

Colorado State University

2009



2010

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Swimming & Diving

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CSU swimming and diving preview: Rams back in action Friday at Northern Colorado

2009-10 Schedule			
Date	Opponent	Site	Time/Result
10/10	DU Relays	Denver, Colo.	1st (484)
10/16 – 17	R. Mtn. Invite	Golden, Colo.	1st (174)
10/22	TCU	Fort Collins, Colo.	1st (173-124)
10/24	AFA,SDSU,UNM	Colo. Springs, Colo.	1st (242, 165, 210)
11/6	UNC	Greeley, Colo.	5 P.M.
12/4 – 6	Tiger Invite	Columbia, Mo.	All Day
1/15	BYU	Provo, Utah	6 P.M.
1/16	Utah	Salt Lake City, Utah	3 P.M.
1/22	DU	Fort Collins, Colo.	5 P.M.
1/23 – 24	CC Classic	Colo. Springs, Colo.	All Day
1/29 – 30	AFA Diving Invite	Colo. Springs, Colo.	All Day
1/30	UNLV	Fort Collins, Colo.	1 P.M.
2/4	WYO	Laramie, Wyo.	5 P.M.
2/24 – 27	MWC swimming & diving champs.	Okla. City, Okla.	All Day
3/12 – 13	Zone E NCAA regional qual. – diving	TBA	All Day
3/18 – 20	NCAA swimming & diving champs.	Lafayette, Ind.	All Day

This week...

After a week off from competition and an undefeated record thus far, the Colorado State University swimming and diving team will partake in one more meet before a month-long break from the competition circuit.

On Friday the Rams travel to the University of Northern Colorado in Greeley, Colo., to face off in a dual competition against the Bears.

With top-tier athletes having nearly a month of competition break after the UNC dual and roughly a three-month competition lapse for the second-tier athletes, the Rams will be giving all swimmers and divers the opportunity to battle in the competitive water one more time. All athletes will be swimming at least one race at Butler-Hancock Swimming Pool.

The Rams and Bears take the blocks at 5 p.m., where the Rams look to improve their record to an undefeated 5-0.

Quotes from Head Coach John Mattos...

On last week's week off from competition:

"I gave them a day off to catch up on everything and then we caught back up on our level of training. It didn't take too long; by the end of the week we were in cruise control and doing the things we need to do to get better. There was nothing we needed to focus on that wasn't already in the plans for this past week."

On sweeping the quad-dual at Air Force Academy on Oct. 24:

"They did well. It was a hard-fought contest against San Diego State. Fortunately, they were a little down on the diving side and we were able to go one, two, three on them on the diving boards and that was a nice boost. However, we still put ourselves in position swimming-wise to secure the victory. We won half the events and they won half the events. It was a good, fun meet. I was real proud of the girls."

On goals for the UNC dual meet:

"Friday, we give our second-tier athletes an opportunity to swim at least one of their events. Hopefully, they will all get an opportunity. Then

our top-tier athletes will get a chance to probably swim one event, maybe an event they don't normally swim that much. We will see how we respond to the challenge UNC will present."

On the athletes that are starting to break away from the pack and stand out:

"The athletes that normally stand out are the ones that are continuing to do that: the Breann Fullers, the Maddie Gambles, the Kathleen McClearys, the Nicole Lynchs, the Michelle Prices, the Sam Doles. They are consistently on top of their games and it seems like whenever it is time to race, they just pick it up a notch and provide us with a significant amount of momentum going into the dual meets. I think it gives the rest of the team the kind of confidence that we need in order to battle and hopefully come out on top."

On the athletes' recuperation after a tough competitive week, two weeks ago:

"We still have our issues with health, one athlete is down with mono and one athlete got sick during the meet with San Diego State, Air Force and New Mexico, and hasn't been in the water since. It has been an ongoing battle with as many athletes as we have. It is imperative that they really are attentive to their body's needs and sometimes that becomes difficult with their academic schedule and their training schedule. We are trying to keep it balanced, but it is a really tough base of the season. They need to discipline themselves to the point where there won't be a question. Some can't get it there and it costs them."

On his plans for the month-long competition break after Friday's meet:

"We will use that time wisely to prepare those second-tier athletes for a good culmination to their season in the latter part of January and February. The rest of the athletes, we will be preparing them for a good push at Missouri (Dec. 4-6). We would like to go season bests all the way down the line when we get to Missouri. It looks like we will have some good competition there. We will have preparation for that because we don't want to go in and fall flat."

Name, Class	Roster	Event(s)
Roya Asin, Fr		Diver
Lindsay Banning, Fr		Sprint/Breast
Lindsay Borman, Sr		Back
Kiana Carter, Fr		Sprint/Back
Carmen Gisella Cianci, Sr		Free/Back
Tara DeMuth, Fr		Fly
Tasia DeMuth, Fr		Sprint/Breast
Sam Dole, Jr		Sprint
Mary Foster, Fr		Mid.-Dist./Fly
Kim Freeman, Jr		Sprint/Breast
Breann Fuller, So		Back/Free/Fly
Maddie Gamble, Jr		Distance/Back
Danielle Gleason, So		Breast
Kristen Gropp, So		Mid.-Dist.
McKenna Gustafson, Fr		Sprint/Fly
Chelea Kelly, Fr		Diver
Nora Kennedy, Sr		Fly/Free
Samantha Klug, So		Breast
Jennifer Lamb, So		Mid.-Dist.
Mari Anna Loftness, Sr		Breast/IM
Arienne Lujan, Fr		IM
Nicole Lynch, Jr		Breast/IM
Valerie Maldonado, Sr		Distance
Kelly Mathews, Fr		Breast
Fran Mathias, So		Fly
Kathleen McCleary, Sr		Distance
Madeline Mitchell, Fr		Diver
Emily Molzahn, Jr		Fly/Sprint
Jennifer Muniz, Sr		Fly/IM/Free
Molly Myers, Sr		Back/IM
Melissa Nolte, So		Back/Fly
Kelly O'Brien, Jr		Back/Free
Michelle Price, Jr		Back/IM/Fly
Jordan Quick, So		Back/IM
Shaelyn Quigley, Sr		Breast/IM
Kim Schemahorn, So		Sprint
Shayna Solomon, So		Diver
Kerianne Stuck, So		Sprint
Cori Swango, Jr		Diver
Genevieve Swartz, Fr		Free
Charlie Swearingen, Jr		Mid.-Dist.
Lydia Templin, Fr		Back

Colorado State University Swimming & Diving Release

2009-10 Colorado State Top Times

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

1. Dole, Sam	24.03	CSU, 10/22/2009
2. Molzahn, Emily	24.53	CSU, 10/22/2009
3. Dole, Sam	24.47	AFA, 10/24/2009
4. Molzahn, Emily	24.61	AFA, 10/24/2009
5. Dole, Sam	24.72	RMI, 10/17/2009

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

1. Cianci, Carmen Gisella	52.90	AFA, 10/24/2009
2. Cianci, Carmen Gisella	53.10	CSU, 10/22/2009
3. Cianci, Carmen Gisella	53.17	RMI, 10/17/2009
4. Dole, Sam	53.58	AFA, 10/24/2009
5. Molzahn, Emily	53.88	AFA, 10/24/2009

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

1. Lamb, Jennifer	1:54.09	CSU, 10/22/2009
2. Lamb, Jennifer	1:54.67	AFA, 10/24/2009
3. Cianci, Carmen Gisella	1:54.90	AFA, 10/24/2009
4. Swearingen, Charlie	1:57.88	AFA, 10/24/2009
5. Swartz, Genevieve	1:59.12	AFA, 10/24/2009

500 Freestyle (school record: Maddie Gamble, 4:53.23, 2009)

1. Lamb, Jennifer	5:04.53	RMI, 10/17/2009
2. McCleary, Kathleeth	5:08.71	CSU, 10/22/2009
3. Lamb, Jennifer	5:10.41	AFA, 10/24/2009
4. Lamb, Jennifer	5:10.68	CSU, 10/22/2009
5. McCleary, Kathleen	5:10.76	RMI, 10/17/2009

1000 Freestyle (school record: Jennie Ebuna, 10:06.15, 1991)

1. McCleary, Kathleen	10:30.69	CSU, 10/22/2009
2. Kennedy, Nora	10:39.58	CSU, 10/22/2009
3. Gamble, Maddie	10:41.54	CSU, 10/22/2009
4. Maldonado, Valerie	11:16.34	AFA, 10/24/2009

1650 Freestyle (school record: Maddie Gamble, 16:47.70, 2009)

1. McCleary, Kathleen	17:44.10	RMI, 10/17/2009
2. Kennedy, Nora	17:45.22	RMI, 10/17/2009
3. Gamble, Maddie	18:01.38	RMI, 10/17/2009
4. Maldonado, Valerie	18:33.04	RMI, 10/17/2009

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

1. Fuller, Breann	56.72	AFA, 10/24/2009
2. Fuller, Breann	57.12	CSU, 10/22/2009
3. Price, Michelle	57.51	CSU, 10/22/2009
4. Price, Michelle	59.05	AFA, 10/24/2009
5. O'Brien, Kelly	1:00.13	CSU, 10/22/2009

200 Backstroke (school record: Breann Fuller, 1:56.74, 2009)

1. Fuller, Breann	2:04.95	AFA, 10/24/2009
2. Price, Michelle	2:05.86	CSU, 10/22/2009
3. Fuller, Breann	2:06.35	CSU, 10/22/2009
4. Price, Michelle	2:06.72	AFA, 10/24/2009
5. Gamble, Maddie	2:08.71	RMI, 10/17/2009

100 Breaststroke (school record: Nicole Lynch, 1:03.35, 2009)

1. Lynch, Nicole	1:05.50	CSU, 10/22/2009
2. Lynch, Nicole	1:06.42	AFA, 10/24/2009
3. Loftness, Mari Anna	1:07.36	AFA, 10/24/2009
4. Quigley, Shaelen	1:07.55	CSU, 10/22/2009
5. Quigley, Shaelen	1:08.39	AFA, 10/24/2009

200 Breaststroke (school record: Nicole Ryan, 2:15.75, 1999)

1. Lynch, Nicole	2:23.12	CSU, 10/22/2009
2. Lynch, Nicole	2:26.08	AFA, 10/24/2009
3. Lynch, Nicole	2:25.49	RMI, 10/17/2009
4. Mathews, Kelly	2:26.63	CSU, 10/22/2009
5. Loftness, Mari Anna	2:26.64	AFA, 10/24/2009

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

1. Lujan, Arianne	57.95	CSU, 10/22/2009
2. Muniz, Jennifer	58.47	CSU, 10/22/2009
3. Lujan, Arianne	59.10	AFA, 10/24/2009
4. Kennedy, Nora	1:00.24	CSU, 10/22/2009
5. Muniz, Jennifer	1:01.27	AFA, 10/24/2009

200 Butterfly (school record: Kerry Gillespie, 2:01.53, 1985)

1. Muniz, Jennifer	2:08.27	CSU, 10/22/2009
2. Foster, Mary	2:09.52	CSU, 10/22/2009
3. Lujan, Arianne	2:10.07	CSU, 10/22/2009
4. Lujan, Arianne	2:10.41	AFA, 10/24/2009
5. Muniz, Jennifer	2:12.56	AFA, 10/24/2009

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

1. Lujan, Arianne	2:09.26	CSU, 10/22/2009
2. Lynch, Nicole	2:10.63	CSU, 10/22/2009
3. Lujan, Arianne	2:10.64	AFA, 10/24/2009
4. Quigley, Shaelen	2:11.84	CSU, 10/22/2009
5. Lynch, Nicole	2:12.90	AFA, 10/24/2009

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

1. Lujan, Arianne	4:40.03	RMI, 10/17/2009
2. Loftness, Mari Anna	4:44.23	RMI, 10/17/2009
3. Muniz, Jennifer	4:46.07	RMI, 10/17/2009
4. Quigley, Shaelen	4:49.13	RMI, 10/17/2009
5. Myers, Molly	4:50.74	RMI, 10/17/2009

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

1. Relay A	1:40.90	RMI, Oct. 17, 2009 (K. O'Brien, K. Stuck, M. Gustafson, L. Banning)
1. Relay B	1:43.37	RMI, Oct. 17, 2009 (K. Freeman, L. Templin, Tasia DeMuth, K. Gropp)

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

1. Relay A	3:32.16	AFA, 10/24/2009 (C. Cianci, S. Dole, E. Molzahn, B. Fuller)
2. Relay B	3:32.63	CSU, 10/22/2009 (C. Cianci, J. Lamb, E. Molzahn, J. Muniz)

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

(no times have been recorded for the season)

200 Medley Relay (school record: 1:41.85, MWC, 2009)

1. Relay A	1:47.65	DU Relays, Oct. 10, 2009 (B. Fuller, N. Lynch, N. Kennedy, S. Dole)
2. Relay B	1:48.50	DU Relays, Oct. 10, 2009 (M. Price, S. Quigley, J. Muniz, E. Molzahn)

400 Medley Relay (school record: 3:36.12, 2005)

1. Relay A	3:52.65	CSU, 10/22/2009 (B. Fuller, N. Lynch, J. Muniz, C. Cianci)
2. Relay B	3:55.23	CSU, 10/22/2009 (M. Price, M. Loftness, A. Lujan, C. Swearingen)

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