



VIRGINIA TECH SWIMMING & DIVING



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MEET 1 vs. NC State & James Madison (Women)

2011-12 Schedule / Results (0-0, 0-0 ACC)

Date	Opponent	Time/Result
10/ 15	NC STATE JAMES MADISON (Women)	1 p.m.
28	NORTH CAROLINA	3 p.m.
29	FLORIDA STATE DUKE UNC WILMINGTON	NOON
11/ 4	at Ohio State Cleveland State Denison	6 p.m.
18-20	at Yellow Jacket Invitational	All Day
1/ 4	Buffalo (Ft. Lauderdale, Fla.)	All Day
11	VIRGINIA	6 p.m.
14	at William and Mary	Noon
21	GEORGIA TECH MIAMI (Women)	11 a.m.
2/ 4-5	VIRGINIA TECH INVITATIONAL	All Day
22-25	MEN'S ACC CHAMPIONSHIPS	All Day
3/ 9-11	NCAA Zone A Diving Championships (Buffalo, N.Y.)	All Day
22-24	Men's NCAA Championships (Federal Way, Wash.)	All Day

All Times Eastern
Home meets **ALL CAPS**
Dates and Times Subject to Change

2011-12 VIRGINIA TECH QUICK FACTS

GENERAL INFORMATION

Name of School Virginia Tech
 Location Blacksburg, Va.
 Colors Chicago maroon and burnt orange
 Nickname Hokies
 Conference Atlantic Coast
 Facility Christiansburg Aquatic Center
 Twitter VT_Swim

SWIMMING & DIVING INFORMATION

2010-11 Men's Record 5-2
 2010-11 Women's Record 6-3
 Men's Letterwinners Returning/Lost 19/5
 Women's Letterwinners Returning/Lost 15/5
 Newcomers 20

VIRGINIA TECH vs. James Madison (Women), NC State

Saturday, October 15, 2011 - 1:00 p.m.

Christiansburg Aquatic Center • Christiansburg, Va.

Live Results - <http://swimmeet.christiansburg.org/>

• The H₂Ogies will open the 2011-2012 season on Saturday, Oct. 15, at the Christiansburg Aquatic Center in Christiansburg, Va., facing off against NC State and James Madison (women only).

STRAIGHT FROM THE COACHING STAFF

• ““The men’s and women’s teams are both excited to open up our season this weekend,” said head coach **Ned Skinner**. “We have been training very hard and we have a lot of swimmers and divers excited about seeing where they stand at this point in the season. We also have many freshmen who are really pumped about their first official taste of college swimming and diving.”

• “The diving squads are anxious to get started and really looking forward to their first competitions,” commented head diving coach **Ron Piemonte**. “As a whole, we have had a very productive summer of training, and the divers are coming into the season stronger than ever before. Since the summer, training has been going very well as we are setting up the steps that will get us into the thick of the competition season. As we get rolling, this will in turn, build momentum resulting in the championship season. I am confident that both the men’s and women’s diving squads are on track for some great things.”

SCOUTING THE DUKES

• The Dukes closed the 2010-11 season coming in second place at the CAA Championship. The 2011-12 squad returns two CAA individual event champions, senior diver Nicole Jotso in the 3-meter board and senior Eva Hannesdottir in the 100 free. In addition, junior diver Kimberly Helfrich back this year as she was the first member of the team to advance to the NCAA’s a year ago.

• JMU welcomes 12 newcomers this season, as it kicked off its season two weeks ago at Radford University. The Dukes swept the meet recording wins over Radford (253-47), Marshall (211-89) and Campbell (236-62). JMU won 12 of the 16 events.

SCOUTING THE WOLFPACK

• The Wolfpack men’s and women’s teams welcome first-year head coach Braden Holloway, who spent the last seven seasons with the H₂Ogies. NC State is coming off an eighth place finish last year in the ACC. The men’s squad finished fourth the regular season and is returning 21 letterwinners, including sophomore Ian Bishop who was listed in the top-10 in the ACC in the 100 breast last season.

• The women closed out the regular season fifth in the conference and return 15 letterwinners and welcome 12 newcomers. Junior divers Hannah Hopkins and Kirstyn Shepler return for the Wolfpack. They both were in the top-10 times in the conference in the platform, while Hopkins also was 10th in the 3-meter.



MEN'S SEASON PREVIEW

For the second year in a row, the men placed fourth at the ACC's with a total of 508.5 points. The team returns a majority of its top contributors, including two divers who qualified for the NCAA's.

Breaststroke

This group continues to evolve and develop for the men's squad. Senior Nevin Cook anchors the breaststroke crew, which includes freshman Harrison Cefalo, sophomore Emmett Dignan and juniors Adam Skipper and Nick Masterson. Cook scored 21 points for the H₂Ogies at the ACC Championships, finishing fourth in the 100 breast and 11th in the 200 breast. Skipper also looks to be a big contributor this season as he placed second in the 100 breast at the Virginia Tech Invitational last season. This group should be as deep and strong as any breaststroke group the squad has had in the past.

Backstroke

Charlie Higgins, Michael Hallock, Tom Sheranek and Zach McGinnis return to the backstroke crew after having a strong 2010-11 season. Higgins earned five individual titles last season, winning the 100 back in the Volunteer Invite and placed fifth in the 100 back at the ACC's. Hallock won the 100 back at the Virginia Tech Invitational, which was also the ninth-best time in the ACC. Sheranek finished with top-20 finishes in the 100 and 200 back at the ACC Championships. He won the 200 back at Cincinnati with Kentucky. McGinnis also bring a lot of depth to the group as he earned 28 points in his first season as a Hokie as ACC's. He finished fourth in the 200 and sixth in the 100. Joining Higgins this year, is his younger brother Collin Higgins. Collin joins the squad after an impressive high school career, where he was a four-year State Champion in the 100 back.

"We are very excited about our backstroke crew both in the 100 and 200 distances," said head coach Ned Skinner. "We have strength and depth and hope this to be one of our stronger events at ACC's and NCAA's."

Mid- and Distance Freestyle

Blake Trabuchi-Downey, Phillip LaRosa, Alex Lutterbein and Ben Muster all return for Tech. Trabuchi-Downey finished in the top-20 in both 1650 free and 500 free at the ACC Championships, while LaRosa finished 14th in the 1650 free. Newcomer Jake Ores will join the group. The Loveland, Col., native placed third in the AAAA High School State Championships in the 500 free. Munster will also look to add depth to the crew. This group has emerged to be a very strong threat and look to continue to be a force in the conference.

Sprint

"We have made great gains in all areas of freestyle within our team from last year's ACC's," noted Skinner. "We have targeted this as a high priority area and through recruiting and evolved training we hope to make great gains this season".

Anchoring the sprint crew is junior Karl Botha, who earned an individual title in the 50 free against Charleston. In addition to Botha, Garrett Hehn, Greg Morgan, Zach McGinnis, Adam Skipper, Nick Tremols and Emmett Dignan all return to the group. Skipper added a lot of depth to the group as he placed third in the 50 free against Cincinnati. He also won the 50 free and placed second in the 100 free at the Virginia Tech Invitational.

Individual Medley

Gregory Mahon and Matt Baumler anchor a very strong 200 individual medley crew, which also features Nevin Cook and Tom Sheranek along with four newcomers. Mahon set a new Virginia Tech record in the 200 IM, swimming a 1:46.34 at the ACC Championships and finished fourth. Baumler won an individual title in the season opener against Charleston, while coming in at 25th at the ACC's. This group looks to have a lot of depth and strength that will bring a lot of competition in the conference.

Butterfly

The H₂Ogies call this group the "Snake Pit" as they are a tough group with much speed and talent. Arguably the strongest core of swimmers, the butterfly crew is led by Gregory Mahon and includes Blake Trabuchi-Downey, Matt Baumler, Charlie Higgins and Karl Botha. Mahon led all swimmers with 46 points at the ACC Championships. He earned All-ACC honors in the 200 fly and finished fourth in the 100 fly. He was third in the ACC and 29th in the nation in the 200 fly last season. Baumler also earned double-digit points for the Hokies at the ACC's, finishing sixth in the 200 fly and 12 in the 100 fly. He brings a lot of talent to the group and the crew looks to have a promising 2011-12 season.

Diving

The Tech diving squad have some extremely experienced returners and a freshman who is adding huge depth to the strength of the team. Leading the group is junior Logan Shinholser, who became Tech's first diver to earn All-America honors and the second male H₂Ogie ever to go All-American. The 11 points that Shinholser scored for Tech put the men in double digits for the second time in school history at the NCAA's. Joining Shinholser is Ryan Hawkins, John Trope and Jared Butts. Hawkins had an outstanding season as a freshman, shining at ACC's and Zone A Championships, while earning a spot at the NCAA Championship as well.

NCAA Marks

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

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

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

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



WOMEN'S SEASON PREVIEW

For the second-straight year, the women placed fifth at the ACC's with a total of 358 points. The H₂Okie women return several key contributors from last season's ACC and NCAA Championships, but lost five letterwinners, including NCAA competitor, diver Sarah Milton.

Breaststroke

"Always a strong area for our program and the Lady H₂Ogies have speed and endurance in the 100 and 200 events," commented head coach Ned Skinner.

Junior Keri Sink returns to Tech after finishing seventh in the 100 breast and 10th in the 200 breast at the ACC Championships. Fellow junior, Katie Steeves, competed in three events at the ACC's, with an eighth-place finish in the 200 breast. Joining the junior duo are sophomores Abby Houchin and Natalie Leake and freshman Alyssa Bodin.

Backstroke

Sophomores Brittany Boone, Aubree Duncan and Caroline Higgins returns for the H₂Ogies in the young backstroke crew. Newcomers Sabrina Benson and Susan Justis will compete this season as well. Duncan competed at the ACC Championships as a freshman and won the 200 back against Richmond on Jan. 22. The Woodstock, Ga., native was a four-star recruit on the Swimming World rankings, and a three-time all-county swimmer. The Backstroke group is rounded out by Caroline Higgins, who won the 100 and 200 back at the Virginia Tech Invitational.

Freestyle

Tech returns All-American Erika Hajnal, who competed in the 1650 free, 400 IM and 500 free for the third-straight year at the NCAA Championships. She is the only Tech swimmer to qualify in three events. In addition to Hajnal, three juniors Laura Simon, Becky Flora and Addie Carne also bring a lot of depth to this strong crew. Flora finished 14th in the 1650 free at the ACC Championships and won the 500 free in the season opener against Charleston and Radford. Three newcomers join the group are Emily Ryczek, Erin Foster and Katie Rogers.

"We have found much success at the conference and NCAA level in this area and we continue to have much depth and talent in this range," noted Skinner.

Sprint

"The Hokies landed some real strong talent and coupled with speed from the upperclassmen, we are very excited about this group of sprinters both this year and in the future," commented Skinner.

Anchoring the sprint crew is senior Emily Ferguson, who finished fourth in the 100 free and 10th in the 50 free at the Volunteer Invitational. She won the 50 free at the season opener against Charleston and Radford along with the 200 free relay. In addition to Ferguson, Heather Savage and Jace Hawanitz bring depth to the group. Savage posted top-10 finishes in the 100 and 50 free at the Volunteer Invitational. Rounding out the group are sophomore Rachel Sepanski and newcomers Kayla Hammerberg and Margaret Parcel.

Individual Medley

Hajnal and Jace Howanitz lead the pack in the individual medley, while juniors Keri Sink, Katie Steeves, Meaghan Holloway and Addie Carne all return for the H₂Ogies. Hajnal also earned All-ACC honors with a third-place finish in the 400 IM and held the team's top times for the season in five categories, including the 400 IM. Howanitz brings a lot of strength to the group as she finished eighth in the 200 IM at the Volunteer Invitational and led the women in 2009 in the 200 IM with a 15th-place finish at the ACC's.

Butterfly

"We are excited about the strength and leadership from our upperclassmen in this area," commented Skinner. "Five ladies scored in the 200 fly at ACC's last year so we hope to continue to build in the fly events."

Hajnal also is the top swimmer in the butterfly event, along with Meaghan Holloway, Katie Steeves and Dana Kalnins. The four upperclassmen welcome newcomer Erin Foster to the mix. The Woodlands, Texas, native qualified for the Olympic Trials in 2008 and was a State Champion in 2009 as an individual. Holloway adds depth to the group as she finished seventh in the 200 fly and 11th in the 100 fly at the ACC Championships.

Diving

Andrea Sawchuk, Sara Mokhtari and England Barimo return to the diving group. Three new members of the squad, Kaylea Arnett, Kelli Stockton and junior transfer Logan Kline, have brought in a new energy and a heightened level of competitiveness, as well. All three newcomers have already qualified for the Olympic Trials over the summer.

"I am very excited about how our newcomers have impacted the daily training environment so far," commented head diving coach Ron Piemonte. "This element, coupled with our experienced returners should make a definite impact on this year's season both on the boards and the platform."

Women's NCAA Marks

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

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



2011 Virginia Tech HOKIES

H 2 O K I E M E N S R O S T E R

Name	Event	Cl.	Exp.	Hometown
Matt Baumler	Fly/IM/Free	Sr.	3L	Williamsburg, Va.
Karl Botha	Fly/Free	Jr.	2L	Ashford, Great Britain
Owen Burns	Free/IM	Fr.	HS	Palmyra, N.J.
Kyle Butts	Diver	Fr.	HS	Washington, D.C.
Harrison Cefalo	Breast/IM	Fr.	HS	Highlands, N.J.
Nevin Cook	Breast/IM	Sr.	3L	Catlett, Va.
James Crabb	Fly/IM/Free	Fr.	HS	Manassas, Va.
Emmett Dignan	Sprint/Breast	So.	1L	Mystic, Conn.
Ben Gastrock	Free/Fly	Fr.	HS	Glen Allen, Va.
Michael Hallock	Back/Free	Jr.	1L	Oak Hill, Va.
Ryan Hawkins	Diver	So.	1L	Charlotte, N.C.
Garrett Hehn	Sprint Free	So.	SQ	Pittsburgh, Pa.
Charlie Higgins	Back	Sr.	3L	Weddington, N.C.
Colin Higgins	Back	Fr.	HS	Charlotte, N.C.
Nathan Hoisington	IM/Breast	So.	1L	Leawood, Kans.
Kevin Hunt	Free	Fr.	HS	Glen Allen, Va.
Philip LaRosa	Distance Free/IM	Sr.	3L	Manassas, Va.
Morgan Latimer	Fly/Free	Fr.	HS	Richmond, Va.
Alex Lutterbein	Distance Free/IM	Jr.	2L	Manakin-Sabot, Va.
Gregory Mahon	Fly/IM	Jr.	2L	Medford, N.J.
Nick Masterson	Breast/IM	Jr.	1L	Centerville, Va.
Zach McGinnis	Sprint Free/Back	Jr.	2L	Raleigh, N.C.
Greg Morgan	Sprint Free	Sr.	2L	Green-Vegas, S.C.
Ben Munster	Distance Free	Jr.	SQ	College Station, Texas
Jake Ores	Distance Free	Fr.	HS	Loveland, Colo.
Tom Sheranek	Back/IM	Jr.	2L	Richmond, Va.
Logan Shinholser	Diver	Jr.	2L	Burtonsville, Md.
Adam Skipper	Free/Breast/IM	Jr.	1L	Yorktown, Va.
Blake Trabuchi-Downey	Distance Free/Fly	Sr.	3L	Vineland, N.J.
Nick Tremols	Sprint/Fly/IM	So.	1L	Gainesville, Va.
John Trope	Diver	So.	1L	Springfield, Va.
Bryan Uncur	Free	Sr.	3L	Chesapeake, Va.

H 2 O K I E W O M E N S R O S T E R

Name	Event	Cl.	Exp.	Hometown
Kaylea Arnett	Diver	Fr.	HS	Spring, Texas
England Barimo	Diver	So.	SQ	Fairfax, Va.
Sabrina Benson	Back/Fly/Sprint Free	Fr.	HS	Raleigh, N.C.
Alyssa Bodin	Breast/IM	Fr.	HS	St. Augustine, Fla.
Brittany Boone	Back	So.	1L	Ashburn, Va.
Addie Carne	Free/Fly/IM	Jr.	1L	Simpsonville, S.C.
Aubree Duncan	Back	So.	1L	Woodstock, Ga.
Emily Ferguson	Sprint Free	Sr.	2L	Clifton, Va.
Becky Flora	Free	Jr.	1L	Reistertown, Md.
Erin Foster	Free/Fly	Fr.	HS	The Woodlands, Tx.
Erika Hajnal	Free/IM/Fly	Sr.	3L	Budapest, Hungary
Kayla Hammerberg	Sprint Free/Fly	Fr.	HS	Columbus, Ohio
Caroline Higgins	Back	So.	SQ	Charlotte, N.C.
Meaghan Holloway	Fly/Breast/IM	Jr.	2L	Yorktown, Va.
Abby Houchin	Breast/Free	So.	1L	Raleigh, N.C.
Jace Howanitz	Sprint/IM/Fly	Sr.	2L	Knoxville, Tenn.
Susan Justis	Back/IM	Fr.	HS	Chesterfield, Va.
Dana Kalnins	Fly	Jr.	1L	Manassas, Va.
Jayne Katis	Free/IM	Fr.	HS	Falls Church, Va.
Blair Kinsey	IM/Free/Breast	Fr.	HS	Lansdale, Pa.
Logan Kline	Diver	Jr.	3L	Mission Hills, Kan.
Natalie Leake	Breast/Sprint Free	So.	SQ	Centreville, Va.
Sara Mokhtari	Diver	Jr.	2L	Houston, Texas
Margaret Parcell	Sprint Free	Fr.	HS	Rocky Mount, Va.
Katie Rogers	Distance Free	Fr.	HS	Gaithersburg, Md.
Emily Ryczek	Free	Fr.	HS	Olney, Md.
Heather Savage	Sprint Free/Fly	Jr.	2L	Canandaigua, N.Y.
Andrea Sawchuk	Diver	Sr.	1L	Great Falls, Va.
Rachel Sepanski	Sprint Free	So.	SQ	Yorktown, Va.
Laura Simon	Distance Free/IM	Jr.	2L	Greenville, S.C.
Keri Sink	Breast/IM	Jr.	2L	Elgin, Ill.
Katie Steeves	Breast/Fly/IM	Jr.	SQ	Newark, Del.
Kelli Stockton	Diver	Fr.	HS	Fairfax, Va.

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-pr. Head Coach, Virginia Tech

1994-98 Head Coach, William & Mary

1990-94 Head Coach, Central Conn.

RECORDS

Overall: 276-182-2 (21 years)

Virginia Tech: 188-83 (13 years)

Women: 106-35; **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

Head Diving Coach:

Ron Piemonte, Sixth season

Assistant Coaches:

Reed Robelot, Aaron Bell, Sarah Stockwell

Graduate Assistant Coach:

Elizabeth Savage

Volunteer Assistant Coach:

Kaan Tayla



2010-2011 SEASON REVIEW

2010-2011 HIGHLIGHTS:

- Four new school records
- 43 members earned at least one individual title
- Three VT Athletes of the Week
- One ACC Performer of the Week
- Five NCAA Qualifiers
- School-record four divers qualify for NCAAs
- First female diver since 1982 to qualify for NCAAs
- First ever All-American diver
- First ever ACC Diving Champion
- Christiansburg Aquatic Center opens

NCAA CHAMPIONSHIPS

The H₂Ogies had five athletes qualify for the NCAA Championships, with a school-record four divers, including Tech's first female diver since 1982.

Sophomore Logan Shinholser headed a trio of male divers, along with Ryan Hawkins and Daniel Martin, who competed in all three diving events. The squad struggled on both springboard events, but Shinholser then scored a 401.55 in the preliminary round of the platform event, good for fourth place and All-America honors. The sophomore faltered on the second dive in the finals and was unable to fully recover, placing him eighth overall in the finals and scoring 11 points for the H₂Ogies.

Shinholser became Tech's first diver to earn All-America honors and the second male H₂Ogie ever to go All-American. The 11 points that Shinholser scored for H₂Ogies put the Tech men in double digits for just the second time in school history (19 pts, 27th, 2006), finishing in 28th place.

Junior returning All-American Erika Hajnal and senior diver Sarah Milton represented the H₂Ogies at the Women's NCAA Championships. Hajnal competed in the 1650 freestyle, the 400 IM and the 500 freestyle for the third straight year. Sarah Milton, Tech's first female diver to qualify for NCAAs since 1982, competed in all three diving events.

In a disappointing follow-up to last season's top-25 finish, the two women were unable to score any points for Virginia Tech in this year's championships. Hajnal began the meet with a 58th-place finish in the 500 free. She then placed 34th in the 400 IM, a surprising drop-off from last year's top-eight mark, and she then just barely missed scoring points in the final event with a 17th-place finish in the 1650 free with a season-best time of 16:08.28.

Sarah Milton, concluding her decorated diving career with a trip to NCAAs, placed 32nd on the 1-meter and 23rd on both the 3-meter and the platform.

ACC MEN'S CHAMPIONSHIPS

For the second year in a row, the men placed fourth at ACCs with a total of 508.5 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 had 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. Sophomore transfer Zach McGinnis 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).

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. Shinholser is the first Tech diver to win a conference title since 1965, and the only H₂Ogie to ever win the platform event.

Freshman diver Ryan Hawkins had a tremendous outing, earning three top-five finishes to score 44 big points for the Virginia Tech men.

ACC WOMEN'S CHAMPIONSHIPS

For the second straight year, the women placed fifth at ACCs with a total of 358 points. 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. 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.

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).

VOLUNTEER INVITATIONAL

The women had an outstanding weekend, coming in first with 1,118 points, ahead of No. 11 Tennessee in second (918 pts). They earned five titles, including two for 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). Kentucky finished fourth in both competitions. Logan Shinholser broke Tennessee's pool record in the platform diving event, while breaking his own school record. Charlie Higgins took home the only swimming title for the men, swimming a "B" cut time of 48.58 in the 100 backstroke.

STATE-OF-THE-ART CHRISTIANBURG AQUATIC CENTER OPENS

The Christiansburg Aquatic Center opened in July, 2010. Tech hosted the first meet ever on Oct. 16, earning decisive victories over Charleston and Radford's women. The H₂Ogies went 6-0 in the inaugural season at the CAC. The facility also played host to the 2011 Speedo Championship Series meet.

2010-2011 RESULTS

Women (6-3, 0-0 ACC), Men (5-2, 0-0 ACC)

Date	Opponent	Site	Women	Men
Oct. 16	College of Charleston Radford	Blacksburg, Va. Blacksburg, Va.	W, 173-106 W, 175-110	W, 168-110 --
Oct. 23	Penn State	University Park, Pa.	L, 113-187	W, 181.5-118.5
Nov. 12-13	# 9/11 Virginia w/#25 Princeton	Charlottesville, Va.	2nd/3, 619.5 pts.	2nd/3, 718 pts.
Nov. 18-20	Volunteer Invitational	Knoxville, Tenn.	1st/4, 1,118 pts.	2nd/4, 975.5 pts.
Jan. 15	William & Mary	Blacksburg, Va.	W, 160-121	W, 162-117
Jan. 22	Richmond	Blacksburg, Va.	W, 173-121	--
Jan. 28	#16/18 Louisville	Louisville, Ky.	L, 205-95	L, 154-146
Jan. 28	#14/13 Indiana	Louisville, Ky.	L, 172-113	L, 189.5-110.5
Jan. 29	Cincinnati	Cincinnati, Ohio	W, 193-106	W, 255-42
Feb. 5-6	Kentucky	Cincinnati, Ohio	W, 158-135	W, 197-99
Feb. 5-6	Virginia Tech Invitational	Blacksburg, Va.	--	--
Feb. 16-19	Women's ACC Championships	Atlanta, Ga.	5th/11, 358 pts.	--
Feb. 23-26	Men's ACC Championships	Atlanta, Ga.	--	4th/10, 508.5 pts.
Mar. 11-13	Zone A Diving Championships	Annapolis, Md.	--	--
Mar. 17-29	Women's NCAA Championships	Austin, Texas	--	--
Mar. 24-26	Men's NCAA Championships	Minneapolis, Minn.	--	28th, 11 pts.



MEN'S EVENT RECORDS

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	Kaan Tayla, H ₂ Okie Aquatics	20.38	3/26/11
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	Giles Smith, Eagle Swim Team	44.50	3/27/11
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	Thomas Stephens, COOL	1:37.20	2/18/11
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	Thomas Stephens, COOL	4:30.23	2/19/11
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	David Paulk, Jewish Community	9:28.51	3/24/11
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	David Paulk, Jewish Community	15:53.75	3/27/11
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	Joshua Friedel, Rappahannock YMCA	1:49.07	3/27/11
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	Matthew Fedderly, Snow Swimming	55.59	3/25/11
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	Tanner Kurz, Delaware Swim Team	2:02.13	3/26/11
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	Giles Smith, Eagle Swim Team	47.79	3/25/11
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	Christian McCurdy, Fox Chapel Killer Whales	1:48.46	3/26/11
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	3:50.82	2/25/11
Christiansburg Aquatic Center	Oliver Bennett, Loyola Blakefield	3:57.27	3/25/11
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	Hashemi, Rothschild, Seliskar, Dunne-Curl Burke	3:05.97	3/26/11
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	Seiferth, Nosbisch, Molinaro, Paulk-Jewish Community	6:52.78	3/25/11
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	Xu, Sovero, Smith, Chen-Eagle Swim Team	3:24.45	3/27/11



WOMEN'S EVENT RECORDS

Event/Record Type	Name	Time	Date
50 Freestyle			
Atlantic Coast Conference	Sara Smith	21.96	2/19/09
Virginia Tech	Sara Smith	21.96	2/19/09
Christiansburg Aquatic Center	Emily Cameron, Lancaster Aquatic Club	22.83	3/26/11
100 Freestyle			
Atlantic Coast Conference	Sara Smith	48.10	2/21/09
Virginia Tech	Sara Smith	48.10	3/20/09
Christiansburg Aquatic Center	Emily Cameron, Lancaster Aquatic Club	50.88	3/27/11
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	Gilliam Ryan, Parkland Aquatic	1:46.61	3/25/11
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	Gillian Ryan, Parkland Aquatic Club	4:43.48	3/26/11
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	Gillian Ryan, Parkland Aquatic Club	9:47.44	3/27/11
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	Cierra Runge, Delaware Swim Team	17:00.98	3/24/11
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	Allison Roberts, Parkland Aquatic Club	55.36	3/26/11
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	Allison Roberts, Parkland Aquatic Club	1:58.48	3/27/11
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	Karie Huglund, Eagle Swim Team	1:01.28	3/25/11
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	Colleen Callahan, Egg Harbor Twp	2:15.73	3/26/11
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	Margaret Gruber, Pine Richland	54.89	3/25/11
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	Alexandria Horn, Virginia Gators	2:01.27	3/26/11
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	Emily Cameron, Lancaster Aquatic Club	2:01.33	3/27/11
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	Emily Cameron, Lancaster Aquatic Club	4:16.06	3/25/11
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	Burns, Stinner, Grim, Ryan-Parkland Aquatic Club	3:26.77	3/26/11
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	O'Brien, Stinner, Grim, Ryan-Parkland Aquatic Club	7:22.99	3/25/11
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	Roberts, Burns, O'Brien, Ryan-Parkland Aquatic Club	1:43.30	3/26/11
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	Roberts, Burns, O'Brien, Ryan	3:47.34	3/27/11



DIVING RECORDS

Event/Record Type	Name (Men)	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
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Event/Record Type	Name (Women)	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