

Carleton vs St Olaf - January 31 2026 - 1/31/2026
Meet Program - Session 1

Event 1 Women 1 mtr Diving

Lane	Name	Age	School	
Flight 1 of 1 Finals				
1	Johnson, Erica	19	St Olaf-MN	168.15
2	Schwab, Nina	19	Carleton-MN	NP
3	Williams, Taylor	18	St Olaf-MN	134.20
4	Carr, Savannah	19	St Olaf-MN	159.55
5	Westrup, Hailey	21	Carleton-MN	NP
6	McCormick, Alayna	18	St Olaf-MN	185.70
7	Haines, Emma	20	St Olaf-MN	175.20

Event 2 Men 1 mtr Diving

Lane	Name	Age	School	
Flight 1 of 1 Finals				
1	Mallick, Usman	19	St Olaf-MN	XNP
2	Anderson, Hans	21	Carleton-MN	NP
3	Lindholm, Jesse	21	Carleton-MN	NP
4	Ruppe, Charlie F	22	Carleton-MN	NP
5				
6				

Event 3 Women 200 Yard Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	St Olaf-MN	C	NT
	1) Porrata, Ellie 22	2) Olson, Rachael 22	
	3) Krueger-Barth, Rowan 21	4) Roberts, Zoe R 22	
2	Carleton-MN	B	NT
	1) Wong, Lily S 21	2) Ashland, Bryn T 21	
	3) Tucker, Daya V 21	4) Geddes, Maya 18	
3	St Olaf-MN	A	1:47.14
	1) Small, Olivia 19	2) Gunderson, Norah A 18	
	3) Hultgren, Mckenna S 20	4) Schmitzer, Alana E 21	
4	Carleton-MN	A	NT
	1) Hou, Grace J 21	2) Yao, Emma 21	
	3) Morton, Zoe G 22	4) Michalski, Julia 18	
5	St Olaf-MN	B	NT
	1) Heim, Theron H 20	2) Kortuem, Alivia 20	
	3) Carroll, Cassidy B 18	4) Minetto, Lena M 18	
6	Carleton-MN	C	NT
	1) Soillis, Lilly M 20	2) Sachs, Aviva T 22	
	3) Grogan, Ella A 20	4) Wootten, Nora 21	

Event 4 Men 200 Yard Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	St Olaf-MN	C	NT
	1) Cox, Nate J 20	2) Loerzel, Jacob G 20	
	3) Petrin, Eli R 18	4) Bergren, Anders 19	
2	Carleton-MN	B	NT
	1) Lee, Dawson 19	2) Pearson, Thor 19	
	3) Rankin, Jackson J 20	4) Lee, Alex 20	
3	St Olaf-MN	A	1:35.09
	1) Yung, Aiden G 22	2) Starcevich, Nick R 22	
	3) Homme, Jack J 21	4) Williams, Luke 20	
4	Carleton-MN	A	NT
	1) Chang, Nicholas J 22	2) Schmitzer, Luke 19	
	3) Kozak, Warren J 20	4) Tollefson, Neil 19	
5	St Olaf-MN	B	NT
	1) Giddings, Beau D 21	2) Porrata, Eoin A 19	
	3) Cameron, Daniel P 20	4) Elling, Travis M 20	
6	Carleton-MN	C	NT
	1) Sun, Erik 19	2) Zhang, Nathan G 20	
	3) Newton, Cam 18	4) Petricka, Leif A 20	

Event 5 Women 1000 Yard Freestyle

Lane	Name	Age	School	Seed Time
Heat 1 of 1 Finals				
1	Hopewell, Olivia	21	St Olaf-MN	NT
2	Andersen, Chelsea D	18	Carleton-MN	NT
3	McDaniel, McKelvey J	20	St Olaf-MN	11:19.79
4	Baranov, Stephanie V	22	Carleton-MN	NT
5	Reeg, Kaia J	20	St Olaf-MN	NT
6	Shaker, Ava M	20	Carleton-MN	NT

Event 6 Men 1000 Yard Freestyle

Lane	Name	Age	School	Seed Time
Heat 1 of 1 Finals				
1				
2	Rotter, Carson	19	Carleton-MN	NT
3	Griffley-Byram, Leo	22	St Olaf-MN	NT
4	Krogman, Matthew D	21	Carleton-MN	NT
5	Roberts, Nathaniel	19	St Olaf-MN	NT
6				

Event 7 Women 200 Yard Freestyle

Lane	Name	Age	School	Seed Time
Heat 1 of 1 Finals				
1	Heim, Theron H	20	St Olaf-MN	NT
2	Martin Del Campo, Lulu R	19	Carleton-MN	NT
3	Minetto, Lena M	18	St Olaf-MN	2:01.31
4	Ashland, Bryn T	21	Carleton-MN	NT
5	Bell, Karissa E	20	St Olaf-MN	NT
6	Soillis, Lilly M	20	Carleton-MN	NT

Carleton vs St Olaf - January 31 2026 - 1/31/2026

Meet Program - Session 1

Event 8 Men 200 Yard Freestyle

Lane	Name	Age	School	Seed Time
Heat 1 of 1 Finals				
1				
2	Pearson, Thor	19	Carleton-MN	NT
3	Elling, Travis M	20	St Olaf-MN	1:46.34
4	Petricka, Leif A	20	Carleton-MN	NT
5	Cameron, Daniel P	20	St Olaf-MN	1:57.86
6	Chang, Nicholas J	22	Carleton-MN	NT

Event 9 Women 50 Yard Backstroke

Lane	Name	Age	School	Seed Time
Heat 1 of 2 Finals				
1				
2				
3	Schmidt, Della	21	St Olaf-MN	NT
4	Heintz, Gretchen J	19	Carleton-MN	NT
5	Wolner, Harper		St Olaf-MN	NT
6				

Heat 2 of 2 Finals

1	Carroll, Cassidy B	18	St Olaf-MN	29.59
2	Wong, Lily S	21	Carleton-MN	NT
3	Small, Olivia	19	St Olaf-MN	NT
4	Hou, Grace J	21	Carleton-MN	NT
5	Hultgren, Mckenna S	20	St Olaf-MN	NT
6	Mayor, Elizabeth	19	Carleton-MN	NT

Event 10 Men 50 Yard Backstroke

Lane	Name	Age	School	Seed Time
Heat 1 of 1 Finals				
1	Tan, Will S	20	Carleton-MN	NT
2	Sun, Erik	19	Carleton-MN	NT
3	Cox, Nate J	20	St Olaf-MN	26.93
4	Lee, Dawson	19	Carleton-MN	NT
5	Helgen, Oskar S	19	St Olaf-MN	27.60
6	Zhao, Aaron C	19	Carleton-MN	NT

Event 11 Women 50 Yard Breaststroke

Lane	Name	Age	School	Seed Time
Heat 1 of 2 Finals				
1				
2				
3				
4	Taraday, Lola S	22	Carleton-MN	NT
5				
6				
Heat 2 of 2 Finals				
1	Roberts, Zoe R	22	St Olaf-MN	NT
2	Hebard, Eleanor	21	Carleton-MN	NT
3	Hauck, Josie E	19	St Olaf-MN	NT
4	Yao, Emma	21	Carleton-MN	NT
5	Sylvester, Samantha M	20	St Olaf-MN	NT
6	Sachs, Aviva T	22	Carleton-MN	NT

Event 12 Men 50 Yard Breaststroke

Lane	Name	Age	School	Seed Time
Heat 1 of 2 Finals				
1				
2				
3				
4	Zhang, Nathan G	20	Carleton-MN	NT
5				
6				
Heat 2 of 2 Finals				
1	Loerzel, Jacob G	20	St Olaf-MN	NT
2	Newton, Cam	18	Carleton-MN	NT
3	Homme, Jack J	21	St Olaf-MN	NT
4	Schmitzer, Luke	19	Carleton-MN	NT
5	Yung, Aiden G	22	St Olaf-MN	NT
6	Kong, Jeffrey X	21	Carleton-MN	NT

Event 13 Women 100 Yard Butterfly

Lane	Name	Age	School	Seed Time
Heat 1 of 1 Finals				
1	Kalb-Bourke, Susannah	21	Carleton-MN	NT
2	Wootten, Nora	21	Carleton-MN	NT
3	Gunderson, Norah A	18	St Olaf-MN	NT
4	Stankiewicz-Goldsmit, Olivi	18	Carleton-MN	NT
5				
6	Roh, Ava S	21	Carleton-MN	NT

Event 14 Men 100 Yard Butterfly

Lane	Name	Age	School	Seed Time
Heat 1 of 1 Finals				
1	Musenze, Christian	20	St Olaf-MN	58.40
2	Johnson, Aiden J	21	Carleton-MN	NT
3	Giddings, Beau D	21	St Olaf-MN	56.16
4	Rankin, Jackson J	20	Carleton-MN	NT
5	Petrin, Eli R	18	St Olaf-MN	57.25
6	Clausman, Will M	22	Carleton-MN	NT

Event 15 Women 50 Yard Freestyle

Lane	Name	Age	School	Seed Time
Heat 1 of 2 Finals				
1	Heintz, Gretchen J	19	Carleton-MN	NT
2	Weissman, Natalie	19	Carleton-MN	NT
3	Combs, Rose	20	Carleton-MN	NT
4	Hofmann, Clara M	19	Carleton-MN	NT
5	Trackman, Alison J	21	Carleton-MN	NT
6	Fields, Clara D	20	Carleton-MN	NT
Heat 2 of 2 Finals				
1	Schmidt, Della	21	St Olaf-MN	NT
2	Tucker, Daya V	21	Carleton-MN	NT
3	Smith, Josie	19	St Olaf-MN	25.68
4	Michalski, Julia	18	Carleton-MN	NT
5	Krueger-Barth, Rowan	21	St Olaf-MN	26.09
6	Hebard, Eleanor	21	Carleton-MN	NT

Carleton vs St Olaf - January 31 2026 - 1/31/2026

Meet Program - Session 1

Event 16 Men 50 Yard Freestyle

Lane	Name	Age	School	Seed Time
Heat 1 of 2 Finals				
1				
2	Harrold, Tommy	19	Carleton-MN	NT
3	Chen, James	20	Carleton-MN	NT
4	Kozak, Warren J	20	Carleton-MN	NT
5	Scott, Charlie	19	Carleton-MN	NT
6	Rose, Gabe D	19	Carleton-MN	NT
Heat 2 of 2 Finals				
1	Andersen, Noah	20	St Olaf-MN	24.65
2	Rosseel, John G	20	Carleton-MN	NT
3	Starceвич, Nick R	22	St Olaf-MN	21.21
4	Tollefson, Neil	19	Carleton-MN	NT
5	Bergren, Anders	19	St Olaf-MN	23.20
6	Mohr, Austin	21	Carleton-MN	NT

Event 17 Women 1 mtr Diving

Lane	Name	Age	School	Seed Time
Flight 1 of 1 Finals				
1	Schwab, Nina	19	Carleton-MN	NP
2	McCormick, Alayna	18	St Olaf-MN	352.50
3	Haines, Emma	20	St Olaf-MN	229.20
4	Westrup, Hailey	21	Carleton-MN	NP
5	Williams, Taylor	18	St Olaf-MN	208.60
6	Johnson, Erica	19	St Olaf-MN	195.95
7	Carr, Savannah	19	St Olaf-MN	222.30

Event 18 Men 1 mtr Diving

Lane	Name	Age	School	Seed Time
Flight 1 of 1 Finals				
1	Lindholm, Jesse	21	Carleton-MN	NP
2	Mallick, Usman	19	St Olaf-MN	XNP
3	Anderson, Hans	21	Carleton-MN	NP
4	Ruppe, Charlie F	22	Carleton-MN	NP
5				
6				

Event 19 Women 100 Yard Freestyle

Lane	Name	Age	School	Seed Time
Heat 1 of 2 Finals				
1	Weissman, Natalie	19	Carleton-MN	NT
2	Combs, Rose	20	Carleton-MN	NT
3	Martin Del Campo, Lulu R	19	Carleton-MN	NT
4	Grogan, Ella A	20	Carleton-MN	NT
5	Shaker, Ava M	20	Carleton-MN	NT
6	Fields, Clara D	20	Carleton-MN	NT
Heat 2 of 2 Finals				
1	Bell, Karissa E	20	St Olaf-MN	NT
2	Morton, Zoe G	22	Carleton-MN	NT
3	McDaniel, McKelvey J	20	St Olaf-MN	55.17
4	Geddes, Maya	18	Carleton-MN	NT
5	Smith, Josie	19	St Olaf-MN	NT
6	Wong, Lily S	21	Carleton-MN	NT

Event 20 Men 100 Yard Freestyle

Lane	Name	Age	School	Seed Time
Heat 1 of 2 Finals				
1				
2	Scott, Charlie	19	Carleton-MN	NT
3	Rosseel, John G	20	Carleton-MN	NT
4	Pearson, Thor	19	Carleton-MN	NT
5	Mohr, Austin	21	Carleton-MN	NT
6				
Heat 2 of 2 Finals				
1	Petrin, Eli R	18	St Olaf-MN	NT
2	Lee, Noah	20	Carleton-MN	NT
3	Bergren, Anders	19	St Olaf-MN	NT
4	Tollefson, Neil	19	Carleton-MN	NT
5	Andersen, Noah	20	St Olaf-MN	55.91
6	Petricka, Leif A	20	Carleton-MN	NT

Event 21 Women 100 Yard Backstroke

Lane	Name	Age	School	Seed Time
Heat 1 of 1 Finals				
1	Schmidt, Della	21	St Olaf-MN	NT
2	Soillis, Lilly M	20	Carleton-MN	NT
3				
4	Hou, Grace J	21	Carleton-MN	NT
5	Heim, Theron H	20	St Olaf-MN	1:07.36
6	Shaker, Ava M	20	Carleton-MN	NT

Event 22 Men 100 Yard Backstroke

Lane	Name	Age	School	Seed Time
Heat 1 of 1 Finals				
1	Tan, Will S	20	Carleton-MN	NT
2	Lee, Dawson	19	Carleton-MN	NT
3	Helgen, Oskar S	19	St Olaf-MN	59.49
4	Chang, Nicholas J	22	Carleton-MN	NT
5	Elling, Travis M	20	St Olaf-MN	NT
6	Zhao, Aaron C	19	Carleton-MN	NT

Event 23 Women 100 Yard Breaststroke

Lane	Name	Age	School	Seed Time
Heat 1 of 1 Finals				
1	Olson, Rachael	22	St Olaf-MN	1:18.65
2	Yao, Emma	21	Carleton-MN	NT
3	Schmitzer, Alana E	21	St Olaf-MN	NT
4	Michalski, Julia	18	Carleton-MN	NT
5	Hauck, Josie E	19	St Olaf-MN	NT
6	Tucker, Daya V	21	Carleton-MN	NT

Event 24 Men 100 Yard Breaststroke

Lane	Name	Age	School	Seed Time
Heat 1 of 1 Finals				
1				
2	Newton, Cam	18	Carleton-MN	NT
3	Yung, Aiden G	22	St Olaf-MN	1:00.43
4	Schmitzer, Luke	19	Carleton-MN	NT
5	Loerzel, Jacob G	20	St Olaf-MN	1:08.91
6	Zhang, Nathan G	20	Carleton-MN	NT

Carleton vs St Olaf - January 31 2026 - 1/31/2026

Meet Program - Session 1

Event 25 Women 500 Yard Freestyle

Lane	Name	Age	School	Seed Time
Heat 1 of 1 Finals				
1	Kalb-Bourke, Susannah	21	Carleton-MN	NT
2	Andersen, Chelsea D	18	Carleton-MN	NT
3	Porrata, Ellie	22	St Olaf-MN	5:31.22
4	Baranov, Stephanie V	22	Carleton-MN	NT
5	Gunderson, Norah A	18	St Olaf-MN	NT
6	Ashland, Bryn T	21	Carleton-MN	NT

Event 26 Men 500 Yard Freestyle

Lane	Name	Age	School	Seed Time
Heat 1 of 1 Finals				
1				
2	Krogman, Matthew D	21	Carleton-MN	NT
3	Williams, Luke	20	St Olaf-MN	NT
4	Rotter, Carson	19	Carleton-MN	NT
5	Musenze, Christian	20	St Olaf-MN	NT
6	Clausman, Will M	22	Carleton-MN	NT

Event 27 Women 50 Yard Butterfly

Lane	Name	Age	School	Seed Time
Heat 1 of 3 Finals				
1				
2	Trackman, Alison J	21	Carleton-MN	NT
3	Grogan, Ella A	20	Carleton-MN	NT
4	Taraday, Lola S	22	Carleton-MN	NT
5	Hofmann, Clara M	19	Carleton-MN	NT
6				
Heat 2 of 3 Finals				
1	Wolner, Harper		St Olaf-MN	NT
2	Stankiewicz-Goldsmit, Olivi	18	Carleton-MN	NT
3	Kortuem, Alivia	20	St Olaf-MN	NT
4	Roh, Ava S	21	Carleton-MN	NT
5	Carroll, Cassidy B	18	St Olaf-MN	NT
6	Wootten, Nora	21	Carleton-MN	NT
Heat 3 of 3 Finals				
1	Hopewell, Olivia	21	St Olaf-MN	NT
2	Geddes, Maya	18	Carleton-MN	NT
3	Small, Olivia	19	St Olaf-MN	NT
4	Morton, Zoe G	22	Carleton-MN	NT
5	Hultgren, Mckenna S	20	St Olaf-MN	NT
6	Hou, Grace J	21	Carleton-MN	NT

Event 28 Men 50 Yard Butterfly

Lane	Name	Age	School	Seed Time
Heat 1 of 3 Finals				
1				
2				
3	Rose, Gabe D	19	Carleton-MN	NT
4	Scott, Charlie	19	Carleton-MN	NT
5	Harrold, Tommy	19	Carleton-MN	NT
6				

Heat 2 of 3 Finals

1	Cox, Nate J	20	St Olaf-MN	NT
2	Lee, Noah	20	Carleton-MN	NT
3	Petrin, Eli R	18	St Olaf-MN	NT
4	Johnson, Aiden J	21	Carleton-MN	NT
5	Cameron, Daniel P	20	St Olaf-MN	NT
6	Kong, Jeffrey X	21	Carleton-MN	NT

Heat 3 of 3 Finals

1	Bergren, Anders	19	St Olaf-MN	NT
2	Rankin, Jackson J	20	Carleton-MN	NT
3	Roberts, Nathaniel	19	St Olaf-MN	NT
4	Kozak, Warren J	20	Carleton-MN	NT
5	Griffley-Byram, Leo	22	St Olaf-MN	NT
6	Newton, Cam	18	Carleton-MN	NT

Event 29 Women 100 Yard IM

Lane	Name	Age	School	Seed Time
Heat 1 of 2 Finals				
1	Bell, Karissa E	20	St Olaf-MN	NT
2	Sachs, Aviva T	22	Carleton-MN	NT
3	Kortuem, Alivia	20	St Olaf-MN	NT
4	Soillis, Lilly M	20	Carleton-MN	NT
5	Reeg, Kaia J	20	St Olaf-MN	NT
6	Stankiewicz-Goldsmit, Olivi	18	Carleton-MN	NT

Heat 2 of 2 Finals

1	Sylvester, Samantha M	20	St Olaf-MN	NT
2	Yao, Emma	21	Carleton-MN	NT
3	Hultgren, Mckenna S	20	St Olaf-MN	NT
4	Michalski, Julia	18	Carleton-MN	NT
5	Hauck, Josie E	19	St Olaf-MN	NT
6	Mayor, Elizabeth	19	Carleton-MN	NT

Event 30 Men 100 Yard IM

Lane	Name	Age	School	Seed Time
Heat 1 of 2 Finals				
1	Griffley-Byram, Leo	22	St Olaf-MN	NT
2	Rotter, Carson	19	Carleton-MN	NT
3	Starcevich, Nick R	22	St Olaf-MN	NT
4	Kong, Jeffrey X	21	Carleton-MN	NT
5	Giddings, Beau D	21	St Olaf-MN	NT
6	Clausman, Will M	22	Carleton-MN	NT

Heat 2 of 2 Finals

1	Porrata, Eoin A	19	St Olaf-MN	NT
2	Pearson, Thor	19	Carleton-MN	NT
3	Loerzel, Jacob G	20	St Olaf-MN	NT
4	Chang, Nicholas J	22	Carleton-MN	NT
5	Mallick, Usman	19	St Olaf-MN	NT
6	Zhao, Aaron C	19	Carleton-MN	NT

Carleton vs St Olaf - January 31 2026 - 1/31/2026

Meet Program - Session 1

Event 31 Women 200 Yard Freestyle Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	St Olaf-MN	C	NT
	1) Porrata, Ellie 22	2) Eastman, Sawyer D 19	
	3) Olson, Rachael 22	4) Russell, Lauren N 20	
2	Carleton-MN	B	NT
	1) Ashland, Bryn T 21	2) Grogan, Ella A 20	
	3) Wong, Lily S 21	4) Wootten, Nora 21	
3	St Olaf-MN	A	1:37.10
	1) Schmitzer, Alana E 21	2) Small, Olivia 19	
	3) Smith, Josie 19	4) McDaniel, McKelvey J 20	
4	Carleton-MN	A	NT
	1) Tucker, Daya V 21	2) Morton, Zoe G 22	
	3) Geddes, Maya 18	4) Baranov, Stephanie V 22	
5	St Olaf-MN	B	NT
	1) Carroll, Cassidy B 18	2) Gunderson, Norah A 18	
	3) Krueger-Barth, Rowan 21	4) Minetto, Lena M 18	
6	Carleton-MN	C	NT
	1) Roh, Ava S 21	2) Hofmann, Clara M 19	
	3) Shaker, Ava M 20	4) Hebard, Eleanor 21	

Event 32 Men 200 Yard Freestyle Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			
2	Carleton-MN	B	NT
	1) Petricka, Leif A 20	2) Schmitzer, Luke 19	
	3) Lee, Dawson 19	4) Mohr, Austin 21	
3	St Olaf-MN	A	1:26.60
	1) Homme, Jack J 21	2) Starcevich, Nick R 22	
	3) Williams, Luke 20	4) Elling, Travis M 20	
4	Carleton-MN	A	NT
	1) Tollefson, Neil 19	2) Kozak, Warren J 20	
	3) Lee, Noah 20	4) Rosseel, John G 20	
5	St Olaf-MN	B	NT
	1) Andersen, Noah 20	2) Giddings, Beau D 21	
	3) Helgen, Oskar S 19	4) Musenze, Christian 20	
6	Carleton-MN	C	NT
	1) Tan, Will S 20	2) Chen, James 20	
	3) Harrold, Tommy 19	4) Sun, Erik 19	



ST. OLAF SWIM AND DIVE

Celebrating the Class of 2026



CLASS OF 2026

Back row: Aiden Yung, Zoe Roberts, Olivia Hopewell,
Nick Starcevich, Ellie Porrata, Beau Giddings,
Middle row: Zibby Hanifl, Rowan Krueger-Barth,
Paige Steenblock, Evgenia Roth, Rachael Olson,
Front row: Leo Griffey-Byram



Aiden Yung

Major: Quantitative Economics with a Finance emphasis

Favorite Event: 200 Breast

Future Plans: Pursue financial management and continue to study and take tests for his career.

Advice: “Always work to better yourself, others, and the team. Always try to have fun.”



Beau Giddings

Major: Kinesiology and Biology

Favorite Event: 100 fly & 100 back

Future Plans: Move to Iowa City and attend the University of Iowa’s Doctor of Physical Therapy program.

Advice: “I had an old coach who told me that coaching us was never about how we grew as swimmers, but it was always about how we grew as people. That’s something that’s stuck with me, and helped me persevere during hard times in the pool.”



Evgenia Roth

Major: Biology and Environmental Studies

Favorite Event: 1 Meter Diving

Future Plans: Attend graduate school for marine biology, and conduct genetic research on tropical corals to advance reef resiliency.

Advice: “Show up to practice with gratitude and a healthy dose of silliness, and the hard days are either learning opportunities or hilarious stories to tell.”



Ellie Porrata

Major: Quantitative Economics with a Public Health concentration and Management emphasis.

Favorite event: 500 Freestyle

Future Plans: Hoping to return to MedSpeed — a company Ellie interned in Chicago with last summer.

Advice: “Find something good in every practice. Whether that be your performance, a fun moment with a teammate, or a coach. Even if the practice sucked, you can leave with something positive in mind.”



Leo Griffey-Byram

Major: Kinesiology

Favorite Event: 100 Free

Future Plans: Take a gap year then go to physical therapy school.

Advice: "I wish someone told me to not compare myself to everyone else, we are all unique and have our good and bad days — give yourself some grace."



Nick Starcevich

Major: Math with a Statistics concentration

Favorite Event: 25 Free

Future Plans: Be a data analyst or go to grad school for an MS in data science.

Advice: "Find fun in everything you do at St. Olaf and embrace every moment. You'll miss it for the rest of your life. It's a beautiful phase that needs to be lived in. (Also find who you truly are and embrace that too... it gives yourself character.)"



Olivia Hopewell

Major: Film and Media with a concentration in Business and Management

Favorite Event: 200 Fly & 200 Free

Future Plans: Work in social media and eventually move to Chicago for television production

Advice: "Don't beat yourself up."



Paige Steenblock

Major: Biology

Favorite Event: 200 IM

Future Plans: Take a gap year while applying to medical school.

Advice: "Savor the memories and don't forget to have fun. What you'll remember is each other, the memories, and laughs — over any goal time or first place finish."



Rachael Olson

Major: Math with Statistics and Data Science concentration

Favorite Event: 200 Breast

Future Plans: Statistician in either healthcare or sports medicine.

Advice: “Laugh a lot as the fun times will be the ones you remember!”



Rowan Krueger-Barth

Major: Biology and Environmental Studies

Favorite Event: 200 Free Relay

Future Plans: Career in environmental protection and restoration of stream and wetland habitats.

Advice: “Don’t compare your progress to other people’s progress.”



Zibby Hanifl

Major: Studio Art and Art History

Favorite Event: 1 Meter Diving

Future Plans: Pursue a career in the fine arts industry — hopefully something to do with arts administration and education.

Advice: “I wish I would’ve been told to have more fun. Finding the fun and the connection with my teammates is what I really appreciate about being a diver — not winning or being the perfect athlete.”



Zoe Roberts

Major: Sociology and Anthropology with a Nordic Studies and Family Studies concentration.

Favorite Event: 50 Free & 100 Breast

Future Plans: Take a gap year to work before grad school to be a middle or elementary school counselor.

Advice: “One day you’ll only remember the good swims, good memories, and good people, so give those things your energy in the present.”