

## 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	Chris Miller	10:42.30	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	Tom Hagerty	2:21.61	11/12/08
100 Freestyle	Matt Drob	:52.56	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
500 Freestyle	Chris Miller	5:06.88	11/12/08
100 Breaststroke	Chris Miller	1:12.02	11/12/08
200 Breaststroke	Dan Provence	2:39.35	11/12/08
200 Free Relay	Provence/Hagerty/Miller/Drob	1:37.04	11/5/08

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

200 Medley Relay	Brizek/Hopkins/K. Geiger/Riley	2:06.97	11/12/08
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	Jenny Brizek	31.37	11/12/08
100 Backstroke	Lindsay Riley	1:06.18	11/12/08
200 Backstroke	Courtney Kelly	2:22.10	11/8/08
500 Freestyle	Emily Robinson	5:39.84	11/8/08
200 Breaststroke	Danielle Hopkins	2:48.30	11/12/08
100 Breaststroke	Danielle Hopkins	1:17.67	11/12/08
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	*MAC 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*	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 defeated King's 130-99 on Wednesday night, as juniors **Dan Provence** and **Matt Drob** each won three individual events.. Provence took the 50 free (24.97), the 200 free (1:59.80) and the 200 breast (2:39.35) while Drob won the 100 free (52.56), 100 fly (1:00.42) and the 200 IM (2:21.79)...

**WOMEN:** In a 151-92 win over King's, senior Jenny Brizek, junior Lindsay Riley, junior Danielle Hopkins and first-year student Emily Robinson each picked up a pair of victories as the Blue Jays won the first 11 events before swimming exhibition the rest of the night...

### ABOUT MESSIAH...

A first-year program, the Falcons competed against Misericordia last Friday night and lost 120-72 (men) and 124-70 (women). Junior **John Haller** has the men's fastest times in the 500 free, 100 back and 100 fly, while first-year student **Ashley Bell** has been tops in the 50 free, 200 free and 100 back...

### ABOUT SUSQUEHANNA...

The Crusader men are off to a 3-0 start after finishing with a perfect 11-0 record last season, defeating Lycoming 114-84 on Tuesday night. The SU women suffered a 140-64 setback to Lycoming despite two wins from sophomore **Christie Savard** in the 100 fly and 200 free...

### ORDER OF EVENTS (subject to change)...

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

# Elizabethtown College Swimming 2008-09



Elizabethtown College

VS.

Messiah College &  
Susquehanna University

Saturday, November 15

Alumni Pool

Elizabethtown, Pa.

## Elizabethtown College Blue Jays

### Men 1-3, Women 1-3

#### 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'Neil

\* varsity letters earned      + captain

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

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

## Messiah College Falcons

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

#### Women's Roster...

Name	Cl.	Hometown	High School
Ashley Bell	Fy.	Cherry Hill, NJ	Cherry Hill East
Jessica Culp	Fy.	Pilesgrove, NJ	Woodstown
Julie Deluca	Sr.	Newburgh, NY	Marlboro Central
Keren deRouville	So.	Toms River, NJ	Toms River North
Elizabeth Enns	Fy.	Lansdale, PA	Spring Ridge
Alyson Felton	Jr.	Camden-Wyoming, DE	Campus Comm.
Kara Geiman	So.	Westminster, MD	Winters Mill
Leah Johnson	Jr.	Medford, NJ	Lenape Regional
Stephanie Jury	Jr.	New Bloomfield, PA	West Perry
Megan Koons	Sr.	Landisburg, PA	West Perry
Hannah Kurtz	Fy.	Elverson, PA	Conestoga Christian
Brianna Lemaster	Fy.	Woodbridge, VA	Gar-Field
Caitlin Listor	So.	Freehold, NJ	Freehold
Krista Morin	Jr.	Middleton, MA	Masconomet
Rebecca Schubiger	So.	Succasunna, NJ	Roxbury
Kelly Scott	Sr.	Mentor, OH	Mentor
Sara Steinnagel	Jr.	Germantown, MD	Northwest
Rachael Szewczyk	Jr.	Bethel Park, PA	Bethel Park
Emily Westerberg	So.	Glen Mills, PA	Delaware City Christian
Jessica Westerberg	Sr.	Glen Mills, PA	Delaware Ctiy Christian
Jessica Windon	Sr.	Damascus, MD	Chapelgate Christian

## Messiah College Falcons

#### Men's Roster...

Name	Cl.	Hometown	High School
Anthony Addlesberger	Jr.	Chambersburg, PA	Chambersburg
Joshua Boden	Fy.	Toronto, Ontario	The Yorkland School
Branden Brunner	Jr.	Hampstead, NC	St. James
Derek Forster	Jr.	Bethlehem, PA	Liberty
John Haller	Jr.	Dover, DE	Ceaser Rodney
Austin Holt	Fy.	Uxbridge, MA	Whitinsville Christian
Cory Kaufman	Jr.	Somerset, PA	Somerset
Zachary McArdle	Fy.	Orchard Park, NY	Orchard Park
Paul McCauley	So.	Salisbury, MD	Parkside
Cody Rosenbarker	Jr.	Owego, NY	Newark Valley
Michael Schmelzer	So.	Wilmington, DE	Concord
David Shirer	Jr.	Penn Hills, PA	Penn Hills
Andrew Springer	Fy.	Waldorf, MD	Lackey
Sloan Sweigart	Fy.	Mechanicsburg, PA	Mechanicsburg
Matthew Wells	Fy.	Mifflinburg, PA	Mifflinburg
Mitch Young	Sr.	Greeley, CO	Grove City College

**Head Coach:** Nancy Luley

## Susquehanna University Crusaders

### Men 3-0, Women 1-2

#### Women's Roster...

Name	Cl.	Hometown	High School
Amanda Brooker	Sr.	Stevens, PA	Cocalico
Brianna Drapeau	Fy.	Livingston, NJ	Livingston
Liz Ebbrecht	Fy.	Holden, MA	Wachusett Regional
Melissa Gilpin	Jr.	Blue Bell, PA	Wissahickon
Gretchen Hansen	Fy.	Wyckoff, NJ	Ramapo
Catherine Harris	Jr.	Miller Place, NY	Miller Place
Lindsey Jankiewicz	So.	Easton, PA	Freedom
Hayley Keenan	So.	Pikesville, MD	Liberty
Lauren Kintzing	Jr.	Longmont, CO	Fairview
Anita Lake	Jr.	Ijamsville, MD	Urbana
Cristina Los	Jr.	Succasunna, NJ	Roxbury
Erica Picatagi	Jr.	Brick, NJ	Brick
Christie Savard	So.	Berwyn, PA	Conestoga
Lauren Snyder	So.	Leesport, PA	Schuylkill Valley
Amy Thiele	Sr.	New Providence, NJ	New Providence
Melissa Weeks	So.	Framingham, MA	Framingham

#### Men's Roster...

Name	Cl.	Hometown	High School
Jordan Bembridge	Fy.	Queens, NY	Peddie School
Rich Brinker	Sr.	Niantic, CT	East Lyme
Andrew Cole	Jr.	Wellsboro, PA	Wellsboro Area
Will Conway	Jr.	Abingdon, MD	Bel Air
Patrick Donegan	Sr.	Lewisburg, PA	Lewisburg Area
Matt Glicini	Fy.	Dallas, PA	Dallas
Jeff Gorcyca	Sr.	Kennett Square, PA	Kennett
Steve Grieb	So.	Manasquan, NJ	Manasquan
Greg Henkel	Fy.	Lancaster, PA	Lancaster Catholic
Jeff Kormanik	So.	Allentown, PA	William Allen
Rob Lombardi	Jr.	Basking Ridge, NJ	Ridge
Mike Petronaci	So.	Verona, NJ	Verona
Jim Robichaud	Jr.	South Portland, ME	South Portland
Joe Scheno	So.	Berwick, PA	Central Columbia
James Strande	Fy.	Cedar Knolls, NJ	Whippany Park
Colin Sullivan	So.	Westfield, NJ	Westfield
Liv Thrane	Jr.	Dalton, PA	Abington Heights
Galo Trujillo	Jr.	Mount Kisco, NY	Fox Lane
Bryan Watts	So.	Bethlehem, PA	Allentown Central Catholic
Alex Willcox	So.	Dresher, PA	Upper Dublin
Derek Wolf	Sr.	Mechanicsburg, PA	Mechanicsburg
Nate Zmroczek	Fy.	Leesport, PA	Schuylkill Valley

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

**Assistant Coach:** Katie Robbins

## 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