

Kelley & Dahmen lead the Waves

The Lake Champlain Waves sent twenty three swimmers to RPI in Troy, NY, to compete in the Starfish Trophy Invitational Meet on January 7- 9, 2011. Twenty two teams competed in this three day meet and the competition was fierce, but the Waves swam extremely well. The Waves recorded 98 personal bests out of a total of 149 events entered. Standout performers for the Waves were Brooke Kelley, Mats Dahmen, Daniel McGovern, and Benjamin Ford. Kelley took one second and one fourth place finish, Dahmen scored one third and one fourth place finish. McGovern recorded two fourth place finishes and was the top points earner for the Waves, while Ford took one fourth and one fifth place finish.

Brooke Kelley, swimming in the Girl's 11-12 year old division, scored a second place finish in the 50 yard Breaststroke (Breast) with a personal best time of 36.33. She placed fourth in the 100 yard Breast with a time of 1.19.53, also a personal best. Out of the ten events that Kelley entered, she recorded nine personal best times. Her time of 1.17.35 in the 100 yard Butterfly (Fly) was a 13.91 second improvement, and her time 2.38.52 in the 200 yard Individual Medley (IM) was a 12.07 improvement from her previous best. Kelley also competed in the 100 yard IM in 1.12.96, the 100 yard Fly in 1.17.35, the 200 yard Freestyle (Free) in 2.22.57, the 50 yard Fly 34.10 the 50 yard Backstroke (Back) in 35.66, and in the 50 yard Free with a time of 30.03. She scored 49.5 points.

Mats Dahmen placed third in the 100 yard Fly with a personal best time of 57.14. He took fourth place in the 50 yard Free in 23.57, and sixth in the 100 yard Free in 52.12, which was also a personal best. Dahmen's time of 2.17.80 in the 200 yard Fly was good for a seventh place finish. He competed in four events in the Boy's 15 & over division and scored 56 points.

Daniel McGovern placed fourth in the 400 yard IM with a personal best time of 4.44.85, and fourth in the 200 yard Fly in 2.13.28, which was also a personal best. Swimming in ten individual events in the Boy's 15 & over division, McGovern recorded seven personal bests. His time of 2.44.66 in the 200 yard Breast was an 11.38 second improvement. McGovern also recorded personal bests in the 200 yard Free in 1.58.58, the 50 yard Free in 24.64, the 100 yard Fly in 1.00.05, and the 100 yard Free in 55.15. He also competed in the 200 yard Back with a time of 2.13.59, the 100 yard Back in 1.01.91, and the 200 yard IM in 2.14.08. McGovern scored more points than any of his teammates with 68.

Benjamin Ford, competing in the Boy's 15 & older division, placed fourth in the 500 yard Free with a personal best time of 5.18.61. He placed fifth in the 400 yard IM in 4.45.35, sixth in the 200 yard Free in a personal best time of 1.58.26, and seventh in the 200 yard Back with another personal best of 2.11.28. Ford swam in nine events and recorded seven personal

bests. He also had personal bests in the 50 yard Free in 25.38, the 100 yard Fly in 1.05.69, the 100 yard Back in 1.01.61, and the 200 yard IM in 2.17.46. Ford also competed in the 100 yard Free 55.33. He scored 61 points for the Waves.

Nicholas Nowosielski took fourth place in the 50 yard Free with a personal best time of 31.42, and sixth in the 100 yard Free in 1.11.54, which was also a personal best. His time of 43.81 in the 50 yard Fly was a 2.00 second improvement from his previous best. Nowosielski, swimming in the Boy's 9-10 year old division, also swam in the 50 yard Breast in 45.66, the 50 yard Back in 39.01, and the 100 yard IM in 1.27.88. He scored 44 points for his team.

Alexis Kelley placed eighth in the 200 yard Back with a time of 2.23.75, knocking off a whopping 39.35 seconds off her previous best. Swimming in ten individual events in the Girl's 13-14 year old division, Kelley improved her times in eight. Her time of 5.18.31 in the 400 yard IM was a 14.79 second improvement. She also recorded personal bests in the 200 yard Free in 2.07.81, the 100 yard Fly in 1.07.53, the 50 Free in 27.46, 100 yard Back in 1.08.53, the 100 yard free 1.00.19, and the 200 yard IM in 2.30.05. Scoring 56 points, Kelley also competed in the 200 yard Breast in 2.50.34, and the 200 yard Fly in 2.43.53.

Sierra Cotrona competed in the Girl's 15 & older division. She improved her times in four of the nine events that she entered, including an 8.38 second improvement in the 400 yard IM with a time of 5.03.49. Cotrona improved her times in the 200 yard Breast in 2.39.48, the 200 yard Back in 2.28.88, and the 100 Fly in 1.08.49. She also competed in the 500 yard Free in 5.39.10, the 100 yard Breast in 1.15.02, the 100 yard Back in 1.10.70, the 100 yard Free in 59.56, and the 200 yard IM in 2.28.16. Cotrona scored 22 points for the Waves.

Molly Wilkins entered ten individual events in the Girl's 15 & older division, improving her times in seven. Her time of 5.24.06 in the 400 yard IM was a 5.14 second improvement, and her time of 2.28.55 in the 200 yard Back was 2.36 seconds faster than her previous best. Wilkins also recorded personal bests in the 200 yard Fly in 2.30.48, the 100 yard Fly in 1.06.80, the 500 yard Free in 5.55.74, the 200 yard Free in 2.12.70, and the 100 yard Back in 1.10.06. Wilkins swam in the 50 yard Free in 27.97, the 200 yard IM in 2.34.18, and the 100 yard Free in 1.02.39. She scored 8 points.

Henry McCormick competed in the Boy's 15 & older division. He improved his times in four of the eight events that he entered. He improved his time in the 200 yard IM by 4.36 seconds with a time of 2.24.15, and his time in the 200 yard Breast by 3.74 seconds with a time of 2.40.44. McCormick recorded personal bests in the 50 yard Free with a time of 25.33, and in the 100 yard Free in 56.08. He also swam in the 200 yard Fly in 2.33.59, the 100 yard Fly in 1.06.02, the 200 yard Back in 2.32.89, and the 100 yard Back 1.11.80, scoring 10 points.

Brittany Friedrich, competing in the Girl's 15 & older division, recorded three personal best times. She knocked 8.79 seconds off her time in the 200 yard Back with a time of 2.34.76. She improved her times in the 100 yard Back with a time of 1.13.52, and in the 200 yard Free with a time of 2.12.21. Friedrich also swam in the 100 yard Breast in 1.14.68, the 200 yard Breast in 2.44.88, the 1000 yard Free in 12.01.98, the 500 yard Free in 5.54.98, the 200 yard IM in 2.29.88, the 100 yard Free in 1.01.27, and the 50 yard Free in 28.50. Friedrich scored 6 points.

Stella Boolukos-Brinker competed in seven events and recorded seven personal best times. She improved her time in the 50 yard Breast by an impressive 10.73 seconds with a time of 46.44. Boolukos-Brinker also improved in the 50 yard Back in 34.43, the 100 yard back in 1.17.04, the 50 yard Free in 29.76, the 100 yard Free in 1.08.52, the 100 yard IM in 1.20.83, and the 50 yard Fly in 40.50. Competing in the Girl's 11-12 year old division, she scored 3 points for her team.

Michael Mills, swimming in his first meet as a Wave, competed in the Boy's 13-14 year old division. He swam in the 100 yard breast in 1.37.37, the 200 yard Breast in 3.29.31, and the 50 yard Free in 38.55.

Mary Barkla competed in nine individual events in the girl's 13-14 year old division and recorded five personal best times. She improved her time in the 200 yard Free by 8.06 seconds with a time of 2.29.06. Barkla improved her times in the 200 yard Back with a time of 2.34.00, the 100 yard Breast in 1.32.18, the 100 yard Back in 1.12.15, and the 50 yard Free in 30.03. She also competed in the 200 yard Breast in 3.20.19, the 100 yard Fly in 1.20.81, the 100 yard Free in 1.06.82, and the 200 yard IM in 2.49.44.

Hamzah Qudsi improved his times in the 50 yard Free with a time of 26.13 and in the 100 yard Fly with a time of 1.08.48. Swimming in the boy's 15 & over division, he also competed in the 200 yard Back in 2.28.99, the 100 yard back in 1.07.51, and the 200 yard IM in 2.33.90.

Spencer Hall competed in the boy's 15 & over division. He recorded five personal best times in the five events that he swam in. In the 200 yard IM, Hall improved his time by 7.07 seconds with a time of 2.30.72. He swam the 100 Fly in 1.09.92, the 100 yard Back in 1.13.37, the 50 yard Free in 27.15, and the 100 yard Free in 1.00.43.

Ellen Silverman swam in six individual events and recorded five personal best times. She improved her times in the 100 yard Breast by 5.03 seconds with a time of 1.30.43, and the 100 yard Back by 4.26 seconds with a time of 1.19.53. Silverman swam the 100 yard Fly in 1.17.26, the 200 yard IM in 2.49.65, and the 50 yard Free in 30.89. She also swam in the 200 yard Breast in a time of 3.17.40. Silverman competed in the girl's 13-14 year old division.

Taylor Hall swam in the girl's 15 & over division. She swam in the 50 yard Free in 29.65, the 200 Yard Breast in 3:06.39, the 100 yard Fly in 1:16.39, the 100 Back in 1:14.18, the 100 free in 1:05.73, and the 200 yard IM in 2:46.18.

Haani Qudsi knocked a whopping 22.58 seconds off his time in the 100 yard back with a time of 1:22.70. Swimming in the boy's 13-14 year old division, he also improved his times in the 100 yard Free with a time of 1:11.17, and in the 50 yard Free in 30.63.

Zackary Raymond competed in the boy's 11-12 year old division. He improved his time in the 50 yard Breast by 5.40 seconds with a time of 50.76. His times of 42.59 in the 50 yard Back and 34.34 in the 50 yard Free were also personal bests.

Rebecca Brown recorded two personal bests. She improved her times in the 200 yard IM with a time of 2:56.94, and in the 200 yard Back with a time of 2:59.21. Competing in the girl's 15 & over division, Brown also swam in the 50 yard Free in 31.70, the 100 yard Fly in 1:22.91, the 100 yard Back in 1:22.69, and the 100 yard Free in 1:07.78.

Mikayla Fountain competed in the girl's 11-12 year old division. She improved her time in the 50 yard Back by 9.40 seconds with a time 45.08. Fountain swam in the 100 IM in 1:38.59, the 100 Free in 1:36.13, and the 50 yard Breast in 50.98. All were personal bests. She also swam in the 50 yard Free in 40.81.

Barrett Miller improved her times in both the 50 yard Breast in a time of 49.81, and in the 50 yard Free with a time of 37.02. She competed in the girl's 11-12 year old division.

Alison Golden swam in the girl's 11-12 year old division. Her times of 51.41 in the 50 yard Back, and 39.50 in the 50 yard Free were both personal best times.

The relay team of Daniel McGovern, Henry McCormick, Mats Dahmen, and Benjamin Ford took second place in both the boy's 13 & over 200 yard Medley Relay and the 200 Free Relay, posting times of 1:51.93 and 1:37.51 respectively. The relay team of Molly Wilkins, Brittany Friedrich, Sierra Cotrona, and Alexis Kelley placed ninth in both the girl's 13 & over 200 yard Medley Relay and the 200 Free Relay with times of 2:02.82 and 1:50.91 respectively.

The relay team of Hamza Qudsi, Michael Mills, Spencer Hall, and Haani Qudsi turned in a time of 2:15.46 in the boy's 200 yard Medley Relay. The relay team of Mary Barkla, Rebecca Brown, Ellen Silverman, and Taylor Hall swam in the 200 yard Free Relay in a time of 2:03.69, and in the 200 yard Medley Relay in 2:17.92.