

2008-09 Elizabethtown Top Times

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

Event	Name	Time	Date
400 Medley Relay	Miller/Provence/Drob/Hagerty	3:58.88	11/1/08
1000 Freestyle	Matt Drob	12:21.43	11/1/08
200 Freestyle	Dan Provence	2:01.86	11/1/08
50 Freestyle	Tom Hagerty	:25.04	11/1/08
200 Ind. Medley	Chris Miller	2:11.29	11/1/08
200 Butterfly	No Competitors		
100 Freestyle	Matt Drob	:52.72	11/1/08
200 Backstroke	Chris Miller	2:08.19	11/1/08
500 Freestyle	Dan Provence	5:35.85	11/1/08
200 Breaststroke	Kevin Smedman	2:50.52	11/1/08
400 Free Relay	No Competitors		

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

400 Medley Relay	Kelly/Hopkins/Berry/Martin	4:44.98	11/1/08
1000 Freestyle	Emily Robinson	11:42.88	11/1/08
200 Freestyle	Kara Geiger	2:10.93	11/1/08
50 Freestyle	Lindsay Riley	:26.34	11/1/08
200 Ind. Medley	Jenny Brizek	2:25.60	11/1/08
200 Butterfly	Becca Rose	2:41.47	11/1/08
100 Freestyle	Lindsay Riley	:58.59	11/1/08
200 Backstroke	Courtney Kelly	2:25.62	11/1/08
500 Freestyle	Emily Robinson	5:44.81	11/1/08
200 Breaststroke	Danielle Hopkins	2:51.09	11/1/08
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

*MAC opponent

Date	Opponent	Men	Women
11/1	DICKINSON	35-159	45-160
11/5	YORK	6:00 p.m.	
11/8	LYCOMING*	1:00 p.m.	
11/12	KING'S*	6:00 p.m.	
11/15	MESSIAH*	1:00 p.m.	
	SUSQUEHANNA	1:00 p.m.	
11/22	at FDU-Florham*	1:00 p.m.	
11/25	at Lebanon Valley*	6:00 p.m.	
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...

The Blue Jays were defeated by Dickinson in their season opener on Saturday, and will look to jump into the win column tonight.

MEN: Senior **Chris Miller** won both the 200 individual medley (2:11.29) and 200 backstroke (2:08.19) against Dickinson, after posting 21 dual-meet wins last season.

WOMEN: The Blue Jays did not pick up any individual wins against Dickinson, with junior **Lindsay Riley** earning a second-place finish in the 50 freestyle (26.34) and first-year student **Emily Robinson** in the 500 freestyle (5:44.81).

ABOUT YORK...

The Spartan men moved to 2-0 with 159-74 win over Marymount on Saturday, while the women lost to the host Saints 166-94.

MEN: Sophomore **Steve Yeager** won the 200 free (1:51.36) and 500 free (5:06.38) against Marymount, while sophomore **Steven Tobin** was victorious in the 100 breast (1:05.36) and 200 breast (2:29.72).

WOMEN: Junior **Molly Wasik** won the 100 backstroke (1:05.60) and the 200 backstroke (2:20.47) against Marymount, with sophomore **Lisa King** earning the Spartans' other individual win in the 200 fly (2:22.12).

ORDER OF EVENTS...

1. 200 Medley Relay, 2. 1000 Freestyle, 3. 200 Freestyle, 4. 50 Freestyle, 5. 200 Individual Medley, 6. 100 Butterfly, 7. 100 Freestyle, 8. 100 Backstroke, 9. 500 Freestyle, 10. 100 Breaststroke, 11. 200 Freestyle 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 tonight's meet, and Elizabethtown College thanks you for supporting our Blue Jay swimmers.

Elizabethtown College Swimming 2008-09



Elizabethtown College

VS.

York College

Wednesday, November 5

Alumni Pool

Elizabethtown, Pa.

Elizabethtown College Blue Jays

Men 0-1, Women 0-1

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
Dan Bolstein	Fy.	Free/Back	Maple Glen, PA	Hatboro-Horsham
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

York College Spartans

Men 2-0, Women 1-1

Women's Roster...

Name	Cl.	Hometown	High School
Flor Isabel Aroche	Jr.	Spring, TX	Tomball
Hannah Bell	Fy.	Red Lion, PA	Mountainview International
Alison Beverly	So.	Andover, NJ	Newton
Allison Brophy	Fy.	Reading, PA	Reading
Kaitlin Crean	Jr.	Fairfield, CT	Fairfield Warde
Kaitlyn Estes	Fy.	Athens, PA	Athens Area
Liz Grey	Fy.	Bensalem, PA	Nazareth Academy
Michaela Guild	Fy.	Laurel, MD	St. Vincent Pallotti
Lisa King	So.	Bel Air, MD	C. Milton Wright
Kristin Leonard	Jr.	Herndon, VA	Herndon
Maureen Loughman	So.	Morristown, NJ	Morristown
Bridget Miller	Sr.	Wilmington, DE	St. Mark's
Colleen Nolan	Sr.	Annandale, VA	Annandale
Kayla Smith	Jr.	York, PA	Dallastown
Kame' Spencer	Fy.	Waialua, HI	Waialua
Ashley Stanton	Jr.	Columbia, MD	Hammond
Colleen Walker	So.	Hanover, PA	Southwestern
Meghan Wallace	Sr.	Metuchen, NJ	Metuchen
Molly Wasik	Jr.	York, PA	Spring Grove

Men's Roster...

Name	Cl.	Hometown	High School
Clark Arnold	Jr.	York, PA	Northeastern
AJ Bean	So.	Ijamsville, MD	Urbana
Patrick Benecewicz	Fy.	New Freedom, PA	Susquehannock
Colin Brown	Jr.	Jackson, NJ	Jackson Memorial
Tom DeCoursey	So.	Cherry Hill, NJ	Cherry Hill West
Andrew Demarest	Jr.	Galloway, NJ	Abesegami
Alex Diehl	Fy.	Pottstown, PA	Owen J. Roberts
Stephen Doemland	Jr.	Etters, PA	Red Land
Johnathan Gottschalk	Fy.	Forest Hill, MD	Fallston
James Hicks	Fy.	Kingsville, MD	Fallston
Garrett Higgins	Sr.	Yardley, PA	Pennsbury
Ben Hilt	So.	Mt. Joy, PA	Hempfield
Richard Janosky	Fy.	Dover, PA	Dover
Matthew Jennings	Sr.	Fairfax, VA	Robinson
Matt Kempel	So.	Millington, MD	Queen Anne's County
Dan Kresser	Jr.	Washington, NJ	Warren Hills Regional
Justin Murphy	Jr.	Mechanicsville, Va	Lee-Davis
Michael Murphy	Jr.	Farmingdale, NJ	Colts Neck
Chris Schleicher	So.	Greenburg, PA	Hempfield
Brian Shaffer	Fy.	Schnecksville, PA	Parkland
Chris Suehr	Sr.	North Erwin, PA	Norwin
Steven Tobin	So.	Estell Manor, NJ	Holy Spirit
Adam Usciak	Sr.	Lancaster, PA	Hempfield
Nate Welsh	So.	Bel Air, MD	Bel Air
Adam Willier	Jr.	Pottsville, PA	Pottsville Area
Steve Yeager	So.	Sinking Spring, PA	Wilson
Alex Young	Jr.	New Castle, DE	Salesianum

Head Coach: Gina McHenry

Assistant Coach: Scott Herdson

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