

## 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
200 Freestyle	Chris Miller	1:52.15	11/5/08
50 Freestyle	Matt Drob	:23.55	11/8/08
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	Matt Drob	2:23.38	11/8/08
100 Freestyle	Matt Drob	:52.72	11/1/08
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
500 Freestyle	Chris Miller	5:12.33	11/8/08
100 Breaststroke	Kevin Smedman	1:18.25	11/5/08
200 Breaststroke	Dan Provence	2:43.24	11/8/08
200 Free Relay	Provence/Hagerty/Miller/Drob	1:37.04	11/5/08

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

200 Medley Relay	Kelly/Hopkins/Brizek/Riley	2:05.93	11/8/08
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	Courtney Kelly	2:08.34	11/8/08
50 Freestyle	Lindsay Riley	:26.31	11/5/08
200 Ind. Medley	Jenny Brizek	2:23.52	11/5/08
400 Ind. Medley	Jenny Brizek	5:22.41	11/8/08
100 Butterfly	Becca Rose	1:09.31	11/5/08
200 Butterfly	Jennifer Brizek	2:38.52	11/8/08
100 Freestyle	Lindsay Riley	:57.63	11/8/08
50 Backstroke	Courtney Kelly	32.77	11/8/08
100 Backstroke	Jenny Brizek	1:07.63	11/5/08
200 Backstroke	Courtney Kelly	2:22.10	11/8/08
500 Freestyle	Emily Robinson	5:39.84	11/8/08
200 Breaststroke	Danielle Hopkins	2:49.72	11/8/08
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*	60-117 L	100-105 L
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...

**MEN:** The Blue Jays fell to Lycoming 117-60 on Saturday afternoon. Senior **Chris Miller** won the 400 IM (4:42.35) and the 500 free (5:12.33) while junior **Dan Provence** finished first in the 200 breast (2:43.24)...

**WOMEN:** Elizabethtown battled Lycoming to the end, but lost 105-100 on Saturday. First-year student **Emily Robinson** claimed wins in the 500 free (5:39.84) and 1000 free (11:46.93), sophomore **Courtney Kelly** was first in the 200 back (2:22.10) and 200 free (2:08.34) and junior **Lindsay Riley** won the 100 free (57.63)...

### ABOUT KING'S...

**MEN:** The Monarchs fell to Cabrini 126-110 on Saturday. Sophomore **Eric Stencovage** won the 100 breasts (1:07.26), first-year student **Dave Washick** was victorious in the 100 back (1:04.88) and first-year student **Josh Debellas** claimed the win in the 1000 free (11:57.16)...

**WOMEN:** King's defeated Notre Dame (Md.) 86-26 and lost to host Cabrini 86-36 on Saturday. Wins for the Lady Monarchs came from sophomore **Becca Smith** in the 1000 free (12:42.34), and sophomore **Maggie Nealer** in the 500 free (6:03.18)...

**ORDER OF EVENTS...** 1. 200 Medley Relay, 2. 1000 Freestyle, 3. 200 Freestyle, 4. 100 Backstroke, 5. 100 Breaststroke, 6. 200 Butterfly, 7. 50 Freestyle, 8. 100 Freestyle, 9. 200 Backstroke, 10. 200 Breaststroke, 11. 500 Freestyle, 12. 100 Butterfly, 13. 200 Individual Medley, 14. 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.

King's College

Wednesday, November 12

Alumni Pool

Elizabethtown, Pa.

## Elizabethtown College Blue Jays

### Men 0-3, Women 0-3

#### 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
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

## King's College Monarchs

### Men 0-2, Women 1-2

#### Women's Roster...

Name	Cl.	Hometown	High School
Amanda Casey	Fy.	Ashley, PA	Hanover Area
Caitlin Casey	Fy.	Wilkes-Barre, PA	Holy Redeemer
Casey Cloman	Fy.	Yardley, PA	New Hope Academy
Krystina Homanko	Fy.	Beaver Meadows, PA	Hazleton Area
Stephanie Hughes	Fy.	Easton, PA	Notre Dame
Susan Hughes	Jr.	Easton, PA	Notre Dame
Maggie Nealer	So.	Syracuse, NY	West Genesee
Sara Schmader	So.	Poughkeepsie, NY	Our Lady of Lourdes
Caitlin Selitto	So.	Morristown, NJ	Academy of St. Elizabeth
Rebecca Smith	So.	Wharton, NJ	Roxbury
Jess Thomas	Jr.	Swoyersville, PA	Wyoming Valley West
Alisha Wainwright	Fy.	Whitehall, PA	Whitehall

#### Men's Roster...

Name	Cl.	Hometown	High School
Tyler Atherton	Fy.	Hampton, NJ	North Hampton
Josh Debellas	Fy.	New Ringgold, PA	Tamaqua Area
John Harrington	Fy.	Lafayette, NY	Lafayette
Kevin Judge	Fy.	Philadelphia, PA	Father Judge
James Martin	Fy.	Tamaqua, PA	Tamaqua Area
Brent Nailor	Fy.	Whitehall, PA	Whitehall Area
Brandon Senese	Fy.	Pittston, PA	Holy Redeemer
Eric Stencovage	So.	Reedsville, PA	Blue Mountain
David Washick	Fy.	Cherry Hill, NJ	Cherry Hill West

**Head Coach:** Alicia Kemnitz (4th season)

**Assistant Coaches:** Lynn Lamore, Christy Rossowski

#### King's College Fast Facts...

Location .....	Wilkes-Barre, PA
Founded .....	1946
Enrollment .....	2,200
Conference .....	Middle Atlantic Conference
President .....	Rev. Thomas J. O'Hara, C.S.C.
Athletic Director .....	Cheryl Ish
Head Athletic Trainer.....	Greg Janik
Sports Information Director.....	Bob Ziadie
Nickname .....	Monarchs
Colors.....	Red and Gold
2007-08 Men's Record .....	5-7 overall, 2-5 MAC, 9th at MACs
2007-08 Women's Record .....	5-8 overall, 1-6 MAC, 7th 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