

## 2003-04 Houston Cougars Swimming and Diving Best Times & Marks

### 2003-04 Results (8-6 overall, 3-0 C-USA dual meets)

<u>Date (Day)</u>	<u>Opponent</u>	<u>Site</u>	<u>Time</u>
<b>Oct. 11 (Sat.)</b>	<b>NORTH TEXAS</b>	<b>CRWC NATATORIUM</b>	<b>W, 151-91</b>
Oct. 17 (Fri.)	Texas	Austin, Texas	L, 47-99
	Northern Arizona	On-line from Austin	L, 47-62
Oct. 31 (Fri.)	* Louisville	Lexington, Ky.	W, 182-50
	Kentucky	Lexington, Ky.	L, 124-110
Nov. 1 (Sat.)	* Louisville	Cincinnati, Ohio	W, 153-46
	* Cincinnati	Cincinnati, Ohio	W, 103-100
<b>Nov. 20-22 (Thurs.-Sat)</b>	<b>UH FALL INVITATIONAL</b>	<b>CRWC NATATORIUM</b>	<b>2<sup>nd</sup> of 4 Teams</b>
	<i>Tennessee 1,300.50, <b>Houston 1,068</b>, Florida International 497.50, Arkansas 88, Incarnate Word 33</i>		
<b>Dec. 5 (Fri.)</b>	<b>KANSAS</b>	<b>CRWC NATATORIUM</b>	<b>L, 121-179</b>
Jan. 10 (Sat.)	Florida International	Miami, Fla.	W, 168-72
	Miami	Miami, Fla.	L, 100-141
Jan. 11 (Sun.)	Florida International	Biscayne Bay, Fla.	W, 72-41
	Cleveland State	Biscayne Bay, Fla.	W, 83-30
	North Florida	Biscayne Bay, Fla.	W, 74-39
	Brown	Biscayne Bay, Fla.	L, 42-71
Jan. 16 (Fri.)	* TCU	Fort Worth, Texas	7 p.m.
Jan. 17 (Sat.)	North Texas	Denton, Texas	11 a.m.
	New Mexico State	Denton, Texas	11 a.m.
Jan. 31 (Sat.)	Arkansas	Fayetteville, Ark.	11 a.m.
<b>Feb. 6 (Fri.)</b>	<b>SMU</b>	<b>CRWC NATATORIUM</b>	<b>7 p.m.</b>
<b>Feb. 7 (Sat.)</b>	<b>TEXAS A&amp;M</b>	<b>CRWC NATATORIUM</b>	<b>11:30 a.m.</b>
Feb. 11-15 (Wed.-Sun.)	USA Swimming Spring Nationals	Orlando, Fla.	All Day
<b>Feb. 26-28 (Thur.-Sat.)</b>	<b>C-USA CHAMPIONSHIPS</b>	<b>CRWC NATATORIUM</b>	<b>ALL DAY</b>
<b>Feb. 29 (Sun.)</b>	<b>COUGAR LAST CHANCE MEET</b>	<b>CRWC NATATORIUM</b>	<b>ALL DAY</b>
<b>March 11-13 (Thur.-Sat.)</b>	<b>NCAA ZONE DIVING CHAMPIONSHIPS</b>	<b>CRWC NATATORIUM</b>	<b>ALL DAY</b>
March 18-20 (Thur.-Sat.)	NCAA Championships	College Station, Texas	All Day
April 6-10 (Tue.-Sat.)	America Cup	TBA	TBA
July 7-14 (Wed.-Wed.)	U.S. Olympic Team Trials	Long Beach, Calif.	All Day
Aug. 3-7 (Tue.-Sat.)	USA Summer National	Stanford, Calif.	All Day
Aug. 13-29 (Fri.-Sun.)	Olympic Summer Games	Athens, Greece	All Day

\* indicates Conference USA opponent

Home meets listed in **BOLD CAPS** and are held at the Campus Recreation & Wellness Center Natatorium.  
All times are Central and subject to change.

## 2003-04 BEST TIMES & MARKS

### 50-YARD FREESTYLE

24.02	Kristin Bay	Nov. 20	Houston
25.02	Stacey Williams	Dec. 5	Houston
25.08	Christina White	Nov. 20	Houston
25.12	Laura Starr	Nov. 20	Houston
25.20	Tatjana Banjeglav	Nov. 20	Houston
25.23	Amy Duke	Nov. 20	Houston
25.34	Haley Menard	Nov. 20	Houston
25.70 (S)	Meagan Wien	Nov. 20	Houston
26.28	Ashley Johnson	Nov. 20	Houston
26.33	Amanda Rutter	Nov. 20	Houston
27.47	Brittney Dye	Nov. 20	Houston

### 100-YARD FREESTYLE

53.17	Kristin Bay	Nov. 22	Houston
53.26	Haley Menard	Nov. 22	Houston
53.44 (S)	Szintia Szanto	Nov. 22	Houston
53.56	Stacey Williams	Nov. 22	Houston
53.90	Amy Duke	Nov. 22	Houston
54.55	Laura Starr	Nov. 22	Houston
54.70	Melissa Wright	Nov. 22	Houston
55.00	Kristina DeWitt	Nov. 22	Houston
55.55	Lucile Turpin	Jan. 11	Biscayne Bay, Fla.
55.66 (S)	Tatjana Banjeglav	Nov. 22	Houston
55.72	Meagan Wien	Nov. 22	Houston
56.10	Christina White	Nov. 22	Houston
56.37	Ashley Johnson	Nov. 22	Houston
57.46	Liz Goeggel	Nov. 22	Houston
57.68	Amanda Rutter	Nov. 22	Houston
58.40	Vicki Blocker	Nov. 22	Houston

### 200-YARD FREESTYLE

1:53.92	Haley Menard	Nov. 21	Houston
1:55.71 (S)	Lucile Turpin	Nov. 21	Houston
1:56.02	Stacey Williams	Nov. 21	Houston
1:57.20	Melissa Wright	Nov. 21	Houston
1:57.33	Lucile Turpin	Oct. 11	Houston
1:58.76	Liz Goeggel	Nov. 21	Houston
2:03.14	Laura Starr	Jan. 10	Coral Gables, Fla.
2:03.55	Kat Lau	Oct. 31	Lexington, Ky.
2:03.64	Meagan Wien	Dec. 5	Houston
2:04.19	Amber Esmond	Nov. 1	Cincinnati, Ohio
2:05.69	Ashley Johnson	Oct. 11	Houston
2:07.63	Amanda Rutter	Nov. 21	Houston
2:08.37	Brittney Dye	Nov. 21	Houston
2:08.71	Amanda Abrams	Nov. 21	Houston

### 500-YARD FREESTYLE

5:03.90	Lucile Turpin	Nov. 20	Houston
5:11.41	Liz Goeggel	Nov. 20	Houston
5:12.22	Haley Menard	Nov. 20	Houston
5:16.10	Melissa Wright	Nov. 20	Houston
5:23.91	Amanda Abrams	Nov. 20	Houston
5:25.26	Vicki Blocker	Jan. 11	Biscayne Bay, Fla.
5:34.92	Laura Starr	Jan. 10	Coral Gables, Fla.
5:43.02	Meagan Wien	Oct. 11	Houston
5:46.57	Amanda Rutter	Oct. 31	Lexington, Ky.

### 1,000-YARD FREESTYLE

10:29.07	Lucile Turpin	Dec. 5	Houston
10:43.67	Szintia Szanto	Oct. 11	Houston
10:46.79	Kristina DeWitt	Jan. 11	Biscayne Bay, Fla.
10:50.47	Liz Goeggel	Oct. 11	Houston
10:50.53	Amanda Abrams	Dec. 5	Houston
11:08.55	Melissa Wright	Oct. 11	Houston
11:50.21	Amanda Rutter	Oct. 31	Lexington, Ky.
12:04.24	Brittney Dye	Dec. 5	Houston

### 1,650-YARD FREESTYLE

17:38.06	Lucile Turpin	Nov. 22	Houston
17:59.32	Amanda Abrams	Nov. 22	Houston
18:02.14	Liz Goeggel	Nov. 22	Houston
18:29.84	Melissa Wright	Nov. 22	Houston

### 100-YARD BUTTERFLY

56.81	Szintia Szanto	Nov. 20	Houston
58.73	Kat Lau	Nov. 20	Houston
59.02	Kristina DeWitt	Nov. 20	Houston
59.37	Stacey Williams	Dec. 5	Houston
59.60	Vicki Blocker	Nov. 20	Houston
1:00.56	Christina White	Nov. 20	Houston
1:01.18	Amanda Rutter	Nov. 20	Houston
1:04.19	Melissa Wright	Nov. 1	Cincinnati, Ohio
1:04.37	Liz Goeggel	Nov. 20	Houston
1:04.92	Laura Starr	Jan. 11	Biscayne Bay, Fla.
1:05.11	Meagan Wien	Nov. 20	Houston
1:07.26	Ashley Johnson	Dec. 5	Houston

### 200-YARD BUTTERFLY

2:01.83	Szintia Szanto	Nov. 22	Houston
2:09.89	Lucile Turpin	Nov. 22	Houston
2:11.78	Kat Lau	Nov. 22	Houston
2:18.26	Amanda Rutter	Nov. 22	Houston
2:18.81	Kristina DeWitt	Oct. 31	Lexington, Ky.
2:27.88	Meagan Wien	Dec. 5	Houston
2:32.72	Holly Rasmussen	Oct. 11	Houston

### 100-YARD BACKSTROKE

58.50 (S)	Kristin Bay	Nov. 20	Houston
1:00.96	Vicki Blocker	Nov. 21	Houston
1:02.19	Christina White	Nov. 21	Houston
1:03.72	Britni Boyete	Dec. 5	Houston
1:04.27 (S)	Christina White	Nov. 20	Houston
1:06.05	Kat Lau	Nov. 21	Houston
1:06.53	Ashley Johnson	Nov. 21	Houston
1:06.69	Brittney Dye	Nov. 21	Houston

### 200-YARD BACKSTROKE

2:09.51	Vicki Blocker	Nov. 22	Houston
2:12.13	Kristin Bay	Oct. 31	Lexington, Ky.
2:18.32	Brittney Dye	Nov. 22	Houston
2:18.45	Christina White	Nov. 22	Houston
2:24.78	Ashley Johnson	Dec. 5	Houston
2:26.58	Melissa Wright	Jan. 10	Coral Gables, Fla.
2:30.91	Meagan Wien	Dec. 5	Houston

### 100-YARD BREASTSTROKE

1:05.85	Kristina DeWitt	Nov. 21	Houston
1:06.33	Szintia Szanto	Nov. 1	Cincinnati, Ohio
1:09.24	Tatjana Banjeglav	Nov. 21	Houston
1:10.42	Amber Esmond	Jan. 11	Biscayne Bay, Fla.
1:12.09	Laura Starr	Nov. 21	Houston
1:17.37	Brittney Dye	Dec. 5	Houston

### 200-YARD BREASTSTROKE

2:20.28	Szintia Szanto	Nov. 22	Houston
2:27.71	Kristina DeWitt	Jan. 10	Coral Gables, Fla.
2:32.54	Tatjana Banjeglav	Nov. 22	Houston
2:35.87	Amber Esmond	Oct. 31	Lexington, Ky.
2:43.52	Melissa Wright	Dec. 5	Houston
2:48.19	Brittney Dye	Jan. 10	Coral Gables, Fla.

**200-YARD INDIVIDUAL MEDLEY**

2:06.52	Szintia Szanto	Oct. 17	Austin, Texas
2:11.49	Lucile Turpin	Dec. 5	Houston
2:12.40	Kristina DeWitt	Nov. 20	Houston
2:12.43	Vicki Blocker	Nov. 20	Houston
2:13.29	Stacey Williams	Oct. 11	Houston
2:16.43	Kat Lau	Nov. 20	Houston
2:16.55	Melissa Wright	Nov. 20	Houston
2:22.09	Brittney Dye	Nov. 20	Houston
2:28.88	Amber Esmond	Oct. 11	Houston

**400-YARD INDIVIDUAL MEDLEY**

4:25.06	Szintia Szanto	Nov. 21	Houston
4:31.90	Lucile Turpin	Nov. 21	Houston
4:38.91	Vicki Blocker	Nov. 21	Houston
4:51.84	Liz Goeggel	Nov. 1	Cincinnati, Ohio
4:53.13	Melissa Wright	Oct. 31	Lexington, Ky.
5:10.84	Brittney Dye	Jan. 11	Biscayne Bay, Fla.

**200-YARD FREESTYLE RELAY**

1:38.82	White, Menard Williams, Bay	Dec. 5	Houston
1:38.99	Starr, Menard Banjeglav, Bay	Nov. 20	Houston
1:39.23	Menard, Williams Starr, Bay	Nov. 1	Cincinnati, Ohio
1:41.10	Wien, Johnson Duke, White	Nov. 20	Houston
1:41.26	Starr, Menard Williams, Bay	Jan. 11	Biscayne Bay, Fla.
1:41.43	White, Williams Menard, Bay	Jan. 10	Coral Gables, Fla.
1:43.30	Wien, Duke Banjeglav, Starr	Dec. 5	Houston
1:44.50	Rutter, Johnson Goeggel, Banjeglav	Nov. 1	Cincinnati, Ohio
1:44.72	Wien, Wright Goeggel, Turpin	Jan. 10	Coral Gables, Fla.
1:45.42	Goeggel, Wien Johnson, Wright	Jan. 11	Biscayne Bay, Fla.
1:46.13	Johnson, Boyette Wright, Dye	Dec. 5	Houston

**400-YARD FREESTYLE RELAY**

3:31.51	Szanto, Williams Menard, Bay	Nov. 22	Houston
3:39.81	Banjeglav, DeWitt Duke, Starr	Nov. 22	Houston
3:40.41	Starr, Wright Turpin, Menard	Oct. 31	Lexington, Ky.
3:42.85	Williams, Starr Turpin, Menard	Oct. 17	Austin, Texas
3:48.99	Turpin, Blocker Johnson, Starr	Oct. 11	Houston
3:49.88	Duke, Johnson Goeggel, Banjeglav	Oct. 31	Lexington, Ky.
3:50.39	Banjeglav, Johnson Wien, Duke	Oct. 17	Austin, Texas
3:51.63	Wien, Duke Dye, Lau	Oct. 11	Houston

**800-YARD FREESTYLE RELAY**

7:43.58	Turpin, Bay Menard, Szanto	Nov. 21	Houston
7:58.41	Goeggel, Wright Blocker, Williams	Nov. 21	Houston

**200-YARD MEDLEY RELAY**

1:47.65	Bay, DeWitt Szanto, White	Nov. 21	Houston
1:48.75	Bay, DeWitt Szanto, White	Dec. 5	Houston
1:50.24	Bay, DeWitt Szanto, Williams	Nov. 1	Cincinnati, Ohio
1:50.42	Bay, DeWitt Szanto, Starr	Oct. 31	Lexington, Ky.
1:51.27	Bay, DeWitt Lau, Williams	Oct. 17	Austin, Texas
1:51.29	Bay, DeWitt Lau, Starr	Oct. 11	Houston
1:51.65	Bay, DeWitt Lau, White	Jan. 11	Biscayne Bay, Fla.
1:52.07	Bay, DeWitt Williams, Starr	Jan. 10	Coral Gables, Fla.
1:52.29	Blocker, Banjeglav Lau, Starr	Nov. 21	Houston
1:53.03	Boyette, Banjeglav Lau, Starr	Dec. 5	Houston
1:56.05	Blocker, Banjeglav Lau, Esmond	Oct. 31	Lexington, Ky.
1:56.73	Blocker, Banjeglav Lau, Rutter	Jan. 10	Coral Gables, Fla.
1:56.88	Blocker, Esmond Lau, Duke	Nov. 1	Cincinnati, Ohio
1:57.06	White, Esmond Rutter, Banjeglav	Oct. 11	Houston
1:59.78	Blocker, Dye Rutter, Johnson	Oct. 17	Austin, Texas
1:59.96	Turpin, Dye Blocker, Banjeglav	Jan. 11	Biscayne Bay, Fla.
2:02.13	Blocker, Wright Johnson, Duke	Dec. 5	Houston
2:02.72	Goeggel, Dye Rasmussen, Duke	Oct. 11	Houston

**400-YARD MEDLEY RELAY**

3:57.82	Bay, Szanto DeWitt, Menard	Nov. 20	Houston
4:08.79	White, Banjeglav Lau, Wright	Nov. 20	Houston

**1-METER DIVING**

277.73	Azul Almazan	Dec. 5	Houston
258.75	Anna Kiess	Jan. 11	Biscayne Bay, Fla.
258.75	Anna Kiess	Jan. 10	Coral Gables, Fla.
247.80	Rachel Gitelson	Oct. 11	Houston
235.88	Stephanie Mannella	Oct. 11	Houston

**3-METER DIVING**

508.00 (11)	Azul Almazan	Nov. 21	Houston
498.90 (11)	Anna Kies	Nov. 21	Houston
428.30 (11)	Rachel Gitelson	Nov. 21	Houston
319.58	Azul Almazan	Dec. 5	Houston
273.00	Anna Kiess	Oct. 31	Lexington, Ky.
255.45	Rachel Gitelson	Oct. 11	Houston
252.68	Stephanie Mannella	Oct. 11	Houston

**PLATFORM DIVING**

468.15	Azul Almazan	Nov. 22	Houston
447.90	Anna Kiess	Nov. 22	Houston
359.05	Rachel Gitelson	Nov. 22	Houston

(S) indicates split time

() indicates number of dives.

No parentheses indicates six-dive competition.