

CeraVe Long Course Invitational Hosted by Berkeley Aquatic Club Rutgers University January 9-11, 2009



Emily Bart (18) had some great LC swims at the mid-season meet. Emily set a new A time standard in the 50 Free dropping 4.07 seconds to a new time of 31.01. She also swam AA time in the 200 Breast, and 400Im with times of 2:52.29, and 5:34.35 respectively. **Matt Belecanech (16)** made it back for finals in all his swims. He posted Quad A times time in the 100 and 200 Back, the 400 Free, and the 400IM. His most notable swim for the meet was the 4.22 second drop in the 400IM, dropping to a new best time of 4:40.43. **Owen Burns (15)** swam the ultimate meet, posting best times in all his swims. Owen dropped over 14 seconds posting a new AAA time of 4:16.95 in the 400 free. He also dropped 1.76 seconds in the 100 Free and 3.96 seconds in the 200 Fly posting new best times of 57.89 (AAA) and 2:21.88 (AA) respectively. Owen finished the meet with a 2.18 second drop in the 100 Back stopping the clock at 1:08.46. **Emma Carpenter (15)** swam some strong races dropping 1.95 seconds in the 100 Free to a new best time 1:06.21. Emma also swam AA times in both the 100 & 200 Breast posting times of 1:20.91, and 2:51.40 respectively. **Johnny Carroll (15)** swam a multitude of best times at this mid season Long Course meet. Johnny dropped 16.25 seconds in the 400IM posting a new A time standard of 5:15.25. He also had strong swims with significant drops in the 400 Free and 200 Breast. He dropped 4.93 seconds in the 400 Free and 4.31 seconds in the 200 Breast posting new personal best times of 4:40.67 and 2:41.17 respectively.

Alex Charbeneau (15) swam a strong 400 IM dropping 5.76 seconds to a new best time of 5:27.30. She also dropped .55 seconds in the 100 Free to a personal best 1:06.18, and swam AA times in both the 400 Free and 200 back with times of 4:50.89, and 2:34.83 respectively. **Mary Kate Davis (12)** dropped .95 seconds in the 50 Back posting a new AA time standard of 37.01 seconds. She also dropped 2.95 seconds in the 200 IM swimming a new best time of 2:47.01. Mary Kate also swam personal best times in the 50 Free and 100 Fly with times of 33.96, and 1:19.97 respectively. **Paige Dunham (12)** had some strong swims in the 400 Free and 50 breast stopping the clock at 5:58.61, and 41.90 respectively. **Marlee Ehrlich (14)** had some great swims, swimming three AA times. Marlee swam a 5:35.93 in the 400 IM, and a 4:51.81 in the 400 Free. She also swam a strong 100 Free stopping the clock at 1:05.32. **Lauren Faykes (18)** swam a fantastic 200 Back, her signature event, stopping the clock at 2:37.57. She also had a strong finish in the 200 Free posting a time of 2:18.01. **Colin Fisher (13)** dropped in all his swims, with the biggest drop of 24.07 seconds in the 400 Free. He posted a new AA time of 4:41.88. He also had a significant drop in the 200IM dropping 10.50 seconds to a new personal best 2:34.69. Colin finished the meet with strong swims in the 100 and 200 Free, posting lifetime best times of 1:01.19, and 2:13.31 respectively. **Thomas Glenn (16)** dropped time in all his Freestyle events posting all new AA times. He dropped 7.60 seconds in the 400 free and 1.93 seconds in the 200 Free, with times of 4:30.89, and 2:11.21 respectively. Tommy also dropped a big 2.40 seconds in the 100 Free breaking the magic minute with a new personal best of 59.70. Sarah Jackson (12) had a very strong meet. She posted AA times in both the 50 and 100 Breaststroke with times of 39.80, and 1:27.41 respectively, and stopped the clock in the 50 Free with a "AA" 32.18. **Nicole Jibrine (15)** had a full meet, swimming in nine different individual events. Her finish kick in both the 200 & 400IM was very strong. She posted AA times in both events with a 2:36.10 and a 5:27.91 respectively. She also swam a quick 100 Back finishing with a time of 1:11.80. **Rosa Johnson (12)** dropped big time in the 200 IM, taking 3.36 seconds off her personal best with a new time of 3:03.36. She also dropped in both the 50 and 100 Breaststroke events with new best times of 40.76, and 1:31.22 respectively. **Catherine Kolaski (16)** swam a new personal best time in the 100 Back

with a 1:17.90, and .37 second drop. She also had strong AA swims in the 50 and 100 Free with times of 30.23, and 1:05.23 respectively. **Katie Kurtz (13)** established a new AA time standard in the 400 IM dropping 4.73 seconds to a new personal best of 5:44 flat. She also had string swims in her 3 Freestyle swims posting AA times in the 50, 100, and 200 Free events. **Michael Kurtz (12)** dropped time in most of his swims at this meet. The most significant was the 3.05 seconds he took off his 100 back time swimming a new personal best AA time of 1:16.43. He also dropped 2.19 seconds in the 100 Free to a time of 1:11.26. Michael dropped time in all of his 50 meter events showcasing his new faster start and longer streamline. He also established new AA time standards in the 50 Fly and 100 Fly with times of 34.16, and 1:17.41 respectively. **Peter Kurtz (12)** dropped time in all of his swims. Peter dropped a whopping 3.50 seconds in the 50 Fly setting a new personal best of 37.87. He also established new A time standards in the 50 and 100 back with times of 38.07, and 1:22.71 respectively. Peter finished off the meet with a great swim in the 50 Breast, establishing a new A time standard and dropping 1.84 seconds to a new best time of 42.42.

Alex Lincoln (14) posted numerous new A time standards in her three Freestyle swims and the 400 IM. Alex swam an A time of 5:55.67 in the 400 IM, and a 5:13.89 in the 400 Free. She finished strong in her sprint 50 Free with a time of 31.64. **Rob Lincoln (12)** had a full meet swimming 9 individual events. Rob really had some great swims in his backstroke events. He established AA time standards in both the 50 and 100 back with times of 36.43, and 1:18.54 respectively. He also finished strong in the 100 Free with a time of 1:10.00. **Elena Malloy (13)** established a new A time standard after dropping 10.78 seconds in her 200 Free. Her new personal best is now 2:26.91. She also dropped 7.23 seconds in the 200 IM establishing yet another A time of 2:46.63. She finished the meet dropping time in both the 50 and 100 Free with new A times of 32.38, and 1:08.64 respectively. **Annie McCotter (14)** dropped 3.49 seconds in the 200 Free to a new AAAA time standard with a time of 2:12.06. She also established a new AAA time standard in the 100 Back dropping 1.21 seconds to a time of 1:10.43. Annie also swam a couple of more Quad A times, dropping in both the 100 and 200 Fly with times of 2:12.06, and 2:23.58 respectively. **Maureen McCotter (16)** swam a strong consistent meet. She dropped .75 seconds in the 100 Fly finishing with a new personal best of 1:06.19. She also competed in her signature distance events finishing with AAAA times in both the 800 Free and 1500 Free with times of 9:10.59, and 17:29.51 respectively. **Katie Merlin (11)** had a great meet, dropping time in all her swims. Katie dropped 4.62 seconds in the 50 Back, and 8.39 seconds in the 100 Back establishing new A time standard in both with a 38.62, and 1:21.91 respectively. She also established an A time standards in both her freestyle swims, dropping 1.51 seconds in the 50 Free and 7.30 seconds in the 100 Free swimming times of 33.24, and 1:12.27 respectively. **Meghan Miceli (15)** Meghan had some great swims at this meet. Meghan came back for finals in the 100 Breast and dropped over a second, stopping the clock at 1:22.16. She also had a strong showing in both the 200 and 400 IMs with times of 2:44.16, and 5:44.24 respectively.

Allyson Mitidieri (16) posted a new personal best time in the 100 Free with a 1:07.40. She also cranked out a 5:32.50 AA time in the 400 IM. **Carlos Obregon (10)** had a great meet. Carlos achieved a new AAA time standard by dropping 1.14 seconds in the 50 Back to a new lifetime best of 39.04 seconds. He also had a substantial drop of over 4 seconds in the 200 IM establishing a AA standard new best time of 3:02.82. He also swam strong throughout the whole meet dropping time in most of his events. **Isabel Obregon (11)** established a new AAA time standard dropping 12.48 seconds in the 400 Free with a new personal best time of 5:01.42. She also achieved a new AAA time standard in the 200 Free dropping 5.20 seconds down to a 2:22.26. Isabel dropped time in her other two freestyle events, dropping to a new best time of 32.00 in the 50 Free and a 1:08.55 in the 100 Free (both AA time standards). **Patrick Olson (15)** had a great meet. He dropped time in all of his swims, establishing new AAA time standards in all but one. Pat dropped 19.50 seconds in the 400 IM, and 10.05 seconds in the 200 IM establishing new best times in each with a 4:52.61, and a 2:18.45 respectively. He also dropped 4.51 seconds in the 100 Breast with a new AAA time of 1:11.03, and dropped 6.07 seconds in the 200 Free swimming a new best time of 2:08.81. **Joe Petrone (13)** dropped 4.67 seconds in the 200 Free establishing a new AA time standard, and lifetime best of 2:12.82. He also dropped .60 seconds in his 50 Free stopping the clock at 28.33, and dropped in the 100 Free swimming a new best time of 1:02.37. **Ryan Richards (13)** dropped in each of his

six swims. Ryan established AAA time standards in both the 200 Free and 400 Free events. He dropped 5.43 seconds in the 200 Free to a 2:11.08 and 8.67 seconds in the 400 Free swimming a lifetime best of 4:35.56. Ryan also saw a big drop in his 200 back achieving a new AAA time standard of 2:24.81, dropping 5.90 seconds. Ryan also dropped almost a second and a half in the 50 Free with a new best time of 28.57. **Emily Rollo (13)** had a good consistent meet finishing strong in both the 200 IM and 100 back with times of 2:57.33, and 1:19.26 respectively. **Andy Schuehler (13)** dropped in all of his swims this weekend. He established new AAA time standards in both the 100 and 200 Breast events. He dropped 9.84 seconds in the 100 Breast and 16.60 seconds in the 200 Breast with times of 1:12.73, and 2:44.22 respectively. He also dropped big in the 200 IM taking 17.62 seconds off his time to a new AA lifetime best of 2:32.93. He finished the meet with another big drop in the 200 back. He dropped 13.71 seconds stopping the clock at 2:39.52.

Steven Shek (12) dropped 16.63 seconds to a new AAA time standard in the 200 IM with a lifetime best 2:42.35. He also established new AAA time standards in the 50 Back and 100 Back. He dropped 1.72 seconds in the 50 back to a new AAA 34.44, and took off 6.52 seconds from his best time in the 100 back stopping the clock at 1:15.28. Steven also saw big drops in the 200 Free and 400 Free events, dropping 15.12 seconds in the 200 and 13.87 seconds in the 400 Free establishing new best times of 2:27.39, and 5:15.62 respectively. He also took 7.75 seconds off his 100 Breast time achieving a new A time standard of 1:28.85. **Allyson Shurmur (16)** dropped 1.03 seconds in the 200 back swimming a new lifetime best of 2:45.16. She also finished strong in the 100 back, and posted a AA time in the 400 IM with a time of 5:35.13. **Kyle Shurmur (12)** dropped 2.42 seconds in the 50 back establishing a new AAA time standard of 35.08. Kyle also dropped big in the 100 Breast, taking 4.33 seconds off his best effort, achieving a new A time of 1:30.90. He swam equally well in the 50 Breast dropping 1.09 seconds to a new personal best of 41.98 seconds. **Jessica Simunek (17)** had some solid swims at this middle of the season Long Course invitational. She swam a 1:19.86 100 Breast, and a AA 1:05.05 100 Free. She also had a strong finish kick in the 400 IM finishing with a 5:32.72. **Amy Stelmaszyk (15)** finished the meet with all A times. She swam a 1:12.66 100 Fly, and a 2:41.46 200 Fly. Her 200 IM and 400 IMs were equally strong with times of 2:41.69, and 5:44.58 respectively. **Bobby Waldner (16)** swam a lifetime best 100 back, dropping .39 seconds down to a 1:07.02. He also took time off his best 100 Free time, dropping .11 seconds, finishing with a AA time of 58.82. **Emily Werth (12)** had a great meet, dropping time in all of her events and establishing four new time standards. Emily achieved AA time standards of 36.38 in the 50 Back, and 32.25 in the 50 Free, dropping 2.29 seconds, and 2.66 seconds respectively. She also dropped a big 14.96 seconds in the 100 Fly muscling out a new A time of 1:21.58. In addition to those already mentioned swims, she dropped 4.10 seconds in the 100 Free establishing a new A time standard of 1:11.11. Emily also took an additional 5.75 seconds off an already fast 200 Free time, swimming a lifetime best 2:40.96. Jenna Zagoren (13) dropped 6.39 seconds in the 200 IM establishing a new A time standard of 2:48.11. She also dropped 3.76 seconds in the 200 Free swimming a new personal best A time of 2:27.54. Jenna finished off the meet dropping 2.17 seconds off her final event, the 100 Breast, stopping the clock at 1:30.83. A great time was had by all, and we owe Berkley Aquatic Club a big thank you for affording us the opportunity to swim Long Course in the middle of January.