

**Quad Meet**  
**Saturday, November 21, 2009**

**Teams:** *Parkview, Brookwood, Lassiter, Alpharetta*

I felt like we were invited to sit at the “big people” table at Thanksgiving! We are all grown up now! This team took the challenge of a huge meet very early in the season and seized the opportunity to race big, really big! I think the other coaches thought they’d invite us and get a little good competition, but I don’t think they realized exactly how much they would get. We asked the team to step up and show these teams that they belonged here and that we were a threat to them and the team delivered! An excellent job by the swimmers, divers, parent volunteers and the parent cheerleaders! I’m sure the pasta party carbo-loading feast at the Stacy’s house fueled them on! Thank you to everyone that fed them!

The results show us that this team can and will challenge for the State title for the boys and the girls! Lassiter girls won the State title last year, they were fourth last night, and we were second for the girls. The Brookwood boys won the State title last year and they tied with Parkview and beat us with depth, but not by much, we were 3rd! They won’t qualify that many for State and we can race the ones that will qualify. This is going to be fun!

Scores:

Women:

Brookwood	604.5
Alpharetta	481
Parkview	463
Lassiter	437.5

Men:

Parkview	557
Brookwood	557
Alpharetta	483
Lassiter	417

Combined Scores:

Brookwood	1,161.5
Parkview	1,020
Alpharetta	964
Lassiter	854.5

We had lots of State qualifying swims, Personal Best swims, Season best swims, etc..... So, here we go. This is a long one.

### **Men's 200 Medley Relay**

This was the way to start off the evening! Last years State and All American team of Allen Browning, Garrett Cottingham, Alex Forte and David Vater showed their dominance in this event by winning, and of course **qualifying for State**, and just missing this years AA-C time. The splits: 24.24 – yes in backstroke, 27.87, 24.40 and 22.62 for a time of 1:39.13. Congratulations boys on great swims and setting the tone for the meet, they won convincingly over second place. They knew we were in the building after event 1.

### **Women's 200 Medley Relay**

The ladies went in as the 5<sup>th</sup> seed but ignored that and came in 3<sup>rd</sup> and of course **qualified for State!** The relay of Brandie Banner, Brittany Parkey, Jaclyn Rohal and Ashley Williams went 1:58.54. The splits: 30.70, 32.17, 28.69 and 27.28. Not too far behind was out B relay in 6<sup>th</sup> place with a 2:03 and also **qualifying for State**, Brittany Beisner, Lindsey Bias, Mariel Rico and Julia Ash. The C relay also **qualified for State** and placed 10<sup>th</sup> with Amanda Philp, Colleen Adam, Lindsay Hogan and Kelly Katz. They just touched out our D relay that just missed qualifying by .28! That relay was Brooke Beisner, Amanda Ely, Elizabeth Faucher and Megan Russell. Great swims by all the relays!

### **Men's 200 Free**

Cody Reul went in the 9<sup>th</sup> seed and swam big for 5<sup>th</sup> place with a time of 1:51.69 and **qualifying him for State** in an individual event! Parker Alford placed 8<sup>th</sup> swimming from the second heat with a 1:57.27, Erik Petrina had a personal best 2:05.51 for 14<sup>th</sup>.

### **Women's 200 Free**

Melanie Lockard had a great swim against 3 tough Lassiter girls and a challenge from Brookwood as well but she held them off and took 4<sup>th</sup> place with an impressive 2:01.12 and she also **qualified for State!** Julia Ash just missed qualifying but got in there for 10<sup>th</sup> place. Rachael Feurstein had a great swim too with a strong finish and scoring 13<sup>th</sup>. Lindsey Bias stepped up and swam this event for a sick Morgan Carter (Lindsey is recovering herself) to take 15<sup>th</sup>.

### **Men's 200 IM**

One of the best races of the night was this event. David Vater took it out strong but it was Garrett Cottingham coming off of back to breast to pull away and hold on to finish 1<sup>st</sup> with a 2:03.31 and **qualifying for State**. David had not swum this event in a long time so it was a personal best as well as a **State qualifying** swim and he scored 5<sup>th</sup> place.

### **Women's 200 IM**

We had 3 ladies score in the top 10! Jaclyn Rohal was 4<sup>th</sup> and **qualified for State** and Brittany Parkey **qualified for State** as well and placed 6<sup>th</sup> and rounding it off in the top 10 for 8<sup>th</sup> place from the second heat was Brittany Beisner. Peyton Carrington also scored for us with a great race.

### **Men's 50 Free**

Wow, the splash and dash race was on! Allen Browning won with an impressive 21.88, just missing AA-C status of 21.48 but **qualified for State** in a new event. Also stepping up big was Tyler Lipscomb with 6<sup>th</sup> in 23.59 and Alex Forte in 9<sup>th</sup> with 24.09. Both boys just missing qualifying the qualifying time of 23.50. Then Justin Stubel scored from a later heat.

### Women's 50 Free

Julia Ash stepped up for us and placed 8<sup>th</sup> with a 27.03 as Margaret Nickens was coming from across town competing in a Speech event for school, which she placed second, congrats! So we moved her to backstroke. Amanda Philp continues her amazing comeback from shoulder surgery and was 9<sup>th</sup> in 27.30; just behind her was Ashley Williams with 27.63. Then climbing way up from later heats to take 14<sup>th</sup> and score points was Megan Russell with a 28.07.

### Men's Diving

Well, this was a first for us in two ways; Jack Nyquist took first place for us and we actually had diving during the diving break! It was fun to watch and Jack was very impressive!

### Women's Diving

Cameron Robertson had some great dives and took 3<sup>rd</sup>! These two both scored us some very valuable points!

### Men's 100 Fly

David Vater went out and owned this event start to finish! He took first and qualified for state too with a 53.98. Alex Forte went for it and had a big time swim finishing 5<sup>th</sup> and also qualifying for state with a 57.29. Reed Ash had a great 75 and then a piano fell on his back but he finished with a personal best 1:06.54 and 13<sup>th</sup> place. Zach Campbell rounded out our scoring with a 15<sup>th</sup> place finish.

### Women's 100 Fly

Jaclyn Rohal decided we should own both the men's and women's event so she jumped in and took 1<sup>st</sup> and of course **qualified for state** with a 1:01.72. Lindsay Hogan had a great swim scoring 8<sup>th</sup> in 1:08.07 and Mariel Rico was 10<sup>th</sup> with 1:08.65 and Elizabeth Faucher took 11<sup>th</sup> with a 1:09.86, all with great swims.

### Men's 100 Free

This was left to the "Fast Freshman Duo" of Tyler Lipscomb and Cody Reul. The boys raced each other and in the process took out the Parkview swimmers. Tyler took 4<sup>th</sup> with 51.26 and within a fingertip was Cody with 5<sup>th</sup> and a 51.39! This was Tyler's first meet with us, welcome Tyler we are glad you are here! Both Tyler and Cody **qualified for State!** Erik Petrina was 12<sup>th</sup> with 54.78 and Eric Nolfi got in there for points for us placing 25<sup>th</sup> with a 1:01.37.

### Women's 100 Free

Margaret Nickens had a fantastic swim for 3<sup>rd</sup> with a 56.87 and **qualified for State!** Brandie Banner stepped up to break a minute with 59.99 and took 8<sup>th</sup> place. Kelly Katz had a key swim to take 13<sup>th</sup> and 6pts with a 1:01.88. Caitlin Scanlon also scored in 15<sup>th</sup> to get us 5pts! Way to go ladies! Abby Flaxer and Meredith Hall raced each other to best times!

### Men's 500 Free

Reese Cherry had a memorable day; he completed his Eagle Scout project and then just made the bus for the meet! So after completing a new Nature Trail at Creekview Elementary in one day, why not swim the 500 Free? Congratulations to Reese on his accomplishment. He took 4<sup>th</sup> place in the 500 and **qualified for State!** Parker Alford was 10<sup>th</sup>, Alex Evonsion 13<sup>th</sup> and Zach Campbell 16<sup>th</sup>, all scoring points!

### **Women's 500 Free**

Melanie Lockard was in a battle with 3 Lassiter swimmers and she split them up and took 2<sup>nd</sup> with a 5:16.03 and **qualified for State!** Another fantastic swim by Melanie! The other ladies that gave it their all were Rachael Feurstein taking 11<sup>th</sup> with a 6:00.98 and 11<sup>th</sup>, Elizabeth Faucher 12<sup>th</sup>, Emily Buckingham 14<sup>th</sup> and Maria Keely swimming for the sick Morgan Carter was 15<sup>th</sup>(Captain Maria has been out of the pool sick for weeks so this was a leadership job!)

### **Men's 200 Free Relay**

I think this was the fastest men's 200 Free Relay that Alpharetta has ever had? The team of Reese Cherry, Alex Forte, Cody Reul and Tyler Lipscomb took 4<sup>th</sup> with a 1:34.95 and **qualified for State!** Their splits: 24.77, 23.47, 23.21, 23.50. Finally, we will have a 200 Free Relay in the mix at State!

### **Women's 200 Free Relay**

The women had a fantastic race and finished strong to take 2<sup>nd</sup> and **qualified for State!** The team of: Amanda Philp, Julia Ash, Margaret Nickens and Melanie Lockard went 1:45.81 to out touch Lassiter! The splits: 27.43, 26.72, 26.10 and 25.56. Melanie with the 25.56 right after swimming the 500 Free! The B relay also **qualified for State** with a 1:53.96 and 6<sup>th</sup> place: Peyton Carrington, Rachael Feurstein, Kelly Katz and Ashley Williams. The C Relay took 8<sup>th</sup> and just missed the cut by .34! The C relay was: Mariel Rico, Lindsay Hogan, Brooke Beisner and Caitlin Scanlon.

### **Men's 100 Back**

Allen Browning owned this event from the start and with each wall built his lead and won it with an AA-C time of 52.35 and yes he **qualified for State!** Allen had such a big night one of the officials asked for his autograph and he turned almost as red as his hair and gave him a couple of autographs! I'm not kidding! Reed Ash gave us a valuable 9<sup>th</sup> place finish with a 1:04.28, I think a personal best time? Drew Domnauer and Annce Kadri both got us valuable points too.

### **Women's 100 Back**

Margaret Nickens was switched to this event from the 50 Free and swam in the second heat and took 5<sup>th</sup> overall with a 1:04.80 and **qualified for State!** This would be a new event for her at State. Brandie Banner had a fantastic swim and took 6<sup>th</sup> place and also **qualified for State!** Lindsay Hogan and Brittany Beisner also got in there for points in 10<sup>th</sup> and 13<sup>th</sup>.

### **Men's 100 Breast**

This was a close race from start to finish for Garrett Cottingham. He was just touched out with a .02 difference! Garrett took 2<sup>nd</sup> in 1:00.32 and **qualified for State!** However, Garrett broke up the Parkview boys stacked in this event; they took 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> for

huge points. Reese Cherry swam a new event for us and was 6<sup>th</sup> with a 1:05.79 and **qualified for State!** Jacob Saban and Justin Stubel also scored points for us in this event.

### **Women's 100 Breast**

Brittany Parkey had her hands full with the Lassiter and Brookwood girls and got in there for 3<sup>rd</sup> and a **State qualifying time**. This is a very impressive come back from major back surgery after our season last year! Lindsey Bias took 10<sup>th</sup>, Peyton Carrington 14<sup>th</sup> and Amanda Ely 15<sup>th</sup>.

### **Men's 400 Free Relay**

On the heat sheet Brookwood entered their relay with an AA-A time of 3:09.79? They did win but with a 3:18.39. Our team of Cody Reul, Tyler Lipscomb, David Vater and Allen Browning were a strong 2<sup>nd</sup> place with an impressive 3:20.75 and easily **qualifying for State!** The splits for the A relay were: 51.26, 51.02, 50.70 and 47.77! The B relay also **qualified for State:** Garrett Cottingham, Reese Cherry, Jacob Saban, and Parker Alford with a 3:42.49 and 6<sup>th</sup> place!

### **Women's 400 Free Relay**

The ladies had their hands full with Brookwood and fought hard to get in for 2<sup>nd</sup> place! The team of Brandie Banner, Margaret Nickens, Jaclyn Rohal and Melanie Lockard went a 3:52.38 and **qualified for State!** The B relay of Ashley Williams, Peyton Carrington, Rachael Feurstein and Brittany Beisner were 7<sup>th</sup> and also **qualified State!**  
Great effort ladies!

Well, if you've read this whole recap you now know why I started off with the opening paragraph! We are all grown up! This was a big time meet and the team showed these schools that they can and will compete with them! Emily and I are very proud of all the individual efforts that we saw last night.

**We had 32 State Qualifying swims in one meet!!!!!!!!!!!! That is our most ever! We had qualifying swims in 23 out of the 24 events! Wow!**

**Next up** is another Quad meet with Riverwood, Chattahoochee and South Forsyth on Saturday, **December 5<sup>th</sup>** at 5:30pm at the Dynamo Alpharetta pool. Please let Emily and I know as soon as possible if you are unavailable for this meet as we will be doing the line-up in the next couple of days. Emily and I spend a lot of hours setting up these line-up's so please let us know as far in advance if you know you are not going to be able to attend.

For all of you that are traveling over the Thanksgiving break please be safe and take suit, cap and goggles and find a pool! We will have normal practice Mon and Tues night this week and then be off until next Monday!

Congratulations team! Go Raiders!