

2010-2011 Virginia Tech Swimming & Diving

MARCH 11-13, 2011 • NCAA ZONE A DIVING CHAMPIONSHIPS
U.S. NAVAL ACADEMY • LEJEUNE HALL • ANNAPOLIS, Md.

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	WILLIAM & MARY (Seniors & Parents Day)	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	VIRGINIA TECH INVITATIONAL	All Day
2/16-19	Men's ACC Diving Championships (Atlanta, Ga.)	All Day
2/23-26	Men's ACC Swimming Championships (Atlanta, Ga.)	4th/10 (508.5)
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	WILLIAM & MARY (Seniors & Parents Day)	W, 160-121
1/22	RICHMOND	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	VIRGINIA TECH INVITATIONAL	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 ₂ Ogies
Conference.....	Atlantic Coast

Team Info.

Men Letterwinners Returning/Lost	22/9
Women Letterwinners Returning/Lost	21/13
Facility.....	Christiansburg Aquatic Center
Team Website	www.hokiesports.com/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

Zone A Diving Championships

- The 2011 NCAA Zone A Diving Championships, hosted by the U.S. Naval Academy, will be held from March 11-13 in Lejeune Hall in Annapolis, Md. The men and women will both compete in one event on each of the three days of competition.

- Zone A, which consists of schools in the northeast United States, including ACC members Virginia and Maryland, has five spots available for women and four spots available for the men to advance to the NCAA Championships.

- The automatic qualifying positions for women are first-place finishes on all three events along with second-place finishes on the two springboard events. For the men, only a second-place finish on the 3-meter springboard guarantees a spot in the NCAA Championships.

Championship Schedule of Events

Friday, March 11 - 1 p.m.

Women's 3-meter springboard
Men's 1-meter springboard

Saturday, March 12 - Noon

Men's 3-meter springboard
Women's 1-meter springboard

Sunday, March 13 - Noon

Men's and Women's platform

*Each day will begin with a preliminary round. The top 18 divers will then advance to the final round, which will begin immediately following the prelims. The preliminary and final round scores will be added together for final rankings.

2010 Men's Zone A Results

- Tech's Logan Shinholser and Mikey McDonald each earned a title at last season's Zone A Championships to advance to the 2010 NAAs. Logan Shinholser, who is coming off Tech's first ever conference platform title, won the platform event last season with a combined score of 702.65, 88 points ahead of the second-place finisher, while Daniel Martin finished fourth with a score of 562.10.

- McDonald qualified for NAAs by claiming the gold on the 1-meter springboard with a combined score of 693.20. Martin came in sixth (599.25) and Shinholser finished 10th (580.55).

- McDonald narrowly missed doubling up, finishing second on the 3-meter springboard with a score of 681.95. Martin finished seventh (596.05).

2010 Women's Zone A Results

- Virginia Tech's women had a strong showing on the platform event at the 2010 Zone A Championships, but were unable to advance any divers to the NCAA Championships.

- Sara Mokhtari had the highest finish on any event, placing third with a combined score of 445.95 on the platform, followed closely by Sarah Milton in fourth with 436.80. Cara Murnan took sixth (424.35) and Carissa Santora finished seventh (412.90). Andrea Sawchuk came in 11th (369.60), followed by Julia Bradford in 12th (313.50).

- Murnan earned the top Tech finish on the 3-meter springboard, finishing fifth with a score of 554.50, while Milton took eighth (531.00), Mokhtari took 11th (500.40) and Santora took 14th (495.10).

-The women struggled on the 1-meter springboard, with only Murnan making the finals, finishing 15th with a score of 444.50.

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
2
O
k
i
e

M
e
n
s

R
o
s
t
e
r

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
2
O
k
i
e

W
o
m
e
n
s

R
o
s
t
e
r

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.

H₂Ogies in the Polls

- After both teams finished ranked in the top 25 last season, the H₂Ogies 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 did not receive any votes.

Savage, Hajnal, Shinholser Named Athletes of the Week

- Sophomore transfer Heather Savage became the first H₂Ogie 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.

Men Just Miss Podium at 2011 ACC Championships

- For the second year in a row, the Virginia Tech men's swimming and diving team placed fourth at the Atlantic Coast Conference Championships with a total of 508.5 points. The University of Virginia captured its fourth consecutive and 14th overall championship, earning a total of 820 points. North Carolina finished second, with 588 points, and Florida State overtook Virginia Tech in the final event of the meet, the 400 free relay, to earn the bronze medal with 511.5 points.
- Gregory Mahon earned the most points for Tech of any male or female participant, earning the bronze medal and Third-Team All-ACC in the 200 fly, while taking fourth in the 100 fly and the 200 IM, for a total of 46 points. Mahon's time of 1:46.34 in the individual medley broke the school record, which he set at the 2010 ACC Championships.
- Freshman Nick Tremols had an outstanding postseason debut, picking up 26 points for the H₂Ogies, including a fourth-place finish in the 200 fly. Zach McGinnis, swimming in the ACCs for Tech for the first time, earned 28, finishing fourth in the 200 back and sixth in the 100 back.
- Blake Trabuchi-Downey earned a total of 22 points in three events for Tech; Nevin Cook picked up 21, including a fourth-place finish in the 100 breast, and Alex Lutterbein earned a total of 20 points for the H₂Ogies, breaking the school record in the 400 IM and finishing fifth, swimming a 3:49.01.
- The H₂Ogies also had a pair of top-four relay finishes. Charlie Higgins, Cook, Mahon and Karl Botha earned the bronze in the 400 medley relay (3:12.23), and Higgins, Cook, Mahon and Rich Ulatowski opened the meet with a fourth-place finish in the 200 medley (1:27.67).

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 H₂Ogies, tying for seventh in the 100 breast and finishing 10th in both the 200 breast and 400 IM.

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#

- 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 H₂Ogies, 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 H₂Ogies 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).

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 H₂Ogie 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 H₂Ogies 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.

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
8.	Tennessee	593	7
9.	Michigan	551	13
T10.	Georgia	526	9
T10.	Ohio State	526	11
12.	Virginia	483	10
13.	North Carolina	454	12
14.	Indiana	427	13
15.	Minnesota	356	15
16.	UNLV	266	17
17.	Alabama	234	16
18.	Texas A&M	233	19
19.	Louisville	208	18
20.	Purdue	190	23
21.	Florida State	180	20
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 March 9, 2011)

Rk.	School (First Place Votes)	Pts.	Prev.
1.	Georgia	634	2
2.	California	615	4
3.	Stanford	603	1
4.	Auburn	530	3
5.	Southern California	514	6
6.	Texas	479	4
7.	Texas A&M	460	10
8.	Florida	448	7
9.	Tennessee	430	9
10.	Arizona	414	7
11.	Virginia	371	11
T12.	Indiana	343	14
T12.	North Carolina	343	12
14.	Minnesota	320	13
15.	Ohio State	244	19
16.	Michigan	231	16
17.	Wisconsin-Madison	196	17
18.	Louisiana State	156	NR
19.	Louisville	152	15
20.	UCLA	141	21
21.	Penn State	118	NR
22.	Purdue	115	20
23.	Arizona State	106	25
24.	Arkansas	88	18
25.	Southern Methodist	47	23

Also Receiving Votes: Florida State 46, San Diego State 36, Missouri 32, South Carolina, Columbia 27, Towson 19, Florida Gulf Coast 16, Alabama 12, Maryland 11, Ohio 11, Princeton 11, Wisconsin-Green Bay 10, California-Davis 8, California Polytechnic State 6, California-Santa Barbara 5, Notre Dame 5, Denver 4, Kentucky 4, Toledo 3, Miami (Ohio) 2, North Carolina State 2, Richmond 2, Boise State 1, Brigham Young 1, East Carolina 1, Harvard 1, Kansas 1, Yale 1.

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



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.

Tech Hosts First Annual Virginia Tech Invitational

- On Feb. 5-6, the H₂Ookies 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 H₂Ookies took home 14 gold medals at the event, with a Tech swimmer winning every event in which a H₂Ookie 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 H₂Ookie 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.

H₂Ookies Earn Four Victories in Final Tri-Meet

- After a four tough losses the night before, the H₂Ookies 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 H₂Ookies, 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 H₂Ookies 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 H₂Ookies 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 H₂Ookies, who ended up 0-4 on the night.
- Logan Shinholser won both competitions he participated in, 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 H₂Ookie 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 H₂Ookies 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 H₂Ookies' 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 H₂Ookie sweep of the diving competition, as Mokhtari won the 1-meter and Santora won the 3-meter.

H₂Ookies Sweep Tribe on Seniors and Parents Day

- The H₂Ookies 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.





Katarina Filova

- 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.
- 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 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 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 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.
- 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

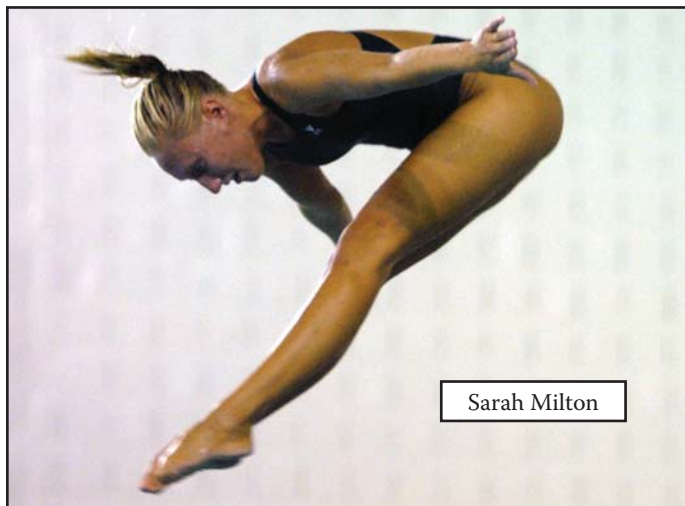
- The H₂Okies traveled to University Park, Pa., for a dual-meet with Penn State University. The men won 181.5-118.5, but the women lost, 187-113.
- The men's team won eight titles, including five individual swimming titles, one relay title, and Logan Shinholser's second-consecutive sweep of the diving 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 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.



Blake Trabuchi-Downey



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 H₂Ookies 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 "B" Cuts

- Erika Hajnal was the first H₂Ookie 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 H₂Ookies 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 H₂Ookies 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.
- While the men's team entered the ACC Championships with just one qualified individual swimmer, Charlie Higgins in the 100 back, 12 additional H₂Ookies swam "B" cut times at the postseason meet. Matt Baumler qualified in the 100 and 200 fly, Karl Botha in the 50 free and 100 fly, and Nevin Cook in both breast events.
- Emmett Dignan swam a "B" cut in the 100 breast, while Higgins added a "B" cut in the 100 fly. Alex Lutterbein qualified in the 500 free and the 400 IM, and Gregory Mahon swam "B" cuts in both fly events and the 200 IM.
- Zach McGinnis qualified in both backstroke events, while Trey Stewart earned qualifying marks in both fly events, and Tom Sheranek also joined McGinnis in the 200 back. Blake Trabuchi-Downey qualified in three events, the 200 fly and the 500 and 1650 free, while freshman Nick Tremols made the standard in the 200 free, 200 fly and 200 IM. Rich Ulatowski capped it off with a "B" cut in the 50 free.

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 H₂Ookies 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 H₂Ookies 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 H₂Ookies 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 - 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
3. Erika Hajnal	4:13.81	4:10.96 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

% = 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
5.	Virginia Tech	358
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 ACC CHAMPIONSHIPS - FEB. 23-26, 2011

Event 1: 200 Medley Relay

1. Dart, Schindler, Broster, Bruck-Clemson	1:26.34 B
4. Higgins, Cook, Mahon, Ulatowski	1:27.67

Event 2: 800 Free Relay

1. McLean, Smith, Karasek, Robison-Virginia	6:16.75 A
7. McGinnis, Tremols, Trabuchi-Downey, Baumler	6:33.70 B

Event 3: 500 Freestyle

1. Matt McLean, Virginia	4:18.82	4:13.53 A
12. Blake Trabuchi-Downey	4:27.76	4:26.66 B
15. Alex Lutterbein	4:28.26	4:28.52

Event 4: 200 IM

1. Tyler Harris, North Carolina	1:46.20	1:44.99 B
4. Gregory Mahon	1:46.53	1:46.34^B
13. Nick Tremols	1:49.71	1:49.06 B

Event 5: 50 Freestyle

1. Eric Bruck, Clemson	19.71	19.56 B
11. Rich Ulatowski	20.15	20.16 B

Event 6: 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	

Event 7: 200 Free Relay

1. Hwang, Booth, Tuben, Garvy-Duke	1:18.52 B
6. Botha, Hawkins, Mahon, Ulatowski	1:19.72 B

Event 8: 400 IM

1. Tyler Harris, North Carolina	3:49.22	3:41.51 A
5. Alex Lutterbein	3:51.80	3:49.01^B
14. Philip LaRosa	3:57.07	3:57.25

Event 9: 100 Butterfly

1. Peter Geissinger, Virginia	46.65	46.83 B
4. Gregory Mahon	47.39	47.16 B
5. Karl Botha	47.17	47.22 B
12. Matt Baumler	48.42	48.06 B
14. Charlie Higgins	48.35	48.34 B

Event 10: 200 Freestyle

1. Scot Robison, Virginia	1:33.60	1:32.52 A
10. Nick Tremols	1:38.26	1:37.55 B

Event 11: 100 Breaststroke

1. Rob Holderness, Florida State	54.31	53.67 B
4. Nevin Cook	54.44	54.21 B
12. Emmett Dignan	55.90	55.34 B

Event 12: 100 Backstroke

1. Tommy Wyher, North Carolina	47.44	47.13 B
5. Charlie Higgins	47.69	47.98 B
6. Zach McGinnis	48.46	48.37 B
13. Stephen Hawkins	49.09	49.03
16. Tom Sheranek	49.03	49.68

Event 13: 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	

Event 14: 400 Medley Relay

1. Murray, Grey, Geissinger, Robison-Virginia	3:09.60 B
3. Higgins, Cook, Mahon, Botha	3:12.23 B

Event 15: 1650 Freestyle

1. Matt McLean, Virginia	14:42.73 A
11. Blake Trabuchi-Downey	15:30.99 B
13. Alex Lutterbein	15:35.90
14. Philip LaRosa	15:36.47

Event 16: 200 Backstroke

1. Chris Dart, Clemson	1:45.33	1:43.77 B
4. Zach McGinnis	1:44.97	1:44.86 B
11. Tom Sheranek	1:46.18	1:47.25
15. Ryne Francis	1:47.28	1:47.48

Event 18: 200 Breaststroke

1. Rob Holderness, Florida State	1:57.49	1:55.34 B
11. Nevin Cook	2:01.32	1:59.89 B
12. Emmett Dignan	2:00.49	2:01.06

Event 19: 200 Butterfly

1. Tom Luchsinger, North Carolina	1:44.99	1:43.81 B
3. Gregory Mahon	1:46.38	1:45.31 B
4. Nick Tremols	1:47.22	1:45.85 B
5. Trey Stewart	1:45.38	1:45.90 B
6. Matt Baumler	1:46.96	1:45.96 B
8. Blake Trabuchi-Downey	1:47.20	1:49.35

Event 20: Platform Diving

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

Event 21: 400 Free Relay

1. Robison, Geissinger, Barrett, McLean-Virginia	2:51.26&A
8. Botha, Ulatowski, Mahon, Baumler	2:58.85 B

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

Final Men's Team Standings

Rk.	Team	Points
1.	Virginia	820
2.	North Carolina	588
3.	Florida State	511.5
4.	Virginia Tech	508.5
5.	Duke	353
6.	Clemson	331
7.	Georgia Tech	247
8.	NC State	197
9.	Maryland	181
10.	Boston College	70



Gregory Mahon

2010-11 MEN'S TOP TIMES

2010-11 WOMEN'S TOP TIMES

Event/Name	Time/Score	Date
50 Freestyle		
Richard Ulatowski	20.15 P 'B'	2/24
Richard Ulatowski	20.16 B	2/24
Karl Botha	20.22 L/S 'B'	2/24
100 Freestyle		
Richard Ulatowski	44.58 P	2/26
Karl Botha	44.91 P	2/26
Karl Botha	45.03 L/S	2/26
200 Freestyle		
Nick Tremols	1:37.77 'B'	2/25
Nick Tremols	1:38.26 P 'B'	2/25
Zach McGinnis	1:39.41 L/S	2/23
500 Freestyle		
Blake Trabuchi-Downey	4:26.66 'B'	2/24
Blake Trabuchi-Downey	4:27.76 P 'B'	2/24
Alex Lutterbein	4:28.26 P 'B'	2/24
1000 Freestyle		
Blake Trabuchi-Downey	9:20.16	1/28
Alex Lutterbein	9:22.63 (S)	2/26
Philip LaRosa	9:29.30	1/28
1650 Freestyle		
Blake Trabuchi-Downey	15:30.99 B	2/26
Alex Lutterbein	15:35.90	2/26
Philip LaRosa	15:36.47	2/26
100 Backstroke		
Charlie Higgins	47.69 P 'B'	2/25
Charlie Higgins	47.96 L/S 'B'	2/25
Charlie Higgins	47.98 'B'	2/25
200 Backstroke		
Zach McGinnis	1:44.86 'B'	2/26
Zach McGinnis	1:44.97 P 'B'	2/26
Zach McGinnis	1:45.01 P 'B'	3/6
100 Breaststroke		
Nevin Cook	54.21 'B'	2/25
Nevin Cook	54.44 P 'B'	2/25
Emmett Dignan	55.34 'B'	2/25
200 Breaststroke		
Nevin Cook	1:59.89 'B'	2/26
Emmett Dignan	2:00.49 P	2/26
Emmett Dignan	2:01.06	2/26
100 Butterfly		
Gregory Mahon	47.16 'B'	2/25
Karl Botha	47.17 P 'B'	2/25
Karl Botha	47.22 'B'	2/25
200 Butterfly		
Gregory Mahon	1:45.31 'B'	2/26
Trey Stewart	1:45.38 P 'B'	2/26
Nick Tremols	1:45.85 'B'	2/26
200 Individual Medley		
Gregory Mahon	1:46.34* 'B'	2/24
Gregory Mahon	1:46.53 P 'B'	2/24
Nick Tremols	1:49.06 'B'	2/24
400 Individual Medley		
Alex Lutterbein	3:50.82* 'B'	2/25
Alex Lutterbein	3:51.80 'B'	2/25
Alex Lutterbein	3:56.25	11/19

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

^ 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, Mahon, Ulatowski	1:19.72 'B'	2/24
Botha, Hawkins, Francis, Ulatowski	1:21.91	11/18
Skipper, Hawkins, Francis, Mahon	1:22.47	1/28
400 Freestyle Relay		
Botha, Ulatowski, Mahon, Baumler	2:58.85 'B'	2/26
Botha, Hawkins, Ulatowski, Hallock	3:00.53 'B'	11/20
Botha, Hawkins, Mahon, Hallock	3:04.44	11/13
800 Freestyle Relay		
McGinnis, Tremols, Trabuchi-Downey, Baumler	6:33.70 'B'	2/23
Uncur, Hallock, Tremols, Trabuchi-Downey	6:48.02	11/19
McGinnis, Baumler, LaRosa, Munster	6:48.06	11/19
200 Medley Relay		
Higgins, Cook, Mahon, Ulatowski	1:27.67 'B'	2/23
Higgins, Cook, Mahon, Ulatowski	1:29.68 'B'	11/19
McGinnis, Dignan, Botha, Hawkins	1:30.41	11/19
400 Medley Relay		
Higgins, Cook, Mahon, Botha	3:12.23 'B'	2/25
Higgins, Cook, Mahon, Botha	3:20.35	11/18
Francis, Hoisington, Mahon, Botha	3:23.55	11/12

WOMEN'S RELAY TOP TIMES

Event	Time/Score	Date
200 Freestyle Relay		
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
400 Freestyle Relay		
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
800 Freestyle Relay		
Filova, Carne, Hajnal, Ritter	7:13.32 'B'	2/16
Filova, Ritter, Hajnal, Howanitz	7:18.10#^ 'B'	11/19
Sepanski, Flora, Carne, Simon	7:33.32	11/19
200 Medley Relay		
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#^	1/22
400 Medley Relay		
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

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	407.80 P 'Z'	2/17
Logan Shinholser	405.00#^ 'Z'	1/15
Platform		
Logan Shinholser	449.80*^ 'Z'	2/19
Logan Shinholser	436.90#^ 'Z'	11/20
Logan Shinholser	401.60 P 'Z'	2/19

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
Carissa Santora	309.53^ 'Z'	1/22
Platform		
Cara Murnan	264.30* 'Z'	2/19
Cara Murnan	249.75 P	2/19
Cara Murnan	246.20^	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

H₂OKIE MEN ATOP THE ACC

(as of Feb. 14, 2011)

1000 Freestyle		
1. Joe Kinderwater, UNC	11/18-11/20	9:00.07
10. Blake Trabuchi-Downey	1/28	9:20.16
100 Backstroke		
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
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*
8. Nathan Hoisington	2/5-2/6	55.84
100 Butterfly		
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
200 Butterfly		
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
200 Individual Medley		
1. Tyler Harris, UNC	11/18-11/20	1:47.87 B
9. Adam Skipper	1/29	1:50.30
400 Individual Medley		
1. Tyler Harris, UNC	1/14-1/15	3:46.54 B
9. 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	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
Platform Diving		
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

H₂OKIE WOMEN ATOP THE ACC

(as of Feb. 14, 2011)

100 Freestyle		
1. Lauren Purdue, UVa	12/3-12/5	48.11 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
1000 Freestyle		
1. Ashley Miller, UNC	11/18-11/20	9:48.67
10. Erika Hajnal	1/28	9:57.81
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
8. Lauren Ritter	11/18-11/20	16:28.45 B
100 Backstroke		
1. Carly Smith, UNC	11/18-11/20	53.34 B#
10. 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
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
3-Meter Diving		
1. Carrie Dragland, Miami	1/21	382.58 Z
4. 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 Regular Season 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.	Virginia Tech	0-0	5-2
	Boston College	0-0	13-9
9.	Georgia Tech	0-3	5-6
	Maryland	0-3	2-8
	Miami	-- DIVING ONLY --	--

Women's Regular Season 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.	Virginia Tech	0-0	6-3
	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 butterfly..... 48.06 200 butterfly..... 1:45.96
 100 back 53.78 200 IM 1:50.91

Karl Botha

50 freestyle..... 20.16 100 freestyle..... 44.57
 100 back 53.75 100 butterfly..... 47.17
 200 butterfly..... 1:49.57

Nevin Cook

50 freestyle..... 21.83 100 back51.29*
 200 back 1:48.76 100 breast 54.21
 200 breast 1:59.89 200 IM 1:49.21
 400 IM 3:54.14

Emmett Dignan

50 freestyle..... 20.93 100 freestyle.....46.60*
 100 breast 55.34 200 breast 2:00.49
 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..... 4:28.90 1000 freestyle..... 9:24.10†
 1650 freestyle..... 15:32.03 200 butterfly..... 1:53.84
 200 IM 1:57.31 400 IM 3:56.63
 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..... 4:28.26 1000 freestyle..... 9:22.63†
 1650 freestyle..... 15:35.90 400 IM 3:50.82#
 100 back 52.34 200 back 1:50.66

* Denotes Leadoff Split
 † Denotes Split
 # Denotes School Record

Gregory Mahon

50 freestyle..... 21.32 100 freestyle..... 46.89
 200 freestyle..... 1:43.79 100 breast 56.43
 100 back 49.89 200 back 1:48.78
 100 butterfly..... 47.16 200 butterfly..... 1:45.31
 200 IM 1:46.34#

Daniel Martin

1-meter..... 361.30 Platform..... 324.15
 3-meter..... 363.30

Zach McGinnis

50 freestyle..... 21.00 100 freestyle..... 46.40
 200 freestyle.....1:39.41* 100 butterfly..... 50.87
 100 back 48.37 200 back 1:44.86

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 49.03 200 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..... 48.44 200 butterfly..... 1:45.38
 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..... 1:37.55
 100 butterfly..... 48.77 200 butterfly..... 1:45.85
 100 breast 57.77 200 IM 1:49.06

John Trope

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

Rich Ulatowski

50 freestyle..... 20.00 100 freestyle..... 44.58
 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

Morgan Allen

50 freestyle.....24.01 100 freestyle 52.34

Kameron Ansley

50 freestyle.....26.05 200 freestyle 1:59.52
 100 butterfly.....56.47 200 butterfly 2:02.89
 200 IM2:09.66

Sarah Ault

50 freestyle.....24.04 100 freestyle 51.86
 100 back57.15 200 back 2:08.87

England Barimo

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

Brittany Boone

100 back56.21 200 back 1:58.91
 200 IM2:09.38

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 IM2:03.21

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 back57.32 200 back 1:59.97
 200 IM2:06.47

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 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
 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 back2:05.57 200 butterfly 1:59.18
 200 IM2:06.33 400 IM4:09.33#
 200 breast2:25.84

Caroline Higgins

50 freestyle.....25.15 100 back 56.99
 200 back2:03.21

Meaghan Holloway

100 breast1:03.90 200 breast 2:19.05
 100 butterfly.....54.59 200 butterfly 2:00.83
 200 IM2:04.59

Abby Houchin

50 freestyle.....25.26 200 freestyle 1:56.77
 100 breast1:06.55 200 breast 2:20.36
 100 butterfly.....1:00.66 200 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 IM4:22.78

Dana Kalnins

100 back58.61 200 back 2:05.88
 100 butterfly.....57.53 200 butterfly 2:01.64
 200 IM2:06.72 400 IM4:36.66

Natalie Leake

50 freestyle.....24.58 100 breast 1:04.83
 200 breast2:21.05

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 breast2:27.78 400 IM4:32.76

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 IM4:22.38
 100 breast1:07.61

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 IM2:08.24 400 IM4:20.05

Keri Sink

100 breast1:01.98 200 breast 2:14.26
 100 butterfly.....59.21 200 butterfly 2:06.82
 200 IM2:03.14 400 IM4:17.21
 200 back2:07.52

Katie Steeves

200 breast2:19.55 200 butterfly 2:05.05
 200 IM2:09.65 400 IM4:24.68

* 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	Adam Skipper	20.60	2/5/11
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	Michael Hallock	45.41	2/6/11
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	Michael Hallock	1:39.52	2/5/11
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	Ben Munster	4:33.84	2/5/11
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	Alex Lutterbein	15:58.46	2/6/11
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	Michael Hallock	48.61	2/5/11
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	Dan Crow, UNC Wilmington	1:52.25	2/6/11
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	Nathan Hoisington	55.84	2/5/11
200 Breaststroke			
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
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	1:46.34	2/24/11
Christiansburg Aquatic Center	Danny Loftus	1:50.71	2/6/11
400 Individual Medley			
Atlantic Coast Conference	Gal Nevo, Georgia Tech	3:38.00	3/27/09
Virginia Tech	Alex Lutterbein	3:49.01	2/25/11
Christiansburg Aquatic Center	Johnnie Hermes, Georgia Tech	4:00.44	2/5/11
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	Lauren Hines, Richmond	52.02	1/22/11
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	Rachel Sepanski	1:51.64	2/5/11
500 Freestyle			
Atlantic Coast Conference	Stephanie Peacock, North Carolina	4:38.54	11/19/10
Virginia Tech	Erika Hajnal	4:40.03	2/18/10
Christiansburg Aquatic Center	Erika Hajnal	4:56.09	1/22/11
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	Erika Hajnal	10:03.94	1/22/11
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	Lauren Hines, Richmond	55.41	1/22/11
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	1:03.79	1/22/11
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	Heather Savage	56.26	1/22/11
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	2:03.27	1/22/11
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	Keri Sink	2:05.72	1/22/11
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	Savage, Drechsel, Gomes, Ritter	3:29.70	1/22/11
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, Sink, Gomes, Savage	1:44.51	1/22/11
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	545.15	2/3/11
Virginia Tech	Logan Shinholser	449.15	2/19/11
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	Abby Johnston, Duke	398.65	1/15/11
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	Cara Murnan	264.30	2/19/11
Christiansburg Aquatic Center			
Platform Event (11 Dives)			
Virginia Tech	Laura Lunn	388.85	2005