

McGovern breaks Waves Record

The Lake Champlain Waves sent a group of thirteen swimmers to RPI College in Troy, NY to compete in the Gold Short Course Championship meet. The meet was held on March 19- March 21, 2010. To compete at this meet, swimmers must meet or exceed time standards set by USA Swimming.

Daniel McGovern, Henry McCormick, Sierra Cotrona, and Brittany Friedrich led the Waves. McGovern broke an eleven year old Waves record set by Andy Chevalier. The old 200 yard Backstroke record of 2.10.61 was set by Chevalier in 1999. McGovern set the new record of 2.10.45 in the preliminary heat of the race. He went on to place twelfth in the finals of that event with a time of 2.10.49.

McGovern, swimming in the boy's senior (15 & over) division, placed eighth in the 400 yard Individual Medley (IM) with a time of 4.45.61, and tenth in the 200 yard Butterfly (Fly) in 2.15.13. Both times were personal bests. He recorded personal bests in the 100 yard Backstroke (Back) with a time of 1.01.58, and the 200 yard IM in 2.13.39. McGovern also swam in the 100 yard Fly in 1.00.38, and the 200 yard Freestyle (Free) in 2.02.96. He scored 22 points for the Waves.

Henry McCormick swam in five events in the boy's 13-14 year old division. He recorded three personal best times, and scored seven points. McCormick's preliminary (prelim) time of 1.03.11 in the 100 yard Fly was a personal best by 7.86 seconds. His time in the finals of that event was 1.03.96, and put him in eleventh place. McCormick improved his time in the 100 yard Breaststroke (Breast) by 7.30 seconds with a prelim time 1.15.37. He went on to place in the finals with a time of 1.15.39. McCormick also swam in the 100 yard Free in a personal best time of 57.41, the 200 yard Breast in 2.46.37, and the 200 yard Free in 2.05.02.

Sierra Cotrona competed in eight events and recorded four personal bests in the girl's senior division. She placed eleventh in the 100 yard Breast with a personal best time 1.14.15. Cotrona knocked 11.44 seconds off her best time in the 500 yard Free with a time of 5.36.95. She recorded personal bests in the 200 yard IM with a time of 2.24.23, and the 100 yard Back in 1.10.31. Cotrona also competed in the 400 yard IM in 5.19.41, the 200 yard Breast in 2.45.09, the 200 yard Free in 2.07.84, and the 100 yard Free in 59.18. She scored six points.

Brittany Friedrich swam in four events in the girl's senior division, scoring five points. She placed twelfth in the 100 yard Breast with a personal best time of 1.14.56. Friedrich also swam in the 200 yard Breast in 2.44.74, the 200 yard IM in 2.34.78, and the 100 yard Free in 1.02.30.

Hamzah Qudsi swam in five events and recorded three personal best times. He competed in the boy's 13-14 year old division. Qudsi time of 1.05.51 in the 100 yard Back was a 2.97 second improvement. He also improved his times in the 100 yard Fly with a time of

1.09.07, and in the 100 yard Free in 1.00.18. Qudsi also swam in the 50 yard Free in 26.47, and 200 yard Back in 2.29.73. He scored four points.

Benjamin Ford recorded personal best times in all six events that he entered. He competed in the boy's senior division. Ford's time of 1.59.17 in the 200 yard Free was a 9.61 second improvement, and he improved his time in the 500 yard Free by 7.81 seconds with a time of 5.19.89. He also recorded personal bests in the 200 yard Back with a time of 2.15.48, the 200 yard IM in 2.19.11, the 100 yard back in 1.03.57, and the 100 yard Free 55.02. Ford scored six points.

Alexis Kelley swam in six events in the girl's 13-14 year old division. She recorded three personal best times. Her time of 2.47.33 in the 200 yard Breast was 7.45 seconds faster than her previous best. Kelley also recorded personal bests in the 200 IM with a time of 2.30.41, and in the 100 yard Back in 1.11.30. She also competed in the 100 yard Breast in 1.19.15, the 200 yard Free in 2.15.29, and in the 100 yard Free in 1.02.57. Kelley scored three points.

Brooke Kelley improved her time in the 100 yard Breast by 4.31 seconds with a time of 1.24.37. She also swam in the 200 yard Breast in 3.01.73, and 50 yard Breast in a personal best time of 39.83. Kelley swam in the girl's 11-12 year old division and scored two points.

Molly Wilkins competed five events in the girl's senior division. She recorded three personal best times. In the preliminary heat of 200 yard Fly, Wilkins improved her time by 4.18 seconds with a time of 2.31.77. She then went on to compete in the finals, finishing in 2.33.18. Wilkins also had personal bests in the 100 yard Back with a time of 1.10.64, and the 50 yard Free in 27.89. She also swam in the 100 yard Fly in 1.08.75, and the 200 yard Back in 2.32.35. Wilkins scored one point.

Ihrig Preston recorded a personal best time in the 50 yard Back. His time of 50.43 was 1.77 seconds faster than his previous best. He competed in the boy's 8 & under division.

Haani Qudsi swam in the boy's 11-12 year old division. He swam in the 50 yard Breast in 41.41 which was a 1.49 second improvement of his previous best.

Stella Boolukos-Brinker improved her time in the 100 yard Back by 0.95 second with a time of 1.17.60. She swam in the girl's 11-12 year old division.

Taylor Hall competed in the girl's senior division. She swam in the 200 yard Back in 2.35.68.