

# 2004-05 MIAC Women's Swimming & Diving Athletes of the the Week

## February 7, 2005

St. Olaf College senior **Collin Cunningham** (University Place, Wash.) was a double winner in both diving events this weekend in St. Olaf's dual meet against Carleton. Collin won the 1-Meter with a score of 252.52 and 3-Meter with a score of 294.60.

## January 31, 2005

Concordia College junior **Anne Cullen** (Moorhead, Minn.) achieved her second provisional national qualifying score this season in 1-meter diving with a 10-dive score of 375.90.

## January 24, 2005

University of St. Thomas sophomore **Ann Hepola** (Hutchinson, Minn.) won the 200 Free (2:04.62), 500 Free, and was 2nd in 100 Breast against Concordia. At the CSC Invite, she won the 1650 (19:32.08), was 2nd in the 200 Free and 500 (5:29.25--8th on UST's All-Time List) and had a 58.9 leg on the 2nd place 400 Free Relay.

## January 17, 2005

Hamline University first-year **Aly Janzen** (Lino Lakes, Minn.) had a strong weekend winning both of her individual events against St. Thomas and Augsburg on Friday and her events on Saturday against Concordia and Univ. of Minn.-Morris. On Friday, Janzen swam season bests in both the 200 Free (2:04.17) and 100 Free (58.17) and anchored her team's 400 Free Relay. On Saturday, she set a pool record and had a season best time in the 1650 Free with a time of 18:39.16. Janzen also swam the 500 Free (5:33.14) and anchored the 400 Free Relay.

## January 10, 2005

Macalester College sophomore **Alanna Mozena** (Dubuque, Iowa) had a great meet versus St.Olaf, narrowly missing the national qualifying score with a total of 178.05 on the 5 voluntaries and 183.80 on the 5 optionals for total of 361.85. Mozena's total is the best score in the MIAC this year.

## December 13, 2004

Augsburg College sophomore **Kasi Clauson** (Kansas, Okla./Cookson Hills HS) swam the 200 IM, 100 Fly and butterfly on the 200 med relay in a dual meet against UW-River Falls. In the 200 medley relay Clauson finished second, 200 IM she was 2nd with a time of 2:24.67, and won the 100 fly with a time of 1:06.25. Clauson set school records in each of these events.

## December 6, 2004

College of St. Catherine sophomore **Kim Manke** (Lakeville, Minn.) won both the 1-meter and 3-meter diving events this weekend at the Saint Mary's Invitational. Manke received a score of 196.60 on 3-meter and a season best score of 202.05 on 1-meter. She helped the Wildcats secure a 5th place finish at the SMU Invite.

## November 22, 2004

Concordia College first-year **Cami Hendrickson** (Thief River Falls, Minn.) continues to dominate the sprints for the Cobbers winning both the 50 free (25.67) and the 100 free (56.62) against St. Benedict on Saturday. Her 50 time is a Concordia freshman and team record. She also anchored the 200 medley relay which took 1st place. Hendrickson's time in the 50 freestyle is a career best time and .39 seconds faster than last week.

## November 15, 2004

Macalester junior **Heather Lendway** (St. Paul, Minn.) had a great weekend leading the Scots to victory over conference rival St. Thomas on Friday and against River Falls on Saturday. Against the Tommies, Lendway won the 200-meter freestyle in a time of 2:12.74 and the 400-meter freestyle in a time of 4:44.24. She then helped the 400 meter free relay team to victory with a lead-off split of 1:03.35. Against UW-River Falls, Lendway won three individual events, the 1650-yard free in 18:13.27, the 200-yard breaststroke in a career best time of 2:37.69 and the 400 individual medley in 4:49.71. She also split 56.0 on the 400 free relay helping MAC set a pool record.

## November 8, 2004

Carleton College senior **Marie Marsman** (Mountain View, Calif.) was the top finisher in all of her individual events this past weekend. On Friday, November 5, Marsman won the 50 free with a time of 24.45 and NCAA B standard. She anchored both the 200MR and 200FR to victories as well. On Saturday, November 6, at the Northfield Classic Invite, Marsman set NCAA "A" qualifying times in the 50 free (23.45), 100 free (51.61) and 200 free (1:53.29). All times are the fastest to be posted thus far in the nation for Division III.

## November 1, 2004

College of Saint Benedict sophomore **Sara Skrbec** (Grand Rapids, Minn.) led off the Blazer's 400 medley relay on Saturday with a 1:02.0 in the 100 backstroke. She also swam a time of 26.02 in the 4 X 50 freestyle relay.