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FEBRUARY 27, 1995

FLORIDA STATE'S ROB BRAKNIS, DON GIBB AND GARY COLE EARN TOP ACC HONORS

Tallahassee, FL--Florida State's Rob Braknis was named the Atlantic Coast Conference's Most Valuable Swimmer, head coach Don Gibb was named Coach of the Year, and Gary Cole earned Women's Diving Coach of the Year honors at the ACC Swimming and Diving Championships held in Chapel Hill.

Braknis, a junior from Chateauguay, Quebec, set three individual school records, broke two ACC meet records and was a member of three school record setting relays.

Individually, Braknis won the 50 free in 20.14 (FSU record), the 100 back in 48.10 (ACC record) and the 200 back in 1:43.39 (ACC record). He automatically qualified for next month's NCAA championships in Indianapolis in the 200 backstroke.

Braknis also led off the school record setting 200 Free Relay, the 200 Medley Relay and the 400 Medley Relay.

"He swam great," said FSU head Coach Don Gibb. "I couldn't be happier for him, not only for NCAA's, but looking ahead to the Olympics as well."

Gibb was named ACC Coach of the Year in only his second season as Florida State's head coach. He was chosen Coach of the Year after leading the Seminoles to a second place finish at the ACC Championships, the highest finish in FSU's four-year history of the ACC.

"That's just a reflection of the way our guys swam," said Gibb. "Its also a reflection on our entire coaching staff as a whole. I'm pleased, but humbled by it as well."

Cole was named Women's Diving Coach of the Year after Erin Gillooly won the ACC three meter competition and finished second in the one meter by two-tenths of a point. Sarah Henderson also finished ninth in the three meter and tenth in the one meter with a broken tailbone. "I am very happy to win the award," said Cole. "It was great that the girls competed so well. I am extremely proud of them."

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**FLORIDA STATE UNIVERSITY**

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FOR IMMEDIATE RELEASE

February 25, 1995

#### FLORIDA STATE MEN FINISH SECOND IN ACC SWIM CHAMPIONSHIPS

Chapel Hill, NC--Florida State men's swimming and diving team swam to their highest finish in their four-year history of the Atlantic Coast Conference by finishing second, while Rob Braknis took home meet MVP honors in the 42nd annual ACC Championships held at the Maurice J. Koury Natatorium on the campus of North Carolina.

In one of the most successful meets in school history, the Seminoles broke eight school records and one conference record in finishing second

Braknis won the 50-yard freestyle (20.14), the 100-yard backstroke in an ACC record breaking time of 48.10, and the 200-yard backstroke (1:43.39). The junior also took led off three championship relays for FSU.

Also winning individually for the Seminoles were Chip Haberstroh, who won the 400 IM (3:51.05) and Frank Bradley who won the 200 IM (1:49.56).

Florida State also won three relays during the three-day championships. Braknis, Ignacio Merino, Dustin Bengston and John Haynes won the 200-yard medley relay in a school record time of 1:29.97, the 200-yard freestyle relay of Braknis, Ed Coelho, Haynes and Sean Gerrard won in another school record time of 1:20.11. FSU also won the 400-yard medley relay which Braknis, Merino, Bengston and Coelho won in 3:15.82.

FSU, which carried a 41-point after the first day and a five point lead heading into the final day, finished with a total of 681 points, 34 points behind North Carolina. UNC has now won the event three consecutive years.

North Carolina State finished third with 600 points, Virginia fourth (570), while Clemson rounded out the top five with 419.

Florida State's previous highest finish in an ACC Championship meet was last year's third place finish held in Tallahassee.

## FSU men swimmers jump to lead

THE ASSOCIATED PRESS  
CHAPEL HILL, N.C.

Florida State swept to a sizeable lead on Thursday after one day of competition in the Atlantic Coast Conference men's swimming and diving championships at the University of North Carolina.

Winning four of six events, the Seminoles got a head start on their first ACC title since joining the league four years ago with 221.5 points. Virginia is second at 189 while the host Tar Heels, two-time defending champions, are third at 180.5 points.

North Carolina State is fourth with 178 points.

The 200-yard freestyle relay team of Rob Braknis, Eduardo Coelho, John Haynes and Sean Gerard set a school record of 1 minute, 20.11 seconds in winning. Frank Bradley won the 200-yard individual medley in a career-best 1:49.56, also a school record.

Braknis took the 50-yard freestyle in 20.14 seconds, and he was the lead swimmer for FSU's victori-

ous 400-yard medley relay with a time of 3:15.82, another school mark.

Other winners were North Carolina's Yann deFabrique in the 500-yard freestyle, whose time of 4:22.43 gave him his fourth individual ACC title. N.C. State's Todd Smith won the one-meter diving.

## FSU battles North Carolina for lead

CHAPEL HILL, N.C. — Florida State and North Carolina were locked in a tight battle for the lead Friday after the second day of the Atlantic Coast Conference Men's Swimming and Diving Championships.

Each team won two individual events and one relay on Friday, while Virginia took the remaining individual title.

Florida State finished the day with 467.5 points, with North Carolina close behind with 462.5 points.

FSU's Rob Braknis won the 100-yard backstroke in an ACC record time of 48:10, taking his fifth championship of the meet.

The Seminoles also took three of the top five finishes in the 100-yard butterfly and set a school record (1:29:97) in the 200-yard medley relay.

## FSU swimmers take second in ACC

DEMOCRAT STAFF REPORT  
CHAPEL HILL, N.C.

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