



AZTEC SWIMMING AND DIVING

THIS WEEK: November 21-23 - Arena Invitational - Monterey Park, Calif. - 9:00 a.m. (PT)
November 22-24 - Arizona Diving Invitational - Tucson, Ariz. - 12:00 p.m. (MT)

2013-14 SCHEDULE

Record: 2-0 (0-0 Home; 2-0 Away; 0-0 Neutral)

Date	Opponent	Time/Result
Sept. 21	at San Diego (Pentathlon)	W, 18-6
Oct. 18-19	at Pacific Invitational	1st of 3 tms
Nov. 1	at TCU	W, 156.5-138.5
Nov. 21-23	at Arena Invitational	All Day
Nov. 22-24	at Wildcat Diving Invitational	All Day
Dec. 20	Chicago	10:00 a.m.
Dec. 30	Air Force, UC San Diego	2:00 pm
Jan. 4	Boise State+	12:00 pm
	Grand Canyon+	
Jan. 7	Colo. St., No. Texas (scrim)	2:00 pm
Jan. 10	Colorado State	10:00 am
	North Texas	
	Tulane	
Jan. 11	Colo. St., No. Texas (scrim)	7:00 am
Jan. 25	San Diego	12:00 pm
Jan. 31-Feb. 2	at Air Force Diving Invit.	All Day
Feb. 29-22	at MW Championships#	All Day
Mar. 13-15	at Zone Diving^	10:00 am
Mar. 20-22	at NCAA Championships%	All Day

All times Pacific
Home meets in bold, held at Aztec Aquaplex.
NTS - No team scores

* at UC San Diego (La Jolla, Calif.)
at Palo Alto College (San Antonio, Texas)
^ at Air Force Academy (Colorado Springs, Colo.)
% at Minnesota (Minneapolis, Minn.)

QUICK FACTS

Location	San Diego, Calif.
Founded	1897
Enrollment	32,396
Nickname	Aztecs
Colors	Scarlet and Black
Conference	Mountain West
President	Dr. Elliot Hirshman
Athletic Director	Jim Sterk

TEAM INFORMATION

Head Coach	Mike Shrader
Dual Record at SDSU	78-13 (7th season)
Career Record	167-26-1 (15th season)
Swimming Office Phone	(619) 594-5883
E-Mail	mshrader@mail.sdsu.edu
Associate Head Coach	Ben Biefnes
E-Mail	bbiefnes@mail.sdsu.edu
Diving Coach	Roland McDonald
E-Mail	rmcdonald@mail.sdsu.edu
Volunteer Assistant	Meghan Zimmer
Strength & Conditioning Coach	Brooke Vessey
2012-13 Dual-Meet Record	10-1
2011-12 MWC Record	4-0
2012 MWC Meet	1st, 734 pts.
Letterwinners Returning/Lost	18/12
Newcomers	8
Home Facility	Aztec Aquaplex

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THIS WEEK

The San Diego State swimming and diving team will be in East Los Angeles this week for the annual Arena Invitational hosted by UC San Diego. The three-day meet takes place Nov. 21-23 at East Los Angeles College in Monterey Park, Calif. Prelims get underway each morning at 9:00 a.m. with finals beginning at 5:00 p.m. in the evening.

The Invitational will feature five men's teams and 11 women's teams. The Aztecs will be competing against Cal Poly, Cal State Bakersfield, Fresno State, Hawaii, Loyola Marymount, Pepperdine, San Jose State, UC San Diego, University of San Diego and University of the Pacific.

The San Diego State divers will be in Tucson, Ariz., this weekend for the annual Arizona Diving Invitational. That meet runs Friday through Sunday, Nov. 22-24. Competition gets underway at noon on both Friday and Saturday and at 11:00 a.m. on Sunday.

HEAD COACH MIKE SHRADER

San Diego State Head Coach Mike Shrader is in his seventh season with the Aztecs and has compiled a dual meet record of 78-13 (.857) during his tenure. Shrader has been named the Mountain West Coach of the Year on four occasions (2013, 2011, 2010, co-coach in 2009). Including eight seasons as head coach at Nevada, his career record is 167-26-1 (.863).

AZTECS DEFEAT TCU

In their most recent outing, the Aztecs were victorious in a dual meet at TCU on Nov. 1 by the score of 156.5-138.5. SDSU won 13 of 16 events including both relays and one diving competition. Maddy Dalcamo was involved in four first-place finishes including the 50 and 100 freestyle along with the 200 medley and 400 free relays. Teammate Anika Apostalon won both the 100 and 200 backstroke races and was on the winning 400 free relay team. In the diving, Ashley Stott captured first on the 3-meter board.

SDSU WINS PACIFIC INVITATIONAL

The San Diego State swimming team captured 13 of 17 events over two days as it captured the team title at the Pacific Invitational held Oct. 18-19. In the process the Aztecs finished with a team score of 1,072 points. Host Pacific finished second with 911 points with UC Davis (which only swam on Saturday) totaling 565 points.

SWIMMERS OF THE WEEK

Maddy Dalcamo became the second Aztec to earn Mountain West Swimmer of the Week honors this season when she received the award on Nov. 6 for her performance in the dual meet at TCU. Against the Horned Frogs, she won the 50 freestyle in 23.94 and then after a break for diving came back and won the 100 free in 52.41. She had begun the meet by swimming the anchor leg of the 200 medley relay as her team recorded a two-second win over the second-place squad with a time of 1:44.85. Dalcamo concluded the meet by anchoring the 400 free relay that went 3:26.11 and finished almost six seconds ahead of the second-place team.

Anika Apostalon earned Mountain West Swimmer of the Week honors for competition from Oct. 14-22, 2013, after leading SDSU at the Pacific Invitational. During the two-day meet she won the 50-yard (23.52) and 100-yard (51.19) free races, along with the 100-yard (56.51) and 200-yard (2:03.20) back events. Her mark in the 50 free ranks as the fifth-fastest in school history while her mark in the 100 free is the 10th-best ever by an Aztec swimmer. Apostalon also swam on three winning relays - 200-yard medley (1:46.00), 200-yard freestyle (1:36.51) and 400-yard freestyle (3:33.43).

THERE'S NO PLACE LIKE HOME

San Diego State completed its fourth consecutive undefeated home season during its 2012-13 campaign with a 4-0 record. The Aztecs have now won their last 31 consecutive meets at home. SDSU's record at the Aztec Aquaplex stands at 42-3 since the facility opened for the 2007-08 season.

THE STREAK ENDS

San Diego State saw its lengthy dual meet win streak come to an end with the loss at UCLA on January 12, 2013. SDSU had won its last 45 straight meets dating back to the 2009-10 season prior to the loss to the Bruins. The Aztecs' last loss had come against Wyoming on Jan. 29, 2010, in Laramie. San Diego State also had its streak of 55 straight wins against non-conference opponents ended as well. The last loss to a non-Mountain West team had been a defeat at North Texas on Nov. 17, 2006. In current Head Coach Mike Shrader's six seasons at SDSU, the Aztecs have now lost only one dual meet to a non-conference foe.

SCHOOL RECORD SETTERS RETURN

A trio of athletes who currently hold San Diego State swimming & diving records are back for the 2013-14 season. That list includes swimmers Chelsea Baily (100 free - 49.70) and Mikaela Macklin (200 IM - 1:57.73 and 400 IM - 4:11.15) along with senior diver Anna Steiner (1-Meter - 317.30).

TOP 10 AZTEC TIMES

In addition to the school records set during the 2012-13 season, SDSU returnees turned in a total of 22 individual swim times that enter the school record book among the top 10 all-time fastest marks in school history. There were also eight diving marks recorded by returning Aztec divers that rank among the top 10 ever at San Diego State,

NEW TOP 10 TIMES

Two swimmers have turned in a total of four times this season that rank among the SDSU all-time top 10s. Freshman Anika Apostalon has registered the eighth-fastest time in the 50 free (23.52) and sixth-best in the 100 free (50.43). Fellow Aztec freshman Caroline Mitchell has the ninth-fastest mark in the 1,650 free (17:08.39) and the 10th-best time in the 400 individual medley (2:06.05). In addition, diver Ashley Stott has improved on her own personal high with a score of 312.00 on the 3-meter board, the third-best in school history.



2013-14 AZTEC SWIMMING AND DIVING

2013-14 SAN DIEGO STATE SWIMMING AND DIVING ROSTER

Name	Events	Ht.	Yr.	Exp.	Hometown (Previous School)
Anika Apostalon	Free, Back	6-1	Fr.	HS	Albuquerque, N.M. (Albuquerque Academy)
Chelsea Bailey	Free, Back	6-2	Jr.	2V	Kent, Wash. (Kentlake HS)
Kelsey Bean	Diving	5-2	So.	1V	Southbury, Conn. (Pomperaug HS)
Frida Berggren	Free, IM	5-8	Fr.	HS	Vastera, Sweden (Widenska Gymnasiet)
Maddy Dalcamo	Free	5-10	Jr.	1V	Olathe, Kan. (Wisconsin)
Shannon Finigan	Diving	5-5	Fr.	HS	Coto de Caza, Calif. (Tesoro HS)
Samantha Gutmacher	Free, Fly	5-6	Fr.	HS	Mesa, Ariz. (Red Mountain HS)
Jordan Hanna	Breast	5-7	Sr.	1V	Seattle, Wash. (Pennsylvania)
Shannon Herman	Breast, IM	5-5	So.	1V	Alamo, Calif. (San Ramon Valley HS)
Alexandria Holland	IM, Fly	5-8	Jr.	JC	Santa Rosa, Calif. (Santa Rosa JC)
Taylor Johnson	Free	5-9	So.	1V	Fountain Valley, Calif. (Fountain Valley HS)
Marlee Kersting	Diving	5-7	Fr.	HS	Gilbert, Ariz. (Campo Verde HS)
Mikaela Macklin	Breast, IM	6-0	Sr.	3V	Placerville, Calif. (El Dorado HS)
Chandler Marshall	Diving	5-4	So.	1V	Colorado Springs, Colo. (Lewis Palmer HS)
Dana Michaels	Free	5-8	Jr.	2V	Shoreline, Wash. (Shorewood HS)
Savannah Miller	Free, IM	5-9	So.	1V	Westlake Village, Calif. (Westlake HS)
Caroline Mitchell	Free, Fly	5-7	Fr.	HS	Cary, N.C. (Cary HS)
Emilie Pleger	Breast	5-8	Jr.	2V	Yakima, Wash. (Eisenhower HS)
Alicia Powder	Diving	5-6	So.	1V	Ladera Ranch, Calif. (Tesoro HS)
Natilee Ruiz	Free, IM	6-0	So.	1V	Othello, Wash. (Othello HS)
Kate Santilena	Free	5-6	Fr.	HS	Murrieta, Calif. (Chaparral HS)
Livvi Sefton	Fly, IM	5-9	Sr.	3V	Nottingham, England (Friesland School)
Anna Steiner	Diving	5-4	Sr.	3V	Seattle, Wash. (International Community Sch.)
Ashley Stott	Diving	5-1	So.	1V	Temecula, Calif. (Great Oak HS)
Whitney Weisz	Free	6-0	So.	1V	Little Falls, Minn. (Little Falls HS)
Loreen Whitfield	Fly, IM	5-6	Jr.	2V	Clovis, Calif. (East Clovis HS)

Head Coach: Mike Shrader (Texas A&M '81), 7th Season

Assistant Coach: Ben Biefnes (TCU '10), 1st Season

Diving Coach: Roland McDonald (Michigan State '87), 4th Season

Volunteer Assistant Coach: Meghan Zimmer (San Diego State '13), 1st Season

Strength & Conditioning Coach: Brooke Vessey (San Diego State '12), 2nd Season

BY CLASS

Seniors (4)

Jordan Hanna, Mikaela Macklin, Kelly Marquenie, Livvi Sefton, Anna Steiner,

Juniors (5)

Chelsea Bailey, Maddy Dalcamo, Alexandria Holland, Dana Michaels, Emilie Pleger, Loreen Whitfield

Sophomores (9)

Kelsey Bean, Shannon Herman, Taylor Johnson, Chandler Marshall, Savannah Miller, Alicia Powder, Natilee Ruiz, Ashley Stott, Whitney Weisz

Freshmen (7)

Anika Apostalon, Frida Berggren, Shannon Finigan, Samantha Gutmacher, Marlee Kersting, Caroline Mitchell, Kate Santilena

BY STATE/COUNTRY

Arizona (2)

Samantha Gutmacher, Marlee Kersting

California (10)

Shannon Finigan, Shannon Herman, Alexandria Holland, Taylor Johnson, Mikaela Macklin, Savannah Miller, Alicia Powder, Kate Santilena, Ashley Stott, Loreen Whitfield

Colorado (1)

Chandler Marshall

Connecticut (1)

Kelsey Bean

Kansas (1)

Maddy Dalcamo

Minnesota (1)

Whitney Weisz

New Mexico (1)

Anika Apostalon

North Carolina (1)

Caroline Mitchell

Washington (6)

Chelsea Bailey, Jordan Hanna, Dana Michaels, Emilie Pleger, Natilee Ruiz, Anna Steiner

England (1)

Livvi Sefton

Sweden (1)

Frida Berggren

