



2013-2014

Boys Swimming and Diving

Season Results

Team Members by Grade

Seniors

Eric Fleming-
Kristopher Renning
Ben Sajevic
Eric Westfall-*

Juniors

Gus Angulo
Brian Ingebretsen

Sophomores

Brady Bennett
Ian Carr
Nick Gartner
William Ho
David Kim
Austin Kinzie
Garrett Norsten
Zach Wild

Freshman

Boone Blaschko
Caleb Brooks
Connor Dillon
Eric Fong
Benji Halie
Tom Hathaway
Tyler Long
Akhil Madurai
Noah Qiu
Sadaf Rahman
Eric Sortland
Mark Spannbauer
Calvin Sroga

Eighth Grade

Jaden Collins
Jaron Kittelson
Lance Siggins
Tyler Tretter

Seventh Grade

Pierce Leonzal
John Reuss

Coaches

Marty Hoven
Rick Light
Jill Larson
Sherry Gross

Manager

Leah Cody
Meghan Miller
Maddie Norsten
Emily Schommer
Sara Spannbauer

* - Captain

Awards for 2013-2014

Most Spirit	*	Garrett Norsten
Rookie of the Year	*	Jaron Kittelson
Most Improved Swimmer	*	Tom Hathaway
Most Improved Diver	*	Tyler Long
Hardest Worker	*	Kristopher Renning
Most Valuable Diver	*	Ian Carr
Most Valuable Swimmer	*	Brady Bennett
2014-2015 Captains	*	Gus Angulo
	*	Brian Ingebretsen

Conference Awards

All-Conference	*	Brady Bennett
	*	William Ho
	*	Austin Kinzie
	*	Eric Westfall
Honorable Mention	*	Ian Carr
	*	Eric Fleming
	*	Eric Fong
	*	Tyler Long
	*	Garrett Norsten
	*	Kristopher Renning
	*	Eric Sortland
	*	Calvin Sroga

State Awards

State Participants	*	Brady Bennett
	*	Ian Carr
	*	William Ho

Royal Swimming and Diving Team Competition Results 2013-2014

	<u>Woodbury</u>	<u>Opponent</u>
Cretin Derham-Hall	95	81
East Ridge	82	99
Forest Lake	95	86
Hastings	84	97
Mounds View	96	87
Park	97	84
Roseville	111	75
Stillwater	81	97
White Bear Lake	105	75

Conference Record 6-3-0

Conference Relays	4 th out of 10
Woodbury Invite	1 st out of 6
Maroon Invite	6 th out of 14
True Team Section 4AA	2 nd out of 6
JV Champs	4 th out of 5 (2 nd Session)
Section 4AA	3 rd out of 8
State Class AA	32 nd out of 37

Swimmer of the Meet Awards

Conf. Relays:	Eric Fong	True Team:	Lance Siggins
Roseville:	Eric Sortland	East Ridge:	
Woodbury Invite:	Noah Qiu	Cretin Derham Hall:	Calvin Sroga
Stillwater:	Kristopher Renning	Forest Lake:	Eric Westfall
Park:	Connor Dillon	White Bear Lake:	Austin Kinzie
Maroon Invite:	Brady Bennett	JV Champs:	Boone Blaschko
Hastings:	Eric Fleming	Sections:	Calvin Sroga
Mounds View:	Eric Fleming	State:	William Ho

Swimming Team Points Standings

1. Norsten	323.5	8. Sortland	123	15. Blaschko	34
2. Bennett	316	9. Fleming	120	16. Kim	32.5
3. Westfall	286	10. Renning	102	17. Reuss	24
4. Ho	274.5	11. Kittelson	70.5	18. Siggins	14.5
5. Kinzie	239.5	12. Hathaway	68.5	19. Brooks	14
6. Fong	238	13. Ingebretsen	55	20. Dillon	13.5
7. Sroga	177.5	14. Qiu	42.5	21. Madurai	10
				22. Sajevic	0.5

Suburban East Conference Standings

	W	L	T
East Ridge	9	0	0
Stillwater	8	1	0
Hastings	7	2	0
Woodbury	6	3	0
Mounds View	5	4	0
Forest Lake	4	5	0
Roseville	3	6	0
Cretin Derham Hall	1	7	1
White Bear Lake Park	1 0	8 8	0 1

Suburban East Conference Boys Swimming and Diving Records

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Time</u>	<u>Year</u>
200 MR	J. Tidd, S. Scholz K. Rabideaux, R. Schiferl	East Ridge	1:37.70	2014
200 FR	Greg Norsten	Woodbury	1:43.59	2012
200 IM	Phil Seleskie	Hastings	1:53.21	2007
50 FR	Michael Richards	Roseville	21.37	2006
DIVING	John Schmidt	Stillwater	294.80	2002
100 FLY	Phil Seleskie	Hastings	51.77	2007
100 FR	James Tidd	East Ridge	47.08	2014
500 FR	Greg Norsten	Woodbury	4:40.66	2012
200 FRR	A. DeShaw, A. Knaak D. Najarian, B. Adair	Stillwater	1:28.44	2008
100BK	Greg Norsten	Woodbury	51.02	2012
100 BR	Greg Norsten	Woodbury	58.79	2010
400 FRR	J. Tidd, K. Rabideaux S. Scholz, G. Verhoeven	East Ridge	3:15.48	2014

Section 4AA Team

200 Medley Relay	Eric Sortland; William Ho Tom Hathaway; Eric Fong	1:48.24	5 th
200 Freestyle	Austin Kinzie	1:49.43	8 th
	Calvin Sroga	1:55.79	13 th
	Eric Fleming	1:58.52	17 th
	Noah Qiu	2:05.09	20 th
200 Individual Medley	Brady Bennett	2:01.07	2 nd
	Garrett Norsten	2:01.59	4 th
	Eric Westfall	2:05.11	10 th
	William Ho	2:09.39	11 th
50 Freestyle	Eric Fong	23.42	12 th
	Eric Sortland	24.29	14 th
	Kristopher Renning	24.42	15 th
	Jaron Kittelson	24.83	18 th
Diving	Ian Carr	329.15	4 th
	Tyler Long	302.00	8 th
	Nick Gartner	270.20	13 th
	Mark Spannbauer	244.05	15 th
100 Butterfly	Austin Kinzie	55.23	7 th
	Eric Fong	58.86	13 th
	Brian Ingebretsen	1:06.17	22 nd
	Tom Hathaway	DQ	
100 Freestyle	Brady Bennett	49.16	6 th
	Eric Fleming	53.09	13 th
	Jaron Kittelson	55.71	18 th
	Kristopher Renning	55.73	19 th
500 Freestyle	Calvin Sroga	5:07.69	9 th
	Noah Qiu	5:34.10	13 th
200 Free Relay	Eric Fong; Eric Westfall Garrett Norsten; Brady Bennett	1:31.17	3 rd
100 Backstroke	Eric Westfall	57.32	5 th
	Brian Ingebretsen	1:05.94	13 th
	David Kim	1:09.92	16 th
	Akhil Madurai	1:10.55	20 th
100 Breaststroke	William Ho	1:00.12	2 nd
	Garrett Norsten	1:03.13	5 th
	Eric Sortland	1:08.34	10 th
	John Reuss	1:14.30	19 th
400 Free Relay	Austin Kinzie; Eric Westfall Garrett Norsten; Brady Bennett	3:21.61	4 th

Section 4AA Results

1. Stillwater	525
2. East Ridge	376
3. Woodbury	295
4. Tartan	262
5. North St. Paul	205
6. Park	194
7. White Bear Lake	149
8. St. Paul Harding	75

Minnesota State Class AA Results

Brady Bennett	200 Individual Medley	2:01.51	18 th
Ian Carr	Diving	318.30	16 th
William Ho	100 Breaststroke	1:00.00	11 th

Woodbury Royals Swimming and Diving Varsity Records

<u>Event</u>	<u>Name</u>	<u>Time</u>	<u>Year</u>
200 Yard Medley Relay	J. Proulx, D. Simpson K. Sudoh, E. Grovender	1:37.24	1991
200 Yard Freestyle	Greg Norsten	1:43.59	2012
200 Yard Individual Medley	Greg Norsten	1:49.76	2012
50 Yd. Freestyle	Victor Lugg	:20.99	2012
Springboard Diving (6)	Jim Zagaria	282.45	1997
Springboard Diving (11)	Jim Zagaria	443.90	1997
100 Yard Butterfly	Greg Norsten	:50.16	2012
100 Yard Freestyle	Victor Lugg	:46.57	2012
500 Yard Freestyle	Greg Norsten	4:34.10	2012
200 Yard Freestyle Relay	E. Grovender, K. Leppla D. Simpson, K. Sudoh	1:26.46	1991
100 Yard Backstroke	Aaron Wood	:50.86	1998
100 Yard Breaststroke	Mark Maynard	:58.75	1999
400 Yard Freestyle Relay	M. Gates, D. Cheney T. Jackson, D. Nelson	3:11.90	1981