

## 2008-09 Elizabethtown Top Times

### Men's Top Times (all distances in yards):

Event	Name	Time	Date
200 Medley Relay	Miller/Provence/Drob/Bolstein	1:48.99	11/8/08
400 Medley Relay	Miller/Provence/Drob/Hagerty	3:58.88	11/1/08
1000 Freestyle	Matt Drob	12:21.43	11/1/08
50 Freestyle	Matt Drob	:23.55	11/8/08
100 Freestyle	Matt Drob	:51.92	11/15/08
200 Freestyle	Chris Miller	1:52.15	11/5/08
500 Freestyle	Chris Miller	5:05.28	11/22/08
1000 Freestyle	Chris Miller	10:42.30	11/12/08
200 Ind. Medley	Chris Miller	2:11.29	11/1/08
400 Ind. Medley	Chris Miller	4:42.35	11/8/08
100 Butterfly	Chris Miller	:58.19	11/5/08
200 Butterfly	Tom Hagerty	2:21.61	11/12/08
50 Backstroke	Chris Miller	:26.07	11/8/08
100 Backstroke	Chris Miller	:55.82	11/1/08
200 Backstroke	Chris Miller	2:08.19	11/1/08
100 Breaststroke	Kevin Smedman	1:11.16	11/15/08
200 Breaststroke	Dan Provence	2:39.35	11/12/08
200 Free Relay	Provence/Hagerty/Miller/Drob	1:37.04	11/5/08
400 Free Relay	Hagerty/Provence/Miller/Drob	3:38.75	11/22/08

### Women's Top Times (all distances in yards):

200 Medley Relay	Kelly/Hopkins/Brizek/Riley	2:05.93	11/8/08
400 Medley Relay	Riley/G. Geiger/Brizek/Hellman	4:28.63	11/22/08
50 Freestyle	Lindsay Riley	:26.27	11/15/08
100 Freestyle	Lindsay Riley	:57.18	11/15/08
200 Freestyle	Courtney Kelly	2:07.93	11/15/08
500 Freestyle	Emily Robinson	5:39.28	12/6/08
1000 Freestyle	Emily Robinson	11:37.98	11/5/08
200 Ind. Medley	Jenny Brizek	2:23.50	11/15/08
400 Ind. Medley	Sarah Berry	5:21.47	11/22/08
100 Butterfly	Jenny Brizek	1:08.12	11/15/08
200 Butterfly	Jenny Brizek	2:38.52	11/8/08
50 Backstroke	Lindsay Riley	30:33	12/6/08
100 Backstroke	Lindsay Riley	1:06.18	11/12/08
200 Backstroke	Courtney Kelly	2:22.10	11/8/08
100 Breaststroke	Gretchen Geiger	1:12.50	11/15/08
200 Breaststroke	Gretchen Geiger	2:36.22	11/22/08
200 Free Relay	Brizek/Kelly/Riley/K. Geiger	1:47.70	11/5/08
400 Free Relay	Brizek/K. Geiger/Robinson/Riley	3:57.74	11/1/08

## MAC Qualifying Standards

### For 2009 Middle Atlantic Conference Championships (distances in yards)

Event:	Men's	Women's	Event:	Men's	Women's
50 Free	:24.44	:27.74	100 Breast	1:12.99	1:20.00
100 Free	:53.99	1:00.99	200 Breast	2:37.00	2:53.00
200 Free	1:59.57	2:12.00	100 Fly	1:03.57	1:12.00
500 Free	5:29.00	5:55.00	200 Fly	2:35.00	2:50.00
1650 Free*	11:59.99	12:27.99	200 I.M.	2:18.75	2:32.86
100 Back	1:06.00	1:10.42	400 I.M.	5:20.00	5:35.00
200 Back	2:27.99	2:34.00	*1650 free times are for 1000 yards		

### 2008-09 Etown Schedule and Results

Date	Opponent	Men	Women
11/1	DICKINSON	35-159 L	45-160 L
11/5	YORK	33-163 L	82-123 L
11/8	LYCOMING*	60-117 L	100-105 L
11/12	KING'S*	130-99 W	151-92 W
11/15	MESSIAH*	66-128 L	116-71 W
	SUSQUEHANNA	65-108 L	117-70 W
11/22	at FDU-Florham*	70-41 W	119-71 W
11/25	at Lebanon Valley*	79-113 L	112-87 W

12/6-7 at Franklin & Marshall Invitational

1/10	ALBRIGHT*	1:00 p.m.
1/13	at McDaniel	6:00 p.m.
1/17	at Washington (Md.)	1:00 p.m.
1/20	at Arcadia*	6:00 p.m.
1/24	at Widener*	1:00 p.m.
1/27	at Scranton	6:00 p.m.
2/13-15	at MAC Championships (Wilkes-Barre CYC)	

## Meet Notes

### ABOUT ELIZABETHTOWN...

**MEN:** The Blue Jays lost 113-79 at Lebanon Valley on Nov. 25, despite winning seven events. Senior **Chris Miller** won the 200 IM and 100 back, junior **Matt Drob** captured the 50 free and 100 free, and sophomore **Tom Hagerty** won the 100 fly and 400 free.

**WOMEN:** The Blue Jays defeated Lebanon Valley 112-87 on Nov. 25 for their fifth straight win. Junior **Lindsay Riley** won the 50 free and 100 back and first-year student **Emily Robinson** posted victories in the 400 free and 800 free. Senior **Jenny Brizek** (200 IM) and sophomores **Courtney Kelly** (200 free) and **Stephanie Hellman** (100 free) were also victorious.

### ABOUT ALBRIGHT...

**MEN:** The Lions competed at Kutztown last night, their first meet since a 100-84 win at Cabrini on Dec. 2. **Eric Kramer** (500 free, 1000 free), **Matt O'Neill** (200 fly), **Jack Kubacki** (100 free), **Sean Zajdel** (200 back) and **Jordan Hash** (200 breast) picked up wins for Albright that evening.

**WOMEN:** Prior to last night, Albright (6-0) last competed against Cabrini on Dec. 2, winning by a score of 123-73. **Adrienne Peoples** (1000 free), **Allison Fies** (200 free, 500 free), **Aimee Snyder** (50 free, 200 back), **Jess Williams** (200 IM, 200 fly) and **Lauren Onusko** (100 free) all picked up wins for the Lions, who have won eight of the last nine MAC titles including four in a row.

**ORDER OF EVENTS...** 1. 200 Medley Relay, 2. 1000 Freestyle, 3. 200 Freestyle, 4. 50 Freestyle, 5. 200/400 Individual Medley, 6. 100 Butterfly, 7. 100 Freestyle, 8. 100/200 Backstroke, 9. 500 Freestyle, 10. 100/200 Breaststroke, 11. 200 Free Relay.

### How to Watch a Swimming Meet

For the average spectator watching their first swimming meet, it may be difficult to understand what is happening or how to determine who is winning. Here is a brief synopsis of what to look for:

With both men and women competing in a meet, a total of 22 events will take place: 11 men's events and 11 women's events

\*Each team is allowed to enter three contestants or relay teams in each event.

Each individual swimmer is allowed to compete in any combination of three races or relays.

\*In the relays, 11 points are awarded for first place, four points for second place, and two points for third place.

\*In the individual races, the scoring is nine points for first place, four points for second place, three points for third place, two points for fourth place, and one point for fifth.

The men's and women's scores are kept separately.

Most coaches are familiar with the opposing teams. It is the coach's responsibility to set up a lineup that will allow his or her team to score the majority of the points. Before each race, the coaches exchange lineup cards, so even though they may have an idea about who they are facing, they do not know for sure until the moment before the race begins. Sometimes a coach may have to sacrifice certain events in order to be stronger in others.

The officials who run the meet watch for rule infractions or relay false starts. If either occurs, the individual or relay team is disqualified. Many times, these lost points are hard for a team to make up and create an advantage for the opponent.

Enjoy today's meet, and Elizabethtown College thanks you for supporting our Blue Jay swimmers.

# Elizabethtown College Swimming 2008-09



## Elizabethtown College

VS.

## Albright College

Saturday, January 10

Alumni Pool

Elizabethtown, Pa.

## Elizabethtown College Blue Jays

**Men 2-6, Women 5-3**

### Women's Roster...

Name	Cl.	Event(s)	Hometown	High School
Sarah Berry***+	Sr.	Free/Fly	Walnutport, PA	Northampton
Jenny Brizek***	Sr.	Back/IM	Sinking Spring, PA	Conrad Weiser
Sara Crimmel**	Jr.	Free/Back	Tunkhannock, PA	Tunkhannock
Gretchen Geiger***+	Sr.	Free/Breast	Pilesgrove, NJ	Woodstown
Kara Geiger**	Jr.	Free	Zionsville, PA	Emmaus
Stephanie Hellman*	So.	Free	Shrewsbury, NJ	Red Bank Catholic
Danielle Hopkins**	Jr.	Back/Breast	Franklin, MA	Franklin
Courtney Kelly*	So.	Fly/Back	Guilford, CT	Guilford
Amanda Martin	Fy.	Free/Breast	Lincoln University, PA	Avon Grove
Chelsea Mitchell	Fy.	Free	New Lisbon, NJ	Pemberton Twp.
Laura Quigley***	Sr.	Free/Back	Yardley, PA	Pennsbury
Lindsay Riley**	Jr.	Free/Back	Berwyn, PA	Conestoga
Emily Robinson	Fy.	Free	Columbia, PA	Lancaster Catholic
Rebecca Rose*	So.	Free/Fly	Fort Washington, PA	Upper Dublin
Julie Strulson	Fy.	Free/Back	Yardley, PA	Pennsbury

### Men's Roster...

Name	Cl.	Event(s)	Hometown	High School
Matt Drob**+	Jr.	Free/Back	Strasburg, PA	Lampeter-Strasburg
Tom Hagerty*+	So.	Free	Enola, PA	East Pennsboro
Chris Miller**	Sr.	Free/Back	Lebanon, PA	Cedar Crest
Dan Provence**	Jr.	Free	Brookhaven, PA	Penncrest
Kevin Smedman**	Jr.	Free/Back	Ft. Montgomery, NY	James I. O'Neill

\* varsity letters earned      + captain

**Head Coach:** Dan DeHass (1st year)

**Assistant Coach:** Alison Kreider (10th year)

### Elizabethtown College Fast Facts...

Location .....	Elizabethtown, PA
Founded .....	1899
Enrollment .....	2,000
Conference .....	Middle Atlantic Conference
President .....	Dr. Theodore E. Long
Athletic Director .....	Nancy Latimore
Athletic Trainers .....	Mike Sweger, Tanya Miller
Sports Information Director.....	Jim Miller
Nickname .....	Blue Jays
Colors.....	Blue and Grey
2007-08 Men's Record .....	5-8 overall, 4-3 MAC, 5th at MACs
2007-08 Women's Record .....	6-7 overall, 5-2 MAC, 4th at MACs

## Albright College Lions

**Men 5-1, Women 6-0**

### Women's Roster...

Name	Cl.	Hometown	High School
Patricia Celmer	So.	Oakhurst, NJ	St. Rose
Allison Fies	So.	Reading, PA	Muhlenberg
Jillian Franc	So.	Lawrenceville, NJ	Lawrenceville
Erika Giberson	Jr.	Staten Island, NY	Tottenville
Amanda Jacobson	Fy.	Hershey, PA	Hershey
Alyce Mancini	Fy.	Erdenheim, PA	Springfield Township
Tara McAdams	So.	Phoenixville, PA	Great Valley
Sarah Noonan	Jr.	Frederick, MD	Urbana
Katy Oeste	Fy.	Kennett Square, PA	Unionville
Lauren Onusko	So.	Winstead, CT	The Gilbert School
Adrienne Peoples	Sr.	Wilmington, DE	Brandywine
Aimee Snyder	Fy.	Reading, PA	Muhlenberg
Kristin Whyte	Sr.	Middletown, NJ	Middletown North
Jessica Williams	Sr.	Philadelphia, PA	Archbishop Ryan
Kelly Williams	So.	Philadelphia, PA	Archbishop Ryan
Rebecca Woskoff	Fy.	Mount Sinai, NY	Mount Sinai

### Men's Roster...

Name	Cl.	Hometown	High School
Brad Epstein	Fy.	Bensalem, PA	Bensalem
John Ferrara	Sr.	Lebanon, PA	Cedar Crest
Jordan Hash	So.	Shrewsbury, PA	Susquehannock
Jon Hoysock	Fy.	Orwigsburg, PA	Blue Mountain
Eric Kramer	So.	Watsonstown, PA	Warrior Run
Jack Kubacki	Jr.	Reading, PA	Antietam
Zach McElheny	Fy.	Elizabethtown, PA	Elizabethtown
Ryan McGroarty	So.	Media, PA	Penncrest
Scott Mermelstein	Fr.	Elkins Park, PA	Abington Senior
Matt O'Neill	So.	Ridley Park, PA	Ridley
Scott Ramsey	So.	Elizabethtown, PA	Elizabethtown
Chris Sheerer	So.	Leola, PA	Conestoga Valley
Kyle Torrens	Sr.	West Chester, PA	West Chester East
Sean Zajdel	Fy.	Yardley, PA	Pennsburg

**Head Coach:** John Stuhltrager (6th year)

**Assistant Coaches:** Cindy Barner, Rachel Cantwell

### Albright College Fast Facts...

Location .....	Reading, PA
Founded .....	1856
Enrollment .....	1,650
Conference .....	Middle Atlantic Conference
President .....	Dr. Lex O. McMillan III
Co-Athletic Directors .....	Rick Ferry, Janice Luck
Head Athletic Trainer.....	Rick Partsch
Sports Information Director.....	Dave Walberg
Nickname .....	Lions
Colors.....	Red and White
2007-08 Men's Record .....	6-4 overall, 5-1 MAC, 2nd at MACs
2007-08 Women's Record .....	8-2 overall, 6-0 MAC, 1st at MACs

## Elizabethtown College Program Records

### Men's Records (all distances in yards):

Event	Name	Time	Season
200 Medley Relay	Miller, Donahue, DiObilda, Drob	1:38.45	2006-07
400 Medley Relay	Luey, Urban, Schlotterbeck, Shelton	3:31.61	1994-95
200 Free Relay	Hamsher, Farrar, Urban, Luey	1:29.20	1996-97
400 Free Relay	Hamsher, Klinefelter, Urban, Luey	3:15.39	1996-97
800 Free Relay	Contino, Hyde, Biccocchi, Moore	7:22.10	2000-01
50 Freestyle	Stephen Fowler	:21.53	1993-94
100 Freestyle	Casey Moore	:47.05	2000-01
200 Freestyle	Casey Moore	1:42.12	2000-01
500 Freestyle	Casey Moore	4:41.43	2000-01
1000 Freestyle	Chris Miller	10:25.64	2006-07
1650 Freestyle	Richard Krebs	17:29.18	1995-96
200 Ind. Medley	Casey Moore	1:57.93	2002-03
400 Ind. Medley	Paul Contino	4:22.21	2000-01
100 Butterfly	Darren DiObilda	:55.06	2005-06
200 Butterfly	Joshua Luey	2:03.72	1996-97
100 Backstroke	Chris Miller	:52.52	2006-07
200 Backstroke	Chris Miller	1:53.78	2006-07
100 Breaststroke	Mike Schlotterbeck	:59.76	1993-94
200 Breaststroke	Mike Schlotterbeck	2:10.96	1993-94

### Women's Records (all distances in yards):

200 Medley Relay	Klaiber, Zimmerman, Knepper, Bradley	1:53.37	1998-99
400 Medley Relay	Yoder, Zimmerman, Knepper, Texter	4:06.38	1998-99
200 Free Relay	Texter, Zimmerman, Yoder, Bradley	1:40.92	1998-99
400 Free Relay	Texter, Blaha, Keefer, Bradley	3:39.46	2000-01
800 Free Relay	Texter, Zimmerman, Yoder, Knepper	8:02.69	1998-99
50 Freestyle	Lindsay Riley	:25.41	2007-08
100 Freestyle	Julie Phillips	:54.65	1988-89
200 Freestyle	Lindsay Texter	1:59.06	1998-99
500 Freestyle	Lindsay Texter	5:21.14	1998-99
1000 Freestyle	Heidi Yoder	11:06.55	1998-99
1650 Freestyle	Amanda Scheetz	18:26.22	1997-98
200 Ind. Medley	Jackie Zimmerman	2:12.61	1997-98
400 Ind. Medley	Heidi Yoder	4:47.41	1998-99
100 Butterfly	Keeley Trumbo	1:01.12	2003-04
200 Butterfly	Keeley Trumbo	2:16.84	2003-04
100 Backstroke	Tara Auwarter	1:01.42	1997-98
200 Backstroke	Heidi Yoder	2:10.65	1998-99
100 Breaststroke	Jackie Zimmerman	1:04.12	1996-97
200 Breaststroke	Jackie Zimmerman	2:21.45	1996-97

## 2009 NCAA Qualifying Standards

### NCAA Division III Championship Qualifying Standards (times for 25 yard pools)

Men's:	Automatic	Provisional	Women's:	Automatic	Provisional
50 Free	20.52	21.17	50 Free	23.71	24.41
100 Free	44.98	46.45	100 Free	51.59	53.25
200 Free	1:39.74	1:42.85	200 Free	1:52.54	1:55.99
500 Free	4:31.64	4:38.98	500 Free	5:00.03	5:08.52
1650 Free	15:46.22	16:21.19	1650 Free	17:17.49	17:47.99
100 Back	50.74	52.79	100 Back	57.48	59.64
200 Back	1:50.89	1:54.69	200 Back	2:04.38	2:09.04
100 Breast	56.46	58.79	100 Breast	1:04.91	1:07.57
200 Breast	2:03.65	2:08.12	200 Breast	2:20.76	2:26.86
100 Fly	49.40	51.25	100 Fly	56.24	58.79
200 Fly	1:50.89	1:54.71	200 Fly	2:05.56	2:09.12
200 I.M.	1:51.98	1:55.19	200 I.M.	2:05.81	2:10.78
400 I.M.	4:00.85	4:09.36	400 I.M.	4:28.71	4:39.03
200 F.R.	1:21.56	1:24.14	200 F.R.	1:34.73	1:38.12
400 F.R.	3:00.93	3:07.32	400 F.R.	3:27.84	3:35.43
800 F.R.	6:42.05	6:57.50	800 F.R.	7:30.77	7:52.20
200 M.R.	1:31.45	1:34.52	200 M.R.	1:45.62	1:49.27
400 M.R.	3:20.93	3:28.78	400 M.R.	3:50.25	3:59.83