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--Jan. 20, 2009-- Midwest Conference Swimming & Diving

--Last Week's Results--

<p>MEN Friday & Saturday, January 16-17 Grinnell Invitational Grinnell 2nd/6</p> <p>University of Chicago Invitational Lawrence 5th/7</p> <p>Saturday, January 17 Rose-Hulman 196, Monmouth 94</p> <p>Beloit Spectacular Ripon 2nd/4 Carroll 3rd/4 Beloit 4th/4</p> <p>Hope Illinois-Michigan Quadrangular Lake Forest 7th/7</p>	<p>WOMEN Grinnell 2nd/8</p> <p>Lawrence 3rd/7</p> <p>Monmouth 130, Rose-Hulman 119</p> <p>Carroll 1st/4 Ripon 2nd/4 Beloit 4th/4</p> <p>Lake Forest 7th/7</p>
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--This Week's Schedule--

<p>Friday, January 23 Beloit at Loras</p> <p>Saturday, January 24 St. Norbert at Lawrence</p> <p>Grinnell at Carleton Double Dual</p> <p>Lake Forest hosts Lake Forest Triangular (Carroll, Lake Forest, Lawrence)</p> <p>Ripon at Monmouth</p> <p>Monday, January 26 Eureka Invitational (Illinois College, Knox)</p>	<p>6 p.m.</p> <p>10 a.m.</p> <p>Noon</p> <p>1 p.m.</p> <p>1 p.m.</p> <p>TBA</p>
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--Men's Performer of the Week--

Peter Brengel - Lawrence University
Freshman - Milwaukee, Wis./Marquette

Brengel broke the Lawrence record in the 100-yard backstroke and took second in the event at the tough University of Chicago Invitational. His time of 53.20 seconds, the fastest in the Midwest Conference this season, broke the Lawrence record of 53.96 set by Steve Vander Naalt in 2006. Brengel also placed sixth in the 200 backstroke in 2:03.78. He also swam on the 200 medley relay team, which was fourth, and the 400 medley relay team, which placed fifth. Lawrence took fifth in the team standings.



--Women's Performer of the Week--

Valerie Stimac - Grinnell College
Senior - Eagle River, Ark./Chugiak

Stimac was a triple winner at the Grinnell Invitational over the weekend, taking first in the 200-yard IM (2:13.07), 100 freestyle (54.37) and as part of the 400 medley relay (4:17.92) while helping the Pioneer women finish second in the team standings. She also swam to a runner-up finish in the 50 freestyle (26.14) and as part of the 200 freestyle and 200 medley relays (1:44.67 and 1:56.40, respectively). On top of that, Stimac a part of the third-place 400 freestyle relay team (3:48.47) and was fourth in the 200 freestyle (2:01.85).



--2008-09 Top Men's Times--

Event	Name	Yr	Time/Pts	Date
100 Back	Peter Brengel, LU	Fr.	53.42	1/17/09
200 Back	Peter Brengel, LU	Fr.	1:59.47	11/15/08
100 Breast	Cyrus Mistry, GC	So.	1:01.00	11/15/08
200 Breast	Cyrus Mistry, GC	So.	2:12.64	11/15/08
100 Fly	John Kaiser, MC	So.	54.90	12/6/08
200 Fly	Nathan Wittnam, GC	Sr.	2:03.86	11/15/08
50 Free	Taylor Wright, Jr.	Jr.	22.45	12/6/08
100 Free	Devin St. John, GC	Fr.	49.57	11/15/08
200 Free	Thomas Lankiewicz, GC	Fr.	1:50.82	11/15/08
500 Free	Andrew Wright, MC	Fr.	4:58.85	12/6/08
1,000 Free	Andrew Wright, MC	Fr.	10:32.95	1/17/09
1,650 Free	Andrew Wright, MC	Fr.	17:33.44	12/6/08
200 Ind. Med.	Thomas Lankiewicz, GC	Fr.	2:03.44	1/17/09
400 Ind. Med.	Thomas Lankiewicz, GC	Fr.	4:23.83	1/17/09
200 Free Relay	Grinnell		1:30.94	12/6/08
400 Free Relay	Grinnell		3:21.29	1/17/09
800 Free Relay	Grinnell		7:36.81	1/17/09
200 Med. Relay	Grinnell		1:41.81	1/17/09
400 Med. Relay	Grinnell		3:46.80	1/17/09
1 Meter (6 Dive)	Kevin Gabrielsen, LU	Fr.	249.20	11/15/08
3 Meter (6 Dive)	Kevin Gabrielsen, LU	Fr.	232.45	11/8/08
1 Meter (11 Dive)	Nicholas Smith, GC	Jr.	329.90	1/17/09
3 Meter (11 Dive)	Nicholas Smith, GC	Jr.	314.80	1/17/09

--2008-09 Top Women's Times--

Event	Name	Yr	Time/Pts	Date
100 Back	Danielle Gryzwa, CU	Fr.	1:03.16	11/8/08
200 Back	Danielle Gryzwa, CU	Fr.	2:14.13	12/6/08
100 Breast	Jordan Barclay, CU	Fr.	1:09.83	11/8/08
200 Breast	Krysta Sparks, MC	Fr.	2:32.45	12/6/08
100 Fly	Rebecca Hamlyn, LU	So.	1:01.67	12/6/08
200 Fly	Rebecca Hamlyn, LU	So.	2:18.99	12/6/08
50 Free	Valerie Stimac, GC	Sr.	25.37	12/6/08
100 Free	Valerie Stimac, GC	Sr.	54.23	12/6/08
200 Free	Valerie Stimac, GC	Sr.	1:59.98	12/6/08
500 Free	Hayley Vatch, LU	Sr.	5:16.87	1/17/09
1,000 Free	Hayley Vatch, LU	Sr.	10:53.59	11/22/08
1,650 Free	Hayley Vatch, LU	Sr.	18:04.51	1/17/09
200 Ind. Med.	Jordan Barclay, CU	Fr.	2:11.91	12/6/08
400 Ind. Med.	Jordan Barclay, CU	Fr.	4:44.11	12/6/08
200 Free Relay	Grinnell		1:44.32	18:20.58
400 Free Relay	Grinnell		3:48.20	1/17/09
800 Free Relay	Grinnell		8:30.78	1/17/09
200 Med. Relay	Grinnell		1:56.40	1/17/09
400 Med. Relay	Grinnell		3:46.80	12/6/08
1 Meter (6 Dive)	Jessica Adams, LU	Jr.	252.05	12/6/08
3 Meter (6 Dive)	Kelly Bruce, GC	Fr.	234.45	11/15/08
1 Meter (11 Dive)	Kelly Bruce, GC	Fr.	379.50	1/17/09
3 Meter (11 Dive)	Kelly Bruce, GC	Fr.	365.25	1/17/09

Bold indicates new conference record

