

2005-06 MIAC Men's Swimming & Diving Athletes of the Week

February 20, 2006

Gustavus Adolphus College sophomore **Ben Hanson** (Minnetonka, Minn.) was named Men's Swimmer of the Year at the 2006 MIAC Swimming and Diving Championships this past weekend after winning three events. On Thursday in the 500-yard freestyle, Hanson earned his second consecutive MIAC crown and automatic qualifying time while setting a new meet record at 4:32.46. On Friday, he defended his crown in the 200-yard freestyle with a provisional qualifying time of 1:41.64. Hanson capped off the Championships by defending his MIAC crown in the 1650-yard freestyle by breaking the meet record with a provisional qualifying time of 15:54.62.

February 6, 2006

St. Olaf College junior **Christian Lorentzen** (Paradise Valley, Ariz.) won the men's 1-Meter diving competition for the Oles in Saturday's dual meet victory against Carleton. Lorentzen qualified for nationals with a score of 467.90 for 11 dives.

January 30, 2006

Gustavus Adolphus College first year **Billy Cuevas** (Woodbury, Minn.) had an outstanding meet against Saint John's University on Saturday, January 28. Cuevas picked up three individual wins posting a 4:45.71 in the 500 Free, a 1:58.03 in the 200 Butterfly (both times the 3rd fastest recorded in the conference this year in their events respectively). Cuevas also went a 2:00.92 in the 200 IM, a season best in that event for the Gusties.

January 23, 2006

Carleton College first-year **Ted Marschall** (Bursville, Minn.) set new pool standards in the 1,650-yard freestyle and the 400-yard individual medley, winning both events, and added a victory in the 200-yard breaststroke to pace Carleton to a second-place finish at the Carleton Mini-Invite. Marschall opened the meet by helping the 200-yard medley relay to a victory in 1:40.06. Marschall then returned in the next event to smash the pool record in the mile, recording a time of 16:34.92 (currently fastest time in the MIAC), winning by more than a minute to erase the old mark of 17:21.83, set in 1980 by Ripon's Doug Christiansen. He capped the individual portion of the meet by winning the 400 IM in 4:14.11, breaking the old pool record of 4:16.51, held by current St. Olaf head coach Bob Hauck from 1985. Marschall also won the 200 breaststroke in 2:16.13.

January 16, 2006

Gustavus Adolphus College first year **Matt Stewart** (Apple Valley, Minn.) had an outstanding day on Saturday in the dual meet against Carleton. Stewart won three events and established two new pool records in the process. He won the 100 Butterfly with a time of 52.37. He also won the 200 Butterfly, establishing a pool record time of 1:56.80 which is the fastest time in the conference this year. Finally, Stewart finished the meet by posting a 47.5 relay split in the 400 Free Relays helping the relay team establish a new pool record of 3:11.43.

December 12, 2005

Macalester College sophomore **Ramiro Nandez** (Montevideo, Uruguay) won the 500 freestyle event in 5:21.36, beating his nearest competitor by 15 seconds, swam the anchor leg of the winning 400 medley relay (in a lifetime best split of 51.8) and swam a lifetime best untapered 200 individual medley (2:12.56) in dual meet action this weekend versus Hamline.

December 5, 2005

St. Olaf College senior **Mark Glineburg** (St. Paul, Minn.) qualified for nationals with a winning time and NCAA "B" standard of 4:07.47 in the 400IM at the Carthage College Invitational. Mark also finished second in the 200IM with a season best time of 1:55.92.

Gustavus Adolphus College junior **Scott Hagemeyer** (Willmar, Minn.) had an outstanding weekend at the Carthage Invitational, Friday and Saturday Dec. 2-3. He recorded a first place time in the 100 freestyle w/ an NCAA B qualifying time of 46.35. Hagemeyer also recorded a "B" standard in the 50 free, posting a time of 21.28. He also posted a personal best in the 200 free with a time of 1:46.94. The best race of the weekend was the 400 free relay where Hagemeyer entered the water almost 2 bodylengths behind the leading team, Carthage, on the last leg. Gustavus needed to win the relay to take home the team championship over Carthage. He out-touched the Carthage relay by .19 posting a 45.30 relay split; easily the fastest 100 free relay split of the meet.

November 21, 2005

Macalester College senior **Sjon Swanson** (Rosemount, Minn.) got his weekend off to great start in a helping the Scots to a dual meet win against Saint Mary's. Swanson won three events against the Cardinals including the 200 meter individual medley in a lifetime best untapered time of 2:21.96, the 100 meter free in 57.37 and led off the victorious 200 free relay with a split of 25.43. The next day in the Mac Invitational Swanson won the 100 meter breaststroke in a Meet record and school record time of 1:09.75, came back and set a Mac school record in the 100 meter free posting a time of 54.62 and then finished off his day in winning the 200 breaststroke in 2:39.34 just missing another record.

November 14, 2005

Gustavus Adolphus College sophomore **Ben Hanson** (Minnetonka, Minn.) had a huge impact on the Gustavus Men's Swimming and Diving team picking up a hard-fought victory against St. Olaf. Hanson won the 1000 free with a time of 9:54.29 breaking his own pool record. He also won the 500 free with a season best of 4:47.66 and provided a crucial leg in 400 free relay on the "b" team that needed to finish 2nd in order to win the meet. His split was 47.97. On Saturday, Ben picked up first places in the 200 and 500 freestyles as well as anchoring the winning 200 free relay in leading Gustavus to a first place finish at the triangular with Carleton and Hamline.

November 7, 2005

St. Olaf College first year **Nelson Westby** (Salem, Ore.) was a triple winner this past weekend at the Northfield Quad Invitational. Westby recorded a national qualifying "B" standard in the 100 breaststroke with a time of 58.30, which also tied the pool record. In the 100 butterfly Nelson touched first with a time of 51.97. He also swam butterfly (22.55) in the winning 200 Medley Relay (1:35.76), which was a new pool record.