

# Aztec Swimming

## Next Meet

Dec. 13 . . . Northern Arizona . . . 12:00 p.m.  
Ray & Joan Kroc Community Center



## 2003-04 SCHEDULE

### Dual Meet Record: 3-4 (3-4 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>W, 174-126</b>
	<b>UNLV</b>	<b>L, 107-193</b>
Dec. 6	at Colorado State	L, 133-167
	Air Force (at CSU)	W, 161-137
<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.....	1:52.25 (11/22)
500 Free - Hannah Ryan.....	4:59.41 (11/15)
1,000 Free - Megan Storey.....	10:20.81 (11/22)
1,650 Free - Megan Storey.....	17:20.39 (10/17)
100 Back - Adriana Quirke.....	59.53 (11/15)
200 Back - Sarah Davis.....	2:08.63 (11/22)
100 Breast - Jennifer Graham.....	1:06.46 (11/22)
200 Breast - Jennifer Arrow.....	2:23.69 (11/22)
100 Fly - Stella Karoly.....	59.07 (11/22)
200 Fly - Megan Storey.....	2:08.67 (11/15)
200 IM - Stella Karoly.....	2:11.44 (11/22)
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.....	3:34.99 (12/06)
Ryan, Chambers, Quirke, Friedhoff	
800 Free Relay.....	7:48.53 (10/18)
Webb, Karoly, Ryan, Friedhoff	
200 Medley Relay.....	1:50.51 (11/15)
Quirke, Karacozoff, Schmied, Friedhoff	
400 Medley Relay.....	4:01.45 (10/17)
Webb, Karacozoff, Karoly, Friedhoff	

### Diving

1-Meter - Shannon Colvin.....	194.65 (12/06)
3-Meter - Lindsey Minnich.....	215.30 (12/06)

### This Week

San Diego State will compete in its first non-league dual meet of the season when it hosts Northern Arizona on Saturday, Dec. 13, at the Ray and Joan Kroc Community Center Pool at noon. NAU enters the week with a 2-1 mark in dual meet competition and a second-place showing at the six-team Lobo Invitational in Albuquerque in early-November. Both of the Lumberjacks' dual meet victories this season have come against New Mexico, a team SDSU has also faced and defeated this season.

### 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

San Diego State got a split decision as it swam a double dual conference meet against Colorado State and Air Force in Fort Collins, Colo. The Aztecs were victorious over the Falcons by a score of 161-137, but fell to the Rams, 133-167. With the three teams swimming together, SDSU had a total of seven first-place finishes in the 16 events. The Aztecs began the meet by winning three of the first four events (1,000 free, 200 free and 100 back).

### MWC Improvement

The results of last weekend's double dual meet improved the Aztecs' record to 3-4, both overall and in the Mountain West Conference. SDSU has concluded its 2003-04 conference schedule and has improved its MWC win total over last year when it finished 1-6. It's conference victories this season came over New Mexico, Wyoming and Air Force.

### Ryan Takes Two

Senior Hannah Ryan won two events at last weekend's double dual meet against Air Force and Colorado State. She began her day by taking the 200 freestyle in a time of 1:54.50, then came back later to win the 500 freestyle with a mark of 5:08.22. Ryan completed her day by swimming the leadoff leg in the 400 free relay as the Aztecs won that event with a season-best time of 3:34.99.

### The Storey Continues

Megan Storey got SDSU off to a quick start last weekend by winning the 1,000 freestyle in 10:25.58. Her time was almost 17 seconds better than the second-place finisher. The senior from Edmonds, Wash., also picked up second-place finishes in both the 200 butterfly (2:10.54) and 200 backstroke (2:11.14).

### Friedhoff Sprints To Victory

Freshman standout Caitlin Friedhoff captured first place in the 50 free in 24.68 seconds last Saturday. Despite the fact that she was swimming at altitude, she came within .03 second of tying her season best in the event. Friedhoff also went 53.85 in the 100 free (good for third place) and swam the anchor leg on the winning 400 free relay team.

### Schmied, Quirke Post Strong Outings

Sophomore Emily Schmied and freshman Adriana Quirke also posted wins in their respective events last weekend. Schmied won the 200 individual medley (2:12.49) while Quirke was victorious in the 100 backstroke (59.57). Quirke's time in the 100 back was .03 seconds off her season-best mark.

### Divers Continue Improvement

San Diego State divers Lindsey Minnich and Shannon Colvin both had season-best outings in their specialty last weekend. Minnich recorded 215.30 points in the three-meter diving to establish a new personal SDSU career best. Colvin, meanwhile, turned in her season-best effort in the one-meter diving with 194.65 points.

### Aztecs Among MWC Top 10s

SDSU senior Megan Storey ranks among the top eight individuals in the Mountain West Conference in four events (500, 1000 and 1650 free plus the 200 fly) while teammate Hannah Ryan has the second-best times in the league this season in both the 200 and 500 freestyle. Emily Schmied has times in the 200 fly and 200 individual medley that are the eight-best in the conference while freshmen Caitlin Friedhoff (50 and 100 free) and Stella Karoly (100 fly, 200 fly, 400 individual medley) also rank among the MWC top 10 in more than one event.

### Conference Standings

San Diego State was picked to finish seventh in the Mountain West Conference this season by a poll of the league's coaches. The Aztecs were seventh in last year's final conference standings and finished eighth at the 2003-04 MWC Championship meet. SDSU is currently 3-4 in conference dual meets this season and is the only team to have completed its league dual meet schedule. Entering the week, the MWC standings are as follows:

Team	W	L	Pct.
Colorado State	3	0	1.000
Utah	2	0	1.000
UNLV	3	1	.750
BYU	1	1	.500
Wyoming	1	1	.500
San Diego State	3	4	.429
Air Force	0	1	.000
New Mexico	0	2	.000

### Looking Ahead

The Aztecs will be idle over the next couple weeks due to the semester break. The team's next competition will be at the UCI Invitational on Jan. 3-4 in Irvine.



# 2003-04 SDSU Swimming Top Times (12/7/03)

## 50 Free

Caitlin Friedhoff .....	24.65 (10/17)
Hannah Ryan .....	24.97 (11/15)
Stephanie Chambers .....	25.43 (11/22)
Jennifer Graham .....	25.67 (11/07)
Sylvia DelMoral .....	25.72 (10/17)
Allison Fernandez .....	25.75 (12/06)
Amy Osback .....	25.78 (10/17)
Adriana Quirke .....	25.83 (11/07)
Sarah Davis .....	26.54 (10/17)
Jill Karaczoff .....	28.45 (10/17)
Jennifer Arrow .....	28.81 (10/17)

## 100 Free

Caitlin Friedhoff .....	53.45 (11/08)
Hannah Ryan .....	53.76 (11/22)
Stephanie Chambers .....	54.85 (11/22)
Sylvia DelMoral .....	55.53 (11/22)
Allison Fernandez .....	55.74 (11/22)
Jennifer Graham .....	56.21 (11/07)
Amy Osback .....	56.57 (10/18)
Emily Parker .....	56.74 (10/18)
Amy Van Dyke .....	58.31 (10/18)

## 200 Free

Hannah Ryan .....	1:52.25 (11/22)
Caitlin Friedhoff .....	1:56.56 (10/18)
Stephanie Chambers .....	1:56.98 (11/22)
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 .....	5:10.52 (11/22)
Stephanie Chambers .....	5:18.70 (10/17)
Amy Osback .....	5:20.08 (11/15)
Amy Van Dyke .....	5:23.33 (11/22)

## 1000 Free

Megan Storey .....	10:20.81 (11/22)
Emily Parker .....	10:40.41 (11/22)
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)
Sarah Davis .....	1:01.35 (11/22)
Sylvia DelMoral .....	1:01.74 (11/08)
Emily Schmied .....	1:02.07 (10/18)
Allison Fernandez .....	1:03.85 (10/18)

## 200 Back

Sarah Davis .....	2:08.63 (11/22)
Megan Storey .....	2:09.78 (11/22)
Adriana Quirke .....	2:10.04 (11/15)

## 100 Breast

Jennifer Graham .....	1:06.46 (11/22)
Jennifer Arrow .....	1:07.15 (11/22)
Jill Karaczoff .....	1:07.59 (10/18)
Sarah Davis .....	1:12.00 (11/07)

## 200 Breast

Jennifer Arrow .....	2:23.69 (11/22)
Jill Karaczoff .....	2:25.68 (11/22)
Jennifer Graham .....	2:26.31 (11/22)

## 100 Fly

Stella Karoly .....	59.07 (11/22)
Emily Schmied .....	59.63 (11/15)
Sylvia DelMoral .....	59.84 (11/22)
Caitlin Friedhoff .....	1:01.02 (10/18)
Jennifer Graham .....	1:01.23 (10/18)
Amy Osback .....	1:01.48 (12/06)

## 200 Fly

Megan Storey .....	2:08.67 (11/15)
Emily Schmied .....	2:10.57 (11/15)
Stella Karoly .....	2:10.67 (10/22)
Amy Osback .....	2:16.41 (10/18)

## 200 Individual Medley

Stella Karoly .....	2:11.44 (11/22)
Emily Schmied .....	2:12.22 (10/17)
Jennifer Graham .....	2:13.33 (10/17)
Sarah Davis .....	2:14.04 (11/22)
Adriana Quirke .....	2:15.06 (10/17)
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

Shannon Colvin .....	194.65 (12/06)
Lindsey Minnich .....	192.76 (11/15)

## 3-Meter Diving

Lindsey Minnich .....	215.30 (12/06)
Shannon Colvin .....	184.75 (11/07)

**200 Free Relay**

Ryan, Chambers, Graham, Friedhoff..... 1:39.28 (11/15)  
Quirke, Graham, Ryan, Friedhoff..... 1:39.54 (10/17)  
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**

Ryan, Chambers, Quirke, Friedhoff..... 3:34.99 (12/06)  
Ryan, Chambers, DelMoral, Friedhoff..... 3:35.51 (11/22)  
Schmied, DelMoral, Osback, Karoly..... 3:39.48 (10/18)  
Graham, Osback, Fernandez, Karoly..... 3:40.42 (12/06)  
Quirke, Graham, Fernandez, Osback..... 3:42.56 (11/22)  
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 (11/15)  
Quirke, Graham, Schmied, Friedhoff..... 1:51.05 (12/06)  
DelMoral, Arrow, Karoly, Fernandez..... 1:52.93 (11/22)  
Webb, Karacozoff, Schmied, Chambers..... 1:53.02 (10/18)  
Webb, Arrow, Karoly, Graham..... 1:53.26 (11/08)  
DelMoral, Karacozoff, Osback, Fernandez..... 1:53.80 (12/06)  
DelMoral, Graham, Storey, Fernandez..... 1:55.35 (10/18)  
DelMoral, Arrow, Karoly, Graham..... 1:57.23 (11/15)

**400 Medley Relay**

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