

2009-10 MIAC Men's Swimming & Diving Championship Preview

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St. Paul, Minn. -- The 2009-10 MIAC Men's and Women's Swimming & Diving Championships begin this Thursday, February 18 and will run through Saturday, February 20 at the University of Minnesota's Aquatic Center in Minneapolis. The three-day event will feature preliminary races and diving during the morning sessions, starting at 10:30 a.m. each day, followed by event finals in the evening sessions, which start at 6:30 p.m. daily.



The chase for the MIAC team title could be a tight three-way battle between reigning champion St. Olaf, Gustavus, and St. Thomas. Any one of those three could come out on top based on their performances heading into this weekend. Carleton and Saint John's will fight for a upper level finish in the standings while Macalester, Saint Mary's and Hamline all feature strong individuals that will hopefully carry their teams up the conference standings.

A three-time individual event champion and last year's Co-Divers of the Year highlight the list of returning individuals. St. Thomas senior Peter Mullee returns after winning the 50 free, and 100 and 200 backstroke last year. St. Olaf senior Ryan Tostrud won the 1-meter dive last season and sophomore teammate Ian Straehly won the 3-meter competition. The pair will lead a talented group of divers this weekend. Other returning individual race champions include St. Thomas sophomore Erik Huls in the 100 butterfly and Gustavus senior Skylar Davis in the 1650 freestyle.

For those who can't attend the championships, every session will be covered with a live video webcast provided by Webcast America. Results of each event will also be posted online shortly after the conclusion of each event. For the live webcast link, results links and much more, go to the [2009-10 MIAC Swimming & Diving Championships Website](#)

Saint John's University and the College of Saint Benedict will serve as this year's host institutions.



Carleton

Coach: Andy Clark (17th season)

2008-09 Championship Finish: 4th (441 points)

Carleton Championship Preview

The Knights are seeking their 15th straight top four finish at the MIAC Championships. Last year, Carleton took fourth behind the strength of an impressive senior class that included All-American swimmer Ted Marschall. The loss of so many seniors will put the pressure on Carleton's younger swimmers and divers to pick up their lost points and leadership.

The Knight with the greatest chance to turn heads at the competition figures to be junior diver Eric Brenner (Plymouth, Minn.). The conference's athlete of the week for Jan. 18-24, Brenner's score of 287.90 off the three-meter board tops all MIAC divers in six-dive competition. He also owns the MIAC's second-best mark off the one-meter board, a 262.95 tally set the same day.

Andrew Mering (Jr./Baraboo, Wis.) and Brian Kilgour (Jr./Wichita, Kan.) are some of the experienced Knights that will need to step-up for Carleton. In each of his first two years, Mering has finished in the top-six of the 200 backstroke at the MIAC Championships. This year, Mering has performed at a high level in both the 100 and 200 backstroke, earning top times of 54.51 and 2:02.36, respectively. Kilgour has recorded top-ten times in the 200 backstroke (2:01.16) and 200 fly (2:03.96).

Djem Kissiov (So./Madison, Wis.) finished eighth in the 100 breaststroke last year and owns the fifth-best this season. Kissiov also has a top-fifteen time in the 200 breaststroke.

Carleton has an impressive batch of rookies that should contribute many points at the MIAC Championship. A pair of sprinters are among the top swimmers in the MIAC and will be counted on to make big impacts at the debut conference championship. Eric Klontz (Bethesda, Md.) has the sixth-best time in the 50 freestyle (22.09), and Mamoru Kanazawa (Tokyo, Japan) also has the sixth-best time for the 100 freestyle (48.28). Kanazawa is also in the top-ten for the 200 freestyle (1:45.36), 100 fly (53.27) and 200 fly (2:05.14).

The relays will likely be a key factor in the team's placement, as the Knights rank between third and fifth in the MIAC in each event. Carleton's best chances may come in the 400 Freestyle, where the quartet of Mering, Klontz, Kanazawa, and Kissiov currently hold the conference's third-best time. The same tandem also ranks fifth in both the 200- and 400-yard medley relays. Klontz, Mering, and Kanazawa join senior Alan Goodyear (Cobham, United Kingdom) in 200 Freestyle, where the Knights post the MIAC's fourth best time, while Mering, Kilgour, Kanazawa, and Ethan Sagin (Fy./Cumberland, Md.) currently rank fifth in the 800 Freestyle.



Gustavus

Coach: Jon Carlson (20th season)

2008-09 Championship Finish: 2nd (738 points)

Gustavus Championship Preview

The Gustavus men's swimming and diving team looks forward to the opportunity for a return to the podium at this year's MIAC Championships to be held this weekend at the University of Minnesota Aquatic Center in Minneapolis. The Gusties are hoping to win their seventh MIAC Championship in the past 10 years. Head Coach Jon Carlson feels that it will be a three-team race with the top competitors being St. Thomas, St. Olaf, and Gustavus. Coach Carlson believes that this year's meet is so competitive that the first and third place teams may be separated by less than 40 points.

Senior Skylar Davis (Palatine, Ill.) will lead the Gustavus men's team, as he is the top returning swimmer from last season's second place squad. Skylar returns as the three-time defending champion in the 1650 freestyle, having set a MIAC record in the event at last season's MIAC championships. Skylar currently holds the fastest MIAC time in the 1650 freestyle at 16:13.67, and has the second fastest time in both the 500 freestyle and 400 IM with times of 4:39.76 and 4:16.78, respectively. Joining Skylar will be junior Whitaker Davis (Palatine, Ill.), who finished third in both the 500 and 1650 freestyle at the conference meet last season. Whitaker will look to add depth in the freestyle distance events, as he currently holds the third fastest MIAC time in the 200 freestyle (1:44.37), 500 freestyle (4:44.09), 1650 freestyle (16:42.82), and 400 IM (4:16.93).

In addition to the Davis brothers, the Gusties will look to sophomore William Schultze (Mankato, Minn.) and junior Paul Kiriara (Bloomington, Minn.) for strong finishes in the breaststroke and backstroke races. Schultze placed third in the 100 breaststroke at the MIAC Championships last season, and currently holds the second fastest time in both the 100 (1:00.83) and 200 breaststroke (2:12.48). Kiriara has provided solid swims in the backstroke events for the Gusties this season. He is currently the second ranked MIAC swimmer in the 100 backstroke with a time of 53.48, and holds the third fastest time in the 200 backstroke with a time of 1:58.19.

The Gusties also will look for contributions from sophomore Matt Van Fossen (Albert Lea, Minn.), junior Sam DeFranco (Andover, Minn.), senior Ross Elenkiwich (Brookings, S.D.), junior John Rice (Madison, Wisc.), junior Craig Nordquist (Plymouth, Minn.), and sophomore Lance Switzer (Apple Valley, Minn.). Van Fossen in the 100 butterfly, DeFranco in the 50 and 100 freestyle, Elenkiwich in the 500 and 1650 freestyle, John Rice in the 500 and 1650 freestyle, Craig Nordquist in the 200 and 400 IM, and Switzer in the 50 and 100 freestyle.

The Gusties also expect to have a strong showing in the relays as they enter with the third fastest times in the 200 medley relay (1:36.86), 200 freestyle relay (1:27.93), and 800 freestyle relay (7:11.90). The Gusties are currently ranked second in the 400 medley relay with a time of 3:34.01.



Hamline

Coach: Frank Vaccaro (2nd season)

2008-09 Championship Finish: 8th (134 points)

Hamline Championship Preview

Hamline University head coach Frank Vaccaro heads into his second MIAC championships with a senior looking to finish at the top of the podium at the MIAC championships and a roster with an increase in quality that should score more points at the season finale.

The Pipers lost Jake Burgess, who completed his eligibility last season, from the 2008-09 campaign. Burgess was a perennial finalist at the MIAC championships and graduated with six Hamline school records (50 and 100 freestyle, 100 backstroke, 400 freestyle relay, 200 and 400 medley relays).

Despite that loss, the Pipers still return a pair of quality swimmers looking to make their mark in the conference championships. William Khoury-Hanold (Sr., Kingsford, Mich.) returns for his final season, looking to challenge for a conference championship title and an NCAA meet berth. He will also be chasing several school records, as he is currently second on the all-time list in three events (100 butterfly, 100 and 200 backstroke), third in two events (200 butterfly, 200 individual medley), and fourth all-time in the 100 freestyle. Khoury-Hanold is also a member of the school record relay teams in the 400 freestyle relay and both the 200 and 400 medley relays.

At the 2009 MIAC Championships, Khoury-Hanold set his Hamline top-ten time in the 200 IM on the opening day of competition. He went on to finish tenth in that event at championships, was seventh in the 200 butterfly and finished sixth in the 100 butterfly. Vaccaro is encouraged by Khoury-Hanold's off-season training and his progress thus far in 2009-10, as he is stronger than ever before and will have the speed at the end of the races he needs to touch the wall in national qualifying time.

Distance freestyle swimmer David Janezich (Sr., Minneapolis, Minn.) also returns to the Pipers for his final season. In his junior campaign, Janezich shaved a lot of time off of his 500 freestyle and Vaccaro expects him to do the same this year and contend for top-six at the MIAC Championships. Janezich was also part of the 200 medley relay team that finished eighth at the championships.

Noah Johnson (Sr., Fergus Falls, Minn.), who scored points for the Pipers at the 2009 MIAC Championships, also returns. Tyler Lambert-Perkins (Sr., Fargo, N.D.) returns to the Pipers roster after missing the 2008-09 season while participating in a study abroad program.

Joining the team this season is first-year swimmer Isak Vartti (Hugo, Minn.), who will add depth to the distance events. Although his high school didn't have a swim team, he swam with the club out of White Bear Lake and Vaccaro expects him to be a top-16 swimmer at the conference meet this year.

Despite entering the 2009-10 season with a small roster, the Pipers expect to see better results at this year championships. Vaccaro feels that the ability to score points is greater than the 2008-09 team and anticipates upping the 134 points Hamline tallied at last year's MIAC championships.



Macalester

Coach: Bob Pearson (21st season)

2008-09 Championship Finish: 6th (204 points)

Macalester Championship Preview

The Scots jumped up two positions to take sixth at last year's conference meet, but with All-MIAC backstroker Nathan Young studying abroad, Macalester will be hard-pressed to match last year's finish.

Macalester is looking to receive team points from this year's top team scorer, Jeff Yamashita (Jr., Honolulu, Hi. / Iolani School). Yamashita is capable of scoring points in the sprint freestyle races and the 100 butterfly. Another potential consolation finalists include Ted Metz (Fy., Teaneck, N.J.) in the freestyle and IM events.



Saint John's

Coach: Bill Saxton (12th season)

2008-09 Championship Finish: 5th (431 points)

Saint John's Championship Preview

The Johnnies' youth looks to carry the team at the 2010 MIAC Swimming and Diving Championships. Sophomore Ty Nimens (Crookston, Minn.) is currently third in the 200-yard individual medley (1:58.69), fourth in the 400-yard IM (4:19.37) and fifth in the 100-yard freestyle (48.20). He is also sixth in the 200-yard butterfly (2:01.48) and seventh in the 50-yard free (22.10), 200-yard free (1:45.01) and 100-yard butterfly (54.05).

Sophomore Josh Seaburg (Moorhead, Minn.) holds the fourth-best time in both the 500-yard free (4:50.82) and 200-yard fly (2:00.72), is fifth in the 1,000-yard free (10:07.27) and seventh in the 400-yard IM (4:21.10). Junior Michael Williams (Maple Grove, Minn.) is currently fifth in the MIAC in the 50-yard free (21.91) and 10th in both the 100- (48.49) and 200-yard free (1:46.89).

Junior Andy Happe (Urbandale, Iowa/Dowling Catholic) and sophomores Jim Foley (Moorhead, Minn.) and Jess Otis (West Des Moines, Iowa/Dowling Catholic) also hold a number of Top 10 times. Happe is ninth in the 100-yard backstroke (54.82), while Foley is sixth in the 1650-yard free (17:14.39), eighth in the 1,000-yard free (10:17.74) and ninth in the 500-yard free (4:55.62). Otis holds the fourth-best time in the 100-yard breaststroke (1:01.38), is fifth in the 200-yard breaststroke (2:13.80), sixth in the 400-yard IM (4:19.81) and eighth in the 200-yard IM (2:01.16).

All four SJU divers continue to be dominant in the MIAC. Sophomore Wes Schlichting (Sauk Rapids, Minn./Sauk Rapids-Rice) leads the MIAC in 11 dives at one (454.55 points) and three meters (439.90 points). Schlichting is also third in six dives at three meters (244 points) and sixth at one meter (243.65 points).

Junior Marcus Rein (Richmond, Minn./Rocori) is second in 11 dives at one meter (380.15 points) and fourth at three meters (336.05 points). He is also fifth in six dives at one meter (246.05 points) and ninth at three meters (202.80 points).

Sophomore Kelley Burg (Grand Forks, N.D./Sacred Heart) is third in 11 dives at one meter (377.25 points) and fourth in six dives at three meters (237.50 points), while sophomore Logan Lowell is fifth in 11 dives at one meter (346.45 points).



Saint Mary's

Coach: Eric Lindquist (11th season)

2008-09 Championship Finish: 7th (188 points)

Saint Mary's Championship Preview

When Saint Mary's University's Jon Fox (Winona, Minn.) hit the pool two years ago, the then-freshman made more than his fair share of waves around the Minnesota Intercollegiate Athletic Conference.

As a sophomore, those waves became more like 30-foot swells, as Fox capped a banner year by not only earning all-conference honors, but also shattered the team's school record in the breaststroke en route to an NCAA B provisional mark.

As a junior, those swells grew into a tidal wave, as Fox did his NCAA B provisional mark one better, becoming SMU's first-ever NCAA individual national qualifier, while also shattering five school records at the season-ending MIAC Championships.

Which leaves one to wonder ... is there a senior tsunami in the forecast?

"I wouldn't put anything past John," said SMU coach Eric Lindquist of his senior standout. "John had a great junior season, capped by an NCAA Championships appearance, but I also think that that NCAA appearance is going to be a motivator for him this year.

"John didn't swim as well as he would have liked (at the national championships) and he's out to prove that this year."

Fox has certainly made a name for himself during his first three collegiate seasons, and this year, the Cardinal senior will be the one with the target on his back this weekend.

"For three years, John was chasing (St. Olaf's Nelson) Westby, and he has now graduated," said Lindquist who watched last February, as Fox bettered the school record in the 100 breaststroke by more than two seconds — yes, two seconds — touching the wall in 55.61 to finish second to Westby's MIAC and championships record time of 55.33. "There's no doubt people will be gunning for John, but just because he finished second last year, and Westby's gone — that doesn't mean they are just going to hand (Fox) the championship crown.

"He certainly has it in him to have another great year — we'll just have to see how things pan out."

Lindquist was also quick to point out that the 2009-2010 conference championships won't just be the John Fox Show, there are plenty of returners who are coming off stellar seasons — and are eager to join Fox on center stage.

"We've got virtually our entire team back, both on the men's and the women's sides," said Lindquist, who graduated to members of the SMU men's team, while returning the entire women's squad. "Everyone's excited to get the season going — to start making that climb (up the conference ladder)."

Tim Tysk (St. Paul, Minn.) is back after a stellar freshman campaign in which he shattered the team's nine-year-old 100 butterfly record, as well as the four-year-old 100 freestyle mark, while Tom Walsh (Prior Lake, Minn.) and Aaron Hayes (Winona, Minn.) are looking to make their senior seasons their best yet.



St. Olaf

Coach: Dave Hauck (36th season) and Bob Hauck (21st season)

2008-09 Championship Finish: 1st (851 points)

St. Olaf Championship Preview

The St. Olaf men's swimming and diving team, the reigning league champions, will look for its 26th conference title at this week's MIAC Championships.

The Oles will look to Chris Bateman to lead the way. As of February 9, he held the MIAC's top time in eight individual events - 100 and 200 breast; 100 and 200 IM; 200, 500 and 1000 free and the 200 back.

Bateman also had the league's fourth-best 100 back time and will pace many of the team's relays.

Nate Bentley, who was an All-America honoree last year, has four top six times (200 free, 1,650 free, 200 breast, 200 IM) has battled injuries and may be unable to compete this weekend.

Chase Liaboe had three top-seven times, including a MIAC-best 200 fly time. Brock Edwards has the second-best times in the 100 and 200 free's and should contend in the 50 free as well.

The Oles will also look to fly-man Luke Money, backstrokers Kyle Biesecker and Luke Murrell, Jacob Rienhart and Eric Carlson -- all of whom have top six times in the league.

Ian Straehley will lead the divers. Straehley, who was the co-diver of the meet last season with teammate Ryan Trostrud, has the top 6-dive score off the 1-meter board and the second spot on the 3-meter board this winter. Trostrud has the MIAC's fourth best score off the 1-meter and the seventh-best off the 3-meter.



St. Thomas

Coach: Tom Hodgson (31st season)

2008-09 Championship Finish: 3rd (487 points)

St. Thomas Championship Preview

Tom Hodgson's 31st season as Tommie men's swimming and diving coach has been historic. St. Thomas, which has finished sixth, fourth, and third in the last three MIAC Championship meets, comes into this week's competition with its best chance at a top-two finish in nearly 20 years.

St. Thomas' last MIAC men's swimming title came in 1954, and its last conference runner-up finish came in 1993. The Tommies had a breakthrough last winter when they placed third with 487 points behind the Oles (851) and Gusties (738). This season they've closed the gap on the perennial powers, who have combined to win the last 30 MIAC Championships, and hope to be in the title chase on Saturday night.

Led by senior All-American Peter Mullee and the program's deepest freshman class in decades, St. Thomas has the MIAC's top season times in three individual events and four of five relays.

Tommie relays are seeded first in the 200 free (1:25.46) and 400 free (3:10.64) with Michael Hoelterhoff, Sam Rauchwarter, Erik Huls and Mullee; and are seeded first in the 200 medley (1:35.89) and 400 medley (3:30.36), both with Mullee, Grant Frost, Huls and Rauchwarter.

UST's 800 free relay is seeded second in 7:07.35 with Hoelterhoff, Ethan Nimens, Mullee and Rauchwarter.

Mullee is seeded first in the 50 free (21.03), 100 free (45.44) and 100 back (50.81); is ranked second in the 200 back (1:53.29); fourth in the 100 fly (52.63; and sixth in the 200 IM (2:00.11).

Huls is seeded second in the 50 free (21.80), second in the 100 fly (51.94), ninth in the 100 free (48.44) and ninth in the 200 fly (2:04.14).

Hoelterhoff, a freshman, is seeded third in the 50 free (21.86), third in the 100 free (48.00) and seventh in the 100 back (54.63).

Rauchwarter, a freshman, is fourth in the 200 free (1:44.70), fifth in the 500 free (4:52.51) and eighth in the 100 free (48.41).

Ben Ruhme, another freshman, is seeded third in the 200 fly (2:00.63), seventh in the 200 back (2:00.84) and eighth in the 100 fly (54.26).

Frost is seeded third in the 100 breaststroke (1:01.32) and fourth in the 200 breaststroke (2:13.54).

In diving, freshman Ryan Panure is ranked third in one-meter (250.90 points) and fifth in the three-meter (236.90), and Jeff Isaacson is eighth on one-meter (209.20) and sixth on three-meter (233.30).

Nimens, a freshman, is seeded fourth in the 200 IM (1:59.53) and sixth in the 200 back.