

For Immediate Release: February 17, 2009
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Blue Wave Repeats, Records Break

Geneseo men claim 11th consecutive title, women win second in a row

BUFFALO – The Geneseo men’s swimming and diving team won its 11th consecutive State University of New York Athletic Conference championship while the Geneseo women claimed their second SUNYAC crown in a row at the Burt Flickinger Aquatic Center at Erie Community College. The Knight men – also known as the Blue Wave – scored 967 points while the Lady Wave earned 865. Geneseo coach Paul Dotterweich was named as both the SUNYAC Men’s and Women’s Coach of the Year.

Other honorees included **Michelle Rodriguez** (Yorktown Heights/Yorktown) of Geneseo and Fredonia’s **Kelly Sponholz** (Alden/Alden), who were the meet’s Most Outstanding Swimmer and Diver, respectively. Cortland’s **Dan Evans** (Hamburg/Hamburg) was the Most Outstanding Men’s Swimmer while Potsdam’s **Nathan LaRowe** (Latham/Shaker) was the meet’s Most Outstanding Men’s Diver. The Grace Mowatt Award was given to Sponholz. The James Fulton Award was given to co-winners **Clint Sugnet** (Penfield/Penfield) of Geneseo and Cortland’s **Drew Hilker** (Ithaca/Ithaca).

During the meet, the Lady Wave won 14 of 20 women’s events while the men’s team claimed twelve titles. Geneseo was denied a sweep of all ten relays as the Cortland men claimed the 200 Free Relay. The women set new championship meet and SUNYAC records in the 200-, 400- and 800-yards free relays and the 400 medley relay. The men inked new meet and conference marks in the 400 and 800 free relays and the 400 medley relay.

Five different women won individual titles for the Blue Wave on the lady’s side, including Rodriguez, who won the 100 free (:51.34), 200 free (1:51.52), and 500 free (4:59.22) – all SUNYAC meet and conference records, and all NCAA qualifying times. Also capturing gold for the Lady Wave were **Alex Dockstader** (Tonawanda/Kenmore West), who won the 200 back (2:05.68), an NCAA provisional time and the 200 IM (2:05.41), an NCAA qualifying time, both breaking meet records and the IM breaking the conference record; **Sierra Achin** (New Hartfield/New Hartfield), who won the 200 breast with a meet and conference record breaking 2:22.33 (NCAA provisional time); **Jade Plaschka** (Smithtown/Hauppauge), who won the 100 fly (:59.49); and **Lindsay Dressel** (Buffalo/Kenmore West), who won the 200 fly and the 400 IM, both breaking the meet and conference records with times of 2:08.60 and 4:32.90, respectively, and both NCAA provisional times.

On the men’s side, five men captured individual titles for Geneseo, including **Ken Pink** (Rochester/Pittsford-Sullivan) who captured the 100 and 200 breast (:58.36 and 2:06.68 respectively, and are NCAA provisional times) and the 200 IM (1:55.28) and broke the meet and conference records for the 200 breast. **Nate Foley** (Slingerlands/Bethlehem) won the 500 (4:40.38) and 1650 free events, with his 16:08.60 breaking the meet record for the 1650, and also an NCAA provisional time. **Russell Sullivan** (Sanborn/Niagara-Wheatfield) broke conference and meet records for the 200 back with an NCAA

provisional time of 1:53.62; **Jamie Matthews** (Ballston Spa/Burnt Hills-Ballston Lake) won the 200 fly (1:56.51); and **Colin Heinemann** (Penfield/Penfield) rounded out the Blue Wave individual winners by winning the 400 IM in 4:11.20.

Also on the men's side, Evans recorded wins and NCAA provisional times in the 50 free (:20.89), the 100 free (:45.90) and the 200 free (1:41.29). The 100 free time also broke the meet record. **Stephen Cozzolongo** (Burlington, Conn./Lewis S. Mills) of New Paltz won titles in the 100 back, breaking the conference and meet records and scoring an NCAA provisional time of :52.67, and also took the title in the 100 fly with a time of :51.74.

On the women's side, Oneonta's **Michelle Sano** (Albany/Albany) was able to do something no other women's swimmer has been able to do for Oneonta – capture a SUNYAC title. She did so in the 100 back, with an NCAA provisional time of :59.16.

A trio of New Paltz women's swimmers took home individual titles as well. **Christine Rieth** (Penfield/Webster) grabbed the 50 free with an NCAA provisional time of :24.06. **Jessica Lester** (Long Beach/Long Beach) took home the title in the 1650, breaking both conference and meet records and recording an NCAA provisional time with a 17:36.70. Rounding out the trio was **Erica Ellis** (Barnevald/Holland Patent), who won the 100 breast with a conference and meet record breaking, NCAA provisional time of 1:05.95.

All of Geneseo's women's winning relay teams record NCAA provisional times. Geneseo's winning relay team for the 200 free was made up of Dockstader, **Katie Linehan** (Schnectady/Guilderland), **Jessie Cocco** (Batavia/Batavia-Notre Dame), and **Jennifer Anthone** (Williamsville/Williamsville-East), who took the title in a meet and conference record breaking time of 1:35.79. The 400 free team was made up of Dockstader, Anthone, Linehan and Rodriguez and also broke both records (3:29.62). The 800 free team was made up of Anthone, **Mae Lankes** (Amherst/Amherst), Dockstader and Rodriguez, breaking both records at 7:41.42. The 200 medley relay was swum by **Liz Krause** (Lewiston/Lewiston-Porter), Cocco, Anthone, and Rodriguez (1:47.02). The 400 medley relay was swum by Dockstader, Cocco, Dressel, and Rodriguez, breaking both meet records in 3:54.03.

Cortland's 200 free relay team of Evans, Hilker, **Matt Young** (Richmondville/Scholarie) and **James McCabe** (North Massapequa/Farmingdale) spoiled Geneseo's sweep of the relays, by taking the race in 1:23.57, an NCAA provisional time. Geneseo's men took the 400 free, with **Dan Strothenke** (New Paltz/New Paltz), **Aaron Wagner** (Middleport/Royalton-Hartland), Sugnet, and **Sig Culhane** (Rochester/Brighton) swimming a conference and meet record breaking and NCAA provisional time of 3:06.31. The 800 free team consisted of Culhane, Strothenke, Foley, and Sugnet, who also broke the meet record and recorded an NCAA provisional time of 6:53.75. The 200 Medley relay was raced by **Josh Kaplan** (Grand Island/Grand Island), Pink, Wagner, and Strothenke in a time of 1:35.80. The conference and

meet record breaking 400 medley relay was swum by Kaplan, Pink, Wagner and Culhane, and was an NCAA provisional time of 3:27.78.

Sponholz continued her dominance in women's diving as she claimed both crowns for the fourth straight year, sweeping the meet in each year of her college career. During the 3-meter diving event, she beat her own meet and conference record by scoring 543.80 points. In 1-meter competition, Sponholz again broke her own meet and conference records with a score of 471.95.

The men's side of diving was also swept by a single diver, LaRowe of Potsdam. In 1-meter competition, LaRowe scored a 504.80. In the 3-meter event, he scored a meet record 552.70.

WOMEN'S FINAL

Geneseo	865
Oswego	640
New Paltz	550
Cortland	528
Fredonia	321
Oneonta	232
Brockport	154
Buffalo State	115
Potsdam	88

MEN'S FINAL

Geneseo	967
Cortland	607
New Paltz	505
Oswego	388
Fredonia	367
Brockport	189
Oneonta	182
Potsdam	177
Buffalo State	175

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