



AZTEC SWIMMING AND DIVING

THIS WEEK: OCT. 24 - VS. AIR FORCE, COLORADO STATE & NEW MEXICO, 1:00 P.M. MT - COLORADO SPRINGS

2009-10 SCHEDULE

Date	Opponent	Time/Result
Oct. 17	California	NTS
Oct. 24	* at Air Force	1:00 pm
	*Colorado State	
	*New Mexico	
Nov. 6	Idaho	2:00 pm
	San Diego	
	*TCU	
	UC San Diego	
Nov. 7	at USC Diving Invitational	All Day
Nov. 19-20	at Nike Cup	All Day
Nov. 20-22	at Wildcat Diving Invit.	All Day
Dec. 5	CSU Bakersfield	1:00 pm
Dec. 19	*UNLV	1:00 pm
	Oregon State	
Jan. 7	Boise State	12:00 pm
	Tulane	
Jan. 14	*at Brigham Young	4:00 pm
Jan. 16	*at Utah	3:00 pm
Jan. 29	*at Wyoming	5:00 pm
Jan. 30	at Northern Colorado	1:00 pm
Feb. 6	Northern Arizona	1:00 pm
	San Diego	
Feb. 24-27	at MWC Championships	All Day
Mar. 11-13	NCAA Diving Zones	All Day
Mar. 18-20	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.
^ at Houston, Texas
at West Lafayette, Ind. (Purdue host)

QUICK FACTS

Location	San Diego, Calif.
Founded	1897
Enrollment	35,887
Nickname	Aztecs
Colors	Scarlet and Black
Conference	Mountain West
President	Dr. Stephen L. Weber
Athletic Director	Jeff Schemmel

TEAM INFORMATION

Head Coach	Mike Shrader
Dual Record at SDSU	17-10 (Third season)
Career Record	106-22-1 (11th season)
Swimming Office Phone	(619) 594-5883
E-Mail	mshrader@mail.sdsu.edu
Assistant Coach	Brendon Bray
Diving Coach	Jim Wynne
Volunteer Assistant Coach	Jamie Vessey
Strength & Conditioning Coach	Jon Francis
2008-09 Dual-Meet Record	9-6
2008-09 MWC Record	2-6 (7th)
2009 MWC Meet	6th, 375 pts.
Letterwinners Returning/Lost	11/10
Newcomers	17
Home Facility	Aztec Aquaplex

MEDIA RELATIONS

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THIS WEEK

San Diego State will open its 2009-10 Mountain West Conference with a triple dual meet against Air Force, Colorado State and New Mexico on Saturday, Oct. 24. The meet gets underway at 1:00 p.m. (MT) at the Air Force Academy in Colorado Springs, Colo.

MWC PRESEASON POLL

San Diego State has been picked to finish third in the 2008-09 Mountain West Conference preseason poll as voted on by the league's head coaches. Brigham Young was tabbed as the favorite with seven first-place votes and 63 points. SDSU received one first-place vote. The third-place ranking is the highest for the Aztecs in the 11-year history of the MWC.

The complete MWC preseason poll is as follows:

Pl. Team (1st-Place Votes)	Pts.
1. Brigham Young (7)	63
2. UNLV (1)	54
3. San Diego State (1)	49
4. Wyoming	42
5. Colorado State	38
6. Utah	30
7. TCU	25
8. New Mexico	14
9. Air Force	9

LAST SEASON

San Diego State ended its 2008-09 campaign with a dual meet record of 9-6 overall and 2-6 in the Mountain West Conference. The Aztecs finished sixth at the MWC Championship Meet in late February, its highest placing since it captured the same spot in 2001.

LAST WEEKEND

The San Diego State swimming team got its first taste of competition this fall as it hosted Cal in a non-scoring relay meet Saturday afternoon at the Aztec Aquatic Complex. SDSU concluded a successful day as it won three of the 10 events and narrowly missed capturing a fourth against the defending national champions. The meet consisted of 10 relays including seven non-traditional distances including three 300-yard and three 150-yard races.

The Aztecs captured the 300 (3x100) backstroke, 150 (3x50) breaststroke and the 200 yard freestyle events. In the 300 yard breast relay, the Golden Bear trio edged SDSU's threesome at the finish line by just nine-hundredths of a second.

RELAY TOP 10 TIMES

In the 200 free relay, the San Diego State quartet of Shelley Perkins, Tarin Corwin, Allison Stuhr and Allison Hall established a new Aztec Aquatic Center pool record with a time of 1:34.78. That mark was just .29 seconds off the SDSU school record time as well.

In that same event, the foursome of Stephanie Koch, Leona Jennings, Kim Bierwith and Emilee Jennings turned in a 1:37.62, a time that goes down as the 10th-best ever at SDSU. Seven of the eight members of those two relay teams are newcomers to the Aztec roster this season with Hall the only returning veteran.

TWO NEWCOMERS RECORD TOP 10 TIMES

Two individuals who led off their relays also turned in times that rank among the SDSU all-time top 10s as well. In the 300 breast relay, Katelyn Weddle's opening leg of 1:05.72 ranks as the 6th-best mark for the 100 breast. Additionally, Stephanie Koch's first 100 in the 400 free relay was clocked at 52.78, the eighth-fastest time by an SDSU swimmer.

WHO'S BACK THIS SEASON

San Diego State returns 11 letterwinners from last year's squad including four who earned all-Mountain West Conference honors last season. San Diego State's all-MWC returnees include senior Elena Karpeeva (100 IM, 100 back, 200 back) plus juniors Allison Hall (200 fly) and Brooke Vessey (100 fly) along with sophomore Shaida Solimani (100 back, 200 back).

TOP TIMES RETURNING

Eight of the 11 returnees turned in times last season that rank among the Aztec all-time top 10. Three of those swimmers are school record holders.

Brooke Vessey holds the San Diego State record in the 100 fly (55.69) while Shaida Solimani's 55.40 in the 100 backstroke is also an SDSU record. Senior Elena Karpeeva has the Aztec records in both the 200 back (1:57.76) and 200 IM (2:01.49).

Vessey also has recorded SDSU top 10 marks in the 50 free and 100 back. Solimani has done the same in the 50 free and 200 back. Karpeeva's other top 10 mark have come in the 100 back.

Other returning swimmers who have notched Aztec top 10 times in their events include:

Kelsy Diener - 100 & 200 back, 200 IM
Allison Hall - 100 & 200 fly
Alexis McCoy - 50 & 100 free
Jessica Morrill - 100 & 200 breast, 400 IM
Kyla Power - 200, 500, 1000 & 1650 free

RANKED RECRUITING CLASS

SDSU's recruiting class for the coming season has been ranked fourth in the nation by *CollegeSwimming.com*. That group of newcomers includes two former NCAA Division I All-Americans plus five swimmers who earned All-America honors as high school athletes. Also included in that group are a pair of Olympic trials qualifiers plus a state swimmer of the year.

The NCAA All-Americans include senior Petra Radovic and junior Emilee Jennings, both of who come to SDSU from the University of Washington, which dropped swimming at the end of last season. A third four-year transfer is sophomore Tarin Corwin, one of the top high school sprinters in the nation two years ago, who was at Texas A&M last season.

The prep All-Americans include Meghan Zimmer (Pioneer Valley HS, Santa Maria, CA), Keri George (San Ramon Valley HS, Danville, CA), Stephanie Koch (Ames HS, Boone, IA) and Katelyn Weddle (Kofa HS, Yuma, AZ). Corwin also earned All-America honors at Blue Springs (Mo.) HS two years ago.

Other top newcomers include Melanie Garibaldi, an Olympic trials qualifier from Australia, along with Leona Jennings (sister of Emilee), who competed at the U.S. Olympic Trials in 2008. Freshman Maureen Cardwell won a state title in Washington (butterfly). Shelley Perkins was a state swimmer of the year in Colorado and qualified for the junior nationals in the 50 free.

ON DECK

SDSU will have a week off from competition as it prepares to host its first scored meet of the season on Friday, Nov. 5. That meet will be a quadruple dual event with TCU, Idaho, San Diego and UC San Diego visiting the Aztec Aquaplex. Action will get underway at 2:00 p.m. (PT).



AZTEC SWIMMING AND DIVING

2009-19 SAN DIEGO STATE SWIMMING AND DIVING ROSTER

Name	Event(s)	Ht.	Yr.	Exp	Hometown (Previous School)
Kim Bierwith	Free, Fly	5-5	Jr.	JC	Danville, Calif. (Diablo Valley JC)
Shannon Bray*	Fly, Free	5-9	So.	1L	Reno, Nev. (Reno HS)
Maureen Cardwell	Fly, Free	5-5	Fr.	HS	Woodinville, Wash. (Redmond HS)
Melissa Church	Free, Fly	5-9	Jr.	1L	Aliso Viejo, Calif. (Saddleback College)
Tarin Corwin	Free, Back	5-7	So.	TR	Blue Springs, Mo. (Texas A&M)
Heater Cramer	Fly, IM	5-9	Jr.	JC	Rohnert Park, Calif. (Santa Rosa JC)
Jessica Crider	Free	5-9	Fr.	HS	Concord, Calif. (Concord HS)
Kelsy Diener	Back, IM, Free	5-11	So.	1L	Mesa, Ariz. (Red Mountain HS)
Anna Eill	Diving	5-8	So.	HS	Vancouver, Can. (Crofton House)
Melanie Garibaldi	Free	5-7	Fr.	HS	Gold Coast, Aus. (Queensland Acad. of Sport)
Keri George	Fly, Free	5-7	Fr.	HS	Danville, Calif. (San Ramon Valley HS)
Allison Hall	Fly, IM	5-2	Jr.	1L	Camarillo, Calif. (Boise State)
Emilee Jennings	Free, Breast	5-9	Jr.	TR	Seattle, Wash. (Washington)
Leona Jennings	Back, Free, IM	5-9	Fr.	HS	Seattle, Wash. (Mt. Ranier HS)
Elena Karpeeva	IM, Back	5-9	Sr.	1L	Omsk, Russia (Tyuman State)
Stephanie Koch	Free, Fly	5-10	Fr.	HS	Boone, Iowa (Ames HS)
Alexis McCoy	Free, Back, Fly	5-8	So.	1L	San Diego, Calif. (Seisen International School)
Nino Metsar	Fly, Breast, IM	5-8	Sr.	2L	Tallinn, Estonia (New Mexico State)
Jessica Morrill	Breast, IM	5-8	Sr.	3L	Rio Vista, Calif. (Rio Vista HS)
Shelley Perkins	Free, Fly	5-6	Fr.	HS	Littleton, Colo. (Chatfield HS)
Kyla Power*	Distance Free	5-8	Sr.	3L	San Jose, Calif. (Valley Christian HS)
Petra Radovic	Free	6-3	Sr.	TR	Zagreb, Croatia (Washington)
Shaida Solimani	Back, Free	5-9	So.	1L	Blue Springs, Mo. (Blue Springs HS)
Allison Stuhr	Free, Back	5-8	Jr.	JC	Santa Rosa, Calif. (Santa Rosa JC)
Brooke Vessey	Fly, Free, Back	5-2	Jr.	2L	Redlands, Calif. (Redlands HS)
Sierra Warren	Diving	5-6	Fr.	HS	San Diego, Calif. (Granite Hills HS)
Katelyn Weddle	Breat, Free	5-6	Fr.	HS	Yuma, Ariz. (Kofa HS)
Meghan Zimmer	Free, Back	5-10	Fr.	HS	Santa Maria, Calif. (Pioneer Valley HS)

*Captains

Head Coach: Mike Shrader (Texas A&M '81), Third season

Assistant Coach: Brendon Bray (Washington '05), Third season

Diving Coach: Jim Wynne (Niagara '94), Eighth season

Volunteer Assistant Coach: Jamie Vessey (San Diego State), First season

BY CLASS

Seniors (5)

Nino Metsar, Elena Karpeeva, Jessica Morrill, Kyla Power, Petra Radovic

Juniors (7)

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

Sophomores (6)

Shannon Bray, Tarin Corwin, Kelsy Diener, Aina Eill, Alexis McCoy, Shaida Solimani

Freshmen (10)

Maureen Cardwell, Jessica Crider, Melanie Garibaldi, Keri George, Leona Jennings, Stephanie Koch, Shelley Perkins, Sierra Warren, Katelyn Weddle, Meghan Zimmer

BY STATE/COUNTRY

Arizona (2)

Kelsy Diener, Katelyn Weddle

California (13)

Kim Bierwith, Melissa Church, Heather Cramer, Jessica Crider, Keri George, Allison Hall, Alexis McCoy, Jessica Morrill, Kyla Power, Allison Stuhr, Brooke Vessey, Sierra Warren, Meghan Zimmer

Colorado (1)

Shelley Perkins

Iowa (1)

Stephanie Koch

Missouri (2)

Tarin Corwin, Shaida Solimani

Nevada (1)

Shannon Bray

Washington (3)

Maureen Cardwell, Emilee Jennings, Leona Jennings

Australia (1)

Melania Garibaldi

Canada (1)

Aina Eill

Croatia (1)

Petra Radovic

Estonia (1)

Nino Metsar

Russia (1)

Elena Karpeeva

LETTERWINNERS RETURNING (11)

Shannon Bray
Melissa Church
Kelsy Diener
Allison Hall
Elena Karpeeva
Alexis McCoy
Nino Metsar
Jessica Morrill
Kyla Power
Shaida Solimani
Brooke Vessey

