



## SPORTS NEWS

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Friday, February 18, 2005

*For immediate release*

### **Nowak named to All-Conference team in swimming for Saint Mary's**

The Michigan Intercollegiate Athletic Association (MIAA) announced their post-season All-MIAA swimming team on Friday and junior Sarah Nowak (Portage, Mich./Portage Northern) from Saint Mary's College earned her first all-conference honor.

Nowak led the Belles at their conference championship meet last weekend by setting team records in all three of the individual events she swam in. On the opening day of the meet, in the morning prelims she broke the 200 individual medley record she'd set last season and then broke the record again in placing fourth overall in the evening finals with a time of 2 minutes, 13.25 seconds.

Day two's event for Nowak was the 100 breaststroke and after a morning record swim she re-set the record in the evening finals with a 1:08.66 finishing in second place. On the third and final day of the meet she twice broke the 200 breaststroke record, placing second at night in a new record time of 2:28.53.

Nowak swam on four relays for Saint Mary's, each placing fifth, including the 800 freestyle relay in which she led off with a season-best split of 2:02.50 and anchoring the 400 freestyle relay in the meet's final event, coming from nearly two seconds behind to out touch the sixth place finisher by 0.17 seconds.

A highly decorated swimmer at Portage Northern, Nowak didn't swim her first year of college, and spent the first semester of her sophomore year studying abroad. Upon returning in the middle of the academic year and swim season, and with less than 45 days of training, she still set two team records at last season's conference meet.

Nowak and her teammates finished the conference meet in seventh place, only five points behind Alma College. Saint Mary's had held a slim lead over Alma for the first two days of the meet but slipped behind the Scots on the next to last event of the three-day championship, and though finishing ahead of the Scots in the final relay, couldn't vault themselves past Alma.

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