

The Seahorse (2008-2009, edition 5)

Swim Practice, Monday January 19, (MLK holiday) will be held at South from 3:30-5:30PM.

Fairview 184 Legacy 128 Legacy won six of the eight individual swimming events, but Fairview won the meet due to superior depth. For example, a Legacy swimmer won the 50 free in 26.55, but the Knights took the next 4 places (**Jenna Beyer** 26.68, **Darian Davis** 26.68, **Nisa Sedaghat** 26.98, and **Michaela Metzler** 27.18) for an 18-11 edge in points in that event, The best event for the Knights was the 100 breaststroke where the team placed 1-2-3 (**Darian Davis** 1:14.88, **MacKenna Johnson** 1:16.91, and **Lindsey Fano** 1:17.11) for a 20-7 point advantage. Also winning an individual swimming event for Fairview was **Caroline Patterson** in the 100 backstroke (1:03.65), she was followed in second place by **Kendall Fosse** (1:05.38). **Caroline Patterson** also had a fine swim in the 500 free (5:41.59) where she was out-touched by .27, but swam one of the fastest 500's in school history by a non-club swimmer.

Fairview's winning 200 medley relay (2:00.26) was composed of **Caroline Patterson** (29.83), **Jenna Beyer** (33.44), **Eliza Gonzalez** (30.17) and **Darian Davis** (26.82). The Knights also won the 200 free relay (1:46.85) which was comprised of **Ellie Smith** (26.94), **Darian Davis** (27.26), **Nisa Sedaghat** (26.43) and **Jenna Beyer** (26.22).

The diving Knights: Diving was the first event contested, and as Legacy only had one contestant, the Diving Knights earned a big 20-6 advantage in the score. **Lizzie Szoke** placed first with a personal best of 174.90. Also placing for the Knights were **Colleen Sherry** in 3rd with 89.18, **Erin Walters** 4th in 88.43, and **Leslie Tanis** 5th in 86.70.

Fairview JV 208- Legacy Mountain JV 68. Fairview won all 12 of the events. Taking first place for the Knights were: **Rosie Irwin** (2:27.15) in the 200 free; **Karlina Wu** (2: 35.19) in the 200 IM; **Zoe Verhoeven** (28.32) in the 50 free; **Kelley Hartzell** (91.88) in diving; **Zoe Verhoeven** (1:21.98) in the 100 butterfly; **Maggie Nazarenius** (1:11.19) in the 100 free: **Rosie Irwin** (6:44.36) in the 500 free; **Ashani Gottlieb** (1:09.25) in the 100 back; and **Caela Bialek** (1:31.95) in the 100 breast.

Fairview's winning 200 JV medley relay (no time) was composed of **Karlina Wu** (32.72), **Jane Xie** (37.41), **Maggie Nazareus** (35.50) and **Katie Moran** (nt). The Knights winning 200 free relay (1:46.85) was comprised of **Caela Bialek** (32.82), **Brynn Seitzman** (31.27), **Madison Harmon** (32.96) and **Laura Kaliski** (30.90). The first place 400 free relay (4:27.69) was swum by **Rosie Irwin**, **Maggie Nazareus**, **Ashani Gottlieb** and **Karlina Wu**.

Best Times and Complete Results: A partial list of personal best times from the Legacy meet is included below. The complete results are posted on the website.

Next Meet: Arapahoe JV Invitational. Approximately 22 swimmers have been selected to swim in this meet on Tuesday, January 20 at Arapahoe High School. The meet will feature seeded heats with the fastest swimmers in the middle of the pool of the final heat. The bus will leave Fairview at 3:15PM. The warmup will be 4:30-5:20 and the meet will begin at 5:30. There will not be diving in this meet. The bus should arrive back at Fairview at approximately 8:20PM. Dinner will be provided on the bus. The meet lineup will be posted at practice on Monday, January 19. **All swimmers invited to swim in this meet need to communicate with Coach Franny Benay about their intent to participate.**

The Boulder County Championships (BoCo) will be held at South Boulder Rec. Center on Friday and Saturday, January 23 and 24. Swimming prelims are held on Friday. Students participating in the meet will be excused from school at approximately 2PM. We currently have only three dedicated lanes available for warm-up from 2:30 until 3:00. The meet begins at 4:15PM. Some of our USS swimmers may want to arrange a separate warm-up at Rally or East because we will be very crowded for warm-up at South. The 18 fastest individuals and relays in each event qualify for the swimming finals on Saturday (3 heats of six swimmers). There is a general finals warm-up for all teams on Saturday from 2:00-2:50PM. The finals begin at 3:00PM. Diving will be held on Saturday afternoon at the CU diving well (contact Coach Tony for specifics) Fairview

will be divided into three different teams. Each separate team is able to enter a total of four persons in individual events and two relays in each relay event. This meet is fun and fast, a good opportunity to achieve fast state quals. Fast state quals are important because a faster state qual will position a swimmer at State toward the middle of the pool with a faster draft from faster swimmers in the adjoining lanes. Slow state quals may consign a swimmer to an outside lane or a slower heat. The Boulder Daily Camera will cover the BoCo meet. **The BoCo entry will be posted on the wall at South on Monday, January 19, if you find errors in the entry, please report them to Bob Smartt ASAP**

Next pasta Dinner: Wed the 21st at the Werner's house, 5652Aurora place, Boulder, 80303.

Swimming Website: the website: <http://www.floswimming.org/> has thousands of great swimming video clips including meets, and interviews with coaches and swimmers.

Good prices for Fast suits: the online store of the Highpoint swim shop (www.highpointswim.com) has provided Fairview with special discounts on the new Blue Seventy high performance swimsuits and on other top performance suits. The pricing is \$240 for the Blue Seventy knee length Nero Comp, and \$296.25 for the Blue Seventy Ankle length Nero Comp. In order to get the special pricing you need to find and click [Click Here to go to Fairview High School Team Products](#). There is a link to the sizing chart. The weight is more important than the height when sizing. If the suit arrives and does not fit, Highpoint will do an exchange so long as the tags are still attached and the suit is not damaged. The only bad news is they do not have many of the sizes currently in inventory, they are getting a large shipment in in a week or so, so we may not have the suits by BOCO, but we can try them at the Boulder High Meet if need be. The person to speak with if questions arise is Rebecca at 866-863-5361 or at customerservice@highpointswim.com:

Please note that the use of two suits in a race has been banned by CHSAA. Also, the Blue Seventy suit has two logos. National rules only allow one visible logo. Our athletes will use black sharpies or other efforts to cover the Blue Seventy logos.

Late January Birthdays: Amanda Krueger 1/24, Nisa and Shirin Sedaghat and **Spencer Hawkins** 1/25.

Fairview Varsity: 184 Legacy 128

Fairview JV 206 LegacyJV 68

Legacy Meet Best Times*

Name	Event	Time	Previous best
Rachel Anderson	200 free	2:14.04	?
Rachel Anderson	100 fly	1:15.60	1:19.50
Jenna Beyer	100 free	59.44	1:00.xx
Wolf Bialek	50 free	32.82	34.10
Wolf Bialek	200 free	2:50.16	2:52.20
Lindsay Fano	50 free	29.03	29.xx
Lindsey Fano	200 free	2:18.76	2:21.39
Rachel Fenwick-Smith	100 free	1:25.72	1:27.06
Eliza Gonzalez	100 fly	1:06.63	1:07.84
Madison Harmon	500free	7:18.14	7:19.95
Caroline Patterson	500 free	5:41.59	5:44.18
Regan Payne	200 free	2:15.97	?
Kasia Rasker	500 free	6:10.34	6:39.61
Tessa Schoenhals	200 IM	2:37.47	2:37.60
Lizzy Szoke	1 meter	174.90	174.23
Erin Walters	1 meter	88.43	75.52
Karlina Wu	200IM	2:35.19	2:50.10
Karlina Wu	50 back	32.72	32.79
Relay splits			
MacKenna Johnson	50 fly	29.53s	31.23s
Kasia Rasker	50 breast	35.45s	35.82s
Maggie Nazarenius	50 fly	35.50s	?

Maddie Harmon	50 free	32.96s	?
Rachel Fenwick-Smith	50 free	35.88s	37.67s

*- the coaches do not have personal best times for many of the new swimmers

2008-2009 State Qualifiers

Name	Events	Time
Rachael Cazden	50 free, 100 free 100 back	24.57, 55.21, 1:01.31
Shirin Sedaghat	50 free, 100 free, 100 breast	25.37, 55.46, 1:10.30
Taylor Kitayama	100 back, 100 fly 200IM, 100 free	59.31, 59.84, 2:17.93 56.56
Caroline Patterson	100 back, 200 IM, 200 free	1:01.14, 2:19.61, 2:04.11
Jenny McCoy	100 back, 200 IM	1:01.88, 2:21.04
Jenna Beyer	100 breast	1:12.06
Kourtney Fosse	100 breast	1:12.32
Lizzy Anderson	200 free, 500 free	2:02.96, 5:17.72
Amanda Mika	50 free, 100 free	25.91, 56.41
Erica Wood	100 back	1:03.69
Lauren Rigg	200 free, 200IM, 100 fly	2:02.83, 2:11.84, 58.59
Emily Scraggs	50 free, 200 free, 100 free	25.36, 2:00.28, 56.37

Ellie Smith	100 fly	1:04.00
Mary Scraggs	500 free, 200IM	5:32.35, 2:19.68
Sydney Pair	200 free, 500 free, 200 IM	2:03.22, 5:19.54, 2:17.92
Tasia DeMuth	50 free, 100 free	25.39, 54.37
Keeley Hernandez	50 free	25.84
Tara DeMuth	100 fly, 100 breast	1:01.73, 1:11.70
Fairview A	200 medley	1:51.43
	200 free	1:40.38
	400 free	3:40.54

Bold- indicates a personal best time