

Seniors Swim Fast in February!

The month of February kicked off the start of our Championship season. The boys started the month with their HS county meets, the majority of the group competed at the Badger IMX meet, and 18 Senior Swimmers competed at the Senior Metropolitan Championships. Congratulations to all of you... 1 month of racing down, 1 month of short course to go!

Boys HS Champs

Congratulations to Adrian and Horace on qualifying for the New York State High School Swimming Championships! Good luck up in Buffalo this weekend!

Badger IMX

Individual Medley eXtreme program is a test to see which swimmers are most well rounded. To place at this meet, swimmers must compete in all 6 events, the 400 IM, 500 free, 200 back, 200 breast, 200 fly, and 200 IM. The meet scoring is based on age-group and hy-tek point score rather than place. Seven Senior athletes scored in the top 8 of their age-group in the high point competition! Congratulations to Elizabeth (2nd), Will (2nd), Erika (3rd), Ryan (3rd), Gabby (5th), Nicolette (6th), and Katrina (7th)!

The 400 IM was a difficult but great way to start the meet as 15 swimmers swam the event for the first time or did a personal best. Phillip dropped more than 24 seconds from his best. Erika won the event with a best time and new Sr. Met cut. Other best times included Katrina, Genna, Diane, TJ, John R., Megan W., Elizabeth, Julie, Ellyshia, Adrian, Ryan, and Ken! Congratulations!

The 200 back was fun to watch as Isabel dropped more than 3 seconds from her previous best, skipping the JO cut and qualifying straight for Zone Quals! 20 other swimmers swam personal bests. Among them were Michael G. (7s), Ryan (6 s), John P. (8s). Katrina took 3rd in her age group, followed by Isabel in 5th. Erika, Elizabeth, Ellyshia, and Gabby took 3, 5, 7, and 8th respectively in their age group as Adrian, Will and Ken went 2, 4, 5.

The 500 free came at the end of a very long day, but LIAC swimmers proved they were tough and still came out with some big times. Amelia, TJ, Richard, and Brendan all swam best times. Barry, Nicko, John, and Gary all swam the event for the first time and did a great job! The 15 over boys took home a 1, 2, 4, 5 finish in the event (Will, Adrian, Michael, and Ryan).

An event that usually eludes the Sr. Group, the 200 IM, began the day on Sunday. We were excited to see 18 best times! The 13-14 girls did a fantastic job, all swimming best times. Claire, Juliette, and Sarah M. all dropped more than 4 seconds. Saaior, Gary, Nicko, and Barry all dropped more than 4 seconds from their bests in the event. Keep doing all that IM in practice!

Everyone's favorite event was next, the dreaded 200 fly. LIAC swimmers rose to the challenge with 12 best times. Katrina, Claire, Victoria and Amelia all dropped time as TJ, Phillip, Saaior, John and Brendan all swam the event for the first time! The open swimmers, Elizabeth, Gabby, Nicolette, and Erika went 2,3,4, and 7, as Jack and Will took 2nd and 3rd. Ryan took more than 19 seconds from his best. Wow!

In the Final event of the weekend, the 200 breast, LIAC swimmers were exhausted but persevered to swim to 9 best times. TJ, Gary, and Nicko all took off more than 2 seconds each and Phillip dropped another 19 seconds! Chris got up to race and dropped more than 11 seconds from his time. Gabby and Elizabeth went 1, 2 to steal the race from a breaststroker! Great job ladies!

Swimmers of the Meet

Congratulations to Gary and Sarah M. on earning swimmer of the meet for Senior 1. Gary swam 2 events for the first time and dropped even more time from his 2 others, making silvers in both the 200 IM and 200 breast. His 500 freestyle surprised us all and we'll look for him to move up to the front of his lane in freestyle sets at practice. Sarah's patience with herself proved successful this weekend. She also had a perfect meet, swimming 1 event for the first time, and dropping time in her other 3. After struggling with

the 200 back since November, her hard work paid off and Sarah took off almost 2 seconds all at once. Great job! For the Senior 2 group, swimmers of the meet were Elizabeth and TJ. Elizabeth took off time in 3 of her events. She raced hard and brought home a 2nd place High Point trophy after earning one 5th, two 4th, a 3rd, and two 2nd place finishes over the weekend. TJ, who has been dropping time like crazy all year, had another consistent meet, taking off time in every event. His 200 fly, which he swam for the first time, just missed the JO cut! Great job!

Senior Mets

Senior Mets was a major success for the swimmers in our group. A meet where in the past we have been overwhelmed by the level of competition, this time the Seniors rose to the occasion and competed with the best Open swimmers in our LSC. Congratulations to the 18 swimmers who competed well at the meet.

Maryellen had another outstanding meet swimming best times in every event and placing 4th in the 100 breast. Make sure to cheer her and Megan on as they go for the winter Junior National cuts in breaststroke this weekend at Zone Quals! Rachel showed a desire to get up and race. It was great to see her focused on competing well all weekend and we look forward to some best times at JOs. Kieran did well in his 2 events dropping time in both. Bridget had a perfect meet taking off time in her freestyle events. Her mile on the last day was outstanding as she cut more than 15 seconds. Horace swam a smart 200 breaststroke, saving some of his speed for the back half, and took off more than a second in the event. Natasha swam her way into the 600 point club with an outstanding 100 breast and a new best time! Adrian placed 11th in his 200 fly, taking off more than a second in the morning and another second in finals. Great job! Dina swam best times in both breaststrokes. In her 200 she did 8 amazing pullouts and took off more than 1.5 seconds! Erika swam to best LIAC time in her 100 back and had an excellent 1650. Her split at the 1000 was the same, but she went on to drop 5 seconds on the back 650 of the race to improve her time in the event from just 3 weeks ago!

Swimmers of the Meet

Congratulations to Michael M. and Michaela on earning swimmer of the meet. Michael swam best times in his 100 breast, 200 IM, 1650, and 100 freestyle. His time in the 200 breaststroke was also a best time and qualified him for winter Junior Nationals in Orlando Florida! Congratulations Mike and have fun in Disney! Michaela swam best times in 2 of her events. Her endurance has gotten so much better from working hard in practice and it showed in the second half of her hundreds this weekend. Her 100 free was a best time by almost a second, all on the back half!

Congratulations again to all of the swimmers who raced at Sr. Mets!