

The Seahorse (2008-2009, edition 8)

Front Range League Championships: Fairview 787, Monarch 700, Fort Collins 613, Loveland 548, Legacy 457, Boulder 375, plus 5 other teams participated. While the Knights did not win any events, our dominant depth led to league victory. For example, in the 100 backstroke our swimmers: **Erica Wood** (1:01.37-3rd), **Kendall Fosse** (1:02.15-4th), **Nisa Sedaghat** (1:03.06- 5th), and **Regan Payne** (1:05.89-7th) scored a total of 97 points. Monarch had the league backstroke champion, but their four backstroker finalists managed to score a total of 67 points. To follow is a listing of all the other Fairview individual finalists with their preliminary and final times and their league placing:

200 free: **Megan Giehl** (2:09.45/2:08.70)-10th ; **Emily Werner** (2:12.85/2:09.44)-12th; and **Rachel Anderson** (2:13.04/2:12.58)-16th;
200IM: **Lindsey Fano** (2:28.65/2:24.37)-10th; **Kasia Rasker** (2:24.35/2:24.42)-11th;
Julia Ting (2:30.92/2:29.96)-14th; and **Karlina Wu** (2:35.95/2:36.13)-19th.
50 free; **Shirin Sedaghat** (25.30/24.91)-3rd; **Keeley Hernandez** (25.89/25.68)-7th; **Ellie Smith** (25.79/26.29)-8th; and **Darian Davis** (26.70/27.01)- 16th.
100 butterfly: **Erica Wood** (1:01.73/1:01.44)-3rd; **Ellie Smith** (1:03.70/1:03.92)- 7th;
Maia Kenney (1:06.09/1:06.82)-13th; and **Eliza Gonzalez** (1:07.33/1:07.26)-14th.
100 freestyle: **Nisa Sedaghat** (56.00/56.21)-2nd; **Kendall Fosse** (57.40/57.30)-7th;
Keeley Hernandez (57.42/58.06)-8th; and **MacKenna Johnson** (58.06/59.01)-13th.
500 free; **Megan Giehl** (5:52.33/5:50.57)-6th; **Maia Kenney** (5:50.48-5:51.73)-8th, **Emily Werner** (5:53.20/5:50.25)-9th; and **Alice Hearn** (6:02.61/6:04.89)-13th
100 breast: **Kasia Rasker** (1:12.84/1:12.91)-6th; **Mackenna Johnson** (1:11.93/1:12.92)-7th; **Darian Davis** (1:13.17/1:14.26)-8th; and **Lindsey Fano** (1:13.58/1:10.61)-9th.

The diving Knights: Lizzie Szoke (277.90) placed 7th and **Marina Yamazaki** (264.20) placed 11th.

Alternates: The Front Range League Championships permit an unlimited number of entries in an individual event, but only four athletes per team may advance to the finals. The following Fairview athletes would have placed in the meet if the four athletes/team rule was not in effect:

200IM **Jane Xie** (2:38.72) 22nd; 50 free: **Michaela Metzler** (27.19) 21st; and **Zoe Verhoeven** (27.36) 23rd; 100 butterfly: **Maggie Best** (1:07.68) 15th, and **Maddie Oakley** (1:13.61) 22nd 100 freestyle: **Regan Payne** (1:00.05) 19th, **Rachel Anderson** (1:00.05) 19th; **Michaela Metzler** (1:00.20) 21st; and **Zoe Verhoeven** (1:00.26) 22nd 500 freestyle **Julia Ting** (6:01.99) 10th, and **Rosie Irwin** (6:26.45) 23rd; 100 backstroke: **Eliza Gonzalez** (1:06.26) 10th; **Ashani Gottlieb** (1:06.79) 11th; **Maggie Best** (1:07.17) 12th;

Kendra Werner (1:07.75) 14th; and **Karlina Wu** (1:08.87) 19th; 100 breaststroke: **Natasha Steinmann** (1:15.88) 13th; **Maddie Oakley** (1:20.45) 22nd.

State Qualifiers: Congratulations to new state qualifiers **Kendall Fosse** in the 100 backstroke (1:01.29); **MacKenna Johnson** in the 100 breaststroke (1:11.93) and **Lindsey Fano** in the 100 breaststroke. These three athletes bring our season total to 25 swimmers thereby meeting our team goal and tying the 2006-2007 Team for the most ever by a Fairview swim team.

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

State Team Pasta Dinner: will be held Tuesday night at Rachel Cazden's house for the state team after swim practice, 1266 Mallard Court, Boulder 80303, 545-6152. A special thank you to the McCoy family for hosting the pasta dinner on February 3.

State meet workers: Fairview will supply 11 athletes, who will receive coveted deck passes, in order to work the state finals. Eight girls will be timers, one will be a backup timer, and two will be runners. The 11 workers should not wear any article of clothing with the Fairview name or logo. They will be provided at the meet with state swimming shirts. They should wear either black or white shorts. They should report to the pool deck by 1:30Pm (30 minutes prior to the start of finals) If you would like to work at state finals, please contact Erica Wood.

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.

Front Range League Meet Best Times*

Name	Event	Time	Previous best
Arrayed by event			
Rachel Anderson	200 free	2:12.58	2:12.70
Alice Hearn	200 free	2:18.16	2:18.72
Megan Giehl	200 free	2:08.70	2:08.85
Maggie Nazarenus	200 free	2:26.48	2;35.20
Kasia Rasker	200 IM	2:24.35	2:27.08
Lindsey Fano	200 IM	2:24.37	2:28.33
Jane Xie	200 IM	2:38.72	2:40.46
Regina Johanos	200 IM	2:57.74	3:07.98
Maddie Harmon	200 IM	2:52.98	2:56.27
Brynn Seitzman	200 IM	2:53.57	2:54.34
Shirin Sedaghat	50 free	24.91	25.31
Amanda Mika	50 free	24.84	25.70
Ellie Smith	50 free	25.79	25.96
Rosie Irwin	50 free	28.82	29.80
Anna Royer	50 free	30.32	32.46
Ali Koeber	50 free	30.66	32.38
Caela Bialek	50 free	32.25	32.82
Regina Johanos	50 free	32.29	35.18
Anna Hall	50 free	34.35	37.20
Erica Wood	100 fly	1:01.44	1:03.x
Ellie Smith	100 fly	1:03.70	1:04.00
Maia Kenney	100 fly	1:06.09	1:06.61

Amanda Mika	100 fly	1:00.74	1:02.20
Maggie Best	100 fly	1:07.68	1:08.12
Nisa Sedaghat	100 free	56.00	56.61
Keeley Hernandez	100 free	57.42	58.x
MacKenna Johnson	100 free	58.06	59.60
Regan Payne	100 free	1:00.05	1:00.14
Kendall Fosse	100 free	57.30	59.85
Zoe Verhoeven	100 free	1:00.26	1:00.67
Rachel Anderson	100 free	1:00.05	1:00.20
Maggie Nazarenius	100 free	1:06.00	1:09.10
Anna Royer	100 free	1:09.00	1:12.93
Clara Grainger	100 free	1:10.63	1:11.55
Alice Shen	100 free	1:12.61	1:14.98
Rachel Fenwick-Smith	100 free	1:24.95	1:25.72
Megan Giehl	500 free	5:50.57	5:55.16
Alice Hearn	500 free	6:02.61	6:09.07
Rosie Irwin	500 free	6:26.45	6:36.70
Madison Harmon	500 free	7:10.33	7:17.48
Erica Wood	100 back	1:01.37	1:02.08
Kendall Fosse	100 back	1:01.37	1:04.33
Nisa Sedaghat	100 back	1:02.33	1:03.94
Regan Payne	100 back	1:05.86	1:06.26
Ashani Gottlieb	100 back	1:06.79	1:07.19
Maggie Best	100 back	1:07.17	1:08.05
Karlina Wu	100 back	1:08.87	1:10.21
Shirin Sedaghat	100 breast	1:07.90	1:09.66
Jenna Beyer	100 breast	1:08.81	1:11.35
MacKenna Johnson	100 breast	1:11.93	1:13.x
Lindsey Fano	100 breast	1:10.61	1:14.20
Maddie Oakley	100 breast	1:20.45	1:21.67
Kasia Rasker	100 breast	1:12.84	1:15.35
Ali Koeber	100 breast	1:25.82	1:30.82
Clara Grainger	100 breast	1:29.07	1:33.45
Lyndsi Halvorson	100 breast	1:32.75	1:33.27
Rachel Fenwick-Smith	100 breast	1:39.69	1:43.19

*- 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	24.91, 55.46, 1:07.90
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	1:08.81, 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	24.84, 56.27, 1:00.74
Erica Wood	100 back, 100 fly	1:01.37, 1:01.44
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, 100 free	1:03.70, 25.76, 56.23
Mary Scraggs	500 free, 200IM	5:26.62, 2:15.59
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	25.07
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, 100 free, 100 back	25.98, 56.00, 1:02.33
Darian Davis	100 back	1:03.91
Kendall Fosse	100 back	1:01.29
MacKenna Johnson	100 breast	1:11.93
Lindsey Fano	100 breast	1:10.61
Fairview A	200 medley	1:49.35
Bold- personal best	200 free/400 free	1:39.93/3:34.55

2008-2009 state qualifiers

200fr	Emily Scraggs	1:59.36	100 fr (cont.)	
	Sydney Pair	2:00.16	Shirin Sedaghat	55.46
	Lizzy Anderson	2:02.24	Emily Scraggs	55.66
	Julie Anderson	2:02.59	Nisa Sedaghat	56.00
	Lauren Rigg	2:02.83	Ellie Smith	56.23
	Caroline Patterson	2:04.11	Amanda Mika	56.27
IM	Lauren Rigg	2:08.10	Taylor Kitayama	56.56
	Syd Pair	2:14.33	500 free	
	Mary Scraggs	2:15.59	Sydney Pair	5:12.25
	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	100 back	
	Amanda Mika	24.84	Taylor Kitayama	58.84
	Shirin Sedaghat	24.91	Caroline Patterson	1:00.07
	Keeley Hernandez	25.07	Jenny McCoy	1:00.77
	Tasia DeMuth	25.12	Kendall Fosse	1:01.29
	Emily Scraggs	25.36	Rachael Cazden	1:01.31
	Ellie Smith	25.79	Erica Wood	1:01.37
	Jenna Beyer	25.86	Nisa Sedaghat	1:02.33
	Nisa Sedaghat	25.98	Darian Davis	1:03.91
100 F	Lauren Rigg	56.59	Eliza Gonzalez	1:04.05
	Tara DeMuth	59.33	100 Breast	
	Taylor Kitayama	59.65	Shirin Sedaghat	1:07.90
	Amanda Mika	1:00.74	Tara DeMuth	1:08.77
	Erica Wood	1:01.44	Jenna Beyer	1:08.81
	Ellie Smith	1:03.70	Lindsey Fano	1:10.61
100Fr	Lauren Rigg	52.89	Kourtney Fosse	1:11.12
	Tasia DeMuth	53.82	MacKenna Johnson	1:11.93
	Rachael Cazden	54.70		