

Aztec Swimming

Next Meet

Dec. 6 . . . Air Force & Colorado State
at Fort Collins, Colo. (1:00 p.m. MST)



2003-04 SCHEDULE

Dual Meet Record: 2-3 (2-3 MWC)

Date	Opponent	Time
Oct. 17-18	at UOP Invitational	2nd, 884.5 pts.
Nov. 1	San Diego	Postponed
Nov. 7	at Utah	L, 98-133
Nov. 8	at Brigham Young	L, 123-173
Nov. 15	New Mexico	W, 200-100
Nov. 22	Wyoming	W, 174-126
	UNLV	L, 107-193
Dec. 6	at Colorado State	1:00 pm
	Air Force (at CSU)	1:00 pm
Dec. 13	Northern Arizona	12:00 pm
Jan. 3-4	at UC Irvine Invitational	All Day
Jan. 9	at Hawai'i	6:00 pm
Jan. 23	at Loyola Marymount	1:00 pm
Jan. 24	at Pepperdine	12:00 pm
Jan. 31	at Cal Poly SLO	1:00 pm
Feb. 18-21	at MWC Championships	All Day

Home meets in **BOLD CAPS** held at the Ray & Joan Kroc Community Center

2003-04 Top Times

Individual

50 Free - Caitlin Friedhoff	24.65 (10/17)
100 Free - Caitlin Friedhoff	53.45 (11/08)
200 Free - Hannah Ryan	1:52.25 (11/22)
500 Free - Hannah Ryan	4:59.41 (11/15)
1,000 Free - Megan Storey	10:20.81 (11/22)
1,650 Free - Megan Storey	17:20.39 (10/17)
100 Back - Adriana Quirke	59.53 (11/15)
200 Back - Sarah Davis	2:08.63 (11/22)
100 Breast - Jennifer Graham	1:06.46 (11/22)
200 Breast - Jennifer Arrow	2:23.69 (11/22)
100 Fly - Stella Karoly	59.07 (11/22)
200 Fly - Megan Storey	2:08.67 (11/15)
200 IM - Stella Karoly	2:11.44 (11/22)
400 IM - Emily Schmied	4:39.59 (11/15)

Relays

200 Free Relay	1:39.28 (11/15)
Ryan, Chambers, Graham, Friedhoff	
400 Free Relay	3:35.51 (11/22)
Schmied, DelMoral, Osback, Karoly	
800 Free Relay	7:48.53 (10/18)
Webb, Karoly, Ryan, Friedhoff	
200 Medley Relay	1:50.51 (11/15)
Quirke, Karacozoff, Schmied, Friedhoff	
400 Medley Relay	4:01.45 (10/17)
Webb, Karacozoff, Karoly, Friedhoff	

Diving

1-Meter - Lindsey Minnich	192.76 (11/15)
3-Meter - Lindsey Minnich	197.45 (11/22)

This Week

San Diego State will have the week off from competition and will resume dual meet action on Saturday, Dec. 6, with a double dual meet in Fort Collins, Colo. The Aztecs will take on both Air Force and Colorado State beginning at 1:00 p.m. (MST) that afternoon. The event will be the final conference dual meets for SDSU this season as it will be the first team to complete its 2003-04 league schedule. Conversely, the meet will be the first MWC events of the season for both Air Force and Colorado State.

Coaching Staff

San Diego State head coach Deena Schmidt is in her 10th season as head coach of the Aztec swimming and diving program. The former Olympian, who won a gold as a member of the 400 medley relay team at the 1972 Olympics, is a 1988 graduate of San Diego State. Schmidt is assisted by Greg Hutt, also in his 10th season. Jim Wynne is in his second season as the Aztec diving coach. In addition, former Aztec all-conference swimmer Erin Kilpatrick will serve as a student assistant coach.

Ray & Joan Kroc Community Center

San Diego State will hold its home meets this season at the Ray and Joan Kroc Community Center. The facility opened in the summer of 2002 and is located at 6845 University Avenue. The Aztecs hold their daily practices at the City Heights Pool.

Last Week

San Diego State got a split decision as it hosted a double dual conference meet against Wyoming and UNLV. The Aztecs were victorious over the Cowgirls by a score of 174-126, but fell to the Rebels, 107-193. With the three teams swimming together, SDSU's lone first-place finish was turned in by senior Hannah Ryan in the 200 free with a time of 1:52.25.

MWC Improvement

The results of last weekend's double dual meet improved the Aztecs' record to 2-3, both overall and in the Mountain West Conference. With two league dual meets remaining, SDSU has already improved its MWC win total over last year when it finished 1-6. One of the teams the Aztecs have yet to face in league action is Air Force, whom they defeated handily last season.

Ryan Records Another Personal Best

Senior Hannah set a new personal career best in winning the 200 freestyle last Saturday. Her time of 1:52.25 improved her previous best by .49 second and replaced that time as the second-fastest in SDSU history in the event. She also took second in the 500 free with a mark of 5:01.89 and led off the 400 free relay in a time of 53.76

Davis Emerges

Freshman Sarah Davis's time of 2:08.63 in the 200 backstroke last weekend is her personal best and ranks as the fifth-fastest time in Aztec history. She also turned in a 1:01.35 in the 100 backstroke, the second-best time for an Aztec swimmer this season. In addition to the backstroke, she has also competed in both the 200 and 400 IM this season.

The Storey Continues

Megan Storey swam her season-best times in both the 1,000 freestyle and the 200 backstroke at last Saturday's double dual event. Her mark of 10:20.81 in the 1,000 free was good for second place while her time of 2:09.78 in the 200 back gave her a third-place finish. She also took third in the 200 butterfly in 2:09.63.

Friedhoff Streak Ends

Freshman standout Caitlin Friedhoff had her streak of victories in the 100 free ended last weekend when she finished second with a time of 53.62. She had captured first place in the event in each of SDSU's last three dual meets. She also took second in the 50 free, clocking 24.96. In addition, she swam the anchor leg of the 400 free relay that went 3:35.51, the team's fastest time of the season.

Strong Event

As evidenced last weekend, the breaststroke continues to be one of San Diego State's strongest events this fall. The trio of Jennifer Graham (1:06.46), Jennifer Arrow (1:07.15) and Jill Karacozoff (1:07.90) finished second through fourth in the 100 breast against swimmers from Wyoming and UNLV, with Graham and Arrow recording season personal bests. In the 200 breast, Aztec swimmers finished second (Arrow-2:23.69), fourth (Karacozoff-2:25.68) and fifth (Graham-2:26.31) with all three athletes turning in their top times of the year.

Bests in the 100 Free

Four Aztecs had their best times of the season in the 100 freestyle last Saturday. That quartet included Hannah Ryan (53.76), Stephanie Chambers (54.85), Sylvia DelMoral (55.53) and Allison Fernandez (55.74). Ryan's time came as the leadoff swimmer in the 400 free relay.

Conference Standings

San Diego State has been picked to finish seventh in the Mountain West Conference this season by a poll of the league's coaches. The Aztecs were seventh in last year's final conference standings and finished eighth at the 2003-04 MWC Championship meet. SDSU is currently 2-3 in conference dual meets this season and will complete their league schedule on Dec. 6 at Colorado State. Entering the week, the MWC standings are as follows:

Team	W	L	Pct.
Utah	2	0	1.000
UNLV	3	1	.750
BYU	1	1	.500
Wyoming	1	1	.500
San Diego State	2	3	.400
Air Force	0	0	.000
Colorado State	0	0	.000
New Mexico	0	2	.000

Looking Ahead

Following the away double dual meet on Dec. 6, the Aztecs will return home to host Northern Arizona on Saturday, Dec. 13, at the Ray & Joan Kroc Community Center Pool. It will be the team's last event of the calendar year as its next competition will be at the UCI Invitational on Jan. 3-4 in Irvine.

2003-04 SDSU Swimming Top Times (11/23/03)

50 Free

Caitlin Friedhoff	24.65 (10/17)
Hannah Ryan	24.97 (11/15)
Stephanie Chambers	25.43 (11/22)
Jennifer Graham	25.67 (11/07)
Sylvia DelMoral	25.72 (10/17)
Allison Fernandez	25.75 (11/15)
Amy Osback	25.78 (10/17)
Adriana Quirke	25.83 (11/07)
Sarah Davis	26.54 (10/17)
Jill Karaczoff	28.45 (10/17)
Jennifer Arrow	28.81 (10/17)

100 Free

Caitlin Friedhoff	53.45 (11/08)
Hannah Ryan	53.76 (11/22)
Stephanie Chambers	54.85 (11/22)
Sylvia DelMoral	55.53 (11/22)
Allison Fernandez	55.74 (11/22)
Jennifer Graham	56.21 (11/07)
Amy Osback	56.57 (10/18)
Emily Parker	56.74 (10/18)
Amy Van Dyke	58.31 (10/18)

200 Free

Hannah Ryan	1:52.25 (11/22)
Caitlin Friedhoff	1:56.56 (10/18)
Stephanie Chambers	1:56.98 (11/22)
Adriana Quirke	1:58.57 (10/18)
Amy Osback	1:59.97 (11/15)
Emily Parker	2:00.17 (10/18)
Allison Fernandez	2:03.11 (10/18)
Amy Van Dyke	2:03.66 (10/18)

500 Free

Hannah Ryan	4:59.41 (11/15)
Megan Storey	5:06.47 (10/17)
Emily Parker	5:10.52 (11/22)
Stephanie Chambers	5:18.70 (10/17)
Amy Osback	5:20.08 (11/15)
Amy Van Dyke	5:23.33 (11/22)

1000 Free

Megan Storey	10:20.81 (11/22)
Emily Parker	10:40.41 (11/22)
Amy Van Dyke	11:03.73 (11/15)

1650 Free

Megan Storey	17:20.39 (10/17)
Hannah Ryan	17:31.69 (10/17)
Emily Parker	17:52.10 (10/17)
Amy Van Dyke	18:46.69 (10/17)

100 Back

Adriana Quirke	59.53 (11/15)
Sarah Davis	1:01.35 (11/22)
Sylvia DelMoral	1:01.74 (11/08)
Emily Schmied	1:02.07 (10/18)
Allison Fernandez	1:03.85 (10/18)

200 Back

Sarah Davis	2:08.63 (11/22)
Megan Storey	2:09.78 (11/22)
Adriana Quirke	2:10.04 (11/15)

100 Breast

Jennifer Graham	1:06.46 (11/22)
Jennifer Arrow	1:07.15 (11/22)
Jill Karaczoff	1:07.59 (10/18)
Sarah Davis	1:12.00 (11/07)

200 Breast

Jennifer Arrow	2:23.69 (11/22)
Jill Karaczoff	2:25.68 (11/22)
Jennifer Graham	2:26.31 (11/22)

100 Fly

Stella Karoly	59.07 (11/22)
Emily Schmied	59.63 (11/15)
Sylvia DelMoral	59.84 (11/22)
Caitlin Friedhoff	1:01.02 (10/18)
Jennifer Graham	1:01.23 (10/18)
Amy Osback	1:02.50 (10/18)

200 Fly

Megan Storey	2:08.67 (11/15)
Emily Schmied	2:10.57 (11/15)
Stella Karoly	2:10.67 (10/22)
Amy Osback	2:16.41 (10/18)

200 Individual Medley

Stella Karoly	2:11.44 (11/22)
Emily Schmied	2:12.22 (10/17)
Jennifer Graham	2:13.33 (10/17)
Sarah Davis	2:14.04 (11/22)
Adriana Quirke	2:15.06 (10/17)
Jennifer Arrow	2:20.98 (10/17)

400 Individual Medley

Emily Schmied	4:39.59 (11/15)
Stella Karoly	4:39.63 (11/15)
Sarah Davis	4:47.74 (11/15)

1-Meter Diving

Lindsey Minnich	192.76 (11/15)
Shannon Colvin	178.30 (11/07)

3-Meter Diving

Lindsey Minnich	197.45 (11/22)
Shannon Colvin	184.75 (11/07)

200 Free Relay

Ryan, Chambers, Graham, Friedhoff..... 1:39.28 (11/15)
Quirke, Graham, Ryan, Friedhoff..... 1:39.54 (10/17)
Ryan Chambers, DelMoral, Friedhoff..... 1:39.62 (11/08)
DelMoral, Chambers, Karoly, Ryan..... 1:41.94 (11/07)
Osback, Parker, Quirke, Fernandez..... 1:42.21 (11/15)
Quirke, Storey, Parker, Graham..... 1:44.93 (11/08)
Parker, Van Dyke, Storey, Webb..... 1:47.24 (11/07)
Osback, Davis, Fernandez, Chambers..... 1:48.38 (10/17)

400 Free Relay

Ryan, Chambers, DelMoral, Friedhoff..... 3:35.51 (11/22)
Schmied, DelMoral, Osback, Karoly..... 3:39.48 (10/18)
Quirke, Graham, Fernandez, Osback..... 3:42.56 (11/22)
Fernandez, Davis, Parker, Storey..... 3:46.33 (10/18)

800 Free Relay

Webb, Karoly, Ryan, Friedhoff..... 7:48.53 (10/18)
Chambers, Quirke, Storey, Parker..... 7:56.25 (10/18)

200 Medley Relay

Quirke, Karacozoff, Schmied, Friedhoff..... 1:50.51 (11/15)
Quirke, Graham, Schmied, Friedhoff..... 1:51.53 (11/22)
DelMoral, Arrow, Karoly, Fernandez..... 1:52.93 (11/22)
Webb, Karacozoff, Schmied, Chambers..... 1:53.02 (10/18)
Webb, Arrow, Karoly, Graham..... 1:53.26 (11/08)
DelMoral, Graham, Storey, Fernandez..... 1:55.35 (10/18)
DelMoral, Arrow, Karoly, Graham..... 1:57.23 (11/15)

400 Medley Relay

Webb, Karacozoff, Karoly, Friedhoff, 4:01.45 (10/17)
Quirke, Graham, Schmied, Osback..... 4:05.99 (10/17)