

2002-03 MIAC Women's Swimming & Diving Athletes of the Week

February 4, 2003

St. Olaf College sophomore **Jenna Kubat** (Des Moines, Iowa) won the 200 free in 2:01.73 and also went 2:17.57 in the 200 fly to finish second in St. Olaf's win over St. Thomas.

January 28, 2003

Carleton College junior **Marie Marsman** (Mountain View, Calif.) won all 3 sprint events at the UW-Stevens Point Invite this past weekend (1/24-25). Marsman posted a season best and lowered her "A" standard in the 100 free, posting a 51.71 and achieved a season best in the 200 free, also an "A" time standard in the 200 free, posting a 1:54.08. She went on to anchor the 400 Free Relay with a 50.85 split, out touching the UW Lacrosse for first place and helping her team to a 2nd place finish overall among 11 teams.

January 21, 2003

Carleton College first-year **Elise Knoche** (Madison, Wisc.) set a new pool record and the top time in the MIAC for the 500 Free (5:14.68) at the Macalester dual on Friday, Jan. 17. On Saturday, Jan. 18, against Gustavus, Knoche won both the 200 Free (1:59.03) and 500 free.

January 14, 2003

Carleton College junior **Marie Marsman** (Mountainview, Calif.) won three individual events at the CSB/SJU Invitational Meet on January 11. Enroute to winning the 100 Fly and 200 Free, Marsman achieved an NCAA "B" times of 59.86 and 1:55.32, respectively. In the 100 Free, Marie's winning time of 52.16 earned her an NCAA "A" qualifying berth. Marsman was also a member of the 200 Medley and 400 Free Relays, both relays earned top honors at the Invitational finishing times were 1:54.67 and 3:40.17, respectively.

December 9, 2002 = Co-Athletes of the Week

Macalester College junior **Liz Fitzgerald** (Plymouth, Mich.), at the Lawrence Invitational, won both 1-meter and 3-meter diving competitions. Her 1-meter score of 359.10 points was a meet record and her 3-meter score of 414.65 points was a school record and national qualifying score.

Concordia-Moorhead College senior **Andrea Ross** (Pleasanton, Cali.) hit both of her heels on the board during diving warm-up at the Saint Mary's Invitational. Due to treatment of the injury, she was not able to warm-up on the 3-meter board. Ross overcame her injury and won both 1-meter (219.35 points) and 3-meter (233.20 points) diving competitions. Her score in 3-meter diving is close to the national qualifying score.

November 26 2002

Carleton College first-year **Jenny Grover** (Boise, ID) was the top MIAC swimmer in 2 events at the Univ. of Minnesota Invitational this past weekend. Grover established a new team record and achieved an NCAA B standard in the 200 yard backstroke. Her time of 5:20. 50 in the 500 freestyle was another top time for female swimmers who represented the MIAC schools at the meet. In addition, her lead-off backstroke split in the 400 MR (1:01.23) was also the fastest posted for the event by MIAC swimmers at the meet.

November 19, 2002

Gustavus Adolphus College sophomore **Beth DeLaRosby** (Two Harbors, Minn.) had two individual first-place finishes against UW-Steven's Point on Saturday in the 50 freestyle (24.94) and the 100 freestyle (55.91) as well as being the anchor of the winning 400 freestyle relay team (3:43.26).

November 12, 2002

St. Olaf college sophomore **Katie Detwiler** (Fort Atkinson, Wis.) won 3 events to help the Oles to a 149-96 point team victory over the visiting Gustavus squad on Firday Nov. 8. Her times in the following events were all season best: 1000 freestyle in 11:11.27, 200IM in 2:16.93, 200 Butterfly in 2:17.78.

November 5, 2002

Macalester College first-year swimmer **Heather Lendway** (St. Paul, Minn./Cretin-Derham Hall HS) won all four individual events she was entered in last weekend as well as participating on 2 winning relays. Against St. Catherine's on Friday she won the 200-meter Individual Medley in 2:37.77 and the 400-meter free in 4:52.40. Lendway also swam the lead-off leg on the winning 200 free relay team splitting a 29.4. The next day against Concordia she picked up where she left off swimming the backstroke leg of the winning 200 medley relay team with a 34.9 split. Lendway then won the 200 freestyle in 2:22.19 and the 100 free in 1:04.39.