



## Beach Cities Alpha Fall Festival Meet Recap

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### SWIMMERS OF THE MEET

#### Beach 1 — Liv Carpenter

Liv is back! There were two forces of nature in Torrance last weekend: the rain storm and Miss Carpenter herself. Returning to competition after a broken bone and a month and a half in a cast, she put on a show. She improved in every single race, cutting more than a minute total off of her previous best times, with not one race longer than 100 yards. Insane! Her best finish was 16th place in the 50 Back and her biggest improvement was a 14.43 second drop in the 50 Fly. She also improved by 17 seconds in the 100 Free, almost 10 seconds in the 100 IM, 11 seconds in the 50 Back and 9 seconds in the 50

Free. What!? She did not let her injury get in her way, as she attended as many practices as she could while wearing the cast and was limited to kicking and single arm swimming, for the most part. This is who she is. She sees the silver lining in everything, she's gritty and she's obviously resilient. Keep up the great work, Liv!

#### Beach 2 — Lucy Chu

Lucy is our swimmer of the meet. She attained a BB cut in the 200 Free, becoming the first athlete in the group to do so in a 200. Keep up the hard work, Lucy!

#### Beach 3 — Olivia Ionescu Macri

Olivia's hard work and focus in practice is paying off in dividends! She dropped 35.6 seconds across five events last weekend! She cut over seven seconds each in her 100 Breast and 100 Fly and 200 Free. She also smashed her 200 IM time by 11.59 seconds! These huge drops across a wide range of events demonstrate major improvements in all four strokes. Keep up the amazing work Olivia! I am so proud of you!

#### Beach 4 — Runa Shieh

Runa had a spectacular meet, going all-but-one best times in her 6 events of the meet. Her most notable drop was in her 100 Fly, where she dropped over 3 seconds from her best time from only 3 weeks ago! Even more excitingly, that drop resulted in her first WAG qualifying time! Runa is consistently putting herself in the position to swim fast in Beach 4 by leading her lane and helping her fellow teammates by racing and pushing each other in practice. Runa works hard and shows up for every practice, and it is so cool to see it pay off in the form of a Winter Age Group Champs qualifying time! What cuts will she pick up next? We can't wait to see! Congratulations Runa!

### SWIMMERS OF THE MEET

#### Bronze — Rush Stockman

Rush had an amazing meet. She beat most of her times and not just by a little. You could really see how much faster and more confident she's getting. She's been putting in a ton of effort at practice these last few weeks, and it's paying off in a big way. So proud of her progress. Great job, Rush!

#### Silver — Lydia Macrovinci

Lydia was 6 for 6 best times and tried four new events! She went into the weekend very nervous to swim new events but once the meet started she had a great attitude! Lydia also made sure to check in before all her events and cool down after she raced. Great job Lydia!

#### Gold — Mike Semenov

Mike picked up two more WAG cuts this weekend in the 50 back and 100 breaststroke. He also tried the 200 free for the first time and had a great swim! After getting moved up to Gold a few months ago, Mike has been coming to practice more focused and determined! His hard work at practice definitely showed this weekend.

#### Jr. Varsity — Gemma Coppa

Gemma had a great meet at the Fall Festival. She swam best times in all but one of her events and had some awesome swims, especially in the 100im and the 100fr. I was super proud of Gemma because she had a pretty tough lineup and swam all her races with no complaints.

#### JO — Cora Avon

Not only did Cora swim best times in every event but one, she won every event but one. She's been on a streak for trying new events and this meet was no different, claiming a win in the 500 for her first ever time swimming it. Congratulations on the phenomenal meet Cora!

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## SWIMMERS OF THE MEET

### Beach 5 — Patrick Wang

Patrick had a breakout performance at the BCA Fall Festival. He has been doing great work at practice and is growing into a leader in the group. The 12 years-old tackled some big events last weekend in Torrance and posted some massive improvements, including an 18 second drop in the 200 Back, a 9 second drop in the 200 Breast, a nearly 13 second drop in the 200 Fly, a 22 second drop in the 400 IM and a whopping 1 minute 18 second improvement in the 1650 Free. In total, he cut more than 2 MINUTES from his previous bests. WOW, Patrick! Let's gooooo!

### Senior 1 — Landon, Cameron & Luke

There 3 amazing Senior 1 kids who showed up to the meet this weekend and tried their best in not great weather conditions. I am proud of all 3 of them and am excited for the next meet.

### Senior 2 — Jack Stimpson

When you get the chance to coach and watch Jack race, you just know something cool is going to happen. For the Fall Festival, it was putting us through a roller coaster of emotions as he tried to break two minutes in the 200 Freestyle for the first time. While he fell just short of that goal (2:00.98), he still managed to have a great race alongside his other Free and Fly events. Let's go, Jack!

### Senior 3 — Hana Imai

Hana had herself a great meet, and it was a true testament to the work she puts in at practice and in the weight room. She had some phenomenal swims in the distance events (500, 1650) and even set a new personal best in the 1000 (via split extraction). In addition, her butterfly and breaststroke race plans are improving at each meet, and I look forward to seeing what she accomplishes at Golden West in December. Let's go, Hana!

### Senior 4 — Amia Kisiler

Amia is absolutely crushing it! Coming off some awesome swims the weekend prior, Amia continued the momentum into this weekend. After posting 2 speedy 50s, she moved through the 1650 Free with strategy & confidence! She not only posted a PB, dropping over 26 seconds, but she also dropped time in her 1000 & 500! The next day not only brought sunny skies, it also shone bright on yet another FAST 50! Highlighting the consistent sprint works she's been doing every week all season! Her consistency in preparing well, working hard, and leading her peers continues to pay off! Way to Go Amia!

### High Performance — Andi Taylor

Andi has really been locked in to her training as well as incredibly focused on her details and technique this season, and she's been rewarded with very strong performances at all our meets. The Fall Festival meet continued that trend as she posted some very speedy times across the board. Highlighting the way was her ever-improving Breaststroke, as she posted lifetime bests of nearly 2 seconds in the 50 and more than FIVE(!) seconds in her 200! Over the weekend she also dropped a second in the 50 Butterfly posted her second-fastest time ever in the 200 Free. Let's go, ATay!

## SWIMMERS OF THE MEET

### Sr. Varsity — Ari Sethna

Ari had an incredible meet at the Fall Festival, swimming best times in all of his events and securing 3 new WAG cuts for later in the season. Ari had a particularly impressive 200 breast, going out faster than his best time and finishing the event with a 7 second drop!

### High Performance Prep — Lucas Chavez

Lucas had had 5 personal best times, and swam the 1650 FR for the first time, finishing in 19:37.62!

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## **100% PERSONAL BEST TIMES**

### **12-under**

Rory Arredondo Ratcliff, Vivienne Blaser, Penelope Bourget Gerrard, Zachary Brisbin, Zoey Brisbin, Lola Buckland, Liv Carpenter, Quinn Carpenter, Emma Ellis, Kira Healy, Tyson Imai, Dev Kidambi, Jiya Kidambi, Brady Kim, Lena Kwak, Emma Lenaghan, Lydia Marcovici, Rae Murphy, Finn Schlehuber, Ria Shah, Dylan Thatcher, Mercan Ustun, Waylynn Villegas, Nathaniel Waybright, Aiden Weiss, Brandon Yin, Max Yung

### **13-over**

Kingston Bao, Katherine Fleming, Yi Han, Tori Jyo, Ikki Kaji, Daniel Kim, Koji Konishi, Derrick Kwan, Kate Lanzdorf, Ryan Rodenkirch, Zoey Robinson, Diego Sanchez, Joseph Scallon, Ari Sethna, Rena Shieh, Jack Stimpson, Sellers Stough, Mateo Trombley, Danny Zimmerman

## **ALL-BUT-1 PERSONAL BESTS TIMES**

### **12-under**

Isabella Antunes, Cora Avon, Gemma Coppa, Natalie Coppa, Aidan Crouch, Clive Dallahan, Kaileia Felix, Olivia Ionescu Macri, Makena Kam, Jalen Kao, Caroline Kleinhenz, Calvin Kwan, Natalie Martinez, Mackenzie McElroy, Taylor McNally, Jackson Reed, Kaitlin Rodenkirch, Lucy Song, Quinn Sootkoos, Rush Stockman, Logan Thatcher, Ella Voelker, Patrick Wang, Kalia Wilkins

### **13-over**

Aidan Alzayat, Chase Balentine, Santi Baranda, Lucas Chavez, Sarah Diethelm, Sean Everitt, Meagan Gordon, Alan Gu, Willa Hodson, Lucas Hott, Ethan Huang, Colin Ionescu-Macri, Atlas Ivins, Bryan Kim, Amia Kisiler, Noah Kisiler, Peyton Kuo, Simon Lee, Joy Liu, Nora Maynard, Alexander Miyashita, Wyatt Neitz, Gabby Nicholas, Ethan Ramsey, Alyssa Roche, Violet Rosenstein, Addie Shamban, Runa Shieh, Ralph Tumamak, Vasco Visentin, Sam Wang, Harper Ward, Evan Young, Alexander Zakrzewski, Nick Zhang

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## TOP 10 TOTAL TIME DROPPED

### 12-under

(in seconds)

1. Patrick Wang (-130.99)
2. Ria Shah (-77.03)
3. Liv Carpenter (-61.41)
4. Alinea Fung (-61.22)
5. Vivian Nguyen (-59.05)
6. Olivia Ionescu Macri (-35.60)
7. Rush Stockman (-36.48)
8. Mercan Ustun (-30.76)
9. Waylynn Villegas (-30.00)
10. Mike Semenov (-26.04)

## TOP 10 TOTAL TIME DROPPED

### 13-over

(in seconds)

1. Piper Sootkoos (-62.77)
2. Amia Kisiler (-60.46)
3. Olivia Chi (-58.51)
4. Adriana Lee (-57.51)
5. Santi Baranda (-52.22)
6. Hana Imai (-50.96)
7. Tina Engineer (-39.16)
8. Colin Ionescu-Macri (-38.65)
9. Daniela Kan (-35.61)
10. Max Goldstein (-34.30)

## EVENT WINNERS

Cora Avon ~ 100 BR, 50, 100, 200 & 500 FR

Gabi Brito ~ 50 BK

Isaac Chang ~ 100 Fly

Nate Chang ~ 50 & 100 BR, 100 Fly, 50 & 100 FR, 100 IM

Angelo Cortez ~ 200 IM

Jake Everitt ~ 200 FR

Alinea Fung ~ 200 IM

Daniel Kim ~ 500 FR

Jack Rodenkirch ~ 100 BK

Evan Saltsman ~ 50 & 100 BR, 100 BK, 100 Fly, 100 & 500 FR

Ben Schlehuber ~ 100 BR

Adriel Sun ~ 400 IM, 50 BR

Frankie Thomas ~ 500 FR

Vasco Visentin ~ 100 BK, 100 Fly

Sam Wang ~ 50 Fly