



2024 Swim Meet of Champions Meet Recap

SWIMMERS OF THE MEET

Heather O'Brien-Senior 4

Heather started off adding a bit on Friday morning in her 100 Free but headed back to the South Bay to race in Friday Night Lights where she dropped an impressive 5:09 500 Free to grab yet another Sectional cut. Saturday Heather dropped another second in her 200 Free going 2:14 and then Sunday was supposed to swim with two other athletes in her 100 Fly heat but had to race solo. Despite this she still put together a great race, went 1:09 dropping more time and showed she didn't need anyone to race, although I'm sure she wouldn't like to repeat that :)

Josh Truong-Senior 4

Josh has been working hard on his strokes and put together 3 solid efforts at SMOC with his new strokes. Saturday he got to race his favorite 50 Breast and managed a 32.09. Sunday he raced his 50 Free and kept his new technique and breathing and drop .27 going 25.5 to get the Sectional hard cut long course. After a quick turnaround he added a bit in the 100 Breast but really happy with the stroke improvements he has done.

Anderson Bennett-High Performance

Anderson put together another very strong performance in the midst of what has been a really great stretch of training and competing. He only swam 3 events, but he made the most of them by going 100% lifetime bests and making it back to finals in both the 50 and 100 Breaststroke events. In the 100, he shaved another $\frac{3}{4}$ of a second off of his time, which now puts him less than 1 second away from his first Winter Junior National cut. Anderson is really dialed in for his high school championship meets the next couple of weeks, and I'm excited to see what he's able to accomplish!

Kotaro Bell-High Performance

Kotaro has continued to put in great work at practice, even while juggling the demands of high school swim season, and he continues to be rewarded with very solid swims and time drops. At SMOC, he went all-but-one lifetime best swims and dropped the most total time of any BCS athlete, highlighted by a nearly 7-second drop in the 200IM. Kotaro's commitment to focusing on not just his strengths but also his weaker events has really paid off for him, and I know he's got some big swims coming his way over the next couple of weeks of high school championships!

100% LIFETIME BESTS

Anderson Bennett

ALL-BUT-1 LIFETIME BESTS

Kotaro Bell

Jake Everitt

Meagan Gordon

Gabby Nicholas

Heather O'Brien

Ben Schlehuber

Josh Truong

TOP 10 TOTAL TIME DROPPED

(in seconds)

Kotaro Bell-8.87

Eryn Arnold-8.51

Gabi Brito-5.91

Gabby Nicholas-5.86

Brooke Patel-5.08

Meagan Gordon-3.19

Isaac Chang-2.84

Anderson Bennett-2.44

Heather O'Brien-2.10

Peyton Kuo-1.90

BCS INDIVIDUAL EVENT FINALISTS

Eryn Arnold

100 Butterfly-13th, 200 Butterfly-4th,
50 Butterfly-18th

Anderson Bennett

50 Breaststroke-24th,
100 Breaststroke-18th

Gabi Brito

100 Butterfly-11th, 100 Freestyle-15th,
200 Breaststroke-13th, 200 Freestyle-20th,
50 Freestyle-7th

Bella Brito

50 Breaststroke-5th,
100 Breaststroke-9th

Jake Everitt

100 Butterfly-20th

Meagan Gordon

50 Breaststroke-24th

Peyton Kuo

100 Butterfly-18th

Alex Thornton

100 Breaststroke-13th,
200 Breaststroke-12th