



ROCKY MOUNTAIN ATHLETIC CONFERENCE

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CELEBRATING A CENTURY OF EXCELLENCE

RMAC SWIMMING & DIVING ◆ WEEK 8 ◆ DECEMBER 9, 2009

RMAC MEN'S SWIMMER OF THE WEEK

RMAC Athletes of the
Week will resume
Jan. 13, 2010.

RMAC WOMEN'S SWIMMER OF THE WEEK



Ann Guswelle
MSU-Moorhead
Senior
Osakis, Minn. /
Osakis HS

At the Falcon Invite,
Guswelle finished in
second place in the
100-yard breaststroke
behind a NCAA DI swimmer from
Minnesota, touching the wall in
1:04.87. It was the fastest time
recorded this season among all
of NCAA DII. Guswelle finished
sixth in the 200-yard breaststroke
and 200 IM Relay in times of
2:26.08 and 1:50.96, respectively.
She also had speedy times in the
200 individual medley (2:15.43)
and 100-yard freestyle (56.88).

RMAC MEN'S DIVER OF THE WEEK

RMAC Athletes of the
Week will resume
Jan. 13, 2010.

RMAC WOMEN'S DIVER OF THE WEEK

No Nominees.
RMAC Athletes of the
Week will resume
Jan. 13, 2010.

UPCOMING MEETS

Dec. 11-14

Grand Canyon at Finis Collegiate Invitational

Dec. 19-21

Incarnate Word at Delta State Invitational

Jan. 1

MSU-Moorhead at Northern State

Jan. 2

Mesa State at Grand Canyon

Jan. 6

MSU-Moorhead at Tampa Relays

Jan. 8

Grand Canyon at Biola University

Jan. 9

Texas-Permian Basin at Austin College Invite

Jan. 10

Grand Canyon at Incarnate Word
Grand Canyon at UC-San Diego

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 and 24 at the Colorado College Classic.

GRAND CANYON UNIVERSITY

Team Notes: Grand Canyon did not compete last week. They will return to competition this weekend at the Finis Collegiate Invitational.

MESA STATE COLLEGE

Team Notes: Mesa State did not compete last week. They will be back in action on January 2 in Phoenix at the Grand Canyon Invitational.

UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

Team Notes: The Falcons did not compete last week. They will be competing again Jan. 9 at the Austin College Invite.

UNIVERSITY OF THE INCARNATE WORD

Team Notes: Incarnate Word competed at the University of Texas Invitational. They will be competing again Jan. 6 at the Tri-Meet in Georgetown.

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)

Griffin became ASC's first-ever double-winner as she won the 200-yard freestyle and 200-yard butterfly events in Saturday's tri-meet against Colorado College and McMurry (Texas). Her time of 2:06.03 in the 200-yard freestyle broke her former school record of 2:07.85 while her butterfly time of 2:31.97 was less than a second off her school-record time of 2:31.97. She then capped her day by swimming the fastest split (57.08) of all 24 swimmers in the 400-yard freestyle relay as she led the Grizzlies to a 25-yard, 12.35-second win in the relay that they finished in 3:58.33, the program's first sub 4-minute time and full 8.16 seconds faster than the team's previous school record.

Team Notes: The Grizzlies won four events and set four new school records on Saturday at a 3-way meet against host Colorado College and McMurry (Texas). In the process, the Grizzlies scored 23 team points and finished second overall ahead of McMurry, their first team "win" in program history. Jessica Palacio (Albuquerque, N.M.) was one of the winners as she claimed her first collegiate win taking the 200-yard individual medley in a school record time of 2:26.49, a 1.79-second lowering of the former record held by double-winner Lauren Griffin. Palacio also swam legs on both of ASC's record setting relay teams. Redshirt freshman Madison Hill (Tucson, Ariz.), who had been the only Grizzly winner in the team's first four meets of the season, and true freshman Chandler Osborne (Buena Vista, Colo.) joined Griffin and Palacio on the record-setting and winning 400-yard freestyle relay team. Osborne recorded a personal best time of 2:14.06, a 7-plus second season-best improvement in the 200-yard freestyle as she finished third behind Griffin. Osborne also swam the opening leg of ASC's winning and record-setting 400-yard freestyle relay effort in a time of 1:01.27, also a personal best. Hill anchored the team in 1:01.41. The quartet of Palacio, Annissa Jones (Colorado Springs, Colo.), Hill and Osborne also smashed the school record in the meet-opening 400-yard medley relay as they posted a time of 4:36.46, a full 11.33 faster than the previous school record. The Grizzlies lowered their previous season-bests by an average of 2.67 seconds per swim on Saturday.

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 and 24.

GRAND CANYON UNIVERSITY

Team Notes: Grand Canyon did not compete last week. They will return to competition this weekend at the Finis Collegiate Invitational.

MESA STATE COLLEGE

Team Notes: Mesa State did not compete last week. They will be back in action on January 2 in Phoenix at the Grand Canyon Invitational.

MINNESOTA STATE UNIVERSITY-MOORHEAD

Top Swimmer: Ann Guswelle (Senior, Osakis, Minn. / Osakis HS)

RMAC Women's Swimmer of the Week

Team Notes: MSUM senior Ann Guswelle led the Dragons at the Falcon Invite at the University of Minnesota Aquatic Center this past Friday and Saturday. She finished in second place in the 100-yard breaststroke behind a NCAA DI swimmer from Minnesota, touching the wall in 1:04.87. It was the fastest time recorded this season among all of NCAA DII. Lisa Black had a great Friday as she took 10th in the 100-yard backstroke with a time of 1:01.19. In the 100-yard butterfly, Claire Caron and Cassie Jensen placed back-to-back in 15th and 16th place, respectively. Caron finished in 1:02.70 and Jensen finished in 1:02.82. Guswelle finished sixth in the 200-yard breaststroke in a time of 2:26.08. On Saturday, Caron had two top-10 finishes as she placed sixth in the 400-yard individual medley and seventh in the 200-yard butterfly. Caron finished in 4:52.39 just under four seconds in front of Dragon Victoria Honetschlager 4:56.08. In the butterfly she finished in 2:16.85, in front of teammate Olivia Martin who finished 14th in 2:28.56. Black also finished ninth in the 200-yard backstroke in 2:09.88. Black, Guswelle, Cassie Jensen and Honetschlager combined for a sixth place finish in the 200-yard individual medley in a total time of 1:50.96.

NORTHERN STATE UNIVERSITY

Top Swimmer: Christine Retzlaff (Sophomore, Wahpeton, N.D. / Wahpeton HS)

Retzlaff had another solid week in the pool for the Wolves, setting a new school record in the 100-yard fly with a time of 1:00.21. In the 200 yard IM, Retzlaff also finished first in 2:14.58. The sophomore had a hand in 95 of the Wolves 96 points at the Falcon Invite over the weekend, including 73 points in individual events. Her second and third place finishes on Saturday in the 400-yard IM and 200-yard breast finals were the first time all season she had finished lower than first place in any individual event all season. Retzlaff also a member of the 200 and 400 yard Free Relay teams that both finished 16th in times of 1:47.63 and 3:49.22. Her 400 yard Free Relay team finished ninth in place (3:49.22).

UNIVERSITY OF NEBRASKA AT KEARNEY

Top Swimmer: Cindnee Magart (Freshman, Ammon, Idaho / Hillcrest)

At the UNO / Mutual of Omaha Invite, Magart scored a team high 58 points. Magart competed finished 4th in the 1650 Free with a time of 18:57.13. She also finished 5th in the 1000 Free in 11:22.02. This time is the second best in UNK History. Magart took 9th in the 200 Backstroke (2:26.63) and 13th in the 200 IM (2:28.27). She also swam on the 200 MR and the 400 FR teams that each placed 5th and scored 40 team points.

Team Notes: At Omaha, UNK came in ahead of Simpson College, Morningside College, and club teams from Colorado and Kansas. Freshman Brianna Nelsen scored 55 points in four individual events. Her time in the 200 breaststroke (2:40.50) is the 6th best in UNK History. The team scored 402 points which was enough to earn the team 5th place out of 8 schools.

UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

Team Notes: The Falcons did not compete last week. They will be competing again Jan. 9 at the Austin College Invite.

UNIVERSITY OF THE INCARNATE WORD

Team Notes: Incarnate Word competed at the University of Texas Invitational. They will be competing again Jan. 6 at the Tri-Meet in Georgetown.

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

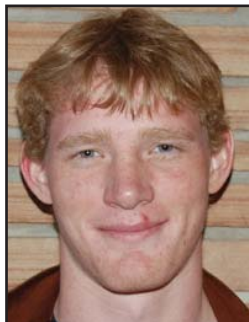
Alex Yatsko, Incarnate Word (Jr., Minsk, Belarus)
Patrick Cardenas, Incarnate Word (Jr., Phoenix, Ariz.)
Oleksii Ilchenko, Incarnate Word (So., Ternoil, Ukr.)
Artem Tretiakov, Grand Canyon (Jr., Donetsk, Ukr.)
Blake McKay, Incarnate Word (Jr., San Antonio, Texas)
Kevin Shaw, Colorado Mines (Sr., Centennial, 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.
Jan. 22-24	Colorado College Classic	Colorado Springs, 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. 19-20	Trinity	Georgetown
Jan. 23	Southwestern	San Antonio, 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

FALCONS