

For Immediate Release: February 24, 2014

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2014 MOUNTAIN PACIFIC SPORTS FEDERATION ALL-MPSF MEN'S SWIMMING AND DIVING

2014 MPSF SWIMMER AND FRESHMAN OF THE YEAR VICTOR GOICOECHEA • FRESHMAN • HAWAII



University of Hawaii freshman Victor Goicoechea (Barcelona, Spain) set MPSF Championship records in the 500 Free (4:16.67) and 1650 Free (14:52.10), posting each event title with an NCAA 'B' cut. His 1650 swim took down the old record by over eight seconds. He also was the conference gold medalist in the 200 Free (1:36.07) with another 'B' cut. Goicoechea claimed Arena Invitational titles this year in each of those three events, including a November 21 then 500 Free school-record (4:20.83), a record which stood for nine years. Goicoechea is the first-ever athlete to earn both MPSF swimmer and freshman major awards in the same year. He is a five-time Spanish National Champion.

2014 MPSF COACH OF THE YEAR VICTOR WALES • NINTH YEAR • HAWAII



University of Hawaii Head Coach Victor Wales coached the Warriors to a successful 2013-14 season. UH accumulated 619 MPSF Championship points, good for a silver medal conference finish. Freshman Victor Goicoechea was the first ever MPSF Swimmer from either gender to earn two major awards in the same year, taking swimmer and freshman of the year. He broke two meet records and won three races (200, 500, and 1650 Free) over the four days. Paulo de Paula won the gold in the 100 Breast, as did Karl-Richard Hennebach in the 100 Fly, and Yuri Samouilich in the 100 free. Hawaii's 200 and 400 Medley Relay squads came out as conference champions. This is Wales' first MPSF Coaching award, also earning coach of the year honors in the WAC after his first season in 2006.

2014 MPSF DIVER OF THE YEAR

AMUND GISMERVIK • SOPHOMORE • HAWAII



University of Hawaii sophomore **Amund Gismervik** (Stavanger, Norway) posted two MPSF titles in Pasadena. He accumulated an all-time conference championship record on the platform of 432.20, smashing the previous standard by 66.9 points, as well as 160.95 ahead of this year's closest competitor. One of his dives on platform finals scored a rare "10-Bingo." Further, Gismervik claimed the title on three-meter (419.25) and was the silver finisher on one-meter (333.60). In the Texas Invitational on November 22, he totaled an all-time UH three-meter record of 425.50. Representing Norway, Gismervik placed 24th on platform in the 2012 Olympics in London, and 10th on one-meter at the 2011 World Championships.

2014 MPSF DIVING CO-COACH OF THE YEAR

MIKE BROWN • 14TH YEAR • HAWAII



University of Hawaii Head Coach **Mike Brown**, in his 14th year at the helm of the men's diving program, coached the Warriors to success at the MPSF Championships in Pasadena. Sophomore Olympian Amund Gismervik highlighted the men's competition. He won diving titles on the three-meter and platform (MPSF Championship record 432.20), and claimed the silver medal finish on the one-meter. Tyler Jewel also had the top consolation dive on the one-meter. Hawaii divers have earned 19 All-American honors during the past 10 years.

2014 MPSF DIVING CO-COACH OF THE YEAR

ANITA ROSSING • 13TH YEAR • HAWAII



University of Hawaii Assistant Coach **Anita Rossing**, in her 13th year with the diving program, has worked in all aspects with UH including coaching, competitions, recruiting and facility care. Prior to coaching a total of nine UH All-MPSF honorees this year, Rossing guided the men in sweeping the Conference USA diving titles in 2007, 2008 and 2011. She was honored with the Conference USA's Men's Diving Coach of the Year award in 2008 and 2011. The divers helped the Swimming and Diving team win their first ever Conference USA Men's Team Championships in 2011.

2014 ALL-NPSF MEN'S SWIMMING SELECTIONS

FIRST-TEAM

Student-Athlete	Year	MPSF Time	School	Hometown/Last School
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200 MEDLEY RELAY

Karch Perkins	Sophomore	1:27.27	Hawaii	Tualatin, OR/Tualatin HS
Paulo de Paula	Sophomore	1:27.27	Hawaii	Sao Paulo, Brazil/Colegio Universitas
Karl-Richard Hennebach	Sophomore	1:27.27	Hawaii	Leipzig, Germany/Sports Leipzig
Ali Maclean	Junior	1:27.27	Hawaii	Taunton, UK/Plymouth College

800 FREE RELAY

Rainer Ng	Freshman	6:31.41	BYU	Singapore/Raffles Institution
Mckay King	Sophomore	6:31.41	BYU	American Fork, UT/American Fork HS
Stott Bushnell	Senior	6:31.41	BYU	Fallbrook, CA/Fallbrook HS
Jake Taylor	Sophomore	6:31.41	BYU	Las Vegas, NV/Mountain Crest HS

500 FREE

Victor Goicoechea	Freshman	4:16.67	Hawaii	Barcelona, Spain/INS CAR
Stott Bushnell	Senior	4:27.09	BYU	Fallbrook, CA/Fallbrook HS
Eduardo Guimaraes	Junior	4:27.86	Hawaii	Rio de Janeiro, Brazil/Pio XII

200 IM

Jake Taylor	Sophomore	1:44.96	BYU	Las Vegas, NV/Mountain Crest HS
Rafa Alfaro	Junior	1:45.48	BYU	San Salvador, El Salvador
Hayden Palmer	Sophomore	1:48.55	BYU	Moreno Valley, CA/Canyon Springs HS

50 FREE

Jordan Fletcher	Senior	20.17	BYU	Sandy, UT/West Jordan HS
Karl-Richard Hennebach	Sophomore	20.32	Hawaii	Leipzig, Germany/Sports Leipzig
Ali Maclean	Junior	20.33	Hawaii	Taunton, UK/Plymouth College

ONE-METER DIVING

Nic Suder	Junior	346.40	BYU	Littleton, CO/Jordan HS
Amund Gismervik	Sophomore	333.60	Hawaii	Stavanger, Norway
Matt Hopper	Junior	305.35	BYU	Phoenix, AZ/Desert Vista HS

400 MEDLEY RELAY

Ali Maclean	Junior	3:12.04	Hawaii	Taunton, UK/Plymouth College
Paulo de Paula	Sophomore	3:12.04	Hawaii	Sao Paulo, Brazil/Colegio Universitas
Karl-Richard Hennebach	Junior	3:12.04	Hawaii	Leipzig, Germany/Sportgym Leipzig
Yuri Samouilich	Freshman	3:12.04	Hawaii	Modiin, Israel/Nadav Democratic

400 IM

Rafa Alfaro	Junior	3:48.29	BYU	San Salvador, El Salvador
Hayden Palmer	Sophomore	3:50.18	BYU	Moreno Valley, CA/Canyon Springs HS
Sam Bryant	Freshman	3:53.14	Hawaii	Lubbock, TX/Home School

100 FLY

Karl-Richard Hennebach	Sophomore	47.82	Hawaii	Leipzig, Germany/Sportgym Leipzig
Lucas Aquino	Freshman	48.13	BYU	Rio de Janeiro, Brazil
Dai Wilson	Senior	48.19	Pacific	Zomba, Malawi/Glenwood HS

200 FREE

Victor Goichoechea	Freshman	1:36.07	Hawaii	Barcelona, Spain/INS CAR
Eduardo Guimaraes	Junior	1:36.65	Hawaii	Rio de Janeiro, Brazil/Pio XII
Yuri Samouilich	Freshman	1:37.01	Hawaii	Modiin, Israel/Nadav Democratic

100 BREAST

Paulo de Paula	Sophomore	53.00	Hawaii	Sao Palo, Brazil/Colegio Universitas
Cameron Franke	Junior	54.35	Pacific	Davis, CA/Davis HS
Chad Sorensen	Sophomore	54.88	BYU	The Woodlands, TX/The Woodlands HS

100 BACK

Jake Taylor	Sophomore	46.67	BYU	Las Vegas, NV/Mountain Crest HS
Ali Maclean	Junior	47.98	Hawaii	Taunton, UK/Plymouth College
Rainer Ng	Freshman	48.33	BYU	Singapore/Raffles Institution

THREE-METER DIVING

Amund Gismervik	Sophomore	419.25	Hawaii	Stavanger, Norway
Nic Suder	Junior	381.85	BYU	Littleton, CO/Jordan HS
Bryce Farabee	Freshman	322.40	BYU	Queen Creek, AZ/Highland HS

200 FREE RELAY

Jordan Fletcher	Senior	1:19.91	BYU	Sandy, UT/West Jordan HS
Andrew Rutherford	Senior	1:19.91	BYU	Alpharetta, GA/Chattahoochee HS
Mckay King	Sophomore	1:19.91	BYU	American Fork, UT/American Fork HS
Jake Taylor	Sophomore	1:19.91	BYU	Las Vegas, NV/Mountain Crest HS

1650 FREE

Victor Goichoechea	Freshman	14:52.10	Hawaii	Barcelona, Spain
Brandon Chandler	Junior	15:29.61	Pacific	Livermore, CA/Granada HS
Dallin Johnson	Sophomore	15:50.36	BYU	Riverside, CA/Vista Del Lago HS

200 BACK

Jake Taylor	Sophomore	1:42.42	BYU	Las Vegas, NV/Mountain Crest HS
Rainer Ng	Freshman	1:46.17	BYU	Singapore/Raffles Institution
Oliver Simkovic	Senior	1:46.62	Pacific	Vienna, Austria/Wasagasse Gym

100 FREE

Yuri Samouilich	Freshman	44.68	Hawaii	Modiin, Israel/Nadav Democratic
Rafa Alfaro	Junior	44.76	BYU	San Salvador, El Salvador

Karl-Richard Hennebach	Sophomore	44.99	Hawaii	Leipzig, Germany/Sports Leipzig
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200 BREAST

Chad Sorensen	Sophomore	1:59.22	BYU	The Woodlands, TX/The Woodlands HS
Paulo de Paula	Sophomore	2:00.31	Hawaii	Sao Paulo, Brazil/Colegio Universitاس
Hayden Palmer	Sophomore	2:00.88	BYU	Moreno Valley, CA/Canyon Springs HS

200 FLY

Lucas Aquino	Freshman	1:46.78	BYU	Rio de Janeiro, Brazil
Eduardo Guimaraes	Junior	1:48.27	Hawaii	Rio de Janeiro, Brazil/Pio XII
Rainer Ng	Freshman	1:48.80	BYU	Singapore/Raffles Institution

PLATFORM DIVING

Amund Gismervik	Sophomore	432.20	Hawaii	Stavanger, Norway
Nic Suder	Sophomore	271.25	BYU	Littleton, CO/Jordan HS
Eddie Young	Sophomore	237.15	BYU	Shoreline, WA/Shorewood HS

400 FREE RELAY

Karl-Richard Hennebach	Freshman	2:57.91	Hawaii	Leipzig, Germany/Sports Leipzig
Yuri Samouilich	Freshman	2:57.91	Hawaii	Modiin, Israel/Nadav Democratic
Ryan Makuta	Sophomore	2:57.91	Hawaii	El Segundo, CA/El Segundo HS
Eduardo Guimaraes	Junior	2:57.91	Hawaii	Rio de Janeiro, Brazil/Pio XII

SECOND-TEAM

Student-Athlete	Year	MPSF Time	School	Hometown/Last School
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200 MEDLEY RELAY

Cooper Rogers	Junior	1:29.28	Pacific	Perth, Australia/Wesley College
Cameron Franke	Junior	1:29.28	Pacific	Davis, CA/Davis HS
Dai Wilson	Senior	1:29.28	Pacific	Zomba, Malawi/Glenwood HS
Casey Fleming	Junior	1:29.28	Pacific	San Jose, CA/Valley Christian HS
Rainer Ng	Freshman	1:29.38	BYU	Singapore/Raffles Institution
Chad Sorensen	Sophomore	1:29.38	BYU	The Woodlands, TX/The Woodlands HS
Lucas Aquino	Freshman	1:29.38	BYU	RDJ, Brazil/Colegio Santo Agostinho
Jordan Fletcher	Senior	1:29.38	BYU	Sandy, UT/West Jordan HS

800 FREE RELAY

Josh Cutter	Freshman	6:36.50	Pacific	Auburn, CA/Bear River HS
Cooper Rogers	Junior	6:36.50	Pacific	Perth, Australia/Wesley College
Kale Ai	Freshman	6:36.50	Pacific	Honolulu, HI/Kamehameha HS
Matt Stuhr	Senior	6:36.50	Pacific	Santa Rosa, CA/Santa Rosa JC

500 FREE

Kacy Johnson	Sophomore	4:28.71	Hawaii	Honolulu, HI/Iolani School
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Brandon Chandler	Junior	4:28.80	Pacific	Livermore, CA/Granada HS
Brandon Presswood	Junior	4:34.89	Pacific	Yuba City, CA/Yuba City HS

200 IM

Oliver Simkovic	Senior	1:48.77	Pacific	Vienna, Austria/Wasagasse Gym
Andrew Rutherford	Senior	1:49.99	BYU	Alpharetta, GA/Chattahoochee HS
Sam Bryant	Freshman	1:50.80	Hawaii	Lubbock, TX/Home School

50 FREE

Matt Stuhr	Senior	20.50	Pacific	Santa Rosa, CA/Santa Rosa JC
Dai Wilson	Senior	20.73	Pacific	Zomba, Malawi/Glenwood HS
Ryan Makuta	Sophomore	20.84	Hawaii	El Segundo, CA/El Segundo HS

ONE-METER DIVING

Bryce Farabee	Freshman	291.95	BYU	Queen Creek, AZ/Highland HS
Eddie Young	Sophomore	281.25	BYU	Shoreline, WA/Shorewood HS
Tanner Williams	Freshman	239.05	BYU	Loveland, CO/Thompson Valley HS

400 MEDLEY RELAY

Jake Taylor	Sophomore	3:14.66	BYU	Las Vegas, NV/Mountain Crest HS
Chad Sorensen	Sophomore	3:14.66	BYU	The Woodlands, TX/The Woodlands HS
Lucas Aquino	Freshman	3:14.66	BYU	Rio de Janeiro, Brazil
Andrew Rutherford	Senior	3:14.66	BYU	Alpharetta, GA/Chattahoochee HS

Oliver Simkovic	Senior	3:14.77	Pacific	Vienna, Austria/Wasagasse Gym
Cameron Franke	Junior	3:14.77	Pacific	Davis, CA/Davis HS
Dai Wilson	Senior	3:14.77	Pacific	Zomba, Malawi/Glenwood HS
Cooper Rogers	Junior	3:14.77	Pacific	Perth, Australia/Wesley College

400 IM

Stephen Richards	Sophomore	3:53.26	BYU	McLean, VA/Langley HS
Jose Gonzalez	Junior	3:53.96	Hawaii	Laguna, Philippines/Trace College
Jared Lasko	Sophomore	4:00.58	Hawaii	Reno, NV/Galena HS

100 FLY

Jordan Fletcher	Senior	49.06	BYU	Sandy, UT/West Jordan HS
Jared Vu	Freshman	49.71	Pacific	San Francisco, CA/Lincoln HS
Karch Perkins	Sophomore	50.32	Hawaii	Tualatin, OR/Tualatin HS

200 FREE

Kacy Johnson	Sophomore	1:38.93	Hawaii	Honolulu, HI/Iolani School
Cooper Rogers	Junior	1:39.30	Pacific	Perth, Australia/Wesley College
Matt Stuhr	Senior	1:39.65	Pacific	Santa Rosa, CA/Santa Rosa JC

100 BREAST

Michael King	Junior	55.39	BYU	American Fork, UT/American Fork HS
Andrew Rutherford	Senior	55.42	BYU	Alpharetta, GA/Chattahoochee HS
Cody Burkard	Junior	55.91	Pacific	Mequon, WI/Homestead HS

100 BACK

Oliver Simkovic	Senior	48.39	Pacific	Vienna, Austria/Wasagasse Gym
Jordan Fletcher	Senior	49.18	BYU	Sandy, UT/West Jordan HS
Karch Perkins	Sophomore	50.57	Hawaii	Tualatin, OR/Tualatin HS

THREE-METER DIVING

Matt Hopper	Junior	291.80	BYU	Phoenix, AZ/Desert Vista HS
Eddie Young	Sophomore	276.15	BYU	Shoreline, WA/Shorewood HS
David Corless	Junior	246.30	BYU	La Crescenta, CA/Crescenta Valley HS

200 FREE RELAY

Karl-Richard Hennebach	Sophomore	1:21.15	Hawaii	Leipzig, Germany/Sports Leipzig
Karch Perkins	Sophomore	1:21.15	Hawaii	Tualatin, OR/Tualatin HS
Ryan Makuta	Sophomore	1:21.15	Hawaii	El Segundo, CA/El Segundo HS
Ali Maclean	Junior	1:21.15	Hawaii	Taunton, UK/Plymouth College
Dai Wilson	Senior	1:21.83	Pacific	Zomba, Malawi/Glenwood HS
Casey Fleming	Junior	1:21.83	Pacific	San Jose, CA/Valley Christian HS
Matt Stuhr	Senior	1:21.83	Pacific	Santa Rosa, CA/Santa Rosa JC
Kevin Schirmer	Senior	1:21.83	Pacific	Danville, CA/San Ramon Valley HS

1650 FREE

Kale Ai	Freshman	15:56.41	Pacific	Honolulu, HI/Kamehameha HS
Brandon Presswood	Junior	16:01.24	Pacific	Yuba City, CA/Yuba City HS
Gabe Jones	Sophomore	16:06.47	Pacific	Fresno, CA/Clovis West HS

200 BACK

Ali Maclean	Junior	1:47.05	Hawaii	Taunton, Somerset, UK/Plymouth
Jose Gonzalez	Junior	1:48.28	Hawaii	Laguna, Philippines/Trace College
Curtis Klein	Freshman	1:49.30	Pacific	West Linn, OR/West Linn HS

100 FREE

Cooper Rogers	Junior	45.29	Pacific	Perth, Australia/Wesley College
Ryan Makuta	Sophomore	45.36	Hawaii	El Segundo, CA/El Segundo HS
Mckay King	Sophomore	45.55	BYU	American Fork, UT/American Fork HS

200 BREAST

Andrew Rutherford	Senior	2:02.44	BYU	Alpharetta, GA/Chattahoochee HS
PJ Gabayeron	Senior	2:02.47	Hawaii	Cerritos, CA/Cerritos College
Cody Burkard	Junior	2:04.50	Pacific	Mequon, WI/Homestead HS

200 FLY

Dai Wilson	Senior	1:48.84	Pacific	Zomba, Malawi/Glenwood HS
Kacy Johnson	Sophomore	1:50.23	Hawaii	Honolulu, HI/Iolani School
Michael Mortenson	Freshman	1:50.62	BYU	Las Vegas, NV/Palo Verde HS

PLATFORM DIVING

David Corless	Junior	232.75	BYU	La Crescenta, CA/Crescenta Valley HS
Matt Hopper	Junior	218.15	BYU	Phoenix, AZ/Desert Vista HS
Bryce Farabee	Freshman	217.50	BYU	Queen Creek, AZ/Highland HS

400 FREE RELAY

Trent Williams	Junior	2:58.26	Pacific	San Rafael, CA/Terra Linda HS
Casey Fleming	Junior	2:58.26	Pacific	San Jose, CA/Valley Christian HS
Matt Stuhr	Senior	2:58.26	Pacific	Santa Rosa, CA/Santa Rosa JC
Cooper Rogers	Senior	2:58.26	Pacific	Perth, Australia/Wesley College
Rafa Alfaro	Junior	3:00.01	BYU	San Salvador, El Salvador
Mckay King	Sophomore	3:00.01	BYU	American Fork, UT/American Fork HS
Stott Bushnell	Senior	3:00.01	BYU	Fallbrook, CA/Fallbrook HS
Andrew Rutherford	Senior	3:00.01	BYU	Alpharetta, GA/Chattahoochee HS