

INDIAN RIVER WINS 20TH STRAIGHT NJCAA WOMEN'S SWIMMING & DIVING CHAMPIONSHIP



Women's Coach of the Year

Christopher Ip

Indian River CC, Ft. Pierce, FL

Women's Swimmer of the Year (MVP)

Natalie Cohee

Indian River CC, Ft. Pierce, FL

Diver of the Year

Nadine Shawah

Indian River CC, Ft. Pierce, FL

200 YARDERS TEAM SCORES

1	Indian River CC, Ft. Pierce, FL	779
2	Lincoln College, Lincoln, IL	278
3	Monroe CC, Rochester, NY	232
4	Mercyhurst College, North East, North East, PA	169
5	Genesee CC, Batavia, NY	165
6	College of DuPage, Glen Ellyn, IL	141
7	Palo Alto College, San Antonio, TX	98
8	SUNY-Morrisville, NY	88
9	Vincennes University, Vincennes, IN	72
10	Triton College, River Grove, IL	68
11	SUNY-Cobleskill, NY	17
12	SUNY-Calm, NY	17
13	James Town CC, Jamestown, NY	8
14	Ocean County College, Tom's River, NJ	6
15	Alfred State College, Alfred, NY	4

200 RELAY FREESTYLE

1	Indian River CC, Ft. Pierce, FL	1:35.08
2	Monroe CC, Rochester, NY	1:42.98
3	Lincoln College, Lincoln, IL	1:48.37
4	College of DuPage, Glen Ellyn, IL	1:49.74
5	Mercyhurst College North East, North East, PA	1:53.17
6	Palo Alto College, San Antonio, TX	1:55.91

500 FREESTYLE

1	Urška Ros, Monroe CC, Rochester, NY	4:59.68
2	Liz Day, Indian River CC, Ft. Pierce, FL	5:11.06
3	Myrlam Sansregret, Indian River CC, Ft. Pierce, FL	5:14.12
4	Leslie Seago, Lincoln College, Lincoln, IL	5:22.63
5	Rachel Willenborg, Lincoln College, Lincoln, IL	5:23.64
6	Angela Couch, Lincoln College, Lincoln, IL	5:27.22

200 YARD INDIVIDUAL MEDLEY

1	Natalie Cohee, Indian River CC, Ft. Pierce, FL	2:05.32
2	Noelle Pulomona, Indian River CC, Ft. Pierce, FL	2:08.90
3	Liz Proffitt, Indian River CC, Ft. Pierce, FL	2:10.41
4	Tiffany Cohee, Indian River CC, Ft. Pierce, FL	2:10.78
5	Jessica Reed, Indian River CC, Ft. Pierce, FL	2:16.41
6	Pola Schandendorf, Genesee CC, Batavia, NY	2:17.69

50 YARD FREESTYLE

1	Ashleigh Bastak, Indian River CC, Ft. Pierce, FL	23.71
2	Sara Wooten, Indian River CC, Ft. Pierce, FL	24.03
3	Joyce Fuhman, Indian River CC, Ft. Pierce, FL	24.51
4	Shari Henry, Indian River CC, Ft. Pierce, FL	24.92
5	Ashley Gibson, Indian River CC, Ft. Pierce, FL	25.02
6	Katie Robison, Lincoln College, Lincoln, IL	25.96

400 YARD MEDLEY RELAY

1	Indian River CC, Ft. Pierce, FL	3:53.51
2	Monroe CC, Rochester, NY	4:14.54
3	Lincoln College, Lincoln, IL	4:15.06
4	Mercyhurst College North East, North East, PA	4:22.88
5	Genesee CC, Batavia, NY	4:26.34
6	College of DuPage, Glen Ellyn, IL	4:37.80

1 METER DIVING

1	Wendy Shoemaker, Indian River CC, Ft. Pierce, FL	771.20
2	Nadine Shawah, Indian River CC, Ft. Pierce, FL	787.35
3	Jennifer Gabrleski, Triton College, River Grove, IL	547.20
4	Leigh Sturling, Indian River CC, Ft. Pierce, FL	538.96
5	Sarah Box, Vincennes University, Vincennes, IN	480.95
6	Elizabeth Gofflieb, College of DuPage, Glen Ellyn, IL	480.40
7	Sue Rakoski, SUNY-Morrisville, NY	418.10

200 YARD MEDLEY RELAY

1	Indian River CC, Ft. Pierce, FL	1:49.95
2	Monroe CC, Rochester, NY	1:54.09
3	Lincoln College, Lincoln, IL	1:57.02
4	Mercyhurst College North East, North East, PA	2:01.82
5	Genesee CC, Batavia, NY	2:03.28
6	College of DuPage, Glen Ellyn, IL	2:06.98

400 YARD INDIVIDUAL MEDLEY

1	Noelle Pulomona, Indian River CC, Ft. Pierce, FL	4:35.93
2	Pola Schandendorf, Genesee CC, Batavia, NY	4:52.93

3 Erin Gilroy, Mercyhurst College North East, North East, PA

5:01.06	
4 Angela Couch, Lincoln College, Lincoln, IL	5:02.93
5 Liz Wilson, Lincoln College, Lincoln, IL	5:29.21
6 Abby Silies, Vincennes University, Vincennes, IN	5:44.00

100 YARD BUTTERFLY

1	Natalie Cohee, Indian River CC, Ft. Pierce, FL	55.68
2	Urška Ros, Monroe CC, Rochester, NY	56.05
3	Liz Day, Indian River CC, Ft. Pierce, FL	56.60
4	Leslie Seago, Lincoln College, Lincoln, IL	1:01.21
5	Kristen Kram, Indian River CC, Ft. Pierce, FL	1:01.29
6	Rachel Willenborg, Lincoln College, Lincoln, IL	1:02.60

200 YARD FREESTYLE

1	Ashleigh Bastak, Indian River CC, Ft. Pierce, FL	1:52.80
2	Tiffany Cohee, Indian River CC, Ft. Pierce, FL	1:54.90
3	Joyce Fuhman, Indian River CC, Ft. Pierce, FL	1:57.60
4	Myrlam Sansregret, Indian River CC, Ft. Pierce, FL	1:58.68
5	Katie Robison, Lincoln College, Lincoln, IL	2:01.09
6	Lindsay Allardice, Genesee CC, Batavia, NY	2:04.89

100 YARD BREASTSTROKE

1	Liz Proffitt, Indian River CC, Ft. Pierce, FL	1:07.32
2	Jessica Reed, Indian River CC, Ft. Pierce, FL	1:07.99
3	Shari Henry, Indian River CC, Ft. Pierce, FL	1:10.82
4	Allison Bruneau, Mercyhurst College North East, North East, PA	1:11.26
5	Aubrey Talaska, Palo Alto College, San Antonio, TX	1:12.85
6	Jody Flannery, Genesee CC, Batavia, NY	1:13.13

100 YARD BACKSTROKE

1	Sara Wooten, Indian River CC, Ft. Pierce, FL	57.90
2	Kristen Kram, Indian River CC, Ft. Pierce, FL	1:01.15
3	Ashley Gibson, Indian River CC, Ft. Pierce, FL	1:02.64
4	Jenny Rogers, Indian River CC, Ft. Pierce, FL	1:02.84
5	Aya Numazawa, SUNY-Morrisville, NY	1:02.84
6	Nikki Seasock, Monroe CC, Rochester, NY	1:03.70

800 YARD FREESTYLE RELAY

1	Indian River CC, Ft. Pierce, FL	8:00.83
2	Lincoln College, Lincoln, IL	8:14.58
3	Genesee CC, Batavia, NY	8:39.24
4	Mercyhurst College North East, North East, PA	8:53.64
5	Monroe CC, Rochester, NY	9:06.82
6	College of DuPage, Glen Ellyn, IL	9:13.91
7	Palo Alto College, San Antonio, TX	9:37.57

3 METER DIVING

1	Nadine Shawah, Indian River CC, Ft. Pierce, FL	829.00
2	Wendy Shoemaker, Indian River CC, Ft. Pierce, FL	816.50

1650 YARD FREESTYLE

1	Myrlam Sansregret, Indian River CC, Ft. Pierce, FL	17:56.77
2	Leslie Seago, Lincoln College, Lincoln, IL	18:40.04
3	Angela Couch, Lincoln College, Lincoln, IL	18:54.11
4	Lauren Pohanka, Triton College, River Grove, IL	19:24.78
5	Leigh Ann Holland, Monroe CC, Rochester, NY	19:25.89
6	Jody Flannery, Genesee CC, Batavia, NY	19:54.39

200 YARD BACKSTROKE

1	Sara Wooten, Indian River CC, Ft. Pierce, FL	2:04.40
2	Kristen Kram, Indian River CC, Ft. Pierce, FL	2:13.12
3	Pola Schandendorf, Genesee CC, Batavia, NY	2:14.20
4	Katie Robison, Lincoln College, Lincoln, IL	2:15.08
5	Aya Numazawa, SUNY-Morrisville, NY	2:16.32
6	Erin Sheridan, Mercyhurst College North East, North East, PA	2:24.76

100 YARD FREESTYLE

1	Ashleigh Bastak, Indian River CC, Ft. Pierce, FL	51.78
2	Tiffany Cohee, Indian River CC, Ft. Pierce, FL	51.79
3	Joyce Fuhman, Indian River CC, Ft. Pierce, FL	53.96
4	Ashley Gibson, Indian River CC, Ft. Pierce, FL	55.18
5	Jenny Rogers, Indian River CC, Ft. Pierce, FL	55.34
6	Shari Henry, Indian River CC, Ft. Pierce, FL	55.87

200 YARD BUTTERFLY

1	Urška Ros, Monroe CC, Rochester, NY	2:03.03
2	Natalie Cohee, Indian River CC, Ft. Pierce, FL	2:04.84
3	Liz Day, Indian River CC, Ft. Pierce, FL	2:08.34
4	Kristi Powers, Monroe CC, Rochester, NY	2:22.79
5	Heather Fraes, SUNY-Cobleskill, NY	2:26.98
6	Abby Silies, Vincennes University, Vincennes, IN	2:48.91

200 YARD BREASTSTROKE

1	Noelle Pulomona, Indian River CC, Ft. Pierce, FL	2:22.46
2	Liz Proffitt, Indian River CC, Ft. Pierce, FL	2:22.64
3	Jessica Reed, Indian River CC, Ft. Pierce, FL	2:28.64
4	Erin Gilroy, Mercyhurst College North East, North East, PA	2:33.27
5	Allison Bruneau, Mercyhurst College North East, North East, PA	2:36.46
6	Aubrey Talaska, Palo Alto College, San Antonio, TX	2:38.81

400 YARD FREESTYLE RELAY

1	Indian River CC, Ft. Pierce, FL	3:28.53
2	Lincoln College, Lincoln, IL	3:46.59
3	Monroe CC, Rochester, NY	3:50.64
4	Mercyhurst College North East, North East, PA	4:02.61
5	College of DuPage, Glen Ellyn, IL	4:03.31
6	SUNY-Morrisville, NY	4:33.35

Non-Scholarship Women's Team Champ

Genesee CC
Batavia, NY

NJCAA Coaches Appreciation Award

Tim Dubois
Assistant Coach, Monroe CC, Rochester, NY

Diving Coach of the Meet

Mike Tober
Indian River CC, Ft. Pierce, FL

INDIAN RIVER WINS 27TH STRAIGHT NJCAA MEN'S SWIMMING & DIVING CHAMPIONSHIP



Men's Coach of the Year

Christopher Ip
Indian River CC, Ft. Pierce, FL

Men's Swimmer of the Year (MVP)

Camillo Becerra
Indian River CC, Ft. Pierce, FL

2002 MEN'S TEAM SCORES

1	Indian River CC, Ft. Pierce, FL	692
2	Lincoln College, Lincoln, IL	418
3	Vincennes University, Vincennes, IN	289
4	Monroe CC, Rochester, NY	205
5	Mercyhurst College North East, North East, PA	163
6	College of DuPage, Glen Ellyn, IL	147
7	Palo Alto College, San Antonio, TX	114
8	Ocean County College, Tom's River, NJ	77
9	CCBC-Essex, Baltimore, MD	65
10	SUNY Morrisville, NY	20
11	Lincoln College, Buffalo, NY	11
12	CCBC-Trenton, Trenton, NJ	10
13	Alfred State College, Alfred, NY	10
14	Genesee CC, Batavia, NY	10

200 YARD FREESTYLE RELAY

1	Indian River CC, Ft. Pierce, FL	1:20.57
2	Monroe CC, Rochester, NY	1:26.95
3	Vincennes University, Vincennes, IN	1:26.99
4	Lincoln College, Lincoln, IL	1:27.92
5	Mercyhurst College North East, North East, PA	1:31.22
6	College of DuPage, Glen Ellyn, IL	1:31.32

500 YARD FREESTYLE

1	Luke Wilkens Indian River CC, Ft. Pierce, FL	4:37.07
2	Chris Richey Vincennes University, Vincennes, IN	4:39.07
3	Joe Kryszak Lincoln College, Lincoln, IL	4:41.31
4	Justin Lewis Indian River CC, Ft. Pierce, FL	4:44.61
5	Scott Sampson Lincoln College, Lincoln, IL	4:46.52
6	Adam Watson Indian River CC, Ft. Pierce, FL	4:50.06

200 YARD INDIVIDUAL MEDLEY

1	Ramiro Palmer Lincoln College, Lincoln, IL	1:54.33
2	Rian Glaser Indian River CC, Ft. Pierce, FL	1:55.60
3	Sergio Gomez Vincennes University, Vincennes, IN	1:59.41
4	Rick McKenna Indian River CC, Ft. Pierce, FL	2:00.09
5	David DeGeorge Monroe CC, Rochester, NY	2:00.13
6	Michael Gulndon Indian River CC, Ft. Pierce, FL	2:02.22

50 YARD FREESTYLE

1	Camillo Becerra Indian River CC, Ft. Pierce, FL	19.92
2	Raymond Rosal Indian River CC, Ft. Pierce, FL	20.11
3	Tim Patrick Indian River CC, Ft. Pierce, FL	20.63
4	Cameron McDaniel Indian River CC, Ft. Pierce, FL	21.02
5	Brandon Smith Indian River CC, Ft. Pierce, FL	21.16
6	Alex Barnett Vincennes University, Vincennes, IN	21.80

400 YARD MEDLEY RELAY

1	Indian River CC, Ft. Pierce, FL	3:24.66
2	Lincoln College, Lincoln, IL	3:31.49
3	Vincennes University, Vincennes, IN	3:38.03
4	Monroe CC, Rochester, NY	3:39.58
5	College of DuPage, Glen Ellyn, IL	3:51.86
6	Mercyhurst College North East, North East, PA	3:51.98

3 METER DIVING

1	Brandon Northcott Indian River CC, Ft. Pierce, FL	1076.30
2	Josh Cooper Indian River CC, Ft. Pierce, FL	947.45
3	Sean Calhoun Lincoln College, Lincoln, IL	883.45
4	Aaron Randels Palo Alto College, San Antonio, TX	876.85
5	Julian Torres Palo Alto College, San Antonio, TX	827.05
6	EJ Johnson Mercyhurst College North East, North East, PA	781.95
7	Sean Spiegel Indian River CC, Ft. Pierce, FL	764.65
8	Geoff Hunt Genesee CC, Batavia, NY	556.76

200 YARD MEDLEY RELAY

1	Indian River CC, Ft. Pierce, FL	1:38.15
2	Vincennes University, Vincennes, IN	1:39.57
3	Mercyhurst College North East, North East, PA	1:43.44
4	Lincoln College, Lincoln, IL	1:44.24
5	Monroe CC, Rochester, NY	1:44.97
6	College of DuPage, Glen Ellyn, IL	1:46.07

400 YARD INDIVIDUAL MEDLEY

1	Michael Gulndon Indian River CC, Ft. Pierce, FL	4:17.04
2	Ronald Kesner Lincoln College, Lincoln, IL	4:17.81
3	Daniel Diaz Palo Alto College, San Antonio, TX	4:24.96
4	Leo Lin Monroe CC, Rochester, NY	4:26.40
5	Nick Stanczyk College of DuPage, Glen Ellyn, IL	4:27.71
6	James Brooks Lincoln College, Lincoln, IL	4:29.05

100 YARD BUTTERFLY

1	Camillo Becerra Indian River CC, Ft. Pierce, FL	48.32
2	Luke Wilkens Indian River CC, Ft. Pierce, FL	49.76
3	Tim Patrick Indian River CC, Ft. Pierce, FL	50.06
4	Brandon Smith Indian River CC, Ft. Pierce, FL	51.59
5	Ryan VanGundy Indian River CC, Ft. Pierce, FL	51.84
6	Zach Welch Indian River CC, Ft. Pierce, FL	52.88

200 YARD FREESTYLE

1	Raymond Rosal Indian River CC, Ft. Pierce, FL	1:39.79
2	Joe Drysak Lincoln College, Lincoln, IL	1:43.06
3	Chris Richey Vincennes University, Vincennes, IN	1:44.34
4	Justin Lewis Indian River CC, Ft. Pierce, FL	1:44.69
5	Adam Watson Indian River CC, Ft. Pierce, FL	1:46.08
6	Scott Sampson Lincoln College, Lincoln, IL	1:46.38

100 YARD BREASTSTROKE

1	Ramiro Palmar Lincoln College, Lincoln, IL	56.53
2	Cameron McDaniel Indian River CC, Ft. Pierce, FL	57.32
3	Rick McKenna Indian River CC, Ft. Pierce, FL	58.85
4	Zach Welch Lincoln College, Lincoln, IL	59.22
5	David DeGeorge Monroe CC, Rochester, NY	1:01.45
6	Ryan Wood Vincennes University, Vincennes, IN	1:02.96

100 YARD BACKSTROKE

1	Brian Glaser Indian River CC, Ft. Pierce, FL	51.89
2	Kyle Tobul Mercyhurst College North East, North East, PA	53.93
3	Jason Hierman Lincoln College, Lincoln, IL	54.15
4	Nebojsa Zimonjic CCBC-Essex, Baltimore, MD	54.24
5	Sergio Gomez Vincennes University, Vincennes, IN	55.33
6	Ryan Pass Lincoln College, Lincoln, IL	56.30

800 YARD FREESTYLE RELAY

1	Indian River CC, Ft. Pierce, FL	7:02.43
2	Lincoln College, Lincoln, IL	7:06.71
3	Monroe CC, Rochester, NY	7:17.31
4	Vincennes University, Vincennes, IN	7:18.34
5	College of DuPage, Glen Ellyn, IL	7:53.95
6	Ocean County College, Tom's River, NJ	7:54.15

1 METER DIVING

1	Josh Cooper Indian River CC, Ft. Pierce, FL	989.30
2	Aaron Randels Palo Alto College, San Antonio, TX	979.50
3	Brandon Northcott Indian River CC, Ft. Pierce, FL	924.35
4	EJ Johnson Mercyhurst College North East, North East, PA	872.45
5	Julian Torres Palo Alto College, San Antonio, TX	852.95
6	Sean Calhoun Lincoln College, Lincoln, IL	819.10

1650 YARD FREESTYLE

1	Chris Richey Vincennes University, Vincennes, IN	15:45.85
2	Joe Kryszak Lincoln College, Lincoln, IL	16:31.09
3	Scott Sampson Lincoln College, Lincoln, IL	16:52.82
4	Nick Stanczyk College of DuPage, Glen Ellyn, IL	17:19.02
5	Bryan Sherman Lincoln College, Lincoln, IL	17:29.88
6	Aaron Craig Vincennes University, Vincennes, IN	17:36.95

200 YARD BACKSTROKE

1	Rian Glaser Indian River CC, Ft. Pierce, FL	1:54.95
2	Jason Hierman Lincoln College, Lincoln, IL	1:57.74
3	Adam Watson Indian River CC, Ft. Pierce, FL	1:58.95
4	Nebojsa Zimonjic CCBC-Essex, Baltimore, MD	1:59.17
5	Sergio Gomez Vincennes University, Vincennes, IN	2:00.54
6	Ryan Pass Lincoln College, Lincoln, IL	2:04.44

100 YARD FREESTYLE

1	Camillo Becerra Indian River CC, Ft. Pierce, FL	43.94
2	Raymond Rosal Indian River CC, Ft. Pierce, FL	44.23
3	Tim Patrick Indian River CC, Ft. Pierce, FL	45.77
4	Tom Kinsella College of DuPage, Glen Ellyn, IL	47.73
5	Brandon Smith Indian River CC, Ft. Pierce, FL	48.16
6	Chris Vaughn Monroe CC, Rochester, NY	48.41

200 YARD BREASTSTROKE

1	Ramiro Palmar Lincoln College, Lincoln, IL	2:04.40
2	Cameron McDaniel Indian River CC, Ft. Pierce, FL	2:06.00
3	Zach Welch Lincoln College, Lincoln, IL	2:10.83
4	Rick McKenna Indian River CC, Ft. Pierce, FL	2:10.90
5	David DeGeorge Monroe CC, Rochester, NY	2:16.02
6	James Brooks Lincoln College, Lincoln, IL	2:17.88

200 YARD BUTTERFLY

1	Luke Wilkens Indian River CC, Ft. Pierce, FL	1:51.13
2	Ryan VanGundy Indian River CC, Ft. Pierce, FL	1:57.47
3	Michael Gulndon Indian River CC, Ft. Pierce, FL	2:00.25
4	Michael Moyhew Vincennes University, Vincennes, IN	2:01.01
5	Nick Millholl Mercyhurst College North East, North East, PA	2:02.09
6	Leo Lin Monroe CC, Rochester, NY	2:02.90

400 YARD FREESTYLE RELAY

1	Indian River CC, Ft. Pierce, FL	1:26.09
2	Lincoln College, Lincoln, IL	1:27.92
3	Vincennes University, Vincennes, IN	1:28.22
4	Monroe CC, Rochester, NY	1:30.60
5	Mercyhurst College North East, North East, PA	1:31.83
6	College of DuPage, Glen Ellyn, IL	1:32.33

Non-Scholarship Men's Team Champ
College of DuPage - Glen Ellyn, IL

NJCAA Coaches Appreciation Award
Tim Dubois - Assistant Coach, Monroe CC, Rochester, NY

Diving Coach of the Meet
Mike Tober - Indian River CC, Ft. Pierce, FL