

Women's 2000 Review



Keryn Krynauw

Rough and Tough

The Lady Seminoles finished the season 8-5, and 1-0 in the ACC. They swam against five nationally ranked teams, with four ranked in the Top 10. One of the Lady Seminoles wins came over the 2001 Division II National Champions, Truman State. The ACC finished with two teams ranked in the Top 25 – North Carolina and Virginia. Maryland finished 31st, FSU 32nd and Clemson 43rd.

All-American Woman

Junior Christy Cech earned All-America honors at the NCAA Championships in Long Island, N.Y., with her fourth-place finish in the 50 Freestyle in a time of 22.58.

And The Winner Is...

Junior Keryn Krynauw earned ACC Swimmer of the Week honors in January after her outstanding performance against Truman State. The South Africa native took first-place in the 200 Breaststroke in a time of 2:17.63. She also swam a leg on the 200 Medley Relay team that captured first-place.

The Best of The Best

Christy Cech and Keryn Krynauw represented the Lady Seminole Swimming and Diving team at the NCAA Championships in Long Island, N.Y. Cech competed in the 50, 100, and



Candice Nethercott



Emma Dutton

200 Freestyle while Krynauw battled in the 100 and 200 Breaststroke. The Lady Seminoles racked up 17 total points, good for 32nd-place at the championships.

ACC Tourney Time

The Lady Seminoles finished fifth at the ACC Tournament in Charlottesville, Va., with 421 total points. Florida State had six top five finishes in five different events:

- ◆ 50 Freestyle: Christy Cech, third-place
- ◆ 100 Freestyle: Christy Cech, third-place
- ◆ 100 Breaststroke: Emma Dutton, fifth-place
- ◆ 200 Breaststroke: Keryn Krynauw, third-place; Emma Dutton, fifth-place
- ◆ 100 Butterfly: Candice Nethercott, fifth-place

In With The New And Out With The Old

Junior Christy Cech set two school records in 2001 eclipsing a 19-year old record that was previously held by Laurie Lehner in both the 50 and 100 Freestyle. Cech's record time of 22.54 in the 50 Freestyle was set at the NCAA Tournament, while her time of 49.36 was achieved at the Georgia Invitational. Keryn Krynauw also set a school record in the 200 Breaststroke with a time of 2:14.93 at the ACC Championships, surpassing her old record set a year ago. The Lady Seminoles went on to record 18 new top 10 times in Florida State history in 2000-2001.

National Representation

Christy Cech finished the year ranked fifth and ninth nationally in the 50 and 100 Freestyle, respectively. Keryn Krynauw also finished ranked 23rd nationally in the 200 Breaststroke.

Float Like a Butterfly

Sophomore Candice Nethercott contributed to the success of the Lady Seminoles in 2000-2001 with her performance in the Butterfly events. She compiled four individual victories in the 100 Butterfly with wins against North Carolina State, and nationally ranked Alabama and Arizona. Nethercott also won five individual events in the 200 Butterfly with an enormous victory coming against nationally ranked Texas. She went on to record her fastest time of the season of 2:04.41 in the 200 Butterfly against the Longhorns.



Christy Cech

Dynamic Duo

The tag team effort of Keryn Krynauw and Emma Dutton was the pair to watch in the 2001 season in the 100 and 200 Breaststroke events. Krynauw posted three individual victories in the 100 Breaststroke and eight victories in the 200 Breaststroke placing first against nationally ranked Auburn, Texas, and Florida to lead the team. As a freshman, Dutton joined the team in the spring and made her statement at the ACC Tournament. She finished fifth in both the 100 and 200 Breaststroke events at the Conference Championship, achieving personal best times in each event.

Cech Marks the Spot

Junior Christy Cech's 10 individual victories in the 50 Freestyle led the Lady Seminoles in 2000-2001. She posted victories against nationally ranked Arizona, Alabama, and Florida, as well as LSU and North Carolina State. She also collected a combination of six victories in the 100 and 200 Freestyle events.

Senior Send-Off

Team captain Kristen Adams played a valuable role in the middle distance freestyle events for the Lady Seminoles. She won two individual races in the 200 Freestyle and three races in the 100 Freestyle with a big victory against LSU. The versatile Summer Bell leaves after playing a significant role in the freestyle, butterfly, and individual medley events. Both Adams and Bell were important contributors to the success of the Freestyle and Medley Relay teams for the Seminoles.

NEW ALL TIME TOP TEN TIMES

- 3 school records were posted
- 18 fastest times were recorded
- 11 new additions to the list

50 Free:

1. Christy Cech, 22.54
10. Kristen Adams, 23.76

100 Free:

1. Christy Cech, 49.36
5. Kristen Adams, 51.26
7. Christine Williams, 51.59

200 Free:

2. Christy Cech, 1:48.45

100 Breast:

2. Emma Dutton, 1:03.02
3. Keryn Krynauw, 1:03.30

200 Breast:

1. Keryn Krynauw, 2:14.93
3. Emma Dutton, 2:17.46
8. Kristan Keelan, 2:20.35

100 Fly:

3. Candice Nethercott, 55.27
10. Christy Cech, 57.28

200 Fly:

7. Candice Nethercott, 2:04.41

100 Back:

10. Margaret Colley, 58.36

200 IM:

4. Emma Dutton, 2:04.99
8. Summer Bell, 2:06.60

400 IM:

9. Jennifer Smith, 4:30.57

FSU IN THE ACC RANKS

50 Free: 1st- Christy Cech, 22.54

100 Free: 1st- Christy Cech, 49.36

200 Free: 2nd- Christy Cech, 1:48.45

100 Fly: 4th- Candice Nethercott, 55.29

200 Back: 7th- Amber Goodwin,

2:03.29

100 Breast: 5th- Emma Dutton, 1:03.02; 6th- Keryn Krynauw, 1:03.30

200 Breast: 3rd- Keryn Krynauw, 2:14.93; 8th- Emma Dutton, 2:17.46

200 IM: 10th- Emma Dutton, 2:04.99

One-Meter Diving: 4th- Chelsie Lerew, 299.55; 7th- Michelle Sekeres, 273.45

Three-Meter Diving: 1st- Chelsie Lerew, 499.40; 7th- Caren Hirai, 423.85

200 Free Relay: 5th, 1:32.94

400 Free Relay: 5th, 3:23.97

800 Free Relay: 7th, 7:40.80

200 Medley Relay: 5th, 1:44.22

400 Medley Relay: 3rd, 3:45.00

FSU IN THE ACC CHAMPIONSHIPS Champions

• 1-Meter Diving: Chelsie Lerew, 274.50

• 3-Meter Diving: Chelsie Lerew, 483.65

Top Three

• 50 Free: Christy Cech, 22.94, 3rd

• 1-Meter: Caren Hirai, 258.70, 2nd; Michelle Sekeres, 256.90, 3rd

• 100 Free: Christy Cech, 50:44, 3rd

• 200 Breast: Keryn Krynauw, 2:14.93, 3rd

All-ACC Team

• Cech, Hirai, Krynauw, Lerew, Sekeres

ACC Most Valuable Diver

• Chelsie Lerew



The Lady Seminoles at the Auburn Dual Meet in 2001



Men's 2000 Review



Jonathan Kaplan

Rocky Road

The Seminoles Swimming and Diving team finished the season 6-7, and 2-0 in the ACC. The Seminoles swam against four nationally ranked teams, with three of the four in the Top 10. The ACC finished with two teams ranked in the Top 25: Virginia and North Carolina with Georgia Tech peaking in at 27th.

Week-Long Warrior

Senior Greg Main-Baillie earned ACC Swimmer of the Week honors in October for his performance against Georgia Tech. The South Africa native led the team to victory in both the 200 Freestyle and 200 Backstroke events. Main-Baillie also swam a leg on the 400 Medley Relay team that finished first.

ACC Championships

The Seminoles finished fourth at the ACC Championships in Charlottesville, Va., with a total of 401.50 points. The Tribe recorded two individual titles with Greg Main-Baillie capturing the 50 Freestyle in a personal best time of 20.00 and Devin Crock in the 100 Butterfly (48.09). The Seminoles had eight top five finishes in seven different events:

- ◆ 100 Freestyle: Greg Main-Baillie, second-place
- ◆ 100 Breaststroke: Wickus Nienaber, third-place; Justin Betts, fifth-place
- ◆ 200 Breaststroke: Tal Stricker, fourth-place
- ◆ 100 Backstroke: Greg Main-Baillie, fourth-place
- ◆ 200 Freestyle Relay: second-place
- ◆ 400 Freestyle Relay: second-place
- ◆ 400 Medley Relay: second-place

At The Top

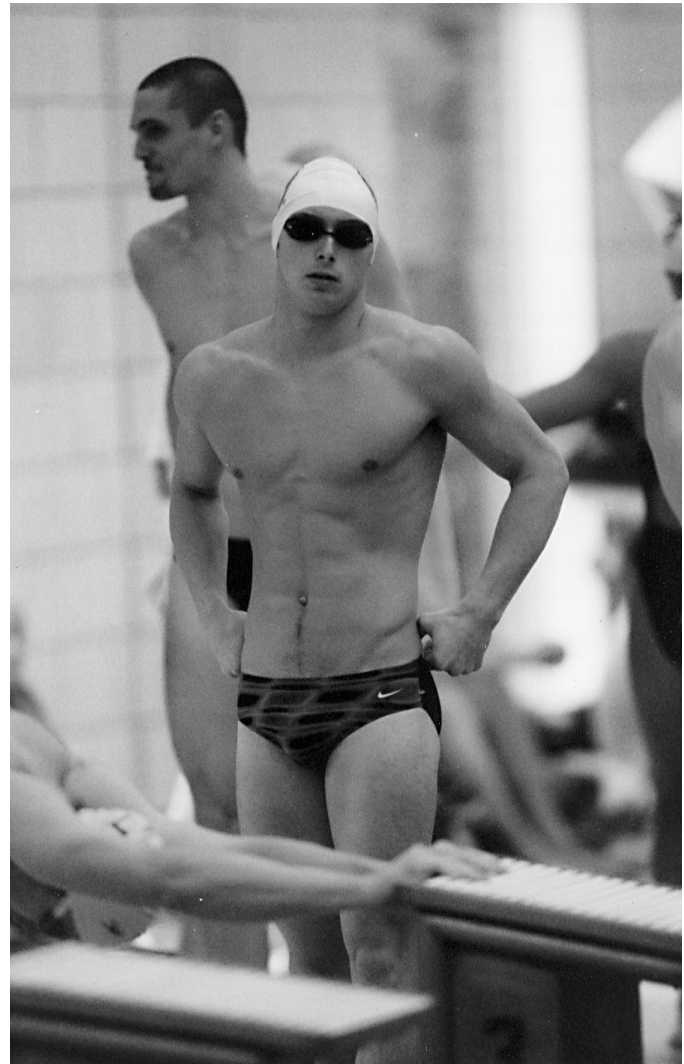
Sophomore Devin Crock recorded his fastest time of the season in the 100 Butterfly at the ACC Championships. His time of 48.09 was good for the top spot in the conference.

National Representation

The Seminoles had two relay teams ranked in the Top 25 nationally in 2000-2001. The 400 Medley Relay of Greg Main-Baillie, Wickus Nienaber, Devin Crock and Nnamse Ammons finished the season ranked 21st, touching the wall at 3:16.10. Greg Main-Baillie, Nnamse Ammons, Michael Paulus and William McReynolds led the 200 Freestyle Relay to a 25th national ranking in a time of 1:20.61.

Welcome to the 'Main' Event

Senior co-captain Greg Main-Baillie led the Seminoles in 2000-2001 with 22 individual victories in the 100 and 200 Backstroke, the 50, 100, and 200 Freestyle and the 200 Individual Medley events. He posted victories against nationally ranked Southern Methodist University, Florida and Auburn. He finished the season ranked second in the ACC in both the 50 and 100 Freestyle in times of 20.00 and 44.03, respectively. Main-Baillie also played an integral role in both the Medley and Freestyle Relays. For his impressive performance this season, he was named the team's Most Valuable Player.



Devin Crock



Greg Main-Baillie

Freshmen Firepower

Wickus Nienaber and Tal Stricker quickly became a force to reckon with for FSU. Both gentlemen joined the team in the spring semester and made an immediate impact in the Breaststroke events. Nienaber was a member of the All-ACC team with his impressive performance in the 100 Breaststroke (3rd) and 200 Breaststroke (9th) at the Championships. He also swam a leg on the 400 Medley Relay that finished in second place. He is currently ranked third on the Top 10 times list at Florida State in both the 100 Breaststroke (54.90) and 200 Breaststroke (2:01.01). Stricker was just as impressive at the ACC Championships with a fourth place finish in the 200 Breaststroke (2:00.58) and a ninth place finish in the 100 Breaststroke (56.15). Stricker currently holds the second fastest time in Florida State history in the 200 Breaststroke at 2:00.27.

NEW ALL TIME TOP TEN TIMES

- 15 fastest times were recorded
- 11 new additions to the list

50 Free:

3. Greg Main-Baillie, 20.00
9. Nnamnse Ammons, 20.32

100 Free:

2. Greg Main-Baillie, 44.03
10. Nnamnse Ammons, 45.19

100 Back:

6. Steve Forson, 50.52

100 Breast:

3. Wickus Nienaber, 54.90
5. Justin Betts, 55.60
7. Tal Stricker, 55.96
9. Richard Cowling, 56.03

200 Breast:

2. Tal Stricker, 2:00.27
3. Wickus Nienaber, 2:01.01

100 Fly:

3. Devin Crock, 48.09

200 Fly:

8. Matt Wheeler, 1:50.10

200 IM:

3. Richard Cowling, 1:49.80
7. Tal Stricker, 1:50.73

FSU IN THE ACC RANKS

50 Free: 2nd- Greg Main-Baillie, 20.00; 6th- Nnamnse Ammons, 20.32

100 Free: 2nd- Greg Main-Baillie, 44.03; 10th- Nnamnse Ammons, 45.19

200 Free: 10th- Greg Main-Baillie, 1:39.89

100 Fly: 1st- Devin Crock, 48.09

200 Fly: 8th- Matt Wheeler, 1:50.10

100 Back: 5th- Greg Main-Baillie, 49.37

200 Back: 9th- Greg Main-Baillie, 1:49.87

100 Breast: 3rd- Wickus Nienaber, 55.11; 5th- Justin Betts, 55.60; 7th- Richard Cowling, 56.03; 9th- Tal Stricker, 56.15

200 Breast: 5th- Tal Stricker, 2:00.27; 7th- Wickus Nienaber, 2:01.01

200 IM: 8th- Richard Cowling, 1:49.80

One-Meter Diving: 7th- Josh Edelman, 295.70

Three-Meter Diving: 1st- Josh Edelman, 550.80; 10th- Lou Dondero, 406.30

200 Free Relay: 2nd, 1:20.51

400 Free Relay: 2nd, 2:58.32

800 Free Relay: 8th, 8:57.98

200 Medley Relay: 2nd, 1:30.19

400 Medley Relay: 2nd, 3:16.10

FSU IN THE ACC CHAMPIONSHIPS

Champions

- 50 Free: Greg Main-Baillie, 20.00
- 1-Meter Diving: Josh Edelman, 283.00
- 100 Fly: Devin Crock, 48.09
- 3-Meter Diving: Josh Edelman, 550.80

Top Three

- 200 Free Relay: 2nd, 1:20.61
- 400 Medley Relay: 2nd, 3:16.10
- 100 Breast: 3rd, Wickus Nienaber, 55.11
- 100 Free: 2nd, Greg Main-Baillie, 44.03
- 400 Free Relay: 2nd, 2:58.32

All-ACC Team

- Crock, Edelman, Main-Baillie, Nienaber

ACC Most Valuable Diver

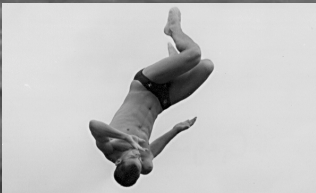
- Josh Edelman



Tal Stricker



Wickus Nienaber



2000 Diving Review



Chelsie Lerew

Diving Dominance

At the Men's and Women's ACC Championships, the Seminole Diving team swept the competition away with first-place performances in the 1-meter and 3-meter dives. The Seminoles went on to garner the top three spots in the women's 1-meter dive at the Championships in Charlottesville, Va.

Young and Impressive

As freshmen in 2000-01, Chelsie Lerew and Josh Edelman had a year that many first-year student-athletes dream about. Both Lerew and Edelman captured first-place finishes in the 1-meter and 3-meter diving competition at the ACC Championships. With their impressive performances, they were

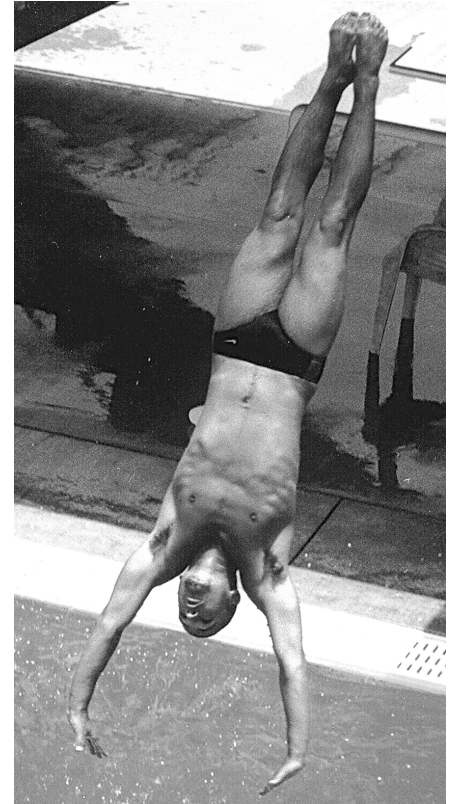
awarded as the Championship's Most Valuable Divers.

1-2-3-Punch

Juniors Caren Hirai and Michelle Sekeres and freshman Chelsie Lerew, provided the 1-2-3-punch for the Lady Seminole Diving team in 2000-2001. The three divers combined for 30 top three finishes against several nationally ranked opponents such as Auburn, Alabama, Texas and Miami. The trio was also in prime form at the ACC Championships taking the top three spots in the 1-meter diving competition. Lerew led the pack with a 274.50 point total, with Hirai (258.70) and Sekeres (256.90) finishing second and third, respectively.

Freshmen Sensation

Josh Edelman captured two first-place finishes in the 3-meter diving competition with victories against Alabama and North Carolina State. Edelman would also go on to obtain four first-place finishes in the 1-meter dives against Georgia Tech, Alabama and North Carolina State. His high mark of the season, 550.80 points in the 3-meter dive, came at the ACC Championships. Chelsie Lerew claimed victory to 11 individual events in both the 1-meter and 3-meter diving competitions for the Lady Seminoles. Lerew's seven victories in the 3-meter came against nationally ranked Auburn and Texas. Her high mark of 501.95 points came in December at the Georgia Invitational where she placed second. In the 1-meter competition, Lerew attained four individual victories



Josh Edelman

with her high mark of 285.95 at the Georgia Invitational.

Special Recognition

Four Seminole divers were named to the All-ACC team after their performance at the ACC Championships in Charlottesville, Va. Freshmen Chelsie Lerew and Josh Edelman, and Juniors Caren Hirai and Michelle Sekeres all made the team for the Seminoles.

2001-2002 NCAA Time Standards

Women's Division 1

EVENT	25-YARD COURSE		25-METER COURSE		50-METER COURSE	
	A STAN.	B STAN.	A STAN.	B STAN.	A STAN.	B STAN.
50 Free	:22.77	:23.45	:25.42	:26.18	:25.88	:26.65
100 Free	:49.39	:50.87	:55.13	:56.78	:56.13	:57.81
200 Free	1:47.58	1:50.80	2:00.07	2:03.67	2:01.57	2:05.20
500 Free	4:46.31	4:54.89	4:10.49	4:18.00	4:15.64	4:23.30
1,650 Free	16:20.68	16:50.10	16:17.75	16:47.08	16:40.70	17:10.72
100 Fly	:54.48	:56.11	1:00.81	1:02.63	1:01.22	1:03.05
200 Fly	1:59.35	2:02.93	2:13.21	2:17.20	2:14.11	2:18.13
100 Back	:54.87	:56.51	1:01.24	1:03.07	1:02.01	1:03.86
200 Back	1:58.19	2:01.73	2:11.91	2:15.86	2:13.55	2:17.55
100 Breast	1:02.33	1:04.19	1:09.57	1:11.65	1:11.65	1:13.79
200 Breast	2:13.74	2:17.75	2:29.27	2:33.74	2:31.98	2:36.54
200 IM	2:00.31	2:03.91	2:14.28	2:18.30	2:16.72	2:20.81
400 IM	4:16.38	4:24.07	4:46.14	4:54.73	4:49.70	4:58.39
200 Free Relay	1:30.76	1:33.48	1:41.30	1:44.34	1:43.14	1:46.23
400 Free Relay	3:18.87	3:24.83	3:41.96	3:48.61	3:45.99	3:52.77
800 Free Relay	7:14.15	7:27.17	8:04.55	8:19.08	8:10.57	8:25.28
200 Med Relay	1:40.85	1:43.87	1:52.56	1:55.93	1:54.48	1:57.91
400 Med Relay	3:39.05	3:45.62	4:04.48	4:11.81	4:08.64	4:16.10

Men's Division 1

EVENT	25-YARD COURSE		25-METER COURSE		50-METER COURSE	
	A STAN.	B STAN.	A STAN.	B STAN.	A STAN.	B STAN.
50 Free	:19.79	:20.33	:22.04	:22.75	:22.70	:23.37
100 Free	:43.64	:44.94	:48.71	:50.16	:50.17	:51.66
200 Free	1:36.39	1:39.28	1:47.58	1:50.81	1:50.17	1:53.47
500 Free	4:20.75	4:28.57	3:48.13	3:54.97	3:55.98	4:03.05
1,650 Free	15:06.92	15:34.12	15:04.21	15:31.33	15:30.18	15:58.08
100 Fly	:47.41	:48.83	:52.92	:54.50	:53.58	:55.18
200 Fly	1:45.46	1:48.62	1:57.71	2:01.23	1:59.85	2:03.44
100 Back	47.93	49.36	:53.50	:55.09	:55.10	:56.74
200 Back	1:44.38	1:47.51	1:56.50	1:59.99	1:59.98	2:03.58
100 Breast	:54.62	:56.25	1:00.96	1:02.78	1:03.15	1:05.04
200 Breast	1:58.28	2:01.82	2:12.02	2:15.97	2:16.75	2:20.84
200 IM	1:47.16	1:50.37	1:59.60	2:03.19	2:03.89	2:07.60
400 IM	3:49.48	3:56.36	4:16.12	4:23.80	4:23.78	4:31.68
200 Free Relay	1:18.77	1:21.13	1:27.92	1:30.55	1:30.55	1:33.26
400 Free Relay	2:55.37	3:00.63	3:15.73	3:21.60	3:21.58	3:27.63
800 Free Relay	6:26.62	6:38.21	7:11.50	7:24.44	7:21.86	7:35.10
200 Med Relay	1:27.49	1:30.11	1:37.65	1:40.57	1:40.22	1:43.22
400 Med Relay	3:12.97	3:18.75	3:35.37	3:41.82	3:41.05	3:47.67

Diving

1-Meter Diving Points
3-Meter Diving Points
Platform Diving Points

Dual 255
Dual 270
8 Dives 325

Championship 375
Championship 425
12 Dives 405

6 optionals 265

Diving

1-Meter Diving Points
3-Meter Diving Points
Platform Diving Points

Dual 255
Dual 270
8 Dives 325

Championship 375
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6 optionals format 300