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## Swimming and Diving Quick Facts

### Notre Dame Quick Facts

|   |  |
|---|--|
| Location .....                            | Notre Dame, IN 46556                     |
| Founded .....                             | 1842                                     |
| Enrollment .....                          | 8,352 (undergraduate),<br>11,603 (total) |
| Nickname.....                             | Fighting Irish                           |
| Colors.....                               | Gold and Blue                            |
| Conference.....                           | BIG EAST                                 |
| Home Facility .....                       | Rolfs Aquatic Center                     |
| President.....                            | Rev. John I. Jenkins, C.S.C              |
| Athletic Director .....                   | Kevin White                              |
| Asst. A.D./Women's Swimming & Diving..... | Charmelle Green                          |
| Athletic Department Phone.....            | (574) 631-6107                           |

### Coaching Staff

|                           |  |
|---------------------------|--|
| Head Coach .....          | Carrie Nixon (Notre Dame '02)                                |
| Office Phone/Fax .....    | (574) 631-8455/3650  |
| E-mail address .....      | cnixon2@nd.edu   |
| Record at Notre Dame..... | 13-3   |
| Career Record.....        | 13-3   |
| Diving Coach.....         | Caiming Xie<br>(Beijing Institute of Physical Education '85) |
| Office Phone .....        | (574) 631-7020   |
| E-mail address .....      | xie.2@nd.edu   |
| Assistant Coach .....     | Joel White<br>(Wisconsin-Milwaukee '02)                      |
| Office Phone .....        | (574) 631-8359   |
| E-mail address .....      | jwhite17@nd.edu  |

### Sports Information

|   |   |
|---|---|
| Address .....   | Sports Information<br>112 Joyce Center<br>Notre Dame, IN 46556-5678 |
| Assoc. A.D./Media Relations .....                       | John Heisler  |
| Sports Information Director.....                        | Bernie Cafarelli  |
| Sports Information Assistant/Swimming<br>& Diving ..... | Sara Wonderlich   |
| Sports Information Office.....                          | (574) 631-7516  |
| Wonderlich's Office Phone.....                          | (574) 631-1762  |
| Wonderlich's E-mail .....                               | swonderl@nd.edu   |
| Sports Information Fax.....                             | (574) 631-7941  |
| Irish Sports Hotline.....                               | (574) 631-3000  |
| Website .....   | www.und.com   |

**Notre Dame  
Sports Hotline:  
(574) 631-3000**

## Media Information

The Notre Dame Sports Information Office is always interested in assisting members of the media in their coverage of Irish women's swimming and diving. Publicity and media information for Notre Dame women's swimming and diving is handled by sports information assistant Sara Wonderlich.

Photographs, feature ideas and results are always available from the Sports Information Office. For women's swimming and diving information and interviews, please contact Wonderlich at (574) 631-7516 or e-mail her at swonderl@nd.edu or view the official website of the Notre Dame athletic department at www.und.com. All interviews with coaches and athletes should be arranged through the Sports Information Office.

## BIG EAST Web Information

The BIG EAST Conference maintains its presence on the World Wide Web at www.bigeast.org. The site contains current information on all facets of the BIG EAST Conference. Please contact the BIG EAST media relations department for more information on BIG EAST swimming and diving.

## Credits

The Notre Dame Women's Swimming and Diving Guide was written and edited by sports information assistant Sara Wonderlich and student assistant Packy Brewster, with editorial assistance from assistant sports information director Sean Carroll.

Graphic design and page layout by Cindy Lemcke of Ave Maria Press, Inc.

Inside and outside cover designs by Dave Scholtes of Ave Maria Press, Notre Dame, Ind.

Photography by Mike Bennett and Lighthouse Imaging, Matt Cashore, Heather Gollatz, the BIG EAST Conference, Angela Addington, Linda Dunn, Louisa Guida, Bo Rottenborn and Marcus Snowden.

Printing by Ave Maria Press in Notre Dame, Ind.

## Print Media

### *The Observer*

(Tom Dorwart)  
www.ndsmcobserver.com  
LaFortune Student Center  
Notre Dame, IN 46556  
(574) 631-7471  
Fax (574) 631-6927

### *South Bend Tribune*

(Bill Bilinski & Scott Davidson)  
www.southbendtribune.com  
225 West Colfax Avenue  
South Bend, IN 46626  
(574) 235-6316  
Fax (574) 235-6091

### *Notre Dame Scholastic*

www.nd.edu/~scholast  
LaFortune Student Center  
Notre Dame, IN 46556  
(574) 631-7569  
Fax (574) 631-9648

### *Irish Sports Report*

(Eric Hansen)  
www.irishsports.com  
225 West Colfax Avenue  
South Bend, IN 46626  
(574) 235-6161  
Fax (574) 239-2646

### *Blue & Gold Illustrated*

(Lou Somogyi)  
www.blueandgold.com  
1605 North Home  
Mishawaka, IN 46545  
(574) 255-9800  
Fax (574) 255-9700

### *Associated Press*

(Tom Coyne)  
South Bend Tribune Building  
225 West Colfax Avenue  
South Bend, IN 46626  
(574) 288-1649  
Fax (574) 236-1765

### *Taper and Shave*

(Stu Corliss)  
tapershave@aol.com  
PO. Box 3201  
Carmichael, CA 95609-3201  
(916) 489-3454

### *Swimming World*

(Judy Jacob)  
www.swiminfo.com  
swimworld@aol.com  
PO. Box 20337  
Sedona, AZ 86341  
(520) 284-4005  
Fax (520) 284-2477

## Television

### *WNDU-TV - NBC*

(Jeff Jeffers/Angelo DiCarlo)  
PO. Box 1616  
South Bend, IN 46634  
(574) 631-1616/1239  
Fax (574) 631-2916

### *WSBT-TV/Radio - CBS*

(Greg Carroll/Pete Byrne/  
Carolyn Manns)  
300 West Jefferson  
South Bend, IN 46601  
(574) 472-8124  
Fax (574) 288-6630

### *WSJV-TV - FOX*

(Dean Huppert/Allison Hayes)  
59096 County Road 7 South  
Elkhart, IN 46514  
(574) 679-4545 or 293-9227  
Fax (574) 294-1324

### *College Sports Television*

(Barry Werner)  
Chelsea Piers, Pier 62  
New York, NY 10011  
(212) 342-8700  
Fax (212) 342-8899

## Radio

### *WHME-TV/Radio*

(Dean Koersmo/Chuck  
Freeby/Bob Nagle)  
61300 Ironwood Road  
South Bend, IN 46625  
(574) 291-8200  
Fax (574) 291-9043

### *WVFI-AM Radio*

University of Notre Dame  
PO. Box 532  
Notre Dame, IN 46556  
(574) 631-5379

### *WDND-ESPN Radio 1490*

(Sean Stires)  
3371 Cleveland Rd. Ext.  
Ste. 310  
South Bend, IN 46628  
(574) 273-9300  
Fax (574) 273-9090

## Organizations

### *Notre Dame Sports Information*

(Sara Wonderlich)  
www.und.com  
112 Joyce Center  
Notre Dame, IN 46556-5678  
(574) 631-7516  
Fax (574) 631-7941

### *BIG EAST Conference*

www.bigeast.org  
222 Richmond Street  
Providence, RI 02903  
(401) 272-9108  
Fax (401) 751-8540

### *CSTV Online*

(Alan Wasielewski)  
www.collegesports.com  
112 Joyce Center  
Notre Dame, IN 46556  
(574) 631-2235  
(760) 431-8221 (Carlsbad, Calif.)

### *College Swimming Coaches Association of America*

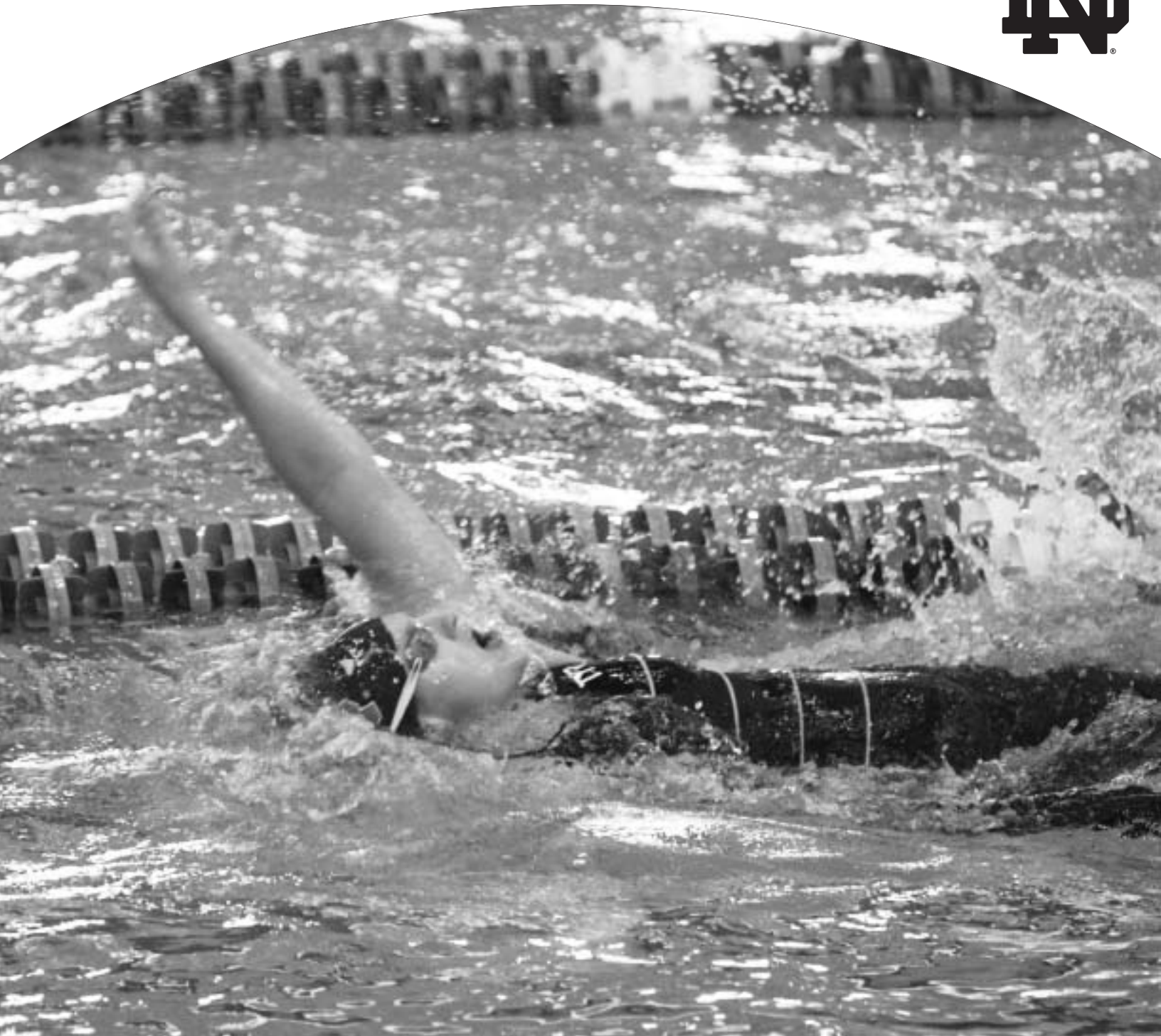
www.cscaa.org  
PO. Box 591  
Somers, WI 53171  
(877) 267-9234



The Notre Dame women's swimming and diving team after winning the BIG EAST Championship. It was the 11th consecutive win for the Irish.

# NOTRE DAME **PREVIEW**

*Senior Katie Guida will lead the Irish as one of two team captains during the 2007-08 season.*



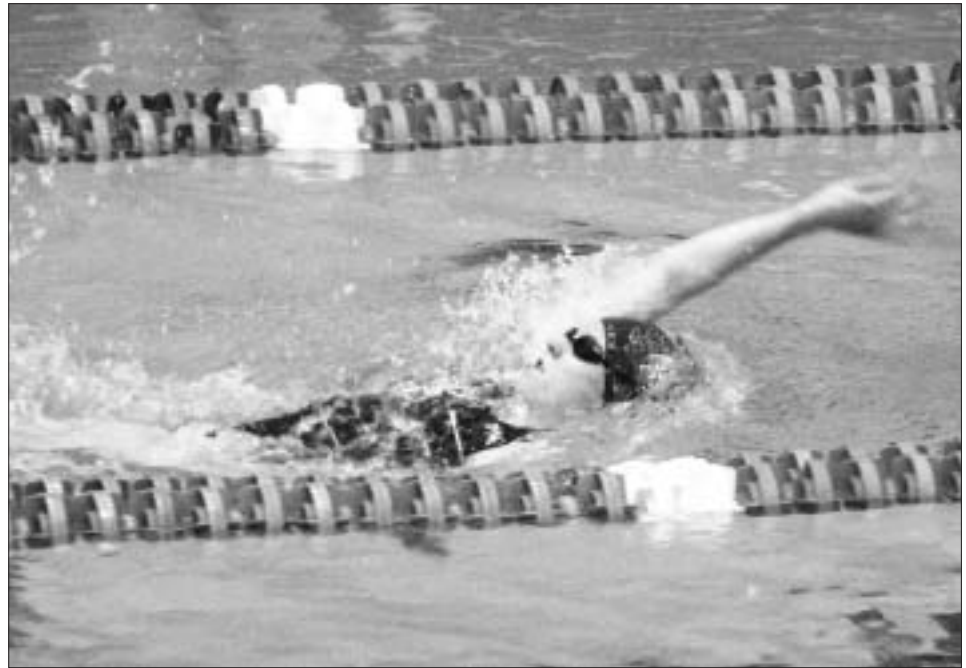
## Success Brings Higher Expectations For Upcoming Season

*After winning an 11th-consecutive BIG EAST Championship,  
the women's swimming and diving program looks to reach higher goals at the national level*

Coming off a record-setting season by winning their 11th-straight BIG EAST title, the most consecutive wins by any program in BIG EAST history, the Notre Dame women's swimming and diving team enters the 2007-08 season with high expectations. Led by third-year head coach Carrie Nixon, the Irish will have to fill holes of graduated seniors, while embracing the talent of incoming freshmen. They will look to not only reach the levels of success that the program has traditionally found in the past, but also break past them.

The 2006-07 season was highly successful for the Irish. Along with the conference title, Nixon coached the women's team to 10 individual and two relay BIG EAST championships and took her team onto the national scene where the Irish finished 27th at the NCAA Championships with 25 points. The Irish finished the season with an 8-1 record in dual meets and ranked 19th nationally in the dual-meet pool by the College Swim Coaches Association of America (CSCAA).

"We had a great season last year so this year we are really expecting a lot," Nixon says. "Obviously we want to pick up that 12th BIG EAST title and keep that winning streak alive. We also want to send more girls to the national meet and finish higher. Last season we took eight girls to NAAs and finished 27th. This year we want to take more and look to finish in the top 15. We're in a position to reach those goals this year and that's what makes it all exciting."



Megan Farrell returns as one of the top swimmers for the Irish. As a freshman, she competed at the NCAA Championships.

The loss of Irish standout Katie Carroll will undoubtedly be felt as the 2007-08 season kicks off. Carroll, who graduated in the spring of 2007, left as a two-time All-American in the 400 IM. She was also named the BIG EAST Most Outstanding Swimmer in both 2004 and 2007. While the loss of Carroll will be huge, especially at the conference level, Nixon is confident that returnees as well as newcomers will be able to work together to fill the gap.

"I think we did an excellent job these past two years knowing that the 2007 class would be exiting and knowing that it would be tough to replace them since they played such a big role in our success in the past," Nixon says. "I think we've really done a great job replacing those girls hand-for-hand in our freshmen and sophomores. We're really bottom heavy with a lot of sophomores and freshmen and they're going to play a big part in our success in the next four years."

Leading as team captains for the Irish will be seniors Katie Guida and Morgan Bullock. Both enter their fourth year with the team. They will be looked at by the whole team as role models and also positive attitudes.

Together with the team, Nixon hopes for the season to run smoothly, positively and overall successfully.

"I always say a happy swimmer is a fast swimmer," Nixon says. "When you feel good about practice, then you feel good about your team, teammates and coaches. In the end that equals fast swimming. You have to love it, love working hard and doing it unselfishly for your teammates, your school and representing all that comes with you. The girls have really embraced that this year so it should be fun to watch it throughout the whole season."

Here is a look at how the 2007-08 Notre Dame women's swimming and diving team will break down by event.

### Freestyle

The distance freestyle group will be led by junior Claire Hutchinson during the 2007-08 campaign. Hutchinson was a NCAA Championships qualifier in 2007, finding success in both the 500-meter and the 1,650-meter freestyle. Also looking to make an impact in the area will be sophomore Lexie Shue, who posted good times during her

### Team Information

**2006-07 Record:** 8-1

**2007 BIG EAST Championships:** 1st, 758 pts.

**2007 NCAA Championships:** 27th, 25 pts.

**Monogram Winners Returning/Lost:** 24/12

**2007 BIG EAST Individual Champions Returning/Lost:** 1/2

Ashlee Edgell, So. (200 IM)

**2007 NCAA Qualifiers Returning/Lost:** 4/4

Megan Farrell, So. (200 IM, 200 freestyle, 400-freestyle relay, 800-freestyle relay)

Caroline Johnson, Sr. (100 backstroke, 200-freestyle relay, 400-medley relay)

Claire Hutchinson, Jr. (500 freestyle, 1,650 freestyle)

Christa Riggins, Jr. (50 freestyle, 100 freestyle, 200 freestyle, 200-freestyle relay)

IRISH SWIMMING

freshman season, but was not able to compete at the BIG EAST due to injuries. Shue returns healthy for the Irish and Nixon expects her to add depth to the area.

"We have her (Shue) healthy now and we're just excited to see what she's capable of," Nixon says. "She had some very fast times coming out of high school and we weren't able to see those manifest themselves last season. We're thrilled to have her back in the mix of things this year."

Coming off NCAA Championships qualifications, two relay championships at the BIG EAST and an individual second-place showing at the conference level, junior Christa Riggins will be a staple for the Irish in the middle-distance freestyle events. Her quick improvements in the area has led her to become a leader for others on the team.

"Christa (Riggins) has been able to improve at an incredible rate with her times dropping significantly each season," Nixon says. "She just started swimming when she was a sophomore in high school, so she has a lot of room to improve and has really led the way. She continues to challenge others in practice and has really taken the reigns of the middle-distance group."

Coming into the sprints will be freshman Amywren Miller, a young athlete that Nixon believes will be able to contribute early on in her career. Miller joins the team with some of



Junior Claire Hutchinson will lead the Irish in the distance freestyle throughout the 2007-08 season.

the fastest times by an incoming freshman in the history of Notre Dame women's swimming. As a former swimmer with the Irish and the most decorated in the sports history, Nixon remarks, "they're even faster times than I had coming in," a true sign of the talent.

Returning in the area for the Irish will be senior Caroline Johnson. Johnson comes into her final season as an NCAA Qualifier

and five-time BIG EAST champion. Over her last three years, she has played a major role in relays for the Irish, being a member of three championship relay teams at the conference level last season.

### **Butterfly**

A new duo has arrived for the Irish with sophomore Keri Masterson and incoming freshman Kellyn Kuhlke. Masterson returns as the top swimmer for the Irish in the fly and she is joined by newcomer Kuhlke. Kuhlke comes in with great experience in the event, including a Texas state title in the 100 fly, a tough feat in a state filled with swimming talent. The two will work to fill a hole left by swimming standout Katie Carroll.

"They (Masterson and Kuhlke) are great training partners," Nixon says. "They work really hard together and push each other in practice. With that I think they'll be able to push each other the entire season and we'll be able to see great things from it."

### **Individual Medley**

After standout freshmen campaigns, sophomores Ashlee Edgell and Megan Farrell will return as the top-two competitors for the Irish in the IM. Edgell just missed making the cut for the NCAA Championships during her first season, but was victorious at the BIG EAST Championships, taking the title in the 200 IM, with Farrell close behind in



Senior Caroline Johnson will be a strong force for the Irish in the back stroke.



Junior Christa Riggins returns as leader for the Notre Dame in the mid-distance freestyle events.

fourth place. Edgell also took third in the 400 IM at the conference meet, earning her two all-BIG EAST accolades. The two will work together to strengthen the Irish in the event, after the loss of Katie Carroll, a two-time All-American in the 400 IM.

“Ashlee will definitely lead the way for us in the IM,” Nixon says. “She’s a great kid with tons of potential. She’s tall and has a lot going for her and even last year we saw huge improvements in her times so I think she will be a main athlete for our team this year.”

### Breaststroke

Although a newcomer, Sam Maxwell will be looked towards to be the top swimmer in the breaststroke. Maxwell comes into the program with some of the best prep times in the event in the history of the program. Her times are even faster than graduate Julia Quinn who was the number-one swimmer for the Irish in the event last season. Maxwell will join senior Katie Hopkins along with another newcomer, Lizzie Gormley, to make up the core group in the breast.

### Backstroke

A top swimmer returning for the Irish in the backstroke will be senior Caroline Johnson. Johnson, who finished second in the 100 backstroke at the BIG EAST Championships, will find herself not only in a role as a top swimmer, but also a leader as she will be joined by freshman Lauren Parisi. Together, Johnson and Parisi will be looked towards to lead the event. Also joining them will be sophomore Maggie Behrens. Behrens surprised Nixon by being one of the strongest in the backstroke as she was the third fastest for the Irish in the 50 and the 100 backstroke.

“Maggie is someone that really surprised us last year,” Nixon says. “She’s done an excellent job training over the summer and I think she’ll be able to drop her times even more than she did last year. She’s really stepped up to this higher level and she’s doing a great job.”

### Diving

Sophomores Tiffany Robak and Natalie Stitt return as the top divers for the Irish, along with senior Tara Hyer and junior Lucy Hirt. Together, the four will be the lead divers throughout the 2007-08 campaign. Both Robak and Stitt competed on the national level at the NCAA Zone C Diving Championships with Robak finishing 16th in the three-meter and Stitt taking 12th in the same event. Both girls, along with Hyer played a major part at the BIG EAST Championships, bringing in a combined total of 77 points for the Irish team victory.

### Roster Breakdown

- By Class:**  
**Seniors (7):** Bullock, Burke, Guida, Hopkins, Hyer, Johnson, Steenberge  
**Juniors (4):** Hirt, Hutchinson, Riggins, Wagner  
**Sophomores (13):** Bauza, Behrens, Duret, Edgell, Farrell, Gonzalez, Healey, Mancini, Masterson, Robak, Shanata, Shue, Stitt  
**Freshmen (11):** Casey, Cronin, Gormley, Grossman, Kuhlke, Langnecker, Maxwell, Miller, Parisi, Reynolds, Sylvester
- By Stroke:**  
**Backstroke:** Bauza, Behrens, Bullock, Guida, Johnson, Parisi  
**Breaststroke:** Burke, Duret, Gormley, Healey, Hopkins, Mancini, Maxwell, Miller  
**Butterfly:** Burke, Casey, Hopkins, Kuhlke, Masterson, Shanata, Steenberge, Wagner  
**Freestyle:** Bullock, Casey, Cronin, Edgell, Farrell, Guida, Hutchinson, Johnson, Kuhlke, Mancini, Masterson, Miller, Reynolds, Riggins, Shanata, Shue, Steenberge, Sylvester, Wagner  
**Individual Medley:** Behrens, Edgell, Farrell, Hutchinson, Maxwell, Parisi  
**Diving:** Gonzalez, Grossman, Hirt, Hyer, Langnecker, Robak, Stitt

## 2007-08 Notre Dame Women's Swimming and Diving Roster

| <u>Name</u>           | <u>Events</u> | <u>Yr.</u> | <u>Ht.</u> | <u>Hometown/High School</u>                 |
|-----------------------|---------------|------------|------------|---|
| Colleen Bauza*        | Back          | So.        | 5-10       | Palm Harbor, FL/Palm Harbor University H.S. |
| Maggie Behrens*       | Back/IM       | So.        | 5-9        | Munster, IN/Munster H.S.                    |
| Morgan Bullock***     | Back/Free     | Sr.        | 5-9        | Stamford, CT/Westhill H.S.                  |
| Natalie Burke***      | Breast/Fly    | Sr.        | 5-7        | Capetown, South Africa/Reddam House College |
| Katie Casey           | Fly/Free      | Fr.        | 5-3        | Ponte Vedra Beach, FL/Bolles School         |
| Delia Cronin          | Free          | Fr.        | 5-9        | Phoenix, AZ/Xavier College Prep             |
| Pat Duret*            | Breast        | So.        | 5-9        | Sarasota, FL/Cardinal Mooney H.S.           |
| Ashlee Edgell*        | IM/Free       | So.        | 5-11       | Cincinnati, OH/Madeira H.S.                 |
| Megan Farrell*        | Free/IM       | So.        | 5-7        | Hopkinton, MA/Hopkinton H.S.                |
| Lizzie Gormley        | Breast        | Fr.        | 5-6        | Houston, TX/Langham Creek H.S.              |
| Heidi Grossman        | Diving        | Fr.        | 5-6        | Barrington, RI/Barrington H.S.              |
| Katie Guida***        | Free/Back     | Sr.        | 5-10       | Alexandria, VA/Georgetown Visitation Prep   |
| Vivian Healey*        | Breast        | So.        | 5-9        | New York, NY/Stuyvesant H.S.                |
| Lucy Hirt**           | Diving        | Jr.        | 5-6        | Mundelein, IL/Mundelein H.S.                |
| Katie Hopkins***      | Breast/Fly    | Sr.        | 5-6        | Ellicott City, MD/Notre Dame Prep. School   |
| Claire Hutchinson**   | Free/IM       | Jr.        | 5-3        | Baltimore, MD/McDonogh H.S.                 |
| Tara Hyer***          | Diving        | Sr.        | 5-6        | Tampa, FL/Academy of the Holy Names         |
| Caroline Johnson***   | Back/Free     | Sr.        | 5-10       | Springfield, MO/Glendale H.S.               |
| Kellyn Kuhlke         | Fly/Free      | Fr.        | 5-5        | Plano, TX/Plano West Senior High            |
| Amy Langnecker        | Diving        | Fr.        | 5-6        | Gibsonia, PA/Hampton H.S.                   |
| Gina Mancini*         | Breast/Free   | So.        | 5-7        | Falmouth, ME/Falmouth H.S.                  |
| Keri Masterson*       | Fly/Free      | So.        | 5-8        | West Hempstead, NY/Sacred Heart Academy     |
| Samantha Maxwell      | Breast/IM     | Fr.        | 5-10       | Chandler, AZ/Corona de Sol                  |
| Amywren Miller        | Free/Breast   | Fr.        | 5-8        | Grosse Pointe Woods, MI/The Peddie School   |
| Lauren Parisi         | Back/IM       | Fr.        | 5-8        | Hauppauge, NY/Hauppauge H.S.                |
| Meg Reynolds          | Free          | Fr.        | 5-7        | Alpharetta, GA/Wesleyan School              |
| Christa Riggins**     | Free          | Jr.        | 5-10       | Phoenix, AZ/Sunnyslope H.S.                 |
| Laura Rings           | Diving        | Jr.        | 5-5        | Gahanna, Ohio/Columbus School for Girls     |
| Tiffany Robak*        | Diving        | So.        | 5-7        | Milwaukee, WI/Pius XI H.S.                  |
| Zeina Shanata*        | Free/Fly      | So.        | 5-5        | Gainesville, FL/Buchholz H.S.               |
| Lexie Shue*           | Free          | So.        | 5-9        | Newport Beach, CA/Corona Del Mar H.S.       |
| Georgia Steenberge*** | Fly/Free      | Sr.        | 5-7        | Granbury, TX/Granbury H.S.                  |
| Natalie Stitt*        | Diving        | So.        | 5-6        | Holland, MI/West Ottawa H.S.                |
| Lauren Sylvester      | Free          | Fr.        | 5-10       | Philadelphia, PA/Germantown Academy         |
| Casey Wagner**        | Free/Fly      | Jr.        | 5-6        | Glenshaw, PA/Shady Side Academy             |

\*Denotes Monograms earned

**Head Coach:** Carrie Nixon, 3rd season as head coach (Notre Dame '02)

**Diving Coach:** Caiming Xie, 13th season with the Irish (Beijing Academy of Physical Education '85)

**Assistant Coach:** Joel White, 3rd season with the Irish (Wisconsin-Milwaukee '02)

**Volunteer Assistant Coach:** Mike Laubacher, 2nd season with the Irish (Ohio University '04)



Sophomore  
Keri Masterson



Sophomore  
Tiffany Robak

**2008 BIG EAST Conference  
Swimming and Diving  
Qualifying Standards**

| <b>Event</b>          | <b>25-Yard</b> | <b>25-Meter</b> | <b>50-Meter</b> |
|-----------------------|----------------|-----------------|-----------------|
| 50 Freestyle          | 25.53          | 28.50           | 29.35           |
| 100 Freestyle         | 55.37          | 1:01.80         | 1:02.93         |
| 200 Freestyle         | 1:59.30        | 2:13.15         | 2:14.81         |
| 500 Freestyle         | 5:17.07        | 4:37.41         | 4:43.10         |
| 1,650 Freestyle       | 18:16.46       | 18:13.19        | 18:38.84        |
| 100 Butterfly         | 1:01.24        | 1:08.35         | 1:08.81         |
| 200 Butterfly         | 2:14.47        | 2:30.08         | 2:31.09         |
| 100 Backstroke        | 1:02.77        | 1:10.06         | 1:10.93         |
| 200 Backstroke        | 2:15.16        | 2:30.85         | 2:32.73         |
| 100 Breaststroke      | 1:11.74        | 1:20.07         | 1:22.46         |
| 200 Breaststroke      | 2:33.91        | 2:51.78         | 2:54.90         |
| 200 Individual Medley | 2:14.21        | 2:29.79         | 2:32.52         |
| 400 Individual Medley | 4:46.02        | 5:19.22         | 5:23.19         |
| 1 meter diving        | 225 pts        |                 |                 |
| 3 meter diving        | 235 pts        |                 |                 |



**Qualifying for the NCAA Championships**

The NCAA Women's Swimming and Diving Championships have a fixed field of 320 swimmers, including 35 divers. The swimming field consists first of all student-athletes who have achieved an "A" qualifying standard in any event. Beyond that, entry is given to student-athletes with the best "B" qualifying standards in events with the fewest "A" qualifiers until all the events have an equal number of entrants. From there, additional "B" qualifiers are added in order, one per event at a time, until the field

size of 320 is reached. If a complete additional round of next-best qualifiers will put the field over 320, the times that are closest in percentage terms to the national record are given the final spots in the field. Any student-athlete in the field may enter and compete in a maximum of three events.

For instance, if there are four "A" qualifiers in the 100 backstroke, 10 in the 100 butterfly, and between four and 10 in every other event, then the top "B" qualifying times will be given

entrance until every event has 10 participants in it. From there, the next best "B" time is added in each event, one by one, until the field is full. If not enough spaces remain to take the next entire round of "B" qualifiers, those swimmers' times are compared in percentage terms to NCAA records in the events and taken in order until the field is full.

In relay competition, teams with the top 13 times in each relay earn invitations to the meet. In addition, a team with four qualifiers also may compete in any relay in which it posted a "B" qualifying time at some point throughout the year, even if the NCAA qualifiers did not participate in the "B" time.

The diving field is determined by performance at five NCAA zone meets, which take place two weeks prior to the NCAA Championships. A student-athlete qualifies for the zone diving meet by registering a performance in which she scores points equal or better than the qualifying standard. Each zone sends a minimum of four divers to the NCAA meet, with the zones that had better performances at the previous year's NAAs getting additional entries. In 2008, Zone C, in which Notre Dame competes, will send seven divers to the NCAA Championships. Once in the 35-diver field, a student-athlete may compete in both the one- and three-meter springboard events, but can only take part in the platform competition if she participated in it at the zone meet.

**2008 NCAA Swimming and Diving Qualifying Standards**

| <b>Event</b>          | <b>25-Yard Course</b> |          | <b>25-Meter Course</b> |          | <b>50-Meter Course</b> |          |
|-----------------------|-----------------------|----------|------------------------|----------|------------------------|----------|
|                       | <b>A</b>              | <b>B</b> | <b>A</b>               | <b>B</b> | <b>A</b>               | <b>B</b> |
| 50 Freestyle          | 22.62                 | 23.29    | 25.25                  | 26.00    | 25.98                  | 26.75    |
| 100 Freestyle         | 49.42                 | 50.90    | 55.16                  | 56.81    | 56.55                  | 58.24    |
| 200 Freestyle         | 1:47.09               | 1:50.30  | 1:59.53                | 2:03.11  | 2:02.54                | 2:06.21  |
| 500 Freestyle         | 4:45.46               | 4:54.02  | 4:09.75                | 4:17.24  | 4:16.71                | 4:24.41  |
| 1650 Freestyle        | 16:23.54              | 16:53.04 | 16:20.60               | 16:50.01 | 16:48.76               | 17:19.02 |
| 100 Butterfly         | 53.75                 | 55.36    | 59.99                  | 1:01.79  | 1:01.29                | 1:03.13  |
| 200 Butterfly         | 1:58.99               | 2:02.55  | 2:12.81                | 2:16.78  | 2:15.07                | 2:19.11  |
| 100 Backstroke        | 54.38                 | 56.01    | 1:00.70                | 1:02.52  | 1:03.76                | 1:05.67  |
| 200 Backstroke        | 1:57.32               | 2:00.83  | 2:10.94                | 2:14.86  | 2:16.90                | 2:21.00  |
| 100 Breaststroke      | 1:01.85               | 1:03.70  | 1:09.03                | 1:11.10  | 1:11.10                | 1:13.22  |
| 200 Breaststroke      | 2:14.19               | 2:18.21  | 2:29.77                | 2:34.26  | 2:32.84                | 2:37.42  |
| 200 Individual Medley | 2:00.34               | 2:03.95  | 2:14.31                | 2:18.34  | 2:18.81                | 2:22.97  |
| 400 Individual Medley | 4:15.63               | 4:23.29  | 4:45.31                | 4:53.86  | 4:51.82                | 5:00.57  |
| 200 Medley Relay      | 1:39.49               | 1:42.47  | 1:51.04                | 1:54.37  | 1:54.49                | 1:57.92  |
| 400 Medley Relay      | 3:38.02               | 3:44.56  | 4:03.33                | 4:10.63  | 4:11.18                | 4:18.72  |
| 200 Freestyle Relay   | 1:31.01               | 1:33.74  | 1:41.58                | 1:44.63  | 1:44.49                | 1:47.63  |
| 400 Freestyle Relay   | 3:18.39               | 3:24.34  | 3:41.42                | 3:48.06  | 3:47.00                | 3:53.80  |
| 800 Freestyle Relay   | 7:10.49               | 7:23.40  | 8:00.46                | 8:14.87  | 8:12.56                | 8:27.33  |

1-Meter Diving— Dual 255/265\*\*\*

3-Meter Diving— Dual 270/280\*\*\*

Platform Diving Points—Dual 260/225###

\*\*\* qualifying point total when using six optional dives standard D.D.

### qualifying point total when using five optional dives with standard D.D.

