



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 Pt. 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!	SC: 1st
Nov. 6	Gustavus Adolphusd	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. 3-4	UW-River Falls Invite	No Team Scores
Dec. 28-Jan. 8	SCSU Training Trip	Oahu, Hawaii
Jan. 21	St. John's / St. Ben's	SC-W: 208-86 SC-M: 186-112
Jan. 22	All Saints Invite	SC-W: 815.5 (1st) SC-M: 702 (1st)
Feb. 4-5	Minnesota Challenge	No Team Scores
Feb. 16-19	Midwestern Championships	SC-W: 1263.5 (1st) SC-M: 784 (1st)
March 9-12	NCAA DII Championships	Men: 17th (79 pts) Women: 25th (27 pts)

! Diving Only

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

NEED INFO?

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

HUSKY HOME PAGE:
www.StCloudState.edu/Athletics

2010-11 SCSU SWIMMING & DIVING NEWS Season Final Release: March 30, 2011

HUSKIES FINISH AMONG NATION'S TOP-25:

The 2010-11 St. Cloud State University men's and women's swimming and diving squads completed the season with 12 All-American honors and two top-25 finishes. The men's team finished 17th in the country (79 points) and the women's squad placed 25th with 27 tallies under tenth year head coach Jeff Hegle.

THE NATIONAL CHAMPIONSHIPS: The Huskies sent seven individuals to the 2011 NCAA Division II Championships on March 9-12 in San Antonio, Texas. The Huskies garnered six All-America honors and six All-America Honorable Mention nods during the championships.

2010-11 ALL-AMERICANS:

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

2010-11 ALL-AMERICAN HONORABLE MENTION:

Kirsten Koetter - 100 fly
Kirsten Koetter - 100 free
Allison Tracy - 1-meter diving
Cassi Mrozek - 1-meter diving
Shalon Rothstein - 100 breast
Shalon Rothstein - 200 Breast

DYNAMIC DIVERS:

Sophomore divers **Luke Weber** and **Chris White** and freshman diver **Malachi Bennett** put together an impressive run at the NCAA Championships as they all earned All-American nods in both diving events. Weber earned two All-American finishes last season, while White earned both All-American and All-American Honorable Mention honors.

Junior **Allison Tracy** garnered an All-America Honorable Mention finish on the one-meter board with a score of 389.10 (11th), while teammate and senior **Cassi Mrozek** completed her career with an All-American Honorable Mention nod on the one-meter. She placed 16th with a score of 377.95.

FRESHMAN PHENOM WINS 25 TIMES:

Freshman **Jasmine Lee** won a team-leading 25 events during the 2010-11 season, while Kirsten Koetter finished in second with 19 victories. On the men's side, Napoleon Howell won 13 events this season and Joe Burns finished the year with seven wins.

SUPER SWIMMERS:

Junior **Kirsten Koetter** and sophomore **Shalon Rothstein** both earned All-American Honorable Mention status' in their respected swimming events. Koetter finished the 100 fly in 9th place with a school record time of :55.97, while Rothstein finished the 100 breast in 14th place (1:05.12).



Koetter

HUSKIES CHANGE THE RECORDS BOOKS:

The Huskies broke six women's records during the 2010-11 season, while the men posted four school records. Weber broke the school record in the one-meter (312.30) and three-meter dives (309.90). Freshman **Napoleon Howell** set a school record in the 200 breast with a time of 2:07.75, while the 200 medley relay team of freshman **Bob Simson**, Howell, freshman **Joe Burns** and sophomore **Jake Hausauer** set a new mark with a top time of 1:32.94.

On the women's side, sophomore **Dayna Nellis** set a pair of school records with a time of 17:38.57 in the 1,650 free and a time of 10:35.75 in the 1,000 free. Koetter also set school records in the 50 fly (:26.45) and the 100 fly (:55.97). Mrozek set a new standard in the three-meter dive with a total of 259.85 points in the event. Freshman **Jasmine Lee** had a school best time of 2:06.88 in the 200 IM. To view the records broken by the SCSU men's and women's swimming and divers see page 11.

SENIOR SALUTE: The Huskies bid farewell to seven seniors this season. The senior women include **Elizabeth Barbee**, **April Greene** and **Cassi Mrozek**, while the senior men are **Justin Nelson**, **Joe Palmersten**, **John Rosier** and **Joe Spann**.



WEBER





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	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	Kirsten Koetter	:55.97	2011 NCAA's
200 Butterfly	Dayna Nellis	2:07.22	Feb. 10, 2010
50 Backstroke	Cathy Haen	:28.20	Oct. 18, 2008
100 Backstroke	Cathy Haen	57.02	Feb. 20, 2009
	-Northern Sun Championships		
200 Backstroke	Cathy Haen	2:04.40	Feb. 21, 2009
	-Northern Sun Championships		
50 Breaststroke	Amber Alexander	:30.84	Nov. 1, 2008,
100 Breaststroke	Tesia Zuba	1:04.08	Mar 2001
200 Breaststroke	Tesia Zuba	2:17.34	Mar 2001
200 Individual Medley	Jasmine Lee	2:06.88	Feb. 17, 2011
400 Individual Medley	Tesia Zuba	4:30.15	Mar 2002
200 Freestyle Relay	Kirsten Koetter,	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 Gonía	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	Napoleon Howell	2:07.75	Feb. 19, 2011
200 IM	Cam Olk	1:52.01	1988
400 IM	Matt Verway	4:06.80	Dec., 2006
200 Free Relay	Buhr, Dickison	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	Simson, Howell	1:32.94	Feb. 19, 2011
	Burns, Hausauer		
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	Sr.	Free	Sun Prairie, Wis.
Katie Hines	So.	Back	Clive, Iowa
Kirsten Koetter	Jr.	Fly	Melrose, Minn.
Jasmine Lee	FY	Back	Green Bay, Wis.
Tori Martinez	So.	Back	Phoenix, Ariz.
Lindsey Mikrut	FY	Fly	Genoa City, Wis.
Cassi Mrozek	Sr.	Diving	Inver Grove Heights, Minn.
Naomi Muckler	Jr.	Distance	Eagan, Minn.
Dayna Nellis	So.	Distance	Green Bay, Wis.
Becky Newgren	Jr.	Free	Lakeville, Minn.
Kelsey Noah	Jr.	Distance	Charles City, Iowa
Caitlin Pardi	Jr.	Back	Muskego, Wis.
Hannah Peters	So.	Diving	Cold Spring, Minn.
Aimee Peterson	FY	Free	Winona, Minn.
Makenzie Pillsbury	So.	Breast	St. Cloud, Minn.
Jenn Rothe	FY	Distance	Oshkosh, Wis.
Shalon Rothstein	So.	Breast	Albany, Minn.
Marissa Smith	FY	Back	Lakeville, Minn.
Allison Tracy	Jr.	Diving	Minot, N.D.
Jordan VanEgeren	Jr.	Breast	Green Bay, Wis.
Erin Walter	Jr.	Distance	Lakewood, Colo.
Mary Woodson	FY	Diving	Hartland, Wis.
Men - Name	Yr.	Event	Hometown
William Anzian	Jr.	Distance	Mendota Heights, Minn.
Tucker Asper	So.	Distance	Bemidji, Minn.
Malachi Bennett	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 03/28/11 (*NCAA Qualifying Scores)

Men		Women	
50 Free:	:21.50 (Joe Burns), 2/17/11	50 Free:	:23.44 (Kirsten Koetter), 2/17/11 (B)
100 Free:	:46.70 (Rob Rotramel), 12/4/10 (B)	100 Free:	:51.36 (Kirsten Koetter), 3/13/11 (B)
200 Free:	:1:44.78 (Ryan Goggans), 12/3/10	200 Free:	:1:57.06 (Kelsey Noah), 12/3/10
500 Free:	:4:44.79 (Ryan Goggans), 12/3/10	500 Free:	:5:08.89 (Kelsey Noah), 2/17/11 (B)
1,000 Free:	:10:03.40 (Ryan Goggans), 2/16/11	1,000 Free:	:10:35.75 (Dayna Nellis), 2/16/11 (B)
1,650 Free:	:16:52.95 (Ryan Goggans), 12/4/10	1,650 Free:	:17:38.57 (Dayna Nellis), 12/4/10 (B)
50 Fly:	:24.71 (Joe Burns), 9/25/10	50 Fly:	:26.45 (Kirsten Koetter), 11/6/10
100 Fly:	:52.51 (Joe Burns), 12/4/10	100 Fly:	:55.97 (Kirsten Koetter), 3/10/11 (A)
200 Fly:	:1:56.95 (Joe Spann), 2/19/11	200 Fly:	:2:07.25 (Dayna Nellis), 2/19/11 (B)
50 Breast:	:27.34 (Napoleon Howell), 9/24/10	50 Breast:	:30.93 (Amber Alexander), 1/21/11
100 Breast:	:57.70 (Napoleon Howell), 2/5/11 (B)	100 Breast:	:1:04.81 (Shalon Rothstein), 3/11/11 (B)
200 Breast:	:2:07.75 (Napoleon Howell), 2/19/11	200 Breast:	:2:20.37 (Shalon Rothstein), 2/19/11 (B)
50 Back:	:26.19 (Bob Simson), 11/6/10	50 Back:	:28.48 (Jasmine Lee), 10/16/10
100 Back:	:51.80 (Bob Simson), 2/18/11 (B)	100 Back:	:58.11 (Jasmine Lee), 2/18/11 (B)
200 Back:	:1:54.84 (Bob Simson), 2/19/11 (B)	200 Back:	:2:06.35 (Jasmine Lee), 2/19/11
400 IM:	:1:56.71 (Bob Simson), 2/17/11 (B)	200 IM:	:2:06.88 (Jasmine Lee), 2/17/11 (B)
200 Free Relay:	:1:25.06 (Burns, Fuller, Rotramel, Hausauer), 12/3/10	400 IM:	:4:38.79 (Melissa Funke), 12/4/10 (B)
400 Free Relay:	:3:07.30 (Hausauer, Goggans, Gregory, Rotramel), 2/19/11	200 Free Relay:	:1:36.27 (Koetter, S. Crandall, Greene, Domeier), 2/17/11
800 Free Relay:	:7:17.81 (Larson, Goggans, Gregory, Miller), 12/3/10	400 Free Relay:	:3:30.29 (Koetter, Domeier, Crandall, Greene), 2/19/11
200 Medley Relay:	:1:32.94 (Simson, Howell, Burns, Hausauer), 12/4/10	800 Free Relay:	:7:49.15 (Crandall, Nellis, Dietz, Noah), 2/18/11
400 Medley Relay:	:3:26.82 (Simson, Howell, Burns, Hausauer), 2/19/11	200 Medley Relay:	:1:47.14 (Lee, Alexander, Koetter, Domeier), 12/4/10 (B)
1-M Dive (60):	:334.95 (Luke Weber), 1/22/11*	400 Medley Relay:	:3:52.37 (Lee, Rothstein, Milkut, Koetter), 2/17/11 (B)
1-M Dive (11):	:507.30 (Luke Weber), 12/4/10*	1-M Dive (60):	:254.15 (Cassi Mrzcek), 11/5/10
3-M Dive (60):	:326.10 (Malachi Bennett), 1/22/11*	1-M Dive (11):	:428.25 (Allison Tracy), 12/4/10
3-M Dive (11):	:562.75 (Chris White), 1/21/11*	3-M Dive (60):	:259.85 (Cassi Mrzcek), 10/30/10
		3-M Dive (11):	:441.20 (Allison Tracy), 12/4/10





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

Amber Alexander

50 free:24.84, 2/17/11
 50 breast.....:30.93, 1/21/11
 100 breast..... 1:05.89, 2/18/11 (B)
 200 breast..... 2:28.73, 2/19/11
 200 IM..... 2:26.14, 11/6/10

Liz Barbee

50 free:25.38, 2/4/11
 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 2:11.96, 2/19/11
 200 IM..... 2:18.75, 2/17/11
 400 IM..... 4:50.17, 12/4/10

Heather Crandall (Medical RS)

Stephanie Crandall

50 free:24.91, 12/4/10
 100 free:55.96, 1/21/11
 200 free 2:01.02, 10/30/10
 100 back:58.84, 2/18/11 (B)
 50 fly 27.56 (2x) last, 10/16/10
 100 fly:58.31, 2/7/11(B)
 200 fly 2:13.65, 2/19/11

Brianna Dietz

50 fly:28.87, 9/25/10
 100 fly 1:01.34, 12/4/10
 200 fly 2:11.26, 2/19/11
 200 free 1:57.64, 2/18/11
 500 free 5:12.43, 2/17/11
 200 IM..... 2:23.09, 9/25/10
 400 IM..... 5:02.95, 10/15/10

Ali Domeier

50 free:24.52, 2/17/11
 100 free:52.73, 12/4/10(B)
 200 free 2:02.71, 2/18/11

Myranda Erickstad

50 free:25.97, 2/4/11
 100 free:56.35, 2/5/11
 200 free 2:01.20, 2/5/11
 50 fly:29.86, 9/25/10
 100 fly 1:04.67, 12/4/10
 50 back.....:31.52, 10/16/10
 100 back..... 1:07.74, 1/22/11

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
 100 back 2:06.28, 1/21/11
 200 back 2:20.14, 1/22/11
 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 5:20.48, 2/4/11
 1000 free 10:45.03, 2/5/11
 1650 free 18:15.14, 2/5/11
 200 IM..... 2:31.20, 9/25/10

April Greene

50 free:24.81, 2/17/11
 100 free:53.64, 2/19/11
 200 free 2:02.41, 12/4/10
 50 back:28.92, 1/21/11
 100 back 1:00.07, 2/18/11

Katie Hines

50 back:31.00, 10/16/10
 100 back 1:02.12, 2/18/11
 200 back 2:13.62, 12/4/10
 200 IM..... 2:17.96, 2/17/11

Kirsten Koetter

50 free:23.44, 2/17/11 (B)
 100 free:51.36, 3/12/11 (B)
 50 fly:26.45, 11/6/10
 100 fly:55.97, 3/10/11 (A)

Jasmine Lee

50 fly:27.63, 9/25/10
 100 fly:59.16, 11/6/10
 100 back:58.11, 2/18/11(B)
 200 back 2:06.35, 2/19/11 (B)
 200 IM..... 2:06.88, 2/17/11 (B)
 400 IM..... 4:42.00, 11/12/10

Tori Martinez

50 free:28.16, 2/17/11
 200 free 2:02.29, 12/4/10
 50 back:29.89, 1/21/11
 100 back:59.65, 2/18/11
 200 back 2:07.08, 2/19/11 (B)

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 2:04.40, 1/21/11
 500 free 5:21.45, 2/17/11
 1000 free 11:06.29, 2/16/11
 1650 free 18:40.59, 2/19/11

Dayna Nellis

50 fly:28.30, 10/16/10
 100 fly:58.75, 2/17/11 (B)
 200 fly 2:07.25, 2/19/11(B)
 200 free 2:03.89, 11/12/10
 500 free 5:20.57, 10/23/10
 1000 free 10:35.75, 2/16/11(B)
 1650 free 18:20.31, 9/15/10(B)

Becky Newgren

50 free:25.30, 12/4/10
 100 free:56.65, 2/5/11
 50 back:31.28, 11/6/10
 100 back 1:07.08, 2/5/11
 200 back 2:30.42, 10/15/10

Kelsey Noah

200 free 1:57.07, 12/4/10
 500 free 5:08.89, 2/17/11 (B)
 1000 free 10:38.02, 2/16/11 (B)
 1650 free 17:44.85, 2/19/11(B)

Caitlin Pardi

50 free:27.23, 1/21/11
 50 back:29.84, 1/21/11
 100 back:58.56, 2/5/11 (B)
 200 back 2:11.91, 2/5/11

Aimee Peterson

50 free:25.56, 12/4/10
 100 free:57.72, 2/5/11
 50 back:32.15, 11/6/10
 100 back 1:11.34, 11/6/10

Makenzie Pillsbury

100 free:58.02, 1/21/11
 50 breast.....:33.81, 11/6/10
 100 breast..... 1:06.45, 2/18/11 (B)
 200 breast..... 2:25.33, 2/19/11 (B)
 200 IM..... 2:14.47, 12/4/10
 400 IM..... 4:47.43, 2/18/11

Jenn Rothe

50 free:28.02, 11/6/10
 100 free:59.45, 1/21/11
 200 free 2:04.54, 2/5/11
 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..... 1:04.81, 3/11/11 (B)
 200 breast..... 2:20.37, 2/19/11 (B)
 200 IM..... 2:11.45, 2/17/11 (B)

Marissa Smith

50 back:31.98, 9/25/10
 100 back 1:03.73, 2/5/11
 200 back 2:19.01, 2/5/11
 50 free:27.75, 10/23/10
 100 free 1:00.00, 11/6/10
 200 free 2:02.66, 2/5/11
 200 IM..... 2:19.37, 2/4/11

Erin Walter

200 free 1:59.45, 2/5/11
 500 free 5:31.26, 1/22/11
 1000 free 11:44.56, 9/24/10
 100 back 1:05.19, 11/6/10
 200 back 2:16.44, 2/5/11

SCSU DIVERS

Courtney Fleming

1-meter (6o) 212.55, 1/22/11
 3-meter (6o) 204.65, 1/22/11
 1-meter (11) 356.15, 1/21/11
 3-meter (11) 359.65, 1/21/11

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) 392.20, 2/18/11

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) 387.50, 1/21/11

Allison Tracy

1-meter (6o) 428.25, 12/4/10
 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) 217.45, 1/22/11
 3-meter (6o) 235.95, 1/22/11
 1-meter (11) 382.80, 12/4/10
 3-meter (11) 407.85, 1/21/11-



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 free5:00.09, 2/17/11
 1000 free10:21.35, 2/16/11
 1650 free17:42.05, 2/19/11

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:21.50, 2/17/11
 50 fly:24.10, 1/21/11
 100 fly:52.51, 12/4/10
 200 IM:2:09.56, 9/25/10
 100 back:54.88, 2/18/11

Shane Broermann

50 free:23.28, 2/4/11
 100 free:51.66, 2/5/11
 200 free1:56.86, 10/23/10
 200 breast:2:44.77, 9/25/10
 50 fly:26.48, 11/6/10
 100 fly:55.51, 1/21/11

Caleb Cohoon

50 free:22.62, 12/4/10
 100 free:48.56, 12/4/10
 200 free1:50.56, 12/4/10
 500 free5:24.03, 1/21/11
 100 breast:1:06.70, 10/30/10
 200 IM:2:04.45, 2/4/11
 200 back:2:05.82, 2/5/11

Nathan Engfer

50 free:22.22, 2/4/11
 50 fly:24.68, 1/21/11
 100 fly:52.83, 2/5/11
 200 fly:2:05.98, 2/5/11
 100 back:57.06, 2/5/11

Andrew Fuller

50 free:22.17, 12/4/10
 100 free:49.00, 2/5/11
 200 free1:50.06, 12/4/10
 50 fly:26.69, 11/6/10
 100 back:59.02, 2/5/11

Ryan Goggans

50 free:23.07, 11/6/10
 100 free:49.12, 11/12/10 (relay)
 200 free:1:44.78, 12/4/10
 500 free:4:44.79, 12/4/10
 1000 free10:03.40, 2/16/11
 1650 free17:28.33, 11/12/10
 100 fly:55.41, 1/22/11

Joel Gregory

50 free:22.49, 12/4/10
 100 free:47.88, 2/19/11
 200 free:1:45.35, 2/18/11
 500 free:4:47.59, 2/17/11
 50 fly:25.06, 11/6/10
 100 fly:56.06, 1/22/11
 200 fly:2:12.63, 9/24/10

Aaron Hauck

100 free:51.14, 2/5/11
 200 free:1:52.96, 12/4/10
 500 free:5:22.28, 1/22/11
 1000 free11:42.78, 9/24/10
 50 breast:31.91, 11/6/10
 100 breast:1:10.23, 11/6/10
 200 IM:2:04.18, 2/4/11
 100 back:1:00.66, 2/5/11

Landon Hartwig

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

Jake Hausauer

50 free:21.51, 12/4/10
 100 free:46.94, 12/4/10
 50 back:26.46, 1/21/11
 100 breast:1:00.87, 2/18/11

Murphy Hebbard

50 breast:29.83, 9/24/10
 100 breast:1:00.44, 12/4/10
 200 breast:2:13.75, 2/19/11
 200 IM:2:00.34, 12/4/10
 400 IM:4:22.24, 12/4/10
 100 fly:52.96, 12/4/10

Zac Henderson

50 free:23.18, 2/4/11
 200 free:1:57.77, 10/23/10
 500 free:5:09.11, 2/4/11
 1000 free11:06.96, 1/21/11
 200 fly:2:16.95, 9/24/10
 50 back:27.98, 11/6/10
 100 back:58.24, 2/5/11
 200 back:2:09.03, 2/5/11

Paul Hoffman

100 fly:57.32, 2/5/11
 100 back:56.96, 12/4/10
 200 back:2:03.24, 12/4/10
 200 IM:2:06.49, 2/4/11
 400 IM:4:32.94, 12/4/10

Napoleon Howell

50 free:22.96, 10/23/10
 50 breast:26.46, 1/21/11
 100 breast:57.70, 2/5/11
 200 breast:2:07.75, 2/19/11 (B)

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 breast:2:17.45, 2/5/11
 200 IM:2:06.54, 1/21/11

Mike Larch

50 free:24.21, 2/17/11
 50 breast:28.61, 1/21/11
 100 breast:58.38, 2/18/11
 200 breast:2:12.17, 2/19/11
 50 fly:25.77, 1/21/11

Jake Larson

50 free:23.06, 11/13/10 (relay)
 100 free:47.84, 2/19/11
 200 free:1:45.29, 2/18/11
 500 free:4:54.37, 12/4/10

Aaron Meyer

50 free:24.21, 2/4/11
 100 free:52.33, 2/5/11
 100 fly:1:15.62, 9/25/10

Mike Miller

100 free:51.61, 11/13/10
 200 free:1:49.23, 12/4/10
 500 free:4:51.65, 12/4/10
 1000 free:10:48.44, 11/6/10
 200 fly:2:03.21, 2/19/11

Brandon Molnar

50 free:22.60, 12/4/10
 100 free:49.45, 2/5/11
 500 free:5:04.84, 2/4/11
 50 back:29.26, 9/25/10
 100 back:1:04.83, 9/24/10
 50 fly:25.42, 1/21/11
 100 fly:56.89, 12/4/10

Justin Nelson

50 back:26.55, 11/6/10
 100 back:54.18, 12/4/10
 200 back:2:07.71, 12/4/10

Robert Pagan

100 free:50.09, 12/4/10
 200 free:1:49.11, 2/5/11
 500 free:4:58.00, 2/4/11
 50 fly:26.12, 1/21/11
 100 fly:56.05, 12/4/10
 200 fly:2:01.43, 12/4/10
 200 IM:2:16.34, 9/25/10

Joel Palmersten

500 free:5:04.20, 10/23/10
 1000 free:10:09.75, 2/16/11
 50 breast:28.67, 1/21/11
 100 breast:59.46, 12/4/10
 200 breast:2:14.23, 12/4/10
 200 IM:2:00.85, 2/17/11

Mitch Pruss

200 free:1:54.60, 1/21/11
 50 breast:31.09, 9/24/10
 100 breast:1:07.68, 11/13/10
 200 IM:2:00.16, 2/17/11
 400 IM:4:18.69, 2/18/11
 50 fly:25.58, 11/6/10
 100 fly:54.56, 12/4/10
 200 fly:1:57.90, 2/19/11

John Rosier

100 free:49.46, 12/4/10
 200 free:1:47.96, 2/18/11
 500 free:5:01.73, 12/4/10
 1000 free:10:29.89, 2/16/11
 200 IM:2:03.85, 2/17/11

Robb Rotramel

50 free:21.72, 12/4/10
 100 free:46.70, 12/4/10
 200 free:1:45.53, 2/18/11

Bob Simson

200 free:1:54.76, 10/23/10
 50 back:26.05, 1/21/11
 100 back:51.88, 2/18/11 (B)
 200 back:1:54.84, 2/19/11
 200 IM:1:56.71, 2/17/11
 400 IM:4:39.00, 11/12/10

Joe Spann

100 free:49.88, 12/4/10
 200 free:1:51.84, 10/13/10
 500 free:4:50.19, 2/17/11
 50 fly:25.73, 9/25/10
 100 fly:53.36, 2/17/11
 200 fly:1:56.95, 2/19/11
 200 IM:2:12.14, 11/6/10

Rob Stafford

200 free:1:49.31, 2/18/11
 50 back:28.58, 9/25/10
 100 back:55.95, 12/4/10
 200 back:1:59.99, 12/4/10

SCSU DIVERS

Malachi Bennett

1 meter (6o):304.35, 1/22/11*
 3 meter (6o):326.10, 1/22/11*
 1 meter (11):516.65, 3/9/11
 3 meter (11):485.05, 1/21/11

Luke Weber

50 breast:39.16, 9/24/10
 1 meter (6o):334.95, 1/22/11*
 3 meter (6o):312.40, 1/22/11*
 1 meter (11):507.30, 12/4/10*
 3 meter (11):559.25, 12/4/10

Chris White

1 meter (6o):317.10, 1/22/11*
 3 meter (6o):307.10, 2/5/11*
 1 meter (11):506.45, 1/21/11*
 3 meter (11):562.75, 1/21/11*



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

50 Freestyle
23.44 Kirsten Koetter, 2/17/11 (B)
23.62 Kirsten Koetter, 3/11/11 (B)
23.66 Kirsten Koetter, 2/17/11 (B)
24.00 Kirsten Koetter, 12/3/10 (B)
24.18 Kirsten Koetter, 12/3/10(B)
24.40 Kirsten Koetter, 1/21/11(B)
24.48 Kirsten Koetter, 11/12/10(B)
24.52 Ali Domeier, 2/17/11
24.59 Kirsten Koetter, 11/13/10
24.60 Kirsten Koetter, 10/16/10

18:40.59 Naomi Muckler, 2/19/11
18:41.99 Naomi Muckler, 12/4/10
19:02.63 Naomi Muckler, 11/13/10
19:08.27 Jenn Rothe, 12/4/10

50 Butterfly
26.45 Kirsten Koetter, 11/6/10
27.18 Kirsten Koetter, 1/21/11
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
27.74 Steph Crandall, 1/21/11
28.12 Megan Carmichael, 11/6/10
28.18 Lindsey Mikrut, 11/6/10
28.23 Meghan Carmichael, 9/25/10

2:23.63 Shalon Rothstein, 12/4/10 (B)
2:25.33 Makenzie Pillsbury, 2/19/11 (B)
2:25.66 Melissa Funke, 12/4/10 (B)
2:26.19 Melissa Funke, 12/4/10 (B)
2:26.62 Melissa Funke, 2/19/11
2:27.42 Melissa Funke, 2/19/11

50 Backstroke
28.48 Lee Jasmine, 10/16/10
28.92 April Greene, 1/21/11
29.57 April Greene, 9/25/10
29.62 April Greene, 10/16/10
29.84 Caitlin Pardi, 1/21/11
29.89 Tori Martinez, 1/21/11
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

1-Meter Diving (60)
247.20 Cassi Mrozek, 10/23/10
243.65 Cassi Mrozek, 2/5/11
244.75 Cassi Mrozek, 10/15/10
241.05 Cassi Mrozek, 10/16/10
238.60 Allison Tracy, 10/23/10
235.35 Allison Tracy, 2/5/11
232.30 Cassi Mrozek, 9/24/10
230.78 Cassi Mrozek, 11/13/10
229.55 Cassi Mrozek, 10/30/10
228.55 Allison Tracy, 10/15/10

100 Freestyle
51.36 Kirsten Koetter, 3/12/11 (B)
52.73 Ali Domeier, 12/4/10 (B)
53.12 Ali Domeier, 12/4/10 (B)
53.14 Kirsten Koetter, 12/4/10 (B)
53.63 April Greene, 1/9/11
53.67 Kirsten Koetter, 1/22/11
53.87 April Greene, 2/19/11
53.99 Kirsten Koetter, 1/21/11
54.04 Kirsten Koetter, 12/4/10
54.10 Ali Domeier, 10/23/10

100 Butterfly
55.97 Kirsten Koetter, 3/10/11 (A)
56.78 Kirsten Koetter, 2/18/11 (B)
57.50 Kirsten Koetter, 2/18/11 (B)
58.06 Lindsey Mikrut, 12/4/10 (B)
58.28 Lindsey Mikrut, 12/4/10 (B)
58.31 Steph Crandall, 2/17/11 (B)
58.49 Steph Crandall, 12/4/10 (B)
58.68 Lindsey Mikrut, 2/18/11 (B)
58.75 Dayna Nellis, 2/17/11 (B)
59.01 Lindsey Mikrut, 2/18/11

100 Backstroke
58.11 Jasmine Lee, 2/18/11 (B)
58.56 Caitlin Pardi, 2/5/11 (B)
58.84 Steph Crandall, 2/18/11 (B)
58.77 Jasmine Lee, 12/4/10 (B)
59.01 Steph Crandall, 2/18/11 (B)
59.21 Caitlin Pardi, 2/18/11 (B)
59.65 Tori Martinez, 2/18/11
59.66 Jasmine Lee, 11/13/10
59.68 Tori Martinez, 12/4/10
59.80 Jasmine Lee, 10/23/10

1-Meter Diving (11)
428.25 Allison Tracy, 12/4/10 *
423.35 Cassi Mrozek, 12/4/10 *
411.60 Allison Tracy, 1/21/11 *
389.10 Allison Tracy, 3/10/11
382.80 Mary Woodson, 12/4/10
377.95 Cassi Mrozek, 3/10/11
372.10 Hannah Peters, 12/4/10
361.75 Hannah Peters, 1/21/11
360.60 Mary Woodson, 1/21/11
356.15 Courtney Flemming, 1/21/11

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
1:57.46 Steph Crandall, 2/18/11
1:57.64 Brianna Dietz, 2/17/11
1:57.79 Steph Crandall, 2/18/11
1:58.00 Steph Crandall, 12/3/10
1:59.00 Brianna Dietz, 2/3/10
1:59.45 Erin Walter, 2/5/11
2:00.87 Kelsey Noah, 9/15/10

200 Butterfly
2:07.25 Dayna Nellis, 2/19/11 (B)
2:07.44 Dayna Nellis, 12/3/10 (B)
2:07.86 Dayna Nellis, 12/3/10 (B)
2:08.68 Dayna Nellis, 2/19/11 (B)
2:10.25 Lindsey Mikrut, 12/3/10 (B)
2:11.26 Brianna Dietz, 2/19/11
2:11.66 Brianna Dietz, 2/19/11
2:11.96 Meghan Carmichael, 2/19/11
2:12.14 Lindsey Mikrut, 2/19/11
2:12.62 Lindsey Mikrut, 2/19/11

200 Backstroke
2:06.35 Jasmine Lee, 1/19/11 (B)
2:07.08 Tori Martinez, 2/19/11 (B)
2:08.86 Jasmine Lee, 2/19/11 (B)
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
2:09.97 Tori Martinez, 2/19/11
2:10.64 Jasmine Lee, 1/22/11
2:10.78 Jasmine Lee, 12/3/10

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
235.95 Mary Woodson, 1/22/11
235.80 Hannah Peters, 1/22/11
234.80 Ali Tracy, 10/30/10
233.60 Cassi Mrozek, 2/5/11

500 Freestyle
5:08.89 Kelsey Noah, 2/17/11 (B)
5:11.13 Kelsey Noah, 12/3/10 (B)
5:11.71 Kelsey Noah, 2/17/11 (B)
5:11.83 Kelsey Noah, 12/3/10 (B)
5:12.43 Brianna Dietz, 2/17/11
5:14.47 Brianna Dietz, 2/17/11
5:17.42 Brianna Dietz, 12/3/10
5:18.35 Brianna Dietz, 12/3/10
5:20.48 Diana Gehrman, 2/4/11
5:20.57 Dayna Nellis, 10/23/10
5:21.26 Dayna Nellis, 11/6/10

50 Breaststroke
30.93 Amber Alexander, 1/21/11
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
32.00 Shalon Rothstein, 1/21/11
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

200 IM
2:06.88 Jasmine Lee, 2/17/11 (B)
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)
2:11.31 Jasmine Lee, 2/17/11 (B)
2:11.40 Jasmine Lee, 11/13/10(B)
5:11.45 Shalon Rothstein, 2/17/11 (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

3-Meter Diving (11)
441.20 Allison Tracy, 12/4/10 *
428.55 Allison Tracy, 1/21/11 *
420.35 Allison Tracy, 2/19/11 *
407.85 Mary Woodson, 2/18/11
406.70 Allison Tracy, 2/18/11
384.35 Hannah Peters, 2/19/11
392.20 Cassi Mrozek, 2/18/11
387.50 Hannah Peters, 1/21/11
386.35 Hannah Peters, 12/4/10
385.05 Mary Woodson, 12/4/10

1000 Freestyle
10:35.75 Dayna Nellis, 2/16/11 (B)
10:38.02 Kelsey Noah, 2/16/11 (B)
10:45.03 Diana Gehrman, 2/5/11 (B)
10:54.16 Dayna Nellis, 11/12/10
10:58.09 Dayna Nellis, 1/21/11
10:58.52 Dayna Nellis, 10/23/10
10:59.09 Dayna Nellis, 10/16/10
11:00.56 Dayna Nellis, 11/6/10
11:02.58 Diana Gehrman, 1/21/11
11:02.90 Kelsey Noah, 11/6/10

100 Breaststroke
1:04.81 Shalon Rothstein, 3/11/11 (B)
1:05.17 Shalon Rothstein, 2/18/11 (B)
1:05.52 Shalon Rothstein, 2/18/11 (B)
1:05.55 Shalon Rothstein, 12/3/10 (B)
1:05.74 Shalon Rothstein, 12/3/10 (B)
1:05.89 Amber Alexander, 2/18/11 (B)
1:06.09 Amber Alexander, 12/3/10 (B)
1:06.13 Amber Alexander, 12/3/10 (B)
1:06.29 Amber Alexander, 2/18/11 (B)
1:06.45 Makenzie Pillsbury, 2/18/11 (B)

400 IM
4:38.79 Melissa Funke, 12/4/10(B)
4:42.00 Jasmine Lee, 11/12/10
4:42.68 Melissa Funke, 12/4/10
4:44.61 Makenzie Funke, 2/18/11
4:47.43 Makenzie Funke, 2/18/11
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
4:52.62 Meghan Carmichael, 2/18/11

1650 Freestyle
17:38.57 Dayna Nellis, 12/4/10 (B)
17:41.26 Dayna Nellis, 2/19/11 (B)
17:44.85 Kelsey Noah, 1/9/11 (B)
17:59.88 Kelsey Noah, 12/4/10 (B)
18:15.14 Diana Gehrman, 2/5/11
18:20.31 Dayna Nellis, 9/15/10
18:24.18 Dayna Nellis, 11/13/10
18:30.54 Kelsey Noah, 11/13/10

200 Breaststroke
2:20.37 Shalon Rothstein, 2/19/11 (B)
2:20.83 Shalon Rothstein, 2/19/11 (B)
2:21.41 Shalon Rothstein, 3/12/11 (B)
2:22.42 Shalon Rothstein, 12/4/10 (B)

200 Freestyle Relay
1:36.27 Kirsten Koetter, Steph Crandall, April Greene, Ali Domeier, 2/17/11
1:36.94 Kirsten Koetter, Steph Crandall, April Greene, Ali Domeier, 2/17/11
1:37.04 Kirsten Koetter, Steph Crandall, April Greene, Ali Domeier, 2/4/11
1:37.18 Kirsten Koetter, Steph Crandall, April Greene, Ali Domeier, 12/3/10
1:37.24 Kirsten Koetter, Steph Crandall, April Greene, Ali Domeier, 12/3/10
1:38.17 Kirsten Koetter, April Greene, Steph Crandall, Ali Domeier, 11/13/10
1:41.82 Kirsten Koetter, Ali Domeier, Lindsey Mikrut, Steph Crandall, 1/21/11
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

200 Medley Relay
1:46.43 Jasmine Lee, Amber Alexander, Lindsey Mikrut, Kirsten Koetter, 2/18/11 (B)
1:47.14 Jasmine Lee, Amber Alexander, Kirsten Koetter, Ali Domeier, 12/4/10 (B)
1:47.23 Jasmine Lee, Amber Alexander, Lindsey Mikrut, Kirsten Koetter, 2/18/11 (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
1:50.64 Jasmine Lee, Amber Alexander, Lindsey Mikrut, Ali Domeier, 1/21/11
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

400 Freestyle Relay
3:30.29 Kirsten Koetter, Ali Domeier, Steph Crandall, April Greene, 2/19/11 (B)
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
3:41.96 Kirsten Koetter, Ali Domeier, April Greene, Lindsey Mikrut, 1/22/11
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
3:46.26 Becky Newgren, Liz Barbee, Miranda Erickstad, Diana Gehrman, 2/5/11

400 Medley Relay
3:52.37 Jasmine Lee, Shalon Rothstein, Lindsey Mikrut, Ali Domeier, 2/17/11 (B)
3:57.40 Jasmine Lee, Shalon Rothstein, Lindsey Mikrut, Ali Domeier, 2/17/11
3:59.24 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
4:03.97 Jasmine Lee, Amber Alexander, Steph Crandall, Kirsten Koetter, 10/15/10
4:03.31 Jasmine Lee, Amber Alexander, Lindsey Mikrut, Ali Domeier, 1/22/11
4:05.25 Jasmine Lee, Amber Alexander, Lindsey Mikrut, April Greene, 10/30/10
4:05.77 Tori Martinez, Shalon Rothstein, Steph Crandall, April Greene, 1/22/11
4:07.06 Katie Hines, Shalon Rothstein, Meghan Carmichael, Liz Barbee, 12/3/10
4:11.63 Caitlin Pardi, Liz Barbee, Myranda Erickstad, Diana Gehrman, 2/4/11

800 Freestyle Relay
7:49.15 Steph Crandall, Dayna Nellis, Brianna Dietz, Kelsey Noah, 2/18/11
8:13.28 Kelsey Noah, Lindsey Mikrut, Steph Crandall, Dayna Nellis, 11/13/10
8:15.64 Miranda Erickstad, Aimee Peterson, Erin Walter, Marissa Smith, 2/5/11



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. Entries include Joe Burns, Jake Hausauer, Robb Rotramel, and Nathan Engfer.

100 Freestyle

Table with 2 columns: Time and Name. Entries include Robb Rotramel, Jake Hausauer, and Joel Gregory.

200 Freestyle

Table with 2 columns: Time and Name. Entries include Ryan Goggans, Jake Larson, and Robb Rotramel.

500 Freestyle

Table with 2 columns: Time and Name. Entries include Ryan Goggans, Michael Miller, and Joe Spann.

1000 Freestyle

Table with 2 columns: Time and Name. Entries include Ryan Goggans, Joe Palmersten, and Will Anzion.

1650 Freestyle

Table with 2 columns: Time and Name. Entries include Ryan Goggans, Joe Palmersten, and Zach Henderson.

200 Freestyle Relay

Table with 2 columns: Time and Name. Entries include Joe Burns, Andrew Fuller, Robb Rotramel, and Jake Hausauer.

400 Freestyle Relay

Table with 2 columns: Time and Name. Entries include Jake Hausauer, Ryan Goggans, Joel Gregory, and Robb Rotramel.

800 Freestyle Relay

Table with 2 columns: Time and Name. Entries include Ryan Goggans, Joel Gregory, Jake Larson, and Robb Rotramel.

50 Butterfly

Table with 2 columns: Time and Name. Entries include Joe Burns, Alex Jaholkowski, and Nathan Engfer.

100 Butterfly

Table with 2 columns: Time and Name. Entries include Joe Burns, Nathan Engfer, and Murphy Hebbard.

200 Butterfly

Table with 2 columns: Time and Name. Entries include Joe Spann, Mitch Pruss, and Rob Pagan.

50 Breaststroke

Table with 2 columns: Time and Name. Entries include Napoleon Howell, Mike Larch, and Joe Palmersten.

100 Breaststroke

Table with 2 columns: Time and Name. Entries include Napoleon Howell, Mike Larch, and Joe Palmersten.

200 Breaststroke

Table with 2 columns: Time and Name. Entries include Napoleon Howell, Mike Larch, and Murphy Hebbard.

50 Backstroke

Table with 2 columns: Time and Name. Entries include Bob Simson, Justin Nelson, and Paul Hoffman.

100 Backstroke

Table with 2 columns: Time and Name. Entries include Bob Simson, Justin Nelson, and Bob Simson.

200 Backstroke

Table with 2 columns: Time and Name. Entries include Bob Simson, Rob Stafford, and Paul Hoffman.

200 IM

Table with 2 columns: Time and Name. Entries include Bob Simson, Mitch Pruss, and Joe Palmersten.

400 IM

Table with 2 columns: Time and Name. Entries include Mitch Pruss, Murphy Hebbard, and Paul Hoffman.

200 Medley Relay

Table with 2 columns: Time and Name. Entries include Bob Simson, Napoleon Howell, Joe Burns, and Jake Hausauer.

400 Medley Relay

Table with 2 columns: Time and Name. Entries include Bob Simson, Napoleon Howell, Joe Burns, and Robb Rotramel.

1-Meter Diving (6o)

Table with 2 columns: Time and Name. Entries include Luke Weber, Chris White, and Malachi Bennett.

1-Meter Diving (11)

Table with 2 columns: Time and Name. Entries include Luke Weber, Chris White, and Malachi Bennett.

3-Meter Diving (6o)

Table with 2 columns: Time and Name. Entries include Malachi Bennett, Luke Weber, and Chris White.

3-Meter Diving (11)

Table with 2 columns: Time and Name. Entries include Chris White, Luke Weber, and Malachi Bennett.



2010-11 Women Winners

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; 1/21/11: 50 breast, 100 breast; 1/22/11: 100 breast;
Chloe Bartuska - 10/15/10: 400 FR; 10/16/10: 200 free; 1/21/11: 200 free;
Steph Crandall - 10/15/10: 400 MR; 10/16/10: 200 MR, 100 fly, 50 fly; 10/23/10: 200 MR;
Brianna Dietz: 1/21/11: 500 free;
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; 1/21/11: 50 back;
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; 1/21/11: 50 free, 100 free, 50 fly; 1/22/11: 100 free, 50 free, 100 fly; 2/17/11: 50 free; 2/18/11: 100 fly;
Jasmine Lee - 10/15/10: 400 MR, 200 back, 400 FR; 10/16/10: 200 MR, 50 back, 100 back; 10/23/10: 200 IM, 200 MR, 100 back; 10/30/10: 100 back, 200 IM; 11/6/10: 100 fly, 100 back, 200 IM; 11/12/10: 200 back; 11/13/10: 100 back; 12/3/10: 200 IM, 200 back; 12/4/10: 100 back; 1/21/11: 100 back; 1/22/11: 100 back, 200 back, 200 IM; 2/18/11: 100 back; 2/19/11: 200 back;
Tori Martinez - 10/30/10: 200 back;
Lindsey Mikrut - 10/23/10: 400 MR; 10/30/10: 100 fly; 1/21/11: 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; 1/21/11: 1000 free; 1/22/11: 200 fly; 2/16/11: 1000 freestyle; 2/19/11: 1650 free;
Kelsey Noah - 10/15/10: 200 free, 500 free; 10/16/10: 500 free; 12/3/10: 500 free; 2/17/11: 500 free;
Hannah Peters - 11/6/10: 3-M;
Shalon Rothstein - 12/3/10: 100 breast; 12/4/10: 200 breast; 2/19/11: 200 breast;
Alli Tracy - 10/23/10: 3-M; 12/4/10: 1-M, 3-M; 1/21/11: 1-M, 3-M;
Mary Woodson: 1/22/11: 3-M;

2010-11 Men's Winners

Will Anzion - 1/21/11: 1000 free;
Joe Burns - 10/23/10: 200 MR; 11/6/10: 100 fly, 50 fly; 11/13/10: 200 MR; 1/21/11: 100 fly, 50 fly; 2/17/11: 50 free;
Caleb Cohoon - 11/6/10: 100 free;
Ryan Goggans - 10/23/10: 500 free; 10/30/10: 500 free; 11/6/10: 200 free; 1/21/11: 500 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, 1/21/11: 50 breast; 1/21/11: 100 breast; 1/22/11: 100 breast, 200 breast; 2/19/11: 200 breast;
Joe Palmersten - 10/23/10: 1000 free; 10/30/10: 1000 free;
Rob Rotramel - 10/23/10: 50 free;
Joe Palmersten - 10/23/10: 1000 free;
Joe Spann - 10/30/10: 200 fly;
Bob Simson - 10/23/10: 200 MR; 10/30/10: 100 back; 11/13/10: 200 MR, 100 back; 2/18/11: 100 back; 2/19/11: 200 back;
Luke Weber - 10/23/10: 1-M, 3-M; 12/4/10: 1-M, 3-M; 2/18/11: 3-M;
Chris White - 10/30/10: 1-M; 11/6/10: 1-M; 1/21/11: 1-M, 3-M; 1/22/11: 1-M;
Malachi Bennett - 10/30/10: 3-M; 1/22/11: 3-M;

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

- Women's 1,000 Free – Dayna Nellis
Women's 200 Free Relay – Koetter, S. Crandall, Greene, Doomeier
Men's 200 Free Relay – Burns, Goggans, Rotramel, Hausauer
Women's 500 Free – Kelsey Noah
Women's 50 Free – Kirsten Koetter
Women's 400 Free Relay – Lee, Rothstein, Mikrut, Koetter
Men's 3-Meter Dive – Luke Weber
Women's 200 Medley Relay – Lee, Alexander, Mikrut, Koetter
Women's 100 Butterfly – Kirsten Koetter
Women's 100 Backstroke – Jasmine Lee
Women's 200 IM - Jasmine Lee
Men's 100 Backstroke – Bob Simson
Women's 1,650 Free – Dayna Nellis
Women's 200 Backstroke – Jasmine Lee
Men's 200 Backstroke – Bob Simson
Women's 200 Breaststroke – Shalon Rothstein
Men's 200 Breaststroke – Napoleon Howell
Men's 1-Meter Dive - Luke Weber



SCSU - 2011 Men's Champions



SCSU - 2011 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



Winners in 2010-11

2010-11 All-Americans & All-American Honorable Mentions



Luke Weber - 2x All-American Diver

Luke Weber
2x All-American
- 1-Meter, 3rd place (485.60)
- 3-Meter, 5th place (497.80)



Malachi Bennett - 2x All-American Diver

Malachi Bennett
2x All-American
- 1-Meter, 7th place (463.95)
- 3-Meter, 8th place (469.35)



Shalon Rothstein - 2x All-American Honorable Mention Swimmer

Shalon Rothstein
2x Honorable Mention
- 100 breast, 14th place (1:05.12)
- 200 breast, 13th place (2:21.52)



Chris White - 2x All-American Diver

Chris White
2x All-American
- 1-Meter, 6th place (474.20)
- 3-Meter, 6th place (493.35)



Kirsten Koetter - 2x All-American Honorable Mention Swimmer

Kirsten Koetter
2x Honorable Mention
- 100 fly, 9th place (:55.97)
- New School Record Time
- 100 Free, 13th place (:51.36)



Cassi Mrozek - All-American Honorable Mention Diver

Cassi Mrozek
Honorable Mention
- 1-meter, 16th place (377.95)



Allison Tracy - All-American Honorable Mention Diver

Allison Tracy
Honorable Mention
- 1-Meter, 11th place (389.10)



Head Coach - Jeff Hegle



Coach Hegle

Jeff Hegle completed 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 finished 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



Swimming & Diving Records

Men

School Records

Luke Weber - (1-Meter Diving (6 optional), 312.30, 9/23/10), (3-Meter Diving (6 optional), 309.90, 10/23/10)

Napoleon Howell - (200 breast, 2:07.75, 02/19/11)

200 Medley Relay - (Simson, Howell, Burns, Hausauer, 1:32.94, 02/19/11)

Women

School Records

Dayna Nellis - (1650 free, 17:38.57, 12/4/10), (1000 free, 10:35.75, 02/16/11)

Kirsten Koetter - (50 fly, :26.45, 11/6/10) (100 fly, :55.97, 03/12/11)

Cassi Mrozek - (3-meter / 6 optional, 259.85, 10/30/10)

Jasmine Lee - (200 IM, 2:06.88, 02/17/11)

Men

National Qualifiers

Malachi Bennett - (1-Meter (6o), 304.35); (1-Meter (11), 454.55), (3-Meter (6o), 326.10), (3-Meter (11) 485.05)

Luke Weber - (1-Meter (6o), 334.95), (1-Meter (11), 507.30), (3-Meter (6o), 312.14), (3-Meter (11), 559.25)

Chris White - (1-Meter (6o), 317.10); (1-Meter (11), 506.45), (3-Meter (6o), 307.10), (3-Meter (11) 562.75)

B-Cut Qualifiers

Napoleon Howell – 100 breast (:57.70) / 200 breast (2:07.75)

Bob Simson – 100 back (:51.80) / 200 IM (1:56.71)

Jake Hausauer – 100 free (:46.94)

Robb Rotramel – 100 free (:46.70)

Mike Larch – 100 breast (:58.38)

200 medley relay – Simson, Howell, Burns, Hausauer (1:32.94)

National Qualifiers

Women

National Qualifiers

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)

B-Cut Qualifiers

Kelsey Noah – 500 free (5:08.89) / 1650 free (17:44.85)

Kirsten Koetter – 50 free (:23.44) / 100 free (:53.14) / 100 Fly (:56.78)

Shalon Rothstein – 100 breast (1:05.17) / 200 breast (2:20.37) / 200 IM (5:11.45)

Amber Alexander – 100 breast (1:05.89)

Melissa Funke - 100 breast (1:07.30) / 400 IM (4:38.79) / 200 breast (2:25.66)

Dayna Nellis – 100 fly (:58.75) / 200 fly (2:07.25) / 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 (:58.31) / 100 back (:58.84)

Jasmine Lee – 200 IM (2:06.88) / 100 back (:58.11) / 200 back (2:06.35)

Ali Domeier – 100 free (:52.73)

Stephanie Crandall - 100 fly (:58.49)

Caitlin Pardi - 100 back (:58.56)

Diana Gehrman - 1000 free (10:45.03)

Mackenzie Pillsbury - 100 breast (1:06.45) / 200 breast (2:25.33)

Tori Martinez - 200 back (2:07.08)

200 Medley Relay – J. Lee, A. Alexander, K. Koetter, A. Domeier (1:47.14) / J. Lee, Alexander, Mikrut, Koetter (1:46.43) & (1:47.23)

400 freestyle relay - Koetter, Domeier, Crandall, Greene (3:30.29)

400 medley relay - Lee, Rothstein, Mikrut, Domeier (3:52.37)