



## 2023 Southeast 13 & Over Districts Championship Meet Report

On the weekend of February 24 - 26, the 2023 Southeast 13 & Over District Championship Meet hosted over 330 swimmers from 7 teams, including 57 swimmers representing 757swim. After a weekend of strong swims, 757swim had a 3<sup>rd</sup> place team finish. It was amazing to see so many fast swims, hear all of the loud cheers, and observe the teamwork and camaraderie of the swimmers and coaches. Congratulations to all for marvelous meet well-swum!!

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Welcome to Rameedah Seedarunpon who swam her first meet with 757swim at this Regional meet. We are happy to have you on the team!

We had 10 swimmers in the “double-digit drop” club at this meet. The top 4 drops in time go to Mason Hibbard, cutting 17.93 in the 400IM; Elly Younica, chopping 16.66 in the 200 fly; Campbell Daniel, slicing 15.46 in the 1000 free; and Taraneh Bonyadlou, dropping 14.47 in the 1000 free. In addition, the following swimmers dropped time in all of their events. Well done!

Shawn Arne  
Ben Barham  
Taraneh Bonyadlou  
Zoe Bruhl  
Peyton Cleary  
Bryson Cory  
Campbell Daniel  
Ella Edmonds

Brooke Ericsson  
Caleb Harrell  
Robert Lamerdin  
Finn Leggett  
Daniel Kavanaugh  
Karina Long  
Bella Lorack  
Vicky Margiano

Elsie Nast  
Evan Petrie  
Brooke Quinn  
Moirra Sokolowsky  
Alyssa White  
Elly Younica

Sometimes hidden in the time cuts are the improvements in race placement, and there were 12 swimmers who improved their race standing by 10+ seeds at this meet, which is really impressive. Congratulations to these swimmers for all of their hard work!

Shawn Arne: 100FR – 41<sup>st</sup> to 30<sup>th</sup>, 200 IM: 46<sup>th</sup> to 36<sup>th</sup>  
Taraneh Bonyadlou: 100FL – 28<sup>th</sup> to 11<sup>th</sup>  
Zoe Bruhl: 200IM – 65<sup>th</sup> to 48<sup>th</sup>  
Peyton Cleary: 100FR – 25<sup>th</sup> to 14<sup>th</sup>  
Brooke Ericsson: 200 IM – 27<sup>th</sup> to 13<sup>th</sup>  
Mason Hibbard: 100BK – 29<sup>th</sup> to 15<sup>th</sup>

Vince Husband: 100FR – 28<sup>th</sup> to 15<sup>th</sup>  
Vicky Margiano: 100FR – 80<sup>th</sup> to 64<sup>th</sup>  
Taylor Anne Mason: 200IM – 46<sup>th</sup> to 33<sup>rd</sup>  
Nora Moser: 200IM – 40<sup>th</sup> to 27<sup>th</sup>  
Mallory Grace Williams: 200IM – 56<sup>th</sup> to 44<sup>th</sup>  
Elly Younica: 50FR – 53<sup>rd</sup> to 35<sup>th</sup>

Relays are a fun way for swimmers to come together to represent the team. 757swim had many excellent relays at this meet. Congratulations to the relay teams with Top 4 finishes:

1<sup>st</sup> place – Girls 13-14 400 Free: Campbell Daniel, Moira Sokolowsky, Peyton Cleary, Brooke Quinn  
1<sup>st</sup> place – Girls 13-14 200 Free: Moira Sokolowsky, Brooke Ericsson, Natalie Haas, Campbell Daniel  
2<sup>nd</sup> place – Girls 13-14 400 Medley: Campbell Daniel, Bella Lorack, Moira Sokolowsky, Brooke Quinn  
3<sup>rd</sup> place – Girls 13&Over 400 Free: Brooke Ericsson, Karina Long, Parveneh Bonyadlou, Shelby Reed  
4<sup>th</sup> place – Girls 13&Over 400 Medley: Alyssa White, Karina Long, Parveneh Bonyadlou, Charlotte Basic

3<sup>rd</sup> place – Boys 13-14 200 Free: Mason Hibbard, Anson Butler, Vince Husband, Jostin Keithley  
4<sup>th</sup> Place – Boys 13-14 400 Free: Mason Hibbard, Shawn Arne, Anson Butler, Vince Husband

Congratulations to Noah Hoffman, who achieved a new **senior state cut** in the 50 Free and to Karina Long, who also earned a new **senior state cut** in the 200 Breast. Awesome job!

Congratulations to the following 13-14 swimmers have achieved **new state cuts** for the Virginia Short Course Age Group State Championship in March. Way to go!

Anson Butler: 100 Breast

Peyton Cleary: 200 Free, 200 Breast, 200 Back

Campbell Daniel: 200 Free, 200 Fly, 50 Free, 100 Free, 1000 Free

Brooke Ericsson: 400 IM, 50 Free, 100 Free

Mason Hibbard: 50 Free, 200 Free, 400 IM, 500 Free, 100 Free, 200 IM

Jostin Keithley: 50 Free

Robert Lamerdin: 500 Free

Finn Leggett: 100 Fly

Bella Lorack: 200 Free

Brooke Quinn: 100 Breast, 400 IM, 200 Breast, 100 Free, 200 IM

Moira Sokolowsky: 400 IM, 200 Fly, 200 IM

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Top 16 Individual Finishers	
Shawn Arne (13)	12 <sup>th</sup> – 100 Breast, 14 <sup>th</sup> – 200 Breast
Charlotte Basic (15)	2 <sup>nd</sup> – 200 IM, 8 <sup>th</sup> – 200 Breast, 11 <sup>th</sup> – 100 Free
Parvaneh Bonyadlou (17)	4 <sup>th</sup> – 100 Fly, 6 <sup>th</sup> – 200 IM, 9 <sup>th</sup> – 200 Fly, 11 <sup>th</sup> – 100 Breast
Taraneh Bonyadlou (13)	11 <sup>th</sup> – 100 Fly, 12 <sup>th</sup> – 1000 Free, 13 <sup>th</sup> – 200 Fly
Cole Brenner (13)	14 <sup>th</sup> – 200 Fly
Bethany Brisson (15)	9 <sup>th</sup> – 400 IM, 15 <sup>th</sup> – 200 Fly
Anson Butler (14)	1 <sup>st</sup> – 100 Breast, 4 <sup>th</sup> – 200 Breast, 13 <sup>th</sup> – 100 Fly
Peyton Cleary (14)	1 <sup>st</sup> – 200 Back, 2 <sup>nd</sup> – 200 Breast, 7 <sup>th</sup> – 200 Free, 7 <sup>th</sup> – 200 IM, 10 <sup>th</sup> – 100 Breast, 14 <sup>th</sup> – 100 Free
Bryson Cory (15)	10 <sup>th</sup> – 100 Breast, 10 <sup>th</sup> – 200 Breast, 14 <sup>th</sup> – 200 Back
Campbell Daniel (14)	2 <sup>nd</sup> – 200 Fly, 2 <sup>nd</sup> – 200 Free, 2 <sup>nd</sup> – 100 Free, 3 <sup>rd</sup> – 50 Free, 5 <sup>th</sup> – 1000 Free, 6 <sup>th</sup> – 100 Back
Ella Edmonds (15)	16 <sup>th</sup> – 200 Breast
Brooke Ericsson (13)	3 <sup>rd</sup> – 400 IM, 4 <sup>th</sup> – 50 Free, 4 <sup>th</sup> – 100 Free, 13 <sup>th</sup> – 200 IM
Natalie Haas (14)	15 <sup>th</sup> – 200 Back
Mason Hibbard (14)	3 <sup>rd</sup> – 200 Free, 3 <sup>rd</sup> – 400 IM, 3 <sup>rd</sup> – 100 Free, 3 <sup>rd</sup> – 200 IM, 7 <sup>th</sup> – 50 Free, 7 <sup>th</sup> – 500 Free, 15 <sup>th</sup> – 100 Back
Noah Hoffman (15)	5 <sup>th</sup> – 50 Free, 9 <sup>th</sup> – 100 Breast
Vince Husband (14)	10 <sup>th</sup> – 200 Breast, 14 <sup>th</sup> – 50 Free, 15 <sup>th</sup> – 100 Free, 16 <sup>th</sup> – 100 Fly
Jostin Keithley (14)	4 <sup>th</sup> – 50 Free, 10 <sup>th</sup> – 200 IM, 14 <sup>th</sup> – 500 Free
Robert Lamerdin (14)	2 <sup>nd</sup> – 500 Free, 7 <sup>th</sup> – 100 Free, 7 <sup>th</sup> – 200 IM, 8 <sup>th</sup> – 50 Free
Finn Leggett (14)	1 <sup>st</sup> – 100 Fly, 12 <sup>th</sup> – 200 IM
Karina Long (17)	2 <sup>nd</sup> – 400 IM, 5 <sup>th</sup> – 200 Fly, 5 <sup>th</sup> – 200 Breast
Matthew Long (13)	13 <sup>th</sup> – 100 Breast, 16 <sup>th</sup> – 200 Breast
Bella Lorack (14)	3 <sup>rd</sup> – 200 Free, 7 <sup>th</sup> – 100 Breast, 11 <sup>th</sup> – 200 Breast
Taylor Anne Mason (14)	9 <sup>th</sup> – 100 Back
Elsie Nast (16)	8 <sup>th</sup> – 400 IM, 14 <sup>th</sup> – 100 Fly, 15 <sup>th</sup> – 200 IM
Avery Parks (15)	5 <sup>th</sup> – 200 Breast, 8 <sup>th</sup> – 100 Back, 8 <sup>th</sup> – 200 Back, 12 <sup>th</sup> – 100 Free, 16 <sup>th</sup> – 50 Free
Brooke Quinn (14)	1 <sup>st</sup> – 100 Breast, 1 <sup>st</sup> – 200 Breast, 2 <sup>nd</sup> – 400 IM, 2 <sup>nd</sup> – 200 IM, 3 <sup>rd</sup> – 100 Free
Shelby Reed (17)	2 <sup>nd</sup> – 100 Breast
Kody Schram (15)	11 <sup>th</sup> – 200 Back
Moira Sokolowsky (13)	1 <sup>st</sup> – 400 IM, 1 <sup>st</sup> – 200 Fly, 4 <sup>th</sup> – 200 IM, 11 <sup>th</sup> – 50 free, 13 <sup>th</sup> – 100 Free
Mia Weisiger (16)	12 <sup>th</sup> – 200 Fly
Alyssa White (15)	1 <sup>st</sup> – 50 Free, 2 <sup>nd</sup> – 500 Free
Elly Younica (13)	16 <sup>th</sup> – 200 Fly, 16 <sup>th</sup> – 200 Back

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Motivational time standards give swimmers specific milestones to strive for as their times improve. Congratulations to the following swimmers who achieved **new time standards** at the 2023 Southeast 13&Over District Championship meet:

**“AAA” Time**

Campbell Daniel – 50FR, 100FR, 200FR  
Brooke Ericsson – 50FR, 100FR  
Brooke Quinn – 100FR, 400IM  
Moira Sokolowsky – 400IM

**“AA” Time**

Anson Butler – 100BR  
Peyton Cleary – 100FR, 200FR, 200BK, 200BR  
Campbell Daniel – 1000FR  
Brooke Ericsson – 400IM  
Mason Hibbard – 50FR, 100FR, 200IM, 400IM, 500FR  
Noah Hoffmann – 50FR  
Robert Lamerdin – 100FR, 200IM, 500FR  
Avery Parks – 200BR  
Brooke Quinn – 100BR, 200BR  
Moira Sokolowsky – 200FL, 200IM  
Alyssa White – 500FR

**“A” Time**

Taraneh Bonyadlou – 50FR, 100FR, 200FR, 100FL  
Anson Butler – 200BR  
Peyton Cleary – 100BR  
Brooke Ericsson – 200IM  
Noah Hoffmann – 100FR  
Vince Husband – 50FR, 100FR  
Bella Lorack – 100BR, 200BR  
Taylor Anne Mason – 50FR, 100BK

**“BB” Time**

Shawn Arne – 100FR, 200FR  
Zoe Bruhl – 50FR, 100FR, 200BR  
Anson Butler – 50FR, 100FR, 200IM  
Bryson Cory – 100BR, 200BR, 100FL  
Ella Edmonds – 200BR  
Mason Hibbard – 100BK  
Noah Hoffmann – 200FR, 100BR  
Vince Husband – 200FR, 200IM  
Matthew Long – 50FR, 100FR  
Kody Schram – 50FR  
Mallory Grace Williams – 100BR, 100FL, 200IM  
Mia Weisiger – 200FL  
Elly Younica – 200FL

**“B” Time**

Shawn Arne – 100BR, 200BR  
Rylee Freeman – 200BK  
Caleb Harrell – 50FR, 100FR  
Matthew Long – 100BR  
Vicky Margiano – 200FR, 200IM  
Nora Moser – 200BR  
Noah Hoffmann – 100BK