



**Jack Cook**  
**Senior**  
**Springfield, Pa./Springfield**  
**Major:** Accounting

Three-year letterman...has 29 1st-place finishes in dual-meet competition...Royal record-holder in the 100 (:55.51) and 200 backstroke (2:01.26) and member of Scranton record-setting 200 (1:40.07) and 400

(3:40.97) medley relay teams...has competed in 33 meets in his career...**2007-2008 (Junior Year):** Competed in 10 meets...posted 13 1st-place finishes in dual-meet competition...finished in the top 10 in three events at the Landmark Conference championships, including a 2nd-place finish in the 200 backstroke; in that event, set a new Scranton record in the preliminaries in a time of 2:00.83...also swam two relays at the Landmark Conference championships, swimming the second leg of the 400 free and the third of the 800 frees (Scranton placed fourth in both events)...**2006-2007 (Sophomore Year):** Competed in all 12 meets...ended the season with three top-10 finishes at the Middle Atlantic Conference championships: placed fifth in the 200 back (2:02.87), sixth in the 100 back (:56.43) and seventh in the 200 individual medley (2:05.47)...all three of his times at the MAC championships were season-bests...was also a member of the 200 medley relay that finished fourth in the MAC championships in a Royal record-breaking time of 1:40.07...posted eight 1st-place finishes in dual-meet competition...**2005-2006 (Freshman Year):** Competed in 11 meets...set two Royal individual records at the MAC championships: swam a time of :55.51 in the preliminary of the 100 back (finished 4th overall with a finals time of :55.90) and a time of 2:01.26 to place third in the 200 back...teamed with the late Brendan Giblin, Joe Veselovsky and Ian Mullin to set new Royal records in the 200 (1:40.42) and 400 (3:40.97) medley relays...posted seven 1st-place finishes in dual-meet competition.

**Conference Championship Finishes**

**2008 (Landmark Conference)**

- 200 Backstroke (2:01.26; 2nd)
- 100 Backstroke (:55.81; 4th)
- 200 IM (2:06.62; 10th)

**2007 (Middle Atlantic Conference)**

- 200 Backstroke (2:02.87; 5th)
- 100 Backstroke (:56.43; 6th)
- 200 IM (2:05.47; 7th)

**2006 (Middle Atlantic Conference)**

- 200 Backstroke (2:01.26; 3rd)
- 100 Backstroke (:55.90; 4th)
- 200 IM (2:05.76; 12th)

**Notables**

- Landmark Conference Academic Honor Roll (2008)
- Middle Atlantic Conference Academic Honor Roll (2007)
- Scranton record-holder in the 100 Back (:55.51)
- Scranton record-holder in the 200 Back (2:00.83)
- Member of Royal record-breaking 200 (1:40.07) and 400 (3:40.97) medley relay teams



**Joseph Costello**  
**Sophomore**  
**Edison, N.J./St. Joseph's**  
**Major:** Accounting

**2007-2008 (Freshman Year):**

Competed in all 11 meets...posted 10 1st-place finishes in dual meet competition...swam five different events...ended the year by placing in the top 10 in three

events at the Landmark Conference championships, including 7th-place finishes in the 500 (5:02.27) and 1650 (17:38.19) freestyle...cut his time by nearly a minute in the 1650 freestyle, from 18:24.67 against Elizabethtown on January 19 to 17:38.19 in the finals of the Landmark Conference championships in February...sliced his time in the 500 free, from 5:20.57 in a dual-meet against Cabrini on October 27 to a personal-best of 5:02.27 in the finals of the Landmark Conference championships...swam a personal-best of 1:52.89 in the 200 free in a preliminary heat of the Landmark Conference championships...swam the third leg of the 400 freestyle and the anchor of the 800 freestyle relays at the Landmark Conference championships, helping the Royals to 4th-place finishes in both events.

**Conference Championship Finishes**

**2008 (Landmark Conference)**

- 500 Freestyle (5:02.27; 7th)
- 1650 Freestyle (17:38.19; 7th)
- 200 Freestyle (1:54.09; 9th)