

Tommy Panetti, Gustavus

Bloomington, Minn. / Jefferson

Week of: 2012-02-13



With the 2012 MIAC Swimming and Diving Championships on the horizon, Gustavus freshman **Tommy Panetti** (Bloomington, Minn./Jefferson) is picking the right time to round into top form. The Gusties' first-year swimmer was outstanding Saturday at the MIAC Invitational, winning all three events he entered with season-best times, and breaking one pool record in the process. For his first-place and record-setting performance, Panetti has been named the MIAC Men's Swimming and Diving Athlete-of-the-Week.

Panetti was tremendous Saturday in all three of his distance events. He won the 400-yard individual medley and set a new pool record with a time of 4:28.97. He also won the 500-yard freestyle with a time of 4:51.62 and the 1,650-yard freestyle with a time of 17:01.11. Not only were his times new personal records, but they all rank in the Top 10 in the MIAC this season. His 1,650 time is the third-best in the conference in 2011-12, while the 500 time ranks seventh and the 400-IM time ranks 10th.

The Gusties hope Panetti and the rest of their swimmers can continue their success this weekend at the 2012 MIAC Swimming and Diving Championships, which will be held Thursday, Friday and Saturday at the University of Minnesota Aquatic Center. There will be two sessions each day, with preliminaries in the morning at 10:30 a.m. and finals each evening at 6:30 p.m. All six sessions will be broadcast live by the MIAC and Webcast America. Visit the 2012 MIAC Swimming and Diving Championships [home page](#) for complete information.

Jesse Gourevitch, Carleton

Ardsley, N.Y. / Ardsley

Week of: 2012-02-06

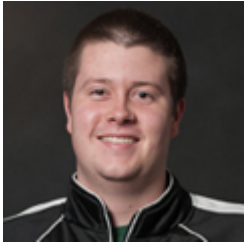


The Carleton men's swimming and diving team and sophomore **Jesse Gourevitch** (Ardsley, N.Y.) both appear to be peaking at the right time. Over the weekend Gourevitch had one of his best collegiate performances at the Minnesota Challenge, hosted at the University of Minnesota, setting a season-best time in the 100-yard breaststroke and a lifetime best in the 200-yard breaststroke while putting himself in good position for the upcoming MIAC Championships. For his performances, Gourevitch has been named the MIAC Men's Swimming and Diving Athlete-of-the-Week.

Gourevitch led the Knights in the 100-yard breaststroke with a time of 1:01.70. That time set a new season best for the sophomore and helped him finish 16th against a talented field at the Challenge. He swam even better in the 200-yard breaststroke, setting his new personal best with a time of 2:16.98 and finishing in 15th place. Both of those times place Gourevitch in the Top 8 in the MIAC in 2011-12 on the conference's top times list. No team scores were recorded at the Minnesota Challenge.

Gourevitch and the Knights will take the upcoming weekend off to prepare for the 2012 MIAC Swimming and Diving Championships, which will be held Feb. 16-18, also at the University of Minnesota's Aquatic Center. There will be two sessions each day and the entire event will broadcast live online by the MIAC and Webcast America.

Justin Mullee, St. Thomas



Over the weekend, the St. Thomas swimming and diving team hosted the "Meet of the Saints" and emerged with a first-place finish in the men's standings. The Tommies' top swimmer was sophomore **Justin Mullee** (Madison, Wis./Memorial), who won a pair of eventual times and established himself as one of the conference's top backstroke swimmers with his performance. Mullee not only won both events, but now holds the MIAC's top time in each one. As a result, Mullee has been named the MIAC Men's Swimming and Diving Athlete-of-the-Week.

Mullee finished first in the 100-yard backstroke with a time of 53.52 and he won the 200-yard backstroke with a time of 1:55.77. Saturday, the sophomore cut five seconds off his previous best time in the 200 and two seconds off his previous best in the 100. En route to his MIAC top times, Mullee beat the previous No. 1 and No. 2 swimmers in the conference in both events. His two first-place finishes helped St. Thomas rack up 902 points to finish first. St. Olaf was second with 724.5 while Saint John's (529.5) and St. Cloud State (125.0) finished third and fourth, respectively.

The Tommies have a busy weekend on the horizon with a pair of events against MIAC competition. Friday, they'll host Gustavus for a dual meet at 5 p.m., and Saturday they'll head across town to compete in the St. Catherine Invite at 8:30 a.m. UST will travel to the two-day Minnesota Challenge the following weekend, then will only compete in diving events as it prepares for the MIAC Championships, which will be held Feb. 16-18 at the University of Minnesota's Aquatic Center.

Erik Klontz, Carleton



The Carleton men's swimming and diving team dropped a close 155-143 decision to Saint John's Saturday in a home dual meet, but Knights' swimmer **Erik Klontz** (Bethesda, Md./Bethesda-Chevy Chase) was at his best, rewriting the Thorpe Pool record books in three of his four of his events. Klontz won two individual events and anchored a two-place relay teams, and three of the four set new pool records en route to their wins. For his record-breaking performances, Klontz has been named the MIAC Men's Swimming and Diving Athlete-of-the-Week for the second consecutive week.

Individually, Klontz won both the 50- and 100-yard freestyle races with new Thorpe Pool records in both events. In the 50, he met the NCAA 'B' standard with his new record time of 20.87 seconds, and his new record time in the 100 was 46.97 seconds. Finally, he swam a 45.26 second final leg of the 400-yard medley relay to help his team secure a first-place finish and a record time of 3:34.10 seconds. Finally, he swam a 45.63 in his anchor leg of the 400-yard freestyle relay to also lead that team to victory. Klontz' second-straight MIAC honor comes just a week after he won three events, met a 'B' standard and set a pool record at Gustavus.

Klontz will try to continue his record-setting season as he and his Carleton teammates will be back in the pool for another dual meet Saturday. The Knights will travel to Winona to face Saint Mary's in a dual starting at 1 p.m. in Jul Gernes Pool. Carleton will be back at Thorpe Pool the following Saturday to host cross-town rival St. Olaf at 2 p.m. on Jan. 28.

Erik Klontz, Carleton



The Carleton swimming and diving team got back in the pool Saturday after a break for the Holidays, and though the Knights lost a 186-112 decision to Gustavus, junior Erik Klontz (Bethesda, Md./Bethesda-Chevy Chase) continued his stellar season with three first-place finishes, a Lund Pool record and an NCAA 'B' qualifying standard. Lund claimed individual victory in both the 50- and 100-yard freestyle, while anchoring Carleton's 200-yard medley relay to a win as well. For his performance, Klontz has been named the MIAC Men's Swimming and Diving Athlete-of-the-Week.

Thanks partly to Klontz, the Knights' 200 medley relay finished with a first-place time of 20.15 seconds, and Klontz also swam to victory in the 100 free with a winning time of 47.62 seconds. However, it was his performance in the 50 free that really turned heads in Saturday's dual. Klontz finished first with a time of 20.80 seconds, which tied the Lund Pool record and met the NCAA's 'B' standard to qualify for the Division III swimming and diving championships. This season, Klontz has the top time in the MIAC in both the 50 (20.65) and 100 free (45.83).

The Knights will return to their Northfield this weekend for their first meet in their home pool in the 2012 calendar year. Klontz and Carleton will welcome Saint John's to its campus for a dual meet on Saturday as both teams start working towards the 2012 MIAC Championships, which will be held Feb. 16-18 at the University of Minnesota's Aquatic Center in Minneapolis. Saturday's dual will be held at noon in Thorpe Pool on the Carleton campus.

Wes Schlichting, Saint John's

Sauk Rapids, Minn. / Sauk Rapids-Rice

Week of: 2011-12-12



Saint John's **Wes Schlichting** (Sauk Rapids, Minn./Sauk Rapids-Rice) is off to quite a start during his senior season. The Johnnies' diver continued his hot start Saturday in a dual against rival St. Thomas by winning both the 1-meter and 3-meter diving events, while meeting the NCAA provisional cut in both events and moving to the top of the MIAC's performance list on the 1-meter board. For his performance, Schlichting has been named the MIAC Men's Swimming and Diving Athlete-of-the-Week for the second time in a month.

Schlichting won the title on the 3-meter board against the Tommies with a score of 307.95, which met the NCAA provisional cut for the Division III National Championships. He was even better on the 1-meter board, racking up an impressive score of 328.15, which now ranks as the best score in the MIAC this season, and it also met the provisional cut. Schlichting was also named the MIAC Men's Swimming and Diving Athlete-of-the-Week on Nov. 21 after also winning both diving events at a three-team meet that weekend. His 1-meter score is the first over 300 this season in the and his score on the 3-meter board put him in second place, less than 11 points out of first.

The Johnnies and their star diver will now enjoy almost a month off with finals and the Holiday break approaching. They'll return once the calendar flips to 2012, with a meet at Carleton on Jan. 14 serving as the next event on their schedule. SJU will then have a little over a month to prepare for the MIAC Championships, which will be held Feb. 16-18 at the U of M Aquatic Center in Minneapolis.

Colby Kubat, St. Olaf



After a week off, many of the MIAC swimming and diving teams were in action over the weekend at the Falcon Invite, hosted by UW-River Falls at the University of Minnesota Aquatic Center. It's likely many of the MIAC men's teams in attendance took notice of St. Olaf's **Colby Kubat** (West Des Moines, Iowa) over the two-day event, as the sophomore standout had an outstanding weekend, winning two events and finishing second in another while making one NCAA 'A' cut and the 'B' cut in the other two events. For his performance, Kubat has been named the MIAC Men's Swimming and Diving Athlete-of-the-Week.

Kubat was extremely impressive in two breaststroke events and the individual medley against stiff competition at the site of the MIAC Championships. He won the 200-yard breaststroke and broke the NCAA's 'A' cut with a time of 2:02.52, which was also a new personal best for the Oles' second-year swimmer. He also won the 200-yard individual medley with a 'B' cut time of 1:52.88. His time of 56.30 in the 100-yard breaststroke also met the 'B' cut and led to a second-place finish. Those three times are the top time in the MIAC this season in each event.

After a job well done at the Falcon Invite, Kubat and his teammates will enjoy nearly four weeks off for finals and the Holidays. Their next competition will no doubt be circled on all the Oles' calendars, as they are scheduled to compete in the Ed Kennedy Classic in Fort Lauderdale, Fla., on New Year's Eve. After that, they'll return home for a busy schedule in January leading up to February's MIAC Championships.

Wes Schlichting, Saint John's

Sauk Rapids, Minn. / Sauk Rapids-Rice

Week of: 2011-11-21



The MIAC has been a showcase of diving talent - particularly on the 3-meter board - thus far in 2011-12, and last week was no exception. This time, the conference's shining star on the diving board was Saint John's **Wes Schlichting** (Sauk Rapids, Minn./Sauk Rapids-Rice). The senior won both diving events Saturday while leading the Johnnies to a second-place finish. His score on the 3-meter board also met the cut for nationals to highlight his impressive showing. For his great diving performance over the weekend, Schlichting has been named the MIAC's Men's Swimming and Diving Athlete-of-the-Week.

Schlichting scored 262.20 points on the 1-meter board to claim victory in that event, and his score of 285.10 on the 3-meter board helped him sweep first place in the diving events by a comfortable margin. The 285.10 also met the NCAA Division III Men's Swimming and Diving National Championship standard to punch Schlichting's ticket to nationals. His 1-meter score was more than 20 points better than the runner up, and he enjoyed a margin of victory by more than 90 points on the 3-meter board. SJU scored 1,080 points as a team to beat Minnesota State-Mankato, but trailed first-place Gustavus, which hosted the event.

The Johnnies and their star senior diver will enjoy a short break over the holiday week before wrapping the 2011 portion of their schedule with two December meets. On Dec. 2-3 Saint John's will compete at the Falcon Invitational, hosted by UW-River Falls at the University of Minnesota's aquatic center in Minneapolis. It follows that up by hosting St. Thomas in Collegeville on Dec. 10 before taking the rest of the month off from competition due to finals and semester break.

Chase Liaboe, St. Olaf

Dubuque, Iowa / Dubuque
Week of: 2011-11-14



The St. Olaf men's swimming and diving team turned in a great performance Saturday, beating MIAC rival Gustavus 176-112 in a dual meet. Leading the way for the Oles was senior **Chase Liaboe** (Dubuque, Iowa), who racked up four of the team's 13 event wins, including three individual first-place finishes and one relay win. For his performance, Liaboe has been named the MIAC Men's Swimming and Diving Athlete-of-the-Week.

Liaboe showcased both his talent and his versatility in the dual win over the Gusties, claiming two butterfly titles, one freestyle title and contributing to a win in the medley. He won the 100 butterfly with a time of 53.59, and he added another butterfly win in the 200 with a time of 2:01.03. Liaboe also claimed victory in the 200 freestyle, recording a winning time of 1:47.31. He swam the butterfly leg of the 200 medley relay as well, and his split of 24.25 contributed to the team's time of 1:37.82, which was good for a first-place finish. The dual win over Gustavus was the Oles' second dual of the season, and fourth overall meet appearance.

Liaboe and his fellow Ole swimmers will get a short break before returning to action in December. The St. Olaf divers will compete Saturday at the Roger Ahlman Invitational in St. Paul at 9 a.m., but the swimmers won't return to action until the two-day Falcon Invitational, which will be hosted by UW-River Falls at the University of Minnesota's Aquatic Center on Dec. 2-3.

Nick Johnson, St. Thomas

Blaine, Minn. / Blaine
Week of: 2011-11-07



It hasn't taken St. Thomas diver **Nick Johnson** (Blaine, Minn.) long to get into midseason form this season. Friday, he helped the Tommies score a 120-52 dual win over conference rival Macalester in the team's 2011-12 season and home opener. Johnson won both diving events - finishing first on both the one-meter and three-meter boards - while qualifying for the NCAA Division III Championships on the 3-meter board in his season debut. For his performance, Johnson was chosen as the inaugural winner of the MIAC Men's Swimming and Diving Athlete-of-the-Week award for the 2011-12 season.

Johnson claimed first place on the 1-meter diving board with a score of 260.1 points, and he followed with a score of 290.75 to also finish first on the 3-meter board. Johnson easily met the qualifying standards (145) for the 2012 MIAC Championships on both boards, and his impressive score on the 3-meter board qualifies him for the 2012 NCAA Division III Swimming and Diving National Championships. The 2011 qualifying mark was 285 points, so Johnson easily passed that in his first time out this season. Last season, Johnson qualified for the MIAC finals on the 3-meter board as a freshman, finishing sixth at the MIAC Championships.

St. Thomas and its sophomore diver will have one more dual meet against a MIAC team - Saturday against Carleton in Northfield, Minn. - before starting its invitational appearances this season. Next Saturday, Nov. 19, the Tommies will compete at the Roh Ahlman Invitational before hosting their own two-day invite on Dec. 2-3.