

2013 Triple Crown – OSSC Recap

EVENT WINNERS

Jordan Aurnou-Rhees
Will Elsrod
Max Dreisbach
Francisco Soto
Andrew Shyu

Jacob Eismann
Ava Lachey
Darden Spychalski
Jason Mathews
Spencer Aurnou-Rhees

SWIMMERS OF THE MEET

Bronze

- **Bizzie Levine** – She had amazing starts and dropped almost all of her times. Way to go, Bizzie!

Silver

- **MaryKate Prall** – Achieved PBs in all events including a *22 second drop* in her 200 Free and *3+ second drop* in the 100 IM!
- **Josie Vance** – Achieved PBs in all events including a *4 second drop* in the 50 Free and *6 second drop* in the 100 Free!
- Honorable Mentions: Sonia Bowers, Christian Hosler, Darden Spychalski, Dylan Kropp.

Gold

- **Spencer Tussing** – Great time drops and very close to JO times in multiple events.

Platinum

- **Michael Gutman** – Had an amazing first meet back after recovering from a serious collarbone break that held him back from training fully until only a month ago. He dropped time in multiple events, and was a true competitor.
- **Joshua Bowers** – Swam consistently well throughout the meet by executing race strategies perfectly. He also broke a minute in the 100 freestyle for the first time!