



2024 Spring Age Group Champs Meet Recap

MARLIN A

Calvin Stough

Calvin swam on two relays the 200 Free and 200 Medley Relay. He swam the breaststroke leg of the medley relay and had his goggle fall off however he demonstrated true racing spirit and didn't slow down at all. Way to go Calvin!

Gwyneth Kornis

Gwyn swam the Breaststroke leg in the 200 Medley Relay and was 2 seconds faster than her best time. She swam a Summer Age Group Champs pace which is incredible for a pre-comp athlete. We know that Gwyn is going to be a super star at Breaststroke.

BEACH 1

Maddie Braceros

Miss Braceros was one of only four Beach 1 athletes to race at Spring AG Champs in Pasadena and she delivered two very solid relay splits: 41.9 as the Backstroker on the 19th place 200 Medley Relay and a swift 37.9 as the second leg of the 17th place 200 Free Relay. To score points at a championship meet of this magnitude is no small feat and she did it twice. Congratulations, Maddie!

Andy Crouch

Mr. Crouch had his FIRST competitive racing experience of his young career and it was against some of the most skilled athletes in the country. He was outstanding as the leadoff leg of the 13th place 200 Free Relay, splitting a very respectable 36.7. He also paced the 16th place 200 Medley Relay with his 39.7 Backstroke split (which the scoreboard registered as 42, due to a soft touch on the finish). He will now have two times under his belt as he enters the Long Course competition season. Couldn't be more proud of your effort and poise in your first races, Andy!

Athena Davlantis

Miss Davlantis raced her heart out as a member of the 17th place 200 Free Relay last Friday, splitting a blazing 36.6, which was a full 3+ seconds faster than her flat start time in the event. Putting points on the board at a championship meet is a big deal and she did it at her first one. Outstanding racing, Athena!

Jalen Kao

Mr. Kao was a staple on the 7-10 Boys relays throughout the weekend in Pasadena, splitting 34.4 as the second leg of the 13th place 200 Free Relay and an even faster 34.0 as the Freestyle leg on the 16th place 200 Medley Relay. He has made huge improvements to his skills in the last few weeks, especially his dives, and is excited to test them out at the next level when he joins the Beach 2 group next month. Way to go, Jalen!

BEACH 2

Cataleya Bustamante

Cataleya was Beach 2's lone swimmer at Spring Age Group, where she was on the 7-10 200 Medley and 200 Freestyle relays. She anchored on both, and while they are unofficial times, she went 33.4 on the freestyle relay and 32.5 on the medley relay, which are personal bests by 0.72s and 1.62s, respectively. Both teams finished in the top 20, with the medley relay finishing 19th and the freestyle relay finishing 17th. You had a great short course season and thank you for being available to help our team succeed! Onwards and upwards, Cataleya!

BEACH 3

Olivia Chi

Ms. Chi demonstrated her incredible dedication to her team this past weekend, swimming six individual events, finaling in four of them, and earning some major points for Beach Cities! She came out finishing 7th overall in the 50 Back and 10th overall in the 100 Fly. This is all in the midst of being sick. Even through fighting illnesses, Olivia never misses a practice. This work ethic has earned her a spot in Beach 5 next season. I will miss coaching you Olivia, but I am so incredibly proud of you and cannot wait to see what is in store for you in the next chapter of your athletic journey. Go Olivia!

Theo Haubner

Thank you, Mr. Haubner for your incredible commitment to the team! He represented Beach Cities in multiple relays, achieving unofficial best times in all of them. Theo has an incredible work ethic and works extremely hard in practice! He is one of the most coachable athletes that I have ever met. His hard work and dedication is paying off and has earned him a spot in Beach 5 next season. I am so proud of you Theo! Although I am sad to see you go, I am so happy for you and cannot wait to see what this next chapter brings. Keep up the amazing work!

Nina Haubner

Ms. Haubner represented Beach Cities in seven individual events this past weekend, which in itself is a huge achievement. Of those seven events, she went personal bests in five! She was called back for finals in three events, scoring points for her team in two. What makes me most proud is to watch the incredible leadership that Nina displays when it comes to her teammates. She is a true leader and will be an instrumental part of her group next season. I am so excited for her to lead the Beach 3 group into the Long Course season. Way to go Nina!

Tyson Imai

Mr. Imai had an incredible meet, going best times in all but two of his six individual events. He made it back for finals and scored his team points in both the 50 and 100 Breaststroke. I am so proud of Tyson! He works extremely hard at every practice and maintains impeccable attendance. In addition, he always follows my instructions and is very responsive to my stroke corrections. Thank you Tyson for your commitment to your sport and to your team! Keep it up! I am so excited to see what next season has in store.

Hana Imai

Ms. Imai had an incredible meet. Her dedication to her sport and her team is apparent! What I am most proud of is that Hana requested to time trial the 400 IM for the first time, going 5:23.91 and achieving a National "A" time. This is extremely impressive considering she had never swum that event before. This truly demonstrates her willingness to go above and beyond. This is just one of the reasons, among many, that Hana has earned a spot in the Beach 5 group next season. I am so proud of you Hana! Keep up the amazing work!

Colin Ionescu-Macri

Mr. Ionescu-Macri had a great meet this past weekend! Not only did he achieve personal bests in two of his three individual events, he also gave incredible effort in all of his relays! He broke 1-minute for the first time ever in the 100 Free in the last leg of the Boys 400 Medley relay, helping his team score some major points for Beach Cities. Colin works very hard at each practice and his hard work is paying off. His work ethic has earned him a spot in Beach 5 next season. Congratulations Colin! I will miss you, but cannot wait to watch you continue to blossom as an athlete.

BEACH 3

Aria Kim

I am so proud of Ms. Kim. Even in the face of some tough external challenges that were absolutely out of her control, she never stopped showing up for her team, and with a positive attitude at that. She qualified for four individual events, dropping significant amounts of time in two of them. She went a best time in the 100 Back, leading off her relay and dropping a whopping 2.65 seconds. It was truly an incredible swim. I was extremely impressed with the way Aria stepped up for her team, even in the face of adversity! This grit has earned her a spot in Beach 5 next season. I will truly miss coaching her. Go Aria!

Hailey Kuo

Ms. Kuo achieved personal bests in two of the three individual events that she swam this past weekend! When Hailey races, it is apparent to me how hard she works in practice to make the recommended changes to her stroke. I can see the changes that she works so hard everyday to make, and it is paying off. Her focus and perfect attendance (among many other reasons) are what has earned her a spot in Beach 5 next season. Although I will truly miss having Hailey in my group, I am so proud that she has earned the opportunity to advance. I cannot wait to see what you do in Beach 5!

Adelei Mosteller

Ms. Mosteller can always be depended upon to show up and show out for her team. Thank you so much Adelei for showing up and giving your team everything you got, every time you race! This past weekend, she represented her team in the 400 Free Relay, helping them drop a collective 1.89 seconds from the entered team time! It was an impressive swim, as she split it perfectly. Great job Adelei! I look forward to seeing you lead your group into the 2024 Long Course Season! Keep up the great work.

Eileen Romesser

Ms. Romesser raced in three events this past weekend, going right on her best time in all three. She also demonstrated her commitment to her teammates by swimming in three relays. She achieved an unofficial best time in the 400 Free Relay (unofficial 100 Free time), dropping a massive 1.48 seconds to go under 1:02 for the first time. This helped her team place 14th, earning some major points for Beach Cities! She also dropped over .5 seconds in the 200 Free Relay as anchor, swimming the 50 Free in 27.04, also unofficially a best time! Eileen's hard work and support for her teammates, among many other things, has earned her a spot in Beach 5 next season. Congratulations Eileen. I am so proud of you!

Piper Sootkoos

It was amazing to watch Ms. Sootkoos really step up for her team this past weekend, swimming in multiple relays and helping Beach Cities rack up some major points! Piper races with so much intensity and always passes that energy along to her teammates. It is apparent, as she went 100% best times in all of the relays she swam (unofficially, which demonstrates even more commitment in my opinion; she raced purely for her team and not herself.) She is always cheering on her team and pushes everyone around her to be better. Thank you for your hard work and dedication Piper. Also, congratulations on your move up to Beach 5. Although I will miss having your energy, smile, and positivity at every practice, I am extremely proud of you and happy to see you advancing.

Mateo Trombley

Even in the face of some challenging and lengthy bouts of illness, Mr. Trombley still showed up and showed out at this meet. He was able to nab three best times while making some of the stroke changes we have been working on! In addition, I want to give Mateo major kudos for eagerly requesting to swim a time trial in the 400 IM (for the first time ever) going an impressive 5:20.43, which is just shy of the National "A" cut. I was very impressed and proud of this swim. His willingness to step outside of his comfort zone is just one of the many reasons he was chosen for the Beach 5 group. Congratulations on your advancement to Beach 5 Trombley! I will surely miss you!

BEACH 5

Eryn Arnold

White caps aren't just for the ocean, as Miss Arnold proved when she blazed to a 4:21.58 in the 400 IM to achieve her first Winter Junior National time and the coveted white BCS cap that goes with it. She later added another Junior National cut in the 200 Fly, smashing through the 2:00 barrier to go 1:59.87. She finished in the top 5 in each of her individual races, finishing as high as 2nd place in the 200 Fly, 400 IM and 500 Free. She broke another major time barrier in the 500 Free by cracking the 5:00 mark with a time of 4:58.96. To boot, three of her individual races were new team records by wide margins (200 Fly, 400 IM, 500 Free). It was a huge weekend for Miss Arnold individually, as well as on the relay front, where she paced her teams to two wins (800 Free, 400 Free), three 2nd place finishes (400 Medley, 200 Free, 200 Medley) and five BCS records. What a meet, Eryn!

Gabi Brito

Racing at the bottom of her age group at this meet for the first time in two years, Miss Brito stood tall against the competition and showcased her skills against a loaded field, finishing in 1st or 2nd place in each of her 11 races (relays included). She posted individual wins in the 200 Back (new team record!), 100 Breast and 200 IM and finished 2nd in the 200 Breast, 100 Back (new team record!) and 100 Fly (new team record!). She, too, was an invaluable member of the victorious 800 and 400 Free relays, as well as the 2nd place 400 Medley, 200 Free and 200 Medley relays, all of which were new BCS records. Way to race, Gabi!

Penny Chiu

Miss Chiu was outstanding in her Breaststroke races last weekend, placing 13th in the 100 Breast and 16th in the 200 Breast, posting best times in both races and inching closer to that pink cap (Sectionals cut). The only hiccup of the weekend was an unfortunate DQ in the 200 IM, due to a long, rolling touch during her Back to Breast turn. She was also a member of four scoring relays, finishing as high as 15th (200 Medley) and no lower than 19th (400 Free, 400 Medley). She continues to be one of the most improved athletes in the group and will keep working to expand her championship meet repertoire throughout the Long Course season. Excellent work, Penny!

Zoey Lewis

If there was a grit award, Miss Lewis would earn it for her performance last weekend in Pasadena. She was slowed by an illness in the week leading up to the meet and struggled to finish her races the way she normally does when she is healthy. Yet she still showed up for her team and put points on the board in her first race of the meet, the grueling 1650 Freestyle (19th place). She later got on the board again by putting up a very solid 27.2 split as a member of the 16th place 200 Free Relay and her 1000 Free that day was a best time. While it was certainly not the meet she had hoped for, we couldn't have asked for a better effort, under the circumstances. Gritty performance, Zoey!

Alejandro Safa

In the team's first race of the meet, Mr. Safa caught lightning in a bottle not once, but twice. The unassuming young man put the distance swimming community on notice with an incredible effort in the 1650 Free, bagging his first Sectionals cut with a ridiculous 9:55.60 split in the 1000 and, minutes later, his second Sectionals cut in the 1650 to finish 3rd overall in that event. His final time of 16:29.17 is an average of less than 1 minute per 100, which is a milestone performance. He scored points in two other individual races (10th in the 1000 Free, 15th in the 500 Free) and threw down a monster 9 second improvement in the 200 Fly to go 2:06.18 and finish just outside the top 20 (he was seeded 45th in the event). He also made big contributions on the relay front, pacing his teams to 7th place finishes in the 800 and 400 Free relays. All in all, it was a memorable weekend for the young athlete and we are all excited to see what his ceiling will be in the years to come. Congratulations, Alejandro!

BEACH 5

Kayla Sun

Fresh off a great Sectionals meet (her first), Miss Sun sprinted her way to four Finals swims (200 Back, 100 Back, 100 Free, 50 Free) and two best times (50/100 Free). Perhaps her most exciting race of the weekend was the 50 Free swim-off for 20th place, in which she posted a best time and nearly broke the 25 second barrier for the first time. She would go on to finish 14th in the 50 Free that night. Her top individual finish was 12th place in the 100 Back, just off her best time in that event. She was also a member of the victorious 800 and 400 Free Relays and the 2nd place 400 Medley, 200 Free and 200 Medley relays, which were all new BCS records. While she would have liked for her weekend to go a little bit better than it did, I have no doubt that Kayla will continue to be a force in her age group and beyond. Way to go, Kayla!

Max Wang

It was a big weekend for Mr. Max Wang, one of only three in the group to achieve 100% best times. Racing at the bottom of a very competitive 13-14 age group, he posted 6 best times, scoring in 3 events (200 Back, 400 IM, 100 Back) and finishing as high as 8th place in the 200 Back with a massive 5.6 second improvement and breaking the elusive 2 minute barrier in the event (1:59.65). On the relay front, he was a major contributor to five top 8 finishes, highlighted by his team's 5th place finish in the 200 Medley Relay. Outstanding racing, Max!

Sam Wang

Mr. Sam Wang was at the top of his game last weekend at the Rose Bowl, Finaling five times (200 Back, 400 IM, 100 Back, 200 Free, 200 IM) as a 13 year old in the 13-14 age group with six new personal bests (200 Back, 400 IM, 100 Back, 100 Free, 200 Free, 200 IM). His biggest improvement came in the 400 IM (-9.24), an event in which he placed 6th and achieved his first Sectionals cut and the coveted pink BCS cap. He, too, was a major player on the relay side, racing as a member of all five of the top 8 13-14 Boys relays and leading off the 400 Free Relay by breaking the 50 second barrier for the first time (49.92). Other notable barriers broken included the 1:50 barrier in the 200 Free (1:46.86) and the 2:00 barrier in the 200 Back (1:58.72). Congratulations on a great weekend, Sam!

Danny Zimmerman

Mr. Zimmerman was one of the three group members to notch a best time in all of his individual swims, posting 7 personal bests on the weekend. He Finalled in 5 of his 6 individual races, finishing as high as 4th place in the 200 Back, an event in which he cracked the 2 minute barrier for the first time. He also broke the 23 second barrier in the 50 Free with his smokin' Prelims time of 22.83. He also featured heavily on the five top 8 13-14 Boys relays, leading off the Medleys as the Backstroker and giving the Sectionals cut in the 100 Back a good scare. All in all, a great weekend of racing, Danny!

SENIOR 3

Adam Kim

Adam had qualified in the 100 Breast and swam right on his best time despite being sick for 2 weeks right before the championship meet. Way to dig deep Adam!

Koji Konishi

Koji swam the 100 Fly and 200 Fly swimming right on best times. He also swam his 100 Fly on the 400 Medley Relay. Great job Koji!

Olive Richmon

Olive swam in 2 individual events, the 500 and 1000 Free and the 400 Free relay having 3 great swims despite having a serious shoulder injury.

SENIOR 4

Sarah Diethelm

After having her high school meet cancelled on Thursday Sarah amazingly made the trip up to Rose Bowl on Thursday to help swim on the winning 800 Free Relay. Friday morning Sarah was right off her best time in the 50 Free but put together a great 200 Back to make it back in the B Final. At night she raced really well to finish 13th dropping 2.3 seconds going 2:11. Sarah also led off the 400 Free B relay. Saturday Sarah was a bit off her best in the 200 Free but led off the 400 Medley B relay right on her best 100 Back time. Sunday Sarah had a great day. She qualified for the A final in the 100 Back and at night finished 5th with a 59.8 going under that 1:00 mark for the first time. Sarah also snagged a spot in the B final in the 100 Free dropping .1 with a 54.89. Sarah was also helpful on both 200 relays that evening as well.

Meagan Gordon

Meagan started her meet Friday right off her best time in the 100 Breast. She made A Final and finished 8th with a 1:06. She also made A Final that evening in the 50 Free dropping .16 to grab a Sectional Cut and a 7th place finish. That evening Meagan was on the winning 400 Free Relay. Saturday Meagan added a bit in the 200 Breast but still got some valuable points that evening in the A Final to finish 10th and swam the Breaststroke leg on the 2nd place 400 Medley relay. Sunday she dropped .4 in the 100 Free going a monster 54.0 that evening and finishing 6th. Meagan also swam on both 200 relays that evening for 2nd place finishes on both.

Kevin Han

Due to high school swim Kevin was only able to race on Sunday but it was worth the wait. He started off with a .5 drop in his 100 Back and finished 9th that evening with a 55.8. Kevin also raced the 200 IM that morning with a nice drop going 2:02 and grabbing a spot in the B Final. That evening Kevin dropped even more in the IM going 2:00 and finishing 12th. Kevin also raced on both 200 relays that evening which included a 5th place finish in the medley relay with a solid 28.2 50 breast split.

100%

LIFETIME BESTS

Andy Crouch, Kevin Han, Alejandro Safa, Max Wang, Danny Zimmerman

ALL-BUT-1

LIFETIME BESTS

Eryn Arnold, Gabi Brito, Penny Chiu, Colin Ionescu-Macri, Aria Kim, Hailey Kuo, Sam Wang

TOP 10 TOTAL TIME DROPPED

(in seconds)

Alejandro Safa-87.23

Sam Wang-21.33

Eryn Arnold-17.74

Max Wang-17.09

Danny Zimmerman-13.89

Gabi Brito-9.79

Nina Haubner-4.58

Sarah Diethelm-4.03

Zoey Lewis-3.65

Kevin Han-3.49

BCS TOP-10 FINISHES

Eryn Arnold

200 Butterfly (2nd), 400 IM (2nd), 500 Freestyle (2nd), 200 IM (3rd), 100 Butterfly (4th), 100 Breaststroke (5th)

Gabi Brito

200 Backstroke (1st), 100 Breaststroke (1st), 200 IM (1st), 200 Breaststroke (2nd), 100 Backstroke (2nd), 100 Butterfly (2nd)

Olivia Chi

50 Backstroke (7th), 100 Butterfly (10th)

Sarah Diethelm

100 Backstroke (5th)

Meagan Gordon

100 Freestyle (6th), 50 Freestyle (7th), 100 Breaststroke (8th), 200 Breaststroke (10th)

Kevin Han

100 Backstroke (9th)

Alejandro Safa

1650 Freestyle (3rd), 1000 Freestyle (10th)

Max Wang

200 Backstroke (8th), 100 Backstroke (10th)

Sam Wang

200 Backstroke (3rd), 400 IM (6th), 100 Backstroke (7th), 200 IM (7th), 200 Freestyle (9th)

Danny Zimmerman

100 Backstroke (3rd), 200 Backstroke (4th), 50 Freestyle (9th)