



2024 Southeast 13 & Over Districts Championship Meet Report

On the weekend of February 16 – 18, the 2024 Southeast 13 & Over District Championship Meet hosted almost 300 swimmers from 9 teams, including 41 swimmers representing 757swim. After a weekend of strong swims, 757swim finished 2nd place overall!! 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!!

Welcome to Logan Stroop who swam his first meet with 757swim at this meet. We are happy to have you on the team!

We had 13 swimmers in the “double-digit drop” club at this meet. The top time drops are:

Aiden Butler: 22.00 off the 1000FR	Ellie O'Brien: 51.51 off the 1000FR
Amelia Butler: 24.72 off the 1000FR	Owen Quinn: 55.21 off the 1000FR
Jaclynn Buzek: 35.85 off the 1000FR	Logan Stroop: 36.22 off the 200BR
Emerson Henshaw: 35.64 off the 200FR	

In addition, the following swimmers dropped time in all of their events. Well done!

Seva Ananthram	Caleb Harrell	Victoria Margiano	Owen Quinn
Shawn Arne	Mason Hibbard	Elsie Nast	Caroline Schultz
Taranah Bonyadlou	Jimmy Jacobs	Ellie O'Brien	Owen Sines
Cole Brenner	Daniel Kavanaugh	Lawson Parkhouse	Vaughn Treiber
Anson Butler	Isabella Levin	Evan Petrie	Lillian Younica

Sometimes hidden in the time cuts are the improvements in race placement, and there were 11 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!

Seva Ananthram: 50FR 54 th to 38 th , 100FR 64 th to 47 th	Jimmy Jacobs: 200FR 11 th to 1 st , 200IM 16 th to 1 st
Taranah Bonyadlou: 100FR 23 rd to 12 th	Vicky Margiano: 100 FR 37 th to 19 th , 200IM 46 th to 31 st , 100BK 48 th to 38 th ,
Aiden Butler: 200 IM 24 th to 13 th	Evan Petrie: 50FR 29 th to 16 th , 100FR 30 th to 15 th
Jaclynn Buzek: 200FR 26 th to 16 th , 500FR 13 th to 3 rd ,	Logan Stroop: 50FR 43 rd to 18 th
Emerson Henshaw: 200FR 61 st to 37 th ,	Mallory Grace Williams: 200IM 34 th to 24 th
Mason Hibbard: 50FR 23 rd to 10 th , 100FR 16 th to 3 rd	

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:

2nd place – Girls 13-14 200 Free: Lillian Younica, Mallory Grace Williams, Victoria Margiano, Remington Freeman
3rd place – Girls 13&Over 200 Free: Anne Dobrota, Natalie Haas, Taranah Bonyadlou, Isabella Levin
4th place – Girls 13-14 400 Free: Remington Freeman, Jaclynn Buzek, Taranah Bonyadlou, Lillian Younica
4th place – Girls 13-14 400 Medley: Remington Freeman, Mallory Grace Williams, Taranah Bonyadlou, Lillian Younica

2nd place – Boys 13-14 400 Free: Cole Brenner, Lawson Parkhouse, Evan Petrie, Shawn Arne
2nd place – Boys 13&Over 400 Medley: Robert Lamerdin, Mason Hibbard, Aiden Butler, Noah Hoffman
2nd place – Boys 13-14 200 Free: Evan Petrie, Lawson Parkhouse, Shawn Arne, Vaughn Treiber
3rd place – Boys 13&Over 400 Free: Mason Hibbard, Noah Hoffmann, Aiden Butler, Jostin Keithley
4th place – Boys 13-14 400 Medley: Vaughn Treiber, Matthew Long, Lawson Parkhouse, Owen Quinn
4th Place – Boys 13&Over 200 Free: Jostin Keithley, Anson Butler, Aiden Butler, Mason Hibbard

Congratulations to the following 15 & Over swimmers who have achieved **new senior state cuts** For the Virginia Short Course Senior State Championship next weekend. Awesome job!

Mason Hibbard: 100 Breast, 200 Breast
Isabella Levin: 50 Free

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!

Shawn Arne: 100 Breast, 50 Free, 500 Free
 Jaclynn Buzek: 1000 Free
 Taraneh Bonyadlou: 200 Fly
 Cole Brenner: 200 Free, 200 Fly, 100 Free
 Remington Freeman: 50 Free
 Emerson Henshaw: 200 Breast

Jimmy Jacobs: 200 Free, 100 Fly, 200 Back, 200 IM
 Evan Petrie: 200 Breast
 Owen Quinn: 1000 Free
 Vaughn Treiber: 50 Free
 Lillian Younica: 200 Fly, 200 IM

Finally, congratulations to Mason Hibbard, who earned his first Sectionals cut in the 200 Breast with a time of 2:14.84. We are so proud of you!

Top 16 Individual Finishers

Shawn Arne (14)	3 rd – 100 Breast, 3 rd – 500 Free, 6 th – 50 Free, 7 th – 200 Free, 8 th – 100 Free, 14 th – 200 IM
Taraneh Bonyadlou (14)	7 th – 200 Fly, 10 th – 200 Free, 10 th – 100 Fly, 12 th – 100 Free, 12 th – 200 IM
Cole Brenner (14)	2 nd – 200 Free, 2 nd – 200 Fly, 2 nd – 100 Free, 4 th – 200 IM, 10 th – 100 Back
Aiden Butler (17)	8 th – 1000 Free, 11 th – 200 Back, 13 th – 100 Back, 13 th – 200 IM, 15 th – 500 Free
Amelia Butler (17)	9 th – 1000 Free, 12 th – 400 IM
Anson Butler (15)	7 th – 400 IM, 8 th – 200 IM, 14 th – 100 Back
Jaclynn Buzek (13)	2 nd – 1000 Free, 3 rd – 500 Free, 10 th – 400 IM, 16 th – 200 Free
Peyton Cleary (15)	4 th – 100 Breast, 4 th – 100 Fly, 4 th – 200 Breast
Anne Dobrota (14)	7 th – 50 Free
Remington Freeman (13)	4 th – 50 Fly, 6 th – 100 Breast, 7 th – 200 Back, 7 th – 200 IM, 11 th – 100 Back, 15 th – 100 Free
Natalie Haas (15)	1 st – 200 Back, 8 th – 100 Fly, 9 th – 100 Back, 15 th – 200 Free, 15 th – 100 Free
Caleb Harrell (14)	13 th – 100 Breast, 13 th – 200 Breast
Luke Haskin (15)	10 th – 200 Breast
Emerson Henshaw (13)	2 nd – 200 Breast
Mason Hibbard (15)	1 st – 100 Breast, 1 st – 200 Breast, 4 th – 200 Free, 4 th – 100 Fly, 10 th – 50 Free
Noah Hoffmann (16)	4 th – 100 Free, 8 th – 100 Breast, 14 th – 200 Breast, 15 th – 200 IM, 16 th – 100 Fly, 16 th – 200 Free
Jimmy Jacobs (13)	1 st – 200 Free, 1 st – 200 Back, 1 st – 200 IM
Jostin Keithley (15)	1 st – 100 Back, 4 th – 50 Free, 6 th – 100 Breast, 6 th – 200 Back, 10 th – 100 Fly, 14 th – 100 Free
Robert Lamerdin (15)	3 rd – 200 Back, 4 th – 100 Back
Isabella Levin (16)	1 st – 50 Free, 3 rd – 100 Back, 4 th – 100 Free
Elsie Nast (17)	16 th – 200 IM
Ellie O'Brien (14)	7 th – 1000 Free
Lawson Parkhouse (13)	10 th – 400 IM, 12 th – 100 Breast, 14 th – 100 Fly
Evan Petrie (14)	1 st – Evan Petrie, 7 th – 1000 Free, 10 th – 200 IM, 12 th – 100 Fly, 15 th – 100 Free, 16 th – 50 Free
Sophie Plaskon (13)	10 th – 1000 Free
Owen Quinn (13)	4 th – 1000 Free, 9 th – 500 Free, 16 th – 100 Free
Caroline Schultz (13)	16 th – 200 Breast
Owen Sines (18)	7 th – 200 Breast, 9 th – 100 Breast, 12 th – 100 Back
Logan Stroop (16)	12 th – 200 Breast
Vaughn Treiber (14)	9 th – 50 Free, 11 th – 200 Back, 12 th – 100 Back
Mallory Grace Williams (14)	8 th – 100 Breast, 12 th – 50 Free, 16 th – 100 Fly
Lillian Younica (13)	2 nd – 200 IM, 4 th – 500 Free, 5 th – 50 Free, 5 th – 100 Free, 6 th – 400 IM, 7 th – 100 Fly, 10 th – 200 Fly, 12 th – 200 Free

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 2024 Southeast 13&Over District Championship meet:

“AAA” Time

Jimmy Jacobs: 200FR

“AA” Time

Shawn Arne: 50FR, 500FR

Taraneh Bonyadlou: 100FR, 200FR, 100FL

Cole Brenner: 200FR

Jaclynn Buzek: 500FR, 1000FR

Mason Hibbard: 50FR, 200FR, 100BR, 200BR

Emerson Henshaw: 200BR

Jimmy Jacobs: 200BK, 200IM

Jostin Keithley: 100BK

Vaughn Treiber: 50FR

Mallory Grace Williams: 50FR

Lillian Younica: 200FR, 200IM, 500FR

“A” Time

Shawn Arne: 100BR, 200IM

Taraneh Bonyadlou: 200IM

Cole Brenner: 200FL

Jaclynn Buzek: 50FR

Peyton Cleary: 100BR, 100FL

Remington Freeman: 100BK, 200BK, 100BR

Natalie Haas: 100FR, 200FR, 200BK

Jimmy Jacobs: 100FL

Jostin Keithley: 100FL

Isabella Levin: 100BK

Victoria Margiano: 50FR, 100FR

Evan Petrie: 50FR, 200BR, 200IM, 1000FR

Owen Quinn: 200FR, 500FR, 1000FR

Logan Stroop: 50FR

Mallory Grace Williams: 100FR, 100BR, 100FL

Lillian Younica: 100FL, 200FL

“BB” Time

Seva Ananthram: 100FR

Cole Brenner: 100BR

Anson Butler: 100BK

Aiden Butler: 500FR, 1000FR

Caleb Harrell: 100BR, 200BR

Luke Haskin: 50FR, 200BR

Emerson Henshaw: 200FR

Noah Hoffmann: 200BR, 200IM

Victoria Margiano: 200IM, 500FR

Ellie O'Brien: 100FR, 1000FR

Lawson Parkhouse: 100BR, 100FL, 200IM, 500FR, 400IM

Owen Sines: 200BR

Vaughn Treiber: 100BK, 200BK, 500FR

Mallory Grace Williams: 200BR

“B” Time

Seva Ananthram: 100BK, 200BK

Amelia Butler: 200FR, 1000FR, 400IM

Noah Hoffmann: 500FR

Daniel Kavanaugh: 50FR

Victoria Margiano: 100BK

Owen Quinn: 100BR

Owen Sines: 200FR