

Knights cruise to title in FHS Invite

Meet featured some of state's best 5A swimming teams

By Justin Coons, For the Camera
Saturday, December 1, 2007

That hard work in Florida is already paying dividends.

Fresh off a training-intensive camp in Fort Lauderdale over the Thanksgiving break, the Fairview girls swim team cruised to victory Friday in the Fairview Invitational.

"What I was really pleased with was our stroke work," Fairview coach Bob Smartt said. "We've put lots of emphasis on working the different strokes, instead of spending tons of time on freestyle."

Fairview's A Team — nicknamed the Ferrets — placed first overall in the meet at the South Boulder Recreation Center. The Ferrets finished with 487 total points, almost 200 ahead of second-place Rampart.

Fairview's B Team, the Foxes, placed fourth. Boulder took fifth, 22 points behind the Foxes.

"We didn't win any individual races, but it was all about team depth," Smartt said. "The points just added up from the army."

The Ferrets were indeed winless in the individual events. However, they won four of the seven relays.

They won a medley of blue ribbons, with first-place finishes in the breaststroke, backstroke, freestyle and butterfly. They also placed four other relay teams.

"It's the beginning of the season so there was no pressure," sophomore Taylor Kitayama said. "We just went out and had fun."

Kitayama swam on four Ferret relay teams and finished second in the 100-yard backstroke.

Rampart dominated the individual races, with Jenna Gregoire taking the 50-yard and 100-yard freestyle races and Kyrene Clark winning the 100-yard breaststroke.

The early-season meet featured a mixture of long-distance stroke relays and short-distance individual races.

The relays were designed to help the teams — which included four of the top 10 Class 5A squads from last year — shake off the rust from the offseason, Smartt said.

The short-distance individual races were designed as measuring-stick races for ace swimmers looking for state title runs.

"This meet was half-fun and half-business," Smartt said.

Fairview took care of business, thanks in part to a trip to Florida.

Earlier this fall, Fairview sent several of its swimmers to the International Swimming Hall of Fame Complex in Fort Lauderdale for a one-week stroke-intensive camp.

"I heard it was a lot of fun," Kitayama said. "We have a lot of returning state qualifiers on our team this year, and a lot of good freshmen. Hopefully we can keep up the momentum and take it far this year."

Fairview Invitational

All events in yards

Team scores — 1. Fairview Ferrets (A Team) 487; 2. Rampart 303; 3. Mountain Vista 245 Points; 4. Fairview Foxes (B Team) 222 Points; 5. Boulder 200 Points.

200 Medley Relay — 1. Rampart, 1:53.95; 2. Mountain Vista, 1:53.97; 3. Fairview Ferrets, 1:58.44.

100 Freestyle — 1. Jenna Gregoire (Rampart), 54.75; 2. Meghan Varner (Boulder), 56.97; 3. Marta Roberson (La Junta), 57.94.

200 Breaststroke Relay — 1. Fairview Ferrets (Shirin Sedaghat, Amanda Mika, Natasha Steinmann, MacKenzie Patterson), 2:16.19; 2. Rampart, 2:20.61; 3. Mountain Vista, 2:20.71.

100 Butterfly — 1. Kyla Dahlquist (Mountain Vista), 1:00.34; 2. Amy Flynt (Fairview Foxes), 1:03.43; 3. Jacqueline Mays (Rampart), 1:03.97.

200 Backstroke Relay — 1. Fairview Ferrets (Taylor Kitayama, Jenny McCoy, Erica Wood, Shirin Sedaghat), 1:57.24; 2. Fairview Ferrets, 2:00.11; 3. Boulder, 2:02.72.

50 Freestyle — 1. Jenna Gregoire (Rampart), 24.52; 2. Lauren Slater (Mountain Vista), 25.77; 3. Kim Schemahorn (La Junta), 25.87.

400 Individual Medley Relay — 1. La Junta, 4:26.22; 2. Fairview Ferrets, 4:27.21; 3. Rampart, 4:27.70.

200 Freestyle Relay — 1. Fairview Ferrets (Shirin Sedaghat, Rachael Cazden, Amanda Mika, MacKenzie Patterson), 1:44.74; 2. La Junta, 1:47.37; 3. Rampart, 1:48.35.

100 Backstroke — 1. Lindsay Zeberlein (Mountain Vista), 1:01.04; 2. Taylor Kitayama (Fairview Ferrets), 1:03.18; 3. Caroline Patterson (Fairview Foxes), 1:04.71.

200 Butterfly Relay — 1. Fairview Ferrets (Jillian Smith, Alli Hester, Amanda Mika, Rachael Cazden), 1:55.41; 2. Mountain Vista, 1:57.93; 3. Fairview Foxes, 2:02.16.

100 Breaststroke — 1. Kyrene Clark (Rampart), 1:09.12; 2. Danielle Gleason (La Junta), 1:10.49; 3. Addie Johnson (Mountain Vista), 1:10.86.

400 Freestyle Relay — 1. Rampart, 3:48.82; 2. Fairview Ferrets, 3:51.04; 3. La Junta, 3:52.17.



© 2006 Daily Camera and Boulder Publishing, LLC.