



HANOVER VS ATLEE VS  
POWHATAN  
January 21, 2017

Last meet of the regular season. It was nice for a change not to have to rush over from work, be disappointed the Chick-fil-a was closed, and not worrying about going to bed late and getting up early. Although a 10am start would have been more preferable.

Scores

Girls Hanover 84 Atlee 200  
Hanover 173 Powhatan 90

Boys Hanover 80 Atlee 208  
Hanover 185 Powhatan 19

Do not read too much into the scores. Atlee had 45 swimmer, Hanover 31, and Powhatan just 15. Furthermore, most of our year round swimmers did not participate in this meet as we focused on providing one last opportunity for swimmers trying to make the Conference team or achieving Varsity time standards.

As a team we achieved 27% best times. For the majority of our swims we were just off our best times. I liked the way we attacked our swims on the first 25, and the way we picked it back up on the last 25 to finish races. One of the items we still need to improve upon is the touch at the finish. Too many swimmers still grabbing the gutter instead of touching the wall under the water with their fingertips.

The morning was highlighted by a few swims.

**1. Natalie Falls** – Natalie continues a torrid second half claiming her fourth Hawk Invitational cut and third Varsity standard. She improved 2.16 seconds in the 50 free going a 29.09 and dropped 32 seconds to go a 7:02.69 in the 500 free.

**2. CLASS WARFARE.** The freshmen class swept the top two time drops for the meet with Natalie dropping 32 seconds in the 500 free and Cole Newton 24 seconds in the 500 free also. The freshmen class also wins the meet battle by dominating the most improved list registering 10 of the 17 time drops.

**3. Savvy Holzshu, Kyle Henry, Cole Newton.** Along with Natalie, these four swimmers achieved best times in both of their events and accounted for 8 of the 17 time drops.

## **New Time Standards Achieved.**

If you make a State, Regional, Kecoughtan or Hawk Invitational qualifying standards, this means you have qualified for that meet and are eligible to participate. This is not a guarantee as we have multiple swimmers that qualify for these meets and we are limited in how many swimmers can compete in each event.

If you have a State cut, you also have everything other cut below. If you have a Regional cut, you also have everything else below. Etc, etc.

### **Team Records**

N/a

### **States**

N/a

### **Regions**

N/a

### **Kecoughtan Invitational**

N/a

### **Hawk Invitational**

Natalie Falls 50 free

### **Hanover High School Varsity Letter standard**

N/a

### **Top Time Drops**

Natalie Falls	500 free	-32.72
Cole Newton	500 free	-24.79
Delaney Kassab	100 back	-5.56
Harrison Wilson	200 IM	-5.54
Kyle Shea Maloney	200 IM	-4.91
Madeline Atkinson	200 IM	-4.90
Cole Newton	200 free	-4.44
Savvy Holzshu	100 free	-4.26
Savvy Holzshu	100 back	-3.96
Jack Iglehart	200 IM	-2.53
Kyle Henry	100 back	-1.62
Kyle Henry	100 fly	-1.18

**NEXT MEET: CONFERENCE CHAMPIONSHIP – FEB 4<sup>TH</sup>. @SwimRVA. Warmups: 12 noon.**