



# SWIMMING & DIVING

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## MVC Swimmer of the Month (Sept.)

**Sydney Zupan, Sr., Missouri State (Wildwood, Mo.)**  
200 Medley Relay – 2nd place, 1:45.48; 100 Fly – 1st place, 55.74 seconds; 100 Back – 2nd place, 55.79 seconds; 400 Free Relay – 2nd place, 3:31.88  
Making quite the impact in the Bears' first meet of the season, Zupan came away with one individual victory and three second-place finishes at the Missouri Show-Me Showdown. Competing against SEC powerhouse Missouri, as well as Saint Louis, Washington, Lindenwood, Maryville and Missouri-St. Louis, she came out with a big win in the 100 fly, touching the wall in 55.74 seconds to beat every Missouri Tiger in the event. Grabbing her second-highest finish of the day, the Wildwood, Mo., native took second in the 100 back with a time of 55.79 seconds - just .67 seconds behind Missouri's top swimmer. In a team effort, she also aided the Missouri State relays to second-place finishes in the 200 medley and 400 free relays.



## MVC Diver of the Month (Sept.)

**Baobao Ji, So., Southern Illinois (Taiyuan, China)**  
Sophomore diver Baobao Ji dove in two meets in September. In the first meet against Lindenwood, Ji won the three-meter dive with a score of 288.80 and took second in the one-meter dive with a score of 279.30. Against Evansville a week later, Ji took home first in the one-meter dive with a score of 278.62. She also had the second highest score in the three-meter dive against Evansville at 269.17.

### Other Top Performances

#### Swimmer:

**Danielle Freeman, Sr., Evansville**

Senior Danielle Freeman led the way for Evansville this weekend at the Butler Quad meet. She started the afternoon with a 2nd place finish in the 50 freestyle with a 24.00 finish. Additionally, she took the win in the 100 freestyle with a final time of 52.76.

**Jensen Keck, So., Illinois State**

Keck won two individual events in Illinois State's season-opening dual victory over Indiana State Saturday at Horton Pool. She finished first in both the 100- (1:05.38) and 200-yard breaststroke (2:23.21). She was also a member of the winning 200-yard medley relay team (1:49.05). Keck was an All-MVC First-Team selection in 2016-17.

**Bryn Handley, Sr., Southern Illinois**

SIU's senior swimmer Bryn Handley swam in two meets for the Salukis in the month of September. In the first, the CSCAA Open Water National Championships, Handley led the Salukis to fifth place finish while taking home the Open Water National Championship individual crown. Handley swam the five kilometer race in 1:04:39.22 to defeat swimmers from Missouri, Kansas and Rice to earn the individual title of Open Water National Champion. In the second meet of September, a relay meet hosted by MVC foe Evansville. Handley helped the 400 and 200-yard freestyle relay teams to wins in the meet with times of 3:35.25 and 1:38.74 respectively. She also helped the Salukis to a fastest time in the 500-yard relay time trial with a time of 4:36.91. Her relay team was more than 11 seconds faster than the second quickest team.

#### Diver:

**Courtney Coverdale, Sr., Evansville**

Senior diver Courtney Coverdale dominated the boards this past weekend at the Butler quad meet. She handily won both 1-Meter and 3-Meter competitions, scoring 242.50 and 262.55 points respectively.

**Emily Aument, Fr., Illinois State**

Aument won both diving events against in Illinois State's season-opening dual victory over Indiana State Saturday at Horton Pool. Aument finished first in both the 1-meter (2:45.77) and 3-meter (2:10.89) diving events.

**Ashley Yarbrough, Fr., Missouri State**

1-Meter Board – 2nd place, 230.30 points; 3-Meter Board – 6th place, 234.60 points  
Newcomer Ashley Yarbrough put on an impressive performance at the Missouri Show-Me Showdown. On the 1-meter board, earned her highest finish of the meet taking second overall out of six divers with a total of 230.3 points. Later that night, she racked up a total of 234.6 points on the 3-meter board, earning a sixth-place finish out of 16 divers. The only divers ahead of her in each event, were from Missouri.

## Recent Results

### Friday, September 15

Lindenwood at Southern Illinois..... No team score

### Saturday, September 16

Southern Illinois at CSCCA Championships..... 4th Place

### Saturday, September 23

Southern Illinois at Evansville..... SIU, W 97-49

### Friday, September 29

Missouri State at Missouri ..... 2nd Place  
Little Rock at North Texas Relays..... 5th Place

### Saturday, September 30

Indiana State at Illinois State..... ILS, W 185-114

### Sunday, October 1

Butler Quad Meet (Evansville/Indiana St./Valparaiso)

## Upcoming Schedule

ALL TIMES ARE CENTRAL

### Friday, October 6

Northern Iowa at Iowa/ Michigan..... 10 AM  
Indiana State at Notre Dame Relays..... 4 PM

### Saturday, October 7

Southern Illinois at Missouri State ..... 11 AM  
Eastern Illinois at Valparaiso..... TBD  
Illinois State at Lewis/Illinois Wesleyan ..... 1 PM  
Indiana State at Illinois-Chicago..... 1 PM



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## ▶ Swimming & Diving Top 15

College Swimming Top Times and Results  
As of October 3rd

### 50 Free

12th Danielle Freeman, UE 24.00

### 500 Free

11th Liberty Howell, MSU 5:00.86

### 50 Back

8th Sarah Allegri, MSU 26.68  
15th Rita Naude, SIU 27.32

### 100 Back

7th Sydney Zupan, MSU 55.79

### 50 Breast

7th Jessica Peck, SIU 31.16  
8th Samantha Parsons, SIU 31.31  
10th Laura Carver, SIU 31.40  
13th Abigail Kresal, SIU 31.57

### 200 Breast

14th Jensen Keck, ILS 2:23.21

### 50 Fly

1st Rita Naude, SIU 25.85  
4th Abbie Young, SIU 26.70  
6th Emma Brazeau, SIU 26.78  
10th Samantha Parson, SIU 27.00  
11th Chandler Ott, SIU 27.15

### 100 Fly

12th Sydney Zupan, MSU 55.74

### 200 IM

5th Josie Pearson, MSU 2:03.86

### 400 IM

10th Bianca Seaz-Illobree, INS 4:34.68

### 200 Free Relay

12th Southern Illinois 1:38.74  
14th Missouri State 1:39.24

### 400 Free Relay

10th Missouri State 3:31.88

### 200 Medley Relay

7th Missouri State 1:45.48

### 400 Medley Relay

14th Southern Illinois 4:05.43  
15th Little Rock 4:06.00

### 1M Dive

7th Sierra Thain, Little Rock 285.15  
8th Baobao Ji, SIU 279.80

### 3M Dive

2nd Sierra Thain, Little Rock 387.98  
7th Baobao Ji, SIU 288.80  
12th Courtney Coverdale, UE 262.55

## ▶ Athletes of the Week

### Swimmer

DATE	NAME	SCHOOL
O3	Sydney Zupan	Missouri State

### Diver

DATE	NAME	SCHOOL
O3	Baobao Ji	Southern Illinois

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

