



AZTEC SWIMMING AND DIVING

THIS WEEK: FEB. 24-27 - MWC CHAMPIONSHIPS - ALL DAY - OKLAHOMA CITY, OKLA.

2009-10 SCHEDULE

Dual Record: 14-3 (10-0 Home; 3-2 Away; 1-1 Neutral)

Date	Opponent	Time/Result
Oct. 17	California	NTS
Oct. 24	* at Air Force	W, 218.5-77.5
	*Colorado State	L, 134-165
	*New Mexico	W, 202-97
Nov. 6	Idaho	W, 182.5-103.5
	*TCU	W, 162-130
	UC San Diego	W, 184-94
Nov. 19-21	at Toshiba Cup	4th of 25
Dec. 5	CSU Bakersfield	W, 123-105
Dec. 19	*UNLV	W, 159-135
	Oregon State	W, 167-118
Jan. 7	Boise State	W, 165-134
	Tulane	W, 230-61
Jan. 14	*at Brigham Young	L, 105-193
Jan. 16	*at Utah	W, 173-125
Jan. 29	*at Wyoming	L, 128-153
Jan. 30	at Northern Colorado	W, 125-108
Feb. 6	Northern Arizona	W, 153-116
	San Diego	W, 162-126
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
Interim Athletic Director	Don Oberhelman

TEAM INFORMATION

Head Coach	Mike Shrader
Dual Record at SDSU	31-13 (Third season)
Career Record	120-25-1 (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

The San Diego State Aztec swimming and diving team will travel to Oklahoma City, Okla., for the 2010 Mountain West Conference Championships at Oklahoma City Community College. The meet gets underway on Wednesday, Feb. 24, and runs through Saturday, Feb. 27.

Fans can follow coverage of the meet with results posted at the MWC web site (www.themwc.com) or input the following link to go directly to the championship site:

<http://www.themwc.com/champ/swim-champ-2010.html>

BEST RECORD, BEST FINISH

With an overall record of 14-3, San Diego State won more dual meets during its 2009-10 season than in any previous campaign. The Aztecs' record of 5-3 in the Mountain West Conference was also the program's best in its 11 years in the MWC. The team's fourth-place finish in the final regular-season standings is also its best ever as well.

SDSU has a streak of 27 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.

LOOKING TO MOVE UP

San Diego State will attempt to record its highest-ever finish at the conference championships meet this week. Its previous best placing has been sixth, where it finished in 2000 and 2001 as well as in 2009. Three current Aztec swimmers earned all-conference honors in 2009 at this meet including Elena Karpeeva, Brooke Vessey and Allison Hall.

LAST TIME OUT

In its most recent dual meets, San Diego State defeated Northern Arizona (152-116) and University of San Diego (162-126) in a double dual at the Aztec Aquaplex on Feb. 6. The Aztecs won 11 of the meet's 12 individual races as well as both relays.

After the foursome of Leona Jennings, Katelyn Weddle Kim Bierwith and Emilee Jennings opened the meet with a win in the 200 medley relay, the Aztecs swept the 1000 free to jump out to a big early lead. Melanie Garibaldi (10:12.72), Meghan Zimmer (10:29.59) and Jessica Crider (10:33.44) finished one-two-three in that distance freestyle race.

Freshman Stephanie Koch led San Diego State with first-place finishes in the three sprint freestyle events. She captured the 50 free (24.12), 100 free (41.34) and 200 free (1:51.63) with her time in the 50 free establishing a new Aztec Aquaplex record.

The Aztecs' also had a double winner in Katelyn Weddle, who captured both the 100 and 200 breaststroke with marks of 1:04.55 and 2:21.19 respectively.

Five other individuals turned in the fastest times in their respective events as well. Allison Hall won the 200 fly in 2:08.47 while Meghan Zimmer took the 500 free (5:03.34) and Brooke Vessey was victorious in the 100 fly (57.18). Leona Jennings was first in the 200 back (2:02.26) with Elena Karpeeva winning the 400 individual medley (4:32.92).

HEAD COACH MIKE SHRADER

San Diego State head coach Mike Shrader is completing his third season with the Aztecs and has compiled a dual meet record of 31-13 during his tenure. Shrader was named the 2008-09 conference co-coach of the year at the conclusion of last season's MWC title meet.

AZTECS IN THE NATIONAL RANKINGS

San Diego State swimming and diving continues to attract national attention and has moved up to the No. 33 spot in the latest poll released by the College Swimming Coaches Association of America (CSCAA). The ranking is the highest ever for the SDSU swim program as the Aztecs moved up eight spots from the previous poll when it was ranked 41st.

THERE'S NO PLACE LIKE HOME

San Diego State completed its second consecutive undefeated home season with a pair of wins in the double dual meet on Feb. 6. After finishing a perfect 10-0 in home meets this season, SDSU's record at the Aztec Aquaplex stands at 19-3 since the facility opened in the spring of 2008.

ATHLETES OF THE WEEK

SDSU athletes won the Mountain West Conference Swimmer of the Week award three times out of the 10 times in was given this season. Petra Radovic won the honor on Nov. 10 after setting school records in the 500 and 1000 free. Emily Jennings won the accolade on Nov. 24 when she set new Aztec records in the 100 and 200 back, 100 fly and 200 IM. Katelyn Weddle captured the award on Jan. 12 for setting Aztec Aquaplex records in the 100 and 200 breast as well as swimming on the record-setting 200 medley relay team.

DOMINANT FRESHMAN

Four freshmen has have made their marks on the Aztec swimming in their first seasons at SDSU.

Leona Jennings has set four individual records and is also a member of the school record-setting 400 medley relay squad.

Katelyn Weddle has been impressive in the breaststroke events, setting the SDSU record in the 100 and turning in the second-fastest time ever for an Aztec swimmer in the 200. She has finished first in the 100 breast in eight of nine meets this season and has been first in the 200 breast in five of SDSU's last six meets.

Stephanie Koch has set school records in the 50, 100 and 200 freestyle.

Meghan Zimmer is the new school record holder in the 500 free and was also a member of the record-setting Aztec 800 freestyle relay quartet.

TOP 10 TIMES

Aztec swimmers have recorded 40 times that rank among the San Diego State all-time top 10 in 14 events. In addition, 17 top 10 times have also been turned in for the five relay events. The 400 free relay has been especially notable with seven of the school's top 10 marks having come during the 2009-10 season. A total of 11 new individual school records have been set this season with nine of those belonging to freshmen. In addition, new school standards have been set in two relays with three members of each of those teams being freshmen this season.



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)
Heather 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)
Rafaella Suarez	Diving	5-5	Fr.	HS	Claremont, Calif. (Mt. SAC)
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 '09), 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, Stephanie Stuhr, Brooke Vessey

Sophomores (6)

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

Freshmen (11)

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

BY STATE/COUNTRY

Arizona (2)

Kelsy Diener, Katelyn Weddle

California (14)

Kim Bierwith, Melissa Church, Heather Cramer, Jessica Crider, Keri George, Allison Hall, Alexis McCoy, Jessica Morrill, Kyla Power, Allison Stuhr, Rafaella Suarez, 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