

Short Course State Championships – 1st Place Team

Long Course State Championships – 1st Place Team

Top 3 - Midwestern IMX Awards – 2013-2014

Short Course 2013-2014

Girls

- 9 & U 2nd** Isabella Morales – LSS
- 12 1st** Berkeley Livingston- LSS **2nd** Katie Stonehocker – LSS
- 13 1st** Berkeley Livingston – LSS **2nd** Alana Palmer - LSS
- 14 3rd** Ashley Pales – LSS
- 15 3rd** Ashley Pales – LSS
- 16 2nd** Jessica Storer – LSS
- 17 3rd** Rosemary Pynes - LSS
- 18 1st** Sophia Nelson - LSS

Boys

- 9 & U 2nd** Ian Paup – LSS **3rd** Samuel Becker - LSS
- 10 2nd** Bennett Balogh – LSS **3rd** Grant Reid – LSS
- 12 1st** Josh Pales – LSS **2nd** Alex Petty – LSS
- 13 1st** Michael Ayars – LSS
- 14 1st** Michael Ayars – LSS
- 16 1st** Brennan Balogh – LSS
- 17 1st** Brennan Balogh – LSS

Long Course 2013-2014

Girls

- 9 & U 1st** Isabella Morales – LSS **2nd** Avery Ryder – LSS
- 12 1st** Katie Stonehocker – LSS **3rd** Anna Heinrich - LSS
- 13 1st** Berkeley Livingston – LSS **2nd** Alana Palmer – LSS **3rd** Heinrich - LSS
- 14 2nd** Makenzie Delgado – LSS **3rd** Cassandra Roberts - LSS
- 15 2nd** Logan Lee – LSS

Boys

- 9 & U 1st** Ian Paup – LSS **2nd** Samuel Becker – LSS Nathan
- 10 1st** Bennett Balogh – LSS
- 11 2nd** Bennett Balogh – LSS **3rd** Grant Reid - LSS
- 12** Josh Pales – LSS
- 13 1st** Alex Petty – LSS **2nd** Jackson Pope – LSS
- 14 2nd** Jackson Pope – LSS
- 15 1st** Ben Morris – LSS

Midwestern Record Breakers – 2013-2014

Short Course 2013-2014

8 & U	100 Free Relay	Bella Livingston, Elsie Maxwell, Avery Smith, Taylor Silverberg
8 & U	200 Free Relay	Elsie Maxwell, Bella Livingston, Avery Smith, Taylor Silverberg
8 & U	100 Medley Relay	Avery Smith, Taylor Silverberg, Elsie Maxwell, Bella Livingston
8 & U	200 Medley Relay	Avery Smith, Taylor Silverberg, Elsie Maxwell, Bella Livingston
11-12	100 Breast	Katie Stonehocker – Lincoln Select Swimming
11-12	200 Breast	Katie Stonehocker – Lincoln Select Swimming
11-12	200 Back	Berkeley Livingston – Lincoln Select Swimming
11-12	50 Fly	Berkeley Livingston – Lincoln Select Swimming
11-12	100 Fly	Berkeley Livingston – Lincoln Select Swimming
11-12	200 Fly	Berkeley Livingston – Lincoln Select Swimming
11-12	200 IM	Berkeley Livingston – Lincoln Select Swimming
11-12	400 IM	Berkeley Livingston – Lincoln Select Swimming
11-12	400 Free Relay	Berkeley Livingston, Katie Stonehocker, Elsie Moorehead, Anna Heinrich
11-12	200 Med Relay	Abigail Mitchell, Katie Stonehocker, Berkeley Livingston, Anna Heinrich
11-12	400 Med Relay	Abigail Mitchell, Katie Stonehocker, Berkeley Livingston, Anna Heinrich
13-14	50 Free	Olivia Calegan – Lincoln Select Swimming
13-14	100 Breast	Olivia Calegan– Lincoln Select Swimming
13-14	200 Breast	Ashley Pales– Lincoln Select Swimming
15-16	200 Breast	Ashley Pales– Lincoln Select Swimming
Senior	100 Breast	Olivia Calegan– Lincoln Select Swimming
Senior	200 Fly	Brooke Balogh UN
11-12	100 Breast	Josh Pales– Lincoln Select Swimming
15-16	100 Back	Brennan Balogh– Lincoln Select Swimming
15-16	200 Back	Brennan Balogh– Lincoln Select Swimming
15-16	200 Fly	Brennan Balogh– Lincoln Select Swimming
15-16	200 IM	Brennan Balogh– Lincoln Select Swimming
15-16	400 IM	Brennan Balogh– Lincoln Select Swimming
17-18	200 Back	Brennan Balogh– Lincoln Select Swimming
17-18	200 Fly	Brennan Balogh– Lincoln Select Swimming
17-18	400 IM	Brennan Balogh– Lincoln Select Swimming
Senior	200 Back	Brennan Balogh– Lincoln Select Swimming
Senior	200 Fly	Brennan Balogh– Lincoln Select Swimming

Long Course 2013-2014

13-14	800 Free Relay	Berkeley Livingston, Anna Heinrich, Makenzie Delgado, Alana Palmer
15-16	200 Breast	Ashley Pales– Lincoln Select Swimming
11-12	50 Free	Josh Pales– Lincoln Select Swimming
11-12	100 Free	Josh Pales– Lincoln Select Swimming
11-12	200 Free	Josh Pales– Lincoln Select Swimming
11-12	400 Free	Josh Pales– Lincoln Select Swimming
11-12	50 Breast	Josh Pales– Lincoln Select Swimming
17-18	200 Back	Brennan Balogh– Lincoln Select Swimming
17-18	200 Fly	Brennan Balogh– Lincoln Select Swimming

Midwestern Swimming Academic Awards – 2014

The following swimmers have applied and been selected to the inaugural Midwestern Academic Team. Swimmers have completed 9th, 10th, 11th or 12th grade and achieved a 3.5 GPA (no grade lower than a B, calculated for current year academic year only). First team members have achieved at least one Winter Junior National time during the competition period (September 1, 2013 – August 31, 2014). Second team members have achieved at least one AAA time during the competition period.

MW 1st Team

Brennan Balogh – Academic Swimmer of the Year
Ashley Pales

MW 2nd Team

LSS Jessica Storer - LSS
Joshua Roh – LSS
Thomas Gaul – LSS
Jacob Pales - LSS
Samantha Gowen - LSS

USA Swimming Scholastic All America Team 2014 - Midwestern

Balogh Brennan Lincoln Select Swimming
Pales Ashley Lincoln Select Swimming
Pales Jacob Lincoln Select Swimming

National Top 10 Awards - 2013

Short Course 2012-2013

10th 11 400 Yd Ind Medley Berkeley Livingston – Lincoln Select Swimming
10th 11 100 Yd Breaststroke Alex Petty – Lincoln Select Swimming
10th 11 200 Yd Breaststroke Alex Petty – Lincoln Select Swimming
1st 13 100 Yd Breaststroke Olivia Calegan – Lincoln Select Swimming
7th 13 200 Yd Breaststroke Olivia Calegan – Lincoln Select Swimming
5th 13 100 Yd Breaststroke Ashley Pales – Lincoln Select Swimming
6th 13 200 Yd Breaststroke Ashley Pales – Lincoln Select Swimming
7th 14 100 Yd Breaststroke Ashley Pales – Lincoln Select Swimming
7th 15 200 Yd Backstroke Brennan Balogh – Lincoln Select Swimming
9th 15 200 Yd Ind Medley Brennan Balogh – Lincoln Select Swimming
4th 15 400 Yd Ind Medley Brennan Balogh – Lincoln Select Swimming

Long Course 2013

4th 11 50 M Breaststroke Kate Stonehocker – Lincoln Select Swimming
6th 11 100 M Breaststroke Kate Stonehocker – Lincoln Select Swimming
8th 11 200 M Breaststroke Kate Stonehocker – Lincoln Select Swimming
10th 11 200 M Freestyle Josh Pales – Lincoln Select Swimming
8th 11 800 M Freestyle Josh Pales – Lincoln Select Swimming
5th 11 50 M Breaststroke Josh Pales – Lincoln Select Swimming
10th 11 200 M Ind Medley Josh Pales – Lincoln Select Swimming
8th 12 1500 M Freestyle Alana Palmer – Lincoln Select Swimming
2nd 13 100 M Breaststroke Olivia Calegan – Lincoln Select Swimming
7th 13 200 M Breaststroke Olivia Calegan – Lincoln Select Swimming
8th 14 100 M Breaststroke Ashley Pales – Lincoln Select Swimming
4th 14 200 M Breaststroke Ashley Pales – Lincoln Select Swimming
5th 16 100 M Backstroke Brennan Balogh – Lincoln Select Swimming

2nd 16 200 M Backstroke Brennan Balogh – Lincoln Select Swimming

Tentative Top 10 Awards - 2014

Short Course 2013-2014

Certificates will be presented at the 2015 Awards

9th 12 50 Yd Breaststroke Katie Stonehocker – Lincoln Select Swimming
6th 12 100 Yd Breaststroke Katie Stonehocker – Lincoln Select Swimming
3rd 14 100 Yd Breaststroke Olivia Caigan – Lincoln Select Swimming
10th 14 200 Yd Breaststroke Ashley Pales – Lincoln Select Swimming
10th 15 200 Yd Breaststroke Ashley Pales – Lincoln Select Swimming
7th 16 400 Yd Ind Medley Brennan Balogh – Lincoln Select Swimming
6th 17 200 Yd Backstroke Brennan Balogh – Lincoln Select Swimming
6th 11-12 400 Yd Med Relay LSS-Abigail Mitchell, Katie Stonehocker
Berkeley Livingston, Anna Heinrich

Long Course 2014

5th 12 50 M Freestyle Josh Pales – Lincoln Select Swimming
4th 12 100 M Freestyle Josh Pales – Lincoln Select Swimming
8th 12 200 M Freestyle Josh Pales – Lincoln Select Swimming
2nd 12 50 M Breaststroke Josh Pales – Lincoln Select Swimming
7th 15 100 M Breaststroke Ashley Pales – Lincoln Select Swimming
1st 15 200 M Breaststroke Ashley Pales – Lincoln Select Swimming

Swimmer of the Year Awards:

2013-2014 Short Course

11-12 Girls - Berkeley Livingston Lincoln Select Swimming
11-12 Boys - Josh Pales Lincoln Select Swimming
13-14 Boys - Ben Morris Lincoln Select Swimming
15-16 Boys - Brennan Balogh Lincoln Select Swimming

2013-2014 Long Course

10 & U Boys - Bennett Balogh Lincoln Select Swimming
11-12 Girls - Katie Stonehocker Lincoln Select Swimming
11-12 Boys - Josh Pales Lincoln Select Swimming
13-14 Boys - Michael Ayars Lincoln Select Swimming
15-16 Boys - Brennan Balogh Lincoln Select Swimming