

2020 MIAC Women's Swimming & Diving Championship Preview

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MINNEAPOLIS – The 2020 Minnesota Intercollegiate Athletic Conference (MIAC) Swimming and Diving Championships are set to get underway this Wednesday night in Minneapolis.

The conference's eleven women's swimming and diving programs will compete in a four-day meet held Wednesday, February 12 through Saturday, February 15 at one of the nation's premier facilities, the University of Minnesota's Jean K. Freeman Aquatic Center in Minneapolis. Following the success of last season's four-day, seven-session format, conference membership voted to make the expansion permanent while shifting the days of competition to Wednesday-through-Saturday.

For the third year in a row, the University of St. Thomas will enter the conference meet as the defending MIAC champions. The Tommies have won four consecutive conference titles, which ties Hamline University (1983-86) for the third-longest winning streak in MIAC women's swimming and diving history. St. Olaf holds the conference record with 11 in a row from 1987-97, while Gustavus' six straight MIAC crowns from 2009-15 rank second.

The 2020 MIAC Swimming and Diving Championships will begin on Wednesday night with a preliminary round of the men's three-meter diving competition at 6:00 p.m. (doors open at 5:00 p.m.), followed by finals of that event, plus the men's and women's 200-yard medley and 800-yard freestyle relays. Finals will begin at 7:30 p.m. Morning prelim sessions will be held on Thursday, Friday, and Saturday, all beginning at 10:30 a.m. (doors open at 9:00 a.m.). The evening championship sessions on those days will all begin at 6:30 p.m. Doors will open on Thursday and Friday at 5:00 p.m., with doors opening for Saturday's finale at 2:00 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 will begin at \$60 for adults and \$25 for students on Wednesday night. 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 sessions. No other passes or discounts will be accepted.

All sessions will be broadcast live on the [MIAC's Stretch Live channel](#) for the first time ever, which will allow fans to watch online or on Roku, Apple TV, Android TV, or Amazon Fire TV. "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](#), [qualifying standards](#), [psych sheet](#), [venue information](#), and ticket pricing. The site will be updated throughout the event with heat sheets, results, recaps, and photos. Fans can also monitor MIAC men's and women's swimming and diving on-the-go via the [MIAC Front Row app](#), which is a free download for both Apple and Android devices.

| [Championship Schedule](#) | [Qualifying Standards](#) | [Psych Sheet](#) | [MIAC Leaderboard](#) |

HANDING OUT THE HARDWARE

A short awards ceremony will follow each event during the four evening sessions. The top three finishers in each event, including relays, will be named to the All-Conference Team, while individual finishers #4-6 and relay finisher #4 will receive honorable mention distinction.

On the final day of the championship, MIAC head coaches will also select the Male and Female Swimmers and Divers of the Year, representatives for the All-Sportsmanship Team, and the MIAC Coach of the Year honorees for both Men's and Women's Swimming and Diving.

Individual award recipients will be recognized at the conclusion of the final session on Saturday evening. MIAC championship plaques will then be presented to the first-place women's and men's teams.

IN THE POLLS

St. Catherine is currently ranked No. 14 in the nation in the latest [TYR/CSCAA Top 25 Poll](#). The Pre-NCAA Poll will be released at the end of the month.

DEFENDING THE CROWN

The champions of 11 individual events and three relay competitions will be back to defend their titles in 2020.



St. Catherine sophomore **Macy Klein** won the 100-yard freestyle (00:51.08), while teammate **Hannah Svendsen** won the 400-yard IM (04:30.15) in their MIAC Championship debuts last season. Fellow Wildcat sophomore **Maggie Menso** set a trio of conference records in her 200-yard (01:50.64), 500-yard (04:51.31), and 1650-yard (16:52.62) victories last February. Reigning MIAC Swimmer of the Year **Jordyn Wentzel** tallied a trio of individual conference records as well last season in the 200-yard IM (02:01.75), 100-yard breaststroke (01:01.75), and 200-yard breaststroke (02:12.85). Wentzel, Menso, and Klein teamed with **Sydney Grohman** to win the 400-yard freestyle relay (03:26.96) last year, while Wentzel, Grohman, Svendsen, and Menso set a conference record in the 800-yard freestyle relay (07:32.73). The team of Svendsen, **Franceska Hernandez-Nietling**, Wentzel, and Klein won the 400-yard medley relay (03:49.12) as well.

St. Thomas sophomore **Anna Astrup** swept the butterfly competitions last year with wins in the 100-yard (00:56.54) and 200-yard (02:06.83) events. Fellow Tommie sophomore **Peyton Ekman** won the conference title in the 3-meter diving competition with a score of 415.70.

NATIONAL NOTABLES

Gustavus junior **Sophia Steinberg** ranks fifth in Division III off the 3-meter diving board with a six-dive score of 448.10 and sixth in D-III off the 1-meter board with a six-dive score of 440.25. Fellow Gusties **Emily An** and **Anna Nietz** are also nationally-ranked, with An in sixth off the 3-meter board at 437.05 and Nietz in 10th off the 1-meter board at 395.90.

Saint Benedict first-year diver **Emi Quill** ranks fifth in Division III off the 1-meter diving board with a six-dive score of 443.65 and seventh off the 3-meter board at 428.00. Teammate **Artie Pomerence** ranks ninth in D-III off the 1-meter board with a score of 401.85. CSB's **Mia Sabin** is 10th in D-III off the 3-meter board at 390.26.

St. Catherine sophomore **Jordyn Wentzel** has the top times in Division III this season in the 200-yard breaststroke (2:15.28), 200-yard butterfly (2:01.82), and 100-yard individual medley (56.76). Wentzel also ranks third in the 200-yard freestyle (1:49.94) and 100-yard breaststroke (1:01.64), fifth in the 200-yard individual medley (2:02.19), eighth in the 50-yard butterfly (26.08), and ninth in the 100-yard butterfly (55.78).

St. Catherine's 400 freestyle relay team has the eighth-fastest time in D-III this year (3:29.05), while the Wildcats' 800 freestyle relay team is ninth (7:39.26) and the 400 medley relay team is 10th (3:50.46).

AROUND THE MIAC

Augsburg junior **Morgan Mangel** has set program records at the MIAC Championships each of the last two seasons. In 2018, she clocked in at 00:55.21 to set a new Augsburg-best in the 100-yard freestyle and touched the wall in 00:25.34 in the 50-yard freestyle to set a new school mark last year.

Carleton sophomore **Kapani Kirkland** broke an 18-year-old program record for her six-dive score off the 1-meter board last month. Kirkland scored 268.79, bettering the mark of 267.55 set by Angie Soucek in 2002.

Concordia junior **Allison Marcus** finished the regular season in dominant fashion, winning the 200-yard breaststroke versus UM-Morris by clocking in at 2:50.27. Marcus won the event by more than 10 full seconds and was also the runner-up in the 400-yard individual medley, finishing that race in 5:28.80.

Gustavus junior **Sophia Steinberg** broke a five-year-old program record with a 1-meter dive score of 398.95 in a dual with Saint Benedict in January. Steinberg enters the 2020 MIAC Championships with the top 3-meter dive score in the conference and ranks second in the league off the 1-meter board.

Hamline first-year **Courtney Broyles** has come on strong in the second half of the season, placing first or second in every 2020 diving competition. Broyles logged the top five-dive score in the MIAC off the 1-meter board this season with a score of 162.80 in a double dual with St. Olaf and Macalester last month.

Macalester senior **Ana Thompson** set a pair of program records two years ago at the 2018 MIAC Championships. Thompson finished the 100-yard backstroke in 01:00.10 and the 200-yard backstroke in 02:10.90.

Saint Benedict sophomore **Mikayla Von Wahlde** burst onto the scene last season by setting a new program record in the 100-yard individual medley in her very first collegiate meet. That trend continued at the 2019 MIAC Championships where Von Wahlde set school records in both the 100- and 200-yard backstrokes, clocking in at 00:57.22 in the 100 and 02:05.00 in the 200.

St. Catherine sophomore **Maggie Menso** has broken four individual program records and been part of a pair of relay records in two seasons as a Wildcat. Five of the six program records to her name are also MIAC Championship records, as she set new meet marks in the 200-yard freestyle, 500-yard freestyle, 1,000-yard freestyle, 1,650-yard freestyle, and 800-yard freestyle relay last season.

Saint Mary's junior **Brooke Shefchik** broke three program records at the 2019 MIAC Championships. After being part of the Cardinals' record-setting 800-yard freestyle relay team to open last year's meet, Shefchik shined individually, breaking a 15-year-old school record in the 500-yard freestyle with a time of 05:35.84, and shaving three seconds off a seven-year-old mark in the 400-yard individual medley with a new standard of 05:00.89.

St. Olaf first-year **Maria Newton** has racked up the first-place finishes in her debut season and secured top-10 MIAC times in five of her eight individual events. Newton enters her first MIAC Championship meet ranked second in the conference in both the 100-yard butterfly (00:57.92) and 100-yard individual medley (01:01.28).

St. Thomas senior **Ashley Christensen** has the second-fastest time in the MIAC in both the 100- and 200-yard breaststrokes this season. Christensen clocked in at 01:04.28 in the 100 and 02:23.55 in the 200. She won the conference title in the 100-yard breaststroke in 2018.

FOR THE RECORD

The MIAC is in the process of overhauling its sport record books to provide a better historical perspective of the Conference and the accomplishments of its student-athletes over the last century. The 2020 MIAC Women's Swimming & Diving Record Book contains annual Conference championship information, all-time award winners, MIAC and program record-holders, and more. The information included in the record book is based on available data and research for additional historical documents is ongoing.

CELEBRATING A CENTURY

The MIAC is celebrating its 100-year anniversary throughout the 2019-20 season. The conference's Centennial celebration will highlight the many outstanding moments, memories, and individuals who helped build the MIAC over the last century. Initiatives will include student-athlete, coach, and administrator spotlights, historical photos showcasing the evolution of MIAC sports and teams through the years, recognition of former MIAC student-athletes who continued their time in the conference as coaches and administrators, and more. The official #MIAC100 webpage is housed at <https://www.miacathletics.com/miac100>.