



AZTEC SWIMMING AND DIVING

THIS WEEK: FEB. 24-27 - MWC CHAMPIONSHIPS - ALL DAY - OKLAHOMA CITY, OKLA.

2010-11 SCHEDULE

Dual Record: 0-0 (0-0 Home; 0-0 Away; 0-0 Neutral)

Date	Opponent	Time/Result
Sep. 24	San Diego - Pentathlon	2:00 pm
Oct. 2	Oregon State	12:00 pm
Oct. 23	at New Mexico*	11:00 am
	Colorado State* (at UNM)	
	Air Force* (at UNM)	
Nov. 4	Brigham Young*	1:00 pm
Nov. 6	at TCU*	1:00 pm
Nov. 18-20	at Toshiba Classic	All Day
Nov. 20	vs. Utah* (at Toshiba Classic)	TBA
Dec. 4	at UNLV*	1:00 pm
Jan. 7	Northern Colorado	2:00 pm
	Tulane	2:00 pm
Jan. 8	Northern Colorado	12:00 pm
	Tulane	12:00 pm
Jan. 15	at Cal State Bakersfield	1:00 pm
	Fresno State (at CSUB)	
Jan. 28	Wyoming*	12:00 pm
Jan. 29	at UC San Diego	12:00 pm
	Hawai'i (at UCSD)	
Feb. 5	at San Diego	12:00 pm
Feb. 23-26	MWC Championships+	All Day
Mar. 10-12	Zone Diving Meet^	All Day
Mar. 17-19	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. (Oklahoma CC host)

^ at Minneapolis, Minn. (Minnesota host)

at Austin, Texas (Texas host)

QUICK FACTS

Location	San Diego, Calif.
Founded	1897
Enrollment	32,396
Nickname	Aztecs
Colors	Scarlet and Black
Conference	Mountain West
President	Dr. Stephen L. Weber
Athletic Director	Jim Sterk

TEAM INFORMATION

Head Coach	Mike Shrader
Dual Record at SDSU	45-16 (Fourth season)
Career Record	134-28-1 (12th season)
Swimming Office Phone	(619) 594-5883
E-Mail	mshrader@mail.sdsu.edu
Assistant Coach	Brendon Bray
Diving Coach	Roland McDonald
Volunteer Assistant Coach	Jamie Vessey
Strength & Conditioning Coach	Jon Francis
2009-10 Dual-Meet Record	14-3
2008-09 MWC Record	5-3 (4th)
2009 MWC Meet	3rd, 375 pts.
Letterwinners Returning/Lost	11/10
Newcomers	17
Home Facility	Aztec Aquaplex

MEDIA RELATIONS

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THIS WEEK

San Diego State will get its 2010-11 season underway with a pentathlon meet against the University of San Diego on Friday, Sept. 24, at 2:00 p.m. at the Aztec Aquaplex.

The meet will consist of five events with all swimmers competing in each of them. Total times in the five events will determine the individual placings with a meet champion named at the conclusion of the afternoon. Team scores will also be kept with the top six finishers from each school scoring points.

HEAD COACH MIKE SHRADER

San Diego State head coach Mike Shrader is in his fourth season with the Aztecs and has compiled a dual meet record of 45-16 (.738) during his tenure. Shrader was named the conference Coach of the Year at the conclusion of MWC championship meet each of the past two seasons (co-coach in 2009).

BEST RECORD, BEST FINISH

With an overall record of 14-3, San Diego State won more dual meets during its 2009-10 season than in any previous campaign. The Aztecs' record of 5-3 in the Mountain West Conference was also the program's best in its 11 years in the MWC. The team's third-place finish at the conference championships and fourth-place finish in the final regular-season standings were also its best ever as well.

SDSU has a streak of 27 straight dual meet wins against non-conference opponents. The last loss to a non-MWC team was a defeat at North Texas on Nov. 17, 2006. In current head coach Mike Shrader's three seasons, the Aztecs have not lost to a non-conference foe.

NCAA AZTECS

San Diego State sent swimmers to the NCAA Championships for the first time in school history last season. Katelyn Weddle competed in the 100 and 200 breaststroke, finishing 12th in the former event to score SDSU's first-ever points at the national title meet. Leona Jennings swam the 100 and 200 back plus the 200 IM.

CONFERENCE SWIMMER OF THE YEAR

Also back is sophomore Meghan Zimmer, who was selected the conference co-Swimmer of the Year at the conclusion of the 2010 Mountain West Conference Championships. During that four-day meet, Zimmer captured the 200 and 500 freestyle and was a member of the championship 800 free relay squad. She also finished fourth in the 200 back and was on SDSU's third-place 400 free relay squad.

RECORD SETTERS RETURN

SDSU set school records in all 14 individual events and five relays during the 2009-10 campaign. Swimmers who set 11 of those marks are back along with four of the relays squads in tact (the fifth relay lost just one member to graduation). Returning SDSU record-setters include Leona Jennings (100, 200 back, 100 fly, 200 IM), Katelyn Weddle (100 & 200 breast), Meghan Zimmer (200 & 500 free), Stephanie Koch (50 & 100 free) and Brooke Vessey (200 fly). With the exception of Vessey, a senior this fall, all of those athletes are sophomores.

Weddle also set Mountain West Conference records in the 100 and 200 breaststroke last season.

RANKED RECRUITING CLASS

San Diego State's 2010-11 recruiting class was ranked 22nd in the nation by *CollegeSwimming.com*. Included among the newcomers is a group of high school All-Americans that includes Mikaela Macklin (breast/IM), Natalie Meltzer (breast), Berklie Oscarson (back/IM) and Taylor Yamagata (breast).

Among the other top recruits, Kelly Marquenie (free) was named the outstanding swimmer at the Australia Youth Olympics on two occasions and swam for her native country in team competitions against New Zealand and Japan. Olivia Sefton (fly/IM) represented Great Britain at the European Junior Championships with a sixth-place finish in the 200-meter butterfly and she is a past age-group national champion (2007) in both the 100- and 200-meter fly.

In addition, the diving side received a major boost with the arrival of junior Kristen Meier from George Mason University. She was the Diver of the Year in the Colonial Athletic Association last season and qualified for both the one- and three-meter events at the NCAA Championships. She is joined by a pair of freshman divers in Hattie Lamping and Anna Steiner.

AZTECS PICKED SECOND IN THE MWC

The San Diego State swimming and diving team has been picked to finish second in the Mountain West Conference, its highest league ranking ever in the pre-season. The Aztecs are coming off the most successful campaign in school history that included a 14-3 overall record and a third-place finish at the 2010 MWC Championships.

Brigham Young received six first-place votes and garnered 62 points to finish atop the poll as voted on by the league's coaches. San Diego State collected two first-place votes for a second-place total of 56, while Wyoming received the remaining first-place selection to sit in third position at 50 points.

Pl. Team (1st Place Votes)	Points
1. BYU (6)	62
2. San Diego State (2)	56
3. Wyoming (1)	50
4. UNLV	45
T5. Colorado State	33
T5. Utah	33
7. TCU	22
8. New Mexico	13
9. Air Force	10

AZTECS ADD DIVING COACH

Roland McDonald, who was at George Mason University the past 11 years, was named San Diego State's diving coach this past August. While at George Mason, McDonald took a total of 29 divers to the Zone 'A' Championships and three of his female athletes were named the Colonial Athletic Association Diver of the Year. He was also named the CAA Coach of the Year on three occasions.

THERE'S NO PLACE LIKE HOME

San Diego State completed its second consecutive undefeated home season during its 2009-10 campaign. After finishing a perfect 10-0 in home meets last season, SDSU's record at the Aztec Aquaplex stands at 19-3 since the facility opened in the spring of 2008.



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	SR	1V	Danville, Calif. (Diablo Valley JC)
Shannon Bray	Fly, Free	5-9	JR	2V	Reno, Nev. (Reno HS)
Maureen Cardwell	Fly, Free	5-5	SO	1V	Woodinville, Wash. (Redmond HS)
Melissa Church	Free, Fly	5-4	SR	2V	Aliso Viejo, Calif. (Saddleback JC)
Tarin Corwin	Free, Back	5-7	JR	1V	Blue Springs, Mo. (Texas A&M)
Heather Cramer	Fly, IM	5-9	SR	1V	Rohnert Park, Calif. (Santa Rosa JC)
Jessica Crider	Free	5-9	SO	1V	Concord, Calif. (Concord HS)
Jordan Devine	Sprint Free	6-0	FR	HS	Santa Ynez Valley, Calif. (Santa Ynez HS)
Aina Eill	Diving	5-8	JR	1V	Vancouver, Canada (Crofton House)
Melanie Garibaldi	Free	5-7	SO	1V	Gold Coast, Australia (Queensland Acad. of Sport)
Keri George	Fly, Free	5-7	SO	HS	Danville, Calif. (San Ramon Valley HS)
Allison Hall	Fly, IM	5-2	SR	2V	Camarillo, Calif. (Boise State)
Emilee Jennings	Free, Breast	5-9	SR	1V	Seattle, Wash. (Washington)
Leona Jennings	Back, Free, IM	5-9	SO	1V	Seattle, Wash. (Mt. Ranier HS)
Stephanie Koch	Free, Fly	5-10	SO	1V	Boone, Iowa (Ames HS)
Hattie Lamping	Diving	5-2	FR	HS	Dublin, Ohio (Dublin Jerome HS)
Mikaela Macklin	Breast, IM	6-0	FR	HS	Placerville, Calif. (El Dorado HS)
Kelly Marquenie	Free	5-9	FR	HS	Gold Coast, Australia (Emmanuel College)
Alexis McCoy	Free, Back, Fly	5-8	JR	2V	San Diego, Calif. (Seisen International School)
Kristen Meier	Diving	5-8	JR	TR	Walden, N.Y. (George Mason)
Natalie Meltzer	Breast	5-5	FR	HS	San Ramon, Calif. (California HS)
Berklie Oscarson	Back, IM	5-9	FR	HS	Altadena, Calif. (San Marino HS)
Lauren Parrett	Breast, Free	5-8	FR	HS	Irvine, Calif. (University HS)
Shelley Perkins	Free, Fly	5-6	SO	1V	Littleton, Colo. (Chatfield HS)
Olivia Sefton	Fly, IM	5-9	FR	HS	Nottingham, England (Friesland School)
Shaida Solimani	Back, Free	5-9	SO	1V	Blue Springs, Mo. (Blue Springs HS)
Anna Steiner	Diving	5-4	FR	HS	Seattle, Wash. (International Community School)
Allison Stuhr	Free, Back	5-8	SR	1V	Santa Rosa, Calif. (Santa Rosa JC)
Rafaella Suarez	Diving	5-5	SO	1V	Claremont, Calif. (Mt. SAC)
Brooke Vessey	Fly, Free, Back	5-2	SR	3V	Redlands, Calif. (Redlands HS)
Katelyn Weddle	Breast, Free	5-6	SO	1V	Yuma, Ariz. (Kofa HS)
Taylor Yamagata	Breast	5-6	FR	HS	Novato, Calif. (Novato HS)
Meghan Zimmer	Free, Back	5-10	SO	1V	Santa Maria, Calif. (Pioneer Valley HS)

Head Coach: Mike Shrader

Assistant Coach: Brendon Bray

Diving Coach: Roland McDonald

Volunteer Assistant Coach: Jamie Vessey



BY CLASS

Seniors (7)

Kim Bierwith, Melissa Church, Heather Cramer, Allison Hall, Emilee Jennings, Allison Stuhr, Brooke Vessey

Juniors (5)

Shannon Bray, Tarin Corwin, Kristen Meier, Aina Eill, Alexis McCoy

Sophomores (11)

Maureen Cardwell, Jessica Crider, Melanie Garibaldi, Keri George, Leona Jennings, Stephanie Koch, Shelley Perkins, Shaida Solimani, Rafaella Suarez, Katelyn Weddle, Meghan Zimmer

Freshmen (10)

Jordan Devine, Hattie Lamping, Mikaela Macklin, Kelly Marquenie, Natalie Meltzer, Berklie Oscarson, Lauren Parrett, Olivia Sefton, Anna Steiner, Tylor Yamagata

BY STATE/COUNTRY

Arizona (1)

Katelyn Weddle

California (17)

Kim Bierwith, Melissa Church, Heather Cramer, Jessica Crider, Jordan Devine, Keri George, Allison Hall, Mikaela Macklin, Alexis McCoy, Natalie Meltzer, Berklie Oscarson, Lauren Parrett, Allison Stuhr, Rafaella Suarez, Brooke Vessey, Taylor Yamagata, Meghan Zimmer

Colorado (1)

Shelley Perkins

Iowa (1)

Stephanie Koch

Missouri (2)

Tarin Corwin, Shaida Solimani

Nevada (1)

Shannon Bray

New York (1)

Kristen Meier

Ohio (1)

Hattie Lamping

Washington (4)

Maureen Cardwell, Emilee Jennings, Leona Jennings, Anna Steiner

Australia (2)

Melanie Garibaldi, Kelly Marquenie

Canada (1)

Aina Eill

England (1)

Olivia Sefton