

2004-05 MIAC Men's Swimming & Diving Athletes of the Week

February 7, 2005

Saint John's University freshman **Josh Swenson** (Thief River Falls, Minn.) had a strong performance at the Minnesota Challenge this weekend. He placed 14th in the 100 Fly with a time of 52.96 and placed 11th in the 200 Fly with a time of 2:01.52. Both swims were career bests.

January 31, 2005

Saint Mary's University senior **Sean Gibson** (Chicago, Ill.) swam a 22.47 in the 50 free and 49.98 in the 100 free to win both events in the last home meet of his career.

January 24, 2005

University of St. Thomas freshman **TJ Hardy** (Chaska, Minn.) swam a 21.61 leg on UST's winning 200 Free Relay, won the 50 Free in a time of 22.30 (which is on UST's All-Time Top 15 list), led off the 4 x 100 Free Relay in 49.70, and finished 2nd in the 100 Back (56.35) at the St. Catherine Invite.

January 17, 2005

Macalester College first-year **Jared Rudolph** (Brookfield, Wis.) swam to lifetime untapered bests at the Grinnell Invite in the 100 free 49.62, 100 back 56.05 and 200 back in 2:05.58.

January 10, 2005

No nominations

December 13, 2004

St. Olaf College junior **Mark Glineburg** (St. Paul, Minn. / Cretin Derham Hall) was a triple winner in Friday night's victory over Saint John's University. Glineburg won the 200 freestyle in 1:48.05, the 200 butterfly in 2:01.97, and the 500 freestyle in 4:48.28.

December 6, 2004

St. Olaf College sophomore **Ben Wareham** (St. Paul, Minn./Highland Park HS) placed first in both the 100 and 200 Breastroke this weekend at the Carthage Invite. Wareham swam the 100 Breastroke in 57.8, which sets a new school record and the 200 Breastroke in a time of 2:07.83. Both met the NCAA "B" cut time.

November 22, 2004

Carleton College sophomore **David Friedlander-Holm** (St. Paul, Minn.) swam to three lifetime bests and top team times this weekend at the Univ. of Minn. Invitational. On Friday he swam the 200 IM in a time of 1:59.26 (24th overall after prelims) and on Sunday Friedlander-Holm posted top MIAC finishes in the 100 freestyle (47.46; 18th overall) and 1:59.66 in the 200 fly (15th overall).

November 15, 2004

St. Olaf College sophomore **Tom Kukla** (Dubuque, IA) led the Oles to a convincing win over Gustavus on Friday night. Kukla led off the winning 400 Medley Relay with a NCAA "B" qualifying time of 52.85 in the 100 backstroke. He also won the 200 backstroke in 1:56.34.

November 8, 2004

St. Olaf College freshman **Eric Tvedt** (St. Louis, Mo./Parkview West HS) claimed two victories at the Northfield Classic Invite on Saturday. Tvedt won both the 1650 freestyle (16:56.50) and the 500 freestyle (4:53.40) and also finished third in the 400 Individual Medley (4:31.88).

November 1, 2004

Macalester College senior co-captain **Sjon Swanson** (Rosemount, MN) helped the Scots to victory over conference opponent Saint Mary's by winning the 50 free in 22.80 and the 100 free in 50.76.