

SDSU Swimming and Diving



This Week: Nov. 19 at Northern Colorado, 4 p.m. MT; Nov. 20 at Wyoming, 1 p.m. MT

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 Northern Colorado 4 p.m.	
Nov. 20	at Wyoming* 1 p.m.	
Nov. 22	Colorado State* 1 p.m.	
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
2. Wyoming	1-0
3. Brigham Young	2-1
4. UNLV	1-1
5. Colorado State	0-0
6. New Mexico	1-2
7. San Diego State	1-3
8. Air Force	0-1

Aztecs Hit The Road For Dual-Meets Against Northern Colorado, Wyoming

• The San Diego State swimming and diving team (2-3, 1-3 MWC) heads to the Rocky Mountains this weekend to face the Bears of Northern Colorado on Friday and the Wyoming Cowgirls on Saturday.

The Aztecs will look to even their record by trying to defeat their second non-conference opponent of the season (Loyola Marymount, W, 53-19, Oct. 16) Friday afternoon.

Weekly Recap

• Coming off a three-day road trip, the San Diego State swimming and diving team dropped a 144-94 decision to Brigham Young at the Ray and Joan Kroc Community Center. The Aztecs fell to 2-3 overall and 1-3 in the MWC.

The Aztecs were led by sophomore Emily Parker's win in the 1000-yard freestyle. Parker finished ahead of the pack with a time of 10:34.72, eight seconds in front of Brigham Young's Shannon Bloom (10:42.60).

Sophomore Caitlin Friedhoff continued her streak of strong performances by winning the 100-yard freestyle event with a time of 53.78.

Friedhoff also recorded a team season-best time in the 200-yard freestyle with a time of 1:55.28, finishing in second place. The previous team high was 1:56.87, set by Friedhoff against Air Force on Nov. 3.

Others who recorded team season-best times were sophomore Stella Karoly (59.25 - 100 fly) and freshmen Katie Smith (1:01.20 - 100 back) and Joelle Felton (234.37 - one-meter diving).

Friedhoff On Fire

• Through four Mountain West Conference dual-meets, Caitlin Friedhoff has finished first at least once three times (vs. Utah; vs. Air Force; vs. BYU).

Against the Air Force Academy, the sophomore from Kent, Wash., recorded two first place finishes. In the 200-yard freestyle she clocked in with a time of 1:56.87 and in the 100-yard freestyle she finished the race in 53.93.

In the conference opener, Friedhoff swam to a time of 53.52 in the 100-yard freestyle on her way to a first place showing and a team season-best mark.

Last Friday against Brigham Young, she recorded a time of 1:55.28, another team season-best mark, taking second in the 200-yard freestyle.

To date, Friedhoff has won a total of four events in four 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 all have swam major roles on their respective teams and it shows. Of the top three 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 is fifth in the 200 and 500. Natalie Bricker is second in the 1,650 and third 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 400.

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 vs. Northern Colorado/Wyoming

• The Aztecs go into the Northern Colorado meet having never faced the Bears. The meet will be a challenging one since it will take place in elevation and it will be the Bears first home meet in a month.

After the Northern Colorado meet, San Diego State heads to Laramie with a 1-1 record against the Cowgirls. Last season, the Aztecs evened their record at 2-2 with their win over Wyoming, 174-126, in San Diego. The Aztecs' lone loss came during the 2002-03 season in Laramie when they were downed by a final tally of 170-128.

Scouting the Bears/Cowgirls

• The Bears come into the San Diego State meet with a record of 8-5. This will be the Bears' first dual-meet of the season as they have only competed in meets featuring three teams or more. Of the 13 schools they have competed against, Air Force is a common opponent of the two schools. Twice Northern Colorado has faced them and on both occasions, the Bears defeated the Falcons. In this season's meeting with Air Force, the Aztecs came away with a 186-113 triumph.

The Cowgirls are coming off a 144-99 win against Denver. Earlier in the season, Wyoming defeated New Mexico 147.5-95.5, a team the Aztecs lost to on Nov. 4. The Cowgirls are led by seventh-year head coach Tom Johnson who has an overall record of 33-31, including a 3-8 overall and 2-5 MWC record last season.