

The Seahorse (2008-2009, edition 6)

Boulder County Championships: The Knights kept the tradition by winning the 21st Boulder County Championship. The score of the top six teams: **Fairview High Team 694**, Boulder A 421, Monarch A 343, **Fairview Black 306**, Broomfield A 302, Niwot 254. The Knights were led by **Lauren Rigg** who won the 100 butterfly in 56.59, a new BoCo record and an NISCA Automatic All American time; and Lauren won the 200 IM in 2:08.10, narrowly missing Kristen Lahey's Boulder County record of 2:07.83. Lauren was also a member of two Fairview relay teams that broke the BoCo record; the 200 medley relay swam 1:49.35, ahead of the old record of 1:49.98, and was comprised of **Taylor Kitayama** (28.16), **Tara DeMuth** (30.96), **Lauren Rigg** (26.05) and **Rachael Cazden** (24.18). The Fairview 400 freestyle relay had a tight race with Boulder High. The Knights winning time of 3:34.55 smashed the old Boco record of 3:37.45. The 400 free relay was composed of **Lauren Rigg** (52.89), **Emily Scraggs** (54.35), **Taylor Kitayama** (53.99) and **Tasia DeMuth** (53.32). Fairview also won the 200 free relay in 1:39.93, the second fastest time in Boco history. This relay was swum by **Shirin Sedaghat** (25.71), **Emily Scraggs** (25.04), **Tasia DeMuth** (24.65) and **Rachael Cazden** (24.53). Breaking the Fairview school record in the 100 breaststroke was **Tara DeMuth** who swam 1:08.77 in prelims to take out the old record of 1:08.98 held by Julie Giehl. Congratulations to new state qualifiers **Eliza Gonzalez** in the 100 backstroke (1:04.05) and **Julie Anderson** in the 500 free (5:17.74) and in the 200 free (2:02.59). Adding a second state qual for the season was **Jenna Beyer** in the 50 free (25.86).

BoCo All Time List: In addition to the swims mentioned above, the following efforts at Boco qualify the athlete to be listed on the BoCo All Time Performers (top 10) List: **Sydney Pair**- 200IM (2:14.33-10th), **Rachael Cazden**-50 free (24.96-7th), **Tasia DeMuth**- 100 free (53.82-7th), **Rachael Cazden**-100 free (54.70 9th), **Sydney Pair**-500 free (5:12.25- 8th), **Taylor Kitayama**-100 backstroke (58.84-3rd), **Caroline Patterson**-100 backstroke (1:00.07-5th), **Jenny McCoy** -100 backstroke (1:00.77-8th), and **Tara DeMuth**-100 breaststroke (1:08.77 5th).

The diving Knights: Congratulations to **Lizzie Szoke** who placed 3rd in the diving competition at CU with a score of 274.15.

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

Arapahoe JV Invitational: we have not yet received the results from this meet. We will post results when available. Congratulations to the 20 athletes who swam in this meet and performed well!

The Fairview/Boulder Dual Meet: will be held Thursday, January 29 at North Boulder Rec. It will be a three heat meet so the team can accommodate a large number of splashes. Athletes will be excused at 2:15PM. The bus will leave Fairview at 2:30PM, warm up will begin at 3:00, and the meet starts at 4PM. There will not be a return bus after the meet. A signup sheet will be posted at South.

Front Range League Championships: will be held Wednesday and Thursday, February 4th and 5th, at the Mountain View Aquatic Center, 3500 Mountain Lion Drive, Loveland, 80537. The bus for the swim preliminaries will leave Fairview on Wednesday the 4th at 7:45AM. Our swim warm up is 9:20-9:50 and the meet begins at 10:00AM. We are allowed an unlimited number of entrants in individual events and one relay team in each of the three relay events. 24 athletes will qualify for finals in each event, but each team is limited to only 4 athletes in finals in an event. E.g. if our 5th athlete in a given event places top 24, that athlete will not be able to swim finals and a slower swimmer from another team will be selected. The bus for finals will leave Fairview at 10:30AM on Thursday, February 5. The swim warm up will begin at noon and the swimming and diving finals will begin at 1:30PM.

Certain Fairview swimmers who have qualified for State will not swim the League Meet in order to practice for state.

Please communicate with the coaches as to whether you will participate in the League Meet and what your preferred individual events are. The League meet entry must be submitted by Friday, January 30 at 7PM. A signup sheet will be posted at South.

Diving prelims will start on Thursday, February 5 at 9:00, with warm up scheduled from 7:00-8:50AM. Contact Coach Tony for information on the transportation to diving prelims. Each team is allowed an unlimited number of diving entries, but the diving portion is an 11 dive meet. The last three dives will be contested in the regular order in the finals after the 50 freestyle.

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, but we can try them at the Boulder High Meet if need be. The team name and password to access the site can be obtained from Bob Smart. 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.

Parent Support: A hearty thank you to the many parents who volunteered to make the Boulder County Meet a big success. Also, thank you to Melissa Werner for hosting a pasta dinner at her house on Wednesday, January 21.

Boulder County Meet Best Times*

Name	Event	Time	Previous best
Lizzy Anderson	200 free	2:02.55	2:02.96
Lizzy Anderson	200 free	2:02.24	2:02.55
Rachel Anderson	200 free	2:12.70	2:14.04
Rachel Anderson	100 free	1:00.20	1:01.37
Rachel Anderson	50 free	27.67	27.8
Maggie Best	100 back	1:08.05	1:08.98
Maggie Best	100 fly	1:08.12	1:08.90
Jenna Beyer	50 free	25.86	26.11
Rachael Cazden	100 free	54.70	55.21
Tara DeMuth	100 breast	1:08.77	1:09.68
Tara DeMuth	100 fly	59.33	1:00.43
Tasia DeMuth	100 free	53.82	54.22
Lindsay Fano	100 breast	1:15.16	1:16.83
Lindsey Fano	200 IM	2:29.97	2:32.36
Lindsey Fano	200 IM	2:28.33	2:29.97
Kendall Fosse	50 back	30.73	31.28
Kendall Fosse	100 back	1:04.33	1:04.43
Kourtney Fosse	100 breast	1:11.12	1:12.32
Kourtney Fosse	100 fly	1:05.05	1:05.70
Megan Giehl	200 free	2:09.51	2:09.87
Megan Giehl	200 free	2:08.85	2:09.51
Eliza Gonzalez	100 back	1:04.05	1:04.54
Ashani Gottlieb	200 free	2:15.50	2:18.89
Ashani Gottlieb	100 back	1:07.19	1:08.02
Rosie Irwin	100 free	1:03.90	1:04.29
McKenna Johnson	100 free	59.65	59.90
Natalie Jones	50 free	30.71	31.82
Natalie Jones	100 fly	1:26.87	1:29.87

Taylor Kitayama	100 fly	59.65	59.84
Jenny McCoy	100 back	1:00.77	1:01.22
Jenny McCoy	200 IM	2:19.51	2:21.04
Michaela Metzler	50 free	26.64	27.00
Amanda Mika	100 free	56.27	56.41
Maddie Oakley	100 breast	1:21.67	1:22.68
Sydney Pair	200 IM	2:14.33	2:15.x
Caroline Patterson	200 IM	2:17.18	2:19.4
Caroline Patterson	100 back	1:00.07	1:00.84
Regan Payne	100 free	1:00.14	1:01.66
Regan Payne	100 back	1:06.26	1:06.96
Colleen Riedl	100 free	1:05.70	1:05.87
Lauren Rigg	100 free	52.89	53.32
Lauren Rigg	100 fly	56.59	57.50
Lauren Rigg	200 IM	2:08.10	2:11.84
Tessa Schoenhals	200 IM	2:32.15	2:37.47
Tessa Schoenhals	50 free	28.67	28.86
Tessa Schoenhals	100 free	1:02.01	1:04.14
Mary Scraggs	200 IM	2:15.59	2:16.x
Brynn Seitzman	100 fly	1:25.86	1:31.62
Ellie Smith	50 free	26.06	26.11
Ellie Smith	100 free	56.87	57.15
Julia Ting	200 IM	2:28.77	2:29.66
Julia Ting	200 IM	2:26.76	2:28.77
Katherine Uhlir	500 free	5:53.21	5:54.x
Zoe Verhoeven	50 free	27.19	27.7
Zoe Verhoeven	100 free	1:01.75	1:03.11
Emily Werner	200 free	2:08.30	2:09.06
Relay splits			
Julie Anderson	100 free	57.33s	57.96s

Maggie Best	50 fly	29.70s	30.27s
Tara DeMuth	50 free	24.79s	25.x
Tara DeMuth	50 breast	30.96s	31.11s
Tasia DeMuth	50 free	24.65s	24.68s
Tasia DeMuth	100 free	53.32s	53.59s
Lisa Driscoll	50 breast	35.31s	35.36s
Lindsey Fano	50 breast	34.10s	35.45s
Kendall Fosse	100 free	59.20s	59.64s
Ashani Gottlieb	100 free	1:01.10s	1:02.99s
Mackenna Johnson	50 free	27.07s	27.25s
Maia Kenney	100 free	59.10s	59.30s
Taylor Kitayama	100 free	53.99s	55.12s
Maddie Oakley	50 free	27.68s	28.07s
Sydney Pair	100 free	57.81s	58.x
Regan Payne	50 free	27.62s	28.x
Lauren Rigg	50 fly	26.05s	26.52s
Emily Scraggs	100 free	54.35s	55.x
Mary Scraggs	50 free	26.77s	26.x
Shirin Sedaghat	50 breast	31.29s	31.42s
Karlina Wu	50 free	27.33s	28.27s
Karlina Wu	100 free	1:01.63s	1:02.75s

*- 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, 54.70, 1:01.31
Shirin Sedaghat	50 free, 100 free, 100 breast	25.37, 55.46, 1:10.08
Taylor Kitayama	100 back, 100 fly 200IM, 100 free	58.84, 59.65, 2:17.93 56.56
Caroline Patterson	100 back, 200 IM, 200 free	1:00.07, 2:17.18, 2:04.11
Jenny McCoy	100 back, 200 IM	1:00.77, 2:19.51
Jenna Beyer	100 breast, 50 free	1:11.35, 25.86
Kourtney Fosse	100 breast	1:11.12
Lizzy Anderson	200 free, 500 free	2:02.24, 5:17.72
Amanda Mika	50 free, 100 free	25.70, 56.27
Erica Wood	100 back	1:03.59
Lauren Rigg	200 free, 200IM, fly, free	2:02.83, 2:08.10, 56.59, 52.89
Emily Scraggs	50 free, 200 free, 100 free	25.36, 1:59.36, 55.66
Ellie Smith	100 fly	1:04.00
Mary Scraggs	500 free, 200IM	5:26.62, 2:15.59
Sydney Pair	200 free, 500 free, 200 IM	2:03.22, 5:12.25, 2:14.33
Tasia DeMuth	50 free, 100 free	25.12, 53.82
Keeley Hernandez	50 free	25.70
Tara DeMuth	100 fly, 100 breast	59.33, 1:08.77
Julie Anderson	500 free, 200 free	5:17.74, 2:02.59
Eliza Gonzalez	100 back	1:04.05
Fairview A	200 medley	1:49.35
Bold- personal best	200 free	1:39.93
	400 free	3:34.55

2008-2009 state quals by event

200fr	Emily Scraggs	1:59.36	500 free	
	Lizzy Anderson	2:02.24	Sydney Pair	5:12.25
	Julie Anderson	2:02.59	Lizzy Anderson	5:17.72
	Lauren Rigg	2:02.83	Julie Anderson	5:17.74
	Caroline Patterson	2:04.11	Mary Scraggs	5:26.62
IM	Lauren Rigg	2:08.10		
	Syd Pair	2:14.33	100 back	
	Mary Scraggs	2:15.59	Taylor Kitayama	58.84
	Caroline Patterson	2:17.18	Caroline Patters	1:00.07
	Taylor Kitayama	2:17.93	Jenny McCoy	1:00.77
	Jenny McCoy	2:19.51	Rachael Cazden	1:01.31
50Fr	Rachael Cazden	24.57	Erica Wood	1:03.59
	Tasia DeMuth	25.12	Eliza Gonzalez	1:04.05
	Shirin Sedaghat	25.37		
	Keeley Hernandez	25.70		
	Amanda Mika	25.70		
	Jenna Beyer	25.86	100 Breast	
100 F	Lauren Rigg	56.59	Tara DeMuth	1:08.77
	Tara DeMuth	59.33	Shirin Sedaghat	1:10.08
	Taylor Kitayama	59.65	Kourtney Fosse	1:11.12
	Ellie Smith	1:04.00	Jenna Beyer	1:11.35
100Fr	Lauren Rigg	52.89		
	Tasia DeMuth	53.82		
	Rachael Cazden	54.70		
	Shirin Sedaghat	55.46		
	Emily Scraggs	55.66		
	Amanda Mika	56.27		

	Taylor Kitayama	56.56		
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