



SOUTH CAROLINA

SWIMMING & DIVING

South Carolina Athletic Media Relations • Swimming & Diving Contact: Wes Todd • wtodd@sc.edu
1125 George Rogers Blvd., Williams-Brice Stadium, Columbia, S.C. 29208 • Office: 803-777-7872 • Cell: 731-445-4705

MEN'S SCHEDULE (10-1, 2-1 SEC)

| Date | Opponent/Event | Time/Result |
|-------------------|--|----------------|
| Oct. 16 | vs. Western Kentucky (at Nashville) | W 203-97 |
| Oct. 29 | CLEMSON | W 169.5-125.5 |
| Nov. 5 | vs. Missouri (at Fayetteville) | W 181.5-118.5 |
| Nov. 18-20 | at Nike Cup Invitational | 3rd of 9 |
| Jan. 3-4 | at Tennessee Diving Invitational | N/A |
| Jan. 7 | KENTUCKY * | W 189.5-110.5 |
| | COLL. OF CHARLESTON | W 251-47 |
| Jan. 15 | at Duke | W 165-135 |
| | vs. Queens (N.C.) | W 249-47 |
| Jan. 21 | at East Carolina | W 163.5-128.5 |
| Jan. 22 | at UNC-Wilmington | W 161-137 |
| Jan. 29 | #9 GEORGIA * | L 117.5-180.5 |
| | #16 ALABAMA * | W 160-140 |
| Feb. 11-13 | SEC Diving Championships (Gainesville, Fla.) | |
| Feb. 16-19 | SEC Swimming Championships (Gainesville, Fla.) | 7th of 8 |
| Feb. 26-27 | Last Chance Meet (Athens, Ga.) | |
| Mar. 10-12 | NCAA Zone B Diving (Athens, Ga.) | |
| Mar. 24-26 | NCAA Championships (Minneapolis, Minn.) | All Day |

WOMEN'S SCHEDULE (7-6, 2-3 SEC)

| Date | Opponent/Event | Time/Result |
|------------|--|---------------|
| Oct. 16 | at Vanderbilt * | W 252-43 |
| | vs. Western Kentucky | W 195-104 |
| Oct. 29 | CLEMSON | W 167-133 |
| Nov. 5 | at Arkansas * | L 106-194 |
| | vs. Missouri | L 124-176 |
| Nov. 18-20 | at Nike Cup Invitational | 3rd of 9 |
| Jan. 3-4 | at Tennessee Diving Invitational | N/A |
| Jan. 7 | KENTUCKY * | L 137-144 |
| | COLL. OF CHARLESTON | W 236-57 |
| Jan. 15 | at Duke | L 140-160 |
| | vs. Queens (N.C.) | W 247-24 |
| Jan. 21 | at East Carolina | W 168-128 |
| Jan. 22 | at UNC-Wilmington | L 140-155 |
| Jan. 29 | #2 GEORGIA * | L 119.5-178.5 |
| | ALABAMA * | W 158-142 |
| Feb. 11-13 | SEC Diving Championships (Gainesville, Fla.) | |
| Feb. 16-19 | SEC Swimming Championships (Gainesville, Fla.) | 6th of 10 |
| Feb. 26-27 | Last Chance Meet (Athens, Ga.) | |
| Mar. 10-12 | NCAA Zone B Diving (Athens, Ga.) | |
| Mar. 17-19 | NCAA Championships (Austin, Texas) | 29th |

2011 NCAA MEN'S CHAMPIONSHIPS

University Aquatic Center • Minneapolis, Minn.

Thursday, March 24 -
Saturday, March 26



| | |
|-------------------|---|
| Prelims: | Noon ET each day |
| Finals: | 8 p.m. ET each day |
| Live Video: | ESPN3.com (Friday/Saturday finals only) |
| Live Results: | NCAA.com |
| Host Institution: | University of Minnesota, Twin Cities |

MICHAEL FLACH SET FOR NCAA MEN'S CHAMPIONSHIPS

Sophomore Michael Flach will represent the University of South Carolina for the second straight year at the NCAA Men's Swimming & Diving Championships, which run Thursday-Saturday, March 24-26, at the University Aquatic Center in Minneapolis, Minn.

Flach will swim the 500 freestyle, 200 freestyle and 200 butterfly at the meet, the same events he swam at last season's championships in Columbus, Ohio. He enters the meet as the No. 6 seed in the 500 free with a top time of 4:16.03. Four of the top six competitors in the 500 free are from the SEC - Conor Dwyer, Florida (4:11.36), Martin Grodzki, Georgia (4:14.93), Ryan Harrison, Tennessee (4:15.13) and Flach.

The sophomore from Annandale, Va., is seeded 21st in the 200 freestyle with a 1:35.39, and he is 22nd in the 200 butterfly with a 1:45.36.

Preliminaries begin at noon ET with finals set for 8 p.m. each day of the competition. ESPN3.com will have live video of the finals on Friday and Saturday, and live results will be available through NCAA.com.

HISTORY AT THE NCAA CHAMPIONSHIPS

This will mark the 14th straight season and the 28th overall that South Carolina has sent at least one athlete to the NCAA Men's Championships. The Gamecocks have placed in the top 25 at the national championships 12 times, with the last time being a 20th-place finish at the 2004 meet. The best showing for a Gamecock squad came in 1987 when the Metro Conference champions earned a 10th-place finish behind All-America performances from nine individuals and two relays.

2010 NCAA CHAMPIONSHIPS RECAP

Then-freshman Michael Flach competed in three events for South Carolina at the 2010 NCAA Swimming & Diving Championships in Columbus, Ohio. He posted a 4:21.33 in the 500 freestyle to finish 27th, despite recording his second-fastest time of the season. On Friday, he was 33rd in the 200 freestyle prelims with a 1:36.90, then he recorded a then-career best 1:46.71 in the 200 butterfly.

GAMECOCKS RANKED 25TH IN FINAL CSCAA POLL

South Carolina earned a top-25 finish in the final College Swimming Coaches Association of America Dual-Meet Rankings, finishing in a tie for 25th in the poll that was released Monday. It was the first top-25 finish for South Carolina since the 2002 season when the Gamecocks were 13th in the final dual-meet ranking. The Gamecocks finished with a 10-1 overall record in dual-meet competition - the second 10-win season in school history - with a 2-1 mark against Southeastern Conference foes. The worksheet included wins over a pair of teams that finished in the final top 25. Carolina beat No. 21 Alabama (ranked No. 16 at the time) in the season's final meet on Jan. 29, and the Gamecocks took down archrival Clemson on Oct. 29; the Tigers tied the Gamecocks for the 25th spot in the final ranking. South Carolina then earned a seventh-place finish at the SEC Championships, its best showing at the league meet since 2007.



SOUTH CAROLINA QUICK FACTS

UNIVERSITY OF SOUTH CAROLINA

Location.....Columbia, S.C.
 Enrollment.....28,481
 Founded.....1801
 Team Name.....Gamecocks
 President.....Dr. Harris Pastides
 Athletics Director.....Eric Hyman
 Deputy A.D.....Marcy Girton
 Colors.....Garnet (PMS 202), Black
 Conference.....Southeastern
 Swimming Facility.....Carolina Natatorium (1,200)

TEAM INFORMATION

Head Coach.....McGee Moody (4th year)
 Diving Coach.....Todd Sherritt (18th year)
 Asst. Coaches.....Allison Brennan, Jason Memont
 Abby Stekete, Steve Stekete
 2009-10 Men's Record.....4-6, 1-3 SEC
 2009-10 SEC Finish.....8th/8
 2009-10 NCAA Finish.....Competed/no score
 Letterwinners R/L.....20/6
 Newcomers.....7
 2009-10 Women's Record.....3-8, 1-4 SEC
 2009-10 SEC Finish.....9th/10
 2009-10 NCAA Finish.....39th
 Letterwinners R/L.....28/11
 Newcomers.....11

MEDIA RELATIONS

Swim/Dive Contact.....Wes Todd
 E-mail.....wtodd@sc.edu
 Office.....803-777-7872
 Cell.....731-445-4705
 Media Relations Fax.....803-777-2967
 Website.....GamecocksOnline.com
 Twitter.....@GamecockSwim

2010-11 GAMECOCK HONOR ROLL

| Athlete | Honor(s) |
|--------------------------|--|
| Michael Flach | National Swimmer of the Week (11/24) AgSouth Athlete of the Week (11/22) |
| Courtney Forcucci | SEC Diver of the Week (10/19) SEC Diver of the Week (2/1) |
| Chris Kelly | SEC Swimmer of the Week (10/19) |
| Rylan Ridenour | SEC Diver of the Week (10/19) SEC Diver of the Week (11/2) |
| Gerard Rodriguez | SEC Freshman of the Week (10/19) |
| Amanda Rutqvist | AgSouth Athlete of the Week (2/21) All-SEC First Team All-SEC Freshman Team AgSouth Athlete of the Week (3/21) |
| Rachael Schaffer | SEC Freshman of the Week (11/22) SEC Freshman of the Week (10/19) AgSouth Athlete of the Week (10/18) All-SEC Freshman Team |
| Taryn Zack | SEC Diver of the Week (11/2) AgSouth Athlete of the Week (2/14) All-SEC First Team |

NATIONAL RECOGNITION FOR FLACH

After posting five NCAA 'B' cuts at the Nike Cup Invitational, Gamecock sophomore **Michael Flach** was named the Counsilman Hunsaker National Swimmer of the Week by CollegeSwimming.com. He had one of the best weeks of his career with a victory in the 500 freestyle (4:21.68), posting a prelims time of 4:20.03 which was the fastest in the nation at that point. He also won the 200 freestyle in a personal-best time of 1:35.53, setting the Nike Cup meet record. His 200 butterfly time of 1:45.36 was also a personal-best and the third-fastest time in SC history, earning a runner-up finish. He also helped the 800 freestyle relay team to a victory and earned 'B' cuts with both that team and the 400 free relay squad.

NCAA WOMEN'S CHAMPIONSHIPS RECAP

Freshman **Amanda Rutqvist** earned two All-America honors - highlighted by her 5th-place finish in the 200 breaststroke - to help the Gamecocks to a 29th-place finish at the 2011 NCAA Women's Championships. Rutqvist lowered her own school and SEC record by another seven-tenths of a second with a 2:07.86 in the championship final. She also finished 16th in the 100 breaststroke with a 1:01.04. **Rachael Schaffer** competed in the 200 IM, 400 IM and 200 breast, barely missing the finals in the 400 IM with a 4:10.27 to finish 17th, and senior **Taryn Zack** wrapped up her Carolina career with an 18th-place finish in 1-meter diving and a 21st-place showing on the 3-meter board.

2011 SEC CHAMPIONSHIPS RECAP

South Carolina swimmers broke nine school records, posted 37 NCAA provisional qualifying times (and one NCAA automatic time), and the men's and women's teams earned their best finishes at an SEC Championship in several years. The Carolina women earned a sixth-place finish with 252 points, the best SEC finish since 2006. For the Gamecock men, it was a seventh-place finish with 217 points, finishing ahead of Kentucky and falling just short of sixth-place Alabama's 271 points and fifth-place LSU's 271.5.

Freshman **Amanda Rutqvist** and senior **Taryn Zack** won SEC Championships in the 200 breaststroke and 1-meter diving, respectively, and sophomore **Michael Flach** won his second straight bronze medal in the 500 freestyle.

FIRST TIME FOR EVERYTHING

Ten times had a South Carolina women's diver climbed to the top spot on the medal stand at the SEC Championships. But never a woman's swimmer - until this year.

Freshman **Amanda Rutqvist** became South Carolina's first-ever Southeastern Conference women's swimming champion, winning the 200-yard breaststroke event and setting a new SEC record with a time of 2:08.56 to put an exclamation mark on the Gamecocks' week at the 2011 SEC Swimming Championships, which wrapped up Saturday night at the Stephen C. O'Connell Center Natatorium on the campus of the University of Florida.

Rutqvist broke a 10-year-old league mark of 2:08.85, previously held by Alabama's Anna Poleska, as she sprinted to what was nearly a two-second victory over Auburn junior Micah Lawrence. She was also nearly a second faster than the 2010 champion, Arkansas senior Yi-Ting Siow, who went 2:09.23 to win last year's title in Athens, Ga. And more importantly, it was the fifth-fastest time in the country this year and an NCAA automatic qualifying mark, earning her a guaranteed berth in the 2011 NCAA Women's Swimming Championships, set for March 17-19 in Austin, Texas.

ZACK WINS SEC 1-METER CHAMPIONSHIP

Taryn Zack set the SEC Championship record in 1-meter diving and won her second SEC title giving the Gamecocks their 10th all-time SEC diving championship at last week's meet in Gainesville. Zack's score of 336.55 broke a four-year old SEC Championships 1-meter record of 333.90, previously set by Kentucky's Taryn Ignacio at the 2007 league meet. She also became South Carolina's fourth diver to win multiple SEC Championships, joining Allison Brennan, Michelle Davison and Vivian Alberty in that elite club.

Not to be lost in Zack's triumph was an outstanding performance by junior **Courtney Forcucci**, who just missed the medal stand with a personal-record score of 315.95 to finish in fourth place. Forcucci led after the first round with a 60.00 on her opening dive, then was steady throughout the competition and never fell below fourth place. Only a near-perfect final dive by Auburn's Vennie Dantin bumped Forcucci to fourth place as Dantin took third behind Zack and St. Germain.

ZACK NAMED SEC SCHOLAR-ATHLETE OF THE YEAR

South Carolina senior diver **Taryn Zack** was named the Southeastern Conference's Female Scholar-Athlete of the Year as the SEC announced its year-end swimming and diving awards on Friday.

In addition, Zack and freshman **Amanda Rutqvist** were first-team All-SEC selections, while Rutqvist and fellow freshman **Rachael Schaffer** were both named to the SEC All-Freshman Team.

Zack, a native of Stony Plain, Alberta, Canada, graduated in June 2010 with a degree in exercise science and a GPA of 3.926; she is currently in graduate school where she is pursuing a physical therapy degree and carries a perfect 4.0 GPA. Two weeks ago, Zack won her second SEC Championship in 1-meter diving, scoring an SEC Championship-record 336.55 to win the title in Gainesville, Fla. She also captured the 1-meter title as a sophomore in 2009. Zack is the school record-holder in 1-meter diving (357.75) and 3-meter diving (389.03).

GAMECOCKS SWEEP ALABAMA; FALL TO GEORGIA ON SENIOR DAY

In a meet that came down to the final two races, Carolina's men defeated Alabama 160-140 on Saturday to pick up their 10th win of the season. The Gamecocks fell to No. 9 Georgia, 180.5-117.5. On the women's side, Carolina earned their second SEC victory of the year, winning the final relay against the Tide to ensure a 158-142 win. The Gamecock women fell to the No. 2-ranked Lady Bulldogs, 178.5-119.5.



The Gamecock men finish the regular season 10-1 overall (2-1 SEC), the first winning record under fourth-year head coach McGee Moody and a huge turnaround from a 4-6 finish a year ago. The 10-win mark also matches the most wins in a season in school history, equaling the 1966 Gamecock squad that went 10-2 and finished fourth at the ACC Championships. Carolina's women finish the regular season with a 7-6 mark (2-3 SEC), their first winning season since 2002.

Sophomore **Bobby Cave** was the biggest catalyst for the Carolina men, posting a 4:00.58 in his first career attempt at the 400 IM to clinch the win over Alabama. Earlier in the meet, he won both the 100 and 200 breaststroke against Alabama. **Michael Flach**, **Brooks Ross** and **Max Heinze** also earned wins over Alabama, while **Rylan Ridenour** took the win on the 3-meter board. In the women's meet, freshman **Rachael Schaffer** came through with an inspired performance in the 400 IM, posting a winning time of 4:15.55 – the best Gamecock time ever at the Carolina Natatorium – to all but clinch the win over Alabama. **Courtney Forcucci** earned a pair of wins on both the 1- and 3-meter boards, and **Amanda Rutqvist** was a two-time winner in the breaststroke events to help pace the Gamecocks.

THANK YOU, SENIORS

A total of 10 Gamecock seniors were recognized before Saturday's meet as part of Senior Day festivities. Two men – **Brett Sexton** and **Gray Tedder** – were recognized, along with eight women who experienced their final home meet – **Allison Barr**, **Shaylyn Blake**, **Blair Bowers**, **Bridget Halligan**, **Stephanie Hellenga**, **Kelly Kirchler**, **Megan Sparks** and **Taryn Zack**.

GAMECOCKS EARN SEC WEEKLY AWARDS

After their first meet against Vanderbilt and Western Kentucky on Oct. 16, South Carolina's swimming & diving team nearly swept the Southeastern Conference's weekly awards, as freshmen **Rachael Schaffer** and **Gerard Rodriguez**, sophomore **Rylan Ridenour** and juniors **Courtney Forcucci** and **Chris Kelly** all earned SEC Athlete of the Week honors.

Two more Gamecocks were honored after Carolina's sweep of archrival Clemson on Oct. 29. Senior **Taryn Zack** and Ridenour were named the SEC Divers of the Week after a dominating performance against the Tigers. Following the Nike Cup Invitational, Schaffer earned her second weekly honor as the SEC Freshman of the Week. Forcucci earned her second award following the Gamecocks' win over Alabama on Senior Day.

UNBEATEN STREAK CONTINUES FOR GAMECOCK MEN AT UNCW

South Carolina got a tough fight from UNC Wilmington on Saturday at Seahawk Natatorium, but the Gamecock men pulled away for a 161-137 dual-meet victory. The Carolina women fell to the host Seahawks in a tight meet, dropping a 155-140 decision. **Michael Flach** put together another strong performance and added another event to his repertoire. Flach earned a victory in the 200-yard freestyle with a 1:40.53, falling just short of the UNCW pool record. He also swam the 200 backstroke for the first time this year, winning with a 1:52.43. He also swam the butterfly leg on the victorious 400 medley relay team along with **Max Heinze**, **Bobby Cave** and **Alex Fitton**, posting a 3:23.80 to open the meet with a victory.

Whitney Avers won the 1000 freestyle (10:16.17) and took her fourth straight victory in the 200 butterfly (2:05.65). **Rachael Schaffer** earned a pair of wins, taking the top spot in the 200 free with a 1:53.00, then continued her unbeaten streak in the 200 IM with a UNCW pool-record time of 2:04.23. **Amanda Rutqvist** earned a win in the 100 breaststroke with a 1:03.70, then came back to win the 200 breast with a time of 2:17.35.

GAMECOCKS SET THREE POOL RECORDS AT EAST CAROLINA

South Carolina got a trio of record-breaking swims and had the top times in 24 of 28 events as the men and women earned a victory over East Carolina on Jan. 22. The 23rd-ranked Carolina men won by a score of 163.5-128.5, while the Gamecock women took a 168-128 decision. **Michael Flach** set the Menges Aquatic Center record in the 1000-yard freestyle with a 9:17.77 to win by more than six seconds. It was a career-best time for Flach by more than 10 seconds and broke the ECU pool record that had stood for more than 17 years. Flach was undefeated on the day, posting victories in the 200 butterfly (1:48.86) and 500 freestyle (4:32.31) and anchoring the 400 freestyle relay team of **Alex Fitton**, **Brett Sexton**, **Gerard Rodriguez** and himself to a first-place time of 3:06.45.

Another pool record swim came in the women's 200 medley relay as **Megan Sparks**, **Amanda Rutqvist**, **Bridget Halligan** and **Lauren Raczowski** got the afternoon off to a strong start with a 1:45.59 to eke out a victory over the top ECU relay squad by .30 seconds. Rutqvist had a second record-breaking swim in the 200 breaststroke. Her time of 2:17.38, while far from a season-best, broke a 16-year-old record at the Menges Aquatic Center and led the Gamecocks to a 1-2 finish in that event (**Rachael Schaffer** clocked a 2:21.39). It was part of an undefeated day for the freshman from Sweden as she also took top honors in the 100 breaststroke (1:04.49) and 200 IM (2:08.69). Schaffer was also the runner-up in the 100 breast while earning a win of her own in the 100 butterfly with a time of 57.10.

MEN SWEEP, WOMEN SPLIT WITH DUKE, QUEENS

South Carolina's men swept Duke and Queens University on Jan. 15, while the Gamecock women defeated Queens but fell to the host Blue Devils. The Gamecocks took down Duke's men, 165-145, and defeated Queens 247-41. Carolina's women earned a 249-24 win over Queens while Duke's women prevailed 160-140.

Gerard Rodriguez, **Bobby Cave** and **Chris Kelly** all earned two wins in the meet, with Rodriguez taking the 200 and 500 free, Cave controlling the breaststroke events and Kelly winning the 200 back and 400 IM. **Brooks Ross** (1000 free), **Michael Flach** (200 fly) and **Max Heinze** (100 back) earned other wins for the Carolina men.

For the women, **Courtney Forcucci** set a PR with a 308.93 in 1-meter diving to earn a big win over the defending ACC Champion. **Bridget Halligan** earned a pair of sprint freestyle wins and led the victorious 400 FR team, while **Whitney Avers**, **Rachael Schaffer** and **Amanda Rutqvist** also took wins for Carolina. Schaffer

TYR/CSCAA MEN'S TOP 25

1. California
2. Stanford
3. Auburn
4. Texas
5. Florida
6. Arizona
- T7. Michigan
- T7. Southern California
9. Tennessee
- T10. Ohio State
- T10. Virginia
12. Indiana
13. Georgia
14. North Carolina
15. Minnesota
16. UNLV
17. Texas A&M
18. Louisville
19. Purdue
20. LSU
21. Alabama
- T22. Florida State
- T22. Penn State
24. Iowa
- T25. South Carolina
- T25. Clemson

Also Receiving Votes: Princeton, Navy, SMU, Kentucky, Cal Poly, Northwestern, TCU, UC-Santa Barbara, Missouri, Harvard, Virginia Tech, Duke, Oakland, Wisconsin, CSU-Bakersfield, Columbia, Pittsburgh, Arizona State, Denver, Georgia Tech, Michigan State, East Carolina.

TYR/CSCAA WOMEN'S TOP 25

1. Georgia
2. California
3. Stanford
4. Auburn
5. Southern California
6. Texas
7. Texas A&M
8. Florida
9. Tennessee
10. Arizona
11. Virginia
- T12. Indiana
- T12. North Carolina
14. Minnesota
15. Ohio State
16. Michigan
17. Wisconsin
18. LSU
19. Louisville
20. UCLA
21. Penn State
22. Purdue
23. Arizona State
24. Arkansas
25. SMU

Also Receiving Votes: Florida State, San Diego State, Missouri, South Carolina, Towson, Florida Gulf Coast, Alabama, Maryland, Ohio, Princeton, UW-Green Bay, UC-Davis, Cal Poly, UCSB, Notre Dame, Denver, Kentucky, Toledo, Miami (OH), NC State, Richmond, Boise State, BYU, East Carolina, Harvard, Kansas, Yale.



(400 IM) and Rutqvist (200 breast) both set Duke pool records with their respective swims.

GAMECOCKS SWEEP CHARLESTON; SPLIT WITH KENTUCKY

South Carolina's men got a pair of dual-meet wins over SEC foe Kentucky (189.5-110.5) and College of Charleston (251-47). The Gamecock women defeated Charleston 236-57 and lost a 144-137 thriller to Kentucky that came down to the final relay. The Carolina men totaled 11 wins in 16 events during the meet. Freshman **Gerard Rodriguez** led the charge, winning the 200 and 500 free and leading the 400 free relay team to a closing victory. Other victories came from **Michael Flach** (100 fly), **Chris Kelly** (200 back),

Max Heinze (100 back), **Bobby Cave** (200 breast), **Brooks Ross** (1000 free) and **Collin Kaden** (200 IM). The 400 medley relay team of Heinze, Cave, **Isaac Badillo** and **Alex Fitton** opened the meet with a win, while Rodriguez, **Andrew Seiler**, Fitton and Flach earned victory in the 400 free relay. **Rylan Ridenour** also earned a victory in 1-meter diving. For the women, **Whitney Avers** and **Jordan Gibbs** won in the 500 and 1000 freestyle, and Avers also picked up a victory in the 200 butterfly. **Rachael Schaffer** remained unbeaten in dual-meet action in the individual medley, and **Amanda Rutqvist** took victory in the 200 breast. In addition, **Taryn Zack** and **Courtney Forcucci** finished 1-2 in 1-meter diving.

RECORDS FALL AT NIKE CUP INVITATIONAL

Freshmen **Amanda Rutqvist** and **Rachael Schaffer** combined to break three school records and post four NCAA 'B' cuts, sophomore **Michael Flach** posted five provisional times of his own, and the Gamecocks recorded numerous personal-best times as both the men's and women's squads earned third-place finishes at the Nike Cup in Chapel Hill, N.C. Flach was named National Swimmer of the Week for his efforts (see note above).

Rutqvist shattered the school record in both the 100 and 200 breaststroke, posting a 1:01.77 in the 100 and a 2:10.35 in the 200 to top the Gamecock charts in just her fourth collegiate meet; both swims earned NCAA 'B' cuts. Schaffer set the school mark in the 400 IM with a 4:14.12 to win that event, and also posted an NCAA 'B' cut time in the 200 IM with a 2:00.89, the second-fastest mark in school history.

Brooks Ross and **Gerard Rodriguez** also earned 'B' cuts in their respective events, and the men's 400 and 800 freestyle relay teams posted provisional qualifying times as well.

MEN DEFEAT MISSOURI; WOMEN EARN TWO B-CUTS VS. TIGERS, HOGS

South Carolina's men improved to 3-0 with a 181.5-118.5 victory over the Missouri Tigers on Nov. 5 at the Arkansas Natatorium. The Gamecock women, despite several standout individual performances, fell to Arkansas 194-106 and to Missouri 176-124. **Rachael Schaffer** earned her second 'B' cut of the season with a 4:17.42 in the 400 IM. **Amanda Rutqvist** picked up her first B-cut of the season as well, recording a 2:15.78 to earn one of her two wins on the day; the other came in the 100 breast. **Courtney Forcucci** picked up the other win for the Carolina women, taking top honors on the 3-meter board. For the men, **Michael Flach**, **Bobby Cave** and **Brooks Ross** each won two events to help the Gamecocks to their third straight victory. Flach won the 200 fly, then came back with a victory in the 100 fly – an event he swam for the first time as a collegian. Ross dominated the distance freestyle events, and Cave continued his dominance in the breaststroke. **Chris Kelly** won the 200 backstroke and 400 IM, and **Gerard Rodriguez** won the 200 freestyle for the second time this year. **Rylan Ridenour** went 1-for-2 in the diving events, winning on the 3-meter board for the third time this year.

TAKING DOWN THE TIGERS

The Gamecocks got three wins each from **Rachael Schaffer** and **Michael Flach**, and the Carolina divers dominated both boards to lead to a sweep of archrival Clemson. In front of a standing-room-only crowd at Carolina Natatorium, the Gamecock men took a 169.5-125.5 victory while the Carolina women beat Clemson 167-133.

Taryn Zack was named SEC Diver of the Week after winning the 1-meter competition and finishing a close second to teammate **Courtney Forcucci** on the 3-meter board. On the men's side, **Rylan Ridenour** was the SEC Diver of the Week following a sweep of the 1- and 3-meter boards. In the pool, Flach won the 200 free, 500 free and 200 fly, while **Bobby Cave** swept the breaststroke events. **Brooks Ross** (1000 free) and **Isaac Badillo** (100 fly) grabbed the other wins for the Gamecock men. For the Gamecock women, Schaffer took top honors in the 200 breast, 200 fly and 200 IM, while **Lindsey Olson** won the 500 and 1000 free.

SOUTH CAROLINA'S NCAA A/B QUALIFIERS (as of March 12, 2011)

| Athlete (Men) | Event | Time/Score | A/B/Z | NCAA Invite |
|--|-----------------------------------|----------------|----------|----------------|
| Bobby Cave | 100 Breast | 55.06 | B | 53.47 |
| | 200 Breast | 1:58.27 | B | 1:56.19 |
| Matt Columbus | 500 Free | 4:26.89 | B | 4:19.08 |
| | 1650 Free | 15:25.99 | B | 15:05.98 |
| Michael Flach | 200 Free | 1:35.39 | B | 1:35.41 |
| | 500 Free | 4:16.03 | B | 4:19.08 |
| | 200 Fly | 1:45.36 | B | 1:44.97 |
| Collin Kaden | 200 IM | 1:48.30 | B | 1:45.37 |
| | 200 Back | 1:44.58 | B | 1:43.77 |
| Chris Kelly | 200 IM | 1:48.55 | B | 1:45.37 |
| | 400 IM | 3:50.79 | B | 3:47.68 |
| Rylan Ridenour | 1M Diving | 345.97 | Z | -- |
| | 3M Diving | 407.17 | Z | -- |
| Gerard Rodriguez | 200 Free | 1:36.12 | B | 1:35.41 |
| | 500 Free | 4:23.54 | B | 4:19.08 |
| Brooks Ross | 500 Free | 4:26.97 | B | 4:19.08 |
| | 1650 Free | 15:29.98 | B | 15:05.98 |
| Jay Warner | 100 Back | 47.39 | B | 47.05 |
| Seiler, Heinze, Sexton, Fitton | 200 FR | 1:20.96 | B | 1:18.28 |
| Flach, Crawford, Seiler, Fitton | 400 FR | 2:58.02 | B | 2:52.76 |
| Flach, Crawford, Seiler, Rodriguez | 400 FR | 3:00.69 | B | 2:52.76 |
| Flach, Fitton, Kelly, Rodriguez | 800 FR | 6:27.30 | B | 6:23.23 |
| Warner, Cave, Badillo, Seiler | 200 MR | 1:28.14 | B | 1:26.11 |
| Heinze, Cave, Badillo, Seiler | 200 MR | 1:29.30 | B | 1:26.11 |
| Warner, Cave, Flach, Fitton | 400 MR | 3:15.12 | B | 3:10.25 |
| Athlete (Women) | Event | Time/Score | A/B/Z | NCAA Invite |
| Whitney Avers | 200 Fly | 2:00.20 | B | 1:57.49 |
| Allison Barr | 1M Diving | 285.30 | Z | -- |
| | 3M Diving | 340.65 | Z | -- |
| | 1M Diving | 315.95 | Z | -- |
| Courtney Forcucci | 3M Diving | 367.80 | Z | -- |
| | Platform Diving | 229.65 | Z | -- |
| Abby Galbreath | 200 IM | 2:01.77 | B | 1:58.67 |
| | 400 IM | 4:16.20 | B | 4:11.56 |
| Bridget Halligan | 50 Free | 22.83 | B | 22.52 |
| | 100 Fly | 54.55 | B | 52.95 |
| Chay Malvasio | 1M Diving | 276.30 | Z | -- |
| | 3M Diving | 321.60 | Z | -- |
| Amanda Rutqvist | 100 Breast | 1:00.20 | B | 1:00.72 |
| | 200 Breast | 2:08.56 | A | 2:11.27 |
| | 200 IM | 2:01.72 | B | 1:58.67 |
| Rachael Schaffer | 200 Breast | 2:12.88 | B | 2:11.27 |
| | 200 IM | 1:57.89 | B | 1:58.67 |
| | 400 IM | 4:09.33 | B | 4:11.56 |
| Taryn Zack | 200 Free | 1:48.05 | B | 1:46.19 |
| | 1M Diving | 336.55 | Z | -- |
| Taryn Zack | 3M Diving | 360.75 | Z | -- |
| | Schaffer, Sparks, Avers, Halligan | 400 FR | 3:23.16 | B |
| Schaffer, Olson, Tannhauser, Avers | 800 FR | 7:19.66 | B | 7:06.52 |
| Sparks, Rutqvist, Halligan, Raczkowski | 200 MR | 1:41.78 | B | 1:38.31 |
| Sparks, Rutqvist, Schaffer, Halligan | 400 MR | 3:40.29 | B | 3:34.82 |



Bridget Halligan (50 free) and **Amanda Rutqvist** (100 breast) also picked up wins for Carolina.

OPENING WITH A BANG

South Carolina got its 2010-11 season off to a great start on Oct. 16 with a sweep of Western Kentucky and Vanderbilt in Nashville. The Carolina women downed Vanderbilt 252-43 and took care of WKU 195-104 while the Gamecock men were quite impressive in a 203-97 victory over the Hilltoppers. Between the two teams, the Gamecocks won 24 of 32 events on the day and were never seriously threatened after the opening relay.

Lindsey Olson won both the 500- and 1000-yard freestyle events. **Rachael Schaffer** and **Amanda Rutqvist** were as advertised, with Schaffer winning the 200 breaststroke. She also won the 200 IM with Rutqvist taking top honors in the 100 breast. **Bridget Halligan** won both sprints, **Kelly Tannhauser** won her first collegiate race with a 1:53.45 in the 200 free, and **Megan Sparks** won the 100 backstroke in 57.91. The 400 FR team of Tannhauser, **Lauren Raczkowski**, **Shaylyn Blake** and Halligan closed the meet with a win (3:32.43).

On the men's side, it was **Bobby Cave** earning a pair of breaststroke wins and **Chris Kelly** sweeping the backstroke swims. **Michael Flach** took top honors in the 200 butterfly and teamed with **James Crawford**, **Andrew Seiler** and **Gerard Rodriguez** to win the 400 FR. **Brooks Ross** led a sweep in the 1000 free, and **Matt Columbus** won the 500 free. **Collin Kaden** posted a victory in the 200 IM with a 1:52.72, and Rodriguez earned a victory in the 200 free (1:39.51).

HEADING TO THE TRIALS

Junior **Courtney Forcucci** earned a berth in the 2012 U.S. Olympic Trials as she and assistant coach **Allison Brennan** both advanced to the finals in 3-meter diving at the USA Diving Winter National Championships in early February. Forcucci finished 12th in the national finals while Brennan took eighth place.

MEN'S INDIVIDUAL WINS

WESTERN KENTUCKY

| | | |
|------------------|------------|---------|
| Bobby Cave | 200 breast | 2:04.92 |
| Bobby Cave | 100 breast | 56.83 |
| Matt Columbus | 500 free | 4:36.63 |
| Michael Flach | 200 fly | 1:50.61 |
| Collin Kaden | 200 IM | 1:52.72 |
| Chris Kelly | 100 back | 51.45 |
| Chris Kelly | 200 back | 1:50.77 |
| Rylan Ridenour | 1M diving | 345.97 |
| Rylan Ridenour | 3M diving | 366.90 |
| Gerard Rodriguez | 200 free | 1:39.51 |
| Brooks Ross | 1000 free | 9:23.67 |

CLEMSON

| | | |
|----------------|------------|---------|
| Isaac Badillo | 100 fly | 50.28 |
| Bobby Cave | 100 breast | 56.87 |
| Bobby Cave | 200 breast | 2:02.81 |
| Michael Flach | 200 free | 1:38.68 |
| Michael Flach | 200 fly | 1:50.05 |
| Michael Flach | 500 free | 4:31.39 |
| Chris Kelly | 200 back | 1:49.54 |
| Rylan Ridenour | 1M diving | 312.30 |
| Rylan Ridenour | 3M diving | 407.17 |
| Brooks Ross | 1000 free | 9:16.84 |

MISSOURI

| | | |
|------------------|------------|---------|
| Bobby Cave | 100 breast | 56.56 |
| Bobby Cave | 200 breast | 2:02.93 |
| Michael Flach | 200 fly | 1:50.65 |
| Michael Flach | 100 fly | 50.17 |
| Chris Kelly | 200 back | 1:50.03 |
| Chris Kelly | 400 IM | 4:03.01 |
| Rylan Ridenour | 1M diving | 365.55 |
| Gerard Rodriguez | 200 free | 1:39.82 |
| Brooks Ross | 1000 free | 9:26.67 |
| Brooks Ross | 500 free | 4:33.98 |

NIKE CUP

| | | |
|---------------|----------|---------|
| Michael Flach | 500 free | 4:21.68 |
| Michael Flach | 200 free | 1:35.53 |

KENTUCKY/COLLEGE OF CHARLESTON

| | | |
|------------------|------------|---------|
| Bobby Cave | 200 breast | 2:04.48 |
| Michael Flach | 100 fly | 50.29 |
| Max Heinze | 100 back | 50.56 |
| Collin Kaden | 200 IM | 1:54.14 |
| Chris Kelly | 200 back | 1:48.80 |
| Rylan Ridenour | 1M diving | 358.30 |
| Gerard Rodriguez | 200 free | 1:39.11 |
| Gerard Rodriguez | 500 free | 4:33.12 |
| Brooks Ross | 1000 free | 9:22.04 |

DUKE/QUEENS

| | | |
|------------------|------------|---------|
| Bobby Cave | 100 breast | 57.56 |
| Bobby Cave | 200 breast | 2:05.36 |
| Michael Flach | 200 fly | 1:51.82 |
| Max Heinze | 100 back | 50.72 |
| Chris Kelly | 200 back | 1:50.10 |
| Chris Kelly | 400 IM | 4:04.15 |
| Gerard Rodriguez | 200 free | 1:39.30 |
| Gerard Rodriguez | 500 free | 4:35.73 |
| Brooks Ross | 1000 free | 9:20.73 |

EAST CAROLINA

| | | |
|------------------|------------|---------|
| Bobby Cave | 100 breast | 58.20 |
| Bobby Cave | 200 breast | 2:07.67 |
| Michael Flach | 200 fly | 1:48.86 |
| Michael Flach | 1000 free | 9:17.77 |
| Michael Flach | 500 free | 4:32.31 |
| Max Heinze | 100 back | 51.16 |
| Chris Kelly | 200 back | 1:52.21 |
| Gerard Rodriguez | 200 free | 1:40.76 |
| Gerard Rodriguez | 100 free | 47.01 |
| Nikolas Sachs | 1M diving | 317.03 |
| Brett Sexton | 50 free | 21.73 |

UNC-WILMINGTON

| | | |
|------------------|------------|---------|
| Bobby Cave | 100 breast | 58.23 |
| Bobby Cave | 200 breast | 2:06.06 |
| Matt Columbus | 1000 free | 9:29.09 |
| Michael Flach | 200 free | 1:40.53 |
| Michael Flach | 200 back | 1:52.43 |
| Max Heinze | 100 back | 51.15 |
| Gerard Rodriguez | 100 free | 46.71 |
| Gerard Rodriguez | 200 IM | 1:54.87 |
| Brooks Ross | 500 free | 4:35.76 |
| Andrew Seiler | 50 free | 21.19 |

ALABAMA/GEORGIA

| | | |
|----------------|------------|--------|
| Bobby Cave | 100 breast | 56.27 |
| Max Heinze | 100 back | 50.42 |
| Rylan Ridenour | 3M diving | 380.05 |



2010-11 SOUTH CAROLINA ROSTER

WOMEN

| Name | Event(s) | Year | Hometown (Previous School) |
|--------------------|------------------|--------|---|
| Aileen Atzhorn | Breast/IM | Jr. | Gulf Breeze, Fla. (Gulf Breeze) |
| Whitney Avers | Free/Fly/IM | So. | Arnold, Md. (Broadneck) |
| Allison Barr | Diving | Sr. | Orlando, Fla. (The First Academy) |
| Sarah Bartlett | Backstroke | Jr. | Fort Mill, S.C. (Fort Mill) |
| Maryn Bieganski | Free/Fly | Fr. | Solon, Ohio (Solon) |
| Shaylyn Blake | Free/Fly | Sr. | Davidson, N.C. (North Mecklenburg) |
| Blair Bowers | Freestyle | Sr. | Columbus, Ga. (Gardner-Webb) |
| Meghan Brockington | Free/Fly | So. | Courtice, Ontario (Clarington Central) |
| Mallory Cage | Breaststroke | Jr. | Waxhaw, N.C. (Weddington) |
| Christina Canali | Diving | So. | North Potomac, Md. (T.S. Wootton) |
| Sarah Deuell | Diving | So. | Irmo, S.C. (Dutch Fork) |
| Courtney Forcucci | Diving | RS Jr. | Fort Mill, S.C. (Univ. of Houston) |
| Abby Galbreath | Distance Free/IM | Fr. | Kettering, Ohio (Kettering Fairmont) |
| Jordan Gibbs | Distance Free | So. | Severna Park, Md. (Severna Park) |
| Logan Griffith | Free/Breast/IM | So. | Destin, Fla. (Fort Walton Beach) |
| Lydia Hackert | Breast/Back | Jr. | Centerville, Ohio (Centerville) |
| Alina Hall | Freestyle/IM | Fr. | Alexandria, Va. (Bishop Ireton) |
| Bridget Halligan | Freestyle | Sr. | Paoli, Pa. (Villa Maria Academy) |
| Alyssa Hand | Breast/IM | Jr. | Hockessin, Del. (Saint Mark's) |
| Stephanie Hellenga | Freestyle | Sr. | LaPorte, Ind. (LaPorte) |
| Taylor Josslerand | Sprint Free | Fr. | Jacksonville, Fla. (Bolles) |
| Kelly Kirchler | Butterfly | RS Sr. | Auburn, Ala. (Auburn HS) |
| Chay Malvasio | Diving | So. | Columbia, S.C. (North Carolina) |
| Lindsey Olson | Free/Fly/IM | RS So. | Charleston, S.C. (First Baptist Church) |
| Jamie Osborn | Distance Free | Fr. | Greenville, S.C. (J.L. Mann) |
| Matea Peteh | Free/Back | So. | Rovinj, Croatia (Hrvatska Gimnazija) |
| Anna Pfeiffer | Breast/IM | So. | Greenville, N.C. (Washington) |
| Lauren Plowman | Breast/Fly | So. | Atlanta, Ga. (Marist School) |
| Lauren Raczkowski | Freestyle/IM | Fr. | Simpsonville, S.C. (Hillcrest) |
| Lauren Rosenberg | Backstroke/IM | Fr. | Powell, Ohio (Olentangy Liberty) |
| Amanda Rutqvist | Breaststroke | Fr. | Gothenburg, Sweden |
| Rachael Schaffer | Breaststroke/IM | Fr. | Baltimore, Md. (McDonogh) |
| Claire Shannon | Freestyle | So. | Cincinnati, Ohio (Turpin) |
| Megan Sparks | Backstroke | Sr. | Carmel, Ind. (Carmel) |
| Haley Staubach | Back/Fly | So. | Lilburn, Ga. (Parkview) |
| Kelly Tannhauser | Freestyle/IM | Fr. | Seattle, Wash. (Juanita) |
| Laura Thomas | Fly/Free | So. | Aiken, S.C. (South Aiken) |
| Elizabeth Wilner | Fly/IM | So. | Jacksonville, Fla. (Bolles) |
| Taryn Zack | Diving | Sr. | Stony Plain, Alberta (Vimy Ridge) |

MEN

| Name | Event(s) | Year | Hometown (Previous School) |
|------------------|------------------|--------|---|
| Isaac Badillo | Free/Back/Fly | Jr. | Columbia, S.C. (Ridge View) |
| Tim Berens | Freestyle/IM | Fr. | Charlotte, N.C. (South Mecklenburg) |
| Bobby Cave | Breaststroke | So. | Hertfordshire, England |
| Matt Columbus | Free/IM | So. | Cincinnati, Ohio (St. Xavier) |
| Ryan Connolly | Breast/IM | Jr. | Zionsville, Ind. (Zionsville Community) |
| James Crawford | Free/Back/Fly/IM | Jr. | High Wycombe, England (John Hampelen) |
| Alex Fitton | IM/Back | So. | Monmouth Beach, N.J. (Christian Brothers) |
| Michael Flach | Free/Fly/IM | So. | Annandale, Va. (Bishop O'Connell) |
| Rory Grigull | Sprint Free | Jr. | Coral Springs, Fla. (M.S. Douglas) |
| Max Heinze | Sprint Free/Fly | RS So. | Berlin, Germany (Ouachita Baptist) |
| Andrew Helmich | Diving | Fr. | North Augusta, S.C. (Augusta Prep) |
| Dan Jackson | Freestyle | Jr. | Austin, Texas (A.N. McCallum) |
| Collin Kaden | IM/Breast/Fly | So. | Humble, Texas (Atascocita) |
| Chris Kelly | Fly/Back/IM | Jr. | Morristown, Tenn. (Morristown West) |
| Ryan Langley | Freestyle | Sr. | Herndon, Va. (Herndon) |
| John Metts | Freestyle | So. | Columbia, S.C. (A.C. Flora) |
| Matt Navata | Breaststroke/IM | Fr. | West Orange, N.J. (West Orange) |
| Rylan Ridenour | Diving | So. | Lebanon, Ind. (Lebanon) |
| Gerard Rodriguez | Sprint Free/IM | Fr. | Badalona, Spain |
| Brooks Ross | Distance Free | So. | Manakin-Sabot, Va. (Collegiate School) |
| Nicholas Sachs | Diving | So. | Giesshuebl, Austria (Sir-Kaul-Poppen) |
| Andrew Seiler | Breast/Free/IM | So. | Phoenixville, Pa. (Springford) |
| Garrett Snipes | Free/Fly/Back | So. | Greer, S.C. (Riverside) |
| Brett Sexton | Freestyle | Sr. | Wintson-Salem, N.C. (R.J. Reynolds) |
| Gray Tedder | Freestyle/Fly/IM | Jr. | Shelby, N.C. (Shelby) |
| Jay Warner | Backstroke/IM | Fr. | Moore, S.C. (Dorman) |
| Jake White | Freestyle | Fr. | Waxhaw, N.C. (Marvin Ridge) |

HEAD SWIMMING COACH: McGee Moody • 4th Year (East Carolina, '98)

HEAD DIVING COACH: Todd Sherritt • 18th Year (Cincinnati, '82)

ASSISTANT COACHES: Allison Brennan, Jason Memont, Abby Steketee, Steve Steketee



2010-11 TOP PERFORMERS - MEN

50y Freestyle

NCAA: 19.35/20.31

| | | | |
|---|--------|---------------|-----|
| 1 | 20.41t | Andrew Seiler | SEC |
| 2 | 20.66p | Alex Fitton | SEC |
| 3 | 20.98 | Brett Sexton | AG |
| 4 | 21.04p | John Metts | SEC |
| 5 | 21.11p | Rory Grigull | SEC |

100y Freestyle

NCAA: 42.26/44.37

| | | | |
|---|--------|------------------|-----|
| 1 | 45.00# | Michael Flach | NC |
| 2 | 45.13p | Andrew Seiler | SEC |
| 3 | 45.29p | Alex Fitton | SEC |
| 4 | 45.42p | Gerard Rodriguez | SEC |
| 5 | 45.95p | Brett Sexton | SEC |

200y Freestyle

NCAA: 1:33.61/1:38.29

| | | | |
|-----|----------|------------------|-----|
| 1 B | 1:35.39 | Michael Flach | SEC |
| 2 B | 1:36.12 | Gerard Rodriguez | SEC |
| 3 | 1:38.53p | James Crawford | SEC |
| | 1:38.53t | Alex Fitton | SEC |
| 5 | 1:39.28t | Collin Kaden | SEC |

500y Freestyle

NCAA: 4:15.68/4:28.46

| | | | |
|-----|----------|------------------|-----|
| 1 B | 4:16.03! | Michael Flach | SEC |
| 2 B | 4:23.54 | Gerard Rodriguez | SEC |
| 3 B | 4:26.89p | Matt Columbus | SEC |
| 4 B | 4:26.97p | Brooks Ross | SEC |
| 5 | 4:42.84 | Dan Jackson | MO |

1000y Freestyle

| | | | |
|---|---------|---------------|----|
| 1 | 9:16.06 | Brooks Ross | AG |
| 2 | 9:17.77 | Michael Flach | NW |
| 3 | 9:24.40 | Matt Columbus | KC |
| 4 | 9:47.26 | Dan Jackson | CU |
| 5 | 9:47.55 | Bobby Cave | NW |

1650y Freestyle

NCAA: 14:51.15/15:35.70

| | | | |
|-----|----------|---------------|-----|
| 1 B | 15:25.99 | Matt Columbus | SEC |
| 2 B | 15:29.98 | Brooks Ross | NC |
| 3 | 16:08.71 | Dan Jackson | NC |

100y Backstroke

NCAA: 46.28/48.59

| | | | |
|-----|--------|----------------|-----|
| 1 B | 47.39p | Jay Warner | SEC |
| 2 | 49.00p | Max Heinze | SEC |
| 3 | 50.98 | Michael Flach | DU |
| 4 | 51.12 | James Crawford | AG |
| 5 | 51.19 | Chris Kelly | CU |

200y Backstroke

NCAA: 1:41.53/1:46.60

| | | | |
|-----|-----------|----------------|-----|
| 1 B | 1:44.58!p | Chris Kelly | SEC |
| 2 | 1:46.77p | James Crawford | SEC |
| 3 | 1:49.94 | Ryan Connolly | NC |
| 4 | 1:49.96p | Jay Warner | SEC |
| 5 | 1:52.43 | Michael Flach | NW |

100y Breaststroke

NCAA: 52.87/55.51

| | | | |
|-----|----------|---------------|-----|
| 1 B | 55.06p | Bobby Cave | SEC |
| 2 | 56.62p | Andrew Seiler | SEC |
| 3 | 57.35 | Collin Kaden | AG |
| 4 | 58.41 | Ryan Connolly | CU |
| 5 | 1:01.18p | Brett Sexton | NC |

200y Breaststroke

NCAA: 1:54.25/1:59.96

| | | | |
|-----|----------|---------------|-----|
| 1 B | 1:58.27! | Bobby Cave | SEC |
| 2 | 2:00.04p | Collin Kaden | SEC |
| 3 | 2:06.84 | Ryan Connolly | MO |
| 4 | 2:12.04 | Chris Kelly | NW |

100y Butterfly

NCAA: 46.04/48.34

| | | | |
|---|--------|---------------|-----|
| 1 | 49.09p | Collin Kaden | SEC |
| 2 | 49.10p | Isaac Badillo | SEC |
| 3 | 49.62p | John Metts | SEC |
| 4 | 49.75p | Max Heinze | SEC |
| 5 | 49.85 | Michael Flach | DU |

200y Butterfly

NCAA: 1:42.95/1:48.09

| | | | |
|-----|----------|---------------|-----|
| 1 B | 1:45.36 | Michael Flach | NC |
| 2 | 1:52.39p | Dan Jackson | SEC |
| 3 | 1:52.93p | Isaac Badillo | SEC |
| 4 | 1:53.13 | Collin Kaden | WKU |
| 5 | 1:53.56 | Chris Kelly | NW |

200y Individual Medley

NCAA: 1:44.05/1:49.25

| | | | |
|-----|----------|------------------|-----|
| 1 B | 1:48.30p | Collin Kaden | SEC |
| 2 B | 1:48.55p | Chris Kelly | SEC |
| 3 | 1:50.61 | Gerard Rodriguez | NC |
| 4 | 1:51.40p | James Crawford | SEC |
| 5 | 1:51.88p | Ryan Connolly | SEC |

400y Individual Medley

NCAA: 3:43.68/3:54.86

| | | | |
|-----|----------|---------------|-----|
| 1 B | 3:50.79 | Chris Kelly | SEC |
| 2 | 3:56.39p | Ryan Connolly | SEC |
| 3 | 3:57.16p | Bobby Cave | SEC |
| 4 | 4:05.13 | Collin Kaden | NC |
| 5 | 4:16.99 | Dan Jackson | DU |

200y Freestyle Relay

NCAA: 1:17.69/1:21.57

| | | | |
|-----|---------|-------------------------------------|-----|
| 1 B | 1:20.96 | Seiler, Heinze Sexton, Fitton | SEC |
| 2 | 1:23.40 | Seiler, Sexton Fitton, Flach | NW |
| 3 | 1:23.87 | Seiler, Rodriguez Heinze, Sexton | NC |

400y Freestyle Relay

NCAA: 2:52.47/3:01.09

| | | | |
|-----|---------|--------------------------------------|-----|
| 1 B | 2:58.02 | Flach, Rodriguez Seiler, Fitton | SEC |
| 2 B | 3:00.69 | Flach, Crawford Seiler, Rodriguez | NC |
| 3 | 3:02.22 | Rodriguez, Seiler Fitton, Flach | KC |

800y Freestyle Relay

NCAA: 6:23.26/6:42.42

| | | | |
|-----|----------|------------------------------------|-----|
| 1 B | 6:27.30! | Flach, Fitton Kelly, Rodriguez | SEC |
| 2 B | 6:34.09 | Flach, Grigull Kelly, Rodriguez | NC |
| 3 | 6:44.74 | Kaden, Ross Crawford, Columbus | NC |

200y Medley Relay

NCAA: 1:25.66/1:29.94

| | | | |
|-----|-----------|---------------------------------|-----|
| 1 B | 1:28.14!t | Warner, Cave Badillo, Seiler | SEC |
| 2 B | 1:29.30 | Heinze, Cave Badillo, Seiler | SEC |
| 3 | 1:30.88 | Heinze, Cave Badillo, Seiler | NC |

400y Medley Relay

NCAA: 3:08.22/3:17.63

| | | | |
|-----|---------|---------------------------------|-----|
| 1 B | 3:15.12 | Warner, Cave Flach, Fitton | SEC |
| 2 | 3:21.34 | Heinze, Cave Flach, Fitton | MO |
| 3 | 3:21.43 | Heinze, Cave Badillo, Fitton | KC |

One-Meter Diving (6 dives)

NCAA: Dual 290/300***

| | | | |
|-----|--------|----------------|-----|
| 1 Z | 358.30 | Rylan Ridenour | KC |
| 2 | 298.20 | Nikolas Sachs | WKU |
| 3 | 251.63 | Andrew Helmich | NW |

One-Meter Diving (12 dives)

| | | | |
|---|--------|----------------|----|
| 1 | 684.30 | Rylan Ridenour | NZ |
|---|--------|----------------|----|

Three-Meter Diving (6 dives)

NCAA: Dual 310/320***

| | | | |
|-----|--------|----------------|----|
| 1 Z | 407.17 | Rylan Ridenour | CU |
| 2 | 318.53 | Nikolas Sachs | CU |
| 3 | 312.68 | Andrew Helmich | CU |

Three-Meter Diving (12 dives)

| | | | |
|---|---------|----------------|----|
| 1 | 698.20! | Rylan Ridenour | NZ |
|---|---------|----------------|----|

Platform Diving (6 dives)

NCAA: Dual 290/300***

| | | | |
|---|--------|----------------|-----|
| 1 | 208.30 | Nikolas Sachs | SEC |
| 2 | 188.85 | Andrew Helmich | SEC |

= leadoff split

! = school record

^ = converted from meters

p = preliminary

t = time trial

A = NCAA automatic qualifying time

B = NCAA provisional qualifying time

Z = NCAA zone diving qualifying score

WKU - Western Kentucky

CU - Clemson

MO - Missouri

NC - Nike Cup Invitational

OSU - Ohio State Invitational

KC - Kentucky/College of Charleston

DU - Duke

EC - East Carolina

NW - UNC Wilmington

AG - Alabama/Georgia

SEC - SEC Championships

LC - Last Chance Meet

NZ - NCAA Zone Diving

NCAA - NCAA Championships



CAREER TOP TIMES / SCORES - MEN

Isaac Badillo

| | |
|---------------|---------|
| 50 free..... | 21.16 |
| 100 free..... | 47.06 |
| 100 back..... | 51.69 |
| 200 back..... | 51.54 |
| 100 fly..... | 49.04 |
| 200 fly..... | 1:50.44 |

Tim Berens

| | |
|-----------------|---------|
| 50 free..... | 22.16 |
| 100 free..... | 47.07 |
| 200 free..... | 1:39.77 |
| 100 breast..... | 1:01.40 |
| 400 IM..... | 4:18.64 |

Bobby Cave

| | |
|-----------------|----------|
| 100 free..... | 46.40# |
| 200 free..... | 1:40.95# |
| 100 breast..... | 54.88 |
| 200 breast..... | 1:58.27! |
| 200 IM..... | 1:51.59 |
| 400 IM..... | 3:57.16 |

Matt Columbus

| | |
|----------------|----------|
| 100 free..... | 49.11 |
| 200 free..... | 1:39.98 |
| 500 free..... | 4:26.89 |
| 1000 free..... | 9:24.40 |
| 1650 free..... | 15:25.99 |
| 200 IM..... | 2:01.35 |

Ryan Connolly

| | |
|-----------------|----------|
| 200 free..... | 1:43.93t |
| 500 free..... | 4:55.91 |
| 1000 free..... | 10:17.33 |
| 100 breast..... | 58.41 |
| 200 breast..... | 2:05.75 |
| 200 back..... | 1:49.94 |
| 200 IM..... | 1:51.88 |
| 400 IM..... | 3:56.39 |

James Crawford

| | |
|---------------|---------|
| 50 free..... | 21.42# |
| 100 free..... | 46.62# |
| 200 free..... | 1:38.26 |
| 500 free..... | 4:42.99 |
| 100 back..... | 50.15 |
| 200 back..... | 1:46.43 |
| 100 fly..... | 51.25 |
| 200 IM..... | 1:49.03 |

Alex Fitton

| | |
|---------------|----------|
| 50 free..... | 20.66 |
| 100 free..... | 45.29 |
| 200 free..... | 1:38.53t |
| 100 fly..... | 50.12 |
| 200 fly..... | 1:55.23 |
| 200 IM..... | 1:51.31 |

Michael Flach

| | |
|----------------|----------|
| 100 free..... | 44.84# |
| 200 free..... | 1:35.39 |
| 500 free..... | 4:16.03! |
| 1000 free..... | 9:17.77 |
| 100 back..... | 50.98 |
| 200 back..... | 1:52.43 |
| 100 fly..... | 50.17 |
| 200 fly..... | 1:45.36 |
| 200 IM..... | 1:52.15 |
| 400 IM..... | 3:58.37 |

Rory Grigull

| | |
|---------------|---------|
| 50 free..... | 21.04t |
| 100 free..... | 45.49 |
| 200 free..... | 1:40.49 |
| 100 fly..... | 54.71 |
| 200 fly..... | 1:57.44 |

Max Heinze

| | |
|---------------|---------|
| 50 free..... | 21.31 |
| 100 free..... | 46.60 |
| 100 back..... | 49.00 |
| 200 back..... | 1:54.25 |
| 100 fly..... | 49.75 |

Andrew Helmich

| | |
|-------------------------|--------|
| 1-meter (6 dives)..... | 237.08 |
| 3-meter (6 dives)..... | 312.68 |
| Platform (6 dives)..... | 188.85 |

Dan Jackson

| | |
|----------------|----------|
| 500 free..... | 4:35.42 |
| 1000 free..... | 9:29.75 |
| 1650 free..... | 15:40.76 |
| 200 fly..... | 1:52.39 |
| 400 IM..... | 4:07.17 |

Collin Kaden

| | |
|-----------------|----------|
| 200 free..... | 1:39.28t |
| 100 breast..... | 57.35 |
| 200 breast..... | 2:00.04 |
| 100 fly..... | 49.09 |
| 200 fly..... | 1:53.13 |
| 200 IM..... | 1:48.30 |
| 400 IM..... | 4:00.80 |

Chris Kelly

| | |
|---------------|----------|
| 200 free..... | 1:39.76 |
| 500 free..... | 4:34.09 |
| 100 fly..... | 51.30 |
| 200 fly..... | 1:50.11 |
| 100 back..... | 50.33 |
| 200 back..... | 1:44.58! |
| 200 IM..... | 1:48.55 |
| 400 IM..... | 3:56.92 |

John Metts

| | |
|---------------|--------|
| 50 free..... | 21.04 |
| 100 free..... | 47.48# |
| 100 fly..... | 49.62 |

Rylan Ridenour

| | |
|---------------------------|---------|
| 1M diving (6 dives)..... | 358.30 |
| 1M diving (12 dives)..... | 684.30 |
| 3M diving (6 dives)..... | 407.17 |
| 3M diving (12 dives)..... | 698.20! |

Gerard Rodriguez

| | |
|---------------|---------|
| 50 free..... | 21.58 |
| 100 free..... | 45.42 |
| 200 free..... | 1:36.12 |
| 500 free..... | 4:23.54 |
| 100 fly..... | 49.99 |
| 200 IM..... | 1:50.61 |

Brooks Ross

| | |
|----------------|----------|
| 200 free..... | 1:42.13 |
| 500 free..... | 4:26.97 |
| 1000 free..... | 9:16.06 |
| 1650 free..... | 15:29.98 |

Nikolas Sachs

| | |
|--------------------------|--------|
| 1M diving (6 dives)..... | 307.20 |
| 3M diving (6 dives)..... | 321.25 |
| Platform (6 dives)..... | 208.30 |

Andrew Seiler

| | |
|-----------------|---------|
| 50 free..... | 20.41t |
| 100 free..... | 45.13 |
| 200 free..... | 1:44.08 |
| 100 breast..... | 56.62 |
| 200 IM..... | 1:58.77 |

Brett Sexton

| | |
|-----------------|---------|
| 50 free..... | 20.98 |
| 100 free..... | 45.95 |
| 200 back..... | 2:01.88 |
| 100 breast..... | 59.44 |
| 200 breast..... | 2:14.58 |

Garrett Snipes

| | |
|---------------|--------|
| 50 free..... | 21.14# |
| 100 free..... | 46.71 |
| 100 fly..... | 50.86 |

Jay Warner

| | |
|---------------|---------|
| 50 free..... | 21.20 |
| 100 free..... | 47.98# |
| 100 back..... | 47.36! |
| 200 back..... | 1:49.96 |
| 100 fly..... | 51.38 |

Jake White

| | |
|---------------|-------|
| 50 free..... | 21.55 |
| 100 free..... | 47.11 |
| 100 back..... | 53.52 |
| 100 fly..... | 51.57 |



MEN'S RECORDS

| EVENT | GAMECOCKS | CAROLINA NATATORIUM | SEC CHAMPIONSHIP | NCAA |
|-------------------------|---|--|---|--|
| 50 Freestyle | Zsolt Gaspar 19.53 (2000) | Ryan Wochomurka, Auburn 19.91 (2005) | Matt Targett, Auburn 18.52 (2009) | Cesar Cielo, Auburn 18.47 (2008) |
| 100 Freestyle | Kyle Cormier 43.21 (2009) | Oliver Gumbrell, Auburn 43.39 (1995) | Matt Targett, Auburn 41.55 (2009) | Cesar Cielo, Auburn 40.92 (2008) |
| 200 Freestyle | Kyle Cormier 1:34.09 (2009) | Dan Phillips, South Carolina 1:35.95 (1995) | Conor Dwyer, Florida 1:31.73 (2011) | Simon Burnett, Arizona 1:31.20 (2006) |
| 500 Freestyle | Michael Flach 4:16.03 (2011) | Michael Kiedel, Florida 4:19.88 (1995) | Conor Dwyer, Florida 4:11.36 (2011) | Peter Vanderkaay, Michigan 4:08.60 (2006) |
| 1000 Freestyle | Jay Telford 9:05.05 (1994) | Sebastian Rouault, Georgia 9:00.44 (2006) | -- | -- |
| 1650 Freestyle | Jean Arnould 15:05.22 (1988) | Chip Peterson, North Carolina 14:48.86 (2009) | Sebastian Rouault, Georgia 14:35.47 (2008) | Chris Thompson, Michigan 14:26.62 (2001) |
| 100 Backstroke | Jay Warner 47.39 (2011) | Michael Andrews, Auburn 47.44 (1995) | Ryan Lochte, Florida 45.19 (2005) | Ryan Lochte, Florida 44.60 (2006) |
| 200 Backstroke | Chris Kelly 1:44.58 (2011) | Michael Andrews, Auburn 1:43.98 (1995) | Ryan Lochte, Florida 1:39.29 (2005) | Tyler Clary, Michigan 1:37.58 (2009) |
| 100 Breaststroke | Kurt Muller 54.24 (2007) | Jeremy Linn, Tennessee 53.32 (1995) | Jeremy Linn, Tennessee 51.86 (1997) | Damir Dugonjic, California 50.86 (2009) |
| 200 Breaststroke | Bobby Cave 1:58.27 (2011) | Vlad Polyakov, Alabama 1:55.90 (2006) | Neil Versfeld, Georgia 1:52.07 (2009) | Neil Versfeld, Georgia 1:51.40 (2009) |
| 100 Butterfly | Nick Walkotten 46.36 (2009) | Steve Clarke, Florida 47.13 (1995) | Matt Targett, Auburn 45.02 (2009) | Austin Staab, Stanford 44.18 (2009) |
| 200 Butterfly | Nick Walkotten 1:42.48 (2009) | Randy Hartley, Auburn 1:46.13 (1995) | Mark Dylla, Georgia 1:41.35 (2011) | Shaune Fraser, Florida 1:40.75 (2009) |
| 200 IM | Kyle Cormier 1:45.49 (2009) | Tyler Harris, North Carolina 1:46.54 (2009) | Ryan Lochte, Florida 1:41.76 (2005) | Bradley Ally, Florida 1:40.49 (2009) |
| 400 IM | Istvan Bathazi 3:45.76 (2002) | Tyler Harris, North Carolina 3:44.00 (2009) | Conor Dwyer, Florida 3:37.75 (2011) | Tyler Clary, Michigan 3:35.98 (2009) |
| 200 MR | Warner, Cave, Badillo, Seiler 1:28.14 (2011) | Tennessee 1:27.47 (1995) | Florida 1:24.94 (2011) | Auburn 1:22.36 (2009) |
| 400 MR | Ruggieri, Moore, Leishman, Phillips 3:14.06 (1994) | Tennessee 3:11.36 (1995) | Auburn 3:04.58 (2009) | Auburn 3:01.39 (2009) |
| 200 FR | Burton, Hyde, Cadwell, Havekost 1:19.76 (1991) | Tennessee 1:19.87 (1995) | Auburn 1:15.47 (2009) | Auburn 1:14.08 (2009) |
| 400 FR | Cormier, Livsey, Weyandt, Walkotten 2:55.67 (2009) | Auburn 2:54.26 (1995) | Auburn 2:46.03 (2009) | Auburn 2:46.03 (2009) |
| 800 FR | Flach, Fitton, Kelly, Rodriguez 6:27.30 (2011) | Florida 6:28.83 (1995) | Florida 6:13.74 (2011) | Texas 6:10.16 (2009) |
| 1M Diving (6) | Andy Bradley 401.65 (2004) | | | |
| 1M Diving (12) | Andy Bradley 703.70 (2004) | | | |
| 3M Diving (6) | Andy Bradley 407.40 (2005) | | | |
| 3M Diving (12) | Rylan Ridenour 698.20 (2011) | | | |
| Platform Diving | Brandon Hulko 599.08 (1999) | | | |





McGee Moody

Head Swimming Coach
Fourth Year at South Carolina

A proven leader in the coaching profession, McGee Moody is in his fourth season as the head swimming coach at the University of South Carolina. He and his staff continue to build the South Carolina program and strive toward the elite level of the sport through effective training methods and tireless recruiting efforts.

In his four seasons at the helm, Moody has overseen a successful stretch for the Carolina swimming and diving program. This season, the Gamecock men equaled the school record for wins in a single season, finishing with a 10-1 dual-meet record. The Carolina women also finished with a winning record for the first time since 2002, posting a 7-6 dual-meet mark.

His first three seasons saw gradual improvements. The 2009-10 season was a bit of a rebuilding year, but highlights included freshman Michael Flach's bronze-medal performance in the 500 freestyle at the SEC Championships. In 2008-09, the Gamecock women finished with a .500 dual meet record for the first time since 2005 and won five meets for the first time since 2002. The women also earned their highest SEC Championships finish in three years. The Carolina men, meanwhile, sent two swimmers - Nick Walkotten and Kyle Cormier - to the NCAA Championships and earned a 29th-place national finish, the best for a Carolina squad since 2005. Combined, the Carolina men and women turned in 23 NCAA provisional qualifying times and broke 14 school records.

It wasn't an easy beginning for the East Carolina graduate, but Moody made great strides with the South Carolina program in his initial season on the Horseshoe. Despite arriving on campus only a month before the start of the 2007-08 season, Moody oversaw a successful transition as Carolina sent three swimmers to the NCAA Championships. Walkotten and Dominique Lendjel represented the Gamecock men while Christy Williams swam for the women.

Moody spent three years at William & Mary, where his teams achieved 559 lifetime best swims, 301 all-time Tribe top-10 performances, 46 school records and 18 gold medals at the Colonial Athletic Association Championships. The Tribe swimming program also excelled academically. The women received Academic All-America honors in each semester under Moody's tutelage.

In 2007, Moody earned the conference's Coach of the Year honor after leading his women's team (8-4, 6-2 CAA) to the first Colonial Athletic Association Championship in the program's 80-year history with a record-tying 12 gold medals. In doing so, the squad swept the conference awards by winning Performer of the Meet, Swimmer of the Year and Rookie of the Year. The men's program finished with a winning record (6-3-1, 5-2-1 CAA) for the first time since 1998-99, and finished fourth at the conference meet behind a pair of runner-up performances and a host of bronze medals.

In 2005-06, the Tribe women's team improved upon its fourth-place conference finish in 2005 by taking second, passing George Mason on the final day of the CAA Championships. During the season, the women were even more impressive, posting a 10-4 ledger (8-1 CAA), to set the school record for conference wins in a season. In the conference, their only blemish was against eventual champion UNC Wilmington. The men also experienced improvement, achieving five dual-meet wins for the first time since 1999 and posting a .500 mark (4-4) in the conference. They also improved on their result at the conference championship, riding a bevy of personal records in the last two days to a fifth-place finish.

Moody spent four seasons as an assistant men's swimming coach at the United States Naval Academy. During his tenure at Navy, Moody coached the Midshipmen's first NCAA automatic qualifier since 1996 in addition to guiding numerous NCAA, Senior National and Olympic Trial qualifiers. His 200 and 400 freestyle relay teams finished the season ranked in the top 25 of the world. Moody also made an impact in the Navy record book, with his athletes setting all of the top-10 fastest times in school history in both the 50 and 100 freestyles. Building his athletes into academic success stories as well, Navy's men's swimming team was awarded Academic All-America honors all three seasons from 2001-2004 under Moody's direction.

Moody got his coaching start at his alma mater, East Carolina University. He was the top assistant swim coach for both men and women for the Pirates from 1996-2000. While working in nearly every facet of the program at East Carolina, Moody coached over 25 varsity record holders.

A 1998 graduate of East Carolina, Moody swam on the Pirates' varsity squad for four seasons, setting several freshman records and captaining the team his junior and senior years. Moody was also an Olympic Trials qualifier in the 200 freestyle in 1992.

Moody, who earned both a bachelor's degree in psychology and master's in sports administration from ECU, is an active professional in the swimming community. He also served in the United States Navy, attaining the rank of Lieutenant. A member of both the American Swimming Coaches Association and the College Swimming Coaches Association of America, he has served as the chair of the latter's Media Relations Committee since 2001. He and his wife, Monica, have four daughters: Sydney (10), Olivia (7), Lily (4) and Whitney (2).

The Moody File

Full Name: Patrick McGee Moody
Hometown: Albertville, Ala.
Wife: Monica
Children: Lily, Olivia, Sydney, Whitney
Alma Mater: East Carolina (1998)

Coaching Career:

- East Carolina Assistant Coach (1996-2000)
- United States Naval Academy Assistant Coach (2001-04)
- William & Mary Head Coach (2005-07)
- South Carolina Head Coach (2007-Present)

WOMEN'S ANNUAL REVIEW

| Year (School) | W-L | Conf. W-L | Conf. Finish |
|---------------|--------------|--------------|--------------|
| 2004-05 (W&M) | 6-5 | 5-3 | 4th |
| 2005-06 (W&M) | 10-4 | 8-1 | 2nd |
| 2006-07 (W&M) | 8-4 | 6-2 | 1st |
| 2007-08 (SC) | 4-6 | 1-4 | 9th |
| 2008-09 (SC) | 5-5 | 1-3 | 7th |
| 2009-10 (SC) | 3-8 | 1-4 | 9th |
| 2010-11 (SC) | 7-6 | 2-3 | 6th |
| Totals | 43-38 | 24-21 | |

MEN'S ANNUAL REVIEW

| Year (School) | W-L | Conf. W-L | Conf. Finish |
|---------------|----------------|----------------|--------------|
| 2004-05 (W&M) | 3-7 | 3-5 | 6th |
| 2005-06 (W&M) | 5-7 | 4-4 | 5th |
| 2006-07 (W&M) | 6-3-1 | 5-2-1 | 4th |
| 2007-08 (SC) | 2-8 | 0-5 | 8th |
| 2008-09 (SC) | 3-6 | 0-3 | 8th |
| 2009-10 (SC) | 4-6 | 1-3 | 8th |
| 2010-11 (SC) | 10-1 | 2-1 | 7th |
| Totals | 33-38-1 | 15-23-1 | |

Aside from NCAA competition, Moody saw even more success as nine Gamecock swimmers competed in the Olympic Trials. One swimmer, then-sophomore Sharnelle McLean, represented her home country of Trinidad & Tobago in the 2008 Summer Olympics in Beijing. In addition, then-rising senior Nicholas Walkotten competed at the Short Course World Championships.



The Moody Family: Olivia, Whitney, McGee, Sydney, Lily and Monica





2010-11 - Gamecocks' top swimmer... Qualified for NCAA Championships for second straight year... Won SEC bronze medal in 500 freestyle for second consecutive season, posting 4:16.03 to break a 23-year-old school record in the championship final... Has NCAA 'B' cuts in three individual events and three relays... Named Counsilman Hunsaker National Swimmer of the Week after performance at Nike Cup where he earned five 'B' cut times... Also named South Carolina AgSouth Athlete of the Week... Has team's top time in four individual events - 100 free (45.00), 200 free (1:35.39), 500 free (4:16.03) and 200 fly (1:45.36)... Won 200 free and 500 free at Nike Cup... 200 free, 500 free and 200 fly times all eclipse the NCAA 'B' standard... 200 free time is second-fastest in school history... 200 fly is third-fastest at South Carolina... Also posted a career-best time in 1000 free (9:17.77) vs. UNC Wilmington; ranks as fifth-fastest in school history... Has team's third-best time in 100 fly (49.85)... Swam lead-off leg on 400 FR (3:00.69) and 800 FR (6:34.09) that posted 'B' cuts at Nike Cup... Won 15 individual events during the season and part of six winning relay teams... Was undefeated in four races vs. Clemson and East Carolina... Won three times vs. UNC Wilmington and Missouri... Had two wins against Western Kentucky and Kentucky/Charleston.

2009-10 - 2010 SEC All-Freshman Team... Was the team's top swimmer as a freshman... Competed at NCAA Championships in three events... Named SEC Freshman of the Week four times during the season, the most of any athlete in the league... Earned bronze medal in 500 freestyle at SEC Championships with time of 4:19.37, ranking second in school history... Scored two points in 200 fly with 1:47.11 to finish 15th... Posted career-best 200 fly time at NCAA Championships, touching in 1:46.71 to notch the third-best time in school history... Earned NCAA 'B' cut in 200 free with a 1:36.62 leadoff leg of 800 FR, which also earned a 'B' cut with a 6:34.03... 200 free time ranks sixth in school history... Prelim time of 4:22.78 in 500 free at the Gamecock Invitational was, at the time, the fastest in the nation... Turned in 13 swims during the season that were under the NCAA provisional standard... Won 13 individual races during the season, including three wins in the 500 freestyle... Named to SEC Freshman Academic Honor Roll.

PRE-COLLEGE - Rated #91 overall prospect in the country by CollegeSwimming.com... Graduated from Bishop O'Connell High School... Named team MVP in 2008 and 2009... Holds school records in 200 and 500 free and 200 IM... Earned All-America honors in those three events in 2008 and 2009... Was ninth in the nation in the 500 free in 2009... Club team is The Fish... Was High Point Scorer from 2002-2009... Holds club team record in 12 different events... Won the 2009 Eastern Zone Sectional Meet, setting meet record in 1000 free... Third place at Senior Championships in 2009... Honor roll student.

PERSONAL - Full name is Michael Flach... Born April 30, 1991... Parents are Michael and Theresa Flach... Has four sisters, Clare, Emily, Katie and Anna... Plans to major in business... Chose South Carolina for its strong business program and the opportunity to compete in the Southeastern Conference.

| Flach's Top Times | | | |
|--------------------------|-------------|-------------|---------------------------------------|
| Event | Time | Date | Meet |
| 100 free | 45.00# | 11/20/2010 | Nike Cup (Chapel Hill, N.C.) |
| 200 free | 1:35.39 | 2/18/2011 | SEC Championships (Gainesville, Fla.) |
| 500 free | 4:16.03! | 2/17/2011 | SEC Championships (Gainesville, Fla.) |
| 1000 free | 9:17.77 | 1/22/2011 | UNC Wilmington (Wilmington, N.C.) |
| 100 fly | 49.85 | 1/15/2011 | Duke/Queens (Durham, N.C.) |
| 200 fly | 1:45.36 | 11/20/2010 | Nike Cup (Chapel Hill, N.C.) |
| # - leadoff split | | | |

