

# 2010-2011 Virginia Tech Swimming & Diving

## MEN'S ATLANTIC COAST CONFERENCE SWIMMING CHAMPIONSHIPS FEBRUARY 23-26, 2011 • GEORGIA TECH AQUATIC CENTER • ATLANTA, GA.

### 2010-11 Men's Schedule/Results (5-2)

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	<b>WILLIAM &amp; MARY (Seniors &amp; Parents Day)</b>	W, 162-117
1/28	#18 Louisville w/ #13 Indiana	L, 154-146/L, 189.5-110.5
1/29	Cincinnati w/Kentucky	W, 255-42/W, 197-99
2/5-6	<b>VIRGINIA TECH INVITATIONAL</b>	All Day
2/16-19	Men's ACC Diving Championships (Atlanta, Ga.)	All Day
2/23-26	Men's ACC Swimming 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 (6-3)

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	<b>WILLIAM &amp; MARY (Seniors &amp; Parents Day)</b>	W, 160-121
1/22	<b>RICHMOND</b>	W, 173-121
1/28	#16 Louisville w/ #14 Indiana	L, 205-95/L, 172-113
1/29	Cincinnati w/Kentucky	W, 193-106/W, 159-135
2/5-6	<b>VIRGINIA TECH INVITATIONAL</b>	All Day
2/16-19	Women's ACC Championships (Atlanta, Ga.)	5th/11 (358 pts)
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** ..... H<sub>2</sub>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/swimming  
**Team Twitter** ..... VT\_Swim  
**Media Contact** ..... Marla Glasser  
**Contact Email** ..... marla@vt.edu

### Coaching Staff

**Head Coach** ..... Ned Skinner (LSU, '89)  
**Skinner's Record at Tech** ..... 188-83 (12+ years)  
**Associate Head** ..... Braden Holloway  
**Head Diving Coach** ..... Ron Piemonte  
**Assistant Coaches** ..... Danielle Quarry and Reed Robelot

### Atlantic Coast Conference Championships

- The 2011 Atlantic Coast Conference Swimming and Diving Championships will be held at the Georgia Tech Aquatic Center in Atlanta, Ga., over two consecutive weekends. The women's swimming and diving championships, along with the men's diving championships, took place on Feb. 16-19, while the men's swimming championships will occur on Feb. 23-26.

- Up-to-date information on the ACC Championships including live streaming video and results can be found on the ACC Championships Central Web site at: [www.theacc.com/championships/11-swimming-diving-championship.html](http://www.theacc.com/championships/11-swimming-diving-championship.html).

### Championship Schedule of Events

#### Wednesday, Feb. 23

200 Medley Relay -- 6 p.m.  
 800 Free Relay -- 7 p.m.

#### Thursday, Feb. 24

Prelims -- 11 a.m.

500 Free, 200 IM, 50 Free

Finals -- 7 p.m.

500 Free, 200 IM, 50 Free

\*\*25 minute intermission\*\*

200 Free Relay

#### Friday, Feb. 25

Prelims -- 11 a.m.

400 IM, 100 Fly, 200 Free, 100 Breast, 100 Back

Finals -- 7 p.m.

400 IM, 100 Fly, 200 Free, 100 Breast, 100 Back

\*\*25 minute intermission\*\*

400 Medley Relay

#### Saturday, Feb. 26

Prelims -- 11 a.m.

200 Back, 100 Free, 200 Breast, 200 Fly

1650 Free -- 4 p.m.

Finals -- 7 p.m.

1650 Free -- Final Heat

200 Back, 100 Free, 200 Breast, 200 Fly

\*\*25 minute intermission\*\*

400 Free Relay

### 2011 Men's Diving Results

- Ryan Hawkins and Logan Shinholser shined last weekend in the diving portion of the Men's ACC Championships. Hawkins, a freshman, earned three top-five finishes, placing fourth in both springboard events and fifth on the platform to pick up 44 big points for the H<sub>2</sub>Ogies.

- Shinholser finished fifth on the 3-meter and eighth on the 1-meter before picking up Tech's first ever ACC diving title, taking home the gold on the platform with a finals score of 449.15.

- At the conclusion of the diving portion, the H<sub>2</sub>Ogies sit in second place in the ACC with 114 points. Florida State finished atop the standings, earning 154 points, while Duke is currently in third with 79, heading into the swimming portion of the meet.

### 2010 Men's ACC Championships

- Virginia Tech's men finished fourth (417.5 pts) at the 2010 ACC Championships while the women came in fifth (385.5 pts). Virginia won both competitions, with 877.5 points for the women and 806 for the men.

- Logan Shinholser had the highest finish for the men, earning a silver medal on the platform, while Charlie Higgins and Gregory Mahon finished third in the 100 back and 100 fly, respectively.

## 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:** 276-182-2 (20+ years)  
**Virginia Tech:** 188-83 (12+ years)  
**Women:** 106-33; **Men:** 82-50

### 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

# H<sub>2</sub>Okie 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

# H<sub>2</sub>Okie 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	Fairfax, Va.
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.

## H<sub>2</sub>Okies in the Polls

- After both teams finished ranked in the top 25 last season, the H<sub>2</sub>Okies 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, 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. In the most recent poll, the men jumped back up to 30th, but the women dropped all the way down to 48th.

## Savage, Hajnal, Shinholser Named Athletes of the Week

- Sophomore transfer Heather Savage became the first H<sub>2</sub>Okie 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.
- Erika Hajnal earned VT Athlete of the Week and ACC Performer of the Week honors on Jan. 31, after her strong performances in the Midwest tri-meets. It marks her second ACC honor (Oct. 27, 2009) and third VT honor (2010 ACC and NCAA Championships).
- Hajnal earned two silver medals against No. 14 Indiana and No. 16 Louisville on Jan. 28, breaking pool records in the 500 and 1000 free. She then won all three races she swam the following morning against Cincinnati and Kentucky, finishing first in the 500 and 1000 free and the 200 fly.
- Logan Shinholser was an automatic qualifier for Virginia Tech Athlete of the week on Feb. 21 after earning a gold medal at the ACC Championships on the platform diving event. Shinholser is Tech's first ever ACC diving champion.

## Women Finish Fifth at 2011 ACC Championships

- For the second year in a row, the Virginia Tech women's swimming and diving team placed fifth at the Atlantic Coast Conference Championships with a total of 358 points. The University of Virginia captured its fourth consecutive and ninth overall championship, earning a total of 776 points. North Carolina, who was in first place heading into the final day of competition, finished second with 734, and Florida State took third (417).
- Erika Hajnal was Tech's most lucrative swimmer, finishing in at least sixth in all three of her races and earning 44 points for Tech. She earned a bronze medal and All-ACC recognition in the 400 IM, came in fourth in the 1650 free and finished sixth in the 500 free.
- Keri Sink earned 25.5 points for the H<sub>2</sub>Okies, tying for seventh in the 100 breast and finishing 10th in both the 200 breast and 400 IM.
- Lauren Ritter picked up 25 points for Tech, finishing seventh in the 200 free, 10th in the 1650 free and 11th in the 500 free.
- Meaghan Holloway earned Tech 18 points with a seventh-place finish in the 200 fly and an 11th-place finish in the 100 fly, while Heather Savage earned an additional 15.5, placing eighth in the 100 fly and tied for 12th in the 50 free.
- Katarina Filova then scored 13 points for the H<sub>2</sub>Okies, placing ninth in the 200 free, 14th in the 100 free and 16th in the 50 free.
- Sarah Milton picked up significant points in all three diving events, finishing ninth on the 1-meter and platform and 10th on the 3-meter, for a total of 25 points.
- Carissa Santora earned 22 big points for the H<sub>2</sub>Okies with a pair of eighth-place finishes on the 3-meter and platform, and Cara Murnan set a new Tech record on the platform, earning 13 points with a sixth-place finish (264.30).

## 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 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
100 Butterfly	:46.04	:48.34
200 Butterfly	1:42.95	1:48.09
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 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
100 Butterfly	:52.02	:54.62
200 Butterfly	1:54.95	2:00.69
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#





Logan Shinholser

**Shinholser Becomes Tech's First ACC Diving Champion**

• On Feb. 19, Logan Shinholser once again broke his own school record, scoring a 449.15 in the finals of the platform diving event, to become the first ever ACC Diving Champion at Virginia Tech. After finishing second in the preliminary round with a 401.60 behind Duke's Nick McCrory, Logan hit six fantastic dives to beat out Florida State's Lando Marzullo (441.25) for the platform title. Shinholser placed second in the event last season as a freshman.

- Shinholser is the first Tech diver to win a conference title since Tech joined the ACC in 2004, and the only H<sub>2</sub>Okie to ever win the platform event. The last diver to win a conference title before him was Jackie Davoud, who won the 1-meter and 3-meter springboard events at the Atlantic 10 Championships in 1996, 1998 and 1999.
- Tech had three male conference champions, all on the 1-meter springboard, back when the H<sub>2</sub>Ogies were members of the Southern Conference. Billy Walker earned Tech's first ever conference event title, winning the 1-meter springboard in 1938. J.V. Blondell was the Southern Conference Champion in 1959, and Bruce Reynolds won the event in 1965. Shinholser is thus the first male diver to earn a conference title in 46 years.

**Ryan Hawkins Impresses at ACCs**

- Freshman Ryan Hawkins had a tremendous outing at the Men's ACC Diving Championships on Feb. 17-19. Hawkins earned three top-five finishes to earn 44 big points for the Virginia Tech men.
- Hawkins began the weekend by breaking the 400-point mark for the first time, earning a fourth-place finish on the 3-meter springboard with a score of 402.95. He missed the podium by just one spot yet again the next day, finishing fourth on the 1-meter with a score of 365.85. The rookie then finished out the competition with a fifth-place finish on the platform, scoring a personal-best mark of 385.30.

**Men's TYR/CSCAA Poll**

(Released Feb. 9, 2011)

Rk.	School (First Place Votes)	Pts.	Prev.
1.	California (27)	836	1
2.	Stanford (3)	817	2
3.	Auburn (4)	790	3
4.	Texas (1)	787	4
5.	Florida	733	5
6.	Arizona	714	6
7.	Southern California	631	8
<b>8.</b>	<b>Tennessee</b>	<b>593</b>	<b>7</b>
9.	Michigan	551	13
T10.	Georgia	526	9
T10.	Ohio State	526	11
<b>12.</b>	<b>Virginia</b>	<b>483</b>	<b>10</b>
<b>13.</b>	<b>North Carolina</b>	<b>454</b>	<b>12</b>
<b>14.</b>	<b>Indiana</b>	<b>427</b>	<b>13</b>
15.	Minnesota	356	15
16.	UNLV	266	17
<b>17.</b>	<b>Alabama</b>	<b>234</b>	<b>16</b>
18.	Texas A&M	233	19
<b>19.</b>	<b>Louisville</b>	<b>208</b>	<b>18</b>
20.	Purdue	190	23
<b>21.</b>	<b>Florida State</b>	<b>180</b>	<b>20</b>
22.	Louisiana State	123	21
23.	South Carolina	106	22
24.	U. S. Naval Academy	81	25
25.	Iowa	63	24

**Also Receiving Votes:** Harvard 58, **Princeton 53**, UC-Santa Barbara 39, Southern Methodist 30, **Virginia Tech 27**, **Kentucky 24**, Oakland 20, Notre Dame 14, **Penn State 14**, Northwestern 13, Cal Poly 12, Michigan State 11, Hawaii 10, Missouri 8, Eastern Michigan 7, Texas Christian 7, California State-Bakersfield 5, Wisconsin 5, **Clemson 4**, Old Dominion 4, Army 4, Bucknell 2, East Carolina 1, Lehigh 1, Pennsylvania 1, Wyoming 1.

**Women's TYR/CSCAA Poll**

(Released Feb. 9, 2011)

Rk.	School (First Place Votes)	Pts.	Prev.
1.	Stanford (34)	1,016	1
2.	Georgia (3)	925	2
3.	Auburn	872	5
4.	California (1)	854	4
5.	Texas	854	6
6.	Southern California (1)	799	3
7.	Arizona (1)	735	7
8.	Florida	735	8
<b>9.</b>	<b>Tennessee</b>	<b>699</b>	<b>10</b>
10.	Texas A&M	649	9
<b>11.</b>	<b>Virginia</b>	<b>610</b>	<b>11</b>
<b>12.</b>	<b>North Carolina</b>	<b>543</b>	<b>12</b>
13.	Minnesota	500	13
<b>14.</b>	<b>Indiana</b>	<b>458</b>	<b>14</b>
<b>15.</b>	<b>Louisville</b>	<b>368</b>	<b>16</b>
16.	Michigan	322	15
17.	Wisconsin	316	17
18.	Arkansas	281	20
19.	Ohio State	252	18
20.	Purdue	251	19
21.	UCLA	240	21
<b>22.</b>	<b>Florida State</b>	<b>175</b>	<b>NR</b>
23.	Southern Methodist	138	22
24.	San Diego State	116	24
25.	Arizona State	113	25

**Also Receiving Votes:** Penn State 107, Louisiana State 98, **Georgia Tech 53**, Missouri 43, Notre Dame 30, Brigham Young 27, **Princeton 27**, **Alabama 19**, UC-Davis 19, **North Carolina State 19**, **Kentucky 18**, Florida Gulf Coast 15, Ohio 15, Oregon State 10, South Carolina 10, Navy 10, San Jose State 9, Wyoming 9, UNLV 8, Utah 8, East Carolina 6, Kansas 6, **Virginia Tech 6**, Buffalo 5, Cal Poly 5, **Maryland 5**, Boston University 4, UC-Santa Barbara 4, Nebraska 4, Towson 4, Yale 4, Boise State 3, **Miami (Florida) 3**, UW-Green Bay 3, **UNC Wilmington 3**, West Virginia 3, **Duke 2**, Harvard 2, Colgate 1, Miami (Ohio) 1, Nevada 1, Rice 1, Toledo 1.

\* Tech's 2010-11 opponents (including all ACC teams) in bold



### Tech Hosts First Annual Virginia Tech Invitational

- On Feb. 5-6, the H<sub>2</sub>Okies closed out the regular season by hosting the first annual Virginia Tech Invitational at the brand new Christiansburg Aquatic Center. Small squads from James Madison, UNC Wilmington, Georgia Tech, VMI and Washington and Lee participated in the two-day invite.
- The H<sub>2</sub>Okies took home 14 gold medals at the event, with a Tech swimmer winning every event in which a H<sub>2</sub>Okie swam in the finals and there were more than two swimmers competing.
- Freshman Rachel Sepanski had a stellar weekend, earning three gold medals, finishing first in the 100, 200 and 500 freestyle events. Classmate Natalie Leake then went on to win both breaststroke events, while fellow-rookie Caroline Higgins won both backstroke events.
- Senior Morgan Allen, competing in the final meet of her Tech career, finished first in the 50 free and second, right behind Sepanski, in the 100 free.
- Michael Hallock earned two golds and a silver on the weekend, winning the 100 free and the 100 back, while placing second in the 50 free. Hallock swam the 100 back in 48.61 to become the second H<sub>2</sub>Okie male of the season to swim an NCAA B cut (Charlie Higgins, 100 back, 48.58).
- Adam Skipper, Nathan Hoisington, Chris Verboncoeur and Ben Munster won the final four events for the men. Skipper won the 50 free, Hoisington won the 100 breast, Verboncoeur finished first in the 100 fly and Munster brought it home in the 500 free.

### H<sub>2</sub>Okies Earn Four Victories in Final Tri-Meet

- After a four tough losses the night before, the H<sub>2</sub>Okies rebounded with four big wins over Cincinnati and Kentucky on Saturday, Jan. 29 to finish out the dual-meet portion of the regular season. The wins give the men a final record of 5-2, while the women finish 6-3.
- Tech won 18 of the 32 events on Saturday, with nine wins apiece for the men and the women.
- Erika Hajnal and Blake Trabuchi-Downey led the way for the H<sub>2</sub>Okies, each winning all three events they swam. Both swimmers earned golds in the 500 and 1000 freestyle and the 200 fly.
- Katarina Filova and Keri Sink were the only other H<sub>2</sub>Okies to earn multiple titles, as Filova finished first in the 100 and 200 free and Sink won both breaststroke events.

### Tech Swept by Nationally-Ranked Louisville, Indiana

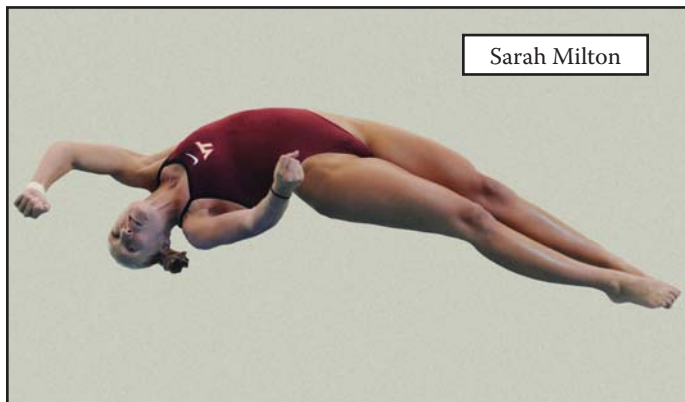
- The H<sub>2</sub>Okies took on No. 18/16 Louisville and No. 13/14 Indiana on Friday, Jan. 28, in the toughest head-to-head competition of the 2010-11 season. Logan Shinholser had an outstanding night in the diving competition, but the nationally-ranked teams proved too much for the H<sub>2</sub>Okies, who ended up 0-4 on the night.
- Logan Shinholser won both competitions he participated, earning a 334.10 on the 1-meter springboard and a 385.40 on the 3-meter.
- Matt Baumler had an impressive night, earning Tech's only swimming title as well as two silver medals. Baumler began with a second-place finish in the 200 fly, followed by another second-place finish in the 100 free. He then finished his night by leading a H<sub>2</sub>Okie sweep of the 100 fly, finishing in 49.14.
- No Tech woman earned a first-place finish at the tough tri-meet, but the Lady H<sub>2</sub>Okies did take home three silver and four bronze medals. Erika Hajnal led the charge, finishing second and breaking Louisville pool records in the 500 and the 1000 freestyle. Lauren Ritter followed close behind, finishing third in the 1000 and fourth in the 500. Heather Savage then earned a silver medal in the 100 fly.
- Keri Sink and Katarina Filova earned the final two individual medals, finishing third in the 100 breast and 50 free, respectively. Filova then teamed up with Steffi Drechsel, Kaleigh Gomes and Addie Carne for a third-place finish in the 200 free relay.

### Tech Women Defeat Richmond in Final Home Dual

- The Virginia Tech women hosted the Spiders of the University of Richmond in the H<sub>2</sub>Okies' final dual meet of the season at the CAC. Tech came out victorious, winning 12 of the 16 events for a 173-121 victory.
- Erika Hajnal led the charge, earning first-place finishes while breaking CAC records and leading Tech sweeps in all three events she swam: the 500 free, the 1000 free and the 200 butterfly.
- Keri Sink and Heather Savage both earned three titles as well. Sink won the 100 breast and the 200 IM and teamed up with Savage, Steffi Drechsel and Kaleigh Gomes in the 200 medley relay. Savage also won the 100 fly and the 400 free relay, along with Drechsel, Gomes and Lauren Ritter.
- Addie Carne and Aubree Duncan earned Tech's final two swimming titles, winning the 200 free and the 200 back.
- Sara Mokhtari and Carissa Santora led a H<sub>2</sub>Okie sweep of the diving competition, as Mokhtari won the 1-meter and Santora won the 3-meter.







Sarah Milton

### H<sub>2</sub>Okies Sweep Tribe on Seniors and Parents Day

- The H<sub>2</sub>Okies 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 H<sub>2</sub>Okie women, winning the 50, 100 and 200 freestyle events. She was the only swimmer of the day to earn three individual titles.
- 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 100 free.

### 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 H<sub>2</sub>Okies 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 pts) and ahead of No. 15 Tennessee (932.5 pts). 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 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 H<sub>2</sub>Okies 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 H<sub>2</sub>Okies 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.
- 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.

### H<sub>2</sub>Okies Split at Penn State

- The H<sub>2</sub>Okies 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 H<sub>2</sub>Okie 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.



Erika Hajnal

**H<sub>2</sub>Okies Open CAC With 31 Titles, Pool Records**

- The Virginia Tech H<sub>2</sub>Okies 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 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, Cara Murnan, Sara Mokhtari and Carissa Santora have all earned qualifying scores in both springboard events.
- Milton, who swept the home competition on Oct. 16, qualified in the 1-meter and 3-meter springboards, along with Murnan. Mokhtari posted a second-place finish in the 1-meter at the home opener, qualifying with a 281.95. On Oct. 23, 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. Mokhtari then qualified in the 3-meter, scoring a 284.70 on Jan. 28.
- The H<sub>2</sub>Okies 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 H<sub>2</sub>Okie 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 H<sub>2</sub>Okies swam several "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 at the Volunteer Invitational.
- 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 H<sub>2</sub>Okies 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.
- Four new female swimmers swam "B" cut times at the ACC Championships. Meaghan Holloway and Heather Savage both qualified in the 100 fly, swimming 54.59 and 54.13, respectively, and Savage added a "B" cut in the 50 free (23.01).
- Laura Simon swam "B" cut times in the 500 (4:51.55) and 1650 free (16:30.45), and Keri Sink qualified in both breaststroke events, swimming a 1:01.98 in the 100 and a 2:14.26 in the 200, as well as hitting a 4:17.21 in the 400 IM.

**Team Titles**

- Tech has posted 135 first-place finishes on the season, comprising 11 relay titles, 101 individual swimming titles and 23 diving titles.
- The women have earned 71 gold medals, while the men have 64 first-place finishes.
- The H<sub>2</sub>Okies 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 H<sub>2</sub>Okies returned home to win 29 titles against William & Mary on Jan. 15, while breaking 20 pool records, and the women then earned 12 more against Richmond on Jan. 22, breaking eight additional records.
- Tech finished out the dual-meet season with a trip to the Midwest for two tough tri-meets. The men picked up three titles against No. 16 Louisville and No. 14 Indiana. Tech then earned 18 individual swimming titles, nine apiece, against Cincinnati and Kentucky.
- The H<sub>2</sub>Okies earned 14 more titles at the VT Invitational on Feb. 5-6, eight for the women and six for the men.
- Logan Shinholser earned Tech's first ever ACC diving title, setting a new school record with a 449.15 on the platform.

**WOMEN'S ACC CHAMPIONSHIPS + MEN'S DIVING - FEB. 16-19, 2011**

**Event 1: 200 Medley Relay**

1. Smith, Brodie, Nolan, Kane-North Carolina	1:37.89&B
7. Drechsel, Sink, Savage, Gomes	1:41.93 B

**Event 2: 800 Free Relay**

1. Naurath, Shaw, Moores, Perdue-Virginia	7:03.00%B
4. Filova, Carne, Hajnal, Ritter	7:13.23 B

**Event 3: 500 Freestyle**

1. Stephanie Peacock, North Carolina	4:40.17	4:36.86%A
6. Erika Hajnal	4:44.34	4:43.15 B
11. Lauren Ritter	4:46.29	4:47.33 B

**Event 5: 50 Freestyle**

1. Annie Fittin, Maryland	22.11	22.11 B
12. Heather Savage	23.02	23.01 B
16. Katarina Filova	23.12	23.16

**Event 6: 1-Meter Diving**

1. Abby Johnston, Duke	344.10	361.85%
9. Sarah Milton	265.90	
15. Sara Mokhtari	255.80	

**Event 7: 200 Free Relay**

1. Perdue, Davis, Flynn, Lloyd-Virginia	1:29.21%B
7. Savage, Filova, Gomes, Drechsel	1:32.89

**Event 8: 400 IM**

1. Claire Crippen, Virginia	4:12.27	4:07.29%A
<b>3. Erika Hajnal</b>	<b>4:13.81</b>	<b>4:10.96 B</b>
10. Keri Sink	4:18.85	4:17.21 B

**Event 9: 100 Butterfly**

1. Megan Lafferty, Maryland	52.44	52.39%B
8. Heather Savage	54.14	54.13 B
11. Meaghan Holloway	55.18	54.59 B

**Event 10: 200 Freestyle**

1. Lauren Perdue, Virginia	1:43.86	1:43.73%A
7. Lauren Ritter	1:47.64	1:48.62 B
9. Katarina Filova	1:47.70	1:47.34 B

**Event 11: 100 Breaststroke**

1. Sofia Johansson, Miami	1:01.61	1:00.85 B
7. Keri Sink	1:01.98	1:02.40 B

**Event 13: 3-Meter Diving**

1. Abby Johnston, Duke	395.50	429.05
8. Carissa Santora	286.15	277.00
10. Sarah Milton	282.15	

**Event 14: 400 Medley Relay**

1. Smith, Brodie, Nolan, Kane-North Carolina	3:33.60&B
5. Drechsel, Sink, Savage, Filova	3:40.64 B

**Event 15: 1650 Freestyle**

1. Ashley Twichell, Duke	15:54.15%B
4. Erika Hajnal	16:14.03 B
9. Laura Simon	16:30.45 B
10. Lauren Ritter	16:32.95 B
14. Becky Flora	16:55.02

**Event 17: 100 Freestyle**

1. Lauren Perdue, Virginia	48.28	47.88%B
14. Katarina Filova	50.17	50.37
16. Steffi Drechsel	50.47	50.80

**Event 18: 200 Breaststroke**

1. Layne Brode, North Carolina	2:11.86	2:10.56 B
10. Keri Sink	2:14.91	2:14.26 B

**Event 19: 200 Butterfly**

1. Rachel Naurath, Virginia	1:56.78	1:55.88 B
7. Meaghan Holloway	2:00.94	2:00.83
13. Dana Kalnins	2:02.40	2:01.64
15. Addie Carne	2:02.28	2:02.92
16. Kameron Ansley	2:02.89	2:03.28

**Event 20: Platform Diving**

1. Haley Ishimatsu, Duke	312.25	351.65
6. Cara Murnan	249.75	264.30^
8. Carissa Santora	243.80	209.10
9. Sarah Milton	233.60	
14. Sara Mokhtari	216.80	

**Event 21: 400 Free Relay**

1. Perdue, Moores, Lloyd, Davis-Virginia	3:15.68 B
6. Savage, Filova, Drechsel, Ritter	3:22.19 B

**Men's 1-Meter Diving**

1. Nick McCrory, Duke	419.50	440.30
4. Ryan Hawkins	351.35	365.85
8. Logan Shinholser	347.75	317.65
11. John Trope	310.50	
12. Daniel Martin	309.85	

**Men's 3-Meter Diving**

1. Nick McCrory, Duke	415.70	475.80
4. Ryan Hawkins	372.90	402.95
5. Logan Shinholser	407.80	401.80
14. John Trope	331.90	
15. Daniel Martin	322.70	

**Men's Platform Diving**

<b>1. Logan Shinholser</b>	<b>401.60</b>	<b>449.15^</b>
5. Ryan Hawkins	381.35	385.30
9. Daniel Martin	324.15	

% = ACC Meet Record	^ = VT School Record
# = ACC Conference Record	A = A Standard
& = GT Pool Record	B = B Standard

**Final Women's Team Standings**

Rk.	Team	Points
1.	Virginia	776
2.	North Carolina	734
3.	Florida State	417
4.	Maryland	397
<b>5.</b>	<b>Virginia Tech</b>	<b>358</b>
6.	Miami	349
7.	Duke	262.5
8.	NC State	159.5
9.	Georgia Tech	153
10.	Clemson	151
11.	Boston College	60

**Men's Standings (Diving only)**

Rk.	Team	Points
1.	Florida State	154
<b>2.</b>	<b>Virginia Tech</b>	<b>114</b>
3.	Duke	79
4.	Georgia Tech	48
5.	North Carolina	37
6.	Virginia	18
7.	Maryland	0
	NC State	0
	Clemson	0
	Boston College	0



**2010-11 MEN'S TOP TIMES**

**2010-11 WOMEN'S TOP TIMES**

<b>Event/Name</b>	<b>Time/Score</b>	<b>Date</b>
<b>50 Freestyle</b>		
Richard Ulatowski	20.55	1/29
Adam Skipper	20.60 <sup>^</sup> #	2/5
Richard Ulatowski	20.66	11/18
<b>100 Freestyle</b>		
Karl Botha	45.13 L/S	11/20
Richard Ulatowski	45.22 P	11/20
Karl Botha	45.40 P	11/20
<b>200 Freestyle</b>		
Michael Hallock	1:39.52 <sup>#</sup> P	2/5
Bryan Uncur	1:40.27 P	11/19
Michael Hallock	1:40.35	1/28
<b>500 Freestyle</b>		
Bryan Uncur	4:30.38	11/18
Bryan Uncur	4:31.36 P	11/18
Philip LaRosa	4:31.54	11/18
<b>1000 Freestyle</b>		
Blake Trabuchi-Downey	9:20.16	1/28
Philip LaRosa	9:29.30	1/28
Blake Trabuchi-Downey	9:31.45 <sup>^</sup>	10/23
<b>1650 Freestyle</b>		
Philip LaRosa	15:43.32	11/20
Philip LaRosa	15:54.86	11/13
Blake Trabuchi-Downey	15:54.90	11/20
<b>100 Backstroke</b>		
Charlie Higgins	48.58 <sup>^</sup> 'B'	11/19
Michael Hallock	48.61 <sup>#</sup> <sup>^</sup>	2/5
Zach McGinnis	49.20	11/19
<b>200 Backstroke</b>		
Charlie Higgins	1:48.45	11/20
Gregory Mahon	1:48.78 P	11/20
Tom Sheranek	1:48.80 P	11/20
<b>100 Breaststroke</b>		
Nathan Hoisington	55.84 <sup>^</sup> #	2/5
Adam Skipper	55.94	2/5
Nathan Hoisington	55.96 P	2/5
<b>200 Breaststroke</b>		
Emmett Dignan	2:03.58	11/20
Danny Loftus	2:05.32 P	2/6
Emmett Dignan	2:05.53 P	11/20
<b>100 Butterfly</b>		
Gregory Mahon	48.78 P	11/19
Gregory Mahon	49.12	1/29
Matt Baumler	49.14 <sup>^</sup>	1/28
<b>200 Butterfly</b>		
Matt Baumler	1:48.17	11/20
Matt Baumler	1:48.57	1/28
Trey Stewart	1:48.92 P	11/20
<b>200 Individual Medley</b>		
Adam Skipper	1:50.30 <sup>^</sup> #	1/29
Danny Loftus	1:50.71 <sup>^</sup> #	2/6
Nathan Hoisington	1:50.80	11/18
<b>400 Individual Medley</b>		
Alex Lutterbein	3:56.25	11/19
Philip LaRosa	3:58.40	11/19
Alex Lutterbein	3:59.40	11/12

<b>Event/Name</b>	<b>Time/Score</b>	<b>Date</b>
<b>50 Freestyle</b>		
Heather Savage	23.01 'B'	2/17
Heather Savage	23.04 P	2/17
Katarina Filova	23.12	2/17
<b>100 Freestyle</b>		
Katarina Filova	49.97 'B'	11/20
Katarina Filova	50.17 P 'B'	2/19
Katarina Filova	50.37	2/19
<b>200 Freestyle</b>		
Katarina Filova	1:47.01 'B' L/S	2/16
Katarina Filova	1:47.15 <sup>#</sup> <sup>^</sup> 'B'	11/19
Katarina Filova	1:47.34 'B'	2/18
<b>500 Freestyle</b>		
Erika Hajnal	4:43.15 'B'	2/17
Erika Hajnal	4:44.02 <sup>^</sup> 'B'	11/18
Erika Hajnal	4:44.34 P 'B'	2/17
<b>1000 Freestyle</b>		
Erika Hajnal	9:50.08 (S)	11/20
Lauren Ritter	9:52.87 (S)	11/20
Erika Hajnal	9:57.81	1/28
<b>1650 Freestyle</b>		
Erika Hajnal	16:10.60 'B'	11/20
Erika Hajnal	16:14.03 'B'	2/19
Lauren Ritter	16:28.45 'B'	11/20
<b>100 Backstroke</b>		
Steffi Drechsel	55.18	11/19
Steffi Drechsel	55.47 L/S	2/18
Steffi Drechsel	56.10 P	2/18
<b>200 Backstroke</b>		
Brittany Boone	1:58.91 'B'	11/20
Brittany Boone	1:59.58	2/19
Brittany Boone	1:59.70 P	2/19
<b>100 Breaststroke</b>		
Keri Sink	1:01.98 P 'B'	2/18
Keri Sink	1:02.40 'B'	2/18
Keri Sink	1:03.67	11/19
<b>200 Breaststroke</b>		
Keri Sink	2:14.26 'B'	2/19
Keri Sink	2:15.91 P 'B'	2/19
Keri Sink	2:16.99	11/20
<b>100 Butterfly</b>		
Heather Savage	54.13 'B'	2/18
Heather Savage	54.14 P 'B'	2/18
Meaghan Holloway	54.59	2/18
<b>200 Butterfly</b>		
Erika Hajnal	2:00.75 P	11/20
Meaghan Holloway	2:00.83	2/19
Meaghan Holloway	2:00.85	11/20
<b>200 Individual Medley</b>		
Addie Carne	2:03.21 P	2/17
Keri Sink	2:03.70	11/18
Meaghan Holloway	2:04.59	11/18
<b>400 Individual Medley</b>		
Erika Hajnal	4:10.37 <sup>#</sup> <sup>^</sup> 'B'	11/19
Erika Hajnal	4:10.96 'B'	2/18
Erika Hajnal	4:13.81 P 'B'	2/18

<sup>^</sup> 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**

<b>Event/Name</b>	<b>Time/Score</b>	<b>Date</b>
<b>200 Freestyle Relay</b>		
Botha, Hawkins, Francis, Ulatowski	1:21.91	11/18
Skipper, Hawkins, Francis, Mahon	1:22.47	1/28
Baumler, Botha, Skipper, Mahon	1:23.03 <sup>^</sup> #	1/15
<b>400 Freestyle Relay</b>		
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
<b>800 Freestyle Relay</b>		
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
<b>200 Medley Relay</b>		
Higgins, Cook, Mahon, Ulatowski	1:29.68 'B'	11/19
McGinnis, Dignan, Botha, Hawkins	1:30.41	11/19
Higgins, Cook, Botha, Ulatowski	1:30.89	1/28
<b>400 Medley Relay</b>		
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**

<b>Event</b>	<b>Time/Score</b>	<b>Date</b>
<b>200 Freestyle Relay</b>		
Filova, Gomes, Savage, Ferguson	1:32.69 'B'	11/18
Savage, Filova, Gomes, Drechsel	1:32.89	2/19
Savage, Gomes, Filova, Ritter	1:35.42	1/29
<b>400 Freestyle Relay</b>		
Savage, Filova, Drechsel, Ritter	3:22.19 'B'	2/19
Drechsel, Ferguson, Gomes, Filova	3:22.85 'B'	11/20
Filova, Drechsel, Savage, Ferguson	3:28.14	10/23
<b>800 Freestyle Relay</b>		
Filova, Carne, Hajnal, Ritter	7:13.32 'B'	2/16
Filova, Ritter, Hajnal, Howanitz	7:18.10 <sup>^</sup> 'B'	11/19
Sepanski, Flora, Carne, Simon	7:33.32	11/19
<b>200 Medley Relay</b>		
Drechsel, Sink, Savage, Gomes	1:41.93 'B'	2/16
Drechsel, Sink, Savage, Ferguson	1:42.80	11/19
Drechsel, Sink, Gomes, Savage	1:44.51 <sup>#</sup> ^	1/22
<b>400 Medley Relay</b>		
Drechsel, Sink, Savage, Filova	3:40.64 'B'	2/18
Boone, Houchin, Savage, Gomes	3:50.48	11/18
Drechsel, Sink, Holloway, Ferguson	3:50.53	11/12

**MEN'S DIVING TOP SCORES**

<b>1-Meter Springboard</b>			
Logan Shinholser	392.75 <sup>#</sup> ^ 'Z'	10/16	
Ryan Hawkins	370.55 'Z'	10/16	
Logan Shinholser	366.30 <sup>^</sup> 'Z'	10/23	
<b>3-Meter Springboard</b>			
Logan Shinholser	409.20 <sup>^</sup> 'Z'	10/23	
Logan Shinholser	407.80 P 'Z'	2/17	
Logan Shinholser	405.00 <sup>^</sup> # 'Z'	1/15	
<b>Platform</b>			
Logan Shinholser	449.80* <sup>^</sup> 'Z'	2/19	
Logan Shinholser	436.90* <sup>#</sup> ^ 'Z'	11/20	
Logan Shinholser	401.60 P 'Z'	2/19	

**WOMEN'S DIVING TOP SCORES**

<b>1-Meter Springboard</b>			
Carissa Santora	288.97 <sup>^</sup> 'Z'	10/23	
Sarah Milton	283.75 <sup>#</sup> ^ 'Z'	10/16	
Sara Mokhtari	281.95 'Z'	10/16	
<b>3-Meter Springboard</b>			
Sarah Milton	333.00 <sup>^</sup> 'Z'	10/23	
Sarah Milton	310.60 <sup>#</sup> ^ 'Z'	10/16	
Carissa Santora	309.53 <sup>^</sup> 'Z'	1/22	
<b>Platform</b>			
Cara Murnan	264.30* 'Z'	2/19	
Cara Murnan	249.75 P	2/19	
Cara Murnan	246.20 <sup>^</sup>	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

## H<sub>2</sub>O<sub>k</sub>ie Men Atop The ACC

(as of Feb. 14, 2011)

<b>1000 Freestyle</b>		
1. Joe Kinderwater, UNC	11/18-11/20	9:00.07
10. Blake Trabuchi-Downey	1/28	9:20.16
<b>100 Backstroke</b>		
1. Tommy Wyher, UNC	11/18-11/20	47.79 B#
2. Charlie Higgins	11/18-11/20	48.58 B
3. Michael Hallock	2/5-2/6	48.61 B
9. Zach McGinnis	11/12-11/13	49.20
<b>200 Backstroke</b>		
1. Brad Morrison, FSU	11/23	1:46.36 B
10. Charlie Higgins	11/18-11/20	1:48.45
<b>100 Breaststroke</b>		
1. Rob Holderness, FSU	10/4-10/9	52.76 A*
8. Nathan Hoisington	2/5-2/6	55.84
<b>100 Butterfly</b>		
1. Tommy Wyher, UNC	11/6	48.15 B
6. Gregory Mahon	11/18-11/20	48.78
9. Matt Baumler	1/28	49.14
<b>200 Butterfly</b>		
1. Tom Luchsinger, UNC	11/18-11/20	1:45.10 B
8. Matt Baumler	11/18-11/20	1:48.17
10. Trey Stewart	11/18-11/20	1:48.92
<b>200 Individual Medley</b>		
1. Tyler Harris, UNC	11/18-11/20	1:47.87 B
9. Adam Skipper	1/29	1:50.30
<b>400 Individual Medley</b>		
1. Tyler Harris, UNC	1/14-1/15	3:46.54 B
9. Alex Lutterbein	11/18-11/20	3:56.25
<b>1-Meter Diving</b>		
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
<b>3-Meter Diving</b>		
1. Nick McCrory, Duke	1/15	451.88 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
<b>Platform Diving</b>		
1. Nick McCrory, Duke	2/1-2/6	545.15 Z
2. 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

## H<sub>2</sub>O<sub>k</sub>ie Women Atop The ACC

(as of Feb. 14, 2011)

<b>100 Freestyle</b>		
1. Lauren Purdue, UVa	12/3-12/5	48.11 B
7. Katarina Filova	11/18-11/20	49.97 B
<b>200 Freestyle</b>		
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
<b>500 Freestyle</b>		
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
<b>1000 Freestyle</b>		
1. Ashley Miller, UNC	11/18-11/20	9:48.67
10. Erika Hajnal	1/28	9:57.81
<b>1650 Freestyle</b>		
1. Ashley Twichell, Duke	11/18-11/20	16:09.86 B
2. Erika Hajnal	11/18-11/20	16:10.60 B
8. Lauren Ritter	11/18-11/20	16:28.45 B
<b>100 Backstroke</b>		
1. Carly Smith, UNC	11/18-11/20	53.34 B#
10. Steffi Drechsel	11/18-11/20	55.18 B
<b>200 Backstroke</b>		
1. Stephanie Sarandos, FSU	11/23	1:55.87 B
7. Brittany Boone	11/18-11/20	1:58.91 B
<b>100 Breaststroke</b>		
1. Layne Brodie, UNC	11/18-11/20	1:00.52 B
9. Keri Sink	11/18-11/20	1:03.67
<b>400 Individual Medley</b>		
1. Claire Crippen, UVa	12/3-12/5	4:09.83 B
2. Erika Hajnal	11/18-11/20	4:10.37 B
<b>3-Meter Diving</b>		
1. Carrie Dragland, Miami	1/21	382.58 Z
4. Sarah Milton	10/23	333.00 Z
<b>Platform Diving</b>		
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

### Final Men's ACC Standings

Rk.	Team	ACC	Overall
1.	Virginia	3-0	8-1
2.	Florida State	2-0	7-2
3.	North Carolina	4-1	8-1
4.	NC State	3-3	6-3
5.	Clemson	2-2	6-3
6.	Duke	1-3	3-4
7.	<b>Virginia Tech</b>	<b>0-0</b>	<b>5-2</b>
	Boston College	0-0	13-9
9.	Georgia Tech	0-3	5-6
	Maryland	0-3	2-8
	Miami	-- DIVING ONLY --	--

### Final Women's ACC Standings

Rk.	Team	ACC	Overall
1.	Florida State	3-0	10-1
	Virginia	3-0	6-2
3.	North Carolina	4-1	7-2
4.	Maryland	2-1	9-2
5.	NC State	3-3	7-3
6.	Clemson	1-3	4-5
7.	<b>Virginia Tech</b>	<b>0-0</b>	<b>6-3</b>
	Boston College	0-0	10-12
9.	Miami	0-1	8-1
10.	Georgia Tech	0-3	5-6
11.	Duke	0-4	3-5



## Matt Baumler

50 freestyle.....	21.10	100 freestyle.....	45.59
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 back.....	51.29*
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.....	20.82	100 freestyle.....	45.41
200 freestyle.....	1:39.52	100 back.....	48.61

## Ryan Hawkins

1-meter.....	370.55	Platform.....	385.30
3-meter.....	402.95		

## 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.....	22.15	100 freestyle.....	48.97
200 freestyle.....	1:52.55	100 butterfly.....	50.82
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.....	55.84	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
100 breast.....	1:01.06		

## Danny Loftus

100 breast.....	58.02	200 breast.....	2:05.32
200 IM.....	1:50.71	400 IM.....	4:04.62

## Alex Lutterbein

500 freestyle.....	4:32.86	1000 freestyle.....	9:29.76
1650 freestyle.....	15:56.85	400 IM.....	3:53.92
100 back.....	52.34	200 back.....	1:50.66

## Greg Mahon

50 freestyle.....	21.32	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.....	324.15
3-meter.....	363.30		

## Zach McGinnis

50 freestyle.....	21.17	100 freestyle.....	46.40
200 freestyle.....	1:40.58*	100 butterfly.....	50.87
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

100 freestyle.....	48.52	200 freestyle.....	1:40.98
500 freestyle.....	4:33.84	1000 freestyle.....	9:39.80†
1650 freestyle.....	16:03.58		

## Tom Sheranek

100 back.....	50.05	200 back.....	1:44.97
200 IM.....	1:49.79	400 IM.....	3:53.88

## Logan Shinholser

1-meter.....	392.75	Platform.....	449.15#
3-meter.....	409.20		

## Adam Skipper

50 freestyle.....	20.60	100 freestyle.....	45.45
100 breast.....	55.94	200 IM.....	1:50.30

## 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

50 freestyle.....	21.76	200 freestyle.....	1:41.63
100 butterfly.....	49.58	200 butterfly.....	1:49.33
100 breast.....	58.15	200 IM.....	1:52.91

## John Trope

1-meter.....	310.50	Platform.....	256.10
3-meter.....	338.40		

## Rich Ulatowski

50 freestyle.....	20.00	100 freestyle.....	44.61
200 freestyle.....	1:43.55	100 back.....	52.73
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.....	21.86	100 freestyle.....	47.90
100 back.....	51.77	100 butterfly.....	51.14

\* Denotes Leadoff Split  
 † Denotes Split  
 # Denotes School Record

## Morgan Allen

50 freestyle.....24.01      100 freestyle ..... 52.34

## Kameron Anasley

50 freestyle.....26.05      200 freestyle ..... 1:59.52  
 100 butterfly.....56.47      200 butterfly ..... 2:02.89  
 200 IM .....2:09.66

## Sarah Ault

50 freestyle.....24.04      100 freestyle ..... 51.86  
 100 back .....57.15      200 back..... 2:08.87

## England Barimo

1-meter.....222.75      3-meter ..... 228.38

## Brittany Boone

100 back .....56.21      200 back..... 1:58.91  
 200 IM .....2:09.38

## Addie Carne

50 freestyle.....24.53      100 freestyle ..... 52.39  
 200 freestyle.....1:50.19      100 butterfly ..... 57.51  
 200 butterfly.....2:02.28      200 IM..... 2:03.21

## Steffi Drechsel

50 freestyle.....22.90      100 freestyle .....49.35\*  
 100 back ..... 53.66#\*      200 back..... 2:04.46  
 100 butterfly.....56.21

## Aubree Duncan

50 freestyle.....25.74      100 freestyle ..... 54.71  
 100 back .....57.32      200 back..... 1:59.97  
 200 IM .....2:06.47

## 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 freestyle .....49.15\*  
 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  
 1000 freestyle.....10:11.91†      1650 freestyle ..... 16:55.02

## 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 back .....2:05.57      200 butterfly ..... 1:59.18  
 200 IM .....2:06.33      400 IM.....4:09.33#  
 200 breast .....2:25.84

## Caroline Higgins

50 freestyle.....25.15      100 back..... 56.99  
 200 back .....2:03.21

## Meaghan Holloway

100 breast .....1:03.90      200 breast..... 2:19.05  
 100 butterfly.....54.59      200 butterfly ..... 2:00.83  
 200 IM .....2:04.59

## Abby Houchin

50 freestyle.....25.26      200 freestyle ..... 1:56.77  
 100 breast .....1:06.55      200 breast..... 2:20.36  
 100 butterfly.....1:00.66      200 IM..... 2:10.04

## Jace Howanitz

50 freestyle.....24.64      100 freestyle ..... 51.40  
 200 freestyle.....1:51.26      100 back..... 59.24  
 200 back .....2:06.35      100 breast ..... 1:04.39  
 100 butterfly.....57.48      200 butterfly ..... 2:06.42  
 200 IM .....2:02.22      400 IM ..... 4:22.78

## Dana Kalnins

100 back .....58.61      200 back..... 2:05.88  
 100 butterfly.....57.53      200 butterfly ..... 2:01.64  
 200 IM .....2:06.72      400 IM..... 4:36.66

## Natalie Leake

50 freestyle.....24.58      100 breast ..... 1:04.83  
 200 breast .....2:21.05

## Sarah Milton

1-meter.....285.53      Platform ..... 233.60  
 3-meter.....337.80#

## Sara Mokhtari

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

## Cara Murnan

1-meter.....279.90      Platform ..... 264.30#  
 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 breast .....2:27.78      400 IM..... 4:32.76

## Lauren Ritter

100 freestyle.....51.64      200 freestyle ..... 1:47.64  
 500 freestyle.....4:43.83      1000 freestyle ..... 9:52.87†  
 1650 freestyle.....16:23.30      400 IM.....4:22.38  
 100 breast .....1:07.61

## Carissa Santora

1-meter.....288.97      Platform ..... 243.80  
 3-meter.....309.53

## Heather Savage

50 freestyle.....23.01      100 freestyle ..... 50.87  
 200 freestyle.....1:53.55      100 butterfly ..... 54.13

## Andrea Sawchuk

1-meter.....252.53      Platform ..... 196.80  
 3-meter.....275.65

## Rachel Sepanski

50 freestyle.....24.13      100 freestyle ..... 52.17  
 200 freestyle.....1:51.64      500 freestyle ..... 4:58.06

## Laura Simon

500 freestyle.....4:51.55      1000 freestyle ..... 10:00.73†  
 1650 freestyle.....16:30.45      200 back..... 2:07.03  
 200 IM .....2:08.24      400 IM..... 4:20.05

## Keri Sink

100 breast .....1:01.98      200 breast ..... 2:14.26  
 100 butterfly.....59.21      200 butterfly ..... 2:06.82  
 200 IM .....2:03.14      400 IM..... 4:17.21  
 200 back .....2:07.52

## Katie Steeves

200 breast .....2:19.55      200 butterfly ..... 2:05.05  
 200 IM .....2:09.65      400 IM..... 4:24.68

\* Denotes Leadoff Split  
 † Denotes Split  
 # Denotes School Record

Event/Record Type	Name	Time	Date
<b>50 Freestyle</b>			
Atlantic Coast Conference	Cullen Jones, NC State	19.07	2/22/06
Virginia Tech	Kaan Tayla	19.50	2/28/08
Christiansburg Aquatic Center	<b>Adam Skipper</b>	20.60	2/5/11
<b>100 Freestyle</b>			
Atlantic Coast Conference	Scot Robison, Virginia	42.42	3/27/10
Virginia Tech	Kaan Tayla	43.30	3/31/08
Christiansburg Aquatic Center	<b>Michael Hallock</b>	45.41	2/6/11
<b>200 Freestyle</b>			
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	<b>Michael Hallock</b>	1:39.52	2/5/11
<b>500 Freestyle</b>			
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	<b>Ben Munster</b>	4:33.84	2/5/11
<b>1000 Freestyle</b>			
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	<b>Blake Trabuchi-Downey</b>	9:36.83	1/15/11
<b>1650 Freestyle</b>			
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	<b>Alex Lutterbein</b>	15:58.46	2/6/11
<b>100 Backstroke</b>			
Atlantic Coast Conference	Tommy Wyher, North Carolina	45.93	3/26/10
Virginia Tech	<b>Charlie Higgins</b>	46.54	2/27/09
Christiansburg Aquatic Center	<b>Michael Hallock</b>	48.61	2/5/11
<b>200 Backstroke</b>			
Atlantic Coast Conference	Andy Hodgson, Florida State	1:41.14	2/28/09
Virginia Tech	<b>Charlie Higgins</b>	1:43.72	3/28/10
Christiansburg Aquatic Center	Dan Crow, UNC Wilmington	1:52.25	2/6/11
<b>100 Breaststroke</b>			
Atlantic Coast Conference	Ed Moses, Virginia	52.60	2/26/00
Virginia Tech	Kevin Furlong	53.54	2/21/03
Christiansburg Aquatic Center	<b>Nathan Hoisington</b>	55.84	2/5/11
<b>200 Breaststroke</b>			
Atlantic Coast Conference	Rob Holderness, Florida State	1:53.13	10/4/10
Virginia Tech	Jonathan Huss	1:59.36	2/28/09
Christiansburg Aquatic Center	Johnnie Hermes, Georgia Tech	2:02.37	2/6/11
<b>100 Butterfly</b>			
Atlantic Coast Conference	Tommy Wyher, North Carolina	45.57	2/26/10
Virginia Tech	Scott Beard	47.05	2/24/06
Christiansburg Aquatic Center	<b>Karl Botha</b>	49.70	1/15/11
<b>200 Butterfly</b>			
Atlantic Coast Conference	Michael Raab	1:42.84	3/27/10
Virginia Tech	Gus Calado	1:44.25	3/25/06
Christiansburg Aquatic Center	<b>Karl Botha</b>	1:51.19	1/15/11
<b>200 Individual Medley</b>			
Atlantic Coast Conference	Gal Nevo, Georgia Tech	1:42.79	3/26/09
Virginia Tech	<b>Gregory Mahon</b>	1:47.40	2/25/10
Christiansburg Aquatic Center	<b>Danny Loftus</b>	1:50.71	2/6/11
<b>400 Individual Medley</b>			
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	Johnnie Hermes, Georgia Tech	4:00.44	2/5/11
<b>200 Freestyle Relay</b>			
Atlantic Coast Conference	Sousa, Plummer, Copeland, Robberson-GT	1:17.84	2/26/09
Virginia Tech	deToll, <b>Hawkins</b> , Holmes, <b>Ulatowski</b>	1:18.75	2/26/09
Christiansburg Aquatic Center	<b>Baumler, Botha, Skipper, Mahon</b>	1:23.03	1/15/11
<b>400 Freestyle Relay</b>			
Atlantic Coast Conference	Robison, Azar, Geissinger, McLean-UVa	2:51.50	2/28/09
Virginia Tech	deToll, <b>Hawkins</b> , Holmes, <b>Ulatowski</b>	2:55.49	2/28/09
Christiansburg Aquatic Center			
<b>800 Freestyle Relay</b>			
Atlantic Coast Conference	Azar, Robison, Karasek, McLean-UVa	6:15.02	2/25/09
Virginia Tech	Hughes, <b>Trabuchi-Downey</b> , <b>Uncur, Hawkins</b>	6:30.03	2/25/09
Christiansburg Aquatic Center			
<b>200 Medley Relay</b>			
Atlantic Coast Conference	Olesen, Hurley, Robertson, Robison-UVa	1:25.99	3/27/09
Virginia Tech	<b>Higgins</b> , Huss, deToll, Holmes	1:27.11	2/27/09
Christiansburg Aquatic Center	<b>Higgins, Cook, Baumler, Skipper</b>	1:31.83	1/15/11
<b>400 Medley Relay</b>			
Atlantic Coast Conference	Olsen, Robertson, Hurley, Robison-UVa	3:08.71	2/27/09
Virginia Tech	<b>Higgins</b> , Huss, deToll, <b>Hawkins</b>	3:11.18	2/25/09
Christiansburg Aquatic Center			



Event/Record Type	Name	Time	Date
<b>50 Freestyle</b>			
Atlantic Coast Conference	Sara Smith	21.96	2/19/09
Virginia Tech	Sara Smith	21.96	2/19/09
Christiansburg Aquatic Center	<b>Heather Savage</b>	23.83	1/15/11
<b>100 Freestyle</b>			
Atlantic Coast Conference	Sara Smith	48.10	2/21/09
Virginia Tech	Sara Smith	48.10	3/20/09
Christiansburg Aquatic Center	Lauren Hines, Richmond	52.02	1/22/11
<b>200 Freestyle</b>			
Atlantic Coast Conference	Lauren Perdue, Virginia	1:43.86	2/19/10
Virginia Tech	<b>Katarina Filova</b>	1:45.25	3/19/10
Christiansburg Aquatic Center	<b>Rachel Sepanski</b>	1:51.64	2/5/11
<b>500 Freestyle</b>			
Atlantic Coast Conference	Stephanie Peacock, North Carolina	4:38.54	11/19/10
Virginia Tech	<b>Erika Hajnal</b>	4:40.03	2/18/10
Christiansburg Aquatic Center	<b>Erika Hajnal</b>	4:56.09	1/22/11
<b>1000 Freestyle</b>			
Atlantic Coast Conference	Cara Lane, Virginia	9:36.35	3/21/09
Virginia Tech	<b>Erika Hajnal</b>	9:40.18	1/23/10
Christiansburg Aquatic Center	<b>Erika Hajnal</b>	10:03.94	1/22/11
<b>1650 Freestyle</b>			
Atlantic Coast Conference	Whitney Sprague, North Carolina	15:51.02	3/21/09
Virginia Tech	<b>Erika Hajnal</b>	16:00.16	2/21/09
Christiansburg Aquatic Center	Jessica Arnold, SMAC	18:01.21	11/14/10
<b>100 Backstroke</b>			
Atlantic Coast Conference	Mei Christensen, Virginia	51.58	3/20/09
Virginia Tech	<b>Steffi Drechsel</b>	53.66	1/23/10
Christiansburg Aquatic Center	Lauren Hines, Richmond	55.41	1/22/11
<b>200 Backstroke</b>			
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
<b>100 Breaststroke</b>			
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	<b>Keri Sink</b>	1:03.79	1/22/11
<b>200 Breaststroke</b>			
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	<b>Keri Sink</b>	2:20.96	1/15/11
<b>100 Butterfly</b>			
Atlantic Coast Conference	Richelle Depold, North Carolina	52.34	2/18/97
Virginia Tech	Megan Newell	52.61	2/20/09
Christiansburg Aquatic Center	<b>Heather Savage</b>	56.26	1/22/11
<b>200 Butterfly</b>			
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	<b>Erika Hajnal</b>	2:03.27	1/22/11
<b>200 Individual Medley</b>			
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	<b>Keri Sink</b>	2:05.72	1/22/11
<b>400 Individual Medley</b>			
Atlantic Coast Conference	Laura Moriarty, North Carolina	4:07.66	2/19/10
Virginia Tech	<b>Erika Hajnal</b>	4:09.33	3/19/10
Christiansburg Aquatic Center	<b>Erika Hajnal</b>	4:25.67	1/15/11
<b>200 Freestyle Relay</b>			
Atlantic Coast Conference	Christensen, Wallace, Evo, Davis-UVa	1:29.12	3/20/09
Virginia Tech	McHorney, Newell, <b>Drechsel</b> , Smith	1:29.73	2/19/09
Christiansburg Aquatic Center	<b>Gomes, Drechsel, Savage, Ferguson</b>	1:35.96	10/16/10
<b>400 Freestyle Relay</b>			
Atlantic Coast Conference	Christensen, Wallace, Moores, Evo-UVa	3:15.22	2/21/09
Virginia Tech	<b>Drechsel</b> , McHorney, Smith, Newell	3:16.21	3/20/09
Christiansburg Aquatic Center	<b>Savage, Drechsel, Gomes, Ritter</b>	3:29.70	1/22/11
<b>800 Freestyle Relay</b>			
Atlantic Coast Conference	Narum, Flynn, Haris, Perdue-UVa	7:04.74	2/17/10
Virginia Tech	<b>Filova, deMarrais, Hajnal, Ritter</b>	7:06.93	2/17/10
Christiansburg Aquatic Center			
<b>200 Medley Relay</b>			
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	<b>Drechsel, Sink, Gomes, Savage</b>	1:44.51	1/22/11
<b>400 Medley Relay</b>			
Atlantic Coast Conference	Christensen, McDonnell, Evo, Wallace-UVa	3:32.74	3/19/09
Virginia Tech	<b>Drechsel</b> , Losinger, Newell, Smith	3:36.50	2/20/09
Christiansburg Aquatic Center			

**Men's Diving Records**

<b>Event/Record Type</b>	<b>Name</b>	<b>Score</b>	<b>Date</b>
<b>1-Meter Diving (6 Dives)</b>			
Atlantic Coast Conference	Nick McCrory, Duke	499.95	2/20/09
Virginia Tech	Mikey McDonald	397.90	2/26/09
Christiansburg Aquatic Center	<b>Logan Shinholser</b>	392.75	10/16/10
<b>1-Meter Diving (11 Dives)</b>			
Atlantic Coast Conference	Paul Spray, Florida State	560.25	2/14/92
Virginia Tech	Artie Waters	490.55	1985
<b>3-Meter Diving (6 Dives)</b>			
Atlantic Coast Conference	Reuben Ross, Miami	474.30	2/19/09
Virginia Tech	Mikey McDonald	435.15	10/20/07
Christiansburg Aquatic Center	<b>Logan Shinholser</b>	405.00	1/15/11
<b>3-Meter Diving (11 Dives)</b>			
Atlantic Coast Conference	Louis Cagnet, Florida State	621.05	2/6/99
Virginia Tech	Doug Roper	505.40	2004
Christiansburg Aquatic Center			
<b>Platform Event (6 Dives)</b>			
Atlantic Coast Conference	Nick McCrory, Duke	545.15	2/3/11
Virginia Tech	<b>Logan Shinholser</b>	449.15	2/19/11
Christiansburg Aquatic Center			
<b>Platform Event (11 Dives)</b>			
Virginia Tech	Doug Roper	392.00	2005

**Women's Diving Records**

<b>Event/Record Type</b>	<b>Name</b>	<b>Score</b>	<b>Date</b>
<b>1-Meter Diving (6 Dives)</b>			
Atlantic Coast Conference	Abby Johnston, Duke	398.65	1/15/11
Virginia Tech	Jackie Davoud	312.38	1998
Christiansburg Aquatic Center	<b>Sarah Milton</b>	283.75	10/16/10
<b>1-Meter Diving (11 Dives)</b>			
Atlantic Coast Conference	Jennie Graviss, Clemson	459.80	2/18/89
Virginia Tech	Jackie Devoud	439.05	1998
<b>3-Meter Diving (6 Dives)</b>			
Atlantic Coast Conference	Abby Johnston, Duke	439.70	2/19/10
Virginia Tech	<b>Sarah Milton</b>	337.80	1/30/10
Christiansburg Aquatic Center	<b>Sarah Milton</b>	310.60	10/16/10
<b>3-Meter Diving (11 Dives)</b>			
Atlantic Coast Conference	Agnes Gerlach, NC State	567.15	2/24/93
Virginia Tech	Laura Lunn	487.35	2005
<b>Platform Event (6 Dives)</b>			
Atlantic Coast Conference	Brittany Viola, Miami	367.20	3/16/08
Virginia Tech	<b>Cara Murnan</b>	264.30	2/19/11
Christiansburg Aquatic Center			
<b>Platform Event (11 Dives)</b>			
Virginia Tech	Laura Lunn	388.85	2005