

2006-07 MIAC Women's Swimming & Diving Athletes of the Week

February 5, 2007

Gustavus Adolphus College senior **Lauren Wallerius** (Albertville, Minn./St. Micheal-Albertville) finished her last home dual meet in style on Saturday against UW-Stevens Point February 3. Wallerius posted a season-best score of 223.15 on the one-meter board and achieved an NCAA qualifying score in the 3-meter diving competition with a winning score of 261.90. The score is also a new school record for 6 dives on three meter.

January 29, 2007

Hamline University first-year **Renee Punyko** (Duluth, Minn.) produced season best and top ten conference times in the 200 IM (2:19.0), 200 Free (1:59.67) and 100 free (56.0, relay leadoff) at the Minnesota Challenge. She also swam to excellent times in the 100 and 200 back (1:04.10, 2:18.35) as well as contributing solid splits on 5 A relays.

January 22, 2007

Carleton College first-year **Kate Alexander** (Tigard, Ore.), swimming the 100 Breaststroke, 200 Breaststroke and 400 IM, won all three events and set two new pool records, a team record and achieved two NCAA B standards at the Carleton College Invite held on January 20th. In the 200 Breaststroke, Alexander won in a MIAC season best, pool record and NCAA B time of 2:26.89. In the 400 IM, she posted a new pool and team record as well as an NCAA B time of 4:38.89. Alexander won the 100 Breaststroke in a time of 1:08.17.

January 15, 2007

Gustavus Adolphus College first-year **Sarah Koepp** (Apple Valley, Minn.) had a great meet this past Saturday at the Saint John's Invitational on January 13th. Koepp swam the breaststroke leg of the 400 medley relay in 1:08.27, helping the team post a season-best and MIAC-best time of 4:11.94. She also won the 100 and 200 breaststrokes, posting times of 1:08.99 and 2:30.59.

January 8, 2007

St. Olaf College first-year **Alyssa Germeroth** (Scottsdale, Ariz.) won the 1M diving in the Oles victory over Macalester College this past Saturday. Germeroth won both rounds of the 1M diving, finishing with a combined 408.15 and a national qualifying standard.

December 11, 2006

University of St. Thomas freshman **Alice Eulalia Clauss** (Madison, Wis./East) won the 100, 500 and 1000 free races to lead the St. Thomas women's swimming & diving team to a 59-53 dual win over visiting Saint Benedict Saturday at O'Shaughnessy Pool. Clauss won the 1000 free in a time of 11:08.36, the 200 free in 5:35.93, and the 100 free in a time of 56.51.

December 4, 2006

St. Olaf College senior **Kelly Dolan** (Lincoln, Neb.) posted season best times in three events and was a part of the winning 800 free relay at the Carthage Invitational this past weekend. Dolan swam to times of 1:58.74 (200 freestyle), 5:12.90 (500 freestyle), and 18:11.23 (1650 freestyle).

November 20, 2006

Carleton College first-year **Kate Alexander** (Tigard, Ore.) posted top MIAC times in four individual events this past weekend at the University of Minnesota Invitational. Alexander swam the 200 IM (2:12.02), 400 IM (4:40.44 - Team Record); 100 Breaststroke (1:07.47); and 200 Breaststroke (2:27.49). Her time in the 100 Breaststroke was also an NCAA "B" Qualifying Time Standard.

November 13, 2006

Gustavus Adolphus College first-year **Carrie Gunderson** (Hopkins, Minn.) had a phenomenal weekend in two dual meets against St. Olaf and St. Thomas this past weekend. Gunderson won the 1000 free against St. Olaf on Friday night with a winning time of 10:43.90. Her time broke Gustavus' school record by more than 20 seconds. She also posted times of 55.04 in the 100 free and 5:18.78 in the 500 free, and posting a freestyle relay split of 54.19. On Saturday, Carrie was victorious in the 100 free in the dual meet against St. Thomas, posting a time of 55.53 and anchoring the victorious 200 free relay in a time of 25.82

November 6, 2006

Carleton College sophomore **Becky Alexander** (Tigard, Ore.) was a key performer for the Knights in two meets this weekend. On Friday, November 3, against St. Thomas, Alexander won the 100 Back in a season best time of 1:01.54 and led off the winning 200 Free Relay with a 25.54 split. On Saturday, November 4, at the Cows, Colleges & Contentment Classic in Northfield, Alexander won the 50 free (25.32) and finished second in the 100fly (1:02).