

Table of Contents

Introduction

Media Information	2
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2007-08 Season Preview

2007-08 Season Outlook	4-6
Roster	7
BIG EAST/NCAA Qualifying Standards	8

Student-Athletes

Senior	10-19
Juniors	20-24
Sophomores	25-26
Freshmen	27-32
Class Photos	30

Coaching Staff

Head Coach Carrie Nixon.....	32-33
Diving Coach Caiming Xie.....	34
Assistant Coach Joel White	35
Support Staff	36

2006-07 Season In Review

2006-07 Season in Review.....	40-41
2006-07 Top Times	42
2006-07 Top Performances	43-44
2007 BIG EAST Championships.....	45

2007-08 Opponents

On the Road With the Irish	48
2007-08 Regular Season Meets	49
2007-08 Opponent Information	50-52

History and Records

All-Time Results	54
Notre Dame Records	55
All-America Honors	56-57
NCAA Championships	58-59
BIG EAST Championships	60-61
All-Time Top Performances	62-63
All-Time Top Performers	64-65
Meet Records	66
Pool/Conference Records.....	67
Irish Honors	68-69
National & Int'l. Competition	70
Academic Excellence	71
All-Time Roster	72-74
All-Time Series	75
Year-by-Year Results	76-78
Rolfs Aquatic Center	79
Chronology of Records.....	80-82

University of Notre Dame

The University	84-85
Kevin White	86-87
Notre Dame Leaders	88
Academic Services	89
Compliance	90
Student Development	91
Statement of Principles	92-93
Noteworthy Alumni	94
Alumni Association/Monogram Club	95
Sports Medicine/Strength and Conditioning	96
NACDA Directors' Cup.....	97
Athletic Heritage.....	98
BIG EAST Conference.....	99

Swimming and Diving Quick Facts

Notre Dame Quick Facts

Location	Notre Dame, IN 46556
Founded	1842
Enrollment	8,352 (undergraduate), 11,603 (total)
Nickname.....	Fighting Irish
Colors.....	Gold and Blue
Conference.....	BIG EAST
Home Facility	Rolfs Aquatic Center
President.....	Rev. John I. Jenkins, C.S.C
Athletic Director	Kevin White
Asst. A.D./Women's Swimming & Diving.....	Charmelle Green
Athletic Department Phone.....	(574) 631-6107

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Career Record.....	13-3
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Media Information

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

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

BIG EAST Web Information

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

Credits

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Fax (574) 631-2916

WSBT-TV/Radio - CBS

(Greg Carroll/Pete Byrne/
Carolyn Manns)
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South Bend, IN 46601
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Fax (574) 288-6630

WSJV-TV - FOX

(Dean Huppert/Allison Hayes)
59096 County Road 7 South
Elkhart, IN 46514
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Fax (574) 294-1324

College Sports Television

(Barry Werner)
Chelsea Piers, Pier 62
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WHME-TV/Radio

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College Swimming Coaches Association of America

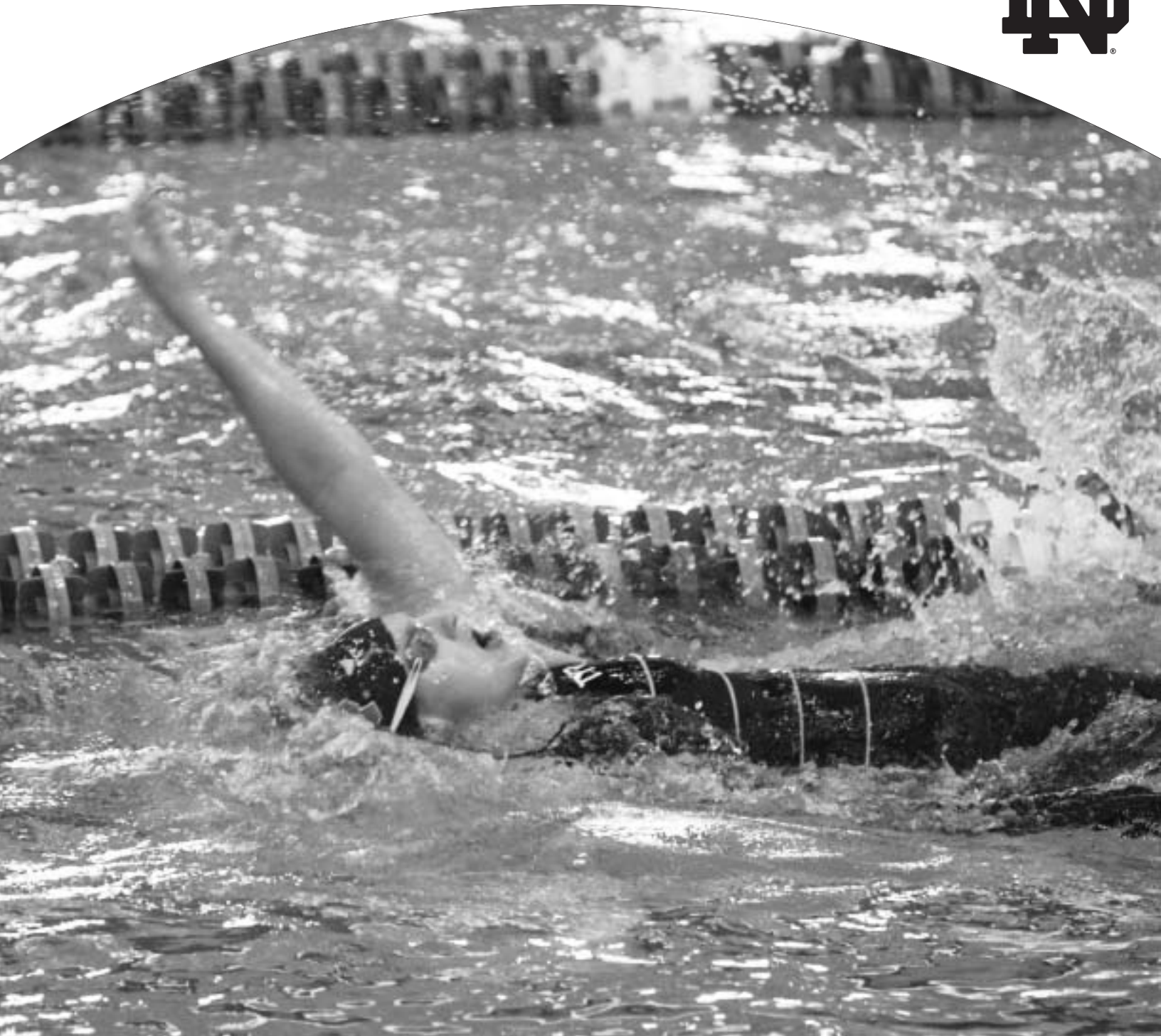
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The Notre Dame women's swimming and diving team after winning the BIG EAST Championship. It was the 11th consecutive win for the Irish.

NOTRE DAME **PREVIEW**

Senior Katie Guida will lead the Irish as one of two team captains during the 2007-08 season.



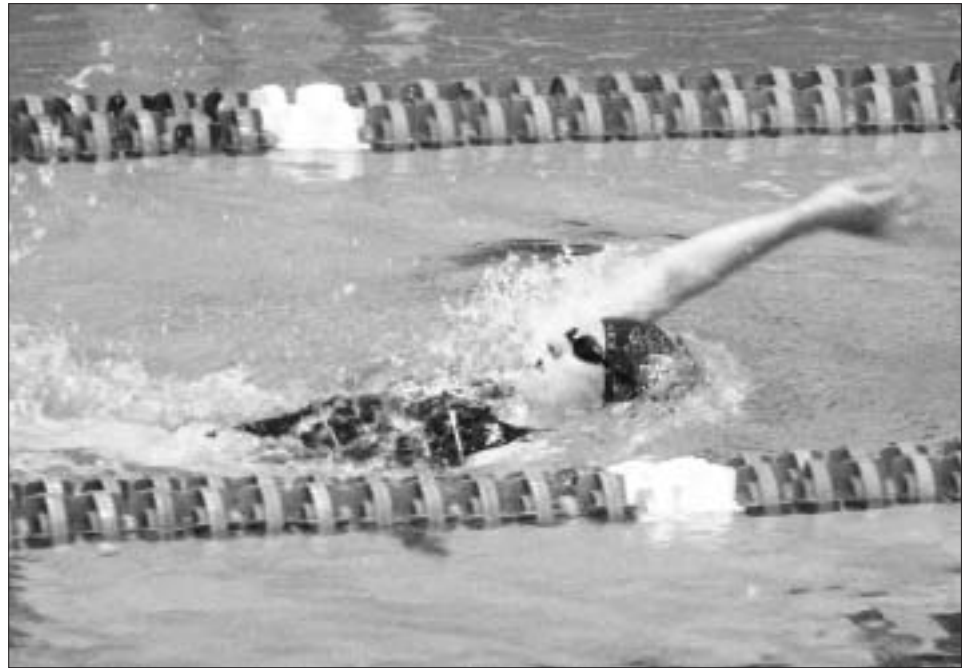
Success Brings Higher Expectations For Upcoming Season

*After winning an 11th-consecutive BIG EAST Championship,
the women's swimming and diving program looks to reach higher goals at the national level*

Coming off a record-setting season by winning their 11th-straight BIG EAST title, the most consecutive wins by any program in BIG EAST history, the Notre Dame women's swimming and diving team enters the 2007-08 season with high expectations. Led by third-year head coach Carrie Nixon, the Irish will have to fill holes of graduated seniors, while embracing the talent of incoming freshmen. They will look to not only reach the levels of success that the program has traditionally found in the past, but also break past them.

The 2006-07 season was highly successful for the Irish. Along with the conference title, Nixon coached the women's team to 10 individual and two relay BIG EAST championships and took her team onto the national scene where the Irish finished 27th at the NCAA Championships with 25 points. The Irish finished the season with an 8-1 record in dual meets and ranked 19th nationally in the dual-meet pool by the College Swim Coaches Association of America (CSCAA).

"We had a great season last year so this year we are really expecting a lot," Nixon says. "Obviously we want to pick up that 12th BIG EAST title and keep that winning streak alive. We also want to send more girls to the national meet and finish higher. Last season we took eight girls to NAAs and finished 27th. This year we want to take more and look to finish in the top 15. We're in a position to reach those goals this year and that's what makes it all exciting."



Megan Farrell returns as one of the top swimmers for the Irish. As a freshman, she competed at the NCAA Championships.

The loss of Irish standout Katie Carroll will undoubtedly be felt as the 2007-08 season kicks off. Carroll, who graduated in the spring of 2007, left as a two-time All-American in the 400 IM. She was also named the BIG EAST Most Outstanding Swimmer in both 2004 and 2007. While the loss of Carroll will be huge, especially at the conference level, Nixon is confident that returnees as well as newcomers will be able to work together to fill the gap.

"I think we did an excellent job these past two years knowing that the 2007 class would be exiting and knowing that it would be tough to replace them since they played such a big role in our success in the past," Nixon says. "I think we've really done a great job replacing those girls hand-for-hand in our freshmen and sophomores. We're really bottom heavy with a lot of sophomores and freshmen and they're going to play a big part in our success in the next four years."

Leading as team captains for the Irish will be seniors Katie Guida and Morgan Bullock. Both enter their fourth year with the team. They will be looked at by the whole team as role models and also positive attitudes.

Together with the team, Nixon hopes for the season to run smoothly, positively and overall successfully.

"I always say a happy swimmer is a fast swimmer," Nixon says. "When you feel good about practice, then you feel good about your team, teammates and coaches. In the end that equals fast swimming. You have to love it, love working hard and doing it unselfishly for your teammates, your school and representing all that comes with you. The girls have really embraced that this year so it should be fun to watch it throughout the whole season."

Here is a look at how the 2007-08 Notre Dame women's swimming and diving team will break down by event.

Freestyle

The distance freestyle group will be led by junior Claire Hutchinson during the 2007-08 campaign. Hutchinson was a NCAA Championships qualifier in 2007, finding success in both the 500-meter and the 1,650-meter freestyle. Also looking to make an impact in the area will be sophomore Lexie Shue, who posted good times during her

Team Information

2006-07 Record: 8-1

2007 BIG EAST Championships: 1st, 758 pts.

2007 NCAA Championships: 27th, 25 pts.

Monogram Winners Returning/Lost: 24/12

**2007 BIG EAST Individual Champions
Returning/Lost:** 1/2

Ashlee Edgell, So. (200 IM)

2007 NCAA Qualifiers Returning/Lost: 4/4

Megan Farrell, So. (200 IM, 200 freestyle,
400-freestyle relay, 800-freestyle relay)

Caroline Johnson, Sr. (100 backstroke,
200-freestyle relay, 400-medley relay)

Claire Hutchinson, Jr. (500 freestyle,
1,650 freestyle)

Christa Riggins, Jr. (50 freestyle, 100 freestyle,
200 freestyle, 200-freestyle relay)

IRISH SWIMMING

freshman season, but was not able to compete at the BIG EAST due to injuries. Shue returns healthy for the Irish and Nixon expects her to add depth to the area.

"We have her (Shue) healthy now and we're just excited to see what she's capable of," Nixon says. "She had some very fast times coming out of high school and we weren't able to see those manifest themselves last season. We're thrilled to have her back in the mix of things this year."

Coming off NCAA Championships qualifications, two relay championships at the BIG EAST and an individual second-place showing at the conference level, junior Christa Riggins will be a staple for the Irish in the middle-distance freestyle events. Her quick improvements in the area has led her to become a leader for others on the team.

"Christa (Riggins) has been able to improve at an incredible rate with her times dropping significantly each season," Nixon says. "She just started swimming when she was a sophomore in high school, so she has a lot of room to improve and has really led the way. She continues to challenge others in practice and has really taken the reigns of the middle-distance group."

Coming into the sprints will be freshman Amywren Miller, a young athlete that Nixon believes will be able to contribute early on in her career. Miller joins the team with some of



Junior Claire Hutchinson will lead the Irish in the distance freestyle throughout the 2007-08 season.

the fastest times by an incoming freshman in the history of Notre Dame women's swimming. As a former swimmer with the Irish and the most decorated in the sports history, Nixon remarks, "they're even faster times than I had coming in," a true sign of the talent.

Returning in the area for the Irish will be senior Caroline Johnson. Johnson comes into her final season as an NCAA Qualifier

and five-time BIG EAST champion. Over her last three years, she has played a major role in relays for the Irish, being a member of three championship relay teams at the conference level last season.

Butterfly

A new duo has arrived for the Irish with sophomore Keri Masterson and incoming freshman Kellyn Kuhlke. Masterson returns as the top swimmer for the Irish in the fly and she is joined by newcomer Kuhlke. Kuhlke comes in with great experience in the event, including a Texas state title in the 100 fly, a tough feat in a state filled with swimming talent. The two will work to fill a hole left by swimming standout Katie Carroll.

"They (Masterson and Kuhlke) are great training partners," Nixon says. "They work really hard together and push each other in practice. With that I think they'll be able to push each other the entire season and we'll be able to see great things from it."

Individual Medley

After standout freshmen campaigns, sophomores Ashlee Edgell and Megan Farrell will return as the top-two competitors for the Irish in the IM. Edgell just missed making the cut for the NCAA Championships during her first season, but was victorious at the BIG EAST Championships, taking the title in the 200 IM, with Farrell close behind in



Senior Caroline Johnson will be a strong force for the Irish in the back stroke.



Junior Christa Riggins returns as leader for the Notre Dame in the mid-distance freestyle events.

fourth place. Edgell also took third in the 400 IM at the conference meet, earning her two all-BIG EAST accolades. The two will work together to strengthen the Irish in the event, after the loss of Katie Carroll, a two-time All-American in the 400 IM.

“Ashlee will definitely lead the way for us in the IM,” Nixon says. “She’s a great kid with tons of potential. She’s tall and has a lot going for her and even last year we saw huge improvements in her times so I think she will be a main athlete for our team this year.”

Breaststroke

Although a newcomer, Sam Maxwell will be looked towards to be the top swimmer in the breaststroke. Maxwell comes into the program with some of the best prep times in the event in the history of the program. Her times are even faster than graduate Julia Quinn who was the number-one swimmer for the Irish in the event last season. Maxwell will join senior Katie Hopkins along with another newcomer, Lizzie Gormley, to make up the core group in the breast.

Backstroke

A top swimmer returning for the Irish in the backstroke will be senior Caroline Johnson. Johnson, who finished second in the 100 backstroke at the BIG EAST Championships, will find herself not only in a role as a top swimmer, but also a leader as she will be joined by freshman Lauren Parisi. Together, Johnson and Parisi will be looked towards to lead the event. Also joining them will be sophomore Maggie Behrens. Behrens surprised Nixon by being one of the strongest in the backstroke as she was the third fastest for the Irish in the 50 and the 100 backstroke.

“Maggie is someone that really surprised us last year,” Nixon says. “She’s done an excellent job training over the summer and I think she’ll be able to drop her times even more than she did last year. She’s really stepped up to this higher level and she’s doing a great job.”

Diving

Sophomores Tiffany Robak and Natalie Stitt return as the top divers for the Irish, along with senior Tara Hyer and junior Lucy Hirt. Together, the four will be the lead divers throughout the 2007-08 campaign. Both Robak and Stitt competed on the national level at the NCAA Zone C Diving Championships with Robak finishing 16th in the three-meter and Stitt taking 12th in the same event. Both girls, along with Hyer played a major part at the BIG EAST Championships, bringing in a combined total of 77 points for the Irish team victory.

Roster Breakdown

- By Class:**
Seniors (7): Bullock, Burke, Guida, Hopkins, Hyer, Johnson, Steenberge
Juniors (4): Hirt, Hutchinson, Riggins, Wagner
Sophomores (13): Bauza, Behrens, Duret, Edgell, Farrell, Gonzalez, Healey, Mancini, Masterson, Robak, Shanata, Shue, Stitt
Freshmen (11): Casey, Cronin, Gormley, Grossman, Kuhlke, Langnecker, Maxwell, Miller, Parisi, Reynolds, Sylvester
- By Stroke:**
Backstroke: Bauza, Behrens, Bullock, Guida, Johnson, Parisi
Breaststroke: Burke, Duret, Gormley, Healey, Hopkins, Mancini, Maxwell, Miller
Butterfly: Burke, Casey, Hopkins, Kuhlke, Masterson, Shanata, Steenberge, Wagner
Freestyle: Bullock, Casey, Cronin, Edgell, Farrell, Guida, Hutchinson, Johnson, Kuhlke, Mancini, Masterson, Miller, Reynolds, Riggins, Shanata, Shue, Steenberge, Sylvester, Wagner
Individual Medley: Behrens, Edgell, Farrell, Hutchinson, Maxwell, Parisi
Diving: Gonzalez, Grossman, Hirt, Hyer, Langnecker, Robak, Stitt

2007-08 Notre Dame Women's Swimming and Diving Roster

<u>Name</u>	<u>Events</u>	<u>Yr.</u>	<u>Ht.</u>	<u>Hometown/High School</u>
Colleen Bauza*	Back	So.	5-10	Palm Harbor, FL/Palm Harbor University H.S.
Maggie Behrens*	Back/IM	So.	5-9	Munster, IN/Munster H.S.
Morgan Bullock***	Back/Free	Sr.	5-9	Stamford, CT/Westhill H.S.
Natalie Burke***	Breast/Fly	Sr.	5-7	Capetown, South Africa/Reddam House College
Katie Casey	Fly/Free	Fr.	5-3	Ponte Vedra Beach, FL/Bolles School
Delia Cronin	Free	Fr.	5-9	Phoenix, AZ/Xavier College Prep
Pat Duret*	Breast	So.	5-9	Sarasota, FL/Cardinal Mooney H.S.
Ashlee Edgell*	IM/Free	So.	5-11	Cincinnati, OH/Madeira H.S.
Megan Farrell*	Free/IM	So.	5-7	Hopkinton, MA/Hopkinton H.S.
Lizzie Gormley	Breast	Fr.	5-6	Houston, TX/Langham Creek H.S.
Heidi Grossman	Diving	Fr.	5-6	Barrington, RI/Barrington H.S.
Katie Guida***	Free/Back	Sr.	5-10	Alexandria, VA/Georgetown Visitation Prep
Vivian Healey*	Breast	So.	5-9	New York, NY/Stuyvesant H.S.
Lucy Hirt**	Diving	Jr.	5-6	Mundelein, IL/Mundelein H.S.
Katie Hopkins***	Breast/Fly	Sr.	5-6	Ellicott City, MD/Notre Dame Prep. School
Claire Hutchinson**	Free/IM	Jr.	5-3	Baltimore, MD/McDonogh H.S.
Tara Hyer***	Diving	Sr.	5-6	Tampa, FL/Academy of the Holy Names
Caroline Johnson***	Back/Free	Sr.	5-10	Springfield, MO/Glendale H.S.
Kellyn Kuhlke	Fly/Free	Fr.	5-5	Plano, TX/Plano West Senior High
Amy Langnecker	Diving	Fr.	5-6	Gibsonia, PA/Hampton H.S.
Gina Mancini*	Breast/Free	So.	5-7	Falmouth, ME/Falmouth H.S.
Keri Masterson*	Fly/Free	So.	5-8	West Hempstead, NY/Sacred Heart Academy
Samantha Maxwell	Breast/IM	Fr.	5-10	Chandler, AZ/Corona de Sol
Amywren Miller	Free/Breast	Fr.	5-8	Grosse Pointe Woods, MI/The Peddie School
Lauren Parisi	Back/IM	Fr.	5-8	Hauppauge, NY/Hauppauge H.S.
Meg Reynolds	Free	Fr.	5-7	Alpharetta, GA/Wesleyan School
Christa Riggins**	Free	Jr.	5-10	Phoenix, AZ/Sunnyslope H.S.
Laura Rings	Diving	Jr.	5-5	Gahanna, Ohio/Columbus School for Girls
Tiffany Robak*	Diving	So.	5-7	Milwaukee, WI/Pius XI H.S.
Zeina Shanata*	Free/Fly	So.	5-5	Gainesville, FL/Buchholz H.S.
Lexie Shue*	Free	So.	5-9	Newport Beach, CA/Corona Del Mar H.S.
Georgia Steenberge***	Fly/Free	Sr.	5-7	Granbury, TX/Granbury H.S.
Natalie Stitt*	Diving	So.	5-6	Holland, MI/West Ottawa H.S.
Lauren Sylvester	Free	Fr.	5-10	Philadelphia, PA/Germantown Academy
Casey Wagner**	Free/Fly	Jr.	5-6	Glenshaw, PA/Shady Side Academy

*Denotes Monograms earned

Head Coach: Carrie Nixon, 3rd season as head coach (Notre Dame '02)

Diving Coach: Caiming Xie, 13th season with the Irish (Beijing Academy of Physical Education '85)

Assistant Coach: Joel White, 3rd season with the Irish (Wisconsin-Milwaukee '02)

Volunteer Assistant Coach: Mike Laubacher, 2nd season with the Irish (Ohio University '04)



Sophomore
Keri Masterson



Sophomore
Tiffany Robak

2008 BIG EAST Conference Swimming and Diving Qualifying Standards

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



Qualifying for the NCAA Championships

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

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

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

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

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

The diving field is determined by performance at five NCAA zone meets, which take place two weeks prior to the NCAA Championships. A student-athlete qualifies for the zone diving meet by registering a performance in which she scores points equal or better than the qualifying standard. Each zone sends a minimum of four divers to the NCAA meet, with the zones that had better performances at the previous year's NAAs getting additional entries. In 2008, Zone C, in which Notre Dame competes, will send seven divers to the NCAA Championships. Once in the 35-diver field, a student-athlete may compete in both the one- and three-meter springboard events, but can only take part in the platform competition if she participated in it at the zone meet.

2008 NCAA Swimming and Diving Qualifying Standards

Event	25-Yard Course		25-Meter Course		50-Meter Course	
	A	B	A	B	A	B
50 Freestyle	22.62	23.29	25.25	26.00	25.98	26.75
100 Freestyle	49.42	50.90	55.16	56.81	56.55	58.24
200 Freestyle	1:47.09	1:50.30	1:59.53	2:03.11	2:02.54	2:06.21
500 Freestyle	4:45.46	4:54.02	4:09.75	4:17.24	4:16.71	4:24.41
1650 Freestyle	16:23.54	16:53.04	16:20.60	16:50.01	16:48.76	17:19.02
100 Butterfly	53.75	55.36	59.99	1:01.79	1:01.29	1:03.13
200 Butterfly	1:58.99	2:02.55	2:12.81	2:16.78	2:15.07	2:19.11
100 Backstroke	54.38	56.01	1:00.70	1:02.52	1:03.76	1:05.67
200 Backstroke	1:57.32	2:00.83	2:10.94	2:14.86	2:16.90	2:21.00
100 Breaststroke	1:01.85	1:03.70	1:09.03	1:11.10	1:11.10	1:13.22
200 Breaststroke	2:14.19	2:18.21	2:29.77	2:34.26	2:32.84	2:37.42
200 Individual Medley	2:00.34	2:03.95	2:14.31	2:18.34	2:18.81	2:22.97
400 Individual Medley	4:15.63	4:23.29	4:45.31	4:53.86	4:51.82	5:00.57
200 Medley Relay	1:39.49	1:42.47	1:51.04	1:54.37	1:54.49	1:57.92
400 Medley Relay	3:38.02	3:44.56	4:03.33	4:10.63	4:11.18	4:18.72
200 Freestyle Relay	1:31.01	1:33.74	1:41.58	1:44.63	1:44.49	1:47.63
400 Freestyle Relay	3:18.39	3:24.34	3:41.42	3:48.06	3:47.00	3:53.80
800 Freestyle Relay	7:10.49	7:23.40	8:00.46	8:14.87	8:12.56	8:27.33

1-Meter Diving— Dual 255/265***

3-Meter Diving— Dual 270/280***

Platform Diving Points—Dual 260/225###

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

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

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