



2019 Z-Heat Invite Meet Recap

SWIMMERS OF THE MEET

Green-Ben Lopez

Ben has had an extremely successful long course season, and has made big improvements to all 4 strokes. This was Ben's first meet as an 11&12 year old and he was able to still have big time drops even though he was competing against older swimmers for the first time. I can't wait to watch Ben continue to develop over the next season.

Way to go Ben!

Yellow-Nathan Sackett

Nathan had an amazing Z-Heat. He achieved 5 new state cuts and dropped in all eight of his events. His total time dropped was 62.19. He was ready to race. At SWAC practices, he's a very hard worker and always willing to step up to a challenge. He's really starting to grow into a confident athlete.

Way to Go, Nathan!

Red-Bernie Leal-Sierra

This was Bernie's final meet as a 11-12 and it was FANTASTIC! Aside from earning 5 life-time bests, he earned his first 2 Age Group State cuts in the 50 Fly and 100 Fly. Bernie's attendance and motivation to improve is at the top of the Red training group and he is an inspiration to others with his effort at practices & meets and working hard to achieve his goals.

Congratulations, Bernie!

SWIMMERS OF THE MEET (cont'd)

Blue-Drew Weiland

Drew has had several very good meets in a row over the long course season. At this meet he was able to learn that he is still able to drop more time if he focuses on racing with confidence. After his first race he was disappointed with his final time. He knew that he didn't swim the race well and was able to modify his race strategy for the rest of the meet. I hope Drew can keep swimming with confidence as we approach the championship season.

Senior-Hailey Todd

Hailey has really persevered through a tough stretch of luck as she's battled a medical condition that has kept her out of many practices and meets. Z-Heat was Hailey's first meet back, and she did a great job of staying focused on each race and staying positive throughout the entire weekend. The highlight of the meet was her 200 Backstroke, where she put together a very consistent swim and was able to drop nearly 10 seconds from her previous lifetime best!

Keep it up, Hailey Todd!

NFG-Cameron Luard

Cam has been one of SWAC's top athletes for a very long time, and he always shows up ready to race the top competition available. Over the past year he has really worked hard to improve his "off" strokes, and that was evident at Z-Heat as he placed 1st in five out of his six swims even though he did not compete in any of his top 4 events. Particularly impressive was his Freestyle, where he notched lifetime bests in the 100, 200, and 1500, and posted drops of almost 5 seconds in the 200 and nearly 20 in the mile.

Nice work, Cam!

100%

LIFETIME BESTS

Grant Hibiske, Daniel Lopez, Nathan Sackett

ALL-BUT-1

LIFETIME BESTS

Calob Cope, Mason Poswinski, Ella Rischling, Lyla Rischling, Justin Starodub

SWAC EVENT WINNERS

Morgan Brown: Open 400 IM

Calob Cope: Open 200 Backstroke

Audrey Crowel: Open 100 Butterfly, 200 Butterfly,
200 Freestyle

Lily Kaiser: Open 400 Freestyle

Spencer Koehn: Open 400 IM

Cameron Luard: Open 100 Backstroke, 100
Butterfly, 200 Butterfly, 200 Freestyle, 1500 Freestyle

Owen Lindsay: 13-14 100 Butterfly, 200 IM

Macartney Mahler: 11-12 50 Butterfly

Logan Poswinski: 11-12 100 Breaststroke

Justin Starodub: 8&Under 200 Freestyle

Nathan Sackett: 9-10 100 Backstroke, 100
Breaststroke, 100 Butterfly, 200 IM, 50 Breaststroke,
50 Butterfly

Hayden Shurtz: Open 100 Breaststroke

Maggie Stock: Open 200 IM

Kyra Tonsil: Open 50 Freestyle

TOP 10 TOTAL TIME DROPPED (in seconds)

Thomas Hill-114.10

Nathan Sackett-62.19

Ella Rischling-44.93

Grant Hibiske-35.35

Everett Loney-29.64

Lyla Rischling-25.75

Cameron Luard-24.32

Justin Starodub-23.39

Kyndall Kearns-20.46

Mason Poswinski-19.55