



2025 SGAC March LCM Meet Recap

SWIMMERS OF THE MEET

Beach 1 ~ Quinn Sootkoos

Quinn completed her comeback from a broken bone earlier this year in style, with a huge performance at the first long course meet of the season. She nabbed six personal best in six individual races for 100% best times, including four top-10 finishes (100 Back, 100 Fly, 200 IM, 50 Back), finishing as high as 5th place in the 100 Fly. The improvement numbers were astronomical, adding up to more than a minute of improvement on the weekend (1:06.78 to be exact). No doubt that this young athlete is poised for a successful LCM season. Way to go, Quinn!

Beach 2 ~ Finley Slaymen

Finley swam with a very positive attitude the whole meet, and it definitely showed in her races, where she had 100% best times. Keep up the positive attitude and hard work.

Beach 3 ~ Tyson Imai

I am extremely proud of Tyson for stepping outside of his comfort zone a bit at the first long course meet of the season. He is eager to improve in some of his "off" events, particularly freestyle, so he elected to swim a ton of it this past weekend; sprint, mid-distance, and distance. He did a phenomenal job! I was truly impressed by the way Tyson carefully followed all of my instructions and gave it his all. He went personal bests in all of the six events that he swam, dropping a total of 58.63 seconds. He dropped a whopping 24.28 seconds in the 400 Free as well as 13.45 seconds in the 200 Free. Although I was amazed by Tyson's performance across the board, the race that stuck out most to me was his 200 IM. He dropped 11.55, and despite having just turned 11 exactly one week prior, he qualified for both 2025 JAG and 2025 SAG! Great job Tyson! Keep up the amazing work. I am so proud of you!

Beach 4 ~ Bridget Sullivan

Congratulation to Bridget's outstanding performance in her 200 IM where she dropped 17 seconds!

Beach 5 ~ Eileen Romesser

Eileen flashed some big numbers on the scoreboard last weekend, improving in every single individual race (6 in all). In total, she dropped nearly a full minute (-59.03) in her six events, with the biggest improvement coming in the 200 Breast (-35.88). She did not finish outside the top 10 in any race, demonstrating great versatility. Her best finish was 2nd place in the 100 Free, but she also placed 3rd in the 200 IM and 50 Back, 4th in the 200 Back, 6th in the 100 Fly and 9th in the 200 Breast. Heck of a weekend, Eileen!

Senior 2 ~ Devin Davis

Devin is named Swimmer of the Meet not only for performing incredibly by dropping 20 seconds in his 200 back but also for tackling the 400 IM with enthusiasm!

Senior 3 ~ Katharine Lanzdorf

Kate is off to a great start on the long course season, thanks to her hard work at practice. We've worked hard on making improvements in her butterfly and breaststroke, which were on display in a fantastic 100 Fly and 200 IM. To cap it all off, set the lane lines on fire on her 50 Free, where she nearly cracked the 28-second barrier and continues to close the gap on that Sectional time. Keep up the great work, Kate!

Senior 4 ~ Nick Zhang

Nick's journey has been filled with a steady supply of tenacity and commitment, and this weekend was a testament to his dedication! His hard work, focus, and mature persistence really paid off, resulting in 2 fantastic Personal Bests and Top 10 finishes in 4 of his events! Amazing job, Nick!

100% LIFETIME BESTS

Georgia Anderson, Chase Balentine, Luca Boots, Arianna Ciuffoli,
Fiona Cooley, Andy Crouch, Brynn Danner, Kenna Danner, Devin Davis,
Sean Everitt, Willow Gibson, Max Goldstein, Keira Goss, Alan Gu,
Yi Han, Theo Haubner, Lucas Hott, Tyson Imai, Olvia Ionescu-Macri,
Daniela Kan, Nico Ledezma, Adriana Lee, Aimee Lemus, Valentina Lucic,
Vivian Nguyen, Maya Perez, Lilia Priester, Eileen Romesser, Finley Slayman,
Quinn Sootkoos, Sellers Stough, Bridget Sullivan,
Mateo Trombley, Elise Wang, Eva Whitaker

ALL-BUT-1 LIFETIME BESTS

Santi Baranda, Cataleya Bustamante, Nina Haubner,
Colin Ionescu-Macri, Makena Kam, Kate Lanzdorf, Piper Sootkoos,
Logan Thatcher, Patrick Wang, Brandon Yin

BCS EVENT WINNERS

Georgia Anderson
50 & 100 Free, 50 Back & 50 Fly

Arianna Ciuffoli
200 Fly

Adriana Lee
100 & 200 Free, 400 IM & 100 Back

Kate Lanzdorf
50 Free

Zoey Lewis
400 Free, 100 Back & 200 IM

Patrick Wang
200 IM

Lily Wu
100 Free

TOP 10 TOTAL TIME DROPPED

(in seconds)

Quinn Sootkoos (-66.78)
Eileen Romesser (-59.03)
Tyson Imai (-58.63)
Dylan Thatcher (-53.04)
Luca Boots (-49.60)
Theo Haubner (-49.09)
Kenna Danner (-46.03)
Santiago Baranda (-43.79)
Devin Davis (-41.37)
Sellers Stough (-41.34)