

## 2007-08 MEN'S REVIEW

### FOUR SEMINOLES EARN ALL-AMERICAN HONORS AT NCAA'S

Florida State turned in five All-American performances at the 2008 NCAA Championships in Federal Way, Wash., led by diver Terry Horner's third-place performance on the one-meter. Horner also earned honorable mention All-American honors placing 16th on the three-meter. In the pool, junior Scott Baker led the way with his seventh-place finish in the 50 free. The junior's time of 19.49 was good enough to put him second on FSU's all-time top 10 list while becoming the first Seminole to earn All-American honors in the 50 since Brendon Dedekind in 1999. Distance swimmers Ian Rowe and Nick Graves also earned a pair of honorable mention All-American honors in the 1650 free. Rowe finished 10th which was the highest finish for a Seminole freshman and Graves placed 14th overall. The five Florida State athletes combined for 39 points, good enough for a 21st place finish. The Seminoles were one of a handful of teams who had all of its competing swimmers earn top 16 finishes.

### FLORIDA STATE SWIMS TO THIRD PLACE FINISH AT 2008 ACC CHAMPIONSHIPS

A year after earning the ACC Championship, the Seminoles turned in a third-place performance at the 2008 ACC Championships in Atlanta, Ga. Head coach Neil Harper brought one of his most inexperienced teams to the meet, but FSU put together some great performances led by the Seminole divers to earn 524 points just 36 points out of second place. FSU diving squad earned 10 top eight performances led by Terry Horner's victories on the one and three-meter boards and Dan Frebel's second-place efforts on the three-meter and platform. Florida State also earned several All-ACC performances in the pool beginning with junior Scott Baker's second-place showing in the 50 free. Senior Ian Powell and freshmen Ian Rowe and Rob Holderness also turned in All-ACC performances. Powell placed third in the 200 fly. Rowe touched the wall in third in the 1650 free and Holderness came from behind to finish third in the 200 breast. With the teams third-place showing it kept the Seminoles streak of top four finishes during every season of Harper's tenure intact.

### HORNER EARNS ACC HONORS

With his pair of first-place finishes at the 2008 ACC Championships, sophomore Terry Horner earned ACC Diver of the Meet honors. Horner dominated the springboard events with a score of 393.15 on the one-meter and 399.35 on the three-meter.

### PERFORMERS OF THE WEEK

Two Seminoles took home ACC Performer of the Week honors in 2007-08. Junior Scott Baker opened the season with FSU's POW award at the Georgia Tech Quad Meet. Baker won both the 50 and 100 free events against the Yellow Jackets, Clemson and Alabama. The very next week sophomore Terry Horner was awarded with Performer of the Week honors when he broke the school record on the one-meter board surpassing 400 points for the first time in his career against Miami and Florida A&M. Baker had a lot to be thankful for at Thanksgiving time earning his second POW award of the season with his performance against rival Florida. Baker again was victorious in the 50 and 100 free events against one of the nations top teams.

### RECORD BREAKING YEAR

The Seminoles saw several records fall and new names added to the teams top 10 list in 2008. The Garnet and Gold divers broke all three diving discipline records headed by sophomore Terry Horner. Horner broke the record on the one-meter board three times during the season ending with a high score of 410.70. He shattered the previous record of 401.65 on the three-meter in April at the 2008 Speedo USA Diving Spring Nationals in Minneapolis, Minn., with a score of 420.50. Junior Dan Frebel broke his own record on the platform in the ACC Championships inaugural competition with a finals score of 395.20. In the pool, the Seminoles saw 10 swimmers either add their names to FSU's all-time top 10 list or improve their position, headed by junior Scott Baker and senior Ian Powell putting themselves in second position in the 50 free and 200 fly, respectively.

### FSU EARNS ACADEMIC HONORS

Florida State also had a successful season in the classroom putting 10 athletes on the ACC Honor Roll. In addition to the honor roll selections, the Seminoles had three men on the All-ACC Academic team. Junior Scott Derner, sophomore Terry Horner and freshman Robby Hayes all made the academic team which awards a student-athletes who earned a 3.00 grade point average for the previous semester and maintained a 3.00 cumulative average during his academic career while also excelling in the pool.



Scott Baker

## 2007-08 MEN'S REVIEW



Terry Horner (center) took first in both the one-meter and three-meter boards at the ACC Championships, while Dan Frebel (left) placed second in both the three-meter and platform.

### MEN'S 2007-08 RESULTS (10-5, 2-2 ACC)

Oct. 13	at Georgia Tech	W	166-134
	vs. Clemson	L	151-143
	vs. Alabama	W	190-108
Oct. 19	FLORIDA A&M	W	166-44
Nov. 2	at Boston College	W	180-104
Nov. 3	at Harvard	W	123-120
	vs. Army	W	178-65
Nov. 16-18	Georgia Tech Fall Invite		1st / 928 pts.
Nov. 20	at Florida	L	155-88
Jan. 5	vs. UNC-Wilmington	W	130-104
Jan. 11	LSU	L	187-113
Jan. 12	FLORIDA A&M	W	123-70
Jan. 25	at South Carolina	W	169-131
Jan. 26	at Clemson	L	174-126
Feb. 8	FLORIDA ATLANTIC	W	178-98
Feb. 9	at Auburn	L	190-106
Feb. 27 - Mar. 1	ACC Championships		3rd / 524 pts.
Mar. 27-29	NCAA Championships		21st / 41 pts.

### MEN'S ACC CHAMPIONSHIPS 3RD / 524 POINTS

#### ALL-ACC

Terry Horner	One-Meter	1st
	Three-Meter	1st
Dan Frebel	Three-Meter	2nd
	Platform	2nd
Scott Baker	50 Freestyle	2nd
Rob Holderness	200 Breaststroke	3rd
Ian Powell	200 Butterfly	3rd
Ian Rowe	1650 Freestyle	3rd

### MEN'S NCAA CHAMPIONSHIPS 21ST / 41 POINTS

#### ALL-AMERICAN

Terry Horner	One-Meter	3rd
Scott Baker	50 Freestyle	7th

#### HONORABLE MENTION ALL-AMERICAN

Ian Rowe	1650 Freestyle	10th
Nick Graves	1650 Freestyle	14th
Terry Horner	Three-Meter	16th

## 2007-08 WOMEN'S REVIEW



*Lauren Sparg*

### PAIR OF SEMINOLES GRAB HONORABLE MENTION ALL-AMERICAN HONORS AT NCAA CHAMPIONSHIPS

Senior Lauren Sparg and sophomore Aleia Monden turned in a pair of honorable mention All-American performances at the 2008 NCAA Championships in Columbus, Ohio. Sparg ended her career at Florida State in spectacular fashion breaking the school record in the 100 fly en route to a 14th place with a time of 52.81.

In her first career NCAA Championship, sophomore diver Aleia Monden made the trip worthwhile by placing 11th on the platform with a score of 251.81. The top 16 finish for Monden gave the Hawaiian her first career honorable mention All-American award and helped Florida State to a tie for 39th-place at the NCAA Championships.

### FSU FINISHES THIRD AT ACC CHAMPIONSHIPS

With one of the youngest teams in the ACC, Florida State proved its future is bright with a third-place performance at the 2008 ACC Championships in Atlanta, Ga. FSU's top performance came from senior Lauren Sparg who won the 100 fly. The first-place showing earned Sparg All-ACC honors along with three of her teammates. Junior Georgia Holderness earned All-ACC honors in two events with a pair of third place finishes in the 100 and 200 breast. Freshman Lowri Tynan turned in a silver medal effort in the 100 breast for her first career All-ACC swim while freshman Holly Mills placed third in the 100 back in her first All-ACC performance of her career. The Seminoles finished the meet with 544.5 points giving FSU its seventh consecutive top four finish at the conference meet.

### SEMINOLES DUO GARNER ACC PERFORMER OF THE WEEK AWARDS

A pair of Florida State underclassmen earned ACC Performer of the Week awards for outstanding performances in 2007-08. Freshman Holly Mills was the first Seminole woman to take home the award for her pair of second-place finishes in the 200 free and 200 back against No. 6 Florida. Sophomore Katie Sirounis earned her award in the team's first meet of 2008 sweeping the diving events against North Florida and UNC-Wilmington.

### SEMINOLE WOMEN BREAK FIVE RECORDS IN 2008

The FSU record books will once again have a different look in 2009 after the Seminole women broke five team records last season. After holding the 100 fly record for less than a day in 2007, Sparg took over the top spot in 2008 at the NCAA Championships with a time of 52.81. The South African also lowered her top time in the 200 fly by nearly two seconds. Freshman Jocelyn Phillips stamped her name atop the record books in the 200 free at the ACC Championships with a tie of 1:47.82. Phillips also found herself on a pair of relays that set new Seminole records at ACC's. She swam the leadoff leg on the 800 free relay team with junior Georgia Holderness and freshmen Holly Mills and Lowri Tynan that shattered the school record by more than five seconds, touching the wall in 7:13.65. Phillips was also the leadoff swimmer on the 400 free relay teaming with senior Abbie King, Tynan and sophomore Kyslie Grimes that broke the school record with a time of 3:19.90.

### SEMINOLE SWIMMERS AND DIVERS LEAD WAY ACADEMICALLY

The Florida State women proved once again to be all-stars in the classroom as well as in the water. Six Seminole student-athletes were named to the All-ACC Academic team which was second behind Virginia Tech (7). Seniors Abbie King and Kate Skaggs, junior Georgia Holderness, sophomores Aleia Monden and Katie Sirounis and freshman Lowri Tynan all made the cut. King was also awarded an ACC postgraduate scholarship in February for her outstanding performance both academically and athletically, while demonstrating exemplary conduct in the community. The Weaver-James-Corrigan postgraduate scholarship is a \$5,000 award given to student-athletes who intend to pursue a graduate-level degree following graduation. King was selected to the All-ACC Academic team three times while Holderness has made the team twice.



*Abbie King*

## 2007-08 WOMEN'S REVIEW



(l-r): Lowri Tynan, Lauren Sparg, CJ Hendry, Abbie King

### WOMEN'S 2007-08 RESULTS (17-3, 5-0 ACC)

Oct. 13	at Georgia Tech	W	203-95
	vs. Clemson	W	195-105
	vs. Alabama	W	203-97
Oct. 19	MIAMI	W	200-81
	FLORIDA A&M	W	239-7
Nov. 2	at Boston College	W	177-115
Nov. 3	at Harvard	W	178-65
	vs. Army	W	136.5-106.5
Nov. 16-18	Georgia Tech Fall Invite		1st / 1,127 pts.
Nov. 20	at Florida	L	169-74
Jan. 5	at North Florida	W	146-84
	vs. UNC-Wilmington	W	144-87
Jan. 11	LSU	L	164.5-135.5
Jan. 12	FLORIDA A&M	W	161-19
	FIU	W	157-69
	FLORIDA GULF COAST	W	151-86
Jan. 25	at South Carolina	W	171.5-128.5
Jan. 26	at Clemson	W	150.5-149.5
Feb. 8	FLORIDA ATLANTIC	W	160-118
Feb. 9	at Auburn	L	177-118
	at Arkansas	W	196-106
Feb. 20-23	ACC Championships		3rd / 544.5 pts.
Mar. 20-22	NCAA Championships		39th / 9 pts.

### WOMEN'S ACC CHAMPIONSHIPS 3RD / 544.5 POINTS

#### ALL-ACC

Lauren Sparg	100 Butterfly	1st
Lowri Tynan	100 Breaststroke	2nd
Georgia Holderness	100 Breaststroke	3rd
	200 Breaststroke	3rd
Holly Mills	200 Backstroke	3rd

### WOMEN'S NCAA CHAMPIONSHIPS 39TH / 9 POINTS

#### HONORABLE MENTION ALL-AMERICAN

Aleia Monden	Platform	11th
Lauren Sparg	100 Butterfly	14th

## THIS IS THE ACC

### THE TRADITION

Consistency. It is the mark of true excellence in any endeavor.

However, in today's intercollegiate athletics, competition has become so balanced and so competitive that it is virtually impossible to maintain a high level of consistency.

Yet the Atlantic Coast Conference has defied the odds. Now in its 56th year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture, the numbers support it.

Since the league's inception in 1953, ACC schools have captured 109 national championships, including 57 in women's competition and 52 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 145 times in men's competition and 92 times in women's action.

The success of ACC swimming and diving continues to reach new heights since the league sponsored the sport for men in 1954 and for women in 1979. The 2007-08 season proved to be another storied campaign, as the league produced two NCAA individual champions and had 15 student-athletes named NCAA All-Americans along with 22 others earning All-American Honorable Mention. Miami's Rueben Ross won the three-meter diving event at the NCAA, giving the ACC consecutive diving national champions for the first time in league history. Brittany Viola, also of Miami captured the platform diving national title for the league's first women's diving championship.

Last year, the conference sent five schools from each of the men's and women's programs to the NCAA Swimming and Diving Championships with two finishing among the Top 25 in each of their respective team standings. It also marked the fifth consecutive year the ACC has had at least five teams selected to compete in the NCAA Championships. Eight teams from the women's ranks made NCAA last season to set a new league high. Seven men's teams made the national postseason event for the third time in league history.

ACC men's swimming and diving have accounted for 228 NCAA All-Americans, 16 national individual champions and one national championship relay team in the 54 years of its storied program. Six of the 12 schools have claimed an ACC championship crown with three of the schools having won 10 or more titles. NC State leads all member schools with 24 total conference championships (21 outright), while North Carolina has clinched 17 (13 outright) and Virginia captured 11.

North Carolina's Phillip Drake and NC State's Bob Mattson became the first ACC pair to be crowned NCAA champions in 1955. Drake won the 200 butterfly, while Mattson took first place in the 200 breaststroke. There would be five more NCAA individual champions from NC State over the years, including two-time NCAA champion Dick Fadgen (200 breaststroke and 200 butterfly) in 1956 and most recently Cullen Jones, the 2006 NCAA champion in the 50 freestyle.

Women's swimming and diving have established its own standard of success over the past 29 years. Approximately 255 student-athletes have been named NCAA All-Americans and six were crowned NCAA individual champions. North Carolina has been a dominating presence in the ACC, winning 16 outright league championships (1981-86, 1991-96, 2000-02 and 2007).

The Tar Heels also boast one of the best all-time swimmers in conference history. Sue Walsh won 10 national collegiate individual championships and never lost a backstroke race in her three years of NCAA competition. Clemson's Mizli Kremer was also a swimming sensation for the ACC, as she won both the 200 and 500 freestyle events at the NCAA in 1987 and 1989. Virginia's Cara Lane was also an NCAA champion in two different events, winning the 1500 freestyle in 2000 and placing first place the following year in the 1650 freestyle.

Countless numbers from both the ACC men's and women's swimming and diving programs have competed at the international level and continued on to become world champions and Olympians. Among the numerous Olympians who hailed from the league were North Carolina's Thompson Mann and Sue Walsh as the first male and female representatives. Mann picked up a gold medal in the 1964 Olympics, while Walsh was a member of the 1980 U.S. Olympic Team.

In addition, the ACC has had several Olympic medalists including a league-best six from NC State in Steve Rerych (1968), Dan Harrigan and Steve Gregg (1976), Duncan Goodhew (1976 and 1980), David Fox (1996) and Cullen Jones (2006). North Carolina's Mann became the first Olympic medalist for the ACC men, while Duke's Nancy Hogshead was the conference's first female swimmer to collect an Olympic medal. Mann helped the U.S. 400-meter relay team capture the gold medal as its leadoff swimmer in the 1964 Olympics in Tokyo, Japan. He also set a world record at the Tokyo Olympic Games in the 100 backstroke (59.80 seconds), becoming the first person to ever eclipse one minute at that distance.

Hogshead shared the gold medal with fellow American Carrie Steinsieffer after the pair claimed a dead-heat victory in the 100 freestyle at the 1984 Olympics in Los Angeles, Calif. She was also a member of the U.S. gold-medal-winning 400-meter freestyle and 400-meter relay teams. Hogshead also won silver in the 200 individual medley.

ACC swimming and diving has also excelled in the classroom, as the men's and women's programs have combined for 23 CSCAA Academic All-Americans and 26 others selected to an All-Academic Team by either the CSCAA, CoSIDA/ESPN The Magazine or both national organizations.

All told, the ACC boasts over 545 All-Americans, 55 NCAA individual champions, two national championship relay teams and countless numbers of Olympians.

### 2007-08 IN REVIEW

The 2007-08 academic year saw league teams capturing four national team titles and 12 individual NCAA crowns. In all, the ACC has won 43 national team titles over the last 12 years. The ACC has won two or more NCAA titles in 26 of the past 28 years.

A total of 140 ACC teams placed in NCAA post-season competition in 2007-08. League teams compiled a 119-69 (.633) mark against non-conference opponents in NCAA championship competition. In addition, the ACC had 154 student-athletes earn first team All-America honors this past year. Overall, the league had 258 first, second or third team All-Americans. In addition, the ACC produced 10 national Players of the Year and five national Coach of the Year honorees.

### 2007-08 NATIONAL CHAMPIONSHIPS

Field Hockey	North Carolina
Men's Soccer	North Carolina
Ice Hockey	Boston College
Men's Track/Field	Florida State



### THE CHAMPIONSHIPS

The conference will conduct championship competition in 25 sports during the 2008-09 academic year - 12 for men and 13 for women.

The first ACC championship was held in swimming on February 25, 1954. The conference did not conduct championships in cross country, wrestling or tennis during the first year.

The 12 sports for men include football, cross country, soccer, basketball, swimming, indoor and outdoor track, wrestling, baseball, tennis, golf and lacrosse. Fencing, which was started in 1971, was discontinued in 1981.

Women's sports were initiated in 1977 with the first championship meet being held in tennis at Wake Forest University.

Championships for women are currently conducted in cross country, field hockey, soccer, basketball, swimming, indoor and outdoor track, tennis, golf, lacrosse, softball and rowing, while volleyball determines its champion in regular season play.

### A HISTORY

The Atlantic Coast Conference was founded on May 8, 1953, at the Sedgefield Inn near Greensboro, N.C., with seven charter members - Clemson, Duke, Maryland, North Carolina, North Carolina State, South Carolina and Wake Forest - drawing up the conference by-laws.

The withdrawal of seven schools from the Southern Conference came early on the morning of May 8, 1953, during the Southern Conference's annual spring meeting. On June 14, 1953, the seven members met in Raleigh, N.C., where a set of bylaws was adopted and the name became officially the Atlantic Coast Conference.

Suggestions from fans for the name of the new conference appeared in the region's newspapers prior to the meeting in Raleigh. Some of the names suggested were: Dixie, Mid South, Mid Atlantic, East Coast, Seaboard, Colonial, Tobacco, Blue-Gray, Piedmont, Southern Seven and the Shoreline.

Duke's Eddie Cameron recommended that the name of the conference be the Atlantic Coast Conference, and the motion was passed unanimously. The meeting concluded with each member institution assessed \$200.00 to pay for conference expenses.

On December 4, 1953, conference officials met again at Sedgefield and officially admitted the University of Virginia as the league's eighth member. The first, and only, withdrawal of a school from the ACC came on June 30, 1971, when the University of South Carolina tendered its resignation.

The ACC operated with seven members until April 3, 1978, when the Georgia Institute of Technology was admitted. The Atlanta school had withdrawn from the Southeastern Conference in January of 1964.

The ACC expanded to nine members on July 1, 1991, with the addition of Florida State University.

The conference expanded to 11 members on July 1, 2004, with the addition of the University of Miami and Virginia Polytechnic Institute and State University. On October 17, 2003, Boston College accepted an invitation to become the league's 12th member starting July 1, 2005.

### SCHOOL AFFILIATIONS

BOSTON COLLEGE -- Charter member of the Big East Conference in 1979; joined the ACC in July, 2005.

CLEMSON -- Charter member of the Southern Intercollegiate Athletic Association in 1894; a charter member of the Southern Conference in 1921; a charter member of the Atlantic Coast Conference (ACC) in 1953.

DUKE -- Joined the Southern Conference in December, 1928; charter member of the ACC in 1953.

FLORIDA STATE -- Charter member of the Dixie Conference in 1948; joined the Metro Conference in July, 1976; joined the ACC July, 1991.

GEORGIA TECH -- Charter member of the Southern Intercollegiate Athletic Association in 1894; charter member of Southern Conference in 1921; charter member of the SEC in 1932; joined the ACC in April, 1978.

MARYLAND -- Charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

MIAMI -- Charter member of the Big East Football Conference in 1991; joined the ACC in July, 2004.

NORTH CAROLINA -- Charter member of the Southern Intercollegiate Athletic Association in 1894; charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

NC STATE -- Charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

VIRGINIA -- Charter member of the Southern Intercollegiate Athletic Association in 1894; charter member of the Southern Conference in 1921; resigned from Southern Conference in December 1936; joined the ACC in December, 1953.

VIRGINIA TECH -- Charter member of the Southern Conference in 1921; withdrew from the Southern Conference in June, 1965; became a charter member of the Big East Football Conference in Feb. 5, 1991; joined the ACC in July, 2004.

WAKE FOREST -- Joined the Southern Conference in February, 1936; charter member of the ACC in 1953.



## ACC ALL-TIME RECORDS

### ACC MEN'S RECORDS

50 Freestyle	Conference: 19.07	Cullen Jones, NC State, 2006
	ACC Meet: 19.07	Cullen Jones, NC State, 2006
100 Freestyle	Conference: 42.96	Brendon Dedekind, Florida State, 1999
	ACC Meet: 42.96	Brendon Dedekind, Florida State, 1999
200 Freestyle	Conference: 1:34.54	Matt McLean, Virginia, 2008
	ACC Meet: 1:34.54	Matt McLean, Virginia, 2008
500 Freestyle	Conference: 4:15.91	Matt McLean, Virginia, 2008
	ACC Meet: 4:15.91	Matt McLean, Virginia, 2008
1000 Freestyle	Conference: 8:54.56	Fran Crippen, Virginia, 2003
1650 Freestyle	Conference: 14:46.05	Fran Crippen, Virginia, 2003
	ACC Meet: 14:47.99	Shilo Ayalon, Georgia Tech, 2003
100 Backstroke	Conference: 47.72	Stephen Parry, Florida State, 1999
	ACC Meet: 48.10	Rob Braknis, Florida State, 1995; Ted Brisson, North Carolina, 1998
200 Backstroke	Conference: 1:42.67	Luke Wagner, Virginia, 2001
	ACC Meet: 1:43.39	Rob Braknis, Florida State, 1995
100 Breaststroke	Conference: 52.60	Ed Moses, Virginia, 2000
	ACC Meet: 52.60	Ed Moses, Virginia, 2000
200 Breaststroke	Conference: 1:53.99	Ed Moses, Virginia, 2000
	ACC Meet: 1:54.79	Gary Marshall, Virginia, 2002
100 Butterfly	Conference: 46.86	Tucker Shade, North Carolina, 1998
	ACC Meet: 47.05	Scott Beard, Virginia Tech, 2006
200 Butterfly	Conference: 1:42.84	Michael Raab, Virginia, 2003
	ACC Meet: 1:43.54	Doak Finch, Virginia, 2000
200 Individual Medley	Conference: 1:46.20	Bo Greenwood, Virginia, 2002
	ACC Meet: 1:46.20	Bo Greenwood, Virginia, 2002
400 Individual Medley	Conference: 3:44.99	Bo Greenwood, Virginia, 2002
	ACC Meet: 3:44.99	Bo Greenwood, Virginia, 2002
1-Meter Diving	ACC Meet: 560.25	Paul Spray, Florida State, 1992
3-Meter Diving	ACC Meet: 621.05	Louis Gagnet, Florida State, 2003
200 Free Relay	Conference: 1:18.75	Florida State (Santos, Flanagan, McVittie, Dedekind), 1998
	ACC Meet: 1:18.78	Florida State (Dedekind, Coelho, McVittie, Braknis), 1997
400 Free Relay	Conference: 2:55.22	Florida State (Dedekind, Coelho, McVittie, Braknis), 1997
	ACC Meet: 2:55.22	Florida State (Dedekind, Coelho, McVittie, Braknis), 1997
800 Free Relay	Conference: 6:26.71	North Carolina (Monasterio, Hamrick, Summerlin, deFabrique), 1993
	ACC Meet: 6:27.16	Virginia (Mellors, Millen, Hirniak, Crippen), 2006
200 Medley Relay	Conference: 1:26.88	NC State (Velleca, Velez, Cowling, Jones), 2006
	ACC Meet: 1:26.88	NC State (Velleca, Velez, Cowling, Jones), 2006
400 Medley Relay	Conference: 3:11.60	Virginia (Mousetis, Moses, Finch, Johnson), 2000
	ACC Meet: 3:11.60	Virginia (Mousetis, Moses, Finch, Johnson), 2000

### ACC WOMEN'S RECORDS

50 Freestyle	Conference: 22.40	Richelle Fox, North Carolina, 1998
	ACC Meet: 22.45	Christy Watkins, North Carolina, 2002
100 Freestyle	Conference: 48.84	Mitzi Kremer, Clemson, 1989
	ACC Meet: 49.35	Richelle Fox, North Carolina, 1998
200 Freestyle	Conference: 1:44.74	Michelle Parkhurst, Clemson, 2008
	ACC Meet: 1:44.74	Michelle Parkhurst, Clemson, 2008
500 Freestyle	Conference: 4:39.18	Mitzi Kremer, Clemson, 1989
	ACC Meet: 4:42.35	Cara Lane, Virginia, 2002
1000 Freestyle	Conference: 9:24.84	Mirjana Bosevska, Virginia, 2000
1650 Freestyle	Conference: 15:53.49	Cara Lane, Virginia, 2003
	ACC Meet: 15:58.64	Cara Lane, Virginia, 2001
100 Backstroke	Conference: 52.76	Brielle White, Virginia, 2006
	ACC Meet: 53.63	Brielle White, Virginia, 2004
200 Backstroke	Conference: 1:55.33	Michelle Parkhurst, Clemson, 2008
	ACC Meet: 1:55.33	Michelle Parkhurst, Clemson, 2008
100 Breaststroke	Conference: 1:00.45	Danica Wizniuk, Virginia, 1999
	ACC Meet: 1:00.52	Danica Wizniuk, Virginia, 1999
200 Breaststroke	Conference: 2:10.13	Jessica Botzum, Virginia Tech, 2008
	ACC Meet: 2:11.82	Danica Wizniuk, Virginia, 1999
100 Butterfly	Conference: 52.34	Richelle Depold, North Carolina, 1997
	ACC Meet: 53.45	Richelle Fox, North Carolina, 1998
200 Butterfly	Conference: 1:56.07	Liz Shaw, Virginia, 2008
	ACC Meet: 1:56.07	Liz Shaw, Virginia, 2008
200 Individual Medley	Conference: 1:58.63	Liz Shaw, Virginia, 2008
	ACC Meet: 1:58.63	Liz Shaw, Virginia, 2008
400 Individual Medley	Conference: 4:09.75	Mirjana Bosevska, Virginia, 2002
	ACC Meet: 4:11.50	Claire Crippen, Virginia, 2008
200 Free Relay	Conference: 1:30.60	Clemson (Regone, Sindall, Allan, Parkhurst), 2008
	ACC Meet: 1:30.60	Clemson (Regone, Sindall, Allan, Parkhurst), 2008
400 Free Relay	Conference: 3:18.69	Virginia (Davis, Glover, Evo Lewis), 2008
	ACC Meet: 3:18.69	Virginia (Davis, Glover, Evo Lewis), 2008
800 Free Relay	Conference: 7:07.44	Virginia (Glover, Evo, Harris, Leiwis), 2008
	ACC Meet: 7:09.12	Virginia (Glover, Lewis, Harris, Evo), 2008
200 Medley Relay	Conference: 1:38.59	Florida State (Raleigh, Brick, Sparg, Ellis), 2006
	ACC Meet: 1:38.59	Florida State (Raleigh, Brick, Sparg, Ellis), 2006
400 Medley Relay	Conference: 3:39.07	Florida State (Altmann, Brick, Raleigh, Ellis), 2007
	ACC Meet: 3:39.28	Virginia (Christensen, Freeman, Shaw, Lewis), 2008



## 2007-08 MEN'S ACC SUMMARY

	Conference				Overall			
	W	L	T	Pct.	W	L	T	Pct
North Carolina	4	0	0	1.000	6	2	0	.750
Clemson	6	2	0	.750	12	2	0	.857
+Virginia	3	1	0	.750	7	3	0	.700
Virginia Tech	2	2	0	.500	12	3	0	.800
<b>Florida State</b>	<b>2</b>	<b>2</b>	<b>0</b>	<b>.500</b>	<b>10</b>	<b>5</b>	<b>0</b>	<b>.667</b>
Maryland	1	1	0	.500	3	5	0	.375
NC State	2	3	0	.400	5	3	0	.675
Boston College	0	1	0	.000	7	8	0	.467
Georgia Tech	0	3	0	.000	2	6	0	.250
Duke	0	5	0	.000	4	6	0	.400

+ denotes ACC Champion

### ACC CHAMPIONSHIP RESULTS

Georgia Tech Aquatic Center, Atlanta, Ga.

1. Virginia	833
2. North Carolina	560
<b>3. Florida State</b>	<b>524</b>
4. Georgia Tech	375
5. Virginia Tech	363
6. Clemson	346
7. NC State	302
8. Maryland	235
9. Duke	110
10. Boston College	68
11. Miami	44

### ACC MEET INDIVIDUAL CHAMPS

50 Free	Kaan Tayla, VT	19.50
100 Free	Kaan Tayla, VT	43.56
200 Free	Matthew McLean, VA	1:34.54
500 Free	Matthew McLean, VA	4:15.91
1650 Free	Joe Kinderwater, NC	14:57.78
100 Breast	Mickey Malul, GT	53.91
200 Breast	P.J. Sullivan, VA	1:58.03
100 Back	Tommy Wyher, NC	48.27
200 Back	Bjorn Falk, VA	1:44.66
200 IM	John Azar, VA	1:47.06
400 IM	Tyler Harris, NC	3:47.36
<b>1M Dive</b>	<b>Terry Horner, FS</b>	<b>393.15</b>
<b>3M Dive</b>	<b>Terry Horner, FS</b>	<b>399.35</b>
200 Free Relay	Virginia Tech	1:19.37
400 Free Relay	Virginia	2:56.36
800 Free Relay	Virginia	*6:22.93
200 Medley Relay	Virginia	1:27.11
400 Medley Relay	Virginia	3:12.49
Platform Dive	J.J. Kinzbach, UM	429.50

\*ACC Meet Record

### TOP 8 ACC FINISHERS AT NCAA CHAMPIONSHIPS

50 Free	7th	Scott Baker, FS
500 Free	4th	Matt McLean, VA
1650 Free	5th	Joe Kinderwater, NC
1650 Free	8th	John Snawerdt, VA
<b>1M Dive</b>	<b>3rd</b>	<b>Terry Horner, FS</b>
1M Dive	6th	Reuben Ross, UM
3M Dive	1st	Reuben Ross, UM
Platform Dive	4th	Reuben Ross, UM
Platform Dive	8th	J.J. Kinzbach, UM

### NCAA ALL-AMERICANS

Scott Baker	Florida State
Terry Horner	Florida State
Joe Kinderwater	North Carolina
J.J. Kinzbach	Miami
Matt McLean	Virginia
Reuben Ross	Miami
John Snawerdt	Virginia
Ryan Funderburk	North Carolina
<b>Nick Graves</b>	<b>Florida State</b>
Tyler Harris	North Carolina
Mikey McDonald	Virginia Tech
Pat Reams	Virginia
Lee Robertson	Virginia
<b>Ian Rowe</b>	<b>Florida State</b>
P.J. Sullivan	Virginia

### ALL-ACC TEAM

Clemson (1)	Adam Farnham
<b>Florida State (6)</b>	<b>Scott Baker, Ian Rowe, Ian Powell, Rob Holderness, Terry Horner, Dan Frebel</b>
Georgia Tech (4)	Noah Copeland, Onur Uras, Mickey Malau, Andy Miller
Maryland (1)	Nick Corder
Miami (1)	J.J. Kinzbach
North Carolina (6)	Joe Kinderwater, Vinny Pryor, Tommy Wyher, Tyler Harris, Andy Brake, Ryan Funderburk
NC State (1)	Steve Mellor
Virginia (12)	Matthew McLean, Scot Robinson, Taylor Smith, Darren Ankosko, John Snawerdt, Pat Reams, P.J. Sullivan, Bryan Stahl, Bjork Falk, John Azar, Ian Vogt, Lee Robertson
Virginia Tech (5)	Kaan Tayla, Scott Beard, Mikey McDonald, Jake Bova, Stephen Hawkins

### ACC AWARDS

ACC Meet Most Valuable Swimmer

Matthew McLean, Virginia

ACC Meet Most Valuable Diver

Terry Horner, Florida State

ACC Swimmer of the Year

Matthew McLean, Virginia

ACC Diver of the Year

Reuben Ross, Miami

ACC Freshman of the Year

Matthew McLean, Virginia

ACC Coach of the Year

Mark Bernardino, Virginia





## 2007-08 WOMEN'S ACC SUMMARY

	Conference				Overall			
	W	L	T	Pct.	W	L	T	Pct
Florida State	5	0	0	1.000	17	3	0	.850
+Virginia	4	0	0	1.000	8	2	0	.800
Virginia Tech	3	1	0	.750	14	2	0	.875
North Carolina	3	1	0	.750	6	3	0	.667
Duke	2	3	0	.400	8	4	0	.667
Clemson	3	5	0	.375	8	7	0	.533
NC State	1	4	0	.200	4	5	0	.444
Miami	0	1	0	.000	9	3	0	.750
Boston College	0	1	0	.000	9	5	0	.643
Maryland	0	2	0	.000	3	5	0	.375
Georgia Tech	0	3	0	.000	6	5	0	.345

+ denotes ACC Champion

### ACC CHAMPIONSHIP RESULTS

Georgia Tech Aquatic Center, Atlanta, Ga.

1. Virginia	800
2. North Carolina	572
3. Florida State	544.5
4. Virginia Tech	362
5. Clemson	350
6. Duke	267
7. Georgia Tech	261
8. NC State	228
9. Maryland	233.5
10. Miami	182
11. Boston College	52

### ACC MEET INDIVIDUAL CHAMPS

50 Free	Sara Smith, VT	22.52
100 Free	Sara Smith, VT	49.57
200 Free	Michelle Parkhurst, CL	1:46.49
500 Free	Whitney Sprague, NC	4:42.80
1650 Free	Whitney Sprague, NC	16:02.76
100 Breast	Jessica Botzum, VT	1:00.98
200 Breast	Jessica Botzum, VT	2:12.82
100 Fly	Lauren Sparg, FS	53.50
200 Fly	Liz Shaw, VA	*1:56.07
100 Back	Michelle Parkhurst, CL	53.58
200 Back	Michelle Parkhurst, CL	*1:55.33
200 IM	Liz Shaw, VA	*1:58.63
400 IM	Claire Crippen, VA	4:11.50
1M Diving	Brittany Viola, UM	324.65
3M Diving	Brittany Viola, UM	340.55
200 Free Relay	Clemson	1:30.60
400 Free Relay	Virginia	*3:18.69
800 Free Relay	Virginia	*7:09.12
200 Medley Relay	Virginia Tech	1:40.17
400 Medley Relay	Virginia	3:38.27
Platform Dive	Brittany Viola, UM	332.50

\* ACC Meet Record

### TOP 8 ACC FINISHERS AT NCAA CHAMPIONSHIPS

200 Fly	4th	Liz Shaw, VA
100 Breast	5th	Jessica Botzum, VT
200 Breast	6th	Jessica Botzum, VT
1650 Free	2nd	Whitney Sprague, NC
1M Diving	7th	Brittany Viola, UM
Platform Diving	1st	Brittany Viola, UM
3M Diving	7th	Hannah Krimm, GT

### NCAA ALL-AMERICANS

Jessica Botzum	Virginia Tech
Hannah Krimm	Georgia Tech
Liz Shaw	Virginia
Whitney Sprague	North Carolina
Brittany Viola	Miami
Mei Christensen	Virginia
Claire Crippen	Virginia
Stephanie England	Georgia Tech
Kristin Davies	NC State
Megan Evo	Virginia
Aleia Monden	Florida State
Michelle Parkhurst	Clemson
Sara Smith	Virginia Tech
Lauren Sparg	Florida State
Ashley Twichell	Duke



### ALL-ACC TEAM

Clemson (5)	Rachel Regone, Michelle Parkhurst, Dani Kazilionis, Lauren Sindall, Alex Allen
Duke (2)	Ashley Twichell, Julie Brummond
Florida State (4)	Lauren Sparg, Lowri Tynan, Georgia Holderness, Holly Mills
Georgia Tech (3)	Agatha Kwasnik, Stephanie England, Hannah Krimm
Miami (1)	Brittany Viola
North Carolina (5)	Rebecca Kane, Kelsey Morrissy, Whitney Sprague, Katura Harvey, Megan Steeves
NC State (1)	Kristin Davies
Virginia (10)	Jess Lewis, Jenn Narum, Claire Crippen, Megan Evo, Ellie Freeman, Mei Christensen, Katya Bachrouche, Hannah Davis, Stephanie Glover
Virginia Tech (4)	Sara Smith, Jessica Botzum, Jordan McHorney, Megan Newell

### ACC AWARDS

ACC Meet Most Valuable Swimmer

Michelle Parkhurst, Clemson

ACC Meet Most Valuable Diver

Brittany Viola, Miami

ACC Swimmer of the Year

Jessica Botzum, Virginia Tech

ACC Diver of the Year

Brittany Viola, Miami

ACC Freshman of the Year

Elizabeth Shaw, Virginia

ACC Coach of the Year

Mark Bernardino, Virginia



## ACC ACADEMIC HONOR ROLL

### 1993 (18)

Dorotea Bralic  
Robert Caicedo  
Kristen Campbell  
Anne Castello  
Nadezda Cenanovic  
Brian Davey  
Ann Evins  
John Haynes  
Meghan Henning  
Brad Hoffman  
Helen Jepson  
Ronda King  
Ruth Kominski  
Valerie Moore  
Jason Porter  
Christine Steinberg  
John Tyler  
Claudia Wilson

### 1994 (22)

Shauan Albernathie  
Dorotea Bralic  
Kristen Campbell  
Anne Castello  
Eduardo Coelho  
Brian Davey  
Elizabeth Engel  
Ann Evins  
Margaet Fox  
Maider Gaztanaga  
Jose Gutierrez  
John Haynes  
Brad Hoffman  
Helen Jepson  
Ruth Kominski  
Shannon McHugh  
Jlieanne Peluso  
Mathew Schmauch  
John Tyler  
George Willard  
Claudia Wilson  
Jennifer Withrow

### 1995 (26)

Shauan Albernathie  
Thomas Bendixon  
Dorotea Bralic  
Meghan Brennan  
Kristen Campbell  
Colleen Carpenter  
Eduardo Coelho  
Cara Duncan  
Mathew Dunn  
Elizabeth Engel  
Maider Gaztanaga  
Ryan Gratzick  
Caroline Hamilton  
John Haynes  
Julia Henderson  
Sarah Henderson  
Andrew Hjortaa  
Brad Hoffman  
Helen Jepson  
Ruth Kominski  
Pamela Kuznia  
Shannon McHugh  
Jose Merino  
Julieanne Peluso  
Claudia Wilson  
Jennifer Withrow

### 1996 (27)

Amy Armond  
Thomas Bendixen  
Meghan Brennan  
Kristen Campbell  
Neikuan Chia  
Eduardo Coelho  
Brendon Dedekind  
Kerwin Deese  
Mathew Dunn  
Nathan Eley  
Jennifer Engelbrecht  
Maider Gaztanaga  
Corey Geraghty  
Ryan Gratzick  
Caroline Hamilton  
John Haynes  
Julia Henderson  
Carlos Henley  
Helen Jepson  
Shannon McHugh  
Stephen Parry  
Tenelle Ramer  
Mathew Schmauch  
David Semesco  
Timothy Welsch  
Claudia Wilson  
Katherine Wright

### 1997 (27)

Rachel Amman  
Amy Armond  
Brent Burkman  
Neikuan Chia  
Danny Chocron  
Eduardo Coelho  
Brendon Dedekind  
Kerwin Deese  
Jennifer Engelbrecht  
Kevin Flanagan  
Maider Gaztanaga  
Corey Geraghty  
Ryan Gratzick  
Caroline Hamilton  
Sarah Henderson  
Helen Jepson  
Pamela Kuznia  
Cindy Marion  
Shannon McHugh  
Ben Nuttal  
Stephen Parry  
Marya Sabesky  
Karin Schmedeman  
Danielle Stafford  
Maria Toole  
Claudia Wilson  
Kile Zellar

### 1998 (22)

Kristen Adams  
Rachel Amman  
Brent Burkman  
Katie Decker  
Kerwin Deese  
Jenny Engelbrecht  
Kevin Flanagan  
Sherri Fowler  
Polly Jaskowski  
Cindy Marion  
Kristie McRoberts  
Matt McVittie  
Stephen Parry  
Brett Petersen  
Tenelle Ramer  
Kevin Rowley  
Marya Sabesky

Sarah Scobey  
Danielle Stafford  
Mara Toole  
Tim Welsch  
Katie Wright

### 1999 (25)

Kristen Adams  
Danny Chocron  
Brendon Dedekind  
Liska Dedekind  
Kerwin Deese  
Jenny Engelbrecht  
Kevin Flanagan  
Jonathan Fry  
Amber Goodwin  
Tanya Gurr  
James Henley  
Karen Hirai  
Jonathan Kaplan  
Amber McLain  
Matt McVittie  
Ben Nuttall  
Chad Onken  
Ann Parker  
Stephen Parry  
Marya Sabesky  
Michael Singleton  
Mara Toole  
Summer Washburn  
Samantha White  
Katie Wright

### 2000 (27)

Kristen Adams  
Summer Bell  
Brent Burkman  
Christy Cech  
Danny Chocron  
Devin Crock  
Liska Dedekind  
Jill Deviese  
Kevin Flanagan  
Steven Forson  
Shannon Goff  
Amber Goodwin  
Tanya Gurr  
Caren Hirai  
Karin Holmsted  
Jonathan Kaplan  
Kristan Keelan  
Keryn Krynauf  
Karen Lawsky  
Megan Lock  
Amber McLain  
Nelson Mora  
Elizabeth Nagy  
Marya Sabesky  
William Schultz  
Seth Swisher  
Christine Williams

### 2001 (22)

Kristen Adams  
Summer Bell  
Christine Cech  
Margaret Colley  
Alison Cucchi  
Joshua Edelman  
Steven Forson  
Michael Franks  
Caren Hirai  
Jonathan Kaplan  
Kristan Keelan  
Lisa Kirsch

James Korton  
Amy Lo  
Elizabeth Nagy  
Candice Nethercott  
Michael Paulus  
Tonya Rasor  
Marya Sabesky  
Seth Swisher  
Lauren Walker  
Matt Wheeler

### 2002 (32)

Emily Armond  
Michael Averett  
Justin Betts  
Megan Boyle  
Emily Breen  
Christine Cech  
Michael Clarke  
Margaret Colley  
Devin Crock  
Alison Cucchi  
Jennifer Henshaw  
Caren Hirai  
Lisa How  
Jonathan Kaplan  
Kristan Keelan  
Laura Kenney  
Lisa Kirsch  
Keryn Krynauf  
Angie Leach  
Amy Lo  
Jennie Lyes  
Elizabeth Nagy  
Wickus Niembler  
Liz Parkinson  
Michael Paulus  
Christina Pesce  
Tonya Rasor  
Meredith Roberts  
Jennifer Smith  
Jessica Walker  
Matt Wheeler  
Kayce Zemina

### 2003 (20)

Jason Beinlich  
Emily Breen  
Katie Byrnes  
Margaret Colley  
Devin Crock  
Rachel Dong  
Emma Dutton  
Louis Gagnet  
Samuel Hood  
Laura Kenney  
Angela Leach  
Andree-Anne Leroy  
Amy Lo  
Elizabeth Nagy  
Elizabeth Parkinson  
Michael Paulus  
Tonya Rasor  
Joel Roycik  
Jennifer Smith  
Matthew Wheeler

### 2004 (23)

Michael Averett  
Justin Betts  
Emily Breen  
Katie Byrnes  
Andrew Castro  
Rachel Dong  
Emma Dutton  
Paul Erben  
Loren Hansen  
Alex Kennon  
Angela Leach  
Andree-Anne Leroy  
Amy Lo  
Elizabeth Parkinson  
Michael Paulus  
Tonya Rasor  
Katie Ronan  
Steve Roof  
Curtis Schroeger  
Jennifer Smith  
Tal Stricker  
Matthew Wheeler  
Kayce Zemina

### 2005 (22)

Camille Akridge  
Michael Averett  
Emily Breen  
Brendan Burke  
Peter Crane  
Ed Denton  
Paul Erben  
Elise Hatfield  
Courtney Hudak  
Alex Kennon  
Abbie King  
Angela Leach  
Courtney McClow  
Stacy Rademacher  
Katie Ronan  
Steve Roof  
Curtis Schroeger  
Kate Skaggs  
Brittany Stevens  
Alex Tilbrook  
Kyle Young  
Kayce Zemina

### 2006 (25)

Romy Altmann  
Brendan Burke  
Stephan Connor  
Peter Crane  
Scott Derner  
Paul Erben  
Matthew Hammond  
Carissa Hanna  
Elise Hatfield  
Kylan Huntwork  
Derek Jones  
Alex Kennon  
Abbie King  
Megan Matherly  
Kathryn Metka  
Janine Parente  
Stacy Rademacher  
Michael Rice  
Caroline Robertson  
Katie Ronan  
Steve Roof  
Joel Roycik  
Cameron Russell  
Kathryn Skaggs  
Kyle Young

### 2007 (40)

Romy Altmann  
Lauren Brick  
Brendan Burke  
Jessica Carr  
Ann Cipoletti  
Ed Denton  
Scott Derner  
Paul Erben  
Shawn Erickson  
Dan Frebel  
Lindsay Guers  
Jen Guylor  
Matthew Hammond  
Elise Hatfield  
Kristina Helmers  
Georgia Holderness  
James Holway  
Terry Horner  
Kylan Huntwork  
Alex Kennon  
Abbie King  
Leigh Ann King  
Ashley Lawler  
Merideth Martelle  
Megan Matherly  
Aleia Monden  
Mark Nicholls  
Lloyd Owens  
Stacy Rademacher  
Michael Rice  
Caroline Robertson  
Katherine Ronan  
Steve Roof  
Katie Sirounis  
Kate Skaggs  
Lauren Sparg  
Teresa Tessier  
Alex Tilbrook  
David Toffaletti  
Kyle Young

### 2008 (28)

Katherine Adham  
Brendan Burke  
Melanie Cabassol  
Jessica Carr  
Kelly Dean  
Edward Denton  
Scott Derner  
Jennifer Guylor  
Matthew Hammond  
Robert Hayes  
Kristina Helmers  
Georgia Holderness  
Robert Holderness  
James Holway  
Kylan Huntwork  
Abbie King  
Caitlyn Lambert  
Merideth Martelle  
Holly Mills  
Aleia Monden  
Lloyd Owens  
Stacy Rademacher  
Michael Rice  
Katie Sirounis  
Kate Skaggs  
Stevi Steinhauer  
David Toffaletti  
Lowri Tynan



## ALL-TIME ACC CHAMPIONS

### MEN

#### 1992

Desmond Koh 200 Breast  
Paul Spray 1M Diving & 3M Diving

#### 1993

Ignacio Merino 200 Fly  
Rob Braknis 100 Back

#### 1994

Rob Braknis 100 Back

#### 1995

Frank Bradley 200 IM  
Rob Braknis 50 Free, 100 Back & 200 Back  
Chad Haberstroh 400 IM  
200 Free Relay (Braknis, Coelho, Schlichenmaier, Gerrard)  
200 Medley Relay (Braknis, Merino, Bengston, Coelho)  
400 Medley Relay (Braknis, Merino, Bengston, Coelho)

#### 1996

Brendon Dedekind 50 Free & 100 Free  
Chad Haberstroh 400 IM  
200 Free Relay (Dedekind, Coelho, McVittie, Haynes)

#### 1997

Rob Braknis 100 Back & 200 Back  
Brendon Dedekind 50 Free, 100 Free & 100 Breast  
Stephen Parry 200 Free & 200 Fly  
200 Free Relay (Dedekind, Coelho, McVittie, Braknis)  
400 Free Relay (Dedekind, Coelho, McVittie, Braknis)  
200 Medley Relay (Braknis, Peterson, Parry, Coelho)  
400 Medley Relay (Braknis, Peterson, Parry, Dedekind)

#### 1998

Brendon Dedekind 50 Free & 100 Breast  
200 Free Relay (Santos, McVittie, Flanagan, Dedekind)  
400 Free Relay (Santos, McVittie, Flanagan, Dedekind)  
200 Medley Relay (Parry, Petersen, Ang, Dedekind)

#### 1999

Brendon Dedekind 50 Free, 100 Free, 100 Breast  
Stephen Parry 200 Free, 200 Fly & 200 Back  
200 Free Relay (Santos, McVittie, Flanagan, Dedekind)  
400 Free Relay (Santos, McVittie, Flanagan, Dedekind)  
800 Free Relay (McVittie, Mora, Santos, Parry)  
200 Medley Relay (Braknis, Petersen, Parry, Dedekind)  
400 Medley Relay (Braknis, Petersen, Parry, Dedekind)

#### 2000

Brent Burkman 1M Diving  
200 Free Relay (Main-Baillie, Ammons, Marshburn, Flanagan)

#### 2001

Devin Crock 100 Fly  
Josh Edelman 1M Diving & 3M Diving  
Greg Main-Baillie 50 Free

#### 2002

Louis Gagnet 1M Diving & 3M Diving  
200 Medley Relay (Ammons, Betts, Crock, Mashburn)

#### 2003

Justin Betts 100 Breast  
Louis Gagnet 1M Diving & 3M Diving  
200 Free Relay (Ammons, Marshburn, Carmen, Nienaber)  
200 Medley Relay (Cook, Betts, Marshburn, Ammons)

#### 2004

Wickus Nienaber 100 Breast  
Joel Roycik 100 Fly  
200 Medley Relay (Vythoulkas, Nienaber, Averett, Paulus)

#### 2005

400 Free Relay (Roycik, Kennon, Averett, Denton)

#### 2006

Jarryd Botha 200 Back  
200 Free Relay (Botha, Denton, Kennon, Roycik)  
400 Free Relay (Kennon, Botha, Denton, Roycik)

#### 2007

Kyle Young 500 Free & 1650 Free  
Alex Kennon 50 Free  
Jarryd Botha 100 Back, 200 Back  
Ed Denton 100 Free  
200 Medley Relay (Powell, Jamerson, Swanson, Botha)  
400 Medley Relay (Botha, Jamerson, Kennon, Denton)

#### 2008

Terry Horner 1M Diving & 3M Diving

### WOMEN

#### 1993

Dora Bralic 100 Breast  
Helen Jepson 200 Fly

#### 1994

Dora Bralic 100 Breast

#### 1995

Erin Gillooly 3M Diving  
Helen Jepson 100 Fly & 200 Fly  
Jodi Kreig 100 Back & 200 Back

Allison Smith 100 Breast  
200 Medley Relay (Kreig, Smith, Jepson, Kominski)  
400 Medley Relay (Kreig, Smith, Jepson, Kominski)

#### 1996

Jodi Kreig 100 Back  
200 Medley Relay (Kreig, White, Wright, Ramer)

#### 1997

Samantha White 100 Breast

#### 2000

Christy Cech 100 Free  
Tanya Gurr 200 Free  
400 Free Relay

#### 2001

Chelsie Lerew 1M Diving & 3M Diving

#### 2002

Christy Cech 100 Free  
Chelsie Lerew 3M Diving  
Courtney McCLOW 1M Diving  
400 Medley Relay (Breen, Dutton, Nethercott, Cech)

#### 2003

Emma Dutton 100 Breast  
Chelsie Lerew 1M Diving & 3M Diving  
Andree-Anne Leroy 200 IM  
200 Free Relay (Lyres, Hansen, Breen, Parkinson)  
400 Free Relay (Lyres, Hansen, Breen, Dutton)

#### 2004

Emma Dutton 50 Free, 100 Breast & 200 Breast  
Tiffany Manning 1M Diving & 3M Diving  
200 Free Relay (Breen, Dong, How, Dutton)  
400 Free Relay (Breen, Dong, How, Dutton)  
200 Medley Relay (Breen, Brick, Dong, Dutton)  
400 Medley Relay (Leroy, Dutton, How, Breen)

#### 2005

Lauren Brick 100 Breast  
Brittany Lerew 3M Diving

#### 2006

Romy Altmann 200 Free  
Lauren Brick 100 Breast  
Carrie Ellis 100 Free  
Georgia Holderness 200 Breast  
Christie Raleigh 50 Free, 100 Fly  
200 Free Relay (Ellis, King, Sparg, Raleigh)  
400 Free Relay (Raleigh, Holderness, Kenney, Ellis)  
200 Medley Relay (Raleigh, Brick, Sparg, Ellis)  
400 Medley Relay (Altmann, Brick, Raleigh, Ellis)

#### 2007

Christie Raleigh 50 Free, 100 Free & 100 Fly  
Lauren Brick 100 Breast  
Romy Altmann 100 Back, 200 Back  
200 Medley Relay (Raleigh, Brick, Sparg, King)  
400 Medley Relay (Altmann, Brick, Sparg, Raleigh)

#### 2008

Lauren Sparg 100 Fly