

Short Course State Championships – 1st Place Team

Long Course State Championships – 1st Place Team

Midwestern Record Breakers 2009-2010

Short Course 2009-2010

8 & U	25 Breast	Joshua Pales	LSS
10 & U	50 Breast	Ashley Pales	LSS
11-12	500 Free	Brennan Balogh	LSS
	1000 Free	Brennan Balogh	LSS
	50 Back	Brennan Balogh	LSS
	100 Back	Brennan Balogh	LSS
	200 Back	Brennan Balogh	LSS
	200 Breast	Brennan Balogh	LSS
	50 Fly	Brennan Balogh	LSS
	100 Fly	Brennan Balogh	LSS
	200 Fly	Brennan Balogh	LSS
	100 IM	Brennan Balogh	LSS
	200 IM	Brennan Balogh	LSS
	400 IM	Brennan Balogh	LSS

Long Course 2010

8 & U	200 Fr Rel	LSS	Kyle Goins, Bennett Balogh, Joel Marmie, Josh Pales
11-12	800 Free	Jessica Storer	LSS
	200 Breast	Ashley Pales	LSS
	200 Fr Rel	LSS	Olivia Appelget, Emily Graul, Ashley Pales, Jessica Storer
	400 Med Rel	LSS	Jessica Storer, Ashley Pales, Olivia Appleget, Emily Graul
13-14	100 Back	Brennan Balogh	LSS
	200 Back	Brennan Balogh	LSS
	100 Fly	Brennan Balogh	LSS
	200 Fly	Brennan Balogh	LSS
	200 Ind Med	Brennan Balogh	LSS
	200 Fr Rel	LSS	Brennan Balogh, Jacob Pales, Griffin Day, Jacob Molacek
	400 Fr Rel	LSS	Brennan Balogh, Jacob Pales, Griffin Day, Jacob Molacek
	800 Fr Rel	LSS	Brennan Balogh, Jacob Pales, Griffin Day, Jacob Molacek
	200 Med Rel	LSS	Brennan Balogh, Jacob Molacek, Griffin Day, Jacob Pales

Midwestern Scholastic All America Team 2010

Brooke Balogh LSS

National Top 10 Awards - 2010

Short Course 2009

7 th	Age 11	50 yd Freestyle	Jacob Pales - Lincoln Select Swimming
5 th	Age 11	50 yd Backstroke	Brennan Balogh - Lincoln Select Swimming
4 th	Age 11	100 yd Backstroke	Brennan Balogh - Lincoln Select Swimming
4 th	Age 11	200 yd Backstroke	Brennan Balogh - Lincoln Select Swimming
8 th	Age 11	200 yd Ind Medley	Brennan Balogh - Lincoln Select Swimming
7 th	Age 11	400 yd Ind Medley	Brennan Balogh - Lincoln Select Swimming
5 th	11-12	400 yd Free Relay	LSS - Brennan Balogh, Jacob Pales, Griffin Day, Alex Kuszak
9 th	11-12	400 yd Med Relay	LSS - Brennan Balogh, Jacob Pales, Griffin Day, Alex Kuszak

Long Course 2009

9 th	Age 12	50 m Backstroke	Brennan Balogh - Lincoln Select Swimming
7 th	Age 12	100 m Backstroke	Brennan Balogh - Lincoln Select Swimming
6 th	Age 12	200 m Backstroke	Brennan Balogh - Lincoln Select Swimming
10 th	Age 12	800 m Freestyle	Brennan Balogh - Lincoln Select Swimming
6 th	Age 12	1500 m Freestyle	Brennan Balogh - Lincoln Select Swimming
8 th	Age 12	200 m Ind Medley	Brennan Balogh - Lincoln Select Swimming
7 th	Age 12	400 m Ind Medley	Brennan Balogh - Lincoln Select Swimming
6 th	Age 12	100 m Backstroke	Jacob Pales - Lincoln Select Swimming

Swimmer of the Year Awards:

2009-2010 Short Course

10 & U Boys -	Michal Ayars	Lincoln Select Swimming
11-12 Boys -	Brennan Balogh	Lincoln Select Swimming
17-18 Girls -	Brooke Balogh	Lincoln Select Swimming

2010 Long Course

10 & U Boys -	Michael Ayars	Lincoln Select Swimming
11-12 Girls -	Jessica Storer	Lincoln Select Swimming
11-12 Boys -	Thomas Gaul	Lincoln Select Swimming
13-14 Boys -	Brennan Balogh	Lincoln Select Swimming
15-16 Girls -	Blake Balogh	Lincoln Select Swimming
17-18 Girls -	Brooke Balogh	Lincoln Select Swimming