



NOTRE DAME

SWIMMING & DIVING

Fighting Irish Media

Claire Kramer - Primary Contact

ckramer@nd.edu

FLORIDA STATE DUAL MEET

Date	Time	Event	Location	Host
October 4, 2019	5 p.m.	vs. Florida State	Rolfs Aquatic Center Notre Dame, IN	Notre Dame

SCHEDULE OF EVENTS

1. 200 Medley Relay	2. 1000 Free	3. 200 Free
4. 100 Back	5. 100 Breast	6. 200 Fly
7. 50 Free	8. 15 min. break / 1m Diving	9. 100 Free
10. 200 Back	11. 200 Breast	12. 500 Free
13. 100 Fly	14. 10 min. break / 3m Diving	15. 200 IM
16. 400 Free Relay	*Note: Diving will run concurrently with Swimming	

THE COACHES

Coaching Staff	Title	Years at Notre Dame
Mike Litzinger	Head Coach	5
Caiming Xie	Head Diving Coach	25
Aaron Bell	Associate Head Coach	4
April Woo	Associate Head Coach	5
Joe Brinkman	Assistant Coach	2
Mitch Dansky	Assistant Coach	2
Annie Eaton	Volunteer Diving Coach	7
Caleb Lawrence	Volunteer Assistant Coach	2

BY THE NUMBERS

19	The Notre Dame women finished the 2019 season ranked 19th after going undefeated in regular season dual meets with a 10-0-1 record.
23	At the end of last season, the Irish men ranked 23rd overall by the CSCAA Coaches Rankings. The Florida State men ranked 22nd in 2019.
4	Earlier this fall season, Head Coach Mike Litzinger announced the four Irish captains for the 2019-20 season. The Irish women will be led by Lauren Heller and Erin Sheehan, while the men will be led by Jack Montesi and Aaron Schultz. "I am thrilled to announce our team captains for the 2019-20 season. Each of these individuals is a leader in and out of the pool, and have the respect of their teammates." - Head Coach Mike Litzinger
21	Notre Dame welcomes 21 freshmen to the team for the 2018-19 season, with seven women and 14 men joining the Irish.
4	Friday's dual meet marks the first of four home meets for the Irish, the next coming against Northwestern (January 17), the Shamrock Invitational (January 24-25) and Michigan State/Ball State (February 1).

At A Glance

- In their first meet of the season, Notre Dame will remain at home and host the Seminoles of Florida State, an ACC rival, in their first dual matchup of the season.
- The Irish men finished last season ranked 23rd, while the women ranked 19th. Florida State men ranked 22nd in the CSCAA rankings, while the women received votes but did not rank.
- Last season, Notre Dame received a record eight individual invites to the Women's NCAA Championships with Abbie Dolan, Bayley Stewart, Luciana Thomas, Cailey Grunhard, Carly Quast, Lindsay Stone, Nikki Smith and Alice Truth all receiving individual bids to compete. All but Smith and Truth return to the team this season.
- Three divers received individual invites to the NCAA Championships with their top-eight finish at the NCAA Zone C Championships. Annie Wiese placed eighth in the 3-meter while in the 1-meter, Erin Isola took fourth and Kelly Straub finished sixth. All return this season for the Irish.
- Zach Yeadon, Josh Bottelberghe, Marci Barta and Aaron Schultz swam for the Irish at the NCAA Championships, with Yeadon earning an All-American Honorable Mention distinction.
- In all, 11 women and four men represented Notre Dame at the NCAA Championships.

Breakdown Of Events

- The first race, the 200 medley relay, will kick off the meet at 5 p.m.
- It will be followed by the 1000 Free, 200 Free, 100 Back, 100 Breast, 200 Fly and 50 Free.
- The diving portions (1m & 3m) will take place during the break in swimming events.
- The second half includes the 100 Free, 200 Back, 200 Breast, 500 Free and 100 Fly.
- The meet concludes with the 200 IM and the 400 free relay.

They Said It

- "Our women are coming off the best season in recent history and have suffered the loss of a great Senior Class. I am interested in how our freshman and sophomores respond to a high-level, competitive environment. Our men have a mature group that have consistently been in elite competitive situations. I am looking for our upperclassmen to lead a talented freshman group." - **Head Coach Mike Litzinger**
- "The mindset is simple for this meet. FSU is an ACC foe; we will see them at the championship level, and again at NCAAs. Our goal is to establish ourselves as a premier team in the league. ... The FSU men are deep in the speed and diving events, and their women are the same. We will need to respond in the Distance, Middle Distance Stroke and Relays in order to keep the meet close."

Up Next For The Irish

- Notre Dame will travel to Lexington, Ky. to match up with Indiana and Kentucky on Wed., Oct. 9th.