

Kelley leads the Waves at RPI

The Lake Champlain Waves competed in the Starfish Trophy Invitational at RPI College in Troy, NY on January 8-10, 2010. Twenty-six Waves swam in this meet. They competed in 171 events overall, recording 104 personal best times. The competition was fierce, but the Waves were up for the challenge. Leading the charge for the Waves was Brooke Kelley, Daniel McGovern, Sierra Cotrona, and Brittany Friedrich.

Brooke Kelley, competing in the girl's 9-10 year old division, finished sixth overall in her division. She improved her time in all ten events that she swam in. Kelley took a third place finish in the 50-yard Breaststroke (Breast) in 41.42, and fourth in the 200-yard Individual Medley (IM) in 2.53.34, knocking off a whopping 31.04 seconds off her time. She took sixth place in the 100-yard Breast in 1.32.99, seventh place in the 200-yard Freestyle (Free) in 2.40.13, seventh in the 100-yard Free in 1.12.58, and eighth in the 100-yard IM in 1.22.76. Kelley also swam in the 50-yard Butterfly (Fly) in 38.80, finishing in ninth place, and the 100-yard Fly in 1.31.26, taking eleventh place. She took a fourteenth place finish in the 50-yard Free in 33.69, and she swam in the 50-yard Backstroke (Back) in 40.84. She scored 97 points for the Waves.

Daniel McGovern, swimming in the boy's 15 & older division, scored 44 points for his team. He finished seventh in the 200-yard Fly in 2.16.19 and eighth in the 400-yard IM in 4.47.58, which was 17.95 seconds faster than his best. McGovern finished tenth in the 200-yard Free in 1.59.88, twelfth in the 200-yard Back in 2.25.44, fourteenth in the 100-yard Back in 1.02.61, fourteenth in the 100-yard Fly in 1.01.01, fifteenth in the 500-yard Free in 5.31.08, and sixteenth in the 200-yard IM in 2.17.86. He also swam in the 100-yard Free in 56.29, and the 50-Yard Free in 25.65 and was a member of the 200-yard Medley Relay team. McGovern had eight personal best times.

Sierra Cotrona competed in the girl's 15-older division. She finished in sixth place in the 100-yard Breast in 1.14.60, tenth in the 200-yard Breast in 2.45.43, and sixteenth in the 500-yard Free in 5.48.39, which was 10.40 seconds faster than her previous best. She also competed in the 200-yard Free in 2.07.60, the 50-yard Free in 27.12, the 100-yard Back in 1.10.56, the 200-yard IM in 2.33.51, the 100-yard Free in 1.00.49, and the 200-yard Back in 2.33.46. She was a member of the 200-yard Medley Relay team and the 200-yard Free relay team. Cotrona scored twenty-one points and recorded six personal best times.

Brittany Friedrich also scored 21 points for the Waves, swimming in the girl's 15 & older division. She took seventh place in the 100-yard Breast in 1.14.79, and ninth 200-yard Breast in 2.44.65. Friedrich also competed in the 500-yard Free in 6.15.38, the 200-yard IM in 2.36.93, the 100-yard Back in 1.15.27, the 100-yard Free in 1.04.14, and the 50-yard Free 29.16. She recorded three personal best times and was a member of the 200-yard Medley Relay team and the 200-yard free Relay team.

Hamzah Qudsi swam in six individual events in the boy's 13-14 year old division recording personal best times in all of his events. He took twelfth place in the 100-yard Fly in 1.09.18, thirteenth in the 200-yard Back in 2.33.56, and fourteenth in the 50-yard Free in 26.26. Qudsi also swam in the 100-yard Back in 1.08.48, the 100-yard Free in 1.00.29, and the 200-yard IM in 2.33.51. He scored twelve points. He was also the lead-off swimmer on the 200-yard Medley Relay and the 200-yard Free Relay teams.

Benjamin Ford competed in the boy's 15 & Older division. He swam in seven events, recording five personal best times. Ford placed twelfth in the 500-yard Free in 5.27.70. He also swam in the 100-yard Back in 1.03.94, the 200-yard Back in 2.19.09, the 200-yard IM in 2.22.12, the 100-yard Free 56.04, the 50-yard Free in 25.55, and the 100-yard Fly in 1.07.81. Ford scored 5 points for his team and was also a member of the 200-yard medley Relay team and the 200-yard Free Relay team.

Henry McCormick also scored five points for the Waves. Competing in the boy's 13-14 year old division, he took thirteenth place in the 200-yard Breast in 2.49.76, and sixteenth in the 100-yard Fly in 1.10.97. McCormick also swam in the 50-yard Free in 26.06, the 100-yard Free in 59.56, the 200-yard IM in 2.34.28, and the 100-yard Back in 1.15.20. He was a member of the 200-yard Medley Relay team and the 200-yard Free Relay team. McCormick recorded personal bests in all six of his events.

Kenneth Hausrath competed in eight events in the boy's 13-14 year old division, recording five personal best times. He swam in the 100-yard Breast in 1.28.27 finishing in thirteenth place and knocking 16.76 seconds off his previous best time. Hausrath also improved his time in the 100-yard Free by 10.97 seconds, completing that event in 1.08.12. He also competed in the 200-yard Free in 2.40.58, the 200-yard Breast in 3.13.36, the 100-yard Fly in 1.23.78, the 200-yard IM in 2.51.59, the 100-yard Back in 1.18.01, and the 50-yard Free in 29.63. Hausrath scored four points for his team and was a member of the 200-yard Free Relay team.

Molly Wilkins competed in the girl's 15 & older division. Swimming in ten events, she recorded nine personal best times, including a 23.17 second improvement in her 500-yard Free. Wilkins placed fourteenth in the 200-yard Fly with a time of 2.35.95. She also swam in the 500-yard Free in 5.56.42, the 100-yard Fly in 1.07.36, the 200-yard Free in 2.13.68, the 200-yard Back in 2.30.91, the 100-yard Back in 1.11.15, the 100-yard Free in 1.01.84, and the 50-yard Free in 28.22. Wilkins scored three points and was the lead-off swimmer in the 200-yard Medley Relay and the 200-yard Free Relay.

Alexis Kelley competed in the girl's 13-14 year old division. She finished sixteenth in the 200-yard Free in 2.13.03, which was 20.05 seconds faster than her previous best. Kelley also knocked 14.58 seconds off her time in the 200-yard IM finishing in 2.39.60. She also swam in the 200-yard Breast in 2.54.78, the 100-yard Back in 1.11.52, the 100-yard Free in 1.02.40, the 100-yard Fly in 1.19.42, and the 50-yard Free in 29.00. Kelley was a member of the 200-yard Free Relay team.

Sarah Connelly competed in the 100-yard Fly in 1.12.66, the 50-yard Free in 30.77, the 100-yard Breast in 1.20.22, the 200-yard Free in 2.24.19 and the 200-yard Breast in 2.53.46. She swam in the girl's 15 & older division and was a member of the 200-yard Medley Relay team.

Caitlin Houle swimming in the girl's 15 & older division picked up a personal best in the 200-yard IM in 2.40.38. She also swam in the 200-yard Fly in 2.45.20, the 100-yard Free in 1.03.04, and was a member of the 200-yard Free Relay team.

Hayden Reidy, swimming in seven events, recorded four personal bests. His efforts in the 100-yard Free in 1.14.44, was 8.45 seconds faster than his previous best. He also picked up personal bests in the 50-yard Fly in 44.09, the 50-yard Back in 41.22, and the 100 IM in 1.30.43. Reidy also competed in the 100-yard Breast in 1.37.68, the 50-yard breast in 44.83, and the 50-yard Free in 34.22. He swam in the boy's 11-12 year old division.

Haani Qudsi picked up three personal bests in five events. He swam in the boy's 11-12 year old division. Qudsi swam in the 100-yard Breast in 1.42.06, knocking 6.16 seconds off his best time. His other personal bests were in the 50-yard Breast in 43.74, and the 50-yard Free in 33.23. He also competed in the 100-yard IM in 1.27.71, and the 50-yard Back in 42.83.

Mary Barkla swam in the girl's 13-14 year old division. She was able to improve her times in three of the five races she swam in. Her time of 2.55.96 in the 200-yard IM was 6.53 seconds faster than her previous best. She also improved in the 200-yard Back in 2.39.12, and the 100-yard Free in 1.11.44. In addition, Barkla swam in the 100-yard Back in 1.15.35, the 100-yard Fly in 1.28.66, and the 50-yard Free in 31.91.

Rebecca Brown competed in seven events and recorded four personal bests. She swam in the 100-yard Fly in 1.16.84, improving her time by 2.01 seconds. Brown also picked up best times in the 200-yard Free in 2.23.39, the 50-yard Free in 30.64, and the 200-yard Back in 2.59.26. She also swam in the 200-yard Fly in 3.12.34, the 100-yard Back in 1.24.16, and the 100-yard Free in 1.08.07. Brown

competed in the girl's 15 & older division, and was also a member of the 200-yard medley relay team and the 200-yard Free relay team.

Spencer Hall recorded personal bests in all seven events that he swam in. His time of 2.54.07 in the 200-yard Back was 13.74 seconds faster than his previous best. Swimming in the boy's 13-14 year old division, he swam the 200-yard Breast in 3.15.26, the 100-yard Fly in 1.25.31, and the 100-yard Free in 1.06.86. Hall also recorded personal bests in the 200-yard IM in 2.52.20, the 100-yard Back in 1.22.41, and the 50-yard Free in 30.38.

Amber Geddes, swimming in the girl's 15 & older division, competed in seven events and recorded five personal bests. She improved her time in the 200-yard IM by 4.25, by swimming that event in 2.53.81. She swam personal bests in the 100-yard Back in 1.21.97, the 100-yard Breast in 1.25.30, the 200-yard Breast in 3.06.71, and the 50-yard Free in 29.13. She also competed in the 200-yard Free in 2.26.56, the 100-yard Free in 1.07.21, and was a member of the 200-yard Medley Relay team and the 200-yard Free Relay team.

Taylor Hall knocked 7.42 seconds off of her time in the 200-yard Breast with a time of 2.59.02. Swimming in the girl's 15 & older division, she also competed in the 100-yard Back in 1.12.85, the 200-yard IM in 2.38.54, the 200-yard Back in 2.37.72, the 100-yard Free in 1.07.03, and the 50-yard Free in 30.17. Hall also competed as a member of the 200-yard Medley Relay team and the 200-yard Free Relay team.

Ellen Silverman swam in the girl's 13-14 year old division. Her time of 1.25.36 in the 100-yard Fly was 17.17 seconds faster than her previous best. She also had personal bests in the 100-yard Free in 1.14.35, and 50-yard Free in 32.82. She competed in the 100-yard Breast in 1.36.81, the 200-yard Free in 2.45.47, the 200-yard Back in 3.16.81, the 100-yard Free in 1.14.35, and the 100-yard Back in 1.29.13.

Megan Zmijewski improved her time in the 100-yard IM by 13.69 seconds with a time of 1.42.30. Swimming in the girl's 11-12 year old division, she also swam the 200-yard Free in 3.07.53 and the 50-yard Breast in 52.46.

Zoe Porter swam in the girl's 11-12 year old division. She swam in six events, recording four personal bests. Her time of 1.25.78 in the 100-yard IM was 6.09 seconds faster than her previous best. She also had personal bests in the 100-yard Free in 1.17.33, the 50-yard Breast in 45.95, and the 50-yard Back in 38.78. Porter also swam in the 50-yard Fly in 39.76 and the 100-yard Breast in 1.44.18.

Mikayla Fountain improved her times in five of the six events she swam in. Swimming in the girl's 9-10 year old division, she improved her time 100-yard Free by 17.36 seconds with a time of 1.50.26. She also swam in the 50-yard Breast in 57.84, the 100-yard IM in 1.55.38, the 50-yard Free in 45.48, and the 50-yard Back in 55.07. Fountain also swam in the 100-yard Breast.

Stella Boolukos-Brinker improved her time in the 50-yard Fly by 5.38 seconds with a time of 43.61. She competed in the girl's 11-12 year old division, swimming in the 100-yard Breast in 1.49.25 and the 50-yard Free in 34.18.

Barrett Miller swam in the girl's 9-10 year old division. This was her first swim meet. She competed in the 50-yard Free in 44.20 and the 50-yard Back in 53.75.

Alison Golden, also swimming in her first swim meet, competed in the 50-yard Free in 46.39 and the 50-yard Back in 55.17. She also swam in the girl's 9-10 year old division.