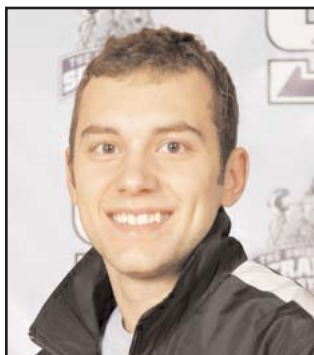


**Thomas Rodier**  
**Sophomore**  
**Delran, N.J./Holy Cross**  
**Major:** Secondary Education

**2007-2008 (Freshman Year):**  
 Completed in nine of 11 events...swam two individual events at the Landmark Conference championships, finishing tenth in the 100 (1:05.82) and 200 (2:26.09)

breaststroke...reduced his time in the 200 breaststroke, from 2:37.89 on November 10 to 2:23.33 in a preliminary heat at the Landmark Conference championships...cut nearly four seconds off his time in the 100 breaststroke, from 1:09.49 on November 3 to 1:05.82 in the Landmark Conference championships.

**Conference Championship Finishes**  
**2008 (Landmark Conference)**  
 100 Breaststroke (1:05.82; 10th)  
 200 Breaststroke (2:26.09; 10th)



**Derek Ruggiero**  
**Junior**  
**Delran, N.J./Holy Cross**  
**Major:** Biology

Two-year letterman...has competed in 18 meets in his career...member of the Royal record-setting 200 (1:28.74) and 400 (3:19.26) free relays...**2007-2008 (Sophomore Year):**

Competed in nine meets...posted five 1st-place finishes in dual-meet competition...competed in three events in the Landmark Conference championships and placed in the top-10 in two: finished eight in both the 50 (:23.67) and 100 free (:50.99)...swam a personal-best of :23.08 in a preliminary heat of the 50 free at the Landmark Conference championships...also swam all three relay events at the Landmark Conference championships: swam the anchor leg of the 200 free, which placed fourth in 1:33.04, and the opening leg of the 400 and 800 free, which Scranton placed fourth in both events in times of 3:24.83 and 7:42.67, respectively...**2006-2007 (Freshman Year):** Swam in nine events...qualified for two events at the Middle Atlantic Conference championships and finished 14th in both the 100 (:50.90) and 200 (1:54.08)



**Ruggiero continued**

free...swam the third leg of the 200 freestyle relay team at the MAC championships, which finished third in a Scranton record-setting time of 1:28.74...also swam the second leg of the 400 free relay at the MAC championship that set another Royal record in 3:19.26 and finished fourth overall.

**Conference Championship Finishes**  
**2008 (Landmark Conference)**  
 50 Free (:23.67; 8th)  
 100 Free (:50.99; 8th)  
 200 Free (1:56.94; 11th)

**2007 (Middle Atlantic Conference)**  
 100 Free (:50.90; 14th)  
 200 Free (1:54.08; 14th)

**Notables**  
 Member of Royal record-breaking 200 (1:28.74) and 400 (3:19.26) Freestyle Relay Teams



**Jeff Russo**  
**Sophomore**  
**Wayne, N.J./**  
**Pope John Paul XXIII**  
**Major:** Chemistry Computers

**2007-2008 (Freshman Year):**  
 Competed in all 11 meets...posted two 1st-place finishes in dual-meet competition: won the 100 free in :54.92 against Drew on January

26 and the 50 free in :24.09 against FDU-Florham on February 2...ended the season by competing in three events at the Landmark Conference championships: placed 11th in the 50 free (:24.00) and swam the 100 free (:53.43) and 100 breaststroke (1:09.88)...also swam the second leg of the 200 free relay to help Scranton to a fourth-place finish in a time of 1:33.04.

**Conference Championship Finishes**  
**2008 (Landmark Conference)**  
 50 Free (:24.00; 11th)  
 100 Free (:53.43)  
 100 Breaststroke (1:09.88)