

MIAC Swimming & Diving Athletes-of-the-Week - Nov. 17, 2015

Posted: Nov 17, 2015



MIAC Men's Swimming and Diving Athlete-of-the-Week

**Mike Lanz, St. Thomas
Maple Grove, Minn. /
Maple Grove**

St. Thomas star swimmer Mike Lanz (Maple Grove, Minn.) had a five-for-five performance to lead the Tommies to a team victory at the Macalester Roger Ahlman Invite last week. The senior

finished first in all five events he swam - three individual and two relay - to lead his team to a first-place finish among the five-team field. For his performance, the MIAC sports information directors honored Lanz Tuesday as the MIAC Swimming and Diving Athlete-of-the-Week.

Individually, Lanz was victorious in the 50-yard freestyle (21.87), 100-yard butterfly and 200-yard butterfly (50.70). He also led the Tommies' 200-yard medley relay and 400-yard freestyle relay teams to victory to give him five wins in five events. His time in the 100-fly ranks fourth in Division III this season, and his time in the 200-fly ranks ninth in the nation. Lanz is seeking a third-straight MIAC Men's Swimmer-of-the-Year award, after winning the honor at each of the last two MIAC Championships.

Lanz and the Tommies have a pair of big events coming up to close out the 2015 portion of the schedule. St. Thomas will travel to Saint John's for a dual meet with its arch rivals on Saturday at 1 p.m. Then, the team will swim at the prestigious Jean Freeman Invite at the University of Minnesota Aquatic Center on Dec. 4-5.



MIAC Women's Swimming and Diving Athlete-of-the-Week

**Emma Paulson, St. Thomas
Wayzata, Minn. / Wayzata**

The St. Thomas women's swimming and diving team and star junior Emma Paulson (Wayzata, Minn.) had a week to remember, winning a pair of events in St. Paul. The team finished first at both its home Andregg Invite and Macalester's Roger Ahlman Invite, with Paulson swimming to five individual victories and helping three relay teams also finish first, with a pair of meet-record swims at the Andregg Invite. For her performance, the MIAC sports information directors honored Paulson Tuesday with the MIAC Women's Swimming and Diving Athlete-of-the-Week.

UST was first in the three-team field at the Andregg Invite behind three Paulson victories, as she won the 100-yard freestyle (51.73) and 200-yard individual medley (2:13.47) and also led the 200-yard medley relay (1:54.02) team to victory. The 200-free and 200-IM were both meet-record times. She was even better Saturday at Macalester, as she won the 50-yard freestyle (23.88), the 100-free (52.44) and the 100-yard backstroke (56.80) while also helping a pair of relay teams also swim to victory. This season, Paulson's times rank second in the nation in both the 100-free and 100-back and third in the 50-free.

Paulson and the Tommies have a pair of big events coming up to close out the 2015 portion of the schedule. St. Thomas will travel to Collegeville, Minn., for a dual meet with Saint Benedict on Saturday at 1 p.m. Then, the team will swim at the prestigious Jean Freeman Invite at the University of Minnesota Aquatic Center on Dec. 4-5.

MIAC Swimming & Diving Athletes-of-the-Week - Nov. 24, 2015

Posted: Nov 24, 2015

MIAC Men's Swimming and Diving Athlete-of-the-Week

Tanner Sonnek, Gustavus
North Mankato, Minn. / Mankato West

The Gustavus men's swimming diving team had a busy and successful week, with a second-place finish in front of its home fans at the Grace Goblirsch Invite, and the team also hosted the Gustie Sprint Invite. Rookie swimmer Tanner Sonnek (North Mankato, Minn./Mankato West) led the way with a pair of top two individual finishes, and a pair of top two relay swims as well. For his performance, the MIAC sports information directors honored Sonnek Monday with the MIAC Men's Swimming and Diving Athlete-of-the-Week award.



Sonnek helped the Gusties to their second-place finish at the Goblirsch Invite with a big individual victory in the 100-yard breaststroke. He finished the race in 59.70 to earn the win, and he also helped the 200-yard medley relay team finish second with a time of 1:39.88. Sonnek also was fifth in the 100-fly and the 200-free relay, and seventh in the 100-free. At the Sprint Invite, he helped the 200-breast relay team finish second with a time of 1:52.52, and he helped the 400-yard medley relay team also finish second with a time of 3:46.36. This season, Sonnek has the MIAC's top time in the 200-breast, and the third-best in the 100-breast.

The Gusties will take this weekend off to prepare for a big opportunity to open December. Gustavus will swim at the University of Minnesota's Jean Freeman Invite, which will be held at the U of M's Aquatic Center in Minneapolis, Minn., on Dec. 4-5. After that, Gustavus will take a break from competition for finals and the holidays before embarking for Mesa, Ariz., for the team's winter training trip on Dec. 27.

MIAC Women's Swimming and Diving Athlete-of-the-Week

Haley Pesik, Gustavus
Eagan, Minn. / Eagan

The Gustavus women's swimming and diving team and standout first-year swimmer Haley Pesik (Eagan, Minn.) had a busy - and very successful - week in front of the team's home fans in St. Peter, Minn. The Gusties hosted both the Gustie Sprint Invite and the Grace Goblirsch Invite, with Pesik turning in eight total top-four finishes, including three impressive victories. For her performance, the MIAC sports information directors honored Pesik Tuesday with the MIAC Women's Swimming & Diving Athlete-of-the-Week award.

Friday, Pesik had a hand in a trio of top-three finishes at the Sprint Invite, as she helped Gustavus win the 500-free (4:50.42), finish second in the 200-breast (2:11.35) and third in the 200-medley (1:55.58). She was even better a day later while leading the team to a second-place finish at the Grace Goblirsch Invite. She won both the 1,650-freestyle (18:44.24) and the 200-freestyle (2:00.90) and finished fourth in the 200-breast (2:35.32). She also helped the 400-free relay team finish third (93:50.43) and the 200-medley relay team come in fourth (1:54.07). This season, Pesik has the MIAC's third-best time in the mile, the eighth-best time in the 200-free and the ninth-best time in the 500-free.

The Gusties will take this weekend off to prepare for a big opportunity to open December. Gustavus will swim at the University of Minnesota's Jean Freeman Invite, which will be held at the U of M's Aquatic Center in Minneapolis, Minn., on Dec. 4-5. After that, Gustavus will take a break from competition for finals and the holidays before embarking for Mesa, Ariz., for the team's winter training trip on Dec. 27.

MIAC Swimming and Diving Athletes-of-the-Week - Nov. 3, 2015

Posted: Nov 03, 2015



MIAC Men's Swimming and Diving Athlete-of-the-Week

**Wilson Josephson,
Carleton
Mount Hermon, Mass. /
Northfield Mount
Hermon**

The Carleton men's swimming and diving team enjoyed success at the Cows, Colleges and

Contentment Classic, co-hosted by the Knights and cross-town rival St. Olaf. The Knights top highlights both came courtesy of senior swimmer Wilson Josephson

(Mount Hermon, Mass./Northfield Mount Hermon), who delivered an individual title in the 200-yard butterfly and helped the 200-yard freestyle relay team also finish first. For his performance, the MIAC sports information directors honored Josephson with the first MIAC Swimming and Diving Athlete-of-the-Week award of the 2015-16 season.

Josephson's individual victory was impressive, as his winning time in the 200-fly was 2:00.38. He out-distanced the runner-up from Division II St. Cloud State by more than three seconds, and he was nearly five seconds ahead of the nearest Division III finisher. His time ranks No. 1 in the MIAC this season. He also helped the 200-free relay team win with a time of 1:26.44. Josephson also added a fourth place finish in the 500-yard freestyle (5:06.80) and he helped the 200-yard medley relay team finish eighth (1:40.80) and he was 15th out of 30 swimmers in the 50-yard freestyle (23.38).

The Carleton men have another big week on the horizon with a pair of big events on the schedule. On Friday, the Knights will host St. Thomas at Thorpe Pool at 6 p.m. for a dual meet between the two MIAC rivals. Then, on Tuesday, Nov. 10, the Knights will lead the 10th Annual Ted Mullin "Hour of Power" Relay, which benefits Sarcoma research in honor of the late Carleton swimmer. Teams around the nation participate in and contribute to the annual event.



MIAC Women's Swimming and Diving Athlete-of-the-Week

**Maria Wetzel, Carleton
Salem, Ore. / West Salem**

The Carleton women's swimming and diving team was certainly "content" with the performance of junior swimmer Maria Wetzel (Salem, Ore./West Salem) at the Cows, Colleges and Contentment Classic, co-hosted by the Knights and cross-town rival St. Olaf. Wetzel won a pair of individual events and led two Carleton relay teams to top-four finishes in an impressive showing. For her performance, the MIAC sports information directors honored Wetzel Tuesday with the first MIAC Women's Swimming and Diving Athlete-of-the-Week award of the 2015-16 season.

Wetzel's individual accomplishments included first-place finishes in the 200-yard backstroke with a time of 2:06.00 and the 500-yard freestyle with a time of 5:21.81. In the 200-back she beat the runner-up from Division II St. Cloud State by nearly four seconds, and she was nearly 10 seconds better than the closest Division III swimmer. She knocked off a trio of D-II swimmers for her win in the 500-free. she also led off on a second-place finish in the 200-yard medley relay (1:55.84) and swam anchor on the fourth-place 200-yard freestyle relay team (1:42.91) that posted the second-best D-III time in the meet. She also added a ninth-place finish in the 100-yard breaststroke (1:14.18).

The Carleton women have another big week on the horizon with a pair of big events on the schedule. On Friday, the Knights will host St. Thomas at Thorpe Pool at 6 p.m. for a dual meet between the two MIAC rivals. Then, on Tuesday, Nov. 10, the Knights will lead the 10th Annual Ted Mullin "Hour of Power" Relay, which benefits Sarcoma research in honor of the late Carleton swimmer. Teams around the nation participate in and contribute to the annual event.

MIAC Swimming and Diving Athletes-of-the-Week - Nov. 10, 2015

Posted: Nov 10, 2015



MIAC Men's Swimming and Diving Athlete-of-the-Week

**Jose Alvarez, Saint John's
North Bay Village, Fla. /
Belen Jesuit**

Though it was just the first appearance of the young season for the Saint John's University men's swimming and diving team, the Johnnies and junior

standout Jose Alvarez (North Bay Village, Fla./Belen

Jesuit) were both in midseason form. Alvarez won three

individual events and also led an SJU relay team to victory as Saint John's captured first place in its season debut at the Hamline Invitational. For his performance, the MIAC sports information directors honored Alvarez Tuesday with the MIAC Men's Swimming and Diving Athlete-of-the-Week award.

Alvarez starred in his 2015 debut at the Pipers' home pool in St. Paul, with a first-place finish all four times he dove into the water. He won the 100-yard breaststroke with a time of 1:02.69, finished first in the 100-yard butterfly with a time of 53:12 and was also the winner in the 200-yard freestyle with his time of 1:49.09. Alvarez also helped the Johnnies' 200-yard medley relay team finish first with a time of 1:40.94. As a team, SJU won 11 of the 13 events for a total of 452.5 point to finish first among a four-team field of MIAC schools.

Saint John's will take this weekend off following its successful start to the 2015-16 season to gear up for its big home debut the following weekend. Alvarez and company will host the rival University of St. Thomas for a dual meet on Nov. 21 at 12 p.m. in Collegeville, Minn. After that, SJU will compete at the University of Minnesota Jean Freeman Invitational on Dec. 4-5 to conclude the 2015 portion of the schedule.



MIAC Women's Swimming and Diving Athlete-of-the-Week

**Ashley Groebner, Saint Benedict
Inver Grove Heights, Minn. / Simley**

The Saint Benedict women's swimming and diving team and first-year swimmer Ashley Groebner (Inver Grove Heights, Minn./Simley) certainly made a splash in their season debut. The Blazers swam to a team victory at the Hamline Invitational, with Groebner contributing an individual first-place finish and helping a relay team to a win as well in her first-ever collegiate meet. For her performance, the MIAC sports information directors honored Groebner Tuesday with the MIAC Women's Swimming and Diving Athlete-of-the-Week award.

Groebner's big debut was highlighted by the two victories, starting with her individual win in the 100-yard breaststroke. She finished the race in 1:10.44, which was just 0.2 seconds off her lifetime best and currently among the top four times in the MIAC this season. She swam a new lifetime best (32 seconds) in the 50-yard breaststroke to help Saint Ben's win the 200-yard medley relay race in 1:55.22. Groebner also added a sixth-place finish (2:28.03) in the 200-yard individual medley, and helped the 200-yard freestyle relay team finish eighth (1:53.08). Overall, the Blazers finished with 419 points to finish first in the team standings by 208 points to lead a field of six MIAC teams.

Saint Benedict has another busy week ahead, starting Tuesday afternoon at 4:30 p.m. The team will take place in the annual Ted Mullin Hour of Power, which honors the late Carleton swimmer and raises money and awareness for Sarcoma research. The Blazers are also back in action Friday with a dual meet against NCAA Division II Minnesota State-Moorhead at the Warner Palestra Pool on Saint John's campus in Collegeville, Minn. Saint Ben's dual with the Dragons is scheduled to start Friday at 5 p.m.

MIAC Swimming & Diving Athletes-of-the-Week - Dec. 8, 2015

Posted: Dec 08, 2015



MIAC Men's Swimming and Diving Athlete-of-the-Week

**Stephen Grinich,
Carleton
McMinnville, Ore. /
McMinnville**

The Carleton men's swimming and diving team and senior swimmer Stephen Grinich (McMinnville, Ore.) had a great showing on a big

stage last weekend at the University of Minnesota's Jean Freeman Invitational. Grinich qualified for the 'A' final in two events, the 'B' final in one other event and led a trio of Knights' relay teams to the top Division III finishes and the conference's top times. For his performance, the MIAC sports information directors honored Grinich Tuesday with the MIAC Swimming and Diving Athletes-of-the-Week.

Grinich qualified for the 'A' finals in both the 50-free and 100-fly, where he finished seventh out of 77 swimmers in the 50-free (21.43) and eight out of 93 in the 100-fly (52.04). He also qualified for the 'B' finals with a time of 2:03.24 in the 200-fly but elected not to compete in the finals. He led Carleton to some remarkable relay performances, as the Knights finished second in the 400-medley relay (3:28.71), third in the 400-freestyle relay (3:12.47), fifth in the 200-medley relay (1:35.53) and sixth in the 200-freestyle relay (1:25.39). Carleton was the top Division III finisher and recorded the MIAC's top time of the season in the 200-FR, 200-MR and 400-MR.

The Knights and Grinich will use their recent success as a springboard into a break for finals and the holidays. Carleton will head to Puerto Rico for its Winter Break Competition trip from Dec. 7-17, and will return to action once the calendar flips to 2016 with a Jan. 8 dual meet at MIAC rival Gustavus.



MIAC Women's Swimming and Diving Athlete-of-the-Week

**Maria Wetzel, Carleton
Salem, Ore. / West Salem**

The Carleton women's swimming and diving team faced outstanding competition over the weekend at the University of Minnesota Jean Freeman Invitational, and the Knights and junior swimmer Maria Wetzel (Salem, Ore. / West Salem) were up to the challenge. Wetzel qualified for the finals in four events, recording one NCAA consideration time and helping the Knights to four top-eight relay finishes. For her performance, the MIAC sports information directors honored Wetzel Tuesday with her second MIAC Women's Swimming and Diving Athlete-of-the-Week award of the 2015-16 season.

Wetzel qualified for the finals in the 100- and 200-back, the 100-fly and the 200-IM with at least 49 swimmers from all NCAA Divisions in each field. She finished fourth overall and second among Division III competitors in the 200-back with an NCAA consideration time of 2:02.89, added a sixth-place finish in the 100-back (58.47) and eighth in the 100-fly (59.60), and chose not to compete in the 200-IM finals. She also helped the Knights finish third in the 800-free relay (8:12.09), fourth in the 400-free relay (3:38.95), sixth in the 400-medley relay (4:11.76) and eighth in the 200-free relay (1:40.16).

The Knights and Wetzel will use their recent success as a springboard into a break for finals and the holidays. Carleton will head to Puerto Rico for its Winter Break Competition trip from Dec. 7-17, and will return to action once the calendar flips to 2016 with a Jan. 8 dual meet at MIAC rival Gustavus.

MIAC Swimming & Diving Athletes-of-the-Week - Jan. 12, 2016

Posted: Jan 12, 2016



MIAC Men's Swimming and Diving Athlete-of-the-Week

**Alex Mathson, Carleton
Verona, Wis. / Veronia**

The Carleton men's swimming and diving team and junior swimmer Alex Mathson (Verona, Wis.) certainly had a Happy New Year. The Knights impressed in their 2016 debut, scoring a 182-106

victory at MIAC rival Gustavus, and Mathson won all

three of his individual with a trio of tremendous swims.

For his performance, the MIAC sports information directors honored Mathson Tuesday with the MIAC Men's Swimming and Diving Athlete-of-the-Week.

Mathson starred in his three individual events. In his season 200-yard individual medley debut he trailed heading into the final leg, but surged ahead to win by more than a second with a time of 2:02.59. His time of 10:22.99 was good for a 17-second margin of victory in the 1,000-yard freestyle, and his winning time in the 500-yard freestyle (4:59.84) was his best in a non-tapered meet and resulted in more than a five-second cushion over the runner-up. He also helped Carleton's second 200-yard freestyle relay team finish third with a time of 1:33.73. Mathson has the third-fastest 500-free time and sixth-best time in the 1,000-free in the conference this season. He's also fourth in the 1,650-free, 10th in the 200-IM and 11th in the 200-free.

The Knights and their standout junior hope for the strong start to 2016 continue this weekend with a big trip to Iowa. Carleton will head to Decorah, Iowa, for Saturday's Luther College Sprint Invite at the Norse Swimming Pool. The meet will begin at noon. The team will host its first competition of the new year the following weekend when Saint John's visits Carleton for a dual meet on Jan. 23.



MIAC Women's Swimming and Diving Athlete-of-the-Week

**Abbey Schnaith, St. Olaf
Red Wing, Minn. / Red Wing**

The St. Olaf women's swimming and diving team rallied behind a perfect 4-for-4 performance from senior star Abbey Schnaith (Red Wing, Minn.) to open the 2016 calendar year with an impressive 184-72 victory over Macalester. Schnaith swam to a first-place finish in both of her individual events, and led a pair of Ole relay teams to victory as well in front of the home fans in the dual-meet win. For her performance, the MIAC sports information directors honored Schnaith Tuesday with the MIAC Women's Swimming & Diving Athlete-of-the-Week award.

Schnaith starred in her two individual events, winning the 100-yard backstroke with a time of 1:01.13 and the 100-yard freestyle with a time of 54.58. She also helped St. Olaf's 200-yard medley relay team finish first with a winning time of 1:50.52, and she was a member of the first-place 200-yard freestyle squad with a time of 1:42.28. This season, Schnaith ranks in the top 10 in the MIAC in five different events: she's fourth in the 200-back, sixth in the 100-free, ninth in the 100-back and 10th in both the 50- and 200-free.

St. Olaf and its star senior hope to build on their first victory of the new year when they travel to the Twin Cities for an important meet this weekend. The Oles will compete in the Meet of the Saints Saturday in St. Paul, Minn., with diving set to start at 9 a.m. and swimming to follow at 1 p.m. After that, St. Olaf will take two weeks off before competing against cross-town rival Carleton in a Jan. 30 dual meet.

MIAC Swimming & Diving Athletes-of-the-Week - Jan. 19, 2016

Posted: Jan 19, 2016



MIAC Men's Swimming and Diving Athlete-of-the-Week

**Stephen Grinich,
Carleton
McMinnville, Ore. /
McMinnville**

The Carleton men's swimming and diving team and senior swimmer Stephen Grinich (McMinnville, Ore.) turned in record-setting

performances at the Luther College Sprint Invite last weekend. Grinich was involved in two pool records - one individual and one relay - while turning in three first-place finishes and one second in a tremendous day in the pool. For his performance, the MIAC sports information directors honored Grinich Monday with his second MIAC Swimming and Diving Athlete-of-the-Week award of the 2015-16 season.

Grinich certainly started strong at the Luther invite as he helped the Knights' 200-yard medley relay finish first with a time of 1:38.34 and his time of 21.76 was good for a second-place finish in the 50-yard freestyle. However, it turned out he was just getting warmed up. Grinich touched the wall in just 23.44 to set a new pool record by more than a second while winning the 50-yard butterfly. Then, he helped Carleton's 200-yard freestyle relay team set another pool record with a winning time of 1:25.62. This season, Grinich ranks third in the MIAC in the 100-fly and fourth in the 50-free.

The Knights and their standout senior hope to keep the low times coming with a pair of home duals against MIAC rivals on the schedule to close out the rest of the month. Carleton will host Saint John's Saturday at Thorpe Pool for a 12 p.m. dual meet, and then the Knights will welcome cross-town rival St. Olaf to campus on Jan. 30 for an 11 a.m. head-to-head showdown.



MIAC Women's Swimming and Diving Athlete-of-the-Week

**Katelyn Strauss, St. Thomas
Plymouth, Minn. / Plymouth**

The St. Thomas women's swimming and diving team and first-year swimmer Katelyn Strauss (Plymouth, Minn.) certainly were "saintly" at Saturday's "Meet of the Saints." The Tommies won the meet title by more than 100 points, and Strauss had four standout performances, including three first-place finishes, one runner-up finish and a pair of pool records in her relay races. For her performance, the MIAC sports information directors honored Strauss Monday with the MIAC Women's Swimming and Diving Athlete-of-the-Week.

Strauss helped St. Thomas amass 857 points to beat out MIAC rivals St. Olaf (737), Saint Benedict (495) and St. Catherine (404). She scored an individual win in the 100-yard butterfly (59.36) and added a second-place finish in the 200-yard freestyle (1:57.57). She also swam on a pair of first-place, pool-record-setting relay teams, as she helped UST win the 400-medley relay (3:59.55) and the 400-yard freestyle relay (3:35.34). Strauss has had a breakout season in her first year of collegiate swimming, as she ranks first in the MIAC in the 100-fly and third in the 200-free.

The Tommies and their talented rookie swimmer hope to build on their recent success on an upcoming two-day trip into Wisconsin. St. Thomas will travel to Stevens Point, Wis., to compete in the UW-Stevens Point Invite on Friday and Saturday. After that, the team will have just two more meets to prepare for the 2016 MIAC Swimming and Diving Championships, which will be held Feb. 18-20.



MIAC Swimming & Diving Athletes-of-the-Week - Jan. 26, 2016

Posted: Jan 26, 2016



MIAC Men's Swimming and Diving Athlete-of-the-Week

**Jose Alvarez, Saint John's
North Bay Village, Fla. /
Belen Jesuit**

The Saint John's men's swimming and diving team engaged in an entertaining dual with MIAC rival Carleton Saturday, with junior swimmer Jose

Alvarez delivering the Johnnies' top individual highlights.

Alvarez helped SJU finish in a 150-150 tie with the

Knights by winning all three of his individual events - including the top 200-individual medley time in the MIAC this season - and he also helped a relay team finish second. For his performance, the MIAC sports information directors honored Alvarez Tuesday with his second MIAC Men's Swimming and Diving Athlete-of-the-Week award of the season.

Alvarez had a trio of impressive individual performances, led by his win in the 200-IM. His time of 1:58.19 is the fastest in the conference in 2015-16 and was good for a three-second margin of victory. He also won the 200-backstroke by three full seconds with a time of 1:58.48, and shaved a second off his 100-backstroke time to touch the wall in 53.39 for another first-place finish. Alvarez also swam on Saint John's second-place 200-medley relay team (1:39.17). This season, Alvarez is ranked in the top five in the MIAC in five different individual events. He's ranked first in the 100-IM, fourth in the 200-back, 100-fly and 200-fly and fifth in the 100-back.

Saint John's and its standout junior have just one more opportunity to prepare for the 2016 MIAC Swimming and Diving Championships. The Johnnies will head to St. Paul, Minn., to compete in the MIAC Invitational, hosted by the University of St. Thomas on Feb. 5-6. The first day of competition will begin at 6 p.m. with a noon start the following day. The MIAC Championships are set for Feb. 18-20 at the University of Minnesota Aquatic Center in Minneapolis.



MIAC Women's Swimming and Diving Athlete-of-the-Week

**Kate Reilly, Gustavus
Hastings, Minn. / Minnesota Virtual Academy**

The Gustavus women's swimming and diving team rose to the occasion at the Grinnell Invite, finishing second behind only Division I Nebraska-Omaha, defeating the rest of the Division II and III field. Sophomore standout Kate Reilly led the way with five first-place finishes - four individual and one relay - and she finished in the top three in all eight of her events. For her performance, the MIAC sports information directors honored Reilly Tuesday with the MIAC Women's Swimming and Diving Athlete-of-the-Week award.

Reilly was a major reason for the Gusties' great performance against a loaded field, as she took home individual titles in all four of her individual events - the 100-freestyle (53.48), 100-individual medley (1:00.75), 100-butterfly (59.39) and 50-freestyle (24.81). She also helped the 200-yard freestyle relay team finish first (1:39.28) and she also swam on the second-place 200-medley (1:51.59) and 400-ree (3:39.43)

teams and the third-place 400-medley (4:08.98) squad. This season, Reilly in ranked in the top four in the MIAC in five different individual events. She's ranked first in the 100-breast, second in the 50-free and 200-IM, third in the 100-fly and fourth in the 100-free.

Gustavus and its star sophomore have just two meets left on the regular-season schedule before the 2016 MIAC Swimming and Diving Championships. The Gusties will visit St. Thomas on Friday for a 6 p.m. dual between two of the conference-championship favorites, and they'll compete at the Minnesota Challenge in Minneapolis, Minn., on Feb. 5-6. The MIAC Championships are set for Feb. 18-20 at the University of Minnesota Aquatic Center in Minneapolis, and Gustavus enters aiming to win a seventh-straight MIAC title.

MIAC Swimming & Diving Athletes-of-the-Week - Feb. 2, 2016

Posted: Feb 02, 2016



MIAC Men's Swimming and Diving Athlete-of-the-Week

**Stephen Grinch,
Carleton
McMinnville, Ore. /
McMinnville**

Carleton College swimmer Stephen Grinch (McMinnville, Ore.) certainly celebrated "Senior Day" in style in his final home

meet as a Knight. Grinch was superb in a narrow dual loss to rival St. Olaf, winning all four of his events. His two individual victories included season-best times, and he also helped Carleton win a pair of relay events. For his performance, the MIAC sports information directors honored Grinch Tuesday with his third MIAC Men's Swimming and Diving Athlete-of-the-Week award of the 2015-16 season.

Grinch's top highlight featured a season-best time of 21.06 to win the 50-yard freestyle, which also ranks as the top time in the MIAC in the event this season. He was nearly as good in the 100-yard butterfly, as he won with a time of 50.84 which ranks second in the conference in 2015-16. Grinch also helped Carleton's 200-yard freestyle relay team finish first with a time of 1:25.79, which was the fastest time swam by a MIAC team last weekend, and he also led the 200-yard medley relay team to a win (1:35.89). Grinch and company put a serious scare into the Oles in a 157-141 loss, which was the closest Carleton has been to its rivals in Andy Clark's 23 seasons coaching at the school.

The Knights and their standout senior have one more chance to get in the water and prepare for the 2016 MIAC Swimming and Diving Championships, and fortunately they'll compete in the same pool as the conference meet. Carleton will attend the Minnesota Challenge Friday and Saturday at the University of Minnesota Aquatic Center, then will return to the same site for the MIAC Championships on Feb. 18-20.



MIAC Women's Swimming and Diving Athlete-of-the-Week

**Jenna Nagy, St. Catherine
Hutchinson, Minn. / Hutchinson**

St. Catherine diver Jenna Nagy (Hutchinson, Minn.) is no stranger to success in the MIAC, and last weekend's tremendous performance indicates she's peaking again at the perfect time. Nagy won all four diving events at two different meets Friday and Saturday, recording a pair of NCAA Regional Zone qualifying scores and the top score in the MIAC this season in all four events. For her performance, the MIAC sports information directors honored Nagy Tuesday with the MIAC Women's Swimming and Diving Athlete-of-the-Week award.

Friday, Nagy won a pair of six-dive competitions in a dual against Macalester with the MIAC's top score on each board this season. Her scores of 250.70 on the 1-meter board and 223.70 on the 3-meter board were both the best in the meet by at least 32 points. A day later, she was again victorious in 11-dive competitions on both boards while qualifying for the NCAA Diving Zone meet and recording the MIAC's top scores. She racked up 405.50 points on the 1-meter board, and an even 450.00 on the 3-meter board. To top it off, Nagy also swam in a pair of backstroke events Saturday without prior training this season, and finished third in the 100 (1:06.54) and fourth in the 200 (2:30.46). Nagy is the two-time reigning MIAC Diver-of-the-Year and the defending conference champ on both boards.

The Wildcats and their standout junior diver only have one more competition to prepare for the 2016 MIAC Swimming and Diving Championships, which will be held Feb. 18-20 at the University of Minnesota Aquatic Center. But before Nagy attempts to win her third-straight MIAC Diver-of-the-Year award, St. Catherine will compete at the Minnesota Challenge on Saturday, which will also be held at the U of M's pool in Minneapolis.



MIAC Swimming & Diving Athletes-of-the-Week - Feb. 9, 2016

Posted: Feb 09, 2016



MIAC Men's Swimming and Diving Athlete-of-the-Week

**Stephen Grinch,
Carleton
McMinnville, Ore. /
McMinnville**

Carleton swimmer Stephen Grinch (McMinnville, Ore.) has starred throughout his senior season, and after a great performance at

the Minnesota Challenge he appears to be saving his best for last. Grinch posted three top-10 individual

finishes and led a Knights relay team to victory against top regional Division I, II and III competition at the University of Minnesota's Invite.

As a result, the MIAC sports information directors honored Grinch Tuesday with his fourth MIAC Men's Swimming and Diving Athlete-of-the-Week award of the 2015-16 season, and his second-straight honor.

Grinch made quite a splash at the prestigious Minnesota Challenge in the same pool that will host the MIAC Championships later in February. He finished fourth in the 50-yard freestyle behind only three Division I swimmers, while recording the MIAC's top time this season (20.84). He also swam a season-best 47.50 in the 100-free to finish ninth, and he was also fourth in the 100-yard butterfly (51.17) to add another fourth place finish. Grinch led off Carleton's first-place effort in the 200-yard freestyle relay (1:23.92), and also swam on the fifth-place 200-yard medley relay team (1:36.18). This season, Grinch ranks first in the MIAC in the 50-free (20.84), third in the 100-fly (50.84) and sixth in the 100-free (47.50).

Carleton and its star senior will take this weekend off from competition to gear up for the season's biggest meet - the 2016 MIAC Swimming and Diving Championships. The conference meet will be held Thursday through Saturday, Feb. 18-20, at the University of Minnesota's Jean Freeman Aquatic Center in Minneapolis. There will be two sessions each day - six total - with prelims each morning at 10:30 a.m. and finals sessions each evening at 6:30 p.m.



MIAC Women's Swimming and Diving Athlete-of-the-Week

**Kate Reilly, Gustavus
Hastings, Minn. / Minnesota Virtual Academy**

The Gustavus women's swimming and diving proved once again that it is one of the top college teams in the region regardless of division with a strong showing at the University of Minnesota's Minnesota Challenge. Sophomore standout Kate Reilly (Hastings, Minn. / Minnesota Virtual Academy) led the Gusties with seven top-10 finishes, including three strong individual performances and a quartet of outstanding relay finishes. For her performance, the MIAC sports information directors honored Reilly Tuesday with her second MIAC Women's Swimming and Diving Athlete-of-the-Week award of the 2015-16 season.

Reilly rose to the challenge against top regional Division I, II and III competition with a pair of top-five individual finishes and another in the top eight. She was fifth in both the 100-yard breaststroke (1:08.79) and 100-yard freestyle (52.67) and eighth in the 100-yard butterfly (59.91). She also helped the Gustie

400- and 800-yard freestyle relay teams both finish third with times of 3:38.05 and 8:02.55, respectively, and she helped the 200-free relay team finish fifth (1:39.05) and the 200-medley relay team finish seventh (1:08.79). This season, Reilly has the MIAC's top time in the 100-breast (1:06.82). She's ranked second in the conference in the 50-free (24.13) and 100-IM (1:00.75) and fourth in the 100-free (53.48) and 100-fly (58.51).

Gustavus and its Reilly senior will take this weekend off from competition to gear up for the season's biggest meet - the 2016 MIAC Swimming and Diving Championships - where the Gusties are aiming for a seventh-straight MIAC title. The conference meet will be held Thursday through Saturday, Feb. 18-20, at the University of Minnesota's Jean Freeman Aquatic Center in Minneapolis. There will be two sessions each day - six total - with prelims each morning at 10:30 a.m. and finals sessions each evening at 6:30 p.m.