



2012-2013

Boys Swimming and Diving

Season Results

## Team Members by Grade

### Seniors

Nate Henning \*  
Brady Johnson  
David Khazanovich  
Nate Mann  
Eric Moen \*  
Andrew Pederson  
Jordan Sanchez

### Juniors

Dollins Akembuom  
Dan Ehle  
Eric Fleming  
Kristopher Renning  
Eric Westfall

### Sophomores

Gustavo Angulo  
Will Bobo  
Kenneth Huang  
Brian Ingebretesen  
Jonathan Wu

### Freshman

Brady Bennett  
Mannix Burns  
Ian Carr  
Nicholas Gartner  
William Ho  
David Kim  
Austin Kinzie  
Garrett Norsten  
Will Tostenson

### Eighth Grade

Connor Dillon  
Eric Fong  
Thomas Hathaway  
Tyler Long  
Eric Sortland  
Mark Spannbauer  
Calvin Sroga

### Seventh Grade

Mark Salnikov  
Tyler Tretter

### Coaches

Marty Hoven  
Rick Light  
Jill Larson  
Sherry Gross

### Manager

Maddie Norsten  
Addie Nelson  
Emily Schommer  
Lauren Puglisi

\* - Captain

## Awards for 2012-2013

Most Spirit	*
Rookie of the Year	*
Most Improved New Swimmer	*
Most Improved Returning Swimmer	*
Most Improved Diver	*
Hardest Worker	*
Most Valuable Diver	*
Most Valuable Swimmer	*
2013-2014 Captains	*
	*

### Conference Awards

All-Conference	*	William Ho
	*	Brady Bennett
	*	Nate Henning
Honorable Mention	*	William Tostenson
	*	Eric Westfall
	*	David Khazanovich
	*	Austin Kinzie

### State Awards

State Participants	*	William Ho
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# Royal Swimming and Diving Team Competition Results 2012-2013

	<u>Woodbury</u>	<u>Opponent</u>
Stillwater	79	99
Park	99	82
Cretin Derham-Hall	100	82
Hastings	90	94
Mounds View	39	63
East Ridge	58	128
Forest Lake	84	86
White Bear Lake	102	76
Roseville	116	70

**Conference Record            4-5-0**

Conference Relays	5 <sup>th</sup> out of 10
Woodbury Invite	1 <sup>st</sup> out of 7
Maroon Invite	5 <sup>th</sup> out of 11
True Team Section 4AA	2 <sup>nd</sup> out of 4
JV Champs	9 <sup>th</sup> out of 10
Section 4AA	3 <sup>rd</sup> out of 8
State Class AA	32 <sup>nd</sup> out of 43

## Suburban East Conference Standings

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

### Suburban East Conference Boys Swimming and Diving Records

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Time</u>	<u>Year</u>
<b>200 MR</b>	<b>B. Underwood, C. Tipler C. Smith, H. Schmitt</b>	<b>Hastings</b>	<b>1:38.44</b>	<b>2013</b>
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	Phil Seleskie	Hastings	47.55	2007
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	R. Becicka, A. Safonov T. Gelderman, P. Stacy	Mounds View	3:17.62	2007

# Section 4AA Team

200 Med Relay	Eric Westfall, William Ho David Khazanovich, Nate Henning	1:42.83	4 <sup>th</sup>
200 Free	Austin Kinzie William Tostenson Eric Fleming Calvin Sroga	1:52.79 1:53.64 2:01.93 2:05.88	8 <sup>th</sup> 9 <sup>th</sup> 15 <sup>th</sup> 18 <sup>th</sup>
200 IM	Garrett Norsten Brady Bennett Eric Westfall William Ho	2:04.98 2:07.23 2:07.11 2:11.65	3 <sup>rd</sup> 7 <sup>th</sup> 12 <sup>th</sup> 13 <sup>th</sup>
50 Free	Nate Henning David Khazanovich Eric Moen Kristopher Renning	23.21 23.63 25.19 26.63	10 <sup>th</sup> 11 <sup>th</sup> 18 <sup>th</sup> 27 <sup>th</sup>
Diving	Ian Carr Tyler Long Nick Gartner Mark Spannbauer	278.75 233.00 160.65 158.55	8 <sup>th</sup> 15 <sup>th</sup> 18 <sup>th</sup> 19 <sup>th</sup>
100 Fly	David Khazanovich Dan Ehle Eric Fong Brian Ingebretsen	56.32 1:00.72 1:03.91 1:11.55	5 <sup>th</sup> 13 <sup>th</sup> 17 <sup>th</sup> 25 <sup>th</sup>
100 Free	Nate Henning Eric Moen Eric Flemming Kristopher Renning	52.18 55.22 56.04 59.17	10 <sup>th</sup> 18 <sup>th</sup> 19 <sup>th</sup> 25 <sup>th</sup>
500 Free	William Tostenson Brady Bennett Calvin Sroga Eric Sortland	5:05.61 5:09.85 5:27.87 6:01.30	5 <sup>th</sup> 6 <sup>th</sup> 12 <sup>th</sup>
200 FRR	Nate Henning, David Khazanovich William Tostenson, Brady Bennett	1:32.66	3 <sup>rd</sup>
100 Back	Austin Kinzie Eric Westfall Dan Ehle Eric Sortland	59.01 58.12 1:05.72 1:10.75	8 <sup>th</sup> 9 <sup>th</sup> 14 <sup>th</sup> 24 <sup>th</sup>
100 Breast	William Ho Garrett Norsten Eric Fong Andrew Pederson	1:01.98 1:04.76 1:10.04 1:18.52	2 <sup>nd</sup> 4 <sup>th</sup> 10 <sup>th</sup> 21 <sup>st</sup>
400 FRR	Brady Bennett, Eric Westfall Austin Kinzie, Garrett Norsten	3:27.02	3 <sup>rd</sup>

## Section 4AA Results

1. Stillwater	525
2. East Ridge	404
<b>3. Woodbury</b>	<b>298</b>
4. Tartan	237
5. Park	183
6. White Bear Lake	169
7. North St. Paul	152
8. St. Paul Harding	89

# Minnesota State Class AA Results

100 Breaststroke	William Ho	1:00.86	10 <sup>th</sup>
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## 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