



## 2010 CeraVe Invitational Meet Rutgers University January 15-17, 2010.

*Wahoos swimmers from the Senior A1 and Junior A1 groups traveled to Rutgers University for the CeraVe Invitational Meet. They competed in the mid-winter long course (50 meter pool) meet hosted by Berkeley Aquatics Club. Although the Senior A1 group had just completed a rigorous holiday break training schedule, they still managed some strong swims including two team records by Andy Schuehler in the 13-14 100 and 200 meter breaststroke events. Congratulations Andy!*

**Kyra Adamson**, 17, competed in four events finishing with AA times in the 400 and 1500 free events and A times in the 400 IM and 200 backstroke events. **Matthew Belecanech**, 17, participated in multiple events in both the preliminaries and final events and finished with all AAA and AAAA times. Matt improved over 14 ½ seconds in his 800 free. **Danny Bennett**, 17, raced to three best times improving almost 4 seconds in his 200 IM, almost 1 ½ seconds in his 200 free and almost a second in his 100 free. Danny finished with 2 AAA and 4 AA times. **Jaimie Lynn Brookover**, 15, competed in 4 events and posted 4 best long course times by dropping over 10 seconds in her 200 backstroke, almost 3 seconds in her 100 backstroke, almost 2 ½ seconds in her 100 free and almost a second in her 50 free. Jaimie Lynn finished with one AA time in the 200 back and 3 A times.

**Owen Burns**, 16, competed in 8 events posting 4 AAA times in the 1500 free, 800 free and 400 free events and in the 400 IM. He also finished with 2 A times and 1 BB time. Owen competed in the finals in the 400 IM. **Chris Campbell**, 16, raced in 6 events including the finals in the 100 fly. Chris finished with 2 AA times in the 100 fly and 100 free and 4 A times. **Emma Carpenter**, 16, raced one day finishing with a AA time in the 100 breast and an A time in the 200 IM. **Alex Charbeneau**, 16, competed in 6 events including the finals in both the 100 and 200 backstroke events. Alex finished with 2 AAA times in the 1500 freestyle and 200 back events and 4 AA times.

**Marlee Ehrlich**, 15, raced in 6 events and made the finals in the 200 free. Marlee finished with 3 AAA times in the 200, 400 and 800 free events, AA times in the 200 back and 100 free and an A time in the 100 back. **Holly Gallagher**, 17, raced to a AAA time in the 100 fly in the finals and also posted AA times in the 200 fly and 400 IM. Holly also posted A times in the 50, 100 and 200 free events. **Thomas Glenn**, 17, improved in 3 out of 4 of his events dropping over 3 ½ seconds in his 400 IM, over 3 seconds in his 400 free and almost 1 ½ seconds in his 100 free. Tommy also made the finals in the 200 fly and posted a AAA time in the event. **Annie McCotter**, 15, raced to a AAAA time in her 200 fly event and AAA times in all her other 5 events. Annie competed in the finals in the 200 free, 100 fly, 200 back and 200 fly events.

**Maureen McCotter**, 17, competed in 6 events and posted 3 AAA and 3 AA times. Maureen was in the finals in the 200 free, 100 fly, 200 back and 200 fly events. **Meghan Miceli**, 16, raced to a best time and A time in her 50 free event as well as finished with a AA time in her 100 breast and 200 IM events. Megan also posted an A time in her 400 IM event. **Allyson Mitidieri**, 17, posted 4 AA times in the 400 IM, 400 free, 100 free, and 200 breast events. She improved over 2 seconds in her 100 free and competed in the finals in the 200 breast event. **Patrick Olson**, 16, had a good meet improving in 3 events and posting 3 AAAA times, 4 AAA times, 1 AA time and 1 A time. Pat improved almost 4 ½ seconds in his 400 IM, over a second in his 200 free and almost a second in his 100 breast. His AAAA times were in his 200 and 400 IM events and his 200 free.

**Courtney Patterson**, 15, improved in her 400 IM dropping over six seconds, posting a AAA time and swimming in the finals in the event. Courtney posted AA times in the 100 and 400 free events and the 200 fly and an A time in the 200 breast event. **Amy Stelmaszyk**, 16, improved in both the 100 and 200 fly events, making the finals in both, and posting AAA times. Amy dropped over a second in her 100 fly and over 2 ½ seconds in her 200 fly. She also posted a AA time in her 400 IM and an A time in her 50 free. **Bobby Waldner**, 17, raced in 6 events and competed in the finals in the 50 free events. Bobby finished with 3 AA and 3 A times. **Stephanie Yaszemski**, 17, competed in 4 events posting a AA time in her 50 free, an A time in her 400 IM and 100 free and a BB time in her 200 breast event.

## 11 & 12 and 13 & 14 Swimmers

**John Alloway**, 12, had perfect meet swimming to best times in all 6 of his events as well as a 7<sup>th</sup> event for he swam the 200 meter freestyle for the first time. John dropped over 5 seconds in both his 100 fly and 100 back events, almost 5 seconds in his 50 breast, almost a second in his 50 back, and over a ½ a second in his 50 free and 50 fly. He finished with 2 A times in his 50 back and 100 back events and 5 BB times. Great meet John! **Lauren Belecanech**, 12, also raced to a perfect meet posting 6 best times with 2 A times in her 100 back and 200 IM and 4 BB times. Lauren had significant improvement in her events for she dropped over 20 seconds in her 200 IM, over 10 seconds in her 100 breast, over 8 seconds in her 100 fly, over 3 seconds in her 50 fly, and 2 seconds in her 50 free and 100 back. Incredible drops Lauren! **Nicolas Belecanech**, 12, showed amazing time drops and raced to a near perfect meet by improving in five out of six events. Nicolas posted 2 AA times by dropping over 31 ½ seconds in his 200 IM and over 8 ½ seconds in his 100 fly. He also posted A times in his 100 breast with over a 9 second improvement and in his 50 fly with over a 2 second time drop. Way to go Nicholas!!!

**Duncan Brookover**, 12, swam to a near perfect meet by improving in 4 out of 5 events. Duncan finished with a AA time in his 50 breast with a 2 ½ second improvement, A times in both his 50 and 100 back events with over a 3 ½ second improvement in his 100 back, an A time in his 100 breast with over an 8 second drop and a BB time in his 50 free with over a 4 ½ second improvement. Great job Duncan! **Colby Brooks**, 13, improved almost 4 seconds in her 200 free and also improved in her 50 free. Colby also swam the 200 IM long course for the first time. She finished with an A time in her 50 free and 3 BB and one B time. Good job Colby! **Sammie Jo Carroll**, 12, raced to 6 out of 7 best times and posted a AA time in her 100 fly. Sammie Joe also posted A times in her 100 breast with over an 8 second improvement, an A time in her 200 IM event with over a 7 second improvement and an A time in her 50 fly. Nice job Sammie Jo!

**Breann Cavanagh**, 13, had a perfect meet by improving in all 8 of her events and finishing with 2 AA times, 5 A times, and one B time. Breann's most improvement came in her 100 breast with over a 16 second time drop, her 200 IM with over a 7 second improvement, her 400 free with over a 5 second drop and in her 200 back with over a 6 second time drop. AA times were posted in her 200 IM and 200 back events. Great meet Breann! **Saylor Cook**, 11, finished with incredible improvements in all of her events dropping significant time in all 6 of her events as well as swimming the 100 and 200 free long course events for the first time. Saylor dropped over 21 seconds in both her 100 breast and 100 back events, over 10 seconds in her 50 breast, over 9 seconds in her 50 fly and over 6 seconds in both her 50 free and 50 back event. She posted AA times in her 50 back and 100 free and an A time in 4 events, and BB times in 2 events. Awesome meet Saylor! **Mary Kate Davis**, 13, had a good meet by improving in 7 out of 9 events and posting 6 AA and 3 A times. Mary Kate's most improvement came in the 200 fly with over a 7 ½ second time drop and over a 4 second improvement in the 200 IM, 400 IM, and 100 fly events. Great job Mary Kate!

**Kacie Dunham**, 14, raced to 3 best times as well as swam the 400 free long course for the first time. Kacie improved over 4 seconds in her 200 IM, over a second in her 100 fly as well as improved in her 200 free. She posted A times in the 200 free, 200 IM, and 200 breast events and BB times in the 400 free, 100 fly and 100 breast events. Nice meet Kacie! **Paige Dunham**, 13, improved in the 200 IM, 100 free, and 200 back events and posted A times in all 3 events. Paige improved over 3 seconds in her 100 free. She posted a AA time in her 100 fly in addition to finishing with a total of 5 A and 3 BB times. Good job Paige! **Sean Finias**, 11, had a perfect meet by improving in all 5 of his events as well as swimming the 100 back long course for the first time. Sean showed significant improvement in his 200 free by dropping over 31 seconds. He also dropped almost 6 second in his 100 free, almost 5 seconds in his 100 fly, over a second in his 50 free, and over a ½ a second in his 50 fly. Sean finished with A times in both his 50 and 100 fly events and 4 BB times. Great meet Sean!

**Brian Finnan**, 12, swam in his first long course meet and finished with 2 AA times in the 50 and 100 fly, 2 A times in the 50 and 100 free, and 4 BB times. Nice first long course meet Brian! **David Finnan**, 13, swam all but one event for the first time in a long course meet. He dropped his 50 free over a second to post a AA time. David also posted a AA time in his 200 IM event, and in the remaining 5 events he swam for the first time, he posted A times. Great meet David! **Colin Fisher**, 14, had an almost perfect meet by improving in 7 out of his 9 events. Colin finished with 5 AAA times, 2 AA times, and 2 A times. His most improvement came in the 400 IM with over an 11 second time drop, followed by the 200 back with almost 6 seconds, and over 5 ½ seconds in his 200 breast. Super meet Colin!

**Jacob Fleisher**, 12, had a perfect meet by improving in all 8 of his events. Jacob posted a AAA time in his 50 breast with almost a 2 second time drop, and AA times in his 100 breast and 200 IM events. Jacob dropped over 9 seconds in his 400 free, over 6 seconds in his 100 back, 4 seconds in his 200 IM, and over 3 seconds in his 100 breast. Awesome meet Jacob! **Sarah Jackson**, 13, showed significant improvement in her 200 free by dropping over 7 seconds and earning an A time in the event. She also dropped a second in both her 50 and 100 free events to post A times in those events as well. Nice meet Sarah! **Lauren Kerner**, 11, improved in all her events as well as swam the 50 breast and 100 fly events for the first time. Lauren finished with 2 AA times in her 50 and 100 free events, 3 A times, and 2 BB times. Laurens' most improvement came in her 200 IM with over a 17 ½ second time drop, followed by over a 15 ½ time drop in her 200 free. She also dropped over 7 seconds in her 100 free and over 4 seconds in her 100 back. Way to go Lauren!

**Jessica Kowal**, 14, raced to a perfect meet improving in 7 of her events as well as swimming the 400 IM and 400 free long course events for the first time. Jessica finished with 1 AA, 3 A and 5 BB times. Her AA time came in the 200 back with almost a 10 second time drop. She also improved, over 7 seconds in her 200 free, over 6 seconds in her 200 IM, and over 5 seconds in her 100 back. Nice meet Jessica! **Elena Malloy**, 14, raced to almost a 9 second time drop in her 400 free to finish with a AAA time in the event. She also posted 4 AA, 3 A and 1 BB time by the end of the meet. Other significant improvements came in the 200 breast with over a 12 ½ second time drop, the 400 IM with over a 3 second improvement, and in the 100 free with close to a 2 second improvement. Good job Elena!

**Alex Martin**, 12, had an incredible first long course meet swimming to 2 AAAA times in the 50 and 100 back as well as winning the 50 back and placing 2<sup>nd</sup> in the 100. He also posted a AAA time in the 50 free event and 3 AA and 2 A times. Awesome job Alex! **Matt McGough**, 11, raced to 6 best times finishing with 2 AA times in his 100 back and 400 free events, and 6 A times and 1 BB time. Matt dropped over 16 seconds in his 400 free for that AA time, over 5 seconds in his 200 free, almost 3 seconds in his 100 fly, and over a second in his 50 breast. Great meet Matt! **Sarah McGough**, 11, finished with 3 best times dropping over 7 seconds in her 200 IM, almost 2 seconds in her 100 back and almost a second in her 50 free. Sarah posted an A time in her 100 breast event, 5 BB and 1 B time. Way to go Sarah!

**Katie Merlin**, 12, swam a perfect meet by improving in all 8 of her events and posting 3 AA and 5 A times. Katie dropped improved 3 seconds in her 100 back, over 1 ½ seconds in her 200 IM and 200 free events and close to a second in her 100 free and breast events. Katie's AA times were in ht 50 breast, 100 back and 200 IM events. Super meet Katie! **Carlos Obregon**, 11, had a near perfect by improving in 8 out of 9 events. Carlos posted a AA times in his 100 back by dropping almost 2 seconds and also posted a AA time in his 400 free. He dropped over 2 seconds in both his 50 breast and 200 free, almost 2 seconds in his 100 back and 100 fly, and over a second in his 50 fly. Nice meet Carlos! **Isabel Obregon**, 12, improved in 4 events by dropping over 2 ½ seconds in both her 50 breast and 200 free events, close to a second in her 50 free and also improved in her 50 back. Isabel finished with 7 AAA times, 1 AA time and 1 BB time. Good job Isabel!

**Elizabeth Olson**, 11, had a great meet by improving in 5 events and dropping significant time. She dropped over 10 ½ seconds in her 200 IM to post an A time in the event, almost 5 seconds in both her 100 free and 100 back events, and over 1 ½ seconds in her 50 free and 50 back. Elizabeth finished with 3 A times and 3 BB times. Way to go Elizabeth! **Joseph Petrone**, 14, raced to a near perfect meet by improving in 8 out 9 of his events and finishing with 3 AAAA times, 5 AAA, and 1 AA time. He dropped an incredible 26+ seconds in his 400 IM, over 11 seconds in his 200 IM, and over 10 seconds in his 200 free. Joseph won the 400 free and 200 free events. Super meet Joseph!

**Grant Proctor**, 14, had a perfect meet improving in all 8 of his events. Grant finished with 4 AA times, 3 A times and 1 BB time. He dropped an incredible 32 ½ seconds in his 400 IM, over 12 seconds in his 200 back, over 10 ½ seconds in his 200 breast and over 9 seconds in his 200 IM. Great meet Grant!

**Timmy Proctor**, 11, raced to a perfect meet by dropping in 6 of his events as well as swimming the 100 breast and 200 free long course for the first time. Timmy improved over 11 seconds in his 50 breast, over 10 seconds in his 200 IM, and over 4 seconds in his 100 free. He finished with a AA time in his 50 back with close to a second improvement, 5 A times and 2 BB times. Nice meet Timmy!

**Ryan Richards**, 14, had a great meet and improved in 6 events. He showed significant improvement in his 400 free dropping almost 14 seconds, in his 100 breast by dropping over 10 ½ seconds, in his 200 IM by dropping close to 8 seconds, and in his 200 free by dropping over 4 seconds. Ryan finished with a AAAA time in his 400 free, 2 AAA times in his 200 and 100 free events, 4 AA times, and one BB time. Nice meet Ryan! **Emily Rollo**, 14, raced one day in 3 events and improved in over 1 ½ seconds in her 100 free and also improved in her 50 free. Emily also swam the 400 IM for the first time and finished all 3 of her event with A times. Nice job Emily!

**Morgan Sage**, 12, competed in her first long course meet swimming 6 events and posting 4 AA times and 2 A times. Her AA times came in the 50 and 100 fly and in the 50 free and 200 IM. Great first long course meet Morgan! **Andy Schuehler**, 14, continued his incredible year finishing with a perfect meet and 9 best times. This included 3 AAAA times in the 100 and 200 breast events and the 200 IM, 3 AA times and 3 A times. Andy dropped over 23 seconds in his 400 IM, almost 13 seconds in his 200 breast, over 12 seconds in his 200 free, over 8 ½ seconds in his 100 fly, and over 7 seconds in his 200 back. Andy won the 100 and 200 breast events. Incredible meet Andy! **Nicole Shek**, 11, raced to a perfect meet by improving in 6 events as well as swimming the 100 fly and 200 IM long course for the first time. Nicole dropped over 7 seconds in her 100 breast, over 5 ½ seconds in both her 50 fly and 100 back events, close to 3 seconds in her 50 free and almost 2 seconds in her 50 back. Nicole posted 4 AA times, 3 A times, and 1 BB time. Great meet Nicole!

**Steven Shek**, 13, also raced to a perfect meet by improving in 7 of his events and also swimming the 200 fly and 400 IM for the first time. In Steven's first long course meet as a 13 year old, he posted 9 A times! Significant improvement came in his 400 free with over a 23 ½ second time drop, in his 200 free with over an 8 second improvement, and in his 200 IM with over a 6 second time drop. Way to go Steven! **Michael Simunek**, 14, competed one day in 2 events and improved in both events. He dropped close to 6 seconds in his 200 back to post an A time and over 5 ½ seconds in his 100 breast to finish with a BB time. Good job Mike! **Natalie Simunek**, 13, also competed one day in the 200 back and 100 breast. Natalie swam the 100 breast long course for the first time to finish with a BB time and also dropped over 2 ½ seconds in her 200 back to post an A time in the event. Nice job Natalie! **Jenna Zagoren**, 14, raced one day in the 200 free, 100 back, and 200 IM events posting A times in all 3 events. Jenna dropped over a ½ a second in her 200 IM. Nice job Jenna!