

2010-2011 Virginia Tech Swimming & Diving

JANUARY 22, 2011 • RICHMOND AT VIRGINIA TECH (WOMEN ONLY)
CHRISTIANSBURG AQUATIC CENTER • CHRISTIANSBURG, VA.

2010-11 Men's Schedule/Results (3-0)

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	2nd/3 (718 pts)
11/18-20	Volunteer Invitational (Knoxville, Tenn.)	2nd/4 (975.5 pts)
1/15	WILLIAM & MARY (Seniors & Parents Day)	W, 162-117
1/28	#19 Louisville w/ #12 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**
All home events will be held at the Christiansburg Aquatic Center

2010-11 Women's Schedule/Results (3-1)

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	2nd/3 (619.5 pts)
11/18-20	Volunteer Invitational (Knoxville, Tenn.)	1st/4 (1,118 pts)
1/15	WILLIAM & MARY (Seniors & Parents Day)	W, 160-121
1/22	RICHMOND	1 p.m.
1/28	#17 Louisville w/ #14 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**
All home events will be held at the Christiansburg Aquatic Center

Quick Facts

Location Blacksburg, Va.
Founded 1872
Enrollment 31,000
Colors Chicago maroon and burnt orange
Nickname H₂Okiess
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 183-79 (12+ years)
Associate Head Braden Holloway
Head Diving Coach Ron Piemonte
Assistant Coaches Danielle Quarry and Reed Robelot

Last Time Out

- The H₂Okiess returned home last Saturday to host a dual meet with William & Mary on Seniors and Parents Day. Tech earned a sweep of the Tribe, as the men won 162-117 and the women won 160-121.

- Virginia Tech took home titles in 29 of the 32 events, with 15 event sweeps including all four diving competitions, while breaking 20 pool records at the CAC.

- Heather Savage led the H₂Okie women, winning the 50, 100 and 200 freestyle events. She was the only swimmer of the day to earn three individual titles. Savage then earned Virginia Tech Athlete of the Week honors for her spectacular performance.

- Karl Botha and Matt Baumler each earned three titles as well. Botha led sweeps of the 100 and 200 fly, and teamed up with Baumler, Adam Skipper and Gregory Mahon for a sweep of the 200 free relay. Additionally, Baumler won the 200 free and the 200 medley relay, along with Skipper, Charlie Higgins and Nevin Cook.

- All five seniors on the women's team earned at least one title on senior day, as the four swimmers, Morgan Allen, Lauren Ritter, Steffi Drechsel and Kaleigh Gomes came in first in the 200 medley relay. Ritter also won the 500 free and Drechsel took home gold in the 200 backstroke.

- Sarah Milton and Logan Shinholser led sweeps of the 1-meter and 3-meter diving events.

- Richard Ulatowski represented the men's senior class, earning titles and setting pool records in the 50 and the 100 free.

Scouting Richmond

- The Virginia Tech women are 12-0 all-time against the University of Richmond. The two teams last faced off in a tri-meet hosted by North Carolina on Nov. 6, 2004, where Tech won, 192-178.

- After losing to Old Dominion and UNC-Wilmington in a tri-meet on Oct. 9 to open the season, the Spiders went on to win their next six straight, including defeating Tech's recent foe William & Mary, 176-122, on Oct. 29.

- The Spiders closed out 2010 by placing fifth out of eight teams in the Terrapin Invitational, held at the University of Maryland.

- Saturday's meet will be the first for Richmond in 2011.



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: 271-178-2 (20+ years)
Virginia Tech: 183-79 (12+ years)
Women: 103-31; **Men:** 80-48

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
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.
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.

H₂Okies in the Polls

- After both teams finished ranked in the top 25 last season, the H₂Okies garnered respect in this season's first TYR/CSCAA national poll. The men opened the season ranked 23rd in the country, while the women missed the top 25 by one vote, earning 66 points, which was just one less than No. 25 Missouri.
- The men's team dropped out of the top 25 in the second poll, which was released on Dec. 15. The male H₂Okies are now 27th in the country, while the women are 28th.

Heather Savage Named Virginia Tech Athlete of the Week

- Sophomore transfer Heather Savage became the first H₂Okie of the season to earn Virginia Tech Athlete of the Week honors after a spectacular outing on Jan. 15 against William & Mary.
- Savage was the only swimmer of the day to take home three individual titles, winning all three events she swam: the 50, 100 and 200 freestyle.
- Additionally, she set new CAC records in the 50 and the 100.

Shinholser Breaks Pool, School Platform Record

- At the Volunteer Invitational on Nov. 20, Logan Shinholser scored a 436.90 in the first platform diving competition of the season. Shinholser's impressive mark handed him a gold medal at the meet and set a new all-time record at the Jones Aquatic Center. Additionally, he broke Virginia Tech's school record, a record which he himself set last season at the ACC Championships.

Women Win, Men Take Second at Volunteer Invitational

- The H₂Okies traveled to Knoxville, Tenn., on Nov. 18-20 to compete in the Volunteer Invitational. Tech took on Tennessee, Alabama and Kentucky.
- The women had an outstanding weekend, coming in first with 1,118 points, ahead of No. 11 Tennessee in second, who scored 918 points. They earned five titles, including two individual swimming titles for Erika Hajnal, and broke three pool records: the 400 IM (Hajnal), the 200 free (Filova) and the 800 freestyle relay (Filova, Ritter, Hajnal, Howanitz). Additionally, Cara Murnan finished first on the platform.
- The No. 23 men took second at the meet, with 975.5 points, behind No. 16 Alabama (1,191 points) and ahead of No. 15 Tennessee (932.5 points). The Wildcats finished fourth in both competitions. Logan Shinholser broke Tennessee's pool record in the platform diving event, while breaking Virginia Tech's school record, which he himself set at last year's ACC Championships. Charlie Higgins took home the only swimming title for the men, swimming a "B" cut time of 48.58 in the 100 backstroke.

Tech Places Second at No. 11/9 Virginia

- The H₂Okies traveled to Charlottesville, Va., on Nov. 12-13 to face No. 11/9 Virginia and No. 25/NR Princeton. The Cavaliers dominated the meet, finishing ahead of the second-place H₂Okies and the third-place Tigers in both competitions.
- Tech came away with eight titles in the meet, including a win in all four diving competitions, with three sweeps.
- Erika Hajnal led the 26th-ranked women's team, earning a pair of NCAA "B" cut, first-place finishes, winning the 400 individual medley and the 1650 freestyle.

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#

- Stephen Hawkins and Trey Stewart each picked up a title for the 23rd-ranked men's team, as Hawkins won the 100 backstroke and Stewart took the gold in the 200 fly.
- The men's diving team swept both diving events, with Ryan Hawkins winning the 1-meter springboard and Logan Shinholser winning the 3-meter. Sarah Milton led a sweep of the 3-meter for the women, while Carissa Santora took home the gold in the 1-meter event.

H₂Okies Split at Penn State

- The H₂Okies 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 H₂Okie 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.

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 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 and 200 breaststroke, and was a member of the winning 200 medley relay team along with

Men's TYR/CSCAA Poll

(Released Jan. 17, 2011)

Rk.	School	Pts.	Prev.
1.	Texas (22)	779	1
2.	Arizona (3)	722	2
3.	Stanford (1)	707	3
4.	California (4)	678	4
5.	Florida	658	5
6.	Auburn (1)	617	6
7.	Southern California (1)	562	9
8.	Ohio State	537	7
9.	North Carolina	424	12
10.	Tennessee	398	15
11.	Georgia	396	11
12.	Indiana	394	14
13.	Michigan	386	8
14.	Virginia	380	10
15.	Minnesota	379	13
16.	UNLV	278	16
17.	Alabama	276	17
18.	Florida State	224	19
19.	Louisville	213	18
20.	Texas A&M	182	20
21.	Purdue	166	21
22.	Louisiana State	135	23
23.	South Carolina	77	24
24.	Iowa	76	22
25.	Princeton	64	25

Also Receiving Votes: Southern Methodist 41, **Virginia Tech 32**, Navy 28, Texas Christian 23, Wisconsin-Madison 19, Harvard 16, UC-Santa Barbara 15, Missouri 14, **Georgia Tech 14**, **Kentucky 11**, Oakland 9, Hawaii 9, California Poly 7, **Penn State 6**, Bakersfield 4, La Salle 4, Michigan State 4, **North Carolina State 4**, Denver 3, Air Force 3, **Clemson 2**, **Maryland 2**, East Carolina 1, Pittsburgh 1.

Women's TYR/CSCAA Poll

(Released Jan. 17, 2011)

Rk.	School	Pts.	Prev.
1.	Stanford (33)	1,057	1
2.	Georgia (7)	1,029	2
3.	Texas	933	3
T4.	Southern California (3)	931	5
T4.	California (1)	931	4
6.	Florida	894	6
7.	Arizona	837	7
8.	Texas A&M	792	8
9.	Virginia	698	9
10.	Tennessee	657	12
11.	North Carolina	629	11
12.	Auburn	626	10
13.	Minnesota	572	13
14.	Indiana	537	14
15.	Michigan	423	15
16.	Wisconsin-Madison	395	16
17.	Louisville	340	17
18.	Ohio State	282	19
19.	Arkansas	261	18
20.	Purdue	185	20
21.	Southern Methodist	174	21
22.	UCLA	151	23
23.	Louisiana State	144	22
24.	San Diego State	102	24
25.	Florida State	96	25

Also Receiving Votes: Arizona State 72, Missouri 46, **Virginia Tech 31**, **Alabama 28**, **Penn State 28**, Bakersfield 23, Notre Dame 21, **Princeton 20**, Harvard 18, **Kentucky 18**, Northwestern 16, UNLV 14, UC-Santa Barbara 12, **Maryland 12**, Brigham Young 11, Kansas 11, Florida Gulf Coast 9, Ohio 9, Miami (Ohio) 8, South Carolina, Columbia 8, Boise State 6, Iowa 6, Yale 6, Nebraska 4, San Jose State 4, East Carolina 2, Fresno State 2, Villanova 2, California Poly 1, Denver 1, **Duke 1**, Oakland 1, Pittsburgh 1, Texas Christian 1, Toledo 1, Wyoming 1.

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 Lutterbein, 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. On Oct. 23, Carissa Santora joined her teammates as a qualifier in the 1-meter, earning a 288.97 at Penn State, and later qualified in the 3-meter with a 300.38 against William & Mary.
- The H₂Okies competed in the platform diving event for the first time at the Volunteer Invitational on Nov. 20. Logan Shinholser set a new Tech record and a new pool record for Tennessee with a first-place finish in the event, scoring a 436.90 and qualifying for the diving championships. Ryan Hawkins, who placed second in the event, also earned a qualifying score with 361.90 points.

NCAA Championship Qualifiers

- Erika Hajnal was the first H₂Okie of the season to earn an NCAA qualifying time, swimming a 4:51.82 in the 500 freestyle at Penn State and making the NCAA "B" cut (4:52.41). She then added two more "B" cut times on Nov. 12-13 at Virginia, with her pair of first-place finishes in the



400 IM (4:15.90) and the 1650 free (16:35.67).

- The H₂Okies swam a ton of "B" cut times at the Volunteer Invitational on Nov. 18-20, as four of Hajnal's teammates qualified provisionally as individuals along with five relay squads.
- Charlie Higgins was the first men's swimmer to earn a "B" cut time, swimming a 48.58 in the 100 backstroke.
- Katarina Filova, Lauren Ritter and Brittany Boone all qualified as individuals in at least one event at the Volunteer Invitational. Filova swam "B" cut times in the 100 free (49.97), the 200 free (1:47.15) and the 500 free (4:46.34), Ritter qualified in the 200 free (1:48.53), the 500 free (4:46.66) and the 1650 free (16:28.45), and Brittany Boone earned a "B" cut time in the 200 back (1:58.91).
- The H₂Okies then had five relay teams swim "B" cut times at the Volunteer Invite. Charlie Higgins, Nevin Cook, Gregory Mahon and Richard Ulatowski swam a "B" cut time of 1:29.68 in the 200 medley relay, placing second, and then Karl Botha, Stephen Hawkins, Richard Ulatowski and Michael Hallock earned a "B" cut time of 3:00.53 in the final race of the weekend, the 400 freestyle relay.
- The women's team qualified in all three freestyle relay events at the Volunteer Invitational. Katarina Filova, Kaleigh Gomes, Heather Savage and Emily Ferguson swam a 1:32.69 in the 200 free relay, Steffi Drechsel, Ferguson, Gomes and Filova swam a 3:22.85 in the 400, and Filova, Ritter, Hajnal and Jace Howanitz set a new pool record in the 800 free relay with a "B" cut time of 7:18.10.

Team Titles

- Tech has posted 87 first-place finishes on the season, including nine relay titles, 64 individual swimming titles, and 18 diving titles.
- The H₂Okies earned 31 first-place finishes against Charleston and Radford on Oct. 16, added 12 at Penn State on Oct. 23 and eight more on Nov. 12-13 at Virginia.
- Tech then earned seven gold medals while setting four new pool records on Nov. 18-20 at the Volunteer Invitational.
- The H₂Okies returned home to win 29 titles against William & Mary on Jan. 15, while breaking 20 pool records.

2010-11 MEN'S TOP TIMES

2010-11 WOMEN'S TOP TIMES

Event/Name	Time/Score	Date
50 Freestyle		
Richard Ulatowski	20.66	11/18
Richard Ulatowski	20.77 P	11/18
Richard Ulatowski	20.82^	1/15
100 Freestyle		
Karl Botha	45.13 L/S	11/20
Richard Ulatowski	45.22 P	11/20
Karl Botha	45.40 P	11/20
200 Freestyle		
Bryan Uncur	1:40.27 P	11/19
Zach McGinnis	1:40.58	11/19
Bryan Uncur	1:40.86^	10/23
500 Freestyle		
Bryan Uncur	4:30.38	11/18
Bryan Uncur	4:31.36 P	11/18
Philip LaRosa	4:31.54	11/18
1000 Freestyle		
Blake Trabuchi-Downey	9:31.45^	10/23
Philip LaRosa	9:34.65	10/23
Blake Trabuchi-Downey	9:36.26 (S)	11/20
1650 Freestyle		
Philip LaRosa	15:43.32	11/20
Philip LaRosa	15:54.86	11/13
Blake Trabuchi-Downey	15:54.90	11/20
100 Backstroke		
Charlie Higgins	48.58^	11/19
Zach McGinnis	49.20	11/19
Zach McGinnis	49.45 L/S	11/18
200 Backstroke		
Charlie Higgins	1:48.45	11/20
Gregory Mahon	1:48.78 P	11/20
Tom Sheranek	1:48.80 P	11/20
100 Breaststroke		
Nevin Cook	56.39	11/19
Nevin Cook	57.08 P	11/19
Emmett Dignan	57.23	11/19
200 Breaststroke		
Emmett Dignan	2:03.58	11/20
Emmett Dignan	2:05.53 P	11/20
Nevin Cook	2:06.64	11/20
100 Butterfly		
Gregory Mahon	48.78 P	11/19
Gregory Mahon	49.32	11/19
Karl Botha	49.32	11/19
200 Butterfly		
Matt Baumler	1:48.17	11/20
Trey Stewart	1:48.92 P	11/20
Trey Stewart	1:49.21	11/20
200 Individual Medley		
Nathan Hoisington	1:50.80	11/18
Gregory Mahon	1:50.98 P	11/18
Nathan Hoisington	1:51.15 P	11/18
400 Individual Medley		
Alex Lutterbein	3:56.25	11/19
Philip LaRosa	3:58.40	11/19
Alex Lutterbein	3:59.40	11/12

Event/Name	Time/Score	Date
50 Freestyle		
Katarina Filova	23.48 L/S	11/18
Emily Ferguson	23.54	11/18
Kaleigh Gomes	23.66	11/18
100 Freestyle		
Katarina Filova	49.97 'B'	11/20
Emily Ferguson	50.58	11/20
Katrina Filova	50.81 P	11/20
200 Freestyle		
Katarina Filova	1:47.15#^ 'B'	11/19
Katarina Filova	1:48.37 L/S 'B'	11/19
Lauren Ritter	1:48.53 P 'B'	11/19
500 Freestyle		
Erika Hajnal	4:44.02^ 'B'	11/18
Katarina Filova	4:46.34 'B'	11/18
Lauren Ritter	4:46.66 'B'	11/18
1000 Freestyle		
Erika Hajnal	9:50.08 (S)	11/20
Lauren Ritter	9:52.87 (S)	11/20
Erika Hajnal	10:05.87 (S)	11/13
1650 Freestyle		
Erika Hajnal	16:10.60 'B'	11/20
Lauren Ritter	16:28.45 'B'	11/20
Erika Hajnal	16:35.67^ 'B'	11/13
100 Backstroke		
Steffi Drechsel	55.18	11/19
Brittany Boone	56.21	11/19
Steffi Drechsel	56.28 L/S	11/18
200 Backstroke		
Brittany Boone	1:58.91 'B'	11/20
Brittany Boone	2:00.63 P	11/20
Aubree Duncan	2:03.67	11/20
100 Breaststroke		
Keri Sink	1:03.67	11/19
Keri Sink	1:03.69 P	11/19
Meaghan Holloway	1:03.90	11/19
200 Breaststroke		
Keri Sink	2:16.99	11/20
Meaghan Holloway	2:19.05 P	11/20
Keri Sink	2:19.16 P	11/20
100 Butterfly		
Meaghan Holloway	55.47	11/19
Heather Savage	55.47 P	11/19
Heather Savage	56.24	11/19
200 Butterfly		
Erika Hajnal	2:00.75 P	11/20
Meaghan Holloway	2:00.85	11/20
Meaghan Holloway	2:01.02 P	11/20
200 Individual Medley		
Keri Sink	2:03.70	11/18
Meaghan Holloway	2:04.59	11/18
Keri Sink	2:04.93 P	11/18
400 Individual Medley		
Erika Hajnal	4:10.37#^ 'B'	11/19
Erika Hajnal	4:15.90 'B'	11/12
Erika Hajnal	4:21.25 P	11/19

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

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

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

MEN'S RELAY TOP TIMES

Event/Name	Time/Score	Date
200 Freestyle Relay		
Botha, Hawkins, Francis, Ulatowski	1:21.91	11/18
Baumler, Botha, Skipper, Mahon	1:23.03 [^] #	1/15
Botha, Hawkins, Francis, Mahon	1:23.12	11/12
400 Freestyle Relay		
Botha, Hawkins, Ulatowski, Hallock	3:00.53 'B'	11/20
Botha, Hawkins, Mahon, Hallock	3:04.44	11/13
Botha, Hawkins, Hallock, Baumler	3:05.17	10/23
800 Freestyle Relay		
Uncur, Hallock, Tremols, Trabuchi-Downey	6:48.02	11/19
McGinnis, Baumler, LaRosa, Munster	6:48.06	11/19
Uncur, Tremols, Hallock, Baumler	6:54.17	11/12
200 Medley Relay		
Higgins, Cook, Mahon, Ulatowski	1:29.68 'B'	11/19
McGinnis, Dignan, Botha, Hawkins	1:30.41	11/19
Higgins, Cook, Baumler, Skipper	1:31.83 [^] #	1/15
400 Medley Relay		
Higgins, Cook, Mahon, Botha	3:20.35	11/18
Francis, Hoisington, Mahon, Botha	3:23.55	11/12
Hawkins, Dignan, Baumler, Hallock	3:35.51	11/12

WOMEN'S RELAY TOP TIMES

Event	Time/Score	Date
200 Freestyle Relay		
Filova, Gomes, Savage, Ferguson	1:32.69	11/18
Gomes, Drechsel, Savage, Ferguson	1:35.96 [^] #	10/16
Gomes, Ferguson, Savage, Drechsel	1:36.07	11/12
400 Freestyle Relay		
Drechsel, Ferguson, Gomes, Filova	3:22.85 'B'	11/20
Filova, Drechsel, Savage, Ferguson	3:28.14	10/23
Savage, Howanitz, Allen, Ritter	3:28.21	11/20
800 Freestyle Relay		
Filova, Ritter, Hajnal, Howanitz	7:18.10 [^] # 'B'	11/19
Sepanski, Flora, Carne, Simon	7:33.32	11/19
Hajnal, Howanitz, Ritter, Carne	7:36.93	11/12
200 Medley Relay		
Drechsel, Sink, Savage, Ferguson	1:42.80 'B'	11/19
Boone, Leake, Holloway, Gomes	1:44.65	11/19
Drechsel, Sink, Savage, Ferguson	1:45.37	11/12
400 Medley Relay		
Boone, Houchin, Savage, Gomes	3:50.48	11/18
Drechsel, Sink, Holloway, Ferguson	3:50.53	11/12
Duncan, Houchin, Savage, Ritter	3:56.76	11/12

MEN'S DIVING TOP SCORES

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	
Logan Shinholser	405.00 [^] # 'Z'	1/15	
Ryan Hawkins	393.75 'Z'	1/15	
Platform			
Logan Shinholser	436.90* [^] # 'Z'	11/20	
Ryan Hawkins	361.90 'Z'	11/20	
Daniel Martin	281.5	11/20	

WOMEN'S DIVING TOP SCORES

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	
Platform			
Cara Murnan	246.20 [^]	11/20	
Carissa Santora	215.60	11/20	
Sarah Milton	204.35	11/20	

[^] 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

H₂OOKIE MEN ATOP THE ACC

H₂OOKIE WOMEN ATOP THE ACC

100 Backstroke			
1. Tommy Wyher, UNC	11/18-11/20	47.79 B#	
2. Charlie Higgins	11/18-11/20	48.58 B	
7. Zach McGinnis	11/12-11/13	49.20	
10. Gregory Mahon	11/18-11/20	49.89	
200 Backstroke			
1. Brad Morrison, FSU	11/23	1:46.36 B	
10. Charlie Higgins	11/18-11/20	1:48.45	
100 Breaststroke			
1. Rob Holderness, FSU	10/4-10/9	52.76 A*	
10. Nevin Cook	11/18-11/20	56.39	
100 Butterfly			
1. Tommy Wyher, UNC	11/6	48.15 B	
5. Gregory Mahon	11/18-11/20	48.78	
200 Butterfly			
1. Tom Luchsinger, UNC	11/18-11/20	1:45.10 B	
6. Matt Baumler	11/18-11/20	1:48.17	
8. Trey Stewart	11/18-11/20	1:48.92	
400 Individual Medley			
1. Tyler Harris, UNC	11/18-11/20	3:46.92 B	
7. Alex Lutterbein	11/18-11/20	3:56.25	
1-Meter Diving			
1. Nick McCrory, Duke	10/23	413.77 Z	
3. Logan Shinholser	10/16	392.75 Z	
5. Ryan Hawkins	10/16	370.55 Z	
8. Daniel Martin	10/16	361.30 Z	
3-Meter Diving			
1. Nick McCrory, Duke	10/29	440.48 Z	
3. Logan Shinholser	10/23	409.20 Z	
5. Ryan Hawkins	1/15	393.75 Z	
9. Daniel Martin	10/16	360.65 Z	
Platform Diving			
1. Logan Shinholser	11/18-11/20	436.90 Z	
4. Ryan Hawkins	11/18-11/20	361.90 Z	
10. Daniel Martin	11/18-11/20	281.15	

100 Freestyle			
1. Lauren Purdue, UVa	12/3-12/5	48.16 B	
7. Katarina Filova	11/18-11/20	49.97 B	
200 Freestyle			
1. Lauren Purdue, UVa	12/3-12/5	1:44.12 B	
2. Katarina Filova	11/18-11/20	1:47.15 B	
10. Lauren Ritter	11/18-11/20	1:48.53 B	
500 Freestyle			
1. Stephanie Peacock, UNC	11/18-11/20	4:38.54 B	
5. Erika Hajnal	11/18-11/20	4:44.02 B	
7. Katarina Filova	11/18-11/20	4:46.34 B	
8. Lauren Ritter	11/18-11/20	4:46.66 B	
1650 Freestyle			
1. Ashley Twichell, Duke	11/18-11/20	16:09.86 B	
2. Erika Hajnal	11/18-11/20	16:10.60 B	
7. Lauren Ritter	11/18-11/20	16:28.45 B	
100 Backstroke			
1. Carly Smith, UNC	11/18-11/20	53.34 B#	
9. Steffi Drechsel	11/18-11/20	55.18 B	
200 Backstroke			
1. Stephanie Sarandos, FSU	11/23	1:55.87 B	
7. Brittany Boone	11/18-11/20	1:58.91 B	
100 Breaststroke			
1. Layne Brodie, UNC	11/18-11/20	1:00.52 B	
9. Keri Sink	11/18-11/20	1:03.67	
200 Butterfly			
1. Rachel Naurath, UVa	12/3-12/5	1:57.76 B	
7. Erika Hajnal	11/18-11/20	2:00.75	
9. Meaghan Holloway	11/18-11/20	2:00.85	
400 Individual Medley			
1. Claire Crippen, UVa	12/3-12/5	4:09.83 B	
2. Erika Hajnal	11/18-11/20	4:10.37 B	
1-Meter Diving			
1. Kelsey Goodman, FSU	11/23	332.40 Z	
10. Carissa Santora	10/23	288.97 Z	
3-Meter Diving			
1. Abby Johnston, Duke	11/18-11/20	751.50 Z	
5. Sarah Milton	10/23	333.00 Z	
Platform Diving			
1. Carrie Dragland, Miami	12/2-12/4	288.85 Z	
5. Cara Murnan	11/18-11/20	246.20	
9. Carissa Santora	11/18-11/20	215.60	
10. Sarah Milton	11/18-11/20	204.35	

* Times converted from meters to yards
 # Leadoff Split
 A = A Standard
 B = B Standard
 Z = Qualified for Zone Championships

Men's ACC Standings			
(As of Jan. 18, 2011)			
Rk.	Team	ACC	Overall
1.	NC State	3-0	5-0
2.	North Carolina	2-0	6-0
	Florida State	2-0	7-1
4.	Duke	1-1	3-2
5.	Clemson	1-2	4-3
6.	Virginia Tech	0-0	3-0
	Virginia	0-0	4-1
	Boston College	0-0	9-5
9.	Georgia Tech	0-3	4-6
	Maryland	0-3	1-7
	Miami	-- DIVING ONLY --	--

Women's ACC Standings			
(As of Jan. 18, 2011)			
Rk.	Team	ACC	Overall
1.	Florida State	3-0	9-1
2.	North Carolina	2-0	5-1
3.	NC State	2-1	5-1
	Maryland	2-1	7-2
5.	Clemson	1-2	3-4
6.	Virginia	0-0	2-2
	Virginia Tech	0-0	3-1
	Boston College	0-0	8-8
9.	Miami	0-1	7-1
10.	Duke	0-2	3-3
11.	Georgia Tech	0-3	4-6

Matt Baumler

50 freestyle..... 21.10 100 freestyle..... 46.80
 200 freestyle..... 1:42.59 500 freestyle..... 4:48.44
 100 back 53.78 100 butterfly..... 48.53
 200 butterfly..... 1:47.54 200 IM 1:50.91

Karl Botha

50 freestyle..... 20.16 100 freestyle..... 44.57
 100 back 53.75 100 butterfly..... 48.23
 200 butterfly..... 1:49.57

Nevin Cook

50 freestyle..... 21.83 100 back51.29*
 200 back 1:48.76 100 breast 55.77
 200 breast 2:01.85 200 IM 1:49.21
 400 IM 3:54.14

Emmett Dignan

50 freestyle..... 21.48 100 freestyle.....46.60*
 100 breast 57.23 200 breast 2:03.58
 200 IM 1:57.50

Ryne Francis

50 freestyle..... 20.91 100 freestyle.....46.76*
 200 freestyle..... 1:42.16 500 freestyle..... 4:32.95
 100 back 49.55 200 back 1:47.09

Michael Hallock

50 freestyle..... 21.63 100 freestyle..... 45.98
 200 freestyle..... 1:40.31 100 back 50.18

Ryan Hawkins

1-meter..... 370.55 Platform..... 361.90
 3-meter..... 393.75

Stephen Hawkins

50 freestyle..... 19.83 100 freestyle..... 43.96
 200 freestyle..... 1:37.08 100 back 48.79
 100 butterfly..... 50.36

Garrett Hehn

50 freestyle..... 22.42 100 freestyle..... 49.05
 200 freestyle..... 1:52.55 100 butterfly..... 52.95
 200 IM 2:00.91

Charlie Higgins

50 freestyle..... 21.11 100 freestyle.....47.67*
 200 freestyle.....1:48.38* 100 back 46.54#
 200 back 1:43.72# 100 butterfly..... 47.96

Nathan Hoisington

100 breast 58.04 200 breast 2:06.76
 200 IM 1:50.80 400 IM 4:02.76

Philip LaRosa

500 freestyle..... 4:30.59 1000 freestyle..... 9:24.10^
 1650 freestyle..... 15:32.03 200 butterfly..... 1:53.84
 200 IM 1:57.31 400 IM 3:57.15

Danny Loftus

100 breast 1:00.19 200 breast 2:09.87
 200 IM 1:56.24

Alex Lutterbein

500 freestyle..... 4:32.86 1000 freestyle..... 9:29.76
 1650 freestyle..... 15:56.85 200 back 1:50.66
 400 IM 3:53.92

Greg Mahon

50 freestyle..... 21.46 100 freestyle..... 46.89
 200 freestyle..... 1:43.79 100 breast 58.13
 100 back 49.89 200 back 1:48.78
 100 butterfly..... 47.33 200 butterfly..... 1:45.32
 200 IM 1:47.40#

Daniel Martin

1-meter..... 361.30 Platform..... 315.40
 3-meter..... 363.30

Zach McGinnis

50 freestyle..... 21.17 100 freestyle..... 46.40
 200 freestyle.....1:40.58* 100 back 49.20
 200 back 1:48.97

Greg Morgan

50 freestyle..... 20.66 100 freestyle..... 45.14
 200 freestyle..... 1:39.06 100 butterfly..... 51.58

Ben Munster

200 freestyle..... 1:43.47 500 freestyle..... 4:36.04
 1000 freestyle..... 9:41.64^ 1650 freestyle..... 16:04.97

Tom Sheranek

200 back 1:44.97 200 IM 1:49.79
 400 IM 3:53.88

Logan Shinholser

1-meter..... 392.75 Platform..... 436.90#
 3-meter..... 409.20

Adam Skipper

50 freestyle..... 21.03 100 freestyle..... 47.48
 100 breast 57.30 200 IM 1:52.03

Trey Stewart

50 freestyle..... 21.43 200 freestyle.....1:42.67*
 500 freestyle..... 4:26.80 100 back 49.27
 100 butterfly..... 49.37 200 butterfly..... 1:45.76
 200 IM 1:53.32 400 IM 4:01.49

Blake Trabuchi-Downey

200 freestyle..... 1:41.22 500 freestyle..... 4:23.46
 1000 freestyle..... 9:19.76^ 1650 freestyle..... 15:24.35
 200 butterfly..... 1:46.55

Nick Tremols

200 freestyle..... 1:41.63 100 butterfly..... 49.58
 200 butterfly..... 1:49.33 200 IM 1:52.91

John Trope

1-meter..... 300.45 Platform..... 256.10
 3-meter..... 338.40

Rich Ulatowski

50 freestyle..... 20.00 100 freestyle..... 44.61
 200 freestyle..... 1:43.55 100 back 53.80
 100 breast 57.78 100 butterfly..... 54.49

Bryan Uncur

50 freestyle..... 21.54 100 freestyle..... 46.43
 200 freestyle..... 1:38.16 500 freestyle..... 4:23.41
 1000 freestyle..... 9:11.54^ 1650 freestyle..... 15:19.04

Chris Verboncoeur

50 freestyle..... 22.27 100 freestyle..... 48.83
 100 back 54.97 100 butterfly..... 52.22

* Denotes Leadoff Split
 ^ Denotes Split
 # Denotes School Record

Morgan Allen

50 freestyle.....24.10 100 freestyle 52.80

Kameron Ansley

200 freestyle.....1:59.52 100 butterfly 57.05^
200 butterfly.....2:04.86 200 IM..... 2:09.66

Sarah Ault

50 freestyle.....24.04 100 freestyle 51.86
100 back57.15 200 back..... 2:13.77

England Barimo

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

Brittany Boone

100 back56.21 200 back..... 1:58.91
200 IM2:10.57

Addie Carne

50 freestyle.....24.67 100 freestyle 52.39
200 freestyle.....1:51.73 100 butterfly 57.51
200 butterfly.....2:04.55 200 IM..... 2:06.55

Steffi Drechsel

50 freestyle.....22.90 100 freestyle49.35*
100 back 53.66#* 200 back..... 2:04.46
100 butterfly.....56.21

Aubree Duncan

50 freestyle.....25.74 100 freestyle 54.71
100 back58.53 200 back..... 2:03.67
200 IM2:10.97

Emily Ferguson

50 freestyle.....23.10 100 freestyle 50.02
200 freestyle.....1:50.46 100 breast 1:04.32

Katarina Filova

50 freestyle.....22.91 100 freestyle49.15*
200 freestyle.....1:45.25# 500 freestyle 4:46.34
100 back 58.45*

Becky Flora

50 freestyle.....25.16 100 freestyle 52.27
200 freestyle.....1:50.84 500 freestyle 4:52.25

Kaleigh Gomes

50 freestyle.....23.00 100 freestyle 51.05
200 freestyle.....1:54.79 100 butterfly 56.16

Erika Hajnal

200 freestyle.....1:48.97* 500 freestyle 4:40.03#
1000 freestyle..... 9:40.18^ 1650 freestyle 16:00.16#
200 back2:05.57 200 butterfly 1:59.18
200 IM2:06.33 400 IM..... 4:09.33#
200 breast2:25.84

Caroline Higgins

50 freestyle.....25.21 100 back..... 1:01.44
200 back2:06.36

Meaghan Holloway

100 breast1:03.90 200 breast 2:19.05
100 butterfly55.14 200 butterfly 2:00.85
200 IM2:04.59

Abby Houchin

50 freestyle.....25.26 200 freestyle 1:56.77
100 breast1:06.55 200 breast 2:20.36
200 IM2:10.04

Jace Howanitz

50 freestyle.....24.64 100 freestyle 51.40
200 freestyle.....1:51.26 100 back..... 59.24
200 back2:06.35 100 breast 1:04.39
100 butterfly.....57.48 200 butterfly 2:06.42
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 2:03.06
200 IM2:06.72 400 IM..... 4:36.66

Natalie Leake

50 freestyle.....24.95 100 breast 1:06.13
200 breast2:24.73

Sarah Milton

1-meter.....285.53 Platform 204.35
3-meter.....337.80#

Sara Mokhtari

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

Cara Murnan

1-meter.....279.90 Platform 247.65
3-meter.....324.97

Adrienne Pilchard

500 freestyle.....5:07.56 1000 freestyle 10:40.19
1650 freestyle.....17:43.88 100 breast 1:10.22
200 breast2:27.78 400 IM..... 4:32.76

Lauren Ritter

100 freestyle.....51.64 200 freestyle 1:48.18
500 freestyle.....4:43.83 1000 freestyle 9:52.87^
1650 freestyle.....16:23.30 400 IM..... 4:22.38
100 breast1:07.61

Carissa Santora

1-meter.....288.97 Platform 215.60
3-meter.....300.38

Heather Savage

50 freestyle.....23.83 100 freestyle 51.44
200 freestyle.....1:53.55 100 butterfly 55.47

Andrea Sawchuk

1-meter.....252.53 Platform 196.80
3-meter.....261.38

Rachel Sepanski

50 freestyle.....24.61 100 freestyle 52.57
200 freestyle.....1:51.94 500 freestyle 4:58.06

Laura Simon

500 freestyle.....4:53.79 1000 freestyle 10:01.71^
1650 freestyle.....16:37.49 200 back..... 2:07.03
200 IM2:08.24 400 IM..... 4:20.05

Keri Sink

200 back2:07.52 100 breast 1:03.31
200 breast2:15.91 200 butterfly 2:06.82
200 IM2:03.14 400 IM..... 4:22.05

Katie Steeves

200 breast2:20.06 200 butterfly 2:05.05
200 IM2:09.65 400 IM..... 4:24.68

* Denotes Leadoff Split
^ Denotes Split
Denotes School Record

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	20.82	1/15/11
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	Richard Ulatowski	46.38	1/15/11
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	Blake Trabuchi-Downey	9:36.83	1/15/11
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	Kemp Pettyjohn, LY	16:41.36	11/14/10
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	Gregory Mahon	1:52.33	1/15/11
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	57.59	1/15/11
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	Bill Young, YWNC	2:03.54	11/13/10
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	Karl Botha	49.70	1/15/11
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	Karl Botha	1:51.19	1/15/11
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 Baumler	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	Alex Lutterbein	4:03.31	1/15/11
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	Baumler , Botha , Skipper , Mahon	1:23.03	1/15/11
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	Higgins , Cook , Baumler , Skipper	1:31.83	1/15/11
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	Heather Savage	23.83	1/15/11
100 Freestyle			
Atlantic Coast Conference	Sara Smith	48.10	2/21/09
Virginia Tech	Sara Smith	48.10	3/20/09
Christiansburg Aquatic Center	Heather Savage	52.24	1/15/11
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	Remedy Rule, SMAC	4:58.05	11/12/10
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	Erkia Hajnal	10:09.42	1/15/11
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	Jessica Arnold, SMAC	18:01.21	11/14/10
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	Steffi Drechsel	57.57	1/15/11
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	Hailey Hewitt, William & Mary	2:02.64	1/15/11
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	Keri Sink	1:04.34	1/15/11
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	Keri Sink	2:20.96	1/15/11
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	Kameron Ansley	57.21	1/15/11
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	Erika Hajnal	4:25.67	1/15/11
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	Drechsel, Ritter, Gomes, Allen	1:46.50	1/15/11
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	405.00	1/15/11
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	436.90	11/20/10
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