



Annual Stars and Stripes Invitational

Hosted by the Bridlewaves
Wednesday July 4, 2019 – 8:30 AM

Sponsored by:
Athletes Mark * Nation's Capital Swim Club
Ocoquan Swimming * Stealth Swimming



STARS AND STRIPES 2019

GREETINGS AND SALUTATIONS AND A HEARTY THANK YOU, TOO!



Well, that was a busy weekend. We want to start this off with a sincere thank you to all of you who came out to swim, cheer, or help at this year's Stars & Stripes Invitational.

Our goals for this meet are to share a great time with our neighboring swim teams, to celebrate the 4th of July in a way unique to swim families, to give back to the community, to see all our swimmers to swim fast, and for everyone to have a blast! Okay, that's a lot of goals, but we're pretty confident that we hit them all. It's incredible to see this meet grow each year and get more exciting, more competitive, and more funner. (Yeah, we the BWaves talk like that sometimes).

It's seems like each year, this meet serves as a nice springboard into the second half of the season as the swimmers really get amped up for the competition. This year was certainly not a disappointment as we saw a whopping **72.5% of the individual swims go for personal best times!** We also saw **16 records** go down in spectacular fashion to a good mix of swimmers from each team (including a certain relay team who swam faster than the **PWSL Record time**) and we had the closest margin of victory with a difference of a mere 19 points determining first place.

On the community side, we collected just over **350 pounds of food for the Food Pantry at SERVE** in Manassas and our 50-50 Raffle raised **\$150 for the Serve Our Willing Warriors Project** in Haymarket. Amazing! And we couldn't have done it without you, so thanks once again, from the bottom of our hearts. We are already looking forward to seeing what next year brings.

As a team, you should have already received the official meet results, but this little bulletin will give you a quick glimpse at everything else. We've got a lot of pictures to share – and we hope you share some, too. We'll go over the winners and the records broken and just reminisce for a little bit. Hope you enjoy.



SAY CHEESE!

WHERE CAN I FIND THOSE PICTURES THEY SAID THEY WERE TAKING???

We promised that we would make the podium pictures available and we weren't making it up. Our photography team has set up the following site: <https://bwavesstarsandstripes.shutterfly.com/>

On that site (under "Pictures & Video") you'll be able to view and download the pictures already there and upload and share your own (*hint hint*). The password is "stars" (all lowercase). Enjoy!



2019 Stars and Stripes Invitational

MEET RECAP



WE THE CHAMPS!

HERE ARE YOUR 2019 STARS & STRIPES CHAMPIONS

FREESTYLE		
Jacob Hochard (KBSL)	8&U	Olivia Conn (WDST)
Lionel Martinez (WDST)	9-10	Lucy Lu (DVS)
Cole Woodson (DVS)	11-12	Makenzie Witt (BRDL)
Peter Gilbert (BRDL)	13-14	Lexi Sawwa (DVS)
Daniel Wong (VOSD)	15-18	Shay Walker (BRDL)
BACKSTROKE		
Mateus Nunes Fuller (WDST)	8&U	Lily Lu (DVS)
Sam Martin (KBSL)	9-10	Ariana Aldeguer (WDST)
Ryan Maynard (DVS)	11-12	Madalyn Witt (BRDL)
Christian Carroll (BRDL)	13-14	Jordan Durocher (BRDL)
Chino Vera (DVS)	15-18	Abby Daniel (KBSL)
BREASTSTROKE		
Thiago Martinez (WDST)	8&U	Ellie Wells (BRDL)
Jacob Cho (DVS)	9-10	Carli Wells (BRDL)
Caleb Cho (DVS)	11-12	Kayla Pak (KBSL)
Brandon Gardner (BRDL)	13-14	Emily Buckley (VOSD)
Evan Thies (BLST)	15-18	Georgia Johnson (BRDL)
BUTTERFLY		
Jaxson Daniel (KBSL)	8&U	Elizabeth Schroeder (DVS)
Jacob Thorpe (BRDL)	9-10	Haley Edenberg (BRDL)
Paul Querijero (BRDL)	11-12	Maecy Wells (BRDL)
John Ross (BRDL)	13-14	Sarah Golsen (DVS)
Trey Davis III (DVS)	15-18	Catherine Purnell (BLST)
RELAYS		
KINGSBROOKE	8&U	DOMINION VALLEY
DOMINION VALLEY	9-10	DOMINION VALLEY
DOMINION VALLEY	11-12	BRIDLEWOOD
BRIDLEWOOD	13-14	DOMINION VALLEY
BRIDLEWOOD	15-18	BRIDLEWOOD
DOMINION VALLEY	Crescendo	BRIDLEWOOD





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MEET RECAP



MEET RECORDS!

WE BROKE THE MOLD... AND THE RECORDS

We had 24 swimmers or relay teams swim under record time this year. Unfortunately for some of them, they came in second (or third) in the race so their records didn't hit the books. Below is the updated records board (this year's records are highlighted), but first a shout out to the others. Congrats to Tyler Kurre, Justin Young, Ethan Beckner, Lucy Daniel, Rachel Hou, Daniel Uribe, Lleyton Arnold, and the 8&U Boys from Wellington. Great races.

BOYS			FREESTYLE	GIRLS		
Jacob Hochard (KBSL)	18.39	2019	8&U 25M	Haley Edenberg (BRDL)	18.56	2017
Lionel Martinez (WDST)	34.70	2019	9-10 50M	Lucy Lu (DVS)	34.66	2019
Ethan Chi (DVS)	29.84	2016	11-12 50M	Lexi Sawwa (DVS)	30.64	2018
Will Ossenfort (BRDL)	27.35	2017	13-14 50M	Savannah Nash (DVS)	28.25	2015
AJ Ross (BRDL)	24.59	2017	15-18 50M	Katie Tillotson (BRDL)	28.44	2016
BOYS			BACKSTROKE	GIRLS		
Mateus Nunes Fuller (WDST)	21.16	2019	8&U 25M	Ariana Aldeguar (WDST)	19.14	2018
Ryan Maynard (DVS)	36.83	2018	9-10 50M	Madalyn Witt (BRDL)	37.90	2018
Ryan Maynard (DVS)	34.38	2019	11-12 50M	Madalyn Witt (BRDL)	33.14	2019
Joe Durocher (BRDL)	30.15	2018	13-14 50M	Jordan Durocher (BRDL)	31.07	2017
Daniel Wong (VOSD)	28.27	2018	15-18 50M	Catherine Purnell (BLST) Abby Daniel (KBSL)	30.75	2018 2019
BOYS			BREASTSTROKE	GIRLS		
Ryan Maynard (DVS)	23.58	2016	8&U 25M	Ellie Wells (BRDL)	22.69	2019
Jacob Cho (DVS)	42.26	2019	9-10 50M	Maecy Wells (BRDL)	43.69	2017
Lleyton Arnold (DVS)	37.06	2018	11-12 50M	Abigail Daniel (KBSL)	37.76	2016
Brandon Gardner (BRDL)	34.27	2019	13-14 50M	Ashlyn Solenberger (WDST)	38.35	2018
Spencer Rowe (BRDL)	30.82	2015	15-18 50M	Georgia Johnson (BRDL)	33.71	2019
BOYS			BUTTERFLY	GIRLS		
Ryan Maynard (DVS)	19.15	2015	8&U 25M	Lucy Daniel (KBSL)	19.02	2016
Paul Querijero (BRDL)	15.68	2018	9-10 25M	Olivia Ahearn (DVS)	15.81	2018
Paul Querijero (BRDL)	32.45	2019	11-12 50M	Melinda Wong (KBSL)	33.31	2016
Joshua Hochard (KBSL)	28.96	2018	13-14 50M	Tess Peny (DVS)	31.69	2018
TJ Hall (BRDL)	27.76	2015	15-18 50M	Catherine Purnell (BLST)	29.33	2019
BOYS			MEDLEY RELAY	GIRLS		
KINGSBROOKE	1:28.84	2019	8&U 100M	BRIDLEWOOD	1:31.75	2017
DOMINION VALLEY	1:14.00	2018	9-10 100M	BRIDLEWOOD	1:15.51	2018
DOMINION VALLEY	1:03.56	2019	11-12 100M	KINGSBROOKE	1:04.62	2016
BRIDLEWOOD	2:07.12	2018	13-14 200M	BRIDLEWOOD	2:14.81	2016
BRIDLEWOOD	1:53.58	2015	15-18 200M	BRIDLEWOOD	2:03.21	2019
BOYS			CRESCENDO	GIRLS		
BRIDLEWOOD	1:55.13	2018	18&U 200M	DOMINION VALLEY	2:00.58	2018



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'Til Next Year!

ONE LAST THANKS AND SEE YOU LATER!

Thanks again for another great meet. We look forward to it every year and hope you do, too. We're going to give one more shout out to our sponsors, who made the tee shirts and medals possible and we'll see you next year! (If you have any questions or need anything from us, just let us know).

OPEN HOUSE
for team tryouts and
parent information meeting

Freedom Center
9100 Freedom Center Blvd.,
Manassas, VA 20111
Monday, July 22 * 7:30 - 8:30pm

WARF
800 Waterloo Rd, Warrenton, VA 20186
Tuesday, July 23 * 6:00 - 7:00pm

Vint Hill
6882 Johnson Drive, Warrenton, VA
Monday, Aug. 26 * 6:30 - 7:30pm

Swimmers may attend any of the
open house dates at any of
our locations.
Contact Nicole Linn at
nlinn@nationscapitalswimming.com



www.nationscapitalswimming.com

**READY TO JOIN OR WANT TO KNOW
MORE? COME TO A FREE ASSESSMENT!**

WE KINDLY ASK THAT EVERY NEW
TEAM MEMBER ATTENDS ONE TRYOUT
TO BE EVALUATED AND TO LEARN
MORE ABOUT OUR PROGRAMS. PLEASE
HAVE SWIMMERS BRING SUIT AND
GOGGLES.

PRINCE WILLIAM EAST

DATE	HOURS	POOL
JUNE 25	5-6PM	CHINN
JUNE 27	6:45-7:45 PM	COLGAN
JULY 16	5-6 PM	CHINN
JULY 16	6:45-7:45 PM	COLGAN
AUGUST 6 & 8	5-7 PM	CHINN


MANASSAS CENTRAL

DATE	HOURS	POOL
JUNE 28	4:30-5:30 PM	CPAC
JULY 19	4-5:30 PM	CPAC
AUG. 6	4:30-6:30 PM	CPAC
AUG. 9	4:30-6:30 PM	CPAC

WARRENTON

DATE	HOURS	POOL
JUNE 21	5-6 PM	WARF
JUNE 24	6-7 PM	WARF
JULY 29	5-6PM	WARF

NO APPOINTMENT NECESSARY. ALL EVALUATIONS
WILL BE "FIRST COME, FIRST SERVE". YOU MAY
ATTEND ANY LOCATION TO BE EVALUATED.




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