



# VIRGINIA TECH SWIMMING & DIVING



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## MEET 7 vs. WILLIAM & MARY

### 2011-12 Schedule / Results

(Men: 6-3, 3-2 ACC)

(Women: 6-4, 2-3 ACC)

### VIRGINIA TECH vs. WILLIAM & MARY

Saturday, January 14, 2011 • Noon

W&M Recreation Center Natatorium • Williamsburg, Va.

Date	Opponent	Time/Result
10/ 15	NC STATE (Men)	W, 155-145
	NC STATE (Women)	W, 85-55
	JAMES MADISON (Women)	W, 99-41
28	NORTH CAROLINA (Men)	L, 135-165
	NORTH CAROLINA (Women)	L, 110-190
29	FLORIDA STATE (Men)	W, 182-117
	FLORIDA STATE (Women)	L, 129-169
	DUKE (Men)	W, 202-98
	DUKE (Women)	W, 152-146
	UNC WILMINGTON (Men)	W, 237-61
	UNC WILMINGTON (Women)	W, 209-91

• The H<sub>2</sub>Ogies look to bounce back after a tough battle against in-state rival Virginia as Tech hits the road to face the William & Mary Tribe Saturday for a non-conference dual meet. Start time is scheduled for noon.

### STRAIGHT FROM THE COACHING STAFF

- "It is always great going back to William & Mary where I spent four years of my career," said head coach **Ned Skinner**. "The Tribe swimmers are well coached and will be ready to race. We hope to use this meet as an opportunity for many of our swimmers to step up and perform as we get closer to the ACC championships."
- There will be no diving competition.

11/ 4	at Ohio State (Men)	L, 124-177
	at Ohio State (Women)	L, 100-198
	vs. Cleveland State (Men)	W, 239-61
	vs. Cleveland State (Women)	W, 232-68
	vs. Denison (Men)	W, 242-58
	vs. Denison (Women)	W, 216-84

### SCOUTING THE TRIBE

- The William & Mary swimming program is under direction of fifth-year head coach Matt Crispino. The 2010-11 squads are coming off a fifth place finish for the men and a fourth place showing for the women at the 2011 CAA Championships. The women's squad finished the season with a 7-6 dual record, while the men went 5-5 in dual meets.
- The Tribe women started the 2011-12 season 2-2, with convincing wins over Howard (186-69) and Davidson (198-105), while falling to Towson (120-142) and Richmond (117-163). In the CAA Pod meet, William & Mary defeated three out of the four teams that competed. James Madison took a convincing, 204-141, win, while the Tribe defeated Northeastern, ODU and George Mason. In their previous meet, William & Mary took fourth place at the Terrapin Cup in College Park, Md. ACC competitors Maryland and NC State took the top three spots with the Terrapins placing first and the Wolfpack finishing third. The Tribe beat out Richmond, West Chester and Johns Hopkins.
- The men have only dropped one dual meet so far this season, falling to Old Dominion in the CAA Pod meet, 158-175. The Tribe have recorded wins over Towson, Howard, Davidson and George Mason. Similar to the women, the men finished fourth in their last outing at the Terrapin Cup. William & Mary beat out Towson and Johns Hopkins, while Maryland, NC State and West Chester took the top three spots, respectively.

18-20	#22 Men: at Yellow Jacket Invite	1st
18-20	Women: at Yellow Jacket Invite	3rd

1/ 11	#12 VIRGINIA (Men)	L, 161-139
	#11 VIRGINIA (Women)	L, 166-132
	14 at William & Mary	Noon
21	GEORGIA TECH	11 a.m.
	MIAMI (Women)	

2/ 4-5	VIRGINIA TECH INVITATIONAL	All Day
15-18	WOMEN'S ACC CHAMPIONSHIPS	All Day
22-25	MEN'S ACC CHAMPIONSHIPS	All Day

3/ 9-11	NCAA Zone A Diving Championships	All Day
	(Buffalo, N.Y.)	
22-24	Men's NCAA Championships	All Day
	(Federal Way, Wash.)	

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

### 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

### LAST MEETING

- The two teams last met on Jan. 15, 2011 where the H<sub>2</sub>Ogies took 29 of the 32 events to sweep both William & Mary's men's and women's squads. The Tech men defeated the Tribe 162-117, while the women took a 160-121 victory over William and Mary.
- In addition to the 29 event titles, the H<sub>2</sub>Ogies took 15 event sweeps and set 20 new pool records.
- The men had an extremely strong outing, winning all but one event, earning 10 sweeps and setting 10 new pool records. Matt Baumler and Karl Botha led the charge, taking home three first-place finishes. In addition to Baumler and Botha, five current H<sub>2</sub>Ogies took home individual titles, including Nevin Cook, Charlie Higgins, Gregory Mahon, Alex Lutterbein and Blake Trabuchi-Downey.
- Heather Savage was the most decorated female swimmer of the day, as she earned titles in the 500, 100 and 200 freestyle events. Erika Hajnal and Keri Sink each took home a pair of titles to round out the 14 gold medals for the women.

**LAST TIME OUT**

- After weeks of winter training, the Virginia Tech swimming and diving team was back in action as it hosted nationally-ranked Virginia on Wednesday.
- Both teams battled hard but the No. 12 Cavalier men edged the H<sub>2</sub>Okies, 161-139, while the No. 11 Virginia women topped Tech, 166-132.
- Each H<sub>2</sub>Okie squad took home seven event titles, including three individual titles from Erika Hajnal.
- The senior woman distance swimmer, took home the golds in the 1000 freestyle, 500 freestyle and 400 IM. Hajnal was also on the top 800 freestyle relay squad that took first place.
- For the men, Zach McGinnis took both backstroke titles and was the only H<sub>2</sub>Okie to take multiple individual golds for the men.
- In diving competition, junior woman diver, Logan Kline shined as she took both events and set new pool and school records.

**KLINE SHINES AGAINST VIRGINIA**

- Against some of the top divers in the nation, junior Logan Kline swept the diving competition against in-state rival Virginia on Wednesday.
- The Mission Hills, Kan., native set new pool and school records in both events. She earned a score of 323.55 in the 1-meter, which was over 11 points better than Jackie Davoud's record (312.38) that was set in 1998. In the 3-meter, Kline earned a score of 351.45 that beat out teammate Kaylea Arnett's school and pool record by close to eight points.

**DIVING MAKES A SPLASH AT USA NATIONALS**

- With their last chance to qualify for the 2012 Olympic Trials and to earn a spot on the international teams, eight H<sub>2</sub>Okie divers competed at the 2012 USA Diving Winter Nationals at the University of Tennessee. The duo of Logan Shinholser and Ryan Hawkins placed sixth in the finals of the men's synchronized 3-meter event. With the top eight automatically qualifying for the Trials, this marks the second event the duo has qualified for. With previously qualifying in the men's synchronized platform and two individual events over the summer, Shinholser has qualified for all four Olympic events.
- In addition to Shinholser and Hawkins, six other H<sub>2</sub>Okies competed at the USA Nationals: Kaylea Arnett, Logan Kline, Sara Mokhtari, Kelli Stockton, Kyle Butts and John Trope.

**MEN WIN YELLOW JACKET INVITATIONAL**

- The No. 22 Tech men's team swept the Yellow Jacket Invitational, beating out seven teams. The H<sub>2</sub>Okies beat out second-place finishers, Florida, by more than 100 points. Also competing were ACC opponents Florida State, Georgia Tech, Clemson and Miami, along with Florida Atlantic, Auburn and Alabama.

**H<sub>2</sub>OKIES EXPLODE AT GA TECH**

- In addition to the H<sub>2</sub>Okies 10 individual titles and 31 top-10 finishes, Tech recorded 16 NCAA qualifying standards. The men qualified for six 'B' standards and one 'A' standard, while the women qualified for nine 'B' standards.
- Senior Erika Hajnal led the women in overall points with 92. She took home two golds, a second-place and an eighth-place finishes, qualifying for the 'B' standards in every race except one.
- Qualifying for the NCAA 'A' standards was the quartet of Emmett Dignan, Greg Morgan, Gregory Mahon and Zach McGinnis as they placed fourth in the 200 freestyle relay.
- Leading the men was Gregory Mahon as he earned 92 points. Mahon took home the gold in the 100 butterfly, placed third in the 200 IM, fourth in the 100 backstroke and third in the 200 butterfly. He also was on two first-place relay teams.
- The women set 15 new career bests, while the men set 16. Freshmen Kaylea Arnett and Kelli Stockton also set new school records in the 3-meter and platform events, respectively.

**OFF THE PLATFORM FOR THE FIRST TIME**

- The Tech men's and women's diving squad competed in the first platform diving event of the season at the Georgia Tech Invitational.
- Freshman Kelli Stockton set a new Tech record as she placed fourth with a score of 265.30 in her first collegiate platform event. Following Stockton was Logan Kline in fifth (261.45) and Kaylea Arnett (249.50). As a team, the women added 71 points for the H<sub>2</sub>Okies in the event.
- Ryan Hawkins finished second with a score of 375.80, while Logan Shinholser placed fifth with a score of 336.10. Freshman Kyle Butts placed in the top-10, as he earned an eighth-place score of 280.10 in his first collegiate platform event. As a team, the men added 67 points for the H<sub>2</sub>Okies in the event.

**H<sub>2</sub>OKIE MEN RANKED NATIONALLY**

- The Tech men entered the College Swimming Coaches Association of America national poll as they sat at the No. 22 spot on Dec. 8. The H<sub>2</sub>Okies have recently dropped out of the poll. See page three for the full rankings.

**MEN NOTCH FIRST EVER WIN OVER FLORIDA STATE**

- In the dual meet on Saturday, Oct. 29 the men's swimming and diving team recorded a convincing win, 182-117, over the Seminoles. Not only was it the first-ever win, but was an exciting victory since Florida State beat the H<sub>2</sub>Okie men by only three points in the ACC Championship last season.

**BENSON ON FIRE**

- Freshman Sabrina Benson has been on fire in the 100 backstroke this season. Before placing sixth at the Yellow Jacket Invitational, the Raleigh, N.C., native was undefeated in the 100 backstroke as she has recorded four straight individual titles. She also took home another title in the 200 backstroke at Ohio State.

**FRESHMAN SPRINGS OFF TO GREAT CAREER START**

- Freshman diver Kaylea Arnett broke her own school record in the 3-meter event at the Yellow Jacket Invitational as she took home the gold with a score of 350.35. The Spring, Texas native previously set the record against North Carolina where she posted a score of 343.50.



## **DIVING TO NCAAs**

- In the season opener against NC State and James Madison, six Tech divers qualified for the NCAA Zone meet.
- Ryan Hawkins, John Trope, Kyle Butts and Logan Shinholser qualified for the men, while Kaylea Arnett and Logan Kline qualified for the women.
- Kelli Stockton qualified against North Carolina on Oct. 28.

## **PERFECTION IN SEASON OPENER**

- Senior Erika Hajnal, one of Tech's all-time lucrative swimmers, swam a perfect season opener against James Madison and NC State. The distance swimmer recorded first-place finishes in all three races she participated in. She touched the wall first in the 200 butterfly, 500 freestyle and 1000 freestyle. In the 1000 free she recorded a time of 10:03.95, which was close to 15 seconds faster than the runner-up.
- In diving competition, Logan Shinholser also performed perfect taking the top spots in both events. In addition to two first-place finishes, his two outings qualified him for the NCAA Zone Meet.

## **SEASON OPENER SETS FOUR NEW RECORDS**

- The men's 200 medley relay set a new pool record against NC State in the season opener on Oct. 15, when the quartet of Charlie Higgins, Nathan Hoisington, Karl Botha and Greg Mahon swam a time of 1:30.26.
- Divers, junior Logan Kline and freshman Kaylea Arnett set new pool records in the 1-meter and 3-meter, respectively. Kline recorded a score of 310.95, while Arnett posted a 320.25.
- Freshman Collin Higgins set a new pool record in the men's 200 back with a time of 1:48.57.

## **VT HOST 2012 ACC CHAMPIONSHIPS**

- The 2012 ACC Swimming & Diving Championships will be hosted by Virginia Tech at the new state of the art Christiansburg Aquatic Center. The women's championships are scheduled on Feb. 15-18, and the men's will start Feb. 22-25.

AROUND THE ACC (as of Jan. 10)



MEN'S ACC STANDINGS		
School	Conference	Overall
North Carolina	3-0	4-1
Clemson	1-0	4-1
<i>Virginia Tech</i>	3-1	6-2
NC State	2-1	5-1
Florida State	1-1	5-2
Duke	1-3	3-3
Boston College	0-0	9-1
Virginia	0-0	1-2
Georgia Tech	0-2	0-6
Maryland	0-3	1-3
Miami	<i>*Competes in diving only</i>	

WOMEN'S ACC STANDINGS		
School	Conference	Overall
Florida State	3-0	8-1
North Carolina	3-0	4-1
Maryland	2-1	3-1
<i>Virginia Tech</i>	2-2	6-3
Georgia Tech	1-1	1-5
NC State	1-2	6-2
Virginia	0-0	3-0
Boston College	0-0	8-8
Clemson	0-1	3-2
Miami	0-1	2-3
Duke	0-4	2-4

## CSCAA NATIONAL RANKINGS (as of Dec. 8)

CSCAA MEN	
Rk.	School
1	Arizona
2	Texas
3	Stanford
4	Michigan
5	Southern California
6	California Berkeley
7	Auburn
8	Ohio State
9	Georgia
10	Indiana
11	Louisville
12	<i>Virginia</i>
13	Florida
14	Missouri
15	Iowa
16	<i>North Carolina</i>
17	Santa Barbara
18	Louisiana State
19	Nevada-Las Vegas
20	Purdue
21	Tennessee
22	Princeton
23	Minnesota
23	Penn State
25	<i>Florida State</i>

Also receiving votes: *Virginia Tech*, Notre Dame, Texas A&M

CSCAA WOMEN	
Rk.	School
1	Georgia
2	California
3	Southern California
4	Texas
5	Arizona
6	Stanford
7	Auburn
8	Indiana
9	Florida
10	Missouri
11	Texas A&M
11	<i>Virginia</i>
13	Southern Methodist
14	Tennessee
15	<i>North Carolina</i>
16	Wisconsin
17	Ohio State
18	Purdue
19	Louisville
20	Arkansas
21	Louisiana State
22	Michigan
23	Minnesota
24	Arizona State
25	<i>Maryland</i>





## 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 H<sub>2</sub>Ogies 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 H<sub>2</sub>Ogies 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 has 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 H<sub>2</sub>Ogie 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

2011-12 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 H<sub>2</sub>Okie 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 H<sub>2</sub>Okies 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 H<sub>2</sub>Okies 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 H<sub>2</sub>Okies. 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

2011-12 Women's Qualifying Standards  
25-Yard Course

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

1-Meter Diving Points—Dual 255/265 (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.
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	Distnace 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.
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.
Dana Kalnins	Fly	Jr.	1L	Manassas, Va.
Jayme 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:** 288-189-2 (21 years)

**Virginia Tech:** 200-90 (13 years)

**Women:** 112-39; **Men:** 88-53

#### 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



## 2011-12 Top Times

### 2011-12 MEN'S TOP TIMES

Event/Name	Time/Score	Date
<b>50 Freestyle</b>		
Zach McGinnis	20.74	11/18
Greg Morgan	20.84	11/18
Emmett Dignan	20.85	11/18
Gregory Mahon	21.07	10/29
Karl Botha	21.15	11/4
<b>100 Freestyle</b>		
Bryan Uncur	45.20	11/18
Greg Morgan	45.28	11/18
Kevin Hunt	46.11	11/18
Gregory Mahon	46.28	10/29
Michael Hallock	46.38	11/18
<b>200 Freestyle</b>		
Owen Burns	1:39.00	11/18
Bryan Uncur	1:40.44	11/18
Kevin Hunt	1:40.45	11/18
Morgan Latimer	1:40.65	11/18
Greg Morgan	1:41.04	11/18
<b>500 Freestyle</b>		
Jake Ores	4:31.78	11/18
Morgan Latimer	4:33.17	11/18
Philip LaRosa	4:33.69	11/18
Owen Burns	4:34.12	11/18
Alex Lutterbein	4:34.12	11/18
<b>1000 Freestyle</b>		
Jake Ores	9:22.37	11/4
Blake Trabuchi-Downey	9:34.84	1/11
Alex Lutterbein	9:36.61 L/S	11/18
Morgan Latimer	9:37.73	11/4
Philip LaRosa	9:38.75	10/15
<b>1650 Freestyle</b>		
Jake Ores	15:39.41	11/18
Alex Lutterbein	15:54.18	11/18
Philip LaRosa	15:54.80	11/18
Morgan Latimer	15:57.30	11/18
Ben Munster	16:33.25	11/18
<b>100 Backstroke</b>		
Zach McGinnis	48.08 B	11/18
Charlie Higgins	48.31	11/18
Gregory Mahon	49.41	11/18
Collin Higgins	49.69	11/18
Tom Sheranek	50.39	11/18
<b>200 Backstroke</b>		
Zach McGinnis	1:44.21^ B	11/18
Tom Sheranek	1:47.65	11/18
Collin Higgins	1:48.57^	10/15
Alex Lutterbein	1:50.11	11/18
Charlie Higgins	1:50.50	11/18
<b>100 Breaststroke</b>		
Emmett Dignan	56.24	11/18
Nathan Hoisington	56.88	11/4
Nevin Cook	57.02	11/4
Adam Skipper	58.05	11/18
Harrison Cefalo	59.09	10/15
<b>200 Breaststroke</b>		
Emmett Dignan	2:05.15	11/18
Nathan Hoisington	2:05.41	11/18
Owen Burns	2:05.85	11/18
Nevin Cook	2:07.27	11/18
Harrison Cefalo	2:08.00	11/18
<b>100 Butterfly</b>		
Gregory Mahon	48.27^ B	11/18
Karl Botha	48.55	11/18
Matt Baumler	49.07^	1/11
Nick Tremols	49.43	11/18
James Crabb	50.01	11/18
<b>200 Butterfly</b>		
Gregory Mahon	1:48.11	11/18
James Crabb	1:48.17	11/18
Matt Baumler	1:48.92	11/4
Morgan Latimer	1:50.07	11/18
Nick Tremols	1:50.18	11/18
<b>200 Individual Medley</b>		
Gregory Mahon	1:48.98 B	11/18
Nick Tremols	1:51.93	11/18
Nathan Hoisington	1:53.46	11/18
Tom Sheranek	1:53.97	11/18
Philip LaRosa	1:54.67	10/29
<b>400 Individual Medley</b>		
Alex Lutterbein	3:56.74	11/18
Philip LaRosa	4:00.41	11/18
Nathan Hoisington	4:04.42	11/18
Morgan Latimer	4:08.18	1/11
Jake Ores	4:12.16	1/11

### 2011-12 WOMEN'S TOP TIMES

Event/Name	Time/Score	Date
<b>50 Freestyle</b>		
Heather Savage	23.64	11/18
Sabrina Benson	23.73	11/18
Emily Ferguson	23.82	1/11
Margaret Parcell	23.96	11/18
Kayla Hammerberg	24.25	11/18
<b>100 Freestyle</b>		
Heather Savage	51.08	11/18
Jace Howanitz	52.07	11/18
Margaret Parcell	52.30	11/18
Emily Ryzcek	52.36	11/18
Kayla Hammerberg	52.43	11/18
<b>200 Freestyle</b>		
Addie Carne	1:50.20	11/18
Katie Rogers	1:51.44	11/18
Rachel Sepanski	1:51.46	11/18
Jayme Katis	1:52.20	11/18
Jace Howanitz	1:52.84	11/18
<b>500 Freestyle</b>		
Erika Hajnal	4:41.56^ B	11/18
Laura Simon	4:53.21	11/18
Rachel Sepanski	4:56.37	11/18
Katie Rogers	4:57.97	11/18
Blaire Kinsey	5:02.86	11/18
<b>1000 Freestyle</b>		
Erika Hajnal	9:48.34^	1/11
Laura Simon	10:09.69 L/S	11/18
Becca Flora	10:22.72 L/S	11/18
Katie Rogers	10:29.50 L/S	11/18
Blaire Kinsey	10:36.10	11/4
<b>1650 Freestyle</b>		
Erika Hajnal	16:13.37^ B	11/18
Laura Simon	16:44.69	11/18
Becky Flora	17:12.54	11/18
Katie Rogers	17:22.21	11/18
Blaire Kinsey	17:41.60	11/18
<b>100 Backstroke</b>		
Heather Savage	54.91 B	11/18
Sabrina Benson	55.64^	10/28
Brittany Boone	58.34	1/11
Aubree Duncan	58.96	11/4
Caroline Higgins	1:00.21	10/29
<b>200 Backstroke</b>		
Brittany Boone	1:58.82 B	11/18
Sabrina Benson	2:01.20^	11/4
Aubree Duncan	2:01.89	11/18
Laura Simon	2:05.12	11/18
Caroline Higgins	2:05.93	11/18
<b>100 Breaststroke</b>		
Alyssa Bodin	1:03.08	11/18
Keri Sink	1:03.95^	10/15
Natalie Leake	1:05.61	10/15
Jayme Katis	1:06.22	11/4
Meaghan Holloway	1:06.37	11/18
<b>200 Breaststroke</b>		
Keri Sink	2:17.98	11/18
Alyssa Bodin	2:18.54	11/18
Katie Steeves	2:21.73	11/18
Natalie Leake	2:23.11	11/18
Jayme Katis	2:27.33	10/15
<b>100 Butterfly</b>		
Heather Savage	53.63^ B	11/18
Sabrina Benson	55.56	11/18
Meaghan Holloway	55.89	11/18
Kayla Hammerberg	56.86	11/18
Addie Carne	58.71	11/4
<b>200 Butterfly</b>		
Erika Hajnal	2:00.80	11/18
Meaghan Holloway	2:03.00	11/18
Heather Savage	2:03.53	1/11
Addie Carne	2:03.53	11/18
Keri Sink	2:05.07	10/28
<b>200 Individual Medley</b>		
Keri Sink	2:04.26	11/18
Jayme Katis	2:05.15	11/18
Jace Howanitz	2:05.46	11/18
Alyssa Bodin	2:06.30	11/18
Heather Savage	2:06.36	11/4
<b>400 Individual Medley</b>		
Erika Hajnal	4:11.65 B	11/18
Keri Sink	4:22.80	11/18
Laura Simon	4:23.37	11/18
Jace Howanitz	4:31.74	1/11
Blaire Kinsey	4:33.08	11/18

^ 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





## MEN'S RELAY TOP TIMES

Event/Name	Time/Score	Date
<b>200 Freestyle Relay</b>		
Dignan, Morgan, Mahon, McGinnis	1:21.94 A	11/18
Morgan, Uncur, Botha Baumler	1:23.49	10/28
Hallock, Dignan, Hunt, McGinnis	1:24.52	10/28
<b>400 Freestyle Relay</b>		
Morgan, Hunt, Uncur, McGinnis	3:01.39	11/18
Morgan, Mahon, Uncur, Baumler	3:02.39	11/4
Morgan, Uncur, McGinnis, Baumler	3:03.49	10/15
Morgan, Uncur, McGinnis, Baumler	3:03.49 #	10/29
<b>800 Freestyle Relay</b>		
Burns, Tremols, Uncur, Baumler	6:44.40	11/18
Tremols, Baumler, Morgan, McGinnis	6:52.27	1/11
Trabuchi-Downey, Hunt, Crabb, Munster	6:58.61	1/11
LaRosa, Gastrock, Ores, Latimer	7:06.36	1/11
<b>200 Medley Relay</b>		
Higgins, Ch., Hoisington, Mahon, McGinnis	1:29.10^ B	11/18
Higgins, Ch., Hoisington, Mahon, Morgan	1:29.34^#	1/11
Higgins, Ch., Hoisington, Botha, Mahon	1:30.26 #	10/15
Higgins, Ch., Hoisington, Botha, Mahon	1:30.27	10/29
McGinnis, Cook, Baumler, Skipper	1:31.99	1/11
<b>400 Medley Relay</b>		
McGinnis, Hoisington, Mahon, Morgan	3:15.62^ B	11/18
McGinnis, Hoisington, Mahon, Morgan	3:18.40 *	10/28
Higgins, Ch., Cook, Botha, Uncur	3:20.08	10/28

## MEN'S DIVING TOP SCORES

<b>1-Meter Springboard</b>		
Ryan Hawkins	377.05 Z	11/4
Logan Shinholser	365.75^ Z	11/18
Kyle Butts	315.05 Z	10/15
John Trope	308.40 Z	1/11
<b>3-Meter Springboard</b>		
Logan Shinholser	392.20^ Z	11/4
Ryan Hawkins	374.55^ Z	1/11
Kyle Butts	346.80 Z	11/18
John Trope	342.37 Z	1/11
<b>Platform</b>		
Ryan Hawkins	375.80 Z	11/18
Logan Shinholser	336.10 Z	11/18
Kyle Butts	280.10	11/18
John Trope	261.75	11/18

## WOMEN'S RELAY TOP TIMES

Event	Time/Score	Date
<b>200 Freestyle Relay</b>		
Benson, Parcell, Ferguson, Savage	1:34.10	11/18
Benson, Hammerberg, Howanitz, Parcell	1:37.17	10/28
Leake, Higgins, Sepanski, Foster	1:40.95	10/28
<b>400 Freestyle Relay</b>		
Benson, Sepanski, Howanitz, Savage	3:26.99	11/18
Savage, Carne, Benson, Howanitz	3:29.04	10/15
Benson, Rogers, Parcell, Sepanski	3:32.53	10/29
Parcell, Rogers, Katis, Hammerberg	3:33.40	11/4
Ferguson, Sepanski, Carne, Howanitz	3:35.01	11/4
<b>800 Freestyle Relay</b>		
Hajnal, Rogers, Carne, Sepanski	7:23.11 B	11/18
Savage, Hajnal, Carne, Sepanski	7:35.91^	1/11
Rogers, Parcell, Katis, Howanitz	7:49.00	1/11
Bodin, Kinsey, Houchin, Flora	8:00.58	1/11
<b>200 Medley Relay</b>		
Benson, Bodin, Savage, Parcell	1:42.54 B	11/18
Benson, Bodin, Savage, Parcell	1:43.42	1/11
Benson, Bodin, Savage, Ferguson	1:44.18	11/4
Benson, Bodin, Savage, Howanitz	1:44.42	10/29
Benson, Sink, Holloway, Howanitz	1:44.56	10/15
<b>400 Medley Relay</b>		
Benson, Sink, Savage, Howanitz	3:45.67	10/28
Benson, Sink, Holloway, Savage	3:45.78	11/18
Boone, Bodin, Parcell, Sepanski	3:54.60	10/28

## WOMEN'S DIVING TOP SCORES

<b>1-Meter Springboard</b>		
Logan Kline	323.55^#*Z	1/11
Kaylea Arnett	319.87 Z	1/11
Sara Mokhtari	281.93 Z	1/11
Kelli Stockton	261.35	11/4
Andrea Sawchuck	231.90	11/4
<b>3-Meter Springboard</b>		
Logan Kline	351.45^#*Z	1/11
Kaylea Arnett	350.35^*Z	11/18
Kelli Stockton	312.68 Z	1/11
Sara Mokhtari	252.68	1/11
Andrea Sawchuck	236.50	11/4
<b>Platform</b>		
Kelli Stockton	265.30*Z	11/18
Logan Kline	261.45 Z	11/18
Kaylea Arnett	249.50 Z	11/18
Sara Mokhtari	219.20	11/18
Andrea Sawchuck	184.05	11/18



## Men's Career Personal Bests

### Matt Baumler

50 freestyle.....	21.10	100 freestyle.....	45.59
200 freestyle.....	1:42.59	500 freestyle.....	48.44
100 butterfly.....	48.06	200 butterfly.....	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		

### Owen Burns

100 freestyle.....	47.13	200 freestyle.....	39.00
200 breast.....	2:05.85	500 freestyle.....	41.79

### Kyle Butts

1-meter.....	315.05	3-meter.....	321.67
Platform.....	280.10		

### Harrison Cefalo

100 breast.....	58.45	200 breast.....	2:08.00
200 IM.....	1:56.52		

### Nevin Cook

50 freestyle.....	21.83	100 back.....	51.29*
200 back.....	1:48.76	100 breast.....	54.21
200 breast.....	1:59.89	200 IM.....	1:49.21
400 IM.....	3:54.14		

### James Crabb

50 freestyle.....	4:38.73	100 butterfly.....	50.01
200 butterfly.....	1:48.17	200 IM.....	1:58.46

### Emmett Dignan

50 freestyle.....	20.85	100 freestyle.....	46.60*
100 breast.....	55.34	200 breast.....	2:00.49
200 IM.....	1:57.50	200 freestyle.....	45.75

### Ben Gastrock

200 freestyle.....	1:42.04	200 butterfly.....	52.87
100 freestyle.....	47.57	500 freestyle.....	43.77

### Michael Hallock

50 freestyle.....	20.82	100 freestyle.....	45.41
200 freestyle.....	1:39.52	100 back.....	48.61

### Ryan Hawkins

1-meter.....	377.05	Platform.....	385.30
3-meter.....	402.95		

### 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

### Collin Higgins

100 back.....	49.69	200 back.....	1:48.57
200 IM.....	1:54.92		

### Nathan Hoisington

100 breast.....	55.84	200 breast.....	2:05.41
200 IM.....	1:50.80	400 IM.....	4:02.76

### Kevin Hunt

50 freestyle.....	21.67	100 freestyle.....	46.11
500 freestyle.....	43.74	200 freestyle.....	40.45

### Philip LaRosa

500 freestyle.....	4:28.90	1000 freestyle.....	16:01.0†
1650 freestyle.....	15:32.03	200 butterfly.....	53.84
200 IM.....	1:54.67	400 IM.....	3:56.63
100 breast.....	1:01.06		

### Morgan Latimer

500 freestyle.....	4:33.17	1000 freestyle.....	16:07.3
1650 freestyle.....	15:57.30	200 butterfly.....	50.07

### Alex Lutterbein

500 freestyle.....	4:28.26	1000 freestyle.....	16:16.3†
1650 freestyle.....	15:35.90	400 IM.....	3:50.82#
100 back.....	52.34	200 back.....	1:50.11

### Gregory Mahon

50 freestyle.....	21.07	100 freestyle.....	46.28
200 freestyle.....	1:43.79	100 breast.....	56.43
100 back.....	49.41	200 back.....	1:48.78
100 butterfly.....	47.16	200 butterfly.....	45.31
200 IM.....	1:46.34#		

### Zach McGinnis

50 freestyle.....	20.74	100 freestyle.....	46.40
200 freestyle.....	1:39.41*	100 butterfly.....	50.87
100 back.....	48.08	200 back.....	1:44.21

### 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.....	40.98
500 freestyle.....	4:33.84	1000 freestyle.....	16:01.0†
1650 freestyle.....	16:03.58		

### Jake Ores

200 freestyle.....	1:43.80	500 freestyle.....	43.78
1000 freestyle.....	9:22.37	1650 freestyle.....	16:04.1

### 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

### Blake Trabuchi-Downey

200 freestyle.....	1:41.22	500 freestyle.....	43.46
1000 freestyle.....	9:19.76†	1650 freestyle.....	16:03.35
200 butterfly.....	1:46.55		

### Nick Tremols

50 freestyle.....	21.76	200 freestyle.....	37.55
100 butterfly.....	48.77	200 butterfly.....	45.85
100 breast.....	57.77	200 IM.....	1:49.06

### John Trope

1-meter.....	310.50	Platform.....	261.75
3-meter.....	342.37		

### Bryan Uncur

50 freestyle.....	21.54	100 freestyle.....	45.64
200 freestyle.....	1:38.16	500 freestyle.....	42.41
1000 freestyle.....	9:11.54†	1650 freestyle.....	16:04.0

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



## Women's Career Personal Bests

### Kaylea Arnett

1-meter.....319.87                      3-meter..... 350.35#  
Platform.....249.50

### England Barimo

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

### Sabrina Benson

100 back .....55.16                      200.back..... 2:01.20  
100 butterfly.....55.56



## 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 H<sub>2</sub>Okies 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 H<sub>2</sub>Okies.

Shinholser became Tech's first diver to earn All-America honors and the second male H<sub>2</sub>Okie ever to go All-American. The 11 points that Shinholser scored for H<sub>2</sub>Okies 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 H<sub>2</sub>Okies 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 H<sub>2</sub>Okies, 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 H<sub>2</sub>Okies, breaking the school record in the 400 IM and finishing fifth, swimming a 3:49.01.

The H<sub>2</sub>Okies 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 H<sub>2</sub>Okie 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 H<sub>2</sub>Okies, tying for seventh in the 100 breast and finishing 10th in both the 200 breast and 400 IM. Lauren Ritter picked up 25 points for Tech, finishing seventh in the 200 free, 10th in the 1650 free and 11th in the 500 free.

Sarah Milton picked up significant points in all three diving events, finishing ninth on the 1-meter and platform and 10th on the 3-meter, for a total of 25 points. Carissa Santora earned 22 big points for the H<sub>2</sub>Okies with a pair of eighth-place finishes on the 3-meter and platform, and Cara Murnan set a new Tech record on the platform, earning 13 points with a sixth-place finish (264.30).

### 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 H<sub>2</sub>Okies 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
	#14/13 Indiana	Louisville, Ky.	L, 172-113	L, 189.5-110.5
Jan. 29	Cincinnati	Cincinnati, Ohio	W, 193-106	W, 255-42
	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.





## POOL RECORDS

Event	Name	Time	Date
<b>Women 200 Medley Relay</b>	<b>Parkland Aquatic Club -</b> A. Roberts, M. Burns, T. O'Brien, G. Ryan	<b>1:43.30</b>	<b>3/26/2011</b>
<b>Men 200 Medley Relay</b>	<b>Virginia Tech -</b> C. Higgins, N. Hoisington, K. Botha, G. Mahon	<b>1:30.26</b>	<b>10/15/2011</b>
<b>Women 1000 Free</b>	<b>Gillian R. Ryan - Parkland Aquatic</b>	<b>9:47.44</b>	<b>3/27/2011</b>
<b>Men 1000 Free</b>	<b>Mateo De Angulo - Florida State</b>	<b>9:22.90</b>	<b>10/29/2011</b>
<b>Women 200 Free</b>	<b>Gillian R. Ryan - Parkland Aquatic</b>	<b>1:46.61</b>	<b>3/25/2011</b>
<b>Men 200 Free</b>	<b>Thomas Stephens - COOL</b>	<b>1:37.20</b>	<b>2/18/2011</b>
<b>Women 100 Back</b>	<b>Allison L. Roberts - Parkland Aquatic</b>	<b>55.36</b>	<b>3/26/2011</b>
<b>Men 100 Back</b>	<b>Micheal E. Hallock - Virginia Tech</b>	<b>48.61</b>	<b>2/5/2011</b>
<b>Women 100 Breast</b>	<b>Karie L. Haglund - Eagle Swim Team</b>	<b>1:01.28</b>	<b>3/25/2011</b>
<b>Men 100 Breast</b>	<b>Matthew Fedderly - Snow Swimming</b>	<b>55.29</b>	<b>3/25/2011</b>
<b>Women 200 Fly</b>	<b>Elizabeth Pepper - Florida State</b>	<b>1:59.52</b>	<b>10/29/2011</b>
<b>Men 200 Fly</b>	<b>Christian T. McCurdy - Fox Chapel Kille</b>	<b>1:48.46</b>	<b>3/26/2011</b>
<b>Women 50 Free</b>	<b>Emily M. Cameron - Lancaster Aquatic</b>	<b>22.83</b>	<b>3/26/2011</b>
<b>Men 50 Free</b>	<b>Ben Hwang - Duke</b>	<b>20.21</b>	<b>10/29/2011</b>
<b>Women 1-meter Diving</b>	<b>Logan F. Kline - Virginia Tech</b>	<b>310.95</b>	<b>10/15/2011</b>
<b>Men 1-meter Diving</b>	<b>Logan Shinholser - Virginia Tech</b>	<b>392.75</b>	<b>10/16/2010</b>
<b>Women 100 Free</b>	<b>Kaitlyn Dressel - Florida State</b>	<b>50.19</b>	<b>10/29/2011</b>
<b>Men 100 Free</b>	<b>Giles P. Smith - Eagle Swim Team</b>	<b>44.50</b>	<b>3/27/2011</b>
<b>Women 200 Back</b>	<b>Allison L. Roberts - Parkland Aquatic</b>	<b>1:58.48</b>	<b>3/27/2011</b>
<b>Men 200 Back</b>	<b>Collin N. Higgins - Virginia Tech</b>	<b>1:48.57</b>	<b>10/15/2011</b>
<b>Women 200 Breast</b>	<b>Colleen Callahan - Egg Harbor Twp S</b>	<b>2:15.73</b>	<b>3/26/2011</b>
<b>Men 200 Breast</b>	<b>Tanner J. Kurz - Delaware Swim Team</b>	<b>2:02.13</b>	<b>3/26/2011</b>
<b>Women 500 Free</b>	<b>Gillian R. Ryan - Parkland Aquatic</b>	<b>4:43.48</b>	<b>3/26/2011</b>
<b>Men 500 Free</b>	<b>Thomas Stephens - COOL</b>	<b>4:30.23</b>	<b>2/19/2011</b>
<b>Women 100 Fly</b>	<b>Margaret A. Gruber - Pine Richland Aquatic</b>	<b>54.89</b>	<b>3/25/2011</b>
<b>Men 100 Fly</b>	<b>Giles P. Smith - Eagle Swim Team</b>	<b>47.79</b>	<b>3/25/2011</b>
<b>Women 3-meter Diving</b>	<b>Kaylea Z. Arnett - Virginia Tech</b>	<b>320.25</b>	<b>10/15/2011</b>
<b>Men 3-meter Diving</b>	<b>Logan Shinholser - Virginia Tech</b>	<b>405.00</b>	<b>1/15/2011</b>
<b>Women 200 IM</b>	<b>Emily M. Cameron - Lancaster Aquatic</b>	<b>2:01.33</b>	<b>3/27/2011</b>
<b>Men 200 IM</b>	<b>Danny J. Loftus - Virginia Tech</b>	<b>1:50.71</b>	<b>2/6/2011</b>
<b>Women 400 Free Relay</b>	<b>North Carolina State -</b> M. Henley, H. Freyman, A. Hendren, J. Prim	<b>3:26.26</b>	<b>10/15/2011</b>
<b>Men 400 Free Relay</b>	<b>North Carolina State -</b> J. Boffa, C. Brennan, R. Miesfeld, G. Brown	<b>3:01.43</b>	<b>10/15/2011</b>
<b>Women 1650 Free</b>	<b>Stephanie Peacock - North Carolina</b>	<b>16:14.61</b>	<b>10/28/2011</b>
<b>Men 1650 Free</b>	<b>Dan O'Connor - North Carolina</b>	<b>15:49.08</b>	<b>10/28/2011</b>
<b>Women 400 IM</b>	<b>Emily M. Cameron - Lancaster Aquatic</b>	<b>4:16.06</b>	<b>3/25/2011</b>
<b>Men 400 IM</b>	<b>Oliver W. Bennett - Loyola Blakefield</b>	<b>3:57.27</b>	<b>3/25/2011</b>
<b>Women 400 Medley Relay</b>	<b>North Carolina -</b> S. List, L. Moriarty, K. Nolan, N. Barczak	<b>3:45.08</b>	<b>10/28/2011</b>
<b>Men 400 Medley Relay</b>	<b>Virginia Tech -</b> Z. McGinnis, N. Hoisington, G. Mahon, G. Morgan	<b>3:18.40</b>	<b>10/28/2011</b>
<b>Women 200 Free Relay</b>	<b>Virginia Tech -</b> K. Gomes, S. Drechsel, H. Savage, E. Ferguson	<b>1:35.96</b>	<b>10/16/2010</b>
<b>Men 200 Free Relay</b>	<b>North Carolina -</b> S. Cebertowicz, K. Ficker, B. Hamilton, E. Reed	<b>1:22.58</b>	<b>10/28/2011</b>
<b>Women 800 Free Relay</b>	<b>Parkland Aquatic Club -</b> T. O'Brien, S. Stinner, K. Grim, G. Ryan	<b>7:22.99</b>	<b>3/25/2011</b>
<b>Men 800 Free Relay</b>	<b>Jewish Community -</b> J. Seiferth, L. Nosbisch, M. Molinaro, D. Paulk	<b>6:52.78</b>	<b>3/25/2011</b>

**MEN'S EVENT RECORDS**

Event/Record Type	Name	Time	Date
<b>50 Freestyle</b>			
Atlantic Coast Conference	Cullen Jones, NC State	19.07	2/22/06
Virginia Tech	Kaan Tayla	19.50	2/28/08
Christiansburg Aquatic Center	Ben Hwang, Duke	20.21	10/29/11
<b>100 Freestyle</b>			
Atlantic Coast Conference	Scot Robison, Virginia	42.42	3/27/10
Virginia Tech	Kaan Tayla	43.30	3/31/08
Christiansburg Aquatic Center	Giles P. Smith, Eagles Swim Team	44.50	3/27/11
<b>200 Freestyle</b>			
Atlantic Coast Conference	Scot Robison, Virginia	1:32.45	2/26/10
Virginia Tech	Zac Czaplicki	1:37.05	2/24/06
Christiansburg Aquatic Center	Thomas Stephens, COOL	1:37.20	2/18/11
<b>500 Freestyle</b>			
Atlantic Coast Conference	Matt McLean, Virginia	4:10.00	2/27/10
Virginia Tech	Gus Calado	4:22.50	2/19/04
Christiansburg Aquatic Center	Thomas Stephens, COOL	4:30.23	2/19/11
<b>1000 Freestyle</b>			
Atlantic Coast Conference	Matt McLean, Virginia	8:46.50	2/28/09
Virginia Tech	Ben Miller	9:10.06	2/28/09
Christiansburg Aquatic Center	Mateo De Angulo, Florida State	9:22.90	10/29/11
<b>1650 Freestyle</b>			
Atlantic Coast Conference	Matt McLean, Virginia	14:35.12	2/28/09
Virginia Tech	Caglar Gokbulut	15:15.92	2/28/09
Christiansburg Aquatic Center	Dan O'Conner, North Carolina	15:49.08	10/28/11
<b>100 Backstroke</b>			
Atlantic Coast Conference	Tommy Wyher, North Carolina	45.93	3/26/10
Virginia Tech	<b>Charlie Higgins</b>	46.54	2/27/09
Christiansburg Aquatic Center	<b>Michael Hallock</b>	48.61	2/5/11
<b>200 Backstroke</b>			
Atlantic Coast Conference	Andy Hodgson, Florida State	1:41.14	2/28/09
Virginia Tech	<b>Charlie Higgins</b>	1:43.72	3/28/10
Christiansburg Aquatic Center	Pat Myers, North Carolina	1:48.86	10/28/11
<b>100 Breaststroke</b>			
Atlantic Coast Conference	Ed Moses, Virginia	52.60	2/26/00
Virginia Tech	Kevin Furlong	53.54	2/21/03
Christiansburg Aquatic Center	Matthew Fedderly, Snow Swimming	55.59	3/25/11
<b>200 Breaststroke</b>			
Atlantic Coast Conference	Rob Holderness, Florida State	1:53.13	10/4/10
Virginia Tech	Jonathan Huss	1:59.36	2/28/09
Christiansburg Aquatic Center	Tanner J. Kurz, Delaware Swim Team	2:02.13	3/26/11
<b>100 Butterfly</b>			
Atlantic Coast Conference	Tommy Wyher, North Carolina	45.57	2/26/10
Virginia Tech	Scott Beard	47.05	2/24/06
Christiansburg Aquatic Center	Giles P. Smith	47.79	3/25/11
<b>200 Butterfly</b>			
Atlantic Coast Conference	Michael Raab	1:42.84	3/27/10
Virginia Tech	Gus Calado	1:44.25	3/25/06
Christiansburg Aquatic Center	Christian T. McCurdy, Fox Chapel	1:48.46	3/26/11
<b>200 Individual Medley</b>			
Atlantic Coast Conference	Gal Nevo, Georgia Tech	1:42.79	3/26/09
Virginia Tech	<b>Gregory Mahon</b>	<b>1:46.34</b>	<b>2/24/11</b>
Christiansburg Aquatic Center	Danny Loftus	1:50.71	2/6/11
<b>400 Individual Medley</b>			
Atlantic Coast Conference	Gal Nevo, Georgia Tech	3:38.00	3/27/09
Virginia Tech	<b>Alex Lutterbein</b>	<b>3:49.01</b>	<b>2/25/11</b>
Christiansburg Aquatic Center	Oliver W. Bennett, Loyola Blakefield	3:57.27	3/25/11
<b>200 Freestyle Relay</b>			
Atlantic Coast Conference	Sousa, Plummer, Copeland, Robberson-GT	1:17.84	2/26/09
Virginia Tech	deToll, <b>Hawkins</b> , Holmes, <b>Ulatowski</b>	1:18.75	2/26/09
Christiansburg Aquatic Center	Cebertowicz, Ficker, Hamilton, Reed-North Carolina	1:22.58	10/28/11
<b>400 Freestyle Relay</b>			
Atlantic Coast Conference	Robison, Azar, Geissinger, McLean-UVa	2:51.50	2/28/09
Virginia Tech	deToll, <b>Hawkins</b> , Holmes, <b>Ulatowski</b>	2:55.49	2/28/09
Christiansburg Aquatic Center	Boffa, Brennan, Miesfeld, Brown-NC State	3:01.43	10/15/11
<b>800 Freestyle Relay</b>			
Atlantic Coast Conference	Azar, Robison, Karasek, McLean-UVa	6:15.02	2/25/09
Virginia Tech	Hughes, <b>Trabuchi-Downey</b> , <b>Uncur</b> , <b>Hawkins</b>	6:30.03	2/25/09
Christiansburg Aquatic Center	Seiferth, Nobsbisch, Molinare, Paulk-Jewish Community	6:52.78	3/25/11
<b>200 Medley Relay</b>			
Atlantic Coast Conference	Olesen, Hurley, Robertson, Robison-UVa	1:25.99	3/27/09
Virginia Tech	<b>Higgins</b> , Huss, deToll, Holmes	1:27.11	2/27/09
Christiansburg Aquatic Center	<b>Higgins</b> , <b>Hoisington</b> , <b>Botha</b> , <b>Mahon</b>	1:30.26	10/15/11
<b>400 Medley Relay</b>			
Atlantic Coast Conference	Olsen, Robertson, Hurley, Robison-UVa	3:08.71	2/27/09
Virginia Tech	<b>Higgins</b> , Huss, deToll, <b>Hawkins</b>	3:11.18	2/25/09
Christiansburg Aquatic Center	<b>McGinnis</b> , <b>Hoisington</b> , <b>Mahon</b> , <b>Morgan</b>	3:18.40	10/28/11



## WOMEN'S EVENT RECORDS

Event/Record Type	Name	Time	Date
<b>50 Freestyle</b>			
Atlantic Coast Conference	Sara Smith	21.96	2/19/09
Virginia Tech	Sara Smith	21.96	2/19/09
Christiansburg Aquatic Center	Emily M. Cameron	22.83	3/26/11
<b>100 Freestyle</b>			
Atlantic Coast Conference	Sara Smith	48.10	2/21/09
Virginia Tech	Sara Smith	48.10	3/20/09
Christiansburg Aquatic Center	Kaitlyn Dressel, Florida State	50.19	10/29/11
<b>200 Freestyle</b>			
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	Gillian R. Ryan, Parkland Aquatic Club	1:46.61	3/25/11
<b>500 Freestyle</b>			
Atlantic Coast Conference	Stephanie Peacock, North Carolina	4:38.54	11/19/10
Virginia Tech	<b>Erika Hajnal</b>	4:40.03	2/18/10
Christiansburg Aquatic Center	Gillian R. Ryan, Parkland Aquatic Club	4:43.48	3/26/11
<b>1000 Freestyle</b>			
Atlantic Coast Conference	Cara Lane, Virginia	9:36.35	3/21/09
Virginia Tech	<b>Erika Hajnal</b>	9:40.18	1/23/10
Christiansburg Aquatic Center	Gillian R. Ryan, Parkland Aquatic Club	9:47.44	3/27/11
<b>1650 Freestyle</b>			
Atlantic Coast Conference	Whitney Sprague, North Carolina	15:51.02	3/21/09
Virginia Tech	<b>Erika Hajnal</b>	16:00.16	2/21/09
Christiansburg Aquatic Center	Stephanie Peacock, North Carolina	16:14.61	10/28/11
<b>100 Backstroke</b>			
Atlantic Coast Conference	Mei Christensen, Virginia	51.58	3/20/09
Virginia Tech	Steffi Drechsel	53.66	1/23/10
Christiansburg Aquatic Center	Allison R. Roberts, Parkland Aquatic Club	55.36	3/26/11
<b>200 Backstroke</b>			
Atlantic Coast Conference	Mei Christensen, Virginia	1:52.22	2/21/09
Virginia Tech	Kelly deMarrais	1:57.50	2/21/09
Christiansburg Aquatic Center	Allison L. Roberts, Parkland Aquatic Club	1:58.48	3/27/11
<b>100 Breaststroke</b>			
Atlantic Coast Conference	Layne Brodie, North Carolina	1:00.02	2/20/09
Virginia Tech	Jessica Botzum	1:00.56	3/20/08
Christiansburg Aquatic Center	Karie Haglund, Eagle Swim Team	1:01.28	3/25/11
<b>200 Breaststroke</b>			
Atlantic Coast Conference	Layne Brodie, North Carolina	2:10.04	3/20/10
Virginia Tech	Jessica Botzum	2:10.13	3/20/08
Christiansburg Aquatic Center	Colleen Callahan, Egg Harbor Twp Swim Club	2:15.73	3/26/11
<b>100 Butterfly</b>			
Atlantic Coast Conference	Richelle Depold, North Carolina	52.34	2/18/97
Virginia Tech	Megan Newell	52.61	2/20/09
Christiansburg Aquatic Center	Margaret A. Gruber, Pine Richland Aquatics	54.89	3/25/11
<b>200 Butterfly</b>			
Atlantic Coast Conference	Megan Evo, Virginia	1:54.59	2/21/09
Virginia Tech	Megan Newell	1:58.40	2/21/09
Christiansburg Aquatic Center	Elizabeth Pepper, Florida State	1:59.52	10/29/11
<b>200 Individual Medley</b>			
Atlantic Coast Conference	Megan Evo, Virginia	1:56.17	2/19/09
Virginia Tech	Jessica Botzum	2:00.53	2/15/07
Christiansburg Aquatic Center	Emily M. Cameron, Lancaster Aquatics	2:01.33	1/22/11
<b>400 Individual Medley</b>			
Atlantic Coast Conference	Laura Moriarty, North Carolina	4:07.66	2/19/10
Virginia Tech	<b>Erika Hajnal</b>	4:09.33	3/19/10
Christiansburg Aquatic Center	Emily M. Cameron, Lancaster Aquatics	4:16.06	3/25/11
<b>200 Freestyle Relay</b>			
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, <b>Savage, Ferguson</b>	1:35.96	10/16/10
<b>400 Freestyle Relay</b>			
Atlantic Coast Conference	Christensen, Wallace, Moores, Evo-UVa	3:15.22	2/21/09
Virginia Tech	Drechsel, McHorney, Smith, Newell	3:16.21	3/20/09
Christiansburg Aquatic Center	Henley, Freyman, Hendren, Prim-NC State	3:26.26	10/15/11
<b>800 Freestyle Relay</b>			
Atlantic Coast Conference	Narum, Flynn, Haris, Perdue-UVa	7:04.74	2/17/10
Virginia Tech	Filova, deMarrais, <b>Hajnal</b> , Ritter	7:06.93	2/17/10
Christiansburg Aquatic Center	O'Brien, Stinner, Grim, Ryan-Parkland Aquatic Club	7:22.99	3/25/11
<b>200 Medley Relay</b>			
Atlantic Coast Conference	Christensen, McDonnell, Smart, Davis-UVa	1:37.33	2/17/10
Virginia Tech	McHorney, Earl, Newell, Smith	1:38.56	2/18/09
Christiansburg Aquatic Center	Roberts, Burns, O'Brien, Ryan-Parkland Aquatic Club	1:43.30	3/26/11
<b>400 Medley Relay</b>			
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	List, Moriarty, Nolan, Barczak-North Carolina	3:45.08	10/28/11

**DIVING RECORDS****Men's Diving Records**

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

**Women's Diving Records**

<b>Event/Record Type</b>	<b>Name</b>	<b>Score</b>	<b>Date</b>
<b>1-Meter Diving (6 Dives)</b>			
Atlantic Coast Conference	Abby Johnston, Duke	398.65	1/15/11
Virginia Tech	<b>Logan Kline</b>	323.55	1/11/12
Christiansburg Aquatic Center	<b>Logan Kline</b>	323.55	1/11/12
<b>1-Meter Diving (11 Dives)</b>			
Atlantic Coast Conference	Jennie Graviss, Clemson	459.80	2/18/89
Virginia Tech	Jackie Devoud	439.05	1998
<b>3-Meter Diving (6 Dives)</b>			
Atlantic Coast Conference	Abby Johnston, Duke	439.70	2/19/10
Virginia Tech	<b>Logan Kline</b>	351.45	1/11/12
Christiansburg Aquatic Center	<b>Logan Kline</b>	351.45	1/11/12
<b>3-Meter Diving (11 Dives)</b>			
Atlantic Coast Conference	Agnes Gerlach, NC State	567.15	2/24/93
Virginia Tech	Laura Lunn	487.35	2005
<b>Platform Event (6 Dives)</b>			
Atlantic Coast Conference	Brittany Viola, Miami	367.20	3/16/08
Virginia Tech	<b>Kelli Stockton</b>	265.35	11/18/11
Christiansburg Aquatic Center			
<b>Platform Event (11 Dives)</b>			
Virginia Tech	Laura Lunn	388.85	2005