



## 757swim Captures State Title as Men's Relays Rewrite Team Record Book

**Williamsburg, VA (March 18, 2019)** - The 757swim men's relay teams shattered every team relay record and led the way as 757swim earned the state title in the medium team division at Virginia Swimming's 2019 Short Course Senior Championships. The meet, which featured the fastest club swimmers in Virginia aged 13 through 19, took place at the Jeff Rouse Swim Center in Stafford, Virginia, February 28 to March 3.

Six swimmers participated on 757swim's men's relay teams: **Flynn Crisci, Noah Fields, Sam Long, Austin Smith, Ethan Roehrle, and Jacob Sprigg**. Capturing two gold medals, two silvers, and one bronze, they shattered every team relay record. Those records had previously been held by some of the area's top swimmers including Colin Wright, a William & Mary junior and current Colonial Athletic Association record-holder in the 100 free, and Evan Lynch, a freshman swimmer at Towson University.

Head Coach Morgan Cordle raved about their performance, "These guys love to compete and are fired up by a good challenge. They set a goal of rewriting our men's record book, and they didn't just meet that goal, they shattered every relay record. This is a rare accomplishment, and we are extremely proud of how they came together to achieve it."

757swim's men also earned substantial individual accolades at the meet. Junior **Sam Long** won the state championship in the 200 Individual Medley, achieved a Summer Junior Nationals qualifying time in the 100 Fly, and set three records for the team in the 100 Fly (48.86), 200 Fly (1:48.15) and 200 IM (1:50.73). Senior **Flynn Crisci**, a William & Mary commit, also set team records and achieved Summer Junior Nationals cuts in the 100 Breast (55.53) and Winter Junior National Cut in the 200 Breast (2:03.09). Senior **Noah Fields** broke his own records in the 400 IM (3:59.66) and 100 Back (50.10r), earning additional Winter Junior cuts. Three additional records were broken by junior **Austin Smith** in the 100 Free (45.72), sophomore **Aiden Crisci** in the 1650 Free (16:06.60), and sophomore **Jacob Sprigg** in the 1000 Free (9:38.76).



In the end, the men's team not only won the medium team division championship but placed second among men's teams of any size. 757swim trailed only NOVA, a large Richmond-based team which sent 64 men to the meet compared to only 9 from the Williamsburg-based squad.

The women of 757swim also earned the State Championship title among medium-sized teams and finished fourth overall. Junior **Colby Hurt**, who has committed to swim at Auburn University, led the way for the women with team record swims in the 200 Free (1:49.47) and 200 Breast (2:15.30). Senior **Jenna Thompson**, who will swim at Virginia Tech in the fall, set a new team record in the 100 Breast (1:01.19), good for 2nd place in the event. **Kylie Johnson** and **Sofia Long** also contributed to the women's point total in individual events. Meanwhile, the women's relays earned all top-6 finishes. Relay swimmers included **Thompson, Hurt, Long, Johnson, and Kaitlyn Sullivan**.

The final meet of the 2018-19 short course seasons for 757swim will be Eastern Zone Speedo Sectionals in Christiansburg, VA, on March 28-31. Seventeen swimmers have qualified to compete at Sectionals and are looking forward to the team travel event to wrap up their season.