



KECOUGHTAN INVITATIONAL January 15, 2017

A great bus trip with Atlee highlighted by some good swimming and having breakfast for dinner when we ate at IHOP after the evening finals. There was also the option of Fazoli's. Regarding the team scores, the girl's were 24th overall and the boy's were 18th. This out of over 30 teams. This is not as strong as last year but I would caution folks about reading too much into this. For example, Lee-Davis boy's placed 9th with 119 point. We placed 18th with 27 points. We beat Lee-Davis handily in our dual meet. A variety of factors played into the low scores from the team but this does not take away from the strong performances that occurred such as:

Delaney Kassab dropping almost two seconds in the 100 breast (1:05.73) and getting his first Regional qualifying time. By the way, Delaney went a 1:09.53 at the meet last year.

Mattie Grant getting a best time in the 500 free going a 5:12.14. Mattie is proof why that second swim is so important. In the morning she went a 5:26.60. She dropped 14 SECONDS from the morning to the evening!

Madison Walters was a 1:03.84 in the 100 fly at this meet last year, and improved to a 1:02.41 this year.

Girl's 200 free relay (Madison Walters, Brooke Foster, Mattie Grant, and Ellie Sherry) going a 1:49.21. First time under 1:50 in my three years and two seconds faster than at Kecoughtan last year.

Boy's 200 free relay (Carson Sizemore, Ross Newton, Jonathan Moss, Marshall Brooks) going a 1:35.07. Four seconds faster than at Kecoughtan last year.

Claire Grant, Kellie Brown, Kayleigh Gordon, and Brittany Townsend all achieved best times on the current season and continue to improve as we move closer to the championship season.

First time Kecoughtan Invite swimmers:

Caroline Blaser
Luke Daley
Brooke Foster
Jack Hufner
Jack Iglehart

LAST MEETS,

Colonial Heights/Goochland on Thurs the 19th. Powhatan/Atlee on Sat the 21st.