

Aztec Swimming

This Week

Nov. 7 ... at Utah6:00 p.m.
 Nov. 8 ... at Brigham Young ...1:00 p.m.



2003-04 SCHEDULE

Dual Meet Record: 0-0 (0-0 MWC)

Date	Opponent	Time
Oct. 17-18	at UOP Invitational	2nd, 884.5 pts.
Nov. 1	San Diego	Postponed
Nov. 7	at Utah	6:00 pm
Nov. 8	at Brigham Young	1:00 pm
Nov. 15	New Mexico	12:00 pm
Nov. 22	Wyoming	12:00 pm
	UNLV	12:00 pm
Dec. 6	at Colorado State	1:00 pm
	Air Force (at CSU)	1:00 pm
Dec. 13	Northern Arizona	12:00 pm
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.....	53.62 (10/18)
200 Free - Hannah Ryan.....	1:55.31 (10/18)
500 Free - Hannah Ryan.....	5:03.48 (10/18)
1,000 Free - n/a	
1,650 Free - Megan Storey.....	17:20.39 (10/17)
100 Fly - Emily Schmied.....	1:00.25 (10/18)
200 Fly - Megan Storey.....	2:09.54 (10/18)
100 Back - Melissa Webb.....	1:01.42 (10/18)
200 Back - Melissa Webb.....	2:10.19 (10/18)
100 Breast - Jill Karacozoff.....	1:07.09 (10/18)
200 Breast - Jennifer Arrow.....	2:24.54 (10/18)
200 IM - Stella Karoly.....	2:11.89 (10/17)
400 IM - Stella Karoly.....	4:45.97 (10/18)

Relays

200 Free Relay.....	1:39.54 (10/17)
Quirke, Graham, Ryan, 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.....	1:53.02 (10/18)
Webb, Karacozoff, Schmied, Chambers	
400 Medley Relay.....	4:01.45 (10/17)
Webb, Karacozoff, Karoly, Friedhoff	

Diving

1-Meter - n/a
3-Meter - n/a

This Week

San Diego State will hit the road this week for a pair of Mountain West Conference dual meets. On Friday (Nov. 7), the Aztecs will be in Salt Lake City to take on Utah starting at 6:00 p.m. (MST). The next day (Nov. 8), SDSU will make the short trip over to Provo to face Brigham Young at 1:00 p.m.

Last Week

Due to the fires in the San Diego area last week, the Aztecs' dual meet with the University of San Diego (scheduled for Saturday, Nov. 1, at the Ray & Joan Kroc Community Center) was postponed. The meet will be rescheduled for a later date, most likely in January.

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 pool. The facility opened in the summer of 2002 and is located at 6845 University Avenue. The Aztecs hold their daily practice sessions at the City Heights Pool.

At the UOP Invitational

San Diego State finished second in the six-team UOP Invitational during the weekend of Oct. 17-18. SDSU won a pair of events at that meet: the 800 freestyle relay (Melissa Webb, Hannah Ryan, Stella Karoly, Caitlin Friedhoff) and the 400 free relay (Emily Schmied, Sylvia DelMoral, Amy Osback, Stella Karoly). The team totaled 884.50 points over 18 swimming events (there was no diving competition during this meet) to finish second to host University of the Pacific.

Ryan Starts Strong

Senior Hannah Ryan got her 2003-04 season off to an excellent start at the UOP Invitational two weeks ago. She swam a 17:31.69 in the 1,650 freestyle, the fourth-best time ever for an Aztec in that event. In the 500 freestyle, she recorded a time of 5:03.48 to establish a new personal career best at that distance. Her time of 1:55.31 in the 200 free was the best for SDSU at the meet. She was also a member of a pair of relay teams that finished no lower than second: the 800 free relay (1st) and the 200 free relay (2nd). Ryan accounted for a total of 58 points for SDSU during the two-day meet.

Friedhoff Impresses

Freshman Caitlin Friedhoff, a prep All-American from Kent, Wash., turned in the team's best times in a pair of events in her Aztec debut. She went 24.65 in the 50 free and 53.62 in the 100 free. Those times would have ranked as the second and third-fastest times respectively for SDSU during the

2002-03 campaign. Friedhoff also swam on the first-place 800 free relay team, second-place 200 free relay team, and the second-place 400 medley relay team

Karoly Leads Medley Events

Stella Karoly, a freshman from Kapolei, Hawaii, had a fine outing in the medley relay events. She finished third in the 400 IM and fifth in the 200 IM, and was the Aztecs' top swimmer in each of those events.

Webb Shows Versatility

Sophomore Melissa Webb, who came on last season to earn all-conference honors in the 200 backstroke at the league championships, took up where she left off by pacing SDSU in both the 100 and 200 backstroke events at the UOP Invitational. She finished fourth overall in the 100 (1:01.42) and third in the 200 (2:10.19). Webb was also a member of both relay squads (800 free and 400 IM) that took first place at the meet.

Fernandez Sets New Personal Best

Senior Allison Fernandez began her fourth year as an Aztec by setting a personal career best in the 200 freestyle at the UOP Invitational. She turned in a time of 2:03.11, bettering her previous best by 2.81 seconds.

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. The complete preseason poll is as follows:

Pl.	Team (1 st 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

The Schedule

For the second consecutive season, the Aztecs will face each of the other seven Mountain West Conference schools in dual meet action beginning with an away contest at Utah on Nov. 7. The Aztecs will host three MWC teams in dual meets at home, and conference action will be concluded by Dec. 6. SDSU will compete in the annual UCI Invitational in early January and conclude the regular season with three dual meets on the road before traveling to Oklahoma City for the annual conference championship meet in mid-February.

Looking Ahead

The Aztecs will host their first meet of the season when conference rival New Mexico visits the Ray & Joan Kroc Community Center. Start time the meet is 12:00 p.m.

2003-04 SDSU Swimming Top Times (10/20/03)

50 Free

Caitlin Friedhoff	24.65 (10/17)
Sylvia DelMoral	25.72 (10/17)
Amy Osback	25.78 (10/17)
Stephanie Chambers	25.81 (10/17)
Allison Fernandez	25.98 (10/17)
Sarah Davis	26.54 (10/17)
Jill Karacozoff	28.45 (10/17)
Jennifer Arrow	28.81 (10/17)

100 Free

Caitlin Friedhoff	53.62 (10/18)
Hannah Ryan	54.69 (10/18)
Stephanie Chambers	56.05 (10/18)
Sylvia DelMoral	56.51 (10/18)
Allison Fernandez	56.54 (10/18)
Amy Osback	56.57 (10/18)
Emily Parker	56.74 (10/18)
Amy Van Dyke	58.31 (10/18)

200 Free

Hannah Ryan	1:55.31 (10/18)
Caitlin Friedhoff	1:56.56 (10/18)
Adriana Quirke	1:58.57 (10/18)
Stephanie Chambers	1:59.12 (10/18)
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	5:03.48 (10/17)
Megan Storey	5:06.47 (10/17)
Melissa Webb	5:08.99 (10/17)
Emily Parker	5:12.72 (10/17)
Stephanie Chambers	5:18.70 (10/17)
Amy Van Dyke	5:27.33 (10/17)

1000 Free

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

Melissa Webb	1:01.42 (10/18)
Emily Schmied	1:02.07 (10/18)
Sylvia DelMoral	1:02.08 (10/18)
Adriana Quirke	1:02.36 (10/18)
Sarah Davis	1:03.42 (10/18)
Allison Fernandez	1:03.85 (10/18)

200 Back

Melissa Webb	2:10.19 (10/18)
Megan Storey	2:11.24 (10/18)
Sarah Davis	2:19.01 (10/18)
Adriana Quirke	2:19.65 (10/18)

100 Breast

Jill Karacozoff	1:07.59 (10/18)
Jennifer Arrow	1:08.24 (10/18)
Jennifer Graham	1:09.26 (10/18)
Sarah Davis	1:12.22 (10/18)

200 Breast

Jennifer Arrow	2:24.54 (10/18)
Jill Karacozoff	2:28.06 (10/18)
Jennifer Graham	2:31.34 (10/18)

100 Fly

Emily Schmied	1:00.25 (10/18)
Stella Karoly	1:00.42 (10/18)
Caitlin Friedhoff	1:01.02 (10/18)
Jennifer Graham	1:01.23 (10/18)
Sylvia DelMoral	1:02.22 (10/18)
Amy Osback	1:02.50 (10/18)

200 Fly

Megan Storey	2:09.54 (10/18)
Stella Karoly	2:11.07 (10/18)
Emily Schmied	2:12.65 (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)
Jennifer Arrow	2:20.98 (10/17)

400 Individual Medley

Stella Karoly	4:45.97 (10/18)
Melissa Webb	4:47.39 (10/18)

1-Meter Diving

3-Meter Diving

200 Free Relay

Quirke, Graham, Ryan, Friedhoff	1:39.54 (10/17)
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

Webb, Karacozoff, Schmied, Chambers	1:53.02 (10/18)
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)