



# STANFORD ATHLETICS

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## WOMEN'S SWIMMING AND DIVING RECAP

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**Web:** <http://gostanford.collegesports.com/sports/w-swim/recaps/011307aac.html>

**Date:** January 13, 2007

\*Julia Smit picks up three individual victories, while Caroline Bruce records only NCAA 'A' qualifying time for either team

### **No. 1 Stanford Improves To 7-0 With 170-122 Win At No. 23 Arizona State**

**Tempe, Ariz.** – No. 1 Stanford (7-0, 3-0 Pac-10) stayed unbeaten in dual meets this season with a convincing 170-122 Pac-10 road win over No. 23 Arizona State (4-5, 1-4 Pac-10) at the Mona Plummer Aquatic Center on Saturday. The Cardinal won 12 of the meet's 16 events with Julia Smit taking three individual races (50 free, 200 free, 200 breast) to lead the way. Brooke Bishop (100 back, 200 back) and Cassidy Krug (1-meter diving, 3-meter diving) won two individual events each, while Caroline Bruce swam the only NCAA 'A' time of the meet for either team when she captured the 100 breast in 1:01.55.

"After a tough meet against Arizona yesterday, I was really proud of the way we dug deep to find a way to race again today," said Stanford head coach Lea Maurer. "We've been training really hard and beating ourselves up in the pool during practice, so it was nice to race someone else and be able to help each other. We're doing well against good Pac-10 teams and looking to build on this momentum in order to keep heading in the right direction as we approach the NCAA Championships in March."

Stanford jumped out of the gates with a victory in the 200 medley relay as Fiona O'Donnell-McCarthy, Bruce, Elaine Breeden and Bishop clocked in with a NCAA 'B' time of 1:41.26.

Morgan Hentzen followed with a 100 free victory (9:55.75) before Smit and Bishop each won their first individual races of the day by capturing the 200 free (1:48.55) and 100 back (55.35) in NCAA 'B' times, respectively.

Bruce then followed with her dominating win in the 100 breast, finishing 4.34 seconds ahead of her closest competitor.

"It was a great race for Caroline," commented Maurer. "It was a tough assignment considering where we are in our training, but she showed tremendous speed and going that fast when she is tired is a really positive sign."

Nilasha Ghosh then won the 200 fly (2:03.54) and Smit followed with her second victory in the 50 free (23.31, NCAA 'B') before Arizona State's Caitlin Andrew finally put the Sun Devils on the winners' board with a victory in the 100 free (51.29).

Bishop (200 back, 2:02.20), Smit (200 breast, 2:16.35, NCAA 'B') and Durot (500 free, 4:53.60, NCAA 'B') reeled off three more wins before the Cardinal swam exhibition for the final three swimming events.

Andrew closed out her sweep of the fly events with a NCAA 'B' time of 54.46 to win the 100 before Ashley Evans was credited with a 200 IM victory (2:07.71) despite a pair of faster NCAA 'B' exhibition swims from Breeden (2:01.80) and Ghosh (2:03.09).

The Sun Devils narrowly out touched the Cardinal in the 200 free relay to close the meet with both teams recording NCAA 'B' times. Andrew, Jen Beckberger, Abra Armour and Jess Perazzo checked in at 1:32.57 for Arizona State, while Bishop, O'Donnell-McCarthy, Madeline Rovira and Smit were just behind at 1:32.75.

Krug scored 321.83 in her 1-meter win and 349.83 in her 3-meter triumph to win both events handily.

"She's definitely the premier diver in the Pac-10 right now but our goals are far beyond that," said Stanford head diving coach Dr. Rick Schavone. "Our goal is to make her the top diver in the country and winning now will help her confidence in the postseason. We haven't had a diver going this well at Stanford since [six-time NCAA champion] Eileen Richetelli. Cassidy's very impressive right now."

"I feel like I'm diving better than I ever have right now," confirmed Krug. "My good days are better than ever, and I just really need to work on being consistent and brining up the bad days. That's my focus. I've just been working really hard and practicing a lot. There is no big secret."

Krug will be attending the second of two 2007 World Championship selection camps January 21-25 in Indianapolis, Indiana.

Stanford will host No. 14 UCLA and No. 11 USC at the Avery Aquatic Center in its only two remaining home dual meets of the season next Friday and Saturday, January 19 and 20. Both meets are scheduled to begin at 1 pm, PT. Saturday's meet versus the Trojans will mark the final home event for Stanford's senior class.

## FINAL TEAM SCORES

Stanford 170, Arizona State 122

## COMPLETE INDIVIDUAL RESULTS

\*Available at <http://gostanford.collegesports.com/sports/w-swim/stats/2006-2007/011307results.html>

### WINNER AND ALL STANFORD PARTICIPANTS ONLY

- Pl Name/School Time**
- Event 1 – 200 Yard Medley Relay**  
1 Stanford 'A' (Fiona O'Donnell-McCarthy 26.12, Caroline Bruce 28.10, Elaine Breeden 24.31, Brooke Bishop 22.73) 1:41.26 B  
3 Stanford 'B' (Andrea Axtell 26.63, Danielle Gonzales 30.98, Nilasha Ghosh 25.17, Madeline Rovira 23.56) 1:46.85
- Event 2 – 1000 Yard Freestyle**  
1 Morgan Hentzen (Stanford) 9:55.75  
2 Desiree Stahley 9:56.14  
3 Whitney Spence 9:56.41  
4 Lauren Costella 10:02.06
- Event 3 – 200 Yard Freestyle**  
1 Julia Smit (Stanford) 1:48.55 B  
3 Elizabeth Durot 1:51.85  
5 Madeline Rovira 1:53.43  
7 Meredith Ayres 1:54.82
- Event 4 – 100 Yard Backstroke**  
1 Brooke Bishop (Stanford) 55.35 B  
2 Fiona O'Donnell-McCarthy 56.01 B  
4 Michelle Liu 57.77  
6 Andrea Axtell 58.07
- Event 5 – 100 Yard Breaststroke**  
1 Caroline Bruce (Stanford) 1:01.55 A  
4 Danielle Gonzales 1:05.89  
5 Desiree Stahley 1:06.32
- Event 6 – 200 Yard Butterfly**  
1 Nilasha Ghosh (Stanford) 2:03.54  
3 Laura Wadden 2:06.57  
6 Stefanie Sutton 2:09.01  
8 Lauren Costella 2:09.99
- Event 7 – 50 Yard Freestyle**  
1 Julia Smit (Stanford) 23.31 B  
2 Elaine Breeden 23.44  
7 Whitney Spence 24.27  
8 Kelley Hug 24.87
- Event 8 – 100 Yard Freestyle**  
1 Caitlin Andrew (Arizona State) 51.29  
2 Desiree Stahley 51.91  
6 Madeline Rovira 52.34  
7 Caroline Bruce 52.39  
8 Michelle Liu 52.42
- Event 9 – 200 Yard Backstroke**  
1 Brooke Bishop (Stanford) 2:02.20  
2 Andrea Axtell 2:02.57  
4 Laura Wadden 2:06.60  
5 Meredith Ayres 2:06.80
- Event 10 – 200 Yard Breaststroke**  
1 Julia Smit (Stanford) 2:16.35 B  
2 Danielle Gonzales 2:18.04  
3 Elaine Breeden 2:18.14
- Event 11 – 500 Yard Freestyle**  
1 Elizabeth Durot (Stanford) 4:53.60 B  
2 Morgan Hentzen 4:54.02 B  
3 Whitney Spence 4:54.07  
6 Lauren Costella 5:03.45
- Event 12 – 100 Yard Butterfly**  
1 Caitlin Andrew (Arizona State) 54.46 B  
X Nilasha Ghosh 55.43  
X Laura Wadden 57.64  
X Kelley Hug 58.01  
X Stefanie Sutton 58.35
- Event 13 – 200 Yard Individual Medley**  
1 Ashley Evans (Arizona State) 2:07.71  
X Elaine Breeden 2:01.80 B  
X Nilasha Ghosh 2:03.09 B  
X Meredith Ayres 2:08.92  
X Danielle Gonzales 2:09.50
- Event 14 – 200 Yard Freestyle Relay**  
1 Arizona State 'A' (Caitlin Andrew 23.08 B, Jen Beckberger 22.95, Abra Armour 23.41, Jess Perazzo 23.13) 1:32.57 B  
X Stanford 'A' (Brooke Bishop 23.59, Fiona O'Donnell-McCarthy 23.12, Madeline Rovira 23.53, Julia Smit 22.51) 1:32.75 B  
X Stanford 'B' (Kelley Hug 24.55, Michelle Liu 23.96, Desiree Stahley 23.55, Caroline Bruce 24.01) 1:36.07
- Event 15 – 1-Meter Diving**  
1 Cassidy Krug (Stanford) 321.83  
4 Sarah Ohr 252.60  
5 Katie Lampe 244.65
- Event 16 – 3-Meter Diving**  
1 Cassidy Krug (Stanford) 349.83  
4 Sarah Ohr 288.08  
5 Katie Lampe 287.25

P=Pool Record  
S=Stanford Record  
A=NCAA 'A' Standard  
B=NCAA 'B' Standard  
X=Exhibition