

The College of **Saint Rose**



2009-10 Swimming & Diving Prospectus

Quick Facts

General

City/Zip: Albany, NY 12203
Founded: 1920
Enrollment: 5,000
Nickname: Golden Knights
School Colors: Gold, Black & White
Home Field: The Albany Academies
Capacity: 200
Affiliation: NCAA Division II
Conference: Northeast-10
President: Dr. R. Mark Sullivan
Alma Mater, Year: Rhode Island, 1970
Athletics Director: Catherine Cummings Haker
Alma Mater, Year: Hartwick, 1976
Senior Associate Athletics Director: Brian Gordon
Alma Mater, Year: Rider, 1979
Associate Athletics Director: Brian Beaury
Alma Mater, Year: Saint Rose, 1982
Senior Woman Administrator: Karen Haag
Alma Mater, Year: Oneonta State, 1984
Athletics Business Manager: Glenna Magee
Alma Mater, Year: Saint Rose, 2006
Facilities & Programming Director: Scot Obergefell
Alma Mater, Year: Springfield, 2004
Aquatics Director: Keith Murray
Alma Mater, Year: Hartwick, 1996
Faculty Athletics Representative: Gretchen Guenther
Alma Mater, Year: Saint Rose, 1999
Asst. for Athletics Administration: Mike Perno
Alma Mater, Year: Saint Rose, 2000
Asst. for Athletic Administration: John Ardizone
Alma Mater, Year: Siena, 1990
Equipment Manager: Kim Bellizzi
Athletics Administrator for Compliance: Diane Matthews
Alma Mater, Year: Albany, 2004
Office Manager: Barbara Wyllie
Athletics Department Phone: (518) 454-5158
Website: www.gogoldenknights.com

History

First Year of Swimming: Women (1980-81)
..... Men (1989-90)

Sports Information

Assistant Athletics Director/SID: David Alexander
Alma Mater, Year: Rhode Island, 1986
SID Office Phone: (518) 458-5491
Home Phone: (518) 373-8219
Cell Phone: (518) 369-1975
E-mail: alexandd@strose.edu
Assistant SID: Joshua Jennings
Alma Mater, Year: Hartwick, 2004
Asst. SID Office Phone: (518) 458-5496
E-mail: jenningsj@strose.edu
SID Fax: (518) 458-5457
Hotline: (518) 485-3997
Website: www.strose.edu/goldenknights
SID Mailing Address:
..... 432 Western Avenue
..... Albany, NY 12203

Coaching Staff

Head Coach: Keith Murray
Alma Mater, Year: Hartwick, 1996
Swimming Office Phone: (518) 458-5405
E-mail: murrayk@strose.edu
Best time/day to reach coach: M-F, Early Morning
Assistant: Ashley Serrago
Alma Mater, Year: Siena, 2007
Head Trainer: Karen Fischer, ATC
Alma Mater, Year: Hope (MI), 2002
Assistant Trainer: Jessup Pierce, ATC
Alma Mater, Year: Cedarville (OH), 2003

Team Information

Overall dual record last year: Women 4-3, Men 4-3
NE-10 Championship finish:
..... Women 3rd/7 Teams
..... Men 4th/6 Teams
Metropolitan Conference Championship finish:
..... Women 5th/20 Teams
..... Men 5th/17 Teams
Letterwinners returning/lost: Women 14/7, Men 7/5
Newcomers: Women 7, Men 8
Captains: Women: Rosalie Palmer & Alicia Robinson
..... Men: Joseph DiMilia

Keith Murray, Head Coach

Keith Murray is entering his eighth season at the helm of The College of Saint Rose men's and women's swimming and diving programs. Murray is the only coach in school history to produce a national champion as diver Brandon Birchak captured the one and three-meter events at the 2007 NCAA Division II Championship Meet.

Last season, Murray sent Ryan Brauer ('12) and Vadim Yafayev ('12) to the 2009 NCAA Division II Championship Meet where they produced a combined four All-America performances. Additionally, Brauer was named the Northeast-10 Conference Freshman of the Year in April.



Murray also led the women's team to a fifth place overall showing among 20 competing institutions at the Metropolitan Conference Championships, the team's best finish ever at the event. Both the men's and women's clubs established a staggering 31 school records throughout the three-day meet in 2009.

Murray garnered 2007 NE-10 Coach of the Year plaudits from his peers after guiding the men's club to its best dual meet record in school history at 9-1. The squad

finished second at the NE-10 Championships and tied its best finish ever at the Metropolitan Championships with a fifth place overall showing. He also led the women's team to a sixth place overall performance among 20 competing institutions. In the NCAA II portion of the meet, the Saint Rose men's squad took the team title while the women's team finished third.

During the 2005-06 season, Murray guided then senior Matt Kavanagh to the NCAA Championship meet for the third straight season, as he earned All-American honors in the 50, 100 and 200-yard freestyles. Kavanagh is the only swimmer in the 13-year history of the program to qualify for three straight NCAA meets. In 2004, Kavanagh became the first swimmer ever at Saint Rose to qualify for the NCAA Championships.

Murray's impending impact upon the program was foreshadowed in his first season when he led the 2002-03 men's squad to its best ever mark with a 7-3 dual meet record.

Murray's knowledge goes well beyond competitive swimming. He has acquired a wealth of aquatics experience through his work with various competitive and recreational entities. Murray is a member of the USA Swimming Coaches Association and also serves as the Aquatics Coordinator at the College. He has completed numerous professional development courses and holds several certifications related to aquatic and recreational activities.

A 1996 graduate of Hartwick College where he earned a bachelor's degree in psychology, Murray served as a part time assistant coach at Saint Rose from 2000-2002 while working full time as the Director of Recreation for the LaSalle School for Boys. Murray has also



coached at Union College, Hartwick College and at the Guilderland YMCA.

Murray was a team captain for the men's swimming team and was also President of the men's water polo club during his undergraduate career at Hartwick.

Murray and his wife, Andi, reside in Wynantskill with their two children, Cooper and Jackson

2009-10 Roster

STUDENT-ATHLETE	HT	YR	EVENT	HOMETOWN/HIGH SCHOOL	MAJOR
<i>Men</i>					
BRAUER, Ryan	5-11	SO	IM/Fly	Clifton Park, NY/Shenendehowa	Business Administration
BUTLER, Ryan	5-6	FR	Diving	Manchester, CT/Manchester	Childhood/Special Education
CROWLEY, Sean	6-0	FR	Back	Scituate, MA/Scituate	Communications
DiMILIA, Joseph	6-0	SR	IM/Breast	Beacon, NY/Beacon	Childhood/Special Education
GRAZIANO, Matt	5-8	FR	Free	Staten Island, NY/St. Peters Boys	Exploratory
HEALY, Christopher	6-0	FR	Free/Fly	Walworth, NY/Gananda	Accounting
HODGKISS, Sean	5-8	SO	Breast/Fly	New Paltz, NY/New Paltz	Math 7-12 Education
KROK, Joseph	5-8	FR	Free	Dalton, MA/Wahconah Regional	Business Administration
KRUGER, Jonathan	6-2	JR	Free	Seymour, CT/Notre Dame W. Haven	Sociology
MASSA, Nick	5-8	FR	Free/Fly	Wantagh, NY/Wantagh	CIS
MICHA, Matt	5-10	JR	Fly	Johnson City, NY/Johnson City	Business Administration
MILICI, Daniel	5-9	FR	Free	New Paltz, NY/New Paltz	Music Education
SHAVER, Bryan	6-0	SO	Back/Free	Burnt Hills, NY/Burnt Hills-Ballston Lake	Biochemistry
VOGELSANG, Michael	6-0	FR	Fly	Mexico, NY/Mexico	Biology
YAFAYEV, Vadim	6-0	SO	Breast/IM	Albany, NY/Guilderland	Social Studies 7-12 Education

STUDENT-ATHLETE	HT	YR	EVENT	HOMETOWN/HIGH SCHOOL	MAJOR
<i>Women</i>					
AFFRONTI, Hayley	5-4	SO	Free (a)	New Paltz, NY/New Paltz	Biochemistry
ALMEIDA, Mary Kate	5-3	JR	Breast	Haddam, CT/Haddam-Killingworth	Childhood Education
BRAUER, Caitlin	5-9	FR	Free/IM	Clifton Park, NY/Shenendehowa	Exploratory
CUNNINGHAM, Amanda	5-9	JR	Breast (b)	Wantagh, NY/Wantagh	Communications
DeANGELO, Cara	6-0	SO	Free/Back	Binghamton, NY/Chenango Valley	Biology
DERICO, Angela	5-3	SO	Free/Breast	Latham, NY/Shaker	Social Studies 7-12 Education
LAMPARELLI, Amy	5-7	JR	Fly/IM/Brst	Scotia, NY/Burnt Hills-Ballston Lake	Childhood/Special Education
LOCKWOOD, Christine	5-3	JR	IM/Breast	Binghamton, NY/Chenango Valley	Criminal Justice
LUDEKE, Erin	5-7	FR	Back	Burnt Hills, NY/Burnt Hills-Ball. Lke	Art Education
McGLONE, Lauren	5-4	FR	Diving	Albany, NY/Albany	Psychology
NUSZER, Devin	5-3	SO	Free/Fly	Belle Harbor, NY/Mary Louis Acad.	Communication Sciences & Disorders
PAKSTAS-SMITH, Regina	5-5	SO	Fly/Back	Purdys, NY/Lady of Good Counsel	Psychology
PALMER, Rosalie	5-7	SR	Back	Dallas, TX/Lake Highlands	Business Administration
PETERSON, Caitlin	5-9	SO	Free/Back	Sherrill, NY/Vernon-Verona-Sherrill	Childhood Education
PURPURA, Santina	5-1	SR	Free	Croghan, NY/Beaver River	Early Childhood/Special Education
ROBINSON, Alicia	5-2	JR	Free/Fly	Albany, NY/Albany	Early Childhood/Special Education
SANICOLA, Kerrienne	5-7	JR	Diving	Mahopac, NY/Mahopac	Chemistry
SCHLEGEL, Christina	5-9	FR	Free	Syracuse, NY/West Genesee	Childhood Education
SCHUYLER, Stephanie	5-8	SO	Back/Free	Montgomery, NY/Valley Central	Communications
STANMYER, Hilary	5-5	SO	Breast/Fly	New Paltz, NY/New Paltz	Mathematics Education
VERDOLIVA, Rachel	5-4	SO	Back/Free	Mexico, NY/Mexico	Biochemistry
WOODCOCK, Naomi	5-8	FR	Free/Breast	Brockton, MA/Brockton	Biology

Head Coach: Keith Murray (Eighth Year/Hartwick '96)

Assistant: Ashley Serrago (First Year/Siena '07)

Captain (men): Joseph DiMilia

Captains (women): Rosalie Palmer & Alicia Robinson

(a) Transfer from Iona (New Rochelle, NY)

(b) Transfer from SUNY New Paltz (New Paltz, NY)

2009-10 Schedule

October

Saturday 17 at Hartwick Relays Oneonta, NY 9:00 am
Sunday 31 SOUTHERN CONNECTICUT STATE Albany, NY 1:00 pm

November

Saturday 7 at Utica Utica, NY 1:00 pm
Saturday 21 LE MOYNE Albany, NY 1:00 pm

December

Saturday-Sunday 5-6 Bentley Invitational Waltham, MA 5:00 pm/9:00 am

January

Wednesday 13 at Queens Flushing, NY 4:00 pm
Saturday 16 SAINT MICHAEL'S Albany, NY 1:00 pm
Sunday 17 at Bentley Waltham, MA 1:00 pm
Saturday 23 at Adelphi Garden City, NY 1:00 pm
Sunday 24 SKIDMORE Albany, NY 1:00 pm

February

Friday-Sunday 5-7 a-NORTHEAST-10 CHAMPIONSHIPS New Haven, CT TBA
Friday-Sunday 19-21 b-Metropolitan Championships Piscataway, NJ TBA

Home Meets in CAPS (at Albany Academy)

a-hosted by Southern Connecticut State

b-hosted by Rutgers

2009-10 Season Preview

Men's Introduction

The College of Saint Rose men's swimming and diving program is in somewhat of a rebuilding mode despite the fact that two returnees qualified for last year's NCAA Championships as freshmen. The latter designation is what stands out as those two leaders are still only sophomores on a squad that is comprised of just one senior and a pair of juniors among its 15 student-athletes.

The Golden Knights finished fourth at last year's Northeast-10 Conference Championships and were fifth at the season-ending Metropolitan Conference Championships. This year's team has a talented nucleus and thus a repeat of those accomplishments provides a reasonable goal. The lone question is whether there is enough depth to surpass last year's feats.



Sophomore Ryan Brauer had an All-American performance with an eighth place finish in the 200-yard breaststroke at the 2009 NCAA Championships.

Despite its youth, it is an experienced group with seven returning letterwinners. There are some key losses, especially in the freestyle events, although there should be enough overall talent for Saint Rose to leave its mark during the championship portion of its schedule throughout February and March.

Men's Returnees (7)

Seven veterans are listed on this year's squad including a quartet of sophomores in **Ryan Brauer** (Clifton Park, NY/Shenendehowa), **Vadim Yafayev** (Albany, NY/Guilderland), **Bryan Shaver** (Burnt Hills, NY/Burnt Hills-Ballston Lake) and **Sean Hodgkiss** (New Paltz, NY/New Paltz). Also back in the fold are juniors **Matt Micha** (Johnson City, NY/Johnson City) and **Jonathan Kruger** (Seymour, CT/Notre Dame West Haven), along with senior **Joseph DiMilia** (Beacon, NY/Beacon).

Brauer and Yafayev both had stellar rookie campaigns. Brauer put together an All-American performance with an eighth place finish in the 200-yard breaststroke at the 2009 NCAA Championships and also earned honorable mention All-American accolades in both the 400 individual medley and 1000 freestyle at that meet. He was furthermore named the NE-10 Male Freshman of the Year and registered 26 first place performances that came in 12 different events throughout the year. The owner of five individual school records, Brauer will once again swim nearly every event except perhaps the sprint freestyles.

Yafayev joined Brauer at the NCAA Championships where he earned honorable mention All-American honors in the 400 IM. Yafayev finished 13th among 33 qualifiers with a time of 4:00.16. He furthermore swam 10 different events throughout the year and established a school record in the 200 IM with a time of 1:54.65.

Shaver should also figure prominently in the team's fortunes after recording 12 first place finishes and swimming a 2:01.75 to take third in the 200 back at the NE-10 Championships. Finally, Hodgkiss should provide some points in the breaststroke.

Micha is being counted upon to once again have a major impact after swimming eight different events and posting 15, top-three finishes throughout last season. Kruger has improved significantly throughout his two previous years at Saint Rose and thus has the potential to come into his own this season. He swam five various events as a sophomore in 2008-09 and took ninth in the 500 free with a season-best time of 23:18 at the conference championships. Meanwhile, DiMilia competed in nine events a year ago and should once again generate some points and participate in several relays.

Men's Newcomers (8)

Freshmen **Michael Vogelsang** (Mexico, NY/Mexico) and **Joseph Krok** (Dalton, MA/Wahconah Regional) are expected to have the biggest impact at this early juncture. Vogelsang set two individual school records and was part of two relay standards at Mexico, while Krok advanced to the state meet in each of his four years at Wahconah Regional. The latter should have a lasting impact in several freestyle events, while Vogelsang is being counted upon for points in the butterfly.

The rest of the rookie class is comprised of **Ryan Butler** (Manchester, CT/Manchester), **Sean Crowley** (Scituate, MA/Scituate), **Matt Graziano** (Staten Island, NY/St. Peters Boys), **Christopher Healy** (Walworth, NY/Gananda), **Nick Massa** (Wantagh, NY/Wantagh) and **Daniel Milici** (New Paltz, NY/New Paltz).

2009-10 Season Preview

Butler is the squad's lone diver, Crowley should help out in the backstroke, Graziano will be penciled for the sprint freestyles and Healy should contribute in the butterfly events. Meanwhile, Massa and Milici should provide depth at various freestyle distances.

Women's Introduction

As opposed to the men squad that lost five of its 12 members from a year ago, the women's team still has 14 of its 21 letterwinners in place from 2008-09 when the Golden Knights took third place at the NE-10 Championships and were fifth among 20 squads at the Metro Championships.

Women's Returnees (14)

Seven veterans who own 12 individual school records and are part of all five relay standards illustrate the team's vast array of talent. To boot, there is only senior in **Rosalie Palmer** (Dallas, TX/Lake Highlands) among the entire group. Three juniors in **Alicia Robinson** (Albany, NY/Albany), **Amy Lamparelli** (Scotia, NY/Burnt Hills-Ballston Lake) and **Christine Lockwood** (Binghamton, NY/Chenango Valley); along with sophomores **Caitlin Peterson** (Sherrill, NY/Verona-Verona-Sherrill), **Hilary Stanmyer** (New Paltz, NY/New Paltz) and **Stephanie Schuyler** (Montgomery, NY/Valley Central) complete the list.

As a sophomore, Palmer swam a school record 200 back time of 2:11.75 that still stands. Peterson is the school record holder in the 200 (1:59.10), 500 (5:13.39) and 1000 (10:49.82) freestyles. Lamparelli and Lockwood also own three records apiece. Lockwood's marks have come in the 200 breaststroke (2:29.77), the 400 IM (4:46.13) and the 1650 free (18:45.08); while Lamparelli's name is written alongside the 100 (59.75) and 200 butterflies (2:10.33), and the 200 IM (2:14.22) on the school's record board.

Schuyler set a 100 back mark (1:00.39) at last year's Metro Championships and Stanmyer broke the school record in the 100 breaststroke (1:09.50) at the NE-10 Championships. Furthermore, Robinson is part of four record setting relay quartets as is Peterson.

The remainder of the veteran contingent is made up of five sophomores, a pair of juniors and a senior. **Cara DeAngelo** (Binghamton, NY/Chenango Valley), **Angela Derico** (Latham, NY/Shaker), **Devin Nuszer** (Beller Harbor, NY/The Mary Louis Academy), **Regina Pakstas-Smith** (Purdys, NY/Our Lady of Good Counsel), and **Rachel Verdoliva** (Mexico, NY/Mexico) comprise the sophomore quintet. They are joined by juniors **Mary Kate Almeida** (Haddam, CT/Haddam-Killingworth) and **Kerrienne Sanicola** (Mahopac, NY/Mahopac), along with senior **Santina Purpura** (Croghan, NY/Beaver River).

Women's Newcomers (7)

A junior transfer and three freshmen are expected to make an immediate impact and provide greater depth to this year's team.

Junior **Amanda Cunningham** (Wantagh, NY/Wantagh), a transfer from SUNY New Paltz, was a three-time All-County performer at Wantagh who will provide flexibility in the lineup. **Caitlin Brauer** (Clifton Park, NY/Shenendehowa), the younger sister of Ryan from the men's team, set a school record in the 500 freestyle at Shenendehowa and has swum at the high school national level. **Erin Ludeke** (Burnt Hills-Ballston Lake) is expected to help provide points in the 50 to 200 freestyle distances and both the 100 and 200 backstroke, while **Naomi Woodcock** (Brockton, MA/Brockton) should do the same in the breaststroke and sprint freestyles.

Sophomore **Hayley Affronti** (New Paltz, NY/New Paltz), a transfer from Iona, and freshmen **Lauren McGlone** (Albany, NY/Albany) and **Christina Schlegel** (Syracuse, NY/West Genesee) afford the team some quality depth.

Schedule

The lengthy path to the Metro Championships in February begins on Saturday, October 17 when the Golden Knights compete at the Hartwick Relays in Oneonta, NY. The dual meet portion of the schedule commences on Saturday, October 31 when NE-10 rival Southern Connecticut State visits. Seven additional dual meets and an invitational lead into the NE-10 Championships that have been moved from the fall to the spring semester this season. Southern Connecticut State will host the three day event throughout the first weekend in February. Two weeks later, Saint Rose is off to the Metro Championships at Rutgers University. The NCAA Championships are subsequently slated to run from March 10-13 in Canton, OH.

Summation

The forecast is once again bright for the 2009-10 Saint Rose men's and women's swimming and diving teams. Both squads have proven ability back in the fold as 21 student-athletes on a 37-person roster return to clubs that established new standards for the program a year ago. Yafayev and Ryan Brauer have the realistic potential to once again qualify for nationals as do several of their teammates on both the men's and women's sides.

SAINT ROSE MEN'S SWIMMING SCHOOL RECORDS

1-Meter Diving	Brandon Birchak	544.75 points	12/9/06	Le Moyne
3-Meter Diving	Brandon Birchak	621.10 points	2/18/07	Session III Finals, Metros (Rutgers)
50 Freestyle	Matt Kavanagh	20.47	3/8/06	NCAA Championships (IUPUI)
100 Freestyle	Matt Kavanagh	44.63^	2/19/06	Session III Finals, Metros (Rutgers)
200 Freestyle	Matt Kavanagh	1:39.22^	2/18/06	Session II Finals, Metros (Rutgers)
500 Freestyle	Ryan Brauer	4:38.84	2/20/09	Metro Championships (Rutgers)
1000 Freestyle	Ryan Brauer	9:24.53&	3/13/09	NCAA Championships (Houston)
1650 Freestyle	Marc Weeks	16:48.05	2/23/96	Rensselaer
100 Butterfly	Joe Raniere	51.86*	2/22/03	Session II Finals, Metros (Rutgers)
200 Butterfly	Ryan Brauer	1:54.39*	2/20/09	Metro Championships (Rutgers)
100 Backstroke	Matt Kavanagh	53.51	2/18/05	First leg, 400 Medley Relay, Metros (Rutgers)
200 Backstroke	Sean Molloy	1:56.77	2/18/07	Session III Finals, Metros (Rutgers)
100 Breaststroke	Matt Kavanagh	58.83*	2/21/04	Session VI Finals, Metros (Rutgers)
200 Breaststroke	Ryan Brauer	2:04.69&	3/13/09	NCAA Championships (Houston)
200 IM	Vadim Yafayev	1:54.65*	2/21/09	Metro Championships (Rutgers)
400 IM	Ryan Brauer	3:59.02&	3/12/09	NCAA Championships (Houston)
200 Freestyle Relay	Sean Ahern	1:25.82	2/17/06	Session I Finals, Metros (Rutgers)
	John Senkewich			
	Doug Terry			
	Matt Kavanagh			
400 Freestyle Relay	Sean Ahern	3:09.97	2/19/06	Session III Finals, Metros (Rutgers)
	John Senkewich			
	Sean Molloy			
	Matt Kavanagh			
800 Freestyle Relay	Michael Buyes	7:02.46	2/18/06	Session II Finals, Metros (Rutgers)
	Sean Ahern			
	Sean Molloy			
	Matt Kavanagh			
200 Medley Relay	Kyle Rourke (back)	1:38.11	2/22/03	Session II Finals, Metros (Rutgers)
	Matt Kavanagh (breast)			
	Joe Raniere (fly)			
	Matt Clute (free)			
400 Medley Relay	Sean Molloy	3:33.70	2/17/06	Session I Finals, Metros (Rutgers)
	Sean Ahern			
	Matt Kavanagh			
	John Senkewich			

March 10, 2009

^National A Cut

*National B Cut

&-at NCAA Championships

SAINT ROSE WOMEN'S SWIMMING SCHOOL RECORDS

EVENT	STUDENT-ATHLETE	TIME	DATE	PLACE
50 Freestyle	Deanna Patnode	25.05	3/4/93	University of Buffalo
100 Freestyle	Deanna Patnode	54.93	3/6/93	University of Buffalo
200 Freestyle	Caitlin Peterson	1:59.10	2/20/09	Metro Championships (Rutgers)
500 Freestyle	Caitlin Peterson	5:13.39	2/20/09	Metro Championships (Rutgers)
1000 Freestyle	Caitlin Peterson	10:49.82	1/30/09	So. Connecticut State
1650 Freestyle	Christine Lockwood	18:45.08	2/24/08	Session III Finals, Metros (Rutgers)
100 Butterfly	Amy Lamparelli	59.75	2/20/09	Metro Championships (Rutgers)
200 Butterfly	Amy Lamparelli	2:10.33^	2/20/09	Metro Championships (Rutgers)
100 Backstroke	Stephanie Schuyler	1:00.39	2/20/09	Metro Championships (Rutgers)
200 Backstroke	Rosalie Palmer	2:11.75	2/18/07	Session III, Metros (Rutgers)
100 Breaststroke	Hilary Stanmyer	1:09.50	12/5/08	NE-10 Championships (So. Conn.)
200 Breaststroke	Christine Lockwood	2:29.77	2/24/08	Session III, Metros (Rutgers)
200 IM	Amy Lamparelli	2:14.22	2/20/09	Metro Championships (Rutgers)
400 IM	Christine Lockwood	4:46.13	2/23/08	Session II, Metros (Rutgers)
1-Meter Diving	Jamie Hopper	286.15 points	11/8/08	Utica
3-Meter Diving	Jamie Hopper	293.75 points	2/20/09	Metro Championships (Rutgers)
200 Freestyle Relay	Caitlin Peterson	1:41.00	2/20/09	Session I Prelims, Metros (Rutgers)
	Alicia Robinson			
	Kelly Davidson			
	Amy Lamparelli			
400 Freestyle Relay	Rosalie Palmer	3:44.67	2/22/09	Session III Finals, Metros (Rutgers)
	Caitlin Peterson			
	Alicia Robinson			
	Kelly Davidson			
800 Freestyle Relay	Caitlin Peterson	8:07.40	2/21/09	Session II Final, Metros (Rutgers)
	Amy Lamparelli			
	Christine Lockwood			
	Alicia Robinson			
200 Medley Relay	Stephanie Schuyler	1:52.05	2/21/09	Session II Finals, Metros (Rutgers)
	Hilary Stanmyer			
	Amy Lamparelli			
	Caitlin Peterson			
400 Medley Relay	Stephanie Schuyler	4:03.44	2/21/09	Session II Final, Metros (Rutgers)
	Hilary Stanmyer			
	Amy Lamparelli			
	Alicia Robinson			

^NCAA "B" Cut
March 22, 2009