

2023 Sprint Shootout- Moses Lake

This past Saturday, September 23rd, twenty-eight Velocity swimmers dove into the Moses Lake High School Pool and swam a total of 131 events and combined as a club had 106 best times including first time swims, this represents a **81%** improvement rate! This is a great start to the season and considering that anything above 50% is good then we can say that our swimmers had a great meet. This meet also has a shootout portion where the top 8 of each age group raced a 25yrd with the winner returning the next round. Congratulations to our shootout qualifiers : Benny Wilgus, Caroline Sullivan, Ole Stiles, Sophia Wilgus, Sadie Sullivan, Wyatt van der Merwe! From this group that swam in the quarterfinals Caroline, Ole, Sadie and Wyatt swam in the semi final and Sadie and Ole swam in the finals, Ole Stiles was declared champion in his age group!!

A special thanks to all the parents that supported their swimmers by taking them to Moses Lake, and thank you to all that served as timers, officials and cheerleaders.

Alayna Aldrich - swam 5 events and got 4 best times: 50 fly a 1.80 second drop, 50 back 2.92 seconds dropped, a big 4.14 drop in the 50 breast and 1.27 second drop in the 100 I.M.

Bowan Aldrich - Recovering from a shoulder injury Bowen swam 3 events: 50 back very close to his best time, 50 free personal best and a first time swim in the 100 I.M. Good first meet, can't wait to see his progress during the season.

Natalia Avalos - Swam 5 events: swam the 50 fly, 50 back, 50 breast and the 100 I.M. For the first time and finished 8th place in the 50 fly. Good start of the season for Natalia!

Cooper Chierek - Swam 5 events and got best times in all of his events: 50 fly 2.52 seconds drop, 50 back 2.45 seconds drop, 50 breast 2.88 seconds drop, 50 free 1.13 seconds drop and first time under the 30 seconds mark with a 28.87!, 100 I.M. 1.65 second drop. Cooper crushed all of his events for an awesome 100% best times!

Aubry Fischer - Swam 5 events with best times in all of them: 50 fly 3.04 seconds drop, 50 back .97 second drop, 50 breast a big 4.64 seconds drop, 50 free .88 second drop, and an impressive 14.67 seconds drop in the 100 I.M. Great meet for Aubry with 100% best times!

Austin Florea - First meet for Austin, went and swam legally and fast all four strokes and finished in the top 8 in all of his events, being 7 years old and competing against 8 years old swimmers.

Landon Foltz - Swam 5 events: Swam the 50 fly for the first time, strong. 50 backstroke, awesome 50 breaststroke with a 3.61 seconds drop, 50 freestyle 3.13 seconds drop and another strong performance in the 100 IM. Landon is looking fast in the water, a great start of the season.

Cherise Fourie - Swam 3 events: 25 back first time with a nice looking stroke, 25 breaststroke with a great effort and determination, a very fast 25 free with a great technique. Cherise is our youngest swimmer and it is very exciting to see her growing into a great swimmer.

Noah Fugazzi - Swam 2 events: 25 backstroke swam with a lot of determination and effort, 25 freestyle very fast and strong. This is Noah's debut in competitive swimming and we are excited to see him grow into the future of Velocity Swimming.

Henry Hamilton - Swam 5 events: his very first 50 fly, 50 backstroke 1.21 second drop, 50 breaststroke a big 3.98 seconds drop, a strong performance in the 50 free, and a solid 100 IM. Henry is working hard to have a great season and is already paying off.

Spencer Hill - Swam 5 events: 50 fly swam for the first time with a solid performance, 50 backstroke almost tied his best time, 50 breaststroke with another solid performance in his first time swimming this event, 50 free super close to his best and the 100 IM with great technique and effort. Spencer is set up into a great season while serving as part of our coaching staff and life guard in our pool.

Braiden Ingrao - Swam 4 events: 50 fly with an awesome 7.48 seconds dropped, 50 back he delivered with another 7.68 seconds dropped, 50 breaststroke swam for the first time after knee surgery and looked really good on it! and 50 free when he dropped 2.61 seconds. Combined he dropped 17.77 seconds, what a great way to finish a season opener.

Peter Lynn - Swam 4 events: 50 fly swam with a great effort and determination, 50 backstroke a big 3.72 seconds drop, 50 breaststroke swam for the first time with a solid performance, 50 free very close to his best time and 100 IM with a first time swim in a solid swim. Peter is off to a great season with Velocity and we are lucky to have him in our team!

Gibran Martin - Swam 5 events: 50 fly swam with great effort and determination in his first attempt in this though event, 50 backstroke with a solid performance, 50 breaststroke also solid swim, 50 freestyle he kept showing his swimming abilities by doing a nice stroke, 100 IM showing how a great all around swimmer he is. This was Gibran's first short course meet and we are looking forward to seeing him grow as a great swimmer with Velocity.

Minaal Martin - Swam 5 events: 50 fly with a big 4.17 seconds drop, 50 backstroke with a solid swim, 50 breaststroke with another big 6.45 drop, 50 free with a 2.71 drop and the 100 IM with a 2.50 seconds drop. What a great start of the season for Minaal! A total of 15.83 seconds drop combined all of her events.

Henry McLaren - Swam 5 events: 50 fly with a strong performance, 50 backstroke with a big 4.36 seconds drop, 50 breaststroke with a huge 9.84 seconds drop, 50 free also with a solid performance and the 100 IM showed a lot of focus and determination. Henry is a clear example of what the future of velocity holds for years to come. Let's go Henry!

Dianne Mejias - Swam 5 events: 25 fly 3rd place showing a great technique, 25 backstroke 8th place also showing great technique, 25 breaststroke 4th place with a fast time, 25 freestyle 4th place, 100IM 7th place. This was the first short course meet for Dianne, we are very excited to see her grow into a great swimmer with Velocity.

Sarah Mejias - Swam 5 events: 50 fly with a great determination she delivered with a solid performance, 50 backstroke swam with great technique, 50 breaststroke with an improved

technique and placed the highest, 50 freestyle fast swim and heat winner and 100 IM showing her all around skills. This was Sarah's first short course experience and was a good one and she had fun. We are Excited for her future.

Eloise Ribellia - Swam 5 events: 25 fly drop 1.87 second and got a second place, 25 backstroke drop .92 second and got a 4th place, 25 breaststroke with her impressive pull out dominated the event for a first place finish and 1.32 second improvement and she also was very close to the team record.

Ole Stiles - Swam 8 races: 50 fly drop 1.67 second and finished 2nd place, 50 backstroke 2.31 seconds drop and got a 5th place, 50 breaststroke drop and impressive 13.52 seconds and finished 4th place, 50 freestyle a best time of 28.53 and the 100 IM big drop 4.03 seconds and finished 5th place. Ole also qualified for the shootout and he finished undefeated and declared our only champion of the shootout. Congratulations Ole.

Caroline Sullivan - Swam 7 races: 50 fly with a big 5.74 seconds drop and finished in second place, 50 backstroke with another big drop of 7.49 seconds and finished in 5th place, 50 breaststroke a solid 3.62 seconds drop and finished in a 5th place, 50 freestyle dropped a .47 seconds for a 3rd place and the 100 IM a astonishing 12.35 seconds drop and a second place finish. She also qualified for the shootout where she swam the quarterfinals and semifinals. Great start of the Season, it's going to be a great one.

Sadie Sullivan - Swam 8 races: 50 fly with a 2.21 seconds drop, 50 backstroke first time swim and a fast time good enough for a 6th place, 50 breaststroke best time by .26 second and finished in second place, 50 freestyle very close to her best time and finished in first place and the 100 IM swam for the first time and was good enough for a second place. She also qualified for the shootout where she swam at quarterfinals then moved on into semifinals, won there and moved on to the finals where she got a very close second place. Great start of the season, big things to come!

Liam Sullivan - Swam 5 events: 50 fly first time swim with a fast time, 50 backstroke a big 4.89 seconds drop, 50 breaststroke also a first time swim with a solid performance, 50 freestyle a solid 2.95 seconds drop and the 100 IM with another strong swim. Liam is showing everyone how hard he works and already is paying off for him.

Lola Underwood - Swam 5 events: 50 fly a big drop of 4.44 seconds, 50 backstroke a solid 1.72 second drop, 50 breaststroke an impressive 10.54 seconds drop, 50 freestyle a solid 2.18 seconds drop but she was saving the best for last in the 100 IM a astonishing 13.78 seconds drop. Lola became the biggest dropper for the team with a combined time of 32.66 seconds dropped. Congratulations! Wait, what only for the first meet!?!

Wyatt van der Merwe - Swam 7 races: 50fly first time swim and finished in the 3rd place, 50 backstroke very close to his best time and finished in a 3rd place, 50 breaststroke first time swim with a solid performance and finished in a second place, 50 freestyle very close to his best time and finished in second place and the 100 IM a first time swim and finished in third place. He also qualified for the shootout where he swam in the quarterfinals and moved on to the semifinals where he got a second place against the overall winner in the finals. Wyatt brings the big brother role to velocity, his leadership plays a big role in the team. Thank you!

Brian Vargas - Swam 5 events and got best times in all of them: 50 fly a 1.19 second drop, 50 backstroke with a big 3.03 seconds drop, 50 breaststroke the biggest drop with 4.22 seconds, 50 freestyle almost a full second drop and good end for a fourth place and the 100 IM a 3.40 seconds drop. Brian dropped a total of 12.51 seconds in all of his events in the season opener, this is a preview of what's coming for him and the team.

Benny Wilgus - Swam 6 races: 50 fly huge drop of 7.60 seconds, 50 backstroke solid drop of 2.60 seconds, 50 breaststroke another big drop of 6.22 seconds, 50 freestyle another best time and the 100IM another 4.19 seconds. He also qualified for the shootout where he swam in the quarterfinals. Ben had a great meet dropping time in all of his events, Benny has a great feel for the water and he is a fierce competitor, looking forward to seeing how far he can get.

Sophia Wilgus - Swam 6 races: 50 fly with a big drop of 5.17 seconds, 50 backstroke with another 2.16 drop, 50 breaststroke big improvement of 3.65 seconds, 50 freestyle with a solid 1.87 seconds drop and the 100 IM with the biggest drop of 6.32 seconds. Sophia also qualified for the shootout and she swam in the semifinals with a fast swim. She's been very consistent in practice putting the work on and already is starting to pay off for her.