

Jamie Fredeen, St. Olaf

Burnsville, Minn. / Burnsville
Week of: 2010-02-08



St. Olaf College senior **Jamie Fredeen** (Burnsville, Minn.) had a strong showing for the Oles in the highly competitive Minnesota Challenge held over the weekend at the University of Minnesota Aquatic Center. Swimming a variety of events, Fredeen's top finish was fourth-place in the 1650 freestyle (18:17.46). She also swam the 500 freestyle (5:21.07), the 400 IM (4:50.13), and the 200 breaststroke (2:37.21).

Kate Alexander, Carleton

Tigard, Ore. / Tualatin
Week of: 2010-02-01



Carleton College senior **Kate Alexander** (Tigard, Ore./Tualatin) made the most of her final home meet by winning three individual events and contributing to a relay victory in the 200 Medley in the Knights' dual meet victory over St. Olaf on Saturday. She won the 100 breaststroke (1:09.16), 200 breaststroke (2:30.75), and the 200 IM (2:15.28) on Saturday and currently holds the fastest times in the MIAC in those three events as well.

Jessi Haider, Saint Benedict

Melrose, Minn. / Melrose
Week of: 2010-01-25



College of Saint Benedict first-year **Jessi Haider** (Melrose, Minn.) won both the 1-meter and 3-meter diving competitions during the Blazers meet at St. Cloud State on Saturday. Haider placed first in the 1-meter with a score of 232.75 and won the 3-meter with a 190.40.

Kale Zicafoose, Carleton

Omaha, Neb. / Westside
Week of: 2010-01-18



Carleton College junior **Kale Zicafoose** (Omaha, Neb./Westside) continued her strong season by winning the 100-yard backstroke in 59.52, good for a season-best time and pool record during the Knights dual with Gustavus on Friday. She placed second in the 200-yard backstroke (2:09.41) and third in the 100-yard butterfly (1:01.74), also her best times for the season.

Katie Bromback, St. Thomas

Sparta, N.J. / Sparta
Week of: 2010-01-18



University of St. Thomas first-year **Katie Bromback** (Sparta, N.J.) had season best times in four events at the St. Olaf Triple Dual on Saturday. Individually, she placed first against St. Olaf and second overall in the 200 butterfly (2:13.35) and the 100 butterfly (1:01.23). Bromback was also a member of the 200 medley relay where her 32.23 breaststroke split helped the Tommies to first against St. Olaf and second overall. She also placed second against St. Olaf and fourth overall in the 200 breaststroke with a time of 2:35.16.

Maggie Hansvick, Gustavus

Litchfield, Minn. / Litchfield
Week of: 2010-01-18



Gustavus Adolphus College senior **Maggie Hansvick** (Litchfield, Minn.) played a big role in Gustavus upsetting defending conference champion Carleton on Friday night in St. Peter, Minn. Hansvick swam the breaststroke leg in 30.70 aiding in the victorious 200 Medley Relay, with a conference-best time of 1:50.46. She also won the 200 breaststroke win a season-best time of 2:30.25 and took second in the 100 breast posting a season-best 1:08.94.

Jena Root, St. Thomas

Little Canada, Minn. / Roseville
Week of: 2010-01-11



University of St. Thomas senior **Jena Root** (Little Canada, Minn./Roseville) recorded her best times of the season as the Tommies competed at the SJU/CSB Winter Invite on Saturday in Collegeville. Individually, Root had first place finishes in the 100 backstroke (1:00.78) and 200 backstroke (2:12.48). She was also a member of the first-place 800 freestyle relay which finished in a time of 8:06.93 and she swam the leadoff leg of the 200 medley relay in a time of 28:23.

Carolyn Triggs, Saint Benedict

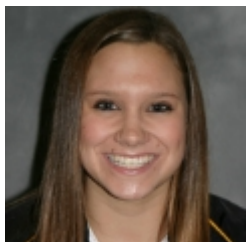
Edina, Minn. / Edina, Minn.
Week of: 2009-12-14



College of Saint Benedict sophomore **Carolyn Triggs** (Edina, Minn.) had two first place and two second place finishes during the Blazers dual meet with St. Thomas on Saturday. Triggs recorded the top 200 IM time in the MIAC this season as she won the race with a time of 2:17.19. She also won the 500 freestyle with a time of 5:27.18. Triggs placed second in the 200 freestyle (1:59.71) and was on the second place 200 medley relay that finished in 1:56.45.

Carrie Gundersen, Gustavus

Hopkins, Minn. / Hopkins
Week of: 2009-12-07



Gustavus Adolphus College senior **Carrie Gundersen** (Hopkins, Minn.) recorded two firsts and two second place finishes at the Falcon Invitational held at the University of Minnesota Aquatic Center over the weekend. Gundersen was first in the 500 freestyle (5:11.43) and the 1650 freestyle (17:53.13) and placed second in the 200 freestyle (1:57.44) and 400 freestyle relay (3:38.88). All four times Gundersen recorded are season-bests in the MIAC.

Becca Ney, St. Thomas

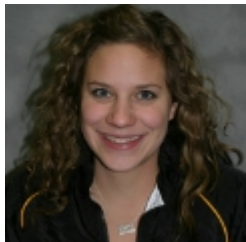
Plymouth, Minn. / Wayzata
Week of: 2009-11-23



University of St. Thomas junior **Becca Ney** (Plymouth, Minn./Wayzata) won three events and set three meet records on Saturday at Macalester's Roger Ahlman Invitational. Ney won the 50 free (24.93) and 100 free (54.38) and anchored the winning 200 medley relay with a 24.51 split as the relay finished in 1:53.49. Her times in the 50 and 100 freestyle are currently the best in the MIAC this season. St. Thomas won the seven-team event.

Carly Mosher, Gustavus

Great Falls, Mont. / Great Falls
Week of: 2009-11-16



Gustavus Adolphus College first-year **Carly Mosher** (Great Falls, Mont.) took four first places in Gustavus' 181.5-118.5 win over St. Olaf on Saturday. She led off the 200 Medley Relay which went a MIAC season-best 1:51.30. She also won the 100 and 200 backstrokes. Her time of 2:10.62 in the 200 is a new pool record and the fastest time in the conference so far this year. Mosher also led off the 400 freestyle relay with a 55.90. The relay went a 3:41.00, the fastest time in the conference thus far in 2009-2010.

Molly Spence, Carleton

Tacoma, Wash. / Tacoma
Week of: 2009-11-09



Carleton College first-year **Molly Spence** (Tacoma, Wash.) set a new team and pool record with her 1,000-yard freestyle time of 10:44.10 on Friday in a dual meet versus St. Thomas. Spence added a victory in the 500-yard freestyle with a time of 5:18.58. Both times are currently the fastest in the MIAC so far this season. Spence's individual wins propelled the Knights to their first team victory of the season.