

Four Firsts for Nowosielski

The Lake Champlain Waves traveled across the Lake to compete at St. Michaels College in Colchester Vermont on February 6, 2011. Twenty four Waves made the trip, taking nine first place finishes and recording 46 personal best times. Nicholas Nowosielski single handedly claimed four of those first place finishes, along with one second place finish. Benjamin Ford added one more first, along with two seconds, one third, and one fourth. Daniel McGovern picked up a first, two thirds, one fourth, and one fifth place finish.

Nicholas Nowosielski (Boy's 9-10 year old division) - Placed first in the 50-yard Freestyle (Free) with a personal best time of 30.45. He also took first in the 100-yard Free in 1.11.19, another personal best, the 100-yard Backstroke (Back) in 1.22.86, and in the 100-yard Individual Medley (IM) in 1.25.64. Nowosielski placed second in the 50-yard Back with a personal best time of 38.48.

Benjamin Ford (Boy's Open division) - Took first place honors in the 500-yard Free with a time of 5.26.19. He placed second in 100-yard Free in 55.23, and in the 100-yard Back in 1.03.69. Ford's time of 2.18.27 in the 200-yard back put him in third place, and he placed fourth in the 400-yard IM with a time 4.51.43.

Daniel McGovern (Boy's Open division) - Placed first in the 100-yard Butterfly (Fly) in a time of 1.00.15. McGovern picked up a third in the 400-yard IM in a time of 4.46.65, and a third in the 50-yard Free in 24.94. He finished fourth in the 200-yard Fly in 2.15.95, and fifth in the 100-yard Breaststroke (Breast) with a personal best time of 1.18.08.

Brooke Kelley (Girl's 11-12 year old division) - Took first place in the 100-yard IM with a personal best time of 1.11.88. She improved her times in four of the five individual events that she entered. Kelley placed fourth in the 50-yard Fly with a personal best time of 32.44, and fifth in the 500-yard Free in 6.03.47. Her time of 2.49.33 in the 200-yard Breast was a 12.40 second improvement and put her in fifth place. Kelley also recorded a personal best in the 100-yard Breast in 1.17.44.

Alexis Kelley (Girl's Open division) - Placed first in the 200-yard Back with a personal best time of 2.21.17. She also improved her times in four of the five individual events that she entered. Took fifth place with personal best times in both the 100-yard Free in 59.14, and in the 100-yard Back 1.07.51. Her time of 2.25.94 in the 200-yard IM was a 4.11 second improvement. Kelley also swam in the 50-yard Free in 28.44.

Sierra Cotrona (Girl's Open division) - Placed first in the 200-yard Free in 2.07.64; sixth in the 400-yard IM in 5.08.51. She also competed in the 100-yard Free in a time of 1.00.29.

Spencer Hall (Boy's Open division) - Took third place in the 100-yard Fly with a time 1.10.63. Entering in five individual events, he recorded four personal bests. Hall improved his times in the 100-yard Free with a time of 57.10, the 100-yard Breast in 1.23.26, the 50-yard Free in 26.54, and the 100-yard Back in 1.12.54.

Kenneth Hausrath (Boy's Open division) - Placed third in the 200-yard IM with a personal best time of 2.45.87. He recorded five personal best times in all five of the individual events that he entered. Hausrath knocked 4.79 seconds off his time in the 100-yard Free with a time of 1.03.33; He also had personal bests in the 100-yard Breast in 1.22.17, the 50-yard Free in 27.56, and the 200-yard Breast in 3.04.03.

Brittany Friedrich (Girl's Open division) - Took two fourth place finishes in the 200-yard Breast in 2.45.17, and in the 200-yard Free in 2.14.25. She also competed in the 200-yard IM in 2.35.38, the 200-yard Back in 2.38.34, and in the 100-yard Free in 1.01.16.

Zackary Raymond (Boy's 11-12 year old division) - Placed fourth in the 50-yard back with a time of 44.55. He recorded three personal bests out of the five individual events that he entered. Raymond's time of 1.17.61 in the 100-yard Free was a 7.96 second improvement, and his time of 1.31.83 in the 100-yard IM was a 6.89 second improvement. He recorded a personal best in the 50-yard Breast with a time of 49.20. He also swam in the 50-yard Free in 34.85.

Emily McCormick (Girl's 11-12 year old division) - Scored a fifth place finish in the 50-yard Free with a time of 32.26. She recorded four personal bests in the four individual events that she entered. McCormick's time of 1.23.66 in the 100-yard IM, and her time of 1.10.59 in the 100-yard Free were both good for a seventh place finish. She picked up an eighth place finish in the 50-yard Breast in 43.53.

Molly Wilkins (Girl's open division) - Placed seventh in the 200-yard Back with a time of 2.32.42, and eighth in the 400-yard IM in 5.36.95. She also competed in the 100-yard Back in 1.11.00, the 200-yard IM in 2.40.12, and the 100 yard Free in 1.01.87.

Zoe Porter (Girl's 11-12 year old division) - Placed seventh in the 50-yard Back with a personal best time of 38.20. Swimming in four individual events, she recorded three personal bests. Porter took eighth place in the 100-yard Free in 1.11.12, and the 50-yard Breast 45.58, both personal bests. She also competed in the 100-yard IM in 1.26.21.

Stella Boolukos-Brinker (Girl's 11-12 year old division) - Knocked a whopping 33.73 seconds off her time in the 500-yard Free with an eighth place time of 6.33.42. She also improved her times in the 200-yard Back with a time of 2.40.76, and in the 100-yard Free in 1.06.82. Boolukos-Brinker also swam in the 100-yard Back in 1.17.26, and in the 50-yard Free in 30.38.

Mary Barkla (Girl's Open division) - Improved her times in the 200-yard Back with a time of 2:33.24, and in the 100-yard Free with a time of 1:05.32. She also swam in the 100-yard Back in 1:12.75, the 200-yard IM in 2:44.78, and in the 50-yard Free in 30.03.

Taylor Hall (Girl's Open division) - Competed in the 200-yard Breast in 2:59.67, and the 100-yard Fly in 1:17.21. She also competed in the 100-yard Back in 1:17.99, the 100-yard Breast in 1:26.93, and in the 50-yard Free in 30.24.

Megan Zmijewski (Girl's Open division) - Recorded four personal best times out of the five individual events that she entered. She improved her time in the 200-yard Free by an impressive 20.88 seconds with a time of 2:46.65. Zmijewski also recorded personal bests in the 100-yard Breast with a time of 1:39.96, the 100-yard Free in 1:14.70, and in the 50-yard Free in 34.83. She also swam in the 200-yard IM in 3:17.16.

Mikayla Fountain (Girl's 11-12 year old division) - Improved her times in two of the five events that she entered. Her times of 1:31.46 in the 100-yard Free, and 49.65 in the 50-yard Breast were both personal bests. Fountain also swam in the 50-yard Fly in 43.47, the 50-yard Back in 43.70, and the 100-yard IM in 1:38.59.

Lydia Brown (Girl's 11-12 year old division) - Picked up a personal best in the 50-yard Fly with a time of 48.64. She also swam in the 50-yard Free in 36.74, and in the 50-yard Breast in 56.13.

Ellen Silverman (Girl's Open division) - Recorded a personal best in the 100-yard Fly with a time of 1:16.97. She also swam in the 200-yard IM in 2:50.48, the 100-yard Back in 1:24.33, the 100-yard Breast in 1:32.38, and in the 50-yard Free in 33.34.

Kelsey Primard (Girl's Open division) - Swam in the 50-yard Free in 29.38, and in the 100-yard Breast in 1:27.22.

Alison Golden (Girl's 11-12 year old division) - Picked up a personal best in the 50-yard Free with a time of 39.29. She also swam in the 50-yard Back in 53.35, and the 100-yard Free in 1:27.85.

Paige Vaccaro (Girl's Open division) - Swam in the 100-yard Breast in 1:29.67, the 100-yard Free in 1:06.83, and in the 50-yard Free in 30.52.

Cydney Bond (Girl's 10 & under division) - In her first meet as a Wave, swam the 50-yard Free in 57.62.

The Boy's 200-yard Free Relay team of Daniel McGovern, Kenneth Hausrath, Spencer Hall, and Benjamin Ford took third place with a time of 1.44.21. The Girl's 200-yard Free Relay team of Alexis Kelley, Brittany Friedrich, Molly Wilkins, and Sierra Cotrona placed fourth with a time of 1.51.54. The Girl's 200-Free relay team of Mary Barkla, Stella Boolukos-Brinker, Taylor Hall, and Paige Vaccarro recorded a time of 2.02.89, while the Girl's 200-yard Free Relay team of Brooke Kelley, Emily McCormick, Mikayla Fountain, and Zoe Porter finished in 2.15.41.