



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	
Dec. 2-3	SCSU Diving Invitational	
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 aaswenson@stcloudstate.edu

HUSKY HOME PAGE:

## 2011-12 SCSU SWIMMING & DIVING NEWS Release No. 7: January 19, 2011

**FINAL TIME AT HOME:** The St. Cloud State University men's and women's swimming & diving team will be hosting their final home dual of the season this Friday evening. The Huskies will be the home team for the final time in a dual against St. John's University and St. Ben's University. The dual will kick off at 6:00 p.m. in the Halenbeck Hall Aquatic Center.

**LIVE STATS:** Live stats for this Friday's dual can be found at: <http://www.stcloudstate.edu/athletics/sports/livestats/sportsstats3/index.htm>

**SHAKING THE RUST OFF:** SCSU did not show any signs of slowing down this season in Mankato Saturday afternoon after being out of competition for over a month. The women's team beat Minnesota State University, Mankato 174 to 124, while the men beat Morningside College 172 to 96.



Koetter

**MULTIPLE WINNERS:** Senior **Kristen Koetter** (Melrose) won two events in the pool Saturday with a top time of :24.80 in the 50 yard freestyle and paced the competition in the 50 yard butterfly with a time of :25.97. Freshman **Tori Raihle** (Spring Lake Park) won both the one meter and three meter diving events Saturday. She posted a score of 262.40 in the one meter and a top score of 253.00 in the three meter dive. Freshman **Alex Bryson** (Appleton, Wis.) won 100 freestyle with a time of :49.55 before winning the 200 individual medley with a top time of 2:03.38. Sophomore **Napoleon Howell** (St. Augustine, Trinidad) won both the 50 breaststroke (:25.93) and the 100 breaststroke (:58.53).



White

**POOL RECORDS:** The Huskies set four individual pool records and one relay record in Mankato Saturday. Diver **Chris White** (Rochester) set a new pool record in the 3-meter dive with a score of 334.75. It is the second pool record he has broken this season after doing at the University of South Dakota in the same event. Howell also broke a pool record with a time of :56.03 in the 100 breaststroke event. Sophomore **Bob Simson** (St. Cloud), sophomore **Joe Burns** (Minot, N.D.), junior **Jake Hausauer** (Minnetonka) and Howell all broke the pool record in the 200 medley relay by touching the wall in 1:36.06. On the women's side, freshman **Kellyn Craig** (Denver, Colo.) set a new record in the 100 breaststroke with blazing 1:06.04 pace.

**FIRST TIME WINNERS:** Four Husky swimmers won their first event of the season. Burns won his first event by taking home the 50 back in :25.90 and sophomore **Mike Miller** (Acworth, Ga.) won the 1000 free with a time of 10:39.86. Freshman **Landon Ostlie** (Jamestown, N.D.) won the 100 butterfly with a time of :55.27, while fellow freshman **Chris Tung** (Reno, Nev.) touched the wall in :55.50 to win the 100 backstroke.

**A RUNNING TOTAL OF SCSU WINS:** The Huskies have combined to win 120 events in the pool and on the board this season to go with 21 wins in the form of relay races. The women have won 60 individual events to go with nine relay wins, while the men have won 60 events and 12 relays.

## THE HUSKIES' NEXT MATCHUP

University of St. John's & University of St. Ben's

St. Cloud, Minn.  
Halenbeck Hall Aquatic Center

Friday, January 20, 2012





**2011-12 Swimming & Diving Roster**

<b>Women - Name</b>	<b>Yr.</b>	<b>Event</b>	<b>Hometown</b>
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.
<b>Men - Name</b>	<b>Yr.</b>	<b>Event</b>	<b>Hometown</b>
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**

<b>SCSU Women's Records</b>			
<b>Event</b>	<b>Name</b>	<b>Time</b>	<b>Year</b>
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,
<b>100 Breaststroke</b>	<b>Amber Alexander</b>	<b>1:03.45</b>	<b>Dec. 2, 2011</b>
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
<b>SCSU Men's Records</b>			
<b>Event</b>	<b>Name</b>	<b>Time</b>	<b>Date</b>
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
<b>500 Freestyle</b>	<b>Alex Bryson</b>	<b>4:32.37</b>	<b>Dec. 2, 2011</b>
<b>1000 Freestyle</b>	<b>Alex Bryson</b>	<b>9:28.60</b>	<b>Dec. 3, 2011</b>
<b>1650 Freestyle</b>	<b>Alex Bryson</b>	<b>15:39.95</b>	<b>Dec. 3, 2011</b>
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
<b>100 Backstroke</b>	<b>Bob Simson</b>	<b>:50.82</b>	<b>Dec. 3, 2011</b>
200 Backstroke	Matt Verway	1:50.33	Feb. 24, 2008
50 Breaststroke	Anthony Buhr	:27.32	Nov. 1, 2008
<b>100 Breaststroke</b>	<b>Napoleon Howell</b>	<b>:56.03</b>	<b>Dec. 2, 2011</b>
<b>200 Breaststroke</b>	<b>Napoleon Howell</b>	<b>2:04.19</b>	<b>Dec. 3, 2011</b>
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, Dickison, Green	3:03.86	Mar. 14, 2009
800 Free Relay	Cordry, Dickison, Rotramel, Green	6:53.23	Mar. 13, 2009
<b>200 Medley Relay</b>	<b>Simson, Howell</b>	<b>1:31.19</b>	<b>Dec. 3, 2011</b>
<b>400 Medley Relay</b>	<b>Simson, Howell</b>	<b>3:23.31</b>	<b>Dec. 2, 2011</b>
<b>1M Diving (50/1v)</b>	<b>Luke Weber</b>	<b>331.70</b>	<b>Nov. 12, 2011</b>
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 1/18/12 (\*NCAA Qualifying Scores)

### Men

50 Free:	:20.78 (Jake Hausauer), 12/3/11 (B-Cut)
100 Free:	:46.12 (Jake Hausauer), 12/3/11 (B-Cut)
200 Free:	:1:41.77 (Alex Bryson), 12/3/11 (B-Cut)
400 free:	:4:16.04 (Alex Bryson), 10/15/11
500 Free:	:4:32.37 (Alex Bryson), 12/3/11 * School Record (B-Cut)
1,000 Free:	:9:28.60 (Alex Bryson), 12/3/11 * School Record (B-Cut)
1,650 Free:	:15:39.95 (Alex Bryson), 12/3/11 * School Record (B-Cut)
50 Fly:	:23.91 (Joe Burns), 1/4/12
100 Fly:	:51.25 (Joe Burns), 12/3/11
200 Fly:	:1:54.37 (Murphy Hebbard), 12/3/11 (B-Cut)
50 Breast:	:25.93 (Napoleon Howell), 1/4/12
100 Breast:	:56.03 (Napoleon Howell), 12/3/11 * School Record (B-Cut)
200 Breast:	:2:04.19 (Napoleon Howell), 12/3/11 * School Record (B-Cut)
50 Back:	:25.90 (Joe Burns), 1/4/12
100 Back:	:50.82 (Bob Simson), 12/3/11 * School Record (B-Cut)
200 Back:	:1:51.49 (Bob Simson), 12/3/11 (B-Cut)
200 IM:	:1:58.88 (Landon Ostlie), 12/3/11
400 IM:	:4:05.09 (Alex Bryson), 12/3/11 (B-Cut)
200 Free Relay:	:1:22.90 (Howell, Burns, Stoll, Hausauer), 12/3/11 (B-Cut)
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:	:1:31.19 (Simson, Howell, Burns, Hausauer), 12/3/11 * School Record (B-Cut)
400 Medley Relay:	:3:23.31 (Simson, Howell, Burns, Hausauer), 12/3/11 * School record (B-Cut)
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):	:556.55 (Luke Weber), 12/3/11*
3-M Dive (60):	:337.85 (Luke Weber), 11/12/11*
3-M Dive (11):	:551.35 (Chris White), 12/3/11*

### Women

50 Free:	:23.54 (Kirsten Koetter), 12/3/11 (B-Cut)
100 Free:	:52.43 (Kirsten Koetter), 12/3/11 (B-Cut)
200 Free:	:1:56.98 (Cati Beecher), 12/3/11
500 Free:	:5:08.57 (Dayna Nellis), 12/3/11 (B-Cut)
1,000 Free:	:10:56.41 (Kelsey Noah), 1/4/12
1,650 Free:	:17:56.26 (Dayna Nellis), 12/3/11
50 Fly:	:25.97 (Kirsten Koetter), 1/4/12
100 Fly:	:56.91 (Steph Crandall), 12/3/11 (B-Cut)
200 Fly:	:2:09.49 (Meghan Carmichael), 12/3/11 (B-Cut)
50 Breast:	:31.05 (Amber Alexander), 1/4/12
100 Breast:	:1:03.45 (Amber Alexander), 12/3/11 * School Record (B-Cut)
200 Breast:	:2:20.90 (Kellyn Craig), 12/3/11 (B-Cut)
50 Back:	:28.43 (Tori Martinez), 1/4/12
100 Back:	:58.39 (Jasmine Lee), 12/3/11 (B-Cut)
200 Back:	:2:07.23 (Jasmine Lee), 12/3/11 (B-Cut)
200 IM:	:2:07.37 (Jasmine Lee), 12/3/11 (B-Cut)
400 IM:	:4:35.98 (Kelly Craig), 12/3/11 (B-Cut)
200 Free Relay:	:1:35.48 (Koetter, Domeier, Kojic, Crandall), 12/3/11 (B-Cut)
400 Free Relay:	:3:32.25 (Koetter, Kojic, Crandall, Noah), 12/3/11 (B-Cut)
800 Free Relay:	:8:08.11 (Noah, Nellis, Kojic, Craig), 11/19/11
200 Medley Relay:	:1:44.40 (Lee, Alexander, Koetter, Crandall), 11/19/11 (B-Cut)
400 Medley Relay:	:3:51.63 (Lee, Alexander, Koetter, Crandall), 12/3/11 (B-Cut)
1-M Dive (60):	:257.50 (Tori Rainle), 10/29/11*
1-M Dive (50):	:262.40 (Tori Rainle), 1/4/12
1-M Dive (11):	:434.95 (Tori Rainle), 12/3/11*
3-M Dive (60):	:258.80 (Tori Rainle), 11/12/11
3-M Dive (11):	:466.80 (Alli Tracy), 12/3/11*



**This is St. Cloud State Swimming & Diving**



**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.....:31.05, 1/14/12  
 100 breast..... 1:03.65, 12/2/11 (B)  
 200 breast..... 2:28.85, 12/3/11  
 50 fly .....:28.81, 1/14/12

**Caitlyn Beecher**

100 free .....:58.53, 10/22/11  
 200 free ..... 1:56.98, 12/2/11  
 500 free ..... 5:11.55, 12/2/11  
 1000 free .....11:16.89, 11/5/11  
 1650 free ..... 18:43.18, 11/19/11  
 400 IM..... 4:49.63, 12/3/11  
 100 back..... 1:04.75, 1/14/12  
 200 back..... 2:17.15, 10/21/11

**Megan Carmichael**

100 fly ..... 1:00.19, 12/3/11  
 200 fly ..... 2:09.49, 12/2/11 (B)  
 200 IM..... 2:13.45, 12/2/11  
 400 IM..... 4:50.36, 11/19/11

**Elaine Casap**

50 breast.....:34.75, 10/22/11  
 100 breast..... 1:08.69, 12/2/11  
 200 breast..... 2:32.19, 12/3/11  
 50 free .....:27.56, 11/12/11  
 50 fly .....:31.51, 1/14/12

**Kellyn Craig**

200 free ..... 2:02.35, 10/29/11  
 100 breast..... 1:06.25, 12/2/11 (B)  
 200 breast..... 2:20.90, 12/3/11 (B)  
 200 IM..... 2:10.09, 12/2/11 (B)  
 400 IM..... 4:40.99, 11/19/11  
 100 fly ..... 1:04.14, 1/14/12

**Stephanie Crandall**

50 free .....:24.27, 12/2/11 (B)  
 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 .....:56.91, 12/3/11 (B)  
 200 IM..... 2:19.68, 1/14/12

**Brianna Dietz**

100 fly ..... 1:00.30, 12/3/11  
 200 fly ..... 2:20.78, 11/19/11  
 200 free ..... 2:02.49, 11/19/11  
 500 free ..... 5:17.98, 12/2/11  
 100 back..... 1:07.71, 1/14/12

**Ali Domeier**

50 free .....:24.87, 12/2/11  
 100 free .....:53.41, 12/3/11  
 200 free ..... 1:58.44, 12/2/11  
 50 fly .....:28.22, 1/14/12

**Melissa Funke**

50 free .....:27.74, 1/14/12  
 200 free ..... 2:12.62, 10/22/11  
 500 free ..... 5:45.94, 1/14/12  
 100 breast..... 1:11.62, 11/12/11  
 200 breast..... 2:29.22, 12/3/11  
 200 IM..... 2:13.05, 12/2/11  
 400 IM..... 4:44.28, 12/3/11  
 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  
 50 back.....:30.22, 1/14/12  
 100 back..... 1:02.39, 12/3/11  
 200 back..... 2:13.46, 12/2/11  
 200 IM..... 2:24.86, 11/18/11

**Chandler Keating**

200 free ..... 2:06.97, 11/12/11  
 500 free ..... 5:35.74, 1/14/12  
 50 breast.....:34.06, 10/22/11  
 100 breast..... 1:08.16, 12/2/11  
 200 breast..... 2:30.99, 12/3/11

**Kirsten Koetter**

50 free .....:23.81, 12/2/11 (B)  
 100 free .....:53.36, 11/19/11  
 50 fly .....:25.97, 1/14/12  
 100 fly .....:58.96, 11/5/11

**Mirna Kojic**

50 free .....:24.98, 12/2/11  
 100 free .....:55.13, 12/3/11  
 200 free ..... 1:58.50, 12/2/11  
 50 fly .....:28.94, 10/22/11

**Jasmine Lee**

50 back .....:28.95, 10/22/11  
 100 back.....:58.43, 12/3/11 (B)  
 200 back..... 2:09.45, 10/21/11  
 200 IM..... 2:08.53, 12/2/11 (B)  
 400 IM..... 4:45.58, 11/19/11  
 100 fly ..... 1:01.80, 1/14/12  
 100 free .....:56.03, 1/14/12

**Tori Martinez**

50 free .....:27.10, 11/18/11  
 50 back .....:28.43, 1/14/12  
 100 back.....:59.95, 12/3/11  
 200 back..... 2:10.30, 12/2/11  
 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 .....:27.68, 1/14/12  
 100 fly .....:58.50, 12/3/11  
 200 fly ..... 2:12.63, 12/2/11  
 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 free ..... 11:23.06, 10/22/11  
 1650 free ..... 18:19.68, 12/3/11

**Dayna Nellis**

200 free ..... 2:01.87, 11/19/11  
 500 free ..... 5:08.73, 12/2/11 (B)  
 1000 free ..... 11:00.06, 11/5/11  
 1650 free ..... 17:56.26, 12/3/11  
 100 fly ..... 1:02.98, 10/22/11  
 200 fly ..... 2:10.45, 12/2/11

**Kelsey Noah**

100 free .....:59.10, 10/29/11  
 200 free ..... 2:00.71, 11/19/11  
 500 free ..... 5:16.64, 12/2/11  
 1000 free ..... 10:56.41, 1/14/12  
 1650 free ..... 17:50.33, 12/3/11 (B)

**Caitlin Pardi**

50 back .....:28.86, 10/22/11  
 100 back..... 1:02.43, 12/3/11  
 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..... 1:11.61, 12/2/11  
 200 breast..... 2:31.41, 12/3/11  
 200 IM..... 2:21.72, 11/12/11  
 400 IM..... 5:07.07, 10/29/11  
 100 back..... 1:09.02, 11/12/11  
 50 free .....:26.16, 1/14/12  
 500 free ..... 5:38.05, 1/14/12

**Abby Rasmussen**

50 breast.....:31.27, 1/14/12  
 100 breast..... 1:05.81, 12/2/11 (B)  
 200 breast..... 2:29.74, 12/3/11  
 50 free .....:27.61, 11/18/11

**Jenn Rothe**

200 free ..... 2:02.62, 11/19/11  
 500 free ..... 5:23.02, 12/2/11  
 1000 free ..... 11:18.84, 11/12/11  
 1650 free ..... 18:51.56, 12/3/11

**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**

100 free ..... 1:00.23, 1/14/12  
 200 free ..... 2:03.20, 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)..... 413.60, 12/2/11\*  
 3-meter (11)..... 410.25, 12/2/11

**Emily McIntire**

1-meter (6o)..... 197.80, 10/21/11  
 1-meter (5o)..... 198.20, 11/12/11  
 3-meter (6o)..... 215.60, 1/14/12  
 1-meter (11)..... 333.95, 12/2/11  
 3-meter (11)..... 366.45, 12/2/11

**Tori Rahlle**

1-meter (6o)..... 257.50, 10/29/11\*  
 1-meter (5o)..... 262.40, 1/14/12  
 3-meter (6o)..... 243.60, 11/5/11  
 1-meter (11)..... 434.95, 12/2/11\*  
 3-meter (11)..... 459.10, 12/2/11\*

**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)..... 427.30, 12/2/11\*  
 3-meter (11)..... 466.80, 12/2/11\*

**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)..... 392.95, 12/2/11\*  
 3-meter (11)..... 366.45, 12/2/11



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**

50 fly .....:26.63, 1/14/12  
 100 free .....:1:48.80, 11/19/11  
 200 free .....:1:49.36, 12/2/11  
 400 free .....:4:22.32, 10/15/11  
 500 free .....:4:48.26, 12/2/11  
 1000 free .....:10:01.00, 11/12/11  
 1650 free .....:16:21.69, 12/3/11  
 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 .....:55.50, 12/3/11

**Alex Bryson**

100 free .....:49.55, 1/14/12  
 200 free .....:1:42.65, 12/2/11 (B)  
 400 free .....:4:16.04, 10/15/11  
 500 free 4:33.16, 12/2/11 (school record)  
 800 free .....:8:53.18, 10/15/11  
 1000 free 9:28.60, 12/2/11 (school record)  
 1650 free 15:39.95, 12/3/11 (school record)  
 200 IM.....:1:59.97, 11/5/11  
 400 IM.....:4:15.36, 11/19/11  
 100 fly .....:56.39, 1/14/12

**Joe Burns**

50 free .....:21.12, 12/2/11 (B)  
 100 free .....:49.69, 1/14/12  
 50 fly .....:23.91, 1/14/12  
 100 fly .....:51.45, 12/3/11  
 200 fly .....:2:13.71, 11/19/11  
 50 back .....:25.90, 1/14/12  
 100 back .....:55.78, 11/19/11

**Caleb Cohoon**

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

**Chris Dickey**

50 free .....:22.87, 12/2/11  
 100 free .....:49.64, 12/3/11  
 500 free .....:5:27.92, 11/5/11  
 100 fly .....:1:00.75, 1/14/12

**Ethan Fisher**

400 free .....:4:25.18, 10/15/11  
 500 free .....:4:54.75, 12/2/11  
 800 free .....:9:12.64, 10/15/11  
 1000 free .....:10:21.93, 10/29/11  
 1650 free .....:17:38.95, 12/3/11  
 200 IM.....:2:11.08, 11/5/11  
 400 IM.....:4:26.30, 12/3/11

**Ryan Goggans**

100 fly .....:52.65, 12/3/11  
 200 fly .....:1:57.09, 12/2/11  
 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 .....:4:47.37, 12/2/11  
 1650 free .....:17:22.25, 11/19/11

**Joel Gregory**

100 fly .....:53.77, 12/3/11  
 50 free .....:28.03, 1/14/12  
 100 free .....:49.02, 11/5/11  
 200 free .....:1:46.34, 12/2/11  
 500 free .....:5:05.76, 11/18/11  
 1000 free .....:11:03.71, 1/14/12

**Jake Hausauer**

50 free .....:20.78, 12/3/11 (B)  
 100 free .....:46.12, 12/3/11 (B)  
 50 breast.....:29.12, 1/14/12  
 100 breast.....:1:03.49, 11/19/11  
 200 IM.....:2:07.72, 1/14/12

**Murphy Hebbard**

100 fly .....:54.00, 11/19/11  
 200 fly .....:1:54.53, 12/2/11 (B)  
 100 breast.....:1:02.97, 11/19/11  
 200 breast.....:2:08.92, 12/3/11  
 100 free .....:51.66, 1/14/12  
 200 free .....:1:53.57, 1/14/12  
 200 IM.....:2:04.44, 1/14/12

**Zac Henderson**

50 free .....:24.19, 11/5/11  
 200 free .....:1:58.08, 10/29/11  
 50 back .....:28.38, 1/14/12  
 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 .....:55.71, 12/3/11  
 200 back .....:2:01.52, 12/2/11  
 400 IM.....:4:45.61, 10/29/11

**Napoleon Howell**

50 free .....:21.77, 11/12/11  
 50 breast.....:25.93, 1/14/12  
 100 breast.....:56.03, 12/2/11 (B)  
 200 breast.....:2:04.19, 12/3/11  
 200 IM.....:2:05.88, 1/14/12

**Dylan Hoven**

50 free .....:20.95, 12/3/11 (B)  
 100 free .....:47.94, 12/3/11  
 50 fly .....:25.53, 1/14/12  
 100 fly .....:57.62

**Alex Jaholkowski**

100 breast.....:1:00.02, 12/2/11  
 200 breast.....:2:25.13, 10/29/11  
 50 fly .....:24.56, 1/14/12  
 100 fly .....:53.44, 12/3/11

**Mike Larch**

50 free .....:24.04, 11/18/11  
 50 breast.....:28.28, 1/14/12  
 100 breast.....:57.51, 12/2/11 (B)  
 200 breast.....:2:10.56, 12/3/11  
 50 fly .....:26.98, 1/14/12  
 200 IM.....:2:16.19, 1/14/12

**Jake Larson**

50 free .....:22.70, 11/18/11  
 100 free .....:48.69, 11/19/11  
 200 free .....:1:47.40, 12/2/11

**Mike Miller**

100 free .....:51.71, 1/14/12  
 200 free .....:1:47.83, 12/2/11  
 500 free .....:4:54.04, 12/2/11  
 1000 free .....:10:31.75, 11/5/11  
 1650 free .....:17:54.47, 11/19/11

**Brandon Molnar**

50 free .....:22.22, 12/2/11  
 100 free .....:49.47, 12/3/11  
 50 back .....:28.21, 1/14/12  
 100 fly .....:56.72, 12/3/11

**Landon Ostlie**

100 back .....:56.80, 11/12/11  
 200 back .....:2:03.88, 11/19/11  
 200 IM.....:1:58.88, 12/2/11  
 400 IM.....:4:17.59, 12/3/11  
 100 fly .....:55.27, 1/14/12  
 100 breast.....:1:04.34, 1/14/12

**Robert Pagan**

50 fly .....:26.00, 1/14/12  
 100 fly .....:57.26, 10/29/11  
 200 fly .....:2:06.92, 12/2/11  
 100 free .....:52.20, 1/14/12  
 200 free .....:1:52.66, 11/12/11  
 500 free .....:5:00.00, 12/2/11

**Mitch Pruss**

100 fly .....:53.45, 12/3/11  
 200 fly .....:1:56.70, 12/2/11  
 200 IM.....:2:07.36, 11/18/11  
 400 IM.....:4:18.77, 12/3/11  
 200 free .....:1:53.92, 1/14/12  
 500 free .....:5:09.19, 1/14/12

**Robb Rotramel**

50 free .....:21.36, 12/3/11  
 100 free .....:46.58, 12/3/11 (B)  
 200 free .....:1:52.06, 11/5/11  
 500 free .....:5:14.65, 1/14/12  
 100 breast.....:59.15, 12/2/11

**Bob Simson**

100 back .....:50.82, 12/3/11 (B)  
 200 back .....:1:52.43, 12/2/11 (B)  
 200 IM.....:1:59.80, 11/18/11  
 400 IM.....:4:27.59, 11/19/11  
 200 free .....:1:52.33, 1/14/12  
 500 free .....:5:06.15, 1/14/12

**Rob Stafford**

100 back .....:55.82, 12/3/11  
 200 back .....:2:01.52, 12/2/11  
 200 free .....:1:54.25, 11/5/11  
 500 free .....:5:13.00, 1/14/12  
 200 IM.....:2:01.51, 11/12/11

**Jake Stoll**

50 free .....:21.32, 12/2/11 (B)  
 100 free .....:47.32, 12/3/11  
 200 free .....:1:47.98, 11/19/11  
 50 fly .....:24.76, 1/14/12  
 100 fly .....:55.28, 1/14/12

**Joe Tulenko**

100 breast.....:1:00.38, 12/2/11  
 200 breast.....:2:11.04, 12/3/11  
 200 IM.....:2:07.42, 11/18/11  
 50 back .....:29.48, 1/14/12

**Chris Tung**

100 back .....:55.73, 10/29/11  
 200 back .....:1:56.04, 12/2/11  
 100 breast.....:1:02.73, 11/5/11  
 200 IM.....:2:00.28, 11/5/11  
 400 IM.....:4:28.18, 11/19/11  
 200 free .....:1:49.08, 1/14/12

**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) .....:515.05, 12/2/11\*  
 3 meter (11) .....:402.80, 12/2/11  
 50 free .....:23.86, 1/14/12

**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) .....:474.80, 12/2/11\*  
 3 meter (11) .....:480.15, 12/2/11\*  
 50 free .....:25.01, 1/14/12

**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) .....:556.55, 12/2/11\*  
 3 meter (11) .....:533.95, 12/2/11\*

**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) .....:556.20, 12/2/11\*  
 3 meter (11) .....:551.35, 12/2/11\*



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

50 Freestyle
23.81 Kirsten Koetter, 12/2/11 (B)
24.31 Kirsten Koetter, 11/18/11 (B)
24.37 Steph Crandall, 12/2/11 (B)
24.41 Kirsten Koetter, 11/5/11 (B)
24.51 Kirsten Koetter, 11/12/11
24.67 Kirsten Koetter, 10/21/11
24.80 Kirsten Koetter, 1/14/12
24.87 Ali Domeier, 10/22/11
24.88 Kirsten Koetter, 10/22/11
24.98 Mirna Kojic, 12/2/11

50 Butterfly
25.97 Kirsten Koetter, 1/14/12
26.23 Kirsten Koetter, 10/22/11
27.68 Lindsey Mikrut, 1/14/12
28.22 Ali Domeier, 1/14/12
28.30 Lindsey Mikrut, 10/22/11
28.81 Amber Alexander, 1/14/12
28.93 Makenzie Pillsbury, 10/22/11
28.94 Mirna Kojic, 10/22/11
29.20 Mirna Kojic, 1/14/12
31.51 Elaine Casap, 1/14/12

50 Backstroke
28.43 Tori Martinez, 1/14/12
28.86 Caitlin Pardi, 1/14/12
28.95 Jasmine Lee, 10/22/11
29.90 Tori Martinez, 1/14/12
30.04 Caitlin Pardi, 1/14/12
30.22 Katie Hines, 1/14/12
30.57 Caitlin Pardi, 10/22/11
31.23 Kelly Morford, 10/22/11
31.81 Katie Hines, 1/14/12
32.34 Marissa Smith, 10/22/11

SCSU DIVING

1-Meter Diving (60)
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, 10/15/11
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

100 Freestyle
53.01 Kirsten Koetter, 11/19/11
53.41 Ali Domier, 12/3/11
54.18 Kirsten Koetter, 11/12/11
54.23 Kirsten Koetter, 10/21/11
54.52 Kirsten Koetter, 12/3/11
54.60 Kirsten Koetter, 11/19/11
54.72 Kirsten Koetter, 10/22/11
55.06 Kirsten Koetter, 10/29/11
55.13 Mirna Kojic, 12/3/11
55.38 Ali Domeier, 11/12/11

100 Butterfly
56.91 Steph Crandall, 12/3/11 (B)
58.50 Lindsey Mikrut, 12/3/11
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
1:00.19 Meghan Carmichael, 12/3/11
1:00.30 Brianna Dietz, 12/3/11
1:00.37 Meghan Carmichael, 11/5/11
1:00.38 Lindsey Mikrut, 11/5/11

100 Backstroke
58.43 Jasmine Lee, 12/3/11 (B)
59.95 Tori Martinez, 12/3/11
1:00.04 Jasmine Lee, 11/19/11
1:00.16 Jasmine Lee, 11/12/11
1:00.19 Jasmine Lee, 11/5/11
1:00.93 Jasmine Lee, 10/22/11
1:01.69 Steph Crandall, 10/22/11
1:01.89 Jasmine Lee, 10/29/11
1:02.17 Tori Martinez, 11/19/11
1:02.34 Steph Crandall, 1/14/12

1-Meter Diving (50)
262.40 Tori Raihle, 1/14/12
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
206.30 Alli Tracy, 1/14/12
185.45 Emily McIntire, 1/14/12
176.30 Mary Woodson, 1/14/12

200 Freestyle
1:56.98 Cati Beecher, 1/14/12
1:58.02 Cati Beecher, 12/2/11
1:58.44 Brianna Dietz, 12/2/11
1:58.50 Mirna Kojic, 12/2/11
2:00.71 Kelsey Noah, 11/19/11
2:01.28 Kelsey Noah, 12/2/11
2:01.48 Kelsey Noah, 10/21/11
2:01.58 Kelsey Noah, 11/5/11
2:01.71 Cati Beecher, 1/14/12
2:01.71 Mirna Kojic, 11/5/11

200 Butterfly
2:09.49 Meghan Carmichael, 12/2/11 (B)
2:10.45 Dayna Nellis, 12/2/11
2:12.63 Lindsey Mikrut, 12/2/11
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

200 Backstroke
2:09.45 Jasmine Lee, 10/21/11
2:10.30 Tori Martinez, 12/2/11
2:10.59 Jasmine Lee, 12/2/11
2:11.34 Jasmine Lee, 11/5/11
2:11.41 Jasmine Lee, 11/19/11
2:13.36 Jasmine Lee, 10/29/11
2:13.46 Katie Hines, 12/2/11
2:15.38 Tori Martinez, 11/19/11
2:16.66 Katie Hines, 11/19/11
2:16.81 Tori Martinez, 10/29/11

1-Meter Diving (11)
434.95 Tori Raihle, 12/2/11\*
427.30 Alli Tracy, 12/2/11\*
413.60 Chelsey Bethke, 12/2/11\*
392.95 Mary Woodson, 12/2/11\*
333.95 Emily McIntire, 12/2/11

500 Freestyle
5:08.57 Dayna Nellis, 12/2/11 (B)
5:11.55 Cati Beecher, 12/2/11
5:14.64 Kelsey Noah, 12/2/11
5:17.98 Brianna Dietz, 12/2/11
5:18.76 Dayna Nellis, 11/18/11
5:21.60 Dayna Nellis, 11/5/11
5:22.74 Kelsey Noah, 11/18/11
5:23.02 Jenn Rothe, 12/2/11
5:23.69 Dayna Nellis, 11/12/11
5:24.59 Brianna Dietz, 11/18/11

50 Breaststroke
3:10.05 Amber Alexander, 1/14/12
3:11.19 Amber Alexander, 10/22/11
3:12.27 Abby Rasmussen, 1/14/12
3:13.83 Abby Rasmussen, 10/22/11
3:22.00 Elaine Casap, 1/14/12
3:40.06 Chandler Keating, 10/22/11
3:47.75 Elaine Casap, 10/22/11

200 IM
2:08.53 Jasmine Lee, 12/2/11 (B)
2:10.09 Kellyn Craig, 12/2/11 (B)
2:10.77 Jasmine Lee, 11/12/11
2:12.77 Kellyn Craig, 11/12/11
2:12.88 Jasmine Lee, 11/18/11
2:13.05 Melissa Funke, 12/2/11
2:13.45 Meghan Carmichael, 12/2/11
2:13.65 Kellyn Craig, 11/18/11
2:14.39 Jasmine Lee, 11/5/11
2:14.69 Kellyn Craig, 11/5/11

3-Meter Diving (60)
258.80 Tori Raihle, 11/12/11
253.00 Tori Raihle, 1/14/12
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
233.75 Alli Tracy, 1/14/12
232.95 Tori Raihle, 10/21/11
232.25 Chelsey Bethke, 10/29/11

1000 Freestyle
10:56.41 Kelsey Noah, 1/14/12
11:00.66 Dayna Nellis, 11/5/11
11:02.02 Dayna Nellis, 10/22/11
11:05.66 Dayna Nellis, 10/29/11
11:09.47 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

100 Breaststroke
1:03.65 Amber Alexander, 12/2/11 (B)
1:05.81 Abby Rasmussen, 12/2/11 (B)
1:06.04 Amber Alexander, 11/5/11 (B)
1:06.24 Amber Alexander, 10/29/11(B)
1:06.25 Kellyn Craig, 12/2/11 (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

400 IM
4:40.99 Kellyn Craig, 11/19/11
4:44.28 Melissa Funke, 12/3/11
4:45.06 Kellyn Craig, 10/21/11
4:45.58 Jasmine Lee, 11/19/11
4:49.23 Kellyn Craig, 10/29/11
4:49.63 Cati Beecher, 12/3/11
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

3-Meter Diving (11)
466.80 Alli Tracy, 12/2/11\*
459.10 Tori Raihle, 12/2/11\*
410.25 Chelsey Bethke, 12/2/11
383.65 Mary Woodson, 12/2/11
366.45 Emily McIntire, 12/2/11

1650 Freestyle
17:50.33 Kelsey Noah, 12/3/11 (B)
17:56.26 Dayna Nellis, 12/3/11
18:12.57 Dayna Nellis, 10/21/11
18:19.14 Dayna Nellis, 11/19/11
18:19.68 Naomi Muckler, 12/3/11
18:34.62 Kelsey Noah, 11/19/11
18:43.18 Cati Beecher, 11/19/11
18:51.56 Jenn Rothe, 12/3/11
18:59.63 Naomi Muckler, 10/21/11
20:07.07 Cati Beecher, 12/3/11

200 Breaststroke
2:20.90 Kellyn Craig, 12/3/11
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
2:28.85 Amber Alexander, 12/3/11
2:29.22 Melissa Funke, 12/3/11
2:29.74 Abby Rasmussen, 12/3/11
2:30.99 Chandler Keating, 12/3/11
2:31.41 Makenzie Pillsbury, 12/3/11

200 Medley Relay
1:44.40 Lee, Alexander, Koetter, Crandall, 12/3/11 (B)
1:48.57 Lee, Alexander, Koetter, Domeier, 11/19/11
1:49.93 Martinez, Rasmussen, Mikrut, Domeier, 12/11
1:50.52 Lee, Alexander, Crandall, Koetter, 1/14/12
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

200 Freestyle Relay
1:35.48 Koetter, Domeier, Kojic, Crandall, 12/2/11 (B)
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
1:46.33 Mikrut, Peterson, Walter, Miller, 12/2/11
1:46.79 Noah, Mikrut, Dietz, Beecher, 10/29/11
1:47.20 Morford, Hines, Pillsbury, Keating, 12/2/11

400 Medley Relay
3:51.63 Lee, Alexander, Koetter, Crandall, 12/2/11 (B)
4:01.58 Lee, Alexander, Mikrut, Domeier, 11/12/11
4:02.02 Martinez, Craig, Carmichael, Domeier, 12/2/11
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
4:04.95 Hines, Rasmussen, Mikrut, Kojic, 12/2/11
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

400 Freestyle Relay
3:32.25 Koetter, Lee, Domeier, Crandall, 12/3/11 (B)
3:38.38 Koetter, Lee, Domeier, Crandall, 11/19/11
3:39.88 Koetter, Domeier, Crandall, Mirna, 11/12/11
3:40.90 Dietz, Mikrut, Kojic, Noah, 12/3/11
3:42.74 Koetter, Kojic, Beecher, Noah, 10/21/11
3:44.36 Koetter, Kojic, Lee, Domeier, 11/14/12
3:49.62 Carmichael, Beecher, Keating, Alexander, 12/3/11
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

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
:20.78 Jake Hausauer, 12/3/11(B)
:20.95 Dylan Hoven12/3/11(B)
:21.06 Dylan Hoven, 12/2/11 (B)
:21.12 Jake Hausauer, 12/2/11 (B)
:21.19 Joe Burns, 12/2/11 (B)
:21.36 Jake Stoll, 12/2/11 (B)
:21.65 Dylan Hoven, 11/12/11
:21.67 Robb Rotramel, 11/12/11
:21.72 Dylan Hoven, 11/5/11
:21.77 Napoleon Howell, 11/12/11

100 Freestyle
:46.12 Jake Hausauer, 12/3/11 (B)
:46.58 Robb Rotramel, 12/3/11 (B)
:47.32 Jake Stoll, 12/3/11
:47.94 Dylan Hoven, 12/3/11
:48.30 Jake Stoll, 11/19/11
:48.43 Jake Stoll, 11/12/11
:48.63 Jake Stoll, 11/5/11
:48.54 Robb Rotramel, 11/12/11
:48.60 Jake Hausauer, 11/19/11
:48.69 Jake Larson, 11/19/11

200 Freestyle
1:42.65 Alex Bryson, 12/2/11 (B)
1:45.33 Alex Bryson, 11/19/11
1:45.59 Alex Bryson, 11/12/11
1:46.34 Joel Gregory, 12/2/11
1:46.44 Alex Bryson, 11/5/11
1:47.40 Jake Larson, 12/2/11
1:47.72 Ryan Goggans, 11/19/11
1:47.83 Michael Miller, 12/2/11
1:47.83 Joel Gregory, 11/5/11
1:47.83 Ryan Goggans, 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
4:33.16 Alex Bryson, 12/2/11(B)
4:43.74 Alex Bryson, 11/18/11
4:46.57 Alex Bryson, 11/12/11
4:47.37 Ryan Goggans, 12/2/11
4:48.26 Adam Boone, 12/2/11
4:49.90 Alex Bryson, 11/5/11
4:50.66 Adam Boone, 11/12/11
4:53.09 Ryan Goggans, 11/18/11
4:54.04 Michael Miller, 12/2/11
5:06.15 Bob Simson, 1/14/12

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

1000 Freestyle
9:28.60 Alex Bryson, 12/3/11 (B) \*School record
9:49.59 Alex Bryson, 10/29/11
9:57.78 Alex Bryson, 11/12/11
10:01.00 Adam Boone, 11/12/11
10:09.65 Adam Boone, 11/5/11
10:20.37 Ethan Fischer, 11/12/11
10:21.93 Ethan Fischer, 10/29/11
10:24.51 Ethan Fischer, 11/5/11
10:31.75 Michael Miller, 11/5/11
10:39.86 Michael Miller, 1/14/12

1650 Freestyle
15:39.95 Alex Bryson, 12/3/11 (B)
16:19.08 Alex Bryson, 11/19/11
16:21.69 Adam Boone, 12/3/11
17:12.04 Adam Boone, 11/19/11
17:22.25 Ryan Goggans, 11/19/11
17:38.95 Ethan Fisher, 12/3/11
17:40.96 Ethan Fisher, 11/19/11
17:54.47 Michael Miller, 11/19/11

100 Butterfly
:23.91 Joe Burns, 1/14/12
:23.97 Joe Burns, 1/14/12
:24.56 Alex Jaholkowski, 1/14/12
:24.76 Jake Stoll, 1/14/12
:25.53 Dylan Hoven, 1/14/12
:26.00 Rob Pagan, 1/14/12
:26.63 Adam Boone, 1/14/12
:26.75 Rob Pagan, 1/14/12
:26.98 Mike Larch, 1/14/12

100 Butterfly
:51.45 Joe Burns, 12/3/11
:52.65 Ryan Goggans, 12/3/11
:53.04 Joe Burns, 11/19/11
:53.45 Mitch Pruss, 12/3/11
:53.44 Alex Jaholkowski, 12/3/11
:53.66 Joe Burns, 11/5/11
:53.72 Joe Burns, 11/12/11
:53.77 Joel Gregory, 12/3/11
:54.93 Joe Burns, 10/29/11
:54.00 Murphy Hebbard, 11/19/11

200 Butterfly
1:54.53 Murphy Hebbard, 12/2/11 (B)
1:56.70 Mitch Pruss, 12/2/11
1:57.70 Ryan Goggans, 12/2/11
1:59.63 Ryan Goggans, 11/19/11
2:00.21 Ryan Goggans, 10/29/11
2:00.96 Ryan Goggans, 11/5/11
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

50 Breaststroke
:25.93 Napoleon Howell, 1/14/12
:26.06 Napoleon Howell, 1/14/12
:28.92 Mike Larch, 1/14/12
:28.28 Mike Larch, 1/14/12
:29.12 Jake Hausauer, 1/14/12

100 Breaststroke
:56.03 Napoleon Howell, 12/2/11 (B)
:57.06 Napoleon Howell, 11/19/11 (B)
:57.51 Mike Larch, 12/2/11 (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)
:58.52 Napoleon Howell, 1/14/12
:59.15 Robb Rotramel, 12/2/11
:59.70 Joe Tulenko, 1/14/12
1:00.02 Alex Jaholkowski, 12/2/11

200 Breaststroke
2:04.19 Napoleon Howell, 12/3/11
2:08.92 Murphy Hebbard, 12/3/11
2:09.98 Napoleon Howell, 11/19/11
2:11.04 Joe Tulenko, 12/3/11
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

50 Backstroke
:25.90 Joe Burns, 1/14/12
:26.84 Joe Burns, 1/14/12
:28.03 Joel Gregory, 1/14/12
:28.21 Brandon Molnar, 1/14/12
:28.38 Zach Henderson, 1/14/12
:28.80 Zach Henderson, 1/14/12
:29.48 Joe Tulenko, 1/14/12

100 Backstroke
:50.82 Bob Simson, 12/3/11 (B)
:52.98 Bob Simson, 11/19/11
:53.03 Bob Simson, 11/12/11
:53.36 Chris Tung, 1/14/12
:53.79 Bob Simson, 11/5/11
:53.99 Bob Simson, 10/29/11
:55.71 Paul Hoffman, 12/3/11
:55.78 Joe Burns, 11/19/11
:55.82 Rob Stafford, 12/3/11
:55.89 Chris Tung, 11/19/11

200 Backstroke
1:52.43 Bob Simson, 12/2/11 (B)
1:56.04 Chris Tung, 12/2/11
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
2:01.52 Rob Stafford, 12/2/11
2:01.69 Paul Hoffman, 12/2/11
2:01.80 Chris Tung, 11/19/11

200 IM
1:58.88 Landon Ostlie, 12/2/11
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
2:03.38 Alex Bryson, 1/14/12
2:04.21 Landon Ostlie, 11/18/11

400 IM
4:15.36 Alex Bryson, 11/19/11
4:17.59 Landon Ostlie, 12/3/11
4:18.77 Mitch Pruss, 12/3/11
4:21.71 Alex Bryson, 10/29/11
4:26.30 Ethan Fisher, 12/3/11
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

SCSU DIVING

1-Meter Diving (6o)
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 (5o)
331.70 Chris White, 11/12/11 (School Record)
320.70 Luke Weber, 11/12/11
290.10 Chris White, 11/4/12
290.05 Luke Weber, 1/14/12
274.50 Aaron Rooney, 11/12/11
255.65 Aaron Rooney, 1/14/12
232.60 Tyler Magalis, 1/14/12
194.20 Tyler Magalis, 11/12/11

1-Meter Diving (11)
556.55 Luke Weber, 12/2/11\*
556.20 Chris White, 12/2/11\*
515.05 Tyler Magalis, 12/2/11\*
473.80 Aaron Rooney, 12/2/11\*

3-Meter Diving (6o)
337.85 Luke Weber, 11/12/11\*
334.75 Chris White, 11/12/11\*
323.15 Chris White, 1/14/12\*
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\*
296.90 Luke Weber, 1/14/12\*
282.85 Chris White, 10/29/11
282.50 Aaron Rooney, 11/12/11

3-Meter Diving (11)
551.35 Chris White, 12/2/11\*
533.95 Luke Weber, 12/2/11\*
480.15 Aaron Rooney, 12/2/11\*
402.80 Tyler Magalis, 12/2/11

200 Freestyle Relay
1:22.90 Hoven, Burns, Stoll, Hausauer, 12/2/11\*
1:26.06 Rotramel, Larson, Molnar, Jaholkowski, 12/2/11
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, 11/5/11
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, 11/5/11
1:31.25 Dickey, Broermann, Larch, Tulenko, 12/2/11

400 Freestyle Relay
3:07.16 Rotramel, Hoven, Stoll, Hausauer, 12/3/11
3:10.42 Stoll, Rotramel, Larson, Hausauer, 11/19/11
3:12.88 Stoll, Larson, Rotramel, Hausauer, 11/12/11
3:13.37 Larson, Gergory, Molnar, Goggans, 12/3/11
3:15.79 Bryson, Simson, Stoll, Larson, 1/14/12
3:16.66 Broermann, Dickey, Simson, Tung, 12/3/11
3:17.56 Goggans, Hoven, Rotramel, Tung, 1/14/12
3:18.00 Gregory, Boone, Goggans, Hoven, 11/12/11
3:18.15 Howell, Goggans, Hoven, Gregory, 11/19/11
3:19.15 Jaholkowski, Anzion, Boone, Hebbard, 12/3/11

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

200 Medley Relay
1:31.19 Simson, Howell, Burns, Hausauer, 12/3/11 (B)
1:34.58 Simson, Howell, Burns, Hausauer, 11/19/11
1:35.47 Simson, Howell, Burns, Hausauer, 10/29/11
1:35.61 Tung, Larch, Hebbard, Hoven, 12/3/11
1:35.95 Simson, Howell, Burns, Hausauer, 11/5/11
1:36.06 Simson, Howell, Burns, Hausauer, 1/14/12
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
1:41.04 Stafford, Jaholkowski, Hoffman, Molnar, 12/3/11

400 Medley Relay
3:32.31 Simson, Howell, Burns, Hausauer, 12/2/11 (B)
3:29.91 Simson, Howell, Burns, Hausauer, 11/12/11
3:21.92 Tung, Larch, Hebbard, Rotramel, 12/2/11
3:33.26 Simson, Howell, Burns, Hausauer, 11/18/11
2:37.09 Ostlie, Tulenko, Pruss, Hoven, 12/2/11
3:39.08 Tung, Larch, Hebbard, Hoven, 11/12/11
3:39.17 Tung, Larch, Hebbard, Stoll, 11/18/11
3:41.83 Stafford, Jaholkowski, Hoffman, Gregory, 12/2/11
3:44.35 Ostlie, Tulenko, Pruss, Larson, 11/18/11
3:45.78 Hoffman, Tulenko, Pruss, Jaholkowski, 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; 12/2/11: 100 breast; 1/14/12: 50 breast; Kellyn Craig - 10/29/11: 200 free, 200 breast; 11/5/11: 200 breast; 11/19/11: 200 breast; 12/3/11: 200 breast; 1/14/12: 100 breast; Steph Crandall - 12/3/11: 100 fly; 1/14/12: 100 back; 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; 12/2/11: 50 free; 1/14/12: 50 free, 50 fly; 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; 1/14/12: 50 breast; 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; 12/2/11: 1 meter dive (11); 1/14/12: 1 meter dive, 3 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; 12/2/11: 3 meter dive (11); 400 Freestyle Relay - 1/14/12: Kirsten Koetter, Mirna Kojic, Jasmine Lee, Ali Domeier; 200 Freestyle Relay - 12/2/11: Kirsten Koetter, Ali Domeier, Mirna Kojic, Steph Crandall; 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; 12/3/11: Jasmine Lee, Amber Alexander, Kirsten Koetter, Steph Crandall; 1/14/12: Jasmine Lee, Amber Alexander, Steph Crandall, Kirsten Koetter; 400 Medley Relay - 11/12/11: Jasmine Lee, Amber Alexander, Lindsey Mikrut, Ali Domeier; 12/2/11: Jasmine Lee, Amber Alexander, Kirsten Koetter, Steph Crandall;

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; 12/2/11: 500 free; 12/3/11: 1,000 free, 1,650 free; 1/14/12: 100 free, 200 IM; Joe Burns - 1/14/12: 50 back; Ryan Goggans - 10/29/11: 200 fly; 11/5/11: 200 fly; 1/14/12: 200 free; Dylan Hoven - 11/5/11: 50 free; 1/14/11: 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; 12/2/11: 100 breast; 1/14/12: 50 breast, 100 breast; Michael Miller - 1/14/12: 1000 free; Landon Ostlie - 1/14/12: 100 fly; 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; 12/2/11: 200 back; Jake Stoll - 11/5/11: 100 free; Chris Tung - 1/14/12: 100 back; 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; 10/2/11: 1 meter dive (11); Chris White - 10/15/11: 3 meter dive; 11/5/11: 1 meter dive; 12/2/11: 3 meter dive (11); 1/14/12: 3 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; 1/14/12: Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer; 200 Free Relay - 12/2/11: Dylan Hoven, Joe Burns, Jake Stoll, 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; 12/3/11: Robb Rotramel, Dylan Hoven, Jake Stoll, Jake Hausauer; 1/14/12: Alex Bryson, Bob Simson, Jake Stoll, Jake Larson; 400 Medley Relay - 11/12/11: Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer; 12/2/11: Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer;

CSCAA MEN'S POLL as of (12/21/11)

- No. Team
1. UCSD
2. University of the Incarnate Word
3. Grand Canyon
4. Grand Valley State
5. Wingate
6. Drury
7. Wayne State
8. Bridgeport
9. Tampa
10. Indianapolis
11. Florida Southern
12. Queens
13. Nova Southeastern
14. Ouachita Baptist
15. Ashland
16. Missouri S&T
17. St. Cloud State
18. Westchester
19. Henderson State
20. Clarion
21. St. Leo
22. Colorado Mesa
23. Delta State
24. Colorado Mines
25. Edinboro
Others receiving votes: Lake Erie, Gannon, Limestone and Truman State

CSCAA WOMEN'S POLL as of (12/21/11)

- No. Team
1. UCSD
1. UC San Diego
2. Drury
3. Grand Canyon
4. Grand Valley State
5. Wayne State
6. Incarnate Word
7. Tampa
8. Westchester
9. Ashland
10. Cal U of PA
11. Nova Southeastern
12. Florida Southern
13. Clarion
14. Indianapolis
15. Alaska Fairbanks
16. Queens
17. CW Post
18. St. Cloud State
19. Henderson State
20. IUP
21. Ouachita Baptist
22. Wingate
23. Bridgeport
24. Gannon
25. Converse
Others receiving votes: Shippensburg, Southern Connecticut and Northern Michigan



**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**

**Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer** - Men's 200 Relay (1:36.06) 1/14/12, MSU pool record  
**Napoleon Howell** - 100 breaststroke (:56.03), 1/4/12, MSU pool record  
**Chris White** - 3-meter board (334.75), 1/14/12, MSU pool record; 3-meter board (307.60) 10/14/11, USD pool record

**Meet Records**

**School Records**

**Alex Bryson** - 500 free (4:32.37) 12/2/11 - Record stood from Feb. 2001; 1,000 free (9:28.60) 11/3/11 - Record stood from 1997 (2nd time he broke the record this season); 1,650 free (15:39.95) 12/3/11 - Record stood from 1979.  
**Napoleon Howell** - 100 breast (:56.03) 12/2/11 - Record stood from March 2009; 200 breast (2:04.19) 12/3/11 - Broke own record from last season.  
**Bob Simson** - 100 back (:50.82) 12/3/11 - Record stood from Feb. 2000  
**Chris White** - 1-Mtr (5.0 opt) (331.70) 11/12/11 - Record stood from 2008.  
**200 medley relay** - Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer (1:31.19) 12/3/11 - Record stood from last year.  
**400 medley relay** - Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer (3:23.31) 12/2/11 - Record stood from March 2009

**Women**

**Pool Records**

**Tori Raihle** - 1-meter board (262.40) 1/14/12, MSU pool record  
**Kellyn Craig** - 100 breaststroke (1:06.04) 1/14/12, MSU pool record

**Meet Records**

**School Records**

**Amber Alexander** - 100 breast (1:03.45) 12/2/11 - Record stood from March 2001

**National Qualifiers**

**Men**

**National Qualifiers**

**Aaron Rooney**- 1-meter dive (11) (473.80), 12/2/11; 3-meter dive (11) (480.15), 12/2/11;  
**Tyler Magalis**- 1-meter dive (11) (515.05), 12/2/11;  
**Chris White** - 1-meter dive (60) (320.55) 10/29/11; 3-meter dive (60) (315.00) 11/5/11; 1-meter dive (11) (556.20), 12/2/11; 3-meter dive (11) (551.35), 12/2/11  
**Luke Weber**- 1-meter dive (60) (346.30), 10/29/11; 3-meter dive (60) (316.00) 11/5/11; 1-meter dive (11) (556.55), 12/2/11; 3-meter dive (11) (533.95), 12/2/11;

**B-Cut Qualifiers**

**Alex Bryson** - 200 free (1:42.65), 12/2/11; 500 free (4:33.16), 12/2/11; 1000 free (9:28.60), 12/3/11; 1,650 free (15:39.95), 12/3/11;  
**Joe Burns** - 50 free (:21.19), 12/2/11;  
**Jake Hausauer** - 50 free (:21.12), 12/2/11; 100 free (:46.12), 12/3/11;  
**Murphy Hebbard** - 200 fly (1:54.53), 12/2/11;  
**Dylan Hoven** - 50 free (:21.06), 12/2/11;  
**Napoleon Howell** - 100 breast (:56.03) 12/2/11;  
**Mike Larch** - 100 breast (:57.51), 12/2/11;  
**Rob Rotramel** - 100 free (:46.58), 12/3/11;  
**Bob Simson** - 200 back (1:52.43), 12/2/11; 100 back (:50.82), 12/3/11;  
**Jake Stoll** - 50 free (:21.36), 12/2/11;  
**200 freestyle relay** - (1:22.90), Dylan Hoven, Joe Burns, Jake Stoll, Jake Hausauer, 12/2/11  
**200 medley relay** - (1:31.19), Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer, 12/3/11  
**400 medley relay** - (3:23.31), Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer, 12/2/11

**Women**

**National Qualifiers**

**Chelsey Bethke** -1-meter dive (11) (413.60), 12/2/11;  
**Tori Raihle** - 1-meter dive (60) (257.50) 10/29/11; 1-meter dive (11) (434.95), 12/2/11;  
**Alli Tracy** - 1-meter dive (11) (427.30), 12/2/11; 3-meter dive (11) (466.80), 12/2/11;  
**Mary Woodson** -1-meter dive (11) (392.95), 12/2/11;

**B-Cut Qualifiers**

**Amber Alexander** - 100 breast (1:03.65) 12/2/11;  
**Meghan Carmichael** - 200 fly (2:09.49), 12/2/11;  
**Kellyn Craig** - 200 IM (2:10.09), 12/2/11; 100 breast (1:06.25), 12/2/11; 200 breast (2:20.90), 12/3/11;  
**Steph Crandall** - 50 free (:24.37), 12/2/11; 100 fly (:56.91), 12/3/11;  
**Kirsten Koetter** - 50 free (:23.81) 12/2/11;  
**Jasmine Lee** - 100 back (:58.43), 12/3/11'  
**Dayna Nellis** - 500 free (5:08.73), 12/2/11; 200 IM (2:08.53), 12/2/11;  
**Kelsey Noah** - 1,650 free (17:50.33), 12/3/11;  
**Abby Rasmussen** - 100 breast (1:05.81), 12/2/11;  
**200 freestyle relay** - (1:35.48), Kirsten Koetter, Ali Domeier, Mirn Kojic, Steph Crandall, 12/2/11;  
**400 freestyle relay** - (3:32.25), Kirsten Koetter, Jasmine Lee, Ali Domeier, Step Crandall, 12/3/11;  
**200 medley relay** - (1:44.40), Jasmine Lee, Amber Alexander, Kirsten Koetter, Steph Crandall, 12/3/11;  
**400 medley relay** - (3:51.63), Jasmine Lee, Amber Alexander, Kirsten Koetter, Steph Crandall, 12/2/11;