**7.8.17 Park Paseo Northstars vs Heritage Park Seals**

The Park Paseo Northstars hosted the Heritage Park Seals this week. The meet started off strong, with the Northstars winning the medley relay races in the 5-6, 7-8 11-12, and 13-14 age groups. Two swimmers surpassed a 19-year old team record in the girls 13-14 50-yard butterfly. Sydney Lin is the new record holder, with a time of 28.41 seconds, while Sasha Constandse finished just behind her in 28.69 seconds.

Overall, the Northstars finished first in 42 races, along with 41 second-place and 25 third-place finishes. They also had 34 swimmers qualify for the championship meet in 77 races. Everett Chen, Jalen Hsia, Enoch Lai, and Andrew Teh finished first in all of their races, qualifying for champs each time. Another 17 swimmers finished in the top three in every race and earned at least one ISL qualifying time, including Sarah Chao, Danny Constandse, Hannah Constandse, Sasha Constandse, Andrew Do, Lucy Hinkle, Brynna Hsia, Deron Hsia, Joyce Lai, Vianna Lai, Nyah Lin, Sydney Lin, Tyler Lin, Katie Monjay, Josh Sellwood, Spencer Sellwood, and Noah Villanueva. Kaitlyn Hoang (girls 7-8 breaststroke), Payton Lin (girls 11-12 freestyle), and Evan Strock (boys 13-14 breaststroke) were among the eight swimmers who earned their first qualifying times of the season. Josh Chao, Ethan Chen, Breanna Crossman, Sarah Kuo, and David Miller added at least one new ISL time and finished in the top three in at least one race.

The 5-6 boys had a great meet, taking the top two spots in butterfly, the top four in backstroke, and the top three in both breaststroke and freestyle. Andrew Do had two first-place finishes and both Ryan Dougherty and Adrian Bekker had one. Jacob Kim and Travis Miller each had a second-place finish, and Ryan Dougherty finished second twice.

Time improvements were a highlight of the meet, with Northstars improving in 157 races. Joshua Gima had the biggest time improvement of the day, taking 47.79 seconds off his time in the boys 5-6 breaststroke. The 5-6 age group had five other double-digit drops, including Chaitra Ayinampudi (-27.81 in backstroke and -10.81 in freestyle), Adrian Bekker (-14.72 in backstroke), Ellie Chen (-10.88 in breaststroke), and Ryan Dougherty (-17.34 seconds in butterfly). Edward Baik, CJ Cowgill, Lucas Lin, and Christian Thorpe also posted double-digit improvements.

Swimmers with three time improvements included Chaitra Ayinampudi, Edward Baik, Adrian Bekker, Sarah Chao, Ellie Chen, Everett Chen, Alex Chin, Danny Constandse, Hannah Constandse, Sasha Constandse, Andrew Do, Ryan Dougherty, Joshua Gima, Anshul Gupta, Ye Jin Heo, Kaitlyn Hoang, Brynna Hsia, Jake Jacoby, Enoch Lai, Lucas Lin, Payton Lin, Samantha Ly, Evan Strock, Lindsay Tarlton, Jane Thorpe, and Abishek Vinujudson.

Northstars improving in two races were Vinaya Ayinampudi, Erin Chen, Michael Chen, CJ Cowgill, Breanna Crossman, Audrey Do, Eli Giesemann, Aditi Gupta, Lucy Hinkle, Jamin Kim, Kaylee Krill, Alan Lai, Isaac Lee, Connor Lin, Sydney Lin, Hannah Miller, Katie Monjay, Cailen Muncy, Hanna Muncy, Simran Patel, Annika Renshus, Kristoffer Renshus, Annie Saunders, Spencer Sellwood, Andrew Teh, and Christian Thorpe.

Swimmers with one time improvement were Josh Chao, Ariana Chen, Lauren Giglia, Chloe Han, Aniket Kamat, Jacob Kim, Soham Kulkarni, Harvey Lai, Joyce Lai, Vianna Lai, Ian Lee, Nyah Lin, Tyler Lin, Travis Miller, Jade Niu, Keira Patel, Josh Sellwood, Erika Strock, Jared Strock, Parsa Tamadon, Lauren Thorpe, Emil Tinawi, Tommy Tinawi, Esteban Torres, Tara Tran, Grace Tucker, and Noah Villanueva.

Several Northstars swam at least one race for the first time this week, including Samantha Andre, Jackie Edney, Victoria Edney, PJ Giglia, and Zhongwen Zhang. David Gima and Samantha Wong also swam hard for the Northstars.