



SPORTS INFORMATION

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FROM THE ST. MARY'S COLLEGE OF MARYLAND SPORTS INFORMATION OFFICE

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McDowell Selected as CAC Women's Swimmer-of-the-Week

North Huntingdon, Pa. – Brie McDowell (Doylestown, Pa./Hatboro-Horsham) became the second St. Mary's College of Maryland women's swimmer to be named the Capital Athletic Conference (CAC) Women's Swimmer-of-the-Week for the week ending January 20 as announced by Tom Byrnes, the CAC Commissioner, yesterday afternoon.

McDowell captured top honors in the 200 IM and the 200 back and then contributed the first leg of the first-place 400 medley relay as the Seahawks evened their CAC record at 2-2 with a 35-point (120-85) triumph over Salisbury University on January 19.

The junior co-captain finished 3.44 seconds ahead of the next swimmer in the 200 IM with her time of 2:15.66. She then followed that up with her winning time of 2:18.99 in the 200 back, which was 7.08 seconds ahead of the Sea Gulls' second-place finisher.

The 400 medley relay was 6.25 seconds ahead of the rest of the field with their time of 4:17.90.

Past CAC Women's Swimmers-of-the-Week

- 10/20 – Amanda Shanks – Marymount (Va.)
- **11/5 – Sofia Sokolove – St. Mary's (Md.)**
- 11/12 – Amanda Shanks – Marymount (Va.)
- 11/19 – Sarah Crockett – Mary Washington
- 12/3 – Ashley Smith – Marymount (Va.)
- 1/15 – Carlisle Robinson - Gallaudet