

The Seahorse (2008-2009, edition 7)

Fairview 161 Boulder 140: For the 21st consecutive year the Knights defeated their local rival. While Boulder won four individual events, and all three relays, the Fairview depth ruled the day. Fairview was led by **Taylor Kitayama** with victories in the 100 butterfly (1:00.24) and the 100 backstroke (59.39). The biggest swing in the meet's momentum occurred in the 200 IM event where the Fairview 1-2-3-4 sweep, good for a 23-6 margin in points, was accomplished by **Caroline Patterson** (2:20.45), **Kourtney Fosse** (2:24.62), **Julie Anderson** (2:25.18) and **Kasia Rasker** (2:30.89). Also winning an individual event for Fairview was **Shirin Sedaghat** in the 100 breaststroke, where her time of 1:09.66 ranks 5th on the Fairview All Time Performers List. Joining **Taylor Kitayama** for a 1-2 finish in the 100 back was **Jenny McCoy** in a fast time of 1:00.99.

The diving Knights: Congratulations to **Lizzie Szoke** (165.20) and **Marina Yamazaki** (147.55) who placed first and second in the 1 meter diving competition. The Boulder Daily Camera website has pictures of both girls from the meet.

Fairview JV 208 Boulder JV 95: Fairview won all 8 of the individual swimming events and two of the three relays. The Knights had several awesome 1-2-3-4 sweeps: the 200 IM was won by **Tessa Schoenhals** (2:32.79), **Kendra Werner** (2:37.66), **Ashani Gottlieb** (2:40.13) and **Alice Hearn** (2:41.61); the 50 free was swept by **Nisa Sedaghat** (25.98), **Darian Davis** (26.09), **Michaela Metzler** (27.02) and **MacKenna Johnson** (27.05); the 100 fly was led by **Julia Ting** (1:10.42), **Maddie Oakley** (1:13.36), **Rachel Anderson** (1:15.71) and **Jane Xie** (1:18.29), the top 500 freestyle swimmers were **Alice Hearn** (6:09.07), **Tessa Schoenhals** (6:21.72), **Rosie Irwin** (6:37.82) and **Laura Kaliski** (6:53.90), the 100 backstroke was led by **Darian Davis** (1:03.91), **Nisa Sedaghat** (1:05.08), **Kendall Fosse** (1:05.30) and **Ashani Gottlieb** (1:07.44); and the 100 breaststroke was dominated by **Lindsey Fano** (1:14.20), **Kasia Rasker** (1:15.35), **Lisa Driscoll** (1:16.98) and **Natasha Steinmann** (1:17.05). Also, headlining individual events for Fairview were **Julia Ting** who placed first in the 200 free (2:13.92) and **Michaela Metzler** (59.67) and **Zoe Verhoeven** (1:00.67) who placed first and second in the 100 free.

State Qualifiers: Congratulations to new state qualifiers **Nisa Sedaghat** in the 50 free (25.98) and **Darian Davis** in the 100 backstroke (1:03.91), bringing the team's total to 22 state qualifiers.

The winning Fairview JV relays were swum by **Ashani Gottlieb** (32.56), **Lisa Driscoll** (35.63), **Zoe Verhoeven** (32.14) and **Rosie Irwin** (28.86) in the 200 medley (2:09.19); and **Tessa Schoenhals** (1:02.65), **Rosie Irwin** (1:06.90), **Alice Hearn** (1:07.02) and **Karlina Wu** (1:01.93) in the 400 free relay (4:18.50).

Best Times and Complete Results: A partial list of personal best times from the Boulder Dual 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!

Pasta Dinner: will be held Tuesday night at Jenny McCoy's house after swim practice, 65 Illini Court, Boulder 80303, 303-499-5542

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 warmup 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 warmup 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.

Diving prelims will start on Thursday, February 5 at 9:00, with warmup 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.

5A the State Championships: In order to swim an individual event at the State Championships, the athlete must achieve the 5A time standard during the 2008-2009 season in a high school meet. We are permitted only one relay entry in each of the three relay events at State. . The coaching staff may designate up to 8 individuals for each relay event at State. The composition of the relay may change between prelims and finals. **We are permitted a maximum of four entries in each individual event.** In making the decision concerning which athletes will be allowed to swim at State if more than four qualify, the coaching staff will consider a number of factors including whether times were achieved unshaven, when during the season the state qualifying time was achieved, whether an athlete has achieved more than one standard, and the likely order for relay swims. The ultimate calculation will involve the coaching staff's subjective assessment of the entry lineup that will give Fairview the best chance to achieve the highest team point total.

State Championships Venue – Epic Pool, Fort Collins, take I-25 North to the Prospect Road exit, then west 2-3 miles. South (left) on Riverside, 1 block to the building (1801 Riverside). **The entry is due Sunday, February 7, at 10:00AM. Athletes who qualify for multiple events at State should communicate early and often with the coaching staff concerning the selection of events for State.** Fairview will be competing in the 5A category against approximately 60 other teams. **The schedule:**

Swim prelims warm-ups: Friday February 13 2:30PM

Swim prelims : Friday February 13 4:00PM

Swim Finals warm-ups: Saturday, 14 12:30PM

Swim finals: Saturday, February 14 2PM.

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 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.

Fairview 161 Boulder 140

Fairview JV 208 Boulder JV 95

Boulder Dual Meet Best Times*

| Name | Event | Time | Previous best |
|--------------|------------|---------|---------------|
| Maggie Best | 200 free | 2:16.89 | 2:17.58 |
| Jenna Beyer | 100 free | 58.98 | 59.44 |
| Wolf Bialek | 200 IM | 3:17.03 | 3:18.21 |
| Lindsay Fano | 100 breast | 1:14.20 | 1:15.16 |
| Lindsey Fano | 200 free | 2:16.23 | 2:18.76 |

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|----------------------|------------|----------|----------|
| Kourtney Fosse | 200 IM | 2:24.62 | 2:24.71 |
| Ashani Gottlieb | 200 IM | 2:40.13 | ? |
| Clara Granger | 50 free | 30.57 | 32.07 |
| Lyndsi Halvorson | 100 free | 1:11.66 | 1:15.48 |
| Madison Harmon | 200 IM | 2:56.27 | 2:58.53 |
| Alice Hearn | 500 free | 6:09.07 | 6:09.81 |
| Rosie Irwin | 50 free | 28.78 | ? |
| Regina Johanos | 200 IM | 3:07.98 | 3:10.32 |
| McKenna Johnson | 50 free | 27.05 | ? |
| Laura Kaliski | 500 free | 6:53.90 | 7:02.90 |
| Maia Kenney | 200 free | 2:11.33 | 2:23.62 |
| Jenny McCoy | 200 free | 2:05.38 | 2:07.85 |
| Michaela Metzler | 100 free | 59.67 | 1:00.16 |
| Amanda Mika | 100 fly | 1:02.20 | 1:04.66 |
| Maggie Nazarenus | 100 free | 1:09.16 | 1:10.97 |
| Maggie Nazarenus | 200 free | 2:35.20 | 2:35.21 |
| Maddie Oakley | 100 fly | 1:13.36 | 1:15.22 |
| Kasia Rasker | 100 breast | 1:15.36 | 1:15.41 |
| Colleen Riedl | 100 free | 1:05.21 | 1:05.70 |
| Shirin Sedaghat | 50 free | 25.31 | 25.37 |
| Shirin Sedaghat | 100 breast | 1:09.66 | 1:10.08 |
| Ellie Smith | 50 free | 25.97 | 26.06 |
| Kendra Werner | 200 IM | 2:37.66 | ? |
| Karlina Wu | 100 back | 1:10.21 | 1:10.89 |
| Relay splits | | | |
| Maggie Best | 100 free | 1:02.04s | 1:02.88s |
| Jenna Beyer | 50 free | 25.73s | 26.02s |
| Rachel Fenwick-Smith | 100 free | 1:24.45 | 1:25.35 |
| Kourtney Fosse | 50 free | 26.01s | 26.56s |
| Lyndsi Halvorson | 50 free | 33.12s | 34.39s |

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|------------------|----------|----------|----------|
| Natalie Jones | 100 free | 1:15.75s | 1:15.85s |
| Jenny McCoy | 100 free | 56.42s | 56.71s |
| Amanda Mika | 50 free | 25.33s | 25.39s |
| Anna Royer | 100 free | 1:14.05s | 1:15.21s |
| Tessa Schoenhals | 50 free | 27.80s | 28.86s |

*- 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 | 25.31, 55.46, 1:09.66 |
| 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, 100 fly | 25.70, 56.27, 1:02.20 |
| 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, 50 free | 1:04.00, 25.96 |
| Mary Scraggs | 500 free, 200IM | 5:26.62, 2:15.59 |

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|----------------------------|----------------------------|---------------------------|
| Sydney Pair | 200 free, 500 free, 200 IM | 2:00.16, 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 |
| Nisa Sedaghat | 50 free | 25.98 |
| Darian Davis | 100 back | 1:03.91 |
| 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

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|-------|--------------------|---------|-----------------|---------|
| 200fr | Emily Scraggs | 1:59.36 | 100 fr (cont.) | |
| | Sydney Pair | 2:00.16 | Amanda Mika | 56.27 |
| | Lizzy Anderson | 2:02.24 | Taylor Kitayama | 56.56 |
| | Julie Anderson | 2:02.59 | | |
| | Lauren Rigg | 2:02.83 | | |
| | Caroline Patterson | 2:04.11 | | |
| IM | Lauren Rigg | 2:08.10 | | |
| | Syd Pair | 2:14.33 | 500 free | |
| | Mary Scraggs | 2:15.59 | Sydney Pair | 5:12.25 |

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|-------|--------------------|---------|------------------|---------|
| | Caroline Patterson | 2:17.18 | Lizzy Anderson | 5:17.72 |
| | Taylor Kitayama | 2:17.93 | Julie Anderson | 5:17.74 |
| | Jenny McCoy | 2:19.51 | Mary Scraggs | 5:26.62 |
| 50Fr | Rachael Cazden | 24.57 | | |
| | Tasia DeMuth | 25.12 | | |
| | Shirin Sedaghat | 25.31 | 100 back | |
| | Keeley Hernandez | 25.70 | Taylor Kitayama | 58.84 |
| | Amanda Mika | 25.70 | Caroline Patters | 1:00.07 |
| | Jenna Beyer | 25.86 | Jenny McCoy | 1:00.77 |
| | Ellie Smith | 25.96 | Rachael Cazden | 1:01.31 |
| | Nisa Sedaghat | 25.98 | | |
| 100 F | Lauren Rigg | 56.59 | Erica Wood | 1:03.59 |
| | Tara DeMuth | 59.33 | Darian Davis | 1:03.91 |
| | Taylor Kitayama | 59.65 | Eliza Gonzalez | 1:04.05 |
| | Amanda Mika | 1:02.20 | | |
| | Ellie Smith | 1:04.00 | 100 Breast | |
| 100Fr | Lauren Rigg | 52.89 | Tara DeMuth | 1:08.77 |
| | Tasia DeMuth | 53.82 | Shirin Sedaghat | 1:09.66 |
| | Rachael Cazden | 54.70 | Kourtney Fosse | 1:11.12 |
| | Shirin Sedaghat | 55.46 | Jenna Beyer | 1:11.35 |
| | Emily Scraggs | 55.66 | | |