

2010 MA Elite Invite Gloucester County Institute of Technology January 22-24, 2010

Still in the midst of heavy training, many of the older swimmers managed to pull off personal best times, qualify for the NCSA meet, and set Jersey Wahoos' team records! **Maureen McCotter** set the Female 17-18 record in the 1650 free (16:49.96) and **Matthew Belecanech** set the Male 17-18 record in the 100 back (50.14). Congratulations Matt and Maureen!

Kyra Adamson, 17, participated in several events finishing with 2 AAA times in the 1000 and 1650 free events, 3 AA times, 2 A and 1 BB time. Kyra placed 5th in the 1650 free and 9th in the 1000 free events. **Paige Arruda**, 16, raced to a solid AA meet by posting 7 AA times out of her 8 events. Paige dropped over a second in her 200 free and came close to breaking 2 minutes in the event. **Matthew Belecanech**, 17, finished first in 7 of his 9 events and broke the Male 17-18 100 back team record. All of Matt's 9 events were AAAA time standards. **Danny Bennett**, 17, posted a AAA time in his 1000 free and finished 7th in the event. He also finished with 5 AA and 1 A time in his other events.

Emily Bennett, 15, improved almost 6 seconds in her 1000 free to post a AA time in the event. She also posted a AA time in her 1650 free event and a BB time in her 400 IM event. **Jaimie Lynn Brookover**, 15, competed in 3 events dropping almost a ½ a second in her 100 back to place 2nd in the event. She also dropped over a second in her 200 back to post AAA times in both back events. **Owen Burns**, 16, had great long distance events dropping almost 15 seconds in his 1650 free and almost 16 seconds in his 1000 free to post AAAA times in the events and qualify for NCSA's in both events. He won the 1650 free and finished 3rd in the 1000 free. Owen also improved a ½ a second in his 200 fly. **Chris Campbell**, 16, competed in finals in both the 100 and 200 fly events and finished with AA times in both events. He also posted 5 other A times.

Erin Cannaday, 16, raced one day in the 100 fly and finished with an A time in the event. **Emma Carpenter**, 16, placed 7th in both the 100 breast and 200 IM events posting AAA times in the events. She also finished with a AAA time in her 200 fly and dropped over 3 seconds. **Alex Charbeneau**, 16, raced to 4 best times by dropping 4 seconds in her 1650 free, over a second in her 100 back, almost a second in her 200 back, and a slight improvement in her 100 fly from her 400 IM. Alex finished 4th in the 1650, 6th in the 200 back, 7th in the 1000 free and 11th in the 100 back. She posted 5 AAA times, 1 AA and 1 A time. **Arianna Dean**, 15, improved in two events dropping time in her 100 fly from her 400 IM and almost a second improvement in the 400 IM. Arianna finished with a AA time in the 400 IM and 2 other A times.

Scott Dennis, 16, had great long distance events dropping over 22 seconds in his 1650 free to place 3rd and over 14 seconds in his 1000 free to place 9th. Scott posted AAA times in both events. He also improved a second in his 200 back to make the consolation finals in that event as well as the 200 free. He finished with 4 AAA times, 3 AA and 1 A time. **Marlee Ehrlich**, 15, had great distance events and dropped over 20 seconds in her 1650 free event to qualify for the NCSA meet. She also dropped over 2 seconds in her 500 free to qualify in that event too and break the 5

minute barrier. Marlee placed 2nd in both the 1650 and 500 free events and 4th in the 1000 free to post AAAA times in all 3 events. **Colleen Finias**, 15, raced in one event, the 200 breast, and posted a BB time. **Holly Gallagher**, 17, raced one day placing 2nd in the 100 fly and 10th in the 200 free. Holly finished with 2 AAA and 1 A time.

Kelly Gallagher, 15, raced one day in the 400 IM. **Thomas Glenn**, 17, was another senior swimmer that had great distance events. He dropped over 10 ½ seconds in his 1650 free, over 8 ½ seconds in his 1000 free, over 2 seconds in his 500 free and also over a second in his 200 free. Tommy posted AAA times in the longer free events and finished 2nd in the 1650 free, 4th in the 100 free, and 3rd in the 500 free. Tommy had 6 AAA times, 2 AA and 1 A time. **Rachel Jackson**, 16, competed in 3 events and had a perfect meet by dropping time in all 3 events. Rachel dropped over 2 seconds in her 200 back to make it back to consolation finals, post a AAA time, and finish 13th in the event. She also slightly improved in her 100 free and 100 back to post AA times in both events. **Michael Kell**, 16, raced in 5 events finishing with AA times in his 100 fly and 100 free events and 3 A times.

Annie McCotter, 15, improved in 4 of her events as well as finished with 3 AAAA times and 6 AAA times. Annie dropped over 6 seconds in her 400 IM to place 5th, over a second in her 200 back to finish 3rd, over a ½ a second in her 200 free to also finish 3rd, and a slight drop in both her 100 free and 100 back to finish 2nd and 13th respectively. Annie also placed 2nd in her 200 fly and 3rd in her 100 fly. **Maureen McCotter**, 17, finished 1st in her 1650 free setting the Female 17-18 team record. Maureen also placed 2nd in her 1000 free, 3rd in her 500 free, and 4th in her 200 free events. She finished with 3 AAAA times, 5 AAA times and 1 AA time. **Meghan Miceli**, 16, competed in consolation finals in the 100 breast and 200 IM events finishing 9th in both events and with AAA times. Megan improved over a ½ a second in her 100 fly event and in addition to the 2 AAA times, finished with 3 AA and 1 A time. **Allyson Mitidieri**, 17, placed 2nd in her 200 IM, 5th in her 100 breast to post AAA times in both those events. She also improved over ½ a second in her 200 free to place 15th. Allyson finished with the 2 AAA times, 2 AA times, 1 A and 1 BB time.

Patrick Olson, 16, raced in 6 events finishing with 2 AAAA and 4 AAA times. Pat dropped over 42 seconds in his 1000 free and over 1 ½ seconds in his 500 free for AAA times. Pat competed in the finals in the 200 free finishing 4th and in the 200 IM finishing 3rd. **Courtney Patterson**, 15, had great distance events dropping over 45 ½ seconds in her 1650 free to qualify for the NCSA meet in the event. She also dropped over 6 seconds in her 1000 free while swimming the 1650 to post AAAA times in both events. Courtney placed 3rd in the 1650, 4th in the 400 IM, 9th in the 100 fly with over a second improvement, and 15th in the 200 breast event. She finished with the 2 AAAA times, 3 AAA times, and 2 AA times. **Shannon Radomski**, 17, raced one day in the 100 breast event. **Ford Scott**, 15, raced in 2 events, the 500 and 100 free and posted AA times in both.

Sara Seidman, 16, raced in both backstroke events, the 100 and 200, and posted A times in both events. **Amy Stelmaszyk**, 16, improved almost 1 ½ seconds in her 200 fly to finish 4th. She also finished 4th in her 100 fly posting AAA times in both fly events. Amy posted A times in her other 3 events. **Dana Stone**, 16, competed in 8 events posting a AA time in her 500 free event, 6 A times and a BB time. Dana placed 15th in her 1650 free event. **Madeline Tambussi**, 18, raced one day in the 100 freestyle.

Bobby Waldner, 17, made it back to the consolation finals in 7 out of 8 of his events and improved in his 200 back to post a AAA time and place 9th in the event. Bobby also posted a AAA time in his 200 freestyle. Besides the 2 AAA times, he finished with 4 AA and 1 A time. **Courtney Wallace**, 17, competed in the consolation finals of the 200 free and placed 11th improving ½ a second in the event. Courtney finished with 4 AA and 3 A times. **Stephanie Yaszemski**, 17, competed in the consolation finals in the 200 breaststroke placing 13th and posting a AA time in the event. She also posted a AA time in the 50 free and 100 free events. Steph finished with 3 AA times, 4 A and 1 BB time.

Eleven 13-14 year old Wahoos boys competed at the Elite Meet. Several Elite Meet records were set, including one for the 13-14 boys 800 free relay. Joe Petrone, Andy Schuehler, Colin Fisher & Ryan Richards posted a time of 7:19.35. Fourteen-year-old Joe Petrone also set meet records in the 500, 1000 & 1650 freestyles.

David Finnan (13) dropped time in the 200 breaststroke prelims to 2:33.60 (A), finishing 16th in finals. He raced to a best time in the 100 breaststroke (1:07.86, AA), placing 9th, & shaved 4-tenths off his 50 free for a 24.58 (AA). **Colin Fisher (14)** garnered many points for Wahoos by placing 5th in the 200 free (1:48.74, AAAA) & 500 free (4:57.84, AAA), both best times. He also placed 5th in the 200 IM (2:07.05, AAA), 6th in the 100 free (51.28, AAA) 7th in the 1000 free (10:23.22, AAA) & 8th in the 400 IM (4:31.62, AAA).

Michael Kurtz (13) registered a 1:03.99 (A) in his lone event, the 100 back. **Rob Lincoln (13)** also swam one event, the 200 back, scoring a 2:24.05 (BB).

Joseph Petrone (14) won six events at the Elite Meet. He set meet records in the 1650 free (16:13, AAAA, dropping 26 sec.) & the 1000 free (9:33.95, AAAA). He also set a record by winning the 500 free (4:41.15, AAAA). Joe finished 1st in the 200 free (1:46.19, AAAA), 100 back (54.13, AAAA), & 100 free (49.33, AAAA). He was 2nd in the 200 back (1:58.53, AAAA), 3rd in the 100 fly (55.30, AAA). **Grant Proctor (14)** dropped 11.30 sec. in the 1000 free to 10:41.59 (AA) & 13th place, & was 12th in the 1650 free for a 17:52.30 (AA), a drop of 7.19 sec. He also lowered time in the 200 fly, to 2:20.11 (A) for 16th place. He posted best times in the 200 free (2:01.83, A), & had a 5.25 sec. drop in the 400 IM to 4:39.34 (AA.) **Ryan Richards (14)** posted quad-A swims in three distance free events. He placed 2nd & scored best times in the 500 free (4:50.34), 1000 free (10:08.58) & 1650 free (16:40.55.) In addition, Ryan was 7th in the 200 free (1:51.69, AAA), 9th in the 200 back (2:03.73, AAA), & 12th in the 100 free (52.09, AAA). **Mike Scheipe (14)** had strong swims in the 100 breaststroke (1:11.88, A), & the 200 backstroke (2:17.04, A). He also posted A times in the 200 IM (2:19.97) & 400 IM (4:51.14).

Andy Schuehler (14) won both of his age group breaststroke events. He raced to a 1:00.48 (AAAA) in the 100 breaststroke & posted 2:10.76 (AAAA) in the 200 breaststroke. He also placed 3rd in the 200 IM (2:02.52, AAAA). In addition, Andy dropped impressive amounts in his distance events. He swam to a 17:59.29 (AA) in the 1650 free, dropping 31.97 sec., & registered 10:50.05 (AA) in the 1000 free, a 28.16 sec. improvement. Andy was also 13th in the 200 back (2:07.83, AA) & 10th in the 200 free (1:52.77, AAA).

Steven Shek (13) also lowered his distance free times considerably, taking 18.51 sec. off his 1650 free to 18:13.88 (AA) & 21.02 sec. off his 1000 free (10:55.34 (AA). He dropped in all his events, including the 200 fly (2:13.76, AA, 12th place), 100 breaststroke (1:10.46, A), & 100 fly (1:00.76, A) 13th place. Steve lowered his

400 IM by 9.82 sec. to 4:44.77 (AA). **Michael Simunek (14)** had an impressive drop of 7.03 sec. in the 400 IM for a 4:55.63 (A). In the finals of the 200 breaststroke, he posted a time of 2:28.14 (AA), near his best time, Mike also registered 1:02.70 (A) in the 100 back & 2:17.48 (A) in the 200 back.

Sixteen 13-14 year old Wahoos girls were at GCIT in January. They included **Colby Brooks(13)** who dropped 1.74 sec. in her one event, the 1000 free. She posted an A time of 12:03.72. **Breann Cavanagh (13)** lowered her 1650 free to 19:09.96 (AA), & improved times in the 500 free (5:33.69, AA), 200 back (2:21.28, A) & 200 free (2:09.88, A). She swam 11:35.44 (AA) in the 1000 free. **Abby Czerniecki (13)** shaved time off her 50 free for a best time of 26.91 (AA). She registered 58.85 (AA) in the 100 free as well as 1:18.27 (BB) in the 100 breaststroke. **Mary Kate Davis (13)** swam an exceptional 200 back, posting 2:08.06 (AAAA)& placing 4th. She dropped 1 sec. from the 100 back to 1:02.87 (AA) for 13th place. Mary Kate finished 14th in the 200 fly (2:18.10, AA), & lowered her 400 IM time by 4.48 sec to 4:51.74 (AA). In addition she dropped time in the 500 free to 5:24.44 (AA).

Kacie Dunham (14) was near her best in the 50 free to 27.11 (AA) & scored 2:43.50 (AA) in the 200 breaststroke. **Paige Dunham (13)** placed 15th in the 100 fly, with a faster time in the prelims of 1:02.17 (AAA). She dropped in the 100 back (1:05.12, AA), 200 back (2:20.00, AA) & 200 fly (2:22.31, AA). **Michelle Faykes (14)** swam one event, the 500 free, posting a 5:39.18 (A). **Sarah Jackson (13)** swam near best time in the 50 free (27.65, A), & had a strong swim in the 1000 free (12:03.23, A). **Rosa Johnson (13)** had two solid swims in the 100 breaststroke (1:13.15, AA), & the 200 breaststroke (2:38.00, AA). **Jessica Kowal (14)** posted double-A times in the 100 back (1:05.29) & an A time in the 200 back (2:22.05).

Elena Malloy (14) had an impressive time in the 1650 free, dropping 39.03 sec. to 18:30.66 (AAA) for 7th place. She also lowered her 1000 free time by 82.93 sec. to 11:10.66 (AA). Elena raced to BTs in the 100 breaststroke (1:13.43, AA) & 400 IM (4:58.32, AA). She was near best in the 200 free (2:03.78, AA), & 200 IM (2:20.62, AA). **Emily Rollo (14)** had big drops in the distance frees – she posted 11:33.73 (AA) taking 18.51 sec. off her seed time, as well as lowering her 1650 free by 41.34 sec. to 19:08.63 (AA). Her backstroke events were also strong. She placed 8th in the 100 back (1:01.78 (AAA), & was 12th in the 200 back (2:13.84 (AAA)). Emily raced to an additional best in the 200 IM (2:20.21, AA).

Natalie Simunek (13) had two fast swims in her backstroke events. She placed 8th in the 200 back with a 5.05 sec. drop in prelims to 2:14.02 (AAA). She dropped in the 100 back to 1:03.60 (AA), placing 15th. Natalie also was close to her best in the 50 free (26.97, AA). **Jill Stone (14)** swam one event, the 400 IM, registering 5:30.80 (BB). **Brysia Vizard (13)** swam the 200 breaststroke, posting a time of 2:53.52 (BB). **Emily Werth (13)** lowered time in three of her four events. She raced to best times in the 100 back (1:04.62, AA), 2:21.02, AA), & 100 free (58.34, AA). She swam 27.58 (A) in her 50 free.

John Alloway, 12, swam a very strong meet picking up JO cuts in six of his swims. He shed over nine seconds in his 500 free to go a 5:22.19. **Lauren Belecanech, 12,** raced to a new JO cut in her 200 breaststroke (2:56.07). She also cut over ten seconds from her already fast 400 IM. **Nicholas Belecanech, 12,** swam a strong meet, stroking his way to a JO cut in his 500 free by way of a fifteen second time drop. He also sliced over seven seconds from his 200 breaststroke. He touched the wall 9th in his 50 breast, 11th in his 2 IM, 16th in his 500 free, 14th in his 400 IM, 8th

in his 100 fly, and 8th in his 200 breaststroke. **Duncan Brookover, 12**, shaved his seedtime in his 200 back. Duncan got a 2nd swim in his 50 breast, 8th place, 100 IM, 15th place, 100 breaststroke, 7th place, and 50 back, 16th place. **Sammie Jo Carroll, 12**, picked up a double A time in her 200 fly, finishing 5th overall. **Kate Circus, 11**, raced to personal bests in both her races. She brought home a new A time in her 200 breaststroke, (2:56.07) **Saylor Cook, 11**, stroked her way to a new JO cut in her 50 free. She picked up double A times in her 50 breast and 500 free swims. **Kimberly D'Angelo, 12**, touched the wall 15th in her 100 fly at finals.

Sean Finias, 11, raced to a 14th place finish in his 400 IM slicing his seedtime by more than four seconds. He also shaved time in his 200 back and 100 fly swims. **Brian Finnan, 12**, stroked his way to a ninth place finish in his 50 fly, 28.71, a triple A time. He also cut over two seconds from his 100 IM to finish 12th. **Jake Fleisher, 12**, finaled in his 100 free going a 58.74, along with a 10th place finish in his 200 IM, 2:21.51 a three second time drop. **Jake Gray, 12**, shave time in his 50 back for a time of 34.06. **Lauren Kerner, 11**, sliced her seedtime in her lone event the 500 free. **Alex Martin, 12**, finaled in every event he swam. He chopped a whopping seven seconds from his 200 back to finish 1st. He also was 1st in his 50 and 100 back swims, racing to quad A times in all his backstroke swims. **Matt McGough, 11**, made it back to finals in his 200 free 2:07.23 and his 50 back 31.37. He also shaved nine seconds from his 500 free. Matt raced to double A times in his 200 back and 200 free swims. **Sarah McGough, 11**, raced to a 24th place in her 100 breaststroke and 26th in her 200. **Katie Merlin, 12**, raced to a JO cut in her 200 free, along with an AA time in her 400 IM. She placed 14th at finals in her 100 breaststroke. **Elizabeth Olson, 11**, chopped more than four seconds from her 400IM and two from her 200 breaststroke. **Timmy Proctor, 11**, stroked his way to a double A time in his 100 back. He finaled in the 50 breaststroke, 100 IM, and 100 back events. **Morgan Sage, 12**, shaved time in her 50 back to finish 27th. **Nicole Shek, 11**, swam a strong meet picking up triple A times in her 100 back 1:06.85, her 50 back 30.57. Nicole raced to a 5th place finish in her 400 IM 8th in her 50 back, and 13th in her 50 breaststroke. **Gabrielle Timuscuk, 12**, stroked her way to a JO cut in her 50 breaststroke. Shaving nearly a second from her seedtime.

Carissa Campbell, 10, picked up three new double A times in her 50 fly, 50 back and 100 fly events. **Jack Fenton, 9**, raced to personal bests in his 100 fly and 100 back swims. **Allison Gozdan, 9**, stroked her way to new double A time standards in her 200 free and 200 IM swims. She touched the wall 12th in her 2 IM. **Annie Hughes, 10**, came to the Elite meet for the fly events. She stroked her way to a personal best in her 50 fly 35.51. **Sophia Kurtz, 10**, raced to a triple A time in her 100 fly touching the wall with a 1:15.50. She also raced to double A times in her 100 and 200 IM swims. **Melissa Layman, 10**, powered her way to the wall in all her swims. **Connor MacNeil, 10**, came to the Elite meet for one event the 50 breaststroke. **Evan Raiken, 10**, picked up a new JO cut in his lead off leg of the 200 free relay. Evan also picked up a double A time in his 100 breaststroke. **Luke Snyder, 10**, raced to a new JO cut in his 50 back, he also picked up a new A time in his 50 breaststroke. **Ryo Tsuda, 10**, touched the wall with a new JO cut in his 100 free, he also raced to a double A time in his 100 IM. Overall Ryo went home with personal bests in eight of his nine swims. **Diana Wood, 10**, raced to a new JO cut in her 100 back, in a time of 1:20.96.