

Successful Weekend for Seniors

8 Senior Swimmers Place Top 16 at Condors!

Congratulations to all those who participated in the Condors NCAA format meet. Maryellen, Michael M., Michaela, Natasha, Dina, Emily, Megan, and Erika all finished in the top 16 in at least one event this weekend. They had some really fantastic swims and they all improved from prelims to finals.

40 Best Times!

Friday started out with a bang as Natasha swam her best 400 IM time for the second time in 3 weeks! Erika, Elizabeth, and Jack followed that up with 3 outstanding 1650s. Jack took more than 30 seconds from his previous best time. Erika dropped just under a minute from her previous best, and swam her way into the 600 point club. Both Erika and Elizabeth went out in their best 1000 times. Their 1650's were new Senior Met cuts as well.

Saturday started out well with five 500 point swims. Emily, Caryn, Maryellen, Michaela, Elizabeth, and Linda all swam best times in the event. Mike came back to swim at night to place 16th. The senior group kept the ball rolling with 3 more best times in the 100 breaststroke by Dina, Megan, and Natasha. Dina and Megan both swam again at night and placed 9th and 13th respectively. Mike made finals again placing 12th in the event.

In the 200 backstroke Emily and Michaela both swam best times, dropping 4 and 3 seconds respectively. Emily's time was a new Senior Met cut! In the 100 free Caryn, Elizabeth, Erika, and Genna all swam best times. Emily improved from her morning swim in finals earning 10th place. Jake had an outstanding 100. He swam with his feet and earned a new 500 point swim and a best time! Jack had a great 200 fly. He swam smart and dropped more than a second, just missing the Senior Met cut.

The ladies who time-trialed the 500 free did an amazing job getting up to race fast at the end of a long morning. Elizabeth and Genna each dropped a second and swam to best times in the event. Nicolette took off more than 11 seconds and landed herself in the 500 club with her swim. Great job!

Sunday the swims got even faster with 7 best times in the 200 freestyle. Caryn had an outstanding swim, dropping more than 2 seconds and earning a Senior Met cut in the event. Megan, Elizabeth, Genna, Michaela, Nicolette and Mike also all dropped significant time. Mike's final swim earned him 600 points and 11th place. Maryellen raced her way to another 600 point swim in the 100 fly, taking it out fast and earning a Senior Met cut in the event. In the 50 free Erika and Ben both swam both best times while Michaela and Maryellen

swam at night earning 4th place and 10th place respectively. Mike improved by 2 seconds from morning to night in the 200 breast, earning 3rd place!

The most exciting event of the weekend had to be the ladies 200 breaststroke where 4 senior swimmers made it back to swim at night. Natasha swam a best time in the morning and swam a second faster at night earning 14th place. Dina raced hard to get back under her best time improving by more than a half second and finished in 12th place. Maryellen took it out strong and was able to hold on to drop 2 seconds from her best time and finish in 6th place. Finally, Megan had a phenomenal swim, dropping more than 5 seconds from her best time, earning her first 700 point swim, and finishing in 2nd place. She's now less than 2 seconds away from the winter Junior National cut! Congratulations ladies!

This meet really proved that the Senior swimmers are ready to compete at a higher level against better competition.. Congratulations to all of you on a job well done! Everyone is swimming faster now than they did before Buffalo which is a great sign. Lets keep up all the great work as we go through the Championship season!



Swimmers of the Meet

Congratulations to the swimmers of the meet. Maryellen placed 3rd and 6th in the 100 and 200 breaststroke respectively. She had 4 best times over the weekend and improved from prelims to finals with every swim. Caryn had a breakthrough meet. Her hard work and attention to detail in practice finally paid off and showed in her races. Way to go ladies!

Time Trial a Success

Friday's time trial was a huge success as all those who participated raced hard and came out with some fantastic swims!

Ryan, TJ, Jake, Michael G. and Richard all had outstanding 1650's. Ryan and TJ's swims were worth 500 points for LIAC. Michael and Richard may have found a new primary event as their swims earned them their highest personal point totals. Ryan's time also qualified him for Senior mets. Before starting their award winning weekend at Condors, Caryn and Maryellen swam very nice 100's, with Caryn's time earning 500 points. Chris's time in the 500 was 11 seconds faster than his best! Nicko and Saaio were very impressive in their 200 fly and 400 IM respectively. Both boys stayed tough and swam their races according to plan. Their swims will score valuable points for LIAC in the Virtual Club Championship. Thanks for coming out on your Friday night to earn points for LIAC... you did a great job racing!

Make sure you check USA swimming's website to see how many points we scored in the Virtual Club Championship this weekend!