

HERSHEY AQUATIC CLUB

February 2006



Meet Entry Deadlines

February 9, 2006	Division AAAA Championships	CPAL
February 26, 2006	Junior Olympics	USA Swimming
February 26, 2006	West Regional Championships	USA Swimming
March 7, 2006	MA Zone Team Application Due	USA Swimming

Upcoming Meets/Events

February 4-5	CVAC A/BB/C	USA Swimming
February 12	Valentine Invite (9&Under)	CPAL
February 18	Division AAAA Championships @ Palmyra	CPAL
February 19	CPAL All Star Championship @ CV HS	CPAL
February 25-26	BCAT A/BB/C Last Chance Meet	USA Swimming
March 9-12	Middle Atlantic Junior Olympics @ F&M College	USA Swimming
March 21-25	NCSA Junior National, Orlando, FL	USA Swimming
March 28-April 1	USA Spring Championships, Federal Way, WA	USA Swimming
March 19-April 1	Eastern Zone All Stars, Long Island, NY	USA Swimming
March 31-April 1-2	The West Regional Champ. LaSalle University	USA Swimming

Practice Changes

February 20-March 17	Silver and Bronze: Monday – Thursday 4:50-6:30 Friday 4:15-5:45 Diamond (if attending BCAT) Monday – Thursday 4:50-5:50
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***All Swimmers that will not be competing after Divisional and All Stars are Finished for the season.**

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CVAC A/BB/C Information: CVAC is looking for some help with the timing. If there is an announcement for volunteers, please step up and assist. Warm up schedule for Saturday and Sunday is as follows: **Morning Session 6:55-7:20 Afternoon Session 11:55-12.20.**

PAAC A/BB/C Results: This meet proved to be fast meet for Hershey swimmers. There were 134 time improvements, 13 time standard improvements, 9 team records, and 3 meet records. The following swimmers improved in 7 events; Mitchell Kirman, Kara Kirman, Laura Rhoades, and Ian Sherwood. Team records were set by Samantha Surfus (9-10 200 Back, 200 Fly, and 400 IM), Vinny Tafuto (9-10 500 Free and 100 & 200 Back), Katie Nolan (13-14 200 IM), Alex Barsanti (Senior 500 free), and Tim Maurer (100 & 200 Back).

MA Elite Meet Results: Hershey swimmers excelled in this fast competition. Leading the way was Katie Nolan by winning the 13-14 100 fly with a new meet record with a Junior National time of 55.84. She also won the 200 back. Alex Barsanti won the Senior 100 Breast. Erica Rapp (50 Free & 100 Back) and Natazia Fistrovic (200 Fly) qualified for the Sectional Championships for the first time. The following swimmers achieved best times in 5 or more events: David Nolan, Katie Nolan, Caitlin Ross, and Emma Santangelo. Team records were set by the following; Caitlin Ross (11-12 200 fly & 400 IM), Katie Nolan (13-14 200 free, 100 & 200 back, 100 & 200 Fly).

Junior Olympics: The date for Junior Olympics is now March 9-12 at Franklin and Marshall College. Qualifying times and meet information are posted on the MA website. Below are current qualifiers and the number of events in which they qualify. We encourage all 14 & Under qualifiers to attend. **High School swimmers that qualify for the District III Championships need to consult with Greg as whether to enter and what events to enter.**

<u>10 & Under</u>	<u>11-12</u>	<u>13-14</u>	<u>15-19</u>	<u>15-19 con't</u>
Carly DeLiberty – 3	Brittany Liedholm – 6	Fiona Mancuso – 10	Alex Barsanti - 11	Corinne McCabe – 5
Meaghan Raab – 9	Emma Santangelo – 10	Katie Marrero – 6	Jenna Clugh - 13	Erica Rapp – 4
A. Waitkavicz – 4	Kara Van Blargan – 4	Katie Nolan – 10	Kiersten Cooley - 12	
	Jessica Segal – 1	Caitlin Ross – 3	Megan Cooney - 5	Andrew Amato – 5
Vinny Tafuto - 8	Samantha Surfus - 1		Natazia Fistrovic - 11	Ed Felty – 3
		Tim Maurer – 5	Jackie Gerhardt - 6	Kyle King – 8
	Philip Mancuso – 1	David Nolan – 10	Jessica Jacoby - 7	Rob Maurer – 1
	Kyle Ruddell – 9		Susan Lang – 5	Nick Pawlusch – 5
	Ian Sherwood – 9		Molly Leushner - 6	Mike Pennock – 2
	Jeff Young - 1		Jordan Liedholm – 1	John Winter - 2

West Regional Championships: This is the final meet for USA Swimmers. Event qualifying time standards must be slower than Junior Olympic time standards. Times exceeding JO times will not be accepted. Age is determined as March 31, 2006. 8&Unders swimmers are not permitted to enter this meet. Meet size will be limited to 4 hour sessions, so get your entries before February 26.

All Star Zones: Swimmers interested in making the Mid Atlantic All Star Zone can now fill out and send in the application. These must be filled out and sent in to MA by **March 7, 2006**. Zone information can be found on the MA web site under Short Coarse Zone Team.

www.usaswimming.org

www.maswim.org

CPAL AAAA 2006 CHAMPIONS

Palmyra Results: Hershey defeated Palmyra 700.50 to 408.50. There some great swims setting team and pool records by Tim Raab (8&U 25 Fly Team), David Nolan (11-12 50 Back Pool) and Katie Nolan (13-14 100 Free Pool & Team, 100 Fly Pool). The team swam to 200 personal best times. The following swimmers achieved PBs in at least 3 events; Amato, Gensemer, Gruin, C. Kirman, T. Maurer, McCarty, T. Raab, Ross, Rutz, Segal, T. Surfus, M. Veith, M. Veith, C. Verana, Walters, E. Waverka, S. Winter, and Jeff Young.

WSY/CVAC Results: Hershey clinched the CPAL AAAA Title by defeating WSY 492-407 and CVAC 559-352. Team records were set in the fallowing relays; 8&Under boys 100 Free Relay (T. Raab, C. Walters, W. Drexler, Z. Ceneviva) and 11-12 boys 200 Medley Relay (T. Maurer, K. Ruddie, D. Nolan, J. Young). The following swimmers achieved personal bests in at least 3 events; Douglas, C. Kirman, A. Logan, Meyers, S. Rapp, Stachelek, Van Blargen, M. Vieth, L. Wilfong, J. Winter, and CJ Zachary. Thank you for successfully getting through our first tri meet.

WSY Valentine Invite: Swimmers attending need to arrive to Northern High School by 11:45. **Warm up start time is 12:00.** The meet will begin at 1:10. This is the first time we will be competing at this facility, so please provide at least 40 minute drive time from Hershey. There will be large gym housing the swimmers.

Divisional Championship Entries: The divisional entry form is attached. If you are unable to open the word document, there will be extras located by communication folders. Please fill out the form listing the swimmers 3 events in priority. **ENTRIES DUE Feb 9.** We are able to make up to 2 relays per event. Depending on the number of swimmers dictates the number of relays we form.

8&Under and 9-10	Morning Session	Warm ups 7:55	Meet Start	9:00
11-12, 13-14, 15-18	Afternoon Session	Warm ups 11:45	Meet Start	1:00

All Star Advancement: The over all Top 12 Individual and Top 6 Relays from the four Divisional Meets results combined advance.

All Star Info: The All Star Psych sheet will be posted at least two hours after the conclusion of the afternoon sessions. This will depend on how quick information is received from the other 4 meets.

8&Under and 9-10	Morning Session	Warm ups 7:40	Meet Start	9:00
11-12, 13-14, 15-18	Afternoon Session	Warm ups 12:15	Meet Start	2:00

ALL MEET INFORMATION CAN BE FOUND AT THE WEB SITE BELOW

www.swimcpal.org