



Home of the Huskies

St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Swimming & Diving Update

Contact: Celest Stang @ 320-308-2141 or crstang@stcloudstate.edu



2010-11 Schedule & Results



| Date | Meet | Time/Result |
|----------------|-----------------------------|---|
| Sept. 24 | Intersquad Meet | 7:00 p.m. |
| Sept. 25 | Intersquad Meet | 12:00 p.m. |
| Oct. 2 | Alumni Meet | 4:00 p.m. |
| Oct. 15 | MSU Moorhead (Women Only) | 6:00 p.m. |
| Oct. 16 | MSU Moorhead (Women Only) | SC: 204.5 MSUM: 89.5 |
| Oct. 23 | Minnesota State | SC-W: 165, MSU 78 SC-M: 141, MSU 100 |
| Oct. 30 | UW-Stevens Point | SC-W: 195.50, UW-SP 103.5 |
| | UW-Eau Claire | SC-W: 191, UW-EC 108 |
| | UW-Stevens Point | UW-SP 164, SC-M: 126 |
| | UW-Eau Claire | SC-M: 218, UW-EC 75 |
| Nov. 5 | Gustavus Adolphus College! | SC: 1st |
| Nov. 6 | Gustavus Adolphus College | SC-W: 209-91 SC-M: 186-114 |
| Nov. 12 | UW-Green Bay | UW-GB W: 146-92 UW-GB M: 153-85 |
| Nov. 13 | UW-Green Bay | UW-GB W: 164-77 UW-GB M: 159-82 |
| Dec. 3 | UW-River Falls Invitational | |
| Dec. 4 | UW-River Falls Invitational | |
| Dec. 28-Jan. 8 | SCSU Training Trip | TBA |
| Jan. 21 | St. Johns / St. Bens | TBA |
| Jan. 22 | St. Olaf / St. Thomas | 1 p.m. |
| Feb. 4-5 | Minnesota Challenge | TBA |
| Feb. 16-19 | Midwestern Championships | TBA |
| March 9-12 | NCAA DII Championships | TBA |

I Diving Only

For Results of each Meet go to: <http://www.stcloudstate.edu/athletics/sports/swimming/schedule.asp>

All home meets are in bold and will be held at Halenbeck Hall Aquatic Center. Admission is FREE for all home meets.

NEED INFO?

For information about SCSU Swimming and Diving please contact the St. Cloud State Athletic Media Relations Office at 320-308-2141. The Swimming Diving Contact at SCSU for 2010-11 is Celeste Stang and graduate assistant Aaron Swenson. You can contact both via email at crstang@stcloudstate.edu and swaa0301@stcloudstate.edu respectfully.

HUSKY HOME PAGE:
www.StCloudState.edu/Athletics

2010-11 SCSU SWIMMING & DIVING NEWS Release No. 8: December 14, 2010

WHAT'S NEXT FOR THE HUSKIES: The St. Cloud State University men's and women's swimming & diving team will now have over a month off from competition with winter break beginning at the end of this week. The Huskies will next make their annual training trip Dec. 28- Jan. 8 and will then compete in their next event Friday, Jan. 21st when they compete against St. John's University and the College of Saint Benedict in Collegeville, Minn. The start time has yet to be announced. SCSU will then compete against St. Olaf College and the University of St. Thomas the following day at 1 p.m. in Minneapolis.

A RECAP OF LAST WEEK: The Husky swimming squad competed in the University of Wisconsin-River Falls Invite on the University of Minnesota's campus. SCSU tabbed eight victories in the first day of competition.

The Husky men's 200 yard free relay touched the wall first in 1:25.06 and individually, Shalon Rothstein (Albany) won the 100 breast (1:05.74), Dayna Nellis (Green Bay, Wis.) won the 200 fly (2:07.44) and Kelsey Noah (Charles City, Iowa) won the 500 free (5:11.83). All-American Kirsten Koetter (Melrose) chipped in with a top place in the 50 free. The junior swimmer touched the wall in :24.00, good for her second B-cut time of the season. The Huskies then won the women's 200 medley relay also charted a B-cut time of 1:47.14 to chart first place accolades Saturday.



Lee

Sophomore Melissa Funke touched the wall in 4:38.70 in the 400 IM. Freshman Jasmine Lee then amassed her third victory of the weekend in the 100 back, cruising to the win with her best time of the season at :58.77 (B-cut). Also gaining her second win on the weekend was sophomore All-American Shalon Rothstein (Albany) in the 200 breast (2:22.42 - B-cut).

HEADS UP BELOW: St. Cloud State divers junior Allison Tracy (Minot, N.D.) and sophomore Luke Weber (Mankato) swept both boards at the Husky Diving Invite on Saturday, Dec. 4, in Halenbeck Hall's Aquatic Center. In the 11 Championship Dives Invite, Tracy garnered national qualifying scores on both boards with 441.20 points on the three-meter and 428.25 tallies on the one-meter. St. Cloud State's Weber also had a stellar afternoon, posting national qualifying marks on both boards as he charted 559.25 points on the three-meter, while on the one-meter, Weber amassed 507.30 points. Also garnering national qualifying marks for the Huskies today was Cassi Mrozek (Inver Grove Heights) on the one-meter (423.35), Chris White (Rochester) on both boards (3M-502.30 / 1M-471.85) and rookie diver Malachi Bennet (Casper, Wyo.) on the three-meter (480.40) and one-meter (454.55).

TOP TIMES COLLAPSING: The St. Cloud State's swimmers and divers set new season-high's in 37 events in the UW-River Falls Invite. The men broke 18 top times and the women broke 19.



Nellis

AMONG THE NATION'S BEST: Head coach Jeff Hegle's squad has three individuals ranked in the nation's top-20 in five different events. Nellis is ranked 13th in the 1000 free (10:39.22), 12th in the 1,650 free (17:38.57) and 19th in the 200 fly (2:07.44). Rothstein is ranked 14th in the 100 breast (1:05.55) and 13th in the 200 breast (2:22.42), while Amber Alexander is ranked 16th in the 100 breast (1:06.09).

A NEW SCHOOL RECORD: Nellis set a new school record in the 1650 free on Saturday, Dec. 4, at the University of Minnesota Aquatic Center. Nellis touched the wall in 17:38.57, crushing the previous school record (17:45.48) by more than six seconds.

THIS WEEKEND'S MATCHUP

College of Saint Benedict & Saint John's University

Warner Palaestra Pool - Collegeville Minn.

Friday, January 21st - TBA

St. Olaf College & University of St. Thomas

Minneapolis, Minn. - Minneapolis, Minn.

Saturday, January 22nd - 1 p.m.





SCSU Record Book

2010-11 Swimming & Diving Roster

| SCSU Women's Records | | | |
|----------------------------|--|-----------------|-----------------------|
| Event | Name | Time | Year |
| 50 Freestyle | Kirsten Koetter | :23.40 | Feb. 19, 2009 |
| | -Northern Sun Championships | | |
| 100 Freestyle | Alisha Blaydes | :50.99 | 2009 NCAA's |
| 200 Freestyle | Alisha Blaydes | 1:53.51 | Feb. 20, 2009 |
| | -Northern Sun Championships | | |
| 500 Freestyle | Kelsey Noah | 5:08.03 | Dec. 5, 2009 |
| 1000 Freestyle | Sarah Burnell | 10:36.90 | Feb. 2007 (NCC) |
| 1650 Freestyle | Dayna Nellis | 17:38.57 | Dec. 4, 2010 |
| 50 Butterfly | Kirsten Koetter | :26.45 | Nov. 6, 2010 |
| 100 Butterfly | Alice Emil | :56.26 | 2005 NCAA's |
| 200 Butterfly | Dayna Nellis | 2:07.40 | Feb. 20, 2010 |
| | -Midwestern Collegiate Championships | | |
| 50 Backstroke | Cathy Haen | :28.20 | Oct. 18, 2008 |
| 100 Backstroke | Cathy Haen | 57.02 | Feb. 20, 2009 |
| | -Northern Sun Championships | | |
| 200 Backstroke | Cathy Haen | 2:04.40 | Feb. 21, 2009 |
| | -Northern Sun Championships | | |
| 50 Breaststroke | Amber Alexander | :30.84 | Nov. 1, 2008, |
| 100 Breaststroke | Tesia Zuba | 1:04.08 | Mar 2001 |
| 200 Breaststroke | Tesia Zuba | 2:17.34 | Mar 2001 |
| 200 Individual Medley | Tesia Zuba | 2:07.50 | Feb 2002 |
| 400 Individual Medley | Tesia Zuba | 4:30.15 | Mar 2002 |
| 200 Freestyle Relay | Kirsten Koetter, | 1:34.18 | 2009 NCAA's |
| | April Greene, Kelly Vieau and Alisha Blaydes | | |
| 400 Freestyle Relay | Kirsten Koetter, | 3:28.32 | 2009 NCAA's |
| | Elizabeth Lopez, Kelly Vieau and Alisha Blaydes | | |
| 800 Freestyle Relay | Danielle Breunig, | 7:44.36 | Feb 2006 |
| | Sarah Burnell, Elizabeth Lopez, Jackie Vieau | | |
| 200 Medley Relay | Cathy Haen, | 1:44.16 | 2009 NCAA's |
| | Amber Alexander, Alisha Blaydes, Kirsten Koetter | | |
| 400 Medley Relay | Cathy Haen, | 3:49.82 | 2009 NCAA's |
| | Katie Brueggemann, Alison Weske, Alisha Blaydes | | |
| 1-Meter Diving (501v) | Mary Ahlin | 316.25 | Feb 1999 |
| 1-Meter Diving (60) | Kelsey Berkeland | 253.80 | Feb. 6, 2008 |
| 1-Meter Diving (10c) | Mary Ahlin | 468.50 | Jan 1999 |
| 1-Meter Diving (11c) | Kelsey Berkeland | 469.30 | Jan. 23, 2009 |
| 3-Meter Diving (501v) | Mary Ahlin | 294.65 | Feb 1998 |
| 3-Meter Diving (60) | Cassi Mrozek | 259.85 | Oct. 30, 2010 |
| 3-Meter Diving (11c) | Mary Ahlin | 562.95 | Jan 1999 |
| SCSU Men's Records | | | |
| Event | Name | Time | Date |
| 50 Freestyle | Anthony Buhr | :20.22 | Mar. 11, 2009 |
| 100 Freestyle | Anthony Buhr | :45.58 | Mar. 14, 2009 |
| 200 Freestyle | Kyle Cordry | 1:41.61 | Mar. 13, 2008 |
| 500 Freestyle | Sean Gonia | 4:39.98 | Feb. 2001 |
| 1000 Freestyle | Chad Uher | 9:50.58 | Feb. 1997 |
| 1650 Freestyle | Mark Muenchow | 16:27.28 | 1979 |
| 50 Butterfly | Alex Olp | :25.15 | Nov. 1, 2008 |
| 100 Butterfly | Cam Olk | :49.74 | 1988 |
| 200 Butterfly | Cam Olk | 1:53.14 | 1988 |
| 50 Backstroke | Brian Jacobs | :25.88 | Nov. 1, 2008 |
| 100 Backstroke | Mike Wencil | :50.90 | Feb., 2000 |
| 200 Backstroke | Matt Verway | 1:50.33 | Feb. 24, 2008 |
| 50 Breaststroke | Anthony Buhr | :27.32 | Nov. 1, 2008 |
| 100 Breaststroke | Anthony Buhr | :56.46 | Mar. 13, 2009 |
| 200 Breaststroke | Mark Tollefson | 2:07.98 | 1985 |
| 200 IM | Cam Olk | 1:52.01 | 1988 |
| 400 IM | Matt Verway | 4:06.80 | Dec., 2006 |
| 200 Free Relay | Buhr, Dickison | 1:22.03 | Mar. 12, 2009 |
| | Green, Rotramel | | |
| 400 Free Relay | Buhr, Rotramel, | 3:03.86 | Mar. 14, 2009 |
| | Dickison, Green | | |
| 800 Free Relay | Cordry, Dickison, | 6:53.23 | Mar. 13, 2009 |
| | Rotramel, Green | | |
| 200 Medley Relay | Green, Buhr, | 1:32.96 | Mar. 11, 2009 |
| | Rotramel, Cordry | | |
| 400 Medley Relay | Green, Buhr | 3:25.84 | Mar. 12, 2009 |
| | Rotramel, Cordry | | |
| 1M Diving (50/1v) | Nate Jimerson | 325.85 | Nov. 1, 2008 |
| 1M Diving (60) | 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

| Women - Name | Yr. | Event | Hometown |
|--------------------|-----|----------|----------------------------|
| Amber Alexander | Jr. | Breast | Minot, N.D. |
| Elizabeth Barbee | Sr. | Free | Hartland, Wis. |
| Chloe Bartuska | FY | Free | Madison, Wis. |
| Meghan Carmichael | FY | Fly | Stoughton, Wis. |
| Heather Crandall | So. | Distance | Woodbury, Minn. |
| Stephanie Crandall | So. | Fly | Woodbury, Minn. |
| Brianna Dietz | So. | Free | Grafton, Wis. |
| Ali Domeier | So. | Free | St. Cloud, Minn. |
| Myranda Erickstad | FY | Free | Sauk Rapids, Minn. |
| Courtney Fleming | FY | Diving | Austin, Minn. |
| Melissa Funke | So. | IM | Overland Park, Kan. |
| Diana Gehrman | Jr. | Distance | St. Charles, Ill. |
| April Greene | So. | Free | Sun Prairie, Wis. |
| Katie Hines | So. | Back | Clive, Iowa |
| Kirsten Koetter | Jr. | Fly | Melrose, Minn. |
| Jasmine Lee | FY | Back | Green Bay, Wis. |
| Tori Martinez | So. | Back | Phoenix, Ariz. |
| Lindsey Mikrut | FY | Fly | Genoa City, Wis. |
| Cassi Mrozek | Sr. | Diving | Inver Grove Heights, Minn. |
| Naomi Muckler | Jr. | Distance | Eagan, Minn. |
| Dayna Nellis | So. | Distance | Green Bay, Wis. |
| Becky Newgren | Jr. | Free | Lakeville, Minn. |
| Kelsey Noah | Jr. | Distance | Charles City, Iowa |
| Caitlin Pardi | Jr. | Back | Muskego, Wis. |
| Hannah Peters | So. | Diving | Cold Spring, Minn. |
| Aimee Peterson | FY | Free | Winona, Minn. |
| Makenzie Pillsbury | So. | Breast | St. Cloud, Minn. |
| Jenn Rothe | FY | Distance | Oshkosh, Wis. |
| Shalon Rothstein | So. | Breast | Albany, Minn. |
| Marissa Smith | FY | Back | Lakeville, Minn. |
| Allison Tracy | Jr. | Diving | Minot, N.D. |
| Jordan VanEgeren | Jr. | Breast | Green Bay, Wis. |
| Erin Walter | Jr. | Distance | Lakewood, Colo. |
| Mary Woodson | FY | Diving | Hartland, Wis. |
| Men - Name | Yr. | Event | Hometown |
| William Anzion | Jr. | Distance | Mendota Heights, Minn. |
| Tucker Asper | So. | Distance | Bemidji, Minn. |
| Malachi Bennet | FY | Diving | Casper, Wyo. |
| Joe Burns | FY | Fly | Minot, N.D. |
| Shane Broermann | So. | Free | Sauk Centre, Minn. |
| Caleb Cohoon | FY | Breast | Buffalo, Wyo. |
| Nathan Engfer | So. | Fly | Buffalo, Minn. |
| Andrew Fuller | Jr. | Free | Faribault, Minn. |
| Ryan Goggans | So. | Distance | Appleton, Wis. |
| Joel Gregory | Jr. | Free | Richmond, Minn. |
| Aaron Hauck | FY | Distance | Champlin, Minn. |
| Landon Hartwig | So. | Back | Boone, Iowa |
| Jake Hausauer | So. | Free | Minnetonka, Minn. |
| Zac Henderson | Jr. | Fly | Lawrence, Kan. |
| Paul Hoffmann | Jr. | Back | Mexico City, Mexico |
| Napoleon Howell | FY | Breast | St. Augustine, Trinidad |
| Murphy Hebbard | FY | Breast | New Lenox, Ill. |
| Alex Jaholkowski | Jr. | Breast | Papillion, Neb. |
| Mike Larch | So. | Breast | Monticello, Minn. |
| Jake Larson | So. | Free | Brainerd, Minn. |
| Aaron Meyer | FY | Free | Cokato, Minn. |
| Mike Miller | FY | Fly | Acworth, Ga. |
| Brandon Molnar | FY | Fly | Farmington, Minn. |
| Justin Nelson | Sr. | Back | Richfield, Minn. |
| Robert Pagan | FY | Fly | Newark, Del. |
| Joe Palmersten | Sr. | Breast | St. Cloud, Minn. |
| Mitchell Pruss | Jr. | Fly | Norfolk, Neb. |
| John Rosier | Sr. | Free | Biwabik, Minn. |
| Robb Rotramel | Jr. | Free | Ramsey, Minn. |
| Bob Simson | FY | Back | St. Cloud, Minn. |
| Joe Spann | Sr. | Fly | North Pole, AK |
| Rob Stafford | So. | Free | Durango, Colo. |
| Luke Weber | So. | Diving | Mankato, Minn. |
| Chris White | So. | Diving | Rochester, Minn. |

Huskies Best of 2010-11 as of 12/4/10 (*NCAA Qualifying Scores)

Men

| | |
|-------------------|--|
| 50 Free: | :21.51 (Jake Hausauer), 12/3/10 |
| 100 Free: | :46.70 (Rob Rotramel), 12/4/10 (B) |
| 200 Free: | 1:44.78 (Ryan Goggans), 12/3/10 |
| 500 Free: | 4:44.79 (Ryan Goggans), 12/3/10 |
| 1,000 Free: | 10:21.39 (Joe Palmersten), 11/6/10 |
| 1,650 Free: | :16:52.95 (Ryan Goggans), 12/4/10 |
| 50 Fly: | :24.71 (Joe Burns), 9/25/10 |
| 100 Fly: | :52.51 (Joe Burns), 12/4/10 |
| 200 Fly: | 1:58.31 (Mitch Pruss), 12/3/10 |
| 50 Breast: | :27.34 (Napoleon Howell), 9/24/10 |
| 100 Breast: | :58.27 (Napoleon Howell), 12/3/10 (B) |
| 200 Breast: | 2:10.27 (Napoleon Howell), 12/4/10 |
| 50 Back: | :26.19 (Bob Simson), 11/6/10 |
| 100 Back: | :53.20 (Bob Simson), 12/4/10 |
| 200 Back: | 1:56.12 (Bob Simson), 12/3/10 (B) |
| 200 IM: | 2:00.34 (Murphy Hebbard), 12/3/10 |
| 400 IM: | 4:22.24 (Murphy Hebbard), 12/4/10 |
| 200 Free Relay: | 1:25.06 (Burns, Fuller, Rotramel, Hausauer), 12/3/10 |
| 400 Free Relay: | 3:08.69 (Gregory, Larson, Fuller, Simson), 12/4/10 |
| 800 Free Relay: | |
| 200 Medley Relay: | 1:34.28 (Simson, Howell, Burns, Hausauer), 12/4/10 |
| 400 Medley Relay: | 3:29.53 (Simson, Howell, Burns, Rotramel), 12/3/10 |
| 1-M Dive (60): | 312.30 (Luke Weber), 9/24/10* |
| 1-M Dive (11): | 507.30 (Luke Weber), 12/4/10* |
| 3-M Dive (60): | 309.90 (Luke Weber), 10/23/10* |
| 3-M Dive (11): | 559.25 (Luke Weber), 12/4/10* |
| 1-M Dive (50/1V): | |
| 3-M Dive (50/1V): | |

Women

| | |
|-------------------|---|
| 50 Free: | :24.00 (Kirsten Koetter), 12/3/10 (B) |
| 100 Free: | :52.73 (Ali Domeier), 12/4/10 (B) |
| 200 Free: | 1:57.06 (Kelsey Noah), 12/3/10 |
| 500 Free: | 5:11.13 (Kelsey Noah), 12/3/10 (B) |
| 1,000 Free: | 10:58.52 (Dayna Nellis), 10/23/10 |
| 1,650 Free: | 17:38.57 (Dayna Nellis), 12/4/10 (B) |
| 50 Fly: | :26.45 (Kristen Koetter), 11/6/10 |
| 100 Fly: | :58.06 (Lindsey Mikrut), 12/4/10 (B) |
| 200 Fly: | 2:07.44 (Dayna Nellis), 12/3/10 (B) |
| 50 Breast: | :31.12 (Amber Alexander), 10/16/10 |
| 100 Breast: | 1:05.55 (Shalon Rothstein), 12/3/10 (B) |
| 200 Breast: | 2:22.42 (Shalon Rothstein), 12/4/10 (B) |
| 50 Back: | :28.48 (Jasmine Lee), 10/16/10 |
| 100 Back: | :58.77 (Jasmine Lee), 12/4/10 (B) |
| 200 Back: | 2:09.00 (Jasmine Lee), 12/3/10 |
| 200 IM: | 2:10.06 (Jasmine Lee), 12/3/10 (B) |
| 400 IM: | 4:38.79 (Melissa Funke), 12/4/10 (B) |
| 200 Free Relay: | 1:37.28 (Koetter, Crandall, Greene, Domeier), 12/3/10 |
| 400 Free Relay: | 3:32.76 (Greene, Mikrut, Crandall, Noah), 12/4/10 |
| 800 Free Relay: | |
| 200 Medley Relay: | 1:47.14 (Lee, Alexander, Koetter, Domeier), 12/4/10 (B) |
| 400 Medley Relay: | 3:58.78 (Lee, Alexander, Mikrut, Greene), 12/3/10 |
| 1-M Dive (60): | 247.20 (Cassi Mrozek), 10/23/10 |
| 1-M Dive (11): | 441.20 (Allison Tracy), 12/4/10* |
| 3-M Dive (60): | 259.85 (Cassi Mrozek), 10/30/10 |
| 3-M Dive (11): | 428.25 (Allison Tracy), 12/4/10 |
| 1-M Dive (50/1V): | |
| 3-M Dive (50/1V): | |





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

Amber Alexander

50 free:25.92, 11/13/10
 50 breast.....:31.12, 10/16/10
 100 breast..... 1:06.09, 12/4/10 (B)
 200 breast..... 2:29.36, 12/4/10
 200 IM..... 2:26.14, 11/6/10

Liz Barbee

50 free:25.57, 12/4/10
 100 free:55.39, 12/4/10
 200 free 2:02.46, 12/4/10
 50 breast.....:35.44, 9/24/10
 100 breast..... 1:15.19, 9/24/10
 50 fly:30.07, 10/16/10

Chloe Bartuska

100 free:56.78, 9/25/10
 200 free 2:02.13, 10/16/10
 500 free 5:30.51, 10/15/10

Megan Carmichael

100 back 1:05.69, 11/6/10
 50 fly:28.12, 11/6/10
 100 fly 1:00.70, 10/16/10
 200 fly 2:14.70, 12/4/10
 200 IM..... 2:18.82, 10/23/10
 400 IM..... 4:50.17, 12/4/10

Heather Crandall (Medical RS)

Stephanie Crandall

50 free:24.91, 12/4/10
 200 free 2:01.02, 10/30/10
 50 fly 27.56 (2x) last, 10/16/10
 100 fly:58.49, 12/4/10(B)
 200 fly 2:17.58, 11/12/10

Brianna Dietz

50 fly:28.87, 9/25/10
 100 fly 1:01.34, 12/4/10
 200 free 1:59.00, 12/4/10
 500 free 5:17.42, 12/4/10
 200 IM..... 2:23.09, 9/25/10
 400 IM..... 5:02.95, 10/15/10

Ali Domeier

50 free:24.58, 12/4/10
 100 free:52.73, 12/4/10(B)

Myranda Erickstad

50 free:26.29, 11/6/10
 100 free:57.09, 12/4/10
 200 free 2:02.18, 12/4/10
 50 fly:29.86, 9/25/10
 100 fly 1:04.67, 12/4/10
 50 back.....:31.52, 10/16/10

Melissa Funke

50 breast.....:32.59, 10/16/10
 100 breast..... 1:07.62, 12/4/10 (B)
 200 breast..... 2:25.66, 12/4/10 (B)
 50 back.....:30.72, 11/6/10
 200 IM..... 2:12.36, 12/4/10
 400 IM..... 4:38.79, 12/4/10 (B)

Diana Gehrman

100 free:59.37, 12/4/10
 200 free 2:04.39, 9/24/10
 500 free 5:28.63, 12/4/10
 200 IM..... 2:31.20, 9/25/10

April Greene

50 free:24.82, 12/4/10
 100 free:54.26, 12/4/10
 200 free 2:02.41, 12/4/10
 50 back.....:29.57, 9/25/10
 100 back..... 1:06.34, 9/24/10

Katie Hines

50 back:31.00, 10/16/10
 100 back 1:02.52, 12/4/10
 200 back 2:13.62, 12/4/10
 200 IM..... 2:26.36, 11/6/10

Kirsten Koetter

50 free:24.00, 12/4/10 (B)
 100 free:53.14, 12/4/10 (B)
 50 fly:26.45, 11/6/10
 100 fly:59.78, 12/4/10

Jasmine Lee

50 fly:27.63, 9/25/10
 100 fly:59.16, 11/6/10
 100 back:58.77, 12/4/10(B)
 200 back 2:09.00, 12/4/10
 200 IM..... 2:10.06, 12/4/10 (B)
 400 IM..... 4:42.00, 11/12/10

Tori Martinez

200 free 2:02.29, 12/4/10
 50 back:30.22, 11/6/10
 100 back:59.68, 12/4/10
 200 back 2:09.24, 12/4/10

Lindsey Mikrut

50 free:26.41, 10/15/10
 50 fly:28.18, 11/6/10
 100 fly:58.06, 12/4/10(B)
 200 fly 2:10.25, 12/4/10(B)
 200 IM..... 2:12.42, 12/4/10

Naomi Muckler

50 fly:33.33, 9/25/10
 100 free:59.24, 11/13/10
 200 free 2:04.54, 12/4/10
 500 free 5:24.00, 12/4/10
 1000 free 11:14.32, 11/12/10
 1650 free 19:02.63, 11/12/10

Dayna Nellis

50 fly:28.30, 10/16/10
 100 fly 1:02.53, 10/16/10
 200 fly 2:07.44, 12/4/10(B)
 200 free 2:03.89, 11/12/10
 500 free 5:20.57, 10/23/10
 1000 free 10:54.16, 11/12/10(B)
 1650 free 18:20.31, 9/15/10(B)

Becky Newgren

50 free:25.30, 12/4/10
 100 free:59.38, 12/4/10
 50 back.....:31.28, 11/6/10
 100 back 1:08.74, 10/23/10
 200 back 2:30.42, 10/15/10

Kelsey Noah

200 free 1:57.07, 12/4/10
 500 free 5:11.13, 12/4/10 (B)
 1000 free 11:02.90, 11/6/10
 1650 free 18:30.54, 11/12/10(B)

Caitlin Pardi

50 free:28.10, 10/23/10
 50 back:30.15, 11/6/10
 100 back 1:04.22, 11/13/10
 200 back 2:18.70, 12/4/10

Aimee Peterson

50 free:25.56, 12/4/10
 100 free:57.95, 12/4/10
 50 back.....:32.15, 11/6/10
 100 back 1:11.34, 11/6/10

Makenzie Pillsbury

50 breast.....:33.81, 11/6/10
 100 breast..... 1:10.53, 12/4/10
 200 breast..... 2:29.92, 12/4/10
 200 IM..... 2:14.47, 12/4/10
 400 IM..... 5:07.60, 11/12/10

Jenn Rothe

50 free:28.02, 11/6/10
 200 free 2:06.25, 12/4/10
 500 free 5:28.58, 12/4/10
 1000 free 11:18.08, 11/6/10
 1650 free 19:09.59, 10/15/10

Shalon Rothstein

50 free:26.60, 10/23/10
 100 free:59.94, 9/25/10
 500 free 5:40.02, 9/25/10
 1000 free 11:22.64, 9/24/10
 50 breast.....:31.53, 10/16/10
 100 breast..... 1:05.55, 12/4/10 (B)
 200 breast..... 2:22.42, 12/4/10 (B)
 200 IM..... 2:22.48, 11/6/10

Marissa Smith

50 back.....:31.98, 9/25/10
 100 back 1:06.09, 12/4/10
 200 back 2:27.99, 10/15/10
 50 free:27.75, 10/23/10
 100 free 1:00.00, 11/6/10
 200 free 2:09.99, 12/4/10

Erin Walter

200 free 2:02.84, 12/4/10
 500 free 5:35.79, 10/23/10
 1000 free 11:44.56, 9/24/10
 100 back 1:05.19, 11/6/10
 200 back 2:18.03, 12/4/10

SCSU DIVERS

Courtney Fleming

1-meter (6o) 207.60, 11/6/10
 3-meter (6o) 192.00, 10/16/10
 1-meter (11) 353.05, 12/4/10

Cassi Mrozek

1-meter (6o) 254.15, 11/6/10
 3-meter (6o) 259.85, 10/30/10
 1-meter (11) 423.35, 12/4/10 (B)
 3-meter (11) 383.50, 12/4/10

Hannah Peters

1-meter (6o) 218.35, 10/16/10
 3-meter (6o) 240.25, 11/6/10
 1-meter (11) 372.10, 12/4/10
 3-meter (11) 386.35, 12/4/10

Allison Tracy

1-meter (6o) 238.60, 10/23/10
 3-meter (6o) 251.75, 10/23/10
 1-meter (11) 428.25, 12/4/10 (B)
 3-meter (11) 441.20, 12/4/10 (B)

Mary Woodson

1-meter (6o) 217.40, 11/6/10
 3-meter (6o) 224.95, 9/25/10
 1-meter (11) 382.80, 12/4/10
 3-meter (11) 385.05, 12/4/10

Eydie Kramer

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



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

Will Anzion
 200 free1:53.06, 12/4/10
 500 free5:01.44, 12/4/10
 1000 free10:50.76, 10/23/10
 1650 free18:17.81, 11/12/10

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

Joe Burns
 50 free:21.64, 12/4/10
 50 fly:24.45, 11/6/10
 100 fly:52.51, 12/4/10
 200 IM2:09.56, 9/25/10

Shane Broermann
 50 free:24.23, 9/24/10
 100 free:54.71, 9/25/10
 200 free1:56.86, 10/23/10
 200 breast.....2:44.77, 9/25/10
 50 fly:26.48, 11/6/10
 100 fly:56.51, 12/4/10

Caleb Cohoon
 50 free:22.62, 12/4/10
 100 free:48.56, 12/4/10
 200 free1:50.56, 12/4/10
 100 breast.....1:06.70, 10/30/10

Nathan Engfer
 50 free:22.63, 12/4/10
 50 fly:25.08, 11/6/10
 100 fly:53.50, 12/4/10
 200 fly2:06.12, 12/4/10

Andrew Fuller
 50 free:22.17, 12/4/10
 100 free:49.09, 12/4/10
 200 free1:50.06, 12/4/10
 50 fly:26.69, 11/6/10

Ryan Goggans
 50 free:23.07, 11/6/10
 100 free:49.12, 11/12/10 (relay)
 200 free1:44.78, 12/4/10
 500 free4:44.79, 12/4/10
 1000 free10:29.46, 10/23/10
 1650 free17:28.33, 11/12/10

Joel Gregory
 50 free:22.49, 12/4/10
 100 free:48.48, 12/4/10
 200 free1:46.99, 12/4/10
 50 fly:25.06, 11/6/10
 100 fly:56.32, 9/25/10
 200 fly2:12.63, 9/24/10

Aaron Hauck
 200 free1:52.96, 12/4/10
 500 free5:25.69, 10/30/10
 1000 free11:42.78, 9/24/10
 50 breast.....:31.91, 11/6/10
 100 breast.....1:10.23, 11/6/10
 200 IM2:04.49, 12/4/10

Landon Hartwig
 50 back:25.90, 9/25/10
 100 back:54.46, 9/24/10
 200 back2:01.74, 9/25/10

Jake Hausauer
 50 free:21.51, 12/4/10
 100 free:46.94, 12/4/10
 50 back:27.28, 11/6/10

Murphy Hebbard
 50 breast.....:29.83, 9/24/10
 100 breast.....1:00.44, 12/4/10
 200 breast.....2:19.55, 10/30/10
 200 IM2:00.34, 12/4/10

400 IM4:22.24, 12/4/10
 100 fly:52.96, 12/4/10

Zac Henderson
 200 free1:57.77, 10/23/10
 200 fly2:16.95, 9/24/10
 50 back:27.98, 11/6/10
 100 back:59.44, 12/4/10
 200 back2:09.39, 12/4/10

Paul Hoffman
 100 fly:57.80, 11/6/10
 100 back:56.96, 12/4/10
 200 back2:03.24, 12/4/10
 200 IM2:08.73, 10/30/10
 400 IM4:32.94, 12/4/10

Napoleon Howell
 50 free:22.96, 10/23/10
 50 breast.....:27.34, 9/24/10
 100 breast.....:58.27, 12/4/10
 200 breast.....2:10.27, 12/4/10

Alex Jaholkowski
 100 free:49.21, 12/4/10
 50 fly:24.68, 11/6/10
 100 fly:54.42, 12/4/10
 100 breast.....1:01.44, 12/4/10
 200 IM2:09.44, 9/25/10

Mike Larch
 50 breast.....:28.81, 9/24/10
 100 breast.....:59.59, 12/4/10
 200 breast.....2:13.42, 12/4/10

Jake Larson
 50 free:23.06, 11/13/10 (relay)
 100 free:48.43, 12/4/10
 200 free1:45.60, 12/4/10
 500 free4:54.37, 12/4/10

Aaron Meyer
 50 free:24.97, 10/23/10
 100 free:55.33, 9/25/10
 100 fly1:15.62, 9/25/10

Mike Miller
 100 free:51.61, 11/13/10
 200 free1:49.23, 12/4/10
 500 free4:51.65, 12/4/10
 1000 free10:48.44, 11/6/10
 200 fly2:13.43, 10/30/10

Brandon Molnar
 50 free:22.60, 12/4/10
 100 free:49.59, 12/4/10
 50 back:29.26, 9/25/10
 100 back1:04.83, 9/24/10
 50 fly:26.11, 11/6/10
 100 fly:56.89, 12/4/10

Justin Nelson
 50 back:26.55, 11/6/10
 100 back:54.18, 12/4/10
 200 back2:07.71, 12/4/10

Robert Pagan
 100 free:50.09, 12/4/10
 200 free1:54.78, 11/6/10
 500 free5:18.72, 9/25/10
 50 fly:26.15, 11/6/10
 100 fly:56.05, 12/4/10
 200 fly2:01.43, 12/4/10
 200 IM2:16.34, 9/25/10

Joel Palmersten
 500 free5:04.20, 10/23/10
 1000 free10:21.39, 11/6/10
 100 breast.....:59.46, 12/4/10
 200 breast.....2:14.23, 12/4/10
 200 IM2:04.36, 11/6/10

Mitch Pruss
 50 breast.....:31.09, 9/24/10
 100 breast.....1:07.68, 11/13/10
 200 IM2:09.06, 11/6/10
 400 IM4:27.47, 12/4/10
 50 fly:25.58, 11/6/10
 100 fly:54.56, 12/4/10
 200 fly1:58.31, 12/4/10

John Rosier
 100 free:49.46, 12/4/10
 200 free1:48.86, 12/4/10
 500 free5:01.73, 12/4/10
 1000 free10:46.73, 11/12/10
 200 IM2:08.39, 11/6/10

Robb Rotramel
 50 free:21.72, 12/4/10
 100 free:46.70, 12/4/10
 200 free1:52.09, 11/6/10

Bob Simson
 200 free1:54.76, 10/23/10
 50 back:26.19, 11/6/10
 100 back:53.20, 12/4/10
 200 back1:56.12, 12/4/10
 200 IM2:07.49, 11/13/10
 400 IM4:39.00, 11/12/10

Joe Spann
 100 free:49.88, 12/4/10
 200 free1:51.84, 10/13/10
 50 fly:25.73, 9/25/10
 100 fly:55.40, 12/4/10
 200 fly1:59.40, 12/4/10
 200 IM2:12.14, 11/6/10

Rob Stafford
 200 free1:49.69, 12/4/10
 50 back:28.58, 9/25/10
 100 back:55.95, 12/4/10
 200 back1:59.99, 12/4/10

SCSU DIVERS

Malachi Bennett
 1 meter (6o)283.60, 11/6/10
 3 meter (6o)298.60, 10/30/10*
 1 meter (11)480.40, 12/4/10
 3 meter (11)454.55, 12/4/10

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

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

Luke Weber
 50 breast.....:39.16, 9/24/10
 1 meter (6o)312.30, 9/24/10*
 3 meter (6o)309.90, 10/23/10*
 1 meter (11)507.30, 12/4/10
 3 meter (11)559.25, 12/4/10

Chris White
 1 meter (6o)293.20, 10/23/10*
 3 meter (6o)301.40, 11/6/10*
 1 meter (11)471.85, 12/4/10
 3 meter (11)502.30, 12/4/10



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

50 Freestyle
24.00.....Kirsten Koetter, 12/3/10 (B)
24.18.....Kirsten Koetter, 12/3/10(B)
24.48.....Kirsten Koetter, 11/12/10(B)
24.59.....Kirsten Koetter, 11/13/10
24.60.....Kirsten Koetter, 10/16/10
24.64.....Kirsten Koetter, 9/15/10
24.67.....Kirsten Koetter, 10/30/10
24.68.....Kirsten Koetter, 11/6/10
24.75.....Kirsten Koetter, 9/24/10
24.58.....Ali Domeier, 12/3/10

100 Freestyle
52.72.....Ali Domeier, 12/4/10 (B)
53.12.....Ali Domeier, 12/4/10 (B)
53.14.....Kirsten Koetter, 12/4/10 (B)
54.04.....Kirsten Koetter, 12/4/10 (B)
54.10.....Ali Domeier, 10/23/10
54.26.....April Greene, 12/3/10
54.34.....Kirsten Koetter, 10/30/10
54.38.....Ali Domeier, 10/30/10
54.74.....Ali Domeier, 11/13/10
54.78.....Ali Domeier, 11/12/10

200 Freestyle
1:57.06.....Kelsey Noah, 12/3/10
1:57.07.....Steph Crandall, 12/3/10
1:57.41.....Kelsey Noah, 12/3/10
1:58.00.....Steph Crandall, 12/3/10
1:59.00.....Brianna Dietz, 12/3/10
2:00.87.....Kelsey Noah, 9/15/10
2:01.02.....Steph Crandall, 11/12/10
2:01.10.....Brianna Dietz, 11/6/10
2:01.19.....Brianna Dietz, 12/3/10
2:01.40.....Kelsey Noah, 10/23/10

500 Freestyle
5:11.13.....Kelsey Noah, 12/3/10 (B)
5:11.83.....Kelsey Noah, 12/3/10 (B)
5:17.42.....Briann Dietz, 12/3/10
5:18.35.....Brianna Dietz, 12/3/10
5:20.57.....Dayna Nellis, 10/23/10
5:21.26.....Dayna Nellis, 11/6/10
5:24.00.....Naomi Muckler, 12/3/10
5:24.28.....Dayna Nellis, 10/30/10
5:24.80.....Kelsey Noah, 11/6/10
5:25.41.....Kelsey Noah, 10/15/10

1000 Freestyle
10:54.16.....Dayna Nellis, 11/12/10
10:58.52.....Dayna Nellis, 10/23/10
10:59.09.....Dayna Nellis, 10/16/10
11:00.56.....Dayna Nellis, 11/6/10
11:02.90.....Kelsey Noah, 11/6/10
11:08.63.....Dayna Nellis, 9/24/10
11:04.50.....Dayna Nellis, 10/30/10
11:09.93.....Kelsey Noah, 10/30/10
11:10.07.....Kelsey Noah, 10/16/10
11:14.32.....Naomi Muckler, 11/12/10

1650 Freestyle
17:38.57.....Dayna Nellis, 12/4/10 (B)
17:59.88.....Kelsey Noah, 12/4/10 (B)
18:20.31.....Dayna Nellis, 9/15/10
18:24.18.....Dayna Nellis, 11/13/10
18:30.54.....Kelsey Noah, 11/13/10
18:41.99.....Naomi Muckler, 12/4/10
19:02.63.....Naomi Muckler, 11/13/10
19:08.27.....Jenn Rothe, 12/4/10

200 Freestyle Relay
1:37.18.....Kirsten Koetter, Steph Crandall, April Greene, Alo Domeier, 12/3/10
1:37.24.....Kirsten Koetter, Steph Crandall, April Greene, Alo Domeier, 12/3/10
1:38.17.....Kirsten Koetter, April Greene, Steph Crandall, Ali Domeier, 11/13/10
1:42.42.....Becky Negren, Amber Alexander, Shalon Rothstein, Liz Barbee, 12/3/10
1:42.74.....Ali Domeier, April Greene, Liz Barbee, Lindsey Mikrut, 9/25/10
1:43.21.....Myranda Erickstad, Amber Alexander, Liz Barbee, Shalon Rothstein, 12/3/10
1:43.26.....Kirsten Koetter, Steph Crandall, Kelsey Noah, Chloe Bartuska, 9/25/10
1:45.66.....Aimee Peterson, Marissa Smith Katie Hines, 12/3/10
1:47.11.....Diana Gehrman, Liz Barbee, Kelsey Noah, Jenn Rothe, 11/13/10
1:48.31.....Diana Gehrman, Naomi Muckler, Jenn Rothe, Dayna Nellis, 9/25/10

400 Freestyle Relay
3:32.76.....April Greene, Lindsey Mikrut, Steph Crandall, Kelsey Noah, 12/4/10
3:38.45.....April Greene, Lindsey Mikrut, Steph Crandall, Kelsey Noah, 12/4/10
3:38.58.....Kirsten Koetter, Ali Domeier, April Greene, Steph Crandall, 10/30/10
3:39.76.....Ali Domeier, April Greene, Kirsten Koetter, Lindsey Mikrut, 10/23/10
3:41.28.....Ali Domeier, April Greene, Kirsten Koetter, Kelsey Noah, 11/6/10
3:45.31.....April Greene, Ali Domeier, Jasmine Lee, Chloe Bartuska, 10/15/10
3:45.34.....Myranda Erickstad, Brianna Dietz, Dayna Nellis, Meghan Carmichael, 12/4/10
3:47.68.....Myranda Erickstad, Brianna Dietz, Dayna Nellis, Meghan Carmichael, 12/4/10
3:48.53.....Brianna Dietz, Myranda Erickstad, Dayna Nellis, Liz Barbee, 11/6/10
3:48.66.....Brianna Dietz, Myranda Erickstad, Kelsey Noah, Dayna Nellis, 10/23/10

800 Freestyle Relay
8:13.28.....Kelsey Noah, Liney Mikrut, Steph Crandall, Dayna Nellis, 11/13/10

19:09.59.....Jenn Rothe, 9/15/10
19:12.97.....Jenn Rothe, 11/13/10

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

100 Butterfly
58.06.....Lindsey Mikrut, 12/4/10 (B)
58.28.....Lindsey Mikrut, 12/4/10 (B)
58.49.....Steph Crandall, 12/4/10 (B)
59.11.....Kirsten Koetter, 12/4/10
59.16.....Jasmine Lee, 11/6/10
59.38.....Steph Crandall, 12/4/10
59.76.....Jasmine Lee, 12/4/10
59.78.....Dayna Nellis, 12/4/10
1:00.08.....Steph Crandall, 10/23/10
1:00.14.....Steph Crandall, 10/16/10

200 Butterfly
2:07.44.....Dayna Nellis, 12/3/10 (B)
2:07.86.....Dayna Nellis, 12/3/10 (B)
2:10.25.....Lindsey Mikrut, 12/3/10 (B)
2:13.43.....Lindsey Mikrut, 12/3/10
2:14.20.....Dayna Nellis, 11/12/10
2:14.63.....Dayna Nellis, 10/30/10
2:14.70.....Meghan Carmichael, 12/3/10
2:15.12.....Dayna Nellis, 10/15/10
2:16.44.....Dayna Nellis, 9/24/10
2:17.31.....Meghan Carmichael, 12/3/10

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

100 Breaststroke
1:05.55.....Shalon Rothstein, 12/3/10 (B)
1:05.74.....Shalon Rothstein, 12/3/10 (B)
1:06.09.....Amber Alexander, 12/3/10 (B)
1:06.13.....Amber Alexander, 12/3/10 (B)
1:07.30.....Melissa Funke, 12/3/10 (B)
1:07.62.....Melissa Funke, 12/3/10
1:07.99.....Amber Alexander, 11/13/10
1:08.89.....Amber Alexander, 10/30/10
1:09.24.....Amber Alexander, 11/6/10
1:09.63.....Amber Alexander, 10/16/10

200 Breaststroke
2:22.42.....Shalon Rothstein, 12/4/10 (B)
2:23.63.....Shalon Rothstein, 12/4/10 (B)
2:25.66.....Melissa Funke, 12/4/10 (B)
2:26.19.....Melissa Funke, 12/4/10 (B)
2:29.36.....Amber Alexander, 12/4/10

2:29.92.....Makenzie Pillsbury, 12/4/10
2:30.64.....Melissa Funke, 11/12/10
2:31.18.....Melissa Funke, 10/30/10
2:32.15.....Makenzie Pillsbury, 12/4/10
2:33.17.....Shalon Rothstein, 11/12/10

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

100 Backstroke
58.77.....Jasmine Lee, 12/4/10 (B)
59.66.....Jasmine Lee, 11/13/10
59.68.....Tori Martinez, 12/4/10
59.80.....Jasmine Lee, 10/23/10
59.97.....Jasmine Lee, 11/6/10
1:00.71.....Jasmine Lee, 9/24/10
1:00.78.....Tori Martinez, 12/4/10
1:00.84.....Jasmine Lee, 12/4/10
1:01.41.....Jasmine Lee, 10/30/10
1:01.61.....Jasmine Lee, 10/16/10

200 Backstroke
2:09.00.....Jasmine Lee, 12/3/10
2:09.10.....Jasmine Lee, 11/12/10
2:09.24.....Tori Martinez, 12/3/10
2:09.59.....Tori Martinez, 12/3/10
2:10.78.....Jasmin Lee, 12/3/10
2:12.67.....Jasmine Lee, 9/25/10
2:13.62.....Katie Hines, 12/3/10
2:13.66.....Jasmine Lee, 10/15/10
2:13.66.....Tori Martinez, 11/12/10
2:13.82.....Tori Martinez, 10/30/10

200 IM
2:10.06.....Jasmine Lee, 12/3/10(B)
2:10.82.....Jasmine Lee, 12/3/10 (B)
2:11.08.....Jasmine Lee, 10/23/10(B)
2:11.40.....Jasmine Lee, 11/13/10(B)
2:12.36.....Melissa Funke, 12/3/10
2:12.42.....Lindsey Mikrut, 12/3/10
2:12.64.....Jasmine Lee, 11/6/10
2:12.81.....Jasmine Lee, 10/30/10
2:13.26.....Lindsey Mikrut, 12/3/10
2:13.67.....Melissa Funke, 12/3/10

400 IM
4:38.79.....Melissa Funke, 12/4/10*
4:42.00.....Jasmine Lee, 11/12/10
4:42.68.....Melissa Funke, 12/4/10
4:50.17.....Meghan Carmichael, 12/4/10
4:50.32.....Melissa Funke, 11/12/10
4:51.07.....Meghan Carmichael, 12/4/10
4:52.62.....Meghan Carmichael, 10/15/10
4:53.43.....Meghan Carmichael, 11/12/10
4:54.55.....Melissa Funke, 10/15/10
5:02.95.....Brianna Dietz, 10/15/10

1-Meter Diving (60)
247.20.....Cassi Mrozek, 10/23/10
244.75.....Cassi Mrozek, 10/15/10

241.05.....Cassi Mrozek, 10/16/10
238.60.....Ali Tracy, 10/23/10
232.30.....Cassi Mrozek, 9/24/10
230.78.....Cassi Mrozek, 11/13/10
229.55.....Cassi Mrozek, 10/30/10
228.55.....Ali Tracy, 10/15/10
226.75.....Cassi Mrozek, 11/12/10
220.55.....Ali Tracy, 10/16/10

1-Meter Diving (11)
428.25.....Allison Tracy, 12/4/10 *
423.35.....Cassi Mrozek, 12/4/10 *
382.80.....Mary Woodson, 12/4/10
372.10.....Hannah Peters, 12/4/10
353.05.....Courtney Flemming, 12/4/10

3-Meter Diving (60)
259.85.....Cassi Mrozek, 10/30/10
254.15.....Cassi Mrozek, 11/6/10
251.75.....Ali Tracy, 10/23/10
246.60.....Cassi Mrozek, 10/23/10
240.25.....Hannah Peters, 11/6/10
237.85.....Cassi Mrozek, 10/15/10
234.80.....Ali Tracy, 10/30/10
231.70.....Ali Tracy, 10/15/10
230.45.....Cassi Mrozek, 11/12/10
228.20.....Ali Tracy, 11/6/10

3-Meter Diving (11)
441.20.....Allison Tracy, 12/4/10 *
386.35.....Hannah Peters, 12/4/10
385.05.....Mary Woodson, 12/4/10
383.50.....Cassi Mrozek, 12/4/10

200 Medley Relay
1:47.14.....Jasmine Lee, Amber Alexander, Kirsten Koetter, Ali Domeier, 12/4/10 (B)
1:47.82.....Jasmine Lee, Amber Alexander, Kirsten Koetter, Ali Domeier, 12/4/10
1:48.78.....Tori Martinez, Shalon Rothstein, Lindsey Mikrut, Liz Barbee, 12/4/10
1:48.97.....Jasmine Lee, Amber Alexander, Kirsten Koetter, Ali Domeier, 11/13/10
1:50.11.....Jasmine Lee, Amber Alexander, Steph Crandall, Ali Domeier, 10/23/10
1:51.03.....Jasmine Lee, Amber Alexander, Steph Crandall, Kirsten Koetter, 11/6/10
1:51.08.....Jasmine Lee, Amber Alexander, Steph Crandall, Kirsten Koetter, 10/16/10
1:51.14.....Tori Martinez, Shalon Rothstein, Lindsey Mikrut, Liz Barbee, 12/4/10
1:53.60.....April Greene, Shalon Rothstein, Lindsey Mikrut, Ali Domeier, 9/24/10
1:53.73.....Tori Martinez, Amber Alexander, Meghan Carmichael, Becky Newgren, 9/24/10
1:53.32.....Caitlin Pardi, Makenzie Pillsbury, Steph Crandall, Aimee Peters, 12/4/10

400 Medley Relay
3:36.51.....Kirsten Koetter, Ali Domeier, April Greene, Lindsey Mikrut, 11/12/10
3:48.53.....Liz Barbee, Dayna Nellis, Kelsey Noah, Jenn Rothe, 11/12/10
3:56.35.....Erin Walter, Caitlin Pardi, Naomi Muckler, Diana Gehrman, 11/12/10
3:58.78.....Jasmine Lee, Amber Alexander, Lindsey Mikrut, April Greene, 12/3/10
3:59.53.....Jasmine Lee, Amber Alexander, Kirsten Koetter, Ali Domeier, 11/12/10
2:59.24.....Jasmine Lee, Amber Alexander, Lindsey Mikrut, April Greene, 12/3/10
4:03.97.....Jasmine Lee, Amber Alexander, Steph Crandall, Kirsten Koetter, 10/15/10
4:05.25.....Jasmine Lee, Amber Alexander, Lindsey Mikrut, April Greene, 10/30/10
4:07.06.....Katie Hines, Shalon Rothstein, Meghan Carmichael, Liz Barbee, 12/3/10
4:07.22.....Tori Martinez, Shalon Rothstein, Lindsey Mikrut, Steph Crandall, 11/12/10



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

50 Freestyle

Table with 2 columns: Time and Name/Date. Includes swimmers like Jake Hausauer, Joe Burns, Robb Rotramel, Andrew Fuller.

100 Freestyle

Table with 2 columns: Time and Name/Date. Includes swimmers like Robb Rotramel, Jake Hausauer, Robb Rotramel, Joel Gregory, Caleb Cohoon.

200 Freestyle

Table with 2 columns: Time and Name/Date. Includes swimmers like Ryan Goggans, Ryan Goggans, Joel Gregory, John Rosier, Michael Miller.

500 Freestyle

Table with 2 columns: Time and Name/Date. Includes swimmers like Ryan Goggans, Ryan Goggans, Michael Miller, Michael Miller, Jake Larson.

1000 Freestyle

Table with 2 columns: Time and Name/Date. Includes swimmers like Joe Palmersten, Joe Palmersten, Joe Palmersten, Ryan Goggans, John Rosier, Michael Miller.

1650 Freestyle

Table with 2 columns: Time and Name/Date. Includes swimmers like Ryan Goggans, Joe Palmersten, Ryan Goggans, Will Anzion, Will Anzion, Zach Henderson.

50 Butterfly

Table with 2 columns: Time and Name/Date. Includes Joe Burns, 11/6/10.

Table with 2 columns: Time and Name/Date. Includes Alex Jaholkowski, Joe Burns, Alex Jaholkowski, Joel Gregory, Nathan Engfer, Nathan Engfer, Joel Gregory, Mitch Pruss, Joe Spann.

100 Butterfly

Table with 2 columns: Time and Name/Date. Includes Joe Burns, Murphy Hebbard, Nathan Engfer, Murphy Hebbard, Joe Burns, Nathan Engfer, Joe Burns, Joe Burns, Alex Jaholkowski.

200 Butterfly

Table with 2 columns: Time and Name/Date. Includes Mitch Pruss, Mitch Pruss, Rob Pagan, Rob Pagan, Joe Spann, Nathan Engfer, Nathan Engfer, Mitch Pruss, Joe Spann, Nathan Engfer.

50 Breaststroke

Table with 2 columns: Time and Name/Date. Includes Napoleon Howell, Napoleon Howell, Mike Larch, Luke Weber, Mike Larch, Murphy Hebbard, Mitchell Pruss, Aaron Hauck.

100 Breaststroke

Table with 2 columns: Time and Name/Date. Includes Napoleon Howell, Napoleon Howell, Napoleon Howell, Joe Palmersten, Mike Larch, Napoleon Howell, Mike Larch, Napoleon Howell, Napoleon Howell, Napoleon Howell.

200 Breaststroke

Table with 2 columns: Time and Name/Date. Includes Napoleon Howell, Napoleon Howell, Mike Larch, Joe Palmersten, Napoleon Howell, Napoleon Howell, Mike Larch, Joe Palmersten, Joe Palmersten, Joe Palmersten.

50 Backstroke

Table with 2 columns: Time and Name/Date. Includes Bob Simson, 11/6/10.

Table with 2 columns: Time and Name/Date. Includes Justin Nelson, Jake Hausauer, Zach Henderson.

100 Backstroke

Table with 2 columns: Time and Name/Date. Includes Bob Simson, Bob Simson, Justin Nelson, Landon Hartwig, Bob Simson, Bob Simson, Bob Stafford, Bob Simson, Bob Simson.

200 Backstroke

Table with 2 columns: Time and Name/Date. Includes Bob Simson, Bob Simson, Rob Stafford, Rob Stafford, Paul Hoffman, Bob Simson, Paul Hoffman, Justin Nelson, Justin Nelson, Zach Henderson.

200 IM

Table with 2 columns: Time and Name/Date. Includes Murphy Hebbard, Murphy Hebbard, Joe Palmersten, Joe Palmersten, Aaron Hauck, Aaron Hauck, Joe Palmersten, Murphy Hebbard.

400 IM

Table with 2 columns: Time and Name/Date. Includes Murphy Hebbard, Murphy Hebbard, Mitch Pruss, Mitch Pruss, Paul Hoffman, Paul Hoffman, Murphy Hebbard, Mitch Pruss, Bob Simson, Paul Hoffman.

1-Meter Diving (60)

Table with 2 columns: Time and Name/Date. Includes Luke Weber, Luke Weber, Chris White, Chris White, Malachi Bennett, Chris White, Luke Weber, Malachi Bennett, Chris White, Malachi Bennett.

1-Meter Diving (11)

Table with 2 columns: Time and Name/Date. Includes Luke Weber, Chris White, Malachi Bennett.

3-Meter Diving (60)

Table with 2 columns: Time and Name/Date. Includes Luke Weber, 10/23/10.

200 Freestyle Relay

Table with 2 columns: Time and Name/Date. Includes Joe Burns, Andrew Fuller, Robb Rotramel, Jake Hausauer, Robb Rotramel, Ryan Goggans, Alex Jaholkowski, Caleb Cohoon, John Rosier, Jake Larson, Joe Spann, John Rosier, Will Anzion, Rob Pagan, Rob Stafford, Brandon Molnar, Andrew Fuller, Will Anzion, Ryan Goggans, Robb Rotramel, Jake Larson, Brandon Molnar, John Rosier, Jake Hausauer, Shane Broermann, Aaron Hauck, Tucker Asper, Mitchell Pruss.

400 Freestyle Relay

Table with 2 columns: Time and Name/Date. Includes Joel Gregory, Jake Larson, Andrew Fuller, Bob Simson, Caleb Cohoon, Joel Gregory, Andrew Fuller, Michael Miller, Ryan Goggans, Joel Gregory, Robb Rotramel, Caleb Cohoon, Jake Hausauer, Jake Larson, Joe Burns, Joe Spann, Ryan Goggans, Aaron Hauck, Michael Miller, Brandon Molnar, Brandon Molnar, Ryan Goggans, Jake Larson, Robb Rotramel, Michael Miller, Ryan Goggans, Jake Hausauer, Jake Larson, Robb Rotramel, Ryan Goggans, Joel Gregory, Jake Larson, Robb Rotramel, Caleb Cohoon, Andrew Fuller, Michael Miller, Joe Burns.

800 Freestyle Relay

Table with 2 columns: Time and Name/Date. Includes Jake Larson, Ryan Goggans, Joel Gregory, Michael Miller, 11/13/10.

200 Medley Relay

Table with 2 columns: Time and Name/Date. Includes Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer, Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer, Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer, Landon Hartwig, Napoleon Howell, Nathan Engfer, Jake Hausauer, Justin Nelson, Mike Larch, Nathan Engfer, Andrew Fuller, Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer, Justin Nelson, Mike Larch, Nathan Engfer, Andrew Fuller, Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer, Justin Nelson, Mike Larch, Nathan Engfer, Andrew Fuller, Justin Nelson, Mike Larch, Nathan Engfer, Andrew Fuller, Bob Simson, Murphy Hebbard, Alex Jaholkowski, Robb Rotramel.

400 Medley Relay

Table with 2 columns: Time and Name/Date. Includes Bob Simson, Napoleon Howell, Joe Burns, Robb Rotramel, Bob Simson, Napoleon Howell, Joe Burns, Robb Rotramel, Bob Simson, Napoleon Howell, Joe Burns, Jake Hausauer, Bob Simson, Napoleon Howell, Joe Burns, Joel Gregory, Justin Nelson, Mike Larch, Mitch Pruss, Brandon Molnar, Paul Hoffman, Joe Palmersten, Ryan Goggans, Alex Jaholkowski, Justin Nelson, Mike Larch, Joe Spann, Michael Miller, Paul Hoffman, Mike Larch, Nathan Engfer, Caleb Cohoon, Rob Stafford, Alex Jaholkowski, Mitch Pruss, Andrew Fuller, Paul Hoffman, Murphy Hebbard, Mitch Pruss, Will Anzion.



2009-10 All-American

Alisha Blaydes

All-American

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

Ali Domeier

All-American

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

Luke Weber

2x All-American

- 6th, one-meter diving (458.05)

- 4th, three-meter diving (484.90)

Chris White

All-American

- 5th, three-meter diving (479.00)

Kirsten Koetter

All-American

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

Shalon Rothstein

All-American

- 8th, 100 breast (104.70)

Allison Tracy

All-American

- 8th, one-meter diving (372.60)

Kelly Vieau

All-American

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

8 athletes

9 honors



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

2009-10 All-American Honorable Mention

Alisha Blaydes

Honorable Mention

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

Katie Brueggemann

3x Honorable Mention

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

- 16th, 100 breast (1:05.09)

- 14th, 200 breast (2:22.65)

April Greene

2x Honorable Mention

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

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

Cathy Haen

Honorable Mention

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

Kirsten Koetter

2x Honorable Mention

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

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

Cassi Mrozek

2x Honorable Mention

- 11th, three-meter diving (339.80)

- 12th, one-meter diving (350.70)

Allison Tracy

Honorable Mention

- 12th, three-meter diving (339.75)

Kelly Vieau

Honorable Mention

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

Chris White

Honorable Mention

- 9th, one-meter diving (405.05)

9 athletes

14 honors



Luke Weber - 2x All-American Diver



Shalon Rothstein - All-American Swimmer



Chris White - All-American Diver



Winners in 2010-11

Women:

Amber Alexander - 10/15/10: 400 MR; 10/16/10: 200 MR, 50 breast, 100 breast; 10/23/10: 200 MR, 100 breast; 10/30/10: 100 breast; 11/6/10: 50 breast, 100 breast;
Chloe Bartuska - 10/15/10: 400 FR; 10/16/10: 200 free;
Steph Crandall - 10/15/10: 400 MR; 10/16/10: 200 MR, 100 fly, 50 fly; 10/23/10: 200 MR;
Ali Domeier - 10/15/10: 100 free, 400 FR; 10/16/10: 100 free; 10/23/10: 200 MR, 100 free, 400 MR;
Melissa Funke - 10/15/10: 200 breast; 10/30/10: 200 breast; 12/4/10: 400 IM;
April Greene - 10/15/10: 400 FR; 10/23/10: 400 MR; 11/6/10: 50 free;
Kirsten Koetter - 10/15/10: 400 MR, 50 free; 10/16/10: 200 MR, 50 free; 10/23/10: 50 free, 400 MR; 11/6/10: 50 free, 50 fly; 11/12/10: 50 free; 11/13/10: 50 free; 12/3/10: 50 free;
Jasmine Lee - 10/15/10: 400 MR, 200 back, 400 FR; 10/16/10: 200 MR, 50 back, 100 back; 10/23/10: 200 IM, 200 MR, 100 back; 10/30/10: 100 back, 200 IM; 11/6/10: 100 fly, 100 back, 200 IM; 11/12/10: 200 back; 11/13/10: 100 back, 12/3/10: 200 IM, 200 back; 12/4/10: 100 back;
Tori Martinez - 10/30/10: 200 back;
Lindsey Mikrut - 10/23/10: 400 MR; 10/30/10: 100 fly;
Cassie Mrozek - 10/15/10: 1-M, 3-M; 10/16/10: 1-M, 3-M; 10/23/10: 1-M; 10/30/10: 1-M, 3-M; 11/6/10: 1-M;
Dayna Nellis - 10/15/10: 1650 free, 200 fly; 10/16/10: 1000 free; 10/23/10: 1000 free, 500 free; 11/6/10: 1000 freestyle, 500 free; 12/3/10: 200 fly, 1650 free;
Kelsey Noah - 10/15/10: 200 free, 500 free; 10/16/10: 500 free; 12/3/10: 500 free
Hannah Peters - 11/6/10: 3-M;
Shalon Rothstein - 12/3/10: 100 breast; 12/4/10: 200 breast
Alli Tracy - 10/23/10: 3-M; 12/4/10: 1-M, 3-M;

Men:

Joe Burns - 10/23/10: 200 MR; 11/6/10: 100 fly, 50 fly; 11/13/10: 200 MR,
Caleb Cohoon - 11/6/10: 100 free;
Ryan Goggans - 10/23/10: 500 free; 10/30/10: 500 free; 11/6/10: 200 free;
Jake Hausauer - 10/23/10: 200 MR; 11/13/10: 200 MR, 50 free
Napoleon Howell - 10/23/10: 200 MR, 100 breast; 10/30/10: 100 breast, 200 breast; 11/6/10: 50 breast, 100 breast; 11/12/10: 200 breast; 11/13/10: 200 MR;
Joe Palmersten - 10/23/10: 1000 free; 10/30/10: 1000 free;
Rob Rotramel - 10/23/10: 50 free;
Joe Palmersten - 10/23/10: 1000 free;
Joe Spann - 10/30/10: 200 fly;
Bob Simson - 10/23/10: 200 MR; 10/30/10: 100 back; 11/13/10: 200 MR, 100 back;
Luke Weber - 10/23/10: 1-M, 3-M; 12/4/10: 1-M, 3-M;
Chris White - 10/30/10: 1-M; 11/6/10: 1-M;
Malachi Bennett - 10/30/10: 3-M;

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

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



SCSU - 2010 Men's Champions



SCSU - 2010 Women's Champions

St. Cloud State University Quick Facts

Location: St. Cloud, Minn.
Founded:1869
Enrollment: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 (10th Season)
Hegle's Phone 320-308-4266
Hegle's Email jmhegle@stcloudstate.edu
Assistant Coaches Tracy Torgerson (Diving),
Graduate assistants: Rich Smith, Anthony Buhr



Head Coach - Jeff Hegle



Coach Hegle

Jeff Hegle is back for his tenth season on the deck as the head swimming and diving coach for the men's and women's programs at St. Cloud State University in 2010-11.

The 2009-10 St. Cloud State University men's and women's swimming and diving squads completed the season with six All-American honors. The women placed 13th at the 2010 NCAA Division II Championships, while the men finished in 19th place under the helm of ninth-year head coach Jeff Hegle.

St. Cloud State also broke three school records in 2009-10. Sophomore distance swimmer Kelsey Noah (Charles City, Iowa) inked her name in the record books. The Charles City, Iowa, native now holds records at SCSU in the 500 free (5:08.03) and the 1650 free (17:45.48). Noah broke both marks on Dec. 5, 2009 at the UW-River Falls Invite. The third Husky record to be broken this season was the women's 200 fly. Dayna Nellis, a first year distance swimmer from Green Bay, Wis., touched the wall in 2:07.50 on Feb. 20, 2010, at the Midwestern Collegiate Championships in Omaha, Neb. Another highlight of the season was the fact that the Huskies broke nine pool records throughout the course of the 2009-10 stint.

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

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

Coach Hegle, along with then first year diving coach Tracy Torgerson, helped coach SCSU's senior diver Nate Jimerson to his third national title in 2009. The 2009 NCAA Division II Male Diver of the Year garnered the national championship at the NCAA's on the one-meter in 2009. Jimerson's national championship marked just the eighth national championship in St. Cloud State swimming and diving history. Last season, Jimerson tabbed national championships on both the one and three-meter boards, along with the 2008 National Diver of the Year accolades. He leaves St. Cloud State as an eight-time All-American, four-time conference Diver of the Year, two-time National Diver of the Year and three-time National Champion.

The Huskies sent a school record 20 athletes to the NCAA Championships in 2008-09, and had one of their best showings as a result. The SCSU women finished in the top-10 for just the second time in school history, placing eighth, and were 12 spots better than last year's 20th place finish. Their 158 total points are also the second best mark in school history, settling behind the 2000 team that finished fifth with 259 points. The Husky men had their best showing this decade, finishing in 14th with 102.5 points. The 14th place tally is tied with the 1999 team for the second best finish in school history, behind only the ninth place 1981 team. However, the 102.5 points is the highest total in team history, breaking the record of 98 set by last year's 15th place team. In his nine seasons with SCSU Hegle has led the Huskies to numerous NCAA Division II Championship meets, consistently finishing among the best in the country. Two seasons ago, the Husky women earned a 20th place finish after earning 50 points at the 2008 NCAA Division II Championships. SCSU's men's team placed 15th at the Championships with 98 points.

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

In the final North Central Conference Championship meet in 2008, the Husky men gave their best effort, but met up with a very strong North Dakota team that was able to hold off the Huskies and claim the NCC Title. The SCSU men finished in second place for the second year in a row behind UND. The SCSU women's also posted the same finish as last season when they took fourth in the team competition.

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

During the 2006-07 season the women's team finished 19th at the championship meet while the men fell just outside the top twenty at 21st. The best finish for the Husky women came in 2004 when they finished 11th at the NCAA meet. Coach Hegle also guided them to 12th place finishes in 2005 and 2006 as well as a 13th place finish in 2003 and a 16th in 2002. The men had their best finish in 2006 when they finished 19th, and also recorded 21st place finishes at both the 2004 and 2005 NCAA's.

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

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

At St. Cloud State, Hegle was an Admissions Ambassador for three years and a University Award of Excellence in Leadership nominee.

From 1997 until his appointment at SCSU, Hegle had been the girls' swim coach at Monticello High School. He joined the Monticello program in 1995 as the assistant swim coach for boys and girls. He has also coached the Monticello Swim Club.

Along with his duties as head swimming and diving coach, Hegle also works in the SCSU Compliance Office and with the Student Athlete Advisory Committee.

Hegle, a native of Melrose, Minn., is married to former SCSU volleyball standout Christin Broich. Together they have three daughters, Caitlin, Tessa, and Molly.

Assisting in 2010-11

Tracy Torgerson is back for her third season as the Huskies diving coach in 2010-11. For her efforts this past season in 2009-10, she was named the 2010 Midwestern Collegiate Championships Male & Female Diving Coach of the Year after leading rookie diver Luke Weber and junior Cassi Mrozek to conference championships and Male Diver of the Year and Female Diver of the Year honors.



Tracy Torgerson

Torgerson was also named the 2009 National Male Diving Coach of the Year after helping coach SCSU's senior diver Nate Jimerson to his third national title in just her first year on the SCSU coaching staff.

Torgerson also tabbed the 2009 Northern Sun Diving Coach of the Year accolades after guiding both Nate Jimerson and senior women's diver Kelsey Berkeland to Male and Female Diver of the Year honors and a clean sweep of the Northern Sun diving titles on both boards, respectively.

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

Torgerson is also a Level II gymnastics coach for the Special Olympics of Minnesota, a post she has held since February of 2007. She has been a personal trainer, and was an assistant diving coach and swimming and diving instructor at the University of Minnesota.

Torgerson is a 2002 product of the University of Minnesota where she graduated with degrees in both Kinesiology and Spanish as well as a minor in coaching. She then went on to St. Cloud State University where she received her Graduate Licensure in Special Education in 2006.

At Minnesota, Torgerson was a four year member of the swimming and diving team from 1997 to 2001 and was a member of the Golden Gophers 1999 and 2000 Big Ten Championship squads. In 2000 she was the Big Ten silver medalist in three-meter diving and became an All-American in one-meter diving. The 2001 team captain still holds the University of Minnesota record for one-meter diving. In 1999 and 2000 Torgerson was also a member of the Minnesota track and field team.

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



Rich Smith
Graduate Assistant
Coach



Anthony Buhr
Graduate Assistant
Coach



Non-School Records

Men

Pool Records

Meet Records

School Records

Women

Pool Records

Meet Records

School Records

Dayna Nellis - (1650 free, 17:38.57, 12/4/10)

National Qualifiers

Men

A-Cut Qualifiers

B-Cut Qualifiers

Malachi Bennet - (3-Meter Dive, 298.60, 10/30/10)
Luke Weber - (1-Meter Dive, 312.30; 3-Meter Dive, 309.90 (10/30/10)
Chris White - (1-Meter Dive, 293.20, 10/23/10)
Napoleon Howell – 100 breast (58.27)
Bob Simson – 100 back (52.15)
Jake Hausauer – 100 free (46.94)
Robb Rotramel – 100 free (46.70)

Women

A-Cut Qualifiers

B-Cut Qualifiers

Kelsey Noah – 500 Free (5:11.13) / 1650 free (17:59.88)
Kirsten Koetter – 50 Free (24.00) / 100 Free (53.03)
Shalon Rothstein – 100 breast (1:05.55) / 200 breast (2:22.42)
Amber Alexander – 100 breast (1:06.09)
Melissa Funke - 100 breast (1:07.30) / 400 IM (4:38.79) / 200 breast (2:25.66)
Dayna Nellis – 200 fly (2:07.44) / 1000 free (10:39.22) / 1650 free (17:38.57)
Lindsey Mikrut – 200 fly (2:10.25) / 100 fly (58.06)
Steph Crandall – 100 fly (58.49)
Jasmine Lee – 200 IM (2:10.06) / 100 back (58.77)
Ali Domeier – 100 free (52.73)
Allison Tracy - (3-Meter Dive (11 Champ), 441.20, 12/4/10; 1-Meter Dive (11 Champ), 428.24, 12/4/10)
Cassi Mrozek - (1-Meter Dive (11 Champ), 423.35, 12/4/10)
Women's 200 Medley Relay – J. Lee, A. Alexander, K. Koetter, A. Domeier