

# Northeast Conference

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## CCSU Wins 2008 NEC Swimming and Diving Championships *Blue Devils Sweep Awards En-Route to Second NEC Crown*

**New Haven, CT** -- Central Connecticut State secured its first NEC Swimming and Diving championship since 2001 after capturing a record 18 of the meet's 20 events. The Blue Devils (649.5) were followed by Saint Francis (PA) with 457 points. Wagner finished third with 436.5 points with Sacred Heart placing fourth with 222 points. Mount St. Mary's and St. Francis (NY) finished fifth (132) and sixth (126), respectively.

The Blue Devils' **Lindsey Snyder (Winterport, ME/Bangor)**, winner of three individual titles, earned 2008 NEC Outstanding Swimmer of the Meet honors after setting conference records in both the 100 and 200 back. The Blue Devils' **Liz Wahlberg (Manchester, CT/Manchester)** and **Kate Sohon (Southington, CT/Southington)**, champions of the one and three-meter boards, respectively, shared NEC Outstanding Diver honors, while sophomore **Alex Huffman (Wethersfield, CT/Wethersfield)** was named 2008 NEC Rookie of the Meet. CCSU head coach Bill Ball was tabbed NEC Coach of the Year, while assistant coach Dave Maliar earned Diving Coach of the Year honors.

Central Connecticut State's **Kristen Jurzynski (Seymour, CT/Seymour)** began the day with her second straight win in the 1650 free. The Seymour, CT native touched in with an NEC record time of 16:56.34, followed by Wagner's **Alexandra Tomlinson (Telford, PA/Souderton)** who placed second with a time of 17:14.51. The Blue Devils' **Alex Huffman (Wethersfield, CT/Wethersfield)** finished third (17:37.20). Teammate Snyder kept things rolling setting her second NEC record in as many days en-route to her fourth straight 200 back title (2:01.43). Sacred Heart's **Johannah Kos (Feeding Hills, MA/Agawam)** finished second with a time of 2:10.21, while Saint Francis' (PA) **Kristen Low (Mississauga, Ontario)** captured the bronze with a time of 2:13.65.

The Blue Devils' **Erin Crowley (Plainville, CT/Plainville)** captured her third individual title of the meet with a win in the 100 free (52.10). Saint Francis' (PA) **Melissa Heintz (Boyertown, PA)** finished second with a time of 54.17, followed by Wagner's **Lindsey Rodgers (Anaheim Hills, CA/Canyon)** in third with a time of 54.51. Teammates **Melanie Rodriguez-Lapman (Cheshire, CT/Cheshire)** and **Bethny Brown (Enfield, CT/Ennco Fermi)** finished 1-2 for the Seahawks in the 200 breast with times of 2:29.17 and 2:30.91, respectively. CCSU's **Alyssa Carlucci (Danbury, CT/Danbury)** placed third (2:32.61).

**Rachel Brookman (Rocky Hill, CT/Rocky Hill)**, who owns the NEC record in the 100 fly, captured her second straight 200 fly title, with a time of 2:02.90. Wagner **Jess Radka (Reading, PA/Holy Name)** recorded her second straight runner-up finish with a time of 2:05.33, while Sacred Heart's **Katie Marshall (Cumberland, RI/Saint Mary Academy-Bay View)**, the Pioneers recordholder in both the 100 and 200 fly, placed third with a time of 2:09.08.

(2008 NEC Swimming and Diving Championship Release; 1-of-2)

Central Connecticut State University • Fairleigh Dickinson University • Long Island University  
Monmouth University • Mount St. Mary's University • Quinnipiac University  
Robert Morris University • Sacred Heart University • St. Francis (NY) College  
Saint Francis (PA) University • Wagner College

Sohon captured gold in the three-meter board with a score of 196.80, while Wahlberg, the 2008 one-meter champion, placed second with a mark of 196.35. St. Francis' (NY) **Christina DeBianchi (Staten Island, NY/St. Joseph Hill Academy)** improved upon last year's fifth place finish, earning the bronze with a score of 172.65.

CCSU capped off the meet with a win in the 400 free relay. The Blue Devils' team of Crowley, Snyder, Jurzynski and Brookman touched in with a time of 3:31.17, with Wagner's **Jessica Hart (Summerfield, NC/Northwest)**, Rodgers, **Sarah Plucinsky (Allentown, PA/Allentown Central Catholic)** and **Halley Allen (Bryan, TX/Bryan)** placing second (3:34.66). Saint Francis' (PA) **Melissa Heintz (Boyertown, PA)**, **Sirae Riley (Lebanon, PA/Cedar Crest)**, **Stephanie O'Donnell (Prospect, CT/Woodland Regional)** and **Blair Kosela (Crescent, PA/Moon Area)** finished third with a time of 3:37.34.

#### 2008 NEC Swimming and Diving Individual Champions

200 FR:		CCSU		1:37.71
500 Free:	Kristen Jurzynski	CCSU	SR	4:56.94
200 IM:	Lindsey Snyder	CCSU	SR	2:07.04
50 Free:	Erin Crowley	CCSU	JR	23.88
1M Dive:	Liz Wahlberg	CCSU	SO	219.00
400 MR:		CCSU		3:55.25
200 MR:		CCSU		1:47.76
400 IM:	Kristen Jurzynski	CCSU	SR	4:29.84
100 Fly:	Rachel Brookman	CCSU	SR	55.98
200 Free:	Erin Crowley	CCSU	JR	1:52.31
100 Breast:	Bethny Brown	WC	FR	1:08.52
100 Back:	Lindsey Snyder	CCSU	SR	57.39
800 FR:		CCSU		7:36.98
1650 Free:	Kristen Jurzynski	CCSU	SR	16:56.34
200 Back:	Lindsey Snyder	CCSU	SR	2:01.43
100 Free:	Erin Crowley	CCSU	JR	52.10
200 Breast:	Melanie Rodriguez-Lapman	WC	SO	2:29.17
200 Fly:	Rachel Brookman	CCSU	SR	2:02.90
3M Dive:	Kate Sohon	CCSU	JR	196.80
400 FR:		CCSU		3:31.17

#### Team Standings (20 Events Scored)

1. Central Conn. St.	649.5
2. Saint Francis (PA)	457
3. Wagner	436.5
4. Sacred Heart	222
5. St. Francis (NY)	132
6. Mount St. Mary's	126