

GCY Swimmers excelled at this week's YMCA Long Course Nationals in Atlanta, Ga.



McKenzie Cole, Pieter Brower, McClure Brower, Randy Chen, and Heather Sigmon earned YMCA All-American honors at this week's meet in Atlanta, Ga. The 4 boys finished 15th in a fast and tightly contested battle in the 200 Free Relay (top 16 make All-America) and Heather Sigmon exploded to finish 12th in the 50 backstroke. Alex Kreager (400 IM), Pieter Brower (100 Free and 200 Back), McKenzie Cole (50 Breast), and Randy Chen (50 Free) were GCY's other individual finalists. Alex Kreager broke 3 GCY team records, including a 12-year old team record by more than 12 seconds in an exciting finals swim.

14 GCY swimmers earned the time standards this season, and 12 participated in the 5-day meet with teams from all over the country. Here are the complete results for GCY swimmers, along with a brief highlight.

We are very proud of all these hard working swimmers!

McKenzie Cole:

*19th – 50 Breast 31.04***

106th – 50 Free – 26.29

133rd – 100 Free – 57.50

43rd – 100 Breast – 1:09.60

All-American Honors in GCY's 200 Free Relay

Pieter Brower:

49th – 100 Back – 1:02.23

38th – 50 Free – 25.09

*27th – 100 Free 54.15**

*20th – 200 Back 2:12.80***

TT 6th – 200 Free 2:02.09

All-American Honors in GCY's 200 Free Relay

Heather Sigmon

85th – 100 Back – 1:10.20
103rd – 200 Back – 2:35.17
12th – 50 Back – 31.12**
TT 66th – 100 Fly – 1:14.01
All-American Honors in the 50 back

McClure Brower

60th – 100 Back – 1:03.04
43rd – 200 Back – 2:15.53
72nd – 50 Back – 30.61
TT 31st – 200 IM 2:23.91
TT 6th – 100 Free 56.58
All-American Honors in GCY's 200 Free Relay

Randy Chen

21st – 50 Free – 24.34*
61st – 100 Free – 55.32
All-American Honors in GCY's 200 Free Relay

Alex Kreager

39th – 200 IM – 2:29.92***
24th – 400 IM – 5:13.71***
58th – 200 Back – 2:29.11***
107th – 50 Back – 34.13
3 Individual GCY Team Records

Shelly Heim

89th – 50 Free – 28.49
119th – 100 Free – 1:02.29
TT 75th – 200 Free – 2:24.98
TT 6th – 50 Free – 28.45
Anchored every GCY relay with personal best times

Jo-Jo Williams

158th – 100 Back – 1:14.00
111th – 200 Back – 2:36.71
104th – 50 Back – 34.03
TT 21st – 200 Fly – 2:44.92
GCY's only senior swimmer, last swim was a personal best by 7.93 seconds

Gil Cruz

TT 37th – 50 Free – 27.20
TT 20th – 100 Free – 59.36

Also competed on GCY's 400 Freestyle relay

Alaina Joyce

TT 27th - 200 Breast - 3:13.74

TT 31st - 100 Breast - 1:31.81

Also competed on GCY's 200 and 400 Medley Relays

Jonathan Perry

TT 31st - 50 Free - 27.00

TT 13th - 100 Free - 57.73

Also competed on GCY's 200 Medley Relay

Libby Seay

TT 68th - 100 Fly - 1:14.14

TT 94th - 100 Free - 1:06.14

Competed on every GCY Relay (4 total)

Jon Pulaski

Did not compete, qualified in the 200 Freestyle

Laurel Kiselis

Did not compete, multi-event qualifier (50, 100, and 200 Free)