



Feb 17, 2017

4A STATE CHAMPIONSHIP WRAPUP

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We started the meet, and literally finished the meet with our two best swims of the night. In between we racked up 5 new school records and 71% best times. The boys finished 2nd to Jefferson Forest while the girls finished 18th. This year's meet was faster however it was the depth of that speed that was significant. Time that last year would have gotten you into the top 8, only got you top 16. The 16th place in the boys 100 free improved two seconds (52.5 to 50.50). Three years ago when the state was in the second year of this new alignment of 6 classification instead of three, you could have made the girls 200 free with a 2:22. Now it takes a 2:04. I tell you this because that in that in my first year of coaching we brought 16 swimmers to States. This year, we brought 19 swimmers to states.

Scores:

Boys

Jefferson Forest	198.5
Hanover	155
Kettle Run	144
Jamestown	137

Girls

Jamestown	287
Rock Ridge	258
Lafayette	199
King George	191
Hanover	35

Highlights of the meet!

The boys 200 medley relay. The wait is over. A year in the making after a narrow second place finish, the relay of **Patrick Townsend, Jonathan Moss, Ross Townsend, and Marshall Brooks** broke through with Hanover's first state relay win. This year, instead of being tracked down on the final 50, it was Marshall doing the tracking, pulling ahead coming out of the turn and pulling away with a split of 21.8. But make no mistake, this was a team effort. Patrick split the best backstroke leg, Jonathan went under 28 seconds for the first time splitting a 27.7, and Ross "Bulldog" Newton caught up to King George and kept up even with Loudoun County. Remember that loss to Courtland a week ago at Regions. They were not even a factor as the boys went 2 seconds faster this weekend. The video is on the team facebook site if you want to see it. Put it on banner in the Common Area baby!

The girls 400 free relay. Mattie Grant, Madison Walters, Jordan Fox, and Ellie Sherry. Here are the three times, in order from Conference, Regionals, and States: 4:01.24 3:54.11 3:50.99. Just...OUTSTANDING! Our goal is to swim our best at the end of the season, well, here is our best. The state time of 3:50.99 is just one tenth off the school record set back in 2006; closest we have ever come to a girls relay record.

Jonathan Moss. What a way to finish off the senior year. 1st place in the 200 medley relay, best times in the 200 individual medley and 100 breaststroke, school record in the 100 breast, and helps finish off the team's 2nd finish as a member of the 400 free relay.

Marshall Brooks. 22.3 in the 50 free, breaks 50 seconds in the 100 free, and anchors the medley relay in a 21.8.

Carson Sizemore. The second half of the dynamic sprint duo, Carson dropped a ½ second in the 50 free going a 23.25 and dropped a ½ in the 100 free going a 51.5. Both would have easily got him back for finals at States last year but, as said before, this was an incredibly faster meet.

One hit wonders: Madison Walters and Delaney Kassab. Madison broke the 1:01 barrier in the 100 fly for the first time and Delaney made his first 100 breast State finals finishing with a 1:03.1. On December 3, 2014, Delaney started on this journey with a 1:17.1.

Luke Daley. Another best time in the 200IM. He then explodes in the 100 back, dropping two seconds to a 53.94 and places 6th overall. He anchored the 200 free relay with a 22.8, first time under 23 seconds.

Ellie Sherry. A season full of a variety of ailments, Ellie had her best meet of the season with two best times (100 free, 100 back) while anchoring that superb 400 free relay.

School Records

Boys 200 Medley Relay – Patrick Townsend, Jonathan Moss, Ross Newton, Marshall Brooks – 1:38.27

Boys 200 Free Relay – Carson Sizemore, Josh Altman, Seth Gulas, Luke Daley – 1:33.36

Mattie Grant – 200 free – 1:57.94

Patrick Townsend – 200 IM – 1:54.76

Marshall Brooks – 50 free – 22.47

Jonathan Moss – 100 breast – 1:01.53