



## Swimming & Diving

Sarah Thomsen

Women's Swimming and Diving Contact

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### Schedule/Results

Date	Opponent	Time/Result
10/07/11	Intermountain Shootout	--
10/08/11	Intermountain Shootout	UNC W 228-108 CMU W 253-80 Utah L 259-79
10/22/11	Denver	L 190-110
11/05/11	at San Diego State	L 181-114
	vs. UC Davis	L 159-141
11/10/11	Northern Arizona	L 134-109
11/17/11	Cougar Classic Invite	--
11/18/11	Cougar Classic Invite	--
11/19/11	Cougar Classic Invite	5th
01/20/12	at Northern Colorado	W 187-111
01/21/12	New Mexico	W 156-141
01/28/12	at Boise State	L 186-1075
02/03/12	at Wyoming	5 p.m. MT
02/04/12	Air Force	1 p.m. MT
02/22/12	MW championships	5 p.m. MT
02/23/12	MW championships	All Day
02/24/12	MW championships	All Day
02/25/12	MW championships	All Day
03/09/12	NCAA diving zones	All Day
03/10/12	NCAA diving zones	All Day
03/15/12	NCAA championships	All Day
03/16/12	NCAA championships	All Day
03/17/12	NCAA championships	All Day

### Roster

Name	Class	Event(s)
Carissa Burke, So		Freestyle, Backstroke
Tara DeMuth, Jr		Butterfly, Breaststroke
Tasia DeMuth, Jr		Sprint Freestyle
Mary Foster, Jr		Mid. Distance Freestyle, Fly
Breann Fuller, Sr		Backstroke, Freestyle
Yana Garvey, So		Backstroke, Fly
Kristen Gropp, Jr		Mid. Distance Freestyle
Mary Hardy, Fr		Diver
Michelle Hawkins, Fr		Freestyle, Backstroke
Chelea Kelly, Jr		Diver
Jennifer Lamb, Sr		Mid. Distance/Distance Freestyle
Arianne Lujan, Jr		IM, Fly
Madeline Mastrup, So		Distance Freestyle
Kelly Mathews, Jr		Breaststroke
Fran Mathias, Sr		Sprint Freestyle
Maggie McShane, So		Sprint Freestyle
Madeline Mitchell, Jr		Diver
Shelley Perkins, Jr		Sprint Freestyle
Katie Polich, Fr		Sprint Freestyle, Butterfly
Ailey Ruger, So		Backstroke, Sprint Freestyle
Kim Schemahorn, Sr		Sprint Freestyle, Fly, Breaststroke
Tess Simpson, Fr		Freestyle
Shayna Solomon, Sr		Diver
Tove Törnström		
Lydia Templin, Jr		Backstroke, Freestyle
Maxelise Thorn, So		Diver

Head Coach: Chris "Woody" Woodard, first year  
Asst: Kevin Witt (diving), Kelly McCallum

### Rams host AF Saturday for final meet

By Sarah Thomsen

*Athletic Media Relations*

**FORT COLLINS, Colo.** – The Rams plan for a packed weekend with back-to-back meets against Wyoming and the Air Force Academy. While the Rams will travel to Wyoming to meet their biggest rivals, the Cowgirls, the Rams will host the Falcons, Saturday at Moby Pool with competition beginning at 1p.m. MT.

The Rams have coupled with the CSU Bookstore to give away 100 green "Rams Splash" t-shirts to the first 100 students with their student IDs.

"With just 100 or so of their family and friends [the athletes] kind of go about their business," Head Coach Chris Woodard said, "but when they start having support from students or alums or community members, I think it shows. I think it kind of spurs them on to bigger and better things in the water."

Saturday's home meet marks the final dual meet of the season as well as the final dual meet in the collegiate careers of seniors: Kristen Gropp, Jennifer Lamb, Fran Mathias, Kim Schemahorn and Shayna Solomon.

One of the major goals the Rams have for the season is to finish with a record of .500 or above. Currently the Rams have a record of 4-6 overall and 1-2 against their Mountain West rivals. To make their goal they have to win against both MW teams.

"I told the girls that we wanted to achieve this goal of a .500," Woodard said, "but our main goal is going to conference and putting up times and points there."

Friday, at Corbett Pool in Laramie,

Wyo., the Rams will face their age-old rivals, the Cowgirls (10-4, 2-1 MW). The Rams and the Cowgirls have been trading wins and losses for the past nine seasons. In the past two seasons the Rams have fallen to the Cowgirls, which can only add to their determination.

"The rivalry obviously predates my experience here," Woodard said. "When I was an assistant there under John they were always hotly contested meets. During our early existence we were 35-0 until they finally broke through. Now that they've broken through, they've become a real player. They can give us a run for our money every single time."

Saturday will be no less of a challenge. Currently the Rams hold a 14-season winning streak against the Falcons (15-2, 0-2 MW), but that does not mean the Rams are underestimating their opponents, especially considering the Falcons are recurrently ranked second in the conference.

"They're both well coached teams," Woodard said. "They have scorers basically in every event, not a lot of holes. So that's why they stack up pretty well against us."

### Quoting Head Coach Chris Woodard:

#### His expectations for the athletes:

"What I want to see is basically kids getting up and racing with a lot of confidence and rolling with the punches, if something doesn't go their way they're already putting that behind them and already focusing on the next race."

#### Comparing championships with back-to-back dual meets:

"It is physically exhausting and certainly mentally grueling to have to swim in the morning and afternoon [at the championships], but they are rested, suited and shaved. These meets they won't be."

## 2011-12 Colorado State Top Times

**50 Freestyle (school record: 21.77, Amy Van Dyken, 1994)**

1	Schemahorn, Kim	SR	23.68	11/17/2011
2	Simpson, Tess	FR	24.20	11/17/2011
3	Perkins, Shelley	JR	24.52	11/17/2011
4	Garvey, Yana	SO	24.81	11/17/2011
5	Polich, Katie	FR	24.87	10/7/2011

**100 Freestyle (school record: 48.29, Amy Van Dyken, 1994)**

1	Schemahorn, Kim	SR	50.98	11/19/2011
2	Simpson, Tess	FR	52.34	11/19/2011
3	Perkins, Shelley	JR	53.02	11/19/2011
4	McShane, Maggie	SO	54.49	10/22/2011
5	Templin, Lydia	JR	54.80	11/5/2011

**200 Freestyle (school record: 1:47.46, Kristen Schneider, 2004)**

1	Lamb, Jennifer	SR	1:51.88	11/18/2011
2	Foster, Mary	JR	1:53.84	11/18/2011
3	Perkins, Shelley	JR	1:57.60	11/18/2011
4	DeMuth, Tasia	JR	1:57.82	11/5/2011
5	Simpson, Tess	FR	1:57.86	11/10/2011

**500 Freestyle (school record: 4:52.88, Jennifer Lamb, 2011)**

1	Lamb, Jennifer	SR	4:52.88	11/17/2011
2	Foster, Mary	JR	4:58.87	11/17/2011
3	Mastrup, Maddie	SO	5:14.55	11/5/2011
4	Gropp, Kristen	SR	5:19.19	1/28/2012
5	DeMuth, Tasia	JR	5:27.71	11/5/2011

**1000 Freestyle (school record: 10:00.19, Jennifer Lamb, 2011)**

1	Lamb, Jennifer	SR	10:15.35	11/5/2011
2	Mastrup, Maddie	SO	10:33.75	11/5/2011
3	Foster, Mary	JR	10:34.08	11/5/2011
4	Gropp, Kristen	SR	10:56.06	11/10/2011

**1650 Freestyle (school record: 16:42.21, Jennifer Lamb, 2010)**

1	Lamb, Jennifer	SR	16:46.51	11/19/2011
2	Foster, Mary	JR	17:07.24	11/19/2011
3	Mastrup, Maddie	SO	17:34.12	1/28/2012
4	Gropp, Kristen	SR	18:30.52	1/28/2012
5	Burke, Carissa	SO	19:16.62	10/7/2011

**100 Backstroke (school record: 52.95, Breann Fuller, 2009)**

1	Garvey, Yana	SO	56.47	11/18/2011
2	Ruger, Ailey	SO	1:00.65	10/22/2011
3	Hawkins, Michelle	FR	1:01.69	11/5/2011
4	Templin, Lydia	JR	1:02.68	10/8/2011
5	Pena, Amee	SO	1:03.56	10/8/2011

**200 Backstroke (school record: 1:56.27, Breann Fuller, 2010)**

1	Garvey, Yana	SO	2:01.42	11/19/2011
2	Hawkins, Michelle	FR	2:10.38	11/10/2011
3	Pena, Amee	SO	2:15.12	10/22/2011
4	Ruger, Ailey	SO	2:14.87	1/28/2012
5	Burke, Carissa	SO	2:24.61	10/8/2011

**100 Breaststroke (school record: 1:01.85, Nicole Lynch, 2011)**

1	Mathews, Kelly	JR	1:03.22	11/18/2011
2	Lujan, Arianne	JR	1:05.12	11/18/2011
3	Simpson, Tess	FR	1:05.41	11/18/2011
4	DeMuth, Tara	JR	1:07.44	10/7/2011

**200 Breaststroke (school record: 2:15.88, Nicole Lynch, 2011)**

1	Mathews, Kelly	JR	2:19.60	11/19/2011
2	Simpson, Tess	FR	2:25.61	11/19/2011
4	Lujan, Arianne	JR	2:30.16	11/5/2011
4	DeMuth, Tara	JR	2:30.16	1/20/2012

**100 Butterfly (school record: 52.07, Amy Van Dyken, 1994)**

1	Mathias, Fran	SR	56.15	11/18/2011
2	Schemahorn, Kim	SR	56.29	11/18/2011
3	Garvey, Yana	SO	58.43	11/18/2011
4	Lujan, Arianne	JR	58.67	1/28/2012
5	DeMuth, Tara	JR	1:00.64	10/22/2011

**200 Butterfly (school record: 2:01.53, Kerry Gillespie, 1986)**

1	Mathias, Fran	SR	2:04.56	11/19/2011
2	Lujan, Arianne	JR	2:06.06	11/19/2011
3	Morales, Allison	FR	2:10.80	11/5/2011
4	Tornstrom, Tove	FR	2:12.43	1/28/2012

**200 IM (school record: 2:01.11, Kristen Schneider, 2004)**

1	Lujan, Arianne	JR	2:04.73	11/17/2011
2	Mathias, Fran	SR	2:07.98	11/17/2011
3	Lamb, Jennifer	SR	2:10.75	10/22/2011
4	Schemahorn, Kim	SR	2:11.74	1/20/2012
5	Mathews, Kelly	JR	2:12.51	11/17/2011

**400 IM (school record: 4:21.91, Jennifer Muniz, 2009)**

1	Lamb, Jennifer	SR	4:26.87	11/18/2011
2	Lujan, Arianne	JR	4:26.89	11/18/2011
3	Morales, Allison	FR	4:49.50	11/10/2011

**200 Freestyle Relay (school record: 1:32.09, MWC, 2009)**

Relay A	1:35.55	11/17/2011
(S. Perkins, Y. Garvey, T. Simpson, K. Schemahorn)		
Relay B	1:39.49	10/8/2011
(K. Schemahorn, S. Perkins, L. Templin, K. Polich)		

**400 Freestyle Relay (school record: 3:22.15, 1994)**

Relay A	3:28.58	11/19/2011
(T. Simpson, J. Lamb, S. Perkins, K. Schemahorn)		
Relay B	3:37.68	11/10/2011
(K. Polich, Y. Garvey, M. Foster, Tasia DeMuth)		

**800 Freestyle Relay (school record: 7:22.73, MWC, 2009)**

Relay A	7:56.46	10/8/2011
(J. Lamb, M. Foster, A. Morales, T. DeMuth)		
Relay B	8:14.43	10/8/2011
(M. Mastrup, K. Gropp, A. Pena, A. Lujan)		

**200 Medley Relay (school record: 1:41.25, MWC, 2011)**

Relay A	1:46.22	1/20/2012
(Y. Garvey, K. Mathews, A. Lujan, K. Schemahorn)		
Relay B	1:49.25	10/22/2011
(A. Ruger, T. Simpson, T. DeMuth, K. Polich)		

**400 Medley Relay (school record: 3:42.51, MWC, 2011)**

Relay A	3:46.65	11/17/2011
(Y. Garvey, K. Mathews, F. Mathias, K. Schemahorn)		
Relay B	4:01.87	11/10/2011
(A. Ruger, Tara DeMuth, A. Morales, M. McShane)		

**1-Meter Diving/Dual (school record: 290.40, Jennifer Noonan, 1995)**

Solomon, Shayna	SR	285.38	10/22/2011
Hardy, Mary Kate	FR	261.45	11/10/2011
Mitchell, Madeline	JR	259.43	1/20/2012
Kelly, Chelea	JR	258.75	11/10/2011
Thorn, Maxelise	SO	234.90	10/8/2011

**3-Meter Diving/Dual (school record: 406.10, Elyse Hall, 2005)**

Solomon, Shayna	SR	283.50	10/22/2011
Asin, Roya	JR	263.10	10/22/2011
Hardy, Mary Kate	FR	251.85	10/22/2011
Mitchell, Madeline	JR	246.08	10/22/2011
Kelly, Chelea	JR	242.10	10/22/2011

**Platform**

Mitchell, Madeline	JR	194.48	11/19/2011
Hardy, Mary Kate	FR	144.20	11/19/2011

§ NCAA Automatic Qualifying Time  
& NCAA Provisional Qualifying Time  
^ Colorado State Record  
@ Mountain West Conference Record  
\* Official Split Time