

2024 Washington Open

The first high level meet of the year for our team, over 55 teams from Washington, Oregon, Montana, California, Arizona and Idaho competed in Federal Way within extreme cold conditions, our swimmers did a great job, there was a lot of learning and also this experience helped to plan for the championship season ahead. 9 swimmers swam 48 events in three days with 24 best times for a 50% Improvement rate. Our swimmers obtained 5 new Senior Sectionals cuts. The girls 200 free relay, The girls 400 freestyle relay, The girls 200 medley relay, The boys 400 freestyle relay and Wyatt's 100 freestyle where he end up winning the C finals the 8th fastest time in the meet. Congratulations to all of our swimmers and thanks to the parents for their support.

Aiden Grigsby- Swam 3 individually events and two relays, first was the 200 medley relay where Aiden and his teammates dropped 2.38 seconds, then he swam the 100 fly where he dropped 1.91 seconds and qualified for the C finals, then in the 200 freestyle he swam under 1:50 and stayed very close to his best time, then swam the 100 breaststroke again less than a second away from his best time, then he returned to finals to swim the 100 fly where once again he improved his best time and finished the meet with the 400 freestyle relay where Aiden and his teammates dropped over three seconds and grabbed their pass to the Sr. Sectionals Championship meet. Solid performance for Aiden in all of his races.

Luke Hawkins- Swam four individual events and three relays, he started with the 200 free relay where Luke and his teammates were very close to their best time, then he swam the 50 breaststroke where he managed to drop a big 4 seconds, then he swam the 50 freestyle where he was half a second away of his best time, then he swam the 400 medley relay with a solid performance, then he swam the 200 medley relay where Luke and his teammates dropped 2.38 seconds of their previous best time, then he swam the 100 breaststroke with a solid performance and he finished things with the 100 freestyle with another strong swim. This was a great experience for his swimming career and this is going to help him bring up his swimming game even more, lots of good things to come for him!

Sam Hobson- Swam four individual events and four relay events, he started with the 200 freestyle relay where Sam and his teammates were very close to their best times, then he swam the 50 freestyle by shaving half a second of his best time, then he swam the 400 medley relay with a solid performance, then he went for the 200 medley relay where Sam and his teammates dropped 2.38 seconds of their best time, then he swam a fast 50 backstroke, then Sam and his teammates dropped 3.22 seconds of their best time and fast enough to qualify to the Sr. Sectionals Championships, then he swam the 100 backstroke with a new personal best by 3.14 seconds, he finished the meet with his best race the 100 freestyle where he went under 52 seconds for the best time and also getting the qualifying time for the Western zone Age Group regional championships. Congratulations for all the fast swims, excited to see how Sam can finish his season.

Teague Monahan- Swam Two individual events and 5 relay events, She started with the 200 freestyle relay and Teague and her teammates dropped 1.37 seconds and at the same time achieving the Sr. Sectionals championships cut. Then she swam another relay this time the 400 medley relay with a solid performance, then they swam the 200 medley relay with another strong performance, then she swam the 100 butterfly with great technique and determination, next she swam the 400 freestyle relay along her teammates this time they managed to drop 4.42 seconds moving up 10 places in the event and achieving their second Sr. Sectionals cut, then she swam the 100 freestyle and dropped half a second of her best time and swimming under 58 seconds for the first time, she finished with another chance of achieving the Sr. Sectionals championships cut in the 200 medley relay by swimming a time trail and they did, they swam 3 seconds faster than the day before and punched their ticket number 3 for the Sr. Sectionals in March in the same pool. Great, meet for Teague, lots of learning lots of improvement lots of fun!

Aurelia Ribellia-Swam 4 individual events and 5 relay events, She started with the 200 freestyle relay where Aurelia and her teammates dropped 1.37 seconds and this way achieving their first Sr. Sectionals championships cut, then she swam the 50 breaststroke with a strong performance, Then she swam another relay this time the 400 medley relay with a solid performance, then they swam the 200 medley relay with another strong performance, then she swam the 100 butterfly showing great technique and determination, then she swam the 100 breaststroke with another strong performance, next she swam the 400 freestyle relay along her teammates this time they managed to

drop 4.42 seconds moving up 10 places in the event and achieving their second Sr. Sectionals cut, she finished with another chance of achieving the Sr. Sectionals championships cut in the 200 medley relay by swimming a time trail and they did, they swam 3 seconds faster than the day before and punched their ticket number 3 for the Sr. Sectionals in march in the same pool. Great meet for Aurelia, she walks out of this meet with more knowledge and determination to achieve her goals, congratulations.

Sadie Sullivan- She swam six individual events and five relay events, She started with the 200 freestyle relay where Aurelia and her teammates dropped 1.37 seconds and this way achieving their first Sr. Sectionals championships cut, then she swam the 50 breaststroke where she dropped 1.16 second and managed to qualify for finals, then in finals she again swam another fast time in her first finals appearance, then she swam the 200 individual medley dropping 4.68 seconds and then she swam the 50 freestyle, dropping .48 of a seconds of her best time. Then she swam another relay this time the 400 medley relay with a solid performance, then they swam the 200 medley relay with another strong performance, then she swam the 200 freestyle with a strong performance, then she swam the 100 breaststroke showing great technique and determination, next she swam the 400 freestyle relay along her teammates this time they managed to drop 4.42 seconds moving up 10 places in the event and achieving their second Sr. Sectionals cut, then she swam the 100 freestyle close to her best time, she finished with another chance of achieving the Sr. Sectionals championships cut in the 200 medley relay by swimming a time trail and they did, they swam 3 seconds faster than the day before and punched their ticket number 3 for the Sr. Sectionals in march in the same pool. Great meet for Sadie giving her more experience to help her swim even faster and achieve her goals by the end of the season.

Lindsay Sutton- She swam five individual events and relay events, She started with the 200 freestyle relay where Aurelia and her teammates dropped 1.37 seconds and this way achieving their first Sr. Sectionals championships cut, then she swam the 50 freestyle with a solid performance, Then she swam another relay this time the 400 medley relay with a solid performance, then they swam the 200 medley relay with another strong performance, next she swam the 100 butterfly with a strong performance, then she swam the 200 freestyle and dropped almost two seconds of her previous best time, next she swam the 400 freestyle relay along her teammates this time they managed to

drop 4.42 seconds moving up 10 places in the event and achieving their second Sr. Sectionals cut, then she swam the 100 backstroke with a solid performance and the 100 freestyle with another strong performance showing her sprinting abilities, she finished with another chance of achieving the Sr. Sectionals championships cut in the 200 medley relay by swimming a time trail and they did, they swam 3 seconds faster than the day before and punched their ticket number 3 for the Sr. Sectionals in March in the same pool. Great meet for Lindsay, this experience will help her achieve personal goals and solidify her future in swimming, Congratulations.

Brian Vargas- Swam three individual events and three relay events, he started with the 200 freestyle relay where Brian and his teammates were very close to their best time, then he swam the 400 medley relay with a solid performance, then he swam the 100 butterfly with a time close to his personal best, then he swam the 200 freestyle with another strong performance, 400 freestyle relay where Brian and his teammates dropped over three seconds and grabbed their pass to the Sr. Sectionals Championship meet. He finished with a best time in the 100 freestyle. Great overall experience for our youngest swimmer in this meet, lots of great things ahead of him, congratulations.

Wyatt van del Merwe- Swam 7 individual events and 4 relay events, he started with the 200 freestyle relay where Wyatt and his teammates were very close to their best time, then he swam the 200 Individual medley and swam a personal best and swimming under two minutes for the first time, then he swam the 50 freestyle with a time that is very close to his best, then he swam the 400 medley relay with a solid performance, the 200 medley relay where Wyatt and his teammates dropped 2.38 seconds, then he swam the 100 butterfly with time again very close to his best, then dropped a big 3.39 seconds in the 100 breaststroke, then he swam the 400 freestyle relay where Aiden and his teammates dropped over three seconds and grabbed their pass to the Sr. Sectionals Championship meet, then a huge drop in the 200 breaststroke with 5.55 seconds of improvement, then he finished with the 100 freestyle where he managed to swim again at finals, then he returned to place his best performance of the meet by winning his heat and improving by almost a full second from his previous best and achieving a new Sr. Sectionals cut in the process, Wyatt finished with the 8th fastest 100 freestyle of the meet. Huge congratulations for his achievements.

