



2019 Carmel Winter Invite Meet Recap

SWIMMERS OF THE MEET

Yellow-Logan Poswinski

Logan is a very hard worker and always looking for feedback. He takes all coaching suggestions and really works hard on improving his swims. He comes into every practice ready to work hard. At the Carmel Meet, he was able to drop time in 7 out of 8 events with a total time drop of 27.31 seconds. He also earned a new state cut in the 200 IM. He had a great meet. I'm very proud of him! Way to go, Logan.

Red-Lilly Heinie

Lilly has been training incredibly hard this season and gives 110% at every practice. Lilly was not rested at all for this super-competitive meet and still managed to earn lifetime bests in 7 of her 8 events and drop over 22 seconds. I'm excited to see what she can do to finish out the season and work towards her goal of earning an AGS cut! Keep it up Red Leader!

Blue-Owen Lindsay

Owen Continues to make progress as he works on accomplishing the goals that he has set for the end of the season. By working hard in the water and at dryland, Owen was able to swim very well against some of the top swimmers on the Midwest. He was able to have big time drops in several events, as well as win four out of the eight events that he swam. I'm very proud of all that he was able to accomplish at this meet. Keep up the great work Owen!

**100%
LIFETIME BESTS**

Allie Heine
Dylan Wong
Madison Wisel

**ALL-BUT-1
LIFETIME BESTS**

Lilly Heine
Isaac Heller
Daniel Jones
Owen Lindsay
Hayden Lynam
Logan Poswinski

**TOP 10
TOTAL TIME DROPPED**
(in seconds)

Maggie Steward-45.07
Madison Wisel-34.17
Logan Poswinski-26.53
Dylan Wong-25.09
Lilly Heine-22.55
Grant Hibiske-20.32
Owen Lindsay-18.80
Eryn McLaughlin-13.47
Sydney Koehrn-13.00
Chloe Hunter-12.37

SWAC EVENT WINNERS

Owen Lindsay

11&12 100 Freestyle, 200 Individual Medley, 50 Freestyle, 500 Freestyle