

2003-04 MIAC Women's Swimming & Diving Athletes of the Week

February 2, 2004

St. Olaf College first-year **Kelly Dolan** (Lincoln, Neb.) led the Oles to victory against Carleton this past weekend winning both the 200 and 500 freestyles with times of 1:57.78 and 5:14.37. Both times were season best and conference best swims. Dolan added a second place finish in the 200 IM with a time of 2:18.05 for a 1-2 Ole finish in the event.

January 26, 2004

St. Olaf College junior **Katie Detwiler** (Fort Atkinson, Wis.) posted a national qualifying time in the 400 IM and won the 200 IM at the UW-Steven's Point Invitational this past weekend. Detwiler's 400 IM time of 4:43.87 is a conference leading time and is under the national 'B' time standard. She went on to win the 200 IM with a time of 2:14.91, which is also the top time in the conference.

January 19, 2004

St. Olaf College sophomore **Carly Knoell** (Lincoln, Neb.) was a double winner Friday night for the Oles in their dual meet against Iowa State University. Knoell posted season best and national qualifying times in both the 100 and 200 backstrokes with finishes of 1:00.25 and 2:09.82, respectively.

January 12, 2004

Gustavus Adolphus College junior **Eva Miller** (Sartell, Minn.) had an impressive weekend at the CSB/SJU Invitational winning both the 100 (1:08.05) and 200 (2:32.40) breaststroke events. Miller's time in the 100 was a NCAA "B" qualifying standard. Miller also was a member of the winning 200 Medley and 200 Freestyle Relays.

December 15, 2003

Hamline University junior **Adrianne Walls** (Bradenton, Fla.) won her two individual events in Hamline's dual with UW-River Falls. Walls won the 1000-yard freestyle with a time of 11:26.51 - nearly a minute in front of her nearest competitor. She also took the 500-yard freestyle, touching the wall in 5:35.71.

December 8, 2003

Hamline University senior **Alaina Eckhoff** (Wilmar, Minn.) won three individual events at the Saint Mary's Invitational. Eckhoff won the 50 Free (25.86), 100 Free (56.23) and the 200 Free (2:04.07) as well as anchored the second place 200 Free Relay.

November 24, 2003

Macalester College sophomore **Heather Lendway** (St. Paul, Minn. / Cretin) led the Scots to victory at the Macalester Invitational with an impressive swim in the 800 meter freestyle posting a time of 9:23.57. Lendway broke the meet record by 20 seconds and finished 23 seconds ahead of her nearest competitor. She also swam the anchor leg of the winning 400 freestyle relay as well as posting career bests in the 100 and 200 meter breaststrokes, placing second in both.

November 17, 2003

St. Olaf College junior **Katy Brentz** (Arden Hills, Minn.) won two events and finished second in another in leading the Oles to an impressive performance at the Northfield Invitational Quad Classic this past Saturday. Brentz, who is back after one year off, swam season best times in winning the 50 and 100 Freestyles with times of 24.81 and 54.44 respectively. She also finished second in the 200 Freestyle with a time of 2:01.51.

November 10, 2003

Macalester College senior **Liz Fitzgerald** (Plymouth, Mich.) celebrated her birthday by helping the Scots improve to 2-0 on the young season with a victory over UW-River Falls. Fitzgerald started things off by setting a new school record in one-meter diving with a score of 246.45. The score also bested the national qualifying standard. Fitzgerald came back to win the three meter event with a school and pool record score of 259.15. This score also met the nationals qualifying standard.

November 3, 2003

Macalester College first-year swimmer **Kristin Meadows** (London, England) has been named the MIAC Swimming and Diving Athlete of the Week. Meadows broke the Scots record in the 100 meter Butterfly and achieved a lifetime best in the 800 meter freestyle, all in her first college swim meet. The next day, Meadows led off the Animal Relay in a time that places her in the Macalester All-Time Top 10.