

## **WAVES swim strong in Spa**

Eight Lake Champlain WAVES swimmers competed at the Cabin Fever Invitational Swim Meet in Ballston Spa on Saturday, February 21, 2009. Even though the WAVES were small in numbers for this meet, they had a strong presence scoring a total of 221.5 points. They earned one first place finish, three third place finishes, two fourths and one fifth. The WAVES also recorded fourteen personal best times.

Sierra Cotrona took first place in the 13 & over 200-yard Freestyle with a personal best time of 2:09.62. She also took fourth in the 500-yard Freestyle with another personal best time of 5:58.79. Cotrona scored a total of 54 points.

Daniel McGovern had a very strong meet with a third place finish in the 13 & over 100-yard backstroke. His time was 1:06.97. He finished third in the 100-yard Butterfly with a personal best time of 1:04.28. Daniel also placed fourth in the 200-yard Individual Medley with a time of 2:22.80. He scored a total of 52 points.

Brittany Friedrich took home a third place ribbon for her personal best effort in 13 & over 100-yard breaststroke. Her time was 1:19.13. She also had two more personal bests and she scored a total of 22 points.

Kenneth Hausrath had two personal best times, a seventh and an eighth-place finish and he scored 33 points for the WAVES.

Taylor Hall had three personal best times, a seventh and an eighth-place finish and she scored 23.5 points for her team.

Stella Boolukos-Brinker swam her way to one personal best time, two eighth-place finishes, one ninth place finish and a whopping 36 points.

Spencer Hall swam in the 13 & over 100-yard Backstroke, 50-yard Freestyle, and the 100-yard Butterfly, and was able to score a point in his very first WAVES swim meet.

Mikayla Fountain, the WAVES youngest swimmer of the meet had two personal best times including a 2:11.76 in the 10 & under 100-yard Freestyle, which was 10.57 seconds faster than her previous best time in that event.

Swim meet scoring is as follows: First place finish scores 20 points, second scores 17 points, third-16 points, 4<sup>th</sup>-15, 5<sup>th</sup>-14, 6<sup>th</sup>-13, 7<sup>th</sup>-12, 8<sup>th</sup>-11, 9<sup>th</sup>-9, 10<sup>th</sup>-7, 11<sup>th</sup>-6, 12<sup>th</sup>-5, 13<sup>th</sup>-4, 14<sup>th</sup>-3, 15<sup>th</sup>-2, and 16<sup>th</sup> place scores 1 point.