



# PAC-10 NEWS

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## **PACIFIC-10 ANNOUNCES 2008 MEN'S AND WOMEN'S SWIMMING AND DIVING TOP CONFERENCE HONORS**

WALNUT CREEK, Calif. -- The Pacific-10 Conference announced the Diver, Swimmer, Newcomer and Coach of the Year for the 2007-08 season, Commissioner Tom Hansen announced today. STANFORD received four of the top awards, while ARIZONA garnered three, ARIZONA STATE received two, and WASHINGTON taking one. The honors are determined by a coaches vote.

### **2008 PAC-10 DIVER OF THE YEAR**

#### **Micky Benedetti, Jr., Arizona State**

Benedetti, from Rome, Italy, finished off a sweep at the Pac-10 Championships in Federal Way, Wash., taking home the title in all three events. Benedetti became only the eighth diver to win all events in the Championships since the platform was added in 1988. The three-time Pac-10 Diver of the Month went on to win the 3-meter and the platform at the NCAA Zone-E Championship. At the NCAA Championships, Benedetti finished a strong seventh place in the 1-meter, ninth overall on the platform and 10th in the 3-meter. This is the second consecutive year that Benedetti has received Diver of the Year honors.

#### **Meg Hostage, Fr., Stanford**

Hostage, a freshman from Potomac, Md., dominated her competition in just the first year of her collegiate career. At the Pac-10 Championships in Long Beach, Calif., Hostage was named Pac-10 Diver of the Meet after winning the 3-meter and placing second in the 1-meter at the event. Her success continued at her first ever NCAA Zone E Meet where divers can qualify for the NCAA Women's Swimming and Diving Championships. Hostage captured the 1-meter diving title scoring a 577.05 on the first day and continued her strong showing on the second day by finishing second in the 3-meter event. At the NCAA championships, Hostage displayed her talent by placing second in the women's platform diving with a score of 347.20 and placed 13th in the 1-meter with a score of 283.30.

### **2008 PAC-10 SWIMMER OF THE YEAR**

#### **Lacey Nymeyer, Sr., Arizona**

Nymeyer, a senior from Tucson, Ariz., helped the Wildcats bring home the program's first-ever NCAA title in women's swimming. She was part of the winning 200 yard free relay team which set an NCAA, meet, American and U.S. Open record with a time of 1:26.09. She also was part of the record-breaking 400 medley relay that gave the Wildcats a first-day lead of 19 points over Auburn. Nymeyer took second in the 200 free and was part of the meet and pool-record setting 800 free relay. Nymeyer also took the title in the 100 yard

free with a pool-record of 47.50 and lastly took part in the final event of the meet, the 400 free relay, that solidified Arizona's title by coming in first with yet another NCAA, American, U.S. Open and meet-record time of 3:11.34. This is Nymeyer's second consecutive Pac-10 Swimmer of the Year award.

#### **Paul Kornfeld, Jr., Stanford**

Kornfeld, a junior from Kingwood Texas, won the 100 breast (52.43) and 200 breast (1:54.49) at the 2008 Pac-10 Championships. Kornfeld was also a member of the 400 medley relay (3:07.25) that took second and the 200 medley that took third (1:25.59). He was named Pac-10 Swimmer of the Meet for his efforts. Kornfeld won both the 100 breast and the 200 breast (1:53.11) at the 2008 NCAA Championships. He set the school record in the 100 breast and ranks second all-time in the 200 breast at Stanford. He was the first Stanford swimmer since 2002 to win multiple national titles. Also at the NCAA's, Kornfeld was a member of the school record setting performance in the 400 medley relay (3:05.43), which finished third. He also a member of the 200 medley relay at NCAA's that finished 5th (1:25.69).

### **2008 PAC-10 DIVING NEWCOMER OF THE YEAR**

#### **Ben Grado, Fr., Arizona**

Grado, from Conifer, Colo., had an impressive rookie season as he finished in the Top 5 in all three events at his first ever Pac-10 Championships. Grason's score of 358.85 in the 1-meter was good for second place. His other dives were equally as impressive as he came in third in the 3-meter and fifth on the platform. At the NCAA Zone E Diving Regionals, Grado placed third in the 1-meter, fourth in the platform and sixth in the 3-meter.

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### **2008 PAC-10 SWIMMING NEWCOMER OF THE YEAR**

#### **Austin Staab, Fr., Stanford**

Staab, from Westerville, Ohio, is a six-Time All-American in his freshman season and Pac-10 Champion in the 100 fly. Staab finished third at the NCAA Championships in the 100 fly (45.61). He was a member of the school-record 400 medley relay team (3:05.43) that finished third at the NCAA Championships. He also was a member of the 200 free relay (1:17.47) team that finished 4th. Staab was a member of the 200 medley relay (1:24.95) that finished 4th at the NCAA Championships and a member of the 400 free relay (2:51.46) that finished 4th at the NCAA Championships. Staab finished 15th in the 50 free (19.59) at the NCAA Championships and 20th in the 100 free (43.33) in the prelims of the NCAA Championships. Staab also tied Ben Wildman-Tobriner's school record in the 100 fly (45.36).

#### **Ariana Kukors, Fr., Washington**

Kukors, a freshman from Mt. Sinai, N.Y., helped the 200 medley relay and the 800 free relay teams to set records at the Pac-10 Women's Swimming Championships. She also garnered two Pac-10 individual titles at the Conference Championships in the 200 and 400 individual medley, becoming just the third female in UW

history to accomplish that feat and qualifying for the NCAA Championships. At the national championships, Kukors placed second in the 200 IM with a time of 1:55.26. She also swam to a third place finish in the 400 IM to earn All-American honors. With such an incredible showing at the championships, Kukors became the the first Husky to earn three individual All-American honors since 2003.

### **2008 PAC-10 COACH OF THE YEAR**

#### **Frank Busch, Arizona - Women's and Men's Swimming**

Busch led the Wildcats to their first-ever men's and women's swimming championships in school history during the 2007-08 season. He also was named NCAA Swimming Coach of the Year at both championships. Busch led Arizona to a third place finish at this season's Pac-10 Championships. In his 18 seasons with the Wildcats, Busch has been named NCAA Coach of the Year five times in his career and Pac-10 Coach of the Year 10 times for both men's and women's swimming.

#### **Mark Bradshaw, Arizona State - Men's Diving**

In his 11th year at Arizona State, Bradshaw helped the Sun Devil swimming and diving team to a fourth place finish at the Pac-10 Championships and a 18th place finish at the NCAA Championships. Bradshaw, who has earned two NCAA Diving Coach of the Year awards, has been named the Pac-10 Coach of the Year the past five seasons.

#### **Rick Schavone, Stanford - Women's Diving**

In his 30th year at Stanford, Schavone helped lead the Cardinal to a combined 37 men's and women's Pac-10 diving titles. With Hostage being the latest addition, Schavone has had at least one All-American on the women's side for 14 straight seasons and 26 of his last 27. The Women's Diving Coach of the Year award is Schavone's sixth time receiving the honor and second consecutive. The Cardinal finished the year with a third place finish at the NCAA Championships while taking the top spot in the Conference for the 27th consecutive time.

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**PAC-10 MEN'S DIVERS AND COACHES OF THE YEAR**

	<u>Diver of the Year</u>	<u>Coach of the Year</u>	<u>Newcomer of the Year</u>
1994	Brian Earley, USC	Rick Earley, USC	---
1995	David Johns, STAN	Rick Schavone, STAN	---
1996	Brian Spears, ARIZ	Cynthia Potter, ARIZ	---
1997	Jimmy Sjodin, STAN	Michele Mitchell-Rocha, ARIZ	---
1998	Justin Dumais, USC	Jeff Shaffer, USC	---
1999	Justin Dumais, USC	Jeff Shaffer, USC	---
2000	Ruben Vaca, ARIZ	Michele Mitchell-Rocha, ARIZ	Ruben Vaca, ARIZ
2001	Omar Ojeda, ARIZ	Michele Mitchell-Rocha, ARIZ	Omar Ojeda, ARIZ
2002	Omar Ojeda, ARIZ	Michele Mitchell-Rocha, ARIZ	Thomas McCrummen, ASU
2003	Joona Puhakka, ASU	Mark Bradshaw, ASU	Joona Puhakka, ASU
2004	Joona Puhakka, ASU	Mark Bradshaw, ASU	Michael Hilde, USC
2005	Joona Puhakka, ASU	Mark Bradshaw, ASU	Javier Rivas, CAL
2006	Joona Puhakka, ASU	Mark Bradshaw, ASU	Dwight Dumais, STAN
2007	Micky Benedetti, ASU	Mark Bradshaw, ASU	Micky Benedetti, ASU
2008	Micky Benedetti, ASU	Mark Bradshaw, ASU	Ben Grado, ARIZ

**PAC-10 WOMEN'S DIVERS AND COACHES OF THE YEAR**

	<u>Diver of the Year</u>	<u>Coach of the Year</u>	<u>Newcomer of the Year</u>
1994	Kristen Walls, UCLA	Ward O'Connell, ASU	---
1995	Eileen Richetelli, STAN	Rick Schavone, STAN	---
1996	Megan Gardner, STAN	Tom Scotty, UCLA	---
1997	Megan Gardner, STAN	Rick Schavone, STAN	---
1998	Dorte Lindner, USC	Jeff Shaffer, USC	---
1999	Lindsay Berryman, ARIZ Kim Powers, STAN	Rick Schavone, STAN	---
2000	Erin Sones, STAN	Rick Schavone, STAN	McKenze Murphy, STAN
2001	Kellie Brennan, USC	Hongping Li, USC	Nicci Fusaro, USC
2002	Blythe Hartley, USC	Hongping Li, USC	Blythe Hartley, USC
2003	Blythe Hartley, USC	Hongping Li, USC	Trisha Tumlinson, ASU
2004	Trisha Tumlinson, ASU	Mark Bradshaw, ASU	Cassidy Krug, STAN Mary Yarrison, ARIZ
2005	Blythe Hartley, USC	Hongping Li, USC	Brittany Renfrow, UCLA
2006	Blythe Hartley, USC	Hong Ping Li, USC	Marisa Samaniego, UCLA
2007	Cassidy Krug, STAN	Rick Schavone, STAN	Samantha Young, CAL
2008	Meg Hostage, STAN	Rick Schavone, STAN	Meg Hostage, STAN

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### PAC-10 MEN'S SWIMMERS AND COACHES OF THE YEAR

	<u>Swimmer of the Year</u>	<u>Newcomer of the Year</u>	<u>Coach of the Year</u>
1994	Chad Carvin, ARIZ Derek Weatherford, STAN		Ron Ballatore, UCLA Skip Kenney, STAN
1995	Brian Retterer, STAN		Skip Kenney, STAN
1996	Francisco Sanchez, ASU Ugur Taner, CAL		Dr. Ernie Maglischo, ASU
1997	Ryk Neethling, ARIZ		Skip Kenney, STAN
1998	Ryk Neethling, ARIZ		Skip Kenney, STAN
1999	Ryk Neethling, ARIZ		Nort Thornton, CAL
2000	Ryk Neethling, ARIZ	Anthony Ervin, CAL	Frank Busch, ARIZ
2001	Klete Keller, USC	Klete Keller, USC	Skip Kenney, STAN
2002	Anthony Ervin, CAL	Duje Draganja, CAL	Skip Kenney, STAN
2003	Eric Vendt, USC	Ous Mellouli, USC	Skip Kenney, STAN
2004	Peter Marshall, STAN	Hongzhe Sun, STAN	Skip Kenney, STAN
2005	Duje Draganja, CAL	Dominik Meichtry, CAL	Skip Kenney, STAN
2006	Simon Burnett, ARIZ	Nate Cass, STAN	Skip Kenney, STAN
2007	Ben Wildman-Tobriner, STAN	Jean Basson, ARIZ	Skip Kenney, STAN
2008	Paul Kornfeld, STAN	Austin Staab, STAN	Frank Busch, ARIZ

### PAC-10 WOMEN'S SWIMMERS AND COACHES OF THE YEAR

	<u>Swimmer of the Year</u>	<u>Newcomer of the Year</u>	<u>Coach of the Year</u>
1988	Cheryl Simmons, ARIZ Jenna Johnson, STAN		Dick Jochums, ARIZ
1989	Michelle Griglione, STAN Sarah Anderson, CAL		Richard Quick, STAN
1990	Janet Evans, STAN		Cyndi Gallagher, UCLA
1991	Crissy Ahmann-Leighton, ARIZ Summer Sanders, STAN		Frank Busch, ARIZ
1992	Summer Sanders, STAN		Richard Quick, STAN
1993	Janel Jorgenson, STAN		Earl Ellis, WASH
1994	Kristine Quance, USC		Skip Hill, ASU
1995	Beata Kaszuba, ASU Jenny Thompson, STAN		Richard Quick, STAN
1996	Kristine Quance, USC		Mark Schubert, USC
1997	Kristine Quance, USC		Mark Schubert, USC
1998	Misty Hyman, STAN		Frank Busch, ARIZ
1999	Marylyn Chiang, CAL		Teri McKeever, CAL
2000	Haley Cope, CAL	Beth Botsford, ARIZ	Frank Busch, ARIZ
2001	Natalie Coughlin, CAL	Natalie Coughlin, CAL	Richard Quick, STAN
2002	Natalie Coughlin, CAL	Emily Mason, ARIZ	Teri McKeever, CAL
2003	Natalie Coughlin, CAL	Kim Vandenberg, UCLA	Cyndi Gallagher, UCLA
2004	Tara Kirk, STAN	Kalyn Keller, USC	Frank Busch, ARIZ
2005	Caroline Bruce, STAN	Caroline Bruce, STAN	Frank Busch, ARIZ
2006	Whitney Myers, ARIZ	Rebecca Soni, USC	Frank Busch, ARIZ
2007	Lacey Nymeyer, ARIZ	Julia Smit, STAN	Frank Busch, ARIZ
2008	Lacey Nymeyer, ARIZ	Ariana Kukors, WASH	Frank Busch, ARIZ