

2020 MIAC Men's Swimming & Diving Championship Preview

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MINNEAPOLIS – The Minnesota Intercollegiate Athletic Conference (MIAC) is set to open its 2020 Swimming and Diving Championships on Wednesday night.

Eight men's teams from around the MIAC will compete in a four-day meet held Wednesday, February 12 through Saturday, February 15 at one of the nation's premier facilities, the University of Minnesota's Jean K. Freeman Aquatic Center in Minneapolis. Following the success of last season's four-day, seven-session format, conference membership voted to make the expansion permanent while shifting the days of competition to Wednesday-through-Saturday.

For the first time since the 2008-09 season, Gustavus Adolphus College will enter the conference meet as the reigning conference champs. The Gusties won their 23rd MIAC title in men's swimming and diving last season by a margin of 164 points. St. Olaf holds the conference record for total MIAC championships in men's swimming and diving with 30, followed by Gustavus' 22, Macalester's 17, St. Thomas' 15, and Hamline's seven.

The 2020 MIAC Swimming and Diving Championships will begin on Wednesday night with a preliminary round of the men's three-meter diving competition at 6:00 p.m. (doors open at 5:00 p.m.), followed by finals of that event, plus the men's and women's 200-yard medley and 800-yard freestyle relays. Finals will begin at 7:30 p.m. Morning prelim sessions will be held on Thursday, Friday, and Saturday, all beginning at 10:30 a.m. (doors open at 9:00 a.m.). The evening championship sessions on those days will all begin at 6:30 p.m. Doors will open on Thursday and Friday at 5:00 p.m., with doors opening for Saturday's finale at 2:30 p.m.

Tickets are available at a single-session rate, with all-session passes also available for fans who plan to attend the entire event. Single-session passes cost \$10 for adults and \$5 for students, and all-session passes will begin at \$60 for adults and \$25 for students on Wednesday night. Heat sheets are included in the cost of admission. Children ages 5 and under are admitted free, and MIAC passes will be honored for all sessions. No other passes or discounts will be accepted.

All sessions will be broadcast live on the [MIAC's Stretch Live channel](#) for the first time ever, which will allow fans to watch online or on Roku, Apple TV, Android TV, or Amazon Fire TV. "Live" results will be available [online](#) throughout the meet, with official finishes posted to the MIAC website shortly after each session.

FOLLOW THE ACTION

The [MIAC Swimming and Diving Championship homepage](#) features the complete [event schedule](#), [qualifying standards](#), [psych sheet](#), [venue information](#), and ticket pricing. The site will be updated throughout the event with heat sheets, results, recaps, and photos. Fans can also monitor MIAC men's and women's swimming and diving on-the-go via the [MIAC Front Row app](#), which is a free download for both Apple and Android devices.

| [Championship Schedule](#) | [Qualifying Standards](#) | [Psych Sheet](#) | [MIAC Leaderboard](#) |

HANDING OUT THE HARDWARE

A short awards ceremony will follow each event during the four evening sessions. The top three finishers in each event, including relays, will be named to the All-Conference Team, while individual finishers #4-6 and relay finisher #4 will receive honorable mention distinction.

On the final day of the championship, MIAC head coaches will also select the Male and Female Swimmers and Divers of the Year, representatives for the All-Sportsmanship Team, and the MIAC Coach of the Year honorees for both Men's and Women's Swimming and Diving.

Individual award recipients will be recognized at the conclusion of the final session on Saturday evening. MIAC championship plaques will then be presented to the first-place women's and men's teams.

IN THE POLLS

Gustavus is currently ranked No. 16 in the nation in the latest [TYR/CSCAA Top 25 Poll](#). The Pre-NCAA Poll will be released at the end of the month.

DEFENDING THE CROWN

The champions of 11 individual events and one relay competition will be back to defend their titles in 2020.



Gustavus junior **Matt Allison** is the defending champion in the 50-yard (00:20.53) and 100-yard (00:45.00) freestyles. Fellow Gustie juniors **Nolan Larson** and **Josh Muntifer** are reigning champions as well, with Larson having won the 200-yard freestyle (01:39.29) and 200-yard IM (01:51.53), while Muntifer won the 400-yard IM (04:03.29) last winter. Those three also teamed with **Dutch Franko-Dynes** to win last year's 800-yard freestyle relay (06:45.82). Gustavus senior **Logan Bican** won the 2018 MIAC title in the 1-meter dive with a score of 461.95.

St. Olaf sophomore **Sjon Greseth** won the 500-yard freestyle (04:37.71) in his MIAC debut last season. Ole senior **John Loepfe** is the defending champ in both the 100-yard backstroke (00:49.75) and 100-yard fly (00:49.48).

St. Thomas junior **Nate Stone** took home the 200-yard butterfly (01:52.94) title last February, while teammate **Adam Boerner** earned the crown in the 1650-yard freestyle (16:10.93).

NATIONAL NOTABLES

Gustavus diver **Logan Bican** ranks second in Division III with a 1-meter six-dive score of 519.55 and fifth in the nation with a 3-meter six-dive score of 485.50. Gustie teammate **Joshua Theis** is seventh off the 1-meter board at 465.70 and 10th off the 3-meter board at 449.75.

Saint John's diver **Jack Grabinski** is fifth in Division III off the 1-meter diving board with a six-dive score of 481.10 and ranks eighth off the 3-meter board at 474.40.

AROUND THE MIAC

Carleton junior **Jack Heinzel** broke the second-oldest swimming record in team history en route to All-MIAC recognition in the 100-yard breaststroke at the 2019 MIAC Championships. Heinzel reached the wall during the morning prelims at 55.99, good for an NCAA 'B' cut time and besting the program standard held since 1996 by Max Harper. Heinzel posted a time of 56.23 during the finals to finish third overall.

Gustavus junior **Nolan Larson** has been in midseason form since November when he recorded four first-place finishes to help the Gusties win the four-team Pointer Invitational. Larson clocked in at 1:54.94 to win the 200-yard butterfly, touched the wall in 51.23 to win the 100-yard butterfly, finished in 1:57.68 to win the 200-yard individual medley, and was part of the first-place 400-yard freestyle relay team that finished in 3:12.16. The 100 fly, 200 IM, and 400 free relay were the last three events of the meet, with Larson victoriously swimming each one in consecutive order without a break.

Hamline junior **Andrew Hobar** made program history at his first MIAC Championship meet in 2018 when he set a new Piper record in the 100-yard breaststroke. Hobar touched the wall in 00:59.55 during prelims to become just the second Hamline swimmer ever to finish the event in less than a minute.

Macalester junior **Kieran Cuddy** started off the year by setting a new school record in the 3-meter dive with a score of 319.75. Cuddy also holds the program mark off the 1-meter board, having scored a 304.20 in a triangular meet last January.

Saint John's junior **Mitchell Dockendorf** enters the 2020 MIAC Championships with the second-best time among conference competitors in two events this season, clocking in at 01:57.25 in the 200-yard individual medley and 00:58.54 in the 100-yard breaststroke. He leads the MIAC from the 100-yard distance in the individual medley after recording a 00:52.90 time last December.

Saint Mary's junior **Griffin Rades** broke four program records in his MIAC Championship debut two years ago. Rades has three of the ten fastest 200-yard individual medley time in school history and the two fastest 400 IM times ever by a Cardinal.

St. Olaf senior **John Loepfe** has won five of the last six MIAC championships in the 100- and 200-yard backstrokes. Loepfe is a three-time defending conference champion at the 100-yard distance and won back-to-back 200-yard titles in 2017 and 2018. He has the MIAC's best time in both events this season with a 00:50.22 in the 100 and a 01:53.00 in the 200, and also leads the conference in the 100-yard butterfly with a time of 00:50.31.

St. Thomas sophomore **Logan Shafer** leads the MIAC in a pair of events this season, boasting the top times in the 200-yard breaststroke and 400-yard individual medley. Both of those times came at the St. Cloud/Rochester Invitational back in December when he clocked in at 02:07.50 in the 200 breaststroke and 04:11.65 in the 400 IM.

FOR THE RECORD

The MIAC is in the process of overhauling its sport record books to provide a better historical perspective of the Conference and the accomplishments of its student-athletes over the last century. The 2020 MIAC Men's Swimming & Diving Record Book contains annual Conference championship information, all-time award winners, MIAC and program record-holders, and more. The information included in the record book is based on available data and research for additional historical documents is ongoing.

CELEBRATING A CENTURY

The MIAC is celebrating its 100-year anniversary throughout the 2019-20 season. The conference's Centennial celebration will highlight the many outstanding moments, memories, and individuals who helped build the MIAC over the last century. Initiatives will include student-athlete, coach, and administrator spotlights, historical photos showcasing the evolution of MIAC sports and teams through the years, recognition of former MIAC student-athletes who continued their time in the conference as coaches and administrators, and more. The official #MIAC100 webpage is housed at <https://www.miacathletics.com/miac100>.