

MOR MONTHLY

Marlins of Raleigh Swim Team

MARCH 2009 EDITION

Swim Meet Recap Publication



WILSON BARITELL
04/02/01

EMILY BEDSOLE
04/02/95

MADISON HALILOGLU
04/03/94

WILL HALL
04/03/98

GINA JOY
04/03/98

DEVIN PARKER
04/04/00

ROB POSTON
04/05/95

KELLIE JANES
04/07/93

GAGE DAVIS
04/09/97

NOLAN HOPKINS
04/09/97

CHESLEY NEPTUNE
04/10/98

SARA KOCHAN
04/11/95

WILL BELOTE
04/13/00

JOHN CARTER
04/15/98

ALI PAGE
04/16/95

EMILY GRIMM
04/17/00

TAYLOR HARRIS
04/17/91

CHRIS McBENNETT
04/22/96

RYAN DONNELLY
04/22/98

CALLIE BLANDFORD
04/23/01

CORWIN CARR
04/23/98

JESSICA VAN SCOYOC
04/23/96

DAVID CRAIG
04/24/95

MICKEY WARD
04/24/96

SYDNEY OYLER
04/25/98

MICHAEL COMSTOCK
04/26/99

JEFFREY WANG
04/26/92

OLENA SEMENOVA
04/29/99

RACHEL STRICKLAND
04/30/01

MAGNIFICENT MARCH!



The MOR team had a sensational March with many great season-ending performances and countless reminders of

the journey that is competitive swimming. So many MOR swimmers have achieved new standings since starting the short course season in September it will be difficult to credit every performance, but everyone can be proud of the efforts that our athletes have taken to get to this point in their development. After many, many miles of swim training and technical drilling and honing of skills, all of our swimmers can be proud of a true season of achievement. And March is, without a doubt, the biggest month in swimming. It all began with....



475 athletes from across North Carolina converged on the Pullen Aquatic Center when MOR hosted the **2009 B/C States Meet** on March 6-8. MOR had 84 swimmers participating and had 10 swimmers who won 16 individual events collectively. Winning four events was **Will Hall (10)**. Hall placed first in the 200 Free, 50/100 Back, and 200 IM. **Gabi Wall (12)** was first in the 50/100 Breast and 100 IM. **Blake Hooks (12)** was a double event winner taking first in the 100 Free and 50 Butterfly. In addition each of the following MOR swimmers won an event: **Sydney Baldwin (8)**, 25 Free; **Callie Blandford (8)**, 25 Fly; **Anika Arose (10)**, 200 Free; **Bethany Salapek (9)**, 100 Back; **Ali Page (13)**, 200 Fly; **Zack Leischner (11)**, 50 Free; **Christian Kofod (11)**, 200 IM.

MOR also had two relays take top honors. The 8&U Girls 100yd Free Relay team of **Madelyn Martin, Adrianna Cera, Callie Blandford, and Sydney Baldwin** placed first as did the 9-10 Girls 200yd Free Relay team of **Bathany Salapek, Ellie Baker, Riley Lockwood and Anika Arose**.

By the conclusion of the meet, MOR swimmers had amassed 46 new "B" times, 17 new "BB" times and 4 new "A" times. One of the meet highlights was a visit by 2004 Olympian Amanda Weir who is a former American record holder in the 100m Freestyle and swam on two Gold medal relays in Athens (2004). Amanda signed many autographs that day and no doubt planted the seeds of faster swimming in the minds of many. The following is a listing of MOR swimmers who achieved Top-8 finishes at the B/C States meet:

ADCOCK, William (9)
7th 9-10 50 Back 45.01 B
5th 9-10 100 Back 1:36.59 B

AROSE, Anika (10)
8th 9-10 50 Free 36.93 B

1st 9-10 200 Free 3:01.33 B
3rd 9-10 100 Free 1:23.31 B

BALDWIN, Porter (9)
4th 9-10 50 Back 43.88 B
4th 9-10 100 Free 1:22.73 B
5th 9-10 50 Fly 45.63 B
5th 9-10 100 IM 1:33.85 B

BALDWIN, Sydney (8)
1st 8-u 25 Free 16.35
8th 8-u 50 Breast 51.16 B
2nd 8-u 50 Free 36.76 B
6th 8-u 25 Fly 19.98
5th 8-u 100 Free 1:25.38 B

BATEMAN, Lauren (14)
4th 13-18 400 IM 5:32.42 BB

BELOTE, Will (8)
7th 8-u 50 Breast 55.46

BLANDFORD, Callie (7)
7th 8-u 25 Free 17.52
2nd 8-u 25 Back 19.7=63
3rd 8-u 50 Fly 44.05 B
4th 8-u 100 IM 1:38.04 B
3rd 8-u 50 Back 42.98 BB
1st 8-u 25 Fly 18.51
7th 8-u 100 Free 1:27.82 B

BOSSOW, Bailey (10)
4th 9-10 50 Free 35.95 BB
5th 9-10 100 Free 1:23.50 B
8th 9-10 50 Fly 46.31 B

BOULO, Delaney (13)
7th 13-18 500 Free 6:16.01 BB
7th 13-18 200 Back 2:40.79 B
4th 13-18 200 Fly 3:05.08
7th 13-18 200 Breast 3:03.81 B
6th 13-18 100 Back 1:13.42 BB

BROOKS, Mary Margaret (13)
8th 13-18 100 Breast 1:25.77 B

BUTLER, Harrison (12)
4th 11-12 50 Back 37.12 B

CLAPSADDLE, Anna (14)
4th 13-18 200 IM 2:30.91 A
6th 13-18 100 Breast 1:22.26 BB
7th 13-18 100 Fly 1:11.95 BB
2nd 13-18 200 Breast 2:53.98 BB
3rd 13-18 400 IM 5:24.30 BB

DeRONJA, Josie (8)
6th 8-u 50 Breast 50.62 B
3rd 8-u 25 Breast 23.10

DONNELLY, Kevin (12)
2nd 11-12 500 Free 6:50.84 B

DRDA, Andrew (11)
7th 11-12 200 IM 2:57.02 B
7th 11-12 500 Free 7:06.34
7th 11-12 50 Fly 37.84 B
4th 11-12 100 Back 1:22.11 B

DRDA, Nicholas (9)
4th 9-10 200 IM 3:33.54 B

EIDEN, Cassie (13)
3rd 13-18 200 IM 2:28.56 A
2nd 13-18 500 Free 5:57.75 BB
4th 13-18 50 Free 28.52 A
4th 13-18 100 Breast 1:21.15 BB
5th 13-18 200 Free 2:13.54 A

FELDMAN, Marshall (9)
7th 9-10 100 Back 1:38.20 B

HALE, Conor (13)
4th 13-18 200 IM 2:27.52 BB
6th 13-18 500 Free 6:05.8 BB
8th 13-18 100 Breast 1:19.49 B
7th 13-18 200 Free 2:14.95 BB
5th 13-18 200 Fly 2:51.19
7th 13-18 200 Breast 2:48.84 BB
6th 13-18 400 IM 5:23.37 BB

HALL, Will (10)
1st 10-u 200 IM 3:23.39 B
1st 10-u 50 Back 39.72 BB
1st 10-u 200 Free 2:52.86 B
1st 10-u 100 Back 1:26.66 BB
2nd 10-u 100 Free 1:21.16 B
3rd 10-u 100 IM 1:32.23 B

HEINEMAN, Jackson (7)
8th 8-u 100 IM 1:46.74

HOOKS, Blake (12)
1st 11-12 50 Fly 32.27 BB
1st 11-12 100 Free 1:07.21 BB
4th 11-12 50 Breast 41.52 B
2nd 11-12 100 IM 1:18.61 B

KOFOD, Annaleise (8)
7th 8-u 50 Free 38.57 B

KOFOD, Christian (11)
1st 11-12 200 IM 2:47.98 BB
4th 11-12 50 Free 31.24 B
7th 11-12 50 Back 37.94 B
4th 11-12 100 Fly 1:27.00
3rd 11-12 200 Free 2:30.08 B
5th 11-12 50 Fly 37.25
4th 1-12 100 Free 1:08.04 B
3rd 11-12 100 Back 1:21.20 B

LANE, Christine (13)
5th 13-18 200 IM 2:32.83 BB
8th 13-18 500 Free 6:20.91 BB
6th 13-18 50 Free 28.97 BB
2nd 13-18 100 Fly 1:08.80 BB
5th 13-18 200 Breast 2:59.19 BB

LEISCHNER, Zack (11)
3rd 11-12 500 Free 6:51.24 B
1st 11-12 50 Free 29.42 BB
3rd 11-12 50 Back 36.08 BB
5th 11-12 200 Free 2:35.70 B
6th 11-12 100 Free 1:11.15 B

LOCKWOOD, Riley (9)
7th 9-10 50 Fly 46.13 B

McBENNETT, Brendan (14)
5th 13-18 50 Free 26.74 BB
7th 13-18 100 Breast 1:19.44
4th 13-18 200 Back 2:21.98 BB
3rd 13-18 200 Free 2:06.29 BB
3rd 13-18 100 Free 59.05 BB

B/C STATES RESULTS (Continued)

McBENNETT, Brendan (14)
5th 13-18 200 Breast 2:46.36 BB
3rd 13-18 400 IM 5:10.48 BB

McBENNETT, Christopher (12)
3rd 11-12 50 Breast 40.46 BB

McCAULEY, Ashley (8)
2nd 8-u 50 Breast 49.33 B
2nd 8-u 25 Breast 23.06
8th 8-u 25 Fly 20.22

McVEY, Matthew (10)
8th 9-10 100 Free 1:24.03 B

MILLEN, Aengus (12)
8th 11-12 200 IM 2:57.44 B
6th 11-12 500 Free 6:57.79 B
3rd 11-12 100 Fly 1:26.26
8th 11-12 200 Free 2:38.59 B
8th 11-12 50 Fly 38.00 B
7th 11-12 100 IM 1:23.16 B

MORGAN, Olivia (14)
7th 13-18 200 IM 2:37.95 BB
5th 13-18 500 Free 6:06.67 BB
6th 13-18 200 Free 2:16.21 BB
5th 13-18 100 Free 1:02.64 BB

PAGE, Alison (13)
7th 13-18 50 Free 29.09 BB
5th 13-18 200 Back 2:36.40 BB
4th 13-18 100 Fly 1:10.75 BB
1st 13-18 200 Fly 2:39.00 BB
6th 13-18 400 IM 5:35.67 BB

POSTON, Rob (13)
3rd 13-18 200 Back 2:19.42 A
4th 13-18 100 Fly 1:10.11 B
8th 13-18 200 Free 2:15.08 BB
2nd 13-18 200 fly 2:34.54 B
3rd 13-18 100 Back 1:05.61 BB
5th 13-18 400 IM 5:18.39 BB

QUINN, Colin (11)
6th 11-12 200 Free 2:36.66 B

REZENDES, Rebecca (13)
6th 13-18 500 Free 6:15.85 BB
4th 13-18 200 Back 2:35.49 BB
3rd 13-18 200 Fly 2:59.76
5th 13-18 100 Back 1:12.96 BB
8th 13-18 400 IM 5:46.55 B

ROBERTSON, Evan (9)
5th 9-10 50 Free 35.85 B
7th 9-10 100 Breast 1:50.67 B
6th 9-10 50 Back 44.05 B
8th 9-10 100 Back 1:38.30 B
7th 9-10 100 IM 1:37.98 B

SALAPEK, Bethany (9)
7th 9-10 50 Free 36.51 B
7th 9-10 50 Back 44.12 B
5th 9-10 200 Free 3:10.66 B
6th 9-10 100 Free 1:23.63 B
1st 9-10 100 Back 1:29.03 BB

SEMENOVA, Helen (9)
2nd 9-10 100 Breast 1:44.87 BB
8th 9-10 200 Free 3:16.95 B
6th 9-10 50 Breast 50.38 B

SWANN, Sierra (15)
8th 13-18 100 Back 1:17.19 B

WALL, Gabi (12)
3rd 11-12 500 Free 6:54.58 B
3rd 11-12 50 Free 31.38 BB
1st 11-12 100 Breast 1:22.27 BB
3rd 11-12 200 Free 2:34.17 B
4th 11-12 100 Free 1:09.66 B
1st 11-12 50 Breast 38.12 BB
1st 11-12 100 IM 1:19.59 BB

WEDEGAERTNER, Olivia (14)
3rd 13-18 500 Free 6:02.98 BB
8th 13-18 100 Free 1:04.57 BB
6th 13-18 200 Breast 3:02.57 B
7th 13-18 100 Back 1:16.26 B
7th 13-18 400 IM 5:46.06 BB

WHITE, Kristin (18)
2nd 13-18 100 Breast 1:18.29 BB
6th 13-18 100 Free 1:03.05 BB
4th 13-18 200 Breast 2:58.84 B



AG SECTIONALS

MOR SWIMMERS RISE TO THE CHALLENGE MARCH 12-15 IN CHARLOTTE

The 39 MOR swimmers who attended the **Age Group Sectional Championships** in Charlotte came away with a 5th place finish in the overall team competition, one High Point Champion in the 10&U Boys age group by **Collier Cobb (10)** and several outstanding individual achievements.

As the individual high point winner in his age group, **Collier Cobb (10)** won five events and achieved AAAA times in 8 out of 9 swims at the meet. Cobb won the 200 Free (2:08.61), 100 Free (59.85), 500 Free (5:46.64), 50 Free (27.34) and 200 IM (2:30.28).

Tyler Silver (11) and **Caroline Mitchell (14)** each achieved National Top-10 reportable times at the meet. Silver for the 50, 100, 200, 1000 Free, 50/200 Back, 50/100/200 Fly, and 200/400 IM. Mitchell achieved reportable times in the 200 Fly and 400 IM. Mitchell's 200 Fly time of 2:02.10 was the qualifying time for the 2009 UltraSwim Meet to be held in Charlotte May 14-17.

23 individual team records were broken by MOR swimmers during the 2009 Age

Group Sectional Championships. **Collier Cobb** lowered his own mark in the 500 Free by nearly 6 seconds; **Kelsey Lawton (12)** took over the 50 (25.19), 100 (53.78) and 200 (1:59.71) Freestyle records; **Cameron Brown (12)** lowered the mark in the 50 (28.24) and 200 (2:16.78) Butterfly events; **Steven Craig (12)** lowered the 500 Free (5:14.56), 1000 Free (10:52.53) and 1650 Free (17:51.28), the mile falling by just over one minute; **Tyler Silver (11)** set new records in the 50 Free (24.75), 100 Free (53.46), 200 Free (1:58.22), 200 Back (2:12.00), 50 Fly (26.49), 100 Fly (58.51), 200 Fly (2:10.82), 200 IM (2:13.48) and 400 IM (4:45.99); **Caroline Mitchell** broke both the 100 Fly (58.34) and 200 Fly (2:02.10) records; and **Ben Miller (14)** took the 500 Free (4:53.66) and 1000 Free (10:02.53) record.

MOR also had two relays set new team records at the meet. The 11-12 Boys 200yd Medley Relay team of **Justin Ress (11)**, **Steven Craig (12)**, **Tyler Silver (11)** and **Andrzej Richardson (12)** set a new team record of 2:01.01. In the 11-12 Girls 200yd Free Relay, the time was lowered to 1:45.83 and was achieved by the team of **Cameron Brown (12)**, **Michaela Carter (12)**, **Carlie Brown (12)** and

Kelsey Lawton (12).

Congratulations to all the swimmers on a fantastic AG Sectionals experience!

MOR SCORES

PL	CLUB	SCORE
1	YSSC-SC	620
2	DYNA-GA	540
3	SA-GA	311
4	MAC-NC	276
5	MOR-NC	246
6	STAR-NC	160
7	WAVE-NC	153
8	NCAC-NC	132
9	GOLD-GA	116
10	PACK-SE	113.5
11	XCEL-SE	113
12	RSA-NC	109.5
13	HHA-SC	96
14	SMAC-NC	91
15	CMSA-SE	81

Next Issue

Spring has arrived and that can only mean that the **APRIL MOR MONTHLY** is just around the corner. The April issue, available online on April 30th will feature the following items:

- MOR AWARDS BANQUET
- SELECT CAMP HIGHLIGHTS
- MOR's COLLEGE-BOUND SWIMMERS
- MOR SCHOLASTIC HONOR ROLL # 3
- KATIE HOFF CLINIC REPORT
- MOR SUMMER MEET SCHEDULE
- HOW TO MAKE THE NCS ZONE TEAM
- USA SWIMMING SELECT CAMP
- SCHOLASTIC ALL AMERICANS



MOR finished in 7th place with 211 points in the Eastern Section of the **Southern Zone SR Championship Meet** March 5-8. With more than 750 athletes in attendance from across the southeastern U.S. this Section meet was one of the fastest in the nation this Spring. The meet boasted 3 Olympians and three of the nationally Top-5 ranked age group swim clubs. MOR's **Gabi Shishkoff (16)** qualified for this summer's USA World Championship Trials and set two new NCS records in the 15-16 200yd Fly and 400yd IM. **Taylor Harris (17)** achieved his first US Open qualifying time while achieving Top-8 placement in four individual events at the meet. **Elizabeth Oliver (17)** also finished in the top-8 with a 6th place in the 200yd Breaststroke.

MOR's relays were strong with 5 out of 6 women's relays scoring points including two "B" relays. The boys 800yd

SR SECTIONALS

Free relay also scored. MOR was in ninth place Friday, moved up to tie for 8th place on Saturday and then put on a big Sunday charge to finish 7th place overall. After finishing 5th at the NCS Senior Championship it was great to finish 3rd among NCS clubs at this higher level meet.

The racing and finishing power demonstrated by the MOR swimmers at this meet was tremendous and are a testament to the stepped up training and attendance by the attendees at this meet.

The following is a list of the top 16 place finishers from MOR at this meet:

Women
ESPLIN, Kirsten (18)
14th - 100 Breast - 1:06.26 AAAA
16th - 400 IM - 4:32.54 AAAA

LAWTON, Casey (15)
14th - 1650 Free - 17:18.45 AAAA
15th - 1000 Free - 10:43.72 AAA

LINKER, Katelyn (15)
12th - 400 IM - 4:25.62 AAAA

MITCHELL, Caroline (14)
15th - 200 Back - 2:04.10 AAAA

MITCHELL, Victoria (16)
9th - 1650 Free - 17:09.83 AAAA
10th - 1000 Free - 10:08.33 AAAA

OLIVER, Elizabeth (17)
6th - 200 Breast - 2:19.24p AAAA

SHISHKOFF, Gabi (16)
3rd - 400 IM - 4:13.29 AAAA
4th - 200 Fly - 1:58.88 AAAA
6th - 200 IM - 2:03.50 AAAA
7th - 1000 Free - 10:04.30 AAAA
10th - 200 Breast - 2:17.22 AAAA
12th - 200 Back - 2:01.70 AAAA

Men
HARRIS, Taylor (17)
3rd - 200 Back - 1:49.67p AAAA
6th - 400 IM - 3:57.35p AAAA
8th - 100 Breast - 57.81p AAAA
8th - 200 IM - 1:53.19p AAAA



MOR SCORES

PL	CLUB	SCORE
1	SA-GA	1319.5
2	MAC-NC	1144.5
3	LAK-KY	552..5
4	DYNA-GA	418
5	RSA-NC	416
6	LINS-GA	366.5
7	MOR-NC	211
8	DUKE-NC	191
9	GSC-NC	191
10	WAVE-NC	159
11	NSS-NC	143.5
12	BSC-SE	82
13	WOW-NC	75
14	ABSC-GA	70.5
14	NCAC-NC	70.5

TARHEEL STATES MEET

MOR had a spectacular finish to the 2008-2009 short course season by dominating the Tarheel States Meet. MOR clearly had the home pool advantage and had lots of cheering in the stands from our support team! MOR started out impressively and continued on throughout the weekend having over 110 swims in finals on both Saturday and Sunday nights! MOR finished first in 22 out of the 86 events offered in the meet including victories in every age group. It was a total team effort as 99 different MOR swimmers placed in the top 16. 12 different individuals won events along with 4 out of 16 relays. Included in the MOR domination were first through fifth place sweeps in 3 events! Swimmers winning events included: **Taylor Harris, Scott Johnson, Austin Parker, Steven Craig, Garret Troxler, Gabi Shishkoff, Kirsten Esplin, Nicole Giamber, Victoria Mitchell, Emily Dykstra, Dominique Quintero, and Helena Arose.** Most gratifying for the swimmers was seeing the improvement from September until March. Through concentration on technique and hard work, MOR swimmers stepped up to the next level swimmers moving to BB, A swimmers moving to AG Sectionals and Sr. Sectional swimmers moving to Nationals. The coaching staff was very proud of the confidence and race strategies our swimmers displayed. It was a great job by all the MOR swimmers at this meet. Now it is time to start gearing up for an exciting Long Course season. All swimmers are encouraged to maintain fitness levels over the break. When you come back after Easter, focus on the little things that add up to make you the best swimmer you can be.

MOR swimmers finishing in the top-8 at Tarheel States were:

10 & UNDER GIRLS

COUNTIE, Grace (9)
3rd – 50 Back – 37.66 A
7th – 50 Fly – 35.84 A
7th – 50 Free – 31.51 A

DELFINO, Angela (10)
3rd – 100 Breast – 1:28.31 AA
5th – 50 Breast – 40.88 A

DYKSTRA, Emily (10)
1st – 100 Free – 1:04.61 AAA
1st – 50 Breast – 38.52 AA
1st – 100 Back – 1:15.77 AA
1st – 200 Free – 2:25.41 AA
2nd – 200 IM – 2:46.37 AA
2nd – 50 Fly – 33.64 AA
8th – 100 Fly – 1:27.14 BB

HEINEMAN, Ashley (10)
3rd – 100 IM – 1:17.59 AA
3rd – 50 Breast – 39.77 AA
4th – 200 IM – 2:47.60 AA
5th – 50 Fly – 35.27 AA
5th – 200 Free – 2:33.42 A
5th – 100 Fly – 1:26.06 A

MIKLES, Chloe (10)
6th – 100 Fly – 1:26.55 A

NIXON, McKenna (10)
6th – 50 Free – 31.50 A

OYLER, Sydney (10)
4th – 100 IM – 1:21.71 A
5th – 100 Breast – 1:30.34 A

QUINTERO, Dominique (10)
1st – 100 IM – 1:16.70 AA
3rd – 200 IM – 2:47.36 AA
6th – 50 Fly – 35.33 A

ROCQUE, Jacqi (9)
5th – 200 IM – 2:48.35 A
5th – 100 IM – 1:21.95 A
6th – 100 Free – 1:09.27 A

SELLERS, Carlie (10)
8th – 50 Free – 31.76 A

THOMPSON, Krissy (10)
2nd – 100 Fly – 1:20.54 AA
6th – 50 Back – 37.87 A

11-12 GIRLS

BREWER, Adaira (12)
3rd – 100 Breast – 1:17.82p AA
6th – 200 IM – 2:31.97 A
6th – 100 IM – 1:09.22p AA
6th – 100 Back – 1:11.21 A

CARTER, Michaela (12)
2nd – 100 IM – 1:06.93 AAA

JAHJA, Maria (12)
8th – 100 Back – 1:12.13 A

McNATTON, Sophia (12)
6th – 50 Breast – 36.99 A

WHALEN, Paige (12)
2nd – 200 Free – 2:10.36 AA
7th – 100 Free – 1:01.30 A

13-14 GIRLS

AROSE, Helena (13)
4th – 100 Breast – 1:13.71 AA
1st – 200 Breast – 2:38.72 AA

BRYAN, Brianna (14)
5th – 100 Back – 1:06.10 A
7th – 200 Fly – 2:31.22p BB
7th – 200 Back – 2:20.98p AA

EIDEN, Cassie (13)
5th – 200 Breast – 2:46.40 A

KIRK, Allison (14)
6th – 200 Fly – 2:27.28 A

LISKIEWICZ, Rebecca (14)
3rd – 200 Back – 2:17.88 AA
4th – 100 Back – 1:06.00 A
4th – 200 Free – 2:02.04 AAA

MARTIN, Cameron (14)
3rd – 100 Fly – 1:02.95 AA
3rd – 50 Free – 26.21 AAA
4th – 200 Fly – 2:22.15 AA

MITCHELL, Caroline (14)
4th – 50 Free – 26.28 AAA

PARKER, Mary-Grayson (14)
5th – 50 Free – 26.32 AA
6th – 100 Free – 57.64 AA

TEXTOR, Brennan (14)
2nd – 100 Back – 1:03.78 AA

WHALEN, Kelly (13)
2nd – 200 Fly – 2:17.78 AA
2nd – 200 IM – 2:18.30 AA
2nd – 200 Free – 2:01.84 AAA
8th – 100 Free – 57.75 AA
8th – 100 Fly – 1:05.01 A

15-18 GIRLS

BILLMAN, Ellen (15)
6th – 1650 Free – 18:28.11 AA

DUFF, Emily (15)
8th – 100 Back – 1:00.29p AAA
8th – 200 Free – 1:57.29p AAA

ESPLIN, Kirsten (18)
1st – 1650 Free – 17:23.17 AAA
2nd – 200 Breast – 2:22.27 AAAA
2nd – 100 Breast – 1:06.31 AAAA
4th – 400 IM – 4:28.93 AAAA
4th – 500 Free – 5:05.18 AAA
5th – 200 Free – 1:56.31p AAA
7th – 200 Back – 2:11.20 AAA
7th – 200 IM – 2:10.15 AAA

FIGUERS, Cameron (17)
5th – 200 Breast – 2:25.99 AAA
6th – 400 IM – 4:30.23 AAAA

GIAMBER, Nicole (15)
1st – 200 Breast – 2:22.01 AAAA
2nd – 1650 Free – 17:52.49 AAA
3rd – 100 Breast – 1:06.43 AAA
8th – 200 IM – 2:10.27 AAA
8th – 400 IM – 4:33.95 AAA
8th – 100 Fly – 1:00.94 AA

GOODLING, Rachel (17)
5th – 1650 Free – 18:08.62 AAA

LAWTON, Casey (15)
3rd – 500 Free – 4:58.94 AAAA
4th – 100 Back – 59.65 AAA
5th – 50 Free – 24.91 AAA
5th – 200 Back – 2:10.49 AAA
5th – 400 IM – 4:29.46 AAAA
7th – 200 Fly – 2:13.69 AA

LEE, Hannah (17)
2nd – 200 Fly – 2:05.33 AAAA

LINKER, Katelyn (15)
2nd – 400 IM – 4:23.01 AAAA
3rd – 200 Free – 1:56.42 AAA
3rd – 100 Fly – 58.35 AAA
3rd – 200 Back – 2:08.66 AAA
4th – 200 Breast – 2:25.22
5th – 500 Free – 5:06.10 AAA
5th – 200 IM – 2:08.43 AAAA
6th – 100 Free – 54.17 AAA

MITCHELL, Victoria (16)
1st – 400 IM – 4:22.26 AAAA
1st – 200 Free – 1:52.87 AAAA
2nd – 500 Free – 4:58.06 AAAA
2nd – 100 Free – 53.26 AAA
2nd – 200 Back – 2:03.11 AAAA
2nd – 100 Back – 58.99 AAA
3rd – 200 IM – 2:07.54 AAAA
3rd – 200 Breast – 2:23.06 AAA

NORDSTROM, Emily (15)
6th – 200 Breast – 2:28.16 AAA

OLIVER, Elizabeth (18)
2nd – 100 Fly – 58.19 AAA
5th – 100 Breast – 1:07.60 AAA
6th – 500 Free – 5:09.69 AAA
7th – 400 IM – 4:31.81 AAAA
8th – 100 Free – 54.16 AAA

SCHOENING, Jillian (16)
8th – 200 Breast – 2:31.16p AA

SHISHKOFF, Gabi (16)
1st – 500 Free – 4:58.05 AAAA
1st – 200 Back – 2:01.13 AAAA
1st – 200 IM – 2:03.77 AAAA

10 & UNDER BOYS

BLANDFORD, Connor (10)
7th – 100 Breast – 1:34.57 BB

CERA, Tucker (9)
2nd – 50 Breast – 42.50 BB
3rd – 100 Fly – 1:25.37 A
4th – 200 IM – 2:57.61 BB

FALLER, Jack (10)
5th – 100 Breast – 1:34.17 BB
6th – 50 Breast – 42.88 BB

FISCHETTI, Chris (10)
8th – 200 IM – 3:02.27 BB

FULFORD, Austin (10)
8th – 50 Back – 38.70 BB

OAKLEY, Will (10)
2nd – 100 Breast – 1:30.46 A

SILVER, Chris (9)
2nd – 100 Fly – 1:23.34 A
2nd – 50 Free – 30.70 A
4th – 100 Free – 1:10.30 A
5th – 50 Back – 37.64 A
6th – 100 IM – 1:21.72 BB
6th – 200 IM – 2:58.26 BB
7th – 100 Back – 1:21.82 BB

TROXLER, Garrett (10)
1st – 100 Free – 1:08.52 A
3rd – 200 IM – 2:56.41 BB
4th – 50 Back – 37.62 A
4th – 200 Free – 2:33.25 BB
8th – 100 Back – 1:21.90 BB

11-12 BOYS

CLOSE, William (12)
6th – 50 Free – 28.56 A

COUNTIE, Will (11)
7th – 50 Fly – 31.32 A
7th – 100 IM – 1:12.68p BB

CRAIG, Steven (12)
1st – 50 Back – 30.63 AA
1st – 100 Breast – 1:14.71 AA

KAWAGUCHI, Tosh (11)
3rd – 100 Fly – 1:09.51 A
5th – 200 Free – 2:16.24 BB
5th – 200 IM – 2:31.93 A
7th – 50 Back – 33.33 A
7th – 100 Back – 1:11.62 A

STAAB, Justin (12)
7th – 100 Fly – 1:13.33 BB

VERONA, Brooks (11)
8th – 50 Fly – 31.61p A
8th – 50 Back – 33.30p A

WEDEGAERTNER, Kurt (12)
5th – 100 Back – 1:10.84p A
6th – 50 Back – 33.00p A

13-14 BOYS

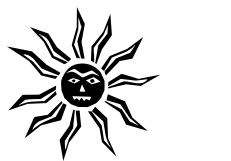
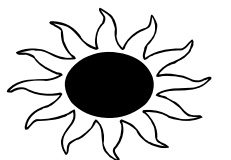
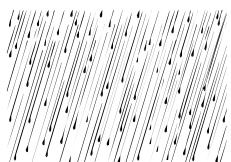
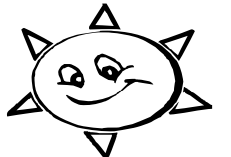
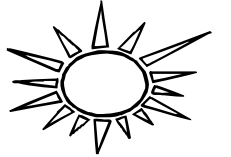
HARMON, Clay (14)
7th – 200 Free – 2:00.09p A
8th – 100 Fly – 1:06.98 BB

HAUGH, Alex (14)
4th – 100 Breast – 1:10.34 A
4th – 200 Breast – 2:27.70 AA
6th – 50 Free – 25.32 A
7th – 200 IM – 2:14.98 A

JOHNSON, Scott (13)
1st – 200 Fly – 2:14.73 A
2nd – 200 IM – 2:11.75 AA
4th – 100 Fly – 1:00.64 A
8th – 100 Breast – 1:13.14 BB

LINKER, Adam (13)
3rd – 200 Fly – 2:21.87p BB
7th – 100 Fly – 1:06.84 BB
8th – 200 Back – 2:19.84p BB

PARKER, Austin (14)
1st – 100 Free – 52.12 AAA
1st – 200 IM – 2:09.59 AA
2nd – 100 Fly – 59.09 AA



3rd – 200 Breast – 2:27.53 AA

POSTON, Rob (13)

6th – 200 Back – 2:19.09 BB
7th – 200 Fly – 2:33.88p B

SCHADE, Tim (13)

3rd – 200 Free – 1:57.31 AA
6th – 200 Fly – 2:32.18 B

SIMPSON, Alex (14)

7th – 50 Free – 25.50 A
8th – 200 Free – 1:59.97 AA

15-18 BOYS

ADAMS, Tyler (17)

7th – 200 Free – 1:48.80p AA

BEALE, Ryan (15)

8th – 1650 Free – 18:07.05 A

DUGGINS, Matt (15)

8th – 200 Fly – 2:02.38p AA
8th – 100 Fly – 56.15p AA

EIDEN, Alex (15)

4th – 100 Back – 55.51 AAA

HARRIS, Taylor (17)

1st – 500 Free – 4:36.88 AAAA
1st – 200 IM – 1:55.43 AAAA
1st – 200 Breast – 2:07.69 AAAA
2nd – 100 Back – 53.64 AAA
3rd – 200 Back – 1:58.38p AA
4th – 200 Fly – 1:59.63 AA

HURLEY, David (17)

5th – 100 Fly – 55.30 AA
6th – 50 Free – 22.89 AA

HURLEY, Matt (15)

2nd – 1650 Free – 16:44.66 AAA
4th – 500 Free – 4:49.93 AAA
6th – 400 IM – 4:17.71 AAA
7th – 200 Back – 2:02.10p AA
7th – 200 IM – 2:02.55p AAA
7th – 100 Fly – 55.47p AA
8th – 100 Back – 56.36p AA

SCOTT, Bryce (16)

6th – 1650 Free – 17:44.04 AA
8th – 500 Free – 4:54.11 AAA

WHAT?

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PHOTO PROVIDED BY MICHAEL DYKSTRA



SHORT COURSE IMX UPDATE

The following swimmers achieved an IMX score during the 2008/09 short course season for swimming specific events required. Swimmers wishing to strive to attain an IMX score during the long course season should see box below for a list of the required events. IMX scores are tabulated in single age groups, therefore scores are included below even though the swimmer may actually have moved up into the next age group.

9 YEAR OLD GIRLS

3249 Rocque, Jacqi
2691 Adcock, Elena
2509 Heineman, Ashley
2090 Whalen, Lily
1687 Hipp, Mary Jeanne

9 YEAR OLD BOYS

2614 Silver, Chris
2472 Cera, Tucker
937 Lawton, Nick

10 YEAR OLD GIRLS

2573 Giamber, Sarah
2550 Dykstra, Emily
3496 Adcock, Elena
2382 Miller, Ryley
2361 Oyler, Sydney
2296 Heineman, Ashley
2007 Nixon, McKenna
1664 Whalen, Lily
1561 Delfino, Angela
1318 Mikles, Chloe
1310 Martin, Cara
1173 Neptune, Chesley

10 YEAR OLD BOYS

3929 Silver, Tyler
3564 Cobb, Collier
2792 Donnelly, Ryan
1996 Troxler, Garrett
1675 Oakely, Will
1180 DeRonja, Frank
815 Hall, Will
689 Fulford, Austin

11 YEAR OLD GIRLS

3601 Lawton, Kelsey
2961 Brewer, Adaira
2203 Johnson, Meagan
2013 Giamber, Sarah
1881 White, Ashlea
1621 Miller, Ryley
1610 Moran, Augusta
966 Delfino, Angela

11 YEAR OLD BOYS

4176 Silver, Tyler
3147 Ress, Justin
2955 Cobb, Collier
2649 Kawaguchi, Tosh
2293 Richardson, Andrzej
2166 Morrell, Walker
1658 Staab, Justin
1212 Drda, Andrew
143 Davis, Gage

12 YEAR OLD GIRLS

3256 Lawton, Kelsey
3175 Brown, Cameron
2825 Brown, Carlie
2462 Brewer, Adaira
2313 Whalen, Paige
2309 Carter, Michaela
2284 Eiden, Cassie
1978 Jahja, Maria
1950 Lane, Christine
1908 McNatton, Sophia
1800 Rocque, Marqi
1255 Kristan, Hannah
1214 Tomasko, Amanda
1167 Moran, Augusta
1133 Knickerbocker, A.
773 Wall, Gabi
334 Nickens, Markie

12 YEAR OLD BOYS

3015 Craig, Steven
1909 Richardson, Andrzej
1559 Wedegaertner, Kurt
1467 Hale, Conor
1432 Close, Will
1191 Staab, Justin
505 Millen, Aengus
175 Donnelly, Kevin

13 YEAR OLD GIRLS

3712 Whalen, Kelly
2578 Eiden, Cassie
2552 Arose, Helena
2175 Wrenn, Natalie
2163 Harmon, Bailey
2016 Clapsaddle, Anna
1907 Page, Alison
1424 Rezendes, Becky
1415 Boulo, Delaney
1319 Brooks, Mary-Margaret

13 YEAR OLD BOYS

3655 Johnson, Scott
3541 Craig, David
3374 Schade, Tim
3224 Linker, Adam
2703 Harmon, Clay
2157 Oyler, Geoffrey
1855 Poston, Rob
1694 Hale, Conor

14 YEAR OLD GIRLS

4679 Mitchell, Caroline
3775 Lawton, Casey
3586 Smith, Lillie
3378 Textor, Brennan
2743 Martin, Cameron
2700 Bryan, Brianna
2659 Liskiewicz, Rebecca
2329 Parker, Mary-Grayson
2289 Dellavalle, Natalie
2020 Harmon, Bailey
1953 Clapsaddle, Anna
1872 Bateman, Lauren
1299 Wedegaertner, Olivia
940 Ley, McKenzie

14 YEAR OLD BOYS

3777 Miller, Ben
2944 Harmon, Clay
2912 Smith, Brendan
2387 Haugh, Alex
1883 McBennett, Brendan

15 YEAR OLD GIRLS

4577 Linker, Katelyn
4335 Lawton, Casey
4247 Mitchell, Victoria
3761 Giamber, Nicole
3746 Duff, Emily
3534 Nordstrom, Emily
3303 Billman, Ellie
3062 Janes, Kellie
2820 Ellison, Kristen
2543 Tormenti, Victoria
1798 Royal, Ashley

15 YEAR OLD BOYS

3781 Hurley, Matt
3606 Eiden, Alex
3316 Duggins, Matt
3309 Jahja, Jordan
2682 Scott, Bryce
2113 Beale, Ryan

16 YEAR OLD GIRLS

5090 Shishkoff, Gabi
4611 Mitchell, Victoria
2573 Tormenti, Victoria
1821 Sweet, Sydney
1817 Royal, Ashley

16 YEAR OLD BOYS

3147 Barnes, David
2624 Scott, Bryce
2198 Bryan, Brandon

17 YEAR OLD GIRLS

4224 Oliver, Elizabeth
4191 Lee, Hannah
3987 Figuers, Cameron
3487 Lawrence, Anna-Holland
2918 Goodling, Rachel
1803 Sweet, Sydney

17 YEAR OLD BOYS

4785 Harris, Taylor
3236 Adams, Tyler
2626 Liskiewicz, Chris

18 YEAR OLD GIRLS

4256 Oliver, Elizabeth
4042 Esplin, Kirsten
3512 Lawrence, Anna-Holland

18 YEAR OLD BOYS

NONE

2009 LONG COURSE

IMX EVENTS

The following events are required to be swum successfully by swimmers in the age groups below in order to achieve an IMX score during the 2009 Long Course swim season:

9 & UNDER and 10 YEAR OLDS

200m Freestyle
200m Individual Medley (IM)
100m Backstroke
100m Butterfly
100m Breaststroke

11 YEAR OLDS and 12 YEAR OLDS

200m Individual Medley (IM)
400m Freestyle
100m Backstroke
100m Butterfly
100m Breaststroke

13, 14, 15, 16, 17 and 18 YEAR OLDS

200m Individual Medley (IM)
400m Individual Medley (IM)
400m Freestyle
200m Backstroke
200m Butterfly
200m Breaststroke



CAUGHT ON CAMERA

