



## **2020 District Championships**

If magic can happen...it did the past two weekends at the Southeast District Champs Meets. A record breaking 29 state cuts were achieved, more than have ever been snatched in a single meet in 757 Swim history!

Congratulations to the following swimmers for making cuts: Taraneh Bonyadlou (100 Fr, 200 IM, 100 Br), Moira Sokolowsky (500 Fr, 100 Back, 100 IM, 100 Br), Holly Brundage (200 Fr, 100 Fly, 50 Fr), Bryson Cory (50 Br), Will Hartig (200 Br), Addy Heyward (100 Fr, 200 Br, 50 Fr, 100 Br), Emma Liebler (100 Back, 50 Fr, 200 Back), Bella Lorack (100 Fr, 50 Fly), Gavin Meadows (100 Br, 200 Br), Avery Parks (100 Br, 200 Br), and Anna Shnowske (100 Fly, 100 IM, 200 Br, 200 Fly).

The 11-12 Girls took first in the 200 Free Relay earning a new team record in the process. The 11-12 Boys took 2<sup>nd</sup> in both their 200 Free and 400 Free Relays, the 9-10 Boys took 3<sup>rd</sup> in their 200 Medley Relay, and the 9-10 Girls took 2<sup>nd</sup> in both their 200 Free and 200 Relay races making for a very exciting end to the meet and catapulting 757swim into a 2<sup>nd</sup> place finish overall for the 9-12 year olds! With all the new state cuts, records, and awesome time standards achieved below.... we would say that this was a meet that will go down in the 757 Hall of Fame! Congrats swimmers...your persistent training through the winter blahs paid off!

### **New Records:**

Holly Brundage (11-12 Free Relay) (100 Fly)  
 Addison Heyward (11-12 Free Relay) (100 BR)  
 Isabella Lorack (11-12 Free Relay)  
 Emma Liebler (11-12 Free Relay)  
 Anna Shnowske (200 Fly)

### **New Time Standards Achieved:**

Motivational time standards give swimmers specific milestones to strive for as their times improve. Congratulations to the following swimmers who achieved new time standards at this meet.

### ***"B" Time***

Finley Dameron (100 IM, 100 FR)  
 Addison Hodley (100 BK, 100 FR)  
 Bethany Brisson (100 IM, 50 BR)  
 Zoe Bruhl (50 Fly)

Jaclynn Buzek (100 FR) (50 FR)  
 Payton Cleary (50 BR)  
 Abigayle Fay (50 FR)  
 Natalie Haas (100 BK) (100 FR) (500 FR)  
 Matthew Long (50 FR)  
 Madison Mueller (100 IM)  
 Evan Petrie (100 FR)  
 White Alyssa (100 IM) (50 FR)  
 Sophia Wiseman (100 FR)

***“BB” Time***

Seva Ananthram (100 IM, 50 BK, 50 FR)  
 Charlotte Basic (100 FR)  
 Jaclynn Buzek (100 IM, 50 BR, 100 BR)  
 Peyton Cleary (50 BK, 50 FR)  
 Bryson Cory (100 IM)  
 Brooke Ericsson (100 IM)  
 Robert Lamerdin (200 BK, 50 Fly)  
 Matthew Long (50 BK)  
 Ryan Lorack (100 BR, 50 Fly)  
 Gavin Meadows (100 FR)  
 Lawson Parkhouse (100 FR)  
 Brooke Quinn (500 FR, 100 FR)  
 Dori Veith (50 BK)  
 Anna Woody (100 FR, 100 IM, 200 IM, 50 BK, 50 FR)  
 Eleanor Younica (100 FR, 50 FR)  
 Lillian Younica (100 BK, 50 Fly)

***“A” Time***

Taraneh Bonyadlou (100 FR, 200 IM)  
 Robert Lamerdin (50 BK)  
 Lucas Landers (100 FR)  
 Isabella Lorack (100 BR)  
 Avery Parks (100 BR, 100 FR, 200 BR, 200 FR, 200 IM, 50 FR, 500 FR)  
 Moira Sokolowsky (100 FR, 100 BK, 500 FR)  
 Roman Vander Kooi (50 BK)

***“AA” Time***

Holly Brundage (200 FR)  
 Addison Heyward (100 BR, 100 FR, 100 IM)  
 Emma Liebler (100 BK, 200 FR, 50 FR, 500 FR)

Isabella Lorack (100 FR, 200 IM, 50 Fly, 50 FR, 500 FR)

Anna Shnowske (100 Fly, 200 BR)

**100 % Best Times:**

An impressive 19 swimmers managed to achieve a personal best time with every swim!

Brennan Bermudez

Spencer Burton

Carter Scordo

Arden Aponte

Holly Brundage

Jaclynn Buzek

Peyton Cleary

Natalie Haas

Addison Heyward

Robert Lamerdin

Emma Liebler

Matthew Long

Gavin Meadows

Avery Parks

Moira Sokolowsky

Roman Vander Kooi

Anna Woody

Eleanor Younica

Lillian Younica

**Up Next**

The next stop on our championship tour is the Region Meet!

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**Go 757swim!**

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