



FALCON FLYER

THE OFFICIAL MEET DAY PROGRAM OF MESSIAH COLLEGE SWIMMING

VOL. III, ISSUE 4

LEBANON VALLEY COLLEGE (NCAA DIV. III; ANNVILLE, PA)

1.29.2011

SCHEDULE & RESULTS

10.30	@ Gettysburg College	Men - 2nd/2	
		Women - 2nd/2	
11.10	@ Elizabethtown College	Men - 1st/2	
		Women - 2nd/2	
11.13	Penn State Univ.-Altoona	Men - 1st/2	
		Women - 1st/2	
11.20	@ Albright College	Men - 3rd/3	
	(w/ Wash & Jeff College)	Women - 3rd/3	
12.7	Dickinson College	Men - 2nd/2	
		Women - 2nd/2	
12.11	@ Lycoming College	Men - 2nd/2	
		Women - 2nd/2	
1.8	FDU-Florham	Men - 1st/2	
		Women - 1st/2	
1.14	Susquehanna University	Men - 2nd/2	
		Women - 2nd/2	
1.15	@ King's College	Men - 1st/3	
		Women - 1st/3	
	(w/ Arcadia University)		
1.28	@ Misericordia University	6:00 p.m.	
1.29	Lebanon Valley College	1:00 p.m.	
2.11	@ MAC Championships	TBA	
2.12	@ MAC Championships	TBA	
2.13	@ MAC Championships	TBA	
3.16	NCAA Championships	TBA	
3.17	NCAA Championships	TBA	
3.18	NCAA Championships	TBA	
3.19	NCAA Championships	TBA	

TODAY'S MEET NOTES ...

Messiah looks to close out the regular-season in style this afternoon, as the squads will honor lone senior Emily Westerberg in hopes of repeating their dominant performances at King's College two weeks ago ... it was then that both the men and women swept MAC foes Arcadia University and the host Monarchs ... the women won eight of 14 events to beat Arcadia 88-33 and King's 76-45 ... sophomore Katelynn Sagaser won three individual events, setting school records in the 200 back (2:18.27) and 200 IM (2:18.19) ... sophomore Molly Handley also won multiple events by swimming a 2:35.98 in the 200 fly and a 1:06.14 in the 100 fly, and was part of the winning 200 medley relay ... the men duplicated the women's dominance to win 10 of 14 events and bested Arcadia 80.5-40.5 and King's 82-32 ... sophomore Spenser Warren went four for four to swim a 1:02.09 in the 100 back, a 2:12.92 in the 200 back, a :59.34 in the 100 fly and was part of the first-place 200 medley relay ... freshman Daniel Wingert broke the school record in the 200 breast at 2:18.53 and also won the 100 breast with a time of 1:03.45 ... Lebanon Valley enters the pool coming off of a men's win over FDU-Florham 101-50 ... the women topped their single-season record for dual-meets with a sweep of FDU-Florham 46-1 and Juniata 46-44 last Saturday ... last evening, Messiah competed at Misericordia University, but due to printing deadlines those results were unable to be included in today's publication.



Messiah dives into its final meet at Fredricksen Natatorium today with Lebanon Valley College.

IN THE SPOTLIGHT



EMILY

WESTERBERG
Senior
Glen Mills, PA

- **Full Name:** Emily Kathleen Westerberg
- **Major:** Nutrition & Dietetics
- **Favorite Vacation Destination(s)** Disney World
- **Favorite Movie(s):** *Marly & Me*
- **Hobbies:** Shopping
- **Favorite Food:** Rainbow chip icing
- **Little-Known Fact:** Emily can eat the entire Baker's Special
- **Favorite Television Show(s):** *Boy Meets World*

MESSIAH PROGRAM RECORDS

MEN'S RECORDS

Event	Record Holder	Time	Date Set
200 IM	Tim Alarcon	2:05.99	2-12-10
400 IM	Branden Bunner	4:40.45	12-12-09
50 Freestyle	Drew Wissler	:21.86	2-12-10
100 Freestyle	Drew Wissler	:47.92	2-14-10
200 Freestyle	Dylan Holford	1:48.03	11-11-09
500 Freestyle	Dylan Holford	4:48.94	2-12-10
1000 Freestyle	Dylan Holford	10:19.17	10-31-09
1650 Freestyle	Dylan Holford	17:13.15	11-21-09
100 Backstroke	John Haller	:55.92	2-13-10
200 Backstroke	Spenser Warren	2:08.74	2-14-10
100 Butterfly	Drew Wissler	:52.18	2-13-10
200 Butterfly	Drew Wissler	2:07.79	12-12-09
100 Breaststroke	Zach McArdle	1:01.31	2-13-10
200 Breaststroke	Daniel Wingert	2:18.53	1-15-11
200 Medley Relay	Haller, Forster, Addlesberger, Wissler	1:40.06	2-13-10
400 Medley Relay	Haller, Forster, Alarcon, McArdle	3:44.29	2-12-10
200 Freestyle Relay	McArdle, Addlesberger, Haller, Wissler	1:27.23	2-12-10
400 Freestyle Relay	Haller, McArdle, Holford, Wissler	3:14.35	2-14-10
800 Freestyle Relay	Holford, Wissler, McArdle, Brunner	7:20.28	2-13-10

WOMEN'S RECORDS

Event	Record Holder	Time	Date Set
200 IM	Katelynn Sagaser	2:18.19	1-15-11
400 IM	Molly Handley	5:26.08	1-9-10
50 Freestyle	Hanna Schaffer	:25.55	12-7-10
100 Freestyle	Hanna Schaffer	:56.32	1-8-11
200 Freestyle	Ashley Bell	2:06.42	1-31-09
500 Freestyle	Aimee West	5:55.95	2-12-10
1000 Freestyle	Aimee West	12:16.15	1-14-11
1650 Freestyle	Stephanie Jury	21:00.82	2-14-10
100 Backstroke	Katelynn Sagaser	1:02.31	1-14-11
200 Backstroke	Katelynn Sagaser	2:18.27	1-15-11
100 Butterfly	Katelynn Sagaser	1:03.15	1-8-11
200 Butterfly	Molly Handley	2:27.07	2-14-10
100 Breaststroke	Sara Steinnagel	1:13.04	10-28-08
200 Breaststroke	Angela Klaczak	2:41.83	2-14-10
200 Medley Relay	Sagaser, Klaczak, Handley, Schaffer	1:57.10	1-8-11
400 Medley Relay	Bell, Steinnagel, Geiman, deRouville	4:25.64	11-1-08
200 Freestyle Relay	deRouville, Geiman, Kurtz, Bell	1:46.97	2-13-09
400 Freestyle Relay	deRouville, Geiman, Kurtz, Bell	3:55.32	2-15-09
800 Freestyle Relay	West, Jury, Handley, Bell	8:48.15	2-13-10



AFTER THE MEET, VISIT ...

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THE OFFICIAL WEBSITE OF MESSIAH COLLEGE ATHLETICS

MESSIAH COLLEGE FALCONS (men: 5-6; women: 4-7 press time)

MEN			WOMEN		
Swimmer	Class	Hometown (Previous School)	Swimmer	Class	Hometown (Previous School)
Tim Alarcon	SO	Garnerville, NY (North Rockland H.S.)	Christina Ashman	FR	Philadelphia, PA (Bodine H.S.)
Brandon Baker	SO	Rosenhayn, NJ (Christian Liberty Acad.)	Jade Barnshaw	SO	Fleetwood, PA (Fleetwood Area H.S.)
Matt Barker	FR	Queen Anne's Co, MD (Queen Anne's H.S.)	Ashley Bell	JR	Cherry Hill, NJ (Cherry Hill East H.S.)
Brad Culwell	JR	Camp Hill, PA (Cumberland Valley H.S.)	Jean Cho	SO	Southampton, NJ (Seneca H.S.)
Reid Hartzell	FR	Williamsport, PA (Loyalsock H.S.)	Serena Dixon	FR	Harrisburg, PA (Central Dauphin East H.S.)
Joe Hines	FR	Mechanicsburg, PA (Mechanicsburg H.S.)	Cassie Forman	FR	Westminster, MD (Francis Scott Key H.S.)
Evan Jewell	FR	Winchester, VA (Homeschool)	Molly Handley	SO	Dillsburg, PA (Northern H.S.)
Zach Krueger	FR	Glen Rock, PA (Southwestern H.S.)	Chloe Hockley	JR	Elizabethtown, PA (Elizabethtown H.S.)
Zachary McArdle	JR	Orchard Park, NY (Orchard Park H.S.)	Angie Klaczak	SO	Palmyra, PA (Palmyra H.S.)
Malcolm McDermond	SO	Mechanicsburg, PA (Mechanicsburg H.S.)	Aubrey Krueger	FR	Glen Rock, PA (Towson University)
Kevin Myers	FR	Harrisburg, PA (Bishop McDevitt H.S.)	Kristen Listor	SO	Freehold, NJ (Biotechnology H.S.)
Zach Schutte	FR	Lititz, PA (Warwick H.S.)	Krista Palmer	FR	Wrentham, MA (King Philip H.S.)
Taylor Shields	FR	Wymossing, PA (Wyomissing H.S.)	Julie Price	FR	Warren, PA (Warren Area H.S.)
Spenser Warren	SO	Hockessin, DE (Wilmington Charter)	Katelynn Sagaser	JR	Centerville, MD (Clarion University)
Matthew Wells	JR	Mifflinburg, PA (Mifflinburg Area H.S.)	Hannah Schaffer	FR	Mechanicsburg, PA (Mechanicsburg H.S.)
Daniel Wingert	FR	Lebanon, PA (Homeschool)	Josie Smith	SO	Hagerstown, MD (North Hagerstown H.S.)
			Aimee West	SO	Coppell, TX (Coppell H.S.)
			Emily Westerberg	SR	Glen Mills, PA (Delaware Cty. Christian H.S.)
			Amanda White	FR	Keezleton, VA (Spotswood H.S./H.S.)

Head Coach: Nancy Luley (3rd season) Assistant Coaches: Anne Greenawalt, Chris Doemland

LEBANON VALLEY COLLEGE DUTCHMEN (men: 6-5; women: 7-5)

MEN			WOMEN		
Swimmer	Class	Hometown (High School)	Swimmer	Class	Hometown (High School)
Patrick Barry	SR	Glen Rock, Pa (Susquehannock H.S.)	Kerri Bailey	SO	Lewes, DE (Cape Henlopen H.S.)
Elliott Bonds	FR	Palmyra, Pa (Palmyra H.S.)	Ally Birli	SR	Lebanon, Pa (Cedar Crest H.S.)
Erik Brandt	SO	Lebanon, Pa (Cedar Crest H.S.)	Julia Blackley	SO	Sicklerville, N.J (Timber Creek H.S.)
Jeffrey Bush	SR	Pottstown, Pa (Pottsgrove H.S.)	Noelle Brossman	FR	Ephrata, Pa (Ephrata H.S.)
Joseph Chubb	FR	Hershey, Pa (Hershey H.S.)	Hannah Cackovic	SO	Carlsbad, Calif (Carlsbad H.S.)
John Denniston	FR	Harrisburg, Pa (Central Dauphin H.S.)	Emily Coughlan	FR	FLebanon, Pa (Annville-Cleona H.S.)
Bobby Duck	FR	Brookhaven, Pa (Sun Valley H.S.)	Lauren Davis	SR	Tamaqua, P (Tamaqua Area H.S.)
Matt Dwyer	FR	Collegeville, Pa (Spring Ford H.S.)	Mary Gardner	SO	Annaville, Pa (Annaville-Cleona H.S.)
John Heenan	JR	Medford, N.J (Shawnee H.S.)	Gabbie Groff	FR	York, Pa (West York H.S.)
Nathan Heinly	SR	Bethany, Pa (Honesdale H.S.)	Alicia Hain	FR	Lebanon, Pa (Cedar Crest H.S.)
Ryan Humphries	JR	Vineland, N.J (Vineland H.S.)	Krysteena Koller	FR	Lebanon, Pa (Cedar Crest H.S.)
Chris Kanezo	SO	Mt Carmel, Pa (Mt. Carmel H.S.)	Erica Kozlowski	FR	Newton, N.J (Kittatinny Regional H.S.)
Shane Miller	SO	Manheim, Pa (Manheim Central H.S.)	Stephanie Mannon	SR	Lititz, Pa (Warwick H.S.)
Miles Mosher	SR	New Field, N.J (Sacred Heart H.S.)	Heidi Metzler	SO	Manheim, Pa (Manheim Central H.S.)
Tony Shipkowski	SR	Middletown, Pa (Middletown Area H.S.)	Julia Mongeau	FR	Lancaster, Pa (Hempfield H.S.)
Devon Stutzman	SO	Valley View, Pa (Tri-Valley H.S.)	Ashten O'Brien	SR	Hanover, Pa (Spring Grove H.S.)
Brett Wimmer	SR	Quakertown, Pa (Quakertown College)	Anna Reber	JR	Bernville, Pa (Tulpehocken H.S.)
			Alyson Reitmeyer	JR	Bechtelsville, Pa (Boyertown H.S.)
			Kris Roaten	SO	Elizabethtown, Pa (Elizabethtown H.S.)
			Charlie Robinson	SO	Avis, Pa (Jersey Shore H.S.)
			Kelsey Sherman	JR	Bloomsburg, Pa (Central Columbia H.S.)
			Alyssa Slusser	SO	Berwick, Pa (Berwick Area H.S.)
			Carly Wilfong	JR	Hummelstown, Pa (Hershey H.S.)
			Kristen Zartman	SO	Hanover, Pa (South Western H.S.)

Head Coach: Mary Gardner (14th year) Assistant Coach: Jim Gardner

MESSIAH COLLEGE SPORTS INFORMATION

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