



# STANFORD ATHLETICS

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## WOMEN'S DIVING RECAP

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\*Stanford senior wins her third postseason diving event in 2007

### Cassidy Krug Takes 3-Meter At NCAA Zone E Meet

**Oklahoma City, Okla.** – Cassidy Krug continued her strong postseason with a victory in the 3-meter competition on the first day of the 2007 NCAA Zone E Meet on Friday at the Oklahoma City Community College Pool. Krug, who was the 2007 Pac-10 Diver of the Meet after sweeping the 1-meter and 3-meter conference events, scored 666.30 points on Thursday to comfortably outdistance the 621.05 points scored by her closest competitor Megan Farrow of Hawaii.

"Once again, I was pretty happy with the way I dove, but I could have been better," said Krug. "But the end goal of the NCAA Championships is in sight now. This is a step I had take to get there. A meet like this helps me prepare for the NCAA's because there are many elements that are the same like being such a long meet with so many competitors. It's much different than a dual meet. You have to learn how to stay in the competition without getting tired."

"Our goal is to win the national championship and anything off that concerns me," added Stanford head diving coach Dr. Rick Schavone. "She was good today, but we're not ecstatic. She would probably be in the top three or four at the NCAA's the way she dove today."

Katie Lampe also finaled for the Cardinal, finishing 12<sup>th</sup> with 528.20 points.

"Katie dove great," said Schavone. "She really competed and did an excellent great job."

Sarah Ohr (21<sup>st</sup>, 236.95) dove for the Cardinal in the prelims.

The three-day meet will continue with the 1-meter competition on Friday (10:30 am, CT/8:30 am, PT) before concluding Saturday (10:15 am, CT/8:15 am, PT) with the platform. A full list of divers that qualify for the 2007 NCAA Championships will be announced on Saturday following the completion of the meet.

# Final Results

**Meet:** Zone E Championship 2007

**Event:** NCAA Womens 3M, Finals

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<u>Place</u>	<u>Score</u>	<u>Diver Name</u>	<u>Team</u>
1	666.30	Cassidy Krug	Stanford University
2	621.05	Megan Farrow	University of Hawaii
3	601.60	Tawni Jones	Brighan Young University
4	600.35	Marisa Samaniego	University of California Los Angeles
5	584.20	Emma Friesen	University of Hawaii
6	564.05	Kelsey Patterson	University of Utah
7	538.95	Sara Clark	University of California, Los Angeles
8	534.85	Brittany Wainwright	University of Wyoming
9	534.15	Angela Nelson	Brighan Young University
10	530.80	Natalie Hughes	Northern Arizona University
11	528.75	Raquel Bartlow	University of Hawaii
12	528.20	Katie Lampe	Stanford University
13	517.05	Saara Haapanen	University of Wyoming
14	513.45	Cassidy Farwell	Arizona State University
15	509.60	Ava Jackman	Brighan Young University
16	496.75	Megan MacDonald	University of Arizona
17	496.40	Chelsea Sawyer	University of Nevada Reno
18	489.00	Carrie Quinn	University of New Mexico

# Final Results

Meet: Zone E Championship 2007

Event: NCAA Womens 3M, Preliminary

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Place	Score	Diver Name	Team
1	316.70	Cassidy Krug	Stanford University
2	295.90	Tawni Jones	Brighan Young University
3	294.55	Megan Farrow	University of Hawaii
4	294.20	Emma Friesen	University of Hawaii
5	288.80	Marisa Samaniego	University of California Los Angeles
6	282.60	Kelsey Patterson	University of Utah
7	272.00	Saara Haapanen	University of Wyoming
8	267.60	Angela Nelson	Brighan Young University
9	266.10	Natalie Hughes	Northern Arizona University
10	264.45	Sara Clark	University of California, Los Angeles
11	264.30	Ava Jackman	Brighan Young University
12	260.55	Chelsea Sawyer	University of Nevada Reno
13	259.10	Raquel Bartlow	University of Hawaii
14	258.15	Cassidy Farwell	Arizona State University
15	255.50	Katie Lampe	Stanford University
16	254.05	Carrie Quinn	University of New Mexico
17	252.00	Brittany Wainwright	University of Wyoming
18	250.70	Megan MacDonald	University of Arizona
19	249.20	Sam Young	University of California, Berkeley
20	240.15	Candice Minette	University of Nevada Reno
21	236.95	Sarah Ohr	Stanford University
22	234.40	Jackie Jones	University of California Irvine
23	232.75	Amanda Blong	University of California, Los Angeles
24	231.20	Emily Keefer	University of Wyoming
25	230.40	Danielle Borth	Northern Arizona University
26	230.00	Tess Schofield	University of California Los Angeles
27	228.15	Stephanie Ortiz	University of Wyoming
28	227.85	Elyse Hall	Colorado State University
29	225.40	Erin Hobbs	Arizona State University
30	225.15	Allison Scaife	University of Arizona
31	220.05	Ashley Potoc	University of Nevada Reno
32	215.65	Victoria Keutz	San Jose State University
33	207.55	Holly Kast	University of Arizona
34	200.55	Wendy Williams	University of Nevada Las Vegas
35	173.15	Rachael Pearson	University of California Irvine
36	154.95	Hannah Duckett	University of Denver