



NOTRE DAME

SWIMMING & DIVING

FIGHTING IRISH MEDIA

Assistant Athletics Communications Director

Tony Jones

ajones25@nd.edu

574-532-4151 (cell)

2018 ACC SWIMMING & DIVING CHAMPIONSHIPS

GREENSBORO, NORTH CAROLINA

CSCAA MEN'S POLL (Jan. 31)

RANK	TEAM
1.	California
2.	Indiana
3.	Florida
4.	Stanford
5.	NC State*
6.	Michigan
7.	Arizona State
8.	Texas
9.	Georgia
10.	USC
11.	Texas A&M
12.	Tennessee
13.	Missouri
14.	Louisville*
15.	Ohio State
t16.	Auburn
t16.	Alabama
18.	Arizona
19.	NOTRE DAME
20.	Virginia Tech*
21.	Florida State*
22.	Minnesota
t23.	Virginia*
t23.	South Carolina
25.	Harvard

* Denotes ACC schools

2017-18 dual/invite meet opponents in **bold**

CSCAA WOMEN'S POLL (Jan. 31)

RANK	TEAM
1.	Stanford
2.	Texas A&M
3.	Michigan
4.	California
5.	Texas
6.	Georgia
7.	Virginia*
8.	Indiana
9.	Tennessee
t10.	USC
t10.	NC State*
12.	Ohio State
13.	Kentucky
14.	Louisville*
15.	Auburn
16.	Minnesota
17.	Florida
18.	North Carolina*
19.	NOTRE DAME
20.	Missouri
21.	Wisconsin
23.	Purdue
24.	Akron
25.	Duke*

* Denotes ACC schools

2017-18 dual/invite meet opponents in **bold**

2017-18 NOTRE DAME SCHEDULE

Notre Dame Men's Dual Record: 9-2

Notre Dame Women's Dual Record: 11-1

DATE	OPPONENT/EVENT	LOCATION	TIME/M/W RES
Oct. 6	Dennis Stark Relays	Notre Dame, Ind.	2nd/2nd
Oct. 7	#7/9 Louisville	Notre Dame, Ind.	W/W
Oct. 13	Michigan St. (w/ Texas A&M)	Notre Dame, Ind.	W/W
Oct. 14	#15/5 Texas A&M	Notre Dame, Ind.	L/L
Oct. 20	Georgia Tech	Notre Dame, Ind.	W/W
Oct. 27	at Purdue	West Lafayette, Ind.	W/W
Nov. 9	#1/9 Indiana and Cincinnati	Bloomington, Ind.	L/W;W/W
Nov. 17-19	Ohio State Invitational	Columbus, Ohio	3rd/3rd
Jan. 12	Iowa and Illinois	Iowa City, Iowa	NTS
Jan. 13	Iowa and Illinois	Iowa City, Iowa	W;W/W
Jan. 19-20	at #20/25 Florida State	Tallahassee, Fla.	W/W
Jan. 26-27 Shamrock Invitational		Notre Dame, Ind.	1st/1st
Feb. 3	Ball State and Green Bay	Notre Dame, Ind.	W/W
Feb. 10-11	Ohio State Winter Invitational	Columbus, Ohio	NTS
Feb. 14-17	Women's ACC Championships	Greensboro, N.C.	All Day
Feb. 14-17	M&W ACC Diving Championships	Greensboro, N.C.	All Day
Feb. 21-24	Men's ACC Championships	Greensboro, N.C.	All Day
March 8-10	NCAA Diving Zones	Columbus, Ohio	All Day
March 14-17	Women's NCAA Championships	Columbus, Ohio	All Day
March 21-24	Men's NCAA Championships	Minneapolis, Minn.	All Day



Notre Dame Women's Swimming & Diving Roster

Name	Event(s)	Yr.	Hometown/High School
Clair Andrews	Diving	So.	The Woodlands, Texas/The Woodlands College Park
Ellie Berdusco	Free	Jr.	Bradenton, Fla./St. Stephenson's Episcopal
Annie Crea	Diving	Sr.	The Woodlands, Texas/The Woodlands College Park
Claire DeSelm	Fly/IM	So.	Chapel Hill, N.C./Chapel Hill
Abbie Dolan	Free	So.	Sunfish Lake, Minn./Visitation
Skylar Fore	Free/Fly	Fr.	Cedarburg, Wis./Cedarburg
Cailey Grunhard	Fly/Back	Fr.	Mission Hills, Kan./Bishop Miege
Lauren Heller	Free	So.	Stow, Ohio/Bishop Hawken
Erin Isola	Diving	So.	Allegan, Mich./Allegan
Kelly Jacob	Free	So.	Oconomowoc, Wis./Arrowhead
Carolyn Kammeyer	Fly	So.	Charlotte, N.C./Ardrey Kell
Paige Kaplan	Fly/IM	Jr.	Bellmore, N.Y./John F. Kennedy
Reilly Lanigan	Free/IM/Fly	So.	Lake Forest, Ill./Lake Forest
Kate McCahan	Diving	Fr.	Dunwoody, Ga./Wesleyan
Sherri McIntee	Breast/IM	Sr.	Carlsbad, Calif./Carlsbad
Meaghan O'Donnell	Breast/Free	Jr.	Wayne, N.J./Wayne Valley
Carly Quast	Back/Free	Fr.	Maple Grove, Minn./Wayzata
Katie Rentz	Fly	So.	Aurora, Ill./Rosary
Sofia Revilak	Fly/Free	Jr.	Mexico City, Mexico/McAuliffe School of Arts and Sciences
Kyra Sarazen	Back/Free	Jr.	North Hampton, N.H./St. Thomas Aquinas
Erin Sheehan	Fly/IM/Free	So.	Upper Arlington, Ohio/Upper Arlington
Katie Smith	Free	So.	Rochester, N.Y./Pittsford Sutherland
Nicole Smith	IM/Fly	Jr.	Munster, Ind./Munster
Sammy Steigerwald	Free/Fly	So.	Colorado Springs, Colo./Air Academy
Lindsay Stone	Free	Fr.	Pittsford, N.Y./Pittsford
Alyssa Storino	Breast/IM	Jr.	Trumbull, Conn./Trumbull
Kelly Straub	Diving	Fr.	Omaha, Neb./Marian
Molly Treble	Free	Sr.	Massapequa, N.Y./Massapequa
Alice Treuth	Back	Jr.	Salisbury, Md./James M. Bennett
Rebecca Walton	Free/Fly	Jr.	Honolulu, Hawaii/Mid-Pacific Institute
Rachel Wittmer	Free/Fly	Fr.	Edina, Minn./Edina

Head Coach: Mike Litzinger (Hobart, '84)

Head Diving Coach: Caiming Xie (Beijing Inst. of P.E., '85)

Associate Head Coach: Aaron Bell (Clarion, '04)

Associate Head Coach: April Woo (Pacific, '09)

Assistant Coach: Joe Spahn (Minnesota State, '09)

Director of Operations: Caroline Tolly (Grove City College, '12)

Volunteer Assistant Coach: Andrew Bartolini (Notre Dame, '13)

Volunteer Assistant Coach: Annette Eaton (Indiana, '82)

Notre Dame Men's Swimming & Diving Roster

Name	Event(s)	Yr.	Hometown/High School
Tabahn Afrik	Free	Jr.	Holland, Mich./West Ottawa
Luke Barrett	Breast	Fr.	South Bend, Ind./St. Joseph
John Paul Becker	Back/IM	Fr.	Rochester, Minn./Rochester Lourdes
Connor Brown	Free	Jr.	Garden City, N.Y./Garden City
Garrett Clarke	Breast	5th	Liverpool, N.Y./Liverpool
Joe Coumos	Diving	Sr.	Tomball, Texas/Tomball
William Cumberland	IM/Back	Fr.	Bristow, Va./Patriot
Daniel Fujan	Free	Jr.	Byron, Minn./Byron
Benjamin Gorski	Breast	Jr.	Falls Church, Va./Bishop Ireton
Matt Grauslys	Fly	Jr.	Manchester, N.H./Manchester Memorial
Cristian Herrera	Diving	So.	Montebello, Calif./Troy High School
Soren Holm	Back/Free/Fly	Sr.	Rodovre, Denmark/Falkonergerd Gymnasium
Benjamin Jany	Free/Fly	Sr.	Vigoulet-Auzil, France/Lycée Bellevue
Richard Mannix	Free/Fly	Sr.	Larchmont, N.Y./Fordham Prep
Sadler McKeen	Free	Fr.	Birmingham, Ala./Briarwood Christian
Nick Milikich	Back/IM	So.	Austin, Texas/Cedar Ridge
Jack Montesi	Fly/Back/Free	So.	Riverside, Conn./Greenwich
Peter Myers	Diving	Sr.	San Diego, Calif./Heritage Christian
Justin Plaschka	Free/Fly	Sr.	Smithtown, N.Y./Hauppauge
Rex Riley	Breast/IM	So.	Erie, Pa./Cathedral Prep
Jack Russell	Breast/IM	Jr.	Birmingham, Mich./Seaholm
Brendan Santana	Fly/Back	Fr.	San Diego, Calif./University City
Aaron Schultz	Fly/Back/Free/IM	So.	Richmond, Va./Deep Run
Steven Shek	Breast/Fly/IM	Jr.	Mount Laurel, N.J./Lenape
Christopher Smith	Free/IM	Fr.	Middletown, N.J./Middletown
Daniel Speers	Free	Jr.	Bournemouth, Dorset, U.K./The Millfield School
David Stewart	Free/Fly	Jr.	New Rochelle, N.Y./New Rochelle
Joseph Turk	Back/IM/Fly	So.	North Andover, Mass./St. John's Prep
David Waszak	Diving	Fr.	North Canton, Ohio/Hoover
Rob Whitacre	Back/IM	Sr.	Oceanport, N.J./Christian Brothers Academy
Zach Yeadon	Free	Fr.	San Antonio, Texas/Reagan

Head Coach: Mike Litzinger (Hobart, '84)

Head Diving Coach: Caiming Xie (Beijing Inst. of P.E., '85)

Associate Head Coach: Aaron Bell (Clarion, '04)

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Assistant Coach: Joe Spahn (Minnesota State, '09)

Director of Operations: Caroline Tolly (Grove City College, '12)

Volunteer Assistant Coach: Andrew Bartolini (Notre Dame, '13)

Volunteer Assistant Coach: Annette Eaton (Indiana, '82)

ND WOMEN'S SWIMMING AND DIVING TEAM RECORDS



NOTRE DAME SWIMMING & DIVING

WOMEN'S TEAM RECORDS

INDIVIDUAL

50 FREE	22.25	KATIE SMITH	2017
100 FREE	48.70	ABBIE DOLAN	2017
200 FREE	1:44.65	ABBIE DOLAN	2017
500 FREE	4:44.29	ELLA MOYNIHAN	2016
1000 FREE	9:47.76	LINDSAY STONE	2017
1650 FREE	16:12.78	LINDSAY STONE	2018
100 BACK	51.72	CATHERINE MULQUIN	2017
200 BACK	1:53.45	ALICE TREUTH	2017
100 BREAST	57.79	EMMA REANEY	2014
200 BREAST	2:04.06	EMMA REANEY	2014
100 FLY	52.22	ERIN SHEEHAN	2017
200 FLY	1:56.52	BRIDGET CASEY	2014
200 IM	1:54.92	EMMA REANEY	2014
400 IM	4:08.63	EMMA REANEY	2014
1 METER	338.25	JENNY CHIANG	2012
3 METER	376.20	NATALIE STITT	2010
PLATFORM	267.35	LINDSEY STREEPEY	2014

RELAY

200 MEDLEY RELAY	1:36.93	MULQUIN, O'DONNELL N. SMITH, K. SMITH	2017
400 MEDLEY RELAY	3:33.38	MULQUIN, O'DONNELL SHEEHAN, DOLAN	2017
200 FREE RELAY	1:28.93	K. SMITH, MULQUIN DOLAN, REVILAK	2017
400 FREE RELAY	3:16.13	DOLAN, MULQUIN K. SMITH, REVILAK	2017
800 FREE RELAY	7:06.88	DOLAN, HELLER LANIGAN, SARAZEN	2017

ND MEN'S SWIMMING AND DIVING TEAM RECORDS



NOTRE DAME SWIMMING & DIVING

MEN'S TEAM RECORDS

INDIVIDUAL

50 FREE	19.35	JUSTIN PLASCHKA	2017
100 FREE	42.78	JUSTIN PLASCHKA	2017
200 FREE	1:33.20	FRANK DYER	2014
500 FREE	4:14.93	ZACH YEADON	2017
1000 FREE	8:56.18	ZACH YEADON	2017
1650 FREE	14:47.18	ZACH YEADON	2017
100 BACK	46.53	ROBERT WHITACRE	2017
200 BACK	1:40.60	ROBERT WHITACRE	2017
100 BREAST	52.25	TRENT JACKSON	2017
200 BREAST	1:53.33	ZACHARY STEPHENS	2015
100 FLY	46.05	JUSTIN PLASCHKA	2017
200 FLY	1:43.09	JONATHAN WILLIAMSON	2014
200 IM	1:44.00	ZACHARY STEPHENS	2015
400 IM	3:43.03	THOMAS ANDERSON	2015
1 METER	420.00	JOSEPH COUMOS	2017
3 METER	409.27	JOSEPH COUMOS	2015
PLATFORM	305.90	JAMES LICHTENSTEIN	2016

RELAY

200 MEDLEY RELAY	1:24.88	WHITACRE, JACKSON, PLASCHKA, SPEERS	2017
400 MEDLEY RELAY	3:06.90	WHITACRE, JACKSON, PLASCHKA, AFRIK	2017
200 FREE RELAY	1:16.97	PLASCHKA, SPEERS, R. FUJAN, AFRIK	2017
400 FREE RELAY	2:50.39	AFRIK, SPEERS, PLASCHKA, R. FUJAN	2017
800 FREE RELAY	6:19.91	R. FUJAN, AFRIK, JANY, SCHULTZ	2017

DUAL SWEEP OVER #7/9 UL, 10/7/17

Swimming & Diving Claims First Top 10 Wins

#17/25 Notre Dame makes loud early ACC statement with wins over #7/9 Louisville



Oct. 7, 2017

Full Results

By Leigh Torbin

NOTRE DAME, Ind. - For what is believed to be the first time in school history, the Notre Dame men's and women's swimming and diving teams downed a top 10 foe in dual meet action as the No. 17 Notre Dame men beat No. 7 Louisville, 153.5-146.5, while the No. 25 Irish women beat the ninth-ranked Cardinals, 181.5-118.5, on Saturday afternoon.

Sophomore Abbie Dolan won the 50, 100 and 200 freestyle events, while also adding a leg to the champion 400 freestyle relay team, to help guide the Notre Dame women to victory. Dolan's wins in the 100 and 200 freestyle came impressive over tight competition from Louisville's Mallory Comerford, a gold medalist at the 2017 FINA World Championships.

Freshman Zachary Yeadon broke a pair of Rolfs Aquatic Center records in his collegiate dual meet debut, winning the 500 and 1000 freestyle in the process.

Other Irish individual double-event winners against the Cardinals were Justin Plaschka (50 freestyle and 100 butterfly), Lindsay Stone (500 and 1000 freestyle) and Rob Whitacre (100 and 200 backstroke). "Obviously this is a great win for both of our programs," Irish head coach Mike Litzinger said. "I'm truly happy with the total team effort that both groups put in. While there were some shining individual moments, the reality of it is our group works very hard. They rely on each other. Today was a perfect example of true team swimming."

DOLAN AND YEADON ACC AND NATIONAL HONORS, 10/10/17

First-Ever National Weekly Swimming Honors

Dolan and Yeadon become first ND swimmers to ever earn ACC and CollegeSwimming.com national swimmer of the week accolades.



Irish duo named ACC and national men's and women's Swimmers of the Week

Oct. 10, 2017

By Leigh Torbin

NOTRE DAME, Ind. - The Notre Dame men's and women's swimming and diving teams both beat a top 10 team in a dual meet for the first time in school history on Saturday, dropping ACC rival No. 7/9 Louisville. A pair of swimmers who combined to win five individual events also made program history on Tuesday.

Freshman Zachary Yeadon and sophomore Abbie Dolan were named the national swimmers of the week on Tuesday for their respective genders -- both a first in Irish lore while also claiming matching ACC swimmer of the week accolades.

Dolan (Sunfish Lake, Minn.) won the 50, 100 and 200 freestyle events, while also adding a leg to the champion 400 freestyle relay team, to help guide the Notre Dame women to a convincing, 181.5-118.5, victory. Dolan's wins in the 100 and 200 freestyle came impressively over tight competition from Louisville's Mallory Comerford, a gold medalist at the 2017 FINA World Championships.

Yeadon (San Antonio, Texas) broke a pair of Rolfs Aquatic Center records which were previously held by Olympians in his collegiate dual meet debut, winning the 500 and 1000 freestyle in the process.

By swimming a 9:02.47 in the 1000 freestyle, Yeadon topped a 9:02.50 swam by Connor Jaeger of Michigan in 2013. Jaeger represented the United States in both the 2012 and 2016 Olympic Games, winning silver in Rio in the 1500 meters. With a 4:21.66 in the 500 freestyle, Yeadon beat out the pool record of 4:21.98 which had been set by Denver's Blake Worsley in 2009. Worsley represented his native Canada in the 2012 Olympics in London.

COUMOS ACC DIVER OF THE WEEK, 10/24/17

Coumos Claims Weekly ACC Accolade

Senior claims fourth career ACC Men's Diver of the Week award and first since 2015.



Oct. 24, 2017

By Leigh Torbin

NOTRE DAME, Ind. - For the third time in three weekends of competition this young season, a Notre Dame swimmer or diver has been the best the ACC has to offer as Joe Coumos (Tomball, Texas) earned ACC Men's Diver of the Week honors on Tuesday afternoon.

As an ACC weekly honoree this year, Coumos joins his freshman teammate Zach Yeadon who was named ACC Swimmer of the Week on Oct. 9, and women's freestyle sprinting sophomore Abbie Dolan who claimed the female prize on Oct. 9.

This past Friday afternoon, Coumos scored 18 points towards No. 17 Notre Dame's, 175-125, ACC victory over Georgia Tech that upped the Irish to 3-1 this year with a pair of league wins. Coumos claimed both of the men's diving events, taking the 1-meter competition with a score of 333.90 and the 3-meter event by recording a 357.75.

This marks the fourth time at Notre Dame Coumos has been named the ACC's top male diver, the most recent coming on Feb. 10, 2015. He is the only male Irish diver to claim the weekly accolade since Notre Dame joined the league in 2013-14. Notre Dame has seen a women's diver claim this prize four times, most recently by Emma Gaboury on Nov. 18, 2014.

SWEEP OF #23/16 PURDUE, 10/27/17

#14/10 Swimming & Diving Stays Hot at #23/16 Purdue

Irish complete 4-1 October with second top-25 wins of the month in sweep of Boilermakers.



Abbie Dolan accounted for 27 individual points with her sweep of the three freestyle sprints.

Oct. 27, 2017

Final Stats

Final Results

By Leigh Torbin

WEST LAFAYETTE, Ind. - The No. 14/10 Notre Dame men's and women's swimming and diving teams completed a historic month of October by claiming their second top-25 wins of the month on Friday afternoon as the men's team beat No. 23 Purdue, 169-131, and the Irish women beat No. 16 Purdue, 163-137, in West Lafayette.

Abbie Dolan led the charge for Notre Dame's women's team, winning three individual events as she touched the wall first in the 50, 100 and 200 freestyle competitions. Alice Treuth also claimed two wins for the Notre Dame women, topping the field in the 100 and 200 backstroke. Notre Dame added some hard-earned points in women's 1-meter diving behind Claire Andrews and Erin Isola's one-two punch.

On the men's side, the Irish had a trio of double individual winners in Aaron Schultz, Rob Whitacre and Zach Yeadon. Whitacre also swam the opening leg of the winning 200 medley relay team for Notre Dame while Schultz contributed to the 400 freestyle relay which took first place.

Both Notre Dame squads wrapped up their impressive Octobers at 4-1 overall, 2-0 in ACC competition, and laying claim to the highest team rankings in school history. The dual victories over the Boilermakers mark the second ranked wins of the year for each team, the others coming on Oct. 7 when Notre Dame claimed what is believed to be both teams' first ever top-10 wins, beating No. 7/9 Louisville at the Rolfs Aquatic Center.

KEY MEET AGAINST #1/9 IU AND CINCY, 11/9/17

#13/18 Irish Shine Against #1/9 Indiana And Cincinnati

No. 18 Notre Dame sweeps No. 9 IU and Cincy women, No. 13 Irish men split with Bearcats and No. 1 IU



Nov. 9, 2017

Full Meet Results

BLOOMINGTON – A competitive tri-dual meet headed toward the final competition of the fall semester did little to slow down the University of Notre Dame men's and women's swimming and diving teams on Thursday. The No. 18 Irish women swept the day against No. 9 Indiana and Cincinnati, beating the host Hoosiers 123-120 and the Bearcats 205-38. The No. 13 Notre Dame men's squad added a spirited split, downing Cincinnati 182-61 while staying neck-and-neck with No. 1 Indiana in a 146-95 defeat.

On the men's side, Zachary Yeadon was a double-winner in both the 500 free (4:26.24) and 1000 free (9:05.21) events. Daniel Speers added a win in the 50 free, swimming a season-best time in competition of 20.22 for the race victory. Jack Montesi paced a 1-2 Notre Dame (5-2) finish in the 100 back by touching the wall in 49.16.

The Notre Dame (6-1) women's squad featured strong performances across the board in its meet sweep. The 'A' entry in the 200 free relay of Abbie Dolan, Rachel Wittmer, Katie Smith and Carly Quast clocked in at 1:32.08 to take the event win over host Indiana. Dolan and the Irish claimed the top-four spots in the 100 free, as the Notre Dame sophomore posted a 49.30 time for the race victory. Dolan was a double-winner individually after adding a title in the 200 free, notching a season-best with a time of 1:45.94. Erin Sheehan claimed a share of the top time in the 100 fly, swimming a season-best 54.27 to tie for first place. Lindsay Stone added a Notre Dame win in the 1000 free, clocking a winning time of 9:56.17.

DOLAN NAMED ACC SWIMMER OF THE WEEK, 11/14/17

Dolan Claims Second ACC Swimmer Of The Week Citation

Notre Dame sophomore freestyle swimmer won three events in team upset of No. 9 IU last week



Nov. 14, 2017

NOTRE DAME, Ind. – For the second time in the 2017 season, University of Notre Dame women's swimming sophomore Abbie Dolan has been named the Atlantic Coast Conference (ACC) Women's Swimmer of the Week. Dolan received the honor from the conference on Tuesday after helping guide the Irish to a pair of dual victories over No. 9 Indiana and Cincinnati last week.

Dolan, a native of Sunfish Lake, Minnesota, was a standout performer in three race victories for No. 18 Notre Dame (6-1) in a 123-120 upset of No. 9 Indiana and a 205-38 win over Cincinnati in a tri-dual meet on Nov. 9 in Bloomington. Dolan was a key competitor in the 200 free relay that logged a winning time of 1:32.08 over Indiana, swimming the leadoff leg in the final event to clinch the meet victory against the host Hoosiers.

Individually, Dolan posted an NCAA B-cut swim of 49.30 to beat 12 other competitors in the 100 free. Dolan capped a successful meet by outdueling Canadian Olympian and Indiana standout Kennedy Goss by more than two seconds with a season-best and NCAA B-cut time of 1:45.94 to win the 200 free.

Dolan was previously named the ACC Swimmer of the Week and CollegeSwimming.com National Swimmer of the Week on Oct. 10. She ranks among the top-25 swimmers in the country in the 50 free (25th, 22.96), 100 free (ninth, 48.94) and 200 free (seventh, 1:45.94) as of Nov. 14.

ACC SWEEP AT #20/25 FSU, 1/20/18

#22 Irish Complete ACC Sweep At #20/25 FSU

Notre Dame men (191-162) and women (193-160) take a pair of conference wins in Tallahassee



Jan. 20, 2018

by Tony Jones

Final Results

TALLAHASSEE, Fla. – Complete team competition and effort allowed the University of Notre Dame men's and women's swimming and diving teams to take a day one lead at Florida State. More of the same followed for the No. 22 Irish on Saturday, as Notre Dame claimed a crucial Atlantic Coast Conference (ACC) sweep over the No. 20/25 Seminoles by way of a 191-162 men's score and a 193-160 decision on the women's side at the Morcom Aquatics Center.

The Irish men's squad (7-2) rode six race victories and a pair of NCAA B-cut times to pull away from the 20th-ranked Seminoles on Saturday. Senior Rob Whitacre was a triple-winner for Notre Dame on the day, taking the 200 backstroke and 200 IM titles along with swimming in the triumphant 400 medley relay. Junior Tabahn Afrik added wins in the 100 free and with the 400 medley relay, while freshman Zach Yeadon swept the meet's distance events with an NCAA B-cut win in the 500 freestyle. Senior Joe Coumos completed the weekend diving double with a win off the 1-meter board.

The Notre Dame women's team (9-1) was vaulted ahead by three event wins and a number of point-earning swims to defend its sizeable lead from day one. Both junior Alice Treuth (200 backstroke) and sophomore Abbie Dolan (100 freestyle) posted Saturday victories for the Irish, while freshman Lindsay Stone put on another stellar performance in a 500 freestyle win.

COUMOS WINS SECOND ACC DIVER OF THE WEEK, 1/23/18

Coumos Earns Second ACC Diving Citation Of Season

Notre Dame senior diver claims second ACC weekly honor after stellar weekend at FSU



Jan. 23, 2018

by Tony Jones

NOTRE DAME, Ind. -- For the second time this season, University of Notre Dame senior men's diver Joe Coumos has been recognized by the Atlantic Coast Conference (ACC) for exemplary performance. The league named Coumos the ACC Men's Diver of the Week on Tuesday in recognition of a strong performance on the boards last weekend in an Irish dual victory over Florida State in Tallahassee.

Coumos was a double-winner at No. 20 Florida State, setting a Notre Dame season high with 383.78 points scored off the 3-meter board on Friday for first-place points. Coumos, who was previously named the ACC Diver of the Week on Oct. 24, took his second win of the weekend with a score of 327.53 points in 1-meter action on Saturday. Coumos is the defending ACC champion in the 1-meter competition.

Coumos, whose scores both met NCAA Zone qualifying standards, has been tabbed as the top ACC weekly diver on five different occasions during his Notre Dame career. Along with the nod earlier this season, Coumos was honored by the ACC as its male diver of the week on Feb. 10, 2015, Dec. 10, 2013 and Nov. 19, 2013 earlier in his Irish tenure.

IRISH DOWN THREE RANKED TEAMS, 1/27/18

Records Fall, #22 Irish Stand Tall At Shamrock Invite

Notre Dame sets nine Rolfs Aquatic Center records in a men's/women's Shamrock sweep



Jan. 27, 2018

[Complete Results](#) | [Complete Results](#) | [Photo Gallery](#) 📷

by Tony Jones

NOTRE DAME, Ind. – Not wanting to rest on their laurels from a dynamic Friday performance to open the weekend, the University of Notre Dame men's and women's swimming and diving teams brought that same level of intensity to the final day of the 2018 Shamrock Invitational. Behind record times and NCAA B-cut qualification swims, the No. 22 Irish swept the Saturday invitational showcase on Senior Day at Rolfs Aquatic Center.

The Notre Dame men's squad scored 988.50 points to defeat No. 18 Ohio State (933.50 points) No. RV Iowa (691 points), Wisconsin (601 points) and Missouri State (409 points). The Irish women scored 1,023.50 points to down Akron (842 points), No. 13 Ohio State (735.50 points), No. 18 Wisconsin (650.50 points) and Iowa (395.50 points). All told, Notre Dame athletes set nine Rolfs Aquatic Center records during the meet on the way to the team triumphs.

DOLAN, YEADON AND COUMOS WIN ACC AWARDS, 1/30/18

Irish Dominate Weekly ACC Awards

Zach Yeadon, Abbie Dolan and Joe Coumos honored for standout Shamrock Invitational performances



Jan. 30, 2018

by Tony Jones

NOTRE DAME, Ind. – With a successful weekend at the Shamrock Invitational in the rearview mirror for the University of Notre Dame men's and women's swimming and diving teams, the Atlantic Coast Conference (ACC) took notice of strong Irish performances in the water at the Rolfs Aquatic Center. Freshman Zach Yeadon was tabbed as the ACC Men's Swimmer of the Week, sophomore Abbie Dolan brought home ACC Women's Swimmer of the Week honors and senior Joe Coumos repeated as ACC Men's Diver of the Week on Tuesday.

The three weekly ACC citations pushed the Irish total to eight conference weekly accolades earned thus far in the 2017-18 season, with each athlete now a multi-time winner. Yeadon added Tuesday's award to his recognition as the top men's ACC swimmer on Oct. 10. Dolan has been the ACC's standout women's swimmer three times with Tuesday, Oct. 10 and Nov. 14 on her résumé, and Coumos brought home top ACC men's diver plaudits on Oct. 24 and Jan. 23 to go along with this week.