

Dates to Remember

- September 16th – YMCA Season Starts
- September 18th – Parents Meetings – Meriden YMCA
- September 24th – Team Suit Fitting – Maloney Highschool

**HAPPY
BIRTHDAY**

- May
 - Coach Zach
 - Emma O'Neal
 - Camilo Coutin-Vazquez
 - Penelope Springer
 - Vaskovic Scukis
- June
 - Addison Markoja
 - Julia Cabral
 - Cooper Schwartzman
 - David Medina
 - Jon Ivani
 - Kamar Shlash
 - Jackson Welch
- July
 - Coach Cathy
 - Nina Welch
 - Owen Carter
 - Naliyah Rosado
 - Cole Smith
- August
 - Sydelle Holland
 - Wyatt Tavares
 - Rosalie Kowalczyk
 - Avery Smith
 - Andrew Feldhouse
 - Gemma Kosciuk
- September
 - Joseph Andino
 - James Laufer
 - Kaylee Markoja
 - Sofia Perez
 - Rylin Holland
 - Abigail Henry
 - Owen Adeyin

SEALS

Meriden-New Britain-Berlin YMCA



September 2024 Newsletter

Welcome back after a busy summer season. Hope everyone enjoyed themselves. Once again, Seals swimmers had a very productive summer. Please find all the top 10 finishers from the long course season on the next page. Congratulations on all the successes!

- ✦ The YMCA season begins today, Monday September 16th. Please be aware of practice times for the season. All team and practice times can be found on the team website.
[Link to Practice Schedule on Website](#)
- ✦ The Fall Parents Meeting is scheduled for Wednesday, 9/18 at the Meriden YMCA. The YMCA (Weddell and Spotted) meeting will be at 5:30 and the USA (Harbor and Leopards) will be at 6:30. Attendance is mandatory for at least one parent or guardian. The coaches will be going over a lot of information and will be available to answer any questions.
- ✦ A link will be going out with the required paperwork for the season. Please read it over and complete any paperwork ASAP. Everything is electronic, there is no need to print anything out.



2024 LC Top Ten Finishers

Seniors

Addy Markoja #6 1500M Free (18:35.49)
Addy Markoja #9 200M Free (209.95)
Addy Markoja #6 800M Free (9:28.63)

Regionals

12&U

Myles Evans #6 50M Fly 49.50
Myles Evans #7 50M Free 38.61
Myles Evans #7 50M Back 48.73
Abby Henry #2 50M Breast 52.29
Luis Montanez Arroyo #10 50M free 39.35
Luis Montanez Arroyo #8 50M back 49.68
Luis Montanez Arroyo #8 50M breast 57.60 *
Luis Montanez Arroyo #7 100M back 1:47.47
Avery Smith #1 100M Fly 1:36.37
Ashleigh Zgorski #2 50M Free 32.90
Ashleigh Zgorski #1 100M Free 1:13.17
Ashleigh Zgorski #10 50M back 42.19
Ashleigh Zgorski #10 50M Fly 38.77
Ashleigh Zgorski #6 100M Fly 1:38.25
10&U 400M Free Relay #1 (Harper Kissane, Avery Smith, Rosie Kowalczyk, and Abby Henry) 5:21.17
10&U 200M Free Relay #1 (Avery Smith, Harper Kissane, Rosie Kowalczyk, Abby Henry) 2:27.19
10&U 200M Medley Relay #1 (Abby Henry, Avery Smith, Harper Kissane, Rosie Kowalczyk) 2:44.09
10&U 400M Medley Relay #1 (Abby Henry, Avery Smith, Harper Kissane, Rosie Kowalczyk) 5:54.48

13&Over

Josh Kim #4 100M Back 1:15.70

Sarah Kim #3 200M IM 2:40.99
Sarah Kim #4 100M Breast 1:29.01
Sarah Kim #3 100M Free 1:05.69
Sarah Kim #4 50M Free 29.84
Sarah Kim #3 100M Fly 1:14.77
Sarah Kim #1 200M Free 2:19.86
Bailey Kissane #1 200M IM 2:44.83
Bailey Kissane #3 200M Back 2:50.96
Bailey Kissane #2 200M Free 2:27.91
Bailey Kissane #3 100M Back 1:22.01
Livia Kowalczyk #10 200M Free 2:41.97
Addy Markoja #1 200M Back 2:36.84
Addy Markoja #1 50M Free 29.10
Addy Markoja #2 100M Fly 1:10.04
Addy Markoja #2 100M Back 1:14.96
Kaylee Markoja #7 100M Breast 1:37.27
Kaylee Markoja #6 200M Breast 3:34.74
Kaylee Markoja #9 100M Back 1:24.77
Riley McMahon #8 100M Free 1:09.33
Riley McMahon #7 200M Back 2:59.43
Riley McMahon #4 50M Free 31.91
Riley McMahon #9 200M Free 2:36.53
Riley McMahon #5 100M Back 1:22.77
Kylie Medina #9 100M Breast 1:37.49
Emma O'Neal #9 400M Free 5:46.09
Emma O'Neal #7 50M Free 32.28
Emma O'Neal #8 100M Fly 1:27.78
Jack Simmons #2 200M Breast 2:54.58
Alexandra Szczepanik #9 100M Free 1:08.20
Alexandra Szczepanik #9 200M Back 2:54.22
Alexandra Szczepanik #9 50M Free 31.00
Girls 13-14 200M Free Relay #3 (Kaylee Markoja, Emma O'Neal, Riley McMahon, Bailey Kissane) 2:10.05
Girls 13-14 400M Medley Relay #1 (Riley McMahon, Kaylee Markoja, Bailey Kissane, Emma O'Neal) 5:32.85

Girls 13-14 300M Medley Relay #2 (Emma O'Neal, Kaylee Markoja, Bailey Kissane, Riley McMahon) 2:29.91
Girls 13-14 400M Free Relay#2 (Riley McMahon, Emma O'Neal, Kaylee Markoja, Bailey Kissane) 4:46.95
Girls 15-18 400M Medley Relay #1 (Sarah Kim, Addy Markoja, Kylie Medina, Alexandra Szczepanik) 5:06.56
Girls 15-18 200 M Medley Relay #1 (Sarah Kim, Addy Markoja, Kylie Medina, Alexandra Szczepanik) 2:20.01
Girls 15-18 400M Free Relay #1 (Kylie Medina, Alexanddra Szczepanik, Sarah Kim, Addy Markoja) 4:24.73
Addy Markoja #7 Overall Individual Distance High Point

Age Groups

Grace Alger #7 100M Fly 1:09.32
Grace Alger #10 200M Fly 2:48.73
Owen Carter #4 400M Free 4:56.04
Owen Carter #2 50M Back 31.88
Owen Carter #6 100M Free 1:03.56
Owen Carter #2 100M Back 1:09.06
Owen Carter #4 200M Free 2:16.44
Owen Carter #5 200M Back 2:33.76
Owen Carter #3 50M Free 28.33
Abigail Henry #9 200M IM 3:15.91
Abigail Henry #9 100M Back 1:30.39
Abigail Henry #6 100M Free 1:17.39
Abigail Henry #4 100M Fly 1:31.16
Abigail Henry #7 50M Free 34.49
Josh Kim #7 200M IM 2:27.05
Josh Kim #2 200M Breast 2:42.80
Josh Kim #9 400M Free 4:35.60
Josh Kim #3 400M IM 5:10.26
Josh Kim #5 100 Fly 1:05.00
Josh Kim #2 100M Breast 1:14.35
Josh Kim #1 200M Fly 2:22.83
Harper Kissane #5 200M IM 3:12.43
Harper Kissane #10 100M Back 1:31.13
Harper Kissane #1 100M Fly 1:20.80
Harper Kissane #2 50M Fly 37.04
Rosie Kowalczyk #3 400M Free 5:43.27
Rosie Kowalczyk #4 50M Breast 45.48
Rosie Kowalczyk #4 100M Free 1:16.91

Rosie Kowalczyk #6 100M Breast 1:42.31
Rosie Kowalczyk #2 200M Free 2:44.40
Avery Smith #7 400M Free 6:06.45
Avery Smith #2 200M IM 3:03.39
Avery Smith #9 50M Breast 47.16
Avery Smith #4 200M Free 2:52.50
Girls 10&U 400M Medley Relay #1 5:51.28 (Abby Henry, Avery Smith, Harper Kissane, Rosie Kowalczyk)
Girls 10&U 200M Medley Relay #1 2:38.85 (Abby Henry, Avery Smith, Harper Kissane, Rosie Kowalczyk)
Girls 10&U 200M Free Relay #2 2:23.68 (Harper Kissane, Avery Smith, Rosie Kowalczyk, Abby Henry)
MNBBY Seals #1 Girls 10&U Overall Score
Rosie Kowalczyk #5 Girls 10&U Individual High Point
Rosie Kowalczyk #3 Girls 10&U Individual Distance High Point
Avery Smith #8 Girls 10&U Individual High Point
Avery Smith #2 Girls 10&U Individual Distance High Point
Harper Kissane #9 Girls 10&U Individual High Point
Owen Carter #7 Boys 11/12 Individual High Point
Owen Carter #4 Boys 11/12 Individual Distance High Point
Josh Kim #3 Boys 13/14 Individual High Point
Josh Kim #9 Boys 13/14 Individual Distance High Point

Zones

Harper Kissane #10 100M Fly 1:21.79
Girls 10&U 400M Medley Relay #2 (Annabelle Hayes, Parker Schatz, **Harper Kissane**, Claire Richer) 5:17.15
Girls 10&U 400M Medley Relay #10 (Sydney Thompson, Juliet Bennett, Marta Voyko, **Abby Henry**) 5:45.08