

Dahmen & Ford Warm Up for States by Setting Records

Waves swimmers Mats Dahmen, Benjamin Ford, and Daniel McGovern have all qualified for the New York State Public High School Athletic Association Boys Swimming Championships to be held on March 4 & 5, 2011. They, along with Sierra Cotrona, Brittany Friedrich, and Alexis Kelley, also qualified for the USA Swimming Region 1 Championships that were held on February 18-21, 2011. The Region 1 Championships took place at Union College in Schenectady, NY. To compete in this meet, swimmers must post times in individual events that are equal to or faster than the qualifying times. A total of 226 athletes from twenty-seven swim teams from all over New York, Connecticut and Massachusetts participated this event.

Dahmen set three Waves records and Ford set one. Dahmen's record setting time of 22.98 in the 50-yard Free broke the previous record of 23.17 set by Andy Chevalier in March of 2002. He set a new record in the 100-yard Butterfly (Fly) with a time of 55.47. The old record of 56.36 was set by Andy Chevalier in March of 2002. Dahmen also broke the 100-yard Free record of 50.62 set by Chevalier in March 2002 with a time of 49.85. Ford broke the 200-yard Backstroke (Back) record of 2:10.45 set by Daniel McGovern in March of 2010 by posting a time of 2:10.42. All four records were set in the finals of their events.

Mats Dahmen - Placed fifth in the finals of the 50-yard Free with his Waves record-setting time of 22.98, and sixth in his second record setting performance in the finals of the 100-yard Free, with a time of 49.85. He also set a new record in the 100-yard Fly with a time of 55.47. His time of 1:54.14 in the 200-yard Free was a personal best. Dahmen also swam in the 500-yard Free in 5:31.49. Dahmen scored 35.5 points.

Benjamin Ford - Broke the Waves record in the 200-yard Back by posting a time of 2:10.42 in the finals. He also improved his times in the 500-yard Free with a time of 5:15.94. Ford went a 4:41.72 in the preliminaries of the 400-yard IM, and a 4:42.04 in the finals. Both times were faster than his previous best. He also competed in the 100-yard Back with a time of 1:01.69.

Daniel McGovern - Knocked 1.07 second off his time in the 100-yard Fly with a time of 58.98. He swam a 2:11.88 in the preliminaries of the 200-yard Back, and went on to compete in the finals with a 2:15.04. McGovern also competed in the finals of the 200-yard IM in 2:14.45. He also competed in the 50-yard Free in 25.32, and the 100-yard Back in 1:02.56.

Sierra Cotrona - Improved her time in the 100-yard Breast by posting a time 1:13.32. She also competed in the 200-yard Breast in 2:42.51, the 400-yard IM in 5:07.78, the 200-yard Free in 2:05.90, the 50-yard Free in 27.69, and in the 100-yard Free in 59.41.

Brittany Friedrich - Took 1.37 second off her time in the 200-yard Free with a time of 2.10.30, and improved her time in the 200-yard Breast in 2.43.50. She also swam in the 100-yard Breast in 1.14.17.

Alexis Kelley - Competed in the 200-yard Back in a time of 2.27.85.