

## Saturday, Day Three

### 200 Freestyle/ 400 Medley Relays:

The 13-14 Boys relays continued to post strong swims, beating their entry times by over 2 seconds in both events. Alex Park rose to the occasion posting a 26.23 lead off time to help the team get a good start against stiff competition.

The 13-14 girls 200 free relay also posted one of their strongest performances of the meet. Both Madeline Daum (26.23) and Megan Murphy (25.72) went over 1 second faster than her personal best times.

### 200 I.M. / 200 Breaststroke:

During prelims Jason Fu continued have strong swims. Jason set a new personal best time, dropping 3.5 seconds in the event. Jason was the 9<sup>th</sup> fastest 13 year old in the 200 I.M. In the 200 breaststroke Jason also dropped 1 second and was the 5<sup>th</sup> fastest 13 year old in that event.

### 50 Freestyle:

Entering the morning session, Katie Storch was seeded 60<sup>th</sup> in the 50 freestyle. After posting a personal best time of 26.77, Katie advanced 25 places in the event.

### 200 Freestyle Relays/400 Medley Relays:

The 11-12 Girls relays continued to swim excellent in the relays. The girls crushed their entry time in the 200 freestyle relay by 4 seconds. The 11-12 Boys "A" 200 freestyle relay dropped 2 seconds off of their entry time. Gerry Wan added another personal best time with his 26.80 relay split. Aaron Boyd and David Herbert both swam very solid middle portions. Chris Murphy anchored the relay with a 24.04 to help the FISH finish in 9<sup>th</sup> place.

In the 400 Medley Relay, Megan McCreary responded in a big way to help the "B" team to a great start. Megan lead off backstroke beat her previous best by 3 seconds. In the "A" relay the team of Amy Owens, Kaylyn Macaluso, Veronica Wolff and Fiona Muir finished in 11<sup>th</sup> place.

### 200 Butterfly:

Veronica Wolff swam a fantastic 200 butterfly by a greatly improving her dolphin kick and body lines during the race. Veronica was able to drop 3 seconds off of her best time at prelims.

### 100 Individual Medley:

In the 10 & under girls 100 IM, Isabella Rongione faced a tough challenge. Isabella once again proved how tough she is by winning another close race by .15 of a second with a FISH team record time of 1:06.40. This win put Isabella back into position for a shot at the high point award.

### 100 Breaststroke:

In the 100 breaststroke, two 10 and under FISH athletes scored valuable points. Claire Wolff finished in 11<sup>th</sup> place overall with a strong swim, and Michelle Owens swam a very strong race during finals to squeeze into 4<sup>th</sup> place with a personal best time of 1:18.72.

### 50 Backstroke:

Emily Meilus won her second gold medal of the meet with an impressive 30.12 in the 50 backstroke. She used her smooth stroke to accelerate past her competitors and set a FISH team record!

### 200 Freestyle:

The Girls 10 & Under 200 Yard Free was for the record books - literally.

Five FISH girls were entered in the event. Nine year old Sydney Harrington held her ground against mostly older competition in this demanding event and improved by 1.5 seconds. Sydney was the 11<sup>th</sup> fastest 9 year old in the event, giving her a strong shot at making finals next year. Her four 10-year old team mates lit up the score board taking the top four seeds for the final.

Isabella Rongione took first place, swimming a 2:05.89 thereby setting a new PVS Resident record which was set in 2008. Emily Meilus was a close second, swimming a 2:06.60 and dropping nearly 2 seconds off her seed time. Michele Owens came in third with a 2:17.28 and Joanne Fu took fourth place after the prelims with a 2:18.87.

Just a couple of hours later, these girls were standing on the four center lane starting blocks for the final. Well prepared by their coaches and cheered on by Kate Ziegler, their teammates, friends and parents, the girls swam the race of their young lives.

Isabella Ronigione came in first in a time of 2:02.86, shattering her prelims time by three seconds. Her time sets a new PVS Open Record which had stood since 2001 and is the fastest time in the country this year in her age group.

Emily Meilus came in second, dropping over two seconds from her personal best set just a few hours earlier. She swam a 2:04.22 which is the third fastest time in the country this year.

Michelle Owens came in third in a AAAA time of 2:13.28 dropping one seconds off her personal best. Joanne Fu swam a AAA time of 2:17.05 which also marks a personal best time; she finished fifth.

What a race, what a result! We are proud of our young athletes. All their hard work and training is bearing fruit.

#### 200 Medley Relay:

The FISH 10 and under girls relay team entered the meet with the lofty goal of bettering the National Age Group record set by RMSC last year. To better the 2:02.81, each of the four 10 and under FISH would have to drop one second off their personal best times. With their teammates and coaches cheering them on, the girls gave it their best shot but finished just shy of the NAG record with a 2:03.19, good for a 1<sup>st</sup> place finish and one of the top times in the history of the event. The FISH B relay also put on an impressive show, moving up to finish 12<sup>th</sup> in the event. It took a team effort with great swims from Haley Bergthold, Claire Wolff, Grace Gent and Grace Tierney.

#### Sunday, Day Four

#### 400 Freestyle Relays:

The 11-12 Girls relay finished in scoring position thanks to four great swims, notably Amy Owens and Megan McCreary to cracked the minute barrier for the first time on their relay splits. The 11-12 boys relay finished 7<sup>th</sup> overall in a team effort; Aaron Boyd posted a personal best relay split.

#### 500 Freestyle:

The girls 10 and Under 500 Freestyle turned out to be one of the most dominating performances ever put on by The FISH at Junior Olympics. Entering the event Isabella Rongione, Emily Meilus, Michelle Owens, and Joanne Fu were already seeded 1<sup>st</sup> through 4<sup>th</sup>.

Isabella Rongione swam a great race and came out on top with a new PVS record time of 5:28.18, crushing the previous record by nearly 2 seconds! Second place was Emily Meilus with an equally impressive time of 5:32.06, an improvement of over 10 seconds! The other girls held up their end of the bargain holding their positions with Michelle finishing in 3<sup>rd</sup> place and Joanne Fu battling to the wall to out touch her competitor for 4<sup>th</sup> place by one tenth of a second!

#### 1000 Freestyle:

Ellie Belilos and Megan Murphy both competed in this event and outperformed their seed times well enough to move up in the rankings to score a few points for The FISH.

Megan swam during the prelims session and she responded by besting her previous time by nearly 15 seconds and improving her placement from 27<sup>th</sup> all the way up to 14<sup>th</sup>! Way to go Megan!

Ellie Belilos, who had an opportunity to swim the event during the finals session, was determined not to disappoint and took her race out very strong. She held on well enough to drop 11 seconds from her seed time and take 8<sup>th</sup> place overall.

#### 200 Freestyle Relay:

The 10 and under girl FISH swam to their second relay gold medal with an impressive time of 1:51.37. The boys' relay got back into scoring range when Matthew Herbert, Ben Sharrer, Grant Williams and Casey Storch teamed to finish in 9<sup>th</sup> place, dropping several seconds off their relay's entry time.

#### 100 Backstroke:

The 100 backstroke was another great showing by the 10 and Under FISH with Emily Meilus and Michelle Owens taking 1<sup>st</sup> and 4<sup>th</sup> overall.

Emily, as usual, took the race out very strong and really imposed her will on the rest of the field by turning in a dominating performance, finishing nearly 2 seconds ahead of the second place finisher with a 1:04.92. Michelle Owens also turned in a great swim by improving on her prelims time by over 1.5 seconds to finish 4<sup>th</sup> overall with a 1:09.32.

On the boys side, Christopher Murphy was ranked 5<sup>th</sup> heading into finals. Chris turned in a phenomenal performance and dropped nearly a full second from prelims and moved up to 4<sup>th</sup> with a time of 59.41.

This was just another notch on the belt for the FISH as each of these athletes stepped up to the plate and improved upon their already stellar performances. This, however, was just a taste of what was yet to come.

#### 50 Freestyle:

Emily Meilus entered the 50 freestyle as the number one seed coming into finals and this was to be her final competition of the entire meet. Emily had already turned in one of the best performances at a meet by a FISH athlete but was determined to win one final event so she could tie teammate Isabella Rongione for the high point award.

Emily responded to the pressure in a big way with an explosive start and battling through a very close race to come out on top with a time of 27.21 to tie her very own teammate for the meet high point award.

Next up, again, was Christopher Murphy who entered this event seeded second by just one one-hundredth of a second. Chris was visibly excited for this event as he received final instructions from Coach Josh M. and Coach Ray before he reported behind the blocks.

Chris put in an extraordinary effort and finished second overall with a time of 24.08! This capped a very impressive meet for Chris who ended up scoring 100 points for FISH and finished 5<sup>th</sup> overall in an extremely competitive bracket of 11-12 boys.

#### 100 Fly:

Ben Sharrer entered Sunday having already improved in every event he swam and helped two relays move up in the rankings. The 100 fly was his final event of the meet and he was determined to continue his streak of improvements. He did just that by dropping over 4 seconds and finishing 9<sup>th</sup> overall with a time of 1:17.07 – immediately becoming one of the top 9 year olds in all of PVS in this event.

On the girl's side Joanne Fu entered Sunday's final session seeded 3<sup>rd</sup> overall. With a spot on the zone team on the line, Joanne needed to put in an extraordinary effort and improve her seeding by one position. Joanne did just that, improving her time by nearly two seconds to 1:08.09 to out touch 3<sup>rd</sup> place by only .34 seconds!

The final swim of the meet went to Veronica Wolff, who was seeded 14<sup>th</sup> after prelims. Veronica channeled her inner FISH and used her much improved underwater kicking and determination to drop almost a second from her prelim time to a 1:06.16.

Great job to all the FISH who qualified for the meet; whether you were a high point winner or a relay only athlete, you made a difference! With 987 total points, the FISH scored more points than any JO meet in recent history and seem well on the way to more excitement in the future.