



SOUTH DAKOTA STATE UNIVERSITY

JACKRABBIT ATHLETICS NEWS RELEASE

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2021-22 SWIMMING AND DIVING INFORMATION

Jacks face busy weekend in the pool

JACKRABBIT NOTES — OCT. 15-16

2021-22 SCHEDULE

OCTOBER

2 at Nebraska (W) L, 54-189
 8 AUGUSTANA Men: W, 196-98
 Women: W, 178-116
 15 IOWA STATE (W) 5 p.m.
 16 at Iowa Central/vs. Barton (M/W) 1 p.m.

NOVEMBER

5-6 at USD Quad Dual (M/W at Sioux Falls) TBA
 13 at Omaha (M/W) 2 p.m.
 18-20 at Augustana Invitational (M/W) 5 p.m.

JANUARY

15 ST. CLOUD STATE (M/W) TBA
 22 at South Dakota (M/W) 1 p.m.
 28-29 at USD Last Chance Meet (M/W at Sioux Falls) TBA

FEBRUARY

16-19 at Summit League Championships (M/W) TBA
 (at West Fargo, N.D.)

MARCH

10-12 at National Invitational Championships (M/W) TBA
 (at Elkhart, Ind.)



IOWA STATE at SOUTH DAKOTA STATE

Women's Swimming & Diving Dual • 5 p.m. Friday
 Marshall Center Pool; Brookings, South Dakota

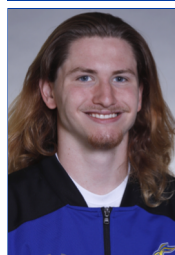
EVENT ORDER

200 Medley Relay
 1,000 Freestyle
 200 Freestyle
 50 Freestyle
 200 Individual Medley
 1-Meter Diving
 100 Butterfly
 100 Freestyle
 100 Backstroke
 500 Freestyle
 3-Meter Diving
 100 Breaststroke
 400 Freestyle Relay

SOUTH DAKOTA STATE at IOWA CENTRAL/vs. BARTON

Men's and Women's Swimming & Diving Double Dual • 1 p.m. Saturday
 Fort Dodge High School; Fort Dodge, Iowa

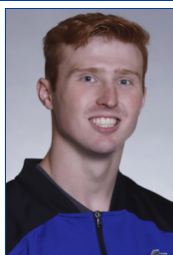
JACKRABBITS TO WATCH



ZACH BOYD

Junior
 Omaha,
 Nebraska
 • 2020-21
 Summit League
 Diver of the Year
 • Won both
 1-meter and

3-meter titles at 2021 league championships



ALEX KRAFT

Senior
 Shakopee,
 Minnesota
 • Three-time
 all-Summit
 League
 performer
 • 2021 finalist

in 100, 200 and 500 freestyle



ELISABETH TIMMER

Junior
 Savaneta,
 Aruba
 • Earned All-
 Summit League
 honors in six
 events at 2021

league championships
 • Holds school and home pool
 records in 50 freestyle



KELSEY KOCON

Sophomore
 St. Michael,
 Minnesota
 • Top performer
 in backstroke
 and IM events
 prior to season-

ending injury during 2020-21
 campaign

SOUTH DAKOTA STATE SWIMMING & DIVING NOTES

MEN'S ROSTER

NAME	YEAR	HOMETOWN
Chad Anderson	Jr.	Lawrence, Kan.
Eric Anderson	Fr.	Fargo, N.D.
Marcus Benson	So.	Park Rapids, Minn.
Zach Boyd	Jr.	Omaha, Neb.
Zander Boyd	So.	Deer Park, Texas
Parker Brown	Sr.	Maple Grove, Minn.
Tyler Buss	Fr.	Prior Lake, Minn.
Spencer Fritze	Jr.	Park Rapids, Minn.
Nicholas Grivna	Grad.	Blaine, Minn.
Caleb Harthoorn	Jr.	Norfolk, Neb.
Sam Johnson	R-Fr.	Sioux Falls, S.D.
Alex Kraft	Sr.	Shakopee, Minn.
Liam Murray	Jr.	Omaha, Neb.
Rafael Negri	Fr.	Sao Paulo, Brazil
Luke Nichols	Fr.	North Liberty, Iowa
Ross Ritter	Fr.	Watertown, S.D.
Collin Schock	Fr.	Grand Haven, Mich.
Charles Sieglaff	So.	Lincoln, Neb.
Henry Skinner	Sr.	Prior Lake, Minn.
Naested Smit	Jr.	Lusaka, Zambia
Austin Smith	Fr.	The Woodlands, Texas
Matt Sorenson	So.	Mission Viejo, Calif.
Quenton Steffen	Sr.	Eagan, Minn.
Reece Stikeleather	Jr.	Lee's Summit, Mo.
Erik Thompson	Jr.	Prior Lake, Minn.
Damon Venner	Sr.	Sioux Falls, S.D.
Justin Wallar	Sr.	Chesterton, Ind.
Gavin Wheeler	Jr.	Atlanta, Ga.
Max White	Jr.	Kokomo, Ind.

Head Coach: Doug Humphrey
Assistant Coach: Cassie Hendricks
Diving Coach: Caleb Crevier

Sports Information Contact: Jason Hove

Oct. 14, 2021

BROOKINGS, S.D. — The South Dakota State University women's swimming and diving team faces a busy weekend with a pair of competitions over a two-day span.

The Jackrabbits, 1-1 in duals, are scheduled to host Iowa State at 5 p.m. Friday at the Marshall Center Pool before traveling to Fort Dodge, Iowa, for a double dual with Iowa Central and Barton (Kan.)

South Dakota State's men's squad also will make the trip to Fort Dodge on Saturday to face Iowa Central and Barton. Start time for that competition for both teams is 1 p.m. at Fort Dodge High School.

The Jackrabbit men are 1-0 in duals so far this season.

LAST TIME OUT: The Jackrabbits opened the home season by sweeping home duals from Augustana Oct. 8.

Men's Recap

Freshman Austin Smith won two event titles in his collegiate debut and Gavin Wheeler added a pair of victories to help propel the South Dakota State men's swimming and diving team to a 196-98 victory over Augustana.

Smith clocked a winning time of 53.28 seconds in the 100-yard backstroke for his first event title, then closed the individual portion of the meet with a victory in the 200 individual medley with a time of 1 minute, 58.68 seconds.

Wheeler swam his way to victories in the breaststroke events, winning the 100 in 59.80 seconds and the 200 in 2:12.28. He also swam on the winning 200 medley relay as a member of the Jackrabbits' B relay team. The quartet of Caleb Harthoorn, Wheeler, Naested Smit and Rafael Negri edged the SDSU A squad by .37 seconds in the opening event of the meet.

Five other Jackrabbits claimed individual event titles on the night, including Charles Sieglaff in the 50 freestyle (:21.83) and Alex Kraft in the 100 freestyle (:48.09). Damon Venner added a victory in the 500 freestyle, out-touching Augustana's Brady Monson by .19 seconds with a winning time of 4:58.10.

In the diving events, reigning Summit League Men's Diver of the Year Zach Boyd posted a score of 306.30 points to win the 3-meter competition, while teammate Spencer Fritze earned a win on the 1-meter board with a score of 278.40.

The team of Negri, Sieglaff, Kraft and Justin Wallar closed the dual with a winning time of 3:12.27 in the 400 freestyle relay.

Women's Recap

Elisabeth Timmer and Emma Walz each established new pool records in helping lead the South Dakota State women's swimming and diving team to a 178-116 victory over Augustana in the Jackrabbits' home-opening dual.

A junior from Savaneta, Aruba, Timmer set a new Marshall Center Pool women's standard in the 50-yard freestyle, clocking a winning time of 23.92 seconds. That broke the previous mark of 23.97 seconds set by North Dakota's Carissa Gormally in 2009.

Timmer also claimed two other individual events and opened the meet by swimming on the Jackrabbits' winning 200 medley relay. She won the 200 freestyle in 1 minute, 55.84 seconds and closed her night by cruising to victory in the 100 butterfly with a time of 58.90 seconds.

The 200 medley relay quartet of Kelsey Kocon, Morgan Nelson, Timmer and Emma Bachelder posted a winning time of 1:48.80.

Bachelder added individual wins in the 100 freestyle (:54.20) and 100 breaststroke (1:07.78) and also teamed with Kocon, Grace Witherspoon and Walz for a winning time of 3:38.34 in the 400 freestyle relay.

Walz's record-setting performance came in the 200 backstroke, turning in a time of 2:05.71 to better the previous mark of 2:06.14 by Nebraska's Hayley Martin in 2012.

SOUTH DAKOTA STATE SWIMMING & DIVING NOTES

WOMEN'S ROSTER

NAME	YEAR	HOMETOWN
Zoey Ahrens	So.	Bettendorf, Iowa
Emma Bachelder	So.	Decorah, Iowa
Isabelle Berlin	Fr.	Omaha, Neb.
Natalie Cannell	So.	Olathe, Kan.
Rori Conners	Sr.	Henderson, Nev.
Sianne Downes	So.	Edenvale, South Africa
Katie Drezen	Jr.	Dixon, Ill.
Mie Due	So.	Rancho Palos Verdes, Calif.
Samantha Frigard	Sr.	Mound, Minn.
Gabriella Gnewuch	Jr.	Verona, Wis.
Adria Golla	Sr.	Bakersfield, Calif.
Alison Hall	So.	Minnetonka, Minn.
Makenzie Herzog	Fr.	Melrose, Minn.
Kelsey Kocon	So.	St. Michael, Minn.
Leticia Mendes	Sr.	Rio de Janeiro, Brazil
Morgan Nelson	Fr.	Pierre, S.D.
Katie Pattee	Fr.	Farmington, Minn.
Annemarie Rehbein	Fr.	Independence, Mo.
Abbi Rouse	Sr.	Lincoln, Neb.
Aleni Stoakes	Jr.	Lincoln, Neb.
Olivia Tagart	Fr.	Thornton, Colo.
Elisabeth Timmer	Jr.	Savaneta, Aruba
Emma Walz	So.	Fremont, Neb.
Grace Witherspoon	Jr.	Eden Prairie, Minn.
Breeanna Wolkerstorfer	Jr.	Monticello, Minn.

Head Coach: Doug Humphrey
Assistant Coach: Cassie Hendricks
Diving Coach: Caleb Crevier

The Jackrabbits' Sianne Downes edged Walz by one one-hundredth of a second to win the 100 backstroke in 58.27 seconds. Downes was runner-up in the 200 back behind Walz with a time of 2:09.09, with Walz also taking second in the 50 freestyle behind Timmer in 25.17 seconds.

Abbi Rouse swept the diving events for SDSU, winning the 1-meter competition with a score of 221.16 and claiming the 3-meter title with 223.80 points.

In all, the Jackrabbits won 12 of the 16 events. Samantha Frigard added an event title in the 200 breaststroke with a time of 2:30.30.

ATHLETES OF THE WEEK: Through the first two weeks of the 2021-22 season, three Jackrabbits have been honored as Summit League athletes of the week for swimming and diving.

To kick off the season, Aleni Stoakes was honored as the first TicketSmarter Summit League Women's Diver of the Week. A junior from Lincoln, Nebraska, Stoakes posted scores of 200.78 on the 1-meter board and 181.57 in 3-meter competition at a season-opening dual Oct. 2 at Nebraska.

A week later, Erik Thompson was selected as TicketSmarter Summit League Men's Diver of the Week after a pair of runner-up finishes. An all-Summit League performer a year ago and a junior from Prior Lake, Minnesota, Thompson placed second with a score of 261.15 points in the 1-meter competition and 268.13 on the 3-meter board.

Also honored Oct. 12 was Elisabeth Timmer as TicketSmarter Summit League Women's Swimmer of the Week. Timmer received the award after winning four event titles and clocking a new pool record in the Oct. 8 dual against Augustana.

A junior from Savaneta, Aruba, Timmer won the 50-yard freestyle in a pool-record time of 23.92 seconds, bettering a mark that stood for 12 years. She also claimed individual races in the 100 butterfly (58.90 seconds) and 200 freestyle (1:55.84) and was a member of the winning 200 medley relay, teaming with Kelsey Kocon, Morgan Nelson and Emma Bachelder for a time of 1:48.80.

Timmer's award marked the fourth time in her career she has been named Summit League Women's Swimmer of the Week.

ANDERSON COMPETES INTERNATIONALLY: South Dakota State freshman Eric Anderson represented the United States at the FINA World Cup earlier this month in Europe.

In early October, in Berlin, Germany, Anderson finished 19th in the preliminaries of the 50-meter freestyle with a time of 22.67 seconds. The following week, in Budapest, Hungary, Anderson improved his time to 22.36 seconds en route to an 18th-place showing out of 50 international competitors.

Anderson also competed in the short-course competition in the 100-meter freestyle and 50-meter butterfly, posting respective top times over the two competitions of 49.53 seconds and 25.04 seconds.

A native of Fargo, North Dakota, Anderson was selected for Team USA based on his performance at the Olympic Swimming Trials this past summer in Omaha, Nebraska. He is expected to rejoin the Jackrabbits this week.

SUMMIT LEAGUE POLLS: The South Dakota State women's swimming and diving team is picked to finish second in the 2021-22 Summit League race and the men's squad has been tabbed third, according to preseason polls announced recently.

The Jackrabbit women are coming off a second-place finish at last season's Summit League Championship and received one first-place vote in this year's survey among the league's six head coaches.

Defending champion Denver received the five other first-place votes to finish with 25 points. SDSU was second with 20 points, followed by South Dakota with 18 points. The remainder of the poll consisted of Omaha (13 points), newcomer St. Thomas (8 points) and Eastern Illinois (6 points).

SUMMIT LEAGUE PRESEASON POLLS

WOMEN

1. Denver (5)	25
2. South Dakota State (1)	20
3. South Dakota	18
4. Omaha	13
5. St. Thomas	8
6. Eastern Illinois	6

MEN

1. South Dakota (4)	23
2. Denver (2)	21
3. South Dakota State	16
4. Omaha	12
5. St. Thomas	10
6. Eastern Illinois	8

In the men's division, defending champion South Dakota earned the nod in the top spot with four first-place votes and 23 points. Denver received two first-place votes en route to the second spot with 21 points, with the Jackrabbits third with 16 points.

Omaha (12), St. Thomas (10) and Eastern Illinois (8) rounded out the men's poll.

The Jackrabbit men's squad also placed second at last year's league championships.

In addition, SDSU had a pair of representatives in both divisions on the list of Summit League Swimmers and Divers to Watch. On the women's side, Elisabeth Timmer and Kelsey Kocon were honored.

Timmer, a junior from Savaneta, Aruba, was honored as the Summit League Women's Swimmer of the Week three times last season en route to earning all-league honors in the sprint freestyle events and four relays. She is the school record holder in the 50 freestyle and also is a member of the Jackrabbits' record-setting 200 freestyle relay.

Kocon, a sophomore from St. Michael, Minnesota, was a top performer in the backstroke events last season before being hampered by an injury.

Representing the Jackrabbit men were junior diver Zach Boyd and senior swimmer Alex Kraft. An Omaha native, Boyd was honored as the 2021 Summit League Men's Diver of the Year after winning conference titles on both the 1- and 3-meter boards. He also earned NCAA Zones qualifying scores in both events.

Kraft, a senior from Shakopee, Minnesota, has been a mainstay in the Jackrabbit lineup in the freestyle and breaststroke events throughout his career. He earned all-Summit League recognition as a member of the 800 freestyle relay team last season.

The 2022 Summit League Swimming and Diving Championships are slated for Feb. 16-19 in West Fargo, North Dakota.

HENDRICKS TAKES ON NEW ROLE: Former Jackrabbit swimmer Cassie Hendricks recently was promoted to assistant coach for the South Dakota State men's and women's swimming and diving teams.

A Brookings native, Hendricks served the past two seasons as a graduate assistant coach for the Jackrabbits. She also fills the role of the program's recruiting coordinator.

Hendricks earned all-Summit League honors in 2016 and recorded top-10 times during her Jackrabbit career in the 100 backstroke, 200 backstroke and 50 freestyle.

She also serves as the head coach of the Brookings Swim Club.

COACH HUMPHREY: Doug Humphrey begins his fifth season as head coach of the South Dakota State men's and women's swimming and diving teams.

Last season, the Jackrabbits recorded runner-up finishes at the Summit League Swimming and Diving Championships in both the men's and women's divisions, continuing an upward trend in the standings. SDSU had previously finished third in the men's race in each of Humphrey's previous seasons on deck with the Jackrabbits, along with a pair of third-place performances on the women's side.

Prior to SDSU, Humphrey served as the head women's swimming and diving coach at Northern Iowa for five seasons. His Panther squads showed steady progression in the Missouri Valley Conference, including posting back-to-back third-place finishes at the conference championship his final two seasons in Cedar Falls.

Humphrey served as the assistant swimming coach at the University of Nebraska from 2000-12 under Olympic gold medalist Pablo Morales. He swam for the Huskers from 1991-96 and later served as a graduate assistant coach at his alma mater.

A LOOK AHEAD: The Jackrabbits will be off from competition until resuming action Nov. 5-6 at the USD Quad Dual. The two-day meet will be held at the Midco Aquatic Center in Sioux Falls.

WOMEN'S TOP PERFORMANCES

50 FREESTYLE: 23.92 seconds, by Elisabeth Timmer, at Nebraska, 10-2-2021, and vs. Augustana, 10-8-2021 (pool record)
100 FREESTYLE: 52.24 seconds, by Elisabeth Timmer, at Nebraska, 10-2-2021
200 FREESTYLE: 1:55.84, by Elisabeth Timmer, vs. Augustana, 10-8-2021
500 FREESTYLE: 5:23.52, by Zoey Ahrens, vs. Augustana, 10-8-2021
1,000 FREESTYLE: 11:04.20, by Zoey Ahrens, vs. Augustana, 10-8-2021
100 BACKSTROKE: 58.27 seconds, by Sianne Downes, vs. Augustana, 10-8-2021
200 BACKSTROKE: 2:05.71, by Emma Walz, vs. Augustana, 10-8-2021 (pool record)
100 BREASTSTROKE: 1:07.06, by Samantha Frigard, at Nebraska, 10-2-2021
200 BREASTSTROKE: 2:30.30, by Samantha Frigard, vs. Augustana, 10-8-2021
100 BUTTERFLY: 58.90 seconds, by Elisabeth Timmer, vs. Augustana, 10-8-2021
200 BUTTERFLY: 2:22.45, by Leticia Mendes, vs. Augustana, 10-8-2021
200 INDIVIDUAL MEDLEY: 2:15.87, by Kelsey Kocon, at Nebraska, 10-2-2021
200 FREESTYLE RELAY: 1:38.56, at Nebraska, 10-2-2021 (Timmer, Walz, Herzog, Drezen)
400 FREESTYLE RELAY: 3:38.34, vs. Augustana, 10-8-2021 (Kocon, Witherspoon, Walz, Bachelder)
200 MEDLEY RELAY: 1:48.80, vs. Augustana, 10-8-2021 (Kocon, Nelson, Timmer, Bachelder)
1-METER DIVING: 221.16, by Abbi Rouse, vs. Augustana, 10-8-2021
3-METER DIVING: 223.80, by Abbi Rouse, vs. Augustana, 10-8-2021

MEN'S TOP PERFORMANCES

50 FREESTYLE: 21.83 seconds, by Charles Sieglaff, vs. Augustana, 10-8-2021
100 FREESTYLE: 48.09 seconds, by Alex Kraft, vs. Augustana, 10-8-2021
200 FREESTYLE: 1:44.72, by Alex Kraft, vs. Augustana, 10-8-2021
500 FREESTYLE: 4:58.10, by Damon Venner, vs. Augustana, 10-8-2021
1,000 FREESTYLE: 10:50.52, by Collin Schock, vs. Augustana, 10-8-2021
100 BACKSTROKE: 53.28 seconds, by Austin Smith, vs. Augustana, 10-8-2021
200 BACKSTROKE: 1:59.97, by Caleb Harthorn, vs. Augustana, 10-8-2021
100 BREASTSTROKE: 59.80 seconds, by Gavin Wheeler, vs. Augustana, 10-8-2021
200 BREASTSTROKE: 2:12.28, by Gavin Wheeler, vs. Augustana, 10-8-2021
100 BUTTERFLY: 52.50 seconds, by Luke Nichols, vs. Augustana, 10-8-2021
200 BUTTERFLY: 2:02.43, by Max White, vs. Augustana, 10-8-2021
200 INDIVIDUAL MEDLEY: 1:58.68, by Austin Smith, vs. Augustana, 10-8-2021
400 FREESTYLE RELAY: 3:12.27, vs. Augustana, 10-8-2021 (Negri, Sieglaff, Kraft, Wallar)
200 MEDLEY RELAY: 1:37.29, vs. Augustana, 10-8-2021 (Harthorn, Wheeler, Smit, Negri)
1-METER DIVING: 278.40, by Spencer Fritze, vs. Augustana, 10-8-2021
3-METER DIVING: 306.30, by Zach Boyd, vs. Augustana, 10-8-2021