

2010-2011 Virginia Tech Swimming & Diving

NOVEMBER 12-13, 2010 • VT AT VIRGINIA W/PRINCETON • 10 A.M.
UNIVERSITY OF VIRGINIA AQUATIC & FITNESS CENTER • CHARLOTTESVILLE, VA.

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

Date	Opponent	Time/Result
10/16	CHARLESTON	W, 168-110
10/23	Penn State	W, 181.5-118.5
11/12-13	#11 Virginia w/#25 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 (2-1)

Date	Opponent	Time/Result
10/16	CHARLESTON/RADFORD	W, 173-106/W, 175-110
10/23	Penn State	L, 113-187
11/12-13	#9 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	H ₂ Ogies
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	181-79 (12 years)
Associate Head	Braden Holloway
Head Diving Coach	Ron Piemonte
Assistant Coaches	Danielle Quarry and Reed Robelot

Last Time Out

- The H₂Ogies traveled to University Park, Pa., for a dual-meet with Penn State University. The men won 181.5-118.5, but the women lost 187-113.
- The men's team won eight titles, including five individual swimming titles, one relay title, and Logan Shinholser's second-consecutive sweep of the diving competition.
- The women won four titles, as Erika Hajnal won the 500 and the 1000 freestyle, Carissa Santora won the 1-meter springboard event, and Sarah Milton led a H₂Ogie sweep of the 3-meter springboard.
- Bryan Uncur took home two individual titles for the men, winning the 200 and the 500 freestyle events. Blake Trabuchi-Downey placed first in the 1000 freestyle, Charlie Higgins won the 100 backstroke, and Gregory Mahon took home the gold in the 100 butterfly.
- Additionally, Karl Botha, Stephen Hawkins, Michael Hallock and Matt Baumler swam to a first-place finish in the 400 freestyle relay.

Scouting Virginia

- The University of Virginia is off to a strong start in 2010-2011, as the men's team opened the season 2-0 with defeats of Florida and Navy. Florida, who finished last season ranked fifth in the country, fell to the Cavaliers, 153-145, in the Cavalier's season opener on Oct. 11. The men then defeated Navy, 156-136, on Oct. 29.
- The women opened their season with a tough, 150-148 loss to the defending national champion Florida Gators on Oct. 11.
- The Cavalier women, who finished ranked eighth in the final poll of last season, were ranked ninth in the first CSCAA poll of 2010-11, while the Cavs' men are once again ranked 11th.
- Sophomore Lauren Perdue was named the first ACC Women's Performer of the Week for 2010-2011, after posting two NCAA B qualifying times against Florida. Perdue won the 100 and 200 freestyle events and swam the leadoff leg in the winning 400 freestyle relay, which also made the NCAA B cut.
- Senior Scot Robison, who holds two individual and four relay ACC records, was named ACC Male Performer of the Week on Nov. 2 after winning three events against Navy. Robison earned titles in the 50 and 100 freestyle, posting NCAA B qualifying times in both events, and swam a leg of the first-place 200 medley relay.
- After winning their third straight ACC Championship last season, the men finished 10th at the NCAA Championships last season, posting the first back-to-back top-10 finishes in program history, as they finished ninth in 2009.

Scouting Princeton

- The Princeton Tigers will open their season this weekend at the tri-meet in Charlottesville.
- The Tigers had an outstanding season last year, as both teams went undefeated for a combined record of 14-0, finishing in first place in every invitational and winning both Ivy League Championships.
- The No. 25 men also finished last season ranked 25th in the country.
- The men's team has not lost a dual meet since Feb. 1-2, 2008, when they lost to eventual EISL champion Harvard, 213.5-139.5. The women have gone undefeated since Nov. 11, 2006, when Michigan, who went on to finish ninth at the NCAA Championships that season, defeated them 134-101.
- The women's team has won 18 Ivy League titles since 1977, coming in second place seven times, while the men have 19 first-place and 19 second-place finishes in the EISL Championships, coming in at least second place every year since 1973.

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: 269-178-2 (20 years)
Virginia Tech: 181-79 (12 years)
Women: 102-31; **Men:** 79-48

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

H₂Okie Mens Roster

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.

* Denotes team captain

H₂Okie Womens Roster

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	Reisterstown, 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.

H₂Okies in the Polls

• After both teams finished ranked in the top 25 last season, the H₂Okies have garnered respect in this season's first TYR/CSCAA national poll. The men open the season ranked 23rd in the country, while the women missed the top 25 by one vote, earning 66, just one less than No. 25 Missouri.

H₂Okies open CAC With 31 Titles, Pool Records

- The Virginia Tech H₂Okies opened the 2010-2011 season with the inaugural intercollegiate competition at the brand new Christiansburg Aquatic Center. The team started the season with a bang, winning 31 of the 32 events and inscribing Virginia Tech names in the record books in all but one event, the women's 100 backstroke, for original pool records.
- The men took home 16 titles with 12 event sweeps, while the women won 15 events, sweeping 13 of them.
- Erika Hajnal came home with the most individual titles, winning all three events she swam: the 200-yard backstroke (2:06.04), the 200 butterfly (2:04.19) and the 200 individual medley (2:06.33).
- Meagan Holloway had two individual first-place finishes, winning the 100 and 200 breaststroke, and was a member of the winning 200 medley relay team along with Caroline Higgins, Heather Savage and Morgan Allen.
- Sarah Milton and Logan Shinholser swept the diving competitions, each winning the 1-meter and 3-meter springboard events.
- Karl Botha took home three gold medals, winning the 50 free and participating in both first-place relay events.
- Alex Lutterbeinn, Blake Trabuchi-Downey and Charlie Higgins each took home two individual titles.

NCAA Zone A Qualifiers

- Logan Shinholser, Daniel Martin, Ryan Hawkins and John Trope all had outstanding first outings, qualifying for the NCAA Zone A Championships in every event they participated in. All four qualified in the 1-meter springboard, and Shinholser, Martin and Hawkins also qualified in the 3-meter. Trope, who did not compete in the 3-meter on Oct. 16, qualified on Oct. 23 at Penn State with a score of 338.40.
- Sarah Milton, who swept the home competition on Oct. 16, qualified in the 1-meter and 3-meter springboards, along with Cara Murnan. Sara Mokhtari posted a second-place finish in the 1-meter, qualifying with a 281.95.

NCAA Championship Qualifiers

- Erika Hajnal was the first H₂Okie of the season to qualify for the NCAA Championships, swimming a 4:51.82 in the 500 freestyle at Penn State and making the NCAA "B" cut (4:52.41).

Team Titles

- Tech has posted 43 first-place finishes on the season, including five relay titles, 30 individual swimming titles, and eight diving titles. The H₂Okies earned 31 first-place finishes against Charleston and Radford on Oct. 16, and added 12 at Penn State on Oct. 23.

Men's 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—Dual-310*/320^
Platform Diving Points—Dual-290*/300^

- * Qualifying point total when using 1 voluntary + 5 optional Dual Meet List
- ^ Qualifying point total when using six optional dives with standard D.D.
- # Qualifying point total when using five optional dives with standard D.D.

Women's NCAA Marks

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

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^
3-Meter Diving Points—Dual-270*/280^
Platform Diving Points—Dual-260*/225#

2010-11 MEN'S TOP TIMES

2010-11 WOMEN'S TOP TIMES

Event/Name	Time/Score	Date
50 Freestyle		
Karl Botha	20.89#^	10/16
Karl Botha	21.06	10/23
Ryne Francis	21.17 L/S	10/16
100 Freestyle		
Stephen Hawkins	46.72	10/23
Karl Botha	46.72 L/S	10/23
Gregory Mahon	46.89#^	10/16
200 Freestyle		
Bryan Uncur	1:40.86^	10/23
Blake Trabuchi-Downey	1:42.30#^	10/16
Nick Tremols	1:43.23	10/23
500 Freestyle		
Bryan Uncur	4:35.60	10/23
Blake Trabuchi-Downey	4:37.39	10/23
Blake Trabuchi-Downey	4:39.81#^	10/16
1000 Freestyle		
Blake Trabuchi-Downey	9:31.45^	10/23
Philip LaRosa	9:34.65	10/23
Alex Lutterbein	9:38.51	10/23
100 Backstroke		
Charlie Higgins	49.95^	10/23
Charlie Higgins	50.10#^	10/16
Stephen Hawkins	50.73	10/23
200 Backstroke		
Tom Sheranek	1:50.61	10/23
Ryne Francis	1:50.90	10/23
Charlie Higgins	50.73	10/23
100 Breaststroke		
Nevin Cook	57.92#^	10/16
Nevin Cook	57.96	10/23
Nathan Hoisington	59.19	10/23
200 Breaststroke		
Nathan Hoisington	2:08.53	10/23
Emmett Dignan	2:09.49	10/23
Nevin Cook	2:09.80	10/23
100 Butterfly		
Gregory Mahon	50.23^	10/23
Matt Baumler	50.44	10/23
Nick Tremols	51.21	10/23
200 Butterfly		
Matt Baumler	1:50.57	10/23
Blake Trabuchi-Downey	1:51.03	10/23
Trey Stewart	1:51.74	10/23
200 Individual Medley		
Gregory Mahon	1:55.36	10/23
Nathan Hoisington	1:55.41	10/23
Matt Baumler	1:55.52#^	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
400 Freestyle Relay		
Botha, Hawkins, Hallock, Baumler	3:05.17	10/23
Uncur, McGinnis, Tremols, Skipper	3:08.69	10/23
Francis, Ulatowski, Trabuchi-Downey, LaRosa	3:11.00	10/23
200 Medley Relay		
Hawkins, Hoisington, Botha, Ulatowski	1:31.92#^	10/16
Higgins, Cook, Botha, Francis	1:32.05	10/23
Hawkins, Hoisington, Mahon, Ulatowski	1:32.69	10/23
1-Meter Springboard		
Logan Shinholser	392.75#^ 'Z'	10/16
Ryan Hawkins	370.55 'Z'	10/16
Logan Shinholser	366.30^ 'Z'	10/23
3-Meter Springboard		
Logan Shinholser	409.20^ 'Z'	10/23
Ryan Hawkins	382.35 'Z'	10/23
Logan Shinholser	362.00#^ 'Z'	10/16

Event	Time/Score	Date
50 Freestyle		
Emily Ferguson	23.80	10/23
Emily Ferguson	23.95#^	10/16
Kaleigh Gomes	23.99	10/16
100 Freestyle		
Katarina Filova	51.94 L/S	10/23
Katarina Filova	52.25	10/23
Steffi Drechsel	52.31	10/23
200 Freestyle		
Katarina Filova	1:50.00	10/23
Lauren Ritter	1:53.19#^	10/16
Addie Carne	1:53.92	10/23
500 Freestyle		
Erika Hajnal	4:51.82^ 'B'	10/23
Lauren Ritter	5:00.55	10/23
Laura Simon	5:04.63	10/23
1000 Freestyle		
Erika Hajnal	10:07.79^	10/23
Lauren Ritter	10:12.61	10/23
Laura Simon	10:17.13	10/23
100 Backstroke		
Steffi Drechsel	57.44	10/23
Brittany Boone	59.82	10/16
Aubree Duncan	59.88	10/23
200 Backstroke		
Erika Hajnal	2:06.04#^	10/16
Keri Sink	2:07.52	10/16
Brittany Boone	2:07.93	10/23
100 Breaststroke		
Keri Sink	1:04.70	10/23
Meaghan Holloway	1:06.03#^	10/16
Natalie Leake	1:07.86	10/23
200 Breaststroke		
Keri Sink	2:19.78	10/23
Meaghan Holloway	2:23.06#^	10/16
Abby Houchin	2:26.84	10/23
100 Butterfly		
Meaghan Holloway	56.67	10/23
Heather Savage	57.27	10/23
Heather Savage	57.91#^	10/16
200 Butterfly		
Erika Hajnal	2:01.42	10/23
Meaghan Holloway	2:02.69	10/23
Erika Hajnal	2:04.19#^	10/16
200 Individual Medley		
Erika Hajnal	2:06.33#^	10/16
Keri Sink	2:06.99	10/23
Keri Sink	2:08.63	10/16
200 Freestyle Relay		
Gomes, Drechsel, Savage, Ferguson	1:35.96#^	10/16
Leake, Ritter, Allen, Ault	1:38.87	10/16
400 Freestyle Relay		
Filova, Drechsel, Savage, Ferguson	3:28.14	10/23
Gomes, Ritter, Sepanski, Flora	3:34.30	10/23
Ault, Allen, Houchin, Leake	3:39.37	10/23
200 Medley Relay		
Drechsel, Sink, Holloway, Ferguson	1:45.56	10/23
Higgins, Holloway, Savage, Allen	1:47.64#^	10/16
Duncan, Leake, Savage, Gomes	1:48.02	10/23
1-Meter Springboard		
Carissa Santora	288.97^ 'Z'	10/23
Sarah Milton	283.75#^ 'Z'	10/16
Sara Mokhtari	281.95 'Z'	10/16
3-Meter Springboard		
Sarah Milton	333.00^ 'Z'	10/23
Sarah Milton	310.60#^ 'Z'	10/16
Cara Murnan	307.10 'Z'	10/16

^ 1st-Place Finish # Pool Record P - Preliminary * School Record (S) - Split L/S - Leadoff Split
 'A' - NCAA "A" cut 'B' - NCAA "B" cut '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 back 52.45 50 freestyle 21.04
 100 freestyle 45.67 200 freestyle 1:45.78

Nevin Cook

100 breast 55.77 200 breast 2:01.85
 200 IM 1:55.96 400 IM 4:12.33
 100 back 52.85 200 back 1:56.72

Emmett Dignan

100 breast 59.40 200 breast 2:09.49

Ryne Francis

50 freestyle 20.91
 100 back 49.55 200 back 1:47.09

Michael Hallock

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

Ryan Hawkins

1-meter 370.55 3-meter 382.35

Stephen Hawkins

50 freestyle 20.58 100 freestyle 46.18
 100 back 48.79

Garrett Hehn

100 freestyle 50.77 500 freestyle 5:18.57

Charlie Higgins

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

Nathan Hoisington

100 breast 59.19 200 breast 2:08.53
 200 IM 1:55.41

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 breast 1:02.27 200 breast 2:14.37

Alex Lutterbein

500 freestyle 4:35.37 1000 freestyle 9:29.76
 200 back 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 back 51.05 200 back 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

100 back 51.67 200 back 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 back 51.99 200 back 1:44.97
 200 IM 1:49.79 400 IM 3:53.88
 100 butterfly 53.57 100 breast 1:04.50
 200 freestyle 1:47.88

Logan Shinholser

1-meter 392.75 3-meter 409.20
 Platform 410.55

Adam Skipper

100 breast 57.30 200 breast 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 back 50.29 200 back 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 51.21 200 butterfly 1:56.89
 200 freestyle 1:43.23

John Trope

1-meter 300.25 3-meter 338.40

Richard Ulatowski

50 freestyle 20.62 100 freestyle 45.32
 100 breast 58.00 100 back 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.....58.31 200 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 IM2:05.37
100 butterfly.....58.37

England Barimo

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

Brittany Boone

100 back59.82 200 back 2:07.93

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 back59.88 200 back 2:09.60

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 back2:00.47
200 IM2:06.33 400 IM4:09.33

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 IM2:06.92

Abby Houchin

100 breast1:07.90 200 breast 2:26.84
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 IM4:22.78

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 breast1:07.86 200 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.....288.97 3-meter..... 292.05
Platform.....206.95

Heather Savage

50 freestyle.....24.15 100 butterfly..... 57.27

Andrea Sawchuk

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

Rachel Sepanski

100 freestyle.....54.43 200 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 IM4:20.05
200 back2:09.21

Keri Sink

100 breast1:03.31 200 breast 2:15.91
200 IM2:03.14 400 IM4:29.76
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 IM4:24.68
100 breast1:10.04 200 breast 2:20.06
200 freestyle.....2:01.45

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