

## Girls and Boys both win against West Potomac

In the second meet of the double meet weekend both the Boys and Girls swim teams beat West Potomac.

After a disappointing loss in a close meet last night, the boys came into the meet on Saturday night hungry to get back to a .500 record. The depth of the boys team was highlighted by a 1-2-3 finish in the 50 free by Colin Gray, Ryan Krogel, and Greg Grant and in the 100 free by Nick White, Jackson Hannam, and Colin Gray. The boys also had wins by Nick White (200 Free), Cole McGarry (200 IM, 100 Fly), Chris Granito (1m Diving), and Andrew Laffosse (500 Free). The boys also won all three relays. Divers Chris Granito (207.5) and Matt Cliff (202.40) also made regional cuts.

The girls came into Saturday night riding the adrenaline from their big win on Friday and kept on rolling with their close victory over West Potomac 162-150. The girls were lead by a 1-2-3-4 finish by the divers (Lizzie White, Rebecca Shelton, Vivian Ross, and Summerlin Meredith). Even though West Potomac won 8 of 12 events the girls depth was on display. The big swims of the meet came from a 2-3 finish by Sophie Chase and Stephanie Chewning in the 200 IM. Another 2-3 finish in the 50 free by Karina Kolb and Taylor Parry. Karina Kolb and Alex Hunter managed a 2-3 finish in the 100 Free, and the breaststrokes finished 1-2 (Sophie Chase, Jordan Parry) helping to overcome the 8 event wins by West Potomac. One of the biggest swims of the night was provided by Stephanie Chewning breaking up a possible 1-2 finish in the 100 back by out touching the West Potomac swimmer for second by .12 preserving a slim 7 point lead towards the end of the meet.

About

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## Girls Beat South County, Boys Lose in Close Meet

The girls team came into the meet trying to take down the defending Patriot District Champions and came away with a 172-143 victory. The girls were paced by big wins in the 200 Free and 500 Free by Alyssa McGarry. Alyssa's time in the 500 free was a regional cut. Karina Kolb had a big meet getting regional cuts and winning the 50 free and 100 free. Other event winners included: Lizzie White (1 m Diving), and Jordan Parry (100 Fly). The girls managed to win all three relays, and the divers managed a 1-2-3 finish by Lizzie White, Stephanie Chewning, and Rebecca Shelton.

The boys team came into the meet with a 1-1 record but lost in a very close meet with the final score being 154 - 161. Cole McGarry finished 1st in the 200 IM with a regional cut, Chris Granito won diving and Jackson Hannam won the 100 breast. The boys also won the 200 Free relay.

## **LBSD Defeats Lee Lancers**

The Lake Braddock Swim and Dive team defeated the Lee Lancers on Friday night. The boy's team won 235 - 73 and the women's team won 225.5 - 81.5. The highlight of the meet was the Region Cuts made by the boy's 200 Free Relay of Jackson Hannam, Nick White, Colin Gray, and Cole McGarry and the Regional Cut by Lizzie White in the 1 meter diving (208.80).

The boy's team managed to win twelve events and the girls team won eleven events. Double event winners included: Jackson Hannam (50 Free, 100 Free), Andrew Laffosse (200 Free, 500 Free), Blake Murphy (200 IM, 100 Back), and Taylor Parry (50 Free, 100 Fly).

Next up for the Bruins is a double meet weekend against South County on Friday and West Potomac on Saturday.

## **Women Defeat Annandale Atoms 211-104, Men lose 154.5-160.5**

Congratulations to the women's team for their 211 - 104 victory over the Annandale Atoms. While our men's team may have lost, 154.5 - 160.5, we had some great performances from all of the guys on the team.

Congratulations to the following swimmers who made regional cuts last night: Karina Kolb (50 Free and 100 Free), Jordan Parry (100 Fly), and Sophie Chase (100 Breast).

And Congratulations to all of the event winners from the night: Men's 200 Medley Relay, Women's 200 Medley relay, Alyssa McGarry (200 Free, 500 Free), Sophie Chase (200 IM, 100 Breast), Karina Kolb (50 Free, 100 Free), Jordan Parry (100 Fly), Women's 200 Free Relay, Anne Merrill (100 Back), Jackson Hannam (100 Breast), and the Women's 400 Free Relay.

