



AZTEC SWIMMING AND DIVING

THIS WEEK: Saturday, Dec. 4.....at UNLV.....Buchanan Natatorium.....Las Vegas, Nev.....1:00 p.m.

2010-11 SCHEDULE

Dual Record: 7-0 (2-0 Home; 2-0 Away; 3-0 Neutral)

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*	1:00 p.m.
Jan. 7	Northern Colorado	2:00 p.m.
	Tulane	
Jan. 8	Northern Colorado	12:00 p.m.
	Tulane	
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	38-13 (4th season)
Career Record	127-25-1 (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 will be in Las Vegas this weekend to take on conference foe UNLV on Saturday, Dec. 4, at 1:00 p.m. (PT) at the Buchanan Natatorium on the UNLV campus.

There will be no diving events held this weekend. The teams have agreed to use the diving results from the Wildcat Diving Invitational held at the University of Arizona during the weekend of Nov. 19-21. The scores from that meet give UNLV a 20-18 lead heading into Saturday's 14 swimming events.

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 38-13 (.745) 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 127-25-1 (.833).

LAST TIME OUT

San Diego State swimmers finished fourth of 19 teams at the Arena Invitational in Long Beach, Calif., hosted by UC San Diego Nov. 18-20. The Aztecs finished behind #1 Stanford, #5 Cal, and 2.5 points behind Arizona State (rv). SDSU was the top finisher among the five Mountain West Conference schools participating and finished ahead of four teams receiving votes in the latest CSCAA national poll.

MWC SWIMMER OF THE WEEK

Stephanie Koch was named the MWC Swimmer of the Week on Nov. 23 after her performance at the Arena Invitational Nov. 18-20. Koch set an SDSU record in the 100-yard freestyle (50.07) and her times in the 50 free (23.03) and 200 free (1:47.93) ranks as the second-best times in Aztec history. She was also a member of SDSU's five relay teams that all finished sixth or better, including the 400-yard medley relay that posted a school and league-record time of 3:39.28. Her mark in the 100 free as well as her relay team marks in the 200 free relay plus the 200 and 400 medley relays are all the fastest in the MWC this season.

FIVE WEEKS OF COMPETITION, FIVE MWC AWARDS

San Diego State has competed in meets during five weekends this season and has come away with the conference Swimmer of the Week Award after each. In addition to Stephanie Koch, other Aztecs to win the honor this fall include Leona Jennings (Sept. 28), Kelly Marquenie (Oct. 4), Brooke Vessey (Oct. 26) and Katelyn Weddle (Nov. 9).

AZTECS ACHIEVE NATIONAL RANKING

San Diego State has been ranked 23rd in the national in the first poll of the season released by the College Swim Coaches of America Association on Nov. 10. It marks the first time that the Aztecs have been ranked among the top 25 in the history of the program. SDSU received votes in the CSCAA poll during the 2009-10 campaign with its point total ranking it 33rd. The next poll is scheduled to be released on December 16.

AVIDASPORTS PERFORMANCE RANKINGS

After its results at the Arena Invitational Nov. 18-20, San Diego State is ranked sixth in the nation this week in the *Avidasports Performance Rankings*, the first-ever performance-based ranking system for college swimming teams. In addition to measuring a team's performance against other programs, the rankings also account for those programs trending upwards or downwards based on their past season performance, offering a statistical snapshot of team performance. A complete ranking list (updated every other week) for all 136 Division I women's teams may be found at the collegeswimming.com web site.

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.

SWIMMING RECORD SETTERS

Nearing 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, 35 other times (25 individual, 10 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

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 37 other times that ranks among the top 10. In addition, the Aztecs also have the top times in the 200 free relay as well as the 200 and 400 medley relays.

Several Aztec swimmers are listed among the top 50 times in the nation in various events. That group includes Kim Bierwith in the 50 free (36th); Stephanie Koch in the 50 free (37th), 100 Free (25th) and 200 Free (31st); Kelly Marquenie 500 free (32nd), 1000 Free (15th) and 1650 Free (19th); Melanie Garibaldi 1000 Free (45th) and 1650 Free (40th); Leona Jennings in the 100 Back (13th) and 200 IM (35th); and Katelyn Weddle in the 100 Breast (4th) and 200 Breast (19th).

SDSU times also rank 10th in the 200 free relay; 28th in the 400 free relay; 26th in the 800 free relay; 13th in the 200 free relay; and 7th 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