

# 2013-14 MIAC Women's Swimming and Diving Preview

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## 2013-14 MIAC WOMEN'S SWIMMING AND DIVING CONFERENCE PREVIEW

ST. PAUL, Minn. -- The 2013-14 women's swimming and diving season recently began in the Minnesota Intercollegiate Athletic Conference (MIAC), and the new season starts with a familiar question at the forefront. Will Gustavus' continue its reign atop the MIAC standings, or will one of the challengers finally be able to knock the Gusties from their perch?

Last year, Head Coach Jon Carlson's team continued its recent dynasty with its fourth-straight MIAC Championship. The title was also the sixth for the Gusties in the past seven seasons, with only a Carleton title in 2008-09 interrupting the recent run of Gustavus glory. Carlson's crew will enter the season as the prohibitive favorite thanks to an immensely talented crop of returning swimmers, but a handful of other MIAC teams are positioning themselves to make a legitimate run at the Gusties at the 2014 MIAC Championship meet.

Gustavus scored 743 points last season to claim a 52-point victory over the rest of the field, but both St. Thomas and St. Olaf were close behind and have high hopes of competing for the title in 2014. The Tommies were the runner-up last year with 691 points, and the Oles rounded out the top three with 630.

There was a fairly significant drop-off between the top three and the rest of the field, with Saint Benedict finishing fourth and Carleton rounding out the top five. The Blazers (395 points) edged the Knights (349 points) for fourth, and both teams hope to improve and receive mention among the contenders in 2013-14.

St. Catherine was securely in sixth place with 238 points a year ago. Macalester scored 188 to edge Hamline (169) and Concordia (136) in a narrow battle for seventh place, while Saint Mary's (76) edged Augsburg (74) by just points for 10th place as that duo rounded out the final standings.

Will Gustavus make it a half-decade of success with its fifth-straight championship? Will St. Thomas, St. Olaf or another surprise contender emerge to leapfrog the Gusties in the standings? Which individual stars will emerge with MIAC records and unforgettable performances? Over the next four months the answers to these questions will start to take shape, with the final response coming at the 2014 MIAC Swimming and Diving Championships, with all of it adding up to another tremendous season ahead in the waters of the MIAC.

### WHAT'S NEW?

There will be plenty of new faces around the league this season, as four teams all hired new head coaches during the offseason. Augsburg promoted assistant Steve Webb to the head job after Kasi Clauson-Lange departed. Concordia opens its first season under Moorhead native Ron Hehn, an All-American swimmer at Indiana University who founded the DakotaSota Swim Club in Fargo, N.D., and replaces Julie Lucier who moved to Montana with her family.

Hamline hired Ryan Hawke from UW-River Falls to replace Frank Vaccaro, who is now the Aquatic Director at the University of Notre Dame. Saint Benedict will open its first season under Dan Eckberg, who comes to the Blazers from nearby St. Cloud Tech High School after former coach Jordan Wolfrum accepted an assistant coaching position at Stanford.

The quartet of new coaches join second-year Head Coach Steven Mohs at St. Catherine and fourth-year Head Coach Beth Whittle at Macalester in the conference's recent youth movement. However, there are still numerous coaches ingrained in MIAC swimming still at the helm, starting with St. Olaf's Dave Hauck is entering his milestone 40th season leading the Oles, along with his son Bob who is in his 24th season. St. Thomas' Tom Hodgson is next in his 35th season, and Gustavus' Carlson, Carleton's Andy Clark and Saint Mary's Eric Lindquist have all been at their posts for at least 15 seasons

### WHO'S BACK?

It's no wonder Gustavus is again considered the favorite starting at the top of their lineup. 2013 MIAC Swimmer-of-the-Year Alissa Tinklenberg returns for the final chapter in her outstanding career, which also includes three individual and three relay conference titles from a year ago. Junior All-American Jennifer Strom also returns as the leagues' defending champion and record holder in the 100 and 200 backstroke races.

The Tommies have the returning firepower to challenge the Gusties in 2013-14 thanks to an outstanding trio of juniors leading the way. Mariann Kukielka just won the first MIAC Athlete-of-the-Week award for the new season and is the two-time defending MIAC champ in the 100-yard butterfly. Emily Punyko is an All-American Honorable Mention and All-Conference performer in the breaststroke and Elise Guenther has won the MIAC title in the mile in each of her first two seasons.



The Oles have to replace graduated stars Meghan Weiss and Lydia Feldman, but there is plenty of returning talent in Northfield to keep St. Olaf in the upper echelon of the MIAC. Senior Carolyn Bernhardt, who finished second in the 100- and 200-yard backstrokes a year ago, leads the way, with talented sophomores Maddie Lee and Abbey Schnaith ready for expanded roles after breakout college debuts a year ago.

Eckberg has talented seniors Ellen Dean in the fly and medley events and Maria Gathje in the breaststroke and medley races to lead his first Saint Benedict team, and sophomore Steph Bierman will again lead the Blazers in the freestyle sprint events. Carleton graduated All-American freestyler Sophie Pilhofer, but has a pair of talented upperclass leaders back on the roster. Senior Milana Socha has earned All-MIAC honors in each of her first three seasons, and junior Alexandra Guy also contributed to an All-Conference relay performance a year ago.

St. Catherine said goodbye to two-time MIAC champ Steffanie Jurusik, but will be led by seniors Kathleen VanDeVoorde and Lauren Kranig in the backstroke, as well as sophomore Haley French Krahn in the distance events. Macalester's success starts on the diving board with senior Renee Jordan, who was the MIAC Diver-of-the-Year and 3-meter champ in 2013, as well as an All-American. Sophomore Hunter Hedenberg also claimed the MIAC 1-meter diving title last season, and fellow sophomore Maggie McKenna leads the Scots' swimmers.

Hawke's first Hamline team will be led by junior swimmer Hannah Hawker in the backstroke and sprint events, with sophomore Dani Waskosky leading the divers. Senior Marissa Smith will also help the Pipers in the butterfly and backstroke races. The Cobbers have a pair of talented sophomores back in swimmer Rachel Aldinger and diver Jana Hedstrom, and junior Emily Erickson leads Concordia in the butterfly events.

Saint Mary's senior Sarah Jansen returns as the team's top diver, and versatile swimmer Anna Smaron held four SMU top times in 2012-13. Anne Racker, a junior, also helps the Cardinals in freestyle events. Augsburg has high hopes for emerging star Kelsey Knollmueller, who set eight school records at the MIAC meet (five individual, three relays) a year ago. She'll team up with seniors Elianna Bier and Elizabeth Hilgendorf, who also have times that rank among the best in Auggie history.

### CIRCLE THESE DATES

Several MIAC first hit the pool in late October, with seven MIAC teams competing at the St. Thomas Relays on Oct. 26, and the rest will start their 2013-14 campaigns this month. Nov. 16 offers a great chance to catch much of the MIAC in action at the Roger Ahlman Invite, hosted by Macalester. Augsburg, Hamline, Concordia, St. Catherine, Saint Mary's, St. Olaf, St. Thomas and the host Scots will all be among the teams competing that day.

December begins with most of the conference going head-to-head as well. Augsburg, Carleton, Gustavus, Hamline, Macalester, St. Olaf and St. Thomas will all compete in the Jean Freeman Invitational on Dec. 6 at the site of the MIAC Championships, the University of Minnesota Aquatic Center. Another good chance to catch most of the conference in the same pool features Saint Benedict and the Wildcats, Auggies, Cobbers, Pipers and Cardinals will all square off at the St. Catherine Invitational in St. Paul on Jan. 25.

The conference title will be decided over three action-packed days in mid February, as the 2014 MIAC Swimming and Diving Championships are set to take place on Feb. 13, 14 and 15 at the U of M's Aquatic Center in Minneapolis. There will be two sessions each day - preliminary races in the morning and championship heats in the evening - starting at 10:30 a.m. and 6:30 p.m. The MIAC Swimming and Diving Championships are always one of the conference's most popular events, and the 2014 edition should be another exciting weekend in the pool and on the diving board.

### A CLOSER LOOK

The rest of the 2013 MIAC Women's Swimming and Diving Preview contains MIAC Championship details, helpful links and a preview for each team submitted by their sports information director. The new MIAC web site - [www.miacathletics.com](http://www.miacathletics.com) - will be an outstanding source for MIAC women's swimming and diving news, schedules, results, stats and more throughout the 2013-14 season.

This year, the [MIAC scoreboard](#) will include women's swimming and diving events, with links to results to see how MIAC teams fared in each race throughout the season. Also, download the [MIAC mobile app](#) to have all the information with you anywhere you travel. Also, connect to the conference on its [Facebook](#), [Twitter](#) and [YouTube](#) pages for updates and interaction all season long.

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## 2014 MIAC SWIMMING AND DIVING CHAMPIONSHIPS

The 2014 MIAC Swimming and Diving Championships will take place Feb. 13-15, 2014, at the University of Minnesota Aquatic Center in Minneapolis, Minn. This year's host schools are Gustavus Adolphus College and Hamline University. There will be two sessions each day - a preliminary session each morning at 10:30 a.m., and the finals that evening at 6:30 p.m. The MIAC will provide live results online as well as live video web casts of all six sessions thanks to a partnership with Webcast America. Complete information can be found online at the event's home page.

| [2014 MIAC Swimming and Diving Championships Page](#) |

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## MIAC WOMEN'S SWIMMING AND DIVING LINKS

| [MIAC Women's Swimming and Diving Page](#) | [Schedule](#) | [Recordbook](#) | [Archives](#) |

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## TEAM-BY-TEAM PREVIEWS



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

### **Head coach**

- Steve Webb (First season)

### **A Year Ago**

- 11th | 74 points

### **Top Returners**

- Kelsey Knollmueller (SO | Set school records in five individual events and three relays at 2013 MIAC Championships ... Holds school records in five different individual events and is part of relay records in two others ... Holds 24 times ranked in the top 10 in school history in individual events and 15 as part of relays.)
- Elianna Bier (SR | Set school records in 200 backstroke (2:28.22) and 100 backstroke (1:06.84) at 2013 MIAC Championships.)
- Elizabeth Hilgendorf (SR | Part of school record-setting 400 freestyle relay squad at 2013 MIAC Championships ... Part of 3 school-record relay squads ... Part of 26 relay times among top 10 in school history and six individual top-10 times.)

### **Key Losses**

- Abby Novak (Holds 10 backstroke times that rank in the top-10 in school history, including the 2nd-fastest times in both the 50 (31.22) and 100 (1:08.26) ... Also a part of 3 school record relay squads.)
- Bethany Kneen (Competed in the freestyle and breaststroke during her Auggie career.)

### **By the Numbers**

- 9 - School records broken by Augsburg women's swimmers during the 2013 MIAC Championships.
- 168.05 - 3-meter diving school record set by Lindsey LaCasse at the 2012 Macalester Roger Alhman Invitational.
- 19 - Swimmers on the 2013-14 Augsburg roster, one of the largest rosters in school history. Of those 19, just three are seniors.

### **Did You Know?**

- Augsburg's swimming and diving coaches both competed at the Division I level. New head coach Steve Webb was a collegiate swimmer at both St. Louis University (2002-03) and at Florida State University (2003-04), while diving coach Scott Smith competed collegiately at the University of Iowa as a three-year Big Ten finalist.

### **Out of the Pool**

- Augsburg earned the College Swimming Coaches Association of America's Scholar All-America Team Award, claiming a tie for the 12th-best team grade-point average among all NCAA Division III women's swimming programs nationally during the fall semester of the 2012-13 school year. Augsburg recorded a 3.49 cumulative team GPA in the fall semester.



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

### **Head coach**

- Andy Clark (21st season)

### **A Year Ago**

- 5th place | 349 points

### **In the 2013 NCAA Championships**

- 32nd of 54 teams (16 points)
- Sophie Pilhofer finished third in the 50 freestyle at the NCAA Championships, earning All-American distinction.

### **Top Returners**

- Milana Socha, Sr. - 2013 All-MIAC in 200 freestyle relay; 2012 All-MIAC in 100 and 200 freestyle, plus 200, 400 and 800 freestyle relay; 2011 All-MIAC in 200 and 800 freestyle relay
- Alexandra Guy, Jr. - 2013 All-MIAC in 200 freestyle relay

### **Key Losses**

- Sophie Pilhofer - 2013 All-American (3rd - 50 free), 2012 MIAC-Champion (50 free), 2013 MIAC Champion (50 free), Eight-time All-Conference Performer
- Erin McDuffie - Nine-time All-Conference Performer
- Molly Spence - Five-time All-Conference Performer

### **By the Numbers**

- 10: In 10 of the last 12 seasons, the Knights have finished among the top three at the MIAC championships.
- 11: The Knights roster boasts swimmers from 11 different states in addition to a swimmer from France.
- 78-23: Entering this season, head coach Andy Clark has posted a 78-23 dual meet record in his 20 years as the head coach of the Knights.

### **Did You Know?**

- Sophie Pilhofer was named to the CSCAA Scholar All-American team last year.

### Out of the Pool

- The Knights just completed leading the 8th annual "Hour of Power" to aid sarcoma research. For more information, visit <http://go.carleton.edu/HourOfPower>.



## CONCORDIA | [Cobbers' women's swimming and diving home page](#) |

### Head coach

- Ron Hehn (First season)

### A Year Ago

- 9th place | 136 points

### Top Returners

- Rachel Aldinger (So. | 20th in the 1650-yard freesyle at the 2013 MIAC Meet)
- Emily Erickson (Jr. | finished 20th in the 100-yard butterfly and 23rd in the 200-yard butterfly at the 2013 MIAC Meet)
- Jana Hedstrom (So. | Finished in seventh place in the 1-meter diving competition at the 2013 MIAC Meet)

### By the Numbers

- 3: Ron Hehn is just the third coach in the history of the Cobber women's swimming and diving program and the first male coach of the team
- 14: Concordia has 14 freshmen on this year's roster
- 18: The 2013-14 season will be the Concordia women's swimming and diving program's 18th season

### Did You Know?

- Cobber head coach Ron Hehn was a part of the Indiana University squad the won the Big 10 championship in 2006 and went on to earn Division I All-American honors in 2008.



## GUSTAVUS | [Gusties' women's swimming and diving home page](#) |

### Head coach

- Jon Carlson (24th Season)

### A Year Ago

- 1st Place | 743 Points

### In the 2013 NCAA Championships

- The Gustavus women's swimming and diving team finished 10th place at the 2013 NCAA Championships held in Shenandoah, Texas. The Gusties scored a total of 98 points – a team score and standing that was the second best in the history of the program.

### Top Returners

- Alissa Tinklenberg (Sr., Willmar, Minn.) | 2013 MIAC Women's Swimmer-of-the-Year after scoring a school-record 137 points...Reigning MIAC Champion in the 400 IM, 100 backstroke, and 200 backstroke...Was a member of the 2013 MIAC Champion 200-free, 400-free, and 400-medley relay teams...Named the 2011-12 Gustavus Female Athlete-of-the-Year...Tinklenberg is the most decorated swimmer in the history of the Gustavus women's swimming program.
- Jennifer Strom (Jr., Rochester, Minn.) | All-Conference performer and reigning MIAC Champion/record holder in both the 100 and 200 backstroke races...Finished third in the 200 IM and was a member of the gold medal 400-free relay and 400-medley relay teams...Earned All-America honors with a fifth place finish in the 100 breaststroke with a time of 1:03.75.

### Key Losses

- Sarah Hund (Willmar, Minn.) | Member of the MIAC Champion 200-free relay and 400-free relay teams...Helped the 200-free relay team earn All-American honors at the NCAA Championships with a seventh place finish.

### By the Numbers

- 3.75: The cumulative grade point average of Alissa Tinklenberg last school year. For her efforts both in the classroom and in the pool, Tinklenberg earned a place on the CoSIDA Academic All-America Division III At-Large Team.
- 4: The number of MIAC Championships the Gustavus women's swimming and diving team has won in a row. Gustavus has won six of the last seven and eight of the last 12 MIAC Championships. Not since St. Olaf won 11 consecutive league titles from 1987-1997 had a school won more than two in a row.
- 5: The number swimmers currently on the team who own a school record and/or are a part of a school record relay. Those swimmers include Alissa Tinklenberg, Jennifer Strom, Katie Olson, Tarin Anding, and Kayla Hutsell.

### Did You Know?

- On Saturday, Oct. 12, the Gustavus Adolphus Athletic Department and the swimming and diving program honored one of its own by naming the Gustavus Natatorium after 1942 graduate and Hall of Fame Head Coach John Victor (Vic) Gustafson. Vic Gustafson was the swimming coach at Gustavus from 1945-77 and during his coaching career led the Gusties to eight MIAC Championships (1949, 1952, 1955, 1956, 1957, 1958, 1959, 1960).

### Out of the Pool

- The Gustavus Adolphus women's swimming and diving was recognized by the College Swimming Coaches Association of America (CSCAA) for its efforts in the classroom last season. With a team GPA of 3.34, the women's squad was honored as a CSCAA Scholar All-America Team, while three individual swimmers were recognized as Scholar All-Americans. Sarah Hund, Katie Olson, and Alissa Tinklenberg took home Scholar All-America First Team honors.



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

#### Head coach

- Ryan Hawke (First season)

#### A Year Ago

- 8th place | 169 points

### Top Returners

- Hannah Hawker (Jr., Backstroke-Sprints- school record-holder in the 100 back-59.53)
- Dani Waskosky (So., Diving – 2nd all-time in HU history in 1 Meter/ 4th in 3 Meter and 5th in 1 Meter @ MIAC meet)
- Marissa Smith (Sr., Butterfly/Backstroke)

### Key Losses

- Ingird Haugan (Diving, Sprints)

### By the Numbers

- 1: senior on current team
- 3: freshmen on current team
- 59.58: Hannah Hawker's record-setting time in the 100 back – she is the first HU swimmer ever to crack the minute barrier in this race.

### Did You Know?

- Renee Punyko, the main assistant coach and an administrative assistant, is in Hamline's Top Ten all-time in the 100 Free (2nd, 53.13) and 200 free (7th, 1:56.90).

### Out of the Pool

- The women's team helped supervise the cleanup of downtown St. Paul after the Twin Cities Marathon – something they have done in conjunction with the men's team for many years.

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



#### Head coach

- Beth Whittle (Fourth Season)

#### A Year Ago

- 7th place | 188 points

### Top Returners

- Renee Jordan (Diver, Sr. | MIAC 3-meter Diving Champion, All-America, MIAC diver of the year)
- Hunter Hedenberg (Diver, So. | MIAC 1-meter Diving Champion)
- Maggie McKenna (Breast, So. | MIAC runner-up 200 Breast)

### Key Losses

- No key losses

### By the Numbers

- 11: Macalester's roster is made up of athletes of 11 U.S. states.
- 8: MIAC Diver of the Year Renee Jordan (Sr., Anchorage, Alaska) placed 8th in one-meter diving at the NCAA championships to gain All-America status.
- 2: Maggie McKenna (So., Palo Alto, Calif.) placed second in the 200-yard breaststroke finals at last year's conference meet. She was also fourth in the 100 breast.

### Did You Know?

- Former Macalester MIAC Champion Heather Lendway won the USA Triathlon Olympic-Distance National Championship in August.

### Out of the Pool

- Macalester studied its way to the CSCAA Scholar All-America team. The Scots posted the 13th best Fall semester GPA in 2012.

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

### Head coach

- Dan Eckberg (First season)

#### A Year Ago

- 4th place | 395 points

#### Top Returners

- Ellen Dean (Fly/IM, Sr. | All-MIAC ...record holder in the 100 and 200 fly and 100 IM ... eight time winner in 2013-14)
- Steph Bierman (Sprints, So. | All-MIAC ... 50 and 100-free record holder ... B-cut qualifier ... 14-time winner)
- Maria Gathje (Breast/IM, Sr. | All-MIAC ... 200-breast record holder)



#### Key Losses

- Mary Wood (Freestyle | two top-eights and two relay top-eights at the MIAC Championships)
- Samantha Kessler (Free/Back | two relay top-eights at the MIAC Championships ... member of the school record 400-free relay)
- Niki Reza (Freestyle | Member of three top-eight relays at the MIAC Championships)

#### By the Numbers

- 7: Individual records held by current team members
- 7: Top-five finishes in the last nine years at the MIAC Championships
- 4: Meets where the Blazers came away team winners last season. Three duals and the St. Kate's Invite

#### Out of the Pool?

- The Saint Benedict swimming and diving team was named a Scholar All-America Team by the College Swimming Coaches Association of America, while Stephanie Bierman was named to the Honorable Mention Individual Scholar All-America Team.

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



#### Head coach

- Steve Mohs (Second season)

#### A Year Ago

- 6th place | 238 points

#### Top Returners

- Haley French Krahn (Distance, So. | School record holder 1000 and 1650 Freestyle; 11th at 2013 MIAC Championships in 1650 Freestyle and 500 Freestyle; top-three all-time at SCU in four events)
- Kathleen VanDeVoorde (Backstroke, Sr. | 11th at 2013 MIAC Championships in 100 and 200 Backstroke; top-10 all-time at SCU in four events )
- Lauren Kranig (Backstroke, Sr. | 16th at 2013 MIAC Championships in 200 Backstroke; top-10 all-time at SCU in two events)

#### Key Losses

- Steffanie Jurusik (Back/IM | MIAC Record holder in 200 IM; two-time MIAC Champion (2012 – 400 IM, 2013 – 200 IM); holds five individual school records; member of five school relay records; seven All-MIAC honors; top-10 all-time at SCU in eight individual events)
- Alli Witt (IM/Breast | All-MIAC in 400 IM – 2010-11; member of three school relay records; top-10 all-time at SCU in six individual events)
- Lena Anderson (Breaststroke | Member of two school relay records; No. 7 all-time at SCU in 100 Breaststroke )

#### By the Numbers

- 4: The team's sixth-place finish at the MIAC Championships was the fourth-straight for the Wildcats at the conference meet.
- 6: The Wildcats collectively set six school records in 2012-13. Haley French Krahn broke two of Peggy Kemp's three remaining distance records from the early 1980s with her 11th-place finish.

#### Did You Know?

- Steffanie Jurusik's first-place performance in the 200 IM was the first time a St. Catherine swimmer had set a new MIAC record in 21 years.

#### Out of the Pool

- The Wildcats were ranked No. 16 out of 113 Division III schools to earn the CSCAA All-America Scholar team award for the Fall 2012 semester – the third-best by a MIAC program.

## SAINT MARY'S | [Cardinals' women's swimming and diving home page](#) |



#### Head coach

- Eric Lindquist (15th season)

#### A Year Ago

- 10th place | XX points

#### Top Returners

- Sarah Jansen (5-3, Sr. | Cardinals' top diver in 2012-13, Owned top diving scores in all four events – 1-meter 6 & 11 dives, 3-meter 6 &

11 dives)

- Anna Smaron (5-8, Sr. | Owned Cardinals' top times in 2012-13 in the 100 & 200 breaststroke and 200 & 400 IM)
- Anne Raecker (5-0, Jr. | Owned Cardinals' top time in 2012-13 in the 200 freestyle)

#### Key Losses

- Abby Kratzke (Owned team's top times in 50, 100 & 500 freestyle, as well as 100 & 200 butterfly during 2012-13 season; Is a member of three school-record relay teams)
- Sivan Fogel (Owned team's top times in 50, 100 and 200 backstroke during 2012-13 season)

#### By the Numbers

- 4: Sarah Jansen's score of 299.10 in the 11-dive, 1-meter competition at last season's MIAC Championships is the fourth-best in program history.
- 10: Anna Smaron knocked almost 10 seconds off her season-best 200 IM time at the MIAC Championships a year ago, touching the wall in 2:23.75
- 100: Every member of the SMU women's swimming and diving team who competed at the MIAC Championships posted a season-best performance at the season-ending event.

#### Did You Know?

- Diver Sarah Jansen was named the MIAC's Athlete of the Week, after winning the one-meter diving competition and finishing third in the three-meter at the Carleton/St. Olaf Diving Invitational on Feb. 6.

#### Out Of The Pool

- The SMU women were among 135 NCAA Division III schools to earn the CSCAA honor, which requires a team to carry a 3.00 grade-point-average. The Cardinals' 3.47 team GPA ranked tied for 26th overall and was the second-highest among the eight women's teams from the Minnesota Intercollegiate Athletic Conference.



**ST. OLAF** | [Oles' women's swimming and diving home page](#) |

#### Head coach

- Bob Hauck (24th season)

#### A Year Ago

- 3rd place | 630 points

#### In the 2013 NCAA Championships

- 16th at NCAA's

#### Top Returners

- Carolyn Bernhardt (Back, Sprint Free, Sr. | Was second in 100 and 200 Back at MIAC's in 2013)
- Maddie Lee (Freestyle, Back, Soph. | Was second in 500 Free and third in 200 Back at MIAC's in 2013)
- Abbey Schnaith (Free, Soph. | Was fourth in 200 Back at MIAC's in 2013)

#### Key Losses

- Meghan Weiss
- Lydia Feldman

#### By the Numbers

- 15: St. Olaf has won 15 MIAC championships, including a string of 11 in a row from 1987-1997.
- 3:52.10 The relay team of Bernhardt, Weiss, Megan Gaylord and Lydia Feldman finished 13th at the NCAA's in a school record time of 3:52.10 in 2013.
- 40: The 2013-14 season is the 40th at St. Olaf for coach Dave Hauck.



**ST. THOMAS** | [Tommies' women's swimming and diving home page](#) |

#### Head Coach

- Tom Hodgson (34th season)

#### A Year Ago

- 2nd place | 691 points

#### In the 2013 NCAA Championships

- 2013 NCAA Women's Swimming and Diving Championships - 44th place - Team score: 6 pts. (15th in 200 free relay, 16th in 200 medley relay)

#### Top Performers

- Mariann Kukielka, JR, Butterfly (2X MIAC champ 100 fly, three winning MIAC medley relays)
- Emily Punyko, JR, Breaststroke (2013 MIAC runner-up and 2012 HM All-America in 100 BR)
- Elise Guenther, JR, Distances (2X MIAC champ 1,650)

**Key Losses**

- Katie Bromback, Grad, Butterfly (3X MIAC champ in butterflys)

**By the Numbers**

- 0: Number of dual/invitational meet team losses last regular season for Tommies, a program first
- 12: Number of MIAC meet top-three finishes for 2013 Tommie women in a second-place team finish, the program's best showing in 22 seasons.
- 9-6-5-5-3-3-4-3-2: Team placings at MIAC Championships for St. Thomas women over last nine seasons.

**Did You Know?**

- Tommie HM All-America Mariann Kukielka's success isn't limited to the pool. Last year she joined a classmate to take second place in the undergrad division in the prestigious on-campus Fowler Business Concept Challenge. Their idea, "Superhero Simulation Service," is a business model for youth birthday parties with a superhero theme.

**Out of the Pool**

- The Tommies had six women swimmers make Academic All-MIAC last winter with cumulative grade-point averages of 3.50 or higher. St. Thomas make the 75-team College Swimming Coaches' Association of America (CSCAA) Scholar All-America Team last spring with its 3.37 team gpa.

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[MIAC Women's Swimming and Diving Home Page](#)