

Jena Root, St. Thomas

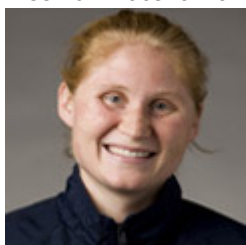
Week of: 2009-02-09



University of St. Thomas junior **Jena Root** (Roseville, Minn.) had a strong performance for the Tommies over the weekend at the Minnesota Challenge. Root swam the lead-off leg for three relays and was the highest placing MIAC swimmer in the 100 backstroke (1:00.44). The three relay teams (200 and 400 medley relays, and 400 freestyle relay) that Root was a part of all have the second fastest times in the conference heading into the MIAC Championships.

Kaarin Taylor, Carleton

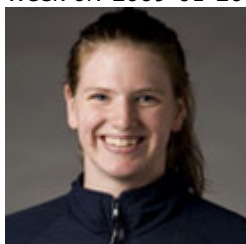
Week of: 2009-02-02



Carleton College senior **Kaarin Taylor** (Gainesville, Fla.) had two first place finishes in her individual events at the Gustavus/Carleton Dual Meet. Taylor was also a member of the meet-opening 200 medley relay which placed first with a time of 1:52.98. In her 200 fly and 100 fly, Taylor earned first place honors in both with a 2:15.99 and 1:01.36, respectively. Both times were season bests for Taylor and her time in the 100 fly is currently the fastest in the conference this season.

Maggie Alexander, Carleton

Week of: 2009-01-26



Carleton College first-year **Maggie Alexander** (Tigard, Ore./Tualatin) posted victories in the 200 backstroke (2:13.77) and the 100 butterfly at the Carleton Invitational on Saturday. Her time of 1:01.87 in the 100 fly is the fastest in the MIAC so far this season. She also led off the Carleton 200 Medley Relay, helping the relay team achieve a MIAC best time of 1:51.04. In addition, Alexander anchored Carleton's 800 Free Relay to a first place finish, again helping the team achieve a MIAC best time of 8:03.64.

Annie Flanagan, Macalester

Week of: 2009-01-19



Macalester College senior **Annie Flanagan** (Madison, Wis./East) enjoyed another great week of diving by winning both the 1-meter and 3-meter competitions at the Macalester Diving Invitational. Her scores of 263.10 and 275.35, respectively were both national qualifying standards. This marks the second weekend in a row that Flanagan has achieved a national qualifying mark. She is one of only three women in the country to have done this and she currently has the highest scores on both boards in the MIAC.

Kate Alexander, Carleton

Week of: 2009-01-12



Carleton College junior **Kate Alexander** (Tigard, Ore./Tualatin) posted season best times and earned top honors in her three individual events at the Saint Mary's/Luther/Carleton Triangular on Saturday in Winona. She was also part of the winning 200 Medley Relay. The relay and all of Alexander's individual performances established new pool records at Saint Mary's University. Each of her individual swims are currently the fastest in the MIAC.

Becky Alexander, Carleton

Week of: 2008-12-15



Carleton College senior **Becky Alexander** (Tigard, Ore./Tualatin) was part of three victorious races during Carleton's dual meet versus Rollins and Olivet Colleges in Fort Lauderdale, Fla. on December 13. Alexander's freestyle anchor of 24.71 on the 200 medley relay was her fastest split of the year and helped the team achieve its fastest relay time of the season. Her wins in the 50 free (25.67) and 100 free (54.10) were also season best times. Alexander's 100 free time is currently the fastest in the MIAC.

Carrie Gundersen, Gustavus

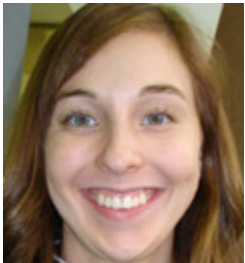
Week of: 2008-12-08



Gustavus Adolphus College junior **Carrie Gundersen** (Minnetonka, Minn./Hopkins) swam the MIAC's fastest times this season in the 500 and 1650 freestyle at the UW-River Falls' Falcon Invite held this past weekend at the University of Minnesota. Gundersen set the conference's fastest time in the 500 freestyle by placing second with a 5:15.90. She also won the 1650 freestyle by over 30 seconds. Her time of 17:51.04 in the race is also the top time in the MIAC.

Becca Ney, St. Thomas

Week of: 2008-11-24



University of St. Thomas sophomore **Becca Ney** (Plymouth, Minn./Wayzata) won three events at the Macalester Invitational on Saturday. Individually, Ney won both the 50 freestyle (25.10) and 100 freestyle (54.55). Both times were meet records and the fastest times posted in the conference yet this season. Ney also teamed with Sam Simon, Maddie Frost, and Kelly Tonnemaker to win the 400 freestyle relay in a meet record time of 3:46.73. As a team, St. Thomas took first out of seven teams with 442 points, just ahead of runner-up Concordia-Moorhead's 410.

Lauren Snyder, St. Olaf

Week of: 2008-11-17



St. Olaf College first-year **Lauren Snyder** (Excelsior, Minn.) was a triple individual winner and also a part of the winning 400 Free Relay as St. Olaf pulled out a close win over Gustavus on Saturday, 148-146. Snyder had individual wins in the 200 freestyle (1:58.38), 100 freestyle (54.74) and 50 freestyle (25.23). She also anchored the winning 400 Free relay in 54.30.

Karoline Hart, Macalester

Week of: 2008-11-10



Macalester College first-year **Karoline Hart** (Rexford, N.Y./Niskayuna) started off the dual meet season with bang by winning the 50 free in 25.51 and the 100 breast in 1:09.85 to help the Scots defeat Concordia in the first dual meet held in the Macalester's new Riley Pool. She also had a 31.0 second breaststroke split for Macalester's winning 200 medley relay.