

# Aztec Swimming

## This Week

Nov. 22 . . UNLV & Wyoming . . 12:00 p.m.  
at the Ray & Joan Kroc Community Center



## 2003-04 SCHEDULE

### Dual Meet Record: 1-2 (0-2 MWC)

Date	Opponent	Time
Oct. 17-18	at UOP Invitational	2nd, 884.5 pts.
<b>Nov. 1</b>	<b>San Diego</b>	<b>Postponed</b>
Nov. 7	at Utah	L, 98-133
Nov. 8	at Brigham Young	L, 123-173
<b>Nov. 15</b>	<b>New Mexico</b>	<b>W, 200-100</b>
<b>Nov. 22</b>	<b>Wyoming</b>	<b>12:00 pm</b>
	<b>UNLV</b>	<b>12:00 pm</b>
Dec. 6	at Colorado State	1:00 pm
	Air Force (at CSU)	1:00 pm
<b>Dec. 13</b>	<b>Northern Arizona</b>	<b>12:00 pm</b>
Jan. 3-4	at UC Irvine Invitational	All Day
Jan. 9	at Hawai'i	6:00 pm
Jan. 23	at Loyola Marymount	1:00 pm
Jan. 24	at Pepperdine	12:00 pm
Jan. 31	at Cal Poly SLO	1:00 pm
Feb. 18-21	at MWC Championships	All Day

Home meets in **BOLD CAPS** held at the Ray & Joan Kroc Community Center

## 2003-04 Top Times

### Individual

50 Free - Caitlin Friedhoff.....	24.65 (10/17)
100 Free - Caitlin Friedhoff.....	53.45 (11/08)
200 Free - Hannah Ryan.....	1:55.31 (10/18)
500 Free - Hannah Ryan.....	4:59.41 (11/15)
1,000 Free - Megan Storey.....	10:23.10 (11/15)
1,650 Free - Megan Storey.....	17:20.39 (10/17)
100 Fly - Stella Karoly.....	59.55 (11/15)
200 Fly - Megan Storey.....	2:08.67 (11/15)
100 Back - Adriana Quirke.....	59.53 (11/15)
200 Back - Adriana Quirke.....	2:10.04 (11/15)
100 Breast - Jennifer Graham.....	1:07.45 (11/15)
200 Breast - Jennifer Arrow.....	2:24.00 (11/15)
200 IM - Stella Karoly.....	2:11.89 (10/17)
400 IM - Emily Schmied.....	4:39.59 (11/15)

### Relays

200 Free Relay.....	1:39.28 (11/15)
Ryan, Chambers, Graham, Friedhoff	
400 Free Relay.....	3:39.48 (10/18)
Schmied, DelMoral, Osback, Karoly	
800 Free Relay.....	7:48.53 (10/18)
Webb, Karoly, Ryan, Friedhoff	
200 Medley Relay.....	1:50.51 (11/15)
Quirke, Karaczoff, Schmied, Friedhoff	
400 Medley Relay.....	4:01.45 (10/17)
Webb, Karaczoff, Karoly, Friedhoff	

### Diving

1-Meter - Lindsey Minnich.....	192.76
3-Meter - Lindsey Minnich.....	185.20

## This Week

San Diego continues home conference action this week when it hosts both UNLV and Wyoming in a double dual meet on Saturday, Nov. 22, at the Ray and Joan Kroc Community Center Pool. The first event is schedule to get underway at noon.

## Coaching Staff

San Diego State head coach Deena Schmidt is in her 10th season as head coach of the Aztec swimming and diving program. The former Olympian, who won a gold as a member of the 400 medley relay team at the 1972 Olympics, is a 1988 graduate of San Diego State. Schmidt is assisted by Greg Hutt, also in his 10th season. Jim Wynne is in his second season as the Aztec diving coach. In addition, former Aztec all-conference swimmer Erin Kilpatrick will serve as a student assistant coach.

## Ray & Joan Kroc Community Center

San Diego State will hold its home meets this season at the Ray and Joan Kroc Community Center. The facility opened in the summer of 2002 and is located at 6845 University Avenue. The Aztecs hold their daily practices at the City Heights Pool.

## Last Week

SDSU recorded its first Mountain West Conference dual meet win of the season with a 200-100 victory over New Mexico at the Kroc Center. It was the Aztecs' opening home meet of the fall after an earlier scheduled meet vs. University of San Diego was postponed. San Diego State won nine of the 10 individual swimming events and both relays. SDSU had four swimmers win two events apiece: seniors Hannah Ryan and Megan Storey plus freshmen Caitlin Friedhoff and Adriana Quirke. During the meet, a total of 35 individual season-best times were recorded by Aztec swimmers in some 14 individual events.

## Sweeping Up

At last weekend's meet vs. New Mexico, San Diego State swept a total of four events. The Aztecs finished 1-2-3 in the 100 breaststroke, 200 butterfly, 200 backstroke and 200 breaststroke. A total of nine different swimmers were involved in those top three finishes. The Aztec 200 free relay teams also went 1-2 in the final event of the meet.

## Hannah Heats Up

Senior Hannah Ryan is quickly emerging as one of the Aztecs' top swimmers in her final season at SDSU. Last weekend in the meet vs. New Mexico, she won both the 200 and 500 freestyle events and finished second in the 50 free. She set personal career-best times in the 50 free (24.97) and 500 free (4:59.41), and was also a member of SDSU's first-place 200 free relay quartet. Her time in the 500 free improve her previous best by over four second and ranks as the fourth-fastest in the history of Aztec program.

## Friedhoff Keeps Winning

Freshman standout Caitlin Friedhoff captured first in both the 50 and 100 freestyle races for the second met in a row. She swam a 24.95 in the free and 53.84 in the 100. In three dual meets this season, Friedhoff has won the 100 in all three competitions and has taken first in the 50 twice. She also swims the anchor leg for the team's freestyle and medley relay squads.

## What A Storey

Megan Storey continues to be strong in the freestyle distance events, but has also shown her versatility by competing on the backstroke and butterfly as well. She got SDSU off to a good start last Saturday, capturing the 500 free (the second event of the meet vs. UNM) with a time of 10:23.10. Four races later, she took first in the 200 butterfly in 2:08.67. In addition, she finished second in the 200 backstroke (2:10.56)

## Quirke Shows Quickness

Freshman Adriana Quirke has the best outing of her young Aztec career, winning both the 100 backstroke (59.53) and 200 backstroke (2:10.04) races last Saturday vs. UNM. Both times were her bests this far in the 2003-04 season. She also competed in both the 200 free and 200 IM relays.

## The Other Winners

In addition to Ryan, Friedhoff, Storey and Quirke, three other members of the SDSU squad claimed victories in individual events last weekend. That threesome included Jennifer Graham in the 100 breaststroke (1:07.45), Jennifer Arrow in the 200 breaststroke (2:24.00), and Stella Karoly in the 100 butterfly (59.55).

## Preseason Picks

San Diego State has been picked to finish seventh in the Mountain West Conference this season by a poll of the league's coaches. The Aztecs were eighth at last season's MWC Championship meet. SDSU is currently 1-2 in conference dual meets this season, with the win over a New Mexico squad that was picked to finish fifth this season. Losses have come at the hands of Brigham Young and Utah, each of which received first-place votes. The complete preseason poll (as voted by the league's head coaches) is as follows:

Pl.	Team (1 <sup>st</sup> place votes)	Pts.
1.	Colorado State (4).....	46
2.	Brigham Young (3).....	44
3.	Utah (1).....	36
4.	UNLV.....	33
5.	New Mexico.....	25
6.	Wyoming.....	19
7.	San Diego State.....	12
8.	Air Force.....	9

## Looking Ahead

Following this coming weekend's action at home, the Aztecs will have two weeks to prepare for their next competition, a double dual conference meet against both Colorado State and Air Force on Saturday, Dec. 6. That meet will be held in Fort Collins, Colo., beginning at 1:00 p.m. (MST) that afternoon.

# 2003-04 SDSU Swimming Top Times (11/16/03)

## 50 Free

Caitlin Friedhoff .....	24.65 (10/17)
Hannah Ryan .....	24.97 (11/15)
Stephanie Chambers .....	25.61 (11/15)
Jennifer Graham .....	25.67 (11/07)
Sylvia DelMoral .....	25.72 (10/17)
Allison Fernandez .....	25.75 (11/15)
Amy Osback .....	25.78 (10/17)
Adriana Quirke .....	25.83 (11/07)
Sarah Davis .....	26.54 (10/17)
Jill Karacozoff .....	28.45 (10/17)
Jennifer Arrow .....	28.81 (10/17)

## 100 Free

Caitlin Friedhoff .....	53.45 (11/08)
Hannah Ryan .....	54.69 (10/18)
Stephanie Chambers .....	55.17 (11/15)
Sylvia DelMoral .....	55.94 (11/15)
Jennifer Graham .....	56.21 (11/07)
Allison Fernandez .....	56.23 (11/15)
Amy Osback .....	56.57 (10/18)
Emily Parker .....	56.74 (10/18)
Amy Van Dyke .....	58.31 (10/18)

## 200 Free

Hannah Ryan .....	1:53.16 (11/15)
Caitlin Friedhoff .....	1:56.56 (10/18)
Stephanie Chambers .....	1:57.38 (11/15)
Adriana Quirke .....	1:58.57 (10/18)
Amy Osback .....	1:59.97 (11/15)
Emily Parker .....	2:00.17 (10/18)
Allison Fernandez .....	2:03.11 (10/18)
Amy Van Dyke .....	2:03.66 (10/18)

## 500 Free

Hannah Ryan .....	4:59.41 (11/15)
Megan Storey .....	5:06.47 (10/17)
Emily Parker .....	5:12.72 (10/17)
Stephanie Chambers .....	5:18.70 (10/17)
Amy Osback .....	5:20.08 (11/15)
Amy Van Dyke .....	5:25.95 (11/15)

## 1000 Free

Megan Storey .....	10:23.10 (11/15)
Emily Parker .....	10:43.04 (11/15)
Amy Van Dyke .....	11:03.73 (11/15)

## 1650 Free

Megan Storey .....	17:20.39 (10/17)
Hannah Ryan .....	17:31.69 (10/17)
Emily Parker .....	17:52.10 (10/17)
Amy Van Dyke .....	18:46.69 (10/17)

## 100 Back

Adriana Quirke .....	59.53 (11/15)
Sylvia DelMoral .....	1:01.74 (11/08)
Emily Schmied .....	1:02.07 (10/18)
Sarah Davis .....	1:02.28 (11/15)
Allison Fernandez .....	1:03.85 (10/18)

## 200 Back

Adriana Quirke .....	2:10.04 (11/15)
Megan Storey .....	2:10.56 (11/15)
Sarah Davis .....	2:12.02 (11/15)

## 100 Breast

Jennifer Graham .....	1:07.45 (11/15)
Jennifer Arrow .....	1:07.56 (11/15)
Jill Karacozoff .....	1:07.59 (10/18)
Sarah Davis .....	1:12.00 (11/07)

## 200 Breast

Jennifer Arrow .....	2:24.00 (11/15)
Jill Karacozoff .....	2:26.74 (11/15)
Jennifer Graham .....	2:28.33 (11/15)

## 100 Fly

Stella Karoly .....	59.55 (11/15)
Emily Schmied .....	59.63 (11/15)
Sylvia DelMoral .....	1:00.93 (11/08)
Caitlin Friedhoff .....	1:01.02 (10/18)
Jennifer Graham .....	1:01.23 (10/18)
Amy Osback .....	1:02.50 (10/18)

## 200 Fly

Megan Storey .....	2:08.67 (11/15)
Emily Schmied .....	2:10.57 (11/15)
Stella Karoly .....	2:11.07 (10/18)
Amy Osback .....	2:16.41 (10/18)

## 200 Individual Medley

Stella Karoly .....	2:11.89 (10/17)
Emily Schmied .....	2:12.22 (10/17)
Jennifer Graham .....	2:13.33 (10/17)
Adriana Quirke .....	2:15.06 (10/17)
Sarah Davis .....	2:16.23 (11/07)
Jennifer Arrow .....	2:20.98 (10/17)

## 400 Individual Medley

Emily Schmied .....	4:39.59 (11/15)
Stella Karoly .....	4:39.63 (11/15)
Sarah Davis .....	4:47.74 (11/15)

## 1-Meter Diving

Lindsey Minnich .....	192.76 (11/15)
Shannon Colvin .....	178.30 (11/07)

## 3-Meter Diving

Lindsey Minnich .....	185.20 (11/15)
Shannon Colvin .....	184.75 (11/07)

**200 Free Relay**

Quirke, Graham, Ryan, Friedhoff..... 1:39.54 (10/17)  
Ryan, Chambers, Graham, Friedhoff..... 1:39.28 (11/15)  
Ryan Chambers, DelMoral, Friedhoff ..... 1:39.62 (11/08)  
DelMoral, Chambers, Karoly, Ryan ..... 1:41.94 (11/07)  
Osback, Parker, Quirke, Fernandez..... 1:42.21 (11/15)  
Quirke, Storey, Parker, Graham..... 1:44.93 (11/08)  
Parker, Van Dyke, Storey, Webb..... 1:47.24 (11/07)  
Osback, Davis, Fernandez, Chambers..... 1:48.38 (10/17)

**400 Free Relay**

Schmied, DelMoral, Osback, Karoly ..... 3:39.48 (10/18)  
Fernandez, Davis, Parker, Storey..... 3:46.33 (10/18)

**800 Free Relay**

Webb, Karoly, Ryan, Friedhoff ..... 7:48.53 (10/18)  
Chambers, Quirke, Storey, Parker ..... 7:56.25 (10/18)

**200 Medley Relay**

Quirke, Karacozoff, Schmied, Friedhoff..... 1:50.51 (11/18)  
DelMoral, Arrow, Karoly, Graham..... 1:52.20 (11/15)  
Webb, Karacozoff, Schmied, Chambers ..... 1:53.02 (10/18)  
Webb, Arrow, Karoly, Graham..... 1:53.26 (11/08)  
DelMoral, Graham, Storey, Fernandez ..... 1:55.35 (10/18)

**400 Medley Relay**

Webb, Karacozoff, Karoly, Friedhoff, ..... 4:01.45 (10/17)  
Quirke, Graham, Schmied, Osback..... 4:05.99 (10/17)