



2004 RAM SWIMMING & DIVING St

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At A Glance...

2004-2005 Record	1-0
Win Pct.	1.000
Streak	1 win
Conf. Record	1-0
Win Pct.	1.000
Streak	1 win
Head Coach	John Mattos
Career Record	181-70
Win Pct.721

2004-2005 Schedule...

O 16	Ram 5,000 Fundraiser
O 22-23	^Early Bird Invite (*UNM Dual)
O 29-30	at Rice Invitational
N 5-7	Colorado State Invite
N 12	Colorado Dual
N 20	at *UNLV Dual
N 22	at * San Diego State Dual
D 2	at Northern Colorado (ss) Dual
D 2-4	at US Open (ss)
D 4	at Air Force (ss) Dual
J 13	*Utah Dual
J 15	*BYU Dual
F 4	*Wyoming Dual
F 4-5	at Air Force Diving Invite
F 5	at Denver Dual
F 23-26	at MWC Swimming & Diving Championships
M 11-12	at Zone E NCAA Diving Regional
M 17-19	at NCAA Championships
A 1-6	at World Championship Trials

(ss) Denotes split squad
* Mountain West Conference Opponent
^ Denotes meet held at EPIC Pool

Ram Roster...

Name	Event
Amy Abrams (Fr.)	BK, Sprint FR
Alyson Aggers (Jr.)	BR
Shelley Aspevig(Sr.)	Sprint FL, FR
Jennifer Banker(Jr.)	BK, Sprint FR, FL
MacKenzie Brown(Fr.)	Distance FR
Amber Canterbury(Sr.)	BR, FL
Kara Crisp(Sr.)	Diving
Jessica Dawkins(Fr.)	Sprint FR, FL
Sarah DeLapp(Sr.)	Distance FR, IM
Chandra Engs(So.)	FR, BR, IM
Taylor Felton(Jr.)	Distance FR
Elyse Hall(Fr.)	Diving
Rachel Hinze(Fr.)	FR
Lauren Houghton(Fr.)	Sprint FR
Abigail Iler(Fr.)	IM, FL
Sam Johnson(Fr.)	Sprint FR, BK
Elizabeth Jones(Jr.)	Sprint FR
Karin Knudson(Fr.)	Diving
Rachelle Kula(Jr.)	FL, FR
Lyndsey McCaslin(Sr.)	BR, IM
Samantha Moran(So.)	Mid-Distance FR
Andrea Newman(So.)	Distance FR
Seda Ozdemir(Sr.)	Sprint FR, BR
Celes Parks(Fr.)	Distance
Rachel Rey(Fr.)	Distance
Alina Roberts(Fr.)	Sprint FR
Jen Schnell(Fr.)	FL, BK
Sara Servold(Fr.)	IM, BR
Erin Sobon(Fr.)	Diving
Tara Staley(Fr.)	FL, FR
Kara Swindler(Jr.)	BR, IM
Tiffany Thompson(Jr.)	FL, Sprint, FR
Laura Tingle(Jr.)	FL, FR
Meghan Trucco(Sr.)	Diving
Amber Utesch(Fr.)	Diving
Meika Weiner(Fr.)	Distance FR
Brette Winegarner(So.)	BK, FR
Katie Zappa(Fr.)	FR

Faster and Faster...

Last weekend, the the Colorado State swimming team competed at the Hilton/ TYR Rice University Invitational in Houston, Tex., finishing fourth in the event.

CSU scored 424 points, behind Rice (547), Nevada (522) and TCU (460). The meet featured 17 events, but no diving competition.

Sixteen swimmers competed on the trip, all of whom swam faster times than they had in the first meet of the season.

The Rams lowered one relay time finishing the 200 medley relay time in 1:48.22, good for a third place finish.

The swimmers in the event were Amy Abrams, Lyndsey McCaslin, Rachelle Kula and Alina Roberts.

In the other relays, the Rams finished fourth in the 200 freestyle relay, seventh in the 400 freestyle relay and sixth in the 400 medley relay. The B relay in both the 400 medley relay and the 400 free relay was right on the heels of the A relay teams, showing depth in the events.

Individual Achievements...

Abi Iler was one of only three Rams to place second at this meet with a runner-up finish in the 400 IM with a time of 4:35.56, also a new season best.

Abrams took second in the 100 back, gaining another new season best time, 0:58.49.

Sara Servold was the third swimmer to finish in the second-place spot for the Rams with a time of 2:08.22 in the 200 fly. Abi Iler was right behind her, finishing third with a time of 2:08.45.

Alyson Aggers continued to swim well in the breaststroke events. She finished third in the 200 (2:23.85) and fifth in the 100 (1:07.28). McCaslin finished in sixth behind Aggers with a time of 1:07.72.

Tara Staley and Chandra Engs were the third (5:08.44) and fourth (5:10.91) place finishers in the 500 freestyle, respectively.

In the 1000 freestyle, Taylor Felton finished third (10:41.45) and Celes Parks finished fourth (10:41.81) as well.

Up Next...

The next dual meet for the Rams is on November 12th against the University of Colorado.

Freshmen Impact...

The Rams compete in 21 different swimming and diving events at meets throughout the season. Currently, Ram freshmen hold the top times in 10 events and participate on the top teams for each of five relay events. Top Ram freshmen include Abi Iler, Tara Staley, Amy Abrams, Sara Servold, Alina Roberts and Elyse Hall.

Heads Up...

Boosters, please note that the magnet schedule you received has the Wyoming meet and Denver meets transposed. We apologize for this oversight.

The Mattos File...

Year	Dual Rec.	Pct.	Conf. Finish	National Finish
1980-1981	8-2	.800	1st AIAW	--
1981-1982	5-3	.625	1st AIAW	34th
1982-1983	10-4	.714	1st HCAC	--
1983-1984	10-5	.667	1st HCAC	--
1984-1985	5-4	.555	1st HCAC	--
1985-1986	6-4	.600	2nd HCAC	--
1986-1987	11-0	1.000	1st HCAC	34th
1987-1988	6-3	.666	2nd HCAC	23rd
1988-1989	9-3	.750	1st HCAC	31st
1989-1990	3-6	.333	2nd HCAC	29th
1990-1991	8-3	.727	2nd WAC	40th
1991-1992	7-4	.636	1st WAC	--
1992-1993	11-2	.846	2nd WAC	--
1993-1994	7-5	.583	2nd WAC	12th
1994-1995	9-3	.750	2nd WAC	--
1995-1996	9-1	.900	1st WAC	--
1996-1997	4-5	.444	4th WAC	38th
1997-1998	6-1	.857	3rd WAC	--
1998-1999	7-1	.875	4th WAC	--
1999-2000	7-3	.700	3rd MWC	--
2000-2001	10-0	1.000	2nd MWC	--
2001-2002	5-2	.714	3rd MWC	--
2002-2003	8-4	.667	2nd MWC	--
2003-2004	9-2	.818	2nd MWC	--
2004-2005	1-0	1.000	--	--
Totals	181-70	.721		

On The Web...

Catch all of the latest Ram swimming and diving action on the web at **CSURAMS.com**. The weekly release is available in PDF format online along with updated stats and stories.

2004-2005 TOP TIMES TO 11/3/04

50 Freestyle

Alina Roberts	0:24.60	Early Bird Invitational
Karin Knudson	0:24.88	Early Bird Invitational
Elizabeth Jones	0:24.88	Rice Invitational
Brette Winegarner	0:24.89	Early Bird Invitational
Tiffany Thompson	0:25.35	Early Bird Invitational

100 Freestyle

Chandra Engs	0:54.23	Early Bird Invitational
Alina Roberts	0:54.83	Early Bird Invitational
Elizabeth Jones	0:55.34	Early Bird Invitational
Brette Winegarner	0:55.44	Early Bird Invitational
Tara Staley	0:56.03	Early Bird Invitational

200 Freestyle

Tara Staley	1:56.23	Rice Invitational
Chandra Engs	1:57.18	Rice Invitational
Taylor Felton	1:59.42	Early Bird Invitational
Elizabeth Jones	2:00.85	Rice Invitational
Celes Parks	2:00.93	Early Bird Invitational

500 Freestyle

Tara Staley	5:06.36	Early Bird Invitational
Chandra Engs	5:10.91	Rice Invitational
Taylor Felton	5:13.58	Rice Invitational
MacKenzie Brown	5:14.95	Early Bird Invitational
Andrea Newman	5:20.11	Early Bird Invitational

1000 Freestyle

Taylor Felton	10:41.45	Rice Invitational
Celes Parks	10:41.81	Rice Invitational
MacKenzie Brown	10:53.53	Rice Invitational

1650 Freestyle

Taylor Felton	18:00.05	Early Bird Invitational
Celes Parks	18:13.50	Early Bird Invitational
Sarah DeLapp	18:24.91	Early Bird Invitational
Andrea Newman	18:27.41	Early Bird Invitational
MacKenzie Brown	18:38.35	Early Bird Invitational

100 Backstroke

Amy Abrams	0:58.49	Rice Invitational
Brette Winegarner	0:59.49	Rice Invitational
Alina Roberts	1:00.29	Rice Invitational
Abigail Iler	1:01.55	Early Bird Invitational
Jennifer Banker	1:02.30	Early Bird Invitational

200 Backstroke

Brette Winegarner	2:11.09	Rice Invitational
Amy Abrams	2:12.07	Rice Invitational
MacKenzie Brown	2:12.36	Rice Invitational
Jennifer Banker	2:16.34	Early Bird Invitational
Celes Parks	2:16.62	Early Bird Invitational

100 Breaststroke

Alyson Aggers	1:07.28	Rice Invitational
Lyndsey McCaslin	1:07.72	Rice Invitational
Amber Canterbury	1:10.81	Early Bird Invitational
Sarah DeLapp	1:11.05	Rice Invitational
Kara Swindler	1:11.28	Early Bird Invitational

200 Breaststroke

Alyson Aggers	2:23.85	Rice Invitational
Sara Servold	2:29.31	Rice Invitational
Lyndsey McCaslin	2:30.77	Rice Invitational
Amber Canterbury	2:31.28	Early Bird Invitational
Sarah DeLapp	2:34.61	Early Bird Invitational

100 Butterfly

Abigail Iler	0:58.37	Rice Invitational
Rachelle Kula	0:59.08	Rice Invitational
Tara Staley	0:59.57	Early Bird Invitational
Sara Servold	1:00.12	Early Bird Invitational
Tiffany Thompson	1:01.30	Early Bird Invitational

200 Butterfly

Sara Servold	2:08.22	Rice Invitational
Abigail Iler	2:08.45	Rice Invitational
Rachelle Kula	2:11.73	Rice Invitational
Laura Tingle	2:17.47	Early Bird Invitational
Taylor Felton	2:22.77	Early Bird Invitational

200 IM

Abigail Iler	2:10.20	Early Bird Invitational
Chandra Engs	2:11.48	Early Bird Invitational
Sara Servold	2:11.87	Early Bird Invitational
Amy Abrams	2:14.43	Early Bird Invitational
Jennifer Banker	2:16.58	Early Bird Invitational

400 IM

Abigail Iler	4:35.56	Rice Invitational
Sara Servold	4:37.81	Rice Invitational
Sara DeLapp	4:42.09	Rice Invitational
Chandra Engs	4:46.50	Early Bird Invitational
MacKenzie Brown	4:54.44	Early Bird Invitational

200 Freestyle Relay

Relay A	1:38.61	Early Bird Invitational
(Jones, Winegarner, Roberts, Engs)		

400 Freestyle Relay

Relay A	3:36.35	Early Bird Invitational
(Engs, Winegarner, Staley, Jones)		

800 Freestyle Relay

Relay A	7:52.97	Early Bird Invitational
(Engs, Staley, Parks, Jones)		

200 Medley Relay

Relay A	1:48.22	Rice Invitational
(Abrams, McCaslin, Kula, Roberts)		

400 Medley Relay

Relay A	4:00.08	Early Bird Invitational
(Abrams, Kula, Aggers, Jones)		

1 meter Diving/Championship

Elyse Hall	211.85	Early Bird Invitational
Kara Crisp	209.65	Early Bird Invitational
Amber Utesch	201.80	Early Bird Invitational
Karin Knudson	193.65	Early Bird Invitational
Meghan Trucco	163.95	Early Bird Invitational

3 meter Diving/Championship

Elyse Hall	372.45	Early Bird Invitational
Amber Utesch	364.55	Early Bird Invitational
Karin Knudson	173.10	Early Bird Invitational
Meghan Trucco	162.05	Early Bird Invitational
Kara Crisp	158.95	Early Bird Invitational

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

Ram Quickfacts...

Location	Fort Collins, CO 80523
Enrollment	25,382
Nickname	Rams
School Colors	Green & Gold
Natorium	Moby Pool
Conference	Mountain West
Swimming Contact	Mike Lefler
Office Phone	970-491-4854
FAX Phone	970-491-1348
Web Site	CSURAMS.com
Head Coach	John Mattos
Alma Mater, Year	Colorado State '71
Office Phone	970-491-6026
Assistant Coach	Chris Woodard, (Hartwick College '95)
Diving Coach	Morry Arbini (Cal State-Fullerton '69)