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| **[www.usaswimming.org](http://www.usaswimming.org)**  [**www.swimohio.org**](http://www.swimohio.org) | **The Greater Columbus Swim Team of Ohio GCSTO**  **614-478-5445**[**www.gcsto.com**](http://www.gcsto.com) |
|  | **From The GCSTO Offices March 2, 2018**  ***GCSTO Strong… GCSTO Proud!*** |
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|  | **ATHLETE PERFORMANCE INFORMATION**  **\*\*\*\*\*\* Ohio Swimming Regional Championship Swim Meet \*\*\*\*\*\***  **Swimmers of The Meets**  **Novice**  **Rynen Gerdeman:** Rynen had HUGE time drops in his events, which he swam technically correct with no adjustments to his stroke in order to finish!! This meet should have shown Rynen how perseverance and persistence pays off!! Awesome job Rynen!!  **CA Level 1**  **Latham Wallace:** Congratulations Latham! Latham swam all three days of Regionals. He swam 10 events and dropped time in almost every single one of them. His 100 breaststroke had a 9.62 second time drop with a time of 1:36, awesome job Latham! Latham continues to work really hard at practice. He is continually working on improving his stroke technique. Keep up the great work Latham!  **SC Level 1**  **Lincoln McNeely:** Lincoln is an incredibly hard worker and he typically does very well at meets, but he did exceptional at Regionals! He dropped time in three of his four events, including an almost 5 second time drop in his 100 IM! Lincoln did not drop time in his 50 back, but we have been working on his backstroke flip turn all season and he totally nailed it at this meet! Even more impressive, Lincoln was one of the few SC level 1 swimmers who qualified for finals and he qualified in three of his four events! Great job this season, Lincoln, you did awesome!  **CA Level 2**  **Cameran Ball:**  Cameran had such an awesome meet at Regionals.  I was very impressed with how she swam and also with her attitude after all of her races.  She dropped 4 seconds in her 50 breast, 6 seconds in her 100 free, 2 seconds in her 100 IM, 2, seconds in her 100 back, and 2 seconds in her 50 free.  It was so fun to see her excitement as she dropped time in almost all of her events.  Not only did she step it up at this swim meet, but Cameran has truly stepped it up in practice as well.  She has been working very hard and her focus is on point.  Great job, Cameran!  **SC Level 2**  **Max Hengely:** Max had such a great meet at Regionals! He voluntarily swam the 200 fly for the first time and did so well, as he had good technique the whole time! Max also got a personal best in the 200 free, 100 back, and 50 free! Great way to end the season Max!  **CA & SC Level 3**  **Zoey Callander:** Zoey has really improved over the last couple of months. Her efforts in practice and focus on technique has really started to show.Zoey swam 7 individual events and 2 relays with a total of 16 swims between prelims and finals and dropped time every time she entered the pool!She dropped over 35 seconds in all her events combined. She walked away with her first individual JO cut and a relay JO cut. The future is looking great for Zoey.  **100% Lifetime Bests**  Chloe Albrecht  Zoey Callander  Wyeth Carle  Emmett Culbert  Natalie Fischer  Araceli Gaver  Rynen Gerdeman  Gavin Lewis  Olivia Lewis  Andy Li  Carlie McClurg  Chayse Neese  Nathan Schellhaas  William Sheridan  Srillaasya Vadrevu  Wylee Whittredge  Sophia York  Grace Zercher  **All-But-One Lifetime Bests**  Daniel Baer  Cameran Ball  Luke Boltz  Vincenzo Burson  Jacob Crosson  AJ Denny  Olivia Dersoon  Grace Edwards  Tuckor Lambert  Lincoln McNeely  Diya Naik  Raghav Ramachandiran  Matthew Sheridan  Greyson Thomas  Samantha York  **Top 10 Total Time Dropped At Meet**  **1. Carlie McClurg -80.63… Incrrrrrredible!**  2. Achilles Baskaran -68.69  3. Zoey Callander -63.80  4. Arianna Denney -60.15  5. Wylie Wittredge -59.89  6. Rynen Gerdeman - 42.89  7. William Sheridan -37.04  8. Chloe Albrecht -31.60  9. Madison Burris -30.46  10. Latham Wallis -29.03  **Within 3% Of State Age Group Cuts Team**  ***Cade Helms (13-14):*** 100 free, 200 free, 100 back, 200 back, 200 IM  ***Kasey Lichtner (13-14):*** 50 free, 200 free, 200 IM  ***Annaliess Stith (11-12):*** 100 breast, 200 IM, 100 IM  ***Zoey Callander (11-12):*** 50 free, 50 Breast  ***Sam York (11-12):*** 50 back, 50 free  ***Anna Denney (13-14):*** 100 free  ***William Harpster (11-12):*** 50 free  ***Gavin Lewis (11-12):*** 50 back  ***Andy Li (11-12):*** 100 back  **Within 6% Of State Age Group Cuts Team**  ***Kasey Lichtner (13-14):*** 500 free, 1650 free, 100 back, 200 back, 100 fly  ***Annaliess Stith (11-12):*** 100 fly, 50 back, 200 free  ***Eli Stoll (13-14):*** 200 free, 500 free  ***Anna Denney (13-14):*** 50 free, 500 free, 200 IM  ***AJ Denny (13-14):*** 50 free, 100 free, 100 Breast, 200 Breast  ***Andy Li (11-12):*** 100 IM, 50 free  ***Alyssa Li (11-12):*** 100 back, 50 free  ***Jacob Crosson (9-10):*** 50 Breast  ***Gavin Lewis (11-12):*** 100 IM, 100 Fly, 200 free  ***Greyson Thomas (11-12):*** 50 free  ***Wylee Whittredge (11-12):*** 100 Breast  **(The Following Teams Are Determined Off of Times Performed As of 3-2-18)**    **GCSTO’s State Age Group Team**  ***Gold Level (6 or more individual events)***  **Eli Stoll (13-14):** 50 free (23.96), 100 free, 100 back (54.72), 200 back (2:01.79), 100 breast (1:04.89), 200 breast (2:20.30), 100 fly (55.39), 200 fly (2:02.87), 200 IM (2:09.40), 400 IM (4:36.60)  **Andy Li (as a 9-10):** 50 free (30.48), 100 free (1:07.10), 50 back (34.18), 100 back (1:13.50 ), 50 breast (37.74), 100 breast (1:23.45 ), 50 fly (33.27 ), 100 fly (1:16.44), 100 IM (1:14.16 ), 200 IM (2:41.09)  **Olivia Lewis (9-10):** 50 free (29.73), 100 free (1:06.65), 50 back (34.36), 50 breast (37.99), 100 IM (1:17.93), 100 Breast (1:25.67), 100 Back (1:17.51), 50 fly (33.88), 200 IM (2:49.22), 200 free (2:28.88)  ***Silver Level (3-5 individual events)***  **Annaliess Stith (11-12):** 50 free (27.15), 100 free (58.61), 50 breast (34.42), 50 fly (30.04), 200 Breast (2:51.15)  **Kasey Lichtner (13-14):** 100 free (56.16), 100 breast (1:10.28), 200 breast (2:33.10), 200 IM (2:18.07), 400 IM (4:54.42)  **Andy Li (current 11-12):** 50 back (32.73), 50 Fly (31.11), 50 Breast (36.79), 200 back (2:29.66), 100 breast (1:19.32)  **Gavin Lewis (11-12)**: 50 Free (28.00), 50 Fly (31.31), 100 free (59.45)  ***Bronze Level (1-2 individual events)***  **Ally Grieshop (13-14):** 1650 free (18:53.15)  **Zoey Callander (11-12):** 50 free (27.93)  **Chloe Albrecht (11-12):** 50 free (27.99)  **Cade Helms (13-14):** 50 free (24.21), 100 fly (59.22)  **Alyssa Li (11-12):** 50 Back (32.21)  **Sectional Team**  **Harvey Culbert –** 100 Breast, 200 Breast, 100 Fly, 200 IM, 400 IM  **Nate Gaver *– 50 Free, 100 Free***  **Hannah Olger –** 50 Free, 100 Free, 100 Back  **Grant Cicci –** 50 Free, 100 Free, 100 Fly  **Graham Carpenter –** 100 Breast, 100 Fly  **Grace Riddle –** 50 Free,100 Free, 200 Free, 100 Back, 200 Back  **Eli Stoll –** 100 Back  **Future’s Team**  **Harvey Culbert –** 100 Breast, 200 Breast  **Hannah Olger –** 50 Free  **Grant Cicci** – 50 Free, 100 Free  **Grace Riddle –** 100 Back, 200 Back  **Junior National Team**  **Harvey Culbert –** 100 Breast, 200 Breast  **Grant Cicci** – 50 Free |
|  | **WHO TO CONTACT**  **Greater Columbus Swim School (swimming lessons operating year around at multiple facilities) – Erin**  **Harris (614-582-2597 or** [**erinharris.gcss@gmail.com**](mailto:erinharris.gcss@gmail.com)**) for Columbus Academy, St. Charles, Wyandotte Athletic**  **Club & Columbus Sports Club lessons.**  **Greater Columbus Home School Program (our swim team program for home school children) – Steve**  **Nye (614-478-5445 or** [**stevenye@sbcglobal.net**](mailto:stevenye@sbcglobal.netb)**)**  **Training & Swim Meet Questions** – Your coach.  ***THANKS FOR BEING A PART OF OUR TEAM!!!!!*** |
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