



SWIMMING & DIVING

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Swimming & Diving Contact: Kate Delaney, Assistant Director/ Media & Administration
Office: 314.444.4322 • Cell: 585.313.7079 • Email: kdelaney@mvc.org
1818 Chouteau Ave. • St. Louis, MO 63103 • FAX: 314.444.4353
WWW.MVC-SPORTS.COM



MVC Swimmer of the Week

Molly Lembezeder, Sr., UNI (Peosta, Iowa)

Molly Lembezeder won three individual events, three relay events and took second place in one individual event this weekend against Nebraska and Sioux Falls. Against Nebraska, Lembezeder took first place in both the 50 and 100 freestyles, timing in at 24.11 and 52.65 respectively. The Panther team of Taylor, Ross, Florman, and Lembezeder swam a time of 1:45.28 in the 200 medley relay. In the pool on Saturday against Sioux Falls, Lembezeder swam into first place in

the 50 freestyle, timing in at 24.41. Lembezeder received second place in the 100 butterfly, timing in at 1:00.43. In the 200 medley, Lembezeder was the anchor leg and helped the Panthers finish with a time of 1:46.76. In the 200 freestyle relay, the team swam a 1:37.81, four seconds ahead of Sioux Falls.



MVC Diver of the Week

Izzy Bunchek, Fr., UNI (Oneida, Wisconsin)

Freshman Izzy Bunchek qualified for the NCAA zone diving on Saturday against Sioux Falls. On Friday against Nebraska, Bunchek led the Panthers in the 1-meter dives, taking third-place with a score of 242.47. On the 3-meter boards, Bunchek scored a 217.65 for fifth.

Other Top Performances

Swimmer:

Kendall Hansen, So., Back, Indiana State (Wildwood, Mo.)

Kendall Hansen has been the most consistent swimmer for the Sycamores so far this season. Hansen has won the 100 and 200 back in nearly every meet and has improved her times each week in these events. During Indiana State's thrilling win over Xavier and Olivet-Nazarene on Oct. 14, Hansen set a new school record in the 100 back with a 57.67 and yet again won the 200 back with a 2:04.74. Compared to other times in the Valley Hansen has the 17th best time overall in the 100 back.

Tori Fryar, Sr., Little Rock (Denison, Texas)

1000 Yard Free: 1st of 7 10:29.32

500 Yard Free: 2nd of 8 5:04.37

400 Yard Free Relay: 1st of 5 (via North Texas exhibitioned their swimmers)

Team Total Time - 3:37.78; Fryar (3rd leg) - 55.01, 53.94

Diver:

Laura Fulton, Sr., Diver, Indiana State (Bridgeton, Mo.)

Senior diver Laura Fulton has consistently improved each week of competition for the Sycamores. With this being Indiana State's first season competing in diving, Laura is only one of two divers competing each week for the Sycamores. In ISU's meet vs. Xavier and Olivet-Nazarene on Oct. 14 Fulton provided outstanding performances in both the one meter and three meter dives. She scored 187.28 in the one meter and 202.60 in the three meter. Both of these scores were personal bests and new ISU school records.

Samantha Gray, Sr., Little Rock (Cabot, Ark)

1-Meter Dive: 1st of 6 237.83

3-Meter Dive: 1st of 6 215.25 (via North Texas exhibitioned their divers)

Recent Results

Friday, October 13

Nebraska at UNI..... L 86-154
Indiana State at Illinois L 111-188

Saturday, October 14

North Texas at Little Rock..... L 106-183
Valparaiso at UW-Green Bay/UIC L 43-249/ L 44-244
Xavier/Olivet Nazarene at Indiana St.... W 133-103/W 170-108
Sioux Falls at UNI..... W 166.5-99.5

Upcoming Schedule

ALL TIMES ARE CENTRAL

Friday, October 20

Missouri State at Kansas/S. Dakota..... 5 PM

Saturday, October 21

Little Rock Invitational (Little Rock) 10 AM
Indiana Intercollegiate (Evansville/Valparaiso) 11 AM
Missouri State at Kansas/S. Dakota..... 12 PM
Southern Illinois at McKendee/Truman St. 6:30 PM



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► Swimming & Diving Top 25

College Swimming Top Times and Results
As of October 17th

1000 Free

23rd Bryn Handley, SIU 10:05.95

800 Free Relay

22nd Indiana State 8:01.38
23rd Little Rock 8:02.73

200 Back

14th Katie Taylor, UNI 2:00.26
23rd Sydney Zupan, SIU 2:01.26

400 Medley Relay

21st Missouri State 3:48.99

50 Breast

17th Jessica Peck, SIU 31.16
22nd Samantha Parsons, SIU 31.31
24th Laura Carver, SIU 31.40

50 Fly

10th Rita Naude, SIU 25.85

► Athletes of the Week

Swimmer

DATE	NAME	SCHOOL
O3	Sydney Zupan	Missouri State
O10	Josie Peason	Missouri State
O17	Molly Lembezeder	UNI

Diver

DATE	NAME	SCHOOL
O3	Baobao Ji	Southern Illinois
O10	Beibei Ji	Southern Illinois
O17	Izzy Bunchek	UNI

MVC Swimmer and Diver of the Week are selected each week during the Swimming & Diving season. The athletes are announced on Tuesday afternoon and appear in a weekly press release. Nominees are provided by each school's sports information contact and voted on by a panel appointed by the league office.

► Valley Information



February 14-17, 2018
Iowa City, Iowa
Hosted by UNI

