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## SOL Continental Conference boys swimming: NP storms to title

By: **Drew Markol**  
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By **Bill Keen**  
Staff Writer

**TOWAMENCIN** — Ben Franklin never saw the North Penn boys swimming team.

If he had, America's greatest sage would surely have said, "In this world, nothing can be said to be certain except death, taxes, and North Penn winning a Suburban One League title year after year."

The only thing that has changed is the list of victims. Where they used to beat up teams in the National Conference, now the Knights are doing it to the schools in the Continental.

Granted, those other teams did their best to make Friday's annual league championship meet interesting; Central Bucks East's Riley Weber and Kevin Magee each were double gold-medal winners, as was Pennridge's R.J. Phiambolis.

However, that didn't happen until after the Knights' duo of Jack Else and Sean McDonald finished in a first-place dead heat in the first individual event, the 200-yard freestyle relay, each smacking the wall in 1 minute, 45.98 seconds.

"To be honest, I didn't notice that they tied," North Penn coach Brian Daly said. "I saw that they were both at 1:45, which I was thrilled about ... and our assistant coach had to point it out to me that they had, in fact, tied, so it was a delayed reaction."

At first, McDonald thought he had beaten his teammate outright.

"I saw a (No.) 1 next to my name and I thought I had won," the senior said. "Then I was, like, 'Oooh,' but I was glad I tied Jack."

Else said having McDonald as a training partner is one of the reasons the two seniors are where they are.

"Sean and I really push each other every day in practice, and we're always with each other," Else said. "We train together, we have classes together, so in the meet when we tied, it was great."

The two came close to doing it again in the 500 free, where Else's 4:49.17 gave him first, with McDonald less than a stroke behind in 4:49.31, which was a personal best.

Weber won gold in the sprint free races, the 50 in 22.26 and the 100 in 48.50, despite the fact he was hurting.

"I've been sore in my upper body and my legs have been really tired just because I've been training so hard," the sophomore said. "So I didn't really feel my best, but I did what I needed to do."

For Magee, his first in the 100 backstroke (54.68) was rewarding, but his 53.03-second win in the 100 butterfly was extra special because he beat teammate Mark Dilemno.

"I feel really good because 53.03 places me really well in districts," Magee, a junior, said. "I'm not going out there to beat Mark, he just makes me go faster and I do the same for him."

Phiambolis gave the Rams' program a shot in the arm early with a dominating victory in the 200 individual medley, where his 1:58.12 was nearly four full seconds better than runner-up Patrick Dunigan of North Penn.

"I've been working really hard this year and I felt good today," said Phiambolis, whose other victory came in the 100 breaststroke (1:00.96). "I usually like to take my backstroke out really fast, and then do my breaststroke as fast, and then whatever I have left in the freestyle ... I thought it would be a close race, but it really wasn't."

Looking at the final team standings, one would never know the wins in the 200 and 500 free were the only individual races North Penn won, although they swept all three relays to finish with 569 points; Souderton was second at 327, while CB East took third with 281.

### Suburban One League Continental Conference

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**(at North Penn)**

**Team standings:** 1. North Penn 569; 2. Souderton 327; 3. Central Bucks East 281; 4. Hatboro-Horsham 259; 5. Central Bucks South 249; 6. Pennridge 205; 7. Central Bucks West 142; 8. Quakertown 49.

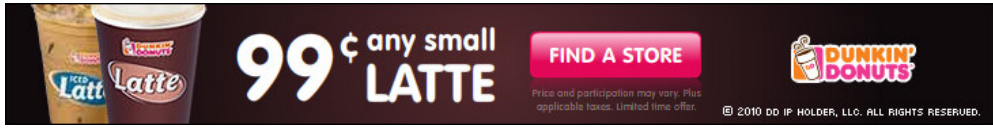
**200-yard medley relay:** 1. North Penn (Jacob Sisko, Tomas Gimenez, Jason Deana, Craig Hennessey), 1:38.80; 2. Central Bucks East, 1:38.84; 3. Pennridge, 1:42.40; **200 freestyle:** 1 (dead heat). Jack Else (NP) and Sean McDonald (NP), 1:45.98; 3. Peter Kolokithias (NP), 1:46.73; **200 IM:** 1. R.J. Phiambolis (P), 1:58.12; Patrick Dunigan (NP), 2:02.14; 3. Kyle VanLeer (P), 2:02.90; **50 freestyle:** 1. Rife Weber (CBE), 22.26; 2. Kerry Thompson (CBE), 22.32; 3. Hennessey (NP), 22.57; **100 butterfly:** 1. Kevin Magee (CBE), 53.03; 2. Mark Dilemma (CBE), 54.27; 3. VanLeer (P), 54.38; **100 freestyle:** 1. Weber (CBE), 48.50; 2. Deana (NP), 49.02; 3. Nathan Chesmar (NP), 49.31; **500 freestyle:** 1. Else (NP), 4:49.17; 2. McDonald (NP), 4:49.31; 3. Dunigan (NP), 4:55.72; **200 freestyle relay:** 1. North Penn (Hennessey, Gimenez, Else, Deana), 1:28.13; 2. Central Bucks East, 1:29.57; 3. Souderton, 1:33.34; **100 backstroke:** 1. Magee (CBE), 54.68; 2. Tim Ware (CBS), 55.07; 3. Sisko (NP), 56.01; **100 breaststroke:** 1. Phiambolis (P), 1:00.96; 2. Gimenez (NP), 1:01.82; 3. Ilan Khyat (CBS), 1:02.92; **400 freestyle relay:** 1. North Penn (Else, McDonald, Kolokithias, Deana), 3:15.72; 2. Souderton, 3:22.61; 3. Hatboro-Horsham, 3:25.17.

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