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## --Jan. 27, 2009-- Midwest Conference Swimming & Diving

### --Last Week's Results--

MEN	WOMEN
<b>Friday January 23</b> <b>Grinnell Invitational</b> Loras 107, Beloit 60	Loras 118, Beloit 85
<b>Saturday, January 24</b> Monmouth 70, Ripon 25 Ripon 66, Coe 28 Monmouth 70, Coe 24	Monmouth 63, Ripon 31 Ripon 69, Coe 24 Monmouth 69, Coe 21
<b>Carleton Double Dual</b> Grinnell 3rd/3	Grinnell 3rd/3
<b>Lake Forest Triangular</b> Lawrence 1st/3 Lake Forest 2nd/3 Carroll 3rd/3	Lake Forest 1st/3 Lawrence 2nd/3 Carroll 3rd/3
<b>Eureka Sprint Meet</b> Knox 2nd/6 Illinois College 6th/6	Knox 2nd/6 Illinois College 6th/6

### --This Week's Schedule--

<b>Friday, January 30</b> Coe at Grinnell Monmouth at Lincoln College	1 p.m. 7 p.m.
<b>Saturday, January 31</b> Lake Forest at Illinois Institute of Technology	11 a.m.
Lawrence hosts <b>Wisconsin Private Championships</b> (Beloit, Carroll, Lawrence, Ripon, St. Norbert)	Noon
Luther at Grinnell	1 p.m.
Illinois College at Principia	TBA
Monmouth hosts <b>Monmouth Invite</b> (Knox, Monmouth)	TBA

### --Men's Performer of the Week--

#### **Tom Pederson - Monmouth College** **Sophomore - Chicago, Ill./St. Patrick**

Pederson picked up a pair of first-place finishes in Saturday's double-dual meet with Ripon and Coe colleges. The sophomore swam a season-best 51.81 to win the 100-yard freestyle. He also swam the anchor leg on the winning 200-yard medley relay with a winning time of 1:48.27. The Scots defeated Ripon 70-25 and bested Coe 70-24.



### --Women's Performer of the Week--

#### **Emily Watts - Lake Forest College** **Freshman - Danville, Ind./Danville Community**

Watts helped lead Lake Forest to a double-dual meet victory over visiting Carroll and Lawrence. Watts won the 50-meter freestyle in 29.40 seconds and the 100-meter freestyle in 1:04.69. The Foresters trailed both opponents going into the final event and Watts gave the home team a significant lead on the first leg of the victory-clinching 200-freestyle relay.



### --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)	Mark Sullivan, GC	Jr.	266.80	1/24/09
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	1/17/09
400 Free Relay	Grinnell		3:48.20	1/17/09
800 Free Relay	Grinnell		8:26.52	1/24/09
200 Med. Relay	Ripon		1:49.93	1/24/09
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*

