

2009

## 2008-09 University of Northern Iowa Swimming & Diving Media Guide

University of Northern Iowa

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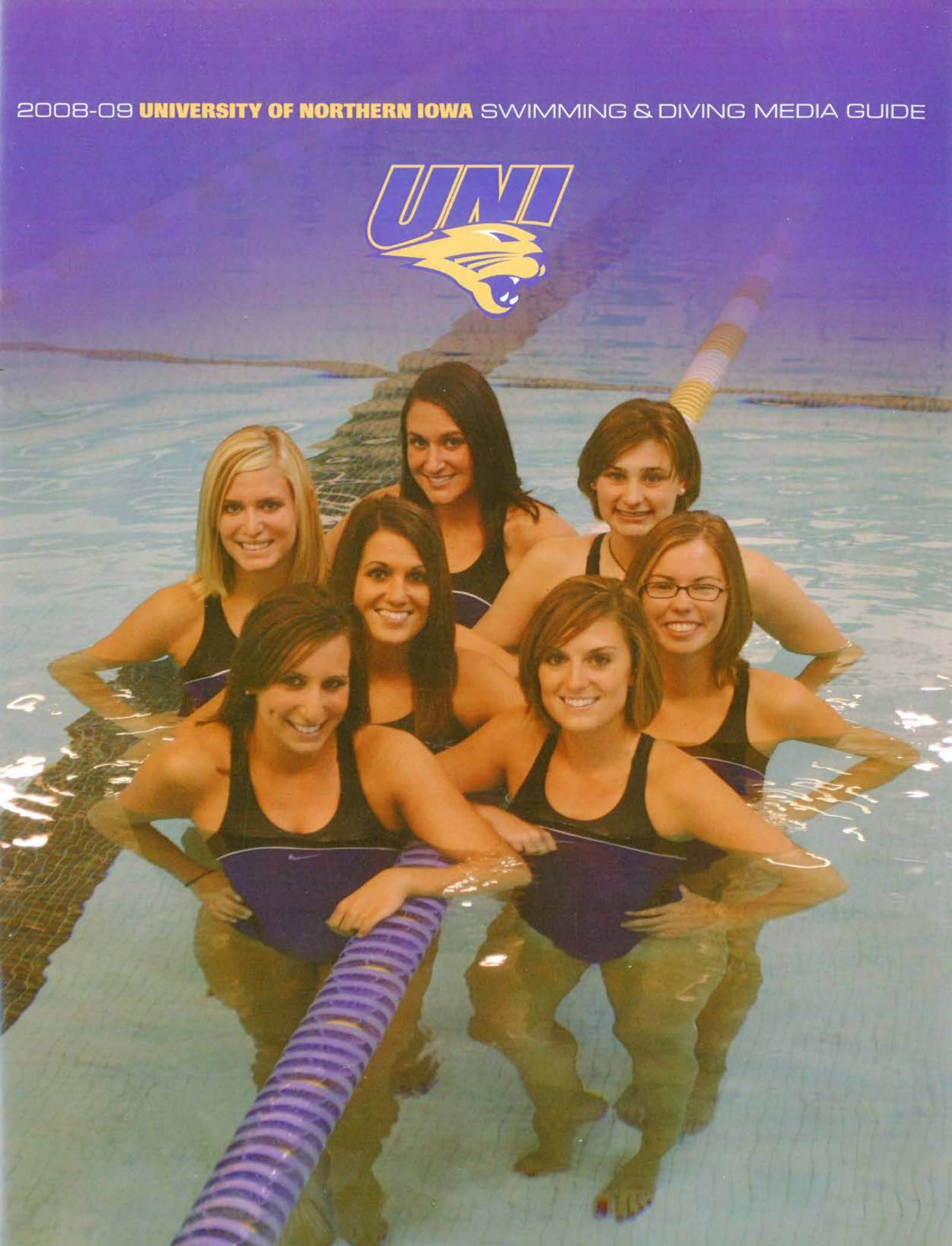
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## 2008-09 ROSTER

Name	Yr.	Stroke	Hometown/High School
Kendra Allen	Fr.	Fly/Free	Ankeny, Iowa/Ankeny
Alexa Armstrong	Sr.	Sprint Free	Dubuque, Iowa/Hempstead
Hannah Craig	Fr.	Distance Free	Urbandale, Iowa/Urbandale
Abby Girard	Jr.	Back/IM	Cedar Falls, Iowa/Cedar Falls
Ally Green	Jr.	IM/Fly	Bettendorf, Iowa/Bettendorf
Chelsea Hartman	Fr.	Distance Free	North Liberty, Iowa/Iowa City West
Ashley Hunter	Sr.	Free	Overland Park, Kan./Blue Valley North
Josie Itzen	So.	IM	Cedar Falls, Iowa/Cedar Falls
Anna Jovanovic	Fr.	Fly/IM	St. Charles, Mo./Francis Howell
Melissa Kilfoy	Sr.	Fly/IM	Bettendorf, Iowa/Bettendorf
Caitlin Kregel	So.	Breast/Fly	West Chicago, Ill./West Chicago
Melissa Little	Sr.	Distance Free	Lawrence, Kan./Lawrence

Name	Yr.	Stroke	Hometown/School
Katie Maloy	Sr.	Distance Free	Auburn, Ind./R. Nelson Snider
April Mangrich	So.	Freestyle	Cedar Rapids, Iowa/Jefferson
Ashley Mangrich	So.	Breaststroke	Cedar Rapids, Iowa/Jefferson
Kelly Mateas	Jr.	Free	Winfield, Ill./Community
Jean Matzen	Jr.	Free/Fly	Fairfield, Iowa/Fairfield
Kelly McCullough	So.	Distance Free	Spencer, Iowa/Spencer
Maegan Miller	Sr.	Free	Olathe, Kan./Olathe
Abby Moes	Sr.	Back/IM	Sioux City, Iowa/East
Maggie Rickert	Jr.	Fly/Sprint Free	Hudson, Iowa/Hudson
Tori Ward	Fr.	Freestyle	St. Louis, Mo./Kirkwood
Stephanie Yattoni	Fr.	Distance Free	Oswego, Ill./Oswego



Kendra Allen



Alexa Armstrong



Hannah Craig



Abby Girard



Ally Green



Chelsea Hartman



Ashley Hunter



Josie Itzen



Anna Jovanovic



Melissa Kilfoy



Caitlin Kregel



Melissa Little



Katie Maloy



April Mangrich



Ashley Mangrich



Kelly Mateas



Jean Matzen



Kelly McCullough



Maegan Miller



Abby Moes



Maggie Rickert



Tori Ward



Stephanie Yattoni



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## 2008-09 Schedule

Oct. 10 .....	Illinois State .....	Normal, Ill. ....	5:00 p.m.
	Saint Louis .....	Normal, Ill. ....	5:00 p.m.
Oct. 11 .....	Alumni Meet .....	Cedar Falls, Iowa .....	12:00 p.m.
Oct. 18 .....	South Dakota .....	Cedar Falls, Iowa .....	2:00 p.m.
Nov. 1 .....	Nebraska-Omaha .....	Omaha, Neb. ....	2:00 p.m.
Nov. 15 .....	Northern Colorado .....	Greeley, Colo. ....	9:00 a.m.
	South Dakota State .....	Greeley, Colo. ....	2:00 p.m.
Nov. 20-23 .....	Nebraska Invitational .....	Lincoln, Neb. ....	All Day
Dec. 6 .....	Iowa State .....	Ames, Iowa .....	1:00 p.m.
Jan. 24 .....	Kansas .....	Lawrence, Kan. ....	1:00 p.m.
	South Dakota .....	Lawrence, Kan. ....	1:00 p.m.
Jan. 30 .....	Minnesota State-Mankato .....	Cedar Falls, Iowa .....	6:00 p.m.
Feb. 5 .....	Iowa .....	Cedar Falls, Iowa .....	6:00 p.m.
Feb. 12-14 .....	State Farm Missouri Valley .....	Carbondale, Ill. ....	All Day
	Conference Championships		



## Quick Facts

Location .....	Cedar Falls, Iowa
Founded .....	1876
Enrollment .....	12,908
Nickname .....	Panthers
Colors .....	Purple and Old Gold
Affiliation .....	NCAA Division I
Conference .....	Missouri Valley
President .....	Dr. Benjamin Allen
Athletics Director .....	Troy Danner
Senior Woman Administrator .....	Jean Berger

## Swimming & Diving Program

Head Coach .....	Stacey Simmer (Iowa, '01)
UNI Dual Record (Years) .....	21-49 (6)
Overall Record .....	Same
Assistant Coach .....	Carissa Skarin (UNI, '04)
Home Pool .....	Wellness Recreation Center
Swim Office Phone .....	(319) 273-7946
2007-08 Dual Meet Record .....	5-9
MVC Finish .....	4th

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## Equity Statement

The University of Northern Iowa is an equal opportunity educator and employer with a comprehensive plan for affirmative action.



Building on a strong tradition of teacher education, the University of Northern Iowa has evolved into one of the finest comprehensive public universities in the country.

UNI emphasizes excellence in undergraduate education and offers selected graduate programs at the master's, specialist's and doctoral levels.

UNI's heritage and philosophy place great value on providing a student-centered educational experience. The university offers a learning environment that is small enough to provide students with individual attention, yet large enough to provide a variety of resources, including distinguished faculty.

Today, UNI offers more than 120 undergraduate majors. Outstanding academic programs, many of which are nationally-recognized for their excellence, have been established in the colleges of Business Administration, Education, Humanities and Fine Arts, Natural Sciences, and Social and Behavioral Sciences.

In addition, UNI participates in the bachelor of liberal studies program offered by Iowa's Regent Universities and provides classes in centers around the state through the division of Continuing Education and Special Programs.

Recognized as the premier public undergraduate university in the state, UNI is experiencing an increasing demand for its high-quality programs. Enrollment at UNI was 12,908 in the fall of 2008. Students come from every county in Iowa, and about 94 percent of UNI's undergraduate students are residents of Iowa upon enrollment.

The University of Northern Iowa was founded in 1876 as Iowa State Normal School. It became Iowa State Teachers College in 1909. In 1961, the name was changed to the State College of Iowa and in 1967, the Iowa legislature changed the status of the institution to that of a university under its present title.



## Facts and Highlights

- U.S. News and World Report ranks UNI in the top two among public comprehensive universities in the Midwest.
- Kiplinger Personal Finance places UNI in the top 50 in the nation for best value in public colleges.
- The Education Trust ([www.edtrust.org](http://www.edtrust.org)) named UNI first among peer institutions nationally for overall high performance in graduation rates.
- UNI prides itself on smaller class sizes that enhance faculty-student interaction and personalized instruction. Thirty-two percent of classes have fewer than 20 students, and 83 percent have fewer than 40 students.
- UNI students are actively involved with more than 200 student organizations, including special interest clubs, sororities and fraternities, religious groups and academic groups.
- UNI is the alma mater of NFL and Super Bowl MVP Kurt Warner, as well as U.S. Senator Charles Grassley.
- The UNI Wellness Recreation Center, attached to the north side of the UNI-Dome, features a climbing wall, two pools, a running track, weight and fitness rooms, and courts for basketball, volleyball and racquetball.





## University President Ben Allen

Benjamin J. Allen was named the ninth president of the University of Northern Iowa on April 28, 2006. President Allen assumed the duties of president at UNI on June 5, 2006.

Most recently, Dr. Allen was the Vice President for Academic Affairs and Provost at Iowa State University and was responsible to the President for all aspects of the academic programs of Iowa State.

Before joining the faculty at Iowa State University in 1979, Dr. Allen taught at Washington State University and was a Brookings Economics Policy Fellow in the Office of Transportation Regulatory Policy, U.S. Department of Transportation.

He served as chairman of the Department of Transportation and Logistics at Iowa State from 1984 to 1988 and was named the first University Distinguished Professor in Business at Iowa State University.

From 1988 to 1990 he served as Director of the

Midwest Transportation Center, a research consortium consisting of Iowa State University and The University of Iowa.

He was the Visiting McKinley Professor of Economics and Public Utilities at the University of Illinois during the 1986-87 academic year and also held the Oren Harris Chair in Transportation at the University of Arkansas during the 1990-91 academic year.

Dr. Allen has also been a consultant for various private corporations and public agencies throughout his career. He served as Dean of the Iowa State University College of Business 1994-2000. During 2001-2002 he served as Interim Vice President for External Affairs.

He earned his bachelor's degree in business economics from Indiana University, and both his master's and doctorate in economics from the University of Illinois.



## Director of Athletics Troy Dannen

Troy Dannen was named the University of Northern Iowa's Director of Athletics on May 29, 2008.

For the previous six years, Dannen served as Executive Director of the Iowa Girls' High School Athletic Union (IGHSAU). As the governing body for high school sports in the state of Iowa, the IGHSAU oversees nearly 400 schools and more than 70,000 students, in the 11 sports offered by the Union.

Dannen has served in various capacities at the IGHSAU over the past 18 years, including serving nine years (1993-2002) as associate executive director.

Dannen also has been a strong advocate of academic success, having created several new scholarship programs for high school students. He also developed an IGHSAU academic award program that recognizes as many as 3,000 Iowa high school students each year.

The Des Moines Register listed him fourth in their 2005 ranking of the most powerful Iowans in Sports. He has received numerous honors and awards over the years, including the Pursuing Victory with Honor Award

from the Iowa Institute of Character Development in 2005, and the Award of Excellence from the Iowa Girls' and Women in Sport in 1999.

In addition, Dannen has been active in community service in both the greater Des Moines area and around the entire state. He has been a member of the Iowa Games Board of Directors, the Greater Des Moines Sports Commission, and served on the AAU Junior Olympics Local Organizing Committee. He also has served on the Iowa Athletic Council, Iowa Referee Committee and the Drake Relays Committee. Dannen has been active internationally, having twice in the past five years been a presenter in Malaysia - at the request of the Olympic Council of Malaysia - on the topic of youth sports and sport program development.

Dannen, 41, received his bachelor's degree in public relations with a minor in journalism from UNI in 1989. He and his wife, Lori, have two daughters: Emily (12) and Holly (9).



## Senior Woman Administrator Jean Berger

Jean Berger joined the University of Northern Iowa staff as senior associate athletic director and senior woman administrator in October 2008. At UNI, Berger is direct supervisor of seven of UNI's women's sports. She also will be responsible for implementing and monitoring gender equity plans; assisting with marketing and budgeting of assigned programs; and providing support to the athletic compliance office and athletic academic advising.

Before coming to UNI, Berger worked for more than 17 years at Drake. Berger began working with the Bulldogs in 1991 as an assistant sports information director. In 1994 she took over as the senior woman administrator and assistant athletic director for internal affairs, and in 2005 she was promoted to senior associate athletic director.

Berger's responsibilities at Drake included supervision of 11 athletic programs and overseeing the department's student services, including compliance, academic support, sports medicine and strength and conditioning.

She also worked as a sponsor for the Drake Student-Athlete Advisory Committee. She serves as the Missouri Valley Conference representative to the NCAA Division I Women's Basketball Issues Committee, and she previously served a five-year term on the NCAA Division I Women's Basketball Committee.

Berger also worked closely with Drake's Title IX Review and gender equity plan, the 1995 NCAA Midwest Women's Basketball Regional, two cycles of Drake's NCAA Certification self-study and the Drake Relays.

Before working at Drake, Berger spent one year as an assistant sports information director at Wichita State. From 1985-1990, Berger worked as the sports information director at Wayne State College.

Berger attended the University of Iowa, and she earned her bachelor's degree in journalism and her master's degree in physical education and sports studies. She is a native of Winterset, Iowa, and has two daughters, Jessica (22) and Jenna (14).





## Stacey Simmer

Head Coach | 7th Season

Coming off one of the most successful seasons in program history, University of Northern Iowa head women's swimming coach Stacey Simmer enters her seventh season with the Panthers and looks to take last season's success a step further.

The 2007 Missouri Valley Conference Coach of the Year, Simmer has once again put together a very talented group of veteran swimmers. The Panthers finished fourth in the MVC Championships last season, earning 11 top-10 finishes. Throughout the season, the talented team also broke four school records. With seven seniors on this season's team and a very talented group of juniors, the Panthers look to be a force in the MVC this season, and in seasons to come.

During the 2002-03 season, Simmer coached two-time MVC all-conference swimmer Erika Uthoff-Schmuecker to an MVC Championship in the 100-yard breaststroke, and she has coached seven MVC first team scholar athletes. Also, many of the Panthers' swim records are held by swimmers coached by Simmer.

Simmer swam for the University of Iowa from 1997-2001. As team captain her senior year, she received the Golden I-Book award for academic recognition. She also graduated holding individual records in the 50-yard free (23.08) and 100-yard free (50.79) and was part of the record-holding 200-yard free relay team, 400-yard free relay team, and 400-yard medley relay team. She also swam the 50 free at the 2000 United States Olympic Trials.

Born and raised in Cedar Falls, Simmer is a 1997 graduate of Northern University High School. She received her bachelor's degree in Elementary Education from Iowa in December of 2001.

Simmer and her husband, Erich, have a three-year-old son, Hogan, and a one-year-old daughter, Isabelle.

### The Simmer File

#### Education

- University of Iowa, 2001

#### Coaching Career

- Head Coach, UNI  
2002-Present

#### Accomplishments

- 2007 MVC Coach of the Year

#### Swimming Career

- Graduated holding school records in 50 and 100 free
- Member of school record-holding 200 free, 400 free and 400 medley relay teams
- Swam the 50 free at the 2000 United States Olympic Trials



## Carissa Skarin

Assistant Coach | 3rd Season

Hailing from Spencer, Iowa, Carissa Skarin had a successful coaching career with the Black Hawk Area Swim Team before joining the University of Northern Iowa as an assistant coach in 2006.

Since the age of four, Skarin has been involved in swimming and has had more than 10 years of swim lesson experience. She was co-captain her senior year at Spencer High School, specializing in distance free.

Skarin is also coach of BLAST, a Cedar Falls/Waterloo swim club in which she has been able to set the club record for sending the most athletes to the state competition and has helped athletes break more than 10 club records. Also, many of her swimmers have qualified for the Central Zones All-Star meet in Lawrence, Kan.

### The Skarin File

#### Education

- UNI, 2004

#### Coaching Career

- Assistant Coach, UNI,  
2006-Present

In the spring of 1998, the University of Northern Iowa completed construction of its new multipurpose student and athletic facility – the Wellness Recreation Center.

The \$14 million center is the home of the UNI swimming and diving teams. The Wellness Recreation Center pool consists of eight 25-yard lanes. All lanes are equipped with the Colorado Times Electronic Timing System. This system is connected to the large electronic scoreboard that allows spectators to follow the event's action in real time.

The pool also is surrounded by a closed gutter filtration system, which drastically reduces water turbulence, helping to increase the swimmer's speed.

The pool has two one-meter diving boards located poolside and two three-meter boards fitted on a diving platform located on the north end of the pool. The diving well has a depth of 13 feet.

Seating for meets includes elevated permanent seating for 300 spectators. The overlooking seating gives fans a spectacular, up-close perspective to watch the competition. Fans and parents also can take advantage of the pool's hospitality room during swimming meets.

In addition to the use by the Panther swimming and diving teams, the pool is open to the UNI community for recreational events, such as intramurals, swimming lessons, open swim, water aerobics and lifeguard certification classes.

Open daily to the UNI community, the rest of the Wellness Recreation Center houses basketball, volleyball and racquetball courts, dance and exercise rooms, two weight rooms and an indoor track.

### Pool Facts

Year Opened: 1998

Rec. Center Website: [www.uni.edu/wellrec](http://www.uni.edu/wellrec)

Seating Capacity: 300

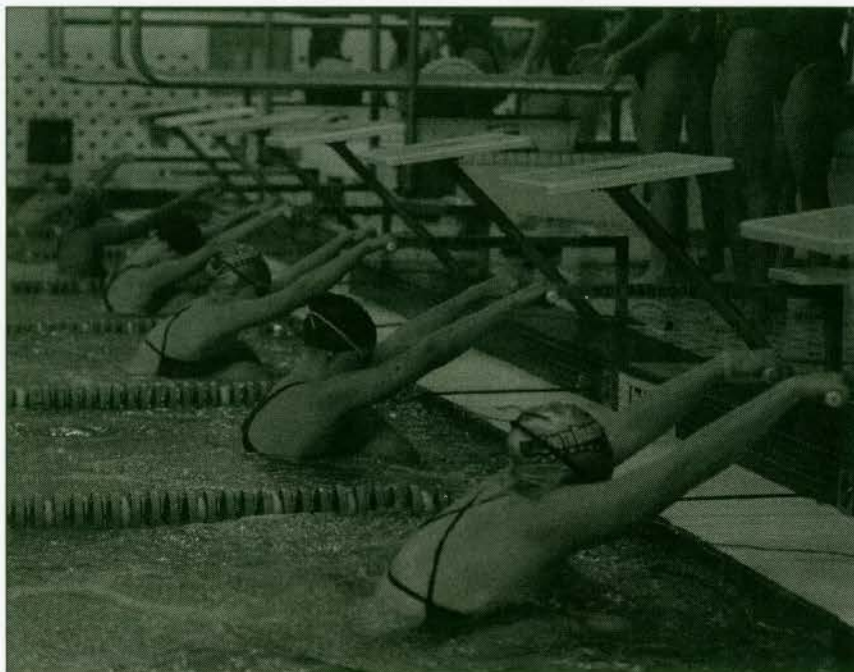
#### Pool Features:

- One eight-lane 25-yard course
- 13-foot deep end, 4-foot shallow end
- Two one-meter boards
- Two three-meter boards
- Colorado Timing System
- Coaches' office off deck
- Hospitality room off deck

#### Rec Center Features:

- Basketball courts (10)
- Racquetball courts (6)
- 40-foot climbing wall
- Dance studio
- Free-weight workout
- Cardio/strength training room
- Indoor running track

## Wellness Recreation Center Pool



### WRC Pool Records

Event	Name (School)	Time	Date
50 Free.....	Whitney Jensen (Truman State)	24.41	1/16/2004
100 Free.....	Erin Endres (Iowa State)	52.73	11/30/2001
200 Free.....	Diana Betsworth (Truman State)	1:53.38	1/16/2004
500 Free.....	Lauren Breunig (Iowa State)	5:06.73	12/12/2003
1000 Free.....	Jennifer Skolaski (Iowa)	10:04.42	11/16/2002
1650 Free.....	Melissa Little (UNI)	18:29.60	2/2/2008
100 Back.....	Kim Rogers (Iowa State)	58.79	12/12/2003
200 Back.....	Kim Rogers (Iowa State)	2:07.61	12/12/2003
100 Butterfly.....	Lindsay Wegner (Iowa State)	59.19	12/1/2007
200 Butterfly.....	Alison Blyth (Truman State)	2:08.15	1/16/2003
100 Breast.....	Michaela Osborn (Truman State)	1:04.41	1/16/2004
200 Breast.....	Michaela Osborn (Truman State)	2:21.57	1/16/2004
200 IM.....	Andrea Hemphill (Iowa)	2:10.24	11/16/2002
400 IM.....	Josie Itzen (UNI)	4:46.16	2/2/2008
200 Free Relay.....	UNI	1:40.10	1/20/2007
400 Free Relay.....	Iowa	3:39.20	11/16/2002
200 Medley Relay.....	Truman State	1:49.37	1/16/2004
400 Medley Relay.....	Iowa	4:01.59	2/3/2006

### WRC Diving Records

Event	Name (School)	Points	Date
1 Meter Dive.....	Andrea Johnson (Valparaiso)	276.75	1/19/02
3 Meter Dive.....	Shaunah Parrish (Wis.-Green Bay)	274.65	12/1/01



# 2008-09 Preview

## Panthers Look to Carry Momentum from Outstanding Season Into 2008-09 Campaign

As the 2008-09 season begins, the veteran Panthers look to capitalize on senior leadership and success from last season. Coming off a fourth-place finish at the MVC Championships, the Panthers capped off a successful season with 11 top-ten finishes and broke one school record at the meet.

The 2008-09 team features 23 members: five freshmen, six sophomores, five juniors and seven seniors. Returning to the team are a veteran group of seniors along with two current school record holders and a talented group of juniors.

### Distance Freestyle

The Panthers will look for a stand-out performance from freshman Chelsea Hartman. Katie Maloy, Melissa Little, and April Mangrich will also add depth to these races. Sophomore Kelly McCullough also looks to continue her success from last season.

### Middle Distance Freestyle

Returnees Kelly Mateas and Tori Ward will lead the Panthers in the mid-distance free races. Pushing them in the water will be junior Ally Green.

### Sprint Freestyle

Returnees Maegen Miller and Alexa Armstrong look to lead the Panthers to top finishes in the sprint races. Junior Maggie Rickert will also look to push these two in the event.

Junior Abby Girard returns following an All-Missouri Valley Conference season to lead UNI in the backstroke and individual medley.



### Backstroke

Junior Abby Girard returns from a successful sophomore campaign, looking to add to her list of awards and honors. Girard holds the school record in the 100 back and will battle it out with senior Abby Moes in the water for the top spot.

### Breaststroke

The team will look to two strong returnees, April Mangrich and Caitlin Kregel to continue their success from last season. The duo looks to continue to strengthen this event and improve upon last year's performances.

### Butterfly

Maggie Rickert will be a strong contender in the 100 fly once again this season. The junior currently holds the record, clocking in at 59.38. Melissa Kilfoy and freshman Kendra Allen and Anna Jovanovic will also look to collect valuable points in these events.

### Individual Medley

In addition to the talent of junior Abby Girard, the Panthers look to sophomore Josie Itzen to continue to shine after her successful freshman break-out season. Girard and Itzen stand one-two in the record books for the 200 IM. Itzen will also be a strong contender in the 400 IM.

### Relays

The Panthers look to continue their strong tradition in the relays once again this season. The team snagged three top-five finishes at the Missouri Valley Conference Championships along with breaking a school record in the 400 free relay. The relays will be a strong force with all members from last year's squads returning.



The 2008-09 UNI women's swimming team is, from left, front row: Ashley Mangrich, Kendra Allen, Ashley Hunter, Kelly McCullough, Stephanie Yattoni, Katie Maloy, Caitlin Krengel. Second row: Hannah Craig, Josie Itzen, Kelly Mateas, Tori Ward, Anna Jovanovic, April Mangrich, Melissa Little, Abby Moes. Third row: Chelsea Hartman, Maggie Rickert, Ally Green, Jean Matzen, Abby Girard, Alexa Armstrong, Maegan Miller, Melissa Kilfoy.



Name	Year	Hometown (High School)	Stroke
Kendra Allen	Fr.	Ankeny, Iowa (Ankeny)	Butterfly/Freestyle
Alexa Armstrong	Sr.	Dubuque, Iowa (Hempstead)	Sprint Freestyle
Hannah Craig	Fr.	Urbandale, Iowa (Urbandale)	Distance Freestyle
Abby Girard	Jr.	Cedar Falls, Iowa (Cedar Falls)	Backstroke/IM
Ally Green	Jr.	Bettendorf, Iowa (Bettendorf)	Butterfly
Chelsea Hartman	Fr.	North Liberty, Iowa (Iowa City West)	Distance Freestyle
Ashley Hunter	Sr.	Overland Park, Kan. (Blue Valley North)	Freestyle
Josie Itzen	So.	Cedar Falls, Iowa (Cedar Falls)	IM
Anna Jovanovic	Fr.	St. Charles, Mo. (Francis Howell)	Butterfly/IM
Melissa Kilfoy	Sr.	Bettendorf, Iowa (Bettendorf)	Butterfly
Caitlin Krengel	So.	West Chicago, Ill. (West Chicago)	Breast/Fly
Melissa Little	Sr.	Lawrence, Kan. (Lawrence)	Distance Freestyle
Katie Maloy	Sr.	Auburn, Ind. (R. Nelson Snider)	Distance Freestyle
April Mangrich	So.	Cedar Rapids, Iowa (Jefferson)	Freestyle
Ashley Mangrich	So.	Cedar Rapids, Iowa (Jefferson)	Breaststroke
Kelly Mateas	Jr.	Winfield, Ill. (Community)	Freestyle
Jean Matzen	Jr.	Fairfield, Iowa (Fairfield)	Freestyle/Fly
Kelly McCullough	So.	Spencer, Iowa (Spencer)	Distance Freestyle
Maegan Miller	Sr.	Olathe, Kan. (Olathe)	Freestyle/Breast
Abby Moes	Sr.	Sioux City, Iowa (East)	Backstroke
Maggie Rickert	Jr.	Hudson, Iowa (Hudson)	Sprint Free/Fly
Tori Ward	So.	St. Louis, Mo. (Kirkwood)	Freestyle
Stephanie Yattoni	Fr.	Oswego, Ill. (Oswego)	Distance Freestyle



# Meet the Panthers



**Kendra Allen**  
Freshman | Butterfly/Free  
Ankeny, Iowa (Ankeny)

**High School:** Participated in the CIML conference...Lettered sophomore, junior, and senior year...Team was conference champion in 2005 and 2006...State participant junior year... Also participated in concert band, jazz band, marching band...Member of honor roll.

**Personal:** Born [redacted], in Dallas, Texas...Daughter of David and Ann Allen...Majoring in Spanish and communicative disorders...Chose UNI because it was the right fit for her and offered a variety of activities.



**Alexa Armstrong**  
Senior | Sprint Freestyle  
Dubuque, Iowa (Hempstead)

**At UNI 2007-08:** Swam second leg of winning 200 free relay in dual against Minnesota State-Moorhead... Team took second in 200 medley relay and first in 400 free relay in double-dual with Grinnell and Morningside... 200 free relay team captured second in dual with Iowa.

**2006-07:** Swam fastest 100 freestyle of season, a 57.75, in double-dual with Evansville and Southern Illinois (Jan. 13).

**2005-06:** Was part of 200 free relay team that finished fourth at MVC Championships...Finalist in 50 free at MVC Championships.

**High School:** Set school records in 50 freestyle, 100 freestyle, 200 free relay, and 400 free relay...Earned four swimming letters...Also involved in National Honor Society, track, choir, orchestra, and the French club...Other honors include academic all-state and honor roll.

**Personal:** Born [redacted], in Dubuque, Iowa...Daughter of Ronald and Lisa Armstrong...Has two brothers, Jon and Ean...Majoring in biology education.



**Hannah Craig**  
Freshman | Distance Free  
Urbandale, Iowa (Urbandale)

**High School:** Earned a varsity letter all four years...Member of National Honor Society... participated in the orchestra.

**Personal:** [redacted] Daughter of Doug and Cindy Craig...Chose UNI for the education system and size of campus...Major is undecided.



**Abby Girard**  
Junior | IM/Backstroke  
Cedar Falls, Iowa (Cedar Falls)

**At UNI: 2007-08:** Took first-place honors in 100 and 200 back, 200 medley relay, and 400 free relay in dual with Illinois State...Captured the crown in 100 and 200 back, and 400 free relay in dual with Nebraska-Omaha...Won both 200 free and 200 free relay in dual with Minnesota State-Mankato...Finished fifth in 200 back, fourth

in 100 back, sixth in 200 IM, and member of school-recording holding 400 free relay at MVC Championships...Holds school record in 100 free, 200 IM, and 100 back.

**2006-07:** Finished in top 10 in five events at the MVC Championships... Broke the school record with a 59:47 time in the 100 back in dual with South Dakota...Won the 100 back, 200 back and 500 free in dual against Nebraska-Omaha...Won 100 back, 200 back and 200 IM in dual with Minnesota State...Took the crown in the 200 back and finished second in the 200 IM in dual with South Dakota...Won both 100 and 200 back in dual with Illinois State.

**High School:** Two-time state champion in 100 back, 200 medley relay, and 50 back...Anchored two-time state champion 400 free relay...Earned first-team All-State honors and All-America status...Holds high school records in 200 medley relay, 200 IM, 400 free relay, and 100 back...Named 2004 Regional Swimmer of the Year...Finalist at Speedo Championship Series...Also participated in basketball and track.

**Personal:** Born [redacted], in Ojai, Calif....Daughter of Jeff and Ann Girard...Has a brother, Alex, who swam two seasons for UNI...Majoring in exercise science.



**Ally Green**

Junior | IM/Butterfly  
Bettendorf, Iowa (Bettendorf)

**At UNI: 2007-08:** Tied for third in the 200 fly in dual with Minnesota State-Moorhead...Finished 21st in the 400 IM and 18th in the 200 Fly MVC Championships.

**2006-07:** Finished 18th in the 200 IM at MVC Championships.

**High School:** Four-year letterwinner and state qualifier...Member of USA Triathlon National Team...Member of 2002-2003 high school state champion team...Part of Iowa All-Star Swim Team...2005 Quad Cities fastest female triathlete...Honored in 2006 Quad City Times Salute to academics and achievements...Team captain, MVP, and member of honor roll...also involved in basketball and ran track.

**Personal:** Born [redacted], in Oakville, Ontario, Canada...Daughter of David and Jane Green...Father, David, played professional football for Toronto Argonauts and Ottawa Rough-Riders of the Canadian Football League...Has one sister, Jenna...Main hobby is triathlons...Major is graphic communication.



**Chelsea Hartman**

Freshman | Distance Free  
North Liberty, Iowa (Iowa City West)

**High School:** Holds school record in 200 free and 400 free relay...Three-time second team all-state pick...Four-time first team all-state honoree...Mississippi Valley Conference Athlete of the Year...District Swimmer of the Year...Participated in orchestra.

**Personal:** Daughter of Thomas and Sara Hartman...Chose UNI because she liked the team and coaches...Major is undecided.



**Ashley Hunter**

Senior | Freestyle  
Overland Park, Kan. (Blue Valley II.)

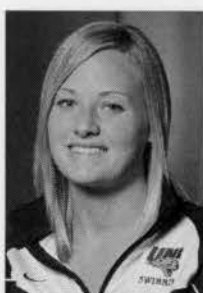
**At UNI: 2007-08:** Did not compete due to shoulder injury.

**2006-07:** Finished eighth in 200 free, 10th in 100 free and 13th in 500 free at MVC Championships...Finished second in 100 free in dual against Nebraska-Omaha...Won the 200 free in dual with South Dakota.

**2005-06:** Was part of 400 medley relay team that finished fifth at MVC Championships...Placed in top 16 in 100 free at MVC Championships...Swam on winning 400 free relay team in dual with Iowa...Runner-up in 100 free at dual with Iowa State, finishing time of 55.78 was UNI's best 100 free in the 2005-06 season.

**High School:** Named All-Sun Country First team and all-metro first team her senior season...Member of 2005 East Kansas League and state championship team...Broke a state record in the 400 relay...Lettered four years in swimming, involved in cross country, and also was on the Honor Roll.

**Personal:** Born [redacted], in Overland Park, Kan...Daughter of Steve and Julie Hunter...Majoring in leisure, youth and human services.



**Josie Itzen**

Sophomore | IM  
Cedar Falls, Iowa (Cedar Falls)

**At UNI: 2007-08:** Swam second leg of winning 500 free relay team in double-dual against SDSU and Northern Colorado...Took home top honors in the 100 free, 200 IM and anchored winning 400 free relay at South Dakota...Finished first in 200 free, 200 IM, and 400 free relay in dual with Nebraska-Omaha...Swam to a first-place finish in 200 IM and 200 free relay in dual against Minnesota State-Mankato...Placed first in 100 free, 200 free, and 200 IM at dual with Minnesota State-Moorhead...Won the 400 IM and 200 free in double-dual with Grinnell and Morningside...Took fifth in 200 IM, fourth in 400 medley relay, fifth in the 400 IM and ninth in the 100 free at the MVC Championships... Itzen held the team's season-best 200 free (1:56.26) and 400 IM (4:35.49)... Member of the school-recording holding 400 free relay (3:34.50).

**High School:** Part of a three-time state championship 200 free relay team...A 10-time Mississippi Valley conference champion in the 100 free, 200 IM, 400 free relay, 200 free relay and 200 medley relay...Was conference runner-up three times in two different events...Finished fourth at state in 200 IM her junior season...Holds Cedar Falls High School record in the 400 free relay.

**Personal:** Born [redacted] in Moorhead, N.D...Daughter of Wade and Steph Itzen...Major is undecided.



# Meet the Panthers



**Anna Jovanovic**  
Freshman | Butterfly/IM  
St. Charles, Mo. (Francis Howell)

**High School:** Holds the school record in 100, 200, and 500 free, 200 IM, 100 fly...State qualifier freshman, sophomore, and senior year...Team captain senior year...Earned three swimming letters...Swam in the Gateway Athletic Conference.

**Personal:** Born [redacted], in St. Louis, Mo....Daughter of Larry and Gloria Jovanovic...Chose UNI for the fun atmosphere and hard work ethic...Majoring in accounting and marketing.



**Melissa Hilfoy**  
Senior | Butterfly  
Bettendorf, Iowa (Western Illinois/Bettendorf)

**At UNI: 2007-08:** Finished third in 200 medley relay in dual against Minnesota State-Mankato...Took third in the 100 fly in double-dual with Grinnell and Morningside...Finished in the top 20 in the 100 and 200 fly at the MVC Championships.

**2006-07:** Finished 14th in 200 fly and 15th in 200 IM at MVC Championships.

**At Western Illinois: 2005-06:** Placed eighth at conference in 100 fly...Season bests include 100 fly, 1:01.74 and 200 fly, 2:22.60...Letterwinner and only woman on team to earn 4.0 GPA

**High School:** Four-year letterwinner in swimming and two-year letterwinner in track...Team captain...Second team all-state and first team all-conference...Member of 2002-03 state champion team...Wendy's High School Heisman Award recipient...Honored in Quad City Times Salute to Academics.

**Personal:** Born [redacted], in Davenport, Iowa...Daughter of Tim and Jennifer Hilfoy...Majoring in business administration.



**Caitlin Kregel**  
Sophomore | Breast/Fly  
West Chicago, Ill. (West Chicago)

**At UNI: 2007-08:** Captured first place in 100 breast, 200 free relay, and 300 breast relay, and second in 200 breast in double-dual with South Dakota State University and Northern Colorado...Took first-place honors in the 100 fly in double-dual with Grinnell and Morningside...Finished ninth in the 200 breast at the MVC

Championships...Held the team's season-best 200 breast time, clocking in at 2:31.53.

**High School:** Qualified for state in two events her senior season...Finished 13th at state in the 100 fly and 23rd in the 100 breast...Earned DuPage Valley Conference all-conference and academic all-conference team nominations...Was team captain her senior season...Also participated in track & field...Four-year letterwinner...Was a high school academic all-american and Illinois state scholar...High honor roll student...Was involved in National Honor Society and was a Student Leader...majoring in physical education.

**Personal:** Born [redacted], in Winfield, Ill....Daughter of Cliff and Helen Kregel...Has one brother, Jonathan...Chose UNI for the excellent campus and programs...Majoring in physical and health education.



**Melissa Little**  
Junior | Distance Freestyle  
Lawrence, Kan. (Lawrence)

**At UNI: 2007-08:** Took home top honors in 1,000 free in double-dual with South Dakota State University and Northern Colorado...Captured first-place crown in 1,000 free against Minnesota State-Moorhead...Finished first in 1,650 free in double dual with Grinnell and Morningside.

**2006-07:** Finished 10th in 1,650 free and 15th in 500 free at MVC Championships...Finished third in 1,000 free in double-dual with South Dakota State and Northern Colorado.

**2005-06:** Finished 17th in 1,650 free at MVC Championships...Took runner-up in 1,000 free in dual with Wisconsin-Green Bay.

**High School:** Earned four letters in swimming and was captain senior year...Also earned one letter in volleyball and was a member of the track team...Secretary of DECA and placed third at state DECA competition.

**Personal:** Born [redacted], in Lawrence, Kan....Daughter of Jerry and Brenda Little...Has a sister, Megan, who swam for UNI for four seasons...Majoring in programming leisure, youth and human services.



**Katie Maloy**  
Senior | Distance Freestyle  
Auburn, Ind. (R. Nelson Snider)

**At UNI: 2007-08:** Took second in 500 free in dual with Kansas...Swam first leg of the winning 1,500 free relay in double-dual with South Dakota State University and Northern Colorado...800 free relay team finished fourth at MVC Championships with a season-best time of 7:54.18.

**2006-07:** Finished fourth in 800 free relay, 12th in 1,650 meter free, 14th in 500 free and 16th in 200 free at MVC Championships...Finished second in the 500 free and 1,000 free in dual against Nebraska-Omaha...Took the crown in 1,000 free in dual with South Dakota.

**2005-06:** Finished seventh in 500 free, 12th in 200 free, 11th in 1,650 free at MVC Championships...Placed second in 1,000 free at dual with Iowa... Took first in 500 free at dual with Iowa State and in 1,000 free at dual with Augustana.

**High School:** Three-year letterwinner...Two-time Summit Athletic Conference champion and Northeast Hoosier Conference champion in 200 and 500 freestyle...Also was a member of SADD and the ski club.

**Personal:** Born [redacted] in Auburn, Ind....Daughter of John and Tracy Maloy...Has one brother, Nick...Majoring in political science.



**Ashley Mangrich**  
Sophomore | Breaststroke  
Cedar Rapids, Iowa (Jefferson)

**At UNI: 2007-08:** Captured first place in the 100 back in double-dual with Grinnell and Morningside...Took 13th place in the 200 back, third in the 200 medley relay and fourth in the 400 medley relay at the MVC Championships.

**High School:** Qualified for state three times in two different events...Finished third in both the 100 breast and 200 medley relay her freshman season...Finished sixth in the 100 breast her junior season...Was Mississippi Valley Conference champion in the 100 breast her junior season...Holds Jefferson High School records in the 100 breast, 200 medley relay and 400 free relay...Was class salutatorian and graduated with honors with distinction...Member of National Honor Society.

**Personal:** Born [redacted] in Cedar Rapids, Iowa...Daughter of Ken and Lisa Mangrich...Has a twin sister, April...Majoring in biology.



**April Mangrich**  
Sophomore | Freestyle  
Cedar Rapids, Iowa (Jefferson)

**At UNI: 2007-08:** Took first in 500 free with dual against Illinois State...Anchored first-place 500 free relay and 1,500 free relay in double-dual with South Dakota State and Northern Colorado...Captured first place in 500 and 1,000 free in dual with Minnesota State-Mankato... Held the team's season-best 100 breast time,

clocking in at 1:09.88

**High School:** Finished fifth in state her junior year in the 200 medley relay...Finished seventh at state her sophomore year in the 500 meter free...Holds high school records in the 200 medley relay and 400 free relay...Was a member of the honor roll and National Honor Society... Member of the all-conference academic team and the all-state academic team...Class salutatorian.

**Personal:** Born [redacted] in Cedar Rapids, Iowa...Daughter of Ken and Lisa Mangrich...Has a twin sister, Ashley...Majoring in biomedicine.



**Kelly Mateas**  
Junior | Freestyle  
Winfield, Ill. (Community)

**At UNI: 2007-08:** Finished first in the 500 free relay in double-dual with South Dakota State and Northern Colorado...Took first in 500 free in double-dual with Morningside and Grinnell... Finished 18th in the 1,650 free and 20th in the 500 free at the MVC Championships.

**2006-07:** Finished 20th in the 500 free at MVC Championships...Earned Dean's List honors...Finished second in 500 free in dual with Iowa State.

**High School:** Three-year state alternate...Team captain of high school swim team and voted MVP senior season...Earned academic all-conference, scholar athlete, and four year award in swimming, basketball, and track...DuPage Valley all-conference honorable mention for swimming...Swam for West Chicago Sharks club team for 10 years... Four-year letterwinner in swimming, basketball, and track...Ranked first in class of 475 with 4.0 GPA.

**Personal:** Born [redacted] in Winfield, Ill....Daughter of Joe and Carol Mateas...Has two brothers, Brian and Doug...Majoring in exercise science.



# Meet the Panthers



**Jean Matzen**  
Junior | Freestyle/Fly  
Fairfield, Iowa (Morningside/Fairfield)

**At Morningside:** Holds 1,000 free record.

**High School:** Holds school records in 100 fly, 200 IM, 200 free, 500 free, 200 medley relay, 200 free relay, 400 free relay, and 100 fly...Finished second at state in 200 free relay junior year, fifth in 400 free relay, and 12th in 100 fly...Captain

of tennis and swim team junior and senior year...State tennis qualifier... Participated in band and member of student honor roll.

**Personal:** Born [redacted] in Fairfield, Iowa...Daughter of Paul and Jane Matzen...Chose UNI for the great price, school, and education program... Older brother also swam at UNI and Wichita State...Majoring in biology.



**Kelly McCullough**  
Sophomore | Distance Free  
Spencer, Iowa (Spencer)

**At UNI: 2007-08:** Finished first in the 200 fly and second in the 200 back and 1,000 free in dual with Minnesota State-Moorhead...Captured first place in the 200 fly in double-dual with Grinnell and Morningside...Finished 15th in the 400 IM and the 1,650 free and 16th in the 200 fly at the MVC Championships...Held the season-best 200 fly, clocking in at 2:16.20.

**High School:** Qualified for state all four years of her high school career... Finished her senior season with a fifth place finish at state in the 200 meter IM and a sixth place finish at state in the 500 meter free...Finished ninth at state in both 500 meter free and 200 meter her junior year...IM holds five Spencer High School swimming records...was class valedictorian...Involved in National Honor Society...Made the 2006 academic all-state team...Was a Wendy's Heisman Award nominee.

**Personal:** Born [redacted] in Spirit Lake, Iowa...Daughter of Benjamin and JoAnne McCullough...Majoring in accounting.



**Maegan Miller**  
Senior | Freestyle/Breast  
Olathe, Kan. (East)

**At UNI: 2007-08:** Swam second leg of first-place 200 free relay in double dual with South Dakota State and Northern Colorado...Finished first in 400 relay in dual with Nebraska-Omaha...Took home top honors in 200 free relay in dual with Minnesota State-Mankato...200 free relay team also finished first in dual with Minnesota State-Moorhead...Broke school record in the 400 free relay (3:34.50) at the

MVC Championships, taking fourth in the event.

**2006-07:** Finished 15th in 100 breast at MVC Championships...Took second in 100 breast in a dual with Nebraska.

**2005-06:** Was part of 200 free relay team that finished fourth at MVC Championships...400 free relay team finished first at dual with Iowa...Took first in 200 free at dual with Augustana College.

**High School:** Two-year team captain...Holds two school records in 200 free relay and 200 medley relay...High school team won back-to-back state championships...Member of state winning 200 free relay...Won 100 free at the Sunflower League Championships...Lettered four years in swimming...Involved in volleyball and Key Club and was on honor roll for four years.

**Personal:** Born [redacted], in Kansas City, Mo...Daughter of Dan and Sandy Miller...Majoring in history education with a minor in coaching.



**Abby Moes**  
Senior | Backstroke  
Sioux City, Iowa (East)

**At UNI: 2007-08:** Finished first in the 100 and 200 back in dual with Minnesota State-Moorhead...Took first place in 200 back in double-dual with Morningside and Grinnell... Finished 11th in 200 IM, seventh in the 200 back, and 12th in the 100 back at the MVC Championships

**2006-07:** Finished seventh in 100 back and 200 back and finished 10th in the 100 IM at MVC Championships... Finished second in 100 back in dual with Nebraska-Omaha...Won the 100 back in a double-dual with South Dakota State and Northern Colorado.

**2005-06:** Was part of 400 medley relay team that finished fifth and eighth in the 100 and 200 back at MVC Championships.

**High School:** Four-year letterwinner and MVP in swimming...Holds the high school record in 100 backstroke...Also lettered in track and water polo...Was team MVP and all-conference in water polo...Member of National Honor Society, national council on youth and leadership, and student body president.

**Personal:** Born [redacted] in Sioux City, Iowa...Daughter of Jeff and Beth Moes...Majoring in biology



### Maggie Rickert

Junior | Fly/Sprint Free  
Hudson, Iowa [Hudson]

**At UNI: 2007-08:** Captured first in 200 and 500 free relay in double-dual with South Dakota State and Northern Colorado...Took first in 200 free relay and 100 fly in dual against Minnesota State-Mankato...Finished first in 200 free relay, 100 fly, and 50 free in dual with Minnesota State-Moorhead...Took first in 50 free, 400

free relay and 200 medley relay in double-dual with Morningside and Grinnell...Took eighth in the 100 fly and 10th in the 100 free at the MVC Championships...Broke school record in 100 fly (59.38) and 400 free relay (3:34.50).

**2006-07:** Finished 14th in 100 free and 15th in 100 fly at MVC Championships.

**High School:** Four-year letterwinner and state qualifier...Three-time state champion in the 200 free relay...Member of two-time high school state champion team...Earned All-America status in 200 free relay...Member of state runner-up 200 medley relay team...Attained high school record in 200 free relay.

**Personal:** Born [redacted] in Waterloo, Iowa...Daughter of Andy and Tammi Rickert...Swam for Cedar Falls High School...Majoring in business.



### Stephanie Vattoni

Freshman | Distance Free  
Oswego, Ill. [Oswego]

**High School:** Swam in the Southwest Prairie Conference...Earned a varsity letter all four years...Made it to sectionals four years...Holds school records in the 500 and 200 free.

**Personal:** [redacted] Daughter of Frank and Joyce Yattoni...Chose UNI for the size and beauty of the campus, swim team, and abundance of majors to choose from...Major is undecided.



### Tori Ward

Sophomore | Freestyle  
St. Louis, Mo. [Kirkwood]

**At UNI: 2007-08:** Finished 22nd in the 200 IM and 15th in the 200 fly at MVC Championships.

**High School:** Qualified for state her senior year in the 200 medley relay and 100 fly...Finished fifth in state in the 200 relay and 22nd in the 100 Fly...Finished eighth in conference her senior

year in the 100 Fly and 200 IM...Holds a Kirkwood High School record in the 200 medley relay.

**Personal:** Born [redacted] in St. Louis, Mo. ...Daughter of Lisa Ward...Has one sister, Colleen Ward, who currently is a member of the University of Evansville women's swimming team...Majoring in business management.



# 2007-08 Best Times

## 50 Freestyle

Maggie Rickert.....	24.90
Jamie Keefer.....	24.98
Abby Girard.....	25:09
Maegan Miller.....	25.34

## 100 Freestyle

Abby Girard.....	53:10
Josie Itzen.....	54.12
Maggie Rickert.....	54.37
Maegan Miller.....	55.30

## 200 Freestyle

Josie Itzen.....	1:56.26
Abby Girard.....	1:57.15
Mckinzie Jacobs.....	1:59.30
Kelly Mateas.....	1:59.48

## 500 Freestyle

April Mangrich.....	5:18.73
Mckinzie Jacobs.....	5:19.86
Katie Maloy.....	5:20.00
Abby Girard.....	5:21.63

## 1000 Freestyle

Melissa Little.....	10:52.23
Mckinzie Jacobs.....	10:57.40
Katie Maloy.....	10:57.44
Kelly McCullough.....	11:00.02

## 1650 Freestyle

Melissa Little.....	18:16.22
Kelly McCullough.....	18:18.01
Katie Maloy.....	18:23.11
April Mangrich.....	18:35.00

## 100 Backstroke

Abby Girard.....	58.64
Abby Moes.....	1:00.20
Jessica Robinson.....	1:03.43
Jamie Keefer.....	1:03.57

## 200 Backstroke

Abby Girard.....	2:07.19
Abby Moes.....	2:07.65
Mckinzie Jacobs.....	2:15.16
Kelly McCullough.....	2:17.18

## 100 Breaststroke

Ashley Mangrich.....	1:09.88
Andrea Grandcolas.....	1:09.94
Caitlin Kregel.....	1:10.30
Maegan Miller.....	1:12.01

## 200 Breaststroke

Caitlin Kregel.....	2:31.53
Ashley Mangrich.....	2:33.38
Andrea Grandcolas.....	2:34.99
Josie Itzen.....	2:35.25

## 100 Butterfly

Maggie Rickert.....	59.38
Caitlin Kregel.....	1:01.87
Tori Ward.....	1:02.62
Kelly McCullough.....	1:03.58

## 200 Butterfly

Kelly McCullough.....	2:16.20
Melissa Little.....	2:18.88
Tori Ward.....	2:20.00
Caitlin Kregel.....	2:21.74

## 200 Individual Medley

Abby Girard.....	2:09.67
Josie Itzen.....	2:10.31
Abby Moes.....	2:13.01
Mckinzie Jacobs.....	2:15.43

## 400 Individual Medley

Josie Itzen.....	4:35.49
Mckinzie Jacobs.....	4:43.93
Kelly McCullough.....	4:48.39
Abby Moes.....	4:49.26



## 50 Freestyle

Amanda Firman	23:97	2007
Erin Danielson	24:33	2007
Sarah Hansvick	24:60	2002
Amanda Modlin	24:79	1999
Maggie Rickert	24:90	2008

## 100 Freestyle

Abby Girard	53:10	2008
Amanda Firman	53:26	2007
Sarah Hansvick	53:33	2002
Erin Danielson	53:75	2007
Sarah Burbach	53:85	2000

## 200 Freestyle

Sarah Burbach	1:55.64	2002
Josie Itzen	1:56.26	2008
Ashley Hunter	1:56.28	2007
Abby Girard	1:57.15	2008
Heidi Ditscheit	1:57.89	2004

## 500 Freestyle

Sandra Frimerman	5:06.72	2003
Mary McCusky	5:08.13	1991
Katie Maloy	5:12.25	2006
Jennifer Sokolowski	5:12.77	2000
Stephanie Gable	5:13.01	2003

## 1,000 Freestyle

Sandra Frimerman	10:32.53	2003
Mary McCusky	10:38.19	1993
Kristen Harvey	10:46.49	2000
Melissa Little	10:52.23	2008
Jennifer Sokolowski	10:52.57	2000

## 1,650 Freestyle

Sandra Frimerman	17:32.05	2003
Mary McCusky	17:39.07	1993
Kristen Harvey	18:04.35	2001
Katie Maloy	18:05.97	2006
Melissa Little	18:12.65	2007

## 200 Individual Medley

Abby Girard	2:09.67	2008
Josie Itzen	2:10.31	2008
Heidi Ditscheit	2:10.32	2004
Lena Shatnaya	2:11.10	2002
Sarah Hansvick	2:11.83	2000

## 100 Butterfly

Maggie Rickert	59:38	2008
Kristen Hogan	59:90	2002
Beth Jablonowski	1:00.33	2000
Jennifer Sokolowski	1:00.53	1997
Renee Bunger	1:00.80	1988

## 200 Butterfly

Sandra Frimerman	2:09.61	2003
Jennifer Sokolowski	2:10.64	2000
Katie Klinkenborg	2:14.59	2005
Beth Jablonowski	2:14.85	2000
Kristin Hogan	2:15.04	2001

## 100 Backstroke

Abby Girard	58:46	2008
Lindsey Probizanski	59:50	2002
Erin Danielson	59:87	2007
Abbie Peterson	1:00.00	2000
Abby Moes	1:00.20	2008

## 200 Backstroke

Abby Girard	2:04.24	2007
Abby Moes	2:07.65	2008
Lindsey Probizanski	2:09.13	1998
Sara Urbas	2:11.84	1998
Katie Klinkenborg	2:19.09	2007

## 100 Breaststroke

Erika Uthoff-Schmuecker	1:05.09	2003
Sarah Hansvick	1:08.17	2000
Renee Schlatter	1:09.38	1999
Molly Edwards	1:09.38	1999
Anne Lewis	1:09.43	2000

## 200 Breaststroke

Erika Uthoff-Schmuecker	2:22.62	2003
Sarah Hansvick	2:27.83	2000
Lena Shatnaya	2:29.32	2004
Molly Edwards	2:29.73	1999
Rachael Robnett	2:29.89	2007

## 400 Individual Medley

Lena Shatnaya	4:34.52	2002
Josie Itzen	4:35.49	2008
Jennifer Sokolowski	4:39.13	2000
Beth Jablonowski	4:43.75	2000
Mckinzie Jacobs	4:43.93	2008

# Conference Records/Results

## Conference Championships Results

### 1983

Southern Illinois.....	1067.5
Illinois State.....	528.5
Western Illinois.....	390
Eastern Illinois.....	300

### 1984

Southern Illinois.....	772
Illinois State.....	537
Western Illinois.....	312
Eastern Illinois.....	206
UNI.....	116

### 1985

Southern Illinois.....	816.5
Illinois State.....	516.5
Western Illinois.....	316
Eastern Illinois.....	186.5
UNI.....	153.5

### 1986

Illinois State.....	626.5
Southern Illinois.....	613
Western Illinois.....	340
Eastern Illinois.....	182.5
UNI.....	180.5

### 1987

Southern Illinois.....	612
Illinois State.....	525
Western Illinois.....	377
Eastern Illinois.....	247
UNI.....	127

### 1988

Illinois State.....	669
Southern Illinois.....	605
Western Illinois.....	349
Eastern Illinois.....	207
UNI.....	184

### 1989

Illinois State.....	660
Southern Illinois.....	636
Western Illinois.....	347
UNI.....	210
Eastern Illinois.....	155

### 1990

Illinois State.....	662
Southern Illinois.....	657
Western Illinois.....	337
UNI.....	176
Eastern Illinois.....	161

### 1991

Southern Illinois.....	625
Illinois State.....	612
Western Illinois.....	403
UNI.....	201
Eastern Illinois.....	177

### 1992

Illinois State.....	636
Southern Illinois.....	633
Western Illinois.....	361
Eastern Illinois.....	175
UNI.....	141

### 1994

Southern Illinois.....	946
Illinois State.....	876
Evansville.....	636
UNI.....	315
Bradley.....	162

### 1995

Southern Illinois.....	956
Illinois State.....	774
Evansville.....	682
UNI.....	330
Bradley.....	137

### 1996

Illinois State.....	943.5
Southern Illinois.....	863.5
Evansville.....	684
UNI.....	365
Bradley.....	220

### 1997

Southern Illinois.....	972
Illinois State.....	954
Evansville.....	614.5
UNI.....	401.5
Bradley.....	150

### 1998

Southern Illinois.....	935.50
Illinois State.....	911.50
Evansville.....	934.50
Missouri State.....	634.50
UNI.....	209
Bradley.....	110

### 1999

Southern Illinois.....	860.5
Evansville.....	714.0
Illinois State.....	645.5
Missouri State.....	454.0
UNI.....	357.0
Bradley.....	98.0

### 2000

Southern Illinois.....	914
Evansville.....	752
Missouri State.....	571
Illinois State.....	549.50
UNI.....	277.50
Bradley.....	111

### 2001

Southern Illinois.....	833
Evansville.....	705.50
Missouri State.....	622
Illinois State.....	540
UNI.....	382.50
Bradley.....	188

### 2002

Missouri State.....	888
Southern Illinois.....	771.50
Illinois State.....	691
Evansville.....	477.50
UNI.....	281

### 2003

Missouri State.....	898
Southern Illinois.....	771.50
Illinois State.....	691
Evansville.....	477.50
UNI.....	281

### 2004

Missouri State.....	913
Southern Illinois.....	849
Illinois State.....	768.5
Evansville.....	402.5
UNI.....	202

### 2005

Missouri State.....	875
Southern Illinois.....	824
Illinois State.....	765
Evansville.....	398
UNI.....	273

### 2006

Southern Illinois.....	894
Missouri State.....	807.5
Illinois State.....	740.5
UNI.....	382
Evansville.....	314

### 2007

Missouri State.....	942
Southern Illinois.....	774.5
Illinois State.....	715.5
UNI.....	346
Evansville.....	335

*Note: Gateway Conference 1983-1991; Missouri Valley Conference 1993-present.*

## MVC Women's Championship Meet Records

### 50 Yard Freestyle

Kim Dodson, Evansville (2/15/02) 22.89

### 100 Yard Freestyle

Kim Dodson, Evansville (2/14/01) 50.44

### 200 Yard Freestyle

Therese Mattsson, S. Illinois (2/9/07) 1:51.61

### 500 Yard Freestyle

Liz McGowan, Southern Illinois (2/20/03) 4:58.03

### 1,000-Yard Freestyle

Leane Pienaar, Southern Illinois (11/10/01) 10:20.58

### 1,650 Yard Freestyle

Liz McGowan, Southern Illinois (2/21/04) 17:05.08

### 100 Yard Butterfly

Julie Cocks, Illinois State (2/20/03) 56.41

### 200 Yard Butterfly

Gaby Flores, Southern Illinois (2/21/04) 2:03.46

### 100 Yard Backstroke

Julie Ju, Southern Illinois (2/9/07) 1:03.67

### 200 Yard Backstroke

Brooke Radostits, Southern Illinois (2/17/01) 2:01.70

### 100 Yard Breaststroke

Elzette Jordaan, Evansville (2/12/99) 1:04.35

### 200 Yard Breaststroke

Elzette Jordaan, Evansville (2/27/99) 2:17.88

### 200 Yard Individual Medley

Katie Boarman, Missouri State (2/17/05) 2:04.93

### 400 Yard Individual Medley

Melanie Davis, Southern Illinois (2/18/94) 4:27.26

### 200 Yard Freestyle Relay

Missouri State (2/18/05) 1:34.87

### 400 Yard Freestyle Relay

Southern Illinois (2/18/06) and (2/10/07) 3:27.48

### 800 Yard Freestyle Relay

Missouri State (2/19/05) 7:32.42

### 200 Yard Medley Relay

Missouri State (2/9/07) 1:45.05

### 400 Yard Medley Relay

Missouri State (2/10/07) 3:48.78

### One-Meter Diving — 11 Dives

Monica Torres, Illinois State (1/18/97) 417.50

### One-Meter Diving — 6 Dives

Christina Curtaneanu, SIU (2/9/07) 270.78

### Three-Meter Diving — 11 Dives

Andrea Lovelle,  
Illinois State (2/17/01) 519.10

### Three-Meter Diving — 6 Dives

Christina Curaneanu,  
Southern Illinois (2/10/07) 327.48



## 1974-75

Coach: Carol Cooper  
 at Luther Invite ..... 1<sup>st</sup> of 5  
 at Northern Illinois Invite ..... 3<sup>rd</sup> of 3  
 at Luther Triangular ..... 1<sup>st</sup> of 3  
 Iowa ..... L, 48-81  
 at Grinnell Relays ..... 2<sup>nd</sup> of 7  
 Panther Triangular  
 vs. Grinnell ..... N/A  
 vs. Augustana ..... N/A  
 at Miracle Relays ..... 2<sup>nd</sup> of 6

## 1975-76

Coach: Carol Cooper  
 at Luther Invite ..... 3<sup>rd</sup> of 6  
 at Iowa ..... L, 40-88  
 Luther ..... W, 79-41  
 Nebraska ..... N/A  
 vs. Northern Illinois ..... N/A  
 at Grinnell ..... L, 38-83  
 at Grinnell Relays ..... 7<sup>th</sup> of 7  
 at Iowa Invite ..... 5<sup>th</sup> of 5

## 1976-77

Coach: Carol Cooper  
 at IAAW Championships ..... 5<sup>th</sup> of 6  
 at Miracle Relays ..... 4<sup>th</sup> of 7  
 at Luther ..... W, 76-42  
 at Luther Invite ..... 4<sup>th</sup> of 5  
 Panther Invite ..... 4<sup>th</sup> of 5  
 Grinnell ..... L, 52-79

## 1977-78

Coach: Carol Cooper  
 Cornell ..... W, 82-31  
 Luther ..... W, 67-54  
 Panther Triangular  
 vs. Wis.-LaCrosse ..... L, 53-69  
 vs. Northern Illinois  
 at AIAW Championship ..... 5<sup>th</sup> of 5  
 at Grinnell Relays ..... 8<sup>th</sup> of 9

## 1978-79

Coach: Carol Cooper  
 Kearny State ..... W, 82-47  
 Grinnell ..... W, 66-47  
 vs. Luther ..... W, 81-31  
 at Luther Invite ..... 1<sup>st</sup> of 5  
 at South Dakota ..... L, 48-83  
 at Southwest State (Minn.) Tri ..... 3<sup>rd</sup> of 3  
 at Augustana ..... L, 55-74  
 at Husky Invite  
 vs. Northern Illinois ..... N/A  
 Panther Triangular  
 vs. South Dakota State ..... L, 24-105  
 vs. Western Illinois ..... L, 26-98  
 at AIAW Championship ..... 3<sup>rd</sup> of 3  
 Regional Championship ..... 9<sup>th</sup> of 9

## 1979-80

Coach: Carol Cooper  
 at Wisc.-La Crosse Invite ..... 6<sup>th</sup> of 7  
 at Grinnell ..... W, 84-52  
 at Pioneer Relays ..... 2<sup>nd</sup> of 6  
 at Luther Invite ..... 1<sup>st</sup> of 3  
 at South Dakota ..... N/A  
 Central Missouri ..... N/A  
 at Augustana ..... W, 63-42  
 at Southwest State (Minn.) ..... N/A  
 South Dakota ..... N/A  
 at Miracle Relays ..... 2<sup>nd</sup> of 7

## 1980-81

Coach: Glen Henry  
 at Wis.-La Crosse Invite ..... 6<sup>th</sup> of 7  
 at Western Illinois ..... L, 25.5-114.5  
 at St. Cloud State ..... L, 66-71  
 at Nebraska ..... L, 56-82  
 at Nebraska-Omaha ..... W, 74-64  
 at Wisconsin-La Crosse ..... L, 27-114  
 Luther ..... W, 80-54  
 Grinnell ..... W, 72-67  
 Luther Invite ..... 1<sup>st</sup> of 4

## 1981-82

Coach: Glen Henry  
 at Pioneer Relays ..... 2<sup>nd</sup> of 8  
 Northeast Missouri State ..... W, 76-64  
 at Minnesota ..... L, 51-81  
 Nebraska-Omaha ..... W, 86-42  
 at Missouri Triangular  
 vs. Missouri ..... L, 17-123  
 vs. Iowa State ..... L, 23-119  
 Wisconsin-La Crosse ..... L, 69-80  
 Wisconsin-Oshkosh ..... W, 98-37  
 at Grinnell ..... W, 91-48  
 at Northern Illinois ..... L, 58-84  
 at AIAW Regional ..... 2<sup>nd</sup> of 7

## 1982-83

Coach: Shauna Thomaswick  
 Missouri ..... L, 60-87  
 at Iowa ..... L, 66-78  
 at Western Illinois ..... L, 46-89  
 at Northeast Missouri State ..... L, 54-94  
 at Coe College ..... W, 101-38  
 vs. Augustana ..... W, 91-56  
 at Nebraska-Omaha ..... W, 88-46  
 vs. Nebraska ..... L, 48-91  
 at Creighton ..... W, 85-21  
 Northern Illinois ..... L, 53-85  
 at Midwest Championship ..... 12<sup>th</sup> of 12

## 1983-84

Coach: Susan Stodghill  
 Iowa ..... L, 55-83  
 at Luther ..... W, 84-24  
 at Missouri ..... L, 55-82  
 Western Illinois ..... L, 40-72  
 at Wisconsin-La Crosse ..... W, 58-51  
 at Coe College ..... L, 49-56  
 vs. Augustana ..... W, 68-36  
 at Gateway Championship ..... 5<sup>th</sup> of 5  
 at Midwest Championship ..... 13<sup>th</sup> of 13

## 1984-85

Coach: Susan Stodghill  
 Illinois-Chicago ..... L, 44-93  
 Mankato State ..... W, 55-50  
 at Iowa ..... L, 42-48  
 at Western Illinois ..... L, 42-62  
 Luther ..... W, 69-37  
 Iowa State ..... L, 40-94  
 Missouri ..... L, 23-79  
 Wisconsin-La Crosse ..... W, 58-55  
 Grinnell ..... L, 68-72  
 South Dakota ..... L, 50-64  
 at Coe College ..... W, 73-39  
 vs. Augustana ..... L, 39-73  
 Wisconsin-Stout ..... W, 61-50  
 at Gateway Championship ..... 5<sup>th</sup> of 5  
 Northern Illinois ..... L, 39-66  
 at Midwest Championship ..... 10<sup>th</sup> of 14

## 1985-86

Coach: Jim Hall  
 Iowa ..... L, 61-71  
 at Mankato State ..... W, 77-36  
 at Northern Illinois ..... L, 33-107  
 vs. Illinois-Chicago ..... L, 62-78  
 Western Illinois ..... L, 48-63  
 at Coe College ..... L, 50-87  
 at Grinnell College ..... L, 67-73  
 at Wisconsin-La Crosse ..... W, 72-41  
 at South Dakota ..... L, 51-62  
 at Wisconsin-Stout ..... W, 60-52  
 at Gateway Championship ..... 5<sup>th</sup> of 5  
 at Midwest Championship ..... 12<sup>th</sup> of 14

## 1986-87

Coach: Jim Hall  
 Mankato State ..... L, 46-67  
 at Missouri ..... L, 42-69  
 at Western Illinois ..... L, 91-113  
 South Dakota ..... L, 51-53  
 Wisconsin-La Crosse ..... L, 44-69  
 at Grinnell ..... W, 126-82  
 Wisconsin-Stout ..... W, 65-48  
 at Illinois-Chicago Invite ..... 4<sup>th</sup> of 8  
 at Gateway Championship ..... 5<sup>th</sup> of 5  
 at Iowa State ..... L, 72-126  
 at Midwest Championship ..... 10<sup>th</sup> of 14

# All-Time Results

## 1987-88

Coach: Jim Hall  
at South Dakota ..... W, 100-54  
at Mankato State ..... L, 98-111  
at Northern Illinois ..... L, 57-147  
Western Illinois ..... L, 42-68  
at Wisc. Deep-Water Invite ..... 3<sup>rd</sup> of 3  
at Wisconsin-La Crosse ..... L, 82-98  
at Wisconsin-Eau Claire ..... L, 25-66  
at Wisconsin-Stout ..... L, 38-52  
at Gateway Championship ..... 8<sup>th</sup> of 9  
Iowa State ..... L, 37-76  
at Midwest Championship ..... 10<sup>th</sup> of 12

## 1988-89

Coach: Jim Hall  
at Maverick Pentathlon ..... N/A  
at Western Relays ..... 4<sup>th</sup> of 4  
Northern Illinois ..... L, 31-82  
at Western Illinois ..... L, 89-142  
Wisconsin-Stout ..... W, 57-56  
at Eastern Illinois ..... L, 115-142  
at Iowa State ..... L, 25-109  
at Illinois ..... L, 50-63  
at Midwest Championship ..... 6<sup>th</sup> of 9  
at Gateway Championship ..... 4<sup>th</sup> of 5

## 1989-90

Coach: Jim Hall  
at Maverick Pentathlon ..... 2<sup>nd</sup> of 7  
at Western Relays ..... 4<sup>th</sup> of 4  
at Northern Illinois ..... L, 46-67  
at Wisconsin-Green Bay ..... W, 63-48  
Western Illinois ..... L, 47-65  
at Wis.-Milwaukee Invite ..... 2<sup>nd</sup> of 5  
at Wisconsin-Stout ..... W, 111-100  
Michigan Tech ..... W, 111-12  
Northeast Missouri State ..... W, 66-39  
Iowa State ..... L, 25-70  
at Illinois ..... L, 27-84  
vs. Depauw ..... L, 52-53  
at Midwest Championship ..... 6<sup>th</sup> of 7  
at Gateway Championship ..... 4<sup>th</sup> of 5

## 1990-91

Coach: Jim Hall  
at Maverick Pentathlon ..... 2<sup>nd</sup> of 10  
at Western Illinois ..... L, 49-64  
at Northern Illinois ..... L, 48-65  
at Western Relays ..... 4<sup>th</sup> of 4  
St. Cloud State ..... L, 53-59  
at Wisc.-Milwaukee Invite ..... 3<sup>rd</sup> of 6  
Wisconsin-La Crosse ..... W, 68-43  
at East-West Meet ..... 8<sup>th</sup> of 8  
at Northeast Missouri State ..... W, 121-105  
at Iowa State ..... L, 98-130  
at Illinois ..... W, 64-47  
at Gateway Championship ..... 4<sup>th</sup> of 5

## 1991-92

Coach: Jim Hall  
Missouri ..... L, 42-70  
Western Illinois ..... L, 46-69  
at Eastern Illinois ..... 3<sup>rd</sup> of 6  
Wisconsin-Green Bay ..... W, 63-50  
at Wisc.-Milwaukee Invite ..... 2<sup>nd</sup> of 5  
at Northern Illinois ..... L, 103.5-127.5  
Iowa State ..... W, 60-53  
Wisconsin-Milwaukee ..... L, 55-76  
at Midwest Championship ..... 12<sup>th</sup> of 12

## 1992-93

Coach: Jim Hall  
at Western Illinois ..... L, 80-160  
Northeastern Illinois ..... W, 81-17  
Eastern Illinois Invite ..... 4<sup>th</sup> of 7  
Wisconsin-Milwaukee Invite ..... 3<sup>rd</sup> of 4  
at Bradley Invite ..... 3<sup>rd</sup> of 6  
at Iowa State ..... L, 44-60  
vs. South Dakota ..... W, 76-37  
Northern Illinois ..... L, 45-67  
Bradley ..... W, 63-32  
at Wisconsin-Milwaukee ..... L, 103-123  
at Wisconsin-Green Bay ..... L, 95-138  
at Mideast Championship ..... 3<sup>rd</sup> of 11

## 1993-94

Coach: Jim Hall  
Western Illinois ..... L, 42-71  
at Eastern Illinois Invite ..... 4<sup>th</sup> of 6  
at Northeastern Illinois ..... W, 117-7  
at MVC Championship ..... 7<sup>th</sup> of 8  
at Bradley Invite ..... 2<sup>nd</sup> of 6  
at Northern Illinois ..... L, 89-147  
Iowa State ..... L, 23-90  
Bradley ..... W, 78-33  
Wisconsin-Milwaukee ..... L, 49-63  
Wisconsin-Green Bay ..... L, 48-65  
at Mideast Championship ..... 4<sup>th</sup> of 11

## 1994-95

Coach: Jim Hall  
Panther Co-Ed Relays ..... 1<sup>st</sup> of 5  
at Western Illinois ..... L, 96-128  
at Eastern Illinois Invite ..... 3<sup>rd</sup> of 6  
at Bradley ..... W, 126-116  
Northeastern Illinois ..... W, 77-31  
at MVC Championship ..... 4<sup>th</sup> of 5  
at Bradley Invite ..... 2<sup>nd</sup> of 6  
at Iowa State ..... L, 80-162  
Northern Illinois ..... L, 39-73  
Bradley ..... W, 71-42  
at Wisconsin-Milwaukee ..... L, 107-133  
at Wisconsin-Green Bay ..... L, 96-143  
at Mideast Championship ..... 3<sup>rd</sup> of 7

## 1995-96

Coach: Jim Hall  
Panther Co-Ed Relays ..... 1<sup>st</sup> of 5  
Western Illinois ..... L, 40-73  
at Eastern Illinois Invite ..... 4<sup>th</sup> of 6  
at Northeastern Illinois ..... W, 138-75  
at MVC Championship ..... 4<sup>th</sup> of 5  
at Bradley Invite ..... 3<sup>rd</sup> of 5  
Wisconsin-Green Bay ..... L, 102-133  
Wisconsin-Milwaukee ..... W, 72-40  
Sprint Dual vs. Bradley ..... W, 72-62  
at Mideast Championship ..... 3<sup>rd</sup> of 7

## 1996-97

Coach: Jim Hall  
Panther Co-Ed Relays ..... 1<sup>st</sup> of 5  
at Western Illinois ..... L, 85-158  
at Eastern Illinois Invite ..... 3<sup>rd</sup> of 6  
at Billiken Invite ..... 2<sup>nd</sup> of 5  
at MVC Championship ..... 4<sup>th</sup> of 5  
at Bradley Invite ..... 4<sup>th</sup> of 6  
Northeastern Illinois ..... W, 55-35  
at Northern Illinois ..... L, 83-153  
Iowa State ..... L, 47-61  
at Wisconsin-Milwaukee ..... L, 108-124  
Sprint Dual vs. Bradley ..... W, 110-91  
at Mideast Championship ..... 4<sup>th</sup> of 8

## 1997-98

Coach: Jim Hall  
Panther Co-Ed Relays ..... 2<sup>nd</sup> of 5  
16 Event Invite ..... 3<sup>rd</sup> of 5  
Western Illinois ..... L, 47-66  
at Wisconsin-Green Bay ..... L, 94-145  
at Bradley ..... W, 123-105  
at St. Louis Invite ..... 2<sup>nd</sup> of 5  
at MVC Championship ..... 4<sup>th</sup> of 5  
at Valparaiso ..... W, 131-110  
at Bradley Invite ..... 3<sup>rd</sup> of 6  
at Northeastern Illinois ..... W, 139-34  
Wisconsin-Milwaukee ..... L, 48-65  
at Iowa State ..... L, 99-136  
Sprint Dual  
vs. Bradley ..... W, 113-71  
at Mid-East Championship ..... 3<sup>rd</sup> of 8

## 1998-99

Coach: Jim Hall  
Panther Co-Ed Relays ..... 1<sup>st</sup> of 4  
Panther 16 Event Invite ..... 3<sup>rd</sup> of 4  
at Western Illinois ..... L, 107-136  
at Eastern Illinois Invite ..... 2<sup>nd</sup> of 5  
Wisconsin-Milwaukee ..... W, 135-108  
at St. Louis Invite ..... 2<sup>nd</sup> of 7  
Iowa State ..... L, 84.5-147.5  
Valparaiso ..... W, 145-91  
at Bradley Invite ..... 2<sup>nd</sup> of 5  
at IUPUI ..... W, 69-35  
vs. Xavier ..... W, 59-36  
vs. IUPUI ..... W, 66-29  
vs. Xavier ..... W, 54-32  
Sprint Dual  
vs. Bradley ..... W, 244-48  
at MVC Championship ..... 5<sup>th</sup> of 6  
at Mideast Championship ..... 2<sup>nd</sup> of 6

**1999-2000**

Coach: Danny May

Panther 16 Event Invite	3 <sup>rd</sup> of 5
Missouri State	L, 105-133
MVC Relays	4 <sup>th</sup> of 6
at Eastern Illinois Invite	2 <sup>nd</sup> of 5
at Wisconsin-Milwaukee	L, 113-129
vs. Butler	W, 129-107
vs. Bradley	W, 138-94
Iowa State	L, 86-149
Wisconsin-Green Bay	W, 126-115
TCU Classic	4 <sup>th</sup> of 5
at Bradley Invite	3 <sup>rd</sup> of 5
at Valparaiso	W, 129-102
at IUPUI	
vs. Xavier	W, 77-28
vs. IUPUI	W, 70-43
vs. Xavier	W, 77-20
vs. IUPUI	W, 70-32
Bradley Sprint Dual	W, 132-76
at MVC Championship	5 <sup>th</sup> of 6
at Midwest Championship	1 <sup>st</sup> of 6

**2000-01**

Coach: Danny May

at Missouri State	L, 39-56
vs. Illinois State	L, 33-62
at MVC Shootout	5 <sup>th</sup> of 6
Northern Illinois	L, 54-59
Western Illinois	W, 72-29
at Wisconsin-Green Bay	L, 94-139
at Wisconsin-Milwaukee	L, 143-156
vs. Illinois-Chicago	W, 177-121
St. John's (MN)	W, 204-83
at Iowa State	L, 90-145
at Missouri State	L, 105-136
at Truman State	L, 20-75
Missouri	L, 9-86
at Illinois State	L, 125-174
at Western Illinois	W, 144-94
Sprint Dual vs. Bradley	W, 149.5-111.5
vs. Loras	W, 153-98
at MVC Championship	5 <sup>th</sup> of 6

**2001-02**

Coach: Danny May

at MVC Challenge	5 <sup>th</sup> of 6
at Western Illinois	W, 81-32
vs. Northern Illinois	W, 75-38
Illinois-Chicago	W, 161-77
Wisconsin-Milwaukee	W, 146-94
Iowa State	L, 72-170
Wisconsin-Green Bay	L, 110-132
at Bradley	W, 115-65
Valparaiso	W, 133-80
Bradley	W, 115-65
at IUPUI	W, 139-57
at IUPUI	W, 99-12
vs. Xavier	W, 72-39
vs. Wright State University	L, 54-59
Panther Sprint vs. Loras	W, 151-99
at MVC Championship	5 <sup>th</sup> of 6

**2002-03**

Coach: Stacey Simmer

at Illinois State	L, 99-195
at Illinois-Chicago	W, 191-95
vs. Wisconsin-Milwaukee	W, 191-136
vs. Evansville	W, 145-141
Minnesota State	W, 190-110
Iowa	L, 75-141
at Iowa State	L, 98-186
at Nebraska-Omaha	W, 101.5-92.5
vs. South Dakota	W, 101.5-47
at Bill Ritter Invite	4 <sup>th</sup> of 7
at Minnesota Challenge	N/A
at MVC Championship	5 <sup>th</sup> of 5

**2003-04**

Coach: Stacey Simmer

at Iowa	L, 32-229
vs. Kansas	L, 31-230
at Wisconsin-Milwaukee	L, 104-195
vs. Illinois-Chicago	L, 135.5-159.5
vs. Evansville	W, 174-118
Illinois State	L, 91-209
at Minnesota State	W, 155-85
Iowa State	L, 103-189
Truman State	L, 126-165
at Luther	W, 69-165
at South Dakota	W, 124-110
vs. Nebraska-Omaha	L, 107-135
at Northern Colorado	L, 55-85
Minnesota Challenge	N/A
at MVC Championship	5 <sup>th</sup> of 5

**2004-05**

Coach: Stacey Simmer

South Dakota	L, 90-136
Minnesota State	L, 64-163
at Truman State Invite	4 <sup>th</sup> of 5
at Illinois State	L, 93-196
at Iowa State	L, 63-135
at Truman State	L, 70-120
vs. South Dakota	L, 86-115
at Iowa	L, 46-148
at Nebraska-Omaha	L, 19-119
vs. Northern Colorado	L, 29-109
at MVC Championship	5 <sup>th</sup> of 5

**2005-06**

Coach: Stacey Simmer

at South Dakota	L, 160-128
at Nebraska	L, 160-95
at UW-Green Bay	L, 173-103
Illinois State	L, 237-63
at UW-Milwaukee	L, 183-51
vs. North Dakota	L, 191-45
at Minnesota State	W, 150-144
Iowa State	L, 162-120
Augustana College	W, 182-79
at Nebraska-Omaha	L, 195-98
vs. Northern Colorado	L, 227-70
Iowa	L, 138-62
at MVC Championship	5 <sup>th</sup> of 5

**2006-07**

Coach: Stacey Simmer

at Illinois State	L, 196.5-97.5
South Dakota	L, 154.5-133.5
Minn.State-Moorhead	W, 194-100
at Kansas	L, 99-49
at South Dakota State	L, 163-124
vs. Northern Colorado	L, 209-84
Minnesota State-Mankato	W, 169-121
at Iowa State	L, 195-94
at Evansville	W, 76-37
vs. Southern Illinois	L, 86-40
Nebraska	L, 121-81
Luther	W, 152-79
at Nebraska-Omaha	L, 183-163
at MVC Championship	4 <sup>th</sup> of 5

**2007-08**

Coach: Stacey Simmer

Illinois State	L, 171.5-122.5
Kansas	L, 180-80
at South Dakota	L, 142-97
South Dakota State	W-W, 188-91; 218-190
Northern Colorado	L-L, 177-116; 190-184
Nebraska Invitational	4 <sup>th</sup> of 6
Iowa State	L, 180-57
Nebraska-Omaha	L, 145-117
at Minnesota State-Mankato	L, 131-106
at Minnesota State-Moorhead	W, 168-126
at Iowa	L, 132-70
Grinnell	W, 196-76
Morningside	W, 196-19
MVC Championships	4 <sup>th</sup> of 5



# The Missouri Valley Conference

The Missouri Valley Conference enters its 102nd year at the start of the 2008-09 academic year, and the nation's second-oldest NCAA Division I conference continues to be a leader in college athletics.

The Valley continues to lead by example as one of college athletics' most progressive conferences. The Valley emphasizes the importance of the student-athlete and is aggressive in its approach to provide opportunities for its member institutions.

Illinois State captured the league's All-Sports Trophy for the first time since 2001. The Redbirds claimed three Valley championships in 2007-08 and finished fifth or better in 16 of their 17 sports. ISU's all-sports championship snapped a string of four-straight titles by Wichita State and marked the 11th all-sports trophy for Illinois State, which trails Wichita State (16) for the most.

Based in St. Louis since 1985, the league is assertive in its approach to hosting NCAA basketball championship events, operating a revenue-producing in-house television network, bidding out the right to host sport championships and landing title sponsorships for those events.

During the tenure of Doug Elgin, The Valley's ninth and longest-tenured commissioner, The Valley has been aggressive in hosting NCAA events in St. Louis. That role came to a spectacular climax in April 2005 as the conference collaborated with local partners to stage the Men's Final Four at the Edward Jones Dome.

And while the Missouri Valley Conference has been progressive in pursuing NCAA events, it has continued to be a national leader in the athletic arena. And starting in 1995-96, the conference broke new ground by allowing league members to bid for hosting rights for select team sport championships. By establishing uniform host criteria, the conference is able to assist a host institution in a season-long promotional campaign and provide an avenue where hosts can acquire sponsors and achieve a profit for the event.

The 2003-04 season was a landmark season for the conference as State Farm Insurance and the league came to terms on an agreement that provides State Farm with title sponsorship of all of the league's 18 championships. That agreement was enhanced for the 2007-08 season. The conference's progressive marketing and in-house television package has helped open doors to regional and national sponsors outside of the realm of title sponsorships, as the league's men's basketball tournament sponsorship revenues continues to reach all-time highs.

Meanwhile, the league has been progressive in other areas, as it has taken its merchandise program in-house, while offering e-commerce solutions for league apparel, championship photography and a conference-wide videostreaming package.

The seeds for this vision were planted by eight administrators representing five institutions, who met at the Midland Hotel in Kansas City, Mo., on Jan. 12, 1907. The five schools which formed the Missouri Valley Intercollegiate Athletic Association were Washington University of St. Louis, and the state universities of Iowa, Kansas, Missouri and Nebraska. Two months after the initial meeting, two more schools -- Drake University and Iowa State College -- were admitted.

In the fall of 1907, basketball became the first competitive sport. Today, the Missouri Valley Conference sponsors the following sports: baseball, men's and women's basketball, men's and women's cross country and track & field (indoor and outdoor), men's and women's golf, men's and women's soccer, softball, women's swimming and diving, men's and women's tennis, and women's volleyball.

While The Valley no longer sponsors football (it did from 1907-85), six league members compete in football at the FCS (Football Championship Subdivision) level as Illinois State, Indiana State, Missouri State, Northern Iowa and Southern Illinois play in the nine-member Missouri Valley Football Conference (with North Dakota State, South Dakota State, Western Illinois and Youngstown State). That league competed as the Gateway Conference from 1985-2007. Drake plays non-scholarship football in the Pioneer Football League.

This season, the league will conduct its 98th outdoor track and field championship, its 91st tennis championship, its 55th baseball tournament, and its 71st golf championship for the men. Those programs, plus other current sponsored sports of cross country (50 years), indoor track (42), soccer (18) and swimming and diving (15), have helped solidify the Missouri Valley Conference as one of the most respected conferences nationally.

League members include Bradley University, Creighton University, Drake University, the University of Evansville, Illinois State University, Indiana State University, Missouri State University, the University of Northern Iowa, Southern Illinois University, and Wichita State University. Eastern Illinois University is an affiliate member in men's soccer.



## Conference Staff

<b>Doug Elgin</b> .....	Commissioner
<b>Patty Viverito</b> .....	Senior Associate Commissioner
<b>Joe Mitch</b> .....	Associate Commissioner
<b>Jack Watkins</b> .....	Associate Commissioner for Marketing and Television
<b>Mike Kern</b> .....	Associate Commissioner for Communications
<b>Drew Tyler</b> .....	Assistant Commissioner for Operations
<b>Mary Mulvenna</b> .....	Assistant Commissioner for Compliance and Community Relations
<b>Kelly Briscoe</b> .....	Assistant Director of Communications
<b>Rich Steed</b> .....	Chief Financial Officer
<b>Jeremiah Ingram</b> .....	Assistant Commissioner for Communications
<b>Carla Fight</b> .....	Assistant to the Commissioner
<b>Maxine Day</b> .....	Executive Assistant
<b>Terri Heiges</b> .....	Assistant to the CFO
<b>Jamie Jarrett</b> .....	Director of Corporate Sales
<b>Lauren Venarchik</b> .....	Assistant Director - Women's Basketball Tournament
<b>Laura Owens</b> .....	Administrative Assistant



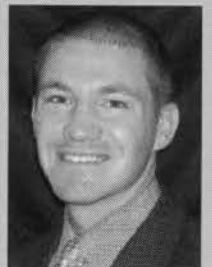
Doug Elgin



Patty Viverito



Joe Mitch



Jeremiah Ingram









2008-09 UNIVERSITY  
OF NORTHERN IOWA  
WOMEN'S SWIMMING  
& DIVING SCHEDULE

Oct. 10	at Illinois State vs. St. Louis	5:00 pm 5:00 pm
<b>Oct. 11</b>	<b>Alumni Meet</b>	<b>12:00 pm</b>
<b>Oct. 18</b>	<b>South Dakota</b>	<b>2:00 pm</b>
Nov. 1	at Nebraska-Omaha	2:00 pm
Nov. 15	at Northern Colorado vs. South Dakota State	9:00 am 2:00 pm
Nov. 20-23	Nebraska Invitational	All Day
Dec. 6	at Iowa State	1:00 pm
Jan. 24	at Kansas vs. South Dakota	1:00 pm 1:00 pm
<b>Jan. 30</b>	<b>Minnesota State-Mankato</b>	<b>6:00 pm</b>
<b>Feb. 5</b>	<b>Iowa</b>	<b>6:00 pm</b>
<b>Feb. 12-14</b>	<b>MVC Championships</b>	<b>All Day</b>

Home meets are bold

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[unipanthers.com](http://unipanthers.com)