



WYOMING

Swimming and Diving

Prospectus

2008-09



Tom Johnson
*2008 MWC Women's
 Coach of the Year*



Ben Herdt
*2008 MWC Men's
 Diving Coach of the Year*



Senior Matt Urich
*2008 MWC 100 and 200 Butterfly
 Champion*



Senior Aimee Stinson
*2008 MWC 1650 Freestyle
 Champion*



Sophomore Kyle Bogner
*2008 MWC One-Meter Diving
 Champion*



Cowboy Divers
*Earned Most Diving Points in MWC in
 2008*



University of Wyoming Swimming and Diving 2008-09 Prospectus

Athletics Media and Public Relations Office
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Swimming and Diving Quick Facts

School: University of Wyoming
Location: Laramie, Wyoming
Founded: 1886
Enrollment: 13,207
Nickname: Cowboys/Cowgirls
Colors: Brown and Gold
Home Pool: Corbett Pool
Capacity: 225
Affiliation: NCAA Division I
Conference: Mountain West
President:
Tom Buchanan (State University of New York '73)
Athletics Director: Tom Burman (Wyoming '88)
Athletic Department Phone: (307) 766-2292

Swimming and Diving Coaching Staff

Head Coach: Tom Johnson (11th Season)
Alma Mater: Wyoming '86
Overall Dual Record at Wyoming:
Men 42-39, Women 60-47 (Ten years)
Diving Coach: Ben Herdt (Fifth Season)
Alma Mater: Minnesota '04
Assistant Coach: Kelly McClanahan (Fourth Season)
Alma Mater: Tennessee '01
Assistant Coach: Wyn Saunier
Alma Mater: (Transylvania '05)
Best Time To Reach Coaching Staff:
Contact SID

Team Information

2007-08 Dual Records:
Women (8-3 overall, 6-2 MWC)
Men (4-4 overall, 3-2 MWC)
2007-08 MWC Dual Standings:
Women- 3rd (9 teams)
Men- 3rd (6 teams)
2008 MWC Championships:
Women- 4th (9 Teams)
Men- 3rd (6 Teams)
Lettermen Returning/Lost:
Women- 17/3
Men- 15/4

Top Returners

Mountain West Conference Champions
Women- Aimee Stinson (1650 freestyle)
Men- Matt Urich (100 and 200 fly)

First Team All-Mountain West Conference Performers

Women- Maggie Bach (200 fly), Megan Evans (200 IM, 400 IM, 200 breast), Jessica Fruhwirth (100 breast, 200 breast), Krista Jones (200 free, 500 free, 200 back), Stephanie Ortiz (one-meter diving, three-meter diving, platform diving), Cassie Stelow (50 free), Aimee Stinson (200 free, 500 free, 1650 free), Stephanie Vint (500 free, 400 IM), Lesley Young (100 breast, 200 breast)
Men- Eli Bell (100 free, 400 medley relay), Kyle Bogner (one-meter diving, three-meter diving, platform diving), Nathan Fuller (400 medley relay), Alex Larkin (100 breast, 200 breast, 400 medley relay), Tyler Miller (one-meter diving, three-meter diving, platform diving), Mark Murdock (one-meter diving, three-meter diving, platform diving), Matt Urich (100 butterfly, 200 butterfly, 400 medley relay),

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Official UW Athletics Web Site

<http://www.wyomingathletics.com>

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Wyoming Coaching Staff

Head Swimming Coach

O. THOMAS JOHNSON (WYOMING '86)



It has been over a decade since Tom Johnson took the reigns of the Wyoming swimming and diving program and in that time Wyoming has not only become a top-tier program in the Mountain West Conference, it has become a program that has reached the national spotlight.

Entering his 11th season at UW, Johnson has led the Cowboys and Cowgirls to great heights. He led Scott Usher to the 2004 Olympic Games following his junior season, he has led UW to 20 individual MWC Championships and has seen three UW student athletes earn Academic All-America honors.

The 2007-08 season proved to be one of the most successful in Wyoming swimming and diving history. At the 2008 MWC Championships, both the Cowboys and Cowgirls earned the most MWC team points in UW history and matched their highest finishes in the standings with respective third and fourth place finishes. At the championships, Wyoming won four individual conference championships, had 20 individuals earn First Team All-MWC honors, broke 15 school records and had 45 performances that rank in the top-five of UW's all-time record book.

UW's special season did not go unnoticed as Johnson was selected as the MWC Women's Coach of the Year. That marked the third time Johnson has been honored as the top coach in the MWC. He was also named the men's coach of the year following the 2003-04 season and was the women's coach of the year after the 1999-00 season.

Aside from UW's success in the conference championship meet, the Cowgirls continued to see a great deal of success in dual meets during the 2007-08 season, finishing with a record of 8-3. In fact, over the past two seasons, the Cowgirls have posted a very impressive 16-5 record in dual meets. They have also posted a 9-1 record at home in Corbett Pool over the past two seasons. They finished third in the regular season MWC standings in each of the past two years, both of which are the highest finishes in school history.

One of Johnson's proudest coaching moments came during the summer of 2004. Following his junior season, Wyoming's Scott Usher reached the apex of the swimming world by earning a spot on the coveted United States Olympic Team. Johnson was right by Usher's side as he wore the bucking horse swim cap and raced to a second place finish in the 200-meter breaststroke at the US Olympic Team Trials on national television.

In support of Johnson and Usher, the Cowboy Joe Club, along with a local business, raised enough money to send Johnson to the Olympic Games where he watched Usher reach the finals of the 200-meter breaststroke and swim to a seventh place finish in the world. In all, Johnson helped guide Usher to four First Team All-America honors, five overall All-America honors and six MWC Championships during his career at UW.

Johnson's coaching philosophy emphasizes making student-athletes strong individuals in and out of the pool. "I am goal oriented and success driven," said Johnson. "I want our student-athletes to have the opportunity to graduate from UW with their heads held high and know that they have made a significant impact on this program and at this school."

Academically, the Wyoming swimming and diving program received numerous honors following the 2007-08 season. Aimee Stinson and Tyler Miller were each named Academic All-District VII by ESPN the Magazine and CoSIDA. Also, 27 student-athletes were named Academic All-MWC and 13 athletes were named MWC Scholar Athletes.

Johnson has also coached three Academic All-Americans in his time at Wyoming. Aimee Stinson was honored in 2007-08, Kevin Bretting was honored following the 2006-07 season and Erin Spadinger earned the honor following the 2005-06 season. His Cowboy and Cowgirl teams have been honored academically by the College Swimming Coaches Association of America and named Academic All-America teams numerous times.

The achievements his teams have made over the past ten seasons are helping Johnson to continue to build the Wyoming swimming and diving program. "Our student-athletes understand where this program is headed and the success it can accomplish and they want to be a part of that," said Johnson.

A native of Camillus, N.Y., Johnson was a four-year Wyoming letterwinner as he swam for the Cowboys from 1982-85. Prior to becoming the head swimming and diving coach at Wyoming in 1998, Johnson was the head coach and program director for the Birmingham Swim League in Birmingham, Ala., which consisted of 220 members from the novice level to Olympic trial qualifiers. He guided the Birmingham Swim League from 1994 to 1997, and had 16 swimmers go on to compete at the NCAA Division I level across the United States.

After lettering at UW, and ending his swimming career as the school record holder in the 200 breaststroke, Johnson became an assistant coach at Wyoming during the 1985-86 season. In 1987-88, he became the head coach at Columbine High School in Littleton, Colo. The following year, he returned to his native state of New York as the head coach for the Liverpool Jets Swim Club in Syracuse. From 1989-94, he was the head coach of the Fort Collins Area Swim Team.

Johnson earned a number of awards during his coaching career before to coming to Wyoming. He was named Colorado Swimming Coach of the Year in 1993, was selected as a coach for the United States Swimming's Select Camps at the Olympic Training Center in Colorado Springs in 1993, '94, '96 and '97, and was named the Southeastern Swimming Coach of the year in 1996. He has achieved a Level 5 certification by the American Swimming Coaches Association, the highest level of certification, and is also a USS and NCAA Division I Level 5 certified coach. Johnson is also a USA Swimming National Team Coach.

Johnson and his wife, Cheryl, a native of Cheyenne, have two children, Tommy and Alexandra.

Wyoming Coaching Staff

Diving Coach Ben Herdt (MINNESOTA '04)



Entering his fifth season as the diving coach at the University of Wyoming, Ben Herdt has led the UW divers to the top of the Mountain West Conference and into the national spotlight during his first four years at UW.

Three times during his career at Wyoming, Herdt has led the UW divers to the most points by a school at the MWC Championship meet. In 2006, the Cowgirls scored the most diving points and at the 2007 and 2008 meet the Cowboys achieved the same feat. The women have scored the second most points in the MWC twice, during the 2007 and 2008 seasons, and the men scored the second most points in 2006.

Wyoming has had two individual conference champions in Herdt's tenure at Wyoming. In 2007, Saara Haapanen won the women's one-meter event and, as a true freshman, Kyle Bogner won the men's one-meter crown in 2008. Haapanen's win was the first individual MWC championship by a Cowgirl swimmer or diver.

Herdt is a two-time MWC Coach of the Year. He was selected as the top women's coach in the MWC in 2006 and the top men's coach in 2008.

The 2007-08 season may have been the UW diving team's most successful despite having just one senior in the entire program. All four Cowboy divers reached the finals of all three diving events while two Cowgirls reached the top-eight in all three events. Six different UW divers earned a total of 16 all-conference accolades.

Wyoming's success on the diving boards reaches further than the conference level as a UW diver has qualified for the NCAA Zone "E" Diving Championships 22 times during Herdt's tenure.

At the end of the 2006-07 season, Herdt guided an athlete into the NCAA Championships for the first time in his career. Kevin Bretting became that athlete and placed in the top-25 of all three diving events at the national championship meet. Bretting became just the fifth Cowboy diver to ever compete in the NCAA Championships.

Herdt has also moved into the world diving coaching scene as Haapanen is a member of the Finland national diving team. Herdt assisted the Finish National Team by coaching Saara up until the Fall of 2007 and helped guide her to an 18th place three-meter finish in the FINA/USA Diving Grand Prix during the summer of 2007.

Herdt has coached one Academic All-American as Bretting received the honor following the 2006-07 season. During Herdt's time at Wyoming, both the men's and women's teams have also been recognized as Academic All-America teams by the College Swimming Coaches Association of America numerous times.

A native of East Lansing, Mich., Herdt coached the Minnesota Diving Club and the Twin City Diving Club in Minneapolis, Minn., from 2000-04.

Herdt had a very successful diving career at the University of Minnesota where he helped lead the Golden Gophers to three Big Ten Conference Championships. Herdt earned Academic All-Big Ten honors and was named a Big Ten Scholar Athlete. He was also a team co-captain his senior year. Herdt graduated from Minnesota in the Spring of 2004 with a degree in Spanish Studies. He married Holly Hanneman on Sept. 17, 2005 in Cedar Rapids, Iowa. Hanneman also dove for the Golden Gophers and was a team captain.

Assistant Coach Kelly McClanahan (TENNESSEE '01)



Kelly McClanahan is entering her fourth season with the University of Wyoming swimming and diving program and has guided the Cowboys and Cowgirls to tremendous success during that time. McClanahan specializes in coaching the UW sprinters.

During the 2007-08 season, McClanahan guided the Cowboys and Cowgirls to one of the best seasons in UW history. Both the men and women scored the most points in school history at the 2008 Mountain West Conference Championships. At that meet, 15 school records were broken, 45 performances broke into UW's all-time top-five and UW won four conference championships. Both the men and women also matched the highest finishes in MWC history with respective third and fourth place finishes. Cassie Stelow led the sprinters and broke the UW record in both the 50 and 100 freestyle.

Academically, the Wyoming swimming and diving program received numerous honors following the 2007-08 season. Aimee Stinson and Tyler Miller were each named Academic All-District VII by ESPN the Magazine and CoSIDA. Also, 27 student-athletes were named Academic All-MWC and 13 athletes were named MWC Scholar Athletes.

During the 2006-07 season, McClanahan helped guide three athletes to individual MWC Championships and 12 Cowgirls and 11 Cowboys to First Team All-MWC individual honors. She also coached Jamie Comrie and Stelow to US Open qualifying standards. Academically, 30 swimmers and divers were named Academic All-MWC, 15 were selected as MWC Scholar Athletes and three were named Academic All-District VII by CoSIDA and ESPN The Magazine. The Cowboys and Cowgirls also earned 13 MWC Athlete of the Week honors, the most by any team in the conference.

In her first season at Wyoming, McClanahan helped lead the UW swimmers to six First Team All-MWC honors and to 11 second team honors. That season, 12 student athletes were named MWC Scholar Athletes and 23 were named Academic All-Conference.

During her career at Wyoming, both the men's and women's teams have been recognized as Academic All-America teams by the College Swimming Coaches Association of America numerous times.

McClanahan came to Wyoming from the College of Charleston where she spent two years as an assistant swimming coach. At Charleston, McClanahan helped guide the Cougar swimmers to ten school records. Before coaching at Charleston, she spent the 2002-03 season as head coach for the Robindale Woods Swim Team. Prior to that, she spent time with the Knox Central Swim Team and the Colonial Shores Ridge Raiders.

McClanahan has also coached nationally renowned swim camps across the country including both the University of Southern California and Arizona State University's camps.

The Chattanooga, Tenn. native swam for three years at the University of Louisville. While at Louisville, she received academic honors all three years of her career and was a part of the fourth ranked Academic All-America team.

McClanahan earned a B.S. in Sports Management, with a minor in Business Administration, from the University of Tennessee in 2001. She earned a Masters of Science Degree in Health and Human Performance from Tennessee in 2003.

McClanahan first swam for the Greater Chattanooga Aquatic Club and was a member of the nationally ranked Baylor High School swim team, where she was a three-time All-American. While at Baylor High School, she contributed to four consecutive state championships and to a national qualifying relay team.

Assistant Coach Wyn Saunier (PENNSYLVANIA '05)



Wyn Saunier is in his first year as an assistant coach at the University of Wyoming. In addition to being involved in all aspects of the UW swimming and diving program, Saunier will work specifically with the distance freestyle swimmers.

Saunier comes to Wyoming from Florida State University where he has been a graduate assistant for the past two seasons. In his first season at FSU, Saunier helped guide the Seminole men to the 2007 Atlantic Coast Conference Championship. At FSU, Saunier worked with all groups of swimmers on the Seminole roster including the sprints and strokes as well as middle distance and distance freestyles.

Saunier also coached the Area Tallahassee Aquatic Club (ATAC) during his time in Tallahassee. With the ATAC, he served as an assistant senior coach this summer and as the head age-group coach for the ATAC-Thomasville Branch during the summer of 2007.

This summer, Saunier was a head counselor at the prestigious Auburn Tiger swim camps. There, he worked mostly with senior elite swimmers.

Prior to his time at Florida State, Saunier was the head swimming coach at George Rogers Clark High School in Winchester, Ky. during the 2005-06 season. Saunier was the first head coach in GRCHS history and was instrumental in beginning the swimming program. He was also the head coach at the Winchester Country Club from 2001-06, coaching young swimmers from age four through high school.

Saunier, a native of Lexington, Ky., swam in college at Transylvania University where he served as a team captain. In 2003, the Pioneers won their conference championship and finished fourth in the final NAAI standings.

Saunier received a bachelor of arts degree in finance from Transylvania in 2005. This past April, he earned a master's degree in sports administration from Florida State.

2008-09 Cowgirl Roster

Name	Events	Yr.	Ht.	Exp.	Hometown (Previous School)
Maggie Bach	Butterfly	Jr.	5-6	2L	Lincoln, Neb. (Lincoln East)
Hillary Bohler	Diving	Fr.	5-6	HS	Thunder Bay, Ontario (Lakehead University)
Kari Budd	Butterfly/IM	Jr.	5-7	2L	Seabrook, Texas (Clear Lake)
Shelby Bull	Freestyle	Fr.	5-9	HS	Salt Lake City, Utah (East)
Kelsey Conci	Sprint Freestyle/Backstroke	Fr.	5-7	HS	Craig, Colo. (Moffat)
Megan Evans	Breaststroke/IM	Jr.	5-8	1L	Fort Collins, Colo. (Oregon State)
Kristen Flachbarth	Middle Distance Free/Back	So.	5-9	SQ	Grayson, Ga. (Brookwood)
Amanda Forister	Sprint Freestyle/Butterfly	Fr.	5-8	HS	Sheridan, Wyo. (Sheridan)
Jessica Fruhwirth	Breaststroke	Jr.	5-9	2L	Denver, Colo. (John F. Kennedy)
Kaella Hartigan	Breaststroke	Jr.	5-5	1L	Cheyenne, Wyo. (Central)
Kenzie Hewson	Freestyle/Backstroke	Fr.	5-7	HS	Estes Park, Colo. (Estes Park)
Caitlin Hudak	Middle Distance Free/Back	So.	5-10	SQ	Sarasota, Fla. (Riverview)
Emily Huth	Diving	Jr.	5-5	2L	Salt Lake City, Utah (Highland)
Tiffany Izatt	Diving	Fr.	5-0	HS	Gillette, Wyo. (Campbell County)
Molly Janak	Backstroke	Jr.	5-8	2L	North Platte, Neb. (North Platte)
Carol Jones	Distance Freestyle	So.	5-7	SQ	Loveland, Colo. (Loveland)
Krista Jones	Freestyle/Backstroke	Sr.	5-9	3L	Loveland, Colo. (Loveland)
Virginia Marcon	Diving	So.	5-5	1L	Spring, Texas (Klein)
Shauna Nelson	Butterfly/Freestyle	Jr.	5-5	2L	Littleton, Colo. (Thunder Ridge)
Stephanie Ortiz	Diving	Jr.	5-3	2L	Colorado Springs, Colo. (Liberty)
Allie Smith	Diving	So.	5-10	SQ	Sandy, Utah (Alta)
Cassie Stelow	Sprint Freestyle	Jr.	6-1	2L	Oneida, Wisc. (Pulaski)
Aimee Stinson	Freestyle	Sr.	5-8	3L	Colorado Springs, Colo. (Widefield)
Whitney Taylor	Butterfly/IM	So.	5-8	SQ	Phoenix, Ariz. (Sunnyslope)
Stephanie Vint	Middle Distance Free/IM	So.	5-5	1L	Gardena, Calif. (Redondo Union)
Erin Wagner	IM/Freestyle	So.	5-10	1L	Pleasant Prairie, Wisc. (Tremper)
Caroline Wells	Freestyle/IM/Backstroke	Fr.	5-6	HS	Corvallis, Ore. (Crescent Valley)
Lesley Young	Breaststroke/IM	So.	5-7	1L	Turlock, Calif. (John H. Pitman)
Nicole Zans	Diving	Jr.	5-8	1L	Rock Springs, Wyo. (Rock Springs)

Head Coach: Tom Johnson (Wyoming '86)
Diving Coach: Ben Herdt (Minnesota '04)
Assistant Coaches: Kelly McClanahan (Tennessee '01)
Wynn Saunier

Roster Breakdown

By Class

Seniors (2)-- Krista Jones, Aimee Stinson

Juniors (11)-- Maggie Bach, Kari Budd, Megan Evans, Jessica Fruhwirth, Kaella Hartigan, Emily Huth, Molly Janak, Shauna Nelson, Stephanie Ortiz, Cassie Stelow, Nicole Zans

Sophomores (9)-- Kristen Flachbarth, Caitlin Hudak, Carol Jones, Virginia Marcon, Allie Smith, Whitney Taylor, Stephanie Vint, Erin Wagner, Lesley Young

Freshmen (7)-- Hillary Bohler, Shelby Bull, Kelsey Conci, Amanda Forister, Kenzie Hewson, Tiffany Izatt, Caroline Wells

By State

Wyoming (4)-- Amanda Forister, Kaella Hartigan, Tiffany Izatt, Nicole Zans

Arizona (1)-- Whitney Taylor

California (2)-- Stephanie Vint, Lesley Young

Colorado (9)-- Kelsey Conci, Megan Evans, Jessica Fruhwirth, Kenzie Hewson, Carol Jones, Krista Jones, Shauna Nelson, Stephanie Ortiz, Aimee Stinson

Florida (1)-- Caitlin Hudak

Georgia (1)-- Kristen Flachbarth

Nebraska (2)-- Maggie Bach, Molly Janak

Oregon (1)-- Caroline Wells

Texas (2)-- Kari Budd, Virginia Marcon

Utah (3)-- Shelby Bull, Emily Huth, Allie Smith

Wisconsin (2)-- Cassie Stelow, Erin Wagner

International--

Ontario, Canada (1)- Hillary Bohler

2008-09 Cowboy Roster

Name	Events	Yr.	Ht.	Exp.	Hometown (Previous School)
Eli Bell	Freestyle/Backstroke	Sr.	6-1	3L	Greeley, Colo. (Greeley West)
Kyle Bogner	Diving	So.	5-10	1L	Centennial, Colo. (Littleton)
Jamie Comrie	Sprint Freestyle	Jr.	6-2	2L	Pendleton, Ore. (Pendleton)
Marshall Dilworth	Backstroke/Butterfly/IM	Fr.	5-11	HS	Peoria, Ariz. (Sunrise)
Brandon Fischer	Breaststroke/IM	Fr.	6-0	HS	Livermore, Calif. (Granada)
Nathan Fuller	Backstroke/Butterfly	So.	5-8	1L	Brighton, Colo. (Brighton)
Tommy Gregory	Sprint Freestyle	Jr.	6-3	2L	Papillion, Neb. (Papillion-LaVista)
Brett Henehan	Distance Freestyle	So.	5-11	TR	Pakuranga, New Zealand (Auckland University)
Robbie Hilton	Freestyle	Jr.	5-9	2L	Colorado Springs, Colo. (Sand Creek)
Sam Holmes	Freestyle	Jr.	6-2	1L	Kearney, Neb. (Kearney)
Devin Hougardy	Backstroke	Sr.	6-1	1L	Pullman, Wash. (Rutgers)
Christian Johnson	Sprint Freestyle	So.	6-1	SQ	Moscow, Idaho (Moscow)
Matt Jones	Freestyle	Jr.	6-2	1L	Overland Park, Kan. (Rockhurst)
Tyler Kybartas	Backstroke/Butterfly/Free	Fr.	6-0	HS	Tuscon, Ariz. (Sabino)
Alex Larkin	Breaststroke	Sr.	6-3	3L	Bend, Ore. (Summit)
Tyler Miller	Diving	Sr.	5-10	3L	Greeley, Colo. (Greeley Central)
Mark Murdock	Diving	So.	5-8	1L	Flower Mound, Texas (Marcus)
James Rigg	IM/Butterfly	So.	5-9	1L	Niwot, Colo. (Fairview)
David Schmitt	IM/Butterfly/Breaststroke	So.	5-9	1L	Casper, Wyo. (Kelly Walsh)
Valentin Schwarz	Diving	Fr.	5-7	HS	Austin, Texas (Westlake)
Bryan Shears	IM	So.	5-11	1L	Rawlins, Wyo. (Rawlins)
Matt Urich	Butterfly/IM	Sr.	5-9	3L	Westminster, Colo. (Pomona)
Christian Verbrugge	Sprint Freestyle	So.	5-10	SQ	Issaquah, Wash. (Issaquah)
Kyle Wemhoff	Freestyle	Fr.		HS	Norfolk, Neb. (Norfolk Catholic)

Head Coach: Tom Johnson (Wyoming '86)
Diving Coach: Ben Herdt (Minnesota '04)
Assistant Coaches: Kelly McClanahan (Tennessee '01)
 Wynn Saunier

Roster Breakdown

By Class

Seniors (5)-- Eli Bell, Devin Hougardy, Alex Larkin, Tyler Miller, Matt Urich

Juniors (5)-- Jamie Comrie, Tommy Gregory, Robbie Hilton, Sam Holmes, Matt Jones

Sophomores (9)-- Kyle Bogner, Nathan Fuller, Brett Henehan, Christian Johnson, Mark Murdock, James Rigg, David Schmitt, Bryan Shears, Christian Verbrugge

Freshmen (5)-- Marshall Dilworth, Brandon Fischer, Tyler Kybartas, Valentin Schwarz, Kyle Wemhoff

By State

Wyoming (2)-- David Schmitt, Bryan Shears

Arizona (2)-- Marshall Dilworth, Tyler Kybartas

California (1)-- Brandon Fischer

Colorado (7)-- Eli Bell, Kyle Bogner, Nathan Fuller, Robbie Hilton, Tyler Miller, James Rigg, Matt Urich

Idaho (1)--Christian Johnson

Kansas (1)-- Matt Jones

Nebraska (3)-- Tommy Gregory, Sam Holmes, Kyle Wemhoff

Oregon (2)-- Jamie Comrie, Alex Larkin

Texas (2)-- Mark Murdock, Valentin Schwarz

Washington (2)-- Devin Hougardy, Christian Verbrugge

International--

New Zealand (1)- Brett Henehan

2008-09 Swimming and Diving Schedule

Date	Event	Site	Time
Fri., Oct. 3	Brown vs. Gold (exhibition)	Laramie, Wyo.	5 p.m.
Sat., Oct. 11	at Denver Relays	Denver, Colo.	1 p.m.
Fri., Oct. 24	vs. North Dakota/South Dakota and	Gillette, Wyo.	5 p.m.
Sat., Oct. 25	South Dakota State men	Gillette, Wyo.	11 a.m.
Fri., Nov. 7	New Mexico (women)*	Laramie, Wyo.	5 p.m.
Sat., Nov. 8	Colorado School of Mines	Laramie, Wyo.	1 p.m.
Sat., Nov. 15	TCU*	Laramie, Wyo.	12 p.m.
Fri.-Sun., Nov. 21-23	at Wildcat Invite (diving)	Tucson, Ariz.	All Day
Thur.-Sat., Dec. 4-6	at Texas Invite (diving)	Austin, Texas	All Day
Sat., Dec. 13	Denver	Laramie, Wyo.	1 p.m.
Dec. 29-Jan. 9	at Christmas Training (swimming)	Irvine, Calif.	
Dec. 31-Jan. 9	at Christmas Training (diving)	Minneapolis, Minn.	
Sat., Jan. 3	at UC Irvine Sprint Invite	Irvine, Calif.	10 a.m.
	at UC Irvine Distance Invite	Irvine, Calif.	3 p.m.
Thur., Jan. 8	at Minnesota (diving)	Minneapolis, Minn.	11 a.m.
Sat., Jan. 17	UNLV*	Laramie, Wyo.	12 p.m.
Fri., Jan. 23	at Utah*	Salt Lake City, Utah	5 p.m.
Sat., Jan. 24	at BYU*	Provo, Utah	1 p.m.
Fri.-Sat., Jan. 30-31	at Air Force Diving Invite	Colorado Springs, Colo.	All Day
Sat., Jan. 31	at San Diego State (women)*	San Diego, Calif.	1 p.m.
Fri., Feb. 6	at Colorado State (women)*	Fort Collins, Colo.	5 p.m.
Sat., Feb. 7	at Air Force*	Colorado Springs, Colo.	1 p.m.
Wed.-Sat., Feb. 25-28	at Mountain West Conference Swimming and Diving Championships	Oklahoma City, Okla.	All Day
Thur.-Sat., Mar. 12-14	at NCAA Zone "E" Diving Championships	Austin, Texas	All Day
Thur.-Sat., Mar. 19-21	at NCAA Women's Swimming and Diving Championships	College Station, Texas	All Day
Thur.-Sat., Mar. 26-28	at NCAA Men's Swimming and Diving Championships	College Station, Texas	All Day

Home Meets in **BOLD**

* Indicates Mountain West Conference Dual Meet

2007-08 Cowgirl Results (8-3, 6-2 MWC, 4th MWC Championships)		
Date	Event	Time/Result
Fri., Oct. 12	at Denver Relays	1st (5 teams)
Sat., Oct. 20	at CSU Early Bird Invite	2nd (10 teams)
Sat., Nov. 3	at Denver	W 178-122
Fri., Nov. 9	at SMU (#10)	L 47-66
	vs. North Texas	W 80-33
Sat., Nov. 10	at TCU*	W 173-123
Nov. 29-Dec. 1	at Husky Invite	6th (12 teams)
Nov. 29-Dec. 1	at Texas Invite (diving)	NTS
Sat., Dec. 8	San Diego State*	W 161-81
Fri., Dec. 28	at Trinity Univ. (diving)	NTS
Fri., Jan. 18	at UNLV*	L 134-166
	vs. New Mexico*	W 211-89
Fri., Jan. 25	Utah*	W 169-130
Sat., Jan. 26	BYU*	L 88-155
Fri.-Sat., Feb. 1-2	at Air Force Diving Invite	NTS
Fri., Feb. 8	Colorado State*	W 187-113
Sat., Feb. 9	Air Force*	W 166-111
Feb. 27-Mar. 1	at MWC Championships	W 4th (9 teams)
Mar. 13-15	at NCAA Zone "E" Diving Championships	NTS

* Indicates MWC Dual
Home Meets in **Bold**

2007-08 Cowboy Results (4-4, 3-2 MWC, 3rd MWC Championships)		
Date	Event	Result
Fri., Oct. 12	at Denver Relays	2nd (3 teams)
Sat., Oct. 20	at CSU Early Bird Invite	2nd (6 teams)
Sat., Nov. 3	at Denver	L 127.5-160.5
Fri., Nov. 9	at SMU	L 99-141
Sat., Nov. 10	at TCU*	W 172-128
Fri., Nov. 16	at Colo. School of Mines	W 145-96
Nov. 29-Dec. 1	at Husky Invite	7th (10 teams)
Nov. 29-Dec. 1	at Texas Invite (diving)	NTS
Fri., Dec. 28	at Trinity Univ. (diving)	NTS
Fri., Jan. 18	at UNLV*	L 128-171
Fri., Jan. 25	Utah*	W 174-121
Sat., Jan. 26	BYU* (#23)	L 99-144
Fri.-Sat., Feb. 1-2	at Air Force Diving Invite	NTS
Sat., Feb. 9	Air Force*	W 175-123
Feb. 27-Mar. 1	at MWC Championships	3rd (6 teams)
Mar. 13-15	at NCAA Zone "E" Diving Championships	NTS

* Indicates MWC Dual
Home Meets in **Bold**