



SGAC & LMST June Meet Recap

SWIMMERS OF THE MEET

Marlins ~ Lola Philips and Oliver Terrell

Congrats to BOTH Lola & Oliver for grabbing a B cut the first time they swam at a swim meet. We are all very proud of the work these two have been putting into swimming.

Beach 1 ~ Waylynn Villegas

Waylynn bravely conquered two events she had never raced in a LCM pool: the 100 Back and 100 Breast. Not only was it her first time racing each, but she posted National B times and placed in the top 8 in both! Outstanding effort, Waylynn!

Beach 2 ~ Olivia Ionescu Macri

Olivia has been working very hard and grabbed two B cuts after just turning 11. She also achieved a 1st place finish in the 100 Back.

Beach 3 ~ Alysha Annamalei

Alysha really demonstrated true mental fortitude and strength at this meet. I saw a ton of growth in this moment. Not only did Alysha win every single event that she swam, she dropped a solid amount of time in each race. Her 100 Fly was particularly impressive. She followed my instructions exactly and succeeded in dropping 8.30 seconds from her best time that she swam not long before. I was extremely proud of the way she finished that race! She also dropped over 2 seconds each in both her 50 Free and 50 Breast. I am so proud of the way you showed up Alysha! Keep up the great work!

Beach 4 ~ Eva Whitaker

Eva went 3/3 best times, picked up 2 new B cuts, and successfully executed a crossover turn with a pulldown in her 200 IM (which was one of her B cuts!). Eva works hard at practice and is a great teammate. At the meet, I saw Eva on the pool deck cheering on her teammates and making sure they had the backstroke wedges ready to use before their races. We appreciate Eva's camaraderie and hard work, congratulations Eva!

Intro to Senior/Senior 1 ~ Lani Cardenas

Lani had a great swim meet. She showed up and gave it her all. She got 2 new times, swimming events she has never swam in Long Course and did well in everything, while cheering on her teammates. Way to go Lani!

Senior 2 ~ Yi Han

Yi had an outstanding meet with 3 for 3 best times, earning 2 new A cuts and a BB cut! Yi consistently works hard at practice and we're excited to see it pay off at meets! He had a quick turnaround for all his races but made sure to check in and out with me, and warm-up and warm-down for each event. Keep it up Yi!

BCS EVENT WINNERS

Alysha Annamalai ~ 100 Fly, 50 BR, 50 Free
Chase Balentine ~ 100 Fly
Tara Biggs ~ 100 Breast
Noelani Cardenas ~ 50 Free
Andy Crouch ~ 100 Back,
Mykah Gibson ~ 50 Fly
Yi Han ~ 50 Back, 50 Fly, 50 Free
Olivia Ionescu-Macri ~ 100 Back,
Aimee Lemus ~ 200 IM
Maya Perez ~ 100 Fly
Addison Shamban ~ 200 IM
Oliver Terrell ~ 50 Back
Soleil Wicks ~ 100 Free

TOP 10 TOTAL TIME DROPPED *(in seconds)*

1. Marius Goldstein (-23.33)
 2. Lilia Priester (-23.24)
 3. Addison Shamban (-22.41)
 4. Brandon Padar (-21.50)
 5. Olivia Ionescu Macri (-19.49)
 6. Andy Crouch (-18.95)
 7. Alysha Annamalei (-12.93)
 8. Devin Davis (-10.92)
 9. Maya Perez (-10.48)
 10. Hiromu Tanaka (-8.76)
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100% LIFETIME BEST TIMES

Alysha Annamalei, Chase Balentine, Lani Cardenas, Ethan Chen,
Andy Crouch, Sudheer Doss, Sean Everitt, Marius Goldstein, Yi Han,
Olivia Ionescu Macri, Addison Lydon, Madeleine Moynan, Brandon Padar, Maya Perez,
Addison Shamban, Finley Slaymen, Hiromu Tanaka, Eva Whitaker, Brandon Yin

ALL-BUT-1 LIFETIME BEST TIMES

Shayan Bhakta, Anna Campbell, Avery Ehrmann, Willow Gibson, Aaron Godoy, Max Goldstein,
Nico Ledezma, Aimee Lemus, Mirabelle Nakasone, Darei Robertson,
Bridget Sullivan, Cameron Tsan, Stepan Tyshchuk, Waylynn Villegas, Soleil Wicks,