

Arizona State Swimming and Diving

Diving Pac-10 Championships
Feb. 28-Mar. 1



Championship Information:

The Arizona State men and women's diving teams head to Federal Way, Wash., this week to compete in the Pac-10 Diving Championships. The championships begin Thursday Feb. 28 and conclude Mar. 1.

Leader of the Pac:

At last year's Pac-10 Championships, Micky Benedetti swept the individual awards as he was named Pac-10 Male Diver of the Year and Pac-10 Newcomer of the Year. He won both the three-meter dive and the platform. Last season, Mark Bradshaw earned Pac-10 Coach of the Year for his fifth consecutive season.

Diving into the Olympic Games:

Former Sun Devil diver Joona Puhakka has qualified for this summer's Olympic Games in Beijing for his native Finland. Mark Bradshaw will help coach his former Sun Devil athlete.

Pac-10 Diver of the Month:

Benedetti has twice earned Pac-10 diver of the month this season. The junior was named Pac-10 Diver of the Month for the month of November and December. The addition of these two honors tallies up to four monthly honors for Benedetti.

Qualifying Marks? No Problem!

All four of ASU's divers that are not redshirting this season have qualified for the NCAA Zone Meet in both the one and three meter and have reached the qualifying marks numerous times this season. The women's qualifying marks are 265 and 280 for the one and three meter. The men's are 300 and 320 for the one and three meter respectively.

Schedule of Events:

<i>Date</i>	<i>Time</i>	<i>Event</i>
Feb. 28	11 a.m.	Women's 1 Meter Preliminary
	1:30 p.m.	Men's 3 Meter Preliminary
	4 p.m.	Women's 1 Meter Final
	5 p.m.	Men's 3 Meter Final
Feb. 29	11 a.m.	Men's 1 Meter Preliminary
	2:15 p.m.	Women's 3 Meter Preliminary
	4:15 p.m.	Men's 1 Meter Final
	5:15 p.m.	Women's 3 Meter Final
Mar. 1	10:45 a.m.	Women's Platform Preliminary
	12:45 p.m.	Men's Platform Preliminary
	2:15 p.m.	Women's Platform Final
	3:15 p.m.	Men's Platform Final

Head Diving Coach: Mark Bradshaw



In his 11 years as head coach at Arizona State, Mark Bradshaw has become one of the most successful coaches on campus. He has coached six All-Americans, including former Sun Devil diver Joona Puhakka who is a four-time NCAA champion. Bradshaw has also enjoyed success with his athletes at the Pac-10 championships. He has coached four divers, three men and women, to 14 Pac-10 individual championships. He has been named Pac-10 Coach of the Year for five consecutive seasons. Prior to ASU, Bradshaw held head diving coach jobs at Ohio University and United States Military Academy. Bradshaw is a 1985 graduate of Ohio State University where he was a four-time NCAA All-American in the one and three meter springboard.