

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 | Chris Miller | 1:52.15 | 11/5/08 |
| 50 Freestyle | Matt Drob | :23.76 | 11/5/08 |
| 200 Ind. Medley | Chris Miller | 2:11.29 | 11/1/08 |
| 100 Butterfly | Chris Miller | :58.19 | 11/5/08 |
| 100 Freestyle | Matt Drob | :52.72 | 11/1/08 |
| 100 Backstroke | Dan Bolstein | 1:02.61 | 11/5/08 |
| 200 Backstroke | Chris Miller | 2:08.19 | 11/1/08 |
| 500 Freestyle | Dan Provence | 5:35.85 | 11/1/08 |
| 100 Breaststroke | Kevin Smedman | 1:18.25 | 11/5/08 |
| 200 Breaststroke | Kevin Smedman | 2:50.52 | 11/1/08 |
| 200 Free Relay | Provence/Hagerty/Miller/Drob | 1:37.04 | 11/5/08 |

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

| | | | |
|------------------|---------------------------------|----------|---------|
| 200 Medley Relay | Quigley/Hopkins/Rose/Mitchell | 2:10.48 | 11/5/08 |
| 400 Medley Relay | Kelly/Hopkins/Berry/Martin | 4:44.98 | 11/1/08 |
| 1000 Freestyle | Emily Robinson | 11:37.98 | 11/5/08 |
| 200 Freestyle | Kara Geiger | 2:10.39 | 11/5/08 |
| 50 Freestyle | Lindsay Riley | :26.31 | 11/5/08 |
| 200 Ind. Medley | Jenny Brizek | 2:23.52 | 11/5/08 |
| 100 Butterfly | Becca Rose | 1:09.31 | 11/5/08 |
| 200 Butterfly | Becca Rose | 2:41.47 | 11/1/08 |
| 100 Freestyle | Lindsay Riley | :57.94 | 11/5/08 |
| 100 Backstroke | Jenny Brizek | 1:07.63 | 11/5/08 |
| 200 Backstroke | Courtney Kelly | 2:25.62 | 11/1/08 |
| 500 Freestyle | Emily Robinson | 5:40.49 | 11/5/08 |
| 200 Breaststroke | Danielle Hopkins | 2:51.09 | 11/1/08 |
| 100 Breaststroke | Danielle Hopkins | 1:18.00 | 11/5/08 |
| 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

*MAC opponent

| 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* | | 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 York College in a non-conference meet on Wednesday night, and open MAC competition this afternoon against Lycoming.

MEN: Senior **Chris Miller** picked up his third race win of the season against York, claiming the victory in the 200 freestyle in a time of 1:52.15... First-year student **Dan Bolstein** has qualified for MACs in the 100 backstroke (1:02.61)...

WOMEN: Junior **Lindsay Riley** won the 50 free (26.31) and 100 free (57.94) against York, while first-year student **Emily Robinson** picked up a win in the 1000 free (11:37.98)...

ORDER OF EVENTS...

1. 200 Medley Relay, 2. 1000 Freestyle, 3. 200 Freestyle, 4. 50 Freestyle, 5. 400 Individual Medley, 6. 200 Butterfly, 7. 100 Freestyle, 8. 200 Backstroke, 9. 500 Freestyle, 10. 200 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.

ABOUT LYCOMING...

The Warriors were swept in a conference meet at Albright last Saturday, with the men falling 111-89 and the women 108-95.

MEN: The Warriors claimed one individual win against Albright, as first-year student **Joseph Andrie** won the 100 breast with a time of 1:04.56... Lycoming has 23 qualifiers for the MAC championships...

WOMEN: Sophomore **Stacy Flick** won a pair of events against Albright, capturing the 50 free (25.86) and 100 breast (1:09.41)... Senior **Stephanie Conrad** also earned a victory in the 100 back (1:05.10), as did the 200 medley relay team (1:56.44)...

Elizabethtown College Swimming 2008-09



Elizabethtown College

VS.

Lycoming College

Saturday, November 8

Alumni Pool

Elizabethtown, Pa.

Elizabethtown College Blue Jays

Men 0-2, Women 0-2

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 |

Lycoming College Warriors

Men 1-1, Women 1-1

Women's Roster...

| Name | Cl. | Hometown | High School |
|-----------------------|-----|--------------------|-----------------------|
| Milvana Ban | Sr. | Harrisburg, PA | Bishop McDevitt |
| Amy Bentz | Sr. | Elizabethtown, PA | Elizabethtown |
| Leah Canning | Fy. | Kinnelon, NJ | DePaul Catholic |
| Stephanie Conrad | Sr. | Enola, PA | East Pennsboro |
| Bethany Drew | So. | Flanders, NJ | Roxbury |
| Tess Duffin | Jr. | Lititz, PA | Warwick |
| Margaret Emery | So. | Burke, VA | Lake Braddock |
| Kristen Falzon | Fy. | Cranford, NJ | Cranford |
| Caitlin Flattery | Fy. | Syracuse, NY | Westhill |
| Stacy Flick | So. | Easton, PA | Easton Area |
| Jessie Gallagher | So. | Cheltenham, PA | Cheltenham |
| Brittany Gray | So. | Philadelphia, PA | St. Hubert's Catholic |
| Melody Johnson | So. | E. Stroudsburg, PA | East Stroudsburg S. |
| Jacquelin Kitner | Fy. | Great Mills, MD | Great Mills |
| Alexa LaRocco | Fy. | Torrington, CT | Torrington |
| Caroline LeHota | Jr. | Bellefonte, PA | Bald Eagle Area |
| Danielle Mulvey | So. | Pasadena, MD | Chesapeake |
| Michelle Pastrano | So. | Claremont, CA | Vivian Webb School |
| Alexandra Rinaldi | Fy. | Sellersville, PA | Penn Ridge |
| Catherine Shillington | So. | Glenside, PA | St. Basil Academy |
| Kristen Snyder | Sr. | Reading, PA | Muhlenberg |
| Lizzy Stefani | So. | Scranton, PA | West Scranton |
| Lindsay Stern | Fy. | Lawrenceville, NJ | Lawrenceville |
| Kate Williamson | So. | Audubon, PA | Methacton |
| Claire Zido | Fy. | Pittsburgh, PA | Woodland Hills |

Men's Roster...

| Name | Cl. | Hometown | High School |
|--------------------|-----|---------------------|-----------------|
| Joesph Andrie | Fy. | Reedsville, PA | Indian Valley |
| Gregory Beltran | Fy. | Howell, NJ | Howell |
| Sean Berrier | Sr. | Hughesville, PA | Hughesville |
| Myles Briggs | Fy. | Easton, PA | Easton |
| John Dougherty | Jr. | Mountain Top, PA | Bishop Hoban |
| Brian Fausel | Sr. | Burdett, NY | Watkins Glen |
| Mark Fries | Fy. | Waynesboro, PA | Waynesboro |
| Brandon Good | Sr. | Clearfield, PA | Clearfield Area |
| Nicholas John | Jr. | Mifflinburg, PA | Mifflinburg |
| Joesph Kuder | So. | Moorestown, NJ | Moorestown |
| Chad Lemmons | So. | Boiling Springs, PA | Boiling Springs |
| Derek Lupia | Fy. | Reading, PA | Muhlenberg |
| Trevor Silbernagel | So. | Jefferson Twp., NJ | Jefferson Twp |
| Michael Tonart | Fy. | Dallas, PA | Dallas |
| Robert Wilson | Fy. | Cinnaminson, NJ | Cinnaminson |
| David Zablocki | So. | Joppa, MD | Fallston |

Head Coach: Jerry Hammaker (8th season)

Assistant Coaches: Kristi Hammaker, Kyle Drake, Brian Smith, Amy Gatehouse, and Jeff Rauff

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 |