

2013 MIAC Women's Swimming and Diving Championship Preview

Posted: Feb 12, 2013

MINNEAPOLIS - The top swimmers and divers in the Minnesota Intercollegiate Athletic Conference (MIAC) are set to dive back in the water and step back into the spotlight this week at one of the conference's annual highlights - the 2013 MIAC Swimming and Diving Championships. The popular three-day event - held once again at the University of Minnesota Aquatic Center in Minneapolis - will take place Thursday, Friday and Saturday, Feb. 14-16.

Fans will be treated to an action-packed three days with six total sessions, including both a morning and an evening session each day. The morning sessions - each starting at 10:30 a.m. - will feature preliminary races and diving. The evening sessions will follow each day at 6:30 p.m. with event finals, diving and medal stand ceremonies. Doors will open at 9 a.m. for each morning session and at 5:30 p.m. Thursday and Friday. The doors for Saturday's final session will open at 3 p.m.



The big question heading into the 2012 MIAC Women's Swimming and Diving Championships is whether or not any challengers can step up and end Gustavus' recent run of success. The Gusties received a tough test from St. Olaf a year ago, but pulled away for its third-straight championship and fifth title in six years. **Jon Carlson's** crew racked up 687 points en route to their latest title, defeating the second-place Oles by 44 points, 687-643, and the rest of the field by more than 150.

St. Thomas finished third behind Gustavus and St. Olaf with a score of 520, while Saint Benedict (478) edged Carleton for fourth place (448) by just 30 points to round out a competitive top five. The Knights were the last team not named Gustavus to claim the MIAC title (2009). St. Catherine scored 235 to finish sixth, narrowly beating out Macalester, which finished seventh with a score of 230. Concordia was eighth with 154, Saint Mary's scored 132 to finish ninth, and Hamline (83) and Augsburg (72) rounded out the 2012 MIAC standings.

This year, the Gusties enter as the favorite to make their three-peat a four-peat, but St. Olaf will again be among the chief challengers to Gustavus' crown. The Oles benefit from the return of 2012 MIAC Swimmer-of-the-Year **Meghan Weiss**, and had last year's MIAC Co-Coaches of the year as well in **Dave and Bob Hauck**. St. Thomas also went undefeated in dual meets this winter and should help form a formidable top three.

Head Coach **Jordan Wolfrum** leads Saint Benedict into her first MIAC Championships in charge of the Blazers after previously serving as an assistant, and CSB will look to challenge for a top-five spot once again. Carleton also brings back a talented core and could climb into contention behind a strong group of returners. St. Catherine looks to continue its ascent under first-year Head Coach **Steven Mohs**, and Macalester also hopes to continue its climb in the standings this season. Concordia, Saint Mary's, Hamline and Augsburg all have reason for optimism and hopes for improvement as the 2013 MIAC Championships draw near.

Gustavus will chase its fourth championship again thanks to a remarkable blend of depth and talent. **Alissa Tinklenberg** won both the 100- and 200-backstroke events a year ago, and the All-American junior is again among the MIAC's best swimmers. Sophomore **Jennifer Storm** also has a title to defend in the 100-breaststroke and **Katie Olson** earned four All-MIAC honors last season. Senior **Sarah Hund** and Sophomore **Heather Funai** also give the Gustie faithful plenty of reasons to be optimistic that its run atop the standings could continue.

St. Olaf's title hopes start - but don't end - with the return of Weiss, who won MIAC titles in the 100-, 200- and 500-yard freestyle races to claim Swimmer-of-the-Year honors a year ago. Fellow senior **Lydia Feldman** also returns with plenty of past success at the MIAC meet, and the Oles are confident that first-year swimmers **Abigail Schnaith** and **Madaline Lee** will make a splash in their first conference championship performances.

St. Thomas boasts an impressive crop of young talent, starting with a trio of super sophomores. **Mariann Kukielka** won the 100-butterfly a year ago and helped two Tommie winning relay teams, classmate **Emily Punyko** was an All-America Honorable Mention in her first year and fellow sophomore **Elise Guenther** won the 2012 MIAC title in the mile and is seeded first in two events in 2013.

Wolfrum has plenty of talent on the Saint Benedict roster, including sophomore diver **Megan Lawson** and freshman swimmer **Stephanie Bierman**. A pair of Blazer juniors - **Emily Roberts** and **Ellen Dean** - also help fuel CSB's optimism. Carleton welcomes back 50-free champ **Sophie Pilhofer** and All-MIAC swimmers **Milana Socha** and **Erin McDuffie**. St. Catherine is happy defending 400-individual medley champ **Steffanie Jurusik** is back on the Wildcat roster, and **Alli Witt** also earned All-MIAC honors last season, while **Alivia Bavier** is expected to contend on both diving boards.

Macalester's hopes start with junior diver Renee Jordan, who has multiple top-two finishes in her MIAC career. First-year **Maggie McKenna** is ranked in the top six in three events and another Scots diver - **Hunter Hedenberg** - is ranked in the top five in the league on both boards. Concordia will be led by a senior and two first-year performers. Senior **Amanda Suchanek** is the Cobbers top threat in the freestyle events, while freshmen **Emily Erickson** and **Jana Hedstrom** will represent the team in the butterfly and on the diving board, respectively.

A year ago, Saint Mary's **Anna Smaron** and **Abby Kratzke** helped a trio of Cardinal relay teams set school records, and both are back, as is reigning MIAC Swimming and Diving Athlete-of-the-Week **Sarah Jansen**, who leads the team on both diving boards. Hamline is led by

versatile sophomore **Hannah Hawker** and junior diver **Ingrid Haugan**, while Augsburg's **Kelsey Knollmueller** is re-writing the Auggie record book in her first season of collegiate swimming. Augsburg will also look to senior **Abby Novak** to contribute in the backstroke and relay events.

Concordia College, St. Catherine University and Saint Mary's University are serving as this year's host institutions. Tickets are available at either a single-session rate, or all-session passes will also be available for purchase for fans who plan to attend the entire event. Single session admission is \$8 for adults and \$4 for students, while the all-session passes cost \$40 for adults and \$20 for students.

For the second consecutive year, the price of admission includes a heat sheet at each session, and for the first time, the MIAC will offer heat sheets for each session online to assist fans using mobile devices, or viewing the online broadcast. MIAC sport passes will be accepted for admittance. No other passes or discounts will be honored. Due to construction at the U of M, the only working entrance to the facility will be on the University Ave. side.

As in years past, all six sessions will be broadcast live online thanks to [Webcast America](#). Fans will also be able to watch [archived video of each session](#) following the event and purchase DVDs of the broadcasts via Webcast America's site. There will also be "live" results available online with results updated shortly after the conclusion of each event for fans following the action from afar.

The MIAC has an exclusive Web site for the 2013 MIAC Swimming & Diving Championships. The site features the complete event schedule, psych sheet, ticket information, venue information and a map, as well as links to the live broadcast and stats. The site will be constantly updated throughout the event with results, recaps, photos and more.

The preview also includes a video preview of the event, information and links for coverage of the 2013 MIAC Swimming and Diving Championships, helpful MIAC women's swimming and diving links and team-by-team previews for all 11 teams.

2013 MIAC Swimming and Diving Championships Preview Video

2013 MIAC Swimming and Diving Championship Coverage

The MIAC Web site will be the first place for results and recaps from the 2013 MIAC Swimming and Diving Championships. There will be live online video and audio broadcasts of all six sessions on the MIAC Web site thanks to [Webcast America](#), and all sessions will be available for on-demand viewing and DVD purchase from Webcast America's Web site as well. There will also be live results for all six sessions on the MIAC web site, and fans can also download the Meet Mobile app to access live stats on their smart phone.

Stay tuned to the 2013 MIAC Swimming and Diving Championship Home Page, as well as the MIAC's social media networks on [Facebook](#), [Twitter](#) and [YouTube](#) throughout the weekend to stay connected to all the action at the U of M. The MIAC has created a [Facebook event](#) for the championships, and fans are encouraged to join the event and post comments and photos throughout the weekend. The official Twitter hashtag will be **#MIACSD**.

Last week's MIAC Media efforts also previewed the big event, with Carleton Head Coach **Andy Clark** joining the MIAC Media Weekly Podcast, and St. Thomas Head Coach **Tom Hodgson** discussing the event on the [MIAC Media Video Spotlight](#). All the MIAC's multimedia promotions of the 2013 MIAC Swimming and Diving Championships can be viewed in one convenient spot.

| [2013 MIAC Swimming and Diving Championships Page](#) | [Event Schedule](#) | [Tickets](#) |

MIAC Women's Swimming and Diving Links

| [MIAC Women's Swimming and Diving](#) | [Schedule](#) | [Top Times](#) | [Athletes-of-the-Week](#) | [Recordbook](#) | [Archives](#) |



AUGSBURG | [Auggies' women's swimming and diving home page](#) |

Head Coach

- Kasi Clauson Lange (Third season)

A Year Ago

- 11th place | 72 points

Top Performers

- Kelsey Knollmueller (FY | Has set times in top 10 in school history in 8 individual events and 5 relays, including school-record 2:42.68 in 200-yard breaststroke; 2nd-fastest time in school history in 500-yard freestyle (5:41.94) and 3rd-fastest time in school history in 50-yard freestyle (26.34)).
- Abby Novak (SR | Holds 2nd-fastest times in school history in both 50-yard backstroke (32.06) and 100-yard backstroke (1:09.33), also part of top-10 times in 5 relays).
- Elianna Bier (JR | School record-holder in 100-yard backstroke (1:09.04), 3rd-fastest time in school history in 200-yard backstroke (2:32.26)).
- Elizabeth Hilgendorf (SR | Holds 2nd-fastest times in school history in both 50-yard freestyle (26.25) and 100-yard freestyle (58.12), also part of top-10 times in 5 relays).
- Alicia Papke-Larson (FY | Part of top-10 times in school history in 5 relay events).

By the Numbers

- 81: Augsburg's record for points scored at the MIAC Championships, set in 2005. Augsburg scored 72 points in the 2012 conference meet. The Auggies' best team finish was 10th, set at the 2011 championships.
- 10: Times that rank among the top-10 in school history set at Augsburg's last meet before the MIAC Championships, the St. Thomas 2013 Conference Invitational on Feb. 1-2.
- 2:42.68: School-record time in the 200-yard breaststroke, set by Kelsey Knollmueller at the Macalester Roger Ahlman Invitational on Nov. 17.

Did You Know?

- Augsburg head coach Kasi Clauson Lange, a 2008 Augsburg alumna, set 17 individual event school records and was a part of seven relay school records during her career (2003-05, 2006-08) at Augsburg.

Out of the Pool

- The 2011-12 Augsburg women's swimming team achieved the third-highest Spring 2012 semester team grade-point average among all NCAA Division III women's swimming programs nationally, earning the College Swimming Coaches Association of America's Scholar All-America Team Award with a 3.68 cumulative GPA. The Auggies had the 19th-best Fall 2011 semester team GPA among Division III programs nationally, with a 3.44 team GPA.



CARLETON | [Knights' women's swimming and diving home page](#) |

Head coach

- Andy Clark (20th season)

A Year Ago

- 5th place | 448 points

Top Performers

- Sophie Pilhofer (Sr., MIAC Champion 50 free; All-MIAC in 100 fly, 100 free, 200 FR, 400 FR)
- Milana Socha (Jr., All-MIAC in 100 free, 200 free, 200 FR, 400 FR, 800 FR)
- Erin McDuffie (Sr., All-MIAC in 200 FR, 400 FR, 800 FR)
- Grace Cormier (Sr., Holds MIAC top-20 times in four events this season and top-5 in two relays)
- Madison McBride (Fy., Holds top-40 times in the MIAC in four events this season and top-5 in three relays)

By the Numbers

- 23.80: This season, Sophie Pilhofer holds the top time in the MIAC in the 50-free this season, with a time of 23.80, tied for 10th in the nation.
- 53.12: Pilhofer also holds the second best time in the MIAC in the 100-free this season, with a time of 53.12
- 10: In 10 of the last 11 seasons, the Knights have finished in the top three at the MIAC Championships

Did You Know?

- The Knights have been crowned MIAC Champions three times in school history (2000, 2001, and 2009).

Out of the Pool

- The Knights had three women's swimming and diving student-athletes—including current seniors Erin McDuffie and Sophie Pilhofer—earn the Honorable Mention Scholar All-America award in 2012, after posting a GPA of 3.5 or higher and achieving a "B" time standard but not qualifying to compete at the national championship.
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CONCORDIA | [Cobbers' women's swimming and diving home page](#) |

Head coach

- Julie Lucier (14th season)

A Year Ago

- 8th place | 154 points

Top Performers

- Jana Hedstrom (Fr., | Ranked 7th in the MIAC in 1-meter 11 dives and 11th in 3-meter)
- Emily Erickson (Fr., | Seeded in both the 100-yard butterfly and the 200-yard butterfly)
- Amanda Suchanek (Sr. | Seeded in the top 35 in the 50-yard freestyle and 100-yard freestyle)

By the Numbers

- 4: Concordia has four swimmers qualified to swim in the 1650-yard freestyle at the conference meet
- 7: Concordia has seven freshmen participating in the MIAC Championship Meet.
- 16: Concordia has qualified 16 swimmers and divers for the MIAC Championship Meet

Did You Know?

- For the first time in program history Concordia took their annual winter break trip to Arizona, the Cobbers, who usually spend the week in Florida, trained in Mesa, Ariz. and competed in the Citrus Classic on Jan. 5.

Out of the Pool

- The Concordia swimming and diving team has volunteered for the past seven years at the Great Plains Food Bank. The team spends one day during the preseason packaging dried food to be distributed to needy families.
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GUSTAVUS | [Gusties' women's swimming and diving home page](#) |

Head coach

- Jon Carlson (23rd Season)

A Year Ago

- First Place | 687 Points

Top Performers

- Alissa Tinklenberg (Jr., Willmar, Minn., Freestyle/Backstroke) | Four-time All-American in 2012 in the 200-free relay (6th), 400-medley relay (6th), 100 backstroke (7th), and 200 backstroke (7th)...Reigning MIAC Champion in the 100 and 200 backstroke, second place finisher in 500 free...Currently holds top time in the MIAC in 100 free (52.42), 500 free (5:00.90), 100 back (57.05), 200 back (2:02.64), 200 IM (2:08.85), and 400 IM (4:32.23).
- Jennifer Strom (So., Rochester, Minn., Breaststroke/IM) | 2012 All-American (6th/400-medley relay)...Reigning MIAC Champion in the 100 breaststroke, placed third in 200 breaststroke in 2012...Ranks first in the MIAC in the 100 (1:06.35) and 200 breaststroke (2:24.09), second in the 400 IM (4:41.81), and third in the 200 IM (2:13.13).
- Katie Olson (So., North Oaks, Minn., Freestyle) | 2012 two-time All-American, 6th in 200-free relay and 6th in 400-medley relay...Four-time All-Conference performer last season with second place finish in 200 free individually...Currently ranks 3rd in 50 free (24.30) and 6th in 100 free (59.31).
- Sarah Hund (Sr., Willmar, Minn., Freestyle) | Two-time All-American - 6th in 200-free relay in 2012 and 5th in 200-free relay in 2011...A member of the 2012 conference champion 200-free and 400-free relay teams.
- Heather Funai (So., Lincolnwood, Ill., Diver) | Placed third in three-meter diving as a freshman at 2012 MIAC Championships...Ranks 5th in three-meter 11 dives (339.75), 9th in three-meter six dives (209.90), and 14th in one-meter 11 dives (198.05).

By the Numbers

- 7: The number of MIAC records held by Gustavus swimmers.
- 5: The number of MIAC Championships won by Gustavus in the past six years.
- 7: The number of Gustavus swimmers returning to the pool after earning All-Conference honors last season. The list includes Heather Funai, Alissa Tinklenberg, Sarah Hund, Katie Olson, McKenna Jones, Laura Drake, and Abby Lyle.

Did You Know?

- Junior swimmer Alissa Tinklenberg was named the Gustavus Female Athlete-of-the-Year following the 2011-12 school year. In the 12-year history of the award, Tinklenberg was the second-youngest female student-athlete to receive the honor. Tinklenberg accounted for a team-best 57 points at the MIAC Championships last season, recording five first place finishes and one second place mark. She later became the most decorated Gustavus swimmer in the history of the women's program with four All-America performances at the national meet.

Out of the Pool

- The Gustavus Adolphus men's and women's swimming teams will host the Area 6, 8, and 9 Special Olympics swimming competition on Sunday, Feb. 10. The Gusties will invite Special Olympics athletes to the Lund Center Natatorium for what is one of the largest swim meets in the region. Last year, over 400 athletes came together at Gustavus for the swim meet, individual basketball skills challenge, basketball tournament, and power lifting competitions.



HAMLIN | [Pipers' women's swimming and diving home page](#) |

Head coach

- Frank Vaccaro (Fifth season)

A Year Ago

- 10th place | 83 points

Top Performers

- Hannah Hawker, So., 50 Free (top 15 in conference), 100 Backstroke, 200 Backstroke
- Ingrid Haugan, Jr., 1 Meter, 3 Meter Diving
- Dani Waskosky, Fy., 1 Meter, 3 Meter Diving
- Marissa Smith, Jr., 200 Free, 500 Free
- Jennie Dwyer, Fy., 200 Free, 300 Free, 1650 Free

By the Numbers

- 5: number of first year swimmers on this year's team
- 9: numbers of events Marissa Smith has qualifying times for
- 350.25: Dani Waskosky's score in 1 Meter 11 Dives that qualifies for fourth all-time in HU history

Did You Know?

- Ingrid Haugan and Dani Waskosky are both in Hamline's all-time Top Four for 1 Meter scores (11 events). Ingrid is also in the Top Ten in 1 Meter (6 Dives) and both 3 Meter categories. Dani is in Top Ten for 1 Meter (6 Dives).

Out of the Pool

- Along with their male counterparts, the women's team served as part of the official clean-up crew for the Twin Cities Marathon last October.



MACALESTER | [Scots' women's swimming and diving home page](#) |

Head coach

- Beth Whittle (3rd season)

A Year Ago

- 7th place | 230 points

Top Performers

- Renee Jordan (Jr., Diving | NCAA region meet qualifier, MIAC runner-up last year on 3-meter board (439.90), runner-up as frosh on 1-

meter board, also swims freestyle sprints on Mac's relays, Jan. 14 MIAC athlete of the week, won on both boards at Conference Invitational and 1-meter board at Grinnell Invite.).

- Maggie McKenna (Fy., Breaststroke / IM | top-scoring swimmer on team, ranks No. 3 on MIAC honor roll in 200 breast (2:28.97), sixth in 200 IM and sixth in 100 breast)
- Hunter Hedenberg (Fy., Diving | ranks in top-five in MIAC on both boards)
- Suzanne Oh (Sr., Sprint Freestyle)
- Alese Halvorson (So., Butterfly / Freestyle)

By the Numbers

- 287.15: In the team's most recent meet, Renee Jordan set a school-record 287.15 six-dive score on the 3-meter board.
- 10: Mac's roster is made up of swimmers and divers from 10 states, ranging geographically from New Hampshire to Alaska.

Did You Know?

- Head Coach Beth Whittle is a member of the Linfield College (Ore.) Athletic Hall of Fame. Whittle was a two-time Northwest Conference of Independent Colleges Female Swimmer of the Year and four-time NAIA All-American performer. Her crowning achievement came at the 1996 NAIA National Championships when she won the 200-yard backstroke as a junior.

Out of the Pool

- Macalester earned College Swimming Coaches Association of America (CSCAA) academic honors. The Scots were named as a CSCAA Scholar All-America team after posting a 3.33 combined grade point average during the Spring '12 semester.



SAINT BENEDICT | [Blazers women's swimming and diving home page](#) |

Head coach

- Jordan Wolfrum (First season)

A Year Ago

- 4th place | 478 points

Top Performers

- Megan Lawson (So., Diving | ranked third on one-meter with a 234.80 on Dec. 17 ... fifth at the 2012 championships)
- Stephanie Bierman (FY, Sprints | ranked fourth in 100-free, fifth in 50-free, and ninth in 200-free ... nine-time winner in 2012-13)
- Emily Roberts (Jr., Backstroke | ranked fifth in the 100-back and ninth in 200-back ... three-time winner in the 100-back ... in 2012 placed sixth in the 100-back and seventh in the 200-back)
- Ellen Dean (Jr., Fly/IM | ranked fourth in the 200-fly and fourth in the 400-IM, also ninth in the 100-fly and 10th in the 200-IM ... in 2012 placed third in the 400-IM, fourth in the 200-fly and sixth in 200-IM)

By the Numbers

- 3: Dual meet wins for the Blazers in 2012-13, beating Concordia, Morningside and Carleton
- 13: Total wins for Stephanie Bierman, in both individual events and relays
- 13: Separate athletes that have won at least one individual event throughout the season

Did You Know?

- In the first dual meet of her head coaching career, Jordan Wolfrum led the Blazers to wins in every event, taking a 200-42 win over MIAC rival Concordia. Just a week later, the Blazers again swept an opponent, this time with a 132-37 win over Morningside.

Out of the Pool

- Former head coach Kathy Walker, stepped down in the offseason to accept a coaching and teaching position in Muscat, Oman at the American International School of Muscat. While there she taught physical education teachers how to teach swimming lessons, scheduled and trained lifeguards, coached their international team and their high school team, and ran international meets.



ST. CATHERINE | [Wildcats' women's swimming and diving home page](#) |

Head coach

- Steve Mohs (First season)

A Year Ago

- 6th place | 235 points

Top Performers

- Steffanie Jurusik (Sr., Back/IM | MIAC 400 IM Champion, 2012; Five All-MIAC finishes; Nine school records; School record swim in 200 Butterfly, 2:14.35 at Grinnell, Jan. 18; MIAC Athlete of the Week, Jan. 21; Six Top-10 MIAC times this season)
- Alli Witt (Sr., Breast/IM | One All-MIAC finish; Four school relay records; Five Top-20 MIAC times this season)
- Alivia Bavier (So., Diving | School record in 3-meter 11 dives, 442.80 at Grinnell, Jan. 19; Top MIAC score in 3-meter 11 dives this season; MIAC Top-four scores in all four diving events)
- Haley French Krahn (Fy., Dist. Free | Three MIAC Top-20 times this season)
- Kathleen VanDeVoorde (Jr., Back/Dist. Free | Two MIAC Top-20 times this season; PR in 100 Breaststroke)

By the Numbers

- 4: The Wildcat swimming and diving team has had four-straight seasons in which it compiled at least 200 points at the MIAC Championships. Three of those four years, the Wildcats have placed in the top six and will look to continue that trend this year.
- 9: Steffanie Jurusik holds nine school records including the 200 Butterfly which she broke this season at Grinnell with a time of 2:14.35. She holds five individual records (200 Butterfly, 100 Backstroke, 200 Backstroke, 200 IM, 400 IM) and is a member of four relay team records (200 Freestyle Relay, 400 Freestyle Relay, 200 Medley Relay and 400 Medley Relay).
- 18: The Wildcats had 18 season-best performances at its final competition before the MIAC Championships – the St. Kate's Invite at the Butler Center on Jan. 26 – including three PR performances.

Did You Know?

- St. Catherine swimming and diving alum, Bridget Perkins ('12) was named the Minnesota Section 4A Assistant Coach of the Year during her first season coaching at Visitation High School.

Out of the Pool

- Four Wildcat swimmers earned Academic All-MIAC honors in 2011-12 including current seniors Lena Anderson and Alli Witt.
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SAINT MARY'S | [Cardinals' women's swimming and diving home page](#) |

Head coach

- Eric Lindquist (14th season)

A Year Ago

- 9th place | 132 points

Top Performers

- Anna Smaron (5-8, Jr., Breaststroke/IM | Member of 3 school record-setting relays at last year's MIAC Championships, owns top times in 100 and 200 breaststroke, and 200 and 400 IM)
- Abby Kratzke (5-5, Sr., Butterfly | Member of 3 school record-setting relays at last year's MIAC Championships, has posted team-best times in the 50 freestyle, and 100 and 200 butterfly)
- Sivan Fogel (5-2, Jr., Backstroke/Butterfly | Team-leader in both the 100 and 200 backstroke)
- Sarah Jansen (5-3, Jr., Diving | SMU's top returning diver, with team-best point totals in all four diving events.)

By The Numbers

- 6: The Cardinal women broke six school records at the 2012 MIAC Championships — 400 IM, 200 freestyle, 3-meter diving, 200 freestyle relay, 400 freestyle relay, and 200 medley relay. Graduated seniors Linda Tierney and Nikki Farmer had a hand in five of those six school record efforts.
- 6, Part II: The MIAC Championships will be the collegiate finale for SMU seniors Abby Kratzke, Abby Lough, Sivan Fogel, and Tina Wahl.

Did You Know?

- The 2013 MIAC Championships will be the fifth straight road competition — and marks the 10th time in 11 meets this season the Cardinals have competed away from SMU's Jul Gernes Pool.

Out Of The Pool

- The SMU women's swimming and diving team landed five student-athletes on the MIAC academic all-conference team, while the Cardinals also earned CSCAA Spring Scholar All-America honors.
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ST. OLAF | [Oles' women's swimming and diving home page](#) |

Head coach

- Dave Hauck (39th season), Bob Hauck (24th Season)

A Year Ago

- 2nd place | 643 points

In the 2012 NCAA Championships

- 23rd at NCAA's

Top Performers

- Meghan Weiss (Sr. - 2012 MIAC Champoinships Swimmer of the Meet, holds league's top time in 200 Free, as well as numerous other top five times).
- Lydia Feldman (Sr. - Has top time in 200 Fly, third-best time in 100 Fly, and fifth-best in 200 IM).
- Abigail Schnaith (Fy. - Has top-seven times in 50 Free, 100 Free, 200 Free, 100 Back, 200 Back)
- Madaline Lee (Fy. - Owns top-seven marks in the league in the 200 Free, 500 Free, 100 Back, 200 Back)
- Carolyn Bernardt (Jr. - Has third-best time in MIAC in 200 Back, No. 4 spot in the 100 Back, No. 10 spots in 50 and 100 Free)

By the Numbers

- 15: St. Olaf has won 15 MIAC titles, the most of any institution in the league
 - 3:53.14: St. Olaf won the 400 Medley Relay at the MIAC's last February in a meet record time of 3:53.14. All four members of the relay - Carolyn Bernhardt, Lindsey Lee, Meghan Weiss and Lydia Feldman return this winter.
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ST. THOMAS | [Tommies' women's swimming and diving home page](#) |

Head coach

- Tom Hodgson (34th season)

A Year Ago

- 3rd place | 520 points

In the 2012 NCAA Championships

- 2012 NCAA Men's Swimming and Diving Championships - 47th place - Team score: 7.5 pts.
(Emily Punyko 14th 100 BR, Jen Easton 12th 1-meter diving)

Top Performers

- Mariann Kukielka, SO, Butterfly (2012 MIAC champ 100 fly, joined two winning medley relays)
- Emily Punyko, SO, Breaststroke (2012 HM All-America in 100 BR)
- Elise Guenther, SO, Distances (2012 MIAC champ 1,650, seeded first in 1000 and 1,650 free in 2013)
- Haley Trace, JR, Sprints (Seeded sixth in 2013 100 back)
- Casey Nightingale, FR, Diving (Seeded fourth in 2013 in MIAC on each board)

By the Numbers

- 0: Number of dual/invitational meet team losses this regular season for Tommies, a program first
- 6: Number of seniors for UST, a group whose first college home dual meet was held in old O'Shaughnessy Pool
- 6: Number of MIAC meet event victories for 2012 Tommie women in third-place team finish

Did You Know?

- Tommies have deepest women's team in two decades and will look to post highest point total in that span and push for top-two team finish.

Out of the Pool

- The Tommies had four women swimmers make Academic All-MIAC last winter with cumulative gpas of 3.50 or higher