

Metro Meet Recap 1/30/10

Great job Raiders! Men's team took 4th and the Women's took 9th out of 52 teams!

We had some great swims and in 2 weeks when we return to Westminster for the State meet we will go for the best finishes this team has ever had! We can do this, we just need all swimmers and divers healthy, rested and in the mind set that they can and will win! We have to drop the negative attitudes when you walk in to the pool, leave it outside. I know many of you are seniors and others are over all their swim meets. Well, guess what? This one is important and only you can control how you swim, not Emily and me, not the other competitors, not your friends or rivals, just you! So, get over yourselves and your excuses and swim your best! We expect nothing less than your absolute best for the State meet!

The good news for the Men's team is that none of the schools ahead of them, all 4A schools, will be up against us at State. The bad news is Parkview, Brookwood, Lassiter and others will be! The Women's team didn't have its best day when they were beat by Milton, Northview, Roswell and Centennial. The only team that should push us is Centennial. We will get them at State! All of you will get in and warm-up properly and do what you need to do! The purpose of the meet is the State Championship not a social affair!

Highlights from Finals:

Allen Browning winning the 100 Back in a 51.99 which is an AA-C time and really close to the AA-A time of 51.92. He also won the 200 IM in 1:55.37 also an AA-C time. He also had an amazing split on the 400 Free relay of 46.11!!!!

Cody Reul had a best time for us in the 100 Free of 50.75 and placed 9th in Finals, the only Freshman in the Final!

Reese Cherry had his best time for us in the 500 Free of 4:53.33 and 4th place! He also had his best time for us this year in the 100 Breast of 1:02.95 and 7th.

Melissa Schreiber had her best time of the year for us in the 100 Breast in 1:10.06 and took 4th with a great final push in to the wall.

Highlights from Prelims:

Justin Stubel had his best time of the season in the 50 Free of 25.80! And in the 100 Breast a 1:16.39.

Brooke Beisner had her best time in the 200 Free.

Jacob Saban had a best time in the 100 Breast of 1:12.30 and in the 200 IM.

Reed Ash also had his best time in the 50 Free of 25.16!

Peyton Carrington had her best time for us in the 100 Free of 1:00.97.

Alex Evonsion had his best time in the 200 Free.

Diving Results:

Jack Nyquist WON! Overall winner! His points contributed greatly to our win at this meet! Crawford Berry was 15th.

Cameron Robertson was 16th and Maggie Mc Nealy was 18th.

You can check out all the results from Finals on the website www.ghssca.com under Metro Meet 2010.

Overall meet results:

Women - Team Rankings - Through Event 24

1. Marist School	189.5	2. Westminster	178
3. Centennial	116	4. Milton	97
5. Roswell	67	6. Woodward Academy	66
6. Wesleyan	66	8. Northview	58.5
9. Alpharetta	55	10. Colquitt County	35
11. Chattahoochee	22	12. Blessed Trinity	19
13. Lovett	17	14. Lambert	11
15. St. Pius X	8	16. Pace Academy	6
17. Landmark Christian Academy	3	18. Woodland	2
18. Paideia	2	20. Whitefield Academy	1
20. Lakeside Dekalb High School	1		

Men - Team Rankings - Through Event 24

1. Wesleyan	189	2. Marist School	164
3. Westminster	123	4. Alpharetta	118
5. Northview	110	6. Chattahoochee	63
6. Milton	63	8. Woodward Academy	40
9. Roswell	28.5	10. Blessed Trinity	25
11. Prov.Christian	20	12. Galloway	17
13. Riverwood	16	14. South Forsyth	11
15. St. Pius X	9	15. North Springs	9
17. Lovett	6	18. Paideia	2.5
19. Centennial	2	19. Greater Atlanta Christian	2
21. Columbus	1	21. Lambert	1