



PAC-10 NEWS

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For Immediate Release: Friday, February 20, 2009
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PACIFIC-10 CONFERENCE WOMEN'S SWIMMING CHAMPIONSHIPS

GENERAL INFORMATION

WHAT: 2009 Pacific-10 Conference Women's Swimming Championships.

WHERE: Weyerhaeuser King County Aquatic Center, Federal Way, Wash.

WHEN: Wednesday, Feb. 25 - Saturday, Feb. 28.

WHO: Women's swimming teams from ARIZONA, ARIZONA STATE, CALIFORNIA, OREGON STATE, STANFORD, UCLA, USC, WASHINGTON and WASHINGTON STATE will compete for the 2009 Pac-10 Women's Swimming Championship.

TICKETS: All tickets will be available at the King County Aquatic Center on the day of the event only.

*Admission is FREE on Wednesday, Feb. 25.

All Session Pass:

Adult: \$25.00

Student with ID / Senior \$15.00

One Day Pass:

Adult: \$10.00

Student with ID / Senior: \$6.00

LIVE STREAMING: The Pac-10 Women's Swimming Championship will be streamed live by the Pac-10 Conference. To access the video go to www.pac-10.org. The streaming can be found on the right side of the page under Pac-10 All Access.

MEDIA CONTACT: The Washington sports information office will handle publicity for the 2009 Women's Swimming Championship. Rosie Leutzinger, the Huskies' swimming contact, can be reached at (206) 685-3119.

MEET RESULTS: At the conclusion of the event, results will be posted on the Pac-10 web site (www.pac-10.org), as well as on Washington's website (www.gohuskies.com). Please contact Regina Verlengiere at the Pacific-10 Conference office for more information.

CHAMPIONSHIP SCHEDULE OF EVENTS

DATE	START TIME	EVENTS
Wed., Feb. 25	6 p.m.	200 Medley Relay 800 Freestyle Relay
Thur., Feb. 26	6 p.m.	500 Freestyle 200 IM 50 Freestyle 200 Freestyle Relay
Fri., Feb. 27	6 p.m.	400 IM 100 Butterfly 200 Freestyle 100 Breaststroke 100 Backstroke 400 Medley Relay
Sat., Feb. 28	6 p.m.	1650 Freestyle 200 Backstroke 100 Freestyle 200 Breaststroke 200 Butterfly 400 Free Relay



LAST YEAR IN PAC-10 WOMEN'S SWIMMING

Three Pac-10 teams finished in the Top-10 at the NCAA Championships in Columbus, Ohio. ARIZONA captured its first national championship in school history with 484 points, followed by third-place STANFORD (343) and fifth-place CALIFORNIA (291). The Pac-10 collected six individual national titles and five relay championships at the event.

2008 FINAL TEAM STANDINGS

1. Arizona	1501.0
2. Stanford	1472.0
3. California	1262.0
4. UCLA	938.0
5. USC	779.0
6. Arizona State	727.5
7. Washington	623.0
8. Oregon State	377.0
9. Washington State	337.5

2008 PAC-10 CHAMPIONSHIP RESULTS

200 Freestyle Relay

1. Arizona	1:28.60*
2. California	1:28.70
3. Arizona State	1:29.73
4. Stanford	1:29.84
5. Washington	1:30.91
6. UCLA	1:32.50

400 Freestyle Relay

1. California	3:13.22*
2. Arizona	3:15.34
3. Stanford	3:16.00
4. Arizona State	3:16.89
5. Washington	3:18.01
6. UCLA	3:20.53

800 Freestyle Relay

1. California	7:04.13*
2. Stanford	7:05.70
3. Washington	7:06.92
4. Arizona	7:07.01
5. UCLA	7:14.73
6. USC	7:15.02

200 Medley Relay

1. Arizona	1:36.57#
2. Stanford	1:37.57
3. California	1:38.70
4. Washington	1:38.84
5. Arizona State	1:40.50
USC	1:40.50

400 Medley Relay

1. Arizona	3:33.76
2. USC	3:35.45
3. California	3:35.64
4. Stanford	3:36.13
5. Arizona State	3:37.84
6. Washington	3:39.70

50 Freestyle

1. Lara Jackson, ARIZ	22.04*
2. Caitlin Andrew, ASU	22.07
3. Madison Kennedy, CAL	22.25
4. Brooke Bishop, STAN	22.45
5. Dana Volmer, CAL	22.48
6. Emma Darlington, ARIZ	22.49

100 Freestyle

1. Lacey Nymeyer, ARIZ	48.20
2. Madison Kennedy, CAL	48.33
3. Caitlin Andrew, ASU	48.34
4. Emily Silver, CAL	48.46
5. Hannah Wilson, CAL	48.84
6. Justine Schluntz, ARIZ	48.98

200 Freestyle

1. Kate Dwelley, STAN	1:45.09
2. Lacey Nymeyer, ARIZ	1:45.53
3. Madison Kennedy, CAL	1:46.17
4. Anna Turner, ARIZ	1:47.15
5. Taylor Baughman, ARIZ	1:47.51
6. Lauren Boyle, CAL	1:47.89

2008 PAC-10 SWIMMING HONORS

Arizona senior **Lacey Nymeyer** was named Pac-10 Swimmer of the Year. The Tucson, Ariz., native was part of the winning 200-yard free relay team which set the NCAA, meet, American and U.S. Open record (1:26.09). She also was a part of the record-breaking 400 medley relay team that gave the Wildcats a first-day lead of 19 points over Auburn. Nymeyer took second in the 200 free and was part of the meet and pool-record setting 800 free relay squad. Nymeyer also took the title in the 100-yard free with a pool-record 47.50. She took part in the final event of the meet, the 400 free relay, that solidified Arizona's title by coming in first with yet another NCAA, American, U.S. Open and meet-record time of 3:11.34. This was Nymeyer's second consecutive Pac-10 Swimmer of the Year award.

Washington freshman **Ariana Kukors** earned Pac-10 Newcomer of the Year accolades in 2008. Kukors, a freshman from Mt. Sinai, N.Y., helped the 200 medley relay and the 800 free relay teams set records at the Pac-10 Women's Swimming Championships. She also garnered two Pac-10 individual titles at the Conference Championships in the 200 and 400 individual medley, becoming just the third female in UW history to accomplish that feat and qualify for the NCAA Championships. At the national championships, Kukors placed second in the 200 IM with a time of 1:55.26. She also swam to a third place finish in the 400 IM to earn All-American honors. With such an incredible showing at the championships, Kukors became the first Husky to earn three individual All-American honors since 2003.

Pac-10 Swimming Coach of the Year honors went to Arizona's **Frank Busch**. Busch led the Wildcats to their first-ever men's and women's swimming titles in school history during the 2007-08 season. He also was named NCAA Swimming Coach of the Year at both championships. Busch led Arizona to a third place finish at this season's Pac-10 Championships. In his 18 seasons with the Wildcats, Busch has been named NCAA Coach of the Year five times and Pac-10 Coach of the Year 10 times for both men's and women's swimming.

PAC-10 SWIMMERS TO WATCH

- ARIZONA's **Lara Jackson** received December's Pac-10 Women's Swimmer of the Month honors after setting a new American, NCAA and school record in the 50 freestyle (21.33) at the Texas Invitational. Jackson set another school record at the same meet in the 100 butterfly. She turned in an "A" cut time and finished first in the event. The senior will look to defend her Pac-10 title in the 50 freestyle and lead the Wildcats to a fourth straight Pac-10 Championship.
- CALIFORNIA's **Dana Vollmer** is the two-time Pac-10 champion in the 100 butterfly. The Granbury, Texas, native will go for three straight at the 2009 Championships. Vollmer also possesses the second-fastest time in the nation in the 200 freestyle. Her time of 1:43.66 is a NCAA "A" qualifying standard. In her final home dual meet of her career against rival Stanford on Feb. 14, Vollmer registered personal bests and Spieker Pool records in the 100 free (48.32), previously held by Cal's Natalie Coughlin, and the 200 free (1:43.66).
- STANFORD's **Elaine Breeden** and **Julia Smit** continue to dominate for the Cardinal in the pool. The duo have combined to earn six NCAA "A" standard times and seven "B" qualifying times. Breeden is the two-time defending Pac-10 champion in the 200 butterfly. Smit was November's Women's Swimmer of the Month in the Pac-10. The Mt. Sinai, N.Y., native set a new world record in the 400 individual medley with a time

500 Freestyle

1. Kim Jasmer, WASH	4:41.51
2. Kate Dwellley, STAN	4:41.67
3. Whitney Hentzen, USC	4:42.67
4. Lauren Boyle, CAL	4:45.37
5. Brittany Allen, USC	4:46.78
6. Emily Bibb, UCLA	4:47.03

1650 Freestyle

1. Lauren Boyle, CAL	16:03.51
2. Elizabeth Durot, STAN	16:05.92
3. Whitney Hentzen, USC	16:12.20
4. Kim Jasmer, WASH	16:21.93
5. Danielle Milligan, UCLA	16:27.33
6. Susana Helms, ARIZ	16:27.79

100 Backstroke

1. Lauren Rogers, CAL	51.80
2. Hailey DeGolia, ARIZ	52.72
3. Justine Schluntz, ARIZ	52.85
4. Ana Agy, ARIZ	54.14
5. Brooke Bishop, STAN	54.24
6. Andrea Boritzke, ARIZ	54.26

200 Backstroke

1. Lauren Rogers, CAL	1:55.53
2. Andrea Boritzke, ARIZ	1:55.68
3. Julia Smit, STAN	1:57.02
4. Caitlin Iversen, ARIZ	1:57.13
5. Erin Campbell, WASH	1:57.18
6. Laura Wadden, STAN	1:58.56

100 Breaststroke

1. Rebecca Soni, USC	58.98
2. Annie Chandler, ARIZ	1:00.46
3. Caroline Bruce, STAN	1:00.56
4. Nicolette Teo, UCLA	1:00.92
5. Jessica Embick, ARIZ	1:01.32
6. Genna Patterson, WASH	1:01.33

200 Breaststroke

1. Rebecca Soni, USC	2:06.11*#
2. Liz Smith, STAN	2:09.79
3. Caroline Bruce, STAN	2:10.51
4. Ari Kukors, WASH	2:10.87
5. Annie Chandler, ARIZ	2:11.82
6. Jacquelyn Craft, ARIZ	2:12.51

100 Butterfly

1. Dana Vollmer, CAL	51.25
2. Caitlin Andrew, ASU	51.68
3. Elaine Breeden, STAN	51.75
4. Emily Silver, CAL	52.91
5. Hannah Wilson, CAL	53.05
6. Ana Agy, ARIZ	53.11

200 Butterfly

1. Elaine Breeden, STAN	1:52.26*
2. Dana Vollemer, CAL	1:52.37
3. Saori Haruguchi, OSU	1:53.88
4. Amanda Sims, CAL	1:57.25
5. Emily Goetsch, USC	1:57.80
6. Rachel Ridgeway, CAL	1:58.53

200 Individual Medley

1. Ari Kukors, WASH	1:55.48
2. Elaine Breeden, STAN	1:56.45
3. Julia Smit, STAN	1:57.03
4. Emily Silver, CAL	1:57.65
5. Rachel Ridgeway, CAL	1:58.06
6. Saori Haruguchi, OSU	1:58.44

400 Individual Medley

1. Ari Kukors, WASH	4:05.29
2. Julia Smit, STAN	4:08.09
3. Liz Smith, STAN	4:09.70
4. Saori Haruguchi, OSU	4:09.94
5. Rachel Ridgeway, CAL	4:12.62
6. Jenny Forster, ARIZ	4:17.03

*Pac-10 Meet Record; # Pac-10 Record

of 4:25.87, .65-second better than the previous record of 4:26:52 set by two-time Olympic gold medalist Kirsty Coventry of Zimbabwe. Smit has recorded NCAA "A" cut times in the 200 free (1:43.56), 200 back (1:52.88), 200 IM (1:53.33) and the 400 IM (3:58.21). Both Breeden and Smit continued Stanford's tradition of Olympic excellence when they each medaled for the United States in the 2008 Beijing Games. Smit helped the U.S. team to the podium with her preliminary efforts in two freestyle relay events - the 400-meter (silver) and the 800-meter (bronze). Breeden earned a silver medal for her heat-winning time in the 400 medley relay preliminaries. She was the top U.S. finisher in the 200 butterfly with a time of 2:07.57.

- USC's **Rebecca Soni** is a four-time NCAA champion and 2008 Olympic gold medalist. The senior has already compiled NCAA automatic qualifying times in the 100-yard and 200-yard breaststrokes with times of 59.48 and 2:07.69, respectively. The Plainsboro, N.J., native has also racked up NCAA consideration times in the 200 (2:00.64) and 400 IM (4:15.66).

PAC-10 NOTES

•Defending national champion ARIZONA enters the Pac-10 Championships with the top marks in the Conference in the 50, 100 and 500 freestyle, 100 and 200 backstroke, 100 butterfly, 200 freestyle relay and 200 and 400 medley relays. The Wildcats compete for their fourth straight Pac-10 Championship. Junior **Ana Agy** set new school records in the 100 and 200 backstrokes this season at the Texas Invite. Head coach **Frank Busch** was recognized as the *Arizona Daily Star's* top sports figure of 2008 as he won his first two NCAA titles in the span of a week for the Wildcats. He was also inducted into the American Swim Coaches Association Hall of Fame.

•ARIZONA STATE brings a trio of freshmen to the Pac-10 meet for a burst of new energy. **Jordyn Green**, **Sasha Stephens** and **Penelope Yamauchi** have already made their marks on the Sun Devil program. Green is currently ranked in the top five on ASU's all-time lists in the 100 and 200 breaststrokes. Stephens is second all-time in the 100 backstroke and third in the 200 back, while Yamauchi is one of the team's most versatile swimmers coming in at ninth in the 200 IM. Also, look for juniors **Ash-ton Aubry** and **Jen Beckberger** to have an impact for ASU.

•No. 7 CALIFORNIA is led by senior **Dana Vollmer** in the freestyle events, but some young talent has also been big for the Golden Bears this season. Freshman **Liv Jensen** set Cal's Spieker Pool record in the 50 free with a time of 22.18, the sixth-fastest time in the nation this year. The Golden Bears have shown strength in the relays at the Pac-10 Championships, as they have won the last five 800-yard freestyle relay titles. **Lauren Rogers** has won back-to-back Pac-10 titles in the 100 backstroke and is the defending Conference champion in the 200 back. One of Cal's best distance competitors, **Lauren Boyle** set a school record in the 1650 free at the 2008 Pac-10 Championships (16:03.51), before breaking her own record at the NCAA Championships a few weeks later.

•OREGON STATE has racked up 45 dual wins this season by eight different swimmers in 13 events. The Beavers are led by seniors **Saori Haruguchi** and **Kayla Rawlings**, both having qualified for the NCAA Championships in the 200 butterfly. This is the fourth consecutive year Haruguchi has made herself eligible for the Championships. Eight OSU swimmers have earned spots on the Beavers' all-time lists, including **Jenni Dole** who ranks second in the 200 back and third in the 100 back and 100 fly. The Beavers have never finished higher than seventh at the Pac-10 Championships.

•STANFORD is currently ranked second in the nation by the College Swim Coaches Association of America. With its win over rival California, Stanford finished the dual meet season undefeated for the second time in the last three years and the 15th time in program history. Of the previous 14 Stanford teams to finish the dual meet season without a loss, five won NCAA titles and 10 captured the Pac-10 Championship. The Cardinal have won 19 straight Pac-10 dual meets, dating back to the opening of the 2006-07 season (three straight years). Stanford's **Elaine Breeden**, **Julia Smit** and **Liz Smith** have turned in NCAA "A" qualifying times this season, as well as, the Cardinal's 400 free relay team of **Kate Dwelley**, **Sam Woodward**, Breeden and Smit.

•UCLA looks to improve on its fourth-place finish at last year's Pac-10 Championships. Senior **Madeleine Stanton** broke five records against crosstown rival USC this season. Her records included two school, two meet and one pool record in the backstroke events. Her time of 1:54.89 in the 200 backstroke broke a 15-year-old mark. Sophomore Lauren Hall also broke a school and meet record against the Trojans with a time of 4:13.44 in the 400 IM.

•The USC women's team has won at least two individual Pac-10 titles in seven of the past eight seasons. USC is led by seniors **Rebecca Soni** and **Kristen Lahey**. Soni is USC's four-time NCAA Champion and has already registered two automatic qualifying times. Lahey set a school record in the 100 backstroke with a time of 52.99, also a NCAA automatic qualifying time. In addition, Lahey holds NCAA consideration times in the 200 back and the 50 and 100 free. Newcomer **Katinka Hosszu** earned the Pac-10's Januray Swimmer of the Month honors as she upset Olympian Elaine Breeden of Stanford in the 200 butterfly, lowering her NCAA "A" time to 1:54.26. Hosszu also holds NCAA consideration times in five other events.

•The WASHINGTON women's swimming team is currently No. 25 in the country. The Huskies have seen two school records fall, while several other marks have been narrowly missed. Overall, Washington has posted nine individual NCAA "B" times and four of its five relays have also earned "B" times. Junior All-American **Erin Campbell** has led the way for the Huskies, setting a school record in the 200 back with a time of 1:55.08. Campbell has also moved up to No. 2 in the 200 IM, No. 3 in the 50 free and 100 free, No. 7 in the 200 free and No. 8 in the 200 fly on Washington's all-time listis. Senior **Genevieve Patterson**, also an All-American, is the other Husky to break a school record this year. Her 100 breaststroke time of 1:00.56 broke the school mark and also gave her a NCAA "B" qualifying time.

•WASHINGTON STATE head coach **Erica Quam** became the first coach in school history to have three 4-0 marks to start the season in her career at WSU. After defeating Idaho on Jan. 23, the Cougars had their first 5-0 start since the 1978-79 season. Sophomore **Rugile Mileisyte** broke the Gibb Pool record for the 50 freestyle with a time of 23.15. She also broke the WSU record in the 50 free twice during the course of the season, holding a time of 22.78, a NCAA "B" standard. Senior **Elyse Peterson** broke a Washington State record as well, recording time of 1:01.81 in the 100 breaststroke.

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