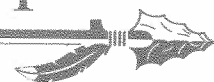




FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



2003-2004 Florida State Swimming & Diving Quick Facts

University Quick Facts

Location: Tallahassee, Fla.
Enrollment: 35,462
Founded: 1851
Symbol: Seminoles
Colors: Garnet & Gold

FSU Athletics Quick Facts

Affiliation: NCAA Division I
Conference: Atlantic Coast
Athletics Director: Dave Hart, Jr.
Associate AD (swimming): Kim Record
Athletic Website: www.seminoles.com

Sports Information

**Assistant AD for Media
& Public Relations:** Rob Wilson
Swimming & Diving SID: Michael Smoose
Email: msmoose@mailers.fsu.edu
SID Office Phone: (850) 644-1403
SID Fax: (850) 644-3820
SID Mailing Address: P.O. Box 2195
Tallahassee, FL 32316
SID Shipping Address: FSU Athletics
University Center C: Room C5406
Tallahassee, FL 32306

Swimming & Diving Quick Facts

Head Coach: Neil Harper (LSU '88)
Men's Record at FSU/Yrs: 34-15/4
Men's Career Record/Yrs: 34-15/4
Women's Record at FSU/Yrs: 43-12/4
Women's Career Record/Yrs: 58-25/6
Associate Head Coach: Andy Robins
(William & Mary '83)
Diving Coach: Patrick Jeffery
(Ohio State '88)
Assistant Coaches: Anne Blachford
(Florida State '00)
John Fedena (Delaware '98)
Swim/Diving Secretary: Yolundia Wilson
Office Phone: (850) 644-5946
Home Facilities: Bim Stults Aquatics Center
Bobby E. Leach Center

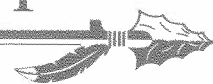
2002-03 In Review

Men's 2002-03 Record: 11-2 (3-0 ACC)
2003 ACC Championships: 2nd (567 points)
2003 NCAA Championships: T32nd (9 points)
Final CSCAA ranking: No. 25
Men's Letterwinners R/L: 17/7
Men's Newcomers: 14
Women's 2002-03 Record: 12-2 (2-1 ACC)
2003 ACC Championships: 3rd (557 points)
2003 NCAA Championships: 36th (9 points)
Final CSCAA ranking: No. 24
Women's Letterwinners R/L: 15/7
Women's Newcomers: 7



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



2003-04 Florida State Swimming & Diving Schedule

Date	Opponent	Site	Time
September 27	FSU Pentathlon	Tallahassee, Fla.	9 a.m.
October 3	Garnet vs. Gold Meet	Tallahassee, Fla.	3:30 p.m.
October 10	University of Miami & Florida A&M University	Tallahassee, Fla.	3 p.m.
October 18	Florida International University (W) & Florida A&M University (M&W)	Tallahassee, Fla.	11 a.m.
November 1	Florida Atlantic University & Indian River C.C.	Tallahassee, Fla.	11 a.m.
November 7-8	at Michigan Wolverine Invitational (W)	Ann Arbor, Mich.	All Day
November 8	at Clemson University (M) - *	Clemson, S.C.	11 a.m.
November 11	at University of Florida	Gainesville, Fla.	5 p.m.
November 21-23	at Texas A&M Fall Invitational	College Station, Texas	All Day
December 5-7	at CAMO Diving Invitational	Montreal, Canada	All Day
December 31	at College Swim Team Forum	Islamorada, Fla.	All Day
January 3	at University of North Florida (W) & UNC-Wilmington (M&W)	Jacksonville Fla.	11 a.m.
January 17	at Georgia Tech - *	Atlanta, Ga.	12 p.m.
January 23	University of Alabama	Tallahassee, Fla.	3:00 p.m.
January 31	at Louisiana State University	Baton Rouge, La.	12 p.m.
February 18-21	at Women's ACC Championships	Charlottesville, Va.	All Day
February 25-28	at Men's ACC Championships	Charlottesville, Va.	All Day
February 27-28	Last Chance Meet (W)	TBA	All Day
March 5-6	Auburn Invitational (M)	Auburn, Ala.	All Day
March 12-13	at NCAA Diving Zone Qualifier	TBA	All Day
March 18-20	at Women's NCAA Championships	College Station, Texas	All Day
March 25-27	at Men's NCAA Championships	Long Island, N.Y.	All Day

Home Meets in **Bold**

* - Denotes ACC meet

All time Eastern.

2003-04 Florida State Swimming & Diving Roster

Men

Name	Events	Yr.	Hometown (High School)
Michael Averett	FL, FR	Jr.	Davie, Fla. (Pine Crest)
Jason Beinlich	DIV	So.	Ridley, Pa.
Tommy Bishop	DIST	Fr.	Houston, Texas (Cy-Creek)
Ted Bradley	FR, BK	Jr.	St. Petersburg, Fla. (Northeast)
Andrew Castro	FR, FL, BK	Jr.	Miami, Fla. (Ft. Lauderdale St. Thomas Aquinas)
Stephan Connor	FL, FR	So.	Burr Ridge, Ill. (Hinsdale Central / Toledo)
Peter Crane	DIV	So.	Fairport, N.Y. (Fairport)
Stuart de la Rosa	DIV	So.	Erdenhiem, Pa. (Springfield Township)
Paul Erben	BR	Fr.	Panama City, Fla. (Bay)
Jared Heine	BK, FL	So.	Honolulu, Hawaii (Damien Memorial)
Sam Hood	DIV	Jr.	Philadelphia, Pa. (Perkiomen Valley / LaSalle)
Brett Irvin	FR, IM	Fr.	Boca Raton, Fla. (Ft. Lauderdale Pine Crest)
Derek Jones	DIV	Fr.	Jacksonville, Fla. (First Coast)
Alex Kennon	FR	Fr.	Eagle Lake, Fla. (Lake Region)
Justin Lawrance	BK	Sr.	Sloane Park, South Africa (Bryanston / Toledo)
Michael Paulus	FR	Sr.	Somerset West, South Africa (Paul Roos Gym)
Robert Lee	BK, IM	Fr.	Altamonte Springs, Fla. (Lake Brantley)
Mark Moss	DIV	Fr.	Palm Harbor, Fla. (University)
Wickus Nienaber	BR, IM	Sr.	Manzini, Swaziland (Sisekelo)
Mark Nichols	FL, IM	Fr.	Charlotte, N.C. (South Mecklenburg)
Alan Ribeiro	FR	Jr.	Rio de Janeiro, Brazil (Ft. Lauderdale (Fla.) Cardinal Gibbons)
Stephen Roof	FR	Fr.	Canton, Ohio (Central Catholic)
Joel Roycik	FR	So.	Winter Park, Fla.
Curtis Schroeger	Div	Jr.	Shawnee Mission, Kan. (Mission North / SW Missouri State)
Andrew Skaggs	DIST	Jr.	Jacksonville, Fla. (Bolles)
Tal Stricker	BR, IM	Sr.	Ramat-Gan, Israel (Tichon Hadash)
Chris Vythoulkas	BK, FL, FR	So.	Nassau, Bahamas (Ft. Lauderdale (Fla.) Cardinal Gibbons)
Steve Webb	DIST	So.	Pleasanton, Calif (Foothill / Saint Louis)
Matt Wheeler	FL, IM	Sr.	Houston, Texas (Langham Creek)

Women

Name	Events	Yr.	Hometown (High School)
Camille Akridge	DIV	Fr.	Orlando, Fla. (Edgewater)
Amanda Anderson	FL, FR	So.	Clearwater, Fla. (Westerville (Ohio) South)
Emily Breen	FR, FL	Jr.	Savannah, Ga. (H.V. Jenkins)
Lauren Brick	FR, BR	Fr.	Culpeper, Va. (Culpeper County)
Katie Brynes	BK	Sr.	Fort Lauderdale, Fla. (Cardinal Gibbons / Washington State)
Rachel Dong	BR, FL, IM	Sr.	Paramount, Calif. (Valley Christian / Washington State)
Emma Dutton	BR, IM, FR	Sr.	Bradford, England (Benton Park)
Loren Hansen	IM, FL	Sr.	Pensacola, Fla. (Washington)
Lisa How	FL, IM, FR	Jr.	Preston, England (Hutton Grammar)
Laura Kenney	IM, BK, FR	Jr.	Plano, Texas
Taryn Ignacio	DIV	Fr.	Richmond, Ky. (Model Laboratory)
Angie Leach	FR	Jr.	Leesburg, Fla.
Brittany Lerew	DIV	Fr.	Orlando, Fla. (Lake Highland)
Andree-Anne Leroy	BK, IM	Sr.	Nanaimo, B.C., Canada (Nanaimo District Secondary/Washington State)
Amy Lo	DIST	Sr.	Longwood, Fla. (Lake Brantley)
Tiffany Manning	DIV	Jr.	Mission Viejo, Calif. (Capistrano Valley)
Golda Marcus	DIST	Jr.	Coral Springs, Fla. (American Heritage)
Courtney McClow	DIV	Jr.	Jacksonville, Fla. (Forrest)
Tonya Rasor	Fly, Free	Sr.	Niceville, Fla.
Katie Ronan	FR, BK	Fr.	Pensacola, Fla. (Washington)
Vanessa Scaringi	IM, BR, FL	So.	Plantation, Fla. (Ft. Lauderdale St. Thomas Aquinas / Bucknell)
Jennifer Smith	DIST	Sr.	Pensacola, Fla. (Washington)
Kayce Zemina	FR	Jr.	Plantation, Fla.

Coaching Staff:

Head Coach: Neil Harper, 5th Season (Louisiana State, 1988)

Associate Head Coach: Andy Robins (William & Mary, 1983)

Diving Coach: Patrick Jeffrey (Ohio State, 1988)

Assistant Coaches: John Fedena (Delaware, 1998), Anne Blachford (Florida State, 2000)

2003-04 Florida State Swimming & Diving Statistics

Men's Record: 9-3 Overall / 2-1 ACC Women's Record: 15-2 Overall / 2-0 ACC

Schedule & Results

Date	Opponent	Time/Results
Oct. 10	Florida A&M / Miami (W)	W: FSU 141, UM 94 / FSU 157 FAMU 67 M: FSU 143, Florida A&M 82
Oct. 18	Florida A&M / Florida International (W)	W: FSU 140, FIU 77 / FSU 141, FAMU 62 M: FSU 139, Florida A&M 87
Nov. 1	Florida Atlantic / Indian River CC	W: FSU 182, FAU 106 / FSU 203, IRCC 88 M: FSU 190, FAU 83 / FSU 209, IRCC 69
Nov. 7	#16 Michigan / Michigan State (W)	UM 146, #20 FSU 136 / #20 FSU 199, MSU 83
Nov. 8	at Michigan Relay Meet (W)	W, 103-47
Nov. 8	at Clemson(M) - *	L, 137-106
Nov. 11	at #2 (W) / #6 (M) Florida	#20 W: L, 132.50-104.50 / #19 M: L, 146-97
Nov. 21-23	at Texas A&M Invitational	Men: 2nd (2,175.5 points) / Women: 4th (1,337.5 points)
Dec. 5-7	at CAMO Diving Invitational	All Day
Dec. 31	vs. Maryland-Baltimore Co.	M: W, 57-29 / W: W, 71-14
Jan. 3	at North Florida (W) & UNC Wilmington (M&W)	11 a.m. M: FSU 134.50, UNCW 97.50 W: FSU 140, UNF 88 / FSU 139, UNCW 88
Jan. 9	North Carolina State - *	W: W, 148-93 / M: W, 134-103
Jan. 17	at Georgia Tech - *	W: W, 143-86 / M: W, 138-101
Jan. 23	University of Alabama	W: W, 149-93 / M: L, 133-110
Jan. 31	at Louisiana State	W:, W 137-100 / M: W, 122-121
Feb. 18-21	at Women's ACC	Third (611 points)
Feb. 25-28	at Men's ACC	Second (537 points)
Mar. 12-13	at NCAA Diving Zone Qualifier	All Day
Mar. 18-10	at Women's NCAA	17th (84 points)
Mar. 25-27	at Men's NCAA	All Day

Florida State Swimming and Diving Top Times

Event	Men	Women
50 Free	Michael Paulus at Texas A&M Invite (11-21-03) 20.28	Emma Dutton at ACC Championships (2-19-04) 22.64
100 Free	Joel Roycik at ACC Championships (2-28-04) 44.46	Emma Dutton at Texas A&M Invite (11-23-03) 50.18
200 Free	Alan Ribeiro at Texas A&M Invite (11-22-03) 1:39.61	Renee Gajda at ACC Championships (2-20-04) 1:49.85
500 Free	Tommy Bishop at ACC Championships (2-26-04) 4:26.62	Lisa How at Texas A&M Invite (11-21-03) 4:49.56
1000 Free	Tommy Bishop at #6 Florida (11-11-03) * - 9:13.97	Golda Marcus at #16 Mich. / Mich. St. (11-7-03) 10:08.78
1650 Free	Thomas Bishop at ACC Championships (2-28-04) 15:24.79	Angie Leach at Texas A&M Invite (11-23-03) 16:54.75
100 Fly	Joel Roycik at ACC Championships (2-27-04) 47.53	Emily Breen at ACC Championships (2-20-04) 54.15
200 Fly	Steve Roof at ACC Championships (2-28-04) 1:50.57	Lisa How vs. FAU/IRCC (11-1-03) 2:01.11
100 Back	Chris Vythoulkas at ACC Championships (2-27-04) 49.00	Emily Breen at ACC Championships (2-20-04) 55.48-*
200 Back	Justin Lawrance at ACC Championships (2-28-04) 1:49.40	Andree-Anne LeRoy at Texas A&M Invite (11-23-03) 1:59.50
100 Breast	Wickus Nienaber at ACC Championships (2-27-04) 54.18	Emma Dutton at NCAA Championships (3-20-04) 1:00.84-*
200 Breast	Wickus Nienaber at ACC Championships (2-28-04) 1:59.01	Emma Dutton at NCAA Championships (3-21-04) 2:12.38-*
200 IM	Tal Stricker at Texas A&M Invite (11-21-03) 1:51.15	Andree-Anne LeRoy at Texas A&M Invite (11-21-03) 2:01.58
400 IM	Tommy Bishop at Texas A&M Invite (11-22-03) 3:54.74	Andree-Anne LeRoy at Texas A&M Invite (11-22-03) 4:22.21
1M Diving	Sam Hood vs. Florida A&M (10-18-03) 330.45	Tiffany Manning vs. FIU/FAMU (10-18-03) 331.05
3M Diving (6 dives)	Sam Hood vs. Florida A&M (10-18-03) 337.40	Courtney McCLOW vs. FIU/FAMU (10-18-03) 339.50
3M Diving (11 dives)	Stuart de la Rosa at Texas A&M Invite (11-22-03) 460.70	Tiffany Manning at ACC Championships (2-21-04) 538.75
Platform Diving	Peter Crane at Texas A&M Invite (11-23-03) 361.50	Taryn Ignacio at Texas A&M Invite (11-23-03) 408.85
200 Free Relay	Averett, Vythoulkas, Paulus, Roycik at ACC Championships (2-26-04) 1:20.39	Breen, Dutton, Dong, How at NCAA Championships (3-18-04) 1:31.51
400 Free Relay	Vythoulkas, Paulus, Averett, Roycik at ACC Championships (2-28-04) 3:00.35	Breen, Dong, How, Dutton at ACC Championships (2-21-04) 3:21.86
800 Free Relay	Riberio, Roycik, Stricker, Roof at ACC Championships (2-25-04) 6:36.35	Hansen, Gajda, How, LeRoy at ACC Championships (2-18-04) 7:23.37-*
200 Medley Relay	Vythoulkas, Nienaber, Averett, Paulus at ACC Championships (2-25-04) 1:28.95	Breen, Brick, Dong, Dutton at ACC Championships (2-18-04) 1:40.84-*
400 Medley Relay	Vythoulkas, Nienaber, Avertt, Roycik at ACC Championships (2-27-04) 3:15.88	LeRoy, Dutton, How, Breen at ACC Championships (2-20-04) 3:41.93-*

* - School Record

Men's Meet-by-Meet Results

Event Meet	Michael Averett ● Jr. ● Davie, Fla. (Pine Crest)				
	50 Free	100 Free	200 Free	100 Fly	50 Free*
Florida A&M (10-10-03)	21.28 (2)				
Florida A&M (10-18-03)		46.54 (3)	1:43.22		
FAU/IRCC (11-1-03)	21.28 (2)			52.21 (5)	
at Clemson (11-8-03)	21.45 (3)	47.10 (3)			
at #6 Florida (11-11-03)		46.62 (3)			
at Texas A&M Invite (11/21-23)	20.51 (5)	45.27 (3)	1:40.81	49.31 (4)	
NC State (1-9-04)		46.32 (3)			
at Georgia Tech (1-17-04)	21.46(2)				
Alabama (1-23-04)	21.15 (2)			49.81 (2)	
at LSU (1-31-04)	21.24 (3)				
at ACC Champ. (2/25-28)	20.42 (9)	44.95 (7)		48.55 (7)	20.38 -*

Event Meet	Jason Beinlich ● So. ● Ridley, Pa.		
	1M Diving	3M Diving (6)	3M Diving (11)
Florida A&M (10-10-03)	223.25	268.75	
Florida A&M (10-18-03)	314.65 (2)	286.05 (4)	
FAU/IRCC (11-1-03)	294.45 (3)	323.63 (1)	
at Clemson (11-8-03)	237.82	280.42 (1)	
at #6 Florida (11-11-03)	231.40	273.60 (2)	
at Texas A&M Invite (11/21-23)	249.20 (9)		448.45 (8)
UNC-Wilmington(1-3-04)	262.15	298.20(3)	
at Georgia Tech (1-17-04)	249.97(6)	288.08(4)	
Alabama (1-23-04)	246.98 (6)	283.20 (2)	
at LSU (1-31-04)	241.95 (1)	254.63 (4)	
at ACC Champ. (2/25-28)	245.20 (11)		396.10 (13)
NCAA Zone "B" (3/12-14)	231.20	244.35	

Event Meet	Thomas Bishop ● Fr. ● Houston, Texas (Cy-Creek)				
	200 Free	500 Free	1000 Free	1,650 Free	200 Breast
Florida A&M (10-10-03)		4:33.38 (1)	9:15.56 (1)		
Florida A&M (10-18-03)					2:10.47 (1)
FAU/IRCC (11-1-03)		4:37.48 (2)		15:46.51 (1)	
at Clemson (11-8-03)		4:35.59 (1)	9:19.60 (1)		2:08.72 (3)
at #6 Florida (11-11-03)		4:34.63 (3)	<u>9:13.97 (2)</u>		2:10.66 (3)
at Texas A&M Invite (11/21-23)	1:42.07 (19)	4:24.71 (3)		15:26.66	2:06.77 (6)
UNC-Wilmington(1-3-04)		4:37.09 (2)	9:33.57(1)		
NC State (1-9-04)		4:31.42 (1)	9:18.63 (1)		
at Georgia Tech (1-17-04)		4:37.11(1)		15:44.87(1)	
Alabama (1-23-04)		4:31.16 (2)	9:14.59 (1)		4:01.38 (4)
at LSU (1-31-04)		4:31.40 (2)	9:15.63 (1)		
at ACC Champ. (2/25-28)		4:29.30 (12)		15:24.79 (7)	4:03.96 (17)

Event Meet	Andrew Castro ● Jr. ● Miami, Fla. (Ft. Lauderdale St. Thomas Aquinas)				
	50 Free	100 Free	100 Back	200 Back	100 Fly
Florida A&M (10-10-03)			55.07 (3)		
Florida A&M (10-18-03)	22.42 (5)				
FAU/IRCC (11-1-03)			54.32 (4)		52.65
at Texas A&M Invite (11/21-23)	21.84		53.16 (16)	1:57.63 (15)	51.42 (13)
UNC-Wilmington(1-3-04)				56.27(5)	
NC State (1-9-04)					
Alabama (1-23-04)			53.62 (6)		
at LSU (1-31-04)				2:00.95 (5)	
at ACC Champ. (2/25-28)		47.76	53.21		51.18

NCAA "B" Cut in **Bold**

NCAA "A" Cuts in ***Bold Italic***

School records Underlined

Stephan Conner ● So. ● Burr Ridge, Ill. (Hinsdale Central / Toledo)

Event	100 Free	200 Free	500 Free	100 Fly	200 Fly
Meet					
Florida A&M (10-10-03)		1:43.13 (2)		52.72 (2)	
Florida A&M (10-18-03)		1:44.15 (4)	4:44.37 (2)		
FAU/IRCC (11-1-03)		1:43.27 (3)		52.18 (4)	
at #6 Florida (11-11-03)		1:42.00 (4)			1:56.92
at Texas A&M Invite (11/21-23)	46.45 (15)	1:41.07	4:28.99 (10)	49.63 (6)	1:56.92
UNC-Wilmington(1-3-04)		1:45.88(2)			
NC State (1-9-04)		1:42.92 (2)	4:42.80 (3)		
Alabama (1-23-04)		1:42.34 (4)		52.01 (6)	
at LSU (1-31-04)		1:43.65 (5)			
at ACC Champ. (2/25-28)		1:40.00 (14)	4:38.33	49.58 (15)	

Peter Crane ● So. ● Fairport, N.Y. (Fairport)

Event	1M Diving	3M Diving (6)	3M Diving (11)	Platform
Meet				
Florida A&M (10-10-03)	245.28 (5)	256.20 (5)		
Florida A&M (10-18-03)	308.00	297.70		
FAU/IRCC (11-1-03)	303.60 (1)	294.98 (2)		
at Clemson (11-8-03)	258.60 (3)	244.50		
at Texas A&M Invite (11/21-23)	260.05 (6)		410.00 (9)	361.50 (3)
UNC-Wilmington(1-3-04)	266.65	270.45(5)		
NC State (1-9-04)		2.83.80 (3)		
at Georgia Tech (1-17-04)	271.95(3)	292.95(3)		
Alabama (1-23-04)	268.05 (3)	269.40 (3)		
at LSU (1-31-04)	248.70 (4)	260.78 (3)		
at ACC Champ. (2/25-28)	242.60 (12)		394.95 (15)	
NCAA Zone "B" (3/12-14)	244.50	261.30		

Stuart de la Rosa ● So. ● Erdenhiem, Pa. (Springfield Township)

Event	1M Diving	3M Diving (6)	3M Diving (11)
Meet			
Florida A&M (10-10-03)	262.80 (3)	248.90	
Florida A&M (10-18-03)	307.10	288.60	
FAU/IRCC (11-1-03)	301.95 (2)	276.08 (3)	
at Clemson (11-8-03)	264.45 (2)	272.85 (4)	
at #6 Florida (11-11-03)	273.53 (2)	269.25 (3)	
at Texas A&M Invite (11/21-23)	289.25 (4)		460.70 (5)
UNC-Wilmington(1-3-04)	263.65	305.30(2)	
NC State (1-9-04)	273.90 (2)	306.75 (2)	
at Georgia Tech (1-17-04)	257.10(5)	268.05(5)	
Alabama (1-23-04)	258.45 (5)	306.38 (1)	
at LSU (1-31-04)	284.92 (2)	251.85 (5)	
at ACC Champ. (2/25-28)	282.55 (6)		415.15 (10)
NCAA Zone "B" (3/12-14)	246.95	264.90	

Paul Erben ● Fr. ● Panama City, Fla. (Bay High)

Event	100 Breast	200 Breast	200 IM
Meet			
Florida A&M (10-10-03)	1:02.31 (3)		
Florida A&M (10-18-03)		2:12.61 (3)	
FAU/IRCC (11-1-03)	1:00.07 (3)	2:13.31 (5)	
at Clemson (11-8-03)		2:11.00 (5)	
at #6 Florida (11-11-03)		2:10.14	
at Texas A&M Invite (11/21-23)	56.97(4)	2:05.70 (9)	1:57.79 (21)
UNC-Wilmington(1-3-04)	59.88		
NC State (1-9-04)		2:10.56 (5)	
at Georgia Tech (1-17-04)		2:12.40(4)	2:02.53(6)
Alabama (1-23-04)	58.07 (3)		
at LSU (1-31-04)		2:08.53 (4)	
at ACC Champ. (2/25-28)	55.46 (6)	2:04.02 (11)	1:56.61

Event	Jared Heine ●	So. ●	Honolulu, Hawaii (Damien Memorial)	
Meet	100 Back	200 Back	100 Free	50 Free
Florida A&M (10-10-03)	53.54 (2)			
Florida A&M (10-18-03)		1:55.33 (2)		
FAU/IRCC (11-1-03)	52.82 (3)	1:54.73 (2)		
at Clemson (11-8-03)		1:56.01		
at #6 Florida (11-11-03)		1:53.77 (3)		
at Texas A&M Invite (11/21-23)	51.01(9)	1:50.75 (6)	51.44	22.54
UNC-Wilmington(1-3-04)	53.17(2)			
NC State (1-9-04)		1:55.22 (5)		
at Georgia Tech(1-17-04)		1:53.09(3)		
Alabama (1-23-04)	51.97 (3)			
at LSU (1-31-04)		1:54.83 (3)		
at ACC Champ. (2/25-28)	50.68 (15)	1:51.09 (16)		

Event	Sam Hood ●	Jr. ●	Philadelphia, Pa. (Perkiomen Valley / LaSalle)	
Meet	1M Diving	3M Diving		
Florida A&M (10-10-03)	277.15 (2)	292.25 (3)		
Florida A&M (10-18-03)	330.45 (1)	337.40 (1)		

Event	Brett Irvin ●	Fr. ●	Boca Raton, Fla. (Ft. Lauderdale Pine Crest)		200 IM	100Fly
Meet	50 Free	100 Free	200 Free	500 Free		
Florida A&M (10-10-03)		48.18	1:47.25 (3)			
Florida A&M (10-18-03)			1:48.34	4:54.53 (4)		
FAU/IRCC (11-1-03)		47.48 (3)	1:44.94			
at Clemson (11-8-03)			1:45.63			
at #6 Florida (11-11-03)		47.47				
at Texas A&M Invite (11/21-23)	21.38	46.31 (12)	1:41.05 (11)			
UNC-Wilmington(1-3-04)		48.47(2)			2:01.02(3)	51.97(2)
NC State (1-9-04)			1:44.67 (4)			
at Georgia Tech (1-17-04)		46.90(3)				
Alabama (1-23-04)		47.68				
at LSU (1-31-04)		47.63 (4)	1:43.06 (4)			
at ACC Champ. (2/25-28)	21.36	46.21 (19)	1:40.19 (16)			

Event	Derek Jones ●	Fr. ●	Jacksonville, Fla. (First Coast)	
Meet	1M Diving	3M Diving (6)	3M Diving (11)	
Florida A&M (10-10-03)	207.60	198.40		
Florida A&M (10-18-03)	249.50	216.30		
FAU/IRCC (11-1-03)	254.18	229.95		
at Clemson (11-8-03)	185.92	210.52		
at Texas A&M Invite (11/21-23)	196.10 (12)		366.25 (12)	
UNC-Wilmington(1-3-04)		168.95		
NC State (1-9-04)	215.55	262.87(4)		
Alabama (1-23-04)	210.30	221.03		
at LSU (1-31-04)	224.25	241.20		
at ACC Champ. (2/25-28)	196.65		399.70 (12)	

Event Meet	Alex Kennon ● Fr. ● Eagle Lake, Fla. (Lake Region)			
	50 Free	100 Free	200 Free	100 Fly
Florida A&M (10-10-03)	22.17	47.99		
Florida A&M (10-18-03)	22.13 (4)	48.47		
FAU/IRCC (11-1-03)	21.94			
at Clemson (11-8-03)	21.87			
at #6 Florida (11-11-03)	21.97			
at Texas A&M Invite (11/21-23)	21.33 (15)	46.46 (14)	1:43.24 (22)	52.11
UNC-Wilmington(1-03-04)	22.25(3)	48.99 (3)		
NC State (1-9-04)	22.09 (4)	48.07 (4)		
at Georgia Tech (1-17-04)	22.10			
Alabama (1-23-04)		47.66 (5)		
at LSU (1-31-04)	21.94	48.06 (5)		
at ACC Champ. (2/25-28)		46.72		51.83

Event Meet	Justin Lawrance ● Sr. ● Sloane Park, South Africa (Bryanston / Toledo)					50 Back
	100 Back	200 Back	50 Free	100 Free	200 Free	
Florida A&M (10-10-03)	52.97 (1)					
Florida A&M (10-18-03)		1:54.84 (1)			1:45.38	
FAU/IRCC (11-1-03)	52.70 (2)	1:54.72 (1)				
at Clemson (11-8-03)		1:54.13 (4)				
at #6 Florida (11-11-03)		1:52.83 (1)			1:45.31	
at Texas A&M Invite (11/21-23)	51.29 (7)	1:49.82(5)	21.66 (23)	47.69 (24)	1:42.50	24.25
UNC-Wilmington(1-03-04)	53.44(3)					
NC State (1-9-04)		1:53.76 (3)				
at Georgia Tech (1-17-04)		1:52.65(2)			1:45.06(5)	
Alabama (1-23-04)	52.51 (4)					
at LSU (1-31-04)		1:52.02 (2)				
at ACC Champ. (2/25-28)	40.70 (18)	1:49.40 (9)				

Event Meet	Mark Moss ● Fr. ● Palm Harbor, Fla. (University)		
	1M Diving	3M Diving (6)	3M Diving (11)
Florida A&M (10-10-03)	216.65	179.90	
Florida A&M (10-18-03)	270.65	225.60	
FAU/IRCC (11-1-03)	252.30	240.60	
at Texas A&M Invite (11/21-23)	189.70 (13)		377.95 (11)
at UNC-Wilmington(1-03-04)	205.35	191.55	
NC State (1-9-04)	198.00	241.27 (5)	
Alabama (1-23-04)	199.13	224.78	
at ACC Champ. (2/25-28)	190.75 (19)		384.35 (16)

Event Meet	Wickus Nienaber ● Senior ● Simugye, Swaziland (Sisekelo)				100 Free
	200 IM	100 Breast	200 Breast	50 Free	
Florida A&M (10-18-03)	1:55.42 (1)				46.62
at UNC-Wilmington(1-03-04)		57.84 (1)			
NC State (1-9-04)	1:55.94 (2)		2:03.55 (1)		
at Georgia Tech (1-17-04)	1:53.43 (1)		2:06.02(1)		
Alabama (1-23-04)		57.04 (2)		21.21 (3)	
at LSU (1-31-04)	1:56.23 (2)		2:03.88 (2)		
at ACC Champ. (2/25-28)	1:51.46 (11)	54.18 (1)	1:59.01 (2)		
at NCAA Champ. (3/25-27)		54.66 (18)	2:01.28 (29)		

Event Meet	Mark Nicholls ● Fr. ● Charlotte, N.C. (South Mecklenburg)					
	100 Fly	200 Fly	200 Free	500 Free	400 IM	200 IM
Florida A&M (10-10-03)	53.28 (3)					
Florida A&M (10-18-03)			1:48.52			
FAU/IRCC (11-1-03)		1:54.76 (3)				
at Clemson (11-8-03)		1:55.40				
at #6 Florida (11-11-03)		1:54.88 (5)				
at Texas A&M Invite (11/21-23)	51.85 (19)	1:51.98 (5)		4:39.99 (16)	4:06.84 (7)	
at UNC-Wilmington(1-03-04)	53.30(4)					2:01.59(4)
NC State (1-9-04)		1:55.79 (3)	1:47.51			
at Georgia Tech (1-17-04)		1:55.99(2)				
Alabama (1-23-04)					4:15.86 (6)	
at LSU (1-31-04)		1:54.22 (3)				
at ACC Champ. (2/25-28)		1:52.08 (17)		4:44.69	4:07.07 (22)	

Event Meet	Michael Paulus ● Free ● Somerset West, South Africa (Paul Roos Gym)		
	50 Free	100 Free	200 Free
Florida A&M (10-10-03)	20.79 (1)	46.59 (1)	
Florida A&M (10-18-03)	20.81 (1)	46.18 (2)	
FAU/IRCC (11-1-03)	20.92 (1)	46.55 (2)	
at Clemson (11-8-03)	21.24 (2)	47.80 (5)	
at #6 Florida (11-11-03)	20.90 (2)	46.72 (5)	
at Texas A&M Invite (11/21-23)	20.28(2)	45.38 (6)	1:43.44
UNC-Wilmington(1-03-04)	21.15(1)	47.10(1)	
NC State (1-9-04)	20.94 (3)		
Georgia Tech (1-17-04)	21.05(1)	46.58 (2)	
Alabama (1-23-04)	21.23 (4)	46.90 (4)	
at LSU (1-31-04)	20.68 (1)		
at ACC Champ. (2/25-28)	20.47 (6)	45.19 (8)	

Event Meet	Alan Ribeiro ● Jr. ● Rio de Janeiro, Brazil (Fort Lauderdale (Fla.)Cardinal Gibbins)		
	200 Free	500 Free	1,650 Free
Florida A&M (10-10-03)	1:43.10 (1)	4:50.42 (3)	
Florida A&M (10-18-03)	1:41.58 (2)	4:39.79 (1)	
FAU/IRCC (11-1-03)	1:41.81 (1)	4:39.09 (3)	
at Clemson (11-8-03)	1:42.58 (2)	4:46.20	
at #6 Florida (11-11-03)	1:42.19 (5)	4:45.49	
at Texas A&M Invite (11/21-23)	1:40.57 (3)	4:32.88 (6)	
at UNC-Wilmington(1-3-04)	1:43.63(1)	4:49.11	
NC State (1-9-04)	1:41.86 (1)		
at Georgia Tech (1-17-04)	1:42.11(2)	4:38.10(2)	
Alabama (1-23-04)	1:43.31 (6)	4:40.13 (4)	
at LSU (1-31-04)	1:42.04 (2)	4:38.89 (4)	
at ACC Champ. (2/25-28)	1:39.75 (13)	4:29.60 (15)	16:17.69 (20)

Event Meet	Stephen Roof ● Fr. ● Canton, Ohio (Central Catholic)				
	200 Free	500 Free	1000 Free	1,650 Free	200 Fly
Florida A&M (10-10-03)		4:33.54 (2)	9:29.04 (2)		
Florida A&M (10-18-03)	1:41.21 (1)				1:53.83 (1)
FAU/IRCC (11-1-03)		4:33.98 (1)		15:58.98 (3)	1:56.23 (5)
at Clemson (11-8-03)		4:36.77 (2)	9:28.25 (2)		1:53.02 (2)
at #6 Florida (11-11-03)		4:31.26 (2)	9:23.48 (3)		
at Texas A&M Invite (11/21-03)	1:40.39 (4)	4:26.08 (4)		15:35.44 (5)	1:51.65 (6)
at UNC-Wilmington(1-3-04)		4:36.29	9:42.67(2)		
NC State (1-9-04)		4:32.25 (2)	9:29.58 (2)		1:52.79 (1)
at Georgia Tech (1-17-04)				15:56.94(3)	1:56.57(4)
Alabama (1-23-04)		4:31.13 (1)	9:20.54 (3)		
at LSU (1-31-04)		4:31.13 (1)	9:26.25 (2)		1:56.71 (5)
at ACC Champ. (2/25-28)				15:44.01 (12)	

Event Meet	Joel Roycik ● So. ● Winter Park, Fla.			
	50 Free	100 Free	200 Free	100 Fly
Florida A&M (10-10-03)	21.34 (3)			51.44 (1)
Florida A&M (10-18-03)		45.90 (1)	1:41.93 (3)	
FAU/IRCC (11-1-03)		45.91 (1)	1:42.66 (2)	50.74 (1)
at Clemson (11-8-03)		46.21 (2)	1:42.34 (2)	
at #6 Florida (11-11-03)	20.82 (1)	45.91 (1)		
at Texas A&M Invite (11/21-23)	20.41 (3)	44.88 (2)	1:40.59	49.15 (3)
at UNC-Wilmington(1-3-04)	21.35 (2)			
NC State (1-9-04)	20.93 (2)	45.47 (2)		
at Georgia Tech(1-17-04)		45.73 (1)	1:40.67(1)	
Alabama (1-23-04)		45.48 (2)	1:40.11 (3)	
at LSU (1-31-04)		45.13 (1)		
at ACC Champ. (2/25-28)	20.32 (4)	44.46 (3)		47.53 (1)
at NCAA Champ. (3/25-27)	20.71 (52)	45.47 (49)		48.98 (34)

Event Meet	Curtis Schroeger ● Jr. ● Shawnee Mission, Kan. (Mission North / SW Missouri State)		
	1M Diving	3M Diving (6)	3M Diving (11)
Florida A&M (10-10-03)	233.55	229.75	
Florida A&M (10-18-03)	300.20 (5)	277.40 (5)	
FAU/IRCC (11-1-03)	285.83	271.80	
at Clemson (11-8-03)	249.45 (5)	275.42 (3)	
at #6 Florida (11-11-03)	269.10 (3)	2:17.50	
at Texas A&M Invite (11/21-23)	259.45 (7)		390.70 (10)
at UNC-Wilmington(1-3-04)	271.05 (2)	293.85 (4)	
NC State (1-9-04)	252.75 (4)	217.57	
at Georgia Tech (1-17-04)	257.62 (4)	257.55 (6)	
Alabama (1-23-04)	240.00	256.56	
at ACC Champ. (2/25-28)	241.10 (13)		419.15 (9)
NCAA Zone "B" (3/12-14)	247.30	236.95	

Event Meet	Andrew Skaggs ● Jr. ● Jacksonville, Fla. (Bolles)			
	500 Free	1000 Free	1,650 Free	200 Free
Florida A&M (10-18-03)	4:51.34 (3)	9:59.50 (1)		
FAU/IRCC (11-1-03)	4:48.37		16:31.64 (4)	
at Clemson (11-8-03)	4:42.79	9:58.37 (5)		
at #6 Florida (11-11-03)	4:50.27	9:53.48		
at Texas A&M Invite (11/21-23)	4:37.45 (19)		16:02.55	1:46.34
at UNC-Wilmington(1-3-04)	4:50.43 (4)			
NC State (1-9-04)	4:48.20 (6)	9:45.14 (6)		
at Georgia Tech (1-17-04)	4:53.37 (6)		16:39.77 (5)	
Alabama (1-23-04)	4:55.00	9:54.66 (4)		
at LSU (1-31-04)	4:52.86	9:55.71 (5)		
at ACC Champ. (2/25-28)			16:03.03	1:47.25

Event Meet	Tal Stricker ● Sr. ● Ramat-Gan, Israel (Tichon Hadash)			
	100 Breast	200 Breast	200 IM	400 IM
Florida A&M (10-10-03)	59.24 (1)		1:59.13 (2)	
Florida A&M (10-18-03)		2:10.62 (2)	2:00.13 (3)	
FAU/IRCC (11-1-03)	59.53 (2)	2:11.16 (2)	1:58.68 (2)	
at Clemson (11-8-03)		2:10.91 (4)	2:00.14 (5)	
at #6 Florida (11-11-03)		2:10.31	1:57.91	
at Texas A&M Invite (11/21-23)	56.13 (3)	2:02.63 (2)	1:51.15 (4)	
at UNC-Wilmington(1-3-04)	58.36 (2)			
NC State (1-9-04)		2:07.55(3)	1:56.69 (4)	
at Georgia Tech (1-17-04)			1:58.95 (4)	
Alabama (1-23-04)	59.31 (5)			4:12.80 (5)
at LSU (1-31-04)		2:10.23 (5)	1:57.25 (4)	
at ACC Champ. (2/25-28)	55.97 (4)	2:02.26 (5)	1:51.29 (8)	

Chris Vythoulkas ● So. ● Nassau, Bahamas (Fort Lauderdale (Fla.) Cardinal Gibbons)

Event	50 Free	100 Free	100 Back	200 Back	100 Fly	50 Back
Meet						
Florida A&M (10-10-03)		47.46 (2)				
Florida A&M (10-18-03)	21.60 (2)			1:55.56 (3)		
at Clemson (11-8-03)				1:55.06 (5)		
at #6 Florida (11-11-03)	21.31 (4)					
at Texas A&M Invite (11/21-23)	20.70 (7)	45.68 (10)	50.01 (3)	1:51.55	49.23 (2)	23.30
at UNC-Wilmington(1-3-04)			51.44(1)			
NC State (1-9-04)				1:53.50 (2)		
at Georgia Tech(1-17-04)				1:55.27 (4)		
Alabama (1-23-04)			52.88 (5)		50.68 (4)	
at LSU (1-31-04)		46.13 (3)				
at ACC Champ. (2/25-28)			49.00 (2)	1:50.11 (11)	48.50 (7)	

Steve Webb ● So. ● Pleasanton, Calif (Foothill / Saint Louis)

Event	500 Free	1000 Free	1,650 Free	400 IM
Meet				
Florida A&M (10-10-03)	5:04.77 (3)	10:15.59		
Florida A&M (10-18-03)	5:04.09	10:10.04 (2)		
FAU/IRCC (11-1-03)	4:57.44		16:48.65	
at #6 Florida (11-11-03)				
at Texas A&M Invite (11/21-23)	4:45.07 (23)			4:14.67 (17)

Matt Wheeler ● Sr. ● Houston, Texas (Langham Creek)

Event	100 Fly	200 Fly	200 IM	400 IM
Meet				
Florida A&M (10-10-03)	53.66			
Florida A&M (10-18-03)		1:56.29 (3)		
FAU/IRCC (11-1-03)		1:53.68 (1)	1:58.65 (1)	
at Clemson (11-8-03)		1:53.96 (3)		
at #6 Florida (11-11-03)		1:53.09 (3)		
at Texas A&M Invite (11/21-23)	51.53 (14)	1:51.31 (7)	1:54.82 (15)	
UNC-Wilmington (1/3)	52.76 (3)		2:00.05 (2)	
NC State (1-9-04)		2:00.36 (4)	2:06.26	
Georgia Tech (1/7)		1:54.97 (1)		
Alabama (1-23-04)	54.05			4:19.68
at LSU (1-31-04)		1:54.22 (3)		
at ACC Champ. (2/25-28)	51.19 (19)	1:52.78 (19)		

Women's Meet-by-Meet Results

Camille Akridge ● Fr. ● Orlando, Fla. (Edgewater)

Event Meet	1M Diving (6)	1M Diving (11)	3M Diving (6)	3M Diving (11)
NC State (1-9-04)	251.55 (5)		266.55 (4)	
at Georgia Tech (1-17-04)	234.97(5)		253.95(4)	
Alabama (1-23-04)	259.95 (4)		233.80	
at LSU (1-31-04)	248.32		256.20	
ACC Champs. (2/18-21)	276.70 (4)			444.25 (6)
NCAA Zone "B" (3/12-14)		481.50 (18)		

Emily Breen ● Jr. ● Savannah, Ga. (H.V. Jenkins)

Event Meet	100 Back	200 Back	200 IM	50 Free	100 Free	100 Fly
UM/FAMU (10-10-03)	57.34 (1)					
FIU/FAMU (10-18-03)		2:05.67 (1)	2:06.72 (2)			
FAU/IRCC (11-1-03)					51.63 (1)	
#16UM/MSU (11-7-03)	57.00 (1)				51.72 (1)	55.84 (2)
#2 Florida (11-11-03)					51.43 (3)	
Texas A&M Invite (11/21-23)	56.10 (6)			23.68 (11)	50.76 (6)	54.53 (5)
at UNCW/UNF (1-3-04)	58.30 (1)					
NC State (1-9-04)						
at Georgia Tech(1-17-04)					51.20(1)	
Alabama (1-23-04)	56.16 (1)					55.08(1)
at LSU (1-31-04)					51.66 (1)	
ACC Champs. (2/18-21)	<u>55.48 (2)</u>				50.41 (2)	54.15 (3)
NCAA Champs (3/18-20)				23.36 (57)	50.95 (63)	54.52 (20)

Lauren Brick ● Fr. ● Culpeper, Va. (Culpeper County)

Event Meet	50 Free	100 Free	100 Breast	200 Breast
UM/FAMU (10-10-03)	25.05 (3)		1:04.06 (2)	
FIU/FAMU (10-18-03)	24.77 (1)			2:25.83 (3)
FAU/IRCC (11-1-03)			1:03.53 (1)	2:30.09 (6)
#16UM/MSU (11-7-03)			1:03.60 (2)	2:24.22 (4)
#2 Florida (11-11-03)				2:27.43 (4)
Texas A&M Invite (11/21-23)	24.41		1:03.06 (3)	2:23.59 (19)
at UNCW/UNF (1-3-04)		57.06	1:05.82 (1)	
NC State (1-9-04)	25.28 (5)			2:26.51 (5)
at Georgia Tech (1-17-04)				2:22.97 (2)
Alabama (1-23-04)	24.88 (4)		1:03.87 (1)	
at LSU (1-31-04)	25.36			2:23.70 (2)
ACC Champs. (2/18-21)	24.36 (24)		1:02.72 (2)	2:21.08 (17)
NCAA Champs			1:02.96 (26)	

Katie Byrnes ● Sr. ● Ft. Lauderdale, Fla. (Cardinal Gibbons / Washington State)

Event Meet	100 Back	200 Back	200 IM
UM/FAMU (10-10-03)	59.33 (5)		
FIU/FAMU (10-18-03)		2:06.03 (2)	2:13.30
FAU/IRCC (11-1-03)	58.02 (1)	2:03.86 (1)	
#16UM/MSU (11-7-03)	58.41 (3)	2:04.10 (2)	
#2 Florida (11-11-03)		2:03.69 (2)	
Texas A&M Invite (11/21-23)	58.24 (8)	2:02.19 (8)	
at UNCW/UNF (1-3-04)	1:00.24 (3)		
NC State (1-9-04)		2:06.22 (1)	
at Georgia Tech(1-17-04)		2:05.76(2)	
Alabama (1-23-04)	59.64 (4)		
at LSU (1-31-04)		2:08.43 (4)	
ACC Champs. (2/18-21)	57.54 (14)	2:03.01 (1)	2:12.25

NCAA "B" Cut in **Bold**

NCAA "A" Cuts in ***Bold Italic***

School records Underlined

Rachel Dong ● Sr. ● Paramount, Calif. (Valley Christian / Washington State)

Event	50 Free	100 Free	100 Fly	200 Fly	100 Breast	200 Breast
Meet						
UM/FAMU (10-10-03)		52.89 (1)				
FIU/FAMU (10-18-03)				2:07.62 (1)		
FAU/IRCC (11-1-03)			57.66 (3)		1:05.16 (2)	
#16UM/MSU (11-7-03)	24.35 (5)	53.04 (5)				
#2 Florida (11-11-03)	24.03 (3)					2:23.93 (3)
Texas A&M Invite (11/21-23)	23.98 (19)	51.51 (14)	55.49 (8)		1:03.20 (4)	2:35.34 (8)
NC State (1-9-04)	25.24 (4)					
at Georgia Tech (1-17-04)		53.61(4)				
Alabama (1-23-04)			58.96 (4)		1:09.15 (2)	
at LSU (1-31-04)		53.67 (3)				2:28.31 (4)
ACC Champs. (2/18-21)		52.19 (17)	55.79 (8)		1:04.71 (11)	
NCAA Champs					1:05.84 (37)	

Emma Dutton ● Sr. ● Bradford, England (Betton Park)

Event	50 Free	100 Free	200 Free	100 Breast	200 Breast	200 IM
Meet						
UM/FAMU (10-10-03)	24.08 (1)			1:03.04 (1)		
FIU/FAMU (10-18-03)		51.59 (1)	1:52.82 (1)		2:20.13 (1)	
FAU/IRCC (11-1-03)	23.47 (1)				2:18.71(1)	
#16UM/MSU (11-7-03)	23.46 (1)			1:02.55 (1)	2:16.75 (1)	
#2 Florida (11-11-03)	23.36 (1)	50.75 (1)				
Texas A&M Invite (11/21-23)	22.73 (2)	50.49 (2)		1:01.49 (1)		
at UNCW/UNF (1-3-04)						2:06.93 (1)
NC State (1-9-04)	23.53 (1)	51.50 (1)				
at Georgia Tech (1-17-04)	23.46(1)				2:19.72 (1)	
Alabama (1-23-04)	23.52 (1)	51.35 (1)				
at LSU (1-31-04)	23.59 (1)				2:17.15 (1)	
ACC Champs. (2/18-21)	22.64 (1)			1:00.94 (1)	2:12.76 (1)	
NCAA Champs	22.85 (23)			<u>1:00.84 (7)</u>	<u>2:12.38 (8)</u>	

Renee Gajda ● Fr. ● Queensland, Australia (Miami)

Event	100 Free	200 Free	500 Free	200 Back
Meet				
NC State (1-9-04)		1:54.19 (3)	5:04.04 (3)	
at Georgia Tech (1-17-04)		1:54.32 (2)		2:09.63 (6)
Alabama (1-23-04)		1:53.97 (3)	4:59.11 (2)	
at LSU (1-31-04)		1:53.95 (2)		
ACC Champs. (2/18-21)	52.51 (20)	1:49.85 (9)	4:57.29	

Loren Hansen ● Sr. ● Pensacola, Fla. (Washington)

Event	100 Free	200 Free	500 Free	1000 Free	100 Fly	200 Fly
Meet						
UM/FAMU (10-10-03)		1:52.62 (1)			57.63 (3)	
FIU/FAMU (10-18-03)	53.86 (2)			10:28.80 (2)		
FAU/IRCC (11-1-03)	53.42 (3)	1:52.98 (2)				
#16UM/MSU (11-7-03)		1:53.31 (3)	5:02.18 (4)			2:05.33 (2)
#2 Florida (11-11-03)		1:51.71 (4)	5:00.28 (5)			
Texas A&M Invite (11/21-23)	52.33 (24)	1:51.91 (18)	4:57.37			2:02.85 (10)
at UNCW/UNF (1-3-04)		1:56.14 (2)				
NC State (1-9-04)			4:59.90 (1)			
at Georgia Tech (1-17-04)		1:52.09(1)	5:02.07(1)			
Alabama (1-23-04)		1:51.86 (2)	5:03.94 (4)			
at LSU (1-31-04)		1:52.40 (1)				
ACC Champs. (2/18-21)		1:50.81 (13)	4:54.92 (16)			2:02.90 (8)

Lisa How ● Jr. ● Preston, England (Hutton Grammar)						
Event	50 Free	500 Free	1000 Free	100 Fly	200 Fly	200 IM
Meet						
UM/FAMU (10-10-03)		5:00.08 (1)		56.54 (1)		
FIU/FAMU (10-18-03)		5:00.24 (1)				2:05.15 (1)
FAU/IRCC (11-1-03)				56.24 (1)	2:01.11 (1)	
#16UM/MSU (11-7-03)					2:01.59 (1)	2:06.68 (3)
#2 Florida (11-11-03)					2:02.78 (2)	2:06.08 (5)
Texas A&M Invite (11/21-23)		4:49.56 (8)		55.12 (6)	2:01.64 (6)	
at UNCW/UNF (1-3-04)	24.35 (1)			56.42 (1)		
NC State (1-9-04)					2:02.02 (1)	
at Georgia Tech(1-17-04)					2:02.43(1)	
Alabama (1-23-04)		5:00.22 (3)	10:13.42 (2)			
at LSU (1-31-04)					2:02.95 (1)	
ACC Champs. (2/18-21)		4:57.13		54.80 (6)	2:00.41 (3)	
NCAA Champs				55.19 (34)		

Taryn Ignacio ● Fr. ● Richmond, Ky. (Model Laboratory)				
Event	1M Diving	3M Diving (6)	3M Diving (11)	Platform
Meet				
UM/FAMU (10-10-03)	249.40 (4)	234.55 (5)		
FIU/FAMU (10-18-03)	303.90	325.60		
FAU/IRCC (11-1-03)	284.85 (2)	285.53 (3)		
#2 Florida (11-11-03)	214.20	274.13 (4)		
Texas A&M Invite (11/21-23)	229.55 (14)		433.60 (6)	408.85 (1)
UNCW/UNF (1-3-04)		264.05 (5)		
Alabama (1-23-04)	248.78	239.10		
at LSU (1-31-04)	257.62 (5)	264.46 (4)		
ACC Champs. (2/18-21)	287.00 (3)		412.50 (11)	
NCAA Zone "B" (3/12-14)		271.95 (19)		407.10 (2)
NCAA Champs. (3/18-20)	204.40 (41)	265.65 (25)		365.05 (15)

Laura Kenney ● Jr. ● Plano, Texas					
Event	100 Back	200 Back	200 IM	400 IM	100 Fly
Meet					
UM/FAMU (10-10-03)	1:01.74		2:11.41 (6)		
FIU/FAMU (10-18-03)		2:08.10	2:11.81		
#2 Florida (11-11-03)		2:06.88	2:07.67		
Texas A&M Invite (11/21-23)		2:03.75 (15)	2:04.70 (14)	4:25.16 (11)	57.61
UNCW/UNF (1-3-04)					58.28 (2)
NC State (1-9-04)			2:06.86 (2)		
Georgia Tech (1-17-04)		2:06.64(3)	2:07.35(2)		
Alabama (1-23-04)				4:27.41 (1)	57.97 (2)
at LSU (1-31-04)			2:07.44 (2)		
ACC Champs. (2/18-21)		2:04.23 (14)	2:04.73 (13)	4:25.68 (11)	

Angie Leach ● Jr. ● Leesburg, Fla.					
Event	200 Free	500 Free	1000 Free	1,650 Free	200 Breast
Meet					
UM/FAMU (10-10-03)		5:07.06	10:18.67 (2)		
FIU/FAMU (10-18-03)		5:12.95 (3)	10:22.36 (1)		
FAU/IRCC (11-1-03)				17:12.34 (1)	2:29.80 (5)
#2 Florida (11-11-03)		5:11.71	10:18.80 (5)		2:31.68
Texas A&M Invite (11/21-23)		4:58.97			
at UNCW/UNF (1-3-04)			10:36.19 (2)		
NC State (1-9-04)			10:21.57 (2)		2:34.14
at Georgia Tech(1-17-04)		5:06.83(3)		17:15.10(1)	
Alabama (1-23-04)			10:13.55 (3)		
at LSU (1-31-04)		5:07.42 (3)	10:23.39 (2)		
ACC Champs. (2/18-21)	1:58.88	4:57.37 (18)		17:12.97 (17)	

Brittany Lerew ● Fr. ● Orland, Fla. (Lake Highland)

Event	1M Diving (6)	1M Diving (11)	3M Diving	3M Diving (11)
Meet				
UM/FAMU (10-10-03)	279.20 (1)		291.55 (1)	
FIU/FAMU (10-18-03)	311.20 (3)		330.50 (3)	
UNCW/UNF (1-3-04)	261.75 (3)		296.70 (1)	
NC State (1-9-04)	309.00 (1)		338.25 (1)	
Georgia Tech(1-17-04)	274.65(1)		336.67(1)	
Alabama (1-23-04)	256.05		289.05 (2)	
at LSU (1-31-04)	281.25 (2)		305.33 (1)	
ACC Champs. (2/18-21)	274.40 (5)			500.35 (2)
NCAA Zone "B" (3/12-14)		509.70 (14)		470.60 (11)

Andree-Anne Leroy ● Sr. ● Nanaimo, British Columbia (Nanaimo District Secondary / Washington State)

Event	100 Back	200 Back	200 IM	400 IM	200 Free	200 Breast
Meet						
UM/FAMU (10-10-03)	58.80 (4)		2:05.40 (1)			
FIU/FAMU (10-18-03)					1:54.15 (3)	2:21.05 (2)
FAU/IRCC (11-1-03)	58.65 (2)		2:04.79 (1)			
#16UM/MSU (11-7-03)		2:05.73 (3)	2:05.09 (2)		1:54.68 (5)	
#2 Florida (11-11-03)		2:05.68 (5)	2:04.29 (3)			
Texas A&M Invite (11/21-23)	57.66 (9)	1:59.49 (4)	2:01.58 (3)	4:22.21 (5)		2:20.16 (6)
at UNCW/UNF (1-3-04)	59.59 (2)					
NC State (1-9-04)			2:05.48 (1)			2:21.81(1)
at Georgia Tech(1-17-04)		2:05.18(1)	2:06.32(1)			
Alabama (1-23-04)	58.10 (3)			4:28.50 (2)		
at LSU (1-31-04)		2:03.88 (1)	2:04.85 (1)			
ACC Champs. (2/18-21)	56.26 (4)	2:01.15 (4)	2:02.77 (3)			

Amy Lo ● Sr. ● Longwood Fla. (Lake Brantley)

Event	200 Free	500 Free	1000 Free	1,650 Free	200 Back
Meet					
UM/FAMU (10-10-03)	1:55.78 (4)				
FIU/FAMU (10-18-03)			10:29.51		2:10.28
FAU/IRCC (11-1-03)	1:56.41 (4)	5:10.14 (3)			
#2 Florida (11-11-03)	1:54.26 (5)				
Texas A&M Invite (11/21-23)		4:49.55			2:07.15
at UNCW/UNF (1-3-04)		5:06.13 (1)			
NC State (1-9-04)	1:54.87 (4)				2:10.19 (3)
at Georgia Tech (1-17-04)	1:55.46(4)	5:06.93(5)			
Alabama (1-23-04)	1:55.54 (5)	5:09.89			
at LSU (1-31-04)	1:55.12 (4)	5:12.05 (5)			
ACC Champs. (2/18-21)	1:55.27	5:06.47		17:21.58 (19)	

Tiffany Manning ● Jr. ● Mission Viejo, Calif. (Capistrano Valley)

Event	1M Diving (6)	1M Diving (11)	3M Diving (6)	3M Diving (11)	Platform
Meet					
UM/FAMU (10-10-03)	257.55 (2)		276.15 (2)		
FIU/FAMU (10-18-03)	<u>331.05 (1)</u>		334.10 (2)		
FAU/IRCC (11-1-03)	287.10 (1)		315.98 (1)		
#16UM/MSU (11-7-03)	253.20 (4)		287.80 (2)		
#2 Florida (11-11-03)	270.60 (2)		284.33 (3)		
UNCW/UNF (1-3-04)			270.00 (4)		
Alabama (1-23-04)	267.75 (2)		263.70		
at LSU (1-31-04)	289.87 (1)		283.73 (2)		
ACC Champs. (2/18-21)	312.45 (1)			538.75 (1)	
NCAA Zone "B" (3/12-14)		540.90 (7)		487.70 (8)	416.50 (1)
NCAA Champ. (3/18-20)	270.40 (10)			495.20 (9)	426.75 (5)

Event Meet	Golda Marcus ● Jr. ● Coral Springs, Fla. (American Heritage)				
	200 Free	500 Free	1000 Free	1,650 Free	200 Fly
UM/FAMU (10-10-03)		5:01.44 (2)	10:16.02 (1)		
FIU/FAMU (10-18-03)	1:54.14 (2)				2:09.87 (2)
FAU/IRCC (11-1-03)		4:59.50 (1)		17:20.00 (2)	
#16UM/MSU (11-7-03)		4:57.42 (3)	10:08.78 (3)		
#2 Florida (11-11-03)		5:00.61	10:13.21 (4)		
Texas A&M Invite (11/21-23)	1:53.01	4:55.11 (15)			
ACC Champs. (2/18-21)	1:54.56	4:59.02 (19)		17:14.58 (18)	

Event Meet	Courtney McClow ● Jr. ● Jacksonville, Fla. (Forrest)				
	1M Diving (6)	1M Diving (11)	3M Diving (6)	3M Diving (11)	Platform
UM/FAMU (10-10-03)	242.10 (6)		232.10		
FIU/FAMU (10-18-03)	325.75 (2)		<u>339.50 (1)</u>		
FAU/IRCC (11-1-03)	257.48 (3)		295.20 (2)		
#16UM/MSU (11-7-03)	263.25 (2)		263.05 (3)		
#2 Florida (11-11-03)	258.75 (4)		309.00 (2)		
at Texas A&M Invite (11/21-23)	280.80 (6)		377.95 (8)	343.55 (5)	
UNCW/UNF (1-3-04)	296.65(2)				
NC State (1-9-04)	278.40 (3)		271.20 (3)		
Georgia Tech (1-17-04)	269.03 (2)		302.77 (2)		
Alabama (1-23-04)	267.60 (3)		273.68 (4)		
ACC Champs. (2/18-21)	301.65 (2)			480.90 (3)	
NCAA Zone "B" (3/12-14)		540.45 (9)		455.30 (16)	342.55 (12)

Event Meet	Tonya Rasor ● Sr. ● Niceville, Fla.			
	50 Free	100 Free	100 Fly	100 Back
UM/FAMU (10-10-03)	25.76		1:01:16 (6)	
FIU/FAMU (10-18-03)	26.14 (4)	56.01 (5)		
FAU/IRCC (11-1-03)	25.58		1:00.19	
#2 Florida (11-11-03)	26.28	55.71		
Texas A&M Invite (11/21-23)		54.26	58.60	1:00.26
UNCW/UNF (1-3-04)				1:02.22
NC State (1-9-04)	26.07	56.40		
Georgia Tech(1-17-04)	26.18	56.67		
Alabama (1-23-04)			59.70	
at LSU (1-31-04)	26.07	55.85		
ACC Champs. (2/18-21)	24.81	54.65	58.00 (23)	1:00.33 (23)

Event Meet	Katie Ronan ● Fr. ● Pensacola, Fla. (Washington)					
	200 Free	500 Free	1000 Free	1,650 Free	100 Back	200 Back
UM/FAMU (10-10-03)			10:34.54 (4)		1:01.79	
FIU/FAMU (10-18-03)	1:58.03					2:12.62
FAU/IRCC (11-1-03)		5:10.92 (4)		17:42.45 (4)		
#2 Florida (11-11-03)			10:29.79			2:10.76
Texas A&M Invite (11/21-23)					59.27 (15)	2:10.96
at UNCW/UNF (1-3-04)		5:10.83 (2)	10:32.47 (1)			
NC State (1-9-04)			10:24.37 (4)			
at Georgia Tech (1-17-04)				17:38.91(3)		
Alabama (1-23-04)			10:31.39 (4)		1:01.06	
at LSU (1-31-04)			10:42.52 (4)			2:11.86 (6)
ACC Champs. (2/18-21)		5:06.47		17:35.08	58.39	

Jennifer Smith ● Sr. ● Pensacola, Fla. (Washington)						
Event Meet	200 Free	500 Free	1000 Free	1,650 Free	200 IM	400 IM
UM/FAMU (10-10-03)	1:55.65 (2)				2:10.26 (3)	
FIU/FAMU (10-18-03)		5:07.05 (2)			2:10.10 (3)	
FAU/IRCC (11-1-03)	1:54.90 (3)				2:09.52 (4)	
#16UM/MSU (11-7-03)			10:27.96 (5)			
#2 Florida (11-11-03)	1:55.26	5:07.37				
at Texas A&M Invite (11/21-23)					2:06.71	4:29.81 (23)
UNCW/UNF (1-3-04)		5:14.45 (3)			2:12.92 (2)	
NC State (1-9-04)		5:09.42 (6)			2:09.53 (3)	
Georgia Tech (1-17-04)		5:06.87(4)			2:08.66(3)	
Alabama (1-23-04)						4:30.25 (3)
at LSU (1-31-04)					2:08.65 (3)	
ACC Champs. (2/18-21)				17:24.63	2:08.18	4:34.81 (21)

Kayce Zemina ● Jr. ● Plantation, Fla.				
Event Meet	50 Free	100 Free	200 Free	100 Back
UM/FAMU (10-10-03)	25.42 (5)	54.91 (3)		
FIU/FAMU (10-18-03)	25.42 (2)			
#2 Florida (11-11-03)	24.91 (4)	54.20		
at Texas A&M Invite (11/21-23)	24.51	53.25		1:00.79
UNCW/UNF (1-3-04)		54.78 (1)		
NC State (1-9-04)		53.82 (2)		
Georgia Tech (1-17-04)	25.13 (5)			
Alabama (1-23-04)	24.83 (3)	53.93 (3)		
at LSU (1-31-04)	25.01	53.79 (5)		
ACC Champs. (2/18-21)	24.00 (19)	52.40 (19)	1:55.57	



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

October 10, 2003

Contact: Michael Smoose (850) 644-4836

SEMINOLE SWIMMING & DIVING STARTS NEW SEASON WITH WINS OVER MIAMI & FAMU

TALLAHASSEE, Fla. – If nothing else, Florida State University knows it's going to get one win against the University of Miami this weekend. The women's swimming and diving team produced a 141-94 victory over the Hurricanes while also beating Florida A&M 157-67. On the men's side, the Seminoles picked up a 143-82 triumph against the Rattlers.

Florida State was in control of both meets from the outset and didn't let up as the hosts won 24 of the 26 events in both meets. The Seminoles had five athletes win two events, including a pair of freshmen in their first collegiate meet.

"We were excited to get our season started and the chance to compete against other teams," FSU head man **Neil Harper** said. "It's a big weekend for Florida State and we feel like we've kicked it off to a good start. After two intrasquad meets and this one, I'm very happy about where the team is. They're executing the things we go over in practice and I would say that compared to last year, we are ahead of schedule."

While it was only the first meet of their Seminole careers, rookies **Tom Bishop** (Houston, Texas / Cy-Creek) and **Brittany Lerew** (Orlando, Fla. / Lake Highland) made a big splash in their debut. In the 1,000-yard freestyle, Bishop missed breaking the school record by 0.13 as he swam to a first-place time of 9:15.56. He came back to post a winning 4:33.38 in the 500-yard free.

It was actually very little splash that got Lerew's career started as the freshman diver won both boards in her FSU debut. She started out by posting a top score of 291.55 in the one-meter event, before taking the three-meter board with a mark of 279.20.

"It's exciting to see two great performances like that out of freshmen who have only been with us for a month and a half," Harper added. "To compete and achieve as well as they did in their first meet shows that they have a bright future. All of our freshmen did well this afternoon."

Two seniors who have been down and back then lanes a few times were up to their old tricks again. **Emma Dutton** (Bradford, England / Betton Park) posted a pair of victories and broke into the top-ten of one event. After winning the 50-free (:24.08) she came back to post a 1:03.04—the fifth-fastest time in school history—during the 100 breaststroke. **Andree-Anne Leroy** (Nanaimo, British Columbia / Nanaimo District Secondary) notched the eighth-fast time in Florida State lore with her winning mark of 2:05.40 in the 200 individual medley.

"Those two are off to a good start. Their focus shows that they had a good spring and summer," Harper noted. "Last year they were trying to figure out how good they really were, but now they know and the two have their sights set. They are ahead of the game."

Junior **Lisa How** (Preston, England / Hutton Grammar) joined Lerew and Dutton as multiple winners during the women's meet. She beat everyone to the wall in the 100 butterfly in a time of 56.54 before taking the 500-yard free with a winning mark of 5:00.08.

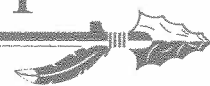
Joining Bishop as a double winner on the men's side was **Michael Paulus** (Somerset West, South Africa / Paul Roos Gym). The senior grabbed his first blue ribbon with a time of 20.79 to win the 50 freestyle, before taking the 100-yard free in a time of 46.59.

Florida State is back in the water next Saturday (October 18) when it goes up against Florida A&M for the second time, while adding Florida International to the mix. The meet begins at 11 a.m. at the Bim Stults Aquatic Center.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

October 15, 2003

Contact: Michael Smoose (850) 644-4836

FSU SWIMMING AND DIVING TAKES ON FLORIDA INTERNATIONAL AND FLORIDA A&M ON SATURDAY

TALLAHASSEE, Fla. – With one competition under its belt, the Florida State University swimming and diving teams get back in the water this Saturday (Oct. 18). The Seminoles play host to in-state rivals for the second-straight weekend as they take on Florida International and Florida A&M at 11 a.m. at the Bim Stults Aquatic Center.

The Tribe started the 2003-04 campaign with the women defeated Miami (141-94) and Florida A&M (157-67), while the men's squad took down the Rattlers (143-82). Florida State won 24 of the 26 races in both meets with five different athletes posting multiple victories. This will be the first meeting between the Seminoles and Florida International during **Neil Harper's** five-year tenure.

"It's early, but I like where we are at this point," Harper said. "We're responding to outside competition the way I would like us to. We've got to continue to execute well in terms of technique, in particular starts and turns. We have to keep learning from the experience. You only have so many meets during the year to perfect the race. We have to keep working towards that."

Since Harper took over five years ago, Florida State has been very successful against Sunshine State schools. The men's program holds a 12-5 mark against Florida programs, while the women have a 17-3 record. At the home the women's team has been virtually unbeatable with 10-2 mark with the men going 6-4.

Last Friday's season opener saw a pair great debuts by a pair of. Distance swimmer **Tommy Bishop** (Houston, Texas / Cy-Creek) was 0.13 seconds from tying the school record with his time of 9:15.56 in the 1,000-yard free. He came back later in the meet to post a winning 500-yard free mark of 4:33.38.

Stepping in to take over the roll of her older sister and former FSU diver Chelsie, **Brittany Lerew** (Orlando, Fla. / Lake Highland) won both the one-meter and three-meter diving events. She started with a top score of 279.20 in the three-meter then posted a winning 291.55 on the one-meter board.

Seniors **Emma Dutton** (Bradford, England / Benton Park) and **Andree-Anne Leroy** (Nanaimo, British Columbia / Nanaimo District Secondary) have picked up where they left off at last year's NCAA Championship. The duo combined to win three events as Dutton took the 50 free (24.08) and 100 breaststroke (1:03.04—the fifth fastest time in school history), while Leroy was first to the wall in the 200 IM (2:05.40).

"This meet we'll see some 200 distances of the strokes and shorter relays, so we might have some people swimming different event, but there won't be too many diversions from the last meet," Harper noted. "It's important for us to perfect our best events."

Saturday's meet is the second in a string of three-straight home meets for the Seminoles. Florida State welcomes Florida Atlantic and Indian River C.C. to town in two weeks.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

October 17, 2003

Contact: Michael Smoose (850) 644-4836

NIENABER BALANCES COMMITMENT TO SWAZILAND AND FLORIDA STATE SWIMMING AND DIVING

TALLAHASSEE, Fla. – When the Florida State University swimming and diving teams take on Florida International and Florida A&M on Saturday (October 18) at 11 a.m., most of the Seminoles will already have one collegiate meet under their belt this year. One exception is senior **Wickus Nienaber**, who missed last week's meet to represent his home country of Swaziland at the All Africa Games.

While he's not on the same level as Lewis & Clark or Neil Armstrong, Nienaber (Simugye, Swaziland / Sisekelo) is a pioneer in his home country. A small nation in southern Africa that was granted its independence from England in 1968, Swaziland measures 6,704 square miles or just slightly smaller than New Jersey.

With a population of 1,161,219, the talent pool in Swaziland isn't that rich. In fact, Nienaber is a one-man national team as the country's only representative at last summer's World Championships in Barcelona, Spain. He hopes to take his swimming to another level next summer, as he looks down the road the Summer Olympics in Athens, Greece.

"I've gotten use to it. I've traveled so much and done it for so long that I'm pretty much use to it," Nienaber said. "I am hoping that someone will join me soon."

A week ago Nienaber travel to Abuja, Nigeria, to compete in the All-Africa Games, which draws in competitors from all over the continent. At the meet he competed the 50, 100 and 200-meter breaststroke events, as well as the 200-meter individual medley. He best finish was a fourth-place mark in the 200 IM, while touching in fifth in the 200 breast. He added a pair of sixth-places in the 50 and 100-meter breaststroke races.

One of the benefits of being a one-man national team is that every time Nienaber posts a personal-best time during international competition, he resets his own national records. That was the case this summer at the World Championships where he had one of his best meets.

"To an extent I've pretty much set the standards, they use to be a lot lower," Nienaber noted. "They were basically just "B" times that someone could make and then they had an "A" time as something to improve on. But as I've improved they've moved those marks along and now the "B" time is a goal for me and the "A" time is more along the lines of an Olympic standard"

Benefiting his training is that he does not have conflicting coaching philosophies from a national coach and Seminole head coach **Neil Harper** as the FSU deck boss also serves as Nienaber's international mentor.

"When we start training for the Olympics after the NCAA's in the end of March, I know pretty much what he's done all year," Harper said. "We have some swimmers who go back home and they get with a coach that they haven't worked with for a while. The set up we have, me being his college coach and his national coach, certainly benefits him."

A benefit that Nienaber does not have is the tradition and structure of an established national program that most of his international competitors have. Until he came to Florida State, his mother Celma coached Nienaber and the team dynamic that he has with the Seminole was limited to his household.

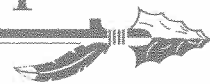
"I use to train by myself, so I was use to it, but now I'm training with a team so I've seen that there is another side of swimming," Nienaber admitted. "I really miss it when I go away and don't have my teammates there to push during training or just the comradely. You miss that sometimes and I see it among other teams and I know what I'm missing."

Throughout the year Nienaber and Harper must balance his goals of preparing for the NCAA Championships and the Olympic games. Nienaber must also perform another balancing act, keeping up with his schoolwork while competing for his country and his school. But that shouldn't be a difficult task for someone who has been carrying the entire weight of a country on his shoulders.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

October 18, 2003

Contact: Michael Smoose

FSU SWIMMING & DIVING RECORDS VICTORIES OVER FLORIDA INTERNATIONAL & FLORIDA A&M

TALLAHASSEE, Fla. – One benefit of early season meets is that coaches can shuffle the line-ups to learn more about their team. Florida State University swimming and diving head coach **Neil Harper** got a good look his squad in some off events as the Seminoles picked up a trio of victories on Saturday (October 18).

The women's team scored a 140-77 triumph over Florida International, while taking down cross-town rival Florida A&M 141-62. On the men's side, the Seminoles beat the Rattlers 139-87. FSU's women's team improved to 4-0, while the men upped their record to 2-0.

Swimming in impressive fashion, Florida State won all 26 events between the two meets. A tribute to the depth on both squads, the Seminoles had 17 different swimmers and divers win the 22 individual competitions.

"The one thing we realize is that we haven't had as good of depth in the past. This year we have that depth," Harper said. "We're two or three deep in each event and we can go to our third or fourth swimmer and win on a day like today. That gives them the opportunity to step forward and be counted on. It also lets everybody feel valuable in their own way."

While there were quite a few Seminoles touching the wall first, three swimmers and one diver picked up multiple victories. Freshman **Steve Roof** (Canton, Ohio / Central Catholic) won the 200 freestyle (1:41.21) and 200 butterfly (1:53.83). On the board, junior **Sam Hood** (Philadelphia, Pa. / Perkiomen Valley) doubled up with victories on the one-meter (330.45) and three-meter (337.40).

In the women's meet, FSU had two swimmers post top-ten finishes. Junior **Lisa How's** (Preston, England / Hutton Grammar) 200 individual medley time of 2:05.15 is the eight-quickest in Seminole lore. She added a triumph in the 500 free (5:00.24). Also putting her name down on the list was senior **Emma Dutton** (Bradford, England / Benton Park) as she touched the wall with the ninth-best 200 breaststroke mark (2:20.13). Earlier in the meet she added a first-place time of 1:52.82 in the 200 free.

Junior **Andrew Skaggs** (Jacksonville / Bolles) won his first event of the year when he took the 1,000 free (9:59.50), before **Michael Paulus** (Somerset West, South Africa / Paul Roos Gym) won the 50 free (20.81). Back from the All Africa Games, **Wickus Nienaber** (Manzini, Swaziland / Sisekelo) took the 200 IM (1:55.42), while **Joel Roycik** (Winter Park, Fla.) was triumphant in the 100 freestyle (45.90).

Senior transfer **Justin Lawrance** (Sloane Park, South Africa / Bryanston) took the 200 backstroke (1:54.84) followed by a 500 free victory (4:39.76) for **Alan Ribeiro** (Rio de Janeiro, Brazil / Ft. Lauderdale (Fla.) Cardinal Gibbons). Normally a distance swimmer, freshman **Tommy Bishop** (Houston, Texas / Cy-Creek) took the blue ribbon in the 200 breaststroke (2:10.47).

"We put some kids in different events and they accepted the challenge," Harper added. "It tells something about their character. You put someone up in an event they're not known for or they don't particularly like, you see how they approach it and we learned a lot about our team and how good they want to be."

Junior **Angie Leach** (Leesburg, Fla.) got the women going when she won the 1,000 freestyle (10:22.36), followed by a 50 free victory (24.77) from freshman **Lauren Brick** (Culpeper, Va. / Culpeper County). **Rachel Dong** (Paramount, Calif. / Valley Christian) was first to the wall in the 200 fly (2:07.62), while **Emily Breen** (Savannah, Ga. / H.V. Jenkins) was tops in the 200 backstroke (2:05.67).

During the women's diving, the Seminole junior tandem of **Tiffany Manning** (Mission Viejo, Calif. / Capistrano Valley) and **Courtney McClow** (Jacksonville, Fla. / Forrest) split the two boards. Manning started by winning the one-meter event (331.05), followed by McClow's winning 339.50 on the three-meter board.

Florida State is back in the water on November 1 when it takes on Florida Atlantic and Indian River in an 11 a.m. meet at FSU's Leach Center.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

October 27, 2003

Contact: Michael Smoose

SEMINOLE SWIMMING DIVING GETS BACK INTO ACTION AT HOME ON SATURDAY

Who: Florida State University Swimming and Diving

What: Seminoles versus Florida Atlantic & Indian River C.C.

Where: Leach Center, Tallahassee, Fla.

When: Saturday, November 1, 11 a.m.

MEN AND WOMEN LOOK TO STAY UNDEFEATED IN 2003-04

Competing in their third home meet of the season, the Florida State University swimming and diving program takes on Florida Atlantic and Indian River C.C. on Saturday (November 1) at 11 a.m. Through the first two meets, the men's squad boasts a 2-0 mark, while the women are also perfect at 4-0. This will be the Seminoles last home meet until the calendar turns over in January. Florida State plays host to its final home competition of the season on January 23 against Alabama.

FLORIDA STATE ROLLS TO VICTORIES OVER FLORIDA A&M AND FLORIDA INTERNATIONAL

A clean sweep of every event gave the Seminoles three victories in their last outing on October 18. The women took wins from Florida International (140-77) and Florida A&M (141-62), while the men produced a 139-87 triumph over the Rattlers. Both squads had a pair of multiple winners, with senior **Emma Dutton** (Bradford, England) leading the way with three individual victories.

THE ROOF, THE ROOF, THE ROOF IS ON FIRE

On the men's side, the best performance was turned in by freshman **Stephen Roof** (Canton, Ohio). A product of Central Catholic high school, Roof produced a pair of individual victories and swam on the winning 200 freestyle relay. He started the meet by winning the 200 freestyle in a FSU season-best time of 1:41.21, then beat everyone to the wall in the 200 butterfly with a mark of 1:53.83.

DUTTON AND HOW PRODUCED TOP-TEN MARKS

Besides topping the squad with a trio of victories, **Emma Dutton** also produced one of the best 200 breaststroke times in school history. Her first-place mark of 2:20.13 places her ninth in Seminole lore. Junior **Lisa How** (Preston, England) also grabbed a pair of victories while notching a top-ten time. Her 2:05.15 in the 200-yard individual medley ranks eighth in school history.

HOOD TAKES BOTH BOARDS, MANNING AND McCLOW SPLIT ON WOMEN'S SIDE

The second double winner on the men's side came from junior **Sam Hood** (Philadelphia, Pa.) as he won the one-meter diving with a tally of 330.45, following by a top three-meter score of 337.40. The women's competition was split as **Tiffany Manning** (Mission Viejo, Calif.) was victorious in the one-meter event (331.05). The roles were reversed as **Courtney McCLOW** (Jacksonville, Fla.) posted a 339.50 to take the three-meter board.

SEMINOLES ATOP THE ACC RANKINGS

When the Atlantic Coast Conference top times came out last week, Florida State topped 12 different events, including a pair of relays. Junior **Lisa How** has the best 200 IM (2:05.15) and 100 butterfly (56.54) times. **Emily Breen** (Savannah, Ga.) boasts the best 100 backstroke mark (57.34) and **Emma Dutton** is tops in the 100 breast (1:03.37). On the boards, **Tiffany Manning** is first with her one-meter score (331.05) and teammates **Courtney McCLOW** is tops in the three meter (339.50).

Within the men's rankings, four different Seminoles have their name at the top of the lists. Senior **Michael Paulus** (Somerset West, South Africa) is the fastest swimmer in the league with a top 50 free time of 20.79. He ranks second in 100 free (46.18) behind teammate **Joel Roycik's** (Winter Park, Fla.) 45.90. Rookie **Tommy Bishop** (Houston, Texas) is five seconds ahead of the nearest competitor in the 1,000 free with a time of 9:15.56. Junior **Sam Hood** produced the best three-meter diving mark with his 337.40.

FROM THE DECK:

Head Coach Neil Harper on:

Florida Atlantic & Indian River: "Florida Atlantic and Indian River pose two of our tougher opponents up to this point so that will be a good test of us. I'm excited to get those guys in there and see how we do. Our kids are a little tired so the test is for them to compete with great technique and the skills that we've taught them in a difficult environment."

Off week training: "We've had the opportunity to get in some solid work so hopefully we're not going to see any sluggishness on Saturday. What we've tried to do is up the training. We've got four weeks until our peak meet at Texas A&M so it's a good opportunity for us to work them really hard in the weight room, on dry land and especially in the pool."



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

November 1, 2003

Contact: Michael Smoose (850) 644-4836

FSU SWIMMING & DIVING STAYS PERFECT WITH WINS OVER FLORIDA ATLANTIC & INDIAN RIVER

TALLAHASSEE, Fla. – After a pair of strong showings to start the year, Florida State University swimming and diving head coach **Neil Harper** wanted to challenge the Seminoles in their last home meet until January. The Tribe responded exactly as the fifth-year deck boss wanted as both the women and men swept Florida Atlantic and Indian River C.C. on Saturday (November 1).

The women (6-0 overall) won 15 of 16 events on their way to a 182-106 triumph against Florida Atlantic, while beating Indian River by a score of 209-69. FSU's men's team improved to 4-0 by placing first in 13 of 16 races to produce a 190-83 victory over Florida Atlantic, to go along with a 209-69 win versus Indian River.

"The teams coming in today had nothing to lose and everything to gain, but I was impressed with how we responded," Harper said. "Part of why we had the 16-even format is because I want them stuck at the meet for three hours. I want them to be here cheering for their teammates then have to get up for the last relay three hours after the meet started. I like the way we competed. The results I saw were exactly what I wanted to see."

Both squads had their best meet of the early season with several top times posted against the Owls and Pioneers. As a team, the women produced 21 season-best times with eight of the them ranking as the best FSU swims of the year. The men accumulated 24 top times for 2003-04 with five topping the season charts.

A core of three swimmers and one diver did a majority of the damage for the women as the quartet won eight events. Junior **Lisa How** (Preston, England) notched the Atlantic Coast Conference's best times of the year in her first place swims. She took the 200 butterfly in a time of 2:01.11, just 0.5 off her career-best, then came back to post a 56.24 to win the 100 fly.

Joining How in the winner's circle was **Katie Byrnes** (Ft. Lauderdale, Fla.) as she won both backstroke events with top times of 58.02 in the 100 and a 200 time of 2:03.86. Senior **Emma Dutton** (Bradford, England) was victorious in the 50 freestyle (23.47)—the best mark in the ACC this year—and 200 breaststroke (2:18.71). On the board, junior **Tiffany Manning** (Mission Viejo, Calif.) swept both events by scoring a 287.10 on the one-meter board before taking the three-meter at 315.98.

"That tells you that our top end kids are very good," Harper added. "We're certainly going to call upon them throughout the year. If we're firing on all cylinders, we're a real good dual meet team. It's critical that the girls are up and ready for it."

While four athletes won half the events for the women, the men spread the wealth around as nine different swimmers and divers won at least one contest. The first winner on the day, freshman **Tommy Bishop** (Houston, Texas) got the meet started in style as he hit the wall with a time of 15:46.51 in the 1,650 free. The top time in the ACC this year, that mark ranks ninth in school history and is the men's best mark in the mile since the 2000 season.

Even though there were nine double winners, a pair of Seminoles did double up on the blue ribbons. Senior **Matt Wheeler** (Houston, Texas) had one of his best meets in recent times. The team captain won the 200 butterfly with the best FSU mark of the year, 1:53.68, then came back to win the 200 individual medley (1:58.65).

Sophomore **Joel Roycik** (Winter Park, Fla.) won a pair of events and took part in the winning 200 medley relay. He posted a winning time of 45.91 in the 100 free then added a 50.74, the fifth-best time in the league, to take the 100 fly. Roycik also placed second in the 200 freestyle.

"Those guys have taken charge. They've taken it upon themselves to step forward. They are leaders anyway and they were leaders in the pool today," Harper said of Wheeler and Roycik. "I saw a lot of confidence out of them. Having nine people step forward and win events says something about what we've been emphasizing and that is that our overall strength is our depth."

After three-straight home meets to start the year, the Seminoles go on the road now for the next two months. Next week the women travel to Michigan to take on the Wolverines and Michigan State, while the men dip into ACC competition against Clemson.

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FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

November 3, 2003

Contact: Michael Smoose (850) 644-4836

FLORIDA STATE SWIMMING AND DIVING VENTURES OUT FOR FIRST ROAD MEETS OF 2003-04

Who: Florida State University Men's and Women's Swimming and Diving

What: Women: at #16 Michigan/Michigan State & Michigan Relays Men: at Clemson

When: Women: Friday (Nov. 7) @ 5 p.m. & Saturday (Nov. 8) All Day Men: Saturday (Nov. 8) @ 11 a.m.

Where: Women: Ann Arbor, Mich. Men: Clemson, S.C.

WOMEN TRAVEL TO MICHIGAN FOR TWO SWIMS, MEN GET INTO ACC COMPETITION AT CLEMSON

Through the first three meets of the season, the Florida State University swimming and diving teams have enjoyed the comforts of home. That will change this week when both teams head out onto the road. The 20th-ranked women's team (6-0 overall) will face an early season challenge when it takes on No. 16 Michigan and Michigan State at 5 p.m. on Friday. The next day FSU takes part in the Michigan Relays. The Seminoles beat the Spartans in their only previous meeting, while Friday's contest will be the first against the Wolverines.

While the women are in Michigan, the No. 19 men's team (4-0 overall) will join the Florida State caravan—football and volleyball also play at CU—in Clemson S.C. with the first event schedule for 11 a.m. on Saturday. Even though the Seminoles hold an 8-2 advantage over the Tigers, in recent years Clemson has been a tough opponent for the Tribe. The two teams have not lined up against each other in a dual meet since the 2001-02 campaign when CU came away with a 156-85 victory.

SEMINOLES STAY PERFECT WITH VICTORIES OVER FLORIDA ATLANTIC AND INDIAN RIVER

Facing its toughest opponents to date and swimming several more events, Florida State rose to the challenge on Saturday (Nov. 1) and came away with a pair of victories from both the men and women against Florida Atlantic and Indian River CC. The women defeated FAU 182-106, while taking down Indian River 203-88. The men had just as much success, winning 190-83 versus the Owls, while beating the Pioneers 209-69. On the women's side, three swimmers and one diver captured a pair of victories, while the men spread their wins out amongst nine different athletes.

NO SNEAKERS, NO HUMMER, NO PROBLEM FOR FSU ROOKIES

LeBron James they are not, but three freshmen on the Florida State rosters have made a big impact this season. Rookie **Tommy Bishop** (Houston, Texas) posted a 15:46.51 in the 1,650 freestyle on Saturday. His mark is the ninth-fastest in school history and is the best men's time in that event since 2000. Fellow distance swimmer **Steve Roof** (Canton, Ohio) also broke the 16-minute mark in the mile (15:58.98) and won the 500 free (4:33.98) for his third victory and sixth top-three finish. On the women's side, **Lauren Brick** (Culpeper, Va.) had a breakthrough performance in the 100 breaststroke. She won the event against FAU & IRCC with a time of 1:03.53, ranking her fifth in Seminole swimming lore and second in the ACC this year.

BIG WHEEL(ER) KEEPS ON TURNING FOR MEN'S PROGRAM

As team captain, senior **Matt Wheeler** (Houston, Texas) is a leader for the men's team away from the pool deck. Saturday he got the job done in the water with a pair of victories. He started the day with a Seminole season-best time of 1:53.68 in the 200 butterfly, ranking him tenth in the league. Later in the meet, Wheeler was the first to the wall in the 200-yard individual medley as he touched in at 1:58.65. **Joel Roycik** (Winter Park, Fla.) was the only other male swimmer to win two or more events as he took the 100 free (45.91) and 100 fly (50.74).

WOMEN PRODUCED THREE OF THE ACC'S BEST TIMES OVER THE WEEKEND

The ACC top times list will have a Garnet & Gold flavor with three of the league's top marks posted this weekend by Florida State: Junior **Lisa How** (Preston, England) owns both butterfly marks with 56.24 in the 100 fly to go along with a 2:01.11 at the 200-yard distance. Who is the fastest swimmer in the league? At this point in time it's senior **Emma Dutton** (Bradford, England) with her 50 freestyle time of 23.47. How and Dutton were double winners on Saturday, along with **Tiffany Manning** (Mission Viejo, Calif.) on both one-meter (287.10) and three-meter (315.98) boards, while **Katie Byrnes** (Ft. Lauderdale, Fla.) took the 100 (58.02) and 200 (2:03.86) backstrokes.

FROM THE POOL DECK:

Head Coach Neil Harper:

On women's trip to Michigan: "Going on the road to Michigan is going to be a challenge, they're ranked ahead of us, and Michigan State is not going to be easy. It's critical that the girls are up and ready for the meet. When we're firing on all cylinders we can be a very good dual meet team."

On men's meet with Clemson: "We've never had good luck at Clemson. They've always been prepared for us. We've got to turn the tables and go in there and except the challenge. Everybody has to put forth their best effort if we're going to have a chance to win the meet."

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DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

November 10, 2003

Contact: Michael Smoose (850) 644-4836

SEMINOLE SWIMMING AND DIVING TRAVELS TO INSTATE RIVAL FLORIDA ON TUESDAY

Who: Florida State Swimming and Diving

What: At #2/#6 Florida

When: Tuesday, November 11, 5 p.m.

Where: Gainesville, Fla. (Stephen C. O'Connell Center Natatorium)

BRAGGING RIGHTS ON THE LINE AS SEMINOLE SWIMMERS AND GATORS ENTER TUESDAY'S MEET RANKED

Not that the Florida State University swimming and diving team needs any more incentive going up against the University of Florida, but Tuesday's (November 11) meet will be the biggest test of the season for the Seminoles. The Gators' women's team comes into the contest ranked second in the CSCAA poll, while their men's team is sixth. Florida State also enters the meet with a pair of top 25 teams as the men rate 19th and the women 20th. Last season in Tallahassee, the men lost 143-100, while the women fell 145-98. The men are 22-42 lifetime against UF, while the women are still looking for their first win at 0-27.

WOMEN'S TEAM COMES AWAY WITH TWO VICTORIES DURING WEEKEND TRIP TO MICHIGAN

Two out of three wasn't a bad outcome for the women's team during its first away competition of the year. On Friday (November 8), the Tribe (8-1 overall) defeated Michigan State 199-83, but fell to #16 Michigan 146-136. The next day the Seminoles won nine of ten events to produced a 103-47 triumph against the Wolverines in a relay meet.

CLEMSON HAS MEN'S NUMBER ONCE AGAIN AS FSU DROPS CONFERENCE OPENER

Close only counts in horseshoes and hand grenades and the men's squad found out how true that was Saturday (November 9) when it opened Atlantic Coast Conference competition against Clemson. Florida State (4-1 overall, 0-1 ACC) lost four races by a combined time of 0.45 as they fell 137-106 to the Tigers. Those four races could have made the difference as Florida State only one four other events, including the 400 free relay. Sophomore **Jason Beinlich** (Ridley, Pa.) won the three-meter board for the second meet in a row, posting a winning time of 280.42.

DUTTON TAKES TO THE WINNER'S STAND 12 TIMES IN MICHIGAN

No Florida State swimmer may have had a better weekend than **Emma Dutton** (Bradford, England). The senior won three individual events against Michigan and Michigan State, while swimming on the top 200 medley relay. Dutton took the 50 free (23.46), 100 (1:02.55) and 200-yard breaststroke (2:16.75). All three of her individual marks ranked best among the conference swimmers and are NCAA "B" cuts.

TOMMY BISHOP SETS POOL RECORD AS PART OF HIS TWO VICTORIES AT CLEMSON

Two of the Seminoles' other four victories against Clemson came from distance swimmer **Tommy Bishop** (Houston, Texas). The FSU rookie captured the 1,000 (9:18.60) and 500 freestyle (4:35.59), while taking third in the 200-yard breaststroke with a season and Seminole-best 2:08.72. His swim in the 1,000 free set the Clemson pool record. In nine races this season, Bishop has posted six first-place finishes, while placing no lower than fourth.

BREEN IS THE RELAY QUEEN

Taking part in the most top relays against Michigan on Saturday was senior **Emily Breen** (Savannah, Ga.) as she swam on five winners. She opened with back-to-back victories in the 300 backstroke and butterfly competitions. Next up was a victory in a 400 medley relay and the 200 free quartet. She ended the day on the 500 "pineapple" relay.

TEAM EFFORT PROPELLS SEMINOLES TO TOP OF ACC RANKINGS

Over the weekend the women's team posted the league's best times in two of the five relay events. On Friday the Seminoles established the league's fastest 200 medley relay when it hit the wall with a time of 1:43.25. The next day they came back at the 400-yard distance to post a time of 3:48.20.

FROM THE POOL DECK, Head Coach Neil Harper:

On last weekend's meets: "I'm really excited with the way the women raced. They faced a lot of adversity—flying up the day of the meet—and to compete the way they did, they really represented FSU well. I'm proud of the way the guys kept at it and picked up wins when they could. Clemson always swims well in season, and we knew that coming in. It was a tough lesson to learn, but it's something we will grow from and gain strength from in the future."

On Florida: "It's an instate rivalry, and a lot of the kids know each other. Florida is ranked second and sixth for a good reason. Our goal is to compete and win as many races as we can and I think we have a good opportunity to do that. We're looking forward to the opportunity to compete."



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

November 11, 2003

Contact: Michael Smoose (850) 644-4836

INSTATE BATTLE GOES TO GATORS AS FSU SWIMMING & DIVING DROPS DUAL MEETS AT FLORIDA

GAINESVILLE, Fla. – When the opposition is the University of Florida, the Florida State University swimming and diving teams do not need any more incentive. Even though the Seminoles posted several season-best times and even broke a school record, it was not enough as both of the Gators' top-ten squads were victorious. FSU's women dropped a 132.50-104.50 decision, while the men lost 146-97.

All four of the teams were ranked in the latest CSCAA poll with the UF women rating second and the men sixth. FSU's women's team (8-2 overall) place 20th, one spot behind the No. 19 men's squad (4-2, 0-1 ACC).

"Even though we lost both meets, the Florida coaches were very complementary about our team and the improvement we've made" FSU head coach **Neil Harper** said. "Two years ago I felt like we rolled over, but this year we fought until the end and won nine events. That shows that we can mix it up with teams that are ranked as high as Florida."

Highlighting the meet was the performance of distance swimmer **Tommy Bishop** (Houston, Texas). The rookie broke the school record in the 1,000 free as he touched in with a new mark of 9:13.97, the second-fastest time in the conference.

"Traditionally the distance races have been our weak events," Harper added. "We would start strong with medley relays, but then have to sit through nine-ten minutes of the 1,000 knowing that we were probably going to lose. Now we Tommy and **Steve (Roof)** we've got a chance to win so it really raises the moral of them."

Coming off a split with No. 16 Michigan, the women posted a trio of NCAA "B" cut times and established three more season-best marks. Florida State started the meet with a victory in the 400 medley relay in a conference-best time of 3:44.91, missing the "B" cut by 0.05. The Seminoles blue ribbon mark of 3:30.45 in the 400 free relay is also a season-best.

Leading the way with two "B" times was senior **Emma Dutton** (Bradford, England). Having already made the mark last weekend, she outdid herself by lowering her league-best times. Dutton swam to first places finishes in both the 50 freestyle (23.36) and 100 free (50.75). Joining her on the "B" cut list was classmate **Andree-Anne LeRoy** (Nanaimo, British Columbia) as she notched a time of 2:04.29 in the 200-yard individual medley.

"They're certainly ahead of where they were," Harper added. "Both of them had breakout years last year, but now they are taking it in stride and expecting more from themselves. They're getting to the point where if they don't make those times, they're getting upset and that's what great swimmers do."

In the diving competition, FSU placed second on both boards in women's and men's meet. **Tiffany Manning** (Mission Viejo, Calif.) was runner-up on the one-meter board, while **Courtney McClow** (Jacksonville, Fla.) came in second in the three-meter competition. Sophomore Pennsylvania natives **Stuart de la Rosa** (Erdenhiem, Pa.) and **Jason Beinlich** (Ridley, Pa.) split the one-meter and three-meter boards, respectively.

Producing two of the four victories for the men was sophomore **Joel Roycik** (Winter Park, Fla.). He started the evening by posting a season-best time of 20.82 in the 50 free as he and **Michael Paulus** (Somerset West, South Africa) scored a one-two finish. Roycik came back to touch the wall first with a 45.91 in the 100 free.

The 400 free relay produced the best time in the conference this season with its winning time of 3:03.04. In the 400 medley relay, the Seminoles improved their top time by three seconds with a 4:24.83. The fourth victory came from senior **Justin Lawrance** (Sloane Park, South Africa) as he took the 200 backstroke in 1:52.83.

"After thinking about it a little bit, I'm pleasantly surprised at how we responded to the fatigue and disappoint of the losses over the weekend," Harper commented "Both teams were more supportive tonight and we really took big strides forward in their growth."

Both teams are off for the next ten days until their biggest meet of the fall seasons The Seminoles swim at the Texas A&M Invitational, November 21-23



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

November 22, 2003

Contact: Michael Smoose (850) 644-4836

FSU MEN'S SWIMMING IN SECOND PLACE, WOMEN SIXTH AFTER DAY ONE OF TEXAS A&M INVITE

COLLEGE STATION, Texas – Fifth-year Florida State University swimming and diving coach **Neil Harper** was looking for excitement and strong performances out of his squads at the Texas A&M Invitational. Through the first day of competition, the FSU deck boss got just that as the men are second place at 718.5 points, while the women's total of 417 places them sixth.

Highlighting the meet for the Seminoles was the performance of the women's 400-meter medley relay. The quartet of **Emily Breen** (Savannah, Ga.), **Lauren Brick** (Culpeper, Va.), **Lisa How** (Preston, England) and **Emma Dutton** (Bradford, England) produced the Tribe's only victory as they came away with a winning time of 4:07.70. To start the meet, Breen, **Rachel Dong** (Paramount, Calif.), How and Dutton took second in the 200-meter free relay (1:43.32).

The men's squad also got the three-day competition started on a high note when the team of **Michael Paulus** (Somerset West, South Africa), **Michael Averett** (Davie, Fla.), **Chris Vythoukas** (Nassau, Bahamas) and **Joel Roycik** (Winter Park, Fla.) also placed second (1:29.94) in the 200 free relay.

Another successful event for both the men and the women was the 50 freestyle. Dutton placed second with her mark of 23.09, while Paulus produced a 20.58 to also take second. The men had four of the eight swimmers in the finals of the event as Roycik took third (20.45), while Averett placed fifth (20.75) and Vythoukas was seventh (20.70).

The freshman distance tandem of **Tommy Bishop** (Houston, Texas) and **Steve Roof** (Canton, Ohio) continued their strong rookie campaign. Back in his native state, Bishop finished third in the 500 free at 4:28.63, while Roof's 4:31.48 placed him one spot behind. Senior **Tal Stricker** (Ramat-Gan, Israel) had one of his performances of the fall, taking fourth in the 200 individual medley with a 1:51.15.

Also scoring big points in the IM was senior **Andree-Anne LeRoy** (Nanaimo, British Columbia). Her mark of 2:02.52 was good enough for a third-place finish. Rounding out the women's participants in the finals was How as she notched a 4:49.56 in the 500 free to place eighth.

During the diving competition the men placed three divers in the top eight of the three-meter board. **Stuart de La Rosa** (Enderhiem, Pa.) placed fourth with his 289.25. Coming in sixth was **Peter Crane** (Fairport, N.Y.) at 260.05, while one spot back was **Curtis Schroeger's** (Shawnee Mission, Kan.) 249.05. Freshman **Taryn Ignacio** (Richmond, Ky.) placed sixth in the men's three-meter with a 433.10 to go along with an eighth-place mark of 377.95 by junior **Courtney McClow** (Jacksonville).

The competition continues on Saturday at the SBC Center.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

November 22, 2003

Contact: Michael Smoose (850) 644-4836

FSU WOMEN WIN TWO EVENTS TO MOVE INTO FOURTH, MEN STAY IN SECOND PLACE AT TEXAS A&M

COLLEGE STATION, Texas – With every passing day of the Texas A&M Invitational, the Florida State University swimming and diving teams are performing better and better. After a solid opening session, both teams kicked it into gear on Saturday (November 22). Back by a pair of victories, the women's team moved up two spots to No. 4 with 915 points, while the men's 1592.5 points kept them in second

Just as it did on Friday, the relays got the Seminoles off to a good start. The women's team captured the 200 medley relay as the foursome of **Emily Breen** (Savannah, Ga.), **Lauren Brick** (Culpeper, Va.), **Rachel Dong** (Paramount, Calif.) and **Emma Dutton** (Bradford, England) hit the wall with a time of 1:43.25.

On the men's side, Florida State's 200 medley quartet of **Chris Vythoulkas** (Nassau, Bahamas), **Tal Stricker** (Ramat-Gan, Israel), **Joel Roycik** (Winter Park, Fla.) and **Michael Paulus** (Somerset West, South Africa) placed second with a 1:33.39. To cap the day's action, **Alan Ribeiro** (Rio de Janeiro, Brazil), **Steve Roof** (Canton, Ohio), **Stephan Connor** (Burr Ridge, Ill.) and **Brett Irvin** (Boca Raton, Fla.) hit the wall in 6:46.30 to place second in the 800 free relay.

Bringing home the Seminoles' first individual victory was Dutton as she won the 100 breaststroke in 1:01.49. FSU had three of the top four swimmers in the event. The men's best finish came from Vythoulkas as his second-place finish (49.43) in the 100 butterfly was one of four Seminoles in the finals of the event. He also finished third in the 100 backstroke (50.07).

Two more third-place marks were turned in by the men's team. Texas native **Tommy Bishop** (Houston, Texas) hit the wall in 3:59.76 during the 400 IM, while Ribeiro 1:40.57 was one of five Florida State swimmers in the top heat. A fifth-place finish was picked up by **Andree-Anne LeRoy** (Nanaimo, British Columbia) in the 400 IM (4:22.21), while Breen's 54.53 in the 100 fly placed her fifth. She later added a sixth-place mark in the 100 back (56.10). Rookie **Taryn Ignacio** (Richmond, Ky.) finished sixth in the three-meter diving (423.10).

Florida State swims its last meet before the holiday break when it finishes up the event on Sunday at the SRC Center.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

November 23, 2003

Contact: Michael Smoose (850) 644-4836

FSU MEN'S SWIMMING PLACES SECOND, WOMEN FINISH FOURTH AT TEXAS A&M INVITATIONAL

COLLEGE STATION, Texas – If the start of the second half of the season is anything like the last meet of the fall campaign, then the Florida State University swimming and diving teams could expect big in 2004. The men's team placed second at the Texas A&M Invitational, finishing with 2,175.5 points, while the women completed the event with 1,337.5 points, placing them fourth.

Coming up with the women's second victory of the three-day event was freshman **Taryn Ignacio** (Richmond, Ky.). The rookie diver captured the platform event with her top score of 408.85. Junior **Courtney McCLOW** (Jacksonville, Fla.) scored 343.55 points to take fifth.

A pair of men's swimmers came away with second places finishes. Rookie **Tommy Bishop** (Houston, Texas) posted an NCAA B-cut time of 15:23.89 in the 1,500 freestyle. He was one of three Seminoles in the top eight, followed by **Steve Roof** (Canton, Ohio) in fifth (15:33.02) and **Alan Ribeiro** (Rio de Janeiro, Brazil) one spot back (15:55.65).

Swimming in the final heat for the third time, sophomore **Joel Roycik** (Winter Park, Fla.) claimed second-place in the 100 freestyle with his 45.06. **Michael Avertt** (Davie, Fla.) finished just behind in third (45.27), while **Michael Paulus** (Somerset West, South Africa) claimed sixth in a time of 45.38. The three joined up with **Chris Vythoulkas** (Nassau, Bahamas) to take second in the 400 free relay, touching in a 3:21.53.

Another second-place finish for the men came in the 200 breaststroke as senior **Tal Stricker** (Ramat-Gan, Israel) hit the wall in 2:02.67. Bishop scored his second top-eight mark of the day with his 2:06.77. During the platform diving, sophomore **Peter Crane** (Fairport, N.Y.) took third with a score of 361.50.

In the lanes, the women's best individual finish came from **Emma Dutton** (Bradford, England). The senior recorded her third NCAA standard time of the weekend with her second-place finish of 50.49 in the 100 free. **Emily Breen** (Savannah, Ga.) also made it under the NCAA mark with her 50.76 to place sixth.

Joining Dutton and Breen with an NCAA B-cut time was senior **Andree-Anne LeRoy** (Nanaimo, British Columbia) as her 2:01.43 in the 200 backstroke placed her fourth. She came back in the 200 breaststroke to notch a sixth-place 2:20.16. Also finishing sixth was **Lisa Hutton** (Preston, England) as she touched in with a 2:01.64 to complete the 200 fly.

Rounding out the men's participants in the top eight was a pair of newcomers. Senior **Justin Lawrance** (Sloane Park, South Africa) notched a 1:50.98 in the 200 backstroke and the 200 butterfly saw **Mark Nicholls** (Charlotte, N.C.) touch in with a 1:52.17.

The Seminoles are almost completely finished until after the new year. The divers will travel to the CAMO Diving Invitational, December 6-7, in Montreal, Canada. Florida State's next dual meet is January 3 against North Florida and UNC-Wilmington.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

December 5, 2003

Contact: Michael Smoose, (850) 644-4836

FSU DIVERS COMPETE AGAINST INTERNATIONAL FIELD AT CAMO INVITATIONAL

MONTREAL, QUEBEC – Two weeks ago the Florida State University swimming teams showcased their talents against some of the best programs in the country at the Texas A&M Invitational. This weekend the men's and women's divers will be at the forefront as they compete at the CAMO Invitational in Montreal, Quebec.

The competition, held at the Claude-Robillard Sports Center, brings together some of the best diving talent in the world. Along with the Seminoles, the University of Indiana and University Miami will be represented on the collegiate level. Some of the international teams include Team Great Britain, Team Mexico and Team Russia. The US Elite Diving Academy will also be in attendance.

Several of the diving clubs from the United States have ties to a couple of Florida State divers. Team Orlando is run by **Jay Lerew**, the father of FSU freshman **Brittany Lerew** (Orlando, Fla.). Fellow rookie **Camille Akridge** (Orlando, Fla.) was also a member of the squad. Heading up the Moss Farms Diving Club is **Robert Moss**, the grandfather of Seminole freshman **Mark Mass** (Palm Harbor, Fla.).

During the fall season, Florida State diving coach **Patrick Jeffrey** has gotten strong performances from his talented quartet of women's divers. Against Florida International and Florida A&M (October 18), a pair of school records fell. Junior **Tiffany Manning** (Mission Viejo, Calif.) took down the one-meter mark with a 331.05, while **Courtney McIow's** (Jacksonville, Fla.) 339.50 broke the six-dive mark on the three-meter board.

In her very first collegiate meet, Lerew came away with a pair of victories in the one and three-meter competition. At the Texas A&M Invitational, fellow freshman **Taryn Ignacio** (Richmond, Ky.) won the platform event, while placing sixth on the three-meter board.

On the men's side, a different diver seems to be stepping up each meet. Prior to being sidelined by an injury, **Sam Hood** (Philadelphia, Pa.) had started emerge as the top diver with four top-three finishes. Sophomore **Jason Beinlich** (Ridley, Pa.) mixed in a pair of wins on the three-meter board over Florida Atlantic (November 1) and Clemson (November 8).

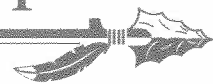
In Hood's absence at the Texas A&M competition, sophomores **Stuart de la Rosa** (Erdenheim, Pa) and **Peter Crane** (Fairport, N.Y.) carried the Seminole banner. de la Rosa posted a pair of top-five finishes, while Crane was in the top ten of three events, including the platform diving where he finished third.

This is the last event for Florida State until after the New Year. Both full squads will be back in action on January 3 when the Seminoles travel to Jacksonville, Fla., to take on North Florida and UNC-Wilmington.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

January 5, 2004

Contact: Michael Smoose (850) 644-4836

FSU'S LISA HOW AND MICHAEL PAULUS COLLECT ACC SWIMMER OF THE WEEK HONORS

GREENSBORO, N.C. – A new calendar year has brought the same strong results from the Florida State University women's and men's swimming and diving teams. The Seminoles started the New Year with a trio of victories over the weekend and from that meet came the first two Atlantic Coast Conference Swimmer of the Week winners of 2004.

Taking home the initial women's award was junior **Lisa How** (Preston, England), while senior **Michael Paulus** (Somerest West, South Africa) captured the men's honor.

"We've had some swimmers in the past who have done well and haven't won the award, so it's good to see these two get the recognition," FSU deck boss **Neil Harper** said. "We're off and running for this New Year and we want to keep it going for the dual meets and the conference championships.

In the meet against UNC-Wilmington and North Florida, How produced a pair of victories in two events. Swimming the 50 free for the first time this year she notched the blue ribbon with a time of 24.35. In a more familiar event, she won the 100 butterfly for the third time this season, touching in at 56.42. How ended the meet by taking part in the winning 400 free relay that hit the wall in 3:36.61.

"Lisa How had a great Christmas and post-Christmas training," Harper noted. "She came into the meet ready for anything. We put her in an event that she doesn't normally swim, the 50, but she was excited about it and made the most of it. I was happy with her time in the 100 fly and her split in the relay."

Not to be outdone, Paulus came through with a pair triumphs during the individual events. For only the second time this season he captured both the 50 and 100 freestyle events. He was first to the wall in the 50 with a 21.15, while his 100 free mark of 47.10 gave him the victory by more than a second. Starting off the meet, Paulus was a member of the 200 medley relay that placed second with its 1:35.67.

"Michael Paulus is starting to come around," Harper added. "A lot of the time he gets broken down real easy with a lot of hard training, but he got up for the meet and I think he wanted to prove a point. His toughest opposition came from his own teammates and for him to beat them they way he did says a lot. I think he's focused and ready for a good semester."

After having nearly a month off from competition, the Seminoles resume the dual meet portion of their schedule on Saturday. Florida State plays host to conference rival North Carolina State at 5 p.m. on Friday (January 9) at the Leach Center.

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FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

January 9, 2004

Contact: Michael Smoose (850) 644-4836

FSU SWIMMING AND DIVING SENDS NC STATE PACKING WITH A PAIR OF VICTORIES

TALLAHASSEE, Fla. – Two different paths led to a pair of victories as the Florida State University men's and women's swimming and diving teams prevailed over North Carolina State on Friday (January 9). The men's team scored a 134-103 triumph against the Wolfpack, while the women were victorious by a tally of 148-93.

The Seminole men's program only won seven of the 13 events and relied on its depth to pick up the necessary points. Florida State had two of the three top finishers in all but one event. On the flip side, the women's team dominated with a dozen victories. The men's team improves to 7-2 overall and 1-1 in the Atlantic Coast Conference, while the women win in their first league meet, while moving to 12-2 on the season.

"We came out from the start and performed well," FSU head coach **Neil Harper** said. "I think they were excited to compete against ACC competition and just excited to be at home. The combination of that with some of kids working through some tough events, I'm proud of how we performed today."

Only one swimmer on the men's side came away with more than one triumph. Freshman **Tommy Bishop** (Houston, Texas) captured the 1,000 freestyle (9:18.63) and 500 free (4:31.42). Fellow rookie **Steve Roof** (Canton, Ohio), who finished second to Bishop in both races, hit the wall first in the 200 butterfly (1:52.79).

Winning the 200 breaststroke was senior **Wickus Nienaber** (Manzini, Swaziland) as he returned from illness to swim a 2:03.55, placing him fifth in the ACC in his lone outing in the race. Turning in FSU's other individual victory was **Alan Ribeiro** (Rio de Janeiro, Brazil) as he took the 200 freestyle in a time of 1:41.86. The men also won the 400 medley and 400 free relays.

Just the opposite, three Seminoles on the women's team came away with more than victory. Rookie **Brittany Lerew** (Orlando, Fla.) captured both the one meter (309.00) and three-meter boards (338.25). Her score on the three meter is a season high. Florida State won both relays.

Continuing their winning ways, seniors **Emma Dutton** (Bradford, England) and **Andree-Anne LeRoy** (Nanaimo, British Columbia) each captured a pair of victories. Dutton first took the 50 free in 23.53 before coming back to win at the 100-yard distance with a 51.50. LeRoy led a one-two-three sweep of the 200 IM (2:05.48) then rallied in the last 100 yards to win the 200-yard breaststroke (2:21.81).

"They're on schedule and they looked good," Harper added of Dutton and LeRoy. "We have to rely on them. That's the mark of good team is that they've got good leaders. We had contributions all the way down the line and that was the big thing about today. We're excited about getting contributions from everyone."

Other winners for the women including **Emily Breen's** (Savannah, Ga.) swim in the 200 free (1:52.23) and **Lisa How** (Preston, England) as she hit the wall first in the 200 fly (2:02.02). Senior **Katie Byrnes** (Fort Lauderdale, Fla.) took home the blue ribbon in the 200 backstroke (2:06.22) and **Loren Hansen** (Pensacola, Fla.) stood atop the winner's stand after taking the 500 free (4:59.90).

Florida State will be back in the water next weekend when it swims its second conference opponent in the row. The Seminoles take their show on the road when they face Georgia Tech on January 17 at 12 p.m.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

January 17, 2004

Contact: Michael Smoose (850) 644-4836

ELEVEN RECORDS FALL AS FSU SWIMMING AND DIVING TAKES TWO FROM GEORGIA TECH

ATLANTA, Ga. – Florida State University's trip to Georgia Tech on Saturday (January 17) for men's and women's swimming and diving cost the Yellow Jackets more than just a pair of losses. By the time the Seminoles were through, they had had rewritten eleven different Georgia Tech Aquatic Center records.

The women's team ran away with a 143-86 victory, while the men were victorious by a score of 138-101. The women (13-2 overall, 2-0 ACC) broke five pool standards and also had two NCAA "B" cut swims, to go along with the men's (8-2, 2-1 ACC) six records. FSU's men's team ran its record to 25-1 versus the Yellow Jackets, while the women are 3-0.

"I was real pleased with the effort today," FSU deck boss **Neil Harper** said. "A lot of times teams will step it up a notch when they swim Florida State, but I thought we responded really well. We set the tone early by taking both relays and then winning the mile."

During the women's meet, the Seminoles set new pool records with first-place swims in the 400 medley relay (3:48.49), 50 free (**Emma Dutton** – 23.46), 200 IM (**Andree-Anne LeRoy** – 2:06.32) and one-meter and three-meter diving (**Brittany Lerew** – 274.65 & 336.67). FSU's men's team got out the eraser in the 400 medley and 400 free relays (3:48.49 & 3:05.69), 1,650 free (**Tommy Bishop** – 15:44.87), 200 and 100 free (**Joel Roycik** – 1:40.67 & 45.73) and 50 free (**Michael Paulus** – 21.05).

In two events, Florida State's second place finisher also would have set a new GTAC mark. **Laura Kenney's** (Piano, Texas) time of 2:07.35, came in behind Leroy (Nanaimo, British Columbia) winning mark. Then in the men's 100 free, Roycik (Winter Park, Fla.) and Paulus (Somerset West, South Africa) both beat the mark.

Dutton's (Bradford, England) time of 23.46 in the 50 free made NCAA "B" cut consideration, as did **Emily Breen's** (Savannah, Ga.) winning 100 free mark of 51.20. Dutton posted her third victory of the day when she won the 200 breaststroke (2:19.72).

The women's team won all 16 events with four multiple winners. Besides taking the 200 IM, LeRoy won the 200 backstroke in 2:05.18 as part of a one, two, three sweep. Senior **Loren Hansen** (Pensacola, Fla.) took the 200 and 500 free (1:52.09 & 5:02.07). Other winners for the Seminoles were **Angie Leach** (Leesburg, Fla.) in the 1,650 free (17:15.10) as well **Lisa How's** (Preston, England) top mark of 2:02.43 in 200 fly.

Roycik, Bishop (Houston, Texas) and **Wickus Nienaber** (Manzini, Swaziland) accounted for six of the men's 13 triumphs. To go along with his blue ribbon in the 1,650 free, the rookie Bishop also won the 500 free (4:37.10). The senior Nienaber captured both the 200 IM (1:53.43) and 200 breaststroke (2:06.02). Senior **Matt Wheeler** (Houston, Texas) added a victory in the 200 butterfly (1:54.97).

Florida State is back at home on January 23 when it swims Alabama at 3 p.m. in the final home meet of the season for the Seminoles and the 13 seniors on the team.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FSU SWIMMING & DIVING
FOR IMMEDIATE RELEASE
 January 20, 2004
 Contact: Michael Smoose

2003-04 Schedule

Date	Opponent	Time
October		
3	Garnet vs. Gold Meet	3:30 p.m.
10	Miami & Florida A&M W: FSU 157, FAMU 82 / FSU 141 UM 94 M: FSU 143, FAMU 82	
18	Fla. International & FAMU W: FSU 140, FIU 77 / FSU 141, FAMU 62 M: FSU 139, FAMU 87	11 a.m.
November		
1	Fla. Atlantic & Indian River W: FSU 182, FAU 106 / FSU 203, IRCC 88 M: FSU FAU / FSU IRCC	11 a.m.
7	at #16 Michigan/Mich. State (W) 5 p.m. FSU 199, MSU 83 / UM 146, FSU 136	
8	at #16 Michigan Relays (W)W, 103-47	
8	at Clemson (M) - * L, 137-106	
11	at #2/#6 Florida 5 p.m. W: L, 132.50-104.50 / M: L, 146-97	
21-23	at Texas A&M Invite. M: 2nd / W: 4th	
December		
5-7	at CAMO Diving Invitational	NTS
31	vs. Maryland-Baltimore Co. W: W, 71-14 / M: W, 57-29	
January		
3	at N. Florida & UNC-Wilmington W: FSU 140, UNF 88 / FSU 139, UNCW 88 M: FSU 134.50, UNCW 97.50	11 a.m.
9	North Carolina State - * 5 p.m. W: W, 148-93 / M: W, 134-103	
17	at Georgia Tech - * 12 p.m. W: W, 143-86 / M: W, 138-101	
23	Alabama 3 p.m.	
31	at Louisiana State 12 p.m.	
February		
18-21	at Women's ACC Championships	All Day
25-28	at Men's ACC Championships	All Day
27-28	Last Chance Meet (W)	All Day
March		
5-6	Auburn Invitational (M)	All Day
12-13	at NCAA Diving Zone Qualifier	All Day
18-10	at Women's NCAA Championships	All Day
25-27	at Men's NCAA Championships	All Day
All home meets in bold		
* denotes ACC Meet		

LAST MEET FOR SENIORS AS SEMINOLES HOST ALABAMA

Who: Florida State Men's and Women's Swimming & Diving

What: Home meet versus Alabama

When: Friday, January 23 (3 p.m.)

Where: Tallahassee, Fla. (Bobby E. Leach Center)

FSU TRIES TO SEND SENIORS OUT ON HIGH NOTE AGAINST THE TIDE

No senior wants to have the lasting memory of losing their final home meet. The Florida State University swimming and diving teams want to ensure that the 13 seniors on this year's squad don't have that happen to them. The Seminoles swim their final home meet of the 2003-04 campaign when they play host to Alabama at 3 p.m. on Friday (January 23).

For the women's team, the outgoing senior class includes: **Katie Brynes** (Fort Lauderdale, Fla.), **Rachel Dong** (Paramount, Calif.), **Emma Dutton** (Bradford, England), **Loren Hansen** (Pensacola, Fla.), **Andree-Anne LeRoy** (Nanaimo, British Columbia), **Amy Lo** (Longwood, Fla.), **Tonya Rasor** (Niceville, Fla.) and **Jennifer Smith** (Pensacola, Fla.). Making up the men's seniors are: **Justin Lawrance** (Sloane Park, South Africa), **Michael Paulus** (Somerset West, South Africa), **Wickus Nienaber** (Manzini, Swaziland), **Tal Stricker** (Ramat-Gan, Israel) and **Matt Wheeler** (Houston, Texas).

SEMINOLES TRY TO PULL EVEN WITH ALABAMA ON FRIDAY

Over the years, Florida State and Alabama have had many close meets with the Crimson Tide hold a one-meet advantage over both the men (9-8) and women (7-6). The last meeting between the two schools was on January 25, 2002, when the women upset the No. 21 Tide, 164-136. The men couldn't pull of the upset as 16th-ranked Alabama came away with a 160-138 victory.

ELEVEN RECORD GO DOWN AS FSU DEFEATS GEORGIA TECH

The author of the record books for the Georgia Tech Aquatic Center will have to get the eraser out after Florida State's trip to Atlanta on Saturday. When it was all said and done, the Seminoles broke eleven pool records. More importantly, Florida State also came away with a pair of victories. The women won by a 143-86 total, while the men took home a 138-101 victory.

ROYCIK AND LEREW LEAD RECORD-SETTING AFTERNOON

Of the eight individual records broken at Georgia Tech, half came from **Joel Roycik** (Winter Park, Fla.) and **Brittany Lerew** (Orlando, Fla.). The sophomore Roycik set new marks in the 200 (1:40.67) and 100 free (45.73). On the board, the rookie Lerew posted pool records in the one-meter (274.65) and three-meter (336.67) competition. Roycik also took part in the record-setting 400 free relay (3:05.69)

B IS FOR NCAA BOUND

Besides all the records broken, two swims garnered some attention on Saturday as a pair of Seminoles produced NCAA "B" cut times. For the seventh time this season, senior **Emma Dutton** produced a "B" time in the 50 free as she notched a 23.46. Then in the 100 free, junior **Emily Breen** (Savannah, Ga.) beat the standard with her time of 51.20.

FABULOUS FRESHMAN

All season long, the Seminoles have gotten big production out of freshmen **Tommy Bishop** (Houston, Texas) and **Brittany Lerew**. The last two weeks, Bishop is undefeated in the 1,650, 1,000 and 500 frees. Lerew has had just as much success, winning the one and three-meter boards against NC State and Georgia Tech.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

January 23, 2004

Contact: Michael Smoose (850) 644-4836

FSU SWIMMING AND DIVING SPLITS FINAL HOME MEET WITH ALABAMA

TALLAHASSEE, Fla. – It was a bittersweet ending to the home schedule for the Florida State University swimming and diving teams on Friday (January 23). The women produced a 149-93 triumph over Alabama, while the Crimson Tide men came away with a 137-103 victory. The Seminole women's team improved to 14-2, while the men fall to 8-3.

Florida State was in control on the women's meet from the start as they began the afternoon by taking the 200-yard medley relay. The victory would be the first of seven on the women's side. Unfortunately the men's triumph in the 200 medley would be one of only four for the Seminoles.

"I'm real excited with the way they swam," FSU head coach **Neil Harper** said. "We've been training hard this week, we were in the weight room this morning. Alabama forced us to swim hard and we achieved some season-best times at a stage where we're doing some of our hardest training. We didn't take any short cuts, we didn't rest and they swam the best they could. This is where we need to be four-five weeks from conference."

The last two meets have seen an emergence from the tandem of **Emily Breen** (Savannah, Ga.) and **Emma Dutton** (Bradford, England). Just like last week's meet at Georgia Tech, each swimmer produced a pair of victories and an NCAA "B" cut time.

For Breen, both of her individual wins came within a span of ten minutes. First she produced an NCAA "B" time of 55.08 in the 100-yard butterfly. She came back to win the 100 backstroke with a time of 56.16 that is just 0.06 off her season-best time set during a faster shave and taper meet. Dutton beat the NCAA consideration mark in her first-place swim of 23.52 in the 50 free, winning the event by over a second. She closed out the day by hitting the wall first in the 100 free at 51.35.

"Emily is not going to back down, she's a racer," Harper added. "She knew she had a tough double with the 100 fly and 100 back. If she can do that today, you better watch out when she gets some rest. When you have an Emily Breen and Emma Dutton it boosts the team. Those two led by example."

Also putting her name down in the win column was junior **Laura Kenney** (Plano, Texas) as she won the 400-yard individual medley with a time of 4:27.41. Just missing the NCAA "B" time for what would have been the third time this year, freshman **Laura Brick** (Culpeper, Va.) scored a first-place finish with her time of 1:03.87 in the 100-yard breaststroke.

The men's trio of individual wins came from a three different competitors. Rookie **Tommy Bishop** (Houston, Texas) picked it up the last four laps for a 9:14.59 victory in the 1,000-yard freestyle. It was the second time this year that the freshman has surpassed the school record in that event.

"Those guys are fun to coach," Harper said of Bishop and Steve Roof. "They don't back down in practice. We went hard yesterday and this morning, so I'm happy with how they are responding. They love to race each other and they give us a big boost in the distance events and that's something we haven't had in the past."

Bishop almost had two victories on the evening, but fellow freshman **Steve Roof** (Canton, Ohio), got the better of him in the 500-yard freestyle. Roof hit the wall at 4:31.13, edging Bishop by 0.03 for the first-place finish. During the diving competition, **Stuart de la Rosa** (Erdenhiem, Pa.) spearheaded a one-two-three finish on the three-meter board. His 306.83, was followed by scores of 283.20 from **Jason Beinlich** (Ridley, Pa.) and a 269.40 from Peter Crane (Fairport, N.Y.).

Florida State wraps up the dual meet portion of its schedule on January 31 when it travels to Harper's alma mater to take on LSU.

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FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FSU SWIMMING & DIVING FOR IMMEDIATE RELEASE

January 27, 2004

Contact: Michael Smoose (850) 644-4836

2003-04 Schedule

Date	Opponent	Time
October		
3	Garnet vs. Gold Meet	3:30 p.m.
10	Miami & Florida A&M W: FSU 157, FAMU 82 / FSU 141 UM 94 M: FSU 143, FAMU 82	
18	Fla. International & FAMU W: FSU 140, FIU 77 / FSU 141, FAMU 62 M: FSU 139, FAMU 87	11 a.m.
November		
1	Fla. Atlantic & Indian River W: FSU 182, FAU 106 / FSU 203, IRCC 88 M: FSU FAU / FSU IRCC	11 a.m.
7	at #16 Michigan/Mich. State (W) FSU 199, MSU 83 / UM 146, FSU 136	5 p.m.
8	at #16 Michigan Relays (W)W, 103-47	
8	at Clemson (M) - *	L, 137-106
11	at #2/#6 Florida W: L, 132.50-104.50 / M: L, 146-97	5 p.m.
21-23	at Texas A&M Invite. M. 2nd / W: 4th	
December		
5-7	at CAMO Diving Invitational	NTS
31	vs. Maryland-Baltimore Co. W: W, 71-14 / M: W, 57-29	
January		
3	at N. Florida & UNC-Wilmington W: FSU 140, UNF 88 / FSU 139, UNCW 88 M: FSU 134.50, UNCW 97.50	11 a.m.
9	North Carolina State - *	5 p.m.
	W: W, 148-93 / M: W, 134-103	
17	at Georgia Tech - *	12 p.m.
	W: W, 143-86 / M: W, 138-101	
23	Alabama	3 p.m.
	W: W, 149-93 / M: L, 133-110	
31	at Louisiana State	12 p.m.
February		
18-21	at Women's ACC Championships	All Day
25-28	at Men's ACC Championships	All Day
27-28	Last Chance Meet (W)	All Day
March		
5-6	Auburn Invitational (M)	All Day
12-13	at NCAA Diving Zone Qualifier	All Day
18-10	at Women's NCAA Championships	All Day
25-27	at Men's NCAA Championships	All Day
All home meets in bold		
* - denotes ACC Meet		

FSU SWIMMING & DIVING WRAPS UP REGULAR SEASON AT LSU

Who: Florida State Men's and Women's Swimming & Diving

What: Away meet against Louisiana State

When: Saturday, January 31 (12 p.m.)

Where: Baton Rouge, La. (LSU Natatorium)

SEMINOLE TRY TO BUILD MOMENTUM GOING INTO ACC'S

It's hard to believe that the 2003-04 regular season began just three and a half months ago. The Florida State University swimming and diving teams take its final dip of the regular season on Saturday (January 31) when the Seminoles travel to Baton Rouge, La., to take on Louisiana State.

The women's team, ranked 18th in the latest CSCAA poll, enters into the contest with a 14-2 overall mark and a 2-0 record in the Atlantic Coast Conference. The 24th-ranked men are 8-3 overall and 2-1 in the league.

HARPER FEELS RIGHT AT HOME IN BATON ROUGE

There will be no asking for directions to the LSU Natatorium as FSU head coach **Neil Harper** could probably find the pool blindfolded. The fifth-year deck boss is one of best swimmers to ever come out of the Tiger program. The 1986 SEC champion in the 100 back, Harper collected four league titles. A 1988 graduate, he ranks in the school's all-time top ten in four events. Harper also served as an assistant there prior to his first appointment at Florida State. LSU is also where Harper met his wife, **Paige**, who was also an SEC champion and All-American in the pool.

SEMINOLES TRY TO KEEP UP WINNING WAYS AGAINST LSU

Saturday the Seminoles will try to continue a recent trend of success against the Tigers. Florida State's women's team has won the last three meetings with LSU and are 3-1 against the Tigers during **Neil Harper's** tenure. However, overall LSU leads 14-5. On the men's side, FSU has won the last two to even Harper's mark at 2-2 against his old school. The Seminoles hold the overall advantage 13-9.

WOMEN LOOK FOR RECORD-SETTING 15TH VICTORY

Two years ago, the women's team set the school record for single-season wins when they amassed a 14-2 mark. The Seminoles can reset that record with a victory over the Tigers on Saturday. In its 29th year of existence, the women's program has had six seasons of ten or more wins. Three of those have occurred during **Neil Harper's** last three campaigns.

BREEN'S PERFORMANCE HELPS WOMEN TO VICTORY OVER ALABAMA

Among all the strong performances in the women's 149-93 victory over Alabama, junior **Emily Breen** (Savannah, Ga.) had one of the best showings. Within a span of ten minutes, she won the 100 fly with an NCAA "B" cut of 55.08, then took the 100 back, just missing her season-best with a 56.16.

de la ROSA LEADS SWEEP IN THREE-METER DIVING VERSUS THE TIDE

The silver lining in FSU's 133-110 loss to Alabama in the men's meet was the one-two-three finish in the three-meter diving, spearheaded by **Stuart de la Rosa** (Erdenhiem, Pa.). His 306.83, was followed by scores of 283.20 from **Jason Beinlich** (Ridley, Pa.) and a 269.40 from **Peter Crane** (Fairport, N.Y.).

BISHOP SURPASSES 1,000 MARK FOR SECOND TIME THIS SEASON

Another highlight for the men was the performance of **Thomas Bishop** (Houston, Texas) in the 1,000 free. For the second time this year, he beat the old school record, hitting the wall at 9:14.59. Earlier in the year at Florida he set the mark with a time of 9:13.97.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

January 31, 2004

Contact: Michael Smoose (850) 644-4836

FSU SWIMMING AND DIVING COMES AWAY WITH TWO VICTORIES IN HARPER'S HOMECOMING

BATON ROUGE, La. – No matter how you sliced it, one of the teams close to Florida State University swimming and diving head coach **Neil Harper** was going to lose. Fortunately for the Seminoles, Harper's current team was able to beat his alma mater as both the men and women came away with victories over Louisiana State University on Saturday (January 31).

With the 137-100 triumph, the women's team set a school record for single-season wins as they improved to 15-2. In a meet that came down to the final race, the men's team prevailed 122-121, ending the regular season with a 9-2 ledger.

"It's a little bittersweet, but I would much rather have us come out on the winning end," Harper said. "I want nothing but great things for LSU, but I don't want their great season coming at the hands of us. We wanted to finish the regular season strong and go into the conference meet on a positive note. I got to see some old friends and it was a great weekend, but it's that much better because we got two victories."

The typical swim meet takes about two and a half hours, but the outcome of the men's contest was determined by just over two and a half seconds. During seven different races, Florida State out-touched LSU by 2.55 seconds and the difference was 12 points in the Seminoles' favor.

Even though the host held an 8-to-5 advantage in victories, Florida State made up ground in the second, third and fourth place finishes. The Seminoles hit the wall second, third or fourth 23 times, compared to LSU's 14 for a 24-point differential.

"The thing I'm most proud of, and it was more evident in the men's meet, is that instead of getting out-touched for fifth, we picked up those points," Harper noted. "It was one of those meets where everyone's points counted and it was the guys like **Andrew Skaggs** in the 1,000 picking up fifth that made the difference."

Florida State did its damage in both the sprint and distance freestyle events, winning four of the five races. **Michael Paulus** (Somerset West, South Africa) producing a winning 20.68 in the 50 free, while **Joel Roycik** (Winter Park, Fla.) hit the wall in the 100 free with a top time of 45.13.

For the past few years, the distance events have been the FSU's Achilles' Heal, but that is no longer the case with the arrival of freshmen **Thomas Bishop** (Houston, Texas) and **Steve Roof** (Canton, Ohio). The rookie duo went one-two in the 1,000 and 500 freestyle with Bishop taking the longer distance in 9:15.63 and Roof securing the 500 blue ribbon in 4:31.13.

"During the meet I said to (associate head coach) **Andy (Robins)** that it's so nice to look forward to the 1,000 and the 500," Harper remarked. "It does wonders for our team, especially those guys who have been around for a while and have never looked forward to it. Now they know that we are going to be in those races and it takes some pressure off the rest of the team to win all the other events."

While the men's meet may have had all the excitement, the women continued to roll along through another opponent. The Seminoles have won six meets in a row, with their last lost coming on November 11. Florida State was first to the wall in 11 of the 13 races, with two double winners.

Senior **Emma Dutton** (Bradford, England) finished the dual meet season undefeated in the 50 freestyle and the breaststroke events. She notched an NCAA "B" cut time of 2:17.15 in the 200 breast after winning the 50 free in 23.59. Classmate **Andree-Anne LeRoy** (Nanaimo, British Columbia) won the 200 individual medley (2:04.85) and 200 backstroke (2:03.88).

Florida State swept both diving events, with freshman **Brittany Lerew** (Orlando, Fla.) taking the three-meter (305.33), followed by junior **Tiffany Manning's** (Mission Viejo, Calif.) winning 289.87 on the one-meter. **Emily Breen** (Savannah, Ga.) – 100 free (51.66), **Loren Hansen** (Pensacola, Fla.) – 200 free (1:52.40) and **Lisa How** (Preston, England) – 200 butterfly (2:02.95) each added individual wins.

"This is our best women's team ever and they proved that today by setting a school record with their 15th victory," Harper added. "It was a good all-around performance. Andree-Anne swam particularly well, Emma did her usual thing, Emily Breen led off the medley and won the 100 and the divers did a great job."

With the regular season complete, the Seminoles turn their focus to the Atlantic Coast Conference Championships. Hosted by Virginia, the women's meet is February 18-21, while the men's is Feb. 25-28.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

February 25, 2004

Contact: Michael Smoose (850) 644-4836

200 MEDLEY WIN VAULTS FSU MEN'S SWIM & DIVE INTO FIRST PLACE AT ACC CHAMPIONSHIPS

CHAPEL HILL, N.C. - Every team in the Atlantic Coast Conference has its strengths. For the Florida State University men's swimming and diving team one of those strengths has been the medley events. That tradition continued Wednesday (February 25) during the first day of the ACC Championships as the Seminoles came away with their first victory of the competition.

Seeded third coming into the 200-yard medley relay, Florida State won the even with an NCAA "B" cut time of 1:26.95. The victory pushed the men into a tie with the host Virginia for first place at 72 points followed the first two events. NC State is third with 60 points.

"It's big to get a win like that," FSU head coach Neil Harper said. "The atmosphere is just electric and it's great for our whole team to see that we can win here. Our boys are confident and this gets them ready for their individual races tomorrow."

Florida State has won the last three 200 medley relays and six of the last eight. Since joining the league in 1992, the Seminoles have won 23 relay titles, 120 individual titles over the school's history, and two more than the rest of the six teams combined.

Starting off the winning swim was Chris Vythiotikaz (Nassau, Bahamas) with a split of 22.78 in the backstroke. Senior Wickus Nienaber (Mankai, Swaziland) swam the fastest breaststroke split of the night (24.43) to give FSU the league. Michael Averett (Davie, Fla.) held onto the advantage in the butterfly and Michael Paulus's (Somerset West, South Africa) free-style leg brought home the gold.

"The great thing about the 200 medley is that we were ranked third coming in," Harper added. "We didn't have Wickus at the Texas A&M Invitational and that was the big x factor. He had the fastest breaststroke split and made the difference tonight."

Just like it did last week during the women's meet, Florida State placed third during the opening event of the championships, the 800-yard freestyle relay. The quartet of Alan Ribeiro (Rio de Janeiro, Brazil), Joel Roycik (Winter Park, Fla.), Tai Stricker (Ramat Gan, Israel) and Steve Roof (Canton, Ohio) hit the wall in a season-best time of 6:36.25, earning them NCAA "B" out consideration.

"Typically we've been a more sprint oriented program," Harper explained. "And usually our top 100 swimmers in each stroke are also good in the 50. We've always placed an emphasis on the importance of relays when we're recruiting. It's a well known fact that FSU will have good relays. Our recruits know that coming in and our team knows that going into big meets."

The four-day meet continues on Thursday (February 26) with the morning session of the 200 free, 200 individual medley, 400 free and 800 meter diving. The evening also features a 500 yard of the 200-yard medley relay.

ACC Men's Swimming & Diving Championships
Charlottesville, Va.
February 25, 2004

Agate:

Team Scores

1. Florida State	72
2. Virginia	72
3. NC State	60
4. Clemson	58
5. Georgia Tech	56
6. Maryland	52
7. Duke	46
8. North Carolina	34

Event 1 – 800 Freestyle Relay

3) Florida State, 6:36.35 – NCAA “B” Cut
(Ribeiro, Roycik, Stricker, Roof)

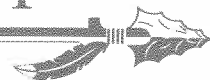
Event 2 – 200 Medley Relay

1) Florida State, 1:28.95 – NCAA “B” Cut
(Vythoulikas, Nienaber, Averett, Paulus)



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

February 26, 2004

Contact: Michael Smoose (850) 644-4836

SEMINOLES HOLD ONTO SECOND AFTER TWO DAYS OF ACC MEN'S SWIM & DIVE CHAMPIONSHIPS

CHARLOTTESVILLE, Va. – Whenever the Florida State University men's swimming and diving team has needed to score points, it has always turned to its sprinters. During the second day of the Atlantic Coast Conference Championships, the Seminoles relied on them once again. FSU placed three swimmers in the top ten of the 50 free to remain in second place after Thursday's (February 26) finals.

The Seminoles sit comfortable in second with a team total of 204 points, trailing host Virginia's first-place tally of 314. Georgia Tech holds down the third-place spot at 157.50 with North Carolina nipping at the Yellow Jackets' heels at 155.50.

"We had a lot to be proud of and on the whole we're pretty happy with the day," FSU deck boss **Neil Harper** said. "We want to keep pace with Virginia, they're the dominate team, but every team has a couple of swimmers that can win an event. When the Georgia Techs, North Carolinas and NC States make their move, we have to answer and our depth has to come through and score in some other events."

Playing to their strength, the Seminoles posted three of the top ten times in the 50 freestyle. Leading the charge was sophomore **Joel Roycik** (Winter Park, Fla.) with his fourth-place 20.35. Two spots back was senior **Michael Paulus** (Somerset West, South Africa) at 20.47, while **Michael Averett** (Davie, Fla.) won the consolation final to place ninth with a career-best 20.42.

"We've relied on them every dual meet and it was good to see them get some rest to see how fast they can go," Harper added. "The 50 is one of those races that you need to get everything right and no one had a perfect race, but they all got better as the day went on."

All season long the Florida State has been a different squad with the addition of distance swimmers **Steve Roof** (Canton, Ohio) and **Thomas Bishop** (Houston, Texas). The rookies proved their merit during the 500 free with a pair of top-16 finishes. Roof produced an NCAA provisional time of 4:26.62—the third fastest time in school history—to win the consolation final and finish ninth. Bishop scored points with his 12th-place finish of 4:29.85 to go along with a 15th-place showing of 4:31.84 by **Alan Ribeiro** (Rio de Janeiro, Brazil).

"Just to have anyone swim for points in the 500 is very big. It's been a while since we've had three guys score points for us," Harper noted. "Out of the six swims, three were lifetime bests, including two by Steve Roof, so we can't complain. They gave the rest of the team a boost."

The third event where the Seminoles scored with more than one swimmer was the 200-yard individual medley. Senior **Tal Stricker** (Ramat-Gan, Israel) hit the wall in eighth place with his mark of 1:52.30. Posting a career-best time in the consolation final was senior **Wickus Nienaber** (Manzini, Swaziland) as he finished 11th in a time of 1:51.46.

Giving Florida State a boost at the end of the meet was the 200 freestyle relay as it finished second with an NCAA "B" cut of 1:20.39. The team of Averett, **Chris Vythoulkas** (Nassau, Bahamas) Paulus, and Roycik hit the wall just behind the winning Virginia squad.

Rounding out the Seminole scoring contingency was sophomore **Stuart de la Rosa** (Erdenhiem, Pa.) in the one-meter diving competition. He notched a finals tally of 282.55 to place sixth.

The championship continues on Saturday with the stroke events – butterfly, backstroke & breaststroke – as well as the 400 IM and the 200 freestyle. The day concludes with the 400 medley relay.

ACC Men's Swimming & Diving Championships
Charlottesville, Va.
February 26, 2004

Agate:

Team Scores

1. Virginia	314
2. Florida State	204
3. Georgia Tech	157.50
4. North Carolina	155.50
5. Clemson	148
6. NC State	142
7. Maryland	114
8. Duke	71

Event 3 – 500 Freestyle

- 9) Steve Roof, 4:26.62 – NCAA "B" Cut
12) Thomas Bishop, 4:29.85
15) Alan Ribeiro, 4:31.84 – Season Best

Event 4 – 200 Individual Medley

- 8) Tal Stricker, 1:52.30
11) Wickus Nienaber, 1:51.46 – Career Best

Event 5 – 50 Freestyle

- 4) Joel Roycik, 20.35
Prelims: 20.32 – NCAA "B" Cut & Career Best
6) Michael Paulus, 20.47
9) Michael Averett, 20.42 – Career Best

Event 6 – 1 Meter Diving

- 6) Stuart de la Rosa, 282.55

Event 7 – 200 Freestyle Relay

- 2) Florida State, 1:20.39 – NCAA "B" Cut
(Averett, Vythoukas, Paulus, Roycik)



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

February 27, 2004

Contact: Michael Smoose (850) 644-4836

NIENABER AND ROYCIK BRING HOME TITLES ON DAY TWO OF MEN'S ACC CHAMPIONSHIPS

CHARLOTTESVILLE, Va. – Know for recruiting sprinters, the Florida State University men's swimming and diving team knew that it would have a shot at a few titles on the fastest day of the Atlantic Coast Conference Championships. Two Seminoles wore gold on Friday (February 27) as **Wickus Nienaber** and **Chris Vythoulkas** both captured championships.

As team, Florida State remains in second place with a total of 361 points. The host Virginia continues to lead at 558.50 points, while North Carolina is barking at the Seminoles' heels in third with 329.50 points.

"I like where we are at," Seminole head man **Neil Harper** said. "Second is great and the guys are giving us everything they got. We need to have some more Seminoles step up tomorrow to have a chance to hold onto second. It's going to have to be a team effort from the guys in the mile all the way up to the 400 free relay."

The triumph was particularly sweet for Nienaber (Manzini, Swaziland) following his uphill climb the entire season. During the fall, the senior contracted malaria during a trip home for the All-Africa Games. Nienaber missed several weeks of practice and didn't compete in a meet until January. Standing on top of the winner's stand Friday night, the comeback was complete.

"It's amazing to think that there was a time where he was in intensive care and you didn't know if he was going to make it," Harper said of Nienaber. "To finally come back and win an ACC Championship is phenomenal. It was a huge moral boost. It couldn't happen to a nicer guy. It was a great thing to see."

"I really think it kept him focused. He came in under the radar because he didn't have a taper meet in the fall. He had an emphatic showing this morning and put the exclamation point on it tonight."

Nienaber led a contingency of four Seminoles in the finals of the 100 breaststroke. He recorded a career-best and NCAA "B" cut of 54.18, ranking him third in school history. **Tal Stricker** (Ramat-Gan, Israel) hit the wall in fourth at 55.97, while freshman **Paul Erben** (Panama City, Fla.) place sixth with a 55.08. During the prelims, Erben posted an NCAA consideration time of 55.46, the fifth-best time in Seminole lore.

The only event that out did the breaststroke for points was the 100-yard butterfly. Topping a list of four Seminoles to score points was Roycik (Winter Park, Fla.) as he hit the wall with a career-best time of 47.53. The mark is the second fastest in school history and meets NCAA "B" cut standards.

"Joel has taken a huge step," Harper added. "He's not a rookie anymore and he's confident in what we're doing. We knew that he had the endurance after his swim on the 800 free relay and the plan was to take everybody out and see if they could hang. He executed it perfectly and no one was going to catch him."

Also posting an NCAA "B" mark and career-best was **Michael Averett** (Davie, Fla.) with his fifth-place swim of 48.55 to rank eighth in FSU history. Two spots back was **Chris Vythoulkas** (Nassau, Bahamas) as he touched in at 48.68 to finish seven. Rounding out the point scorers in the event was transfer **Stephan Connor** (Burr Ridge, Ill.) as he placed 15th with his 49.86.

Two other events saw multiple FSU swimmers rack up points. Vythoulkas hit the wall in 49.21 to place second in the 100 freestyle, followed by **Jared Heine** (Honolulu, Hawaii) in 15th at 51.15. Earlier in the day, Vythoulkas notched the third-best 100 back time with his career-best 49.00 in the prelims.

"What a double," Harper commented. "That's one of the toughest doubles in swimming. He came back 30 minutes later to lead off the 400 medley relay. He was an iron man today. He's coming into his own as well and making huge strides. If had swam either event fresh, he had a good chance to win one of them."

Florida State put three swimmers in the consolation final of the 200-yard freestyle. Junior **Alan Ribeiro** (Rio de Janeiro, Brazil) scored points for the second night in a row with his 13th-place swim of 1:40.20. Connor was back in the consoles with a time of 1:40.40 to take 14th. Rookie **Brett Irvin** (Boca Raton, Fla.) rounded out the scoring with a time of 1:40.40 to finish a spot back.

Ending the evening was a second place swim by the 400 medley relay team. The quartet of Vythoulkas, Averett, Nienaber and **Michael Paulus** (Somerset West South Africa) posted an NCAA "B" time of 3:15.88.

The four-day championship concludes Saturday at the UVA Aquatic and Fitness Center with the 200 distances in the stroke events, 100 & 1,650 freestyles, three-meter diving and 400 free relay.

ACC Men's Swimming & Diving Championships
Charlottesville, Va.
February 27, 2004

Agate:

Team Scores

1. Virginia	558.50
2. Florida State	361
3. North Carolina	329.50
4. Clemson	293
5. Georgia Tech	266.50
6. NC State	221.50
7. Maryland	178
8. Duke	109

Event 9 – 100 Butterfly

- 1) Joel Roycik, 47.53 – NCAA "B" Cut, Career-Best
- 5) Michael Averett, 48.55 – NCAA "B" Cut, Career-Best
- 7) Chris Vythoulkas, 48.68
- 15) Stephan Connor, 49.86
- 19) Matt Wheeler, 51.19 - Career-Best

Event 10 – 200 Freestyle

- 13) Alan Ribeiro, 1:40.20
- 14) Stephan Connor, 1:40.40
- 16) Brett Irvin, 1:41.48

Event 11 – 100 Breaststroke

- 1) Wickus Nienaber, 54.18 – NCAA "B" Cut, Career-Best
- 4) Tal Stricker, 55.97
- 6) Paul Erben, 56.08

Event 12 – 100 Backstroke

- 2) Chris Vythoulkas, 49.21
- 15) Jared Heine, 51.15
- 18) Justin Lawrence, 51.17

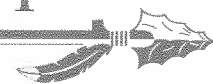
Event 7 – 200 Freestyle Relay

- 2) Florida State, 3:15.88 – NCAA "B" Cut
(Vythoulkas Averett, Nienaber, Paulus)



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

February 28, 2004

Contact: Michael Smoose (850) 644-4836

STRONG FINISH SECURES SECOND PLACE FOR FSU SWIMMING AND DIVING AT ACC CHAMPIONSHIPS

CHARLOTTESVILLE, Va. – Going into the Atlantic Coast Conference Men's Swimming and Diving Championships, Florida State University head coach **Neil Harper** knew that it would take a perfect meet to unseat defending champion Virginia. The hosts were too strong to overtake, but the Seminoles did collect their second runner-up prize on Saturday (February 28).

Virginia won its sixth championships in a row with a total of 848.5 points. Florida State held off a charge from North Carolina to take second with 537. The Tar Heels were 30 markers back at 507 points.

"The kids did great tonight," Harper said. "We moved up in every event and every time North Carolina stepped up, we answered. It was a great evening and nice way to end the meet. We won second place this morning by having a lot of guys in the finals and consoles because one you get in you can't lose those points."

Scoring the Seminoles highest finish for a second day in a row was senior **Wickus Nienaber** (Manzini, Swaziland). Following a victory in the 100 breaststroke on Friday, he came back on the last day to take second at the 200-yard distance with an NCAA "B" cut and season-best time of 1:59.01. Also making it to the finals was **Tal Stricker** (Ramat-Gan, Israel) with his season-best mark of 2:02.26, while **Paul Erben** (Panama City, Fla.) posted a career-best time of 2:04.02 to take 11th.

Just as it has been all meet, the sprint races produced Florida State's most points. Scoring an NCAA "B" cut and a third-place finish with his season-best time of 44.46 was sophomore **Joel Roycik** (Winter Park, Fla.). Touching in with his exact time from the prelims was **Michael Averett** (Davie, Fla.) as he chalked up a career-best 44.95 to place seventh. Also scoring a personal best was **Michael Paulus** (Somerset West, South Africa) as he finished a spot back at 45.19.

The evening session got underway with rookie **Thomas Bishop** (Houston, Texas) nearly setting the school record in the 1,650 free. He missed the mark by 0.17 as he finished seventh with a personal-best NCAA "B" cut of 15:24.79. Fellow freshman **Steve Roof** (Canton, Ohio) touched in at 12th with a time of 15:44.01. Roof came back later in the meet to take tenth in the 200 butterfly with a career-best time of 1:50.57.

The 200-yard backstroke saw three Seminoles score points in the top 16. Winning the consolation final was **Justin Lawrence** (Sloane Park, South Africa) as he finished ninth at 1:49.41. Touching the wall just two spots back was **Chris Vythoukas** (Nassau, Bahamas) with a 1:50.28. Getting the final point-scoring position was **Jared Heine** (Honolulu, Hawaii) with a time of 1:51.74.

"They've been the core of everything," Harper said of Nienaber, Roycik and Vythoukas. "They're our spark and they are invaluable. All three of them have worked hard, dedicated themselves and those three are the type of swimmers that FSU is all about. If you have talent and work hard, you can achieve great things."

Even though they didn't make it to the finals, Florida State's divers collected a good chunk of points for their effort in Friday's prelims. Leading the way in ninth place with a season-best 419.15 was **Curtis Schroeger** (Shawnee Mission, Kan.) at 4:19.15, while a 415.15 put **Stuart de la Rosa** (Erdenhiem, Pa.) a spot back.

Occupying the No. 12 position was **Derek Jones** (Jacksonville, Fla.) with a 399.70, to go along with a 396.10 from **Jason Bienlich** (Ridley) to end up one slot behind. Coming in 15th with a tally of 394.95 was **Peter Crane** (Fairport, N.Y.), while Mark Moss (Palm Harbor, Fla.) rounded out the scoring at 384.35.

Closing out the league meet was the 400 freestyle relay. The quartet of Vythoukas, Paulus, Averett and Roycik ended the four-day event with a season-best mark of 3:00.35.

Up next for Florida State is either a last chance meet to try to qualify for the NCAA Championships or the national summit itself, March 25-27 in Long Island, N.Y.

ACC Men's Swimming & Diving Championships
Charlottesville, Va.
February 28, 2004

Agate:

Team Scores

1. Virginia	848.5
2. Florida State	537
3. North Carolina	507
4. Clemson	436
5. Georgia Tech	392
6. NC State	334.5
7. Maryland	283
8. Duke	123=

Event 14 – 1,650 Freestyle

- 7) Thomas Bishop, 15:24.79 – NCAA "B" Cut, Career-Best
12) Steve Roof, 15:44.01
20) Alan Ribeiro, 16:17.69

Event 15 – 200 Backstroke

- 9) Just Lawrence, 1:49.41
11) Chris Vythoulkas, 1:50.28
16) Jared Heine, 1:51.74

Event 16 – 100 Freestyle

- 3) Joel Roycik, 44.46 – NCAA "B" Cut, Season-Best
7) Michael Averett, 44.49 – Career Best
8) Michael Paulus, 45.16 – Career Best
19) Brett Irvin, 46.27

Event 17 – 200 Breaststroke

- 2) Wickus Nienaber, 1:59.01 – NCAA "B" Cut, Season-Best
5) Tal Stricker, 2:02.26 – Season Best
11) Paul Erben – 2:04.02 – Career Best

Event 18 – 200 Butterfly

- 10) Steve Roof, 1:50.57 – Career-Best
17) Mark Nicholls, 1:52.08
19) Matt Wheeler, 1:52.87

Event 19 – Three-Meter Diving

- 9) Curtis Schroeger, 419.15 – Season Best
10) Stuart de la Rosa, 415.15
12) Derek Jones, 399.70
13) Jason Beinlich, 396.10
15) Peter Crane, 394.95
16) Mark Moss, 384.35

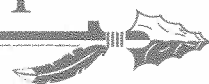
Event 20 – 400 Freestyle Relay

- 3) Florida State 3:00.35 – Season-Best
(Vythoulkas Paulus, Averett, Roycik)



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

March 9, 2004

Contact: Michael Smoose (850) 644-4836

SEMINOLE DIVERS MAKE THEIR BID FOR NCAA CHAMPIONSHIP AT ZONE QUALIFIER

TALLAHASSEE, Fla. – Swimming has a pretty cut and dry method for determining who qualifies for the NCAA Championships, you swim a fast enough time and you're in. For the divers, the process is a little bit different. The members of the Florida State University diving team will try to get their tickets punched for national summit this weekend when they compete at the NCAA Diving Zone "B" Qualifier.

Hosted by the University of Georgia on March 12-14, the Zone Qualifier brings together the top divers in the region and allows them to compete for the chance to advance to the NCAA Championships. The "B" Zone has 11 spots in both of the women's and men's meets with four spots for the one and three-meter boards and the remaining three going to the performer on the ten-meter platform.

"It's a tough zone," FSU diving coach **Patrick Jeffrey** said. "In order to advance you have to have one great day, not three good days, but if any one of them dives like they did at the ACC meet then they have a really good shot to win. You really don't know how it's going to shape up so you just have to dive your best and see how things work out."

Making up the FSU women's contingency will be juniors **Tiffany Manning** (Mission Viejo, Calif.) and **Courtney McClow** (Jacksonville, Fla.), along with freshmen **Brittany Lerew** (Orlando, Fla.), **Taryn Ignacio** (Richmond, Ky.) and **Camille Akridge** (Orlando, Fla.). On the men's side, **Jason Beinlich** (Ridley, Pa.), **Peter Crane** (Fairport, N.Y.), **Stuart de la Rosa** (Erdenhiem, Pa.) and **Curtis Schroeger** (Shawnee Mission, Kan.) will be representing the Garnet and Gold.

All nine of the competitors will take part in the one and three-meter boards, but less than half will compete on the platform. Only Manning, McClow, Ignacio on the women's side and Crane in the men's competition will perform during on the platform.

Few divers in the region are performing as well as Manning. Last month at the Atlantic Coast Conference Championships she swept both boards on her way to earning Diver of the Meet honors. The junior set a meet and pool record with her 312.45 on the one-meter board and added another pool mark with her 538.75 in the three-meter competition.

Manning is very familiar with the process of the Zone meet. The last two seasons she has earned her way to the NCAA Championships with strong performances at the Zones. Manning strength is the platform event where she is a two-time All-American.

"Tiffany has been diving really well for about a month now," Jeffrey added. "Her confidence is really high right now and having performed well in a big meet is definitely in her favor. With each meet now there is going to be more pressure for her to perform and it's good for her to have that confidence."

This is the third zone meet for McClow and Schroeger and the second for Crane, but all three are looking for their first trip to the NCAA Championships. While the three freshmen women and the two guys have national meet experience, they haven't been in the environment before where the rest of their teammates and friends are enjoying some time off.

"I think my main concern is that the season is very long," Jeffrey explained. "They picked it up for ACCs and now we're extending their training and its spring break so most of their friends are on the beach and toughest part is keeping their head in the game. That's where the experience comes in and those who can keep their head in the game are the ones that perform well."

Similar to swimming with an NCAA automatic qualifying time, once a diver secures one of the top spots in any event, they are guaranteed a spot in the other two as long as they compete in the event at the Zone meet. The women's NCAA Championships will be held March 18-20 at Texas A&M University, while the men's meet is March 25-27 on Long Island, N.Y.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

March 12, 2004

Contact: Michael Smoose (850) 644-4836

PAIR OF TOP TEN FINISHES HIGHLIGHTS FSU'S FIRST DAY AT NCAA DIVING ZONE QUALIFIER

ATHENS, Ga. – With its sights set on reaching the NCAA Championships, the Florida State University divers had a solid opening day at the NCAA Zone "B" Diving Qualifier. The Seminoles ended the first day of competition at the University of Georgia with a pair of female divers in the top ten.

Getting the Tribe started at the Gabrielsen Natatorium was the junior duo of **Tiffany Manning** (Mission Viejo, Calif.) and **Courtney McClow** (Jacksonville, Fla.) as they both placed in the top ten of the three-meter competition. Manning came close to the school record in the event as she posted a career-best 540.90 to take seventh. Only 0.45 behind was McClow as her personal-high 540.45 placed her ninth.

Notching a score of 509.70 was freshman **Brittany Lerew** (Orlando, Fla.) as she came in 14th. Rounding out the FSU representation on the three-meter board was fellow rookie **Camille Akridge** (Orlando, Fla.) as her 481.50 landed her in the 18th place.

On the men's side the Seminoles didn't fair as well on the one-meter board. Putting up Florida State's best performance was **Stuart de la Rosa** (Erdenhiem, Pa.) when he came in 29th with a total of 264.90. Three spots back was **Peter Crane** (Fairport, N.Y.) with his mark of 261.30. Capping the Florida State participants was **Jason Beinlich** (Ridley, Pa.) at 244.35 (33rd) and a 236.95 by **Curtis Schroeger** (Shawnee Mission, Kan.) as he took 37th.

The three day competition resumes on Saturday (March 16) with the women diving in the one-meter competition and the men taking on the three-meter. The top four divers from each board and the best three on the platform advance to the NCAA Championships.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

March 13, 2004

Contact: Michael Smoose (850) 644-4836

FSU DIVER TIFFANY MANNING QUALIFIES FOR NCAA MEET AT ZONE COMPETITION

ATHENS, Ga. - For the first two years of her career, all Florida State University women's diver **Tiffany Manning** knows is that the season isn't over until the NCAA Championships. That will be the case again this year as she advances to the national summit after her performance on the three-meter board on Saturday (March 13) at the NCAA Zone "B" Qualifier.

Even though Manning (Mission Viejo, Calif.) placed eighth in the three-meter competition with a finals score of 487.70, by virtue of the divers ahead of her already securing a spot, she has punched her ticket to next week's championships in College Station, Texas.

"My goal was to qualify on the springboard before the tower and now that I've done that I really want to put together a good lift tomorrow on the tower," Manning said. "I haven't had a tower meet in two months so I really want to be competitive. Even though I've already qualified, not all of the pressure is gone. There is still going to be some pressure because I want to do well."

Placing just three spots back of Manning in 11th place was a rookie **Brittany Lerew** (Orlando, Fla.) with her tally of 470.60. The third Seminole in the finals was junior **Courtney McClow** (Jacksonville, Fla.) as she notched a score of 455.30 to take 16th. Florida State put its third diver in the top 20 when rookie Taryn Ignacio (Richmond, Ky.) placed 19th with her 271.95 during the prelims.

"Courtney has a good shot of qualifying tomorrow," diving coach **Patrick Jeffrey** said. "She hasn't put together a full tower meet, but she is due. We've changed one of her dives and now she has a more solid lift. Taryn did a good pretty good job today and she has a chance to do well tomorrow. I know she can make it tomorrow is she dives well and I know she can do it."

On the men's side, the Seminoles had four divers compete on the one-meter board. Topping the list was **Curtis Schroeger** (Shawnee Mission, Kan.) in 28th (247.30), while **Stuart de la Rosa** (Erdenheim, Pa.) was one spot back at 246.95. Rounding out the top 30 was **Peter Crane** (Fairport, N.Y.) at 244.50 to go along with a 231.20 by **Jason Bienlich** (Ridley, Pa.) as he placed 35th.

The three-day competition concludes on Sunday with the women's and men's platform competition. Only Manning, McClow and Ignacio will be performing. The "B" Zone takes 11 divers with four automatic spots for the one and three-meter boards and three from the platform.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

March 24, 2004

Contact: Michael Smoose (850) 644-4836

NIENABER AND ROYCIK SET TO REPRESENT FSU AT NCAA SWIMMING & DIVING CHAMPIONSHIPS

EAST MEADOW, N.Y. – While they don't have as many representatives as the women, the Florida State University men's swimming and diving team will look to make its mark on the NCAA Championships this week. The Seminoles will have a pair of swimmers in the meet with **Wickus Nienaber** and **Joel Roycik** taking part in the three-day event that hits the water on Thursday.

Hosted by the Long Island Aquatic Club, the national summit will be held in the Nassau Aquatic Center, which was originally constructed to host the 1998 Goodwill Games. The venue hosted last year's women's NCAA Swimming and Diving Championships.

Florida State's highest seeded swimmer in the event is the senior Nienaber (Manzini, Swaziland) as he is rated 15th in the 100 breaststroke with a time of 54.18, the second fastest in school history. He won the event last month at the ACC Championships. Nienaber will also take part in the 200-meter distance after notching a second-place finish in the event.

Just being at the event could be considered a victory for Nienaber. Last October he returned home to take part in the All-Africa games. While there he contracted malaria and spent several days in the hospital. The virus kept him out of the pool for several weeks and he wasn't able to compete in a meet until January.

Each day of the championships Roycik (Winter Park, Fla.) will an opportunity to prove his talents against the best swimmers in the country. The sophomore will start on Thursday when he takes part in the 50 free with his seed time of 20.32. Day two may be his best shot at All-America honors as he is ranked 16th in the 100 fly. Roycik won the event at the league meet with a time of 47.53, ranking him second in school history. The final day will see him hit the water in the 100 freestyle.

Because 2004 is an Olympic year, the NCAA Championships will be held in short-course meters as oppose to short-course yards. The change is designed to help swimmers make qualifying standards for the Olympic trials.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

March 25, 2004

Contact: Michael Smoose (850) 644-4836

JOEL ROYCIK COMPETES IN 50 FREE ON DAY ONE OF NCAA SWIMMING & DIVING CHAMPIONSHIPS

EAST MEADOW, N.Y. – Part of your initial trip to a big meet is getting over that initial rush that hits you when you step onto the blocks in front of a huge crowd. For Florida State University men's swimmer **Joel Roycik**, that indoctrination came on Thursday (March 25) during the first day of the NCAA Championships.

The sophomore swam his first event at the national summit, taking part in the 50-meter freestyle. Roycik (Winter Park, Fla.) posted a time of 23.11 which converts to 20.71, his third fastest time of the season. Because 2004 is an Olympic year, the NCAA Championships are being held in short-course meters as oppose to short-course yards.

"It's his first swim at the NCAA Championships and he looked like he wanted it a little too much," FSU head coach **Neil Harper** said. "He wasn't very smooth, but it's nothing we can't fix.

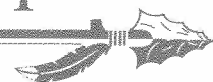
"He looked the same way he did during the first morning at the conference meet and he should be ready to go now that he has a swim under his belt. It's his first time at one of the fastest meets in the world and there can be some pressure, but he's got nothing to lose."

Thursday's swim was the first of three for Roycik. On Friday he will compete in the 100 butterfly, the event he won at the ACC Championships, followed by the 100 freestyle on Saturday. Joining him in Friday's competition will be senior **Wickus Nienaber** (Manzini, Swaziland) as he takes part in the 100 and 200-meter breaststroke.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

March 26, 2004

Contact: Michael Smoose (850) 644-4836

FSU WICKUS NIENABER SETS NATIONAL RECORDS WITH SWIM AT NCAA CHAMPIONSHIPS

EAST MEADOW, N.Y. – In his home country of Swaziland, **Wickus Nienaber** is virtually a one-man national team so every time he sets a personal-best time, it is a national record. That was the case on Friday (March 26) as the Florida State University swimmer took part in the 100-meter breaststroke at the NCAA Championships at the Nassau County Aquatics Center.

With just one swim, Nienaber (Manzini, Swaziland) set two national records. His 50-meter split of 28.66 and his overall time of 1:01.00 are both personal-bests and, hence, new Swaziland marks. His time was good enough to place him 18th in the country. Because 2004 is an Olympic year, the NCAA Championships are being held in short-course meters as oppose to short-course yards. In yards, the time converts to 54.66.

"Wickus gave himself every opportunity and he had a great swim," FSU head coach **Neil Harper** said. "You can't control what everyone else does and a couple guys just passed him by, but he's excited about the 200 meter tomorrow."

"I was excited about the race," Nienaber admitted. "When I was warming up I was feeling good and I was comfortable in the water so I knew I would have a positive swim. I stayed focused on the race and I'm happy with the way the swim came together."

The morning swim was the second day of competition for **Joel Roycik** (Winter Park, Fla.) as he took part in the 100-meter butterfly. The ACC Champion in the event, the sophomore touched in with a time of 54.75 to take 34th. The time converts to 48.98.

"Joel swam okay," Harper added. "He had three turns to execute and was a little off on all of them. Once one goes bad you try to scramble to catch up and you don't quite get back into the race. The 100 free tomorrow will be a better race for him."

There is one more day of competition left at the national summit with the 200-meter distances of the stroke events as well as the 100 free, 1,500 and 400-meter free relay.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

March 27, 2004

Contact: Michael Smoose (850) 644-4836

FSU MEN'S SWIMMING AND DIVING ENDS SEASON AT NCAA CHAMPIONSHIPS

EAST MEADOW, N.J. - One is a senior who battled the odds to get there. The other is a sophomore who is taking it all in for the first time. While their stories might be different, Florida State University men's swimmers **Wickus Nienaber** and **Joel Roycik** will always remember 2004 NCAA Championships.

The Seminole duo took their last laps of the 2003-04 season on final day of the national summit. Nienaber (Manzini, Swaziland) notched a time of 2:15.91, which converts to 2:01.28, to take 29th in the 200-meter breaststroke. For the sophomore Roycik (Winter Park, Fla.), he last swim of the campaign was a 50.75 (45.47) as he came in 49th in the 100-meter freestyle.

Because it is an Olympic year, the NCAA Championships are being held in short-course meters as opposed to short-course meters.

"Very few swimmers do very well in their first NCAA Championships," FSU deck boss Neil Harper said. "Joel has never had to taper three times in one year so hopefully he has learned from this experience and can use it to his advantage next year."

Just being at the event could be considered a victory for Nienaber. Last October he returned home to take part in the All-Africa games. While there he contracted malaria and spent several days in the hospital. The virus kept him out of the pool for several weeks and he wasn't able to compete in a meet until January.

"Before I was ill I was feeling pretty rough in the water, but afterwards all I wanted to do was get back into the pool and enjoy it," Nienaber said. "After I had malaria, all I wanted to do was get back for the ACC meet, but then I qualified for the NCAA meet and that just tops everything off. I'm trying to enjoy the whole experience."

Even though the collegiate season is over, several Seminoles are still in the pool. Nienaber is just one of the many FSU swimmers and divers who will try to qualify for the Summer Olympic Games in Athens, Greece.



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

April 28, 2004

Contact: Michael Smoose (850) 644-4836

DUTTON, ROYCIK, MANNING AND De La ROSA EARN FSU SWIMMING & DIVING MVP HONORS

TALLAHASSEE, Fla. – With all the success that Florida State University swimming and diving had in 2003-04, choosing just a select few was a tough task for Seminole deck boss **Neil Harper** and his staff. When it came right down to it, four student athletes stood out above the rest as most valuable.

Capping off one of the best seasons in school history, **Emma Dutton** (Bradford, England) took home women's Most Valuable Swimmer honors, while **Joel Roycik's** (Winter Park, Fla.) consistency all-year earned him the men's award. One of five talented divers, **Tiffany Manning** (Mission Viejo, Calif.) was the best of the best and was named women's Most Valuable Diver along with **Stuart de la Rosa** (Erdenhiem, Pa.) on the men's side.

To find a swimmer with a better season than Dutton, one might have to go back to the 1980's when multiple All-Americans were the norm. The senior was the first swimmer since Kathy Isackson in 1988 to collect two All-America honors as she finished eighth in the 100 and 200 breaststroke at the NCAA Championships.

A month earlier, Dutton was just the third women's swimmer in league history to win seven league championships—three individual and four relays—as she was named ACC Swimmer of the Meet. She claimed her second award from the conference when she was selected ACC Swimmer of the Year, a first for a Florida State women's swimmer.

While several men's swimmers could have been selected, from beginning to end Roycik had the best season of any Seminole. He capped off a breakthrough campaign by winning the 100 butterfly at the ACC Championships. The sophomore made his first trip the NCAA meet where he competed in the 50 and 100 freestyle as well as the 100 fly.

"We had so many people who were valuable this year, but these two just stood out a little bit more than everyone else," Harper said. "Joel was great the entire year and it culminated with him winning the 100 fly at the conference championships when no one thought he could do it. He was the go-to man all year.

"If she's the ACC Swimmer of the Year, then she better been the FSU Swimmer of the Year. Emma had a phenomenal year and this reiterates how much we appreciate everything that she has done for us. She has set this program up for years to come."

Perhaps the only equal to Dutton in the ACC was her own teammate. Manning dominated both the one-meter and three-meter boards at the conference meet, earning her ACC Diver of the Meet honors, before going on to win the platform event at the NCAA Zone "B" Championships.

Her signature event the last three seasons, Manning took another step towards becoming one of the best platform divers in the country as she placed fifth at the NCAA Championships. Showing that she is becoming one of the top all-around divers in the nation, the junior added Honorable Mention All-America accolades by taking ninth on the three-meter board and tenth in the one-meter competition.

The departure of All-American **Louis Gagnet** left the top spot wide open on the men's team. Throughout the year, the diver that was most consistent was de la Rosa. The sophomore posted FSU's best finish at the ACC meet as he took sixth in the one-meter competition. He added a tenth-place finish during the three-meter board.

"Tiffany and Stuart were selected because they scored the most points had our highest finishes at the ACC meet, Zone competition and national championships," diving coach **Patrick Jeffrey** said. "Stuart is one of the easiest divers I've ever had to coach; I never have to worry about him. Tiffany was an obvious choice. She's an All-American in three events, so there's no question that she was most valuable."

Along with Most Valuable honors, Dutton shared the women's Most Improved Swimmer award with fellow All-American **Emily Breen** (Savannah, Ga.). On the men's side, the award went to freshman **Paul Erben** (Panama City, Fla.) for the huge strides he made during the conference championships.

"For a lower swimmer it's easier to improve, but when you're on top it's harder and Emma and Emily really made a big jump this year in so many events," Harper added. "With Paul it's a rags to riches story. No one knew him coming out of Panama City. Coming out of high school his fastest time in the 100 breaststroke was a 58 and to drop three seconds this year is unheard of at this level."

Just like Dutton, Manning made her jump to the elite level among the nation's best she was selected for the diver's Most Improved award. Taking the honors on the men's side was freshman **Derek Jones** (Jacksonville, Fla.) and sophomore **Jason Beinlich** (Ridley) for the improvement they should over the course of the year.

MORE

"Tiffany really came a long way this year," Jeffrey added. "Last season she was in the 20's on both springboards and this year she moved up 10-15 spots at the national level. Derek walked on this year and didn't have much of a three-meter lift and by the end of the year he was scoring at the ACC meet. That's a huge learning curve. Jason went through a lot of adjustments outside the pool and took advantage of everything that was made available to him. He came back to score at the ACC meet after not scoring at all last year."

As someone who shows their enjoyment for swimming and diving on their sleeve and the first to congratulate a teammate, junior **Courtney McCLOW** (Jacksonville, Fla.) and rookie **Alex Kennon** (Eagle Lake, Fla.) earned the Coaches Award. No one brought more enthusiasm to the pool day in and day out than freshman All-American **Lauren Brick** (Culpeper, Va.) and her love for Florida State was noted with the Spirit Award.

"Every time you look at Alex, whether it's at 6 a.m. or 5 p.m., he is just excited to be there," Harper noted. "He gave it all whether it was in the weight room, on the track or in the pool. This is someone we wish everyone else on the team was a little more like."

"Courtney is the kind of kid that you cannot have enough of on your team," Jeffrey noted. "She shows up every single day with a smile on her face. She does exactly what we ask her to do and she's always in the right state of mind everyday. She's just a gem."

Perseverance over injury and illness earned the Warrior Award for **Camille Akridge** (Orlando, Fla.) **Rachel Dong** (Paramount, Calif.) **Kayce Zemina** (Plantation, Fla.) and **Wickus Nienaber** (Manzini, Swaziland). Dong and Zemina both overcame ACL injuries, while Akridge battled both a shoulder surgery and a stress fracture. Malaria put Nienaber in the intensive care unit of the hospital, but four months later he was onto of the podium at the ACC Championships.

"These kids were a pillar of strength for our team," Harper noted. "After going through a lot of adversity they really led by example. All three of the girls battled back from tough injuries and we weren't sure if Wickus was going to swim again, but the way all four of them came back was a huge inspiration."

The 2003-04 season was the best during Harper's five-year tenure in Tallahassee. For the third-straight season, the women's team posted at least ten wins and the men amassed nine. The women's 15 dual meet triumphs are a school and conference record, while placing the Seminoles 17th in the CSCAA dual meet poll.

2003-04 Florida State Swimming & Diving Awards

Team Awards

Most Valuable Swimmer: Emma Dutton (Women), Joel Roycik (Men)

Most Valuable Diver: Tiffany Manning (Women), Stuart de la Rosa (Men)

Most Improved Swimmer: Emily Breen & Emma Dutton (Women), Paul Erben (Men)

Most Improved Diver: Tiffany Manning (Women), Derek Jones & Jason Beinlich (Men)

Coaches Award: Courtney McCLOW (Women), Alex Kennon (Men)

Captains Award: Rachel Dong, Matt Wheeler, Tiffany Manning

Warrior Award: Camille Akridge, Rachel Dong & Kayce Zemina, Wickus Nienaber

Spirit Award: Lauren Brick

National Awards

All-American:

Emma Dutton (100 & 200 Breaststroke)

Tiffany Manning (Platform Diving)

Honorable Mention:

Tiffany Manning (One & Three-Meter Diving)

Taryn Ignacio (Platform Diving)

200 Medley Relay (Emily Breen, Lauren Brick, Rachel Dong, Emma Dutton)

400 Medley Relay (Emily Breen, Lauren Brick, Lisa How, Emma Dutton)

200 Freestyle Relay (Emily Breen, Lisa How, Rachel Dong, Emma Dutton)

400 Freestyle Relay (Emily Breen, Lisa How, Rachel Dong, Emma Dutton)

ACC Awards

ACC Women's Coach of the Year: Neil Harper

ACC Swimmer of the Year: Emma Dutton

ACC Swimmer of the Meet: Emma Dutton

ACC Diver of the Meet: Tiffany Manning

All-ACC (Women): Emily Breen, Lauren Brick, Rachel Dong, Emma Dutton, Lisa How, Taryn Ignacio, Brittany Lerew, Andree-Anne LeRoy, Tiffany Manning, Courtney McCLOW

All-ACC (Men): Michael Averett, Wickus Nienaber, Michael Paulus, Joel Roycik, Chris Vythoulkas