



# AZTEC SWIMMING AND DIVING

THIS WEEK: JAN. 29 - AT WYOMING - 5:00 P.M. (MT) - LARAMIE, WYO.  
JAN. 30 - AT NORTHERN COLORADO - 1:00 P.M. (MT) - GREELEY, COLO.

## 2009-10 SCHEDULE

Dual Record: 11-2 (8-0 Home; 2-1 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	5:00 pm
Jan. 30	at Northern Colorado	1:00 pm
Jan. 29-30	..at Air Force Diving Inv.	.....All day
Feb. 6	Northern Arizona	1:00 pm
	San Diego	
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	28-12 (Third season)
Career Record	117-24-1 (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 makes its final road trip of the regular this week for a pair of Mountain West Conference dual meets. On Friday, Jan. 29, the Aztecs will be in Laramie, Wyo., to face the University of Wyoming at 5:00 p.m. MT. The following day (Saturday, Jan. 30), SDSU will travel to Greeley, Colo., to face Northern Colorado at 1:00 p.m. (MT). The diving competition for these two dual meets will be scored from the results of the Air Force Diving Invitational in Colorado Springs, Colo., on Jan. 29 and 30. Wyoming, Northern Colorado and SDSU divers will compete in that event.

## LAST TIME OUT

The Aztecs splits a pair of Mountain West Conference dual meets, losing at Brigham Young (193-105) on Jan. 14 and winning at Utah (173-125). The win over the Utes was the first ever for the Aztecs. SDSU's record now stands at 11-2 overall and 5-2 in league action.

At BYU, SDSU won four events during the meet led by freshman Leona Jennings, who captured both the 100 and 200 back with times of 56.17 and 2:03.11 respectively. She also finished second in the 200 individual medley in 2:08.96. Katelyn Weddle was victorious in the 200 breaststroke with a time of 2:19.57. Earlier in the meet she finished second in the 100 breast by .07 second, marking the first in six races this season that she did not take first place in that event. The other victory came in the 1000 free where frosh Melanie Garibaldi went 10:31.03.

Against Utah, SDSU claimed first place in eight individual events and a pair of relays. Leona Jennings led San Diego State with wins in both the 100 backstroke (56.28) and the 100 butterfly (57.62). Freshman Katelyn Weddle (100 and 200 breast) and senior Petra Radovic (500 and 1000 free) won two individual events apiece with Meghan Zimmer (200 back) and Koch (100 free) notching first-place finishes in one race each. In the 200 medley relay, she combined with Katelyn Weddle, Jamie Vessey and Emilee Jennings to win with a time of 145.47. In the 200 free relay, it was the Jennings sisters, Stephanie Koch and Kim Bierwith who grabbed top spot in 1:36.43.

## AZTECS ADD DIVER

SDSU has added diver Rafaella Suarez to its roster and she is expected to compete at the Air Force diving Invitational this weekend. Suarez is a freshman who arrives after spending the fall semester at Mt. San Antonio JC. In 2008 she finished seventh in the 1-meter at the Junior Pan Am Games and also competed at the FINA Junior World Championships in Germany, representing Ecuador at both events. At Claremont (Calif.) High School, she finished fourth at the CIF Division II Championships in 2009. She was also 18th at the 2009 USA Diving National Zone D competition.

## AZTECS IN THE NATIONAL RANKINGS

San Diego State are ranked 41st in national poll released by the Collegiate Swimming Coaches Association of America (CSCAA) on January 21. The Aztecs have been ranked since the initial poll was released in November, marking the first time the program had ever received votes in the national poll.

## THERE'S NO PLACE LIKE HOME

After a 8-0 start in home dual-meets this fall, SDSU's record at the Aztec Aquaplex stands at 17-3 since the facility opened in the spring of 2008. The Aztecs finished 3-0 during the season in which the facility opened (2007-08) and went 6-3 last year. San Diego State has two home dual meets remaining on its schedule (a double dual event vs. San Diego and Northern Arizona in early February).

## AMONG THE NATION'S BEST

Freshmen Leona Jennings and Katelyn Weddle have recorded times this fall that rank among the top 50 in the nation this season. Jennings' nationally ranked times include 54.22 in the 100 back (17th), 1:57.57 in the 200 back (25th) and 2:01.04 in the 200 individual medley (39th). Weddle has turned in marks of 1:01.45 in the 100 breast (10th) and 2:14 20 in the 200 breast (22nd). All five of those times meet the 'B' Qualifying Standard for the NCAA Championships next March.

In addition, three Aztec relay teams have recorded times that rank among the top 30 in the country in Division I this fall.

The 800 free relay foursome of Stephanie Koch, Meghan Zimmer, Petra Radovic and Jessica Crider have turned in a 7:26.35 to rank 29th nationally. In the 200 medley relay, Leona Jennings, Katelyn Weddle, Kim Bierwith and Stephanie Koch's mark of 1:41.93 is the 25th-best time in Division I. And the 400 medley quartet of Stephanie Koch, Leona Jennings, Emilee Jennings and Kim Bierwith ranks 31st with a mark of 3:44.42. The 800 free and 200 medley teams have met the 'B' Qualifying Standard as well.

## MWC TOP TIMES

Just past the halfway mark of the 2009-10 season, Aztec swimmers have posted the top times in the Mountain West Conference in 10 of the 14 individual events and three of the five relays. A total of 22 times that rank among the top five in the league during the 2009-10 campaign have been turned in by SDSU swimmers this fall.

Entering the week, top MWC times have been recorded by Stephanie Koch (100 & 200 free), Meghan Zimmer (500 free) Petra Radovic (1000 & 1650 free), Leona Jennings (100 & 200 back, 200 IM) and Katelyn Weddle (100 & 200 breast). The Aztecs also have the best times in the MWC in the 800 Free and the 200 and 400 Medley Relays.

## SCHOOL RECORDS

San Diego State swimmers have set new school records in 11 of 14 individual events and two of the five relays after the first half of the 2009-10 season. Nine of those 11 individual school standards are now held by swimmers who are freshmen this season. The other two are held by seniors. The complete list of new SDSU records is as follows:	
50 Freestyle	Stephanie Koch.....23.61
100 Freestyle	Stephanie Koch .....50.33
200 Freestyle	Stephanie Koch .....1:48.60
500 Freestyle	Meghan Zimmer .....4:51.83
1000 Freestyle	Petra Radovic.....10:10.17
100 Backstroke	Leona Jennings.....54.22
200 Backstroke	Leona Jennings .....1:57.57
100 Butterfly	Leona Jennings.....55.12
100 Breaststroke	Katelyn Weddle.....1:01.45
200 Individual Medley	Leona Jennings.....2:01.04
400 Individual Medley	Elena Karpeeva .....4:22.03
800 Freestyle Relay	
	Koch, Zimmer, Radovic, Crider .....7:26.35
200 Medley Relay	
	L. Jennings, Bierwith, Weddle, Koch ....1:41.93

## ON DECK

Following Saturday's meet at Northern Colorado, San Diego State will return home to prepare for a double dual against Northern Arizona and San Diego on Saturday, Feb. 6, at 1:00 p.m. at the Aztec Aquaplex. It will be the team's final competitive meet prior to the Mountain West Conference championships on Feb. 24-27 in Oklahoma City.



# 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)
Heater 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, Allison Stuhr, Brooke Vessey

#### Sophomores (6)

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

#### Freshmen (10)

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

### BY STATE/COUNTRY

#### Arizona (2)

Kelsy Diener, Katelyn Weddle

#### California (13)

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