



# 2024 Spring Sectionals Meet Recap

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## BEACH 5

### Eryn Arnold

Miss Arnold put up some outstanding numbers in Carlsbad last weekend, bagging 6 best times in 7 races, scoring points in 4 of those races (100 Fly, 200 Breast, 200 Fly, 200 IM) and finishing as high as 4th place (200 Fly). She came within a quarter second of the Winter Junior National standards in the 100 and 200 Fly and is now within 1.5 seconds of the cut in the 200 IM. Her 200 Fly time of 2:18.65 shattered the BCS record in that event by ~4.5 seconds. She also made big time contributions on the relay front, leading off the 4th place 800 Free Relay with a personal best in the 200 Free by more than 3.5 seconds, leading off the 3rd place 400 Free Relay with an outstanding 1:00 split, nearly matching her new personal best in the 100 Free from Sunday's Prelims session and she threw down a 1:02 split in the 100 Fly on the 2nd place 400 Medley Relay. What a weekend, Eryn!

### Gabi Brito

Miss Brito showed off her blistering speed throughout the long weekend of racing, bagging 5 personal bests in the process and finishing as high as 2nd place in the 100 Free with a sizzling 57.32, a time that is reportedly the 13th fastest of all time for a 13 year old girl. The only blemish of the weekend came from an unfortunate 15m violation in the 100 Back, which would have been yet another personal best by more than 2 seconds. Her time in the 100 Free was her first Summer Junior National cut and a new BCS record, her 200 IM time of 2:21.68 (-3.32) was a new Winter Junior National cut and a new BCS record and her 3rd place finish in the 200 Free was a new BCS record. She scored points in 5 individual races and 3 relays, as the anchor of the 4th place 800 Free Relay, 2nd place 400 Medley Relay and 3rd place 400 Free Relay. Congratulations, Gabi!

### Kayla Sun

Miss Sun was racing at her first Sectionals meet, dropping time in 4 of her 5 individual races and scoring her first points at a Sectionals meet as a member of the 14th place 800 Free Relay, with a leadoff split of 2:15.10, which was a best time by more than 3 seconds. She bagged a new Sectionals cut in her time trial of the 50 Free, finished as high as 46th in the 100 Back and saw her biggest relative improvement come in a 100 Fly time trial (-1.84). All in all, a very successful weekend of racing. Well done, Kayla!

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## SENIOR 4

*With half the group qualified for the meet (super proud of this!) Senior 4 sent 9 total athletes down to Sectionals. They braved some crazy weather on Saturday and Sunday and did a great job racing, showing up for relay legs and cheering for teammates! Well done Senior 4.*

### Isaac Chang

Isaac started his meet on the 800 Free A relay with a bit of a rough start but quickly turned that around. Friday he dropped a second in his 100 Breast going 1:08.5 and just missing the Futures time. After a quick turnaround he was right off his best in the 100 Fly. That evening he swam the fly leg on the 400 Medley relay with a 1:00. Saturday Isaac had a double of 200s and was right off his best times in both the 200 Fly and 200 Breast again just narrowly off the Futures cut in the 200 Breast. Sunday Isaac had a nice drop in the 100 Free and lead off the relay that evening to drop even more time and grab another Sectional cut in the 100 with a 55.4.

### Jake Everitt

Jake led off the 800 Free B relay Thursday evening with a 2:07 right at his best time. Friday Jake had a monster 100 Fly dropping 1 second for a 58.4 just off the Futures time and earning a spot on the A relay that evening where he replicated that time again. Saturday Jake dropped 1.3 in his 200 Fly going 2:15. Sunday he dropped another second in his 100 Free going 57.3 and then threw down a 56.8 that evening on the relay.

### Meagan Gordon

Friday morning Meagan started her meet with a .3 drop in her 100 Breast going 1:17 and earning an alternate spot for that evening and also swam the breaststroke leg that evening on the B medley relay. Saturday the 200 Breast was a bit rough as her leg was bothering her after all the breaststroke but she switched her focus to the 100 Free on Sunday and dropped 2 seconds in prelims going 1:01.9 just off the Sectional hard cut. After being given a second chance that evening to lead off the relay she dropped a bit more to grab the hard cut going 1.01.7.

### Avalon Kim

Avalon started her meet with a 50 Free time trial Friday where she dropped .89 going 29.33 dipping way under 30 for the first time and knocking on the door of a new Sectional cut in that event. Friday evening she led off the 400 Medley B relay dropping .56 for a new best time of 1:09.15. Saturday in the individual 100 back she was able to go 1:09.4 to consistently be in the low 1:09s. Sunday unfortunately was a false start in the 200 Back but otherwise a great meet for Avalon.

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## SENIOR 4

### Gabby Nicholas

Gabby's first race was Friday in the 100 Breast and was a bit of an add coming off an ankle injury for the past few months but she threw down a great opening split in that race. Saturday Gabby time trialed the 100 Fly which was a small add but again put together a great opening split with 33 and looked solid for most of the swim. Gabby didn't have any races Sunday but was fantastic leading the cheer squad!

### Heather O'Brien

Heather grabbed her cut two weeks earlier short course at AAPI and was able to replicate her monster swims again at Sectionals. She put down a 2:13 200 Free split on Thursday evening on the 800 B relay then Friday was right on her best time in the 200 Free with a 2:15.4. Heather anchored the 400 Medley B relay with an impressive 1:01.0. Sunday in her individual we were out a bit slow but still managed a time drop going 1:02.6. Sunday evening Heather anchored the 400 Free B team with a very solid 1:00.9.

### Ben Schlehuber

Ben grabbed his Sectional cut just a week earlier at Pac Champs but showed up to help the team with relays as well as his individual events. Thursday evening he anchored the 800 Free B team with a 2:08.8 right off his best time. Friday Ben DQ'd in his 100 Breast but came back Sunday to swim right on his best time in the 100 Free with a 57.5. That evening he was also on the 400 Free B relay with an even faster 56.2 split.

### Andi Taylor

Andi was coming off a week of vacation but managed to start with a decent 200 Free split on the 800 Free relay going 2:18. Friday in her individual race she dropped .29 going 2:16.15 for a much better swim. Saturday in the 50 Free she had a small add of .3 but still a great swim going 28.27. Sunday she dropped 1.3 seconds in the 100 Free going 1:01.29 and replicated that swim again that evening in the 400 Free relay.

### Josh Truong

Josh started his meet on Friday morning with the 100 Breast where he dropped .69 going 1:12.15 edging closer to the Sectional hard cut in that event. Saturday Josh had a fantastic 50 Free dropping .23 and grabbing the hard cut long course with a 25.77. Josh did a great job on Sunday without swims cheering and timing.

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## HIGH PERFORMANCE

### Kotaro Bell

Even though he was coming off a week of being sick, and maybe \*COUGH\* wasn't quite at 100%, Kotaro still put together a very solid meet down in Carlsbad. His best swims were probably the Backstroke events where he tabbed a new LTB by 1.5 seconds in the 200 and then posted a 100 that was more than 4(!) seconds faster than his previous best. Kotaro has also gotten his high school season off to a great start representing West (Torrance) High School, where he has already set new school records in the 100 Back and 200 IM! Let's go, Kotaro!

### Anderson Bennett

Anderson continued a run of great performances with some outstanding Breaststroke races at the Sectionals meet. First, in the 100, he dropped over a second to make it back to finals where he moved up again at night to finish in 19<sup>th</sup> place; then, in the 200, he put together a monster swim in prelims, dropping 2.5 seconds off his lifetime best and qualifying for the 'A' final where he ultimately finished in 6<sup>th</sup> place overall. Anderson has worked really hard to put himself in a position where he's now lined up to take a run at his first Junior National cuts over the next few months, and I'm excited to see what more he can accomplish!

### Bella Brito

Bella has fought hard to get back to her peak long course performances, and Sectionals was a huge step for her in that process. Over the course of the weekend she 'A'-finalized in 4 events including an event win in the 50 Freestyle and a big lifetime best (and BCS Team Record) in the 100 Breaststroke that now leaves her less than a second off of her first Olympic Trials cut. She also swam on all 3 of our girls 'A' relays, including the 800 Free and 400 Medley, BOTH of which broke the BCS Team Records!

Atta girl, B!

### Delaney Herr

Coming off a great Lunar meet a couple weeks before, Delaney had a little more of an up-and-down affair down in Carlsbad, but she still managed to post some strong performances including 'A' Final showings in the 100 Butterfly and 100 Backstroke, as well as leading off our record-setting 400 Medley Relay. Maybe her biggest swim of the weekend came on Sunday night when she was able to set her personal challenges aside and step up for the team with a huge sub-minute split on the 400 Freestyle Relay which helped the team move up from 17<sup>th</sup> to 11<sup>th</sup> place and score valuable points for BCS. D has already bounced back with some great training since the meet, I know we'll be ready to go for high school season and SMOC!

### Catalina Kahan

Catalina had a great showing at Sectionals that has her and I both very excited as we move forward into high school season. A knee injury kept her out of the water for a big chunk of the winter, and we only got back to a full training load the week heading into the meet; but even with those challenges she was able to put together strong performances in all 3 of her top events that were right on her lifetime bests. Catalina and I walked out of Sectionals knowing we're in a great spot moving forward, and she's already carried that forward with some great swims representing RUHS. Let's go, Catalina!

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## HIGH PERFORMANCE

### Peyton Kuo

Peyton has been working on his consistency, mindset, and attention to detail during training and meets, and I think that Sectionals was another big step for him in his growth as an athlete. For the second straight championship meet his best swims came in the 200 Butterfly and 200 IM, both of which qualified him for second swims at finals where he tabbed a 1.5-second lifetime best in the Fly to score a 20<sup>th</sup> place finish after being seeded 27<sup>th</sup> coming into the meet. Peyton also threw down a big anchor split on our 400 Medley Relay which helped the team move up and snag a top-10 finish!

### Mikki Maemura

Mikki had a great meet down in Carlsbad that I hope will only further help build her confidence and show her what she's capable of when she believes in herself. In the 100 Butterfly Mikki put together a strong prelims swim and an even better finals one where she stopped the clock at 1:04.00 which was not just a lifetime best but also good for the win in the C Final heat. Closing out the meet on Sunday Mikki managed to hit EXACTLY 1:00.00 in her 100 Freestyle at BOTH Prelims AND Finals, so while she didn't quite crack the 1-minute barrier, she did better her lifetime best by a second, and she came back and threw a 59 split on our 'A' 400 Free Relay, helping the team snag 3<sup>rd</sup> place overall! Let's go Mikki!

### Brooke Patel

Brooke continued to show how far she's come and what she's capable of as an athlete with another great performance at Sectionals. She opened up the meet with a great split on the always popular 800 Freestyle relay that was a whopping 7 seconds faster than her previous 200 Freestyle LTB and helped snag valuable points in the team standings. On Friday and Saturday she raced to some very strong Breaststroke results, including a lifetime best 100 and a 3-second drop in the 200 that was not only a new Sectional cut, but also scored her a place in finals where she touched in 21<sup>st</sup> place after being seeded outside the top-30 coming into the meet. B's also gotten her final high school season representing RUHS off to a great start, and I know she's in store for a great couple of months coming up!

### Adriel Sun

Adriel put together a very solid Sectionals meet from start to finish. He was one of 3 HP athletes to tab 100% lifetime bests, and he dropped the second-most time in the group across the course of the meet. Despite his great individual showing, he was probably even more impressive on the relays, where he threw down 3 blazing splits that were all big drops from his previous bests. Adriel has his sights set on his first Futures cuts, and I know he's in a great spot heading into high school season! Atta boy, Adriel!

### Alex Thornton

Alex started the meet off with a bang, posting a big lifetime best leading off our 800 Free Relay, and he kept things rolling all weekend long. Alex ended up posting 100% lifetime bests which included 'A' finals appearances in 100 Breaststroke, 200 Breaststroke, and 200 IM, and a 3<sup>rd</sup> place finish in the 200 Breast. Both Breaststroke swims also marked Alex's first Summer Junior National times, and I know he's excited that the hard work he's been putting in is continuing to pay off. Great work, Alex!

### Vincent Wang

Vincent was really challenged by a back issue heading into the meet that hadn't let him train up to his normal intensity level, but he fought hard all weekend long, and was ultimately able to finish with new lifetime bests in 3 out of his 5 individual swims. His most impressive swim was probably his 100 Backstroke where he bounced back from a disappointing relay lead-off the night before and posted a time that was 2 seconds faster and undercut his previous best by more than half a second!

Let's go, Vince!

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**100%**  
**LIFETIME BESTS**

Anderson Bennett, Gabi Brito, Avalon  
Kim, Adriel Sun, Alex Thornton, Josh  
Truong

**ALL-BUT-1**  
**LIFETIME BESTS**

Eryn Arnold, Jake Everitt, Meagan  
Gordon, Heather O'Brien, Kayla Sun, Andi  
Taylor

**TOP 10 TOTAL TIME**  
**DROPPED**

(in seconds)

Eryn Arnold-17.73  
Gabi Brito-12.77  
Alex Thornton-7.18  
Adriel Sun-6.20  
Kayla Sun-5.97  
Kotaro Bell-5.53  
Anderson Bennett-3.72  
Jake Everitt-3.21  
Brooke Patel-3.20  
Meagan Gordon-2.98

**BCS TOP-8 'A' FINALISTS**

**Eryn Arnold**  
200 Butterfly (4<sup>th</sup>), 200 IM (8<sup>th</sup>)

**Anderson Bennett**  
200 Breaststroke (6<sup>th</sup>)

**Bella Brito**  
50 Freestyle (1<sup>st</sup>), 100 Breaststroke  
(3<sup>rd</sup>), 200 Breaststroke (5<sup>th</sup>), 100  
Freestyle (8<sup>th</sup>)

**Gabi Brito**  
100 Freestyle (2<sup>nd</sup>), 200 Freestyle (3<sup>rd</sup>),  
200 IM (5<sup>th</sup>)

**Delaney Herr**  
100 Butterfly (6<sup>th</sup>), 100 Backstroke  
(8<sup>th</sup>)

**Alex Thornton**  
200 Breaststroke (3<sup>rd</sup>), 100  
Breaststroke (8<sup>th</sup>), 200 IM (8<sup>th</sup>)