

2018 LC Senior Meet – OSSC Recap

SENIOR MEET CHAMPIONS

Jordan Aurnou-Rhees
Patrick Pema
Calvin Furbee
Rachel Peroni
Janessa Mathews
Mia Brown
Taylor Leone



SWIMMERS OF THE MEET

Platinum

- **Lauren Muffley** – Lauren had big time drops all weekend. She started off the meet with a 13-second drop in the 400 free, 11-second drop in the 200 IM, 10-second drop in the 200 free, and a 5-second drop in the 100 back! She raced extremely well across the board in all of her events and also went best times in the 100 breast and 50 free. Great job, Lauren!

Senior

- **Heath Thomas** – Heath had an amazing meet! After dropping a ton of time at the Central Zone Open Water Championships a couple of weeks ago, Heath came into the Senior Meet and rewrote all of his best times! He started off the meet dropping 24 seconds in his 1500. In the same race, he also went a best time in the first 400 and the first 800 of the race. He also went best times in prelims in every race he swam and then improved on those times in finals in the 100 breast, 200 IM, 100 fly, 200 breast and a big 24-second drop in the 400 IM. In addition, he was also called upon to swim the 200 medley relay and was able to help the relay finish in the top 8! Congrats, Heath!
- **Elise Dygert** – Elise had an awesome meet! She has been working on some big changes to her swimming and it all came together this past weekend! She has been working on some new technique with her breaststroke and freestyle which helped her drop 3 seconds in her 100 breast and her 100 free! In addition, Elise was able to drop 3 seconds in her 100 back which put her within reach of the Sectional Cut and dropped almost 7 seconds in her 200 backstroke. Great job, Elise!
- **Raul de Mesa** – Raul had a great finish to his long course season! He has been improving daily in practice and it showed this weekend. He started off the meet with the best time in the 100 breast and then continued to go best times in the 200 IM, 100 free, 200 breast, and 50 free! Awesome way to finish the season!

National Team

- **Taylor Leone** – Taylor had a fantastic weekend, showing strength across the board in both sprint and longer distance events. She swam to personal bests in multiple events, including a drop of 14 seconds in the 400 freestyle. Taylor also went under 1:00 for the first time in the 100 free and was a key player in OSSC relays. Great job, Taylor!
- **Lexie McDonald** – Lexie's strength and sprinting abilities were unmatched over the weekend. Lexie broke the 1:00 barrier in the 100 free, dropped time in her 50 free, and dropped over a second and a half in her 200 breaststroke. Lexie also stepped up and represented the OSSC in the 400 medley and free relay, the 200 free relay, and our 200 mixed medley relay. Fantastic job, Lexie!
- **Patrick Pema** – Pat had a great weekend, placing top 5 in all of his individual events, including a first place finish in the 200 backstroke, and runner-up in the 100 backstroke. He also dropped over 9 seconds in the 400 freestyle, and played crucial roles in both of our medley and freestyle relays, as well as the 200 mixed medley relay. Nice work, Pat!