
Awesome Autumn for LIAC Seniors

November 13-15, 2009

Viking Classic

10 Seniors to Swim at

High School States

Congratulations to the following LIAC Senior swimmers who have qualified for the High School State Meet to be held in Rochester this weekend:

Linda Chang, Michaela Pujals, Caryn Smith, Emily Tan, Rachel Cho, and Megan Waring will all be competing in individual events. Genna Kranis, Dina Sutherland, Elizabeth Chang, and Alexa Aliprantis will be swimming on relays for their High School teams. Best of luck ladies... make us proud!



Viking Classic

Congrats to the swimmers who competed at the Viking Classic this weekend. We saw some great racing and fantastic finishes. It was obvious that all of our underwater work is paying off as LIAC dolphin kicked their way past the competition over

and over and over again. Stay under with those fast kicks... they work!

Friday night was off to a great start with the distance events. In the 400 IM Brendan, Elizabeth, and Tim all swam to best times. In the 500 free, Will, Ryan, and Linda combined to drop more than 40 seconds!

The 100 free proved to be a great race for LIAC with best times by Katrina, Brendan, Michael, Sarah G., Jasmine, Nicole, John R., Natasha, Chris, Ryan, and Will.

In the 100 fly Jaime dropped 2 seconds just missing buffalo, as Barry stunned everyone with his 19 second drop. In the 200 fly Genna swam to a 2nd place finish.

The 100 breast was an interesting event for LIAC. Elizabeth, Linda, Tim, Michael, Michaela, Katie, Will, and Kevin, who "can't do breaststroke" all posted respectable times, with 4 of the 8 qualifying for Buffalo! Who said can't?!?!? Ryan made his first Open buffalo cut and dropped more than 2 seconds in the event. Megan, Dina, Maryellen, and Natasha placed 1st, 2nd, 3rd, and 5th respectively... too bad there's no 400 breaststroke relay!

Relay Madness

It was well worth the wait for those swimmers who stuck around for the Relays. The 13-14's placed 2nd in the 200 Medley (Katrina, Dina, Jasmine, and Sarah G.) and 3rd in the 200 Freestyle Relay (Molly, Sarah G., Sarah M., and Jaime). The 13-14 boys 200 Medley of Eric, Slav, Brendan, and Nate placed 3rd. The open relays also saw success as the boys medley (Tim, Ryan, Chris, Mike) placed 4th. The girls won both the 200 freestyle (Maryellen, Alexa, Rose, Linda) and 200 Medley (Katie, Megan, Elizabeth, and Linda) relays! Congratulations to all of you!

7 Perfect Meets

The competition for Swimmer of the meet was tough this meet with so many people swimming best times in every event. Congratulations to Brendan, Linda, Michael, Rose, Ryan, Megan, Will, and Barry who either dropped time in all of their events, or just missed doing so by a tenth in one of them. Also congratulations to Will and Natasha on their first 500 point swims with LIAC.

Swimmers of the Meet

The swimmers of the meet for Senior 1 are Rose Lee and Chris Sommella. Rose had a perfect meet and took off almost 3 seconds in her 200 back. After hovering around the same time all year she got the drop she's been waiting for in the 50 free. Chris has been working his butt off leading the

Senior 1 group in practice and he proved that the hard work was well worth it this weekend. Chris just missed buffalo in the 50 and 100 free and swam his first 100 fly. It was great to see Chris back in the 200 IM as he took of more than 5 seconds.

The swimmers of the meet for Senior 2 are Linda Chang and Will Wendt. After her 4th place finish in the 500 and 1st in the 50 free, Linda was motivated to try to with the 15-18 high point award. She went on to finish first in the 100 free as well. Will's 500 free was a smart race, and he paced himself to a best time and Buffalo cut. He also qualified for Buffalo in the 50, 100 free, the 100 fly and the 100 back.

Congrats to all of the swimmers on a fantastic meet!

Thanksgiving Throwdown

The Thanksgiving Throwdown Team list will be posted soon. Be sure to check to find out if you are on the Stuffed Turkeys, the Sticky Yams, or the Buttery Biscuits... The team with the highest USA Swimming high point total at the end of the Thanksgiving meet will be crowned the winners of this year's Thanksgiving Throwdown!

