

# 2009-2010 Virginia Tech Swimming & Diving

## War Memorial Pool:

- This marks the opening meet of the season for the H<sub>2</sub>Okiets at their home War Memorial Pool. Last year, both the men's and women's Tech teams finished 5-0 at their home facility, with wins over NC State, West Virginia, Clemson, Georgia Tech and UNC Wilmington.

## Last Time Out:

- The H<sub>2</sub>Okiets opened the season on Saturday with a split at North Carolina, posting a pair of wins over South Carolina. The Tech men defeated the Gamecocks, 202-98, while the Tech women added a 210-50-89.50 victory over South Carolina. Despite a strong effort, both H<sub>2</sub>Okie squads fell to the Tar Heels, 172-128 (men) and 182-118 (women). The teams combined to post a total of 11 first-place finishes (seven for the men, four for the women) and earned nine second-place finishes.
- Erika Hajnal, Kelly deMarrais, Stephen Hawkins, Jonathan Huss, Ryne Francis, Karl Botha and Mikey McDonald all posted top finishes at the meet, while the men's 200 medley relay team and the women's 400 freestyle relay team also earned first-place finishes.
- The H<sub>2</sub>Okiets also had four divers (Mikey McDonald, Daniel Martin, Logan Shinholser and Natalie West) hit their NCAA Zone qualifying scores.

## Scouting Virginia:

- Both the men's and women's H<sub>2</sub>Okie teams have only beaten in-state conference rival Virginia once. The men are 1-23 all-time, while the women stand at 1-22 all-time.
- October 29, 2008:** Last year, Tech fell to the #15 men's and #10 women's UVa teams, marking their only losses of the regular season. The men fell 188-110, while the women lost 189-108. Sarah Milton led the H<sub>2</sub>Okiets with first-place finishes in the 1- and 3-meter dive events, while Stephen Hawkins captured a title in the 50 free and a third-place showing in the 100 free. The H<sub>2</sub>Okie also saw first-place finishes in the men's 400 free relay and men's 3-meter dive event, and finished the day with seven second-place spots.
- Virginia took both the men's and women's ACC titles last year with perfect 5-0 records, earning their second-consecutive sweep in the ACC Championship. The Cavalier men finished 9-2 and the women finished 9-1. The 'Hoos also performed well at the NCAA Championships, with the men taking ninth and the women 12th.
- UVa fell to the Florida men and women, 159-141 and 166.5-131.5, respectively, on October 9 in their first meet of the season.
- Virginia senior Mei Christensen, who was the 2009 ACC Swimmer of the Year, was recently named to the 2009-10 United States National Team roster for the 100 backstroke after swimming a time of 1:00.97 at the World Championship Trials in July. The Cavaliers also return 17 All-Americans this year.

## 2009-2010 Schedule

<u>Quick Facts</u>	
<i>Location</i>	Blacksburg, Va.
<i>Founded</i>	1872
<i>Enrollment</i>	30,000
<i>Colors</i>	Chicago maroon and burnt orange
<i>Nickname</i>	Hokies
<i>Conference</i>	Atlantic Coast
<u>Team Info.</u>	
<i>2008-09 Record Men</i>	(7-1, 4-1 ACC)
<i>2008-09 Record Women</i>	(6-1, 3-1 ACC)
<i>Men Letterwinners Returning/Lost</i>	27/4
<i>Women Letterwinners Returning/Lost</i>	23/6
<i>Facilities</i>	War Memorial Pool, Christiansburg Aquatic Center
<i>Team Website</i>	www.hokiesports.com/swimming/
<u>Coaching Staff</u>	
<i>Head Coach</i>	Ned Skinner (LSU, '89)
<i>Skinner's Record at Tech</i>	160-72 (11 years)
<i>Associate Head</i>	Braden Holloway (NC State, '01)
<i>Head Diving Coach</i>	Ron Piemonte (ASU, '86)
<i>Assistant Coaches</i>	Joey Peterson Danielle Quarry
<i>Volunteer Assistant Coaches</i>	Danny White Tom Williams

Date	Opponent	Time/Result	
		Men	Women
<b>October</b>			
17	@ North Carolina* w/ South Carolina	W, 202-98 (USC) L, 118-182 (UNC)	W, 210.5-89.5 (USC) L, 118-182 (UNC)
21	<b>VIRGINIA*</b>		5 PM
31	<b>PENN STATE</b>		1 PM
<b>November</b>			
6	<b>KENTUCKY</b>		3 PM
7	<b>DUKE* (Men &amp; Women) w/ MIAMI* (Women)</b>		1 PM
19-21	@ Volunteer Invitational (Knoxville, Tenn.)		All Day
<b>January</b>			
16	<b>DAVIDSON (Senior &amp; Parents Day)</b>		1 PM
23	@ Georgia Tech* w/ Florida State*		Noon
30	@ West Virginia w/ Duquesne		Noon
<b>February</b>			
17-20	@ Women's ACC Championships (Chapel Hill, N.C.)		All Day
24-27	@ Men's ACC Championships (Chapel Hill, N.C.)		All Day
<b>March</b>			
12-14	NCAA Zone A Diving Championships (New Brunswick, NJ)		All Day
18-20	Women's NCAA Championships (West Lafayette, Ind.)		All Day
25-27	Men's NCAA Championships (Columbus, Ohio)		All Day
Home meets (in CAPS) are held at War Memorial Pool unless otherwise noted			
* Denotes ACC competition			

**Head Coach, Ned Skinner**

**Personal**

**Full name:** Ned Thomas Skinner  
**Birth Date:** May 3, 1966  
**Hometown:** Worthington, Ohio

**Education**

**High School:** Worthington, 1984  
**College:** Louisiana State, 1989  
**Graduate:** Ohio University, 1990  
**PhD:** Virginia Tech, 2004

**Coaching Experience**

**1998-** Head Coach, Virginia Tech  
**1994-98** Head Coach, William & Mary  
**1990-94** Head Coach, Central Conn.

**Records**

**Overall:** 249-174-2 (19 years)  
**Virginia Tech:** 162-74 (11 years)  
**Women:** 91-29; **Men:** 71-45

**Highlights**

- 2004 BIG EAST Conference Men's Co-Coach of the Year
- 2003 BIG EAST Conference Men's Coach of the Year
- 1998-99 and 1999-00 Atlantic 10 Women's Coach of the Year
- Led the Virginia Tech men's and women's teams to conference titles in 1999-00
- 1998 ECAC Women's Coach of the Year (William & Mary)
- Coached Kristen Schnittger to four consecutive ECAC titles in the 100 breast (William & Mary)
- 1994 East Coast Conference Women's Coach of the Year (Central Connecticut)
- 16 ACC Individual Champions
- 8 Olympic Trial Participants
- 11 International National Champions
- 13 All-American Honorable Mention Individual Selections
- 7 All-America Individual Selections
- 4 ACC Relay Championships
- 4 All-American Honorable Mention Relay Selections
- 5 Academic All-America Selections
- 2 ACC Swimmers of the Year
- 1 ACC Freshman of the Year
- 2 ACC Scholar-Athletes of the Year
- 2 University Games participants
- 1 Mediterranean Games participant
- 1 Olympian

**Associate Head Coach:**

Braden Holloway, 6th season

**Head Diving Coach:**

Ron Piemonte, 4th season

**Assistant Coaches:**

Joey Peterson, Danielle Quarry

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Name	Event	Ht.	Cl.	Exp.	Hometown
Matt Baumler	Fly/Back/Sprint	6-4	So.	1L	Williamsburg, Va.
Karl Botha	Fly/Free	5-11	Fr.	HS	Ashford, Great Britain
Trevor Carr	Free	6-1	Fr.	HS	Woodford, Va.
Nevin Cook	Breast/IM	5-10	So.	1L	Catlett, Va.
Daniel Flynn	Back/Breast/IM	6-1	So.	1L	North Wildwood, N.J.
Ryne Francis	Back/IM	6-2	Jr.	2L	Gilbertsville, Pa.
Caglar Gokbulut	Distance Free	6-0	So.	1L	Istanbul, Turkey
Michael Hallock	Back/Free	6-2	Fr.	HS	Oak Hill, Va.
Scott Harkins	Free/IM/Breast	5-11	Sr.	3L	Williamsburg, Va.
Stephen Hawkins	Sprint/Fly/Back	6-3	Jr.	2L	Forest, Va.
Charlie Higgins	Free/Back/Fly	6-0	So.	1L	Weddington, N.C.
Chip Hughes	Free	6-2	Sr.	3L	Greer, S.C.
Jonathan Huss	Breast	6-1	Sr.	3L	Midlothian, Va.
Philip LaRosa	Distance Free/IM	5-10	So.	1L	Manassas, Va.
Alex Lutterbein	Distance Free/IM	6-2	Fr.	HS	Manakin-Sabot, Va.
Griffin Lutterbein	Distance Free	6-3	Sr.	3L	Manakin-Sabot, Va.
Gregory Mahon	Fly/IM	6-0	Fr.	HS	Medford, N.J.
Daniel Martin	Diver	5-10	Jr.	2L	Fairfax, Va.
*Mikey McDonald	Diver	5-6	Sr.	3L	Annandale, Va.
Greg Morgan	Sprint Free	5-11	So.	1L	Greer, S.C.
Ben Munster	Distance Free	6-1	Fr.	HS	College Station, Texas
Zach Patteson	Diver	5-9	Fr.	HS	Fairfax, Va.
Andrew Rogers	Back/Fly/Free	6-3	Sr.	3L	Scarborough, Maine
Tom Sheranek	Back/IM	6-7	Fr.	HS	Richmond, Va.
Logan Shinholser	Diver	5-8	Fr.	HS	Burtonsville, Md.
Adam Skipper	Free/Breast/IM	6-5	Fr.	HS	Yorktown, Va.
Trey Stewart	Back/Free	6-1	Jr.	2L	Luling, La.
Blake Trabuchi-Downey	Distance Free/Fly	5-10	So.	1L	Vineland, N.J.
Richard Ulatowski	Sprint Free	6-4	Jr.	2L	Hamden, Conn.
Bryan Uncur	Free	6-5	So.	1L	Chesapeake, Va.
Mason Wilcox	Fly/Breast	6-0	Fr.	HS	Newport News, Va.

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Name	Event	Ht.	Cl.	Exp.	Hometown
Morgan Allen	Sprint Free	5-7	Jr.	2L	Charlotte, N.C.
Sarah Ameen	Sprint Free/Back	5-8	Sr.	3L	Manassas, Va.
Sarah Ault	Free/Back	5-11	Fr.	HS	Lancaster, Pa.
Paige Ayres	Breast/IM	5-10	So.	1L	Knoxville, Tenn.
Abby Barney	Fly/IM	5-6	Sr.	3L	Virginia Beach, Va.
Julia Bradford	Diver	5-2	Sr.	3L	Mansfield, Mass.
Addie Carne	Free/Fly/IM	5-3	Fr.	HS	Simpsonville, S.C.
Kelly deMarrais	Free/Back	6-0	Sr.	3L	Bernardsville, N.J.
Steffi Drechsel	Sprint Free/Back	5-9	Jr.	2L	Leipzig, Germany
Jessica Earl	Breast	5-6	Sr.	3L	Marietta, Ga.
Emily Ferguson	Sprint Free	6-0	So.	1L	Clifton, Va.
Becky Flora	Free	6-3	Fr.	HS	Reistertown, Md.
Kaleigh Gomes	Sprint Free/Fly	5-10	Jr.	2L	Charlotte, N.C.
Lauren Haley	Back	5-8	Jr.	2L	Hopewell, Va.
Erika Hajnal	Free/IM/Fly	5-8	So.	1L	Budapest, Hungary
Meaghan Holloway	Fly/Breast/IM	5-9	Fr.	HS	Yorktown, Va.
Jace Howanitz	Sprint/IM	5-7	So.	1L	Knoxville, Tenn.
Dana Kalnins	Fly/Back	5-4	Fr.	HS	Manassas, Va.
Sarah Losinger	Breast/IM	5-10	Jr.	2L	Marietta, Ga.
Sarah Milton	Diver	5-5	Jr.	2L	Plano, Texas
Sara Mokhtari	Diver	5-2	Fr.	HS	Houston, Texas
Cara Murnan	Diver	5-2	So.	1L	Leesburg, Va.
Katie Priess	Breast/IM	5-11	So.	1L	Laguna Niguel, Calif.
Lauren Ritter	Distance Free/IM	5-10	Jr.	2L	Sterling, Va.
Carissa Santora	Diver	5-5	Fr.	HS	Somers Point, N.J.
Andrea Sawchuk	Diver	5-4	So.	1L	Great Falls, Va.
Sara Shapiro	Back/Free	5-7	Sr.	3L	Franklin, Tenn.
Laura Simon	Distance Free/IM	5-6	Fr.	HS	Greenville, S.C.
Keri Sink	Breast/IM	5-5	Fr.	HS	Elgin, Ill.
Lindzi Smith	Free/Fly	5-10	Fr.	HS	Roswell, Ga.
Katie Steeves	Breast/Fly/IM	5-6	Fr.	HS	Newark, Del.
Alexandra Tomasky	Distance Free	5-7	So.	1L	Frederick, Md.
Natalie West	Diver	5-5	r-So.	1L	Fairfax, Va.
Emily Winland	Breast/IM	5-4	So.	1L	Ashburn, Va.

## Men's Season Top Times (1-1 Record)

Event	Meet	Date	Scott Harkins	59.17	10/17
<b>50 Freestyle</b>					
Karl Botha	21.13	10/17	<b>200 Breaststroke</b>		
Stephen Hawkins	21.22	10/17	Nevin Cook	2:07.10	10/17
Rich Ulatowski	21.25	10/17	Jonathan Huss	2:07.22	10/17
			Scott Harkins	2:11.71	10/17
<b>100 Freestyle</b>					
Chip Hughes	46.89	10/17	<b>100 Butterfly</b>		
Greg Morgan	47.04	10/17	Karl Botha	49.51^	10/17
Stephen Hawkins	47.15	10/17	Greg Mahon	50.50	10/17
			Matt Baumler	50.82	10/17
<b>200 Freestyle</b>					
Bryan Uncur	1:41.20	10/17	<b>200 Butterfly</b>		
Chip Hughes	1:42.19	10/17	Matt Baumler	1:50.60	10/17
Greg Morgan	1:42.65	10/17	Blake Trabuchi-Downey	1:50.77	10/17
			Trey Stewart	1:52.89	10/17
<b>500 Freestyle</b>					
Bryan Uncur	4:35.95	10/17	<b>200 Individual Medley</b>		
Philip LaRosa	4:38.42	10/17	Nevin Cook	1:55.96	10/17
Blake Trabuchi-Downey	4:40.53	10/17	Greg Mahon	1:57.19	10/17
			Adam Skipper	1:58.40	10/17
<b>1000 Freestyle</b>					
Blake Trabuchi-Downey	9:26.44	10/17	<b>200 Medley Relay</b>		
Philip LaRosa	9:28.39	10/17	Higgins, Huss, Botha, Ulatowski	1:31.46^	10/17
Caglar Gokbulut	9:37.10	10/17	Stewart, Harkins, Mahon, Hallock	1:33.39	10/17
			Francis, Cook Wilcox, Skipper	1:35.30	10/17
<b>100 Backstroke</b>					
Stephen Hawkins	50.36^	10/17	<b>400 Freestyle Relay</b>		
Charlie Higgins	50.41	10/17	Hughes, Botha, Hawkins, Uncur	3:06.60	10/17
Ryne Francis	50.73	10/17			
<b>200 Backstroke</b>					
Ryne Francis	1:50.07^	10/17	<b>1-Meter Event</b>		
Charlie Higgins	1:52.84	10/17	Mikey McDonald	354.50	10/17
Tom Sheranek	1:54.54	10/17	Logan Shinholser	335.90	10/17
			Daniel Martin	288.50	10/17
<b>100 Breaststroke</b>					
Jonathan Huss	56.17^	10/17	<b>3-Meter Event</b>		
Nevin Cook	58.60	10/17	Mikey McDonald	397.50	10/17
			Daniel Martin	325.50	10/17
			Logan Shinholser	323.35	10/17

## Women's Season Top Times (1-1 Record)

Event	Meet	Date	Sarah Losinger	1:06.34	10/17
<b>50 Freestyle</b>					
Emily Ferguson	23.78	10/17	<b>200 Breaststroke</b>		
Kaleigh Gomes	23.89	10/17	Keri Sink	2:21.11	10/17
Kelly deMarrais	24.06	10/17	Sarah Losinger	2:22.70	10/17
			Paige Ayres	2:25.24	10/17
<b>100 Freestyle</b>					
Steffi Drechsel	51.55	10/17	<b>100 Butterfly</b>		
Emily Ferguson	51.58	10/17	Abby Barney	57.43	10/17
Kaleigh Gomes	51.95	10/17	Meaghan Holloway	57.52	10/17
			Addie Carne	58.66	10/17
<b>200 Freestyle</b>					
Kelly deMarrais	1:49.85^	10/17	<b>200 Butterfly</b>		
Becky Flora	1:53.10	10/17	Erika Hajnal	2:01.60^	10/17
Addie Carne	1:54.05	10/17	Meaghan Holloway	2:05.66	10/17
			Katie Steeves	2:05.92	10/17
<b>500 Freestyle</b>					
Erika Hajnal	4:53.25	10/17	<b>200 Individual Medley</b>		
Lauren Ritter	4:56.56	10/17	Keri Sink	2:06.35	10/17
Alexandra Tomasky	5:02.45	10/17	Addie Carne	2:09.22	10/17
			Katie Steeves	2:09.65	10/17
<b>1000 Freestyle</b>					
Erika Hajnal	9:57.51^	10/17	<b>200 Medley Relay</b>		
Lauren Ritter	10:02.31	10/17	Shapiro, Earl, Barney, Gomes	1:45.00	10/17
Laura Simon	10:18.22	10/17	Haley, Losinger, Carne, Ferguson	1:46.09	10/17
<b>100 Backstroke</b>					
Steffi Drechsel	56.58	10/17	<b>400 Freestyle Relay</b>		
Sara Shapiro	57.00	10/17	Drechsel, Ferguson, Gomes, deMarrais	3:25.77	10/17
Lauren Haley	58.09	10/17	Ritter, Shapiro, Barney, Flora	3:31.76	10/17
<b>200 Backstroke</b>					
Kelly deMarrais	2:02.67	10/17	<b>1-Meter Event</b>		
Sara Shapiro	2:05.26	10/17	Sara Mokhtari	256.45	10/17
Lauren Haley	2:07.07	10/17	Sarah Milton	256.10	10/17
			Carissa Santora	240.25	10/17
<b>100 Breaststroke</b>					
Keri Sink	1:05.21	10/17	<b>3-Meter Event</b>		
Jessica Earl	1:05.74	10/17	Natalie West	296.40	10/17
			Carissa Santora	266.25	10/17
			Sarah Milton	260.25	10/17

**H2Okie Men Season Preview**

The H2Okie men posted consecutive fifth-place finishes at the ACC Championships in 2008 and 2009. Coach Skinner has many talented returners back for the new campaign, including NCAA qualifiers Mikey McDonald and Charlie Higgins, in addition to 11 freshmen who can make an immediate impact in the ACC. The H2Okie men are expected to improve upon last year's finish and have high expectations for the 2009-10 season.

**Sprint**

Juniors Stephen Hawkins and Rich Ulatowski return as key leaders in the sprint free in the 2009-10 season after scoring points at the ACC Championships with top finishes in the 50 free. Seniors Andrew Rogers and Chip Hughes, along with sophomore Charlie Higgins, are also experienced returners. Sophomore Greg Morgan will see action in the sprint and mid-range freestyle events. Freshmen Karl Botha, who broke the British record in the 50 free, Adam Skipper, Trevor Carr and Gregory Mahon will also provide immediate speed for the H2Okie sprint crew.

**Freestyle**

The H2Okies return many talented swimmers in the freestyle. Blake Trabuchi-Downey, who had an outstanding freshman campaign, will rejoin Bryan Uncur, Chip Hughes and Stephen Hawkins in the mid-range freestyle events. Hawkins and Ulatowski finished eighth and 14th, respectively, in the 100 free, while Uncur placed 12th and Trabuchi-Downey earned 14th in the 1650 free at the ACC Championships. Hawkins also took seventh in the 50 free. To add to the plethora of returning experience, Phil LaRosa, Caglar Gokbulut and Griffin Lutterbein will also be expected to score points, and will be complemented by newcomers Alex Lutterbein and Ben Munster. All will provide depth and stability to the distance freestyle crew.

**Individual Medley**

School-record holder Daniel Flynn will look to build upon last year's performance in the IM events, after etching his name in the record books in the 200 IM. Nevin Cook and Scott Harkins will join Flynn in the 200 IM, coupled with newcomers Tom Sheranek and Greg Mahon in the short IM events. In the 400 IM, Sheranek, Phil LaRosa and Alex Lutterbein will be key members of the distance medley squad.

**Backstroke**

Sophomore school-record holder Charlie Higgins (100 and 200 back) anchors a very strong backstroke crew, which also includes 2009 ACC Championships finalist Trey Stewart. Junior Ryne Francis also returns with valuable experience to add crucial depth and speed. Newcomers Tom Sheranek and Michael Hallock will also be called upon to compete in the backstroke.

**Butterfly**

Core returners Trey Stewart, Blake Trabuchi-Downey and Matt Baumler, who finished fourth, eighth and 13th, respectively, at the ACC Championships and earned points for the H2Okies, will take the lead in the butterfly. Newcomers Karl Botha and Greg Mahon will also be significant contributors in the fly and potentially reach the NCAA Championship level.

Botha represented Great Britain in the 2007 European Youth Olympic Festival in the 100 fly while Mahon was an All-American Individual Pennsylvania State Champ in the 200 IM and 100 fly. Freshman Mason Wilcox, who swam for the renowned Coast Guard Blue Dolphins club team, will also complement the H2Okies in the butterfly.

**Breaststroke**

Senior standouts Jonathan Huss and Scott Harkins will anchor a talented returning breaststroke crew this season. Huss placed fourth in the 100 breast and 10th in the 200 breast at the ACC Championships, while Harkins collected respective 12th- and 13th-place finishes in the events. Returners Nevin Cook, Daniel Flynn and Rich Ulatowski will also be important competitors, all having seen action at championships last year. Freshmen Mason Wilcox and Adam Skipper will compete with high expectations as well.

**Diving**

Mikey McDonald returns for his senior campaign to add to his astonishing resume of accomplishments, earning Honorable Mention All-America honors for his 14th- and 15th-place finishes at the NCAA Championships in the one- and three-meter events, respectively. He also posted three top-five finishes at the ACC Championships. Junior Daniel Martin, who finished eighth in the platform, 12th in the one-meter and 16th in the three-meter events at conference championships, will complement McDonald as an experienced returnee who scored in all three diving events last year. Two highly talented freshman divers, Zach Patteson and Logan Shinholser, will join the squad. Shinholser was a Junior National finalist and a Senior National qualifier in the platform.

**NCAA Marks**

2009-10 Men's Qualifying Standards  
25-Yard Course

EVENT	A Standard	B Standard
50 Freestyle	:19.35	:20.31
100 Freestyle	:42.26	:44.37
200 Freestyle	1:33.61	1:38.29
500 Freestyle	4:15.68	4:28.46
1650 Freestyle	14:51.15	15:35.70
100 Butterfly	:46.04	:48.34
200 Butterfly	1:42.95	1:48.09
100 Backstroke	:46.69	:49.02
200 Backstroke	1:41.53	1:46.60
100 Breaststroke	:52.87	:55.51
200 Breaststroke	1:54.25	1:59.96
200 Individual Medley	1:44.13	1:49.33
400 Individual Medley	3:44.88	3:56.12
200 Freestyle Relay	1:17.69	1:21.57
400 Freestyle Relay	2:52.47	3:01.09
800 Freestyle Relay	6:23.26	6:42.42
200 Medley Relay	1:25.66	1:29.94
400 Medley Relay	3:08.22	3:17.63

1-Meter Diving Points—Dual 290/300‡  
3-Meter Diving Points—Dual 310/320‡  
Platform Diving Points—Dual 290/300‡

‡ qualifying point total when using six optional dives with standard D.D.

**H2Okie Women Season Preview**

The H2Okie women bring back several key competitors from last year's ACC and NCAA Championship events. In 2009, the women topped their previous fourth-place finish and totaled 451 points to claim the third-place spot at the ACC Championships. Though they have significant roles to fill with the loss of Sara Smith, Megan Newell and Jordan McHorney, three Honorable Mention All-Americans, H2Okie head coach Ned Skinner believes the returning 21 athletes will provide leadership and help the very talented incoming class reach their full potential and once again be a major threat in the Atlantic Coast Conference.

**Sprint**

Losing All-American Sara Smith will be a major factor to address in the sprint free events for the H2Ookies. Junior Steffi Drechsel, who is coming off fresh second-place ACC finishes in the 400 medley and 400 free relays, and a third-place finish in the 200 free relay, will take on a key leadership role. Captain Kelly deMarrais finished seventh in the 200 free last year and will look to carry over her success to her senior season. Returners Emily Ferguson, Kaleigh Gomes and Morgan Allen will provide additional experience and depth to the sprints units. Freshmen Lindzi Smith, Addie Carne and Sarah Ault will also have opportunities to compete as part of a traditionally strong sprint freestyle group.

**Freestyle**

Returners Erika Hajnal, Kelly deMarrais and Jace Howanitz offer experience, speed and power in the 200 freestyles, after earning valuable points at the ACC Championships last season. Hajnal placed second in the 500 free and third in the 1650 free, setting school records in both events. Many returners will look to complement Hajnal in the distance free events, including deMarrais, Sara Shapiro and Alexandra Tomasky. Lauren Ritter, who placed 11th in the 1650 free, also returns for the distance events. Freshmen Addie Carne, Laura Simon and 6'3" Becky Flora will compete in the mid-range freestyle and distance events for the Lady H2Ookies in their first years.

**Individual Medley**

In the IM events, sophomore Jace Howanitz, who competed at the Olympic Trials one year ago and scored points at last year's Championships, and Katie Priess are expected to be key leaders. Senior Abby Barney, who also competes in the butterfly, will provide experience and look to be a leader for the young group. Sophomores Paige Ayers and Emily Winland and in-state freshman Meaghan Holloway are also expected to contribute. In the 400 IM, NCAA qualifier and school record-holder, Erika Hajnal, and newcomers Laura Simon and Keri Sink will look to make the relay crew as strong as any in the ACC.

**Backstroke**

Tri-captains Kelly deMarrais, Sara Shapiro and Sarah Ameen will provide strength in the backstroke events. The combination of deMarrais, who holds a school-record in the 200 back, and Steffi Drechsel, who holds a school-record in the 100 back, will give the team advantageous speed, power and experience. Junior Lauren Haley will offer additional depth after a breakout sophomore season, and freshmen Dana Kalnins and Sarah Ault will also complement the squad in action.

**Butterfly**

Senior Abby Barney and junior Kaleigh Gomes will anchor a strong butterfly crew, which lost powerful seniors Sara Smith and Megan Newell last year. Sophomore Erika Hajnal and newcomers Katie Steeves, Lindzi Smith and Meaghan Holloway will also look

to make a splash in the butterfly.

**Breaststroke**

Seniors Sarah Losinger and Jessica Earl, who both helped the medley relay teams to second-place finishes at the ACC Championships, return for their final season as leaders of a traditionally strong breaststroke crew. Losinger also posted a seventh-place finish in the 100 breast and a ninth-place finish in the 200 breast at championships. Joining Losinger and Earl will be sophomores Emily Winland, Katie Priess and Paige Ayres, who all improved greatly throughout the course of their freshman seasons. A duo of newcomers, Keri Sink and Meaghan Holloway, can also provide an immediate spark in the stroke.

**Divers**

The women's squad returns five divers for the 2009-10 campaign and welcomes two freshmen. Natalie West, Sarah Milton and Cara Murnan return after all scoring points in last year's ACC Championships. West took 10th in the one-meter and 12th in the three-meter, leading all H2Ookies in those events and earning her first-career points. Milton, who holds the school-record in the three-meter, placed 12th in the platform and 15th in the three-meter and also helped the H2Okie squad by scoring points in all three events at championships. Murnan led the H2Ookies in the platform with a fifth-place finish and placed 16th in the three-meter event. Julia Bradford and Andrea Sawchuk also return with high expectations from diving coach Ron Piemonte. Sara Mokhtari and Carissa Santora hope to make an impact as new additions to the team. Santora comes in as the New Jersey State High School Champion as well as an AAU National Champion in the three-meter. Mokhtari was an eighth-place finalist at the Spring Senior National Championships in the platform.

**NCAA Marks**

2009-10 Women's Qualifying Standards  
25-Yard Course

EVENT	A Standard	B Standard
50 Freestyle	:21.93	:23.02
100 Freestyle	:47.84	:50.23
200 Freestyle	1:44.02	1:49.22
500 Freestyle	4:38.46	4:52.41
1650 Freestyle	15:53.38	16:41.04
100 Butterfly	:52.02	:54.62
200 Butterfly	1:54.95	2:00.69
100 Backstroke	:53.01	:55.66
200 Backstroke	1:53.37	1:59.24
100 Breaststroke	:59.99	1:02.98
200 Breaststroke	2:10.32	2:16.83
200 Individual Medley	1:56.13	2:01.93
400 Individual Medley	4:07.33	4:19.69
200 Freestyle Relay	1:28.35	1:32.76
400 Freestyle Relay	3:14.93	3:24.67
800 Freestyle Relay	7:02.07	7:23.17
200 Medley Relay	1:37.81	1:42.70
400 Medley Relay	3:32.56	3:43.18

1-Meter Diving Points—Dual 255/265‡  
3-Meter Diving Points—Dual 270/280‡  
Platform Diving Points—Dual 260/225‡

‡ qualifying point total when using six optional dives with standard D.D.

† qualifying point total when using five optional dives with standard D.D.

## 2008-09 Results

### Women (6-1), Men (7-1)

Date	Opponent	Site	Women	Men
Oct. 25	N.C. STATE*	Blacksburg, Va.	W, 202-107	W, 183-126
	WEST VIRGINIA	Blacksburg, Va.	W, 199-93	W, 200-109
Oct. 29	at #10 Virginia*	Charlottesville, Va.	L, 110-188	L, 108-189
Nov. 8	CLEMSON*	Blacksburg, Va.	W, 182-118	W, 187-103
Nov. 19-22	at Volunteer Invitational	Knoxville, Tenn.	2nd, 907 pts.	2nd, 753 pts.
Jan. 24	GEORGIA TECH*	Blacksburg, Va.	W, 218-82	W, 167-133
	UNC WILMINGTON	Blacksburg, Va.	W, 250-50	W, 246-53
Jan. 31	at Pittsburgh	Pittsburgh, Pa.	W, 177.5-118.5	W, 183-111
Feb. 6	at Maryland*	College Park, Md.	--	W, 133-83
Feb. 18-21	Women's ACC Championships	College Park, Md.	3rd, 451 pts.	--
Feb. 25-28	Men's ACC Championships	College Park, Md.	--	5th, 379 pts.
Mar.13-15	Zone B Diving Championships	Knoxville, Tenn.	--	5th (1m, 3m)
Mar. 19-21	Women's NCAA Championships	College Station, Texas	34th, 13.5 pts	--
Mar.26-28	Men's NCAA Championships	College Station, Texas	--	36th, 4.5 pts.

## '08-'09 H<sub>2</sub>Okie Season Highlights

- Both teams set a combined total of 30 top-times and lost only to the then 12th-ranked (men's) and 19th-ranked (women's) Virginia teams
- The men and women both recorded new record times in each relay event
- Seven athletes qualified for the 2009 NCAA Championships in College Station, Texas
- Mikey McDonald posted three top-25 finishes at the NCAA Championships, earning All-America Honorable Mention honors. He finished 14th in the one-meter (341.15), 15th in the three meter (371.50) and 23rd in the platform (293)
- Steffi Drechsel, Megan Newell, Jordan McHorney and Sara Smith competed in the 200 free, and the 400 free and 200 medley relays, posting three top-20 finishes and earning All-America Honorable Mention for their 15th-place finish in the 400 free relay. Smith also took 11th in the 50 free, 20th in the 100 free, and Erika Hajnal added 13th and 22nd-place finishes in the 1650 free and 400 IM, respectively.
- The men posted a fifth-place finish at the ACC Championships for the second-straight year, scoring 379 points, and earning 10 top-five finishes. Charlie Higgins took a silver medal in the 100 back while McDonald earned bronze honors in the one-meter and platform events, setting school records in both. The 400 medley relay team of Higgins, Jonathan Huss, Ian deToll and Stephen Hawkins also earned a bronze medal, posting a school-record time of 3:11.18.
- The women topped the fourth-place finish from 2007-08 with a third-place finish in 2008-09, totaling 451 points and bettering their 2008 score by nearly 90 points. Smith took the gold medal in the 50 free, marking the sixth individual title for the women in the past four seasons, and finished third in the 100 fly. Hajnal added three top-three finishes, placing second in the 500 free, third in the 400 IM and third in the 1650 free. She earned school-record times in the 500 free (4:40.30) and the 1650 (16:00.16).
- Both squads posted second-place finishes at the Volunteer Invitational, as the women totaled 907 points and the men finished with 753 points. The women saw first-place finishes in three relay events and added titles in seven individual events. The women's diving squad took first, while McDonald led the men's divers to a second-place finish with titles in the one-meter and three-meter.
- Both H2Okie squads swept Georgia Tech and UNC Wilmington on senior day at War Memorial Pool, combining for 23 individual wins and breaking six War Memorial Pool records.
- Sara Smith was named the ACC Scholar-Athlete of the Year for the second-straight year and was also named to the CoSIDA Academic All-District second team.
- The H2Okies had 13 athletes named to the All-ACC Academic Team

**2008-09 MEN'S  
TOP TIMES**

**50 Freestyle**

Stephen Hawkins, 19.83  
Zach Holmes, 19.94

**100 Freestyle**

Stephen Hawkins, 43.96  
Ian deToll, 44.17

**200 Freestyle**

Stephen Hawkins, 1:37.08  
Chip Hughes, 1:37.54

**500 Freestyle**

Bryan Uncur, 4:23.41  
Blake Trabuchi-Downey, 4:23.46

**1000 Freestyle**

Ben Miller, 9:10.06\*  
Bryan Uncur, 9:11.54

**1650 Freestyle**

Caglar Gokbulut, 5:15.92\*  
Ben Miller, 15:16.28

**100 Backstroke**

Charlie Higgins, 46.54\*

**200 Backstroke**

Charlie Higgins, 1:43.85\*

**100 Breaststroke**

Jonathan Huss, 53.56  
Scott Harkins, 54.71

**200 Breaststroke**

Jonathan Huss, 1:59.36\*  
Scott Harkins, 1:59.76

**100 Butterfly**

Ian deToll, 47.67  
Charlie Higgins, 48.17

**200 Butterfly**

Trey Stewart, 1:45.76  
Blake Trabuchi-Downey, 1:46.55

**200 Individual Medley**

Dan Flynn, 1:48.53\*  
Nevin Cook, 1:49.21

**400 Individual Medley**

Nevin Cook, 3:54.14  
Ben Miller, 3:54.35

**200 Medley Relay**

deToll, Huss, 1:27.11\*  
Holmes, Higgins

**400 Medley Relay**

Higgins, deToll, 3:11.18\*  
Huss, Hawkins

**200 Freestyle Relay**

deToll, Hawkins, 1:18.75\*  
Holmes, Ulatowski

**400 Freestyle Relay**

deToll, Hawkins, 2:55.49\*  
Holmes, Ulatowski

**800 Freestyle Relay**

Hughes, Trabuchi-Downey, 6:30.03\*  
Uncur, Hawkins

**1-Meter Event**

Mikey McDonald 397.90\*  
Dan Martin 303.75

**3-Meter Event**

Mikey McDonald 428.99  
Trevor Michalak 325.27

**Platform Event**

Mikey McDonald 357.40\*  
Dan Martin 276.75

\* School Record

**2008-09 WOMEN'S  
TOP TIMES**

**50 Freestyle**

Sara Smith, 21.96\*  
Jordan McHorney, 22.88

**100 Freestyle**

Sara Smith, 48.10\*  
Stefanie Drechsel, 49.35

**200 Freestyle**

Kelly deMarrais, 1:47.58\*  
Erika Hajnal, 1:48.97

**500 Freestyle**

Erika Hajnal, 4:40.30\*  
Kelly deMarrais, 4:45.99

**1000 Freestyle**

Erika Hajnal, 9:40.18\*  
Lauren Ritter, 10:02.73

**1650 Freestyle**

Erika Hajnal, 16:00.16\*  
Lauren Ritter, 16:37.34

**100 Backstroke**

Stefanie Drechsel, 53.66\*  
Jordan McHorney, 54.63

**200 Backstroke**

Kelly deMarrais, 1:57.50\*  
Sara Shapiro, 1:57.80

**100 Breaststroke**

Sarah Losinger, 1:02.42  
Jessica Earl, 1:02.65

**200 Breaststroke**

Sarah Losinger, 2:13.85  
Katie Priess, 2:17.16

**100 Butterfly**

Megan Newell, 52.61\*  
Sara Smith, 53.14

**200 Butterfly**

Megan Newell, 1:58.40\*  
Erika Hajnal, 2:01.83

**200 Individual Medley**

Abby Barney, 2:02.74  
Jace Howanitz, 2:03.09

**400 Individual Medley**

Erika Hajnal, 4:11.74\*  
Lauren Ritter, 4:22.38

**200 Medley Relay**

McHorney, Earl, 1:38.56\*  
Newell, Smith

**400 Medley Relay**

Drechsel, Losinger, 3:36.50\*  
Newell, Smith

**200 Freestyle Relay**

McHorney, Drechsel, 1:29.29\*  
Newell, Smith

**400 Freestyle Relay**

McHorney, Drechsel, 3:16.21\*  
Newell, Smith

**800 Freestyle Relay**

Hajnal, Ritter, 7:15.10\*  
deMarrais, Howanitz

**1-Meter Event**

Sarah Milton 281.40  
Natalie West 271.13

**3-Meter Event**

Sarah Milton 310.42\*  
Cara Murnan 304.88

**Platform Event**

Cara Murnan 247.65\*  
Sarah Milton 202.35

\* School Record

**Men's School Records**

Event	Virginia Tech	War Memorial Pool	Atlantic Coast Conference
50 Free	Kaan Tayla 19.50 (2008)	<b>Kaan Tayla, Virginia Tech</b> 19.87 (2008)	Cullen Jones, NC State 19.07 (2006)
100 Free	Kaan Tayla 43.30 (2008)	<b>Kaan Tayla, Virginia Tech</b> 43.86 (2008)	Scot Robinson, Virginia 42.94 (2009)
200 Free	Zac Czaplicki 1:37.05 (2006)	Evan Gregg, H2Okie Aquatics 1:37.48 (2009)	Matt McLean, Virginia 1:32.80 (2009)
500 Free	Gus Calado 4:22.50 (2005)	<b>Gus Calado, Virginia Tech</b> 4:25.50 (2007)	Matt McLean Virginia 4:10.00 (2009)
1000 Free	Ben Miller 9:10.06 (2009)	Fran Crippen, Virginia 9:11.61 (2005)	Matt McLean, Virginia 8:46.50 (2009)
1650 Free	Caglar Gokbulut 15:15.92 (2009)	<b>Griffin Lutterbein, Virginia Tech</b> 16:01.94 (2007)	Matt McLean, Virginia 14:35.12 (2009)
100 Back	Charlie Higgins 46.54 (2009)	<b>Scott Beard, Virginia Tech</b> 49.32 (2007)	Tommy Wyher, North Carolina 46.41 (2009)
200 Back	Charlie Higgins 1:43.85 (2009)	Stephen Mellor, NC State 1:48.52 (2008)	Andy Hodgson, Florida State 1:41.14 (2009)
100 Breast	Kevin Furlong 53.54 (2003)	Mikey Malul, Georgia Tech 55.34 (2009)	Ed Moses, Virginia 52.60 (2000)
200 Breast	Jonathan Huss 1:59.36 (2009)	Ryan Hurley, Virginia 2:03.63 (2005)	Ed Moses, Virginia 1:53.99 (2000)
100 Fly	Scott Beard 47.05 (2006)	<b>Scott Beard, Virginia Tech</b> 47.95 (2008)	Tommy Wyher, North Carolina 46.21 (2009)
200 Fly	Gus Calado 1:44.25 (2006)	<b>Gus Calado, Virginia Tech</b> 1:44.99 (2004)	Michael Raab, Virginia 1:42.84 (2003)
200 IM	Daniel Flynn 1:48.53 (2009)	Evan Gregg, H2Okie Aquatics 1:48.13 (2009)	Gal Nevo, Georgia Tech 1:43.34 (2009)
400 IM	Gus Calado 3:51.63 (2006)	<b>Chris Turman, Virginia Tech</b> 4:02.42 (1986)	Gal Nevo, Georgia Tech 3:39.33 (2009)
200 Free Relay	deToll, Hawkins, Holmes, Ulatowski 1:18.75 (2009)	<b>Tayla, Bova, deToll, Beard Virginia Tech</b> 1:21.32 (2007)	Sousa, Plummer, Copeland, Robberson Georgia Tech 1:17.84 (2009)
400 Free Relay	deToll, Hawkins, Holmes, Ulatowski 2:55.49 (2009)	<b>Tayla, Bova, Czaplicki, Beard Virginia Tech</b> 3:00.21 (2008)	Robberson, Azar, Geissing, McLean Virginia 2:51.50 (2008)
800 Free Relay	Hughes, Trabuchi-Downey Uncur, Hawkins 6:30.03 (2009)	<b>Cross, Peterson, Duffy, Bassler Virginia Tech</b> 7:04.70 (2001)	Azar, Robison, Karasek, McLean Virginia 6:15.02 (2009)
200 Medley Relay	Higgins, Huss deToll, Holmes 1:27.11 (2009)	Ayzenshtok, Wagner, Malul, Sousa Georgia Tech 1:30.47 (2009)	Ayzenshtok, Wagner, Malul, Sousa Georgia Tech 1:26.00 (2009)
400 Medley Relay	Higgins, Huss, deToll, Hawkins 3:11.18 (2009)	<b>Tozer, Furlong, Frahm, Lindberg Virginia Tech</b> 3:20.14 (2004)	Olsen, Robertson, Hurley, Robinson Virginia 3:08.71 (2009)
1M Diving (6)	Mikey McDonald 397.90 (2009)	<b>Mikey McDonald, Virginia Tech</b> 377.10 (2008)	
1M Diving (11)	Artie Waters 490.55 (1985)		Paul Spray, Florida State 560.25 (1992)
3M Diving (6)	Mikey McDonald 435.15 (2007)	<b>Mikey McDonald, Virginia Tech</b> 435.15 (2007)	
3M Diving (11)	Doug Roper 505.40 (2004)		Louis Gagnet, Florida State 621.05 (2003)
Platform (6)	Mikey McDonald 357.40 (2009)		
Platform (10)	Doug Roper 392.00 (2005)		

\* Virginia Tech records in bold

**Women's School Records**

Event	Virginia Tech	War Memorial Pool	Atlantic Coast Conference
50 Free	Sara Smith 21.96 (2009)	<b>Sara Smith, Virginia Tech</b> 22.18 (2009)	<b>Sara Smith, Virginia Tech</b> 21.96 (2009)
100 Free	Sara Smith 48.10 (2009)	Kayla Andrews, West Virginia 49.91 (2008)	<b>Sara Smith, Virginia Tech</b> 48.10 (2009)
200 Free	Kelly deMarrais 1:47.58 (2009)	Kristin Brown, Pittsburgh 1:49.72 (2006)	Michelle Parkhurst, Clemson 1:44.74 (2008)
500 Free	Erika Hajnal 4:40.30 (2009)	<b>Erika Hajnal, Virginia Tech</b> 4:51.81 (2009)	Katura Harvey, North Carolina 4:39.12 (2009)
1000 Free	Erika Hajnal 9:40.18 (2009)	<b>Erika Hajnal, Virginia Tech</b> 9:47.12 (2009)	Cara Lane, Virginia 9:36.35 (2001)
1650 Free	Erika Hajnal 16:00.16 (2009)	<b>Lauren Ritter, Virginia Tech</b> 17:03.55 (2007)	Whitney Sprague, North Carolina 15:51.02 (2008)
100 Back	Steffi Drechsel 53.66 (2009)	Brielle White, Virginia 55.66 (2005)	Mei Christensen, Virginia 51.79 (2009)
200 Back	Kelly deMarrais 1:57.50 (2009)	Mei Christensen, Virginia 2:01.22 (2008)	Mei Christensen, Virginia 1:52.22 (2009)
100 Breast	Jessica Botzum 1:00.56 (2008)	<b>Jessica Botzum, Virginia Tech</b> 1:02.85 (2006)	Layne Brodie, North Carolina 1:00.02 (2009)
200 Breast	Jessica Botzum 2:10.13 (2008)	<b>Jessica Botzum, Virginia Tech</b> 2:16.64 (2007)	Layne Brodie, North Carolina 2:10.04 (2009)
100 Fly	Megan Newell 52.61 (2009)	<b>Megan Newell, Virginia Tech</b> 53.99 (2009)	Richelle Depold, North Carolina 52.34 (1997)
200 Fly	Megan Newell 1:58.40 (2009)	Liz Shaw, Virginia 2:00.90 (2007)	Megan Evo, Virginia 1:54.59 (2009)
200 IM	Jessica Botzum 2:00.53 (2007)	<b>Sara Smith, Virginia Tech</b> 2:03.45 (2009)	Megan Evo, Virginia 1:56.17 (2009)
400 IM	Erika Hajnal 4:11.74 (2009)	Cami Sink, Clemson 4:24.13 (1998)	Claire Crippen, Virginia 4:08.78 (2009)
200 Free Relay	McHorney, Newell, Drechsel, Smith 1:29.29 (2009)	<b>Walsh, Guschke, Johnson, Daniell Virginia Tech</b> 1:34.04 (2006)	Christensen, Wallace, Evo, Davis Virginia 1:29.12 (2009)
400 Free Relay	Drechsel, McHorney Smith, Newell 3:16.21 (2009)	Brown, Safritt, Redcay, Wallace Pittsburgh 3:24.56 (2006)	Davis, Glover, Evo, Lewis Virginia 3:18.69 (2008)
800 Free Relay	Hajnal, Ritter Howanitz, deMarrais 7:15.10 (2009)	<b>Turner, Drolet, Spradlin, Milfeit Virginia Tech</b> 7:44.38 (2001)	Evo, Wallace, Shaw, Harris Virginia 7:05.72 (2009)
200 Medley Relay	McHorney, Earl, Newell, Smith 1:38.56 (2009)	<b>McHorny, Earl, Newell, Smith Virginia Tech</b> 1:40.95 (2009)	Christensen, McDonnell, Shaw, Wallace Virginia 1:37.50 (2009)
400 Medley Relay	Drechsel, Losinger Newell, Smith 3:36.50 (2009)	Shoust, Redman, Tielking, Brown Virginia 3:46.63 (2005)	Christensen, McDonnell, Shaw, Evo Virginia 3:33.49 (2009)
1M Diving (6)	Jackie Davoud 312.68 (1998)	<b>Jackie Davoud, Virginia Tech</b> 312.68 (1998)	
1M Diving (11)	Jackie Davoud 439.05 (1998)		Jennie Graviss, Clemson 459.80
3M Diving (6)	Sarah Milton 310.42 (2009)	Hannah Krimm, Georgia Tech 327.95 (2009)	
3M Diving (11)	Laura Lunn 487.35 (2005)		Agnes Gerlach, NC State 567.15 (1993)
Platform (5)	Cara Murnan 247.65 (2009)		
Platform (9)	Laura Lunn 388.85 (2005)		

\* Virginia Tech records in bold