



UNIVERSITY OF MINNESOTA

Women's Intercollegiate Athletics

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(for immediate release)

Feb. 10, 1994

Big Ten Women's Swimming and Diving Championships Preview

INDIANAPOLIS HOSTS BIG TEN WOMEN'S SWIMMING AND DIVING CHAMPIONSHIPS

The 20th-ranked Minnesota women's swimming and diving team will compete at the 13th annual Big Ten Women's Swimming and Diving Championships, Feb. 17-19 in Indianapolis, Ind. The Gophers, 7-1 overall and 6-1 in the conference, are one of six Big Ten teams currently in the top 25 rankings issued by the College Swim Coaches Association of America. Michigan is ranked fourth and is followed by Northwestern (12), Minnesota (20), Penn State (22), Purdue (24) and Wisconsin (25).

MINNESOTA GOALS -- "We want to be among the top three teams at this year's conference championship," says Jean Freeman, the Gophers head swimming and diving coach. Minnesota, still waiting to win its first Big Ten team title, has placed among the top three teams eight of the 12 years that the conference has sponsored the championship. Over the dozen years, the Gophers have been second six times and third twice. "There are quite a few frosh among our Big Ten team of 22 swimmers and five divers. The conference championship will be a new experience for them - anything can happen."

Freeman predicts Michigan will repeat again as the Big Ten team champion for a record eighth year in a row. The Wolverines have won the last seven team titles, but if they falter, Northwestern is ready to take the championship. Other teams battling the Gophers for third place, says Freeman, are Purdue, Ohio State, Penn State and Wisconsin. Ohio State is the only other team to win a conference team title, winning five straight from 1982-86.

Another goal is qualify as many student-athletes as possible for the NCAA championships, March 17-19 in Indianapolis. "Minnesota could have its second-strongest team at this year's NCAA meet," Freeman says, "with swimmers in at least eight events and divers in all three of their events."

THE CHAMPIONSHIP -- The championship features 13 individual swimming events, three diving events and five relay team contests over the three days of competition. Platform diving is again an exhibition event this year. Each day at 11 a.m. (EST), preliminaries are held for that day's events, except for the relay events and the final heat of the 1,650-yard freestyle, which are timed final events. Timed final events are held during the championship with action starting each night at 7 p.m. (EST). The top 16 swimmers and top eight divers from the prelims compete in the evening, with points being earned through 16 places.

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THE GOPHERS EVENT-BY-EVENT

Sprint Freestyle -- In the 50-yard freestyle frosh **SUZIE HELVIG** (MANDAN, ND/MANDAN) and junior **PAM SMITH** (SPRINGFIELD, IL/SPRINGFIELD SOUTHEAST) are capable of placing in the top eight with **Helvig** in line to win the event, says Freeman. Frosh **DEVON COELLNER** (SALINA, KS/SALINA SOUTH), senior **JENNY EASTER** (SHOREVIEW, MN/MOUNDS VIEW) and sophomore **KIM BRYANT** (EAGAN, MN/EAGAN) are hoped to place in the consolations of the event. **Helvig, P. Smith** and **Coellner** are expected to place in the finals of the 100-yard freestyle, with **Easter** placing in the consolation finals. **Bryant** has an outside chance to score.

Mid-Distance Freestyle -- The 200-yard freestyle is the most improved event for Minnesota and the Big Ten Conference this year. Frosh **ALICIA HICKEN** (CAMPBELLVILLE, ONT., CANADA/SILVERTHORN), **Coellner**, and senior **SUSAN SUOMU** (WAUKEGAN, IL/WAUKEGAN WEST) are Minnesota's strongest in the race, with two scoring in the top eight and the other in the consolation race. In the 500-yard freestyle, **Hicken** is the team's fastest and expected to place in the top eight. **Suomu** and sophomore **WENDY WOODS** (MADISON, WI/MADISON WEST) are expected to place in the consolations of the event.

Distance Freestyle -- Sometimes known as the "swimmer's mile", the 1,650- yard freestyle is 66 lengths of the 25-yard pool and is the most grueling of all events. The Gophers have four student-athletes expected to score in the event. Sophomore **TRESSIA SHAW** (SCOTTSDALE, AZ/ARCADIA) has the opportunity to score in the top eight while **Suomu, Woods** and **Hicken** should score in the top 16 of the event.

Backstroke -- In the 100-yard backstroke, junior **KIKI ANDERSON** (FALCON HEIGHTS, MN/ROSEVILLE) and frosh **CHRISTINA BILLMAN** (BURNSVILLE, MN/ROCHESTER JOHN MARSHALL) should place in the top 16. In the longer race, the 200-yard backstroke, both swimmers have an outside chance to place in the top 16. **Suomu** may also compete in the event.

Breaststroke -- Sophomore **LESLIE WILCOX** (EXCELSIOR, MN/MINNETONKA) is Minnesota's top breaststroker, placing second in the 100-yard and third in the 200-yard breaststroke events last year at the Big Ten meet. **Wilcox** is expected to be in the top eight of both events again this year.

Senior **KRIS ZELLER** (FARIBAULT, MN/FARIBAULT) should also be in the top eight in the shorter race. **Shaw**, frosh **NICOLE NELSON** (LAKE FOREST, CA/EL TORO) and **JESSICA SMITH** (PORTLAND, OR/REYNOLDS) are expected to battle for at least one of the consolation slots in the 100-yard breaststroke. **Zeller** will join **J. Smith** and **N. Nelson** for two of the 200-yard breaststroke top 16 spots.

Butterfly -- Frosh dominate this event for Minnesota this year, with two frosh capable of placing in the finals of the 100-yard butterfly and one in the finals of the 200-yard race. In the shorter race, frosh **TANYA SCHUH** (LAKE ELMO, MN/STILLWATER) and **JESSICA GRASS** (KNOXVILLE, TN/FARRAGUT) are expected to place in finals and **P. Smith** in the consolation finals.

Grass, who has set two Minnesota school records this year in the 200-yard butterfly, is projected to be a top eight finalist in the longer butterfly. In the consolation finals of the 200-yard butterfly, Schuh will be joined by frosh KATE WENDT (RIVER FOREST, IL/OAK PARK RIVER FOREST) and senior KAREN ADAMS (WALNUT CREEK, CA/NORTHGATE). (Adams held the 200-butterfly school record that Grass broke.) Frosh JILLIAN RANDELL (RIVER WOODS, IL/DEERFIELD) has an outside chance to place in the event.

Individual Medley -- In the 200-yard individual medley, Coellner is the Gopher's hope for a top eight finish, with Wendt, Zeller and Adams battling for at least two consolation placings. In the 400-yard individual medley, Grass is expected to race to a finalist's slot with Wendt finishing in the consolation finals.

Relay Teams -- P. Smith, Helvig, Coellner, and Easter comprise Minnesota's 200- and 400-yard freestyle relays teams for the Big Ten championship. The foursome clocked an NCAA consideration time in the shorter relay at the Minnesota Invitational in November. Freeman feels the Gophers can place in the top three in both events. Freeman also has high hopes for the 800-yard freestyle relay team, which will have Coellner, Suomu, Hicken with either Easter or Helvig filling the fourth spot on the team.

In the medley relays, Anderson will swim the backstroke lead-off in both the 200- and 400-yard medley relays. In the 200-yard race, Zeller will swim the breaststroke, Schuh the butterfly and either P. Smith or Helvig the sprint freestyle. In the 400-yard medley relay, Wilcox will swim the breaststroke, Schuh the butterfly and Helvig the freestyle.

Diving -- "At the Big Ten championships, Minnesota will have its strongest and deepest diving team ever with five divers," diving coach Doug Shaffer says. "We should have two to three divers in the finals of both 1- and 3-meter diving events. Everyone has the opportunity to score."

The Gophers are led by three-time Big Ten champion and six-time all-American senior LAURIE NELSON (ETOBICOKE, ONT., CANADA). Nelson is the defending conference champion on the 3-meter springboard and the platform. She won the 1-meter diving event as a sophomore.

Junior KARA MARTIN (LINCOLN, NE/LINCOLN EAST) will compete in all three diving events. Frosh ANDREA BERG (ISSAQUAH, WA/LIBERTY) will compete in 1- and 3-meter springboard diving and is tentatively scheduled to compete in the platform event. Redshirt frosh JENNY KOSKI (ANOKA/ANOKA) and transfer sophomore CARRIE HANSEN (LAKEVILLE, MN/ROSEMOUNT/UNIVERSITY OF NORTH DAKOTA) will compete in both springboard events.

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Minnesota at the Big Ten Championships

	Overall	Big Ten	Big Ten Finish/ Points		NCAA Finish/ Points	
1993-94	7-1	6-1				
1992-93	7-4	5-3	6th	327	21st	39
1991-92	6-1	4-0	3rd	433	10th	117.5
1990-91	13-3	6-1	2nd	556	18th	45
1989-90	9-4	4-2	4th	474	26th	29.5
1988-89	9-1	5-1	2nd	538.5	20th	47
1987-88	5-4	5-1	4th	379	43rd	3
1986-87	6-3-2	3-2-2	2nd	496	21st	33
1985-86	7-3	3-2	2nd tie	509.5	21st	46
1984-85	7-3	4-2	2nd	535	29th	20
1983-84	5-3	1-2	2nd	506	-	-
1982-83	11-1	3-1	3rd	605	-	-
					AIAW Finish/ Points	
1980-81	3-3	2-2	6th	311	29th	20
1979-80	4-5	3-3	7th	324	34th tie	6
1978-79	5-1	3-1	3rd	511	30st	6
1977-78	8-3	1-2	4th	344	37th	
1976-77	10-0	1-0	4th	466	27th	
1975-76	4-1		4th	308	29th	
1974-75	2-0		8th	137	37th	
1973-74	6-1		6th	199	34th	
1972-73			9th	64		
1971-72			8th	103.5		
1970-71			7th	130		

Big Ten Championship Finishes (sanctioned championships only - 1982-present)

2nd - six times (1991, 1989, 1987, 1986, 1985, 1984)

3rd - twice (1992, 1983)

4th - twice (1990, 1988)

5th - once (1982)

6th - once (1993)

*Women's swimming and diving was not a Big Ten sanctioned sport until 1981-82

University of Minnesota

1993-94 Women's Swimming and Diving Top Times/Scores

Dual Record: 7-1 Big Ten: 6-1 Big Ten Finish: NCAA Finish:

DATE	MEET	W/L	SCORE	DATE	MEET	W/L	SCORE
10/30/93	at Indiana	W	183-117	1/21/94	Minnesota Challenge	No team scoring	
11/13/93	at Michigan	L	172-125	1/29/94	at Illinois	W	137-119
11/19-23/93	Minnesota Invitational	1st	1,201 pts.	2/4-5/94	Purdue	W	187-165
12/22/93	Maui Invitational		No team scoring	2/4-5/94	Wisconsin	W	180-172
1/7/94	Penn State	W	157-143	2/17-19/94	Big Ten Championship		
1/8/94	Gold Country Invitational	1st	1250.50	2/27/94	Gopher Invitational		
1/14/94	at Iowa State	W	164-135	3/17-19/94	NCAA Championship		
1/15/94	at Iowa	W	194.5-143.5				

Meets in **BOLD** at the University Aquatic Center Times/points in () (NCAA automatic qualifying time, NCAA consideration time)

** 100 Backstroke (55.27, 56.92)	** 100 Free (50.20, 51.85)	** 400 Free Relay (3:22.11, 3:29.22)
Kiki Anderson 58.99	Suzie Helvig 52.13	3:29.73 - Pam Smith, Devon Coellner, Jenny Easter, Suzie Helvig
Kate Wendt 59.14 \$	Pam Smith 52.71 \$	
Christina Billman 59.93	Devon Coellner 52.88	** 800 Free Relay (7:18.71, 7:32.77)
Elizabeth Weld 1:00.68	Jenny Easter 52.93	7:36.09 - Devon Coellner, Susan Suomu, Alicia Hicken, Suzie Helvig
Carrie Raeth 1:02.25	Kim Bryant 54.12 \$	
** 200 Backstroke (1:58.23, 2:01.77)	** 200 Free (1:48.54, 1:51.79)	** 200 Medley Relay (1:41.85, 1:45.86)
Susan Suomu 2:07.38	Alicia Hicken 1:52.97	1:46.66 - Kiki Anderson, Kris Zeller, Tanya Schuh, Pam Smith
Kate Wendt 2:09.14	Devon Coellner 1:53.39	
Kiki Anderson 2:10.44	Susan Suomu 1:53.99	** 400 Medley Relay (3:42.18, 3:50.47)
Christina Billman 2:10.97	Suzie Helvig 1:55.07	3:54.72- Kiki Anderson, Kris Zeller, Karen Adams, Jenny Easter
Elizabeth Weld 2:11.80	Jenny Easter 1:55.31	
** 100 Breaststroke (1:02.33, 1:04.19)	** 500 Free (4:47.65, 4:56.27)	** 1 M Diving (6) (245)
Leslie Wilcox 1:05.76	Alicia Hicken 5:00.46	Laurie Nelson 279.300 %
Kris Zeller 1:05.87	Jessica Grass 5:04.16	Andrea Berg 268.950 %
Devon Coellner 1:08.36	Susan Suomu 5:04.56	Jenny Koski 263.850 %
Tressia Shaw 1:08.52	Tressia Shaw 5:04.70	Kara Martin 251.400 %
Jessica Smith 1:08.86	Wendy Woods 5:06.78	Carrie Hansen 235.050
** 200 Breaststroke (2:15.03, 2:19.08)	** 1000 Free (not an NCAA event)	** 1 M Diving (10) (375)
Leslie Wilcox 2:22.28	Tressia Shaw 10:22.92	Jenny Koski 425.80 %
Kris Zeller 2:26.66	Wendy Woods 10:27.44	Laurie Nelson 424.30 %
Jessica Smith 2:26.68	Jessica Grass 10:29.16	Andrea Berg 405.83 %
Jessica Grass 2:28.53	Susan Suomu 10:31.76	Carrie Hansen 391.15 %
Tressia Shaw 2:29.37		Kara Martin 339.75
** 100 Butterfly (55.13, 56.78)	** 1650 Free (16:24.17, 16:53.69)	** 3 M Diving (6) (255)
Tanya Schuh 57.87	Tressia Shaw 17:20.56	Laurie Nelson 300.600 %
Jessica Grass 57.87	Alicia Hicken 17:31.28	Andrea Berg 294.600 %
Pam Smith 58.71	Susan Suomu 17:40.11	Jenny Koski 285.150 %
Karen Adams 58.73	Wendy Woods 17:42.20	Kara Martin 270.750 %
Carrie Raeth 58.98	Jessica Grass 18:09.06	Carrie Hansen 226.425
** 200 Butterfly (2:00.29, 2:03.89)	** 200 IM (2:01.59, 2:05.23)	** 3 M Diving (11) (425)
Jessica Grass 2:01.39 *	Devon Coellner 2:06.84	Laurie Nelson 495.750 %
Kate Wendt 2:06.48	Kate Wendt 2:09.20	Kara Martin 493.050 %
Karen Adams 2:06.54	Karen Adams 2:10.79	Andrea Berg 485.700 %
Tanya Schuh 2:09.34	Jessica Grass 2:10.97	Jenny Koski 444.150 %
Jillian Randell 2:10.56	Kris Zeller 2:11.73	Carrie Hansen 434.950 %
** 50 Free (23.22, 23.93)	** 400 IM (4:18.74, 4:27.72)	** Platform Diving
Pam Smith 24.06	Jessica Grass 4:29.19	Laurie Nelson 604.35
Suzie Helvig 24.08	Alicia Hicken 4:34.56	Kara Martin 519.20
Devon Coellner 24.25 \$	Kate Wendt 4:35.28	Andrea Berg 465.10
Jenny Easter 24.46	Karen Adams 4:37.72	Jenny Cook 374.40
Kim Bryant 24.53 \$	Wendy Woods 4:41.48	
	** 200 Free Relay (1:32.25, 1:35.90)	
	1:35.76• - Pam Smith, Suzie Helvig, Devon Coellner, Jenny Easter	

\$Lead-off split time *Varsity record #NCAA automatic qualify time •NCAA Consideration time
 %NCAA Zone diving qualifying @at NCAA Zone C meet !at NCAA championship



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Feb. 25, 1994

Big Ten Women's Swimming and Diving Hometown Review

GOPHER'S PLACE SIXTH AT CONFERENCE CHAMPIONSHIPS

In a hard-fought battle for fourth through seventh place at the 1994 Big Ten Conference Women's Swimming and Diving Championships, Minnesota finished in sixth place with 379 points. "I said before the meet that it would be a battle for third through seventh place," Jean Freeman, the Gopher's head swimming and diving coach, said. "And that is just what happened. Ohio State, Penn State and Wisconsin all swam well." The conference championship was Feb. 17-20 at the Indiana University Natatorium on the campus of University of Indianapolis.

WOLVERINES WIN AGAIN -- Michigan scored 693.5 points to easily win its eighth consecutive team title. Northwestern was second with 553.50 points and was followed by Ohio State (440), Penn State (388), Wisconsin (385.5), Minnesota (379), Purdue (360), Indiana (165), Iowa (163), Illinois (90.5) and Michigan State (83).

COACH HONORED -- Doug Shaffer, Minnesota's diving coach, was named the women's Big Ten Diving Coach of the Year by the Big Ten Conference swimming and diving coaches. Five Gopher divers scored nine times in the 1- and 3-meter events for the best showing ever by Minnesota divers at the conference championships. The divers also competed in platform diving, which is a non-scored exhibition event in the conference, but not at the NCAA championships. Last year, Shaffer was also named the 1993 NCAA Men's Diving Coach of the Year.

LAURIE NELSON RECEIVES ACCOLADE -- The coaches also named senior diver LAURIE NELSON (ETOBICOKE, ONT., CANADA/SILVERTHORN) All-Conference At-Large for her performance at the championship. Nelson was the high-point scorer for the Gophers with 31 team points. She was second in 3-meter diving with 527.20 points and fourth in both 1-meter (417.00) and platform diving (512.30).

DIVERS MARTIN, BERG, HANSEN & KOSKI -- In addition to Nelson's high finishes in the springboard events, junior KARA MARTIN (LINCOLN, NE/LINCOLN EAST) placed seventh in 3-meter diving with 484.00 points, eighth in 1-meter diving (372.90) and third in the platform event (534.85). Frosh ANDREA BERG (ISSAQUAH, WA/LIBERTY) was sixth in 3-meter diving (493.25), 12th in 1-meter diving (353.22) and ninth in the platform. Sophomore transfer student CARRIE HANSEN (LAKEVILLE, MN/ROSEMOUNT/NORTH DAKOTA) was 13th in 1-meter diving (346.95) and 18th in 3-meter diving (375.54). Red-shirt sophomore JENNY KOSKI (ANOKA/ANOKA) was 10th in 1-meter diving (354.99) and 13th in 3-meter diving (418.83).

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MANDAN'S HELVIG IN SIX EVENTS -- Frosh **SUZIE HELVIG** (MANDAN, ND/MANDAN) placed in five of six events she competed in at the meet. In individual events, she was ninth in the 100-yard freestyle with a time of 51.34, 14th in the 50-yard freestyle (23.99) and 24th in the 200-yard freestyle (1:53.00). As a member of relay teams, Helvig was fifth in the 400-yard free relay (3:25.88), sixth in the 200-yard free relay (1:34.87) and seventh in the 800-yard free relay (7:30.15).

HICKEN IN MID AND DISTANCE FREESTYLE -- Frosh **ALICIA HICKEN** (CAMPBELLVILLE, ONT., CANADA) competed in the mid- and distance freestyle events at the Big Ten meet, placing in all three of her events. Hicken, who was first in her heat of the 500-yard freestyle, finished sixth in the finals with a time of 4:55.68. She was also ninth in the 1,650-yard freestyle (17:02.30) and 10th in the 200-yard freestyle (1:51.01). Hicken was also a member of the seventh-place 800-yard free relay team (7:30.15).

GRASS THIRD IN FLY -- Frosh **JESSICA GRASS** (KNOXVILLE, TN/FARRAGUT) was third in the 200-yard butterfly with a time of 2:01.97 and 11th in the 100-yard butterfly (57.82). She was also 11th in the 400-yard individual medley (4:27.17).

ANDERSON HAS LIFETIME BEST -- Junior **KIKI ANDERSON** (FALCON HEIGHTS, MN/ROSEVILLE) recorded a lifetime-best time in the 100-yard backstroke with a mark of 57.40 during the first leg of the 400-yard medley relay. The relay team finished in fourth place with a time of 3:49.42. Anderson was also a member of the fourth-place 200-yard medley relay (1:44.06). A backstroke specialist, Anderson missed qualifying for the 100-yard backstroke by one one-hundredth of a second. Anderson had an exceptional swim in the 100-yard butterfly, placing 14th with a time of 58.16, after placing 10th in the prelims with a time of 57.56.

SALINA'S COELLNER SCORES IN THREE EVENTS -- Frosh **DEVON COELLNER** (SALINA, KS/SALINA SOUTH) scored team points in three of her five events at the Big Ten meet. As a member of two relay teams, Coellner was fifth in the 400-yard freestyle relay with a time of 3:25.88 and seventh in the 800-yard freestyle relay (7:30.15). In the 200-yard individual medley, Coellner was 12th with time of 2:05.66. She was also 22nd in the 200-yard freestyle (1:52.70) and 32nd in the 100-yard freestyle (52.61).

SCHUH "FLYS" FOR GOPHERS -- Frosh **TANYA SCHUH** (LAKE ELMO, MN/STILLWATER) scored in both butterfly events at the conference championship. Schuh was sixth in the 100-yard butterfly with a time of 56.66. In the 200-yard butterfly, Schuh moved into 11th place in the consolation finals with a time of 2:06.81 after placing 14th in the prelims with a time of 2:08.62. She was also on two relays, finishing fourth in the 200-yard medley relay (1:44.06) and eighth in the 400-yard medley relay (3:49.42).

WILCOX ADDS POINTS IN THREE EVENTS -- Sophomore **LESLIE WILCOX** (EXCELSIOR, MN/MINNETONKA) earned team points in three events for the Gophers. She was sixth in the 100-yard breaststroke with a time of 1:04.35 and 12th in the 200-yard breaststroke (2:20.44), as well being a member of the eighth place 400-yard medley relay (3:49.42). Wilcox also had a lifetime best time in the 200-yard individual medley, where she was 26th (2:09.55).

PAM SMITH SCORES IN SIX EVENTS -- Junior PAM SMITH (SPRINGFIELD, IL/SPRINGFIELD SOUTHEAST) scored in six of her seven events at the Big Ten championship, narrowly missing earning points in the seventh event. Smith was fourth in the 50-yard freestyle with a time of 23.61 and 14th in the 100-yard freestyle (51.97). A member of four relays, Smith was fourth in the 200-yard medley relay (1:44.06), fifth in the 400-yard freestyle relay (3:25.88), sixth in the 200-yard freestyle relay (1:34.87) and eighth in the 400-yard medley relay (3:49.42). Smith missed qualifying for the 100-yard butterfly by seven one-hundredths of a second, finishing 17th with a time of 58.21.

ZELLER GATHERS POINTS IN TWO EVENTS -- Senior KRIS ZELLER (FARIBAULT, MN/FARIBAULT) scored points for Minnesota in her specialty, the breaststroke. She swam the breaststroke leg of the 200-yard medley relay, which placed fourth with a time of 1:44.06. Zeller was also 15th in the 100-yard breaststroke (1:06.15). She was first in her heat of the 200-yard individual medley with an 18th-place time of 2:08.43 and was 28th in the 200-yard breaststroke (2:26.03).

ADAMS IN FINAL MEET OF CAREER -- Senior KAREN ADAMS (WALNUT CREEK, CA/NORTHGATE) concluded her Big Ten collegiate career at the conference championship by scoring in two of her three events. She was ninth in the 100-yard butterfly with a time of 58.41 and 15th in the 200-yard butterfly (2:09.41). Adams was also 25th in the 200-yard individual medley (2:09.42 1).

EASTER ON FREE RELAYS -- Senior JENNY EASTER (SHOREVIEW, MN/MOUNDS VIEW) was a member of two freestyle relay teams at the conference finals. She was fifth in the 400-yard freestyle relay with a time of 3:25.88 and sixth in the 200-yard freestyle relay (1:34.87). Easter was also 25th in the 100-yard freestyle (52.34), 26th in the 200-yard freestyle (1:53.23) and 31st in the 50-yard freestyle (24.34).

WENDT SCORES IN TWO EVENTS -- Frosh KATE WENDT (RIVER FOREST, IL/OAK PARK RIVER FOREST) scored in two events and just missed earning points by fractions of a second in a third event at the Big Ten championship. Wendt was sixth in the 200-yard butterfly with a time of 2:04.51 and was 12th in the 400-yard individual medley (4:27.54). She missed qualifying for the 200-yard individual medley by only three one-hundredths of a second.

SUOMU ENDS CAREER BY SCORING IN THREE EVENTS -- Senior SUSAN SUOMU (WAUKEGAN, IL/WAUKEGAN WEST) concluded her collegiate swimming career by scoring in three events for the Gophers. A mid- and distance freestyler, Suomu was 11th in the 1,650-yard freestyle with a time of 17:09.26 and 14th in the 500-yard freestyle (4:57.64). She was also a member of the 800-yard freestyle relay that placed seventh with a time of 7:30.15.

University of Minnesota

1993-94 Women's Swimming and Diving Top Times/Scores

Dual Record: 7-1 Big Ten: 6-1 Big Ten Finish: 6th NCAA Finish:

DATE	MEET	W/L	SCORE	DATE	MEET	W/L	SCORE
10/30/93	at Indiana	W	183-117	1/21/94	Minnesota Challenge	No team scoring	
11/13/93	at Michigan	L	172-125	1/29/94	at Illinois	W	137-119
11/19-23/93	Minnesota Invitational	1st	1,201 pts.	2/4-5/94	Purdue	W	187-165
12/22/93	Maui Invitational		No team scoring	2/4-5/94	Wisconsin	W	180-172
1/7/94	Penn State	W	157-143	2/17-19/94	Big Ten Championship	6th	379 pts.
1/8/94	Gold Country Invitational	1st	1250.50	2/27/94	Gopher Invitational		
1/14/94	at Iowa State	W	164-135	3/17-19/94	NCAA Championship		
1/15/94	at Iowa	W	194.5-143.5				

Meets in **BOLD** at the University Aquatic Center Times/points in (): (NCAA automatic qualifying time, NCAA consideration time)

** 100 Backstroke (55.27, 56.92)	** 100 Free (50.20, 51.85)	** 400 Free Relay (3:22.11, 3:29.22)
Kiki Anderson 57.40 \$	Suzie Helvig 51.45 •	3:22.88 • - Pam Smith, Devon Coellner,
Kate Wendt 59.14 \$	Pam Smith 51.56 •	Jenny Easter, Suzie Helvig
Christina Billman 59.16	Devon Coellner 52.61	
Elizabeth Weld 1:00.46	Jenny Easter 52.34	** 800 Free Relay (7:18.71, 7:32.77)
Carrie Raeth 1:02.25	Kim Bryant 52.84	7:30.15 • - Devon Coellner, Susan Suomu,
		Alicia Hicken, Suzie Helvig
** 200 Backstroke (1:58.23, 2:01.77)	** 200 Free (1:48.54, 1:51.79)	** 200 Medley Relay (1:41.85, 1:45.86)
Susan Suomu 2:06.18	Alicia Hicken 1:50.97 •	1:44.06 • - Kiki Anderson, Kris Zeller,
Kiki Anderson 2:06.35	Devon Coellner 1:52.70	Tanya Schuh, Pam Smith
Kate Wendt 2:09.14	Suzie Helvig 1:53.00	
Elizabeth Weld 2:09.78	Jenny Easter 1:53.23	** 400 Medley Relay (3:42.18, 3:50.47)
Christina Billman 2:09.79	Susan Suomu 1:53.99	3:49.42 • - Kiki Anderson, Leslie Wilcox,
		Tanya Schuh Jenny Easter
** 100 Breaststroke (1:02.33, 1:04.19)	** 500 Free (4:47.65, 4:56.27)	** 1 M Diving (6) (245)
Leslie Wilcox 1:04.35	Alicia Hicken 4:52.82 •	Laurie Nelson 279.300 %
Kris Zeller 1:05.48	Susan Suomu 4:57.28	Andrea Berg 268.950 %
Tressia Shaw 1:07.36	Jessica Grass 5:04.16	Jenny Koski 263.850 %
Devon Coellner 1:08.36	Wendy Woods 5:02.00	Kara Martin 251.400 %
Jessica Smith 1:08.86	Tressia Shaw 5:04.70	Carrie Hansen 235.050
** 200 Breaststroke (2:15.03, 2:19.08)	** 1000 Free (not an NCAA event)	** 1 M Diving (10) (375)
Leslie Wilcox 2:20.13	Tressia Shaw 10:22.92	Jenny Koski 425.80 %
Kris Zeller 2:26.03	Wendy Woods 10:27.44	Laurie Nelson 424.30 %
Jessica Smith 2:26.68	Jessica Grass 10:29.16	Andrea Berg 405.83 %
Jessica Grass 2:28.53	Susan Suomu 10:31.76	Carrie Hansen 391.15 %
Tressia Shaw 2:29.37		Kara Martin 372.90
** 100 Butterfly (55.13, 56.78)	** 1650 Free (16:24.17, 16:53.69)	** 3 M Diving (6) (255)
Tanya Schuh 56.66 •	Alicia Hicken 17:02.30	Laurie Nelson 300.600 %
Jessica Grass 57.82	Susan Suomu 17:09.26	Andrea Berg 294.600 %
Kiki Anderson 58.16	Tressia Shaw 17:20.56	Jenny Koski 285.150 %
Pam Smith 58.21	Wendy Woods 17:30.39	Kara Martin 270.750 %
Karen Adams 58.41	Jessica Grass 18:09.06	Carrie Hansen 226.425
** 200 Butterfly (2:00.29, 2:03.89)	** 200 IM (2:01.59, 2:05.23)	** 3 M Diving (11) (425)
Jessica Grass 2:01.39 **	Devon Coellner 2:05.66	Laurie Nelson 527.250 %
Kate Wendt 2:04.51	Kate Wendt 2:08.07	Andrea Berg 493.250 %
Karen Adams 2:05.82	Kris Zeller 2:08.43	Kara Martin 493.050 %
Tanya Schuh 2:06.81	Karen Adams 2:09.42	Jenny Koski 444.150 %
Jillian Randell 2:10.53	Jessica Grass 2:10.97	Carrie Hansen 434.950 %
** 50 Free (23.22, 23.93)	** 400 IM (4:18.74, 4:27.72)	** Platform Diving
Pam Smith 23.57 •	Jessica Grass 4:24.56 •	Laurie Nelson 604.35
Suzie Helvig 23.90 •	Kate Wendt 4:29.87	Kara Martin 534.85
Devon Coellner 24.25 \$	Alicia Hicken 4:34.56	Andrea Berg 465.10
Jenny Easter 24.34	Karen Adams 4:37.72	Jenny Cook 374.40
Kim Bryant 24.53 \$	Wendy Woods 4:41.48	
	** 200 Free Relay (1:32.25, 1:35.90)	
	1:34.87 • - Pam Smith, Suzie Helvig,	
	Devon Coellner, Jenny Easter	

\$Lead-off split time *Varsity record #NCAA automatic qualify time •NCAA Consideration time
%NCAA Zone diving qualifying @at NCAA Zone C meet !at NCAA championship



UNIVERSITY OF MINNESOTA

Women's Intercollegiate Athletics

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(for immediate release)

March 23, 1994

NCAA Women's Swimming and Diving Review

MINNESOTA 22ND AT NCAA SWIMMING AND DIVING CHAMPIONSHIP

The 20th-ranked Minnesota Gophers placed 22nd with 34 points at the 1994 NCAA Women's Division I Swimming and Diving Championships in Indianapolis, Ind., March 17-19. Minnesota was represented by three divers and one swimmer at the national championship, with the divers contributing 30 of the team's 34 points. This is the 10th consecutive year that the Gophers have placed at the NCAA championships. Stanford was first with 512 points and was followed by Texas with 421 points and Florida with 387.5 points.

MARTIN EARNS ALL-AMERICA HONORS -- Competing in her first NCAA championship meet, junior KARA MARTIN (LINCOLN, NE/LINCOLN EAST) earned All-America honors after placing third in platform diving with 542.90 points. She also received All-America honorable mention honors with her 16th-place finish in 3-meter springboard diving with 427.25 points. In 1-meter springboard diving, Martin was 30th after scoring 337.35 points. The top eight finalists in an event receive All-America honors, while those that finish ninth through 16th receive All-America honorable mention honors.

NELSON EARNS SEVENTH ALL-AMERICA HONOR -- Senior LAURIE NELSON (ETOBICOKE, ONTARIO, CANADA/SILVERTHORN) earned her seventh career All-America honor at the NCAA championship with a sixth-place finish in platform diving after scoring 525.70 points. Nelson has more All-America honors than any other Gopher woman student-athlete in any sport. Nelson was also 17th in 3-meter springboard diving with 426.80 points and 24th in 1-meter springboard diving with 350.45 points.

GRASS PLACES IN BUTTERFLY -- Frosh JESSICA GRASS (KNOXVILLE, TN/FARRAGUT) placed 13th in the 200-yard butterfly with a time of 2:01.92, earning All-America honorable mention honors for her efforts. Grass also recorded a lifetime-best and the team's fastest time of the year in the 400-yard individual medley with a 24th-place time of 4:24.18.

KOSKI COMPETES IN HER FIRST NCAA MEET -- Redshirt frosh JENNY KOSKI (ANOKA, MN/ANOKA) competed in her first NCAA championship this year. She was 19th in 3-meter springboard diving with 423.75 points and 23rd in 1-meter springboard diving with 353.05 points.

University of Minnesota

1993-94 Women's Swimming and Diving Top Times/Scores

Dual Record: 7-1 Big Ten: 6-1 Big Ten Finish: 6th NCAA Finish: 22nd

DATE	MEET	W/L	SCORE	DATE	MEET	W/L	SCORE
10/30/93	at Indiana	W	183-117	1/21/94	Minnesota Challenge	No team scoring	
11/13/93	at Michigan	L	172-125	1/29/94	at Illinois	W	137-119
11/19-23/93	Minnesota Invitational	1st	1,201 pts.	2/4-5/94	Purdue	W	187-165
12/22/93	Maui Invitational		No team scoring	2/4-5/94	Wisconsin	W	180-172
1/7/94	Penn State	W	157-143	2/17-19/94	Big Ten Championship	6th	379 pts.
1/8/94	Gold Country Invitational	1st	1250.50	2/27/94	Gopher-it Invitational	No team scoring	
1/14/94	at Iowa State	W	164-135	3/17-19/94	NCAA Championship	22nd	34 pts.
1/15/94	at Iowa	W	194.5-143.5				

Meets in **BOLD** at the University Aquatic Center Times/points in (): (NCAA automatic qualifying time, NCAA consideration time)

**** 100 Backstroke (55.27, 56.92)**

Kiki Anderson	57.40 \$
Kate Wendt	59.14 \$
Christina Billman	59.16
Elizabeth Weld	1:00.46
Carrie Raeth	1:02.25

**** 200 Backstroke (1:58.23, 2:01.77)**

Susan Suomu	2:06.18
Kiki Anderson	2:06.35
Kate Wendt	2:09.14
Elizabeth Weld	2:09.79
Christina Billman	2:09.98

**** 100 Breaststroke (1:02.33, 1:04.19)**

Leslie Wilcox	1:04.35
Kris Zeller	1:04.88
Tressia Shaw	1:07.36
Devon Coellner	1:08.36
Anne Peters	1:08.79

**** 200 Breaststroke (2:15.03, 2:19.08)**

Leslie Wilcox	2:20.13
Kris Zeller	2:26.03
Jessica Smith	2:26.68
Jessica Grass	2:28.53
Tressia Shaw	2:29.37

**** 100 Butterfly (55.13, 56.78)**

Tanya Schuh	56.66 •
Kiki Anderson	57.56
Jessica Grass	57.82
Pam Smith	58.21
Karen Adams	58.41

**** 200 Butterfly (2:00.29, 2:03.89)**

Jessica Grass	2:01.39 *
Kate Wendt	2:04.51
Karen Adams	2:05.82
Tanya Schuh	2:06.81
Jillian Randell	2:10.53

**** 50 Free (23.22, 23.93)**

Pam Smith	23.57 •
Suzie Helvig	23.75 •
Devon Coellner	23.98
Kim Bryant	24.05
Jenny Easter	24.34

**** 100 Free (50.20, 51.85)**

Suzie Helvig	51.34 •
Pam Smith	51.56 •
Kim Bryant	52.26
Jenny Easter	52.34
Devon Coellner	52.61

**** 200 Free (1:48.54, 1:51.79)**

Alicia Hicken	1:50.97 •
Devon Coellner	1:52.70
Suzie Helvig	1:53.00
Jenny Easter	1:53.23
Susan Suomu	1:53.99

**** 500 Free (4:47.65, 4:56.27)**

Alicia Hicken	4:52.82 •
Susan Suomu	4:57.28
Jessica Grass	5:04.16
Wendy Woods	5:02.00
Tressia Shaw	5:04.70

**** 1000 Free (not an NCAA event)**

Alicia Hicken	10:21.66 \$
Tressia Shaw	10:22.92
Susan Suomu	10:24.15 \$
Wendy Woods	10:27.44
Jessica Grass	10:29.16

**** 1650 Free (16:24.17, 16:53.69)**

Alicia Hicken	17:02.30
Susan Suomu	17:09.26
Tressia Shaw	17:20.56
Wendy Woods	17:30.39
Jessica Grass	18:09.04

**** 200 IM (2:01.59, 2:05.23)**

Devon Coellner	2:05.66
Kate Wendt	2:08.07
Kris Zeller	2:08.43
Karen Adams	2:09.42
Leslie Wilcox	2:09.55

**** 400 IM (4:18.74, 4:27.72)**

Jessica Grass	4:24.18 !
Kate Wendt	4:27.54
Alicia Hicken	4:34.56
Karen Adams	4:37.72
Wendy Woods	4:41.48

**** 200 Free Relay (1:32.25, 1:35.90)**

1:34.55• - Devon Coellner, Suzie Helvig, Kim Bryant, Pam Smith

**** 400 Free Relay (3:22.11, 3:29.22)**

3:25.88 • - Pam Smith, Devon Coellner, Jenny Easter, Suzie Helvig

**** 800 Free Relay (7:18.71, 7:32.77)**

7:30.15 • - Devon Coellner, Susan Suomu, Alicia Hicken, Suzie Helvig

**** 200 Medley Relay (1:41.85, 1:45.86)**

1:44.06 • - Kiki Anderson, Kris Zeller, Tanya Schuh, Pam Smith

**** 400 Medley Relay (3:42.18, 3:50.47)**

3:49.42 • - Kiki Anderson, Leslie Wilcox, Tanya Schuh, Jenny Easter

**** 1 M Diving (6) (245)**

Laurie Nelson	279.300 %
Andrea Berg	268.950 %
Jenny Koski	263.850 %
Kara Martin	251.400 %
Carrie Hansen	235.050

**** 1 M Diving (10) (375)**

Jenny Koski	425.80 %
Laurie Nelson	424.30 %
Andrea Berg	405.83 %
Carrie Hansen	391.15 %
Kara Martin	372.90

**** 3 M Diving (6) (255)**

Laurie Nelson	300.600 %
Andrea Berg	294.600 %
Jenny Koski	285.150 %
Kara Martin	270.750 %
Carrie Hansen	226.425

**** 3 M Diving (11) (425)**

Laurie Nelson	527.250 %
Andrea Berg	493.250 %
Kara Martin	493.050 %
Jenny Koski	444.150 %
Carrie Hansen	434.950 %

**** Platform Diving**

Laurie Nelson	604.35
Kara Martin	534.85
Andrea Berg	465.10
Jenny Cook	374.40



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May 25, 1994

Special to the Faribault Daily News

FARIBAULT'S KRIS ZELLER RECEIVES DOROTHY SHEPPARD AWARD

Minneapolis, Minn.— University of Minnesota senior swimmer Kris Zeller is the recipient of the swimming and diving team's inaugural Dorothy Sheppard Award. A breaststroke specialist, Zeller received the award during the team's recent honors and award banquet. Zeller, a 1990 graduate of Faribault Senior High School, has received early admittance to the University's medical school.

When announcing the award, Minnesota head swimming and diving coach Jean Freeman said: "The qualities we looked for in selecting this first recipient included a life-long learner and teacher, a well-rounded woman, leader and role model. Kris has been an outstanding student-athlete all four years, being an academic all-America selection, an athletic all-America honoree, academic all-Big Ten team member and school record holder."

The award's namesake, Dorothy Lestina Sheppard, was a longtime swimming activist and philanthropist and a great friend to the University of Minnesota's women's intercollegiate athletic department. Sheppard died on September 26, 1993 of cancer; it was her 87th birthday.

Sheppard was a charming and energetic woman who stayed active in swimming up until her hospitalization. "Swimming is the finest individual sport because you can stick with it," she said in 1987. "I can swim a half a mile easier than I can walk a couple of blocks."

A St. Paul native and graduate of Central High School, Sheppard attended the University of Minnesota where she earned an 'M' letter sweater by gathering 1,000 points from participating on 10 different athletic teams. Swimming, however, where she concentrated on the backstroke and freestyle, was her favorite sport.

Sheppard made the largest private contribution to women's athletics at the University of Minnesota by establishing the first endowment fund. The Sheppard Scholarship will fund fifteen swimming scholarships for female student-athletes. In 1987, when the University was seeking to build the University Aquatic Center which was opening in 1987, Sheppard made the lead gift of \$250,000.

In a 1983 interview Sheppard maintained she was "born 50 years too soon" for women's athletics and that her philosophy of life was simple - "The more you can do for other people, the better. What's life worth without that?"