

GIRLS SWIMMING PREVIEW

Swimming

Continued from Page C1

“I really missed something by not swimming high school my freshman year, so now I try to be there as much as I can because I don’t want to miss any more than I already have.”

Barahona was the Suburban One League National Conference champion in the 100-yard breaststroke, clocking in at 1:12.26, and she took third in the 200 individual medley (2:18.40).

She was all-conference first team in the breaststroke, third team in the IM and second team as the anchor of the 400 freestyle relay along with Shannon McHenry, Naomi Polster and Stephanie Radzinski.

She was a District One Class AAA qualifier in both events, taking ninth in the breaststroke (1:08.71) and 11th in the IM (2:13.60).

“I swam the way I wanted to,” she said. “It helped a lot that we did a lot of stroke work at the high school practices. I’d been trying to break a 1:10 in the breaststroke for about two years, and I did it at districts, so that was very exciting for me.”

She has high hopes for this year.

“I’m dying to get up on the school record board,” she said. “I think it’s a realistic goal for me to improve enough to get that this year. But even if I don’t get it, I’m only a junior, so I’ll still have all of next year to try for it.”

Barahona had an excellent district meet last year, but was not quite close enough to the top finishers for a berth at the PIAA Class AAA meet. She could certainly be in the hunt for a state spot this year.

“This could be state year for me,” she said. “If I don’t make it this year, I think I have a good shot next year. That’s definitely on the goal sheet for me. I’ve never been to states, but I know it’s a really big meet and big meets are my favorite. I usually do really well at them, so I’d love to get there and see what I could do.”

She has big expectations for the team, which finished second to Council Rock North in the SOL National Conference last year.

“We got some really good freshmen this year, plus we have most of our team from last year,” she said. “Everyone is working really hard and our team has improved so much.

“Our times look good,



Pennsbury’s Ali Barahona glides through the water in the 200 medley relay against William Tennent last year.

especially for so early in the season, so I think this might be the year we really challenge for the league title.”

Pennsbury coach Greg Stoloski knows what he has in Barahona.

“Alison helped the team achieve a lot of the success they saw last season,” he said. “She has some serious goal for her swimming this year, as well as for the team and its relays.

“With her hard work and

positive attitude, she should be successful — not only for herself, but for her teammates.”

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5 Teams to Watch

(listed in order of strength)

Council Rock North: The Indians have won the Suburban One League National Conference title the last four years running and look to be the team to beat again this year. There were some losses to graduation, but they retained a lot of talent, including Tommie Dillione, the District One Class AAA champ in the 100 freestyle. Once again, CR North had a large turnout that will help the numbers.

Pennsbury: The Falcons have a really solid core to work with and the talent is spread out over each class, which is a nice building block for the next few years. Pennsbury is always in the mix at the end of the season, and this year should be no different.

William Tennent: A bump in numbers will be crucial for the Panthers this year, as they are now in a position to earn points through their depth that they had been giving up over the last couple of seasons. Whether or not they have enough to challenge for a top-two finish in the league remains to be seen, but they are certainly worth keeping an eye on as the season progresses.

Council Rock South: The Golden Hawks have a nice core of returning swimmers with which to build, and an enthusiastic new coach in Meier. If things break right for them, this could be the year they move up in the standings.

Archbishop Wood: Graduation hit the Vikings hard, but they still have the numbers to perform well. The big question for them will be how having Bonner-Prendergast and Archbishop Carroll moving down into Class AA will affect their chances of winning the District 12 title. Wood defeated both teams in dual meets last year, but championship meets are a whole new ballgame. They need the returning swimmers to shoulder more of the load and the newcomers to step up.

5 Individuals to watch

(Listed in alphabetical order)

Alison Barahona, Pennsbury: The Suburban One League National Conference champion in the 100 breaststroke, this junior is poised for a breakout season. A District One Class AAA qualifier in the breaststroke and 200 individual medley, she was all-conference first team in the breaststroke, third team in the IM and second team as a member of the 400 freestyle relay.

Shannon Battis, William Tennent: A sophomore, Battis was interesting to watch last year as she started off the season as a raw freshman and ended it by anchoring both the 200 and 400 freestyle relays at the District One Class AAA meet, as well as swimming the 200 and 500 freestyles as an individual.

Hannah Cochrane, Archbishop Wood: Cochrane, a junior, was the District 12 Class AA champion in the 100 butterfly and 100 backstroke and was part of the winning 200 and 400 freestyle relays. She was a state qualifier in all four events.

Tommie Dillione, Council Rock North: Dillione, a junior, was the Courier Times Girls Swimmer of the Year last year. She was the District One Class AAA champion in the 100 freestyle and took sixth at the PIAA championships in that event. She was all-state, all-district and All-SOL National Conference first team.

Faye Melekos, Council Rock South: A sophomore, Melekos was a District One Class AAA qualifier in the 100 backstroke and 100 butterfly and anchored the 200 and 400 freestyle relays at districts. She was the Suburban One League National Conference runner-up in the 100 butterfly and was all-league second team in the 100 butterfly and third team on the 200 and 400 freestyle relays.

5 Meets to Watch

(listed in chronological order)

Council Rock North at Upper Dublin, Dec. 11, 3:30 p.m.: This meet features last year’s Suburban One League National Conference champion CR North and SOL American winner Upper Dublin, which also won the District One Class AAA title. The Cardinals won last year’s meet, but it was close, 104-86, and this should be a good meet again this year.

Villa Joseph Marie at Nazareth Academy, Dec. 17, 4 p.m.: This Athletic Association of Catholic Academies contest will be the first-ever meet for the Jems, who added swimming as a full-fledged varsity program this year.

Archbishop Wood at Archbishop Ryan, Jan. 8, 3:15 p.m.: These two teams have dominated the Philadelphia Catholic League in recent years, so this meet is always important. Last year, Ryan was the winner of both the dual meet and the PCL title, but both teams won District 12 titles, with Wood capturing the Class AA title and Ryan the Class AAA crown.

Council Rock North at Pennsbury, Jan. 22, 3:30 p.m.: This meet features the 2011-12 Suburban One League National Conference champion Indians against the runner-up Falcons. CR North has won the last five meetings between the two, with Pennsbury’s last win over the Indians coming in the 2006-07 season.

Council Rock South at Council Rock North, Feb. 5, 3:30 p.m.: This annual clash between district rivals is the Suburban One League National Conference finale for both teams. This will be the 11th meeting since CR South opened in the fall of 2002 and CR North leads the series, 10-0.

— Karen Sangillo

— GIRLS SWIMMING CAPSULES —

ARCHBISHOP WOOD

Coach: Charlie Stillwell (16th year)

Last year: 7-2 (6-1 PCL)

Key performers: Jr. Hannah Cochrane (backstroke, butterfly); So. Dominique DiRienzo (diving); Fr. Katharine Buliga (distance freestyle); Fr. Caitlin Bedesem (breaststroke, individual medley); Jr. Claire Cochrane (butterfly, backstroke); So. Keara Cole (backstroke).

The season: The loss of 10 seniors will hurt, but a big team and great freshman and sophomore classes will make the team very competitive. Their goal is to compete for the District 12 Class AA championship, which will be more difficult with the addition of Archbishop Carroll and Bonner-Prendergast to that classification this year. Wood will count on new swimmers to carry much of the load, but will need the upper-classmen to bring them depth.

BENSALEM

Coach: John Konieczny (1st year)

Last year: 0-9 (0-6 SOL National)

Key performers: Sr. Eva Chau (butterfly); Sr. Kelly Blumenstock (freestyle, backstroke); Sr. Sierra Fowler (all strokes); So. Kelsey Lock (all strokes); Jr. Annemarie Baker (freestyle).

The season: The Owls have a broad spectrum of swimmers, all of whom have made the commitment to strive for improvement regardless of their starting point. They have made good progress so far and look to continue in that direction.

COUNCIL ROCK NORTH

Coach: Ted Schueller (7th year)

Last year: 13-1 (6-0 SOL National, champions)

Key performers: Jr. Tommie

Dillione (all strokes); Sr. Samantha Park (backstroke, individual medley, sprint freestyle); So. Lauren Mitchell (all strokes); Sr. Olivia Alborn (backstroke, freestyle, individual medley); Sr. Nicolette Koethe (freestyle, butterfly); Sr. Katherine Craig (diving); Jr. Melinda Birky (all strokes); Jr. Gaby Kim (all strokes); Jr. Becca Samson (all strokes); Jr. Shirley Samson (all strokes).

The season: The Indians have won the last four consecutive conference championships but can’t rest on their laurels. They have some holes to fill in the lineup and need new people to step into those spots. They must improve individually and as a team if they expect to stay on top of their division.

COUNCIL ROCK SOUTH

Coach: Liz Meier (1st year)

Last year: 7-5 (3-3 SOL National)

Key performers: So. Faye Melekos (butterfly, backstroke, freestyle); Sr. Megan Obarowski (breaststroke); So. Emily Eastburn (freestyle, backstroke); So. Cara Wandling (freestyle); Sr. Brianne Bishop (freestyle, backstroke); Fr. Colleen Robinson (breaststroke); Fr. Lindsay Robinson (backstroke, breaststroke); Jr. Haley Cichonski (diving); Jr. Theresa Ridings (freestyle); Sr. Megan Magee (freestyle, backstroke).

The season: The Golden Hawks have a solid group and an enthusiastic new coach in Meier, who has high expectations for the team. “I’m very excited for our team to come together and push each other to achieve many individual and team goals,” Meier said.

GEORGE SCHOOL

Coach: Jason Clark (1st year)

Last year: 8-3 (5-1 Friends

League)

Key performers: Jr. Ali Sacchi (all strokes); Jr. Chesa Sacchi (all strokes); So. Natasja Lesiohadi (all strokes); Sr. Carole Bernate (breaststroke); Sr. Kate Carr (freestyle); Jr. Julia Panter (butterfly).

The season: The Cougars have a solid group of returning swimmers, many of whom are not seniors, so the future is bright. This group is joined by some promising newcomers. They had a good season last year and look to continue in that direction.

NESHAMINY

Coach: Brian Suter (16th year)

Last year: 3-9 (1-5 SOL National)

Key performers: Sr. Natalie Caruso (distance freestyle); So. Elizabeth Miller (backstroke, butterfly); So. Helen Shekhterman (distance freestyle); Jr. Emily Shirkness (distance freestyle); Sr. Celenia Rios (distance freestyle); Jr. Meg Walton (breaststroke, freestyle); Jr. Emily Seidel (breaststroke, freestyle).

The season: With half the team new to swimming, the girls have some work ahead of them, but they are showing that they are willing to take on the challenge. This should be a season of growth for the program.

PENNSBURY

Coach: Greg Stoloski (1st year)

Last year: 5-4 (5-1 SOL National)

Key performers: Sr. Stephanie Radzinski (fresetyl); Sr. Erin Wiser (breaststroke, freestyle); Jr. Alex Costello (diving); Jr. Alison Barahona (all strokes); So. Natalie Delworth (individual medley, breaststroke); Jr. Breanna Hughes (freestyle, backstroke); Jr. Bridget Perdoch (breaststroke, freestyle); So.

Naomi Polster (butterfly, freestyle); Fr. Deanna Shuster (all strokes); Fr. Kyra Papazian (all strokes); Sr. Hannah Papazian (freestyle); Fr. Leah Sirkis (all strokes).

The season: The Falcons are small but solid this year. A strong and determined senior class and talented freshmen bookend a lot of depth, talent and speed in the middle two classes. They hope to perform well in the league this year and have competitive meets with some longstanding rivals.

VILLA JOSEPH MARIE

Coach: Raymond Keown (1st year)

Last year: first varsity season

Key performers: So. Alexa Fabbri (all strokes); So. Emily Messina (all strokes); Jr. Meredith Pastor (backstroke).

The season: The Jems had 18 swimmers come out for the team. “I’m pretty impressed with the type of kids who came out for the team, especially for our first year,” Keown said. “We don’t have a ton of experience, but we have a lot of potential.”

WILLIAM TENNENT

Coach: Lisa Forlini (23rd year)

Last year: 8-5 (4-2 SOL National)

Key performers: So. Shannon Battis (freestyle, backstroke); Sr. Deanna Battis (all strokes); So. Madi Crognale (breaststroke, freestyle); Sr. Sarah Alps (breaststroke, freestyle, butterfly); Sr. Katie Cooper (freestyle); So. Kendal Brasch (freestyle).

The season: Tennent’s numbers are up this year, and that’s a good sign. Every athlete will be playing a key role in the team’s success this year, and it will be interesting to see how much they improve from the beginning to the end.

— Karen Sangillo



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GIRLS SWIMMING PREVIEW

5 Teams to Watch

(listed in order of strength)

Germantown Academy: Nobody was surprised at Easterns last spring when the Patriots cleaned up. What was surprising was the number of younger swimmers who won gold, silver or bronze. With several very talented freshmen joining the fold, this team may be better than last year.

North Penn: Last season, the Maidens could count on their divers to rack up a ton of points every meet, but the unit was hit hard by graduation. No problem; an awful lot of quality swimmers will pick up the slack and keep the program rolling along.

Central Bucks East: No less than 19 freshman swell the Patriots’ ranks to 44 individuals determined to make a run at the SOL Continental title. The guess here is they will.

Hatboro-Horsham: When you’re trying to pick the strongest teams, a good place to start is to count the veterans who went to districts. The Hatters return 11, leadership that can take this team a long way.

Souderton: The easiest thing to say is the Indians lost some extremely talented seniors, which they did. The smart thing to say is they have a lot of talent coming back and some promising newcomers to fill the holes. They’ll be just fine.

5 Individuals to watch

(Listed in alphabetical order)

Rachel Sauders, Central Bucks West: This extremely gifted diver is poised to grab the District One Class AAA gold. She took the silver last season with 462.80 points and won bronze at states. That alone makes her the preseason favorite to win it all.

Sydney Szopo, Upper Moreland: As a freshman she finished second in District One Class AA diving and repeated last year. The girl who finished ahead of her each time — her sister Natalee — graduated. First in districts and a top three finish at states is within her reach.

Hanna Wittman, Central Bucks East: Very few opposing fans knew her name when last season started. In the end, nobody could forget it. She won the Class AAA breaststroke (11th at states) and was second in the IM (10th at states). And she’s only a sophomore.

Rachel Zilinskas, Germantown Academy: Watching her win 200 free gold and shatter the record winning the 500 free at Easterns, it was difficult to tell she was under a doctor’s care for a thyroid condition as a sophomore. Expected to repeat, she has accepted a scholarship to swim at the University of Georgia.

Laureana Zrada, Souderton: In his final season as coach, Todd Bauer saw Zrada dominate the same events he specialized in as an Indians’ swimmer. She won gold at districts in the 200 free, and finished second in the 500 and following that with a fourth in the consolation finals at states. Zrada will swim in college at Bucknell, just like Bauer.

5 Meets to Watch

(listed in chronological order)

North Penn at Souderton
Jan. 18, 3:30 p.m.
For the better part of the last decade, this has been one of the best and most eagerly anticipated girls’ meets in the area. It will be again.

Mount St. Joseph at Gwynedd-Mercy Academy
Jan. 30, 6 p.m.
(at La Salle College High School)
Senior night for both schools will also be a meet that could be extremely important in the AACA standings. That why this meeting of archrivals will be at night.

Central Bucks South at Central Bucks West
Feb. 1, 6 p.m.
One of those rare occasions when both teams are at home. This time West will be “home” on the scoreboard but that won’t matter when these two rivals step to the blocks.

Archbishop Carroll at Archbishop Wood
Feb. 6, 6 p.m. (at Klingler Middle School)
A regular season PCL meet could be a preview of what to expect in the District 12 AA meet now that Carroll has dropped down from AAA. It should be a good one.

Hatboro-Horsham at Central Bucks East
Feb. 8, 3:30 p.m.
Two teams with lots of veterans returning will meet in a battle that could be a lights-out donnybrook; it may not be decided until the 400 free relay.

— Bill Keen



DAN CREIGHTON

Germantown Academy swimmer Rachel Zilinskas holds the 500 free record at the Eastern Interscholastic Swimming and Diving Championships.

— GIRLS SWIMMING CAPSULES —

Abington

Coach: Joe Lennon (14th year)
Last year: 6-6 (2-4 SOL National)
Key performers: So. Frances Erney (butterfly, backstroke, freestyle); Jr. Olivia Harris (freestyle, butterfly); So. Aiofe Garvey (breaststroke, freestyle); So. Taylor Spitko (freestyle, backstroke); Fr. Emma O’Neil (freestyle, butterfly); Fr. Brooke Johnson (freestyle, butterfly)
The season: A veteran nucleus will lead a team that includes six newcomers who will add to team depth. Freestyle remains the strongest stroke, breaststroke and butterfly are thin. This team has a great shot at a winning record.

Archbishop Wood

Coach: Charlie Stillwell (15th year)
Last year: 7-2 (6-1 PCL)
Key performers: Jr. Hannah Cochrane (backstroke, butterfly); So. Dominique DiRienzo (diving); Fr. Katharine Buliga (distance freestyle); Fr. Caitlin Bedesem (breaststroke, individual medley); Jr. Claire Cochrane (butterfly, backstroke); So. Keara Cole (backstroke).
The season: A great freshman and sophomore class offsets the loss of 10 seniors. Archbishop Carroll and Bonner-Prendergast are new to District 12 AA, but this team should be in the thick of the title chase.

Central Bucks East

Coach: Tom Kane (37th year)
Last year: 9-3 (second SOL Continental)
Key performers: So. Hannah Wittman (breaststroke, individual medley); Sr. Ellie O’Brien (distance freestyle, individual medley, breaststroke); Sr. Nicole Guss (sprint freestyle, butterfly); Jr. Jess Jozefiak (butterfly, backstroke, sprint freestyle); Jr. Louise Huuki (distance freestyle); Sr. Marissa Ferrari (sprint freestyle); Sr. Kelly Gavel (backstroke, butterfly); Sr. Morgan Sattler (distance freestyle)

The season: Nineteen freshmen swell the roster to 44 strong. With a boatload of talent and a ton of depth, the Patriots could contend for the league title.

Central Bucks South

Coach: Kevin Murray (eighth year)
Last year: 7-5 (fifth SOL Continental)
Key performers: Sr. Stephanie Nickerson (individual medley, distance freestyle, backstroke); Sr. Sydney Mrozinski (individual medley, breaststroke); Jr. Isabelle DiNallo (individual medley, freestyle, backstroke); Jr. Cali Corbett (freestyle); So. Samantha Towle (freestyle); So. Caitlin Connor (individual medley, freestyle, backstroke)
The season: Several key performers return from a team that was better than its record would indicate. Talent is there to fill backstroke and butterfly vacancies, sprint free and fly will be tougher but there won’t be any open lanes.

Central Bucks West

Coach: Vibeke Swanson (22nd year)
Last year: 7-6 (sixth SOL Continental)
Key performers: Jr. Quinn MacMillan (freestyle); Sr. Rachel Sauders (diving); Sr. Jennifer Strohmer (freestyle, backstroke, individual medley); Sr. Katherine Baltes (distance freestyle, butterfly); So. Meg Baltes (freestyle, butterfly); So. Maddie Seiden (distance freestyle, utility); Jr. Cara Mergner (diving); Jr. Kelly Magri (diving); Jr. Kelly Mulligan (butterfly, distance freestyle)
The season: From a standpoint of numbers, this season’s team is smaller than usual. However, with returning standouts like Saunders and MacMillan, the Bucks have a lot of proven leaders to school the newcomers and could surprise.

Germantown Academy

Coach: Dick Shoulberg (44th year)
Last year: 10-0 (5-0 Inter-Academic League)
Key performers: Sr. Rachel Zilinskas (middle distance freestyle, distance freestyle); Jr. Meagan Dollard 11th Grade (sprint freestyle, middle distance freestyle); So. Madison Visco (breaststroke, individual medley); Fr. Shannon McKernan (sprint freestyle, backstroke); Jr. Hayli Randolph (breaststroke, individual medley); Jr. Emily Smith (butterfly); Fr. McKensie Meyer (backstroke); Fr. Paige Kupsky (diving)

The season: The scary part of last season’s undefeated, Inter-Ac and Eastern championship team is that most of it is back. The freshman class is loaded with talent so depth will not be a problem. The Patriots are, once again, loaded.

Gwynedd-Mercy Academy

Coach: Heather Norman (ninth year)
Last year: 6-5 (third place AACA)
Key performers: Sr. Emily Fesnak (middle distance freestyle); Jr. Katie Cassidy (distance freestyle); So. Kieragh McMenamin (individual medley, backstroke, distance freestyle); So. Molly Reimenschneider (individual medley, butterfly); Jr. Jamie Talecki (butterfly); So. MaryKate Curley (middle distance freestyle); Fr. Allie Szekely (individual medley, freestyle, breaststroke)
The season: Eight seniors graduated but with 10 freshmen joining the returning letterwinners, there is plenty of depth. The Monarchs are looking to contend in the league and district.

Hatboro-Horsham

Coach: Kip Emig (22nd year)
Last year: 9-5 (SOL Continental)
Key performers: Sr. Kayla Connell (breaststroke); Sr. Meghan Pellecchia (butterfly, backstroke); Sr. Ai-mee Watkins (freestyle); Sr. Danielle Moore (butterfly, individual medley); Sr. Elizabeth Schmele (freestyle); Jr. Gabby Rudnitsky (diving); Jr. Nicole Pellecchia (freestyle); Jr. Maddy Wawrzniak (breaststroke); So. Sam Schmitt

(breaststroke); So. Haley Sutton (backstroke); So. Perie Sumner (butterfly, individual medley, freestyle)
The season: The Hatters are sometimes overlooked in the league but this year it will be a mistake. With 11 girls who went to districts last season and a very good freshman class, Emig says, “This could be a fun team to watch.”

Lansdale Catholic

Coach: Bob Birnbrauer (18th year)
Last year: 4-8 (3-3 PCL)
Key performers: Sr. Nicole Marshall (individual medley, backstroke, freestyle); Jr. Mary Murphy (individual medley, butterfly, breaststroke); Jr. Amanda Matylewicz (freestyle); Jr. Erin Noonan (diving); So. Erin Edling (freestyle, butterfly); So. Mary Cate Coyle (freestyle); So. Letizia Iervolino (freestyle); So. Mary Ann Wietecha (freestyle, butterfly); Fr. Cassidy Fries (freestyle, breaststroke); Fr. Diem Tran (individual medley, freestyle, backstroke, butterfly); Fr. Maura Maxwell (freestyle, backstroke)

The season: Marshall won the District 12 title in the IM last season and went to states while 10 others qualified for districts. New teams in the AA field make districts tougher but the Crusaders are determined to contend for individual gold.

North Penn

Coach: Matt Weir (fifth year)
Last year: 11-0 (7-0 SOL Continental)
Key performers: Sr. Aspen Trautz (freestyle); Sr. Alyssa Tate (freestyle, breaststroke); Sr. Brittney Patterson (butterfly, individual medley); Sr. Becca Hoch (backstroke, individual medley); Sr. Jenna Peterson (breaststroke); Jr. Tara Rogers (freestyle); Jr. Eve Kosten (freestyle, breaststroke); So. Emily Kosten (freestyle, backstroke); So. Olivia DiStefano (freestyle, backstroke)

The season: Take an undefeated team, subtract some blue-chip seniors who scored a lot of points and what’s left? A clone. The Maidens were hit hardest in diving but have plenty of talent to be major players in the league, districts and maybe states.

Pennridge

Coach: Ryan Griffiths (seventh year)
Last year: 2-10 (1-6 SOL Continental)
Key performers: Sr. Chelsea Weiss (sprint freestyle, backstroke); Sr. Julia Nadovich (individual medley, breaststroke); Sr. Michelle Blanca (butterfly, individual medley); Jr. Jackie Cios (distance freestyle); Jr. Kristen Tomlinson (sprint freestyle); Jr. Jen Grasmeder (breaststroke); Jr. Maggie Walker (distance freestyle); So. Kristen Shema (distance freestyle); Fr. Brittany Weiss (individual medley, breaststroke); Fr. Heather Zurmuhl (sprint freestyle, backstroke); Fr. Kacie Cios (utility)
The season: Last season, the Rams took their lumps; this season they hope to return the favor. The roster is deep and the individuals have been working

Swimming

Continued from Page C1

I am today but it made me the person I am today; GA is the definition of hard work.”

Last season at the 112th Eastern Interscholastic Swimming and Diving Championships at La Salle University, she won the 200 in 1 minute, 47.11 seconds, her best of the season.

The 500 was a record shattering performance — 4:40.04 — that destroyed the 4:43.60 set by former GA standout Alicia Aemisegger in 2006.

More than the gold medal, however, the victory earned Zilinskas the Fran Crippen Award, presented by the late, great swimmer’s family to the boy and girl who win Crippen’s specialty at Easterns.

“That award is something that is above all; it is so special to me,” she said. “I only knew Fran for two months but you only had to be around Fran Crippen for two minutes before you realized the impact he had on other people.”

It was that influence coupled with the intense training all Patriots’ swimmers experience under venerable coach Dick Shoulberg, that turned a very good swimmer into a great one.

“I stayed 45 extra minutes today to do extra dry land (training),” Zilinskas said, even as Shoulberg passed by and patted her on the shoulder. “I truly believe things like that give you a tougher attitude and they really give you an edge in the pool.”

Shoulberg recalled the 2010-11 season when Zilinskas was diagnosed with a thyroid condition. Despite that, she still won the individual medley at Easterns as well as the 500.

“We realized in December of her sophomore year when we went to Annapolis that her training times were good but her competition times weren’t nearly as good as they should have been,” Shoulberg said. “There were some rough days and weeks before the doctors felt they had it under control. No excuses, do the work, get it done, never misses training. She is a joy to the whole school.”

One matter that is no longer an issue is where she will attend college; she accepted a swimming scholarship from the University of Georgia under one-time GA assistant Jack Bower.

“After I made the decision it was a huge weight off my shoulders,” Zilinskas said. “This season I assume I’ll swim the 200 and 500 at Easterns but I’ll do what’s best for the team. I have personal goals but I have team goals as well. I want this team to win Easterns again.”

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hard to prepare for a season they hope will see a lot qualifying for districts.

Quakertown

Coach: Wendy Yons (fifth year)
Last year: 0-7
Key performers: Sr. Leah Kaighn (butterfly, distance freestyle); Sr. Becca Waddell (breaststroke, freestyle); Sr. Mara Imms-Donnelly (breaststroke, distance freestyle); Jr. Alex Kluger (butterfly, freestyle); Fr. Vivian Haa (breaststroke)

The season: The five girls on the roster are pushing themselves to qualify for districts. The three seniors have been on the team all four years. They will always be outscored, but they won’t be outworked.

Souderton

Coach: Caity Warren (first year)
Last year: 11-1 (6-1 SOL Continental)
Key performers: Sr. Alyssa Santangelo (utility); Sr. Megan Furey (butterfly); Sr. Laureana Zrada (distance freestyle); Sr. Erica Witoslawski (sprint freestyle); Sr. Jess Wimmer (individual medley, breaststroke); Sr. Bronwyn Smith (distance freestyle); Jr. Gabriella Pagano (butterfly); Jr. April Kichline (sprint freestyle); So. Rickilee Hodges (sprint freestyle, breaststroke); So. Lauren Billy (diving)

The season: It’s hard to improve upon the kind of season the Indians had last year, but with a talented group of quality seniors returning, they are determined to contend in the league and the district.

Upper Moreland

Coach: Melanie Rowland (ninth year)
Last year: 3-10 (1-5 SOL American)
Key performers: Sr. Saige Wenik (sprint freestyle); Sr. Anna Hakes (distance freestyle); Jr. Amber Saint Clair (backstroke, freestyle); Jr. Bridget Meade (backstroke, freestyle); So. Kayla Even (butterfly, freestyle); Fr. Sarah Hakes (utility); Jr. Sydney Szopo (diving); So. Shannon Chambers (diving)

The season: Like a wrestling “tournament team” that doesn’t win many dual meets but excels in the post-season, this team should be extremely strong in districts.

William Tennent

Coach: Lisa Forlini (20th year)
Last year: 9-4 (4-2 SOL National)
Key performers: So. Shannon Battis (freestyle, backstroke); Sr. Deanna Battis (utility); So. Madi Crognale (breaststroke, freestyle); Sr. Sarah Alps (breaststroke, freestyle, butterfly); Sr. Katie Cooper (freestyle); So. Kendal Brasch (freestyle)

The season: Tennent’s numbers are up this year and that’s a good sign. Every athlete will be playing a key role in the team’s success and it will be interesting to see how much they improve from the beginning to the end.

— Bill Keen

Boys Swimming Preview

5 Teams to Watch

(in order of predicted strength)

Council Rock North: The Indians have won the Suburban One League National Conference for the last two seasons after not having taken home a trophy since the 1992 season. They have a nice core of returning swimmers and should be the team to beat again this season.

Pennsbury: The Falcons face the future with a new head coach, but Greg Stoloski was an assistant with the program for nine years, so the transition should be smooth. They lost their only state medalist from last year, Alex Naglich, to graduation, but they have a nice combination of returners and newcomers to make a run at the title.

William Tennent: The Panthers also had a key loss to graduation in Connor Forlini, the District One Class AAA champion in the 500 freestyle. But they return another district titlist in diver Ian Forlini, Connor's brother. They need the newcomers to step up and fill in the gaps and, if that happens, then Tennent will be in the mix.

Neshaminy: It's taken some time, but the Redskins have worked their way up to respectability in the conference. Now their goal is to stay the course and continue the push upward. They also lose some talent to graduation, but should have enough to be in the hunt.

Council Rock South: The Golden Hawks have a ton of depth, and depth can win dual meets. This is what they will rely on as they try to make a climb up the standings. They have a large senior class and, if everyone swims well, they should be competitive.

5 Athletes to Watch

(in alphabetical order)

Will Beliveau, Pennsbury: Beliveau, a senior, finished 17th at the PIAA Class AAA meet last season in diving, just missing the finals. He was seventh at the District One meet and the SOL National Conference runner-up. He was all-district first team and an SOL National Conference third-team choice.

Ian Forlini, William Tennent: Forlini, entering his junior year, is the two-time defending SOL National Conference and District One Class AAA champion in diving. He finished fourth at the PIAA championships this past season and competed at the US Olympic diving trials in June. He was all-state, All-District One and All-SOL National Conference first team last year.

Tim Harman, Council Rock South: A senior, Harman was a District One Class AAA qualifier in the 200 individual medley, 100 breaststroke and 200 medley and 400 freestyle relays. He was an SOL National Conference second-team selection in the 100 breaststroke and finished second in the 100 breaststroke at the SOL National championships.

Steven Keashon, Neshaminy: A junior, Keashon was third in the 200 individual medley and anchored the winning 200 medley relay at the SOL National Conference championships. He was an SOL National Conference second-team pick in the 200 individual medley, a first-team choice on the 200 medley relay and third team on the 400 freestyle relay last year.

Brandon McCredie, Council Rock North: McCredie, a junior, had a breakout season last year, getting to the PIAA Class AAA meet in the 50 and 100 freestyles and anchoring the 200 and 400 freestyle relays. The SOL National Conference champion in the 50 and 100 freestyle, he was all-SOL and all-District One first team and all-state honorable mention last year.

5 Meets to Watch

Council Rock North at Upper Dublin, Dec. 11, 3:30 p.m.

This is a nonleague clash between last year's Suburban One League National Conference champion CR North and SOL American champ Upper Dublin, which also won the District One Class AAA crown. The Cardinals won last year's meet, but it was close, 100-85. This should be a very interesting contest again this year.

William Tennent at Pennsbury, Jan. 8, 3:30 p.m.

Pennsbury won this Suburban One League National Conference meet last year by just two points, 94-92, and it was the difference between second and third in the dual meet standings. Both teams have had big losses to graduation and this should be a key meet as the teams jockey for position in the standings.

Council Rock North at Pennsbury, Jan. 22, 3:30 p.m.

This is always a competitive meet, and typically the winner is in the driver's seat in the race for the Suburban One League National Conference title. CR North won it last year en route to the SOL National crown. Pennsbury's last win was in the 2009-10 season.

Neshaminy at Council Rock South, Jan. 29, 3:30 p.m.

Neshaminy won the meet last year but it was close, 88-82, and it made a difference in the standings in the Suburban One League National Conference. Both teams need to win this meet if they want to be in the thick of the conference mix this year. It should be a competitive matchup again this year.

Council Rock South at Council Rock North, Feb. 5, 3:30 p.m.

This is the final meet of the Suburban One League National Conference season for both teams, as well as an intra-district rivalry. CR North leads the series, 9-1, with CR South winning in the 2005-06 season.

— Boys Swimming Capsules —

Archbishop Wood

Coach: Charlie Stillwell (16th year)

Last year: 1-7 (1-7 PCL)

Key performers: Fr. Timothy Quigly (breaststroke, butterfly); Sr. Matt Trudeau (freestyle); Jr. Gus Lawn (breaststroke); Sr. Chris Atras (distance freestyle); Sr. Diego Racanco (sprint freestyle).

The season: The team is filled with mostly seniors and juniors who need to have breakout years to be competitive this season. With the loss of two top swimmers to graduation, winning meets will be an uphill climb. Good sophomore and freshman classes will help, but every meet will be a challenge.

Bensalem

Coach: Frank Williams (1st year)

Last year: 2-7 (0-6 SOL National)

Key performers: Jr. Matthew McDonald (all strokes); Jr. Anthony Allonardo (freestyle); Sr. Ricky Yang (butterfly); So. Nolan Wild (freestyle); Sr. Anthony Tong (breaststroke).

The season: This team has a great range of swimmers who are dedicated and diverse. The coaching staff is thrilled with the progress they have shown so far, and it will be interesting to see how this team develops as the season wears on.

Council Rock North

Coach: Brian Johnson (17th year)

Last year: 13-1 (6-0 SOL National, champions)

Key performers: Jr. Brandon McCredie (sprint freestyle, butterfly); Sr. Geoff Boodey (sprint freestyle); So. Jake Goroshko (backstroke); Sr. Steve Sekula (freestyle); Jr. Ryan Mitchell (distance freestyle); Jr. Joe Lynch (backstroke); Sr. Paul Caldwell (butterfly, individual medley); Sr. Matt Micciolo (breaststroke); Sr. James Miller (distance freestyle); Sr. Alex Hofberg (diving).

The season: The team is coming into the season with high expectations. With 16 returners and eight new members, the squad has been training well and has set goals for the regular and postseason. With continued hard work, the Indians look to do well in the SOL National. At the district and state level, they plan to move up on their results from last year.

Council Rock South

Coach: Steve Janeski (9th year)

Last year: 6-6 (2-4 SOL National)

Key performers: Sr. Tim Harman (breaststroke); Jr. Ray Ferki (distance freestyle); Jr. Mike Rituper (individual medley); Sr. Jake Sweed (backstroke); Sr. Corey Giampietro (sprint freestyle); Sr. David Rue (butterfly); So. Harry Hall (butterfly, individual medley); So. Sam Teplov (distance freestyle); Sr. Zach Jones (butterfly); Sr. Eddie Bagdon (distance freestyle).

The season: Janeski is looking for another successful season from his squad. The Golden Hawks will benefit from having a huge senior class, all of whom were key contributors last season. Their strength this year will be their depth in each event.

GEORGE SCHOOL

Coach: Jason Clark (1st year)

Last year: 7-4 (5-1 Friends League)

Key performers: Jr. Grant Loeschner (all strokes); Sr. Dan Simon (all strokes); Sr. Nick Gonzalez (distance freestyle); Sr. Jon Epstein (all



FILE PHOTO

Shown making his final dive at states last spring, William Tennent's Ian Forlini is a safe bet to improve on his third-place finish.

strokes); So. Fritz Hillegas (distance freestyle, breaststroke); Fr. Chris Stack (all strokes).

The season: The Cougars have a good core group returning. A decent portion of this group is underclassmen, which bodes well for this season and beyond. They also have some promising freshmen, so George School is in good shape as it attempts to improve on last year's record.

Holy Ghost Prep

Co-coaches: Sheree Marsh (6th year), Ed Roussel (6th year)

Last year: 4-7 (independent)

Key performers: Sr. Brian Bondiskey (freestyle, breaststroke); Sr. Richard Blessington (freestyle); Sr. Marc Connuck (backstroke); Sr. Pat Lynskey (all strokes); Jr. David Ankin (all strokes); Jr. Zachery Gibbins (freestyle, butterfly); Jr. Philip Rutherford (freestyle, backstroke, butterfly); So. Tyler Fox (freestyle, butterfly); So. Elijah Gibbins (all strokes); So. Kyle Horan (freestyle).

The season: This year, HGP shows positive signs of being stronger, as long as everyone stays healthy. The freshmen coming in this year are definitely looking good, and they will be a big asset to the team.

Neshaminy

Coach: Brian Suter (10th year)

Last year: 6-6 (3-3 SOL National)

Key performers: Sr. Justin Kirenstein (butterfly, distance freestyle); Sr. Andriy Leshkiv (sprint freestyle); Jr. Brandon Segal (sprint freestyle); Jr. Nicholas Gainer (all strokes); Jr. Rob Giannini (all strokes); Jr. Steven Keashon (all strokes); Jr. Nicholas Macelko (all strokes); Jr. Alex Repoley (all strokes); Sr. Colin Adames (freestyle, breaststroke); Sr. Ryan Crecenzo (distance freestyle).

The season: This is Neshaminy's largest boys team in over two decades. The team is showing tremendous potential, and this season is full of promise for them.

Pennsbury

Coach: Greg Stoloski (1st year)

Last season: 6-3 (5-1 SOL National)

Key performers: Sr. Will Beliveau (diving); Sr. Adam Sokol (backstroke, individual medley); Sr. Max Millan (freestyle, individual medley); Sr. Mike Duch (breaststroke); So. Travis Venables (freestyle); Jr. Nick Lucca (freestyle, butterfly); So. Nick Jeronis (freestyle, breaststroke);

So. Daniel Lawton (freestyle, backstroke); Sr. Ben Kriss (breaststroke); Sr. Chase Browndorf (freestyle); Sr. Cole Browndorf (freestyle).

The season: The Falcons have a huge senior class that brings experience and leadership that will be bolstered by a large number of returning district qualifiers. They possess the talent and desire to accomplish their goals this year.

William Tennent

Coach: Lisa Forlini (20th year)

Last season: 9-4 (4-2 SOL National)

Key performers: Jr. Ian Forlini (diving, breaststroke, freestyle, butterfly); Sr. Dylan Cooper (freestyle, backstroke); Sr. Andrew Richey (freestyle, backstroke); Jr. Ryen Leneghan (butterfly, freestyle, individual medley); So. Brennen Bastian (freestyle, breaststroke); Sr. Joe Greiner (freestyle).

The season: This team has a nice combination of experience and new athletes this season. Veteran leadership and underclassman improvement will be keys for their success. It will be interesting to see what this team can do this year.

— Karen Sangillo

Swimming

Continued from Page C1

looking forward to that one."

As an individual, McCredie was the conference champion in both the 50- and 100-yard freestyles. His time of 21.67 seconds is both the school and pool record for CR North.

He went on to place fourth in the 100 free and sixth in the 50 free at the District One Class AAA meet.

"Getting fourth in the 100 was huge, because the top four get automatic spots at states, so that took the pressure off me because I knew I was going in at least one individual event," he said.

He ended up getting an at-large spot in the 50, so he was able to swim two individual events at the PIAA championships. He made it to the consolation final of the 50 freestyle, finishing 16th, and finished 17th in the 100, just missing the consolation heat.

"I learned a lot last year," he said. "I saw the importance of training hard and where it could get me. I didn't have any experience at states when I



BILL FRASER / STAFF PHOTOGRAPHER

Council Rock North swimmer Brandon McCredie relaxes before practice Tuesday. The junior is ready to put last year's experience at states to good use.

got there last year, but now I have an understanding of how it works and how to swim in the morning and again at night.

"I feel like this is the year I can put it all together. Now I have the

knowledge and experience and, if I combine that with hard work, I think I can make it to the podium at states this year and that's my goal."

He was also on two state relays, finishing 11th in the 200 freestyle

relay and 16th in the 400 freestyle relay along with Jake Goroshko, Steve Sekula and Geoff Boodey.

All four swimmers are back this year.

"I feel really good about our relays this year," he said.

He was an SOL National Conference first-team selection in the 50 freestyle and 400 freestyle relay, second team on the 200 freestyle relay and third team in the 100 butterfly. He was all-district first team in the 50 and 100 freestyles and 200 and 400 freestyle relays and all-state honorable mention in the 50 freestyle and 200 and 400 freestyle relays.

CR North coach Brian Johnson has high expectations for McCredie.

"He is a strong competitor," Johnson said. "He is the type of athlete that the team can count on in dual meets and is always looking to improve.

"After having qualified for the state championships last year as a sophomore, we are looking at another run at the state meet and moving into the top eight this season."

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Boys Swimming Preview

5 Teams to Watch

(listed in order of strength)

North Penn: The area's finest program for the past four decades continues to reload rather than rebuild. Graduation took state champ Jason Deana and several other very talented performers, but there is more than enough quality to keep the Knights on top.

Central Bucks East: It will be strange not to see Riley Weber for the first time in four years, but don't cry too much for the Patriots. The roster is huge, the talent level is high and East is ready to roll.

Souderton: A new head coach usually means changes in the system and maybe emphasis on different events, but Caity Warren was an assistant and part of the team. The Indians are set to make a run in the SOL Continental.

Hatboro-Horsham: For the Hatters to make noise in the league, they'll need contributions from some talented newcomers; that should not be a problem. A solid returning nucleus will make this a team to be reckoned with.

Germantown Academy: GA was hit hard by graduation, and head coach Dick Shoulberg says this will be a young team. Don't be surprised if he's doing a little leg pulling; by Easterns, this team will be in the thick of things.

5 Individuals to watch

(Listed in alphabetical order)

Ian Forlini, William Tennent: There have been a lot of extremely gifted divers coming out of District One in the past, but none of them had ever broken the 600-point barrier until this talented junior did it last season as a sophomore. The sky's the limit.

Alex Lebed, Germantown Academy: With all eyes focused on the Patriots' talented senior at Easterns, Lebed grabbed the spotlight in the second individual final when he won gold in the IM. He came back the next day and was second in the backstroke. His potential is off the charts.

Jack Morris, North Penn: The newest kind of freestyle specialist, the middle distances. He finished fifth at districts in both the 100 and 200 free and was third in the consolation final at states in the 200. He also won state bronze on the Knights' 400 free relay.

Patrick Smith, Upper Moreland: Surprised just about everybody at districts last season where he won the gold in the AA breaststroke and showed his versatility with a fifth in the 50 free. At states, he took third in the consolation finals of the breaststroke behind brother Iain.

David Zurmuhl, Pennridge: Even before the first meet, he is No. 1 in the District One AAA 50 free. He was fourth last season but all three swimmers ahead of him graduated. Look for him to prove in the pool this season that he deserves the recognition; beyond that, watch him at states in the 100 free as well.

5 Meets to Watch

Hatboro-Horsham at Souderton Jan. 8, 3:45 p.m.
Both teams start the season feeling they can contend in the SOL Continental. One of them will be proven right.

Germantown Academy at Malvern Prep Jan. 10, 3:45 p.m.
This matchup has produced some memorable battles over the years but this one looks to be a toss-up. The winner will be the favorite in the Inter-Ac.

North Penn at Central Bucks East Jan. 15, 3:30 p.m.
Does anybody have the depth and talent to stay with North Penn this season? The Patriots have a very deep team and a well-rounded lineup. It could get interesting.

Central Bucks South at Central Bucks West Feb. 1, 6 p.m.
The schedule says the Bucks are the home team but the Titans are as well; both teams swim in the pool at South. That's why this one will be at night.

Emmaus at North Penn Feb. 12, 3:30 p.m.
Ever since Emmaus snapped the Knights' 250-plus consecutive dual meet winning string, their annual battle has turned into a war. This will be no different.

— Bill Keen

— Boys Swimming Capsules —

Abington
Coach: Joe Lennon (ninth year)
Last year: 5-7 (1-6 SOL National)
Key performers: Sr. Dakota Korn (freestyle, backstroke); Sr. Juan Munoz (freestyle, butterfly); Sr. Liam Sweeney (backstroke); Fr. Tommy Whitman (freestyle); Fr. Randwei Hu (breaststroke); Fr. Hunter Mackenzie (freestyle, backstroke)

The season: The Ghosts return a solid nucleus of athletes, but newcomers will have to step up and replace the five graduated seniors. While freestyle is the top event, backstroke and individual medley are also deep. A winning record is within reach.

Archbishop Wood
Coach: Charlie Stillwell (15th year)
Last year: 1-7
Key performers: Fr. Timothy Quigly (breaststroke, butterfly); Sr. Matt Trudeau (freestyle); Jr. Gus Lawn (breaststroke); Sr. Chris Atras (distance freestyle); Sr. Diego Racanco (sprint freestyle)

The season: The team is filled with mostly seniors and juniors who need to have breakout years to be competitive this season. With the loss of two top swimmers to graduation, good sophomore and freshman classes will help fill the gaps, but every meet will be a challenge.

Central Bucks East
Coach: Ed Walsh (31st year)
Last year: 8-4 (4-3 SOL Continental)
Key performers: Sr. Alex Butler (individual medley, butterfly); Sr. Matt Holland (backstroke, freestyle); Sr. Evan Lunak (sprint freestyle); Sr. Pat Zalesky (freestyle, backstroke); Sr. Kevin Jongeneel (freestyle, butterfly); Sr. Matt Kolosick (diving); Jr. Jared Becker (freestyle); So. Evan Villafranca (freestyle, butterfly); So. Zach Collester (freestyle)

The season: Depth will not be a problem for the first time in years in diving, where the Patriots have a four-man unit. Graduation took some talented swimmers, including all-everything Riley Weber, but the returning starters and talented newcomers should keep East in the thick of things.

Central Bucks South
Coach: Jeff Lake (ninth year)
Last year: 8-4 (5th SOL Continental)
Key performers: Sr. Ryan Troy (butterfly, individual medley); Sr. JJ Cataldi (breaststroke, individual medley); Sr. Trevor McLaughlin (sprint freestyle); Sr. John Quinlisk (backstroke); Sr. Matt Velardi (sprint freestyle); Sr. Dan Slysh (butterfly, freestyle); Sr. Andrew Slysh (utility); Sr. Dan Bromley (sprint free)

The season: This will be a team led by eight seniors, and all are returning varsity letter-winners. An enthusiastic group of underclassmen should make it a fun season, especially as the sophomores mature to provide valuable team points.

Central Bucks West
Coach: Rich Reshetar (sixth year)
Last year: 5-6 (2-5 SOL Continental)
Key performers: Jr. Pat Blaser (utility); Jr. Matt Schnell (sprint freestyle); So. Henry Mackensen (utility); So. Andrew Evans (freestyle); Sr. Jackson Butkus (sprint freestyle)

The season: With the graduation of Sam Byers and Mike Chen, the team has stepped it up in the pre-season and returning swimmers



FILE PHOTO
Shown making his final dive at states last spring, William Tennent's Ian Forlini is a safe bet to improve on his third-place finish.

have picked up the slack. Two fantastic freshman divers should make instant contributions on a team that is strong in freestyle and the individual medley.

Germantown Academy
Coach: Dick Shoulberg (45th year)
Last year: 9-1 (4-0 Inter-Academic League)
Key performers: Sr. Conall Loughlin (middle and distance freestyle); So. Alex Lebed (individual medley, backstroke); Fr. Andrew DeFriece (individual medley, distance freestyle, backstroke); So. Kashta Davis (sprint freestyle); Fr. Andrew Karr (sprint freestyle); Sr. Ben Ritz (breaststroke); So. Sam Ritz (butterfly); Sr. Grant Robinson (diving)

The season: One of the best Patriots' boys teams in years was ripped apart by graduation, making this a definite rebuilding year. There will be depth with talented freshmen and sophomore classes showing promise in camp, but quality depth will be a problem.

Hatboro-Horsham
Coach: Kip Emig (seventh year)
Last year: 11-3 (third place SOL Continental)
Key performers: Sr. Kyle Finn (freestyle); Sr. Bob Lenahan (individual medley, backstroke); Sr. Pat Stasio (freestyle); Jr. Tom Fisher (free); Jr. Curtis Sumner (freestyle); So. Mike Thomas (individual medley, backstroke); So. Jeremy Brosius (individual medley, breaststroke)

The season: Graduation took a lot of quality seniors, but six underclassmen who went to states in relays return, as does Mike Thomas in the backstroke. Don't count this team out, especially when the post-season rolls around.

Lansdale Catholic
Coach: Bob Birnbrauer (18th year)
Last year: 3-9 (1-4 PCL)
Key performers: Sr. Conor Plasha (freestyle, backstroke); Jr. Dang Khoa Tran (individual medley,

freestyle, breaststroke); Jr. Conor McCann (freestyle, breaststroke); Jr. Dylan Yurasits (freestyle, diving); So. James Kulik (freestyle); So. Brian Lockhart (freestyle, butterfly); Fr. Steve Bedrossian (freestyle); Fr. Christian Paulsen (freestyle); Fr. Garhett Moore (freestyle)

The season: Diver Dylan Yurasits placed in the top eight at states last season and won the District 12 title. Depth will be a problem in dual meets, unless incoming freshmen mature quickly enough to contribute points on a team with only one senior.

North Penn
Coach: Jeff Faikish (first year)
Last year: 10-1 (7-0 SOL Continental)
Key performers: Sr. Brandon Anders (backstroke, sprint freestyle); Sr. Alex Chasar (breaststroke); Sr. Spencer Collopy (sprint freestyle); Sr. Adam DeFazio (utility); Sr. David Jordan (utility); Sr. Colin Kelly (breaststroke, individual medley); Sr. Jack Morris (freestyle); Jr. Jon Krail (distance freestyle); So. Thanas Kountroubis (breaststroke, freestyle, individual medley); Fr. Corey Smith (backstroke, individual medley)

The season: The Knights lost a small army of talented seniors, including state champ Jason Deana, but there are still plenty of quality performers returning. Depth, talent and tradition should keep the area's premier program on top in the SOL Continental unless the totally unexpected happens.

Pennridge
Coach: Ryan Griffiths (seventh year)
Last year: 2-10 (1-6 SOL Continental)
Key performers: Sr. Jon Spehar (individual medley, backstroke, breaststroke); Sr. David Zurmuhl (sprint freestyle, backstroke); Sr. Andrew Koch (distance freestyle); So. DJ Maurone (sprint freestyle, butterfly, individual medley); So. Kyle Frerichs (middle freestyle,

breaststroke)
The season: No less than 67 athletes responded to tryouts. The program is healthy, but the roster features a disproportionate number of freshmen and sophomores. How quickly they mature and contribute team points will tell whether the squad will be able to contend in the tough SOL Continental.

Quakertown
Coach: Wendy Yons (fourth year)
Last year: 0-7
Key performers: So. Nick Bluder (breaststroke, freestyle); So. Bobby Tooley (freestyle); Fr. Chris Cowen (freestyle); Fr. Mike Deirolf (utility); Fr. Zack Deirolf (breaststroke, freestyle); Fr. Danny Reigh (freestyle)

The season: If attitude alone could win swimming meets, the Panthers would be undefeated. Unfortunately for Quakertown, it again suffers from a lack of numbers with only six out for the team and all are underclassmen. Obviously, their best shot is qualifying for districts.

Souderton
Coach: Caity Warren (first year)
Last year: 10-2 (6-1 SOL Continental)
Key performers: Sr. Nick Wieder (backstroke, distance free); Sr. Jesse Rush (butterfly, individual medley); Sr. Scott Jorgensen (distance freestyle); Sr. P.J. Ryan (breaststroke, individual medley); Sr. Matt Evers (diving); Jr. Triston Loux (utility); Jr. Kevin Musterait (sprint freestyle); Jr. Matt Holcombe (utility)

The season: A talented group of sprint freestylers was the program's only loss. Head coach Todd Bauer moved on, and assistant Caity Warren steps up and takes over a squad long on numbers but looking for new team leaders to step up.

Upper Moreland
Coach: Melanie Rowland (ninth year)
Last year: 3-10 (2-4 SOL American)
Key performers: Sr. Alex Pronzato (utility); Sr. Petro Sokirny (sprint freestyle); Sr. Patrick Smith (sprint freestyle, breaststroke); Sr. Carl Dyke (distance freestyle); Jr. Mike Freeman (utility); Jr. Kane Nelson (utility); So. Iain Smith (breaststroke); So. Dan Wilcox (diving); So. Jelani Crosby (diving)

The season: Against larger schools in the SOL American, the Golden Bears will have trouble, but they should excel against teams their own size. Six returning swimmers went to states last season, so this is a team with a lot of individual talent.

William Tennent
Coach: Lisa Forlini (20th year)
Last year: 9-4 (4-2 SOL National)
Key performers: Jr. Ian Forlini (diving, breaststroke, freestyle, butterfly); Sr. Dylan Cooper (freestyle, backstroke); Sr. Andrew Richey (freestyle, backstroke); Jr. Rylen Leneghan (butterfly, freestyle, individual medley); So. Brennen Bastian (freestyle, breaststroke); Sr. Joe Greiner (freestyle)

The season: This team has a nice combination of experience and new athletes. Veteran leadership and underclassmen improvement will be keys for their success. It will be interesting to see what the Panthers can do in the SOL National in light of last season's successes.

— Bill Keen

Swimming

Continued from Page C1

a really fast turnover in the water it's possible to make up for a mistake but it's definitely not easy.

Zurmuhl is a relative "Johnny come lately" when it comes to competitive swimming.

"I started swimming at the end of seventh grade; that's about 4 1/2 years ago," he said. "I did karate for a few years and when I was little I did basketball and baseball, but I guess I just didn't have an interest in swimming.

"My younger sister started swimming about six months before I did and she liked it, so I thought I would try it when my mom kind of pushed me to start."

One thing Zurmuhl does not have to worry about is his future in the sport after accepting an offer to swim for Cornell University. With that load off his shoulders, he can concentrate



FILE PHOTO BY BILL FRASER / STAFF PHOTOGRAPHER
Pennridge swimmer David Zurmuhl takes second place in the boys 200 IM during a meet against CB West when he was a freshman.

on his primary goal of returning to the state meet, where he made it to the consolation final in both the 50 and 100 as a junior.

"I would be really happy if I could make it into the (championship) finals

this year at states," said Zurmuhl, describing how swimming for the Central Bucks club team made him a better athlete.

"The club team swims pretty much year round so it gives me the

opportunity to keep training through the spring and summer. I also have the chance to work with other coaches and swimmers from other schools who are on the team and it makes good competition."

Rams head coach Ryan Griffiths is looking forward to a season that could bring great rewards to an athlete who just doesn't know how to stop working.

"David should absolutely be right there in the mix," said the coach, referring to the tougher opponents he'll face at districts in the 50. "I know that's one of his goals and it would be very exciting to see his name with district champion after his name."

Zurmuhl can't wait to make his run for district gold and, hopefully, a finish on the award podium at states.

"I'm going to keep working and we'll see what happens," he said. "I just want to do well in my senior year of high school so I can go strong into college."

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SwimmingPreviews

Boys

Hatboro-Horsham

- Coach: Kip Emig (seventh year)
- Last year's record: 11-3 overall
- Key returnees: Seniors – Kyle Finn, Bob Lenahan, Pat Stasio; Sophomore – Mike Thomas
- Others to watch: Juniors – Tom Fisher, Curtis Sumner; Sophomore – Jeremy Brosius
- Strengths: The Hatters return some inexperience in the form of six state relay qualifiers and sophomore Mike Thomas, who broke through in the 100-meter backstroke as a freshman.
- Question marks: The Hatters graduated a large class last season and new leaders need to emerge sooner, rather than later.
- Outlook: A lot of new swimmers will have a chance to shine this season for the Hatters, which make it an exciting season.

Upper Moreland

- Coach: Melanie Rowland (fifth year)
- Last year's record: 3-10 (2-4 SOL American)
- Key losses: Kyle Platt (diver).
- Key returnees: Seniors – Carl Dyke, Petro Sikorniy, Patrick Smith, Alex Pronzato; Juniors – Kane Nelson, Michael Freeman; Sophomores – Iain Smith, Dan Wilcox, Jelani Crosby.
- Strengths: Upper Moreland did not lose any swimmers from last year's team, so the Bears have depth.
- Question marks: Depth and team size.
- Outlook: "The team has some talented young swimmers," Rowland said. "We are looking forward to a competitive year for our new swimmers. We had a relay team and individuals make it to states last year and it would be very exciting to bring these guys back to states again. They have their work cut out for them."

William Tennent

- Coach: Lisa Forlini (19th year)

- Last year's record: 9-4 (4-2 SOL National)
- Key returnees: Seniors – Dylan Cooper, Andrew Richey, Joe Greiner; Juniors – Ryan Leneghan, Ian Forlini; Sophomore – Brennan Bastian.
- Strengths: Experience.
- Outlook: "The boys' team has a combination of experience and new athletes this season," Forlini said. "Veteran leadership and underclassman improvement will be keys for our success. We are excited to see how well the team can do this season."

Lower Moreland

- Head coach: Jessica Brown (2nd year)
- Last year's record: 5-7-1
- Key losses: Nick Adcock, David Tereshchenko, Markos Mavrakas, Nolan Ryan, Luke Castor
- Key returnees: Senior—Greg Bricker; Juniors—Jack Ryan, Josh Lewis
- Others to watch: Junior—Chase Edwards; Sophomore—Andrew Leonard
- Strengths: "We have a lot of returning swimmers from last season," Brown said. "We also have eight incoming freshmen, many with club swim team experience."
- Weaknesses: Loss of seniors
- Question marks: Young leadership
- Outlook: "Although we lost a number of seniors last year, their spots were replaced by eight freshmen. This year, we have an increased number of swimmers who swim all year round, through their club teams," Brown said. "That experience alone should help our record this year. If our freshmen can start off strong and mesh with the rest of the team, we could be pretty competitive this year, hopefully turning those losses into wins for the season."

Archbishop Wood

- Coach: Charlie Stillwell (15th year)
- Last year's record: 1-7 (1-7 PCL)
- Key losses: Chris Conway, Reid Henzel (transfer).
- Key returnees: Seniors – Matt Trudeau, Chris Atras, Diego Racanco; Junior – Gus Lawn.
- Others to watch: Freshman – Timothy Quigley.

- Strengths: Experience, as mostly seniors and juniors make up the team.
- Question marks: Not many top-level swimmers.
- Outlook: "Our team is filled with mostly upperclassmen who need to have breakout years to be competitive this season," Stillwell said. "With the loss of our top two swimmers, winning meets will be an uphill climb. A good sophomore and freshman class will help, but every meet will be a challenge."

La Salle

- Coach: Frank Lichtner (23rd year)
- Last year's record: 9-0 overall (PIAA champions)
- Notable losses: Chris Szekely, Eric Schulz, J.P. Kelly, Ryan Murtha
- Key returnees: Seniors – Sean Regan, Evan Holder, Joe Maginnis, Greg Rogers, Brendan Koch, Pat Finlay, Chris McPeak, Gus Marty, Charlie Formica, Eric Bridgeford, Bob Speese, Matt Chadwick
- Strengths: The seniors are born leaders and with 16 underclassmen on the team this season, Lichtner could not ask for a better group to look up at. The trio of captains are Holder, Maginnis and Regan.
- Question marks: The measuring stick for all teams they get into the pool with, it will be interesting to see how the Explorers handle the target on their back.
- Outlook: Lichtner believes with a lot of hard work and discipline, as well as a little luck, the Explorers could remain competitive at the state meet. The Explorers will look to capture their 25th straight Philadelphia Catholic League title.

Girls

William Tennent

- Coach: Lisa Forlini (22nd year)
- Last year's record: 8-5 (4-2 SOL Continental)
- Key returnees: Senior – Deanna Battis, Sarah Alps, Katie Cooper; Sophomore –

Shannon Battis, Madi Crognalel, Kendal Brasch.

- Strengths: Depth.
- Outlook: "This team is larger in numbers than it was the last few years," Forlini said. "All athletes will play a key role in our success this season and we are excited to see how much we can improve from the beginning of the season to the end of the season."

Upper Moreland

- Coach: Melanie Rowland (ninth year)
- Last year's record: 3-10 (1-5 SOL American)
- Key losses: Natalee Szopo.
- Key returnees: Seniors – Anna Hakes, Saige Wenik; Juniors – Amber Saint Clair, Bridget Meade, Sydney Szopo; Sophomores – Kayla Even, Shannon Chambers.
- Others to watch: Freshman – Sarah Hakes.
- Strengths: Heart and desire.
- Question marks: Depth. Upper Moreland is the smallest team in the league.
- Outlook: "A coach always wants to win meets, get their swimmers to excel and even break records," Rowland said. "The girls are looking forward to proving that a small team, one which can't fill lanes, can win some dual meets, send some swimmers back to districts and perhaps to states."

Hatboro-Horsham

- Coach: Kip Emig (22nd year)
- Last year's record: 9-5 overall
- Key returnees: Seniors – Kayla Connell, Meghan Pellicchia, Aimee Watkins, Danielle Moore, Elizabeth Schmele; Juniors – Gabby Rudnitsky, Nicole Pellicchia
- Others to watch: Junior – Maddy Wawrzniak; Sophomores – Sam Schmitt, Haley Sutton, Perle Summer
- Strengths: The Hatters are excited to be returning 11 district qualifiers from a season ago. They are hoping they can improve that total this season.
- Question marks: While optimism is at a high for the Lady Hatters, they have made

sure they remember to swim their race and not assume talent on paper wins out.

- Outlook: With a strong freshman class combining with a talented core of experienced swimmers, the Lady Hatters believe it should be a fun season to take part in.

Lower Moreland

- Head coach: Jessica Brown (2nd year)
- Last year's record: 1-12
- Key losses: Erica Yi, Tara Laudenslager
- Key returnees: Senior—Kelly Molloy; Juniors—Julia Gockley, Alana Peng, Caroline Garlick (Diver); Sophomore—Michelle McCullough
- Others to watch: Junior—Yola Gratkowski
- Strengths: "Last year, we ended up with 13 total swimmers. This year, we have had about 24 girls attend meetings, including 10 freshmen," Brown said. "If the girls can hold onto these numbers and work hard, we could prove to be way more competitive this year."
- Weaknesses: Inexperience
- Question marks: Staying Healthy
- Outlook: "While last year's 1-12 record looks rather dismal, it was our lack in numbers that really hurt us. Last year, the team worked incredibly hard each practice and meet, but were at a disadvantage with only 13 girls," Brown said. "We had four individual

district qualifiers last year, along with two relays. I am really excited about the huge freshman class this season. Many of the freshmen have swim club experience."

Archbishop Wood

- Coach: Charlie Stillwell (15th year)
- Last year's record: 7-2 (6-1 PCL)
- Key losses: Orla Cole, Alexandria Fitzgerald, Kristina Hainer, Bridget McGrath.
- Key returnees: Juniors – Hannah Cochrane, Claire Cochrane; Sophomore – Dominique DiRienzo.
- Others to watch: Sophomore – Keara Cole; Freshmen – Katharine Buliga, Caitlin Bedesem.
- Strengths: Depth.
- Question marks: Wood's swimmers lack experience.
- Outlook: "The loss of 10 of 12 of our seniors will hurt, but a big team and a great freshman and sophomore class will make our team very competitive," Stillwell said. "Our goal is to compete for the District 12 championship, which will be more difficult this year with the addition of Archbishop Carroll and Prendergast. We will count on new swimmers to carry much of the load, but we need our upperclassmen to bring us much-needed depth."

SWIMMING NOTEBOOK

A tribute to coaches as a new season gets under way



Bill Keen

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A lot of folks don't really care for winter, and *most* of the time I'm one of them. The older I get, the colder the winters get, or at least that's how it feels to me.

I say most of the time because there is one thing about this season I like and I like it a lot — I get to move indoors to the warmth of the natatorium so I can follow the exploits of some of the finest swimmers and divers in all of Penn's Woods.

Let's start this new season with a tribute to the coaches.

They are some of the finest individuals I have the pleasure of working with, despite the fact many push their charges to the limit in practice with training regimens that would tax all but a Navy SEAL.

Obviously, they like what they do. Unlike some other sports in which there seems to be a lot more turnover, it's almost like it will take another ice age for head swimming coaches to step down.

Germantown Academy's Dick Shoulberg, **Central Bucks East's** Tom Kane and Ed Walsh, **CB West's** Vykie Swanson, **Hatboro-Horsham** boss Kip Emig and Lisa Forlini of **William Tennent** are cases in point.

Shoulberg has been there either 44 or 45 years. We had him at 44 last season, and that's where he still had himself at the start of this season.

Kane and Walsh have been at East for 37 and 31 years, respectively. Swanson is starting her 22nd go-round with the Bucks' girls, as is Emig with the Hatters' girls. Forlini is wrapping up her second decade with the Panthers.

At **Lansdale Catholic**, Bob Birnbrauer has been at the helm for 18 seasons, three more than Charlie Stillwell at **Archbishop Wood** and four more than Joe Lennon with the **Abington** girls.

Lennon and Emig also coach their respective school's boys teams, but their tenure in those posts has not been as long; Lennon started doing double duty nine years ago, while Emig has been doubling up for seven.

Factoring those other coaches with less than a decade of service, and the average tour of duty is seven years. So, if you're interested in becoming a head

swimming coach at an area high school, don't hold your breath.

Meet the first-timers

This season, there actually are two new members of the head coaching ranks. Welcome to the newcomers, the kids, the rookies — Jeff Faikish with the **North Penn** boys and Caity Warren at **Souderton** — both of whom have been at it for months instead of years.

To put this in perspective, for those two first-year coaches to equal Dick Shoulberg's current tenure at GA, they'll have to stay right where they are until the year 2056 — or maybe it's 2057.

Wood's McGrath ready to take charge



Karen Sangillo

Email: ksangillo@phillyburbs.com

This year, Jennifer McGrath wants to step up and be a leader.

The Archbishop Wood senior sees a lot of positives for the Vikings.

"We have a big team,

and that's going to help our depth, but we have a lot of new swimmers," she said. "We have potential, but we have to work really hard.

"I'm definitely seeing some improvement already, so that's a good sign. Everyone is dedicated, so I think it's going to be a good season for us.

The Vikings, the defending District 12 Class AA champions, lost a lot to graduation, including McGrath's sister, Bridget.

"I feel the pressure to be more of a leader now that I'm a senior," she said. "My sister accomplished a lot, and I'm hoping this will be the year that I sort of emerge from her shadow, although we're very different swimmers.

"She swam the breaststroke and I'm a butterfly, so it's not like we were competing for the same things."

McGrath got to the PIAA Class AA meet last year as a member of the 200-yard medley relay along with Orla Cole, Bridget McGrath and Alexandra Fitzgerald.

"That was a great experience,"

she said. "I'm hoping to make it back to states, but in an individual event. I'm looking at the 100 fly. I don't have a specific goal in mind, but I'd like to get my time down to a 1:04.

"I'm the only person back from that medley relay because everyone else graduated, so we're trying to rebuild that. I see some people who could step into those spots, and we have some time to work on it."

Wood started off the season at the Central Bucks East Relay Carnival on Dec. 7, but doesn't begin the dual-meet season until Wednesday, when the Vikings play host to St. Hubert and Father Judge in a Philadelphia Catholic League double-dual opener.

"The season is so young, and we have a gap between the relays and our first meet," McGrath said. "I feel like the relays were a good way to start out, and it was a great opportunity for the new swimmers to get a taste of varsity competition before we start our league season."

Sangillo's Top 5

Boys

1. Council Rock North (0-1)
2. Pennsbury (0-0)
3. William Tennent (1-0)
4. Neshaminy (1-0)
5. Council Rock South (1-0)

Girls

1. Council Rock North (1-0)
2. Pennsbury (1-0)
3. William Tennent (0-1)
4. Council Rock South (1-0)
5. Archbishop Wood (0-0)

5 Meets to Watch

(listed in chronological order)

North Penn at Souderton

Jan. 18, 3:30 p.m.

For the better part of the last decade, this has been one of the best and most eagerly anticipated girls' meets in the area. It will be again.

Mount St. Joseph at Gwynedd-Mercy Academy

Jan. 30, 6 p.m.

(at La Salle College High School)
Senior night for both schools will also be a meet that could be extremely important in the AACA standings. That why this meeting of archrivals will be at night.

Central Bucks South at Central Bucks West

Feb. 1, 6 p.m.

One of those rare occasions when both teams are at home. This time West will be "home" on the scoreboard but that won't matter when these two rivals step to the blocks.

Archbishop Carroll at Archbishop Wood

Feb. 6, 6 p.m. (at Klinger Middle School)

A regular season PCL meet could be a preview of what to expect in the District 12 AA meet now that Carroll has dropped down from AAA. It should be a good one.

Hatboro-Horsham at Central Bucks East

Feb. 8, 3:30 p.m.

Two teams with lots of veterans returning will meet in a battle that could be a lights-out donnybrook; it may not be decided until the 400 free relay.

— Bill Keen

PCL SWIMMING: WOOD 82, LC 62 (BOYS); WOOD 90, LC 79 (GIRLS)

Depth helps Vikings sink Crusaders

By KAREN SANGILLO
STAFF WRITER

UPPER SOUTHAMPTON
— Winning the individual races in a swim meet doesn't always translate into a team victory.

Lansdale Catholic dominated the first-place finishes, but host Archbishop Wood used its superior depth to score big points in Tuesday's Philadelphia Catholic League double dual meet at Klinger Middle School.

Wood won the boys meet 82-62 and the girls meet 90-79.

"This is where our depth pulled us through," said Wood senior Becca Winkler, who won the 100-yard breaststroke in 1:17.56. "I was nervous because I wasn't sure we were going to win."

"They were out-touching us in a lot of races and they kept it close for a long time."

The Crusaders led after the first two events, 16-14, then again after the 50 freestyle, 31-30. That was the last time they would see the lead, as Wood pulled ahead and continued to build on the lead.

"Those second-, third- and fourth-place finishes are still important because, if you take

those places, you won the event without taking first, and we were able to do that," Winkler said.

"All of our league meets are important. We're a little bit more than halfway through the season,

Girls

Archbishop Wood 90, Lansdale Catholic 79

200-yard medley relay: 1. Lansdale Catholic (Nicole Marshall, Cassidy Fries, Mary Murphy, Diem-Thanh Tran), 2:01.42; 2. Archbishop Wood, 2:01.70; 3. Archbishop Wood, 2:16.73.

200 freestyle: 1. Mary Catherine Coyle (LC), 2:14.57; 2. Caitlin Bedesem (AW), 2:14.71; 3. Brigid Grant (AW), 2:22.60.

200 IM: 1. Fries (LC), 2:25.85; 2. Katharine Buliga (AW), 2:27.53; 3. Hannah Cochrane (AW), 2:30.45.

50 freestyle: 1. Marshall (LC), 26.89; 2. Claire Cochrane (AW), 27.32; 3. Noelle Leinenbach (AW), 30.71.

Diving: 1. Dominique DiRenzo (AW), 161.75.

100 butterfly: 1. Tran (LC), 1:07.35; 2. Jennifer McGrath (AW), 1:07.84; 3. Bedesem (AW), 1:13.08.

100 freestyle: 1. Coyle (LC), 1:00.52; 2. C. Cochrane (AW), 1:00.57; 3. Grant (AW), 1:05.24.

500 freestyle: 1. Buliga (AW), 5:37.28; 2. Fries (LC), 5:42.13; 3. Amanda Matylewicz (LC), 6:19.07.

200 freestyle relay: 1. Archbishop Wood (Emily Caldwell, Buliga, Bedesem, C. Cochrane), 1:54.14; 2. Archbishop Wood, 1:58.24; 3. Lansdale Catholic, 1:58.88.

100 backstroke: 1. Marshall (LC), 1:04.00; 2. H. Cochrane (AW), 1:04.34; 3. Tran (LC), 1:13.26.

100 breaststroke: 1. Becca Winkler (AW), 1:17.56; 2. Murphy (LC), 1:20.08; 3. Rebecca Martino (AW), 1:22.18.

400 freestyle relay: 1. Lansdale Catholic (Coyle, Tran, Fries, Marshall), 4:02.70; 2. Archbishop Wood, 4:08.62; 3. Archbishop Wood, 4:34.43.

Records: Lansdale Catholic (6-4, 4-4 PCL); Archbishop Wood (5-1, 5-0 PCL).

Boys

Archbishop Wood 82, Lansdale Catholic 62

200-yard medley relay: 1. Archbishop Wood (Timothy Quigley, Gus Lawn, Rya McIntyre, Diego Racanco), 2:00.55; 2. Lansdale Catholic, 2:06.16; 3. Archbishop Wood, 2:09.35.

200 freestyle: 1. Connor Plasha (LC), 2:08.49; 2. Chris Atras (AW), 2:11.91; 3. Liam Whelihan (AW), 2:13.96.

200 IM: 1. Lawn (AW), 2:26.35; 2. Thomas Shute (AW), 3:05.86.

50 freestyle: 1. Dong Khoa Tran (LC), 26.02; 2. Daniel Coyle (AW), 26.55; 3. John Waltrich (AW), 27.11.

Diving: 1. Dylan Yursits (LC).

100 butterfly: 1. Quigley (AW), 1:03.49; 2. Whelihan (AW), 1:12.99; 3. Bria Lockhart (LC), 1:17.22.

100 freestyle: 1. Plasha (LC), 58.82; 2. Racanco (AW), 59.05; 3. McIntyre (AW), 1:00.31.

500 freestyle: 1. Quigley (AW), 5:30.85; 2. Waltrich (AW), 6:07.61; 3. Connor McCann (LC), 6:13.35.

200 freestyle relay: 1. Archbishop Wood (Nicholas Chrostowski, Coyle, McIntyre, Racanco), 1:47.68; 2. Archbishop Wood, 1:51.45; 3. Lansdale Catholic, 2:05.76.

100 backstroke: 1. Atras (AW), 1:11.40; 2. Daniel Dougherty (AW), 1:14.58; 3. Robert Fanning (AW), 1:17.57.

100 breaststroke: 1. Tran (LC), 1:09.36; 2. Lawn (AW), 1:11.28; 3. Andrew Repisky (AW), 1:17.39.

400 freestyle relay: 1. Archbishop Wood (Quigley, Racanco, Chrostowski, Lawn), 4:04.30; 2. Archbishop Wood, 4:08.79; 3. Lansdale Catholic, 4:23.39.

Records: Archbishop Wood (2-2-1, 2-2-1 PCL).

Cardinal O'Hara and Archbishop Carroll.

Lansdale Catholic's girls team has six wins to date.

"That's a lot for us so this is a great season," Marshall said. "That's part of the frustration, because we could have come closer in this meet if we had a few more people."

"Wood has such a big team, so we knew that would be a problem for us."

Marshall won the 50 freestyle (26.89) and 100 backstroke (1:04.00) and swam the backstroke leg of the winning 200 medley relay (2:01.42) for Cassidy Fries, Mary Murphy and Diem-Thanh Tran.

The Crusaders dominated the first-place finishes on the boys side as well, winning six individual events.

Again, Wood's depth was its savior, as the Vikings picked up points by taking second, third and fourth place and scoring big points on the relays.

Karen Sangillo, 215-345-3070; email, ksangillo@phillyburbs.com

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and this is where we have to hang in there and try to finish strong. We're undefeated in league and we'd like to keep it that way."

Wood is 5-0, with meets remaining against Little Flower,

**PCL SWIMMING: ARCHBISHOP WOOD 82, LANSDALE CATHOLIC 62 (BOYS);
ARCHBISHOP WOOD 90, LANSDALE CATHOLIC 79 (GIRLS)**

Vikings sink Crusaders

**Depth was the difference
as Wood won a
Philadelphia Catholic
League double-dual
swim meet.**

By KAREN SANGILLO
STAFF WRITER

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Records: Lansdale Catholic (6-4, 4-4 PCL); Archbishop Wood (5-1, 5-0 PCL).

Cardinal O'Hara and Archbishop Carroll.

Lansdale Catholic has just
eight girls in the meet, but won
six of nine individual events and
two of three relays.

"It's a little frustrating
because we have good swim-
mers," Lansdale Catholic senior
Nicole Marshall said. "We just
don't have enough to fill in those
gaps and get those extra points.

"But this is the first season
we've been this strong, so I'm
happy about that."

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and fourth place and scoring big
points on the relays. Wood never
trailed throughout the meet.

Wood's boys are now 2-2-1,
with meets remaining against
Cardinal O'Hara, St. Joe's Prep
and Archbishop Carroll.

"We have a chance to be 4-3-
1, and that would be great," said
Wood senior Chris Atras, who
won the 100 backstroke (1:11.40).
"We'll be right in there against
O'Hara and Carroll."

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Wood's Buliga wins three district titles

The District 12 and Philadelphia Catholic League swimming championships were held Friday and Saturday at La Salle. The winners of the District 12 events advanced to the PIAA championships, to be held March 13-17 at Bucknell.

Archbishop Wood's Katharine Buliga won the District 12 Class AA title in the 200-yard freestyle in 2:02.34 and the 500 freestyle (5:26.79). She was also on the winning 200 freestyle relay along with Claire Cochrane, Caitlin Bedesem and Hannah Cochrane (1:47.00).

Teammate Dominique DeRenzo won diving (363.90).

Wood won the girls team title with 549 points.

For the boys, Wood's Timothy Quigley won the Class AA 200 individual medley (2:13.46) and 100 breaststroke (1:05.46) while Gus Lawn won the 500 freestyle (5:35.80).

Wood's boys took second in team scoring with 274 points to Monsignor Bonner (372).

In PCL team scoring, Wood girls finished second (377) to Archbishop Ryan (662). For the boys, Wood was eighth (90).

Swimming

PCL/District 12

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Lansdale Catholic's Nicole Marshall won the 50 freestyle (25.75) and Cassidy Fries won the 100 breaststroke (1:10.45).

Archbishop Wood won the girls team title with 549 points. Lansdale Catholic was third (339).

For the boys, Wood's Timothy Quigley won the Class AA 200 individual medley (2:13.46) and 100 breaststroke (1:05.46), and Gus Lawn won the 500 freestyle (5:35.80).

Dylan Yurosits of Lansdale Catholic won diving (429.15).

Wood's boys took second in team scoring with 274 points to Monsignor Bonner (372), while Lansdale Catholic finished fourth (191).

In PCL team scoring, Wood girls finished second (377) to Archbishop Ryan (662) while the Crusaders took seventh (199) and for the boys, Wood was eighth (90) and Lansdale Catholic was 10th (40).

Girls' Swimming

CATHOLIC LEAGUE CHAMPIONSHIPS

At La Salle University.

Teams: Archbishop Ryan 662; Archbishop Wood 377; Archbishop Carroll 342; Little Flower 314; Cardinal O'Hara 228; St. Hubert 206; Lansdale Catholic 199; Bonner-Prendergast 117; Hallahan 68.

200 medley relay: 1 Archbishop Ryan (Jackie Rose, Maria Rocchi, Mary O'Leary, Nora Jackson), 1:54.17; 2 Archbishop Carroll, 1:57.12; 3 Archbishop Wood, 2:00.16.

200 freestyle: 1 Allyson McHugh, Little Flower, 1:54.62; 2 Hanna Blewett, Cardinal O'Hara, 1:57.30; 3 Jackie Rose, Archbishop Ryan, 2:03.54.

200 individual medley: 1 Jillian Salwach, St. Hubert, 2:17.35; 2 Maria Rocchi, Archbishop Ryan, 2:19.81; 3 Emily Dougherty, Archbishop Ryan, 2:20.78.

50 freestyle: 1 Shea McKinstry, Archbishop Ryan, 24.94; 2 Kaitlyn Hay, Cardinal O'Hara, 25.35; 3 Nicole Marshall, Lansdale Catholic, 25.81.

100 butterfly: 1 Mary O'Leary, Archbishop Ryan, 1:01.07; 2 Christine Loughery, Archbishop Carroll, 1:01.41; 3 Jillian Salwach, St. Hubert, 1:01.49.

100 freestyle: 1 Hanna Blewett, Cardinal O'Hara, 53.82; 2 Shea McKinstry, Archbishop Ryan, 54.89; 3 Christine Loughery, Archbishop Carroll, 54.90.

500 freestyle: 1 Olivia Snyder, Archbishop Carroll, 5:50.64; 2 Brianna Marano, Archbishop Ryan, 5:56.07; 3 Nadhia Engle, Archbishop Ryan, 5:56.80.

200 freestyle relay: 1 Archbishop Ryan (Mary O'Leary, Kaitlyn Conallen, Shea McKinstry, Bernadette Jackson), 1:43.90; 2 Cardinal O'Hara, 1:45.36; 3 Little Flower, 1:46.79.

100 backstroke: 1 Caroline Guindlen, Archbishop Carroll, 1:00.00; 2 Jackie Rose, Archbishop Ryan, 1:02.02; 3 Nicole Marshall, Lansdale Catholic, 1:02.80.

100 breaststroke: 1 Allyson McHugh, Little Flower, 1:07.14; 2 Maria Rocchi, Archbishop Ryan, 1:09.01; 3 Emily Dougherty, Archbishop Ryan, 1:12.10.

400 freestyle relay: 1 Archbishop Ryan (Bernadette Jackson, Kaitlyn Conallen, Shea McKinstry, Jackie Rose), 3:46.88; 2 Archbishop Carroll, 3:50.12; 3 Archbishop Wood, 3:58.19.

Boys' Swimming

CATHOLIC LEAGUE CHAMPIONSHIPS

At La Salle University.

Teams: La Salle 1,014; St. Joseph's Prep 501; Roman Catholic 207; Father Judge 196; Archbishop Ryan 161; Cardinal O'Hara 152; Bonner-Prendergast 129; Archbishop Wood 90; Archbishop Carroll 85; Lansdale Catholic 40.

200 medley relay: 1 La Salle (Joe Maginnis, Michael McBryan, Sean Regan, Brendan Koch), 1:33.13; 2 St. Joseph's Prep, 1:41.69; 3 Archbishop Ryan, 1:42.78.

200 freestyle: 1 Joseph Petrone, St. Joseph's Prep, 1:43.38; 2 Evan Holder, La Salle, 1:44.30; 3 Kyle McElwee, La Salle, 1:44.48.

200 individual medley: 1 Sean Regan, La Salle, 1:52.06; 2 Grant Proctor, St. Joseph's Prep, 1:57.36; 3 (tie) Vince Everman and Micheal McBryan, La Salle, 1:58.28.

50 freestyle: 1 Joe Maginnis, La Salle, 21.58; 2 Brendan Koch, La Salle, 21.59; 3 Pat McVan, St. Joseph's Prep, 22.18.

100 butterfly: 1 Greg Brocato, La Salle, 50.50; 2 Greg Rogers, La Salle, 50.85; 3 Luke Chadwick, La Salle, 53.96.

100 freestyle: 1 Greg Rogers, La Salle, 46.65; 2 Greg Brocato, La Salle, 46.79; 3 Sean Regan, La Salle, 47.16.

500 freestyle: 1 Joseph Petrone, St. Joseph's Prep, 4:42.08; 2 Evan Holder, La Salle, 4:47.89; 3 Colin Happ, La Salle, 4:50.96.

200 freestyle relay: 1 La Salle (Greg Rogers, Nick Stachel, Evan Holder, Greg Brocato), 1:25.38; 2 St. Joseph's Prep, 1:28.03; 3 Cardinal O'Hara, 1:32.43.

100 backstroke: 1 Joe Maginnis, La Salle, 50.85; 2 Vince Everman, La Salle, 52.31; 3 Charlie Formica, La Salle, 54.79.

100 breaststroke: 1 Brendan Koch, La Salle, 57.81; 2 Michael McBryan, La Salle, 59.40; 3 Grant Proctor, St. Joseph's Prep, 59.75.

400 freestyle relay: 1 La Salle (Greg Brocato, Sean Regan, Evan Holder, Greg Rogers), 3:10.15; 2 St. Joseph's Prep, 3:21.16; 3 Father Judge, 3:25.37.

SWIMMING NOTEBOOK

Freshmen get a taste of states

Karen Sangillo



For Council Rock North freshmen Madison Schluchterer and Lauren Henasey, the PIAA Class AAA swimming and diving championships were a whole new

experience.

And a rewarding one.

Schluchterer swam on the 200-yard freestyle relay on Friday and Henasey was on the 400 freestyle relay, which swam Saturday at the meet, which was held at Bucknell University's Kinney Natatorium.

"This meet was unbelievable," Schluchterer said. "I really just want to thank my teammates (relay mates Samantha Park, Lauren Mitchell and Tommie Dillione) for this because I would never have gotten here on my own."

"This was amazing and I'm thrilled that we made it back for the night swim, and I got a medal in my first state swim."

Schluchterer is already thinking about next year.

"Our relay will lose Sam and that will hurt, but everyone else is back," she said. "Hopefully someone else will step in to Sam's spot and we can do it again."

"For myself, I'd like to try to get to states in my individual events, which are the butterfly and the 500. I know it's going to be hard, but hopefully I'll be closer next year."

Henasey was in the 400 freestyle relay along with Park, Dillione and Mitchell, which finished seventh (3:31.03).

"It was fun, but I was nervous," she said.

She only swam on the second day of the meet, getting the opportunity to watch her teammates in the 200 freestyle relay.

"That definitely helped get me ready because I saw what they did and that showed me what I needed to do, but it also did make me a little more nervous," she said. "This meet is so fast."

"But I'm really happy to get a medal, especially since we weren't seeded for one (they were 15th coming into the meet). It's a nice way for me to end the season and I'm really excited about next year."

DiRienzo moves up

Dominique DiRienzo is climbing right up the ladder.

The Archbishop Wood sophomore finished ninth in diving at the PIAA Class AA championships, held Wednesday at Bucknell University's Kinney Natatorium.

DiRienzo posted a score of 324.50 points over 11 dives.

Last year, she also qualified for the state meet. She made the finals then as well, taking 16th place.

"That was a good experience for me," she said. "This year, I felt more relaxed and I was more prepared."

Her list has improved from last

year.

"I did some harder dives," she said. "I'm happy with how I did, but I think I could have done a little better."

Ninth place is one spot shy of a medal.

"I just missed, but I couldn't be happier with what I did," she said. "I'm taking diving more seriously and I think I'll do better next year. I'm looking forward to it."

She has only been diving for a few years but has really taken to it.

"It just seemed like a fun thing to do, and it is," said DiRienzo, who was also the District 12 champion. "I'm really glad I did it."

She would like to dive in college.

"That's definitely something I would like to do, but I've just started looking around at schools," she said.

DiRienzo chose Wood to follow in the footsteps of older brother Vincent.

"It was a good decision for me,"

she said.

Rogers places at states

Yardley resident Gregory Rogers, swimming for La Salle College High School, earned three medals at the PIAA Class AAA boys meet.

Individually he was eighth in the 100 freestyle (46.12) and 12th in the 50 freestyle (21.44). He was also on the second-place 200 medley and 200 freestyle relays.

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PIAA championships

LEWISBURG (AP) — Results from Day 2 of the PIAA Class AAA boys swimming and diving championships. Sub-entry at Kinney Natatorium, Bucknell University.

FINALS

CLASS AAA BOYS

200 medley relay: 1, Upper Dublin (Robert Rantley, Cooper Tollen, Michael Jensen, Eric Jensen) 1:21.25 (PIAA record, Oct. 12); 2, La Salle College High School (2011); 3, La Salle College (1:21.45); 4, Hershey 1:21.49; 5, North Allegheny 1:23.36; 6, Parkersburg 1:24.56; 7, Pottsville 1:25.25; 8, McDowell 1:26.98; 9, Area One 1:28.00.

200 freestyle: 1, Robert Rantley, Upper Dublin, 1:57.12; 2, Eric Jensen, Upper Dublin, 1:58.55; 3, Axel Ivarstad, Upper St. Clair, 1:59.30; 4, Jack Morris, Lansdale North Penn, 1:59.35; 5, Evan Holder, La Salle College HS, 1:40.25; 6, Sam Patten, North Allegheny 1:41.24; 7, Kyle McGowan, La Salle College HS, 1:41.88; 8, Penn County, Danville Boone, 1:43.54; 200 individual medley: 1, Zachary Burger, North Allegheny, 4:02.08; 2, Gabriel Larson, Penn Hills, 4:05.51; 3, Thomas Anderson, R. David Henderson, 4:10.24; 4, Nathan Thomas, Harrisburg-Hershey, 4:15.05; 5, Shotti Nakano, Hershey, 4:15.13; 6, Michael McGowan, La Salle College HS, 4:25.52; 7, Axel Holder, La Salle College HS, 4:31.57; 8, Shreddy Goble, State College, 4:36.54.

500 freestyle: 1, Vicky Tait, Hershey, 20:10; 2, Zachary Kartz, Goshen, 20:12; 3, Greg Brooks, La Salle College HS, 20:40; 4, Brandon McQuinn, Council Rock North, 20:46; 5, Ed Ziemke, Wyoming Valley

West, 20:52; 6, Erik Brinkhoff, Bethel Park, 20:59; 7, Evan Chinnappa, Tyrone, 21:08; 8, Ryan Drenth, Upper St. Clair, 21:19; 9, Matt Brinkman, Area One, 21:20; 10, Joseph Magrin, La Salle College HS, 21:23; 11, Jonathan Stok, McDowell, 21:24; 12, Andrew Shew, Goshen, 21:25; 13, Michael Jensen, Upper Dublin, 21:26; 14, Joseph Magrin, La Salle College HS, 21:27; 15, Austin Cross, Hershey, 21:28; 16, Kyle Higgins, Penn Twp., 21:31; 17, Andrew Stewart, Garden Spot, 21:32; 18, Jack Bornemann, Cumberland Valley, 21:33; 19, Nathan Thomas, Harrisburg-Hershey, 21:34; 20, Kyle Higgins, Penn Twp., 21:35; 21, La Salle College HS, 21:36; 22, Council Rock North, 21:37; 23, Upper St. Clair, 21:38; 24, Michael Jensen, Upper Dublin, 21:39; 25, Brandon McQuinn, Council Rock North, 21:40; 26, Nathan Thomas, Harrisburg-Hershey, 21:41; 27, Alex Caputo, Gettysburg, 21:42; 28, Cooper Tollen, Upper Dublin, 21:43; 29, Axel Ivarstad, Upper St. Clair, 21:44; 30, Jack Morris, Lansdale North Penn, 21:45; 31, Evan Holder, La Salle College HS, 21:46; 32, Kyle McGowan, La Salle College HS, 21:47; 33, Penn County, Danville Boone, 21:48; 34, Zachary Burger, North Allegheny, 21:49; 35, Gabriel Larson, Penn Hills, 21:50; 36, Thomas Anderson, R. David Henderson, 21:51; 37, Nathan Thomas, Harrisburg-Hershey, 21:52; 38, Shotti Nakano, Hershey, 21:53; 39, Michael McGowan, La Salle College HS, 21:54; 40, Axel Holder, La Salle College HS, 21:55; 41, Brandon McQuinn, Council Rock North, 21:56; 42, Ed Ziemke, Wyoming Valley, 21:57; 43, Erik Brinkhoff, Bethel Park, 21:58; 44, Evan Chinnappa, Tyrone, 21:59; 45, Ryan Drenth, Upper St. Clair, 22:00; 46, Matt Brinkman, Area One, 22:01; 47, Joseph Magrin, La Salle College HS, 22:02; 48, Jonathan Stok, McDowell, 22:03; 49, Andrew Shew, Goshen, 22:04; 50, Michael Jensen, Upper Dublin, 22:05; 51, Joseph Magrin, La Salle College HS, 22:06; 52, Austin Cross, Hershey, 22:07; 53, Kyle Higgins, Penn Twp., 22:08; 54, Andrew Stewart, Garden Spot, 22:09; 55, Jack Bornemann, Cumberland Valley, 22:10; 56, Nathan Thomas, Harrisburg-Hershey, 22:11; 57, Kyle Higgins, Penn Twp., 22:12; 58, La Salle College HS, 22:13; 59, Council Rock North, 22:14; 60, Upper St. Clair, 22:15; 61, Michael Jensen, Upper Dublin, 22:16; 62, Brandon McQuinn, Council Rock North, 22:17; 63, Nathan Thomas, Harrisburg-Hershey, 22:18; 64, Alex Caputo, Gettysburg, 22:19; 65, Cooper Tollen, Upper Dublin, 22:20; 66, Axel Ivarstad, Upper St. Clair, 22:21; 67, Jack Morris, Lansdale North Penn, 22:22; 68, Evan Holder, La Salle College HS, 22:23; 69, Kyle McGowan, La Salle College HS, 22:24; 70, Penn County, Danville Boone, 22:25; 71, Zachary Burger, North Allegheny, 22:26; 72, Gabriel Larson, Penn Hills, 22:27; 73, Thomas Anderson, R. 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PIAA Class AA qualifiers

Girls

Archbishop Wood: Caitlin Bedesem (200 freestyle relay); Katharine Buliga (200 freestyle, 500 freestyle, 200 freestyle relay); Claire Cochrane (200 freestyle relay); Hannah Cochrane (200 freestyle relay); Dominique DiRenzo (diving).

Nazareth Academy: Lauren Hirst (200 freestyle, 100 freestyle).

Villa Joseph Marie: Alexa Fabbri (100 butterfly, 100 freestyle); Emily Messina (100 butterfly, 100 freestyle).

Boys

Archbishop Wood: Gus Lawn (500 freestyle); Timothy Quigley (200 IM, 100 breaststroke).

PIAA championships

FINALS

CLASS AA GIRLS

200-yard medley relay: 1, Villa Maria Academy (Emily Cornell, Olivia Tierney, Lauren Law, Sarah Hitchens) 1:45.81 (PIAA record, Old: 1:48.89, Central Columbia, 2012); 2, Central Columbia 1:47.32; 3, Southern Lehigh 1:48.93; 4, South Fayette 1:49.02; 5, Boiling Springs 1:50.67; 6, Northern York 1:51.12; 7, Indiana 1:51.70; 8, Schuylkill Valley 1:51.81.

Consolation final: 9, Fairview 1:50.82; 10, Phoenixville 1:51.18; 11, Palmyra 1:52.16; 12, Scranton Prep 1:52.57; 13, Mars 1:52.98; 14, Springfield Twp. 1:53.78; 15, Holy Redeemer 1:54.39; 16, Moon 1:54.42.

200 freestyle: 1, Adrianna Grabski, Millinburg, 1:47.05 (PIAA record, Old: 1:47.37, Stef Williams, Bloomsburg, 1998); 2, Lauren Barber, Wilmington, 1:47.96; 3, Victoria Griffin, Delone Catholic, 1:50.71; 4, Sydnee Karam, Bethlehem Catholic, 1:52.82; 5, Braelyn Tracy, Elizabeth Forward, 1:52.84; 6, Kara Kaulus, West Allegheny, 1:53.01; 7, Alexis Mitchell, Moon, 1:54.08; 8, Morgan Fink, South Fayette, 1:54.75.

Consolation final: 9, Emily Zimcosky, Gebel Catholic, 1:52.94; 10, Abigail Thomson, Moravian Academy, 1:54.01; 11, Carson Gross, York Suburban, 1:56.02; 12, Emily Maxwell, Lewisburg, 1:56.46; 13, Madison Amann, Southern Lehigh, 1:56.70; 14, Caroline Colville, Shady Side Academy, 1:57.37; 15, Fallon Nelson, Mount Pleasant, 1:58.09; 16, Lauren Hirst, Nazareth Academy, 2:00.05.

200 individual medley: 1, Allie Szekely, Gwynedd-Mercy Academy, 1:59.66 (PIAA record, Old: 2:00.48, Madison Burns, Northwestern Lehigh, 2011); 2, Mia Nonneberg, Scranton Prep, 2:00.41; 3, Lauren Law, Malvern Villa Maria Academy, 2:07.22; 4, Jessica Burkett, Boiling Springs, 2:07.29; 5, Taylor Hoover, West York, 2:08.52; 6, Peyton Lyons, Palmyra, 2:10.07; 7, Katie Scordato, Bellefonte, 2:10.23; 8, Katie Webster, Boiling Springs, 2:10.47. Consolation final: 9, Caitlin Foley, Lewisburg, 2:10.73; 10, Molly Kowal, Nazareth Academy, 2:10.90; 11, Mary Rossi, South Fayette, 2:11.11; 12, Olivia Tierney, Malvern Villa Maria Academy, 2:11.85; 13, Ryan Rodriguez, Southern Lehigh, 2:12.58; 14, Lori Glassman, Schuylkill Valley, 2:13.18; 15, Emily Cornell, Malvern Villa Maria Academy, 2:13.46; 16, Bria Chwell, Freeport, 2:14.80.

50 freestyle: 1, Sarah Hitchens, Malvern Villa Maria Academy, 22.91 (PIAA record, Old: 23.16, Stef Williams, Bloomsburg, 1998); 2, Katie Szekely, Central Columbia, 23.46; 3, Erica Clancy, Susquehanna Twp., 23.50; 4, Rylee Klomp, Mercyhurst Prep, 24.05; 5, Carson Gross, York Suburban, 24.16; 6, Lake Duffy, Pen Argyl, 24.48; 7, Julie Dobson, Malvern Villa Maria Academy, 24.54; 8, Carley Wise, Conrad Weiser, 24.70.

Consolation final: 9, Hannah Feucht, North East, 24.45; 10, Molly O'Brien, Malvern Villa Maria Academy, 24.48; 11, Samantha Shirkoff, Camp Hill Trinity, 24.64; 12, Novella Koonce, Schuylkill Valley, 24.85; 13, Jules Marble, Springfield Twp., 24.88; 14, Joann Butkus, Tamaqua, 24.90; 15, Maddie Barbrug, South Fayette, 24.92; 16, Jenna Fosseler, Southern Lehigh, 25.09.

100 butterfly: 1, Margaret Gruber, Mars, 54.35; 2, Alea Fabbri, Villa Joseph Marie, 55.21; 3, Becca Luft, Northern York, 56.28; 4, Beth Grazi, Central Columbia, 57.14; 5, Erin Merkley, York Suburban, 57.14; 6, Lauren Law, Malvern Villa Maria Academy, 57.85; 7, Caroline Edelman, Wyomissing, 59.22; 8, Molly Phillips, Mercyhurst Prep, 59.77. Consolation final: 9, Sabrina Bowman, St. Joseph, 59.06; 10, Marissa Camp, Blackhawk, 59.21; 11, Destin Grott, Shady Side Academy, 59.78; 12, Sydney Archulata, Northern York, 59.84; 13, Melvina Glemaer, Southern Lehigh, 59.91; 14, Anita Chuter, Serra-South Allegheny, 1:00.15; 15, Michaela Rudbeck, Indiana, 1:00.28; 16, Morgan Joseph, Kitzanning, 1:00.31.

200 freestyle relay: 1, York Suburban (Zowie Day, Carson Gross, Anna Schmitt, Erin Merkley) 1:37.55; 2, Malvern Villa Maria Academy 1:37.63; 3, Central Columbia 1:38.61; 4, Schuylkill Valley 1:39.54; 5, Fairview 1:39.65; 6, Southern Lehigh 1:39.98; 7, Northern York 1:40.65; 8, Indiana 1:41.14.

Consolation final: 9, Palmyra 1:41.21; 10, Mars 1:41.45; 11, Big Spring 1:41.54; 12, St. Marys 1:42.08; 13, South Fayette 1:42.32; 14, Erie Villa Maria Academy 1:42.44; 15, West Allegheny 1:42.55; 16, Boiling Springs 1:43.54.

1-meter diving: 1, McKenzie Slater, Mohawk, 406.70; 2, Kelsey Williams, Holy Redeemer, 399.35; 3, Sydney Szabo, Upper Moreland, 388.25; 4, Jessica Shomo, Clearfield, 389.05; 5, Heather Lonkari, Moon, 385.15; 6, Nicole Sagl, Allentown Central Catholic, 374.90; 7, Gracie Klinek, South Fayette, 349.90; 8, Maggie Stebeck, Union City, 336.60.

9, Dominique DiRenzo, Archbishop Wood, 324.50; 10, Morgan Erick, Derry Area, 321.00; 11, Haley Ashner, Quaker Valley, 315.95; 12, Karly Feinberg, Marple Newtown, 311.75; 13, Briana Ulrich, Palmyra, 302.55; 14, Ciara Rollman, Shamokin, 301.00; 15, Rachel Trice, Derry Area, 292.15; 16, Annie Royak, Corry, 285.65; 17, Alexis Cadden, Ingham, 215.50; 18, Shannon Chambers, Upper Moreland, 212.05; 19, Brittany Hart, Elwood City Rhenside, 211.65; 20, Emily Johns, Schuylkill Valley, 205.50.

Team standings (top five after seven events): 1, Malvern Villa Maria Academy 149; 2, Central Columbia 98; 3, York Suburban 74; 4, Southern Lehigh and Northern York 71.

— From The Associated Press



Villa Joseph Marie's Alexa Fabbri swims the 200-yard butterfly Wednesday. Fabbri finished second with a time of 55.21 seconds.

STEPHANE VETZ / STAFF PHOTOGRAPHER

SILVER

bullet

Villa Joseph Marie sophomore Alexa Fabbri took second in the 100 butterfly with a personal-best time.

By KAREN SANGILLO
STAFF WRITER

LEWISBURG — Everything went according to plan for Alexa Fabbri.

The Villa Joseph Marie sophomore swam a lifetime-best time of 55.21 seconds to nab the silver medal in the 100-yard butterfly at Wednesday's opening day of the PIAA Class AA swimming and diving championships,

held at Bucknell University's Kinney Natatorium.

She had been seeded fourth coming into the meet, and second after the preliminaries, where she posted a time of 55.32.

"My goal is to always finish ahead of where I'm seeded, and I did that," she said. "This morning, when I swam a 55, I was so excited,

See **SILVER**, Page C3

Silver

Continued from Page C1

and then to do my best time in the finals was really great."

She is swimming in the 100 freestyle Thursday.

"This gives me so much confidence for that," she said. "It really set the tone of the meet for me to drop time in the preliminaries and again at the finals."

Although she qualified for last year's state meet as a freshman, she missed it because of a previous commitment to soccer.

"I'm so sorry I couldn't be here last year," she said. "My sister (Erica, now a freshman at Georgetown) said I'd love it, but I love every meet, so I didn't understand until I got here. The atmosphere is insane."

"There are so many people here, and I love bonding with other teams. This has been great."

Teammate Emily Messina finished 19th in the 100 butterfly (1:00.33).

Archbishop Wood's Dominique DiRienzo finished ninth in diving, just one spot shy of the podium, scoring 324.50 points over 11 dives.

Also for Wood, Katharine Buliga took 31st in the 200 freestyle (2:03.19), and the 200 freestyle relay team of Claire Cochrane, Caitlin Bedesem, Buliga and Hanna Cochrane was 23rd (1:49.22).

Bensalem resident Lauren Hirst, swimming for Nazareth Academy, took 16th in the 200 freestyle (2:00.06).

Teammate and fellow Bensalem resident Mary Harrington was 23rd in the 200 freestyle (2:00.24).

For the boys, Timothy Quigley of Archbishop Wood was 31st in the 200 individual medley (2:12.41).

The Class AA meet concludes Thursday. Class AAA will be held Friday and Saturday.

Karen Sangillo, 215-345-3070; email, ksangillo@phillyburbs.com

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PIAA CLASS AA
SWIMMING
CHAMPIONSHIPS

VJM's Fabbri takes bronze

The Jems' sophomore finished third in the 100 free.

By **KAREN SANGILLO**
STAFF WRITER

LEWISBURG — Alexa Fabbri finished out her first state championship swim meet with the kind of swim she was hoping for.

The Villa Joseph Marie sophomore posted a time of 50.76 to finish third in the 100-yard freestyle at the PIAA Class AA championships, which concluded Thursday at Bucknell University's Kinney Natatorium.

Fabbri had been seeded fifth, but moved up to third after the preliminaries.

"It was my best time, so I'm very happy," she said. "It's a funny thing, but my mom told me before the meet to raise my goals and visualize them. I wrote the times I wanted to do on a piece of paper. For the 100, I wrote 50.8 and I did a 50.76, so I beat it."

Fabbri was rested but not fully tapered for the meet.

"It's very exciting for me to swim this well because it shows me that I'll go even faster when I'm tapered," she said. "Just because I wasn't in a full taper didn't mean I couldn't go fast."

Fabbri had taken the silver medal in the 100 butterfly on Wednesday.

"Being on the podium reassured me that I could do it," she said. "This was such a great season for me and for

See **SWIMMING, Page C3**

Swimming

Continued from Page C1

us a team. Swimming at the state meet really brings out the best in us, and to represent our school at this meet was amazing.

"We're not the biggest school, and this was our first year as a team, but we did well. I'm really excited about next year and so looking forward to it."

Teammate Emily Messina was 16th in the 100 free (54.51).

Bensalem resident Mary Harrington, swimming for Nazareth Academy, was 11th in the 500 free (5:06.82).

Teammate and fellow Bensalem resident Lauren

Hirst was 21st in the 100 free (54.78).

Harrington and Hirst were also on the 400 free relay, which finished 18th (3:45.75).

Katharine Buliga of Archbishop Wood finished 24th in the 500 free (5:24.26), improving on her seed of 29th.

Archbishop Wood's Timothy Quigley was 31st in the 100 breaststroke (1:04.96) and Gus Lawn was 32nd in the 500 free (5:34.02).

Villa Maria won the girls team title, scoring 237 points. Villa Joseph Marie was 19th (34).

Salisbury won the boys team title with 151 points.

Karen Sangillo, 215-345-3070; email, ksangillo@phillyburbs.com

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PIAA swimming championships

LEWISBURG (AP) — Results from Day 2 of the PIAA Class AA girls swimming and diving championships Thursday at Kinney Natatorium, Bucknell University.

FINALS CLASS AA GIRLS

100 freestyle: 1, Adriane Grabek, Millburg, 49.57 (PIAA record: Old 49.61, Stef Wilkins, Bloomsburg, 1999); 2, Victoria Griffin, DeLano Catholic, 50.17; 3, Alexa Fabbri, Villa Joseph Marie, 50.76; 4, Emily Zimocky, Garbel Catholic, 52.06; 5, Pryce Komp, Mercersburg Prep, 52.20; 6, Becca Luft, Northern York, 52.30; 7, Sydney Karam, Bethlehem Catholic, and Emily Maxwell, Lewisburg, 52.78.

Consolation final: 9, Caroline Eichman, Wykesburg, 52.59; 10, Eric Clancy, Susquehanna Twp., 52.83; 11, Molly O'Brien, Malvern Villa Maria Academy, 52.90; 12, Mary Foltz, Eden Christian, 53.19; 13, Lake Duffy, Pen Argyl, 53.50; 14, Claire Mikosel, Clarksfield, 53.94; 15, Samantha Shirliff, Camp Hill Trinity, 54.21; 16, Emily Messina, Villa Joseph Marie, 54.51.

500 freestyle: 1, Mia Norrmberg, Scranton Prep, 4:48.19; 2, Erin Markle, York Suburban, 4:57.88; 3, Abigail Thomson, Monaca Academy, 4:59.56; 4, Kara Kulis, West Allegheny, 4:59.83; 5, Brynlyn Tracy, Elizabeth Forward, 5:01.13; 6, Grace Kowal, Nazareth Academy, 5:06.12; 7, Jessica Burket, Boling Springs, 5:07.12; 8, Brita Chwel, Freeport, 5:12.84.

Consolation final: 9, Taylor Hoover, West York, 5:04.12; 10, Mary Rossi, South Fayette, 5:05.50; 11, Mary Harrington, Nazareth Academy, 5:06.82; 12, Madison Oiler, Ockersburg, 5:07.30; 13, Caroline Caville, Shady Side Academy, 5:09.33; 14, Emily Lyons, Southern Lehigh, 5:09.67; 15, Fallon Nelson, Mount Pleasant, 5:13.85; 16, Kimm Szajnik, East Pennsboro, 5:14.06.

100 backstroke: 1, Margaret Grabek, Mars, 54.15; 2, Sarah Hitchens, Malvern Villa Maria Academy, 55.24; 3, Emily Cornell, Malvern Villa Maria Academy, 57.44; 4, Caitlin Lewisburg, 57.94; 5, Madison Amann, Southern Lehigh, 58.54; 6, Peyton Lyons, Polk, 58.55; 7, Alexis Michalec, Moon, 58.68; 8, Krystal Whiglesworth, Clarksfield, 58.13.

Consolation final: 9, Caroline Quindlen, Archbishop Carroll, 58.82; 10, Rhyen Rodriguez, Southern Lehigh, 59.42; 11, Amber Saint Clair, Upper Merion, 59.43; 12, Rachael DePetro, Lancaster Catholic, 59.46; 13, Sabrina Bowman, St. Joseph, 59.74; 14, Sydney Marner, Millville, 59.85; 15, Erin McElwaine, Phoenixville, 1:00.10; 16, Sydney Archuleta, Northern York, 1:00.30.

100 breaststroke: 1, Lauren Barber, Wilmington, 1:02.63; 2, Allie Szakaly, Gwynedd-Mercy Academy, 1:02.92; 3, Holly Stein, St. Joseph, and Katie Sabely, Central Columbia, 1:05.04; 5, Katie Webster, Boling Springs, 1:06.05; 6, Anna Pappaspanola, Indiana, 1:06.82; 7, Malory Lawson, Fairview, 1:07.05; 8, Morgan Fink, South Fayette, 1:07.58.

Consolation final: 9, Olivia Tierney, Malvern Villa Maria Academy, 1:08.01; 10, Orinoma Barone, Northern Lebanon, 1:07.91; 11, Katie Scordino, Baldwinsville, 1:08.08; 12, Molly Koral, Nazareth Academy, 1:08.10; 13, Rachel Munger, Springfield Twp., 1:08.10; 14, Davonna Moore, Phoenixville, 1:08.24; 15, Billie Patterson, Fairview, 1:08.85; 16, Nicole Brunozzi, Central Columbia, 1:09.44.

400 freestyle relay: 1, Malvern Villa Maria Academy (Molly O'Brien, Lauren Law, Sarah Hitchens, Julie Dobson) 3:28.90 (PIAA record: Old 3:30.96, Villa Maria Academy, 2012); 2, York Suburban 3:33.84; 3, South Fayette 3:36.53; 4, Schuylkill Valley 3:38.32; 5, Scranton Prep 3:39.54; 6, Polk 3:40.05; 7, West Allegheny 3:41.97; 8, Mercersburg Prep 3:42.57.

Consolation final: 9, Southern Lehigh 3:38.58; 10, Boling Springs 3:41.69; 11, Fairview 3:41.69; 12, Blackhawk 3:42.00; 13, Springfield Twp. 3:43.13; 14, Indiana 3:43.57; 15, Central Columbia 3:43.91; 16, Tanques 3:47.38.

Team standings (top five): 1, Malvern Villa Maria Academy, 237 points (PIAA record: Old 221, Villa Maria, 2012); 2, York Suburban, 125; 3, South Fayette, 119; 4, Central Columbia, 118.5; 5, Southern Lehigh, 113.

FINALS CLASS AA BOYS

100 freestyle: 1, Phil Emerson, Franklin, 45.63; 2, Nathan Smith, Susquehanna Twp., 45.97; 3, Eric Talam, Salisbury Twp., 46.15; 4, Cameron Clancy, Beaver Area, 47.43; 5, Jon Anderson, Salisbury Twp., 47.56; 6, Michael Anderson, Southern Lehigh, 47.60; 7, Brian Sogniak, Dallas, 47.98; 8, Justin Renzel, Brookville, 48.15.

Consolation final: 9, Josh Knicker, Southern Lehigh, 47.34; 10, Sam Calhoun, Bloomsburg, 48.63; 11, Austin Wimmer, Knoch, 48.66; 12, Josh Grzech, Crestwood, 48.76; 13, Thaddeus Ellis, Shady Side Academy, 49.06; 14, Andrew Strauss, Schuylkill Valley, 49.14; 15, Ryan Sebastianell, Scranton Prep, 49.32; 16, Josh Kiley, Elizabeth Forward, 50.00.

500 freestyle: 1, Drew Darnick, Charters Valley, 4:33.75; 2, Jared Kahl, Montour, 4:34.28; 3, Terry Blackbinton, Northern Lehigh, 4:37.77; 4, Matthew Leachouts, Pleasanton, 4:38.14; 5, Everett Albert, Lancaster Catholic, 4:39.25; 6, Jon O'Carroll, Camp Hill Trinity, 4:41.65; 7, Alexander Szalaykoff, Elwood City Riverside, 4:43.27; 8, Noah Donovan, Laurel, 4:45.57.

Consolation final: 9, Hunter Krum, Central Columbia, 4:42.85; 10, Orinoma Barone, Northern Lebanon, 4:45.71; 11, Isaac Thomas, Baldwinsville, 4:45.79; 12, Matthew Daniel, Manheim Central, 4:46.52; 13, Cole Davis, Millersburg, 4:47.22; 14, Marcus Wagner, Dallas, 4:48.38; 15, Thomas Preme, Mars, 4:50.83; 16, Christopher Georgiadis, Mars, 4:55.34.

100 backstroke: 1, Robert Skrabak, Fairview, 49.56; 2, Griffin Schaefer, Mercersburg Prep, 50.20; 3, Brent Benard, Cory, 51.14; 4, Justin Kosinski, Laurel Highlands, 51.34; 5, Dillon Lancaster, Berwyn Heights, 52.97; 6, Ben Spencer, Towlensack, 53.21; 7, Ethan Gehring, Northern Lebanon, 53.26; 8, Phineas O'Brien-Mills, Gettysburg, 53.41.

Consolation final: 9, Brad Koser, West Mill, 54.07; 10, Colton Schram, Baldwinsville, 54.12; 11, Michael Kraus, Devon Prep, 54.19; 12, Nathan Minko, Johnstown Richmond, 54.57; 13, Luke Simpson, Charlestown, 54.93; 14, Frank Chen, Athens, 54.96; 15, Corey Koss, St. Marys, 55.08; 16, Joseph Grzech, Crestwood, 55.50.

100 breaststroke: 1, Andrew Rosenberger, Baldwinsville, 58.56; 2, Shene Harlett, Boling Springs, 58.64; 3, Noah Crawford, Bloomsburg, 58.94; 4, John Mackowski, Mercersburg Prep, 1:00.12; 5, Ian Lindsay-Knoch, 1:00.16; 6, Ian Smith, Upper Merion, 1:00.37; 7, Henry Tangay, Camp Hill Trinity, 1:00.74; 8, Sawyer Allen, Palmyra, 1:00.78.

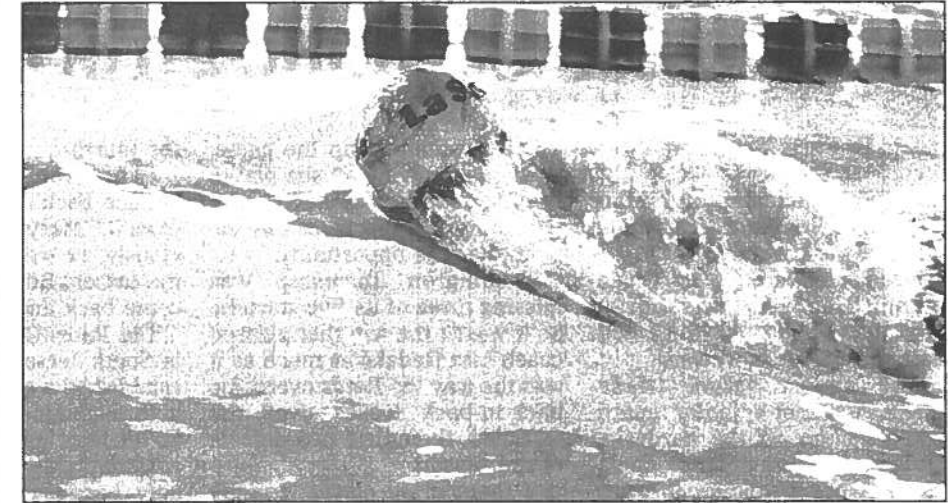
Consolation final: 9, Jon Haycock, Indiana, 1:01.13; 10, Terry Vabec, Holy Redeemer, 1:00.98; 11, Luke Rautenbush, Schuylkill Valley, 1:01.34; 12, Jacob Colles, South Park, 1:01.43; 13, Nathaniel Marino, Blue Mountain, 1:01.75; 14, Mike O'Polka, Franklin, 1:01.85; 15, Kameron Faychik, Elizabeth Forward, 1:02.00; 16, Forrest Bennett, Bloomsburg, 1:02.75.

400 freestyle relay: 1, Salisbury Twp. (Jon Anderson, Tim Corbin, Garrett Collins, Eric Titum) 3:11.52; 2, Franklin 3:15.03; 3, Fairview 3:15.05; 4, Southern Lehigh 3:15.32; 5, Upper Merion 3:16.27; 6, Baldwinsville 3:16.79; 7, Shady Side Academy 3:18.03; 8, Bloomsburg 3:18.18.

Consolation final: 9, Mars 3:17.53; 10, Dallas 3:17.62; 11, Schuylkill Valley 3:19.00; 12, Susquehanna Twp. 3:19.35; 13, Charters Valley 3:21.12; 14, Camp Hill Trinity 3:21.36; 15, Lancaster Catholic 3:21.75; 16, Springfield Twp. 3:22.30.



La Salle senior Joe Maginnis works on his freestyle form. The Explorers have won 25 consecutive Catholic League swimming championships. LOU RABITO / Staff



Explorers senior Evan Holder, above, swims laps in practice. At left, La Salle coach Frank Lichtner goes over strategy with his swimmers. The Explorers are the defending state Class AAA champions.

La Salle continues to perform well at big meets.

Lichtner's Explorers are always in the swim

Frank Lichtner says his La Salle swimming team has fared very well on the sport's biggest stages.

His coaching colleagues in the Philadelphia Catholic League would nod in approval.

They know. They know. For 25 years, La Salle has pounded that fact into their heads.

The Explorers have dominated the last quarter-century of Catholic League championship meets, winning every one since 1989. They also won the Class AAA state meet last year, in their fourth season in the PIAA. They'll defend that title March 15-16 at Bucknell.

"Every year from the beginning of the year, you're looking forward to states,



Lou Rabito

but about three weeks ago, everyone starts getting excited because it starts in PCLs," said Joe Maginnis, a senior who will attend Duke on a partial swim scholarship.

"It's sort of like a big get-together. Everyone supports us. Winning for 25 years is definitely something to celebrate."

The 25th was a runaway. La Salle won nine of the 11 events last Saturday at La Salle University and finished with 1,014 points, more than double the sec-

ond-place total.

Such a long streak isn't unprecedented in area swimming. Germantown Academy coach Dick Shoulberg says that his girls' team has won 31 consecutive Inter-Ac League championships, sharing it in 2009, and that his boys' squad won 27 straight starting in 1975.

Two longtime Catholic League coaches — Frank Morris, who has guided Archbishop Ryan for 34 years, and Charlie Stillwell (Archbishop Wood, 15 years) — credit Lichtner for much of La Salle's success. Lichtner, who swam at Council Rock and the University of Florida, took over the Explorers program in 1990 and has added 23 titles to the run.

Morris said "La Salle has always been, since I've been associated with the league, coached by extremely talented and dedicated individuals." Stillwell said Lichtner "came from a high-end program, so he knows how to coach high-end swimmers, get the most out of them."

"And I think the program itself," Stillwell added, "because it's successful, just attracts a better-quality swimmer."

Lichtner considers this one of his best and deepest teams. It is led by seniors Maginnis, Sean Regan, Evan Holder, Brendan Koch, and Greg Rogers, and junior Mike McBryan.

The program has 28 boys, including 12 seniors, and only a varsity team.

The school's facilities help limit the roster number.

The Explorers practice in a small pool — four lanes, 25 yards — at the school. Lichtner says the team works out on average six days a week, three hours a day.

A banner on the back wall of the pool heralds the Catholic success. It lists six champions from 1967 to '72, and titles in '74, '79, '80, and '83 before the current run.

"It's a really important thing for our team," Holder said of the streak, "not only for the present team but for all the alumni who have won in the past 25 years."

The Explorers are in an almost four-week break between the league and District 12 meets, held the

same day, and the state championships. At Bucknell, Lichtner expects his Explorers, Upper Dublin, Hershey, and Upper St. Clair to be in the mix for the AAA crown.

"I tell the team this: I don't ask, I demand that they perform in the big meets, because why are we doing this? We're doing this to do our best, to see how fast we are," Lichtner said.

"When we go to big meets and we perform at our best, we are very, very, very tough. And if we can go to the meet at Bucknell and perform like we have in the previous four years, we're going to be right there."

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