On the weekend of December 7 – 10, 2023, members of the Silver 3, Gold, and Platinum practice groups traveled to the Triangle Aquatic Center in Cary, NC to participate in the Speedo Blizzard Blitz hosted by the TAC Titans. Over 500 swimmers from 9 teams attended this 13 & over meet, including 33 swimmers representing 757swim. At this championship meet, the top 16 13-14 swimmers and top 32 15 & over swimmers returned for finals each evening. Congratulations to all of the swimmers and coaches who showed strong representation of our team and achieved many new personal bests, and future meet cuts!!

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The **top time drops** go to:

Lucas Landers - 29.33 in the 1000 free	Jostin Keithley - 14.89 in the 500 free
Taraneh Bonyadlou - 25.33 in the 1000 free	Finn Leggett - 13.65 in the 100 breast
Brooke Ericsson - 19.25 in the 1000 free	Bryson Cory - 13.17 in the 200 breast
Brooke Quinn - 17.36 in the 1000 free	Aiden Butler - 12.23 in the 100 free
Will Hartig - 17.02 in the 1650 free	Bella Lorack - 10.92 in the 200 fly

In addition, 10 swimmers dropped time in <u>all</u> of their events. Way to go!

Aidan Butler	Robert Lamerdin	Moira Sokolowsky
Bryson Cory	Bella Lorack	Alyssa White
Remington Freeman	Owen Quinn	
Jimmy Jacobs	Andrey Radkevich	

Congratulations to the following swimmers have achieved **new state cuts** for the Virginia Short Course Age Group and Senior State Championships in March:

Charlotte Basic: Senior 100BR	Lucas Landers: Senior 100FL, 50FR
Taraneh Bonyadlou: Girls 13-14 1000FR	Bella Lorack: Senior 200FR, 100FL, 200FL, 100FR, 200IM
Anson Butler: Senior 100BR	Brooke Quinn: Senior 100BR, 200FR
Jaclynn Buzek: Girls 13-14 100BR	Andrey Radkevich: Senior 200IM
Bryson Cory: Senior 200BR	Moira Sokolowsky: Girls 13-14 100BK
Campbell Daniel: Senior 200FL, 50FR	Alyssa White: Senior 50FR, 200FR, 1000FR
Louisa Lamerdin: Senior 200FR, 100BK	

The following swimmers who have achieved **Eastern Zone Sectional cuts** for the Sectional meet to be held in Richmond in March 2024. Awesome job!

Holly Brundage: 200 free, 200 IM	Bella Lorack: 200 fly, 100 free
Will Hartig: 400 IM, 500 free, 1000 free, 1650 free	Brooke Quinn: 1000 free
Lucas Landers: 50 free, 200 free, 500 free, 1000 free, 100 fly, 200 free	Andrey Radkevich: 200 free, 100 breast

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Top 32 15 and Over Individual Finishers	
Charlotte Basic	27th – 200 Breast, 29th – 100 Breast
Holly Brundage	9th – 200 Back, 10th – 100 Back, 11th – 200 Free, 16th – 50 Free, 18th – 200 IM, 24th – 100 Free
Campbell Daniel	19th – 50 Free, 20th – 200 Fly, 26th – 200 Free, 27th – 100 Fly
Will Hartig	7th – 1650 Free, 10th – 500 Free, 15th – 400 IM, 15th – 200 Breast
Addy Heyward	15th – 50 Free, 18th – 100 Free, 23rd – 200 Free, 23rd – 100 Fly
Noah Hoffmann	31st – 50 Free
Louisa Lamerdin	21st – 200 Free, 23rd – 50 Free, 30th – 100 Back
Robert Lamerdin	31st – 400 IM
Lucas Landers	7th – 1000 Free, 11th – 500 Free, 19th – 200 Free, 19th – 100 Fly, 20th – 200 Fly, 23rd – 100 Free, 25th – 50 Free
Bella Levin	32nd – 200 Fly
Bella Lorack	9th – 200 Fly, 18th – 50 Free, 19th – 200 IM, 21st – 100 Free, 24th – 200 Free, 25th – 100 Fly
Brooke Quinn	4th – 1000 Free, 12th – 500 Free, 23rd – 200 Breast, 26th – 100 Breast, 26th – 100 Free, 27th – 200 Free, 32nd – 100 Free
Andrey Radkevich	7th – 100 Free, 12th – 50 Free, 18th – 100 Breast, 27th – 200 Free, 32nd – 200 IM
Alyssa White	14th – 1650 Free, 22nd – 500 Free, 30th – 50 Free

Top 16 13 & 14 Individual Finishers	
Anson Butler	9th – 100 Breast, 16th – 200 Breast
Jaclynn Buzek	14th – 200 Breast, 15th – 100 Breast
Brooke Ericsson	6th – 500 Free, 7th – 1000 Free, 7th – 200 Free, 13th – 200 Back, 15th – 100 Free
Jimmy Jacobs	14th – 50 Free
Emma Liebler	1st – 100 Fly, 2nd – 50 Free, 2nd – 100 Free, 3rd – 100 Back, 7th – 200 Back
Moira Sokolowsky	8th – 200 Free, 8th – 1650 Free, 9th – 200 Fly, 10th – 500 Free, 12th – 400 IM

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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 TAC Titans Blizzard Blitz meet:

"AAAA" Time
Emma Liebler – 100BK, 200BK

"AAA" Time
Holly Brundage – 200IM
Anson Butler – 100BR
Campbell Daniel – 50FR, 100FR
Brooke Ericsson – 200BK, 1000FR
Will Hartig – 500FR
Lucas Landers – 50FR, 100FL, 200FL, 1000FR
Bella Lorack – 100FR, 100FL, 200FL
Brooke Quinn – 500FR, 1000FR
Andrey Radkevich – 100BR
Moira Sokolowsky – 200FR, 500FR, 200FL
Alyssa White – 50FR

"AA" Time
Charlotte Basic – 100BR
Taraneh Bonyadlou – 500FR, 1000FR

Jaclynn Buzek – 100BR
Bryson Cory – 200BR
Campbell Daniel – 200FL
Jimmy Jacobs – 100FR
Jostin Keithley – 50FR
Louisa Lamerdin – 100BK
Bella Levin – 100FR
Brooke Quinn – 100BR
Andrey Radkevich – 100BK
Moira Sokolowsky – 100BK, 100FL

"A" Time
Shawn Arne – 200FR
Charlotte Basic – 200BR
Taraneh Bonyadlou – 200FL
Anson Butler – 500FR
Bryson Cory – 50FR, 100FR, 100BR, 100FL, 200IM

This information is compiled by team volunteers. Please forgive any mistakes and email corrections to info@757swim.com.

Remington Freeman – 200FR, 200BR, 400IM

Noah Hoffman – 200FR, 100FL

Natalie Haas – 50FR

Jostin Keithley – 100BK, 500FR

Robert Lamerdin – 50FR, 100FR, 200IM, 400IM

Finn Leggett – 200FR

Bella Lorack – 100BR

Moira Sokolowsky – 200BK

Alyssa White – 100FL

"BB" Time

Aiden Butler – 100FR, 100BK

Jimmy Jacobs – 100FL

Finn Leggett – 100BR