

2013 MIAC Men's Swimming and Diving Championship Preview

Posted: Feb 12, 2013

MINNEAPOLIS - The top swimmers and divers in the Minnesota Intercollegiate Athletic Conference (MIAC) are set to dive back in the water and step back into the spotlight this week at one of the conference's annual highlights - the 2013 MIAC Swimming and Diving Championships. The popular three-day event - held once again at the University of Minnesota Aquatic Center in Minneapolis - will take place Thursday, Friday and Saturday, Feb. 14-16.

Fans will be treated to an action-packed three days with six total sessions, including both a morning and an evening session each day. The morning sessions - each starting at 10:30 a.m. - will feature preliminary races and diving. The evening sessions will follow each day at 6:30 p.m. with event finals, diving and medal stand ceremonies. Doors will open at 9 a.m. for each morning session and at 5:30 p.m. Thursday and Friday. The doors for Saturday's final session will open at 3 p.m.



This year's event will have its work cut out for it if it hopes to match the drama of the 2012 MIAC Men's Championships. The team title wasn't decided until the final race, when St. Thomas claimed victory in the final relay race to edge St. Olaf for the title by a mere three points. Tom Hodgson's Tommie team finished with a total of 765 to the Oles' score of 762, and the excitement surrounding the final event and the final scoreboard update were as palpable as the pool's humidity. Fittingly, Hodgson and St. Olaf's Dave and Bob Hauck shared MIAC Men's Swimming Coach-of-the-Year honors.

Gustavus scored 570 points to finish third a year ago, with Saint John's (456) edging Carleton (426) by 30 points as both teams rounded out the top five spots in the standings. Saint Mary's scored 141 to finish sixth, Macalester came in seventh at 109 and Hamline finished eighth with 74 points a year ago.

This season, expect another close battle at the top with St. Thomas and St. Olaf again eyeing the conference championship. Though it may not be decided by a few points in the final event of the meet, the race for the 2013 should be just as entertaining and could feature and even deeper pool of contenders. Both Saint John's and Carleton appear to be narrowing the gap between themselves and the top of the standings, and Gustavus will always be in the mix as well. It could be an entertaining five-team fight to the finish, while Saint Mary's, Macalester and Hamline also look for improved scores and times with promising performers on each squad's championship roster.

The Tommies bring back a slew of stars, most of whom are still underclassmen. Junior diver **Nick Johnson** was the one-meter champion a year ago, and enters as the top seed on both the one- and three-meter boards in 2013. Junior **Justin Mullee** also has a title to defend in the 200-yard backstroke, and senior **Sam Rauchwarter** anchored UST's winning 400-yard freestyle relay team and returns as a three-time national qualifier. Junior swimmer **Ben Henrickson** is also back, and freshman **Michael Lanz** is seeded in the top four in three different events.

St. Olaf also has a loaded roster back in 2013, starting with super sophomore **Michael Gratz**, who won three individual titles in his MIAC debut a year ago, and is seeded first in four events this season. Junior **Colby Kubat** has the top time in all of Division III in the 100-yard breaststroke, as well as the MIAC's top time in the 200-breast. Junior **Specner Scarth**, sophomore **Tanner Roe** and freshman **Billy Brebrick** all hold the MIAC's top time in multiple events.

Gustavus will be led by star sophomore Zac Solis, who earned All-MIAC honors a year ago, and fellow Gustie sophomore **Kurt Youngdahl** holds three top-10 times heading into the conference championships. Saint John's graduated MIAC Swimmer-of-the-Year **Josh Seaburg**, but returns a talented youthful core of sophomores **Logan Arnold** - the 2012 100-yard backstroke champ - and **Joe Duxbury**, as well as freshmen **Preston Marsh** and **Braden McCormack**. Carleton star **Erik Klontz** could be in contention for Swimmer-of-the-Year honors, as the 2012 50-yard freestyle champ and Division III All-American has already qualified for nationals in both the 50 and the 100. The Knights also will rely on All-MIAC veterans **Mamrou Kanazawa** and **Benitio Ramirez** at this year's event.

Saint Mary's will be led by senior **Mark Ross**, who holds seven Cardinal school records, and diver **Brian Barker** - who finished sixth on both boards in 2012 - as well as freshman **P.J. Heller**, who has the team's top times in the 50- and 200-freestyle. Macalester will look to a trio of talented first-year swimmers, **Ben Kromash** (distance), **Alex Rack** (backstroke) and **Walter Benson** (freestyle/backstroke) to make an impact in their first MIAC appearance. Hamline also has high hopes for some promising underclassmen, including freshmen **Tyler Stanchfield** (distance) and **Parker Johnson** (freestyle/backstroke) and sophomore **Glenn Dworsky** (freestyle/backstroke).

Concordia College, St. Catherine University and Saint Mary's University are serving as this year's host institutions. Tickets are available at either a single-session rate, or all-session passes will also be available for purchase for fans who plan to attend the entire event. Single session admission is \$8 for adults and \$4 for students, while the all-session passes cost \$40 for adults and \$20 for students.

For the second consecutive year, the price of admission includes a heat sheet at each session, and for the first time, the MIAC will offer heat sheets for each session online to assist fans using mobile devices, or viewing the online broadcast. MIAC sport passes will be accepted for admittance. No other passes or discounts will be honored. Due to construction at the U of M, the only working entrance to the facility will be on the University Ave. side.

As in years past, all six sessions will be broadcast live online thanks to [Webcast America](#). Fans will also be able to watch [archived video of each session](#) following the event and purchase DVDs of the broadcasts via Webcast America's site. There will also be "live" results available online with results updated shortly after the conclusion of each event for fans following the action from afar.

The MIAC has an exclusive Web site for the 2013 MIAC Swimming & Diving Championships. The site features the complete event schedule, psych sheet, ticket information, venue information and a map, as well as links to the live broadcast and stats. The site will be constantly updated throughout the event with results, recaps, photos and more.

The preview also includes a video preview of the event, information and links for coverage of the 2013 MIAC Swimming and Diving Championships, helpful MIAC men's swimming and diving links and team-by-team previews for all 11 teams.

2013 MIAC Swimming and Diving Championships Preview Video

2013 MIAC Swimming and Diving Championship Coverage

The MIAC Web site will be the first place for results and recaps from the 2013 MIAC Swimming and Diving Championships. There will be live online video and audio broadcasts of all six sessions on the MIAC Web site thanks to [Webcast America](#), and all sessions will be available for on-demand viewing and DVD purchase from Webcast America's Web site as well. There will also be live results for all six sessions on the MIAC web site, and fans can also download the Meet Mobile app to access live stats on their smart phone.

Stay tuned to the 2013 MIAC Swimming and Diving Championship Home Page, as well as the MIAC's social media networks on [Facebook](#), [Twitter](#) and [YouTube](#) throughout the weekend to stay connected to all the action at the U of M. The MIAC has created a [Facebook event](#) for the championships, and fans are encouraged to join the event and post comments and photos throughout the weekend. The official Twitter hashtag will be **#MIACSD**.

Last week's MIAC Media efforts also previewed the big event, with Carleton Head Coach **Andy Clark** joining the MIAC Media Weekly Podcast, and St. Thomas Head Coach **Tom Hodgson** discussing the event on the [MIAC Media Video Spotlight](#). All the MIAC's multimedia promotions of the 2013 MIAC Swimming and Diving Championships can be viewed in one convenient spot.

| [2013 MIAC Swimming and Diving Championships Page](#) | [Event Schedule](#) | [Tickets](#) |



CARLETON | [Knights' men's swimming and diving home page](#) |

Head coach

- Andy Clark (20th season)

A Year Ago

- 5th place | 426 points

In the 2012 NCAA Championships

- 2012 NCAA Men's Swimming and Diving Championships – Team score: 18 points (35th of 52 teams scoring at the meet). Erik Klontz finished 8th in the 50-yard freestyle (All American) and 10th in the 100-yard freestyle (All American honorable mention)

Top Performers

- Erik Klontz (Sr., All-America and MIAC Champion in 50 free; All-America Honorable Mention and All-MIAC in 100 free; All-MIAC in 200 medley relay and 400 free relay)
- Mamoru Kanazawa (Sr., All-MIAC in 200 free, 200 medley relay, and 400 free relay; All-MIAC in six events in 2011)
- Benito Ramirez (Jr., All-MIAC 200 fly, 200 medley relay, and 400 free relay; All-MIAC in three events in 2011)
- Andy Hardt (Sr., Placed 10th in the 200-yard butterfly at the 2012 MIAC Championships)
- Evan Harris (So., Placed 15th in the 200-yard butterfly at the 2012 MIAC Championships)

By the Numbers

- 20:10: Senior Erik Klontz is unbeaten in the MIAC this season in the 50-yard freestyle. Earlier this season, Klontz set a school record in this event, with a time of 20:10, which ranks No. 2 in Division III this year.
- 45:86: Klontz also holds the second-best time in the MIAC in the 100-free this season, with a time of 45:86

- 5: In five of the last eight seasons, the Knights have finished in the top four at the MIAC Championships

Did You Know?

• Senior Erik Klontz recently qualified twice for nationals, in both the 50-yard and 100-yard freestyle. Klontz raced in both of these events in the 2012 NCAA Swimming and Diving Championships, finishing 10th in the 100-yard freestyle and eighth in the 50-yard freestyle. He became the first Carleton men's swimmer to earn All-American distinction in the 50-yard freestyle and the ninth to earn All-American status.

Out of the Pool

• Each year the Knights host the "Hour of Power" Relay in honor of Carleton College swimmer Ted Mullin, who passed away in the fall of 2006 from sarcoma, a rare soft-tissue cancer. Funds raised through this event support research at the University of Chicago into the causes and treatment of sarcoma in young people. In its first six years, the Honor of Power has raised over \$330,000.



GUSTAVUS | [Gusties' men's swimming and diving home page](#) |

Head coach

- Jon Carlson (23rd Season)

A Year Ago

- Third Place | 570 Points

Top Performers

- Zac Solis (So., Centennial, Colo., Freestyle/Backstroke) | 2012 All-Conference performer with 3rd place finish in 200 backstroke...Ranks top 10 in five different events heading into MIAC Championships - 3rd in 200 back (1:57.76), 5th in 500 free (4:51.18), 9th in 200 free (1:46.75), and 10th in both 200 (2:01.59) and 400 IM (4:27.19).
- Kurt Youngdahl (So., Wayzata, Minn., Freestyle/IM) | A member of the second place 200-free relay team in 2012...Ranks 6th in MIAC in 200 IM (2:00.06), 7th in 400 IM (4:24.78), and 10th in 50 free (21.89).
- Bennett Woltjer (Fy., Willmar, Minn., Diver) | Ranks 2nd in one-meter six dives (285.25), 3rd in three-meter six dives (252.05), and 8th in one-meter 11 dives (126.30).
- Jacob Stern (Fr., Rosemount, Minn., Breaststroke) | Ranks 7th in both 100 (1:01.04) and 200 breaststroke (2:14.77).

By the Numbers

- 4: The number of consecutive seasons that the Gustavus men's swimming and diving team has placed inside the top ten at the MIAC Championships.
- 8: The number of individual top three finishes that Zac Solis recorded over the month of January. Solis won five races, placed second in another two, and had one third place mark, taking home Gustavus Athlete-of-the-Month honors.

Did You Know?

• As a display of support for sophomore teammate Grace Goblirsch (River Falls, Wis.) who was diagnosed with leukemia in December, head coach Jon Carlson, assistant coach Luke Weyandt, and six male swimmers shaved their heads in front of the entire team on the pool deck of the Lund Center Natatorium. The team is also wear "Race For Grace" wristbands at the MIAC Championships, and has been selling t-shirts as a fundraiser for their teammate.

Out of the Pool

• The Gustavus Adolphus men's and women's swimming teams will host the Area 6, 8, and 9 Special Olympics swimming competition on Sunday, Feb. 10. The Gusties will invite Special Olympics athletes to the Lund Center Natatorium for what is one of the largest swim meets in the region. Last year, over 400 athletes came together at Gustavus for the swim meet, individual basketball skills challenge, basketball tournament, and power lifting competitions..



HAMLIN | [Pipers' men's swimming and diving home page](#) |

Head coach

- Frank Vaccaro (Fifth season)

A Year Ago

- 8th place | 74 points

Top Performers

- Tyler Stanchfield, Fy., 1650 Free
- Glenn Dworsky, So., 50 Free, 100 Backstroke (57.96)
- Parker Johnson, Fy., 50 free, 100 Backstroke
- Ben Smidt, So., IM, Fly
- Chris Sova, Fy., 3 meter Diving

By the Numbers

- 5: number of first year swimmers on this year's team.
- 6: HU men's swimmers who will compete in three events each
- 12: numbers of men's swimmers on the roster, the largest contingent in Frank Vaccaro's five years at HU.

Did You Know?

- Although they did not compete in a meet until mid-January, Glenn Dworsky and Matthew Buck each qualified for three events at the MIAC meet

Out of the Pool

- Along with their female teammates, the men's team served as part of the official clean up for the annual Twin Cities Marathon held in early in October.



MACALESTER | [Scots' men's swimming and diving home page](#) |

Head coach

- Beth Whittle (Third season)

A Year Ago

- 7th place | 109 place

Top Performers

- Ben Kromash (Fy., Distance Freestyle | on MIAC honor roll in 1650 free)
- Alex Rack (Fy., Backstroke)
- Walter Benson (Fy., Freestyle / Backstroke)
- Ted Metz (Sr., Breaststroke)
- Jackson Gilkey (Sr., Butterfly)

By the Numbers

- #3: Three current Scots made last year's MIAC All-Academic team: Clark Jacobson, Domi Lauko and Nathan Schachtman.
- #13: Macalester's men have earned CSCAA All-Academic team status in 13 consecutive semesters. The team registered the nation's top Division III GPA during the Spring '09 semester.

Did You Know?

- Nine states and one foreign country are represented on Macalester's geographically-diverse 13-member men's swimming & diving roster.

Out of the Pool

- Macalester earned College Swimming Coaches Association of America (CSCAA) academic honors. The Scots were named as a CSCAA Scholar All-America team after posting a 3.42 combined grade point average during the Spring '12 semester – the 12th best among all Division III men's teams.

SAINT JOHN'S | [Johnnie's men's swimming and diving home page](#) |

Head coach

- Bill Saxton (15th season)

A Year Ago

- 4th place | 456 points

In the 2012 NCAA Championships

- Josh Seaburg – 18th in 400-yard individual medley, 25th in 200-yard butterfly, 28th in 500-yard freestyle at 2012 NCAA Championships (no team score)

Top Performers

- Preston Marsh (Fr. | Marsh currently has a time in the top 10 of the MIAC in in seven different individual events)
- Logan Arnold (So. | Arnold earned three different MIAC honors as a freshman, including a first-place finish in the 100-yard backstroke. He has qualified for four events, including the eighth-best time in the MIAC in the 100-yard free).
- Braden McCormack (Fr. | McCormack posted the third-fastest time in the 100-yard backstroke with a time of 53.27.)
- Joe Duxbury (So. | The Johnnies currently hold the third-best time in four of five relays with the second-best time in the 200-medley.



Duxbury is on all four, including the 200-medley.

By the Numbers

- 5: According to the MIAC's top individual times this season (as of Jan. 31), freshman Preston Marsh (Petersburg, Alaska) is listed in the top five of five events: 50-yard free (second), 100-yard free (third), 100-yard breaststroke (second), 200-yard breaststroke (fifth) and the 200-yard individual medley (third).
- 14: SJU has 14 top-10 times by five different freshmen; Marsh leads with seven, while Jack Getty and Ben Studer combined for five. McCormack and Nolan Bauer gives the Johnnies the other two.
- 3: The Johnnies need to replace the 2012 MIAC Swimmer of the Year, Josh Seaburg, and his three individual titles from last year. Last season, he became the first Johnnie to win three conference titles at the same MIAC Championships since 1999.

Did You Know?

- Of the 39 previous appearances at the MIAC Championships (since 1974), SJU has finished in the top three 33 times, including 16 seasons in second place. The Johnnies, however, have never won the conference title.
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SAINT MARY'S | [Cardinals' men's swimming and diving home page](#) |

Head coach

- Eric Lindquist (14th season)

A Year Ago

- 6th place | 141 points

Top Performers

- Mark Ross (5-11, 150, Sr., IM/Backstroke | Reached 2012 MIAC finals in 200 backstroke and MIAC consolation finals in 100 backstroke; Owns 7 school records; Has team's top times in seven events this year — 100 and 500 freestyle, 100 and 200 backstroke, 100 breaststroke, and 200 and 400 IM)
- P.J. Heller (6-6, 200, Fr., Freestyle | Heads into first MIAC Championships owning the team's top times in both the 50 and 200 freestyle)
- Brian Baker (6-1, 155, Jr., Diving | Finished sixth in both diving events at 2012 MIAC Championships, owned team's top scores in all four diving events in 2011-12)

By The Numbers

- 2: The 2013 MIAC Championships will be the final collegiate event for SMU seniors Mark Ross (Dubuque, Iowa) and Robbie Doyle (Hudson, Wis.)
- 6: Brian Baker (Wykoff, Minn.) placed sixth in both the 1-meter and 3-meter diving events at the 2012 MIAC Championships.
- 7: Mark Ross (Dubuque, Iowa) placed seventh in the 200 backstroke at the 2012 MIAC Championships, touching the wall in 1:57.54.

Did You Know?

- Mark Ross (Dubuque, Iowa) enters his senior season as the owner of seven school records — 100 and 200 backstroke, 200 IM and four relays.

Out Of The Pool

- The Cardinals were among 79 Division III schools to earn the CSCAA Spring Scholar All-America honor. The Cardinals compiled a 3.04 GPA and were one of five MIAC men's teams honored.
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ST. OLAF | [Oles' men's swimming and diving home page](#) |

Head coaches

- Dave Hauck (39th season), Bob Hauck (24th Season)

A Year Ago

- 2nd place | 762 points

In the 2012 NCAA Championships

- St. Olaf 32nd at NCAA's - team score: 21

Top Performers

- Michael Gratz (Soph. - Owns league's top times in 100 Free, 200 Free, 100 Back, 200 IM as well as top five times in the 50 Free, 500

Free)

- Colby Kubat (Jr. - Has top time in the country in 100 Breast, league's top in 200 Breast, second-best time in 200 IM)
- Tanner Roe (Soph. - Has MIAC's top times in 500 Free, 400 IM as well as top five times in 50 Free, 100 Free, 200 Free, 1650 Free)
- Spencer Scarth (Jr. - Has top time in MIAC in 1000 Free, 1650 Free, second-best times in 400 IM, 500 Free)
- Billy Brebrick (Fr. - Has league's top time in 100 Fly, 200 Fly and top five times in the 50 Free, 100 Free)

By the Numbers

- 28: St. Olaf has won 28 conference titles including 2007, 2009, 2011.
 - 13: Into the MIAC Championships, St. Olaf swimmers have top times in 13 of 14 events in the MIAC this winter.
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ST. THOMAS | [Tommies' men's swimming and diving home page](#) |

Head coach

- Tom Hodgson (34th season)

A Year Ago

- 1st place | 765 points

Top Performers

- Nick Johnson, JR, Diver (2012 MIAC champion, one-meter; seeded first on both boards in 2013)
- Ben Henrickson, JR, Sprints (2X MIAC runner-up at 50 free; seeded third in 2013)
- Michael Lanz, FR, Butterfly (Seeded second in 100 and 200 flies, fourth in 200 IM in 2013)
- Sam Rauchwarter, SR, Sprints (3X NCAA qualifier; anchored winning 400 free relay in 2012)
- Justin Mullee, JR, Backstroke (2012 MIAC 200 back champion; seeded second in 2013 in 200 back)

By the Numbers

- 1942: Last time UST men's team went unbeaten in regular-season duals or invitationals, a feat matched by the 2012-13 Toms • 4: Number of Mullee brothers to compete in UST swimming and diving, including current junior backstroker Justin • 6-4-3-1-2-1: Swim-Dive team placings at MIAC Championships for St. Thomas men over last six seasons

Did You Know?

- The Tommies' strong coaching staff includes first-year assistant Chris Bateman, an NCAA runner-up and 11-time All-America honoree from 2007-11 while competing at St. Olaf

Out of the Pool

- The Tommies donated more than 400 pounds of food to a nearby Merriam Park foodshelf – part of more than one ton donated over recent seasons -- after requesting a non-perishable food item as entry fee as UST Relays
-