



2011-2012

Boys' Swimming and Diving

Season Results

Team Members by Grade

Seniors

Scott Bolles
Nathan Jensen
Matt Kroening
Victor Lugg *
Garth Natwick
Blake Nelson
Greg Norsten *
Lassi Raivonen

Juniors

Nathan Henning
Brady Johnson
David Khazanovich
Joey Mikels
Eric Moen
Andrew Pederson
Jordan Sanchez
Tyler Smith

Sophomores

Dollins Akembuom
Daniel Ehle
Eric Fleming
Bao Luong
Eric Westfall

Freshman

Will Bobo
Kenneth Huang
Brian Ingebretsen
Neal Rabuse
Jonathan Wu

Eighth Grade

Brady Bennett
Ian Carr
Nick Gartner
Benjamin Kania
Jon Kieschke
Garrett Norsten
William Tostenson

Seventh Grade

Eric Fong
Mark Spannbauer

Coaches

Marty Hoven
Rick Light
Billy Cuevas
Sherry Gross

Manager

Kasey Bosch
Maddie Norsten

* - Captain

Awards for 2011-2012

Most Spirit	*	Eric Moen
Most Improved New Swimmer	*	Kenneth Huang
Most Improved Returning Swimmer	*	Brian Ingebretsen
Hardest Worker	*	Garrett Norsten
Most Valuable Diver	*	Nathan Jensen
Most Valuable Swimmer	*	Greg Norsten
2012-2013 Captains	*	Eric Moen
	*	Nate Henning

Conference Awards

All-Conference	*	Greg Norsten
	*	Victor Lugg
Honorable Mention	*	Nate Henning
	*	Eric Westfall
	*	Brady Bennett
	*	David Khazanovich
	*	Nathan Jensen

State Awards

All State	*	Greg Norsten
	*	Victor Lugg
	*	David Khazanovich
	*	Nathan Henning

Royal Swimming and Diving Team Competition Results 2011-2012

	<u>Woodbury</u>	<u>Opponent</u>
Stillwater	85	93
Park	96	84
Cretin Derham-Hall	100	86
Hastings	81	89
Mounds View	81	100
East Ridge	78	100
Forest Lake	102	84
White Bear Lake	95	86
Roseville	94	87

Conference Record 5-4-0

Edina	82	102
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Non Conference Record 0-1-0

Dual Meet Record 5-5-0

Conference Relays	5 th out of 10
Woodbury Invite	1 st out of 7
Maroon Invite	10 th out of 13
True Team Section 4AA	3 rd out of 5
JV Champs	6 th out of 10
Section 4AA	3 rd out of 8
State Class AA	6 th out of 42

Suburban East Conference Standings

	W	L	T
Stillwater	9	0	0
East Ridge	8	1	0
Mounds View	7	2	0
Hastings	6	3	0
Woodbury	5	4	0
Cretin Derham Hall	4	5	0
Forest Lake	3	6	0
Park	2	7	0
Roseville	1	8	0
White Bear Lake	0	9	0

Suburban East Conference Boys Swimming and Diving Records

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Time</u>	<u>Year</u>
200 MR	P. Stacy, D. Cremons, A. Safonov, C. Wessels	Mounds View	1:39.84	2007
200 FR	Greg Norsten	Woodbury	1:43.59	2012
200 IM	Phil Seleskie	Hastings	1:53.21	2007
50 FR	Michael Richards	Roseville	21.37	2006
DIVING	John Schmidt	Stillwater	294.80	2002
100 FLY	Phil Seleskie	Hastings	51.77	2007
100 FR	Phil Seleskie	Hastings	47.55	2007
500 FR	Greg Norsten	Woodbury	4:40.66	2012
200 FRR	A. DeShaw, A. Knaak D. Najarian, B. Adair	Stillwater	1:28.44	2008
100BK	Greg Norsten	Woodbury	51.02	2012
100 BR	Greg Norsten	Woodbury	58.79	2010
400 FRR	R. Becicka, A. Safonov T. Gelderman, P. Stacy	Mounds View	3:17.62	2007

Section 4AA Team

200 Med Relay	Norsten, Greg; Westfall, Eric Khazanovich, David; Lugg, Victor	1:40.25	2 nd
200 Free	Brady Bennett William Tostenson Matthew Kroening Eric Moen	1:54.87 1:56.24 1:58.15 2:02.81	9 th 13 th 15 th 18 th
200 IM	Gregory Norsten Eric Westfall Daniel Ehle William Bobo	1:55.39 DQ 2:21.69 2:29.35	1 st 16 th 22 nd
50 Free	Victor Lugg Nate Henning David Khazanovich Scott Bolles	21.62 23.58 24.12 24.63	1 st 9 th 12 th 13 th
Diving	Nathan Jensen Ian Carr Nic Gartner Mark Spannbauer	237.30 231.20 75.15 74.15	12 th 15 th 21 st 23 rd
100 Fly	David Khazanovich Garth Natwick Daniel Ehle Eric Moen	58.90 1:00.33 1:03.71 1:07.66	7 th 11 th 17 th 21 st
100 Free	Victor Lugg Brady Bennett Nate Henning Scott Bolles	47.59 52.70 54.14 56.58	1 st 11 th 13 th 21 st
500 Free	Gregory Norsten Garrett Norsten William Tostenson Matthew Kroening	4:49.33 5:11.46 5:16.84 5:24.74	1 st 9 th 11 th 14 th
200 FRR	Lugg, Victor; Khazanovich, David Henning, Nate; Norsten, Gregory	1:29.60	2 nd
100 Back	Garth Natwick Brian Ingebretsen Andrew Pederson Jordan Sanchez	1:03.03 1:07.84 1:09.69 1:10.06	11 th 17 th 19 th 20 th
100 Breast	Eric Westfall Garrett Norsten William Bobo Eric Fong	1:07.50 1:09.05 1:14.94 1:17.10	6 th 9 th 18 th 21 st
400 FRR	Bennett, Brady; Tostenson, William Norsten, Garrett; Henning, Nate	3:34.36	6 th

Section 4AA Results

1. Stillwater	562
2. East Ridge	386
3. Woodbury	289
4. North St. Paul	221
5. Tartan	195
6. Park	184
7. White Bear Lake	152
8. St. Paul Harding	70

Minnesota State Class AA Results

200 Medley Relay	Greg Norsten; Eric Westfall David Khazanovich; Victor Lugg	1:39.97	9 th	
200 I.M.	Greg Norsten	1:49.76	1 st	AAA
50 Freestyle	Victor Lugg	:20.99	2 nd	AAC
100 Freestyle	Victor Lugg	:46.57	4 th	
500 Freestyle	Greg Norsten	4:34.10	3 rd	AAC
200 Freestyle Relay	Victor Lugg; David Khazanovich Nate Henning; Greg Norsten	1:28.56	7 th	

Woodbury Royals Swimming and Diving Varsity Records

<u>Event</u>	<u>Name</u>	<u>Time</u>	<u>Year</u>
200 Yard Medley Relay	J. Proulx, D. Simpson K. Sudoh, E. Grovender	1:37.24	1991
200 Yard Freestyle	Greg Norsten	1:43.59	2012
200 Yard Individual Medley	Greg Norsten	1:49.76	2012
50 Yd. Freestyle	Victor Lugg	:20.99	2012
Springboard Diving (6)	Jim Zagaria	282.45	1997
Springboard Diving (11)	Jim Zagaria	443.90	1997
100 Yard Butterfly	Greg Norsten	:50.16	2012
100 Yard Freestyle	Victor Lugg	:46.57	2012
500 Yard Freestyle	Greg Norsten	4:34.10	2012
200 Yard Freestyle Relay	E. Grovender, K. Leppla D. Simpson, K. Sudoh	1:26.46	1991
100 Yard Backstroke	Aaron Wood	:50.86	1998
100 Yard Breaststroke	Mark Maynard	:58.75	1999
400 Yard Freestyle Relay	M. Gates, D. Cheney T. Jackson, D. Nelson	3:11.90	1981