

NEW JERSEY LONG COURSE ZONE COMPETITION REPORT
September 2014

New Jersey Swimming sent 168 athletes to Richmond, VA to compete in the Eastern Zone Age Group LC Championships August 6 through 9 2014. This being one of the largest contingencies to travel to any zone competition ever. We took 5 coaches (Sandra Franc (HACY), Matt Garifo (MCY), Michelle Yaeggy (XCEL), Denise Killeen (CAT), Ryan Carlucci (MEY) and had the on deck assistance of for some sessions by Tristan Forman (BAC) & Ed Dellert (JG), as well as team manager Stephanie Crofton (TAC).

To highlight the New Jersey Long Course Zone meet, 3 NJ Swimming Zone swimmers break the Boys 11-12 LC Zone 200 meter Breaststroke record at Prelims and at then again at Finals. These swimmers take 1-2-3 in the event in both prelims and finals (LC Zone Record was 2:37.46). In order of finish congratulations go to **Paul DeGrado** (SCAR) 2:32.84 Prelim / 2.29.96 Final, **Ian Liu** (SCAR) 2.36.09 Prelim / 2.34.88 Final

Dylan Rhee (RY) 2.37.18 Prelim / 2.36.14 Final. Pauls time is only the 2nd time any swimmer in the entire USA under 12 has gone under 2:30.00 in this event LC. The NJ 10 & boys followed suit by placing 2, 3, & 4th in the 50 breast and 1,3 & 4 in the 100 breast, thus leaving many officials and coaches commenting on the strength of New Jersey's male breast stroking prowess.

The 15-19 Girls relay broke the EZ zone 200 Medley Relay despite the fact that they almost did not even swim the event due to NJ swimmers plans to leave for vacation and not be present. This relay consisted of Kate Alexy, Alicia Iazuko, Sarah Slepian and Isabelle Malinowski.

The boys 10 & under 400 Medley broke the EZ record in a time of 5:02.87 consisting of Samuel DeLeon, Jonathan Luo, Matthew Freund, Ali Elmarry breaking a year old record by a different NJ team just last summer.

Danning Hu broke the 11-12 Girls 200 IM EZ record in a time of 2:23.06 dropping a 21 year old record by shaving 5 whole seconds off her seed time.

New Jersey placed 6th place overall as a combined team, with the boys and girls each placing 5th as a team. By age group, the 11-12 boys placed 2nd, 10 & U boys placed 3rd and the 11-12 Girls and 15 girls each placed 4th by age group and sex division.

In conclusion this was a very successful zone experience for both coaches and athletes alike. There were swimmers who participated in both Sectionals and Y Nationals and then came to VA to participate on the NJ Zone team. They assisted the team in both its positive swims as well as enthusiastic spirit. It is always a pleasure to see the NJ LSC swimmers compete as one and continue their newly formed friendships onwards after the meet itself. It is always an honor and privilege to coach and represent the LSC at these regional competitions.

Swimmingly,

Sandra Franc (HACY)

Zone Head Coach