

WIAA may have concluded it's season in swimming but USS is about to reach it's winter pinnacle. Come the next two weekends the UW Madison Natatorium and Waukesha's South High School Pool will be hosting the 2009 Wisconsin Short Course State Championships. To be sure FAST will be there looking for not only best times but medals and team records as well. This year Miles Allie will guide 15 swimmers, eight in both age divisions to yet another culminating season of dedication, persistence and perseverance. Without Miles and his committed staff of Shannon George, Casey Alf, and Linda Kent whose passion for both swimming and coaching is second to none, FAST would not enjoy the solid reputation of being one of the areas smallest yet most recognizable forces in competitive swimming.

12&UNDER SCY CHAMPIONSHIP: February 27th – March 1st
UW – Madison Natatorium

Friday session: 4:50 pm
Sat/Sun: am session – 8:50 am
 pm session – 2:15 pm

FRIDAY PM – Feb. 27th

Kicking off the opening event for the Wisconsin Short Course in the 11&12 Girls 200 Butterfly will be none other than the Alexis Kent. Following his sister will be Mason Kent joined by team member Tyler Gray who will both take on the 10&Under Boys 100 Free. Tyler will be doing two events that evening and together with Seth Foerster will end the night with the 10&Under Boys 50 Free.

SATURDAY AM – Feb. 28th

Bright and early Saturday morn Grayson Coleman will make his state debut with the awesome threesome of Tyler Gray, Seth Foerster, and Mason Kent in the 10&Under 200 Relay. With almost a full minute faster than the required state cut it's a pretty sure bet that Alexis Kent will begin a great day with the 400 IM while Seth Foerster will be able to call it a day after his 100 Breast. Mason Kent and Tyler Gray will be at it again in the 50 Free and patiently waiting her turn will be Megan Wallace in the 11&12 Girls 50 Free.

SATURDAY PM – Feb. 28th

With a much shorter wait Meg Wallace will be ready to start the afternoon in the 100 Back and following her lead will be newcomer Molly Bare in the 10&Unders. Alexis Kent will make it look easy with a much shorter version of her morning swim - the 100 IM. The duo of Mason Kent and Tyler Gray will have two events as they go head to head in the 110 IM and the 100 Fly. Squeezing in between those two will be Lexi and Meg for the 100 Fly- FAST's oldest and the youngest in the 11&12 year old girls.

SUNDAY AM – March 1st

Up early again for yet another relay will be Seth Foerster, Mason Kent, and Tyler Gray in the Boys 10&Under 200 Medley Relay. Stepping in for the fly and new to the state scene is Tony Maffiola. Meg Wallace will be the only 11&12 Girl for the 100 Free but all around swimmers Tyler Gray and Lexi Kent will close out the morn with the 200 IM.

SUNDAY PM – March 1st

With well over a day between events Molly Bare will be more than ready for the 10&Under Girls 50 Back. Literally backing her up will be Mason Kent in the Boys 10&Unders, followed by Meg Wallace and Lexi Kent in the 11&12 Girls 50 Back. Shortly there after Mason Kent will be busy again in the 200 Free but Lexi and Meg will give him a chance to catch his breath with the 11&12 Girls 50 Fly. Ending the meet will be the mutually supportive teammates of Mason Kent and Tyler Gray who take on FAST's final event of the 50 Fly. GO FAST!!!

13&OVER SCY CHAMPIONSHIP: March 5-8
Waukesha South High School

Thursday session: 4pm

Friday – Sunday: Prelims: 8:40am

Finals: 5:30pm

RELAYS:

With a full plate ahead of them FAST's 13&14 girls will be taking on five relays over the course of four days. The last two, the 400 Medley Relay on Saturday and the 400 Free Relay on Sunday, both late morning or early afternoon swims, are also preliminary events. If their times qualify they will be swimming finals - possibly two more added relays on those respective evenings. Between the five participants Katelyn Holmquist will be the busiest, for besides her full load of six events she will also swim all five relays. Assisting her will be Emma Bare, Abigail Holmquist, Alexis Kent and Nicki Smiley. Thursday night will be the 800 Freestyle Relay, the 200 Medley Relay is scheduled for 8:40 Friday morn and the 200 Free Relay will begin at 5:30 Friday evening.

All individual events are preliminaries and are scheduled to begin at 8:40 each morning, with the exception being the 1000 Freestyle which begins Thursday evening. .

FRIDAY – March 6th

Starting out the individual events will be Emma Bare, Katelyn and Abigail Holmquist in the 100 Breaststroke. Makenzie Foerster will also take on the 100 Breast in the senior division. Alexis Kent, who just aged up between championships, will join up with Nicki Smiley to go back to back in the 200 Free and the 100 Butterfly. Katelyn Holmquist will conclude her morning with 100 Butterfly along with Makenzie Foerster and senior Anthony Nelson. Anthony is still looking to better his time in which he placed 13th last weekend at the WIAA State Championships. Closing out the morning on a very admirable note will be Alexis Kent doing the 400 IM in which she is seeded 15th.

SATURDAY – March 7th

Heading for the blocks in the 50 Free Saturday morning will be Emma Bare, Abigail and Katelyn Holmquist, Nicki Smiley and Avery Kan. Following the 13&14 year olds lead in the 50 will be seniors Makenzie Foerster and Anthony Nelson. Shortly thereafter Emma,

Abby and Avery will return for the 200 Breast. Fortunately the breast being the slowest of strokes, lends Abby and Avery extra time to recoup before taking on the 200 Back. Kate and Lexi will also make this event equally interesting prior to combining their skills with Emma and Nicki in the 400 Medley Relay.

SUNDAY – March 8th

This may be the final day but it is also the day of several favored events. Lexi Kent followed by Makenzie Foerster begin the morning with one of their strongest competitions - the 200 Butterfly. Katelyn Holmquist, Nicki Smiley and Avery Kan are looking for favorable outcomes in the 100 Back. With not much of a break, Nicki and Katelyn will be back at the start with Emma Bare in the 100 Free. Ending the individual morning prelims will be the 13&14 IM group of Nicki Smiley, Avery Kan, Abigail Holmquist and Lexi Kent.

With the steady influence of the experienced senior division - Makenzie Foerster and Anthony Nelson along side their fun but focused coach, this bonded and talented group of 13&14 year olds hold nothing but promise and excitement in the water. May they all make finals! SWIM STRONG!!!