

## **WAVES splash into Saratoga**

The Lake Champlain WAVES competed in the Thoroughbred Splash swim meet at Skidmore College in Saratoga on Sunday January 25. Top finishers for the WAVES included Hayden Reidy, who finished first in the boys 9-10 year old 50 yard breaststroke; Sarah Connelly with a second place finish in the girl's 13 & over 100 yard breaststroke; Lawrence Harney IV with second place in the boy's 100 yard butterfly and a fourth place finish in the 50 yard freestyle; Daniel McGovern with a third place finish in the 500 yard freestyle and a fourth place finish in the boys 13 & over 200 yard individual medley, and Sierra Cotrona with a fourth place finish in the girl's 13 & over 200 freestyle. The WAVES relay team of Lawrence Harney IV, Daniel McGovern, Molly Wilkens and Brittany Friedrich took first place in the mixed 13 & over 200 yard free relay.

There were numerous best times recorded by the WAVES swimmers: Sarah Connelly: 500 freestyle-6.02.06, 200 freestyle- 2.17.12, 100 breast stroke- 1.16.05 (2<sup>nd</sup>)

Sierra Cotrona: 200 freestyle- 2.10.39 (4<sup>th</sup>)

Mikayla Fountain: 50 backstroke- 1.02.43, 50 freestyle- 56.30

Taylor Hall: 100 backstroke- 1.14.35, 200 IM- 2.39.14

Alexis Kelley: 200 IM- 2.54.18, 100 freestyle- 1.10.90, 50 breaststroke- 43.12

Brooke Kelley: 50 butterfly- 45.78, 100 freestyle- 1.24.27, 50 breast- 48.87 (10<sup>th</sup>)

Daniel McGovern: 500 freestyle- 5:35.47 (3<sup>rd</sup>), 100 back- 1:05.61 (7<sup>th</sup>), 100 freestyle- 57.08 (5<sup>th</sup>), 200 IM- 2:19.27 (4<sup>th</sup>)

Hayden Reidy: 100 IM- 1:40.07, 100 freestyle- 1:22.89 (8<sup>th</sup>), 50 freestyle- 38.32

Niki Rogers: 100 IM- 1:34.64, 50 backstroke- 42.75 (9<sup>th</sup>), 50 freestyle- 39.27

Monique Arvisais-Anhalt, Brittany Friedrich and Henry McCormick all turned in excellent performances in their first meet as WAVES swimmers.

Would you like to be part of this action? Does the next Michael Phelps or Dara Torres live in your home? The WAVES practice Monday through Friday from 6:00 pm until 8:00 pm at Memorial Hall on the Plattsburgh State College Campus. You can stop by or visit our website at [LCWAVES.org](http://LCWAVES.org) for more information.