

COLLEGE CHAMPIONSHIPS ISSUE

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A BEHIND-THE-SCENES
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(SEE DETAILS ON PAGE 46)

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In its college preview issue, *Swimming World* claimed Cal was a lock to win this year's women's NCAA Division I team title—especially with freshman superstar Missy Franklin leading the way. Instead, Georgia dominated in winning its second straight and sixth overall championship.

023 | Brittany MacLean's Favorite Sets
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"Controversy," "fabulous freshmen" and "barrier breakers" were among the additional topics of conversation that accompanied the obvious story at the men's NCAA Division I Swimming and Diving Championships: Cal captured its third team title in the last four years!

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by Jason Marsteller

The same five schools—Drury, Emory, Kenyon, Oklahoma Baptist and Indian River State College—repeated as national champions in their respective NCAA Divisions II and III, NAIA and NJCAA women's and men's meets. Leading the group was Drury's men—who earned their 10th straight DII title—and Indian River, which captured its 33rd women's and 40th men's NJCAA championships!

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Beginning in its April issue and continuing monthly through January 2015, *Swimming World Magazine* is counting down the top 10 triumphs and tragedies in the history of swimming. This month: #9 Rick DeMont—Robbed of Two Olympic Gold Medals.

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republished with permission of VeloPress from "Racing Weight Cookbook: Lean, Light Recipes for Athletes"

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ON THE COVER

Georgia won its second straight and sixth overall team title at the women's NAAs. The Lady Bulldogs, led by Swimmer of the Meet Brittany MacLean and Diver of the Meet Laura Ryan, showed tremendous depth—all 15 of their swimmers and divers scored points, and they had five finalists in the 500 free, four in the 400 IM and three in the 200 free and 1650 free. (See story, page 20.) [PHOTO BY PETER H. BICK]

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USA

custom

Charles Keating Jr. & His Bitter Fruit

BY BRENT T. RUTEMILLER

PHOTO PROVIDED BY UNIVERSITY OF CINCINNATI

Charles Keating Jr., passed away on March 31. His legacy within the sport of swimming will be forever polarized between those in Cincinnati, Ohio, who benefited from the construction of the Keating Natatorium, and those in Phoenix, Ariz., who benefited from his construction of the Phoenix Swim Club.

The Keating Natatorium was constructed in the 1970s with donations from Keating's successful businesses in Ohio. The Phoenix Swim Club facility was constructed in the late 1980s from Keating's illegal banking and construction activities.

It is somewhat ironic that the Phoenix Swim Club facility ended its life the same day that Keating passed away. Maybe it is divine justice. And maybe it is equally fitting that the Keating Natatorium in Cincinnati continues to thrive.

I have benefited from both spectrums of Keating's influence—first as a member of the Cincinnati Marlins, who practiced at the Keating Natatorium, and later as a member of the original coaching staff for the Phoenix Swim Club.

On both ends, Keating's vision for the sport of swimming had no peers. His support for facilities, programs and coaches produced multiple world-class athletes and Olympians over four decades. Throughout the '70s and '80s, a trip through Cincinnati and the Keating Natatorium was a rite of passage to elite competition. In the late '80s through the 2000s, the Phoenix Swim Club—built by Keating—was the place to train under blue skies and palm trees.

It might be hard to believe, but Keating's influence was beyond money. He set high goals for those he surrounded, and he expected those goals to be achieved. He had no patience for second best.

When I think of Charlie Keating, I am reminded of the famous words from Poet Robert Browning, who said, "Ah, but a man's

PICTURED > FOLLOWING
A STINT IN THE U.S. NAVY DURING WORLD WAR II, CHARLES KEATING JR., A CINCINNATI NATIVE, BECAME THE BEARCATS' FIRST NATIONAL CHAMPION IN ANY SPORT WITH A WIN IN THE 200 YARD BREASTSTROKE AT THE 1946 NCAA CHAMPIONSHIPS.



reach should exceed his grasp."

Keating always set goals higher than his own grasp. That, in a nutshell, is the simplest description of this complex man. The fact that he took huge risks with other people's money will forever be unforgivable. It was wrong that those risks hurt many people. But within the realm of sports, Keating was right to inspire others to take huge risks and set goals that exceeded their grasp.

Although his inspiration within swimming will never outweigh the financial loss for those who suffered from his collapsed financial empire, it is important to remember that there was much good that Keating generated during his life in the sport of swimming.

One thing nobody can ever argue is that the aquatic facilities that Keating built changed a lot of people's lives for the better.

Those who wish to donate in Keating's memory can do so to St Xavier in Cincinnati for the benefit of Keating Natatorium:

St. Xavier High School - Keating Natatorium
600 W. North Bend Road
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Attn: Development Office ♦



Brent T. Rutemiller

Brent T. Rutemiller
Publisher of Swimming World Magazine



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LESSONS WITH THE LEGENDS

BY MICHAEL J. STOTT



SWIMMING WORLD CONTINUES A SERIES IN WHICH TOP COACHES SHARE SECRETS OF THEIR SUCCESS. THIS MONTH'S FEATURED COACH: **BOB GROSETH.**

By his own admission, Bob Groseth was not a great swimmer, but someone who came to be regarded as a coach to the coaches. While Dix Keyser at Hinsdale Country Club inspired Groseth to be a coach, it was as Hinsdale High School and Indiana University team manager that he learned some finer points of coaching. Doc Counsilman was a mentor and “the most curious man I have ever known,” says Groseth. “My sophomore year, he started writing, ‘The Science of Swimming.’ Every month was essentially a seminar as experts in physiology, biomechanics and psychology would spend time at practice. Every Sunday, he would film swimmers. The grid lines on the old Counsilman films were drawn by me.

“Doc always had time to talk to other coaches. That is the culture we have in swimming in the U.S. I was helped by Doc, but George Haines, Peter Daland and others were willing to share their time and knowledge with a young punk like me. I consider helping other coaches a responsibility. I have been lucky to have some great assistants.” Swimmers Nick and Eric Hansen and Monty Hopkins went on to coach. Fresno State’s Jeanne Fleck and Bolles’ Sergio Lopez (“one of the best”)—two former Groseth assistants—are among those who honed their craft under his watchful eye.

From Indiana, Groseth went to Chicago’s

Fenwick High School, where his teams won seven consecutive Catholic League and four National Catholic Championships. Stops at Cincinnati, Tulane and Iowa State preceded his arrival at Northwestern to take over a moribund Wildcat program that had finished last in the

Big Ten in each of the 11 prior seasons. A new pool, local success from area summer league swimmers and the influence of women’s coach Kathy Wickstrand Gahen sped a positive perceptual change about Northwestern aquatics. Gradually, the Wildcats began moving up in the Big Ten and NCAA standings, thanks to NCAA record holders such as Matt Grevers, Mike Alexandrov, Bruno Barbic and Kyle Bubolz. In 2005, Groseth was named NCAA Co-coach of the Year.

Groseth’s influence gained greater traction after succeeding Phillip Whitten as executive director of the CSCAA. “Phil brought legitimacy to the CSCAA after years when most coaches considered it irrelevant,” he says. “He defended programs that were being dropped by directly criticizing the school and athletic administrations, and he developed a program to help coaches protect their programs. The CSCAA Board of Directors hired me to improve the organization. I used my relationships with coaches to get the top Division I, II and III coaches involved. I convinced the board to hire Greg Lockart to take over the business end and raise the revenue stream. Getting Mark Bernardino, Kirk Sanocki and Bill Wadley, among others, involved was a first step, as was convincing Chuck Knoles to continue as treasurer and utilizing Joel Shinofield’s administrative skills.



PICTURED > BOB GROSETH, A 2013 ASCA HALL OF FAME INDUCTEE AND BOB OUSLEY AWARD RECIPIENT, HAS COACHED HIGH SCHOOL AND COLLEGE ATHLETES (CINCINNATI, TULANE, IOWA STATE, NORTHWESTERN) FOR 40 YEARS. SUBSEQUENT TO RECEIVING THE COLLEGE SWIM COACHES ASSOCIATION OF AMERICA ROBERT E. STEADMAN AWARD, HE SERVED AS THE ORGANIZATION’S EXECUTIVE DIRECTOR.

“I promised the CSCAA three years as executive director. When my term ended, I was able to land at Libertyville High School, which needed a coach. Last season in my first year with the team, we were fourth at the state meet after finishing 31st the year before.” And at the 2014 Illinois High School Championships, Libertyville finished second, 123-120, to University High School of Normal, Ill.

“We swam great,” says Groseth. ♦

Michael J. Stott, one of Swimming World Magazine’s USA contributors, is based in Richmond, Va.



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AN OLYMPIAN'S GUIDE TO BACKSTROKE STARTS

Backstroke STARTS

BY JEFF COMMINGS • PHOTOS BY CHRISTOPHER RATTRAY



Matt Grevers is the reigning Olympic and world champion in the 100 meter backstroke. At the 2012 Olympic Trials, he swam the second-fastest time in history, posting a 52.08. Grevers also won the silver medal in the 100 back at the 2008 Games and was a member of the 400 freestyle relays at the 2008 and 2012 Olympics.

WATCHING THE PERFECT BACKSTROKE START IS LIKE WATCHING ART IN MOTION. WHEN DONE WELL, THE SWIMMER LAUNCHES INTO THE RACE WITH AS LITTLE SPLASH AS POSSIBLE—AS IF HE WERE A DIVER TRYING TO SCORE A PERFECT “10.” ALTHOUGH HE SAYS HIS 6-8 FRAME OFTEN PUTS HIM AT A DISADVANTAGE, MATT GREVERS KNOWS HOW TO MAKE THE MOST OF HIS START, MAKING SURE HE’S ONE OF THE LEADERS WHEN HE BREAKS OUT AT THE 15-METER MARK.

1 TAKE YOUR MARK

Only a few years ago, the conventional wisdom for the backstroke start was to curl into a tight ball on the “take your mark” command. Not anymore. These days, backstrokers keep the head in line with the spine, and the back almost vertical. The elbows are bent, bringing the body into position for a great leap into the start.



2 EXPLODE FROM THE WALL

Grevers says the next phase of the start depends on pool conditions. International meets have touchpads that extend more than a foot above the surface, and rules allow foot placement above the water surface. A higher foot placement allows for more “air time” on the start, and Grevers uses the high foot position to push away from the starting block. If the touchpad does not extend above the water’s surface, he keeps his feet below the surface. When the horn starts the race, he explodes, pushing up and back to get his entire body over the water and execute a clean start.





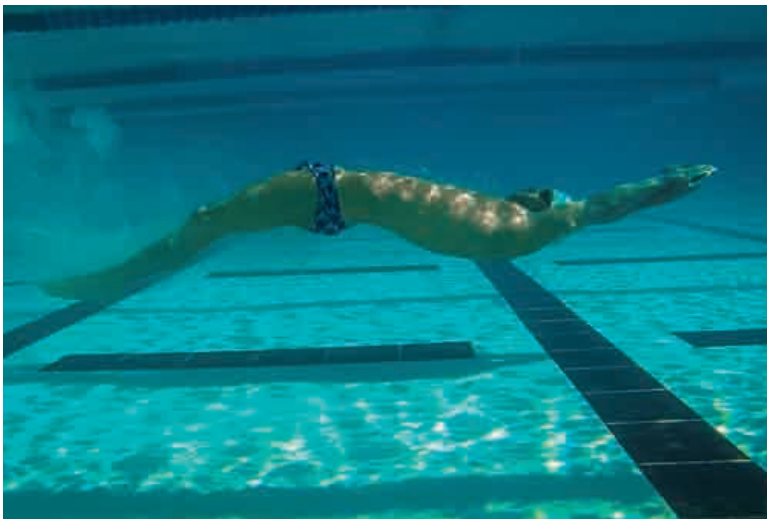
3 ARCH THE BACK

Once the arms are extended over the head and toward the water, the back should arch to ensure a clean entry. The flatter the back, the sloppier the start. Also, remember to keep the head in line with your body. Do not throw it so far back that you can see the other side of the pool. That will cause you to enter too deeply.



4 ENTER CLEANLY

If your back is properly arched, your body should fit perfectly into the "hole" you made in the water where your hands entered. Many swimmers tend to kick their legs too hard to help get them over the water. Don't waste the energy. If you pushed back hard at the start, arched your back and entered the water cleanly with your hands first, the natural progression of the body will clear your feet and create a clean entry.



5 NOT TOO DEEP!

Grevers says he goes about five feet deep on the entry, giving him time to do the eight or nine dolphin kicks he needs to get him to the 15-meter mark, the maximum underwater distance allowed. Regular practice will help you determine the best depth for your start.



6 DOLPHIN KICK

Make your underwater dolphin kicks quick and strong. Don't lose the explosive power you created on the start with lazy dolphin kicks! If you are trying to get all the way to 15 meters, make sure to have a coach or teammate standing right at the 15-meter mark to judge how far your dolphin kicks take you. ♦



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THE **KEY** IS HAVING FUN



BY MICHAEL J. STOTT • PHOTO BY PETER H. BICK

HERE IS A PARENT'S GUIDE TO PICKING THE BEST AGE GROUP PROGRAM FOR YOUR CHILD.

WHAT ARE THE ELEMENTS IN PICKING AN AGE GROUP PROGRAM?

"It is a simple question with a complicated answer," says Norris Baker, a career school administrator in Charlotte, N.C., and parent of Kathleen Baker, 13-14-year-old national age group record holder (100 yard backstroke, 52.87) and four-time medalist at the 2013 FINA World Junior Championships.

"If you are choosing a swim program initially, you want one with some flexibility in the introduction to swimming. One that focuses mostly on technique and drills is critical because so much of the teaching is aimed at making competitive swimming enjoyable," he says.

"Hopefully, a beginning program will teach a child to love the sport and offer a team experience that has social connections and activities outside of swimming. Ideally, there should be progressions for advancement and a supporting culture within the team, so if the child wishes to move up the program, the club will support the swimmer on a variety of levels.

"The considerations are the same as choosing a neighborhood or a school," says Baker, adding that a culture of excellence, high character and healthy coach interac-

tion are often signs of superb coaching.

David Marsh, CEO and director of coaching at SwimMAC (Charlotte, N.C.), points to North Baltimore Aquatic Club as "perhaps the ultimate example of where the expectation is excellence. They have only 300 people on their whole team, but if you want to join, you better have an AAA time."

At SwimMAC, Marsh oversees a spectrum of offerings from Learn-to-Swim to international high performance training.

"For most 7-to-9-year-olds, the initial program of choice is the one within five miles of one's home," he says. "But going forward, it is critical that a program be lined up with your values, offer scheduling flexibility and is clear on attendance expectations. This is especially true if the child embraces the sport," he says, "because when that happens, parents need to ask, 'Where is the place that will give my child the trajectory and the progressive technical steps needed at the right age?'"

QUESTIONS TO CONSIDER

When all is said and done, "Parents often choose programs based on location, cost, convenient practice hours and peers—that is, 'Does my child already have friends on a team?'" says Jessica O'Donnell, head age

group coach at Mesa (Ariz.) Aquatics Club. The questions she wishes parents would ask are:

IS THIS A PROGRAM IN WHICH MY CHILD CAN GROW? Some programs are very dominant at the 14-and-under level, but once those swimmers get to high school, are those phenoms still progressing at the same rate?

IS THE TEAM KNOWN FOR DEVELOPING ITS OWN ATHLETES? OR, DOES IT RECRUIT SWIMMERS FROM OTHER TEAMS? There is much to be said for creating a pool of talented, well-rounded swimmers rather than relying on someone else to grow your swimmers.

WHAT IS THE TEAM'S TRAINING PHILOSOPHY? Some training programs produce results right now, while others take a longer perspective, focusing on success in college when the swimmer reaches physical maturity. Which approach would be most beneficial for your child?

WHERE DO THEIR SWIMMERS GO TO COLLEGE? Are the coaches helping send swimmers to academically solid universities or just wherever they can get swimming scholarships? Not everyone is a Missy Franklin or Ryan Lochte, courted by every top 25 college program in the nation.

WHAT IS THE COST? Instead of looking for the cheapest program, consider where the extra cost might be helpful to your swimmer. Are the swimmer-coach ratios smaller, so the cost is higher because they pay an additional assistant, giving your swimmer more feedback in each practice?

WHAT ABOUT LONGEVITY? Generally, programs tend to be more stable when coaches in leadership positions have been with the team for longer periods of time. If a program has a new coach, find out how long his or her predecessors were there.

STEPS TO TAKE

Jeremy Boone is a sports performance consultant and owner of *athlebydesign.com*. He has worked with individual athletes, SwimMAC and a number of professional sports teams (Carolina Panthers, WUSA Atlanta Beat, NASCAR pit crews, et al.). His books, "Coach Your Best" and "Parent Your Best," address fundamental issues of children and sports.

Once you have found a program whose core values regarding development, ex-



PICTURED > KATHLEEN BAKER
**HOLDS THE 13-14-YEAR-
 OLD NATIONAL AGE GROUP
 RECORD IN THE 100 YARD
 BACKSTROKE (52.87) AND
 WAS A FOUR-TIME MEDALIST AT
 THE 2013 FINA WORLD JUNIOR
 CHAMPIONSHIPS.**

pectations and quality of experience are aligned with your own, Boone suggests that, as parents, you take the following steps:

VISIT AND OBSERVE A PRACTICE. Ask yourself if the training environment is consistent with what you want. What feeling do you get when you observe the practice? Is it all about swimming a high volume of laps while the coach passively stands on deck, or is there active teaching?

SET UP A MEETING WITH THE COACH TO GET TO KNOW HIM OR HER. Is the coach certified? What other credentials does he/she have? Is it a positive team setting in which the coach is encouraging and engaging? Do you find the coach inspirational?

TALK TO THE PARENTS OF SWIMMERS IN THE PROGRAM YOU ARE CONSIDERING, OR HAVE YOUR CHILD TALK TO THE OTHER SWIMMERS. Ask what it's like to swim for the coach. What do they love most about the program? What do they dislike?

CONSIDER THE DRYLAND PROGRAM. Does it address the demands of swimming while also considering the age-specific needs of each child?

THINK ABOUT THE FINANCIAL REQUIREMENTS FOR THE PROGRAM. Can you afford

it? Is there financial assistance?

INQUIRE ABOUT THE TEAM'S TRAVEL SCHEDULE. Are there travel issues? If so, does this affect other children in your family in terms of scheduling?

CONSIDER THE CHILD'S PERSONALITY. Is she introverted? Does he need a lot of encouragement? Is she a perfectionist? Does he enjoy challenges? Is she a risk-taker who fears failure? Does he like to compete in everything he does?

FIND A COACHING STYLE THAT SEEMS TO FIT BEST FOR YOUR CHILD. Be sure to ask your child what he wants out of a swimming program or what she wants to achieve.

FUN AND ENJOYMENT

Bottom line? "I think swimming needs to be enjoyable—especially at the introductory stage," says Baker. Regardless of how well organized the program may be, swimming needs to be fun for the young swimmer. ♦

Michael J. Stott, one of Swimming World Magazine's USA contributors, is based in Richmond, Va. Next month, Stott will provide "A Parent's Guide to Changing Age Group Programs."



BUTTERFLY HAND PATH

BY ROD HAVRILUK

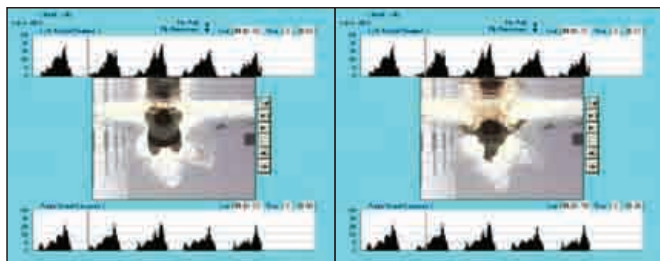


FIGURE 1 > (ABOVE) THIS SWIMMER BEGINS HIS BUTTERFLY ARM MOTION BY MOVING HIS HANDS Laterally. THE VERTICAL GRAY LINES ON THE FORCE CURVES ARE SYNCHRONIZED WITH THE VIDEO IMAGES.

FIGURE 2 > (BELOW, LEFT) WITH A TYPICAL HOURGLASS-SHAPED HAND PATH, THE ARMS MOVE AWAY FROM THE BODY CENTERLINE TO EXIT THE WATER. THE LATERAL AND UPWARD MOTION OF THE HANDS AND LOWER ARMS PRODUCES CONSIDERABLE RESISTANCE.

FIGURE 3 > (BELOW, RIGHT) A TYPICAL BUTTERFLY HOURGLASS HAND PATH (LEFT) AND AN OPTIMAL HAND PATH (RIGHT) ARE GRAPHED WITH RESPECT TO THE BODY.

MANY PEOPLE BELIEVE THAT THE TECHNIQUE OF THE FASTEST SWIMMERS IS WORTH COPYING. IN REALITY, EVEN THE FASTEST SWIMMERS HAVE TECHNIQUE LIMITATIONS, BUT THEY OFFSET THEM WITH STRENGTH AND CONDITIONING. THE PURPOSE OF THIS SERIES OF ARTICLES IS TO ADDRESS SCIENTIFICALLY THE TECHNIQUE MISCONCEPTIONS THAT HAVE BECOME “CONVENTIONAL WISDOM,” AND TO PRESENT MORE EFFECTIVE OPTIONS.

Swimming Technique Misconception: In butterfly, the hand path is hourglass-shaped.



LIMITATIONS OF THE TYPICAL HAND PATH

As in freestyle (Rod Havriluk, 2014), the hand path of an elite butterfly swimmer usually has a dramatically-curved shape. Examples of the typical hourglass-shaped path (graphed with respect to the water) can be found in numerous sources from James “Doc” Counsilman in 1968 to Ernie Maglischo in 2013.

Swimmers usually begin the underwater arm motion with a lateral hand motion (away from the body centerline), as shown in Fig. 1. While this hand motion begins to form an hourglass shape, it limits performance in measurable ways.

The main limitation of an initial lateral hand motion is most obvious when presented with corresponding hand force values (see Fig. 1, top left). The sideways motion of the hands generates a trivial amount of force for about one-quarter of a second. A swimmer who begins the pull with a lateral hand motion typically wastes a substantial proportion of the stroke cycle (about 25 percent) with the arms in a position that offers poor leverage and generates minimal force.

Another limitation of an hourglass-shaped hand path is evident at the finish of the push phase. As the arms begin to exit the water, they move laterally as they move upward. Underwater video often

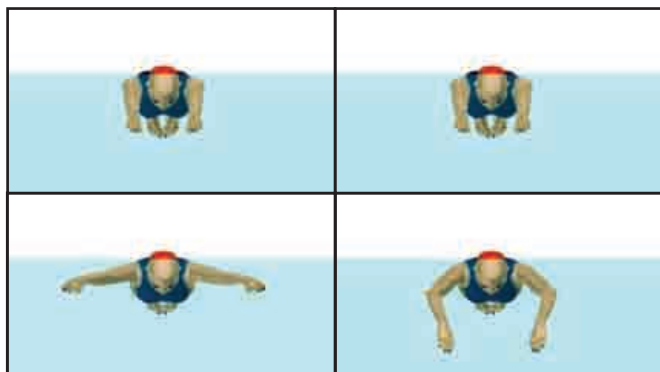


FIGURE 4 > (ABOVE) LATERAL HAND MOTION TYPICALLY BEGINS AN INEFFECTIVE BUTTERFLY HAND PATH (LEFT PANEL). ELBOW FLEXION BEGINS AN OPTIMAL HAND PATH (RIGHT PANEL).

shows that the hands exit the water about one foot away from the side of the torso (see Fig. 2, previous page, second from top, left). Why does this matter? There is considerable resistance on the hands and lower arms, which is not only fatiguing, but also slows the stroke rate.

CALCULATION OF AN OPTIMAL HAND PATH

A recent study by Yohei Sato and Takanori Hino (2013) once again confirmed the findings of a number of research groups from the past 40 years. They measured the force produced by varying hand pitch angles. Their hand pitch data supports a fairly gradual hand-path angle with respect to the water (25 degrees) to generate maximum propulsion. Because the hand moves back farther with respect to the body than the water, the optimal hand path angle with respect to the body is even more gradual.

The resulting optimal hand path with respect to the body requires three gradual angles to maximize force. The shape is much less like an hourglass than the typical hand path (see Fig. 3, previous page, second from top, right). However, the similarity in the changes of direction (away, toward and away from the body midline) cannot be ignored. An optimal path is best achieved by not trying to trace an hourglass, regardless of the fact that there is some similarity in the shape. The initial arm motion at the beginning of the pull is critical to achieving an optimal hand path.

TECHNIQUE ADJUSTMENT TO OPTIMIZE THE HAND PATH

The wasted motion at the beginning of the pull (that begins the typical hourglass hand path) can be avoided by controlling the initial backward arm motion. An optimal path results from initiating the pull with elbow flexion (see Fig. 4, bottom of previous page, right panel), as opposed to lateral hand motion (left panel).

If elbow flexion begins as soon as the arms begin to move backward, the leverage improves rapidly. A swimmer can make this adjustment more quickly and more precisely by using visual information. With an optimal head position and arm entry, the beginning of the pull is within the swimmer's field of view. It is essential to track the beginning of the pull visually to maintain the hands closer to the body midline than the elbows.

Elbow flexion not only minimizes wasted effort, but it also positions the arms with better leverage to increase force immediately (see Fig. 5 at right, top). A comparison of the beginning of the force curves for the male and female shows a dramatic difference in slope. A comparison of the female with the biomechanical model (Fig. 4, right panel) shows a remarkable similarity in the elbow angle.

The improved leverage makes a noticeable difference in hand force generation. After one-quarter of a second, the 14-year-old female in Fig. 5 is generating 10 pounds of force, while the 20-year-old male in Fig. 1 is generating only 4 pounds. It is unlikely that the 125-pound female is stronger than the 160-pound male. Instead, the difference can be explained by the fact that the female is effectively using her technique to take better advantage of her strength.

In addition to greater force from elbow flexion at the beginning of the pull (Fig. 5, top), an optimal hand path maintains the hands beneath the legs for greater force on the push phase. The swimmer

increases her hand force to a peak as her hands push backward beneath her legs. An optimal hand path on the push phase also maintains the arms closer to the torso to minimize resistance on the exit. ❖

Dr. Rod Havriluk is the president of Swimming Technology Research (Tallahassee, Fla.). He also presently serves as president of the International Society of Swimming Coaching. He can be reached at the STR website: www.SwimmingTechnology.com.

Swimming World readers are encouraged to visit www.SwimmingWorldMagazine.com regularly to read more of Dr. Havriluk's articles on swimming technique misconceptions.

SUMMARY

The typical butterfly hand path begins with lateral hand motion and is hourglass-shaped. In contrast, an optimal path begins with elbow flexion and is shaped with very gradual angles. The initial elbow flexion rapidly improves leverage and the ability to generate force. A swimmer can visually monitor the pull phase to make sure that the hands stay closer to the body midline than the elbows.

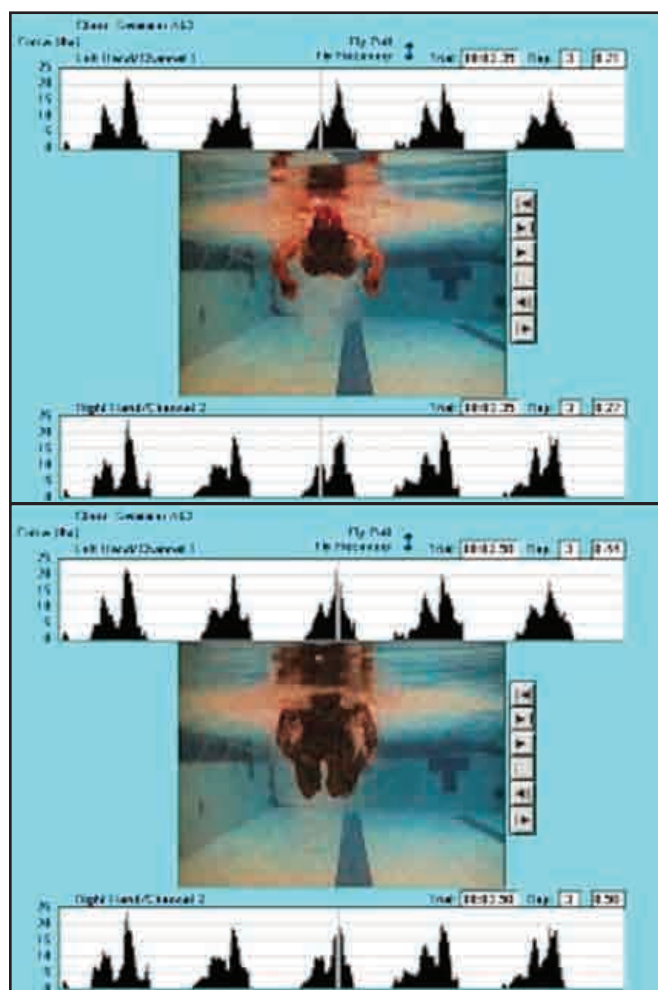


FIGURE 5 > (ABOVE) THIS SWIMMER BEGINS HER PULL WITH ELBOW FLEXION AND IMMEDIATELY INCREASES HER HAND FORCE (TOP). SHE ACHIEVES HER PEAK FORCE AS SHE FINISHES HER PUSH PHASE WITH HER HANDS MOVING BACKWARD BENEATH HER LEGS.

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WE DIDN'T SEE THAT COMING!

STORY BY JASON MARSTELLER • PHOTOS BY PETER H. BICK

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IN ITS COLLEGE PREVIEW ISSUE, *SWIMMING WORLD* CLAIMED CAL WAS A LOCK TO WIN THIS YEAR'S WOMEN'S NCAA DIVISION I TEAM TITLE—ESPECIALLY WITH FRESHMAN SUPERSTAR MISSY FRANKLIN LEADING THE WAY. INSTEAD, GEORGIA DOMINATED IN WINNING ITS SECOND STRAIGHT AND SIXTH OVERALL CHAMPIONSHIP.

THE TOP 10

1. GEORGIA	528.0
2. STANFORD	402.5
3. CALIFORNIA	386.0
4. TEXAS A&M	336.0
5. USC	252.0
6. FLORIDA	239.0
7. TENNESSEE	223.0
8. ARIZONA	156.0
9. TEXAS	144.0
10. MINNESOTA	136.5

MINNEAPOLIS, MINN.—The most-hyped storyline heading into the women’s NCAA Division I Swimming and Diving Championships, March 20-22, was the debut of four-time Olympic gold medalist Missy Franklin, who was a sure bet to lead the University of California to its fourth team trophy in the last six years.

Not so fast! Georgia had plans of its own and proceeded to run away with the team title—its second straight—defeating Stanford, 528 to 402.5, with Cal finishing third (386).

The Lady Bulldogs dominated the meet with their depth—all 15 of their swimmers and divers scored points, and they had five finalists in the 500 free, four in the 400 IM and three in the 200 free and 1650. Georgia also had impressive top-end performances from Swimmer of the Meet Brittany MacLean and Diver of the Meet Laura Ryan, who both won two events.

Head coach Jack Bauerle officially gets credit for Georgia’s sixth women’s team title—moving him to second all time behind Richard Quick’s 12 wins at Texas, Stanford and Auburn. However, Bauerle wasn’t at the meet.

On Jan. 4, the University of Georgia suspended Bauerle from attending competitions due to his involvement in an “academic eligibility matter.” He was still allowed to coach his team in practice, but he couldn’t be on deck with the team at home meets nor could he accompany the team to away meets—even at his own expense.

Instead, it was Senior Associate Head Coach Harvey Humphries—in his 33rd year as a coach at Georgia—who was on deck at Minneapolis.

No matter...the Lady Bulldogs took charge early and kept piling on the points throughout the meet.

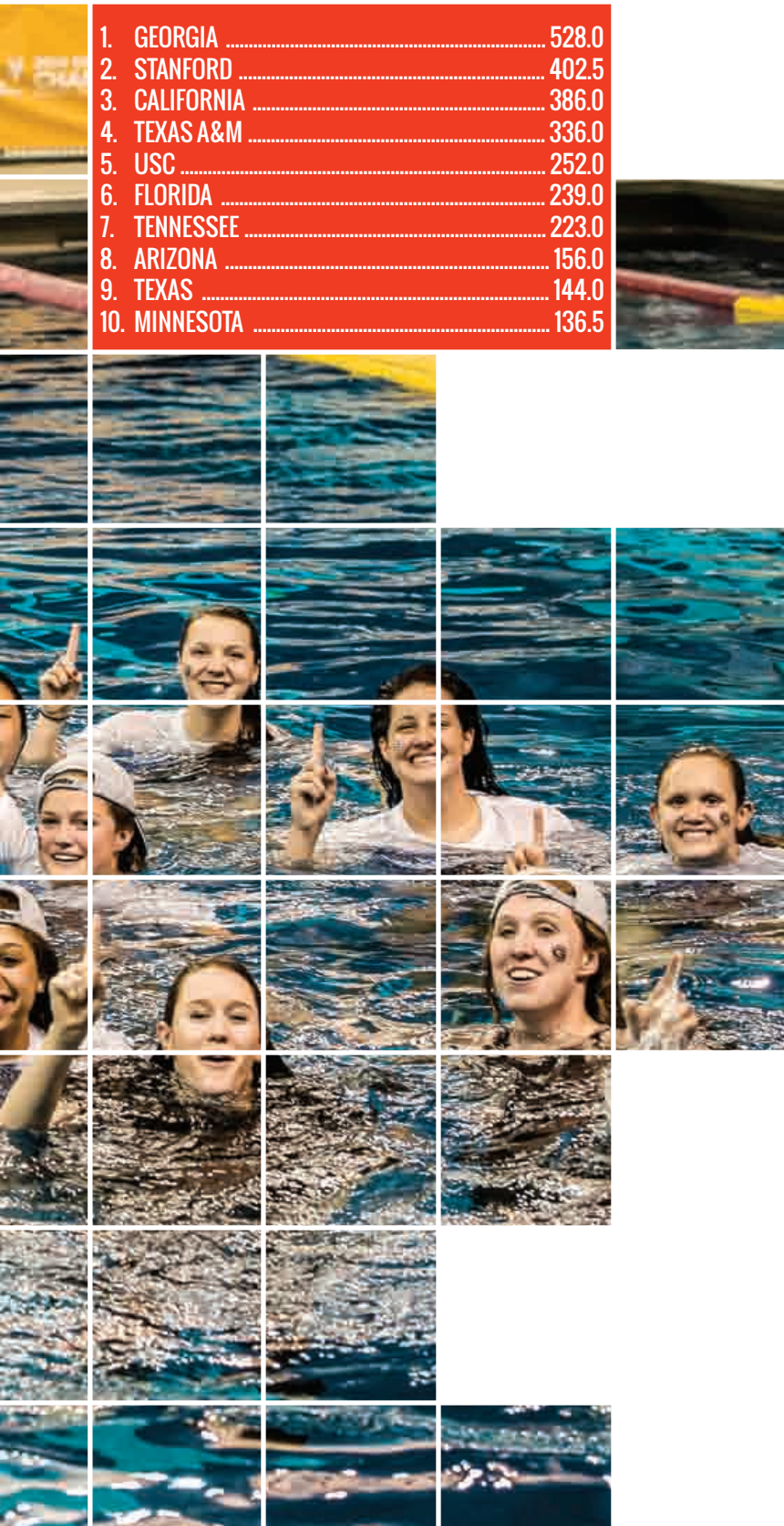
Editor’s Note: *Two weeks after the women’s championship, Georgia suspended Bauerle indefinitely following NCAA accusations of severe breach of conduct and for providing extra benefits to a Georgia swimmer (thought to be Chase Kalisz). Humphries was serving as acting head coach until the allegations were resolved. At press time, the story remained ongoing (see www.swimmingworld.com for further updates).*

GEORGIA EXPRESS

After a third-place finish in the 200 yard free relay, Canadian distance ace MacLean kick-started the Georgia Express in the meet’s second event when she overpowered Franklin on the final 50 of the 500 free (25.81 to 26.45) to win by 13-hundredths, 4:32.53 to 4:32.66. Both times were under Allison Schmitt’s NCAA record (4:32.71) from 2011.

However, most everyone had expected Franklin to win the 500—and, in fact, win all of her races—and even challenge Katie Ledecky’s American record of

– continued on 22



WOMEN'S NCAAs – continued from 21

4:28.71. Instead, her first collegiate championship loss in an individual event proved to be a bad omen for Cal's team title hopes...and a portent of good things to come for Georgia.

MacLean, a sophomore, went on to win the 1650 in 15:27.84, breaking the NCAA record by nearly 10 seconds! Her 1000 split of 9:23.78 also bettered the NCAA mark. She added a fourth-place finish in the 200 free (1:43.30).

Ryan, a senior, scored 56 points in diving, returning to her age group diving facility in Minnesota. She closed out her collegiate career by finishing first in both springboard events and third on the platform.

The Lady Bulldogs ended the meet with five individual wins, as reigning *Swimming World Magazine* High School Swimmer of the Year Olivia Smoliga upset defending champion Margo Geer of Arizona (third, 21.73) in the 50 free (21.59).

NERD NATION SHINES

Stanford, which has embraced a new moniker as Nerd Nation in its social media interactions with the hashtag, #nerdnation, seemingly came out of nowhere to finish second in the team standings. After all, the Cardinal only returned eight scorers from last year's team that placed eighth!

But this year, they won four out of five relays and had some stand-up performances from Felicia Lee and Maya DiRado.

Just like Tennessee did a year ago, Stanford won its first three relays: Maddy Schaefer, Lia Neal, Lee and Katie Olsen topped the 200 free in 1:26.23; then DiRado, Olsen, Lee and Neal set an NCAA/American record in the 400 medley (3:27.51); and Lee, Olsen, Nicole Stafford and Schaefer followed with a 1:34.95 to win the 200 medley. On the meet's final day, the Cardinal stroked to its fourth relay win as Schaefer, Lee, DiRado and Neal clocked 3:10.83 to take the 400 free relay.

Meanwhile, seniors DiRado and Lee were firing on all cylinders.

DiRado, who, like MacLean, had two individual wins, challenged for Swimmer of the Meet honors, but she couldn't overcome MacLean's NCAA

record swims. DiRado swept the 200-400 IMs in 1:52.50 and 3:58.12, and placed second in the 200 fly (1:52.99).

Lee, a longtime team leader, demonstrated that she was fully recovered from shoulder surgery that claimed part of her junior season. Coming into the meet, though, there were still some questions as to how fast she could be in her specialty event, the 100 fly. She didn't leave any doubts, responding with a 50.89 victory in her final collegiate championship meet.

LONG-AWAITED COLLEGIATE DEBUT

Missy Franklin: four Olympic gold medals, one bronze; nine World Championship gold medals, three silver, one bronze; world record holder, American record holder; *Swimming World's* World and American Swimmer of the Year (2012); FINA Swimmer of the Year (2011, 2012).

And all this before she even took her first stroke as a collegiate swimmer.

Hey, admit it: everyone was excited about Franklin's debut at the women's NCAAs.

But when Coach Teri McKeever hit the jackpot and signed the superstar to come to Cal, Franklin announced that she would swim at the NCAA level for only two years before turning professional and focusing on the 2016 Rio Olympics.

With Franklin having such a short college shelf-life, swimming fans around the world were still looking forward to two years of epic battles in the backstroke, knowing the Golden Bears had two more world-class backstrokers—Rachel Bootsma and Elizabeth Pelton—who would be training with Franklin at Berkeley.

But McKeever had a different plan for her star. She knew the team could score heavily in backstroke without Franklin, so she had her focus on free-style and relay duty.

After her surprising loss in the 500 on Day 1, she then watched as Cal's 200 medley relay was disqualified for an early take-off on the second leg in the first prelim event of Day 2. The DQ seemed to demoralize the Golden Bears, as they were well aware that

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PICTURED > LAURA RYAN, GEORGIA



PICTURED > OLIVIA SMOLIGA, GEORGIA



BRITTANY MACLEAN'S FAVORITE SETS

BY JEFF COMMINGS

Brittany MacLean could be forgiven for having a slight sense of trepidation about Monday and Thursday afternoon workouts at the University of Georgia.

“Those are our big threshold (days), and they challenge us mentally as well as physically,” she says. “I say ‘mentally’ just because it is hard to keep a positive attitude, knowing what you are about to endure—even when your body feels like it wants to give up.”

The hard work paid off: MacLean won both distance freestyles at the women’s NCAA Division I Swimming and Diving Championships, breaking the NCAA record in the 1650 yard free by 9.22 seconds. She attributes the following workout (short course yards) to helping her win her first NCAA titles:

WARM-UP (ABOUT 2,000 YARDS)

MAIN SET: 22 X 300 AS FOLLOWS...

4 rounds of: 1@3:30, 1@3:20, 1@3:10, 1@3:00 (with an extra 300@3:00 added on at the end of the 2nd through 4th rounds):

Round 1: 1@3:30, 1@3:20, 1@3:10, 1@3:00

Round 2: 1@3:30, 1@3:20, 1@3:10, 2@3:00

Round 3: 1@3:30, 1@3:20, 1@3:10, 3@3:00

Round 4: 1@3:30, 1@3:20, 1@3:10, 4@3:00

WARM-DOWN (ABOUT 2,000 YARDS)

“The goal was to hold a best possible average, while making all the intervals,” says MacLean. “Each round gets more challenging as the wear on your body increases.

“These are definitely longer workouts than I used to do before coming to Georgia, but having such an incredible training group filled with some of the best swimmers in the world to challenge you every day makes it very manageable.”

Another great main set that came to mind was 2 x 3,000. The first 3,000 is a negative-split swim “to set you up to race on the second one,” the goal being to race an all-out 3,000 at the end.

“There is no place in these sets for the faint of heart,” says Harvey Humphries, Georgia associate head coach. “Brittany handles the overall program maybe better than any other female that I have ever coached so far, but I do think that Wendy Trott at this point was a little better than Brittany on the long duration with short-rest sets. I feel very privileged to have been able to work with so many talented and tough athletes who handled what the Bangles (may have had in mind when they sang), ‘Just Another Manic Monday.’” ♦



PICTURED > STANFORD'S 400 FREESTYLE RELAY (FROM LEFT) MADDY SCHAEFER, LIA NEAL, FELICIA LEE AND MAYA DIRADO



PICTURED > MISSY FRANKLIN, CAL

WOMEN'S NAAs – continued from 22

their chances of winning the team race had just been dealt a severe blow.

Franklin tried to pick up the team's spirits with two spectacular performances that night in the 200 free and 800 free relay, but Cal was never able to recover, finishing 142 points behind Georgia.

She first demolished the 1:41 barrier in the individual event with an NCAA/American record of 1:40.31! If that weren't enough, she "Lezaked" the field in the 800 free relay by overcoming a 2.5-second margin with a mind-boggling 1:40.08 anchor, as Cal's Rachael Acker, Caroline Piehl, Pelton and Franklin won the event in 6:54.94.

That relay leg was definitely reminiscent of Jason Lezak's incredible anchor in the 400 free relay at the 2008 Beijing Olympics that tracked down France and kept Michael Phelps' pursuit of eight gold medals alive.

Franklin closed out her individual events with a third-place 47.26 in the 100 free on the final night.

A RARE DISTINCTION

One of the more entertaining subplots of the meet came from San Diego State's Anika Apostalon, who was involved in not one, not two...but three swimoffs during the meet! And...she won all three!

The first day's events provided the most interesting story. Not only did Apostalon tie Texas' Ellen Lobb for eighth place in the 50 free, but her SDSU squad also tied Indiana for 16th in the 200 free relay.

That set up the possibility for the two-sport star (Apostalon also competes in water polo) to swim back-to-back 50s.

However, some uncommon common sense prevailed at the end of the first session. San Diego State had planned to swim Apostalon as the leadoff swimmer of the 200 free relay, but instead of having her swim the relay leadoff and the 50 swimoff minutes later, Apostalon was able to swim "two races in one" when Lobb was allowed to swim in a third lane next to Apostalon. Not only did she beat Lobb, but her SDSU teammates beat Indiana.

The next day, Apostalon tied Denver's

Sam Corea for 16th in the 100 back... and, sure enough, she remained unbeaten in all three of her swimoffs!

"I haven't been keeping track, and I'm taking them one at a time," Apostalon said when asked about how many swims she had in Minneapolis. "I'm glad (the swimoffs) went down the way they did, and I'm glad I got that experience."

BEST OF THE REST

- Texas A&M captured a trio of NCAA titles: Breeja Larson clipped her NCAA/American record in the 100 breast (57.23), while Cammile Adams defended her 200 fly title (1:52.25). Paige Miller won the 100 back (50.77).
- After Notre Dame's Emma Reaney had snatched Larson's NCAA/American record from her at the ACC Championships with a 2:04.34, many people anticipated an exciting showdown between the two at NAAs. It never materialized—Reaney lowered her records to 2:04.06, winning by nearly two seconds over Larson, who tied for second with Stanford's Katie Olsen (2:05.88). The victory was Notre Dame's first-ever NCAA title.
- After suffering an upset in the 50 free to start the meet, Arizona's Margo Geer bounced back to win the 100 in 47.10 after posting a sizzling 47.00 during prelims.
- The biggest surprise of the meet came in the 200 back. Cal's Elizabeth Pelton asserted herself last year as the fastest 200 yard backstroker ever with a 1:47.84 victory in her freshman season. She was expected to challenge the 1:47 barrier this year, but Indiana's Brooklynn Snodgrass came away with the win in 1:50.52—3-hundredths faster than Pelton. Snodgrass was mobbed by her teammates as soon as she exited the pool.
- USC's Haley Ishimatsu defended her platform diving title with 365.15 points to become the first diver to win the 10-meter in back-to-back years since Stanford's Eileen Richetelli won in 1992 and 1993! In fact, it's only happened three times: BYU's Courtney Nelson accomplished the feat in 1990 and 1991. ♦

PICTURED > BREEJA LARSON, TEXAS A&M



PICTURED > EMMA REANEY, NOTRE DAME



PICTURED > BROOKLYNN SNODGRASS, INDIANA





Ron Zolno of the South Texas LSC started officiating in summer league and has worked tirelessly as a USA Swimming official for more than 16 years. He is a great mentor with a wealth of experience and is always willing to share his knowledge and sound advice. His passion to improve the sport led him and his wife to organize a Swimposium for officials, coaches and swimmers in San Antonio in October 2012. Zolno has officiated and has been an evaluator at numerous meets, including junior and senior nationals, Grand Prix and the Charlotte UltraSwim—and he has even officiated in Israel! Zolno, who currently holds N3 certifications for stroke and turn, chief judge, starter and referee, has also been the officials chair for South Texas and continues to serve as a member of the LSC's board of directors. He is also involved with NCAA and high school swimming, often serving as the meet referee.



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COLLABORATE YOUR WAY TO A SOLUTION...

...Or How Do I Find the Best Answer to Those Situations that Happen at a Meet?

BY AMY HOPPENRATH • PHOTO BY PETER H. BICK

No matter how experienced we are as officials, swim meets always seem to present us with a new situation—everything from a “Snow-mageddon” rolling in during the last day of a championship meet to having more swimmers than you can accommodate during time trials. As a referee, you always want to find the best solution for the athletes.

Here are some problem-solving techniques you might want to consider:

BRAINSTORM with the senior officials at a meet. Have they ever had a situation like this? What do they see as potential solutions? Use this group to help you develop something that might work.

COLLABORATE WITH KEY COACHES. Take a walk around the deck and chat with key coaches. What input do they have? What do they think of your solutions? They always have the athlete's best interest in mind and can provide you with a fresh viewpoint.

USE YOUR CONTACT LIST. Call your officials chair, a previous evaluator/mentor or a senior referee in your LSC to get their feedback.

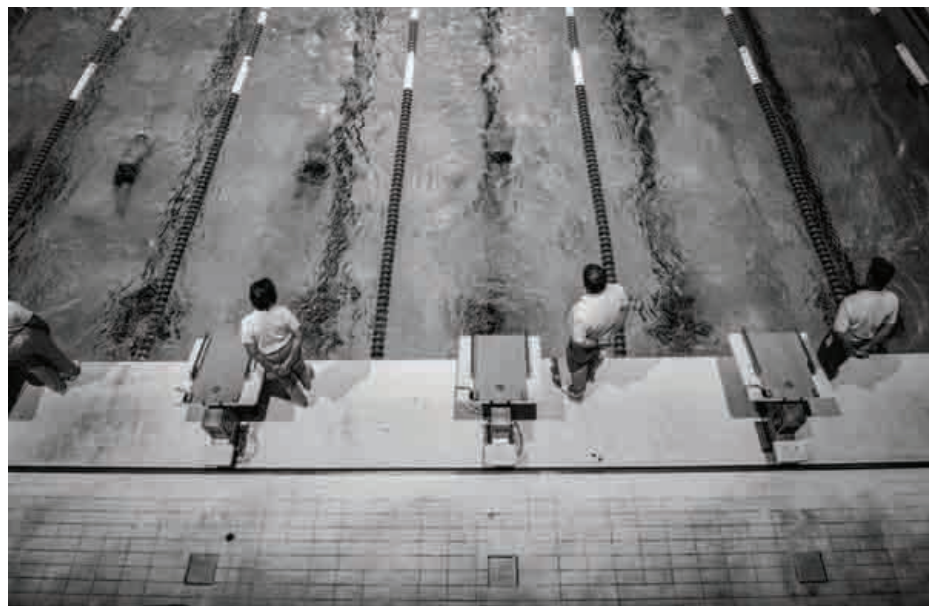
DON'T FORGET THE OBVIOUS. Check with the facility, meet director, etc. Do they have any rules or procedures that will predicate how you handle the situation? Do they have the resources to implement your plan?

After you've had the chance to look at several solutions, use your fact-finding mission to help you determine the best decision that works not only within the rules, but also adheres to the meet program.

Finally, before you put your plan in place, don't forget the importance of communicating your plan. Will you need to have a coaches meeting? Are you prepared for the questions they might have? What do you need the announcer to communicate? Should you put something on the website...or develop a flyer?

The next time you are presented with a new situation...collaborate your way to provide the best solution for the athletes. ♦

Amy Hoppenrath is the officials chair of Missouri Valley Swimming and a member of the national officials committee.



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“CONTROVERSY,” “FABULOUS FRESHMEN” AND “BARRIER BREAKERS” WERE AMONG THE ADDITIONAL TOPICS OF CONVERSATION THAT ACCOMPANIED THE OBVIOUS STORY AT THE MEN’S NCAA DIVISION I SWIMMING AND DIVING CHAMPIONSHIPS: CAL CAPTURED ITS THIRD TEAM TITLE IN THE LAST FOUR YEARS!



AUSTIN, TEXAS—Very few championship meets run without controversy, and the men’s NCAA Division I Swimming and Diving Championships started with whispers of technical foul play and ended with more than a dozen relay disqualifications that shredded pre-meet expectations in the team race.

While prognosticators predicted Florida and Michigan to be the main contenders for the 2014 title, it was California and Texas that took over the team battle early on. With help from a distance swimmer who moved up an astonishing 14 places from his seed, the Golden Bears were able to hoist their third championship trophy in four years, unseating defending champion Michigan, which finished fourth.

“RESULTS ARE UNOFFICIAL”

A new rule approved by the NCAA rules committee put in place new protocols for verifying relay takeover disqualifications. While the electronic relay judging platforms placed on each starting block continues to be the first step in determining if the swimmer leaves the block before his teammate in the water touches the wall, more emphasis on human judging was instituted.

If one human judge does not concur with an early takeoff, video review using two stationary cameras is used. Most of the 16 disqualifications involving early takeoffs took place on the first day—12, to be exact—sparking knee-jerk reactions that the technology might not be functioning perfectly. Without substantiated evidence to prove malfunction, swimmers began easing back on their exchanges, and fewer disqualifications occurred on the final two days.

Arizona was likely the team that suffered the most from the disqualifications. The Wildcats were DQ’ed in the prelims of the 400 medley relay—an event they were heavily favored to win—when Kevin Cordes left the blocks 5-hundredths of a second early. The following day in the 200 medley relay final, Arizona finished second in the race, but that was stripped when officials determined that butterflyer Giles Smith had an early takeoff.

Fourteen schools were disqualified on relays in Austin. Virginia, Arizona and Alabama each notched two relay disqualifications during the meet.

BREAKING BARRIERS

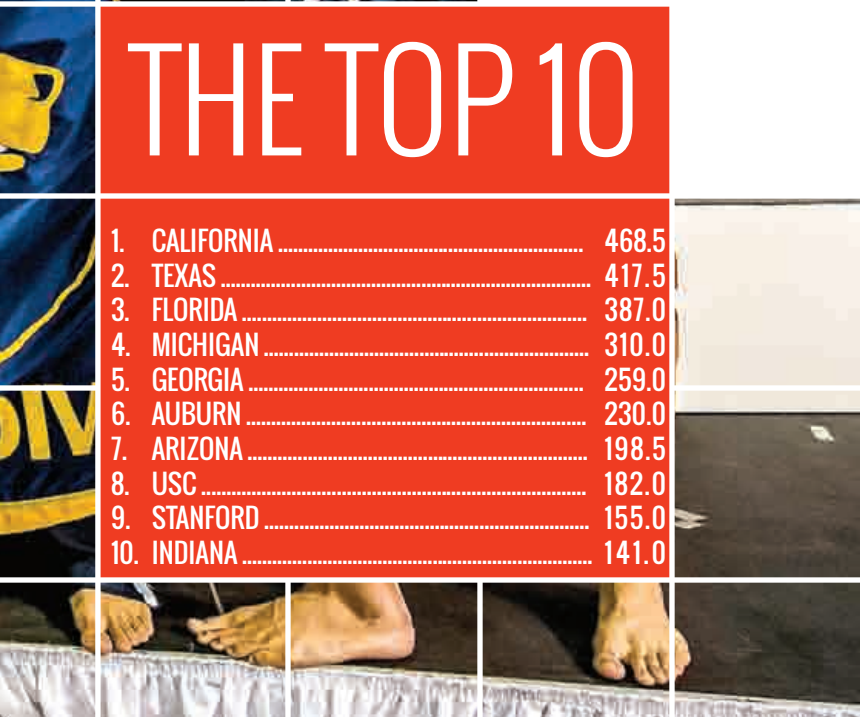
Nearly all of the air left the Lee & Joe Jamail Texas Swimming Center when Kevin Cordes took his final stroke in the championship final of the 100 yard breaststroke. After a stunning 23.58 opening 50-yard split, those in the building were hoping to see a sub-50-second swim from the Arizona junior.

Oh, so close. Cordes recorded a 50.04, breaking the American record of 50.55 that he swam in prelims. It was his third American record of the season, as his

— continued on 30

THE TOP 10

1.	CALIFORNIA	468.5
2.	TEXAS	417.5
3.	FLORIDA	387.0
4.	MICHIGAN	310.0
5.	GEORGIA	259.0
6.	AUBURN	230.0
7.	ARIZONA	198.5
8.	USC	182.0
9.	STANFORD	155.0
10.	INDIANA	141.0



MEN'S NAAs – continued from 29

50.70 from December showed promise for a stellar NCAA Championships. Add in his 1:48.66 that lowered his 200 breast American record by 2-hundredths of a second, and it's no surprise that Cordes was voted the Swimmer of the Meet by coaches in attendance.

Another swimmer expected to set an American record at the meet was Georgia sophomore Chase Kalisz. When he came within 9-tenths of Tyler Clary's mark in the 400 IM at the Southeastern Conference Championships, the only thing people were wondering during Kalisz's race at NAAs was how far under the American record he would go.

By posting a 3:34.50, Kalisz knocked a huge 1.48 seconds off Clary's record.

He turned in third place after the first 100 yards of butterfly (50.04), but only trailed by 3-tenths of a second. Then he threw in a fast 54.12 backstroke leg that put him in the lead at the halfway point by nearly one-and-a-half seconds.

Anyone who has seen Kalisz's previous 400 IM races at the elite championship level knows he is never in the lead after backstroke. "My backstroke has improved so much in the past year," Kalisz said. "That was my primary focus. My tempo was able to stay up the whole race. I don't think I've ever even been inside the top five (after backstroke in the 400 IM). It was a real confidence booster."

Kalisz extended his lead by more than a second with a phenomenal 59.41 breaststroke split before finishing with a 50.93 freestyle leg for a 3.67-second margin of victory.

The third American record of the meet came in the 200 medley relay, as Cal posted the win from lane 8 after sneaking into the finals by 9-hundredths of a second. Ryan Murphy, Chuck Katis, Tony Cox and Tyler Messerschmidt each celebrated his first American record swim with a collective time of 1:22.83, beating the American mark of 1:23.02 set by the SwimMAC post-grad squad swum three months ago. The swim just missed Michigan's U.S. Open record of 1:22.27.

With Dylan Bosch representing South Africa internationally, he could not set the American record in the 200 butterfly, but his 1:39.33 will be the U.S. Open record for the fastest swim done in the

United States. Tom Shields and Michael Phelps had shared the U.S. Open mark for about a year when Shields posted a 1:39.65 last year to tie Phelps' 2007 swim.

FANTASTIC FRESHMEN

Not many freshmen win individual NCAA titles, so seeing three of them at the top of the podium this year was a rarity. Murphy came into the meet with expectations to win or be a strong challenger in the 200 backstroke, and he won that by more than a second with an NCAA record time of 1:37.35. That came within half a second of Ryan Lochte's American and U.S. Open mark, which is likely Murphy's goal for his sophomore year.

Not only did Murphy join a short list of winning freshmen, but he also became the first freshman since 2000 to win two individual swimming events. Anthony Ervin did that when he won the 50 and 100 freestyles just months before winning gold at the Olympics. Is it too early to start thinking similar Olympic glory for Murphy?

Not much was known about Kristian Gkolomeev before he tied for first in the 50 free with Arizona's Brad Tandy. The Alabama freshman had arrived on campus in Tuscaloosa from his native Greece just three months earlier and wasted no time in adjusting to short course yards racing. Though he had just missed cracking 19 seconds in the 50 free prelims with a 19.05, not many would have thought to include Gkolomeev in the conversation of likely winners, but he got the job done with an 18.95 to match Tandy's time.

"I didn't expect that I was going to win," Gkolomeev said after the race. "I'm so happy that in so short amount of time, I was able to do well."

Over in the diving well, Kristian Ipsen and Nick McCrory were the names many expected to dominate the headlines through the meet. But Michael Hixon stole the show with two springboard titles on the same diving boards he uses every day in practice. The freshman Longhorn's stature is on the rise in diving after competing at the World Championships last sum-

– continued on 32



PICTURED > KEVIN CORDES, ARIZONA



PICTURED > CHASE KALISZ, GEORGIA



PICTURED > RYAN MURPHY, CAL



PICTURED > BRAD TANDY, ARIZONA



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MEN'S NCAAs – continued from 30

mer, and he used the confidence from his time in Barcelona to notch two big wins for Texas.

By a margin of just 6.5 points over Ipsen, Hixon grabbed the win in the 1-meter event, then dominated on his specialty height, the 3-meter springboard, to beat Arizona State's Riley McCormick by 44.8 points.

BEARS RETURN TO THE TOP

"Who would have thought that a miler from Cal would be the one to make such a difference in winning a team championship?"

Those were the words head coach Dave Durden uttered after his team celebrated winning the meet by 51 points over Texas. Jeremy Bagshaw's incredible 1650 freestyle was, indeed, the moment that Cal fans—and even Texas supporters—felt clinched the meet for the Golden Bears. Seeded 16th coming into the meet, Bagshaw threw down an incredible 14:39.00 from an early heat and eventually placed second in the event behind Connor Jaeger's 14:29.27. That became a 16-point boost for Cal in the first event of the final session.

Texas led by just six points after two days of competition, which Durden believed was perfect for his team.

"I felt if we were within 20 (after the second day), we were going to be fine," he said.

Murphy's sweep of the backstrokes and the 200 medley relay victory marked the only times California stood at the top of the podium, but the Bears used depth through all 16 places to earn 468.5 points and win the third championship title for Durden in four years.

If Texas had won, it would have marked an 11th championship for head coach Eddie Reese, and his first since 2010. A team victory would have tied Reese with Ohio State's Mike Peppe for the most men's team titles in history. Prognosticators had picked Texas to place no higher than fourth, but with nearly every swimmer performing much better than his seed times and placings from the first event to the last, the Longhorns exceeded just about everyone's expectations.

Florida and Michigan placed third

and fourth, respectively, after coming into the meet as pre-meet title favorites. Georgia's fifth-place finish was helped largely by putting swimmers into scoring position in 10 of the 13 individual events. Auburn moved up two spots from last year's placing to take sixth, while the double DQs dropped Arizona down to seventh. Southern California, Stanford and Indiana rounded out the top 10.

BEST OF THE REST

- Marcin Cieslak and Joao de Lucca were other double individual event winners in Austin. Cieslak wrapped up his career as a Florida Gator by claiming the 200 IM in 1:40.58 and the 100 fly with a 44.87. The Poland native just missed the NCAA record of 1:40.49 posted by another Florida standout, Bradley Ally, in 2009.

"Florida is known for the 200 IM," Cieslak said, "so it's good to keep the tradition going and bring the title back to Florida."

De Lucca, a Brazilian completing his eligibility for Louisville, successfully defended his 200 free title in a very competitive field, posting a 1:31.96. The following day, he won the 100 free with a 41.70, becoming the first man in 19 years to win both events at the NCAA Championships. Notably, that last man was also Brazilian: Gustavo Borges swept those events in 1995 for Michigan.

- Cristian Quintero has been on the cusp of winning individual titles for a few years. He finally collected one in his senior year when he took the 500 free in 4:10.02. Ditching the 1650 this year proved to be a wise decision, as he finished third in the 100 free (42.14) and second in the 200 free (1:32.28).

- Illustrating the importance of relays at NCAAs, Cal won three of the five relays offered. In addition to the record-setting 200 medley relay, the Bears also took the 200 free relay (1:15.27) and the 400 medley relay (3:02.66). Southern California won the 800 free relay with a 6:13.09, while a 2:48.33 helped Auburn win the final event of the meet, the 400 free relay. ♦



PICTURED > JOAO DE LUCCA, LOUISVILLE



PICTURED > KRISTIAN GKOLOMEV, ALABAMA



PICTURED > MARCIN CIESLAK, FLORIDA



PICTURED > DYLAN BOSCH, MICHIGAN

CAN'T ANYONE BEAT THESE GUYS?

NCAA DIVISION II CHAMPIONSHIPS

GENEVA, OHIO • MARCH 12-15

WOMEN'S AND MEN'S TEAM CHAMPIONS: DRURY

BY JASON MARSTELLER

THE SAME FIVE SCHOOLS—DRURY, EMORY, KENYON, OKLAHOMA BAPTIST AND INDIAN RIVER STATE COLLEGE—REPEATED AS NATIONAL CHAMPIONS IN THEIR RESPECTIVE NCAA DIVISIONS II AND III, NAIA AND NJCAA WOMEN'S AND MEN'S MEETS. LEADING THE GROUP WAS DRURY'S MEN—WHO EARNED THEIR 10TH STRAIGHT DII TITLE—AND INDIAN RIVER, WHICH CAPTURED ITS 33RD WOMEN'S AND 40TH MEN'S NJCAA CHAMPIONSHIPS!

[PHOTOS BY TONY ROMANINI]



PICTURED > (TOP) DRURY'S WOMEN'S TEAM TOOK HOME ITS 5TH CONSECUTIVE NCAA DIVISION II TITLE; (MIDDLE) 2014 MARKS DRURY'S "DECADE OF DOMINANCE," WITH BOTH THE MEN AND WOMEN TAKING HOME THE CHAMPIONSHIP TITLE; (RIGHT) MATT JOSIA (LEFT), WITH COACH JEFF DUGDALE OF QUEEN'S UNIVERSITY OF CHARLOTTE (N.C.), WAS NAMED THE 2014 MEN'S NCAA DIVISION II SWIMMER OF THE MEET.



Drury closed out what it has billed "The Decade of Dominance," as the men captured their 10th straight title and its women scored its fifth victory in the last six years at the NCAA Division II Championships in Geneva, Ohio at The SPIRE Institute.

The Drury men finished with 569.5 points, well ahead of Florida Southern's 361, while the Panther women tallied 486 to Wayne State's 419. That's Drury's 12th men's title and 10th women's crown since the Panthers transitioned from NAIA to NCAA II in 1994-95. Along with NAIA victories, Drury now has won 21 men's and 13 women's team titles with Coach Brian Reynolds at the helm of all but one of those triumphs.

The men's winner appeared to be a lock even before the meet began, considering Drury's depth. Its women, however, had a much more difficult battle with Wayne State.

One of the biggest stories of the meet, however, came from Queens University of Charlotte (N.C.), which started its swimming program just four years ago. The Royals took third on the women's side and fourth among the men, who were led by Swimmer of the Meet Matt Josa.

The freshman star, who turned down NCAA Division I scholarships to remain home and also train with his club at SwimMAC Carolina, won all three of his individual events (200 back, 100 fly and 200 yard IM) with NCAA DII records, adding another two records in relay duty. He took down the 200 free record leading off the 800 free relay and was a part of Queen's record-setting 400 medley relay squad.

Meanwhile, Kitty Fischer from West Chester earned the Female Swimmer of the Meet award with wins in the 200 free and 200 IM (NCAA II record). She also was runner-up in both the 100 and 200 breaststroke.

Reynolds won the Men's Swimming Coach of the Year, while Wayne State's Sean Peters earned the same honor for women. Kristin Day of Clarion University was named Female Diver of the Year along with teammate Heath Calhoun, who won the Male Diver of the Year award. Clarion's Dave Hrovat was named the Diving Coach of the Year for both women and men.

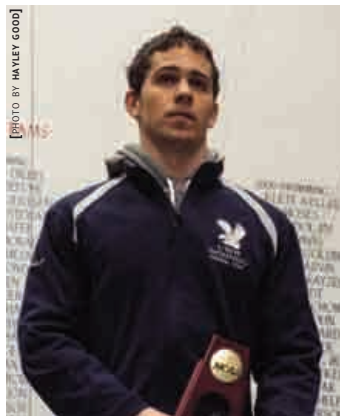
— continued on 34



PICTURED > (TOP LEFT) 2014 MEN'S NCAA DIVISION III CHAMPIONS, KENYON UNIVERSITY; (ABOVE) HUGH ANDERSON OF MARY WASHINGTON; (LEFT, SECOND FROM TOP) 2014 WOMEN'S NCAA DIVISION III CHAMPIONS, EMORY UNIVERSITY; (BELOW) JOHNS HOPKINS' ANASTASIA BOGDANOVSKI (RIGHT) WITH COACH GEORGE KENNEDY.



PICTURED > (RIGHT) INDIAN RIVER STATE COLLEGE WON IT'S 40TH CONSECUTIVE MEN'S TITLE AND 33RD CONSECUTIVE WOMEN'S TITLE; (FAR RIGHT) INDIAN RIVER STATE COACH, SION BRINN, WHO WON NJCAA COACH OF THE YEAR, POSES WITH THE WOMEN'S SWIMMERS OF THE MEET, YURIE NAKANO AND BARBARA CARABALLO.



PICTURED > (TOP LEFT) 2014 MEN'S NCAA DIVISION III CHAMPIONS, KENYON UNIVERSITY; (ABOVE) HUGH ANDERSON OF MARY WASHINGTON; (LEFT, SECOND FROM TOP) 2014 WOMEN'S NCAA DIVISION III CHAMPIONS, EMORY UNIVERSITY; (BELOW) JOHNS HOPKINS' ANASTASIA BOGDANOVSKI (RIGHT) WITH COACH GEORGE KENNEDY.



NCAA DIVISION III CHAMPIONSHIPS
INDIANAPOLIS, IND. • MARCH 19-22
WOMEN'S TEAM CHAMPION: EMORY UNIVERSITY
MEN'S TEAM CHAMPION: KENYON COLLEGE

With the team title on the line going into the final relay, the Kenyon men's team completed a come-from-behind victory to capture its 33rd NCAA Division III title in the past 35 years. Meanwhile, the Emory women clinched their fifth straight team title in dominating fashion, scoring 595.5 points to runner-up Kenyon's 456.5.

It was such an intense meet at the IU Natatorium, even the fire alarm went off just before the final set of awards was presented, forcing an evacuation of the entire building. After a 15-minute delay that included fire engines showing up outside the House of Champions, Kenyon and Emory were given the opportunity for their team-title plunge.

Kenyon's men eked out an eight-point win, 480 to 472, over Denison, overcoming a huge influx of diving points from Big Red plus a strong performance from Allen Weik, who won the 500 and 1650 yard freestyles. The Emory women relied on their depth, taking the title without winning a single relay.

Hugh Anderson of Mary Washington earned the Men's Swimmer of the Meet honor, winning the 200 fly and 400 IM (NCAA DIII record). He also took second in the 200 IM. Meanwhile, Johns Hopkins' Anastasia Bogdanovski nearly went undefeated, finishing with six first-place performances. She won the 50 free and 200 free before taking second in the 100 free. She also led JHU to victory in four relays: 400 medley plus the 200, 400 and 800 free.

Hopkins' George Kennedy (women) and The College of New Jersey's Brian Bishop (men) earned Swimming Coach of the Year awards, while Kenyon's Andy Scott (women)



and Denison's Russ Bertram (men) topped Diving Coach of the Year honors. Kenyon's Maria Zarka (women) and Tufts' Johann Schmidt (men) captured the Diver of the Meet awards.

NAIA CHAMPIONSHIPS

OKLAHOMA CITY, OKLA. • MARCH 5-8
WOMEN'S AND MEN'S TEAM CHAMPIONS:
OKLAHOMA BAPTIST UNIVERSITY

Oklahoma Baptist, which started its swimming program just three years ago, successfully defended its women's and men's NAIA championships. Coached by Dr. Sam Freas, the Bison men have won three straight titles, while the women have taken back-to-back crowns.

The men won 13 of the 20 events, tallying 900 points, while the women did the same, scoring 849 points. Olivet Nazarene (Ill.) finished second among the men (485), while Savannah College of Art and Design (Ga.) was runner-up among the women (492).

Lisa MacManus and Daniel Ramirez captured Swimmers of the Meet honors for Oklahoma Baptist, while OBU's Kristen Brimage and Jarod Haynes were

named Divers of the Year. Ramirez was also named Swimmer of the Year, while Biola's Christine Tixier stopped an OBU whitewash of the awards by being named the female Swimmer of the Year. Olivet Nazarene head coach Scott Teeters was named men's Coach of the Year, while he also earned a part of the women's Coach of the Year award along with Brenau's Blair Bachman.

Six people won multiple individual titles during the meet: Joel Ax, SCAD (200, 500 and 1650 yard free); Kristen Brimage, OBU (one-meter and three-meter diving); Laura Galarza, OBU (50, 100 and 200 free); Courtney Hayward, Brenau (500 free, 400 IM), Christine Tixier, Biola (100 and 200 fly, 200 IM); and Daniel Ramirez, OBU (100 free, 100 back, 100 breast).

Fourteen NAIA records were broken, with Oklahoma Baptist being responsible for 11 of them.

NJCAA CHAMPIONSHIPS

FORT PIERCE, FLA. • MARCH 5-8
WOMEN'S AND MEN'S TEAM CHAMPIONS:
INDIAN RIVER STATE COLLEGE

Indian River State College, swimming

in its home pool, extended its college championship winning streaks—the longest of any school in any sport—to 40 straight men's NJCAA crowns and 33 women's.

How dominant was The River? With new coach Sion Brinn at the helm, its women and men won 38 of the 40 swimming and diving events. The only events it didn't win were the two in which it didn't have any entrants: the men's 1-meter and 3-meter diving.

The women's team tallied 1,782 points for the win, outdistancing Iowa Lakes (934). The men amassed 1,773 points, ahead of Darton (1,098).

Brinn claimed Coach of the Year honors, while IRSC's Alec Scott and Josh Oathout shared the Male Swimmer of the Year award, and Yurie Nakano and Barbara Caraballo did the same for females.

Nakano finished an amazing junior college career by going undefeated in all of her individual events and ending up with NJCAA records in four events. ♦

Total Access members can view results of these college championships in "For the Record" in Swimming World Magazine's online version.

Motivation can't be measured. Everything else can.

Garmin Swim™ is the only swim watch that provides free online analysis using Garmin Connect™. Together, they put your distance, pace, stroke count, stroke type, efficiency and more at your fingertips to help propel you to a new personal best. Learn more at Garmin.com/swim

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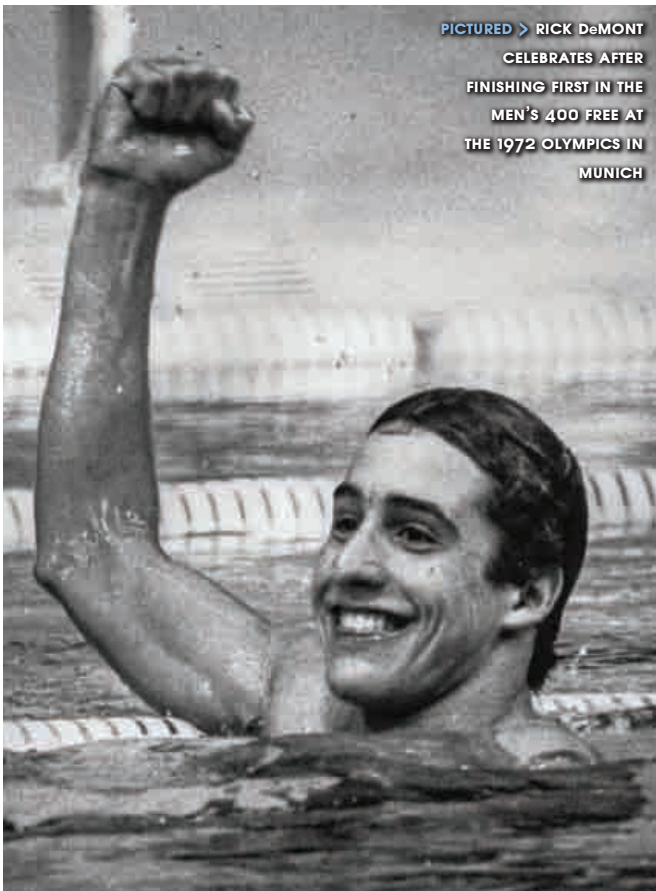
Beginning in its April issue and running through January 2015, *Swimming World Magazine* is counting down the top 10 triumphs and tragedies in the history of swimming. This month:

RICK DeMONT

ROBBED OF TWO OLYMPIC GOLD MEDALS

BY CHUCK WARNER

[PHOTO PROVIDED BY KEYSTONE PRESS]



PICTURED > RICK DeMONT
CELEBRATES AFTER
FINISHING FIRST IN THE
MEN'S 400 FREE AT
THE 1972 OLYMPICS IN
MUNICH

If last month's #10 story on Mark Spitz represents a gradual accession from outstanding age grouper to Olympic champion, this month's #9 entry among the top 10 triumphs and tragedies in swimming history is better compared to launching a rocket ship into space...and it ignited in 1970.

Coach Don Swartz, age 24, was in search of a more effective method to train his team in Marin County, Calif. He'd grown weary of taking his swimmers to championship meets with what he described as "lead arms," and losing his best athletes to the Santa Clara Swim Club, located about 80 miles south down the San Francisco Bay.

The balance of quality and quantity in swim training has long been the most important and yet vexing challenge that all swim coaches face when designing their programs. Swartz emphasized a third factor: adaptation. He redesigned his program to cycle ultra demanding training days with relatively easy days.

Simultaneously, one of Swartz's swimmers—Rick DeMont—possessed the work ethic and talent to excel in this new system. Many of Rick's older competitors swam with choppy strokes, high turnover rates and weak kicks. But DeMont possessed the type of skill recently observed in Olympic distance champions Grant Hackett and Sun Yang. Rick's long stroke length was so beautiful to watch that his coach liked to say, "Rick danced with the water." He also coordinated a four-beat crossover kick that could turn into a turbo-charged six-beat kick, enabling him to first stalk and then eat up his competition—like a shark hunting dinner.

In 1971, at just 14 years old, Rick DeMont qualified for nationals. And barely half a year later at the '72 spring short course nationals,

Rick surprised the swimming world by finishing third in the 1650 yard freestyle. Early that summer, as Olympic Trials neared, Rick, now 16, started winning the 400 and 1500 meter freestyle events at the major American meets.

Coach Swartz observed that Roger Bannister had run the first sub four-minute mile in track by running the second half faster than the first—known as “negative splitting.” He reasoned that a swimmer—and most especially DeMont—might be able to be the first human to swim faster than four minutes in the 400 meter freestyle by incorporating the same strategy.

At swim meets, Coach Swartz and his Marin Aquatic Club seemed to be “of” the competition, but not “in” it. They had a buoyancy or joy about their experience that defied the intensity possessed by many of their competitors. No one typified that joy more than Rick himself, who often lit up with a wide grin across his face.

At the '72 Olympic Trials, Rick became the youngest member of the U.S. men's team when he qualified for the Olympics in the 400 and 1500, and broke the world record in the latter with a time of 15:52.91. He and Coach Swartz were overjoyed.

That joy turned to exaltation in Munich when Rick came from behind to defeat Brad Cooper of Australia in the 400 free by 1-hundredth of a second in a time of 4:00.21. Tears flowed on the award stand as “The Star-Spangled Banner” played to honor Rick's achievement of winning gold for both himself and his country.

Within hours, though, Rick's bliss evaporated and tears of a different kind returned. One of the greatest tragedies in the history of competitive swimming began to unfold.

ORIGINS OF DRUG TESTING

For years leading up to 1972's Munich Olympics, officials in many sports had become suspicious that athletes were gaining an advantage through the use of a variety of drugs—in particular, stimulants. In fact, four years earlier, the International Olympic Committee (IOC) had begun to dabble in drug testing. In 1972, the IOC required a urine test by a random sampling of athletes along with all medal winners. Unfortunately, the standards for what was a disqualifying test were vague.

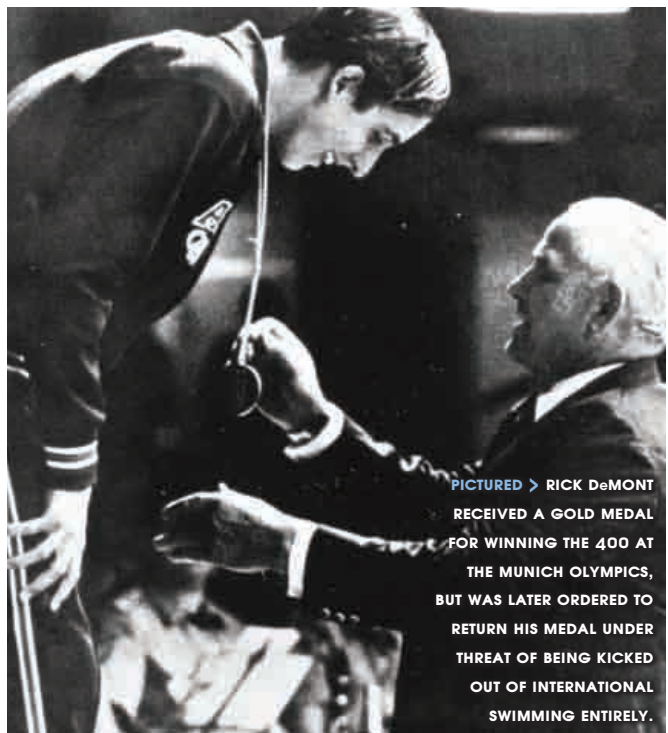
Furthermore, determining whether banned ingredients existed within any substance required the help of a medical analysis. For example, Visine might “get the red out” of your eyes, but it also contained banned elements. So did Vicks throat lozenges as well as other common over-the-counter medications. Therefore, a medical commission made up of physicians was put in place to screen athlete's medications for banned substances.

Peter Daland, the USA's Olympic head men's swimming coach, had explained that any medications should be cleared by the medical staff. Rick was so young that he had yet to earn his driver's license, but he was also bright and had already skipped a grade in school. He listened carefully. He submitted his medical disclosure forms during team processing, having indicated that he was taking a prescription for his asthma. He reasoned that if there was anything in his medication that might not be within the standards of competition, the doctors would surely let him know.

And as Coach Daland later stated, “That was the doctors' job.”

A CHRONIC ASTHMATIC

Rick had been a chronic asthmatic throughout his life. When he was 4-1/2 years old, his doctor prescribed weekly allergy shots.



PICTURED > RICK DeMONT RECEIVED A GOLD MEDAL FOR WINNING THE 400 AT THE MUNICH OLYMPICS, BUT WAS LATER ORDERED TO RETURN HIS MEDAL UNDER THREAT OF BEING KICKED OUT OF INTERNATIONAL SWIMMING ENTIRELY.

PHOTO PROVIDED BY SWIMMING WORLD

During his youth, Rick's asthma could be so pronounced that twice he received adrenaline injections in emergency situations. Subsequently, Rick was prescribed medication that would provide him with both a more normal life and the opportunity to compete in athletics.

At the summer nationals in 1971, he had an asthma attack. A doctor treating athletes at the competition for AAU swimming gave him something called “Marax.” It helped the asthma, but it impeded human performance so significantly that you couldn't use it and drive a car. When Rick returned home, his primary physician noted the swim doctor's medication and provided him a prescription for Marax. Ironically, it contained ephedrine, which was illegal—or sort of.

Rick had an asthma attack at 1 in the morning the day of the 400 free in Munich, and he took a Marax tablet. When he awoke hours later, he was still struggling to breathe. He went to the medical facility seeking help, but was told that all the medical staff was at the track venue. With the preliminaries of the 400 imminent, he was on his own, and he took more of his prescription.

Two days later, Rick cruised through the prelims of his best event, the 1500, qualifying fifth in 16:17.6. His 400 had improved a full second from Trials, and he was anxious to show the world what he could do in the finals.

THE IOC GETS INVOLVED

But the IOC Medical Commission stopped that plan. Ephedrine had been discovered in Rick's urinalysis. Some said that the 12 parts in a million present was an infinitesimal amount, while others thought it significant. A hearing before the Medical Commission was abruptly thrown together the next day before the 1500 finals.

The Commission included Dr. Daniel Hanley from the USA, who had appointed Dr. Winston Riehl as the head of the USA medical staff and Dr. Harvey O'Phelan, an orthopedic surgeon, as an assistant. Hanley and Riehl were questioned. Incredibly, the

— continued on 38

RICK DeMONT — continued from 37

[PHOTO BY AL SCHOENFIELD]



PICTURED > AT THE 1972 OLYMPIC TRIALS, RICK DeMONT BECAME THE YOUNGEST MEMBER OF THE U.S. MEN'S TEAM WHEN HE QUALIFIED FOR THE 400 AND 1500 FREESTYLES.

[PHOTO BY JON ALQUIST, TUCSON]



PICTURED > SEVERAL YEARS AFTER MUNICH, DeMONT REINVENTED HIMSELF AS A SPURTER AND WAS PART OF A USA WORLD RECORD-SETTING 400 FREESTYLE RELAY.

Team USA medical staff took no responsibility for any piece, part or molecule of DeMont's predicament.

Dr. Hanley said he never saw the medication form. Riehl insinuated that Rick was irresponsible when he described the boy as "a 16-year-old who had problems following instructions." Phelan said that he told the athletes not to take any medications without permission.

The Commission refused Rick's request to have an attorney or a coach at the hearing. They interrogated him, seemingly suspicious of his intent. DeMont told them, "I wrote my medications on the medical form."

Following his testimony, Rick hurried to the pool to warm up for the finals of the 1500. Don Gambriel, Rick's coach on the U.S. Olympic staff, went to the ready room, where Rick sat waiting for the race to begin. He told Rick of the committee's decision when he said, "Sorry, no go." The Medical Commission denied him the opportunity to compete without ephedrine in his system.

On Sept. 6, 1972, the IOC Executive Committee ruled, "The Executive Board wishes to state that in its opinion, the responsibility for this situation rests on the team's medical authorities who are severely cautioned." But it was Rick DeMont who received the punishment! Not only did the IOC affirm Rick's disqualification from the 1500, but it went one step further. In 1912, Jim Thorpe became the first American to be stripped of an Olympic gold medal when it was discovered that he had played professional baseball. Now, the IOC made Rick DeMont the second.

The Commission chairman, Prince Alexandre de Merode of

Belgium reasoned later, "If there had been just a trace of ephedrine, there could have been room for discussion. But it was such a high concentration." He was ordered to return his 400 freestyle gold under threat of being kicked out of international swimming entirely.

"Rick lost his gold medal because of (the doctors') ineptitude," said Coach Daland.

POST-MUNICH

In 1973, Rick resumed competitive swimming with a vengeance. Now treated with medication without ephedrine, he became the first human ever to swim 400 meters faster than four minutes when he defeated Brad Cooper at the World Championships, winning in 3:58.18 to the Aussie's 3:58.70—by negative-splitting the race.

Two days later, Rick and the new Australian sensation, Stephen Holland, raced right through the final length warning system in the 1500. They raced more than an extra 100 meters after posting "foot-touch times" of 15:31.85 (Holland) and 15:35.44 (DeMont). Holland's time bettered the WR he had set a month earlier when he dropped nearly 15 seconds off of Mike Burton's mark from Munich—the largest drop since Burton lowered the record by 19.43 seconds to 16:08.67 in 1968.

Unfortunately, the years that followed were not easy for Rick DeMont, "I was afraid that every time I got on the starting block, people were thinking of me as some kind of speed freak, and I'm sure that's one reason my swimming went bad." Even so, several years later, Rick reinvented himself as a sprinter and was a part of a USA world record-setting 400 freestyle relay. Today, at the University of Arizona, he is one of the best swimming coaches in the world.

Physicians who treat asthma sent over 1,000 letters trying to overturn the decision to disqualify him. In a Harris Poll shortly after the Olympics, 76 percent of the respondents said that DeMont should be able to keep his gold medal. President Nixon sent him a letter saying the same thing. Perhaps *Swimming World Magazine* publisher Al Schoenfield summed up best when he wrote in the November 1972 issue, "Rick DeMont paid for the sins of his elders."

The 1976 USA Olympic swim team benefited from DeMont's debacle. The swimming organization conducted its own drug screening and found 16 swimmers unknowingly using banned substances. The discovery was made in time to adjust their medications effectively.



In 1983, Jim Thorpe's medals were restored and given to his children. In 2001, the U.S. Olympic Committee admitted it had mishandled Rick's medical information and requested that the IOC restore his gold medal. To date, the IOC has declined.

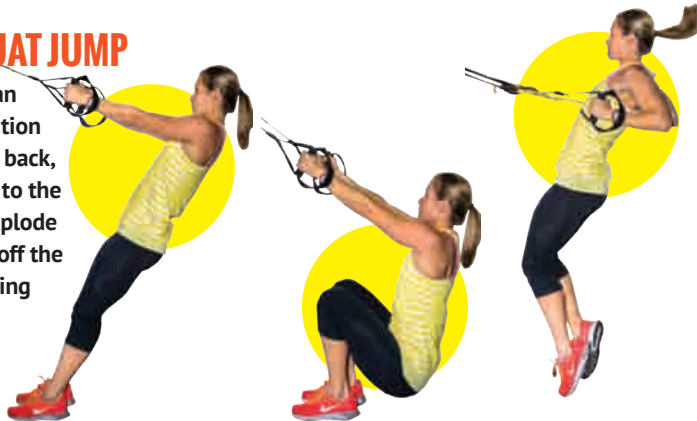
Are we, the public, powerless to convince the IOC to use its power to right this wrong?

For more information on how you can help encourage the IOC to return Rick DeMont's gold medal, please go to: www.negative-splitmovie.com. ♦

Chuck Warner is a part of *Swimming World Magazine's* editorial board and author of "Four Champions: One Gold Medal" and "And Then They Won Gold." Both books are available for purchase online at www.SwimmingWorld.com. Next month: "Swimming's Top 10 Triumphs and Tragedies: #8."

1 TRX SQUAT JUMP

Starting in an upright position and leaning back, squat down to the floor and explode by jumping off the floor and using your quads.



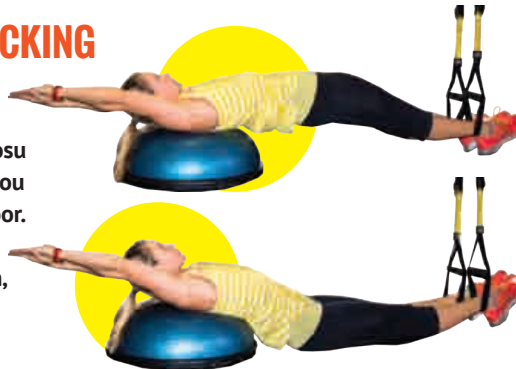
2 TRX STREAMLINE

While holding onto the TRX straps and with your arms by your side, slowly extend your arms as your body angles forward. Get into a fully extended streamline, hold for three seconds and return to the starting position.



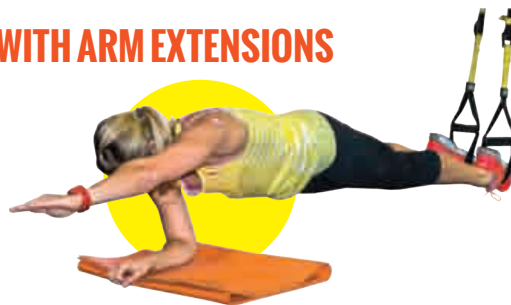
3 SUPINE DOLPHIN KICKING

Lying on your back, put your feet through the TRX straps. Place your shoulders on a Bosu ball or something that lifts you six to eight inches off the floor. With your legs suspended, move your hips up and down, emulating an underwater dolphin kick.



4 SUSPENDED PLANK WITH ARM EXTENSIONS

Lying prone and with your feet through the TRX straps, maintain a stable straight-body position. Extend one arm forward and hold it for five seconds. Alternate to the other side and repeat.



UNDERWATER

SPEED

BY J.R. ROSANIA

PHOTOS BY KAITLIN KELLY

DEMONSTRATED BY TAMMY GOFF

I recently attended the NAIA Swimming and Diving National Championships. It was a great meet with many fast swimmers. One of the things that really stood out to me was the speed swimmers are now achieving while under water. No longer are swimmers only trying to increase their stroke turnover and kick tempo. Now they are also working on increasing the speed and distance they can travel underwater. This not only gives them more distance, but it also enables them to surface with more swimming speed.

Using a TRX Suspension Trainer, I have outlined four great movements to help with your underwaters. You will be strengthening your core and low back as well as your hamstrings. You can purchase a TRX Trainer online and use it at home...so no excuses!

Perform two to three sets of 20 reps of these exercises three times a week. ♦



TAMMY GOFF

Tammy Goff is a Masters swimmer and a firefighter from Glendale, Ariz.



MEET YOUR TRAINER

J.R. Rosania, B.S., exercise science, is one of the nation's top performance enhancement coaches. He is the owner and CEO of Healthplex, LLC, and has finished the Ironman Triathlon 18 times. He also serves as Swimming World Magazine's fitness trainer and was named one of "America's Top Trainers" by Men's Journal and Vogue magazines. Check out Rosania's website at www.jrhealthplex.net.

ASK DR. SHANNON

BY SHANNON McBRIDE

PHOTOS PROVIDED AND DEMONSTRATED BY
SHANNON McBRIDE

Dr. Shannon McBride, a licensed chiropractor based in Atlanta, Ga., has been practicing since 2001. She also is certified in Pilates through Power Pilates and the Pilates Method Alliance.

HERE ARE THREE HIP-OPENING STRETCHES DESIGNED FOR PEOPLE WHO SIT THE MAJORITY OF THE DAY.

Our hip flexors and gluteal muscles shorten and tighten when we sit for long periods of time. Tightness in the hips will eventually lead to tightness in the low back and misalignments in the spine and hips. Students and people with desk jobs spend the majority of their days sitting, and long commutes cause people to spend more time in their cars.

Tight hip flexors can cause a swimmer's legs to be too low in the water and will create a drag. On the other hand, having tight gluteal muscles can cause a swimmer's low back to tighten and the legs to lift too high in the water. Both of these incorrect swimming postures will slow down a swimmer's speed and can cause pain and injury.

It is important when sitting to practice proper ergonomics such as:

- Sit with both feet flat on the floor with your weight evenly distributed between the "sits" bones.
- The mid and low back should be against the back of the chair. Chairs with lumbar support are essential to maintain proper posture.
- Knees should be at a 90-degree angle. Thighs should be parallel to the floor.
- Shoulders should be directly over the hips.
- Stand and walk for a few minutes for every 30 minutes of sitting.

By lengthening and stretching the hip flexors, lumbar spine and gluteal muscles, we can correct the alignment of the pelvis and relieve low back pain. ♦

CAT/COW POSE FOR THE LOWER BACK

1. Kneel on the floor with your hands directly under your shoulders and your knees directly under your hips.
2. While you exhale, round your spine and gaze toward your abdominals.
3. Inhale and look at the ceiling, sticking your bottom out.



REPEAT THREE TIMES FOR EACH POSE.

PIRIFORMIS STRETCH

1. Cross your right leg over your left leg, placing your right ankle just outside your left knee.
2. Gently fold forward.



FOR A DEEPER STRETCH, GENTLY PRESS YOUR RIGHT KNEE TOWARD THE FLOOR.

KNEELING LUNGE FOR THE HIP FLEXORS

1. Kneel on the floor on both knees.
2. Step your left foot forward, making sure that your left ankle is directly below your left knee.
3. Deepen the bend of your left knee and move your left ankle forward so that it is directly under your left knee.



HOLD FOR 30 SECONDS AND REPEAT THREE TIMES. SWITCH TO THE OTHER SIDE.

NUTRITION

EATING JUST ENOUGH

Research suggests that at about age 4, most of us lose touch with the internal signals that, when heeded, reliably govern the amount of food we consume. Instead, we allow environmental factors to determine how much we eat, and the result is that we eat too much. Getting back in touch with your body's hunger and satiety signals will help you avoid overeating and reach your optimal racing weight.

In this month's nutrition column, *Swimming World* continues to provide flavorful, easy recipes for athletes. This month's recipe comes from "Racing Weight Cookbook: Lean, Light Recipes for Athletes" by Matt Fitzgerald and Georgia Fear.

Fitzgerald is well known in the world of endurance sports as a coach, certified sports nutritionist and an author of books on the science of training and nutrition. Gear, a registered dietitian and professional nutrition coach, works with athletes of all ranks—from age groupers to Olympic gold medalists.

The "Racing Weight Cookbook" makes it simple to dial in the right mix of carbs, fat and protein that will satisfy your appetite with high-quality, well-balanced meals.

Try out this sample recipe (at right). ♦

Republished with permission of VeloPress from "Racing Weight Cookbook: Lean, Light Recipes for Athletes."

10
MINUTES1
SERVING

BEAN, CORN & CHEESE QUESADILLA

INGREDIENTS:

- 1/3 cup frozen whole-kernel corn
- 1/2 cup canned refried beans
- 1 string cheese, chopped
- 1 large whole-wheat or sprouted-grain tortilla
- 1/4 cup salsa
- 1/4 cup plain Greek yogurt

DIRECTIONS:

- Thaw corn in a small bowl in the microwave for 30 seconds. Mix in refried beans and cheese.
- Gently spread the beans, corn and cheese mixture over half the tortilla, folding the other half over the top.
- Place tortilla in a large nonstick skillet over medium heat. Cook until the bottom of the tortilla becomes golden brown—use a spatula to lift it and take a peek. Flip over and cook until the other side is also golden brown and contents are heated through.
- Slide quesadilla onto cutting board and cut into four wedges. Top each wedge with salsa and Greek yogurt.

PER SERVING:

450 calories, 10 g fat, 61 g total carbohydrate, 11 g dietary fiber, 28 g protein

DQS COUNT (PER SERVING):

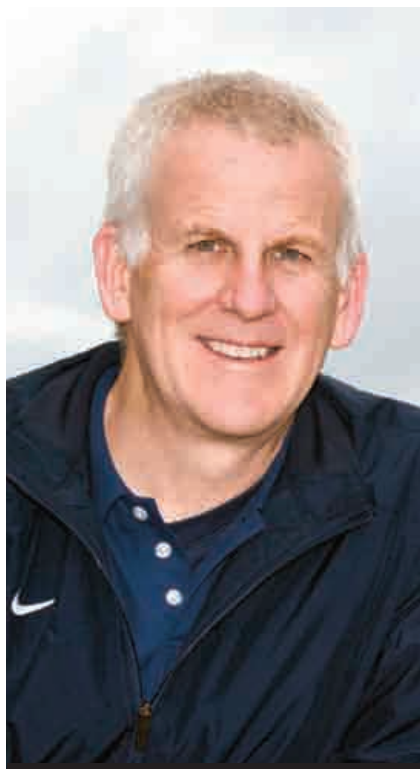
VEGETABLES 1-1/2 (1/2 legumes), WHOLE GRAINS 1, DAIRY 1

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BRUCE GEMMELL

BY MICHAEL J. STOTT

PHOTOS PROVIDED BY NATION'S CAPITAL SWIM CLUB



BRUCE GEMMELL

Head Coach
Georgetown Prep Training Site
Nation's Capital Swim Club
North Bethesda, Maryland

Following his instincts, Bruce Gemmell (University of Michigan, B.S., engineering, '83; M.S., '84) abandoned an engineering career for full-time coaching. Heavily influenced by mentors Bob Mattson at Wilmington Aquatic Club (Del.) and Jon Urbanek, Gemmell, a 1980 and 1984 Olympic Trials qualifier, worked at SwimQuest (Lower Alloway Creek, N.J.) and Team Delaware before spending seven years as senior national coach at Delaware Swim Team. An excellent distance coach, he is a five-time member of USA Swimming's national coaching staff. In October 2012, he moved to Nation's Capital (Georgetown Prep site) and began working with Olympic champion Katie Ledecky. In August at the 2013 World Championships, Ledecky won four gold medals and set two world records. In September, Gemmell was named ASCA's Coach of the Year.

IN THE LAST 18 MONTHS, BRUCE GEMMELL HAS PLACED A SON ON THE USA OLYMPIC TEAM, ASSUMED THE REINS AT THE GEORGETOWN PREP TRAINING SITE FOR NATION'S CAPITAL SWIM CLUB, HAS BEGUN COACHING OLYMPIC GOLD MEDALIST AND WORLD CHAMPION KATIE LEDECKY AND WAS NAMED ASCA'S 2013 COACH OF THE YEAR.

Q. SWIMMING WORLD: *You were an assistant under Jon Urbanek. What did you learn from him?*

A. COACH BRUCE GEMMELL: Everything in this sport can be accomplished with integrity and respect if accompanied by hard work and patience. Jon is the hardest working, most respected, most humble man in this sport—and beyond. If I could have half of his qualities, I would be very lucky.

SW: *You have been credited with a "creative aquatic mind"... how so?*

BG: I spent my age group years (9 to 18) swimming under Bob Mattson at Wilmington (Del.) Aquatic Club. Bob has some ideas that are "out there." He always encouraged us to explore our limits regarding stroke mechanics and training. He knew that one solution didn't fit all swimmers. I have carried that with me. I like to see where athletes may be in two to three years and not where they are now.

SW: *You once swam a 50,000-yard workout...*

BG: I did it between my sophomore and junior years in college. I was looking for something different and had already done a lot of typical mega-yardage training. I knew I was near the end of my career and wanted to do something special. Bob Mattson was there, but Sid Cassidy (now at St.

Andrew's, Fla.) was the coach on deck who pushed me beyond my comfort zone that day.

I did two workouts: about six hours in the a.m., followed by a nap and food, and another four to five hours in the p.m. I was supposed to stop at 50K, but Sid encouraged me to keep going. I ended up doing 54 or 55,000. Most of it was a mix of aerobic free and back. We didn't know much about nutrition, fuel and hydration back then. Eventually, I just hit the wall and couldn't keep going.

SW: *Swim coaches often borrow or "steal" ideas from one another. What's the best thing you have ever "stolen"?*

BG: I have stolen Jon's "color charts" for training zones in their entirety—almost to where I can recite the training paces from memory. I use a lot of his weekly training cycles with some modifications.

SW: *You work out of the Georgetown Prep site. What are your duties besides coaching?*

BG: If you mean besides being responsible for 120 athletes and 240 parents, a coaching staff of five, scheduling pool time—we rent at multiple sites—for all groups, assisting the other coaches, planning all meet schedules, entries and travel, communicating with all of our families and other coaches, organizing staff meetings, working

with USA Swimming, staying up-to-date on training and stroke techniques and changes, coordinating off-site dryland programs, helping athletes with college choices, writing recommendations, keeping speaking engagements, traveling for NCAP and USA Swimming AND coaching 10 practices per week for our senior groups...not much else!

SW: As a senior coach, how do you interact with the other senior coaches such as Pete

Morgan, Jeff King, Jeremy Linn, Tim Kelly, John Flanagan, Rob Washburn and Robbie Robins?

BG: We have eight to 10 sites that effectively operate autonomously. We have monthly staff meetings as well as daily emails and phone calls. I work most closely with Tim Kelly, who runs our American University site. It is closest to us geographically, and we run some combined workouts, especially in the summer. Each site has its

own individual make-up, demographics, facilities and challenges. Given the experience of our staff, at least somebody has seen most of the challenges we face. We all share a mutual respect. Our programs all have unique aspects, but the results speak for themselves.

SW: How is your goal of resurrecting the NCAP pipeline to USA Swimming going?

— continued on 44

HOW THEY TRAIN: NCAP/GEORGETOWN PREP SITE MIDDLE DISTANCE GROUP



Since its founding in 1978, Nation's Capital Swim Team and its antecedent, Curl-Burke Swim Club, have produced six American and eight international Olympians, and have expanded from one to 19 locations in Virginia, Maryland and Washington, D.C. In 2013, it was once again proclaimed a USA Swimming Gold Medal Club, thanks in large part to a hard-working group of middle distance swimmers.

The group consists of eight full-time and two part-time high school males and females who perform eight water and two off-site dryland workouts per week. Two of the morning water workouts are 90 minutes long, with the other six listed as 2.5 hours pool time, but rarely exceed two hours. Friday is typically an off day, but that varies according to pool availability and meet schedules.

"We follow a modified Jon Urbanchek weekly schedule," says Coach Bruce

Gemmell. "Two workouts are threshold, two are active rest and two are speed or lactate. The other two are either general aerobic workouts with an emphasis on kicking or power, depending upon the season. At least two of the workouts are IM/stroke-focused, and that varies by week or individual," he says.

NCAP swimmers target a distance of 400 meters and five individuals in the group: Brian Tsau (16), Gavin Springer (17), Adrian Lin (16), Matthew Hirschberger (15) and Katie Ledecy (16), all of whom have broken 4:30 in their 500 yard freestyles. "Some of these athletes go up from there to the 800/1500 and some go down to the 200 as their other target events," says Gemmell.

A typical primary set on a February threshold day consisted of:

- 2 x 500 @ 5:30 "cruise"
- 4 x 100 @ 1:00 "cruise"
- 2 x 400 @ 4:20 "cruise"
- 4 x 100 @ 1:05 (faster than 1st set of 4 x 100 @ 1:00)

- 2 x 300 @ 3:10 "cruise"
- 4 x 100 @ 1:10 (faster than 2nd set of 4 x 100 @ 1:05)
- 2 x 200 @ 2:00 "cruise"
- 4 x 100 @ 1:15 (faster than 3rd set of 4 x 100 @ 1:10)

The coach notes that the longer repeats could be cruise with the interval getting shorter until swimmers are forced to do 2 x 200 @ 2:00. The 100s had to start out going at least 58-59 seconds to make the interval and were to get faster by round. On this day, there were four individuals who did a great job descending the 100s from 58s to 57/56s to 56/55s to 54/52s by round. They also made all of the longer repeats with time to spare, typically holding 5:00/sub-4:00/sub-3:00 and 1:55. Several individuals made all the repeats, but may not have descended the 100s as they should, and two to four swimmers didn't quite make the set (sat out a 50) despite their best efforts.

"It's a fun and exciting group. On any given day, two to four people are really 'on' and swimming lights-out. It changes from day to day. If you don't bring your 'A' game, you get whipped pretty good, and it happens to all of them from time to time.

Other members of the group are NAG record holder Isabella Rongione (14), Julian Wainer (16), Sam Tarter (15), IMer Greg Song (17) and IMer Brandon Goldstein (16). ♦



BG: Very well. We are benefiting from the great work done by those before me (Yuri Sugiyama, et al.). Our pipeline is full of hard-working, engaged swimmers and families. We have swimmers on international teams, national teams, junior national teams, at national select camps, zone camps, etc. Our job as coaches is to make sure swimmers move as fast as they're ready to move. The challenge is to make

sure swimmers don't get blocked by the great ones ahead of them.

SW: *How was coaching your son, Andrew, rewarding, yet frustrating?*

BG: The rewarding part was getting to spend lots of time with my teenage son. Between practices, meets and travel, we spent way more time together than most father/sons. Highly self-motivated, Andrew

truly embraced the process and its challenges, making coaching him all the more rewarding. He challenged me to be better. The frustration came when we'd both get impatient. Jon once said his own greatest quality as a coach was patience. I should have listened to him.

SW: *What was it like to send Andrew off to Jack Bauerle?*

BG: It was time. Jack (Bauerle) and Harvey (Humphries) are fantastic coaches and even better people. They have been very good for Andrew. I never had second thoughts about sending Andrew to Georgia.

SW: *What have you done to strengthen Katie Ledecky's deficiencies?*

BG: You can always get better. Katie is a quick learner, and she clearly understands that.

SW: *Why the training emphasis on shorter distances for her?*

BG: I'm not sure there is an emphasis on shorter distances. There is an emphasis on more speed because that is what you need to get faster for any distance. If more speed translates to shorter events, that's great—but not the goal.

SW: *Why the move of NAG record holders Matthew Hirschberger (Clearwater) and Isabella Rongione (The FISH) to NCAP?*

BG: They both contacted me around the holidays and asked if they could try a couple of practices. They must have liked the experience because they both started up pretty quickly afterward.

SW: *What is the dynamic like in that practice group these days?*

BG: It is terrific. We have a fantastic group of swimmers who work hard consistently to get better. Though younger, it is reminiscent of the group (Phelps, Vanderkaay, Keller, Vendt, et al.) that Bob Bowman had at Club Wolverine leading up to the 2008 Olympics. They get after it pretty good. It's challenging and fun. ♦

The advertisement for HASTY AWARDS features a variety of trophies and banners. At the top, there are three trophies: a 'GLOWING ACTION!' trophy with a swimmer silhouette (AS LOW AS \$395, RESIN, GLOW 6"), a 'SWIMMING' trophy with a swimmer silhouette (AS LOW AS \$295, GLO-ICE 5"), and a 'Penguin Swimming Fast Eddie's Spring Invitational 13-14 Boys High Point' trophy (AS LOW AS \$295, SWIM-ICE 6"). Below these are three banners: 'FIRST PLACE SWIMMING' (SR-SB1W1, AS LOW AS \$1095, BAG OF 50), 'SECOND PLACE SWIMMING' (SR-SB1W2, AS LOW AS \$1095, BAG OF 50), and 'THIRD PLACE SWIMMING' (SR-SB1W3, AS LOW AS \$1095, BAG OF 50). There are also 'HEAT WINNER' (SR-SB1AQHW) and 'PERSONAL BEST TIME' (SR-SB1AQPBT) banners. A vertical banner says 'SWIMMING' (SR-SB1AQW, AS LOW AS \$1095, BAG OF 50). The background is dark blue with a swimmer silhouette. The text 'EXCLUSIVE' is repeated in a circular logo. At the bottom, it says 'HASTY AWARDS EST. 1986' and '800-448-7714 • www.hastyawards.com'. A small note says '1ST - 8TH PLACE PARTICIPANT AVAILABLE'.

TOTAL ACCESS MEMBERS CLICK HERE
to learn more about how they train the Nation's Capital Swim Club (Georgetown Prep site) middle distance group.

UP & COMERS

AGE GROUP SWIMMER OF THE MONTH

BY SHOSHANNA RUTEMILLER

REGAN SMITH

PHOTOS PROVIDED BY TROY BAUER



In January 2013, Regan Smith took down four national age group records in a single meet, claiming the girls 10-and-under 50 and 100 yard back (27.79, 59.89) and 50 and 100 fly (26.91, 59.80). She became the first girl in her age group to break a minute in the 100 back.

“When she broke the NAG in the 50 backstroke—(her first NAG record)—she broke it by 2-hundredths of a second,” says her coach, Phil Smith (no relation). “She cut a second-and-a-half off her best time. That one was one of the most impressive swims.”

Now, a year-and-a-half later, Smith, who trains at the South Metro Storm Swim Club in Minnesota, is moving her way up the rankings in the 11-12 age group. She’s dropped her 100 back best time by nearly three seconds to 56.93 and continues to improve her times across the board.

Although Smith, 11, is at the lower end of her age group, she still has big goals for the summer season: “Short term, I’d love to hopefully get the 50, 100 and 200 backstroke NAG records in long course,” Smith says.

Currently, she is first in the nation among 11-year-old girls in the 100 and 200 back and 50 and 100 fly. Her top-ranked 200

back time (2:03.82) is four-and-a-half seconds ahead of any other 11-year-old girl.

Smith’s coach cites his swimmer’s focus and drive as one of her key qualities: “She’s one of the strongest work ethic individuals I’ve had in my 12 years as a coach. She knows what she needs to accomplish. She does what she is asked and doesn’t go through the motions. She is willing to do what most people aren’t willing to do on a day-in, day-out basis.”

For her part, Smith has a few points she would like to focus on in practice: “I definitely think I need to always work hard in practice, especially on the walls and with my pacing—you know, do all of the little things.”

Smith’s favorite workouts always involve underwater dolphin work. She swims between four to six days a week, but she hasn’t seriously incorporated dryland yet in her training routine.

“Long term, I would love to swim at a Division I college,” says Smith, a sixth grader at Century Middle School (Lakeville, Minn.), where she enjoys language arts and reading. “Hopefully, I can make it to Stanford and swim there.” ♦

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BY SHOSHANNA RUTEMILLER
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REMARKABLY, 11
NATIONAL AGE GROUP
RECORDS WERE
BROKEN AT THE RECENT
NCSA JUNIOR NATIONAL
CHAMPIONSHIPS IN
ORLANDO, FLA.

The 2014 NCSA Junior National Championships, March 18-22, in Orlando, Fla., was a star-studded event. *Swimming World* reported and streamed the meet live. What emerged was an incredibly talented crop of age group swimmers who bettered 11 national age group records.

First Colony's Simone Manuel was arguably the most successful female swimmer of the meet, setting NAG marks in the girls 17-18 50 and 100 yard freestyles. Her records didn't come easily: the 100 free standard

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was previously held by Missy Franklin, and on the final night of the meet, Manuel stole Janet Hu's 50 free record away from her while racing Hu in the same final heat. Her 21.70 winning time bettered the 21.82 mark that Hu had set in December. Come this fall, Manuel and Hu will be teammates at Stanford.

Hu (Nation's Capital), who is primarily known for her talent as a sprinter, stunned the crowd when she posted 1:52.92 to win the 200 fly and break the girls 17-18 NAG record set by Elaine Breeden in 2007 by 7-hundredths of a second.

Women's butterfly marks continued to fall when Nation's Capital's Cassidy Bayer—who took down legendary Mary T. Meagher's 13-14 200 fly NAG in December—added the 100 fly to her collection. She touched the wall in a 53.30, 6-hundredths of a second under Elizabeth Nelson's former record...and it just so happened that Nelson was racing in the lane next to Bayer!

It didn't take an "A" final win for Gross Pointe Gators' Alexis Wenger to score an NAG. Wenger took the girls 13-14 100 breast mark with a 1:00.98 to win the "B" final. Her time was 3-tenths faster than Megan Quann's 1:01.29 record from 1998.

The men also boasted a collection of impressive swims. Michael Andrew, the 14-year-old professional swimmer who holds all but two short course NAG records, lowered four of his own records at the meet—100 back (47.83), 100 fly (47.40), 200 fly (1:45.39) and 200 IM (1:47.42)—and added the 200 free (1:38.31) to his list.

Nation's Capital's Andrew Seliskar was conspicuously absent from the meet until the very end, but the 17-year-old got everyone's attention when he lowered the boys 17-18 NAG record in the 200 breast to 1:52.21. That cut more than a second off the 1:53.55 set by Kevin Cordes in 2011.

Although there weren't any records set in the mile, there were definitely some fast times. Isabella Rongione of Nation's Capital won the 1650 by more than six seconds in 16:09.48. PACK's Patrick Ransford, the sixth seed going into finals, split 27-lows per 25 for most of the race, taking a remarkable 36 seconds off his seed time for a 14:46.60 win. ♦

SW APRIL CORRECTION

In the Top 12 World Masters article (page 24), Richard Burns talked about Bob Strand coming back from heart surgery. Strand had prostate surgery.

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05	J. Marshall T. Eckertle C. O'Rourke	200 MEDLEY RELAY	05 C. Hebringer C. Cappel C. Cappel A. Reinhardt	24.18
06	C. O'Rourke	200 FREE	06 K. Ouligan	2:04.78
06	H. Gabrenadin	200 IM	06 K. Ouligan	2:18.34
06	R. Carter	50 FREE	06 K. Ouligan	29.52
07	M. Cassidy	DIVING (5)	07 T. Marley	223.1
07	R. Carter	100 FLY	06 K. Ouligan	1:38.51
06	C. O'Rourke	100 FREE	06 K. Ouligan	59.39
06	H. Gabrenadin	500 FREE	06 K. Ouligan	3:34.38
03	M. D'Amour	100 BACK	07 S. Foster	1:04.40
05	A.T.H. Kim	100 BREAST	06 K. Ouligan	1:12.09
06	C. O'Rourke R. Connolly D. Whitmore H. Gabrenadin	400 FREE RELAY	06 C. Hebringer C. Cappel A. Reinhardt K. Ouligan	4:57.81
05	J. Marshall A.T.H. Kim C. O'Rourke T. Eckertle	200 FREE RELAY	06 K. Ouligan C. Hebringer C. Cappel A. Reinhardt	1:45.77
		DIVING (11)		

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Arnett, Kaylea	Virginia Tech	Grogg, Zina	NC State	McDermott, Amber	Georgia	Stenkvist, Henriette	Southern Cal
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DiRado, Maya	Stanford	Lloyd, Emily	Virginia	Ryan, Laura	Georgia	Zhang, Kaixuan	Southern Illinois
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Finnegan, Grace	Arizona	Luthersdottir, Hilda	Florida	Simenec, Tori	Minnesota		
Flickinger, Hali	Georgia	MacLean, Brittany	Georgia	Simon, Laura	Virginia		
Franklin, Missy	California	Margalis, Melanie	Georgia	Smith, Kierra	Minnesota		



Founded in 1922, the College Swimming Coaches Association of America (CSCAA)—the oldest organization of college coaches in America—is a professional organization of college swimming and diving coaches dedicated to serving and providing leadership for the advancement of the sport of swimming at the collegiate level.



2014 ALL-AMERICA HONORABLE MENTION Division I - Women

Arcila, Isabella	Southern Methodist	Haase, Sarah	Stanford	Murphy, Kathryn	UCLA	Smith, Carly	North Carolina
Au, Stephanie	California	Hardesty, Allyn	North Carolina	Myers, Abby	Kentucky	Sowinski, Katelyn	Penn State
Bailey, Chelsea	San Diego St	Harding, Sam	Minnesota	Nevalainen, Lotta	NC State	Spinazzola, Bianca	Florida State
Baker, Lauren	UCLA	Harrison, Sammy	Oregon State	Nicol, Rachel	Southern Methodist	Svensson, Emma	FGCU
Barbiea, Dani	Missouri	Hawthorne, Meghan	Southern Cal	Norris, Alex	Ohio State	Swartz, Traycie	Utah
Behrens, Tess	Minnesota	Henkel, Julia	Florida State	Olanski, Taylor	Houston	Tamblyn, Annie	Wisconsin
Blalock, Carolyn	North Carolina	Herrington, Katelyne	UNLV	Oliver, Tiffany	Florida State	Tarazona, Noelle	UCLA
Brandenburg, Krissie	Louisville	Hillman, Kate	Indiana	Paluszek, Weronika	Virginia Tech	Taylor, Andie	Stanford
Britt, Chelsea	Florida State	Hooper, Alexandra	Texas	Pammett, Cynthia	Indiana	Thayer, Annemarie	Stanford
Bromberg, Samantha	Texas	Huang, En-tien	Nevada	Pasloski, Bronwyn	Indiana	Thomas, Ellen	Virginia
Burke, Kaitlin	Towson	Jacobi, Madison	Florida State	Patterson, Anna	Missouri	Tucker, Samantha	Texas
Buss, Mackenzie	Louisville	Jones, Kaitlyn	Virginia	Peacock, Aubrey	Auburn	Vernon, Nicole	Georgia
Cafilisch, Erin	Minnesota	Karosas, Tasija	Texas	Peacock, Stephanie	North Carolina	Weiland, Becca	Minnesota
Casper, Hailey	Arizona State	Karr, Caitlyn	Penn State	Pepper, Elizabeth	Arizona	Weisz, Whitney	San Diego St
Cater, Phoebe	Ohio State	Kinnear, Katie	UCLA	Perez Arau, Sonia	Florida Int'l	White, Madison	UCLA
Cavalier, Meredith	Virginia	Krakoski, Haley	Auburn	Pochowski, Sami	Florida State	Wixted, Christine	Duke
Chokran, Angela	Michigan	Kropp, Andrea	Southern Cal	Powers, Mackenzie	Penn State	Zeiger, Blake	Minnesota
Clay, Alexandra	Stanford	Kylliainen, Tanja	Louisville	Prigge, Hannah	Fresno State	Zevnik, Alexia	NC State
Colleou, Stina	Utah	Labonge, Natalie	NC State	Purcell, Allyx	Auburn	Zilinskas, Rachel	Georgia
Cottrell, Andrea	Louisville	Leneave, Kelsey	Texas	Quah, Ting Wen	UCLA		
Cox, Madisyn	Texas	Lightbourn, Mckayla	Florida State	Rangelova, Nina	Southern Methodist		
Dalcamo, Maddy	San Diego St	Lincoln, Hannah	North Carolina	Rauth, Shannon	Virginia		
Dalesandro, Gia	Indiana	Luchansky, Katy	Ohio State	Rechsteiner, Katherine	North Carolina		
Deloof, Alexandra	Michigan	Mack, Linnea	UCLA	Reinhardt, Jess	Liberty		
Doucette, Emily	Missouri	Macklin, Mikaela	San Diego St	Ross, Katharine	Missouri		
Dressel, Kaitlyn	Florida State	Maclean, Brenna	Indiana	Sarris, Eve	Arizona		
Earp, Lauren	North Carolina	Mattingly, Zoe	Michigan	Schmidtke, Aliena	Ohio State		
Evans, Ashley	Arizona	McCleary, Paige	Alabama	Schoettmer, Emma	Arizona		
Fiks-Salem, Julia	Michigan	McDowell, Breann	Louisville	Scott, Nicole	Rutgers		
Fittin, Carolyn	Penn State	McKnight, Lindsey	Florida	Senko, Anna	UCLA		
Flederbach, Kaitlyn	Indiana	McMahon, Sycerika	Texas A&M	Shishkoff, Gabrielle	Penn State		
Fonteno, Megan	Auburn	Meinholz, Anna	Wisconsin	Sinatro, Haley	Penn State		
Frost, Maddy	Michigan	Merry, Kersten	Utah	Siverling, Danielle	North Carolina		
Griffith, Mary	Tennessee	Miller, Chelsie	Kansas	Siverling, Megan	Penn State		



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2014 ALL-AMERICA TEAM



Amlee, Jeff	Arizona	Dyer, Frank	Notre Dame	Licon, Will	Texas	Rousseau, Sebastien	Florida
Bagshaw, Jeremy	California	Elliott, Matt	Florida	Lujan-Rivera, Sergio	Southern Cal	Ryan, Shane	Penn State
Bilis, Simonas	NC State	Ellis, Matthew	Texas	Main, Corey	Florida	Sankovich, Pavel	Florida State
Boffa, Jonathan	NC State	Fink, Nicolas	Georgia	Malone, Reed	Southern Cal	Schiellerup, Andreas	NC State
Bohman, Bryce	West Virginia	Fleming, Shayne	California	McCormick, Riley	Arizona State	Schmidt, Darian	Indiana
Bonuchi, David	Missouri	Frayler, Arthur	Florida	McCrory, Nick	Duke	Schmuhl, Steve	Indiana
Bosch, Dylan	Michigan	Friedemann, Mitchell	Arizona	McCurdy, Christian	NC State	Schwingenschlogl, F	Western Kentucky
Bowersox, Cory	Texas	Funk, Richard	Michigan	McKee, Anton	Alabama	Shinholser, TJ	Virginia Tech
Brumm, Pete	Michigan	Ganiel, Imri	Texas	Mendes, Arthur	Auburn	Smith, Giles	Arizona
Caciuc, Vlad	Alabama	Gemmell, Andrew	Georgia	Messerschmidt, Tyler	California	Solaache-Gomez, Eduardo	Florida
Carter, Dylan	Southern Cal	Gimondi, Fabio	California	Meyer, Michael	Arizona	Spinazzola, Luca	Southern Cal
Chastain, Kameron	Louisville	Gismervik, Amund	Hawaii	Miller, Cody	Indiana	Stephens, Thomas	Stanford
Chen, Jason	Michigan	Gkolomeev, Kristian	Alabama	Murphy, Ryan	California	Stewart, Tynan	Georgia
Chierighini, Marcelo	Auburn	Glanda, Justin	Michigan	Murray, John	Texas	Stubblefield, Seth	California
Cieslak, Marcin	Florida	Glass, Will	Texas	Murray, Paul	Florida State	Tafuto, Vinny	Michigan
Colupaev, Dimitri	Southern Cal	Grothe, Zane	Auburn	Nees, Zachary	Miami (FL)	Tandy, Brad	Arizona
Condorelli, Santo	Southern Cal	Gutierrez, Long	California	Nielsen, Anders Lie	Michigan	Tarczynski, Marcin	California
Conger, Jack	Texas	Hamilton, Will	California	Nolan, David	Stanford	Thomas, Matt	NC State
Cooper, Tripp	Texas	Hancock, Alex	Auburn	Ortiz, Bruno	Michigan	Tierney, Sam	Missouri
Cordes, Kevin	Arizona	Hawkins, Ryan	Virginia Tech	Oslin, Connor	Alabama	Tillman, Troy	Tennessee
Cosgarea, Drew	Stanford	Hixon, Michael	Texas	Paco Pedroni, Tom	UNLV	Toomey, Derek	Minnesota
Coutinho, Pedro	Louisville	Homer, Christian-Paul	Florida	Passos, Gui	UNLV	Trice, Michael	Georgia
Cox, Tony	California	Hornikel, BJ	Alabama	Patching, Joe	Auburn	Virva, Dillon	UNLV
Curby, Matt	Florida	Ipsen, Kristian	Stanford	Pebley, Jacob	California	Wagner, Jack	Southern Cal
Dale, Taylor	Georgia	Jaeger, Connor	Michigan	Percy, Luke	Tennessee	Wallace, Dan	Florida
Darmody, Kip	Texas	Kalisz, Chase	Georgia	Phillips, Tim	Ohio State	Walsh, Brett	Alabama
Darmody, Kyle	Auburn	Katis, Chuck	California	Pike, Jared	Florida State	Weir, Caleb	Texas
D'Arrigo, Mitch	Florida	Knight, Connor	Florida State	Prenot, Josh	California	Whitaker, Kyle	Michigan
Davis, Maclin	Southern Cal	Kolod, JB	Virginia	Quintero, Cristian	Southern Cal	Wilimovsky, Jordan	Northwestern
De Lucca, Joao	Louisville	Koski, Matias	Georgia	Quintero, Rafael	Arizona	Williams, David	NC State
Deborde, Bradley	Florida	Kremer, Tom	Stanford	Rairden, Sam	Tennessee	Williams, Trent	California
Disney-May, James	Auburn	Lameynardie, Sam	UNLV	Ress, Eric	Indiana	Wojciechowski, John	Michigan
Dorman, Samuel	Miami (FL)	Lehane, Sean	Tennessee	Reynolds, Doug	Georgia	Wynalda, Michael	Michigan
Duderstadt, Michael	Auburn	Leon, Tj	Auburn	Robles-Rodriguez, Mauricio	Tennessee	Youngquist, Clay	Texas
Duvall, Thomas	Navy	Lewis, Sam	Texas	Rogers, Layne	Purdue		



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2014 ALL-AMERICA HONORABLE MENTION Division I - Men

Abdelatif, Emad	Indiana	Greeff, Frank	Louisiana State	Porter, Andrew	Arizona
Aberg Ledjstrom, Gustav	Tennessee	Greenhalgh, George	Kentucky	Prono, Renato	Tennessee
Anderson, Mark	Texas	Gremizzi, Giacomo	UNLV	Purss, Josiah	Utah
Austin, Shane	Penn State	Gustafson, Aaron	Texas	Ricotta, Dominic	Arizona
Barber, Matt	Arizona	Hauser, John	Penn State	Rodriguez, Gerard	South Carolina
Bishop, Ian	NC State	Higgins, Collin	Virginia Tech	Ryan, Sean	Michigan
Bissett, Jamie	Purdue	Hillmer, Steffen	Ohio State	Sansoucie, Andrew	Missouri
Black, Connor	Stanford	Hines, Tyler	Wisconsin	Santeiu, John	Auburn
Bloch, Chase	Southern Cal	Hinshaw, Adam	California	Savoy, Nate	Penn State
Blondell, Caryle	Louisville	Hutchins, Matt	Wisconsin	Schafer, Nick	Wisconsin
Blyzinskij, Jack	Florida	Huxhold, Mitchell	CSU-Bakersfield	Schuehler, Andy	Penn State
Bray, Addison	Louisville	Irwin, Max	Indiana	Signorin, Connor	Florida
Bruck, Eric	Kentucky	Jakl, David	Columbia	Slater, Tristan	Tennessee
Bunch, Dylan	Denver	Kaeser, Yannick	Virginia	Smith, CJ	Minnesota
Caldwell, Nicholas	Wisconsin	Kalms, Adam	Wyoming	Stevens, Brian	Arizona
Carroll, Trevor	Louisville	Kosic, Andrew	Georgia Tech	Swanson, Chris	Pennsylvania
Chadwick, Michael	Missouri	Kozlovskij, Igor	Missouri	Szele, David	UNLV
Christensen, Bradley	Stanford	Leithold, Kevin	South Carolina	Tarasevich, Grigory	Louisville
Clifton, Cannon	Wisconsin	Lewis, Sam	North Carolina	Tavcar, Anze	Indiana
Coetzer, Stephen	NC State	Lindenbauer, Matthias	Louisville	Thomas, Clark	Missouri
Cohen, Alec	Georgia	Lott, Chris	Kentucky	Thomson, Danny	Stanford
Cox, Nathan	Purdue	Machado, Henrique	UNLV	Turner, Daryl	Minnesota
Dahlia, Thomas	Louisville	Maly, Jakub	Minnesota	Van Swol, Kyle	Minnesota
Dias, Lyam	Purdue	Markham, Jared	Georgia	Wells, James	Indiana
Disalle, Michael	Ohio State	Maudslien, Thane	Arizona	Williams, Rowan	Ohio State
El Kamash, Marwan	South Carolina	McHugh, Matt	Ohio State	Wilson, James	Penn State
Fair, Paul	Minnesota	McKean, Fraser	Auburn	Young, Aaron	Louisville
Ferrucci, Greg	Kentucky	Miesfeld, Barrett	NC State	Zupan, Nejc	Dartmouth
Fierro, Sonny	Cal Poly	Miller, Jackson	Indiana		
Flach, Michael	South Carolina	Mosca, Michael	Harvard		
Fleagle, Josh	Ohio State	Mosley, Logan	Missouri		
Frank, Simon	Texas A&M	Murphy, Pat	Texas		
Freeman, Will	Georgia	Nyquist, Jack	North Carolina		
Gerotto, Lucas	Kentucky	Papendick, Luke	Virginia		
Gordon, Ian	Minnesota	Pickard, Chris	Stanford		



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2014 ALL-AMERICA TEAM



Division II - Women

Adams, Margot	Alaska Fairbanks	Garriock, Tamara	LIU Post	Madsen, Caitlyn	Grand Valley	Robbins, Sierra	UC-San Diego
Adams, Victoria	Alaska Fairbanks	Geddis, Alex	Wayne State	Maleski, Elyson	Wayne State	Roeser, Sarah	Grand Valley
Amog, Jaclyn	UC-San Diego	Gervas, Kellie	Wingate	Mancini, Nicola	Bentley	Rojo, Brittany	CSU East Bay
Andrews, Tinsley	Drury	Gieseke, Kaylan	Drury	Maraskine, Emily	Wayne State	Rudenko, Yakaterina	Drury
Arakelian, Caroline	Queens	Gilbert, Amanda	Wingate	Marshall, Lara	Queens	Rumiantceva, Alena	Cal Baptist
Arkipova, Viktoriya	Wingate	Glenday, Heather	Tampa	Martin, Adeline	Bridgeport	Scott, Kayla	Wayne State
Azambuja, Ana	Wayne State	Gordy, Lillian	Queens	Martinez Perez, Gloria	Wayne State	Shakya, Anjali	UC-San Diego
Barone, Mia	West Chester	Gouge, Kelsey	Florida Southern	Mattar, Hannah	Ashland	Shepel, Tatiana	Bridgeport
Barron, Danielle	West Chester	Hanson, Mary	Cal Baptist	McGillivray, Alecia	Lindenwood	Somer, Kendall	West Chester
Borchardt, Rachel	Northern Michigan	Hapsari, Patricia	Cal Baptist	Melnikova, Polina	Bridgeport	Sotnikova, Alina	Bridgeport
Boudreaux, Meridith	Queens	Hauanio, Madison-Gail	CSU East Bay	Mitidieri, Allyson	Indiana-PA	Stang, Emily	West Chester
Brazier, Meghan	LIU Post	Hayward, Theresa	West Chester	Mock, Lauren	Queens	Stein, Holly	Edinboro
Bryan, Jaimie	UC-San Diego	Heller, Bente	Alaska Fairbanks	Murphy, Briana	Tampa	Tang, Natalie	UC-San Diego
Burns, Heather	Florida Southern	Hickey, Rachel	Limestone	Nam, Carmen	Simon Fraser	Taskin, Jaimy	Bridgeport
Carastro, Lauren	West Chester	Hipolito, Alexandra	Tampa	Nguyen, Thanh	Alaska Fairbanks	Tenney, Alyssa	CSU East Bay
Cossey, Nicole	Simon Fraser	Hon, Sandy	UC-San Diego	Novichenko, Kristina	Wayne State	Terwilliger, Kyndal	Cal Baptist
Crenshaw, Allison	Florida Southern	Janosky, Aniella	Indiana-PA	Ostrowska, Agnieszka	Drury	Thomas, Naomi	UC-San Diego
Daley, Colleen	UC-San Diego	Janosky, Christina	Indiana-PA	Ottaviano, Hilary	Drury	Tilton, Tessa	Drury
Day, Kristin	Clarion	Jones, Seren	LIU Post	Peiffer, Hannah	Queens	Tombers, Melanie	Delta State
Delehanty, Courtney	LIU Post	Kearney, Molly	Northern Michigan	Petrenko, Sofia	Wingate	Troxel, Kyleigh	Lindenwood
Dembny, Valerie	Wingate	Klyarovskaya, Anastasia	Delta State	Pheil, Kathryn	Wingate	Vallier, Danielle	Grand Valley
Denise, Caitlin	CSU East Bay	Knight, Shane	Queens	Plachy, Erin	Tampa	Wallmon, Madeleine	Queens
Diemer, Kristin	Queens	Kortman, Paige	Wayne State	Prentis, Kei	Wayne State	Weber, Nicole	Saint Leo
Dumur, Armony	Bridgeport	Kurtz, Rachael	Hillsdale	Pullen, Sarah	Drury	Weiss, Jessika	Wingate
Durante, Emma	Queens	Kwok, Joyce	LIU Post	Purkapile, Briana	Colorado Mesa	Wiercinski, Taylor	Grand Valley
Falconer, Meghan	Grand Valley	Laupp, Rebekah	Drury	Rawlings, Elizabeth	Wayne State	Winslow, Megan	West Chester
Ferreira, Manuela	Wayne State	Lawrence, Deborah	Northern Michigan	Reed, Leah	Drury	Woo, Catherine	UC-San Diego
Fischer, Katharina	West Chester	Lee, Austine	UC-San Diego	Reh, Emily	Limestone	Yu, Wai Ting	Drury
Fish, Ana	Wingate	Ley, Cassandra	Florida Southern	Reynolds, Lauren	Florida Southern	Zerfoss, Sarah	Clarion



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Aldabe, Marco	Nova Southeastern	Gibson, Evante	Queens	Larsen, Christian	Limestone	Pelczynski, Kacper	Drury
Aldaboos, Khalid	Tampa	Gimenez, Ruben	Bridgeport	Larsen, Kristian	Wayne State	Pereiro, Oscar	Bridgeport
Alkhalidi, Fahad	Drury	Glaser, Jonathan	Missouri S & T	Letcavage, Philip	West Chester	Phelps, Zachary	Queens
Assis, Matheus	Saint Leo	Goldfarb, Ethan	Missouri S & T	Lima, Edson	Florida Southern	Polyakov, Victor	West Chester
Augier, Jordan	Tampa	Grebenyuk, Bogdan	West Chester	Lloyd, Albert	Drury	Pourvahidi, Chandler	UC-San Diego
Barrows, Elijah	Cal Baptist	Griffith, Michael	Grand Valley	Lupoli, Franco	Florida Southern	Requejo, Milton	Saint Leo
Barthel, Till	Wayne State	Gunderson, Kyle	Grand Valley	Magalis, Tyler	St. Cloud State	Rojas, Luis	Florida Southern
Blazevski, Marko	Wingate	Gunn, Sean	Limestone	Malley, Sean	UC-San Diego	Rooney, Aaron	St. Cloud State
Borgen, Runar	Tampa	Gutierrez, Allan	Florida Southern	Marin, Jesus	Florida Southern	Ross, Walter	Drury
Borja, Banjo	Drury	Haley, Jared	West Chester	Marken, Aaron	Grand Valley	Rowe, Spencer	Florida Southern
Borowicz Skoneczny, S.	Lindenwood	Hammer, Martin	Tampa	Martin, Brock	Colorado Mesa	Rzadkowski, Daniel	Drury
Brandenburg, Seth	Clarion	Hansen, Jayson	Wayne State	Matsuyama, Didac	Bridgeport	Sanchis Peris, Sergio	Ashland
Brown, Nolan	Cal Baptist	Hanson, Joshua	Cal Baptist	McCallum, Reid	UC-San Diego	Sangines, Ivan	Bridgeport
Bryson, Alex	St. Cloud State	Heale, Arthur	UC-San Diego	McCarthy, Nicholas	Drury	Sikatzki, Philipp	Ashland
Burdis, Karl	Tampa	Holder, Hueston	Ashland	McCormick, David	West Chester	Sponsler, Keith	Missouri S & T
Calhoun, Heath	Clarion	Holm, Soren	Wayne State	Medo, Milan	Grand Valley	Strathmeyer, Bradley	West Chester
Calkins, Luke	UC-San Diego	Jachowicz, Piotr	Wayne State	Menke, Alex	Queens	Swan, Robert	Florida Southern
Capan, Ivan	Bridgeport	Jacobs, Julian	UC-San Diego	Milinkovskiy, Julian	Lake Erie	Szegedi, Dylan	Wayne State
Ceddia, Patrick	Saint Leo	Johnson, Dylon	Wingate	Molina Perez, Juan David	Wayne State	Taylor, Benjamin	Queens
Chan, Daniel	Indianapolis	Josa, Matthew	Queens	Montseny Diez, Jordi Joan	Drury	Tolosa, Juan	Florida Southern
Cswerko, R.	Southern Connecticut	Kanyuka, Roman	Wingate	Morris, Alec	Drury	Traystman, Harry	Queens
Edwards, Zachary	Florida Southern	Kardol, Sven	Grand Valley	Nguyen, Thomas	Florida Southern	Trigo, Douglas	Limestone
Eriksson, Niclas	Queens	Keown, Gabriel	Saint Leo	Nordenberg, Philip	Tampa	Vest, Collin	Clarion
Fattakhov, Vyacheslav	Bridgeport	Kerc, Aljaz	Missouri S & T	Norris, Luke	Missouri S & T	Wagner, Nathan	Grand Valley
Feher, Sean	Drury	Kluever, Leif-Henning	Wingate	Nunez, Antonio	Bridgeport	Walters, Gregory	Ashland
Feigl, Tobias	Limestone	Kniffler, Tim	Wingate	Nys, Yvan	Delta State	Wendel, Fabrice	Delta State
Fernandez Vilanova, Lucas	Wayne State	Korth, Nicholas	UC-San Diego	Oliveira, Felipe	Queens	Wong, David	Drury
Ferrero, Gianni	Grand Valley	Kosater, Hayden	Queens	Olson, Samuel	Drury	Yong, Zachary	UC-San Diego
Fraschi, Matteo	Delta State	Kowal, Igor	Drury	Parker, Christian	West Chester	Zacek, Nicholas	Grand Valley
Galvan, Jack	UC-San Diego	Kuzmin, Stanislav	Drury	Parker, Jeremy	Tampa	Zeraidi, Issam	Wingate
Garrastazu, Raul	Florida Southern	Larmon, Nicholas	Clarion	Paskas, Vladislav	Bridgeport	Zinca, Vlad	Delta State



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2014 ALL-AMERICA HONORABLE MENTION Division II

WOMEN

Alboro, Kamaehu	CSU East Bay	Leeson, Kelsey	St. Cloud State	Spencer, Eryn	Truman State	Eigel, Felix	Lindenwood
Arzadon, Jasmine	Wingate	Lyons, Dani	Alaska Fairbanks	Staab, Chelsea	Drury	Fedorchenko, Denys	Gannon
Ballard, Alex	Florida Southern	Macht, Anna	West Florida	Stein, Gretchen	Drury	Gimenez, Diego	Florida Southern
Bennet, Crystal	Northern Michigan	Madeira, Julia	Indianapolis	Stroven, Kirsten	Delta State	Hastings, Justin	Colorado Mesa
Bennett, Chloe	Delta State	Marquardt, Kayla	Grand Valley	Summers, Gabi	Alaska Fairbanks	Hohenberger, Schyler	Lindenwood
Bourguignon, Emily	Northern Michigan	Martinez, Stephanie	Saint Leo	Swistak, Lauren	Simon Fraser	Hranac, Zane	Tampa
Brazier, Meghan	LIU Post	McNichol, Cassandra	West Chester	Tchernyshev, Kristina	Cal Baptist	Iles, William	Delta State
Brooker, Rachel	Bloomsburg	Meerholz, Danielle	Delta State	Tekin, Goezde	Edinboro	Karu, Fred	Drury
Carmigniani, Thalie	Lynn	Megli, Anna	Cal Baptist	Van Oost, Kristin	Truman State	Kleinbeck, Shane	Nova Southeastern
Chapple, Lauren	Nova Southeastern	Mikrut, Lindsey	St. Cloud State	Verdugo-Arzaluz, Gabriela	Ashland	Kolovich, Evan	Wingate
Clasby, Montana	Lewis	Mitchell, Emily	West Florida	Vinyard, Hannah	Lindenwood	Komadina, Pasko	Fairmont
De Villiers, Peggy	West Florida	Murphy, Kaylyn	Ashland	Vulpetti, Katie	Grand Valley	Li, Paul	UC-San Diego
Dowling, Tara	Northern Michigan	Murtaugh, Codyanne	West Chester	Walley, Alexis	West Chester	Littell, Adam	Wayne State
Dugas, Danielle	Delta State	Page, Kierstin	Delta State	Ward, Jessica	Findlay	Long, Stephen	Indiana-PA
Dugger, Shayna	Minnesota-Moorhead	Parker, Catherine	Tampa	Wayne, Carleen	Lindenwood	Lundgren, Magnus	Nova Southeastern
Eaton, Emily	Grand Valley	Pettersson, Johanna	LIU Post	Werkema, Shelby	Lindenwood	Mehlan, Florian	Nova Southeastern
Evans, Anna	Ashland	Potgieter, Tyne	Lynn	Woodson, Mary	St. Cloud State	Mijatovic, Igor	Lindenwood
Gage, Sierra	UC-San Diego	Rademacher, Annina	LIU Post			Mitrushina, Alexander	UC-San Diego
Gilson, Brooke	Bloomsburg	Rasmussen, Abby	St. Cloud State	MEN		Nadler, Kyle	UC-San Diego
Golden, Hailey	Cal Baptist	Reidler, Sara	Ashland	Aakesson, Erik	Grand Valley	Olsen-Stavrakas, Kent	Colorado Mesa
Green, Emily	Msu Mankato	Renzo, Jes	Southern Connecticut	Abbott, Daniel	Grand Valley	Pacholczyk, Mateusz	Lindenwood
Guardado, Brynn	Truman State	Reynolds, Allie	Drury	Aldabe, Oscar	Nova Southeastern	Paknys, Ramunas	Lindenwood
Hart, Erin	St. Cloud State	Robles, Carla	West Florida	Allard, Jesse	Drury	Phieffer, Damen	Tampa
Heitchue, Emily	Wayne State	Schaffer, Gabriella	Clarion	Barbosa, Bruno	Indianapolis	Reder, Calvin	Wayne State
Holmstrom, Kaley	Findlay	Schofield, Alexandria	Simon Fraser	Brinton, Jarren	Colorado Mesa	Rossillo, Justin	Indianapolis
Jennings, Amanda	Colorado Mesa	Schuck, Makila	CSU East Bay	Byrne, Joshua	LeMoyn	Sheil, Alexander	Ashland
Jepsen, Casey	Truman State	Schultz, Olivia	Grand Valley	Cengia, Tim	West Chester	Silva Santa, Gustavo	Lindenwood
Johnston, Kathryn	Queens	Sechena, Madisen	Northern Michigan	Chambers, Cameron	Nova Southeastern	Simpson, Esau	Nova Southeastern
Kenis, Sarah	Lewis	Shchekleina, Elena	Bridgeport	Cizmar, Ivan	Lake Erie	Sufficool, David	St. Cloud State
Koryukova, Rita	Wingate	Skinner, Lauren	Cal Baptist	Cochran, David	Lindenwood	Sumrall, Austin	Queens
Kosheleva, Olga	Wingate	Slayton, Lauren	Clarion	Collum, David	Wingate	Swaine, Matt	Delta State
Krill, Holly	Wayne State	Snyder, Taylor	Indiana-PA	Demirtas, Musaffer	Indianapolis	Turkin, Dmytro	Pfeiffer
		Sorenson, Marthe	LIU Post	Doss, Kyle	Tiffin	Zorn, Nicholas	Delta State



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Anderson, Emily	Luther	Griffin, Megan	Middlebury	Murdoch, McKenzie	Williams	Strom, Jennifer	Gustavus Adolphus
Anding, Tarin	Gustavus Adolphus	Hill, Jennifer	Chicago	Nennig, Sadie	Emory	Sultan, Faye	Williams
Aronoff, Elizabeth	Emory	Hillas, Jamie	Middlebury	Newlon, Angela	DePauw	Taege, Sara	Washington Univ.
Axness, Sara	UW-Eaul Claire	Holden, Kylie	Johns Hopkins	Newsom-Schoenberg, Mckenna	Emory	Ternes, Kylie	Johns Hopkins
Bagley, Erin	Wheaton (IL)	Holt, Dana	Emory	Ngo, Kelly	C-M-S	Thompson, Ella	Emory
Beach, Megan	Emory	Hong, Eleanore	Rose-Hulman	Nguyen, Breanna	Williams	Thompson, Jen	Springfield
Belak, Lauren	Amherst	Howell, Michelle	Denison	Nitz, Kirsten	Wheaton (IL)	Thompson, Sarah	Williams
Bennett, Katherine	Williams	Hyde, Emily	Amherst	Nuess, Morgan	Denison	Tibbetts, Andrea	Middlebury
Bergh, Marissa	Emory	Jedryka, Veronika	MIT	Oberholzer, Celia	Kenyon	Tinklenberg, Alissa	Gustavus Adolphus
Bogdanovski, Anastasia	Johns Hopkins	Johns, Taylor	Denison	Olson, Catherine	Gustavus Adolphus	Townsend, Haley	Kenyon
Bradford, Tully	Denison	Jones, Lauren	Williams	Olson, Kirsten	DePauw	Van Leuven, Mary	Denison
Bridges, Caroline	DePauw	Jordan, Renee	Macalester	Osmulski, Sarah	MIT	Walitsch, Jamie	Wheaton (IL)
Burke, Morgan	Middlebury	Kaestner, Katie	Kenyon	Parker, Natalie	Kenyon	Wall, Alison	Chicago
Chan, Courtney	C-M-S	Kane, Carolyn	Denison	Pennington, Kellie	Springfield	Weber, Emily	DePauw
Chan, Shirley	Johns Hopkins	Kee, Michele	C-M-S	Pham, Anh Chi	Washington Univ.	Williamson, Mariah	Kenyon
Cialkowski, Kathryn	Wheaton (IL)	Kitayama, Taylor	Johns Hopkins	Pielock, Julia	Connecticut	Willingham, Molly	Denison
Cline, Jourdan	Kenyon	Klunk, Danielle	Gustavus Adolphus	Pierce, Megan	Williams	Yang, Lena	MIT
Collins, Marilyn	Washington Univ.	Koh, Kailyn	Johns Hopkins	Pierce, Samantha	Connecticut	Yarosh, Hillary	Kenyon
Conklin, Sarah	Amherst	Kowalsky, Annelise	Emory	Pruden, Cathleen	Mt. Holyoke	Yearwood, Ashley	Denison
Connolly, Erin	Luther	Larson, Nancy	Emory	Punyko, Emily	St. Thomas	Yeh, Joanna	MIT
Costley, Campbell	Denison	Lee, Sabrina	Amherst	Rafferty-Millett, T.	Washington Univ.	York, Michelle	Emory
Cunningham, Michelle	MIT	Levine, Alyssa	Williams	Rinsma, Sarah	Johns Hopkins	Zarka, Maria	Kenyon
Daher, Sara	Bates	Lindblom, Sydnee	Kenyon	Rogers, Christy	MIT	Zook, Nina	Emory
Deer, Lilly Belle	C-M-S	Linsmayer, Kaitlyn	Amherst	Rosenbaum, Margaret	Hamilton		
Dillione, Maggie	Case Western	Liu, Claire	Emory	Sanchez-Aizcorbe, Marcela	Emory		
Doerner, Emily	NYU	Liu, Helen	C-M-S	Scharmer, Alexandra	Luther		
Duncan, Laura	Kenyon	Lugg, Natalie	Denison	Scheidl, Maya	Chicago		
Durepo, Ivy	Connecticut	Lukes, Chandra	Redlands	Sheldon, Katie	Trinity Univ.		
Erdmann, Abby	Chicago	Marcus, Ellen	Johns Hopkins	Sheridan, Sarah	Hope		
Finney, Kristen	MIT	Marigold, Skye Qi	Connecticut	Shimizu, Pilar	Johns Hopkins		
Flinn, Rachel	Kenyon	McAfee, Kristalyn	Washington Univ.	Slagel, Clare	Luther		
Fox, Samantha	Johns Hopkins	McDermott, Courtney	Emory	Slaughter, Kirsten	Illinois Wesleyan		
Geyer, Brittanay	Stevens	McKenzie, Kylie	Emory	Spaay, Amy	UW-Whitewater		
Greene, Sarah	Emory	McLeod, Jenner	Kenyon	Stoddart, Ashleigh	Amherst		
Griesemer, Nickie	Ithaca	Merz, Allison	Amherst	Storm, Margaret	Johns Hopkins		



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2014 ALL-AMERICA HONORABLE MENTION Division III - Women

Anderson, Kathryn	Washington Univ.	Haley, Katelyn	Fredonia State	Robson, Jessica	Occidental
Ayer, Grace	Ithaca	Harris, Jenna	Chicago	Rogers, Emma	Wheaton (IL)
Bailey, Lauren	Rochester	Harris, Laura	Widener	Ryan, Emily	MIT
Baker, Victoria	Grove City	Heline, Ashley	Trinity Univ.	Schnaith, Abigail	St. Olaf
Beauchamp, Kara	Trinity Univ.	Higgins, Michelle	Williams	Scotto, Nicole	Springfield
Becker, Sierra	UW-Whitewater	Holloway, Julie	SUNY-Geneseo	Simon, Emily	Rochester
Bednarek, Marissa	Denison	Horne, Erin	DePauw	Simpson, Khamai	Rochester
Bernhardt, Carolyn	St. Olaf	Huselstein, Samantha	RIT	Singer, Jessica	Mary Washington
Bilko, Megan	Grove City	Jackson, Olivia	Williams	Singhaus, Kira	Carnegie Mellon
Bonfield, Carolyn	Emory	Jank, Abigail	Grove City	Smachlo, Julia	Bates
Boyce, Lauren	SUNY-Geneseo	Jessen, Annika	C-M-S	Socha, Milana	Carleton
Brown, Abigail	Johns Hopkins	Keller, Ashley	Fredonia State	Stadermann, Amanda	Washington Univ.
Carlos, Lauren	Washington Univ.	Kemp, Sarah	St. Olaf	Sterner, Kay	Pomona-Pitzer
Cassano, Lauren	Grove City	Korsberg, Alexa	Kenyon	Stewart-Bates, Emma	Kenyon
Chang, Caroline	Occidental	Kukielka, Mariann	St. Thomas	Tohmon, Maki	Pomona-Pitzer
Chu, Karen	Chicago	Law, Michelle	Chicago	Trace, Hayley	St. Thomas
Chudy, Charlotte	Amherst	Lee, Madeline	St. Olaf	Traub, Krista	NYU
Clark, Olivia	Williams	Lincoln, Alexandra	Pomona-Pitzer	Veech, Alexandra	Rochester
Collins, Claire	Whitman	Lopiano, Cara	Chicago	Wang, Felicia	Carnegie Mellon
Crawford, Eliana	Kenyon	Lovrensky, Madeline	La Verne	Webber, Kathryn	NYU
Crews, Gillian	Carnegie Mellon	Luan, Victoria	Rochester	Wilcoxon, Stephanie	SUNY-Geneseo
Dalziel, Elizabeth	Denison	Maclean, Erin	C-M-S	Wilkins, Kala	SUNY-Geneseo
Depew, Caroline	Bates	Max, Abigail	SUNY-Geneseo	Wilson, Rachel	Connecticut
Deysher, Katherine	Wheaton (IL)	Medeiros, Emily	Springfield	Woodward, Brooke	Emory
Dilorati, Olivia	Colorado College	Meess, Karen	Rochester	Yu, Katherine	MIT
Drake, Laura	Gustavus Adolphus	Monroe, Ashleigh	Springfield		
Dyjak, Delaney	Springfield	Neu, Danielle	Rochester		
Fergus, Miranda	SUNY-Cortland	Nikolaki, Veronica	WPI		
Flaten, Kayla	C-M-S	Ormond, Kelly	Wheaton (IL)		
Gan, Sophie	Washington Univ.	Phan, Soleil	Carnegie Mellon		
Gibbs, Rebecca	NYU	Phillips, Callie	Springfield		
Grunewald, Courtney	St. Thomas	Prelgovisk, Lindsey	Bates		
Gyorffy, Vicky	Pomona-Pitzer	Reynolds, Brooke	UW-LaCrosse		



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2014 ALL-AMERICA TEAM



Acquaviva, Joseph	Johns Hopkins	Dunn, Joseph	TCNJ	Kubat, Colby	St. Olaf	Porrizzo, Ralph	Albright
Alfonso, Alexander	DePauw	Duronio, Joseph	Kenyon	Kuhlik, Matt	Emory	Potter, Jason	Gettysburg
Alleva, Joseph	C-M-S	Egan, Nick	Amherst	Lagieski, Michael	Washington Univ.	Pu, Austin	Kenyon
Anderson, Hugh	Mary Washington	Fathman, Austin	MIT	Lanz, Michael	St. Thomas	Reardon, Ian	Kenyon
Anderson, Jeff	Amherst	Fleming, Ryan	Denison	Lattimer, Timothy	Williams	Resman, Shahar	Keene St.
Andre, Drew	Connecticut	Fothergill, Michael	Connecticut	Ledwith, Drew	Keene St.	Restaino, Anthony	Chicago
Baker, Hayden	Emory	Fowler, Jonas	Chicago	Lee, Mantim	Chicago	Ricotta, Thaddeus	Williams
Bass, Ryan	Emory	Fronk, Spencer	Denison	Lehmann, Blake	DePauw	Roe, Tanner	St. Olaf
Beckwith, Alexander	Kenyon	Funk, Ryan	Kenyon	Levy, Max	Denison	Roh, Jin	TCNJ
Black, James	Keene St.	Gajdzisz, Ryan	TCNJ	Lewis, Ben	Denison	Rosenburg, Damon	Denison
Blease, Austin	NYU	Gates, Percy	Kenyon	Leyens, Ashton	Gettysburg	Schlueter, Luke	MIT
Boraski, Ryan	Keene St.	Gibson, Stephen	TCNJ	Liao, Michael	MIT	Schmidt, Johann	Tufts
Bowen, Loring	Connecticut	Gill, Samuel	Connecticut	Lin, Benjamin	Williams	Shangle, James	TCNJ
Brebrick, William	St. Olaf	Gratz, Michael	St. Olaf	Lindgren, Kevin	USMMA	Sholtis, Connor	Amherst
Brindamour, Christian	Coast Guard	Greenhalgh, Andrew	Johns Hopkins	Lordi, Anthony	Johns Hopkins	Shultz, Patrick	C-M-S
Brunk, Bart	Denison	Grisson, Alex	DePauw	Maciel, Carlos	Denison	Spock, Ross	Emory
Bulakul, Perrin	Amherst	Guilfoyle, Joseph	Kenyon	MacKay, Ian	Middlebury	Staab, Matt	Chicago
Bunning, Bryan	Chicago	Haeske, Matt	DePauw	Magee, Kevin	Kenyon	Stephens, Jacob	Emory
Caldwell, Austin	Kenyon	Hallman, Eric	Chicago	Manz, Trevor	Kenyon	Stevick, James	C-M-S
Card, Alex	UW-Eaul Claire	Harmon, Michael	Gettysburg	Manz, Wes	Kenyon	Tamposi, Jacob	Williams
Chevalier, Andrew	Kenyon	Hawley, Philip	TCNJ	Martin, Orion	Rose-Hulman	Tarnowski, Stephen	TCNJ
Chiu, Brendon	MIT	Hinton, Joseph	C-M-S	Mattix, Bo	MIT	Taylor, James	Chicago
Cochran, Johnson	Calvin	Hogg, Cole	Keene St.	McGinnis, Patrick	Connecticut	Turpin, Carter	Washington Univ.
Conover, Arthur	Kenyon	Holder, Evan	Johns Hopkins	McMurtry, Stephen	DePauw	Van Deventer, Steven	Occidental
Corcoran, Sean	MIT	Hooker, Casey	DePauw	MEEK, Thomas	Chicago	Veldman, Matthew	Chicago
Cubbison, Stuart	Gettysburg	Howlett, Austin	Colorado College	Mering, Karl	Whitman	Vitabile, Scott	TCNJ
Culberson, Stephen	Trinity Univ.	Humphrey, Jackson	Denison	Mock, Remy	MIT	Weik, Allen	Denison
Curley, Harrison	Kenyon	Hyde, Jared	Keene St.	Moody, Parker	Amherst	White, Colin	Amherst
Dalton, Reed	Washington Univ.	Johnson, Grant	Williams	Morrison, Matthew	Ithaca	Williams, Matthew	C-M-S
Davis, Dylan	Johns Hopkins	Josephson, Christian	Kenyon	Neubieser, Daryl	MIT	Wilson, Andrew	Emory
Depew, Jeffrey	Redlands	Kasper, William	TCNJ	Pedersen, Brett	TCNJ	Wuorinen, Conrad	Denison
Dignan, Connor	Denison	Kimball, William	Johns Hopkins	Perez, Brian	TCNJ	Youngstrom, Gregory	Keene St.
Dobben, Luke	Washington Univ.	Kogut, Greg	Johns Hopkins	Poltash, Alex	C-M-S		



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2014 ALL-AMERICA HONORABLE MENTION Division III - Men

Allen, Brian	Denison	Gronbeck, Christian	Williams	Rich, Andrew	Denison
Anderson, Oscar	Kenyon	Han, Gregory	Amherst	Rohrer, Matthew	Tufts
Angeles, Andrew	Chicago	Hanak, Shawn	Stevens	Rudstrom, Alek	St. Olaf
Arcuri, Conor	Stevens	Hebert, Addison	Ithaca	Schroder, Mitchell	Calvin
Bauchwitz, Benjamin	MIT	Heise, Matthew	Amherst	Seaver, Alexander	Kenyon
Baumann, Alex	Calvin	Hogan, Colin	Williams	Shabb, Conrad	C-M-S
Boley, Nathaniel	Williams	Homere, Andrew	Chicago	Simon, Daniel	Behrend
Bonney, Duncan	Birmingham Southern	Idleman, Mark	Amherst	Stoughton, Brett	Calvin
Boren, Joshua	Albion	Johnson, Isaac	Trinity Univ.	Sun, Ravi	Stevens
Bosko, Derek	Albion	Johnson, Nick	St. Thomas	Sutherland, Sean	Williams
Breitigam, Jordan	Ohio Northern	Jokubaitis, Bradford	MIT	Tatum, Wesley	Whitworth
Brooks, Bradley	McDaniel	Kendall, Matthew	NYU	Tay, Daniel	NYU
Brus, Michael	Grinnell	Knight, Peter	Ithaca	Thomas, Adam	Trinity Univ.
Bublitz, Justin	UW-LaCrosse	Ku, Kevin	Chicago	Thomas, Kevin	Trinity Univ.
Burgeson, Jack	DePauw	Kundel, Zachary	Ithaca	Venema, Aaron	Calvin
Burzynski, Aleksander	TCNJ	Lednev, Alexander	MIT	Wahl, Zachary	Union
Cadwell, Christopher	Ithaca	Lefeber, Joshua	Stevens	Walthall, Kyle	York College
Carlson, Arron	Fredonia State	Lewis, Jack	Springfield	Welch, Andrew	Union
Carr, John	Ithaca	Lindell, Jackson	Denison	Wilkerson, Nicholas	St. Olaf
Cooper, Mitchell	Emory	McCarter, Alex	Williams	Winget, Michael	Tufts
Crowley, Jeremiah	NYU	McCaughey, William	Wheaton (IL)	Wolinski, Tomasz	Stevens
Czelewicz, Kirk	Connecticut	Melpolder, Bradley	Albion	Wu, Charles	NYU
Depalo, Matthew	RIT	Mitchell, Andrew	Calvin	Xu, Alexander	Stevens
Duval, Marcus	Illinois Wesleyan	Morrell, Justin	Washington Univ.	Zelehowsky, Adam	Ithaca
Enquist, John	Union	Nadareski, Benjamin	Union	Zettlemoyer, Eagan	Emory
Estes, Jeremy	Chicago	Nanda, Alexander	Williams		
Evans, Addison	Denison	Nennig, Alex	Denison		
Fallon, Peter	Denison	Newell, Mark	Kenyon		
Fiorillo, Brian	Albion	Nickley, Sean	Case Western		
Fleet, Alec	Buffalo State	Noga, Nicholas	Stevens		
Francis, Wills	Wheaton (IL)	Nutter, Matthew	Washington Univ.		
Gleason, Matthew	DePauw	Ortyn, David	Redlands		
Goldstein, Daniel	Grinnell	Parsons, Tom	Albion		



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2014 ALL-AMERICA TEAM



WOMEN

Anderson, MacKenzie Olivet Nazarene
 Antonissen, Andrea Oklahoma Baptist
 Bailie, MacKenzie Concordia-Irvine
 Billeaud, Michelle Brenau University
 Bletcher, Tara Concordia-Irvine
 Brimage, Kristen Oklahoma Baptist
 Davis, Liz Cumberlands
 DeLong, Kara Olivet Nazarene
 DeWall, Tara Oklahoma Baptist
 Elam, Sam Olivet Nazarene
 Forbes-Milne, Emma Oklahoma Baptist
 Galarza, Laura Oklahoma Baptist
 Greener, Heidi Oklahoma Baptist
 Gregory, Lucy Cumberlands
 Harrigan, Callie Union College
 Harris, Sydney Olivet Nazarene
 Hayward, Courtney Brenau University
 Hockett, Shayna Oklahoma Baptist
 Jabbia, Mary Katherine Brenau Univ.
 Jamieson, Sarah Concordia-Irvine
 Jirik, Rachel Olivet Nazarene
 Keller, Lexie Oklahoma Baptist
 Kemper, Kaylin Concordia-Irvine
 Kotliarova, Anna Union College
 Lapshova, Yulia Oklahoma Baptist
 Leanza, Samantha Concordia-Irvine
 Legg, Hannah SCAD
 Lepesant, Caroline SCAD
 MacManus, Lisa Oklahoma Baptist
 McCormick, Kasey Union College
 McDonald, Michelle Cumberlands
 McKinley, Emma SCAD

McVay, Haley Concordia-Irvine
 Medina, Jannette Oklahoma Baptist
 Melicharova, Eliska Union College
 Mullin, Kerry Oklahoma Baptist
 Nelson, Mikala Concordia-Irvine
 Oggioni, Alice SCAD
 Parent, Charlotte Cumberlands
 Partlow, Claire SCAD
 Partlow, Heather SCAD
 Patterson, Michaela Oklahoma Baptist
 Peplinski, Melissa Cumberlands
 Peskova, Victoria Oklahoma Baptist
 Ray, Tiffany Olivet Nazarene
 Remersaro, Ines Oklahoma Baptist
 Risinger, Holly Olivet Nazarene
 Ronci, Hayley Olivet Nazarene
 Roy, Brooke Concordia-Irvine
 Rumker, Shelby Brenau University
 Seghezzi, Dominica Concordia-Irvine
 Sola, Talia Brenau University
 Stein, Jule Union College
 Stephenson, Laura Lindsey Wilson
 Stroh, Norra SCAD
 Thompson, Haley SCAD
 Titenkova, Alena Oklahoma Baptist
 Tixier, Christine Biola
 Van Ryckeghem, Grace Cumberlands
 Weener, Kelsey Olivet Nazarene
 Whitehead, Whitney Olivet Nazarene
 Wilson, Nicole Oklahoma Baptist

MEN

Aguilar, Santi Emmanuel College
 Anderson, Jacob Olivet Nazarene
 Ax, Joel SCAD
 Barbar, AJ Oklahoma Baptist
 Baxter, Dalton Union College
 Borgman, Sam Olivet Nazarene
 Boscaino, Teo Saint Andrews
 Brun, Nico Oklahoma Baptist
 Buchanan, Aaron Olivet Nazarene
 Caixeta, Thalys Cumberlands
 Cantrelle, Gilles Oklahoma Baptist
 Cardillo, Pat SCAD
 Cribbs, Adam Oklahoma Baptist
 da Franca, Victor Oklahoma Baptist
 Dowd, John Concordia-Irvine
 Fischer, Andrew Olivet Nazarene
 Fleischmann, Marc SCAD
 Globke, Bjoern Wayland Baptist
 Gurley, Andrew Saint Andrews
 Haynes, Jarod Oklahoma Baptist
 Hegwein, Karl SCAD
 Jacobs, Ty Olivet Nazarene
 Jesus, Morales, Jose Jesus Union Coll.
 Krastev, Georgi Saint Andrews
 Lassley, Logan Oklahoma Baptist
 Lear, Jacob Concordia-Irvine
 Lercel, Joshua Olivet Nazarene
 Moore, Bradley Union College
 Nelson, Andrew Oklahoma Baptist
 Oxborough, Lawrence Concordia-Irvine
 Penny, Gregory Oklahoma Baptist
 Perlaky, Laszlo Concordia-Irvine

Pheasant, Simon Olivet Nazarene
 Phillips, Gabriel Wayland Baptist
 Pontier, Mark Oklahoma Baptist
 Prasser, Mathew Olivet Nazarene
 Price, Calvin Olivet Nazarene
 Ramirez, Daniel Oklahoma Baptist
 Richard, Tim Oklahoma Baptist
 Robbins, Daniel Oklahoma Baptist
 Searles, Ryan SCAD
 Shvartsman, Mark SCAD
 Sossa, Javier Oklahoma Baptist
 Spencer, Lucas Concordia-Irvine
 Sullivan, Garland Oklahoma Baptist
 Torell, Styrbjorn SCAD
 Wilson, Connor Oklahoma Baptist



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2014 ALL-AMERICA TEAM



Agnew, Devereaux	Iowa Lakes	Guercio, Lorena	Indian River	Nelson, Meghan	Iowa Lakes
Allin, Georgina	Indian River	Guerrero, Sandra	Darton College	Pillipow, Ariel	South Georgia
Aycart, Vanessa	Indian River	Halfast, Rebecca	Indian River	Priest, Hannah	Iowa Lakes
Bagoisan, Leanne	South Georgia	Harding, Megan	South Georgia	Ramirez, Emily	Indian River
Berntsen, Tori	Ocean County	Hippi, Josefina	Indian River	Reyes, Dashley	Iowa Lakes
Brown, Bonnie	South Georgia	Hoop, Sarah	Darton College	Reynolds, Kristina	Herkimer
Brown, Vanessa	SUNY-Delhi	Hughes, Kayla	Darton College	Rova, Cheyenne	Iowa Lakes
Caraballo, Barbara	Indian River	Hutchison, Erin	Herkimer	Ryan, Kelli	Ocean County
Carillo, Rachel	Darton College	Jones, Breda	Ocean County	Safarian, Alexandra	Ocean County
Carniglia, Kelsey	Darton College	Jordan, Sorca	Indian River	Sims, Olivia	Indian River
Casellas, Patricia	Indian River	Knudson, Kari	SUNY-Delhi	Siwiew, Karolina	Lincoln
Conlon, Grace	Iowa Lakes	Kopunek, Kristen	Monroe	Steuerman, Laura	Monroe
Cronen, Hannah	Indian River	Leever, Lauren	South Georgia	Stiggers, Jordan	Iowa Lakes
Davis, Elizabeth	Ocean County	Leonard, Shelby	Indian River	Taff, Hunter	Indian River
Delgado, Ashley	Darton College	Louk, Rosalyn	Monroe	Taliaferro, Kelsey	South Georgia
Derogatis, Rebecca	Indian River	Mack, Sarah	Monroe	Tanzy, Laura	South Georgia
Earley, Brittany	Ocean County	Maier, Elizabeth	Monroe	Wagner, Kia	Darton College
Flores, Briana	Indian River	Mance, Emily	Fashion Institute	Whalen, Alex	Herkimer
Follman, Camille	Jamestown	Matteson, Victoria	Jamestown	White, Hannah	Iowa Lakes
Gardner, Caroline	Monroe	McEnaney, Lily	SUNY-Delhi	Winnie, Kaitin	Herkimer
Getrouw, Xiomara	Monroe	Melendez, Kaitlyin	Darton College	Wright, Ashley	Indian River
Graziano, Jacquelin	SUNY-Delhi	Milliner, Abbey	Jamestown	Yearout, Kaitlyn	Indian River
Green, Brittany	Jamestown	Moody, Clara	South Georgia		
Grieco, Ronnie	Ocean County	Nakano, Yurie	Indian River		

2014 ALL-AMERICA HONORABLE MENTION



Cooper, Carrie	South Georgia	Rushe, Jessica	South Georgia
Herzog, Lizzy	Lincoln	Sampson, Sierra	Iowa Lakes
Jonas, Roynece	Iowa Lakes	Stevens, Miah	Genesee
Morgan, Andrea	Mercyhurst	Tomasek, Kayla	Iowa Lakes
Novak, Ashley	Iowa Lakes	vanBeek, Katie	Fashion Institute



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2014 ALL-AMERICA TEAM



Alberts, Heinrich	Indian River	Johnston, Johannes	South Georgia	Porterfield, Reed	Jamestown	Weiss, Matt	Darton College
Azevedo, Caio	Indian River	Jones, Riangelo	Monroe	Poti, Quinn	Indian River	Williams, Jason	Genesee
Bacon, Brian	Iowa Lakes	King, Nathan	South Georgia	Ragan, Michael	Indian River	Williams, Spencer	Indian River
Barcia, Draven	Darton College	Klugo, Michael	Monroe	Ramos Dos Santos, Gustavo	Monroe	Wise, Adam	Indian River
Barnes, Cory	Lincoln	Leitz, Ryan	Ocean County	Rojas, Marc	Indian River	Wofford, Terry	Lincoln
Benson, Trevor	Monroe	Maley, Andrew	South Georgia	Rousseau, JD	Darton College	Wolovick, Ethan	Darton College
Berry, Crawford	Darton College	Marchione, Christian	South Georgia	Rudnik, Randi	Genesee		
Bishop, Reese	Iowa Lakes	Marshall, Ben	South Georgia	Salle, Matt	SUNY-Delhi		
Blair, Adryan	Darton College	Martell, Donny	SUNY-Delhi	Santos, Ronald	Indian River		
Bliesner, Devan	Iowa Lakes	Martin, Matt	Darton College	Scott, Alec	Indian River		
Bruechner, Frank	Darton College	Masood, Eric	Jamestown	Siggins, Tian	Iowa Lakes		
Carvajal, David	Lincoln	McCollough, Austin	South Georgia	Spink, Dakota	Genesee		
Clark, William	Iowa Lakes	McGraw, Mark	Jamestown	Stanley, Kyle	Ocean County		
Domanoski, Anthony	Ocean County	Moore, Eric	Iowa Lakes	Stojmenovic, Stefan	Indian River		
Downey, Gabe	Darton College	Munaji, Amir	South Georgia	Suhushin, Dima	Iowa Lakes		
Els, Johnny	Darton College	Nakano, Shota	Indian River	Szakovits, Dan	Indian River		
Ferraro, Ryan	SUNY-Delhi	Neese, Michael	Darton College	Thoman, Brandon	Indian River		
Getrouw, Tariq	Monroe	Newman, Raymond	Ocean County	Thomas, Kyle	Iowa Lakes		
Graber, Brandon	Indian River	Newman, Robert	Ocean County	Timonera, Bryce	Indian River		
Hailer, Zachary	Monroe	Oathout, Joshua	Indian River	Trasky, Randall	Ocean County		
Hinojosa, Ryan	South Georgia	O'Connell, Sean	SUNY-Delhi	Tubbs, Phil	Jamestown		
Hogan, Daniel	South Georgia	Olano, Juan	Indian River	Wagner, Tristan	Monroe		
Ihnken, Matthew	Ocean County	Peterson, Stone	Darton College	Wall, Bryn	Darton College		
Jacob, Evan	Indian River	Popp, Justin	Genesee	Walters, Sheldon	Monroe		

2014 ALL-AMERICA HONORABLE MENTION



Dent, Scott	Darton College	Harrison, Evan	Monroe	Menke, Jake	Iowa Lakes
Garrett, Allen	South Georgia	Kofke, Wyatt	South Georgia	Metts, Tyler	South Georgia
Halligan, Tyler	Iowa Lakes	Lara, Angel	South Georgia	Scribner, Joe	Lincoln
Harding, Tyler	South Georgia	Mahnke, Victor	Lincoln	Tona, Jack	Darton College
Harris, Giordan	Iowa Lakes	Maruca, Anthony	Ocean County	Young, Tyler	Monroe



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WOMEN'S COLLEGE
WOMEN'S NCAA
DIVISION I
SWIMMING AND DIVING
CHAMPIONSHIPS
MINNEAPOLIS, MINNESOTA
MARCH 20-22, 2014 (25 YD)

a = AMERICAN, U.S. OPEN AND
 NCAA RECORD
 n = NCAA RECORD

TEAM STANDINGS

528	Georgia
402.5	Stanford
386	California
336	Texas A&M
252	USC
239	Florida
223	Tennessee
156	Arizona
144	Texas
136.5	Minnesota
123	Virginia
118	Indiana
78	Wisconsin
62	Auburn
55	Louisville
48t	North Carolina State
48t	Notre Dame
42	Penn State
41	North Carolina
39	Southern Methodist
50 FREE	
MARCH 20	
Championship Finals	
21.59	Olivia Smoliga, UGA
21.72	Kasey Carlson, USC
21.73	Margo Geer, UAZ
21.79	Ivy Martin, UWI
21.87	Maddie Locus, UGA
21.91	Maddy Schaefer, STAN
22.00	Anika Apostalon, SDSU
22.01	Faith Johnson, UTN
Consolation Finals	
21.66	Natalie Hinds, UFL
21.98	Lia Neal, STAN
22.05	Kaylin Bing, CAL
22.33	Emma Svensson, FGU
22.34t	Lili Ibanez, TAM
22.34t	Becca Weiland, UMN
22.35	Ellen Lobb, UTX
22.53	Breeja Larson, TAM



PICTURED > 2014
 WOMEN'S DIVISION
 I SWIMMING
 AND DIVING
 CHAMPIONS,
 GEORGIA
 [PHOTO BY PETER H. BICK]

100 FREE		MARCH 22		1:44.59	Elizabeth Pelton, CAL	1:57.38	Kiera Janzen, UMN	1:50.84	C. Bartholomew, UVA
Championship Finals		1:45.05	Camille Cheng, CAL	1:58.46	Alicia Mathieu, UFL	1:51.65	Sinead Russell, UFL		
47.10	Margo Geer, UAZ	1:45.06	Danielle Siverling, UNC	16:01.09	Madison Jacobi, FSU	1:52.21	Elizabeth Beisel, UFL		
47.17	Lea Neal, STAN	1:45.08	Jessica Plant, UMN	16:01.59	Sammy Harrison, OSU	1:52.44	Melanie Klaren, CAL		
47.26	Missy Franklin, CAL	1:46.03	Kelsey Leneave, UTX	16:04.30	Kaitlin Burke, TSU	1:53.68	Sam Corea, DEN		
47.40	Natalie Hinds, UFL	500 FREE		16:06.07	Sam Harding, UMN	1:54.78	Jillian Vitarius, AUB		
47.60	Shannon Vreeland, UGA	MARCH 20		16:06.08	Lauren Baker, UCLA	Consolation Finals			
47.86	Kasey Carlson, UJSC	Championship Finals		16:06.20	Rachel Zilinskas, UGA	1:52.37	Aubrey Peacock, AUB		
47.98	Maddy Schaefer, STAN	4:32.53n	Brittany MacLean, UGA	16:08.90	Megan Siverling, PSU	1:52.84	Paige Miller, TAM		
48.06	Lindsay Gendron, UTN	(53.08, 1:48.54, 2:44.25, 3:39.55)		16:09.00	Hanne Borgersen, UVA	1:53.39	Stephanie Au, CAL		
Consolation Finals		4:32.66	Missy Franklin, CAL	100 BACK		1:53.79	Kira Toussaint, FGU		
47.89	Olivia Smoliga, UGA	4:35.93	Amber McDermott, UGA	MARCH 21		1:54.24	Madison White, UCLA		
48.02	Ivy Martin, UWI	4:36.06	Lindsay Vrooman, UIN	Championship Finals		1:54.42	A. Thayer, STAN		
48.04	Traycie Swartz, UTAH	4:36.91	Bonnie Brandon, UAZ	50.77	Paige Miller, TAM	1:56.32	Rachel Zilinskas, UGA		
48.06	Alyson Ackman, PSU	4:37.30	Shannon Vreeland, UGA	50.81	Cindy Tran, CAL	DQ	Melanie McClure, TAM		
48.21	Lili Ibanez, TAM	4:37.30	Kiera Janzen, UMN	50.91	Felicia Lee, STAN	100 BREAST			
48.41	Rachael Acker, CAL	4:37.61	Sarah Henry, TAM	51.05	B. Snodgrass, UIN	MARCH 21			
48.44	Anika Apostalon, SDSU	4:37.80	Leah Smith, UVA	51.12	C. Bartholomew, UVA	Championship Finals			
48.52	Sammie Bosma, TAM	4:33.75	Cammie Adams, TAM	51.32	Melanie Klaren, CAL	57.23	Breeja Larson, TAM		
200 FREE		4:38.38	Melanie Klaren, CAL	51.81	Kira Toussaint, FGU	57.76	Emily McClellan, UWM		
MARCH 21		4:39.25	Sam Harding, UMN	51.84	Emily Bos, AUB	57.79	Emma Reaney, NDU		
Championship Finals		4:39.52	Stephanie Peacock, UNC	Consolation Finals		58.47	Kasey Carlson, USC		
1:40.86a	Missy Franklin, CAL	4:39.63	Jordan Mattern, UGA	51.47	Olivia Smoliga, UGA	58.70	Katie Olsen, STAN		
1:42.26	Shannon Vreeland, UGA	4:41.64	Rachel Zilinskas, UGA	51.82	Sinead Russell, UFL	59.66	Molly Hannis, UTN		
1:42.55	Lindsay Gendron, UTN	4:42.56	Chelsea Chenault, USC	51.85	Rachel Bootsma, CAL	59.84	Kaylin Burchell, UAL		
1:43.30	Brittany MacLean, UGA	1650 FREE		52.30	Jillian Vitarius, AUB	1:00.44	Tara-L. Nicholas, SMU		
1:43.81	Alyson Ackman, PSU	MARCH 22		52.43	Lily Moldenhauer, UTX	Consolation Finals			
1:43.90	Lili Ibanez, TAM	Timed Finals		52.54	Anika Apostalon, SDSU	59.39	Bronwyn Pasloski, UIN		
1:43.98	Caroline Piehl, CAL	15:27.84n	Brittany MacLean, UGA	52.66	Alexandra Deloof, UMI	59.56	Sarah Haase, STAN		
1:44.76	Jordan Mattern, UGA	15:40.27	Amber McDermott, UGA	52.90	M. Lightbourn, FSU	59.58	Katharine Ross, UMO		
Consolation Finals		15:42.04	Leah Smith, UVA	200 BACK		59.65	Hilda Luthersdottir, UFL		
1:43.82	Lia Neal, STAN	15:42.44	Lindsay Vrooman, UIN	MARCH 22		59.66	Ashley McGregor, TAM		
1:44.25	Chelsea Chenault, USC	15:56.38	Tjasa Oder, UAZ	Championship Finals		59.81	Gretchen Jaques, UTX		
1:44.47	Rachael Acker, CAL	200 BACK		1:50.52	B. Snodgrass, UIN	1:00.41	Weronika Paludzek, VAT		
MARCH 22		Championship Finals		1:50.55	Elizabeth Pelton, CAL	1:00.49	Annie Zhu, UGA		

200 BREAST	MARCH 22	1:58.07	Elizabeth Beisel, UFL	1:37.53	Wisconsin	3:14.90	Wisconsin	354.75	Emma Ivory-Ganja, UTX
	Championship Finals	1:58.42	Jasmine Tosky, USC	1:37.84	Missouri		Consolation Finals	293.00	Christa Cabot, UKY
2:04.06n	Emma Reaney, NDU			1:38.06	North Carolina	3:14.95	Texas A&M		Consolation Finals
	(27.87, 59.35, 1:31.36)	200 IM	MARCH 20	1:38.17	Penn State	3:15.26	Auburn	368.60	Margaret Keefer, UMN
2:05.88t	Breeja Larson, TAM		Championship Finals			3:15.29	North Carolina State	366.05	Kaylea Arnett, VAT
2:05.88t	Katie Olsen, STAN	1:52.50	Maya DiRado, STAN	400 MR	MARCH 20	3:15.31	Minnesota	360.70	Victoria Lamp, UTN
2:06.40	Melanie Margalis, UGA	1:52.64	Melanie Margalis, UGA		Championship Finals	3:15.69	Texas	357.65	Cassie Weil, LSU
2:06.53	Ashley McGregor, UTX	1:53.85	Celina Li, CAL	3:27.51n	Stanford	3:16.07	Florida State	347.60	Haley Ishimatsu, USC
2:06.76	Kierra Smith, UMN	1:54.80	Elizabeth Pelton, CAL		DiRado 51.42	3:16.18	UCLA	335.55	Hailey Casper, ASU
2:06.98	Emily McClellan, UWM	1:55.11	Stina Gardell, USC		Olsen 1:49.69	3:16.41	Penn State	307.10	S. Bromberg, UTX
2:07.98	Annie Zhu, UGA	1:56.14	Felicia Lee, STAN		Lee 2:40.51			299.10	En-Tien Huang, UNV
	Consolation Finals	1:56.15	Emma Reaney, NDU		Neal 3:27.51	800 FR	MARCH 21		
2:08.35	Stina Colleou, UTAH	1:56.88	Marni Oldershaw, UMI	3:28.12	Texas A&M		Timed Finals	10-METER	MARCH 22
2:08.52	Weronika Paluszek, VAT		Consolation Finals	3:29.43	Georgia	6:54.94	California		Championship Finals
2:08.69	Laura Simon, UVA	1:56.37	Jasmine Tosky, USC	3:30.27	Florida	6:55.09	Georgia	340.90	Haley Ishimatsu, USC
2:09.22	Emma Schoettmer, UAZ	1:56.49	Kaitlyn Jones, UVA	3:30.70	California	6:55.62	Stanford	349.30	Emma Ivory-Ganja, UTX
2:09.26	Molly Hannis, UTN	1:56.79	Tanja Kylliainen, LOU	3:32.28	Tennessee	7:00.18	USC	345.25	Laura Ryan, UGA
2:09.44	Andrea Kropp, USC	1:56.95	Mikaela Macklin, SDSU	3:34.21	USC	7:01.81	Virginia	338.45	Kara McCormack, MIA
2:09.72	S. McMahon, TAM	1:57.40	Caroline Piehl, CAL	DQ	Virginia	7:02.43	Minnesota	319.10	Kahley Rowell, CAL
2:11.68	Christine Wixted, DUKE	1:57.50	Meghan Hawthorne, USC		Consolation Finals	7:02.66	Texas A&M	305.55	Victoria Lamp, UTN
		1:57.71	Tori Simenec, UMN	3:30.56	Indiana	7:03.83	Florida	303.95	Cassie Weil, LSU
		1:57.86	Madisyn Cox, UTX	3:31.24	Arizona	7:04.13	Texas	294.70	M. Tweardy, PUR
100 FLY	MARCH 21			3:31.66	Southern Methodist	7:05.98	North Carolina		Consolation Finals
	Championship Finals	400 IM	MARCH 21	3:34.36	Louisville	7:06.20	Tennessee	319.30	Kersten Merry, UTAH
50.89	Felicia Lee, STAN		Championship Finals	3:34.63	Texas	7:06.49	UCLA	307.20	Kate Hillman, UIN
51.09	Kelsi Worrell, LOU	3:58.12	Maya DiRado, STAN	3:35.04	Florida State	7:06.60	Ohio State	290.60	Christa Cabot, UKY
51.10	Marne Erasmus, SMU	3:58.84	Elizabeth Beisel, UFL	3:35.18	Minnesota	7:07.12	Penn State	278.05	Margaret Keefer, UMN
51.47	Andrea Ward, UCSB	4:00.30	Melanie Margalis, UGA	DQ	Alabama	7:07.23	Arizona	276.60	Hannah Prigge, FSU
51.50	Ellese Zalewski, UFL	4:02.88	Sarah Henry, TAM			7:08.07	Indiana	269.00	Taylor Olanski, HOUS
51.64	Cindy Tran, CAL	4:03.16	Cammille Adams, TAM	200 FR	MARCH 20		MARCH 20	266.80	Kaylea Arnett, VAT
51.66	Elizabeth Boyce, PRIN	4:05.16	Amber McDermott, UGA		Championship Finals	1-METER	Championship Finals	252.85	Nicole Scott, RUT
52.25	Farida Osman, CAL	4:07.34	Stina Gardell, USC	1:26.23	Stanford		Laura Ryan, UGA		
	Consolation Finals	4:07.34	Celina Li, CAL	1:26.67	California	312.35	Maren Taylor, UTX		
51.62	Sam Corea, DEN	4:08.02	Consolation Finals	1:27.19	Georgia	333.75	Kaylea Arnett, VAT		
51.72	Jess Reinhardt, LIB		Nicole Vernon, UGA	1:27.39	Texas A&M	332.70	Margaret Keefer, VAT		
51.90	K. Herrington, UNLV	4:05.88	Hali Flickinger, UGA	1:27.69	Tennessee	328.20	Michaela Butler, MASS		
52.01	Mackenzie Powers, PSU	4:06.18	Gabrielle Shishkoff, PSU	1:27.97	Wisconsin	326.25	Haley Ishimatsu, USC		
52.06	Dani Barbiea, UMO	4:06.85	Carolyn Blalock, UNC	1:28.11	Arizona	314.65	Kara McCormack, MIA		
52.46	Becca Weiland, UMN	4:07.51	Sonnica Perez, FIU	1:29.41	USC	312.30	Thea Vock, MIA		
52.54	Ting Wen Quah, UCLA	4:10.17	Andie Taylor, STAN		Consolation Finals	310.05	Consolation Finals		
53.08	Sophia Batchelor, CAL	4:10.26	Chelsie Miller, UKS	1:27.54	Florida		Victoria Lamp, UTN		
		4:10.55	Julia Henkel, FSU	1:28.16	North Carolina State	303.85	Michelle Cabassol, PUR		
		4:11.68		1:28.72	Auburn	303.45	Kaixuan Zhang, SIU		
200 FLY	MARCH 22			1:29.17	Minnesota	296.75	Hailey Casper, ASU		
	Championship Finals	200 MR	MARCH 21	1:29.22	UCLA	296.00	Emma Ivory-Ganja, UTX		
1:52.62	Cammille Adams, TAM		Championship Finals	1:29.33	San Diego State	294.30	Alexandra Clay, STAN		
1:53.823	Maya DiRado, STAN	1:34.95	Stanford	1:29.42	Texas	291.60	Wenting Zhang, ISU		
1:53.05	Lindsay Gendron, UTN	1:35.32	Tennessee	1:29.72	Virginia	290.60	Paige McCleary, UAL		
1:53.63	Kelsi Worrell, LOU	1:35.42	Florida			288.40			
1:53.65	Tina Bechtel, UKY	1:35.59	Texas A&M						
1:54.76	Hali Flickinger, UGA	1:35.98	Georgia	400 FR	MARCH 22				
1:55.52	Caroline McElroy, TAM	1:36.69	Texas		Championship Finals	3-METER			
1:55.85	Meredith Hoover, UNC	1:37.21	Virginia	3:10.83	Stanford		Championship Finals		
	Consolation Finals	1:37.21	North Carolina State	3:10.99	Arizona	423.15	Lauran Ryan, UGA		
1:54.65	Lauren Harrington, UGA	1:37.73	Consolation Finals	3:11.37	California	399.30	Maren Taylor, UTX		
1:54.84	Tanja Kylliainen, LOU	1:37.59	USC	3:12.09	Georgia	385.20	Kaixuan Zhang, Siu		
1:54.88	Noelle Tarazona, UCLA	1:37.67	Indiana	3:12.44	Florida	370.65	Michelle Cabassol, PUR		
1:56.43	Abby Myers, UKY	1:37.39	Arizona	3:13.01	USC	369.40	Michaela Butler, MASS		
1:56.44	Brenna Maclean, UIN	1:37.49	Michigan	3:14.10	Tennessee	363.90	Wenting Zhang, ISU		
1:57.24	Andrea Ward, UCSB								

WOMEN'S NCAA
DIVISION II
SWIMMING AND DIVING
CHAMPIONSHIPS
GENEVA, WISCONSIN
MARCH 12-15, 2014 (25 YD)

* = NCAA DIVISION II RECORD

TEAM STANDINGS

486	Drury
419	Wayne State
368.5	Queens-NC
300	West Chester
248.5	UC San Diego
230.5	Wingate
184	Florida Southern
178	Bridgeport
149	California Baptist
132	Grand Valley
50 FREE	MARCH 12
22.62	Ana Azambuja, WSU
22.88	Wai Ting Yu, DRURY
22.92	Mary Hanson, CBU

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PICTURED >
2014 WOMEN'S
NJCAA SWIMMING
AND DIVING
CHAMPIONS,
INDIAN RIVER



1:04.67	Sydney Harris, ONU	7:44.58	Savannah College
1:05.23	Heidi Greiner, OBU	1-METER	MARCH 5
200 BREAST	MARCH 8	248.85	Kristen Brimage, OBU
2:19.55	Sydney Harris, ONU	210.30	Tara DeWall, OBU
2:22.65	Kerryn Mullin, OBU	206.55	M. McDonald, CUMB
2:24.22	Heidi Greiner, OBU	3-METER	MARCH 7
100 FLY	MARCH 7	222.50	Kristen Brimage, OBU
54.35*	Christine Tixier, BIOLA	212.70	M. McDonald, CUMB
55.79	Lisa MacManus, OBU	176.10	Michaela Patterson, OBU
56.73	Michelle Billeaud, BRE		
200 FLY	MARCH 8		
2:01.53	Christine Tixier, BIOLA		
2:04.92	Hannah Legg, SCAD		
2:05.78	Janne Morales, OBU		
200 IM	MARCH 6		
2:04.48	Christine Tixier, BIOLA		
2:05.80	Charlotte Parent, CUMB		
2:07.26	Hannah Legg, SCAD		
400 IM	MARCH 7		
4:03.53	Courtney Hayward, BRE		
4:31.58	Tiffany Rey, ONU		
4:33.21	Janne Morales, OBU		
200 MR	MARCH 6		
1:41.65	Oklahoma Baptist		
1:45.13	Olivet Nazareth		
1:46.49	Union College		
400 MR	MARCH 7		
3:46.28	Oklahoma Baptist		
3:55.50	Olivet Nazarene		
3:55.86	Brenau		
200 FR	MARCH 7	50 FREE	MARCH 6
1:32.15*	Oklahoma Baptist	22.93*	Rebecca Derogatis, IRSC
1:35.94	Concordia	23.72	Patricia Casellas, IRSC
1:37.03	Olivet Nazarene	24.20	Olivia Sims, IRSC
400 FR	MARCH 8	100 FREE	MARCH 8
3:25.01*	Oklahoma Baptist	50.48	Yurie Nakano, IRSC
3:32.41	Concordia	50.78	Rebecca Derogatis, IRSC
3:32.79	Savannah College	52.47	Olivia Sims, IRSC
800 FR	MARCH 6	200 FREE	MARCH 7
7:38.21	Oklahoma Baptist	1:50.20	Josefine Hippi, IRSC
7:44.55	Brenau	1:51.22	Shelby Leonard, IRSC

1:54.99	Georgina Allin, IRSC	800 FR	MARCH 5
500 FREE	MARCH 6	7:21.97	Indian River
4:56.51	Josefine Hippi, IRSC	8:06.54	Iowa Lakes
5:02.57	Georgina Allin, IRSC	8:08.28	Monroe
5:09.03	Rebecca Halfast, IRSC	1-METER	MARCH 6
1650 FREE	MARCH 8	486.20	Ashley Wright, IRSC
16:55.85	Josefine Hippi, IRSC	400.80	Hunter Taff, IRSC
17:45.18	Grace Conlon, ILCC	365.15	Kelsey Carniglia, DC
17:52.26	Lorena Guercio, IRSC	3-METER	MARCH 8
100 BACK	MARCH 7	520.75	Ashley Wright, IRSC
55.10	Yurie Nakano, IRSC	379.20	Hunter Taff, IRSC
56.45	Shelby Leonard, IRSC	368.65	Sarah Hoop, DC
58.89	Briana Flores, IRSC		
200 BACK	MARCH 8		
2:01.45	Shelby Leonard, IRSC		
2:05.01	Rebecca Halfast, IRSC		
2:09.12	Kaitlyn Yearout, IRSC		
100 BREAST	MARCH 7		
1:03.97	Patricia Casellas, IRSC		
1:08.36	Rebecca Derogatis, IRSC		
1:08.91	Sorca Jordan, IRSC		
200 BREAST	MARCH 8		
2:21.48	Patricia Casellas, IRSC		
2:27.31	Sorca Jordan, IRSC		
2:27.96	Vanessa Aycart, IRSC		
100 FLY	MARCH 7		
54.11	Yurie Nakano, IRSC		
59.41	Olivia Sims, IRSC		
59.55	Emily Ramirez, IRSC		
200 FLY	MARCH 8		
2:03.73	Barbara Caraballo, IRSC		
2:12.80	Emily Ramirez, IRSC		
2:16.93	Kaitlyn Yearout, IRSC		
200 IM	MARCH 6		
2:01.69	Barbara Caraballo, IRSC		
2:08.39	Georgina Allin, IRSC		
2:12.25	Sorca Jordan, IRSC		
400 IM	MARCH 7		
4:18.65*	Barbara Caraballo, IRSC		
4:36.38	Grace Conlon, ILCC		
4:42.88	Kaitlyn Yearout, IRSC		
200 MR	MARCH 7		
1:43.26	Indian River		
1:52.51	Iowa Lakes		
1:53.56	Monroe		
400 MR	MARCH 5		
3:44.47	Indian River		
4:05.20	Iowa Lake		
4:09.97	South Georgia		
200 FR	MARCH 6		
1:33.33	Indian River		
1:42.24t	Darton		
1:42.24t	South Georgia		
400 FR	MARCH 8		
3:24.06	Indian River		
3:40.93	Iowa Lakes		
3:46.75	Monroe		

MEN'S COLLEGE

 **MEN'S NCAA
DIVISION I
SWIMMING AND DIVING
CHAMPIONSHIPS
AUSTIN, TEXAS
MARCH 27-29, 2014 (25 YD)**

**a = AMERICAN, U.S. OPEN
AND NCAA RECORD
n = NCAA RECORD**

TEAM STANDINGS

468.5	California
417.5	Texas
387	Florida
310	Michigan
259	Georgia
230	Auburn
198.5	Arizona
182	USC
155	Stanford
141	Indiana
129	Louisville
121.5	Alabama
113.5	North Carolina State
105	Florida State
98	Tennessee
95	Missouri
63	Penn State
54	Ohio State
50	UNLV
46	Virginia Tech
50 FREE	MARCH 27
Championship Finals	MARCH 27
18.95t	K. Gkolomeev, UAL
18.95t	Brad Tandy, UAZ
18.98	Bradley Deborde, UFL
19.05	Derek Toomey, UMN
19.09	Seth Stubblefield, CAL
19.11	John Murray, UTX
19.14	Paul Murray, FSU
19.20	Matthew Ellis, UTX

Consolation Finals	MARCH 29
Simionas Bilis, NCS	Championship Finals
M. Chierighini, AUB	Joao De Lucca, LOU
Tony Cox, CAL	M. Chierighini, AUB
T. Messerschmidt, CAL	Cristian Quintero, USC
Dillon Virva, UNLV	Shane Ryan, PSU
Joao De Lucca, LOU	John Murray, UTX
David Williams, NCS	Kyle Darmody, AUB
Andrew Kosic, GAT	Seth Stubblefield, CAL
	Bradley Deborde, UFL
	Consolation Finals
	T. Messerschmidt, CAL
	B.J. Hornikel, UAL
	Simonas Bilis, NCS
	Luke Percy, UTN
	K. Gkolomeev, UAL
	James Disney-May, AUB
	Matthew Ellis, UTX
	200 FREE
	MARCH 28
	Championship Finals
	Joao De Lucca, LOU
	Cristian Quintero, USC
	Michael Wynalda, UMI
	Matias Koski, UGA
	Frank Dyer, NDU
	Clay Youngquist, UTX
	Mitch D'Arrigo, UFL
	Dimitri Colupaev, USC
	Consolation Finals
	Tom Kremer, STAN
	Will Hamilton, CAL
	Michael Disalle, OSU
	Trent Williams, CAL
	Matt Barber, UAZ
	Adam Kalms, UWY
	Dylan Carter, USC
	Connor Jaeger, UMI
	500 FREE
	MARCH 27
	Championship Finals
4:10.02	Cristian Quintero, USC
4:11.62	Dan Wallace, UFL
4:12.67	Connor Jaeger, UMI
4:13.97	Matias Koski, UGA
4:14.34	Jack Conger, UTX
4:15.75	Mitch D'Arrigo, UFL

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FOR THE RECORD - continued from 65

4:16.85	Thomas Duvall, USNA
4:16.88	Andres Nielsen, UMI
Consolation Finals	
4:13.40	Jeremy Bagshaw, CAL
4:15.08	Matt Barber, UAZ
4:16.10	Zane Grothe, AUB
4:16.39	Sam Lewis, UTX
4:16.40	Michael Wynalda, UMI
4:16.85	Reed Malone, USC
4:17.08	Sean Ryan, UMI
4:18.61	Mitchell Huxhold, CSUB

1650 FREE

14:29.27	Connor Jaeger, UMI
14:39.00	Jeremy Bagshaw, CAL
14:43.08	Arthur Frayler, UFL
14:44.36	Jordan Wilimovsky, NW
14:45.55	Zane Grothe, AUB
14:46.17	Andrew Gemmell, UGA
14:47.36	Mitch D'Arrigo, UFL
14:47.74	Matias Koski, UGA
14:49.63	Chris Swanson, PENN
14:50.61	Sean Ryan, UMI
14:50.69	Will Freeman, UGA
14:50.96	Dylan Bunch, DEN
14:51.18	Anders Nielsen, UMI
14:52.17	Danny Thomson, STAN
14:56.01	Sonny Fierro, CPOLY
14:56.09	C.J. Smith, UMN

MARCH 29

Timed Finals

100 BACK

44.63	Ryan Murphy, CAL
44.78	Shane Ryan, PSU
45.03	Kip Darmody, UTX
45.21	David Nolan, STAN
45.30	Bryce Bohman, WVU
45.55	Luca Spinazzola, USC
45.79	Tony Cox, CAL
46.44	Pavel Sankovich, FSU

Consolation Finals

45.90	James Wells, UIN
46.00	Nate Savoy, PSU
46.09	Jacob Pebley, CAL
46.10	Aaron Gustafson, UTX
46.24	Taylor Dale, UGA
46.54	Mitch Friedemann, UAZ
46.92	Sean Lehane, UTN
46.98	Jack Blyzinskyj, UFL

200 BACK

1:37.35n	Ryan Murphy, CAL
1:38.69	Eric Ress, UIN
1:39.17	David Nolan, STAN
1:39.59	Jacob Pebley, CAL
1:39.83	Bryce Bohman, WVU
1:40.18	Kip Darmody, UTX
1:40.35	Sean Lehane, UTN
1:40.73	Jack Conger, UTX

MARCH 29

Consolation Finals

Consolation Finals

45.61	Collin Higgins, VAT
45.98	Tynan Stewart, UGA
46.31	Joe Patching, AUB
45.50	Pat Murphy, UTX
45.89	Stephen Coetzer, NCS
45.99	Luke Papendick, UVA
46.35	Will Glass, UTX
46.43t	Corey Main, UFL
46.43t	
46.67	
47.01	

100 BREAST

50.04a	Kevin Cordes, UAZ
	(Split: 23.58)
51.48	Nicolas Fink, UGA
51.96	Richard Funk, CAL
52.02	Chuck Katis, CAL
52.07	Sam Tierney, UMO
52.09	Cody Miller, UIN
52.12	Bruno Ortiz, UMI
52.25	F.Schwingschlogl, WK

MARCH 28

Consolation Finals

52.08	Thomas Dahlia, LOU
52.35	E. Solaeche-Gomez, UFL
52.51	Kameron Chastain, LOU
52.54	Michael Duderstadt, AUB
52.69	Nejc Zupan, DART
52.78	Anton McKee, UAL
52.94	Brad Tandy, UAZ
53.04	Matt Elliott, UFL

200 BREAST

1:48.66	Kevin Cordes, UAZ
1:51.82	Cody Miller, UIN
1:51.92	Nicolas Fink, UGA
1:52.31	Anton McKee, UAL
1:52.64	Chuck Katis, CAL
1:52.97	Josh Prenot, CAL
1:53.81	Richard Funk, UMI
1:53.83	Sam Tierney, UMO

MARCH 29

Consolation Finals

1:42.07	Matt Elliott, UFL
1:43.76	E. Solaeche-Gomez, UFL
1:43.91	Lyam Dias, PUR
1:42.67	Will Licon, UTX
1:43.12t	Thomas Dahlia, LOU
1:43.12t	Addison Bray, LOU
1:43.13	Nick Schafer, UWI
1:43.39	Yannick Kaeser, UVA
1:43.40	
1:43.57	
1:43.79	

200 BREAST

1:48.66	Kevin Cordes, UAZ
1:51.82	Cody Miller, UIN
1:51.92	Nicolas Fink, UGA
1:52.31	Anton McKee, UAL
1:52.64	Chuck Katis, CAL
1:52.97	Josh Prenot, CAL
1:53.81	Richard Funk, UMI
1:53.83	Sam Tierney, UMO

MARCH 29

Consolation Finals

1:42.07	Matt Elliott, UFL
1:43.76	E. Solaeche-Gomez, UFL
1:43.91	Lyam Dias, PUR
1:42.67	Will Licon, UTX
1:43.12t	Thomas Dahlia, LOU
1:43.12t	Addison Bray, LOU
1:43.13	Nick Schafer, UWI
1:43.39	Yannick Kaeser, UVA
1:43.40	
1:43.57	
1:43.79	

100 FLY

44.87	Marcin Cieslak, UFL
45.00	Pavel Sankovich, FSU
45.10	Tim Phillips, OSU
45.43	Giles Smith, UAZ
45.46	Tripp Cooper, UTX

MARCH 28

Consolation Finals

45.61	Jack Conger, UTX
45.98	Will Glass, UTX
46.31	Doug Reynolds, UGA
45.50	Andrew Porter, UAZ
45.89	Marcin Tarczynski, CAL
45.99	Sam Lewis, UNC
46.35	Seth Stubblefield, CAL
46.43t	Tony Cox, CAL
46.43t	Matthew Ellis, UTX
46.67	Pete Brumm, UMI
47.01	Barrett Miesfeld, NCS

100 FLY

44.87	Marcin Cieslak, UFL
45.00	Pavel Sankovich, FSU
45.10	Tim Phillips, OSU
45.43	Giles Smith, UAZ
45.46	Tripp Cooper, UTX

MARCH 28

Consolation Finals

45.61	Jack Conger, UTX
45.98	Will Glass, UTX
46.31	Doug Reynolds, UGA
45.50	Andrew Porter, UAZ
45.89	Marcin Tarczynski, CAL
45.99	Sam Lewis, UNC
46.35	Seth Stubblefield, CAL
46.43t	Tony Cox, CAL
46.43t	Matthew Ellis, UTX
46.67	Pete Brumm, UMI
47.01	Barrett Miesfeld, NCS

200 FLY

1:39.33a	Dylan Bosch, UMI
	(22.65, 47.28, 1:12.75)
1:40.17	Marcin Cieslak, UFL
1:42.11	Marcin Tarczynski, CAL
1:42.18	Christian McCurdy, NCS
1:42.56	Kyle Whitaker, UMI
1:43.05	Michael Meyer, UAZ
1:43.17	Steve Schmuhl, UIN
1:44.34	Sebastian Rousseau, UFL

200 FLY

1:23.30	Connor Knight, FSU
1:23.87	Frank Greeff, LSU
1:24.57	Long Gutierrez, CAL
1:24.82	Daid Jakl, COL
1:24.87	Tom Kremer, STAN
1:25.07	Arthur Mendes, AUB
DQ	
1:24.94	Kyler Van Swol, UMN
1:25.12	Alexandru Coci, ASU

200 IM

1:40.58	Marcin Cieslak, UFL
1:41.19	Chase Kalisz, UGA
1:41.38	David Nolan, STAN
1:41.51	Kyle Whitaker, UMI
1:41.97	Josh Prenot, CAL
1:42.07	Dylan Bosch, UMI
1:43.76	Nicolas Fink, UGA
1:43.91	Ryan Murphy, CAL
1:42.67	E. Solaeche-Gomez, UFL
1:43.12t	Cody Miller, UIN
1:43.12t	Steve Schmuhl, UIN
1:43.13	Eric Ress, UIN
1:43.39	Will Hamilton, CAL
1:43.40	Will Licon, UTX
1:43.57	Marcin Tarczynski, CAL
1:43.79	Tom Kremer, STAN

400 IM

3:34.50a	Chase Kalisz, UGA
	(50.04, 1:44.16, 2:43.57)

3:38.17	Jack Conger, UTX
3:38.58	Will Glass, UTX
3:40.64	Doug Reynolds, UGA
3:40.84	Andrew Porter, UAZ
3:41.33	Marcin Tarczynski, CAL
3:41.65	Sam Lewis, UNC
3:42.98	Seth Stubblefield, CAL

Consolation Finals

3:40.77	Tony Cox, CAL
3:41.24	Matthew Ellis, UTX
3:43.41	Pete Brumm, UMI
3:43.51	Barrett Miesfeld, NCS
3:44.21	
3:46.27	
3:46.97	
3:47.88	

MARCH 29

Consolation Finals

1:22.83a	Marcin Cieslak, UFL
	(22.65, 47.28, 1:12.75)
1:23.30	Marcin Tarczynski, CAL
1:23.87	Christian McCurdy, NCS
1:24.57	Kyle Whitaker, UMI
1:24.82	Michael Meyer, UAZ
1:24.87	Steve Schmuhl, UIN
1:25.07	Sebastian Rousseau, UFL
DQ	
1:24.94	Kyler Van Swol, UMN
1:25.12	Alexandru Coci, ASU

Consolation Finals

1:23.30	Connor Knight, FSU
1:23.87	Frank Greeff, LSU
1:24.57	Long Gutierrez, CAL
1:24.82	Daid Jakl, COL
1:24.87	Tom Kremer, STAN
1:25.07	Arthur Mendes, AUB
DQ	
1:24.94	Kyler Van Swol, UMN
1:25.12	Alexandru Coci, ASU

MARCH 27

Consolation Finals

1:25.61	Marcin Cieslak, UFL
1:25.66t	Chase Kalisz, UGA
1:25.66t	David Nolan, STAN
1:25.87	Kyle Whitaker, UMI
1:26.24	Josh Prenot, CAL
1:26.25	Dylan Bosch, UMI
3:02.66	Nicolas Fink, UGA
3:04.77	Ryan Murphy, CAL
3:04.79	E. Solaeche-Gomez, UFL
3:05.50	Cody Miller, UIN
3:05.91	Steve Schmuhl, UIN
3:06.33	Eric Ress, UIN
3:07.61	Will Hamilton, CAL
3:07.68	Will Licon, UTX
3:07.12	Marcin Tarczynski, CAL
3:07.38	Tom Kremer, STAN

MARCH 28

Consolation Finals

3:08.02	Chase Kalisz, UGA
3:08.08	
3:08.40	
3:09.74	

3:38.17	Dan Wallace, UFL
3:38.58	Josh Prenot, CAL
3:40.64	Steve Schmuhl, UIN
3:40.84	Will Licon, UTX
3:41.33	Kyle Whitaker, UMI
3:41.65	Dylan Bosch, UMI
3:42.98	Tynan Stewart, UGA

Consolation Finals

3:40.77	Sebastien Rousseau, UFL
3:41.24	Matt Elliott, UFL
3:43.41	Connor Signorin, UFL
3:43.51	Adam Hinshaw, CAL
3:44.21	Jared Markham, UGA
3:46.27	Simon Frank, TAM
3:46.97	Jakub Maly, UMN
3:47.88	Michael Meyer, UAZ

MARCH 28

Consolation Finals

1:22.83a	California
	Murphy 20.90
	Katis 44.19
	Cox 1:04.18
	Messerschmidt 1:22.83
	Texas
	Auburn
	Florida State
	Florida
	Georgia
	Alabama
	Arizona

Consolation Finals

1:23.30	Missouri
1:23.87	Michigan
1:24.57	Penn State
1:24.82	North Carolina State
1:24.87	Tennessee
1:25.07	USC
DQ	UNLV
1:24.94	Kentucky
1:25.12	
1:25.61	
1:25.66t	
1:25.66t	
1:25.87	
1:26.24	
1:26.25	

MARCH 27

Consolation Finals

1:25.61	California
1:25.66t	Florida
1:25.66t	Texas
1:25.87	Georgia
1:26.24	USC
1:26.25	Florida State
3:02.66	Michigan
3:04.77	Alabama
3:04.79	Alabama
3:05.50	Louisville
3:05.91	North Carolina State
3:06.33	Indiana
3:07.61	Missouri
3:07.68	Penn State
3:07.12	Tennessee
3:07.38	
3:08.02	
3:08.08	
3:08.40	
3:09.74	



PICTURED > KEVIN
CORDES, UNIVERSITY
OF ARIZONA

3:09.78	UNLV	62:22.14	Arizona	380.15	Mark Anderson, UTX
DQ	Ohio State	6:23.31	Tennessee	358.55	Fraser McKean, AUB
		6:23.42	Ohio State	370.40	Dominic Ricotta, UAZ
200 FR	MARCH 27			351.60	Robles-Rodriguez, UTN
	Championship Finals	1-METER	MARCH 27	333.60	Nathan Cox, PUR

1:15.27	California		Championship Finals		
1:15.53	Texas	443.50	Michael Hixon, UTX		
1:15.92	Auburn	436.55	Kristian Ipsen, STAN		
1:16.67	Arizona	412.15	Nick McCrory, DUKE		
1:16.98	Florida	405.95	David Bonuchi, UMO		
1:17.58	UNLV	403.95	Cory Bowersox, UTX		
1:19.14	Michigan	393.15	Rafael Quintero, UAZ		
DQ	Texas A&M	370.25	Samuel Dorman, MIAMI		
		363.60	Riley McCormick, ASU		

	Consolation Finals		Consolation Finals		
1:17.29	Louisville		Josiah Purss, UTAH		
1:17.59	Tennessee	347.65	Ryan Hawkins, VAT	569.5	Drury
1:17.89	Ohio State	363.35	Robles-Rodriguez, UTN	361	Florida Southern
1:18.27	Stanford	358.20	Fraser McKean, AUB	358.5	Wayne State
1:18.42	Minnesota	351.60	John Santeiu, AUB	285	Queens-NC
DQ	Alabama	349.20	Clark Thomas, UMO	258.5	Bridgeport
DQ	USC	338.60	Brad Christensen, STAN	237	West Chester
DQ	Penn State	319.20	Emad Abdelatif, UIN	229	UCSD
		317.55		221	Wingate
				189	Tampa
				146	Grand Valley State

400 FR	MARCH 29		MARCH 28		
	Championship Finals	3-METER	Championship Finals		
2:48.33	Auburn		Michael Hixon, UTX		
2:49.48	California	457.20	Riley McCormick, ASU	50 FREE	MARCH 12
2:49.50	North Carolina State	412.40	Robles-Rodriguez, UTN	19.75	Nicholas McCarthy, DU
2:50.94	Texas	406.65	Kristian Ipsen, STAN	19.88t	Oscar Pereiro, BRID
2:51.65	Alabama	394.90	Zachary Nees, MIAMI	19.88t	Daniel Rzakowski, DU
2:51.88	USC	386.00	Darian Schmidt, UIN	100 FREE	MARCH 15
2:52.13	Florida	379.35	J.B. Kolod, UVA	43.49	Ruben Gimenez, BRID
2:54.25	Tennessee	376.85	Layne Rogers, PUR	43.54	Nicholas McCarthy, DU
		353.85	Consolation Finals	44.16	Robert Swan, FSU
	Consolation Finals		Clark Thomas, UMO	200 FREE	MARCH 13
2:51.26	Ohio State		Rafael Quintero, UAZ	1:35.35	Victor Polyakov, WCU
2:51.83	Louisville	418.60	John Santeiu, AUB	1:35.96	Till Barthel, WSU
2:52.36	UNLV	414.90	Ryan Hawkins, VAT	1:36.17	Gianni Ferrero, GVS
2:52.76	Arizona	411.60	Michael Mosca, HARV	500 FREE	MARCH 14
2:52.82	Michigan	408.40	Jamie Bissett, PUR	4:23.44	Victor Polyakov, WCU
2:52.96	Georgia	392.65	Emad Abdelatif, UIN	4:24.51	Jonathan Glaser, MOST
2:53.37	Penn State	386.40	Jack Nyquist, UNC	4:25.46	Brad Strathmeyer, WCU
2:53.41	Stanford	304.85		1000 FREE	MARCH 12

800 FR	MARCH 28		MARCH 29		
	Timed Finals	10-METER	Championship Finals		
6:13.09	USC		Nick McCrory, DUKE	9:07.00	Victor Polyakov, WCU
6:14.74	Florida	454.85	Rafael Quintero, UAZ	9:08.66	S. Borowicz, LIN
6:15.67	Stanford	452.40	Amund Gismervik, UHI	9:09.71	Juan Tolosa, FLS
6:16.37	Michigan	446.10	David Bonuchi, UMO	1650 FREE	MARCH 15
6:16.72	Texas	443.35	Ryan Hawkins, VAT	15:14.89	Victor Polyakov, WCU
6:17.26	California	440.85	Kristian Ipsen, STAN	15:20.70	Alex Morris, DU
6:17.29	Auburn	384.80	Michael Hixon, UTX	15:22.68	Alex Bryson, SCS
6:18.40	North Carolina State	366.35	T.J. Shinholser, VAT	100 BACK	MARCH 14
6:18.53	Georgia	316.10	Consolation Finals	47.37	Oscar Pereira, BRID
6:18.58	Louisville		John Santeiu, AUB	47.42	Jordi Montseny, DU
6:21.88	Indiana	437.70	J.B. Kolod, UVA	47.88	Sean Feher, DU
6:21.98	South Carolina	389.00	Greg Ferrucci, UKY	200 BACK	MARCH 15
6:22.00	Wisconsin	388.10		1:40.74*	Matthew Josa, QNC
				1:45.23	Igor Kowal, DU

**MEN'S NCAA
DIVISION II
SWIMMING AND DIVING
CHAMPIONSHIPS
GENEVA, WISCONSIN
MARCH 12-15, 2014 (25 YD)**

*** = NCAA DIVISION II RECORD**

TEAM STANDINGS



PICTURED > MATT JOSA, QUEEN'S UNIVERSITY OF CHARLOTTE

1:45.81	Luis Rojas, FLS	400 FR	MARCH 15	Drury
100 BREAST	MARCH 14	2:54.37*		Queens-NC
52.73	Ruben Gimenez, BRID	2:54.97		Florida Southern
52.81	Piotr Jachowicz, WSU	2:57.33		MARCH 14
52.92	Nicholas Korth, UCSD	800 FR	MARCH 15	Queens-NC
		6:29.32		Missouri S&T
200 BREAST	MARCH 15	6:30.85		West Chester
1:54.45*	Nicholas Korth, UCSD	6:32.54		MARCH 14
1:56.76	Niclas Eriksson, QNC			Collin Vest, CLAR
1:57.34	Banjo Borja, DU	1-METER	MARCH 14	Heath Calhoun, CARL
100 FLY	MARCH 13	552.40		Tyler Magalis, SCSU
45.42*	Matthew Josa, QNC	551.90		MARCH 12
47.63	Soren Holm, WSU	548.85		Heath Calhoun, CARL
47.81	Stanislav Kuzmin, DU	3-METER	MARCH 12	Dylan Szegedi, WSU
200 FLY	MARCH 14	615.95*		Brook Martin, COM
1:46.28	Raymond Cswerko, SCU	561.80		
1:47.15	Antonio Nunez, BRID	523.90		
1:47.46	Marko Blazeovski, WIN			

**MEN'S NCAA
DIVISION III
SWIMMING AND DIVING
CHAMPIONSHIPS
INDIANAPOLIS, INDIANA
MARCH 19-22, 2014 (25 YD)**

*** = NCAA DIVISION III RECORD**

TEAM STANDINGS

480	Kenyon
472	Denison
246.5	Emory
245	Johns Hopkins
236	MIT
203	College of New Jersey
164	Claremont-Mudd-Scripps
153	Williams
149	Keene State

- continued on 68

FOR THE RECORD - continued from 67

146 Chicago

50 FREE MARCH 19
 20.06 C. Brindamour, USCG
 20.15 Ross Spock, EMORY
 20.32 Jason Potter, GETTY

100 FREE MARCH 22
 44.18 Stephen Culberson, TRIN
 44.46 Austin Caldwell, KEN
 44.66 Stephen Tarnowski, CNJ

200 FREE MARCH 20
 1:37.16 Austin Caldwell, KEN
 1:37.59 Carlos Maciel, DEN
 1:37.68 Stephen Tarnowski, CNJ

500 FREE MARCH 19
 4:24.31 Allen Weik, DEN
 4:26.94 Drew Ledweth, KSU
 4:27.40 Arthur Conover, KEN

1650 FREE MARCH 22
 15:05.60 Allen Weik, DEN
 15:12.98 Andrew Greenhalgh, JHU
 15:19.33 Arthur Conover, KEN

100 BACK MARCH 21
 48.72t Samuel Gill, CONN
 48.72t Ross Spock, EMORY
 48.09 Matthew Williams, CMS

200 BACK MARCH 22
 1:45.11 Harrison Curley, KEN
 1:45.42 Kevin Lindgren, USMM
 1:45.88 Benjamin Cori, WILL

100 BREAST MARCH 21
 54.10 Michael Lagieski, WMO
 54.26 Andrew Wilson, EMORY
 54.53 Johnson Cochran, CALV

200 BREAST MARCH 22
 1:58.21 S. van Deventer, OCC
 1:58.54 Andrew Wilson, EMORY
 1:59.62t Alex Card, UWEC
 1:59.62t Trevor Manz, KEN

100 FLY MARCH 20
 47.91 Karl Mering, WHIT
 47.92 Samuel gill, CONN
 48.10 Ian McKay, MIDD

200 FLY MARCH 21
 1:45.36 Hugh Anderson, MWC
 1:45.38 Jeffrey Depew, RED
 1:45.78 Karl Mering, WHIT

200 IM MARCH 19
 1:47.44 Jeffrey Depew, RED
 1:47.75 Hugh Anderson, MWC
 1:48.92 Carlos Maciel, DEN

400 IM MARCH 20
 3:49.25* Hugh Anderson, MWC
 3:50.81 Harrison Curley, KEN
 3:51.98 Trevor Manx, KEN

200 MR MARCH 19
 1:28.16 Emory

1:29.67 MIT
 1:29.74 Kenyon
400 MR MARCH 20
 3:15.13 Emory
 3:15.99 MIT
 3:16.60 Kenyon
200 FR MARCH 20
 1:20.47 College of New Jersey
 1:20.96 Emory
 1:21.06 Johns Hopkins
400 FR MARCH 22
 2:58.07 College of New Jersey
 2:58.67 Denison
 2:59.70 Gettysburg
800 FR MARCH 21
 6:31.50 Johns Hopkins
 6:33.39 Denison
 6:35.12 College of New Jersey
1-METER MARCH 20
 522.95 Johann Schmidt, TUFTS
 5221.75 Ben Lewis, DEN
 510.80 James Stovick, CMS
3-METER MARCH 22
 613.90 Connor Dignan, DEN
 536.40 Max Levy, DEN
 520.60 Anthony Restaino, CHI

 **MEN'S NAIA SWIMMING AND DIVING CHAMPIONSHIPS OKLAHOMA CITY, OKLAHOMA MARCH 5-8, 2014 (25 YD)**

*** = NAIA RECORD**

TEAM STANDINGS

849 Oklahoma Baptist
 492 Savannah College
 453 Olivet Nazarene
 344 Brenau
 341 Concordia
 269 Cumberlands
 247 Biona
 230 Union
 135 College of Idaho
 106 Lindsay Wilson

50 FREE MARCH 6
 19.71* Logan Lassley, OBU
 20.21 Garland Sullivan, OBU
 20.24 Pat Cardillo, SCAD

100 FREE MARCH 8
 42.53* Daniel Ramirez, OBU
 43.96 Simon Pheasant, ONU
 44.46 Pat Cardillo, SCAD

200 FREE MARCH 7
 1:36.71* Joel Ax, SCAD

1:39.22 Pat Cardillo, SCAD
 1:39.32 Javier Sossa, OBU
500 FREE MARCH 20
 4:25.67 Joel Ax, SCAD
 4:31.56 Andrew Fischer, ONU
 4:31.82 Bradley Moore, UNION
1650 FREE MARCH 8
 15:30.09 Joel Ax, SCAD
 15:56.05 Sam Borgman, ONU
 15:58.34 Bradley Moore, UNION
100 BACK MARCH 7
 46.28* Daniel Ramirez, OBU
 48.76 Georgi Kraslev, SAU
 49.70 Jacob Anderson, ONU
200 BACK MARCH 8
 1:46.44 Ryan Searles, SCAD
 1:47.92 Georgia Krastev, SAU
 1:48.84 Nico Brun, OBU
100 BREAST MARCH 7
 54.05 Gregory Penny, OBU
 55.29 Vitor da Franca, OBU
 55.59 Tim Richard, OBU
200 BREAST MARCH 8
 1:59.03* Gregory Penny, OBU
 2:00.35 Tim Richard, OBU
 2:00.76 Vitor da Franca, OBU
100 FLY MARCH 7
 46.13* Daniel Ramirez, OBU
 48.54 Mark Shvartsman, SCAD
 48.61 Garland Sullivan, OBU
200 FLY MARCH 8
 1:47.68 Aaron Buchanan, ONU
 1:50.93 Andrew Gurley, SAU
 1:50.97 Mark Shvartsman, SCAD
200 IM MARCH 6
 1:49.86 Jacob Anderson, ONU
 1:50.07 Aaron Buchanan, ONU
 1:50.61 Daniel Robbins, OBU
400 IM MARCH 7
 3:54.49 Tim Richard, OBU
 3:57.87 Aaron Buchanan, ONU
 3:59.23 Karl Hegwein, SCAD
200 MR MARCH 6
 1:26.83* Oklahoma Baptist
 1:28.83 Savannah College
 1:30.02 Olivet Nazarene
400 MR MARCH 7
 3:12.88* Oklahoma Baptist
 3:17.88 Savannah College
 3:21.79 Olivet Nazarene
200 FR MARCH 7
 1:18.43* Oklahoma Baptist
 1:20.26 Olivet Nazarene
 1:21.44 Savannah College
400 FR MARCH 8
 2:56.71* Oklahoma Baptist
 2:58.41 Olivet Nazarene
 2:59.53 Savannah College

800 FR MARCH 6
 6:34.98* Savannah College
 6:36.18 Oklahoma Baptist
 6:39.59 Olivet Nazarene
1-METER MARCH 6
 206.30 Jarod Haynes, OBU
 180.45 Mark Ponthier, OBU
 165.55 Adam Cribbs, OBU
3-METER MARCH 5
 192.55 Mark Pontier, OBU
 180.60 Jarod Haynes, OBU
 125.95 Adam Cribbs, OBU

 **MEN'S NJCAA SWIMMING AND DIVING CHAMPIONSHIPS FORT PIERCE, FLORIDA MARCH 5-8, 2014 (25 YD)**

TEAM STANDINGS

1773 Indian River
 1098 Darton
 1009 South Georgia
 882 Iowa Lakes
 734 Monroe
 544 Ocean County
 304 SUNY Delhi
 235 Genesee
 198 Jamestown
 195 Lincoln

50 FREE MARCH 6
 20.59 Stefan Stojmenovic, IRSC
 20.71 Bryce Timonera, IRSC
 20.78t Spencer Williams, IRSC
 20.78t Michael Ragan, IRSC
100 FREE MARCH 8
 45.21 Adam Wise, IRSC
 45.39 Michael Ragan, IRSC
 45.91 Matt Weiss, DC
200 FREE MARCH 7
 1:38.98 Adam Wise, IRSC
 1:39.10 Michael Ragan, IRSC
 1:40.50 Michael Klugo, MCC
500 FREE MARCH 6
 4:33.94 Ronald Santos, IRSC
 4:34.04 Marc Rojas, IRSC
 4:35.62 Evan Jacob, IRSC
1650 FREE MARCH 8
 16:04.55 Ronald Santos, IRSC
 16:05.36 Quinn Poti, IRSC
 16:12.78 JD Rousseau, DC
100 BACK MARCH 7
 48.47 Joshua Oathout, IRSC
 49.23 Stefan Stojmenovic, IRSC
 50.42 Bryce Timonera, IRSC
200 BACK MARCH 8
 1:46.67 Joshua Oathout, IRSC

1:49.05 Alec Scott, IRSC
 1:54.16 Gabe Downey, DC
100 BREAST MARCH 7
 55.70 Marc Rojas, IRSC
 55.88 Shota Nakano, IRSC
 57.42 Brandon Graber, IRSC
200 BREAST MARCH 8
 1:58.82 Shota Nakano, IRSC
 2:01.80 Marc Rojas, IRSC
 2:06.29 Grandon Graber, IRSC
100 FLY MARCH 7
 48.09 Heinrich Alberts, IRSC
 48.42 Stefan Stojmenovic, IRSC
 49.98 Shota Nakano, IRSC
200 FLY MARCH 8
 1:48.49 Evan Jacob, IRSC
 1:51.20 Heinrich Alberts, IRSC
 1:51.63 Brandon Thoman, IRSC
200 IM MARCH 6
 1:48.41 Alec Scott, IRSC
 1:50.13 Joshua Oathout, IRSC
 1:51.16 Quinn Poti, IRSC
400 IM MARCH 7
 3:56.27 Alec Scott, IRSC
 3:59.29 Evan Jacob, IRSC
 4:01.09 Quinn Poti, IRSC
200 MR MARCH 7
 1:30.44 Indian River
 1:35.54 Darton
 1:35.98 Iowa Lakes
400 MR MARCH 5
 3:15.33 Indian River
 3:29.96 South Georgia
 3:30.42 Iowa Lakes
200 FR MARCH 6
 1:21.25 Indian River
 1:24.77 Iowa Lakes
 1:25.43 Darton
400 FR MARCH 8
 3:00.12 Indian River
 3:09.74 South Georgia
 3:10.73 Darton
800 FR MARCH 5
 6:37.38 Indian River
 7:05.12 Monroe
 7:07.23 Darton
1-METER MARCH 8
 542.70 Crawford Berry, DC
 495.25 Matt Salle, DELHI
 391.70 Cory Barnes, LC
3-METER MARCH 6
 583.50 Crawford Berry, DC
 434.05 Matt Salle, DELHI
 361.85 Eric Moore, ILCC ♦

PARTING SHOT

PICTURED > GIVE THAT COACH A "10"! HEAD DIVING COACH DAN LAAK'S CELEBRATORY DIVE INTO THE POOL WAS A PERFECT FINISH TO A PERFECT MEET FOR GEORGIA'S LADY BULLDOGS, WHO DOMINATED THIS YEAR'S WOMEN'S NCAA DIVISION I SWIMMING AND DIVING CHAMPIONSHIPS. (SEE STORY, PAGES 20-24.)

