

2005-06 MIAC Women's Swimming & Diving Athletes of the Week

February 20, 2006

Macalester College junior **Heather Lendway** (St. Paul, Minn.) was named Women's Swimmer of the Year at the 2006 MIAC Swimming and Diving Championships this past weekend after winning three events. Thursday, Lendway won her second consecutive MIAC title in the 500-yard freestyle with a time of 5:04.65 and gained a provisional qualifying time. She then captured the 400 IM title with a time of 4:38.94 on Friday. Lendway finished off the Championships by winning her third event and defended her MIAC crown in the 1650-yard freestyle with a provisional qualifying time of 17:32.24.

February 6, 2006

Carleton College senior **Molly Miller** (San Francisco, Calif.) won the 100 and 200 Breaststroke events and swam the breaststroke leg of the winning 200 Medley Relay in Carleton's final dual meet of the year with St. Olaf. Miller's time in the 200 Breaststroke is currently the top time in the MIAC.

January 30, 2006

College of St. Catherine sophomore **Erica Campbell** (Baxter, Minn.) continues to have a great January by achieving career and season best times. At a dual meet against St. Ben's on Tuesday she dropped 2 seconds off her season best time in the 200 Free to just miss first place with a time of 2:02.47. She then came back to win the 100 Fly in a time of 1:03.79 and also placed 2nd in the 200 IM with a time of 2:23.93. On Friday night in a dual against St. Mary's she just missed the pool record in the 100 Fly but still set a career best time of 1:02.64. She also won the 50 Free, which is an off event for her with a season best time of 26.96.

January 23, 2006

Macalester College sophomore **Kristin Mathson** (Verona, Wis.) won three events this past weekend in lifetime best untapered times to help lead the Scots to the St. Kate's Invitational Championship. Mathson won the 200 individual medley in 2:21.08 slicing 4 seconds off her previous best time of the season. She then came right back and won the 400 individual medley in 4:54.61 dropping 3 seconds off her best time of the season and finished off her day winning the 200 backstroke by 8 seconds posting a 2:16.34.

January 16, 2006

College of St. Catherine junior **Kim Manke** (Lakeville, Minn.) won both diving events this past weekend with career best scores. She also set a new team record in the 1-Meter Diving Event. Manke scored 240.50 in both the 3-Meter and 1-Meter competitions.

December 12, 2005

Hamline University sophomore **Aly Janzen** (Lino Lakes, MN) was a triple winner this past weekend. She won the 200 Free in a time of 2:05.28 and had a season best time in the 100 Free with a 58.36. Her third win of the meet came by helping her teammates win the 400 Free Relay.

December 5, 2005

St. Olaf College junior **Kelly Dolan** (Lincoln, Neb.) won the 500 freestyle in an NCAA "B" standard time of 5:07.88 at the Carthage College Invitational. Kelly also finished second in the 1650 freestyle with a season best 18:13.01. In the 400IM, Kelly swam a best time of 4:45.79 in finishing third. Kelly also helped lead the Oles to a second place finish in the 800 Freestyle Relay with a lead off split of 1:57.00.

November 21, 2005

Concordia College senior **Annie Cullen** (Moorhead, Minn.) achieved a national qualifying score of 248.55 and earned first place in one-meter diving at the Gustavus-Concordia dual meet on Saturday. She also won the three-meter diving event.

November 14, 2005

Carleton College freshman **Becky Alexander** (Tigard, Ore.) swam to three first place finishes in the 200 free, 100 free and 100 fly at the St. Kate's Quad. She also led off the 200 FR, which placed first at the meet. Alexander's times in the 200 & 100 free are the fastest times in the MIAC this year (1:58.46 & 54.28).

November 7, 2005

Macalester College junior **Heather Lendway** (St. Paul, Minn.) started off her season with great success while helping her team capture two dual meet wins. On Friday night against Hamline she won the 1000 Free and 500 Free and anchored the winning 400 Free Relay. On Saturday at Concordia she broke three pool records, including two in one swim. She split 11:03 in the 1000 on the way to a winning time of 18:17.50 in the 1650 Free. She also won the 500 in 5:24.35 and anchored the winning 400 Free Relay which set a new pool record of 3:55.23.