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Swimming and Diving Quick Facts

Notre Dame Quick Facts

Location	Notre Dame, IN 46556
Founded	1842
Enrollment	8,275 (undergraduate), 11,417 (total)
Nickname.....	Fighting Irish
Colors	Gold and Blue
Conference.....	BIG EAST
Home Facility	Rolfs Aquatic Center
President.....	Rev. John I. Jenkins, C.S.C
Athletic Director	Kevin White
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Media Information

The Notre Dame Sports Information Office is always interested in assisting members of the media in their coverage of Irish women's swimming and diving. Publicity and media information for Notre Dame women's swimming and diving is handled by sports information assistant Joe Prisco.

Photographs, feature ideas and results are always available from the Sports Information Office. For women's swimming and diving information and interviews, please contact Prisco at (574) 631-7516 or e-mail him at prisco.3@nd.edu or view the official website of the Notre Dame athletic department at www.und.com. All interviews with coaches and athletes should be arranged through the Sports Information Office.

BIG EAST Web Information

The BIG EAST Conference maintains its presence on the World Wide Web at www.bigeast.org. The site contains current information on all facets of the BIG EAST Conference. Please contact the BIG EAST media relations department for more information on BIG EAST swimming and diving.

Credits

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WSBT-TV/Radio - CBS

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WSJV-TV - FOX

(Dean Huppert/Allison Hayes)
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(Dean Koersmo/Chuck
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Notre Dame, IN 46556
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Somers, WI 53171
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The Notre Dame relay team of Christa Riggins, Casey Wagner, Courtney Choura and Claire Hutchinson get ready to race at the 2005 Dennis Stark Relays.

Sophomore Christa Riggins will be a key figure in the success of the 2006-07 women's swimming program.

NOTRE DAME 2006-07 PREVIEW

Katie Carroll will wrap up her distinguished Irish swimming career with a chance to not only take home the NCAA title in the 400 IM but also with the opportunity to break current Notre Dame head coach Carrie Nixon's Irish record for all-BIG EAST honors in a career.



Expectations Raised for Women's Swimming & Diving Program

Irish look for 11th straight BIG EAST team title and NCAA bids

The Notre Dame women's swimming and diving team is one that has built a foundation of success having won 10 consecutive BIG EAST titles, which ties the program for the most conference titles won. But just because you've had success in the past does not mean you are guaranteed success in the future. Head coach Carrie Nixon knows this and has her team poised to not only compete for another BIG EAST title but reach the ultimate goal and win an individual or even team title at the NCAAs.

The only way to reach a goal is to first set one. Coach Nixon has some lofty yet reachable goals this season.

"I want to see everyone work harder than they did the year before," coach Nixon explained. "I want this to be our best season ever. And to do that and win the BIG EAST for the 11th consecutive season and make NCAA bids, we need to put in the effort to get there.

"Our talent level, even compared to last year's team, has sky rocketed," Nixon says. "Our returners continue to get better everyday, but our freshman class, in particular, has added a whole new element of depth and intensity to the team this year. We have witnessed it firsthand during the fall, where it is often the freshmen that are leading lanes on the upperclassman. Our fastest times are coming from our freshmen and sophomores, which is forcing some of our upperclassman to raise their commitment, out of fear that a freshman is going to take their spot. Any way you look at the competition it has been fierce and has added that extra motivation and element to the team. The senior class in particular has done a fantastic job of making improvement from last year. They have really done a great job of stepping up into more of a leadership role and have been very positive both in and out of the pool."

Nixon is now entering her second year in control of the program, after graduating in 2002 as the most decorated women's swimmer in the history of Notre Dame, and as is the case with most everything, the second time around is often easier.

"I still find it challenging at times, but it is still an unbelievable feeling knowing that this dream has come true," Nixon continues. "I also feel the team has gotten a lot more comfortable with our workout and my expectation for them this season. I feel as if the team is much more receptive and open with me this year. Whenever you go through a coaching change, especially in swimming it can be difficult. Swimmers, even more than most athletes, are creatures of habit and they often switch schools or swim clubs growing up just to stay with the same coach. They are very particular about trusting their coach and knowing the person standing up there truly cares about them in and out of the pool. That's what makes a coaching change even more difficult in swimming since you put so much trust in that person. I think I laid a lot of these questions to rest after the spring, since all but three of the 28

athletes swam lifetime bests in one of their three events. We really performed well and I think the team enjoyed last season maybe more than in the past few years. I thought our team atmosphere was great last year and that we really gelled as a team throughout the season. I'm looking forward to building on all the positive feeling and times from last year."

The schedule, as always, is challenging this year. The Irish start the season with three home meets in a

row at the Rolfs Aquatic Center. Notre Dame will take on Purdue (Nov. 3), Michigan State (Nov. 10) and Pittsburgh (Nov. 11). The Irish then travel to compete in the Minnesota Invitational (Nov. 17-19) before traveling to the U.S. Open for swimmers (Nov. 30-Dec. 3). The divers will compete in the Ohio State Invitational (Dec. 1-3). The team will also be making a trip to Hawai'i for the Hawai'i Invitational (Jan. 4 and 5) before coming back to the mainland for a meet against Michigan, Illinois and Indiana (Jan. 12-13) in Michigan. The last home meet of the season will be the Shamrock Invitational (Jan. 26). The Irish have one more tune-up against Louisville (Feb. 3) before the BIG EAST Championships (Feb. 14-17) in New York.

"I'm really thrilled about our schedule this year," Nixon states. "We only have one back-to-back dual meet weekend and the amount of time between each meet will allow the team the opportunity to focus on each opponent. We have been training well and I'm confident this will translate to a solid showing at the Minnesota Invitational and the U.S. Open. I feel our non-conference schedule prepares us well as we attempt to win the BIG EAST Championship for the 11th time and reach our ultimate goal of qualifiers in the NCAAs."

Speaking of the NCAAs, last year the Irish had three that qualified for the NCAAs in senior Katie Carroll (200 IM, 400 IM and 200 butterfly), senior Julia Quinn (100 breaststroke and 200 breaststroke) and sophomore Claire Hutchinson (500 freestyle, 400 IM and 1,650 freestyle). The Irish finished 41st and would have a better showing if not for an ill timed illness that struck the pool and heavily affected two of the Irish contingent.



Sophomore Claire Hutchinson qualified for the NCAAs in three events (500 freestyle, 400 IM, 1,650 freestyle) after placing second in the 1,650 freestyle and ninth in the 500 freestyle at the 2006 BIG EAST Championships.

"It was a total fluke. It was similar to getting stopped by every traffic light when you need to be on time for a big event like a wedding," Nixon states. "It was out of the girls control and we still aren't sure what happened since the girls ate at two different restaurants. The luck of the Irish was not with us that day. Now that we are a few months removed from the shock and awe of everything that happened, we can look back at realize we were on the right path and the crowning achievement of reaching the NCAA was not achieved in only the two months that preceded the BIG EAST, but in all the time spent at practice during the summer and the fall. I think last years NCAAs has served as motivating factor for not only for those that qualified last year, but for the whole team in seeing what had been achieved up to that point."

With a properly motivated team the 2006-07 Notre Dame roster is sure be exciting to watch. As Nixon now enters her second season, here is a breakdown of each stroke group on the 2006-07 team.

Distance Freestyle

The distance freestyle group will feature senior Abby Strang, junior Georgia Steenberge, sophomores Claire Hutchinson and Casey Wagner and freshman Lexie Shue. "It's a good group and I think we could realistically take three girls to the NCAAs in the mile this season," Nixon says.

"Abby is our lone senior in the group and she is coming off the strongest fall I've seen from her in four years. Georgia is also doing a much better job and after running cross-country in the fall, we are trying to get her back into the swing of the program again. Claire qualified for NCAAs last

season and is coming off a good summer of competition that has invigorated her in the fall. She is really motivated to make her presence known nationally. Casey is sort of new to the group this year. She was consistently one of the fastest 1,000 freestyle swimmers on the team last season, but she swam the 200 at the BIG EAST Championship last season and we never got the chance to really see what she was capable of doing in a meet. Lexie is a wonderful girl and a hard worker that has been battling various nagging injuries the last few months, so I'm eager to see what she can do when healthy."

Hutchinson was the runner-up in both the 1,650 freestyle and the 400 IM at the 2006 BIG EAST Championships, while Wagner finished third in the 500 freestyle. Shue went undefeated in dual meet competition during her high school career and holds four event records at Corona Del Mar.



Junior Kelly Battle had three top-20 finishes at the BIG EAST Championships (11th in 200 butterfly, 15th in the 200 IM and 20th in the 400 IM).

Middle Distance Freestyle

The middle distance swimmers are a very strong group. The group has plenty of athletes that are not 200 freestylers by designated stroke, but are still capable of competing in events. Junior Katie Carroll is one of those athletes. Carroll holds the school record in the 200 freestyle, but will most likely not swim the event at BIG EAST or at the NCAAs. The designated leader this season is sophomore Christa Riggins. Riggins finished second in the 200 freestyle a year ago at the BIG EAST meet, as well as third in the 500 freestyle.

"She had a tremendous summer and really worked on some of her weaknesses with a passion," Nixon explains. "She is still a relatively inexperienced swimmer so everything she is experiencing is awe inspiring and I'm excited to see her daily progress."

Wagner, who placed fifth in the 200 freestyle at BIG EAST, will also get some time in the event this season. Senior Ellen Johnson (BIG EAST qualifier) and the freshman trio of Megan Farrell,

Zeina Shanata and Mary Grace Godfrey will provide depth for the Irish in the 200 freestyle.

"Ellen has recommitted herself this fall knowing this is her last opportunity," Nixon states. "Megan and Zeina both have been working hard and have a lot of untapped potential. Mary Grace went to her first junior national cut over the summer and I think that was the defining moment that convinced her that she belongs competing at this level. Overall, I think this is a very fast group that is going to make our relays very competitive as well. It's a nice luxury to have this many talented swimmers."

Sprint Freestyle

As the greatest sprint freestyle at Notre Dame, Coach Nixon is familiar with what it takes to be successful in the pool in this discipline.

Senior Rebecca Grove, a runner-up at the BIG EAST in the 50 freestyle, is the leader of this group. "She has made the most positive changes on the team and she is really putting in great effort to a good leader and positive teammate," Nixon comments.

Freshman Gina Mancini is a fundamentally sound newcomer to the program

"The challenge with Gina is getting her to unleash herself during races," Nixon continues, "She is very technique oriented, which is very important, but there needs to be a certain element of furry involved in the 50 freestyle and that is something that she continues to work on."

Senior Meghan Linnelli is another hard worker that has improved every season at Notre Dame.

Juniors Katie Guida and Caroline Johnson are both eager to make an impact in relays this season.

"This is a great group that has a good mix of talented veterans and newcomers," Nixon says. "I have high expectations for what this group is capable of."

Backstroke

The Notre Dame backstroke group is a very deep bunch that has reloaded for this season.

Junior Caroline Johnson was the backstroker last season in the 100, while senior Ann Barton held the same distinction in the 200. Freshman Ashlee Edgell, Stacey Nedrud and Maggie Behrens have joined Ellen Johnson and Morgan Bullock on the team this season.

Barton excelled and finished third in the 200 backstroke and was all-BIG EAST for the third time.

"I'm really excited about Ann," Nixon explains. "She is an aerospace engineer major so obviously she is kept pretty busy with her class work but now in her senior season she is taking a slightly lighter class load, which I feel will give her more of a balance this season. She is one of more enthusiastic members of the team and is determined to have a memorable senior season."

Caroline Johnson will look to build on the success of finishing in the top-seven in both the 100 and 200 backstroke at the 2006 BIG EAST Championships.

"Caroline is doing very well. She was slowed by illness toward the end of last season but she had a great summer and has begun the season very motivated and focused. Ashlee is a great athlete from Cincinnati that is capable of making an

impact. Stacey is incredibly talented and is on the French national team. She is one that is just beginning to break on to the national scene. I'm excited to see what Ellen is capable of doing this season. Maggie is another freshman that is going to be fighting for a spot right away. Morgan has done a great job of resetting and reloading starting her junior year."

Butterfly

Two additions are expected to lead the butterfly group in freshmen Keri Masterson and Megan Farrell. Masterson will race in the 100 while Farrell will handle the 200 butterfly.

"Last year's 200 fly group was sort of a strange group with many people contributing such as Katie Carroll, Jessica Stephens, and Ann Barton and the relay spots were not really determined except meet to meet," Nixon states. "We feel the two freshman butterfly specialists will allow us to fill one of the major holes from last year's team."

Casey Wagner is also expected to compete in all the butterfly events. Meghan Casey could be an impact freshmen, as could Vivian Healey. Fellow rookie Mary Grace Godfrey may be given a chance. And as always seniors Katie Carroll, Ann Barton, and Jessica Stephens could swim in the events if pressed into duty.

Carroll was the runner-up in the conference last year in the 200 while Wagner finished seventh. Barton took home her second 2006 all-BIG EAST honor of the meet in finishing third in the 100 butterfly.

"We are pleased to have this many talented athletes that will compete in the butterfly throughout the season with very little drop off," Nixon says.

Individual Medley

Katie Carroll is the obvious leader of this group. She built on her All-American finish from her sophomore season by winning the 400 IM for the third time in her career at the 2006 BIG EAST meet. She also qualified for the NCAAs in three events last year, including both the 200 IM and

Team Information

2005-06 Record: 5-2

2005-06 Final CSCAA Ranking: 20th

2006 BIG EAST Championships:

1st, 705.5 points

2006 NCAA Championships: 41st, 4 points

All-America Honorees Returning:

Katie Carroll, Sr. – All-American
(2005 - 400 IM) honorable mention
(2006 - 200 IM, 2005 - 200 IM,
2004 - 200 IM, 400 IM)

Monogram Winners Returning/Lost: 22/2

2006 BIG EAST Champions Returning:

Katie Carroll, Sr. – 400 IM

Julia Quinn, Sr. – 200 breaststroke

NCAA Qualifiers Returning/Lost: 3/0

Katie Carroll, Sr. –

200 IM, 400 IM, 200 butterfly

Claire Hutchinson, So. – 500 freestyle,
1,650 freestyle, 400 IM

Julia Quinn, Sr. – 100 breaststroke,
200 breaststroke

Season Preview

400 IM. Carroll also owns the school record in both the events, while also holding the conference record in the 400 IM. Carroll is and will continue to be the Irish go-to swimmer in the 400 IM this season. Carroll added four more all-BIG EAST honors through relay events to bring her career total to 21, within reach of Carrie Nixon's school record 24.

"I'm excited for not only Katie's senior season, but also that she made the Pan-American team this past summer, so she will be competing next June for a spot on the national team," says Nixon. "She has made the decision to swim after her collegiate career is over, with her attention on the 2008 Olympic team."

"Katie had a great summer of training and she, more than anyone, has come back believing and trusting that the system we have in place here is working. I'm excited to see what she is capable of doing."

The IM group also includes senior Jessica Stephens, Abby Strang and Ann Barton, sophomore Claire Hutchinson as well as freshmen Ashlee Edgell and Vivian Healey.

Hutchinson and Stephens were both all-BIG EAST last season, as Hutchinson placed second behind Carroll in the 400 IM and Stephens was third in 200 IM event.

Divers

With the addition of three freshman divers, Notre Dame will be a deeper squad this season. The team now has a core of five divers to work



Junior Morgan Bullock swam in three events at the BIG EAST Championships (200 butterfly, 100 backstroke, 200 backstroke).

with and that should be beneficial especially once the BIG EAST season begins. Junior Tara Hyer is the most experienced diver and she placed in the top-five in both the one-meter and the three-meter dive. Her three-meter dive placed her third at the championships to earn the second all-BIG EAST honor of her career. Sophomore Lucy Hirt also came on strong at the BIG EAST Championships, as she was the runner-up in the three-meter diving for her first all-BIG EAST honor. Hirt also qualified for the one-meter BIG EAST diving championships. The three freshmen Chrissy Gonzalez, Tiffany Robak and Natalie Stitt are adding depth to the roster and have the opportunity to immediately contribute this season at the Ohio State Invite (Nov. 30), an early season diving meet.

"Both Lucy and Tara have embraced the three freshmen," Nixon says. "They are excited to have additional training buddies and are no longer severely out numbered by the men's team at the diving board. The group has really begun to gel as a group and have taken a sense of pride and ownership of the diving board this season."

"Lucy had an especially phenomenal year last year. She really began to blossom and hit her stride toward the end of season, which is a testament to Caiming (Xie). Caiming does a fantastic job of developing talent and working on the fundamentals."

"Tara had a good summer. She is motivated and refocused to do a great job this season. The freshmen are talented. Tiffany is a well-known name in the YMCA diving world, with a couple national titles under her belt. She is very enthused to be a part of the Notre Dame family. Chrissy is an experienced diver that has a great sense on the board. Natalie is sort of a newcomer to the sport of diving. She comes from a track background and was a pole-vaulter in high school, so she a lot of

flexibility and sense of her body. I know Caiming is especially excited to see her in action.

"This is a great group and one I'm expecting big things out of, especially at the BIG EAST. I'm hoping we will have at least one NCAA diving qualifier out of the group this season."

Team Council

After going without a captain last season, Coach Nixon is going with a revolutionary idea of a team council this season. The team council will consist of four swimmers (one from each class) and a diver. The group consists of senior Ann Barton, junior Katie Guida, sophomore Casey Wagner, freshman

Ashlee Edgell and junior diver Tara Hyer.

"We really want to stress with the team, the concept of everyone being a leader. That has always been something we have struggled with as a team," Nixon states. "The general idea in the past always has been that captains are the only designated leaders. I want to get away from this and focus on more of a team accountability concept. Without a designated title of captain, I've felt we've already done a better job of spreading the team leadership around and everyone being more accountable and taking the passion they feel and pouring it back into the team. I feel it has and will continue to allow the team to grow. Learning that self motivation and the motivation of others can be a team activity and doesn't have to be spurred on directly by a few designated leaders or from the coaches is sure to benefit us as a team throughout the season. Leading should be a spontaneous action that should come from a general caring about your team and teammates."

Roster Breakdown

By Class

Seniors (9): Barton, Carroll, Grove, E. Johnson, Linnelli, Quinn, Stephens, Strang, Sweeney

Juniors (9): Battle, Bullock, Burke, Guida, Hopkins, Hyer, C. Johnson, Paulson-Andrews, Steenberge

Sophomores (4): Hirt, Hutchinson, Riggins, Wagner

Freshmen (16): Bauza, Behrens, Casey, Duret, Edgell, Farrell, Grace-Godfrey, Gonzalez, Healey, Mancini, Masterson, Nedrud, Robak, Shanata, Shue, Stitt

By Stroke

Backstroke (11): Barton, Bauza, Behrens, Bullock, Casey, Edgell, Grove, Guida, C. Johnson, E. Johnson, Nedrud

Breaststroke (8): Burke, Duret, Healey,

Hopkins, Mancini, Quinn, Stephens, Sweeney

Butterfly (12): Barton, Carroll, Casey, Farrell,

Godfrey, Hopkins, Masterson, Paulson-Andrews,

Shanata, Steenberge, Stephens, Strang, Wagner

Freestyle (22): Barton, Bullock, Carroll, Farrell,

Godfrey, Grove, Guida, Healey, Hutchinson, C.

Johnson, E. Johnson, Linnelli, Mancini,

Masterson, Paulson-Andrews,

Riggins, Shanata, Shue, Steenberge, Strang,

Sweeney, Wagner

Individual Medley (10): Bauza, Behrens,

Battle, Carroll, Duret, Edgell, Hutchinson, Quinn,

Stephens, Sweeney

Diving (5): Gonzalez, Hirt, Hyer, Robak, Stitt



Junior Katie Hopkins qualified for three events at the 2006 BIG EAST Championships (200 breaststroke, 200 butterfly and 400 IM).

2006-07 Notre Dame Women's Swimming and Diving Roster

<u>Name</u>	<u>Events</u>	<u>Yr.</u>	<u>Ht.</u>	<u>Birthdate</u>	<u>Hometown/High School</u>
Ann Barton***	Back/Fly	Sr.	5-7	2-1-85	Scottsdale, AZ/Desert Mountain H.S.
Kelly Battle*	IM	Jr.	5-6	5-20-86	Allison Park, PA/North Allegheny H.S.
Colleen Bauza	Back/IM	Fr.	5-10	10-10-87	Palm Harbor, FL/Palm Harbor University H.S.
Maggie Behrens	Back/IM	Fr.	5-9	12-19-87	Munster, IN/Munster H.S.
Morgan Bullock**	Back/Free	Jr.	5-9	7-11-86	Stamford, CT/Westhill H.S.
Natalie Burke**	Breast	Jr.	5-7	8-1-85	Capetown, South Africa/Reddam House College
Katie Carroll***	IM/Fly	Sr.	5-8	1-10-85	Toledo, OH/Notre Dame Academy
Meghan Casey	Back/Fly	Fr.	5-3	11-16-87	Ponte Vedra Beach, FL/Bolles School
Pat Duret	Breast/IM	Fr.	5-9	3-17-88	Sarasota, FL/Cardinal Mooney H.S.
Ashlee Edgell	IM/Back	Fr.	5-11	11-8-87	Cincinnati, OH/Madeira H.S.
Megan Farrell	Free/Fly	Fr.	5-7	4-29-88	Hopkinton, MA/Hopkinton H.S.
Mary Grace Godfrey	Free/Fly	Fr.	5-8	9-8-87	South Bend, IN/St. Joseph H.S.
Chrissy Gonzalez	Diving	Fr.	5-3	11-19-88	White Plains, NY/White Plains, H.S.
Rebecca Grove***	Free/Back	Sr.	5-11	1-30-85	Yorktown Heights, NY/Yorktown H.S.
Katie Guida**	Free/Back	Jr.	5-10	11-9-85	Alexandria, VA/Georgetown Visitation Prep
Vivian Healey	Breast/IM	Fr.	5-9	6-13-88	New York, NY/Stuyvesant H.S.
Lucy Hirt*	Diving	So.	5-6	2-9-87	Mundelein, IL/Mundelein H.S.
Katie Hopkins**	Breast/Fly	Jr.	5-6	12-15-86	Ellicott City, MD/Notre Dame Prep. School
Claire Hutchinson*	Free/IM	So.	5-3	11-17-86	Baltimore, MD/McDonogh H.S.
Tara Hyer**	Diving	Jr.	5-6	2-9-87	Tampa, FL/Academy of the Holy Names
Caroline Johnson**	Free/Back	Jr.	5-10	7-10-86	Springfield, MO/Glendale H.S.
Ellen Johnson***	Free/Back	Sr.	5-8	6-8-84	Toledo, OH/Notre Dame Academy
Meghan Linnelli***	Free	Sr.	5-5	11-2-84	Canfield, OH/Canfield H.S.
Gina Mancini	Breast/Free	Fr.	5-7	4-22-88	Falmouth, ME/Falmouth H.S.
Keri Masterson	Fly/Free	Fr.	5-8	2-23-88	West Hempstead, NY/Sacred Heart Academy
Stacey Nedrud	Back	Fr.	5-7	10-10-87	Melbourne Beach, FL/Cocoa Beach H.S.
Raine Paulson-Andrews**	Free/Fly	Jr.	5-9	4-9-86	Montego Bay, Jamaica/Gulliver Prep School (FL)
Julia Quinn*	Breast/IM	Sr.	5-7	6-30-85	Evanston, IL/Evanston H.S.
Christa Riggins*	Free	So.	5-10	6-17-87	Phoenix, AZ/Sunnyslope H.S.
Tiffany Robak	Diving	Fr.	5-7	2-26-88	Milwaukee, WI/Pius XI H.S.
Zeina Shanata	Free/Fly	Fr.	5-5	10-2-87	Gainesville, FL/Buchholz H.S.
Lexie Shue	Free	Fr.	5-9	5-22-88	Newport Beach, CA/Corona Del Mar H.S.
Georgia Steenberge**	Fly/Free	Jr.	5-7	10-5-85	Granbury, TX/Granbury H.S.
Jessica Stephens***	Breast/IM	Sr.	5-9	6-14-85	Bloomsburg, PA/Bloomsburg H.S.
Natalie Stitt	Diving	Fr.	5-6	5-8-89	Holland, MI/West Ottawa H.S.
Abby Strang***	Free/Fly	Sr.	5-5	7-19-85	St. Simons Island, GA/Bolles School (FL)
Annie Sweeney**	Breast/IM	Sr.	5-5	3-24-85	Los Gatos, CA/Arch Bishop Mitty H.S.
Casey Wagner*	Free/Fly	So.	5-6	10-19-86	Glenshaw, PA/Shady Side Academy

Head Coach:

Carrie Nixon (Notre Dame '02)

Diving Coach:

Caiming Xie (Beijing Academy of Physical Education '85)

Assistant Coach:

Joel White (Wisconsin-Milwaukee '02)

Volunteer Assistant Coach:

Mike Laubacher (Ohio University '04)

*Denotes monograms earned

Pronunciation Guide

Duret	Dur-ette	Raine	Rain
Bauza	Bow-za	Shue	Shoe
Behrens	Bear-ens	Steenberge	STEEN-burdge
Guida	GWEE-duh	Zeina	Zay-na
Hyer	HIGHER	Caiming Xie	kai-MING ZHEE
Linnelli	lynn-ELL-ee		



Junior
Raine Paulson-Andrews



Junior
Georgia Steenberge

2007 BIG EAST Conference Swimming and Diving Qualifying Standards

Event	25-Yard	25-Meter	50-Meter
50 Freestyle	25.53	28.50	29.35
100 Freestyle	55.37	1:01.80	1:02.93
200 Freestyle	1:59.30	2:13.15	2:14.81
500 Freestyle	5:17.07	4:37.41	4:43.10
1,650 Freestyle	18:16.46	18:13.19	18:38.84
100 Butterfly	1:01.24	1:08.35	1:08.81
200 Butterfly	2:14.47	2:30.08	2:31.09
100 Backstroke	1:02.77	1:10.06	1:10.93
200 Backstroke	2:15.16	2:30.85	2:32.73
100 Breaststroke	1:11.74	1:20.07	1:22.46
200 Breaststroke	2:33.91	2:51.78	2:54.90
200 Individual Medley	2:14.21	2:29.79	2:32.52
400 Individual Medley	4:46.02	5:19.22	5:23.19
1 meter diving	225 pts		
3 meter diving	235 pts		



Qualifying for the NCAA Championships

The NCAA Women's Swimming and Diving Championships have a fixed field of 320 swimmers, including 35 divers. The swimming field consists first of all student-athletes who have achieved an "A" qualifying standard in any event. Beyond that, entry is given to student-athletes with the best "B" qualifying standards in events with the fewest "A" qualifiers until all the events have an equal number of entrants. From there, additional "B" qualifiers are added in order, one per event at a time, until the field

size of 320 is reached. If a complete additional round of next-best qualifiers will put the field over 320, the times that are closest in percentage terms to the national record are given the final spots in the field. Any student-athlete in the field may enter and compete in a maximum of three events.

For instance, if there are four "A" qualifiers in the 100 backstroke, 10 in the 100 butterfly, and between four and 10 in every other event, then the top "B" qualifying times will be given

entrance until every event has 10 participants in it. From there, the next best "B" time is added in each event, one by one, until the field is full. If not enough spaces remain to take the next entire round of "B" qualifiers, those swimmers' times are compared in percentage terms to NCAA records in the events and taken in order until the field is full.

In relay competition, teams with the top 13 times in each relay earn invitations to the meet. In addition, a team with four qualifiers also may compete in any relay in which it posted a "B" qualifying time at some point throughout the year, even if the NCAA qualifiers did not participate in the "B" time.

The diving field is determined by performance at five NCAA zone meets, which take place two weeks prior to the NCAA Championships. A student-athlete qualifies for the zone diving meet by registering a performance in which she scores points equal or better than the qualifying standard. Each zone sends a minimum of four divers to the NCAA meet, with the zones that had better performances at the previous year's NAAs getting additional entries. In 2007, Zone C, in which Notre Dame competes, will send seven divers to the NCAA Championships. Once in the 35-diver field, a student-athlete may compete in both the one- and three-meter springboard events, but can only take part in the platform competition if she participated in it at the zone meet.

2007 NCAA Swimming and Diving Qualifying Standards

Event	25-Yard Course		25-Meter Course		50-Meter Course	
	A	B	A	B	A	B
50 Freestyle	22.75	23.43	25.40	26.16	26.13	26.91
100 Freestyle	49.49	50.97	55.24	56.89	56.63	58.32
200 Freestyle	1:47.09	1:50.30	1:59.53	2:03.11	2:02.54	2:06.21
500 Freestyle	4:45.46	4:54.02	4:09.75	4:17.24	4:16.71	4:24.41
1650 Freestyle	16:23.54	16:53.04	16:20.60	16:50.01	16:48.76	17:19.02
100 Butterfly	53.75	55.36	59.99	1:01.79	1:01.29	1:03.13
200 Butterfly	1:58.99	2:02.55	2:12.81	2:16.78	2:15.07	2:19.11
100 Backstroke	54.47	56.10	1:00.80	1:02.62	1:03.86	1:05.77
200 Backstroke	1:57.79	2:01.32	2:11.47	2:15.41	2:17.45	2:21.57
100 Breaststroke	1:01.70	1:03.55	1:08.87	1:10.93	1:10.93	1:13.05
200 Breaststroke	2:13.65	2:17.65	2:29.17	2:33.63	2:32.23	2:26.78
200 Individual Medley	2:00.52	2:04.13	2:14.51	2:18.54	2:19.01	2:23.18
400 Individual Medley	4:15.63	4:23.29	4:45.31	4:53.86	4:51.82	5:00.57
200 Medley Relay	1:39.49	1:42.47	1:51.04	1:54.37	1:54.49	1:57.92
400 Medley Relay	3:38.02	3:44.56	4:03.33	4:10.63	4:11.18	4:18.72
200 Freestyle Relay	1:31.01	1:33.74	1:41.58	1:44.63	1:44.49	1:47.63
400 Freestyle Relay	3:18.95	3:24.91	3:42.05	3:48.70	3:47.64	3:56.46
800 Freestyle Relay	7:10.49	7:23.40	8:00.46	8:14.87	8:12.56	8:27.33

1-Meter Diving— Dual 255/265***

3-Meter Diving— Dual 270/280***

Platform Diving Points-Dual 260/225###

*** qualifying point total when using six optional dives standard D.D.

qualifying point total when using five optional dives with standard D.D.