freestyle Relay	Kirsten Koetter,	3:28.32	2009 NCAA's
	Elizabeth Lopez, Kelly Vieau and Alisha Blaydes		
800 Freestyle Relay	Danielle Breunig,	7:44.36	Feb 2006
	Sarah Burnell, Elizabeth Lopez, Jackie Vieau		
200 Medley Relay	Cathy Haen,	1:44.16	2009 NCAA's
	Amber Alexander, Alisha Blaydes, Kirsten Koetter		
400 Medley Relay	Cathy Haen,	3:49.82	2009 NCAA's
	Katie Brueggemann, Alison Weske, Alisha Blaydes		
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	1:22.03	Mar. 12, 2009
	Green, Rotramel		
400 Free Relay	Buhr, Rotramel	3:03.86	Mar. 14, 2009
	Dickison, Green		
800 Free Relay	Cordry, Dickison,	6:53.23	Mar. 13, 2009
	Rotramel, Green		
200 Medley Relay	Green, Buhr,	1:32.96	Mar. 11, 2009
	Rotramel, Cordry		
400 Medley Relay	Green, Buhr	3:25.84	Mar. 12, 2009
	Rotramel, Cordry		
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 11/8/10 (*NCAA Qualifying Scores)

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:	5:00.97 (Ryan Goggans), 11/6/10
1,000 Free:	10:21.39 (Joe Palmersten), 11/6/10
1,650 Free:	:24.45 (Joe Burns), 11/6/10
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:	:26.19 (Bob Simson), 11/6/10
100 Back:	:54.46 (Landon Hartwig), 9/24/10
200 Back:	2:01.74 (Landon Hartwig), 9/25/10
200 IM:	2:04.36 (Joe Palmersten), 11/6/10
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):	312.30 (Luke Weber), 9/24/10*
1-M Dive (11):
3-M Dive (50/1v):
3-M Dive (60):	309.90 (Luke Weber), 10/23/10*
3-M Dive (11):

Women	
50 Free:	:24.60 (Kirsten Koetter), 10/16/10
100 Free:	:54.10 (All 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:	:26.45 (Kirsten Koetter), 11/6/10
100 Fly:	:59.16 (Jasmine Lee), 11/6/10
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):	247.20 (Cassi Mrozek), 10/23/10
1-M Dive (11):
3-M Dive (50/1v):
3-M Dive (60):	259.85 (Cassi Mrozek), 10/30/10
3-M Dive (11):





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

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.....2:26.14, 11/6/10

Liz Barbee

50 free26.22, 10/30/10
100 free56.43, 11/6/10
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

100 back1:05.69, 11/6/10
50 fly28.12, 11/6/10
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 free2:01.10, 11/6/10
500 free5:28.45, 11/6/10
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 free26.29, 11/6/10
100 free57.39, 11/6/10
200 free2:06.46, 10/15/10
50 fly29.86, 9/25/10
50 back31.52, 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
50 back30.72, 11/6/10
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 back29.57, 9/25/10
100 back1:06.34, 9/24/10

Katie Hines

50 back31.00, 10/16/10
100 back1:06.25, 10/16/10
200 back2:21.69, 10/30/10
200 IM.....2:26.36, 11/6/10

Kirsten Koetter

50 free24.60, 10/16/10
100 free54.34, 10/30/10
50 fly26.45, 11/6/10
100 fly1:00.89, 10/23/10

Jasmine Lee

50 fly27.63, 9/25/10
100 fly59.16, 11/6/10
100 back59.80, 10/23/10
200 back2:12.67, 9/25/10
200 IM.....2:11.08, 10/23/10 (B)

Tori Martinez

200 free2:03.51, 10/13/10
50 back30.22, 11/6/10
100 back1:02.67, 10/30/10
200 back2:13.82, 10/30/10

Lindsey Mikrut

50 free26.41, 10/15/10
50 fly28.18, 11/6/10
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 free1:23.66, 11/6/10
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
50 back31.28, 11/6/10
100 back1:08.74, 10/23/10
200 back2:30.42, 10/15/10

Kelsey Noah

200 free2:00.87, 10/15/10
500 free5:24.80, 11/6/10
1000 free11:02.90, 11/6/10

Caitlin Pardi

50 free28.10, 10/23/10
50 back30.15, 11/6/10
100 back1:04.81, 10/30/10
200 back2:23.04, 10/30/10

Aimee Peterson

50 free27.25, 10/23/10
100 free1:00.49, 10/23/10
50 back32.15, 11/6/10
100 back1:11.34, 11/6/10

Makenzie Pillsbury

50 breast.....33.81, 11/6/10
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

50 free28.02, 11/6/10
200 free2:09.10, 10/16/10
500 free5:29.44, 10/30/10
1000 free11:18.08, 11/6/10
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
200 IM.....2:22.48, 11/6/10

Marissa Smith

50 back31.98, 9/25/10
100 back1:07.01, 10/23/10
200 back2:27.99, 10/15/10
50 free27.75, 10/23/10
100 free1:00.00, 11/6/10
200 free2:07.74, 11/6/10

Jordan VanEgeren

Erin Walter

200 free2:05.25, 11/6/10
500 free5:35.79, 10/23/10
1000 free11:44.56, 9/24/10
100 back1:07.67, 11/6/10
200 back2:22.90, 10/15/10

SCSU DIVERS

Courtney Fleming

1-meter (6o)207.60, 11/6/10
3-meter (6o)192.00, 10/16/10

Cassi Mrozek

1-meter (6o)254.15, 11/6/10
3-meter (6o)259.85, 10/30/10

Hannah Peters

1-meter (6o)218.35, 10/16/10
3-meter (6o)240.25, 11/6/10

Allison Tracy

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

Mary Woodson

1-meter (6o)217.40, 11/6/10
3-meter (6o)224.95, 9/25/10

Eydie Kramer

3-meter (6o)136.85, 11/6/10



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

Will Anzion

500 free 5:12.57, 11/6/10
1000 free 10:50.76, 10/23/10

Tucker Asper

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

Joe Burns

50 free 22.32, 10/30/10
50 fly 24.45, 11/6/10
100 fly 53.90, 10/30/10
200 IM 2:09.56, 9/25/10

Shane Broermann

50 free 24.23, 9/24/10
100 free 54.71, 9/25/10
200 free 1:56.86, 10/23/10
200 breast 2:44.77, 9/25/10
50 fly 26.48, 11/6/10
100 fly 59.24, 11/6/10

Caleb Cohoon

50 free 23.07, 11/6/10
100 free 50.04, 11/6/10
100 breast 1:06.70, 10/30/10

Nathan Engfer

50 free 23.40, 9/24/10
50 fly 25.08, 11/6/10
100 fly 55.30, 10/23/10
200 fly 2:10.25, 10/30/10

Andrew Fuller

50 free 22.99, 10/30/10
100 free 52.29, 9/25/10
50 fly 26.69, 11/6/10

Ryan Goggans

50 free 23.07, 11/6/10
200 free 1:49.42, 10/30/10
500 free 5:00.97, 11/6/10
1000 free 10:29.46, 10/23/10

Joel Gregory

100 free 49.71, 10/30/10
200 free 1:50.77, 11/6/10
50 fly 25.06, 11/6/10
100 fly 56.32, 9/25/10
200 fly 2:12.63, 9/24/10

Aaron Hauck

200 free 1:58.57
500 free 5:25.69, 10/30/10
1000 free 11:42.78, 9/24/10
50 breast 31.91, 11/6/10
100 breast 1:10.23, 11/6/10
200 IM 2:07.30, 11/6/10

Landon Hartwig

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

Jake Hausauer

50 free 22.40, 11/6/10
100 free 50.05, 11/6/10
50 back 27.28, 11/6/10

Murphy Hebbard

50 breast 29.83, 9/24/10
100 breast 1:03.01, 11/6/10
200 breast 2:19.55, 10/30/10
200 IM 2:05.87, 10/30/10
100 fly 55.07, 11/6/10

Zac Henderson

200 free 1:57.77, 10/23/10
200 fly 2:16.95, 9/24/10
50 back 27.98, 11/6/10
100 back 1:00.76, 10/23/10

Paul Hoffman

100 fly 57.80, 11/6/10
100 back 57.92, 10/30/10
200 back 2:10.05, 9/25/10
200 IM 2:08.73, 10/30/10

Napoleon Howell

50 free 22.96, 10/23/10
50 breast 27.34, 9/24/10
100 breast 59.88, 10/30/10
200 breast 2:14.18, 10/30/10

Alex Jaholkowski

50 fly 24.68, 11/6/10
100 fly 55.88, 10/30/10
100 breast 1:03.90, 9/24/10
200 IM 2:09.44, 9/25/10

Mike Larch

50 breast 28.81, 9/24/10
100 breast 1:02.52, 11/6/10
200 breast 2:24.56, 9/25/10

Jake Larson

50 free 23.29, 11/6/10
100 free 50.49, 10/23/10
200 free 1:50.03, 11/6/10
500 free 5:12.99, 11/6/10

Aaron Meyer

50 free 24.97, 10/23/10
100 free 55.33, 9/25/10
100 fly 1:15.62, 9/25/10

Mike Miller

200 free 1:50.92, 10/13/10
500 free 5:03.79, 11/6/10
1000 free 10:48.44, 11/6/10
200 fly 2:13.43, 10/30/10

Brandon Molnar

50 free 23.06, 10/23/10
100 free 51.07, 11/6/10
50 back 29.26, 9/25/10
100 back 1:04.83, 9/24/10
50 fly 26.11, 11/6/10

Justin Nelson

50 back 26.55, 11/6/10
100 back 57.99, 11/6/10
200 back 2:14.98, 9/25/10

Robert Pagan

200 free 1:54.78, 11/6/10
50 fly 26.15, 11/6/10
100 fly 59.29, 10/23/10
200 fly 2:11.40, 10/30/10
500 free 5:18.72, 9/25/10
200 IM 2:16.34, 9/25/10

Joel Palmersten

500 free 5:04.20, 10/23/10
1000 free 10:21.39, 11/6/10
100 breast 1:02.22, 11/6/10
200 breast 2:18.66, 10/30/10
200 IM 2:04.36, 11/6/10

Mitch Pruss

50 breast 31.09, 9/24/10
100 breast 1:09.23, 9/24/10
200 IM 2:09.06, 11/6/10
50 fly 25.58, 11/6/10
100 fly 55.87, 11/6/10
200 fly 2:08.40, 10/30/10

John Rosier

100 free 51.11, 10/30/10
200 free 1:52.09, 11/6/10
200 IM 2:08.39, 11/6/10

Robb Rotramel

50 free 22.62, 10/23/10

100 free 49.61, 9/25/10
200 free 1:52.09, 11/6/10

Bob Simson

200 free 1:54.76, 10/23/10
50 back 26.19, 11/6/10
100 back 55.80, 11/6/10
200 back 2:03.81, 9/25/10
200 IM 2:07.96, 11/6/10

Joe Spann

100 free 50.61, 11/6/10
200 free 1:51.84, 10/13/10
50 fly 25.73, 9/25/10
100 fly 55.52, 10/23/10
200 fly 2:04.61, 10/30/10
200 IM 2:12.14, 11/6/10

Rob Stafford

200 free 1:52.81, 10/13/10
50 back 28.58, 9/25/10
100 back 58.89, 10/23/10
200 back 2:09.30, 9/25/10

SCSU DIVERS

Malachi Bennett

1 meter (6o) 283.60, 11/6/10
3 meter (6o) 298.60, 10/30/10*

John Gerritsen

1 meter (6o) 99.65, 11/6/10
3 meter (6o) 102.45, 11/6/10

Jake Lorencz

1 meter (6o) 121.85, 11/6/10
3 meter (6o)

Luke Weber

50 breast 39.16, 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) 301.40, 11/6/10*



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

50 Freestyle
24.60..... Kirsten Koetter, 10/16/10
24.64..... Kirsten Koetter, 9/15/10
24.67..... Kirsten Koetter, 10/30/10
24.68..... Kirsten Koetter, 11/6/10
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
25.19..... Ali Domeier, 11/6/10
25.26..... Ali Domeier, 10/30/10

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
55.04..... Ali Domeier, 11/6/10
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

200 Freestyle
2:00.87..... Kelsey Noah, 9/15/10
2:01.10..... Brianna Dietz, 11/6/10
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

500 Freestyle
5:20.57..... Dayna Nellis, 10/23/10
5:21.26..... Dayna Nellis, 11/6/10
5:24.28..... Dayna Nellis, 10/30/10
5:24.80..... Kelsey Noah, 11/6/10
5:25.41..... Kelsey Noah, 10/15/10
5:25.97..... Kelsey Noah, 10/23/10
5:28.01..... Kelsey Noah, 10/30/10
5:28.45..... Brianna Dietz, 11/6/10
5:30.50..... Kelsey Noah, 9/25/10
5:30.51..... Chloe Bartuska, 10/15/10

1000 Freestyle
10:58.52..... Dayna Nellis, 10/23/10
10:59.09..... Dayna Nellis, 10/16/10
11:00.56..... Dayna Nellis, 11/6/10
11:02.90..... Kelsey Noah, 11/6/10
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
11:18.08..... Jenn Rothe

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
26.45..... Kirsten Koetter, 11/6/10
27.56..... Steph Crandall, 9/25/10
27.56..... Steph Crandall, 10/16/10

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
3:41.28..... Ali Domeier, April Greene, Kirsten Koetter, Kelsey Noah, 11/6/10
3:45.31..... April Greene, Ali Domeier, Jasmine Lee, Chloe Bartuska, 10/15/10
3:48.53..... Brianna Dietz, Myranda Erickstad, Dayna Nellis, Liz Barbee, 11/6/10
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

800 Freestyle Relay

200 Medley Relay
1:50.11..... Jasmine Lee, Amber Alexander, Steph Crandall, Ali Domeier, 10/23/10
1:51.03..... Jasmine Lee, Amber Alexander, Steph Crandall, Kirsten Koetter, 11/6/10
1:51.08..... Jasmine Lee, Amber Alexander, Steph Crandall, Kirsten Koetter, 10/16/10
1:53.60..... April Greene, Shalon Rothstein, Lindsey Mikrut, Ali Domeier, 9/24/10
1:53.73..... Tori Martinez, Amber Alexander, Meghan Carmichael, Becky Newgren, 9/24/10
1:54.21..... Tori Martinez, Shalon Rothstein, Meghan Carmichael, Lindsey Mikrut, 10/23/10
1:54.22..... April Greene, Shalon Rothstein, Lindsey Mikrut, Ali Domeier, 11/6/10
1:55.08..... April Greene, Shalon Rothstein, Lindsey Mikrut, Ali Domeier, 10/16/10
1:55.55..... Katie Hines, Makenzie Pillsbury, Melissa Funke, Chloe Bartuska, 9/24/10
1:56.76..... Tori Martinez, Melissa Funke, Meghan Carmichael, Liz Barbee, 11/6/10

27.63..... Jasmine Lee, 9/25/10
27.74..... Steph Crandall, 11/6/10
28.12..... Megan Carmichael, 11/6/10
28.18..... Lindsey Mikrut, 11/6/10
28.23..... Meghan Carmichael, 9/25/10
28.30..... Dayna Nellis, 10/16/10
28.66..... Lindsey Mikrut, 10/16/10

100 Butterfly
59.16..... Jasmine Lee, 11/6/10
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
1:01.06..... Lindsey Mikrut, 11/6/10
1:01.39..... Lindsey Mikrut, 10/16/10
1:01.41..... Steph Crandall, 9/25/10
1:01.56..... Kirsten Koetter, 9/25/10

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
31.87..... Amber Alexander, 11/6/10
32.39..... Shalon Rothstein, 11/6/10
32.50..... Shalon Rothstein, 9/24/10
32.59..... Melissa Funke, 10/16/10
33.81..... Makenzie Pillsbury, 11/6/10
34.35..... Makenzie Pillsbury, 9/24/10
35.44..... Liz Barbee, 9/24/10

100 Breaststroke
1:08.89..... Amber Alexander, 10/30/10
1:09.24..... Amber Alexander, 11/6/10
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
1:10.50..... Shalon Rothstein, 11/6/10
1:10.62..... Shalon Rothstein, 9/24/10
1:10.86..... Melissa Funke, 10/30/10
1:11.03..... Melissa Funke, 11/6/10

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
29.93..... April Greene, 11/6/10
30.15..... Caitlin Pardi, 11/6/10
30.72..... Melissa Funke, 11/6/10
31.00..... Katie Hines, 10/16/10
31.09..... Tori Martinez, 9/25/10
31.24..... Caitlin Pardi, 10/16/10
31.28..... Becky Newgren, 11/6/10

100 Backstroke
59.80..... Jasmine Lee, 10/23/10
59.97..... Jasmine Lee, 11/6/10
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
1:04.46..... Tori Martinez, 11/6/10

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)
2:12.64..... Jasmine Lee, 11/6/10
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
2:17.20..... Lindsey Mikrut, 11/6/10

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
254.15..... Cassi Mrozek, 11/6/10
251.75..... Alli Tracy, 10/23/10
246.60..... Cassi Mrozek, 10/23/10

240.25..... Hannah Peters, 11/6/10
237.85..... Cassi Mrozek, 10/15/10
234.80..... Alli Tracy, 10/30/10
231.70..... Alli Tracy, 10/15/10
228.20..... Alli Tracy, 11/6/10
227.95..... Alli Tracy, 9/25/10

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 / (A)= A-Cut / (B)= B-Cut / (*)=NCAA Qualifiers

50 Freestyle

22.32..... Joe Burns, 10/30/10
22.40..... Jake Hausauer, 11/6/10
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
50.04..... Caleb Cohoon, 11/6/10
50.05..... Jake Hausauer, 11/6/10
50.15..... Jake Hausauer, 10/30/10
50.16..... Joel Gregory, 11/6/10
50.22..... Jake Hausauer, 9/25/10
50.24..... Robb Rotramel, 10/30/10
50.49..... Jake Larson, 10/23/10
50.50..... Jake Larson, 9/25/10

200 Freestyle

1:49.42..... Ryan Goggans, 10/30/10
1:49.78..... Ryan Goggans, 11/6/10
1:50.03..... Jake Larson, 11/6/10
1:50.27..... Jake Larson, 10/23/10
1:50.72..... Jake Larson, 10/30/10
1:50.77..... Joel Gregory, 11/6/10
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

500 Freestyle

5:00.97..... Ryan Goggans, 11/6/10
5:01.41..... Ryan Goggans, 10/30/10
5:03.59..... Ryan Goggans, 10/23/10
5:03.79..... Michael Miller, 11/6/10
5:04.20..... Joe Palmersten, 10/23/10
5:04.35..... Michael Miller, 10/23/10
5:04.74..... Ryan Goggans, 9/25/10
5:12.57..... Will Anzion, 11/6/10
5:12.46..... Michael Miller, 9/25/10
5:12.62..... Michael Miller, 10/30/10
5:12.99..... Jake Larson, 11/6/10

1000 Freestyle

10:21.39..... Joe Palmersten, 11/6/10
10:22.13..... Joe Palmersten, 10/30/10
10:25.63..... Joe Palmersten, 10/23/10
10:29.25..... Ryan Goggans, 10/23/10
10:34.86..... Ryan Goggans, 9/24/10
10:48.44..... Michael Miller, 11/6/10
10:48.78..... Joe Palmersten, 9/24/10
10:50.76..... Will Anzion, 10/23/10
10:51.60..... Will Anzion, 11/6/10
10:54.41..... Will Anzion, 10/30/10

1650 Freestyle

50 Butterfly
24.45..... Joe Burns, 11/6/10
24.68..... Alex Jaholkowski, 11/6/10
24.71..... Joe Burns, 9/25/10
24.74..... Alex Jaholkowski, 9/25/10
25.06..... Joel Gregory, 11/6/10

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
3:18.70..... Ryan Goggans, Joel Gregory, Jake Larson, Robb Rotramel, 11/6/10
3:19.76..... Caleb Cohoon, Andrew Fuller, Michael Miller, Joe Burns, 11/6/10
3:21.78..... Joe Spann, Joe Palmersten, Joel Gregory, John Rosier, 10/23/10
3:22.84..... Joel Gregory, Joe Spann, John Rosier, Andrew Fuller, 10/30/10
3:25.96..... Rob Stafford, Alex Jaholkowski, Nathan Engfer, Napoleon Howell, 11/6/10
3:31.28..... Brandon Molnar, Aaron Hauck, Shane Broermann, Aaron Meyer, 10/30/10
3:31.87..... Zach Henderson, Shane Broermann, Will Anzion, Rob Pagan, 11/6/10

800 Freestyle Relay

200 Medley Relay
1:37.94..... Landon Hartwig, Napoleon Howell, Nathan Engfer, Jake Hausauer, 9/24/10
1:38.30..... Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer, 11/6/10
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
1:41.94..... Justin Nelson, Mike Larch, Nathan Engfer, Andrew Fuller, 11/6/10
1:42.70..... Rob Stafford, Mike Larch, Joe Burns, Andrew Fuller, 9/24/10
1:44.04..... Paul Hoffman, Alex Jaholkowski, Mitch Pruss, John Rosier, 11/6/10
1:44.67..... Paul Hoffman, Murphy Hebbard, Alex Jaholkowski, Caleb Cohoon, 10/23/10

25.08..... Nathan Engfer, 11/6/10
25.29..... Nathan Engfer, 9/25/10
25.37..... Joel Gregory, 9/25/10
25.58..... Mitch Pruss, 11/6/10
25.73..... Joe Spann, 9/25/10

100 Butterfly

53.90..... Joe Burns, 10/30/10
54.14..... Joe Burns, 11/6/10
55.07..... Murphy Hebbard, 11/6/10
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

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
27.69..... Napoleon Howell, 11/6/10
28.81..... Mike Larch, 9/24/10
29.16..... Luke Weber, 9/24/10
29.25..... Mike Larch, 11/6/10
29.83..... Murphy Hebbard, 9/24/10
31.09..... Mitchell Pruss, 9/24/10
31.91..... Aaron Hauck, 11/6/10

100 Breaststroke

59.88..... Napoleon Howell, 10/30/10
59.98..... Napoleon Howell, 11/6/10
1:00.02..... Napoleon Howell, 10/23/10
1:00.67..... Napoleon Howell, 9/24/10
1:02.22..... Joe Palmersten, 11/6/10
1:02.52..... Mike Larch, 11/6/10
1:02.96..... Mike Larch, 10/23/10
1:03.01..... Murphy Hebbard, 11/6/10
1:03.05..... Mike Larch, 9/24/10
1:03.68..... Mike Larch, 10/30/10

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

26.19..... Bob Simson, 11/6/10
26.55..... Justin Nelson, 11/6/10
27.28..... Jake Hausauer, 11/6/10
27.98..... Zach Henderson, 11/6/10

100 Backstroke

54.46..... Landon Hartwig, 9/24/10
55.80..... Bob Simson, 11/6/10
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
57.99..... Justin Nelson, 11/6/10
58.15..... Justin Nelson, 10/23/10
58.25..... Paul Hoffman, 11/6/10
58.35..... Paul Hoffman, 10/23/10

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

2:04.36..... Joe Palmersten, 11/6/10
2:05.87..... Murphy Hebbard, 10/30/10
2:06.58..... Murphy Hebbard, 10/23/10
2:06.86..... Murphy Hebbard, 11/6/10
2:07.30..... Aaron Hauck, 11/6/10
2:07.37..... Joe Palmersten, 10/30/10
2:07.96..... Bob Simson, 11/6/10
2:08.39..... John Rosier, 11/6/10
2:08.73..... Paul Hoffman, 10/30/10
2:09.06..... Mitch Pruss, 11/6/10

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*
286.30..... Chris White, 11/6/10*
283.60..... Malachi Bennett, 11/6/10
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*
301.40..... Chris White, 11/6/10*
297.00..... Luke Weber, 9/25/10*
296.55..... Malachi Bennett, 11/6/10 *
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
102.45..... John Gerritsen, 11/6/10

3-Meter Diving (11)

1:47.98..... Rob Stafford, Aaron Hauck, Rob Pagan, Brandon Molnar, 11/6/10

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; 11/6/10: 50 breast, 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; 11/6/10: 50 free;
Kirsten Koetter - 10/15/10: 400 MR, 50 free; 10/16/10: 200 MR, 50 free; 10/23/10: 50 free, 400 MR; 11/6/10: 50 free, 50 fly;
Jasmine Lee - 10/15/10: 400 MR, 200 back, 400 FR; 10/16/10: 200 MR, 50 back, 100 back; 10/23/10: 200 IM, 200 MR, 100 back; 10/30/10: 100 back, 200 IM; 11/6/10: 100 fly, 100 back, 200 IM;
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; 11/6/10: 1-M;
Dayna Nellis - 10/15/10: 1650 free, 200 fly; 10/16/10: 1000 free; 10/23/10: 1000 free, 500 free; 11/6/10: 1000 freestyle, 500 free;
Kelsey Noah - 10/15/10: 200 free, 500 free; 10/16/10: 500 free;
Hannah Peters - 11/6/10: 3-M;
Alli Tracy - 10/23/10: 3-M;

*Relay's Not Included

Men:

Joe Burns - 10/23/10: 200 MR; 11/6/10: 100 fly, 50 fly;
Caleb Cohoon - 11/6/10: 100 free;
Ryan Goggans - 10/23/10: 500 free; 10/30/10: 500 free; 11/6/10: 200 free;
Jake Hausauer - 10/23/10: 200 MR;
Napoleon Howell - 10/23/10: 200 MR, 100 breast; 10/30/10: 100 breast, 200 breast; 11/6/10: 50 breast, 100 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; 11/6/10: 1-M;
Malachi Bennett - 10/30/10: 3-M;

*Relay's Not Included

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 - Shalon 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

Malachi Bennet - (3-Meter Dive, 298.60, 10/30/10)

Luke Weber - (1-Meter Dive, 312.30; 3-Meter Dive, 309.90 (10/30/10)

Chris White - (1-Meter Dive, 293.20, 10/23/10)

Women

A-Cut Qualifiers

B-Cut Qualifiers - Jasmine Lee (200 IM, 2:11.08, 10/23/10)