

Northeast Conference

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For Immediate Release
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Central Connecticut State Wins 2009 NEC Swimming And Diving Championship *Blue Devils Repeat After Capturing 16 Of 20 Events*

New Haven, CT -- Central Connecticut State repeated as the Northeast Conference Women's Swimming and Diving champions after capturing 16 of the meet's 20 events. The Blue Devils (552) were followed by Wagner with 535 points. Saint Francis (PA) finished with 411 points to place third, while Sacred Heart (222) and Bryant (189) took fourth and fifth, respectively. Mount St. Mary's (126) and St. Francis (NY) (111) rounded out the field of seven.

The 2009 NEC Outstanding Swimmer award went to WC's **Jessica Hart (Montreal, Canada)** after she set two NEC in records in both fly events, one of which met the NCAA B standard (100 fly, 54.07). The Blue Devils' **Mallory Miller (Southbury, CT/Pomperaug)** took home NEC Outstanding Diver accolades after capturing both the one-meter (219.05) and three-meter (235.10) board events, while CCSU's **Alex Czaplicki (North Haven, CT/North Haven)**, winner of three individual events, took home NEC Rookie of the Meet honors. CCSU head coach Bill Ball was tabbed the NEC Coach of the Year, while assistant coach Dave Maliar was named NEC Diving Coach of the Year.

Winning her third individual event was CCSU sophomore **Megan McGorry (West Haven, CT/West Haven)** as she set an NEC record in the longwinded 1650 freestyle with a time of 16:45.96. The senior Seahawk duo of **Alexandra Tomlinson (Telford, PA/Souderton)** and **Colleen Bowman (Hauppauge, NY/Hauppauge)** swept the remaining medals, taking the silver (17:12.17) and bronze (17:41.96), respectively.

The Blue Devils' Czaplicki also won a trio of individual events after placing first in the 200 backstroke (2:01.85), while the Red Flash saw freshman **Jessica Dunn (Bristow, VA/Seton School)** take second with a time of 2:06.18. Rounding out the top-three was WC's **Jakki Guenther (South Hadley, MA/South Hadley)** as she clocked in at 2:06.69. Senior **Erin Crowley (Plainville, CT/Plainville)** of CCSU became the third Blue Devil to win three individual gold medals as she won the 100 free for the second consecutive year with a time of 51.63, eclipsing her mark from a year ago (52.10). The Seahawk freshman pair of **Lauren French (Colmar, PA/North Penn)** and **Chelsea Beck (Reading, PA/Wilson)** took second (52.12) and third (53.10) place, respectively.

After swimming on CCSU's victorious 200 medley relay squad, rookie **Kristen Malski (Stratford, CT/Laurilton Hall)** earned her first individual triumph in the 200 breaststroke, touching the wall at 2:24.35. Teammate **Alyssa Carlucci (Danbury, CT/Danbury)** was right behind with a second-place time of 2:24.80, while WC's **Bethny Brown (Enfield, CT/Ennco Fermi)** captured third in 2:29.42.

WC junior Hart set another NEC record, this time in the 200 fly (2:00.46) during the preliminary round, and proceeded to win the event in 2:00.48, narrowly missing breaking her own record. SHU's **Katie Marshall (Cumberland, RI/Saint Mary Academy-Bay View)** finished in second place with a time of 2:07.92, while CCSU's **Heather Vendetta (South Windsor, CT/South Windsor)** claimed third (2:09.38).

(2009 NEC Swimming and Diving Championship Release; 1-of-2)

Bryant University (2012-13) • 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

The final event of the weekend was the 400 free relay, which was won by the Seahawk quartet of Hart, Beck, **Lindsey Rodgers (Anaheim Hills, CA/Canyon)** and French in a time of 3:30.35. The Blue Devils came in second place as McGorry, **Alyssa Carlucci (Danbury, CT/Danbury)**, Crowley and Czaplicki swam the relay in 3:31.98, and the Red Flash saw **Elise Merrill (Carlisle, PA/Big Spring)**, **Meg Seale (Winchester, VA/Seton School)**, **Angela Marino (Hollidaysburg, PA/Hollidaysburg Area)** and **Melissa Heintz (Boyertown, PA/Oley Valley)** take the bronze with a time of 3:38.63.

2009 NEC Swimming and Diving Individual Champions

200 FR:		WC		1:35.98
500 Free:	Megan McGorry	CCSU	FR	4:53.78
200 IM:	Alex Czaplicki	CCSU	FR	2:03.68
50 Free:	Erin Crowley	CCSU	SR	23.87
1M Dive:	Mallory Miller	CCSU	FR	219.05
400 MR:		CCSU		3:51.30
200 MR:		CCSU		1:46.73
400 IM:	Megan McGorry	CCSU	SO	4:29.55
100 Fly:	Jessica Hart	WC	JR	54.23
200 Free:	Erin Crowley	CCSU	SR	1:51.02
100 Breast:	Alyssa Carlucci	CCSU	FR	1:06.37
100 Back:	Alex Czaplicki	CCSU	FR	57.79
800 FR:		CCSU		7:32.99
1650 Free:	Megan McGorry	CCSU	SO	16:45.96
200 Back:	Alex Czaplicki	CCSU	FR	2:01.85
100 Free:	Erin Crowley	CCSU	SR	51.63
200 Breast:	Kristen Malski	CCSU	FR	2:24.35
200 Fly:	Jessica Hart	WC	JR	2:00.48
3M Dive:	Mallory Miller	CCSU	FR	235.10
400 FR:		WC		3:30.35

Team Standings (20 Events Scored)

1. Central Conn. St.	552
2. Wagner	535
3. Saint Francis (PA)	411
4. Sacred Heart	222
5. Bryant	189
6. Mount St. Mary's	126
7. St. Francis (NY)	111