

2009-2010 Virginia Tech H₂Okies Swimming & Diving

NCAA ZONE A DIVING CHAMPIONSHIPS

RUTGERS AQUATIC CENTER • PISCATAWAY, N.J. • FRI, MARCH 12 - SUN, MARCH 14

2009-10 Schedule/Results (Men: 8-3, 2-3 ACC)

Date	Opponent	Time/Result
10/17	@ #14 UNC* w/ USC	L, 128-172/W, 202-98
10/21	#8 VIRGINIA*	L, 123-177
10/31	PENN STATE	W, 184-116
11/6	KENTUCKY	W, 161.5-136.5
11/7	DUKE*	W, 180-112
11/19-21	@ Volunteer Invitational (Knoxville, Tenn.)	4th/4
1/16	DAVIDSON (Senior & Parent's Day)	W, 144-87
1/23	@ Georgia Tech* w/ #15 Florida State*	W, 187-111/L 183-117
1/30	@ West Virginia w/ Duquesne	W, 165-130/W, 142-119
2/24-2/27	@ Men's ACC Championships (Chapel Hill, N.C.)	4th/11
3/12-3/14	NCAA Zone Diving Championships (Piscataway, N.J.)	All Day
3/25-3/27	@ Men's NCAA Championships (Columbus, Ohio)	All Day

Home Meets in Bold and Caps
* Denotes ACC Competition

Meet Information:

- The Tech diving programs will travel north to Rutgers University for the weekend to compete in the NCAA Zone A Championships. Other teams competing in the zone include the U.S. Military Academy, Rider, George Mason, Towson, Marist, Dartmouth, University of Buffalo, UConn, Columbia, UMass Amherst, Pennsylvania, Princeton, Villanova, Virginia, Pittsburgh, Marshall, James Madison, Seton Hall, Georgetown, Drexel, Brown, Maryland, Boston University, West Virginia, Yale, St. Bonaventure, Lafayette College, Northeastern, Colgate, Harvard, Princeton and Rutgers.

- Julia Bradford, Sarah Milton, Sara Mokhtari, Cara Murnan, Carissa Santora and Andrea Sawchuck will compete in all three diving events for the Lady H₂O Okies, while Daniel Martin, Mikey McDonald and Logan Shinholser will compete in the three events for the men.

- Only four men and six women total will qualify for the NCAA Championships. There are 45 women and 41 men in each springboard event. There is a formula according to place finish in each given event that determines who the four men and six women that advance will be.

- Last season, the Tech diving squads were in the NCAA "B" qualifying zone in Knoxville, Tenn. Mikey McDonald was the only Hokie diver to qualify for the NCAA Championships.

Last Time Out:

- Natalie West led the divers in the one-meter at the women's ACC Championships, taking seventh with a score of 264.65. Mokhtari was the next Hokie diver to finish, earning 14th with a score of 237.10, and Cara Murnan placed 16th.

- Sarah Milton took eighth in the three-meter with a final score of 275.50, after finishing the preliminary round in third with a final score of 307.00. Sara Mokhtari, Cara Murnan and Carissa Santora placed 13th, 15th and 17th, respectively.

- Sara Mokhtari led the women in the platform event with a ninth-place score of 213.40. Natalie West and Sarah Milton took 11th and 15th, respectively.

- Freshman phenomenon Logan Shinholser set a new school record in the men's platform event with a final score of 410.55, taking runner-up in the event. Mikey McDonald and Daniel Martin also earned season-best finishes in the platform. McDonald took fifth in both the one- and three-meter events.

2009-10 Schedule/Results (Women: 10-2, 4-2 ACC)

Date	Opponent	Time/Result
10/17	@ #15 UNC* w/ USC	L, 118-182/ W, 210.5-89.5
10/21	#11 VIRGINIA*	L, 120-180
10/31	PENN STATE	W, 160-140
11/6	#21 KENTUCKY	W, 176-122
11/7	DUKE* w/ MIAMI*	W, 174-126/W, 208-86
11/19-21	@ Volunteer Invitational (Knoxville, Tenn.)	2nd/4
1/16	DAVIDSON (Senior & Parent's Day)	W, 134-100
1/23	@ Georgia Tech* w/ #25 Florida State*	W, 156-128/W, 136-125
1/30	@ West Virginia w/ Duquesne	W, 156-128/W, 136-125
2/17-2/20	@ Women's ACC Championships (Chapel Hill, N.C.)	5th/11
3/12-3/14	NCAA Zone Diving Championships (Piscataway, N.J.)	All Day
3/18-3/20	@ Women's NCAA Championships (West Lafayette, Ind.)	All Day

Home Meets in Bold and Caps
* Denotes ACC Competition

Zone A Diving Schedule Of Events:

Friday, March 12
11 am- Warmups
1 pm- Women's 1M, Men's 3M Championship

Saturday, March 13
10 am- Warmups
12 pm- Women's 3M, Men's 1M Championship

Sunday, March 14
10 am- Warmups
12 pm- Women's, Men's Platform Championship

ACC

ATLANTIC COAST CONFERENCE

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: 265-177-2 (19 years)
Virginia Tech: 178-77 (11 years)
Women: 100-30; **Men:** 78-47

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.
Katarina Filova	Free/Back	5-9	Fr.	HS	Bratislava, Slovakia
Becky Flora	Free	6-3	Fr.	HS	Reisterstown, 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.

National Top-25 Rankings

Men: (As of March 1, 2010)

1. Arizona (19)
2. Texas (4)
3. Stanford
4. California
5. Florida (2)
6. Auburn
7. Michigan
8. Virginia
9. Ohio State
9. Georgia
11. Minnesota
12. Tennessee
13. North Carolina
14. Southern Cal
15. Florida State
16. Louisville
17. Purdue
18. Texas A&M
19. Louisiana State
20. Alabama
21. Kentucky
22. Southern Methodist
- 23. VIRGINIA TECH**
24. UNLV
25. Princeton

Women: (As of Feb. 16, 2010)

1. Georgia (12)
2. Stanford (12)
3. Texas (8)
4. Arizona (2)
5. California
6. Florida
7. Texas A&M
8. Auburn
9. Southern Cal
10. Minnesota
11. Virginia
12. Indiana
13. Tennessee
14. Louisville
15. North Carolina
16. Michigan
17. Wisconsin
- 18. VIRGINIA TECH**
19. Southern Methodist
20. Arkansas
21. Missouri
22. Purdue
23. Ohio State
24. Northwestern
25. Louisiana State

Regular Season Final ACC Standings

<u>Men</u>					<u>Women</u>												
School	Conference				Overall				School	Conference				Overall			
	W	L	T	Pct.	W	L	T	Pct.		W	L	T	Pct.	W	L	T	Pct.
Virginia	4	0	0	1.000	9	1	0	.900	Virginia	4	0	0	1.000	9	1	0	.900
North Carolina	6	1	0	.857	10	1	0	.909	North Carolina	6	1	0	.857	9	2	0	.818
Florida State	3	1	0	.750	6	2	0	.750	Maryland	3	1	0	.750	10	3	0	.769
N.C. State	3	2	0	.600	5	2	0	.714	Virginia Tech	4	2	0	.667	10	2	0	.833
Virginia Tech	2	3	0	.400	8	3	0	.727	N.C. State	3	2	0	.600	7	2	0	.778
Georgia Tech	2	4	2	.333	5	6	0	.455	Florida State	3	2	0	.600	8	3	0	.727
Duke	2	5	0	.286	3	6	0	.273	Duke	3	5	0	.375	6	5	0	.545
Clemson	1	4	0	.200	6	4	0	.600	Clemson	2	4	0	.333	8	5	0	.615
Boston College	0	0	0	.000	9	5	0	.643	Georgia Tech	1	6	0	.143	6	7	1	.462
Maryland	0	3	0	.000	3	8	0	.273	Boston College	0	0	0	.000	6	8	0	.429
Miami	ONLY COMPETES IN DIVING								Miami	0	6	0	.000	4	8	0	.333

Men's ACC Championships Recap

- Freshman Gregory Mahon made his presence known at the men's championships. The Medford, N.J., native, posted a new school record in the 200 IM with a finish of 1:47.40, breaking Daniel Flynn's record. He placed 10th in the event and collected an NCAA "B" cut. He added to that the next day with a third-place finish in the 100 butterfly with a "B" cut time of 47.33. Sophomore Charlie Higgins also was a vital contributor for the H₂Ogies, as he took third in the 100 back with a "B" time of 47.55. Both Mahon and Higgins also teamed up with Jonathan Huss and Gregory Morgan for a fourth-place, "B" finish in the 400 medley relay in 3:13.65, cutting nearly six seconds off of their previous season-best mark.
- The Hokies set new season-best times in each relay event. Karl Botha collected "B" cuts with respective eighth- and 10th-place finishes in the 50 free and 100 fly. Jonathan Huss finished seventh in the 100 breast (54.81), while Tom Sheranek took 10th in the 400 IM (3:53.88) to lead Tech. Stephen Hawkins earned a 12th-place position in the 100 back in 48.86. All earned "B" cuts.
- Each Hokie that competed in the ACC Championships contributed points, whether individually or through the relay events.
- Freshman phenomenon Logan Shinholser set a new school record in the men's platform event with a final score of 410.55, taking runner-up in the event. Mikey McDonald and Daniel Martin also earned season-best finishes in the platform. McDonald took fifth in both the one-and three-meter events.

Women's ACC Championships Recap

- Erika Hajnal was a lethal force for the Lady H₂Ogies during the championships, posting two individual titles and breaking three school records to lead the H₂Ogies among some of the country's most competitive teams. Hajnal, after taking first among a field of 48 in the preliminary round of the 500 freestyle in 4:43.77, later earned the title in the event with a school-record time of 4:40.03, an NCAA "B" mark, collecting first-team All ACC honors. In the next day, Hajnal broke her second school record with a bronze finish in the 400 IM in a time of 4:10.78. She also contributed to a third broken record as part of the 800 freestyle relay team that took second with an NCAA "B" cut in 7:06.93. Additionally, Hajnal also added a first-place finish in the 1650 freestyle with an NCAA "B" cut of 16:01.99.
- Filova set a school record in the 200 freestyle in 1:45.75 (she later split a time of 1:45.71 as the leadoff swimmer in the 800 freestyle relay), good for the runner-up finish and a "B" cut. She earned her second medal in the 100 freestyle with a third-place finish and NCAA "B" cut in 49.26.
- In the leadoff splits in the 200, 400 and 800 freestyle relays, Filova posted personal-best season marks in the 50, 100 and 200 freestyle races, respectively. Her time of 1:45.71 in the 200 freestyle marks a school record.
- In total, 11 women earned NCAA "B" marks in seven different events, in addition to a "B" mark in four of the five relay events and season-best finishes in each relay event.
- Interestingly enough, when the Lady H₂Ogies broke their school record in the 800 freestyle relay event, Filova, deMarras, Hajnal and Ritter were originally crowned the title with a finish in 7:06.93. Though Virginia finished slightly ahead in 7:04.74, they were initially disqualified for an early take-off. However, upon review, the judges reinstated Virginia as the first-place finisher, moving Tech back to second.
- Emily Ferguson tied for 12th in the 50 free, while Jace Howanitz and Keri Sink secured top-20 finishes in the 200 IM. Jessica Earl, Sink and Sarah Losinger posted top-15 finishes in the 100 breaststroke and top-20 finishes in the 200 breaststroke, earning "B" cuts. Meagan Holloway and Abby Barney also collected top-20 finishes in the 100 and 200 butterfly events. Additionally, Sara Shapiro earned two top-20 finishes in the 100 and 200 backstroke events, posting individual season-best marks in both.
- Filova, Kelly deMarras and Lauren Ritter posted second, fifth and 13th-place finishes, respectively, in the 200 free, with "B" qualifying times.
- Natalie West led the divers in the one-meter, taking seventh with a score of 264.65. Sarah Milton took eighth in the three-meter, while Sara Mokhtari led the women in the platform event with a ninth-place score of 213.40.

NCAA Qualifiers

- Kelly deMarras, Katarina Filova, Erika Hajnal and Lauren Ritter have qualified for the women's NCAA's in the 800 freestyle relay. Each will be competing in individual events as well. deMarras will swim in the 200 and 500 freestyles, Filova in the 50, 100 and 200 free, Hajnal in the 500 free, 1650 free and 400 IM and Ritter will compete in the 500 and 1650 freestyles. Charlie Higgins qualified for the men and will compete in the 100 and 200 backstroke events.
- Last season, the women finished 34th at the NCAA's with 13.5 points. They competed in the 200 and 400 freestyle relays, the 50 free, 100 free, 500 free, 400 IM, 100 fly, 100 back, 1650 free and 200 medley relay. Sara Smith posted the highest finish with an 11th-place performance in the 50 free.
- Erika Hajnal is the only qualifying returner with NCAA experience, after posting a 13th-place finish in the 1650 free (16:07.76), 22nd-place performance in the 400 IM (4:11.74) and a 30th-place finish in the 500 freestyle (4:43.25) last year.

Underclassmen Reset Record Book

- Freshman Katarina Filova, sophomore Erika Hajnal and freshman Logan Shinholser were all responsible for breaking Virginia Tech school records last weekend at the women's swimming and diving conference championships and the men's diving championships. Filova beat current H₂Ogie Kelly deMarras's school record of 1:47.58 in the 200 freestyle with a new personal-best time of 1:45.75. Hajnal was absolutely dominant, breaking her own school records in both the 500 free and 400 IM events. Shinholser, who has been a consistent finisher behind Mikey McDonald all season long, prominently displayed his future with the H₂Ogies in the platform event, setting a school record with a final performance of 410.55 points, a second-place finish overall in the event.
- Freshmen Gregory Mahon and Tom Sheranek were also major point scorers for the H₂Ogies throughout the ACC's. Mahon set a new Tech school record in the 200 IM with a top-10 finish in 1:47.40. Mahon also collected a third-place medal in the 100 butterfly, boasting an NCAA "B" cut of 47.33, and helped both the 200 and 400 medley relay squads to season-best "B" finishes. Sheranek posted top-10 finishes in the 400 IM (3:53.88, "B") and 200 back (1:45.01, "B") events and currently leads the H₂Ogies in each event. Sophomore Charlie Higgins placed third in the 100 backstroke and ninth in the 200 back, earning two "B" cuts.

All-ACC Honors

- **Erika Hajnal:** First-Team All-ACC (500 free, 1650 free), Third-Team All-ACC (400 IM)
- **Katarina Filova:** Second-Team All-ACC (200 free), Third-Team All-ACC (100 free)
- **Katarina Filova, Kelly deMarras, Erika Hajnal, Lauren Ritter:** Second-Team All-ACC (800 free relay)
- **Logan Shinholser:** Second-Team All-ACC (Platform event)
- **Charlie Higgins:** Third-Team All-ACC (100 backstroke)
- **Gregory Mahon:** Third-Team All-ACC (100 butterfly)

Two-For-Two In Freestyle

- For the second straight year, the women earned two individual titles in the freestyle events at the ACC Championships, both by the same person. Last year, it was senior All-American Sara Smith who collected two gold finishes in the 50 and 100 freestyle events. This year, sophomore phenomenon Erika Hajnal led the squad with title top finishes in the 500 and 1650 freestyle events.

"Downing" The Opponents

- Junior Blake Trabuchi-Downey led the H₂Ogies at the ACC Championships in the 500 and 1650 freestyle events, posting respective NCAA "B" season-best finishes of 4:25.49 and 15:24.35 for 13th- and ninth-place finishes. His 1650 free time marked a career best. He also posted a split of 9:19.91 in the 1000 free to start his 1650 free, marking a season best for the men. He also finished seventh in the 200 fly with a "B" cut time of 1:46.78 and helped the 800 freestyle relay team

to a seventh-place finish in 6:35.35.

Last Minute Breakthroughs: TarHeel Last Chance Meet

- Sophomore Charlie Higgins posted a season-best mark in the 100 back of 47.13 at the Tar Heel Last Chance Meet last weekend, in the H₂Okies' final attempt to qualify for the NCAA Championships. Freshman Gregory Mahon also competed in the 100 butterfly.

Close Calls At The College Cup

- A small portion of the H₂Okies teams competed at the Triangle College Cup in Chapel Hill, N.C., prior to the conference championships. They joined other conference teams Clemson, Duke, Georgia Tech, North Carolina and NC State.
- Senior Andrew Rogers earned the season's best finishes in the 50 and 100 sprint freestyles, with respective times of 20.86 and 45.03, a career-best finish in the 100 free. Senior Griffin Lutterbein posted the team's best finish to date in the 1650 free in 15:37.52, while freshman Michael Hallock now leads the H₂Okies in the 200 freestyle after posting a time of 1:40.31 last weekend. Freshman Adam Skipper finished second in the 200 IM with a season-best time of 1:52.03, while freshman Alex Lutterbein posted the team's top finish in the 400 IM with an NCAA "B" cut of 3:54.06.
- Senior Sarah Ameen and junior Lauren Haley set season-best marks for the women in the 100 back with respective times of 55.94 and 56.06, while Haley also took the team lead in the 200 backstroke with a first-place finish in 2:00.47. The 100 breaststroke saw sophomores Paige Ayres and Katie Priess earn season-best finishes with times of 1:04.87 and 1:04.88, respectively. The duo finished the 200 breaststroke in reverse, as Priess set the H₂Okies top finish of the season in 2:18.69, while Ayres now ranks second in 2:19.45.
- Becky Flora earned two first-place finishes in the 200 and 500 freestyle events, including an NCAA "B" mark in the 500 free, while Katie Steeves and Alex Lutterbein both earned titles in the 400 IM. Sarah Ameen earned a pair of runner-up finishes in the 100 and 200 backstroke events, while Lauren Haley took the crown in the 200 backstroke. Andrew Rogers added a trio of second-place finishes in the 50 and 100 freestyle events, as well as the 100 butterfly. Mason Wilcox, Trevor Carr, Michael Hallock, Griffin Lutterbein, Adam Skipper, Sarah Ault, Paige Ayres, Katie Priess and Alex Tomasky all added top-five finishes throughout the day.

Rising Ritter

- Junior Lauren Ritter, who will be competing at the NCAA Championships next week, was an influential factor for the Lady H₂Okies during the ACC Championship meet. She swam the final leg of the 800 freestyle relay team, which took second in 7:06.93, smothering the Virginia Tech school record. She also placed fourth in the 500 freestyle in 4:44.81, ninth in the 1650 freestyle in 16:23.30 and earned a 13th-place finish in the 200 freestyle in 1:48.93. She also posted a 1000-meter freestyle split of 9:55.00 in her 1650 freestyle competition. She ranks in the top three among H₂Okies in those events this season.
- Ritter also put together a strong performance over the three-day period at the Volunteer Invitational, posting a runner-up finish in the 1650 mile freestyle in 16:46.45, and a third-place finish in the 500 free in 4:48.03, earning an NCAA "B" qualifying cut time. She also teamed with Jace Howanitz, Erika Hajnal and Kelly deMarras for an additional qualifying mark in the 800 freestyle relay, as the team took the first-place title with a then season-best finish of 7:21.52.
- She placed second in the 1000 freestyle and third in the 500 freestyle against West Virginia and Duquesne, and second in the 1000 free and fourth in the 500 free against Georgia Tech and Florida State.

Cook Heating Up

- Sophomore Nevin Cook ended the season on a hot high note, setting career-bests in the 100 and 200 breaststroke events at the Tarheel Time Trial at North Carolina on Feb. 21. Cook is now the third-fastest Hokie in both events this season. He finished the 100 breast in 55.77 seconds in the time trial, beating his previous season-best of 58.37. He easily set a new career-best in the 200 breaststroke as well, posting a finish in 2:01.85. His former season-best time was 2:07.10.

Quick Facts

Location	Blacksburg, Va.
Founded	1872
Enrollment	30,000
Colors	Chicago maroon and burnt orange
Nickname	Hokies
Conference	Atlantic Coast

Two-time ACC Performer Of The Week

- Junior diver Sarah Milton recently collected her second ACC Swimming and Diving Performer of the Week honor after breaking her own school record in the three-meter event at West Virginia. Milton earned a score of 337.80, shattering her former school record of 325.50, set against Davidson. Milton matched her three-meter title with a first-place finish in the one-meter as well with a season-best score of 283.27.
- Milton was also named the ACC Performer of the Week after her previous record-setting performance in the three-meter event against Davidson. Milton took first with a top score of 325.50, which marked a school record at the time.
- Milton is the second H₂Okie to receive the conference's award this season. Erika Hajnal earned the first one on Oct. 27th.

Lutterbein Earn's First NCAA "B" Cut For Men

- Freshman Alex Lutterbein, the younger brother of senior Griffin Lutterbein, secured two top performances at the College Cup on Feb. 5-6. First, he won the 400 IM in 3:54.06, a season-best mark for the men, and earned an NCAA "B" qualifying cut, the first individual cut the men have earned this season. He later added a second-place finish in the 500 free and third-place finish in the 200 back. Against West Virginia and Duquesne, Lutterbein earned his first title in the 1000 freestyle with a winning time of 9:29.76 and later added a top finish in the 400 IM.

Put It In The Record Books

- The women's 154.50-145.50 victory over 25th-ranked Florida State marks the first dual-meet victory over the Seminoles in program history.

Your Nationally Ranked H₂Okies

- According to the fourth and final College Swim Coaches Association of America (CSCAA) coaches' poll, released on March 1, both Tech teams remain in the top-25 nationally. The women are ranked 18th (with 187 votes), while the men sit at 23rd (with 89 votes). The women moved up from 20th to 18th since their last poll on Jan. 21, while the men moved up from 24th. This is the fourth-straight poll that the H₂Okies have been ranked in.
- The Virginia Tech women's and men's teams were ranked 17th and 23rd, respectively, in the season's first CSCAA coaches' poll on Nov 17th. The women received 73 votes, while the men earned 70 votes.
- This is the first season in program history that both squads have been ranked simultaneously in the top-25.
- The national polls are announced on swiminfo.com and collegesswimming.com, premier websites for college swimming news and results. The rankings are based on each team's best dual meet lineup as judged by voting coaches. The rankings are announced four times throughout the season.

Barney: A Model Student-Athlete

- Senior Abby Barney, a butterfly and IM specialist from Virginia Beach, Va., has been nominated for the ACC Scholar-Athlete of the Year. The winner will be announced later in the spring. She is one of 36 ACC student-athletes who have been selected for the Weaver-James-Corri-gan Award, intended to those who look to pursue a graduate degree following completion of their undergraduate requirements. She will be honored on April 14th at the Jory Convention Center in Greensboro, N.C., at a luncheon hosted by the Nat Greene Kiwanis Club.
- Barney, a human nutrition, foods and exercise major, helped the 200 medley relay team take eighth with a season-best finish in 1:42.59 at the ACC Championships. She also swam in the 200 free relay, helping

the Lady H₂Ogies to a sixth-place finish. Additionally, Barney earned top-20 finishes in both the 100 and 200 butterfly events in 55.38 and 2:02.49, respectively. She also added a 27th-place finish in the 50 freestyle. Barney posted the second-fastest time of the season in the 100 butterfly at the ACC's with a finish in 55.38 and added a career-best finish in the 200 fly at the ACC's in 2:02.49. Earlier in the season, she swept the 100 and 200 fly events with first-place finishes at West Virginia.

Spreading The Talent Out

- The H₂Ogies have a combined 19 different athletes (10 different men, 9 different women) leading the team ranks in various events this season.
- The squads have combined for 95 swimming titles, 24 relay titles and 20 diving titles as well.

Booming Baumler

- Sophomore butterfly specialist Matt Baumler was perfect in his events against West Virginia and Duquesne, sweeping both the 100 and 200 fly competitions. He clocked in at 1:49.85 for the title in the 200 fly, marking the second-fastest finish for the Tech men this season.

Breaststroke Success

- Jonathan Huss led the H₂Ogies in the 100 and 200 breaststroke events, placing seventh and 11th, respectively, at the ACC Championships.
- Huss was an automatic for the H₂Ogies during the regular season, recording six first-place finishes in the 100 breaststroke. His best finish was against North Carolina and South Carolina, earning the title in 56.17. He also helped Tech's 200 medley relay earn six top finishes, recording a season-best time of 1:30.96 at the Volunteer Invitational.
- Sarah Losinger won the 100 breaststroke in her Senior Day meet against Davidson and collected her second-consecutive title in the 100 breaststroke against Georgia Tech and Florida State, breaking her own season-best time with a finish in 1:04.92. Losinger coupled that title with one in the 200 breaststroke as well, setting a season-best performance with a finish in 2:19.95. She now has two titles in each event on the season.
- The Virginia Tech athletes swept the 100 breaststroke competitions at West Virginia, as Jessica Earl and Jonathan Huss were the respective winners.

Regular Season Achievements

- The H₂Ogie men have been near perfect in the 100 breaststroke, 100 backstroke and 200 medley relay events this season. They earned first-place finishes in nearly every meet throughout the year. Jonathan Huss posted six victories in the 100 breaststroke, earning his fastest time at North Carolina, where he finished in 56.17 in the team's opening meet. Stephen Hawkins and Charlie Higgins teamed up and combined for seven top finishes in the 100 back. The H₂Ogies have been dominant in the 200 medley relay as well, boasting six titles throughout the season through their nine meets. They posted their quickest time of the season at the Volunteer Invitational with a fourth-place finish in 1:30.96.
- Mikey McDonald leads the divers with six top performances in each of the one- and three-meter events.
- Prior to the women's ACC Championships last weekend, Kelly deMarrais had earned five top finishes in the 200 freestyle, posting her best time at the Volunteer Invitational with an NCAA "B" cut in 1:48.06, while Erika Hajnal posted five titles in both the 1000 freestyle and 200 butterfly events. The women also notched a title in the 200 freestyle relay against Duke and Miami in their first time racing in the event all season, and then bettered that mark at the Vol Invite with a finish in 1:34.26. The 400 freestyle relay squad collected four first-place finishes, while the 200 medley and 800 freestyle relay teams each posted two titles, including one over ranked opponents at the Volunteer Invitational, earning an NCAA "B" qualifying time in the 800 free relay in 7:21.52.

Senior Leadership

- The H₂Ogie seniors really took over the meet in their final outing at War Memorial Pool on Senior & Parent's Day. Griffin Lutterbein, Chip Hughes, Mikey McDonald, Sarah Ameen, Sarah Losinger and Scott Harkins all collected individual titles, while Abby Barney, Kelly deMarrais, Sara Shapiro and Jessica Earl helped the H₂Ogies to relay titles as well.

- "The fact that our seniors had such a great day means a lot to me personally because of what they mean to our program," said head coach Ned Skinner. "The seniors have been some of the best swimmers and divers in our program and really showed their leadership."

Coming Up "Hughes"

- Senior Chip Hughes demonstrated his versatility against Davidson, earning two titles in events he has not competed in all season. Hughes took first in the 50 freestyle with a time of 21.84 and later won the 500 freestyle in 4:46.09. Prior to Saturday, Hughes had just competed in the 100 and 200 free events this season.

H₂Ogies Sweep Diving Events

- The Tech men and women swept the diving honors for the fourth time this season at West Virginia. Mikey McDonald and Sarah Milton collected titles in both the one- and three-meter events for the H₂Ogies. The H₂Ogies also swept the diving events against Davidson, Penn State and Virginia.

Bring On The Relays

- The Virginia Tech swimming teams have excelled in the sprinting relays this season, boasting 23 first-place finishes in the teams' seven meets, saving their top finishes for last, as both the men and women posted season-best finishes in each relay event at the ACC Championships. The men bested their previous top finish of the season by a margin of at least two seconds in each relay, highlighting a five-second improvement in the 400 free relay and a 13-second improvement in the 800 free relay.
- The women set a new school-record mark in the 800 free relay in 7:06.93, crushing their former mark of 7:15.10, set in 2009. They also bettered their top season marks in each relay event by an average of eight seconds.
- At one point in the season, the men had a perfect five-for-five streak snapped in the 200 medley relay race, earning their first non-title finish at the Volunteer Invitational, though that finish also proved to be their fastest of the season with a mark of 1:30.96, before they recorded a 1:27.67 finish at the ACC's. The women saw the most regular season success in the 400 freestyle relay with four victories, and also earned three top finishes in the 200 freestyle and two top finishes in the 800 freestyle relay.
- The H₂Ogies swept the 200 medley and 200 freestyle relays against West Virginia and Duquesne and won a combined three of four relays against Georgia Tech and Florida State.

Women Post Season-Best Eight NCAA "B" Qualifying Cuts In Volunteer State

- Hajnal led the women with four individual "B" qualifying cuts, while Kelly deMarrais added two in the 200 free and 500 free events. The two also teamed with Jace Howanitz and Lauren Ritter to take first in the 800 freestyle relay with a season-best NCAA "B" qualifying time of 7:21.52. Ritter also posted an individual "B" cut in the 500 free event, where she took third overall.

Mokhtari Becomes New Record Holder

- The Tech divers competed in the platform event for the first time all season at the Vol Diving Invitational and were led by freshmen on both the men's and women's side, who posted NCAA Zone B qualifying marks. Houston, Texas native, Sara Mokhtari, led the women with a fourth-place finish in the event, posting 252.90 points and setting a new Virginia Tech school record. Her performance bested the previous school record of 247.65, held by current diver Cara Murnan. On the men's side, Logan Shinholser, of Burstonville, Md., took a second-overall finish with a final score of 334.20. Shinholser helped the men take first in the Diving Invitational with 125 points, while the women finished second with 144 points, falling only to nationally ranked Alabama by one point.

Hokie Athletes of the Week:

Mikey McDonald- Week of Oct. 26
Bryan Uncur- Week of Nov. 2
Katarina Filova- Week of Jan. 25
Sarah Milton- Week of Feb. 1
Erika Hajnal- Week. of Feb. 22

The Uncur-Dog

- Sophomore Bryan Uncur recorded two big wins over Penn State in the 200 and 500 freestyle events en route to being named the Virginia Tech Athlete of the Week for Nov. 2. Uncur holds the season's top time in the 200 free in 1:40.43.

School Records

- Divers Sarah Milton and Sara Mokhtari have set new program records in the three-meter and platform events, respectively. Milton earned a score of 337.80 at West Virginia in the three-meter, while Mokhtari scored 252.90 in the platform at the Volunteer Invitational. Logan Shinholser added a school-record finish in the platform event at the conference championships with a second-place finish in 410.55. Gregory Mahon reached a new school-best time in the 200 IM in 1:47.40 at the men's ACC Championships. Erika Hajnal set two new school marks at the women's championships in the 500 free (4:40.03) and 400 IM (4:10.78), while Katarina Filova set a new record in the 200 freestyle in 1:45.75. Filova and Hajnal also teamed with Kelly deMarras and Lauren Ritter to reach a new mark in the 800 free relay in 7:06.93.

NCAA Zone A Qualifiers

- Julia Bradford, Sarah Milton, Sara Mokhtari, Cara Murnan, Carissa Santora and Andrea Sawchuck have all hit their NCAA Zone qualifying marks on the women's side and are set to compete in the Zone A Diving Championships in Piscataway, N.J., this weekend. For the men, Mikey McDonald, Daniel Martin and Logan Shinholser have also qualified.

Team Titles & New Records

- Tech posted 133 first-place finishes on the season, including 24 relay titles.
- 13 pool records have been set at War Memorial Pool this season. The H₂Okies set two records against Penn State, while 11 records were broken during the Virginia meet.
- Erika Hajnal and Mikey McDonald have both broken their own records this season. Hajnal took first in the 500 free with a pool-record time of 4:51.25 against Penn State, while McDonald set a pool record in the one-meter with 394.28 points in the same meet.

Backwards Domination

- Charlie Higgins conquered four titles in the 100 backstroke, while Stephen Hawkins added three top finishes throughout the regular season.
- The H₂Okies dominated the 100 backstroke events against North Carolina and South Carolina in their opening meet. The men claimed the top three spots, while the women saw a second- and third-place finish. Higgins set a new season-best time in the 100 back at the Volunteer Invitational, touching in at 49.67, good for a fourth-place finish.

New Faces And New Talent

- The H₂Okies welcome a total of 23 freshmen, with the men and women evenly split, to the 2009-2010 squad. The freshmen hail from nine different states, including one athlete from Great Britain and one from Slovakia.
- The 2009-10 class was recognized by CollegeSwimming.com as one of the nation's top-20 recruiting classes. For the second-straight year, the men's class ranked 20th nationally, while the women's class ranked 14th in the country. This year marked the first time that both programs have had top-20 recruiting classes in the same year.

- The Hokies said goodbye to nine seniors in 2008-09, but welcome back 42 returners for 2009-10.

Summer Competition

- Budapest, Hungary, native Erika Hajnal competed in the 25th Universidad World University Games in Serbia last summer and saw great success. She competed in the 400 freestyle (22nd), 800 freestyle (14th), 1500 freestyle (9th), 400 IM (11th) and 200 butterfly (5th).
- Newcomer Katarina Filova, who hails from Bratislava, Slovakia, and former Hokies and 2008 Olympian, Kaan Tayla, both competed in the World Championships in Rome over the summer.

Matt Baumler

100 butterfly	48.53	200 butterfly	1:47.54
100 freestyle	47.38	200 freestyle	1:44.02
500 freestyle	4:48.44	200 IM	1:50.91

Karl Botha

50 freestyle	20.16	100 freestyle	44.57
100 butterfly	48.23	200 butterfly	1:49.57

Trevor Carr

100 backstroke	52.45	50 freestyle	21.04
100 freestyle	45.67	200 freestyle	1:45.78

Nevin Cook

100 breaststroke	55.77	200 breaststroke	2:01.85
200 IM	1:55.96	400 IM	4:12.33
100 backstroke	52.85		

Daniel Flynn

100 breaststroke	59.69	200 breaststroke	2:08.05
200 IM	1:50.70	400 IM	4:04.36
100 butterfly	53.59	200 backstroke	1:52.04

Ryne Francis

50 freestyle	20.91		
100 backstroke	49.55	200 backstroke	1:47.09

Caglar Gokbulut

500 freestyle	4:36.62	1000 freestyle	9:35.99
1650 freestyle	15:47.96	200 IM	2:08.71

Michael Hallock

50 freestyle	21.89	100 freestyle	46.65
200 freestyle	1:40.31		
100 backstroke	50.18	200 backstroke	1:56.50

Scott Harkins

100 breaststroke	55.66	200 breaststroke	2:01.42
50 freestyle	22.16	200 IM	1:53.27

Stephen Hawkins

50 freestyle	20.58	100 freestyle	46.18
100 backstroke	48.79		

Charlie Higgins

100 backstroke	47.13	200 backstroke	1:45.70
50 freestyle	21.82	100 freestyle	48.39
200 freestyle	1:41.64	100 butterfly	47.96

Chip Hughes

50 freestyle	20.96	100 freestyle	45.54
200 freestyle	1:40.22	500 freestyle	4:46.09

Jonathan Huss

100 breaststroke	54.32	200 breaststroke	2:00.66
50 freestyle	22.59	200 IM	2:00.39

Philip LaRosa

500 freestyle	4:30.59	1000 freestyle	9:26.23
1650 freestyle	15:36.28	200 butterfly	1:53.84
200 IM	1:57.33	400 IM	3:57.15

Alex Lutterbein

500 freestyle	4:35.37	1000 freestyle	9:29.76
200 backstroke	1:50.72		
200 IM	1:59.00	400 IM	3:53.92

Griffin Lutterbein

50 freestyle	23.91	500 freestyle	4:36.52
1000 freestyle	9:34.39	1650 freestyle	15:37.52
200 backstroke	2:00.70	400 IM	4:05.83

Gregory Mahon

100 butterfly	47.33	200 butterfly	1:45.32
100 backstroke	51.05	200 backstroke	1:51.19
200 IM	1:47.40	200 freestyle	1:44.82

Daniel Martin

One-meter	332.17	Three-meter	363.30
Platform	315.40		

Mikey McDonald

One-meter	394.28	Three-meter	427.65
Platform	326.20		

Greg Morgan

50 freestyle	20.93	100 freestyle	45.14
200 freestyle	1:39.13	500 freestyle	4:36.04
100 butterfly	51.58		

Ben Munster

200 freestyle	1:48.85	500 freestyle	4:37.75
100 freestyle	10:01.82	1650 freestyle	16:04.97
200 butterfly	2:04.79		

Zach Patteson

One-meter	263.25	Three-meter	297.15
Platform	200.40		

Andrew Rogers

50 freestyle	20.86	100 freestyle	45.03
100 butterfly	49.56		

Tom Sheranek

100 backstroke	52.16	200 backstroke	1:44.97
200 IM	1:49.79	400 IM	3:53.88
100 butterfly	53.57	100 breaststroke	1:04.50
200 freestyle	1:47.88		

Logan Shinholser

One-meter	349.73	Three-meter	390.60
Platform	410.55		

Adam Skipper

100 breaststroke	57.30	200 breaststroke	2:12.23
50 freestyle	21.36		
100 freestyle	48.97	200 IM	1:52.03

Trey Stewart

100 butterfly	51.76	200 butterfly	1:47.77
200 IM	1:51.89	500 freestyle	4:42.03
100 backstroke	50.29	200 backstroke	1:58.95

Blake Trabuchi-Downey

200 freestyle	1:42.49	500 freestyle	4:25.49
1000 freestyle	9:19.91	1650 freestyle	15:24.35
100 butterfly	51.12	200 butterfly	1:46.78
200 IM	1:52.40	400 IM	4:12.16

Richard Ulatowski

50 freestyle	20.62	100 freestyle	45.32
100 breaststroke	58.00	100 backstroke	54.01

Bryan Uncur

100 freestyle	47.54	200 freestyle	1:39.80
500 freestyle	4:28.16	1650 freestyle	15:48.27

Mason Wilcox

100 butterfly	50.04	200 butterfly	1:56.11
50 freestyle	21.75	100 freestyle	46.55
100 breaststroke	1:00.84		

Morgan Allen				200 IM	2:02.22	400 IM	4:22.78
50 freestyle	24.21	100 freestyle	52.80				
Sarah Ameen				Dana Kalnis			
100 backstroke	55.94	200 backstroke	2:01.89	100 backstroke	58.61	200 backstroke	2:05.88
50 freestyle	24.08	100 freestyle	54.73	400 IM	4:36.66	200 butterfly	2:03.08
100 butterfly	58.60			100 butterfly	57.53		
Sarah Ault				Sarah Losinger			
50 freestyle	24.04	100 freestyle	51.86	100 breaststroke	1:03.06	200 breaststroke	2:16.61
100 backstroke	57.15			50 freestyle	25.11		
Paige Ayres				Sarah Milton			
100 breaststroke	1:04.87	200 breaststroke	2:19.45	One-Meter	283.27	Three-Meter	337.80
200 backstroke	2:10.18	200 IM	2:05.37	Platform	198.85		
100 butterfly	58.37			Sara Mokhtari			
Abby Barney				One-Meter	280.05	Three-Meter	288.60
50 freestyle	23.71	200 freestyle	1:54.17	Platform	252.90		
100 freestyle	52.41	200 IM	2:07.11	Cara Murnan			
100 butterfly	55.38	200 butterfly	2:02.49	One-Meter	279.90	Three-Meter	324.97
Julia Bradford				Platform	182.05		
One-Meter	254.93	Three-Meter	268.35	Katie Priess			
Addie Carne				100 breaststroke	1:04.88	200 breaststroke	2:18.69
50 freestyle	25.03	100 freestyle	53.94	200 IM	2:08.47	100 butterfly	1:00.62
200 freestyle	1:51.73	200 IM	2:08.51	50 freestyle	24.85		
100 butterfly	57.51	200 butterfly	2:04.83	Lauren Ritter			
Kelly deMarrais				100 freestyle	54.70	200 freestyle	1:48.44
50 freestyle	24.06	100 freestyle	50.24	500 freestyle	4:43.83	1000 freestyle	9:55.00
200 freestyle	1:47.80	500 freestyle	4:45.95	1650 freestyle	16:23.30	200 breaststroke	2:31.56
100 backstroke	58.49	200 backstroke	2:00.94	Carissa Santora			
Steffi Drechsel				One-Meter	278.10	Three-Meter	292.05
50 freestyle	23.83	100 freestyle	51.55	Platform	198.90		
100 backstroke	55.22	100 butterfly	58.20	Andrea Sawchuck			
Jessica Earl				One-Meter	252.53	Three-Meter	246.22
100 breaststroke	1:03.20	200 breaststroke	2:14.75	Platform	186.20		
50 freestyle	24.34			Sara Shapiro			
Emily Ferguson				100 backstroke	55.51	200 backstroke	2:00.50
50 freestyle	23.14	100 freestyle	50.02	50 freestyle	24.29	200 freestyle	1:54.44
200 freestyle	1:52.23			500 freestyle	4:55.83		
Katarina Filova				Laura Simon			
50 freestyle	22.93	100 freestyle	49.15	200 freestyle	1:55.07	500 freestyle	4:53.79
200 freestyle	1:45.71	500 freestyle	4:52.49	1000 freestyle	10:01.71	1650 freestyle	16:37.49
Becky Flora				200 IM	2:08.24	400 IM	4:21.09
100 freestyle	52.27	200 freestyle	1:50.84	200 backstroke	2:09.21		
500 freestyle	4:52.25	1000 freestyle	10:22.87	Keri Sink			
1650 freestyle	17:34.95			100 breaststroke	1:03.31	200 breaststroke	2:15.91
Kaleigh Gomes				200 IM	2:03.14	400 IM	4:29.76
50 freestyle	23.38	100 freestyle	51.95	100 butterfly	1:01.04	200 butterfly	2:08.19
200 freestyle	1:54.79	100 butterfly	57.09	Lindzi Smith			
Lauren Haley				50 freestyle	24.15	100 freestyle	52.34
100 backstroke	56.06	200 backstroke	2:06.16	100 butterfly	59.34		
50 freestyle	24.76	200 freestyle	1:58.49	Katie Steeves			
Erika Hajnal				100 butterfly	1:00.78	200 butterfly	2:05.05
200 freestyle	1:53.05	500 freestyle	4:40.03	200 breaststroke	2:20.06	400 IM	4:24.68
1000 freestyle	9:44.42	1650 freestyle	16:01.99	200 IM	2:09.65		
200 butterfly	1:59.18	200 backstroke	2:00.47	Alexandra Tomasky			
400 IM	4:10.78			500 freestyle	4:59.16	1000 freestyle	10:16.54
Meaghan Holloway				1650 freestyle	17:08.87	200 backstroke	2:07.31
100 butterfly	55.14	200 butterfly	2:02.20	100 backstroke	1:01.10		
100 breaststroke	1:05.10	200 IM	2:06.92	Natalie West			
100 freestyle	54.27			One-Meter	278.62	Three-Meter	322.50
Jace Howanitz				Platform	207.70		
100 freestyle	52.04	200 freestyle	1:52.34	Emily Winland			
100 butterfly	57.80	200 butterfly	2:06.42	100 breaststroke	1:07.40	200 breaststroke	2:24.33
100 backstroke	59.24	100 breaststroke	1:06.51	200 IM	2:11.19	400 IM	4:36.82

Men's Season Top Times

Event	Meet	Date
50 Freestyle		
Karl Botha	20.16 (P) 'B'	2/25
Stephen Hawkins	20.58 (P)	2/25
Richard Ulatowski	20.62 (P)	2/25
100 Freestyle		
Karl Botha	44.57 (L/S)	2/27
Andrew Rogers	45.03	2/6
Gregory Morgan	45.14 (P)	2/27
200 Freestyle		
Gregory Morgan	1:39.13	2/26
Bryan Uncur	1:39.80 (P)	2/26
Chip Hughes	1:40.22 (P)	2/26
500 Freestyle		
Blake Trabuchi-Downey	4:25.49 'B'	2/25
Bryan Uncur	4:28.16 'B'	2/25
Philip LaRosa	4:30.59	2/25
1000 Freestyle		
Blake Trabuchi-Downey	9:19.91 (S)	2/27
Philip LaRosa	9:26.23	2/27
Alex Lutterbein	9:29.76^	1/30
1650 Freestyle		
Blake Trabuchi-Downey	15:24.35 "B"	2/27
Philip LaRosa	15:36.28	2/27
Griffin Lutterbein	15:37.52	2/6
100 Backstroke		
Charlie Higgins	47.13 (P) 'B'	3/7
Stephen Hawkins	48.79 (P) 'B'	2/26
Ryne Francis	49.55	2/26
200 Backstroke		
Tom Sheranek	1:44.97 (P) 'B'	2/27
Charlie Higgins	1:45.70 'B'	2/27
Ryne Francis	1:47.09 (P)	2/27
100 Breaststroke		
Jonathan Huss	54.32 (P) 'B'	2/26
Scott Harkins	55.66 (P)	2/26
Nevin Cook	55.77	2/28
200 Breaststroke		
Jonathan Huss	2:00.66	2/27
Scott Harkins	2:01.42 (P)	2/27
Nevin Cook	2:01.85	2/28

Women's Season Top Times

Event	Meet	Date
50 Freestyle		
Katarina Filova	22.93 (L/S) 'B'	2/18
Emily Ferguson	23.14 (P)	2/18
Kaleigh Gomes	23.38 (P)	11/19, 2/18
100 Freestyle		
Katarina Filova	49.15 (L/S) 'B'	2/17
Emily Ferguson	50.02 'B'	2/20
Kelly deMarrais	50.24	11/21
200 Freestyle		
Katarina Filova	1:45.71* (L/S) 'B'	2/17
Kelly deMarrais	1:47.80 'B'	2/19
Lauren Ritter	1:48.44 (P) 'B'	2/19
500 Freestyle		
Erika Hajnal	4:40.03^* 'B'	2/18
Lauren Ritter	4:43.83 (P) 'B'	2/18
Kelly deMarrais	4:45.98 'B'	2/18
1000 Freestyle		
Erika Hajnal	9:44.42 (S)	2/20
Lauren Ritter	9:55.00 (S)	2/20
Laura Simon	10:01.71 (S)	2/20
1650 Freestyle		
Erika Hajnal	16:01.99^ 'B'	2/20
Lauren Ritter	16:23.30 'B'	2/20
Laura Simon	16:37.49 'B'	2/20
100 Backstroke		
Steffi Drechsel	55.22 'B'	2/19
Sara Shapiro	55.51 (P) 'B'	2/19
Sarah Ameen	55.94	2/6
200 Backstroke		
Lauren Haley	2:00.47^	2/6
Sara Shapiro	2:00.50 (P)	2/20
Kelly deMarrais	2:00.94	11/21
100 Breaststroke		
Sarah Losinger	1:03.06 (P)	2/19
Jessica Earl	1:03.20	2/19
Keri Sink	1:03.31	2/19
200 Breaststroke		
Jessica Earl	2:14.75 'B'	2/20
Keri Sink	2:15.91 'B'	2/20
Sarah Losinger	2:16.61 'B'	2/20

100 Butterfly		
Greg Mahon	47.33 'B'	2/26
Charlie Higgins	47.96 (P)	2/26
Karl Botha	48.23 (P)	2/26
200 Butterfly		
Gregory Mahon	1:45.32 'B'	2/27
Blake Trabuchi-Downey	1:46.78 (P) 'B'	2/27
Matt Baumler	1:47.54 (P) 'B'	2/27
200 Individual Medley		
Gregory Mahon	1:47.40* 'B'	2/25
Tom Sheranek	1:49.79 'P'	2/25
Daniel Flynn	1:50.70	2/28
400 Individual Medley		
Tom Sheranek	3:53.88 'B'	2/26
Alex Lutterbein	3:53.92 'B'	2/28
Philip LaRosa	3:57.15	2/26
200 Medley Relay		
Hawkins, Huss, Mahon, Ulatowski	1:27.67 'B'	2/24
Hawkins, Huss, Mahon, Ulatowski	1:30.96	11/20
400 Medley Relay		
Higgins, Huss, Mahon, Ulatowski	3:13.65 'B'	2/26
Higgins, Huss, Mahon, Ulatowski	3:19.98^	1/23
200 Freestyle Relay		
Botha, Hawkins, Ulatowski, Hughes	1:21.12 'B'	2/25
Francis, Ulatowski, Botha, Hawkins	1:23.05	11/19
400 Freestyle Relay		
Botha, Hughes, Ulatowski, Morgan	2:59.09 'B'	2/27
Morgan, Hughes, Ulatowski, Uncur	3:04.03^	1/23
800 Freestyle Relay		
Morgan, Hughes, Trabuchi-Downey, Uncur	6:35.35 'B'	2/24
Morgan, Uncur, Hallock, Hughes	6:48.26	11/20
1-Meter Event		
Mikey McDonald	394.28^#	10/31
Logan Shinholser	349.73	1/16
Daniel Martin	332.17	10/31
3-Meter Event		
Mikey McDonald	427.65^	10/31
Logan Shinholser	390.60	1/16
Daniel Martin	363.30	10/21
Platform Event		
Logan Shinholser	410.55*	2/20
Mikey McDonald	326.20	2/20
Daniel Martin	315.40	2/20

100 Butterfly		
Meaghan Holloway	55.14	2/19
Abby Barney	55.38 (P)	2/19
Kaleigh Gomes	57.09 (P)	11/20
200 Butterfly		
Erika Hajnal	1:59.18^ 'B'	11/21
Meaghan Holloway	2:02.20	2/20
Abby Barney	2:02.49 (P)	2/20
200 Individual Medley		
Jace Howanitz	2:02.22 (P)	2/18
Keri Sink	2:03.14	2/18
Paige Ayres	2:05.37	2/6
400 Individual Medley		
Erika Hajnal	4:10.78* 'B'	2/19
Laura Simon	4:21.09	2/19
Jace Howanitz	4:22.78	2/19
200 Medley Relay		
Drechsel, Earl, Barney, Ferguson	1:42.59 'B'	2/17
Drechsel, Losinger, Barney, Ferguson	1:44.71	10/31
400 Medley Relay		
Drechsel, Losinger, Holloway, Filova	3:41.65 'B'	2/19
Shapiro, Earl, Barney, Gomes	3:50.19	11/19
200 Freestyle Relay		
Filova, Ferguson, Barney, deMarrais	1:32.83	2/18
Ferguson, Gomes, Barney, Drechsel	1:34.26	11/19
400 Freestyle Relay		
Filova, deMarrais, Drechsel, Ferguson	3:17.97 'B'	2/17
deMarrais, Filova, Drechsel, Ferguson	3:23.98^ 'B'	1/23
800 Freestyle Relay		
Filova, deMarrais, Hajnal, Ritter	7:06.93* 'B'	2/17
deMarrais, Ritter, Hajnal, Howanitz	7:21.52^ 'B'	11/20
1-Meter Event		
Sarah Milton	283.27^	1/30
Sara Mokhtari	280.05	10/21
Cara Murnan	279.90^	1/16
3-Meter Event		
Sarah Milton	337.80^*	1/30
Cara Murnan	324.97	1/30
Natalie West	322.50^	10/21
Platform Event		
Sara Mokhtari	252.90*	11/21
Natalie West	207.70	2/20
Carissa Santora	198.90	11/21

^ Denotes 1st-Place Finish # Denotes Pool Record
L/S or S denotes leadoff split or split

P denotes Preliminary

'B' denotes NCAA "B" cut

* Denotes School Record

Men's School Records

Event	Virginia Tech	War Memorial Pool	Atlantic Coast Conference
50 Free	Kaan Tayla 19.50 (2008)	Kaan Tayla, Virginia Tech 19.87 (2008)	Cullen Jones, NC State 19.07 (2006)
100 Free	Kaan Tayla 43.30 (2008)	Kaan Tayla, Virginia Tech 43.86 (2008)	Scot Robinson, Virginia 42.42 (2010)
200 Free	Zac Czaplicki 1:37.05 (2006)	Evan Gregg, H2Okie Aquatics 1:37.48 (2009)	Scott Robison, Virginia 1:32.45 (2010)
500 Free	Gus Calado 4:22.50 (2005)	Gus Calado, Virginia Tech 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)	Taylor Smith, Virginia 15:33.76 (2010)	Matt McLean, Virginia 14:35.12 (2009)
100 Back	Charlie Higgins 46.54 (2009)	Scott Beard, Virginia Tech 49.32 (2007)	Tommy Wyher, North Carolina 46.08 (2010)
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)	John Azar, Virginia 2:01.83 (2010)	Ryan Hurley, Virginia 1:53.93 (2009)
100 Fly	Scott Beard 47.05 (2006)	Scott Beard, Virginia Tech 47.95 (2008)	Tommy Wyher, North Carolina 45.57 (2010)
200 Fly	Gus Calado 1:44.25 (2006)	Gus Calado, Virginia Tech 1:44.99 (2004)	Michael Raab, Virginia 1:42.84 (2003)
200 IM	Gregory Mahon 1:47.40 (2010)	Evan Gregg, H2Okie Aquatics 1:48.13 (2009)	Gal Nevo, Georgia Tech 1:42.79 (2009)
400 IM	Gus Calado 3:51.63 (2006)	Darren Ankosko, Virginia 3:59.47 (2010)	Gal Nevo, Georgia Tech 3:38.00 (2009)
200 Free Relay	deToll, Hawkins, Holmes, Ulatowski 1:18.75 (2009)	Tayla, Bova, deToll, Beard Virginia Tech 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)	Tayla, Bova, Czaplicki, Beard Virginia Tech 3:00.21 (2008)	Robberson, Azar, Geissinger, McLean Virginia 2:51.50 (2008)
800 Free Relay	Hughes, Trabuchi-Downey Uncur, Hawkins 6:30.03 (2009)	Robison, Karasek, Wren, Ankosko Virginia 6:44.41 (2010)	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)	Olesen, Hurley, Robertson, Robison Virginia 1:25.99 (2009)
400 Medley Relay	Higgins, Huss, deToll, Hawkins 3:11.18 (2009)	Tozer, Furlong, Frahm, Lindberg Virginia Tech 3:20.14 (2004)	Olsen, Robertson, Hurley, Robison Virginia 3:08.71 (2009)
1M Diving (6)	Mikey McDonald 397.90 (2009)	Mikey McDonald, Virginia Tech 394.28 (2010)	Nick McCrory, Duke 499.95 (2010)
1M Diving (11)	Artie Waters 490.55 (1985)		Paul Spray, Florida State 560.25 (1992)
3M Diving (6)	Mikey McDonald 435.15 (2007)	Mikey McDonald, Virginia Tech 435.15 (2007)	Reuben Ross, Miami 474.30 (2009)
3M Diving (11)	Doug Roper 505.40 (2004)		Louis Gagnet, Florida State 621.05 (2003)
Platform (6)	Logan Shinholser 410.55 (2010)		Nick McCrory, Duke 523.95 (2010)
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)	Sara Smith, Virginia Tech 22.18 (2009)	Sara Smith, Virginia Tech 21.96 (2009)
100 Free	Sara Smith 48.10 (2009)	Kayla Andrews, West Virginia 49.91 (2008)	Sara Smith, Virginia Tech 48.10 (2009)
200 Free	Katarina Filova 1:45.71 (2010)	Lauren Perdue, Virginia 1:47.89 (2010)	Lauren Perdue, Virginia 1:43.86 (2010)
500 Free	Erika Hajnal 4:40.03 (2010)	Erika Hajnal, Virginia Tech 4:51.25 (2010)	Whitney Sprague, North Carolina 4:38.72 (2010)
1000 Free	Erika Hajnal 9:40.18 (2009)	Erika Hajnal, Virginia Tech 9:47.12 (2009)	Cara Lane, Virginia 9:36.35 (2001)
1650 Free	Erika Hajnal 16:00.16 (2009)	Ashley Twichell, Duke 16:28.82 (2010)	Whitney Sprague, North Carolina 15:51.02 (2008)
100 Back	Steffi Drechsel 53.66 (2009)	Mei Christensen, Virginia 54.73 (2010)	Mei Christensen, Virginia 51.58 (2010)
200 Back	Kelly deMarrais 1:57.50 (2009)	Amy Modglin, Penn State 1:58.89 (2010)	Mei Christensen, Virginia 1:52.22 (2009)
100 Breast	Jessica Botzum 1:00.56 (2008)	Jessica Botzum, Virginia Tech 1:02.85 (2006)	Layne Brodie, North Carolina 1:00.02 (2009)
200 Breast	Jessica Botzum 2:10.13 (2008)	Jessica Botzum, Virginia Tech 2:16.64 (2007)	Layne Brodie, North Carolina 2:10.04 (2009)
100 Fly	Megan Newell 52.61 (2009)	Megan Newell, Virginia Tech 53.99 (2009)	Richelle Depold, North Carolina 52.34 (1997)
200 Fly	Megan Newell 1:58.40 (2009)	Elizabeth Shaw, Virginia 2:00.56 (2010)	Megan Evo, Virginia 1:54.59 (2009)
200 IM	Jessica Botzum 2:00.53 (2007)	Sara Smith, Virginia Tech 2:03.45 (2009)	Megan Evo, Virginia 1:56.17 (2009)
400 IM	Erika Hajnal 4:10.78 (2010)	Claire Crippen, Virginia 4:19.17 (2010)	Laura Moriarty, North Carolina 4:07.66 (2010)
200 Free Relay	McHorney, Newell, Drechsel, Smith 1:29.29 (2009)	Walsh, Guschke, Johnson, Daniell Virginia Tech 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)	Christensen, Wallace, Moores, Evo Virginia 3:15.22 (2009)
800 Free Relay	Filova, deMarrais, Hajnal, Ritter 7:06.93 (2010)	Harris, Perdue, Shaw, Flynn Virginia 7:29.09 (2010)	Narum, Flynn, Harris, Perdue Virginia 7:04.74
200 Medley Relay	McHorney, Earl, Newell, Smith 1:38.56 (2009)	McHorny, Earl, Newell, Smith Virginia Tech 1:40.95 (2009)	Christensen, McDonnell, Smart, Davis Virginia 1:37.33 (2010)
400 Medley Relay	Drechsel, Losinger Newell, Smith 3:36.50 (2009)	Shoust, Redman, Tielking, Brown Virginia 3:46.63 (2005)	Christensen, McDonnell, Evo, Wallace Virginia 3:32.74 (2009)
1M Diving (6)	Jackie Davoud 312.68 (1998)	Jackie Davoud, Virginia Tech 312.68 (1998)	Jenna Dreyer, Miami 379.98 (2007)
1M Diving (11)	Jackie Davoud 439.05 (1998)		Jennie Graviss, Clemson 459.80
3M Diving (6)	Sarah Milton 337.80 (2010)	Abby Johnston, Duke 355.95 (2010)	Abby Johnston, Duke 439.70 (2010)
3M Diving (11)	Laura Lunn 487.35 (2005)		Agnes Gerlach, NC State 567.15 (1993)
Platform (5)	Sara Mokhtari 252.90 (2010)		Brittany Viola, Miami 367.20 (2008)
Platform (9)	Laura Lunn 388.85 (2005)		

* Virginia Tech records in bold

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.

Home Meets in CAPS
* denotes ACC opponent

2009-2010 NCAA Marks

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 IM	1:44.13	1:49.33
400 IM	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.

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 IM	1:56.13	2:01.93
400 IM	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.