



AZTEC SWIMMING AND DIVING

THIS WEEK: November 1 - at TCU - 12:00 p.m. (CT)
University Recreation Center Pool - Fort Worth, Texas

2013-14 SCHEDULE

Record: 1-0 (0-0 Home; 1-0 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.....	12:00 pm
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.....	77-14 (7th season)
Career Record.....	166-26-1 (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

Media Relations

Swimming & Diving SID.....	Dave Kuhn
Office Phone.....	(619) 594-5242
Office Fax.....	(619) 582-6541
E-Mail.....	dkuhn@mail.sdsu.edu
Mailing Address.....	SDSU Media Relations
	3014 Aztec Athletics Center
	5302 55th Street
	San Diego, CA 92182
Official Website.....	www.GoAztecs.com

THIS WEEK

The San Diego State swimming and diving team will compete in its first regular dual meet of the season when it visits Fort Worth, Texas, on Friday (Nov. 1) to take on TCU at noon at the University Recreation Center Pool. The Aztecs and Horned Frogs met annually from the 2007-08 season to 2011-12 while TCU was a member of the Mountain West Conference. San Diego State won four of those five dual meets.

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 77-13 (.856) 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 166-26-1 (.863).

AZTECS OPEN WITH PENTATHLON WIN AT USD

San Diego State opened its 2013-14 campaign by winning a pentathlon meet at the University of San Diego on Sept. 21 by the score of 18-6. The contest consisted of five events including the 100 free, 100 fly, 100 back, 100 breaststroke and 200 individual medley. Total times in the five swims determined individual placings with the top three finishers from each school scoring points (9-5-4-3-2-1).

Freshman Frida Berggren, the overall individual champion, proved to be the meet's most consistent performer over the five events as she garnered two first-place (100 fly, 200 IM), one second (100 breast) and a pair of fifth-place (100 back, 100 free) finishes. Her wins came with times of 58.08 in the 100 butterfly and 2:08.99 in the 200 individual medley.

Berggren's total time over the five events was 6:10.88 as she finished just under two seconds ahead of fellow Aztecs Chelsea Bailey (2nd - 6:12.43) and Anika Apostalon (3rd - 6:12.63). SDSU senior Mikaela Macklin, who had won the Pentathlon vs. USD each of the past two seasons, placed fourth with a total time of 6:15.80.

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.

SWIMMER OF THE WEEK

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,

TOP 2013-14 CONFERENCE TIMES

Two SDSU swimmers currently hold the Mountain West' season top times after one month of competition. Freshman Caroline Mitchel has recorded the league's top mark in the 1,650 freestyle at 17:08.39. In addition, senior Mikaela Macklin has the conference's tops times in both the 200 IM (2:08.77) and 400 IM (4:22.41)

Anika Apostalon has the second-best mark among Mountain West swimmers this season in both the 50 freestyle (23.52) and 100 freestyle (51.19). She also ranks third in the 10 backstroke (56.51) and 200 back stroke (2:03.20).

UP NEXT

The SDSU swimmers will next be in action during the weekend of Nov. 21-23 when they participate in the annual Arena Invitational to be held at East Los Angeles College in Monterey Park, Calif. The meet draws the top teams from the western U.S. and is one of the early season's top invitational events, The Aztec divers will see their first action of the season that same weekend when they compete at the Arizona Diving Invitational Nov. 22.24. That meet is hosted by the University of Arizona at the Hillenbrand Aquatic Center in Tucson, Ariz.



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

