



# AZTEC SWIMMING AND DIVING

**THIS WEEK:** Friday, Jan. 7 .....Northern Colorado, Tulane .....Aztec Aquaplex .....San Diego, Calif .....2:00 p.m.  
Saturday, Jan 8 .....Northern Colorado, Tulane .....Aztec Aquaplex .....San Diego, Calif .....12:00 p.m.  
Sunday, Jan. 9 .....Bruin Diving Invitational .....Striker Aquatic Center .....Los Angeles, Calif .....10:00 a.m.

## 2010-11 SCHEDULE

**Dual Record: 8-0 (2-0 Home; 3-0 Away; 3-0 Neutral)**  
**(7-0 Mountain West Conference)**

Date	Opponent	Time/Result
Sep. 24	San Diego - Pentathlon	.....NTS
Oct. 2	Oregon State	.....W, 150-125
Oct. 23	at New Mexico*	.....W, 211-89
	Colorado State*	.....W, 208-92
	Air Force*	.....W, 245-55
Nov. 4	Brigham Young*	.....W, 173-127
Nov. 6	at TCU*	.....W, 173-123
Nov. 18-20	at Toshiba Classic (Swim)	.....4th of 19
Nov. 18-20	at Wildcat Invitational (Diving)	.....NTS
Nov. 20	vs. Utah*	.....W, 153-127
Dec. 4	at UNLV*	.....W, 159-134
Jan. 7	Northern Colorado	.....2:00 p.m. Tulane
Jan. 8	Northern Colorado	.....12:00 p.m. Tulane
Jan. 9	at Bruin Diving Invitational	.....All Day
Jan. 15	at Cal State Bakersfield	.....1:00 p.m. Fresno State (at CSUB)
Jan. 28	Wyoming*	.....12:00 p.m.
Jan. 29	at UC San Diego	.....12:00 p.m. Hawai'i (at UCSD)
Feb. 5	at San Diego	.....12:00 p.m.
Feb. 23-26	MWC Championships+	.....All Day
Mar. 10-12	Zone Diving Meet^	.....All Day
Mar. 17-19	NCAA Championships#	.....All Day

All times are site times  
Home meets in **bold**, held at Aztec Aquaplex  
NTS indicates no teams scores kept  
\* Mountain West Conference meet  
+ at Oklahoma City, Okla. (Oklahoma CC host)  
^ at Minneapolis, Minn. (Minnesota host)  
# at Austin, Texas (Texas host)

## QUICK FACTS

Location .....San Diego, Calif.  
Founded .....1897  
Enrollment .....32,396  
Nickname .....Aztecs  
Colors .....Scarlet and Black  
Conference .....Mountain West  
President .....Dr. Stephen L. Weber  
Athletic Director .....Jim Sterk

## TEAM INFORMATION

Head Coach .....Mike Shrader  
Dual Record at SDSU .....39-13 (4th season)  
Career Record .....128-25-1 (12th season)  
Swimming Office Phone .....(619) 594-5883  
E-Mail .....mshrader@mail.sdsu.edu  
Assistant Coach .....Brendon Bray  
Diving Coach .....Roland McDonald  
Volunteer Assistant Coach .....Jamie Vessey  
Strength & Conditioning Coach .....Jon Francis  
2009-10 Dual-Meet Record .....14-3  
2009-10 MWC Record .....5-3 (4th)  
2010 MWC Championship Meet .....3rd, 375 pts.  
Letterwinners Returning/Lost .....21/7  
Newcomers .....11  
Home Facility .....Aztec Aquaplex

## MEDIA RELATIONS

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## THIS WEEK

San Diego State swimmers and divers will be back in action this week as they host Northern Colorado and Tulane in double dual meets on Friday (Jan. 7) at 2:00 p.m. and Saturday (Jan. 8) at noon at the Aztec Aquaplex. Friday's meet will consist of nine swimming events plus diving while Saturday's contest will include seven swimming events with diving.

The Aztec divers will also be in action on Sunday, Jan. 9, when they travel to Los Angeles to participate in the final day of the Bruin Diving Invitational which gets underway at 10:00 a.m. at UCLA's Spieker Aquatics Center. The lone event of the day will be the platform diving competition.

## HEAD COACH MIKE SHRADER

SDSU head coach Mike Shrader is in his fourth season with the Aztecs and has compiled a dual meet record of 39-13 (.750) during his tenure. Shrader was named the conference Coach of the Year at the conclusion of MWC championship meet each of the past two seasons (co-coach in 2009). His career record including eight seasons at Nevada stands at 128-25-1 (.834).

## LAST TIME OUT

The San Diego State swimming and diving team remained perfect on the season as it defeated UNLV, 159-134, on Dec. 4 in Las Vegas.

Leona Jennings led the way for San Diego State with three individual first-place finishes (100 & 200 back, 200 IM) plus a relay victory (200 medley relay).

The Aztecs also had a pair of triple winners in Stephanie Koch and Katelyn Weddle. Koch was first in the 100 and 200 freestyle events and swam the opening leg of the winning 400 free relay. Weddle won both the 100 and 200 breaststroke and was a member of the victorious 200 medley relay team.

## MWC SWIMMER OF THE WEEK HONORS

San Diego State has competed in meets during six weekends this season and has come away with the Mountain West Conference Swimmer of the Week Award five times. Aztec winners have included:  
Leona Jennings .....Sept. 28  
Kelly Marquenie .....Oct. 4  
Brooke Vessey .....Oct. 26  
Katelyn Weddle .....Nov. 9  
Stephanie Koch .....Nov. 23

## AZTECS NATIONALLY RANKED

San Diego State retained its No. 23 national ranking in the latest poll released by the College Swim Coaches of America Association on December 16. The next poll is scheduled to be released on January 17.

## THERE'S NO PLACE LIKE HOME

San Diego State completed its second consecutive undefeated home season (10-0) during its 2009-10 campaign. With victories in its two dual meets at home this season, SDSU's record at the Aztec Aquaplex stands at 21-3 since the facility opened in the spring of 2008.

## NON-CONFERENCE WIN STREAK

SDSU has a streak of 28 straight dual meet wins against non-conference opponents. The last loss to a non-MWC team was a defeat at North Texas on Nov. 17, 2006. In current head coach Mike Shrader's three seasons, the Aztecs have not lost to a non-conference foe.

## SWIMMING RECORD SETTERS

At the mid-point of the 2010-11 season, Aztec swimmers have set a total of eight individual school records and two relay records. In addition, 37 other times (26 individual, 11 relay) have been recorded that rank among the top 10 all-time fastest in SDSU history. San Diego State swim records that have been set this fall are as follows:

Swimmer	Event	Time
Kim Bierwith	.....50 Free	.....23.01
Stephanie Koch	.....100 Free	.....50.07
Kelly Marquenie	.....500 Free	.....4:46.78
Kelly Marquenie	.....1000 Free	.....9:54.68
Kelly Marquenie	.....1650 Free	.....16:25.23
Leona Jennings	.....100 Fly	.....55.09
Leona Jennings	.....100 Back	.....53.92
Katelyn Weddle	.....100 Breast	.....1:00.29
Koch, Bierwith, E. Jennings, Solimani	200 Free Relay	.....1:31.87
L. Jennings, Weddle, Vessey, Koch	400 Medley Relay	.....3:39.28

## DIVING RECORDS SET

Junior Kristen Meier set a San Diego State diving record in the one-meter board with a score of 286.05 during the dual meet at TCU on Nov. 6. She broke the old record of 280.88 set by Caitlin Atkinson during the 2007-08 season. Meier also set a school record in the three-meter with a mark of 311.63 at that same meet.

## TOP TIMES

Thus far in the 2010-11 campaign, San Diego State swimmers have recorded the league's top times in four individual swimming events and have 40 other times that rank among the top 15. In addition, the Aztecs also have the top times in the 200 free relay as well as both the 200 and 400 medley relays.

Several Aztec swimmers are listed among the top 65 times in the nation in various events. That group includes Kim Bierwith in the 50 free (59th); Stephanie Koch in the 50 free (61st), 100 free (60th) and 200 free (56th); Kelly Marquenie 500 free (53rd), 1000 free (15th) and 1650 free (28th); Melanie Garibaldi 1000 free (48th) and 1650 free (66th); Leona Jennings in the 100 back (31st) and 200 IM (53rd); and Katelyn Weddle in the 100 breast (11th) and 200 breast (28th).

SDSU times also rank 16th in the 200 free relay; 38th in the 400 free relay; 35th in the 800 free relay; 18th in the 200 medley relay; and 13th in the 400 medley relay.



# AZTEC SWIMMING AND DIVING

## 2009-10 SAN DIEGO STATE SWIMMING AND DIVING ROSTER

Name	Event(s)	Ht.	Yr.	Exp.	Hometown (Previous School)
Kim Bierwith	Free, Fly	5-5	Sr.	1V	Danville, Calif. (Diablo Valley JC)
Shannon Bray	Fly, Free	5-9	Jr.	2V	Reno, Nev. (Reno HS)
Maureen Cardwell	Fly, Free	5-5	So.	1V	Woodinville, Wash. (Redmond HS)
Melissa Church	Free, Fly	5-4	Sr.	2V	Aliso Viejo, Calif. (Saddleback JC)
Tarin Corwin	Free, Back	5-7	Jr.	1V	Blue Springs, Mo. (Texas A&M)
Heather Cramer	Fly, IM	5-9	Sr.	1V	Rohnert Park, Calif. (Santa Rosa JC)
Jessica Crider	Free	5-9	So.	1V	Concord, Calif. (Concord HS)
Jordan Devine	Sprint Free	6-0	Fr.	HS	Santa Ynez Valley, Calif. (Santa Ynez HS)
Aina Eill	Diving	5-8	Jr.	1V	Vancouver, Canada (Crofton House)
Melanie Garibaldi	Free	5-7	So.	1V	Gold Coast, Australia (Queensland Acad. of Sport)
Keri George	Fly, Free	5-7	So.	HS	Danville, Calif. (San Ramon Valley HS)
Allison Hall	Fly, IM	5-2	Sr.	2V	Camarillo, Calif. (Boise State)
Emilee Jennings	Free, Breast	5-9	Sr.	1V	Seattle, Wash. (Washington)
Leona Jennings	Back, Free, IM	5-9	So.	1V	Seattle, Wash. (Mt. Ranier HS)
Stephanie Koch	Free, Fly	5-10	So.	1V	Boone, Iowa (Ames HS)
Hattie Lamping	Diving	5-2	Fr.	HS	Dublin, Ohio (Dublin Jerome HS)
Mikaela Macklin	Breast, IM	6-0	Fr.	HS	Placerville, Calif. (El Dorado HS)
Kelly Marquenie	Free	5-9	Fr.	HS	Gold Coast, Australia (Emmanuel College)
Alexis McCoy	Free, Back, Fly	5-8	Jr.	2V	San Diego, Calif. (Seisen International School)
Kristen Meier	Diving	5-8	Jr.	TR	Walden, N.Y. (George Mason)
Natalie Meltzer	Breast	5-5	Fr.	HS	San Ramon, Calif. (California HS)
Berklie Oscarson	Back, IM	5-9	Fr.	HS	Altadena, Calif. (San Marino HS)
Lauren Parrett	Breast, Free	5-8	Fr.	HS	Irvine, Calif. (University HS)
Shelley Perkins	Free, Fly	5-6	So.	1V	Littleton, Colo. (Chatfield HS)
Olivia Sefton	Fly, IM	5-9	Fr.	HS	Nottingham, England (Friesland School)
Shaida Solimani	Back, Free	5-9	So.	1V	Blue Springs, Mo. (Blue Springs HS)
Anna Steiner	Diving	5-4	Fr.	HS	Seattle, Wash. (International Community School)
Allison Stuhr	Free, Back	5-8	Sr.	1V	Santa Rosa, Calif. (Santa Rosa JC)
Rafaella Suarez	Diving	5-5	So.	1V	Claremont, Calif. (Mt. SAC)
Brooke Vessey	Fly, Free, Back	5-2	Sr.	3V	Redlands, Calif. (Redlands HS)
Katelyn Weddle	Breast, Free	5-6	So.	1V	Yuma, Ariz. (Kofa HS)
Taylor Yamagata	Breast	5-6	Fr.	HS	Novato, Calif. (Novato HS)
Meghan Zimmer	Free, Back	5-10	So.	1V	Santa Maria, Calif. (Pioneer Valley HS)

**Head Coach:** Mike Shrader (Texas A&M '81), 4th Season  
**Assistant Coach:** Brendon Bray (Washington '07), 4th Season  
**Diving Coach:** Roland McDonald (Michigan State '87), 1st Season  
**Volunteer Assistant Coach:** Jamie Vessey (San Diego State '09), 2nd Season



## BY CLASS

### Seniors (7)

Kim Bierwith, Melissa Church, Heather Cramer, Allison Hall, Emilee Jennings, Allison Stuhr, Brooke Vessey

### Juniors (5)

Shannon Bray, Tarin Corwin, Kristen Meier, Aina Eill, Alexis McCoy

### Sophomores (11)

Maureen Cardwell, Jessica Crider, Melanie Garibaldi, Keri George, Leona Jennings, Stephanie Koch, Shelley Perkins, Shaida Solimani, Rafaella Suarez, Katelyn Weddle, Meghan Zimmer

### Freshmen (10)

Jordan Devine, Hattie Lamping, Mikaela Macklin, Kelly Marquenie, Natalie Meltzer, Berklie Oscarson, Lauren Parrett, Olivia Sefton, Anna Steiner, Tylor Yamagata

## BY STATE/COUNTRY

### Arizona (1)

Katelyn Weddle

### California (17)

Kim Bierwith, Melissa Church, Heather Cramer, Jessica Crider, Jordan Devine, Keri George, Allison Hall, Mikaela Macklin, Alexis McCoy, Natalie Meltzer, Berklie Oscarson, Lauren Parrett, Allison Stuhr, Rafaella Suarez, Brooke Vessey, Taylor Yamagata, Meghan Zimmer

### Colorado (1)

Shelley Perkins

### Iowa (1)

Stephanie Koch

### Missouri (2)

Tarin Corwin, Shaida Solimani

### Nevada (1)

Shannon Bray

### New York (1)

Kristen Meier

### Ohio (1)

Hattie Lamping

### Washington (4)

Maureen Cardwell, Emilee Jennings, Leona Jennings, Anna Steiner

### Australia (2)

Melanie Garibaldi, Kelly Marquenie

### Canada (1)

Aina Eill

### England (1)

Olivia Sefton