

# Northeast Conference

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For Immediate Release  
February 18, 2011

## Central Connecticut State Holds The Lead Heading Into The Final Day

**Cambridge, MA** – Day two of the Northeast Conference (NEC) Swimming and Diving Championships brought another tightly packed scramble to the top of the leader board. However, after seven more events, Central Connecticut State clung to its top slot by a two-point margin, totaling 492 tallies. Saint Francis (PA), determined not to let the leaders get too comfortable, racked up a close-second 490 points. Wagner held the third spot through day two, with 373 points, while Bryant stayed in fourth with 296 points. Stacking up behind the Bulldogs was Sacred Heart, who surpassed Mount St. Mary's with 212 points, followed by the Mount's 180 mark. Rounding out the field of seven after day two was St. Francis (NY), amassing 123 points.

The 200-yard medley relay set a fast pace for the rest of the night, as Saint Francis' (PA) **Hanna Yttring (Gothenburg, Sweden/Katrinelundsgymnasiet)**, **Elise Lofgren (Monlyke, Sweden/Hulebacks)**, **Libby Francis (Dundee, Scotland/Grove Academy)** and **Alicia Ford (Whitney Point, NY/Whitney Point)** swam to a new NEC record. The Red Flash time of 1:44.53 was enough to ward off Bryant's **Casey Ostrander (Yarmouthport, MA/Barnstable)**, **Brianne Dwyer (Hicksville, NY/Saint Anthony's)**, **Kaitlin Buckley (Duxbury, MA/Duxbury)** and **Taylor DeBever (Denver, CO/Regis Jesuit)**, who touched second with a 1:45.42. In third was the Central Connecticut State contingent of **Hannah Packer (Manchester, CT/Manchester)**, **Kristen Malski (Stratford, CT/Laurilton Hall)**, **Alex Czaplicki (North Haven, CT/North Haven)** and **Taylor Friedmann (Berlin, CT/Berlin)**, checking in at 1:46.58.

Just like day one, Central Connecticut State claimed the first individual event of the second night. Czaplicki, winner the 200-yard individual medley, struck gold again in the longer distance. The junior proved she was truly a jack of all trades, clocking a decisive 4:26.61 in the 400-yard individual medley. Saint Francis' (PA) Yttring spoiled a Blue Devil sweep with her 4:28.47 mark, which was good for a silver. Extending for the bronze in a Central cap was **Lauren O'Kelly (Brewster, NY/Brewster)**, who registered a 4:29.81.

In the 100-yard butterfly, Saint Francis (PA) found an answer to Czaplicki's victory, as rookie Francis brought home the win for the Red Flash in a winning time of 55:71. Mount St. Mary's **Courtney Griffith (Westminster, MD/Westminster)** earned her school's first medal of the meet with a silver-worthy 56.06. Similarly, Sacred Heart's **Katie Marshall (Cumberland, RI/Saint Mary Academy-Bay View)** gave the Pioneers their first hardware by touching at 57.89 for a bronze.

In one of the most exciting races of the night, Bryant's DeBever upset 2010 defending champion in the 200-yard freestyle. In what was sure to amount to a close race, the Bulldog freshman cracked 1:50.00 to win gold in a time of 1:49.98. Friedmann, the 500-yard

### (2011 NEC Swimming and Diving Day One Results; 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

freestyle champion from last night, trailed only slightly in second with a 1:50.16. Wagner's **Sarah Menendez (Land O'Lakes, FL/Wharton)** joined the party in third, swimming a 1:51.65.

Following the theme of the two previous races, the third rookie of the night clocked a winning time to take the 100-yard breaststroke. The Red Flash's Lofgren earned the title with as 1:03.23, while a two swimmers from Central Connecticut tied for second. Teammates Malski and **Kristen Gulia (Orange, CT/Amity)** both hit at identical times of 1:05.12.

Bryant earned its second gold of the night, and Ostrander earned her second individual title of the meet. After winning the 50-yard freestyle last night, the sophomore won her second straight 100-yard backstroke crown and broke her own conference record, hitting the pad at 55.83. Central Connecticut State took the remaining podium positions, as **Helene Neuhaus (Weatport, CT/Staples)** swam a 57.07 and teammate Packer posted a 58.03.

Capping a night of close races and comeback victories was a thrilling come-from-behind triumph by Central Connecticut State's 800-yard freestyle relay team of Czaplicki, **Allison Rasile (Branford, Ct/Branford)**, **Katie Lang (Monroe, CT/Masuk)** and Friedmann. Friedmann made up a body length on Wagner during the last leg to touch at 7:34.42, simultaneously capturing the victory and keeping Central ahead in the team point column. Wagner's hard-fought silver medal was earned by Menendez, **Alexandra Cooney (Port Jervis, NY/Minisink Valley)**, **Kristiana Kalibut (Princeton, NJ/Princeton)** and **Meredith Ketchmark (Plainsboro, NJ/West-Windsor-Plainsboro)** in a time of 7:35.71. The Red Flash's **Jenny Demjanenko (New Albany, OH/Gahanna-Lincoln)**, Yttring, **Melissa Heintz (Boyertown, PA/Oley Valley)** and **Megan Collins (Free Monroeville, PA/Oakland Catholic)** got third with a 7:35.71.

The NEC Swimming and Diving Championships will resume tomorrow Feb., 19 at 11:00 a.m. for the final day of competition.

### 2011 NEC Swimming and Diving Individual Champions

|                 |                           |      |    |         |
|-----------------|---------------------------|------|----|---------|
| 200 Free Relay: | Bryant                    |      |    | 1:34.56 |
| 500 Free:       | Taylor Friedmann          | CCSU | SO | 4:50.57 |
| 200 IM:         | Alex Czaplicki            | CCSU | JR | 2:04.21 |
| 50 Free:        | Casey Ostrander           | BU   | SO | 23.60   |
| 1M Dive:        | Madison Vestergaard       | CCSU | JR | 243.95  |
| 400 MR:         | Saint Francis (PA)        |      |    | 3:47.94 |
| 200 MR:         | Saint Francis (PA)        |      |    | 1:44.53 |
| 400 IM:         | Alex Czaplicki            | CCSU |    | 4:26.61 |
| 100 Fly:        | Libby Francis             | SFPA | FR | 55.71   |
| 200 Free:       | Taylor DeBever            | BU   | FR | 1:49.98 |
| 100 Breast:     | Elise Lofgren             | SFPA | FR | 1:03.23 |
| 100 Back:       | Casey Ostrander           | BU   | SO | 55.83   |
| 800 Free Relay: | Central Connecticut State |      |    | 7:34.42 |

### Team Standings (13 Events Scored)

1. Central Conn. St. 492
2. Saint Francis (PA) 490
3. Wagner 373
4. Bryant 296
5. Sacred Heart 212
6. Mount St. Mary's 180
7. St. Francis (NY) 123

(2011 NEC Swimming and Diving; 2-of-2)