

# Versatile Shea mixes it up, but Mullen falls

January 11, 2008

By Angie Mudd, Special to the Rocky  
Rocky Mountain News

With only a few weeks left in the swim season, many athletes are turning it up, but Mullen senior Caroline Shea is mixing it up.

In Thursday's dual meet against **Fairview at the South Boulder Recreation Center**, Shea strayed away from her specialty freestyle events to refresh her skills in some other events.

And Shea proved why she is one of the best swimmers in the state, taking home victories in the 100 butterfly and 100 breaststroke - an event she hasn't competed in for more than a year.

"I decided to change it up a little bit and do some events that I don't normally do," said Shea, who also changed up her position in her team's relays, swimming the third leg in the Mustangs' winning 200 freestyle relay and the second leg in the 400 freestyle relay, which placed second.

"I got my best time in the breaststroke, and I haven't swam that since November of last year, so I was really happy with it. I decided to do something out of the box, and I really want to make sure my other strokes weren't rusty. It was a lot of fun."

Shea's two individual wins weren't enough to help Class 4A fourth-ranked Mullen win the meet as Class 5A second-ranked Fairview prevailed 114-72.

And Shea wasn't the only athlete who decided to use the meet to try something new. Fairview's Taylor Kitayama's time of 2 minutes, 20.84 seconds in her first 200 individual medley was fast enough to qualify for next month's Class 5A state meet.

"I raced the 200 IM for the first time since this summer, and I was really nervous to do it before the meet started and I pulled through it, but I was really tired at the end," said Kitayama, who swam the second leg on the Knights' winning 200 medley relay team.

But Fairview junior Nisa Sedaghat - a double winner in the 50 and 100 freestyle races - said Thursday was a good meet to see where they stand heading into the final few weeks of the season.

"Even though Mullen is 4A, Mullen is a really good team, and they have some really good swimmers," Sedaghat said. "So it was good to have a meet like this against them. We did really well tonight, and I think we maybe did better than expected against them."