

2018 MIAC Women's Swimming and Diving Championship Preview

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MINNEAPOLIS – The Minnesota Intercollegiate Athletic Conference (MIAC) 2018 Swimming and Diving Championships are set to get underway this Thursday in Minneapolis.

After six seasons of Gustavus dominance, St. Thomas – which had never won a MIAC women's swimming and diving championship prior to the 2015-16 campaign – enters the 2018 Championships with back-to-back titles and looking to make it a three-peat.

The other 10 women's programs in the MIAC will aim to play spoiler with Conference supremacy on the line over the three-day meet held Thursday, Feb. 15, through Saturday, Feb. 17, with two sessions each day at the University of Minnesota's Jean K. Freeman Aquatic Center in Minneapolis.

The morning sessions will begin at 10:30 a.m. (doors at 9 a.m.) and will feature preliminary races, with the evening championship sessions starting at 6:30 p.m. (doors at 5:30 p.m.).

Tickets are available at a single-session rate, with all-session passes also available for fans who plan to attend the entire event. Single-session passes cost \$10 for adults and \$5 for students, and all-session passes are \$50 for adults and \$25 for students. Heat sheets are included in the cost of admission. Children ages 5 and under are admitted free, and MIAC passes will be honored for all six sessions. No other passes or discounts will be accepted.

All six sessions will also be [broadcast live online](#) thanks to [Webcast America](#), and fans will be able to watch archived video of each session following the event via Webcast America's site. "Live" results will be available [online](#) throughout the meet, with official finishes posted to the MIAC website shortly after each session.



FOLLOW THE ACTION

The [MIAC Swimming and Diving Championship homepage](#) features the complete [event schedule](#), [psych sheet](#), ticket policy and [venue information](#). The site will be updated throughout the event with heat sheets, stat links, results, recaps and photos. Fans can also monitor MIAC women's swimming and diving on-the-go thanks to the [MIAC mobile app](#), which is a free download for both Apple and Android devices.

IN THE POLLS

St. Thomas is ranked 21st in the nation in the latest CSCAA Poll, which ranks the Top 25 teams in NCAA Division III each month.

KEEP AN EYE ON

Cassie Bohnsack | Fy. | Concordia

The Cobbers will have a diver in competition at the MIAC Championships for the first time since 2014 thanks to Bohnsack's season-best score of 301.30 in the 11 1-meter dives in January. The first-year diver will look to join an elite group of Cobber MIAC diving champs that includes former National Champion Annie Cullen and All-American Emily Hall.

Franki Gillis | So. | Macalester

After finishing fifth in the 3-meter diving event in her first MIAC Championship meet last season, Gillis turned it up a notch in 2018, leading the MIAC with a 1-meter six-dive score of 247.75 and ranking second with a 3-meter six-dive score of 253.45, both recorded during the Scots' final tune-up before the Conference meet back in January.

Franceska Hernandez-Nietling | Fy. | St. Catherine

A two-time MIAC Athlete of the Week in her first season of collegiate competition, Hernandez-Nietling has been a bright spot for the Wildcats from the very beginning, winning the 100-yard individual medley and 100-yard breaststroke in her debut meet back in October.

With three top-10 times during the MIAC regular season, it would be no surprise to see the first-year swimmer make some big waves this weekend.

Alex Howard | Jr. | St. Thomas

Part of nine MIAC Championship victories in her first two seasons at St. Thomas – including six wins last February – Howard figures to be a force to be reckoned with yet again at the 2018 Championships. Boasting the top MIAC times this season in the 100 freestyle, 200 freestyle and 500 freestyle, and top-10 times in the 50 freestyle, 100 backstroke and 200 backstroke – not to mention her role on a quintet of relays – Howard is a contender in every race she enters.

Morgan Mangel | Fy. | Augsburg

The St. Cloud, Minn. native wasted little time etching her name into Auggie history, recording the second-fastest times in program history in a pair of events back in December. Mangel clocked in at 25.40 in the 50-yard freestyle and 56.22 in the 100-yard freestyle. Both times rank in the MIAC top-25 this season.

Taylor Martinek | Jr. | Hamline

The new year has been good to Martinek, who collected multiple victories in all five meets she has competed in over the last six weeks. The Piper swimmer has netted MIAC top-10 times in the 50 freestyle, 100 backstroke and 200 backstroke, while claiming 13 individual first-place finishes in 2018 alone.

Maggie Pomerence | So. | Saint Benedict

After setting a school record off the 1-meter board last season, Pomerence has continued to put dents in the CSB record book in 2018. She won the one-meter diving competition by posting the second-best score in program history to kick off February, and now holds the No. 8 spot in the CSB standings off the 3-meter board as well.

Kate Reilly | Sr. | Gustavus

A former CollegeSwimming.com Preseason All-America selection, Reilly claimed three individual All-Conference awards last season in the 50 free, 100 free and 100 fly, in addition to contributing to four All-Conference relay teams in the 200 free, 400 free, 200 medley and 400 medley. The final MIAC Women's Swimming and Diving Athlete of the Week for the month of January boasts the Conference's top time this season in the 100 individual medley and ranks second in the 50 freestyle and 100 butterfly.

Amy Roach | Sr. | Carleton

The senior diver has been on a tear as of late, winning four consecutive meets at the 3-meter height and prevailing in three straight competitions on the lower board. Roach placed eighth in the 1-meter diving competition at the 2017 MIAC Championships and momentum would suggest an even higher finish awaits in her final Conference meet.

Brooke Shefchik | Fy. | Saint Mary's

In a lineup loaded with first-year talent, Shefchik has stood out in the distance freestyle events for the Cardinals. Shefchick made her mark early, logging career-best times in the 1000 freestyle (11:50.43) in November and 1650 freestyle (19:58.03) the following month, with both times remaining among the MIAC's 25 best throughout the season.

Marissa Wolff | Fy. | St. Olaf

A specialist in the mid-distance freestyle events, Wolff has quickly solidified herself as one of the top swimmers in the Conference in her debut season. She has posted MIAC top-10 times in seven different events, including top-five times in the 100, 200, 500 and 1000 freestyles.