



4B REGION CHAMPIONSHIPS FEBRUARY 8, 2019

Both the girls and the boys swim teams posted 3rd place finishes at the 4B Region Championships on February 8th at SwimRVA.

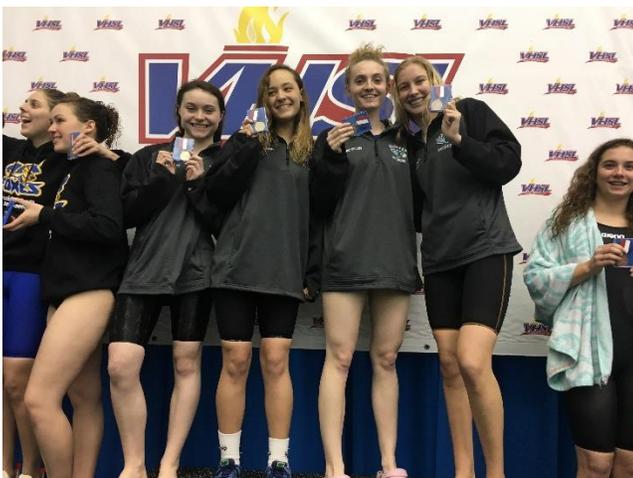


The girls scored 257 points, only 44 points behind King George. Monacan won the meet with 500 points. The boys were unable to defend the Regional title they had earned last year falling to Midtholian 424 to 331. Monacan was second with 390 points.

The girls moved up from 5th place. A tremendous showing across the board. The freestyle events led the way as we scored 3 swimmers in the top 10 for the 50 free, 2 in the top 10 for 100 free, 3 in the top 12 in the 200 free, and 3 in the top 13 for the 500 free.

The boys placed exactly where I projected them coming into the meet. While we brought in a solid crop of new swimmers this season, none of them are swim year round making it difficult to replace four individual State qualifiers from last season. Furthermore, Midlothian and Monacan both added additional year round swimmers that bulked up their squads.

It was a heckuva meet with the team achieving 75% best times and some whopping time drops. After a year's absence the girls are sending a relay to States. The boys will send all three relays to States.



Jr Luke Daley won the 200 freestyle and placed 4th in the 100 back. The girls 400 freestyle consisting of **SO Natalie Culley, JR Caroline Blaser, SR Claire Grant, and FR Delaney Childs** dropped 12 seconds to take first place.

The following swimmers and relays placed in top 5 and qualified to swim at States

Delaney Childs, 200 free-4th, 500 free-2nd

Natalie Culley, 50 free-5th

Luke Daley, 200 free-1st, 100 back-5th

Jacob Eisele, 200 free-5th, 500 free-4th

Jack Hufner, 50 free-3rd, 100 free-3rd

Ben Schoenwiesner-200 individual medley-4th

Boys 200 medley relay (**JR Daniel Richardson, SO Alex DeStephanis, JR Bobby Culley, FR Henry Atkinson**)

Boys 200 free relay (**JR Luke Daley, JR Jack Hufner, JR Jacob Eisele, and JR Ben Schoenwiesner**)

Boys 400 free relay (**JR Luke Daley, JR Jack Hufner, JR Jacob Eisele, and JR Ben Schoenwiesner**)

400 freestyle relay (**SO Natalie Culley, JR Caroline Blaser, SR Clair Grant, and FR Delay Childs**)

A number of Hanover swimmers moved up places and were just on the outside of making States. **SO Natalie Culley** finished sixth in the 100 free finishing with a 57.50. On the boys side **SO Charles Adams** dropped four seconds, almost breaking 1 minute in the 100 fly (1:00.54) and placed 6th. **JR Ben Schoenwiesner** dropped a second in the 100 free and finished just one tenth away from the State cut. The girls 200 freestyle of **FR Abby Gammon, SO Natalie Culley, JR Caroline Blaser, and FR Delaney Childs** missed the State cut by a mere 9 tenths of a second.

Most outstanding: While the boys shaved their legs, Charles Adams also shaved his chest, but not quite his whole chest. He left a hairy "H". Awesome. Just, absolutely, completely awesome.

Funniest races to watch.

Honorable mentions:

Jordan Fox blasting the field in the 200 IM on her way to a 10 second drop. I have to admit, because of how fast she went out in the butterfly, I kept wondering when it would all catch up to her. It didn't and she had a massive swim.

Meghan Powers in the 200 free and 500 free. EYE POPPING time drops. Incredible swims.

Delaney Childs in the 500 free. Seeded 4th going in, Delaney took the early lead. This early speed paid a toll at the end of the race as the sprint speed was not there on the final 50. Still, finished 2nd with a 15 second time drop.

Madeline Atkinson-100 breast, Aidan Loftus-100 back, Claire Grant-100 breast, Jordan Fox-100 fly, Courtney Carroll-100 breast, Harrison Wilson-500 free. All seniors, all last individual swims of their high school careers.

The top honor goes to both 400 freestyle relays. On the boys side, we had not practiced this relay leading up to the meet as I was planning a different lineup. At the last minute I changed the relay. Although we were seeded third by 8 seconds to first seed Monacan, I felt we might have a chance to pull out the win. I went with a strategy that placed our fastest swimmer (Jack Hufner) first, and the 4th fastest swimmer (Jacob Eisele) last. The idea was to get a very big lead and for Jacob to swim for his life against a senior from Monacan with a 100 free time 7 seconds faster. The strategy almost worked. We got a large lead, just not large enough. Monacan made the pass midway thru the last 25 for the victory. However, the relay team dropped over 7 SECONDS and Jacob swam a best time by over 2 seconds. I appreciate that all four boys, and Jacob in particular, accepted the strategy and the challenge. It was an exciting race. Next year.

Girls 400 freestyle relay. Top four relays go to States. The 200 medley dropped 6 seconds and placed 6th. The 200 freestyle relay dropped a second and placed 5th. Only one more chance. Last event, last heat of the swim meet. The entire team is on the sideline. With the team cheering the entire relay, the girls put on a display dropping 12 seconds from their seed time to finish 2nd and secure a spot at States. Just to make sure, the team also was 3 seconds under the State qualifying time. The relay would end up first when Monacan was disqualified for an early takeoff.



A beginning and an end. SR Madeline Atkinson at her fourth and final Region Champs with her brother FR Henry Atkinson swimming at his first Region Champs.

TEAM SCORES – TOP FIVE

Girls		Boys	
Monacan	500	Midlothian	424
King George	301	Monacan	390
Hanover	257	Hanover	331
Midlothian	248	Patrick Henry	228
Courtland	214.50	King George	185

LARGEST TIME DROPS

Jacob Eisele, 500 free	-22.31
Meghan Powers, 500 free	-17.18
Delaney Childs, 500 free	-15.46
Meghan Powers, 200 free	-10.36
Jordan Fox, 200 IM	-9.83
Brooke Foster, 200 free	-8.11
Nicholas Ligday, 500 free	-7.74
Jacob Eisele, 200 free	-5.17
Katie Carroll, 500 free	-4.64
Jordan Fox, 100 fly	-3.94
Claire Grant, 200 IM	-3.43
Charles Adams, 100 fly	-3.31
Claire Grant, 100 breast	-2.83
Aidan Loftus, 100 back	-2.04
Madeline Atkinson, 100 breast	-1.97
Devin George, 100 fly	-1.91