



2010-2011

Boys' Swimming and Diving

Season Results

Team Members by Grade

Seniors

Andrew Atwood
Jordan Heir *
Alex Linnerooth
Aaron Pan

Juniors

Scott Bolles
Alex Dailey
Brandon Dudley
Nathan Jensen
Matthew Kroening
Victor Lugg *
Garth Natwick
Blake Nelson
Gregory Norsten

Sophomores

Nathan Henning
Brady Johnson
David Khazanovich
Joseph Mikels
Eric Moen
Andrew Pederson
Jordan Sanchez
Tyler Smith

Freshman

Dollins Akembuom
Daniel Ehle
Eric Fleming
Kristopher Renning
Eric Westfall

Eighth Grade

William Bobo
Brian Ingebretsen
Neal Rabuse
Jonathan Wu

Seventh Grade

Ian Carr
Garrett Norsten
William Tostenson

Coaches

Marty Hoven
Rick Light
Michelle Lieder
Jill Lambach

Manager

Kasey Bosch
Maddie Norsten

* - Captain

Awards for 2010-2011

Most Spirit	*
Most Improved Diver	*
Most Improved Swimmer	*
Hardest Worker	*
Most Valuable Diver	*
Most Valuable Swimmer	*
2011-2012 Captains	*
	*

Conference Awards

All-Conference	*	Greg Norsten
	*	Victor Lugg
Honorable Mention	*	Andrew Atwood
	*	Nathan Henning
	*	Garrett Norsten
	*	Eric Westfall

State Awards

All State	*	Greg Norsten
	*	Victor Lugg

Royal Swimming and Diving Team Competition Results 2010-2011

	<u>Woodbury</u>	<u>Opponent</u>
Mounds View	79	99
Roseville	98	83
Stillwater	81	97
Hastings	102	81
Forest Lake	88	96
Park	103	78
Cretin Durham Hall	83	95
East Ridge	91	93

Conference Record 3-5-0

Edina	81	95
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Non Conference Record 0-1-0

Dual Meet Record 3-6-0

Conference Relays	5 th out of 10
Woodbury Invite	3 rd out of 8
Bronze Invite	7 th out of 13
True Team Section 4AA	3 rd out of 6
JV Champs	7 th out of 10
Section 4AA	4 th out of 10
State Class AA	12 th out of 41

Suburban East Conference Standings

	W	L	T
Mounds View	8	0	0
Stillwater	7	1	0
Cretin-Derham Hall	6	2	0
Forest Lake	4	3	1
Hastings	3	4	1
East Ridge	3	5	0
Woodbury	3	5	0
Park	0	7	1
Roseville	0	7	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	P. Stacy, D. Cremons, A. Safonov, C. Wessels	Mounds View	1:39.84	2007
200 FR	Phil Seleskie	Hastings	1:45.15	2006
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	Mike Seleskie	Hastings	4:46.89	2003
200 FRR	A. DeShaw, A. Knaak D. Najarian, B. Adair	Stillwater	1:28.44	2008
100BK	Phil Seleskie	Hastings	51.58	2007
100 BR	Greg Norsten	Woodbury	58.79	2010
400 FRR	R. Becicka, A. Safonoz T. Gelderman, P. Stacy	Mounds View	3:17.62	2007

Section 4AA Team

Section Team

200 Med Relay	Westfall, Pan Khazanovich, Atwood	1:55.53	9 th
200 Free	Garrett Norsten Eric Moen Garth Natwick William Tostenson	2:01.24 2:04.12 2:07.20 2:11.60	13 th 17 th 21 st 25 th
200 IM	Greg Norsten Eric Westfall Jordan Heir Daniel Ehle	1:58.12 2:17.24 2:23.29 2:28.10	1 st 13 th 14 th 24 th
50 Free	Victor Lugg Nate Henning Andrew Atwood David Khazanovich	21.95 24.25 24.86 25.00	1 st 15 th 20 th 23 rd
Diving	Nathan Jensen Andrew Pederson Ian Carr	235.60 216.80 81.60	6 th 9 th 23 rd
100 Fly	Greg Norsten Jordan Heir David Khazanovich Aaron Pan	52.71 1:02.98 1:03.51 1:07.72	1 st 18 th 19 th 25 th
100 Free	Victor Lugg Andrew Atwood William Bobo Scott Bolles	47.37 56.02 56.36 58.06	2 nd 20 th 21 st 26 th
500 Free	Garrett Norsten Eric Moen William Tostenson Blake Nelson	5:18.56 5:39.37 5:51.02 6:14.84	11 th 18 th 21 st 31 st
200 FRR	Lugg, Henning Khazanovich, Norsten, Gr	1:32.49	3 rd
100 Back	Garth Natwick Jordan Sanchez Daniel Ehle Nate Henning	1:07.50 1:08.25 1:10.23 1:11.32	20 th 22 nd 25 th 27 th
100 Breast	Eric Westfall Aaron Pan Andrew Pederson Will Bobo	1:11.60 1:14.18 1:17.07 1:17.10	14 th 20 th 27 th 28 th
400 FRR	Lugg, Bobo Westfall, Norsten, Gr	3:29.32	3 rd

Section 4AA Results

1. Mounds View	508
2. Stillwater	488
3. East Ridge	249.5
4. Woodbury	202.5
5. Roseville	163.5
6. North St. Paul	158
7. Tartan	139
8. Park	137
9. White Bear Lake	88.5
10. St. Paul Harding	42

Minnesota State Class AA Results

200 I.M.	Greg Norsten	1:51.87	1 st	AAA
50 Freestyle	Victor Lugg	21.35	3 rd	
100 Butterfly	Greg Norsten	50.23	2 nd	AAC
100 Freestyle	Victor Lugg	46.92	4 th	

Woodbury Royals Swimming and Diving Varsity Records

<u>Event</u>	<u>Name</u>	<u>Time</u>	<u>Year</u>
200 Yard	J. Proulx, D. Simpson	1:37.24	1991
Medley Relay	K. Sudoh, E. Grovender		
200 Yard Freestyle	Ken Leppla	1:44.66	1993
200 Yard Individual Medley	Greg Norsten	1:51.87	2011
50 Yd. Freestyle	Eric Grovender	:21.28	1992
Springboard Diving (6)	Jim Zagaria	282.45	1997
Springboard Diving (11)	Jim Zagaria	443.90	1997
100 Yard Butterfly	Greg Norsten	:50.23	2011
100 Yard Freestyle	Eric Grovender	:46.79	1992
500 Yard Freestyle	Billy Cuevas	4:42.57	2005
200 Yard	E. Grovender, K. Leppla	1:26.46	1991
Freestyle Relay	D. Simpson, K. Sudoh		
100 Yard Backstroke	Aaron Wood	:50.86	1998
100 Yard Breaststroke	Mark Maynard	:58.75	1999
400 Yard	M. Gates, D. Cheney	3:11.90	1981
Freestyle Relay	T. Jackson, D. Nelson		