



SWIMMING AND DIVING

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TWO RETRIEVERS, A WILDCAT AND A BEARCAT TAKE HOME WEEKLY SWIMMING AND DIVING HONORS

CAMBRIDGE, Mass. – UMBC senior Sam Maccherola (Woolford, Md./South Carroll/Tennessee) led the Retriever women to third place at the prestigious Swimming World Magazine College Conference Carnival on Saturday and has claimed the female Swimmer of the Week award while junior teammate Eric Jones (Gambrills, Md./Arundel) has garnered the male Swimmer of the Week honor after leading the Retrievers over Marist on Sunday. University of New Hampshire sophomore Nicole Poppas (Larchmont, N.Y./Ursuline) and Binghamton University freshman Anthony Foiles (Pomona, N.Y./North Rockland) have captured the female and male Diver of the Week honors, respectively, for the week ending January 24 after sweeping the diving events over the weekend.

Maccherola led the UMBC women to third place at the College Conference Carnival against top teams, including No. 10 Minnesota. She claimed top finishes in two individual and two relay events. She earned silver in the 200 free (1:51.12) and bronze in the 500 free (5:02.06). Maccherola also swam legs of the second-place 400 free relay and the third-place 200 free relay. On Sunday, she led the Retrievers to victory over Marist, capturing wins in the 100 free (52.80) and the 200 free (1:54.28). Maccherola also swam the opening leg of the 400 free relay that touched first in 3:37.59. This is Maccherola's second weekly honor of the season.

Jones claimed four titles to lead UMBC over Marist. He won three individual events, placing first in the 500 free (4:48.12), the 200 free (1:44.52) and the 50 free (21.89). His fourth title came in the 400 free relay, which touched first with a time of 3:12.92. This is Jones' first weekly honor of the 2010 season.

Poppas garners her first weekly honor after sweeping the diving events against conference rival Maine on Friday. She placed first in the one and three-meter dives with scores of 216.00 and 218.77, respectively. Her scores in the one and three-meter dives are personal season-best scores and her one-meter score moves her to sixth in the performance standings.

Foiles swept the diving events against Colgate on Saturday. He took first in the one and three-meter dives with scores of 231.00 and 224.55, respectively. In the one-meter dive, Foiles moves to fourth in the conference standings while in the three-meter he posted a personal season-best score.

Binghamton – The Bearcat men defeated Colgate while the women fell to the Red Raiders on Saturday. The men started out the meet with a victory in the 200 medley relay, winning in a time of 1:37.94. Freshmen David Gleason (New York, N.Y./Robert Louis Stevenson) and Andrew Ellman (Yonkers, N.Y./Fordham Prep), both members of the victorious 200 medley relay team, each posted two individual titles at the meet. Gleason won the 200 free and the 200 back in times of 1:42.73 and 1:54.02, respectively, while Ellman claimed the 100 and 200 breast titles in 1:01.55 and 2:13.55, respectively. Gleason better his season-best time in the 200 back and remains at seventh in the performance list while Ellman improves on his season-best time in the 100 breast and moves into the top-15 in the conference standings. Junior Jason Chen (Livingston, N.J./Livingston) and sophomore Nolan Slesnick (Austin, T.X./LBJ-LASA) were also top swimmers for the Bearcat men, each claiming three individual titles at the meet. Chen won the 100 back (53.78), the 100 free (48.19) and the 100 fly (51.76). Chen better his season-best time in the 100 fly, placing ninth in the performance list. Slesnick posted victories in the 1,000 free (9:52.12), the 500 free (4:51.27) and the 200 IM (1:58.43). On the boards, Anthony Foiles won the one and three meter with scores of 231.00 and 224.55, respectively. Freshman Tin Wai Siu (Hong Kong, China/S.T.F.A. Leung Kau Kui) and junior Amanda Ciccone (Suffern, N.Y./Suffern) were again top swimmers for the women, helping the 200 medley relay team win in 1:50.27 and capturing two individual victories apiece. Siu touched first in the 100 and 200 fly in times of 58.86 and 2:07.68, respectively. Ciccone won the 50 and 500 free events in 24.40 and 5:07.02, respectively. She posted the top time by a Bearcat swimmer this season in the 500 free and moves into the top-15 in the conference standings. In the diving events, sophomore Jenna Easton (Churchville, N.Y./Churchville-Chili) placed second on the one meter while sophomore Morgan Neal (Rochester, N.Y./Pittsford Sutherland) placed second on the three meter. Binghamton returns to the pool on January 31 at Niagara.

Boston U. – The Terrier men fell to Harvard on Saturday, suffering their first loss since mid-November. Sophomore Jackson Hill (Naperville, Ill./Naperville North) captured the squad's only individual wins of the day and helped the 400 free relay team touch first in 3:05.69. Hill led a sweep of the 50 free, placing first in 21.38 and later picked up a title in the 100 free in a time of 46.95. Senior Arik Seiler (Portland, Maine/Deering), junior Bryon Kallert (New Milford, N.J./New Milford) and sophomore Daniel Kempf (Austin, Texas/Lyndon Baines Johnson), also members of the victorious 400 free relay team, each posted top finishes at the meet. Seiler placed second in the 100 free in 47.02 and third in the 200 free in 1:42.56, while Kallert claimed two second-place finishes, taking second in the 100 and 200 back in 51.78 and 1:55.16, respectively. Kempf finished second in the 50 free in 21.45 and earned a third-place finish in the 100 fly in 51.74. Senior Tyson Slesnick (Austin, Texas/Rutgers) also captured two top finishes for the men, coming in second in the 400 IM in 4:08.58 and third in the 500 free in 4:43.40. On the boards, junior Tanner Knorr (San Diego, Calif./Valhalla) placed second in the three meter and third in the one meter with scores of 309.30 and 266.48, respectively. The Boston U. women return to action on February 2 at Boston College while the men host the Eagles on February 3.

Maine – The Black Bear women fell to conference foe New Hampshire in a dual meet on Friday. Maine started out the meet with a second-place finish in the 200 medley relay in 1:54.57. Seniors Megan McLean (Walpole, Mass./Walpole) and Meaghann Fisher (Carmel, Ind./Carmel), both members of the second-place 200 medley relay, also captured top individual finishes. McLean placed second in the 100 breast in 1:09.68 and tied for third in the 200 breast in 2:32.61. Fisher claimed second in the 100 and 200 fly in 59.34 and 2:11.93, respectively. Fisher improves on her season-best time in the 100 fly. Freshman Jennifer Trodden (Reading, Mass./Reading Memorial) also captured a top-two finish for the Black Bears, placing second in the 200 breast in 2:30.85. Both the men and women then competed at Bowdoin College on Saturday. Trodden remained a top swimmer for the Black Bear women, posting two wins at the meet. She placed first in the 100 IM in 1:02.58 and the 100 free in 55.36. Junior Sara Knight (Gardiner, Maine/Gardiner) also captured a victory for the women, touching first in the 1,000 free in 11:18.22. She also captured a top individual finish in the 50 free, coming in second with a time

of 26.70. Senior Kevin Staples (Mt. Desert, Maine/Mount Desert Island) led the men on Saturday, winning the 100 free with a time of 50.97. Sophomore Zachary Hamer (Andover, Mass./Andover) also posted a title for the Maine, claiming first in the 50 breast in 30.43. The Black Bears next play host to Boston College and Dartmouth on Friday, January 29.

UMBC – The Retriever women placed third at the prestigious Swimming World Magazine College Conference Carnival on Saturday. Seniors Sam Maccherola and Jennifer Esposito (Lindenhurst, N.Y./Lindenhurst/C.W. Post) led the squad, helping the 400 free relay squad claim second in 3:29.61. Maccherola also placed second in the 200 free in 1:51.12 and third in the 500 free in 5:02.06. Esposito earned two third-place finishes in the 100 fly in 56.88, and the 200 fly in 2:01.93. Esposito remains in second place in the performance list, but bettered her season-best time. Sophomore Abbey McKenney (Wilmington, Del./Brandywine), also a member of the second-place 400 free relay team, claimed a top individual finish in the 50 free, finishing third in 24.36. Both squads then returned to the pool on Sunday and posted wins over Marist. The women started the meet with a win in the 200 medley relay in 1:50.18. Senior Tina Cantwell (Sinking Spring, Pa./The Hill School) and Esposito, who both swam legs of the victorious 200 medley relay team, also earned individual titles against Marist. Esposito swept the fly events, winning the 100 in 58.85 and the 200 in 2:06.93, while Cantwell touched first in the 100 breast in 1:07.26. Maccherola again turned in a strong performance for the Retrievers, leading the 400 free relay team to victory and capturing the 100 and 200 free titles in 52.80 and 1:54.28, respectively. The UMBC men won every event against Marist starting the meet with a win in the 200 medley relay. Sophomore John Mendenhall (Cherry Hill, N.J./Cherry Hill East) and freshman Steve Gallagher (Sinking Spring, Pa./Wilson), who swam legs of the 200 medley relay that won in 1:38.31, also claimed individual titles. Mendenhall placed first in the 200 breast (2:07.96) while Gallagher won the 100 free (48.89). Gallagher also swam the opening leg of the 400 free relay, which won in 3:12.92. Eric Jones, who was also a member of the winning-400 free relay team, picked up three individual titles at the meet. Jones touched first in the 50 free (21.89), the 200 free (1:44.52) and the 500 free (4:48.12). UMBC returns to the pool on Saturday, January 30 when the squads host William & Mary and Delaware.

New Hampshire – The Wildcats defeated conference rival Maine in a dual meet on Friday, January 22. New Hampshire swept the events, led by junior Amy Perrault (Kirkland Lake, Ontario/Ecole Catholique) and sophomore Jessica Little (Barrie, Ontario/Barrie Central Collegiate Institute), who started the Wildcats off with a win in the 200 medley relay. Perrault then captured individual titles in the 200 fly in 2:07.59 and the 100 fly in 57.84. Perrault moves to 10th in the conference standings in the 200 fly and ninth in the 100 fly. Little won the 100 breast in 1:06.71 and the 200 back in 2:11.70. Junior Kiersten Wollenzien (Holland Landing, Ontario/Dr. John M. Denison), who swam the last leg of the victorious 200 medley relay, also posted an individual win at the meet. Wollenzien placed first in the 200 free with a time of 1:56.01. She also took second in the 500 free behind freshman teammate Sydney Tribou (Belle Island, Fla./Lake Highland Prep), who won with a time of 5:08.90. Tribou's time is a personal season best. Freshman Mallory Morrell (Rush, N.Y./Rush-Henrietta Senior High) also picked up a pair of victories for New Hampshire, touching first in the 50 free in 23.99 and the 100 free in 53.23. On the boards, Nicole Poppas placed first in the one and three-meter dives with scores of 216.00 and 218.77, respectively. The Wildcats return to action on Wednesday, February 3 at Dartmouth.

Stony Brook – The Seawolves swept Bryant in a dual meet on Saturday. Junior Lukasz Ochmanski (Lodz, Poland/Kosciusko Memorial), sophomore Cliff Gonzalez (White Plains, N.Y./Michigan State) and freshman Ivan Kopas (Kikinda, Serbia/Technical School Kikinda) led the men's squad with two individual wins apiece. Ochmanski won the 200 and 1,000 free with times of 1:45.21 and 10:05.55, respectively. Gonzalez touched first in the 100 fly in 54.75 and the 100 breast in 1:02.90. Kopas swept the back events, winning the 100 in 51.33 and the 200 in 1:51.24. Freshman Hajime Ichikawa (Scarsdale, N.Y./Eastchester) and sophomores Sean Conway (Oakdale, N.Y./Connetquot), Zackery Good (Columbus, Ind./Columbus North) and Daniel Kim (Douglaston, N.Y./Benjamin Cardozo) all added titles to the Stony Brook tally. Ichikawa captured the title in the 200 breast (2:21.51) while Conway won the 100 free (47.03). Good and Kim placed first in the 500 free (4:58.15) and the 200 fly (2:00.71), respectively. Sophomore Darcy Heuser (Centerville, Ohio/Centerville) led the women's squad over Bryant with two individual titles. She finished first in the 200 and 500 free with times of 1:59.36 and 5:14.18, respectively. Heuser recorded a personal season-best time in the 500 free and the top time by a Seawolf swimmer this year. Freshman Julie Policht (Mississauga, Ontario/Michael Power) also claimed titles for the squad, capturing first in the 1,000 free in 11:05.25 and helping the 200 medley relay team win. Sophomore Mallory Breen (Quispamsis, New Brunswick/St. Malachy's Memorial) also picked up a title for the women, leading a Seawolf sweep of the 100 fly. Breen touched first in 1:01.56. Stony Brook wraps up its regular season against conference rival Binghamton on Saturday, February 6.

Vermont – The Catamounts fell to Northeastern on Saturday in their final home meet of the season. Junior Kate Weaver (South Burlington, Vt.), who has been a top performer for Vermont all season, led the squad, sweeping the back events. Weaver touched first in the 100 and 200 back with times of 59.51 and 2:07.39, respectively. She also picked up a second-place finish in the 100 fly. For the second straight week, senior Molly MacMillan (Doylestown, Pa./Central Bucks West) set a new pool record, winning the 500 free in 4:59.43. She moves to sixth in the performance list. Freshman Kailey Gardner (Ithaca, N.Y./Ithaca), who finished second in the 500 free, claimed the 1,000 free title in 10:28.92. The Catamounts also earned top finishes from sophomores Avery Pittman (Raleigh, N.C./Enloe) and Lauren Colby (Andover, Mass./Andover). Pittman came in second in the 200 fly while Colby swam a leg of the 200 medley relay that finished second. Colby also earned a second-place finish in the one-meter dive. Vermont celebrated Senior Day at the meet and the loss of their most successful class in program history. The Catamounts return to action on Saturday, January 30 when they face Rhode Island and Bryant.

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