

# SDSU Swimming and Diving



This Week: Dec. 18 at Nevada-Las Vegas, 6 p.m. PST; Dec. 19-20 at Nevada-Las Vegas Invite, All Day

## 2004 Schedule

Date	Opponent	Time
Oct. 16	Loyola Marymount	W, 53-19
Oct. 30	Utah*	L, 134-104
Nov. 3	Air Force*	W, 186-113
Nov. 4	at New Mexico*	L, 151-93
Nov. 5-6	at UNM Invite	4th, 525 pts.
Nov. 12	Brigham Young*	L, 144-94
Nov. 19	at N. Colorado	W, 172-128
Nov. 20	at Wyoming*	L, 173-119
Nov. 22	Colorado State*	L, 184-113
Dec. 18	at UNLV*	6 p.m.
Dec. 19-20	at UNLV Invite	All Day
Jan. 8-9	at UC Irvine Invite	All Day
Jan. 22	at Hawaii	10 a.m.
Jan. 28	at LMU/Pepperdine!	1 p.m.
Feb. 5	at Northern Arizona	1 p.m.
Feb. 23-26	MWC Champs.^	1 p.m.
Mar. 17-19	NCAA Champs.%	All Day

Home meet in bold, played at the Ray and Joan Kroc Community Center.

\* Mountain West Conference meet

! at Loyola Marymount University; Los Angeles, Calif.

^ at Oklahoma City, Okla.

% at West Lafayette, Ind.

## 2004-05 SDSU Roster

Name (Year)	Event
Jennifer Arrow (Sr.)	Breaststroke
Tamarah Binek (Fr.)	Freestyle
Natalie Bricker (Fr.)	Breast/IM
Stephanie Chambers (Sr.)	Freestyle
Adrienne Conte (Fr.)	Freestyle
Sarah Davis (So.)	Back/Breast/IM
Joelle Felton (Fr.)	Diving
Caitlin Friedhoff (So.)	Freestyle
Kathleen Heuring (Fr.)	Diving
Lindsay Hnyda (Fr.)	Breaststroke
Stella Karoly (So.)	Fly/IM/Free
Karen MacKall (Jr.)	Freestyle
Lindsey Minnich (Jr.)	Diving
Heather O'Neill (Fr.)	Butterfly
Emily Parker (So.)	Freestyle
Samantha Peters (Jr.)	Free/Back
Emily Schmied (Jr.)	Fly/IM/Free
Katie Smith (Fr.)	Breaststroke

**Head Coach:** Deena Deardurff Schmidt (San Diego State '88), 11th Season

**Assistant Coach:** Greg Hutt (Alabama '73), 11th Season

**Diving Coach:** Jim Wynne (Niagara '94), Third Season

## MWC Standings

Team	Conference Record
1. Utah	2-0
1t. Wyoming	2-0
3. UNLV	3-1
4. Brigham Young	2-1
4t. Colorado State	2-1
6. New Mexico	1-3
7. San Diego State	1-5
8. Air Force	0-2

## Aztecs Back In Action After Four-Week Layoff

• The San Diego State swimming and diving team (3-5, 1-5 MWC) heads to the Silver State to face Mountain West Conference foe Nevada-Las Vegas on Saturday and participates in the UNLV Invitational Sunday and Monday.

The Aztecs will look to get back on the winning track after falling to Wyoming (Nov. 20) and Colorado State (Nov. 22) in their last two conference dual-meets.

## Weekly Recap

• It has been about a month since the Aztecs were last in action. During that time, they competed in three meets, in three different cities, in four days, finishing with a record of 1-2.

In the first of two road meets, San Diego State defeated the Bears of Northern Colorado, 172-128, on Nov. 19. The road victory was the first for the Aztecs and the second consecutive against a non-conference opponent (W, 53-19, vs. LMU, Oct. 16). The meet featured three multiple event winners and saw SDSU win 10 of the 16 events.

The next day in Laramie, Wyo., the Aztecs fell to the Cowgirls, 173-119. The Aztecs were led by sophomore Caitlin Friedhoff who set a season-best time of 24.90 in the 50-yard freestyle and finished with two second-place efforts in the 100- and 200-yard freestyle events.

On Nov. 22, San Diego State hosted Colorado State in its final home meet of the season. Despite wins by senior Jennifer Arrow in the 200-yard breaststroke and Friedhoff (100-yard freestyle) and season-best scores from each of its three divers in the one-meter competition (Joelle Felton, Kathleen Heuring, Lindsey Minnich), the Aztecs fell to the Rams, 184-113.

## Friedhoff On Fire

• Through six Mountain West Conference dual-meets, Caitlin Friedhoff has finished first at least once five times (vs. Utah; vs. Air Force; vs. BYU; at Wyoming; vs. Colorado State).

Most recently, the sophomore placed first in the 50-freestyle with a time of 24.90 at Wyoming and in the 100-freestyle (54.59) against Colorado State. Not to mention a first-place effort in the 200-yard freestyle at Northern Colorado to start off the road trip.

To date, Friedhoff has won a total of six events in six conference meets.

## Freshmen Phenoms

• This year's Aztec squad features eight freshmen and all have contributed significantly up to date.

In the relays, freshmen Tamarah Binek, Adrienne Conte and Lindsay Hnyda each have swam major roles on their respective teams and it shows. Of the top times in each relay, there is at least one freshman in the quartet.

Conte and Binek each have swam legs in the 200- and 400-yard freestyle relays that have secured the second- and third-fastest times of the young campaign. Conte also was on the team that recorded the second-best season time in the 800-yard free relay, while Hnyda and Binek were a part of teams that have

the top-two marks in the 200 medley relay. Furthermore, Hnyda was on the team that notched the third-fastest time of the season in the 200 medley and was part of the relay squad that clocked in with the top-two times of the season in the 400 medley relay.

When looking at the top times for each swimmer, there is a freshman in the top five in every event. In the freestyle events, Binek ranks third in the 50 and 100. Conte holds down the second spot in the 100, the fourth slot in the 50 and 200 and is fifth in the 500. Natalie Bricker is third in the 1,650 and fourth in the 1,000.

In the backstroke events, Katie Smith owns the top mark in the 100 and the second-best time in the 200, while Conte has the fourth-best showing in the 100.

In both the 100 and 200 breaststroke events, Hnyda, Smith and Bricker have recorded the second-, third- and fifth-fastest times of the season.

For the 100-yard butterfly event, Binek and Heather O'Neill are third and fourth on the season, and O'Neill is third in the 200.

In the 200 and 400 individual medley, Smith is fourth on the list, while O'Neill is fifth in the 200.

As for the diving competitions, the two top spots are held by freshmen. In the one-meter diving event, Joelle Felton and Kathleen Heuring are one-two and in the three-meter, the order is reversed with Heuring turning in the best score, followed by Felton.

## Series History Against Nevada-Las Vegas

• The Aztecs face Nevada-Las Vegas having never beat the Rebels in five meetings dating back to the 2000-01 season.

Last season in San Diego, UNLV defeated SDSU, 193-107. The meet featured then-senior and current student assistant Hannah Ryan's first-place finish in the 200 freestyle event. She also placed second in the 500 freestyle.

The last time the Aztecs were in Las Vegas was in the 2002-03 season opener. The Rebels won that meet by a score of 168-92.

## Scouting the Rebels

• The Aztecs face the Rebels (4-3, 3-1 MWC) in what will be San Diego State's final conference meet of the season.

UNLV is riding a four-meet winning streak after losing its first three dual-meets. Its four consecutive wins are against Toronto and MWC opponents, Brigham Young, New Mexico and Colorado State.

The Rebels are led by Raluca Udriou, a junior from Romania. She holds the top times in the 50, 100 and 200 backstroke events. Kerri Nettenstrom, a freshman from Wisconsin, is also having a solid year holding the top spot in the 200 and 500 freestyle, in addition to swimming the top time in the 200-yard butterfly.

UNLV is led by head coach Jim Reitz. Reitz, in his 24th season at the helm, boasts a 137-72 record as the women's coach.