



Home of the Huskies

St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Swimming & Diving Update

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



2011-12 Schedule & Results



Date	Meet	Time/Result
Sept. 24	Intersquad Meet	
Sept. 30	Intersquad Meet	
Oct. 1	Intersquad Meet	
Oct. 8	Alumni Meet	
Oct. 14	USD/UND	SCSU 154, UND 145 SCSU 162, USD 135
Oct. 15	USD/UND Men only-Swimming/Men & Women Diving)	162-135
Oct. 21	Northern Michigan (WOMEN ONLY)	SCSU 182.50, NMU 117.50
Oct. 22	MSU Moorhead (WOMEN ONLY)	SCSU 213, MSUM 87
Oct. 28-29	SCSUM 186, UW-Stevens Point 112 SCSUM 241, UW-Eau Claire 57 SCSUW 228, UW-Stevens Point 72 SCSUW 214, UW-Eau Claire 80	
Nov. 5	Gustavus Adolphus	SCSUW 184, Gustavus 96 SCSUM 191, Gustavus 98
Nov. 12	South Dakota State (MEN ONLY) UW-LaCrosse (Men & Women)	
	SCSUM 151-SDSU 90 / SCSUM 141 -UWL 98 / SCSUW 130-UWL 97	
Nov. 18-19	UW-Green Bay	UWGB 908, SCSUW 767, UWW 335 UWGB 834, SCSUM 792, UWW 456
Dec. 2-3	UW-River Falls Invitational	TBA
Dec. 2-3	SCSU Diving Invitational	TBA
Dec. 29-Jan. 8	Training Trip (Tentative)	TBA
Jan. 14	MSU, Mankato	TBA
Jan. 20	St. John's/St. Ben's Dual	6:00 p.m.
Jan. 21	All Saints Invitational	1:00 p.m.
Feb. 3-4	Minnesota Challenge	TBA
Feb. 16-19	Conference Championships	TBA
March 7-10	NCAA DII Championships	TBA

Home Events in Bold

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

NEED INFO?

For information about SCSU Swimming and Diving please contact the St. Cloud State Athletic Media Relations Office at 320-308-2141. The Swimming Diving Contact at SCSU for 2011 is Aaron Swenson. You can contact him via email at swaa0301@stcloudstate.edu

HUSKY HOME PAGE:



2011-12 SCSU SWIMMING & DIVING NEWS Release No. 5: November 21, 2011

THIS WEEK IN COMPETITION: The St. Cloud State University men's and women's swimming & diving team is not in action this week and will not compete until Friday and Saturday December 2-3 in Minneapolis. The swimming team will compete in the University of Wisconsin-River Falls Invitational. The diving team will be at home hosting the SCSU Diving Invitational. Check the www.stcloudstate.edu/athletics website next week for event times for both events. The event times have yet to be determined.

LIVE STATS FOR DIVING: The SCSU Diving Invitational will provide live stats for fans at: <http://www.stcloudstate.edu/athletics/sports/livestats/sportsstats3/index.htm>

LAST WEEK IN THE POOL & ON THE BOARDS: The St. Cloud State men's and women's swimming and diving squad finished in second place in a three team meet Friday and Saturday against the University of Wisconsin-Green Bay and the University of Wisconsin-Whitewater.

UW-Green Bay men beat SCSU 834 to 792, while UW-Whitewater scored 456 in the two day meet.

The Phoenix women beat St. Cloud 908 to 767 with UW-Whitewater finishing in third place with 335 points.

DAY ONE IN GREEN BAY: During day one of the meet, freshman **Alex Bryson** (Appleton, Wis.) won the 500 freestyle with a time of 4:43.74, while sophomore **Bob Simson** (St. Cloud) won the 200 IM by touching the wall in 1:59.80.

DAY TWO IN GREEN BAY: On day two, Bryson kept things rolling with a win in the 400 individual medley with a time of 4:15.36 and a third win with a 16:19.08 time in the 1,650 freestyle. He now holds the team's top time in the 200, 400, 1,000 and 1,650 freestyle events.



Simson

Simson won his second event of the weekend by swimming the 100 backstroke in :52.98 and followed it up with his third win of the weekend with a time of 1:56.05 in the 200 backstroke.

HOWELL RACES IN B-CUT FASHION: Sophomore **Napoleon Howell** (St.

Augustine, Trinidad) won the 100 breaststroke after touching the wall in a B-Cut time of :57.06. It is the second time this season he has swam a B-Cut time in the event. Howell then finished in the top spot in the 200 breaststroke by touching the wall in 2:09.98 Saturday.

WINNERS ON THE WOMEN'S SIDE: First year swimmer **Kellyn Craig** (Denver, Colo.) notched a win in the 200 breaststroke with a time of 2:24.05. It was her fourth win this season and third in the event.

Senior **Kirsten Koetter** (Melrose) won the 50 freestyle with her best time of the season at :24.31.

DIVERS DOING THEIR THING: Freshman **Tori Raihle** (Spring Lake Park) won the 1 meter dive with a final tally of 225.25 and senior **Alli Tracy** (Minot, S.D.) won the 3 meter dive with a score of 235.60.

Junior Luke Weber (Mankato) took the top spot in the 1 meter dive as he posted a score of 303.85 Saturday.

TOP TIMES TUMBLING: The Husky swimming team posted 18 individual top times this weekend, while both the men and women set top times in four relay events. The men set 11 new season , while the women set seven new season highs.

A RUNNING TOTAL OF SCSU WINS: The Huskies have combined to win 88 events in the pool and on the board this season to go with 10 wins in the form of relay races. The women have won 43 individual events to go with four relay wins, while the men have won 45 events and six relays.

NEXT WEEK'S MATCHUPS

University of Wisconsin-Riverfalls
Minneapolis, Minn.

Friday & Saturday, December 2-3, 2011

SCSU Diving Invitational

Halenbeck Hall Aquatic Center - St. Cloud, Minn.

Friday & Saturday, December 2-3, 2011



2011-12 Swimming & Diving Roster

Women - Name	Yr.	Event	Hometown
Amber Alexander	Sr.	Breast	Minot, N.D.
Caitlyn Beecher	FY	Distance	Madison, Wis.
Chelsey Bethke	FY	Diving	Sauk Rapids, Minn.
Meghan Carmichael	So.	Fly	Stoughton, Wis.
Elaine Casap	FY	Breast	Mesa, Ariz.
Kellyn Craig	FY	IM	Denver, Colo.
Stephanie Crandall	Jr.	Fly	Woodbury, Minn.
Brianna Dietz	Jr.	Free	Grafton, Wis.
Ali Domeier	Jr.	Free	St. Cloud, Minn.
Melissa Funke	Jr.	IM	Overland Park, Kan.
Diana Gehrman	Sr.	Distance	St. Charles, Ill.
Katie Hines	Jr.	Back	Clive, Iowa
Kirsten Koetter	Sr.	Fly	Melrose, Minn.
Mirna Kojic	FY	Free	Grand Forks, N.D.
Chandler Keating	FY	Free	Glen Carbon, Ill.
Jasmine Lee	So.	Back	Green Bay, Wis.
Emily McIntire	FY	Diving	Sartell, Minn.
Tori Martinez	Jr.	Back	Phoenix, Ariz.
Lindsey Mikrut	So.	Fly	Genoa City, Wis.
Nikki Miller	FY	Free	Johnstown, Penn.
Kelly Morford	FY	Back	St. Cloud, Minn.
Naomi Muckler	Sr.	Distance	Eagan, Minn.
Dayna Nellis	Jr.	Distance	Green Bay, Wis.
Kelsey Noah	Sr.	Distance	Charles City, Iowa
Caitlin Pardi	Sr.	Back	Muskego, Wis.
Aimee Peterson	So.	Free	Winona, Minn.
Makenzie Pillsbury	Jr.	Breast	St. Cloud, Minn.
Tori Raihle	FY	Diving	Spring Lake Park, Minn.
Abby Rasmussen	FY	Breast	Sauk Rapids, Minn.
Jenn Rothe	So.	Distance	Oshkosh, Wis.
Marissa Smith	So.	Back	Lakeville, Minn.
Allison Tracy	Sr.	Diving	Minot, N.D.
Erin Walter	Sr.	Distance	Lakewood, Colo.
Mary Woodson	So.	Diving	Hartland, Wis.
Men - Name	Yr.	Event	Hometown
William Anzion	Sr.	Distance	Mendota Heights, Minn.
Adam Boone	FY	Free	Hilton Head, N.C.
Shane Broermann	Jr.	Free	Sauk Centre, Minn.
Alex Bryson	FY	Distance	Appleton, Wis.
Joe Burns	So.	Fly	Minot, N.D.
Caleb Cohoon	So.	Breast	Buffalo, Wyo.
Chris Dickey	So.	Free	Lakeville, Minn.
Nathan Engfer	Jr.	Fly	Buffalo, Minn.
Ethan Fisher	FY	Distance	Lawrence, Kan.
Ryan Goggans	Jr.	Distance	Appleton, Wis.
Joel Gregory	Sr.	Free	Richmond, Minn.
Jake Hausauer	Jr.	Free	Minnetonka, Minn.
Murphy Hebbard	So.	Breast	New Lennox, Ill.
Zac Henderson	Sr.	Fly	Lawrence, Kan.
Paul Hoffmann	Sr.	Back	Mexico City, Mexico
Napoleon Howell	So.	Breast	St. Augustine, Trinidad
Dylan Hoven	FY	Free	Bemidji, Minn.
Alex Jaholkowski	Sr.	Breast	Papillion, Neb.
Jake Koetter	FY	Free	Melrose, Minn.
Mike Larch	Jr.	Breast	Monticello, Minn.
Jake Larson	Jr.	Free	Brainerd, Minn.
Tyler Magalis	FY	Diving	Farmington, Minn.
Mike Miller	So.	Fly	Acworth, Ga.
Brandon Molnar	So.	Fly	Farmington, Minn.
Landon Ostlie	FY	Back	Jamestown, N.D.
Robert Pagan	So.	Fly	Newark, Del.
Mitchell Pruss	Sr.	Fly	Norfolk, Neb.
Aaron Rooney	FY	Diving	Alexandria, Minn.
Robb Rotramel	Sr.	Free	Ramsey, Minn.
Bob Simson	So.	Back	St. Cloud, Minn.
Rob Stafford	Jr.	Free	Durango, Colo.
Jake Stoll	FY	Free	Gilbert, Ariz.
Joe Tulenko	FY	Breast	Longmont, Colo.
Chris Tung	FY	Back	Reno, Nev.
Luke Weber	Jr.	Diving	Mankato, Minn.
Chris White	Jr.	Diving	Rochester, Minn.

SCSU Record Book

SCSU Women's Records			
Event	Name	Time	Year
50 Freestyle	Kirsten Koetter	:23.40	Feb. 19, 2009
	-Northern Sun Championships		
100 Freestyle	Alisha Blaydes	:50.99	2009 NCAA's
200 Freestyle	Alisha Blaydes	1:53.51	Feb. 20, 2009
	-Northern Sun Championships		
500 Freestyle	Kelsey Noah	5:08.03	Dec. 5, 2009
1000 Freestyle	Dayna Nellis	10:35.75	Feb. 16, 2011
1650 Freestyle	Dayna Nellis	17:38.57	Dec. 4, 2010
50 Butterfly	Kirsten Koetter	:26.45	Nov. 6, 2010
100 Butterfly	Alise Emil	:56.26	2005 NCAA's
200 Butterfly	Dayna Nellis	2:07.22	Feb. 10, 2010
50 Backstroke	Cathy Haen	:28.20	Oct. 18, 2008
100 Backstroke	Cathy Haen	57.02	Feb. 20, 2009
	-Northern Sun Championships		
200 Backstroke	Cathy Haen	2:04.40	Feb. 21, 2009
	-Northern Sun Championships		
50 Breaststroke	Amber Alexander	:30.84	Nov. 1, 2008,
100 Breaststroke	Tesia Zuba	1:04.08	Mar 2001
200 Breaststroke	Tesia Zuba	2:17.34	Mar 2001
200 Individual Medley	Jasmine Lee	2:06.88	Feb. 17, 2011
400 Individual Medley	Tesia Zuba	4:30.15	Mar 2002
200 Freestyle Relay	Kirsten Koetter, April Greene, Kelly Vieau and Alisha Blaydes	1:34.18	2009 NCAA's
400 Freestyle Relay	Kirsten Koetter, Elizabeth Lopez, Kelly Vieau and Alisha Blaydes	3:28.32	2009 NCAA's
800 Freestyle Relay	Danielle Breunig, Sarah Burnell, Elizabeth Lopez, Jackie Vieau	7:44.36	Feb 2006
200 Medley Relay	Cathy Haen, Amber Alexander, Alisha Blaydes, Kirsten Koetter	1:44.16	2009 NCAA's
400 Medley Relay	Cathy Haen, Katie Brueggemann, Alison Weske, Alisha Blaydes	3:49.82	2009 NCAA's
1-Meter Diving (501v)	Mary Ahlin	316.25	Feb 1999
1-Meter Diving (60)	Kelsey Berkeland	253.80	Feb. 6 2008
1-Meter Diving (10c)	Mary Ahlin	468.50	Jan 1999
1-Meter Diving (11c)	Kelsey Berkeland	469.30	Jan. 23, 2009
3-Meter Diving (501v)	Mary Ahlin	294.65	Feb 1998
3-Meter Diving (60)	Cassi Mrozek	259.85	Oct. 30, 2010
3-Meter Diving (11c)	Mary Ahlin	562.95	Jan 1999
SCSU Men's Records			
Event	Name	Time	Date
50 Freestyle	Anthony Buhr	:20.22	Mar. 11, 2009
100 Freestyle	Anthony Buhr	:45.58	Mar. 14, 2009
200 Freestyle	Kyle Cordry	1:41.61	Mar. 13, 2008
500 Freestyle	Sean Gonia	4:39.98	Feb. 2001
1000 Freestyle	Alex Bryson	9:49.59	Oct. 29, 2011
1650 Freestyle	Mark Muenchow	16:27.28	1979
50 Butterfly	Alex Olp	:25.15	Nov. 1, 2008
100 Butterfly	Cam Olk	:49.74	1988
200 Butterfly	Cam Olk	1:53.14	1988
50 Backstroke	Brian Jacobs	:25.88	Nov. 1, 2008
100 Backstroke	Mike Wencil	:50.90	Feb., 2000
200 Backstroke	Matt Verway	1:50.33	Feb. 24, 2008
50 Breaststroke	Anthony Buhr	:27.32	Nov. 1, 2008
100 Breaststroke	Anthony Buhr	:56.46	Mar. 13, 2009
200 Breaststroke	Napoleon Howell	2:07.75	Feb. 19, 2011
200 IM	Cam Olk	1:52.01	1988
400 IM	Matt Verway	4:06.80	Dec., 2006
200 Free Relay	Buhr, Dickison, Green, Rotramel	1:22.03	Mar. 12, 2009
400 Free Relay	Buhr, Rotramel, Dickison, Green	3:03.86	Mar. 14, 2009
800 Free Relay	Cordry, Dickison, Rotramel, Green	6:53.23	Mar. 13, 2009
200 Medley Relay	Simson, Howell, Burns, Hausauer	1:32.94	Feb. 19, 2011
400 Medley Relay	Green, Buhr, Rotramel, Cordry	3:25.84	Mar. 12, 2009
1M Diving (50/1v)	Luke Weber	331.70	Nov. 12, 2011
1M Diving (60)	Luke Weber	312.30	Sept. 24, 2010
1M Diving (11)	Nate Jimerson	561.05	Jan. 23, 2009
3M Diving (50/1v)	Jeremy Frye	331.90	Feb./1999
3M Diving (60)	Luke Weber	309.90	Oct. 23, 2010
3M Diving (11)	Ryan Bucher	573.50	Feb./1998

Records set this season are in bold

Huskies Best of 2011-12

as of 11/21/11 (*NCAA Qualifying Scores)

Men

50 Free:	:21.65 (Dylan Hoven), 11/12/11
100 Free:	:48.02 (Jake Stoll), 11/19/11
200 Free:	:1:45.33 (Alex Bryson), 11/19/11
400 free:	:4:16.04 (Alex Bryson), 10/15/11
500 Free:	:4:43.74 (Alex Bryson), 11/19/11
1,000 Free:	:9:49.59 (Alex Bryson), 10/29/11 *School Record
1,650 Free	:16:19.09 (Alex Bryson), 11/19/11
50 Fly:	
100 Fly:	:53.04 (Joe Burns), 11/19/11
200 Fly:	:1:59.63 (Ryan Goggans), 11/19/11
50 Breast:	
100 Breast:	:57.06 (Napoleon Howell), 11/19/11 (B-Cut)
200 Breast:	:2:09.98 (Napoleon Howell), 11/19/11
50 Back:	
100 Back:	:52.55 (Bob Simson), 11/12/11
200 Back:	:1:56.05 (Bob Simson), 11/19/11
200 IM:	:1:59.80 (Bob Simson), 11/19/11
400 IM:	:4:15.36 (Alex Bryson), 11/19/11
200 Free Relay:	:1:26.47 (Howell, Rotramel, Hoven Hausauer), 11/19/11
400 Free Relay:	:3:10.42 (Stoll, Larson, Rotramel, Hausauer), 11/19/11
800 Free Relay:	:7:13.14 (Goggans, Gregory, Stoll, Bryson), 11/19/11
200 Medley Relay:	:1:34.58 (Simson, Howell, Burns, Hausauer), 11/19/11
400 Medley Relay:	:3:29.91 (Simson, Howell, Burns, Hausauer), 11/12/11
1-M Dive (60):	:346.30 (Luke Weber), 10/29/11*
1-M Dive (50)	:331.70 (Chris White), 11/12/11*
1-M Dive (11)	
3-M Dive (60)	:337.85 (Luke Weber), 11/12/11*
3-M Dive (11)	

Women

50 Free:	:24.31 (Kirsten Koetter), 11/19/11 (B-Cut)
100 Free:	:53.36 (Kirsten Koetter), 11/19/11
200 Free:	:2:0.71 (Kelsey Noah), 11/19/11
500 Free:	:5:18.76 (Dayna Nellis), 11/19/11
1,000 Free:	:11:00.06 (Dayna Nellis), 11/5/11
1,650 Free	:18:12.57 (Dayna Nellis), 10/21/11
50 Fly:	:26.23 (Kirsten Koetter), 10/22/11
100 Fly:	:58.96 (Kirsten Koetter), 11/5/11
200 Fly:	:2:14.38 (Dayna Nellis), 11/5/11
50 Breast:	:31.19 (Amber Alexander), 10/22/11
100 Breast:	:1:06.04 (Amber Alexander), 11/5/11 (B-Cut)
200 Breast:	:2:24.05 (Kellyn Craig), 11/19/11
50 Back:	:28.95 (Jasmine Lee), 10/22/11
100 Back:	:1:00.04 (Jasmine Lee), 11/19/11 (B-Cut)
200 Back:	:2:09.45 (Jasmine Lee), 10/21/11
200 IM:	:2:10.77 (Jasmine Lee), 11/12/11
400 IM:	:4:40.99 (Kelly Craig), 10/19/11
200 Free Relay:	:1:39.09 (Koetter, Crandall, Alexander, Domeier), 11/19/11
400 Free Relay:	:3:38.38 (Koetter, Lee, Domeier, Crandall), 11/19/11
800 Free Relay:	:8:08.11 (Noah, Nellis, Kojic, Craig), 11/19/11
200 Medley Relay:	:1:48.57 (Lee, Alexander, Koetter, Domeier), 11/19/11
400 Medley Relay:	:4:01.58 (Lee, Alexander, Mikrut, Domeier), 11/12/11
1-M Dive (60):	:257.50 (Tori Rainhle), 10/29/11*
1-M Dive (50)	:254.20 (Tori Rainhle), 11/12/11
1-M Dive (11)	
3-M Dive (60)	:258.80 (Tori Rainhle), 11/12/11
3-M Dive (11)	





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

SCSU Swimmers

Amber Alexander

50 free:25.12, 11/12/11
100 free:57.51, 10/21/11
50 breast.....:31.19, 10/22/11
100 breast.....:1:06.04, 11/5/11(B)
200 breast.....:2:34.13, 11/19/11

Caitlyn Beecher

100 free:58.53, 10/22/11
200 free:2:02.60, 11/19/11
500 free:5:25.41, 11/18/11
1000 free11:16.89, 11/5/11
1650 free18:43.18, 11/19/11
400 IM.....:4:57.03, 10/21/11
100 back.....:1:08.04, 11/12/11
200 back.....:2:17.15, 10/21/11

Megan Carmichael

100 fly:1:00.37, 11/5/11
200 fly:2:15.00, 11/19/11
200 IM.....:2:17.32, 11/5/11
400 IM.....:4:50.36, 11/19/11

Elaine Casap

50 breast.....:34.75, 10/22/11
100 breast.....:1:12.30, 11/12/11
200 breast.....:2:40.46, 11/5/11
50 free:27.56, 11/12/11

Kellyn Craig

200 free:2:02.35, 10/29/11
100 breast.....:1:07.04, 11/12/11
200 breast.....:2:24.05, 11/19/11 (B)
200 IM.....:2:12.77, 11/12/11
400 IM.....:4:40.99, 11/19/11

Stephanie Crandall

50 free:25.12, 11/12/11
100 free:55.52, 10/21/11
200 free:2:03.04, 10/21/11
100 back.....:1:01.69, 10/22/11
100 fly:1:00.04, 11/12/11

Brianna Dietz

100 fly:1:04.62, 10/29/11
200 fly:2:20.78, 11/19/11
200 free:2:02.49, 11/19/11
500 free:5:24.59, 11/18/11

Ali Domeier

50 free:25.43, 11/5/11
100 free:54.60, 11/5/11
200 free:2:07.09, 11/19/11

Melissa Funke

200 free:2:12.62, 10/22/11
100 breast.....:1:11.62, 11/12/11
200 breast.....:2:34.32, 10/21/11
200 IM.....:2:18.41, 11/18/11
400 IM.....:4:55.67, 11/19/11
200 fly:2:24.14, 11/5/11
200 back.....:2:21.10, 11/5/11

Diana Gehrman

Katie Hines

200 free:2:07.28, 11/12/11
500 free:5:53.81, 10/22/11
100 back.....:1:04.59, 11/19/11
200 back.....:2:16.66, 11/19/11
200 IM.....:2:24.86, 11/18/11

Chandler Keating

200 free:2:06.68, 11/12/11
50 breast.....:34.06, 10/22/11
100 breast.....:1:12.60, 11/12/11
200 breast.....:2:35.50, 11/5/11

Kirsten Koetter

50 free:24.31, 11/18/11 (B)
100 free:53.36, 11/19/11
50 fly:26.23, 10/22/11
100 fly:58.96, 11/5/11

Mirna Kojic

50 free:25.78, 10/21/11
100 free:55.98, 11/12/11
200 free:2:01.71, 11/5/11
50 fly:28.94, 10/22/11

Jasmine Lee

50 back:28.95, 10/22/11
100 back.....:1:00.04, 11/19/11
200 back.....:2:09.45, 10/21/11
200 IM.....:2:10.77, 11/12/11
400 IM.....:4:45.58, 11/19/11

Tori Martinez

50 free:27.10, 11/18/11
100 back.....:1:02.17, 11/19/11
200 back.....:2:15.38, 11/19/11
200 free:2:04.51, 11/12/11

Lindsey Mikrut

50 free:26.35, 10/21/11
100 free:56.88, 11/5/11
50 fly:28.60, 10/22/11
100 fly:1:00.38, 11/5/11
200 fly:2:18.39, 10/29/11
200 IM.....:2:18.06, 11/18/11

Nicky Miller

200 free:2:06.14, 11/5/11
500 free:5:37.76, 11/5/11
100 back.....:1:09.33, 11/12/11

Kelly Morford

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

Naomi Muckler

50 free:27.39, 10/22/11
200 free:2:06.97, 11/19/11
500 free:5:32.11, 11/18/11
1000 free11:23.06, 10/22/11
1650 free18:59.63, 10/21/11

Dayna Nellis

200 free:2:01.87, 11/19/11
500 free:5:18.76, 11/18/11
1000 free11:00.06, 11/5/11
1650 free18:12.57, 10/21/11
100 fly:1:02.98, 10/22/11
200 fly:2:14.38, 11/5/11

Kelsey Noah

100 free:59.10, 10/29/11
200 free:2:00.71, 11/19/11
500 free:5:22.74, 11/18/11
1650 free18:34.62, 11/19/11

Caitlin Pardi

50 back:30.57, 10/22/11
100 back.....:1:04.78, 11/12/11
200 back.....:2:24.01, 11/19/11

Aimee Peterson

50 free:27.35, 10/21/11
100 free:1:01.19, 10/29/11

Makenzie Pillsbury

50 fly:28.93, 10/22/11
100 fly:1:07.07, 10/22/11
200 fly:2:34.18, 10/21/11
100 breast.....:1:11.77, 11/12/11
200 breast.....:2:37.26, 11/5/11
200 IM.....:2:21.72, 11/12/11
400 IM.....:5:07.07, 10/29/11
100 back.....:1:09.02, 11/12/11

Abby Rasmussen

50 breast.....:31.83, 10/22/11
100 breast.....:1:09.09, 10/22/11
200 breast.....:2:33.86, 11/5/11
50 free:27.61, 11/18/11

Jenn Rothe

200 free:2:05.40, 11/19/11
500 free:5:32.22, 11/12/11
1000 free11:18.84, 11/12/11
1650 free19:12.96, 11/19/11

Marissa Smith

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

Erin Walter

200 free:2:04.99, 10/29/11
500 free:5:36.05, 11/12/11
200 back.....:2:25.01, 10/21/11

SCSU DIVERS

Chelsey Bethke

1-meter (6o).....:241.70, 10/29/11
1-meter (5o).....:229.30, 11/12/11
3-meter (6o).....:232.25, 10/29/11
1-meter (11).....
3-meter (11).....

Emily McIntire

1-meter (6o).....:197.80, 10/21/11
1-meter (5o).....:198.20, 11/12/11
3-meter (6o).....:211.10, 11/12/11
1-meter (11).....
3-meter (11).....

Tori Raihle

1-meter (6o).....:257.50, 10/29/11*
1-meter (5o).....:254.20, 11/12/11
3-meter (6o).....:243.60, 11/5/11
1-meter (11).....
3-meter (11).....

Alli Tracy

1-meter (6o).....:249.90, 10/29/11
1-meter (5o).....:248.05, 11/12/11
3-meter (6o).....:258.80, 11/12/11
1-meter (11).....
3-meter (11).....

Mary Woodson

1-meter (6o).....:221.55, 10/21/11
1-meter (5o).....:225.80, 11/12/11
3-meter (6o).....:226.70, 11/5/11
1-meter (11).....
3-meter (11).....



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

SCSU Swimmers

Will Anzion

100 free:59.27, 10/15/11
 200 free:1:54.52, 11/12/11
 500 free:5:14.25, 11/12/11
 1000 free:11:12.59, 10/29/11

Adam Boone

100 free:1:48.80, 11/19/11
 200 free:1:50.42, 10/29/11
 400 free:4:22.32, 10/15/11
 500 free:4:50.66, 11/12/11
 1000 free:10:01.00, 11/12/11
 1650 free:17:12.04, 11/19/11
 200 IM.....:2:04.56, 11/5/11

Shane Broermann

50 free:22.87, 11/12/11
 100 free:52.87, 11/5/11
 100 fly.....:57.21, 11/12/11

Alex Bryson

200 free:1:45.33, 11/19/11
 400 free:4:16.04, 10/15/11
 500 free:4:43.74, 11/18/11
 800 free:8:53.18, 10/15/11
 1000 free:9:49.59, 10/29/11 (School Record)
 1650 free:16:19.08, 11/19/11
 200 IM.....:1:59.97, 11/5/11
 400 IM.....:4:15.36, 11/19/11

Joe Burns

50 free:22.09, 11/18/11
 100 fly:53.04, 11/19/11
 200 fly:2:13.71, 11/19/11
 100 back.....:55.78, 11/19/11

Caleb Cohoon

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

Chris Dickey

50 free:23.53, 11/5/11
 100 free:52.96, 10/29/11
 500 free:5:27.92, 11/5/11

Ethan Fisher

400 free:4:25.18, 10/15/11
 500 free:4:59.91, 11/18/11
 800 free:9:12.64, 10/15/11
 1000 free:10:21.93, 10/29/11
 1650 free:17:40.96, 11/19/11
 200 IM.....:2:11.08, 11/5/11
 400 IM.....:4:27.82, 11/19/11

Ryan Goggans

200 fly:1:59.63, 11/19/11
 100 free:49.93, 11/5/11
 200 free:1:47.72, 11/19/11
 400 free:4:23.90, 10/15/11
 500 free:4:53.09, 11/18/11
 1650 free:17:22.25, 11/19/11

Joel Gregory

100 fly:55.31, 11/5/11
 100 free:49.02, 11/5/11
 200 free:1:47.83, 11/5/11
 500 free:5:05.76, 11/18/11

Jake Hausauer

50 free:21.92, 11/5/11
 100 free:48.73, 10/29/11
 100 breast.....:1:03.49, 11/19/11

Murphy Hebbard

100 fly:54.00, 11/19/11
 200 fly:2:02.80, 11/19/11
 100 breast.....:1:02.97, 11/19/11
 200 breast.....:2:16.33, 11/5/11

Zac Henderson

50 free:24.19, 11/5/11
 200 free:1:58.08, 10/29/11
 100 back.....:1:00.99, 11/12/11

Paul Hoffman

100 free:57.78, 10/29/11
 100 fly:57.29, 11/5/11
 100 back.....:57.32, 11/5/11
 200 back.....:2:06.30, 11/5/11
 400 IM.....:4:45.61, 10/29/11

Napoleon Howell

50 free:21.77, 11/12/11
 100 breast.....:57.06, 11/19/11 (B)
 200 breast.....:2:09.98, 11/19/11
 200 IM.....:2:10.26, 11/12/11

Dylan Hoven

50 free:21.65, 11/12/11
 100 free:49.20, 11/19/11
 100 fly:57.62

Alex Jaholkowski

100 breast.....:1:02.52, 11/5/11
 200 breast.....:2:25.13, 10/29/11
 100 fly:55.75, 11/12/11

Mike Larch

50 free:24.04, 11/18/11
 100 breast.....:1:00.88, 11/12/11
 200 breast.....:2:19.21, 11/5/11

Jake Larson

50 free:22.70, 11/18/11
 100 free:48.69, 11/19/11
 200 free:1:47.82, 11/19/11

Mike Miller

100 free:1:04.12, 10/29/11
 200 free:1:49.82, 11/19/11
 500 free:4:59.49, 11/18/11
 1000 free:10:31.75, 11/5/11
 1650 free:17:54.47, 11/19/11

Brandon Molnar

50 free:22.62, 11/12/11
 100 free:51.06, 11/5/11
 100 fly:57.37, 11/5/11

Landon Ostlie

100 back.....:56.80, 11/12/11
 200 back.....:2:03.88, 11/19/11
 200 IM.....:2:02.98, 11/12/11
 400 IM.....:4:32.04, 11/19/11

Robert Pagan

100 fly:57.26, 10/29/11
 200 fly:2:11.14, 11/5/11
 200 free:1:52.66, 11/12/11
 500 free:5:13.73, 11/5/11

Mitch Pruss

100 fly:55.22, 11/12/11
 200 fly:2:03.21, 11/5/11
 200 IM.....:2:07.36, 11/18/11
 400 IM.....:4:38.07, 10/29/11

Robb Rotramel

50 free:21.67, 11/12/11
 100 free:48.64, 11/5/11
 200 free:1:52.06, 11/5/11
 100 breast.....:1:02.15, 11/19/11

Bob Simson

100 back.....:52.55, 11/12/11
 200 back.....:1:56.05, 11/19/11
 200 IM.....:1:59.80, 11/18/11
 400 IM.....:4:27.59, 11/19/11

Rob Stafford

100 back.....:58.04, 11/12/11
 200 back.....:2:02.74, 11/19/11
 200 free:1:54.25, 11/5/11
 200 IM.....:2:01.51, 11/12/11

Jake Stoll

50 free:22.27, 10/29/11
 100 free:48.30, 11/19/11
 200 free:1:47.98, 11/19/11

Joe Tulenko

100 breast.....:1:03.59.49, 11/19/11
 200 breast.....:2:21.87, 11/5/11
 200 IM.....:2:07.42, 11/18/11

Chris Tung

100 back.....:55.73, 10/29/11
 200 back.....:1:58.54, 11/5/11
 100 breast.....:1:02.73, 11/5/11
 200 IM.....:2:00.28, 11/5/11
 400 IM.....:4:28.18, 11/19/11

SCSU DIVERS

Tyler Magalis

1 meter (6o).....:226.00, 10/15/11
 1 meter (5o).....:194.20, 11/12/11
 3 meter (6o).....:210.30, 11/12/11
 1 meter (11).....
 3 meter (11).....

Aaron Rooney

1 meter (6o).....:281.60, 10/29/11
 1 meter (5o).....:274.50, 11/12/11
 3 meter (6o).....:282.55, 11/12/11
 1 meter (11).....
 3 meter (11).....

Luke Weber

1 meter (6o).....:346.30, 10/29/11*
 1 meter (5o).....:320.70, 11/12/11
 3 meter (6o).....:337.85, 11/12/11*
 1 meter (11).....
 3 meter (11).....

Chris White

1 meter (6o).....:320.55, 10/29/11*
 1 meter (5o).....:331.70, 11/12/11 (SR)
 3 meter (6o).....:334.75, 11/12/11*
 1 meter (11).....
 3 meter (11).....



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

50 Freestyle
24.31 Kirsten Koetter, 11/18/11 (B)
24.41 Kirsten Koetter, 11/5/11 (B)
24.51 Kirsten Koetter, 11/12/11
24.67 Kirsten Koetter, 10/21/11
24.88 Kirsten Koetter, 10/22/11
25.03 Kirsten Koetter, 10/29/11
25.12 Amber Alexander, 11/12/11
25.12 Steph Crandall, 11/18/11
25.23 Steph Crandall, 11/18/11
25.43 Ali Domeier, 11/5/11

100 Freestyle
53.01 Kirsten Koetter, 11/19/11
54.18 Kirsten Koetter, 11/12/11
54.23 Kirsten Koetter, 10/21/11
54.60 Kirsten Koetter, 11/5/11
54.72 Kirsten Koetter, 10/22/11
55.06 Kirsten Koetter, 10/29/11
55.38 Ali Domeier, 11/12/11
55.52 Steph Crandall, 10/21/11
55.56 Steph Crandall, 11/19/11
55.79 Ali Domeier, 10/21/11

200 Freestyle
2:00.71 Kelsey Noah, 11/19/11
2:01.48 Kelsey Noah, 10/21/11
2:01.58 Kelsey Noah, 11/5/11
2:01.71 Mirna Kojic, 11/5/11
2:01.74 Mirna Kojic, 11/12/11
2:01.80 Kelsey Noah, 11/12/11
2:01.87 Dayna Nellis, 11/19/11
2:02.35 Kellyn Craig, 10/29/11
2:02.43 Mirna Kojic, 10/22/11
2:02.46 Kelsey Noah, 10/29/11

500 Freestyle
5:18.76 Dayna Nellis, 11/18/11
5:21.60 Dayna Nellis, 11/5/11
5:22.74 Kelsey Noah, 11/18/11
5:23.69 Dayna Nellis, 11/12/11
5:24.59 Brianna Dietz, 11/18/11
5:25.41 Cati Beecher, 11/18/11
5:25.72 Kelsey Noah, 10/21/11
5:25.75 Dayna Nellis, 10/29/11
5:26.44 Kelsey Noah, 11/12/11
5:27.11 Kelsey Noah, 10/29/11

1000 Freestyle
11:00.66 Dayna Nellis, 11/5/11
11:02.02 Dayna Nellis, 10/22/11
11:05.66 Dayna Nellis, 10/29/11
11:09 Dayna Nellis, 11/12/11
11:16.89 Caitlyn Beecher, 11/5/11
11:18.33 Caitlyn Beecher, 10/29/11
11:18.84 Jenn Rothe, 11/12/11
11:23.06 Naomi Muchler, 10/22/11
11:23.06 Naomi Muchler, 11/12/11
11:26.03 Naomi Muchler, 10/29/11

1650 Freestyle
18:12.57 Dayna Nellis, 10/21/11
18:19.14 Dayna Nellis, 11/19/11
18:34.62 Kelsey Noah, 11/19/11
18:43.18 Cati Beecher, 11/19/11
18:59.63 Naomi Muckler, 10/21/11

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

100 Butterfly
58.96 Kirsten Koetter, 11/5/11
59.65 Kirsten Koetter, 11/19/11
1:00.04 Steph Crandall, 11/12/11
1:00.08 Steph Crandall, 11/19/11
1:00.37 Meghan Carmichael, 11/5/11
1:00.38 Lindsey Mikrut, 11/5/11
1:00.51 Lindsey Mikrut, 11/12/11
1:00.58 Meghan Carmichael, 11/19/11
1:00.72 Meghan Carmichael, 11/12/11
1:00.79 Steph Crandall, 11/5/11

200 Butterfly
2:14.38 Dayna Nellis, 11/5/11
2:15.00 Meghan Carmichael, 11/19/11
2:15.04 Dayna Nellis, 10/21/11
2:15.49 Meghan Carmichael, 11/5/11
2:15.55 Meghan Carmichael, 10/29/11
2:15.68 Dayna Nellis, 10/29/11
2:16.92 Meghan Carmichael, 10/21/11
2:17.73 Dayna Nellis, 11/19/11
2:18.39 Lindsey Mikrut, 10/29/11
2:18.76 Lindsey Mikrut, 10/21/11

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

100 Breaststroke
1:06.04 Amber Alexander, 11/5/11 (B)
1:06.24 Amber Alexander, 10/29/11(B)
1:07.04 Kellyn Craig, 11/12/11
1:07.54 Amber Alexander, 11/12/11
1:07.55 Kellyn Craig, 11/19/11
1:07.68 Amber Alexander, 10/22/11
1:07.68 Kellyn Craig, 11/5/11
1:07.78 Amber Alexander, 11/19/11
1:08.69 Kellyn Craig, 10/22/11
1:09.09 Abby Rasmussen, 10/22/11

200 Breaststroke
2:24.05 Kellyn Craig, 11/19/11 (B)
2:25.86 Kellyn Craig, 11/5/11
2:27.56 Kellyn Craig, 10/29/11
2:27.81 Kellyn Craig, 10/21/11
2:33.86 Abby Rasmussen, 11/5/11
2:34.13 Amber Alexander, 11/19/11
2:34.32 Melissa Funke, 10/21/11
2:34.44 Amber Rasmussen, 10/29/11
2:34.75 Melissa Funke, 10/29/11
2:34.92 Melissa Funke, 11/19/11

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

100 Backstroke
1:00.04 Jasmine Lee, 11/19/11 (B)
1:00.16 Jasmine Lee, 11/12/11 (B)
1:00.19 Jasmine Lee, 11/5/11 (B)
1:00.93 Jasmine Lee, 10/22/11(B)
1:01.69 Steph Crandall, 10/22/11
1:01.89 Jasmine Lee, 10/29/11
1:02.17 Tori Martinez, 11/19/11
1:02.83 Steph Crandall, 10/29/11
1:03.26 Tori Martinez, 11/12/11
1:03.37 Steph Crandall, 11/19/11

200 Backstroke
2:09.45 Jasmine Lee, 10/21/11
2:11.34 Jasmine Lee, 11/5/11
2:11.41 Jasmine Lee, 11/19/11
2:13.36 Jasmine Lee, 10/29/11
2:15.38 Tori Martinez, 11/19/11
2:16.66 Katie Hines, 11/19/11
2:16.81 Tori Martinez, 10/29/11
2:17.15 Cati Beecher, 10/21/11
2:18.05 Cati Beecher, 11/5/11
2:18.19 Katie Hines, 11/5/11

200 IM
2:10.77 Jasmine Lee, 11/12/11
2:12.77 Kellyn Craig, 11/12/11
2:12.88 Jasmine Lee, 11/18/11
2:13.65 Kellyn Craig, 11/18/11
2:14.39 Jasmine Lee, 11/5/11
2:14.69 Kellyn Craig, 11/5/11
2:15.11 Jasmine Lee, 10/22/11
2:16.62 Kellyn Craig, 10/22/11
2:17.32 Meghan Carmichael, 11/5/11
2:18.06 Lindsey Mikrut, 11/18/11

400 IM
4:40.99 Kellyn Craig, 11/19/11
4:45.06 Kellyn Craig, 10/21/11
4:45.58 Jasmine Lee, 11/19/11
4:49.23 Kellyn Craig, 10/29/11
4:50.36 Megan Carmichael, 11/19/11
4:53.89 Meghan Carmichael, 10/21/11
4:54.07 Jasmine Lee, 10/29/11
4:55.67 Melissa Funke, 11/19/11
4:57.03 Cati Beecher, 10/21/11
4:58.27 Melissa Funke, 10/21/11

SCSU DIVING

1-Meter Diving (6o)
257.50 Tori Raihle, 10/29/11*
251.10 Tori Raihle, 10/22/11
242.45 Alli Tracy, 10/21/11
241.70 Chelsey Bethke, 10/29/11
237.70 Tori Raihle, 11/5/11
232.95 Tori Raihle, 10/15/11
232.50 Chelsey Bethke, 10/21/11
229.40 Alli Tracy, 11/5/11
224.90 Alli Tracy, 10/22/11
225.25 Tori Raihle, 11/19/11

1-Meter Diving (5o)
254.20 Tori Raihle, 11/12/11
248.05 Alli Tracy, 11/12/11
229.30 Chelsey Bethke, 11/12/11
225.80 Mary Woodson, 11/12/11

3-Meter Diving (6o)
258.80 Tori Raihle, 11/12/11
249.90 Alli Tracy, 10/29/11
246.20 Alli Tracy, 11/5/11
243.90 Alli Tracy, 10/21/11
243.60 Tori Raihle, 11/5/11
235.30 Alli Tracy, 11/19/11
232.95 Tori Raihle, 10/21/11
232.25 Chelsey Bethke, 10/29/11
231.80 Tori Raihle, 10/29/11
231.65 Alli Tracy, 10/22/11

3-Meter Diving (11)

200 Freestyle Relay
1:39.09 Koetter, Alexander, Domeier, Crandall, 11/18/11
1:39.54 Crandall, Alexander, Domeier, Koetter, 11/5/11
1:41.66 Crandall, Domeier, Alexander, Kojic, 10/22/11
1:41.76 Koetter, Kojic, Alexander, Domeier, 10/29/11
1:43.59 Mikrut, Kojic, Carmichael, Craig, 11/18/11
1:44.96 Dietz, Beecher, Noah, Kojic, 11/5/11
1:46.31 Beecher, Noah, Nellis, Carmichael, 10/22/11
1:46.79 Noah, Mikrut, Dietz, Beecher, 10/29/11
1:49.19 Hines, Martinez, Rasmussen, Pardi, 11/18/11
1:49.69 Peterson, Muckler, Rothe, Morford, 10/22/11

200 Medley Relay
1:48.57 Lee, Alexander, Koetter, Domeier, 11/19/11
1:50.84 Crandall, Alexander, Carmichael, Koetter, 11/5/11
1:50.86 Lee, Rasmussen, Koetter, Domeier, 10/22/11
1:51.09 Crandall, Alexander, Koetter, Domeier, 10/29/11
1:51.79 Lee, Rasmussen, Mikrut, Domeier, 11/5/11
1:51.93 Crandall, Alexander, Carmichael, Mikrut, 10/22/11
1:52.71 Lee, Rasmussen, Carmichael, Kojic, 10/29/11
1:53.64 Pardi, Rasmussen, Crandall, Kojic, 11/19/11
1:54.97 Martinex, Funke, Carmichael, Mikrut, 11/19/11
1:56.28 Pardi, Keating, Pillsbury, Kojic, 11/5/11

400 Freestyle Relay
3:38.38 Koetter, Lee, Domeier, Crandall, 11/19/11
3:39.88 Koetter, Domeier, Crandall, Mirna, 11/12/11
3:42.74 Koetter, Kojic, Beecher, Noah, 10/21/11
3:49.87 Beecher, Noah, Mikrut, Nellis, 11/12/11
3:52.24 Beecher, Dietz, Noah, Mikrut, 11/19/11
3:52.59 Nellis, Rothe, Lee, Martinez, 10/21/11
3:57.97 Hines, Muckler, Pardi, Mikrut, 11/19/11
3:58.27 Miller, Walter, Rothe, Muckler, 11/12/11
3:58.76 Muckler, Peterson, Miller, Smith, 10/21/11

400 Medley Relay
4:01.58 Lee, Alexander, Mikrut, Domeier, 11/12/11
4:02.33 Lee, Alexander, Koetter, Domeier, 11/18/11
4:02.94 Lee, Alexander, Mikrut, Domeier, 10/21/11
4:04.73 Crandall, Craig, Carmichael, Kojic, 11/18/11
4:05.93 Crandall, Rasmussen, Carmichael, Kojic, 10/21/11
4:06.44 Martinez, Rasmussen, Mikrut, Beecher, 11/18/11
4:10.65 Martinez, Rasmussen, Carmichael, Dietz, 11/12/11
4:15.95 Pardi, Funke, Dietz, Noah, 11/18/11
4:21.01 Pardi, Keating, Pillsbury, Walter, 10/21/11
4:31.44 Morford, Casap, Gehrman, Smith, 10/21/11

800 Freestyle Relay
8:08.11 Noah, Nellis, Kojic, Craig, 11/19/11
8:19.40 Beecher, Dietz, Carmichael, Martinez, 11/19/11
8:38.84 Funke, Hines, Muckler, Rothe, 11/19/11



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

50 Freestyle
21.65.....Dylan Hoven, 11/12/11
21.67.....Robb Rotramel, 11/12/11
21.72.....Dylan Hoven, 11/15/11
21.77.....Napoleon Howell, 11/12/11
21.84.....Jake Stoll, 11/18/11
21.92.....Jake Hausauer, 11/15/11
21.93.....Dylan Hoven, 11/18/11
22.08.....Jake Hausauer, 11/18/11
22.09.....Joe Burns, 11/18/11
22.13.....Robb Rotramel, 11/18/11

100 Freestyle
48.30.....Jake Stoll, 11/19/11
48.43.....Jake Stoll, 11/12/11
48.63.....Jake Stoll, 11/15/11
48.54.....Robb Rotramel, 11/15/11
48.60.....Jake Hausauer, 11/19/11
48.69.....Jake Larson, 11/19/11
48.73.....Jake Hausauer, 10/29/11
48.81.....Robb Rotramel, 11/12/11
48.97.....Robb Rotramel, 11/19/11
49.02.....Joel Gregory, 11/5/11

200 Freestyle
1:45.33.....Alex Bryson, 11/19/11
1:45.59.....Alex Bryson, 11/12/11
1:46.44.....Alex Bryson, 11/15/11
1:47.72.....Ryan Goggans, 11/19/11
1:47.83.....Joel Gregory, 11/5/11
1:47.83.....Ryan Goggans, 11/12/11
1:47.87.....Jake Larson, 11/19/11
1:47.98.....Jake Stoll, 11/19/11
1:48.14.....Joel Gregory, 11/12/11
1:48.23.....Jake Stoll, 11/12/11

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

500 Freestyle
4:43.74.....Alex Bryson, 11/18/11
4:46.57.....Alex Bryson, 11/12/11
4:49.90.....Alex Bryson, 11/15/11
4:50.66.....Adam Boone, 11/12/11
4:53.09.....Ryan Goggans, 11/18/11
5:54.45.....Adam Boone, 11/18/11
4:54.92.....Alex Bryson, 10/29/11
4:58.65.....Adam Boone, 10/29/11
4:59.49.....Michael Miller, 11/18/11
5:00.42.....Ryan Goggans, 10/29/11

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

1000 Freestyle
9:49.59.....Alex Bryson, 10/29/11 (School Record)
9:57.78.....Alex Bryson, 11/12/11
10:01.00.....Adam Boone, 11/12/11
10:09.65.....Adam Boone, 11/15/11
10:20.37.....Ethan Fischer, 11/12/11
10:21.93.....Ethan Fischer, 10/29/11
10:24.51.....Ethan Fischer, 11/15/11
10:31.75.....Michael Miller, 11/15/11
10:41.12.....Mike Miller, 10/29/11
11:12.59.....Will Anzoin, 10/15/11

200 Freestyle Relay
1:26.55.....Stoll, Hoven, Rotramel, Hausauer, 10/29/11
1:26.47.....Howell, Rotramel, Hoven, Hausauer, 11/18/11
1:27.50.....Hoven, Stoll, Burns Hausauer, 11/15/11
1:27.57.....Burns, Larson, Stoll, Gregory, 11/18/11
1:29.96.....Howell, Jaholkowski, Goggans, Gregory, 11/5/11
1:30.83.....Howell, Burns, Larson, Goggans, 10/29/11
1:31.05.....Larson, Molnar, Bryson, Miller, 11/15/11
1:32.58.....Hebbard, Ostlie, Pruss, Simson, 11/18/11
1:32.64.....Gregory, Boons, Molnar, Miller, 10/29/11

400 Freestyle Relay
3:10.42.....Stoll, Rotramel, Larson, Hausauer, 11/19/11
3:12.88.....Stoll, Larson, Rotramel, Hausauer, 11/12/11
3:18.00.....Gregory, Boone, Goggans, Hoven, 11/12/11
3:18.15.....Howell, Goggans, Hoven, Gregory, 11/19/11
3:21.10.....Boone, Bryson, Simson, Burns, 11/19/11
3:23.24.....Fisher, Miller, Stafford, Tung, 11/19/11
3:25.44.....Miller, Pruss, Broermann, Anzoin, 11/12/11
3:33.58.....Henderson, Larch, Fischer, Dickey, 11/12/11
3:36.56.....Stoll, Larson, Hoven, Hausauer, 10/15/11
3:41.97.....Burns, Gregory, Goggans, Rotramel, 10/15/11

800 Freestyle Relay
7:13.14.....Goggans, Gregory, Stoll, Bryson, 11/19/11
7:16.53.....Larson, Miller, Boone, Rotramel, 11/19/11
7:37.77.....Ostlie, Pruss, Fisher, Stafford, 11/19/11

1650 Freestyle
16:19.08.....Alex Bryson, 11/19/11
17:12.04.....Adam Boone, 11/19/11
17:22.25.....Ryan Goggans, 11/19/11
17:40.96.....Ethan Fisher, 11/19/11
17:54.47.....Michael Miller, 11/19/11

50 Butterfly
53.04.....Joe Burns, 11/19/11
53.66.....Joe Burns, 11/5/11
53.72.....Joe Burns, 11/12/11
53.93.....Joe Burns, 10/29/11
54.00.....Murphy Hebbard, 11/19/11
54.11.....Murphy Hebbard, 11/12/11
54.23.....Murphy Hebbard, 11/5/11
55.22.....Mitch Pruss, 11/12/11
55.25.....Mike Hebbard, 10/29/11
55.31.....Joel Gregory, 11/5/11

200 Butterfly
1:59.63.....Ryan Goggans, 11/19/11
2:00.21.....Ryan Goggans, 10/29/11
2:00.96.....Ryan Goggans, 11/15/11
2:02.80.....Murphy Hebbard, 11/19/11
2:03.21.....Mitch Pruss, 11/5/11
2:03.98.....Mike Hebbard, 10/29/11
2:04.12.....Mitch Pruss, 11/19/11
2:04.34.....Mitch Pruss, 10/29/11
2:05.63.....Murphy Hebbard, 11/5/11
2:11.14.....Rob Pagan, 11/5/11

100 Breaststroke
57.06.....Napoleon Howell, 11/19/11 (B)
57.54.....Napoleon Howell, 11/5/11 (B)
57.69.....Napoleon Howell, 10/29/11 (B)
58.00.....Napoleon Howell, 11/12/11 (B)
1:00.88.....Mike Larch, 11/12/11
1:01.26.....Mike Larch, 11/5/11
1:01.64.....Mike Larch, 11/19/11
1:01.88.....Mike Larch, 10/29/11
1:02.15.....Robb Rotramel, 11/19/11
1:02.52.....Alex Jaholkowski, 11/5/11

200 Breaststroke
2:09.98.....Napoleon Howell, 11/19/11
2:11.09.....Napoleon Howell, 10/29/11
2:13.27.....Napoleon Howell, 11/5/11
2:16.33.....Murphy Hebbard, 11/5/11
2:19.21.....Mike Larch, 11/5/11
2:21.87.....Joe Tulenko, 11/5/11
2:19.52.....Mike Larch, 10/29/11
2:20.95.....Mike Larch, 11/19/11
2:22.25.....Joe Tulenko, 10/29/11
2:23.02.....Joe Tulenko, 11/19/11

100 Backstroke
52.98.....Bob Simson, 11/19/11
53.03.....Bob Simson, 11/12/11
53.79.....Bob Simson, 11/5/11
53.99.....Bob Simson, 10/29/11
55.78.....Joe Burns, 11/19/11
55.89.....Chris Tung, 11/19/11
56.17.....Chris Tung, 11/12/11
56.57.....Joe Burns, 11/5/11
56.80.....Landon Ostlie, 11/12/11
57.32.....Paul Hoffman, 11/5/11

200 Backstroke
1:56.05.....Bob Simson, 11/19/11
1:57.66.....Bob Simson, 11/5/11
1:58.64.....Chris Tung, 11/5/11
1:59.43.....Bob Simson, 10/29/11
2:00.34.....Chris Tung, 10/29/11
2:01.80.....Chris Tung, 11/19/11
2:02.74.....Robert Stafford, 11/19/11
2:02.88.....Landon Ostlie, 11/19/11
2:04.05.....Landon Ostlie, 11/5/11
2:04.49.....Rob Stafford, 11/5/11

200 IM
1:59.80.....Bob Simson, 11/18/11
1:59.97.....Alex Bryson, 11/5/11
2:00.47.....Chris Tung, 11/5/11
2:01.51.....Bob Simson, 11/12/11
2:01.71.....Chris Tung, 11/12/11
2:02.10.....Chris Tung, 11/18/11
2:02.98.....Landon Ostlie, 11/12/11
2:04.21.....Landon Ostlie, 11/18/11
2:04.56.....Adam Boone, 11/5/11
2:04.65.....Landon Ostlie, 11/5/11

400 IM
4:15.36.....Alex Bryson, 11/19/11
4:21.71.....Alex Bryson, 10/29/11
4:27.59.....Bob Simson, 11/19/11
4:27.82.....Ethan Fisher, 11/19/11
4:28.18.....Chris Tung, 11/19/11
4:30.92.....Chris Tung, 10/29/11
4:32.04.....Landon Ostlie, 11/19/11
4:34.53.....Landon Ostlie, 10/29/11
4:34.79.....Bob Simson, 10/29/11
4:38.07.....Mitch Pruss, 10/29/11

SCSU DIVING

1-Meter Diving (60)
346.30.....Luke Weber, 10/29/11*
320.55.....Chris White, 10/29/11*
303.15.....Chris White, 11/5/11*
303.85.....Luke Weber, 11/19/11*
300.50.....Luke Weber, 11/5/11*
299.00.....Chris White, 11/19/11*
281.60.....Aaron Rooney, 10/29/11
267.40.....Chris White, 10/15/11
246.76.....Aaron Rooney, 11/5/11
246.55.....Aaron Rooney, 11/19/11

1-Meter Diving (50)
331.70.....Chris White, 11/12/11 (School Record)
320.70.....Luke Weber, 11/12/11
274.50.....Aaron Rooney, 11/12/11
194.20.....Tyler Magalis, 11/12/11

1-Meter Diving (11)
3-Meter Diving (60)
337.85.....Luke Weber, 11/12/11*
334.75.....Chris White, 11/12/11*
316.00.....Luke Weber, 11/5/11*
315.00.....Chris White, 11/5/11*
307.60.....Chris White, 10/15/11*
297.80.....Luke Weber, 10/29/11*
282.85.....Chris White, 10/29/11
282.50.....Aaron Rooney, 11/12/11
281.40.....Luke Weber, 11/19/11
272.95.....Luke Weber, 10/15/11

3-Meter Diving (11)

200 Medley Relay
1:34.58.....Simson, Howell, Burns, Hausauer, 11/19/11
1:35.47.....Simson, Howell, Burns, Hausauer, 10/29/11
1:35.95.....Simson, Howell, Burns, Hausauer, 11/5/11
1:39.60.....Tung, Larch, Jaholkowski, Hoven, 11/5/11
1:39.54.....Tung, Larch, Hebbard, Hoven, 11/19/11
1:40.30.....Tung, Larch, Jaholkowski, Hoven, 10/29/11
1:43.55.....Stafford, Tulenko, Pruss, Larson, 11/5/11
1:44.02.....Stafford, Tulenko, Hebbard, Larson, 10/29/11
1:44.03.....Stafford, Tulenko, Pruss, Gregory, 11/19/11
1:46.00.....Henderson, Ostlie, Broermann, Dickey, 11/5/11

400 Medley Relay
3:29.91.....Simson, Howell, Burns, Hausauer, 11/12/11
3:33.26.....Simson, Howell, Burns, Hausauer, 11/18/11
3:39.08.....Tung, Larch, Hebbard, Hoven, 11/12/11
3:39.17.....Tung, Larch, Hebbard, Stoll, 11/18/11
3:44.35.....Ostlie, Tulenko, Pruss, Larson, 11/18/11
3:45.78.....Hoffman, Tulenko, Pruss, Jaholkowski, 11/12/11
3:48.63.....Stafford, Ostlie, Pagan, Molnar, 11/12/11



2011-12 Women Winners

Amber Alexander - 10/22/11: 50 breast, 100 breast; 10/29/11: 100 breast; 11/5/11: 100 breast; Kellyn Craig - 10/29/11: 200 free, 200 breast; 11/5/11: 200 breast; 11/19/11: 200 breast; Ali Domeier - 11/5/11: 100 free; Kirsten Koetter - 10/21/11: 50 free, 100 free; 10/22/11: 50 free, 50 fly; 10/29/11: 50 free, 100 free; 11/5/11: 50 free, 100 fly; 11/12/11: 50 free; 11/12/11: 100 free; 10/18/11: 50 free; Jasmine Lee - 10/21/11: 200 back; 10/22/11: 50 back, 100 back; 10/29/11: 100 back, 200 back; 11/5/11: 100 back, 200 back; 11/12/11: 200 IM, 100 back; Lindsey Mikrut - 10/29/11: 100 fly; Dayna Nellis - 10/21/11: 1,650 free; 10/29/11: 500 free; 11/5/11: 1000 free, 200 fly; 11/12/11: 500 free, 1000 free; Tori Raihle - 10/22/11: 1 meter dive; 10/29/11: 1 meter dive; 11/5/11: 1 meter dive; 11/12/11: 1 meter dive; 11/19/11: 1 meter dive; Alli Tracy - 10/21/11: 1 meter dive; 10/22/11: 3 meter dive; 10/29/11: 3 meter dive; 11/5/11: 3 meter dive; 11/19/11: 3 meter dive; 200 Medley Relay - 10/22/11: Jasmine Lee, Abby Rasmussen, Kirsten Koetter, Ali Domeier; 10/29/11: Stephanie Crandall, Amber Alexander, Kirsten Koetter, Ali Domeier; 11/5/11: Steph Crandall, Amber Alexander, Mehan Carmichael, Kirsten Koetter; 400 Medley Relay - 11/12/11: Jasmine Lee, Amber Alexander, Lindsey Mikrut, Ali Domeier;

2011-12 Men's Winners

Adam Boone - 11/5/11: 100 free; Alex Bryson - 10/15/11: 800 Free, 400 free; 10/29/11: 1000 free, 500 free, 400 IM; 11/5/11: 200 free; 11/12/11: 200 free, 500 free, 1000 free; 10/18/11: 500 free; 10/19/11: 400 IM, 1650 free; Ryan Goggans - 10/29/11: 200 fly; 11/5/11: 200 fly; Dylan Hoven - 11/5/11: 50 free; Napoleon Howell - 10/15/11: 100 breast, 200 breast; 10/29/11: 100 breast, 200 breast; 11/5/11: 100 breast, 200 breast; 11/12/11: 100 breast; 10/19/11: 100 breast, 200 breast; Rob Pagan - 11/5/11: Mixed 500 free; Bob Simson - 10/29/11: 100 back, 200 back; 11/5/11: 100 back, 200 back; 11/18/11: 200 IM; 11/19/11: 100 back, 200 back; Jake Stoll - 11/5/11: 100 free; Luke Weber - 10/29/11: 1 meter dive, 3 meter dive; 11/5/11: 3 meter dive; 11/12/11: 1 meter 5-opt. (School Record), 3 meter dive; 11/19/11: 1 meter dive; Chris White - 10/15/11: 3 meter dive; 11/5/11: 1 meter dive; 200 Medley Relay - 10/15/11: Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer; 10/29/11: Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer; 11/5/11: Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer; 10/19/11: Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer; 400 Free Relay - 10/15/11: Jake Stoll, Jake Larson, Dylan Hoven, Jake Hausauer; 11/12/11: Jake Stoll, Jake Larson, Robb Rotramel, Jake Hausauer; 400 Medley Relay -11/12/11: Bob Simson, Napoleon Howel, Joe Burns, Jake Hausauer;

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

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



2011 Men's and Women's Midwestern Collegiate Champions

St. Cloud State University Quick Facts

Location: St. Cloud, Minn.
Founded: 1869
Enrollment: 18,319
President: Dr. Earl H. Potter III
Director of Athletics: Dr. Morris Kurtz
National Affiliation: NCAA Division II
Nickname: Huskies
Colors: Cardinal and Black
Pool: Halenbeck Aquatic Center
First Year of Swimming & Diving at SCSU: 1965
Head Coach: Jeff Hegle (11th Season)
Hegle's Phone: 320-308-4266
Hegle's Email: jmhegle@stcloudstate.edu
Assistant Coaches: Tracy Torgerson (Diving), Gradutate assistants: Anthony Buhr, Sarah Burnell



Winners in 2010-11

2011 Midwestern Collegiate Championship - NCAA Qualifiers

NCAA MEN'S NATIONAL QUALIFIERS:

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

NCAA WOMEN'S NATIONAL QUALIFIERS:

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

2011 Midwestern Collegiate Championships

School Records Set

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

B-Cuts at the Midwestern Championships

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

2011 Midwestern Collegiate Championship Award Winners

Jeff Hegle
Men's Head Swim Coach of the Year

Ryan Goggans
Top Male Newcomer of the Year

Jasmine Lee
Female Rookie of the Year

Bob Simson
Male Rookie of the Year



Coach Hegle



Bob Simson



Jasmine Lee



Ryan Goggans

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

WOMEN'S TEAM RESULTS

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

MEN'S TEAM RESULTS

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



Assisting in 2010-11

Head Coach - Jeff Hegle



Coach Hegle

Jeff Hegle embarks upon his 11th season on the deck as the head swimming and diving coach for the men's and women's programs at St. Cloud State University in 2011-12.

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

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

St. Cloud State sent two swimmers and five divers to the NCAA's on March 9-12. Junior All-American Kirsten Koetter (Melrose) returned to the NCAA's, swimming in the 50 free, 100 free and 100 fly. Sophomore Shalon Rothstein (Albany) headed to nationals competing in the 200 IM, 100 breast and 200 breast to help Koetter represent the women's swimmers. Junior Allison Tracy (Minot, N.D.) and senior Cassi Mrozek (Inver Grove Heights) represented the women's divers. All three of St. Cloud State's male divers in sophomore Chris White (Rochester), sophomore Luke Weber (Mankato) and first year Malachi Bennet (Casper, Wyo.) qualified for

nationals as well.

Head Coach Jeff Hegle was named both the Men's and Women's Swimming Coach of the Year by his peers for the third straight season after the Huskies dominant performance in Omaha on Feb. 16-19. St. Cloud State defended both the men's and women's team championships at the Midwestern Championships after winning the event in 2010 for the first time in school history.

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

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

The 2009-10 St. Cloud State University men's and women's swimming and diving squads completed the season with six All-American honors. The women placed 13th at the 2010 NCAA Division II Championships, while the men finished in 19th place under the helm of ninth-year head coach Jeff Hegle. St. Cloud State also broke three school records in 2009-10. Sophomore distance swimmer Kelsey Noah (Charles City, Iowa) inked her name in the record books. The Charles City, Iowa, native now holds records at SCSU in the 500 free (5:08.03) and the 1650 free (17:45.48). Noah broke both marks on Dec. 5, 2009 at the UW-River Falls Invite. The third Husky record to be broken in 2009-10 was the women's 200 fly. Dayna Nellis, a first year distance swimmer from Green Bay, Wis., touched the wall in 2:07.50 on Feb. 20, 2010, at the Midwestern Collegiate Championships in Omaha, Neb. Another highlight of the season was the fact that the Huskies broke nine pool records throughout the course of the 2009-10 stint.

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

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

Coach Hegle, along with then first year diving coach Tracy Torgerson, helped coach SCSU's senior diver Nate Jimerson to his third national title in 2009. The 2009 NCAA Division II Male Diver of the Year garnered the national championship at the NCAA's on the one-meter in 2009. Jimerson's national championship marked just the eighth national championship in St. Cloud State swimming and diving history. The season before in 2007-08, Jimerson tabbed national championships on both the one and three-meter boards, along with the 2008 National Diver of the Year accolades. He leaves St. Cloud State as an eight-time All-American, four-time conference Diver of the Year, two-time National Diver of the Year and three-time National Champion. The Huskies sent a school record 20 athletes to the NCAA Championships in 2008-09, and had one of their best showings as a result. The SCSU women finished in the top-10 for just the second time in school history, placing eighth, and were 12 spots better than the previous season's (2007-08) 20th place finish. Their 158 total points rank second best in school history, settling behind the 2000 team that finished fifth with 259 points. The Husky men had their best showing this decade, finishing in 14th with 102.5 points. The 14th place tally is tied with the 1999 team for the second best finish in school history, behind only the ninth place 1981 team. However, the 102.5 points is the highest total in team history, breaking the record of 98 set by the 2007-08 15th place team.

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

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

Seven seasons ago at the North Central Conference Championship meet (2004-05) the SCSU men finished in second place for the second straight season, while the women finished in fourth place after finishing third in 2006. The University of North Dakota swept the meet taking home top honors for both the men and the women.

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

At St. Cloud State, Hegle was an Admissions Ambassador for three years and a University Award of Excellence in Leadership nominee. From 1997 until his appointment at SCSU, Hegle had been the girls' swim coach at Monticello High School. He joined the Monticello program in 1995 as the assistant swim coach for boys and girls. He has also coached the Monticello Swim Club. Along with his duties as head swimming and diving coach, Hegle also works in the SCSU Compliance Office and with the Student Athlete Advisory Committee. Hegle, a native of Melrose, Minn., is married to former SCSU volleyball standout Christin Broich. Together they have three daughters, Caitlin, Tessa, and Molly.

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



Tracy Torgerson

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

The three male divers also brought home six All-American trophies from the 2011 NCAA's in San Antonio, Tex., while the pair of women tabbed All-American Honorable Mention honors on the one-meter board. For her efforts during the 2009-10 season, Torgerson was named the 2010 Midwestern Collegiate Championships Male & Female Diving Coach of the Year after leading rookie diver Luke Weber and junior Cassi Mrozek to conference championships and Male Diver of the Year and Female Diver of the Year honors.

Torgerson was named the 2009 National Male Diving Coach of the Year after helping coach SCSU's senior diver Nate Jimerson to his third national title in just her first year on the SCSU coaching staff. Torgerson also tabbed the 2009 Northern Sun Diving Coach of the Year accolades after guiding both Nate Jimerson and senior women's diver Kelsey Berkeland to Male and Female Diver of the Year honors and a clean sweep of the Northern Sun diving titles on both boards, respectively.

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

Torgerson is also a Level II gymnastics coach for the Special Olympics of Minnesota, a post she has held since February of 2007. She has been a personal trainer, and was an assistant diving coach and swimming and diving instructor at the University of Minnesota. Torgerson is a 2002 product of the University of Minnesota where she graduated with degrees in both Kinesiology and Spanish as well as a minor in coaching. She then went on to St. Cloud State University where she received her Graduate Licensure in Special Education in 2006.

At Minnesota, Torgerson was a four year member of the swimming and diving team from 1997 to 2001 and was a member of the Golden Gophers 1999 and 2000 Big Ten Championship squads. In 2000 she was the Big Ten silver medalist in three-meter diving and became an All-American in one-meter diving. The 2001 team captain still holds the University of Minnesota record for one-meter diving. A St. Cloud native and Tech High School Graduate, Torgerson and her husband Jeremy reside in Sauk Rapids with their daughter Lilly and son Jack.



Sarah Burnell
Graduate Assistant
Coach



Anthony Buhr
Graduate Assistant
Coach



Records

Men

Pool Records

Chris White - 3- meter board (307.60) 10/14/11, USD pool record

Meet Records

School Records

Alex Bryson - 1,000 free (9:49.59) 10/29/11- Record stood from 1997.
Luke Weber - 1-Mtr (5.0 opt) (331.70) 11/12/11- Record stood from 2008.

Women

Pool Records

Meet Records

School Records

National Qualifiers

Men

National Qualifiers

Chris White - 1-meter dive (320.55) 10/29/11; 3-meter dive (315.00) 11/5/11

Luke Weber- 1-meter dive (346.30), 10/29/11; 3-meter dive (316.00) 11/5/11

B-Cut Qualifiers

Napoleon Howell - 100 breast (:57.06) 11/19/11

Women

National Qualifiers

Tori Raihle - 1-meter dive (257.50) 10/29/11

B-Cut Qualifiers

Amber Alexander - 100 breast (1:06.04) 11/5/11

Kirsten Koetter - 50 free (:24.31) 11/19/11

Jasmine Lee - 100 back (1:00.04) 11/19/11