

2018 Regional Championships Swimmers of the Meet

Novice

- **Lachlan Cowan** – Lachlan had an awesome Regional meet. It was a tough weekend but he put in a lot of great swims and helped out a lot on the relays! It was a long meet but Lachlan held on strong! Keep up the good work, it's really paying off!
- **Mira Bondy** – Mira had an amazing weekend. Her backstroke is really improving! She helped us out a lot with it in the 200 medley relay and she had a great 100 back as well (with a little help from her friends on the turn). Awesome job, Mira! Keep up the good work!



Bronze

- **Matthew Sagle** – Matthew has been eating his Wheaties! He earned over 100 points for the OSSC this weekend, swimming to all new personal best times, and picking up 5 new JO cuts, bringing his total number of cuts to 8! Wow! Great job, Matthew!

Silver

- **Carrie Furbee** – Carrie had an awesome weekend! Her race strategy and technique is really starting to come together. She had many great swims, including an almost 3 second drop in the 50 free and 10 second drop in the 100 fly!! Great work, Carrie!
- **Ish Chakroborty** – Ish did amazing! He stayed tough the entire weekend, leading to a lot of time drops. He also swam the 200 fly for the first time and crushed it! Congrats, Ish!

Gold

- **Evan Prabhu** – Evan had a great Regional meet, earning multiple best times and winning both of the 200 events in breast and back. Evan is always working hard in practice and he's always curious to hear of ways he can improve. His coach-ability and his focus are traits that will serve him well in his future swimming and also any other athletic endeavors. Way to go, Evan!
- **Peyton Graham** - Peyton swam very well this regional meet, challenging her competitors and coming away with multiple best times. She swam an intensive schedule that included several mid-distance races (200s and up) that she raced aggressively, letting her realize great improvements. Peyton has worked hard all year and her efforts are very much paying off in this long-course season. Fantastic meet, Peyton! Way to go!

Platinum

- **Marcus Schwartz** – Marcus had an awesome meet, getting best times in all of his events. He dropped 21 seconds in his 400 IM and 9 seconds in his 200 back to get his JO cuts in both. He also polished off his meet with an awesome 20 second drop in his 400 free and won the event from lane 8. Great job and get excited for JOs.
- **Maya Khelashvili** – Maya got best times in all but one of her events, including dropping 5 seconds in both her 100 and 200 breast as well as over 2 seconds in her 50 free. She also had great first time swims in the 1500 free and 200 fly and really showed how much of a tougher swimmer she has become. Great job.
- **Alexandra Butnariu** – Alexandra had a great meet as well getting best times in all of her events. She dropped 7 seconds in her 400 IM to grab another JO cut as well as dropping almost 4 seconds in her 200 IM. All her focus and hard work shows and I can't wait to see her compete at JOs.
- **Aidan Miller** – Aidan did awesome this weekend. He got best times in five of his events including a 6 second drop in his 100 fly, 4 seconds in the 200, and 15 seconds in his 1500 that he just swam two weeks ago. He also time trialed the 800 where his first and second 400 were faster than his best 400 time by over 5 second. Aidan has such a great work ethic and has made phenomenal improvements this season because of it. Great job, Aidan.