

# 2006-07 Houston Cougars Swimming and Diving Best Times & Marks

## 2006-07 Results (18-6 overall, 1-2 C-USA dual meets)

### Seventh Consecutive Season among Top 25 Team Leaders at NCAA Championships

<b>Date (Day)</b>	<b>Opponent</b>	<b>Site</b>	<b>Time</b>
Oct. 13 (Fri.)	at New Mexico State vs. Northern Colorado	Las Cruces, N.M. Las Cruces, N.M.	W, 138-103 W, 146-96
Oct. 14 (Sat.)	at New Mexico State vs. Northern Colorado	Las Cruces, N.M. Las Cruces, N.M.	W 160-138 W, 174-124
Oct. 20 (Fri.)	at Southwestern (swimming)	Georgetown, Texas	W, 105-63
<b>Oct. 28 (Sat.)</b>	<b>* #8 SMU</b> <b>#25 OREGON STATE</b>	<b>CRWC NATATORIUM</b> <b>CRWC NATATORIUM</b>	<b>L, 106-133</b> <b>L, 116-121</b>
<b>Nov. 3-4 (Fri.-Sat.)</b> <b>Nov. 3-4 (Fri-Sat.)</b>	<b>PHILL HANSEL DUALS WEEKEND</b> <b>MESA STATE</b> <b>* RICE</b> <b>TRINITY</b> <b>NEW ORLEANS</b> <b>NEVADA</b>	<b>CRWC NATATORIUM</b>	<b>W, 297-37</b> <b>W, 176-171</b> <b>W, 281.5-66.5</b> <b>W, 262-85</b> <b>L, 150-203</b>
Nov. 17-19 (Fri.-Sun.)	at Art Adamson Invitational (diving)	College Station, Texas	No team scores
Nov. 30-Dec. 2 (Fri.-Sun.)	at Miami (Ohio) Invitational (swimming) 1. Miami (Ohio) 1,873.5; 2. Truman State 1452.5; 3. Denison 1200; 4. Oakland 1,159.5; 5. Cincinnati, 1,044; 6. Emory 821; <b>7. Houston 714.5</b> ; 8. Wright State 610; 9. Marshall 554; 10. Cleveland State 237; 11. Milwaukee Wisconsin 134.	Oxford, Ohio	7 <sup>th</sup> of 11 teams
Nov. 30-Dec. 2 (Fri.-Sun.)	at Texas Invitational (diving)	Austin, Texas	No team scores
Dec. 31 (Fri.)	at Hawai'i Relay Meet vs. Hiram College vs. Minnesota State-Mankato vs. South Dakota	Honolulu, Hawai'i	W, 82-20 W, 78-24 W, 78-24
Jan. 5. (Fri.)	at Hawai'i Diving Invitational	Honolulu, Hawai'i	No team scores
<b>Jan. 12-13 (Fri.-Sat.)</b>	<b>NORTH TEXAS</b> <b>NEW MEXICO STATE</b> <b>FLORIDA INTERNATIONAL</b>	<b>CRWC NATATORIUM</b> <b>CRWC NATATORIUM</b> <b>CRWC NATATORIUM</b>	<b>W, 240-105</b> <b>W, 233-110</b> <b>W, 254-88</b>
<b>Jan. 19 (Fri.)</b>	<b>#5 TEXAS A&amp;M</b>	<b>CRWC NATATORIUM</b>	<b>L, 116-169</b>
<b>Jan. 20 (Sat.)</b>	<b>MIAMI (Fla.)</b>	<b>CRWC NATATORIUM</b>	<b>W, 137-106</b>
Jan. 26-27 (Fri.-Sat.)	vs. New Orleans at LSU	Baton Rouge, La. Baton Rouge, La.	W, 237-99 L, 120-233
	* vs. Rice	Baton Rouge, La.	L, 152-189
Jan. 28 (Sun.)	at New Orleans	New Orleans, La.	W, 46-44
<b>Feb. 14-17 (Wed.-Sat.)</b>	<b>CONFERENCE USA CHAMPIONSHIP</b> 1. SMU 853; 2. Rice 653.5; 3. East Carolina 586; <b>4. Houston 577</b> ; 5. Marshall 381.5	<b>CRWC NATATORIUM</b>	<b>4<sup>th</sup> of 5 teams</b>
March 2-4 (Fri.-Sun.)	at NCAA Zone Diving Meet	Austin, Texas	No team scores
March 8-10 (Thur.-Sat.)	at NCAA Championships 1. Auburn 535; 2. Arizona 477; 3. California 372.5; 4. Stanford; 333; 5. Georgia 290; 6. Texas 220; 7. Florida 203; 8. Texas A&M 198; 9. Michigan 191; 10. Tennessee 127; 11. Indiana 109.5; 12. Kentucky 92; 13. Minnesota 59; 14. SMU 58; 15. UCLA 55.5; 16. Arizona State 55; 17. Florida State 52; 17. LSU 52; 19. Miami (Fla.) 48; 20. Purdue 47; 20. USC 47; 22. Virginia Tech 45; <b>23. Houston 38</b> ; T-24. Princeton 36; T-24. Wisconsin 36; 26. Penn State 30.5; 27. Notre Dame 25; 28. Florida Atlantic 23; 29. Oregon State 21; T-30. Gardner-Webb 18; T-30. North Carolina 18; 32. Hawai'i 15; 33. UC Irvine 11; 34. Washington State 10; 35. Washington 9; T-36. South Carolina 6; T-36. Syracuse 6; T-36. Rutgers 6; 39. Virginia 4; 40. BYU 2; T-41. Utah 1; T-41. Northwestern 1; T-41. Richmond 1.	Minneapolis, Minn.	23 <sup>rd</sup> of 41 teams

\* - Conference USA opponent

Home meets listed in **BOLD CAPS**.

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### 50-YARD FREESTYLE (22.88 / 23.56; UH Record 22.71)

24.01	Jessica Shamburger	Houston	1/20/07
24.27	Sasha Schwendenwein	Houston	2/15/07
24.73	Lauren VanCleave	Houston	10/28/06
24.90	Szintia Szanto	Houston	1/19/07
24.92	Doreen Polotzek	Houston	2/15/07
25.21	Nicole Vaiana	Oxford, Ohio	12/1/06
25.62	Harmony D'Antoni	Houston	1/20/07
25.94	Maryanne Ortiz	Houston	11/3/06
26.25 (S)	Alejandra Salazar	Houston	11/4/06
26.75 (S)	Andrea Pa'lmai	Houston	1/19/07
26.93	Naomi Ring	Houston	2/15/07
27.34	Donna MacLeod	Georgetown, Texas	10/20/06
28.07 (S)	Kristine Kelly	Georgetown, Texas	10/20/06
28.22	Michelle Hall	Houston	11/3/06
28.40 (S)	Linda Fox	Houston	1/19/07

### 100-YARD FREESTYLE (49.49 / 50.97; UH Record 49.82)

51.55	Sasha Schwendenwein	Houston	2/17/07
52.55 (S)	Nicole Vaiana	Houston	2/17/07
52.81	Jessica Shamburger	Houston	1/20/07
53.30 (S)	Lauren VanCleave	Houston	11/3/06
55.37	Alejandra Salazar	Houston	1/20/07
55.54	Harmony D'Antoni	Houston	1/20/07
55.70 (S)	Andrea Pa'lmai	Oxford, Ohio	11/30/06
57.32	Maryanne Ortiz	Oxford, Ohio	12/2/06
58.50	Kristine Kelly	Georgetown, Texas	10/20/06
58.55	Linda Fox	Georgetown, Texas	10/20/06
1:00.05	Naomi Ring	Houston	2/17/07
1:02.55	Michelle Hall	Houston	11/4/06

### 200-YARD FREESTYLE (1:47.09 / 1:50.30; UH Record 1:48.59)

1:50.45	Sasha Schwendenwein	Houston	2/16/07
1:52.11	Nicole Vaiana	Houston	2/16/07
1:54.94	Andrea Pa'lmai	Houston	1/19/07
1:56.89	Alejandra Salazar	Houston	1/20/07
2:00.68	Maryanne Ortiz	Oxford, Ohio	12/1/06
2:02.02	Linda Fox	Oxford, Ohio	12/1/06
2:05.30	Kristine Kelly	Oxford, Ohio	12/1/06
2:16.30	Michelle Hall	Houston	1/19/07

### 500-YARD FREESTYLE (4:45.46 / 4:54.02; UH Record 4:50.89)

4:55.78	Sasha Schwendenwein	Houston	2/15/07
5:04.17	Andrea Pa'lmai	Houston	1/13/07
5:10.92	Nicole Vaiana	Houston	1/19/07
5:14.80	Maryanne Ortiz	Oxford, Ohio	12/2/06
5:18.40	Linda Fox	Houston	1/20/07
5:20.39	Szintia Szanto	Georgetown, Texas	10/20/06
5:27.91	Alejandra Salazar	Las Cruces, N.M	10/14/06
5:29.65	Kristine Kelly	Houston	1/19/07
5:35.07	Donna MacLeod	Georgetown, Texas	10/20/06
5:57.50	Naomi Ring	Baton Rouge, La.	1/27/07
6:08.85 (S)	Michelle Hall	Baton Rouge, La.	1/26/07

### 1,000-YARD FREESTYLE (UH Record 9:59.73)

10:07.44	Andrea Pa'lmai	Houston	11/3/06
10:40.07	Nicole Vaiana	Las Cruces, N.M	10/14/06
10:49.32	Linda Fox	Houston	11/3/06
10:56.37	Alejandra Salazar	Houston	1/19/07
11:09.38	Kristine Kelly	Houston	1/19/07
11:12.14 (S)	Maryanne Ortiz	Oxford, Ohio	11/30/06
12:22.74	Michelle Hall	Baton Rouge, La.	1/26/07

### 1,650-YARD FREESTYLE (16:23.54 / 16:53.04; UH Record 16:51.88)

17:11.10	Andrea Pa'lmai	Oxford, Ohio	11/30/06
18:23.97	Linda Fox	Oxford, Ohio	11/30/06
18:39.88	Maryanne Ortiz	Oxford, Ohio	11/30/06
19:15.85	Kristine Kelly	Houston	2/17/07
20:31.75	Michelle Hall	Houston	2/17/07

### 100-YARD BUTTERFLY (53.75 / 55.36; UH Record 54.11)

56.67	Lauren VanCleave	Oxford, Ohio	12/2/06
56.98	Szintia Szanto	Baton Rouge, La.	1/26/07
57.71	Doreen Polotzek	Houston	2/16/07
59.02	Sasha Schwendenwein	Las Cruces, N.M	10/14/06
59.69 (S)	Andrea Pa'lmai	Houston	2/16/07
1:01.09	Harmony D'Antoni	Houston	2/16/07
1:01.61	Alejandra Salazar	Houston	2/16/07
1:04.36 (S)	Donna MacLeod	Houston	1/19/07
1:06.63	Michelle Hall	Houston	2/16/07
1:07.08	Linda Fox	Las Cruces, N.M	10/14/06
1:07.57 (S)	Kristine Kelly	Houston	11/4/06
1:10.02 (S)	Maryanne Ortiz	Georgetown, Texas	10/20/06

### 200-YARD BUTTERFLY (1:58.11 / 2:01.65; UH Record 1:57.88)

2:02.16	Szintia Szanto	Baton Rouge, La.	1/27/07
2:07.39	Sasha Schwendenwein	Houston	2/19/07
2:10.39	Andrea Pa'lmai	Las Cruces, N.M	10/14/06
2:10.89	Doreen Polotzek	Houston	2/17/07
2:13.61	Donna MacLeod	Houston	1/19/07
2:16.83	Alejandra Salazar	Houston	2/17/07
2:21.52	Linda Fox	Houston	10/28/06
2:23.77	Maryanne Ortiz	Georgetown, Texas	10/20/06
2:34.73	Michelle Hall	Houston	1/20/07

### 100-YARD BACKSTROKE (54.47 / 56.10; UH Record 56.19)

56.36	Jessica Shamburger	Houston	2/16/07
58.33	Andrea Pa'lmai	Houston	2/16/07
58.61	Nicole Vaiana	Houston	2/16/07
1:00.51	Kristine Kelly	Houston	2/16/07
1:00.65	Linda Fox	Houston	2/16/07
1:00.65	Szintia Szanto	Houston	1/19/07
1:08.82 (S)	Naomi Ring	Houston	1/19/07
1:14.45 (S)	Michelle Hall	Houston	1/19/07
1:19.80 (S)	Alejandra Salazar	Georgetown, Texas	10/20/06

### 200-YARD BACKSTROKE (1:58.24 / 2:01.78; UH Record 2:03.02)

2:01.52	Andrea Pa'lmai	Houston	2/17/07
2:07.67	Nicole Vaiana	Houston	2/17/07
2:09.83	Kristine Kelly	Houston	2/17/07
2:09.87	Jessica Shamburger	Houston	11/4/06
2:10.16	Linda Fox	Houston	2/17/07
2:15.27	Michelle Hall	Houston	1/19/07
2:40.31	Alejandra Salazar	Georgetown, Texas	10/20/06

### 100-YARD BREASTSTROKE (1:01.70 / 1:03.86; UH Record 1:04.39)

1:04.28	Szintia Szanto	Houston	2/16/07
1:08.61	Donna MacLeod	Oxford, Ohio	12/1/06
1:09.62	Harmony D'Antoni	Houston	2/16/07
1:10.15	Doreen Polotzek	Houston	1/19/07
1:11.43 (S)	Andrea Pa'lmai	Baton Rouge, La.	1/26/07
1:14.17 (S)	Sasha Schwendenwein	Georgetown, Texas	10/20/06
1:20.33 (S)	Nicole Vaiana	Georgetown, Texas	10/20/06
1:28.92 (S)	Maryanne Ortiz	Georgetown, Texas	10/20/06

### 200-YARD BREASTSTROKE (2:13.65 / 2:18.27; UH Record 2:18.99)

2:16.39	Szintia Szanto	Houston	2/17/07
2:23.45	Donna MacLeod	Oxford, Ohio	12/2/06
2:26.31	Andrea Pa'lmai	Houston	1/19/07
2:32.79	Sasha Schwendenwein	Georgetown, Texas	10/20/06
2:36.43	Harmony D'Antoni	Houston	1/12/07
2:44.95	Nicole Vaiana	Georgetown, Texas	10/20/06
3:02.47	Maryanne Ortiz	Georgetown, Texas	10/20/06

**200-YARD INDIVIDUAL MEDLEY (2:00.52 / 2:04.29; UH Record 2:02.05)**

# 2:03.11	Szintia Szanto	Houston	2/15/07
2:08.81	Andrea Pa'lmai	Oxford, Ohio	12/2/06
2:13.83	Sasha Schwendenwein	Georgetown, Texas	10/20/06
2:14.26	Donna MacLeod	Houston	11/3/06
2:16.13	Doreen Polotzek	Houston	1/12/07
2:18.89	Kristine Kelly	Houston	2/15/07
2:19.92	Harmony D'Antoni	Oxford, Ohio	12/2/06
2:22.00	Linda Fox	Houston	11/3/06
2:28.06	Michelle Hall	Houston	1/28/06

**400-YARD INDIVIDUAL MEDLEY (4:15.63 / 4:23.60; UH Record 4:22.11)**

4:25.86	Andrea Pa'lmai	Houston	1/19/07
4:31.62	Szintia Szanto	Oxford, Ohio	12/1/06
4:38.75	Donna MacLeod	Houston	2/16/07
4:56.26	Kristine Kelly	Houston	1/19/07
5:05.26	Linda Fox	Houston	11/4/06
5:13.19	Michelle Hall	Houston	1/19/07

**200-YARD FREESTYLE RELAY (1:31.01 / 1:33.74; UH Record 1:35.20)**

1:36.83	Shamburger, Vaiana, Polotzek, Szanto	Houston	2/16/07
1:38.35	Shamburger, Schwendenwein, Vaiana, Szanto	Houston	1/13/07
1:38.49	VanCleave, Vaiana, Shamburger, Schwendenwein	Houston	11/4/06
1:39.03	Schwendenwein, Shamburger, Vaiana, Pa'lmai	Houston	1/19/07
1:39.35	Shamburger, Vaiana, Schwendenwein, VanCleave	Oxford, Ohio	12/1/06
1:39.95	Shamburger, Vaiana, Polotzek, D'Antoni.	Baton Rouge, La.	1/27/07
1:40.48	Vaiana, Pa'lmai, Ortiz, Shamburger	Las Cruces, N.M	10/14/06
1:43.28	D'Antoni, Polotzek, Salazar, Pa'lmai	Houston	1/13/07
1:43.91	Salazar, D'Antoni, Ortiz, Fox	Houston	11/4/06
1:46.55	Salazar, Fox, MacLeod, Kelly	Las Cruces, N.M	10/14/06

**400-YARD FREESTYLE RELAY (3:18.95 / 3:24.91; UH Record 3:26.72)**

3:29.39	Vaiana, Schwendenwein, Shamburger, Pa'lmai	Houston	2/17/07
3:30.89	Schwendenwein, Vaiana, Pa'lmai, Shamburger	Houston	1/20/07
3:31.77	VanCleave, Vaiana, Pa'lmai, Shamburger	Houston	11/3/06
3:31.92	Schwendenwein, Vaiana, Pa'lmai, Szanto	Baton Rouge, La.	1/26/07
3:33.08	Shamburger, Vaiana, Schwendenwein, Szanto	Houston	1/12/07
3:34.51	VanCleave, Vaiana, Pa'lmai, Schwendenwein	Oxford, Ohio	12/2/06
3:41.61	Salazar, D'Antoni, Pa'lmai, Polotzek	Houston	1/12/07
3:43.82	Ortiz, D'Antoni, Szanto, Salazar	Oxford, Ohio	12/2/06
3:43.99	D'Antoni, Vaiana, Ortiz, Fox	Las Cruces, N.M.	10/13/06
3:52.54	Salazar, Ortiz, Hall, Fox	Houston	11/3/06
3:54.01	Salazar, Fox, Kelly, Hall	Houston	1/20/07
3:57.55	Hall, Salazar, Schwendenwein, Szanto	Georgetown, Texas	10/20/06

**800-YARD FREESTYLE RELAY (7:11.65 / 7:24.59; UH Record 7:27.20)**

7:37.75	Pa'lmai, Vaiana, Szanto, Schwendenwein	Oxford, Ohio	11/30/06
7:37.98	Schwendenwein, Pa'lmai, Vaiana, VanCleave	Houston	10/28/06

**200-YARD MEDLEY RELAY (1:39.75 / 1:42.89; UH Record 1:44.30)**

1:44.57	Shamburger, Szanto, Polotzek, Schwendenwein	Houston	2/14/07
1:47.44	Shamburger, Szanto, VanCleave, Schwendenwein	Houston	11/3/06
1:49.13	Shamburger, Szanto, Schwendenwein, Vaiana	Las Cruces, N.M.	10/14/06
1:49.92	Shamburger, MacLeod, Polotzek, Schwendenwein	Baton Rouge, La.	1/26/07
1:53.01	Kelly, MacLeod, Polotzek, D'Antoni	Houston	1/20/07
1:53.72	Kelly, MacLeod, Shamburger, D'Antoni	Houston	10/28/06
1:54.29	Kelly, MacLeod, D'Antoni, Salazar	Houston	11/3/06
1:54.41	Fox, MacLeod, D'Antoni, Salazar	Oxford, Ohio	12/2/06
1:55.73	Kelly, MacLeod, D'Antoni, Salazar	Houston	1/12/06
2:01.00	Kelly, D'Antoni, Hall, Ring	Baton Rouge, La.	1/26/07

**400-YARD MEDLEY RELAY (3:38.02 / 3:44.86; UH Record 3:46.18)**

3:50.84	Shamburger, Szanto, Schwendenwein, Pa'lmai	Houston	2/15/07
3:55.12	Shamburger, Szanto, VanCleave, Schwendenwein	Oxford, Ohio	12/1/06
3:55.51	Pa'lmai, Szanto, VanCleave, Shamburger	Houston	11/4/06
3:57.05	Shamburger, Szanto, Polotzek, Schwendenwein	Houston	1/13/07
3:57.75	Pa'lmai, Szanto, Schwendenwein, Shamburger	Las Cruces, N.M.	10/13/06
4:06.20	Pa'lmai, MacLeod, Fox, Vaiana	Oxford, Ohio	12/1/06
4:10.48	Fox, MacLeod, D'Antoni, Vaiana	Houston	1/19/07
4:10.71	Kelly, MacLeod, D'Antoni, Salazar	Houston	11/4/06
4:12.51	Pa'lmai, MacLeod, D'Antoni, Salazar	Houston	1/13/07
4:13.22	Pa'lmai, D'Antoni, Polotzek, Szanto	Honolulu, Hawai'i	12/31/06
4:17.54	Kelly, MacLeod, Fox, Vaiana	Georgetown, Texas	10/20/06
4:17.86	Kelly, MacLeod, D'Antoni, Salazar	Baton Rouge, La.	1/27/07
4:19.76	Kelly, MacLeod, Hall, Salazar	Las Cruces, N.M.	10/13/06

**1-METER DIVING (255 dual / 265 6 optionals / 375 championship)****(UH Records 370.15 (6); 436.80 (10); 366.65 (Dual meet))**

614.25	Anastasia Pozdniakova	Austin, Texas	3/3/07
513.70	Ginni van Katwijk	Austin, Texas	3/3/07
286.70	Anna Kiess	Las Cruces, N.M.	10/13/06

**3-METER DIVING (270 dual / 280 6 optionals / 425 championship)****(UH Records 712.65 (11); 414.30 (Dual Meet))**

740.30	Anastasia Pozdniakova	Austin, Texas	3/2/07
622.80	Ginni van Katwijk	Austin, Texas	3/2/07
528.10	Rachel Gitelson	Austin, Texas	3/2/07
298.75	Anna Kiess	Las Cruces, N.M	10/14/06

**PLATFORM DIVING (260 dual / 365 9 dives)****(UH Records 527.70 (11); 399.70 (9); 366.50 (Dual Meet))**

446.25	Rachel Gitelson	Austin, Texas	3/4/07
379.60	Ginni van Katwijk	Austin, Texas	3/4/07
240.65	Anastasia Pozdniakova	Houston	2/17/07

Event (NCAA Automatic Qualifying Time / NCAA Provisional Qualifying Time)

# indicates NCAA provisional qualifying time

(S) indicates split time

() indicates number of dives.

No parentheses indicates six-dive competition