

2010-2011 Virginia Tech Swimming & Diving

SATURDAY, OCTOBER 23, 2010 • VT AT PENN STATE • 11 A.M.
MCCOY NATORIUM • UNIVERSITY PARK, PA.

2010-11 Men's Schedule/Results (1-0)

Date	Opponent	Time/Result
10/16	CHARLESTON	W, 168-110
10/23	Penn State	11 a.m.
11/12-13	Virginia w/Princeton	10 a.m.
11/18-20	Volunteer Invitational (Knoxville, Tenn.)	All Day
1/3	Yellow Jacket Invitational (Atlanta, Ga.)	All Day
1/15	WILLIAM & MARY (Senior & Parent's Day)	Noon
1/28	Louisville w/Indiana	5 p.m.
1/29	Cincinnati w/Kentucky	11 a.m.
2/5-6	VIRGINIA TECH INVITATIONAL	All Day
2/23-26	Men's ACC Championships (Atlanta, Ga.)	All Day
3/11-13	NCAA Zone A Diving Championships (Annapolis, Md.)	All Day
3/24-26	Men's NCAA Championships (Minneapolis, Minn.)	All Day

Home meets in **BOLD CAPS**

2010-11 Women's Schedule/Results (2-0)

Date	Opponent	Time/Result
10/16	CHARLESTON/RADFORD	W, 173-106/W, 175-110
10/23	Penn State	11 a.m.
11/12-13	Virginia w/Princeton	10 a.m.
11/18-20	Volunteer Invitational (Knoxville, Tenn.)	All Day
1/3	Yellow Jacket Invitational (Atlanta, Ga.)	All Day
1/15	WILLIAM & MARY (Senior & Parent's Day)	Noon
1/22	RICHMOND	1 p.m.
1/28	Louisville w/Indiana	5 p.m.
1/29	Cincinnati w/Kentucky	11 a.m.
2/5-6	VIRGINIA TECH INVITATIONAL	All Day
2/16-19	Women's ACC Championships (Atlanta, Ga.)	All Day
3/11-13	NCAA Zone A Diving Championships (Annapolis, Md.)	All Day
3/17-19	Women's NCAA Championships (Austin, Texas)	All Day

Home meets in **BOLD CAPS**

Quick Facts

Location	Blacksburg, Va.
Founded	1872
Enrollment	31,000
Colors	Chicago maroon and burnt orange
Nickname	Hokies
Conference	Atlantic Coast

Team Info.

Men Letterwinners Returning/Lost	22/9
Women Letterwinners Returning/Lost	21/13
Facility	Christiansburg Aquatic Center
Team Website	www.hokiesports.com
Media Contact	Marla Glasser
Contact Email	marla@vt.edu

Coaching Staff

Head Coach	Ned Skinner (LSU, '89)
Skinner's Record at Tech	180-78 (12 years)
Associate Head	Braden Holloway
Head Diving Coach	Ron Piemonte
Assistant Coaches	Danielle Quarry and Reed Robelot

Last Time Out

- The Hokies opened their 2010-2011 season with the inaugural meet at the brand new Christiansburg Aquatic Center, facing the College of Charleston and the women's squad from Radford University.
- The team had tremendous success, winning 31 of the 32 events of the day, and thus establishing 31 initial pool records.
- The men took home all 16 titles with 12 event sweeps, while the women won 15 events, sweeping 13 of them.
- The College of Charleston's Sarah Boyle beat Brittany Boone by one hundredth of a second in the 100-yard backstroke to give the Cougars their only first-place finish of the day.
- Junior Erika Hajnal came home with the most titles, winning the 200-yard backstroke (2:06.04), the 200 butterfly (2:04.19) and the 200 individual medley (2:06.33).
- Meaghan Holloway had two individual first-place finishes, winning the 100 (1:06.03) and 200 breaststroke (2:23.06), and was a member of the winning 200-yard medley relay (1:47.64) team, along with Caroline Higgins, Heather Savage and Morgan Allen.
- Savage, who swam the butterfly leg of the relay, also won the 100 butterfly (57.91) in her debut with the H2Okies.
- Sarah Milton swept the women's diving competition, scoring a 310.60 on the 3-meter springboard and a 283.75 on the 1-meter.
- On the men's side, Karl Botha took home three gold medals, winning the 50 free (20.89) and being a member of both first-place relay teams.
- Alex Lutterbein, Blake Trabuchi-Downey and Charlie Higgins each took home two titles. Lutterbein won the 1000 free (9:42.62) and the 200 backstroke (1:54.53), Trabuchi-Downey came in first in the 500 free (4:39.81) and the 200 free, with a new personal-best time of 1:42.30, and Higgins won the 100 back (50.10) and the 100 butterfly (51.91).
- Logan Shinholser swept the men's diving competition, scoring a career-high 392.75 on the 1-meter springboard and a 362.00 on the 3-meter. Shinholser's 1-meter score is just over five points below the H2Okies' all-time record of 397.90, which Mikey McDonald set in 2009.

Scouting Penn State

- The Nittany Lions opened the season on Oct. 16 with a split at West Virginia, as the women won 174-67 and the men lost 125-116.
- Penn State's men's team took home five first-place finishes, including two from Brian Alden, who won the 100 and 200 freestyle. The team also won the 500 freestyle, the 1000 freestyle and the 400 IM.
- The women's team had a strong outing, bringing home titles in 10 different events, including both relays a sweep of both diving competitions.
- Sophomores Paige Whitmire and Amy Modglin shined at the meet, each taking home multiple gold medals. Modglin had the most success, winning individual titles in the 400 IM and 200 backstroke and then contributed to a first-place Nittany Lion finish in the 400 medley relay. Whitmire won the 50 freestyle and swam a strong leg for the first-place 400 freestyle relay team.
- For the divers, Megan Marco won the 1-meter event and Meg Alderman took home the gold in the 3-meter. For the men, Jordan Harris led the Nittany Lions, taking second place in both diving competitions.

Head Coach, Ned Skinner

Personal

Full name: Ned Thomas Skinner
Birth Date: May 3, 1966
Hometown: Worthington, Ohio

Education

High School: Worthington, 1984
College: Louisiana State, 1989
Graduate: Ohio University, 1990
PhD: Virginia Tech, 2004

Coaching Experience

1998- Head Coach, Virginia Tech
1994-98 Head Coach, William & Mary
1990-94 Head Coach, Central Conn.

Records

Overall: 268-177-2 (20 years)
Virginia Tech: 180-78 (12 years)
Women: 102-30; **Men:** 78-48

Highlights

- 2004 BIG EAST Conference Men's Co-Coach of the Year
- 2003 BIG EAST Conference Men's Coach of the Year
- 1998-99 and 1999-00 Atlantic 10 Women's Coach of the Year
- Led the Virginia Tech men's and women's teams to conference titles in 1999-00
- 1998 ECAC Women's Coach of the Year (William & Mary)
- Coached Kristen Schnittger to four consecutive ECAC titles in the 100 breast (William & Mary)
- 1994 East Coast Conference Women's Coach of the Year (Central Connecticut)
- 18 ACC Individual Champions
- 8 Olympic Trial Participants
- 11 International National Champions
- 14 All-American Honorable Mention Individual Selections
- 8 All-America Individual Selections
- 4 ACC Relay Championships
- 5 All-American Honorable Mention Relay Selections
- 5 Academic All-America Selections
- 2 ACC Swimmers of the Year
- 1 ACC Freshman of the Year
- 2 ACC Scholar-Athletes of the Year
- 2 University Games participants
- 1 Mediterranean Games participant
- 1 Olympian

Associate Head Coach:

Braden Holloway, Seventh season

Head Diving Coach:

Ron Piemonte, Fifth season

Assistant Coaches:

Danielle Quarry, Reed Robelot, Joey Peterson and Tom Williams

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Name	Event(s)	Ht.	Cl.	Exp.	Hometown
Matt Baumler	Fly/IM/Free	6-4	Jr.	2L	Williamsburg, Va.
Karl Botha	Fly/Free	5-11	So.	1L	Ashford, Great Britain
Trevor Carr	Free	6-1	So.	SQ	Woodford, Va.
Nevin Cook	Breast/IM	5-10	Jr.	2L	Catlett, Va.
Emmett Dignan	Sprint Free/Breast	6-4	Fr.	HS	Mystic, Conn.
Ryne Francis*	Back/IM	6-2	Sr.	3L	Gilbertsville, Pa.
Michael Hallock	Back/Free	6-2	So.	SQ	Oak Hill, Va.
Ryan Hawkins	Diver	5-7	Fr.	HS	Charlotte, N.C.
Stephen Hawkins	Sprint/Fly/Back	6-3	Sr.	3L	Forest, Va.
Garrett Hehn	Sprint Free	6-3	Fr.	HS	Murrysville, Pa.
Charlie Higgins	Free/Back/Fly	6-0	Jr.	2L	Weddington, N.C.
Nathan Hoisington	IM/Breast	6-2	Fr.	HS	Leawood, Kans.
Philip LaRosa	Distance Free/IM	5-10	Jr.	2L	Manassas, Va.
Danny Loftus	Breast/IM	6-0	Fr.	HS	Poquoson, Va.
Alex Lutterbein	Distance Free/IM	6-2	So.	1L	Manakin-Sabot, Va.
Gregory Mahon	Fly/IM	6-0	So.	1L	Medford, N.J.
Daniel Martin*	Diver	5-10	Sr.	3L	Fairfax, Va.
Zach McGinnis	Sprint Free/Back	6-5	So.	1L	Raleigh, N.C.
Greg Morgan	Sprint Free	5-11	Jr.	2L	Greer, S.C.
Ben Munster	Distance Free	6-1	So.	SQ	College Station, Texas
Tom Sheranek	Back/IM	6-7	So.	1L	Richmond, Va.
Logan Shinholser	Diver	5-8	So.	1L	Burtonsville, Md.
Adam Skipper	Free/Breast/IM	6-5	So.	SQ	Yorktown, Va.
Trey Stewart	Back/Free	6-1	Sr.	3L	Luling, La.
Blake Trabuchi-Downey*	Distance Free/Fly	5-10	Jr.	2L	Vineland, N.J.
Nick Tremols	Sprint Free/Fly/IM	6-3	Fr.	HS	Gainesville, Va.
John Trope	Diver	6-2	Fr.	HS	Springfield, Va.
Richard Ulatowski	Sprint Free/Fly	6-4	Sr.	2L	Hamden, Conn.
Bryan Uncur	Free	6-5	Jr.	2L	Chesapeake, Va.
Chris Verboncoeur	Sprint Free/Fly	6-2	Fr.	HS	Potomac, Md.

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Name	Event	Ht.	Cl.	Exp.	Hometown
Morgan Allen	Sprint Free	5-7	Sr.	SQ	Charlotte, N.C.
Kameron Ansley	Fly/IM	5-6	Fr.	HS	Savannah, Ga.
Sarah Ault	Free/Back	5-11	So.	SQ	Lancaster, Pa.
Paige Ayres	Breast/IM	5-10	Jr.	SQ	Knoxville, Tenn.
England Barimo	Diver	5-8	Fr.	HS	Tulsa, Okla.
Brittany Boone	Back	5-9	Fr.	HS	Ashburn, Va.
Addie Carne	Free/Fly/IM	5-3	So.	SQ	Simpsonville, S.C.
Steffi Drechsel	Sprint Free/Back	5-9	Sr.	3L	Leipzig, Germany
Aubree Duncan	Back	5-8	Fr.	HS	Woodstock, Ga.
Emily Ferguson	Sprint Free	6-0	Jr.	1L	Clifton, Va.
Katarina Filova	Free	5-9	So.	1L	Bratislava, Slovakia
Becky Flora	Free	6-3	So.	SQ	Reistertown, Md.
Kaleigh Gomes*	Sprint Free/Fly	5-10	Sr.	3L	Charlotte, N.C.
Erika Hajnal	Free/IM/Fly	5-8	Jr.	2L	Budapest, Hungary
Caroline Higgins	Back	5-9	Fr.	HS	Charlotte, N.C.
Meaghan Holloway	Fly/Breast/IM	5-9	So.	1L	Yorktown, Va.
Abby Houchin	Breast/Free	5-8	Fr.	HS	Raleigh, N.C.
Jace Howanitz	Sprint/IM/Fly	5-7	Jr.	2L	Knoxville, Tenn.
Dana Kalnins	Fly/Back	5-4	So.	SQ	Manassas, Va.
Natalie Leake	Breast/Sprint Free	5-7	Fr.	HS	Centreville, Va.
Sarah Milton*	Diver	5-5	Sr.	3L	Plano, Texas
Sara Mokhtari	Diver	5-2	So.	1L	Houston, Texas
Cara Murnan	Diver	5-2	Jr.	2L	Great Falls, Va.
Adrienne Pilchard	Distance Free/IM	5-9	Fr.	HS	Marietta, Ga.
Lauren Ritter*	Distance Free/IM	5-10	Sr.	3L	Sterling, Va.
Carissa Santora	Diver	5-5	So.	1L	Somers Point, N.J.
Heather Savage	Sprint Free/Fly	5-3	So.	1L	Canandaigua, N.Y.
Andrea Sawchuk	Diver	5-4	Jr.	1L	Great Falls, Va.
Rachel Sepanski	Sprint Free	5-8	Fr.	HS	Yorktown, Va.
Laura Simon	Distance Free/IM	5-6	So.	1L	Greenville, S.C.
Keri Sink	Breast/IM	5-5	So.	1L	Elgin, Ill.
Katie Steeves	Breast/Fly/IM	5-6	So.	SQ	Newark, Del.

* Denotes team captain

After back-to-back fifth-place finishes at the ACC Championships in 2008 and 2009, the H₂Okies improved to fourth place last season, taking home two individual bronze medals and a silver. The team returns the majority of its top swimmers from last season, losing just one NCAA competitor, diver Mikey McDonald.

"The men look to be as strong as ever on paper, with strength in every event and returning championship-scoring experience," said Head Coach Ned Skinner. "We are returning the bulk of our point scorers coupled with a very strong recruiting class of nine newcomers, so this season we look to further improve in the ACC standings."

Sprint

Virginia Tech returns a good crop of sprinters, led by sophomore Karl Botha and seniors Stephen Hawkins and Richard Ulatowski. Botha finished eighth at the ACC Championships in the 50-yard freestyle, and junior Greg Morgan took 14th in the 200 and 16th in the 100. The four sprinters were all members of at least one of the 200 and 400 freestyle relay teams who both finished sixth at ACCs. Freshmen Garrett Hehn, Chris Verboncoeur and Emmett Dignan, sophomore transfer Zach McGinnis, and returning sophomore Tervor Carr all hope to contribute in the sprint events.

Freestyle

Blake Trabuchi-Downey, Philip LaRosa and Bryan Uncur all return after finishing in the top 20 in distance freestyle events at last year's ACC Championships. Trabuchi-Downey came in ninth in the 1650 free and 13th in the 500, while LaRosa took 13th in the 1650 free and Uncur placed 18th in the 500 and 19th in the 1650. Sophomores Ben Munster, Michael Hallock and Alex Lutterbein also look to add depth to the distance crew.

Individual Medley

Gregory Mahon and Tom Sheranek anchor a very strong 200 individual medley crew that also features Nevin Cook and Matt Baumler, along with Adam Skipper and newcomers Nathan Hoisington, Emmett Dignan and Nick Tremols. Sheranek, Lutterbein and LaRosa lead the 400 IM, where Hoisington hopes to see action as well. Sheranek placed 10th in the 400 IM and 16th in the 200 at ACCs, where Mahon took 10th in the 200 and LaRosa finished 15th in the 400. Additionally, the H₂Okies had a pair of fourth-place medley relay teams, as returners Stephen Hawkins, Mahon and Ulatowski swam in the 200 and Charlie Higgins, Mahon and Botha participated in the 400.

Backstroke

Charlie Higgins, Tom Sheranek and Stephen Hawkins return to the backstroke crew after solid postseason appearances in 2010. Higgins placed in the top 25 at NAAs in both the 100- and 200-yard backstroke events, after placing ninth in the 200 and taking home the bronze medal in the 100 at ACCs. Tom Sheranek finished fourth at ACCs in the 200 and qualified for the Olympic Trials in both backstroke events this past summer. Stephen Hawkins took 12th in the 100 at ACCs and Ryne Francis came in 14th in the 200. Sophomore Michael Hallock will round out the 2010-11 backstroke squad.

Butterfly

Arguably the H₂Okies' strongest core of swimmers, the butterfly crew, led by Gregory Mahon, includes Blake Trabuchi-Downey, Trey Stewart, Matt Baumler, Charlie Higgins and Karl Botha. The team had several finalists in both butterfly events at the ACCs, with Mahon coming in on top with a third-place finish in the 100 and a fourth-place finish in the 200. Higgins, Botha and Baumler came in eighth, 10th, and 15th, respectively, in the 100, and Trabuchi-Downey, Stewart and Baumler all finished in the top 10 in the 200. Freshman Chris Verboncoeur will add to the already strong fly group this season.

Breaststroke

Junior Nevin Cook anchors a young breaststroke crew, which includes Adam Skipper and freshmen Nathan Hoisington, Emmett Dignan and Danny Loftus. Cook posted a top-10 finish in the 200 breast and placed 15th in the 100 at the Volunteer Invitational, while Skipper took third at the College Cup and 14th at the Volunteer Invitational in the 100 breast. A Leawood, Kansas, native, Hoisington was a three-time state silver medalist in the 100, and a three-time Junior National Qualifier. Dignan, a Mystic, Conn., resident, was a high school All-American and a finalist for New England Outstanding Swimmer of the Year, while Poquoson, Va., resident Danny Loftus was a state finalist and state champion who went to both junior and senior nationals.

Diving

Tech's diving squad is led by senior team captain Daniel Martin and sophomore Logan Shinholser. Martin has scored at ACCs all three years and was a finalist in platform two years in a row. He came in 13th on the 3-meter and seventh on the platform at last season's ACC Championships. Shinholser, the H₂Okies' only returning NCAA diver, took second on the platform and 12th on the 1-meter at ACCs. He then followed that performance with a pair of 25th-place finishes at the NCAA Championships on the 3-meter and platform, taking 33rd on the 1-meter. Freshman Ryan Hawkins comes to the Tech diving program as one of the top junior divers in the country on all three events, along with classmate John Trope, a multi-time Junior National competitor.

"Ryan is someone to really keep an eye on who could be a huge factor in elevating our program, and John brings huge depth to the squad," said Head Diving Coach Ron Piemonte. "I'm extremely excited about having perhaps the strongest men's program I've ever had here. We have a group of guys who work very well together and continue to push each other to improve and raise the bar."

NCAA Marks

2010-11 Men's Qualifying Standards
25-Yard Course

EVENT	A Standard	B Standard
50 Freestyle	:19.35	:20.31
100 Freestyle	:42.26	:44.37
200 Freestyle	1:33.61	1:38.29
500 Freestyle	4:15.68	4:28.46
1650 Freestyle	14:51.15	15:35.70
100 Butterfly	:46.04	:48.34
200 Butterfly	1:42.95	1:48.09
100 Backstroke	:46.28	:48.59
200 Backstroke	1:41.53	1:46.60
100 Breaststroke	:52.87	:55.51
200 Breaststroke	1:54.25	1:59.96
200 Individual Medley	1:44.05	1:49.25
400 Individual Medley	3:43.68	3:54.86
200 Freestyle Relay	1:17.69	1:21.57
400 Freestyle Relay	2:52.47	3:01.09
800 Freestyle Relay	6:23.26	6:42.42
200 Medley Relay	1:25.66	1:29.94
400 Medley Relay	3:08.22	3:17.63

1-Meter Diving Points—Dual 290/300‡
3-Meter Diving Points—Dual 310/320‡
Platform Diving Points—Dual 290/300‡

‡ qualifying point total when using six optional dives with standard D.D.

The H₂Okie women return several key competitors from last season's ACC and NCAA Championships. In 2010, the women topped their 34th-place finish in the NCAAs, breaking into the top 25 with a 24th-place national finish. While the H₂Okies took fifth at the ACC Championships, they finished third among ACC teams at the NCAAs. Head Coach Ned Skinner is pleased to welcome back junior All-American Erika Hajnal and sophomore All-America Honorable Mention Katarina Filova.

"The women are poised for another great season," Skinner said, "returning strength in all strokes along with NCAA Championship-scoring experience. We look to continue our streak of top-25 finishes at the NCAAs and to maintain our status as one of the elite programs, both nationally and in the ACC."

Sprint

The H₂Okies are fortunate enough to return Katarina Filova, who took a silver medal and set a school record in the 200-yard freestyle at the ACC Championships and took home the bronze in the 100. Additionally, she placed 16th at NCAAs in the 200, earning her an All-America Honorable Mention. Emily Ferguson and Steffi Drechsel both had strong performances in the sprint events as well. Ferguson finished 11th at the ACC Championships in the 100, and the two swimmers helped lead the team to a bronze medal in the 400 freestyle relay. Seniors Morgan Allen and Kaleigh Gomes and sophomore Sarah Ault return strong sprint experience, and they are joined by freshman Rachel Sepanski, a high school All-American and Virginia state record-holder in the 200 free, and sophomore transfer Heather Savage, who competed in six events for Clemson University last season at the ACC championships.

Freestyle

Tech returns All-American Erika Hajnal, who had a stellar sophomore campaign, coupled with team captain Lauren Ritter, who will anchor the mid and distance freestyle crew. Hajnal won gold medals at the ACC Championships in the 500- and 1650-yard freestyle, and placed in the top 30 in both events at the NCAA Championships. Lauren Ritter just missed a medal in the 500 free at ACCs, placing fourth, and took ninth in the 1650. Additionally, the pair, along with Filova and Kelly deMarrais, took second at ACCs in the 800 freestyle relay. Sophomores Addie Carne, Laura Simon and Becky Flora add depth to the event, and freshman Adrienne Pilchard, a four-time high school All-American, rounds out the freestyle group.

Individual Medley

Erika Hajnal and Jace Howanitz lead the pack in the individual medley. Hajnal won the bronze medal in the 400 IM at ACCs, setting a new school record, and placed eighth in the nation at NCAAs. Jace Howanitz took 15th at ACCs in the 200 IM and 19th in the 400. Steffi Drechsel, Emily Ferguson, Katarina Filova and Meaghan Holloway each swam on at least one of the medley relay teams, helping the H₂Okies capture second at ACCs in the 400 medley and eighth in the 200 relay. In addition to freestyle, freshman Adrienne Pilchard will provide depth in the individual medley events, along with sophomore Katie Steeves.

Backstroke

Steffi Drechsel will lead a young backstroke crew, which includes newcomers Brittany Boone, Aubree Duncan and Caroline Higgins. Drechsel posted the women's quickest finish of the season in the 100 backstroke at 55:22, with a 17th-place finish at ACCs. Additionally, she placed second in the 100 at Penn State and ninth at the Volunteer Invitational. Brittany Boone, a native of Ashburn, Va., was a national qualifier in the backstroke events and ranked 18th at NCSA Junior Nationals in the 200-meter backstroke last season. Aubree Duncan, who hails from Woodstock, Ga., was a four-star recruit on the *Swimming World* rankings, and a three-time all-county swimmer. The H₂Okies' backstroke group is rounded out by Charlotte, N.C., native Caroline Higgins, who placed in the top three at states in the 100 backstroke in 2008 and 2009, and was a Junior National Team member for the 100 in 2009 and 2010.

Butterfly

Hajnal returns as one of Tech's all-time top performers in the butterfly, posting four titles in the 200 throughout the 2009-10 season. Sophomore Meaghan Holloway comes into this season after placing 18th in both the 100- and 200-yard events at ACC Championships. Heather Savage set a school record for Clemson University last season in the 100-yard butterfly, and freshman Kameron Ansley, a four-time state championships medalist in the 100, will add to the butterfly group, along with sophomore Dana Kalnins.

Breaststroke

Sophomore Keri Sink returns to Tech after finishing in the top 15 in two breaststroke events at last season's ACCs. The Elgin, Ill., resident, who took 13th in the 100 and 14th in the 200, just barely missed qualifying for the Olympic Trials this past summer and looks to be a major factor in relays this season. Freshmen Natalie Leake and Abby Houchin will add depth in the breast events for the H₂Okies, along with junior Paige Ayres. Leake, who hails from Centreville, Va., is a two-time high school All-American and a four-time NCSA Junior National Team member, while Houchin was a national qualifier and an All-American.

Diving

Head Diving Coach Ron Piemonte is pleased to return Sara Milton to the squad after a strong 2009-10 campaign. The Plano, Texas, resident placed fourth in the platform and eighth in the 3-meter at the Zone A Diving Championships last season. She then placed third in the preliminary round and eighth overall at ACCs in the 3-meter. Additionally, she earned ACC Athlete of the Week twice after setting a new school record in the 3-meter event with a score of 337.80.

Sophomore Sara Mokhtari just barely missed the finals of the 2010 ACC Championships in the platform event, finishing ninth by less than a point, and she also scored in both the 1- and 3-meter springboards. Cara Murnan had a fifth-place finish in the platform event at the 2009 ACCs, and seems to be very healthy following two surgeries last season.

Andrea Sawchuk and Carissa Santora have been training very well and are showing great potential for scoring possibilities this season. Incoming freshman England Barimo rounds out a very solid women's diving squad.

"I think we have a very solid group of girls who can all compete in all three events, which brings some good balance to the squad," Piemonte said. "I'm looking forward to the women really stepping up this year and being a factor in scoring a good amount of points at the ACC championships."

Women's NCAA Marks

EVENT	A Standard	B Standard
50 Freestyle	:21.93	:23.02
100 Freestyle	:47.84	:50.23
200 Freestyle	1:44.02	1:49.22
500 Freestyle	4:38.46	4:52.41
1650 Freestyle	15:53.38	16:41.04
100 Butterfly	:52.02	:54.62
200 Butterfly	1:54.95	2:00.69
100 Backstroke	:52.55	:55.17
200 Backstroke	1:53.37	1:59.24
100 Breaststroke	:59.99	1:02.98
200 Breaststroke	2:09.72	2:16.20
200 Individual Medley	1:56.13	2:01.93
400 Individual Medley	4:07.33	4:19.69
200 Freestyle Relay	1:28.35	1:32.76
400 Freestyle Relay	3:14.93	3:24.67
800 Freestyle Relay	7:02.07	7:23.17
200 Medley Relay	1:37.81	1:42.70
400 Medley Relay	3:32.56	3:43.18

1-Meter Diving Points—Dual 255/265 (6 optional dives)
 3-Meter Diving Points—Dual 270/280 (6 optional dives)
 Platform Diving Points—Dual 260/225 (5 optional dives)

2010-11 MEN'S TOP TIMES

2010-11 WOMEN'S TOP TIMES

Event/Name	Time	Date
50 Freestyle		
Karl Botha	20.89#^	10/16
Ryne Francis	21.17 L/S	10/16
Adam Skipper	21.40	10/16
100 Freestyle		
Gregory Mahon	46.89#^	10/16
Bryan Uncur	48.04	10/16
Chris Verboncoeur	49.83	10/16
200 Freestyle		
Blake Trabuchi-Downey	1:42.30#^	10/16
Matt Baumler	1:43.77	10/16
Gregory Mahon	1:43.79	10/16
500 Freestyle		
Blake Trabuchi-Downey	4:39.81#^	10/16
Philip LaRosa	4:41.78	10/16
Ben Munster	4:49.25	10/16
1000 Freestyle		
Alex Lutterbein	9:42.62#^	10/16
Bryan Uncur	9:45.48	10/16
Ben Munster	9:52.47	10/16
100 Backstroke		
Charlie Higgins	50.10#^	10/16
Ryne Francis	51.40	10/16
Tom Sheranek	51.99	10/16
200 Backstroke		
Alex Lutterbein	1:54.53#^	10/16
Zach McGinnis	1:55.38	10/16
Michael Hallock	1:56.56	10/16
100 Breaststroke		
Nevin Cook	57.92#^	10/16
Emmett Dignan	59.41	10/16
Nathan Hoisington	1:00.46	10/16
200 Breaststroke		
Emmett Dignan	2:12.11#^	10/16
Adam Skipper	2:13.34	10/16
Danny Loftus	2:24.37	10/16
100 Butterfly		
Charlie Higgins	51.91#^	10/16
Nick Tremols	52.22	10/16
Richard Ulatowski	55.74	10/16
200 Butterfly		
Trey Stewart	1:52.65#^	10/16
Nick Tremols	1:56.89	10/16
Philip LaRosa	1:57.37	10/16
200 Individual Medley		
Matt Baumler	1:55.52#^	10/16
Tom Sheranek	1:55.83	10/16
Nathan Hoisington	1:57.01	10/16
200 Medley Relay		
Hawkins, Hoisington, Botha, Ulatowski	1:31.92#^	10/16
Higgins, Cook, Verboncoeur, Francis	1:34.12	10/16
Hallock, Dignan, Stewart, Carr	1:35.80	10/16
200 Freestyle Relay		
Francis, Botha, Mahon, Carr	1:23.76#^	10/16
McGinnis, Hawkins, Ulatowski, Uncur	1:24.30	10/16
Hehn, Skipper, Dignan, Tremols	1:27.93	10/16
1-Meter Event		
Logan Shinholser	392.75#^ 'Z'	10/16
Ryan Hawkins	370.55 'Z'	10/16
Daniel Martin	361.30 'Z'	10/16
3-Meter Event		
Logan Shinholser	362.00#^ 'Z'	10/16
Daniel Martin	360.65 'Z'	10/16
Ryan Hawkins	358.45 'Z'	10/16

Event	Time	Date
50 Freestyle		
Emily Ferguson	23.95#^	10/16
Kaleigh Gomes	23.99	10/16
Heather Savage	24.18	10/16
100 Freestyle		
Steffi Drechsel	52.33#^	10/16
Lauren Ritter	53.40	10/16
Addie Carne	53.94	10/16
200 Freestyle		
Lauren Ritter	1:53.19#^	10/16
Addie Carne	1:54.88	10/16
Rechel Sepanski	1:57.73	10/16
500 Freestyle		
Becky Flora	5:09.12#^	10/16
Rachel Sepanski	5:16.16	10/16
Adrienne Pilchard	5:17.55	10/16
1000 Freestyle		
Laura Simon	10:25.85#^	10/16
Becky Flora	10:27.47	10/16
Adrienne Pilchard	10:40.19 (S)	10/16
100 Backstroke		
Brittany Boone	59.82	10/16
Aubree Duncan	59.96	10/16
Sarah Ault	1:01.39	10/16
200 Backstroke		
Erika Hajnal	2:06.04#^	10/16
Keri Sink	2:07.52	10/16
Brittany Boone	2:08.18	10/16
100 Breaststroke		
Meaghan Holloway	1:06.03#^	10/16
Natalie Leake	1:08.89	10/16
Abby Houchin	1:09.01	10/16
200 Breaststroke		
Meaghan Holloway	2:23.06#^	10/16
Katie Steeves	2:27.99	10/16
Natalie Leake	2:29.58	10/16
100 Butterfly		
Heather Savage	57.91#^	10/16
Kameron Ansley	58.52	10/16
Addie Carne	59.36	10/16
200 Butterfly		
Erika Hajnal	2:04.19#^	10/16
Keri Sink	2:06.82	10/16
Kameron Ansley	2:07.86	10/16
200 Individual Medley		
Erika Hajnal	2:06.33#^	10/16
Keri Sink	2:08.63	10/16
Paige Ayres	2:11.50	10/16
200 Medley Relay		
Higgins, Holloway, Savage, Allen	1:47.64#^	10/16
200 Freestyle Relay		
Gomes, Drechsel, Savage, Ferguson	1:35.96#^	10/16
Leake, Ritter, Allen, Ault	1:38.87	10/16
1-Meter Event		
Sarah Milton	283.75#^ 'Z'	10/16
Sara Mokhtari	281.95 'Z'	10/16
Cara Murnan	266.9 'Z'	10/16
3-Meter Event		
Sarah Milton	310.60#^ 'Z'	10/16
Cara Murnan	307.10 'Z'	10/16
Carissa Santora	259.35	10/16

^ 1st-Place Finish # Pool Record
'A' - NCAA "A" cut

P - Preliminary * School Record
'B' - NCAA "B" cut

L/S - Leadoff Split
'Z' - Zone A Qualifying Dive

Matt Baumler

100 butterfly 48.53 200 butterfly 1:47.54
 100 freestyle 47.38 200 freestyle 1:43.77
 500 freestyle 4:48.44 200 IM 1:50.91

Karl Botha

50 freestyle 20.16 100 freestyle 44.57
 100 butterfly 48.23 200 butterfly 1:49.57

Trevor Carr

100 backstroke 52.45 50 freestyle 21.04
 100 freestyle 45.67 200 freestyle 1:45.78

Nevin Cook

100 breaststroke 55.77 200 breaststroke 2:01.85
 200 IM 1:55.96 400 IM 4:12.33
 100 backstroke 52.85 200 backstroke 1:56.72

Emmett Dignan

100 breaststroke 59.41 200 breaststroke 2:12.11

Ryne Francis

50 freestyle 20.91
 100 backstroke 49.55 200 backstroke 1:47.09

Michael Hallock

50 freestyle 21.89 100 freestyle 46.65
 200 freestyle 1:40.31
 100 backstroke 50.18 200 backstroke 1:56.50

Ryan Hawkins

1-meter 370.55 3-meter 358.45

Stephen Hawkins

50 freestyle 20.58 100 freestyle 46.18
 100 backstroke 48.79

Garrett Hehn

100 freestyle 50.77 500 freestyle 5:18.57

Charlie Higgins

100 backstroke 47.13 200 backstroke 1:43.72
 50 freestyle 21.82 100 freestyle 48.39
 200 freestyle 1:41.64 100 butterfly 47.96

Nathan Hoisington

100 breaststroke 1:00.46 200 IM 1:58.01

Philip LaRosa

500 freestyle 4:30.59 1000 freestyle 9:26.23
 1650 freestyle 15:36.28 200 butterfly 1:53.84
 200 IM 1:57.33 400 IM 3:57.15

Danny Loftus

100 breaststroke 1:02.27 200 breaststroke 2:14.37

Alex Lutterbein

500 freestyle 4:35.37 1000 freestyle 9:29.76
 200 backstroke 1:50.72
 200 IM 1:59.00 400 IM 3:53.92

Gregory Mahon

100 butterfly 47.33 200 butterfly 1:45.32
 100 backstroke 51.05 200 backstroke 1:51.19
 100 freestyle 46.89 200 freestyle 1:44.78
 200 IM 1:47.40

Daniel Martin

1-meter 361.30 3-meter 363.30
 Platform 315.40

Zach McGinnis

200 backstroke 1:55.38 200 freestyle 1:43.79

Greg Morgan

50 freestyle 20.93 100 freestyle 45.14
 200 freestyle 1:39.13 500 freestyle 4:36.04
 100 butterfly 51.58

Ben Munster

200 freestyle 1:44.96 500 freestyle 4:36.04
 1000 freestyle 9:52.47 1650 freestyle 16:04.97
 200 butterfly 2:04.79

Tom Sheranek

100 backstroke 51.99 200 backstroke 1:44.97
 200 IM 1:49.79 400 IM 3:53.88
 100 butterfly 53.57 100 breaststroke 1:04.50
 200 freestyle 1:47.88

Logan Shinholser

1-meter 392.75 3-meter 390.60
 Platform 410.55

Adam Skipper

100 breaststroke 57.30 200 breaststroke 2:12.23
 50 freestyle 21.36 100 freestyle 48.97
 200 IM 1:52.03

Trey Stewart

100 butterfly 51.76 200 butterfly 1:47.77
 100 backstroke 50.29 200 backstroke 1:58.95
 200 IM 1:51.89 500 freestyle 4:42.03

Blake Trabuchi-Downey

200 freestyle 1:42.30 500 freestyle 4:25.49
 1000 freestyle 9:19.91 1650 freestyle 15:24.35
 100 butterfly 51.12 200 butterfly 1:46.78
 200 IM 1:52.40 400 IM 4:12.16

Nick Tremols

100 butterfly 52.55 200 butterfly 1:56.89

John Trope

1-meter 300.25

Richard Ulatowski

50 freestyle 20.62 100 freestyle 45.32
 100 breaststroke 58.00 100 backstroke 54.01
 100 butterfly 55.74

Bryan Uncur

100 freestyle 47.54 200 freestyle 1:39.80
 500 freestyle 4:28.16 1000 freestyle 9:45.48
 1650 freestyle 15:48.27

Chris Verboncoeur

100 freestyle 49.83

Morgan Allen

50 freestyle.....24.21 100 freestyle..... 52.80

Kameron Ansley

100 butterfly.....58.52 200 butterfly..... 2:07.86

Sarah Ault

50 freestyle.....24.04 100 freestyle..... 51.86
100 back57.15

Paige Ayres

100 breast1:04.87 200 breast 2:19.45
200 back2:10.18 200 IM 2:05.37
100 butterfly.....58.37

England Barimo

1-meter.....222.75 3-meter..... 227.25

Brittany Boone

100 back59.82 200 back 2:08.18

Addie Carne

50 freestyle.....25.03 100 freestyle..... 53.94
200 freestyle.....1:51.73 200 IM 2:08.51
100 butterfly.....57.51 200 butterfly..... 2:04.83

Steffi Drechsel

50 freestyle.....23.83 100 freestyle..... 51.55
100 back55.22 100 butterfly..... 58.20

Aubree Duncan

100 back59.96

Emily Ferguson

50 freestyle.....23.14 100 freestyle..... 50.02
200 freestyle.....1:52.23

Katarina Filova

50 freestyle.....22.91 100 freestyle..... 49.15
200 freestyle.....1:45.25 500 freestyle..... 4:52.49

Becky Flora

100 freestyle.....52.27 200 freestyle..... 1:50.84
500 freestyle.....4:52.25 1000 freestyle..... 10:22.87
1650 freestyle.....17:34.95

Kaleigh Gomes

50 freestyle.....23.38 100 freestyle..... 51.95
200 freestyle.....1:54.79 100 butterfly..... 57.09

Erika Hajnal

200 freestyle.....1:53.05 500 freestyle..... 4:40.03
1000 freestyle.....9:44.42 1650 freestyle..... 16:01.99
200 butterfly.....1:59.18 200 back 2:00.47
200 IM2:06.33 400 IM 4:09.33

Caroline Higgins

100 back1:01.44 200 back 2:12.39

Meaghan Holloway

100 butterfly.....55.14 200 butterfly..... 2:02.20
100 breast1:05.10 200 breast 2:23.06
100 freestyle.....54.27 200 IM 2:06.92

Abby Houchin

100 breast1:09.01 500 freestyle..... 5:21.15

Jace Howanitz

100 freestyle.....52.04 200 freestyle..... 1:52.34
100 butterfly.....57.80 200 butterfly..... 2:06.42
100 back59.24 100 breast 1:06.51
200 IM2:02.22 400 IM 4:22.78

Dana Kalnins

100 back58.61 200 back 2:05.88
100 butterfly.....57.53 200 butterfly..... 2:03.08
400 IM4:36.66

Natalie Leake

100 breast1:08.89 200 breast 2:29.58

Sarah Milton

1-meter.....283.75 3-meter..... 337.80
Platform.....220.25

Sara Mokhtari

1-meter.....281.95 3-meter..... 288.60
Platform.....252.90

Cara Murnan

1-meter.....279.90 3-meter..... 324.97
Platform.....221.60

Adrienne Pilchard

1000 freestyle.....10:40.19 200 breast 2:33.28

Lauren Ritter

100 freestyle.....53.40 200 freestyle..... 1:48.18
500 freestyle.....4:43.83 1000 freestyle..... 9:55.00
1650 freestyle.....16:23.30 200 breast 2:31.56

Carissa Santora

1-meter.....278.10 3-meter..... 292.05
Platform.....206.95

Heather Savage

50 freestyle.....24.18 100 butterfly..... 57.91

Andrea Sawchuk

1-meter.....252.53 3-meter..... 257.85
Platform.....196.80

Rachel Sepanski

200 freestyle.....1:57.73 500 freestyle..... 5:16.16

Laura Simon

200 freestyle.....1:55.07 500 freestyle..... 4:53.79
1000 freestyle.....10:01.71 1650 freestyle..... 16:37.49
200 IM2:08.24 400 IM 4:20.05
200 back2:09.21

Keri Sink

100 breast1:03.31 200 breast 2:15.91
200 IM2:03.14 400 IM 4:29.76
100 butterfly.....1:01.04 200 butterfly..... 2:06.82
200 back2:07.52

Katie Steeves

100 butterfly.....1:00.78 200 butterfly..... 2:05.05
200 IM2:09.65 400 IM 4:24.68
200 breast2:20.06 200 freestyle..... 2:01.45

2009-2010 Results

Women (10-2, 4-2 ACC), Men (8-3, 2-3 ACC)

Date	Opponent	Site	Women	Men
Oct. 17	# 15/14 North Carolina*	Chapel Hill, N.C.	L, 118-182	L, 128-172
	South Carolina	Chapel Hill, N.C.	W, 210.50-89.50	W, 202-98
Oct. 21	# 11/8 Virginia*	Blacksburg, Va.	L, 120-180	L, 123-177
Oct. 31	Penn State	Blacksburg, Va.	W, 160-140	W, 184-116
Nov. 6	# 21/NR Kentucky	Blacksburg, Va.	W, 176-122	W, 161.5-136.5
Nov. 7	Duke*	Blacksburg, Va.	W, 174-126	W, 180-112
	Miami* (women only)	Blacksburg, Va.	W, 208-86	--
Nov. 19-21	Volunteer Invitational	Knoxville, Tenn.	2nd, 799 pts	4th, 598 pts.
Jan. 16	Davidson	Blacksburg, Va.	W, 134-100	W, 144-87
Jan. 23	# 25/15 Florida State*	Atlanta, Ga.	W, 154.50-145.50	L, 117-183
	Georgia Tech*	Atlanta, Ga.	W, 220-78	W, 187-111
Jan. 30	West Virginia	Morgantown, W. Va.	W, 156-128	W, 165-130
	Duquesne	Morgantown, W. Va.	W, 136-125	W, 142-119
Feb. 17-20	Women's ACC Championships	Chapel Hill, N.C.	Fifth, 385.5 pts.	--
Feb. 24-27	Men's ACC Championships	Chapel Hill, N.C.	--	Fourth, 417.5 pts.
Mar. 13-15	Zone A Diving Championships	New Brunswick, N.J.	--	--
Mar. 19-21	Women's NCAA Championships	West Lafayette, Ind.	24th, 26 pts.	--
Mar. 26-28	Men's NCAA Championships	Columbus, Ohio	--	--

Rankings are in the form women/men

2009-2010 H₂Okie Season Highlights

- The two teams combined to set nine new school records
- The H₂Okies had 19 different individual event leaders
- Both the men's and women's teams were ranked simultaneously in the top 25 for the first time in history
- The H₂Okies boasted two ACC Athletes of the Week
 - Erika Hajnal earned the honor in the first week of competition on Oct. 27
 - Sarah Milton was named Athlete of the Week twice, on Jan 19 and Feb. 2
- The team had five Virginia Tech Athletes of the Week: Mikey McDonald (Oct. 26), Bryan Uncur (Nov. 2), Katarina Filova (Jan. 25), Milton (Feb. 1), and Hajnal (Feb. 22, March 22)
- For the second season in a row, seven athletes qualified for NAAs, four women and three men
- Erika Hajnal finished eighth at NAAs in the 400 IM, making her the H₂Okies' first All-American since 2008
- Katarina Filova earned All-America Honorable Mention with a 16th-place finish in the 200 freestyle
- Filova, Hajnal, Lauren Ritter and Kelly deMarrais earned All-America Honorable Mention for their 10th-place finish in the 800 freestyle relay
- As a team, the women placed fifth at ACCs and 24th at NAAs, and the men came in fourth at ACCs
- Charlie Higgins, Mikey McDonald and Logan Shinholser competed at NAAs for the men. Though they didn't score any points, they combined for six top-25 finishes at the national championship meet
- Five H₂Okies earned All-ACC honors, bringing home eight individual event medals at ACC Championships: For the men, Greg Mahon finished third in the 100 butterfly, Charlie Higgins finished third in the 100 backstroke, and Logan Shinholser took second in the platform dive. On the women's side, Katarina Filova came in second in the 200 freestyle and third in the 100 freestyle, while Erika Hajnal won the 500 freestyle and the 1,650 freestyle and came in third in the 400 IM.
- The women's team defeated No. 25 Florida State in a dual meet for the first time in school history
- 11 athletes were named to the All-ACC Academic team, four women and seven men
- Trey Stewart earned Virginia Tech's Skelton Award for Academic Excellence in Athletics as well as being named to the VaSID Academic All-State team
- Abby Barney received the Weaver-James-Corrigan Award, a postgraduate scholarship from the ACC
- The H₂Okies competed in their final meet ever at War Memorial Pool

2009-10 MEN'S TOP TIMES

Event	Time	Date
50 Freestyle		
Karl Botha	20.16 (P) 'B'	2/25
Stephen Hawkins	20.58 (P)	2/25
Richard Ulatowski	20.62 (P)	2/25
100 Freestyle		
Karl Botha	44.57 (L/S)	2/27
Andrew Rogers	45.03	2/6
Gregory Morgan	45.14 (P)	2/27
200 Freestyle		
Gregory Morgan	1:39.13	2/26
Bryan Uncur	1:39.80 (P)	2/26
Chip Hughes	1:40.22 (P)	2/26
500 Freestyle		
Blake Trabuchi-Downey	4:25.49 'B'	2/25
Bryan Uncur	4:28.16 'B'	2/25
Philip LaRosa	4:30.59	2/25
1000 Freestyle		
Blake Trabuchi-Downey	9:19.91 (S)	2/27
Philip LaRosa	9:26.23	2/27
Alex Lutterbein	9:29.76^	1/30
1650 Freestyle		
Blake Trabuchi-Downey	15:24.35 "B"	2/27
Philip LaRosa	15:36.28	2/27
Griffin Lutterbein	15:37.52	2/6
100 Backstroke		
Charlie Higgins	47.13 (P) 'B'	3/7, 3/27
Stephen Hawkins	48.79 (P) 'B'	2/26
Ryne Francis	49.55	2/26
200 Backstroke		
Charlie Higgins	1:43.72* (P) 'B'	3/28
Tom Sheranek	1:44.97 (P) 'B'	2/27
Charlie Higgins	1:45.70 'B'	2/27
100 Breaststroke		
Jonathan Huss	54.32 (P) 'B'	2/26
Scott Harkins	55.66 (P)	2/26
Nevin Cook	55.77	2/28
200 Breaststroke		
Jonathan Huss	2:00.66	2/27
Scott Harkins	2:01.42 (P)	2/27
Nevin Cook	2:01.85	2/28
100 Butterfly		
Greg Mahon	47.33 'B'	2/26
Charlie Higgins	47.96 (P)	2/26
Karl Botha	48.23 (P)	2/26
200 Butterfly		
Gregory Mahon	1:45.32 'B'	2/27
Blake Trabuchi-Downey	1:46.78 (P) 'B'	2/27
Matt Baumlner	1:47.54 (P) 'B'	2/27
200 Individual Medley		
Gregory Mahon	1:47.40* 'B'	2/25
Tom Sheranek	1:49.79 (P)	2/25
Daniel Flynn	1:50.70	2/28
400 Individual Medley		
Tom Sheranek	3:53.88 'B'	2/26
Alex Lutterbein	3:53.92 'B'	2/28
Philip LaRosa	3:57.15	2/26
200 Medley Relay		
Hawkins, Huss, Mahon, Ulatowski	1:27.67 'B'	2/24
Hawkins, Huss, Mahon, Ulatowski	1:30.96	11/20
400 Medley Relay		
Higgins, Huss, Mahon, Ulatowski	3:13.65 'B'	2/26
Higgins, Huss, Mahon, Ulatowski	3:19.98^	1/23
200 Freestyle Relay		
Botha, Hawkins, Ulatowski, Hughes	1:21.12 'B'	2/25
Francis, Ulatowski, Botha, Hawkins	1:23.05	11/19
400 Freestyle Relay		
Botha, Hughes, Ulatowski, Morgan	2:59.09 'B'	2/27
Morgan, Hughes, Ulatowski, Uncur	3:04.03^	1/23
800 Freestyle Relay		
Morgan, Hughes, Trabuchi-Downey, Uncur	6:35.35 'B'	2/24
Morgan, Uncur, Hallock, Hughes	6:48.26	11/20
1-Meter Event		
Mikey McDonald	394.28^#	10/31
Logan Shinholser	349.73	1/16
Mikey McDonald	340.95	3/26
3-Meter Event		
Mikey McDonald	427.65^	10/31
Logan Shinholser	390.60	1/16
Daniel Martin	363.30	10/21
Platform Event		
Logan Shinholser	410.55*	2/20
Mikey McDonald	326.20	2/20
Daniel Martin	315.40	2/20

2009-10 WOMEN'S TOP TIMES

Event	Time	Date
50 Freestyle		
Katarina Filova	22.91 'B'	3/18
Emily Ferguson	23.14 (P)	2/18
Kaleigh Gomes	23.38 (P)	11/19, 2/18
100 Freestyle		
Katarina Filova	49.15 (L/S) 'B'	2/17
Emily Ferguson	50.02 'B'	2/20
Kelly deMarrais	50.24	11/21
200 Freestyle		
Katarina Filova	1:45.25* 'B'	3/19
Kelly deMarrais	1:47.80 'B'	2/19
Lauren Ritter	1:48.18 'B'	3/19
500 Freestyle		
Erika Hajnal	4:40.03^* 'B'	2/18
Lauren Ritter	4:43.83 (P) 'B'	2/18
Kelly deMarrais	4:45.98 'B'	2/18
1000 Freestyle		
Erika Hajnal	9:44.42 (S)	2/20
Lauren Ritter	9:55.00 (S)	2/20
Laura Simon	10:01.71 (S)	2/20
1650 Freestyle		
Erika Hajnal	16:01.99^ 'B'	2/20
Lauren Ritter	16:23.30 'B'	2/20
Laura Simon	16:37.49 'B'	2/20
100 Backstroke		
Steffi Drechsel	55.22 'B'	2/19
Sara Shapiro	55.51 (P) 'B'	2/19
Sarah Ameen	55.94	2/6
200 Backstroke		
Lauren Haley	2:00.47^	2/6
Sara Shapiro	2:00.50 (P)	2/20
Kelly deMarrais	2:00.94	11/21
100 Breaststroke		
Sarah Losinger	1:03.06 (P)	2/19
Jessica Earl	1:03.20	2/19
Keri Sink	1:03.31	2/19
200 Breaststroke		
Jessica Earl	2:14.75 'B'	2/20
Keri Sink	2:15.91 'B'	2/20
Sarah Losinger	2:16.61 'B'	2/20
100 Butterfly		
Meaghan Holloway	55.14	2/19
Abby Barney	55.38 (P)	2/19
Kaleigh Gomes	57.09 (P)	11/20
200 Butterfly		
Erika Hajnal	1:59.18^ 'B'	11/21
Meaghan Holloway	2:02.20	2/20
Abby Barney	2:02.49 (P)	2/20
200 Individual Medley		
Jace Howanitz	2:02.22 (P)	2/18
Keri Sink	2:03.14	2/18
Paige Ayres	2:05.37	2/6
400 Individual Medley		
Erika Hajnal	4:09.33* 'B'	3/19
Laura Simon	4:20.05	2/19
Jace Howanitz	4:22.78	2/19
200 Medley Relay		
Drechsel, Earl, Barney, Ferguson	1:42.59 'B'	2/17
Drechsel, Losinger, Barney, Ferguson	1:44.71	10/31
400 Medley Relay		
Drechsel, Losinger, Holloway, Filova	3:41.65 'B'	2/19
Shapiro, Earl, Barney, Gomes	3:50.19	11/19
200 Freestyle Relay		
Filova, Ferguson, Barney, deMarrais	1:32.83	2/18
Ferguson, Gomes, Barney, Drechsel	1:34.26	11/19
400 Freestyle Relay		
Filova, deMarrais, Drechsel, Ferguson	3:17.97 'B'	2/17
deMarrais, Filova, Drechsel, Ferguson	3:23.98^ 'B'	1/23
800 Freestyle Relay		
Filova, deMarrais, Hajnal, Ritter	7:06.93* 'B'	2/17
Filova, deMarrais, Hajnal, Ritter	7:10.38 'B'	3/19
1-Meter Event		
Sarah Milton	283.27^	1/30
Sara Mokhtari	280.05	10/21
Cara Murnan	279.90^	1/16
3-Meter Event		
Sarah Milton	337.80^*	1/30
Cara Murnan	324.97	1/30
Natalie West	322.50^	10/21
Platform Event		
Sara Mokhtari	252.90*	11/21
Cara Murnan	221.60	3/14
Sarah Milton	220.25	3/14

^ 1st-Place Finish # Pool Record P - Preliminary 'B' - NCAA "B" cut * School Record S - Split L/S - Leadoff Split

Event/Record Type	Name	Time	Date
50 Freestyle			
Atlantic Coast Conference	Cullen Jones, NC State	19.07	2/22/06
Virginia Tech	Kaan Tayla	19.50	2/28/08
Christiansburg Aquatic Center	Karl Botha	20.89	10/16/10
100 Freestyle			
Atlantic Coast Conference	Scot Robison, Virginia	42.42	3/27/10
Virginia Tech	Kaan Tayla	43.30	3/31/08
Christiansburg Aquatic Center	Gregory Mahon	46.89	10/16/10
200 Freestyle			
Atlantic Coast Conference	Scot Robison, Virginia	1:32.45	2/26/10
Virginia Tech	Zac Czaplicki	1:37.05	2/24/06
Christiansburg Aquatic Center	Blake Trabuchi-Downey	1:42.30	10/16/10
500 Freestyle			
Atlantic Coast Conference	Matt McLean, Virginia	4:10.00	2/27/10
Virginia Tech	Gus Calado	4:22.50	2/19/04
Christiansburg Aquatic Center	Blake Trabuchi-Downey	4:39.81	10/16/10
1000 Freestyle			
Atlantic Coast Conference	Matt McLean, Virginia	8:46.50	2/28/09
Virginia Tech	Ben Miller	9:10.06	2/28/09
Christiansburg Aquatic Center	Alex Lutterbein	9:42.62	10/16/10
1650 Freestyle			
Atlantic Coast Conference	Matt McLean, Virginia	14:35.12	2/28/09
Virginia Tech	Caglar Gokbulut	15:15.92	2/28/09
Christiansburg Aquatic Center			
100 Backstroke			
Atlantic Coast Conference	Tommy Wyher, North Carolina	45.93	3/26/10
Virginia Tech	Charlie Higgins	46.54	2/27/09
Christiansburg Aquatic Center	Charlie Higgins	50.10	10/16/10
200 Backstroke			
Atlantic Coast Conference	Andy Hodgson, Florida State	1:41.14	2/28/09
Virginia Tech	Charlie Higgins	1:43.72	3/28/10
Christiansburg Aquatic Center	Alex Lutterbein	1:54.53	10/16/10
100 Breaststroke			
Atlantic Coast Conference	Ed Moses, Virginia	52.60	2/26/00
Virginia Tech	Kevin Furlong	53.54	2/21/03
Christiansburg Aquatic Center	Nevin Cook	57.92	10/16/10
200 Breaststroke			
Atlantic Coast Conference	Ryan Hurley, Virginia	1:53.93	3/28/09
Virginia Tech	Jonathan Huss	1:59.36	2/28/09
Christiansburg Aquatic Center	Emmett Dignan	2:12.11	10/16/10
100 Butterfly			
Atlantic Coast Conference	Tommy Wyher, North Carolina	45.57	2/26/10
Virginia Tech	Scott Beard	47.05	2/24/06
Christiansburg Aquatic Center	Charlie Higgins	51.91	10/16/10
200 Butterfly			
Atlantic Coast Conference	Michael Raab	1:42.84	3/27/10
Virginia Tech	Gus Calado	1:44.25	3/25/06
Christiansburg Aquatic Center	Trey Stewart	1:52.65	10/16/10
200 Individual Medley			
Atlantic Coast Conference	Gal Nevo, Georgia Tech	1:42.79	3/26/09
Virginia Tech	Gregory Mahon	1:47.40	2/25/10
Christiansburg Aquatic Center	Matt Baumber	1:55.52	10/16/10
400 Individual Medley			
Atlantic Coast Conference	Gal Nevo, Georgia Tech	3:38.00	3/27/09
Virginia Tech	Gus Calado	3:51.63	2/24/06
Christiansburg Aquatic Center			
200 Freestyle Relay			
Atlantic Coast Conference	Sousa, Plummer, Copeland, Robberson-GT	1:17.84	2/26/09
Virginia Tech	deToll, Hawkins , Holmes, Ulatowski	1:18.75	2/26/09
Christiansburg Aquatic Center	Francis, Botha, Mahon, Carr	1:23.76	10/16/10
400 Freestyle Relay			
Atlantic Coast Conference	Robison, Azar, Geissinger, McLean-UVa	2:51.50	2/28/09
Virginia Tech	deToll, Hawkins , Holmes, Ulatowski	2:55.49	2/28/09
Christiansburg Aquatic Center			
800 Freestyle Relay			
Atlantic Coast Conference	Azar, Robison, Karasek, McLean-UVa	6:15.02	2/25/09
Virginia Tech	Hughes, Trabuchi-Downey , Uncur , Hawkins	6:30.03	2/25/09
Christiansburg Aquatic Center			
200 Medley Relay			
Atlantic Coast Conference	Olesen, Hurley, Robertson, Robison-UVa	1:25.99	3/27/09
Virginia Tech	Higgins , Huss, deToll, Holmes	1:27.11	2/27/09
Christiansburg Aquatic Center	Hawkins, Hoisington, Botha, Ulatowski	1:31.92	10/16/10
400 Medley Relay			
Atlantic Coast Conference	Olsen, Robertson, Hurley, Robison-UVa	3:08.71	2/27/09
Virginia Tech	Higgins , Huss, deToll, Hawkins	3:11.18	2/25/09
Christiansburg Aquatic Center			

Event/Record Type	Name	Time	Date
50 Freestyle			
Atlantic Coast Conference	Sara Smith	21.96	2/19/09
Virginia Tech	Sara Smith	21.96	2/19/09
Christiansburg Aquatic Center	Emily Ferguson	23.95	10/16/10
100 Freestyle			
Atlantic Coast Conference	Sara Smith	48.10	2/21/09
Virginia Tech	Sara Smith	48.10	3/20/09
Christiansburg Aquatic Center	Steffi Drechsel	52.33	10/16/10
200 Freestyle			
Atlantic Coast Conference	Lauren Perdue, Virginia	1:43.86	2/19/10
Virginia Tech	Katarina Filova	1:45.25	3/19/10
Christiansburg Aquatic Center	Lauren Ritter	1:53.19	10/16/10
500 Freestyle			
Atlantic Coast Conference	Whitney Sprague, North Carolina	4:38.72	3/19/10
Virginia Tech	Erika Hajnal	4:40.03	2/18/10
Christiansburg Aquatic Center	Becky Flora	5:09.12	10/16/10
1000 Freestyle			
Atlantic Coast Conference	Cara Lane, Virginia	9:36.35	3/21/09
Virginia Tech	Erika Hajnal	9:40.18	1/23/10
Christiansburg Aquatic Center	Laura Simon	10:25.85	10/16/10
1650 Freestyle			
Atlantic Coast Conference	Whitney Sprague, North Carolina	15:51.02	3/21/09
Virginia Tech	Erika Hajnal	16:00.16	2/21/09
Christiansburg Aquatic Center			
100 Backstroke			
Atlantic Coast Conference	Mei Christensen, Virginia	51.58	3/20/09
Virginia Tech	Steffi Drechsel	53.66	1/23/10
Christiansburg Aquatic Center	Sarah Boyle, College of Charleston	59.81	10/16/10
200 Backstroke			
Atlantic Coast Conference	Mei Christensen, Virginia	1:52.22	2/21/09
Virginia Tech	Kelly deMarrais	1:57.50	2/21/09
Christiansburg Aquatic Center	Erika Hajnal	2:06.04	10/16/10
100 Breaststroke			
Atlantic Coast Conference	Layne Brodie, North Carolina	1:00.02	2/20/09
Virginia Tech	Jessica Botzum	1:00.56	3/20/08
Christiansburg Aquatic Center	Meaghan Holloway	1:06.03	10/16/10
200 Breaststroke			
Atlantic Coast Conference	Layne Brodie, North Carolina	2:10.04	3/20/10
Virginia Tech	Jessica Botzum	2:10.13	3/20/08
Christiansburg Aquatic Center	Meaghan Holloway	2:23.06	10/16/10
100 Butterfly			
Atlantic Coast Conference	Richelle Depold, North Carolina	52.34	2/18/97
Virginia Tech	Megan Newell	52.61	2/20/09
Christiansburg Aquatic Center	Heather Savage	57.91	10/16/10
200 Butterfly			
Atlantic Coast Conference	Megan Evo, Virginia	1:54.59	2/21/09
Virginia Tech	Megan Newell	1:58.40	2/21/09
Christiansburg Aquatic Center	Erika Hajnal	2:04.19	10/16/10
200 Individual Medley			
Atlantic Coast Conference	Megan Evo, Virginia	1:56.17	2/19/09
Virginia Tech	Jessica Botzum	2:00.53	2/15/07
Christiansburg Aquatic Center	Erika Hajnal	2:06.33	10/16/10
400 Individual Medley			
Atlantic Coast Conference	Laura Moriarty, North Carolina	4:07.66	2/19/10
Virginia Tech	Erika Hajnal	4:09.33	3/19/10
Christiansburg Aquatic Center			
200 Freestyle Relay			
Atlantic Coast Conference	Christensen, Wallace, Evo, Davis-UVa	1:29.12	3/20/09
Virginia Tech	McHorney, Newell, Drechsel , Smith	1:29.73	2/19/09
Christiansburg Aquatic Center	Gomes, Drechsel, Savage, Ferguson	1:35.96	10/16/10
400 Freestyle Relay			
Atlantic Coast Conference	Christensen, Wallace, Moores, Evo-UVa	3:15.22	2/21/09
Virginia Tech	Drechsel , McHorney, Smith, Newell	3:16.21	3/20/09
Christiansburg Aquatic Center			
800 Freestyle Relay			
Atlantic Coast Conference	Narum, Flynn, Haris, Perdue-UVa	7:04.74	2/17/10
Virginia Tech	Filova , deMarrais, Hajnal , Ritter	7:06.93	2/17/10
Christiansburg Aquatic Center			
200 Medley Relay			
Atlantic Coast Conference	Christensen, McDonnell, Smart, Davis-UVa	1:37.33	2/17/10
Virginia Tech	McHorney, Earl, Newell, Smith	1:38.56	2/18/09
Christiansburg Aquatic Center	Higgins, Holloway, Savage, Allen	1:47.64	10/16/10
400 Medley Relay			
Atlantic Coast Conference	Christensen, McDonnell, Evo, Wallace-UVa	3:32.74	3/19/09
Virginia Tech	Drechsel , Losinger, Newell, Smith	3:36.50	2/20/09
Christiansburg Aquatic Center			

Men's Diving Records

Event/Record Type	Name	Score	Date
1-Meter Diving (6 Dives)			
Atlantic Coast Conference	Nick McCrory, Duke	499.95	2/20/09
Virginia Tech	Mikey McDonald	397.90	2/26/09
Christiansburg Aquatic Center	Logan Shinholser	392.75	10/16/10
1-Meter Diving (11 Dives)			
Atlantic Coast Conference	Paul Spray, Florida State	560.25	2/14/92
Virginia Tech	Artie Waters	490.55	1985
3-Meter Diving (6 Dives)			
Atlantic Coast Conference	Reuben Ross, Miami	474.30	2/19/09
Virginia Tech	Mikey McDonald	435.15	10/20/07
Christiansburg Aquatic Center	Logan Shinholser	362.00	10/16/10
3-Meter Diving (11 Dives)			
Atlantic Coast Conference	Louis Cagnet, Florida State	621.05	2/6/99
Virginia Tech	Doug Roper	505.40	2004
Christiansburg Aquatic Center			
Platform Event (6 Dives)			
Atlantic Coast Conference	Nick McCrory, Duke	534.00	3/28/09
Virginia Tech	Logan Shinholser	410.55	2/20/10
Christiansburg Aquatic Center			
Platform Event (11 Dives)			
Virginia Tech	Doug Roper	392.00	2005

Women's Diving Records

Event/Record Type	Name	Score	Date
1-Meter Diving (6 Dives)			
Atlantic Coast Conference	Jenna Dreyer, Miami	379.98	3/3/07
Virginia Tech	Jackie Davoud	312.38	1998
Christiansburg Aquatic Center	Sarah Milton	283.75	10/16/10
1-Meter Diving (11 Dives)			
Atlantic Coast Conference	Jennie Graviss, Clemson	459.80	2/18/89
Virginia Tech	Jackie Devoud	439.05	1998
3-Meter Diving (6 Dives)			
Atlantic Coast Conference	Abby Johnston, Duke	439.70	2/19/10
Virginia Tech	Sarah Milton	337.80	1/30/10
Christiansburg Aquatic Center	Sarah Milton	310.60	10/16/10
3-Meter Diving (11 Dives)			
Atlantic Coast Conference	Agnes Gerlach, NC State	567.15	2/24/93
Virginia Tech	Laura Lunn	487.35	2005
Platform Event (6 Dives)			
Atlantic Coast Conference	Brittany Viola, Miami	367.20	3/16/08
Virginia Tech	Sara Mokhtari	252.90	11/21/09
Christiansburg Aquatic Center			
Platform Event (11 Dives)			
Virginia Tech	Laura Lunn	388.85	2005