CHOMP!

Meadowbrook Woods Swim Team *Makos*
www.meadowbrookmakos.com

End of Swim Season

Dear Coaches,

You push me out of my comfort zone,
You train me till I moan
You make early mornings compulsory
(this is where the parents moan)
Your drills make me cry out in agony
(especially when there are no Friday donuts)
In the end everything falls together,
It makes me better and stronger
Thanks, for pushing me beyond my limits!

As you many already know…
Excellent coaches are hard to find,
Difficult to part with and most importantly
Impossible to forget!

We will miss you in the off-season!!
-Meadowbrook Makos 2019

No matter how much I complain,
I will always love
swimming with a passion so strong
Nobody can make me quit!

MAKOS NEWS

- **The Meadowbrook Makos** will against Stonewall Park Explosions and Virginia Oaks Swim Devils!
- **Can't make the meet?** If you forget to **OPT** your child **OUT** or plans have changed, please contact Coach Bradley (bradm90@vt.edu) ASAP. *If your child is on a relay team and they don't show up, the coaches must find a replacement. Oftentimes no one is available to fill in and the relay team must be scratched. Not only do we miss out on the chance to score points, we end up disappointing the swimmers who were scheduled to be on the relay team.*
- **This is Divisionals, we need you, don't be a no-show!**

HELP WANTED – 07.27.19

We need a few more volunteers for Divisionals to run smoothly, efficiently and effectively.
Go to the website and choose your spot while the picking is hot! Maybe even sign-up your spouse, you can pretend you told them about it months ago. We promise not to tell you volunteered them!

Volunteers needed:

- 2 Deck Marshalls
- 1 Timer
- Photographers (we always need!!)
- *Back-Up positions. Volunteer spots are still available for this Saturday's meet! There is a new spot titled "BACK UP". If all spots are full, put your name in this spot to cover where/when*

Please sign up online or contact Jean Meink 703.895.2703

Next Meet

DIVISIONALS!!

07/27 – @ Stonewall Park

Arrive & Check-in by 6:15am

Warm-ups begin at 6:30 am!!!

(Visiting Pool Information – Page 6)

UPCOMING EVENTS

- **Tuesday, July 23rd: *Minnow Meet from 6-8pm***. Come cheer on our Minnow Team!
- **July 26th @ 9:00am – *Makos 3rd Annual Pancake Breakfast*** - We need volunteers to set up, flip pancakes, cook and clean-up. We need some additional griddles and of course, we'll be using our secret recipe for these amazing Mako-pancakes!
- **Saturday, July 27th: *End of Season Banquet*** from 6-8:30pm! REMINDER to sign up to bring an item. *In case you are like me and often do not read the small print…if you signed up to bring chips and dip/salsa – Please bring two (2) of those items.
- **Summer Swim Survey: we need your help answering 8 questions to make next year even better than this year!** https://www.surveymonkey.com/rTTX78FB

Shark Week

Check your family folders in the ribbon boxes for your swim photos!

100 M Parent Freestyle Relay for Parents and Coaches at Divisionals!

Come on, sign up show your kids you still have it!

This event will take place at the very end of the meet and will be unscored.

We need a team of four parents for this event, so if you are interested in being on that team please email Coach Bradley at bradm90@vt.edu

TOP 25 Individual
TOP 15 Relay

Congratulations to the following swimmers who ranked in the Top 25 and those that ranked in the Top 15 for relays!

Top 25 Individual Times

Event #10 Boys 8&U 25M Free	**Event #38 Boys 8&U 25M Breast**
#1 Victor Wall 17.53	#1 Victor Wall 24.75
#22 Mark Kennedy 20.98	#10 Mark Kennedy 26.57
Event #13 Girls 9-10 50M Free	**Event #39 Girls 8&U 25M Breast**
#16 Samantha Kennedy 38.22	#23 Cecilia Gross 30.90
Event #14 Boys 11-12 50M Free	**Event #41 Girls 9-10 50M Breast**
#1 Matt Jensen 28.90	#1 Gabrielle Hawver 45.47
#9 Sean Lingafelt 31.06	**Event #42 Boys 11-12 50M Breast**
Event #21 Girls 10&U 100M IM	#13 Cash Colbert 43.15
#2 Gabrielle Hawver 1:27.12	**Event #44 Boys 13-14 50M Breast**
#15 Kara Lingafelt 1:40.16	#25 Dominic Lacy 40.00
Event #22 Boys 11-12 100M IM	**Event #45 Boys 13-14 50M Breast**
#8 Sean Lingafelt 1:20.03	#24 Jasmine Beckett 42.96
Event #26 Boys 15-18 100M IM	**Event #46 Boys 15-18 50M Breast**
#10 Jason Smith 1:06.25	#16 James Turner 34.50
Event #27 Girls 15-18 100M IM	**#47 Girls 15-18 50M Breast**
#22 Angelina Nguyen 1:17.81	#23 Angelina Nguyen 40.69
Event #28 Boys 8&U 25M Back	**Event #48 Boys 8&U 25M Fly**
#23 Mark Kennedy 26.50	#2 Victor Wall 19.97
Event #29 Girls 8&U 25M Back	**Event #49 Girls 8&U 25M Fly**
#17 Ava Whitworth 25.94	#15 Aubrey Rossi 25.16
Event #31 Girls 9-10 50M Back	**Event #50 Boys 9-10M Fly**
#18 Kara Lingafelt 46.68	#19 Gunner Colbert 18.72
Event #32 Boys 11-12 50M Back	**Event #51 Girls 9-10M Fly**
#3 Matt Jensen 33.54	#4 Gabrielle Hawver 17.52
#10 Sean Lingafelt 36.19	#16 Kara Lingafelt 19.87
Event #35 Girls 13-14 50M Back	**Event #52 Boys 11-12 50M fly**
#22 Sarah Gerhart 38.54	#12 Matt Jensen 31.88
Event #36 Boys 15-18 50M Back	#23 Chase Lingafelt 38.28
#10 Jason Smith 30.28	**Event #56 Boys 15-18 50M Fly**
	#5 Jason Smith 27.56

Top 15 Relay Times

Event #1 Mixed 8&U 100M Medley Relay	**Event #58 Boys 8&U 100M Medley Free Relay**
#7 time: 1:32.72	#8 time: 1:25.69
Ava Whitworth	Ethan Hawver
Mark Kennedy	Connor Sorden
Victor Wall	Mark Kennedy
Ethan Hawver	Victor Wall
Event #3 Girls 9-10 100M Medley Relay	**Event #59 Girls 8&U 100M Medley Free Relay**
#8 time: 1:25.38	#15 time: 1:40.40
Kara Lingafelt	Riley Shields
Gabrielle Hawver	Allison Hawver
Samantha Kennedy	Ava Whitworth
Madelyn Rossi	Aubrey Rossi
Event #4 Boys 11-12 100M Medley Relay	**Event #61 Girls 9-10 100M Medley Free Relay**
#4 time: 1:05.66	#10 time: 1:11.65
Sean Lingafelt	Kara Lingafelt
Chase Lingafelt	Madelyn Rossi
Matt Jensen	Smantha Kennedy
Cash Colbert	Gabrielle Hawver
Event #6 Boys 13-14 100M Medley Relay	**Event #62 Boys 11-12 100M Medley Free Relay**
#13 time: 2:23.87	#5 time: 58.97
Drew Jensen	Sean Lingafelt
David Doty	Chase Lingafelt
Aaron Baker	Cash Colbert
Dominic Lacy	Matt Jensen
Event #7 Girls 13-14 100M Medley Relay	**Event #66 Boys 15-18 200M Free Relay**
#15 time: 2:31.06	#8 Time: 1:49.31
Sarah Gerhart	James Turner
Jasmine Beckett	Joshua Smith
Bailey Riley	Paul David Quimby
Katelyn Cassedy	Jason Smith
Event #8 Boys 15-18 200M Medley Relay	
#10 time: 2:04.12	
Carter Guice	
Jason Smith	
James Turner	
Joshua Smith	

Makos 2019 *Amazing* Record Breakers

Matt Jensen (07.20.2019): Boys 11-12 50M Fly 31.88
(07.06.2019): Boys 11-12 100M IM 1:13.28
(06.29.2019): Boys 11-12 50M Free 28.19
(06.29.2019): Boys 11-12 50M Breast 38.22
(06.22.2019): Boys 11-12 50M Back 32.97

Sean Lingafelt (06.22.2019): Boys 11-12 50M Back 34.63

Gabby Hawver (06.15.2019): Girls 9-10 50M Breast 44.91

Sean Lingafelt, Cash Colbert, Chase Lingafelt, Matt Jensen: (07.20.2019): Boys 11-12 100M Medley Relay: 1:05.66
Sean Lingafelt, Cash Colbert, Chase Lingafelt, Matt Jensen: (07.13.2019): Boys 11-12 100M Freestyle Relay: 1:00.52

Stonewall Park Pool:

https://www.teamunify.com/recpwspstva/UserFiles/Image/QuickUpload/2019-pwsl-black-divisionals-info-20190716_025008.pdf

Address: The pool address is *8351 Stonewall Road, Manassas, VA 20110*

Parking: Parking for a Division meet is always a challenge, as always, be mindful of the neighborhood, driveways, tow zones and do not block driveways. Manassas City Police Officers will be assisting arriving families on where and how to park throughout the meet.

***If anyone on your team needs handicap parking, please contact us **by 8 p.m. Wednesday, July 24.**

Team Setup Areas

Team areas have been assigned as per the enclosed map; please stay in your team's area. We'll have signs at the pool showing each team's designated area. All teams can also set up outside the fenced area, except for the section reserved for SPST families. *Please don't set up on the restricted pool deck area or around the concessions area.*

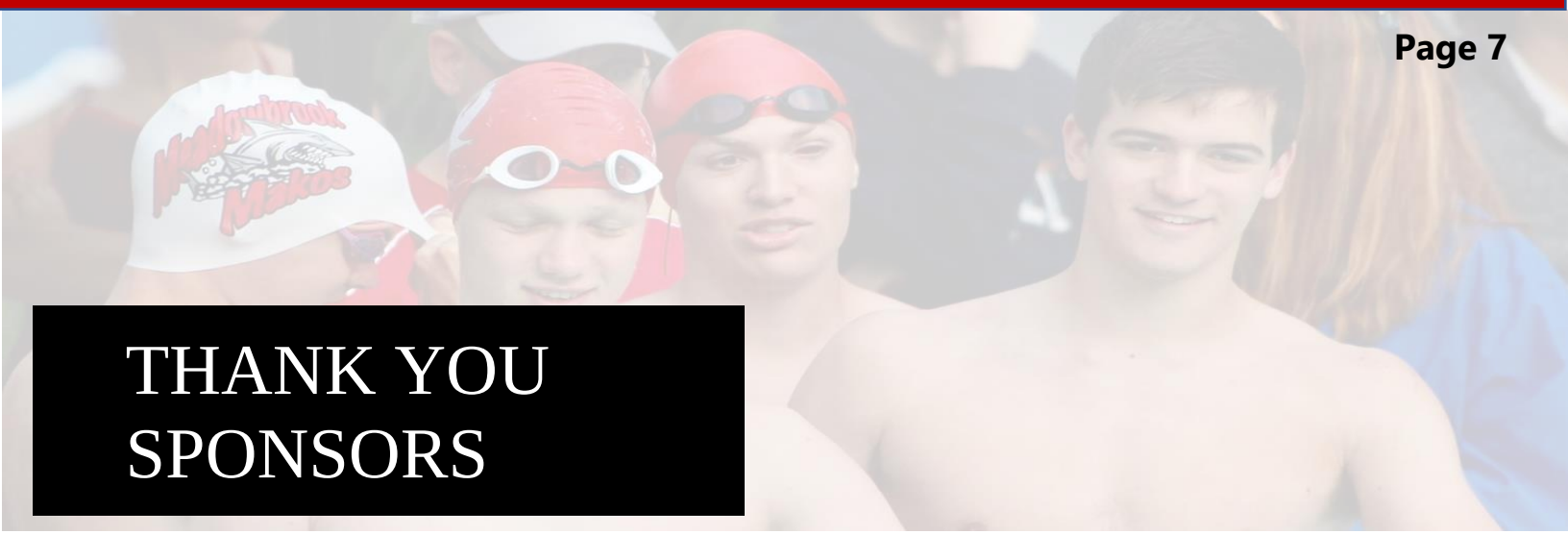
On Deck

No unauthorized person or swimmer will be allowed beyond the roped-off area of the pool. Volunteers will help keep the area clear so officials and runners can manage the meet from this area.

Relays

Each team may enter 2 relay teams per event. We have a six-lane pool. Relay assignments for each team are:

- **Makos:** lanes 1 and 4
- **VOSD:** lanes 2 and 5
- **SPST:** lanes 3 and 6



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