

## **Friedrich leads the Waves at Silvers**

The Lake Champlain Waves sent thirteen swimmers to RPI College in Troy, NY on March 4-6, 2011 to compete in the USA Swimming's Silver Championship meet. This is the final qualifier for the Golds Championship Meet. The Waves swimmers entered a total of 58 events and recorded 32 personal bests. Brittany Friedrich was the top performer for the Waves, taking two first place finishes, and qualifying for Golds in both of those events. Henry McCormick took a fourth place finish, and Spencer Hall took two fifths, one sixth, and one seventh place finish.

Brittany Friedrich (Girl's 15 & over division)- Finished first in the 100 yard Freestyle (Free) with a personal best time of 59.68. Also placed first in the 50 yard Free with a personal best time of 27.51. Friedrich qualified for Golds in both events. Her time of 1.11.20 in the 100 yard Backstroke (Back) was a 2.32 second improvement. She scored 45 points.

Henry McCormick (Boy's 15 & over division)- Placed fourth in the 100 yard Back with a personal best time of 1.08.25. McCormick scored 15 points for the Waves.

Spencer Hall (Boy's 15 & over division)- Posted personal best times in all eight events that he entered. He placed fifth in both the 200 yard Individual Medley (IM) with a time of 2.25.54, and in the 100 yard Free in 56.34. Hall finished sixth in the 100 yard Butterfly (Fly) in 1.05.81, and seventh in the 50 yard Free with a time of 25.83. His time of 2.32.90 in the 200 yard Back was a 21.17 second improvement, and he improved his time in the 200 yard Breaststroke (Breast) by 22.93 seconds with a time of 2.52.33. Hall also competed in the 100 yard Back in 1.10.84, and the 100 yard Breast in 1.19.51. He scored 90 points for his team.

Stella Boolukos-Brinker (Girl's 11-12 year old division)- Qualified for Golds in the 100 yard IM with a personal best time of 1.15.53. She also finished sixth in the 500 yard Free with a time of 6.22.87, which was a 6.28 second improvement on her time. Boolukos-Brinker scored 24 points.

Taylor Hall (Girl's 15 & over division)- Finished in eighth in the 100 yard Breast with a time of 1.23.22. She competed in the 100 yard Fly in 1.14.89, the 200 yard Back in 2.39.46, the 200 yard Breast in 3.12.89, and the 50 yard Free in 29.40. Hall also swam in the 200 yard IM with a time of 2.37.28, the 100 yard Back in 1.14.15, the 200 yard Free in 2.20.14, and the 100 yard Free in 1.04.56. She scored 20 points.

Hamza Qudsi (Boy's 15 & over division)- Recorded a personal best time of 26.09 in the 50 yard Free. He also competed in the 100 yard Breast in 1.24.02, and in the 100 yard Fly in 1.12.23. Qudsi scored 15 points for his team.

Emily McCormick (Girl's 11-12 year old division)- Qualified for Golds in the 100 yard Free with a personal best time of 1.09.45. She also improved her times in five of the nine events that she entered. McCormick's times of 31.68 in the 50 yard Free, 37.23 in the 50 yard Fly, 39.37 in the 50 yard Back, and 2.52.85 in the 200 yard IM were all personal best times. Her time in the 200 yard Back was a 13.17 second improvement on her previous best. McCormick also competed in the 200 yard Free in 2.27.37, the 100 yard Breast in 1.34.13, the 50 yard Breast in 44.35, and in the 100 yard IM in 1.24.32. She scored 18 points.

Zackary Raymond (Boy's 11-12 year old division)- Improved his times in four of the ten events that he entered. His time of 1.29.99 in the 100 yard Back was a 12.44 second improvement. Raymond also improved his times in the 50 yard Fly with a time of 43.75, the 100 yard Free with a time of 1.15.08, and the 100 yard IM in 1.29.04. He also competed in the 200 yard Free in 2.45.09, the 200 yard IM in 3.12.60, the 50 yard Free in 34.47, the 50 yard Breast in 49.27, the 50 yard Back in 41.84, and the 100 yard Breast in 1.50.42.

Haani Qudsi (Boy's 13-14 year old division)- Improved his times in both events that he entered. He improved his time in the 100 yard Breast by 1.95 second with a time of 1.29.19. Qudsi also recorded a personal best in the 50 yard Free with a time of 30.43.

Mary Barkla (Girl's 13-14 year old division)- Swam in the 100 yard Free in a time of 1.06.23.

Ellen Silverman (Girl's 13-14 year old division)- Swam in the 100 yard Back in a time of 1.20.60.

Megan Zmijewski (Girl's 13-14 year old division)- Improved her time in the 100 yard Free by 1.20 second with a time of 1.13.50. She also swam in the 100 yard Back in a time of 1.34.57.

Mikayla Fountain (Girl's 11-12 year old division)- Improved her times in five of the seven events that she entered. She recorded personal bests in the 100 yard Breast with a time of 1.42.53, the 100 yard Free with a time of 1.29.88, the 50 yard free in 38.25, the 50 yard Breast in 48.20, and the 100 yard IM in 1.34.64. Fountain also swam in the 50 yard Fly in 43.17, and the 50 yard back in 43.61.