



ROCKY MOUNTAIN ATHLETIC CONFERENCE

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CELEBRATING A CENTURY OF EXCELLENCE

RMAC SWIMMING & DIVING ♦ WEEK 10 ♦ JANUARY 20, 2010

RMAC MEN'S
SWIMMER OF THE WEEK

RMAC WOMEN'S
SWIMMER OF THE WEEK

RMAC MEN'S
DIVER OF THE WEEK

RMAC WOMEN'S
DIVER OF THE WEEK

RMAC Swimming & Diving Athletes of the Week will resume Jan. 27.

UPCOMING MEETS

January 22-24

Mesa State at Colorado College Classic
Colorado Mines at Colorado College Classic
MSU-Moorhead at UW-Stevens Point Invite

January 23

College of St. Mary at Nebraska-Kearney
MSU-Moorhead at UW-Stevens Point Invite

January 29

Texas-Permian Basin at Incarnate Word Invite
Incarnate Word at UIW Invitational
MSU-Moorhead at Dragon-Cobber Invite
Northern State at Dragon-Cobber Invite

January 30

Texas-Permian Basin at Incarnate Word Invite
Biola University at Grand Canyon
Incarnate Word at UIW Invitational
Nebraska-Omaha at Nebraska-Kearney
MSU-Moorhead at Dragon-Cobber Invite
Northern State at Dragon-Cobber Invite

February 11-14

RMAC Championships
Arvada, Colo. - Meyers Pool

February 27

MSU-Moorhead at Dragon Last Chance Meet

March 12-15

All Qualifying Individuals
NCAA Championships



2009-10 MEN'S SWIMMING & DIVING NOTES

COLORADO SCHOOL OF MINES

Team Notes: Colorado Mines did not compete last week. The Orediggers will be competing next on Jan. 23-24 at the Colorado College Classic.

GRAND CANYON UNIVERSITY

Team Notes: GCU did not compete last week. Their next scheduled meet is on Jan. 30 against Biola.

MESA STATE COLLEGE

Top Swimmer: Dan MacDonald (Freshman, Gillette, Wyo. / Campbell County HS)

At the Mesa State Duals, MacDonald finished first in each of the three events that he competed in. MacDonald won the 200-yard butterfly in 2:08.05. He also placed first in the 100-yard freestyle (50.15) and first in the 100-yard butterfly (54.90). Against the club team of CU, MacDonald and his teammates finished second place in the relay.

Team Notes: At their first ever home meet in the new Natatorium, Scott Strehlow placed first in both the 200 free (1:52.70) and 500 free (5:02.52). Fellow teammate Travis Pahler also won both the 200 breaststroke (2:28.59) and the 100 breaststroke (1:06.87).

UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

Team Notes: The Falcons competed at the Austin College Invite. They will be competing next at the Incarnate Word Invite on Jan. 29th and 30th.

UNIVERSITY OF THE INCARNATE WORD

Team Notes: UIW did not compete last week. Incarnate Word will be hosting a meet Jan. 29-30.

JANUARY 13

Men's Swimmer: Johan Ivarsson, Grand Canyon
Women's Swimmer: Caiti Hoffman, Grand Canyon
Men's Diver: Justin McDonald, Incarnate Word
Women's Diver: Allison Powell, Incarnate Word

DECEMBER 9

Women's Swimmer: Ann Guswelle, MSU-Moorhead

NOVEMBER 25

Men's Swimmer: Aliaksandr Yatsko, Incarnate Word
Women's Swimmer: Angel Forsling, Colorado Mines
Men's Diver: Jesse Dennis, Colorado Mines
Women's Diver: Sarah Moore, Colorado Mines

NOVEMBER 11

Men's Swimmer: Conrado Chede, Incarnate Word
Women's Swimmer: Ann Guswelle, MSU-Moorhead
Men's Diver: Justin McDonald, Incarnate Word
Women's Diver: Sarah Moore, Colorado Mines

OCTOBER 28

Men's Swimmer: Nikita Belousov, Incarnate Word
Women's Swimmer: Paulina Alexander, Incarnate Word
Men's Diver: Jesse Dennis, Colorado Mines
Women's Diver: Sarah Moore, Colorado Mines & Kayla Koenig, MSU-Moorhead

OCTOBER 21

Men's Swimmer: Jacob Dole, Colorado Mines
Women's Swimmer: Katie Wedel, Mesa State
Men's Diver: Jesse Dennis, Colorado Mines
Women's Diver: Sarah Moore, Colorado Mines

OCTOBER 14

Men's Swimmer: David Baker, Mesa State
Women's Swimmer: Kelly Hogan, Mesa State
Men's Diver: Jesse Dennis, Colorado Mines
Women's Diver: Sarah Moore, Colorado Mines

2009-10 WOMEN'S SWIMMING & DIVING NOTES

ADAMS STATE COLLEGE

Top Swimmer: Lauren Griffin (Freshman, Puyallup, Wash. / Puyallup HS)

Griffin broke two of her own school records as she was one of two Grizzlies to compete at Saturday's Mesa State Duals. Griffin broke two of her own personal records in the 100-yard freestyle by two full seconds swimming the race in 57.79 seconds. She also posted a time of 2:05.69 over 200 yards breaking her former mark of 2:06.03. Griffin also swam the 100-yard butterfly for the first time in her collegiate career with a time of 1:07.48 and posted a time of 2:33.44 in the 200-yard butterfly. She finished ninth in both 200-yard events and 11th in both of the 100-yard events. Griffin holds four individual school records and has been a part of seven record-holding relay efforts during this, the Grizzlies' first ever season.

Team Notes: The Grizzlies had just two swimmers compete at Saturday's Mesa State Duals. Both Griffin and Madison Hill (Tucson, Ariz.) competed in four events each. Hill also broke one of her own school records with a time 1:05.22 in the 100-yard butterfly. That time was nearly a full second faster than her previous best of 1:05.22 set more than two months ago in a home dual with Mesa State. Hill also posted her season-best in the 100-yard freestyle with a time of 1:02.35, 3.5 seconds faster than she had swum on Oct. 10. She also had a 1.22 second improvement upon her best time in the 100-yard backstroke by swimming the event in 1:13.20 and posted her and ASC's second-ever fastest time (27.78) in the 50-yard freestyle, just slightly off her school-record mark of 27.46. The Grizzlies next scheduled meet is the RMAC Championships.

COLORADO SCHOOL OF MINES

Team Notes: The Orediggers did not compete last week. Colorado Mines will be competing at the Colorado College Classic on Jan. 23-24.

GRAND CANYON UNIVERSITY

Team Notes: GCU did not compete last week. Their next scheduled meet is Jan. 30 against Biola.

MESA STATE COLLEGE

Top Swimmer: Kelly Hogan (Freshman, Crystal Lake, Ill. / Prairie Ridge HS)

Hogan helped the Mavs to a 2-2 record this weekend in the Mavericks first home meet in the new El Pomar Natatorium. In the 200 yard free event, Hogan finished second in a time of 1:59.53, which was roughly a minute slower than the first place finisher. She was also part of the 400 medley relay team that finished fifth (4:53.26). This fifth place finish was the team's best finish. Hogan also competed in the 50 yard free and finished in sixth (25.83). In addition, Hogan had four first place finishes at the meet against CU-Club Team.

Team Notes: At Mesa States first home meet in the new El Pomar Natatorium, Jackie McMillen placed second in the 200 backstroke (2:12.41). McMillen also won the 100 backstroke (1:03.35), 200 backstroke (2:15.39), and the 200 free relay (1:46.02) against the club team of CU. Katie Wedel finished third in the 200 butterfly (2:15.53) at the MSC Duals. Also against CU's club team, Wedel won the 200 yard medley relay (1:57.93), 100 breaststroke (1:11.00), 500 free (5:25.75), and the 100 fly (1:04.36).

MINNESOTA STATE UNIVERSITY-MOORHEAD

Team Notes: The Dragons swam competitively at home for the first time in over a month and defeated the Minnesota-Morris Cougars 198-97. Sam Lindgren marked two lifetime bests as she finished first in both the 1000-yard freestyle and 500-yard freestyle. She marked a time of 11:49.23 in the 1000 and 5:44.50 in the 500. Jessy Belden also won two events, the 200-yard freestyle and the 200-yard individual medley. She marked a season best in the 200-freestyle with a time of 2:05.18 and a lifetime best in the individual medley in 2:21.82. Senior Cassie Jensen took home three first place finishes, taking the top spot in the 50-yard and 100-yard breaststrokes as well as the 50-yard butterfly. Her time of 1:12.32 in the 100-breaststroke was a lifetime best. She marked times of 33.02 in the 50-breaststroke and 27.99 in the butterfly. Lisa Black and Ann Gusewelle traded places in the 50-yard freestyle and the 100-yard freestyle. Black took first in the shorter races with a time of 25.87 and second in the longer in 56.56. Gusewelle finished first in the 100-yard in 56.27 and second in the 50-yard with a time of 26.24. Kayla Koenig put up big numbers in both the 1-meter and 3-meter diving events as she took the title in both. She scored 219.05 in the 1-meter and 237.65 in the 3-meter. Claire Caron also tok a first place finish in the 50-yard backstroke with a time of 30.67. The Dragons also claimed both relays, finishing the 200-yard medley in 1:54.64 and the 200-yard freestyle in 1:43.41. MSUM will next compete at the UW-Stevens Point Invitational on Jan. 22-23.

NORTHERN STATE UNIVERSITY

Team Notes: Northern State Wolves did not compete last week. They will be competing next on Jan. 29th and 30th at the Dragon Invite.

UNIVERSITY OF NEBRASKA AT KEARNEY

Team Notes: The Lopers swimming & diving team got back into the pool this past weekend by competing in the annual Grinnell College Invite in Iowa. Heather Glodt had the best finish of the meet as she finished fourth in the 100 fly in a time of 1:06.27. On the boards, sophomore Jourdan McKevery was runner up in the one meter dive (36.145) and then placed fifth in the three meter dive (321.75). In addition, sophomore Kim Ellicott also scored points in each event, coming in ninth place overall.

UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

Team Notes: The Falcons competed at the Austin College Invite. They will be competing next at the Incarnate Word Invite on Jan. 29-30.

UNIVERSITY OF THE INCARNATE WORD

Team Notes: UIW did not compete last week. Incarnate Word will be hosting an event on Jan. 29-30.

2009-10 SWIMMING & DIVING NATIONAL POLL

COLLEGE SWIMMING.COM / CSCAA DIVISION II SWIMMING & DIVING TEAM POLL

POLL DATE: DECEMBER 31, 2009

WOMEN'S POLL

1	Wayne State	181.1
2	Grand Valley State	177.5
3	Henderson State	169.0
4	Tampa	167.5
5	Saint Cloud State	167.4
6	Gannon	166.0
7	Incarnate Word	165.3
8	Delta State	164.1
9	Ashland	162.5
10	Truman State	162.1
11	Indianapolis	161.8
12	Grand Canyon	161.2
13	Lewis	160.1
14	Bridgeport	159.4
15	Wingate	158.7
16	West Chester	158.6
17	MSU-Moorhead	158.5
18	MSU-Mankato	157.9
19	UC-San Diego	157.5
20	Kutztown	157.4
21	Indiana-PA	156.5
22	Catawba	154.2
23	C W Post	152.5
24	Edinboro	152.1
25	Mesa State	152.1

Others Receiving Votes: Lock Haven, Findlay, Mars Hill, **Colorado-Mines**, Bentley, Rollins, Ouachita Baptist, Millersville, Wheeling Jesuit, Northern Michigan

MEN'S POLL

1	Grand Valley State	180.4
2	Incarnate Word	179.0
3	Wayne State	178.1
4	Henderson State	167.6
5	Delta State	166.7
6	UC-San Diego	166.5
7	Ashland	165.2
8	Tampa	165.1
9	Saint Cloud State	165.0
10	Wingate	163.3
11	Missouri S&T	162.4
12	Colorado Mines	161.0
13	Ouachita Baptist	156.3
14	Lewis	155.9
15	Grand Canyon	155.2
16	Indianapolis	155.2
17	Rollins	154.6
18	West Chester	154.3
19	MSU-Mankato	152.5
20	Indiana-PA	152.0
20	Edinboro	149.6
22	Truman State	146.7
23	Gannon	146.4
24	Mars Hill	145.6
25	Bentley	145.4

Others Receiving Votes: Catawba, Wheeling Jesuit, Bridgeport

2009-10 RMAC SWIMMING & DIVING PRESEASON

2009-10 RMAC MEN'S SWIMMING & DIVING PRESEASON POLL

School (1st Pl. Votes)	Points
1. Incarnate Word (4)	4
2. Colorado Mines (1)	7
3. Texas - Permian Basin	11
4. Grand Canyon	12
5. Mesa State	16

Note: Incarnate Word, Grand Canyon and Texas-Permian Basin are associate members of the RMAC in swimming & diving. Incarnate Word is located in San Antonio, Texas, Grand Canyon is in Phoenix, Ariz.

2009-10 RMAC WOMEN'S SWIMMING & DIVING PRESEASON POLL

School (1st Pl. Votes)	Points
1. Incarnate Word (6)	10
2. Minnesota St.- Moorhead (2)	19
3. Mesa State (1)	23
4. Colorado Mines	30
5. Grand Canyon	33
6. Texas - Permian Basin	41
7. Northern State	51
8. Nebraska-Kearney	53
9. Adams State	59

Note: Incarnate Word, Grand Canyon, Texas-Permian Basin, Minnesota St. - Moorhead and Northern State are associate members of the RMAC in women's swimming & diving.

RMAC Men's Swimming & Diving Preseason All-Conference Team

Alex Yatsko, Incarnate Word (Jr., Minsk, Belarus)
Patrick Cardenas, Incarnate Word (Jr., Phoenix, Ariz.)
Oleksii Ilchenko, Incarnate Word (So., Ternoil, Ukr.)
Artem Tretiakov, Grand Canyon (Jr., Donetsk, Ukr.)
Blake McKay, Incarnate Word (Jr., San Antonio, Texas)
Kevin Shaw, Colorado Mines (Sr., Centennial, Colo.)
Charles Woodruff, Grand Canyon (Jr., Phoenix, Ariz.)
Sean Reeves, Incarnate Word (Jr., Austin, Texas)
Daniel Murata, Incarnate Word (So., Schertz, Texas)
Joseph Sarradet, Tex.-Permian Basin (So., Cleburne, Tex.)

RMAC Women's Swimming & Diving Preseason All-Conference Team

Ann Gusewelle, Minn. St. Moorhead (Sr., Osakis, Minn.)
Paulina Alexander, Incarnate Word (Jr., San Antonio, Texas)
Rachel Watson, Incarnate Word (Sr., Weatherford, Texas)
Alexis Glessner, Grand Canyon (Sr., Mesa, Ariz.)
Caitlin Hoffman, Grand Canyon (So., Gilbert, Ariz.)
Karena King, Minn. St. Moorhead (Jr., Detroit Lakes, Minn.)
Claire Caron, Minn. St. Moorhead (So., Knightdale, N.C.)
Lisa Black, Minn. St. Moorhead (Jr., Sheridan, Colo.)
Nora Szilagyi, Incarnate Word (Sr., Budapest, Hungary)
Lesley Murray, Incarnate Word (Jr., Austin, Texas)



2009-10 RMAC PRESEASON
SWIMMER OF THE YEAR
Alex Yatsko
Incarnate Word
Junior
Minsk, Belarus
(Republic Olympic College)



2009-10 RMAC PRESEASON
DIVER OF THE YEAR
Jesse Dennis
Colorado Mines
Senior
Kirkland, Ariz.
(Home Schooled)



2009-10 RMAC PRESEASON
SWIMMER OF THE YEAR
Ann Gusewelle
Minnesota St.- Moorhead
Senior
Osakis, Minn.



2009-10 RMAC PRESEASON
DIVER OF THE YEAR
Jessica Wilde
Incarnate Word
Sophomore
Little Rock, Ark.
(Mt. St. Mary)

2009-10 RMAC SWIMMING & DIVING SCHEDULES

ADAMS STATE COLLEGE

Date	Meet	Location
Oct. 9	Five-Way Meet	Golden, Colo.
Oct. 10	Denver Relays	Denver, Colo.
Oct. 16-17	Rocky Mountain Invitational	Golden, Colo.
Nov. 14	Mesa State	Plachy Hall
Dec. 5	McMurray (Texas)	Colorado Springs, Colo.
Dec. 5	Colorado College	Colorado Springs, Colo.
Jan. 16	Maverick Meet	Grand Junction, Colo.
Feb. 11-13	RMAC Championships	Arvada, Colo.
Mar. 10-13	NCAA Championships	Canton, Ohio

COLORADO SCHOOL OF MINES

Date	Meet	Location
Oct. 9	Five-Way Meet	Golden, Colo.
Oct. 24	UNK / Morningside College	Kearney, Neb.
Nov. 7	Colorado College	Colorado Springs, Colo.
Nov. 21-22	Thanksgiving Invite Univ.	St. Louis, Miss.
Jan. 23-24	Colorado College Classic	Colorado Springs, Colo.
Feb. 11-13	RMAC Championships	Arvada, Colo.
Mar. 10-13	NCAA Championships	Canton, Ohio

GRAND CANYON UNIVERSITY

Date	Meet	Location
Oct. 9-10	PCSC Pentathlon	Fresno, Calif.
Oct. 24	University of Redlands Invite	Redlands, Calif.
Nov. 20-21	Trinity Western Invitational	Dallas, Texas
Dec. 11-14	Finis Collegiate Invitational	Long Beach, Calif.
Jan. 2	Mesa State College	Phoenix, Ariz.
Jan. 8	Biola University	La Mirada, Calif.
Jan. 10	UC San Diego/Incarinate Word	La Jolla, Calif.
Jan. 30	Biola University	Phoenix, Ariz.
Feb. 11-13	RMAC Championships	Arvada, Colo.
Mar. 10-13	NCAA Championships	Canton, Ohio

MESA STATE COLLEGE

Date	Meet	Location
Oct. 9	Five-Way Meet	Golden, Colo.
Oct. 10	Denver University Relays	Denver, Colo.
Oct. 16-17	Rocky Mountain Invitational	Golden, Colo.
Oct. 30	Air Force Academy	USAF Academy, Colo.
Oct. 31	Colorado College	Colorado Springs, Colo.
Jan. 2	Grand Canyon University	Phoenix, Ariz.
Jan. 16	Mesa State College Duals	Grand Junction, Colo.
Jan. 22-24	Colorado College Classic	Colorado Springs, Colo.
Mar. 10-13	NCAA Championships	Canton, Ohio

MINNESOTA STATE UNIVERSITY-MOORHEAD

Date	Meet	Location
Oct. 16-17	St. Cloud State	Moorhead, Minn.
Oct. 23	Northern State	Aberdeen, S.D.
Oct. 31	Northfield Relays	Northfield, Minn.
Nov. 6	St. Ben's Dual	Collegeville, Minn.
Nov. 7	CSB/SJU Invitational	Collegeville, Minn.
Nov. 13	Concordia College	Moorhead, Minn.
Dec. 4-5	St. Cloud Diving Invite	St. Cloud, Minn.
Dec. 4-5	Falcon Swimmers Invitational	Minneapolis, Minn.
Jan. 1	Northern State	St. Petersburg, Fla.
Jan. 6	Tampa Relays	Tampa, Fla.
Jan. 15	Minnesota, Morris	Moorhead, Minn.
Jan. 22-23	UW Steven's Point Invitational	Steven's Point, Wis.
Jan. 29-30	Dragon-Cobber Invitational	Moorhead, Minn.
Feb. 11-13	RMAC Championship	Arvada, Colo.
Feb. 27	Dragon Last Chance Meet	Moorhead, Minn.
Mar. 10-13	NCAA Championships	Canton, Ohio

NORTHERN STATE UNIVERSITY

Date	Meet	Location
Oct. 23	MSU Moorhead Dual	Aberdeen, S.D.
Nov. 6-7	Minnesota Morris Dual	Morris, Minn.
Nov. 20	UM-Morris/Neb.-Kearney Dual	Aberdeen, S.D.
Dec. 4-5	Falcon Invite	Minneapolis, Minn.
Dec. 11	Concordia College Dual	Aberdeen, S.D.
Jan. 1	MSU-Moorhead Dual	Florida
Jan. 29-30	Dragon Invite	Moorhead, Minn.
Feb. 11-13	RMAC Championships	Arvada, Colo.
Mar. 10-13	NCAA Championships	Canton, Ohio

UNIVERSITY OF NEBRASKA AT KEARNEY

Date	Meet	Location
Oct. 2	Nebraska-Omaha	Omaha, Neb.
Oct. 16-17	Rocky Mountain Invite	Denver, Colo.
Oct. 2	Morningside/Colorado Mines	Kearney, Neb.
Nov. 13	College of St. Mary	Omaha, Neb.
Nov. 14	Morningside/Simpson	Sioux City, Iowa
Nov. 20	Northern State	Aberdeen, S.D.
Dec. 4-5	Mutual/UNO Invite	Omaha, Neb.
Jan. 15-16	Grinnell College Invite	Grinnell, Iowa
Jan. 23	College of St. Mary	Kearney, Neb.
Jan. 30	Nebraska-Omaha	Kearney, Neb.
Feb. 11-13	RMAC Championships	Denver, Colo.
Mar. 10-13	NCAA Championships	Canton, Ohio

UNIVERSITY OF THE INCARNATE WORD

Date	Meet	Location
Oct. 9	U. of North Texas Invitational	Mansfield, Texas
Oct. 20	McMurry 3-Way	Abilene, Texas
Nov. 6-7	Rice 3-Way	Houston, Texas
Nov. 20-22	U. of Houston Invitational	Houston, Texas
Dec. 3-5	U. of Texas Invitational	Austin, Texas
Jan. 29-30	UIW Invitational	San Antonio, Texas
Feb. 11-13	RMAC Championships	Arvada, Colo.
Mar. 10-13	NCAA Championships	Canton, Ohio

UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

Date	Meet	Location
Oct. 20	UTPB Tri-Meet	Abilene, Texas
Oct. 30	Hendrix Classic	Conway, Ark.
Oct. 31	Hendrix Relays	Conway, Ark.
Nov. 10	UTPB vs. McMurry Dual	Abilene, Texas
Nov. 20-21	College Swimming Inv.	Southlake, Texas
Jan. 9	Austin College Invite	Sherman, Texas
Jan. 29-30	Univ. of Incarnate Word Invite	San Antonio, Texas
Feb. 12-14	RMAC Championships	Denver, Colo.
Mar. 10-13	NCAA Championships	Canton, Ohio